

# Elite cyclist

## After 2 years of training, Terry Roach rolls to national record

BY ROBERT COLBERT  
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Your heart pounds as your legs continue to churn the bicycle pedals.

Sweat drenches your body from head to toe.

You can feel your lungs scream as there is less and less oxygen.

These are only some of the things that professional cyclists face.

Terry Roach had a lot of catching up to do.

At 45, this mother of two has embarked upon a journey that few would dare follow. After only two years of training, Roach has ridden her way to the top of the cycling world, setting national records in the 500-meter time trial and the 2,000 individual pursuit for cyclists in the 45 and older category.

"I am very intense when it comes to myself," Roach said. "I'm the type that's extremely

competitive. I take on a challenge and try to be as successful as possible."

As luck would have it, Roach was able to find a coach to help harness her competitive spirit. John Serra, who serves as an assistant regional coach for the U.S. Cycling team and is involved with the Arizona Cycling Institute, has helped to propel Roach to an elite class of cyclists.

"I've been successful because of his direction," Roach said. "He's the biggest reason I am where I am when it comes to cycling."

"At her level people pick up cycling at about 17 or 18 years old," said Serra. "In her case it's a different scenario. She's 45 and a single parent. She's an extremely talented and energetic athlete."

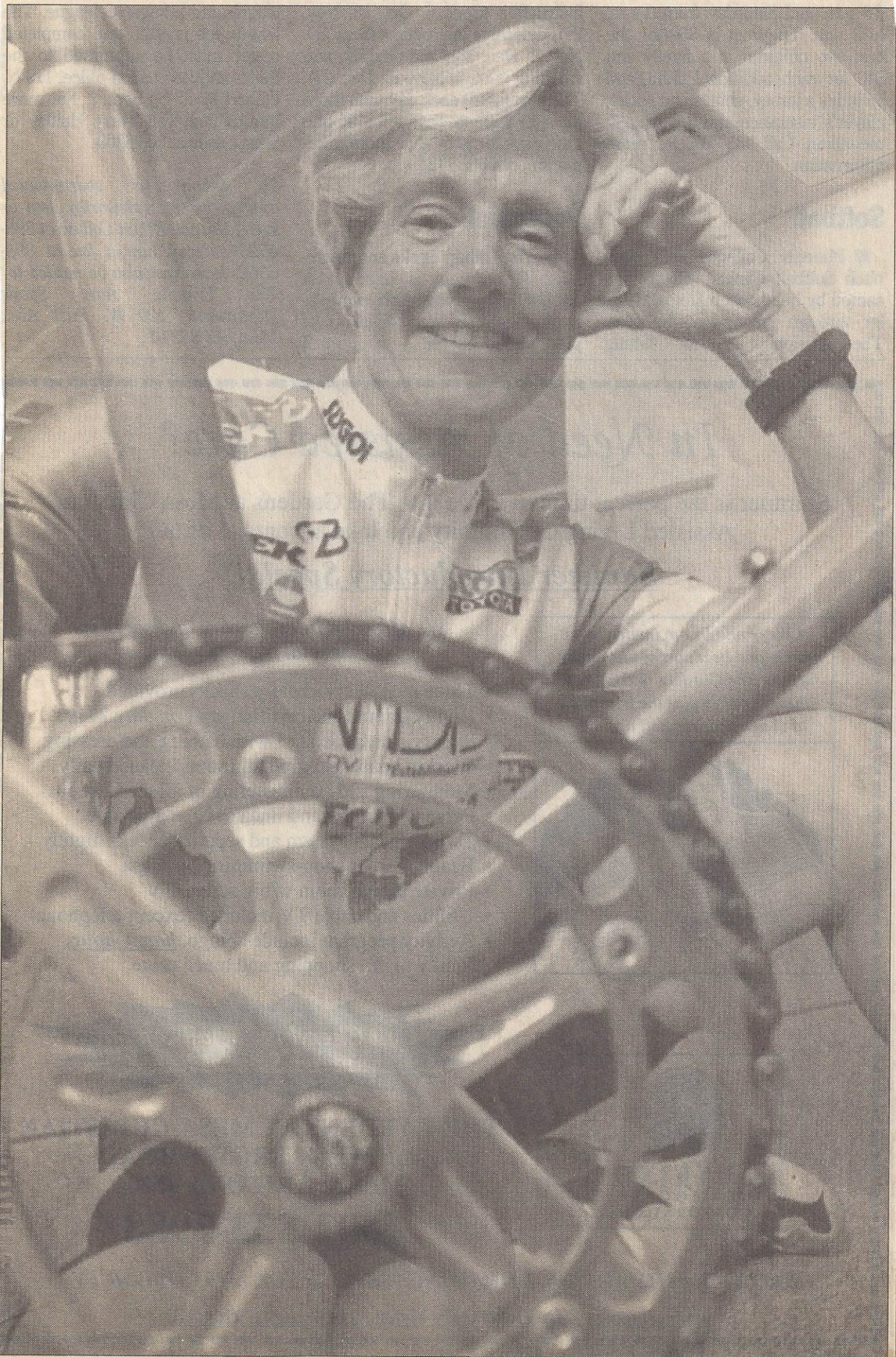
"Her tenacity and drive to win stick out for me," said Serra. "After the national championships, her first statement after she won, was 'I won, but I know I could have done better.'"

Roach has created an impressive list of accomplishments during the 1997 season. During the California State Championships in May against an international field, she set a national record in the 500 and took first in the 3,000 individual pursuit. She bested that feat at the California State Master's Track Championship in August when she broke the 500 record, took first in the 2,000 individual pursuit and second in the points race.

Roach is also able to depend on the strength of her children.

"My kids are my biggest boost," said Roach. "They're very supportive of what I do. I want to prove to them that all you have to do is work hard. No one is going to hand you anything."

Roach will compete in the 500 time trial, 2,000 individual pursuit and in the points race during the World Master's Track Championships in Manchester, England, beginning Sept. 25.



TORU KAWANA/TRIBUNE

**Cycle record:** In her second year of cycling, Terry Roach holds a national record for her age division.