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# Ride of a lifetime

AUGUSTA will be illuminated tomorrow by the sight of hundreds of lycra-clad racers.

The 2010 Cape to Cape MTB kicks off at 1.30pm and will see cycling professionals and enthusiasts ride the 40km between Cape Leeuwin Lighthouse and Hamelin Bay.

The race will end a further 170km later in Dunsborough on Sunday, October 17, passing through forest, dirt and beach tracks.

Dunsborough competitor

Kowan Brown says he had a little trouble with the beach section last year but is confident and looking forward to the event.

The 17-year-old took out second in the open division of the State Championships last week and hopes to make it into the top 10 of this year's Cape to Cape MTB race.

Rowan says being amongst nature and the adrenaline is what got him hooked on mountain biking six years

ago.

"It's good fun, keeps you mentally strong and it's great to be out in the environment," he said.

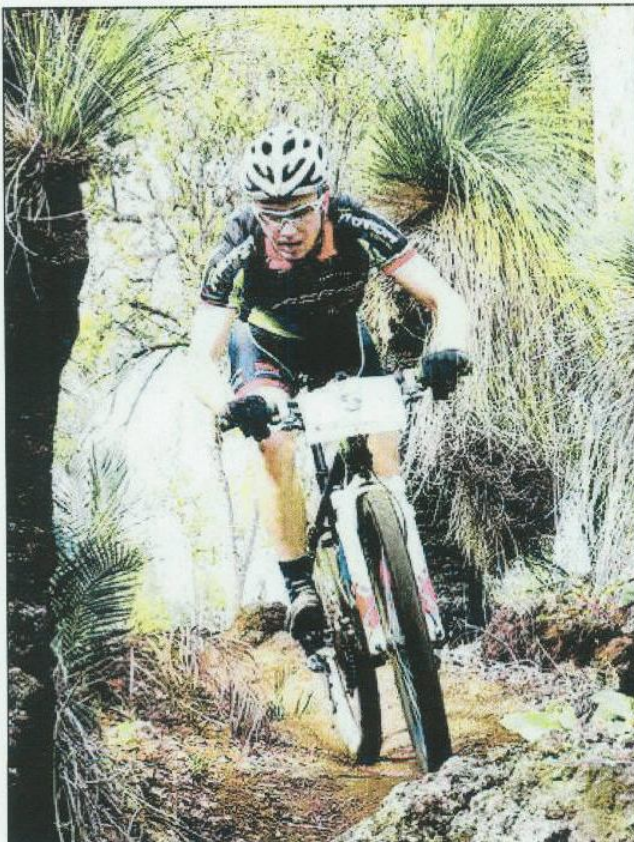
The apprentice carpenter trains for two hours every day, focusing on cycling and core strength, and has been keeping his carbohydrate intake up in the lead up to the race.

He said he was looking forward to the social atmosphere as well as the chance to go up

against some big names in the competition.

Rowan is working towards the world championships next year and hopes to take his career to the 2016 Olympics.

Also competing in the 2010 Cape to Cape MTB race are locals Paul Baxendale, Garth Baxter, Michael Brookes, Diane James, Tony Best and Kim Sparks.



**NEED FOR SPEED:** Rowan Brown, 17, will be back competing in the Cape to Cape MTB event in Augusta this week. The rising star is hoping for a top 10 finish.