



Issue #2 Spring/Summer 08

Sorella Spotlight

Tulsa Tough Weekend

by Sarah Crawford

As part of the National Race Calendar (NRC), the weekend in Tulsa was going to be a tough couple of races for Kirsten in the Pro 1, 2 category. These races draw the most competitive cycling teams from all over the U.S. and this weekend would be a great way to see how Sorella stacked up against the powerhouses of the cycling community. The weekend for me (in the 3, 4 category) would also be a big challenge. These very powerful cycling teams have development teams with some very talented and fast young riders that would test me to my limits as well.

Friday night's criterium called the Blue Dome crit was a fantastic course—8 turns that run through the downtown part of the Blue Dome district, well-known for its live music, fantastic food, and atmosphere. Picture a figure 8, streets lined with spectators, a party bus, a stage with a band, and dusk – there you have it! Kirsten was our lone Sorella in a field of the very best. The crit was 50 minutes of leg pounding, chest wrenching racing. Kirsten did a fantastic job of finding good positioning throughout the 8 turns and was able to move around in the group during the race. The last lap was called and the tempo kicked up another 10 notches! The racers were strung out into a single line as they came flying around the last turn and then everyone was out of their saddle sprinting for the line. Kirsten had a great final jump and sprint and crossed the line in 11th place!

Saturday morning's course ran through the historic Brady Arts District. The course had 6 turns with a slight climb and a screaming downhill into a left hand turn onto a perfectly straight and flat road were the final sprint for the finish would take place. This course was by far one of the best I have ever ridden. Newly paved road with wide open turns! However, the



sudden appearance of dark clouds, thunder and lightning put the Cat3/4 race in jeopardy, and the event was postponed as the clouds unloaded rain—soon the streets were completely flooded. The wheels from the pit were floating down the street, most of the tents had collapsed from the weight of the water, and street curbs were submerged! After 30 minutes of rain, the officials said the races would start in 20 minutes – there was standing water still on the streets along with mud and rocks in the corners. However, the race organizers were on the course sweeping the turns and pushing water from the course and just 30 minutes later my race finally started in chaos. I got to the line late and had to weave my way through about 20 women to see the lead ladies out ahead. I was able to catch the lead group and found out later we shelled about ¾ of the starting group. The streets were still wet and there were slide-outs in the turns and lots of bumping. I was lucky and did not go down. As the race went on, the sun was out in full force drying the roads and the final lap was called for my 30 minute race. The downhill with the sweeping left hand turn was ultra fast this last time around and I sprinted for the line and placed 11th!

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Sorella Cycling's mission is to foster a supportive and open environment for women of all ages and abilities to ride their bicycles for fitness, recreation and racing. Our founding members are a group of talented women, both on and off our bicycles, who want to support and promote community in a women's cycling club. Our veteran riders and racers conduct women's cycling clinics including skills, safety, and maintenance and provide mentoring to our members. Members participate in several weekly group rides, frequent road and mountain bike races, and community service events.

Visit us at our new url!
www.sorellacycling.org



Mountain Team Race Results

Dirty Spokes Productions 6 Hour Mountain

Bike Race Series #1 - Oconee, GA (3/15/08)			
Tarrah MacBeth	2 person co-ed	3rd	
Norma Rainwater	6 hour Solo	2nd	
Pam Jenkins	6 hour Solo	5th	
Anne Ledbetter/ Sunny Sandidge	2 person female	2nd	

Georgia State Championship (GSC) Series #1 Macon, GA (3/30/08)

Gwyneth Lodge	Beginner	1st	
Loretta Simpson	Expert	1st	
Norma Rainwater	Expert	5th	
Sunny Sandidge	Sport	5th	

South Eastern Regional Championship Series (SERC) #2 - Bryson City, NC (4/6/08)

Jen Horn	Sport Women 30+	2nd	
Tiff Ballew	Sport Women 30+	1st	

GSC Series #2 - Columbus, GA (4/12/08)

Bren Morawa	Beginner Women	1st	
Gwyneth Lodge	Beginner Women	3rd	
Pam Jenkins	Sport Women	5th	
Loretta Simpson	Expert Women	1st	
Tiff Ballew	Expert women	3rd	
Kari Lindner	Expert Women	5th	



Sorella's LOVE...

Emory Sports Medicine and Orthopaedics!

Injuries are the last thing we want to happen to any our of cyclists or families, but Sorellas play hard, and the doctors at Emory ensure the best possible recovery from injuries.

Emory has treated Sorellas this season for broken collar bones, dislocated shoulders, broken ankles and knee and muscle strains, just to name a few. Thankfully, Emory has helped us regain function and ability, ensure our best recovery from injuries and allow us to get back on our bikes and riding strong!

Cohutta 100/65/35 - Copperhill, TN (4/19/08)

Aimee Murphy	100 miler	10th	
Karen Moody	100 miler	13th	
Patti Simpson	100 miler	17th	
Loretta Simpson	65 miler	1st	
Norma Rainwater	65 miler	2nd	
Linda Demma	65 miler	6th	
Alison Lowry	65 miler	7th	
Laina Hamilton	65 miler	8th	
Kari Lindner	35 miler	4th	
Kate Cook	35 miler	6th	
Pam Jenkins	35 miler	7th	
Sunny Sandidge	35 miler	12th	
Trish Albert	35 miler	14th	

GSC Series #3 - Winder, GA (4/27/08)

Bren Morawa	Beginner Women	2nd	
Laina Hamilton	Sport women	10th	
Sunny Sandidge	Sport Women	11th	
Lisa Rolf	Sport Women	12th	
Norma Rainwater	Expert Women	8th	

Root 66 Race Series - Farmington, CT (4/27/08)

Grace Hughes	Sport Women	4th	
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Dirty Spokes 6- and 12-hour Race #2 - Winder, GA (5/3/08)

Norma Rainwater	12 hour solo	1st	
Patti Simpson	12 hour solo	2nd	
Linda Demma	12 hour solo	3rd	
Alison Lowry	12 hour solo	4th	
Aimee Murphy	6 hour solo	2nd	
Kate Cook	6 hour solo	3rd	
Gwyneth Lodge	6 hour solo	8th	
Pam Jenkins	6 hour solo	9th	
Sunny Sandidge	12 hour 2-p co-ed	2nd	
Tarrah MacBeth	6 hour 2-p co-ed	1st	
Cathy Halgat	6 hour 2-p co-ed	3rd	

SERC Series #4 - Ducktown, TN (5/4/08)

Jen Horn	Sport women	5th	
Loretta Simpson	Expert Women	5th	

08 Mountain Ranger Run - Dahlenega, GA (5/10/08)

Brigette Dusack	35-39	1st	
Tarrah MacBeth	25-29	1st	
Norma Rainwater	45-49	1st	

12 Hours of Tsali - Bryson City, NC (5/17/08)

Linda Demma	6 hour solo	1st	
Patti Simpson	6 hour solo	3rd	
Gwyneth Lodge	6 hour solo	6th	

08 DIRT Series #2 - Columbia City, IN (5/17/08)

Mary Craighead	Sport women	1st	
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SERC Series #5/GSC#4 - Farmington, GA (5/25/08)

Melissa Matthews	beginner women	5th	
Jen Horn	sport women	4th	
Bren Morawa	sport women	8th	
Sunny Sandidge	sport women	12th	
Norma Rainwater	expert Women	10th	

Kentucky Points Series #4 - Frankfort, KY (5/25/08)

Mary Craighead	expert women	4th	
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BUMP&GRIND - Birmingham, AL (6/1/08)

Loretta Simpson	Expert women	7th	
Norma Rainwater	Expert women	10th	
Holly Longley	Sport w 19-29	2nd	
Jen Horn	Sport w 30-39	3rd	
Linda Demma	Sport w 30-39	6th	
Patti Simpson	Sport w 30-39	8th	
Bren Marawa	Sport w 40+	2nd	
Sunny Sandidge	Sport w 40+	5th	

Root 66 Race Series - Henniker, NH (6/1/08)

Grace Hughes	sport w 19-34	5th	
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GSC Series #5 - Ellijay, GA (6/8/08)

Loretta Simpson	Expert women	2nd	
Norma Rainwater	Expert women	3rd	
Jen Horn	Sport women	1st	
Gwyneth Lodge	Sport women	2nd	
Sunny Sandidge	Sport women	4th	
Laina Hamilton	Sport women	6th	

Catamount Outdoor Center Wed. night race series - Williston, VT (6/11/08)

Grace Hughes	Female 3-lap	5th	
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SERC #6 - Clemson, SC (6/14/08)

Bren Morawa	Sport women	9th	
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Road Team Race Results

Athens Twilight Amateur Races - Athens, GA (4/26/08)

Amy Lang	Womens 3/4	10th
Sarah Crawford	Womens 3/4	15th

Sunny King Criterium - Anniston, AL (5/3/08)

Nancy Jones	Womens 3/4	6th
Sarah Crawford	Womens 3/4	16th
Kirsten Davis	Womens Pro 1/2	14th

Nalley Roswell Criterium - Roswell, GA (5/4/08)

Nancy Jones	Womens 3/4	8th
Sarah Crawford	Womens 3/4	11th
Kirsten Davis	Womens Pro 1/2	10th

Georgia Cup: Tour of Atlanta - Atlanta, GA (5/22-5/26/08)

Individual Time Trial

Nancy Jones	1st
Mary Pat Jones	2nd

Sprints

Nancy Jones	1st
Mary Pat Jones	2nd

Team TT

1st	Erin Christman, Konnie Linenberg, Nancy Jones, Mary Pat Jones, Sarah Crawford
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(Tulsa Tough cont.)

Sunday's crit coined the term Tulsa "Tough." The course had an 18% grade climb! (Yikes and ouch) ...but also a screaming downhill into a very tight right hand turn. This was definitely the hardest course I have ever ridden! My race started at 8:35am and the group exploded, sprinting up that hill with ease! Each time the hill was harder. With 10 minutes to go I dropped my chain on the hill and watched as my group rode away. The hill was so steep I could hardly get back on my bike. I half jogged to the top and a spectator gave me push to get going again, but by now more racers had passed me. I could hear the thunder getting closer and the rain started to come down slowly. My race was called about 10 minutes early because of the onset of the rain and I was not complaining as I finished 16th.

Kirsten's race went off at the scheduled time of 1:10. The fire department was called to help hose all the excess dirt and debris on the road from the storm. Kirsten's 60-minute course was rerouted because of a fallen power line adding 2 additional turns. Kirsten, again, had great positioning throughout the entire race. For the final 2 laps I was down by the start/finish line and did not see Kirsten come through with the main pack. I thought perhaps I missed her in the large group, but then I saw a lone rider making the last turn onto the straight away. Kirsten was cut off going into a sharp corner on the backside of the course and ended up toppling off her bike into some grass. Like me, Kirsten watched as the group rode away from her, but uninjured, she hopped back on her bike and finished the final 2 laps of the race.

The weekend in Tulsa was fun and a great learning experience. We have seen how amazing races can be run even when Mother Nature decides to throw a monkey wrench into our plans. Next year, we are excited to have a bigger Sorella showing for this great cycling event.

Georgia Cup - Gainesville, GA (4/6-4/8/08)

Nancy Jones	TT	1st
	Criterium	4th
	Road Race	4th
	Overall GC	2nd

Georgia Cup - Chattanooga, TN (4/12-13/08)

Nancy Jones	TT	2nd
	Criterium	3rd
	Road Race	17th
	Overall GC	9th

Georgia Cup - Cumming, GA (5/8-5/11/08)

Nancy Jones	TT	1st
	Criterium	3rd
	Road Race	5th
	Overall GC	3rd

Findlay Roofing Criterium - John's Creek, GA (5/17/08)

Nancy Jones	Women's 3/4	4th
Sarah Crawford	Women's 3/4	8th

Georgia Cup - Union City, May 30 - June 1

Time Trial

Nancy Jones	1st
Mary Pat Jones	

GA State Road Race

Nancy Jones	1st
Mary Pat Jones	

Tulsa Tough - Tulsa, OK (5/30-6/1/08)

Blue Dome Criterium

Kirsten Davis	Pro 1/2 (NRC)	11th
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Main & Brady Criterium

Sarah Crawford	Women's 3/4	11th
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13th & Riverside Criterium

Sarah Crawford	Women's 3/4	16th
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What's up with Julie Gazmarian?



The Heart of the South was a 48 hour bike race – my first test of going beyond 24 hour races and an opportunity to test out crew logistics in preparation for the Race Across the West.

I had a great crew of friends and family assembled and we arrived in Birmingham early Friday evening – it was pouring rain with severe storm warnings. I did not hide my concern (nor my interest about not riding!)

Starting a race at 8pm took a lot of mental motivation, but despite myself, I made it to the start as the only solo woman rider.

I started about the same time that the rain started back in full force. The saving grace was that the temperatures were relatively mild. I had to dig deeper than I ever had before to just focus on riding. I was pretty miserable, particularly since it was dark, I did not know the course, could not listen to music and was soaking wet. I had to make myself not think about my warm bed at home or my two boys (who I missed a lot!). All I tried to focus on was how it was critical for me not to quit. If it was raining in the Race Across the West (or RAAM), I would have to keep riding (or I would not make the time qualification). Somehow, the hours whittled away through the night. My crew was absolutely fantastic!

My lowest point occurred Saturday morning at about 9am – my crew said "Guess what – the rain is NOT supposed to stop." I looked over at him and said "You are joking, right?" His face said enough – but then he yelled out for me to get ready for a 2 mile steep descent... During that rainy descent I became chilled to the bone. and had to get in the van, my wet clothes peeled off and wrung while I crawled into a sleeping bag to try to get warm.

With dry clothes on I pressed on – the rain let up for about 1-2 hours which kept me going again. However, before I got to the climb near Ellijay, GA, it started raining hard again.

(Cont. on page 4)



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(Heart of the South cont.)

I think I spent the next five hours trying to figure out how I was going to tell Paul, my husband and crew, that I was ready to stop – since I knew I had to have a good reason to stop for him to accept that decision. Both Paul and Drew were amazing support with keeping me going. After descending into Ellijay, I was so cold and wet. My crew had me pull over and quickly put on another set of dry clothes and then started a system of drying out my wet clothes with the van defroster (pushing at full-blast).

By early evening on Saturday the rain finally let up and the only thing that kept me going was my interest with trying to figure out if and how I could stop that evening to get some sleep and then start riding again (something I had never tried before since I do not sleep during a 24 hour event). I did not want to get off the bike unless I was sure that I could in fact sleep, but I had also heard that taking a 90 minute nap was ideal for endurance cycling events. By about 10pm, I was literally starting to veer off the road, so I pulled off and got in the van for a 90 minute sleep break.

Early Sunday morning became some serious roller-coaster climbs, leading up to the Cheaha Parkway in Alabama. This was supposed to be the most difficult climbing, particularly with almost 400 miles on your legs! The rain had moved out, I warmed up, and was jazzed to see the sun for the first time in days! The race was officially 517 miles (although with an earlier mistake detour, I was closer to 525 miles) – I remember yelling to Paul that I was fine stopping at 500 miles and ready to go home. He knew my number well and kept encouraging me to get to the next call in station or comments about how nice the next section was supposed to be, etc. to keep me motivated.

Sunday morning/afternoon went by quickly and I finished by late afternoon, about 44 hours (4 hours under the cut-off time) The race director rode out to meet me on his bike and then rode back in for the last mile. I was happy to meet my incredible and exhausted crew at the finish. I felt then, as I do now, that I only provided the legs for this race. They really had the more important, difficult job.

My feelings after completing HOS were so different than any other race I have done before, probably because I was so miserable during the majority of the time I was riding. In hindsight, it was fantastic training for me in terms of realizing I can ride in the rain for that long and also for working through crew logistics. It also was incredible mental training for future endurance races. Will I do HOS again – you betcha – as long as rain is not predicted!

Upcoming Events

Watching the Tour de France Clinic
Thursday, June 26

Sorella Trail Work Party
Saturday, July 12th, 9am-1pm
Chicopee Woods - Gainesville, GA

Sorella Photo Shoot
Sunday, July 13th

Mountain Bike Skills Clinic
Sunday, July 13th
Fort Mountain, Chatsworth, GA

Road Racing Clinic
Saturday, July 19th

Easy/Recovery Women's-only Ride
Every Monday night

**Women's-only Training Ride out of
Peachtree Bikes**
Every Wednesday night

