

I've come to realize that it is the not-so-good results that make the good days so sweet. Of course, I wouldn't be upset if I was on the podium at every race, but it is the nature of competition that you will have bad days. That is what the Mt. Snow, Vermont, cross country race was for me this year: an off day. My fitness was good, my motivation was high, my mind was focused. But for whatever reason, my handling was sloppy!

We raced essentially the same course as in the past, and in my pre-ride I felt smooth and confident. I didn't even damage anything on my K2 this weekend! The race started and I was well positioned in about 5th place going into the first single track. I slid off a root and that was the beginning of the end for me: I couldn't seem to get my feet to find my pedals and I went down the first descent sitting on my saddle with both legs sticking straight out. I must have looked like such a clown! I lost several spots through all my silliness, but caught right back up on the climbs. Then it was oops oops oops in the next descent. Things got a little smoother for me on the second lap, but by the last lap I was so exhausted from fighting to stay upright that I lost a few more spots and finished in 11th. Eleventh place isn't too bad for an off-day, but now I'm ready to put it behind me and have a better day at the world cup in Mont Ste. Anne on Sunday.

The short track went better for me than the cross country did, although I was struggling in one corner that caused me to gap a little each lap. Every time I did that I had to fight back on to the front group. Every time I had to fight back on, they would attack again as soon as I got there and I'd be too blown from the effort to respond. I put in a good effort though, and finished 8th. I am told I have a good poker face in the short track: it feels like I'm dragging my tongue on the ground and ready to keel over but apparently my face is saying otherwise. I guess that is a good thing!

David Myers, our team manager and photographer, was in town for the race and I sure was hoping to get some good podium photos out of the weekend but I guess he will just have to come out to more races to get those! Now I'm relaxing in Connecticut at the home of some of his friends, so hopefully I will recharge and head up to Quebec with the energy to face the best mountain bike racers in the world.