

Getting to know Lindsey Wilson Cycling's Josh Nagode

- 1. Tell us about your team machine there. You built it up with some specific parts, what did you use and why?**



The new ride is a 54 cm ACR 500 Carbon Comp Aerocat built up with 10 speed Shimano Ultegra rollin on a Cosmic Carbone Premium wheelset. I chose the Ultegra over Dura Ace this year because I don't think I took enough risks last year towards the end of races. To be honest, I was afraid to scratch up the new hardware. I know, dumb right? Also, hands down, the Carbones are the best crit wheels I've ever used. So far I am very impressed with the new machine. I opted for a smaller frame size this year (54 cm over a 56 cm) and I think its making quite the difference in all around performance.

I'm still looking for the right motivational sticker to put on the top tube (I'm thinking Transformers). You know, the one you look down at when you feel like your legs and lungs are about to burst out of your body and all you can say to yourself is "Hey, if Optimus Prime can kick some Desepticon ass in the middle of a busy city, block a flaming car that's hurtling through the air towards one of the hottest girls on the planet, and save the earth from imminent destruction all at the same time, I think I can at least pedal a little faster." It's all about the mental game.

2. Talk a little about your collegiate riding, racing and training experience. You are a transfer, right?

Yeah, I transferred here from University Wisconsin Sheboygan as a Junior where I began collegiate cycling as an A road and cyclocross racer. We had a small club; but we were very serious about what we were doing. I fell in love with the whole idea and loved traveling to a different state every weekend with the team. I'll be honest; when I first came to Lindsey Wilson I was scared. I hadn't toured the campus before and it was quite a cultural shock to be thrown into. I wondered to myself if I had made the right choice, but as time went on, and with a little adjusting, I've learned to love it here. The cycling program is top-notch. The coaches, teammates, overall structure of the program, and the school spirit backing the cycling mission have proven to be just awesome. I now know what people mean when they talk about southern hospitality. I cannot wait for the road season to begin. That's when the real fun starts.

3. What are your goals in cycling? What will Josh Nagode be doing when he graduates?

Number one, to have fun. As long as I can keep a smile on my face, I'll keep turning the pedals. I would also really like to help the team achieve a national title this year. That would be awesome. I'm majoring in Biology here at Lindsey Wilson and would like to do something in the healthcare field when I graduate.



4. What are your favorite and least favorite parts of racing and training and why?

Favorite part of racing: The sound of everyone's pedals clipping in at the start of the race, I don't know why, it just gets me really pumped to be on the bike. Training: I like to just get away from everything and relax sometimes. My bike is my Zen zone.

Least favorite part of racing and training: scabs and whiners.

5. Describe the perfect scenario for you in a race, how would a race unfold to be the best case scenario for you to show off your true strengths?

One big climb to the finish, third wheel back from the front that's strung out in a long line with a slight tailwind.

6. Crit, road race, tt or other?

Road and Crit would tie. Just depends on the day.

7. Are you a Lance, a George, a Thor, or a Marco? Why?

Marco, minus the coke. I've always respected him for his tenacity; he had a great spirit and was fun to watch. The man also knew how to climb a hill.

8. If you could start your cycling days all over again, knowing what you know now, what would you do differently and why?

Nothing. One of my earliest memories was at a bike race watching my dad win the home town crit during Superweek. I thought it was one of the coolest things I had ever seen, and knew right away it was something I wanted to do. My dad got me into the sport and I feel so lucky that I am able to have such a great relationship with him on and off the bike. Cycling has given me a lot: my drive, determination, athletic ability, sexy tan-lines, and will to get things done right and also to the best of my ability. It has helped me mature into the person I am today and wouldn't give it up for the world.



9. Any thanks you want to send out to those who have helped you get where you are now?

Yes, some great sponsors like Aerocat, Oakley, Hyundai, and especially my parents and coaches. I couldn't have done it without you guys, Thanks!