

REDDING VELO NEWS

A Quarterly Publication of the Redding Velo Cycling Club



A Note from the Editor

G. Lowe

As cyclists, I think we all tend to be goal oriented people. When I took on the task of editing the club newsletter at the beginning of the year, I approached it much in the same way I do cycling. I began the year with consistency, wavered mid-season with "burn out" and now find myself recharged ready for late summer races.

A coach once told me to approach each season/race with three goals: one easily attainable, a second more difficult to reach, and finally a "pie in the sky" achievement. If I apply that same advice to publishing this newsletter, I find it's quite easy to regurgitate the excessive amount of cycling information that's available in the form of magazine articles, email newsletters and internet websites. It's a bit more difficult to get members to share race/ride reports, convey their own knowledge and advice on training, racing and riding and to even submit a humorous cycling story now and then. (After all we don't want to get too serious.) And if cyclists from all around the area eagerly pedaled to the local bike shops to get their hands on the latest issue of exciting Redding Velo News each month, well then, I'd be eating my pie.

Just when I was about to settle, my email inbox was inundated with fabulous news. At the time of this writing, junior member [Brandon Dillard](#) was competing in Vermont at the USA Cycling National Mountain Bike Championships. He is currently ranked 4th in the state for his age group Jr. 13-14. Members Steve and Bonnie Tetrick's daughter [Alison Starnes](#) was in Colorado Springs at the Olympic Training Center. Read her article here in Redding Velo News, first published in the USA Cycling Newsletter in July, to find out first hand the amazing year she has had so far. Guest rider, [Jerika Hutchinson](#) has been chosen to represent the USA at the 2008 Junior Road and Track World Cycling Championships in Cape Town, South Africa. Last year her efforts produced a bronze medal in the Time Trial event at the [2007 Junior Worlds](#) in Mexico City. And finally [Carson Blume](#), shared some of his fantastic photography of the Cascade Cycling Classic.

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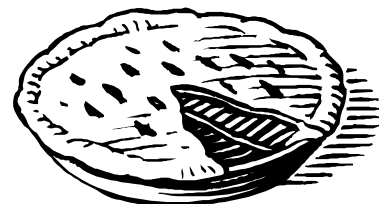
More of Carson's work can be seen in Road Magazine. If you check out his blog you will see another Redding rider, Chris Jones, in action as well.

<http://carsonblume.blogspot.com/>

While sharing in the success of our young riders, remember you don't have to be a national champion or a pro racer to have "results". The brisk pace of our training rides doesn't allow for a lot of chit chat to catch up on what all of our members are doing. Have you recently ridden a century, an epic ride, raced for the first time, raced at all? Did you learn of some valuable training tips that you think would be helpful to other members? Did you have an "I thought of it while riding my bike" moment? Please, sit down and write down your reflections and experiences and send them in so that we can all read about it. After all, this club exists because we all love cycling.

For now, the newsletter will be published on a quarterly basis. When my inbox gets too full with member submissions, then I'll go back to a monthly publication. We look forward to reveling in your success! And, hey! I want my pie, so send in your news!

Send submissions to g.lowe@hughes.net Thanks!



The First Time

Alison Starnes

There is a first time for everything. There are first steps, first kisses, first houses, and there are first bicycle races. This past year is stuffed with a great number of "firsts" for me. In the last year, I graduated college, got married, bought my first bike, competed as an elite amateur in triathlon, and ultimately, discovered bike racing.

From the moment I felt the thrill of the competition of attrition, skill, and strength of cycling, I have never looked back. It would be misleading to say that I found bike racing, but more accurately, bike racing found me. It has always been there, yet I never considered giving it a chance. My grandfather, who is currently seventy-seven years old, is still competing in cycling and is decorated with numerous national jerseys in the time trial, including the 2008 Nationals. My father (Steve Tetrick) is an expert mountain biker as well as an elite road cyclist. I guess you can say cycling is in my blood, and I am merely following my instinct to race my bike.

To put things in order, my name is Alison Starnes and this is my first year bike racing. Within a period of three months from my first Category 4 bike race, I found myself on the start line for the St. Paul Criterium, which is the first stage of the Nature Valley Grand Prix. I qualified for Nature Valley Grand Prix to join Nature Valley's composite team at my first race as a Cat 2, and now I was having the opportunity to race with the fastest women in the nation.



Alison receives last minute advice from Brooke Miller

There is nothing quite like the feeling of just jumping into the fastest professional female peloton in the nation for one of your first Pro1/2 races. To put it bluntly, I was scared. Not only was this my first NRC race, but it was my

first time racing with a sold-out field size of 150 participants. The staging area was not really a pleasant experience due to the torrential downpours that were welcoming us to a lovely Minnesota summer evening. This was my inaugural visit to the state of 10,000 lakes, and she was welcoming me with the experience of racing one of my first Pro1/2 Criteriums with another first time—racing in the rain. Due to the poor conditions, I intelligently opted not to use the carbon wheel my boss, Charlie Livermore, generously lent me.

Stage Two, the Cannon Falls Road Race offered many other new experiences, such as an extremely fast pace, which I especially noticed through the feed zones and inevitably suffered from my first full-body cramp, and was unable to stay upright on my bike momentarily. This allowed me to receive yet another learning experience of proper hydration and fueling for a super fast road race in humidity.

Bike racing is an art class, and at this point, I am barely making a passing grade. I could not help but watch not only the raw strength and fitness of these women, but also the manner they could handle their bikes with such finesse and expertise at high speeds and tight corners. It is comical to think that this time last year, I did not even know how to ride a road bike. After two stages of constantly getting out positioned and learning the hard way that I would have to fight to stay alive in each race, I was discouraged that I might never fit in with such a talented group of women.

Stage Three, St. Paul Riverfront Time Trial which was a short, fast course, with a one-kilometre finishing power climb. Very few people can call up their grandfather and ask them what gearing you should use in your latest time trial endeavor. My "Grampy", Paul Tetrick, picked the correct cassette to use, what gear to begin the TT in, and which leg to use at the beginning. That man knows how to time trial! Fortunately, thanks to Three Rivers Capital, I was able to use an amazing Look 486 Time Trial bike. This bike was made even faster when the mechanic, Tyson, at Penn Cycles and Fitness let me borrow some super fast Bontrager wheels!

To top off the stage, I decided to improvise my own skinsuit. I work at Endurance Performance Training Centers (www.enduranceptc.com) where I teach innovative

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Summer Ride Schedule

Saturday: 8:00 A.M.

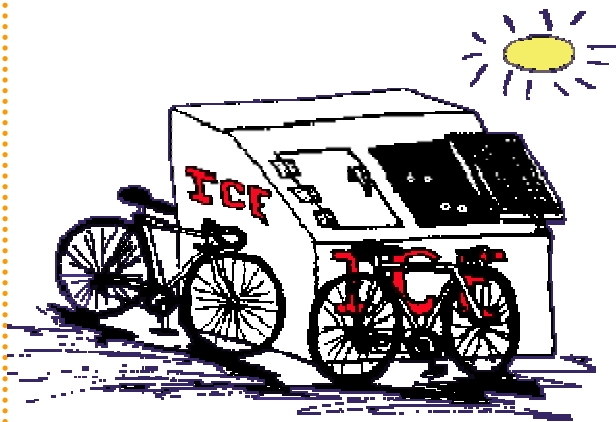
Ride rolls out from Sue's Java Café located at 1712 Churn Creek Rd. Go to www.reddingvelo.com to check the latest route and ride leader information. During the remainder of the summer, many of the rides will be "show and go". Also, there are preliminary plans to start rides in various locations such as Mt. Shasta and Lassen Park. Check the website often for details.

Wednesday: 5:00 P.M.

Roll out at 5:15 sharp from the Holiday Market/Starbucks on Placer and Buenaventura Blvd. Please park in the slots by Buenaventura to not impact close-up business parking.

Thursday: 5:00 P.M.

Ride leaving from the Palo Cedro Post Office. Contact john@sblco.com for more information. No drop policy.



Come out and ride!!!

If you are interested in adding a ride or leading a ride contact Keith at rdgveloschedule@gmail.com

Dillard Returns from USA Cycling National MTB Championships

My trip to Vermont started out with a 4 hour delay in San Francisco. When we finally arrived at our Lodge in Vermont it was 2 a.m. We almost had to sleep in the rental car because they forgot to leave our room unlocked since we were getting in so late! With little sleep we were off to the Mt. Snow Resort. Expecting to race a total of 10 miles it was cut in half to 5 miles. My dad knew I was tired from all the traveling we had done the day before but he said to go and have fun. It was by far the hardest course I have ever ridden. It was all big rocks and tree roots. I finished 18th out of 34 and was only 1 minute from being in the top ten. It was a great experience and I hope to return and participate in the Nationals next year. Vermont was a beautiful state to visit. I didn't mind the heat but I don't like the humidity. It was fun meeting other riders from around the country. I would like to thank Redding Velo and Owens Race team for helping me train for this great experience.

Sincerely,

Brandon Dillard

Plan to Race or Volunteer for Upcoming Redding Velo Races

Time Trial Training Series, Stage 4 8/24 Dedicated to Dale Wright

This is a flat, fast course starting at the north end of Millville Plains Road by the horse arena. This is the last stage of what has been a very successful summer event. Thank you to all that have made the TTTS a success! Registration begins at 7:00, first rider off at 9:00. For more information or to volunteer please contact Ed at EACondit@aol.com or John at john@sblco.com

Mount Shasta Hill Climb 9/7

Start time is 11:00 am at The Fifth Season, Mt. Shasta. The hillclimb heads east up Everitt Memorial Highway for 14 miles to the old Mt. Shasta Ski Bowl site on United States Forest Service property for 4,100 ft of elevation gain (3600-7700'). More information can be found at www.reddingvelo.com To volunteer, please contact Brad Dorken at msb@snowcrest.net

We hope to see you at the races!!



*Time Trial Training Series, Stage 1 on Millville Plains Rd.
Are you ready for Stage 4?*



On behalf of Redding Velo, Steve and Sandy present a jersey in memory of Dale Wright to Knauf Insulation.

Winds of Change for Redding Velo

As a club, we wish to thank Steve Pitman and Tony Lewis for their service as President and Secretary for Redding Velo. Steve and Tony will remain as Redding Velo members, but will be resigning their positions as board members. We wish them all the best and are thankful for the renewing of a vision that began back in 2004 and a move forward in developing a junior riding program for Redding Velo in 2007.

Change brings new challenges and we are faced with the question, "What do our members want in a local cycling club?" In the next few days members will be receiving an email survey to explore the future direction of Redding Velo. Please respond in a timely manner and let the remaining board and committee members provide the direction that is needed to make this a successful cycling club. What will make it successful? You.

If you have a heart for cycling and want to see growth of the sport in Redding, then you may be a candidate for a board position. Please consider the possibilities of a leadership role in Redding Velo.



John Oakes: NCNCA District TT Championships first place in category 20 K 32.57 bested second place by 38 seconds.

First Time, continued from pg. 2

science-based cycling classes. When I am instructing the classes, I wear a compression shirt with EPTC shorts. Attempting to be really fast in the time trial, I decided that this outfit was going to be faster than a jersey and bibs. Hence, I "created" my very own skin suit as I tucked in the shirt, and pulled up the shorts, for a pretty hilarious combination. Finally, this was the stage where I did not have to worry about any other factors but myself and a clock. Finishing on the Ohio Street climb with a time of 15:07 was enough to make me the best

Amateur/Category 2 rider as well as top 10 overall! After seeing my creative outfit, Kat Carrol did offer to lend me a skinsuit for my next time trial.

The rest of Nature Valley offered more lessons of bike handling, positions, and focus, only showing me even more clearly how much I have to learn. Looking at the women around me, I felt like a middle-school student thrown into a hall of doctoral candidates. For the rest of this year, I plan on keeping attending "class" as I become a sponge to those talented ladies around me and absorb all I can.

I have so much to be thankful for, and know that I have been truly blessed to be where I am today. If it was not for my local women's racing team, Dolce Vita Cycling, I would have had no idea that bike racing could be so addictive. Also, being a part of Powerbar Team Elite has given me numerous opportunities to attend races and compete. My loving husband, Zach, and my parents have made so many sacrifices to encourage me and allow me to pursue my dreams.

Thankfully, I work at a place like Endurance who understands my passion for cycling and wants to aid in my progression. In order to maximize my potential, I began working with Michael Engleman from the US Women's Cycling Developmental Program (www.uswcdp.org) as he aids in my overall growth as a young rider. I plan on competing at the Elite Time Trial Nationals while Michael attempts to "throw" me into the deep end, hoping I will find out it is not as deep as I thought!

There truly is a first time for everything, no matter how cliché it seems. As this year continues, I know there will be plenty more "firsts" for me. Even in the midst of all these rapid changes and learning experiences, I know I still have my foundation grounded in my faith, my family, and my friends. Without these constants in my life, the "firsts" might become too overwhelming, but instead, they are merely a chain reaction that has ignited the beginning of a challenging, but fun adventure.

Early Summer Race Results

5/10	Brandon Dillard	Lake Sonoma #2 MTB (U15)	1 st
	Tom Dillard	Lake Sonoma #2 MTB (40-45)	8 th
5/16	Steve Piles	Whiskeytown Duathlon Team	1 st
5/24	Brandon Dillard	Golden State Crit (JR)	15 th
5/24	Glen Shook	12 Hrs. of Weaverville 60+	1 st
6/1	Gary German	Dunlap TT 45+	9 th
6/8	John Oakes	NCNCA Dist. TT Championship (70-74)	1 st
DISTRICT CHAMPION!!!!!!			
6/8	Brandon Dillard	Santa Barbara Bicycle Festival Cross Country (13-14)	1 st
6/10	John Oakes	Cal. Sr. Olympics	TT 2 nd RR 2 nd
6/14	Brandon Dillard	CycleSport Crit (13-14)	7 th
6/19	Gina Lowe	Elkhorn Classic Cat. 4 GC	9 th
6/21	Brandon Dillard	Lake Sonoma #3 (U15)	2 nd
	Tom Dillard	Lake Sonoma #3 (40-45)	6 th
6/28	Mark Cato	Deer Valley Natl. MTB Semi-Pro CC	9 th
7/5	Mike Read	Leesville Gap RR 45+	2 nd
	Ed Condit	50+	5 th
7/18	Brandon Dillard	USA Cycling Natl. Championships Junior 13-14 CC	18 th
8/10	John Oakes	Esparto TT 45+	Not Last ☺

Representing Redding Velo in the Mid-West:**James Heth**

Summer Solstice Stage Race, OH Cat 4	4 th
Bloomington Crit, IN Cat 4	2 nd
Scored a set of Roval Eschappee wheels in a prime!	
Zionsville Crit, IN	Some Place
Wapakoneta Crit	Cat 4/5 1 st Cat 3/4 6 th
Ada Crit	Cat 4/5 1 st
Marion Classic Crit	Cat 4 15 th

Jerika Hutchinson (Mount Shasta) finished 12th in the Women's Time Trial event at the 2008 UCI World Road & Track Championships and won First Place at the Junior/U23/Elite Road Nationals.

Congratulations Jerika!

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Thank you for Sponsoring



Ron Bresolin



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