

Angela Egeland

Welcome to my WORLD, this blog is for me to keep track of what I'm up to and for you the follower to engage with me and follow me on this amazing journey. Everyday is a new adventure and I look forward to sharing it with you in my own way... Hope you enjoy the ride ;)



WEDNESDAY, 30 MAY 2012

TWITTER UPDATES

SA National Cup #3 - Port Elizabeth

Let me start with this..
Traveling all the way across just about half of South Africa to Port Elizabeth was sooo worth it. After weeks of preparation from the Jeep Team sorting out accommodation and travel arrangements, we settled with a drive down and awesome cabins about 5km from the course. Spoiled to say the least, with warm comfy beds, and a luxurious Jeep to take us around supported by all the KZN parents and sponsors. It



was a tedious long drive that seemed to take forever to end, but Sam Bull and I found the time during that drive to catch up on some blogging and movies to pass the time. Talk about appropriate time management :P Road works set us back on the E.T.A and finally after 12hrs we arrived to a very anxiously awaiting Patrick Belton waiting for his steed! After a close inspection, the bike was in the right knick.. pheeew!!

First stop!!



Blogging away, and movie time!

A good nights rest and we scouted the course, doing a few practice laps. Technically it was a real good course to challenge all of our skills leading up to SA Champs. All the practice that I could get the better right!?!? With Patrick leading the way and following his lines, analyzing the best ones and so forth, we settled that evening knowing that we had prepared well and were ready. The best surprise ever was the long awaited Limited Edition GU Bottles that we received from our GU sponsors.. once again, thank u soooo much!! A lovely braai and few laughs courtesy of Sam Bull, eased the night nerves and finally got to bed.

ABOUT ME



Angela Egeland
Pietermaritzburg,
KZN, South Africa

I started cycling recreationally at home with the family on a farm in a small town, Ixopo in Kwa-Zulu Natal. It wasn't long after being on the saddle that an undiscovered love and passion was found. Cycling. I hope in the future, through all the undying support from family, sponsors and team mates at Team Jeep South Africa. I can one day pursue it as a career and travel the world while doing it..

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The masks on my wall were a little TOO scary, so JUST to make sure we were on good terms for the next while!

It was a chilly start to my race and the leg warmers were on during the warm up. My well structured warm up is really working and the recipe is spot on. This, I am very pleased about as I have been struggling for a few months now to get a proper warm up in tact that has space for mental preparation in it too. Prior to my start I had a lovely interview that started me off on the right foot and the race was under way.

Start was fast and I had to mentally manage racing my times rather than the opposition. This was at times really tough to push yourself to that point of incredible discomfort, but I managed well and kept the right head throughout the race. Being mentally tough is something I am paying special attention to this year as I make the transition from u23 to Elite next year. Once again starting at the bottom and having to work myself up against some of the world's best. This is not by any means an easy task for me, but I will keep catching the Tiger by the tail slowly but surely..



My lucky Emily beads remind me every time to keep fighting !

The race was a lovely one and on my 3rd lap fatigue got the better of me and I had a nasty crash in one of the rock gardens which resulted in me lying dispersed amongst the rocks for a minute or two trying to gather what happened and if my bike was okay. After that I needed to catch up time, and on my last and final lap a small laps of judgment landed me doing some more ploughing... clearly shaken up a bit, I finished the race in the leaders position. My first ever SA Cup win. CHUFFED would be an understatement!

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SA National Cup #3 - Port Elizabeth

Greytown Mountain Bike Festival

Vulintaba Country Estate MTB Team Weekend

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Sunday provided me with an awesome recovery ride in the Addo Elephant Park and was fortunate to watch my team mates Sam Bull and Kyle Davids take podium positions in the Down Hill events.



Rounding off a wonderful trip, the current rankings for the SA National XCO Series for the year, I am ranked first overall on the proElite woman standings. The hard work is finally starting to pay off. :) To view the rankings follow the link <http://www.csa.co.za>

Next up, The Nissan Marathon series, see you all there..

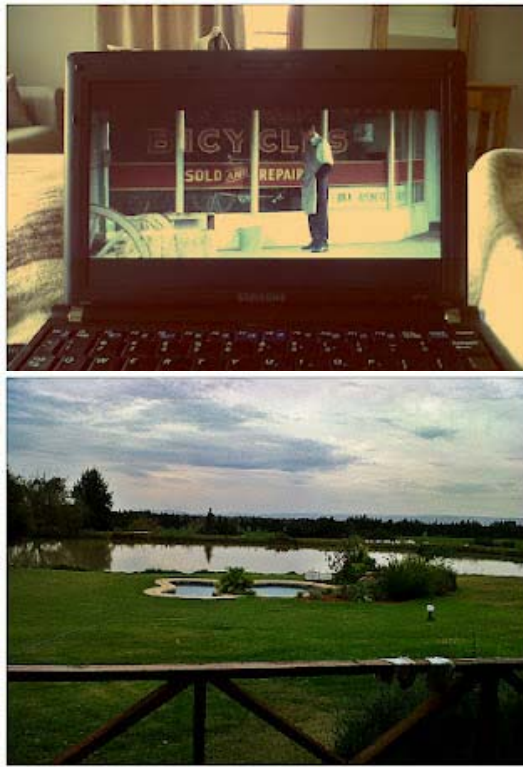
My last lap towards the finish to my first ever National Win :)



My Salomon Recovery Slops



My Scott Scale 29er



The view from my room.

AE

Posted by Angela Egeland at Wednesday, May 30, 2012 0 comments

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TUESDAY, 22 MAY 2012

Greytown Mountain Bike Festival

After an extremely tough week on the bike in preparation for the SA Cup i was keen to test the legs on the marathon and see what they had left. The array of cars that gathered at the renowned 'Bee Hive' made me a little more nervous than usual as I really wanted to take the win. But in the back of my mind i knew that it might have been asking a bit much. The race started at a fast pace but the legs seemed to have responded in a great way. I felt really great on the bike and my new Scott Scale 29er was GREAT! Making my technical skills even better! My game plan was to put the hammer down from the get go, and it was a great move as nobody responded and i help the group at bay until the finish line. I was fortunate that I had no mechanicals and every thing went according to plan. A fantastic way to end off a hard week, and to start the new one.



Completing my Bachelors Degree in Teaching makes for training during exams a lil hard, so this is what i ended up looking like :-P



ONE more year and i will be a graduate, I cannot wait to ride my bike EVERY day as a professional... **My Dancing Face..

AE

Posted by Angela Egeland at Tuesday, May 22, 2012 0 comments

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