



Riders blast off from Argyle secondary at the start of Stage 5 of the B.C. Bike Race Thursday. The North Vancouver stage of the grueling seven-day competition took the 600 racers through the trails of Mount Seymour and Mount Fromme and ended with the popular Espresso Trail. PHOTOS CINDY GOODMAN

B.C. Bike Race hits North Van

ANDY PREST
aprest@nsnews.com

Six hundred riders from around the world got a taste of the North Shore's famous mountain bike trails Thursday during Stage 5 of the B.C. Bike

Race, an epic seven-day single-track competition that winds its way along the West Coast.

The course took the racers from the start/finish line at Argyle secondary through a two-mountain loop of Mount Seymour

and Mount Fromme, ending with a blast down the wildly popular Espresso Trail, an old route that got a new facelift from a team led by famous North Shore trail builder Todd "Digger" Fiander.

Tristan Uhl from Austin,

Texas, won the men's solo race, topping Spencer Paxson by nearly 12 seconds.

"Going down Espresso I caught (Paxson) right at the base of it after a few sketchy moments — I went over the bars at one point," Uhl

said in a release. "We were together on the final road stretch. He blew a turn and I got in front and got like five seconds."

Katerina Nash from the Czech Republic won the

See Expresso page 27



Young riders Nash and Max (photo at left) rip it up in the B.C. Bike Race Kids race while spectators (photo above) cheer on their friends and family during the North Vancouver stage of the seven-stage competition.

Espresso trail adds a jolt for global racers

From page 26

women's solo race. The event also included the highly popular Kids Race held on a track set up at

Argyle secondary.

The annual race, organized by a crew that includes many North Shore mountain bike legends, finishes up today in Whistler.