

## Board of Directors

President	Matt Gunnell
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PAA general meetings are held the second Wednesday of the month starting at 7:30 PM at La Cabanita, 3447 N. Verdugo Rd., Glendale, CA 91208.

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## Upcoming Race Dates:

- 2/10—CBR Crit
- 2/10-11—Roger Millikan
- 2/10—Southridge MTB
- 2/17—Women's Only Track
- 2/10—CBR Crit
- 2/18-25—Tour of Calif.
- 2/24—Santa Clarita GP (Women Only)
- 2/24—Southridge MTB
- 2/25—Long Beach Shoreline Crit
- 2/25—"Dare to Race" Ontario #1 Crit



## New Team Clothing Design

The 2007 edition PAA team clothing has arrived!

You will notice a change in the traditional color scheme. For the last few years, PAA was known as the "red bull", prominently featuring a bright red team kit.

For 2007, there is substantially more blue, grey, and less red. The shade of red has also been changed from a bright red to a darker red.

Kevin Martin of Merrill

Lynch, who is our title sponsor, contributed heavily to the design. "I felt that it was time to introduce a change. Change is good", Kevin said.

Kevin also relied on input from other sponsors, the PAA Board, and PAA members. "Ned Overend even provided some input" according to



Kevin. How about the "blue, grey, and red bull"?

## Sorting Party

What happens when over 700 articles of new PAA team clothing arrives from Louis Garneau? You have a sorting party, of course!

Twelve members of PAA met in January to sort through and ship out the largest amount of PAA clothing in PAA's history.

According to PAA Vice Presi-

dent Eddie Ramirez, PAA's clothing order was almost \$30,000!

New this year was a web-based online order form through Sportsbase Online.

PAA members also had an available shipping option, which close to 80 members chose. Some



clothing was even shipped as far away as Alabama and Colorado.

## Setting Goals

**Rick Babington**



Goal setting is a great way to measure progress and stay motivated throughout the season. The process of setting goals is an important part of sport training. This process will help you to visualize where you are headed, to give you a "road map" to success in your sport.

Here are 4 steps to help you through the goal setting process:

**Step 1-Set a "Dream Goal":** If everything were to go exactly as planned with your training, nutrition, work, family, and the planets aligned themselves at just the right moment, what could you achieve?

**Step 2-Set 2-3 "Major Goals":** These goals should be what you consider major tasks, but that you believe you can achieve with the right amount of effort, commitment, and consistency. Select these goals as "Stepping Stones" to your "Dream Goal".

**Step 3-Set "Monthly Goals"** that can be easily measured and logged for future reference. An example may be improving your time at the monthly time trail or on your favorite hill climb. These goals should be per-

### Upcoming Coach Rick Rides:

- 2/10—Leaving Descanso at 7:15 AM, TJ's at 7:45 AM. Montrose Long Loop. Moderate Pace. Rain cancels.
- 2/17—Leaving Rose Bowl Lot K at 8:00 AM. Pre-ride SDSR TT Course. Rain cancels.

formance oriented (you against the clock), not results oriented (you against another rider). These should be somewhat difficult to achieve, but not impossible if you reach outside your comfort zone. Select these goals with your "Major Goals" in mind.

**Step 4-Create a "Daily Goal" or "Performance Process Goal":** What will you set out to accomplish that day? Make a plan and stick to it. These should be easily achieved, but still challenging. Select these goals with your monthly goals in mind.

Once you have completed the 4 steps in the goal setting process, you will actually be applying them in reverse order: From "Daily" to "Monthly", "Monthly" to "Major", and before you know it your "Dream Goal" will become a reality.

Setting goals is an ongoing, ever changing process. When you have achieved a particular goal, it is time to raise the bar. Write down your goals as part of your training log. Look back on them occasionally. Gather input from family members, friends, fellow athletes, and your coach. This will help you gain some perspective on your past achievements and future success. Enjoy the process!

**"Setting goals is an ongoing, ever changing process. When you have achieved a particular goal, it is time to raise the bar".**

## Renew Your PAA Membership

Just a reminder that most current PAA Memberships expire on 3/1/07—that's LESS than a month away!

If you haven't renewed yet you can simply do so at [sportsbaseonline.com](http://sportsbaseonline.com) or follow the links "Join Us" on the website at [paacycling.org](http://paacycling.org).

[paacycling.org](http://paacycling.org).

Remember that membership is only \$35.00 a year!

## What's on the Web?



Do you need some motivation for that indoor training session or pre-race warm-up? Check out [The Sounds of Soilage](#). This blog is full of great MP3 music mixes that are available for download to be played on your iPod or MP3 player. The downloads are all free!

So far this off-season, the author has created sixteen music mixes, and new music mixes are released every week or so. The music varies from British punk, to obscure rock. Almost always, it is something that you haven't heard before. <http://soundsofsoilage.blogspot.com/>.

Don't complain that it's been too cold to ride! [Up in Alaska](#) is a blog by "Jill" who is an "Alaska journalist who likes to bicycle in horrendous conditions and eat goldfish crackers and Pepsi for breakfast". Jill's stories are insane!

For fun, Jill rides her bike in sub-freezing weather, for hundreds of miles a week. Her blog is filled with incredible pictures of Alaska, as well as tales of adventures.

<http://arcticglass.blogspot.com>.



## PAA Training Camp

**Al Nash**

The third annual PAA training camp had some things old, some things new, some things borrowed, and riders mostly blue. It was cold! While (literally) freezing temperatures greeted the participants each morning, the Hilton provided a warm haven with a full spread of food and hot drinks to fill everyone's tanks for the miles ahead. Once the sun was high in the sky, and the legs were moving on the bikes, everyone remembered why we're so lucky to live in Southern California. As in previous years, an assessment of different skills (lactate threshold power and

sprinting ability) helped everyone get assigned to groups of comparable ability for the progressively complex drills and race simulations that were to follow. After an early afternoon of 4 person team time trial skills practice, lead out drills followed. After learning how to cooperate, it was every person for themselves in 6 person Keirin drills that finished up the first day.

After a day of individual race strategy, the second day focused on team strategy. A long morning ride put the participants through drills that required each team to

come together at the front of the pack and become part of the pack again when the job was done. The afternoon featured more race simulations, including a team Miss & Out, and small group Points Races.

The PAA Training Camp emphasizes the same combination of camaraderie, mileage, and performance improvement the pros seek. Preconceptions were shattered, new realizations discovered, and many lessons learned. A fun time was had by all.

## What We're Riding

Lee Bird  
 Expert Mountain Bike  
 2005 Scott Scale 10 Carbon Fiber  
 Pace RC39 100mm Fork  
 XTR Dual Control Shifters  
 XTR Disc Brakes  
 XTR Crank  
 XTR Rear Derailleur  
 XTR Front Derailleur  
 Stan's Olympic ZTR Wheelset  
 Kenda Small Block 8 Tires 1.95  
 Ritchey WCS Carbon Fiber Seatpost  
 Ritchey WCS OS Stem  
 Ritchey WCS Carbon Fiber Flat Bar  
 Ritchey WCS Grips  
 Selle Italia Flite Saddle



## PAA "Day at the Races"



Join PAA for a "Day at the Races" - the horse races at Santa Anita Park!

March 3rd Catered Buffet  
 12:00 PM to 2:00 PM. Price  
 is \$26.00 per person, 13 &  
 Up \$20.00 per person, Kids  
 4 to 12 \$12.00 per person.

This is the Santa Anita "Big  
 Cap Day". Free jockey  
 lamps give away.

Mail checks to Boni Forte  
 (no later than February  
 19th) 977 Norumbega  
 Drive, Monrovia, CA 91016.

For more information, visit

the PAA website at  
[www.paacycling.org](http://www.paacycling.org) or  
 email Boni Forte at

[bunibuk@earthlink.net](mailto:bunibuk@earthlink.net).

### A Note From the Editor:

Welcome to the new PAA newsletter. My goal is to provide you with interesting stories and information on cycling, that you may not otherwise be able to get from the PAA website. Some of the regular features that you will find include a monthly coaching tip from Rick Babington, stories from Banner Moffat, and monthly columns including "what we're riding", "rider interviews", "what's on the web", and "sponsor profiles"

Please help me make this a great newsletter by contributing! Please email me pictures, stories, ideas, etc. Lastly, I would like to thank David Turner for our title, Bollettino di Bicicletta (Italian for Bicycle Newsletter). At least I hopes that's what it says!

Lee Bird, Editor [leebird@bteconline.com](mailto:leebird@bteconline.com)

## Ted O'Meila Retires from Racing

Renee Zajac

**"A strongly competitive man like Ted NEEDS new challenges, or he's going to be restless and unhappy".**

When the newsletter editor, Lee Bird, asked me to interview long-time PAA member Ted O'Meila about his decision to retire from racing, I was really nervous, as I'd never spoken with him. I'd seen him at a couple club meetings, and noticed the enormous respect and regard he was shown by the other members of the Club, so I was just a little shy.

However, he was very kind. A little reserved, but he warmed up after a few minutes (I think once he found I wasn't going to say anything terrible or outrageous, like in my e-mail posts). He knew who I was, though, even before I jokingly referred to myself as "Renee of the e-mails."

He told me one little story about how when he first began racing, one of his friends introduced him to a member of PAA, Bob Llamas. After talking to each other for a couple minutes, they suddenly realized -- they'd gone to high school together, and been friends thirty years earlier!

Ted hasn't advertised his decision, so it really is coming across as a total shock

to most of the members of PAA -- Ted O'Meila is retiring from racing. Why, that's like Johnny Carson retiring from the Tonight Show!! I guess we humans just like to keep things the same. Only, they don't stay the same. A strongly competitive man like Ted NEEDS new challenges, or he's going to be restless and unhappy. And that's what's basically driving Ted's decision. He feels that he's reached a crossroads in his life -- 55 years old, more awards and victories than he really felt like mentioning -- and he is looking around for something new.

I did find out that Ted has been a member of PAA for ten years, and was an officer on the Board for 7 of those years. And for three years, he was the race promoter for our Club's San Fernando Criterium. However, for the last six months he's been traveling a lot -- basically three weeks out of four he's been traveling out of town, which has kind of pre-empted his racing. More importantly, he wanted to focus on his career, and the new chal-

lenges it represents. The company he used to work for was bought out by another company, and now this new company is offering him a lot of new opportunities that he wants to sink his teeth into. In fact, I was lucky I caught him. He was leaving the next day for a week in Italy. I personally figure that any job/career that "requires" you to spend a week in Italy is worth giving your soul to and then some, so I can certainly appreciate his enthusiasm.

But just because Ted's giving up racing doesn't mean he's giving up cycling. However, even his cycling focus has changed. Ted has recently become enamored with mountain biking, and wants to put more of his energy into that this year.

*Note from the editor - We also had heard that long-time PAA member Dave Ward has retired from racing as well. We were unable to get in contact with Dave for this story. Dave, if it's true, please let us know so that we can document your achievements as well.*

**"He feels that he's reached a crossroads in his life -- 55 years old, more awards and victories than he really felt like mentioning".**

## How I Got into Mountain Biking

Banner Moffat

15 years ago in my personal battle to accomplish something with my life, the couch and the TV were winning the war. I would come home from my construction job thinking of all the things I should do, but the couch would suck me in and the TV would hold me down and soften me up until it was time for dinner and time for bed.

The one brilliant consequence of that low point in my life was the decision to get a dog. The thought process was, "If I had a dog I'd at least have to get off the couch to walk it once a day". I find it very reassuring to think that some poorly thought out decision made when your own fog of apathy thins out just enough to be annoyed with yourself - can, at the age of 50, be one of the best, most life changing decisions you ever made.

I wound up with an Australian Shepherd mix rescue dog and named her "Yosemite". Sure enough, soon I was out walking around the neighborhood morning and evening while the couch was empty and the TV was off. She was an incredibly energetic dog and soon she was big enough to require a damn long walk to tire her out. And if I failed to take her she would drive me nuts. My humble offering to the world of dog training is just this: It is a Jekyll and Hyde difference between a tired dog and an energetic one.

Once a week I would take Yosemite to the National Forest up the creek behind JPL and would often see mountain bikers. I had tried mountain biking a couple times with a friend in 1991 but concluded it was a silly way to

enjoy wilderness and wilderness was a silly place to ride a bike. However, as Yosemite got fitter from our walks, it got harder and harder for me to tire her out, so naturally I got the idea of using a mountain bike. If I pedaled and made her run to keep up, I could tire her out in half the time. Believe it or not, I took up mountain biking out of laziness!

Right off the bat Yosemite became a bigger mountain bike fanatic than any NORBA National Champion ever was. I only had to look sideways at my bike hanging in the garage, and she would zip around in front of me and eagerly look me in the eyes to see if I really meant it. If I said "JPL?" or if I took down my bike she would be at the car door yipping with joy.

By the time Yosemite was 2 years old, she could do our 8 mile up and back, still want to play Frisbee when we got home and then need to go again the next day. I was riding 3 times a week, always with her, but didn't yet think of myself as a mountain biker. I had no special love of the sport; I was just tiring out my dog. I almost never rode up hill (why ride uphill when you don't have to?) and if at all possible I stayed on the fire road. Meanwhile it became my dog's purpose in life to get me mountain biking.

I wasn't trying to get any fitter either; as far as I was concerned, the couch and the TV had lost that war long ago. In fact, for one year I got rid of my television entirely. Then out of the blue, a mountain biker who I often saw in the parking lot asked me if I wanted to be part

of his team in a 12 hour mountain bike race. "Why me?" was my reaction, but he seemed to think with all the "training" I did, I would be plenty fast enough. "Training? What training?"

As it turned out he was right, we came in first place, and I got hooked on racing. From then on it was me taking Yosemite biking rather than her taking me. To work my way up the NORBA ranks I ended up training 5 days a week which suited Yosemite just fine, and she learned to be the perfect trail dog. Over the years we explored hundreds of miles of trails in the National Forest and had hundreds of adventures together. I eventually got fast and strong enough that I had to leave her behind on the long rides, but no matter how obsessed with race training I got, a couple times a week I'd grab my bike, look her in the eye and say, "Let's go!"

I figure that Yosemite must have run down El Prieto trail with me a thousand times during her lifetime. So last August when she finally died under the kitchen table of a heart attack, my girlfriend, and I decided to bury her under some oak trees just off the trail. I think about her every time I ride by that spot since I probably wouldn't be riding my mountain bike if it weren't for her.



**"I wasn't trying to get any fitter either; as far as I was concerned, the couch and the TV had lost that war long ago".**

## Sponsor Profile Merrill Lynch—Kevin Martin

Lee Bird

PAA is extremely fortunate to have a well-known and respected title sponsor like Merrill Lynch. Long-time PAA member, Kevin Martin, brings our Merrill Lynch sponsorship to us. Kevin is a certified financial planner and he has been with Merrill Lynch for twenty years. He has been a PAA sponsor for eleven years.

Kevin has a significant business practice at Merrill Lynch, managing in approximately 300 million dollars. Kevin's team of four professionals develop and

**"Giving back to the sport and to the people who have made such a positive impact on my physical and mental health is an easy thing to do".**

implement strategies to preserve and to grow their clients' wealth, net of taxes and inflation. The wealth management team has approximately 50 clients, each with investments ranging from three to fifty million dollars. Kevin has chosen to

keep a focused client base of relatively few so that he can offer sophisticated and highly customized service. He enjoys answering PAA members' questions about their financial strategies, irrespective of their current wealth.

Kevin is married with a 1 1/2 year old son, Charlie. He and his wife Carrie are expecting another baby boy any day. As a child, Kevin swam competitively and rode a road bike for pleasure. After graduating from UCLA, Kevin took up the sport of cycling again with the encouragement of his younger brother, Geoff. Initially, Kevin became involved with mountain bikes, and he later chose to ride road bikes to help increase his fitness. Kevin is also interested in the arts, motor sports, and he has recently taken up photography again.

When I asked Kevin why he chose to sponsor PAA, he explained that it is extremely rewarding to be able to associate with so

many wonderful and interesting people. "PAA club members are a breed apart, they're a cut above", Kevin said. "Giving back to the sport and to the people who have made such a positive impact on my physical and mental health is an easy thing to do".

All of us should be very proud that we get to wear the Merrill Lynch bull on our cycling kits. Our association with such a well-known brand has brought a lot of value to the PAA club. We owe all of this to Kevin's involvement.

If you have any questions for Kevin, or are interested in his financial planning services, please contact him directly at [kevin\\_r\\_martin@ml.com](mailto:kevin_r_martin@ml.com) or [kevinmartin@sbcglobal.net](mailto:kevinmartin@sbcglobal.net).



## PAA Sponsors



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[rbabington@ca.rr.com](mailto:rbabington@ca.rr.com)



Robert K. Shimasaki, DDS

<http://www.pasadenacosmeticdentist.com>

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Tom Reilly  
Construction



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