

M I C H E L L E A. B E L T R A N

Coach: Dave Jordaan

Team 2003 & 2004: Red 5 Racing

Team 2005: Colavita/Cooking Light

Team 2006: Cheerwine Cycling Team

Team 2007: Bicycle John's Serious Cycling

Strengths: Stage Racer, Domestique, Climber-sprinter

PROFESSIONAL CYCLING RESUME

EVENT	CATEGORY	PLACING
2007		
Valley of the Sun Stage Race	W- Pro 1/2	10 th Place Stage 3, 16 th Place GC
Santa Clarita Grand Prix	W- Pro 1/2	13 th Place
Merco Cycling Classic	W- Pro 1/2	11 th Place Road Race
Garret Lamire Criterium	W- Pro 1/2	16 th Place
2006		
Garret Lamire Criterium	W- Pro 1/2	20 th Place
Sea Otter Cycling Classic	W- Pro 1/2	20 th Place
La Vuelta de Bisbee	W- Pro 1/2	9 th Stage One, 10 th Stage Two, 10 th Stage Three, 6 th in GC
Tour of the Gila	W- Pro 1/2	25 th Stage One
Joe Martin Stage Race	W- Pro 1/2	16 th Stage Two
U.S. National Championship Time Trial	W- Pro 1/2	18 th Place
U.S. National Championship Road Race	W- Pro 1/2	30 th Place
N. Cal./Nevada State Climbing Champs	W- Pro 1/2	1 st Place
2005		
San Dimas Stage Race	W- Pro 1/2	12 th Stage One, 12 th Stage Two
Sea Otter Cycling Classic	W- Pro 1/2	7 th Stage One, 12 th Stage Two, 16 th in GC
Tour of the Gila	W- Pro 1/2	17 th Prologue, 16 th Stage One, 9 th Stage

Joe Martin Stage Race	W- Pro 1/2	Two, 17 th Stage Three, 10 th Stage Four, 13 th in GC
Montreal World Cup	W- Pro 1/2	7 th Place Stage Four
Wachovia Liberty Classic	W- Pro 1/2	34 th place
Nature Valley Grand Prix	W- Pro 1/2	34 th place
U.S. National Team Development Camp	Invitee	15 th Stage Three
Giro Italia	W- Pro 1/2	Olympic Training Center, CO Forno d'Asolo, 40 th Stage Three

2004

Vuelta de Bisbee	W- Pro 1/2	1 st Stage Three, 7 th in GC
Tour of Gila	W- Pro 1/2	15 th Stage Two, 6 th Stage Three, 4 th Stage Five, 11 th in GC
Montreal World Cup	W- Pro 1/2	Webcor Women's Cycling Team
Tour de Grande Montreal	W- Pro 1/2	Webcor Women's Cycling Team
U.S. National Team Development Camp	Attendee	Olympic Training Center, CO
Estes Park Cycling Challenge	W- Pro 1/2	14 th Stage Two, 11 th Stage Three, 16 th Stage Four, 20 th in GC
T-Mobile International	W- Pro 1/2	28 th place

2003

Snelling Road Race	W- Pro 1/2	3 rd place
Dinuba Criterium	W- Pro 1/2	4 th place
Merced Criterium	W- Pro 1/2	7 th place
Vandenburg State Champs Road Race	W- Pro 1/2	3 rd place
Pescadero Coastal Classic Road Race	W- Pro 1/2	1 st place
Folsom Criterium	W- Pro 1/2	6 th place
T-Mobile International	W- Pro 1/2	42 nd place

2002

Pescadero Coastal Classic Road Race	W- 4	1 st place
California State Climbing Champs RR	W- 4	1 st place, 3 rd overall
Master's Nationals Champs Road Race	W- 1/2/3	3 rd place
Diamond Valley Road Race	W- 1/2/3	3 rd place
California District Road Race Champs	W- 1/2/3	7 th place
Corral Hollow Road Race	W- 1/2/3	6 th place
Timpani Criterium	W- 1/2/3	5 th place

Winters Road Race	W- 1/2/3	3 rd place
2002 California Cup Series	W- 1/2/3	9 th place
Mt. Tamalpais Hill Climb	W- 1/2/3	7 th place
Master's Champ Criterium	W- 1/2/3	4 th place

REFERENCES

Michael Carter

Professional Cyclist & Elite Level Coach

Owner, Echelon Sports Performance

<http://www.espcycling.com/index.php>

Michael is a Certified "Elite" Coach with USA Cycling. He holds a B.S. in Exercise Physiology from the University Of Colorado, Boulder. Mike has earned five World Professional Road Race Championships and raced at notable professional tours to include Tour De France, Italy, Vuelta Espagna, China, Korea, Venezuela, Chile, Taiwan, Thailand, Qatar, and many others. Mike was World Champion/Hill Climb, four times, in the Masters Division. In 2002, he earned the National Champion title in the Masters Road Race. His credentials continue with a Colorado State Time Trial Champion three years in row, from 2002 – 2004 in the Masters 35+ Division. He was Colorado State Criterium Champion in the Elite Division in 2000; ranked No. 3 Mountain Climber in the World by L'Equipe Magazine, and ranked No. 1 US Professional in 1990.

Terry Tupper

Former Professional Cyclist, Coach & Physical Therapist

Before retiring as a professional rider in 1994, Terry competed as a road racer for 12 years, four of which were in Europe (based in Holland). During that time he rode for the US National Team and several Dutch teams in over 200 events in France, Belgium, Germany, and Holland. His strength as a rider was as a breakaway sprinter and attrition road racer. Terry brings 17 years of experience in racing and coaching and currently is an Associate coach for Wenzel Coaching. Since 1995, he has coached riders to three National Championships, four District and State Road Race Championships, and a World Cup win in mountain biking. His experience includes successes with riders from Juniors, Elites, Category 3-5's as well as most levels of Women and Masters. In 1999, Terry directed Nutra Fig Men's Professional Cycling Team. He was the team trainer for the Saeco/TimeX Women's Cycling Team in 1998 and for the AutoTrader.com Women's Cycling Team in 2001.

Michael Bonkowski

Professional Cycling Coach & Business owner/Engineer

Mike Bonkowski is a USA Cycling Certified Expert Coach and has been riding bikes longer than most people have been around to read this. Mike was the President of the Berkeley Bike Club from 1999 to 2004, and coached martial arts at UC Berkeley and UC Santa Barbara since the 1970s. Mike's interest's lie in the areas of power and performance conditioning specific to the endurance athlete, and based upon his previous coaching experiences, formulated the Maxex Performance Program. Mike currently races mountain bike cross-country, criterium, track and road.

Dave Jordaan

USA Cycling certified Elite Coach

Dave coaches 12 professional athletes, including the top ranked female International rider from the U.S. He is a 10-year volunteer head coach for UC Irvine. He is a licensed USA Cycling Elite level 1 coach and specializes in road, time trial and cross racing. Dave's athletes include International, National, State and College Champions.