

commençal

SHIMANO

e*thirteen

san marco
sellesanmarco.it

MICHELIN

ACROS

R.S.P.

SPY+

FOX

O'NEAL

CIBAVISION

OBSON.COM

SYNCROS

IRIEDAILY

FORMULA

DVS

2010 Race Calendar



Hi everybody. Long time ago that you hear from me via an official race report. Many things have changed. I was in Morocco over the winter for training, working as a guide in the Atlas Mountains. Some of you might have already read the story in the Mountainbike Magazine (GER). I was riding about 8 h /7 days/3 weeks with MTB riders all over the world.

But the big news are, that I changed the bike brand. I am on Commençal bikes for the season 2010 and I am starting in the Austrian UCI Trade team "Alpine Commençal". I had to say goodbye to some of my sponsors like Morewood, Sombrio, Manitou, SunRingle, SixSixOne, Thomson, Frontworx and my so much loved bikeshop Ciclopia. Thanks very much for your support over the last years. I am still with Spy, RSP, Formula, DVS, Iriedaily, Obsn, Acros, Michelin, E13, Shimano, San Marco, Syncros. And my new ones are Foxshocks, O' neal clothes.

I will race 4x and DH on international and national level. So World cups, national champs, 1xs cups and the 24h race on the Semmering with my team. Depending on the World cup tracks I will not always compete in both disciplines at the same time, because last year it was too much for me and I can't afford me to take always two bikes with me. Luckily most of the World cups are in Europe so reachable by car. But I have to be honest I am lack of money and I will see how I can race them all.



My New TEam

FoTO SHoOT

GoOd TiMeS

COlUmN

Just like I have been mention before I' m now a member of the new UCI World Cup Trade Team from Austria, called ALPINE COMMENCAL. For everyone who don' know. Commencal are the frame company and Alpine is a company, who is based in the car electronics market.

I got the Supreme DH frame for downhill and the Absolut 4x for the Four cross.

The Team has 7 riders including me, Slavik Hannes, Petra Bernhard, Mathias Haas, Nicolas Siedl, Schmied Thomas and Bork Schützenhofer. Our Team Managers are Andre Samer, Christian Jeghers and Martin Zeiler. I am looking forward to a good year and I hoping for a good time in the new team. Each rider will have a Blog spot on the most poplar german speaking MTB forum the downhillboard. Or team homepage is www.alpinecommencal.com

I will still write all me blogs on my webpage and who wants to stay update by facebook, you will find me there too under Helene Fruhwirth Miss Downhill.

I also good the offer to ride a column in a montly bike newspaper with 12500 prints, called bikingvienna (.at). In this issue is an article about me and the trip in Marocco , in the next one will be a portrait about me, and in the following onces I ride about dh topics.

I also plan women' s coaching weekends with alptrails.at in Slovenia again. .

So yeah I will be pretty bussy this season and I hope for a lot of publicity for representing my sponsors.

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