

Newsletter

January 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 2nd Wednesday of the month starting at 7:30 PM at La Cabanita restaurant 3447 N Verdugo Road, Glendale.

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

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PAA turns out for the Eugene Galindo cancer support ride

News

Cancer Support Ride a Huge Success!

Thanks to the nearly 50 riders who joined Brad Galindo in a cancer support ride in honor of his uncle Eugene Galindo. A donation will be made to the Lance Armstrong Foundation in Eugene's honor. He joined the swarm of cyclists for a group photo and saw them off by ringing his new cyclocross cowbell.

Happy New Year!!!

PAA wishes everyone a safe, peaceful, and prosperous 2006. Rubber side down!

Club Meeting and Product Night

Please join us Wednesday, January 11th at 7:30pm for the next club meeting. We will hear from new sponsor Larabar about great product deals on their delicious energy bars.

The January meeting will also serve as our next product night brought to you by Bicycle John's and Veltec. See your email for details, and come prepared for great deals on Sidi shoes, Look pedals, and Easton Wheels. Race season is right around the corner!

Team Clothing Here!

Team clothing arrived just before the new year. Please contact Eddie to arrange pickup of your order. A second order will be placed in late January or February to accommodate those who did not get in on this order.

Race Planning

Attention all 4/5 racers! Come to the planning meeting January 6th and have your voice heard! A pizza/pasta dinner will be provided, but you are invited to contribute a pot luck dish if you wish.

The meeting will be at the Gunnell's, 736 Cavanagh Rd., Glendale. Please contact Eddie if you plan to race but cannot make the meeting so he can add you to the roster.

Interested Cat.3 racers should meet at the Round Table Pizza in La Canada Sunday January 8th at noon to plan their season.

Training Camp

The annual PAA training camp will take place the weekend of January 14-15, 2006. It will once again be held at the Pasadena Hilton and the Rose Bowl. If you attended last year's camp, you know what a great training tool it was. Expect even more this year, as new drills have been added to the best of last year. Sign up on the PAA website! Cost is \$150 for two days of intense training. Two meals per day are included! See your email or the website for additional details.

Volunteers Needed

Now's the time to sign up to volunteer for the World Cup at the ADT Event Center! Competition runs January 20-22, and PAA is providing runners for documents. Get some cardio work and mingle on the infield with world class track racers. Sign up at http://home.earthlink.net/~paa_president/WorldCupSignup.html. Your time is valuable; PAA earns discounted training time in exchange for providing volunteers at selected events, and you help to maintain the viability of this world-class facility.



Cyclocross Honors

Congratulations to state cyclocross champions Jonathan Livesay and Keli Roberts! Congratulations also to PAA's SoCal Cyclocross Series Cup winners Jason Lowetz and Jonathan "JL" Livesay. Bob Llamas and Jonathan Livesay won the Urban Cyclocross Series.

Holiday Raffle

The kids at El Faro orphanage will be clean and clothed, thanks to the generosity of PAA members who donated supplies and cash at the annual holiday party. Jim Small reports that cash donations of over \$600 and equal that in goods were collected at the party. Thanks to everyone who donated, and special thanks to all the sponsors who provided a wealth of wonderful raffle prizes.

Monthly Ladies Ride

The ladies ride has been indefinitely suspended due to low turnout.

Off-Season Clinic

There will be no coached workout in January, due to the team training camp. If you attended the last clinic, check out the heart rate zone calculator at the website: http://groups.yahoo.com/group/paa_cycling/files/HeartRateZoneCalculator.xls. Plug in the data from your field tests and calculate your zones.

Medical Communique

Lee Bird reports that his injuries turned out to be more serious than originally thought. He had surgery to place four pins in his hand, and will have surgery for a torn ACL January 5th. He hopes to rejoin the peloton in February or March.

James Sohn is recovering at home now with an IV pump attached to him for the next

few weeks. He is happy to be out of the hospital!

Renee Zajac is out of her wheelchair and onto a cane. She has been riding the trainer, and hopes to be back out on the road soon.

Peter Cohn is being treated by the US Ski Team doctor, and is rehabbing in Colorado.

Jeff Moreton crashed recently and was sporting a cane at the holiday party in addition to facial injuries.

Jim Roebuck will be having hip surgery this month. He was also sporting a cane at the holiday party.

We wish all of our injured teammates successful surgeries, and speedy and complete recovery.

PAA Gear

PAA water bottles, both small and large are available now. Small bottles are \$3.50, large are \$4.00. Two styles of hats and a visor range in price from \$16-18. All can be ordered at paacycling.org or contact our fearless team clothing chairman Ted O'Miela. He also has a good selection of PAA tee shirts (white & black) and some DeFeet socks available.

Nathan Daughlax has printed up some PAA/Merrill Lynch window stickers in white (\$5.00) and white with red border (\$8.00). See Nathan for more info.

Got News?

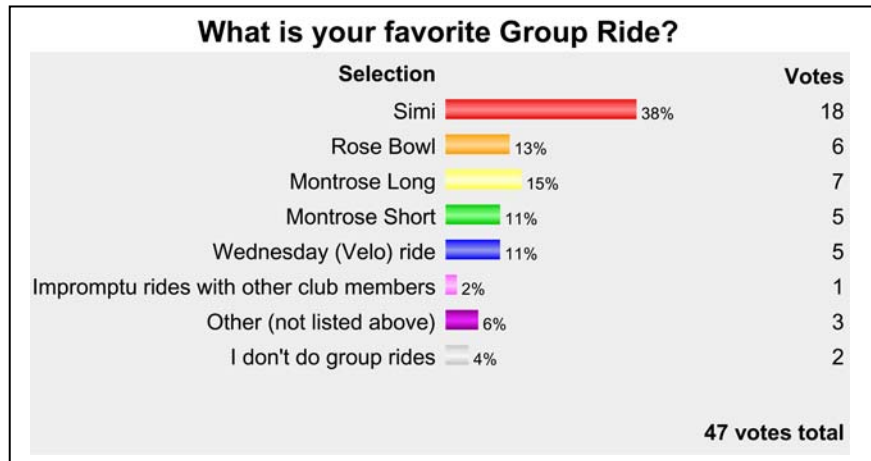
Share your news, photos, and race reports with the club! Send your submissions to rapunzel@flash.net by the 20th of the month, or call 323-225-2233. Submissions should be kept brief and may be edited for clarity and length.

Monthly Poll

We like 'em fast. Simi and Montrose Long win out as our favorite group rides. Allez!

Be sure to participate in this month's poll. Cast your vote at

<http://www.paacycling.org/newsletter>.



Race Results

3 December SoCal Cyclocross State Championships

Junior Men 10-14: Ben Bertiger 5th

Mens B: Ryan Ferro 15th

Mens C: Jason Lowetz 2nd

Masters 30+: Fritz Bottger 2nd

Masters 50+: **Jonathan Livesay 1st**, Bob Llamas 7th

Single Speed: Matt Gunnell 9th

Women 40+: **Keli Roberts 1st**

4 December Celo Pacific Cyclocross 2

Mens A: Jonathan Livesay 8th

Mens C: **Jason Lowetz 1st**

Women A: Keli Roberts 5th

4 December Piru Time Trial

Mens 4: **Christopher Keller 1st**, Greg Giesler 10th

Masters 45+: Tom Reilly 2nd, Brian Carrico 6th

Public 45+: **Joe Scully 1st**

11 December Tom's Farms Time Trial

Masters 40+: Brian Carrico 6th

Masters 50+: Domenick Forte 8th

Public Women: Karen Eckhoff 2nd

18 December Santa Cyclocross

Men 18 Under: Ben Bertiger 5th

Mens C: Jason Lowetz 2nd, Steve Totleben 15th

Masters 30+: Fritz Bottger 2nd, Jamie Stathas 8th

Masters 40+: Michael Dansk 13th

Masters 50+: **Jonathan Livesay 1st**, Bob Llamas 7th

Women A: Keli Roberts 8th

SoCal Cyclocross Cup

Jr. Men 18 Under: Ben Bertiger 5th

Men A: Jonathan Livesay 19th, Fritz Bottger 20th

Men B: Fritz Bottger 6th, Ryan Ferro 15th, Jamie Stathas 23rd

Men C: **Jason Lowetz 1st**, Ryan Ferro 16th, Ron McKiernan 16th, Peter Cohn 23rd, Matt Gunnell 23rd

Masters 30+: Fritz Bottger 9th, Armin Rahm 19th

Masters 40+: Jeff Moreton 16th

Masters 50+: **Jonathan Livesay 1st**, Bob Llamas 11th, Tom Reilly 12th

Women A: Martina Sturm 13th

Team: PAA/Merrill Lynch 2nd

Urban Cyclocross Series

Junior Men: Ben Bertiger 3rd

Men A: Fritz Bottger 16th

Men B: Fritz Bottger 4th

Men C: Jason Lowetz 3rd, Ron McKiernan 16th, Ryan Ferro 18th

Masters 30-34: Ryan Ferro 10th

Masters 35-39: Matt Gunnell 11th

Masters 45-49: Jeff Moreton 7th

Masters 50-54: **Jonathan Livesay 1st**

Masters 55+: **Bob Llamas 1st**

Single Speed: Ryan Ferro 7th

Women A: Keli Roberts 10th, Martina Sturm 11th

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 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,
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.*

PAA Sponsors



Merrill Lynch

Merrill Lynch

http://www.fc.ml.com/kevin_r_martin



CalRad Electronics
<http://www.calrad.com>



Bicycle John's
<http://www.bicyclejohns.com>



RE/MAX Premier Properties
<http://www.CallUs2Sell.com>



HydrationFormula.com
<http://HydrationFormula.com>

Tom Reilly
Construction

Tom Reilly
Construction

POSITIVE MOVES
COACHING SERVICES

Positive Moves
Coaching Services
<http://www.socalcycling.com/positivemoves/>



Robert K. Shimasaki, DDS
<http://www.pasadenacosmeticdentist.com/>



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<http://www.Voler.com>

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Yahoo! Groups Tips

Did you know...
You can search the group for older messages.

Yahoo! 360°

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

Calendar

[Calendar Help](#)

January 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Mt. Wilson New Years Day Ride ADT Closed	2 5p Madison & TT Practice @ Encino Velodrome 7p Open Training @ ADTEC	3 12p Open Training @ ADT 5p Sprint Training @ Encino Velodrome 7p Work Out @ ADT Center	4 5p Open Training @ Encino Velodrome 7p Open Training @ ADTEC	5 12p Open Training @ ADT 7p Work Out @ ADT Event Center	6 7p Open Training @ ADTEC 7p World Cup Volunteer's Meeting	7 8a Montrose Ride 8a Simi Ride 10a Madison Training 3p Race School @ ADT
8 9a Piru Time Trial 12p Open Training @ ADT Event Center	9 5p Madison & TT Practice @ Encino Velodrome 7p Open Training @ ADTEC	10 12p Open Training @ ADT 5p Sprint Training @ Encino Velodrome 7p Work Out @ ADT Center	11 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	12 12p Open Training @ ADT 7p Work Out @ ADT Event Center	13 12p Track Talent Pool Event 7p Open Training @ ADTEC	14 PAA Training Camp 8a Montrose Ride 8a Simi Ride 10a Madison Training 12p Track Talent Pool Event
15 PAA Training Camp Tom's Farm Time Trial ADT Closed	16 ADT Closed 5p Madison & TT Practice @ Encino Velodrome	17 ADT Closed 5p Sprint Training @ Encino Velodrome	18 ADT Closed 5p Open Training @ Encino Velodrome	19 ADT Closed	20 Newsletter Inputs Due UCI Track World Cup	21 UCI Track World Cup 8a Montrose Ride 8a Simi Ride
22 UCI Track World Cup	23 5p Madison & TT Practice @ Encino Velodrome	24 12p Open Training @ ADT 5p Sprint	25 5p Open Training @ Encino Velodrome	26 12p Open Training @ ADT 7p Work Out	27 Nelson's Landing Stage Race ADTEC	28 Indoor Bike Swap Meet and Track Cycling Winter Classic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7p Open Training @ ADTEC	Training @ Encino Velodrome	7p Open Training @ ADTEC	@ ADT Event Center	Closed	Nelson's Landing Stage Race
		7p Work Out @ ADT Center				8a Montrose Ride
						8a Simi Ride
						10a Madison Training
29	30	31	1	2	3	4
Nelson's Landing Stage Race	5p Madison & TT Practice @ Encino Velodrome	12p Open Training @ ADT	5p Open Training @ Encino Velodrome	12p Open Training @ ADT	7p Open Training @ ADTEC	Boulevard Road Race
The 3rd Annual Ride It Like You Stole It Criterium	7p Open Training @ ADTEC	7p Work Out @ ADT Center	7p Open Training @ ADTEC	7p Work Out @ ADT Event Center		8a Montrose Ride
12p Open Training @ ADT Event Center						8a Simi Ride
						10a Madison Training

YAHOO! SPONSOR RESULTS

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www.specialized.com

[Road Shoe Cycling at Shopping.com](#) - Find, compare and buy Road Shoe Cycling and other Apparel products. Read product reviews and compare prices with tax and shipping from thousands of online stores.
www.shopping.com

[Road Shoe on eBay](#) - Find Road Shoe items at low prices. Shop for all kinds of unique products on eBay - The Worlds Online Marketplace.
www.ebay.com

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