

Hello everyone,

We just returned from our first team training camp of the year. We combined it with the Tour of the Bahamas, a two day, three stage, very well run race in Nassau. We brought four but have five riders in the race. Our youngest member of the team, Liam Holowesko, lives there so that was easy.

For those of you that want a nice race with great people early in the year with good fields and warm sunshine, consider this race next season. Sean Carithers, a longtime team supporter was there with his team and we were able to see several old friends as well.

These early season pro 1/2 races are hard for us to do well in. Firstly, it's early, the guys are in school, they live in mostly cold climates, the racing is fast due to the number of Florida guys that attend, it's flat and we have junior gears. That said, we did well. Thomas Wrona, our second youngest was fast in the time trial, much faster than I expected. In the road race, Austin was 9th and Thomas 15th in the field sprint. The last road race was long at about 78 miles. The guys were patient early and active late with Paul Lynch and Austin Boswell getting in a move late that lasted until less than a kilometer to go. There were a few guys away before hand but it mattered little to me. Liam had a great race. It's amazing how tactical a 10/12 race can be. They attack, form moves, cover, they do everything the older guys, just with shorter legs. Liam finished 3rd overall, less than a second out of 2nd place. Liam mostly surprised everyone with how old he seemed. When he was with the guys and his cousin Bruce, which was a lot of the time, they fit. There was no trying to fit in, they just fit.

Our main goal was to get some quality miles in and get to know each other. A key part of this team is the trust they all have in each other. That trust is not just handed out with their kits, it's earned and learned by the volume of quality time they get together on and off the bikes. It's this time, more than anything else that gives them that whatever it is that they draw on when we are in Europe and it's hard.

This years team looks as good as any team I have ever had and that's saying a lot.

My thanks goes out to the Holowesko family for hosting us. We could not have had this trip had it not been for them, but they made it more special by allowing us into their lives for these five days so thank you.

Thanks for reading,

Toby