

BMC Training Camp Report Santa Rosa, CA

BMC Training Camp Report

1-16-09

Photo: see <http://teamswift.org/gallery/gallery/32/>

Ryan Eastman

Captain, All Sport-Team Swift Junior Development Program
17-18 year old Junior, Senior Category 2

I was invited to do the BMC training camp by Gavin Chilcott, BMC's General Manager. I was pretty excited and very grateful to have an opportunity such as this. I arrived at the Flamingo Hotel to meet the team of seventeen pros, and three U23 riders. Team Mechanic Vince, gladly took my bike and went through the gears and such, to have it work perfectly for the ride. Team Director John Lelangue, the riders, the mechanics and the soigneurs were all just very welcoming and helpful. We rolled out of the parking lot for a 6 hour ride. We were doing King Ridge, down the coast to Coleman Valley, and back to Santa Rosa. The guys all had some intervals to do, directed from John Lelangue, and I was to participate in them as well.

I rode with Scott Nydam for the first half hour, and then I started to meet some of the other guys. We headed out toward Occidental, and did the first interval. Four man pacelines at medium pace for ten minutes. Down Bohemian Highway, to River Road, and then once we got to Cazadero Highway we began the second medium interval. This time the three other guys I was with were Alexandre Moos, Danilo Wyss, and Steve Bovay. They were all three Swiss, and speaking and saying commands in some language that I do not know. It was kind of weird, I have never been in that kind of situation, and it was very cool in the sense that I got to be in a group with such great riders. These three guys are extremely good.

The group of 20 got split into two groups by the time we got to the start of the climb, basically based on where you were on the road in contrast to the others while doing the intervals. The first climb is around 15 min and we were supposed to do medium pace up it. It was awesome hanging in there with the big boys up the climb, I was feeling pretty good. We did some Strength

Resistance (big gear) intervals on the later climb, and then basically just cruised along the rest of the ridge. I listened to stories and talked to riders about their seasons.

Then after everyone stripped off their leg and arm warmers in the surprisingly warm sun, and put them in the BMC follow cars we descended down toward Seaview. The weather was perfect and I was having a really good time. Along Seaview I meet one of the riders named Mathias Frank. He is Swiss and came to BMC from Gerolsteiner. We talked for awhile, he was really helpful and I am glad I got to know him. Then we went down Meyers Grade to the coast (very cool descent).

We meet up with the other half of the team guys at Goat Rock to refuel with drinks and Clif Bars. Down the coast we went to head toward Coleman Valley. John Lelangue told them to basically simulate a race up it, with attacking and changing the pace. Basically go all out. Once we turned left up the climb off the coast Markus Zberg, the Swiss National Champion, attacked up the left side, everyone chased him down, and I just tried to hang on. Once at the top the group of 21 was completely shattered and I road up to the bulk of the group with two other guys. I talked with Markus at the top as we started rolling down the descent, he is a pretty nice guy.

On the way back into Santa Rosa it was pretty cool seeing the whole of the BMC team sprinting for the Santa Rosa city limit that I am usually sprinting for with teammates. I had no chance I was spun out in the first 5 seconds in my junior gears. Those guys can sure turn a pedal with speed. Soon enough I was back at the hotel with the team after 6 hours and around 110 miles. It was a pretty long day and thankfully the soigneurs already had lunch waiting for us. I ate with Nydam, got a shower and headed home. That day was the best ride that I have ever done, and to be surrounded by such experienced and knowledgeable professionals is amazing. Thanks to Gavin for the opportunity, and I wish BMC the best of luck for the 2009 season.

-Ryan Eastman

“It was a pleasure to have Ryan join us during the first 2009 BMC Team Camp. He was very polite and respectful and to fit in well with what ever group of BMC riders he was riding with. It was fun to see my teammates get to know him a little bit (and see their eyes light up when they found out how young he was!) It's very encouraging to see Ryan putting together what it takes to be an accomplished cyclist. I know he is a leader on Team Swift and well looked upon

by his teammates. The things he is learning will continue to be passed down and help all of Team Swift, which will make for an exciting season of racing!"
-Scott Nydam, Professional, BMC Racing Team

A Day with Tony Cruz during the BMC Training Camp

Ryan Eastman
1-22-09

The BMC camp was almost over and on Thursday I went up to ride with Tony Cruz. I met Tony last Fall when he came to our team fund raising ride called the Cycle with Champions. He is a really nice guy and it's cool he took the time to spend his last day at camp with me.

On my way up it started to rain, so we decided to just ride on the trainers instead and stay dry. It was actually perfect because I just got my new Sidi cycling shoes from Coach Laura the other day, and I needed to fit the cleats to the shoes and Tony helped me with that. It is pretty hard to get it exact, it takes some tricks and some tweaking with. We got on the trainers and started to spin.

I talked with Tony Cruz about a junior race that he is putting on down in Long Beach where he lives. It sounds pretty awesome and I hope I can go to participate.

After about 15 min on the trainers I could tell that my right heel was too far in so I made an adjustment. Tony told me that typically good climbers want to have the ball of your foot around 3mm behind the center of the pedals spindle. He taught me a good way to take the measurements off your old shoes and measure it pretty much perfectly onto the new shoes. That was really awesome because for the rest of my career I will never have the problem of switching shoes and not being able to get the cleat position right, and possibly messing up my knees. I also can now pass that information down to my teammates. So with Tony helping me he is also helping my teammates as well. So I fixed my shoes, and we talked about his past years of racing with U.S. Postal, and Discovery Channel. Gavin came over and we talked to him for a while. Soon enough a hour and a half was over and we got off the bikes, took a quick shower and headed to lunch. We got some pretty good burgers and talked about how he progressed through life on his way to a professional cyclist, about doing the Grand Tours,

and lots of other little thing about cycling that I know will help me now and in the future. It was nice of him to spend his day basically hanging out with me, and teaching me some valuable things. Tony is a really nice guy and he is definitely one of the riders that I have a lot of respect for in the pro peloton.

-Ryan Eastman

Special Note: Ryan Eastman was recently selected to go to Europe with the U.S. Junior National Team at the race schedule below. Congratulations Ryan and thanks to BMC Racing Team for the opportunity to ride with the team.

--Coach Laura Charameda

April 27, depart for Belgium

May 1, Interclub Hoboken, BEL

May 6-10 Peace Race, CZE

May 15-17 3-Etappen der Rad, GER

May 22-24 Vlaamse Ardennen (BEL)

May 25 Return to USA

Thank you to our cycling sponsors who help make our 2009 All Sport-Team Swift Program possible:

Team Swift: <http://teamswift.org>

All Sport: <http://drinkallsport.com/>

BMC: <http://www.bmc-racing.com>

Clif Bar: <http://www.clifbar.com>

Squadra: <http://www.squadra.us/>

Mavic: <http://www.mavic.com/>

Sidi: www.sidiusa.com

Sock Guy: <http://www.sockguy.com/>

Shimano: <http://bike.shimano.com>

Vredestein: <http://www.vredesteinusa.com>

Thule: www.thuleracks.com

Lazer: www.lazerhelmets.com

West County Revolution: www.westcountyrevolution.com

Paradigm Cycles: <http://www.paradigmcycles.com>

Bici Sport: <http://www.bicisportusa.com>
USACDF: <http://www.usacdf.org>
Santa Rosa Cycling Club: <http://www.srcc.com>
And our generous donors at <http://teamswift.org/donors/>

Thanks for your support!

Contact Information:

Laura Charameda
Director/Coach, Team Swift Junior Development
teamswift@aol.com
www.teamswift.org