

Newsletter

March 2006

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

<http://www.paacycling.org>

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PAA general meetings are held on the second Wednesday of the month starting at 7:30 PM. The March meeting will be held at El Cholo restaurant 958 South Fair Oaks Ave, Pasadena.

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

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Chris Guyer leads the pack at Roger Millikan Memorial Crit

Nelson's Landing Stage Race

By Jason Lewiss

We had five PAAers go to the race - Matt, Jim, Charles, Fritz (Cat 3) and myself. Charles had signed up for the 45+, but due to the small size of the field he hoped to switch to the 4/5's. Unfortunately, the 4/5 field was full at 75 riders so they wouldn't let him.

First day was the TT. Normally TT is a big strength of mine, so when I signed up for the race, the plan was to win it. Unfortunately, I did two 20k tests at the rose bowl prior to the race which showed I was about 1:15 - 1:30 slower than I was in the summer and fall so I revised my goal to shooting for the

top five. The course was supposed to be a 20k but they shortened it to 19k due to some problems with the road. It was mostly flattish with a bit of a climb at the end. I wound up finishing third, :24 outside of first and :06 out of second. Jim, Charles, and Eddie all finished strong, especially considering they were riding TT bikes they'd only had for a week. Fritz had a good time but rode the course sans TT bike or aero equipment.

The second stage was the one I was nervous about. It would be my first flat crit. The only two I'd done had a big climb on one side, so the field got spread out quickly. To put it bluntly, I hated it. Before

the race the announcer made a comment about our field being the largest in the race and about the Cat 4/5 reputation for crashing. Maybe he jinxed us. The course was narrow in many spots and felt a bit claustrophobic to me. There were a pair of turns right before the end which I knew would turn out to be problem. I saw Eddie and Jim near the front virtually the whole race, but I was in the middle to rear for most of the race. For whatever reason I didn't feel very comfortable moving up too far on that course, so I resigned myself to finishing in the field and preserving my spot on GC. Thankfully they pulled about 20 dropped riders and things cleared up a bit. With two laps to go, I noticed riders were tiring and I had moved up to the top 20. I decided to make a bit of an effort to move up since I felt extremely fresh and I easily moved up to about 10-11th place with a lap left. I started feeling really good about the sprint as I felt like the race had been super easy up to that point and I saw that I would definitely finish in the top ten and earn some SoCal Cup points. Then came those two turns that came in the last 75 meters and sure enough there was a wreck right at the first and larger of the two turns. It happened right in front of me in about 5-6th position and the only way to avoid it was for me and several others to go

off course. We wound up outside the barriers and had to get off the bikes and duck under the tape in order to finish. Probably cost me :20-:30. Eddie and Jim were a few spots behind me and managed to avoid the wreck and stay on course. The officials wound up giving most of us the same time so it turned out ok. The guys did tell me that the crit course sucked and that I shouldn't judge them all by that race so I'll wait before swearing off all flat crits.

Going into the final stage, I was :16 down on first and :06 down on second. I had no idea how my climbing legs would be so early in the season, and my goal was to hang on to a GC slot. The road race course was an 8-mile gradual climb followed by a 10-mile descent, followed by a steeper 10-mile climb, ending with 8 miles downhill to the finish. There probably wasn't 50 meters of flat ground on the entire course. It was obvious that whoever did the best in the road race would wind up with the top GC spots as there would be HUGE time gaps. We started off like gangbusters from the start and after several surges we had only about 30 of us left at the top of the 8-mile climb. Jim had also made the lead group. The downhill had some pretty bumpy spots and I drifted to the back of the pack. Jim did a good job of always looking after me to make sure I was

ok. After you descend for 10 miles, you hit a circular turn around and immediately head right back up. I moved to the front of the group for the climb back and almost immediately the surges started. After about a mile of climbing there were seven of us left. The two GC leaders had been dropped so I was virtual GC leader for awhile. There was one team that had three riders in the group that controlled things. Turns out to be some guys from Belgium. One of the riders would surge and one rider would drift back and check me out to see how I looked. I knew the pace was a little hot for me and I was killing myself to stay with them but I did my best to look comfortable and hoped they would step off the gas a bit. They didn't, and about a third of the way up the 10-mile climb, the rubber snapped. I went back fast and then a group of four containing the two guys that were ahead of me on GC caught me. I hadn't had enough recovery time and had to let them go. I rode the rest of the climb by myself, passing one rider and being joined by one other. I rode the 8 downhill miles to the finish with one other rider and we wound up finishing 3:40 behind first in 11th and 12th. I was right about the big gaps as half the field finished 10 to 40 minutes back. Jim had a nice finish for 22nd

place and Eddie finished 46th.

I finished tenth on GC, but I talked to the race director afterwards and they are planning on separating the Cat 4's from the 5's in the results before submitting them to SCNCA for SoCal Cup and upgrade purposes, so it will be interesting to see how that turns out.

Overall, an enjoyable race, but bring your climbing legs if you want to do well. Unfortunately, my wheels came up missing from the wheels in/out truck. I haven't heard anything yet, but I've got my fingers crossed.

Roger Millikan Memorial Crit 30+Cat5

By Javier Descalzi

We had a great race today. In the 30+Cat V race were Oscar Guzman, Chris Guyer, Charlie Wynkoop, Makoto Yamasaki, Dan Ortiz and me. In the 19-29 race were Matt Baxter and Jason Lowetz.

We (the 30+) came up with a race plan and executed it faithfully until the last lap when race conditions dictated otherwise. I was designated sprinter and everyone had a defined role (which took into account the riders personal goals for the race).

The course had one roller followed by a slight rise to the finish and a quick downhill to a fast backstretch.

We started at a good clip and took the first few laps to assemble the team and move

up to the front. The guys did a phenomenal job of keeping me protected and holding our position to give a smooth, safe ride while staying out of the wind as much as possible. Oscar and Chris were to provide the lead out and kept me right near the front in the last few laps. Charlie went to the front with five to go and dialed up the pace.

With one lap to go I was in the top five, with the field stringing out. A rider attacked on the downhill and two fellas in front of me chased him down. I followed along for the free ride. When we caught him on the backstretch, I looked back and saw that we had a twenty foot gap. The two guys started looking at each other. I saw that hesitation and took off with half a lap to go.

I flew up the hill and started towards the finish line with a good gap. It was still way off and I began to develop the most intense burning feeling in my thighs and I finally understood what it means when people say their legs turn to wood. I could barely keep the pedals moving, but still I had a clear view of the line. I looked back and saw nobody near me, so like a fool I raised one hand just in time to see some guy pipp me at the line by inches, followed by the sprinting peloton screaming past me as I fizzled out. I got second. I feel a bit foolish, but not too

bad because I had absolutely nothing left to give at the line. They had a lot of speed on me and I'm still amazed to have been able to hold out for half a lap. When I tried to get off the bike after the cooldown lap, I collapsed onto the grass because my legs wouldn't support my full weight.

This was truly a team race. We all agreed to the strategy before hand and carried it out. I was kept safe, rested and well positioned by the hard work of my team-mates, which allowed me to take advantage of a golden opportunity at the end. I am eternally grateful for this and look forward to riding in a support role in the next race.

Dan Ortiz's goal today was for his first finish with the pack. His job was to stay with the team and ride in the upper third. He did so admirably and came through in 34th place riding strong and steady. Congratulations Dan.

The rest of the guys had great finishes, especially given how much work they did for their team leader (thanks guys):

Javier Descalzi 2nd
Charlie Wynkoop 16th
Makoto Yamasaki 18th
Chris Guyer 19th
Oscar Guzman 21st
Dan Ortiz 34th

There were several crashes. The first two were on the straightaways with riders magically taking themselves down. The last was on the

final sprint. Our guys avoided them all.

As for the Under 30's, that looked like a tough race, as the field was small and fast. I didn't see much of it, but the sprint finish was thrilling, with Matt Baxter coming in fourth and Jason Lowetz fifth just inches behind.

Roger Millikan Memorial Crit Cat4

By Kelvin McIlwain

So this last Sunday was a beautiful day for bike racing and the cat IV squad was out in force for the Roger Millikan Memorial Criterium. We had Aaron Tuchfeld, Danny Pickett, Charles Harris, Jim Pedilla, Matt Gunnell, Joe Espinoza, Chris Keller, Daron Fridman, Keith Medford, Bart Abriol, and me. El Capitan was there also but Eddie chose not to race, instead he acted as a cheerleader and motivator for the rest of us. The plan was for me to be the protected rider for the day. This was a first for me and it really felt great that everyone was willing to help me get a good result. The race had a new course for this year and I had a feeling before hand that it would suit me well. I have been doing a lot of short hill power work over the last couple weeks and so a course with a hill was to my liking.

Things didn't get off to a very good start for me however. I was a bit late getting to the line and started at the back of a field of a 120

riders. This was easily the biggest field I've ever raced in. It took me a while to work my way through the mass of riders. It was awesome though how just about everybody made an effort to protect me and get me up to the front of the field. A special thanks to Chris Keller and Jim Pedilla who both gave me lots of protection when moving up. I also want to thank the rest of the guys who stayed at the front and helped control the race the best they could. With about 5 laps to go I found Aaron towards the front but he looked a little gassed and turned to me and declared "I'm Tired". So I figured he wasn't going to be able to help me much in the end. Well I was wrong. Coming up on 2 laps to go Aaron rides up and slots himself in in front of me. I was totally stoked at this point. The second to last time up the hill I yelled to Aaron to just give me all he's got this time up the hill. It took everything I had just to hold his wheel. We went straight up to the front and I got prime positioning on the last lap because of it. Everything was going perfect. I was in about the 7 or 8 spot going into the corner at the bottom of the hill when all of a sudden my rear wheel started skipping and sliding out. It scared the crap out of me. Later looking at my powertap data I determined we were going 34mph into that bottom corner. Anyhow I

recovered and charged up the hill but was only able to hold on to 19th place. It was a tough race and I am happy with that result. They only figured places out to 21 so I can't say where everyone else finished. Thanks to all my teammates you guys are the best.

Boulevard Road Race Cat5

By Oscar Guzman

Well, the season seems to be off to a great start as was evidenced by the great turnout in the CAT V's at Boulevard in the high desert near San Diego this weekend.

Showing up in the Cat V's were: Matt Baxter, Jason Lowetz, Kevin Okura, and myself.

Unfortunately Matt was placed in the 5a race and everyone else in the 5b.

However, everyone was able to cross the finish line of this intensely gruelling road race, as there were no crashes, flats or mechanical problems with the Cat V's

The weather was perfect: 70-ish, sunny and with minimal wind. It was a well organized event with little or no waiting in line, admirable considering the sheer number of racers that day.

I made my way to the line and introduced myself to Kevin, who I met for the first time, and we were off! The first ten miles or so were fast, yet smooth with the "squirreliness" usually

inherent in Cat V races thankfully absent.

Then we hit the ridiculously long 11-mile climb with roughly 1200 feet of elevation gain, which would not have been that bad, except that some weightless wonders at the front immediately decided to put their climbing abilities on display to the dismay of all but 15 or so riders who were able to keep up with them. The pack split in two as we watched the lead group drift farther and farther up the climb. Actually, the lead group seemed to stay intact as the remaining pack disintegrated with scattered groups of three to six riders scrambling to make it to the top. As we continued the climb my heart rate shot way past 90% and I could only hope that everyone else was already as fatigued as I was.

Note: If you are doing this race next year, I highly recommend you do a good warm up, as you hit the climb very early.

I thankfully welcomed the sporadic downhill portions while on the way to the top. We came to the top of the climb, quite relieved to get that past us. Time to recuperate a bit, for we had to do that same climb one more time.

A mile or two after reaching the summit about eight riders and myself were able to regroup and form a

decent chase group. Another rider and I seemed to be the only ones wanting to take pulls at the front with the hopes of catching the lead group, that at one point was only a quarter of a mile from us.

As we started to approach the climb again, we began to catch up to dropped riders from the first group. One here, another poor fellow there. This pattern continued as we began and settled into the climb, until by my reckoning there were perhaps about ten riders left in the lead group.

The climb was much easier the second time around, at least for the first four miles. Our chase group continued somewhat intact until three miles to go when about three riders were able to break out and power themselves up the climb.

At this point, my calves began to cramp and my only goal was to finish the race. I latched onto a rider with a comparable cadence and mindlessly peddled those last two miles to the finish line.

As I crossed the finish line with a mucous goatee, salt in my eyes and cramps in my legs, I could not recall ever having physically suffered this much in my life. I was done, spent and out of gas.

Five minutes later, while resting near the finish line and watching other riders come in, I thought, "I can't wait to do this again next year."

Results:

5a
26th Matt Baxter

5b
36th Kevin Okura
30th Jason Lowetz
16th Oscar Guzman

Congratulations to all the riders who did this tough-as-nails race!

Ontario Cat 4/5

By Oscar Guzman

The Cat 4/5 Squad had a good turnout this Sunday at Ontario:

Javier Descalzi, Chris Keller, Nathan Dauglash, Craig Pittman and myself.

The course was flat and long; 1.2 miles with seven turns, but with those annoying reflector bumps and a bit gravel at turns six and seven. All in all a good fast course, especially the final stretch which was the longest part of the course and had a bit of a downhill. The field limit was 75, but they probably let about 80 riders race.

We took three laps around the course before the race due to an injured rider on the course from the race before. He had to be put on a stretcher (with head and neck secured) into the ambulance, not the best thing to see right before you start a race, but a sobering reminder to stay alert and be safe.

I was chosen as the designated protected rider for the day. Our team managed to stay in the middle of the pack for most of the race. The guys

did an excellent job of keeping me sheltered from the wind. Chris Keller made a move with about five laps to go, taking me up the side of the peloton around turn number two. He took me all the way to the front until he peeled off and I found myself driving the peloton. I took a couple of pedal strokes while thinking, “what the heck am I doing up here?” I looked up as we rounded turn five, and happened to notice a photographer with a telephoto lens taking a picture of me at the front with ten riders single file behind me. So yes, I am looking very forward to finding that photo. (Thanks Chris!) So, where was I...

Uh, ...right. So we were still too far from the finish for me to try to sprint for the prime, so I peeled off a bit and re-incorporated myself into the bowels of the peloton.

With three laps to go, Javier starts to take me up the side as we are rounding a corner. I could see that it was going to be a tight squeeze, but “do-able.” However, two riders on our inside got too close, overcorrected, and one swerved into Javier’s lane. The two made a bit of contact and Javier, seeing that he was going to head straight into the curb, had enough presence of mind to unclip from his pedals, hop over his bike, twist and land on his backside onto the thick grass (kind of like the Charmin teddy bear)

resulting the softest crash landing I have ever seen! (It actually looked like fun...)

Somewhere in the middle of the race there was another crash after turn #1 involving two or three riders. After three laps to go, the pace noticeably picked up. Craig and Chris alternately kept me protected during this time.

The final lap was quite fast with the first 10-12 riders single file before the final turn. We were located at about mid-pack with Chris a couple of riders up and I on Craig’s wheel as we rounded turn #7 into the final stretch. A clearing opened up and I sprinted four bike lengths up to Chris’s wheel where I stayed for about two seconds, then sought daylight to hit my full sprint. As I did so, there was a crash up ahead, 100-150 meters from the finish, involving two or three riders who were jockeying for 15th–20th place. The pack cautiously slowed a bit, which I took advantage of to advance at least five more places to finish the race in 28th place.

So after three crashes, one involving a PAA teammate who didn’t even get a scratch, I’d say we had a pretty good day.

It was my first race as a designated protected rider and only my second race with CAT 4’s in the field (I’m a CAT 5). It was a great experience and I look forward to advice and comments from

my teammates on how to improve within this role.

They only posted results for the first 30 places, so I don’t know where everyone finished. For sure, Craig and Chris should have been right behind me in the placings. Great Job Guys! Javier: May all your future landings be as soft and pleasant!!!

News

Off-Season Clinic

Our next coached clinic will be Saturday, March 11th. We’ll do the Montrose Short route at easy to moderate paces working on paceline skills. We’ll leave Descanso Gardens at 7:15am and Trader Joe’s on Mission at 7:50am, bypass Sierra Madre and end with bike handling drills and body contact games on the grass at the Rose Bowl. We should finish around 11:00am. Note: DO NOT RIDE EXPENSIVE RACE EQUIPMENT!!!

The April clinic will be Saturday April 1st. We’ll do the Montrose Long loop, leaving Descanso at 7:15 and Trader Joes at 7:50, and focus on paceline, echelon, and team drills. The pace will be moderate to fast with regrouping points if needed. This ride is designed for “active racers”.

Club Meeting

Please join us Wednesday, March 8th at 7:30pm for the next club meeting. This month we will meet at El Cholo, 958 South Fair Oaks Ave., Pasadena. Our special guest speaker will be Howard Jacobs of Forgey and Hurrell LLP. Mr. Jacobs is a well-known sports attorney who has recently defended Tyler Hamilton against blood-doping charges. Note that we will not be meeting at our usual location.

Race Reimbursement Team Forms Due

If you are planning on applying for race reimbursements for your team this season, please get your form in by March 30th. Forms are available on the PAA website.

Team Discounts

If you were at the February club meeting, you know that Lee Bird negotiated a great team discount deal with Kenda Tires. A few order forms were distributed at the meeting, but if you didn't get one, Al has placed it on the PAA yahoo site. Order early; we do not have an exact expiration date for this deal.

Medical Communique

Al Nash crashed at ADT this past weekend, breaking his leg below his hip. He is recovering at Methodist Hospital in Arcadia, after which he heads to a transitional care facility. Heal well and quickly, Al!

Who's Who on the Board of Directors?

The Pasadena Athletic Association is a 501(c)(7) nonprofit organization whose purposes are to provide bicycle racing and bicycling activities for the enjoyment of its members, promote bicycling as a sport, and generally advance the interests of bicycling through organized races, coaching and training events. It is run according to bylaws available at the club web site at <http://www.paacycling.org/forms/PAABylaws.doc>.

Members are welcome to attend and address the board during their monthly meetings.

Al Nash - president, club activities, oversees website and yahoo group.

Matt Gunnell - vice president, race promotion.

Boni Forte - secretary.

Jim Small - treasurer.

Rick Babington - member-at-large, clinics & seminars.

Karen Eckhoff - member-at-large, newsletter editor.

Jeff Moreton - member-at-large.

Eddie Ramirez - member-at-large, race clothing.

Jerry Tetreault - member-at-large, membership, race reimbursements.

Aaron Tuchfeld - member-at-large, race clothing, team product & discounts.

Cully White - member-at-large, sponsor liaison.

Introducing...

Board Member Jerry Tetreault is married to Carol, and has a daughter named Angela. He retired on August 6, 2005 as Electrical Superintendent at the City of Glendale, Water & Power, where he worked for 41 years. He started riding a bike to relieve stress, and raced for "Team Hollywood" which included five-time national champion Hector Monsalve and Peter Volpe, who is also a national champion. Jerry followed Peter and Nick Forte' to PAA.

Oscar Guzman races with the 4/5 team. He writes: I turned 30 over the summer. I was born in Costa Rica, and immigrated to Dallas, TX while still an infant. I grew up in the Dallas area and became interested in endurance sports (running, swimming) while in high school. This interest continued well into my college years at Texas A&M University where I received my Bachelor's Degree in Architecture in 1999. While in college I got into boxing and competed in several bouts, including the 1997 Houston Regional Golden Gloves, winning second place in the heavyweight division. While on a study abroad trip in Italy, I travelled to Moscow (on a whim) where I met my future wife. After meeting her, I decided to go study Russian for a month or two, and ended up staying three years, where I

worked, got married and received my Graduate Degree from The Moscow Institute of Architecture in 2002. Afterwards, we relocated to the US, ultimately deciding to try out the LA area for its abundance of architectural firms and great weather (I had enough cold weather to last a lifetime). At the time, little did I know that the mild climate of Southern California was conducive to year round cycling. I tried to get back into running after a four year hiatus, and it just was not happening. I needed

something that was easier on my knees, so after watching Lance win his sixth Tour De France, I became motivated to try cycling and it has been a great fit. My only regret is I wish I would have started cycling sooner!

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

We're not a very litigious bunch, despite all of our lawyer-members!

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



Javier Descalzi shows off his medal from Roger Millikan. Beside him is Oscar Guzman.

Has your cycling ever resulted in the need for the services of a lawyer?



Chris, Javier, and Oscar hang after a successful race.

Race Results

27-29 January

Nelsons Landing Stage Race

Underground Time Trial:

Mens 3: Fritz Bottger 31st

Mens 4/5: Jason Lewiss 3rd,
Jim Padilla 42nd, Eddie
Ramirez 48th

Masters 45+: Charles Harris
7th

Masters 55+: Nick Forte 12th

Silver Bowl Crit:

Mens 3: Fritz Bottger 12th

Mens 4/5: Jim Padilla 12th,
Eddie Ramirez 31st, Jason
Lewiss 41st

Masters 45+: Charles Harris
6th

Nelsons Landing Road Race:

Mens 4/5: Jason Lewiss 12th,
Jim Padilla 21st, Eddie
Ramirez 45th

Masters 45+: Charles Harris
5th

Final GC:

Mens 3: Fritz Bottger 31st

Mens 4/5: Jason Lewiss 3rd,
Jim Padilla 42nd, Eddie
Ramirez 48th

Masters 45+: Charles Harris
7th

Masters 55+: Nick Forte 12th

4 February Boulevard Road Race

Mens 3: Jamie Stathas 40th,
Amado Ulloa 41st

Mens 4: Charles Harris 31st,
Bart Abriol 37th

Mens 5A: Matthew Baxter
26th

Mens 5B: Oscar Guzman 16th,
Jason Lowetz 30th, Kevin
Okura 36th

Masters 45+: Tony Pratt 21st,
Jeff Moreton 23rd

4 February Usary Pass Time Trial

Masters 35+: Elliot Skultin 9th

5 February Red Trolley Classic

Mens 5: Matthew Baxter 14th,
Javier Descalzi 33rd

5 February Mothballs Criterium

Mens 1/2: Michael Dansk 18th

Mens 3: Fritz Bottger 3rd,
Simon Nung 5th, Reggie
Saldana 7th

Mens 4: Charles Harris 12th,
Danny Pickett 14th, Kelvin
McIlwain 19th

Masters 55+: Domenick Forte
14th, Cully White 15th, Robert
Paganini 17th

5 February Piru Time Trial

*note: results changed at
venue due to inaccurate
category placements*

Mens 4: Rick Skalak 7th

Masters 45+: Tony Pratt 2nd,
Jeff Moreton 4th, Brian
Carrico 8th

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

Masters 65+: Bob Shimasaki
2nd

Public 45+: **Joe Scully 1st**

Public Women: Karen
Eckhoff 3rd

12 February Roger Millikan Memorial Crit

Mens 3: Fritz Bottger 11th,
Reggie Sladana 21st

Mens 4: Kelvin McIlwain 19th

Mens 5 18-29: Matthew
Baxter 4th, Jason Lowetz 5th

Mens 5 30+: Javier Descalzi
2nd, Charlie Wynkoop 16th,
Makoto Yamasaki 18th, Chris
Guyer 19th, Oscar Guzman
21st, Dan Ortiz 34th

Masters 50+: Jeff Moreton
18th, Banner Moffat 22nd,
Brian Carrico 35th

Masters 55+: Ted O'Miela
15th, Cully White 16th

Masters 60+: Dave Ward 10th,
Michael Edwards 11th, Peter
Volpe 12th, Robert Paganini
13th, Jim Fitzgerald 15th,
Robert Humphrey 17th, Jerry
Tetreault 18th

Masters 70+: **Robert
Paganini 1st**

18 February Santiago Canyon Time Trial

Mens 1/2/3: Peter Mainhold
4th

19 February CBR Anger Management Crit

Mens 3: Simon Nung 12th,
Reggie Saldana 13th,

Mens 4: Danny Pickett 8th

Mens 5: Jason Lowetz 3rd

Masters 30+1/2/3: Armin
Rahm 14th

Masters 50+: **Eugene
Poyorena 1st**

Masters 55+: Robert Paganini
9th, Domenick Forte 10th

19 February Pine Flat Road Race

Masters 55+: Dave Ward 2nd,
Jerry Tetreault 5th

26 February Ontario Criterium

Mens 4: Charles Harris 13th

Masters 30+ 4/5: Oscar
Guzman 28th

Masters 40+: Charles Harris
18th

Masters 50+: Jonathan
Livesay 7th, Rick Skalak 21st,

Masters 55+: Domenick Forte
19th, Peter Volpe 23rd, Robert
Paganini 26th, Michael
Edwards 28th

Masters 60+: Dave Ward 9th,
Robert Paganini 10th, Robert
Humphrey 15th, Bob
Shimasaki 16th



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.