



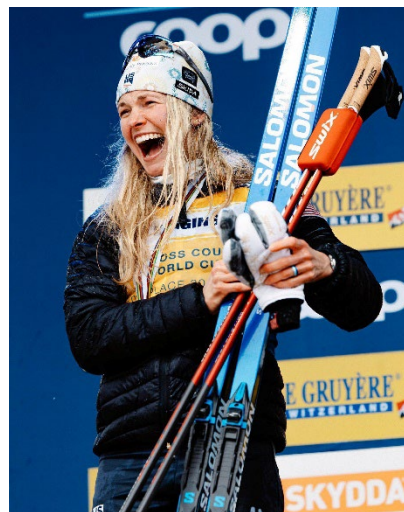
## 2023 FWSA PRESIDENT'S AWARD

### JESSIE DIGGINS

Jessie Diggins was born in Saint Paul, Minnesota and began skiing at age 4. She showed prowess for skiing at age 11 when she started competing against older children. She was named to the US Ski Team in 2011 and has become the most decorated American cross-country skier of all time

She is an ambassador for the non-profit organization Fast and Female, which inspires girls ages 8–18 to be active and empowered in sports, and is also an ambassador for the non-profit organization Protect Our Winters (POW), whose aim is to effect systemic solutions to climate change through the outdoor sports community.

In 2019, Jessie became a spokesperson for the Emily Program, an organization in the United States that provides treatment for eating disorders. In several interviews and essays, she revealed her experience of seeking treatment for bulimia at the organization in 2010, with the aim of her story to improve self-acceptance and reduce stigma and secrecy around eating disorders. In 2020, she wrote an autobiography, *Brave Enough*, about her athletic accomplishments and personal struggles with bulimia as a teenager.



At the 2018 Winter Olympics in Pyeongchang, South Korea, Diggins and Kikkan Randall became the first American cross-country skiers to capture a gold medal by winning the women's team sprint at the Alpensia Cross-Country Centre. Jessie's accomplishments include:

- Winning the 10km skate to win the first individual cross country World Championships Gold for the USA in 2023!
- A 3<sup>rd</sup> in the first-ever women's 50k on the World Cup in 2023!
- In 2021 became the first American to win the Tour de Ski

#### WORLD CUP

1 Overall title (2019)  
1 Distance title (2019)  
2<sup>nd</sup> in Overall standings (2018, 2022, 2023)  
16 WC wins  
57 WC Podiums

#### WORLD CHAMPIONSHIPS

2 Golds (2013 – Team Sprint), 2023 – 10 km Individual)  
2 Silver (2015 – 10 km Individual, 2017 – Sprint)  
2 Bronze (2017 – Team Sprint, 2023 – Team Sprint)

#### WINTER OLYMPICS

Gold (2018 – Team Sprint)  
Silver (2022 – 30 km Mass Start)  
Bronze (2022 – Sprint)