

Junior cyclists develop into whole athletes

Spirit of

Ross Valley

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Dario Fredrick became his own cycling coach when he was a student at UC Santa Cruz in the early '90s. Using the time-tested methods of "trial and error, and trial by fire," said Fredrick, he began to learn about physiology and develop a philosophy of training. His friends and training partners started asking him to coach them, too. He moved to San Anselmo, where a local professional cyclist, Rachel Lloyd of Fairfax, approached him and asked him to coach her.

Now, Fredrick owns and runs Whole Athlete in San Anselmo, with a staff of 14 coaches. The company offers bike-fitting, performance testing, gait and stroke analysis, nutritional services and sports psychology.

"On a personal level, cycling has given so much to me," said Fredrick. "I can't think of a better job, really."



The Whole Athlete cycling team poses last year for a group picture with its coaches.

Photo courtesy of Dario Fredrick

Last year, Fredrick wanted to give back to the sport through a junior development team that Whole Athlete operated and sponsored. Whole Athlete also sponsored an adult team, but Fredrick felt developing juniors was where he could offer more and

chose to focus on that this year.

From July 16 to 19, in just its second year as a team, the Whole Athlete junior team took home six top-10 finishes at the Mountain Bike National Championships. Teammates Alec Kassin, Sofia Hamilton, Tony

Smith, Will Curtis, Max Houtzager and Will Patterson all placed in their respective categories and races.

Fredrick himself became the national champion in the 40- to 44-year-old age group.

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