

JOHNS HOPKINS UNIVERSITY CYCLING



2005-2006

YEAR IN REVIEW



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Introduction

Ryan Bloom, Freshman

Thank You Sponsors!

I would like to begin by thanking you all so very much for supporting the Johns Hopkins Cycling Team this past year. Your generosity has enabled our club to achieve the success that we have been known to demonstrate

It is hard to believe that less than ten years ago the Johns Hopkins Cycling Club was a small and virtually unknown organization outside of the few members that belonged. We did not get support from the school or from outside sources, which made it extremely difficult for the club to function, especially because cycling is a time consuming and financially demanding sport. However, with the influx of many enthusiastic new members and the support of various sponsors, the team has blossomed in recent years, amassing over ten conference championships and since 2000, four national championships. This amazing record can be attributed to the unrelenting dedication and talent of the many cyclists who have contributed to Hopkins Cycling over the past few years. However, without the help from dedicated sponsors and unwavering fans, these riders would not have had the chance to display their talents in races on the regional and national level.

My involvement with Johns Hopkins Cycling began at the beginning of this past school year. I was a doe eyed freshman looking to make some friends and learn my way around the best places to train in Baltimore. I met one of our experienced members, Cliff Smoot, at my work study job and asked him where the team usually rode and how they trained. He invited me on some group rides, helped to get me on the listserv, and served as more or less a mentor for the rest of the year. As I was beginning to

realize what is meant by the term “poor, starving college student,” I developed many insecurities about racing, including my fitness level and the financial commitment which might be necessary. However, as the year pressed on and my legs grew stronger, the bond between my future teammates and I grew, and the prospect of racing became ever closer to reality. Before I knew it, I was racing every weekend and even devoting my spring break to a week-long cycling vacation in the snowy mountains of western North Carolina. Through Johns Hopkins Cycling I was able to be part of a real team with many of my closest friends and was introduced to one of the greatest sports in the world.

Without the support of our sponsors, whether it be financial support to help cover entry fees and hotel costs, or discounts on essential cycling products like components and clothing, Johns Hopkins Cycling simply could not exist. Our club’s goal every year is to get as many people involved as possible, from the poor little freshmen just arriving on campus, to the ambitious grad student looking to spend a few hours away from the lab every day stretching his legs. We had thirteen new racers in this year alone, nineteen racers in all, and we are still growing as we speak. By supporting Johns Hopkins Cycling you are not only helping our club to succeed, you are promoting the sport of cycling, the sport we all love and enjoy. On behalf of all the members of Johns Hopkins Cycling I thank you again and wish you well in the coming year.

Yours truly,
Ryan Bloom
Johns Hopkins University ‘09

A Few Words from the Director of Racing

Cliff Smoot, Junior

What I've really enjoyed about being a member of this team this year has been seeing all the return on our efforts to build it up. As "Director of Racing" (a position I invented as the year progressed), one of my biggest focuses has been orienting new racers and building a supportive team culture, and I must say that this task in particular has been satisfying to see carried through by all of us. Remembering the feelings of being clueless and alienation that I experienced during my first year on the team, feelings that definitely hampered my training, myself and others worked to build up a team program that gave rookie cyclists a warm welcome and strong encouragement.

Our numbers alone may demonstrate the success of this effort. Our retention rate (from the first September team practice to the last collegiate race in April) was probably the best that it has ever been for JHU Cycling. Altogether, we brought on 13 new racers - Bloomer, Pmok, terMite, Igor, Jake, Smitty, Nathan, Sid, Adam, Jed, Lauren, Bolster, and Cohee, and welcomed back 6 return racers: Jess, Toby, Sarge, Katie F, Katie R, and myself. Our Boone, NC spring training camp also increased this year, from 6 to 12. In comparison to last year's roster of 11 racers, we have nearly doubled the team! Considering our higher level of involvement and mentoring with the Hopkins 4K (a group of cyclists that tour the country on bikes to raise funds for cancer, often a source of new racers), plus the fact that we have relatively few racers graduating this year, as well as the number of other aspiring riders looking to join in the 06-07 year, the outlook is very positive for the future of JHU Cycling.

But of course, the numbers themselves don't tell the full story of our team. The strength of any collegiate cycling team can't be derived from large numbers, nor on the other hand

can it be derived from having a small handful of fast racers. In our efforts to find a healthy balance between these two kinds of teams, we've also established many friendships within our own group as well as with other teams. Our camaraderie with Towson U, Appalachian State U, and West Virginia U's cycling teams has resulted not only in cooperation within the peleton, but has also created an environment at races where fierce athletic competition takes place on that rare and friendly, first-name basis, and if nothing else, has kept us all coming back for more. Within our own team, I have had the privilege to be part of a team culture that truly takes care of its members and prioritizes the conscious and thoughtful development of each member. This wouldn't be possible without the strong connections and rapport that we've established during long training rides, movie nights and other parties, and of course the many weekends spent together during the racing season. I was able to witness our team-centered ethos at its best during most every race, not only as we gave each other support from the sidelines and feed zones, but also during those rushed early mornings when we would crawl out of our hotel rooms to get breakfast and then to the race course. During this 8 or 9AM ritual of warm-up at the race course, we explode in a frenzy of teamwork, filling bottles, pinning jersey numbers, explaining the course tactics, psyching each other up, etc. As painful as any given race may have been, this part of the race day was always a pleasure to be a part of.

All in all, we have a team that has not only formidable numbers, but enviable quality as well. We will have at least fifteen racers returning for the 06-07 season, and based on our performance and teamwork this past year, I am confident that we will be able to tackle every challenge and every race that we take on.

2005 - 2006 Clothing



Special thanks to Jason Kamp of Woof Designs for help with our team kit for this year! We seriously had the sweetest kit in the conference and were never short of compliments from other teams letting us know so.

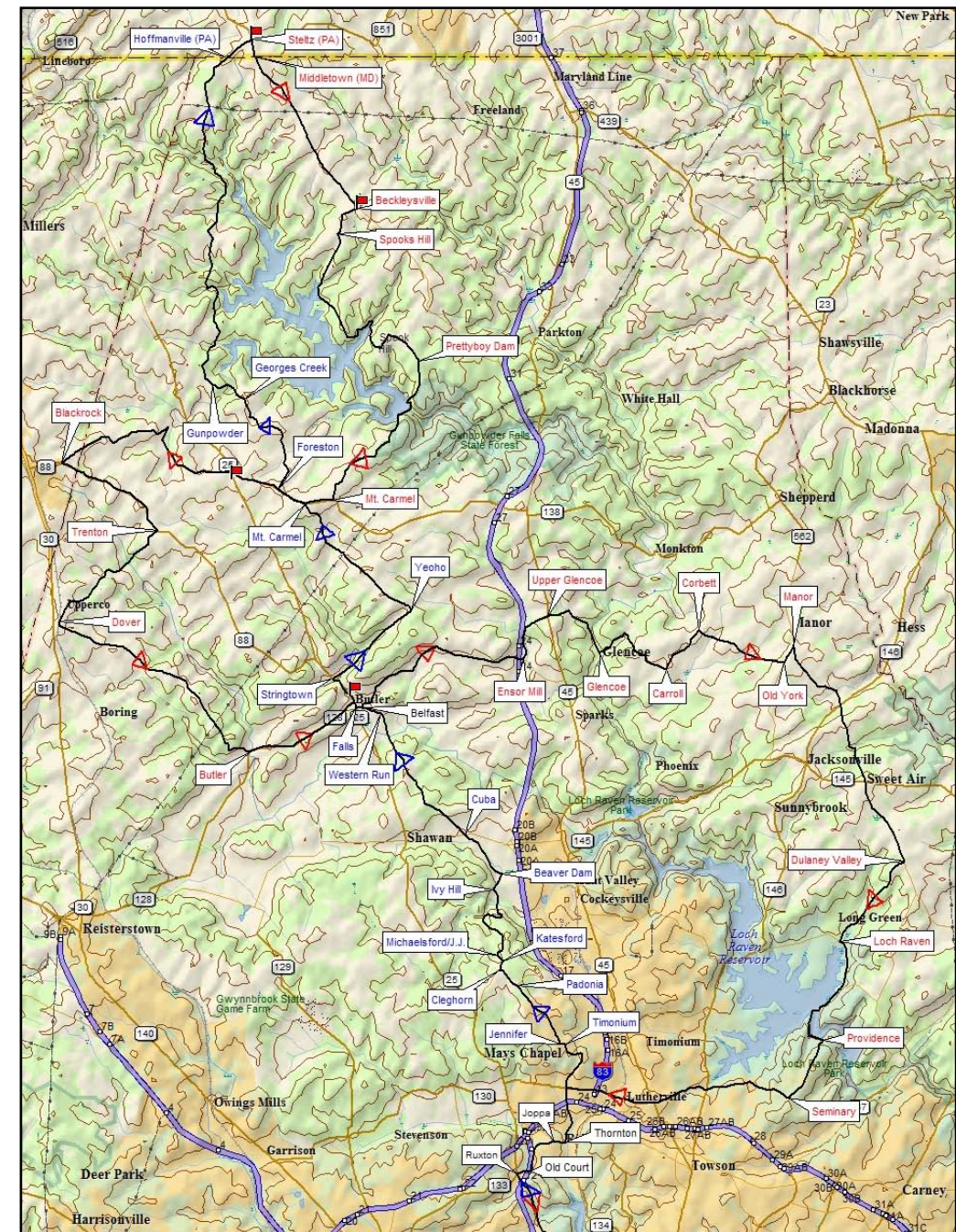




5th Annual *Fall Colors Ride*



Keeping with tradition, the 5th Annual *Fall Colors Ride* took place on Sunday, October 16, 2005. The *Fall Colors Ride* is open to all riders, especially from Hopkins and Lateral Stress Velo, with three different mileage options. The full centry highlights the changing colors of Fall and gorgeous reservoirs across northern Maryland.





5th Annual *Fall Colors Ride* Directions



Turns	Roads	Total Distance
Start	at Joes Bike Shop	
Go straight (NNW)	on SR 25 (Falls Rd)	0.00 mi
Turn right (ENE)	on to Old Court Rd	in 2.58 mi 2.58 mi
Bear right (ESE)	on to W Joppa Rd	in 1.21 mi 3.78 mi
Turn left (NNE)	on to Thornton Rd	in 0.24 mi 4.02 mi
Bear left (N)	on Thornton Rd	in 0.43 mi 4.45 mi
Turn left (W)	on to W Timonium Rd	in 1.94 mi 6.39 mi
Turn right (NNW)	on to Jenifer Rd	in 0.10 mi 6.50 mi
Bear left (NW)	on to W Padonia Rd	in 1.49 mi 7.99 mi
Turn right (NNE)	on to Cleghorn Rd	in 0.48 mi 8.47 mi
Turn left (NW)	on to Katesford Rd	in 0.21 mi 8.68 mi
Turn right (NNE)	on to Michaelsford Rd	in 0.17 mi 8.85 mi
Bear left (N)	on to Jerome Jay Rd	in 0.45 mi 9.30 mi
Turn right (NE)	on to Ivy Hill Rd	in 1.55 mi 10.85 mi
Turn left (NNW)	on to Beaver Dam Rd	in 0.37 mi 11.22 mi
Bear right (NNW)	on to Cuba Rd	in 1.12 mi 12.34 mi
Bear left (WNW)	on to Western Run Rd	in 3.05 mi 15.40 mi
Turn right (NNW)	on to SR 25 (Falls Rd)	in 0.51 mi 15.91 mi
Turn right (ENE)	on to Stringtown Rd	in 0.78 mi 16.69 mi
Turn left (NNW)	on to Yeoho Rd	in 2.10 mi 18.78 mi
Bear left (NW)	on to SR 137 (Mount Carmel Rd)	in 3.17 mi 21.95 mi
Turn right (N)	on to Foreston Rd	in 0.62 mi 22.57 mi
Turn left (NW)	on to Georges Creek Rd	in 2.41 mi 24.98 mi
Bear right (NNE)	on to Gunpowder Rd	in 0.83 mi 25.81 mi
Bear right (ENE)	on to Hoffmanville Rd	in 7.63 mi 33.45 mi
Turn right (S)	on to SR 851 (Steltz Rd)	in 0.60 mi 34.04 mi
Bear right (S)	on to Steltz Rd	in 0.42 mi 34.47 mi
Bear left (SSE)	on to Middletown Rd	in 0.01 mi 34.48 mi
Turn right (W)	on to Beckleysville Rd	in 3.68 mi 38.16 mi
Turn left (SSW)	on Beckleysville Rd	in 0.35 mi 38.51 mi
Turn left (S)	on to Spook Hill Rd	in 0.43 mi 38.94 mi
Turn right (SW)	on Spook Hill Rd	in 0.16 mi 39.10 mi
Bear right (SE)	on to Spooks Hill Rd	in 0.91 mi 40.02 mi
Turn right (SE)	on Spooks Hill Rd	in 3.02 mi 43.03 mi
Bear right (SSE)	on to Spook Hill Rd	in 0.56 mi 43.59 mi

Bear right (SW)	on to Pretty Boy Dam Rd	in 0.28 mi 43.87 mi
Turn right (NW)	on to SR 137 (Mount Carmel Rd)	in 3.78 mi 47.65 mi
Turn left (W)	on to Mount Carmel Rd	in 4.24 mi 51.89 mi
Turn right (W)	on Mount Carmel Rd	in 1.26 mi 53.15 mi
Bear left (WSW)	on to Lower Beckleysville Rd (Mount Carmel Rd)	in 0.70 mi 53.85 mi
Turn left (SE)	on to SR 88 (Black Rock Rd)	in 0.52 mi 54.37 mi
Turn right (WSW)	on to Trenton Rd	in 2.49 mi 56.86 mi
Bear left (SE)	on to Dover Rd	in 2.92 mi 59.78 mi
Turn left (SE)	on Dover Rd	in 2.11 mi 61.89 mi
Bear left (ENE)	on to SR 128 (Butler Rd)	in 2.94 mi 64.83 mi
Turn right (S)	on to SR 25 (Falls Rd)	in 2.41 mi 67.24 mi
Turn left (E)	on to Western Run Rd	in 0.11 mi 67.35 mi
Turn left (ENE)	on to Belfast Rd	in 0.12 mi 67.47 mi
Turn right (ESE)	on Belfast Rd	in 2.07 mi 69.54 mi
Bear left (ESE)	on to E Belfast Rd	in 1.72 mi 71.26 mi
Turn left (NE)	on to Ensor Mill Rd	in 0.09 mi 71.34 mi
Bear right (SE)	on to Upper Glencoe Rd	in 1.22 mi 72.57 mi
Turn left (ESE)	on to Glencoe Rd	in 1.60 mi 74.17 mi
Turn left (NE)	on to Carroll Rd	in 1.91 mi 76.08 mi
Turn right (ESE)	on to Corbett Rd	in 1.06 mi 77.14 mi
Turn left (NE)	on to Old York Rd	in 1.87 mi 79.00 mi
Turn right (SSE)	on to Manor Rd	in 0.42 mi 79.42 mi
Turn right (SW)	on to Dulaney Valley Rd	in 5.22 mi 84.65 mi
Turn left (SE)	on Dulaney Valley Rd	in 2.13 mi 86.78 mi
Bear right (SSW)	on to Loch Raven Dr	in 0.08 mi 86.86 mi
Turn right (SW)	on to Providence Rd	in 2.52 mi 89.38 mi
Turn right (NW)	on to E Seminary Ave	in 1.39 mi 90.77 mi
Turn left (W)	on E Seminary Ave	in 0.88 mi 91.65 mi
Go straight (WNW)	on to SR 131 (W Seminary Ave)	in 2.01 mi 93.66 mi
Turn left (S)	on to Thornton Rd	in 1.77 mi 95.44 mi
Bear right (SSW)	on Thornton Rd	in 0.71 mi 96.15 mi
Turn right (WNW)	on to W Joppa Rd	in 0.43 mi 96.57 mi
Bear left (SW)	on to Old Court Rd	in 0.24 mi 96.81 mi
Turn right (W)	on to Old Court Rd (Ruxton Rd)	in 0.92 mi 97.73 mi
Turn left (SSE)	on to SR 25 (Falls Rd)	in 0.29 mi 98.02 mi
Finish	at Joes Bike Shop	in 2.58 mi 100.60 mi

2005 - 2006 Road Event Calendar

October 16	<i>Fall Colors Ride</i>	Johns Hopkins University, Baltimore, MD
February 25	Road Race	College of William & Mary, Williamsburg, VA
February 26	criterium	Wake Forest University,
March 4	criterium	U.S. Naval Academy, Annapolis, MD
March 5	Time Trial	U.S. Naval Academy, Annapolis, MD
March 11	Road Race	Johns Hopkins University, Elkridge, MD
March 12	criterium	University of Maryland, College Park, MD
March 18	Road Race	North Carolina State University, Raleigh, NC
March 19	criterium	North Carolina State University, Raleigh, NC
March 19 – 25, 2006		Spring Break Training Camp, Boone, NC
March 25	Time Trial	University of Virginia, Charlottesville, VA
April 1	criterium	Johns Hopkins University, Baltimore, MD
April 2	Road Race	University of Maryland, Howard County, MD
ACCC/SECC Dual-Conference Race Weekend		
Appalachian State University/Lees-McRae University, Boone, NC		
April 9	criterium	
April 10	Road Race	
April 10	Team Time Trial	
April 15	Road Race	Virginia Tech, Blacksburg, VA
April 16	Time Trial	Virginia Tech, Blacksburg, VA
Atlantic Coast Collegiate Cycling Conference Championship Weekend		
West Virginia University, Morgantown, WV		
April 22	criterium	
April 22	Team Time Trial	
April 23	Road Race	
National Collegiate Cycling Association Road Championship		
Kansas University, Lawrence, KS		
May 12	Team Time Trial	
May 13	Road Race	
May 14	criterium	



{ Race Reports }

William and Mary Road Race February 25, 2006

By: Cliff Smoot

We all had some big hopes for this race, the very first of our season. It was a new course for the conference, and featured a dangerous-sounding climb called the “Col du Carwash.” Despite all our optimism and excitement, the course actually turned out to be quite a disappointment. While bad organization was one issue (late registration, subpar marshalling, inadequate portapots, etc.), the course itself was a real waste of legs: potholes, gravel, a blind finish, and practically zero climbing. The “carwash” barely qualified as a roller, and turned out to be a joke being played on us by the promoters.

Men’s C stayed pretty well together the whole race, with a few sad crashes (notably, our own Smitty, taken out by some squirrel who got stuck in a pothole on the very first lap) and dropped riders. The pack itself took few risks, mostly staying at a very slow Sunday ride pace, since everyone was against the idea of sitting on the front. Termite and Bloomer finished up with a strong 8th and 3rd (respectively), doing really well despite the mediocre finish of the course – as mentioned, the final .9 mi of the course was on a tangent into a public park, with the finish line beyond a blind corner and missing even the obligatory “200 meters left signs,” etc.

The Men’s B race started at the same blistering 12 mph pace as the Men’s Cs. As far as I could tell, the craze of this race was to yell “slowing” with every change of the course. The slightest ascent, curve, or irregularity in road surface would cause the whole pack to slow to a piddle. This was only annoying in the beginning, but became truly painful when all this sketchy handling crashed out our own ironman, Brian

Cohee. Ultimately, it was the final lap and the last 2k’s formidable headwind section that became the only interesting element of the race. For me, the “interesting” part was getting taken down by a pileup that opened up four feet ahead of me. For Nathan, it was breaking away with a few other stir-crazy riders and stringing out the field in the process. Toby did his damndest to block for Nathan’s break and bought his teammate some valuable time. Like many other racers that day, Toby didn’t know the sprint was upon him until turning a corner and seeing the finish line magically appear fifty feet away...yet he still managed to pull off 9th place. While Nathan’s break got caught well before the end, he was able to hold the right position and finish up in the mini-sprint for a very impressive 2nd place.

The Women’s B race started off extremely slowly with very little movement within the pack and a quick breakaway at the end. The pack stuck together with a few attempted breakaways. However, because the course was relatively flat, the pack was able to catch anyone who tried to breakaway until the last 5 miles. Jess, Priscilla and Lauren sat at the back of the pack for the entire race, finding it very difficult to move up without making some dangerous maneuvers. This was Lauren and Priscilla’s first collegiate road race, so they were very hesitant to stay at the back. However, patience paid off. When the front eight girls attacked with 5 miles left to go, Lauren, Jess and Priscilla were able to form a chase group and passed 3 of them in the turn towards the uphill finish. A lesson learned in road racing: the girl who pulled at the front of the pack for most of the race ended up in 5th

place, whereas Priscilla, Jess and Lauren took 6th, 7th and 10th right behind her.

Our veteran in Women’s A, Katie Ross, faced a difficult situation. On the very first lap, a course marshal sent her along with two Men’s B riders down the wrong street. Try as she might, her furious legs could not bridge the resulting fifteen minute gap between her and the rest of the field...a very tough break for her indeed.

As a team, the highlight of the day was probably having each racer on top of his or her game from the very start of the race. Despite the usual uncertainty, stress, and panic of the first season’s race, we had everyone well taken care of. We all got a decent breakfast, had a solid warmup (on the club’s new fleet of fluid trainers), and were at the starting line on time and ready to go, starting the season with on very solid footing. Not only has our team expanded this year and taken on many first-year racers, but we’ve already had more top ten finishes in this single race than we did in any whole race weekend of last season.

RESULTS

Team: 3rd, Division 2

•Men’s C

Ryan “terMite” terMeulen – 17th
Ryan Bloom(er) – 3rd
Jonathan “Smitty” Smits – DNF

•Men’s B

Toby Weatherall – 9th
Nathan Coleman – 2nd
Brian Cohee - DNF
Cliff Smoot - DNF

•Women’s B

Jess Chin – 7th
Lauren Singer – 10th
Priscilla “Pmok” Mok – 6th

•Women’s A

Katie Ross - DNF



The United States Naval Academy Race Weekend March 4-5, 2006

By: Toby Weatherall

Day I - The Criterium

Yes, The Criterium, perhaps the most feared and reverend course of the entire conference. Riders cringe and squirm every time they see or even think of the dreaded hairpin turn that hundreds of oxygen-deprived cyclists will have to (or rather try to) navigate upwards of thirty times.

It was a frigid, blustery morning at the Naval Academy, and, as part of a new season long tradition, Nathan and I got lost. But we got there. And it was time for the C men to think about racing. For most of them, it was their first crit, and it promised to introduce their freshly shaved legs to a new kind of pain. Kris rode the squad around the course to introduce them to the beast before battle, and they were ready to fight. At the gun, the pace was blistering, and after but a few laps, Bloomer decided that he could finish the rest of the race alone. So he went, solo on the Navy course, sweeping up the first two primes for the Hop, while Termite and Bolster rode cover for him in a brilliant display of blocking at the front of the pack. And Bloomer defiantly stayed away from that pack, with two riders bridging up to him for the third prime. Going into the finish there were three off the front, Bloomer for almost the whole race—with tired legs, and a lapped rider nearly crashing him at the line, he took third for the race, with Boster placing 11th in the field sprint, Smitty rolling in for 34th. Termite finished in the top ten, but the ref's somehow missed his number at the finish. The Men C team had survived Navy all after a long day of teamwork for their captain.

And now it was time for the Men B squad to take on the course. Nathan, Cliff, and I were ready to make the course, the field, and the race ours. We sprinted into position at the gun, Cliff controlling the field for the first few laps, covering attacks and setting a grueling pace—the guy knows how to hammer it and keep the field in check. Coming into the third lap, Cliff laid it down in the hairpin (that will happen at 160psi), and Nathan and I (sitting 3rd and 4th wheel) navigated around his hulking body to take control of the race—the prime bell rung, and we countered the sprint by WVU and JMU, ending up off the front with two other riders...they dropped back, but Nathan and I pressed on, holding our two man break for six laps or so. It took six Navy guys to real us in, and Nathan chose to attack immediately, crashing himself through a turn on the back of the course. After blocking for Nathan for a lap (and receiving some nasty looks for Navy), I jumped into a three-man break with Wake Forest and JMU, which we held until the last lap...Meanwhile, Nathan spent those seven laps redlining to catch the field. We were together with one to go. The Wake Forest guy asked me if it is was the last lap, and subsequently buried himself for the next .4 miles, with Nathan and I sitting second and third wheel coming around the final bend. Nathan took first in the field sprint (yes, after crashing) and I took fourth.

Now it was time for the women to take to the course. Jess and Pmok knew that they had to stay toward the front to avoid the dreaded accordion affect, and it was a success. They had a few sandbaggers to contend with,

but they were not deterred. Pmok went down in the hairpin midway through the race, but soldiered on with Jess, teammates to the end. Jess and Pmok finished 6th and 7th, with Pmok losing liters of blood from her hand. Her bike and tape were literally covered in blood—if Braveheart had been a bike movie, Pmok would have fit in well—on a scale from 1 to intimidating, well, you get the picture. But she had a smile on her face all the way to the EMTs, an impressive show of determination and calmness by the freshman.

After all this excitement, and Termite swearing that the moon was spinning in circles in the sky above us (oxygen debt will do that to some people I suppose), it was time to head home and prepare for the next day's battle.

Day II - The Individual Time Trial: 20km

The Navy ITT course is brutal...it isn't straight...or flat...at all. To win it, you have to take the turns fast, with confidence, and you have to sprint up every climb—that's where to take time out of the rest of the racers. From the results, you can tell that this advice meant something—a few of us had a TT clinic down there, and among the four of us that went, two of us won our categories. Of note, Bloomer took a wrong turn because cones were lined up marking right, but the riders were supposed to turn left...someone had to chase him down and tell him to turn around, and he lost a bit of time there.

Overall Hopkins had a great race on the day, two wins, five top tens, and NINE riders in the top twenty of their fields. This was a great start to the season, and I'm excited to see what's to come for Hopkins Cycling in 2006.

RESULTS

Saturday, Day I – The Criterium

Team: 1st, Division 2

Ryan 'Who needs a Peloton' Bloomer -3rd Men C
Peter Bolster
Jess Chin -6th Women B
Nathan 'Crashing ain't that bad' Coleman -1st Men B
Priscilla 'Not afraid to bleed on my bike' Mok -7th Women B
Jonathan Smits
Cliff Smoot
Ryan Termite
Toby Weatherall -4th Men B

Sunday, Day II – The Individual Time Trial: 20km

Team: 1st, Division 2

Ryan Bloomer -3rd Men C - 0:35:43
Peter Bolster- 7th Men C - 0:36:01
Jess Chin-15th Women A - 0:43:53
Brian Cohee – 25th Men C - 0:36:28
Nathan Coleman- 4th Men B - 0:33:49
Faisal Karmali- 27th Men C - 0:39:52
Jake Koenig- 38th Men C - 0:43:44
Priscilla Mok- 11th Women A - 0:40:54
Katie Ross- 12th Women A - 0:41:26
Lauren Singer- 14th Women A - 0:42:48
Jonathan Smits-26th Men C - 0:39:39
Cliff Smoot- 18th Men B - 0:35:32
Ryan Termite- 1st Men C - 0:35:09
Toby Weatherall- 1st Men B - 0:33:23

Hostetter-Elkridge Race Report

March 11, 2006

By: Priscilla Mok

As the first of the two races that we would host this season, we had high hopes that we'd have several advantages at this race. First, it would be a course that most of us would have seen or ridden before, especially the ½ mile climb that our out-of-town competitors might have sprinted up in the first lap only to find the steepest section of the climb was waiting right around the bend. Another would be the support of everyone who came out to either volunteer, cheer for our team, or even race with us. Knowing that there would be a Hopkins course marshal cheering for you at every corner definitely bolstered team morale.

The one downside was that we had to arrive before everyone else, but that wasn't too bad when you rolled up to the Bradford to see a large group of people convening at the front of the building, others who had woken up just as early to make this race work. Soon, we arrived at the Elkridge Furnace Inn, a restaurant in a lovely colonial house whose proprietor had graciously allowed dozens of cyclists to tramp around in it for the rest of the day (sans cleats though). In addition to toilets, photocopiers and their front lawn, they also provided us with a scrumptious breakfast and bottomless pots of coffee for all volunteers. Considering that most other races are held near graveyards or in parking lots where Port-a-potties were the norm, I'd venture to say that we definitely pulled off one of the classiest races in our conference! It was a blustery morning, but not long after arriving, the volunteers had scattered off to sweep the course and open up registration. With a cap of 50 riders per a race (deemed so

by road conditions), many racers were turned away or some were forced to upgrade.

Cliff and Smitty showed up to assist in any way they could, even though both were injured prior to race day. Cliff was pre-riding the course with several of us on Wednesday, and had unfortunately taken a bad turn at one particularly nasty corner, landing on his face and acquiring a concussion as well as a short bout of amnesia. It was an unfortunate (but also quite hilarious) incident, and if you ask Cliff about it I'm sure he'd tell you even though he might not remember. Smitty was injured on the day before the race, having been out doing race prep but sadly, crashing, and getting all sorts of nasty cuts and bruises.

And now, on with the races. Men's C started first. They needed to do 7 laps of the course. Termite and Bolster started out strong, staying at the head of the pack and setting the pace. Bolster was feeling quite strong throughout the entire race until the last lap where the rest of the pack just flew by him. Termite, sticking with the lead pack, ended up sitting in the front and pulling most of the time such that in the last couple meters to the finish, the other riders around him were able to take advantage of his effort and sprint it out hard to the finish. Despite this, his hard effort did not go entirely to waste, placing 11th in a field of 22.

With the all the B ladies upgrading to Cat A, the Hop was unrepresented in the Women's B races. This leads us to the Men's B and Women's A race, which started at around 11, when the weather had warmed

up considerably and it became a gorgeous day for riding. The Men's Bs included Toby, Nathan, Cohee and Bloomer. Unfortunately for Nathan and Cohee, they were pulled in the beginning of the race because a race official had deemed that they had violated the yellow-line rule. Even though they did, such a transgression usually warrants a first warning, of which the stringent official decided not to give. Bloomer and Toby, having lost 2 teammates right from the start, carried on, but any elaborate plans they had of pulling off something daring and brilliant had been sidelined. Near the end of the race, with one and a half laps to go, the entire B field was pulled to the side of the road because the Men's A field was lapping them. Our two B men finished all 9 laps of the race, with Bloomer coming in at 15th and Toby at 20th.

For the Women's A race, we kept up with the pack (and even up the climb) in the first lap, but in the second lap, the Men's Bs had decided to sprint up the entire thing and thus, we were dropped from the main pack right then and there. Katie R, Jana Hester from UVA and I pacelined for the remaining laps, whilst Jess, Katie F and Lora rode together until Lora left the race. Lauren, who was dropped in the first lap, showed an impressive amount of determination, soldiering on and finishing the race, despite having to complete it on her own. All in all, a great effort put in by everyone to win big points for the team and also towards nationals—at the end of the day, JHU was leading DII in A's points. Many thanks to all volunteers, race promoter Sargent and racers for making this weekend possible.



RESULTS

Team: 3rd, Division 2

•Men's C

Ryan "terMite" TerMeulen – 9th
Peter "Old Pete" Bolster – somewhere in the middle of the pack

•Men's B

Toby Weatherall – 20th
Nathan Coleman – DNF
Ryan Bloom(er) – 15th
Brian Cohee – DNF

•Women's A

Jess Chin – 13th
Priscilla "Pmok" Mok – 10th
Lauren Singer – 15th
Katie Ross – 12th
Katie Frato – 14th
Lora Bankova – DNF

•Race Promoter: Pete Sargent

•Non-Racing Volunteers: Matt Soladay,

Gwen Jenkins, Adam Sidel, Dan Witsil, Jeff Werbin, Jeff's friend, Steve Wylie, Jake Koenig, John Hostetter, Seth Goldstein, Garrett Butler, the Smoot family, the Weatherall family.

University of Maryland President's Criterium March 12, 2006

By: Ryan terMeulen

Legs were still aching from Elkridge as our small group got up at the crack of dawn for the 2nd day in a row for the early UMD crit races. This 2nd day of unusually warm weather was still a shock to us all – as we had barely broken sweat while redlining during the near freezing Navy and WM races.

The course was a 0.7 mile lap on the UMD campus. Basically a square circuit, with one leg leading up a significant hill and around a tight chicane by the president's house, this crit was flush with 90 degree turns. That chicane would end up being a real problem for more than one of us...

•Men's C

Bloomer having recently cat'd up to B's, Old Pete and I were left to fend for ourselves. However, we had some unexpected company from Jed, who we practically ran into on site right before our 8:30 a.m. race. Jed was impressively strong for his first race and did quite well – he was one of the last riders to be pulled in a very fast paced race.

Pete was held up at the start, and I bolted to the front for a good position. I have trouble staying off the front of races, and it takes its toll quickly – I have much to learn. That and it's hard to convince anyone in a C race to share your pull without slowing down and compressing the field. Pete fought his way up front a few laps into the race, giving me some time to rest. At some point a breakaway of 4 riders escaped – I don't even remember how it happened (no oxygen?). We started rigorously chasing them – NOW the other riders were willing to share

our pull. The whole entire field was splintered, and although we didn't even know it, nearly all but the breakaway and 12 of us followers were pulled from the race.

With 2 laps left, and the breakaway hopelessly gone, I was about to pop from the chase. It was here that Pete – after swearing to me he was useless – took me on his wheel and mashed up the hill in an amazing effort, keeping us both from getting consumed by the pack. It was enough to let me rest and lead the pack all the way through the last lap. I was becoming hopeful about leading it to the finish, when my rear wheel popped while taking a tight turn in the chicane. I recovered and sputtered to a stop, watching our now tiny pack buzz by. I felt so defeated having to walk my bike back to the finish, but it's fuel for next time. Pete was definitely the hero of the day – or at least our C race – the man is nearly twice my age and boy can he pull!!

•Men's B

Unlike the C field, which had completely shattered, barely anyone was pulled from the B race. Our 4 Hopkins riders all took the front right off the start in near-picturesque imagery. The plan was for Brian and Bloomer to take pulls off of the front and stretch the field out for their teammates. They put in very impressive efforts that undoubtedly led to the end result. I even saw Brian on the front in the 2nd to last lap for one final pull before the finish, after I had thought his efforts had been spent.

In what looks like will become the classic 'Nathan style', Nathan took a solo pull off of

the front for 7-10 laps in the middle of the race. This is where we first started to see the field under real stress. They caught Nathan with about 4 laps to go, but from what I understand, he let himself drop back in after taking his whole pull under 100%. After resting in the pack, he was poised to bolt out of the front in the final lap, but was taken down when the man in front blew out his tire in the chicane (I could hear the pop from across the field). Nathan went flying through the air, and didn't finish. However, he picked himself up, trued his wheel, and came back to take 2nd place in the Cat 3/4 USCA race a few hours later. Toby, who had consistently held at the front of the pack throughout the race, had a nice sprint to 3rd place at the end of the race.

Overall, a good day, though a little sobering. We are becoming more acquainted with our strengths and weaknesses. Stuff happens beyond our control, and it sucks, but respect and self-confidence are still won in the end.



RESULTS

Team: 4th, Division 2

Jed Bader
Ryan Bloom
Peter Bolster 11th Men C
Brian Cohee
Nathan Coleman
Ryan terMeulen
Toby Weatherall 4th Men B

North Carolina State Road Race

March 18, 2006

By: Jessica Chin

The NC State Road Race kicked off spring break for the Hopkins Cycling Team. Despite having midterms the week before, a seven-hour drive on Friday night and a ridiculous wake up hour on Saturday morning, the NC State Road Race went surprisingly well. Even though we only had 7 racers, we took 3rd place in the Division 2 standings for the day.

The Women's B race started with a pileup on the rolling start from the parking lot to the start line. Luckily, Jess was able to avoid the crash, which took out five women, and start with the pack. For most of the four laps around the 7.7 mile course, the field stayed together but the two short but steep climbs on the loop dropped some girls off the back, creating a 6 person breakaway (including Jess) in the third lap. The 6 girls pacelined effectively to keep the gap between them and the rest of the field. However, Jess was out sprinted and took 6th place.

In the Men's B race, Nathan and Toby tried to split the field a number of times by pushing the pace on the rollers. They put in a blistering 39mph attack, which strung the field out, opening a few gaps, but they weren't able to break the elastic and the race came back together a few miles later. On the final short climb, a few miles to go, Nathan got away with an NC state rider and Toby was at the front to block while they opened a gap. Cliff, Bloomer, and Toby persisted in disrupting the chase, allowing the break to stay off the front. Nathan drove it home, but in spending all his energy to stay away, the NC state rider was able to take the win. Toby finished 8th after a decent sprint from a bad position. Cliff and Bloomer finished 19th and 17th place. It should be noted that even though more than 50 people started in the

RR, only 35 racers started the following day, which probably meant that it was a tough race for many riders in this category.

In the Men's C race, Ryan terMeulen and Jonathan Smits placed 8th and 18th respectively in a tough race of their own. Even though their field stayed mostly together, Ryan pulled at the front of the pack for "too long", unable to coerce other riders to pull instead. It was a frustrating race for Ryan, who took 8th place after having 1st or 2nd position for most of the race.

Unfortunately, Katie Ross, our Women's A rider got a migraine that morning and forgot her medication. She wasn't able to race but she came in support of the team.

Even though this wasn't the best race for Hopkins Cycling, it was still pretty successful because we all learned how to be better racers (for example, how to pull at the front less, but still gain good position). This race started off spring break, a week of successful training and team bonding.

RESULTS

Team: 3rd, Division 2

•Men's C

Ryan terMeulen – 8th place
Jonathan Smits – 18th place

•Men's B

Toby Weatherall – 8th place
Nathan Coleman – 2nd place
Cliff Smoot – 19th place
Ryan Bloom – 17th place

•Women's B

Jess Chin – 6th place

North Carolina State University Criterium

March 19, 2006

By: Jacob Koenig

En route to our snowy Spring Break retreat in Boone, NC we had a nice couple of days racing with NC State. The second day was the criterium hosted on the Centennial campus. The course was a 1 km d-shaped loop in a parking lot with a short uphill and a tight chicane and two left hand turns.

The men's C race was first as normal in weather that seemed cold at the time. Termite stuck out hard in front, pulling a good portion of the race, as Smitty stuck around the middle and end for the first few laps. Sick, out of shape, and still new to these bike race things, I faltered after the first couple laps, sinking back and just going out for a nice Sunday ride, topped off with some vomiting at the end. Meanwhile, Termite lost a wheel going up the hill and had to be helped by teammates. Unfortunately, he would be unable to recover and get back into the race that he was once leading. Left was Smitty, and in only his second criterium he did us proud, staying with the pack and finishing 15th.

The women's B field was next and, fairly small on numbers, Jess and Lauren lined up on the start line. The girls looked strong for the whole race, staying with the pack with looks of calm, cool, determination on their faces. Lauren held strong mostly all alone out there and managed a 5th place finish. Jess was with a group of three as she pushed hard at the end but couldn't catch up to her VT girl (who she'd eventually get revenge on), but still finished well in 7th.

At 10:40, the sun now high and the day warming up, Toby, Nate, Brian and Bloomer stepped up to the line. The men looked real strong for most of the race, sticking together

pretty well in a tight peleton. I was there talking with Cliff, still recovering when I realized that in the last pack of men I couldn't find Bloomer's blue helmet. Cliff and I agreed he wasn't there and split up in different directions to go find him. As we expected he had crashed, and while his bike and his legs looked pretty banged up, he was thankfully alright. Apparently the guy who told him, "look out for me, I ride pretty recklessly," before the race managed to lock handlebars and bring him down at the chicane. We cleaned up him and cleared his bike away as the rest of the guys kept going hard. The primes came and went and Nate and Toby stayed cool in the front of the pack, not wanting to spend too much of their energy until the end. Meanwhile, as riders from different teams continued to break away, sometimes to leads of even a half-minute, our guys remained cool headed and the break away guys all were brought back. Brian eventually decided that despite his feeling good he couldn't catch up with the leaders and dropped out to let the other guys have a good shot at it. Displeased with himself, Brian decided he needed to go on a "punishment ride" after the crit. But, on the last lap, with Toby and Nate sticking tough near the front, the NC state rider broke away from behind. Nate caught a wheel and Toby blocked as they and one other rider sprinted away to the finish. Toby took an 11th and Nate 3rd.

Next the women's A's came up. Apparently the announcer isn't a big fan of these girls. Last year too he criticized them relentlessly as they circled the track. It was no different this time as he chastised them for "going slower than the Women's B's" and "racing like a bunch of girls." To my surprise, in this slow field I saw Katie,

(continued on next page)

seemingly going faster than her opponents, falling further and further behind at each lap. Something must be wrong, I thought to myself. Katie was now with the pack, she was going faster than them. Then she fell behind again...the race ended. Katie comes over to us and asks for help with her cleat. I was right, something was wrong. Her cleat had broken and she was basically peddling with one leg. The grueling effort earned her 11th place and some nice national points. We fixed the shoe and laughed it off as the Men's A field began.

RESULTS

Team: 3rd, Division 2

•Men's C

Ryan Termite - DNF
Jonathan Smits - 15th
Jake Koenig - DNF

•Men's B

Brian Cohee - 27th
Ryan Bloom - DNF
Toby Weatherall - 13th
Nathan Coleman - 5th

•Women's B

Jess Chin - 9th
Lauren Singer - 7th

•Women's A

Katie Ross - 13th



University of Virginia Uphill Time Trial March 25, 2006

By: Cliff Smoot

The morning of the UVA TT began as any other Saturday of a race weekend. After a sound night's sleep in our comfortable and spacious Motel 8 rooms, we awoke at the stroke of 7:00 AM to the sweet aroma of citrus degreaser and mildly-clean sheets. In the interest of team unity, we were getting up early to go out for an all-team breakfast, which half of us spontaneously decided to skip in favor of more sleeping. While those latter four individuals made the most of 45 more minutes of slumber, the other five of us embarked upon a twenty-minute drive to the Cracker Barrel that lay all of 50 meters away from the motel. Upon entering said theme-restaurant, we were greeted by a beautiful array of old-timey food and novelty items as well as the obligatory knick-knacks and farm tools hanging on every wall. Such was our wonderment with this apparently time-traveling restaurant that we decided to wait a full forty-five minutes at our table so that we could have a peg-game tournament before ordering our drinks. After four plates of Momma's Pancake Breakfast as well as one plate of her French Toast breakfast, we returned to meet our compatriots at the Motel 8, who were busy breakfasting on the motel's free offerings. To our delight, this turned out to be a very eclectic and cosmopolitan sampling of breakfast fare, ranging from the Southern flavor and charm of our Cracker Barrel hotcakes and server, Daphnee, to the simple and well-rounded offerings of the Motel 8's European-styled, "continental" breakfast. As we next began packing up our three cars, someone pointed out that it had been snowing heavily outside for the past two hours. Indeed, in our haste to prepare for the harrowing uphill time trial, we had neglected to take note of the high

humidity and low temperature. Ninety minutes before the race was to begin, the conference's chief referee, Ruth Stornetta, judged the road conditions to be unsafe, and cancelled the race. Therefore, in lieu of race results or finish times, here are the results of Waynesboro Peg-Game Tournament '06, scored by how many pegs were left at the end of each racer's best game.

RESULTS

Bloomer: 1
Igor: 2
Cliff: 2
Jake: 4
Toby: 4
Jess: DNF
Katie: DNF
Smitty: DNF
Termite: DNF



Johns Hopkins University Safety City Criterium April 1, 2006

By: Ryan Bloom

Legs were fresh, the sun was shining, and the entire ACCC was heading up to Druid Hill Park for our own Safety City Criterium for the first race of the weekend.

The course was sketchy enough to scare off a few competitors in the weeks leading up to the race (three in particular from Towson). However, with the work of about a half dozen team members and a few brooms, it was made into a fairly safe and smooth course by Saturday morning.

The first race of the day was the Men's C. The Hop had 5 men representing us: Smitty, Bolster, Termite, Igor, and Jake. Smitty, Bolster, and Termite worked together wonderfully in the pack, avoiding all the crashes and trying to cover most of the breaks and surges. It all worked out in the end, with the three of them finishing in the top twenty; Smitty leading the way in 10th, with Termite and Bolster not too far behind in 13th and 17th respectively. Jake and Igor each showed their determination, getting some great experience as well, on the way to 37th and 22nd place finishes respectively.

Next up on the day was the women's Bs. Our girls in the race, Jess Chin, Lauren Singer, and P Mok, were determined to prove that they were the strongest team in the race. It all went according to plan, with Singer poised for a podium finish at the last lap, when a squirrly girl from UVA couldn't contain her excitement and swiped out Lauren's wheel ending her race a half a lap early. Luckily, Jess and P Mok were able to avoid the crash securing excellent places for themselves, in 4th and 11th respectively.

After that, the Men's B's took the course. The usual squad made their appearance with the

addition of Pete Sargent, who, despite not having ridden in the past 5 months, decided to come out and help the team. At the sound of the gun, Pete got his old race legs back, and took the race out in a blistering pace, leaving the rest of the pack, huffing and puffing, behind. However, after the first few laps, the lack of mileage caught up to our sprinter and he unfortunately fell off the back. That left me, Cohee, Toby, and Nathan to control the race for Hopkins. Unfortunately, a quick rain shower around noon left the tight turn around the back of the course slick and dangerous. Toby got to know this turn quite well as he fell not once, but twice, within 5 laps of each other, ending his race too. Nathan, despite having lost two teammates, had a great race, holding a solo breakaway for almost 10 laps. Despite being caught, he still finished 2nd by just half a tire length to a strong rider from UVA. Because Cohee and I were caught behind Toby's crashes, we had a hard time catching back up to the lead pack, but we still finished 21st and 20th respectively.

Finally, the Women's A's were up, with our own Katie Ross donning the Hopkins colors. The pace was furious from the gun leaving many competitors in the dust early in the race. However, Katie made a valiant effort to bridge back up to the lead pack late in the race and came away with a terrific 11th place finish.

All in all, it was a great showing for Hopkins on our home course. In addition to this, a big thank you is in order to Cliff for directing a smooth and well organized race that received high complements from other teams and the race officials as well.

(continued on next page)

RESULTS

Team: 3rd, Division 2

•Men's C

Jonathan Smits – 10th
Ryan terMeulen – 13th
Igor Chudinov – 22nd
Jake Koenig – 37th

•Men's B

Toby Weatherall - DNF
Nathan Coleman – 2nd
Ryan Bloom – 20th
Brian Cohee – 21st

•Women's B

Jess Chin – 4th
Priscilla Mok - 11th
Lauren Singer – DNF

•Women's A

Katie Ross – 11th



University of Maryland Road Race April 2, 2006

RESULTS

Team: 1st, Division 2

•Men's C

Ryan Termite - 15th
Peter Bolster - 19th
Jonathan Smits – 25th
Jake Koenig - 29th
Adam Sidel - DNF

•Men's B

Brian Cohee – 28th
Ryan Bloom - 17th
Cliff Smoot - 29th

•Men's A

Nathan Coleman – 6th
Toby Weatherall – DNF

•Women's B

Priscilla Mok - 4th
Jessica Chin – 2nd
Lauren Singer – 6th

•Women's A

Katie Ross – 11th



Appalachian State University/Lees-McRae College Dual Conference Race Weekend April 8-9, 2006

By: Cliff Smoot

The eight hour drive from Baltimore to Boone, NC was just as tough as we expected it to be. Our team of three cars got strung out pretty badly, with 2-3 hour gaps in between each one, and our whole team hadn't arrived at our hotel until about 2 A.M.

This weekend, Appalachian State University and Lees-McRae College were hosting three races. Although these schools lay a mere 20 minutes from each other, ASU is in the Atlantic conference, while LMC is in the Southern conference. So then, these teams joined forces and decided to host a combined conference weekend. Since this would make the fields twice as large, the fields were thus scored twice as deep (and similarly, twice as many points for first place). However, the turnout from either conference wasn't too great, so in many cases, to finish a race was enough to score points for your team. With a decent-sized crew of ten well-trained racers, we had a big advantage over much of our competition. To our dismay though, we learned that Lees-McRae in fact has a cycling program equal to that of any varsity sport, with huge school funding and scholarships offered for recruiting cyclists. To make matters worse, LMC is also one of the small "division 2" schools just like JHU, so our team spent the weekend chasing them down and at the same time in awe of their organization. At the very least though, the JHU team jersey design easily beat theirs.

Team Time Trial

On Saturday morning, Appalachian State University presented the Southern and

Atlantic collegiate cycling conferences with its team time trial course. Of course, since some teams were too lazy or too small, not everyone fielded a team. A mere 10 miles total (down and back), this was sure to be a fast course. As the photos show, the road was indeed gritty and wet this morning, and thus your reward for holding close to your teammate's wheel was a face full of mud.

criterium

Saturday afternoon was LMC's criterium, which ran through downtown Banner Elk, NC. About half of the course's length was uphill (with a nasty jam just before the finish), and about half was downhill. Of course, as time goes, that meant about 1/4 of the race was flying downhill, while 3/4 was spent hammering back up. The roads were wet, but newly paved, so conditions were somewhat balanced. The worst part of the course was the fast, left hand turn into a half-closed lane, where oxygen-deprived daydreams made it clear to many of us that skidding out there would only result in getting run over by opposing vehicle traffic. Still, despite everyone's best efforts, there was minimal crashing during all of the races.

The Men's C race was first, and JHU's team was ready. Bolster (aka "Old Pete," aka "forty-year-old pirate") stayed at the front nearly the whole race, basically controlling the pace, while Termite hung around the middle third and Smitty brought up the rear. This was a very good day for dear old Bolster, who not only snagged 4th in a prime, but finished with an impressive 8th place. Termite finished right

behind at 11th, and Smitty with it for 24th. All of them scored points for the team!

The Women's B race went next, with Pmok and Lauren repping for the Blue Jays. Pmok set a blistering pace for the group, and scored in all of the primes, including one with first place. She finished fourth, with teammate Lauren right on her wheel for a formidable 5th

Men's Bs started and finished the race at a breakneck speed, with Lees-McRae ripping apart the field from the very beginning. Cohee and I were working in a chase group of about eight people, when the ref pulled us from the race and put us out of our pain (we were about to be lapped). We both were scored 23rd place. All in all, 18 of the 36 Men's B riders were pulled, so us two didn't feel that bad about not finishing. Better legs for the next day's race, if nothing else.

The Men's A race started and finished not too differently from the Men's B race, even if some 5-10 mph faster. Toby couldn't manage the suicidal downhill speeds, so lost some time there and fell off the pack, eventually to be pulled by the ref. Nathan, alone, hung tough in the main pack and sucked wheel for the race (a very fast wheel nonetheless). After this hour of countless breaks and surges initiated by LMC and Navy, Nathan finished up at 18th place.

(continued on next page)



SATURDAY'S RESULTS

Team Time Trial

Team: 1st, Division 2

Men's A – Toby, Nathan, Cliff – 7th Place, 24:29

Men's B – Bolster, Termite, Smitty, Cohee – 5th Place, 25:59

Women's A – Lauren, Pmok, Katie – 2nd Place, 29:18

Criterium

Team: 2nd, Division 2

•Men's C

Bolster – 8th; 4th in a prime
Termite – 11th
Smitty – 24th

•Men's B

Cliff – 23/DNF
Cohee – 23/DNF

•Men's A

Nathan – 18th
Toby – DNF

•Women's B

Pmok – 4th; 1st, 2nd, 3rd in primes
Lauren – 5th; 3rd in a prime

•Women's A

Katie Ross – 8th

Appalachian State University/Lees-McRae College Dual Conference Race Weekend April 8-9, 2006

By: Cliff Smoot

Road Race

Sunday was a beautiful day for racing, even if the course wasn't the most enjoyable. Hosted by LMC, this race was a mere 10 mile loop, but with a total of 1,500 ft of climbing. Of this season's collegiate races, this was the most climbing we were ever to do in a race. Luckily, we had all spent time training on the very same roads and terrain during our spring break training camp, so we had some decisive advantages over the rest of the field (at least those not from ASU or LMC, at least). The course began with a fairly easy 2 mile climb, followed by a winding, technical descent that lasted about five minutes, followed by about 20 minutes worth of steep and not-so-steep climbing, then a rolling descent back to the finish line in Banner Elk. *Special shout-out to Smitty, who was too sick to race, but still spent the day feeding us all and generally taking care of the team.*

The Men's A field faced six laps of this course, and started the race with a nasty attack from LMC. The field chased for long and hard, dropping many and making all suffer. While Toby worked his hardest, he could not hang onto the field and ended up working with another rider until out-sprinting him at the finish, gaining 27th place. Nathan faced a somewhat greater challenge, specifically, the fact that he broadsided a dog at the top of a climb on his fifth lap and took a tumble over his handlebars. This dog had somehow stayed out of the way for all the other cyclists who were passing by that day, but decided that Nathan needed to be taught a lesson. The dog's status is not known,

but it is likely that Nathan's front wheel served it well. In his typical caveman fashion, Nathan spent the rest of the fifth lap chasing down the field, and indeed caught back up by the final lap. Even as tired as he was, he stuck with it and gave an all-out effort to earn 8th place.

The Men's B field went five minutes later, with four delightful laps to complete. The field stayed together all the way until the first descent (about 10 minutes into the race), when the field got strung out into single file. From the beginning of the climbing, the lead group of about 15 set a hard pace and watched as countless riders, including myself and Cohee, fell off and formed (or failed to form) chase groups. Funny how friendly and cooperative people can be when they are suffering together. After Saturday's whipping, it was nice to pass many LMC riders and see them pull out of this race. Cohee essentially time trialed the final 3.5 laps, finishing at 27th place, while I worked with his brother (at William and Mary), Mark, as well as some riders from ASU and Western Carolina. On the final lap, I was able to drop these guys and pass a few more, and finish up at a satisfying 18th place.

The Women's A field followed, with four laps to do as well. Just as we expected, this race too turned largely into a matter of attrition, and many riders in this field ended up in small groups or all alone. Katie dug deep and pushed her bike fast and hard up each and every climb, passing many riders (i.e. LMC), and finishing the race in 5th place, gaining a smooth 79 points for the team.

The Men's C went off next, with two laps of fun and fury. Following the cue from LMC's Men's A team, VTech launched a break from the starting line too, which in fact stuck for this race. Our two racers in this field, Bolster and terMite, were both out in full force. With the field mainly sticking together (and our riders right in it), the race mostly came down to who could destroy the final climbing sections, as well as the final few hundred meters. Bolster again showed us youngins what he is made of, and finished at an incredible 6th place. Although it may have been more of a struggle for terMite to tackle these hills, he finished right behind Bolster at 13th place.

Women's B went off last, with a total of 2 laps. Not unlike the Men's B field, this field shattered on the very first climb, but Lauren and Pmok hung tough in the front group of six. After the next longer, tougher series of climbs though, the field really fell apart, and the rest of the race turned into an individual time trial. Our racers took on this challenge with smiles on their faces, and finished the race with two great results – Pmok in 5th place and Lauren in 4th.

SUNDAY'S RESULTS

Road Race

Team: 2nd, Division 2

- Men's C
Bolster – 6th
terMite – 13th
- Men's B
Cliff – 18th
Cohee – 27th
- Men's A
Nathan – 8th
Toby – 27th
- Women's B
Pmok – 5th
Lauren – 4th
- Women's A
Katie Ross – 5th



West Virginia University Atlantic Coast Collegiate Cycling Conference Championships April 22-23, 2006

By: Katie Ross

The Hopkins Cycling team finished the spring 2006 season on a high note during conference championship weekend at WVU. Even rain and the constant threat of thunder couldn't stop the team from putting on an amazing display of talent during all three events this weekend: the "cir-crit", team time trial, and road race. The WVU sense of humor showed throughout the weekend starting with the race flyer. Points to the creators of it for "most creative race titles of the season". (My favorite was the aptly titled "The WTF TTT... LOL"). But first, the cir-crit. The kind-of a criterium, kind-of a circuit race was a 2.1 mile loop that covered most of the same terrain as last year's circuit race. It had been raining all night, and the rain did not stop during all of the morning races. Unfortunately, the same part was the same gravel, potholes, and random bumps in the road. In total, our team suffered an incredible 5 flats during the race, or one flat per 2.4 riders.

"Cir-Crit" Race

In the Mens' C race, both Smitty and Termite suffered race-ending flats. Due to the length of the course, there was no free-lap rule once you flattened (though there was a wheel truck) so that sealed their fate. Jake Koenig finished the race in 30th place and was the first Hopkins rider on the board for the day. As the C's started their race, Bloomer made what was one of the best tactical moves of the day (flat count=2). In an act of sheer bravery, Bloomer managed to snatch ~15 conference

championship t-shirts that were left sitting in a box at the registration table at conference. Every rider got an awesome yellow shirt thanks to his efforts. On the race course, Bloomer and his fellow men's B's riders, Cliff, had as good of a race as the course would allow. The rain was still pouring, making the road slick and racing a bit shaky. In the Men's A race, Nathan and Toby stayed in good position, but unfortunately the flat tires continued. Nathan flattened with three laps left to go in the hour long race. Toby finished solidly in 26th, but as he rolled over to cool down he noticed his back tubular was a little squishy (flat count=4). In the Women's B race, the ladies of JHU came through big time and started a weekend of dominating their opponents. The race started with a slow pace set by other teams in the conference, especially VT. Lauren, Pmok, and Jess sat comfortable behind the race leaders, letting them do all the work. When they came across the start line for the first time they looked up, and were surprised to see that not only was this a prime lap, they only had two laps left in the race! For the next two laps they worked together as one, and as they came up the hill for their finish Jess blocked the rest of the pack allowing Pmok and Lauren to get first and second place. Jess ended up with third place after this huge sacrifice. In the Women's A race, I contributed an outstanding 5th flat tire to the team, but 9th place in the race after a quick tire change (flat-tire count=5).

The WTF TTT...LOL!

After a quick lunch break, the team

headed over the border to Pennsylvania for the team time trial. Disc wheels, aero-bars, and "alien aero helmets" all made appearances throughout the afternoon. Things were kicked off by the Mens' A TTT of Toby, Nathan, Bloomer, and Cliff. They looked hot as they rolled out of the lot and set a scorching pace. They took 5th out of the teams, and were only 8 seconds off of archrivals/party-buddies ASU. Next, the Mens B team of Smitty, Cohee, and Termite continued the fast-pace over the 14.6 mile course and came in 8th place. They rolled back into the lot from their race right as Jake and the ladies were leaving. Jake biked the entire course solo and, in his own words, rocked the downhills on his new aero bars in 11th place. The ladies all raced as an A's TTT. The girls took 4th place with a time of 42:19. A note on the course, according to the WVU team's website, "Speeds can approach 50mph with technical corners. Handling/cornering skills highly advantageous. It is suggested you preview the course, time permitting."

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SATURDAY'S RESULTS

"Cir-Crit" Race

Team: 2nd, Division 2

•Men's C

Jake – 30th
terMite – DNF
Smitty – DNF

•Men's B

Cliff – 19th
Cohee – DNS
Bloomer - 16th

•Men's A

Nathan – DNF
Toby – 26th

•Women's B

Pmok – 1st
Lauren – 2nd
Jess - 3rd

•Women's A

Katie Ross – 9th

The WTF TTT...LOL!

Team: 2nd, Division 2

Men's A – Bloomer, Cliff, Nathan, Toby
– 5th Place, 35:22

Men's B – Termite, Smitty, Cohee – 8th
Place, 38:19

Men's C - JAke - 11th, 45:47

Women's A – Lauren, Pmok, Katie
– 4th Place, 42:19

West Virginia University Atlantic Coast Collegiate Cycling Conference Championships April 22-23, 2006

By: Katie Ross

The Same Old Road Race

Waking up early on Sunday morning for the RR, it seemed like thunderstorms might steal our team's thunder (har-har) but luckily the skies cleared, and Hopkins cycling was in for another great day. The Mens A, and Mens B/Womens A races went off at 8:45am. The Mens A did 60 miles, while everyone else did 42 miles. There were 2500 feet of climbing per loops on the "same old road race course". This time the feed zone was moved to the second hill, which made the first long climb a little lonelier than usual. The Mens B/Womens A race set out at a nice pace. Cliff went off the front at the beginning along with Hardy from Towson, not meaning to actually make a break. Things settled down and the real racing didn't begin until the first long climb. Half of the Womens A riders were pulled before the second 18-mile loop began, and were scored in that order. That was because a blistering pace was being set by Cliff and Cohee in the lead pack. As they made the final turn back down the stick of the lollipop-shaped course, Cohee was still in the lead group. The chief official almost didn't make it to the finish line in time to score the race. Because he didn't have a camera set up to record what was going to be a field sprint to the line, the official said there would be no talking or speaking allowed from the half-dozen spectators. Fortunately, he did make it in time to see Brian Cohee edge out the rest of the field and take FIRST PLACE in the RR by a wheel's length. To quote Brian after his victory; "No one is more surprised than me, I didn't see this

one coming!" Brian absolutely deserved this win to cap off his season. Over in the Mens A race, Nathan had an unfortunate flat, and was out of contention after that (flat count=6). Cliff was the leader of the "chase group" of three remaining after the field shattered. He rolled in for 17th place. Katie got 9th overall in her abbreviated RR. The climbing gods were not with Toby and Bloomer today, and, unfortunately, neither finished his race.

Next were the Womens B and Mens C races. Warming up, the ladies seemed like they were on a mission: nothing other than another 1,2,3 sweep would do it for them. The Mens C took off first for their 24-mile race. Termite, Smitty, and Jake were all feeling strong. Unfortunately, Jake's chances were ended early when he dropped off the pack due to a flat tire (flat count= 7). Smitty and Termite helped to set the pace out in front of their race. But after the first climb, on the decent, Smitty had an unfortunate run-in with the pavement. He kept riding though, bloody, jersey full of holes, but still smiling and toughing it out. Cliff, Cohee and I waited on the second climb to cheer the riders on. Brian was in need of some jogging, even after his RR victory, and kindly ran alongside half of the Hopkins riders as they finished the hill. Termite was still in the front of the pack, and would finish the race with them. We waited and waited for another Hopkins jersey... and finally Smitty rolled by. He had managed to steal a wheel from the wheel van, and finished strong. Next, we waited for the ladies. From the hill you could make out the

road a little ways down, finally, we saw a car with it's blinkers on, the lead vehicle. Then the moto-offical. The tension was building... who was going to be leading the race? Then, we saw it, blue helmet, blue jersey, it was a Hopkins lady. Five seconds later, another blue jersey... and then a third blue jersey. The ladies were 1,2,3! We didn't know how well they were doing, then, behind the third JHU girl, was a welcome sight: the wheel van with it's lights also blinking. This meant that the three JHU ladies were THE race, they were the protected group. We went nuts screaming at them! Jess was up the hill first and had a look of pure determination on her face. She had a small gap on Pmok and Lauren, but due to a previous verbal agreement, the girls had decided that the first one up the hill, if she had a gap, was to take the downhill and go all out for a win. Navy was about a minute and a half behind the JHU girls as they finished the climb. We watched the rest of the race from a car behind the wheel van, and what a finish it was. Jess was nowhere in sight, and Pmok and Lauren time-trialed it in for the next 7miles. Then, with one mile to go, and the finish within their reach, the wheel van pulled over behind Pmok, she had stopped with a dropped chain. Cliff tried to jump out of the car to help her, but we saw that the second moto-official was coming up behind us! The Navy girl was back in the game. Pmok got her chain back on, but we didn't know if she knew Navy was on the charge, Our car sprinted up 400 meters and Cohee jumped out to help Pmok. Our car continued down the next hill and saw that Jess's motorcade was just finishing the race! Lauren got second. Jess puked at the finish after her outstanding effort and the team congratulated her. Pmok held on for 3rd place. It was another ladies' sweep, 1,2,3. Termite finished his race in 13th place, still with the lead group, even after all that climbing. Smitty rolled across the line, war wounds and all, in 39th place.

That was the end of a great racing season for JHU! The team was second overall to ASU for the conference title. The As riders and As TTT all qualified for nationals.

Thanks to all of our sponsors, fans, friends, families, volunteers, and teammates!!! Without you all, none of this success would be possible!!

SUNDAY'S RESULTS

The Same Old Road Race

Team: 1st, Division 2

- Men's C
terMite - 13th
Smitty - 39th
Jake - DNF
- Men's B
Cliff - 17th
Cohee - 1st
Bloomer - DNF
- Men's A
Nathan - 8th
Toby - DNF
- Women's B
Jess - 1st
Lauren - 2nd
Pmok - 3rd
- Women's A
Katie Ross - 9th

West Virginia University Atlantic Coast Collegiate Cycling Conference Championships April 22-23, 2006

By: Katie Ross

MEDAL WINNERS

The following people received medals at conference for the championship races and the season overall:

•Men's B

Brain Cohee – 1st Place, Road Race

•Women's B

Priscilla Mok, 1st Place - Overall, 1st Place - Crit, 3rd Place - RR

Jess Chin, 2nd Place - Overall, 3rd Place - Crit, 1st Place - RR

Lauren Singer, 3rd Place - Overall, 2nd Place - Crit, 2nd Place - RR

•Women's A

Katie Ross, 3rd Place - Overall, 3rd Place - Crit



2005 - 2006 Johns Hopkins University Team Results

Even though individual results are important to the individual cyclist, the performance of the team as a whole decides whether a team qualifies for Nationals. This year, because of a rule change, only the points from team members who raced in the A category counted towards qualifying for Nationals. For us, a majority of our racers were new to the sport this year, making it difficult to accumulate A's points. However, by the end of the season, we placed 3rd in Nationals rankings for Division 2 in the ACCC, enough points to qualify for nationals! In total team points, we placed 2nd in our division!

William and Mary – 3rd

Navy Criterium – 1st

Navy Time Trial – 1st

Johns Hopkins University Road Race – 3rd

University of Maryland Criterium – 4th

North Carolina State Road Race – 3rd

North Carolina State Criterium – 3rd

Johns Hopkins University Criterium – 3rd

University of Maryland Road Race – 1st

Appalachian State University/Lees-McRae Team Time Trial – 1st

Appalachian State University/Lees-McRae – 2nd

Appalachian State University/Lees-McRae -- Criterium – 2nd

West Virginia University ACCC Conference Criterium – 2nd

West Virginia University ACCC Conference Road Race – 1st

West Virginia University ACCC Conference Team Time Trial – 2nd

2006 ACCC Division 2 Ranking: 2nd



{ Racer Spotlights }

Racer Spotlight: Brian Cohee

My name is Brian Cohee, and I am a newly avid bike racer.

It all came down to one narrow decision while packing up the Elkridge race, when I decided to blow off a day of studying and ride in the U-of-Maryland criterium the next morning. At that point, the racing season hadn't exactly rolled out the red carpet for me. In fact, I had yet to finish a race. In the William and Mary road race I had done well in bike gymnastics, executing a forward roll with grass-eating. That same day at Elkridge I had followed in Nathan's footsteps and got myself pulled for crossing the yellow line.

I was stubborn, of course, because I was a proud triathlete. I had assumed that I could start out competitive in the 'B' category based merely on my prior experience, racing collegiate triathlon as part of the West Point club team. On many occasions we had pounded the Army cycling team at practice, and so I was planning on being competitive right from the get-go.

That turned out to be far from the truth, because cycling is a much different sport than the grind-till-the-finish triathlon. It is also a type of competition that I am much less familiar with, having only swam and ran in the distant past. It still fascinates me that the difference between a good and mediocre day in cycling is the difference between placing high and finishing in the trail group. Only in cycling can you give it your all and get beaten badly, or win the same race with well-focused effortlessness. Triathlon was based entirely on reading yourself, while cycling was a sport of reading yourself, your competitors, and the dynamics of the group.

I decided to race because I needed an

outlet for the building frustrations of medical school. Cycling became a time for Lauren and I to spend together and not worry about the homework that awaited us at home. Also, I hoped for some friends who shared a different passion than science. But at the U-of-Maryland criterium I began to learn how to race as a team, and the thrill of the tight and furious cycling races. I quickly became hooked.

One of the most telling races of the ensuing season was the criterium that we hosted in Druid Hill Park. Not only did it showcase the organizational skills of the team, but their goofball character. In the B's race alone I witnessed: Cliff sitting out nursing some cranial damage, Pete Sergeant destroying the first 1k and then pulling out, Toby crashing on a wet turn only to get up and crash on the same turn a lap later, myself misunderstanding Bloomer's "This is a fast pace" as "let's set the pace" and totally burning myself out, and Nathan's ever-high-placing finish. Though I had long since been sold on the cycling team, every team member continued to impress me through the season.

To those who sponsor the cycling team, I want to say that your time and money go to an amazing group of people. Having been the captain of the West Point triathlon team, I believe that collegiate athletics is much more than the beginnings of lifetime fitness. These sports are the best character and leadership development environment that exists on any school campus. Douglas McArthur is frequently quoted at West Point as having said that, "Upon the fields of friendly strife are sown the seeds that upon other fields, on other days, will bear the fruits

of victory." While in life it is easy to "just get by," sports teach us how to put forward a full effort. To win in cycling you must develop and unify a team, with focused leadership and motivation. People compete against each other with every ounce, and teams that have not become well-oiled machines will not be able to stand the friction. This is the environment that prepares students, as cyclists and teammates, for future success and a life well-lived. I believe that the efforts of this team now create future leaders with education, fitness, and character both in cycling and in whatever careers they may undertake.

Thank you to all the generous sponsors and fans of the Hopkins cycling team. Your support goes a lot further than the brief time that we wear the Blue Jay Blue.

Yours in Sport,
Brian Cohee



Racer Spotlight: Priscilla Mok

The first time I ever saw a road bike was probably in my junior year. Until then, I had only thought bikes of the mountain variety existed. Actually, when I started high school my idea of exercise was huffing my way up and down the stairs to classes—I didn't do any sports. Then I started swimming and running for track and cross country, initially just to pass the 2.1 mile run test for 10th grade PE, but after many miles, I couldn't live without sports. However, while running, I was always plagued with shin splints, stress fractures and biomechanical issues that put too much stress in the wrong places. Every single time I stepped up to the start line, it was with fear and trepidation that I wouldn't be able to finish. I was told to try biking, but having not ridden one since I was knee-high, riding one around on the snaking, hilly roads teeming with reckless bus drivers, overbearing double-decker buses and hotshot luxury car owners near my home was out of the question.

I had a friend who had gotten into triathlon and consequently, he owned a skinny, twitchy time trial bike with aerobars on them and a Giant "training" road bike. After much cajoling, I finally agreed to try riding on said road bike in my school's garage. He owned Speedplay pedals and after what must've been 45 laps I still could not clip in. I stomped and jumped and kicked at the pedals and they would not obey. In addition, I ran that bike into a wall. I also swore. Loudly. This would be the end of my cycling days. I gave it a shot, and it just wasn't meant to be.

Fortunately, I decided I would give it one more try in college. I would own a bike and use it for general fitness purposes. When I first

arrived, I even joined the Crew team. When I finally did get a bike, it was on my birthday and it was at Joe's. At that point, all I was told was to buy a carbon bike because American roads were potholey. And perhaps one equipped for racing, just in case. I was shown a Trek and encouraged to give it a test ride. Feeling brave, I led it across the street and into some small parking lot, with my mom looking worriedly on. I did a few circles and thought hey, this isn't too bad. I felt really steady and safe on this bike (probably because it fit me, whilst that Giant did not) and even dared to ride out on the road a bit and go to Whole Foods. A few hours later I was the proud owner of my first road bike.

When Crew's 5 AM practices kicked in, I put the cycling thing on hold, using the bike solely as a clothes rack in my room. But after a while, I started riding again because I wanted to get away from campus. I started going to the cycling meetings. I wanted to know more about where to ride and find people to do it with. I was also added to the listserv, and I want to say thank you to all those of you on the team who posted super-duper easy rides... without those, people like me would've never come out with the team. On those rides, there was no pressure and I never felt intimidated because the pace really was Z1.

For two whole months I entertained the idea of doing both crew and cycling at once, even though I knew it wasn't possible since their seasons were both in the spring. I was reluctant to leave, however, because of the people I'd met and the work I put into adapting to such a demanding schedule. I even tried to train for both, rowing in the morning and riding in the

afternoon, but I just ended up burned out and tired for both sports. I knew I'd eventually have to pick one. So why did I make the switch?

First was that with cycling, I had complete control over my training. We were given training plans, but if I felt like I needed a recovery day, I would do exactly that. The other riders on the team also made me believe that I would feel as much camaraderie as what I'd experienced with crew, and that was evident in group rides, weekends away racing, and even off the bike. And finally, the most obvious reason of all was that it'd be a shame to use my new bike—bladed spokes and lightweight frame and all—just to get to class on time!

As the racing season loomed ever closer, I began to feel slightly nervous but also excited. I couldn't wait till I could casually drop in terms like "attacking" and "peloton" into my conversations whilst actually comprehending their meaning. Before racing, I couldn't fathom how you could work with someone on another team, each person busting their gut through wind and rain and have it all come down to the person with the best sprint. However as I had more races under my belt, er, spandex shorts, it all began to make sense. Not only the tactical parts, or the technical parts (like what a derailleur actually was), but also the not-so glamorous aspect, such as the reason for waking up at 5 even though your race is at 11, just to pin numbers on your teammates and fetch them water while they're warming up.

The highlight of the season, for me, was at the end of the road race for conference

championships. The Navy girl, who had been tailing Lauren, Jess and I all along and came in 4th place walked up to us and said: "I love racing with you guys. You just work so well as a team!" To have done so well as a team that our competitors enjoyed racing with us is a pretty tough thing to do, especially if you're making them suffer. Yet, I think this might not only apply to this one race, but the whole season and every category as well.

When I first joined, I was surprised at many members' commitment to aim for the conference championship and go to Nationals. And yet now I see that it's this commitment that drives attacks, keeps us pushing at it after crashes and flats, through rain and frost, and up and down hills and that... makes our team not one that's simply composed of people who happen to ride those two-wheelers, but also one that's a pleasure to race with.





{ Recognition }

Being recognized at a school where academics rank first and lacrosse second is not easy – Hopkins Cycling is a club sport, which means we are given limited funding. Students at Hopkins are always surprised to learn that Cycling is a club sport, especially with the amount of time and seriousness with which we train and the distances we travel during racing season. However, with the support of our sponsors and fans as well as recent success in the conference and nationally, we are able to

promote the club and increase the support of our community, which translates into growth of our organization. The News-Letter is the most widely read student produced newspaper on campus. The following article was printed in the Johns Hopkins News-Letter in the spring semester of 2006. Although it's not the most politically correct of cycling articles, we'll take all the promotion and recognition we can get, especially from our own institution and amongst our peers.

CLUC CYCLING PERFORMS WITH VARSITY INTENSITY



Junior cyclist Cliff Smoot navigates through a crowded field in the always tight U.S. Naval Academy Criterium in Annapolis.

By JASON FARBER
April 20, 2006

Because it's a sport that involves going upwards of 40 mph while balancing on two square inches of rubber, crashing is to cycling what fumbling is to football, what getting stuffed is to basketball, and what a ground ball between the legs is to baseball -- eventually, it happens to everyone.

The difference is, bikers don't spend all their time practicing how *not* to screw up. They acknowledge the inevitability of crashing, tumbling, losing skin and, more importantly, losing places in a race. The Hopkins cycling club even practices it.

"Every now and then we'll do grass rides where we work on cornering skills," junior Cliff Smoot, the club's director of racing, said. "We hit the corners hard and fast, and since you're on grass, nine out of ten times you'll go down. You learn how to tumble and how to prepare for a fall."

Smoot said that the workouts are also good because

they toughen him and his teammates up. Just in case the weekly practices at 7 a.m., the frigid winter training through ice and snow and the long rides of up to four hours every day aren't enough.

Sure, cycling isn't a glamorous sport. But that's not why people generally join the team.

"I love the team element, which most people don't even realize is there," club president Toby Weatherall, a sophomore, said. "Both in racing and training, you really get to know the guys you're riding with, and it's great to have that type of support when you're racing. It's great pushing yourself to the limit with the other guys and eventually seeing it pay off."

And, in recent years, all those cold mornings and long rides up to the Mason-Dixon Line have certainly paid off for the Hopkins cycling squad. The team won the Division II National Collegiate Cycling Championships in 2003 in the road race (a 40- to 70-mile road event) and team time trial, and in 2002, the team took home top honors in the criterium (a 30- to 60-minute sprint race on a short circuit).

Apparently, they're still waiting for their championship DVD.

"We'd all really like to be on a varsity cycling team, but even with that type of success, the school hasn't been interested," Smoot said.

(continued)

In truth, varsity college teams are a rarity. But according to team treasurer Jess Chin, a junior, the difference between being a club and a varsity team would represent a financial difference, not an emotional one.

"We do treat it as a really serious sport, especially because we've been doing so well," she said. "We have sponsors, and a lot of people who really do care about how the team does in the races. So we don't want to let people down."

Chin joined the team last year as a freshman when she was still a member of the cross country and track and field teams, and said that for the committed cyclers, the work ethic is comparable to that of a varsity team.

"There's definitely the same team feeling and a similar attitude toward the sport," she said. "Maybe it's harder to be that committed to a club sport just because nobody's waving that varsity title over your head. It's very difficult to build that from what we're given."

Obviously, the time commitment that being on a nationally competitive cycling demands is difficult to manage at a tough school like Hopkins. The core group of team members who attend every meeting and go to every race tends to hover around 15 to 20 dedicated riders.

"People are usually either really serious or they decide to pull out," Smoot said. "The rest of us give up every weekend from early February until late April spending every weekend racing at a different college. It's hard to get out of bed sometimes."

But for those who are able to pull off the covers and pull on the compression shorts every morning, the rewards of being on the team become pretty obvious.

"Within half an hour of biking north of the city it gets really nice, it's all backwoods and farm country," Smoot said. "You can be out there for three to four hours on a weekend ride. You completely forget about school, you forget about everything else that's bothering you."

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