

Newsletter



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Laguna Canyon taken 09:35am, Oct. 24th 2010



Presidents Message

Well, April is here and spring has sprung. It has been a cool and wet winter (by So Cal standards), but our ability to get out and ride regularly throughout the winter months is the envy of the rest of the country. We are blessed.

Even though some parts of the country have just thawed out and are just starting their racing season, we in So Cal are already in the thick of it. The local talent pool is fast and strong.

Velo Allegro is mixing it up in the local racing scene. We have a core group of regular racers who are out there making it happen and getting good results.

The club is making a strong effort to support those that race through our race reimbursement program. Financial and clothing incentives are provided with benefits that increase along with one's increased level of participation. Let me know if you have any questions about the reimbursement program or if you want to start racing with the club.

On another note, I am monitoring progress on the local 405 and 22 freeway construction and how it affects the surrounding streets that we use for our Saturday Hammer Zone ride. Rider safety is the first priority. I am pleased to report that participants have been heeding our safety announcements. From what I have seen the groups have been slowing down and neutralizing once they turn onto Valley View Street and until they get over the bridge. Also, riders have been staying behind stopped cars and obeying the red light at the top of the bridge. I am taking great effort to stress safety and slowing down when necessary. I will continue to monitor construction progress and how it may affect our ability to safely do the ride.

Let me know if you have any fun ride ideas or things we can do as the year goes on to "keep it fresh". As always, I value your feedback and support.

Ride on! *Frank Said*



Happy Birthday to the following club members!

Donald Denegal

John Freeborn

Jose Garcia

Jeffrey Heide

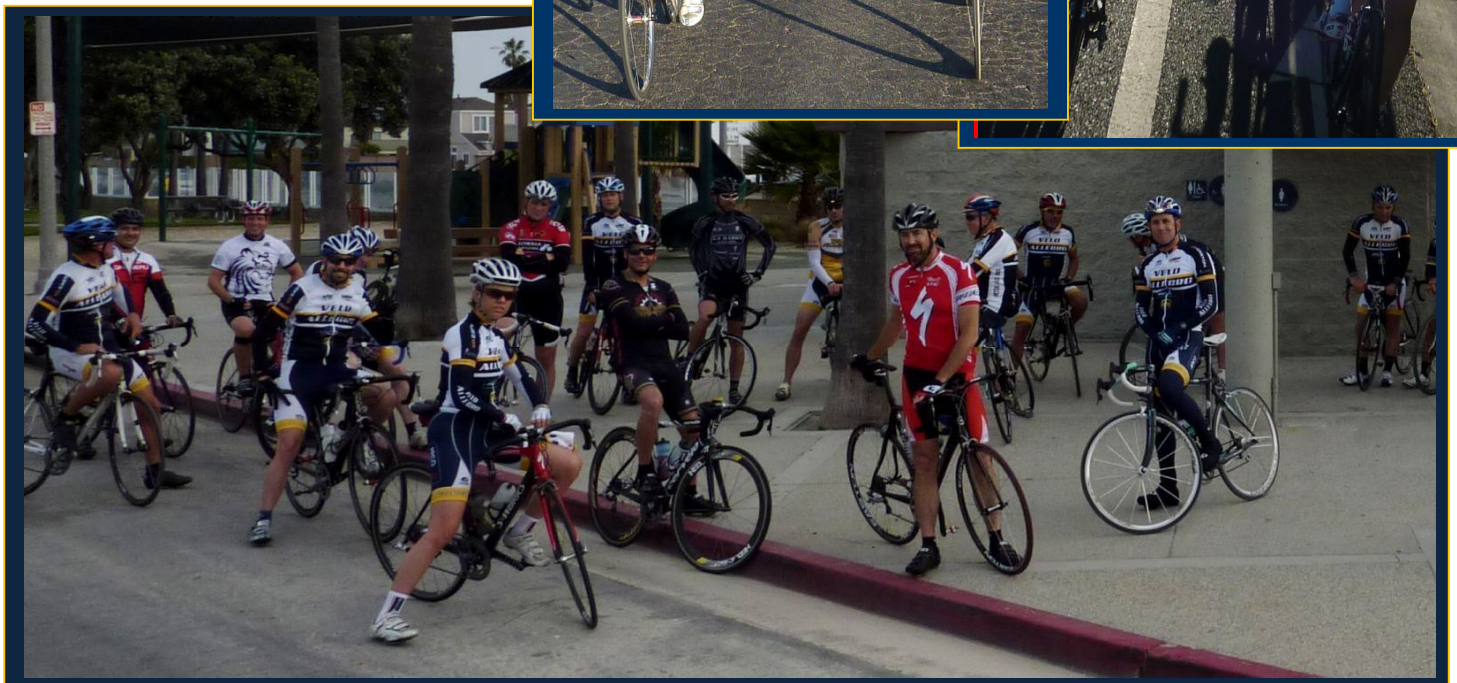
Leah Heimbach

Weldon Morris

Jay Simmons

Race Dashboard - Great Jobs Racers!!!!

Name	Category	Type	Race Date	Event	Location	Results
Frank Said	55+	Crit	2/20/2011	CBR	Dominguez	pack
Joe Rodarti	Masters 50 +	Crit	3/6/2011	Arco Crit	Hughes	Pack
Ricky Shorts	Master 50+	Crit	3/6/2011	CBR	Hughes	3rd
Ricky Shorts	55+	Crit	3/13/2011	CBR	Dominguez	3rd
Hugo Silva	cat 4	Crit	3/13/2011	Go Fast or go Home	Dominguez	6th
Hugo Silva	30+4/5	crit	3/13/2011	""	""	9th
Frank Said	55+	Crit	3/13/2011	CBR	Dominguez	pack
Matthew Panzarella	Cat 4	Crit	3/26/2011	Walton Park	Virginia	3rd
Joe Rodarti	Masters 45+	Stage	3/11-13/11	Murrieta	Murrieta	TT30/
Joe Rodarti	Masters 45+	Stage	3/25-27/11	San Dimas	San Dimas	TT61/



Matt Panzarella is a current Velo Allegro member who moved to Virginia at the end of 2010. He keeps in touch and lets us know how life on the East Coast is going for him. Here is a race report from Matt on his first criterium of 2011.

in the field being strung out and required sprinting out of the one challenging corner. Too much work for me. The field was fairly laid back, not too much bumping, someone got squirrely at one point and knocked up into me, he was a little guy and bounced back. It was kind of funny, he apologized for the whole next lap.

I was a bit concerned about the hill at the beginning, it was not too long, but over 25 laps, I was not sure how my legs would feel. It turns out that it really was not long enough to do too much damage. At one point I put the hammer down going up the hill so I could get to the front and take a pull, but somehow as I was going up the hill something dug into my sidewall and punctured my rear tire. I could feel the air coming out as I came into the finishing stretch and I rode towards the wheel pit until I went completely flat, then I moved over to the grass until I rolled into the pit. After a quick wheel change. (I jacked up my garmin speed sensor, fortunately it didn't rub on the wheel.) I rolled to the line to wait for the pack to come

around again. The official was really cool. He told me he would make me some room in the pack and when he said go to hit it. So as the peleton came around he starts blowing his whistle and waving his arms, yells go and I am off right into the front.

With 5 laps to go the field had shrunk to 25-30 guys. I had managed to drift to the back of the back and decided it was time to get up into the front. I was still feeling good, but did not want to do too much work to move up. I tried to drift up anytime someone else made a move toward to front. With 2 laps to go I had moved into the front 5, as we came into the bell lap there was a little reshuffle, but I was still happy with my position. approaching the final hill I moved to the inside and considered going right there, as the pace was not as fast as I expected. I thought better of it and stuck behind the best wheel I could find, he moved to the front and I was sitting #2. As we surged down the slope I was thinking there is no way

Saturday's race in Mineral, VA was a 4 corner crit (0.76 miles), with a nice little hill between turns 3 and 4. The Cat 4 race was a full field of 50 riders. The pace started out fairly slow right around the avg pace of 25 mph. I say slow, because sometimes the first 2 laps are done at redline to get rid of the unprepared. Anyway, I started in the back of the group and slowly worked myself up into the front 1/3. As usual going through the turns in the back resulted



this guy is going to last till the finish and to prevent getting swarmed by the pack, I pulled to the side a bit earlier than planned to give it a go. It turned out that he did have some juice left as he beat me to the line by a bike length, but no one else went by either. I thought we were sprinting for 1st, it turns out there was someone off the front for most of the race, so I got 3rd.

It was great to have legs at the end of the race and to be in contention for the sprint. What a rush. I can't wait for the next race.

Matt

Sponsor Section



Velo Allegro is proud to be sponsored by many of the best companies in the business. Their continued support makes our club possible and the quality and service they provide to the community, is consistently top notch!

Editor's POD – Picture of the Day



Gerry and Denise Phillips looking fit and fabulous on a recent Velo Allegro group ride

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