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Gu Sung-eun of South Korea (left) wins the final sprint during the women's 120km road race on Saturday.

RACE WINNERS  
SKIP OPENING  
CEREMONY TO BE  
FRESH FOR 7:30 AM  
COMPETITION

# Early birds get the medals

By TANG YUE  
CHINA DAILY

SHENZHEN — Anne Arnouts missed the opening ceremony but believed doing so was worth it.

While thousands of athletes enjoyed the gala in Shenzhen Bay Stadium on Friday night, the Belgian went to bed at 8. She had to make sure she got good rest before the women's 120km road race, which started at 7:30 the next morning.

It paid off.

Arnouts won a bronze — Belgium's first medal in Shenzhen. That made missing the opening ceremony and performance worth it, she said.

"It is really a pity for me to miss the opening ceremony," Arnouts said after the race at the Road Course of Longgang Sports Center on Saturday.

"Because the race today is really early, I couldn't go there but went to bed early instead and got up at 5 o'clock in the morning.

"But I'm very happy with today's performance. I think the medal is a fair compensation for that. And I can still watch the opening ceremony later on TV or on the Internet."

The highly competitive race saw the top

17 players finish in three hours, 31 minutes and 42 seconds, which gave Arnouts extra reason to feel proud of her third-place finish.

"It is a tough race, and it is so hot," she said.

"The competition became very tense in the last lap. Normally, I'm good sprinter, but the Koreans girls are faster today. So many riders are very close today, so a bronze is already perfect for me."

Champion Gu Sung-eun, of South Korea, stayed in the night before the race, too.

"I just stayed in the Village and watched (the ceremony) on TV," she said.

"But I won a gold. That is the most important thing. It is fantastic."

The silver medal went to another Korean cyclist, Son Hee-jung. The duo's coach was delighted by their performances.

"I'm very, very happy with today's result. It is the first gold for Korea," coach Eum In-young said.

"However, I'm not surprised at all because we worked very hard. We've been training together for two months for the Universiade."

Those who failed to finish also seemed satisfied.

Huang Tingying, from Chinese Taipei, quit early but got a good warm-up for the



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Anne Arnouts of Belgium takes the podium on Saturday.

subsequent track event, which is her real strength.

"This is my first time to compete in a road race in a major event," Huang said.

"I just want to get a touch of the Universiade and get prepared for the track race."

The 21-year-old was a member of the team that won a silver medal at last year's Asian Championships. She will compete against world champion Guo Shuang from the Chinese mainland in the women's 500m trial and sprint in Shenzhen.

"I don't have a specific goal for the coming races, but I do want to update my personal best," she said.

"It will be a success for me if I do that."

## Cyclist's skills are just what the doctor ordered

SHENZHEN — As a cyclist, Anne Arnouts has a mixed feeling towards her major — pharmacy.

Her studies have enabled her to better take care of herself. But her major also creates a misleading link with doping in people's minds.

"When I say I study pharmacy, many people think of the drugs," she explained.

"It is natural, especially when you are doing cycling. But it really is a misunderstanding. For me, the knowledge lets me know more clearly that drugs are bad for your body."

The 21-year-old said she has always been interested in chemistry and wants to "to better help others".

She said it is never easy to balance training and study, but it is natural to sacrifice for something she loves. Arnouts trains an average of 15 hours a week.

"I have to study, then I go to training. I almost have no time besides that," she said.

"Sometimes in the winter, I go to training after school, and it is always dark outside. But this is what you choose and you have to try very hard for it."