



8th Annual Rocky Mountain Omnium
US Paralympics and US Handcycling Road National Championships
US Handcycling Time Trial National Championship

This 8th Annual Rocky Mountain Omnium featured more than 350 racers, including 45 disabled cyclists, half of whom are handcyclists. This year the RMO was also the U.S. Handcycling Time Trial and Road Race Championship as well as the U.S. Paralympics National Road Championship. The event also featured the Adaptive Adventures cycling clinic, which for the first year was run at the same time and in the same location as the Road Race National Championships.

Thanks to the efforts of the new event promoter, US Handcycling, the event was another resounding success. “The event was well-managed by USHF,” noted Adaptive Adventures Executive Director Joel Berman, “It is nice to know that after creating the event and building it for the first seven years that the RMO is in good hands moving forward,” noted Berman “We look forward to working with USHF on this event for years to come!”

The big opening event was Friday’s time trial in Bear Creek Lake Park. The race saw blazing fast times at Bear Creek Lake Park in Morrison, Colorado, and World Champion handcyclist, Alejandro Albor (HCC) came out the overall winner, with Denver-based Matt Updike (HCB) slotting-in just behind the Californian. The new 13.2 kilometer course was used to select the World Championship Team this year and is step #1 on the road to Beijing for aspiring U.S. Paralympians.



The handcycle field was fully stacked for the RMO. Alejandro Albor made his first appearance since March and went on to take first place in the HCC division in the overall RMO standings. His old rivalry with Scott McNeice was rekindled along with stiff competition from up and comers Oz Sanchez and Seth Arseneau in there to make it an interesting and fast-front group each day.

The most exciting story for the weekend was the HCB race. Matt Updike once again asserted himself as the best of the best in a very competitive HCB division. Updike is local and had the advantage of having ridden the courses a bunch. Updike won all three stages of the RMO and easily rode away with the HCB title over some pretty tough competition that included David Lee, Greg Hockensmith, Keane West, and Todd Richardson.

The other RMO winners were Brian Mitchell in the HCC1 category and James Watson in the HCA division.

In addition to great disabled racing, the RMO again integrated ten other men’s, women’s, and youth categories into the overall integrated event. Over 300 cyclists from around the region joined in for the multi-day race.

Perhaps the greatest change at this years RMO was integrating the Adaptive Cycling Clinic in with the races. Recreational cyclists and participants from Craig Rehabilitation Hospital were able to try out a variety of handcycles offered by Adaptive Adventures as well as meet and talk to some of the top disabled cyclists in the world. With an outpouring of positive feedback, the integrated clinic will be back and bigger than ever as part of the 2008 RMO.

