

Sprint Tournament and Challenge **June 14, 2008**

Saturday was a typical early summer day at Hellyer, with temperatures in the mid-80's with a light breeze. Fourteen riders turned out and they got to do plenty of good sprinting with about 20-25 minutes between sprints, which is near perfect. We started off with a 20-minute discussion about sprint tactics and then riders were matched up according to their estimated 200m times. Most of the riders hung out together under three tents and there was a continuous sharing of ideas about sprinting.

Allen Vugrincic was clearly the fastest of the day, but one of the most interesting matches was between Kelly Silberberg and his wife, Lorraine Jarvis. Lorraine is new to sprinting, but she used good tactics to keep the race close all the way to the line before letting Kelly win by a few feet. Balance was restored twenty minutes later when Beth Newell got to the finish line a half wheel before Kelly.

Thanks to the riders for coming out, to Tim Montagne for helping me throughout the event and holding riders in every heat, and also to Carlos Johnson, who got in some light strength training by holding most of the other riders.

-Warren

Round 1

Allen Vugrincic def. Chris Tanner
Derek Dixon def. Alex Millar
Mark Rodamaker def. Peter Sue
Annabell Holland def. Beth Newell
David Allen def. Kelly Silberberg
Lorraine Jarvis def. Mike Macdonald
Stephanie Hseih def. Alicia Arnold

Round 2

Allen Vugrincic def. Derek Dixon
Alex Millar def. Chris Tanner
Peter Sue def. Mark Rodamaker
Annabell Holland def. Beth Newell
Kelly Silberberg def. Lorraine Jarvis
David Allen def. Mike Macdonald
Alicia Arnold def. Stephanie Hseih

Round 3

Allen Vugrincic def. Mark Rodamaker

Chris Tanner def. Peter Sue and Alex Millar
David Allen def. Annabell Holland
Beth Newell def. Kelly Silberberg
Lorraine Jarvis def. Stephanie Hseih
Mike Macdonald def. Alicia Arnold

Round 4

Mark Rodamaker def. Beth Newell
David Allen def. Chris Tanner
Lorraine Jarvis def. Stephanie Hseih