



March 3, 2008

## In This Issue

- Race Recaps
- Meet Andy Norris
- Picture of the Month
- Cycling Tip of the Month

SVMIC Cycling Supported by:



OneApp HR  
oneapphr.com



# SVMIC Cycling Newsletter

Volume 1, Number 1

## Team News

Welcome to our first official SVMIC Cycling Team Newsletter!

Over the months to come we hope to provide you with some exciting news on our team as well as interesting topics in the world of cycling. You will have a chance to learn more about the riders and their experiences throughout the racing year. We will keep you updated with the results of races. March is here and hopefully the weather will be getting warmer for our riders. Our guys have been logging many hours either bundled up in layers suffering out in the cold or sitting on the indoor trainer. They are eagerly awaiting the warmer weather and the race season ahead.

That being said, the race season is quickly upon us. There are only two small races in March and then the season gets in full swing in April. The Team will be heading to Asheville, NC at the end of March for a four day training camp to get ready for the season.

## Race Recaps



photo by Mark Rankin

With it being early in the season there have not been any road races but we have already had riders out there making news and spreading the word that there is a new team in town.

### **Tennessee State Cyclocross Championship**

**Todd Huber** and **Brian Gant** competed in the 2007/2008 TN State Cyclocross Championship. In only his 2nd Cyclocross race ever Todd pulled off a very good *8th place* in the Cat4 field. Brian also showed well and finished in *15th place*. This was a great start for 2008 as SVMIC Cycling recorded it's first BAR points.



**TOA**  
TENNESSEE ORTHOPAEDIC ALLIANCE  
WILLIAMSON  
COUNTY

(615)236-5000



**J.T. LOVELL COMPANY**

702 Melpark Dr. \* Nashville, TN 37204  
1.800.800.0650 \* fax: 615.297.9730

Corporate Communications



Corporate Design

**firstsource**  
MARKETING GROUP



Contact Us

<http://www.svmiccycling.com>

### **Winter Bike League**

**Clarke Clingenpeel** headed down to Georgia for a couple weekends recently to compete in the Winter Bike League (WBL). Even though this is not an official race, Clarke rode very well against some of the local professionals and top riders in the region. You can read more about Clarke's adventure on his blog at: <http://svmiccycling.com/wbl1.aspx>

### **Upcoming Races in March**

March 8<sup>th</sup> - Spring Forward Time Trial (Knoxville, TN)

March 9<sup>th</sup> - Maryville Downtown Criterium (Maryville, TN)

## **Rider of the Month**

### **Andy Norris**



photo by Mark Rankin

Andy will be starting his 5<sup>th</sup> year of road racing this year. At 5'11 and 165lbs, Andy is the top sprinter on the team. When it comes down to a sprint he is hard to beat. Last year he bounced back from a crash in 2006 and had a solid 2007 which included a Top 15 at the Lascassas Road Race and a Top 5 at one of the Wednesday Night LP Field Crits. Andy is from East Tennessee and currently lives in Franklin with his wife Jan. A Graphic Designer, Andy is the designer of our team "kits" and the SVMIC Cycling logo. When he is not in front of his computer or riding his bike he is in the yard working just as hard to make the cover of *Better Homes and Garden*. Now that he has a strong team that will work for him look for Andy's name high in the results later in the year.

## **Cycling Tip of the Month**

### **Stretching**

Stretching is the most important thing riders need to do to stay flexible and keep your body injury free. Most people only stretch before a ride or activity. If you can stop 20-30 minutes after you have started your ride when your muscles have gotten warm then do so just to get a quick stretch in so they will be loose for the remainder of the ride. *The most beneficial time to stretch is immediately after the ride before your legs tighten up.* After the ride your muscles are warm and it's easier to get the maximum range. If you are short on time at least stretch your hamstrings and thighs before you get out of your cycling clothes or even while you are in the shower.

## Picture of the Month



*photo by Jay Levy*