

# Brown lives the elite dream

BY BEN PAPALIA

TEENAGE mountain bike sensation Rowan Brown is not satisfied with being the reigning Cape To Cape "Open" champion.

So this year the Dunsborough local is stepping into the elite category in a bid to officially be crowned Cape To Cape's best.

"It was good to take out the Open category last year — it's a tough race," Brown, 17, said.

"But I would've liked to stay with the elite guys a bit longer in some of the stages. This year is a big step up." Brown partners up with fellow young gun Robbie Rhodes to form elite team Merida Flight Centre Racing.

The duo has been in solid training as the countdown draws closer to the gruelling 210km, four-stage race from Cape Leeuwin to Dunsborough.

"I'm doing about two hours of riding a day," Brown said.

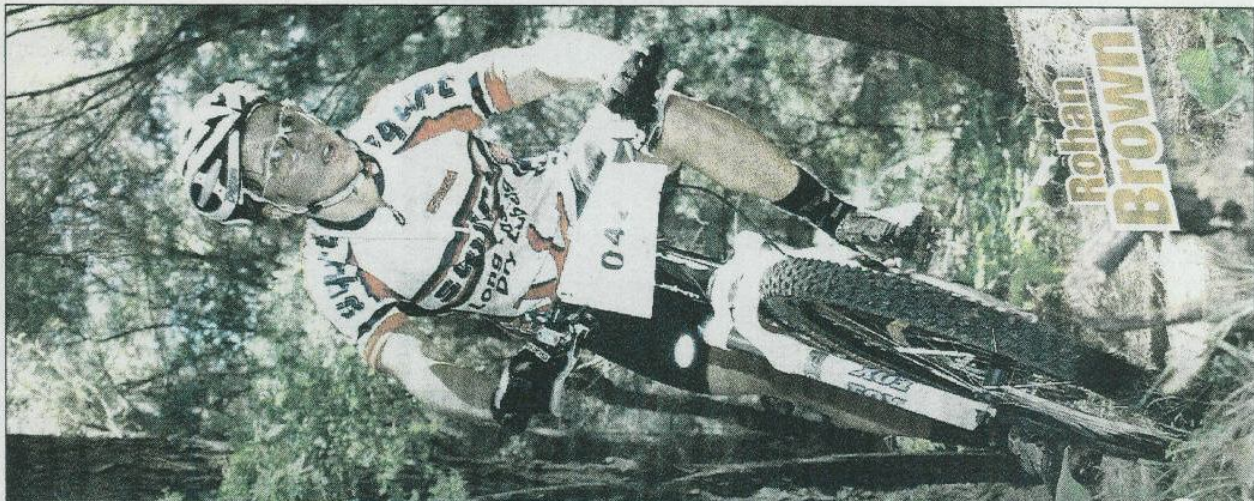
"It's Robbie's first time so I'll try and help him out around the course; let him know where the good places are to attack."

"It's not the most technical course, but it's really physically challenging."

WA's mountain bike equivalent of the Tour de France begins on October 14, and the lure of a \$10,000 prize pool has attracted a formidable group of Australia's best riders.

Elite team Rock Star, featuring national top 10-ranked marathon rider Troy Glennan and top five national cross country champion Shaun Lewis, should provide the stiffest competition for Brown and Rhodes.

National mountain bike stars Katherine O'Shea, Dan McConnell and Robbie Hucker in elite team TORQ also form an ace combination.



MTB  
**CAPE TO CAPE**  
 WESTERN AUSTRALIA  
**14-17 OCTOBER 2010**  
 MARGARET RIVER

**HANDY HINTS** Week 2

- You can burn up to 1500 kilojoules an hour on a mountain bike. If you ride for around 4-5 hours, that's a lot of energy you'll have to replace in a short period of time.
- Before the ride lead up with fluids and slow release (low GI) carbohydrates. Start eating a complex carbohydrate rich diet several days before the event. On the day of the ride, eat a carbohydrate rich breakfast. Try not to eat much within an hour of the start. Try to avoid excess caffeine intake before or during the ride.
- During the ride the stores of glycogen in the body are limited, so on longer rides such as this one, it's important to constantly consume carbohydrates while riding. Carry food like energy bars and gels. The body also uses considerable water to digest the food, so constantly drink while riding. Try and alternate your fluid intake of water and electrolytes.
- Replace glycogen stores as soon as possible after you finish the day's ride. This is the "golden hour", where the body will quickly process any food and replace the stores within the muscle tissue and the liver. As soon as you get off the bike start eating carbohydrates — this will speed up recovery.



For more information go to:  
[www.cape2capemtb.com.au](http://www.cape2capemtb.com.au)

**Rohan**  
**BROWN**

## SHORT PASSES

### Gul gives Pakistan hopes wings

**CRICKET:** Umar Gul's six wickets gave Pakistan a rare glimmer of joy on its troubled tour of England as it claimed a 23-run victory at The Oval. The fast bowler single-handedly thwarted England's chance of taking an unassailable 3-0 series lead in the five-match series after Pakistan made a modest 241 after opting to bat. "I thought that our total was not enough — I thought we were short by about 30 or 40 runs, but a good side can defend any total," Pakistan captain Shahid Afridi said. "Umar Gul (6-42) was amazing. It was perfect but (Abdul) Razzaq and Saeed Ajmal also bowled really well. We can definitely win this series."

### Redbacks snare semi spot

**CRICKET:** Michael Klinger hit his third-successive half-century as South Australia became the first team to qualify for the Champions League Twenty20 semi-finals with an eight-wicket win over Royal Challengers Bangalore at Kingsmead. The Redbacks' captain hit 69 not out and shared a second-successive century opening stand with Daniel Harris (57) as his side cruised to victory with nine balls to spare after dismissing Bangalore for 154. With three wins in three matches, the Redbacks are sure of a place in the last four, worth a minimum of \$530,000 in prizemoney.

### Injuries sour Opals' win over US

**BASKETBALL:** Australia beat the US, 83-77, but key Opals Penny Taylor and Kristi Harrower suffered injuries in a mixed tune-up for the world titles starting on Thursday in the Czech Republic. The US took a one-point lead with less than 10 minutes left, but the Opals scored the next nine points to snare victory in Salamanca, Spain. Harrower rolled her ankle in the second period and was immediately subbed out, then Taylor hurt her back after landing awkwardly from a rebound in the third quarter. Jenna O'Hea scored 24 points, Taylor shot 18 points before her injury, and Elizabeth Cambage notched 17.

### New Parry on leaderboard

**GOLF:** English newcomer John Parry's five-under 67 gave him a one-shot, halfway lead at the Austrian Open. The 2009 graduate of the European Challenge Tour produced a bogey-free second round at the Diamond Country Club in Atzenbrugg, taking him to eight under after a first-day 69. Parry has not held the lead on the European Tour since February, when he shot two straight 67s at the Avantha Masters in India, only to finish 26th. European Ryder Cup player Graeme