



ANNOUNCEMENTS

Warm Weather Training Camp, Palm Springs California

The second annual Cycling BC warm weather training camp will take place from February 12-22nd in Palm Springs, California. This year will feature an expanded team program that will include more athletes and racing opportunities.

Cycling B.C. eBay fundraiser

If you have anything to add please contact
richard@cyclingbc.net

Downhill Camp #2

Second Downhill Team training assessment to be held on February 7th and 8th in Squamish.

Contact: Tamsin Miller, Downhill
Co-ordinator

cyclingbcdownhill@gmail.com

NEW!

Look out for the new 2009 Cycling B.C.
Training calendar!
Check the website!

TREK-LIVESTRONG

Cody Campbell on the New U23 Trek-Livestrong Team



Cody Campbell amongst new team-mates on the Trek-Livestrong Team

B.C. Athletes Represent in Manchester, Great Britain



Jacob Schwingboth

THANK-YOU!

PLATINUM: Haywood Securities Inc

GOLD: Adera Group, Atac Sportswear

SILVER: Fab-All Manufacturing

CHAMPION SUPPLIERS: Canpages INC
wheelbuilder.com, La Bicicletta Pro Bike
Shop, Active Life Physiotherapy, & BBB
Bike Parts, Roberts High Performance
Sailboards, Cunningham Bikes



MTB TEAM

Downhill Training Camp
on February 7th and 8th.

Training Camp at the
Pacific National Cycling
Centre in Victoria on Feb-
ruary 3rd- 7th

BMX TEAM

Race # 1&2 of CBA
Western National
Series in Abbotsford
on February 14th and
15th, 2009

ROAD & TRACK TEAM

2009 Road Calendar
Posted. Please be
aware the calendars
are subject to change.
The Track and Cyclo-
cross calendars will be
available later in the
year.

Trek-Livestrong U23 Team Training Report from Cody Campbell

I just flew home from Austin, Texas where I was at my first training camp with the new Trek-Livestrong U23 Team. This 5-day camp was the first meeting for all the riders, staff and sponsors. It started off with a day at the Mellow Johnny's bike shop getting fitness tested, set up on our new Speedplay Pedals and fit on our Sram Red and Bontrager equipped Trek 6.9 Madones. The rest of the camp consisted of group rides, a tour of the Lance Armstrong Foundation, meetings with our director, Axel Merckx and other staff members, going over goals and the race calendar for the year, team photos and some team building activities at the bowling lanes and movie theatre. The support structure of this team is unlike anything I have ever been a part of before so the camp was definitely a pleasant surprise, which I hope is just a sign of things to come for what should be a fun, hard and productive season.

Cody Campbell

Revolution Manchester, Great Britain Race Reports from Scott Mulder and Jacob Schwingboth

Wow, the facilities and the Veledrome in Manchester, England are unbelievable, the track is incredibly quick. Racing with some of the fastest in the world was an amazing thrill and experience; I have learned loads. The sold out stadium with screaming fans was a rush.

Jacob Schwingboth

I had a great time in Manchester. It was really motivational being there and racing with all the elite cyclists. I had a chance to meet Chris Hoy and a bunch of other world-class athletes. On Saturday night I raced in 3 races my best result was a 5th. The velodrome was sold out and it was motivating to be racing in front of so many people. On Sunday we did some junior race training with some of the British racers. It was a lot of fun. Overall, it was an inspirational experience and I am thankful for this opportunity.

See you soon.

Scott Mulder



CONTACT DETAILS

Please email richard@cyclingbc.net if you would like to be taken off the mailing list for the Provincial Team Update.

#201-210 West Broadway
Vancouver, B.C.
V5Y 3W2

Phone: (604)-737-3034
Fax: (604)-737-3141

Head Coach: richard@cyclingbc.net
MTB Coach: steve@cyclingbc.net
BMX Coach: adam@cyclingbc.net
Youth Coach: youthcoach@cyclingbc.net

DOWNHILL REPORT

In late December the first assessment camp was held for riders interested in joining the provincial DH team. A short day camp on December 21 in Squamish focused on riders in the U17 and Junior categories. Despite the day threatening a serious winter storm, twelve riders were able to participate.

The day began with a series of gym exercises designed to test the endurance and threshold of the riders, and give the assessment team an idea of how a rider's winter training is going. Following the physical testing, Coach Dave Hord led the athletes through some mental training basics. "As downhill riders," Hord explained, "we tend to be very well equipped with

our on bike skills, fairly well equipped with our physical training, but quite unprepared in our mental training. The 2009 DH team will work to even out our training in all three areas."

The next DH team session will be February 7 and 8th. DH team hopefuls will repeat the same assessment drills, to see how their winter training is progressing. Each athlete has been offered a physio assessment to clearly highlight areas which need focused training. The group will then continue into the next phase of mental training. "We keep watching the local trails and snow level," explains Dave Hord, "we were out riding DH trails this weekend...with some luck we may be able to add an on-bike component."

U17 and JR athletes who are interested in participating in the camp are asked to contact Tamsin Miller, Downhill Co-ordinator, at cyclingbedownhill@gmail.com.



Participants of the first assessment camp coming from all over the Province



THE LUND REPORT

The winter months are usually pretty quiet for Team BC Mountain Bike racers....but there has been a fair bit going on this year! News of riders signing with new teams often dominates the news in the winter and it was no different this year. Team BC's top MTB riders from 2008 have secured teams for 2009. Junior Men's XC Champion Evan Guthrie recently signed with the Rocky Mountain Factory Team. He'll be joining long time Rocky riders and Olympians Alison Sydor, Andreas Hestler and Marie-Helene Premont as he too looks forward to representing Canada on the world stage.

Junior Woman's XC Champion Bianca Adolf is riding in 2009 for the newly formed Local Ride women's pro team. She'll join long time pros Sandra Walter and Jean-Ann McKirdy, she looks forward to racing with the Pro women this year as she leaves the junior category for bigger and better things!

Team BC's Tyler Alison, the 2008 Canada Cup XC Overall Champion was awarded the Premier's Athletic Excellence Award. These awards recognize the top male and female athletes participating in the BC Athlete Assistance Program for the period of November 1, 2007 to October 31, 2008. The Premier's Athletic Awards ceremony will take place on Thursday, February 12, 2009 at the Sheraton Vancouver Wall Center.

These riders and the rest of Team BC have been training hard through the winter months. Many of the riders live in places where riding on the roads and trails can be difficult in the winter months, but they've kept busy riding the indoor trainer, riding on the Burnaby Velodrome, XC skiing, running and of course hitting the gym to work on their strength. Many of our top Team BC riders are also very gifted athletes and can also be found competing at XC running, soccer, hockey, skiing and indoor climbing competitions in the winter. Many are also planning on attending our second annual Palm Springs endurance training camp, a chance to ride hours upon hours, building their base fitness from February 12-23. Expect a full report and some exciting pictures to follow shortly!

So there may not be a lot of big news this month, but the riders and coaches have all been busy training and planning for what is shaping up to be another great year for Team BC!

-Steve Lund

BMX TIME

Mischa's Monthly Report

First month of 2009 and it looks like things are off to a pretty good start. Spent 10 days over at the indoor, which was really good. Got to race a pro-am and a BC Cup, but mostly just lots of practice and training. Unfortunately I've had a bit of a pulled muscle in my low back, so the weight training has had to take a bit of a back seat for the first half of this month. But I made sure not to over work it and things are feeling all good now, so it's back to the gym.

We've got another Team BC Camp coming up this weekend that I'm looking forward to. It's all day so I'm sure I'll be beat by the end but it should be lots of good practice. Also I've finally finished getting things arranged for my trip to the States. I will be flying down to LA on the 5th for a UCI round in Lake Perris, CA. Then driving back to Phoenix with Jim Brown, and hanging out there for some training before we go to Florida for another UCI round. After that I'm coming back to Arizona for more riding until March 20th when Team BC will be going to Desoto, TX for a double header UCI. All together it will be about 6 weeks, so I'm really looking forward to getting lots of riding in on some nice tracks, and of course, all in the sunshine. I feel like this winter I've really been able to focus on my training, as well as get lots of time in at the indoor. I'm looking forward to getting the '09 season going early and hopefully have some good results.

-Mischa



I recently raced the 1st and 2nd provincial series race of 2009, and a highlight of this was I took a second on Saturday and a first on Sunday, my first races of junior. I really like indoor, cause I get a chance to ride during the winter, and train for the season to come. I really want to learn how to double manual this year, and I want to keep riding a lot so that I will do well this year.

-Paige Zarazun

NEWS!

Cycling B.C. is Proud ...
to announce new sponsors!



CUNNINGHAM

Congratulations!

Three Team B.C. Athletes have
qualified for the National BMX
Team