

WHERE IS THE OXYGEN TANK??

So after Idaho, I was off to Denver to spend a few days with Lisa before heading to Aspen. Lisa was a gracious host and "graciously" took me on an hour hill climb with an awesome downhill on Wednesday. I had the biggest smile on my face while I was screaming down the mountain, I wasn't quite as happy on the way up!

On Thursday we set off for Aspen. The drive was beautiful. I had never driven through Colorado and it was great to be able to experience the views! Upon arriving, Dara and I set off to pre ride the course. I felt like the climb took a few hours, but it couldn't have been that long. I was suprised to see a bit of snow on the mtn as well. My lungs were wondering where the oxygen had gone, but the veiws were spectacular. Fortunately I missed the view of Dara flying into a tree. I did however see the view of her flying down the mountain in front of me at 30+ miles/hour. That was FUN.

On Friday, we did our Pre-ride with a pro. The women were great and we all had a good time. Two women found us the next day and told us how much the clinic helped and how well they had raced!

On Saturday it was time for the cross country. Off we went to charge up the mountain. My lungs and legs were screaming but I was giving it my all. 2 plus hours later I finished off in 25th place. Not too bad for the elevation. I think it may be time to purchase an altitude tent!

Sunday I was ready to do better in the short track. After a slowish start I came on strong. I felt good and was picking off person after person. The course was straight up then sketchy switchbacks and bumps on the way down. I was determined not to crash and race a clean race. That I did, and finished in a respectable 15th place (I think, I cant find the results).

As usual, our sponsors were great. Clark from Zeal Optics was nice enough to set me up with a few sweet pairs of glasses and it was great to meet him. As per usual, the Shimano guys were more than willing to help us out. Thanks to David and James for all of their hard work as well.

Until Durango, Happy Trails
SARA