

Hometown Olympian is so Asheville

Talk about getting into the Asheville groove ... our hometown Olympic silver medalist Lauren Tamayo, who just returned home Monday, was out riding her bike already today with her husband, Mike.

I turned into a bit of a groupie when I bumped into them this afternoon at the Dripolator on Broadway. They were out on a long road ride, and stopped for some refreshments. They very graciously agreed to be in a photo with me (I'm the loonie-looking one on the right if you weren't sure) while they were lunching.



And if road riding and dropping by the Dripolator didn't prove how Asheville this couple is, tomorrow night Lauren will be throwing out the first pitch at the Asheville Tourists game against Greenville at 7 p.m. (She will throw pitch about 6:50 p.m.)

I've known Lauren for several years, since it seems like she was a kid, and I'm so proud of our grown-up Olympian! Lauren and her teammates raced in the first-ever women's team pursuit 3K at the London Olympics and won a silver medal (the Brits, who were being cheered on by royals, of course, won the gold).

Lauren said she didn't get to meet the royals herself, but she did meet some big names like Evander Holyfield and Carl Lewis.

She says she's happy to be home, finally, after so many months of traveling and training overseas for the Olympics. Lauren and Mike plan to make their home here for a long time. While Lauren says she will not compete in Rio in 2016, I wouldn't be surprised if you spot her at a local bike race every now and then.

Welcome back to Asheville, Lauren!