

# Odyssey Angels skills session

The 2018 Otway Odyssey



## **Q) How did you hear about the Odyssey Angels program as part of the Otway Odyssey?**

I heard about it through the Odyssey Angels Facebook group. I was then reminded by my friend Kylie Edwards, and then again by Jess herself (she's my coach)

I thought the group on FB is great, very supportive. The concept of a reccy and skills day was brilliant, even better that it was free. How often do you get skills from the likes of Jess at no cost. Brilliant idea.



## **Q) Will you be racing at this year's Otway Odyssey and which distance are you entering?**

No, I have actually decided not to ride it. I was initially planning on riding it, then doing a triathlon on the Sunday, but after the reccy, I've realised that that's biting off more than I can chew, so something had to give! I haven't ridden it before, but I regularly do small MTB races.

## **Q) How did you find the ride clinic, and the feeling amongst the other riders who are also gearing up for the event?**

The clinic was great, very very friendly and accepting bunch, and the skills we learnt were certainly helpful without being really technical.

## **Q) How significant is a program like Odyssey Angels, skills clinics like Jess's and MTB community groups like the Odyssey Angels group in sparking interest and motivating/empowering women and girls out there that they can ride, and race too?**

Oh so important! I'm very much at the slow end of any MTB field, but I am more than happy to give it a crack. But so many other women are super intimidated by racing. I try to spread the word that most of the time it's not actually racing anyone but yourself!

I often do You Yangs enduro type events, and there are so few women there, it's crazy (but it does mean I get a podium every now and then!!).

I find that races are the only time I really push myself to my limits, not to win, but to see how far I can get.

The social aspect and the sense of achievement is simply awesome. So anything we can do to encourage women to have a crack is great.

**Richelle**

