

## 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