

Newsletter

May 2006

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

<http://www.paacycling.org>

Board of Directors

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PAA general meetings are held on the second Wednesday of the month starting at 7:30 PM at the La Canada Flintridge Country Club, 5500 Godbey Dr., La Canada, CA 91011. The May meeting will be held on Monday, May 8th.

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

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PAA hangs with Olaf Pollack at Tour of California

News

Upcoming Clinics

There are two coached workouts planned for early May. They will take place Tuesday May 2nd and Tuesday May 9th, providing an alternative to the Rose Bowl crash fest. Workouts will roll out of Lot K at 5:30 and will start with a warm up around the bowl. The May 2nd workout will consist of flat terrain high speed intervals. The May 9th workout will consist of uphill intervals.

Club Meeting

Please join us Monday, May 8th at 7:30pm for the next club meeting. This month we will again meet at La Canada Flintridge Country Club, 5500 Godbey Dr., La Canada.

Our speaker on this special date will be Jeff Spencer, Lance Armstrong's personal chiropractor. His presentation will be "Behind the Scenes at the Tour de France". Please note that we will meet on Monday, not Wednesday.

Club Race Volunteers

Matt Gunnell has put out the call for volunteers for the San Fernando Criterium, June 10 2006. We will once again be hosting the SCNCA Masters Criterium Championship.

Volunteers receive one free race, free lunch, and the opportunity to apply for race reimbursements based on participation.

Medical Communique

Banner Moffat was involved in a bad crash at the Rose Bowl March 30th. He was transported via ambulance and diagnosed with a broken collarbone and scapula, three broken ribs, a slight fracture in his left calf, and a collapsed lung. He is recovering at home.

Eddie Ramirez went down in the same crash, getting a little too close to a chainring with his face. Hospital staff glued him back together and he is back out there on the bike.

As always, we wish our injured teammates a full and speedy recovery.

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.

PAA Gear

The second and final clothing order for the season is scheduled to arrive the first week of May. Watch your email for announcements.

Louis Garneau has asked to feature PAA club kit in their 2007 catalog! Congratulations to our sponsors and designers!

Bicycle Johns' May club discounts were recently announced via the email list. Be sure to take the list and your club membership card when you go shopping!

Monthly Poll

We've really taken our last club presentation to heart. We're now mental training in addition to our intervals!

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

Race Results

19 March Saguario Velo Racing at San Diego Velodrome

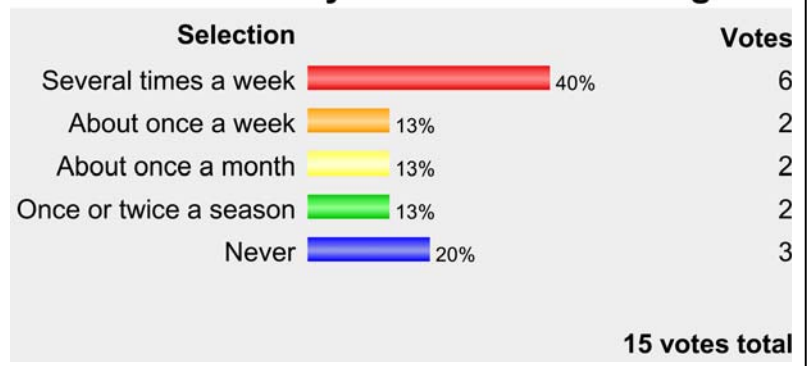
Flying 200 Masters 55+: **Bill Ziegler 1st**

500m TT Masters 55+: **Bill Ziegler 1st**

Open Miss and Out: Bill Ziegler 2nd

2000m TT Masters 55+: **Bill Ziegler 1st**

How often do you do mental training?



25 March Orosi Road Race

Masters 55+: Bob Dahlgren 3rd, Phil Young 4th, Dave Ward 5th, Bob Llamas 8th

26 March Redlands Criterium

Mens Pro/1/2: Armin Rahm 6th, Fritz Bottger 22nd

Mens 4: Matthew Baxter 18th

Masters 55+: Domenick Forte 17th, Michael Edwards 19th

1 April Amgen Ventura County Classic Criterium

Mens 3: Reggie Saldana 12th

Mens 4: Matthew Baxter 16th, Bart Abriol 19th

Mens 5: Kevin Okura 16th

Masters 35+: Rick Skalak 11th

Masters 55+: Cully White 11th, Michael Edwards 16th

Masters 60+: Bob Llamas 5th, Michael Edwards 7th

2 April Garrett Lemire Memorial Criterium

Mens 1/2: Fritz Bottger 22nd

Mens 3: Simon Nung 6th

Mens 4: Matthew Baxter 13th, Bart Abriol 26th

Masters 55+: Cully White 10th, Domenick Forte 11th

Masters 60+: Bob Llamas 5th, Michael Edwards 6th, Robert Paganini 7th

2 April Piru 20k Time Trial

Mens 4: Rick Skalak 5th

Eddie Merckx: **John Stesney** 1st

Masters 45+: Tony Pratt 2nd, Tom Reilly 4th

Masters 55+: Dave Ward 2nd

Masters 65+: **Parker Williams** 1st, Jim Fitzgerald 2nd, Bob Shimasaki 3rd

Public Women: Karen Eckhoff 2nd

7-9 April Sea Otter Classic

Road Race:

Mens 4: John McKeen 3rd

Mens 5: **Rafael Lopez** 1st, Daniel Lowetz 16th

Masters 30+ 5: Oscar Guzman 15th, Javier Descalzi 54th

Masters 60+: Bob Dahlgren 7th

Circuit Race:

Mens 4: John McKeen 9th, Jason Lowetz 17th

Mens 5: Lyle Warner 3rd

MTB Cross Country:

Expert Men 25-29: John McKeen 3rd

8-9 April Valencia Stage Race

Time Trial:

Mens 3: Peter Meinhold 2nd, Simon Nung 28th

Mens 4: Matthew Baxter 11th, Miguel Sutter 28th, Rick Skalak 30th, Richard Padilla 43rd

Masters 45+: Tony Pratt 6th, Tom Reilly 9th, Jeff Moreton 12th, Michael Dansk 21st

Masters 55+: Domenick Forte 12th

Masters 60+: Dave Ward 2nd, Bob Llamas 6th, Jim Fitzgerald 9th, Robert Paganini 12th, Bob Shimasaki 13th, Jerry Tetreault 14th

Criterion:

Mens 3: Simon Nung 8th, Peter Meinhold 13th

Mens 4: Matthew Baxter 10th, Miguel Sutter 11th, Richard Padilla 24th, Rick Skalak 35th

Masters 45+: Jeff Moreton 16th, Tony Pratt 23rd, Tom Reilly 24th, Michael Dansk 31st

Masters 55+: Domenick Forte 9th

Masters 60+: **Dave Ward 1st**, Robert Paganini 6th, Bob Llamas 7th, Jerry Tetreault 12th

Road Race:

Mens 3: Peter Meinhold 9th, Simon Nung 15th

Mens 4: Matthew Baxter 10th, Richard Padilla 26th

Masters 45+: Tony Pratt 12th, Jeff Moreton 14th, Michael Dansk 16th, Tom Reilly 21st

Masters 55+: Domenick Forte 12th

Masters 60+: Dave Ward 3rd, Bob Llamas 9th, Robert Paganini 10th, Jerry Tetreault 12th

Final GC:

Mens 3: Peter Meinhold 6th, Simon Nung 13th

Mens 4: Matthew Baxter 10th

Masters 45+: Tony Pratt 11th, Tom Reilly 20th, Jeff Moreton 21st

Masters 55+: Dave Ward 5th, Robert Paganini 15th, Bob Llamas 17th

Masters 60+: Dave Ward 2nd, Bob Llamas 9th, Robert Paganini 10th, Jerry Tetreault 12th

8 April Sprint & Keirin Tournament

Mens C: Nathan Dauglash 2nd

14-16 April CBR Los Angeles County Cycling Classic

Final GC

Mens Pro/1/2: Fritz Bottger 34th

Mens 4: Rafael Lopez 3rd, Jason Lowetz 4th, John McKeen 12th, Oscar Guzman 15th, Bob Deverman 19th, Matthew Baxter 28th

Masters 30+ 1/2/3: Chris Sobchack 13th

Masters 40+ 1/2/3: Michael Dansk 4th, Peter Cohn 26th,

Masters 50+: Tony Pratt 4th, Tom Reilly 12th, Jeff Moreton 15th

Masters 55+: Domenick Forte 3rd, Dave Ward 7th, Bob Dahlgren 9th, Bob Llamas 12th, Jim Fitzgerald 13th

15 April Bob Hansing Memorial Cup #2

Mens 1/2/3 10-Lap Scratch: Chris Lindensmith 4th

Masters 40+ 10-Lap Scratch: **Chris Lindensmith 1st**

Mens 1/2/3 8-Lap Win & Out: Chris Lindensmith 5th

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

Masters 40+ 25-Lap Points: Chris Lindensmith 3rd, John Stesney 4th

Mens 1/2/3 Miss & Out: Chris Lindensmith 3rd

Masters 40+ Miss & Out: Chris Lindensmith 1st, John Stesney 3rd

Masters 40+ Omnium: Chris Lindensmith 1st, John Stesney 5th

Mens 1/2/3 Omnium: Chris Lindensmith 4th

16 April Ontario Easter Criterium

Mens 3: Jamie Stathas 21st

Mens 4: Bart Abriol 18th,
Matthew Baxter 30th

Masters 30+ 1/2/3: Jamie
Stathas 24th

Masters 30+ 4/5: Duane Atiga
19th, Joe Espinosa 20th, Chris
Keller 28th

Masters 40+: Chris Keller
25th, Craig Pittman 28th

Masters 45+: Jonathan
Livesay 12th, Rick Skalak 24th

Masters 50+: Jonathan
Livesay 17th, Rick Skalak 19th,
Cully White 23rd

Masters 55+: Bill Ziegler 11th,
Robert Paganini 13th, Cully
White 14th, Michael Edwards
17th

Masters 60+: Dave Ward 10th,
Robert Paganini 11th, Michael
Edwards 12th, Robert
Humphrey 13th, Jerry
Tetreault 18th, Bob Shimasaki
19th

22-23 April Conquer the Canyons Stage Race

Time Trial:

Mens 3: Simon Nung 12th,
Jamie Stathas 21st, Aaron
Tuchfeld 30th, Peter Cohn 36th

Masters 35+: Chris Sobchack
12th

Criterium:

Mens 3: Simon Nung 9th,
Jamie Stathas 22nd, Aaron
Tuchfeld 30th, Peter Cohn 35th

Mens 4: Kelvin McIlwain 12th

Masters 35+: Chris Sobchack
21st

Road Race:

Mens 3: Simon Nung 15th,
Jamie Stathas 22nd, Aaron
Tuchfeld 34th, Peter Cohn 35th

Masters 35+: Chris Sobchack
4th

Final GC:

Mens 3: Simon Nung 15th,
Jamie Stathas 22nd, Aaron
Tuchfeld 30th, Peter Cohn 34th

Masters 35+: Chris Sobchack
15th

23 April CBR DeWalt's El Cajon Criterium

Mens Pro/1/2: Armin Rahm
17th

Masters 50+: Michael Ash 4th

29 April Devil's Punchbowl Road Race

Mens 3: Peter Meinhold 3rd

Mens 4: Rafael Lopez 2nd,
Ben Deverman 3rd, John
McKeen 9th

Masters 35+: Chris Sobchack
13th

Masters 40+ 4/5: Charlie
Wynkoop 15th

Masters 50+: **Jeff Moreton**
1st, Tony Pratt 4th, Tom Reilly
19th, Dave Ward 29th, Bob
Dahlgren 31st

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.