

Boss Cross #3 Race Report

The Course:

A SWAMP. MUD. As far as the eye could see, except for where the course went over sand, gravel, or pavement. There were a lot of technical corners (sharp turn, followed by another sharp turn), only a few off camber turns, but they were in sections where you were usually running. Besides the fact that your tires were always sinking into the earth, the course was really well laid out, and included a pedestrian bridge. The finish was a 180 through sand, 90deg left onto gravel with tarmac finishing straight.



The Conditions:

When I left the house for the race it was 20F, by start time it was hovering above 40F. The trees were still glistening from the ice storm the night before, so there was plenty of moisture to produce a muddy mess. Little to no wind as the park was surrounded by a line of hills and trees along the Missouri river.

The Field:

At least 20 starters. After my first 2 cross races, it seems clear that team affiliation has little to do with the outcome.



The Result:

5/24 (?) starters.

The Comedy/Tragedy:

The Women's 4's, Juniors, and Masters 35+ had all been on the course before the Men's 4's. Thus, we were treated to a post-thaw mud fest. At the start the official told us that the Masters were running 10 min. laps, therefore our 30 min. race would be 3 laps. However, stragglers were pulled after 2 laps. It turns out that some people were running 20 min laps(<http://blacksheepcartelracing.wordpress.com/2008/12/28/boss-cross-mud-run/>)!

Well, after lining up in the second row, I was with the leaders for the first couple of turns. A crash happened right in front of me, at which time I got off and ran around. This would be the theme of the day: riding is too slow – get off and run. I think I ran half of each lap due to the speeds at which I was track-standing in the mud.

After that crash on the first lap, I was told by my screaming family members that I was sitting 8th. This was good news, and I traded 8th and 9th with a guy who beat me at Veteran's cross (I remembered the jersey and pony tail!) I did not let him beat me this time and I worked my way up a few more spots over the last lap to place me in 6th going into the last turn. I was about 3 bike lengths behind #5 and I got him at the line in the sprint.

The Lessons:

*40psi in both tires worked well in the sloppy mud – no problems cornering.

*I ran past several riders during the race while they struggled to pedal in the mire. Constantly evaluate whether it is faster to run or ride and choose the fastest and most efficient method.

*I did not get to pre-ride the course so I lined up in the second row in order to follow other people through the first couple sections. One

guy I was following went off course, but thanks to a helpful spectator, I stayed on track. Always pre-ride or walk the course!

*The support of family and friends (especially with cowbell) is a huge help, and they seem to enjoy it!

