

# *IE Bikes Racing Newsletter*

## *July/August 2005*

### ***Weekday Training Rides:***

***Tuesday Night Criterium Training:*** As the race season starts to wind down the Tuesday night crit. rides are attracting many new faces. In fact, a local photographer was out taking pictures on Tuesday, July 19<sup>th</sup>. Click the following link to see CA State Champion Jim Stark and team manager Ernie Sanchez dismantle the pack with a breakaway that nearly lapped the rest of the field: <http://rexr.com/bicycles/>. So be sure to join us every Tuesday evening from 6:00 to 7:00 p.m. at the intersection of Diaz Road and Remington Ave. for an intense hour of criterium training and tactics. The 1.5 mile, 4 corner course climbs on one side and descends on the other. When the wind kicks up the quads really start burning! As always, bring a friend.

***Thursday Night Road Rides:*** For a longer but more relaxed road ride, come on out every Thursday evening for the ride up to and around La Cresta. The group usually meets at the intersection of Clinton Keith and Palomar Roads and 6:00 to 6:05 p.m. The steady climb up Clinton Keith is enough to get the lungs working and the short, but steep, climb up Tenaja Rd. will definitely get the heart pumping. You realize all this climbing was well worth it when you are in the tucked position going 50 m.p.h. down Avenida La Cresta on your way back! Combining these two evening training rides with the long Saturday morning group rides will keep even the seasoned Master/Senior rider in race shape! Watch for posts on the IE Bikes Racing Forum for any other weekday rides that are organized by team members!

### ***Weekend Group Rides:***

***Saturday Mornings:*** Summertime means an earlier start to the Saturday group rides. We meet at the IE Bikes shop parking lot on the corner of Los Alamos Rd. and Murrieta Gateway at 7:00 a.m. and hit the road at 7:05 - 7:10 sharp (or whenever the ride leader feels like he's ready to lead us out). We usually have an "A-group" and a "B-group" that ride together until the racers from the A-group start cranking

it up! These Saturday rides are great for getting in some miles, working as part of a pace line, increasing your hill-climb fitness and getting in some sprint work as the rides reach the turn around points. Riders of all ages and abilities are welcome as well as mountain bikers looking for some cross-training or triathletes looking to shave seconds off their time-trial PRs. The following rides will finish out the month of July: **Couser Canyon (Reversed) – July 23<sup>rd</sup>** and **Daily Road – July 30<sup>th</sup>**. These two rides have some of the toughest climbs we do! For detailed route directions for these remaining July group rides, click the following link: <http://iebikesracing.org/road/satsched.htm>. If you have some favorite rides that you would like to have added to the list of Saturday group rides, post them on the forum c/o Tom Hall or e-mail them to me at [teampruett@adelphia.net](mailto:teampruett@adelphia.net) and we will give them a try!

**Sunday Mornings:** For those you really wanting to get the miles in or if you have to miss a Saturday morning ride, Martin Wildgoose has organized Sunday morning group rides that are open to everyone. The meeting time is 7:00 a.m. at the Old Pacific Coffee Co. on the corner of Margarita and Hwy 79 South in Redhawk. For a list of the current ride routes use the following link: <http://iebikesracing.org/road/sunsched.html> Thanks Martin!!

## **Gearing Up for the State Championships:**

With the end of the 2005 race season approaching, all eyes are set on the CBR State Criterium Championships, August 6<sup>th</sup>, in Rancho Dominguez. The course is a .9 mile loop (4 right-hand corners) with a slight rise to the finish. The IE Bikes Racing team will be looking to bring home several State Champ jerseys. Be sure to coordinate with team members if you plan on racing. It will take a team effort to reach the top of the podium!

## **Upcoming Races:**

Racing season is coming to an end! The following is a schedule of selected races in the area. If you plan on racing be sure to coordinate with fellow team members and post it on the IE Bikes Forum.

- **LA Wings Criterium:** July 24<sup>th</sup> – Long Beach

- *Velo Allegro UPS Criterium: July 31<sup>st</sup> – Long Beach*
- *CBR State Championships Criterium: August 6<sup>th</sup> – Rancho Dominguez*
- *West LA College Circuit: August 7<sup>th</sup> – West LA*
- *Manhattan Beach Criterium: August 14<sup>th</sup> – Manhattan Beach*

For a complete schedule of racing events check out [SoCalCycling's Website!](#)

## **Recent 1<sup>st</sup> Place Results:**

*Several of our IE Bikes Racing teammates have been showing up at the tops of podiums with some phenomenal efforts. Be sure to congratulate them on the next ride:*

- ***Jim Stark – CAT 3:** Barrio Logan Criterium Championships, Ontario Spring Classic Grand Prix, Ontario Mid Season Criterium, San Diego Cyclo-Vets Omnium, Tour de Utah Criterium and the USCF Criterium Championships. With these first place results and a handful of other top 10 finishes, Jim Stark is now the 2005 USCF CAT 3 State Champion. And with this honor he has now been upgraded to CAT 2. He will now join Jorge Alvarado and Michael Stroud in the Pro-1-2 categories to do battle with the “big boys.” Congratulations Jim!*
- ***Ed Sibby – CAT 5:** Cliff Bar/Cliff Shot Criterium, CBR “Ride it Like You Stole it Criterium” Ed, also, has had several other impressive results earning him his upgrade to CAT 4. Way to go, Ed!*
- ***Cal Pools and Spas/IE Bikes Racing Ten-man Corporate Team:** 24 Hours of Adrenaline Mountain Bike Race in Idyllwild, CA.*
- ***Robert Ramirez – CAT 3:** Madera Stage Race (Criterium), Ontario Crit. #4, Semena Nautica Critreium*
- ***Rodolfo Vitela – Master Especial:** VI Vuelta Ciclista Mazatlan 2005, Santa Barbara Criterium 50+*
- ***Peter D’Aquanni – CAT 5:** Tour of Murrieta (Criterium)*

## ***Tips for the Novice: Dealing with the tough hill climbs***

### ***ROAD CLIMBING***

*If hills intimidate you, or are your weak link, take it easy. Go 5–10% easier than you think you need to. Conserve. You can always pick it up later. If you are a great hill climber, the opposite strategy may hold. You obtain an overall better time by working a little harder on the hills.*

*Use the right gears and shift early to balance the work of your muscles and aerobic system. New riders frequently use their muscles until they cannot push any more. When their legs bog down, they shift to an easier gear -- if they have one. However, by then it may be too late. The muscles may be exhausted and unable to continue, even in a "bail-out" or super-easy gear.*

*It is a much better strategy to shift early to easier gears. Save your legs. If you find that you are going well, you can always shift to a harder gear later.*

*Many riders do not have "easy" enough gears to allow them to climb comfortably. If a top pro rider can climb twice as fast as you can and uses a 21-cog, maybe you should have a 42-cog! There is no shame and there is a lot of sense in having a triple-chainring setup.*

*As for body position, being bent over in the drops is the efficient way to fly along on level ground. However, hills are different. There is much less aerodynamic resistance. You get the most power sitting up as high as you can. Open up the hips. Place your hands on the tops of the handlebar -- that is where they generally belong. Most riders do better by pushing back on the saddle and pushing forward with the legs, rather than down.*

Arnie Baker, M.D.  
Skills Training for Cyclists, 1995  
RoadBikeRider.com Newsletter  
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### ***RIDE AT YOUR PACE ON LONG CLIMBS***

*We've seen it time and again in this year's Tour de France. Someone hits the accelerator during an arduous ascending section of the Alps or Pyrenees. Many riders*

*behind respond by doing almost nothing. They put their heads down and soldier on, raising their pace only slightly if at all.*

*Several minutes later, they're back in contact with the guy who gave it a go. Or they've stayed close enough to catch him on the descent.*

*This stoic response is a great lesson for all of us. You don't have to be racing to benefit from the wisdom of climbing at your pace instead of a faster speed imposed on you.*

*Trying to jump with a stronger climber is likely to take you to a perilous place that lies beyond your lactate threshold (formerly called the anaerobic threshold). When that happens, deep-but-controlled breathing turns to panting and gasping. Quads burn. You go through muscle fuel (glycogen) like a Hummer goes through gasoline.*

*Very soon, you must slow down. You can't maintain the pace and, worse, this excursion past LT sets you up for a difficult remainder of the ride even if the terrain turns mellow, but especially if it's hilly.*

*The solution is simple: When pushed, climb with an effort no higher than you'd rate 8-8.5 on a scale of 10. If that's not fast enough to match the strongest riders in the group, let them go. Minimize the deficit by staying steady and using your energy to roll back to them as they tire or when the hill ends.*

*Remember the climbing rule of long-distance specialist **Pete Penseyres**, who owns the fastest average speed ever recorded in the Race Across America, an event that includes more than 100,000 feet of vertical gain: "Never go anaerobic."*

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## ***Just for Fun:***

### ***You Know You're Addicted To Cycling When...***

*10. Your surgeon tells you that you need a heart valve replacement and you ask if you have a choice between Presta and Schrader.*

9. *You can watch every minute of every stage of the Tour and still get withdrawal symptoms when it's over.*
8. *A Power Bar starts tasting better than a Snickers.*
7. *The colorful lycra/spandex shorts your significant other finds in your glove compartment really do belong to you and not the cute spin instructor at the gym.*
6. *You wear your heart monitor to bed to make sure you stay within your target zone during any extracurricular activities.*
5. *The funeral director tells you "NO!" you can't ride your team issue in the funeral procession, even if you keep your headlight on.*
4. *You actually start liking the smell of your riding gloves.*
3. *You're too tired for hanky-panky on a Friday night but pump out a five-hour century on Saturday.*
2. *Your wife tells you the only way she'll let you ride across the country is over her dead body and you tell her, "If that's the case, I'll be sure to point you out to the paceline behind me!"*

*AND the number-one reason you know you're addicted to bicycling...*

1. *You no longer require a hankie to blow your nose.*

***Thanks for reading and safe riding!***