

NBC's 3rd *Hour of Today*

02/10/26

9:05:09 a.m.

5 minutes and 2 seconds

[ON-SCREEN HEADLINE: Freestyle Skier Eileen Gu Live on *Today*]

AL ROKER: Okay, now to one of the most jaw-dropping events at the Olympics, the slopestyle freestyle skiing competition.

CRAIG MELVIN: Yeah, the high flying women's competition featured American-born Eileen Gu, who competes for her mother's home country, China.

DYLAN DREYER: She claimed silver, the fourth Olympic medal of her career, and Eileen is joining us now. Good morning, Eileen. Congratulations.

EILEEN GU: Hello, good morning. We are live here in Lavinia.

DREYER: It's so nice to have you with us, you know, congratulations on your second straight silver medal in slopestyle. You actually called it your best run ever. What, what is going through your mind? When did it feel like it was the best run?

GU: Well, I knew if I landed it, it was going to be my best run ever. Absolutely. I think the joy came the second I did, and that's what's so magical about this sport. You can really conceptualize something before it even becomes possible. I'm asking my body to do something it has never done before in the moment of highest pressure when everything's on the line and so that's what made me so proud to perform yesterday.

ROKER: And this is amazing, Eileen, because you're not done yet. You still have big air and half pipe competitions, so how are you getting into your mindset for that as you look ahead?

GU: Yeah, so I actually have my first big air training tonight. I finished my slopestyle contest yesterday. I have no days off and then we go straight into halfpipe after that. So, it's a really chaotic schedule. For me, especially as the only female skier competing in all three. It's a pretty mental game and so, so much of it comes down to being able to manage things effectively. Big air for me, especially — I haven't competed in since 2022, so that's a big question mark. I didn't even know if I was going to be competing, but I'm going to take it one step at a time and go into training with every intention to do so.

MELVIN: Eileen, I remember meeting you in Beijing. You were just 18 years old then, and if my memory serves me correctly, two gold, one silver back then. And oh, by the way, for folks who aren't familiar with your story, you've graced the cover of *Vogue*, *Time*, you've been a runway model. You now have dozens of endorsement deals as well. And for folks also may know the fact you almost had a perfect score on the SAT as well.

DREYER: What can't you do?

MELVIN: I mean, how has your life changed over the last four years, Eileen?

GU: Yeah, I mean, for one, I started college, so that has been so much fun going to Stanford. I also did a term abroad at Oxford, so I fully lived on campus at Oxford, and that was just such a special experience. Additionally, I've worked in fashion since I was 14, so continuing to do that and explore the intersection of femininity and power of self-expression has just been just as fulfilling. And you know, I like to joke that I picked my three favorite things in the world — skiing, education, and fashion and somehow made it a job. I don't know what job title this is, but I feel like the luckiest girl in the world to be able to do all three at the same time, so I'd just like to say I'm a college student who happens to be really athletic.

ROKER: That's an understatement.

DREYER: I also — I also wanna get your take on the Olympic Village there. I know you actually packed a rice cooker and a milk frother. Are, are those things you typically put in your bag?

GU: Yeah, I do travel with some oddities, I will say. I'm kind of a picky eater, sleeper situation, so I bring all the things I need with me on the road. Sometimes I'll leave home for three, four, five, six months at a time, and so maybe I'll be wearing heels and a black tie dress one night on a red carpet, and then the next day I'm training and I'm on an airbag and everything's wet and you're filled with water and sweat and it's disgusting, and then the next day I'm on snow and then. Maybe it's going to be summer, maybe it's going to be winter, so I need to pack so many things in the Olympic village. I brought with me a rice cooker because I like to eat rice at every meal and I was worried there wouldn't be rice at breakfast, but I'm happy to report that Italy, the food game is on point. The reputation absolutely holds. They do have rice at breakfast and all of the other wonderful things that make Italy a food paradise have all met expectations, if not exceeded. So, rice cooker has not seen a lot of use, but I had it just in case. I also have a milk foamer. I just like foamed milk. I'm not great with a lot of coffee, so it's, like, a flavored coffee flavored foamed milk. I also have a bunch of books, journals I like to read. I won a World Cup two weeks ago in Switzerland and I haven't gone home since, so my trophy is actually this big block of stone. It's like 10 pounds, but I can't leave it behind, so I just have this, like, massive rock with me as well, but it's been so much fun. The Olympic Village is fantastic.

DREYER: Eileen, you are such a delight. Thank you so much for joining us this morning. I don't know how you're gonna pack up to eventually go home at some point, but good luck in the rest of the game.

ROKER: And — and Eileen, next time, can you, could you come out of your shell —

MELVIN: Just a little bit.

ROKER: — because — yeah, you're just so laid back.

MELVIN: Thank you, Eileen.

GU: Thank you so much. It's been a pleasure to talk to you.

ROKER: Thank you, Eileen.