

**Winter Training Camp & 2011 Season Kickoff**  
**January 22-23**  
**San Anselmo, CA**



**Whole Athlete-Specialized  
 Cycling Team 2011**



**Whole Athlete - Specialized Cycling Team**  
 7C Mariposa Ave., San Anselmo, CA 94960 | 415-257-8933 | [www.wholeathlete.com/team](http://www.wholeathlete.com/team)



# Schedule of Events

## Sat Jan 22

- 8:00 Meet at Whole Athlete Performance Center  
7C Mariposa Ave., San Anselmo
- 8:15 Distribute Team clothing and equipment
- 8:45 Group & headshot photo shoot
- 9:15 Team road ride & photo shoot
- 12:30 Lunch at WAPC courtesy of Good Earth
- 1:00 Presentation -
- 2:00 Presentation -
- 3:00 Yoga Class at Turtle Island Yoga Studio  
7A Mariposa Ave., San Anselmo
- 4:15 Team Meeting
- 5:30 Dinner at Taco Jane's  
21 Tamalpais Ave., San Anselmo

## Sun Jan 23

- 8:30 Meet at Whole Athlete Performance Center
- 9:00 Team MTB ride & photo shoot
- 12:30 Lunch at WAPC courtesy of Good Earth
- Presentation -
- 1:00 Presentation -
- 2:00 Presentation -
- 3:00 Yoga Class at Turtle Island Yoga Studio
- 4:30 Presentation -
- 5:00 Presentation -
- 5:30 Team Meeting and Wrap up



# Team Roster

Riders	Category	Racing Age 2011
1 Will Curtis	U23 MTB	19
2 Zach Valdez*	U23 MTB	19
3 Riley Predum	U23 MTB	19
4 Will Patterson	U23 MTB	19
5 Tony Smith	Junior	18
6 Max Houtzager	Junior	18
7 Keegan Swenson*	Junior	17
8 Bobby Zidek	Junior	18
9 Sven Beer	Junior	18
10 Taylor Smith	Junior	17
11 Jonathan Kaufmann	Junior	16
12 Lucas Newcomb	Junior	16
13 Eliel Anttila	Junior	17
14 Sofia Hamilton	Jr Girls	18
15 Victoria Yoham	Jr Girls	17
16 Kate Courtney*	Jr Girls	16
17 Mackinzie Stanley	Jr Girls	17
18 Josie Nordrum	Jr Girls	16
19 Nick Newcomb	U23 Road	19
20 Alec Kassin	U23 Road	19
21 Nick Kinney	U23 Road	19
22 Cody Tapley	U23 Road	19

Coaches	Discipline	
1 Dario Fredrick*	MTB/Road	42
2 Abbie Durkee*	MTB	36
3 Adam Waskow	Road/MTB	38
4 Peter Nicholson	Road	41
5 David Simon	MTB/Road	31
6 Charlie Schnieder	Road	28
7 Steve Cherry	MTB/Road	55
8 Helene Drumm*	MTB/Road	40
9 Julia Violich*	MTB/Road	42

\*Current and former national champions



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# 2011 Target Events - MTB

Sagebrush US Cup XC - San Diego, CA  
02/27/11



Bonelli Park Pro XCT / US Cup XC - San Dimas, CA  
03/12/11



Fontana Pro XCT / US Cup  
03/26/11



Kenda Cup West #4 - Sycamore Cyn - Riverside, CA  
04/03/11



Napa Valley Dirt Classic - Angwin, CA  
04/10/11  
Nationals Qualifier



Sea Otter Pro XCT - Monterey, CA  
04/16/11



Mellow Johnny's Pro XCT - Dripping Springs, TX  
04/30/11



Lemurian Shasta Classic - Whiskeytown Lake, CA  
04/30/11



Kenda Cup West #5 - Big Bear Shootout - Big Bear, CA  
05/22/11



Tamarancho Classic XC - Fairfax, CA  
Nationals Qualifier



Skyline XC NorCal State XC Championships - Napa, CA  
Nationals Qualifier



Sand Creek International Pro XCT - Colorado Springs, CO  
06/18/11



Subaru Cup Pro XCT - Mt Morris, WI  
06/25/11



UCI MTB XC World Cup - Monte Sainte Anne, Quebec, Canada  
07/02/11 - 07/03/11  
US National Team



Downieville Classic  
07/08/11



UCI MTB XC World Cup - Windham, NY  
07/09/11 - 07/10/11  
US National Team



Junior & U23 National MTB XC and STXC Championships - Sun Valley, ID  
07/14/11 - 07/17/11



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Missoula Pro XCT - Missoula,  
MT  
07/24/11



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Howell Mountain Classic -  
Angwin, CA  
08/07/11



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UCI MTB XC World Cup Finals  
- Val di Sole, ITA  
08/20/11 - 08/21/10  
US National Team



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UCI MTB XC World  
Championships - Champéry  
SUI  
08/31/11 - 09/04/11



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Marathon MTB National  
Championships - Bend, OR  
09/17/11



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Specialized Invitational US  
Cup Finals - San Dimas, CA  
10/02/11



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# 2011 Target Events – Road

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Cherry Pie Criterium -  
Napa, CA  
02/06/11  
Junior Points Series



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Cantua Creek - Coalinga,  
CA  
02/19/11



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Pine Flat - Piedra, CA  
02/20/11



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Dinuba Criterium - Dinuba,  
CA  
02/21/11



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Snelling Road Race -  
Merced, CA  
02/26/11  
Junior Points Series



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Merco Cycling Classic  
Grand Prix - Merced, CA  
03/05/11



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Merco Foothills Road Race  
- Merced, CA  
03/06/11



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Madera Stage Race -  
Madera, CA  
03/11-13/11  
Road Race, Time Trial &  
Criterium



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San Dimas Stage Race -  
San Dimas, CA  
03/25-27/11  
Road Race, Time Trial &  
Criterium



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Sea Otter - Monterey, CA  
04/16/11  
Circuit & Road Race



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Copperopolis Road Race  
04/23/11  
Junior Points Series



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Wente Road Race -  
Livermore, CA  
04/30/11  
Junior Points Series



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Berkeley Hills Road Race  
05/08/11



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Panoche Valley Road Race  
05/22/11

Junior Points Series



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Junior State Criterium  
Championships -  
Livermore, CA  
TBA



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Mt. Hamilton Classic Road  
Race - San Jose, CA  
05/29/11



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Memorial Day Criterium -  
San Jose, CA  
05/30/11  
Junior Points Series



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Nevada City Classic  
06/19/11



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US Junior & U23 National  
Road Championships -  
Augusta, GA  
06/21-26/11  
Road Race, Criterium &  
Time Trial



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Cascade Stage Race -  
Bend, OR  
07/22-24/11  
Road Race, Time Trial &  
Criterium



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Mt. Tamalpais Hillclimb  
09/10/11  
Team Sponsored Event



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# Team Contact Information

## Team Director / Head Coach

Dario Fredrick

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Phone: (415) 257-8933 office / (415) 497-1636 cell

## Girls' Team Coach

Abbie Durkee

Email: [abbie@myalibiclothing.com](mailto:abbie@myalibiclothing.com)

Phone: (415) 233-1206 cell

## Road Team Coach

Peter Nicholson

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Phone: (707) 364-0338 cell

## Assistant Coaches

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David Simon: [cejocky@gmail.com](mailto:cejocky@gmail.com)

Charlie Schneider: [bikecharlie@gmail.com](mailto:bikecharlie@gmail.com)

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