



NEWSLETTER



Well team, it's that time of year again...time to

renew your EVO membership! Remember, your membership includes one short sleeve jersey. Links to the membership renewal and clothing order link can be found in the News & Gossip Column.

It's also that time of year to plan your training for the upcoming racing season. Back by popular demand, we have already held the first of our Winter Skills Sessions, "Planning Your Winter Training Program" and have several other Skills Sessions scheduled in the next few months to help you with your training and brush up on your racing skills or learn some newly acquired ones. These sessions are packed with tips and information from seasoned riders/accomplished racers/coaches and trainers that you won't want to miss - and best of all, they're free!! Check out the News & Gossip column for all the details.

Happy Riding!

If you'd like to see your name in print and celebrate your or a teammate's results, send your editor the info' at jojomtnebiker@smartneighborhood.net. Don't be shy now.

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EVO NEWS, GOSSIP, ANNOUNCEMENTS & OTHER STUFF

SPONSORSHIP

Rudy Project

We are pleased to announce that Rudy Project has agreed to sponsor Evolution Cycling for the 2008 and 2009 seasons. With this product sponsorship we will get a good discount on glasses and helmets (and other cool stuff). Check out the link in Evocycle Yahoo Groups.

Sue Coltman

We are pleased to announce that Sue Coltman, certified massage therapist, has agreed to sponsor Evolution Cycling and will provide Evolution members a 15% discount for her therapeutic massage services. Massage is beneficial anytime, especially during the racing season, as it may enhance your recovery by improving blood flow, circulation, and easing aching muscles.

Pre-event massage utilizes a system of movements including gliding, compressing, stretching, and other innovations. It is popularly used prior to sporting events as it can stimulate circulation and lymph flow, improve range of motion, increase endorphins and relieve stress assisting an athlete to perform in peak physical condition.


Post-event massage is a variety of techniques specifically designed to relax muscles. It shortens recovery time from muscular strain by flushing the tissues of lactic acid and other metabolic wastes, increases circulation without increasing heart load and stretches the ligaments and tendons.

Sue will come to a future team meeting to introduce herself and answer any questions you may have about massage. Her regular massage prices in her Leesburg office are: 60 Minutes - \$75.00 / 30 Minutes - \$40.00. Mention you are an Evolution Cycling Club member and receive 15% off her regular prices. She will also include moist heat and/or ice therapies at no additional charge.

Holiday Gift Certificates are available by calling Sue

To make an appointment contact her at:

Sue Coltman
NCTMB, Licensed Massage Therapist
Therapeutic Massage & Bodywork
21-E Fort Evans Rd, NE
Leesburg, VA 20176
703-777-1234



Therapeutic Massage & Bodywork
Table and Chair, Pain Relief, Stress Reduction

SUE COLTMAN
NCTMB, Licensed Massage Therapist

Office (703) 777-1234
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srcoltman@yahoo.com

TEAM CLOTHING

Did we say Santini? Maybe we did, but we meant Hincapie....

Due to circumstances beyond our control (weakening US Dollar vs. Euro), we have decided to move forward with Hincapie Sports for our 2008 team kit order. We realize that we had committed to Santini as of our last team meeting in October. However, when we confirmed pricing with the importer at Santini, prices on some of our staple items (e.g., bib shorts, shorts, long-sleeve jerseys) had gone up significantly in less than a month.

Santini wanted our business. However, there is nothing that they can do about the currency fluctuation that would make honoring their earlier pricing profitable for them.

As for Hincapie, they have been very easy to work with and very price competitive. In fact, the jersey/short combination will be less this year than last year. Feedback from some of the guys we talked with recently who were wearing the Hincapie kits said that they really liked the quality and that the chamois was very comfortable.

The clothing order is now up on BikeReg and will close December 8, 2007.

Here is the link:

<http://www.bikereg.com/events/register.asp?eventid=5495>

Below is the sizing chart from the Hincapie clothing website:

<http://www.hincapiesports.com/sizing.php>

The overall design of the kit will remain the same as in years past. However, we are moving back to the "EVO Royal Blue" we had with Santini vs. the Navy blue that we had last year from Castelli. Also, the red should more red and less orange than last year. In speaking with the design person at Hincapie, the Royal Blue that we get may be a slightly different shade than in the past. However, this will be so that we can match the Lycra in the shorts to the jersey (a problem that we had with Santini where the jerseys were darker than the shorts).

Contact Mike Gnatek with any questions about the clothing.



WINTER SKILLS SESSIONS

We've already held the first of our Winter Skills Sessions, Planning Your Winter Training Program, on Sunday November 18th. Craig Clark, Vic Sigfried & George Opria gave us the lowdown on their winter training methods and we came away with ideas and plans for several different ways to achieve the same goal. Thanks to Craig, Vic & George for taking the time out to pass on this valuable information.

Sunday December 2nd - Core Strength Training (& Stretching) for Cyclists

Joanne Bradbury will give some practical demonstrations on the key elements of core training to improve your on-the-bike fitness along with information on how and when to include strength training in your cycling program. This session will be held at the Evolution Health and Fitness Gym immediately following the regular Evo Club Ride. We will end the ride with stretching followed by core work. Be prepared to do some work at this session!

Monday December 10th - Nutrition for Cyclists

Adam Coon will provide some useful information on nutrition for pre, during and post rides. This session will be held during our December team meeting at the Tortilla Factory while you're tucking into your triple cheese, chicken and bean burrito. Hey, there's some protein in those burritos isn't there?

MEMBERSHIP RENEWAL

Evo Membership

Yes it's time to renew your EVO membership!

Here is the membership renewal link:

<http://www.bikereg.com/events/register.asp?eventid=5494>

Your membership includes one short sleeve jersey.

USACycling Membership

It is also time to renew your USA Cycling membership. The deadline is December 31, 2007.

Here is the membership renewal link:

<https://www.usacycling.org/myusac/index.php?pagename=logout>

2007 SEASON RACE REIMBURSEMENT

Mitch Ferro will be once again handling rider race reimbursement for the 2007 season. Details on when and where to submit your race reimbursement form will be posted on the Evocycle Yahoo Groups list shortly.

TEAM MEETING

The next Evo Team meeting will be held on Monday, December 10 at 7:00 p.m. at the Tortilla Factory in Herndon. An agenda will be sent out shortly.

NEW MEMBERS

Ted Matson from Herndon.



Evolution Cycling Officers

Congratulations to the elected and appointed officers of Evolution Cycling Team for 2008.

President

Craig Clark

Vice President

Vic Siegfried

Treasurer

Mason Washington

Membership Coordinator

Jerry Pollatos JerryP5212@aol.com

At-large

Jimmy Hargrove

Chris Conway

Chris Huhn

Mike Bradbury

Evolution Cycling Team Captains

Below are the names and email addresses of the Evolution Cycling team captains. Contact the relevant captain if you need information on the activities of your team.

Cat 3 Team:

Mike Bradbury

bubu@smartneighborhood.net

Vic Siegfried

vasieg@comcast.net

Cat 4 Team:

Chris Huhn

huhncc@comcast.net

Cat 5 Team:

TBD

Yahoo Listserv Moderators

Adam Coon (Manager) Adam@syn-fit.com

Chris Huhn

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Jerry Pollatos

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Race Report: 2007 MABRA, Maryland/DC and Delaware State Cyclocross Championships

By Chris Huhn (aka Chicken)

Yesterday was the MABRA Championships in Taneytown, MD. The course was a nice mix of tight technical sections (one short steep climb, one slippery off camber and a set of barriers with a ditch in the center) rolling hills and flat, fast straights. The ground was a little damp making some turns slick and some areas power robbing soft but nothing difficult. As you all know my cross season has been a complete failure with my poor start and then getting sick. Last Tuesday I went back to the doc for my third round of antibiotics. I rode Thanksgiving morning but just could not get anything out of my legs but was starting to feel better Saturday. The smarter thing would have been to call it quits, rest and prepare for next season but oh no, I can't miss a race!

I decided to pick a few riders who I knew were riding pretty strong this year and that I normally would be with, if not in front of, as targets (Thor from NCVC, Cary from PVC, Chip from PVC and Bill (a strong mountain biker). I started in the back of the pack because I got to the start a little late from pre riding the course. As we went up

the start/finish asphalt road I started looking for these guys. Dodged a few first and second turn crashes. As we made our way around the first lap I saw Chip and Cary ahead by about four or five riders. Thor was on my wheel so I was where I wanted to be for the first lap. I worked my way up to Cary but Chip was starting to pull away and Thor and I decided we were going to push each other. I seem to handle the technical sections better and he was pushing the flats. I made sure I never lost his wheel even when it hurt. We dropped Cary and started picking up a place or two as the laps ticked off. On the second to last lap I started thinking about where I could attack and how I was going to hold him off. We caught a few more riders and had a group of four or five for the final lap and we were gaining on a few more. I decided I had to take advantage of the technical sections and hit them as hard as I could and push the flats. Coming into the last quarter of the lap we had almost caught two guys and I had a few on my wheel. The final section is the steep uphill with very little run in (we had been riding it but it was becoming slicker) then a soft section around a bend, down a small bank into a right hand turn

onto the asphalt start/finish road (about 100+ yards). One guy took the lead down the small bank, which was fine with me - let him lead us out. The sprint started just as we hit the pavement; we caught one of the guys in front of us but I just did not have it and was third (of our group) across the line. I got 15th in the 35+, nothing to write home about but I did beat all my marks except Chip, who really seemed to come on and was in the top ten I think. I was really tired but I'd had a good time racing back and forth with these guys and felt like I was getting better (the test would be how I felt later).

It is the next morning and I am feeling great - figures - one more race and the season is over.

Next weekend is the BIG show, MAC comes to town. The race is at Lake Fairfax and this is always a challenging course with great competition. I believe I have suckered (I mean convinced) a few Evo members to come out and enjoy the fun. In fact the weather is predicting rain - how cool would that be!

I hope you guys have not minded my ramblings (only one more to go) and I look forward to putting in some miles with you guys in a few weeks. ■

Thoughts about Cyclocross ...

By Joseph Kotun

Taneytown sounds like a fun venue; unfortunately I missed it with family holiday travel. Sorry that Chicken's still riding sick- that's frustrating, hope things come together so he can break some legs at Reston (others, not his!) There are still some more local races before the end of the season on Dec. 9 for people to get their feet wet (and hopefully muddy). Regarding planning for next year, consider building cyclocross into your 2008 schedule- I don't understand why such a large active club like Evo has so few crossers when the Mid-Atlantic region has some of the best races in the country, and a lot of them are within an hour's drive of home! Here's my pitch to give it a try before the end of this season so you can obsess about it all next summer.

1) Short hard races require short, hard training- long miles don't help much, perfect for weekend warriors with limited bike time with family, "real" jobs and other interests. An active summer of riding gives you a base, then just a few weeks of intervals around Labor Day and you're good to go. Or not...

2) You don't need \$\$\$ equipment to compete. It doesn't help - cyclocross is the great equalizer, you can dust off your old parts and put them back in service, at least until they get frozen and snap off. You can have fun and compete with a MTB or even a modified POS hybrid bike.

3) It's more fun than racing crits- even "off the back" you're still in the race- read Chicken's race report. No falling asleep mid-pack waiting for the final sprint. Go hard and catch your rabbit. And breakfast is (re-)served!

4) It makes you a better bike handler fast. Bumping other riders, sketchy surfaces, off-camber turns, impossible descents are the norm. Those skills transfer to the road, but the learning curve is on grass, not pavement. And if you're a mountain biker, off terrain on skinny wheels is pretty good practice too.

5) Go do your Spring/early summer road events. Then just when it starts getting oppressively hot and burn-out approaches, stop racing and enjoy your summer. Then kick it back in gear feeling fresh

during the best weather of the year through Sept-Oct. And doesn't November suck anyway? Learn to pray for cold rain and feel all Belgian and stuff.

6) Enjoy your cross bike all Winter, do those base miles seeking ou every cool dirt road that leads to nowhere and no worries about whether your wimpy road bike can handle the rough stuff. Put the heavy fatties on, no more flats on a frozen winter day!

OK I'm done, I feel better now. If you want to test the waters, I got bikes that can be loaned, Email me at jkotun@gmail.com.

VA Cycling Association 2007 Annual Meeting Report

By Craig Clark

Dumbarton Library, Richmond, VA

November 17, 2007

There were 30+ people in attendance and the degree of organization and participation was quite impressive. A good example of their organization is their Race Kits:

- VA Cycling has put together Race Kits that include all of the equipment needed to set up and officiate for a race. The kit includes things like radios, timing equipment, etc. in a Pelican box. They have 2-3 boxes available in different parts of the State to help.

Officiating:

- VA Cycling continues to have difficulty finding people to officiate their races. One couple officiated at nearly 1/3 of all their races. VA Cycling continues to require teams to officiate at a minimum of 2 races to be considered in good standing. In order to compete for the VA Cycling BAR, a team must be in good standing.
- Officiating at VA Cycling cross events counts towards officiating requirements for the next calendar year.
- Officials Clinic to be held Sunday, February 3 in Toano, VA (near Williamsburg), contact Ruth Stornetta at rs3j@cms.mail.virginia.edu.

VA State Omnium:

- There was no mention, nor is it in their rules, that a team must be in good standing to participate in the Omnium.
- The Wintergreen Hill Climb Championship will continue to be a part of the Omnium.
- The road race will score 1.5 x the other events (Crit, TT and Hill Climb) in the total Omnium calculations.

Collegiate Races:

- There is a new emphasis on supporting Collegiate racing as a means of "growing the sport." The collegiate season ends late April. The assumption is these racers will then continue on with local teams for the rest of our season. Perhaps, there is much more potential to re-infuse the sport than via juniors. Current plans include one "beginners' race" with each collegiate event. *This is a potential growth area for Evolution. We should look at GMU as a potential "partner club" as well as other VA schools that have lots of students from NoVA.*

Race Support:

VA Cycling has committed \$6,000 to assist high cost, high exposure races (downtown races such as the RTCGP) as a means of supporting the sport. The hope is to create a series similar to the SAAB series MABRA had recently. The exact details of who is eligible and what races should be supported are yet to be determined, but I'm certain being a team in good standing will be a minimum requirement. We will need to follow up on this to see what we need to do to participate in the series.

VA Cycling finance:

- \$11,461 is current position.
- Bill Conoscenti presented data on BAR races in VA Cycling: most races were similar, with average collected fees of approximately \$4,500. Two races stood out as different: the Jeff Cup and the Reston Town Center Grand Prix, which collected \$13,460 and \$11,400 respectively. My take on this is VA Cycling puts on a lot of races, but they do not fill like we see in MABRA races.

2008 Race Schedule:

The final schedule has not been finalized or published, but here are some likely Omnium highlights we will be interested in:

April 6 Norfolk Crit – will be the Senior state crit. The race format is deserving of a championship crit, especially compared with the Amphibious Assault, which was the other proposal. This is also the same day as Tyson's. They are trying to move the race to mid June. Recently, the city of Norfolk has not been overly cooperative, so we shall see.

May 3, Saturday, Wintergreen Hill Climb Championship

June 22 (?) Stoney Creek TT – State Senior TT

PLT#2 July 27 State age-graded TT

Page Valley RR Aug 24 Senior RR bid

Aug 9 Chesapeake Crit, Age-graded crit

Age-graded RR is undecided. Currently considering Blacksburg as the location.



MABRA 2007 Annual Meeting Report

By Eric Marshall

Crofton, MD

November 18, 2007

Nothing especially exciting happened, as there were no proposals for rule changes submitted, and only two championship event bids were put in before the meeting. A couple of additional championship event bids were submitted ad-hoc during the meeting. All bids passed without incident.

A lengthy discussion was made about growing the ridership, at both the local and national levels. It turns out that almost one-third of the licensed USAC riders (nationally) didn't renew their licenses this year, which is tremendous turnover, but fortunately, a little more than that number of riders joined USAC for the first time during the year. No one had statistics about who was leaving the sport, but it would have been interesting to find out in the hopes that we could pay more attention to those riders in the coming years to help reduce that kind of turnover in our own region.

Locally, the number of racers, events, and total race attendance was a little lower than it was last year, and well below the recent peak in 2002. These numbers do not include cyclocross events, which are currently having a record attendance year. This is very likely tied to the unusually warm weather we experienced in the area during early autumn.

One growth idea that was mentioned is that USAC is trying to convert "average cyclists" into racers, by offering less competitive events. Another was additional media exposure. This could draw in more riders as well as lessen the disdain of vehicle drivers on us hapless cyclists.

Once again, the number of available officials to run our local races is declining. At some point this will result in some event(s) not being able to be held due to a lack of staffing. Related to this, is that the officials feel that the race day, for them, is becoming too long, and that it's not desirable for all events to offer individual races for every possible category. For events that are the only one scheduled for their respective weekends, it was suggested that the event could get split into two days. For events that are held on a double race weekend, MABRA wants to start trying to get the two events to work together to offer a full compliment of racing, but most likely reducing the overall number of races held.

Here are some quick notes:

- o MABRA has plenty of money.
- o GM has some sort of promotional hybrid bus that it would love to display at various events. They might be able to provide some sponsorship money to promoters who participate in this marketing.
- o Riders in masters races can no longer use radios.
- o For those submitting upgrade requests, please provide a complete race resume, otherwise your submission will be delayed. MABRA is working on an addition to their web site which will allow riders to view all of their results, which will help in the collection of resume data.
- o Bill Luecke wants to stop administering the MABRA BAR, after 12 years(!) of service. If anyone has an interest in this, MABRA would love to hear from you, and start getting you trained immediately :-)



Upcoming Races

Wanna try Cyclocross? Here's your chance.....

2007 Cyclocross Race Series

MABRA CYCLOCROSS SERIES

7	25-Nov	Taneytown	MABRAcross Championship	Tracy Lea	
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VIRGINIA CYCLOCROSS SERIES

VACX # 8	Sun. Dec. 9th	VACX Final, Darden Towe Park, Charlottesville VA	Richard Pence rap58@embarqmail.com	
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2007 MID-ATLANTIC (MAC) CYCLOCROSS SERIES

	Date	Race	Location	Results
Round 5	December 1	Carlisle Cross Classic, UCI C2	Carlisle, PA	Results
Round 6	December 2	Capital Cross Classic, UCI C2	Reston, VA	Results



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