

# Cyclist recalls amazing ride to the top

Gliding smoothly over the pavement in the Tour de France, champion Canadian cyclist Denise Kelly, now a resident of Glen Williams, wasn't feeling as confident as she looked.

Here she was at the mecca, the World Series of cycling. Everything was well organized, the food wonderful, the scenery beautiful. But Kelly was plagued by a familiar nervousness as she waited for the race to start: clammy hands, thumping heart, a desire to be anywhere but here. Bike crashes are an occasional but inevitable occurrence in every racer's life. She'd experienced several in her years of competition: would it happen here, too?

The race resumed on this third day of a 16-day event, 120 bicycles surging forward, the crowds screaming so loudly she couldn't hear her gears changing. Near the front of the pack, she was cycling well when her handlebars hooked those of another rider. As they collapsed to the pavement, half the pack fell with them.

"It was dominoes at 50 kilometres an hour" recalls Kelly. Frantic to get up, she lay helpless with her knee sliced open and an injured back.

What followed was a downward spiral in her performance, so fearful was she of crashing again. "If you can't get over the fear, you

might as well quit" advised her coach. "It's your choice."

But Kelly knew she was better than other riders, she had set goals to be a champion years before, and she wasn't going to be deterred now. So she narrowed her focus, entered team trials for only four cyclists at a time, and practised mental imagery, imagining herself riding perfectly, then mounting the winner's podium.

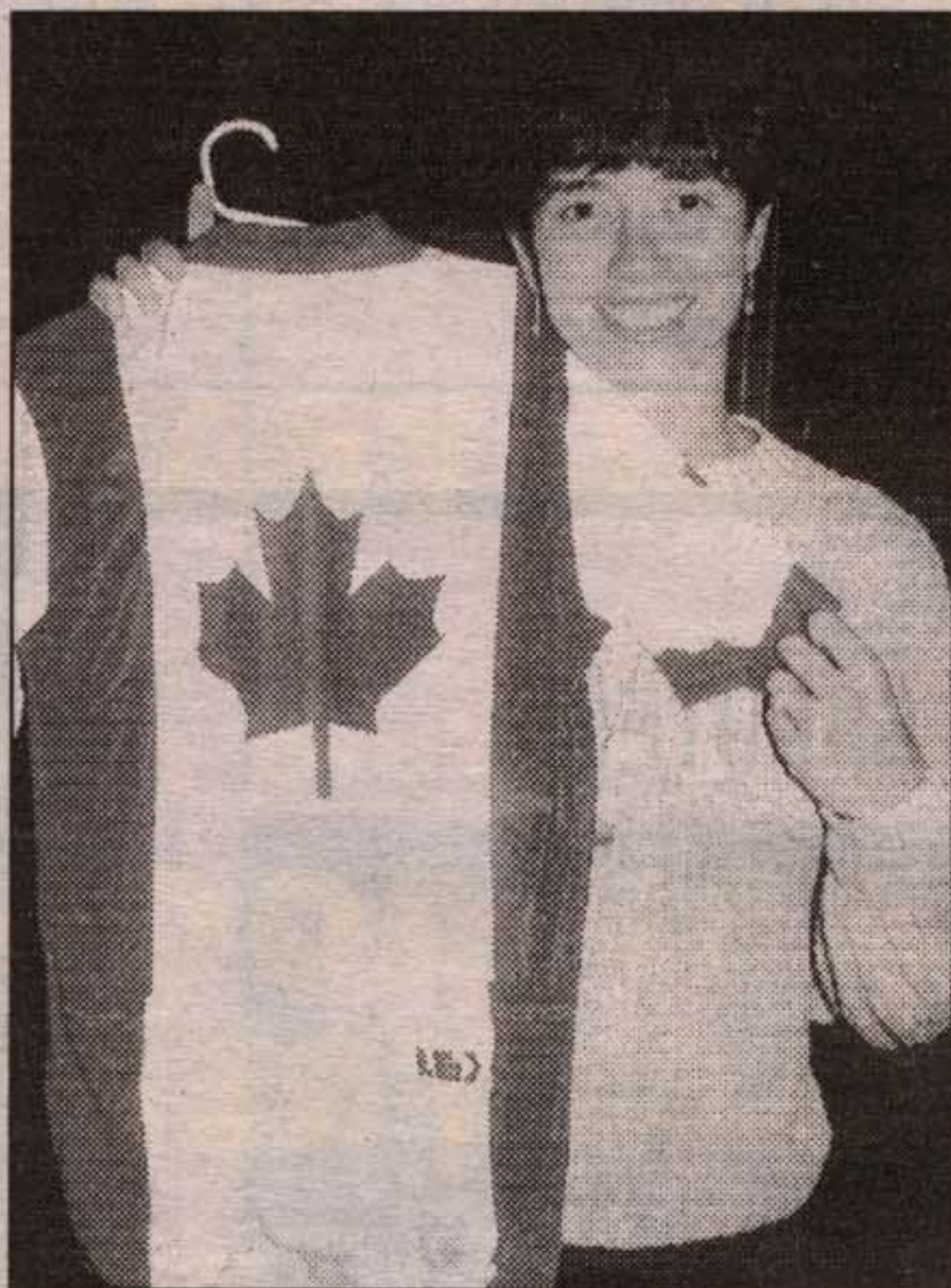
"Soon after that, I won my first international race," she recently told the Canadian Federation of University Women—Georgetown at their November public meeting. "Six months after being ready to quit, I beat the world champion."

The important thing, she says, is to set goals that are special for you, to give your best shot to anything you do. It's yourself you must satisfy.

Kelly retired from racing in 1991. Her trophies now rest on a shelf near the furnace; her medals are playthings for her young daughter and her friends. The more valued ones are stored out of reach, but they're not what's important. In an eight-year career, Kelly had set and met her own goals.

"It's the memories that really matter."

—By Janet Duval, special



Denise Kelly holds the jersey she earned as Canadian national champion. She competed for Canada in the Tour de France, Pan Am Games, and World Championships during an eight-year cycling career. She recently spoke at the November meeting of the Canadian Federation of University Women—Georgetown.

Photo by Janet Duval

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**SHOPPERS DRUG MART.**  
On page 5 of this week's flyer (Wednesday November 25th to Saturday, November 28th) the Biore Pore Perfect Strip at \$7.49 is a package of 6's not 12's as illustrated. We apologise for any inconvenience this may cause.

## Stakeholder/Public Information Session

### Halton Land Ambulance Service Review

The Region of Halton currently funds land ambulance services and will assume full management of the service on January 1, 2000. In order to select an ambulance service delivery option, Halton in partnership with the Regions of Durham and York, retained a consultant to prepare a review of ambulance service options.

You are invited to attend the following Information Session:

**DATE:** December 1st, 1998  
**LOCATION:** Halton Regional Administration Building  
1151 Bronte Road, Oakville  
Cafeteria  
**TIME:** 3 p.m. - 7 p.m.

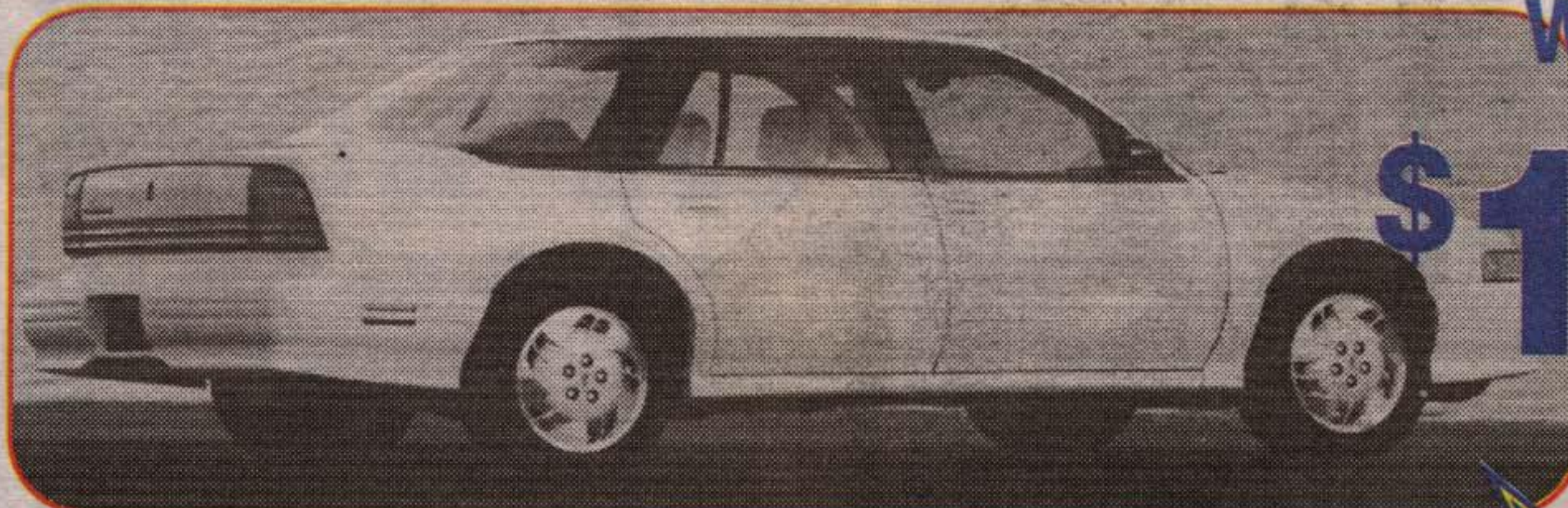
The consultant will make a presentation at 3:15 p.m., with a question period to follow.

For more information please contact: Lynne Simons, Social & Community Services Department (905) 825-6000 ext. 7215; or locally from Action 853-0501; from Georgetown 878-8113; from Aldershot 639-4540; from Streetsville 825-6720; TTY (905) 827-9833 or at simonsl@region.halton.on.ca



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