

BC CYCLING TEAM TAKES ANOTHER NATIONAL TITLE



By Erica Zaveta
Staff Writer

Cyclo-cross National was held this year in Madison, WI, Jan. 12 and 13. This was the first season that the tornados competed in this discipline of cycling.

Cyclo-cross is a mix between road bike racing and mountain bike racing. The course for Cyclo-cross is mostly on a grass track between one or two miles in length. T

hroughout this course there are features such as stair run-ups, sand pits, and small barriers; these obstacles often require riders

to dismount their bicycles and overtake these features on foot.

There is a tremendous amount of skill required to be an efficient Cyclo-cross racer. Racers are also able to access an area called "the pits," where the racer will have their

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