

Greetings!

Perhaps our lives are just a bit too busy these days. We know it can be hard for some of you to find the time to read this newsletter. Make sure, however, that you check out our coupon of the month, which is 30% off any pre-2011 PenCC kit at The Bike Palace!

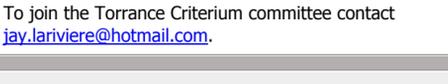
New Torrance Crit Course

Sunday, July 31



The Torrance Criterium will be using a new, improved course this year. The new course is well known to South Bay riders, where it has been used as a training course for many years. At one mile, the course is twice as long as the old course. The new course is just north of Torrance Memorial Medical Center.

Anyone wishing to get practice time in on the new course should consider attending the Tuesday 6:00PM training rides. Emphasizing criterium speed work, the ride meets at Kashiwa Street in Torrance. One hour speed work for racers, wannabe racers and anyone who wants the great speed work. Seasonal, April through August only, during daylight saving time.



To join the Torrance Criterium committee contact jay.lariviere@hotmail.com.

Race Report: Kenda Cup West

**Race #4, Sycamore Canyon
Riverside, CA. April 3rd, 2011**

By James Reilly



Make no mistake about it, road racing is intense! It's always go fast or go home. Mountain bike racing is different. Don't get me wrong, it's really hard. But your performance depends almost entirely on preparation and your capacity for suffering (and to keep

the rubber side down). It's actually closer to a time trial than a crit. Or at least I thought so until I found myself in a bar-banging, side-by-side sprint to the finish line for a podium spot last Sunday at the new Sycamore Canyon cross-country venue in Riverside.

I wish I could say that I grabbed that spot, but the results found me in 6th place by less than a second behind one of my regular rivals in the CAT 2, 55-59 age group for the Kenda Cup West national amateur mountain bike championship series. (My excuse is actually that I miscalculated and turned into the lane instead of going wider into the finishing lane, allowing my competition to get the better of me - Shoulda. Woulda. Coulda.) [Race results here.](#)

Since, inevitably, during a mountain bike race a rider will encounter racers in other categories and age-groups, it's important to chase down any rider ahead of you, whether they're in your category or not. Why? Because the pace will often pull you up to your own competitors. That's exactly what I did last Sunday. I reeled in 5th place and made my pass less than a half mile from the finish. And that started the sprint to the line.

But I think anyone who has ever raced a bike is truly more concerned with their own performance than whether they went home with a trophy or medal. And I consider my performance at Sycamore my best this year, in spite of previous higher placings. That's because the top six riders in my category were separated by less than two minutes after a tough, nearly hour-and-a-half race that included three laps totaling 15.5 miles of both punchy-steep and steady climbs, technical drops and swoopy roller-coaster singletrack in the still green rolling hills near March Air Reserve Base in Riverside.

Race #5 of the series won't take place until May 22nd in Big Bear. And now I know what I can do and what I have to do to achieve it. I'll be aiming for the top spot, and can promise that I won't lose it in a sprint to the finish line.

Interestingly enough, my 6th place in my CAT 2, 55-59 would have won the younger 50-54 CAT 2's, proving once again that it doesn't always get easier when you "age up".... [More about the US Cup.](#)

Final Notice on Club Dues!

Payable Now

If you haven't paid your PenCC dues for 2011 yet, then you should have received a letter in the mail warning you that you'll be dropped from the membership rolls if you haven't paid up in the next 30 days. Think of all the good times and great discounts you'll be missing!



Gear Review: Mad Fiber Wheels



Mad Fiber has been quietly producing some of the lightest bicycle wheels in the world. The Bike Palace recently became one of only two authorized dealers for Mad Fiber wheels in L.A. The rims and spokes are made of carbon fiber. A SET of wheels weighs 1085 gr. The front wheel weighs 431 gr.

The wheels never require truing and there's no rider weight limit.

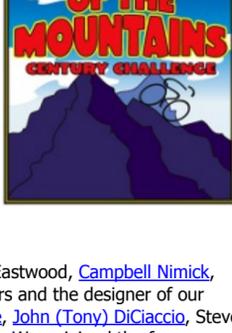
The wheels are currently only available for tubular tires (a clincher version is reportedly in the works). Retail price is \$2599. A version with ceramic bearings is available for \$2929. Mark Abercrombie is the proud owner of a set of these wheels and appears to be quite happy with them! Here are some of his comments:

"I've ridden lots of wheelsets from my days in the bike shops and over the years. I remember that first set of tubular tires and that floating feeling, light and responsive. This is like that times five. In one word - magical. The first wheelset that is revolutionary--made almost completely out of carbon fiber. If you think your carbon frame rides nice, try a ride on Mad Fiber hoops. They ride so differently that I'm still coming to grips with what's really going on. A must test ride for any avid cyclist!"

A demo set of wheels is available at The Bike Palace for those wishing to take them out for the day. [Find them online here.](#)

Race Report: Mulholland Challenge

Eight PenCC riders joined 453 other riders to face the daunting [Mulholland Challenge](#) last Saturday, the first event in the "King of the Mountains" Century Challenge. This year's event was 107 miles long, with 12,000 feet of climbing! Considered by many as the toughest century in Southern California, this is an event for riders that love hill climbing.



PenCC members Raymond Eastwood, [Campbell Nimick](#), Joe Yule (one of our sponsors and the designer of our 2011 kit), [Mark Abercrombie](#), [John \(Tony\) DiCiaccio](#), Steve Higgins, Jeff Tomic and Tony Wang joined the fray.

The best showing among our riders was for Tony DiCiaccio, coming in 22nd place, with a time of 7:05:59. Tony reported that "I paid for a challenging ride and I got my money's worth, that's for sure. Although it was challenging they offered great aid stops with bathrooms and everything you could want. It was the hardest ride I've ever done, but for some reason I'm looking forward to [Breathless Agony](#), despite the torture. Bristol Farms catered delicious sandwiches, fruit and pasta salads after the ride. The cookies were out of this world, I managed to sneak a couple extras."

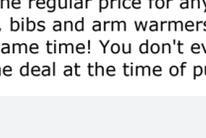
The weather that day was clear and cold. The race started and ended at the Renaissance Hotel and the designer of our 2011 kit, [Mark Abercrombie](#), John (Tony) DiCiaccio, Steve Higgins, Jeff Tomic and Tony Wang joined the fray.

Off the Back

As you can see, cycling season is in full bloom. Get your bike tuned, wheels inflated, and get back on that bike!

Thanks,

The Bike Palace
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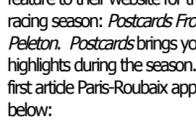


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Postcards From the Peleton



The Bike Palace has added a new feature to their website for this racing season: *Postcards From the Peleton*. *Postcards* brings you race highlights during the season. The first article Paris-Roubaix appears below:

Johan Van Summeren Wins Paris-Roubaix

Johan Van Summeren delivered the biggest win in his career and the most important since Garmin-Cervelo's inception with a dramatic solo victory in the 109th running of Paris-Roubaix in sweltering, summer-like conditions.

Fabian Cancellara (Leopard-Trek) made a brave, late-race attack with less than 5km to go to claim a bittersweet second place in the 258km suffer-fest over the cobblestones of northern France, but Van Summeren rode away from the remnants of a breakaway that fended off the heavy favorites and drove home an emotional 19-second victory both for him and his team. Cancellara bridged up to a chase group and then won the sprint for second. Maarten Tjallingii (Rabobank) rounded out the podium with third in a wild day that saw pre-race favorite Tom Boonen (Quick Step) crash out and Garmin-Cervelo use all of its firepower to fend off the ever-powerful Cancellara.

Van Summeren bridged out to an early, 10-man breakaway after clearing the Arenberg forest. When Garmin-Cervelo team captain Thor Hushovd was still one minute behind at the decisive Carrefour de l'Arbre cobbles with 17km to go, he got the green light to play his card. The tall, lanky Belgian nursed a slow leak on his back tire in the closing kilometers to ride alone into the Roubaix velodrome to the cheers of a standing-room-only crowd.

"I was riding for Thor (Hushovd) today. The plan was to be up the road to help Thor, but when he still had not reached us at the Carrefour de l'Arbre, that's when I decided to play my card," Van Summeren said. "When I bridged out to that group, I could immediately sense that I was the strongest. The tactic was to wait for Thor, but I also knew I could be strong today. I will remember this race for the rest of my life, but it won't change me that much. I know what I can do and cannot do. This is a big win for me and for my team."



Cancellara looked to have the win in his legs, but got stymied when he tried to power away with 50km to go. Hushovd, Juan Antonio Flecha (Sky) and Alessandro Ballan (BMC) hitched a ride. Garmin-Cervelo put Van Summeren and Gabriel Rasch into a big group that held a 1:20 lead going into 30km to go. A frustrated Cancellara knew it would be difficult to do it all by himself, especially with Hushovd refusing to pull through with Van Summeren up the road.

"I don't know if I was the strongest today, but I know I had good legs," said Cancellara, who was third at Tour of Flanders last weekend. "Garmin rode a good race. They were the strongest team today. Sometimes you cannot win every time. I know I gave my maximum today."

[Read the rest...](#)

Sponsor Highlight: Brian Shannon



Brian Shannon is a new PenCC sponsor for 2011. He's an active rider (and getting more active every day). Brian's companies, IESCO, and 'HSCAN are BOTH PenCC sponsors. This month we'll highlight IESCO.

IESCO provides nondestructive examination and technical services to the petroleum, petrochemical and power industries. They also provides advanced technology safety checks, in-service condition assessment, and expert field exams and inspections.



From the [IESCO website](#): "Our technologies and techniques allow plant operations personnel to make informed decisions well ahead of failure time. IESCO's carefully developed program of inspection, engineering analysis, equipment condition assessment and nondestructive examination allows you to maximize plant efficiency and minimize downtime."

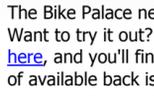


Our Sponsors

Please remember to thank our sponsors, who support Peninsula Cycle Club:

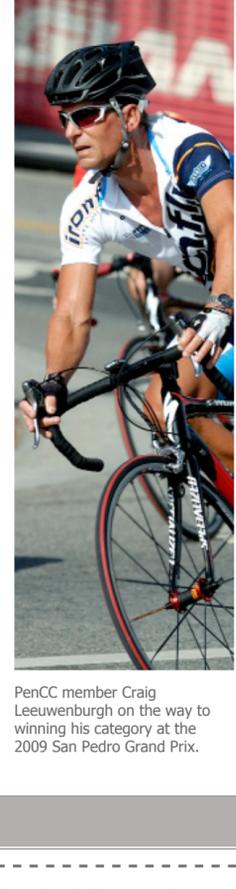
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Newsletter Archives



We now have an online

archive of recent PenCC and The Bike Palace newsletters. Want to try it out? Just [go here](#), and you'll find the list of available back issues.



PenCC member Craig Leeuwenburgh on the way to winning his category at the 2009 San Pedro Grand Prix.

Save 30%

Save 30% off the regular price for any pre-2011 PenCC kits, including jerseys, shorts, bibs and arm warmers. Get a great deal and a piece of history at the same time! You don't even need to bring in the coupon, just mention the deal at the time of purchase.

Offer Expires: May 31, 2011

