

Hi everyone

Just a quick update from the first World Cup in South Africa and Sea Otter. I'll try to keep it brief!

South Africa was a pretty good experience. Racing wise, I definitely struggled there with a few things, the main one being I think I over-trained before the race and ended up feeling really flat by race day. I left my training a little later than usual this year with the idea of peaking for the World Champs but I ended up feeling a little under prepared for South Africa and ultimately just over did in the weeks leading up to the race. Lesson learned....

It was definitely a track where you needed some legs and I just couldn't find mine that day. Pretty disappointing but it was great to see the place and running into some zebra on a XC ride the day after the race made my day.

The next day, after trying to feed the zebras my honey stinger energy chews (which they refused), we flew from South Africa to San Fran for Sea Otter. Sea Otter was probably the best it has ever been. Blue skies, no rain and plenty of people there.

First up was the slalom. It was so cool to see everyone there watching and I had a good time. I qualified 8th and ended up beating my good friend and #1 qualifier Mick Hannah in the quarters. I was feeling pretty good but unfortunately crashed in the semi's against Cody Warren and ended up in a tie, down to the thousandth of a second, with Gee Atherton in the race for third. Since I won the last round though, I was given third place. Stoked! I get a little closer every year in the slalom at Sea Otter and one of these years I'm really hoping I can come away with the win. Next year would be good!

For the DH, it was a really tight race. It was a pedally track again like South Africa but my legs felt way better and I managed to finish in 8th about 2 seconds behind the winner. All up it was a pretty good weekend and made up for the disappointment in South Africa.

Next up is the 2nd World Cup in France. I came down with a bit of a cold after Sea Otter but apart from that the training is going well and it's all looking good. I'll keep you posted with how things go.

Cheers,

Jared