

My name is Brad Saunders, I was selected to carry out my own lead out project this year with the idea of running a criterium race for the local ski club in Red Deer (Red Deer Nordic). When I first pitched the idea to Red Deer Nordic, it seemed as though i was going to have a lot of interest and racers coming lining up to go head to head. As the date got closer more and more people went on vacation and were unable to come, the race went from 15+ racers down to 3-5 racers. I became stressed out when I found out I only had 3-5 racers signed up with less then a week to go before the planned date. I emailed Dave a purposed a new plan. The new plan was to take the handful of athletes that came out and do a few laps of the crit course i had set up, do a short time trial, and finally to go for a road ride and have a sprint finish at the end.



August 23rd arrived and I was in the parking lot waiting for athletes to show up. We Started our ride with laps of the crit course, I showed them how to take corners, sprint techniques and how to draft and hold a wheel. After 5 or 6 laps we started to ride the course more aggressively, taking the corners with speed, practicing the drafting, and sprinting out of the last corner. After that we went for a tour around parts of the woody's triathlon course. During our ride we were passed by the Australian national triathlon team who is in Red Deer preparing for

the World Triathlon Championships in a few days time. When the Aussies passed our small group it really gave them an idea of how close the riders stick to each others wheel. During our ride we encountered 2 long climbs and descents as well as an uphill sprint to finish off the days ride.

The 2 athletes and coach that came riding all had a blast while we were racing around the crit course, pounding over top of the hills, and flying down the descents. I now have a new found respect for race organizers as I realize just how hard it is to deal with the city to try and get permits to race, find a safe course that is fun to ride, finding athletes that want to come race and finally ensuring that the race is fun and that there is interest to have another race.

