



Atomic Blast



March 15, 2007

Volume 1, Number 2

Meeting:

Thursday,
March 22nd at
5:30 PM

Where:
Southeast
Community
Blood Center
on Riggins
Road

Everyone Attend!

Distribute
Team
Clothing and
Take Team
Picture

Reports on
Recent
Activities

Web-links:

[Capital City
Cyclists](#)

[Sunshine
Cycles](#)

[Atomic Race
Team](#)

Race Results

From the Chair: Paul McManus

The Leadership and Committee members have been busy this last month making preparations for the race weekend and seeking out new sponsors.

Jim Smart has volunteered to be Race Coordinator and Marti Aparicio has agreed to run registration, if he can get the time off work that is. Tim Molyneaux will be our promoter again this year. Kristen, Mandi, Anne and Jessica have agreed to dominate in the women's race and make sure that very little of our money gets paid out to other women's teams!

This year's race will be an omnium. A short time trial on Saturday will act as a prologue to the criterium later that same day and the road race on Sunday. Projected cost for the race, including payouts is approaching \$20K, so we are seeking sponsors to donate prize money for individual races.

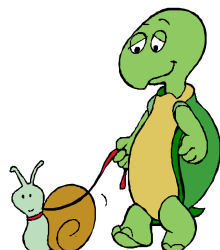
Keith Brayman has been spearheading our sponsorship efforts and doing a great job at it. Our goal this year is to get all the payout money donated (approximately 14k). If we can meet that goal then next year we should be able to make great strides towards making Atomic one of Florida's premier teams and put on a race that rivals those of Spin City and Jacksonville. We'll discuss this in detail at the team meeting on the 22nd.

Treasurer's Report: Jim Smart

The clothes are due to be shipped on Thursday. They will be here next Tuesday and handed out next Thursday at the team meeting. I'll send out an email when they are shipped. Anyone who needs their clothing before Thursday can contact me and make arrangements to pick it up. Out-of-towners can also contact me to make arrangements, most likely picking them up at the Spin City race.

The junior wheel-sets have been ordered. Big thanks to Tom Gillis for arranging this and Sunshine Cycles for helping us to get a great deal on wheels that will really help our juniors be competitive. We are next looking to get a couple of logo tents for races and such. If you have any connections that would help

Start Slow. . .



Remember our commitment to not attack before reaching Whitehouse Landing on the Saturday Chaires Ride. This allows an opportunity for folks to chat and also gives the faster riders time to move to the front so we don't scare or annoy anyone by speeding by them once the pace picks up.

Volunteer!

March 24,
2007

- Red Hills Triathlon

March 24-25,
2007

- FSU Collegiate Race Weekend

March 30,
2007

- WFSU Fundraiser

Membership Update: Kristen Bowers

Atomic currently has 13 junior members and 33 senior members, including 5 women.

Please welcome Brian Bowden, 13, to the Atomic Juniors' program. Brian has experience in competitive running and swimming. We look forward to seeing him at the Chaires ride sometime soon.

As some of you remember, our old website had links to team members' bios and results accompanied by a photo. So, we'd like to add that feature back to the website. All team members will have a chance to provide bio/results for the webpage at the next team meeting. We'll also take a team photo as well as individual photos.

I've been checking into prices for team baseball hats for wearing post-race. I also think hats would be a great way for parents/friends/spouses of Atomic members to find each other at races.

I will let everyone know when I have a final price.

Junior Squad: Tom Gillis

The jr's have now competed in 2 races: Dan's practice crit and the UF crit. We've been scattered off the back with the exception of veterans Cody Johnson (3rd pl 17-18 UF) and Kellen Denny. But, the new guys are riding with good group skills and we have avoided crashes.



We have ramped up the intensity significantly with the addition of practice crits and group rides. So I think we'll at least move up to pack finishes for our next race Spin City in Orlando 3/24 and 25. We'll also be using stationary trainers and racing wheel-sets provided through the generosity of our sponsors, especially CCC, Havana Ford and Sunshine cycles.

Tip of the Week



Pull Through Please. We've all seen it... some guy gasping for breath halfway up a climb on the Chaires ride, hung out to dry because someone wouldn't pull through. Next the pack slows way down because no one will rotate and then some newbie who's been sitting in for 25 miles attacks (or was that Chris Marino!?) and the pack swarms around the exhausted rider who then gets shelled out the back, and then probably goes home and gets on tal-rides to trash Atomic. With all the experienced and talented riders on the team it's a shame that the best training ride of the week often dissolves into a Cat 5 race.

As a team shouldn't we be encouraging and teaching good riding techniques, including proper pace line and rotation? Let's talk to each other out there and help teach our tri-athlete friends and new strong riders pull through and more importantly how to rotate back in at the end of the line!