

OFFICIAL RACE GUIDE

A Promotional Supplement to the Pacific Sun



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High school mountain bike racers take to the road

Founded in 1998 by Berkeley High School math teacher Matt Fritzing, the Northern California High School Mountain Bike League is the largest of its kind in North America, with 20 teams, 300 kids, a complete race series and enough funding to allow Fritzing to stop teaching and run the league full-time.

Sitting atop the 2006 league standings as state champion was San Anselmo's Sir Francis Drake High School. Drake team member Tyler Brandt, 16 and about to start his junior year at Drake, is one of a growing number of league racers who also compete on the road, and you'll be able to see him in the juniors race at the Pro30 Carrera de San Rafael.

League director Fritzing had a few questions for Brandt about the similarities and differences between road rac-

ing and mountain biking.)

MF: How do mountain biking racing and road racing fit together? Do you think they complement each other?

TB: I believe that mountain bike racing and road racing fit together but the races are very different. In mountain bike racing it is like a time trial, whereas in road races there is lots of time when the pack is just spinning along talking. I think that these two aspects of bike racing complement each other because the techniques and skills that you learn from road racing can really help you become a better mountain bike racer, also mountain biking can make you a better road racer.

MF: What is it like being on the Drake team?



Sir Francis Drake High School's Tyler Brandt will switch to skinny tires for the Pro30 Carrera de San Rafael.

TB: It is really great being on the Drake MTB team. The team is very relaxed and enjoys just having a good time. We also have had some really great riders such as Kevin Bernotas who showed me the ways of bike racing. Then to top it off the Drake team was started by a great guy, Dan Freeman, who is super supportive and always there to help the kids out.

MF: Does being on the team help with your motivation for being a student at Drake?

TB: I have actually been on many other teams at Drake including football, baseball basketball and cross country. I do feel that I do much better as a student when I am participating in a sport. I now plan to concentrate on cycling and not participate in other sports.

MF: How has the Drake team helped you?

TB: The Drake team has helped me learn how to train and become a racer. They have helped me learn this from the weekly rides and the training plans. They enabled me to become more involved with cycling and this led me to join a great junior road race team called Team Swift. I was then able to learn how to truly become a racer from coach Laura Charameda.

The Northern California High School Mountain Bike League is a non-profit organization open to students from both public and private schools. The league exists because of generous donors and sponsors such as Clif Bar, Inc., Trek Bicycles, Ritchey Bicycle Components,

Creation Engine, Tecnu Extreme, Galaxy Granola, The Pedaler, Fox Racing Shox and Wilderness Trail Bicycles. The league provides coaching and camaraderie to help students achieve both competitive and non-competitive cross-country mountain biking goals in a safe and enjoyable manner. Each season includes a Coaches Training Conference, winter riding camp for beginners, the six-race series, and a variety of summer camps. For more information visit www.norcalmtb.org or call (510) 644-4950. *

Elephant Pharmacy's healthy, happy cycle-list

1. *For bumps & bruises:* Boiron Arnica Gel
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3. *For sunny days:* Dr. Hauschka Sun Stick SPF 30
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5. *For tough trail rides:* Zanfel poison ivy cream
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