

## Local rider wins big at CycloCross World Championship!

Great to see hard work and determination pay off, as Karen Brems wins another world title. She comes out to our Tuesday/Thursday AM rides from time to time, and has always impressed me by sticking to her plan. Whatever was in her training schedule for how she was going to ride that day, that's how she rode. Didn't matter if that meant riding up slower than an old slow guy, or blitzing past at an anti-social pace. So different from me, where it's more a matter of survival than style, and I'm just trying to get up the hill as fast as I can.