

## **Trevor Kiers**

**Name:** Trevor Kiers

**Date of birth:** March 4, 1997

**Hometown:** Sprucedale Ontario

**First biathlon:** 2012 cadets, NOA

**Favorite event:** 10km Sprint

### **What is your superpower?**

The power of sleep! I can sleep anywhere at any given time, on a train, on a plane, heck I can sleep while it rains.

### **Where is your “happy place”?**

I really like spending time outside, going for a short run/ski and just admiring my surroundings, noticing the little things in life, that's my happy place.

### **Proudest moment as a biathlete:**

I shot 10/10 for the first time in Lendzerhiede, Switzerland, and after my last shot, I threw my rifle on my back and found my tour coach Jacq out in the coaches box and gave her a big whoop whoop! She told me afterwards that all the other coaches looked at her quizzingly, and she felt pretty embarrassed! Overall, super proud :D

### **When I am not training I like to ...?**

Play piano, chill out, fix bikes, plan my next adventure!

### **What is your favorite band/song?**

I'm currently in an odd rap-ish phase, eminem, kanye west, “classics” within the rap world.

### **What's the farthest you've ever been from home?**

Estonia has been the farthest, I only travelled a little bit when I was living with my parents, but since I started taking biathlon seriously, I've travelled a ton, and hope to continue that as I've really fallen for the diversity around the world.

### **What is your dream job?** Mountain guide!

### **What's the best and worst piece of advice you've ever received?**

“Biathlon is won on the range” : Dan Guay and then there is my dad “Just don't shoot and do five penalty loops instead, it'd be faster”

### **What is the craziest thing you've eaten?**

Cow tongue in Czech Republic!