

Next Club Meeting:

When: Tuesday, November 10

Time: 7 pm

Where: Hazard's Cyclesports, 110 Anacapa St.

Highlights:

- Dorothy & Jeff from Voler with the fit kit for next year's clothing will be there--great opportunity to ask questions and try on the clothing. Tim Gorham will talk about the new SB North County Cycling Routes map he designed. Richard from 'Fluid Recovery Drink Mix' will be there to talk again about their product.

Newsletter
November 2009



SPONSOR HIGHLIGHT

There are some people who make a difference, and then there are others who make a difference with a smile on their face. Bruce Davis, the owner of Hazard's Cyclesport, is one of those people. For the past seven years, Bruce Davis has been an integral sponsor of Echelon Santa Barbara and our Juniors Program. His cheerful support has given many young cyclists the chance to train and race competitively. In addition to his ongoing support for Echelon, Bruce sponsors other sports-minded groups in the area. He truly has made a difference by supporting so many opportunities for our community to participate in healthy and fun athletic endeavors.

Bruce was born and raised in the Santa Barbara area. He and his wife Regina have been happily married for 25 years and reside in Carpinteria. Their daughter Amy is a ninth grade student at Santa Barbara Middle School where Bruce works in his spare time as trip staff and helps out with the bike monkey (mechanic) program. During the school's bike expeditions, Bruce has organized and overseen the loading of 100 to 200 bikes in U-Haul trucks—a daunting

task for most, yet Bruce is always able to share in a joke or two during the process. Son Kevin, who at 6'7" is now taller than his dad, is a freshman at San Diego State University and is playing club volleyball there.

Hazard's Cyclesport can set you up on a cool cruiser or get you custom fitted on the latest race bike. They offer personalized bike fits for triathlon, road, or mountain bikes. With 15 years of experience and ongoing certified education in bike fit, this premiere service can make you more efficient and comfortable on your bike.

We encourage our Echelon members to visit Hazard's Cyclesport for bike, clothing, accessories, and service needs and to take advantage of all that Bruce and his team have to offer.



Bruce loading students' bikes in a tight space in preparation for a trip.

Hazard's Cyclesport
110 Anacapa St.
phone: 805-966-3787



Nov. 7, 2009
CBR State Championship
Team Time Trial
180+ category
Gold medals

From left to right: Jeannette Candau, Avalon Jenkins-Balker, Carol Tokar, Anne Chen



THE AEOLIAN RIDE -- 2009 Jeannette & Avalon took part in a mass participatory event on bikes.



THE BICYCLE UPGRADE YOU SHOULD THINK ABOUT

So here I was a few weeks before my retirement actually getting a bike ride in. I am cruising along listening to my iPod (with plugs in both ears, a violation of 27400 CVC), on the iPhone I am checking my email (personal and work accounts), checking my Tweets and Facebook updates (Lance could post a tweet from Europe that must be read immediately! can't wait until I am in the comfort and safety of home for that), and monitoring my ride progress on my bike computer. At the time, 15 mph (average speed, not current) and 12 miles (I am on my way home already after the turnaround point!).

I had an epiphany; I am not enjoying this one bit.

I get home and without even getting out of my shoes, I duck walk to the workbench, return to the mighty Griffen, and promptly remove the computer.

In the days when I was a cyclist, this was a very useful tool for my training. Now though, I am just an old, retired, out-of-shape guy that occasionally rides a bike. I know how far all of my rides in town are as I have done them all hundreds of times. I know the difference between 15, 18, 20 and 25 mph by the gear I am in and the way I am pedaling. Why am I staring at this stupid device that is basically calling me an "old, fat, slow guy."

The next day I rode again (no small miracle, two days in a row, there is hope) and an amazing thing happened. I saw birds flying, I heard people laughing and I found myself smiling.

I love my bike again and I love riding it again. So the next time you see the old, fat, slow guy in the Echelon kit, take a moment away from technology and give me a wave.

~ Mark Purcell

To my cycling friends--

I just wanted you to know that the Levi Gran Fondo in Santa Rosa was a fabulous ride and you should all consider doing it next year. It was tough (8500 ft in 100 miles) but with training, entirely doable. We had an incredible trek down Hwy 1 before the last climb that was spectacular (hwy 1, not the climb!)--we had perfect weather and plenty of shade from the trees on most of the climbs.

My time was good in spite of a mechanical, flat tire and an upset stomach at the end of the ride--all of those lake rides with Toro, Ladera and Stanwood at the end helped.

Yes, I am trying to recruit for next year--starting with the Cool Breeze Double Metric in August would be a great help,
see y'all soon

your incorrigible friend,

kate

JUNIOR VOICES



ECHELON JUNIOR TEAM PHOTO

Here are just a few of the junior bios that have been submitted and will be posted on the club website.

Juniors: If you haven't done one yet, please email Anne at anne@photosb.com

BEN BARTHEL

Cycling Highlights : Winning Triathlon Nationals in 2006, winning first race at Mothballs in 2008, winning Team Pursuit State Championship, winning Devils Punchbowl in 2009.

What is your favorite part of cycling: Winning is always good but also just going for rides with the guys is awesome.

What type of bike do you ride: Red Raleigh (yes they still exist).

How did you develop an interest in cycling?: I had been doing triathlons for a while and realized I loved the bike, so I found out about Echelon and gave Rory a call.

Favorite cycling discipline?: Everything on the road

Best cycling moment (so far): Winning Devil's Punchbowl.

ALEX DARVILLE

Cycling Highlights: Doing the Sunday ride while staying at the front.

What is your favorite part of cycling: My favorite part of cycling is going fast and winning.

What type of bike do you ride: I ride a Battaglin Italian road bike.

How did you develop an interest in cycling?: I have always liked biking from watching Lance Armstrong during his Tour de France wins.

Favorite cycling discipline: My favorite discipline in cycling is cyclocross and criteriums.

Best cycling moment (so far): Going to track nationals for a week and falling on the rollers when Ben blew up his tires on the other rollers.

SOMERSBY JENKINS

Cycling Highlights: I have two...The first time was when I rode my pink Barbie Bike with no training wheels! I was 5 years old. The second time was when I won the National Individual Time Trial, 10 years later.

What is your favorite part of cycling? Chatting in the pack and pastries at the coffee shop afterward....and racing. Love racing. Definitely love racing.

What type of bike do you ride? My road bike is a Kestrel, my track bike is a trek, and my cyclocross bike is a Jamis. But to be honest, any bike is a good bike to me.

How did you develop an interest in cycling? I don't recall "developing" an interest...more like cycling found me. But really, Cody and Rory helped the bike find me.

Favorite cycling discipline? Depends on my mood, which can change daily: if I'm feeling goofy and I want to teeter on the edge of disaster, cyclocross. If I'm feeling assertive

Junior Voices continued

and spontaneous, then the velodrome. If I'm feeling social and want to suffer with comrades, then road races. If I have a need for speed, then only a criterium will do...but if I want some solitude, the time trial is a perfect fit.

Best cycling moment (so far)? Truthfully, I have about a zillion...Junior shenanigans, too much laughter combined with lack of oxygen, and Rory-isms from the infamous Coach Rory. But the best was when I got on the rollers at the Velodrome Nationals. I couldn't figure out what was wrong with me, and I was getting really frustrated and falling off...I kept thinking "how am I ever going to be able to race, when I can't even stay on the rollers?!?" It was the announcer that pointed it out over the loud speaker: "Somers, I hate to break it to you....but you're on them backwards".

DYLAN SCHUYLER

Cycling Highlights: I think that some of my favorite cycling highlights would be when I won Criterium State Championships after coming back from an injury and not being able to train that much.

What is your favorite part of cycling: My favorite part of cycling is after you get out on the road and you just feel great to be out riding especially when its a nice day.

What type of bike do you ride: I ride a Scott CR1 Team.

How did you develop an interest in cycling?: I have liked biking as long as I can remember, ever since I was a little kid.

Favorite cycling discipline: I have always loved things with wheels.

SOPHIE WILSON

Cycling Highlights: 1st place XC Cat 3 Women 15-18 State Championships 2009, 1st place Santa Ynez Valley Classic, 1st Santa Barbara Bike Festival XC Race, 5th place Sea Otter RR Jr. Wm. 15-16.

What is your favorite part of cycling? The weird feeling you get after you've just done one of the hardest training rides/races of your life and you find yourself wanting to do

it again the next day! Also, it's a great way to relieve stress, hang out, and have fun with my friends.

What type of bike do you ride? 2006 Giant TCR Advanced, 2009 Motobecane Fly Pro, and a 2007 Felt TK2.

How did you develop an interest in cycling? Through my bike touring and the bike mechanic skills class at my former school, Santa Barbara Middle School.

Favorite cycling discipline? XC Mountain Biking!

Best cycling moment (so far) I think that would be one of my first cycling moments at the age of 3 when I received my brand new Barbie Bike w/ training wheels and matching helmet and pads. I bombed my driveway on Mountain Drive, hit the shoulder and was catapulted into a sandstone wall. The result: One concussion w/ minor frontal lobe damage



Spooky Cyclocross

Fraulein Somersby & Fraulein Avalon ready for anything at the Spooky Cross Night Race in Irvine.

Avalon won the Women's 35+ while Somersby took 3rd in the Women's Cat 3/4 race.

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