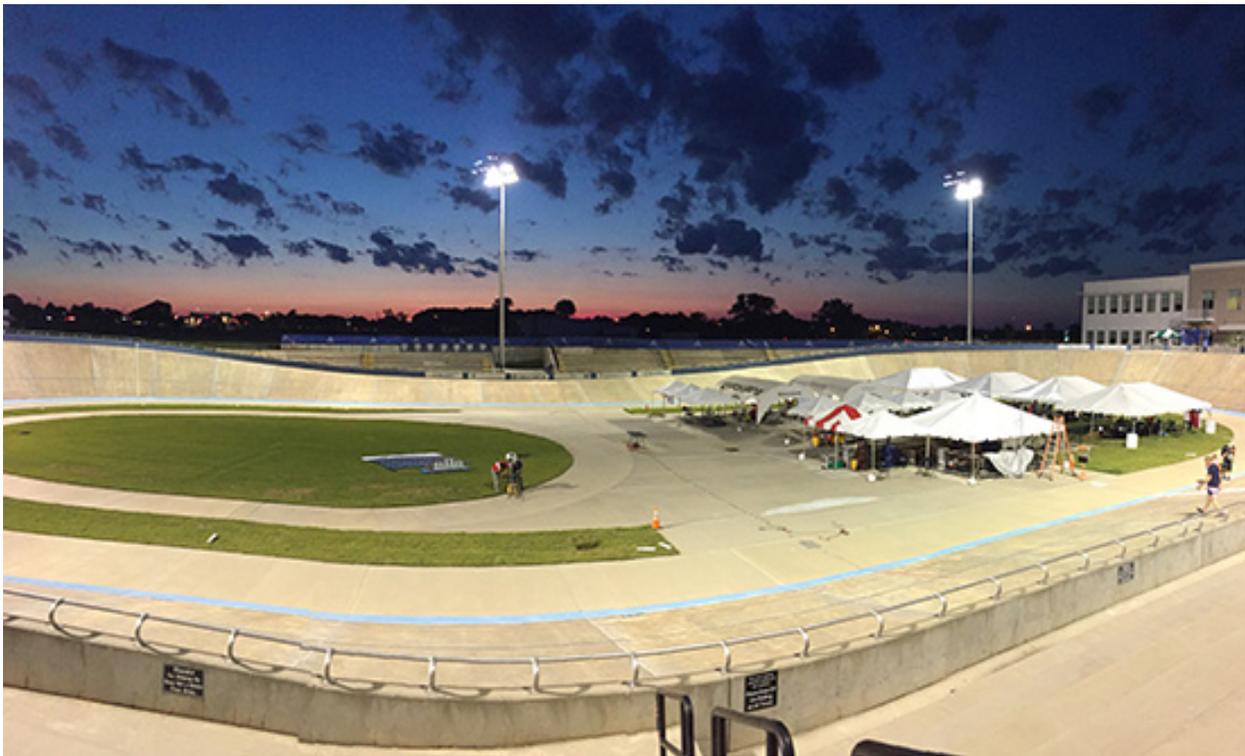


I have been training all year for the 2017 Masters National Track Championships at the Giordana Velodrome in Rock Hill, SC. This track is a world class 250m facility. It's one of the nicest in the US and has hosted several national championship races since it was built in 2012. My goals were pretty simple-to have fun and try my hardest. Individual events have become my preferred races over the last year versus the mass start track events like a scratch race or points race.

Tuesday, June 27

I did the 2km Individual Pursuit. Sometimes last-minute changes to a program can throw a racer off track I made the decision to do the IP instead of the scratch race. It was a good one. I set a personal best and came in 4th, which put me on the podium. The weather was perfect and not too hot.



Wednesday June 28

Wednesday was the Sprint Tournament for my age group. In the morning there is a 200m Time Trial that qualifies and seeds racers for the 2-Up (2 riders) Match Sprints that are held in the evening. I qualified 4th. I'm much better at the 200m TT on my home track, which is the Dick Lane Velodrome in Atlanta. I don't have much experience on a 250m track, and the lines are a lot different.

I was up against last year's National Champion in the first round since I qualified 4th. The plan was for me to put in a good race even though the chances of me beating her were pretty low. She won both rounds. For the bronze medal, I was up against a rider that I have raced a few times before. I rode the 3 laps as hard as I could, and my legs were cramping and shaking for hours when I finished. It might only be 750 meters, but I challenge anyone to come train for Sprints.

It's eye opening how hard track racing can be. I feel elated with my effort this year in the sprints. I was on the podium in 4th again.



Thursday and Friday were off days for my age group. I did some recovery riding on the road with my adopted California track family. The weather turned really hot, so that may have been an advantage to those of us livening the south and used to the heat.

Saturday, July 1

Saturday was the 500 meter time trial, which should have been my best event. I woke up with a migraine that left me with severe head pain and nauseated. I barely crawled out of bed to make it to the track. I'll leave it at the time was 2.5 seconds faster than the National Championships last year despite me feeling horrible. I spent most of the rest of the day in bed.

Sunday, July 2

I teamed up with Olga Weeks of Performance Cycle Coaching to do the Women's 35+ Team Sprint. The TS is a race against the clock (timed event). It is a 2 lap sprint where one rider leads, and the second rider gets on her wheel as soon as she can after the start. They both race the first lap. The leading rider swings up track to the right before the finish line, and the second rider races the second lap as fast as she can solo. The winning team is the one with the fastest time. One interesting thing about the TS is that an older rider can race "down" to a younger age category. This is not possible with individual events on the track. Olga was in the 45+ age group, and I'm in the 35+. We had to race in the 35+ category. Olga and I were the Cycle Femmes. For Team events riders choose names like you would for a 6 hour mountain bike team or something similar. If racers are from the same team they may use their real team name like "Joe's Bike Shop Team". If not, names can be serious, cute, or funny. The best name may have been "Random Old Guys", which was a composite team of 2 Atlanta racers and 2 random guys that joined them after they needed to find 2 others to do the Team Pursuit with.

I've only done one Team Sprint this year at my home track, and Olga had not done one all year. We were not sure what to expect. We talked it through over a few days and came up with a game plan. She would go first, and I would be second. She is a little faster at the start than me. We executed to perfection! Many people told us our exchange was the best of all of the women's teams! We were fast enough for 5th place out of a very competitive field.

Video:

http://sadlebred.com/images/2017/Videos/Trish_Olga_Sprint.mov

Overall I came home with 3 medals in 4 events and 3 personal records in timed events. It was a very successful Masters Track National Championships!



