



Junior Cycling Development Program

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Race Report #22

2003 Road World Championships - CM

Hamilton, Canada, October 7-12, 2003

<http://www.cyclingnews.com/road/2003/worlds03/?id=jmtt>



Day 2 - October 8: Junior Men Time Trial

Can anyone beat the Russians?

By Jeff Jones

The up and down Hamilton course is going to be tough for the juniors on their limited gears, however every rider has the same restriction, thus their technical skills will play an important part in determining the 2003 Junior Men's Time Trial World Champion. Last year in Zolder on a flat, fast and windy course, Russian Mikhail Ignatiev claimed the gold medal ahead of Australian Mark Jamieson at the very impressive average speed of 48.831 km/h. This year, Ignatiev is again part of the Russian contingent and will be tough to topple, as will his teammate Maxim Belkov.

Start list

Start local time

62 Roderick Muscat (Malta)	11:30:00
61 Egan Tarr (South Africa)	11:31:30
60 Jumpei Murakami (Japan)	11:33:00
59 Claudio Apolo (Portugal)	11:34:30
58 Janis Ozols (Latvia)	11:36:00
57 Pawel Cieslik (Poland)	11:37:30
56 Veaceslav Talasimov (Moldavia)	11:39:00
55 William Thompson (New Zealand)	11:40:30
54 Anders Berendt Hansen (Denmark)	11:42:00
53 Johan Lindgren (Sweden)	11:43:30
52 Roman Kreuziger (Czech Republic)	11:45:00
51 Ervin Korts-Laur (Estonia)	11:46:30
50 William Walker (Australia)	11:48:00
49 Hakon Lilland (Norway)	11:49:30
48 Alexey Esin (Russia)	11:51:00
47 Rafâa Chtioui (Tunisia)	11:52:30
46 Wilson Marentes (Colombia)	11:54:00
45 Michael Schär (Switzerland)	11:55:30
44 Barry Woods (Ireland)	11:57:00
43 Pedro Palou Quetglás (Spain)	11:58:30
42 Christian Meier (Canada)	12:00:00
41 Andy Schleck (Luxembourg)	12:01:30
40 Oleg Chuzhda (Ukraine)	12:03:00
39 Stanislav Zverok (Kazachstan)	12:04:30
38 Matthew Brammeier (Great Britain)	12:06:00
37 Zachary Taylor (USA)	12:07:30
36 Juha-Matti Alaluusua (Finland)	12:09:00
35 Tony Martin (Germany)	12:10:30
34 Andrius Buividas (Lithuania)	12:12:00

33 Simon Spilak (Slovenia)	12:13:30
32 Bogdan Stoytchev (Bulgaria)	12:15:00
31 Gilber Kask (Estonia)	12:16:30
30 Tom Stamsnijder (Netherlands)	12:18:00
29 Viktor Renäng (Sweden)	12:19:30
28 Fabio Sabatini (Italy)	12:21:00
27 Ruslan Sambris (Moldavia)	12:22:30
26 Leonard Snoeks (Norway)	12:24:00
25 José Mendes (Portugal)	12:25:30
24 Luke Mccarthy (New Zealand)	12:27:00
23 Rasmus Fjordside Lehrmann (Denmark)	12:28:30
22 Samuel Lee (Australia)	12:30:00
21 Juan Pablo Suarez (Colombia)	12:31:30
20 Maciej Bodnar (Poland)	12:33:00
19 Theo Hardwick (Ireland)	12:34:30
18 Ignatas Konovalovas (Lithuania)	12:36:00
17 Maxim Belkov (Russia)	12:37:30
16 Ivo Vilumovs (Latvia)	12:39:00
15 Rémy Di Gregorio (France)	12:40:30
14 Martin Velits (Slovakia)	12:42:00
13 Zdenek Stybar (Czech Republic)	12:43:30
12 Jose Joaquin Rojas Gil (Spain)	12:45:00
11 Alexander Gottfried (Germany)	12:46:30
10 Dmytro Grabovskyy (Ukraine)	12:48:00
9 Thomas Frei (Switzerland)	12:49:30
8 Mauro Finetto (Italy)	12:51:00
7 Kevin Lacombe (Canada)	12:52:30
6 Dominique Cornu (Belgium)	12:54:00
5 Julien Loubet (France)	12:55:30
4 Steven Cozza (USA)	12:57:00
3 Kai Reus (Netherlands)	12:58:30
2 Peter Velits (Slovakia)	13:00:00
1 Mikhail Ignatiev (Russia)	13:01:30

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Day 2 - October 8: Junior Men Time Trial, 20.8 km

Russian Ignatiev Repeats Junior TT Championship

By Mark Zalewski in Hamilton

It was another windy day on the "escarpment," what the locals here in Hamilton call the climbs that the World Championships course covers. This definitely played a part in

deciding the winners, and it was the Russian Mikhail Ignatiev who cut through the wind to take the gold medal by more than 21 seconds. This is a repeat performance for the junior, who now makes the jump up to the Espoir category with the Division II Lokomotiv team. Ukraine's Dmytro Grabovsky took the silver, just a little more than one second ahead of Sweden's Viktor Renäng, who led for much of the day.

Mikhail Ignatiev didn't have many problems with the road conditions. "For me, [the road conditions] were alright. They were not new to me. [Having] so many spectators and press make it good for me. The wind on the first part was quite strong and I had a problem with it, but the second part was alright. Before the start, I thought the second climb would be a problem. But during the race, I felt better. I knew the second climb wouldn't give me problems for the finish because I decided [everything] on the first part."

Second place Dmytro Grabovsky liked the climbing the course dished out. "This [course] was perfect for me and I liked [it]. I thought the second climb was a bit easier for me because I saw the German rider and I went after him, so it was better."

In his first World Championships ever, Sweden's Viktor Renäng wasn't expecting much. "I am very happy. I was hoping a top twenty maybe, so third place is unbelievable," said the eventual bronze medalist. "The second climb was harder than the first, but I heard from the car behind that I was in the lead, so it went good."

Results

1 Mikhail Ignatiev (Russia)	27.01.88 (46.193 km/h)
2 Dmytro Grabovskyy (Ukraine)	0.21.27
3 Viktor Renäng (Sweden)	0.22.50
4 Dominique Cornu (Belgium)	0.27.45
5 William Walker (Australia)	0.46.11
6 Roman Kreuziger (Czech Republic)	0.55.41
7 Alexey Esin (Russia)	0.55.70
8 Tony Martin (Germany)	0.56.69
9 Julien Loubet (France)	1.01.28
10 Simon Spilak (Slovenia)	1.04.14
11 Tom Stamsnijder (Netherlands)	1.07.05
12 Rasmus Fjordside Lehrmann (Denmark)	1.12.88
13 Michael Schär (Switzerland)	1.13.27
14 Peter Velits (Slovakia)	1.13.42
15 Rémy Di Gregorio (France)	1.13.50
16 Fabio Sabatini (Italy)	1.14.03
17 Andrius Buividas (Lithuania)	1.17.04
18 Anders Berendt Hansen (Denmark)	1.17.30
19 Thomas Frei (Switzerland)	1.18.65
20 Kai Reus (Netherlands)	1.20.02
21 Zdenek Stybar (Czech Republic)	1.20.12
22 Maciej Bodnar (Poland)	1.27.11
23 Jose Joaquin Rojas Gil (Spain)	1.28.93
24 Mauro Finetto (Italy)	1.30.12
25 Johan Lindgren (Sweden)	1.30.60
26 Martin Velits (Slovakia)	1.31.01
27 Oleg Chuzhda (Ukraine)	1.31.05

28 Alexander Gottfried (Germany)	1.31.43
29 Steven Cozza (USA)	1.33.13
30 Maxim Belkov (Russia)	1.33.98
31 Wilson Marentes (Colombia)	1.36.40
32 Zachary Taylor (USA)	1.37.16
33 Bogdan Stoytchev (Bulgaria)	1.41.84
34 Andy Schleck (Luxembourg)	1.44.53
35 Ignatas Konovalovas (Lithuania)	1.45.77
36 Juan Pablo Suarez (Colombia)	1.51.21
37 Pawel Cieslik (Poland)	1.55.74
38 Janis Ozols (Latvia)	1.59.40
39 Rafâa Chtioui (Tunisia)	2.00.15

Intermediate check - 8.2 km

1 Mikhail Ignatiev (Russia)	10.37.70
2 Dominique Cornu (Belgium)	0.12.03
3 Dmytro Grabovskyy (Ukraine)	0.14.65
4 Viktor Renäng (Sweden)	0.23.48
5 Tony Martin (Germany)	0.26.96
6 William Walker (Australia)	0.27.59
7 Maciej Bodnar (Poland)	0.28.97
8 Roman Kreuziger (Czech Republic)	0.29.98
9 Simon Spilak (Slovenia)	0.30.32
10 Alexey Esin (Russia)	0.32.55
11 Jose Joaquin Rojas Gil (Spain)	0.32.58
12 Wilson Marentes (Colombia)	0.33.66
13 Tom Stamsnijder (Netherlands)	0.34.51
14 Peter Velits (Slovakia)	0.34.91
15 Rasmus Fjordside Lehrmann (Denmark)	0.35.43
16 Fabio Sabatini (Italy)	0.35.44
17 Julien Loubet (France)	0.35.45
18 Anders Berendt Hansen (Denmark)	0.37.91
19 Michael Schär (Switzerland)	0.37.94
20 Alexander Gottfried (Germany)	0.38.82
21 Andrius Buividas (Lithuania)	0.40.26
22 Rémy Di Gregorio (France)	0.41.32
23 Thomas Frei (Switzerland)	0.41.93
24 Zdenek Stybar (Czech Republic)	0.43.78
25 Bogdan Stoytchev (Bulgaria)	0.44.05
26 Maxim Belkov (Russia)	0.44.80
27 Pawel Cieslik (Poland)	0.45.91
28 Johan Lindgren (Sweden)	0.46.55
29 Stanislav Zverok (Kazachstan)	0.46.93
30 Kai Reus (Netherlands)	0.47.70
31 Steven Cozza (USA)	0.48.34
32 Ignatas Konovalovas (Lithuania)	0.48.96
33 Martin Velits (Slovakia)	0.50.28
34 Zachary Taylor (USA)	0.50.57
35 Oleg Chuzhda (Ukraine)	0.50.61
36 Juan Pablo Suarez (Colombia)	0.51.01
37 Mauro Finetto (Italy)	0.51.26
38 Ivo Vilumovs (Latvia)	0.51.52
39 Matthew Brammeier (Great Britain)	0.51.71

The top American finisher, Steven Cozza, wasn't as happy with his top thirty placing. "It was a good course - perfect course for me. Mentally it wasn't there. It just didn't go my way. This whole year time trialing has been going my way, but of course the World Championships don't. The only thing you can do is keep going and wait till next year. You need everything in a world championship event, and if you don't you are out of luck...You know if you have it or not. It's just like playing pool - when you hit the cue ball you know if anything it's going to go in or not."

However, Cozza is still excited about the upcoming road race. "I'm glad I get another shot [in the road race]. [I got] my anger out now!" Cozza's teammate, Zach Taylor, finished just behind in 32nd place. "It was hard - pretty windy, and a hard course with the two hills. After the first hill there was a headwind section that was pretty winding - that section hurt pretty bad. I gave it my all, and at the end I was having trouble standing up. I didn't feel my best and I was trying to figure out why."

The World Championship: How It Went For Me Mind, Body, Spirit

By: Steven Cozza

After a good three weeks of racing in Europe I felt strong and well prepared for the World Championships in Canada. I left Europe with confidence and strength both in the time trial and road racing events. Since this would be my first Road Worlds I had no clue what to expect. We arrived at a wonderful hotel 10 days before the road race and that was probably the hardest part about it. The anticipation was pretty hard to deal with. I would have liked to have arrived and then raced! I had never experienced this kind of pressure that the Worlds bring with it. The pressure to win and the pressure I placed upon myself. This was definitely a huge challenge for me. I think I wasted more energy thinking about the race and other things that it actually affected my performance when it was time to race.

Being in a hotel with a lot of my idols was so awesome. Everyone was on the same schedule even the pros. We got to eat with them and even train with them. Talking to guys like George Hincapie, Levi Leipheimer, Bobby Julich and Floyd Landis was such an inspiration. I can't believe how funny those guys are. Floyd was cracking jokes at the dinner table about the Vuelta and how Nozal the Spanish tour leader smelt really bad. Seeing how relaxed the pros were really calmed me down but my mind was still spinning a million miles a second just thinking about the race and how I can't screw up. And that is exactly what I did.

The day before the Time Trial, I did everything right except for my mind was thinking way too much about other things and problems I have in my life and that was not good. I

have learned from that mistake and will never make it again. This was the most important lesson that I learned from my first time at Worlds. Everything needs to go into the sport and you cannot be thinking about any problems outside of the sport because it will tire you out and drain your energy, emotionally. I learned that in order for me to win a race I need to be emotionally there, for it is an emotional sport. You win a race with your Body, Mind, Spirit, and Heart. If you are lacking one, you lack them all, because one affects the other. I discovered that insight the hard way, on the day of the Time Trial. I was flying the weeks prior and there was no reason for me to do as bad as I did, but because my mind and spirit were not there I was not able to perform as I would have. It is very hard to keep mentally sharp when you get to this level, but with having done it once now I know I can do it better next time and the next many times after that. You need to go into the World Championships thinking like it is just another race. I was like a V8 engine with all the electrical wires in the wrong place. Strong but not operating correctly.

I woke up early Wednesday morning to down a few pancakes before the days Time Trial. I tried forgetting about everything except for the day at stake. We arrived to the course and I made sure to get a good warm up because the course was a very hilly one and I wanted my legs to be fired up and ready to go from the gun. I did everything I normally do for preparation. I rolled up to the starting ramp and waited a few minutes for my start. I was called up and got in position. Beep, Beep, Beep, Beep, Beep and I was off and flying. The whole course was a blur to me but from what I remember, I just could not get my legs to turn the normal gear that I normally turned. It's like I could not step all the way on the gas because the throttle was stuck. I went and went and went with all I had but it was not enough when I crossed the finish line I was pretty disappointed with my performance. I road back to our start tent and reflected on this years ups and downs. This was a real down because I was in line to definitely get a top 5 placing but ended up in 29.

After the race the National Coach Danny Van Haute took me for a ride and we talked about everything. Coach Danny's support and advice really helped me get things into perspective. He was a world cyclist when he was younger and knew that one cannot allow outside problems to affect performance as a cyclist. The sport is just to demanding. I was much happier after the ride with the National coach and was even already starting to think about the next season. I've been accepted to ride for the Espoir USA National team, ages 19-22. This means I'll be competing a lot in Europe next season. I've been very fortunate that I've been given the opportunity to compete in Europe as a junior cyclist. Now I'm moving on to compete as an Espoir cyclist. My dream is to become a world class cyclist in Europe and I'm very grateful to the National Coaches for them giving me that opportunity.

To see a picture of me racing in the time trial and read an after race quote from me you can find them at www.cyclingnews.com under the worlds junior time trial section or go to http://www.cyclingnews.com/worldsphotos03.php?id=photos/2003/worlds03/jmtt/JDcozza_usa for the photo of me in the time trial.

I reflect back on the season as a whole and I am very happy with how I have come along in just 3 seasons of competitive cycling. I am very proud to ride at the top level of a competitive sport and will continue to do so until I reach my ultimate dreams. Even though the Time Trial and the Road race did not go best for me at the World Championships it was just another step up the ladder for me in this sport. You always need to remember you are not defined by one race. And after all it's just another race. :)

I am definitely ready for a month of resting and having fun with the other hobbies I do in life. I leave on Saturday the 18 to go hiking for 14 days up in Bishop. I can't wait because I'll be living off of Fish and oatmeal. Ha. So, I guess that's all for now, and once again Thanks a whole lot for reading my race reports and supporting me this year with your positive thoughts.

Last thing I would like to cap the year off with is a big thanks to all who have helped me excel as fast as I have in this sport. A big thanks to coach Laura Charameda for helping me learn as much as I possibly could in such a short time by having me on her National caliber team known as team Swift. For more info on the team and program go to www.teamswift.org. She was a huge part in my success so far by teaching me how to ride and directing me in the right directions for the past three years. I would also like to thank my parents for all the support they have given me over the years. And lastly I would like to thank Danny Van Haute for believing in me and taking me under his wing on the USA Junior National team. Without that I would not have made it over to Europe three times in my last two seasons of being a junior. Thanks to all and I hope to hear from you in the future. I will continue to keep you updated on how I am doing throughout the up and coming season. Thanks :)

Peace from the Far East,
Steven Cozza :)

["Continue to be the change you wish to see in the world." - Gandhi](#)