

# Newsletter

September 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, CA 91105. A taco buffet and no-host bar will precede the meeting from 7:00-7:30. Come early and dine with your teammates!

Send newsletter contributions by the 20th of the month to [rapunzel@flash.net](mailto:rapunzel@flash.net) or call 323.225.2233.

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2006 Merrill Lynch / Bicycle John's Team

## SCNCA Masters Track Endurance Championships

By Chris Lindensmith

PAA had a pretty good turnout and bunch of good results at States this past Saturday.

I was planning to show up for the afternoon only, but my Madison partner called and drafted me into a Team Pursuit at the last minute, so I showed up for the morning events, too. We ended up with a 40+ pursuit team that consisted of Dan Vogt (Sonance/Specialized), Kirk Cross (Motortabs/MetRx), and me and Michael Dansk from PAA.

Dan talked Michael into borrowing his bike for an Individual Pursuit in the 45+, which he managed to win with

a time just under four minutes. Stesney and Mark Dragovan rounded out the 45+ IP category, with 5<sup>th</sup> and 6<sup>th</sup>, respectively.

Renee, who rides better every time she comes out, rode the 45+ womens individual pursuit and picked up a bronze medal in that.

The team pursuits were one of the more exciting events of the morning--there were five teams in each of the 30+ and 40+, as well as a couple womens and older guys, for a total of 14 team pursuits!! Even more impressive was how many of them stuck together and rode smoothly as teams.

For our team pursuit, Michael, Me, Dan, and Kirk rode to gold in the 40+ by a pretty healthy margin, but the last four laps were

unbelievably hard--we were down to three (Michael was riding without aero bars and it did him in after two good turns at the front) and I could barely hang on to Dan. Kirk actually came around me to fill in the hole that was developing and we finished together, with a time that would have gotten us second in the 30+. Team Velocity won the 30+ (beating us old guys by :03), and we'd been seeing them out practicing together leading up to states.

Renee actually made the women's TP happen--there were just enough women for two teams, and they would only run the event if they had at least two. She talked everybody into do it, with a composite team for her, against a mostly SBW team. She started them and lasted for a couple turns at the front before finally cracking, and they went on to beat SBW by 0.13 seconds to snag another gold.

The turnout for the morning was so good that it ran over by an hour--next year they'll have to start doing 2-up pursuits to finish on time.

The afternoon races started late, but because of low turnout in a few categories (most notably the women's) there were a few events cancelled and they finished about on time.

I think I was the only PAA rider for the mass start events, and picked up a bronze in the

40-44 points race (behind Dan Vogt and Aron Gadhia) and the Madison (which was shortened due to small turnout).

## News

### State Champions!

Congratulations to our newest state champions! At the SCNCA Masters Track Endurance Championships, Michael Dansk took gold in the pursuit, and, with Chris Lindensmith, the team pursuit. Renee Zajac's team won the women's team pursuit. Congratulations to all!

### Memorial Ride

The city of Santa Clarita and Santa Clarita Velo are presenting a memorial ride September 9<sup>th</sup> for Tony Estrin, SC Velo member, who was killed by a drunk driver. The ride honors the memory of cyclists killed by motorists, and seeks to raise awareness about cyclists on the road. Riders of all abilities are welcome to join this free ride of silence.

The 10-mile ride will meet at Canyon Country Park, 17615 Soledad Canyon Rd., Santa Clarita at 7:30, and commence at 8:00. Riders are asked to remain silent throughout, and to ride no faster than 12mph. Helmets are required. For further information, please contact Irene Johnson at [irenetjohnson@yahoo.com](mailto:irenetjohnson@yahoo.com).

### Club Meeting

Please join us Wednesday, September 13<sup>th</sup> at 7:30pm for the next club meeting at Mijares Mexican Restaurant, 145 Palmetto Dr., Pasadena, CA 91105. This month's presentation will be "The Truth About Off-Season Training: Facts, Fiction, and Fallacy" by Lenny Parracino and Matthew LaBosco from Kinetic Conditioning. We have set aside a special time for dinner. From 7:00-7:30, Mijares will serve a taco buffet and no-host bar. No food or drink will be served after 7:30, so come early and have dinner with your teammates!

### Team BBQ

We will hold our annual team BBQ on Saturday, September 30<sup>th</sup> at Tom & Judy Reilly's house, 2552 Laughlin Ave., La Crescenta. Watch your email for details about how to RSVP with your choice of potluck dish.

## Cross Practice

Time to dust off the cross bike and come out to practice Wednesdays at 5:00pm! Park at the "JPL" lot on the east side of the wash just before the driveway down to the Arroyo. Follow the road down to the baseball field (about 1/4 mile).

Team Celo Pacific will hold a free cyclocross clinic Sunday, September 3<sup>rd</sup> at 8:30am. Beginners encouraged! Bring your mountain bike (hardtail preferred), remove bottle cages and bar ends. The fun is at 1201 W. Malvern Ave., Fullerton, one block west of Euclid, 2.5 miles north of the 91 freeway. The Muckenthaler Cyclocross Clinic will give you a chance to check out the first course of the SoCalCross Prestige Series. Contact [Dot@socalcross.org](mailto:Dot@socalcross.org) for more information.

## Medical Communique

We have good reports from our injured teammates.

Tom Reilly is healing well and is back on the bike. He has a really neat scar on the back of his calf!

Six months after surgery to reattach his leg, Al Nash has started training in earnest again. He reports that he was pleasantly surprised to find he can now ride in the drops at a "nominal" cadence of about 90rpm. He's still working on that new track bike.

## Team Gear and Deals

Eddie Ramirez has a few remaining team kit items, and Aaron Tuchfeld has bottles and t-shirts. Please contact them if you need these items.

## For Sale

Check out our "For Sale" section on page 6 - this month there's something listed!

## Got News?

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

## Monthly Poll

We regret that there is no poll for August.

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

## Race Results

### 29-30 July SCNCA Masters Track Endurance Championships

#### Pursuit

Mens 45-49: **Michael Dansk 1<sup>st</sup>**, John Stesney 5<sup>th</sup>, Mark Dragovan 6<sup>th</sup>

Womens 45-49: Renee Zajac 3<sup>rd</sup>

## Team Pursuit

Mens 40+: **Chris Lindensmith, Michael Dansk, Dan Vogt, Kirk Cross 1<sup>st</sup>**, John Stesney, Dave Tonello, Jeff Nichols, Robert Riecker 4<sup>th</sup>

Womens 30+: **Renee Zajac, Kara Vidaca, Julia Cross, Gina Barbarosa 1<sup>st</sup>**

## Points Race

Mens 40-44: Chris Lindensmith 3<sup>rd</sup>

## Madison

Mens 30+: Chris Lindensmith, Kirk Cross 3<sup>rd</sup>

## 30 July Paramount Criterium

Mens 1/2: Armin Rahm 7<sup>th</sup>

Masters 30+ 1-3: Armin Rahm 10<sup>th</sup>, Michael Dansk 19<sup>th</sup>, Simon Nung 32<sup>nd</sup>

Masters 45+: Jonathan Livesay 18<sup>th</sup>

Masters 55+: Domenick Forte 11<sup>th</sup>

Masters 60+: Robert Paganini 9<sup>th</sup>, Dave Ward 13<sup>th</sup>

Womens 4: Donna Bertiger 14<sup>th</sup>

## 5 August Piru 40k Time Trial

Masters 45+: **Jeff Moreton**  
1<sup>st</sup>, Jeff Steinhart 2<sup>nd</sup>

## 5 August Bob Hansing Memorial Cup #5

Mens 4/5 8-Lap Scratch Race:  
Nathan Dauglash 5<sup>th</sup>

Mens 4/5 Miss & Out: Nathan  
Dauglash 3<sup>rd</sup>

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

Mens 4/5 24-Lap Points Race:  
Nathan Dauglash 5<sup>th</sup>

Mens 4/5 Omnium: Nathan  
Dauglash 5<sup>th</sup>

Masters 40+ 8-Lap Scratch  
Race: John Stesney 5<sup>th</sup>

Masters 40+ Miss & Out:  
**John Stesney 1<sup>st</sup>**

Masters 40+ 8-Lap Snowball:  
John Stesney 5<sup>th</sup>

Masters 40+ 24-Lap Points  
Race: John Stesney 4<sup>th</sup>

Masters 40+ Omnium: John  
Stesney 4<sup>th</sup>

Womens 8-Lap Scratch Race:  
Renee Zajac 4<sup>th</sup>

Womens Miss & Out: Renee  
Zajac 4<sup>th</sup>

Womens 8-Lap Snowball:  
Renee Zajac 3<sup>rd</sup>

Womens 24-Lap Points Race:  
Renee Zajac 4<sup>th</sup>

Womens Omnium: Renee  
Zajac 4<sup>th</sup>

## 5 August Sisquog Road Race

Mens 3: John McKeen 3<sup>rd</sup>,  
Rafael Lopez 6<sup>th</sup>

Mens 4: Talmadge Tatum 21<sup>st</sup>

Masters 35+: Jon Stinzel 6<sup>th</sup>,  
Michael Dansk 9<sup>th</sup>

Masters 45+: Charles Harris  
11<sup>th</sup>

## 6 August Piru 20k Time Trial

Mens 4: Rick Skalak 4<sup>th</sup>

Masters 45+: Mark Dragovan  
2<sup>nd</sup>

Master 65+: Bob Shimasaki  
2<sup>nd</sup>

## 6 August Velo Allegro UPS Criterium

Mens 1/2: Michael Dansk  
19<sup>th</sup>, Armin Rahm 25<sup>th</sup>

Mens 3: Simon Nung 3<sup>rd</sup>

Mens 5: Kevin Okura 9<sup>th</sup>

Masters 30+: Fritz Bottger  
14<sup>th</sup>

Masters 40+: Chris Keller 26<sup>th</sup>

Masters 50+: Michael  
Edwards 28<sup>th</sup>, Domenick Forte  
32<sup>nd</sup>, Robert Paganini 36<sup>th</sup>

Masters 60+: Michael  
Edwards 4<sup>th</sup>, Robert Paganini  
6<sup>th</sup>

## 8-13 August Masters Track Nationals

Mens 55-59 Match Sprints:  
Bill Ziegler 2<sup>nd</sup>

Mens 40-44 Points Race:  
Chris Lindensmith 11<sup>th</sup>

Mens 135+ Tandem Sprint:  
Bill Ziegler, Thomas  
Valentine, Victor Copeland 3<sup>rd</sup>

Mens 30+ Madison: Chris  
Lindensmith & Kirk Cross 7<sup>th</sup>

## 12-13 August Snowmass NMBS Finals

Cross Country

Expert Men 25-29: Lyle  
Warner 4<sup>th</sup>

## 13 August Manhattan Beach Grand Prix

Mens 3: Simon Nung 10<sup>th</sup>

Mens 4: Jason Lowetz 4<sup>th</sup>

Mens 5: Christopher Guyer  
19<sup>th</sup>

Masters 35+: Armin Rahm  
2<sup>nd</sup>, Simon Nung 10<sup>th</sup>

Masters 55+: Domenick Forte  
21<sup>st</sup>

Masters 60+: Robert Paganini  
7<sup>th</sup>

## 15 August El Dorado Twilight Racing Series 3 Stage 6

Mens 4/5: Christopher Guyer  
10<sup>th</sup>

## 19-20 August Tour de Gap (Brian Head, UT)

Masters 45+: Tony Pratt 1<sup>st</sup>

## 20 August CBR State Criterium Championships

Mens 1/2: Fritz Bottger 12<sup>th</sup>

Mens 4: Jason Lowetz 4<sup>th</sup>

Masters 40+ 4/5: Kevin Okura  
4<sup>th</sup>

Masters 50+: Jonathan  
Livesay 8<sup>th</sup>, Bradley Holland  
19<sup>th</sup>

Masters 55+: Domenick Forte  
11<sup>th</sup>

## 26 August Bob Hansing Memorial Cup #6

Mens 4/5 Miss & Out: Nathan  
Dauglash 3<sup>rd</sup>

Mens 4/5 20-Lap Points Race:  
Nathan Dauglash 2<sup>nd</sup>

Mens 4/5 12-Lap Snowball:  
Nathan Dauglash 3<sup>rd</sup>

Mens 4/5 10-Lap Scratch  
Race: **Nathan Dauglash 1<sup>st</sup>**

Mens 4/5 Omnium: Nathan  
Dauglash 2<sup>nd</sup>

Masters 40+ 10-Lap Scratch  
Race: John Stesney 4<sup>th</sup>

Masters 40+ 12-Lap  
Unknown: John Stesney 5<sup>th</sup>

Masters 40+ Miss & Out:  
John Stesney 4<sup>th</sup>

Masters 40+ Omnium: John  
Stesney 7<sup>th</sup>

Womens 15-Lap Points Race”  
Renee Zajac 2<sup>nd</sup>

Womens 8-Lap Snowball:  
Renee Zajac 2<sup>nd</sup>

Womens 10-Lap Scratch  
Race: Renee Zajac 2<sup>nd</sup>

Womens Omnium: Renee  
Zajac 2<sup>nd</sup>

## 27 August Ontario Criterium #5

Mens 3: **Simon Nung 1<sup>st</sup>**

Masters 30+ 4/5: Kevin Okura  
18<sup>th</sup>

Masters 45+: Jonathan  
Livesay 19<sup>th</sup>

Masters 50+: **Jonathan  
Livesay 1<sup>st</sup>**

Masters 55+: Domenick Forte  
12<sup>th</sup>

Masters 60+: **Michael  
Edwards 1<sup>st</sup>**, Jim Fitzgerald  
14<sup>th</sup>, Bob Shimasaki 15<sup>th</sup>

Womens 4: Donna Bertiger  
11<sup>th</sup>

## 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

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### The Athletic Edge Sports Massage Specialist Patrick Nay

ph: 626-791-5736  
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*discounts for team members*

### Your Business Ad Here!

Send e-mail to [aeniii@earthlink.net](mailto: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](mailto:aeniii@earthlink.net), and use the subject heading "PAA Classifieds" or call (626) 441-7951.

### For Sale:

Minoura Mag Action Roller w/o magnetic resistance control.

In perfect condition, used maybe 10 X's. Purchased for \$175.

Asking \$100 / obo.

Contact Michael Patrick (818) 516-1458.

## 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.*



## PAA Sponsors



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**Calendar**

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**September 2006**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Ontario #6 12p Open Training @ ADT Event Center	28 5p Madison & TT Practice @ Encino Velodrome 7p Open Training @ ADTEC	29 12p Open Training @ ADT 5p Sprint Training @ Encino Velodrome 7p Work Out @ ADT Center	30 5p Open Training @ Encino Velodrome 7p Open Training @ ADTEC	31 12p Open Training @ ADT 7p Work Out @ ADT Event Center	1 7p Open Training @ ADTEC	2 8a Montrose Ride 3p Race School
3 12p Open Training @ ADT Event Center	4 5p Madison & TT Practice @ Encino Velodrome 7p Open Training @ ADTEC	5 12p Open Training @ ADT 5p Sprint Training @ Encino Velodrome 7p Work Out @ ADT Center	6 5p Open Training @ Encino Velodrome 7p Open Training @ ADTEC	7 12p Open Training @ ADT 7p Work Out @ ADT Event Center	8 7p Open Training @ ADTEC	9 Far West Championships Fiesta Island TTT Piru 40 K ITT Elings Park MTB 8a Montrose Ride 3p Race School
10 Far West Championships Jr and Real Master's TT Champs 9a Piru Time Trial 12p Open Training @ ADT Event Center	11 5p Madison & TT Practice @ Encino Velodrome 7p Open Training @ ADTEC	12 12p Open Training @ ADT 5p Sprint Training @ Encino Velodrome 7p Work Out @ ADT Center	13 5p Open Training @ Encino Velodrome 6p Meeting of the Board of Directors of PAA 7p Open Training @ ADTEC 7:30p Monthly General Meeting of	14 12p Open Training @ ADT 6:30p USCF Racing at San Diego Velodrome 7p Work Out @ ADT Event Center	15 7p Open Training @ ADTEC	16 12a Mount Charleston Hill Climb 8a Montrose Ride 3p Race School

**Yahoo! Groups Tips**

**Did you know...**  
Take a peek at the new [Yahoo! Groups email](#).

**Yahoo! 360°**

Share your life through photos, blogs, more.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			PAA			
17	18	19	20	21	22	23
Muckenthaler Cross	5p Madison & TT Practice @ Encino Velodrome	Saguaro Velo Racing @ San Diego Velodrome	Newsletter Inputs Due	12p Open Training @ ADT	7p Open Training @ ADTEC	Everest Challenge Stage Race
Big Bear Shoot Out #2			5p Open Training @ Encino Velodrome	7p Work Out @ ADT Event Center		8a Montrose Ride
12p Open Training @ ADT Event Center	7p Open Training @ ADTEC	12p Open Training @ ADT	7p Open Training @ ADTEC			3p Race School
		5p Sprint Training @ Encino Velodrome				5p Velodrome Racing
		7p Work Out @ ADT Center				
24	25	26	27	28	29	30
Everest Challenge Stage Race	5p Madison & TT Practice @ Encino Velodrome	12p Open Training @ ADT	International Bicycle Expo (Interbike)	International Bicycle Expo (Interbike)	International Bicycle Expo (Interbike)	PAA Club BBQ
Urban CycloCross #1		5p Sprint Training @ Encino Velodrome	5p Open Training @ Encino Velodrome	12p Open Training @ ADT	7p Open Training @ ADTEC	8a Montrose Ride
12p Open Training @ ADT Event Center	7p Open Training @ ADTEC	7p Work Out @ ADT Center	7p Open Training @ ADTEC	6:30p USCF Racing at San Diego Velodrome		3p Race School
				7p Work Out @ ADT Event Center		

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