



USA Cycling News

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Reminders:

- Schedules, course maps and profiles for the 2006 USA Cycling Road Festival are now available online at <http://www.7springs.com/bike/roadfestival.htm>.
- Registration for the Festival has also opened at www.sportsbaseonline.com. Sign up soon as slots are filling fast. The USAC Road Festival runs July 5-17, 2006 in Champion, Pa.
- USA Cycling News is seeking submissions for Letters to the CEO or questions for Ask the Mechanic. If you have a question for our CEO, Gerard Bisceglia, send it to jdolosreyes@usacycling.org.

Team named for Track World Championships

USA Cycling has announced the team that will represent the United States at the upcoming 2006 Union Cycliste Internationale Track Cycling World Championships April 13-16 in Bordeaux, France.

The United States has qualified for 14 start positions in this year's World Championships. Performances at the four World Cup events throughout the 2005-2006 season determined the number of slots allotted to each country.

The U.S. team is led by five members of the 2005 World Championship team (Gideon Massie, Christian Stahl, Bobby Lea, Jennie Reed and Becky Quinn) and should fare well with the notable additions of UCI World Cup standings runner-up Sarah Hammer (Southbay Wheelmen / Temecula, Calif.) and Pan American time trial champion Kristin Armstrong (TEAM Lipton / Boise, Idaho) on the women's side.

Hammer has been the U.S. team's top performer with four medals (three gold, one silver) in endurance events on the World Cup circuit this season. Hammer took last season off from racing.

Veterans Quinn (SPIKE / Quakertown, Pa.) and Reed (SPIKE / Kirkland, Wash.) have also produced strong performances this year.



Quinn took two silver medals in the World Cup in Los Angeles, Calif. - One in the points race and one in the scratch race. Reed also picked up two silver medals, but in the sprint and keirin at the World Cup in Sydney, Australia.

The men's side includes nine riders making their Track Cycling World Championships debut, including L.A. World Cup bronze medalist Michael Blatchford (SPIKE / Cypress, Calif.) and recent Tour de Normandie stage winner Brad Huff (TIAA-CREF / Fair Grove, Mo.).

For more information about the UCI Track Cycling World Championships, visit www.uci.ch.

U.S. Team

Men's Sprint

Stephen Alfred
Ben Barczewski
Michael Blatchford
Gideon Massie
Christian Stahl

Men's Endurance

Michael Friedman
Bobby Lea
Brad Huff
Chad Hartley
Danny Pate
Michael Creed
Taylor Tolleson

Women's Sprint

Jennie Reed

Women's Endurance

Sarah Hammer
Becky Quinn
Kristin Armstrong

***Visit www.usacycling.org and click on "Athlete Bios" for all of the updated biographies and photos of the members of this year's World Championship team.**

The Coaches' Corner: Reading Science, Part I

By Sam Callan
USA Cycling Science and
Education Manager

"The latest study shows..."
"Recent research suggests..."

How many times a day do you hear these statements on the news? It makes it difficult to decide what to do if you change your training habits based on what is reported everyday.

Some things to consider when hearing about the findings of a study:

-Consider the totality of the evidence from all studies. If the latest study goes against hundreds of others, consider the weight on each side of the equation. Think about it as if your favorite singer released a song that you did not like, but the singer's other songs you really like. Would you stop listening to that singer? Give science the same benefit of the doubt.

- Look at the subjects in the study to decide if the information is applicable to you. For instance, if the subjects were untrained and you train 10 hours per week, the findings may not be applicable.

- The duration of the study needs to be considered. It is possible that the study did not last long enough to show an effect. Many exercise studies last a relatively short period of time (8 to 12 weeks is common) and just might not have lasted long enough to show an effect.

- The "dose" used in the study may not have been large enough. The researchers will have to select an amount of training or an amount of a substance to be tested. It could be that the dose was too high or too low and the results are affected by the dosage chosen.

- Was there a control group? Many research studies will have at least two groups of subjects with one group receiving no treatment (or a placebo). This is done to see that the treatment has an effect or not. If there is no control group then it is possible that the treatment had no effect.

-Some studies will look at groups and not perform an intervention but will look at them retrospectively or observe what they do to see differences. For instance, researchers looking at Lon-

don bus drivers and conductors gave great insight into the effects of physical activity of overall health and mortality rates. The subjects were not told to do anything; the researchers merely observed what they did and the effects.

What does that mean? When it comes to training, it shows that in the end we are ultimately an experiment of one and that when it comes down to training, we have to try things to see what works for each of us. This does not mean to ignore science or the studies. It means that you need to be a critical consumer.



Sam Callan (above) oversees the USA Cycling Coaching Education department

Canadian university students ask for assistance in survey

Students in the marketing program at Sherbrooke University in Quebec, Canada are asking for USA Cycling members' assistance in a survey about the bike market in Canada and the United States.

The students have created an online portal for members to answer the brief, one-page survey about bike purchasing

habits. No personal information is collected and the students are not soliciting anything. Results from the survey will be used for an end-of-term project.

The survey can be found at:
<http://www.pichette.info/sondage>

Any assistance in answering the survey would be greatly appreciated.

For more information, or if you have questions about the survey, contact Julien Savard, BAA Marketing at 819-563-6680 or via email at Julien.Savard@usherbrooke.ca.

Visit
<http://www.pichette.info/sondage>
to complete the survey.

Cycling Psychology: Conquering Climbs

By Kristen Dieffenbach,
Ph.D., CC AAASP

Climbing requires endurance, core body strength, power, good form, a steady rhythm, and the right mindset. Most riders spend time developing all but the final component. When you only focus on the suffering you feel or dwell on the fact that climbing isn't your strength, you feed the "I think I can't" mindset. This negative, under-confident attitude undermines your physical abilities and creates a negative spiral of "I think I can't," "See I didn't" and "I wouldn't be able to next time either." Even the strongest athlete will not overcome something they do not believe they are capable of conquering, so learning to maintain a positive mindset can be an invaluable asset for conquering your mountains.

Developing a positive climbing mindset begins with an awareness of your attitude towards climbs. Do you get negative or frustrated? Do you berate yourself or dwell on what is going wrong? Do you tense up and struggle? How do you think this affects your ability to ride? If you recognize that what you think about impacts your ability to climb then you are ready to start doing something to

change it.

To begin, start small. Don't expect perfection or to conquer the problem in a single training session. Don't begin by trying to add the toughest climb in town into your training route and expect your attitude to change over night. Choose manageable targets and work your way up. Starting with hills you feel you can handle allows you to concentrate on practicing a good mental attitude that you can then use later when things get tough.

Next, you need to work on stopping the "Stinkin' Thinkin'" or negative and often self-deprecating things you say to yourself that hurt your confidence and your ability to perform. The best defense against these thoughts is (as they say) a good offense. Consider the types of negative thoughts you typically have when you are riding up hill. Prepare a few positive comebacks for each statement. For example, if you say "I can't ride hills, I never have been able to, who am I kidding," you might prepare countering statements like, "This is a challenge I can conquer if I try" or "The past doesn't have to be the future; that is why I train". Just be sure to keep your countering statements positive and construc-

tive. When you are training, listen to your internal dialogue carefully. As soon as a negative thought occurs, acknowledge it by mentally saying "Stop" and then replace it with a positive constructive thought. Make a concentrated effort to stop and counter all the Stinkin' Thinkin' before it has a chance to dominate your thoughts.

Lastly, changing your "I think I can't" thoughts and enhancing your up hill mindset requires practice, practice, and more practice. Making a conscious effort to practice these skills routinely in training will lead to strong positive competition skills. Becoming a strong climber won't happen over night and grades may never be your ideal choice of terrain but it is possible to improve your mountain mindset. Be aware, start small, practice staying positive, and savor the small victories. As you crest each peak, remind yourself "I knew I could" and set your sights on the next challenge down the road.

Kristen's next column will appear in the May edition of the USA Cycling News.



Kristen (above) has a doctorate in Sport and Exercise Science – Sport Psychology and teaches at Frostburg State University. She also provides performance excellence consulting and sport psychology education through her company Mountains, Marathons, & More.

www.sportpsychonline.com

NRC updates now available weekly at www.usacycling.org

As of March 15, USA Cycling will post weekly updates of the National Racing Calendar events and standings. The Calendar is in full swing at this time and points have been tabulated for the following events:

AMGEN Tour of California 1.1
McLane Pacific Downtown GP 1.5
McLane Pacific Downtown Road Race 1.5
Central Valley Classic 2.6.2

Weekly updates of the NRC can be found at <http://www.usacycling.org/nrc/>.

SCHEDULE OF EVENTS

- April 2: Tour of Flanders in Belgium
- April 3: Waitlist registration opens for USA Cycling Road Festival
- April 6-9: Sea Otter Classic in Monterey, Calif.
- April 13-16 UCI Track Cycling World Championships in Bordeaux, France
- April 18-23: Tour de Georgia

For results from these races, or to see how American pro riders are doing overseas, visit www.usacycling.org. For up-to-date results from the UCI ProTour, visit www.uciprotour.ch.

April 2006

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Valuable offers for USA Cycling members

Be sure to take advantage of some of these great benefits that you receive as a member of USA Cycling

Travel with partners...

Remember to fly **United** ~ As a USA Cycling Member you receive 2-10% discount off regular flights, an additional 5% off tickets issued 30 days or more prior to the flight and "Bikes Fly Free" vouchers so you can take your bike with you!

Go with **Hertz** and save ~ When renting a car, be sure to check out the great deals offered by Hertz Car Rental because as a USA Cycling member you will save up to 15% at participating locations

around the world.

Protect yourself...

Protect yourself 24-hours-a-day, seven days a week with the **Cyclist Protector Program** from **Adventure Advocates**. If you need accident medical insurance for you or your family, then check out the cost saving plans that you are entitled to as a USA Cycling member.

Get in the House...

Promote yourself and communicate with others by "getting in the House" with SponsorHouse.com. Be sure to visit this online community to help connect you or your team with your next sponsor.

Looking great...

Look great in **Habervision** sunglasses and save big! As a USA Cycling member you save 50% off sunglasses and other Habervision product by simply logging on to www.habervision.com and using the code **GD1068D**. Hurry, summers on its way!

For special codes required to redeem these offers, log into your My USA Cycling account at www.usacycling.org.

And be sure to always visit www.usacycling.org for the most up-to-date offers available to USA Cycling members.

Waitlist registration for Road Festival



U23 National Team member Steven Cozza in last year's National Festival. (Photo by Casey B. Gibson)

Due to an overwhelming interest in the 2006 USA Cycling National Festival at Seven Springs, USA Cycling will institute a waitlist policy to accommodate riders wishing to participate in fields that have reached capacity.

The maximum field size is 125 riders for road races and 100 for criteriums. Several fields have already been filled.

Competitors can register on a waiting list beginning at 3:00am EST on Monday, April 3 by visiting www.sportsbaseonline.com.

To better accommodate riders on the waitlist, riders who

are already registered are asked to contact Sports Base Online immediately if they are unable to attend or circumstances arise that prevent them from competing as planned.

The waitlist will be open until June 1 and will be available on a first-come, first-serve basis.

*Please note, registering for a waitlist DOES NOT guarantee entry into an event.

Schedules, course maps and profiles for the 2006 USA Cycling Road Festival are now available online at <http://www.7springs.com/bike/roadfestival.htm>.

U23 Team on a roll

The U.S. National Under-23 Team is off-and-running in its spring season with the road team busy in Europe and the mountain bike team starting its season the first week of April in Curacao.

All of the bios, calendars and photos of U23 members are

updated and can be found at <http://www.usacycling.org/u23/>.

Team members are also busy sending their Rider Diaries almost daily. These diaries are posted regularly on the U23 page at www.usacycling.org. Also

look for links to Rider Blogs coming soon.

Visit www.usacycling.org/u23/ regularly for updated information on how the guys are doing!

Mark Reynolds Bike Fund gives bikes to youth

USAC members will recall the tragic mountain lion attack that took the life of NORBA member Mark J. Reynolds near Mission Viejo, Calif. in 2004.

Mark's greatest joy in life was purchasing bikes for local churches to give to children during the holiday season.

That's why the Mark Reynolds Bike Fund was created and proudly donated more

than \$12,000 in "First Bikes" to less fortunate children in California, Missouri, Illinois, Pennsylvania in December.

The Mark Reynolds Bike Fund has also donated adapted bikes to special needs children in conjunction with Special Olympics and United Cere-



bral Palsy foundations in St. Joseph, Mo. and the Helen Davis State School.

Communities are invited to participate in our "First Bikes" Foundation. For more information, call (816) 233-0163 or visit them on the Web at www.markreynoldsfund.org

USA Cycling launches new Cyclocross Categories in 2006



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To submit a story or photo for publication, or to ask the CEO or mechanics a question, please send your submission to:

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Stories and photos submitted electronically are preferred. Submissions should be sent in Microsoft Word format and be between 100-250 words. Please list the name of all photographers and provide a caption for all photographs. Hard copies of photos or stories will not be returned. All stories or questions must be received by April 20 for the next issue.

Those of you who have already purchased your 2006 license will have noticed that as of this season, you have a cyclocross category. Due to the growing popularity of cyclocross in the United States and the need to recognize the unique skill sets demonstrated by cyclocross riders, USA Cycling decided to split cyclocross categories from the general road category. This change shows up on your licenses now, and will take effect for the 2006 cyclocross season beginning in September. This will accompany a trend where races will no longer be run as self-selected A, B, or C, and will instead be combinations of numbered categories.

In this first year of transition, a rider's cyclocross category was initially determined by using either the USCF road category or the NORBA XC category per the table below:

USCF Road	NORBA XC Category	Cyclocross Category
1 or Pro	Pro	1
2	Semi-Pro	2
3	Expert	3
4	Sport	4
5	Beginner	4

All first year riders will start out as Category 4. Once a rider is categorized in cyclocross, he or she advances in category by obtaining points similar to the way road upgrades work:

USCF Cyclocross Upgrades

- 4-3: Need 20 points in any 12-month period; or experience in 25 qualifying races with a minimum of 10 top-ten finishes. 30 points in 12 months is an automatic upgrade.
- 3-2: Need 25 points in any 12-month period. 40 points in 12 months is an automatic upgrade.
- 2-1: Need 25 points in any 12-month period. 40 points in 12 months is an automatic upgrade.

Qualifying races for each category:

Category	Class	Duration	Field	Points Awarded
4-3	Men	30 min	20	10-7-5-4-3-2-1
	Women	30 min	10	7-5-3-2-1
	Junior	30 min	10	7-5-3-2-1
3-2	Men	40 min	30	10-8-7-6-5-4-3-2-1
	Women	30 min	20	10-7-5-4-3-2-1
2-1	Men	60 min	30	10-8-7-6-5-4-3-2-1
	Women	40 min	20	10-7-5-4-3-2-1

Any rider who feels that his or her initial categorization in cyclocross was not appropriate may petition the local association or regional coordinator for a change in category. This can be done most efficiently by requesting the upgrade or downgrade online and providing documentation that shows why the category change is warranted.