

Whole Athlete - Specialized Cycling Team 2012 Season Kickoff Camp

Jan 21-22 - San Anselmo, CA



Whole Athlete - Specialized Cycling Team
7C Mariposa Ave., San Anselmo, CA 94960 | 415-257-8933 | www.wholeathlete.com/team



Schedule of Events

Sat Jan 21

- 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
- 1:00 Lunch at WAPC courtesy of Good Earth
- 2:00 Presentation – Mental Training with Dr. Joan Steidinger
- 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 22

- 8:30 Meet at Whole Athlete Performance Center
- 9:00 Team MTB ride & photo shoot
- 1:00 Lunch at WAPC courtesy of Good Earth
Presentation – Tyler Frasca, Specialized
- 1:30 Presentation – Dr. Sara LaMarch
- 2:15 Yoga Class at Turtle Island Yoga Studio
- 3:30 Team Meeting and Wrap up



2012 Team Roster

Riders		Category	Racing Age 2012
1	Cypress Gorry	Junior	18
2	Casey Williams*	Junior	18
3	Jacob Albrecht	Junior	18
4	Lucas Newcomb*	Junior	17
5	Shane Skelton*	Junior	17
6	Miles Lim	Junior	17
7	Sean Bennett	Junior	16
8	Ben Spurr	Junior	16
9	Marcus Segedin	Junior	16
10	Silas Blunk	Junior	16
11	Kate Courtney*	Junior Women	17
12	Mackinzie Stanley	Junior Women	17
13	Josie Nordrum	Junior Women	17
14	Sarah Ogden	Junior Women	17
15	Zach Valdez*	U23 MTB	20
16	Tony Smith	U23 MTB	19
17	Nick Newcomb	U23 Road	20
18	Cody Tapley	U23 Road	20
19	Josh Lapacik	U23 Road	20
20	Alex Yeh	U23 Road	23
21	Will Patterson	Mentor – U23 Road/MTB	20
22	Victoria Yoham	Mentor – Cat 1 MTB	19
23	Sofia Hamilton	Mentor – Cat 1 MTB	19

Coaches		Discipline	
1	Dario Fredrick*	MTB/Road	43
2	Julia Violich*	MTB/Road	46
3	Matt McCourtney	Road/MTB	33
4	John Hunt	Road/MTB	46
5	Charlie Schnieder	Road/MTB	31
6	Helene Drumm*	MTB/Road	41
7	Steve Cherry	MTB/Road	56

*Current and former National Champions



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2012 Target Events - MTB

Mellow Johnny's Pro XCT -
Dripping Springs, TX
03/03/12



Bonelli Park Pro XCT / US Cup
XC - San Dimas, CA
03/10/12



Sea Otter - Monterey, CA
04/20/12



Tamarancho Classic XC -
Fairfax, CA
Nationals Qualifier



Rockhopper XC - Vacaville,
CA
05/12/12
Nationals Qualifier



Skyline XC - Napa, CA
Nationals Qualifier



Ute Valley Pro XCT - Colorado
Springs, CO
06/16/12



UCI MTB XC World Cup -
Monte Sainte Anne, Quebec,
Canada

06/23/12 - 06/24/12

US National Team



UCI MTB XC World Cup -
Windham, NY

06/30/12 - 07/02/12

US National Team



Junior & U23 National MTB
XC and STXC Championships -
Sun Valley, ID

07/06/11 - 07/08/11



Subaru Cup Pro XCT - Mt
Morris, WI

07/14/12



Missoula Pro XCT - Missoula,
MT

08/04/12



Downieville Classic
08/04/12



Howell Mountain Classic -
Angwin, CA



Annadel Classic
08/18/12



UCI MTB XC World
Championships - Leogang,
AUT

09/05/12 - 09/09/12



Marathon MTB National
Championships - Bend, OR
09/19/12



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2012 Target Events – Road

San Dimas Stage Race -
San Dimas, CA
03/16-18/12
Road Race, Time Trial &
Criterium



Copperopolis Road Race
04/07/12



Wente Road Race -
Livermore, CA
04/28/12



Cat's Hill Classic
05/05/12



Berkeley Hills Road Race
05/13/12



Mt. Hamilton Classic Road
Race - San Jose, CA
05/27/12



Nevada City Classic
06/17/12



Pescadero Road Race
06/23/12



San Rafael Twilight
Criterium - San Rafael, CA
07/07/12



Spring Hill Road Race -
Petaluma, CA
07/28/12



Cascade Stage Race -
Bend, OR
07/17-22/12
Road Race, Time Trial &
Criterium



Mt. Tamalpais Hillclimb –
Stinson Beach, CA
09/15/12



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Team Contact Information

Team Director / Head Coach

Dario Fredrick

Email: dario@wholeathlete.com

Assistant Director / Girls' Team Coach

Julia Violich

Email: jviolich@violich.com

Assistant Director / Coach

John Hunt

Email: cafehunt@hotmail.com

Road Team Coach

Matt McCourtney

Email: mattmccourtney@mac.com

Assistant Coaches

Charlie Schneider: bikecharlie@gmail.com

Steve Cherry: cat1poser@yahoo.com

Helene Drumm: hdrumm1@comcast.net

