

Team Report

September 18, 2007 / No 4

Fulton Flyers Development Team Update / Dedicated to Young Cyclists in Georgia



Fall is in the Air!

What a year so far for the team! As Atlanta finally moves out of the record heat of August, we enter the final road races of the season. The first cool mornings of September herald the coming of 'cross season!

Two important events are fast approaching, both co-sponsored by the Fulton Flyers at the Dick Lane Velodrome September 21-22. Friday night is the "Need for Speed" Sprint Tournament with the "Festival of Speed" finale is Saturday evening. Full details at www.dicklanevelodrome.com

In 2008 the team continues to focus on developing young cyclists. Our Junior Men's Team is growing with new riders and staff, and Devo Women will expand their track racing to include Nationals.

We are also working to add an Elite Men U23 team. It will focus on Category 1 and 2 riders with a proven track record in national events, and is the next step in our "farm team" development model. Our success depends greatly on securing a Title Sponsor that can take advantage of this exciting marketing opportunity.

As we wrap up the 2007 road season, the Fulton Flyers want to take this time to thank all of our sponsors. Many of you have developed a personal connection with the team. A special thanks to Land Rover Gwinnett and Hennessy Automobile Companies for three great years as co-title sponsor – see the Team Red article on page 2 for more information on this great group of folks.

Race Report

Christian Parrett spent three weeks in September racing with the U.S. National Team in Belgium. Part of an eight man squad, Christian placed in the top 10 in several events, as well as playing a significant role in the team's overall success. Christian returned home in Macon just this week, so look for a full report on our website this week!



Christian Parrett



Ann Turner

Dahlonega Georgia Cup

Three very tough stages in the mountains of north Georgia! The race opened with a 7km time trial up Blood Mountain, with Christian Parrett and Oscar Clark placing 8th and 14th, respectively. The Black Mountain stage featured the very steep R Ranch Road. Oscar rode aggressively to a fine 5th after moving away in a small breakaway.

The queen stage loomed large on Sunday morning, as Ann Turner showed her climbing prowess, taking the QOM prize and second place. In his first Pro-1-2 event, Thom Shaffer rode most of the "big boys" off his wheel with an outstanding 11th.

Race Report (continued)

River Gorge Omnium (Chattanooga, TN)

The premier stage of this event features a 3.5 mile climb to the finish on Raccoon Mountain – a low gear grind with frequent grade changes. Ann Turner showed the power-to-weight that makes her the one of the best U23 ladies in the nation, and rode away for a solo victory. Gillis Rowston followed in 20th, with Rose Mauney placing 11th in Women 4. Ann was our only entry in the Omnium, and won it convincingly with 4th in the Time Trial and a spectacular sprint victory in the Criterium.

Pepper Criterium (Birmingham, AL)

Taking advantage of a Women Cat 3-4 race, Gillis Rowston and Elizabeth Lee attacked this late season Criterium to place 9th and 15th. Elizabeth also faced off with the Junior Men to place 6th in the Open Juniors event.

Grant Park and Buckhead Finale Georgia Cup Criteriums

Ann Turner once again took on the best women in the southeast solo, this time taking 3rd and 5th. Her resolve and determination this season against superior odds left quite an impression, and she is now being courted by several professional teams. Kyle Cochran raced a huge field of Elite Men, finishing 21st and 20th, with Brian Ceballos 29th and 50th. Oscar Clark placed 18th and 13th in very demanding Pro-1-2 races filled with the best professionals in the southeast. A very exciting end to the Georgia Cup for 2007!

Team Red

Team Red is comprised of three Land Rover Gwinnett associates (Melvin Hodges, Michael White, and Jeff DeWeese) and Leslie Paulson. On September 8-9 they joined over 1,000 cyclists to ride 150 miles as part of the Cox MS 150 Atlanta Challenge to bring awareness to Multiple Sclerosis. Thanks to all of you who have supported their efforts.

The team needs your help in meeting their \$5,000 goal to help those with MS. You can contribute through December at: http://www.nationalmssociety.org/site/TR?team_id=88415&pg=team&fr_id=6270&et=OIObaGzffQpzLABD6kLzQ..&s_tafld=14271.

If you are in the market for a great vehicle, drop by Land Rover Gwinnett at 3423 Old Norcross Rd in Duluth, or call them at (770) 680-5000. Jeremy Hartzler, Mary Cromer or Melvin Hodges will be glad to help you, as will Centre Manager Steve Beizer.

See them online at: www.landrovergwinnett.com



Melvin, Michael, Leslie and Jeff

Rider Profile / **Gillis Rowston**

Gillis started racing with the Fulton Flyers summer of 2005. Now racing age 19, she made a huge jump in fitness this year, and can look back with pride at this season. Highlights are winning two races and moving up to Category 3.

FF > What perked your interest in bicycle racing?

GR > I watched the Rome stage of the Tour de Georgia two years ago, and it was such an energetic event. Everyone was going crazy with Lance there! So, cycling started out as a curiosity, and gradually I became more interested.

FF > You become quite a force in Category 4 women's races this year. What changed?

GR > I was getting my butt kicked and it was embarrassing! I had to give it my all or give up. I almost tripled my training volume and intensity. This year I was able to make some women suffer. Racing is a lot more enjoyable when you are competitive.

FF > What are your favorite type events?

GR > I enjoy all types of races. My favorites are road races and hilly courses - depending on with whom I'm racing. With the pro-am women definitely the shortest and flattest race possible!

FF > What do you like about racing with the Fulton Flyers Development Team?

GR > It is nice racing with people my age, especially other women. It is nice having great sponsors, as cycling is an expensive sport.

FF > How do the Pro-Am races compare to Cat 4 Women events?

GR > Noticeable differences in accelerations, aggression, and tactics. As a Cat 4 I raced a lot of Pro-Am events so there were no real surprises. I look forward to new challenges with the big girls.

FF > Do you follow Pro Women's racing? Do you have a "favorite" rider as a role model?

GR > I hate to say this, but I don't really follow women's racing. I follow pro men a bit - they are more fun to look at! A few local women give me advice that has really helped.

FF > Any plans for collegiate racing?

GR > Hopefully! It really depends on the school I attend spring session. It looks like a lot of fun and good experience.

FF > Well, we have certainly enjoyed seeing you develop, and congratulations on a great year! We look forward to seeing you at the races next spring!



Gillis Rowston

Rider Profile / Oscar Clark

Oscar started racing with the Fulton Flyers Development Team fall 2004, and is entering his fourth season of cyclo-cross. He can look back with pride at a great Junior career, with 7th at 2006 Elite Junior 'Cross Nationals and 9th in the road race at 2007 Road Nationals. He plans to contest U23 and Collegiate titles at U.S. 'Cross Nationals.

FF > How did you get into bicycle racing?

OC > I always loved to ride mountain bikes as a kid, did a few mountain bike races, so decided to try out 'cross. In my first 'cross season I met the Fulton Flyers coach Lamar Mauney, and he convinced me to road race as well.

FF > Are you taking on the Georgia Cross Series for the fourth season?

OC > I am focused on UCI events this season, and all the Georgia races I can fit in.

FF > Outside of 'cross, what are your favorite type events?

OC > In road racing I do everything pretty well. I like hard races and technical courses where small groups work. This year I really enjoyed the track. But, I really like 'cross.

FF > Quite a great ride at Nationals road race. You and Christian Parrett (also a Flyer) seemed really confident, and placed 6th and 9th, respectively, out of 150 riders.

OC > I felt I rode well. I was more confident on the last climb, but Christian had plenty coming off 4th in the TT.

FF > After Nationals, you were part of the U.S. Southeastern Team at the Tour de l'Abitibi. How was it racing 9 events over 7 days with 150 of the world's best juniors?

OC > Crazy racing! So many things were hard about it - multiple days and very high intensity. You had to be totally mentally present at all times, watching for crashes, attacks, potholes...very taxing mentally.

FF > Do you plan to start collegiate racing with Georgia State this year?

OC > Yes! Some mountain bike races this fall. I want to go to Collegiate Road Nationals. Thomas Brown, a Flyers alum, got 5th last year - I want to beat that to hold the team record. Also, top 5 at a National Championship means you are 'All American'.

FF > What do you like about racing with the Fulton Flyers Development Team?

OC > Racing with team mates is always better, especially when you are friends. Support from the team made it possible to get to tons of races.

FF > What advice do you have for aspiring young cyclists around the age of 15?

OC > Don't be rude, and talk to Lamar.

FF > Thanks for your time, and congratulations on three great years in the Junior ranks. We look forward to seeing you at the front of 'cross races this fall!



Oscar Clark

Odds & Ends

InterContinental – Holiday Inn Express – support the team by making InterContinental Hotels (ICH) your hotels of choice, particularly Holiday Inn Express! By starting your online reservation from our website the team receives a commission – no cost to you! See the ICH links at www.fultonflyerscycling.org – and support the team in this unique and unlimited sponsorship!

Collegiate Racing – Carla Swart placed 6th in Match Sprints at the Collegiate Track Nationals in San Diego week of September 10. She also placed 11th in the Points Race and 15th in the Pursuit.

BLUE Competition Cycles – I was given a sneak preview of 2008 models. Lots of functional upgrades, a new model or two, and knock-your-socks-off paint and graphics! A full report next update - for now I am sworn to secrecy!

Website Highlights – Be sure to check our website frequently at www.fultonflyerscycling.org - we are working hard to keep our website updated. Please let us know how we can improve!

Alumni Report – Jafer Beizer overcame mechanical problems and fatigue to take 5th at the Conyers 6 Hour Endurance MT race September 8, and plans to tackle the 12 Hour of Dauset September 22. Thomas Brown placed 1st in the Winston-Salem (NC) NRC Cat 2 Criterium, and 27th in the Atlanta 100k Pro field Labor Day. Thomas is attending university in Italy this fall.

Next Update:

Elite Men U23 Team Update

2008 Sponsor Updates

Results from the Sprint Tournament & Festival of Speed

Sponsor highlights – Blue Competition Cycles new products report