

# MICHAEL "One Speed" BENNETT

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## Racer Profile



- Age: 31
- 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. 5th overall 2003 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 Kunstadt Mountain Bike team for 2002 and 2003; and,
2. Assisted in course design, layout and preparation for bi-weekly Kunstadt 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 15 - TransRockies Challenge (Toughest MTB 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. Catena Networks/CycleLogik Racing;
2. Rudy Project Eyewear;
3. Gretna Bikes - Lupine Lighting Systems; and,
4. ThorUSA - Formula Brakes



## Results

### 2004 Results

1. Paris-Roubaix (Road/Cyclocross race): 20/36;
2. Ontario Cup #1 -- Dagmar: 14/27;
3. Canada Cup #1 -- Bromont: 21/46.

### 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, |         |

### Ottawa Bicycle Club Cyclocross Series (Vet/Master A):

- |                                |                                |                                |
|--------------------------------|--------------------------------|--------------------------------|
| 1. Brockville: 9/12 (Senior);  | 5. Almonte (Mass Start): 5/19; | 9. Upper Canada: 9/15;         |
| 2. Britannia: 7/17;            | 6. Upper Canada: 7/15;         | 10. Almonte: 2/8; and,         |
| 3. Fortune: 3/7;               | 7. Mooney's: 7/18;             | 11. Mooney's: 3/8.             |
| 4. Almonte (Time Trail): 6/18; | 8. Kingston: 5/10;             | <b>Overall: 5/36 in Vet A.</b> |

### 2002 Results

Available upon request.

## Expected 2004 Race Schedule

1. OBC Paris-Roubaix (Road/Cyclocross race) -- Almonte, ON -- Date: April 18, 2004;
2. Ontario Cup #1 -- Dagmar -- Date: May 2;
3. Canada Cup #1 -- Bromont -- Date: May 23;
4. Gary Fisher Epic 8 Hour (Solo) -- Mansfield -- Date: May 29;
5. Canada Cup #3/Ontario Cup #3 -- Hardwood Hills -- Date: June 6;
6. 24 Hours of Summer Solstice (Solo) -- Albion Hills -- June 19-20;
7. Ontario Cup #4 -- Calabogie -- Date: July 11;
8. Ottawa Bicycle Club Grand Prix (Road) -- Gatineau Park -- Date: TBA;
9. TransRockies -- Fernie, BC to Canmore, AB: 700km 7-day stage race: **World's Toughest MTB Race!** -- Date: Aug 8-14;
10. World Master's Championship -- Bromont -- Date: Sept 4;
11. Ontario Cup #6 -- Mansfield -- Date: Sept 12;
12. Ontario Provincial Championship -- Hardwood Hills -- Date: Sept 26;
13. Camp Fortune Sunset Series (6 races) -- Camp Fortune -- Date: June - Aug; and,
14. Ottawa Bicycle Club Cyclocross Series (12 races) -- Various locations -- Date: Sept - Dec

## 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