

Day One

Contributed by Administrator
Sunday, 28 June 2009
Last Updated Sunday, 28 June 2009

Day one of the BCBR is in the books.

Today was the first stage of the BCBR and by far the shortest stage of the race. Day one was about 30k and the promoters were saying it would take the leaders about 90 to 100 minutes to complete. The stage consisted of two long and major climbs with two long and very technical descents.

How do you race for a seven day race? How hard should I go? Do I stay with the top guys and hope I can hang on around day 5 or 7? Well these are some of the questions Burns and I had to ask ourselves. If it was up to me I probably would have raced today as hard as I could have and payed for it dearly in a few days. Thankfully Burns was there to keep me in tact and kept a steady pace going for most of the stage.

The most important part of the day is that we made it to the finish line safely. No crashes or mechanicals. our luggage was there at the pick up and we have picked out a great tent site. Now we are chillin at a Starbucks and using the wifi. Our mechanic has washed the bikes and checked them over so we should be good for tomorrow. Hopefully dinner will be good and we can get some quality sleep tonight. Tomorrow we are up early to load onto a bus where we will then take a ferry to stage two. Day two will be about 70k with out as much climbing. Weather looks great, tomorrow should be another stellar day!

(sorry for not upload pics, they take forever and my computer is wicked slow)