



L'Equipe Newsletter

Volume 1 Issue 5

January 2012

SC VELO Toy Ride, Club Picnic, and Awards a Day to Remember

On a chilly morning on December 4, a hearty group of SC Velo members embarked on a leisurely cruise to drop off toys collected in our annual toy drive. The ride was memorable and allowed many SC Velo members new and veterans alike a chance to slow down and reflect on the reasons we cycle and simply enjoy the company of each other in a relaxed environment. A big thank you to Mark and Dom at Incycle for providing a generous donation of bicycles for needy children and for hosting and leading the ride.

Later that afternoon, SC Velo members gathered at Horsethief Canyon Park in San Dimas to enjoy some delicious BBQ and celebrate the year of 2011 with awards for deserving club members. Thank you to all that helped to provide such a wonderful afternoon.

If you have not participated in these activities, we hope next year you will come on out and be part of your club.



Michael Negrete Represents SC Velo at the SoCal Prestige Series of Cyclocross!

Congratulations to Michael Negrete for an impressive cyclocross season! Michael is currently tied for the points lead in the Category Men's 35+ Group B. In his last three finishes, Michael has had two podiums with a win and a second place finish.

Let's get out and support Michael on a successful season and a possible series win. The next race of the series is Saturday January 7 at Cal State San Marcos. Since you will probably reading this after the fact, the following race will be held on January 15 in Palmdale. For more information go to the SoCal Cross webpage at <http://socalcross.org/>.

Good luck Michael! We are all pulling for you!

Pacific Sunset Velo presents the 14th Annual Ontario Grand Prix Series for 2012

Competitive criterium racing comes back to Ontario with annual Ontario Grand Prix Series. This popular local series promises to bring many riders to battle it out on the various courses Pacific Sunset Velo throws at the riders. The series kicks off on January 15 with the course being their seven corner grand prix course. Expect a lot of racers including many of our own SC Velo racers trying earn points and podiums.



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2012 San Dimas Stage Race Host Housing Program

Who: The San Dimas Stage Race organization is searching for families in the San Dimas Area who would like to host riders for the 2012 race!

What: Host housing is needed for the professional men's and women's bicycle racing teams competing at the 2012 San Dimas Stage Race – an opportunity for families in the area to connect with National Champions, Olympians, future Olympians, and hard-working racers striving to fulfill dreams in professional bike racing.

When: Race Dates March 16-18, 2012 (Teams usually arrive Wednesday or Thursday and Leave Sunday or Monday)

We are in search of families who live within a 30-minute maximum drive of San Dimas. Opportunities exist to host men's and women's teams.

See www.sandimasstagerace.com for race information.

Host homes need to provide: a bed space (couch or air mattress is fine) for each rider, kitchen privileges and refrigerator space; garage or other safekeeping space for bicycles.

Host homes ARE NOT expected to provide: transportation or food. The Teams will provide their own transportation and meals. However, most families do like to provide some shared meals, but are not expected to do so.

Host families are encouraged to engage with their guest racers, as experience shows that involved host families find the experience most rewarding when they connect with their guests. Come watch them race, talk to them, and find out what the life of a professional road cyclist is all about.

Whether you can host one or two riders, or whether you and your neighbors can host a full team of eight; we want to hear from you!

Please email a copy of the above information to the San Dimas Stage Race Host Housing Coordinator Daryl Bowman at:

HostHousing@sdsr.info



Review by Leslie Leaming

I had heard about the Sufferfest on Facebook. Riding the indoor trainer has never been a favorite cycling activity of any cyclist I know, however, we all know that there are times when life dictates that if any riding can get in, it is on the trainer. For years I have sought the perfect indoor trainer workout. I have a collection of Spinervals DVD's, which I think are really great for training specific workouts. They get a little mundane as you just look at a bunch of other saps on trainers sweating and Coach Troy running around trying to motivate them to push harder. When I saw the Sufferfest workouts, I saw something a little different. These are road racing specific workouts geared at getting you to work on race specific situations such as climbing, accelerating, chasing, and even pacelining while watching footage of actual races. I purchased Hell Hath No Fury not only because the race I

“participated” in was filmed from UCI Pro Women's races such as Tour of Flanders but what attracted me was there were two separate 20 minute race simulations, or stages. In addition there is an easy 1st stage where you simulate sitting in and another stage that simulates a team time trial. The 20 minute race simulations were tough. The footage is great because you sit in the pack and then when someone attacks it prompts you to go and bridge the gap. This first 20 minute race simulation was tough with multiple attacks, a break, and an uphill finish. I really wanted to stop 10 minutes into the stage because my legs were on fire and I couldn't get my heartrate to drop below 165. Mentally, I persevered and was able to finish although according to the video, I lost the leaders jersey and would have to defend it in the next stage. After six minutes of easy spinning after the first simulation came the second 20 minute stage. I was so exhausted I decided to only do the first 10 minutes and then cooldown with easy spinning. This stage was not as difficult as the first stage. The first eight minutes or so simulated pacelining and keeping it easy. Then the attacks came, again. By this time I had already been on the trainer for 45 minutes and decided to easy spin for another 5 minutes. Needless to say, I never got to the last team time trial stage. That's OK, I'll be back for another Sufferfest next week and not only will I finish the entire workout, I am sure I will win the leader's jersey!



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24 Hours of Moab

By Matthew Prather

In October, David Baldonado, Rick Ramirez, Pedro Garcia, and I went to race in the 17th Annual 24 Hours of Moab mountain bike race. We setup a 5-person team under the banner of FourFive Racing. We met Doug on the forum, who joined our team from Denver. We drove to Moab, and camped on site with Team Like Last Night. The race started at noon on Saturday, and ended at noon on Sunday. The race was really fun and painful. The course had some nice gradual climbs and flats combined with fun technical climbs and descents. We will definitely return next year if the race promoter continues this event. We were 16th out of 25 in our category. We completed 14 laps which is about 21,380 feet of elevation and 212 miles.





Club Member of the Month Michael Negrete

What not a better candidate for Club Member of the month than Michael Negrete? A dedicated team member, Michael has raced road, mountain, and cyclo-cross for SC Velo. Always the team player, Michael helped another team member in his third ever criterium by staying out front in a break to help his team mate gain critical points for the Ontario series.

This year Michael has excelled in cyclocross, which he has a deep passion for and has an excellent chance at gaining the series championship.

Just a nice guy all-around, Michael is exactly what SC Velo is all about! Congratulations, Michael!

SCNCA Junior Development Training Camp a Success!

The 6th Annual SCNCA Junior Development Training Camp was held January 7-9 at Keck Graduate Institute in Claremont. The camp was attended by 102 juniors excited to develop their cycling skills. The mission of the SCNCA Junior Development Camp is to introduce young riders to the fundamentals of effective cycling and provide general training guidelines.

All attendees received professional coaching by Michael Heitz, USA Cycling Level 1 Coach and participated in several bike skill drills and competitions. Our own Women's Elite Team showed up to provide support to the young riders. SC Velo's own Seth VeenBaas won both the time trial and circuit race competitions.

Any inquires regarding this event should be directed toward Dominic Galenti at bike-dom@gmail.com.



CANNONDALE



SCNCA
Southern California/Nevada Cycling Association



KOM Challenge presented by Studio Velo ends with impressive numbers

The KOM challenge ended December 31 and it looks like Michele McClure blew away the SC Velo field. Congratulations to Michele and all that participated!

In the club challenge, SC Velo finished 31 out of 1016 registered teams. Very impressive.

While there is not a KOM Challenge this year, Strava has a new competition for base miles. Join Strava and the competition!

1	<u>Michele Marie McClure</u>	<u>237</u>	<u>545,893</u>
2	<u>Ralph Vizcaino</u>	<u>208</u>	<u>486,061</u>
3	<u>Jeff Church</u>	<u>175</u>	<u>421,778</u>
4	<u>Kenny Ormonde</u>	<u>132</u>	<u>378,533</u>
5	<u>Mike Espinosa</u>	<u>147</u>	<u>319,455</u>
6	<u>Matt Hawkesworth</u>	<u>214</u>	<u>307,307</u>
7	<u>Leslie Leaming</u>	<u>174</u>	<u>307,001</u>
8	<u>Bryan Wierzchucki</u>	<u>127</u>	<u>293,217</u>
9	<u>Ruy Lopez</u>	<u>178</u>	<u>285,205</u>
10	<u>Ernest Villalon</u>	<u>139</u>	<u>278,157</u>
11	<u>Sal Martinez</u>	<u>131</u>	<u>224,347</u>
12	<u>David Baldonado</u>	<u>114</u>	<u>186,719</u>
13	<u>Matthew Prather</u>	<u>93</u>	<u>144,244</u>
14	<u>Marc Dream</u>	<u>41</u>	<u>81,772</u>
15	<u>Yohannes Desta</u>	<u>34</u>	<u>67,142</u>
16	<u>George Mota</u>	<u>56</u>	<u>48,122</u>
17	<u>Jerry Martinez</u>	<u>12</u>	<u>31,484</u>
18	<u>Chrystal Logan</u>	<u>13</u>	<u>10,714</u>
19	<u>Nathan Seaford</u>	<u>4</u>	<u>4,658</u>
Total		2229 rides	4,421,811 ft



SC Velo Members form Charity to Provide Bicycles to Families in Need

Several SC Velo members have established One More Move, a charity to recycle old bicycles and provide them to families that may not have the ability to afford them. For many of the members of this group, this is a way to give back to cycling what it has given them.

One More Move with the support of Incycle, has spent a handful of weekends collecting old bicycles, refurbishing them, and handing them out to those that need them. If you know someone that would like to be included on their list to receive a bike go to their webpage at <http://www.onemoremove.org/> and navigate to the contact us section where interested parties can fill in an electronic form.

Several One More Move members are going to be riding 202 miles to raise money and awareness for their organization. The ride will begin on February 18, 2012 and take participants across Southern California including parts of Los Angeles County, Orange County, Riverside County, and San Bernadino County. Their goal is to raise \$5,000 to ensure that every child has a bicycle to ride, a helmet to wear, and knowledge to use both safely.

If you are interested in One More Move and their activities please contact Matt Hawkesworth a matt@onemoremove.org.



12 Hours of Temecula 2012 #1 by SoCal Endurance

Some of the mountain bike team has been training for this, and we expect some friendly competition amongst ourselves throughout the year on several events. This one will kick off the series, and we are anticipating a good showdown between Sal and Omar in the categories of XC and endurance races. They will both be racing the 6-hour solo category for this race on January 21 at Vail Lake Resort in Temecula. Ruy is handling the book, so further inquiries can be directed to him.

Contact Ruy at Ruy.n.lopez@gmail.com.



Ride with SC Velo at The Tour De Palm Springs

The Tour de Palm Springs is heading into its 14th year and the SC Velo Recreation Team is gearing up to get a group of SC Velo riders to participate. The Tour is designed to raise money for reputable charities in the Coachella Valley such as The American Cancer Society, Make-A-Wish Foundation, and the Palm Springs Art Museum among many other deserving groups. The Tour boasts upwards of 7,000 riders and claims to be the largest event of its kind in the Western United States. Why not make a statement by having a flotilla of SC Velo riders in the pack and be part of an event that can help make a difference in the lives of many people.

There are a total of 5 rides to choose from including 5, 10, 26, 56, and 100 mile routes that are fully supported. Each of these rides have something unique to offer including a tour around town as well as some beautiful desert scenery on some of the longer routes.

After the ride, enjoy a fun-filled expo with cycling vendors and live entertainment. This should be a great time!

If interested in riding with a SC Velo group at the Tour, contact our Recreation Team Captain Vic Jacobo at vjacobo@gmail.com for more information.

Tour of Palm Springs

When: Saturday February 11, 2012

Where: Spa Resort Casino Parking Lot F

Time: 6:30 AM—11:30 AM (depending on ride)

Please go to <http://tourdepalmsprings.com/home> for more information.



Looking for a Good Group Ride?

Juniors Start Up Winter Crit Practice in Chino

Our own SC Velo Juniors have started up a Winter Crit Practice in Chino on Tuesday evenings at 7:00 pm. The course circles around the new Hindu Cultural Center in Chino Hills off Fairfield Ranch Road.

The course is four corners with good pavement, wide roads and little traffic. While the ride is being advertised as a Juniors Crit Practice, anyone is welcome to ride. However, be prepared to be schooled by some of our crazy fast juniors. Usually, a second group will form allowing most riders to ride with a group to practice group riding and criterium racing skills. BRING LIGHTS!



Dawn to Dusk 2011

By Omar Almaguer

On December 3rd, 9 of us SC Velo MTB Team members went to Scottsdale, Arizona for the Dawn to Dusk endurance mountain bike race promoted by DCB Adventures. This is the 2nd time we have raced this event. The first time was so good that we had to go back. We plan to continue this as an annual event for the SC Velo MTB Team.

Here is the format: We made 5 (dynamic duo) relay teams. The race starts at 7:13 am (Dawn) and the last lap must start by 4:50 pm (Dusk). Each team had one person racing and one person resting on and off. Lap times were about 1:15 on average. Even though it is an endurance race, we ran it like an XC race. There was plenty of rest time to go out and push the pace. It was a 15.5 mile course with a slight grade for the first 6 miles, then rolling hills for about the next 3 miles, and the last part of the course was a slight descending grade for a sprint to the finish. The cloudy weather was holding steady for the whole morning, but then all of a sudden... BAM! A torrential downpour of rain flooded our staging area. The riders on the course suffered through a barrage of hail, but were not slowed by it. With the skies clearing and dusk upon us, we called it a day (from Dusk to Dawn).



David Baldonado Represents SC Velo at 12 Hours of Temecula 2011 #3

David raced solo at the 3rd and final 12 Hours of Temecula mountain bike race for 2011 on November 12. The race was particularly brutal because of the rain, and it was eventually called after only 8 hours of racing for safety reasons. David did not give up despite mechanical problems, and he got on the podium with 3rd place in Cat 3.



INCYCLE





SCNCA

Southern California/Nevada Cycling Association

2012 SCNCA Calendar

January-February

<http://www.scnca.org/2006calendar.asp>

JANUARY 2012

01/15	Ontario Grand Prix #1	Ontario	CR
01/21-22	SCPS CX Finale & The Final Showdown (SCNCA vs NCNCA)	Bakersfld	CX
01/22	USAC SoCal Cup Crit Series #1	Dominguez Hills	CR
01/28	Poor College Kid's Road Race	Los Olivos	RR
01/29	Tom's Farm Time Trial	Corona	TT
01/29	Mothballs Criterium	Goleta	CR

FEBRUARY

02/04	Boulevard Road Race	Crestwood	RR
02/05	Red Trolley Classic	San Diego	CR
02/12	Roger Millikan Memorial	Brea	CR
02/18	Imperial Valley Classic	Imperial	CR
02/19	USAC SoCal Cup Crit Series #2	Dominguez Hills	CR
02/25-26	UC Irvine	Irvine	TT/CR
02/26	Dare to Race GP - Series #2	Ontario	CR



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Welcome New SC Velo Members!

**Nick Robertson - Junior
Natalie Robertson - Junior**

**Mike Williams - Masters
Greg Hayes - Masters**

**Steve Brady - Recreation
Mike Cuthbertson - Recreation
Genaro Gonzalez - Recreation
Raymond Ortegaso - Recreation
Jacob Smith - Recreation
Randy Smith - Recreation**

Ryan Cleveland - Men's Cat 2

Steven Silva - Men's Cat 3

**Oliver Dayos - Men's Cat 4/5
Scot Harvey - Men's Cat 4/5
Roger Hauptman - Men's Cat 4/5
Nathan Seaford - Men's Cat 4/5
Steve Moss - Men's Cat 4/5
Peter Slonsky - Men's Cat 4/5**

**Ella Ongkoputro - Women's 3/4-Rec
Cecilia Cleveland - Women's 3/4-Rec
Stephanie Harvey - Women's 3/4-Rec
Adriana Kath - Women's 3/4-Rec
Linda Pillow - Women's 3/4-Rec**



SC Velo Club Volunteer Requirements

Being part of a cycling club such as Southern California Velo, is meeting the responsibilities that are asked of us all. Our club puts on quality road and mountain biking events that demand volunteers to help in order to put on events that people not only talk about but participate in.

In order for us to be successful and continue providing events such as the San Dimas Stage Race and the Incycle Challenge Mountain Bike Race, we need to step up and volunteer our time. Being part of SC Velo requires all members to volunteer in a total of four "spots".

Keep in mind racers, those members that do not meet their volunteer requirement cannot be compensated for target races.

We are coming up quickly on the San Dimas Stage Race and will be soliciting for members to fill their spots. Please do your part and volunteer to be part of the best cycling event in Southern California.



Board Members

Demi Hechanova I12bike@aol.com President

Ken Burns Vice President

Al Wiscovitch alwisco@msn.com Treasurer

Bill McCusker bill@mccusker.org Secretary

Lea Adams cyclinggirl32@yahoo.com Women's Elite Team Captain

Omar Almaguer mtbiker.omar@gmail.com Mountain Bike Team Captain

Daryl Bowman darylbowman@ca.rr.com Cat 3 Team Captain

Mark Planellas mplansr@roadrunner.com Masters Team Captain

Dominic Galenti bikedom@gmail.com Juniors Team Captain

Max Hernandez mk_hernandez909@hotmail.com Cat 2 Team Captain

Victor Jacobo vjacob@gmail.com Recreational Team Captain

Leslie Leaming lgleaming@gmail.com Women's Cat 3-4-Rec Team Captain

Jason Paez ijppaez@yahoo.com Cat 4-5 Team Captain

Volunteers Needed

Looking to help out? SC Velo needs volunteers to form committees in the following areas:

- **Website construction**
 - Sponsorship
 - Club Meetings
 - Group Rides
 - Charity Events
 - SDSR
- **MTB Event Volunteers**



If interested in helping out please contact any board member for information.

SC VELO

Calendar of Events

Click on icons!

Pacific Sunset Velo

Ontario Grand
Prix #1
1/15



The Grape Fun
Ride
1/21



USA Cycling So Cal Cup
Criterium
1/22

**UCSB
Cycling**

Poor College Kids
Road Race
1/28



Cycling Camp San Diego
Race Skills Camp
1/28-1/29



Mothballs Criterium
1/29



Boulevard Road Race
2/4



Tour de Palm Springs
2/11

COOL LOCAL RIDES!

Tuesdays - Crit Practice in Chino Hills at 7PM

Wednesdays - Bonelli - meet at Fairplex and Puddingstone at 6:00

Thursdays - MTB night ride

Saturdays - Cowride at Incycle in Chino Hills at 8AM

Saturdays - The Grind Ride at It's a Grind in Rancho Cucamonga at 8AM

Saturdays - Montrose at the Goodwill on Rt.66and Lonehill at 7:00AM

Sundays - The Bagel Ride at Incycle in Rancho Cucamonga at 8AM or in LaVerne at 8:30AM

Refer to SCVELO webpage at <http://www.scvelo.com/> for more specific information on these rides.



NEW SDSR
WEBSITE!
CHECK IT
OUT!

Info on Submissions

SC Velo's L'Equipe Newsletter is looking for members to submit articles and photographs on anything SC Velo, cycling, and member related.

Please submit written articles and photographs by the 3rd week of each month for submission into the newsletter for the following month. Submit materials to lgleaming@gmail.com.