

north shore news

Spills send North Shore downhillers to ER

Jeremy Shepherd / North Shore News

August 13, 2014 12:00 AM

[• North Shore News • \(news\)](#)



North Shore firefighters. Photo file, North Shore News

A 40-year-old mountain biker spent Saturday evening in hospital after taking a spill on the Roach Hit trail on Cypress Mountain.

Despite suffering a dislocated shoulder, the wounded weekend warrior walked to a waiting ambulance after being attended to by emergency responders.

"The mountain biking crowd is a very hearty bunch," said West Vancouver assistant fire chief Martin Ernst.

The fall was likely caused by "just bad luck," according to Ernst.

The incident comes shortly after a North Shore woman suffered a fall on Mount Fromme on B.C. Day.

The 32-year-old mountain biker was heading down the Espresso Trail a little after 7 p.m. when she tumbled over her handlebars, breaking several teeth and suffering facial injuries.

Approximately 10 minutes after getting the call, District of North Vancouver fire crews were on the scene, according to assistant fire chief Mike Cairns.

"Part of the time crunch is losing light," Cairns said. "When you're in the forest it gets darker sooner."

The woman may have had a broken nose and a head injury, according to Cairns.

After securing the mountain biker in a stretcher, the crew eventually carried the patient to the top of the Espresso Trail where B.C. Ambulance drove her to Lions Gate Hospital.

The incident is a reminder to exercise caution while bicycling, according to Cairns.

"The trails that the bikers go down on the mountain, some of them are really challenging," he said.

The mountain biker wore a bicycle helmet, but a full-face mountain bike helmet might have helped her avoid her injuries, according to Cairns.