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THE CANADIAN CHAMPION

TUESDAY APRIL 18, 2000

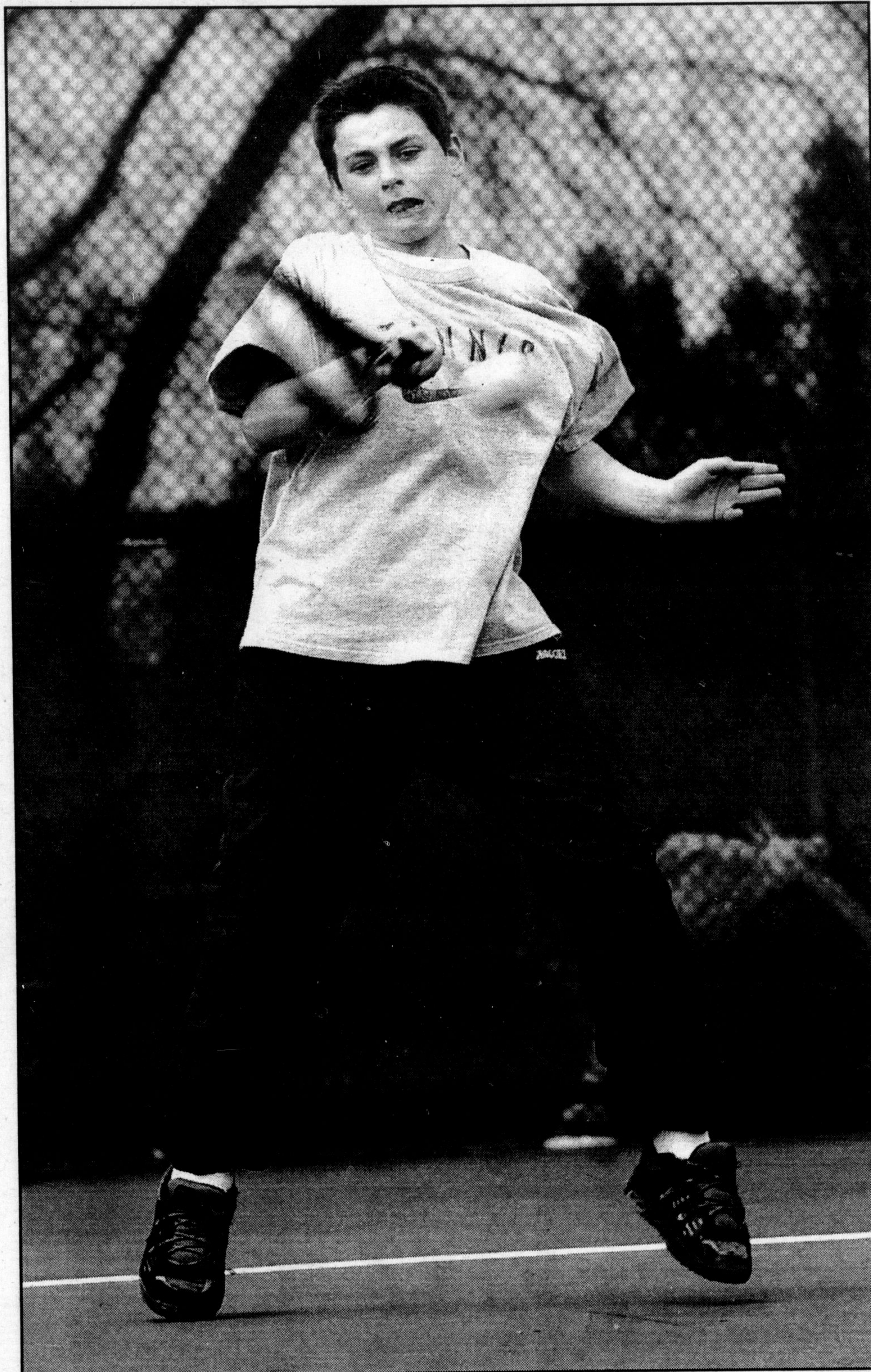


Photo by GRAHAM PAINE

✓ Tennis, anyone?

Scott Nemeth, 15, and a few of his friends took advantage of the warm weather Saturday to get in some early action at the Milton Tennis Club. Registrations are now being accepted and the club's opening day is Saturday, May 6.

✓ Olympic dream nearly a reality for local cyclist

By **MURRAY TOWNSEND**
 Special to *The Champion*

What do kangaroos, shrimp on the barbie, and Campbellville's Chrissy Redden have in common?

They'll all be at the Olympics in Australia this summer.

The mountain bike racer's spot isn't fully guaranteed yet, but for all intents and purposes she is already on the Canadian team.

Only two Canadian women cyclists have passed the qualification standards, the other being Alison Sydor, who took home a silver medal at the last Olympics. Canada was ranked first in the world at the end of 1999, so they are allowed to take three cyclists to Australia.

In two World Cup races this year, both in California, 33-year-old Redden has finished fourth and fifth. Her current world ranking is fourth.

"It's really exciting. I quit my job three and a half years ago to give myself the proper training and everything I had so I could go to the Olympics. I find myself in year 2000 and I find that all my plans have gone according to plan."

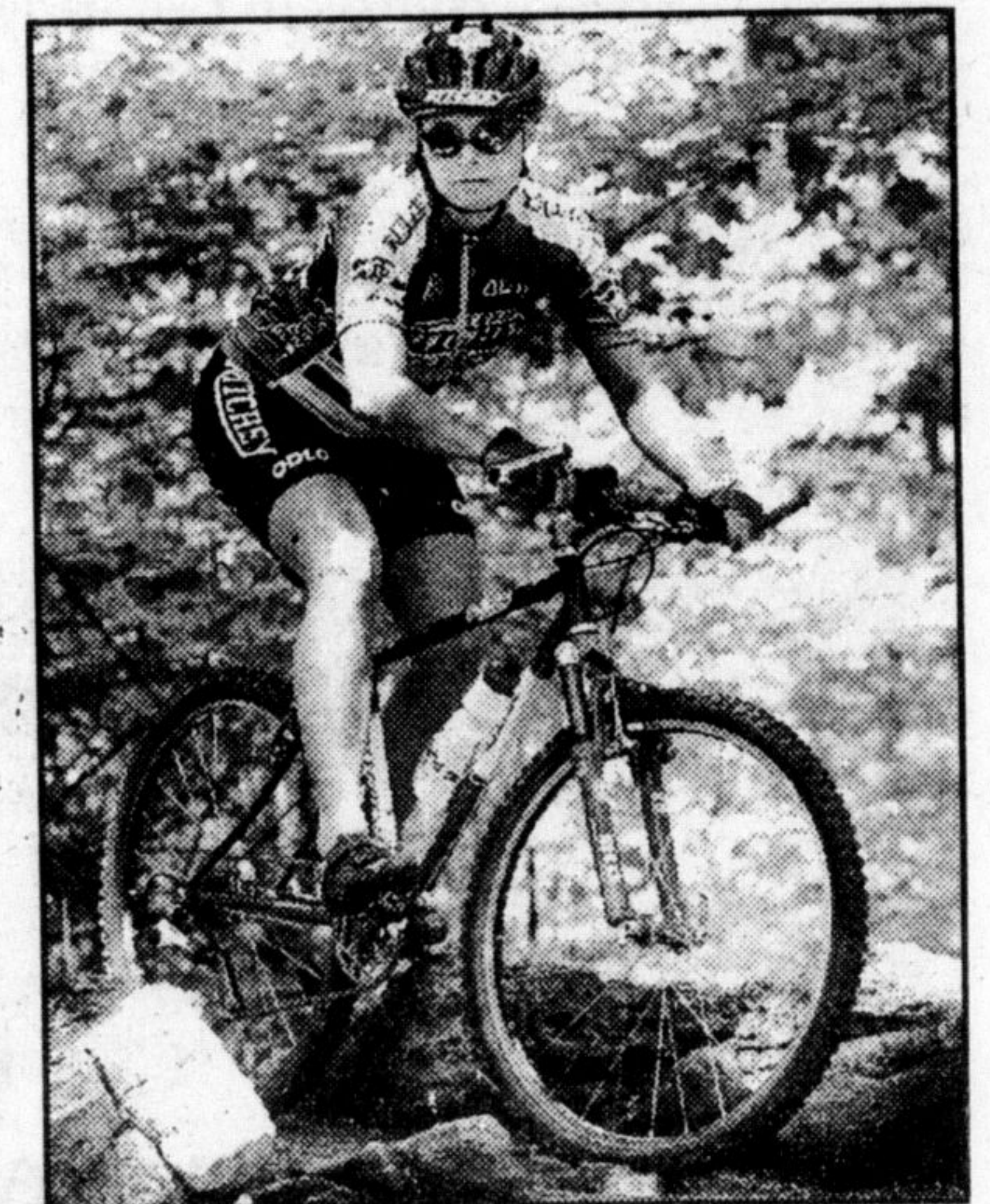
She receives a lot of support from husband, Chris, and from both families, but she is aware where her motivation must originate.

"It's got to come from within. Anyone can go out and race and give 80 per cent, but to give that extra 15 per cent takes something special, and then to give 95-100 per cent takes a special person. It has to come from really deep inside.

"To give that extra five per cent is when I find it is most rewarding. Not everybody can go there. That can be the difference between first and tenth, not the difference between first and second."

Redden has learned how to get to that next level. "I do a lot of mental training. As you train your body physically, you have to train your body mentally. I do a lot of positive affirmations."

What she means is that during a race when the blood stops flowing to your brain, and negative thoughts begin to pop up, she has already convinced herself in



Chrissy Redden has battled her way to the top of the world mountain biking scene.

advance that she will stay strong and work through it.

Redden is off to Victoria, B.C. soon to do some intensive work at the national training centre, then it's back to more racing on the World Cup circuit as well as other venues, including the world championships in June.

For the final six weeks leading up to the Olympics she will be with the national team and coach, and will go down under well before her event, which is in late September.

One other event that is very important to her is Tim Horton's Annual Camp Day, where all proceeds go to the Tim Horton's Children's Foundation. She expects to be at a couple of local outlets on May 24 to chat with patrons and sign autographs.

Redden had no idea that fooling around with mountain bikes about eight years ago would lead to such a passion for the sport and such success. Now, that she will be on the world's centre stage in Sydney, Australia, she knows how she wants to play it out.

"Give everything I can. If giving everything I have is not good enough for a medal, that the way it is and I'm happy with that. As long as I've given 100 per cent. But, my ultimate goal is to come back with a medal."

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