



SHIMANO



Race Update, August 2009

For the month of August, I had two of my favourite races for the year; the Mt. St. Anne and Bromont world cup races.

Mt St. Anne is a classic track. I first raced there in 1998 for the World Championships when I was a junior and I have raced there every year since then which made 2009 my 12th year racing there.

It is one of the best tracks on the circuit. It's long, rough and really tough on equipment and riders. Going through one or two rims a day is pretty normal there so fortunately we had the full team there- truck and all for support.

I have always done pretty well there and for qualifying it was quite dry and fast. I qualified in 22nd place which I was pretty happy with. I felt like I had plenty left in the tank so I was looking forward to the race the next day.

It rained the night before the race and the track was really sketchy for the race. Unfortunately I made some pretty major mistakes but was happy just to make it down without killing myself. I think I ended up in the 40's which was quite disappointing.

For the next weekend in Bromont, it was pretty similar conditions. Rain on and off and the track would change by the minute. It was a much shorter track and it was quite fun. I took a pretty big spill in qualifying but still managed to make it into the finals. I remember coming around a turn, slipping on a root and running straight into some photographers tripod...

Due to my poor qualifying effort, I had an early run which wasn't ideal since the track was drying up so quickly. I came down with the fastest time and spent the next 30 minutes hanging out in the hot seat. My time held up for 21st place which I was quite happy with considering I had a slightly slower track than the top 20 qualifiers.

It was good to end the majority of the World Cups with a somewhat descent result after my constant bad luck for the year and with that done it's time to focus on the World Champs.

The travelling continues though. After Bromont I was home for a day in California and now I'm at LAX, writing this and waiting for my flight to Vancouver for Crankworx in Whistler. I'll be in Whistler for 2 weeks, fly back to California for a day and then head to Canberra for the Worlds.

At this point all I can do is think about the Worlds. Normally, Crankworx is a mid season break for all the riders. Everyone hangs out, drinks some beer, does a few races and forgets about the stresses of World Cup racing for a bit. This time though, for me, it's a time to train and get focused for the Worlds.

I can't wait. See you all in Canberra.