



## Newsletter June/July 2005



### **Weekday Training Rides:**

**Tuesday Night Criterium Training:** *The "June Gloom" is finally burning off allowing the temperatures rise meaning the Tuesday night crit. rides are as hot as ever! With the likes of Jim Stark, Amon Pease and Ben Bradshaw leading the way, there is always a group out in front for the pack to chase. 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 yet still intense 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 June: La Cresta with an optional Elsinore Peak – June 25<sup>th</sup>. For detailed route directions for these remaining June group rides, click the following link: <http://iebikesracing.org/road/satsched.pdf>. 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!!



### **Riders Headed for Nationals:**

Several of our riders will be headed for Park City, Utah at the end of June to compete in the USCF National Road Race Championships. Ben Bradshaw will race in the Junior Nationals and Ernie Sanchez will do battle in the Masters National Championships. This 11-day racing extravaganza features Elite, Masters, U-23 and Junior National Road Championships for both men and women showcasing the top riders and teams from across the United States. Keep watching the IE Bikes Racing Forum for results. “Go Big” Ben and Ernie flying the IE Bikes Racing colors!



### **Upcoming Races:**

*Racing season is in full swing! 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.*

- *USCF National Road Race Championships: June 20<sup>th</sup> thru July 1<sup>st</sup> – Park City, Utah*
- *CBR Anger Management Criterium: June 26<sup>th</sup> – Rancho Dominguez*
- *Paramount Criterium: July 3<sup>rd</sup>*
- *Ontario Criterium #4: July 10<sup>th</sup> – Ontario (1.2 mile Grand Prix Course)*
- *San Marcos Criterium: July 17<sup>th</sup> – San Marcos*

*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)*
- *Rudolfo Vitela – Master Especial: VI Vuelta Ciclista Mazatlan 2005*
- *Peter D'Aquanni – CAT 5: Tour of Murrieta (Criterium)*



## *Tips for the Novice:*

*Protect other riders when you stand to climb.*

*When you're in a group or paceline and another rider is following closely, how you stand on a hill is very important. Do it wrong and the poor guy behind might suddenly be munching asphalt.*

*The problem is the brief deceleration that can occur as you change from sitting to standing. We say "can" because it doesn't have to happen.*

*Relative to other riders, this deceleration has the effect of sending your bike backwards. If it causes a rider's front wheel to hit your rear wheel, you'll feel a bump but he could lose control. This is a major cause of crashes.*

*To do it right:*

*---Stand smoothly as one foot begins its downward power stroke. Don't lunge, but don't back off, either. Keep your effort constant.*

*---As you come off the saddle, push your hands forward a bit. This helps ensure that the bike won't lose ground.*

*---When returning to the saddle, continue pedaling evenly and again push your hands forward to counteract any deceleration. This little move gains several inches and puts the seat right under you.*

*Practice your technique with a friend during a training ride. He or she can ride behind and let you know when you've got the hang to it. That's when the gap between his/her front wheel and your rear wheel doesn't shrink each time you stand or sit.*

*If you're unsure of your technique or what's happening immediately behind, you can announce "Standing!" a couple of pedal strokes before you do. That's a courtesy that gives everyone near you a chance to fend for themselves.*

*Tip! When climbing behind someone, don't let that rider do unto you with bad standing technique. Stay one wheel length back and several inches to the side. Then even the most unskilled stander won't accidentally knock you down.*

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

### ***Border Crossing***

*A man on a bike, carrying two sacks on his shoulders, was stopped by a guard while crossing the US-Mexican border.*

*"What's in the bags?" asked the Boarder Patrol agent.*

*"Sand," the cyclist replied.*

*"Get them off. We need to take a look."*

*The guard emptied the bags and found out they contained nothing but sand. The man reloaded his bags and continued across the border. A week later, the same man was crossing again with two more bags. The guard demanded to see them, and again they contained nothing but sand. This continued every week for six months, until one day the cyclist failed to appear.*

*A few days later, that same Boarder Patrol agent ran into the cyclist in the city.*

*"Hey, where have you been?" the agent asked. "You sure had us wondering! We knew you were smuggling something across the border. So tell me and I won't say a word. What was it?"*

*The man smiled and told him the truth. "Bicycles!"*