

# Newsletter

## Michelob Ultra Cycling and Monster Energy Cycling team DAYTON Southwest Ohio

### MMX – Edition 2 - February



#### Racer Spotlight –

We love to hear about what some of our racers are doing over the winter! First up? Terra Kier, Cat. 3 racer!

**How many hours per week are you training right now?**  
I'm training about 8-10 hours on the bike and 2 hours of cross training (Yoga)

**What is your favorite training ride/route?**  
Germantown hill ride!

**What is your first local race of the year going to be?**  
Germantown Road Race (1<sup>st</sup> spring series race)

**If we went looking for Terra Kier in five years, where would we find her?**  
Living in Las Vegas, working at Nellis AFB and riding my bike as much as possible!!

Be sure to come out and see Terra and the Women's team racing around the region this year. With one of the larger Women's teams in the region, 2010 should be fun to watch!

#### **Board of Directors – Who Are They?**

So, you see them at races, get email updates about the team, sponsor updates, etc. but, do you really know our Board of Directors? Here are some interesting facts about them!

##### **Bruce Skillings (co-founder)**

How he gets paid – Teacher, retired!  
Category - USAC Cat. 3  
Years racing - 36  
Favorite pre-race meal - ICE CREAM!

##### **Ron Garrett (co-founder)**

How he gets paid - Toolmaker  
Category - USAC Cat. 1 road, Category B Referee  
Years racing - 30 something  
Favorite pre-race meal - Banana and coffee

##### **Scot Herrmann**

How he gets paid – Manager, Fidelity Investments  
Category – USAC Road/Cross Cat. 3  
Years racing – 8 years (also raced 6 years BMX a loooong time ago)  
Favorite pre-race meal – Banana and Oatmeal, or PB&J

##### **Pete Hills**

How he gets paid – Manager, Procter & Gamble  
Category - USAC Road/Cross Cat. 3  
Years racing - 4 years NCAA Cross Country/2 years Triathlon/6 years road racing  
Pre-race meal - Peanut Butter & Jelly Sandwich

##### **Rich McCreary**

How he gets paid – Financial Analyst, Humana  
Category – USAC Cat 4  
Years racing – on and off for 23 years  
Favorite pre-race meal – Orzo with scrambled eggs

##### **Krystal Lacy-McNutt**

How she gets paid – Hydro-Technician, Miami Conservancy District  
Category - USAC Cat. 2  
Years racing – 6 yrs, riding 10 (TD '04-06, Kenda NRC/Elite squad '07-'09)  
Favorite pre-race meal - Banana, Spinach, Berry Smoothie with Maca Root Powder and Hemp Protein Powder

##### **Paul Rouse**

How he gets paid - Colonel, USAF (Ret), K&G Bike Center Sales & Service  
Category – USAC Cat. 3  
Years racing – 8 years  
Favorite Pre-race meal - plain bagels and Cliff Bars



Left to Right: Rich McCreary, Krystal McNutt, Pete Hills, Bruce Skillings, Scot Herrmann, Paul Rouse, and Ron Garrett



#### **Upcoming Races –**

Sunday Feb 7<sup>th</sup>, ITT at Neo Limits  
Sunday March 28<sup>th</sup>, Germantown RR

Sunday March 28<sup>th</sup>, Colavita-Zipp Time Trial  
Saturday April 3<sup>rd</sup>, Mitchell Memorial Forest RR

Brought to you by your Board of Directors

For more info or Newsletter story suggestions, please email [Scot.Herrmann@fmr.com](mailto:Scot.Herrmann@fmr.com) or go to <http://www.teamdaytoncycling.com> for contact info.