

The NC/SC Time Trial Championships were held today in York, South Carolina. The forty kilometer out and back course was mostly flat. It leaned a bit downhill going out and featured a nice little head-wind on the return (insert copious quantities of sarcasm). Many riders saw slower times on the return despite harder efforts. Forty kilometers, or 24.8 miles, is a darned long way to suffer. Getting the suffering down under an hour is a pretty good achievement for most cyclist. I've done only one other TT of such distance and that was at Masters Nationals in 2003. Time had certainly fogged my memory of how hard they are.

I've had the pleasure this summer of singing the praises of one Matt Mason. With that Mason being sidelined with a broken collar-bone another Mason stepped up to fill the plate. Ross Mason was the only other Deoro rider I saw today and he certainly did the jersey proud. Ross had hoped to beat the hour mark but failed to do so by precious seconds. He did manage however to bring home a GOLD MEDAL. Awesome! Way to go Ross!

My own results proved better than expected given how I felt. I've been nailing these TT thingies lately but today just didn't seem to be clicking. I managed to chase down my 30 second man (Perry McCloud -- Smith Barney) and come around him just past the turn around. My time at that point was dead-on 28 minutes. Pretty good I thought. I felt like I had plenty of gas left to bring it home. Perry and I spent the next 12 K or so riding more or less side by each. That could be a good thing I suppose, but it felt distracting to me today. Perry slowly started to pull away but I held him in check at about ten seconds for a couple more kilometers. Then, I cracked. Mentally I blew apart and came unglued. All of a sudden everything hurt a lot. The next couple of minutes are lost to me in the delirium of lactate overdose. I fought to hold on and regain the composure you must have for these things. When I came back I looked up and saw Perry had gained back most, if not all, of the thirty seconds I had taken from him going out. I dug deep and it worked. I was beaten only by Randy Shields. My time was 57:14 (26.4mph) and good enough for silver. Two medals for Deoro. That sounds pretty nice doesn't it?