

**Keeping track of yourself**

by Steve Thordarson

USA Cycling, Inc. Level 1 Coach

**Developing a Racing Resume**

When you have begun to learn what you can do as a cyclist, you need to document your results. No matter where you are trying to go in your career, you will find a need to present your results to a sponsor, coach or team. Sometimes this may have to be typed out and sent through the mail or electronically over the internet. You should always have a current resume for just such occasions and it should be well written so you are represented properly by it.

In 1994 I was asked to help run the Regional Junior Selection Camp in Ohio. Part of my job was to review the resumes of the 17 and 18 year old athletes who were hoping to be selected for a Regional cycling team. This proved to be more of a challenge than I expected because many of their cycling resumes were incomplete, crumpled up, handwritten pages from a spiral notebook. They were difficult to read and some of them were filled with as many excuses as they were results. There was also an effort to only list races that produced a top three finish. None of them had a cover letter or anything that resembled an explanation for a direction to their cycling career. It made the job of team member selection a bit more difficult. I spent some talking to the athletes about what information should be included on their racing resumes. Obvious choices include your name, mailing or street address, telephone number, cell phone number, e-mail address and if applicable your work telephone number. Other important information would include your date of birth, racing license number, racing categories and your current team or club. If you race in several disciplines, such as mountain biking, track racing, BMX or triathlons, you should also list your other racing licenses and categories. The more information you provide, the easier the job of the person or team reading your resume.

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Category: Road 3 Track 3  
Club: Pepsi/PowerBar

**Training and Education**

U.S.C.F. Junior Identification Camp - Naperville, IL  
U.S.C.F. Track Racing Clinic - Northbrook, IL  
U.S.C.F. Regional Selection Camp - Ohio  
Pepsi/PowerBar Spring Training Camp - Winfield, IL

*(Classes or clinics should be directly related to cycling, though not limited to cycling.)*

## Road Racing Results

<u>Date</u>	<u>Name of Race</u>	<u>Category</u>	<u>Field</u>	<u>Placing</u>	<u>Time</u>
6/92	IL. District Time Trial	Junior 10/12	8	2nd	40:38:01
7/92	IL. District Road Race	Junior 10/12	12	3rd	
8/92	Downers Grove Criterium	Junior Open	23	7th	

*(Races should be listed in chronological order and if possible, time trials should be kept in a group so improvement can be more easily spotted.)*

## Track Racing Results

<u>Date</u>	<u>Name of Race</u>	<u>Category</u>	<u>Field</u>	<u>Placing</u>	<u>Time</u>
6/93	IL. District Omnium	Junior 10/12	6	2nd	
6/92	IL. District Sprints	Junior 10/12	8	1st	

*(Races should be broken down according to type)*

## Off Road Racing Results

<u>Date</u>	<u>Name of Race</u>	<u>Category</u>	<u>Field</u>	<u>Placing</u>	<u>Time</u>
11/93	IL. District CycloCross	Junior Open	9	4th	
12/93	Pepsi CycloCross Race	Junior Open	11	2nd	

*(Results should be listed even if the results did not earn medals or awards)*

A resume like this not only tells a coach, team director or potential sponsor what you have done, but shows you are organized and efficient in the ways you handle yourself and career. At the Junior Regional Team Selection Camp I was limited in making a fair assessment of some of the athletes because they did not provide much useful information. Follow up conversations were required to fill in the blanks of missing information. If the athletes were mailing or faxing their resumes to a team or coach, they would not have had the luxury of verbally filling in the holes. Chances are that some of their resumes would have been thrown out without a second glance. Even if you are the best athlete available, the coach or sponsor may pass you up because they didn't get that impression from your resume.

People are always referring to talented athletes as the next Eddy Merckx or Lance Armstrong. Maybe you are the next star athlete, but if a coach who does not know you has to assess your performances sight unseen, they need a resume like the one above. A coach who is reviewing this type of resume will not only get a clear picture of what you have done in races, but also be aware of any special training you might have. What an athlete knows is as important as what they can do. Sometimes it is more important. You may be young and growing, but already have a lot of racing knowledge. Perhaps your race results are not so good, but you have been competing in a lot of tough races. A good coach will see that you have already been exposed to a lot of good racing and information. That means that their time can be focused on your physical training more than your tactical training. Another thing that the junior athletes left off the resumes that I saw at that camp, were races where they worked for someone else or were trying to race up in the next highest category and didn't do so well. A coach will want to know this information to see if you have done something harder than normal. Racing in the next highest category shows that an athlete is trying to improve. It shows that the athlete is looking for a greater challenge. That kind of attitude is what a coach looks for in an athlete.

It is also a good idea to put a cover letter and a photograph with the resume, so you can explain things that may not be covered in the resume and people can see what you look like. If you are trying to get a spot on a sponsored team, you may have a better chance by explaining your interest in being a domestique until you prove yourself. If you do want to put any remarks on the resume after race results, keep it to just a couple of lines. It is a nice idea to include an action picture of yourself. Not only will prospective coaches and sponsors see what you look like, but they can get an idea as to your physical characteristics and conditioning. If you don't let people know who you are and what you can do, you will miss a lot of golden opportunities. Like someone once told me, "Blow your own horn because no one else will do it for you!"

One final thought about keeping track of yourself: Every race provides you with memories or ideas and some of the memories will be very happy ones. You go home with a medal or trophy. It is a good idea to display these prizes where you can see them regularly. There will be days when things will go well and days when things will go wrong. Looking at those medals and trophies can help you get through the tough times. They are a constant reminder of what you are capable of and how much you have already done. Athletes often go through periods of struggle or self doubt and these can be difficult to pass through. Personal reminders like medals and trophies can strengthen an athlete's resolve to keep going on. Having won a championship of any kind is always a major morale booster. Remember Greg LeMond's and Lance Armstrong's heroic struggles to come back against all possible odds. You can bet there were days when just getting on the bike must have seemed pointless. Yet they persevered and triumphed and so will you. Good luck and go very fast!

