



**Junior Cycling Development Program**

P.O. Box 103 | Fulton, CA 95439 | [www.teamswift.org](http://www.teamswift.org)

## Race Report #21

### **21st Keizer der Juniores - 2.8** **Belgium, September 27-28, 2003**

#### **The Stages**

- Stage 1 - September 27: Handzame - Handzame, 93 km
- Stage 2 - September 27: Wulpen ITT, 6 km
- Stage 3 - September 28: Koksijde - Koksijde, 100 km

<http://www.cyclingnews.com/road.php?id=road/2003/sep03/keizerjuniors03>

167 starters and 8 national teams

\*Two American riders Steven Cozza and Keith Norris are finishing their European trip as pre-worlds training/racing.

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#### Final General Classification

1	Rasmus Fjordside (Den)	Danish National Team	4.41.10
2	Anders Lund (Den)	Danish National Team	0.25
<b>3</b>	<b>Steven Cozza (USA)</b>	<b>Think Media</b>	<b>1.29</b>
4	Jan Bakelants (Bel)	Sweet Paradise Quick Step	2.01
5	Dominique Cornu (Bel)	WT Waasland	2.07
6	Anders Hansen (Den)	Danish National Team	2.14
7	Artem Ocehkim (Rus)	St. Petersburg	2.14
8	Bart Cosyn (Bel)	Victaulic Europe	2.20
9	Daniel Martin (GBr)	British National Team	2.22
10	Karel Baten (Bel)	Daikin team	2.26

Stage 1:

90 km RR- **Steven Cozza 12th** Keith Norris 13th

Stage 2:

6km time trial: **Steven Cozza 2nd**, Keith Norris 60th

Stage 3:

100km RR **Steven Cozza 5th**, Keith Norris crashed out.

#### Report by Steven Cozza:

Here is my race report of the last race I have done in Europe. On September 27 and 28 I did a 2 day stage race with 3 stages in it called Keizer Der Juniors of Belgium. A stage race is like the Tour de France except the one I just did was only 2 days not 21 days long (few). So here is how it went. Stage one was a 7 lap 90 kilometer road race consisting of a lot of turns and mainly flat roads but lots of riders. There were 167 riders in this stage race with 8 National teams. The first stage started off super fast with riders attacking from the gun. I wanted to make sure that if a break got away today that I was in it because tomorrow's stage was only a 6k individual time trial and you can not make gain much time on other racers in just 6k. So this meant that if a break went the first day that those riders were surely to be in the top five of the overall general classification. Well a group of 3 riders did get away going on to lap 4 and I started to panic so I attacked the main field (also known as the Peloton). I bridge the 40 second gap in one lap but we were all caught a lap later so that was a wasted effort by me. With 2 laps to go I sat in the Peloton to recover a bit when two guys from the PH Cycling team from Denmark attacked and put a minute over the main group within a lap. I began to move to the front again making sure not to miss anybody trying to bridge the gap too the two riders up the road. Five more riders got away on the last lap and with like 3 k to go I attacked with 5 guys. All I cared about was gaining time on the main field so I drove as hard as I could all the way to the finish coming in 12th on stage one. After the race I found the team car of the Belgium team I was racing on called Think Media Cycling team. We packed up and headed off to where we were staying, pretty much a dumpy KOA type of place. Dinner consisted of French fries and mayonnaise with a cream of chicken thing. I decided to skip the French fries and asked the cafeteria people if

they could make me rice. They did and I was much happier.

#### Stage Two:

Since the time trial today was only 6 km I knew how important it was to examine the course so that I could take every turn as fast as possible. Every second counts especially in 6 km. I viewed the course 4 times twice on bike and twice by car. The course was totally flat with one wet muddy dangerous turn which I found out before my start that 12 guys had already crashed on that turn so I made sure to take caution. It finally was my turn to start and I took off with as much power and speed as possible and planned on holding it the 6kms. When I crossed the line I felt as though I had given my best effort coming in 2nd place on the stage moving up to 6 overall on the overall general classification. My time was 7:53 for the 6 kilometers.

#### Stage Three:

Stage three was a 100km road race; with one 500 meter climb in it every lap for 11 laps. I made sure to be in every big break with important riders in it. Every breakaway attempted failed but with one lap remaining a rider attacked on the one climb and the race and I went with him. 4 others followed and we stayed away the whole last lap gaining 55 seconds over the main field. My main goal was just to gain time so I drove the break as hard as I could. I ended up on this stage in 5th place and ended up finishing the two day stage race in 3rd overall on the general classification.

My next race is the World Championships and I am leaving Europe on Thursday with a lot of confidence. I think coming over to Europe was the perfect way to prepare for this years world championships. Thanks for reading my report and wish me luck in Hamilton, Canada. On October 8<sup>th</sup> I have the Worlds Time Trial and on October 11<sup>th</sup> I have the road race. Peace in the Middle East.

Always,  
Steven Cozza

\*watch the following websites for worlds updates  
[www.usacycling.org](http://www.usacycling.org) and [www.cyclingnews.com](http://www.cyclingnews.com)

#### World Championship Schedule

**Oct. 7            11:00-12:15 World Championships - Junior-Women TT.  
                  14:20-16:00 World Championships - U-23, TT.**

- Oct. 8**      **11:30-13:55 World Championships - Junior Men TT.**  
**14:10-16:00 World Championships - Elite Women TT.**
- Oct. 9**      10:30-12:00 Official Road Training on the race circuit  
**12:30-16:05 World Championships Elite Men TT.**
- Oct. 10**      **09:00-11:30 Road World Championships Junior Women,**  
**12:00-16:45 Road World Championships U-23.**
- Oct. 11**      **09:00-12:30 Road World Championships Junior Men,**  
**12:45-16:30 Road World Championships Elite Women,**
- Oct. 12**      **09:00-15:45 Road World Championships Elite Men**

World Championships:

<http://www.hamilton2003.com/Hamilton2003/home.html>