



## MasterLink

The official publication of the San Diego Cyclo-Vets. Available to all members via mail, e-mail, and web site <http://www.cyclo-vets.org>. Gordy Shields, Publisher and Editor. Computer set up by Linda Pain. Label printing by Chuck Gilbert.. This issue sponsored by Butch Richardson, Bonnie Gabriel, Gary de Voss, Dick Wagner, and Victor Comana.

Note: This is the last issue of Masterlink you will receive if you have not renewed your membership for 2004

**Vol.6 No. 2**

### CALENDAR OF EVENTS

JANUARY			
25	Sun.	Tucson Senior Olympics Festival Age 50+ 1 mile, 5k, 10k Time Trials, 20k Road Race	(520) 791-5915 ext 125
FEBRUARY			
7	Sat.	Tour de Palm Springs Century, also 55 miles and 25 miles <a href="http://www.tourdepalmsprings.com">www.tourdepalmsprings.com</a>	(760) 568-2800
28	Sat.	Borrego Springs 100 metric and 50k rides. Put on by Team Big Bear and Borrego Springs Rotary Club.	(909) 866-4565
18-29	Sat-Sun	Arizona Senior Olympics at Phoenix. Qualifying races for 2005 National Senior Games in June – Pittsburgh, PA. 5k, 10k Time Trials; 20k and 40k Road Races	(602) 539-3500
MARCH			
6	Sat.	Camp Pendleton Marine Corps Road Race, 30 miles. 10 year increments to 70, male/female	(760) 725-6836
7	Sun	L.A. Bike Tour through the City of Los Angeles – 27 miles	(310) 444-5544
13	Sat.	Solvang Century. 100 and 50 mile rides.	(562) 690-9693
20	Sat.	Tour de Sewer, Bell Gardens. Metric Century or 30 or 15 miles.	(909) 596-1299

### RESULTS

**SAN JACINTO CLASSIC**, September 28  
Masters 55+: Butch Richardson – 2<sup>nd</sup>

**DEATH VALLEY DOUBLE CENTURY**

*submitted by Cal Burgart*

Four Cyclo-Vets entered this classic 200 mile timed road ride. There were 169 riders (73 finishers!). The mass start was at 7:00 a.m.. **Butch Richardson, Gary Poles, Tim Owens**, and me (**Cal Burgart**), started together. Quickly there were only about 20 in the lead group, then 10, then 5 or so. Time had pulled some early, so we were surprised when he wasn't there (he dnf'd). Butch, Gary

and I stayed together. We got to Shoshone (mile 73, 4700 feet of climbing) in 4:30. There were two riders ahead of us. We got back to Ashford Mills (102 miles, 6700 feet) in 6:23. At Badwater against a head wind (131 miles) in 8:13, we ended up each on our own. We all arrived at Furnace Creek at about the same time – 9:22. Butch and Gary went together and finished in 12:26. I took more time. Gary and Butch hammered on, and finished 2<sup>nd</sup> overall!! Gary's personal best, and Butch's too – (his first dc). I finished 6<sup>th</sup> overall.

## EL TOUR DE TUCSON, NOVEMBER 22<sup>ND</sup>

Conditions were good except for sometimes strong headwinds according to the Cyclo-Vets who participated in this year's Tour. The course was again run in reverse and some times were affected by flats due mostly to thorns. Several members again partook of the hospitality of the Deichmans.

### 109 Mile Event

Place	Name	Age	Time
268	Peter Codallos	40	4:58:20
896	John Jahelka	48	5:58:23
949	Keith Olsen	50	6:02:49
1094	Kevin Gilbert	48	6:16:39

	Chuck Gilbert	69	6:30
1408	Lindi Lissner	51	6:41:53
1697	Damon Poor	44	7:04:38

### 81 Mile Event

Place	Name	Age	Time
17	Dave (Buzz) Deichman	Ageless	3:54:22
65	Ron Peterson	60	4:35:13
67	Kathy Feeney	55	4:36:28
254	Don Peters	66	4:02

### 66 Mile Event

Place	Name	Age	Time
276	Dave Hendrick	66	4:56:56

---

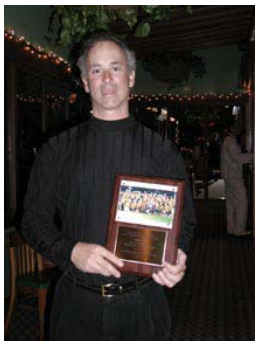
## HAPPY HOLIDAY – PARTY!!



One hundred twenty Cyclo-Vets and guests wined, dined and took home fabulous prizes at the Annual Holiday Party on November 30<sup>th</sup> at the attractively decorated setting of the Karl Strauss Brewery Garden.

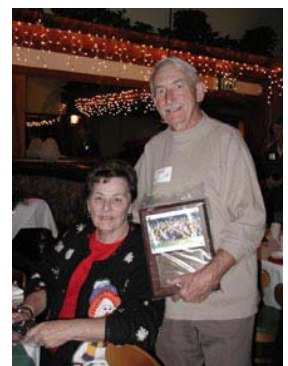
After an hour of mingling and being serenaded by a string quartet, courtesy of **Dara Sheldon**, an excellent dinner was served, followed by a short business meeting. Then the fun began.

First was the presentation of plaques to this year's sponsors **Phil Coats**, **Chuck Gilbert**, **Hank Montrose**, and **Rob Templin** by MC **Buzz Burnett**. **Sherry Newsham**, First VP then took over and gave more plaques to Buzz as "*Sponsor of the Year*", **O.J. Oge** as "*Volunteer of the Year*", **Gary de Voss** for "*Excellence in Leadership*", and finally, to a standing ovation, to outgoing president **Don Peters** for "*Outstanding Leadership*". Incidentally, all the plaques were designed and given at cost by **Bonnie Gabriel**.



With literally hundreds of raffle tickets sold by O.J., generous gifts donated by **Jimena Florit**, **Hank Montrose**, **Linda Peters**, **Mona Oge**, and **Buzz Burnett** were raffled off with the tickets being drawn by **Kristen Cooper** and **Michelle Montrose**.

Excitement reached a peak when the famous "Virgin on the Half-Shell" was won by Don Peters, who promptly turned it over to club treasurer Scott Mansberger for safe keeping till next year. Then the grand prize of a Burley bicycle frame was picked up, most appropriately, by **Kathleen Roth**, the person in charge of making this the best holiday party ever. Kathleen was ably helped by **Colleen Poor** and **Lindi Lissner** who assisted and provided the centerpieces.



## CYCLO-VETS OUTSTANDING RIDERS OF 2003

Based on results printed in the *Masterlink*, the following riders had outstanding successes in racing in the year 2003. I have chosen what I felt was their best, and, please let me know if I missed anyone. (Gordy: (619) 444-6425

<p>50-54 <b>Julie Kaplan</b> – National Masters Tandem Women 90+ 1<sup>st</sup>, Critérium. 1<sup>st</sup></p> <p>60-64 <b>Butch Richardson</b> – National Masters Time Trial, 2<sup>nd</sup></p> <p>55-59 <b>Sherry Newsham</b> – State Championships, San Luis Rey, Road Race 1<sup>st</sup></p> <p>65+ <b>Ed Raymond</b> – National Senior Games, Time Trial 1<sup>st</sup></p> <p>65+ <b>Dick Wagner</b> – Pasadena Senior Olympics, 5k, 10k, Time Trial 1<sup>st</sup></p> <p>50+ <b>Arnie Baker</b> – Omnium 2003, Time Trial, Road Race, Crit 1<sup>st</sup></p> <p>70+ <b>Emil Dziubinski</b> – Nevada, Northern Cal. State Championships 20k Time Trial 1<sup>st</sup></p> <p>77 <b>Bill Anderson</b> – Record time for 777 miles from El Paso to Yuma</p> <p>60+ <b>Jack Palmer</b> – Police National Games Road Races 1<sup>st</sup></p> <p>60-64 <b>Ed Renger</b> – State Senior Masters Time Trial 3<sup>rd</sup></p> <p>40-44 <b>Todd Bousson</b> – State Senior Masters Time Trial 3<sup>rd</sup></p> <p>60-64 <b>Bonnie Gabriel</b> – State Championships Time Trial 2<sup>nd</sup></p> <p>60-64 <b>Andy Kosick</b> – Washington State Senior Games 5k, 10k Time Trial 1<sup>st</sup></p> <p>40-45 <b>Liz Benishin</b> – National Masters Time Trial 2<sup>nd</sup></p> <p>60-64 <b>Dave Spangler</b> – National Masters Time Trial 3<sup>rd</sup></p> <p>60-64 <b>Dan Wulbert</b> – National Masters Time Trial 1<sup>st</sup>, Road Race 1<sup>st</sup></p>	<p>50-54 <b>Adrienne Brian</b> – National Masters Tandem Mixed 110+ 1<sup>st</sup></p> <p>60-64 <b>Gary de Voss</b> – National Masters Tandem Mixed 110+ 1<sup>st</sup></p> <p>32 <b>Jimena Florit</b> – NORBA National XC Champion</p> <p>40+ <b>Pete Masiel</b> – Cal State Cross Country Championship Series Super Sport 1<sup>st</sup></p> <p>60+ <b>Cal Burgart</b> – National Championship Series Cross Country 1<sup>st</sup></p> <p>65+ <b>Dave Deichman</b> – Both Arizona and Idaho State Championships Hill Climb, Road Race, Crits 1<sup>st</sup></p> <p>60+ <b>Barbara Warren</b> – Hawaiian Ironman Women Age 60+ 1<sup>st</sup></p> <p>60+ <b>Angelica Drake</b> – Hawaiian Ironman Women Age 60+ 7<sup>th</sup></p> <p>50-54 <b>Darryl MacKenzie</b> – Three double centuries</p> <p>85+ <b>Gordy Shields</b> – New USCF National Masters 20k Time Trial record</p> <p>65+ <b>Jimmy Austin</b> – Three double centuries</p> <p>70+ <b>Victor Comana</b> – AARP 50+ Triathlon Mixed Team 2<sup>nd</sup></p> <p>60+ <b>Pete Penseyres</b> – Omnium 2003 Road Race 1<sup>st</sup></p> <p>60+ <b>Erhardt Rohrmuller</b> – State Team Championships Mixed 220+ 1<sup>st</sup></p>
---	--

### TRAINING RIDES - *Wear a helmet*

Day	Time	Ride Name/Information	Difficulty
Mon		<i>No rides scheduled</i>	
Tue	9:00-11:00 AM	Fiesta Island Time Trial Training	1-4 Beginners welcome
Wed	8:00 – Noon	Otay Lakes Ride	2-4 Hilly, fast
Wed	9:00-2-5:00 PM	Inland North County Ride	3-4 Hill, long
Fri	8:45 – Noon	Coffee/Recovery Ride	1-2 Social
Fri	9:00-10:30 AM	Cyclo-Cross Training	1-2 Social
Sat	8:15-Noon	Mission Valley	2-4 Most popular
Sun	9:00 am-12:30 or 7:30am-4:00+	Great Western, East County, Endurance Option	3-4 Hilly, fast
Sun	8:30 – 11:30 AM	Sandtrap Coast Ride	1-3 Social

For complete information on each ride see website: [www.cyclo-vets.org/training-rides.htm](http://www.cyclo-vets.org/training-rides.htm)

## 2004 Winter Stationary Training Sessions

by Darryl MacKenzie

The sixth annual Winter Stationary Training Sessions will begin Thursday January 8, 2004. Space is limited so if you are interested, contact me immediately.

The format will be Test, Train then Re-Test. At the beginning and at the end a short Hill Climb test and a 20 K Time Trail test will be taken. The tests identify the amount of improvement during the training period.

The training portion consists of **13 weekly sessions** of 90 minutes each. The sessions are progressively difficult. The concentration progresses from leg speed and leg power to endurance and finally to anaerobic conditioning. Sessions will be held on **Thursday evenings** beginning at 6:15 from January 8<sup>th</sup> through April 1<sup>st</sup>. Location is 5 miles out Mission Gorge Road from the Cyclo-Vet Saturday Ride start location. Parking is restricted to 25 cars so the more people that can fit into a vehicle, the more we can train.

*There is no charge for these sessions.*

Contact [DarrylMacKenzie@cox.net](mailto:DarrylMacKenzie@cox.net) or at (619) 698-7316.

This program will fill up so get in touch as soon as possible.

**Brooks Dagman** will host up to ten club members at his house for the *2004 turbo series*. If you are interested, please e-mail Brooks at [bdagman@sandiego.edu](mailto:bdagman@sandiego.edu) for directions and details

### **SCRIPPS POWAY PARKWAY HILL CLIMB**

**Sunday, April 4, 8:30 a.m.**

Time Trial – 5 miles

Information: O.J. Oge at (619) 262-5131  
or email: [ojusmc@aol.com](mailto:ojusmc@aol.com)

## PLEASE SUPPORT CYCLO-VETS BY WEARING AN OFFICIAL CLUB JERSEY

1.) The 2004 jerseys are expected to be available around mid-January. An announcement will be made on Topica at that time.

2.) **Keith Olsen** will be distributing the prepaid jerseys at various club rides including the "**Sunday Great Western Training Ride**". If you prefer, you may contact Keith in order to make special arrangements. His phone # is (619) 224-7349 and his e-mail address is [knolsen1@cox.net](mailto:knolsen1@cox.net). He lives in Point Loma.

3.) Those members who requested mail service will receive their jersey without delay.

4.) If you wish to wear a 2004 jersey but have not pre-paid, you may purchase one at the *Trek Superstore* located at 4240 Kearny Mesa Rd. for, \$65. You must show your current membership card. Make checks payable to Cyclo-vets.

5.) Other clothing items such as skinsuits, vests, jackets etc. are expected in mid to late January. These items will be distributed by **Vittorio Comana** and/or will be available at the Trek superstore.

**The Cyclo-vet Board of Directors wishes all members a safe and successful season.**

## PROFILE

### NADINE SPERTUS

I grew up in Port Washington New York. I learned to play tennis at 9, and played competitive tennis most of my life. The pressure of doing well was always very stressful and because of it, it lost of a lot of its fun. When people now ask me why I don't compete in cycling, it's because I want it to remain fun. I like working hard at it and improving but some of my cycling buddies keep raising the bar so I have to keep training to keep up with them. I think this is a good thing. The funny thing is that I have cycled my whole life but typically used it as a means of transportation.

I have a B.S. in Mechanical Engineering from Boston University, and a Masters in Public Health with a concentration in environmental health. I worked for years in the aerospace field but wanted to do something more meaningful. While going to SDSU for my master's degree I worked full-time on cleanups of contaminated sites for the Dept of Defense. After 7 years with the DOD, I left to go back into the private sector and about 6 years ago joined Solar Turbines as an Environmental Engineer. At Solar I spend my time making sure that we "do the right thing" and meet or exceed all of the current environmental regulations for our U.S. and world-wide offices.

As most of you probably know my biggest challenge came this past year when I was diagnosed with Breast Cancer. You go along with your life doing what you enjoy, having fun, thinking you are doing everything right and assuming that you have many more years ahead. Then during a routine exam you find out that you have a lump in your breast. You go for the ultrasound and biopsy and find that yes it is bad, the big C. After an initial meltdown, and spending endless hours figuring out how this

could have happened, which you never figure out but do finally figure that well I have this so what does it matter how it happened, what are you going to do next. My surgery was scheduled for 6 weeks out and in that time I rode my bicycle with my usual Cyclovet buddies as much as possible thinking I would be out of commission until Sept. That is what all the books I read said. Following surgery I really felt great but was told to do nothing for 4 weeks, I was on my turbotrainer in 1.5 weeks. Then I was out riding about 150 miles/week 3 weeks later. I had 4 rounds of Chemotherapy on a 21 day cycle but really only missed 4 Saturday rides.

With all the club members support it was just so terrific, I had to drag my butt out of bed to go occasionally but it was well worth it. The positive reinforcement was just great. I looked so forward to my Saturday ride and seeing everyone that I could not miss one. I rode every Tuesday and Thursday afternoons with Sherry and Carla except the ones I had my Chemo appointments on.

I have been really lucky because I have a large network of friends here in San Diego and they were by my side, staying with me on my bad days and bringing food and company.

Following the Chemo, the 8 weeks of radiation seemed like a piece of cake but I still feel the effects of all this. My white and red cells are almost at normal levels, so sometimes it is a struggle to get out there.

*I would like to thank all of you for all your support and especially those of you that have become really terrific friends this last year. It would have been a lot harder without you all and your encouragement.*

# PROFILES - Out A Towners

Submitted by *Liz Benishin*

Last month Darryl MacKenzie wrote about the demographics of the cyclo-Vets. Of note were the many out of area Cyclo-Vets (of who I am one). I managed to put together a little info on some of them, pretty much since they were the ones to respond to my query for info! Here are a few bios of our teammates from around the country.

## **Ralph Boehm**

lives in *Kansas City, MO*, and is looking forward to relocating to San Diego in the next 6 years when his wife retires. (He retired a few months ago). He frequently visits San Diego, and does the Fiesta Island ride whenever he is in town. Ralph likes the friendliness of the Cyclo-Vets, and this was the key reasons he joined.

He rides 300-400 miles per week, has been racing for the last 20 years, and has competed in Nationals (best finish, 10-Road), John Marino open (RAAM qualifier – 8<sup>th</sup>), numerous Missouri State championships for Road, Crit and Time Trial (gold, silver and bronze).

## **Robert Fuller**

lives in *Lodi, CA*, and is a transplant coordinator for one of the best medical centers around. He has been racing for the past 20 years, and a Cyclo-Vet for the past two years. He has a diverse racing background as a “decent St. Cat 3”. He placed in a couple Nor Cal championships (Cyclo-Cross and Time Trial), and has done races in all areas of cycling from the dirt to the velodrome.

He is the founder of a bicycle ride called the “Giro d’Vino, Bicycle Wine Tour for Cancer Awareness” which started out as a memorial ride for his sister, Beverley. He is a licensed USA Cycling Coach since 1994, and is starting a cycling club at the local high school. He is a soccer, baseball, basketball, swim team, dad/assistant coach for his kid’s ( three – ages 4-8) sports teams.

## **Ted Dupee**

lives in *Bremerton, WA*. Two years ago joined Cyclo-Vets when he was staying in the area for seven months. He has numerous gold medals from the Huntsman World Senior Games in the

Time Trial, Road Race and Crit, and has raced at masters nationals over the past 10+ years, and also many masters races around the US. He was the overall age group winner in San Diego in the 60+ age group. He invites you to look at his web site [www.bigweb.net](http://www.bigweb.net).

## **Dale Mansberger**

has been an out of towners Cyclo-Vet for a year now. Jen (daughter) and Scott took him out with the group while he was visiting San Diego, and he decided to join the group. Dale lives in central *Indiana*, and taught school for 40 years and coached track and cross country. He has “three grown daughters, a wonderful wife and four bikes”.

He does a lot of running and triathlons. In fact, 12 tris and dus this season so far. He placed 3<sup>rd</sup> in age division for the IN state time trial this summer, 3<sup>rd</sup> in Chicago Tri age division, and 3<sup>rd</sup> in Louisville Tri age division this summer. He recently ran the NYC marathon for the 15<sup>th</sup> time with Jen and Scott doing their first marathon.

## **Rob Templin**

has been a Cyclo-Vet for at least 15 years. He joined while living in San Diego, where he went to SDSU. He now lives in *Eugene Oregon*, and has worked for Burley for 11 years, and Shimano prior to that. He does lots of long distance riding: RAAM with Pete Penseyres on tandem, additionally he has several masters nationals jerseys, several state championships, and was 1980 SR 1 / 2 Southern CA champion.

He loves the outdoors – skiing, backpacking, and does 5-6 weeks of adventure touring every January – February for 5 to 6 weeks, alternates between the Andes and New Zealand, Tasmania where he enjoys the summer weather when Oregon is under rain and clouds.

## Liz Benishin,

your humble author, has been a Cyclo-Vet for five years or so, with a leave of absence in 2001. Joined at the invite of Arnie who has been my coach since 1997. I live in the *San Francisco Bay area*, am a Cat 2 but fare better in masters races as time marches on. I have a couple national championships, hold the current tandem 90+ record with Julie Kaplan. I love to sew,

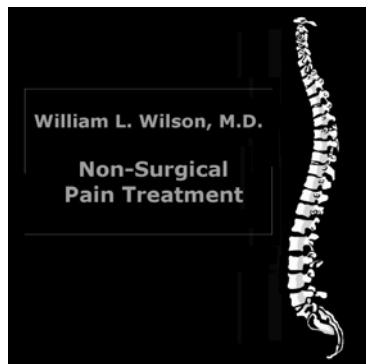
have a houseful of cats, and earn bike money as a Nurse Practitioner at the Palo Alto VA Hospital.

*Thanks to all of you who supplied information to me. Please email me: [lizben@mindspring.com](mailto:lizben@mindspring.com) if I hadn't contacted you and you would like to be in a future issue*

## SPONSOR BIO

### BILL WILSON

I began cycling with Cyclo-vets in July '03. Before that, I'd led a largely sedentary life, by present standards. The most I'd ridden was 25 miles in



a day and that no more than 3 times a month. I gave it up for several years after going over the handlebars, breaking a hand and the bike. At some point, my friend Gary (de Voss) gave me an old bike he "had in his attic", and ever so gently and subtly encouraged me to come on club rides. I avoided that, as I was certain I'd just embarrass myself.

On my 60th birthday, I rode up the coast and back, a total of 60 miles, one for every year. I think I wanted to prove that I wasn't getting older. All I proved was that age doesn't mean wisdom. I made it, but was in agony. After a prolonged recovery from that debacle, I tried the Chili's ride. I had been right. I did embarrass myself. Everyone was so supportive that the embarrassment didn't bother me. It still doesn't...much.

The first half of life for me was an unstable trajectory through a few careers (engineering, education, politics) and many interests (diving, flying, backpacking, sailing,

photography). At age 36, I decided that I needed to make a commitment to something. I chose two commitments, medical school, and, when I finally met her, Cindy. I've been stably committed ever since. It looks like cycling has become yet another commitment.

As a physician, I specialize in pain management. Most back pain, neck pain and "sciatica" can be successfully treated without surgery. Even after physical therapy, chiropractic care or "epidural injections" have failed, techniques that precisely place medication around inflamed nerves or into inflamed joints, muscles and ligaments can lead to resolution of pain.

Even when nothing is diagnosed on "imaging" (MRI, x-ray, CT scan or myelogram), the source of pain can usually be identified and treated. Any imaging shows what looks abnormal, not what hurts. Things that look abnormal usually don't hurt.

Many things that hurt do not appear abnormal on imaging. In that case, diagnostic techniques are available to tell us just what to treat. If you have any questions on pain management therapy, please contact me at **8881 Fletcher Parkway, Suite 360, La Mesa 91942, (619) 460-2700**

*(Editor's note: Although Bill doesn't mention it, he placed 4<sup>th</sup> in the 2003 USCF State Time Trial Championship this past September.)*