



## SITTING IN

with Allen Lim

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look at how he's lost it, the majority of that happened in one bad descent. Not a bad climb. Maybe five minutes of not feeling that hot at 5km from the top of a climb and one terrible descent. If you put that in the context of the percentage differences between these athletes at this level, we start playing with fractions. That's one thing we're really good at as a team. We're really good at hunting for fractions.

**Earlier in the race, you crunched some numbers from Ricco's ride over the Col d'Aspin that you called suspicious. Have you seen anything else in this Tour like that?** That was black and white. That was 6.7-watts-per-kg for 12 minutes. No one else has done anything else like that in the Tour. Not even close. Everything has been tactical. Getting time before the climb. Riding at 5-watts-per-kg moving in the peloton to 5.5, 5.7-watts-per-kg in the final 10km, maybe just under 6 watts in final 5km. That's normal physiology. Talk about a guy doing that for 10 minutes, 6.5, 6.7, you're smoking crack or you're some sort of man-greyhound hybrid.

**Talk about Carlos Sastre and how he rode up Alpe d'Huez. Could Vande Velde have gone with him?** Sastre created that gap on the steepest section with a highly anaerobic effort, up near 6.5 watts, but not for a long period of time. It was a burst. Then he held it steady. Christian asked, could I have gone at that speed? Yes, if it was steady for the entire ride, but you would have brought everyone else with you. Could Christian have gone with Sastre through that five-minute attack? No. It's those kinds of attacks, that aggression, those surges on top of what those guys have to do to get up the mountain that is so beautiful and it's what we're here to see. It's human. It's brilliant. It's awesome.

**Can we believe that this year's Tour de France winner is clean?** I'm going to believe so. I'm impressed with what the French agency has done to test these guys. It's completely random. They are honing in on guys. When some guy has an extra-special performance, even if it's for 10 minutes in a stage, guess what, he's going to be tested. They pursued it with savage aggression. They cut the head off the snake well before the snake even had a chance to hiss.

**What can fans expect from Vande Velde next year?** Christian could win the Tour next year. I really believe that. When I would say this, he would look at me and say, 'Whatever, let's live in reality and not entertain ourselves with fantasy.' The only thing we have is belief. If we don't go in as if we're going to win, we're never going to learn how to win, how to do things the right way. If you're not preparing for the very top, you're preparing for the very bottom.

# CRAIG, MCCONNELOU REPEAT IN MOUNT SN



Neither Adam Craig nor Mary McConnelou at the 2008 USA Cycling national mountain Maintenance and route changes eased the rocky singletrack, which in 2007 helped bo

But McConnelou and Craig proved aga marquee mountain bike racing venue. McC beating the Luna rider in a sprint to the line ing two minutes up on second-placed Ryan

"I was really worried. I've been pretty tir Craig said. "With the course changes and fident. But it worked out."

With their championship jerseys in tow games in Beijing. But with a new venue fo rizon — Sol Vista resort in Colorado — a national champions over? Only time will te

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