



National Champion!

A couple of weeks ago, Stephen Ziegler of New Orleans became the second local rider in two years to win a National Championship Jersey. Last year **Billy Richards** returned from the Nationals with the Senior-55 Time Trial Championship. This year, Stephen brought home the **Junior-18 Sprints Championship**. Stephen has spent the last couple of years concentrating on Sprints, and recently spent much of the winter and summer at the Olympic Training Center in Colorado Springs. With a track now practically in his back yard, Stephen should have every opportunity to improve even further. Congratulations Stephen!

Training Camps

For information about fall training camps send a stamped, self-addressed envelope to the USCF Development Office, 1750 E. Boulder, Colorado Springs, CO 80909 (303-578-4581). Below are listed the dates and deadlines for the Clinics in Colorado Springs.

<u>Date</u>	<u>Group</u>	<u>Contact by</u>
10/04-07	Coaches	08/05
10/14-18	Sr.women, Cat.3-4	08/12
10/19-22	Sr.men, Cat.3-4	08/19
10/24-27	Jr.men & women, 16-17	08/26
10/28-11/01	Sr.women, Cat.3&4	08/26
11/02-05	Sr.men, Cat 3-4	09/03
11/08-11	Collegiate Men & Women	09/06

Food and lodging are provided free by the U.S. Olympic Committee. There is a registration fee. Riders must be USCF members. Call Lisa Gundersen (303-578-4565) or Josh Lehman (303-578-4581) for details. I know that it's expensive just to get to Colorado, but if you can possibly make one of these camps, DO IT! It will surely be an invaluable experience.

Riverside/NOBC Van

As I'm sure many of you have learned by now, Riverside Life Insurance Company has donated a reconditioned VW van to the NOBC. We have already made several trips in the van, and it should prove to be a big help in getting club riders to out-of-town events. Russell Bernard has been keeping and maintaining the van for the club, and riders wishing to use it should contact him. The van will seat 5 comfortably with all bikes inside, and has already been taken to Alexandria, Biloxi, Baton Rouge and other District events. Thanks very much to Mark Herman and Riverside Life!

1985 District Championships

The '85 District Time Trials were held June 8 in Baton Rouge on their River Road course. Although the times in general weren't quite as fast as they were last year, many riders turned in personal bests, and there was good competition in nearly all classes. In the Junior class, Troy Perdomo (17) of Velo Sportif was first in the 20K race with a 28:49. NOBC rider **Brett Reagan** (14) was a close second with a 29:04. Since Brett was apparently riding Junior-15 gears (around a 52x16), his time is especially impressive. Paul Martin (Lake City Cyclists) was third with a 29:29. Next were Joe Ewing (SEC 31:31), Billy Fontenot (LCC 31:42), John Dias (32:12) and Mark Drummond (LBC 34:42). In the Senior Women's Class, NOBC Rider **Sally Draper** won the 40K event with a 1:04:34. She was followed by Sally Bindursky (Motorless Motion 1:06:33), Jan Culbertson (MM 1:06:33), and Vicki Drummond (LBC 1:10:34). The Senior men's race saw **Eddie Padilla** (NOBC/Riverside) retain his title with a 56:42. Close on his heels, however, was **Mike Lew** (NOBC/Riverside) with a 56:52. Third was **Brian Roberts** (NOBC/Riverside) with a 57:13. The medalists were followed by John McAllister (NOBC 57:38), Larry Thompson (57:40), Chris Michaud (58:12), Stephen Katchur (58:39), Bruce Flemming(58:46), Sherwood Cox (59:52), Glenn Gulotta (NOBC 1:00:38), Mark Manson (NOBC 1:00:59), Mark Landry(1:01:21), Jock DeBoer (1:01:37), Tim Doucette(1:02:14), Thomas Wright (1:02:29), Roy Tedesco (1:02:35), Tim Fitzgerald (1:02:45), Greg Hejtmanek (1:03:45), Eric Chauvin (1:06:04), J.S.Heia (1:07:51), Sal Maffei (1:08:54), Mike Stuart (1:10:57). In the Senior Men 35-44 Class, **Stan Truxillo** (NOBC) won with a 58:47. He was followed by Dave Person (1:00:01), Dee Harper (1:00:36), Jack Bertel (1:01:09), Carl McAllister (NOBC 1:01:36), and Carl Cook (1:02:06). The Senior Women 35-44 was won by **Jo Gwin Shelby** (NOBC) with a 1:05:05, followed by Candy Legeai (NOBC) with a 1:10:15. Dave Drummond did a 1:05:05 to win the 45-55 age group, and NOBC rider **Billy Richards** did an super 1:01:57 to win the 55+ class. All in all, the Time Trials showed that although the NOBC is generally on top, there is a rapidly increasing infiltration by the 10 or more other Louisiana clubs into the upper classifications.

The first ever "at-home" District Track Championships were held this year at the new velodrome in BR. Since I just stopped by on the way to the Road Race to be held the next morning, I can't comment much on the racing. **Tom Finklea** won the Senior Kilometer with a 1:11:18, followed by Eddie Padilla (NOBC) with a 1:12:35, and Sherwood Cox with a 1:15:04. Sherwood then won the sprints, followed by Albert

Vallotton and Brian Apsey. Eddie won the 4K Pursuit with a 5:10.8, followed by Hamilton Dry (5:19) and Stephen Apsey (5:20). In the points race, Hamilton was first, with Jock DeBoer second. Stephen Ziegler won both the Kilo and Sprints in the Jr. 17 class, with Marshall Shannon winning the Pursuit in that class. Todd Bauer won the Jr.13 omnium, and Harold Glaspy won that event in the Jr.15 class. Elizabeth Hebert won the sprint and pursuit in the women's division. In the Sr.35 class, Dee Harper won the Kilo, sprint, Pursuit, and Points race, followed by Michael Killeen and Duncan Carter in the first three, and by Duncan in the last. Brian Apsey won the Sr.45 kilo. The track events, which started early in the morning, lasted until well into the night; a result of the concurrently-run Texas Districts and the general confusion involved in the first well-attended Track Championships. Unfortunately, the fact that the Road Races started early the next morning up in Alexandria made life difficult for those who wanted to compete in both.

The Road Races were held on a 21-mile circuit near Hot Wells, La. on a very nice rolling course. Thanks to the efforts of Dave Drummond, there was an excellent start/finish area which complimented the unusually safe course. Stan Truxillo provided me with the following report of the Senior-35 Road Race:

The Senior Men's 35-44 Road Race developed into a team race, with 5 NOBC riders against a combine of 3 riders from Lafayette Bicycle Club/Cyclesport, 2 riders from Velo Sportif, and one independent. The NOBC strategy was to send one or two riders off the front and force the other team to chase, while the combine's strategy was to avoid chasing unless the break looked really threatening (ie., 2 riders who might be able to solo to the finish). This game of minor breaks and short chases continued until about 15 miles from the finish, when Jack Bertel (NOBC) rode away with Dave Tullier (Unat) on his wheel. The NOBC group sat up and refused to chase, and when the combine did finally begin to chase, we added to their concern by blocking whenever possible. The break was finally caught about 3 miles from the finish, and the usual maneuvering before a sprint began, as no one wanted to lead out the sprint early. The sprint finally began

about 250 meters out with 4 riders abreast: Jim Bergin (NOBC), Dave Person (LBC), Stan Truxillo (NOBC), and Dave Tullier. The finish was Truxillo, Person, and Bergin, all within 2 bike lengths, and the rest of the pack within the next few seconds. Tullier was fourth, followed by Carl Eyman (NOBC), Jack Bertel (NOBC), Carl Cook (Velo), Carl McAllister (NOBC), and Al Martin (LBC).

VETS DISTRICT ROAD RACE

(by Carl Eyman)

It was not to be an easy day for Dave Person. Of 11 starters 5 were from NOBC and only Dave was wearing the Lafayette colors. After a couple of aborted break attempts in the first few miles Carl McAllister went off the front about 8 miles into the first lap. Dave was left the task of closing the gap and just as he did so Carl Eyman took a flyer, staying out for 2 or 3 miles. On the one hill of any

substance that the course offered Stan bridged, though it quickly became apparent that Carl didn't have much starch left and they were soon caught.

After that the pack ambled along at 21 to 23 mph until 4 miles into the second lap when Jack Bertel went off taking Dave Tullier with him. Since all the NOBC members were crouched down in the back mumbling to each other, Dave Person, Carl Cook and Al Martin took turns pulling, with Dave doing the lion's share of the work. With 7 or 8 miles left Carl McAllister started some active blocking which convinced Dave and Carl Cook that if Jack lasted to the line the rest of the NOBC group were perfectly willing to let him slug it out with Dave Tullier for first and second place. At that point the three started really working together and managed to reel in the now-fading duo.

As the pack approached the line, having managed to drop all of 2 riders in the first 40 miles, it slowed so much that it was almost run down by the wheel wagon. The sprint, which finally started at 200 meters out, went to Stan Truxillo followed by Dave Person, Jim Bergin, Dave Trullier, Carl Eyman, Carl Cook, Carl McAllister, followed by Jack Bertel and Al Martin after a bumping incident took them both out of contention.

In a club which has gotten the reputation of a bunch of unattached riders wearing the same color jersey, the team effort was a pleasure for all involved. Person's 2nd place finish, though a tribute to his strength, may also indicate that we should devote a little more attention to this skill.

The Senior Men's event (around 105 mi.) got off to a slow start, perhaps a result of the record field (I think it was around 50 riders). Early in the race, a two-man break consisting of NOBC rider Billy Thiele and Roy Tedesco (I think) rolled off the front of the sleepy bunch. Over the next twenty or thirty miles, this duo built up a lead of something like 8 minutes over the unconcerned bunch. Meanwhile in the bunch, there were periodic breaks, including one consisting of about 6 riders who were becoming worried about the duo far up the road. This break survived for around 10 miles, but was then caught by the bunch as things started to pick up. With two laps to go, the pace increased noticeably, and the two-man break was finally caught. Coming into the final feed with around 25 miles to go, the pace was now fairly fast, and the bunch began to shed riders as it strung itself out into a long single-file. Just before the feed zone, a gap opened, and ten riders found themselves out front, followed closely by a chase group of around 15 or so. After an uncoordinated effort to close the gap, the chase group resigned itself to it's fate. The effort, however, had trimmed the chase group to around 9 riders. On the last lap, Brian Roberts (NOBC/Riverside) rolled off the front and established a lead that he was to hold until the finish (he had teammates in the bunch). The 7-man sprint was won by Stephen Katchur, followed by Eddie Padilla (NOBC), Stephen Apsey (BRBRC), Mike Law (NOBC), John McAllister (NOBC), Chris Michaud, and M. Richard. Shortly thereafter Larry Thompson and Roy Tedesco finished, with the chase group just down the road. Randy Legeai won the sprint for the chase group, followed by Mark Manson and the rest of the bunch (I don't have the complete results). All of the

above riders picked up double District BAR points. Results of other Classifications appear below. I regret that I don't have the details for these races.

Junior-11 Boys: 1. James Stephens.

Junior-13 Boys: 1. Brett Reagan (NOBC), 2. Kyle Happel, 3. Todd Bauer, 4. Ira Herman.

Junior-15 Boys: 1. David Fitzgerald (Lake City), 2. Joe Ewing (SEC), 3. Billy Fontenot (LCC), 4. Harold Glaspy, 5. Mark Drummond (LBC).

Junior-17 Men: 1. Troy Perdomo (Velo), 2. Alex Freitas (Velo), 3. Richard Roberts, 4. Brett Hamilton (SBC).

Senior Women: 1. P.J. Martin (LBC), 2. Jo Gwin Shelby (NOBC), 3. Elaine Gomez, 4. Vicki Drummond (LCC), 5. Sally Draper (NOBC), 6. Sally Bindursky (LBC).

Senior Men 45-54: 1. Brian Apsey (BRBRC), 2. Bob Spence (KBC), 3. Dave Drummond (LBC).

Senior Men 55: 1. Billy Richards (NOBC).

Veteran National Championships

Seven NOBC riders travelled to North Carolina for the '85 Veteran Road and Time Trial Championships, and returned home with 6 top-5 placings and 9 top-10 placings.

The Time Trial events were held on a fairly hilly course (hillier than last year's course in Colorado), which, combined with the heat, resulted in times that were around 2 minutes slow for most riders. The fastest time of the event, however, was a 56:06 by Dennis Haserot of Hawaii (Jim rides in the 40-44 age group, and was later to win the Road Race as well). The Trials were held on a hot, humid day with little wind. First off was Billy Richards, who turned in a 1:04:00 to place second in the 55-59 age group. Stan Truxillo was disappointed with his 1:01:13 TT, but it turned out to be a good time on this course, and it earned him fifth in the 40-44 age group. Candy Legeai went off next to post a 1:13:19, which was good for a fifth place medal in the 35-39 age group. By the time Candy finished, it was nearly noon, and Sally Draper was en route to a 1:06:25 which won her second place in the 30-34 age group. Randy Legeai followed shortly thereafter with a 1:02+ (somewhere around 14th). Jim Bergin rode the TT mainly just for fun and as a warm-up for the Road Race.

The Road Races were held on a 5.5 mile loop which included some significant (if not terribly steep) climbs, and a hilly, winding section. In the 55+ category, Billy Richards placed 6th in the 38-mile event which stayed together for most of the distance. In the Men's 35-44 event, Stan Truxillo made the break with Hawaiian Dennis Haserot and Marylander John Grice. The break, which formed about half-way into the 50-mile event, hung just about 15 seconds ahead of the bunch of over 170 riders until the last lap, when they finally extended their lead to a slightly safer distance, although always within sight of the hard-chasing bunch. The three riders all had to work hard together, and they knew it. Dennis won the sprint (I think Stan pretty much let him have it since he had done so much work for the break). Stan was second, with Grice third. Favorites Skip Cutting, Bobby Philips, and Jim Montgomery didn't place anywhere near the top in the pack sprint. Jack Bertel of the NOBC finished in the pack, while Jim Bergin dropped out on the last lap in order to see the sprint (the sprint included

at least 100 riders). One note: there were over 400 entrants in the TT and RR events! In the Women's 30-34 event, Sally Draper finished 7th, having lost contact with the leaders on the last lap. In the 35-44 event, Jo Gwin Shelby finished 3rd, having just missed a serious crash just seconds before as two of the three leaders went down in the sprint.

In the Senior 30-35 event, Wayne Stetina and David LeDuc rolled off the front early in the race. They built up a lead of nearly a minute, but by the finish the huge chase pack was only seconds behind as LeDuc took Stetina at the line (not to worry about Wayne, he won the Senior nationals a few weeks later). In the pack sprint, Randy Legeai was 5th, giving him a 7th overall.

All in all, the "Age Group Nationals" was a really fun event, and we felt that the NOBC really made a name for itself with consistently good riding. Many thanks to Jim Bergin who provided transportation for most of our riders, and did nearly all of the 36 hours of driving.

Fluid Replacement

(by Rob Streeck)

(ed. note: Rob is an Exercise Specialist/Therapist at Ochsner Clinic.)

It should be no secret to all of us who train and race in the South that fluid replacement is essential. A question often asked, however, is, "What fluids are best?" In these next paragraphs, I will explain not only which fluids are best, but why some are better than others.

First, a few facts: 1: Water makes up between 55 and 75% of total body weight. 2: Sweat losses in a marathoner or competitive cyclist can amount to 6-7% of total body weight and 13-21% of blood plasma volume (J. Appl. Physiol.). 3: A rapid weight loss equal to 5% of total body weight can reduce muscular work capacity by 20-30%.

Although water serves a multitude of purposes in relation to body function, it has two major roles with regard to athletic performance. First, water serves to help maintain electrolyte balance in the body. Second, it is absolutely vital in maintaining body temperature. After only one day of intense exercise, the body has little trouble compensating for fluid loss. However, repeated loss of fluid after several days or weeks (as is experienced in stage racing or intense training) can be quite hazardous to the body. During the actual event, fluid loss is between 1.5 and 2.5 liters per hour. The stomach and intestines can only absorb 1 liter per hour - thus, the problem.

Recently, the market has been flooded with many athletic-type drinks. The makers claim that they can replace lost minerals, replace lost water, and in some cases even give more energy. First of all, even though these mixtures contain minerals such as glucose, sodium, potassium, chloride, calcium, and magnesium (very similar to actual sweat), they are absorbed at a slower rate by the stomach due to their concentration of glucose. These drinks usually contain about 5% glucose in solution. Studies have shown that glucose solutions over 2.5% actually slow down the rate of gastric emptying. As for replacement of lost minerals, the trained athletes' body automatically stores extra amounts of those that are rapidly lost and can replace

them without much trouble. This is assuming that a well-balanced diet is maintained. Soft drinks are even harder for the stomach to absorb as their glucose content is usually 10%. For example, 15 minutes after drinking 400ml of water, 60-70% of it will have left the stomach, whereas 14 minutes after drinking a soft drink, only 5% will have left the stomach (Research Quarterly). In fact, the sugar content of these beverages may actually do more harm than good. Although after drinking a soft drink we get a temporary "sugar high", the body's response is to secrete insulin, which slows the metabolism of fat. Fat is a major fuel source for muscle contraction.

It would appear, then, that although these types of drinks do not cause any actual harm, their effects are more mental than physical.

A more recent area of study has been in the area of colas, coffees, and other drinks that contain caffeine. Research has shown that caffeine increases plasma levels of free fatty acids. This reduces the rate of glycogen utilization by the muscles which in turn prolongs the time to fatigue. However, caution is advised as caffeine appears to have undesirable side-effects.

I am certain that the harmful effects of beer and other alcoholic beverages are known with regard to fluid replacement. Not only do they do little or nothing to replace fluid, they can actually cause dehydration.

It would appear then that the best substances to drink would be plain water or diluted juice. Of these, water is the more functional since you can also pour it over your head.

One final note - Studies have also shown that cold water (refrigerator temperature) empties from the stomach faster than does a warm drink. This also helps to reduce body core temperature.

Rider Profiles

by Randy Legeai

The following profiles are based on my own opinions and observations. I've just picked out a few riders at random for this newsletter. It's hard to believe, but there just isn't enough room to profile all the active riders in the club. In the next newsletter, I'll profile a few more club riders (assuming my life isn't threatened).

Brett Reagan: Brett continues to impress us all with his natural talents as well as a maturity and cool-headedness that belies his 14 years. Brett is a truly talented athlete, and has demonstrated his abilities not only in cycling, but also in running and triathlon events. It is sometimes difficult to find competition in the younger age groups, but that's not usually a problem for Brett. He just races with the senior-18s. Riding his Junior-13 gears, even in senior-18 events, Brett continues to demolish riders twice his age. When he travelled to Superweek this year, he outshone all his competitors, and went on to win the overall series for his age group (he embarrassed a number of riders in older age groups along the way). Brett has already turned in a 1:01 time trial (in mini gears), and is easily capable of going sub-hour next year. Brett still needs to polish his road racing technique (he tends to do too much work early in the race), but he is learning exceptionally fast. I think that if Brett continues to improve, and

devotes some time to improving his sprint (perhaps some track work), he could easily bring the NOBC its second National Championship jersey in the next year or two (assuming, of course, that he isn't snatched up by one of the big corporate sponsors).

Billy Thiele: Billy is a powerful, smart rider who is quickly developing a reputation for a killer road sprint. Billy came to cycling by way of triathalons, (he is also an excellent competitive water skier), and decided to spend this year concentrating on his racing. He works hard when it counts, and knows the importance of arriving at the line with something left for the sprint. He is not afraid to make a serious attempt at a long early breakaway. For some reason, he seems to be missing the crucial breaks when they come late in long road races (I know because I'm usually there on his wheel). Billy is now a serious threat in any senior event, and will probably only become more of one in the future.

Glenn Galotta: Glenn is one of the few active racers who has been around as long as I. In 1980, Glenn was certain to be in the top three in the District Road Race until he was hit by a car in a training race the week before it. Although he wasn't seriously hurt, he was in enough discomfort to reduce his chances. He entered anyway, and even caught the bunch after a flat, but eventually dropped out. He went on to win the Time Trial championship anyway, and placed (I think) 12th in the Nationals that year. Since 1980, Glenn's cycling has seen a number of ups and downs, usually a result of his responsibilities at work and at home. He has a reputation for being able to make a lot out of a little training, and this year went sub-hour at the District Time Trials. Glenn was one of the first (actually I think he was the first) local rider to do a sub-hour time trial. I think Glenn will continue to remain competitive at the District level.

Stan Truxillo: Stan is probably one of the best senior-35 riders in the country. He continues to win District events, and recently placed second in the Veteran's Nationals Road Race. Stan's speed and stamina come to him with relatively few training miles, although the miles he does are what you call "high quality", as anyone who has trained with him can confirm. Stan really likes to win, and he generally has what it takes to do it. Stan will probably continue to win Senior-35 events, both locally and regionally.

Jim Bergin: Jim, I think, gets more plain enjoyment out of racing than most of us. He is a powerful rider, and he represents one of Stan's biggest threats. Jim really likes team tactics, and takes great delight in outwitting his competitors. He is a great team rider, and has selflessly sacrificed his own chances many times in order to ensure the success of a teammate's break. He is, however, not to be underestimated. Jim can stay with the fastest breaks, and he knows how to keep from blowing up before the finish. Jim might benefit from some sprint work, considering his competition, but like I said at the start, he is always satisfied with a good race, regardless of his placing. He gets really upset when other riders pull dangerous stunts in the pack! Jim is also an excellent triathlete, as well as a national-caliber competitive water skier.

Jo Gwin Shelby: Jo Gwin continues to lead the NOBC Women's team, with high finishes in both the District and National Championships. Jo has improved her sprint considerably over the last year, but still seems to get outsprinted fairly often (usually by women a couple of age groups below her). Jo Gwin can handle climbs and hard jams well, and when she is beaten it is usually by someone who has been sucking wheels for most of the race.

Sally Draper: Although Sally doesn't race often, I had to mention her because I think she has the best chance of all the women in the District to go sub-hour in the Time Trial. Sally has been specializing in time trialing for a number of years. Sally's only problem is her ability to psyche herself out before an event. I think the solution to this problem is for her to race more often, and get used to the competition.

Mike Lew: Mike comes to us as part of the Riverside team, having raced last year with the Velo-Sportif club. Mike is an extremely powerful rider, who has three times this year soloed to hard-fought wins. He has the stamina and determination to be a national-caliber rider. He has a good road sprint, and is an excellent time trialist. Generally, he is an experienced, well-rounded rider. The club has benefitted greatly by Mike's presence. He can often be found giving valuable advice to new riders. He likes racing and riding, and handles his status as one of the best Louisiana riders well.

Mark Manson: Mark has developed quickly this year into one of the club's strongest riders. Along with Steve Stonebreaker and Chris Assaf he is part of a statewide contingent of cat.4 riders who are all about to move to cat.3 en masse, it appears. Mark may be relatively new to racing, but he is not new to cycling, having been present of Crescent City Cyclists. Mark is one of the few riders who has successfully made the jump from tourist riding to USCF racing. Mark is a solid pack rider with a stable wheel and good pack sense. He finished well in the District championships, and if he continues as he's going now, he'll be a major threat in next year's championships. Mark is unafraid of long distances, and seems to be a natural road rider. He has a good sprint which he tests often. Mark has had some bad luck this year, having crashed heavily in the Wiskey Chitto Road Race when a rider took him down in the sprint. Mark shows all the signs of being a solid, consistent rider in local and regional events.

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Wiskey Chitto Road Races

A number of local riders travelled to somewhere around Alexandria for this event, sponsored by the Pack & Paddle shop in Lafayette. There were over 100 riders for this well-run event which had separate events for nearly everyone, including "non-USCF Club Riders". I don't have the complete results, but I'll recount what Candy and I can remember. In the 36-mile novice women's event, Rhonda Manson won the sprint easily in her first race. The

veteran's 54-mile event was won by Dave Person of Lafayette. Carl Eymann (NOBC) finished fifth in the sprint missing fourth by just an RCH! The Senior 72-mile course was over an 18-mile loop containing numerous turns and cattle crossings (covered with plywood for the event). The course had numerous rolling hills, none of which were very steep. The large bunch started out at a sensible pace, with Adam Watts, who arrived in his car just as the bunch took off, chasing for all he was worth. After Adam caught, the pack stayed together for a while, after which a break composed mainly of Mississippi Cycling Assn. riders got off the front. MCI teammates in the bunch immediately began to slow the pace, leaving it mainly to John McAllister to pull the pack up to the break; an operation which took many miles of hard work. When the break was finally reeled in, the pace slowed for some time, and with about 50 miles to go Randy Legeal rolled off the front more or less by accident. The pack failed to respond at all, and Randy, deciding to make the MCI riders work for a while, continued to roll along at steady pace. Meanwhile in the bunch, NOBC riders John McAllister and Billy Thiele eased up in order to force the MCI riders to work. To everyone's amazement, the MCI riders never got organized, and Randy's gap began to grow. About 5 miles from the finish of the lap, Randy remembered that there was a prize offered on that lap, so he put his head down, shifted up a gear, and headed for the line at a good pace. After crossing the line, Randy sat up, ate a banana, and coasted down a long incline. After coasting for at least a couple of miles, he looked back, and the bunch was still not in sight. Figuring that John and Billy must be blocking like crazy, or at least sitting in and taking it easy, Randy pushed on. If he was caught, his teammates would be fresh and could then attack or win the sprint. If he wasn't caught, they would still be fresh for the pack sprint. At the finish, Randy was still out of sight of the bunch. Billy Thiele won the pack sprint, with John McAllister a few places back.

Dream State Criterium

A number of NOBC riders travelled to Monroe August 25 for the Dream State Criterium. The race this year was the last stage for a Junior-only Stage race sponsored by RC Cola and the Ouachita Bicycle Association. Brett Reagan placed first in the 10 mile time trial stage, giving him an 18 second lead over Troy Perdomo going into the 25mi Road race that afternoon. In the Road Race, Troy won the sprint finish, with Brett finishing with the same time, less the time bonus. Still ahead on GC, Brett won the Criterium sprint in a photo finish, thus making him the race winner. In the Senior-4 event, the NOBC was represented by Steve Stonebreaker. The race started fast, and was broken up early as a light rain began to fall, making the already challenging course very slick. A junior rider, visiting from California, rolled off the front during the confusion following a one of numerous crashes caused partially by the rain. Steve was delayed in getting around a rider who had fallen just in front of him, and soon found himself chasing a pair of riders who were about 20 seconds ahead. A few laps before the finish, Steve caught the duo, at which point

all three riders eased up. None of the three, it turned out, realized that the rider just 15-20 seconds ahead was in the lead. It was not until after the finish that Steve learned that he had been sprinting for *second* place! At any rate, Steve won the sprint handily, for an impressive, and hard-earned, second place finish. Had the trio been aware of the lead rider, they would easily have caught him. At one point they were within about 15 seconds of the rider. In the Senior 1-3 race, the NOBC was well represented. Mike Lew, John McAllister, Billy Thiele, and Randy Legeai all appeared for the start of the 36 mile criterium sponsored by Lowenbrau, RC Cola, The Ouachita Citizen, Bike Specialties, and FM-102. The first few laps were fairly fast, with a number of brief breaks going off the front. One of those breaks was **John McAllister**, who built up a sizeable lead before the pack got nervous and reeled him back in. Shortly thereafter, John sprung **Mike Lew** from the bunch. Mike took one look back, saw that he had a good gap, put his head down, and was not seen again! The other NOBC riders immediately took control of the pack, effectively preventing anyone from mounting a successful chase. There were a number of serious attempts by other riders to reel Mike back in, but each time a rider went off the front, there was an NOBC rider glued to his wheel. There were definitely a few frustrated riders in the pack, which was beginning to dwindle in size as the result of attrition and crashes (there were at least four crashes on the 1-mile, 10-turn course which had soapy water in one corner). At the start of the last lap, Randy Legeai, John McAllister, and Billy Thiele were still present in the pack of about fifteen or so. At the bell, the pace began to pick up as riders began to vie for position. On the second-to-last turn, just about 500M from the finish, **Billy Thiele** crashed heavily. In the sprint, **Randy Legeai** placed 7th, and John McAllister followed just behind. All in all, the club fared fairly well overall, with two first places, one second, and one seventh. Mike Lew moved into the lead in the District BAR series as a result of his placing.

Miscellaneous Ramblings

This summer seems to have seen the nobc mature into an effective, well-respected club. Locally, we have dominated the racing, despite serious challenges from the numerous other clubs in the District. Thanks in part to the new van, but also to the general enthusiasm within the club, many riders have travelled fairly extensively this summer to the many events offered within driving distance. It was not too long ago that nearly all organized racing in Louisiana and Mississippi was in New Orleans. Today, there is at least one major race in the district every month, and many of those are in places like Alexandria, Lake Charles, Monroe, etc. Of course, this makes it difficult for the local riders who are unable to travel to the more distant events, since there is usually not a local event on those weekends. The local racing scene, however, has been supported by the Tuesday-Thursday races, and the Velo-Sportif Saturday series. I would like to again encourage new riders to travel to the out-of-town events. Give me a call if you need a ride. The van usually goes to these events, and

there is usually a person or two who has room in his own vehicle. It is exciting to me to go to races within the District, and find a huge turnout of riders, many of whom I don't even know (at one time, I'm sure I knew personally every rider in the state with a cotterless crankset). Racing has changed drastically in the last few years. A few years ago, most races were done at a fast, steady pace, with most riders in the group sharing fairly equally in the work. Most riders were dropped as a result of being burned off the back from the steady, fast pace. Today, there are usually at least two teams in the race, and team tactics play a much more important role. The pace varies greatly, and one must watch for blocking or soft-peddalling riders in the bunch. Today, we have a little of everything, which makes each race unique and interesting (and sometimes frustrating). It's getting pretty late at night now as I sit here in front of Chip's computer (mine's in the shop), so I guess I'll quit rambling in a minute. I'm sorry about the incomplete results on many of the races, but since I've been riding more this year, I guess I've been concentrating mostly on my own races. Again, please send in write-ups on races you attended. It's usually hard for me to get results of events that we didn't run ourselves.

Bastille Day Criterium

Glenn was pleased! When he showed up at the *Place de France* for the annual Bastille Day Criterium, the barricades were already in place. The police had rounded up prisoners to do the work. This race, I guess now in it's 13th year or so, is held in conjunction with the *La Fete* festival, and is held on a .3 mile course with two U-turns and 2 90-degree turns. It always attracts a fair crowd (everyone likes a good crash). There is only one race (Open USCF) which usually attracts some good riders. The field is intentionally small, and its size is enforced by stories of past events! This is a race where it is very hard to make up lost ground. The turns are very difficult, and require solid bike handling and, in some cases, a lack of respect for one's health. It is, however, an excellent spectator event, with constant action. This year there were 22 entrants in the race, which started out, as usual, fast. Tom Finklea, who has won the event many times, got off to a poor start when he pulled his rear wheel over on the first lap and had to stop and retighten it. A break was quickly established consisting of Jorge Merle (VS), Adam Watts (VS), Randy Legeai (NOBC), and Walter Ringer (a visitor from Belgium), along with a couple of others who were dropped. Adam Watts took a flyer off the front, and incredibly Jorge started blocking. You have to understand; Tom was closing fast on the breakaway. Walter, as he did for the entire race, was sucking wheels for all he was worth. Shortly after Adam was caught, Tom dropped in for a moment on his way to lapping the field. Legeai was soon off the back as the pace picked up. Once Tom had established an uncatchable gap, the pack slowed, and Legeai began making up ground. By the time Tom lapped the pack, Legeai was back on, and there were just a few laps left. In the sprint, Walter Ringer was first (he was pretty fresh), with Jorge Merle second, Randy Legeai third, and Adam Watts fourth. Tom, of course, was first with a time of 54:20.