

# Newsletter

July 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. The July meeting will be held on Thursday July 13<sup>th</sup>. 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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Armin Rahm and Michael "Smiling Dane" Dansk represent at SFC

## West LA Circuit Race

by John McKeen

I'm not sure how many racers from PAA showed up to race the 4's as we didn't talk strategy before the race, but Rafael, the Lowetz brothers (although Jason was too ill to race, but loudly cheered for all of us), and at least one other (whose name escapes me) showed up to this fun and challenging course. I wasn't sure how my legs were going to feel after the previous day of racing (and cramping) in the road race stage of the Cyclo-vets Omnium (where I finished third and Rafael won, congrats to him on a great race and a painful final push. I should also mention that Rafael won the Cat 4 Omnium in SD.) as they weren't happy

with me during my warm up. It didn't take long for the racing to begin and people were fighting for position from the gun. I hadn't pre-riden the course and was a little startled by the narrowing corner into the climb. I carried a little too much speed the first time but noted where I wanted to be for later. The first time up the climb a rider from Major Motion turned on the gas and pulled away from the field. I didn't go with him, but did gap the field and caught him after the downhill. We conservatively worked together, gauging the response of the peloton, and stayed away two laps. The climb never got easier. Every time we hit it, the pace was high, and the group got strung out.

While I didn't lead every time up the hill, I found myself pushing the pace a good majority of the time. There were a few small attacks on a couple different laps, but nothing strong enough to get away. I did something in this race that I usually forget to do in circuit races/crits...pay attention to the lap counter. (The announcers were great about shouting out the number of remaining laps.) With three laps to go, I made sure I stayed near the front on the climb, and let a few guys go by me at the top so I could recover. I did the same thing on the last lap. As we came through the downhill there were four or five riders in front of me when a rider went by and started to accelerate. I was being careful not to end up out front through the flats, but when he cruised by, I got on his wheel. I couldn't have asked for a better lead out! He pulled hard through the back stretch, and no one tried to pass him. As we came into the final corner before the climb, he went wide which left the corner open for me to take the line I wanted and carry all my speed into the climb. As soon as I went by him, I stood up, clicked down a couple of gears, and sprinted! I looked back after a few seconds and to my surprise, no one was on my wheel, so I just kept going. With 200 meters to go I was feeling the effects of 400 meters of uphill sprinting, but

wasn't about to let myself get caught (the closest rider at this point was probably 100 ft back) and just kept pulling. With ~30 meters to go, I was sure I wasn't going to get caught, let up, and rolled across the finish line gasping for air.

So there you have it. The first place finish gave me the final seven points I needed to upgrade to Cat 3, and I received the upgrade yesterday. I want to thank Eddie and all the other 4/5's for a great time! It's been a pleasure racing with you all, and I look forward to seeing many of you in the 3's very soon. I'm a little nervous (and excited) to be racing with the 3's and any advice would be greatly appreciated. See you all on the road (or mountain).

## **San Diego Sprint Tournament**

by Nathan Dauglash

San Diego had great turn out for their sprint tourney. Close to 20 riders showed up for the open sprint event in which you had to qualify for what group you would be assigned. I pulled a poor 13.5 on my flying 200. My warm up wasn't very good for the big gear I had planned to use (92 inch/48X14). The gear seemed too heavy and I could only turn out a 120 rpm. But I still got to place in the B category.

My first match was against Chris Bennet. His nick name

is "The Hulk" because he could be a body double for the misunderstood green machine. He would normally qualify for the A group but did his time trial with a front wheel that was slowly leaking out. I psyched myself out regardless of the caliber of rider I was up against. We played the cat & mouse game of the match sprint. On the jump I stayed with him but was undergeared and could only watch him motor away to take the win by two bikes. I did two more match sprints in the losers bracket (one was a 3-up sprint) to get back to the medal round against Bennet. I should have changed my gearing for more top end. I made the mistake of giving him too much room to swoop around the blind spot and spin out at 140 rpm (88 inch/49X15).



The next two races were the Chariot and the Keirin. The chariot is basically a drag race right from the starting line. You are clipped in and held steady at the start line. I drew the worst spot which is up on the rail and could only hope to hold on to the draft of the five riders in front of me.

In the Keirin I put on my 90 inch gear (50X15). I drew third spot for the starting position on the rail. The Keirin is a motor paced race for six laps on this course. The motorcycle would bring us up to around 30 mph and then pull off with two laps to go. Bennet drew fourth and I was keen on watching him. After two laps of pacing he pulled up high to come side by side with the rider in first. I stayed tucked in down in third position while another rider drafted Bennet. When the motor pulled off the group pulled up track. Everyone looked around and waited for someone to jump. Bennet made the first jump with a rider tucked in tow. I fought my way past the riders in the sprinters lane and got up to the Bennet train. Coming round turn four I crept up to lose to second place by half a bike. My computer reported that I hit 140 rpm and top speed of 36 mph.

All in all, good safe racing. The race director said he looked forward to seeing me again at Masters States Sprint

Championships but I told him I can't make it due to a conflict in schedule. I can only hope to turn into an endurance trackie and turn out a 4 kilo pursuit at the Masters States Endurance Champs.

## News

### State Champions!

Congratulations to our newest state champions! At the CBR State Individual Time Trial Championship June 11<sup>th</sup>, Philip Young, Parker Williams, Craig Edwards, and Karen Aydelott won their state champion jerseys.

At the San Diego Cyclovets State Crit Championship, Robert Paganini claimed the state title in the 70+ category. Congratulations to all!



Multiple State Champion,  
Robert Paganini

### Sharrows

You can help get Sharrows on the road in California! Sharrows are Shared-use arrows, and indicate the safe zone for bikes between parked cars and traffic. Volunteers are currently needed to scout possible locations. This involves riding, driving, or walking down a segment of street and noting which blocks do or do not qualify.

For more information, visit [http://www.cicle.org/cicle\\_content/pivot/entry.php?id=279](http://www.cicle.org/cicle_content/pivot/entry.php?id=279), [http://www.labikecoalition.org/surveys/lacbc\\_sharrows\\_survey.html](http://www.labikecoalition.org/surveys/lacbc_sharrows_survey.html), and see Al's Yahoo group post.

### Club Meeting

Please join us Thursday, July 13<sup>th</sup> at 7:30pm for the next club meeting. We will meet at Mijares Mexican Restaurant, 145 Palmetto Dr., Pasadena, CA 91105. This month, Ron McKiernan will speak about bicycle maintenance for safety. Javier told us last month that a lot of accidents are caused by mechanical failures during training. Come learn how to keep your bike safe for yourself and the rest of the peloton! We are also setting 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! Please note the special date!



## Medical Communique

We are very sorry to announce that several of our members have recently been hit by cars or involved in other crashes.

Karen Aydelott-Robbins was hit by a car and sustained serious injuries, chief among them a crushed ankle. Karen is a triathlete and distance cyclist, and although her early prognosis was poor, she has a strong spirit and seems to be defying the odds.

Matt Gunnell was also hit by a car while out training, and sustained road rash and bruising.

Jamie Stathas crashed at Barry Wolfe, breaking his collarbone and two ribs. Despite having his arm in a sling, he single-handedly held down the prize table at the San Fernando Crit.

Nick Forte recently crashed, breaking his collarbone and sustaining multiple bruises in the groin area.

Scott Gadberry had a mis-step on the new surface on the infield of the track at Colorado Springs and injured his Achilles tendon. He reports "I have been putting as much time in the rehab as I use to put into training. It does look however that I will not race this year in order to heal the best." Scott has his sights set on the 2008 Beijing Paralympics.

Al Nash is getting around with just a cane now. We had

the opportunity to see the hardware he now sports in his hip at Javier's presentation at the June meeting. Impressive!

James Sohn is once again riding but still not back to 100%.

Eduardo Clemente was involved in a crash, but did not return an email regarding his condition.

## San Fernando Crit

Thanks to everyone who volunteered at the San Fernando Criterium. Matt, Jim, Eddie and a legion of volunteers kept things running smoothly throughout the day.

## 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.

Aaron is organizing the next team deal. This one will feature Castelli clothing and First Endurance nutritional products. Watch your email for details.

## New at ADT

ADT is 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](mailto:sprints@lavelodrome.org).

## 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 June.

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

## Race Results

### 25 May Blaine (MN) Velodrome Thursday Night Series

Miss & Out: Nathan Dauglash  
5<sup>th</sup>

### 29 May CBR LA Wings Criterium

Masters 55+: **Ted O'Miela**  
1<sup>st</sup>, Robert Paganini 6<sup>th</sup>,  
Robert Humphrey 10<sup>th</sup>

### 3 June Piru 40k Time Trial

Mens 3: **Aaron Tuchfeld** 1<sup>st</sup>

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

### 3 June Coffee Omnium

Women: Renee Zajac 6<sup>th</sup>

### 4 June CBR Costa Mesa Crit

Mens 4: Jason Lowetz 8<sup>th</sup>

Mens 5: Nathan Dauglash 6<sup>th</sup>

Masters 30+ 1/2/3: Armin  
Rahm 8<sup>th</sup>

Masters 30+ 3/4: Danny  
Pickett 14<sup>th</sup>, Duane Atiga 20<sup>th</sup>

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

### 4 June Ontario Airport Criterium

Masters 30+ 3/4: Ron  
McKiernan 16<sup>th</sup>

Masters 45+: Jeff Moreton 5<sup>th</sup>,  
Jonathan Livesay 18<sup>th</sup>

Masters 50+: Jeff Moreton 4<sup>th</sup>,  
Jonathan Livesay 6<sup>th</sup>, Robert  
Paganini 16<sup>th</sup>

Masters 60+: Michael  
Edwards 11<sup>th</sup>, Bob Llamas  
12<sup>th</sup>, Dave Ward 14<sup>th</sup>, Robert  
Humphrey 15<sup>th</sup>

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

Women 4: Donna Bertiger  
13<sup>th</sup>

### 4 June Piru 20k Time Trial

Mens 4: Rick Skalak 2<sup>nd</sup>

Mens 5: Greg Giesler 4<sup>th</sup>

Masters 45+: John Stesney 4<sup>th</sup>,  
Brian Carrico 5<sup>th</sup>

Masters 55+: Ted O'Miela 3<sup>rd</sup>

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

Licensed Women: Keli  
Roberts 3<sup>rd</sup>

Womens Public: Karen  
Eckhoff 4<sup>th</sup>



## 10 June San Fernando Criterium SCNCA Masters Criterium Championship

Mens Pro/1/2: Michael Dansk 25<sup>th</sup>

Mens 3: Brad Galindo 15<sup>th</sup>

Mens 4: Miguel Sutter 14<sup>th</sup>,  
Craig Pittman 16<sup>th</sup>, Joe  
Espinosa 17<sup>th</sup>, Chris Keller  
18<sup>th</sup>, Chris Lindensmith 19<sup>th</sup>

Mens 5: Kevin Okura 2<sup>nd</sup>,  
Nathan Dauglash 5<sup>th</sup>

Masters 35+: Armin Rahm 8<sup>th</sup>

Masters 45+: Michael Dansk  
5<sup>th</sup>

Masters 50+: Jeff Moreton 9<sup>th</sup>,  
Jonathan Livesay 10<sup>th</sup>, Tom  
Reilly 14<sup>th</sup>, Rick Skalak 18<sup>th</sup>,  
Tony Pratt 20<sup>th</sup>

Masters 55+: Ted O'Miela 6<sup>th</sup>,  
Cully White 18<sup>th</sup>

Masters 60+: Bob Llamas 9<sup>th</sup>,  
Robert Paganini 10<sup>th</sup>, Dave  
Ward 12<sup>th</sup>, Robert Humphrey  
14<sup>th</sup>, Bob Dahlgren 15<sup>th</sup>,  
Michael Edwards 19<sup>th</sup>

## 11 June Bicycle John's Glendale Criterium

Mens 1/2: Armin Rahm 11<sup>th</sup>

Mens 4: Jason Lowetz 9<sup>th</sup>,  
Duane Atiga 20<sup>th</sup>

Mens 5: Kevin Okura 6<sup>th</sup>,  
Nathan Dauglash 17<sup>th</sup>

Masters 30+ 1/2/3: Armin  
Rahm 8<sup>th</sup>, Fritz Bottger 14<sup>th</sup>

Masters 40+ 3-4: Chris Keller  
7<sup>th</sup>, Danny Pickett 8<sup>th</sup>, Craig  
Pittman 12<sup>th</sup>, Cully White 16<sup>th</sup>,  
Charlie Wynkoop 19<sup>th</sup>, Ron  
McKiernan 20<sup>th</sup>

Masters 45+: Jonathan  
Livesay 7<sup>th</sup>

Masters 55+: Ted O'Miela 4<sup>th</sup>,  
Cully White 8<sup>th</sup>

Masters 60+: Bob Llamas 5<sup>th</sup>,  
Michael Edwards 7<sup>th</sup>, Robert  
Humphrey 9<sup>th</sup>

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

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

## 11 June CBR State Individual Time Trial Championship

Mens 3: Aaron Tuchfeld 10<sup>th</sup>

Mens 4: Eddie Ramirez 7<sup>th</sup>

Masters 45+: John Stesney 3<sup>rd</sup>

Masters 50+: Jeff Moreton 2<sup>nd</sup>

Masters 55+: **Philip Young  
1<sup>st</sup>**

Masters 60+: Dave Ward 3<sup>rd</sup>

Mens Tandem 110+: **Parker  
Williams / Craig Edwards  
1<sup>st</sup>**

Mixed Tandem 90+: Tom  
Reilly / Jane Shearing-Skalak  
2<sup>nd</sup>

Womens Masters 60+: **Karen  
Aydelott 1<sup>st</sup>**

## 17 June San Diego Sprint Tournament

Mens B Match Sprint: Nathan  
Dauglash 3<sup>rd</sup>

Mens B Keirin: Nathan  
Dauglash 3<sup>rd</sup>

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

## 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 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>**

## 18 June Vandenberg Road Race Elite State Championship & Masters

Mens 4: Jason Lowetz 12<sup>th</sup>

Mens 35+ 4/5: Miguel Sutter 7<sup>th</sup>, Talmadge Tatum 11<sup>th</sup>, Lee Bird 16<sup>th</sup>, Jim Padilla 18<sup>th</sup>, Charlie Wynkoop 24<sup>th</sup>, Eddie Ramirez 27<sup>th</sup>, Chris Keller 30<sup>th</sup>

## 23-25 June San Diego Cyclo-Vets Omnium

### Time Trial

Mens 4: Rafael Lopez 5<sup>th</sup>

Masters 50+: Tony Pratt 2<sup>nd</sup>, Tom Reilly 5<sup>th</sup>, Rick Skalak 14<sup>th</sup>

Masters 55+: Ted O'Miela 4<sup>th</sup>

Masters 60+: Jerry Tetreault 9<sup>th</sup>

Masters 65+: Bob Shimasaki 8<sup>th</sup>

Masters 70+: Robert Paganini 2<sup>nd</sup>

### Golden Acorn Road Race

Mens 4: **Rafael Lopez 1<sup>st</sup>**, John McKeen 3<sup>rd</sup>, Ben Deverman 10<sup>th</sup>, Oscar Guzman 14<sup>th</sup>

Masters 35+ 4/5: Miguel Sutter 5<sup>th</sup>

Masters 50+: Tony Pratt 4<sup>th</sup>, Tom Reilly 12<sup>th</sup>, Rick Skalak 19<sup>th</sup>

Masters 55+: Ted O'Miela 6<sup>th</sup>

Masters 60+: Bob Llamas 5<sup>th</sup>

Masters 65+: Bob Shimasaki 6<sup>th</sup>

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

## Huennekens Criterium

Mens 4: Rafael Lopez 8<sup>th</sup>

Masters 50+: Tony Pratt 12<sup>th</sup>, Rick Skalak 13<sup>th</sup>, Tom Reilly 16<sup>th</sup>

Masters 55+: Ted O'Miela 3<sup>rd</sup>, Robert Paganini 6<sup>th</sup>

Masters 60+: Bob Llamas 12<sup>th</sup>

Masters 65+: Jim Fitzgerald 7<sup>th</sup>, Bob Shimasaki 8<sup>th</sup>

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

### Omnium

Mens 4: **Rafael Lopez 1<sup>st</sup>**, John McKeen 13<sup>th</sup>, Ben Deverman 23<sup>rd</sup>, Oscar Guzman 26<sup>th</sup>

Masters 35+ 4/5: Miguel Sutter 11<sup>th</sup>

Masters 50+: Tony Pratt 4<sup>th</sup>, Tom Reilly 8<sup>th</sup>, Rick Skalak 19<sup>th</sup>

Masters 55+: Ted O'Miela 5<sup>th</sup>

Masters 60+: Bob Llamas 9<sup>th</sup>, Jerry Tetreault 16<sup>th</sup>

Masters 65+: Bob Shimasaki 6<sup>th</sup>, Jim Fitzgerald 9<sup>th</sup>

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

## 24 June Bob Hansing Memorial Cup #4

Mens 1/2/3 10-Lap Scratch Race: Chris Lindensmith 5<sup>th</sup>

Mens 1/2/3 32-Lap Points Race: Chris Lindensmith 4<sup>th</sup>

Mens 1/2/3 Omnium: Chris Lindensmith 7<sup>th</sup>

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

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

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

Mens 4/5 10-Lap Scratch Race: Nathan Dauglash 3<sup>rd</sup>

Mens 4/5 Omnium: Nathan Dauglash 3<sup>rd</sup>

Masters 40+ 10-Lap Scratch Race: **Chris Lindensmith 1<sup>st</sup>**

Masters 40+ Unknown Distance: **Chris Lindensmith 1<sup>st</sup>**

Masters 40+ 25-Lap Points Race: **Chris Lindensmith 1<sup>st</sup>**, John Stesney 4<sup>th</sup>

Masters 40+ Miss & Out: **Chris Lindensmith 1<sup>st</sup>**, John Stesney 5<sup>th</sup>

Masters 40+ Omnium: **Chris Lindensmith 1<sup>st</sup>**, John Stesney 6<sup>th</sup>

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

Womens Unknown Distance: Renee Zajac 2<sup>nd</sup>

Womens 25-Lap Points Race: Renee Zajac 2<sup>nd</sup>

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



## 25 June Saguario Velo Racing at San Diego Velodrome

Masters 55+ Flying 200: **Bill Ziegler 1<sup>st</sup>**

Masters 55+ 500m TT: **Bill Ziegler 1<sup>st</sup>**

Match Sprint: Bill Ziegler 4<sup>th</sup>

## 25 June Cedars-Sinai Grand Prix at West LA College

Mens 4: **John McKeen 1<sup>st</sup>**

Masters 45+: Jeff Moreton 7<sup>th</sup>

Masters 55+: Cully White 8<sup>th</sup>

Masters 60+: Dave Ward 2<sup>nd</sup>, Bob Dahlgren 3<sup>rd</sup>, Michael Edwards 6<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  
email: [patrick\\_nay@hotmail.com](mailto:patrick_nay@hotmail.com)  
*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.

## 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](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>

**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/>



Louis Garneau

<http://www.louisgarneau.com>

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**Yahoo! Groups Tips**

**Did you know...**  
Keep better tabs on your group. Use the new Yahoo! Groups email.

**Yahoo! 360°**

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

**Calendar**

Calendar

**July 2006**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Saguaro Velo Racing @ San Diego Velodrome SD Cyclo-Vets Omnium - 65+ crit 12a Cedars-Sinai Grand Prix 12p Open Training @ ADT Event Center	26 5p Madison & TT Practice @ Encino Velodrome 7p Open Training @ ADTEC	27 12p Open Training @ ADT 5p Sprint Training @ Encino Velodrome 7p Work Out @ ADT Center	28 5p Open Training @ Encino Velodrome 7p Open Training @ ADTEC	29 12p Open Training @ ADT 7p Work Out @ ADT Event Center	30 7p Open Training @ ADTEC	1 Tour de France 8a Montrose Ride 3p Race Sch 3p LA Velodrome Race
2 Tour de France La Mirada Grand Prix 12p Open Training @ ADT Event Center 2p Beginning Track Class @ Encino Velodrome	3 Tour de France 5p Madison & TT Practice @ Encino Velodrome 7p Open Training @ ADTEC	4 Tour de France 12p Open Training @ ADT 5p Sprint Training @ Encino Velodrome 7p Work Out @ ADT Center	5 USA Cycling Road Festival (National Championships) Tour de France 5p Open Training @ Encino Velodrome 7p Open Training @ ADTEC	6 USA Cycling Road Festival (National Championships) Tour de France 12p Open Training @ ADT 7p Work Out @ ADT Event Center	7 USA Cycling Road Festival (National Championships) Tour de France 7p Open Training @ ADTEC	8 USA Cycling Road Festival (National Championships) Tour de France 8a Montrose Ride 9a Piru 40 K 3p Race Sch
9 USA Cycling Road Festival (National Championships) Tour de France Ontario Grand Prix Dash for Cash Criterium 9a Piru 20 K TT 12p Open Training @ ADT Event Center	10 USA Cycling Road Festival (National Championships) Tour de France 5p Madison & TT Practice @ Encino Velodrome 7p Open Training @ ADTEC	11 USA Cycling Road Festival (National Championships) Tour de France 12p Open Training @ ADT 5p Sprint Training @ Encino Velodrome 7p Work Out @ ADT Center	12 Junior National Track Championships USA Cycling Road Festival (National Championships) Tour de France 5p Open Training @ Encino Velodrome 7p Open Training @ ADTEC	13 Junior National Track Championships USA Cycling Road Festival (National Championships) Tour de France 12p Open Training @ ADT 6p Meeting of the Board of Directors of PAA 6:30p USCF Racing at San Diego Velodrome 7p Work Out @ ADT Event Center 7:30p Monthly	14 Junior National Track Championships USA Cycling Road Festival (National Championships) Tour de France 7p Open Training @ ADTEC	15 Junior National Track Championships USA Cycling Road Festival (National Championships) Tour de France Cycle for Life Criterium 8a Montrose Ride 3p Race Sch 5p Velodrome Racing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
USA Cycling Road Festival (National Championships)	USA Cycling Road Festival (National Championships)	Tour de France	Tour de France	General Meeting of PAA	USA Cycling Mountain Bike National Championships	USA Cycling Mountain Bike National Championships
Tour de France	Tour de France	12p Open Training @ ADT	5p Open Training @ Encino Velodrome	Newsletter Inputs Due	USA Cycling Mountain Bike National Championships	USA Cycling Mountain Bike National Championships
San Marcos Crit	5p Madison & TT Practice @ Encino Velodrome	5p Sprint Training @ Encino Velodrome	7p Open Training @ ADTEC	USA Cycling Mountain Bike National Championships	Tour de France	SCNCA Master's Trac Champs - Sprints
12p Open Training @ ADT Event Center	7p Open Training @ ADTEC	7p Work Out @ ADT Center		Tour de France	7p Open Training @ ADTEC	Tour de France
				12p Open Training @ ADT		Tour de France
				7p Work Out @ ADT Event Center		CBR State T Championships
						8a Montrose Ride
						3p Race Sch
23	24	25	26	27	28	29
USA Cycling Mountain Bike National Championships	5p Madison & TT Practice @ Encino Velodrome	12p Open Training @ ADT	5p Open Training @ Encino Velodrome	12p Open Training @ ADT	7p Open Training @ ADTEC	Masters SCN Endurance Track Championsh
Sisquoc RR - Juniors	7p Open Training @ ADTEC	5p Sprint Training @ Encino Velodrome	7p Open Training @ ADTEC	6:30p USCF Racing at San Diego Velodrome		Arizona State Track Championsh @ San Diegc Velodrome
Tour de France		7p Work Out @ ADT Center		7p Work Out @ ADT Event Center		8a Montrose Ride
12p Open Training @ ADT Event Center						3p Race Sch
30	31	1	2	3	4	5
Paramount Criterium	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
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		3p Race Sch
		7p Work Out @ ADT Center				5p Velodrome Racing

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