



Race Riders Quote Sheet Compiled After Stage 6 of the Amgen Tour of California

George Bennett, Team LottoNL-Jumbo

“At this altitude you can’t go above your limit, so I had to really ride super controlled and focused on my position. I was riding and I didn’t hear much over the radio, and then just over halfway my director just suddenly lit up and started getting super excited in my ear, and I knew something was good. It wasn’t until a couple of kilometers to go that I really stepped into it and crossed the line....A lot of work has gone into that. It’s not like I suddenly got good at time trials overnight. I trained really hard for it, my coach has put in a huge amount, my team has put me through the ringer on positioning, and it’s a huge credit to them that I can even finish in the top 10 in a time trial.”

(On how he saw the week going) “I thought that if I was going to win I needed to take more time yesterday. But at the moment this is the ideal situation having the yellow with one day to go, but it’s really not over yet. It’s not like how you see in the last day of Grand Tours where you drop back and start drinking champagne....I think it’s a really good opportunity for me and the boys. We love to race and we’ve had a super week so far.”

Jonathan Dibben, Team Sky

“George (Bennett) said it was a disbelief for him, and I can say it’s certainly a bigger shock for me. At altitude you can’t afford to go into the red too much, so I got out there and let the pain come to me, and after a few kilometers I was already swinging, and I just kept digging in. It wasn’t really a target today as it’s my first time trial of the year, so figured I’d go full gas and see how it goes, and it couldn’t have gone any better.”

(On winning a time trial against a tough field): “I enjoy time trials, it’s what I’m best at. I figured if there was one day I was going to do anything it was going to be today. The advantage I had was that yesterday I was able to take it as easy as I could getting up that climb as these two (Bennett and Bookwalter) had to go full gas for the GC, so maybe I had a little bit more in the legs, and maybe that made the difference today.”

Brent Bookwalter, BMC Racing Team

(On the altitude): “You all know it’s not going to be pretty. Fortunately I was up here training before the race. I was staying right on the course, so I put a lot of preparation into it, and I think that served me well today. I had to sort of push the anxiety out of my mind about how tough it was going to be, because even doing some training efforts it was really daunting to think of doing a near 30 minute effort out there....We all pushed ourselves to the absolute limit.”

(On the course layout): “It was a challenging course. I’m always a little critical of a lot of the time trial courses in the U.S., as it’s the standard out and back....Although this was an out and back, it was dynamic and interesting. We had some big roads, some urban and some residential and then some scenic rolling.”

About the Amgen Tour of California

The Amgen Tour of California is a Tour de France-style cycling road race created and presented by AEG that challenges the world's top professional cycling teams to compete along a demanding course that traverses hundreds of miles of California's iconic highways, byways and coastlines each spring. The teams chosen to participate include Olympic medalists, Tour de France contenders and World Champions. The Amgen Tour of California is part of the UCI WorldTour and awards important, world-ranking points to the top finishers. More information is available at amgentourofcalifornia.com.