



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, Victor Comana and Emil Dziubinski.

Vol.6 No. 4

MARK YOUR CALENDAR NOW!



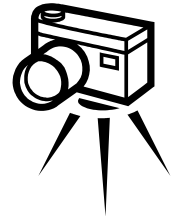
Annual Beach Party–

The Annual Club Beach Part and Picnic will be on Saturday, June 12th from 11:00 a.m. to 2:00 p.m. at the corner of East Mission Bay Drive and De Anza Drive in Mission Bay Park. Free hamburgers, hot dogs, buns, condiments and soft drinks. Members are asked to bring salad and dessert for no more than four people – or just bring yourself and enjoy the camaraderie.

NOTE from Adrienne Brian, President, “To comply with our By-Laws, there will be a very short general meeting at 1:00 p.m.”

Club Picture–

Saturday, June 12th near Café Villagio, corner of Ward Rd. and Rancho Mission Rd. Gather at 8:15 a.m.. Rides start at 8:30 a.m.



CALENDAR OF EVENTS

JUNE			
5	Sat.	So Cal/Nev Masters Road Race Championships at Vandenberg-Lompoc Men70+ and Women 55+	
6	Sun.	Masters Only Ontario Crit at airport	(909) 734-4587
20	Sun.	7:a.m. Race Across America starts in San Diego. Club members are welcome to ride first 25 miles with participants. Meet across the street from the Star of India www.Raceacrossamerica.org	
12	Sat.	Cyclo-Vets Annual Beach Party - see special bulletin	
25-27	Fri-Sun	Cyclo-Vets Omnium 2004	
JULY			
11	Sun.	Ontario Crit #4	

MOUNTAIN BIKE RESULTS

As far as I know only Hugo Lepur and I are racing mtb this year. Hugo has done two races - the Sagebrush Classic and on a 4 person team in the 24 Hours of Temecula. At Sagebrush, Hugo finished first in the beginner 35-59 class! At the 24 hour race, his team finished 10th in the Sport class (all ages).

I have done 4 cross country races this year.. After last year, anything less than first doesn't feel really great, but I got spoiled. At Lake Castaic I got second after my nemesis, Terry, and before Richard (who flatted). At Sagebrush I got 3rd after both of them (ugh). However, I'm riding stronger

and faster than ever. At Sea Otter I got another 3rd. First place was Jim Waggoner, last year's World Champ at Bromont in cross country and second in downhill, and second Terry, then me. But last weekend I got it going, and being a Cyclo-Vet was a major part of it. The cross-country race was at the Firestone

Vineyards near Solvang - a fabulous venue. I beat them on the flats (and climbs). Got the first place in 60+ class. Let's see if I can keep it going.

Submitted by Cal Burgart

David Roth rides with small group to set new course record and PR at the Spring Death Valley and Solvang Double Centuries

The largest double century field ever assembled for a Planet Ultra event took to the roads on March 27th for an absolutely glorious day in cycling paradise. Starting and finishing in the quaint Danish village of Solvang, 340 double century riders enjoyed good weather, with the exception of some pesky head winds, on quiet, beautiful, and fantastic roads through and around the Santa Ynez Valley. Setting a new double century PR, David finished the event with one tandem and two other single riders. They covered the 191 mile 7,000 feet of elevation gain course in a total time of 9 hours 11 minutes with an average speed of 21.8 mph.



A few weeks before, David also rode the Planet Ultra Spring Death Valley Double

Century and along with one tandem and a couple of other single riders and set a *new course record*. They covered the 198 mile 9,200 feet of elevation gain course in a total time of 9 hours 54 minutes with an average speed of 21 mph.

For those of you interested in these ultra

cycling events you can seek professional help or check out the Planet Ultra web site at www.planetultra.com. You, too, could spend your weekends in the saddle from sunrise to sunset pushing yourself beyond what you could have ever imagined

HOENIX SENIOR OLYMPICS Feb. 27-28

Dick Wagner, Dave Deichman and Andy Kosick were apparently our only reps at the Phoenix Senior Olympics this year

BORREGO METRIC CENTURY Feb. 28

Completing were Keith Olsen , Barbara Grant, and Angelika Drake

FIESTA ISLAND TIME TRIAL

March 8—short course, not quite 20km.

Category	Name	Place	Time
Men 30-39	Charley Humphrey	6	29:04
	Gary Tingley	9	29:20
	Steve Landry	16	30:37
Men 40-49	Todd Bousson	10	28:43
Men 60-69	Richard Haase	1	30:05

SANTIAGO CANYON TIME TRIAL

April 10

Category	Name	Place	Time
Men 50+	David Holt	2	28:23
	Butch Richardson	6	29:04
	Dave Hendricks	21	41:57
	Gary Tingley	4	28:35
Sr Men 4/5			

ALPINE METRIC CENTURY -- April 24--

A large contingent of Cyclo-Vets showed up for this challenging ride, AND ALL FINISHED!! They were Damon Poor, Kim House, Victor Comana, Darrel MacPherson, Dave and Kathy Roth, Russ Strout, Keith Olsen, Lindi Lissner, John Jahelka, Ellen Turkell, Bob Ayres, Gordy Shields; and tandems Kim and Mike Satterlee; and Bardo and Judy Bruce.

FIESTA ISLAND TIME TRIAL

April 18—Short course.

Category	Name	Place	Time
Women 50-59	Adrienne Brian	1	31:37
Men 30-39	Gary Tingley	8	29:32
Men 60-64	Ray White	4	32:19
	Bob Ayres	7	35:17
	Dave Hendrick	8	37:53
	Jim Easterling	9	38:11

SCRIPPS POWAY HILL CLIMB A BIG SUCCESS, VETS SPARKLE AGAIN

The SCRIPPS POWAY PARKWAY HILL CLIMB took place April 4th. It was a huge success with an increase of 23 competitors over the 72 registrations of last year. We only had one DNF, for reasons unknown at this time, and no accidents.

The weather was ideal. Cool, sunny and no head winds almost insuring fast times. New course records were established Sunday in both the men's and women's categories. Bart Fidelus of Rancho's Cycling Club rode the time of 14:48.470, with an average speed of 20.26. Beth Williams of SDBC, riding an 18:20.930 and an average speed of 16.35 broke the woman's record. She bettered last year's record set by our own Adrienne Brian by 1:25.07.

I would like to thank all the competitors who rode their tails off at the Hill Climb. It did a heart

good to see so many Cyclo-Vets taking part in our event and placing in the medals. As for the ones who did not medal, there's always next year.

Many people came up to me at the end of the day to say, "Thanks for putting on a very well organized event, I'll be back next year!" I can't say thank you enough to the workers who made this happen (all on one hour less sleep). You all proved the sayings, "Many hands make light work, and there's no "I" in Cyclo-Vets." I couldn't have done it without you! If I missed your name let me know. If you had to leave early with another commitment and didn't get your soda and sandwich please come out to the Cyclo-Vets picnic June 12th and I'll hook you up.

Submitted by O.J. Oge

Registration	Elena Tate	Dianne Cooper	Scott Mansberger
	Evelyn Turlo	John Schenato	Mona Oge (My Bride)
	Jen Mansberger	Jim Turlo	Kevin Gilbert
Starting Line	Ray White	Todd Boussom	Sherry Newsham
	David Pain	Jim Coldren	Chuck Gilbert
	Kevin Gilbert		
Traffic Control/ Set up	Ron Peterson	Mike Tabler	Tanya Critser
	Larry Critser	Keith Marshall	Dennis McConnell
	Allan Gordon	Linde Maxwell	Marianne Eaton
Finish Line	Gordy Shields	Lindi Lissner	Linde Maxwell
	Scott Mansberger	John Schenato	Julie Waltz (Senior Olympics Rep.)
Photographer	Kipp Martin	Tom Eaton (non-member)	
Set up/take down	Mickey Cooper	Mona Oge	Dianne Cooper
	John Schenato	Evelyn Turlo	Jim Turlo
	Jen Mansberger	Elena Tate	Kevin Gilbert
	Chuck Gilbert	Scott Mansberger	Ray White
	Todd Boussom	Jim Coldren	David Pain
	Sherry Newsham	Kevin Gilbert	Gordy Shields
	Linde Maxwell		
Doctor	Allan Ross, M.D.,	Non-member, brother-in-law	

RESULTS

Category	Place	Overall	Name	Race #	Time	Speed
M 30-39	7	22	Tingley, Gary	28	17:36.240	17.04
M 40-49	2	9	Coats, Philip	35	16:20.310	18.36
	6	21	Poles, Gary	19	17:24.220	17.24
M 50-54	1	5	Baker, Arnie	88	15:58.560	18.78
M 55-59	1	41	Springer, Roger	32	18:58.440	15.81
M 60-64	2	18	Richardson, Butch	87	17:00.660	17.64
	3	23	Wulbert, Dan	20	17:36.680	17.03
	4	35	Penseyres, Peter	33	18:22.350	16.33
	6	50	Feroli, Daniel	8	19:37.650	15.28
	7	56	Melcer, Jacobo	3	20:13.260	14.84
	8	73	Ayers, Robert	84	21:52.350	13.72
M 65-69	1	57	Raymond, Edward	46	20:17.770	14.78
	3	78	Cooper, Mickey	13	22:20.210	13.43
	4	93	Hendrick, David	9	29:47.530	10.07
M 70-74	1	85	Dziubinlki, Emil	21	24:27.510	12.27
	2	86	Palmer, Jack	1	25:03.000	11.98
W 40-49	5	69	Turkel, Ellen	47	21:37.440	13.87
W 50-54	1	47	Brian, Adrienne	69	19:28.110	15.41

TOUR OF TEMCULA

February 27-29, 2004

Cat.	Name	GC	TT time	RR	Crit
Sr. 4	Charlie Humphrey	15	29:01.4	FF*	6
	Steve Landry	FF	29:13.0	FF	FF
	Steve Gillespie	FF	29:29.6	FF	FF
	Rob Gaeta	FF	29:35.8	FF	FF
	Darrell McPherrren	FF	30:40.2	FF	FF
	Pierre Redmond	FF	30:48.5	FF	FF
	Peter Codallos	FF	31:16.0	FF	FF
	Brian Schroeder	FF	DNS	FF	FF
Sr. 5	Gary Poles	4	29:18.2	No info.	

*FF = Field Finish

HOME DEPOT CRITERIUM

March 27, 2004

Category	Name	Results
Master's 35+	Steve Landry	20
	Peter Codallos	FF*
	Charlie Humphrey	FF
	Gary Poles	FF
	Brian Schroder	FF
Men's 4	Steve Landry	4
	Charlie Humphrey	FF

* FF = Field finish

L.A. CIRCUIT RACE

March 14, 2004

Category	Name	Results	
Men's 4	Peter Codallos	FF*	
	Rob Gaeta	FF	
	Steve Landry	FF	
	Darryl	FF	
	McPherrren		
	Brian Schroder	FF	
	Men's 30+ 3/4	Steve Landry	5
		Todd Bousson	6
Brian Schroeder		10	
Peter Codallos		FF	
Rob Gaeta		FF	
Darryl		FF	
McPherrren			
Men's 5	Glen Murdoch	FF	
	Mike Bomberger	5	

*FF = Field finish

NIKE VISION CRITERIUM DOMINQUEZ HILLS, CA

March 21, 2004

Category	Name	Results
Men's 30+ 3/4	Peter Codallos	10
	Brian Schroder	18
	Steve Landry	FF*
Men's 4	Steve Landry	1
	Brian Schroeder	5
	Peter Codallos	12

*FF= Field finish

REDLANDS CRITERIUM

March 28, 2004

Category	Name	Results	
Men's 5	Steve Schindler	7	
	Mike Bomberger	8	
	Bruce Breath	11	
Men's 4	Steve Landry	5	
	Glen Murdoch	6	
	Peter Codallos	15	
	Rob Gaeta	FF*	
	Darryl		
	McPherrren	FF	
	Gary Poles	FF	
	Men's 35+ 4/5	Steve Landry	1
		Peter Codallos	3
		Darryl	
McPherrren		4	
Glen Murdoch		9	
	Gary Poles	13	
	Bruce Breath	16	
	Kevin Gilbreth	FF	

*FF = Field finish



Gordy Jack Marianne Lindi
Scripps Poway Hill climb

ONTARIO SPRING CRITERIUM

April 11, 2004

Category	Name	Results
Men's 30+ 4/5	Steve Landry	9
	Glen Murdoch	15
	Peter Codallos	FF*
	Rob Gaeta	FF
	Marc Homan	FF
	Charlie Humphrey	FF
	Darryl McPherren	FF
	Gary Poles	FF
	Brian Schroder	FF
Men's 4/5	Charlie Humphrey	8
	Brian Schroder	12
	Gary Poles	17
	Peter Codallos	FF
	Rob Gaeta	FF
	Steve Landry	FF
	Darryl McPherren	FF
	Glen Murdoch	FF
	Gary de Voss	1
Masters 60+ (19 riders)	Danny Ferioli	3
	Adrienne Brian	12
	Jacobo Melcer	14
	Danny Ferioli	9
Masters 55+ (44 riders)		
Masters 30+ (78 riders)	Steve Landry	9
	Angus Murdock	15
Men 4/5 (66 riders)	Charley Humphrey	8
	Gary Poles	17
	* FF = Field finish	

DEVIL'S PUNCH BOWL RR

24 April

Women's Pro 1/2/3	Adrienne Brian	13th
Women's 4	Haze Thompson	6th (her first race)
Men's Masters 45 +	Arnie Baker	8th
Men's Masters 55+	Butch Richardson	3rd
Men's Cat 4	Gary Poles	30th

SEA OTTER CLASSIC

16 - 17 April

If you missed the Sea Otter Classic this year, you might consider going in 2005. It's by far the biggest race in the country (participant wise). In the 50+ RR *Arnie Baker* traded attacks with two U.S. postal riders (both former Olympians), but on the climb back into Laguna Seca, Arnie dropped both of them for a solo win. In the circuit race the following day Arnie dominated again with multiple attacks easily beating all the sprinters for the win. Other Cyclo-Vets racing included: *David Thompson* -- 26th in 50+ RR and *Butch Richardson* -- 4th 60+ RR and 2nd in 60+ circuit race.

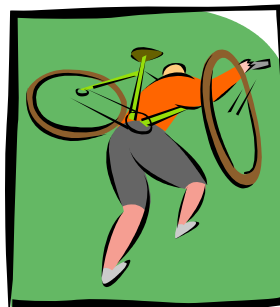
WILDFLOWER CENTURY – San Luis Obispo

On April 24, three Cyclovets members rode the Wildflower century in San Luis Obispo County: Laurie Caledonia, *Jim Miles*, and *Mike Tabler*. Riding through beautiful farm lands in the balmy 94-degree weather, these Cyclovets reveled in a 107-mile route that was peppered with hills comprising 6500' of climbing and provided headwinds that brought tears to their eyes.

Unfortunately, this year, only a smattering of lupine represented the wildflowers. So what besides the ride makes this all worthwhile? The food, my friends: strawberries as big as your fist, sandwiches you build yourself, pasta salads, broccoli salads, enormous cookies and more. SLOBC members put on an amazing event. We encourage everyone to eat and ride with us next year!

CRASHES

Four members, Jack Palmer, Vic Monteleon, Peter Codallos, and Bonnie Gabriel (hit and run) have suffered moderate to severe injuries in accidents involving cars. On the race scene Steve Landry went down but is back racing, Butch Richardson is still recuperating.



PROFILE

Steve Landry

I was born in Seattle, WA in 1965 to a family that was and is heavily involved in the traditional sports i.e.: baseball, basketball and football. I however was fascinated with bicycles. I think I started riding shortly after I could walk and have been doing it ever since.

Growing up in the Northwest was magical for me. I loved the seasons, never noticed the rain and lived for the long summer days. Up until eight years ago I thought I would never leave. It was a large part of who I was and still am.

My father has always been a hard worker and always did his best to provide for our family. I have a sister that's 2 years and brother that's nine years younger than me. My dad didn't make a lot of money but was always creative and supported my desire to ride a bike. On 2 occasions I received a new bike for Christmas and can still remember the feeling. They were never high end but they were mine. As I grew, my appetite for competitive riding grew. I tried my hand at BMX but was a bit heavy and never really had the right equipment. Still, I had fun.

It wasn't until I was 19 that I finally purchased a real high end bicycle. It was a Cannondale with down tube Ultegra. I was in heaven. I still remember my friends questioning the logic of spending \$600 on something that will probably just sit in the garage and collect dust like everyone else's does. That was 20 years ago and I am crazier about cycling now than I was then!

After I purchased that bike I saw an ad for a charity ride in the NW. It was called the Tri- Island Trek and explored some spectacular areas around Western Washington. I signed up and think that's really what set the hook. It was beautiful, challenging, healthy and fun all at the same time. The funny thing about back then was that I swore I would never wear any of those funny looking bicycle clothes. That was until I had my first good case of chafing. So I broke down and bought a pair of lycra shorts but still insisted on sweatshirts and t-shirts. Looking back it seems so funny because now I love

the stuff (maybe too much- just ask the guys I race with).

I spent many years doing these type events but was never able to get enough riding in to satisfy my appetite. Did I say it rains in the Northwest? So I bought a rain bike. These are common among racers in the NW and are usually solid bikes with fenders and the same geometry as the race bike. This helped me get a little stronger and introduced me into the world of training and racing. I never really raced much up there but did try my hand a few times. I was so excited my first race that I invited the whole Landry clan. Big mistake! I was able to stay with the group for about 3 laps (out of 20) and rode solo for the balance. The good part was that it was easy for my family to find me. Nothing like racing past your fan base, solo, into a headwind at 3 mph. After that I never invited anybody and actually got better.

Fast forward to San Diego. My wife Tanya, daughter, Micaela and I moved to a beautiful home in Bonita 8 years ago and have not looked back. We were lucky that both our companies were able to transfer us and we hit the ground running. We feel blessed at all the good fortune and friends we've met down here. This truly is paradise.

My cycling as I said earlier is at an all time high and I love the training and racing equally. As a result, I have set some pretty lofty race goals for myself this year including a State Championship jersey, we'll see. The team I race with consists of a great group of guys that are competitive yet still are willing to work for each other so we can reach our common goals. I truly enjoy belonging to the Cyclovelts and am proud to represent the club at races and in the general cycling community. I still can't believe we have a coach of Arnie's caliber riding with and helping us all get better. The quality of people that I ride with now continues to make me a better cyclist. Thank you all for your help and guidance.

Go Team!

OUR YOUNGEST CYCLO-VET

Kristin Cooper

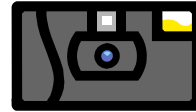
She has been the youngest Cyclo-Vet in the Club for quite sometime. She has now had her very first race - Barrio Logan Grand Prix, SDBC. In her division (open kids class age 10) she was 1st girl, 3rd overall. Hopefully more kids will bring the sport along - they are growing as the club grows. This was also a big day for Mickey (Grampsy as he is known to Kristin) since he had been waiting for this day for years.



Kristin is also taking track lessons at the Velodrome on Thursday evenings (it's strictly for the kids). Mickey had a track bike made for her. She is learning a lot from the class

TWIN TEAM

Angelika and Barbara, the Twin Team, are leaving for the Olympic Distance Triathlon in Portugal. The Fiesta Island workout has prepared them for the speed they need. Barbara won the California Half Ironman, while Angelika won her own race with her husband, moving two households together into a newly built home. They carried a 700-pound mirror and a 650-pound refrigerator and thousands of other stuff until their arms got longer and their hands did not close anymore!. *To each his own race.*



CLUB PHOTO – SATURDAY, JUNE 12TH

GOOD THINGS HAPPEN TO GORDY AT 86 YEARS

April, my birthday month will always be very memorable for me.

First of all, Joyce and Vic Copeland invited me and 7 other members to a gourmet luncheon birthday party at their lovely home in Rancho Santa Fe where we were waited on by Vic – *in full tuxedo!* (see photo) Then, at the dedication ceremonies I was informed that the



new structure across the Sweetwater River was to be called “The Gordy Shields Bicycle Bridge.”

Finally, the Alpine Kiwanis Club, after their metric century presented me with a nicely framed certificate for being the “most experienced rider” as well as giving me a gift certificate.

Can’t get much better than all that!!

OMNIUM 2004 RIDE or WORK!

Cyclo-Vet Membership is Booming!

By Darryl MacKenzie

Cyclo-Vet membership is improving according to virtually all measurements. The number of members has increased significantly, the median age of our members has reversed an aging trend, the number of women members has improved considerably and the number of San Diego county members has increased. Our club is healthier than it has been in many years!

Membership Numbers: Our membership count through the end of the February was exactly 200 members. Five months into our membership year, we are already 45 members (an increase of 29%) more than the 155 members of last year and 93 members (87%) more than that of 2002. This is very positive; more members provide not only more racers but more volunteers, more visible Cyclo-Vet jerseys on the road and, of course, more revenue.

Median Member Age: Over the last 10 years, the median age (that which half our members are older and half are younger) increased by approximately 1 year for each calendar year. In 1994 the median age was 43, in 2003 that age was 52. An aging membership is of course not good for the long term health of our club. However, our 2004 members have not only stopped that increasing trend, but reduced the median age to 51. In 2002 we had only 38 members under 50, now we have 83 for an increase of 218%.

Gender: In 2004, our women members have increased almost 70% from 29 to 49! The number of women in our club has always been significantly less than the number of men. In 2002, the 29 women in our club represented 19% of our members. In 2004, our 49 women members represent 25% of our members. While some of these female members are family members of more active riding members, many are new riding Cyclo-Vets or returning Cyclo-Vets. There are obviously more women on our rides in 2004.

Geographic Location: The number of San Diego County Cyclo-Vets has increased markedly since 2002. In 2002, we were concerned that our membership was shifting outside our home county. In 2002, we had only 88 county members, in 2004 this has almost doubled to 173. This solidifies our base of members in our own county.

New Members: As you would expect, new members for 2004 have increased significantly. In 2002, 31 of members were in their first year as a Cyclo-Vet, this year, 115 of our members are new for this year! That is an increase of 84 members or 370%. This is extremely positive for our club, new members are important for the continuing health of our sport.

Club Membership Revenues: The club's financial position has of course benefited by the increase in riders. In 2002, total membership revenues were only \$3960, to date we have collected \$7150 in 2004 which is an increase of 80%.

So, what does all this mean? Our club must be going in the right direction if we are attracting more and younger members. Our family member policy has attracted many new members, it is not uncommon to see a parent with a cycling son or daughter on our rides.

We plan to introduce new membership incentives in 2005. If you have any membership suggestions, I would be very interested in hearing from you. The continuing health of our sport and our club is important to all of us.