



Bolletino di Bicicleta

January 2010

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Articles:

- Euromotor Gallery Page 1
- Sponsor Info Cycling Trivia Page 2
- Introduction to PAA Boardmembers Page 3
- Mountain Biking Page 4
- Track Page 5
- Your Bike Shop & Stream of Consciousness Page 6
- Cat 4/5 Team report Page 7
- Some Photos Page 8

The PAA Newsletter is Back

And I am the editor.

But I can't do it without you. Send me stories, blurbs, internet links, race reports, photos, ride descriptions, etc. and I will give you all the literary fame I can. Please!

Is there anyone out there who has considered volunteering to help make

PAA a better club but is not sure what to do? How about becoming my Cub Reporter? I can give you a range of interesting PAA assignments to follow up on – or you can follow your own leads.

Some of you have sent me stuff already that didn't

make it into this issue. I'll make room in future issues if possible; keep it coming!

E-mail me at newsletter@paacycling.org if this interests you at all.

- - Banner Moffat

Euromotor Gallery

It is on your jersey, but I bet you don't know what it is! Not many in PAA do, so read on:

Eddie Yeh is the owner and is one of our pocket sponsors for the second year. He is the guy you may have seen on a Colnago in the Montrose Ride who always has a big smile.

Eddie only started riding bikes in 2005 when a friend asked if he wanted to start riding with him. Eddie bought a \$200 bicycle on e-bay and rode it only once before realizing it was inadequate. Now he has 3 Colnagos!

Euromotors is a used car exporting business that buys high end European cars and ships them to China for sale. He just got a US dealer license so soon, if any PAA member wants a fancy used car, they can go to his shop on Rivergrade



Rd. just below the Montrose Ride Route and tucked between the 605 Fwy. and the San Gabriel River. Once his dealership is up and running, he will have a website which we will announce it to you all. His parking lot is filled with some nice Mercedes, Porches, Land Rovers and the like.

Eddie likes most any road ride (not mountain biking) and is a Montrose

regular. On Sunday he rides with a few friends and in the warmer months likes to do the occasional century ride.

So now you know! Eddie is a really nice guy, so if you see him don't be shy about introducing yourself and thanking him for his sponsorship.

Our Other Sponsors:

REMAX

Pete & Lisa Loeffler
peteloeffler@remax.net
 (Need to buy a house???)

Cannondale

John Fries
 818-848-8330
<http://cannondale.com/>
 (You know you want one)

Dr. John Gunnell, Oncology

Matt Gunnell
mgunnell@yahoo.com
 (Hope not, but...)

Bicycle Johns

John Fries
 818-848-8330
<http://www.bicyclejohns.com/about.htm>
 (PAA Discounts at the most competent bike shop around)

Positive Moves Coaching

Rick Babington
rbabington@ca.rr.com
 (Really professional coaching; really nice guy!)

Robert Shimasaki, DDS

Bob Shimasaki
 626-793-4185
<http://www.pasadena-cosmetic-dentist.com/>
 (One of the best dentist offices)

CalRad Electronics

Bob Shupper
<http://www.calrad.com/>
 (Check it out)

Tom Reilly Construction

Tom Reilly
tjr_la@pacbell.net
 (Need a contractor???)

Purely Custom

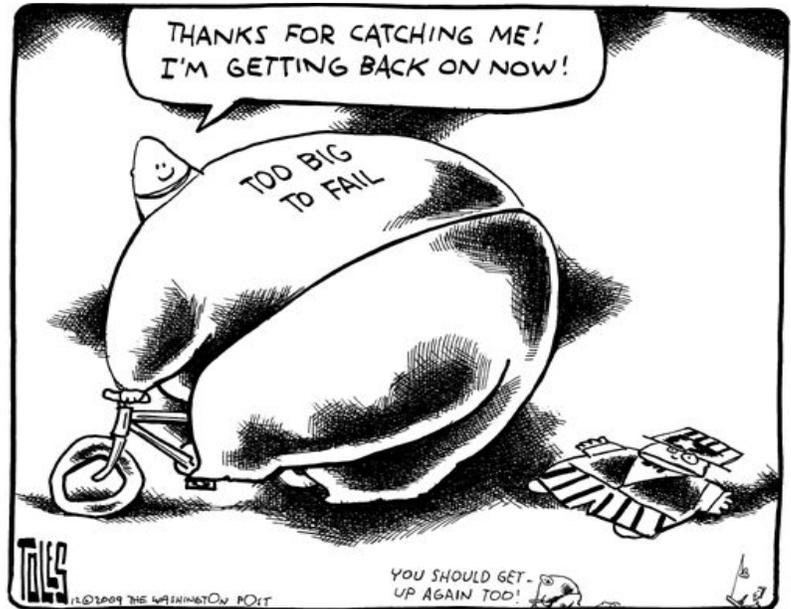
<http://www.purelycustom.com/>
 866-758-9696
 (Custom Engraved Billet Accessories; check out the site)



Captain Nor Jumping the Barricades.



Some PAA Sponsors past and present



75,065 Miles in 365 days?

And I thought I was cycling obsessed!

Trivia: Tommy Godwin

In 1939 Tommy Godwin set a **one-year record** by pedaling 75,065 miles, an average of 205.7 miles per day! Some of Godwin's story is told by frame builder Dave Moulton on

his well-crafted blog at: <http://davesbikeblog.squarespace.com>.

What did Godwin do at year's end? He rode 100,000 mi. in 500

days, another record. Both records still stand. Guinness won't recognize any attempts to break them, saying it would be too dangerous to try.

The 2010 Board of Directors

President:

Eddie Ramirez

Eddie has been involved with PAA for quite a few years and used to be Vice President when Matt Gunnell was president. Probably a surprising number of the 300 plus members would say Eddie was an influence in their joining PAA and in benefiting as much as possible from the club.

Vice President:

Banner Moffat

This will be my 4th year as a Board Member. I was Membership Coordinator for a few years, did PAA Clothing last year and now I am taking charge of the newsletter. I love mountain biking and have tried to encourage PAA members to ride dirt. I've had fun photographing team mates at races too.

Treasurer:

Jim Small

Jim has been an invaluable fixture on the PAA Board for quite awhile and takes care of many of the details of the PAA budget that would make most of our eyes roll back in our head. He has also helped organize charities for the team to contribute to which is one of our purposes as a team.

Secretary:

Johanna Tokunaga

Johanna has amazed most of us with how eager and willing she is to volunteer to help get anything that needs to be done, done. Whether it is making sandwiches for some racers between races or keeping track of what we discuss at Board Meetings, she is always cheerful and helpful. She will also be organizing PAA social and charity activities.

Board Member:

Aaron Tuchfeld

Aaron has been a Board Member for years and has been a vital part of the 4/5 racing team and more recently the Cat1,2 & 3 Masters racing team. He is in charge of getting and organizing product deals for team members.

New Board Member:

Andres di Stefano

Andres is a new Board Member, but his spouse Cici just stepped down and so perhaps we can consider him her replacement. (In an ideal world the By-Laws would require every Board Member to find a replacement of equal or better quality before stepping down!) Andres is our Sponsorship Liaison.

Board Member:

Corey Keizer

Corey was President last year and is staying on the board so he can continue to help out and stay involved. He has long been active with cycling advocacy and with cyclist rights and likes to ride long distances. I think he has shown up at Board Meetings on his bike more than any other Board Member. He is going to be promoting PAA races in the coming year and helping Captain the 4/5 team.

New Board Member:

Dave Bianco

"Big Dave" (because he is taller than your average human) is a quiet, helpful and intelligent cyclist. As one of the enthusiastic Cat 4 team racers, he was purely a road rider, but then, low and behold, he recently raced a mountain bike in a 12 hour race – solo!. Dave is taking charge of some of PAA's computer and internet needs plus he is helping with Membership duties.

Board Member:

Nor Oropez

Nor is returning for his second year on the Board. In addition to road riding, cycling advocacy, cyclocross and more, he is Captain of the mountain biking team and has done more than anyone to generate enthusiasm for mountain biking. Last year he was Membership Coordinator and will help Dave with that but also he will be organizing our monthly Team Meeting Presentations.

Board Member:

Rick Babbington

Coach Rick has been a Board Member for several years and has also been our Team Coach for as long. He is a very experienced professional cycling coach, has been involved with para-olympics and other sport related causes. He coaches and organizes our official PAA Supported rides and clinics, plus he fields general training questions from many members. He is also one of our pocket sponsors.

Board Member:

Sue Thompson

Sue has gradually become more involved in helping organize the club at the same time she has turned into a very speedy racer on all sorts of bikes; road, mountain and cyclocross. She has always helped encourage women in the sport and is one reason we have a better ratio of women than we used to. Sue is returning as Board Member and will continue to distribute clothing, will organize mountain biking clinics and seminars and may help Corey with race promotion.



New Years Eve (Devin A., Pete L., Eddie R., Dave T., Chris G., Alfredo C.)



The Keith Bontrager Ride (George, Nick, Fritz, Matt and Keith shown. Banner and Bob Llamas out of sight)

What Will YOU Be Riding? - Captain Nor, Mtn.Bike Team Captain

It's a question most of us has face each morning: Which bike will I be riding today? For some the answer is simple – the one with air in the tires. Others will choose depending on mood: Steel or Carbon? And still more folk look to function: Montrose Ride – road bike; grass or fireroad & pavement – CX; The beaten path – MTB.



Proof that Bob Llamas rides mountain bikes (and he's pretty good!)

For those choosing the beaten path more often... **Welcome to the PAA MTB Team!** Last year the team placed 2nd in the

Team Big Bear Series. Getting on that top podium position in 2010 will be tough but not impossible. PAA has the strength and numbers to compete – we just need your participation. Come travel with us and have a rockn' good time in the dirt!

For the endurance MTB junkie – **12 Hours of Temecula** has been the race and party to attend. The November race has become a PAA tradition and I am already jazzed about November 13, 2010.

Another endurance event to look forward to is the **Rwanda Project 50 mile MTB ride.**

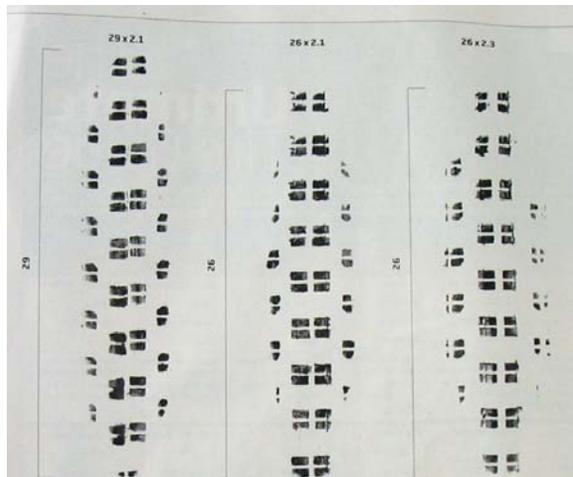
This ride is quickly building interest and looks to have high participation numbers from PAA.

The **Sea Otter Classic**, April 15-18, should be a destination for all types of racers and any cycling enthusiasts. Even if you are not planning to race, this is an incredible event for the spectator.

Start marking your calendars. For dates go to teambigbear.com, 12hoursoftemecula.com, seaotterclassic.com, and 50mileride.com.

Please contact me at noropez@prodigy.net for any questions.

29 Inch Mountain Bike Wheels - One Reason



Shown are three mountain biking contact patches:

- a 29 inch 2.1 tire
- a 26 inch 2.1 tire
- a 26 inch 2.3 tire

A 2.1" 29 in. tire has more contact than a 2.3" 26 in. tire which makes a noticeable difference in traction.

Traction is good!

(photo courtesy of Mountain Biking Magazine)

Go Fast, Turn Left !



PAA's own Al Nash time trialing on the track.

Track riding and racing can seem intimidating at first with high speeds, no brakes and steeply banked turns. However, like any other discipline, once you gain a bit of experience, it becomes second nature.

We are fortunate to have two local track venues: The Encino Velodrome and the enclosed LA Velodrome at the Home Depot Center in Carson. No other region in the country has this many track facilities within easy reach.

Keira Dooly and Scott Lelieur will lead PAA's track team this year. Their goal is simply to promote awareness and provide opportunities for PAA members at the track.

Regardless of whether you race road, mountain bike, cyclocross or just tear it up on club rides, there is no better way to gain fitness and improve cycling form than by attending structured interval sessions at a velodrome.

The 2010 season is now upon us. The Encino Velodrome (directed by our ex-president, Al Nash) has regular weekly training sessions to polish technique and gain fitness. Encino will hold the always popular Bob Hansing race series as well as some low key time trial races.

(www.encinovelodrome.org)

Encino also has Ladies Only Track Sessions (LOTS) with monthly ladies only new rider certification.

"LOTS" classes have introduced hundreds of women to the thrill of track cycling.

(<http://zippydsnail.blogspot.com>)

The enclosed LA Velodrome in Carson is a world class facility that requires riders be certified prior to using the facility. **(See your golden opportunity below!)** There will be over 15 racing events during the season at the LA Velodrome.

www.lavelodrome.com

If you have any questions about upcoming events or about how to get involved in track riding, feel free to contact either Scott (trackstar65@gmail.com) or Keira (velovenus@gmail.com).

PAA Track Day

Your Golden Opportunity!

Normally track certification might cost you @ \$65. PAA wants you to try this out so we will cover your introduction and certification.

**PAA TRACK DAY:
Sunday, February 21, 2010**

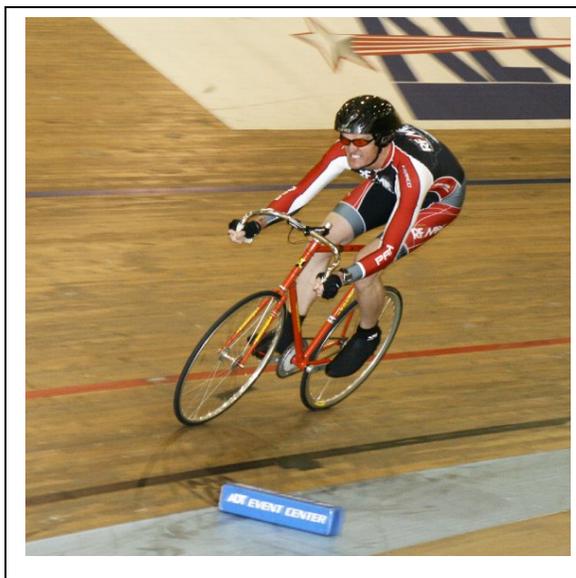
When: 11:30 a.m. - 1:30 p.m.
(Arrive 30 minutes early to sign a waiver and to get geared up.)

Where: LA Velodrome, Home Depot Center, Carson, CA.
<http://lavelodrome.org>

Cost: FREE for PAA Members! (Includes bike rental & track certification)

What to Bring: helmet, shoes & pedals

RSVP: (Space is limited!)
Scott Lelieur,



trackstar65@gmail.com

Sign up now to attend PAA Track Day where you will learn about the basics of track riding, take some spins on the track (free rental bikes are included with this session), and become certified to

ride at the LA Velodrome for training rides and races. Just bring yourself, your helmet, shoes and pedals.



➡ This is Your Bike Shop

Bicycle Johns

1038 N. Hollywood Wy.

In Burbank near Magnolia Blvd.

(818) 848-8330

Floor to ceiling bikes! Check it out. Go get your PAA discount!

Saturday Morning Stream of Consciousness – The Montrose Ride

- By Banner Moffat

Alarm goes off. Time to go to work? Wait a second, it's Saturday - The Montrose Ride! Do I need arm warmers? Little chilly; I'll go with leggings and just a jacket. It'll probably warm up. Bowl of granola and a cup of tea as usual. 110 pounds of air in tires. One bottle of water plus a bottle with my secret weapon - peach snapple - nothing like a little caffeine late in the loop to help me push up Bradbury and Grandview. \$20 for burritos on the way home; One for me - one for Lisa. Ready... wait... another dump? Well good maybe that means a faster ride!

Cruising into the morning sun to Descanso. How many years have I been doing this? 15? I wish it was warmer. I suppose in a few weeks I'll be wishing it was cooler. I can feel yesterday's mountain biking in my legs. (Had to exercise the dogs) Maybe it'll work itself out. There's a group heading west. Must be going to Big T. Medium sized crowd in Descanso today @ 30. Some of these guys have been doing this ride 25 years. A few faces I don't recognize. Good to see Morten, Aaron, Ryan.

I'll take a leak in the bushes before we go. Oh no, they're leaving! Scott told them to wait for me. Gotta pee in a hurry. Which is more stressful at my age: trying to catch the pack if they leave without me or trying to pee in a hurry?

Here we go. Chilly! I should have worn arm warmers. Watch out for those joggers. Who is pushing the pace up there? Already! That guy in red is riding too aggressively. He must have had too much caffeine for breakfast. The pack is growing. There's Dorothy. Come on, Justin! You picked a speedy moment to jump into the pack. Probably 40 of us now. Single file and stretched out along Arroyo. Racing season must be here! This is hard, but single file is safer on these curves.

Whoa! That guy in red rubbed wheels. He's going down. Veer away. Remember what happened last year: a crash can be 15 feet on the other side of the pack and still come get you! Look: he's going into the bushes. He's going down. At least he scrubbed his speed in the bushes before he went down. Nobody's stopping. Either he's okay or they don't like him.

Big crowd at Trader Joes. More at Huntington. We're around 200 now. Who needs Critical Mass Rides when you have The Montrose Ride? A Saturday ride with 200 of my best bike buddies! I wonder if I've spoken with half of them over the years?

That light is going to turn green just as we get to it. Don't unclip. *Let the car go, you fools!* What is so hard about the concept of letting cars go first, anyway? Someone should make them write an essay: "Why You Should Let Cars Go First at Stop Lights".

The legs are feeling better. I think I'll go long today. Now I'm hot. Need a red light to get this jacket off. Glad I didn't wear arm warmers.

There's Jeff. He looks so aero. There's James as always. I think this ride is a religious observance for him. Only two or three women today. Karen is looking strong. Must be fun to be faster than the 180 men behind her in the pack, including the macho ones. There's that guy who always hangs his tongue out when we go fast. Must have been a dog in his last life. There's "wheezy", I can hear him behind me, anyway.

Whoa! Hold your line, buddy! We have lots of road here; no reason to crowd anyone. Quit riding like a beginner, even if you are one. I gotta get around this guy, he's squirrely. I'll get behind Alan for awhile. That's better. Alan won't do anything stupid. Now I can relax – a little.

That light is hardly ever green. We're really cooking today. Good thing Alfredo didn't come. It would be a tough day for a first timer. Wow, another green light. Don't know how long I can keep up this pace. Pretty sure I'm fit enough that if I get dropped, I'll still have people to ride with. Car up. Stop sign. Slowing. My heart is saying, "go-short, go-short go-short, go-short."

When are they ever going to finish this road repair? There will be cones up there somewhere. Watch out for that hole that on the right side. Yipes! The cones! Why didn't someone call them out? Remember when there were about 20 cones in a long row and some guy crashed into the last one and went down?

(Continued next page)

Saturday Morning Stream of Consciousness (Continued)

That light is a quick one and will turn green. The pack don't realize they don't need to slow down. Voila, I'm at the front. If only road races had stop lights which I could memorize, I'd be a contender! At least I can say I pulled the pack once today. I'll try to do another before it's over; for my self-esteem.

Now I'm pooped from pulling. Did the pack speed up after my pull? Dropping through the pack like a brick. Not so good for my self-esteem. There's Alan. He always says "come on Banner" when he sees me struggling. It helps, even if it's just a few words when what I really need is a few muscles. Okay, keeping up now. Not far from the caboose, though.

Red light. Phew! I needed that. Public Works to the rescue. Time to decide: Long or short? Big crowd going long today. I ought to go long but... It's not like I signed any agreements. Just too tired. Don't want to get dropped; I'm going short.

The pack is going easier, I should move up while I can. Random holes coming up. At this speed, I think I can get away with riding alongside the pack where I can see the holes even if it is windy out here. Maybe I should have gone long. More road work? You know it needed repair when it's smoother after they grind it down and haven't even re-paved it yet.

Slowing a bit on this grade. I'm feeling okay now; I'll move up. Only a few ahead of me; I may have to pull. That guy is getting gapped. He's a Cat 2! What's his excuse? I'll see if I can close the gap. I can only push this hard for so long. Gap is shrinking. They are slowing at the stop sign; caught them. Groupo Compacto!

Through the dog leg. Time to breath deep. Get a little extra oxygen in my blood for Bradbury Hill. There are more people behind me than in front of me so I should be okay. Climb! Holding my position. Passing a few. Wow, look at how fast those two are going up the hill! Getting passed by a few more. Tight squeeze there. Got to keep pushing across the top or there'll be a gap. Just passed one of those super fast climbers! Must have tuckered himself out sprinting up hill.

Car on the left. Remember when the guy pedal-planted on this turn and slid under a stopped car at the stop sign?

Haven't seen the police here lately. Maybe they gave up on us scofflaws. Coming into the final leg. Feeling okay. Should have gone long. Another green light. Someone up there is pushing the pace so we're all stretched out on the downhill. Another green! Climbing fast today. Watch that crack in the cement.

Why do my legs cramp every time we get to the turn at Ralphs? Good thing I didn't go long! The pack is slowing before the final climb. Don't get suckered into pulling now. Watch out for anyone turning left here. Time to use the small chainring for the first time. Pace is not too bad - so far.

Last climb. I know how long it is so just ignore those guys in front. Just go as hard as I can maintain. Maybe I'll catch them, maybe I won't. Oh good, some guys are sitting up. How many are left up there? Hey, I'm top 10 (barely), but I can hear someone behind me. He's coming around. I can't match that pace but at least he's a team mate. What's his name? Can't remember.

Here comes someone else. I'll get on his wheel. This I can do. Hey he's sitting up. See ya. Maybe top 10; as good as I can expect. Should have gone long.

Big crowd in Sierra Madre. Hey there's Fernando. Seems like half the people here are PAA. There's the guy who crashed in the bushes earlier. He's okay, but I can see a hole in his jersey. Full stop at all stop signs. Foot down to be safe. The Sierra Madre police keep the city safe from cyclists, I guess.

11 miles to home. There's still something left in my legs. No death march home this time, like some days. Wait till it's 100 degrees in a few months. Remember when I was young and strong enough to climb Angeles Crest on my way home? Those were the days.

There are still kumquats on that tree. Pull over to poach a few since they are going to waste and kumquats taste so good when you are thirsty!

Into the Baja Fresh parking lot. 2 chicken burritos to go; a perfect fit in my pouches. A warm burrito in your pouches on the last mile of a long ride is a good feeling. I feel my couch calling to me. A shower, lunch and then a nap sounds good!

Word from the Cat. 4/5 team:

Hello all,

My name is Rudy Melendez. Some of you may already know me as "mtn lvin". I have been encouraged to step up & lead the cat 4/5 race team in 2010. We are currently in the process of identifying

our racers and Corey Keizer will be a co-captain. Together we will be naming our race team ambassadors in:

- Criterium
- Road
- Stage races
- Track

(Continued on next page)



Rudy flying through a cyclocross course.



E-Mail: banner Moffat@earthlink.net

Word from Cat 4/5 Team

(Continued)

The 4/5 race team goals are simple:
- win races in road, track & cx (even mountain)
- raise awareness for our sponsors
- build PAA membership strong

I would like to welcome all new members & if you plan

to race Cat 4 or Cat 5 lets hear form you. The 4/5 Team has already started raising the bar, and if you think you got what it takes... join us as we kick off the season. Please email me directly:
rudy_melendez@alumni.ute xas.net

The 4/5 race team will

need your support!
Thank you in advance for helping us get it done in 2010...
Be safe, be smart, be fast...

- mtn lyin



Sue T. holding off the competition!



Keith Bontrager talking about the industry and products at the Team Meeting

What If...

This year, Brett Farve were to have won the Superbowl and Lance Armstrong were to win the Tour de France? A good feeling by aging athletes of all types worldwide?



Well into one of Nor's "Sandwich Rides"

