



METROLAND PHOTO/RON PIETRONIRO

Canada's Karen Cockburn flies through the air during the women's trampoline event at the 2008 Olympics. The Stouffville resident is back on the World Cup circuit in Russia next month.

Cockburn still wowed by Beijing experience

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ill effects of a minor flu bug she picked up on the next-to-last day of the Olympics, Cockburn said her time in Beijing was an experience she won't forget.

While each Olympics she's been a part of had its own special quality, Beijing ranked right up there with Athens and Sydney.

"Beijing did a great job. It had that 'wow' factor. The opening ceremonies were over the top. The venues were amazing. The architecture of the facilities like the Bird's Nest and Olympic Village was impressive and the volunteers there were always happy and helpful," she said.

Reflecting on her silver-medal winning effort, Cockburn had mixed emotions as she felt a gold was within reach after finishing just .80 points behind He Wenna of China.

"I wasn't happy with my routine because I knew I could have done better," she said. "But the judging was harder in Beijing and at the same time, to perform under pressure and with the fans that were there, to do a decent routine and considering what I went through this year (to have surgery on her right knee in November)

I was happy."

While becoming just the fourth Canadian athlete to win an individual medal in three consecutive Summer Olympic Games represented a highlight in her trampolining career, Cockburn being asked to carry the Canadian flag during the closing ceremonies also ranked right up there.

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"I was so shocked when they (Canadian Olympic Committee) called me to do it because there were so many great performances by other Canadian athletes at the Games. But it was a huge honour and a great way for me to end the Games," she said.

Cockburn will have little time to dwell on her Beijing experiences. She heads to Russia for the weekend of Sept. 19 to compete in the final World Cup event.

"After that I'll take a bit of a break," she said.

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