

ROAD TEAM REPORT

As most people know, NOBC riders **Mike Lew**, **Brett Reagan**, and **Hamilton Dry** have been training and racing in the Denver area in preparation for the Nationals in Idaho later this month. On July 20, Brett won a National Prestige Classic for his age group in Denver. The 20-mile event had 30-40 starters, and was held on a 3/4 mile loop with two hairpins at the top and bottom of the hill. Following a crash on the first lap, Brett attacked alone, but soon found himself with Jim Roper who had been given a free lap following the crash and allowed to get in with Brett. They rode together for 5 laps (two of which Roper spent on Brett's wheel), and were caught by one other rider. At that point, Brett attacked again and hammered the remaining 15 laps to win by about 20 seconds. In another race in the area, Brett rode a 51-mile circuit race on a 3 mile course with one good climb per lap. Brett, riding as a cat 3 senior, had the nerve to get away for about a lap, although he was soon caught. Nonetheless, he finished 12th in the sprint of around 55 riders. In another race, the Metropolitan Life Maglia Rosa Bike Classic, Brett placed second in the 40-minute timed event to Jim Roper after breaking away with him on the semicircular course that featured about 50 feet of climbing per lap. That same day, Brett entered the Junior-18 event, which was a 60-minute timed race with about 60 starters. After about 10 minutes, Brett rolled off the front and hammered, opening a 40-second gap as the crowd went wild. At this point the 7-11 team made a concerted and effective effort and reeled him in. While Brett was away, he picked up around \$130 in primes and prizes. 7-11 then sent two riders off the front, and Brett finished 8th overall in the sprint. On July 18, **Hamilton Dry** finished 2nd in a 60-minute timed criterium in Denver (sorry, no details). **Mike Lew** is also reported doing well with pack finishes in most of his races'. Many thanks to Betat's and M.H. for their support of these promising riders.

Disaster !

As this newsletter is about to go to the copier, we have learned that Mike Lew and Brett Reagan were involved in an automobile accident on their way to a race. Mike suffered some ligament injuries, and Brett suffered broken ribs and a punctured lung! Obviously this puts them out of the Nationals. No other details are available right now, but we all join in wishing for their speedy recovery.

DISTRICT CHAMPIONSHIPS '86

R O A D

The USCF District Road Championships were held this year on the course near Alexandria which was used for the '85 districts. The 21-mile loop lacks any major climbs, but provides a generally good road surface and is easily monitored.

The **senior-18 men's** event started out like a rerun of last year's race when Richard Crawford (La Sport) wandered off the front on the first lap, and gradually faded into the distance. With his teammates monitoring the lazy pack's activity (more like inactivity), Richard accumulated a lead of, I guess, around ten minutes. After around 60 miles of generally uninspiring racing, things started to pick up a bit as Pat Carrington (a permanent fixture at the front of the 50-man bunch), Mark Manson, and Randy Legeai took turns jumping off the front. This, of course, drove Crawford's teammates crazy, and after 15 minutes of such abuse, they began to fade into the bunch as other riders, apparently awakened from their slumber by the accelerated pace, began to show some signs of aggression. With the somewhat faster pace, the bunch gradually closed on Crawford. With about a lap and a half to go on the 21-mile loop, **Pat Carrington** (NOBC), Jorge Merle (VSRG), Thomas Sodier, and Robert Bart opened a crucial gap on the field as the race finally began in earnest. As this group began to disintegrate under the pressure of the charging pack, Mike Lew made his long-awaited move, exploding from the pack with Larry Thompson in tow and Steve Apsey and a couple of others hanging on for dear life. Within a few miles, Mike, Larry, and Pat were away, with the remnants of the breakaway strung out just ahead of the bunch. With the NOBC riders in the pack controlling Stephen Katchur's concerted effort to chase, the race made the final turn with three miles to go. As the lead trio passed the 1 kilometer sign, **Mike Lew** launched himself from the break, crossing the finish well ahead of **Larry Thompson** who just beat out **Pat Carrington** for second place (more on Pat what-center-line Carrington later). Meanwhile, the bunch, still bulging with nearly all of the starters, was closing quickly on the lone riders who had been ejected from the breakaway. With the finish in sight, everyone was back together, and the sprinters began to filter up to the front. The elbow-bumping, 8-across sprint that followed was won by **Ronald Sloan**, followed by **Billy Thiele** (NOBC), Robert Bart, **Randy Legeai** (NOBC), **Ed Madery** (NOBC), and the rest of the bunch, including NOBC riders **Mark Manson**, **Steve Stonebreaker**, and **John McAllister**. I'm not really sure of the results past sixth place, as they weren't available from the officials. Since three riders were to qualify for the Nationals as a result of this race, it was unfortunate that Pat Carrington was relegated to the pack (6th place) for (rather flagrantly) advancing his position while over the center line earlier in the race. Pat deserves credit as the hardest-working rider of the day. Mike, who is certainly the best rider in the state right now, rode a smart race, sticking to the plan he had formulated before the start. The entire NOBC team deserves credit for helping Mike achieve this goal which he badly wanted. The club riders made the pace hard when necessary, and blocked when necessary, and generally helped Mike and Pat succeed. Thanks also to the support crew which kept everyone alive during the long event.

The **Senior-18 Women's** event saw the entry of two senior-35 women, **Candy Legeai** and **Jo Gwin Shelby**, both of the NOBC, both of which opted for the longer (63 mile) senior event over the abbreviated (21 mile) 35's event. NOBC rider **Ann Skuldt** also entered the event which attracted a field of around 10 riders. On the second lap of the three-lap race, **Candy Legeai** broke away, and with two teammates containing the chase attempts, quickly rode out of sight. **Candy** motored the entire last lap solo, to win her second state road championship. In the pack sprint, **Sally Bindursky** crossed the line first for second overall, followed by **Holly Langford**, **Jo Gwin Shelby**, and **Ann Skuldt** and the rest of the pack.

In the **Senior-35** road race, **Dave Person** took first, followed by **Bruce Flemming** and **Jim Bergin** (NOBC). The **Senior-35 women's** event went to **Sally Draper**. **Dee Harper** won the **Senior-45** race over **Rob Spence** and **Dave Drummond**. In the **Junior-15** event, **Brett Reagan** (NOBC) was first, followed by **Joe Ewing**, **Billy Fontenot**, **Chris Alexander** and **Todd Bauer**. **Kendrick Perry** won the **Junior-17** race, with **Mark Drummond** taking second and **Wright Hall** third. **Billy Richards** took the **Senior-55** event.

T I M E T R I A L S

The **District Time Trial** Championships were held on the **Baton Rouge River Road** course on a particularly hot and muggy morning. A number of riders showed up with the latest in high-tech go-fast equipment, including disk wheels and sloping top tubes. In general, times were about a minute off for the faster riders, apparently because of the heat and wind. **Michael Laiche** crashed upon finishing the event, a victim of a rather serious case of heat exhaustion. Riders were seeded according to their own estimated times. Top placings are listed below:

Senior-18 Men 40 Kilometers

1. Mike Lew (NOBC) 55:31
2. Steve Katchur 58:21.1
3. Paul Kirst 58:21.2

Senior-35 Men

1. Bruce Flemming 59:37
2. Jerry Magnoni 1:00:11
3. Billy Jones 1:02:05

Senior-45 Men

1. Dee Harper 1:01:19
2. Rob Spence 1:04:55
3. Dave Drummond 1:04:55

Senior-18 Women

1. Sally Bindursky 1:05:12
2. Louise Hose 1:05:51
3. Ann Skuldt (NOBC) 1:06:04

Senior-35 Women

1. Sally Draper 1:04:26
2. Jo Gwin Shelby (NOBC) 1:06:03

Junior-17 Men (20 Kilometers)

1. Wright Hall 30:01
2. Scott Wyman 30:15
3. Mark Drummond 31:50

Junior-15 Men

1. Brett Reagan (NOBC) 27:46
2. Joe Ewing 30:24
3. Clark Allen 36:25

T R A C K

TRACK CHAMPIONSHIPS

The **District Track Championships** were held on an especially hot day that left most riders hopping for a change to a morning-evening format for next year. Results appear below:

Sprints, Senior Men

1. Stephen Ziegler
2. Jeff Snell
3. Linn Fink

Pursuit, Senior Men

1. Mike Lew (NOBC) 5:10.3
2. Stephen Apsey 5:13.7
3. Paul Kerst 5:25.0

Kilometer, Senior Men

1. Jeff Schnelle 1:13.3
2. Mike Lew (NOBC) 1:13.6
3. Steve Stonebreaker NOBC 1:16.3

Pursuit, Senior Women

1. K. Landry 4:38.2
2. Jo Gwin Shelby (NOBC) 4:40.3
3. Sally Bindursky 4:41.0

Kilometer, Senior Women

1. K. Landry 1:26.9
2. Jo Gwin Shelby (NOBC) 1:31.3

Points Race, Senior Men

1. Mike Lew (NOBC)
2. Stephen Apsey
3. M. Crowzen

PARTY TIME

The NOBC and the New Orleans Triathlon Association had their "semi-annual" (or so it seems) party at the Farrell's home on Bayou Lacombe in Lacombe, Louisiana on June 22. As usual, there was enough food even for the 50 or 70 serious eaters who showed up, and enough activities for everyone, from swimming to frisbee tossing to waterskiing to the few odd souls who were using a giant slingshot to launch water balloons 200 feet at passing boats and swimmers! The serious riders in the group biked over from New Orleans early in the morning, and despite a crash on a slippery railroad crossing and a flat, had a nice, if wet ride. Compared to last year's ride in which there was a crash, 5 or 6 flats, and a broken chain which found Steve Stonebreaker being pushed about 10 miles by clubmates, this year's ride was a breeze. The rest of us (being a bit older and wiser) drove across later in the morning and arrived in time to be regaled with the tales of

the early riders. If the amount of beer and food consumed is any indicator, a good time was had by all! Stan Truxillo

AWARDS BANQUET PLANNED

The annual awards banquet is tentatively to be another spaghetti supper like the very successful fund-raiser held at Mark Herman's home this spring. Time and place are not definite yet, but I do understand that Jo Gwin Shelby and Russell Bernard have agreed to do the cooking honors again. Since the club treasury is a bit thin, another fund-raiser seems to be needed, and if the food is as good as the last time, it will be well worth the price. Watch this spot for further details . . . Stan Truxillo

CCC RIDES

I'd like once again to advocate taking advantage of some of the Crescent City Cyclists' longer tours as training rides. The CCC is a very active club with a wide spectrum of rides throughout the year. There is almost always someone to ride with at any pace you could desire, from the hard motoring of Dan Kirkmeyer or William Hudson to the more leisurely roll of those who prefer to "smell the roses". As has been said before, you are welcome to just show up for a single ride, but if you plan to ride with them on a regular basis, you really should pay their dues and make it official. Listed on the schedule are their longer country rides which I thought would be of more interest to NOBC members. Stan Truxillo

WISKEY CHITTO ROAD RACE

Ok, so I can't remember all the names! Since it's already late at night and the newsletter is already late as usual, I'll see what I can remember about the race. This year's race was the second effort for Pack and Paddle, the sponsor of the event which attracts lots of triathlon and cat-4 types. The total entry list came to something like 200 riders. The sponsors chose an out-of-the-way course in gentle rolling hills southwest of Alexandria. Using a small campground in a national forest as the base, the organizers put on a well thought-out event that attracted riders from three Texas teams, as well as many local riders. With the help of their own Boy Scout troop, the sponsor provided campers with a spaghetti dinner the night before the race, as well as all the corner monitors they could want. The senior road race was fairly interesting during the first half of the distance, with a number of serious breakaway attempts. NOBC riders Pat Carrington, Randy Legeai and John McAllister were the only club representation at the event, many riders being out of town or taking it easy after the Districts. For the first half of the race, Pat and Randy monitored the front of the bunch while John, who was planning a second-half effort, took it easy near the back of the pack. Just before the halfway point, the pace got very fast, stringing the bunch out as it approached the feed zone. Just then, two Houston riders locked handlebars and crashed, taking John with them. Since I had been working hard during the first half, I had been

expecting to be able to do some serious sitting-in on the second half, and John's untimely crash really took the wind out of my sails. The race remained pretty active, and somewhere during the last lap the pack somehow allowed John Morestead (a good Texas rider who used to race in Louisiana) and a couple of fellow Texans roll off the front. Since this happened while I was dozing at the back, I completely missed it until it was much too late. Pat tried to chase, but couldn't get any help. The first three places were thus given away though our inattentive riding on the last lap. There was a pack sprint, of course, in which Pat and I finished somewhere near the front but out of the money. It was really a very good race, although I'm still kicking myself for being so stupid as to allow Morestead to get away like that! The really good news of the day was William Hudson's well-deserved win in the Senior-35 race in which he out-sprinted some of the best Vets in the state! I wish I had some details of his race, but as I mentioned above, I guess I was unconscious for most of it! Randy

JAMBALAYA FESTIVAL

For the second (or is it the third?) year in a row, the Jambalaya Festival in Gonzalez hosted a couple of criteriums down the main street of Gonzalez just prior to the opening of the festival for the day. The senior event was especially notable for the number of riders who crashed on the 8-turn course. Casualties included the entire Velo-Sportif team, Steve Stonebreaker, and numerous others. The race was fairly fast, with the sprint finish going to Stephen Katchur. John McAllister did OK in some of the many primes, although he and Randy Legeai finished "in the pack" as they say. Billy Thiele and Pat Carrington fared somewhat better in the sprint, but I don't know the exact placings. William Hudson finished second in the Vets race, and Jo Gwin Shelby won the Women's race with Ann Skuldt finishing second. Jo Gwin was actually third overall in the combined Vets/Women's race. Vicki Drummond was third and Candy Legeai fourth in the women's race. Riders were treated to free jambalaya following the races, which attracted a respectable crowd by the time the seniors finished.

TOUR DE FRANCE

Greg LeMond has won the Tour de France! Not only that, Andy Hampsten finished fourth! For those of you who have just tuned in, Greg LeMond is a US rider who moved to Europe a few years ago in order to pursue a career as a professional cyclist. He took this bold step at a time when riders from the states were barely known in world cycling circles. Last year LeMond was second in the 'Tour' to teammate Bernard Hinault. LeMond also won the World Championships two years ago, and seems to be riding a wave of success which has focused the attention of the european press on US riders. Andy Hampsten is one of the newer generation of US cyclists which has sought pro cycling careers in Europe. Andy and Greg both ride on the prestigious La Vie Claire team in France. 7-

11 also fielded a team for the famous French race, and incredibly scored an early stage win. The 7-11 team, however disintegrated rapidly as a result of illness and crashes. Eric Heiden was shown on national TV lying on the ground with a concussion following a crash in which he hit his head. Pro riders, of course, are so highly experienced that they don't need to wear helmets. Riders on this side of the Atlantic were treated to weekly network coverage of the event, as well as daily newspaper reports. The TV coverage was obviously intended for viewers more accustomed to watching professional wrestling, as it tended to 'focus' on practically anything except the actual racing. Much was made of the Lemond-Hinault rivalry, and it was unfortunate that the incredible riding of Andy Hampsten was completely ignored. At any rate, we should be thankful to have had any coverage at all, especially considering what almost happened to the broadcast of the last stages. It seems that WWL decided to show something else that day, and was planning on not showing the network coverage of the final stages at all! Jim Bergin got wind of this turn of events when he was at the shop at the time that Glenn's advertising man called to say that he wouldn't be able to run an ad during the broadcast because there wouldn't be one. Jim immediately lept into action and started passing out business cards with WWL's phone number on the back. As a result of the many phone calls that this generated, WWL decided to tape the program, which they ran following the news. As a special bonus, they edited out the coverage of other events covered by the network. Many thanks to Jim and WWL! I should also like to thank the Times Picayune-States Item for their daily coverage, which included photographs on the front page of the sports section. As for the race, it will undoubtedly go down as one of the most exciting Tour's ever. Hinault took the yellow jersey fairly early in the race, and Lemond was forced to work for every second he got back until he finally took the lead following a tough mountain stage which saw Lemond pass an exhausted Hinault. It was apparent that Hinault was not going to sit back and wait for Lemond to make his moves. Instead, he put literally minutes on Lemond during the early stages. The battle finally ended in the final time trial where Lemond finished just a few seconds down on Hinault, despite having crashed and changed bikes. Now what I would really like to hear is how Hampsten managed fourth place. There were two 'American' riders in the first five, and three La Vie Claire riders in the first five. Guess that's what you call a successful team effort, regardless of the Lemond-Hinault rivalry.

SUMMER HEAT TIP

This summer has been a real scorcher, even for New Orleans, and even those of us who ride early morning or late evening lose lots of fluids. If you don't believe that, try weighing yourself just before and after a ride - the fluid loss will surprise you. We all drink lots of water, tea, and fruit juice on the rides, and we still come back dehydrated. I'm not an exercise physiologist, but what little I've read

indicates that if you lose more than 5% of your body weight in fluids, you are in serious danger of dehydration. Most of the literature says that salt tablets are no longer recommended, that we get enough salt even with a low-salt diet to meet all our needs. Sweat isn't supposed to taste salty. . . . Maybe so, but I don't think the folks who write those articles tried taking long rides in the deep south. My own experience has been that during the winter and early spring, my sweat tastes salty. As the weather gets hotter, the sweat gets non-salty, which is fine with me - at least I don't come back from a ride looking quite so crusty. But some time around midsummer, my sweat begins to get a metallic taste, and at about the same time, I begin to feel tired all the time. I tried training more, and felt worse. Finally, I tried taking "electrolyte tablets", which were salt and potassium phosphate, and the next day felt better, so I kept it up for the rest of the summer. Seemed to work fine, so I've done it every summer since then. I can't prove cause and effect, but it sure seems to work for me. . . . I don't recommend this if your sweat still seems salty, and especially if you are prone to hypertension, but if you ride a lot in hot weather, you might think about it. . . . Stan Traxilla

RACE SCHEDULE: SUMMER/FALL '86

Aug 3: 10mi TIME TRIAL I

The first in a series of three 10 mile Individual Time Trials. Prizes will be awarded at the last Time Trial on August 17 based on total elapsed time. 7:30 am registration, 8:00 am start at the Ruddock Boat Launch. Take I-55 from Laplace north for about 6 miles to the Ruddock exit. Riders will start at 1-minute intervals. Open to both USCF and non-USCF riders (USCF approved helmets required). Series prizes three deep for Senior-18, Senior-35 and Women. \$4 entry fee. Randy Legeai 837-0068. *NOBC*

Aug 3: Southern Road Series I

Road race series in Mobile, Alabama promoted by the Azales City Cyclists. Series prizes based on points for the three Road Races. Sr-18 1-3 (76mi), Sr-18 4 (45mi), Junior (15mi), Women (15mi), Vets. (45mi) George Tomkins 205-342-5454. USCF only. *ACC*

Aug 10: 10mi TIME TRIAL II

Same details as August 3. Randy Legeai 837-0068.

Aug 10: Southern Road Series II

Same details as August 3. Cat 1-3 91mi, Cat 4 45 mi, Junior 30mi, Women 30mi, Vets 45mi.

Aug 10: Madisonville Ride

Morning Call 8am. 25, 49mi. John Laurent 392-3689. *CCC*.

Aug 16: Hot & Hilly Pine Ride

Morning Call 7am. 30,40,50mi. Carl Cole 888-4292. *CCC*.

Aug 17: 10mi TIME TRIAL III

Same details as August 3. Randy Legeai 837-0068.

Aug 17: Southern Road Series III

Same details as August 3. Cat 1-3 106mi, Cat 4 61mi, Junior 30mi, Women 30mi, Vets 61mi.

Aug 24: VELO ROAD RACE

Road Races in Mississippi. No Details as yet, look for details in a flyer. Velo-Sportif Racing Club.

Aug 24: Blond Ride

7:30 am Morning Call. 36, 45 mi. Cheryl Weill 895-2360. *CCC*.

Aug 30: Hammond Ride

7:30am Morning Call. 30, 55mi. Harry Hebert 1-764-2267. *CCC*.

Sep 6: Bear Creek Ride

6:30am Morning Call. 24,36,50mi. Bud Logan 467-2555. *CCC*.

Sep 7: 2-PERSON TIME TRIALS

Time Trials for 2-person teams on a rolling 20-mile loop north of Covington. Make arrangements for a partner beforehand or be matched at the start. Teams start at 1-minute intervals. Prizes 3 teams deep for overall men and women. Non-USCF teams allowed. USCF helmets required. 7:15 am registration, 8:00 am

start Old Military Road at Pat O'Brein Road. From Covington, take Highway 21 northeast to LA 1082 (Old Military Road). Turn north on 1082 about 5 miles to Pat O'Brian Road. Park well off the road - don't interfere with traffic! \$4 Entry fee per rider. Candy Legeai 837-0068, Jo Gwin Shelby 865-8766. *NOBC*.

Sep 7: Time Trial at Ruddock

7:00am Morning Call. *CCC* members only. Richard Christensen 897-6639. *CCC*.

Sep 14: Kat Kaw Ride

7:30am Morning Call. 22, 53 miles. Tom Loretto 891-9916. *CCC*.

Sep 21: BETAT EXTRAVAGANZA

Annual race sponsored by Gus Betat & Son. Prizes consist of whatever happens to be lying about the shop. Everything from complete bikes to rusty TA cleats! NOTE: You must take your prizes with you when you leave! Working on a new location, so no details yet. Look for flyer. Russell Bernard 434-9290, Glenn Gulotta 821-6386.

Sep 28: Century Warmup Ride

Read Road Library 7 am. 33, 53, 70mi. Brian Lambert 282-0307. *CCC*.

Oct 4: Enon Autumnal Hundred

6:00am Morning Call. Qtr., Half, Metric, Full Century. Julian Blomley 455-2728. *CCC*.

Oct 5: ENON ROAD RACE

Road races for all classes near Enon Louisiana. Details in flyer. Carl Eyman 943-8513.

Oct 10-12: Great Louisiana

Tentative date for fourth annual Great Louisiana Bicycle Road Race. A 3-day point-to-point stage race through southern and central Louisiana. Details still being worked out. Look for flyer. This race is probably one of the most fun races of the Louisiana racing season, coming as it does at the end summer. If you want to get a small taste of what it must be like to ride in something like the Coor's Classic, this race will give you a feel for what day-after-day long road races must be like. Don't expect fantastic prizes or foolproof course control, but come prepared for a real challenge and lots of fun.

Kentwood Ride

Morning Call 7:30am. 25,45,54mi. Charlie Meyers 488-3002. *CCC*.

Oct 18: Two Rides in One

Read Rd. Library 7am, ATB ride, Road bike ride, 27,46,60mi. Marc Weiss 246-5943, Steve Brown (ATBs) 341-0661. *CCC*.

Oct 19: Tri Parish Double Ferry Ride

N.O. Museum of Art 9am. 45mi. Brian Lambert 282-0307. *CCC*.

Oct 25: Fort Pike Ride

Read Rd. Library 9am. 40mi. Craig Vosbein 288-9200. CCC.

Oct 25-26: Pearl River Ramble

Overnight in Columbia MS. Jack Curry 484-6516. CCC.

Oct 26: Bohemia Ride

Belle Chasse ferry landing 9:00 am 30,53mi, Glen Laigast 482-1527. CCC.

Nov 1: Madisonville Ride

Morning Call 7:30am. 25, 49mi. Dan Kirkemeyer 1-785-8630. CCC.

Nov 2: Abita Springs Ride

Morning Call 8am. 26, 40mi. Ron Parsley 837-0601. CCC.

Nov 9: Springfield Ride

Morning Call 8:30am. 25, 36, 50mi. Roy Zanca 242-1705. CCC.

Nov 15: Franklinton Ride

Morning Call 7:30am. 25, 60mi. William Hudson 899-9922. CCC.

Nov 23: Sheridan Ride

Morning Call 8am. 45, 62mi. Harry Hebert 1-764-2267. CCC.

Nov 22-23: Ride Around the Lake

Morning Call 8am, 80mi/day, Frank Douglas 891-8585. CCC.

Nov 27-29: Jambalaya Tours

18th annual, sponsored by Baton Rouge B.C. Clyde Carlson 1-346-8990, Dan Bieber 1-292-1447. BRBC.

NOTES: With the exception of CCC rides, all races on this schedule are, or are expected to be, held under USCF permit. Non-USCF riders are allowed to ride in Time Trials. Race dates and/or locations may be changed to accommodate last-minute additions to the schedule, so be sure to confirm races with other riders or the race promoter prior to attending. USCF approved helmets are required for all races, and there is a \$1 insurance surcharge for all races (which may or may not be included in the listed entry fee). We at the NOBC are always open to suggestions about possible races. If you are willing to arrange for a course and can solicit some prizes, please contact Randy or see Glenn at the shop. The club can handle all race-day essentials.

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