

# BC cycling coach finishes 2<sup>nd</sup> in World Championship race

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Brevard College's own Brian Sheedy, the BC cycling coach, competed in the master's 35-39 age group at the World Championship Cyclo-cross Race. Sheedy won his seating heat Wednesday Jan. 30 and finished 2<sup>nd</sup> in the World Championship race Friday Feb. 1. Sheedy gave a recount of his second-place race describing the course as frozen ruts and deep mud. "I started off good, but cramped on my first lap causing me to have to spin and give up the lead."

Sheedy also sustained a pretty memorable crash during his race. "I crashed into a post and went over my handle bars, my helmet got stuck in a fence and I struggled to get free. I felt like a bull with his horns stuck."

Sheedy struggled for about 15 seconds as third place closed in; he pulled free from the fence and soon regained his gap in front of 3<sup>rd</sup> place. Even with all the difficulties, Sheedy finished in 2<sup>nd</sup> saying "this race was an interesting experience. Normally I don't hear people while I'm racing but this time (having to slow down his pace as result of cramping) I heard them and used them as motivation."

Besides this being a world championship race, there were a good number of people from North Carolina and Michigan (Sheedy's home state) at the race that made it an even more memorable experience for Coach Brian Sheedy.

Sheedy is also very excited about Brevard College's upcoming collegiate road racing season. Speaking about the team coach Sheedy says, "Camaraderie on the team is really good, there is a positive influence, and a great deal of excitement. Traditionally BC cycling is not known for its road team, but I am positive we will have the best road team Brevard has ever had. I am excited about that growth within our cycling program."



Coach Brian Sheedy placed second in the Cyclo-cross World Championship race in Louisville, Kentucky. Sheedy began coaching for BC in fall 2011.