

IE Bikes Racing Newsletter

November/December 2005

Christmas in November!!

*The new Tarmac Pros have arrived! For those of you who ordered team bikes at the last team meeting, the wait is over. As a matter of fact, there was not much of a wait at all. It took only a few days for them to arrive. Many thanks go out to **Specialized** representative **Eric Woods** for handling the orders, team manager **Ernie Sanchez** for getting us the deal, and **Matt Barringer** from **IE Bikes** for putting the bikes together. It did not take long for people to notice the deep sapphire blue carbon shimmering at the front of the pack on the last several group rides. All who were riding them commented on the smooth as silk ride, the awesome cornering, and the responsiveness when accelerating. It will only be a matter of time before we begin seeing these machines taking podium spots at the races!*

Team Updates:

Once again, our team is growing. As of this writing, we have 58 riders signed up for the 2006 season. We are also seeing many new faces on Tuesday night's crits. and on the Saturday morning group rides. This means we should have over 60 team members to start the new season! I will

try to have a team roster with rider categories posted for the January newsletter.

*IE Bikes' CAT 2 team, lead by captain **Tim Coleman** and featuring last year's CAT 3 State Champion **Jim Stark**, Junior Sensation **Ben Bradshaw**, Pro Mtn. Bike Racers **Amon Pease & Chuck Jenkins**, Redlands Classic race finisher **Sean Schawnz**, **Robert Ramirez** and **Jorge Alvarado**, have been invited to the 2006 Redlands Classic Stage Race. This is the premier stage race in California, bringing some of the top riders from the top teams around. The Classic consists of a short, but tough 5k hill climb up Mt. Rubidoux, a tight and fast criterium in downtown Redlands and several grueling road races through the Inland Empire. Last year's race was featured on OLN! Look for Team IE Bikes to make an impressive debut March 22-26 (date pending) at the Redlands Classic.*

The CAT 2 team has begun winter training rides. The team will meet with the other team members on the Saturday group rides and then break off for their own workout. If you are a CAT 2 team member, be sure to contact Tim

Coleman for more information on team training rides.

Observatory, return to Henshaw store back down the East Grade.

Training Camp:

Tom Hall has done it again!! He has organized the 2nd annual Team IE Bikes Training Camp. The date for the camp is January 27th, 28th and 29th in Borrego Springs. If you were able to attend last year's camp you remember how much fun it was and how tough that 2nd day was. This year, the team has reserved 2 large rooms that available on a first paid, first served basis. If you know you will be going to the camp coordinate with fellow team members to get your room. All of the specific details for this 3-day endeavor are posted on the Road Team's forum. Here's a quick summary:

Day 1 – Jan. 27th (Start Time: 10:00 a.m.):
Flat day – Borrego Springs to the Salton Sea and back.

Day 2 – Jan. 28th (Start Time: 9:00 a.m.):
Long climbing day – Borrego, Yaqui Pass, to Mount Laguna and back. There may be some issues with snow on Mt. Laguna. If you want to cut your ride short today eliminate the Mt Laguna portion by turning around in Julian. This means you will be cooking, shopping, etc. for the BBQ.

Day 3 – Jan. 29th (Start Time: 9:00 a.m.):
Climbing day – Leave Borrego @ 8AM. Drive to parking lot @ Lake Henshaw on Hwy. 76. Climb back side/East Grade of Palomar, regroup at Palomar store, ride to the

Tour de Murrieta:

The dates for the 2006 Tour de Murrieta Criterium & Circuit Race have been announced and been added to the Velo News calendar! March 11–12 are the dates . . . Downtown Murrieta is the venue . . . so be sure to save this date because, as you know, it will once again take a total team effort to pull this off. If you were with us last season, you know what we're talking about! We will need the help from all team members for duties such as registration set up, media relations, volunteer coordination, getting/contacting sponsors for primes, etc. More details will be given as the date draws closer. Team IE Bikes, once again, will put on a first class event . . . be sure to make yourself a part of it!

Off-Season Training Rides:

The off-season brings on shorter, colder, and sometimes wetter days, but the training continues. Because it's the off-season, however, we usually ride at a more moderate pace than we do in mid-season. Most of us will do an occasional sprint here and there or a few hard efforts to finish a climb, but not much beyond that. So to all of the hammerheads out there...Let's take it easy for the next few months to rebuild our base fitness and to recover from last season before we hit training camp next

year! The following is a summary of the training rides for the remainder of the month:

Saturday Morning Group Rides: The group meets every Saturday morning at IE Bikes, located at the corner of Los Alamos Rd. and Murrieta Gateway. During these winter months we have a ride start time of 8:00 a.m.

- **Saturday, December 10th:** *La Cresta with Elsinore Peak Option*
- **Saturday, December 17th:** *Domenigoni Parkway with Sage Road Option*
- **Saturday, December 24th:** *Couser Canyon via Rice Canyon*
- **Saturday, December 31st:** *Tom's Farms*

All of these rides offer some climbing, some long & fast downhill sections, some flat sections to form pace lines and some of the most scenic roads in the Southwest. See you there!

Sunday Morning Group Rides: The Sunday group meets at Old Pacific Coffee CO. in the Redhawk area of Temecula at the corner of Margarita and Hwy. 79 at 8:00 a.m.

- **Sunday, December 11th:** *Domenigoni Drag strip*

- **Sunday, December 18th:** *Beautiful Bonsall*

- **Monday, December 26th** (Note: this is a Monday ride due to Christmas on Sunday): *San Luis Rey River Drag strip*

For detailed route directions for all of these weekend rides, click on the "Rides" link at the top of this page.

Tuesday Night Crit Practice: Every Tuesday evening from 6:00 to 7:00 p.m. riders from many different teams, and of different ages and abilities get together at the corner of Diaz Road and Remington Ave. in Temecula for an hour of intense training. As stated before, the winter rides are bit tamer than those in the summer. But the workouts are just as beneficial. It is recommended that lights are used for safety purposes. And be sure to bring your arm and leg warmers for those cold nights!

Tips for the Novice:

Save energy in a fast group.

Going fast isn't just about the amount of wattage you can produce. In a group ride, technique counts at least as much as sheer power and fitness because drafting plays such an important role.

Studies show that a rider can save 15-40% in energy costs by drafting behind

Thanks for reading and safe riding!

other riders. The variation is due to speed (drafting is more effective as speed increases) and the number of riders in front of you (more riders create a bigger slipstream).

If you find yourself running out of steam in the final miles of a sprightly group ride, barely hanging on or even getting dropped, it may be due to poor position in the pack.

Riders who are on the front too much or off to the side in the wind may simply be afraid of being surrounded by other riders. The draft and, thus, the energy savings is greatest when you feel like a rolling sardine. But the danger is greater, too.

The solution is to work on pack riding skills in less-competitive group rides. And do some "couch training" by watching videos of pro races and studying the pack techniques of specific riders.

For instance, when there's an overhead shot of the peloton approaching a corner, pick one rider and follow his movements. Watch the line he takes and where he is in relation to others. Look for riders caught on the inside to see how they get past the tight apex without letting other guys "shut the door" on them.

Pros are the world's best roadies. By studying them, you'll learn a lot about pack dynamics.

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