



Team News - August 12

Summer is in full swing and so are Local Ride's three fast women. With Jean Ann quickly riding back into shape, Sandra on the road again, and Bianca training hard at home, it's difficult to keep up. Read on for the lowdown.



Race Reports

World Cup #5 - Mont-Sainte-Anne, QC - July 26

The sky opened right before the women's start, but luckily Sandra had her support crew of Steve and Marie to feed and cheer during the rainy 24km race. The start proved super important as the pack hit bottlenecks early on. Sandra felt great, but had a hard time getting through congestion on her way up the ranks. By the time she entered the first singletrack, a traffic jam forced her to dismount. Riders were at a standstill as they waited to continue. Rather frustrating, but eventually the race was back on. The first 2 laps were dicey with muddy roots, rocks, and technical twists. Luckily, Sandra's bike handling skills returned for the final half, delivering her to 36th.

BC Cup #6 - Mount Washington, BC - August 1

The Animal is back! That's right, Jean Ann a.k.a. "Animal" has returned to competition after a mid-season injury, and she's on fire. She dominated the elite women's field at BC Cup #6 at Vancouver Island's Mount Washington Resort, winning the race by 9 minutes. Everyone's looking forward to seeing Jean Ann finish the XC season well and witnessing her cyclocross assault aboard a beautiful Xprezo Ultra Hop - www.xprezo.ca.

Photo: Martin Moreau/www.eyefoglass.com Rider: Sandra Walter

World Cup #6 - Bromont, QC - August 2

Sandra was pumped when the field shot up the initial 3.5km climb. Feeling confident on the slimy 6km course, she was sure her 2008 Bromont demons had been exorcised. She powered her way into the 20's, but déjà vu hit her as she entered the steep, rocky S-turn descent she'd mastered during training and her front tire went flat. After a failed attempt at re-inflation, she rode and ran the remaining 2km to the tech zone, where Steve and Eric replaced her wheel - maybe you saw it live on www.freecaster.tv! Back on her bike, she focused on catching up, but was pulled to place 43rd after three laps as the leaders were about to pass. Disappointing, but there's always another race.

U.S. Cup #5 - Mt Snow, VT - August 7

After two tough results, Sandra was determined to have a great race last weekend in Vermont. She turned heads at the start when she stormed into the top 5 and held a top 10 position until the final lap. She gave it her all and placed 11th in a very competitive field. Check out her muddy portrait on www.velonews.com in the Mt. Snow coverage.

Upcoming Races - Cheer us on!

August 15 - USA Cycling XC ProTour #6 - Windham, NY

August 22 - BC Cup XC #6 - Sun Peaks, BC

