



Team News - September 28



Jean Ann and Barry at the Cycles Lambert party at Interbike. Thanks for a great season!

Summer is over and the mountain bike racing season is in the bag as Local Ride's 3 Fast Women celebrate a very successful first season in Vegas! That's right, Sandra and Jean Ann took a detour down south after wrapping up the UCI World Cup MTB series in Europe and met up with Barry to represent the team at North America's largest cycling tradeshow: Interbike. Now they're soaking up the sun as Jean Ann ramps up her training for a busy Cyclocross season and Sandra lays the foundation for a stellar 2010.

Jean Ann, Sandra, and Bianca would like to thank all of their fans, sponsors, and supporters for cheering on the Local Ride Elite Women's MTB Team throughout this eventful and fabulous first season. They look forward to your support in 2010 and will continue to keep you posted on how the rest of the year unfolds. Thank you!

Race Reports

U.S. Cup #6 - Windham, NY - August 15

Once again, Sandra had a solid U.S. Cup showing at the series finale at Windham Mountain in New York - host venue of the 2010 UCI World Cup Finals. The team's token redhead turned some heads as she battled it out with some very fast women. Only the camera shutter was able to stop her, garnering her some action photos on www.cyclingnews.com. "I felt great on that course despite the super long climb," she said. "It took about 15 minutes to go up and only 6 to go down. I guess I should get faster at climbing! I think it'll be a fantastic World Cup next year."

BC Cup #7 - Sun Peaks, BC - August 26

Sandra had one of her best races of the season at the BC Cup Finals up at Sun Peaks. She won the elite women's race by over 20 minutes, helping put the cherry on top of a very successful weekend for Local Ride Racing. After contesting only one BC Cup, she also secured third overall in the series. "The Sun Peaks course is really gruelling with steep, relentless climbs and gnarly, rooty descents," said Sandra. "I went out there with a desire to win and to do it convincingly. I finally felt like I had good form and I wanted to use it."



BC Cup CX #1 - Fort Langley, BC - September 6



(Left) Jean Ann and Alison Sydor go head-to-head in Fort Langley.

Jean Ann and the Local Ride Racing crew launched the much anticipated 2009 cyclocross season on September 6 at Aldor Acres in Fort Langley. Jean Ann placed 2nd behind cycling legend Alison Sydor. Jean Ann was matching Sydor stroke for stroke until she dropped her chain and had to stop to put it back on, allowing Sydor to get a gap. "It was a great race, a fun course and I am looking forward to the rest of the series," said Jean Ann. Local Ride Racing was out in full force with 12 racers and a support crew complete with mechanic, tent and fans.



(Right) Jean Ann 2nd, Alison Sydor 1st, Sarah Stewart 3rd.

World Cup #7 - Champéry, Switzerland - September 13



Both Jean Ann and Sandra had the opportunity to compete at the final two World Cups of the season in Europe - Jean Ann proudly wore the maple leaf jersey as part of the National Team and Sandra took on the World Cup in the team's hot Xprezo blue kit and helped first timers to Europe get the most out of their World Cup experiences as organizer of the Canadian Privateer Project presented by Pedal Magazine.

The course in the Swiss Alps was a blast. "With one steep climb, and an abundance of steep, muddy and rooty descents, it was a Canadian mountain biker's dream," said Jean Ann. The two Local Ride ladies had starting positions near the back of the pack and got stuck in some heavy traffic as the field dropped into the first singletrack descent. "I had to stop and get off my bike," said Sandra. "It was like waiting in line at the grocery store, but more aggressive."

When things spread out, Sandra and Jean Ann were able to shine, making some pretty hairy passes on the slick, steep downhills - something they do all the time while training with their Local Ride Racing brothers back home. "I found that my climbing legs were not great, so resigned myself to suffer as much as possible each climb and then pick off as many positions as I could on the rooty sections," said Jean Ann. Sandra was pleased with her 35th place finish, despite losing steam in the final two laps of five - payment for her fast start. "It was nice to feel competitive and have some punch in my legs after a long, tough season," she said. Jean Ann also showed major improvement over her early-season World Cups, finishing 43rd.

World Cup #8 - Schladming, Austria - September 19



Sandra and Jean Ann headed to the Austrian ski resort town of Schladming to gear up for the final World Cup of the season. "Schladming is so cool, with its cobblestone streets, cafés, church bells, all surrounded by amazing mountains," said Sandra. The 5km course was nearly identical to last year's World Cup finale. "There is a lot of slimy off camber grass descending, which I was surprised to find pretty fun. There are a couple of short rooty sections, and an abundance of mud and climbing," said Jean Ann. Add a promenade through the town's main strip of restaurants and bars and you get a true two-wheel spectacle.

Race day was beautiful and warm and the course dried considerably to become fast. The racing was furious with few technical obstacles to slow down the field of 80 women with world-class engines. Schladming was a true test of fitness. Sandra was pleased to be in the action, truly racing to earn her 37th spot. "I battled the entire race," she said. "I was pleased with my legs, but I didn't have quite enough to get me into the top 30. I'm stoked to wrap up my season on a high note," she said. Jean Ann had a tough day, but she turned herself inside out to finish 60th. She's now switching her focus to a cyclocross season full of high-speed action. Perhaps

the highlight of the race weekend was a special guest appearance by LRR co-manager Paul Craig, who took time out of his business trip to do some World Cup feed, tech, and cheering support in Austria. Thanks Paul!



(Left) Sandra, Amanda and Jean Ann out for pizza in Schladming. (Right) Sandra's fellow Privateers contemplating their debut in Europe.

Crossvegas - Las Vegas, NV - September 23



Jean Ann and Sandra headed back to North America to take in Interbike and Crossvegas, where Jean Ann raced her first UCI `cross race under the bright lights of Vegas. The duo arrived on Tuesday night after two days of travel and a 9-hour time zone change.

The race course in Vegas was open, flat and grassy, with a set of barriers leading into a run-up near the Sierra Nevada beer garden, and a set of stairs on the other side of the course. "It's what I would call a power and fitness course, with very limited technical challenge," said Jean Ann. The women's field of nearly 40 riders was packed full of big names, including last year's winner and 2008 CX World Championship bronze medalist, Katie Compton. Jean Ann was number 33, a back of the pack starter for her first time racing a NACT in the USA.

After Elvis sang the national anthem, the gun went off and Georgia Gould set a blistering pace followed by an early attack by Helen Wyman. Jean Ann started behind Alison Sydor and did her best to hold her wheel as she weaved through the mass of racers. The pace was fast for the first two laps, and after following an attack, Jean Ann found herself overextended, and struggling to recover. She paid for the early effort, and got popped off the back of her chase group, as she fought to recuperate. "At 40 minutes, cross races are short, but after 20 minutes in, with a redline effort in the dry desert air and my throat burning, I found myself thinking, 'Wow, 20 more minutes is going to hurt,'" said Jean Ann. "But `cross is a pain game, so I dug in to regain some legs, and began to pick girls off to eventually finish 17th." At the front of the race, Compton rode aggressively to take the victory. Sandra and Barry were on the sidelines the entire race, cheering with thousands of other fans.



Local Ride Elite Women's MTB Team in Vegas! (Left) Sandra is amazed by SRAM's new XX MTB Gruppo: "It's big!" (Centre) Jean Ann does the NUUN challenge. (Right) Jean Ann and Sandra ride through scenic Red Rock Canyon.

Upcoming Races - Cheer us on!

October 3 - BC Cup CX #2 - Vancouver, BC

October 10 - National CX Championships - Edmonton, AB

October 4 - BC Cup CX #3 - Vancouver, BC

October 11 - Cyclocross Edmonton, Edmonton, AB

