

The NOBC News

1995 Wrap-up and 1996 Update Issue

TOUR DE LOUISIANE XXIV

July 8 - 9, 1995

The twenty-fourth annual NOBC Tour de La. returned to New Orleans this year, as both the Time Trial and Criterium moved from Hammond to the Crescent City. The biggest change this year was the Criterium, which was held at Roosevelt Mall in City Park, a location that has been a favorite for over two decades. Lively competition combined with one of the most professionally run criteriums in years to provide a memorable and trouble-free event. Tentative plans for 1996 call for a date change to early May in order to find cooler weather and increased participation.

GENERAL CLASSIFICATION RESULTS
(Partial - complete results are posted on the NOBC WWW pages)

SENIOR 1/2/3

1. Gordon Konrad (GNO) 4:05:38
2. S. Harrick (Landis) at 00:35
3. S. Casey (Herring) at 00:36
4. S. Smith (IWSM) at 00:56
5. E. Ruzanski (UVCC) at 01:01
6. P. Briggs (SVC) at 01:01
7. N. Nolan (Red Stick) at 01:02
8. R. Guest (AWV) at 01:03
9. B. Anderson (Herring) at 01:07
10. T. Herbet (GNO) at 01:10

SENIOR 4/5

1. J. Stiller (Playground Earth)
2. B. Ridge (GNO) at 00:11
3. M. Anderson (IWSM) at 00:20
4. M. Ducote (GNO) at 00:24
5. N. Hankins (HiTailers) at 0:36
6. P. Stephens (MGC) at 00:37
7. D. Hebert (Red Stick) at 00:50
8. R. Cook (Mezza Luna) at 00:53
9. B. Vaughan (MGC) at 00:55
10. T. Constance (Unat) at 00:56
11. T. Deese (NOBC)
13. K. Duet (NOBC)
17. T. Guardalabene (NOBC)
23. L. Bergen (NOBC)

(Continued on Page 2)



Winter/Spring Training Rides

February 4, 11, 18, 25
March 3, 10, 17, 24, 31
April 7

February-April group sport training rides, will be underway soon! These rides will be in the 60-80 mile range with smooth paceline on the way out and a faster pace on the return trip. The group usually splits up into faster and slower packs for the return. Use these rides to develop a solid base for your '96 racing season.

Where and When

Meet at the Morning Call at 7:00 a.m. to caravan across the Causeway. The Winter/Spring Road rides will start at the Abita Springs School at 8:00.

Support

You must be kidding! There will be no support of any kind, medical, mechanical, or culinary. Usually, the group is willing to stop briefly for a flat, but if the pace is fast when it happens, you're probably on your own until the next re-grouping point (if any). Maps are provided.

The traditional "GIRO" Training Rides will continue every Saturday and Sunday 7:00 am from West End Park in New Orleans for those who can't make the trip across the lake. These rides are a fast, flat, 45 miles. Be sure you don't wait until March of April to start participating in these rides or the pace will already be too fast.

SEASON OPENER BANQUET

Sat., January 13. 12:00 noon



The NOBC Season Opener Banquet and awards ceremony will be held Saturday, January 13 at the home of Reggie Bresette on the Northshore. Reggie's address is 316 Independence Drive in Mandeville. To get there from New Orleans, take the Causeway across the lake, and continue North on 190 to I-12. Take I-12 East to the first exit (Abita Springs, Highway 59). Turn right on 59 about a mile to Independence Drive. The club will provide lunch. Significant others are welcome. Don't miss what might be your only chance to really get to know your teammates (and to see them in regular clothes). For more information, contact Reggie at (504) 624-3820.

'96 SPONSORSHIP

Jerseys for 1996 will be ordered this month, with delivery expected in March. Additional details will be sent out next month. This year, the NOBC adds a new sponsor, Playground Earth (504/867-9023), located in Mandeville at 1501 N. Hwy. 190 just North of I-12. In addition to cash sponsorship, Playground Earth will support the team with Powerbar energy bars, Trek helmets, special pricing on Continental tires, and other products. Other major sponsors include America Sign Maintenance, Campbell Law Center, Mayeaux/Varuso Construction, The Pelican Club Restaurant & Bar, William Idol & Associates, and Zahn, Kenney & Bresette. Club sponsorship helps to support race promotion costs, newsletters, race travel costs, etc., and helps to defray the cost of jerseys.

(Tour de La. -continued from Page 1)

MASTER-35+

1. S. Martin (Unat)
2. C. Reed (Team Internet) at 00:03
3. G. Cross (Red Stick) at 00:19
4. M. Barrilleaux (NOBC) at 00:28
5. T. Thomas (GSH) at 00:30
6. B. Magendle (NOBC) at 00:38
7. C. Perea (GBCT) at 00:56
8. T. Campbell (NOBC) at 01:18
9. W. Sclortino (NOBC) at 01:19
10. D. Longstreth (Mezza Luna) at 01:42

WOMEN

1. G. Pagel (Red Stick)
2. L. Williams (NOBC) at 00:37
3. R. Simons (GNO) at 00:48
4. D. Schmitt (NOBC) at 08:22
5. T. Cash (Unat) at 10:42

JUNIOR

1. J. Labauve (GNO)
2. T. Rives (Red Stick) at 00:01
3. D. Reiss (Unat) at 01:29
4. C. Thomas (LECA) at 03:54

CITIZEN

1. P. Shannon
2. C. Schumann
3. K. Ziblich
4. J. Garhart
5. B. Baudoin
6. K. Poche
7. T. Farley
8. A. Strange
9. K. Anselmo
10. P. Carrington

State RR Championships

"As I Rode It"

MASTER'S 35-44 ROAD RACE

"Forty-two miles just doesn't seem long enough for a road race. Any good road race should be at least 60 miles." Now, you would think I would have a longer memory, but I actually uttered these words while driving over to the infamous Hodges Gardens location with Tom Campbell and Joey D'Antoni for the '95 District RR. The next time that comment came to mind, I was grinding away, alone, climbing that *&%*^\$# hill at about 11 mph.

The Master's-35 Road Race this year attracted a large and fit field to the torturous Hodges Gardens course. The 42-mile race would take the riders 8 times around the deceptively beautiful loop that included one long, steep climb, followed by a quick stair-step and a very steep wall that kept most of the derailleurs close to the spokes. The killer part of the course constitutes maybe half its length, with the remainder mostly low rolling hills and flat. This year's event

started briskly, but the pace stayed smooth and the group went up the first lap climbs together. On lap two, however, Ricky Tenney surged up the hill and strung out the field, but most of the pack regrouped after the hills. Although I wasn't feeling great, I wasn't particularly uncomfortable on the climbs, and tried to respond quickly to Ricky's attacks, both to keep from losing contact, and to give the impression that I would be hard to drop. On the flat part of the course, however, I was trying to conserve as much as possible, just moving up to the front at the base of the climbs. On lap three, there was another attack on the hill that split the pack, leaving a few riders permanently OTB, and causing a number of riders to chase back to the group. The lap 4 climb was very fast, and finally blew the pack apart, allowing a five-rider group to form off the front that included Ricky Tenney, Paul Kerst, Randy Legeal, Larry Thompson, and D. Hughes(?). Although there was no attack on the climb on lap 4, Hughes lost contact. The four-rider lead group worked together fairly smoothly, although it was becoming clear that Larry and I were struggling (but trying to hide it!). Ricky had no interest in dealing with a sprint finish, and pushed the pace up the hills on the next two laps. Sure enough, on the next lap Thompson lost contact on the climbs, and I followed suit on lap six. I spent the next two laps trying to maintain a steady pace, and never lost sight of Larry and Paul, which I was happy to hear caused them some concern toward the finish when they slowed down prior to the sprint. This is a course on which a rider can lose an enormous amount of time once he's OTB because the tendency is to go up the hills at about 5 mph. The whole time, however, I was wondering how close behind time trial specialist Larry Thompson might be, and couldn't really relax until the last couple of miles. I finished about 500m behind the leaders with an average speed of just over 21 mph.

SENIOR 1/23 ROAD RACE (106 mi)

Dave Swords and I decided to take a shot at the Senior Road Race the next day, despite the fact that our training programs aren't exactly focused on 100 mile hilly road races. Twenty-nine riders showed up at the starting line, including about a half-dozen Texas riders who were there apparently to bolster their egos. As it turned out, they had a pretty tough ride too. As Dave and I warmed up, it occurred to us that if we were just able to finish the race, we were likely to qualify for La. BAR points, that go down to 10th place, since the field was fairly small and there's always a high drop-out rate. After checking with Lorrie about the number of non-La. riders, we decided to give it a try. The race started out early in the morning at a comfortable and smooth pace, and for the first 40 miles or so the pace up the hills was calm and easy, with the pack staying together and

most riders trying to conserve enough to respond to the inevitable attack sure to come later in the race. At around 45 miles or so, there was a strong surge up the big hill that split the pack in two. Those of us caught behind the break had a few miles of hard chasing to bridge back up to the main group, and a number of riders came permanently off the back at that point. No sooner than we had gotten back to the pack, it seemed, we were again at the base of the big climb, and again someone put the pressure on, stringing the pack out badly. This time, we weren't so lucky, and about 10 riders went off the front, leaving the rest of the group in tatters. I quickly found myself with Todd Herbert chasing a group of two that was about 20 seconds ahead. We could also occasionally see Kendrick Perry chasing solo a bit farther ahead. Pretty soon, though, the lead group was out of sight and out of mind, and the two-man group-ahead of us continued to pull away (we commented that it would have been smarter for them to have waited for us, considering we had a good 50 miles to go at that point). Todd and I settled into a smooth pace, figuring that we were at least within the top ten among La. riders. It was a few laps later that we passed one of the two riders who had been ahead of us, and we eventually passed the other one as well. The rest of the ride was your basic death-march training ride. We were usually able to maintain a speed of around 20 on the flatter sections, but after 70 miles or so we were into the single-digits on the big climb and happy to make it to the top. Up ahead, Dean Buzbee (TX) and Russ Walker had established a fast-moving two-man break, chased by a solo Todd Bauer. Rob Konrad made an effort to bridge earlier, but ended up in a 3-man group with John Morstead and James Keeneham of Texas. These riders all ended up lapping us, and finished in that order, followed by a solo Keith Breaux, a solo Kendrick Perry, a solo John Hood, and the duo of Todd Herbert and me. That put me in 7th among La. riders (I didn't sprint against Todd as I figured he could use the district points more than I!). Anthony Nolan, Dave Swords and Mike Rourke finished later, rounding out the top-10 La. riders. All-in-all, Dave and I were happy to have met our goal of finishing in the top ten and getting in a good long training ride. ---Randy.

RESULTS (Partial)

MASTER 35-44

1. Ricky Tenney (CC)
2. Paul Kerst (RSTK)
3. Randy Legeal (NOBC)
4. Larry Thompson (TLS)
5. D. Hughes (TLS)
8. Tom Campbell (NOBC)
9. Brian Magendle (NOBC)
10. Mark Barrilleaux (NOBC)

MASTER 45-54

1. Mike Williams (NOBC)

2. **Dave Swords** (NOBC)
3. Gary McCray (Mezza)
4. Ed Hurling (CC)
5. David Longstreth (Mezza)

MASTER 30-34

1. **Tim Fontan** (NOBC)
2. **Howard Luna** (NOBC)
3. Mike Gaudet (Velo)
4. **Lorenzo Bergen** (NOBC)

WOMEN 30+

1. Giselle Hosgood Pagel (RSTK)
2. Beth Livingston (CC)
3. **Laura Williams** (NOBC)
4. Dianna Jenkins (Unat)
5. Lynn Carey (RBC)

SENIOR MEN 1/2/3

1. Dean Busbee* (Team Concept - TX)
2. (1) Russ Walker (TLS)
3. (2) Todd Bauer (GNO)
4. (3) Rob Konrad (GNO)
5. John Morstead* (Team Concept - TX)
6. James Keeneham* (Unat-TX)
7. (4) Keith Breaux (GNO)
8. (5) Kendrick Perry (CC)
9. John Hood* (GCCA-TX)
10. (6) Todd Herbet (GNO)
11. (7) **Randy Legeal** (NOBC)
13. (9) **David Swords** (NOBC)

SENIOR WOMEN

1. Camille Hood* (Team Concept - TX)
2. (1) Giselle Hosgood Pagel (RSTK)
3. Heather Farrell* (TX)

SENIOR MEN CAT. 4

1. Jason Sager (RSTK)
2. Billy Ridge (GNO)
3. Michael Simpson (TLS)
4. Mark Belrose (TLS)
5. Mark Ducote (GNO)
10. **Tom Campbell** (NOBC)

* non-La. riders. () = La. Placing.

District Crit.

The District Criterium Championships were not particularly well-attended this year, particularly in the non-senior classes. Nonetheless, the popular 8-corner course in Breaux Bridge provided a challenge and led to some unexpected results.

SENIOR 1-2-3

1. Russ Walker (LA SPORT),
2. Keith Breaux (GNO)
3. Todd Bauer (GNO)
4. Joe Otero (LA SPORT)
5. **Randy Legeal** (NOBC)
6. Kendrick Perry (CC)
7. Kevin Trahan (U/A)
8. Anthony Nolan (RDSTK)
9. Brett Faulk (CC)
10. Norman Nolan (RDSTK)

SENIOR 4-5

1. Russell Cook (MEZZA)
2. Mark Belrose (LA SPORT)

3. Mark Ducote (GNO)
4. Shontelle Gauthier (CC)
5. Aaron Alfrey (LA SPORT)
6. Darren Savoye (GNO)



A relaxed-looking group heads out from Abita Springs for one of the November training rides.

SENIOR WOMEN

1. Shontelle Gauthier (CC)
2. Giselle Pagel (RDSTK)
3. Tracy Cash (U/A)

MASTER 30-34

1. **Tim Fontan** (NOBC)
2. **Keith Duet** (NOBC)
3. **Mark Phillips** (NOBC)

MASTER 35-44

1. Russell Cook (MEZZA)
2. **Randy Legeal** (NOBC)
3. Dean Hebert (RDSTK)

MASTER 45+

1. Ed Hurling (CC)
2. **Dave Swords** (NOBC)

Nolan Teriot Memorial

A number of NOBC riders made the drive over to Lafayette for the Nolan Teriot Memorial Criterium and Road Race.

MASTERS CRITERIUM

The 45-minute (timed event) Master's race featured a combined field with separate prizes for Master-35 and Master-45 races, and attracted a fairly strong group of around 20 riders. The criterium course was laid out in a business park area, and was essentially a large rectangle with one sweeping curve and three 90-degree turns. Just to make things more interesting, however, the promoter had added a short extension past the finish line that forced riders to negotiate a fairly sharp hairpin around a narrow neutral ground (aka. Median), and that turned out to be the day's major contributor to Roadrash, landing many riders on the blistering hot brushed concrete and testing the tire-gluing skills of the tubularites in the group. The master's event started out at a fairly civilized

pace, but quickly heated up as Mike Lew provided some animation at the front, along with Ricky Tenney, Guy Cross, and a couple of others. NOBC riders in the field included

Dave Swords and Randy Legeal.

Four primes, evenly spaced through the race, but inconspicuously announced spiced up the action, and when Mike Lew went for (but lost) the one offered at the mid-point of the race, the pack split and five riders opened up a gap on the rapidly dehydrating field. This gang of five gradually dwindled to just three — Ricky, Guy, and Randy. Mike Lew continued to chase the group but never caught, and ended up

riding with Dave Swords, who I think was lapped on the .8 mile course, but went on to win the Master-45 category. On the final lap the three leaders slowed considerably and Randy and Guy weren't about to let Ricky get a free tow up to the 200 meter mark. Shortly before the final turn, and about 300 meters from the finish line, Guy Cross jumped strongly from the back, cutting through the turn on the inside and catching Randy and Ricky by surprise. Randy responded quickly and ultimately got past Guy, but couldn't hold off Ricky Tenney in the close 3-man sprint.

SENIOR 4

Keith Duet, Joey D'Antoni, Lorenzo Bergen, and Mark Phillips entered the Senior 4 event, which featured the day's largest field. At the start, Lorenzo tactically got dropped before the first turn, never to make contact again, although he continued to serenely circle the course providing periodic consternation among the pack riders as they passed. Joey and Keith worked well and maintained good field position, but around the half-way point Joey's rear wheel washed out on the U-turn, landing him on his posterior. By the time he got back to the pit with his flat rear tire, there was a big rush to get a wheel in before the pack came by, with the result that he got pushed off just behind the pack in his biggest gear, uphill. Turned out that Joey had ridden a narrow (like 19mm) time trial tire tubular on his rear wheel. The U-turn required such a bike lean that he had been going around it each lap essentially on the unprotected sidewall, which, of course, eventually gave out, landing him on his butt. The tire looked like someone had taken a belt sander to one side of it! Meanwhile, Keith stayed near the front, ultimately taking, I think, 8th or so in the bit pack sprint, but just missing out on the prizes.

SENIOR 1/2/3

Well, having recovered from the Master's race, and negotiating a \$10 entry fee for the 1/2/3 race, I decided to take a shot at it. I

had noticed that there were a few riders from Herring Gas, a few from the Lafayette team, and a pair each from the Houston teams of Hooters and Whole Food. I figured that would give the top riders lots to keep them busy and that I might be able to safely hide out in the field of around 40 riders, especially if I was willing (which I was) to let a few riders go off the front without getting all worked up over it. Although this hour-long race was faster and more animated than the Master's race had been, there were lots more wheels for grabs and I generally felt considerably more comfortable. As I had predicted, the major teams launched attacks and counter attacks, and contested the many primes, so that toward the end, a pair of riders finally succeeded in getting off the front, chased by another pair (that included Kenney Bellau), that was chased by the pack. Both pair of riders made it to the finish without being caught, although the gap was never more than about 25 seconds, and in the big field sprint that ensued for fifth place, I got fourth (8th overall). Race promotion was pretty good, although there were no spectators at this out-of-the-way location.

NOLAN THERIOT RACE RESULTS (partial)

CRITERIUM :

SENIOR 1-2-3

- | | |
|------------------|---------|
| 1. Shawn Casey | Herring |
| 2. Todd Bauer | GNO |
| 3. Kenny Bellau | Herring |
| 4. Carroll Paton | Cajun |
| 5. Rob Konrad | GNO |
| 8. Randy Legeal | NOBC |

SENIOR 4-5

- | | |
|--------------------|----------------|
| 1. Shane Hernandez | Cajun |
| 2. Mark Anderson | IWSM |
| 3. Billy Ridge | GNO |
| 4. Mike Hamsa | Whole Foods |
| 5. Justin Neely | Team Squincher |

MASTERS 35+

- | | |
|-----------------|-----------|
| 1. Ricky Tenney | Cajun |
| 2. Randy Legeal | NOBC |
| 3. Guy Cross | Red Stick |
| 4. Mike Lew | Herring |
| 5. Scott Martin | |
| 6. Chris Reid | internet |

MASTERS 45+

- | | |
|---------------------|-------|
| 1. David Swords | NOBC |
| 2. Ed Hurling | Cajun |
| 3. David Longstreth | Mezza |

WOMEN

- | | |
|-----------------------|-----------|
| 1. Shontelle Gauthier | Cajun |
| 2. Giselle Pagel | Red Stick |
| 3. Beth Livingston | Cajun |

ROAD RACE:

SENIOR 1-2-3

- | | |
|------------------|-----------|
| 1. Rob Konrad | GNO |
| 2. Todd Bauer | GNO |
| 3. Brian Parker | Hooters |
| 4. Anthony Nolan | Red Stick |
| 5. Paul Kerst | Red Stick |

8. Mike Williams NOBC

SENIOR 4-5

- | | |
|--------------------|-----------|
| 1. Russell Cook | Red Stick |
| 2. Shane Hernandez | Cajun |
| 3. Mark Anderson | IWSM |
| 4. Billy Ridge | GNO |
| 5. Dean Hebert | Red Stick |

MASTERS 35+

- | | |
|-------------------|-----------|
| 1. Scott Martin | |
| 2. Chris Reid | Internet |
| 3. Robert Mason | Cajun |
| 4. Brian Magendie | NOBC |
| 5. Greig McCreo | Northwest |

MASTERS 45+

- | | |
|---------------------|-------|
| 1. David Swords | NOBC |
| 2. Dave Persons | Mezza |
| 3. Ed Hurling | Cajun |
| 4. David Longstreth | Mezza |

WOMEN

- | | |
|--------------------|-----------|
| 1. Giselle Pagel | Red Stick |
| 2. Beth Livingston | Cajun |
| 3. Selena Lambert | Cajun |

Bike & Blade Criterium Series

The 1995 Bike & Blade on the Bayou Series marked the return of bicycle racing to City Park after a 10-year hiatus. Thanks to the noble efforts of Robert Massart and Bill Burke, and generous sponsorship by Gatorade, the 3-race series was a great success with the riders, and proved to be one of the most professionally promoted events the area has seen in years. Plans are already underway for the '96 series! In the Senior event, local rider Rob Conrad (GNO) outclassed a large field to take the series title easily. Randy Legeal (NOBC) took the Master's series, supported by a horde of NOBC masters that dominated the races.

Bike Rack Road Race

The popular annual Bike Rack "Super Six" Road Race on the Rocky Springs course near Jackson Mississippi was held last Sunday (July 23). This year's race suffered from a lower-than-usual attendance due to some last minute course availability problems that kept the race announcements from going out until the last minute. A few days before the race, few people in the New Orleans area had received announcements. Riders making the last-minute trip from the NOBC included Brian Magendie, Laura Williams, Randy Legeal, Keith Duet, Tim Fontan and Lee Deese. I have (unofficial) results from the first two races that started first, Master-35+ and Senior 1-3, but not for

the Cat. 4 race or the citizen's race that finished after I had left with Brian and Laura for the drive home. No USCF races were offered for Juniors or Women.

Master-35+

There were only about a dozen Masters on the line for this 45-mile race, including Laura Williams, who was riding the race for training (there was no USCF women's event). Most of the riders in this race were apparently determined to stay away of the front, regardless of how slow the pace got. As a result, the speed fluctuated from a low of about 15 to a high of about 40 mph throughout the race as Brian, Randy, Jim Quick and another rider periodically attacked and pushed the pace, only to find riders willing to pull the pack up to the break, but unwilling to pull through to maintain the pace. The pack lost only a few riders, and ended up with a sprint among the 8 or so riders remaining: One rider who had been off on a number of short breaks jumped early, at around a kilometer from the slightly downhill finish straight, and got a good gap until the pack responded at around 400 meters. The resulting fast sprint brought the speed over 40 mph by the finish.

Top six riders were:

Masters

1. Randy Legeal (New Orleans B.C.)
2. Chris Reid (Hammond - Team Internet)
3. Brian Magendie (New Orleans B.C.)
4. Jim Quick (Meridian MS)
5. Bruce Thompson (Florence MS)
6. Ricky Russell (Jackson MS)

Senior 1-3

The Seniors did 60 miles on the rolling course with a fair-sized group. With a bit over a lap of the 15-mile course left to go, a three-man break went off the front that included Todd Herbet, Kendrick Perry, and Shawn Casey. This group made it to the finish intact, with Kendrick winning the sprint over Shawn, and Todd crossing the line for third. Todd told me later that when he got up to the break he told his companions "just get me to the finish and I'll hold the camcorder for the sprint!" In what I gather was a pack sprint, Kenney Bellau took fourth overall, followed by Frank Moak (one of a few Master's riders who rode the Senior race). Results through 9th were:

1. Kendrick Perry (Lafayette)
2. Shawn Casey (Hattiesburg)
3. Todd Herbet (Meraux)
4. Kenny Bellau (New Orleans)
5. Frank Moak
6. Keith Breaux (Monroe)
7. Bo Bourne
8. Shan Smith
9. Charlie Davis (New Orleans)

Senior 4

In the cat 4 race, there were several attacks from the Mezza Luna team which were brought back by myself, Keith and a few of the other guys that were trying to work

together. I was able to get off the front once with Peter ?? from Gulfport, stayed away for a few miles but was caught, 3 or 4 guys were dropped during the chase. It came down to a pack sprint, I wound up with 4th, waited a little to long to go. Keith had some serious leg cramping, dropped to the back before the sprint. **Lee Deese**, who rode up with me, rode in the oat 5/public race. This is his first year with NOBC and his second year racing, took 2nd in that category.

State Track Championships

SENIOR SPRINTS

- 1 Flores, Bennie (RSTK)
- 2 Tart, Jimmy (LASHF)
- 3 Crissy, Ryan (LASHF)
- 4 **Bergen, Lorenzo** (SLVR) (NOBC)
- 5 Bauer, Todd (BRNZ) (GNO)
- 6 Andrews, Billy
- 7 Legeai, Randy (NOBC)

SENIOR POINTS RACE

- 1 **Williams, Mike** (NOBC)
- 2 Bauer, Todd (GNO)
- 3 Crissy, Ryan (LASHF)
- 4 Kerst, Paul (BRNZ) (RSTK)
- 5 **Legeai, Randy** (NOBC)
- 6 Brauner, Ian

SENIOR 4K

- | | |
|-------------------------------|---------|
| 1 Bauer, Todd | 5:02.70 |
| 2 Kerst, Paul | 5:12.02 |
| 3 Crissy, Ryan | 5:29.07 |
| 4 Legeai, Randy (BRNZ) | 5:30.38 |
| 5 Cross, Guy | 5:41.13 |
| 6 Hurling, Ed | 5:45.46 |

SENIOR MEN 1K

- | | |
|------------------------|---------|
| 1 Flores, Bennie | 1:13.32 |
| 2 Bauer, Todd | 1:14.39 |
| 3 Kerst, Paul | 1:15.36 |
| 4 Tart, Jimmy | 1:15.53 |
| 5 Crissy, Ryan | 1:17.31 |
| 6 Andrews, Billy | 1:18.39 |
| 7 Legeai, Randy | 1:19.30 |

JR. 15-16 SPRINTS

- 1 Labauve, Jeff
- 2 Rives, Trent

JR. 15-16 POINTS RACE

- 1 Labauve, Jeff
- 2 Rives, Trent

JUNIOR 15-16 2K

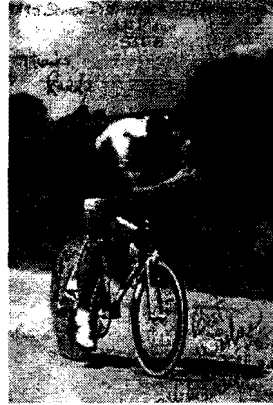
- | | |
|-----------------|---------|
| 1 Labauve, Jeff | 2:45.68 |
| 2 Rives, Trent | 2:49.42 |

JUNIOR 15-16 500M

- | | |
|-----------------|-------|
| 1 Labauve, Jeff | 40.19 |
| 2 Rives, Trent | 41.77 |

Adventures of Mike Williams

NOBC rider Mike Williams deserves special recognition this year. Early in the season, Mike set his determined (some might say obsessed) sprint on the goal of winning some medals in Track at Master's Nationals and Master's World's. He achieved both. Unfortunately, scheduling problems didn't allow him to compete in the Master's Nats Time Trial in Nashville, where he would likely have taken home another medal. At the Nationals in Trexlertown (July 18-22), Mike took home three silver medals and one bronze, competing in the 50-54 group. The bronze was in the Match Sprint (he beat Copeland once, but lost the other two sprints). Silver medals were in the Kilo, Pursuit, and Points Race. There was some controversy in the Points Race, caused by the lap counter who flipped the numbers incorrectly prior to the last sprint (worth double points). Mike thought the sprint was on a different lap, and so ended up completely out of position for the final sprint. Had he taken some points in that sprint, he would probably have gotten the jersey. To cap off his successful season, Mike traveled in early September to Manchester England for the Master's World Track Championships where he placed third in both the pursuit and the points race. In the Master's World Cup of the Americas, Mike won the track omnium for his class, posted some impressive times in the kilo and pursuit and lapped the field in the points race. He said his pursuit time would have been good enough to have won the next lower age group too.



Cyber Cycling

The NOBC announces its own homepage on the **World Wide Web!** Thanks to the Greater New Orleans Freenet and the efforts of Ken Hayes and Randy Legeai, the club has joined a growing number of cycling organizations (soon to include the USCF) with WWW homepages. The site includes lots of information on the club, including current racing and training schedules, race results, photos, history and links to other bicycle racing sites. To view the homepage from your computer you'll need internet access (available from many access providers like AOL, Prodigy, Compuserve, etc.) and a Web browser (such as Netscape, or one of the ones provided by your access provider). The site will be used extensively for

communications about upcoming events and races, and all race results will be posted there. In the near future, the site will feature a couple of "virtual training rides." On those days when you just can't get in a training ride, you will be able to do the Abita Springs to Enon ride on the Web instead - Don't forget to strap on that heart rate monitor! To see the homepage, use one of the popular search engines to search for "nbc" or point your browser to: <http://gnofn.org/~nbc/>

The NOBC also has a growing e-mail and fax list, so be sure to include that information on your membership form, or send e-mail to: rlegeai@mailhost.tcs.tulane.edu.

Team Organization

In order to help coordinate NOBC participation in area races, the club will this year designate a number of "team captains" who will be responsible for encouraging, harassing, cajoling and otherwise convincing riders to compete in local and regional races. These individuals will also serve as the points of contact (i.e., their phone numbers, e-mail IDs, etc., will be published) for riders who are looking for information about specific races, need transportation to events, or just require some racing or training advice. We will designate team captains for Senior 1-3, Senior 4-5, Master's, Women, Juniors and "Citizens." If you're interested in serving in this capacity, contact Randy Legeai as soon as possible.

Don't Get Dropped!

The NOBC offers two training ride programs to get you through the cold months. These include the Jan.- Apr. Training Series, and the Giro Ride Series. The Training Series rides are held on Sunday mornings, and start from the Abita Springs area, with south-shore riders meeting at 7:00 a.m. at the Morning Call on 18th Street behind Lakeshore Shopping Center to carpool across the lake. The ride times and distances should allow most riders to be back home by 1:00 p.m. Flyers will be sent out in January.

Membership Forms

The 1996 NOBC membership renewal form is included in this mailing. Please take a moment to fill it out with any changes and return it as soon as possible. Membership dues will go a long way in replenishing our treasury after a fairly expensive 1995 season in which the club promoted a number of quality events (not all of which broke even, despite significant outside sponsorship). Club memberships are for the calendar year. The Spring newsletter will include a telephone list of club members. Remember that for 1996 the USCF has changed its racing license renewal procedures so that your license is good for a full year from whenever you last renewed. If you renewed your USCF license last year in March, like I did, you won't receive a renewal form from the USCF until February. As a result of this change, you should be sure to renew promptly, since you may not have the usual two or three months before the real racing starts.

District Rep. Update

As most riders know by now, Lorrie Hebert decided to retire as Louisiana's USCF District Representative at the end of 1995. Lorrie's tenure as DR was probably the least controversial one in Louisiana cycling history, and saw a healthy growth in La. USCF membership and a maturing of race promotion. I was always impressed that she attended, and usually officiated, nearly every event held in the state for many years. Hopefully her expanding career will still allow her to race and officiate in the coming years. The USCF is in the process of selecting a new DR, and the word is that local rider and bike shop owner Glenn Gulotta (Betat Bicycles) is one of the people under serious consideration. A selection will be made by the end of the month, and a letter introducing the new DR will go out to members. The new DR will be up for review at the end of the year. Glenn held the post briefly once before, and considering his wealth of experience in cycling that includes racing, coaching and officiating, he would be a good choice. One other person has submitted his/her resume for the position as of 1/08/96. Letters of support should be sent as soon as possible to:

Randy Shafer
Director of Technical Services
United States Cycling Federation
One Olympic Plaza
Colorado Springs, CO 80909
fax (719) 578-4596
e-mail: 71024.3017@compuserve.com

1996 Schedule

(Very Tentative)

JANUARY

- 7 Informal Training Ride (call)
- 13 NOBC Meeting Reggie's
- 14 Informal Training Ride (call)
- 21 Informal Training Ride (call)
- 28 Informal Training Ride (call)

FEBRUARY

- 4 NOBC Winter Training # 1 - Abita
- 11 NOBC Winter Training # 2
- 18 NOBC Winter Training # 3
- 20 Mardi Gras
- 25 NOBC Winter Training # 4

MARCH

- 3 NOBC Winter Training # 5
- 10 NOBC Winter Training # 6
- 17 NOBC Winter Training # 7
- 24 NOBC Winter Training # 8
- 31 NOBC Winter Training # 9

APRIL

- 7 NOBC Winter Training # 10
- 13/14 Tour de Fleur Criterium, Jackson MS.
800/884-1106
- 14 Sat. Duathlon, City Park, 8:00am
- 11:00am
- 20 Birmingham Masters Race
205/871-1903
- 20 Cyclismo '96, Farm AL.
jzug40a@prodigy.com, 800/366-5836
- 26-27 Natchez Classic Stage Race
601/446-7794
- 26-28 Athens Twilight, 706/549-6632
- 28 1st Union GP, Atlanta, 404/365-0105

MAY

- 4 Anniston Crit. 800/489-1087
- 11-12 Tour de Louisiane XXV Stage Race,
504/866-6640 (tentative)
- 19 Danon Regional Duathlon

JUNE

- 1 LA Districts RR?
- 2 LA Districts RR?
- 1-2 Tupelo Races 601/844-8660
- 19 Master RR Nats. Santa Rosa, CA
6/19-23
- 23 Bike and Blade Criterium #1 - City
Park Course
- 29 *Tour de France, 6/29 - 7/21*

JULY

- 21 Bike and Blade Criterium #2 - City
Park Course
- 21 *Olympic Women's RR, Atlanta*
- 31 *Olympic RR, Atlanta*

AUGUST

- 3 *Olympic Mens TT, Atlanta*
- 18 Bike and Blade Criterium #3 - City
Park Course

Note: Most dates are tentative at this time. Be sure to confirm dates with the promoting club, your team captain, or other sources. The most up-to-date schedule will be maintained on the NOBC WWW site.

COMMENT

1996 already promises to be an exciting year for Louisiana bicycle racing. The state will have a new, as yet unnamed, USCF District Representative, it will be the first year with the USCF under its new umbrella organization, USA Cycling, there will be the 1996 Summer Olympics just a day's drive away in Atlanta, the popular Natchez Stage Race will probably be reborn, the NOBC will expand with a new sponsor, and we will sport a new jersey. In addition, we will be trying out a new system of "team captains" to help coordinate participation in area races and group-specific training. Don't be caught unprepared in April when the fun starts! For individual club members, January is a crucial time. Conventional wisdom sets aside January and February for the longer, slower training rides and cross-training activities that provide the fitness base for the speedwork, intervals and other race simulations that become the mainstays of summer training programs. If you expect to have a successful and enjoyable racing season, now is the time to set your goals, plan your early season training program, repair or replace equipment, and generally determine the level of commitment you will have for the upcoming year. Some riders will focus their entire season on a single goal - a medal at the National or State Championships, for example. Other riders will set more modest personal goals - a top-10 placing, or a general improvement in fitness. Whatever your aspirations for 1996, I want to strongly encourage you to make an effort to compete in the races that are offered throughout the state. It's always fun to travel to races with your teammates and get to know them on a personal level, and it's rewarding to compete against different riders and teams. It's also important, however, because it sends a message to race promoters, and would-be promoters, that if they go to the considerable effort to put on an event, it will be well-attended and appreciated. Bicycle racing is a unique sport that offers an exceptionally wide diversity of event types. Don't be afraid to try your hand at track or stage racing, for example, just because you've never done it before. It just might turn out that you have a special talent in that area. Along the way, be sure to make the effort to ask other club members for advice. They might seem a bit aloof and focused during the height of the season, but in general they are just dying to tell you everything they know about racing, especially early in the season on those long training rides in the country. Remember, as long as they're holding a conversation, they can't be hammering too hard! ---Randy