



## Team News - November 25

Jean Ann and Sandra after playing in the mud. Photo: Leah Guloien

### Jean Ann Honoured at Cycling BC Awards

Local Ride's Jean Ann was voted as the province's favourite fast woman of 2009! She was presented with the award for Top Female Cross Country Rider of the Year at the Cycling BC Awards in Vancouver last Friday evening. Both Bianca and Sandra were also among the nominees, but at the end of the day, the People wanted the Jean-Animal. Congratulations Jean Ann and thanks to everyone who voted!



### Race Reports

#### BC Cup #4 - Cross(Port)Coquitlam - Port Coquitlam, BC - October 24

Jean Ann continued to turn heads on her Xprezo Ultra Hop cyclocross bike and strengthen her BC Cup Series lead! She won BC Cup #4 in Port Coquitlam in sunny conditions with "just enough water on the course to make it a little slippery." Joele Guynup and Kelly Jones chased hard for the first few laps until Kelly went down hard on a leafy, wet corner and injured her shoulder. Joele finished 2<sup>nd</sup>, and Local Ride Racing teammate Chelsea took 3<sup>rd</sup>.



#### BC Cup #5 - Pumpkin Cross - Maple Ridge, BC - October 25

After 3 years of Local Ride's annual Pumpkin Cross races, Jean Ann finally stood on the top step. "I think the Jean-Animal costume may have helped me out," she said, referring to the getup in which she won the Halloween-themed race. "It was cold out, and I needed the fur." After Sandra and Joele initiated a World Cup start, the Jean-Animal sprinted to the grassy corners first. Joele got around and they battled until Jean Ann growled menacingly and made the pass. Sandra finished 3<sup>rd</sup>, with Chelsea 4<sup>th</sup>.



Sandra enjoyed her race, but disappointedly came up short in the costume contest, which she entered as Super-Clean Girl. "I guess people are just afraid of what they don't understand," she said. "They chose the Incredible Hulk instead of my original creation. I still think the Hulk is juiced, but if WADA can't prove it, what can you do? That's okay. I'll try again next year."



#### Coastal Cross - Aldergrove, BC - November 1

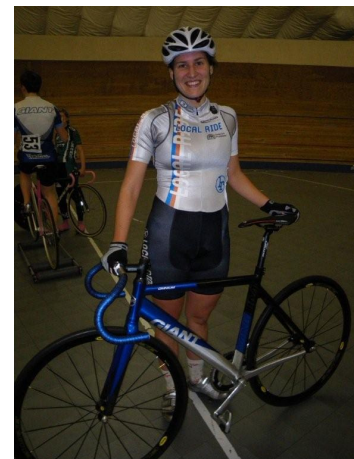
Jean Ann won the Team Coastal Cross event the following weekend: "I was disappointed that no other women in my category showed up," she said, but "I was lucky to get to mix it up with the guys in the B race."

#### Bare Bones Track Race - Burnaby, BC - November 13

Jean Ann found success in her first-ever track competition when she won the women's 25-lap tempo race on a rainy Friday night at the Burnaby Velodrome, plus she showed her strength and skill in other races against some national-calibre riders.

"I tried my luck in a couple of the Women's and B Omnium races, which included a scratch race, miss and out, points race, and tempo race. These are all new events to me, and I found they are very fun games," she said.

She has a lot to learn, but she's already flying! Only a week before, she was tested at a National Team Development Camp at Burnaby's 200m indoor cycling track, where the overseeing coaches recognized her talent. They were so impressed, they invited her to a National Track Team Training Camp in Los Angeles, which runs this week!







## Daryl Evans Gran Prix - South Surrey, BC - November 15

Local Ride Racing's Jean Ann proved she's truly hardcore on Sunday (like there was ever a question!) at the South Surrey Bike Park on a very rainy (read monsoon), windy, and cold day of cyclocross racing. As expected, Jean Ann dominated the women's field, even after a tough evening of track racing at the Burnaby Velodrome the previous Friday. Local Ride's First Lady is looking forward to wrapping up the BC Cup Series on the top step on November 28 - keep your fingers crossed everyone!



## Escape Velocity Cross - Burnaby, BC - November 21

Jean Ann was the only brave woman to show up for the elite women's race last Saturday at Foreshore Park in Burnaby, so naturally, she won. "The race is won by she who shows up." Or is it: "The world is run by those who show up"? Either way, it's not like the Animal sat up and rested on her laurels. No, no, that would *not* be her style. She duked it out with the B-category men and made a lot of them suffer. *That* is true Jean-Animal style!

## Photo Album



(Left) Sandra and Catharine stop to fix a flat and play with their shadows during a sunny road ride in Kamloops; (Middle) Andrew, Barry, Paul, and Jean Ann show off muddy grins after some good, clean 'cross racing; (Right) Sandra learns to recover like a pro during a recent training camp in Kamloops.

## Upcoming Races - Cheer us on!

**November 28** - BC Cup Cyclocross Finals - South Surrey, BC

**November 29** - BC Cyclocross Championships - North Vancouver, BC

