

## Sunset Crit

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Today was my official last road race of the year - the Sunset Criterium. I really like crits, but I haven't been able to do any this year for one reason or another.

This was the most convenient race venue I've ever been to - just one mile from my house! I rode over, signed up, took some practice laps, then went home and finished getting dressed. Luxury.

The course was pretty crazy, and I always like crazy. There was a 180 degree hairpin turn at the bottom of a hill -- two things I don't like in a crit are 180s and hills. I was a little concerned at first, but it turned out to be pretty fun.

I was off the front for a very long time. Teammate Richie Suditu was back in the pack helping keep them at bay. I thought I might hold it to the end, but then I started having troubles with side aches and what not. I got caught with 5 to go. I put in one final bridge/break to pull Richie into a good finishing position, and then I was cooked on that climb. I had to sit up and spin in to finish well behind the winner.

Still, the crowd clapped for me when I came across the line, for all the time I spent off the front. That was nice. For my efforts on the breakaway, I won a prime of a HUGE 3kg energy drink mix. It's really big...

Thanks to **Sunset Cycles** and **Cycle One** for putting on this race. It was really well run.

No more road racing. Time for cyclocross!



*This is what 3kg of energy drink looks like*