

## **Transcript: Jessie Diggins press conference, November 20, 2025**

*This is an AI-generated summary and outline. I have manually cleaned it up in a few places (for example, I changed "Gavin" to "Granåsen"), but I want to make very clear that this is 98 percent AI.*

### **Overview**

Jessie Diggins announced her retirement from cross-country ski racing after the 2025-2026 season, including the World Cup circuit, the Olympic Winter Games in Milano Cortina, and the steeple, Lake Placid finals. She plans to focus on keynote speaking, mental health advocacy, and running 100 miles. Diggins emphasized the importance of community and team, and her role as a role model. She reflected on her career, highlighting the 2018 Olympic gold medal win and the 2023 30k race in Beijing. Diggins expressed excitement for her final season, aiming to enjoy every moment and thank her supporters.

### **Outline**

#### **Jessie Diggins's Retirement Announcement and Initial Reactions**

- Speaker 1 [USSS press person Leann Bentley] introduces the meeting, thanks Jessie for attending, and mentions the recording of the session.
- Speaker 1 announces Jessie's retirement from cross-country ski racing after the season, including the World Cup circuit, the Olympic Winter Games in Milano Cortina, and the Stifel Lake Placid Finals.
- Speaker 1 expresses gratitude for the media coverage of Jessie's retirement and outlines the format for the Q&A session.
- Speaker 1 asks Jessie about her future plans post-retirement, prompting Jessie to discuss her desire for rest, continued role modeling, and new challenges like running 100 miles.

#### **Jessie Diggins's Reflections on Her Career and Future Plans**

- Jessie shares her excitement about taking a break and continuing to be a role model through keynote speaking and mental health advocacy.
- Jessie expresses her desire to run 100 miles and engage in activities that don't involve as much travel, allowing her to spend more time with her husband.

- Speaker 1 thanks Jessie and introduces the next question from Frank, who asks about the impact of being from the north on Jessie's athletic career.
- Jessie discusses the benefits of growing up in Minnesota, including toughness, appreciation for all seasons, and the tight-knit ski community.

### **Community and Team Dynamics in Cross-Country Skiing**

- Peggy asks about the importance of community and team in Jessie's career and future endeavors.
- Jessie emphasizes the significance of team and community, noting that no one achieves anything alone and highlighting the supportive nature of her ski team.
- Jessie discusses the importance of openness and vulnerability in sharing her experiences, especially around mental health and eating disorders, to help others feel less alone.
- Jessie mentions the thriving text chat with her teammates and the importance of community events in connecting with local communities.

### **Emotional Moments and Reflections on the 50km Race**

- Thomas asks about the emotional scenes before and after the 50km race in Granåsen.
- Jessie recalls giving her coach a hug to show her support and pride, despite the challenging race conditions and pressure.
- Jessie reflects on the highs and lows of the race, the support from fans, and the beauty and passion of the cross-country skiing community.
- Jessie expresses gratitude for the community's love and support, despite the race not going as planned.

### **Impact and Legacy of Jessie Diggins's Advocacy Work**

- Jessica Hart asks about Jessie's biggest accomplishment in the sport.
- Jessie highlights her advocacy work, particularly in mental health and eating disorders, and the impact of her story on other athletes.
- Jessie discusses the importance of giving back and the legacy she hopes to leave in terms of mental health support in the sport.
- Jessie emphasizes that her advocacy work is a significant part of her career and something she is proud of.

## **Jessie Diggins's Role and Future with the National Team**

- Adam Bodensteiner asks Jason Cork about his future role with the national team following Jessie's retirement.
- Jason Cork confirms he will continue with the national team, focusing more deeply on coordination and consultation.
- Jessie discusses the physical toll of the sport and the challenges of travel, expressing excitement about having a normal life and spending more time with her husband.
- Jessie mentions the importance of washing clothes, cooking, and sleeping in her own bed as simple joys she looks forward to.

## **Preparation and Approach to the Upcoming Olympics**

- Noah asks about Jessie's thoughts on the upcoming Olympics and the course in Milano Cortina.
- Jessie expresses excitement about using an existing course and the benefits of infrastructure improvements for the local community.
- Jessie discusses the challenges of racing on a familiar course that has been reconfigured, emphasizing the importance of comfort and familiarity with the venue.
- Jessie highlights the importance of being prepared and feeling comfortable in the venue to perform well.

## **Climate Change Advocacy and Future Plans**

- Aaron Hassan asks about Jessie's continued advocacy work on climate change.
- Jessie discusses her involvement with Protect Our Winters (POW) since 2018, including lobbying efforts and serving on the board of directors.
- Jessie emphasizes the importance of mobilizing the outdoor community to use their voices and protect the sport for future generations.
- Jessie highlights the need for voting, calling representatives, and telling climate stories to effect change.

## **Mental Health and Recovery in Jessie Diggins's Career**

- Lane Higgins asks about Jessie's recovery and mental health journey.
- Jessie explains the importance of building a robust safety net of professionals trained in eating disorders to support her recovery.
- Jessie discusses the challenges of the Olympics and the importance of having a care team to manage stress and mental health.

- Jessie emphasizes the need for a balance between training and mental health support to ensure long-term well-being.

### **Final Thoughts and Advice for Young Athletes**

- Speaker 1 asks Jessie for final thoughts and advice for young athletes.
- Jessie advises young athletes to do what they love and share it with as many people as possible.
- Jessie emphasizes the importance of being vulnerable and racing with heart, as it allows for deeper connections and a more fulfilling experience.
- Jessie expresses gratitude for the support and love from the community and looks forward to enjoying her final season.