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I started working with the Peaks Coaching Group at the same time I started racing my bike. I quickly realized that training and racing with power was a great tool to gauge my fitness and progress. I went from a mediocre Cat 5 to a National Champion in barely 1 year. My PEAKS coach Sam Krieg was able to make racing and training with power super fun and gratifying. I was able to set small goals and map my progress on a monthly basis. At nationals this year I arrived with stellar form and had the ride of my life. We pre-road the course and mapped out a strategy for success. I rode the entire race with confidence that I had prepared perfectly for that day. I can honestly say that without Sam and the Peaks Group there is no way I would have won the stars and stripes jersey and beaten the strongest juniors in the country. I can't wait to return next year and defend my championship.

Colin Joyce



Colin Joyce (ICE/Idaho Kidney, Pocatello, ID) won the 15-16 **USA National Championship** in the Time Trial this past weekend. He earned the title in a time of 34:47.7, just ahead of Logan Owen's (Bremerton, Wash./Lake Washington Velo) 35:00.9. **His time was faster than all but 1 of the 17-18 Juniors.**

Coached by Sam Krieg, Colin is 15 years old and has only been racing for one year. Sam says, "In true form to the Peaks' philosophy, Colin has been training with power and using a power meter since day one. His success is the result of a mix of raw talent and good direction. This was confirmed, the week before nationals, when he won his first Cat 3 criterium off the front solo and won a fast Cat 3 time trial on Junior gears." Congratulations to Colin!