



This Issue: World Championships | Pan American Games | BC Track Riders | Wind Tunnel Testing | MTB Development Camp | Upcoming Track Events | Fitness Lab Testing | Youth and Junior Development, and more



Junior World Championships

Annie Ewart and Adam de Vos, both from Victoria, raced at the Junior World Championships in Copenhagen. Annie, returning for her 2nd world championships, competed in the Time Trial placing 7th. She also raced the road race, finishing within the bunch. Adam, attending his first world championships, was able to gain valuable experience for his begins his cycling career. He raced smart and was able to finish with the lead group, but succumbed to leg cramps in the final kilometers and finished 65th place.

[>Read more](#)



BC Trio Win Gold at Pan American Games!

The womens team pursuit showed incredible speed and won the gold medal final against Cuba, in a new national record time. The team was made up of Laura Brown, Steph Roorda and Jasmin Glaesser, all from the lower mainland.

"there is a quote that says 'Happiness is only achieved when success is shared'. To win a gold medal with my teammates Steph and Jasmin has been amazing. It's certainly a very special medal," said Brown.

"It's amazing! We were just trying to beat the other team. When I turned around and I saw 3:21,4, I felt that it was almost better than winning the gold medal, because that is a fantastic time for this team," said Roorda.

"I couldn't have asked for a better day. It was absolutely amazing. All three of us committed 100% to the ride, to doing our best. I couldn't believe seeing that 3:21 up there afterwards. It's just amazing," said Glaesser.

[>Read more](#)

BC Riders at Pan American Games, Days 1-4

BC riders are having great success at the Pan American Games in Mexico. Max Plaxton (Victoria, BC) started off with the first cycling medal with a silver in the Cross Country Mountain Bike event. Laura Brown (Vancouver, BC) followed the next day with a bronze medal in the Individual Time Trial. The events switched to the track, where the womens team pursuit showed incredible speed and won gold! Steph Roorda (Vancouver, BC) also competed in the Omnium event, narrowly missed the podium in 4th.

The final cycling event, the Road Race, is still to come.



BC Athletes Training in LA

The BC track riders are back in LA training for the upcoming Track Season, with many riders heading to the upcoming Pan Am Games in Mexico. BC riders living in LA include Laura Brown, Steph Roorda, Zach Bell, and Scott Mulder. Jasmin Glaesser and Jacob Schwingboth spent 2 weeks in LA preparing for the upcoming Pan American Games, but alternate their time between LA and their Vancouver homes.

[>Read more](#)

BC's Best go to the Lab - Testing in Victoria

October 7-9 saw the best of BC's junior and U-17 riders head to Victoria for some fun in the Canadian Sports Center Pacific High Performance Lab. Riders were invited based on their performances on the roads, trails and velodrome's around BC at camps and races throughout the 2011 season. Everyone got to experience the joy and glory of completing the famed Maximal Aerobic Power test on the lab's state of the art SRM testing bike.

[>Read more](#)

Squamish MTB Camp

Zach Bell tests in the Wind Tunnel

UPCOMING: Bare Bones Track Race & Youth Camp



BC's young riders were in Squamish on September 24-25 for a Team BC Development Camp. Along for the ride and to provide some inspiration and leadership were Squamish based Team BC athletes Lauren Rosser, Quinn Moberg and Nick Bruce.



Zach spent a day testing his aero position and carbon handlebars in the windtunnel. With help from physiologist Mike Patton, and Master Carbon Engineer Rob Mulder they were able to make some great improvements.



The Burnaby Velodrome Club and National Training Center are pleased to present the 2011 Bare Bone Cycling Race and Youth Cycling Clinic, November 11-13, 2011.

[>More information](#)

Youth and Junior Development

Future Champions Road Cycling Camp

We had great success this past summer with our Ron Hayman Future Champions Camp in Penticton. We want to thank everyone who was involved and we look forward to another successful camp next year.

[>Read more about the august camp](#)

New Youth School Programs

Cycling BC has started to get into schools and will be working towards developing new riders in the upcoming year. We are focused on reaching out to 13-16 yr olds, so if you know schools that would like to be involved, please email Brianna at brianna@cyclingbc.net. and check out our Youth Racing website at youthracing.cyclingbc.net



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