



## Red Bull Athlete Training in Colorado for the Hottest Extreme Sport in the World.... Red Bull Crashed Ice

### What is Red Bull Crashed Ice?

**Crashed Ice** is a world tour in the winter extreme sporting event, *ice cross downhill*, which involves downhill skating in an urban environment, on a track which includes **steep turns, huge jumps, and high vertical drops with speeds approaching 40 mph!** It is sponsored by Red Bull. It is similar to ski cross except with ice skates on an ice track.

This year's world tour included 5 stops: Niagara Falls, St. Paul Minnesota, Landgraaf, Netherlands, Lausanne, Switzerland, and the finals in Quebec City. These events draw up to 115,000 spectators and are all televised on NBC Sports.

### The Story!

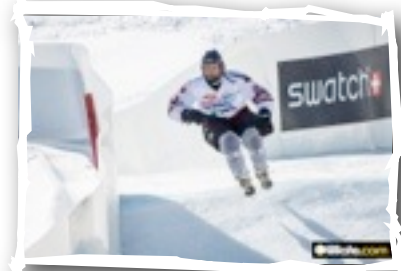
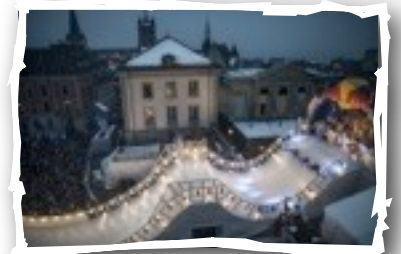
I heard about Red Bull Crashed Ice in Jan of 2012 after a friend qualified for the event in St Paul, MN. I instantly loved everything about the sport and set my goals in competing in 2013. I made it through the US qualifiers finishing top 20 of over 1500 US skaters qualifying for the St Paul event. Once at the St Paul event, I progressed through the qualifying rounds and was one of 3 Rookies to compete with the international competitors in the finals finishing 57th. After the race I was hooked, but all qualifiers were complete for the other races and I did not accumulate enough points for entry into another event.

I was dead set on getting into the sport anyway I could and had this innate belief that I would somehow get into another event. **Driving in my car on Feb 13<sup>th</sup> I received a facebook message that stated Last Chance Qualifier in Airolo, Switzerland for Red Bull Crashed Ice in Luasanne.** I immediately got on the phone with anyone I could to find details, but no one knew anything. I decided to wing it and booked a flight that day and flew out 10 hours after receiving the message headed to a small ski resort in Switzerland. I had no idea if I would even be allowed to compete, but I wanted it so bad I was willing to take a chance. I showed up in Airolo, which is the Italian part of Switzerland and no one could even speak to me due to the language barrier. I headed towards the resort where the Qualifier was held on a permanent ice cross track and finally stumbled upon Simon Wandeler from Red Bull who greeted me with a smile and said of course you are in the qualifier. He said, "There is no way I could turn down anyone with the passion to come half way around the world just for the opportunity to compete in Crashed Ice" I qualified for the event finishing 5<sup>th</sup> out of 30 skaters. I stayed at the resort for a few days practicing on the track, flew home to work for 3 days, and then flew directly back for the event in Lausanne.

I again made it through all the qualifiers at the event and raced with the international guys on Saturday night finishing 30<sup>th</sup> and improving drastically on my last race. And to top it all off I have been asked to compete in the finals in Quebec City on March 16<sup>th</sup> which really solidified my once, long shot dream into a reality!

### Background on Reed Whiting

Reed Whiting is a 32 year **Turtle Farmer/Catastrophe Adjuster** from Rochester, MN. Whiting played hockey for the Hockey for The Ohio State Buckeyes from 2000 to 2004 winning a CCHA title and competing in two national tournaments with NHL teammates Ryan Kesler, Dave Steckel, and RJ Umberger. He is an avid outdoorsman and is active in a multitude of **extreme sports such as Kite surfing, Bull Riding, Speed Flying, Wakeboarding, Scuba Diving, Skiing, and now Red Bull Crashed Ice.** Reed has also spent over a year abroad since college traveling to Spain to Run with the Bulls, Papua New Guinea to Bow Hunt Crocodiles with Ex-Head Hunters, Backpacking across South America for 3 months, Spent 3 months as part of a around the world sailing trip in South Africa, Papua New Guinea, and The British Virgin Islands and lived in Honduras for a winter in a small Caribbean





## Common Questions, Link to Article by Red Bull

### Common Questions

**Background on Hockey?** I started skating when I was 5 years old and had my first taste of racing at 6. They had a termite race day as a circular track. I fell on my first race and then proceeded to get the blue ribbon. Even though its so long ago its one of the those memories I will never forget.

I was never a star or even close to the best player growing up at hockey, but I just worked my but off to move level to level as far as I could. I don't think in high school anyone would of thought I would make it as far as I did, but I always believed when no one else did. Kind of similar to crashed ice. Though all qualifiers were done, I just had a feeling something would work out!!

I played through the ranks in Rochester, MN until post high school playing in the USHL for the Rochester Mustangs and then the Sioux Falls Stampede with NHL stars Thomas Vanek and Chad Larose. I then got a opportunity to play for Ohio State University winning a CCHA Championship an going to two NCAA Tournaments. I was fortunate to be able to play there with the likes of RJ Umberger (Columbus Blue Jackets) and Ryan Kesler (Vancouver Canucks)

**What do you do to train for the sport?** I run a lot and take part in Cross Fit whenever I have a chance. In the winter I usually get on a couple big ski trips. This year I went to Salt Lake City for a week and skied in Japan the 7 days leading up to the St. Paul Event. The combination of Sking and skating are the best training possible for the event.

**Favorite thing about crashed ice?** I love the competition. There is very few things to compete in at 32 years old that feel real and challengng for me. This is like another shot! I love getting up there at the start and just completely losing myself in the present moment of time. At that point the entire world fades away. The noise, the crowd, everything but that task at hand. There are very few moments in our lives that allow us to fully live in the present moment and this does it for me!!

**Other competitive sports you did growing up?** Football, baseball, but mostly hockey. I always loved skiing, but didn't get to do it much until after college hockey as the coaches always made skiing off limits.

**Hobbies outside of crashed ice?** I am a avid outdoorsman. I have hunted all across north america and fly fished around the world. Skiing, Kitesurfing, Speed Flying, Wakeboarding, Scuba Diving, Bull Riding (Retired but loved it almost as much as crashed ice) I also love to travel and have spent a year abroad since college traveling to Spain to Run with the Bulls, Papua New Guinea to Bow Hunt Crocodiles with Ex-Head Hunters, Backpacked across South America for 3 months, Spent 3 months as part of a around the world sailing trip in South Africa, Papua New Guinea, and The British Virgin Islands and lived in Honduras for a winter in a small Caribbean island.

**Article link : The new faces shaking up the sport of Ice Cross**

[http://www.redbull.com/cs/Satellite/en\\_INT/Article/The-new-faces-shaking-up-the-sport-of-ice-cross-021243323876667](http://www.redbull.com/cs/Satellite/en_INT/Article/The-new-faces-shaking-up-the-sport-of-ice-cross-021243323876667)

