

**A note of thanks.** To our sponsors, our community, and the friends behind this project — your belief is what makes the work possible. Together we are undeniably stronger.

### 00 · COMMUNITY

## May 9 — A Big Community Ride



*May 9 Community Ride — 80 cyclists gathered to share the road.*

Before the racing, the riding. On **May 9** we hosted a community ride that brought together **80 cyclists** from every team, level, and background — one start line, one route, one shared passion.

The route covered **50 scenic miles**, with the kind of road, conversation, and group dynamic that reminds us why we ride in the first place. Back at the finish, we wrapped the day with raffles and a few special announcements about events still to come.

To every rider who showed up: thank you. Diversity on the start line and one shared love of the bike — that's the One Hart spirit.

## 2nd

MATEO · MEN'S CRIT

## 3rd

ELIZABETH · WOMEN'S CRIT

## 4

RIDERS IN THE TOP 7 TT

## 01 · TEAM

## Strategic Alignment

The week opened with an extended team meeting to align the roster and staff on roles, race plan, and the season ahead.

The goal was simple: re-anchor everyone in the reason **One Hart Racing** exists — to be a meaningful presence for our community. That clarity is what gives our riders an edge when the race goes hard.

What came out of the room was real: shared purpose, clear responsibilities, and a roster ready to turn preparation into podiums.



Roster and staff mapping out goals and race strategy.

## 02 · PREPARATION

## Training & Contrast Therapy



Contrast therapy — recovery is a part of training.

Race-day form starts long before the start line. The week kicked off with demanding training blocks built to push peak power.

To keep up with the workload, the team layered in **contrast therapy** — alternating cold-water immersion with sauna sessions. The combination accelerates recovery, flushes metabolic load, and sharpens focus.

Every detail points at one thing: the podium.

## 03 · RACE

## Wilmington Grand Prix — Time Trial

The campaign opened with an 11-hour drive into Wilmington and a same-day shift into race mode for the Friday time trial. Heavy legs, strong markers.

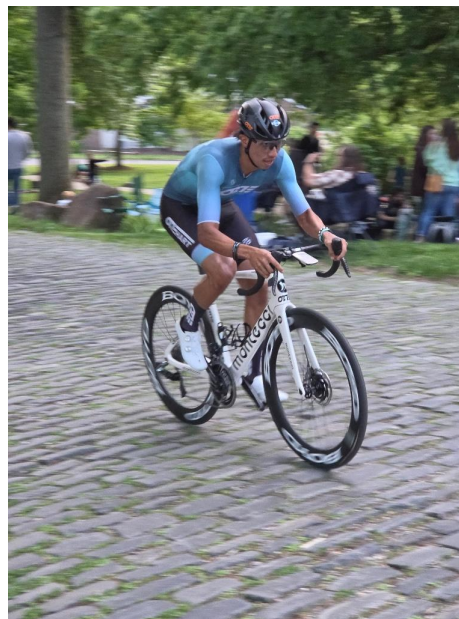
Rider	Field	Result
Elizabeth	Women's	4th
Andrea	Women's	7th
Mateo	Men's	5th
Edibaldo	Men's	6th

## 04 · RACE DAY

## High-Octane Criterium Racing



*Elizabeth driving the pace over the cobbles.*



*Mateo holding a textbook line on a technical course.*

### Women's Criterium — 3rd Place Podium

Saturday's main event was a fast, technical criterium. Midway through, a strong breakaway split the field. Elizabeth read it perfectly and slotted into the lead group.

Behind her, Andrea and Kala ran a clinic in field control — disrupting the chase and protecting the gap. In the final dash, Elizabeth went all-in to lock down a **3rd place podium finish**.

### Men's Criterium — 2nd Place

The men's race was a fight from the gun. The strongest teams in the region drilled the pace trying to force an early split. Edibaldo and Mateo kept their composure, neutralized the moves, and held the bunch together.

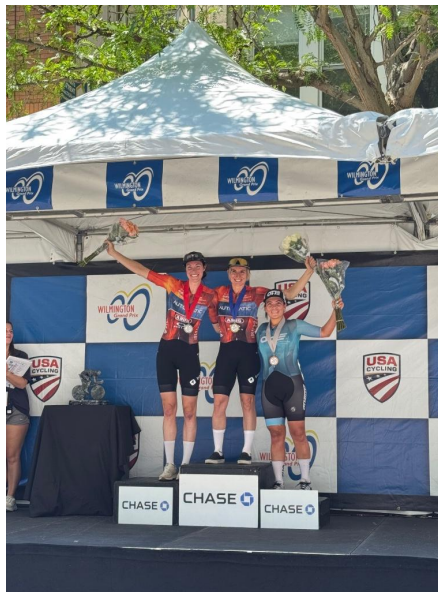
When the bell rang, the pace surged and the field strung out. Mateo timed his positioning to perfection, found the right wheel, and launched a final-kick sprint to take **2nd place**.

05 · PODIUMS

## On the Box



Mateo on the start/finish straight — 2nd place medal.



Elizabeth on the USA Cycling women's podium — 3rd place.



Mateo on the USA Cycling men's podium — 2nd place.

*"These results show the trajectory is right. There's a lot more we can do together in the races ahead — thanks again for believing in the One Hart Project."*

06 · WHAT'S NEXT

## Upcoming Race Calendar

Date	Event	Location	Website
Fri · May 22, 2026	Streets of Fire Criterium	Winston-Salem, NC	winstonsalemcycling.com
Sat · May 23, 2026	USA Crits Final (USA Crits #8)	Winston-Salem, NC	winstonsalemcycling.com
Sun · May 24, 2026	Easton Twilight Criterium	Easton, PA	eastoncrit.com
Mon · May 25, 2026	Tour of Somerville	Somerville, NJ	touofsomerville.com

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