

Newsletter

April 2006

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

<http://www.paacycling.org>

Board of Directors

President	Al Nash
Vice President	Matt Gunnell
Secretary	Boni Forté
Treasurer	Jim Small
Board Member	Rick Babington
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. The April meeting will be held at the La Canada Flintridge Country Club, 5500 Godbey Dr., La Canada, CA 91011.

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

Inside this Issue

News	5
Race Results	6
Advertisements	9
Our Sponsors	10
Calendar of Events.....	11



John McKeen wins San Dimas Stage Race

PAA Dominates San Dimas Stage Race... Again!

By John McKeen

This is my first race report for a new team, so I'll try to make it interesting. This was also my first USCF race and first stage race. (Although I have done some collegiate road races). Our Cat.V squad began the weekend with nine riders. Oscar Guzman, Rafael Lopez, Daniel Lowetz, Jason Lowetz, John McKeen, Kevin Okura, Mike Vert, Lyle Warner, and Charlie Wynkoop.

Stage 1 was a 3.8 mile hill climb time trial up Glendora Mountain road beginning just past Big Dalton Canyon Road.

The first quarter mile was slightly downhill but after that, it was pretty much a sustained climb for the rest of the course. Since I can't speak for anyone else on this stage, I'll give a brief recap of my ride. I sprinted hard off the line after the guy holding my seat couldn't figure out how to hold my bike vertical. I hit 30 in the flats and my heart rate shot up to 183. As I hit the climb, I started to feel the burn in my legs. I pushed hard up the climb, holding my heart rate between 184 and 189. I passed the rider in front of me at the 1.5 mile mark and subsequently passed four or five more riders. The finish was well marked and I picked up the pace with 1k to go. (My

heart rate spent the remaining time at 192-194) and I finished with a time of 15:37. My legs hurt on the way up, but when I stopped pedalling, they really started burning. I won the HCTT, but only by :06. Sean Lackey riding for Covina Valley, number 530, was second.

Stage 2 was the road race. We did five laps on a 7.5 mile course around Bonelli Park. There was one gradual climb shortly after the start finish line and one steep, shorter hill near the end of the course. The last climb was the King of the Mountain climb on laps two and four. The start/finish line was the sprint line on laps one and three. From the beginning the 5 squad was out front. Our strategy was for Lyle and Jason to go for the sprints, taking the time bonuses, and for me to do whatever 530 did.

Immediately after we got on course the Lowetz brothers, Rafael, Lyle and Oscar were out front setting a quick pace, protecting me from the wind. Other riders moved up as the lap progressed and I hung near the front as well, always keeping my eye on 530. The end of the first lap was the first points sprint, and Lyle and Jason grabbed the first two spots after a strong leadout by Daniel. The second lap was the first KOM climb in which Rafael took second. The third and fourth laps were pretty

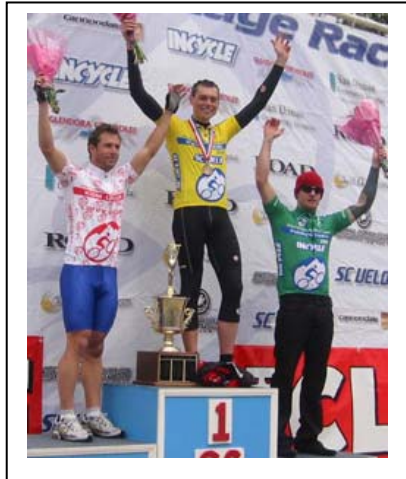
much the same. Oscar had a small break from the peloton, but got caught on the end of the gradual climb, although he stayed away for quite a while. After being led out by Daniel again, Jason and Lyle got 1 and 2 in the sprint on the third lap and Rafael again got second in the KOM climb on the fourth lap. The end of the fifth lap got interesting for me, when 530 attacked on the final climb. I had planned for this as it was the best opportunity for him to get away and get a time bonus at the finish. As he started to move up, I followed him and we soon found ourselves out in front. He attacked *incredibly* hard. At times, I wondered if I would be able to keep the pace, but I held his wheel all the way up. The following descent was the fastest of the race for me as I continued to stay just behind him. As we came into the flats leading to the finish, I hung on his wheel and let him pull me in. There was a little swerving as he tried to make me work, but as he started to sprint with 100yds to go, I stood up and easily out-sprinted him as I had had a good chance to recover from the climb. The peloton nearly caught us by the line, and finished only :06 behind us. At this point, there were three PAA riders, myself, Lyle, and Jason, all tied with the same number of sprint points for the green jersey. It was a great race with great teamwork.

Stage 3 was the downtown crit. The course had six turns including a sketchy left hand turn with a huge dip through the gutter. There was a four-block climb that was enough to make the legs burn followed by a fast five-block descent leading into the last turn before the finish line. Our strategy was pretty much the same as in the road race. Lyle and Jason would go for the sprints and the stage win, and I would stick with 530 to protect my GC position.

After holding my lead in the road race, the GC classification would come down to this race, and I can't emphasize enough that I owe the GC win to my teammates. Without them, I would not have held the lead. Again, from the beginning, PAA set a quick pace. I pulled for the first lap and Rafael pulled the second lap. After that, people started to move around and the pace remained high. In fact, the average speed for the race was over 31 mph. Some of the PAA V's commented that this was the fastest crit they had ridden in. There was a one-man break early in the race, but we worked to reel him in after a lap or two. Jason won the intermediate sprint with Lyle on his heels in third. Fortunately for me, they were able to hold off 530, who also went for the sprint. The remaining laps were fast as well. With four laps to go, a teammate of 530 moved in

front of me on the wheel of his teammate. This made me pretty nervous, as I was not feeling as fresh I had wished. I hung close until one lap to go when 530 passed the few people in front of him to get out front. Fortunately, Lyle and Jason also moved up past me to the front, because I no longer had the legs to defend my position. Coming through the downhill and into the final turn, 530 was out front and Lyle and Jason were close behind. I was back in 15th or so, watching all of this unfold and feeling helpless. The sprint started and at the line Jason came through in first place, winning the stage! 530 finished third, gaining a :06 time bonus, but not enough to put him in front! As I said, I owe my GC win to my teammates!

Overall, we had a great race and worked well as a team. I certainly owe them all a great deal. Said and done, PAA won all three stages and had three riders in the top 5. We also won the yellow and green jerseys, and finished second in the KOM competition. Thanks again to all the PAA V's for helping me maintain the overall GC. I had a great time and look forward to racing with you all again. Safe and happy riding, John McKeen



San Dimas Stage Race Cat.3 Report

By Julien Nordstrand

The 2006 edition of the San Dimas Stage Race saw the largest and most talented team ever from PAA to enter the 3s race. And the final outcome (three riders in or close to the top 10) is a compliment to both the members of the team, and the quality of the field. Fritz, he who is soon to be a Cat 2, summed up the pace and quality of the field perfectly: "It made me feel like a mid-pack 3". What hope for the rest of us? :-)

How it unfolded: The closer it got to the weekend, to more certain it seemed that there would be some chance of rain. Accuweather got it waaaaaaay wrong though. They said rain at 1pm for the TT. It didn't get there until 1:04pm. Losers. Which was just in time to "cool off" Fritz and Peter, as the charged up the hill. Simon, Matt & Julien had all gone before the rain, with Simon

employing an elegantly simply, yet fast, strategy: "I looked on Sheldon Brown's site to work out what gear I would need to pedal at 80 cadence to go up the hill in a sub 16 time". Ah, so that's the secret! Peter, though, ended up with the fifth fastest time of the day, and became the focus of efforts for the road race the next day. And with three guys (Simon & Fritz also) within 70 seconds of the leader, all were looking forward to the next few days.

Tactics for the road race were discussed at a team dinner that night. One of the key outcomes seemed to involve going off to watch, and maybe even listen to, Jackie Johnson's weather forecast again. Happily, the rain seemed to hold off as the road race got under way around the challenging Puddingstone course. And it was not long before the pace had many in the field "absolutely on the rivets". The 'trick' to this course is to remember that KOM sprints occur on 'even' laps, and Hotspot sprints occur on 'odd' laps. Or, if your brain is oxygen depleted, one can just remember that "every lap will be fast for some stoopid reason". And so it was: The plan going in was to especially look to attack from about lap seven onwards. The thinking was that Peter, an excellent TT-er but not a sprinter, might be able to get

away. Fritz and Simon, especially, were going to look for counter-attack opportunities as well as trying to help out Peter. But, in the end, the pace was too high to create a break. And the field got badly mixed up with the 35+ field, with the sprint finish involving both fields at once. Peter slipped back a few seconds, and Fritz and Simon rolled in the bunch.

This left all three still positioned right around 1 minute back on the leader. And, only a handful of seconds back on fourth place. So, for the Crit, a bold plan was proposed: Attack from the gun together, and TTT to the hotspot sprint mid-way through to get back the time bonuses to move up a handful of placings. And attack they did. And for brilliant lap after lap they held a small but workable gap over the peloton. The crowd was treated to the sight of the PAA attacking the race and staying away. The bell went for the mid-race hotspot sprint. The peloton awoke, and was suddenly hungry. And, cruelly, 20 minutes of hard work was all for naught as the bunch caught the trio just half a lap before the sprint. All three, and notably Peter, tried again to escape later in the race, but for some reason felt less fresh than earlier in the day! So, the stage ended up with a bunch sprint, and an excellent outcome in terms of

GC placings - again, the best ever for PAA in the 3s in this race.

A few closing thoughts: I have to say that it was a plain old fun being able to race as team in a race like San Dimas. Cannot wait for more now. So, personal thanks from me to Matt Osborne for getting everyone all keyed up to get out to this race, and for organizing the tent - that was key, especially for the TT; Thanks to Fritz for choosing to race with us, thus placing on hold his hard-earned upgrade to the 2s; Thanks to Simon for his never say die attitude to racing - what a great result for a guy who is still new to the 3s; And thanks to new club member Peter Meinhold, who provided a lot of the motivation for us to ride all weekend.

LA Circuit Race Cat.3

By Simon Nung

The winds were calm at the beginning of the our race. A great bunch of guys representing PAA included Fritz, Reggie, Julien, Jamie, Matt and myself.

Our race started slow. The moto ref. slowed our field several times. It was annoying. After all that was over, the speed picked up followed by a series of relentless attacks.

We did our best to go after the right attacks/breakaways. Fritz and I responded to what seemed like countless attempts to break away. Finally I got onto a break that seemed to hold its distance from the main field.

The breakaway started with maybe ten plus riders. With



PAA atop Balcom Canyon at the tour of California

six laps to go we were down to four. With three to go, everyone attacked each other.

On the final sprint I held on for fourth place.

The rider who won the race had been pretending to be tired, riding erratically and avoiding his turn at the front. I thought of Lance Armstrong pretending to be struggling on a climb against Jan Ulrich, then looking over to him giving the famous look and riding away.

News

Upcoming Clinics

The April clinic will be Saturday April 1st. We'll do the Montrose Short loop, leaving Descanso at 7:15 and Trader Joes at 7:50, and end up at the Rose Bowl for grass drills designed to teach us balance, agility, touching wheels, and body contact. Please do not ride expensive race equipment!

In May we'll have two Tuesday-evening clinics. The first will be May 2nd and will feature high-speed intervals and downhill sprints. The second will be May 9th, and will cover hill intervals and uphill sprints. Both May clinics meet at the Rose Bowl Lot K with a warmup at 5:30 and will finish by 7:00.

Club Meeting

Please join us Wednesday, April 12th at 7:30pm for the next club meeting. This month we will meet at La Canada Flintridge Country Club, 5500 Godbey Dr., La Canada. A fixed-price meal including your choice of entree, salad and desert is available for \$20, including tax and tip. There is a cash bar for drinks. Parking is free in the parking lot attached to the club (just past it on the road). Josh Horowitz from Liquid Fitness will speak to us about mental training. Josh is a USAC Certified Coach with an extensive international racing career, as well as a published author. Please note that we will not be meeting at our usual location.

Famous Faces

PAA has two new famous faces! Michael Dansk and Rose Ramirez were chosen as print-ad models for the Los Angeles Marathon Bike Tour. Their faces adorn billboards and buses all over town. Congratulations Rose and Michael!

Medical Communique

Al Nash is out of the hospital and back at home. He's sleeping better and making subtle improvements in his ability to navigate on crutches.

Bill Silverman had a terrifying accident February 18th. He was broadsided by a car and dragged for a distance beneath it. Miraculously, he escaped with only road rash.

Greg Giesler crashed at CTS camp February 20th. One of his fellow riders was descending on aero bars, and took out the CTS coach and Greg, who ended up with a second-degree shoulder separation and 12 sutures above his eye.

Jason Stumbo was hit while photographing the LA Circuit Race March 5th. A crash occurred on the course, and a rider and his bike flew into Jason. He came away with six stitches, a black eye, and abrasions over his face, head, hands, shoulder, elbows and ribs. Fortunately, he suffered no concussion.



He reports that his stitches are out, his bruises are healing, and although he still has ongoing headaches, he is back on the bike.

Mauricio Rivas suffered severe road rash in the same series of accidents at the LA Circuit Race.

Kevin Martin and Eddie Ramirez crashed in an early-season Rose Bowl ride. Both flew over the bars. Kevin was hit by the riders behind him, and suffered a bruised or cracked rib, abrasions and contusions. Through it all, his sense of humor remains intact.

Eddie also went over the bars, cracked his helmet, and incurred major road rash and bruising. He's racing despite the pain.

Lee Bird is still not 100%, but has been on the trainer and is looking forward to riding on the road starting April 1st.

James Sohn has had yet another surgery on his injured shoulder. Hopefully this will be the last of it and he will rejoin us at long last.

We wish all of our injured team-mates a full and speedy recovery.

PAA Gear

The new sock order has arrived. Please see fearless team product chair Aaron Tuchfeld for yours. 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

Due to Al's unfortunate accident, we have no poll this month.

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

Race Results

4 February Tiger Classic Criterium

Mens 4: Elliot Skultin 10th

4 March Island View Classic

Mens 3: Jamie Stathas 9th

Mens 4: Aaron Tuchfeld 14th, Kelvin McIlwain 20th

5 March LA Circuit Race

Mens 1/2: Armin Rahm 32nd

Mens 3: Simon Nung 4th, Fritz Bottger 11th, Reggie Saldana 14th, Matt Osborne 22nd, Jamie Stathas 23rd

Mens 4: Joe Espinosa 19th, Bart Abriol 20th, Aaron Tuchfeld 23rd, Charles Harris 30th

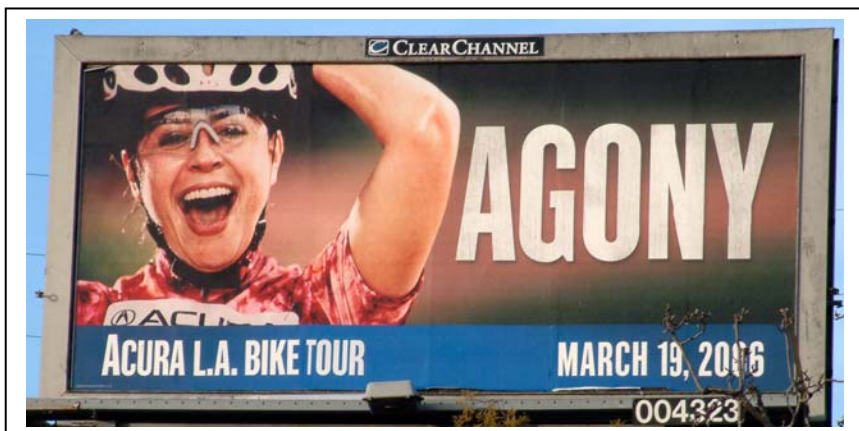
Mens 5A: Jason Lowetz 2nd

Mens 5B: Charlie Wynkoop 12th

Masters 45+: Rick Skalak 22nd, Banner Moffat 28th, Cully White 29th, Robert Paganini 42nd

Masters 55+: Cully White 10th, Bob Stitzel 13th

Masters 60+: Robert Paganini 6th



5 March Piru Time Trial

Masters 45+: Tom Reilly 2nd

Masters 55+: **Ted O'Miela 1st**, Bob Llamas 2nd

Masters 65+: **Parker Williams 1st**

Public Women: **Karen Eckhoff 1st**

12 March Clif Bar-Clif Shot Criterium

Elite Men: Armin Rahm 16th, Fritz Bottger 18th, Michael Dansk 20th

Mens 5: **Jason Lowetz 1st**, Daniel Lowetz 10th

Masters 50+: Tom Reilly 17th

Masters 55+: **Ted O'Miela 1st**, Robert Paganini 9th, Michael Edwards 10th, Jim Fitzgerald 11th, Domenick Forte 14th



17-19 March San Dimas Stage Race

Chevrolet Glendora Mountain Time Trial

Mens 3: Peter Meinhold 5th, Simon Nung 13th, Fritz Bottger 18th, Julien Nordstrand 76th, Matt Osborne 88th

KOM GC: Peter Meinhold 5th

Mens 4: Ben Deverman 9th, Aaron Tuchfeld 36th, Michael Mascott 46th, Matthew Baxter 52nd, Banner Moffat 63rd, Kelvin McIlwain 68th, Craig Pittman 82nd, Bart Abriol 83rd, Eddie Ramirez 89th

Mens 5: **John McKeen 1st**, Rafael Lopez 5th, Lyle Warner 11th, Jason Lowetz 14th, Oscar Guzman 22nd, Daniel Lowetz 27th, Charlie Wynkoop 29th, Mike Vert 31st, Kevin Okura 38th

KOM: **John McKeen 1st**, Rafael Lopez 4th

Masters 45+: Tony Pratt 17th, Jeff Moreton 19th, Michael Varbaek 40th

San Dimas Hospital Road Race

Mens 3: Simon Nung 14th, Fritz Bottger 21st, Peter Meinhold 39th

GC: Peter Meinhold 8th, Simon Nung 12th, Fritz Bottger 14th

KOM GC: Peter Meinhold 9th

Mens 4: Banner Moffat 11th, Bart Abriol 16th, Ben Deverman 30th, Kelvin McIlwain 47th, Michael Mascott 54th, Aaron Tuchfeld 56th, Craig Pittman 64th

GC: Ben Deverman 8th, Banner Moffat 41st, Kelvin McIlwain 45th, Aaron Tuchfeld 50th, Michael Mascott 51st, Bart Abriol 53rd, Craig Pittman 65th

Sprint: Ben Deverman 7th

Sprint GC: Ben Deverman 7th

Mens 5: **John McKeen 1st**, Jason Lowetz 5th, Rafael Lopez 13th, Charlie Wynkoop 16th, Lyle Warner 18th, Daniel Lowetz 24th, Oscar Guzman 28th

GC: **John McKeen 1st**, Rafael Lopez 3rd, Lyle Warner 8th, Jason Lowetz 9th, Daniel Lowetz 23rd, Charlie Wynkoop 24th, Oscar Guzman 26th

Sprint: **John McKeen 1st**, Lyle Warner 2nd, Jason Lowetz 3rd

Sprint GC: **John McKeen 1st**, Lyle Warner 2nd, Jason Lowetz 3rd

KOM: Rafael Lopez 2nd

KOM GC: Rafael Lopez 2nd,
John McKeen 3rd

Masters 45+: Jeff Moreton
24th, Michael Varbaek 25th

GC: Jeff Moreton 16th,
Michael Varbaek 27th

Cannondale Old Town San Dimas Classic

Mens 3: Fritz Bottger 16th,
Simon Nung 35th, Peter
Meinhold 40th

Mens 4: Bart Abriol 18th,
Michael Mascott 23rd, Aaron
Tuchfeld 30th, Banner Moffat
47th, Ben Deverman 51st,
Kelvin McIlwain 56th, Craig
Pittman 59th

Mens 5: **Jason Lowetz 1st**,
Lyle Warner 8th, Charlie
Wynkoop 17th, Rafael Lopez
19th, John McKeen 20th,
Daniel Lowetz 21st, Oscar
Guzman 26th

Sprint: **Jason Lowetz 1st**,
Lyle Warner 4th

Masters 45+: Jeff Moreton
13th, Ted O'Miela 19th

Final GC:

Mens 3: Peter Meinhold 8th,
Simon Nung 12th, Fritz
Bottger 14th

Mens 4: Ben Deverman 8th,
Banner Moffat 38th, Kelvin

McIlwain 44th, Aaron
Tuchfeld 47th, Michael
Mascott 48th, Bart Abriol 50th,
Craig Pittman 59th

Sprint GC: Ben Deverman 8th

Mens 5: **John McKeen 1st**,
Rafael Lopez 3rd, Jason
Lowetz 5th, Lyle Warner 9th,
Daniel Lowetz 21st, Charlie
Wynkoop 22nd, Oscar Guzman
25th

Sprint GC: **Jason Lowetz 1st**,
Lyle Warner 3rd, John
McKeen 4th

Masters 45+: Jeff Moreton
15th

18 March Cal Pacific Omnium

Mens 1/2/3 Win-and-Out:
Chris Lindensmith 4th

Masters Miss-and-Out: Mark
Dragovan 3rd

19 March Torrance Criterium

Mens 3: Reggie Saldana 8th

Mens 4: Matthew Baxter 3rd

Masters 35+: Michael Dansk
17th

Masters 55+: Ted O'Miela 5th,
Cully White 9th

Masters 60+: Robert Paganini
6th

25 March Velodrome Racing

Mens 1/2/3 20-lap Scratch
Race: Chris Lindensmith 4th

Mens 1/2/3 Keirin: Chris
Lindensmith 5th

Mens 1/2/3 Miss-and-Out:
Chris Lindensmith 4th

Mens 1/2/3 20-lap Points
Race: Chris Lindensmith 5th

Mens 1/2/3 Omnium: Chris
Lindensmith 6th

Masters 40+ 15-lap Scratch
Race: Chris Lindensmith 2nd,
Scott Lelieur 5th

Masters 40+ 8-lap Win-and-
Out: Chris Lindensmith 2nd,
Scott Lelieur 3rd

Masters 40+ 30-lap Points
Race: Chris Lindensmith 2nd,
Scott Lelieur 4th

Masters 40+ Miss-and-Out:
Chris Lindensmith 3rd, Scott
Lelieur 5th

Masters 40+ Omnium: **Chris
Lindensmith 1st**, Scott
Lelieur 5th

26 March Subaru Urban Assault Race

Family Division: **Matt
Gunnell & Jasmine Gunnell
1st**

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 aeniii@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 aeniii@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://p/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.

