

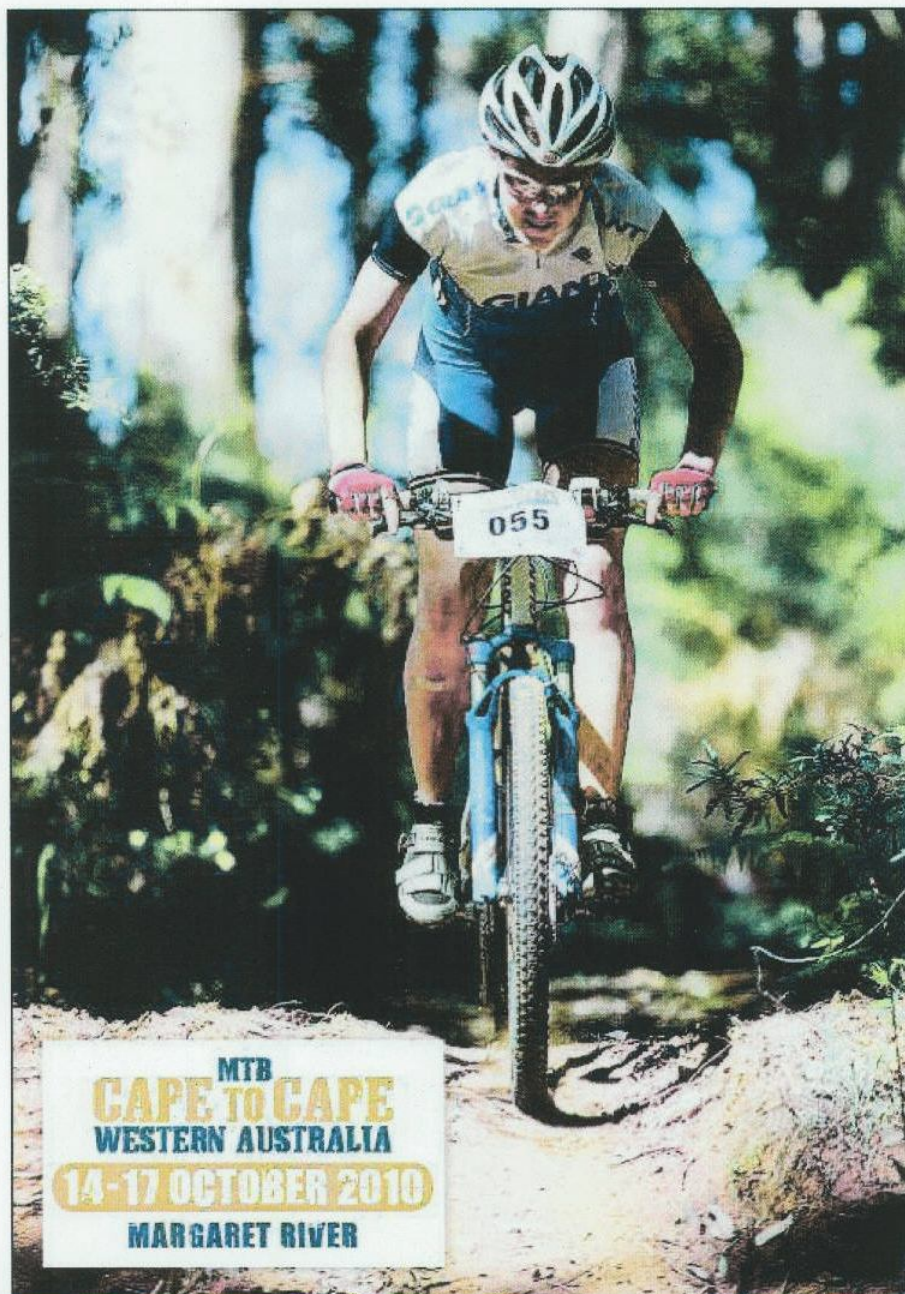
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Niki on the downhill run to hat-trick



SUCCESSFUL: Niki Fisher has made the Cape To Cape her own in recent times

MOUNTAIN BIKE RACING — Ben Papalia

DOWNHILL mountain bike racer Niki Fisher wants to enjoy this year's Cape To Cape challenge.

And Fisher's relaxing attitude is warranted.

The former Australian World Championship representative is chasing a third-consecutive Cape To Cape title following her elite women category wins in 2008 and '09.

"I'm probably going into this one a little bit more relaxed," Fisher said.

"In previous years I've focused on really smashing the race and myself, but this year I want to take in the essence of the race."

It has been a tough year for Fisher following the mysterious death of her partner, champion Australian mountain bike rider James Williamson.

Williamson, 26, was found dead in his bedroom in South Africa in March where he was competing in the 722km Absa Cape Epic mountain race.

Despite the tragedy, Fisher is back and peddling and will use the Cape To Cape as a major practice hitout before the Australian National Mountain Bike Championships.

"Cape To Cape is held at a good time in the year where you can start training hard, build up your fitness and kick-start everything," she said.

"After I finish Cape To Cape, I'll be straight into training for the national championships."

Fisher joins fellow champions John Waddell, Katherine O'Shea and Troy Glennan to form an elite list of riders for this year's event.

WA's mountain bike equivalent of the Tour de France is a four-stage race from Cape Leeuwin to Dunsborough beginning on Thursday.