

# Green Mountain CX at the 2025 National Championships

*Growth, Grit, and Learning*



The 2025 USA Cycling Cyclocross National Championships once again brought the country's top racers together, this year to Fayetteville, Arkansas. With support from the Moriah Wilson Foundation, GMCX proudly supported 4 junior athletes at this year's Championships, whose dedication, resilience, and commitment to growth exemplified the core values of our program. Two of these junior athletes, Schuyler and Connor, recently shared their thoughts, as they reflected on their experience.

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## Schuyler: Technical Excellence, Mental Focus, and Resilience After a Crash

Schuyler arrived at Nationals feeling well-prepared and eager for one final hard effort in her final CX season as a junior. With strong course analysis and improved technical skills, she executed the opening laps with confidence. A tough crash on a sweeping, loose turn, disrupted her rhythm, but she remained focused on technical execution and adapted to the challenges. Her resilience and thoughtful reflection will shape her continued development into 2026.

*“I felt like I was able to learn the course really well this year, and although I’m sad it wasn’t wet or muddy, there were enough technical features that I could chunk the course into actionable technical plans.”*

### A dry and fast course with unique weather challenges.

The venue for this year’s Championships has hosted World Cup and World Championship CX events. Custom built for cyclocross, it features elevation, off camber, a 50-stair run-up, and power sections. With no recent rain, however, it became fast, hard packed, and suited for road racers with power and raw speed. Schuyler enjoyed pleasant temperatures, but it plunged in the teens for Connor the next day.



photo: Bruce Buckley

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## Connor: Understanding the Balance Between Fitness and Freshness

Connor entered Nationals after a demanding season filled with intensive training and racing, with big wins at multiple USCX Series events. While his early race positioning was strong, cumulative fatigue and tough weather conditions limited his ability to sustain the pace. His insights highlight the importance of strategic recovery, environmental awareness, and long-term development over short-term outcomes.

*“Nationals has shown me that I am going to be able to move up and compete with better riders, but also more importantly showed me what I needed to work on to reach my full potential.”*

*“My biggest take away from this year is understanding long term development is way more important than any individual goal.”*



photo: Bruce Buckley

Both athletes demonstrated remarkable self-awareness and growth through their Nationals experience. Their reflections reinforce the GMCX commitment to long-term development, technical excellence, resilience, mentorship, and fun. As we look toward the 2026 season, these lessons will guide our riders' continued pursuit of excellence on and off the bike. This work would not be possible with the support of sponsors and donors and we're incredibly grateful to everyone who made the 2025-2026 cyclocross season possible!



photo: Bruce Buckley