

# Newsletter

November 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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Chris Lindensmith avoids a major crash to finish second in his heat at Nats

## Celebrity Cycling Classic Cat 3, Van Buren, Arkansas Sep 30-Oct 1

By Matt Baxter

Gone are the days of having 50 plus races within a two hours drive. Over the summer we've relocated to Jefferson City, Tennessee, a small peaceful town with endless county roads and almost no traffic. The trade off is most of the races are out of state. Which brings us to Van Buren, AR, 11 hours away but it's also close to family in Missouri that I haven't seen in six years. The race was held in the old downtown with a lot of turns and chicane on a flat course 1K long. It was also hot in the 90's, we left TN and the high was 67 so all the driving and the heat made me

a little tired. But I was motivated to get a good result. Early that week I rode my longest training ride of 125 mile with over 6000' of climbing in under seven hours, so I was feeling strong.

The race started out a lot faster than I liked and with a technical course I felt it would be best to stay up front in case any large breaks happened. The field was single file the whole race due to the turns and I was already in the red zone trying to move up. It took probably 10 minutes to get to the top 15 and I felt like I'd never suffered as much and there was still 35 minutes to race. At the sharp end several single riders would launch off the front but get no more than 15 seconds for a few laps then be caught. Until the last 10 minutes two guys had 20

seconds on the pack. With five laps to go I was feeling good the complete opposite of the first five laps. I moved up to the top five for two laps. With the breakaway still 15 to 20 seconds in front I took a pull on the front to try and close the gap and ended up driving the peloton for two laps. On the last lap I had dropped back to around tenth. After pulling the breakaway back to around 10 seconds the front just sat up. I jumped to the front again and pushed with all I had. On the last turn I was still third, five seconds behind the break. On the sprint finish the break held on to first and second, I was passed by two guys for a fifth place finish.

#### Day 2

The same course and the same hot weather but this time only a three hours drive before the race. I was sleepy during the drive but once we got to the race I was feeling fresh - better than day 1. I also lined up second off the front. I had planned probably like most everyone to line up on the winner's wheel but he didn't get on the line until right before the start. The race started off just as fast but I was further up and I didn't have to spend any energy trying to get up front. No one attacked this time. Instead everyone just kept an eye on yesterday's winner. My plan was to not do any work on the front and just try to be a wheel suck for a race. In hindsight I

much prefer being more aggressive. I stayed near the front, everyone watched the winner and it stayed that way the whole race until one lap to go when the pace picked up. There was a tight turn going under a bridge that came out into a closing turn with a wall of hay bails, the guy in first went in too hot right into the wall taking five or six other guys with him. Lucky for me and four other guys we managed to get around it. Everyone else was caught behind it. With just a few turns to go I stuck to my plan sitting in the back. For the sprint finish I got close but ran out of room and finished fifth again. The same guy won both days.

This race ended my rookie season. In all I did 32 races in six states with 11 top ten finishes. My goal was to do 50 races - not bad seeing how I did one race in May and none in June or July. With that I want to thank everyone at PAA for a great season!

## News

### Team Clothing Orders

Get your clothing orders in now! Orders are due by November 8<sup>th</sup>. Convenient online ordering is available at [www.sportsbaseonline.com](http://www.sportsbaseonline.com). Hard copies of the order form are available at the PAA website. Orders not placed online should be mailed by November 4<sup>th</sup>, or turned in at the next club meeting. Don't miss out on getting your team kit for early season racing! The clothing order should be delivered in January.

### Club Meeting

Please join us Wednesday, November 8<sup>th</sup> at 7:30pm for the next club meeting at Mijares Mexican Restaurant, 145 Palmetto Dr., Pasadena, CA 91105. This month we will be electing our Board of Directors for 2007, so make your voice heard! From 7:00-7:30, Mijares will serve a taco buffet and no-host bar. Come early and have dinner with your teammates!



## **Holiday Party**

Join in the frivolity at the PAA holiday party Tuesday, December 5<sup>th</sup>! We will convene the festivities at 6:00pm at the Brookside Golf Course at the Rose Bowl, 1133 Rosemont Ave, Pasadena. Cost is \$35 per person, and payments are due by November 15<sup>th</sup>. Make checks payable to PAA and mail to Boni Forte 174 W. Foothill Blvd. #134, Monrovia, CA 91016. Download the form at <http://www.geocities.com/paa/mlcycling/index.html>, and get your check in right away!

This year's charitable donations will be collected for Guide Dogs of America. Judy and Tom Reilly train service animals for this important organization.

Race reimbursements and awards will be handed out at the party, so don't miss it!

## **Structured Rides with Coach Rick**

Coach Rick has begun leading a series of structured training rides, geared toward preparing us for race season and just for fun. The first ride was October 21<sup>st</sup>, and concentrated on team time trial tactics. The October 29<sup>th</sup> ride was a hill-fest. Future rides are TBA, depending on what skills our various teams and members wish to work on. Keep an eye on your email for details!

## **Ladies Only Track Training Sessions**

The Southern California chapter of The Women's Cycling Challenge and Sarah Hammer's American Women's Track Cycling Fund invite all USCF-licensed women racers to the three remaining ladies-only track training sessions at the ADT/Home Depot Velodrome in Carson. No track experience is needed.

Sessions will be held from noon to 2pm November 11, December 9, 2006 and January 13, 2007, and will culminate in the PAA Women's Race Day at ADT on January 14<sup>th</sup>. Completion of any of these sessions will certify you to ride the track during open training sessions and to participate in both practice and licensed races. The normal fees for both certification and track time have been waived only for these four sessions, which will be coached by Roger Young and other Elite racers and coaches. You will need your team uniform, racing license, helmet, pedals and shoes, and food/beverage of your choice. For more information, contact the Ladies Only session coordinator Julia Cross at [Julia@Crossins.com](mailto:Julia@Crossins.com).

## **Cross Practice**

Cyclocross season has started in earnest, and you can still get in on the fun. Come out to practice, and learn mounts, dismounts, barriers, and hill run-ups. With the time change, practice takes place Tuesdays and Wednesdays at 4:30pm. Park in the Brown Mountain parking lot at the corner of Windsor and Ventura in Altadena. The course is in the JPL wash in the Old Johnson Rock baseball field below the parking lot. Bring your cyclocross or hardtail mountain bike, remove water bottle cages and bar ends. Helmets are required. Water is available from a fountain at the practice area.

For more information about practice contact Keli Roberts at 213-361-3576 or [krrealfit@neteze.com](mailto:krrealfit@neteze.com).

## **Team Gear and Deals**

Eddie Ramirez has a few remaining 2006 team kit items, and Aaron Tuchfeld has bottles and t-shirts. Please contact them if you need these items.

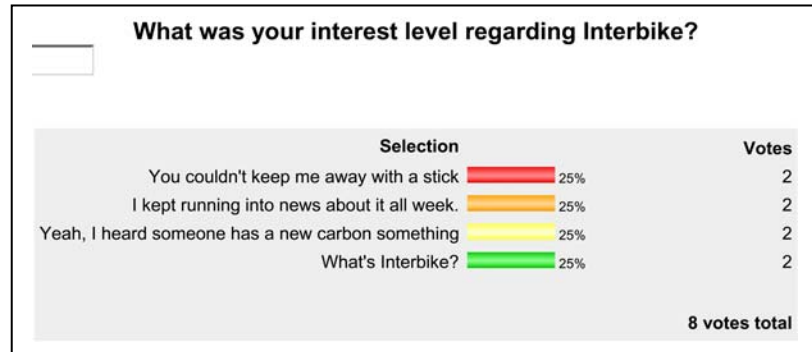
## **Got News?**

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 only had a few responses to this month's poll - hopefully it was because everyone was at Interbike!

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



## Race Results

Did I miss your race result? Please let me know and I'll make it up to you! Email [rapunzel@flash.net](mailto:rapunzel@flash.net) with the race name, your category, and your placing.

### 17 June Vandenberg Road Race Masters

Masters 50+: Tony Pratt 3<sup>rd</sup>, Jeff Moreton 6<sup>th</sup>, Tom Reilly 16<sup>th</sup>, Rick Skalak 19<sup>th</sup>

Masters 55+: Ted O'Miela 11<sup>th</sup>

Masters 60+: Bob Dahlgren 2<sup>nd</sup>, Bob Llamas 5<sup>th</sup>, Dave Ward 6<sup>th</sup>, Jerry Tetreault 9<sup>th</sup>, Bob Shimasaki 11<sup>th</sup>

Masters 65+: Jim Fitzgerald 4<sup>th</sup>

Masters 70+: **Robert Paganini 1<sup>st</sup>**

### 1 October San Diego Senior Olympics

Masters 70+ Criterium: **Robert Paganini 1<sup>st</sup>**

### 1 October Incycle Cross Challenge

Mens 1/2/3: Fritz Bottger 7<sup>th</sup>

Mens 3/4: Jason Lowetz 3<sup>rd</sup>

Masters 35+: Peter Cohn 8<sup>th</sup>, Joe Espinosa 15<sup>th</sup>, Matt Gunnell 16<sup>th</sup>, Ryan Ferro 19<sup>th</sup>

Masters 45+: Brad Galindo 2<sup>nd</sup>, Ron McKiernan 9<sup>th</sup>, Jonathan Livesay 10<sup>th</sup>, Steve Totleben 15<sup>th</sup>

Masters 55+: **Bob Llamas 1<sup>st</sup>**

Single Speed: **Fritz Bottger 1<sup>st</sup>**

### 1 October Piru 20k Time Trial

Mens 4: **Oscar Guzman 1<sup>st</sup>**, Chris Keller 4<sup>th</sup>

Mens 5: Greg Giesler 3<sup>rd</sup>

Eddy Merckx: **Oscar Guzman 1<sup>st</sup>**

Masters 35+: Eddie Ramirez 5<sup>th</sup>

Masters 45+: Jeff Moreton 2<sup>nd</sup>, Tom Reilly 5<sup>th</sup>, Rick Skalak 6<sup>th</sup>

Masters 55+: Ted O'Miela 2<sup>nd</sup>

Masters 65+: **Parker Williams 1<sup>st</sup>**

Public 25+: **David Turner 1<sup>st</sup>**

## **4-7 October USA Cycling Elite Track Nationals**

Mens Team Sprint: Bill  
Ziegler, Thomas Valentine,  
Victor Copeland 9<sup>th</sup>

Mens 15km Scratch Race:  
Chris Lindensmith 15<sup>th</sup>

Womens 500m TT: Renee  
Zajac 27<sup>th</sup>

## **8 October Fiesta Island Time Trial**

Men 30-39: Dave Turner 12<sup>th</sup>

## **8 October Fall Classic MTB**

Expert Men 25-29: **John  
McKeen 1<sup>st</sup>**

## **10-13 October Huntsman World Senior Games**

### **Snow Canyon Cycling Hill Climb**

Masters 55+: Philip Young 2<sup>nd</sup>

### **Enterprise Cycling 20km & 40km Time Trials**

Masters 55+: Philip Young 2<sup>nd</sup>

### **Bluff Street Cycling Criteriums**

Masters 55+: Philip Young 8<sup>th</sup>

### **Ivins Cycling Road Races**

Masters 55+: Philip Young 2<sup>nd</sup>

## **15 October Tom's Farm Time Trial**

Mens 4/5: Jerry Sanders 14<sup>th</sup>

Public 35+: David Turner 2<sup>nd</sup>

Public Women: **Karen  
Eckhoff 1<sup>st</sup>**

## **15 October Urban Cyclocross #2**

Mens 1/2/3: Fritz Bottger 3<sup>rd</sup>,  
Jason Lowetz 14<sup>th</sup>

Mens 3/4: Jason Lowetz 2<sup>nd</sup>

Mens Beginner: Miguel Sutter  
10<sup>th</sup>

Single Speed: **Fritz Bottger  
1<sup>st</sup>**, Matt Gunnell 8<sup>th</sup>

Masters 35+: Peter Cohn 5<sup>th</sup>,  
Miguel Sutter 15<sup>th</sup>, Matt  
Gunnell 16<sup>th</sup>, Jim Padilla 18<sup>th</sup>

Masters 45+: Brad Galindo  
4<sup>th</sup>, Ron McKiernan 9<sup>th</sup>,  
Jonathan Livesay 10<sup>th</sup>

Masters 55+: Bob Llamas 3<sup>rd</sup>

Women 35+: Donna Bertiger  
4<sup>th</sup>

## **22 October State MTB Finals**

Mens Sport 40+: Scott Lelieur  
21<sup>st</sup>

Mens Beginner 35+: Miguel  
Sutter 43<sup>rd</sup>

Mens Beginner 40+: Scott  
Lelieur 26<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

<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  
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*discounts for team members*

### Your Business Ad Here!

Send e-mail to [aeiii@earthlink.net](mailto: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](mailto: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://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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Merrill Lynch

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Bicycle John's

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



Robert K. Shimasaki, DDS

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



Louis Garneau

<http://www.louisgarneau.com>

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**Calendar**

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**November 2006**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Urban CycloCross #3 7a Supported Ride 12p Open Training @ ADT Event Center	30 5p Madison & TT Practice @ Encino Velodrome 7p Open Training @ ADTEC	31 12p Open Training @ ADT 5p Sprint Training @ Encino Velodrome 7p Work Out @ ADT Center	1 Postmark Deadline for Race Reimbursement Requests 5p Open Training @ Encino Velodrome 7p Open Training @ ADTEC	2 12p Open Training @ ADT 7p Work Out @ ADT Event Center	3 7p Open Training @ ADTEC	4 8a Montrose Ride 3p Race School
5 Convert Cross 9a Piru Time Trial 12p Open Training @ ADT Event Center	6 5p Madison & TT Practice @ Encino Velodrome 7p Open Training @ ADTEC	7 12p Open Training @ ADT 5p Sprint Training @ Encino Velodrome 7p Work Out @ ADT Center	8 5p Open Training @ Encino Velodrome 6p Meeting of the Board of Directors of PAA 7p Open Training @ ADTEC 7:30p Monthly General Meeting of PAA	9 12p Open Training @ ADT 6:30p USCF Racing at San Diego Velodrome 7p Work Out @ ADT Event Center	10 7p Open Training @ ADTEC	11 12a Quad Kopf Cyclocross Curt Suttiif Memorial (Santiago Canyon) TT 12 Hours of Temecula MTB 8a Montrose Ride 3p Race School
12 12a Quad Kopf Cyclocross 12p Open Training @ ADT Event Center	13 5p Madison & TT Practice @ Encino Velodrome 7p Open Training @ ADTEC	14 12p Open Training @ ADT 5p Sprint Training @ Encino Velodrome 7p Work Out @ ADT Center	15 Payment RECEIPT Deadline for PAA Holiday Party 5p Open Training @ Encino Velodrome 7p Open	16 12p Open Training @ ADT 7p Work Out @ ADT Event Center	17 7p Open Training @ ADTEC	18 8a Montrose Ride 3p Race School



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Training @ ADTEC			
19	20	21	22	23	24	25
Urban Cyclocross	Newsletter Inputs Due	12p Open Training @ ADT	5p Open Training @ Encino Velodrome	La Vuelta Baja California	La Vuelta Baja California	La Vuelta Baja California
12p Open Training @ ADT Event Center	5p Madison & TT Practice @ Encino Velodrome	5p Sprint Training @ Encino Velodrome	7p Open Training @ ADTEC	Tom's Farm Time Trial	7p Open Training @ ADTEC	8a Montrose Ride
	7p Open Training @ ADTEC	7p Work Out @ ADT Center		12p Open Training @ ADT		3p Race School
				6:30p USCF Racing at San Diego Velodrome		
				7p Work Out @ ADT Event Center		
26	27	28	29	30	1	2
La Vuelta Baja California	La Vuelta Baja California	La Vuelta Baja California	La Vuelta Baja California	La Vuelta Baja California	7p Open Training @ ADTEC	8a Montrose Ride
PAA--Bicycle John's - Turkey Trot Cross	5p Madison & TT Practice @ Encino Velodrome	12p Open Training @ ADT	5p Open Training @ Encino Velodrome	12p Open Training @ ADT		3p Race School
12p Open Training @ ADT Event Center	7p Open Training @ ADTEC	5p Sprint Training @ Encino Velodrome	7p Open Training @ ADTEC	7p Work Out @ ADT Event Center		
		7p Work Out @ ADT Center				

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