

Newsletter

June 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 at Mijares Mexican Restaurant, 145 Palmetto Dr., Pasadena. The June meeting will be held Thursday, June 22nd.

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

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News Flash!

2006 PAA Team Photo to be taken Wednesday, June 21st at 6:00pm in front of the Rose Bowl! Be part of history!



PAA's climbers turn out for Coach Rick's group ride over Little T

SCNCA Time Trial State Championship

By Michael Dansk

You know me. I don't let any opportunity to race pass me by. So I looked at the PAA roster and asked a girl named Morgan Kapp, who is a member of PAA to team up for the 70+ mixed tandem. We borrowed a tandem from Tom Reilly (he felt bad that I am not on the 180+ 4 man team for the upcoming weekend, but Jeff Moreton is back from his foot injury and going really well), and got hold of a van to transport the tandem in. Upon arrival at the course I saw Aaron, El Capitan, Jim, and Danny. They were all done, and complaining of having 'time trial ass' and Tom Reilly, Tony Pratt and Jeff

Moreton were all warming up. Being all the way out in the middle of nowhere in the desert, and having the disadvantage of starting later in the day, the wind really started to kick up. The day before I was on the tandem (for the first time in my life) for 30 minutes, so this was definitely going to be a new experience for me. Morgan talked me into wearing a heart monitor (another first for me), and we somehow managed to mount Tom's Yellow Submarine tandem, and get clicked into the pedals. Starting ahead of us were another 70+ mixed couple, so I figured I would use them as my rabbit to chase. Morgan was the 'stoker' sitting on the back. We rolled up to the line,

and then we were off. I hit it hard from the beginning, and after the first two miles knew I was at my maximum. I looked down and my heart monitor read 162. I had clicked the gear all the way out, so just kept grinding away. It felt like an antelope slowly jumping over the desert terrain. Slowly but surely we were getting closer to the tandem in front, and right after the first turn we hit the crosswind. I had to shift down a gear, and as we passed them, I made sure to shift it out in our max gear, so it felt like we were flying by them (that always breaks the opponent...). Then it was onto the next tandem, and we caught them just as we hit the incline in the brutal headwind. It turned out to be a two man tandem, which made Morgan push even harder. Coming into the last six miles we caught yet another tandem, and then got caught by a 'flying low to the ground super aero disc wheel and trispoke two man tandem', which actually tied the course record! I kind of thought they went fast, and had a hard time keeping up with them. We gave it our all on the final stretch, and clocked a 49.48, which equals a 28.5 mile/hour, and secured the gold. We put six minutes on the silver, and just felt good about securing valuable points in the team competition for PAA.

Chuck Pontius Cat.4

By Eddie Ramirez

Course: Just under a mile with a slight rise between turn 3 & 4 and slight down hill to the finish line.

Cat 4 Team: Representing was Craig P., Duane U., Danny P., Chris K., Joe E., Jason L., Keith M., Ron M., Steve Y. and I.

The Plan: We decided to take the recipe we used at the 2005 Bicycle Johns Grand Prix which landed Aaron in 2nd. So we split into two teams, team one (Eddie, Craig, Joe, Keith, Steve & Ron) and team two (Duane, Chris, Jason, & Danny). Duane and Jason were our protected riders for the day with Chris and Danny leading them out, so their job was to sit the entire race until the end. Team one was responsible to work the race (maintain a high pace, go for primes, cover or join any potential breaks – never really happen in the 4's but we were ready for it and if any gas at the end, help out with the lead out or block).

This was a coming out/shake crash jitters for Keith and me. It was also Ron's first race of this season. With that being said, I told a couple of the guys from team one I was going to get the race started at a high pace so I took off when the ref blew the whistle. It was also clear PAA was the biggest team out there and people were not going to

give us any gaps. As soon as one or two of us went off the front, other teams/riders were quick to jump to make sure we did not get too far ahead. For the exception of a small crash (three riders) going down in turn two which make Keith and me a little nervous, the race was uneventful...really, not one prime was called during the entire race. But team one stuck to the plan and helped maintain a high speed through out the entire race (average of 26mph for 45 minutes) which helped to make the field smaller towards the second half of the race. I estimate 15 to 20 riders got dropped by the time the race was over. Chris and Danny wanted to test their legs so they went to the front and made a short attack but quickly drifted back into the field as they knew their legs would be needed at the end of the race.

With five laps to go team two started making their way towards the front to get ready. It was awesome to see some of the guys from team one still had legs left to help in the closing laps. Keith and Craig took hard, long pulls with two or three laps to go. I was trying to make my way up and give one more effort but it seemed like my legs barely had enough to maintain my position. I think Chris miscounted laps because he went really hard with one lap to go and he popped after his

massive pull. I could not see Duane but I think he got boxed in and could not get to Danny or Jason's wheel during the last lap. Danny went by Jason between turn two and three on the bell lap and told Jason to get on because he was about to get delivered to the front. I noticed that Jason was not able to hold Danny's wheel as they rounded turn three and Danny was driving the peloton around the last turn when he noticed Jason was not there, so he quickly realized he would have to try to take it to the line if PAA was going to place. Danny did a great job but a couple of guys managed to come around him just before the line. Danny finished 3rd, Jason 7th and Duane 19th.

It was not until after the race we found out that Jason was not able to hold Danny's wheel because he had gotten a flat with three laps to go... slow leak but really flat by the time he crossed the line (not a bad finish with a flat). Jason's words after the race were, "with Danny's lead out, it would have been an easy victory for PAA".

It was a good team race, every one stuck to the plan and it paid dividends (points and cash). Danny donated his winnings to the Cat 4/5 fund, which will come in handy as we start planning our 4/5 summer BBQ.

Vuelta de Bisbee

By Elliot Skultin

I'll try not to bore everyone with an elaborate race report but I've just got to say WOW!

The town of Bisbee puts on one heck of an event! This turn of the century mining town is the rustic hub for a great bike racing adventure. Spending time in hotels built in the late 1800s gives you a feeling for the kind of history the European classic racers must feel in the many pensions and boarding houses along the venerable classic race routes. (Most of the hotels in Bisbee were actually brothels at one time or another.)

Bisbee is the kind of town you want to bring the whole family to experience. When 300+ bike racers, families, and friends, come together in this 1800s old west town it's amazing how quickly "race faces" turn into happy comrades.

Most memorable sighting: Jonathan Boyer racing in the Pro 1-2 field and being fed by Tom Ritchie. Coolest stage: Stage 3 with 100-rider pelotons roaring across the desert from Bisbee to Tombstone then snaking through the town of Tombstone, (cowboys and gunfighters watching from the sides...), then climbing up for the real shootout on Mule Pass back up to Bisbee again.

News

State Champions!

Congratulations to our newest state champions! At the SCNCA State Time Trial Championships May 13th, Rick Babington and Parker Williams took the title in the mens tandem 110+. In the mixed tandem 70+, Michael Dansk and Morgan Kapp took the gold. Congratulations, champions!

Club Meeting

Please join us Thursday, June 22th at 7:30pm for the next club meeting. We will meet at Mijares Mexican Restaurant, 145 Palmetto Dr., Pasadena, CA 91105. This month's presentation will be by our own Javier Descalzi, who will speak about anatomy for cyclists and what to do (and what not to do!) for injured cyclists. Javier is also collecting cyclists' stories of their injuries. Please see your email for details and Javier's questionnaire.

Those of us at last month's meeting may remember that Jeff Spencer, soigneur to the stars, was selling a Trek 5900 autographed by Lance Armstrong himself. Well the bike has joined the PAA family, having been purchased by our own Pete Loeffler. Next time you see Pete have a look at his posh new ride!

Climbing Ride

Thanks to Rick and Jan Babington for hosting the recent climber's group ride and luncheon. Thanks also to Pete and Lisa Loeffler for supplying drinks, and to Christie Kubicek for driving the support vehicle. We had a large group, a great ride, and a delicious lunch!

Upcoming Clinics

Coach Rick reports that we had 24 participants at the climbing workout on May 9th, with a good mix of new riders and "vets"!

Your next and final opportunities to get in on a coached workout this season are Tuesday June 6th and 20th. June 6th will be an individual sprint workout. June 20th we'll concentrate on team sprints with lead-outs. Both workouts meet at the Rose Bowl Lot K, start with a group warm-up at 5:30, and will finish by 7pm. Please join us!



Cici Arenas and son Devin participate in the inaugural Arcadia Community Ride.

San Fernando Criterium Volunteers

If you are working at the San Fernando Criterium, please make sure Matt Gunnell has the number of the cell phone you will have with you at the race. Also if you haven't already, please email Jim Small with your racing license number to help speed up registration.

Matt is also seeking additional volunteers to ride pace-car-style at the community fun ride. PAA members in club regalia will escort the fun ride around the course. Here's your opportunity to cool down, warm up, or just cruise with the family!

Bicycle John's Glendale Grand Prix Volunteers Needed

Ryan Ferro is coordinating a Kids' Rodeo/Expo at the Bicycle John's Glendale Grand Prix at noon on June 11th. Kids will learn traffic and bike safety and proper helmet fit. Please contact Ryan if you can help out.

Dorothy Wong is also seeking volunteers as course marshals. People volunteering four hours will receive a free race. The Glendale Grand Prix is not technically a team race and does not count toward race reimbursements, but it is sponsored by Bicycle John's, and will earn you a t-shirt!

Medical Communique

Rafael Lopez was involved in a dramatic crash at the Barry Wolfe Grand Prix. Although photos of the crash might indicate serious injury, Rafael was back racing at the CBR LA Wings Crit in Long Beach. See photos at <http://www.sportsshooter.com/STEEVC/crash/>.

Al Nash is riding the trainer and walking short distances without crutches! He is philosophical, and continues to challenge himself in his recovery. Check out his blog: <http://fixedgearfever.com/modules.php?name=Forums&file=weblog&w=28>.

Banner Moffat writes: I am officially, finally back on my bike after recovering from breaking my bones at the Rose Bowl. I had my coming out party on the La Tuna fire road with a handful of strangers who happened to be riding there Saturday morning. They didn't know we were celebrating anything other than that it was warm and sunny and Southern California must be the wild flower capital of the world at this time of year. The chaparral is blooming and smells great right now. I was definitely celebrating being back on a bike in my head anyway, even though I must have lost my ass callouses along with my fitness in recent months. And one of the guys riding there told me how he spent a year in a wheelchair after a

motorcycle accident so that gave me something else to celebrate; no wheelchairs and only a couple months' recovery.

I'm sticking to my mountain bike for now while my bones do a little more healing because despite appearances, it's safer. Road biking has an easier learning curve which gives it the illusion of being safer, but it's not - at least once you learn the basic mountain bike handling skills and assuming you don't get too crazy - which I definitely didn't. I rode like a little old lady both up and down.

Getting back on my mountain bike and riding hard enough to sweat a little was an incredible relief. Mountain biking is such a joy especially at this time of year. I've never been addicted to a drug before, but getting your fix after being a little strung out must be somewhat similar. It felt like getting back together with a girlfriend after breaking-up when you both agree that what caused the break-up was silly and unnecessary and completely behind you.

My shoulder is a little bit sore from the ride but not in a bad way. Besides, bones need a little stress to initiate the mending process, don't they? I'll rebuild my bones and my fitness and my range of motion for a few more weeks and then I'll try the road bike.

Then, after awhile, when it feels like I'm solid and strong enough, I'll re-join the Rose Bowl Pack Ride where my last memory of riding there is flying through the air with my legs above my head and my eyes 10 inches from someone's derailleur.



Andres DiStefano and Jeremy practice safety drills at the Arcadia Community Ride.

New at ADT

ADT will begin offering sprint practice sessions to give riders a chance to get sprint-specific practice on a clear track. For more info, contact sprints@lavelodrome.org.

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

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

Race Results

14-16 April CBR Los Angeles County Cycling Classic

Time Trial

Mens 4: Rafael Lopez 4th, Oscar Guzman 5th, Jason Lowetz 10th

Masters 40+ 1/2/3: Michael Dansk 10th

Masters 50+: Tony Pratt 2nd, Tom Reilly 5th

Road Race:

Mens 4: John McKeen 2nd, Rafael Lopez 3rd, Ben Deverman 7th, Jason Lowetz 8th, Matthew Baxter 14th

Masters 30+ 1/2/3: Chris Sobchack 6th

Masters 40+ 1/2/3: Michael Dansk 8th, Peter Cohn 16th

Masters 50+: Tony Pratt 3rd, Jeff Moreton 4th, Tom Reilly 14th

Masters 55+: Dave Ward 3rd, Bob Dahlgren 4th, Bob Llamas 6th, Jim Fitzgerald 7th, Domenick Forte 8th

Criterion:

Mens 4: **Jason Lowetz 1st**, Rafael Lowetz 10th

Masters 40+ 1/2/3: Michael Dansk 8th

Masters 50+: Tony Pratt 14th, Tom Reilly 17th

Masters 55+: Domenick Forte 5th

Final GC

Mens Pro/1/2: Fritz Bottger 34th

Mens 4: Rafael Lopez 3rd, Jason Lowetz 4th, John McKeen 12th, Oscar Guzman 15th, Ben 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



Rick Skalak makes a move at the Amgen Ventura County Classic

22 April LA Velodrome Race

Masters 45+: Bill Ziegler 3rd, Mark Dragovan 7th

200m Time Trial: Bill Ziegler 2nd

500m Time Trial: Bill Ziegler 9th

2000m Time Trial: Renee Zajac 2nd

23 April California State Series #2 Bonelli Park

Expert Men 25-29: John McKeen 3rd

29 April Encino Velodrome Racing

Mens 1/2/3 & Masters: Chris Lindensmith 2nd

30 April Chuck Pontius Criterium

Mens 3: Reggie Saldana 7th, Jamie Stathas 18th

Mens 4: Danny Pickett 3rd, Jason Lowetz 7th, Duane Atiga 19th

Masters 50+: Jonathan Livesay 10th, Tom Reilly 13th

Masters 55+: **Robert Humphrey 1st**, Cully White 5th, Domenick Forte 6th, Robert Paganini 9th

**30 April California State Series #3
Firestone Walker
AMBC**

Expert Men 25-29: **John McKeen 1st**

**5-7 May NMBS #1
Southridge Park**

Expert Men 25-29: John McKeen 9th

**6 May Barrio Logan
Grand Prix**

Mens 5: Kevin Okura 7th

Masters 40+: Jonathan Livesay 19th

Masters 50+: Jonathan Livesay 15th

**6 May Piru 40k Time
Trial**

Mens 4: Eddie Ramirez 3rd

Masters 65+: **Parker Williams 1st**, Bob Shimasaki 3rd

**7 May Mark Reynolds
San Luis Rey Road
Race**

Mens 3: Simon Nung 6th

Masters 35+: Chris Sobchack 22nd

Masters 50+: Jeff Moreton 4th, Tony Pratt 6th

Masters 55+: Bob Stitzel 24th

Masters 60+: Dave Ward 4th, Bob Llamas 8th, Robert Humphrey 19th, Jerry Tetreault 20th

Masters 70+: Robert Paganini 2nd

**7 May Piru 20k Time
Trial**

Mens 4: Rick Skalak 5th

Mens 5: Greg Giesler 5th

Fixed Gear Open: **Nathan Dauglash 1st**

Masters 45+: Tom Reilly 3rd, Brian Carrico 7th

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

**13 May SCNCA Elite
and Masters Time
Trial State
Championships**

Mens 3: Aaron Tuchfeld 27th

Mens 4: Jim Padilla 10th, Eddie Ramirez 11th, Danny Pickett 13th

Masters 50+: Tony Pratt 3rd, Jeff Moreton 5th, Tom Reilly 12th

Masters 55+: Philip Young 3rd

Masters 60+: Dave Ward 2nd

Mens Tandem 110+: **Rick Babington/Parker Williams 1st**

Mixed Tandem 70+: **Michael Dansk/Morgan Kapp 1st**

13 May Bob Hansing Memorial Cup Race #3

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

Mens 1/2/3 Miss & Out: Chris Lindensmith 5th

Mens 4/5 25-Lap Points Race: Nathan Dauglash 5th

Mens 4/5 8-Lap Snowball: Nathan Dauglash 5th

Masters 40+ 8-Lap Win & Out: **Chris Lindensmith 1st**

Masters 40+ 25-Lap Points Race: **Chris Lindensmith 1st**

Masters 40+ Miss & Out: **Chris Lindensmith 1st**

Womens 8-Lap Win & Out: Renee Zajac 4th

Womens 25-Lap Points Race: Renee Zajac 4th

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

Mens 4/5 Omnium: Nathan Dauglash 5th

Masters 40+ Omnium: **Chris Lindensmith 1st**

Womens Omnium: Renee Zajac 4th

14 May Ontario Crit #3

Mens 4: Nathan Dauglash 19th

Masters 30+ 4/5: Danny Pickett 11th

Masters 40+: Danny Pickett 11th

Masters 45+: Rick Skalak 17th

Masters 50+: Rick Skalak 12th, Robert Paganini 15th

Masters 55+: Cully White 10th, Robert Paganini 15th, Michael Edwards 19th

Masters 60+: Robert Paganini 8th, Michael Edwards 11th, Robert Humphrey 12th

Womens 4: Donna Bertiger 16th

14 May CBR Fallen Law Enforcement Officer Fundraiser Criterium

Mens 3: Jamie Stathas 5th

Mens 4: Jason Lowetz 8th

Mens 5: Nathan Keeter 15th

Masters 30+ 3/4: Jamie Stathas 17th

Masters 55+: Cully White 4th, Domenick Forte 7th

20 May SCNCA Team Time Trial State Championships

2-Men 90+: Joe Scully / Greg Giesler 4th

2-Men 70+: Michael Dansk / Peter Meinhold 2nd

4-Men 220+: Brian Carrico / Bob Llamas / Dave Ward / Rick Skalak 3rd

4-Men 180+: Tom Reilly / Rick Babington / Tony Pratt / Jeff Moreton 2nd

4-Men 140+: Eddie Ramirez / Richard Padilla / Aaron Tuchfeld / Danny Pickett 10th

20 May LA Velodrome Coffee Omnium

Mens 1/2/3: Chris Lindensmith 6th

Mens 4/5: Scott Lelieur 4th

Womens B: Renee Zajac 3rd

21 May San Clemente Challenge Circuit Race

Mens 1/2: Fritz Bottger 20th

Mens 4: Jason Lowetz 8th

Mens 5B: Kevin Okura 16th

Masters 40+ 1-4: Michael Dansk 10th, Jamie Stathas 20th

21 May Big Bear Shootout #1

Expert Men 25-29: John
McKeen 3rd

22 May Saguaro Velo Racing at San Diego Velodrome

500m Time Trial:

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

27 May Barry Wolfe Memorial Track Race

Mens Pro/1/2/3 15-Lap
Tempo: Chris Lindensmith 4th

Mens Pro/1/2/3 Miss and Out:
Chris Lindensmith 5th

Mens Pro/1/2/3 60-Lap
Points: Chris Lindensmith 4th

Mens Pro/1/2/3 Omnium:
Chris Lindensmith 5th

28 May Barry Wolfe Grand Prix

Mens 3: Reggie Saldana 13th

Mens 4: Jason Lowetz 6th

Mens 5: Kevin Okura 7th

Masters 40+: Chris Keller 20th

Masters 50+: Jonathan
Livesay 13th, Brian Carrico
20th

Masters 55+: Ted O'Miela 4th,
Cully White 7th, Domenick
Forte 11th

Masters 60+: Michael
Edwards 7th, Dave Ward 9th,
Robert Paganini 10th, Robert
Humphrey 11th

Products & Services

Positive Moves Coaching Services

PAA Members Receive:
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Contact Coach Rick for Pricing
rbabington@comcast.net

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<http://www.sixtususa.com>

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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.*

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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>

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Coaching Services

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



Robert K. Shimasaki, DDS

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



Louis Garneau

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LÄRABAR

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Yahoo! Groups Tips

Did you know...
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Yahoo! 360°

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

Calendar

[Calendar Help](#)

June 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Barry Wolfe Grand Prix 12p Open Training @ ADT Event Center 1p OLN Cycling Coverage: Giro d'Italia	29 5p Madison & TT Practice @ Encino Velodrome 7p Open Training @ ADTEC	30 12p Open Training @ ADT 5p Sprint Training @ Encino Velodrome 7p Work Out @ ADT Center	31 5p Open Training @ Encino Velodrome 7p Open Training @ ADTEC	1 12p Open Training @ ADT 7p Work Out @ ADT Event Center	2 7p Open Training @ ADTEC	3 SCNCA Junior Track Championships Santa Barbara Bike Festival 8a Montrose Ride 9a Piru 40 K TT 3p Race School 3p LA Velodrome Race
4 12a Ontario #4 San Luis Obispo Criterium CBR Costa Mesa Crit 9a Piru Time Trial 12p Open Training @ ADT Event Center	5 5p Madison & TT Practice @ Encino Velodrome 7p Open Training @ ADTEC	6 12p Open Training @ ADT 5p Sprint Training @ Encino Velodrome 5:30p Club Workout: Individual sprint workouts 7p Work Out @ ADT Center	7 5p Open Training @ Encino Velodrome 7p Open Training @ ADTEC	8 12p Open Training @ ADT 6:30p USCF Racing at San Diego Velodrome 7p Work Out @ ADT Event Center	9 7p Open Training @ ADTEC	10 SCNCA Masters Criterium Championships 8a Montrose Ride 3p Race School 5p Team Omnium
11 Bicycle John's Glendale Criterium CBR State ITT 12p Open Training @ ADT Event	12 5p Madison & TT Practice @ Encino Velodrome 7p Open Training @ ADTEC	13 12p Open Training @ ADT 5p Sprint Training @ Encino Velodrome 7p Work Out @ ADT	14 5p Open Training @ Encino Velodrome 6p Meeting of the Board of Directors of PAA 7p Open	15 12p Open Training @ ADT 7p Work Out @ ADT Event Center	16 7p Open Training @ ADTEC	17 Vandenberg RR - Masters 8a Montrose Ride 3p Race School 3p LA Velodrome Race

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Center		Center	Training @ ADTEC			
			7:30p Monthly General Meeting of PAA			
18	19	20	21	22	23	24
Vandenberg RR - Elites & Masters	5p Madison & TT Practice @ Encino Velodrome	Newsletter Inputs Due	Bicycle Film Festival	Bicycle Film Festival	SD Cyclo-Vets Omnium - 65+ crit	SD Cyclo-Vets Omnium - 65+ crit
12p Open Training @ ADT Event Center	7p Open Training @ ADTEC	12p Open Training @ ADT	5p Open Training @ Encino Velodrome	12p Open Training @ ADT	Bicycle Film Festival	Bicycle Film Festival
		5p Sprint Training @ Encino Velodrome	7p Open Training @ ADTEC	6:30p USCF Racing at San Diego Velodrome	7p Open Training @ ADTEC	8a Montrose Ride
		5:30p Club Workout: Team sprint workout with lead-outs		7p Work Out @ ADT Event Center		3p Race School
		7p Work Out @ ADT Center				5p Bob Hansing Memorial Cup #4
25	26	27	28	29	30	1
Saguaro Velo Racing @ San Diego Velodrome	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
SD Cyclo-Vets Omnium - 65+ crit	7p Open Training @ ADTEC	5p Sprint Training @ Encino Velodrome	7p Open Training @ ADTEC	7p Work Out @ ADT Event Center		3p Race School
12a Cedars-Sinai Grand Prix		7p Work Out @ ADT Center				3p LA Velodrome Race
12p Open Training @ ADT Event Center						

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