

# Newsletter



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Al and Ricky Shorts – Fast Bros!!!

## Presidents Message

Greetings!

Summer has arrived! With the longer daylight hours and warmer weather it is a great time to be a cyclist! We are planning some summer activity with a San Diego weekend ride as a highlight. More information regarding dates and lodging will be forthcoming.

I want to share with you an exciting public relations opportunity for Velo Allegro. The Tour of Long Beach organizers have sponsored the Miller Children's Hospital of Long Beach the past few years in order to raise money for the hospital's cancer research and treatment center. I proposed to the leadership committee that we make a donation to the hospital on behalf of Velo Allegro in an effort to give back to the community. In our discussion the idea was raised to purchase a tangible gift for the hospital rather than donate money by itself. Items in need might include children's helmets, tricycles, or a stationary rehabilitation bicycle. It was suggested that we contact the Children's Center and find out what they might need.

Carlos Romero and I met with two representatives of the Children's Hospital and they were very enthusiastic about our willingness to help. We discussed ways that Velo Allegro could become a donation partner and be visible as one of their supporters.

I believe our support for the Children's Hospital will be a perfect fit for our club. It will give us an opportunity to help the many unfortunate children stricken with cancer, as well as provide support for such an important institution within our hometown of Long Beach. Our philanthropic efforts will reflect well on us, as cyclists and local community members.

As we develop this partnership more information will be provided. Please feel free to contact me if you have any suggestions or if you want to become personally involved with this project.

See you on the road,

### Frank Said



## Hot off the press!!!

Congratulations to Hugo & Wendy Silva on the birth of their 2<sup>nd</sup> Child on June 9<sup>th</sup>. Her name is Lauren Elise. Proud parents are doing great.

Congratulations to Kevin and Michelle Sweeney on the birth of their first child Benjamin as well! Baby was born on Jan 6<sup>th</sup>. As always, proud parents are doing fine.

Both kids are fitted with VA bibs!

## Race Dashboard - Great Jobs Racers!!!!

Name	Category	Type	Race Date	Event	Location	Results
Matthew Panzarella	4	RR	5/8/2011	Jefferson Cup	Charlottesville, VA	4
Chuck Huang	40+	Crit	5/8/2011	CBR Crit	Dominguez	20th
Chuck Huang	Pro 1/2	Crit	5/8/2011	CBR Crit	Dominguez	Peloton
Ricky Shorts	50+	Crit	5/8/2011	CBR Crit	Dominguez	17th
Ricky Shorts	55+	Crit	5/8/2011	CBR Crit	Dominguez	5th
Joe Rodarti	50+	Crit	5/13/2011	Midtown Crit	St. Louis MI	5th
Joe Rodarti	50+	Circuit	5/14/2011	Tour de Grove	St. Louis MI	6th
Joe Rodarti	50+	Circuit	5/15/2011	Dutchtown Classic	St. Louis MI	17th
Ricky Shorts	55+	Crit	5/30/2011	CBR Crit	Dominguez	4th
Chris Ingstad	30+ 4/5	Crit	5/30/2011	CBR Crit	Dominguez	21st
Chris Ingstad	Cat 4/5	Crit	5/30/2011	CBR Crit	Dominguez	14th
Carlos Romero	cat 4/5	Crit	5/30/2011	CBR Crit	Dominguez	10th
Carlos Romero	40+ Cat 4	Crit	5/30/2011	CBR Crit	Dominguez	9th
Hugo Silva	Cat 4/5	crit	5/30/2011	CBR Crit	Dominguez	7th
Hugo Silva	30+ Cat 4	Crit	5/30/2011	CBR Crit	Dominguez	10th
Daniel Rojas	Master 30+	RR	6/3/2011	States	Bakersfield	5th
Alex Saint Jean	Master 30+	RR	6/3/2011	States	Bakersfield	6th
Chuck Huang	Master 40+	RR	6/3/2011	States	Bakersfield	13th
Daniel Rojas	Pro 1/2	RR	6/4/2011	States	Bakersfield	12th
Tim Lewis	Cat 3	Crit	6/12/2011	CBR Crit	Dominguez	13th
Alex Saint Jean	Master 30+	Crit	6/12/2011	CBR Crit	Dominguez	2nd
Alex Saint Jean	Pro 1/2	Crit	6/12/2011	CBR Crit	Dominguez	Peloton
Chuck Huang	Master 40+	Crit	6/12/2011	CBR Crit	Dominguez	Peloton
Chuck Huang	Pro 1/2	Crit	6/12/2011	CBR Crit	Dominguez	12th

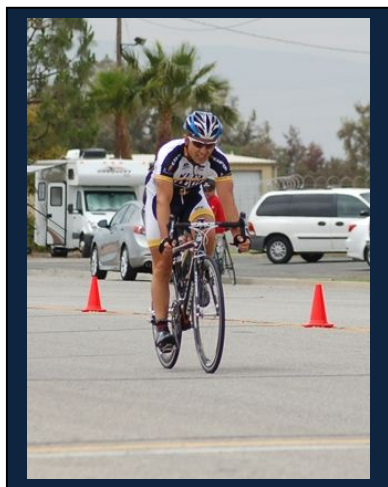
### Winners Circle

Al Crawford & Laura Lindgren

1<sup>st</sup>

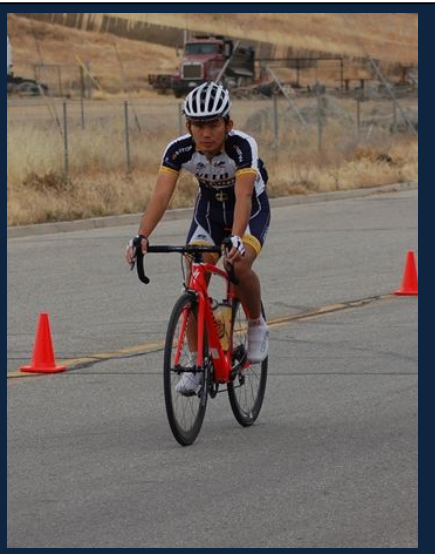
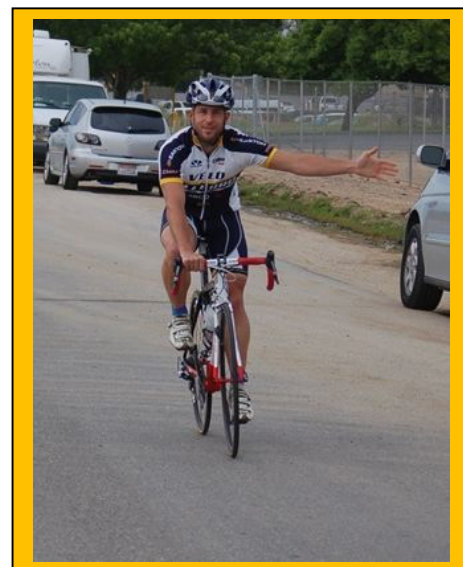
5/28 / Lake Los Angeles / State Championship TT / Mixed Tandem 110 +

## CAT 2 Riders Biography



**Name** Daniel Rojas  
**Marital Status** In a Relationship  
**Hometown** Long Beach, California  
**Current Bike/s** Stevens SCL Carbon 52  
**Mileage** 10,000 approximate  
**Weekly Mileage** 350  
**Weekly Gym hrs.** Off Season (Winter is 3x a week @ 6 hours min.)  
**Favorite Ride** Mount Baldy  
**Why I ride** Freedom and inner peace I feel after a ride  
**Strength** Good all-around rider - CAT 2  
**Years on bike** 23 Years

**Name** Alejandro St. Jean  
**Marital Status** Single  
**Hometown** Long Beach, California  
**Current Bike/s** SWIFT Carbon 52  
**Mileage** 500 approximate (Brand new ride)  
**Weekly Mileage** 150 +  
**Weekly Gym hrs.** 3 hours minimum  
**Favorite Ride** Palomar  
**Why I ride** All the Friends I've made, being in the community, the camaraderie after a ride, lifestyle, freedom, and the different people I meet and at the same time, a great workout. The feeling you get after a great workout, the drained feeling after a great race, the pain, challenge, and the endorphin high after a win!  
**Strength** Sprinter - CAT 2  
**Years on bike** 12 Years



**Name** Chuck Huang  
**Marital Status** Married  
**Hometown** Long Beach, California  
**Current Bike/s** SPECIALIZED SL3 Carbon 54  
**Mileage** 2000 approximate miles  
**Weekly Mileage** 180 +  
**Weekly Gym hrs.** Off Season (Winter is 5 hours minimum)  
**Favorite Ride** Trail ride along PCH  
**Why I ride** Personal Challenge to better myself  
**Strength** Flats and Breakaways, preferably riding with smaller group to better assess strength - CAT 2  
**Years on bike** 10 Years and spent some time training / riding in Belgium

# Supporting statewide efforts to improve cycling

By Frank Said

June 6, 2011

The Honorable Barbara Boxer  
United States Senate  
112 Hart Senate Office Building  
Washington, DC 20510

Dear Senator Boxer,

We, the undersigned California organizations, greatly appreciate your remarks from your May 25, 2011 press conference indicating that there will be dedicated funding for bicycling and walking in the transportation bill. We ask that you deliver on that promise by preserving the Transportation Enhancements, Safe Routes to School and Recreational Trails programs. Funding for bicycling and walking currently represents only about 1.5% of all federal transportation funding, but bicycling and walking represent 12% of all transportation trips.

We are very concerned about the fate of these programs as Congressman John Mica, Chair of the House Transportation & Infrastructure Committee, has publicly stated that his transportation bill will make funding for bicycling and walking optional.

Without dedicated funding, critical federal funding for bicycling and pedestrian facilities and projects will be decimated. Prior to 1992, bicycling and walking projects were eligible for federal transportation funding but had no dedicated funds. All states combined spent just \$2 million per year on these projects. Even today, state DOTs disproportionately return funding from bicycling and walking programs whenever rescissions happen.

California is no exception—Cal Trans has returned 20% of Transportation Enhancements funds over the years.

Our communities desperately need funding for bicycling and walking. In California, 20% of traffic deaths are pedestrians and bicyclists. This is because so many of our communities have been built to move as many cars as quickly as possible. We have a long way to go to make it safe and convenient to walk and bicycle in our communities by creating networks of infrastructure such as sidewalks, bike lanes, trails and crosswalks. Our communities struggle with burgeoning traffic congestion, low levels of physical activity, traffic emissions that impact air quality and greenhouse gases, and lack of affordable transportation options. Bicycling and walking is a cost-effective way to address all of these challenges. But we can only make progress with dedicated funding. We are counting on you in your role as Chair of the Senate Environment and Public Works Committee to stand up for funding for bicycling and walking and to preserve dedicated funding for Transportation Enhancements, Safe Routes to School and Recreational

## Bicycle Advocacy

Our club recently made a \$250 donation to the California Bicycle Coalition. CBC advocates bicycle rights through political means and is an important ally in Sacramento.

We also participated with several California Organizations that wrote to Senator Barbara Boxer asking her to support the transportation enhancements, safe routes to school and recreational trails programs.

Frank



Trails. We greatly appreciate your leadership on transportation.

Sincerely,

Rails-to-Trails Conservancy, San Francisco  
Safe Routes to School National Partnership, Fairfax  
International Mountain Bicycling Association, Sacramento  
American Trails, Redding  
California Bicycle Coalition, Sacramento  
Adobovelo, San Gabriel  
All City Management Services, Inc., "The Crossing Guard Company",  
Santa Fe Springs  
Alta Alpina Cycling Club, South Lake Tahoe  
Bay Area Bicycle Coalition, Oakland  
Beach Cities Cycling Club, Redondo Beach & the So Bay  
Bicycle Club of Irvine, Irvine  
Bicycling Advocates for Rancho Cordova, Rancho Cordova

Bike Bakersfield, Bakersfield  
 Bike Buddies Bike Club, La Mesa  
 Bikestation, Long Beach  
 Brentwood Bike Club, Brentwood  
 California Conservation Corps, Sacramento  
 California Pan-Ethnic Health Network, Oakland  
 California WALKS, Berkeley  
 Center for Nutrition and Activity Promotion, Chico  
 Channel Islands Bicycle Club, Ventura  
 Chico Velo Cycling Club, Chico  
 City of Mission Viejo, Mission Viejo  
 City of Oxnard, Oxnard  
 Coachella Valley Community Trails Alliance, Palm Springs  
 Coalition for Sustainable Transportation, Santa Barbara  
 Cool the Earth, Kentfield  
 Dahon North America, Duarte  
 Different Spokes San Francisco, San Francisco  
 Different Spokes Southern California, Los Angeles  
 East Bay Bicycle Coalition, Oakland  
 Ecology Action, Santa Cruz  
 Endangered Habitats League, Los Angeles  
 Equestrian Coalition of Orange County, Orange County  
 Equestrian Trails Int'l (ETI), Trabuco Canyon  
 Fallbrook Land Conservancy, Fallbrook  
 Firesafe Council Orange County Canyons, Silverado  
 First United Methodist Church, Redding  
 Folsom Area Bicycle Advocates, Folsom  
 Fresno County Bicycle Coalition, Fresno  
 Fresno Cycling Club, Fresno  
 Gianni Cycling Club, Occidental  
 Goleta Valley Cycling Club, Goleta  
 Green Octopus Consulting, Long Beach  
 Hilride Progression Development Group, Kensington  
 Humboldt Bay Bicycle Commuters Association, Eureka  
 Humboldt Trails Council, Eureka  
 Kathleen Mohla Design, Redding  
 Lassen Land and Trails Trust, Susanville  
 Los Angeles Conservation Corps, Los Angeles  
 Los Angeles County Bicycle Coalition, Los Angeles  
 Los Angeles Unified School District-Nursing Services, Los Angeles  
 Los Angeles Walks, Los Angeles  
 Marin County Bicycle Coalition, Fairfax  
 NorCal High School Cycling League, Berkeley  
 Oxnard City Corps, Oxnard  
 Pacoima Beautiful, Pacoima  
 Palm Springs Sustainability Commission, Palm Springs  
 People of Progress, Redding  
 People Power, Santa Cruz  
 Prevention Institute, Oakland  
 Public Health Law & Policy, Oakland  
 Redlands Water Bottle Transit Company, Redlands  
 Ryan Snyder Associates, Los Angeles  
 Sacramento Area Bicycle Advocates, Sacramento  
 Sacramento Bicycle Kitchen, Sacramento  
 Safe Kids Greater Sacramento, Carmichael  
 San Diego County Bicycle Coalition, San Diego  
 San Francisco Bicycle Coalition, San Francisco  
 San Luis Obispo County Bicycle Coalition, San Luis Obispo  
 Save Burney Falls, Burney  
 SCOR Cardiac Cyclists Club, Brea  
 Shasta Cascade Bicycle Coalition, Redding  
 Shasta Living Streets, Redding  
 Sierra Express Bicycle Club, Grass Valley / Nevada City  
 Silicon Valley Bicycle Coalition, San Jose  
 Sonoma County Bicycle Coalition, Santa Rosa  
 South Bay Wheelmen, Redondo Beach  
 Strategic Alliance for Healthy Food and Activity Environments, Oakland  
 The City Project, Los Angeles  
 The Santa Cruz Hub For Sustainable Transportation, Santa Cruz  
 Trails and Bikeways Council of Greater Redding, Redding  
 TransForm, Oakland  
 UC Davis, Davis  
 Velo Allegro Cycling Club, Long Beach  
 Walk Oakland Bike Oakland, Oakland  
 WALKSacramento, Sacramento  
 WalkSanDiego, San Diego



**Rails-to-Trails Conservancy**  
 235 Montgomery St., Suite 769  
 San Francisco, CA 94104  
 415.814.1101  
[www.railstotrails.org](http://www.railstotrails.org)



**Safe Routes to School  
 National Partnership**  
 PO Box 663  
 Fairfax, CA 94978  
 415.454.7430  
[saferoutespartnership.org](http://saferoutespartnership.org)



**INTERNATIONAL MOUNTAIN  
 BICYCLING ASSOCIATION**

**International Mountain  
 Bicycling Association**  
 California Office  
 Sacramento, CA  
 916.441.6035  
[www.imba.com](http://www.imba.com)



**American Trails**  
 P.O. Box 491797  
 Redding, CA 96049-1797  
 530.547.2060  
[www.americantrails.org](http://www.americantrails.org)



**California Bicycling Coalition**  
 1017 L Street, #288  
 Sacramento, CA 95814  
 916.446.7558  
[www.calbike.org](http://www.calbike.org)



Sponsor Section ( In alphabetical order)



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



Chuck Huang, Alejandro St. Jean and Daniel Rojas

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