

Moore ready to take on the world at cycling championships in Spain

Continued from pg. 20

Despite the severity of the injury, Moore remained positive.

"It was a good time in the year for it to happen because in September I could start to train again."

She also had an ulterior motive to recover fast. She was getting married in late September of that year and was determined to walk down the aisle unassisted.

Although her body healed, the incident gave Moore nightmares and she had a hard time cycling without thinking about crashing.

"If you think about crashing, you're going to crash."

As a result, Moore started talking with her current coach Denise Kelly, who had

been through a similar crash earlier in her career.

"She really helped me get through that. It was really good for me to have a coach at that time because I had lost so much fitness, I had lost so much strength and to be able to stay positive when you're coming back at a level that you're not used to, and riding against people that you can't stay with. It takes time and patience."

Her perseverance paid off and from 2002 to 2004 Moore had more success than ever. She won races in Bermuda, Japan and all over North America while still assisting her teammates to win races throughout the seasons. In 2003 she made the national team's world championship roster for the first time. In 2004 she started racing full-time and left her job. Her

success led to another professional contract in 2005 with her current team, Victory Brewing/Specialized Bicycles.

Her role on this year's team has evolved into that of a leader. "I have the team backing me up. It's a huge step for me because I've always been a domestique, working for somebody else. It's exciting in a way and it's hard and challenging in another way because people are looking at you for results. Before I could just waste myself until I was done and my energy was gone. Now I have to conserve my energy and go (strategically) with the right moves."

When she's not racing internationally or training Moore makes presentations in local schools as a member of the Clean Air Champions, a government-sponsored program.

"We go around to schools and talk about the environment. We mostly talk about athletics, dedication and tying (the idea of) being athletic and being good to your body, to being good to your environment."

Another passion for Moore is to give back to the sport and its community. She finds a way through coaching and assisting other athletes in her spare time.

"I really like coaching and being a mentor. When I can, I like to give advice and help people find their way...There are so many ups and downs in the sport. If you've been through a lot of them then when other people go through them you can share your experiences and help the group as a whole."

—By Leigh Hargrove, special

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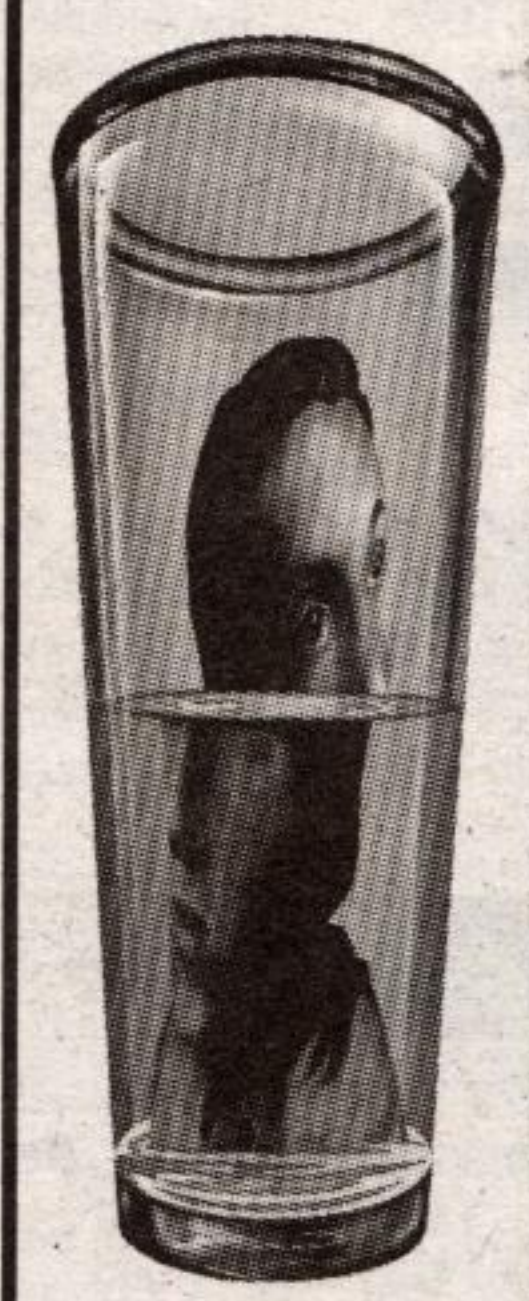
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