



ROTM Rider on the Masthead - Ralph Hipps

This is the third article in a series which introduces the people that are across the newsletter's masthead. The photo was taken at the Nov. meeting at Team Clinic.

Q How long have you been riding your bike?
A Well, got my first bike when I was 9, but nothing serious until August of 2001 when I purchased my Lemond Zurich so I could ride with my girlfriend, Denise.

Q How long have you been riding competitively?
A Since August of 2002, SJBC tuesday practice crits.

Q What was your first race?
A Monterey Circuit Race, March 2003. Tough course!

Q Who is your cycling role model?
A Denise Frank/Lance Armstrong

Q What is your best-ever result?
A 6th at the Sr 5 early bird crit in January '04.

Q What is your favorite race?
A Sea Otter Classic Road Circuit Race, I love bombing down the corkscrew!

Q How many miles/hours a week do you ride?
A It varies wildly since I have a crazy schedule, but I try to ride 3-4 times a week when I can, rode 4200 miles last year.

Q Favorite Road and/or Ride?
A That's a tough call, but I suppose the route of the Pescadero RR is my fav. Has great descents, tough climbs, great views, and you get to see the ocean!

Q Unusual equipment preferences?
A I hate flats, so I ride Michelin Axial Carbons, with spin skin tire liners, and ultralight tubes to help offset the weight.

Q What is your preferred on-the-bike nutrition?
A crank sports e-fuel (mountain rush), cliff bars (cool mint chocolate)

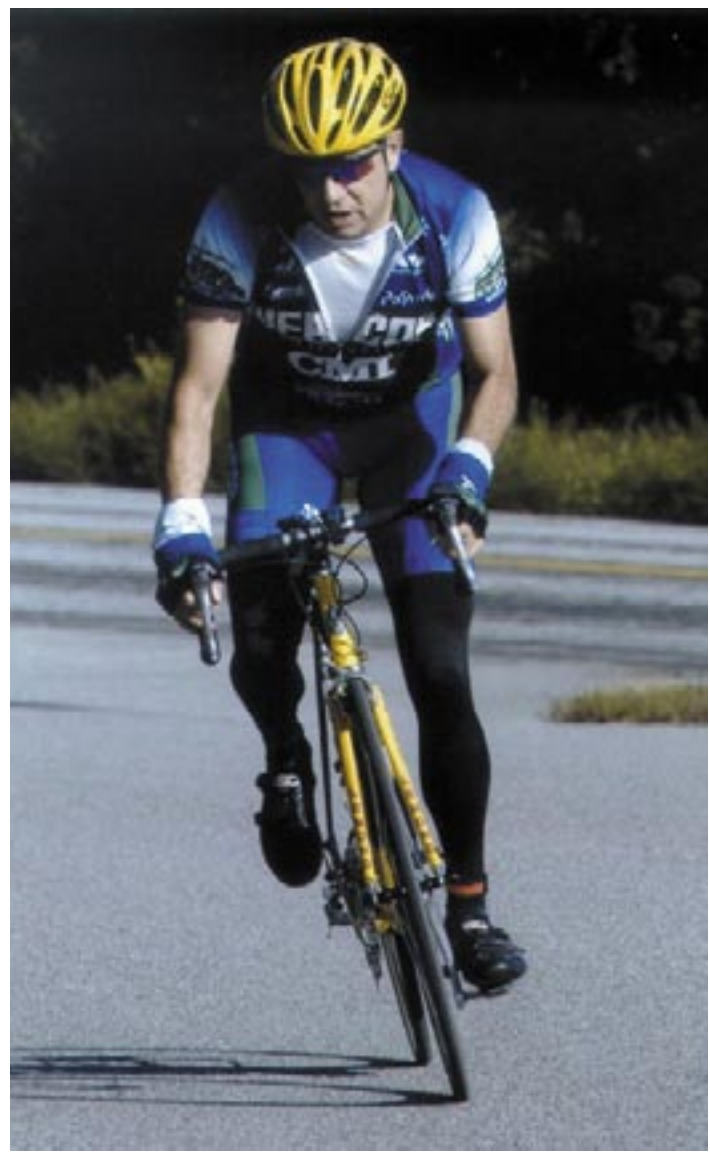
Q Why did you join Webcor/AV?
A I was so lonely racing Sr 5 with SJBC, never any teammates at the races. Seriously, I wanted to learn team tactics, and I thought AV would inspire me to the next level of competitiveness since there are so many accomplished racers to learn from.

Q What color shorts do you prefer?
A whatever the team kit is.

Q What is your favorite dessert?
A German Chocolate Cake, hands down.

Q Peets or Starbucks?
A slight nod to Peets, they support AV!

Q Do you have a motto or credo that you try to live by?
A I live today like it's your last, you never know.



*"Get a bicycle. You will not regret it. If you live."
-- Mark Twain*

Front Wheel



Featured volunteer of the month is our very own race co-coordinator: Kurt Liittschwager! Kurt started helping out in the club a few years ago by coordinating a helmet

deal and then last year's shirt/fleece order. He made the mistake of offering to help do the last minute coordination last year while Tom travelled for work (time actually spent just basking in the sun). So, we recruited him full-time this year. Thanks to his efforts, things are coming together in a timely fashion and without any serious problems. Nothing makes this club president more happy than to know that I can count on our volunteers to finish the tasks at hand. Thanks Kurt!

On to the life of the club. Since a lot of the monthly planning happens in the background, most of you don't hear about activities until just before they occur. Not this time! Here are a list of the things to look out for:

- June 14th EC Meeting (EC regulars take note!)
- June 21st Normal Club Meeting – potential NCAA Div I Champ as speaker
- June 26th Pescadero Classic! Volunteers still needed!
- July 12th EC Meeting
- July 19th BBQ Social at Cuesta Park
- Aug. 9th EC Meeting
- Aug. 26th Normal club Meeting

Sprinkled liberally throughout will be coaching sessions with Jay Gump (6/8, 6/22, 7/6, 7/20, 8/3, 8/17. Take advantage of these!), A-Rides with Kevin, and B-Rides with Steve & Luis. Come to these events and meet your club/team-mates.

Special award this month to Bruce Wilford for his efforts to help other AV members gain their upgrade points! People frequently talk about doing this, but typically forget when the time comes. Bruce has gone the extra mile to be supportive. Way to go!

Yours,
Tracy

Pescadero Coastal Classic

Greetings from Pesky HQ! With the race just over 2 weeks away, we're coming into the home stretch in our preparations for the big event. The required permits are done, the volunteerism is picking up, we're getting our task teams organized, and the fields are filling up quickly. As of last week, the 35+ 4/5 field is already full. Our Coastal Classic is a very popular event on the NCNCA schedule and I've been contacted by racers as far away as Colorado who are "psyched" to compete. I'm sure many of us have been riding along on some of our local country roads and thought, "Wouldn't it be great to be racing right now on this road?" Well, that's how I see Pesky: running a race on some of our coolest and most scenic local roads. Most of it's in the middle of a redwood forest, fer cryin' out loud! Right in the sweet spot of the peninsula. How's that for a race venue!?? Or maybe you'd prefer Santa Nella? Of course, we've all ridden those roads many times and our A-ride goes out there almost every weekend, so it's easy to take it all for granted. But when you think about it, we're some of the luckiest cyclists in the country.

But thinking up a good race and actually putting one on are two very different things. This is our 7th year, so with the knowledge of our collective AV braintrust (it's actually a red box of files), we've got the processes pretty down pat. When I agreed to "do" this year's race with Tom Berger (because I'm such a good climber :-P), I was a little leery about how much I was getting into. I'd helped with some of the permitting last year, but this time it was all me. What I didn't grasp at first was that it's a stepwise thing. You gotta get this one to get that one to get the next one, and on and on. I

must admit, everyone I've dealt with either in Pescadero or San Mateo County or the CHP or USCF or CalTrans has been really helpful and cooperative. Most of that stuff went very smoothly, it just took some time and a whole heap o' faxes and emails.

I expected to fight some battles and deal with some negative attitudes, but that just hasn't been the case. Perhaps there is more cycling goodwill out there than we think? As for the volunteering, we started the prodding early, but you guys have really stepped up and the whole effort is coming together very nicely. We're not quite there yet, and we still need some people in key areas (check the race website for vacancies). But it sure makes it easier to sleep at night knowing that I have you all (and Tom!) to depend on. After the initial "sticker shock" of realizing what had to be done, it's turned out to be a pleasant experience and I'm looking forward to the race. Hopefully it won't get too hairy during crunch time, but with our good preparation and excellent staff,

I'm confident that I, uh, we can deal with whatever comes up. AV is just the best club ever; we have great teammates, great volunteers, great leadership...I just love you guys! But we better get some coffee to the start area pronto, or I'm gonna be singing a whole different tune on raceday. ;-) Cheers!

Kurt Liittschwager



Original photo credit: GrahamWatson.com
<http://grahamwatson.com/gw/imagedocs.nsf/photos/04parniceSt7-009000>

Submitted by Dan Connelly.

May Male Rider of the Month

Bruce Wilford

Q HOW LONG HAVE YOU BEEN RIDING A BIKE?

A I HAVE BEEN RIDING FOR 33 YEARS OR SO. I STARTED WHEN I WAS ABOUT 9 OR 10, BY BUILDING A BIKE FROM PARTS I COULD GET PEOPLE TO GIVE ME.

Q HOW LONG HAVE YOU BEEN RIDING COMPETITIVELY?

A I FIRST RACED COMPETITIVELY 30 YEARS AGO WHEN I WAS 13. I RODE COMPETITIVELY FOR 3 YEARS AS A SCHOOLBOY AND 2 YEARS AS A JUNIOR. SINCE BEING A JUNIOR, I HAD NOT RACED UNTIL LAST YEAR, WHEN I JOINED AV.

Q WHAT WAS YOUR FIRST RACE?

A MY FIRST RACES WERE ALL IN LONDON. TRACK RACES ON PADDINGTON TRACK AND ON HERNE HILL TRACK. ROAD RACES ON A 1 MILE ROAD CIRCUIT CALLED EASTWAY.

Q WHO IS YOUR CYCLING ROLE MODEL?

A SPEEDY STEVE LUBIN, MY SPRINTING RIVAL FOR THE LAST 15 YEARS. PETER TAPSCOTT.

Q WHAT IS YOUR BEST-EVER RESULT?

A WINNING SANTA NELLA THIS YEAR. HOWEVER GETTING SECOND AT COSC TO KARL WAS MY MOST PLEASING RESULT, BASED ON THE POST-RACE HIGH.

Q WHAT IS YOUR FAVORITE RACE?

A MY FAVORITE RACE, THERE ARE SEVERAL. CAT'S HILL WAS REALLY A GREAT RACE; SEA OTTER CIRCUIT RACE AND THE COSC CIRCUIT RACES HAVE BEEN MY FAVORITES SO FAR THIS YEAR. I THINK IT COMES DOWN TO RACES THAT ARE NOT TO FLAT AND NOT TO HILLY.

Q HOW MANY MILES/HOURS A WEEK DO YOU RIDE?

A FOR THE LAST 4 MONTHS, I HAVE BEEN AVERAGING ABOUT 210 MILES A WEEK. A BIG WEEK MIGHT BE 270 MILES. I RIDE 7 DAYS A WEEK MOST WEEKS. 12-17 HOURS A WEEK.

Q FAVORITE ROAD AND/OR RIDE?

A I DON'T HAVE A FAVORITE ROAD, I HAVE FAVORITE PLACES: THE WOODSIDE SPRINT, THE LA HONDA SPRINT, THE STAGE ROAD SPRINT, THE PESCADERO SPRINT, THE DESCENT ON KINGS, 35 SOUTH FROM THE TOP OF KINGS TO



Cat's Hill, Final Corner, '04

SKYLONDA. TUNITAS, BECAUSE I HAVE STRUGGLED UP IT SO OFTEN.

Q UNUSUAL EQUIPMENT PREFERENCES?

A CAMPAGNOLO – SIMPLY NOTHING FINER. GREAT WHEELS.

Q WHAT IS YOUR PREFERRED ON-THE-BIKE NUTRITION?

A LUNA BARS (EVEN IF THEY HAVE TO MANY B VITAMINS) AND CLIF BARS. MIXTURE OF GATORADE & ENDURA.

Q WHY DID YOU JOIN WEBCOR/AV?

A BECAUSE KEVIN SUSCO DID. THANK YOU KEVIN.

Q WHAT COLOR SHORTS DO YOU PREFER?

A I HAVE RED, BLACK AND OF COURSE GREEN/BLUE. PREFER THE NON-BLACK THESE DAYS.



Infineon Raceway, '04



Infineon Raceway, '04

Q PEETS OR STARBUCKS?

A DOES NOT MATTER TO ME. BEING ENGLISH ORIGINALLY, I AM OF COURSE A TEA DRINKER.

Q WHAT IS YOUR FAVORITE DESSERT?

A MY MUMS BILBERRY PIE, SADLY I GET IT ABOUT ONCE A YEAR.

Q DO YOU HAVE A MOTTO OR CREDO THAT YOU TRY TO LIVE BY?

A JUST DO IT.

KAREN BREMS

MAY FEMALE RIDER OF THE MONTH

Q HOW DO YOU MANAGE TO DO IT ALL? RACE BIKES AT SUCH A HIGH LEVEL, HOLDING DOWN A FULL TIME JOB, MANAGING THE WOMEN'S PRO TEAM, COACHING, GARDENING AND FEEDING YOUR "NOT SO SMALL" CAT?

A SOMETIMES I DON'T REALLY KNOW! I'M DEFINITELY GETTING LESS SLEEP THIS YEAR AFTER TAKING ON THE WEBCOR TEAM MANAGEMENT! HONESTLY THOUGH, I THINK THE MORE TIME YOU HAVE, THEN MORE TIME YOU WASTE. EVERYONE GETS THE SAME 24 HOURS IN A DAY. I JUST HAVE TO PRIORITIZE THINGS AND TRY TO BE EFFICIENT WITH MY TIME. I THINK I LEARNED TIME MANAGEMENT IN COLLEGE BEING A STUDENT ATHLETE. THEN I WAS A WORKING ATHLETE. THEN FOR A SHORT PERIOD I WAS A FULL TIME ATHLETE AND I WAS DEFINITELY LESS EFFICIENT WITH MY TIME. I DID GET MORE SLEEP THOUGH! NOWADAYS, I'M TRAINING HALF WHAT I USED TO, SO I TRY TO BE EFFICIENT WITH MY TRAINING. I DON'T WATCH TV!

Q HAVE YOU WON ANY DISTRICT, STATE, NATIONAL OR WORLD TITLES?

A I'VE WON SR. DISTRICTS A FEW TIMES - I THINK TWICE IN THE RR, TWICE IN THE CRIT AND ONCE IN THE PURSUIT. I WON THE USPRO NATIONAL ROAD CHAMPIONSHIPS AND THE ELITE WORLD CHAMPIONSHIPS IN THE TT. I ACTUALLY WON WORLDS BEFORE I WON NATIONALS OR DISTRICTS!

Q HOW LONG HAVE YOU BEEN RIDING COMPETITIVELY?

A 12 YEARS

Q WHAT WAS YOUR FIRST RACE?

A THE SILICON TO THE SKY HILLCLIMB (UP SIERRA RD) PUT ON BY GARDEN CITY CYCLISTS. I RACED THE CITIZEN DIVISION AND WAS THE ONLY WOMAN. MY TIME WAS 2ND OUT OF ALL THE USCF WOMEN THOUGH.

Q WHO IS YOUR CYCLING ROLE MODEL?

A I DON'T THINK I EVER REALLY HAD A ROLE MODEL. THERE HAVE BEEN QUITE A FEW RIDERS I'VE RACED AGAINST THAT I HAVE A LOT OF RESPECT FOR THOUGH. RIDERS LIKE ANNA WILSON WHO COULD DO IT ALL - SPRINT, CLIMB, TT - OR RIDERS LIKE DEDE DEMET WHO SIEZED OPPORTUNITIES AND KNEW HOW TO PUT EVERYTHING ON THE LINE TO WIN A RACE EVEN WHEN SHE WASN'T



THE STRONGEST RIDER IN THE FIELD, TO NAME A FEW. MY FIRST YEAR ON A PRO TEAM (KAHLUA IN 1993) I LEARNED A LOT FROM MY TEAMMATE LINDA BRENNEMAN.

Q WHAT IS YOUR BEST-EVER RESULT?

A WINNING THE ELITE TT WORLD CHAMPIONSHIPS IN 1994

Q WHAT IS YOUR FAVORITE RACE?

A IT IS HARD TO PICK JUST ONE. I ALWAYS LIKED THE WOMEN'S CHALLENGE STAGE RACE IN IDAHO. I DID THAT ONE 8 TIMES. I ALSO LIKED THE TOUR OF SWITZERLAND. I THINK I DID THAT 3 TIMES. BOTH WERE REALLY WELL ORGANIZED, GO THROUGH BEAUTIFUL COUNTRY AND HAVE STAGES FOR EVERY TYPE OF RIDER. THE LIBERTY CLASSIC IN PHILADELPHIA, WHICH I'VE DONE 7 TIMES, HAS GREAT CROWDS WITH GREAT ENERGY. FOR LOCAL RACES, IT HAS TO BE CAT'S HILL!

Q HOW MANY MILES/HOURS A WEEK DO YOU RIDE?

A IT VARIES BY SEASON AND BY WEEK, BUT THESE DAYS I PROBABLY RIDE ABOUT 180 MILES A WEEK OR 10-12 HOURS.

Q FAVORITE ROAD AND/OR RIDE?

A THE PESKY LOOP.

Q UNUSUAL EQUIPMENT PREFERRED?

A MOST OF MY EQUIPMENT IS PRETTY STANDARD. I WAS VERY PICKY ABOUT MY TT EQUIPMENT THOUGH, ESPECIALLY MY POSITION.

Q WHAT IS YOUR PREFERRED ON-THE-BIKE NUTRITION?

A POWERGELS. I ALSO LIKE TO MIX UNIPRO'S CARBOPLEX IN MY BOTTLES WITH A BIT OF ELECTROLYTE DRINK MIX

Q WHY DID YOU JOIN WEBCOR/AV?

I WAS ONE OF THE FOUNDING MEMBERS. I RACED MY FIRST YEAR WITH GARDEN CITY, BUT ALL THE PEOPLE I TRAINED WITH, THE ELGARTS, PETER TAPSCOTT, DAVE STAHL, BRAD ANDERS LEFT TO START AV SO THERE WAS NO REASON FOR ME TO NOT GO TOO.

Q WHAT COLOR SHORTS DO YOU PREFER?

A DEFINITELY BLACK.

Q WHAT IS YOUR FAVORITE DESERT? JUST ABOUT ANYTHING CHOCOLATE.

Q PEETS OR STARBUCKS?

A DEFINITELY PEETS.

Q DO YOU HAVE A MOTTO OR CREDO THAT YOU TRY TO LIVE BY?

A ACHIEVING REAL SUCCESS AT ANYTHING IN LIFE (OR BIKE RACING!) TAKES A LOT OF HARD WORK.

