

Discussion 11

Everything Creative

BOBSLEDDERS: JEREMY HOLM AND DON OSMOND

[BEGIN MUSIC]

PRESIDENT UCHTDORF (QUOTE): "The desire to create is one of the deepest yearnings of the human soul... We each have an inherent wish to create something that did not exist before. The more you trust and rely upon the Spirit, the greater your capacity to create."

NANCY HANSON (HOST): I'm Nancy Hanson, and this is "Everything Creative". This program explores a wide range of creative ideas, talents, and experiences through interviews and group discussions.

Join me now for an interview with American bobsledders Jeremy Holm and Don Osmond.

[END MUSIC]

NANCY HANSON: Welcome back to "Everything Creative". Today is going to be really fun. I'm excited. I'm here today with American bobsledders Jeremy Holm and Don Osmond. Thanks so much for coming and being here.

JEREMY HOLM: You're welcome, thanks for having us.

DON OSMOND: Thank you.

NANCY HANSON: Ok, I'm not going to pretend at all that I know anything about what it is about what you do. [LAUGHTER] Bobsledding, so we're just going to pass it over to you and introduce yourselves and tell us about what it is that you do.

DON OSMOND: Jeremy I think you need to take this one. [LAUGHTER]

JEREMY HOLM: Ok, what we do is a little crazy. Basically we throw ourselves down an icy track at 80 to 86 miles an hour with nothing but a steel and fiberglass sled missile basically, pulling 5G's, which is actually more than the astronauts pull on take-off. So, it's fun, it's exciting, it's very different. How would you describe it?

DON OSMOND: I think you just about nailed it, just about right. And, you have to be crazy to do this.

JEREMY HOLM: You do. You really have to have a few screws loose, but we have fun with it.

NANCY HANSON: I was about to say that. So, tell us how you got involved.

JEREMY HOLM: I actually started in 1997. So, I started back before the Park City track was officially opened. When the track was under construction the governing body for our sport actually sent a coach out to Park City, Utah to form a program. Part of the program was to see if they could get any sponsors here in Salt Lake and so they ran into my dad's company and he became friends with my dad and my dad's company decided to sponsor the US teams. So he said, this coach said, "Why don't you come take a bobsled ride. Bring your wife up, you know. We'll take you down the track." My mom hates roller coasters, so of course she said no and I remember the day he asked me. He said, "Jeremy would you like to go bobsledding?" "Sure." Five minutes after he walked out of the room my brain caught up with me and I said, "What did I just agree to?" But, I'll never forget that first ride. I got up to the track. There was so much snow that the track was almost covered. And when you looked down the track, it was like looking down a tunnel and got in the sled, got the helmet on. They kicked us off. After that it was kind of a blur. I remember the before and after, but I got out at the bottom and I remember thinking, "I'm supposed to do this. This is for me."

NANCY HANSON: Really.

JEREMY HOLM: So yeah I just I got involved. From there, got to know the coach better and I won my first race that I was ever in and that kind of helped me keep going.

NANCY HANSON: Sure.

JEREMY HOLM: So I've just stuck with it throughout the years. I took some time off for the mission, of course, and then just back into it.

NANCY HANSON: So how old were you?

JEREMY HOLM: When I started?

NANCY HANSON: Yeah, that first time.

JEREMY HOLM: I was almost 17. So I was just learning to drive a car and I was driving bobsleds. [LAUGHTER] Don, here, will say that I drive my truck like I drive the bobsled.

DON OSMOND: He does, seriously.

JEREMY HOLM: It's all opinions.

DON OSMOND: It's a little crazy to follow him. Especially down the freeway.

JEREMY HOLM: Don, I think when do hear your story about how you got involved in this sport [LAUGHING]

DON OSMOND: Considering that I remember it all?

JEREMY HOLM: Well, I remember a lot more than you do, but ...

DON OSMOND: I know. I started about, well, this is my third season bobsledding and met Jeremy through an association that we had when we were writing for a magazine down in Provo. Anyway, he would tell his stories about bobsledding and I just got excited about it and

said, “Let me come with you one of these times.” And he just said, “Well what you got to do is just fill out some paperwork...”

JEREMY HOLM: Sign your life away.

DON OSMOND: “Sign your life away, file to be an athlete, come on up and just give it a go. If you like it, well, you can just keep going for the rest of the season.” So, I probably asked you a million questions about bobsledding leading up to that first time down the chute and...

JEREMY HOLM: A few times his voice would get a little you know quivering, so...

NANCY HANSON: Well sure, oh yeah.

DON OSMOND: I was nervous, I mean I've seen "Cool Runnings". I've watched bobsledding before and during the Olympics and I always thought it was fun to go fast. I drive a motorcycle; I mean I'm up for the adrenaline rush, right?

JEREMY HOLM: So, you thought...

DON OSMOND: So I thought. [LAUGHTER] So we get up there one night and I'm looking down the track, just like Jeremy was saying and I was I was kind of reliving my moment there. Looking down it's a little dark and I'm just thinking, “this is bigger than a just a "Slip-N-Slide". This is bigger than anything I've ever seen before.” [LAUGHTER].

JEREMY HOLM: You should of seen his eyes, when he stood there and looked on that track, they got as big as plates and I think his, your thoughts must of been like, “What am I about to do?”

DON OSMOND: I know. My adrenaline was rushing so bad. Anyway, he calms me down and said, “Ok this is what you're going to do, here's the count off. This is how it's going to work.” I didn't even get just one of those sit in it, just pushed down, it was full blown out you're going to run it, you're going to jump in, and we're gonna go for this ride.

NANCY HANSON: Seriously, first time.

JEREMY HOLM: In our defense, in our defense, Don's like, “I'm so ready to do this.” So I've got my other teammates up there that I have been training with and Don's up there and so I'm getting the sled ready and getting my mind ready for the run and the other teammates were trying to cram...

DON OSMOND: Their helping me out.

JEREMY HOLM: Yeah they're giving Don like this cram session like, don't do this, do this, don't do that, do this and he's in information overload at that point. And I remember I just came back and I was like, “All right you ready to go?”

DON OSMOND: No I wasn't

EVERYONE: [LAUGHING]

NANCY HANSON: It doesn't matter.

DON OSMOND: Well, we stand up there, we're right there. The bobsled's in the chute. We're ready to take our run and I freak out. I was a little nervous. I didn't tell him this yet. [LAUGHING] I don't know what I'm going to do, because I'm supposed to pull the brakes at the end. I'm like, I'm stopping this thing after...

NANCY HANSON: You had a job; you weren't just along for the ride.

DON OSMOND: I had a job alright. I had responsibilities.

JEREMY HOLM: Well I mean I told him, "I know you don't know the track so when we cross the finish line, I'll let you know when to pull the brakes. I'll tap your helmet." This will come into play later on. [LAUGHTER]

DON OSMOND: Ok, So I get in the bob. We take off. We start running. I jump in the bobsled, I duck down. I tried to get in to formation like I'm supposed to. We go through turn one, two, three and then four hits me and I go, "Oh, that was heavy." I feel the G forces on that one. Five, six, six put me out and it was just like, "Oh, that was pretty strong." Seven, eight, nine, about two thirds way down the track I black out. I stopped breathing. The G forces that were pulling on us was just way too much for me to handle and I just blanked. [LAUGHTER] I don't remember the last third of the track.

NANCY HANSON: Really?

DON OSMOND: And, so when we crossed the finish line, Jeremy's supposed to nudge me on the helmet, just tap me on the back and let me know I gotta pull the brakes. He does that. I don't respond.

JEREMY HOLM: Should, should I take over considering you were...

DON OSMOND: No, no, no.

JEREMY HOLM: You were unconscious at this point.

DON OSMOND: I'll keep going. I've heard a million times from you how I can relive it as though I was awake but I wasn't. [LAUGHING] And he taps me I don't respond. He taps me again. I don't respond. We're about ready to pass the take out point where we're supposed to take the bobsled out of the track so other people can go down. We pass that and he hits me so hard with his elbow, just whacks me and I pop up and I don't remember what I was supposed to do and I just thought, "Oh well, maybe I will pull the brakes now." [LAUGHING] And it's a good thing that I did because there was a snow bank at the end of the track and Jeremy was freaking out. He's riding the side of the wall trying to slow us down.

JEREMY HOLM: I should probably put this stipulation out there that my sled had just got a brand new paint job, so I'm looking at the oncoming ice and snow and being like, I feel kind of bad I should of been worrying about Don's welfare. My first thought was, "My paint job, my paint job, oh man, there goes my paint job."

DON OSMOND: Well, but I did stop the sled. We did hit a little bit of snow at the end and we got it up in the snow bank, up in the cone, but we did stop but that was the only ride I took that night.

I just I couldn't get out of the sled. Jeremy jumps out. He's like, "Are you ok?" And I'm dazed and confused and didn't know what just happened. All I remember is just, that was cool.

NANCY HANSON: Let's do it again!

DON OSMOND: "When can I go again?" And Jeremy goes, "No, you're not going until you go see a doctor. We got to make sure you can actually do this."

JEREMY HOLM: Well, my first thought was, "Ok what happened?" And I was trying to talk to him. I was like, "Don, Don, focus, focus. Look at me. Don, what happened?" And he's got this dazed look on his face and he's in some other world. And I'm like, "Don, Don, look at me, look at me." And as I was turning he looked at me and he's kind of like, "What?" "What happened?" "I think I blacked out." And that is why from that day forward, Don has been known as "Blackout" around the track.

NANCY HANSON: Oh.

DON OSMOND: So I now have the nickname at the track.

JEREMY HOLM: But, he went to the doctor, got a clearance, came back and we've been just having fun ever since.

DON OSMOND: Haven't blacked out since.

NANCY HANSON: So, what was that about? I mean, why the blackout do you know? Just because ...

DON OSMOND: It's probably a combination of a lot of things. I mean, you do hit some pretty high Gs in the turns. Jeremy was saying we do hit upwards of 5G forces in a couple of turns and there's that and I was laughing so I wasn't breathing right and I didn't know the correct form, how to tense my core, my body, just to be ready for some of those turns to keep the blood in my head...

NANCY HANSON: So there's some training involved. Obviously you don't just stick your friend on there and go, "Here we go now, now pull on this break."

EVERYONE: [LAUGHING]

DON OSMOND: If you do that, don't expect them to be awake at the bottom.

JEREMY HOLM: Well here's the thing, that was part of the problem with that information overload. I've been talking with Don for awhile. Telling him what's going to happen, what to expect but until you actually do it, it's all just words. When you actually do and experience and putting that information into actual practice at 80 miles an hour trying to remember everything, it's a little different. So I do have to say, Don is the first teammate that I've ever had blackout, but it's understandable because again, the way a brakeman sits in a two man bobsled is their feet are forward. They're almost bent over in half. So the proper procedure...

DON OSMOND: I'm doubled over touching my toes basically.

JEREMY HOLM: Yeah, and the reason for that is for aerodynamics. Air will go over the nose of the sled, over my helmet, down my back and then down his back and out the back of the sled. Well in that position a brakeman has to tense their core when they are going into the high G force turns. Well Don wasn't doing that, so all the blood is rushing down out of his head and he's out just like that.

NANCY HANSON: Makes sense.

JEREMY HOLM: So there's a little technique involved. It's not just sit in and go and you know pray that you make it to the bottom.

DON OSMOND: I know what to do now. I can do it.

JEREMY HOLM: Well he's good now, he's fine now. Yeah. [LAUGHTER]

NANCY HANSON: You're brave. That's all I can say.

JEREMY HOLM: Yeah.

NANCY HANSON: I would have just been screaming the whole time. So what is the, so that was a two-man obviously. Tell us about four-man.

JEREMY HOLM: The four-man sled is, we call bobsled ballet. When you watch four-man bobsled up at the starting line, well I wonder if maybe we should explain. When you go on the bobsled track what happens is a team is, they're up in the start. There's actually a pad of ice up there. You have your sled on its side and you're just waiting your turn and the announcer will say, "Ok Team Holm bobsled to the line." You take your sled up there and you always have your sled on its side, because the blades on the bottom are actually polished. You polish them by hand; put sand paper in your palm. We just spend hours and hours just sanding the steel until it looks like a mirror. So you take a sled up to the line and as the driver, I am usually standing to the side just trying to stay very focused, just getting ready and so you know the other three guys, Don included, they'll set the sleds...

DON OSMOND: We're the grunt, that's our responsibility.

JEREMY HOLM: Yeah, they're pretty much there to work. I just, I'm the one who looks good and they just do all the work. So, you know... [LAUGHING]

NANCY HANSON: Cool.

JEREMY HOLM: Pretty much.

DON OSMOND: So the three guys we actually get the bobsled all prepped, set it up on the side like Jeremy was saying and then once our team name is called, we sit the bobsled down on the runners or on the blades, get everybody into position and a ...

NANCY HANSON: And, what is the position? I mean there's four of you.

DON OSMOND: There's four of us, there's four of us yeah.

JEREMY HOLM: Yeah, it's really, when you look at the bobsled, the guy in the front, let's see if you are looking at the sled and it's coming towards you. The guy in the front right that's the driver, he's always the first one in and then you have the two side pushers and then you have the guy in the back and the reason four man bobsled is so amazing to watch a team load is in the Park City track you are pushing about 50 meters and at anywhere from 4.7 to 5.3 seconds. That's a pretty good sprint on a track at a high school or a college, we're doing it pushing a several hundred pound bobsled on ice so our shoes are actually special made if three hundred steel spikes in the bottom and we get those from Germany, so that's what's letting us run on the ice. Well here's where it gets tricky, you're having four athletes running full speed, trying to load into that sled as quickly as possible wearing spandex with you know, razor sharp spikes in the bottom of their shoes and that's the tricky part. We have to load in so carefully that we're not taking those spikes and sticking them into our teammates' thighs and into their backs and their calves.

NANCY HANSON: Yeah.

DON OSMOND: Not that hasn't happened before. I'll show you on my calf.

JEREMY HOLM: Please don't. [LAUGHING] Those who are listening be grateful you don't have to see his white legs but, it happens many, many a time.

NANCY HANSON: I have honestly thought about that when I see those and how fast you guys get in there and it's got to be kind of this, you got to figure it out and be graceful about it.

JEREMY HOLM: You do have to be very graceful and you have to practice a lot. We will practice with just tennis shoes. We'll set the sled down up on the ice of the start so it's not moving, we'll just we'll practice loading and there is a cadence involved so we know everybody's timing. When the sled is set down, the guy in the very back who is the brakeman, will say "Backset" and the guys on the side will say "Set, set" and then I will say, "Front set", and then it's "Ready, go", but you are trying to keep it you know, "Back set, set set, front set, ready" and then you're off and then you're pushing. So everybody's, you want to hit the sled or start pushing the sled at the same time, because it's static start sleds pretty much level and you want to use all your combined power to get it moving and so that's why we look for athletes with very strong legs, a lot of explosive power to get it moving but then, once it starts moving it's going down the crest and that's when we're sprinting full speed and so you look for athletes that are also fast. And then you have to start loading in and you want to be loaded in before that first turn, not because it's a rule, but because it's easier to drive that way. Well also, especially in two-man, I need my brakeman to be in before that turn because when we're pushing the sled is actually sitting in two grooves cutting the ice. And, those grooves and good for the first turn, so if we're, if Don and I are doing two-man and say he jumps in late, he can kick the back of the sled over, we're going to bounce off the wall going at turn all off and there's the race right there. You just lost several tenths of a second.

DON OSMOND: Well when the race is won by hundredths of a second...

NANCY HANSON: Amazing

DON OSMOND: Every second counts.

NANCY HANSON: No kidding.

DON OSMOND: And like Jeremy was saying trying to get four guys into a bobsled within 5 seconds, seriously is a bit of a ballet.

NANCY HANSON: Right

DON OSMOND: That and spandex.

EVERYONE: [LAUGHTER]

JEREMY HOLM: Well, it's not exactly flattering, but it does work.

DON OSMOND: No, it's not.

JEREMY HOLM: And you know mishaps do happen. Don and I, our four-man team just at the end of last season...

DON OSMOND: Are you going to jump into that right now?

JEREMY HOLM: No, I'm just going to tell her what happens.

DON OSMOND: I don't think you jump into it right now.

JEREMY HOLM: Oh I think I'll tell her what happens.

DON OSMOND: No, no, no. Save that for later.

JEREMY HOLM: Ok, no we're going to tell the first part, we'll finish the rest.

DON OSMOND: Ok.

JEREMY HOLM: So, were up there. It's a huge race. You know, there's people lining the track. There's cameras all over the place. You know we're all out there in our uniforms. We set the sled down and everything's going great. We take off. Now the reason we know we can start, is there's actually a little buzzer that goes off, a little green light goes and you have 60 seconds to get your sled from the start past the first timing laser. So we're running down the track and I jump in. I load in. I sit down and I grab the steering rings. The next thing I feel is just a hard whack on the back of my helmet pushing my head down into the sled.

DON OSMOND: This is where Jeremy likes to make fun of me, because that was me.

JEREMY HOLM: That was Don running and slipping as he jumped in and falling onto me and pushing me down underneath and then

DON OSMOND: Alright, alright, alright, alright, alright, OK, alright.

JEREMY HOLM: And what's great is that we have the perfect picture of this. We have like a frame by frame picture watching Don jump in. Then fall. Push on me and then sit down.

DON OSMOND: Little did you know that this hour on the radio right now is going to be all about how Don just can't bobsled. [LAUGHTER]

JEREMY HOLM: I'm not saying that. I'm saying we had a lot of fun.

DON OSMOND: How Don goes down. How he hits Jeremy when he tries to load. Those are like two really horrible experiences I've ever had. [LAUGHTER]

NANCY HANSON: Let's talk about your successes.

DON OSMOND: Please, can't we?

EVERYONE: [LAUGHTER]

JEREMY HOLM: You know, our success, one of the reasons I stuck with bobsledding so much was I felt a closeness to our Heavenly Father up there. You know, we think of the Old Testament, the prophets would go up into the mountains to converse with God and for me that mountain became a very special. It became a place where I learned about prayer in and of itself. when I'm getting ready for a race or for training I'll walk the track and the reason I do that is I need to look at the ice. Because the ice, the track layout's the same but the ice conditions will change depending on the outside temperature, weather that sort of thing. But I learned very early on in this sport that my capabilities are only so much and that if I really wanted to be the best that I could be I needed Heavenly Father's help. So, when I was out walking the track inspecting the ice getting ready for the day, I would always find just one of the turns I would just kneel down on the ice and just ask for His help. I would never ask to win. I would just ask that He would help me to do my best. And, He has blessed me a lot. You know, we have our medals. We have our, you know we have won our races. We have lost our races. We have won our races and almost every one of those medals has a story behind it of where I knew Heavenly Father was helping us. You know, there were races that we won that as much you know optimism as we have and you know motivation, I wasn't sure we're going to win and to just stand up there and you know have that gold medal placed around your neck, you know, whether it's like a small local race or a national race or international whatever, it's just an amazing feeling. Those are successes, but feelings involve knowing that we weren't alone out there, that's you know a great success to me personally. But ...

DON OSMOND: Well when you're traveling at 82 miles an hour, you need a little bit more help than just your own know how and personal experience. You need angels running by you.

NANCY HANSON: Yeah, absolutely.

JEREMY HOLM: You really do. You know, one of those experiences actually happened in 1998. So you know a few years ago and a there's also, in the United States there's only two tracks. There's the Park City, Utah and Lake Placid, New York. And from the Park City program myself and one of the other athletes Joe; we were selected to go to New York for a training camp. So, Joe and I flew out there and we did, it was I think a 5 day camp. At the end of the camp they had what they called the Empire State Games. It's kind of just, it's a statewide mini Olympics sort of thing. And Joe and I decided we were going to race together, instead of picking some other athletes out there. So Joe and I were walking the track and as we were walking up the track for the race, we're watching the track crew out there. Those were the guys that maintain the track and they're spraying water on the track to kind of put a fine layer of ice on there and we kind of saw that out of the corner of our

eye. And we got up to the start and since it was a bit of a different race, usually there's a driver and a brakeman and that's just how the race goes. Since this was a bit of a different race Joe and I decided you know we were both going to drive. I drive one and he drives the other. So we get up to the start. Get in the sled. Go down. As I'm driving, realizing you know that the sled is not responding and we crossed the finish line, Joe pulled the brakes and he just all this slush came up into the sled because the brakes are just metal teeth digging into the ice, so you know he stands up and he's just covered in slush, we realize the reason it was so hard to drive was the track wasn't completely frozen. They had waited almost too long to put the water on the ice and it was it wasn't freezing completely so you know. So Joe was a little frustrated. We got back up to the start and we told our coach and the officials were like ok look here's the problem. This is what just happened to us. This is why we had a really bad time and basically, "No," they said, "Well we understand your concern but that's just the nature of it and what you got is what you get." So, you know Joe throws his helmet across the road and he's just really frustrated and he's very competitive, very competitive and I remember just sitting there thinking, "Ok we can either A. go home very angry and very disappointed or B. we can make the most of this." And I remember, I had remembered just saying my prayers earlier in the day and just kind of had one of those feelings like something's going to happen just be ready for it and I remember you know deciding we're going to have fun with this. So I grabbed Joe and I took him to the side was like, "Alright Joe." And I told him, "We can go home angry or we can make the best of this race. Let's have fun with this." And I said, "Joe," now we're in high school at the time so teenage hormones are going, and I said, "Joe you're going drive this time and if you beat my time, when we get back I will set you up on a date with my friend who is a cheerleader."

EVERYONE: [LAUGHTER]

NANCY HANSON: So, of course Joe is like, "Ok, ok." You know and he's all smiling down and you know problem forgotten. So we get in the sled, we're driving down; I can tell Joe is doing really well. He totally beats me, totally. In my defense, I think the ice was more frozen because it's was an hour later or so. So he gets out of the sled and he's all excited and he's like, "I beat you, I beat you!" And so you know, I'm trying to keep him on that thought, not the thought of the first run, not of the thought that we just lost the race, you know keeping the positive thought. We put the sled away. We're walking back to where we have to go check in and I have to admit my eyes were a little downcast. I was a still frustrated, disappointed. Joe looks over at the scoreboard and he's like, "Jeremy look at the scoreboard." I'm like, "Nah I don't want to see it." He's like, "You know, you really need to look at the scoreboard." I'm thinking in my head, "I do not want to look up and see Team Holm last." But I look up and I can't see our name until I look up. Number 1.

NANCY HANSON: Really

JEREMY HOLM: We got first place that day. How, I don't even know, but it was such an amazing experience. After everyone checked in they took us out and we're standing there by you know Lake Placid, the Olympic track 1980 games. And they put us up on the podiums and they put the medal around our necks and it's just a beautiful night and you can look up and see the stars and the moon and everything. And I remember as soon as we sit up on the podium and they put the medals on our neck just this incredibly warm feeling just

came over me. And then they you know of course started playing the national anthem so I'm up there just bawling like a little baby, but it wasn't the medal that made me cry. But, it was like Heavenly Father's putting his arm around me and saying just good job, I was here with you tonight. I mean, it was a race that I didn't think that we had won at all.

NANCY HANSON: And that story probably would have a similar ending had you not won that you would of felt triumphant because...

JEREMY HOLM: Definitely, definitely but that is like I was telling you earlier, that's the medal that I carry around with me as good luck. As a reminder of that blessing that I got that night but also that Heavenly Father's with us always.

NANCY HANSON: Cool

DON OSMOND: I think sports, in general, are just anything that required stick-to-itiveness, and perseverance you'll find that happens, just that personal drive to try to do your best and to do everything that you possibly can. And then once you have done all that you can, you basically say, "Ok well Heavenly Father now I'm giving it to you, because this is about the limit. This is where I can go. And I've pushed myself as far as I possibly can be. If I'm supposed to go farther I'm going to need a little bit of extra help." [LAUGHTER]

NANCY HANSON: There you go.

DON OSMOND: And that's Jeremy's experience.

JEREMY HOLM: Well, and it's, I mean, there's pressure involved, there definitely is. I mean, you're up there and there's a whole crowd cheering and you got your coaches and you got the officials and you got your other teammates and you know sponsors at times and you feel that pressure, but we're so luck to know we know in the gospel sense that we're not alone. And that has made all the difference for me, because there have been times that I have gotten up there and not that I was about to crack under pressure, but you feel it and it makes at times difficult to get your mind in the zone. Especially the driver because you are about to, you know, jump in the sled and you know, take one or three other guys on the track at 80 plus miles an hour and it is, driving a bobsled is very it's technical, it really is. I mean you're going into a turn and you have to be very good at analyzing the information. You have to be able to analyze what you're feeling, the G forces. You have to analyze the speed that you're going into the turn, how high you are in the turn, how the ice is reacting, all that has to be processed at once. And that's where I say I know the limits of my capabilities and that's where I need Heavenly Fathers help to you know, better myself and be the best I can be at those speeds. And like Don was saying, you're pushing as far as you can, but you know to reach that next step you definitely need His help out there. And just knowing that He's there has so many times allowed me to just calm down and just get ready to go.

NANCY HANSON: Yeah, and when it's over too, being able to share. Don't you do that? Don't you feel like, wow we did it? You know, as you pray afterwards and talk to Him about that. That's something that I think is important too, that you know, once you've made it you've done it to be able to share that glory with your Father who helped you through that time.

DON OSMOND: Definitely, it's totally a spiritual experience, I mean.

NANCY HANSON: Who would think?

DON OSMOND: Spiritual experiences at 85 miles an hour.

EVERYONE: [LAUGHTER]

JEREMY HOLM: On the ice, in a metal and fiberglass rocket, wearing spandex, yeah. It's amazing where you can find those experiences.

DON OSMOND: Can we end it with the spandex, please? I know we wear it, but do we have to keep saying it. [LAUGHING]

NANCY HANSON: Well, if you're just joining us here today on Everything Creative on The Mormon Channel, we are talking with American bobsledders, Jeremy Holm and Don Osmond. And maybe we just have to address this issue, yes, Don Osmond, you are Don of the Donny Osmond.

DON OSMOND: Junior. Right here, thank you.

JEREMY HOLM: His nickname was Junior until I had to switch to Blackout. So...

NANCY HANSON: Yeah, Blackout works.

DON OSMOND: I can go with either. It's fine. That's alright.

NANCY HANSON: So, what do your parents think about you bobsledding?

DON OSMOND: My dad loves it. He, like me, is a huge adrenaline junkie. I mean, he's done car racing and all those sorts of ridiculous things, and so he loves coming up to the track and just watching and living vicariously. We've offered to give him a ride. He'd love to take a ride, but a he had a neck injury a few years back that prevents him from doing anything stupid like this. My mother, on the other hand, she prays frequently. [LAUGHING]

JEREMY HOLM: I think the first time that I went to your house after I got you involved in the sport. I think your mom kind of gave me that look of...

NANCY HANSON: Oh, it's you. It's you. You're the one.

JEREMY HOLM: [LAUGHING] It's you, it's your fault

DON OSMOND: No, but they are both very supportive. They like watching me and all of their children participate in various different activities, whether it be music or sports or just personal endeavors in business, in school and all those types of things. They like watching us try to succeed and try to do something that may be little atypical.

NANCY HANSON: Yeah sure.

DON OSMOND: And bobsledding definitely fits under that category, so...

JEREMY HOLM: There's the rest of the Osmond group and then there's Don.

NANCY HANSON: The Bobsledder. [LAUGHTER]

DON OSMOND: This is one Osmond that doesn't sing. I'm sorry.

EVERYONE: [LAUGHING]

JEREMY HOLM: Yeah, I will say that Don's dad, you know, Donny, he came up to watch us and he was ready to go. If he could of gotten in that sled, he would of gotten in that sled. His eyes...

DON OSMOND: Grinning from ear to ear. [LAUGHING]

JEREMY HOLM: Oh yeah, he was taking all these pictures and then it's great because a you know of course there was all these tourists walking around the track and you could hear the whispers, "Is that Donny Osmond?" "No, that's not Donny Osmond." "It is Donny." "No, it's not Donny Osmond, is it?" So yeah...

DON OSMOND: Oh yeah, so I get asked that quite a bit.

NANCY HANSON: What is it, maybe you can describe, I don't know if you can, but what does that feel like and how long is the ride? I know they're probably different, but...

JEREMY HOLM: You know, it's, it's...

DON OSMOND: The ride's about, not even a minute.

NANCY HANSON: Really?

JEREMY HOLM: It really depends on ice conditions too. If it's, let's say there's a bit more moisture in the air. Some of it will actually create a layer of frost on the ice and that will cause us to slow down. So it's like, you are going anywhere from you know some of the top speeds can be you know 47 seconds down that track to you know a really slow day you're getting like 55 / 56 and so forth. So you're going 8 tenths of a mile on the Park City track. One thing everybody needs to keep in mind is every track is different. They're not the same. So when you go from one track to the other you have to kind of as a driver you have to walk the track, you have to reorient yourself with the different turn combinations and we'll do a lot of visualizations as well.

NANCY HANSON: So you guys don't get to run it? This may be a dumb question, but you don't get to actually ride it before, the track?

JEREMY HOLM: You do before a race.

DON OSMOND: You can walk the track as well. You can actually walk in the track with shoes and...

NANCY HANSON: Oh, you can?

DON OSMOND: Just walk all the way down the track. Figure out how sharp each turn is and Jeremy goes through all this. I just go along for the ride obviously, but Jeremy walks through and he takes a look at each turn and sits there and analysis it, so to the point where he knows exactly how much he needs to turn in each one of those turns so to make sure that we get down safely.

JEREMY HOLM: And you know Don made it sound like he's not doing much and he is. He and the other athletes are working at the top at the track while I'm; it's great because they're allowing me to go walk this track. They know I need to do it as the driver. But, what they're doing at the top of the track, they've got the sled upside down on the stand. They're putting those metal blades and they're getting them. We have little metal shims that we'll put in next to them to make sure there perfectly aligned.

DON OSMOND: All the technical stuff.

JEREMY HOLM: All the technical stuff and it makes a big difference, so that when I get to the top, we're ready to go. I know they've got it taken care of and we can just go from there. But to describe a bobsled ride, you kind of have to...

DON OSMOND: Take a roller coaster. [LAUGHING]

JEREMY HOLM: You take a roller coaster and you really have to mash it together with a F16 ride with liftoff from the space shuttle.

DON OSMOND: Nascar.

JEREMY HOLM: Nascar. I mean, you blend it all together and that's really what it is. It is one of the most intense experiences you can have. We actually had some F16 pilots come down from Hill Air Force Base here in Utah and they took the ride. They got out at the bottom and one of them said, "That was the most intense thing that I've ever done."

NANCY HANSON: Wow.

JEREMY HOLM: We thought he was just being nice, we were like, "Yeah, you ride F16's." And he's like, "No, no, no, when we're in the jets, we pull on G forces but it's almost more gradual. The turns are longer." We're in those turns whipping back and forth so quickly, you know, and that's what makes it so intense. And the centrifugal force, you know, when you are up in those turns sometimes we're you know 8 or 9 feet up in the air almost inverted going into that turn. It is just an amazing experience. I mean, as a driver I can look out when we are going that fast. You're not supposed to. The teammates don't like me to hear, like to hear me say that I'm looking out, because I'm going that fast.

DON OSMOND: Are you watching the track or are you just watching everybody else outside the track? He's looking for the available ladies in turn 6 and turn 10 and I'm just like, I've got my life going on here, would you keep us safe. [LAUGHTER]

JEREMY HOLM: Well, you know, I've got to think of my future too. But a when you're going down you can look out and it's just a surreal experience to see the crowd going passed that fast, and you're just whipping through those turns.

NANCY HANSON: That is so cool. It's something that very few people are going to be able to experience something like that and that you realize that. I mean, that's just cool.

DON OSMOND: Nancy, I going to ask you a question. Have you ever been up to the track?

NANCY HANSON: I've been down the Alpine Slide. Does that count? [LAUGHING]

JEREMY HOLM: Ok, this is the Alpine Slide on steroids. It's really...

DON OSMOND: Think Alpine Slide a lot faster.

NANCY HANSON: How cool is that to have that right in our backyard. You know.

DON OSMOND: We are really fortunate.

JEREMY HOLM: It is amazing facility and I mean, even here in Utah a lot of people don't realize that these facilities are still open. There's still athletes training here and there's a speeding skating oval over in Kearns. There's the ice sheet and of course all the ski runs in Park City and in the canyons.

DON OSMOND: But we have teams from all over coming up to Park City. In fact, the Jamaicans come and practice there. We've got the Aussies coming back up. They were here last season. They will come back up and train with us again.

JEREMY HOLM: That is one amazing experience we have. We have been able to make friends all over the world. I mean, just different teams. Last year we became really good friends with an Australian team. I let them borrow our four man bobsled because the driver that I was helping him learn the track, he didn't have a four-man sled. So, I let him use the sled, let him use my runners, the blades in the bottom and a...

DON OSMOND: You let him use your teammates.

JEREMY HOLM: I let him use my teammates. You took a ride?

DON OSMOND: I did.

JEREMY HOLM: It was Don and a Brad right.

DON OSMOND: Yes.

JEREMY HOLM: So it's, you make these friends all over the world and I guess...

DON OSMOND: It just really opens the doors to so many different places and possibilities and just getting to hear other people's experiences in the same sport that you participate in. It's just a lot of fun. And just to share those with each other. It's just great.

JEREMY HOLM: Well it also opens the missionary experiences as well. I mean, you know, bobsledding is known as the drinking sport, so after all the races all the athletes will go and they will head to the bar and drinking, but what's great is that most of them are very respectful when we just explain, "You know that we don't drink." And they'll actually just say a lot of time, "Well, you know, I probably shouldn't either." But you know then they're going back to drinking. But, it has opened a lot of doors to be able to explain, you're a Mormon. "A what? What do you guys believe?" And it just allows us to kind of, you know, bear our testimony at times at the appropriate times and so forth and just kind of open that door.

NANCY HANSON: And just to be that example because I know, you know I'm involved in music and a lot of times when I play, people will find out that I'm from Salt Lake. "You guys can do that?"

You can be a serious song writer?” Or you know, “Oh Mormons can bobsled?” You know. It's eye opening.

JEREMY HOLM: Yeah it really is. I mean, a lot of times there like “Yeah, you're Mormons. You're kind of weird.” But, when they hang around us, we're not that bad. And you know, we're a peculiar people but ...

DON OSMOND: We bobsled. We're weird. (LAUGHING)

JEREMY HOLM: Well, we're peculiar in that sense that we do bobsled, but...

NANCY HANSON: So, talk to me about how do you form a team? How did Team Holm come together and does it change?

JEREMY HOLM: It does rotate a lot. I mean, athletes will come and go. It is a very physically intensive sport, not only with your training I mean you are doing your weight training, and then your speed training, your sprint training, and so forth. But the actual ride itself, Don can tell all about this, but it is physically overwhelming. I mean you're pulling 5 Gs in these turns and you're in, you're tucked in this little, little sled. No padding. I mean you're usually sitting on like fiberglass.

DON OSMOND: Though I've asked that we could put some padding in there because it hurts. [LAUGHING]

JEREMY HOLM: Yeah and we did actually, we did actually put a little pad in there for Don. It was pink and it said “Princess” on it and but, you know. [LAUGHING]

DON OSMOND: Might I add, it was a quarter of an inch thick. I need more than that. [LAUGHING] And easy with the pink, it wasn't pink, it was purple. [JOKING]

JEREMY HOLM: Oh, my bad. I am sorry, lavender, lavender. But the physically demanding part is so you're pulling 5Gs over and over. I mean, we'll go up there and train and we'll take 4 or 5 runs a night and by the time you're done with that, you are physically exhausted because you're trying to, the guys in the back are trying to hold themselves in that position. They don't want to move, especially Don rides number 2 in the four-man and if he leans forward too much...

DON OSMOND: Right behind Jeremy.

JEREMY HOLM: Yeah, he's right behind me. And if he leans forward too much, he's going to be pushing against me. The problem with that is, one, he can actually push my helmet down so I can't see. And, two, he can restrict my body movement so I can't drive. So he's got to hold that position right there, but the way to describe that physical sensation is the further you go back in the sled so the drivers in the front. The brakeman the very back man, number four. The further you go back in the sled, the more intense it gets. And, I'm no physicist, so I can't explain why. But I can give you an example, if you grab a stick; the end you hold doesn't move a lot but the far ends moving a lot more. So our number four brakeman, they're usually the ones that are the most tired by the end of the day. The reason I bring this up is they're athletes that will just get to the point where their bodies

can't handle it. They're just like, "I'm done. I can't do this." You know, they will move on. They'll get married. They'll do school. They'll get careers.

NANCY HANSON: Because you can't be married and do bobsledding.

JEREMY HOLM: Oh, you totally can. Yeah.

NANCY HANSON: [LAUGHING] I'm just kidding.

DON OSMOND: Oh, you can. Why do you think we're single?

JEREMY HOLM: There's a lot of reasons for that, but...

EVERYONE: [LAUGHTER]

JEREMY HOLM: We won't get into Don's reasons because this isn't about that. We don't want to embarrass him.

DON OSMOND: See what did I tell you Nancy? This is all about making fun of Don today.

JEREMY HOLM: It's not all about making fun of Don. We just have that little bashing.

DON OSMOND: Jeremy's got that little cushy seat in the front. The guy in the back's got the worse ride of it all.

JEREMY HOLM: I do have to agree with that. The driver, we have our reclining seat, so it's a little more relaxed, but, I still feel the G forces. But, let's remember, I'm driving, trying to focus at 80 plus miles an hour while experiencing those G forces. So, I'm just going to throw that out there for my defense. But...

NANCY HANSON: Obviously, it's good to have a good relationship with your teammates.

JEREMY HOLM: You have to, if you don't, because you spend so much time together. Even off the ice, we're going to the gym together. We're going to the garage to work on the sled. We're doing things like this. If you don't have that chemistry, it makes for a really long season.

NANCY HANSON: So, how do you find out, is it you?

JEREMY HOLM: It really is my responsibility to find athletes. The other athletes know, keep your eye out if see you know, somebody's fast strong, you know, just a good personality. That's really crucial for me. I've been very lucky, especially here in Utah to find some amazing teammates you know and we just have good chemistry all the time. I've seen what happens to teams when they don't. You know, but what I'll do is I will sometimes we'll do recruiting. We'll put flyers up in gyms. We'll go to college gyms or that sort of thing. We'll have tryouts. We'll test how fast they can run. We'll test some certain different weights, bench press, squat, that sort of thing, and vertical jump. We'll just test their athletic ability. But personality really is key, because if you are going to travel somewhere and you have somebody that is getting on everyone's nerves, there's no way you can get completely ready. You can't get into your complete mindset for that race.

DON OSMOND: As much as bobsledding is very physical, it's also extremely mental. Yeah.

NANCY HANSON: I'm sure.

DON OSMOND: So, it does require, like Jeremy's saying, it does require a group of guys that can appreciate that. Work hard together. Train hard together. But, yet, also on more of a spiritual or even a mental level, just to be able to appropriately psych each other up. Get ready for a race or get ready to go work out and those kinds of things.

NANCY HANSON: So it sounds like something where one guy can make a mistake and they can ruin it for everybody else.

JEREMY HOLM: It really can, and...

DON OSMOND: You want to talk about mistakes. [LAUGHING]

NANCY HANSON: Hey, you're bringing it up.

DON OSMOND: I'm going to bring it up. I'll start poking fun at Jeremy.

JEREMY HOLM: I think I know where this is going!

DON OSMOND: There was a mistake that we experienced last season. (LAUGHING) Mind you, Ok I am going to make fun of Jeremy a little bit. But,

JEREMY HOLM: I'll bite my tongue, but I'll make the appropriate comments at the appropriate times. So...

DON OSMOND: We had the opportunity just last season to participate in a large race and the track was pristine.

JEREMY HOLM: Ok, wait, wait, wait, this is the race that Don fell into the sled and hit me in the back so...

NANCY HANSON: Ok

JEREMY HOLM: Let's just remember.

NANCY HANSON: Ok

JEREMY HOLM: If we're going to talk about mistakes here. (LAUGHING)

DON OSMOND: Alright, we're one for one.

JEREMY HOLM: Ok, one for one. Good to go.

DON OSMOND: Anyway, it was really exciting. Like Jeremy was saying about previous experience. It was cameras, people, just awesome, tons of teams from all over the world were there and we crashed. I'm just going to jump right to it. We crashed. We were going too fast. We were, it was just too much for us at one time. We had practiced. We had prepared. At the same track, up at Parks City, on different ice conditions. Like Jeremy was telling us, everything can play up into the bobsled. And everything was perfect for us. Previous nights either the ice was a little bit different, the weather was a little bit different, the push wasn't just right. Everything was perfect except that I jumped in and I hit him on the helmet, yes I know. But, we had a team of guys together that actually none of us had

pushed together as a team. Individually and in different times there was the three out of the four that were there, but not all four of us.

JEREMY HOLM: The reason that happens is with four-man you always want to have spares. You need to have backup.

DON OSMOND: So there's the rotation going on.

JEREMY HOLM: Yeah. If Don has something he has to do or one of the other guys has something that they have to do, you bring them in. So all season long I have been able to get a full crew but never this crew. Like Don was saying, this was just the perfect day. The ice was perfect. The sled was ready to go. And I just had those three guys for the first time that season together.

DON OSMOND: And we all tried to get together. Because, we knew that the four of us together were really fast. Well, it was perfect storm.

JEREMY HOLM: Very fast.

DON OSMOND: As a matter of fact, we pushed a half second faster than we have ever pushed before. Well, with the physics of bobsledding, whatever you've got at the top, how much time you take off the top well half seconds. You multiple that by three, you're going a second and a half faster by the bottom. And, what happened to Jeremy, he was ready for it. He'd run that track a million times, knows it backwards and forwards. Can actually drive it blindfolded and has done that in the past, I'll add.

JEREMY HOLM: I don't tell my teammates that I couldn't see until I get to the very bottom. And say, "Oh guys, by the way..."

DON OSMOND: The fog and everything. Anyway, two thirds the way down the track, the same place that I blacked out...

JEREMY HOLM: It was actually.

DON OSMOND: It was the same place. We came out of a left hand turn, into a right hand turn and since we were going so much faster and everything was just that much better, we came out of the turn. Well, went into the turn a little early, excuse me, came in to the turn a little late and came out of the turn a little late. And going from a left turn to a right turn, it just rolled our sled right upside on our left side and we were riding the rest of the track 80.

JEREMY HOLM: About 83 and a half miles an hour, a little over.

DON OSMOND: We were riding on the ice.

NANCY HANSON: What goes through your mind? Do you think, oh I'm dead?

DON OSMOND: Ice goes through my mind at 83 miles an hour on that track. [LAUGHING]

JEREMY HOLM: I will say, as a driver, the first thing that went through my head was, "Dang it. I can't believe that just happened. I just let that happen." It's, you know, people can say what they want but it really just comes down to the driver and I knew that. As soon as we

went over, it was a very gentle roll over. We came out of turn eleven, left hand turn in Park City and we just rolled over. The guys in the back, how long did it take you to realize you were upside down?

DON OSMOND: It took us a little while to realize it. Actually, the way I found out that we were on our side was I was burning my shoulder. My shoulder was rubbing up on the ice and it just giving me a friction burn and then I realized, "Oh, we were on our side." And then the ice started coming in and everything. Jeremy took it really hard. When we finally stopped at the bottom of the track, I knew he was really bummed out. That was the first accident that he had ever driven, I should say. He's been in accidents before, but he took it really hard and if it was any other group of guys that day, I think it would of been that much harder, because we all realized, "Ok, yes, we understand that we all, we're a team." And Jeremy's really feeling the weight of this. He had taken the blame basically for it. He crashed. We didn't get to finish the track. We ruined the bobsled. It was wrecked and we all rallied behind him and we're like, "Jeremy, don't worry about it. It's fine. We had fun." [LAUGHING] We crashed it. The speed, it was fine and I think for Jeremy's sake, I think he needed it and I think that he needed that kind of support, because I could tell that he took it pretty hard. It was a rough crash that just kind of took the wind out of all of us, both physically and mentally. But despite that, it was also a really cool experience to watch all of us kind of rally around each other and say, "It's alright. Ok, we don't get to race anymore because the sled's busted. We're all fine. No real horrible injuries. We're all still alive and it's going to be OK. We'll repair the sled. We'll get back together and we'll bring it in again." So, going back to what Jeremy was saying earlier about all this team stuff and it being a spiritual experience. It really is. Even during those down times and that's when we really kind of pull together and become a real team of good guys.

JEREMY HOLM: Yeah, I learned a really interesting lesson that day actually. Like Don was saying, the fact that everyone just pulled together. That meant a lot to me as the driver. I think, we're all going to face trials and adversity in this life. There going to be those experiences where you're either going to make the decision, like I did as the driver. I just held on the turn too long. And you're going to crash in life and you're going to be experiencing sometimes just, sometimes the weight of our mistakes do just come crashing down. And like Don was saying, I took this one hard, because it was such a great experience, we had a great push, I was driving so well.

NANCY HANSON: Everything was perfect.

JEREMY HOLM: Everything was great. And I knew we were going to set a personal record as soon as we crossed that finish line.

DON OSMOND: Oh, we were breaking times. We knew we were breaking times.

JEREMY HOLM: Yeah, we were doing really well, like we were actually doing really well. But, since I'm up in the nose of this sled as the driver I tucked inside, I just waited till we crossed the finish line or tried to cross the finish line. What happens in the Park City track when you crash as you go up in the last turn, not going fast enough, so you come back down. So you rock back and forth in the lowest point in the track a couple times, which, again when I was thinking about this later one is what you do in life when we have those trials

or we kind of hit rock bottom. You are at the lowest point of your life and you know. We come to a stop and I could hear the track crew and EMT's outside the sled. I could hear them helping my teammates get out but I couldn't get out. Like I was stuck inside the sled, because it was pressed against a wall. So the opening that I tried to get out of, I couldn't crawl back through because my body was so, I was shaky. I really was. So I tried to scoot back out of the sled which again, when you're at those points in our life, those rock bottom points. We're trying to do our best. We are trying to scoot out of it. And, I had that point where I realize that I can't get out of the sled on my own. And, I was just able to somehow reach my hand through the crack between the ice wall and the sled and just stick my hand up. And to this day I don't know who grabbed my hand. I don't know. But, somebody grabbed it and just pulled and they pulled me out, got me to my feet and I just remember standing there and looking at my teammates and the EMTs and the track crew. Everybody was so focused. "Are you guys ok?" And when I thought about it later on and began thinking about those low points in our lives when we are rock bottom, when we can get out on our own. It's just reaching your hand up and there will always be one hand there to pull you up. And when I realized that afterwards it kind of washed the embarrassment and the "I can't believe I crashed" away and my teammates definitely helped me with that, but realizing that I just learned a very important spiritual lesson from this, that the Savior is always going to be there to pull us out of those tough moments. So it was yeah, like Don was saying, it was one of those experiences. We walked away. We try to have fun with it. I was still kind of, "Ah man I can't believe that happened."

DON OSMOND: Oh, he was frustrated for the rest of the day.

JEREMY HOLM: I was very frustrated.

DON OSMOND: In fact, for the next couple of weeks until we got back on the ice again.

JEREMY HOLM: Yeah, once when we got back on the ice it was fine. It was a couple of days of having to repair the sled; re-fiberglass, bend the frame back out, and re-weld and everything. It was a lot of work. It really was. But getting back out there definitely helped.

NANCY HANSON: What a cool metaphor, I really like that. Well you're listening to Everything Creative on the Mormon Channel and joining me today is Jeremy Holm and Don Osmond from Team Holm. They're bobsledders and it's just been a fascinating discussion so far. Talk just a little about training and what's involved and that and when is your season? You know? I don't know.

JEREMY HOLM: Our season that actually starting the time of this is recording is pretty shortly. It goes from really October until February, end of February. So, we've got, definitely got some months out of the year. That's the on ice training. The summer months, the off time season is just spent doing a lot of weight training and a lot of sprints. Don and I will go to the gym and we will just do sprint training and that sort of thing just to get ourselves ready.

DON OSMOND: Or go to the track and just do some running, sprint training.

NANCY HANSON: Is there, you know, is there an advantage of being smaller, bigger with the sport.

DON OSMOND: Ideally, you want to be really heavy and have a really light sled but you got to be able to run really fast. (LAUGHING)

JEREMY HOLM: It's not so much, you don't want to be so big you can't get in the sled, but here's the reason it's better is when we get to the bottom across the finish line, there is a huge, probably about 14 foot long and 6 foot wide. It's a scale, just a huge scale and what happens you take the sled out. You put it on there and you get your teammates and you stand inside your sled. So, there's a weight limit involved with this sport because heavier objects go faster, of course, so they put that weight limit on there. And, so you want to make sure you're not over the weight.

NANCY HANSON: But, you want to be at that weight.

DON OSMOND: Exactly

JEREMY HOLM: And that's the thing, so you want to have heavier athletes so you can push a lighter sled.

NANCY HANSON: Yeah.

JEREMY HOLM: Because then you can push that sled faster but still have all that combined weight. We can put weights in the sled. We can take weights out. But, we definitely look for athletes that are bigger and stronger just for that reason. But you also have to be careful that the team combination doesn't put you over the weight limit. So, and also as the driver in a four-man sled I will put the athletes, I will position them in the sled depending on their size and speed as well. You know, like the number three guy, or excuse me, the number two guy is usually a little bit bigger cause he is usually pushing the right hand side by himself. But, the number three guy, you know, the driver and number three guy are both pushing on the left hand side so you have to work that together as well. But the number three guy has to be faster, because he is the third one in. The fourth guy has to be faster, because he's the last one in. And that sled's picking up speed and if the athlete can't keep up the fourth guy can't keep up with the sled at the start, he's actually pulling back on it when he's running. So, all these factors come into play that you have to just position and choose your athletes really well.

DON OSMOND: Jeremy's right. A four-man bobsled is really a ballet. It really is to try to get all four of us in and such a quick time, at such a quick sprint, without kicking each other in the calves and causing each other to bleed with those spikes at the bottom of your feet.

JEREMY HOLM: I have shirts that have no sides and no back because the spikes have just gone in and ripped them right open.

DON OSMOND: We've got battle wounds. It's fun.

NANCY HANSON: I'm sure.

DON OSMOND: It's just scars. [LAUGHING]

NANCY HANSON: What would you tell someone that's aspiring to be a bobsledder?

JEREMY HOLM: Do it. Do it, but get a cat scan and a psychiatric evaluation first and then come talk to us. Really.

DON OSMOND: And don't black out.

JEREMY HOLM: Really, to get into bobsledding, there's two routes you can go. You can do it for fun, you definitely can. Or, you can try to do it at the competitive level and both are great. Depending on what you want. And people need to bear in mind, it is an expensive sport. It's the second most expensive sport in the Olympics. You know, equestrian is, of course, the first with the horses. But bobsledding is so expensive because our sleds they're hand made. There's no motor. They're just fiberglass and steel and driving system and brakes. They can be upwards of a hundred thousand dollars. I've heard of sleds going for that much. You know, and then you got to think, you got to buy a two-man and a four-man, maybe even backups if you can afford it. Then you have to ship that sled all over the world. I mean shipping you know...

NANCY HANSON: Wow!

JEREMY HOLM: Shipping several hundred pound sleds. Yeah, and you got to, yeah, so it gets very expensive. So somebody who's going to come into this sport, kind of bear that in mind. There are ways to work around it. You can do it at a recreational level where you can borrow sleds, get involved in a program and just kind of go from there.

DON OSMOND: But if anyone really wants to try it, just go up to the track. They're always willing to bring people and give it a go. Tryout the sport. Even come for a ride with us. Jeremy's a great driver. Don't worry about the crash. He's only done it once. He won't do it again.
[LAUGHING]

NANCY HANSON: Do you guys take your dates?

JEREMY HOLM: No. We can't.

DON OSMOND: No, we can't do that,

JEREMY HOLM: Because they'd have to get their paperwork filled out. And it's kind of one of those things. It's the first date, why don't you go get a physical.

NANCY HANSON: Yeah.

JEREMY HOLM: Fill this form out. And then we'll go bobsledding.

DON OSMOND: And by the way, we're all wearing spandex.

EVERYONE: [LAUGHING]

JEREMY HOLM: You have to wear spandex. So , a

DON OSMOND: I don't know a girl that would be up for that.

JEREMY HOLM: No, I've been very lucky. Like Don said, that was the one crash I've had. And so I've had a lot of great experiences to take people who are interested in the sport down the track. Because, of course, they're nervous.

NANCY HANSON: Sure. Yeah.

JEREMY HOLM: They're just like, "I don't know I'm doing. Am I crazy to do this?" And one of the greatest compliments I ever got actually was, I heard it a couple times last season and season before. There was some new people who come to take rides and they're, of course nervous and some of the other athletes would step forward and just say, "You're with Jeremy. You're ok." And as a driver you're just like, "Thanks guys. Thanks a lot."

DON OSMOND: Well really I mean, if anybody's going to try to get in to anything, even if it is bobsledding or whatever it is. It's going to be nervous. And it's a little nerve wracking. But if it's something that you want to give it a go, try it. Jump in full bore. Why not? Take the opportunity that you have. If it means that you want to start up your own business, then, go for it. It's going to be scary. You're going to bump your head. You're going to do whatever, but who cares. Give it a go. Try out the experience. If you're going to go bobsledding, jump in. You might black out, you might get into an accident, but you know what. Don't worry about it. You're going to be fine.

JEREMY HOLM: Don't do like Don did. Actually, breathe and hold your body right.

DON OSMOND: Life's just about that. Life's about the experience. It's not about trying to be safe and practical all the time, though those are important, I'm not trying to say throw caution in the wind, but if it's something that you want to do or some sort of ambition that you have always had and thought I would to see what that would be like. What's stopping you?

NANCY HANSON: Yeah.

DON OSMOND: Really. Just do it. Really. Nike had it right there. They should pay me for that one, I hope.

JEREMY HOLM: Yeah, just say, Don's going to just take his royalties. We actually have a lot of fun being able to go like schools and sometimes like FHE for singles wards. Alright, you know and so on and so forth and just to be able to share these experiences. One of the great things I enjoy is sitting in a classroom and talking to the students. What are your dreams? What are your goals? And what I kind of noticed is like, elementary school kids of course, they know what they want to do. They want to be a fireman, want to be a doctor, want to be a policeman, and as the kids start getting older, they start losing their dreams. You know, and I think we were meant to dream. We were meant to, I mean, this segments about creativity. We were meant to create things. Whether it be create a business, create a family, create a whatever. And when we don't create, I think we feel very stagnant in our lives. It's not that we're unproductive, it's that we're not making. We have an inherent desire to make and create and so we just have a lot of fun being able to help people. Sometimes we will just sit down with somebody and be like, "What's your goal?" And Don and I'll just talk them through it sometimes. We'll be like, "Here's some ideas how to make it happen." You know, "Here's some business ideas. Here's some ideas how to pay for college." I mean, whatever it is, it's just that you can make it happen. It won't always be easy and that's one thing I've learned from bobsledding is that you can want it, but it's

not going to be given to you. You got to work for it. And, they will always be those who support you and they'll always be those who don't. And you learn to bond with those who will support you and move forward. Just keep going forward and you can make it happen. You really can.

NANCY HANSON: Great. Well thank you so much you guys for being here with us today. It takes a special kind of person to do what you do.

[BEGIN MUSIC]

JEREMY HOLM: Thank you

DON OSMOND: Thank you.

NANCY HANSON: Thanks for sharing so much with us.

JEREMY HOLM: You're welcome.

NANCY HANSON: And being here on the program.

JEREMY HOLM: Thank you.

NANCY HANSON: You've been listening to an interview with American bobsledders Jeremy Holm and Don Osmond.

[END MUSIC]

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