

# **Off The Back**

November/December 2003

## **President's Corner**

Winter is quickly approaching and that means that the cyclocross season has begun. This is where roadies and mountain bikers meet and play in the mud. If you have never raced cyclocross I encourage you to give it a try. You don't need a specialized bike to race. I've seen mountain bikes and even old road bikes at local cyclocross events. The trick is to have a bike with good mud clearance and one that you can throw over your shoulder as you run and negotiate the hurdles. I hope to see everyone out there this winter getting muddy and having fun! The first race is November 22<sup>nd</sup> at Redwood Park in Arcata. Winter also signals the time of year that our club elects new board members. I encourage everyone to come to our general meetings and participate in the future of the club.

## **November 6<sup>th</sup> General Meeting**

We have a general meeting planned for Thursday, November 6<sup>th</sup>, at 7:00 p.m. at Chapala Cafe. It is located at 201 2nd street in Eureka. The club will be providing free appetizers. The purpose of the meeting is to nominate club members to board positions for 2004. We will vote on board positions at our December meeting. Please come and participate in the club. This is your opportunity to nominate board members and get involved. We welcome any comments and suggestions for the upcoming year.

## **December 4<sup>th</sup> General Meeting**

We have a general meeting planned for Thursday, December 4<sup>th</sup>, at 7:00 p.m. at Chapala Cafe. It is located at 201 2nd street in Eureka. The club will be providing free appetizers. The purpose of the meeting is to vote on the final roster for board positions for 2004.

## **Club Jerseys**

We still have a couple of club jersey left. We have 2 medium and 2 large race cut jerseys. The cost is \$64 each. Contact Jim Robbins at (707) 441-1041 if you are interested in purchasing one.

## **Rules for the Ride**

Non-members are welcome on all Club rides. But, the following guidelines must be followed by all cyclists:

- Helmets are mandatory!
- Wear comfortable and adequate clothing for the ride.
- Bring the basic tools to repair your bike (pump, patch kit, various wrenches, & spare tube).
- Some tool options include a spoke wrench and a chain tool.
- Food and drink along with money for food, calls, or fixing that blown tire.
- Have fun! That's what riding a bike is all about.

## **SOUTH BAY TIME TRIAL #7, October 25, 2003**

### **College of the Redwoods/Tompkins Hill Course**

Santa Ana conditions plus a partial repaving of the course led to some record setting times and a pleasant day altogether. A bit chilly to start with, the day continued clear and increasingly warm with a virtual dead calm. Vic Armijo took full advantage and pushed up his course record to 27:01. Numerous others set personal bests.

It would be great to see more two person and tandem teams compete. We know you're out there, so come on and join the party.

#### FLAT COURSE 11.6 MILES

PLACE/NAME/AGE	ONE LAP	TOTAL TIME	PLACE
1. Vic Armijo 43	13:34	27:01	1 <sup>st</sup> OA course record
2. Nathan Toews 26	14:10	27:50	
3. Max Tillman 33	14:27	28:34	
4. Todd Rice 39	14:35	29:19	
5. Thomas Azevedo 16	15:56	31:28	1 <sup>st</sup> Jr.
6. Richard Heisler 60	16:40	33:01	1 <sup>st</sup> 60+
7. Scott Pontoni 16	17:14	34:15	
8. Charles Ng'ang'a 35	17:26	35:02	
9. Patrick O'Neil 36	17:38	35:14	
10. Chris Watson 15	19:26	38:59	

#### HILL COURSE 15.2 MILES

1. Scott Kelly 46		45:56	1 <sup>st</sup> OA
2. Andrew McIntosh 27		46:05	
3. John Nagiecki 45		46:16	
4. Justin Graves 20		46:28	
5. Anthony Kahn 47		48:15	
6. Kevin Thomas 23		48:37	
7. Rich Will 48		50:27	
8. Max Capps 45		52:42	
9. Mike Wahlund 61		57:20	1 <sup>st</sup> 60+

#### TEAMS

Tom Graves 50	18:05	36:25
Joel Graves 17		

#### TANDEMS

Ken Thiessen 45	17:41	33:25
Susan Penn 53		

Thanks to Richard Heisler for the results!

## 2003/ 2004 Local Event Calendar

The 2004 season is upon us. Check local bike shops and the web for more detailed information. Visit the Cycle California web site for out of the area rides and races <http://www.cyclecalifornia.com/>

- **November 22, 2003, Redwood Cyclocross Series, Race #1, Redwood Park, Arcata, CA.** Registration at 8:00 a.m. 30 minute, 45 minute, and 60 minute races. See <http://www.teambigfoot.net/> for more information.
- **December, 2003, Stomach Churn Cyclocross Race.** Look for flyers in local shops for more information.
- **January 10, 2004, Redwood Cyclocross Series, Race #2, Redwood Park, Arcata, CA.** Registration at 8:00 a.m. 30 minute, 45 minute, and 60 minute races. See <http://www.teambigfoot.net/> for more information.
- **February 7, 2004, Redwood Cyclocross Series, Race #3, (Location to be determined).** Registration at 8:00 a.m. 30 minute, 45 minute, and 60 minute races. See <http://www.teambigfoot.net/> for more information.
- **March 13, 2004, Redwood Cyclocross Series Finals, (Location to be determined).** Registration at 8:00 a.m. 30 minute, 45 minute, and 60 minute races. See <http://www.teambigfoot.net/> for more information.
- **May 8, 2004, Tour of the Unknown Coast, Ferndale, CA.** See <http://www.tuccycle.org> for more information.
- **June 12, 2004, 12 Hours of Weaverville, Weaverville, CA.** See <http://www.teambigfoot.net/> for more information.
- **July 17 & 18, 2004, Bigfoot Classic #1, mountainbike cross-country & downhill, Bald Mountain, CA.** See <http://www.teambigfoot.net/> for more information.
- **August 7, 2004, Humboldt Hundred, Arcata, CA.** See <http://www.teambigfoot.net/> for more information.
- **August 28, 2004, 12 Hours of Humboldt, Arcata, CA.** See <http://www.teambigfoot.net/> for more information.
- **September 18 & 19, 2004, Bigfoot Classic #2, mountainbike cross-country & downhill, Arcata, CA.** See <http://www.teambigfoot.net/> for more information.
- **October 16 & 17, 2004, Lagrange Fall Classic mountainbike cross-country & downhill, Weaverville, CA.** See <http://www.teambigfoot.net/> for more information.

### 2003 Board of Directors

President: Jim Robbins  
Vice President: John Dostal  
Treasurers: Justin Brown and Sean Tetrault  
Secretary: Tom Phillips  
Newsletter: John Dostal and Max Capps  
Wed Site Director: Matt Hodgson  
Membership Director: Jim Robbins



