

## MICHAEL "One Speed" BENNETT

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### Racer Profile



- Age: 30
- Birth Date: December 10, 1972
- Height/Weight: 5'6", 135 lbs
- Occupation: Software Design Engineer, Nortel Networks
- Disciplines: Mountain Biking, Road and Cyclocross
- Number of years Mountain Biking: 9 (6 years racing)
- Class: Mountain Bike: Veteran Expert (30-39); and, Road/Cyclocross: Master 'A' (30-39)

#### Race Highlights:

1. 6th 2003 24 Hours of Summer Solstice, Solo Category (4<sup>th</sup> largest 24 Hour race in the World);
2. 6th overall 2002 Ottawa Bicycle Club Cyclocross series (Master 'A');
3. 1st 1999 Ontario Provincial Championships; and,
4. 3rd 1999 Canadian National Championships

#### Contributions to Cycling Community:

1. Assisted in organizing and developing the Kunststadt Mountain Bike team for 2002 and 2003; and,
2. Assisted in course design, layout and preparation for bi-weekly Kunststadt race series

***What makes me unique? Others need 24 or 27 speeds. I only use 1 - 100% singlespeed, 100% of the time in all disciplines: Mountain biking, Road and Cyclocross***

### Racing and Training Goals for 2004

#### 2004 Racing Goals:

1. Top 3 - 24 Hours of Summer Solstice, Solo Category (4<sup>th</sup> largest 24 Hour race in the World);
2. Top 10 - 24 Hours of Adrenaline, Solo Category (largest 24 Hour race in the World);
3. Top 20 - World Master's Championship (Veteran Expert 30-34);
4. Top 15 overall - Ontario Cup series (Veteran Expert 30-39); and,
5. Top 5 overall - Ottawa Bicycle Club Cyclocross Series (Master 'A')

#### 2004 Training Goals:

During the winter months, my training program will consist of a regimented schedule of indoor stationary cycling on a home bike-mounted trainer, XC skiing and light weight-lifting to build a solid endurance base. As the winter subsides, in-the-saddle time will increase to a minimum of 10-12 hours per week with intervals, hill climbing, 4-6 hour endurance rides, etc. to strengthen cycling-specific muscles, sharpen coordination and to further build on my solid endurance foundation.

### Sponsors

1. Kunststadt Sports;
2. Rudy Project Eyewear;
3. Gretna Bikes - Lupine Lighting Systems;
4. ThorUSA - Formula Brakes;
5. Patisserie La Decouverte; and,
6. The Rochester Eatery & Pub



## Results

### 2003 Results

1. Paris-Roubaix (Road/Cyclocross race): 10/60;
2. Ontario Cup #1 -- Pleasure Valley: 20/47;
3. Canada Cup #1 -- Bromont: 20/42;
4. Canada Cup #2/Ontario Cup #3 -- Hardwood Hills: 15/41;
5. Canada Cup #3 -- Tremblant: 17/42;
6. 24 Hours of Summer Solstice, Solo Category -- Albion Hills: 6/34; and,
7. Ontario Cup #4 -- Calabogie: 10/22;
8. 24 Hours of Adrenaline -- Hardwood Hills: 7/92 (5-person open, 150-199);
9. World Master's Championships -- Bromont: 31/50;

### Camp Fortune Sunset Series (Elite/Expert Category):

- |          |               |         |
|----------|---------------|---------|
| 1. 8/23; | 3. 10/27;     | 5. 7/24 |
| 2. 7/22; | 4. 7/22; and, |         |

### 2002 Results

1. Canada Cup #2/Ontario Cup #3 -- Hardwood Hills: 19/54;
2. Canada Cup #3/Quebec Cup #2 -- Tremblant: 28/35;
3. Ottawa Bicycle Club Grand Prix (Road) -- Gatineau: 71/93;
4. Ontario Cup #4 -- Horseshoe Valley: 13/33;
5. Ontario Cup #5 -- Dagmar: 10/37;
6. 24 Hours of Adrenaline -- Hardwood Hills: 9/85 (5-person open, 150-199);
7. World Master's Championships -- Bromont: 37/52;
8. Ontario Cup Provincial Championships -- Kelso: 18/51 [16th overall in series]; and,
9. Ottawa Bicycle Club Cyclocross series: 6th overall (Master 'A')

### Ottawa Bicycle Club Cyclocross Series:

- |                                  |                      |                             |
|----------------------------------|----------------------|-----------------------------|
| 1. Britannia Park: 19/48;        | 4. Almonte: 15/49;   | 6. Upper Canada: 12/38; and |
| 2. Britannia Park Madison: 7/20; | 5. Terry Fox: 12/45; | 7. Almonte: 11/33           |
| 3. Almonte Time Trial: 4/13;     |                      |                             |

## Expected 2004 Race Schedule

1. Paris-Roubaix (Road/Cyclocross race) - Almonte, ON;
2. Ontario Cup #1 -- Pleasure Valley - Clarendon, ON;
3. Canada Cup #1 -- Bromont - QC;
4. Canada Cup #2/Ontario Cup #3 -- Hardwood Hills - Barrie, ON;
5. Canada Cup #3 -- Tremblant - QC;
6. 24 Hours of Summer Solstice, Solo Category -- Albion Hills - ON;
7. Ontario Cup #4 -- Calabogie - Calabogie, ON;
8. Ottawa Bicycle Club Grand Prix (Road) -- Gatineau, QC;
9. 24 Hours of Adrenaline, Solo Category -- Hardwood Hills, ON;
10. Quebec Cup Championships -- Camp Fortune - Gatineau, QC;
11. World Master's Championships -- Bromont - QC;
12. Ontario Provincial Championships -- Horseshoe Valley - ON;
13. Camp Fortune Sunset Series -- Camp Fortune - Gatineau, QC; and,
14. Ottawa Bicycle Club Cyclocross Series - Various locations

## Life off the Bike

- Interests: Bicycle maintenance and repair, XC skiing, baseball, and softball
- Education: Master of Engineering (1998) and Bachelor of Engineering (1995)
- Loving Husband and Father to: Cari, Tyler and Kiley
- Favorite Beer: Sleeman Honey Brown