

Newsletter

February 2006

Pasadena Athletic Association
P.O. Box 71
Pasadena, CA 91102

<http://www.paacycling.org>

Board of Directors

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Board Member	Karen Eckhoff
Board Member	Jeff Moreton
Board Member	Eddie Ramirez
Board Member	Jerry Tetreault
Board Member	Aaron Tuchfeld
Board Member	Cully White

PAA general meetings are held on the second Wednesday of the month starting at 7:30 PM at La Cabanita restaurant 3447 N Verdugo Road, Glendale.

Send newsletter contributions by the 20th of the month to rapunzel@flash.net or call 323.225.2233.

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Rain, rain go away, training camp is underway!

Martin Luther King Classic Criterium

By Michael Dansk

Yesterday I stopped by the Rose Bowl to what looked like a very successful PAA training camp with 38 red jerseys in attendance. You all make me proud to be part of PAA. On that note, knowing the intensity that Al and Rick put into the camp with 5-hour riding days, I knew that not too many PAA riders would be in attendance at the season's first race, the Martin Luther King Criterium.

Since I was unable to do the training camp, because of work, I at least would have to do this crit in order to make sure PAA was represented on the starting line. I arrived

early, and managed to catch the tail end of the Cat.4/5 race, with Matt (new member), Javier and Tim Moore in attendance. They all performed well in the race, but Matt got caught behind a crash, and Javier misjudged the finish, so no one was in the top ten, but congrats to them all for getting their first race of the season under their belt. Next up was Cat.3 with Jamie and Fritz on the line. They both held their own, even though Fritz wasn't feeling great, and finished in the better half of the pack.

I warmed up for the Pro/1-2 race with Chris Walker from Labor Power, who told me that he trains at high intensity, and puts in 20 hours a week.

He had just come back from training on the Nelson Landing course in Las Vegas. I made a mental note to start training more.... He did tell me he does not do weight training, so it proves there is no set way of reaching your peak performance. I had 'good legs' in the race, and attacks just kept flying right and left all the way through the race, with different breakaways off the front on each lap. I convinced myself to save it for the end, and not go for any primes, and was sitting just right in tenth position as we were rounding the last corner with a super long 'a la the Rose Bowl sprint' to go, except for it being flat. So we were coming down the homestretch in the sprint on the final lap, and I had just clipped my gear out in 53x12 and started going full throttle, only a bikelength behind Rashi from Team McGuire (who won the race last year), when the guy I was on the wheel of, clipped the wheel of the guy in front of him, and went down hard. It happened really fast, and I had nowhere to go, and smashed right into his bike, and took a hard landing myself. The paramedics had to untangle me from another bike, and take a bike off the top of me. Fortunately the ambulance was right there, and I had both my legs, and my right arm treated right away. Luckily my right arm did not break

again, and tonight I am getting my right ribs taped (Thank you Joy Oba), since they got bruised, and it hurts when I breathe. I guess considering the circumstances, I was lucky, and it was nice to see that I can hang with the big boys. I would have been top six if I hadn't crashed, so it is a comfort to get confirmed that all the weight training in the gym is paying off (Thanks Reggie). Rashi from Team McGuire won the race.

PAA in "Le Tour"

By Banner Moffat

Through connections of our good team mate, Michael "the Dane", a few of us got the word and responded fast enough to be signed up as extras on an AOL commercial that was getting filmed in the hills of Griffith Park. The scene was meant to be similar to the switchbacks of a Tour de France hill stage with passionate fans on both sides of the road as the bicycle racers climb the hill, encouraging slogans painted on the road, campsites and barbecues. Our official designation was "Real Bicyclists" by which I think they meant we were the type of person who wouldn't mind riding our bikes moderately hard up two short turns of perhaps 8% grade 20 or more times 'till they got the footage they were looking for. (I preferred the designation they gave us on the Gilmore Girls shoot last summer of

"Precision Bicyclist".)

We showed up at 5AM in the dark and for a while, with all the crew and all the other extras and all the (50?) bicyclists arriving at the same time, it was a madhouse and no one seemed to be in charge. I asked another guy in bicycling clothes if he knew what was going on and he said, "Yes, I'm a producer. I know what's going on." But it turned out he was just another bicycle extra who claimed to own a production company and was as clueless as I was.

Eventually they rounded us up, and we all drove our cars up to the site of the shoot and parked them wherever we could along the side of the road just as we would if we were TDF fans. I think my truck happened to be parked where the cameras would see it, so if I can't be recognized on the bike back in the pack - which is more than likely - at least my truck will get its moment of fame.

They broke us Real Bicyclists up into four closely spaced packs and I ended up in the "D" pack behind a team support vehicle along with team mates Ben Deverman, Tom Reilly, "Diesel", "The Chemist" and a bunch of racers from other teams. The Dane was appropriately closer to the front and Fritz who had actually auditioned and been hired as a "Principal Bicyclist" was right where the cameras were focused. Fritz was

working on a higher pay scale than the rest of us and even had make-up gals spritzing him with fake sweat, but he still was the same old friendly Fritz; still willing to talk to us at lunch. So this moment of fame evidently didn't go to his head any more than winning all those bike races last year.

The bicycle extra who'd said he owned a production company was briefly moved up to the B pack then sent back down to the D pack by some gal working with the director. He was pissed and started complaining about how poorly they were treating us, that they didn't know what they were doing, that he "was going to get that girl" who sent him back to the D pack, and generally acted like he thought he was the Mel Gibson of bicycle extras.

The story line of the commercial consisted of a regular out of shape guy (Melvin) in a dorky bike helmet on a clunky cruiser bike powering his way from back in the race pack to the front to win the race. This feat was achieved by a disguised battery powered cruiser bike. However Melvin didn't have quite the same bike handling skills as the rest of us and crashed so many times that Diesel wanted us all to chip in on a lottery on what the final total number of crashes would be. Back in the D pack we were relatively safe from Melvin's bike handling.

Finally, after a long morning and early afternoon of riding up and down the hill with a lot of waiting in between, they called it a wrap and went on to the second shot. For this they wanted the whole pack to ride fast up a couple turns in the road. They told us to go as fast as we could, but by the second turn it was Fritz, Michael, Tom Reilly, me, and a guy from another team who ended up so far ahead of the rest of the pack that we had to re-shoot it. PAA was too strong! (And Michael immediately tried to talk the other guy into joining our team.) The second take we were instructed to all stay together as a pack.

The final shot was taken as the sun was getting low in the sky and consisted of us walking our bikes to the start of the race through a made up team trailer area with adoring fans and professional photographers following. Somehow - I don't know how, but if anyone deserved it for getting us all the fun gig, he did - Michael the Dane got the job for five or six takes of being a biker getting a pre-race massage. Lucky guy.

News

Off-Season Clinic

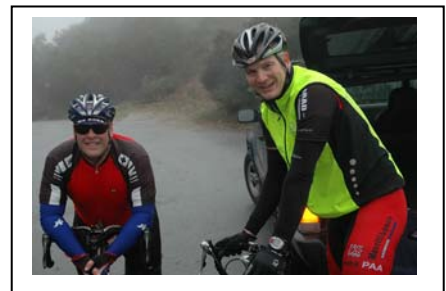
Our next coached clinic will be Sunday, February 5th. We'll focus on building aerobic power. Meet at the Rose Bowl parking lot K, and be ready to ride at 9:00 sharp!

Club Meeting

Please join us Wednesday, February 8th at 7:30pm for the next club meeting. PAA member Doron Kochavi will speak about his recent participation in the Bristol-Myers Squibb Tour of Hope. Coach Rick will add some behind-the-scenes tidbits. Come and hear about this inspiring cross-country ride!

Team Clothing Order

A second order for team clothing is in the works. Please visit the website at <http://paacycling.org> to place your order. Once there, click on "Order your 2006 PAA Race Clothing Here". Fill out the form, including your name, contact information, quantity and sizes. Figure your total, print out the form then hit the "submit" button, write a check for the total, and send the check and the printed form to PAA, P.O. Box 71, Pasadena, CA 91102. No orders will be accepted after February 17, 2006.



Training Camp

This year's training camp doubled in size from last year's! Intrepid PAA members braved pouring rain to practice drills. We expect twice the results this season!

Cyclocross Honors

At our January meeting, president Al Nash presented our race director Matt Gunnell with the trophy PAA earned as second place team in the SoCal Cross Series. Matt organized not one but two cyclocross races this season, both of which were well-attended and got rave reviews.



Medical Communique

We are very sorry to report that both Lee Bird and James Sohn are experiencing complications following their recent crash.

The pins are out of Lee Bird's hand, the cast is off, and he has had knee surgery to repair a torn ACL. Unfortunately, Lee developed an infection after his knee surgery, and at last report is in the hospital receiving IV antibiotics.

James Sohn reports that his healing process is long and

arduous. The metal plate inserted in his shoulder is threatening to re-emerge, so he will require further surgery to correct it.

Fifty days post-injury, Renee Zajac is "walking tall, taking numbers from all the men begging for tango dances, and back on her bike, absolutely determined to slice past the finish line in a Madison race."

Peter Cohn's second surgery was successful and he hopes to rejoin the peloton mid-March.

Michael Dansk was caught in a crash at the MLK Classic January 16th. His arm is swollen and he has some bruised ribs, but nothing was broken. His indomitable spirit reigns supreme - "Nothing can get the Dane down".

Jim Roebuck had extensive surgery on his hip in January. Due to prior healing, his doctor had to re-break the hip to replace it. He is in twice-weekly physical therapy, and cannot put weight on that side for three months. He gets around with a walker and a wheelchair.

John McKinney reports that he is facing a complicated fifth surgery to repair his broken leg. He hopes to be back on the bike in four to six weeks.

We wish all of our injured teammates speedy and complete recovery.

Introducing...The PAA Board of Directors!

PAA has grown immensely in the past two years, nearly doubling in membership. This presents a challenge to members both old and new. This month, we begin a new column to try to introduce ourselves to each other. We begin with this year's Board of Directors.

Alfred Nash is the President of the Pasadena Athletic Association. He earned his undergraduate degree in Physics from Stanford University, and his PhD (in Physics) from UC Santa Barbara. He grew up in Florida where he began his athletic career as a swimmer in high school. He resumed his swimming as a Masters swimmer in grad school. Among his post graduate swimming achievements are competing at the World Masters Swimming Championships, and finishing in the top 20% of the "Alcatraz Sharkfest". During grad school he was introduced to Triathlons, which began his "cycling career". After starting work at the Jet Propulsion Laboratory, he eventually completely switched over from swimming to cycling, including his current passion, track cycling. He is currently a Cat. 3 racer on the track and is planning his season around competing at Masters Track

Nationals this August in Colorado Springs.

His current job at the Jet Propulsion Laboratory is Project Element Manager for the Planck Sorption Cooler, an 18K refrigerator NASA developed for the European Space Agency mission Planck, which will measure the cosmic microwave background (remnants of the "big bang"). He is married with two children, Zachariah (6) and Alexandra (2), and once was featured as an extra on an episode of "The X-Files".

My name is **Matt Gunnell**. I'm in my 3rd year as a PAA member, my 2nd year on the Board, and my 1st year as Vice-President. This will be my third full season racing bikes and my third season on the Cat 4/5 team. In addition to road racing my other cycling passion is Cyclocross. As Race Director for the club I've been involved in a VERY steep learning curve about the ins and outs of race promotion over the last season. Luckily I've had MUCH help along the way and a great mentor in the form of Ted O'Miela. I'm happily married to my high school sweetheart Lisa Lopuck and we live in Glendale. We have a 7 year old daughter named Jasmine who I've spent the last few months trying to develop into a tandem stoker. You might have seen us scarfing down Starbucks pastries in Sierra

Madre a few times over the fall and winter. When I'm not riding and thinking about bikes I spend my time as a cop. I'm a Detective in the Traffic Bureau at Glendale PD. In that capacity I handle major investigations and case filing on fatal, near fatal, and DUI related collisions in addition to several other more mundane traffic related tasks for the Glendale citizenry. One thing you might not know about me is that I'm an avowed comic geek. On most Thursdays after the Rose Bowl ride I head straight to my favorite comic shop on Arroyo Parkway to pick up my weekly comic fix. See you on the road!

Jim Small (treasurer) writes: I turned 45 years old in 2005; I do feel quite younger though. I reside in beautiful downtown Burbank, I work in Glendale as a CNC Machinist and have done so for the last 28 years, and manage a small apartment building also in Burbank where my lovely wife grew up. I will have been married for 20 years this September, I have a 22 year old son who is beginning a career as a heavy diesel mechanic. I don't get nearly enough miles in as my job keeps me busy about 50-52 hours per week.

I feel strongly that cycling can do wonders to keep ones self mentally healthy. I think that the challenges one faces in life can be dealt with much

better if one has something to fall back on and I think cycling is just the thing. I looked to cycling to help me deal with the loss of my father when I wasn't ready for it. It is an amazing medicine and I think it can heal just about anything.

I think I have been a PAA member for about 10 years, though I'd have to check on that. Thanks for your interest.

Over the last 30 years, **Rick Babington** has been skating competitively, dipping his feet into endurance sports (including cycling), or developing and practicing his coaching style. His coaching career began in 1979 with USA Roller Sports. He then progressed to guide endurance athletes in cycling, multi-sport and running disciplines through the 80's and 90's with several National Speedskating Champions to his credit.

Since 2000, he has been a Carmichael Training Systems Pro Coach and a USA Cycling Level 1 Coach. Rick was one of the original coaches Chris Carmichael called upon when he founded Carmichael Training Systems. Rick's expertise and accessible personality have made him a consistent choice for the coaching team at CTS Camps.

In 2004, Rick led the USA Cycling West Coast Junior Development Camp, and the Paralympic Cycling Development Camp. Rick is currently developing athletes

through the US Paralympics program.

2005 saw Rick as part of the Tour of Hope team of coaches.

Rick and his wife Jan have been members of PAA since 1999 and this will be Rick's 3rd year on the Board of Directors.

Career highlights:

Cycling:

2005: USCF State TT Champion 180+

2005: CBR State TT Champion 180+

2004: CBR State TT Champion 180+

Skating:

1997: Master's 35-39 Inline Skating Marathon National Champion

On a personal note: Rick and Jan have recently joined a Taiko group and will be performing very soon!

Karen Eckhoff is in her second term on the Board of Directors. She grew up in Oregon, where she studied music and dance at the University of Oregon. She spent 14 seasons in the Eugene Opera Orchestra before moving to California, where she attended Los Angeles Recording Workshop and became an audio engineer. Her music credits include Wynonna Judd, Diane Schuur, and Peter Hofmann. Her film credits include the Bryan Singer film "Public Access" and "Gunplay". She currently works in a post-production facility in

Hollywood, where she specializes in restoration, surround sound, and foreign language laybacks. She began cycling as transportation in junior high, and did tours to Crater Lake and the San Juan Islands on her trusty Schwinn Varsity. In her mid-30's she returned to cycling, participating in the California AIDS Ride four times. Eventually, she fell in with a cycling club and began her racing career. Her race of choice is the time trial. Karen is single, drives a gas-electric hybrid car, and lives in Mt. Washington with Bindi, the cat who thinks she is a dog. At age twelve Karen was chased by a grizzly bear in Denali National Park. She outran the other guy.

Jeff Moreton writes: I am 50 years old this year, which I am trying to see as a new lease on my racing life, rather than another nail in my coffin. I've been racing for more than 20 years, but that's a little deceptive, since I have never done many more than 15 or so races a year, and more like 10 to 12 most years. My dad raced. He was a solar physicist, and we traveled the world living in Europe, the Soviet Union and Australia, for his work, and he would race the track a little and do local amateur races, especially the local races around Sydney. So it was natural that I would ride and race. My family is my priority, and I have always

felt that races should be handicapped based on the burden of guilt one is racing with. I'd win more races, because my burden includes a 16 year old daughter, a 14 year old daughter, twins (boy and girl) that are 12, and the most delightful, long-suffering wife a guy could ask for. I work for Los Angeles Unified School District at Garfield High, a year round school. My position is one of the few year round positions, so rather than enjoying summers, I get to work with sweaty kids in a room full of computers with sporadic air conditioning. But I'm not complaining. I have one of the best jobs in the district, administering a computer lab where I try to help kids pass algebra. I live in San Gabriel just off the Montrose ride south of Huntington and east of San Gabriel. I can hook up with dozens of club members every Saturday as they ride practically past my doorstep. I'll see you there.

Eddie Ramirez is a proud father and husband (Eddie Jr. - son and Rose - wife), works as a Call Center Supervisor, loves the outdoors (camping, hiking, mountain biking), movies, and hanging out with friends. Eddie started the 4/5 team three years ago, and we all know how that turned out!

For those of you who haven't met me yet, my name is **Aaron Tuchfeld** and I have been a member of PAA for

just over a year. I got interested in competitive cycling about 17 years ago when I went to college up in Santa Barbara, the ultimate town for outdoor sports. I've been racing consistently for the last four years and had my best year as a racer this last season with PAA 4/5's team. My father, Irwin, and I run our family business, Hollywood Glass, which has been operating since 1922 and managed by my family since 1959. I was born in London, England but consider myself a Los Angelino lifer. My mother, Maxine, is an artist with her own jewelry business and my brother, Josh is a struggling musician always on the verge of a huge deal! I am relatively liberal in my political views which contrasts nicely with my wife Marcy's conservative bent. Fortunately, she is a cyclist as well, so we always meet in the middle. I have some artistic talent - nowhere near my mother's. I'm pretty useful around the house and enjoy working with my hands. Most everything in life interests me, except for opera (sorry opera fans!) My greatest passion, so far, has been cycling, both competitive and recreational. I greatly admire those of you in the club who have managed to pursue the sport throughout your lives and share your talents and experience with those new to cycling. My

goal is to follow your wheels and keep the paceline going for the next generation. As a new board member, I will do my best to positively contribute to a very well run organization and as a racer representing the club I will always be proud to wear PAA colors!

Cully White graduated from Hollywood High School, where he played on the junior varsity football team and competed in track and cross country. After graduation, he enlisted in the U.S. Navy, and served on board nuclear submarines for five years as a diver, communications and crypto specialist and periscope photographer. He earned a Bachelor's Degree in Business from Pepperdine University. His civilian career is centered around aviation where he is involved in aviation safety. He possesses an Airline Pilot Certificate and maintains flight currency as a requirement of his position. In the 80's and early 90's Cully was heavily involved in the sport of triathlon. He competed in the Ironman Triathlon World Championships in Kona, Hawaii twice. None other than Lance Armstrong himself

convinced Cully to get on a Trek and go see the Tour de France with his coach, Chris Carmichael. A small group of only 12 riders rode with Chris while following the TdF in 2001. They were his first group to attend the Tour. He returned to the TdF in 2003 to see the exciting close finish of only 61 seconds.

PAA Gear

Aaron Tuchfeld is our new fearless team product chair. Eddie Ramirez is now handling the team clothing and he has a few leftover items from last season as well as extra 2006 kit. Please contact Eddie to see what he still has available.

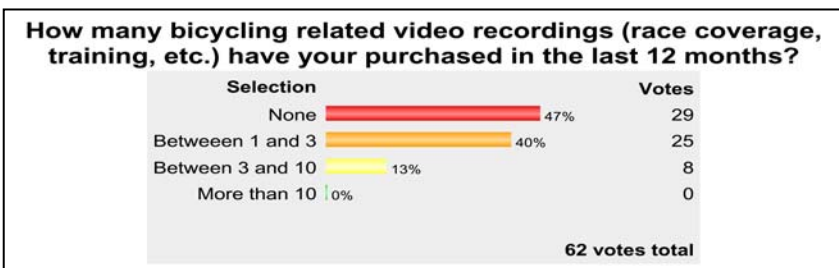
Got News?

Share your news, photos, and race reports with the club! Send your submissions to rapunzel@flash.net by the 20th of the month, or call 323-225-2233. Submissions should be kept brief and may be edited for clarity and length.

Monthly Poll

Is it live or is it Tivo? Some of us are buying videos for all that winter training!

Be sure to participate in this month's poll. Vote at <http://www.paacycling.org/newsletter>.



Race Results

8 January Piru Time Trial

Mens 4: Christopher Keller 7th, Rick Skalak 8th

Mens 5: Al Nash 6th, Greg Giesler 9th

Masters 45+: Tom Reilly 2nd, Brian Carrico 9th

Masters 55+: **Ted O'Miela 1st**

Masters 65+: Bob Shimasaki 2nd

15 January Tom's Farm Time Trial

Public Women: **Karen Eckhoff 1st**

16 January Martin Luther King Classic

Mens 1/2: Eugene Poyorena 32nd

Mens 3: Jamie Stathas 11th, Fritz Bottger 25th

Mens 4: Javier Descalzi 18th, Tim Moore 43rd, Matthew Baxter 48th

28 January Track Cycling Winter Classic

Junior 10-13:

Snowball: **Ben Bertiger 1st**

Tempo: **Ben Bertiger 1st**

Unknown Distance: Ben Bertiger 2nd

Omnium: **Ben Bertiger 1st**

Masters 55+:

Miss & Out: Bill Ziegler 4th

20-lap Scratch Race: Bill Ziegler 2nd

Omnium: Bill Ziegler 2nd

29 January Ride It Like You Stole It Criterium

Mens 3: Jamie Stathas 20th

Mens 4: Danny Pickett 2nd, Kelvin McIlwain 20th

Mens 5: Daniel Ortiz 16th

Masters 55+: Cully White 6th, Robert Paganini 10th



Products & Services

Positive Moves Coaching Services

PAA Members Receive:
\$25 off Comprehensive Bike Fit
\$25 off Hourly Consultation
Custom Coaching Packages-
Contact Coach Rick for Pricing
rbabington@comcast.net

Sixtus Muscle Fitness Products

<http://www.sixtususa.com>

Increase your recovery and put some kick into tired over-trained legs.

The Athletic Edge Sports Massage Specialist Patrick Nay

ph: 626-791-5736
email: patrick_nay@hotmail.com
discounts for team members

Your Business Ad Here!

Send e-mail to aeiii@earthlink.net, and use the subject heading "PAA Businesses" or call (626) 441-7951.

For Sale

Sell your bike stuff here!

Ads need to be renewed each month (until your item is sold). Send e-mail to aeiii@earthlink.net, and use the subject heading "PAA Classifieds" or call (626) 441-7951.

SUPPORT OUR LOCAL BIKE SHOPS

Bicycle John's

1038 N Hollywood Way, Burbank
(818) 848 - 8330
<http://www.bicyclejohns.com>

PAA members receive 20% from MSRP (before tax) on all merchandise in regular stock (see Yahoo! Group for details).

Helen's Cycles

142 E. Huntington Dr., Arcadia
(626) 447-3181
<http://www.helencycles.com>

PAA members receive 10% off complete bicycles, frames and 20% off selected parts and accessories.

Temple City Bike Shop

9628 Las Tunas Dr., Temple City
(626) 287-6936

PAA members receive 10% off parts and accessories.

Pasadena Cyclery

1670 E. Walnut Ave.
(626) 795-2866

<http://pasadenacyclery.com>

PAA members receive 10% off complete bicycles, 15% off frames, 10% off parts and accessories and 10% off labor.

Velo Pasadena

(New Location)
2562 E. Colorado Blvd.
(626) 304-0064

<http://www.velopasadena.com>

PAA members receive 10% off complete bicycles, parts and accessories.

PAA Sponsors



Merrill Lynch

Merrill Lynch

http://www.fc.ml.com/kevin_r_martin



Bicycle John's

<http://www.bicyclejohns.com>



CalRad Electronics

<http://www.calrad.com>



RE/MAX Premier Properties

<http://www.CallUs2Sell.com>

**Tom Reilly
Construction**

Tom Reilly
Construction

**POSITIVE MOVES
COACHING SERVICES**

Positive Moves
Coaching Services

<http://www.socalcycling.com/positivemoves/>



Robert K. Shimasaki, DDS

<http://www.pasadenacosmeticdentist.com/>



Louis Garneau

<http://www.louisgarneau.com>

LÄRABAR

LÄRABAR

<http://www.larabar.com>

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Yahoo! Groups Tips

Did you know...
You can search the group for older messages.

Yahoo! 360°

Keep connected to your friends and family through blogs, photos and more. [Create your own 360° page now.](#)

Calendar

[Calendar Help](#)

February 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Nelson's Landing Stage Race	30 5p Madison & TT Practice @ Encino Velodrome	31 12p Open Training @ ADT	1 5p Open Training @ Encino Velodrome	2 12p Open Training @ ADT	3 7p Open Training @ ADTEC	4 Boulevard Road Race
The 3rd Annual Ride It Like You Stole It Criterium	7p Open Training @ ADTEC	7p Work Out @ ADT Center	7p Open Training @ ADTEC	7p Work Out @ ADT Event Center		8a Montrose Ride
12p Open Training @ ADT Event Center						8a Simi Ride
						10a Madison Training
						3p Race School
5 Red Trolley Classic	6 5p Madison & TT Practice @ Encino Velodrome	7 12p Open Training @ ADT	8 5p Open Training @ Encino Velodrome	9 12p Open Training @ ADT	10 7p Open Training @ ADTEC	11 Tour de Palm Springs
Mothballs Criterium	7p Open Training @ ADTEC	5p Sprint Training @ Encino Velodrome	6p Meeting of the Board of Directors of PAA	7p Work Out @ ADT Event Center		Southridge Series Mountain Bike Racing
9a Piru Time Trial		7p Work Out @ ADT Center	7p Open Training @ ADTEC			8a Montrose Ride
12p Open Training @ ADT Event Center			7:30p Monthly General Meeting of PAA			8a Simi Ride
2p Beginner Track Class @ Encino Velodrome						10a Madison Training
						3p Race School
12 Roger Millikan Memorial Crit	13 5p Madison & TT Practice @ Encino Velodrome	14 12p Open Training @ ADT	15 5p Open Training @ Encino Velodrome	16 12p Open Training @ ADT	17 Clothing Orders DUE	18 Santiago Canyon Time Trial
Fiesta Island Time Trial	7p Open Training @ ADTEC	5p Sprint Training @ Encino Velodrome	7p Open Training @ ADTEC	7p Work Out @ ADT Event Center	12a Valley of the Sun Stage Race	8a Montrose Ride
Southridge Series Mountain Bike Racing		7p Work Out @ ADT Center			7p Open Training @ ADTEC	8a Simi Ride
						10a Madison Training
						3p Race

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12p Open Training @ ADT Event Center						School
19	20	21	22	23	24	25
Tour of California	Newsletter Inputs Due	Tour of California	Tour of California	Tour of California	Tour of California	Tour of California
CBR - Anger Management Crit	Tour of California	12p Open Training @ ADT	5p Open Training @ Encino Velodrome	12p Open Training @ ADT	7p Open Training @ ADTEC	Southridge Series Mountain Bike Racing
12p Open Training @ ADT Event Center	5p Madison & TT Practice @ Encino Velodrome	5p Sprint Training @ Encino Velodrome	7p Open Training @ ADTEC	7p Work Out @ ADT Event Center	10p ESPN 2 Coverage of Amgen Tour of California	8a Montrose Ride
	7p Open Training @ ADTEC	7p Work Out @ ADT Center	10p ESPN 2 Coverage of Amgen Tour of California	10p ESPN 2 Coverage of Amgen Tour of California		8a Simi Ride
	10p ESPN 2 Coverage of Amgen Tour of California	11p ESPN 2 Coverage of Amgen Tour of California				3p Race School
						10p ESPN 2 Coverage of Amgen Tour of California
26	27	28	1	2	3	4
Tour of California	5p Madison & TT Practice @ Encino Velodrome	12p Open Training @ ADT	5p Open Training @ Encino Velodrome	12p Open Training @ ADT	7p Open Training @ ADTEC	8a Montrose Ride
Ontario Criterium	7p Open Training @ ADTEC	5p Sprint Training @ Encino Velodrome	7p Open Training @ ADTEC	7p Work Out @ ADT Event Center		3p Race School
Kern Wheelmen Time Trial	10p ESPN 2 Coverage of Amgen Tour of California	7p Work Out @ ADT Center				
Southridge Series Mountain Bike Racing						
12p Open Training @ ADT Event Center						
10p ESPN 2 Coverage of Amgen Tour of California						

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