

USA CYCLING NEWS

COVER STORY—p.2

**Sarah Hammer breaks
11-year record at Elite
Track Nationals**



ALSO INSIDE—p.6
**American wins overall
UCI BMX Supercross
World Cup**

USA CYCLING NEWS

COVER: Hammer breaks 11-year track record in L.A.

18 titles awarded at USA Cycling Elite Track National Championships

Sarah Hammer and Jennie Reed swept the women's events at the USA Cycling Elite Track National Championships at the ADT Event Center in Carson, Calif.

Sarah Hammer was the talk of the velodrome during the USA Cycling Elite Track National Championships in Carson, Calif. this month. After breaking an 11-year drought with a world title in the women's three-kilometer individual pursuit in April, she eclipsed another 11-year-old mark on opening day of the National Championships.

Clocking a time of 3 minutes, 32.865 seconds in the individual pursuit, Hammer smashed the previous national record of 3:36.08 set by Rebecca Twigg in Bogota, Colombia in 1995. When Hammer won the world championship in Bordeaux, France six months ago, it was the first time in eleven years an American captured an elite women's world title on the track – a feat also last accomplished by Twigg in 1995. In addition to setting the new record, the reigning world champion shaved four seconds off her personal best during qualification, surpassed the ADT Event Center track record, and went on to add the national title to her accomplishments after catching Katie Compton (Colorado Springs, Colo./Spike) six laps into the 12 lap final.

"I had hoped to break the national record," explained Hammer. "That was the goal. Obviously being world champion I wanted that record, but I didn't want to think about it too much because it's only October and training has just started." Hammer's latest achievement puts her one step closer to her ultimate goal. "It makes me confident and a little hungry for that gold medal in Beijing," she stated. "I want that gold medal. That's what I would like to walk away with when I walk away from cycling – world champion, Olympic champion, and at some point, world record holder."

Throughout the rest of the national championships, Hammer and Jennie Reed (Kirkland, Wash./Spike) swept the individual women's events:

Hammer in the endurance and Reed in the sprint contests.

On day two, Hammer took a convincing win in the 25-kilometer points race. She lapped the balance of the 20-rider field once and won the last four intermediate sprints to score 40 points. On day three, she claimed the women's 15-kilometer scratch race after pulling back a late race break-away and holding off Becky Quinn (Quakertown, Pa./Spike) for the win.

Reed defended her 2005 Sprint title by taking two straight wins in the best-of-three, head-to-head format against Liz Carlson (Jim Thorpe, Pa./East Coast Velo). Reed beat out Carlson again en route to defending her 500-meter-time trial. The 2004 U.S. Olympic Team member went on to win the keirin and teamed up with Carlson to win the women's team sprint on the final day of competition.

(See *Elite Track Nationals* on the next page)



Hammer won national titles in the individual pursuit, the points race, and the scratch race. (Photo: Mitch Clinton)

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Attention Members: Call for Submissions

Coaches and Mechanics:

USA Cycling News needs licensed coaches and mechanics to share their tricks of the trade with members. To submit an educational article for the "Coach's Corner" or "Mechanic's Corner," please send your submission and picture to alee@usacycling.org. It's a great way to market your services to an audience of over 57,000!

All Members:

We love to hear from our members! USA Cycling News is accepting "Letters to the Editor" for publication in future issues. We also love to get story ideas and photos. If you have something to share, [let us know!](#)





Elite Track Nationals continued...

In the keirin, Reed easily sailed into the finals with wins in each preliminary round. She held the front position when the pace bike peeled off the track and kept everyone at bay to hang on for her third title. Reed and Carlson paired up to post a 36.19-second mark in their qualifying round and earn the top seed in the women's team sprint. In the gold-medal final, they beat Martha Dunne (Coronado, Calif.) and Lang for the national title.

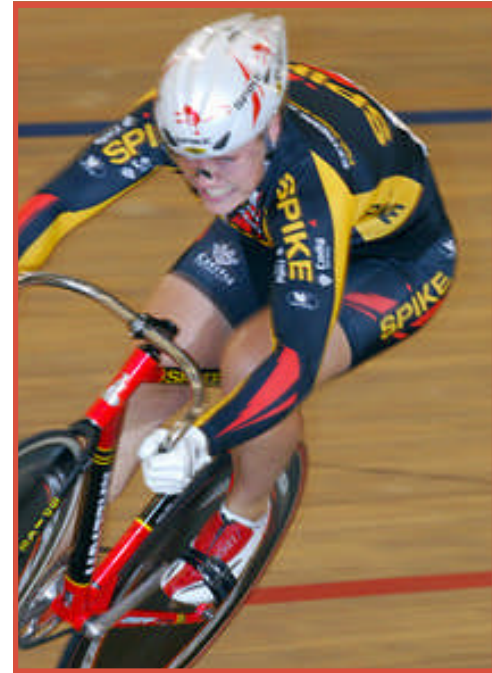
Together, Hammer and Reed were the most dominant competitors in the four-day event as one or the other stood on the top step of all six individual event podiums.

Eleven titles were awarded in the men's events. 2004 Olympic Team member Adam Duvendeck (Santa Barbara, Calif.) returned to elite racing to capture the keirin win. Fellow Olympian Gideon Massie (Colorado Springs, Colo.) claimed the podium's top spot in the 250-meter standing time trial as well as his first-career men's sprint title the next day. In the men's four-kilometer individual pursuit, TIAA-CREF rider Michael Friedman (Pittsburgh, Pa.) took the win. Seasoned road pro Dave McCook (Mountain View, Calif.) took home the stars-and-stripes jersey for

the 15-kilometer scratch race and Stephen Hill (Winston, Ga.) secured victory in the kilometer time trial. Michael Creed (Colorado Springs, Colo.) lapped the field twice to a win the 30-kilometer points race. The foursome of Michael Creed, Michael Friedman, Will Frischkorn (Boulder, Colo.) and Brad Huff won the team pursuit. In the men's team sprint, Massie combined with Michael Blatchford (Cypress, Calif.) and Kevin Selker (Colorado Springs, Colo.) for the win. TIAA-CREF added a second team victory to its list with Friedman and Huff winning the madison.

Additionally, U23 national titles were awarded to the top riders under age twenty-three in several events. Daniel Harm earned the honor in the men's pursuit, Kimberly Geist (Emmaus, Pa.) in the women's pursuit, and Mikkel Bossen (Portland, Ore.) in the 15-kilometer scratch race. Tom Hanley (Dublin, Ohio) earned the title in the kilometer time trial, Austin Carroll (Orange, Calif.) in the points race, and Erica Allar (Fogelsville, Pa.) in the 500-meter time trial. Natalie Klemko (Bristol, Wis.) won the points race title and Blatchford the U23 sprint.

In addition to the 18 titles awarded, Donna



Reed swept the women's sprint events. (Photo: Mitch Clinton)

Smith (Cowiche) bested her own Masters World Record time of 40.202 that she set at the USA Cycling Masters Track National Championships in August. In Carson, she clocked a 39.857 to set the new best time for riders 50-54.

Talent Search: Who are the next American cycling stars?

In 2007, young cyclists will get the chance to show off their abilities. We want to know where the best talent is, so USA Cycling is teaming with RacerMate and Bicycling Magazine for the inaugural USA Cycling Talent Search powered by RacerMate. The program was developed not only to identify talent for the 2012 Olympic Games, but also for professional racing teams and the U.S. National Team in other international contests.

In January and February, up to 100 CompuTrainer MultiRider Centers across the United States will host after-school cycling tests and training programs. The program will culminate with a 20-kilometer (12 mile) time trial test on the same RacerMate Velotron bicycle ergometer used by top-level universities and sports labs around the world. Performing on the ergometer, trusted for its reliable simulation of cycling, juniors will mimic July's 2007 USA Cycling Junior National Championships.

Bicycling Magazine will kick off the Talent Search in late 2006 with a preliminary series of short cycling tests in schools and Boys and Girls Clubs in three major U.S. cities using RacerMate's CompuTrainer equipment. Those who do well in this preliminary stage will be encouraged to continue in the full program. Specifics of this preliminary phase will be available on the partners' web sites as of mid-October.

The top 12 athletes as determined by analysis of test data will attend a free five-day training camp at the U.S. Olympic Training Center in Colorado Springs in March to learn from USA Cycling coaches and other accomplished members of the cycling community. The camp will focus on all aspects of race preparation and performance, as well as field testing. The selected athletes will also have a chance to rub shoulders with national team members and participate in their training activities. Upon the completion of training camp, the athletes will be advised of coaches in their areas to contact for a special race preparation program building up to the 2007 USA Cycling National Festival at Seven Springs. Cyclists that don't make the cut from the eight-week training program in the first year will be advised about their potential and invited to stay in the system and have access to elite-level training advice and facilities at their local MultiRider center for another shot in 2008 and future years.

For more information about the USA Cycling Talent Search powered by RacerMate, please visit www.usacycling.org, www.racermateinc.com, or www.bicycling.com.





Attention Mechanics: Mechanic Clinic to be held in Jan. Become a licensed mechanic and be added to the national database

Mechanics with two years of shop experience are invited to the Bill Woodul Race Mechanic Clinic at the Olympic Training Center to earn their license, hear speakers and presentations, and network with other mechanics.

The Bill Woodul Race Mechanic Clinic will take place at the Olympic Training Center in Colorado Springs January 11-14. Woodul held the first USA Cycling mechanic clinic in the late 80's to recruit mechanics for his program. Past graduates of the clinic have gone on to work for teams all over the world.

The clinic offers mechanics an opportunity to learn from cycling industry experts, receive hands-on experience, and network with other industry mechanics. Upon completing the course, participants will receive their USA Cycling mechanic license and will be added to a national database of mechanics. The clinic is open to U.S. citizens with two years of experience as bicycle mechanics, and space is limited

to ensure one-on-one interaction between instructors and students. The cost of attending is \$250, which covers housing at the Olympic Training Center, meals, and learning materials.

Industry experts will make presentations on a variety of topics including caravan & motorcycle support; pit set up; race equipment preparation; bike wash techniques; as well as tool, equipment, & supply needs. Additionally, students will receive lessons in track, road, mountain bike, & cyclocross support; wheel components & building theory; wheel changes during competitive races; and relationships between the mechanic, athlete, coach, & soigneur. Lessons will be taught by experts from organizations such as MAVIC, Park Tool, and Shimano.

Earning a USA Cycling mechanic license can open new doors for mechanics, qualifying them to work at Olympic Trials, National Championships, and USA Cycling Training Camps. Many corporate neutral support systems also require the license, and the license provides mechanics with insurance coverage during their participation at sanctioned events. For more information, [email Justin Koch](mailto:justin.koch@usacycling.org) or call him at (719) 866-4708. To register, send a brief resume with your email and a check for \$250 payable to USA Cycling to:

USA Cycling—Attn: Mechanics Clinic
One Olympic Plaza
Colorado Springs, CO 80909

All materials are due by November 3.

COACH'S CORNER

by Jason Digman



Coach Jason Digman rides in Plymouth, Minnesota.

He coaches cyclists and triathletes through his own company, [Dig It Triathlon and Multisport](http://DigItTriathlon.com).

Click [here](http://www.usacycling.org) to visit their website.

Measuring Indoor Cycling Intensity

Helpful tips to prepare for winter-time training

Cycling is almost exclusively an outdoor sport. For many cyclists, the winter's lack of daylight and poor weather force them to complete much of their training inside. This change creates problems with accurately measuring exercise intensity. No matter if cyclists monitor their efforts via power meters, heart rate monitors or perceived exertion, the move indoors often throws established training practices into disarray.

Perceived exertion often is a great method for monitoring training effort. When cyclists move inside, however, perceived exertion becomes skewed as many find indoor cycling tedious. Those who use heart rates as their primary gauge of effort also run into problems. Even at similar effort levels, indoor heart rates often vary from those outside due to different environmental conditions. Even power meter users, who are measuring actual work, frequently report that they produce fewer watts indoors than outside.

There are two steps to take in addressing the chasm between indoor and outdoor training intensity.

First, the indoor training environment should be consistent and made as optimal as possible. This means that the training space should have a low temperature and a good deal of airflow. Second, once the indoor training environment is established, cyclists should measure as precisely as possible the differences between their indoor and outdoor training. Specifically, it is best to perform nearly identical sessions at least once indoors and outside, twice or three times is even better. These sessions should include a broad range of intensities and take place a couple of days apart to insure similar recovery status. After completing these sessions, analyze all available information. In particular, look to see how different intensities compare indoors versus outside. Use this data to establish appropriate indoor intensity ranges and progressive training in the upcoming winter months.

Indoor training may not always be fun, but with proper gauging of intensity, at least athletes can know that they are using their training time wisely.



USA CYCLING NEWS

Focus on a promoter

Skylands Cycling Club

Cyclists come together for a little girl named Lila



Liz and Lila Salazar. The Season Xtender raised almost \$4,000 to help offset Lila's medical expenses. Photo: Skylands Cycling Club

Mark Salazar has been a Skylands Cycling Club member for two years. The 43-year-old self-employed carpenter lives in Succasunna, N.J. with his wife Liz, and their two daughters Lila and Mia. In August, the Salazars learned that two-year-old Lila had brain cancer.

So far, Lila's treatment has consisted of chemotherapy at Sloan-Kettering in Manhattan, one of the world's foremost cancer treatment hospitals. At two, she's still too young for surgery or radiation therapy. Although the Salazars have insurance, there were many uncovered expenses, already in excess of \$10,000.

"I sent an email to the club," said Salazar. "just because I wanted to get things off my chest. I had to tell somebody what was going on."

"When Mark told me about Lila," Club President Kevin Kielty said, "I felt like we just had to do something."

With the season coming to an end, there wasn't much time. Calling upon the club's seasoned and extensive volunteer base, Kielty quickly secured one of the club's regular venues, had a flier made up, and started the permitting process. The race

was on, The Season Xtender—Benefit for Lila.

On September 30, 2006, the criterium style race took place at Skylands Park, in Augusta, N.J. In order to maximize the proceeds of the event, the club arranged for volunteer officials, and gave away no prize money. Three different bike shops contributed merchandise for prizes. The race was a resounding success. Close to 100 riders entered, and Skylands raised almost \$4000 for Lila's medical expenses. In addition to entry fees, many riders and several clubs made additional donations, some as much as \$500. And as an added bonus for Skylands, club members took home victories in the Cat3, Masters 45+ and Pro 1, 2, 3 events.

"Our racers really rose to the occasion," said Brian Gristick, one of Skylands' founding members and winner of the 45+ race. "It was a pretty emotional day for us."

Skylands Cycling Club is one of the most active race organizers in the country, hosting the prestigious Can-Am U19 Challenge Stage Race, the Augusta Cyclocross Series, a Tuesday night training series and the Giro del Cielo women's stage race.

Ten \$500 Grants available for trail improvement

USA Cycling and IMBA offer Trail Tune-up Grants for MTB groups

Ten \$500 grants will be awarded to mountain biking groups seeking to jump-start trail improvement projects. Projects that create or improve trails used for mountain bike racing will receive the highest consideration, but funding can also be used to improve trails for race training and recreational riding. Applicants must be current members of IMBA as well as USA Cycling member clubs/race promoters.

Trail Tune-Up Grants are completely funded by USA Cycling members through an optional land access checkbox on USA Cycling license applications and renewal forms. The program is administered through a partnership between USA Cycling and the International Mountain Bicycling Association (IMBA).

All applications should be submitted by email to Scott Linnenburger at scott@imba.com. Please include the following in the subject of your

email submission: USA Cycling Trail Tune Up Grant—Your Club name of Acronym. All applications must include a one-page, typed description of the proposed project that demonstrates how funds will be productively used to preserve and enhance trail access, promote environmental education and inspire conservation in your community. Additionally, a budget must be included that illustrates how all funding will be used. Club Name (Clubs applying for grants must be current members of IMBA and USA Cycling. Please include membership numbers), and a Contact Name with Address, Phone, Email, and Club website must also accompany the application.

The application deadline is November 15, 2006, and grant winners will be announced in late November. For more information, visit the [IMBA website](#).





Donny Robinson wins BMX World Cup Series crown

Fellow American Mike Day third overall after final event in France

With the Olympic debut of BMX only two years away, American Donny Robinson has proven his mastery of the Olympic BMX format.

This month, the '08 Olympic hopeful claimed the top spot in the first ever UCI BMX Supercross World Cup Series after winning the final event – the Fréjus Roc d'Azur – in France on October 6.

The 23-year-old added the victory to his second-place effort at the September series opener in his home state of California, giving him a total of 31 points and the win over Michal Prokop (CZE) who also earned 31 points. American Mike Day (San Clarita, Calif.) rounded out the top three in the overall rankings. Day placed eighth in San Jose, and improved upon that performance to place fifth in France for a series total of 21 points.

Robinson began the final World Cup event by earning fourth seed in the time trial qualifier. The next day, both Robinson and Day advanced to the eight-man main where they faced reigning 4-cross world champion and San Jose BMX Supercross World Cup winner Prokop. Robinson lead from start to finish to claim the UCI

category-two event. The American was followed by Prokop in second, Frenchman Damien Godet in third, Robert De Wilde of the Netherlands in fourth, and Day in fifth.

Robinson's win and Day's fifth place effort awarded the U.S. significant UCI points, a huge factor in determining the number of start positions American BMX riders will receive at the 2008 Olympic Games in Beijing. The UCI Supercross World Cup Series is second only to the world championships in terms of prestige and available points.

The two UCI Supercross World Cup events in 2006 mirrored the format that will be used in the Olympic Games. With other major events such as the UCI BMX World Championships being based on a large number of participants and age categories, the UCI BMX Supercross showcases a limited participation number of elite athletes similar to the upcoming 2008 Olympic event.



Atop the podium in France, from left to right – Michal Prokop (CZE) was 2nd overall, Donny Robinson was 1st overall with 31 points, and Mike Day was 3rd. (Photo: www.rocazur.com)

Of the 91 riders entered in France, nine were Americans. Four of those riders – Robinson, Day, Jason Rogers (Mesquite, Texas) and Kyle Bennett (Conroe, Texas) – landed in the same semifinal together. Robinson and Day advanced while Rogers and Bennett were ousted after placing sixth and eighth respectively. Their efforts also contributed to the point count for the United States.

USAC to host National BMX Commissaire Seminar

BMX Officials invited to earn National BMX Commissaire title

USA Cycling will host a National Commissaire seminar for BMX officials December 7-10, 2006 at the Olympic Training Center in Colorado Springs. The course will be instructed by Australian Ray Stanley, UCI International Commissaire and BMX Trainer.

The four-day event will feature instruction in national and international-level rules and will include practical evaluations during race situations. Successful students will earn the title National BMX Commissaire, and can expect to work at national and international-level races in the U.S.

The title of National Commissaire is also a stepping stone towards attending a UCI International Commissaire course subject to rules of the UCI. At present, there are five UCI international Commissaires in the United States, and three National Commissaires.

Interested officials should send an application, resume, and three letters of recommendation, which must be received by October 31.

Applications should be sent to:

USA Cycling
Shawn Farrell, Technical Director
1 Olympic Plaza
Colorado Springs, CO 80909

Factors taken into account will be the years and breadth of experience, technical expertise, and reviews by BMX organizations, tracks, and other commissaires. Students will be informed of their status by November 3 and will be responsible for their own travel costs as well as the \$150 National Commissaire licensing fee. Once in Colorado Springs, USA Cycling will provide transportation from the airport and housing at the Olympic Training Center with a full meal plan.

To download a copy of the application form, [click here](#).





Reminder: Ten Club of the Year awards up for grabs

Packets due November 22—Awards announced December 15

It's that time of the year —Time to enter the Club of the Year Awards. On December 15, USA Cycling will recognize three overall division winners and seven special category winners.

The Club of the Year awards were designed to honor USA Cycling Clubs that make exceptional efforts to develop programs and promote all aspects of competitive cycling.

There are three divisions for the Overall Club of the Year Award: Division I (76+ members), Division II (30-75 members), and Division III (1-29 members).

Winners will be determined based on how active and well-rounded the club was during 2006 in proportion to its number of members. Factors include the number of cycling events the club held, competitive results, member clinics and seminars, as well as club and community activities.

Special awards will be bestowed upon clubs for the following seven categories: junior programs, master programs, track, mountain biking, women programs, collegiate development, and best new club.

Clicking [here](#) to download your club's application.

All applications must be postmarked by Wednesday, November 22 and submitted to:

USA Cycling, Club of the Year
1 Olympic Plaza
Colorado Springs, CO 80909.

Winners will be announced on Friday, December 15, and will be featured at www.usacycling.org and in *USA Cycling News*. If you have any questions, feel free to contact us between 8:00 and 4:30 pm (mountain time) at (719) 866-4581.

U.S. Olympic Committee honors Kristin Armstrong

Reigning world champ named USOC September Athlete of the Month

This week, the U.S. Olympic Committee honored Kristin Armstrong and wrestler Joe Warren as its September Athletes of the Month. The Team of the Month was awarded to the USA National Baseball Team.

Coming off of her World Championship success, Armstrong (Boise State, Idaho) was selected as the Female Athlete of the Month over softball's Cat Osterman (Houston, Texas) and Taekwondo's Diana Lopez (Sugarland, Texas).

As the third American in history to win a World Championship in the Elite Women's Time Trial, Armstrong joined 1994 World Champion Karen Kurreck and 2000 World Champion Mari Holden. Before winning her world title in Salzburg, Austria on Sept. 20, the Idaho native won the Euregio Tour, a five-day stage race in the Netherlands.

Warren (Colorado Springs, Colo.) earned the honor of Male Athlete of the month after winning gold at 60 kg/132 lbs. in men's Greco-Roman at the World Wrestling Championships in Guangzhou, China on Sept. 25. Warren was selected over Paralympic Track and Field star Josh George and Baseball's Skip Schumaker. Tour de France Stage Winner Dave Zabriskie also received first-place votes. Warren became only the fifth U.S. wrestler in history to win World Championship gold Championships in men's Greco-Roman. Warren's effort, along with two other medalists, helped lead the USA to third in the team standings, matching its best-ever finish at the World Championships.

With a dramatic 8-5 win over Cuba, the 2006 USA Baseball Olympic qualifying team won the team honor over the U.S. Reining Team and The U.S. Greco-Roman Wrestling World Team after cap-

tured the COPABE Olympic Qualifying Tournament and securing a spot for the U.S. in the 2008 Beijing Olympic Games. The U.S. Cycling Team also received first place votes.

Results (first place votes in parentheses)

Women

1. Kristin Armstrong 42 (9)
2. Cat Osterman 41 (9)
3. Diana Lopez 22 (2)

Men

1. Joe Warren 46 (12)
2. Josh George 29 (5)
3. Skip Schumaker 23 (4)

Team

1. USA Baseball Olympic Qualifying Team 44 (12)
2. U.S. Reining Team 22 (2)
3. U.S. Greco-Roman Wrestling World Team 21 (4)



Armstrong was named the USOC's Female September Athlete of the Month (Photo: Casey Gibson)





Coming Up This Month...

Oct. 20-22—Angel Fire, NM
USA Cycling Collegiate Mountain Bike National Championships

Oct. 21—Wilmington, DE
Granogue

Oct. 22—Philadelphia, PA
Wissahickon

Oct. 29—Bridgeton, NJ
Beacon

Oct. 29—Boulder, CO

Boulder Cyclocross

Nov. 5—Boulder, CO
Boulder Cup

Nov. 5—Northampton, MA
The Cycle-Smart International

Nov. 11—Camp Hill, PA
Lower Allen

Nov. 12—Highland Park, NJ
Highland Park Cyclo-Cross

Nov. 17-19—Sydney, AUS
UCI Track World Cup #1

DISCIPLINE COLOR KEY

- Road Cycling
- Mountain Bike
- Track Cycling
- Cyclocross
- BMX

NRC=National Racing Calendar, AMBC=American Mountain Bike Challenge,

LAJORS: Lance Armstrong Junior Race Series, ADJOMTB: Alison Dunlap Junior Olympic Mountain Bike Series

Rider Recognition

2006 National Champions

USA CYCLING ELITE TRACK NATIONAL CHAMPIONS

Adam Duvendeck (Santa Barbara, Calif.), Keirin
Brad Huff, Team Pursuit, Madison
Dave McCook (Mountain View, Calif.), 15-Kilometer Scratch Race
Gideon Massie (Colorado Springs, Colo.), Sprint, Team Sprint, 250-meter time trial
Jennie Reed (Kirkland, Wash.), Sprint, 500-Meter Time Trial, Keirin, Team Sprint
Kevin Selker, Team Sprint
Liz Carlson, Team Sprint
Michael Blatchford, Team Sprint
Michael Creed (Colorado Springs, Colo.), Points Race, Team Pursuit
Mike Friedman (Pittsburgh, Pa.), Individual Pursuit, Team Pursuit, Madison
Sarah Hammer (Temecula, Calif.), Individual Pursuit, Points Race, Scratch Race
Stephen Hill (Winston, Ga.), Kilometer Time Trial
Will Frischkorn, Team Pursuit

USA CYCLING U23 TRACK NATIONAL CHAMPIONS

Austin Carroll (Orange, Calif.), points race
Daniel Hamm, Individual Pursuit
Erica Allar (Fogelsville, Pa.), 500-meter time trial
Kimberly Geist (Emmaus, Pa.), Individual Pursuit
Michael Blatchford, sprint
Mikkel Bossen (Portland, Ore.), 15-kilometer scratch race
Natalie Klemko (Bristol, Wis.), points race
Tom Hanley (Dublin, Ohio), kilometer time trial

2006 World Cup Medalists

UCI BMX SUPERCROSS WORLD CUP SERIES

Donny Robnison (Napa, Calif.), 1st Overall—UCI BMX Supercross World Cup Series, 1st—Supercross World Cup #2, 2nd—BMX Supercross World Cup #1
Mike Day (Santa Clarita, Calif.), 3rd Overall—UCI BMX Supercross World Cup Series, 5th—Supercross World Cup #2, 8th—Supercross World Cup #1

U.S. wins continental MTB title

The U.S. Mountain Bike Team captured a Continental Championship courtesy of Mary McConeloug (Chilmark, Mass.) and scored 12 top-ten finishes at the 2006 Pan American Mountain Bike Championships in Santa Catarina, Brazil this past weekend. McConeloug clocked a winning time of 1 hour, 35 minutes and 36 seconds over the 13.17-mile course to beat silver medalist Catherine Pendrel of Canada and bronze medalist Jimena Florit of Argentina.

McConeloug's teammates, Willow Koerber (Horseshoe, N.C.) and Heather Irmiger (Boulder, Colo.), placed sixth and seventh respectively to contribute valuable UCI points to the United States' overall ranking – the key component in determining how many start positions a nation receives at the 2008 Olympic Games in Beijing. Entering the Continental Championships, the United States was ranked sixth in the world in the women's standings with 2258 points.

The men also made significant progress with four top-ten finishes. Jeremiah Bishop (Harrisonburg, Va.) led the U.S. with a fourth-place effort in the 19.76-mile race behind gold medalist Hector Leonardo Paez Leon of Colombia, silver medalist Mathieu Toulouse of Canada, and bronze medalist Cristobal Silva of Chile. Jeremy Horgan-Kobelski (Boulder, Colo.) placed fifth for the U.S. and Todd Wells (Durango, Colo.) placed seventh. Strong performances were also had by Michael Broderick (Chilmark, Mass.) and Adam Craig (Bend, Ore.), who placed 10th and 12th respectively.

Sam Schultz (Missoula, Mont.) gave the U.S. another spot on the podium, placing third in the men's U23 race behind Max Plaxton of Canada and Dario Alejandro Gasco of Argentina. Sam Jurekovic (Colorado Springs, Colo.) was the only other American competitor in the men's U23 race, placing 20th. Jenna Zander (North Mankato, Minn./Cannondale) earned a third medal for the U.S. with a second-place effort behind Francisca Campos of Chile in the women's U23 race. Other U.S. finishes at the Continental Championships included a fourth-place ride by Rachel Throop (Escondido, Calif.) in the junior women's event while Tristan Uhl (Smithville, Texas) placed seventh and Chris Barton (Ojai, Calif.) placed 14th in the junior men's event.





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USA CYCLING NEWS

Supporting the Future of American Bike Racing: The USA CYCLING Development Foundation

From aspiring junior athletes to elite-level cyclists competing on a world stage, the USA Cycling Development Foundation funds the efforts aimed at developing emerging talent into future champions.

The Foundation supports USA Cycling managed endeavors such as the U23 European Residence, Track, Women's Endurance, and U23 Resident Mountain Bike programs. Grants from the Foundation also furnish scholarships for individual junior and U23 athletes, and Centers for Excellence and Collegiate programs.

Since its inception six years ago, the Foundation's success has become increasingly evident right here in the U.S. and in international competitions.

Seven young riders that took part in USA Cycling's U23 European Residence program have already graduated to UCI Pro Tour teams. Dave Zabriskie was picked up by Team CSC where he accomplished a Tour de France stage win in 2005 and became one of only five Americans in history to wear the yellow jersey. Saul Raisin, who rides for Credit Agricole, boasts strong international finishes such as 5th place at the Liege-Bastonge-Liege. Other graduates of the

program who have gone on to Pro Tour teams include Tyler Farrar, Aaron Olson, Patrick McCarty, Michael Creed, and Damon Kluck.

On the track, Olympic Training Center resident athlete Michael Blatchford earned a bronze medal in 2006 at World Cup #3 in Los Angeles.

Sam Schultz, a member of the U23 Resident Mountain Bike program placed 16th in the 2005 UCI Mountain Bike World Championships and also boasts a Pan Am silver medal and numerous national podium appearances.

The Women's Endurance program hosts an annual Women's Talent I.D. Camp to identify the best women racers from around the country. In 2005, seven participating riders moved on to professional teams and Sima Trapp eventually qualified for the National Track Talent Pool.

As the USA Cycling Development Foundation improves upon these development efforts, American cycling will continue to grow and produce World and Olympic champions. Your support and donations can help ensure more American success stories for years to come.



After graduating from the U23 ranks, Dave Zabriskie joined Team CSC and became the only American in history to win a stage in each of cycling's three grand tours. This month, he beat defending elite men's time trial champion Chris Baldwin to win the USA Cycling Professional Time Trial National Championship. (Photo: Casey Gibson)

USA Cycling Development Foundation Donation Form

Your donation will assist the USA Cycling Development Foundation in its mission to develop American talent into future World and Olympic champions. Please mail this form to: USA Cycling Development Foundation; 1 Olympic Plaza, Bldg 6; Colorado Springs, CO; 80909-5782.

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assists with junior and U23 world championship travel expenses

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