

FEBRUARY 2004

Draftlines

MONTHLY NEWSLETTER OF THE DES MOINES CYCLE CLUB

DMCC SWAP MEET/SOCIAL/RIDE

Saturday, March 20, 2004
Doghouse Bikes, 403 E. Euclid Ave., Indianola, IA 515-961-5859
10:00AM to 2PM
Organized Ride at 1PM (Weather Permitting)

One person's junk is another person's treasure!

Gather all your unused and unwanted cycling gear/clothing/accessories and display at our annual swap meet. Some table space available, bring a table if you have one. Feel free to just show up or call Rich @ 961 5859 and let us know you will be there.

Bring your favorite photos/videos/stories from last year's rides for display.

DMCC will provide chili and beverages.

Weather permitting: Bring your bike for a training ride down the Summerset Trail to Carlisle or the hills of southern Warren County.



First Ride of the Season!

WAR
mayor's annual ride
FOR TRAILS
2004
Saturday, April 17

Icicle Bicycle Ride
Clinton, IA
3/20/04

The Spring Ride
Solon, IA
3/20/04

Center Trails Work
Day
Des Moines, IA
3/27/04

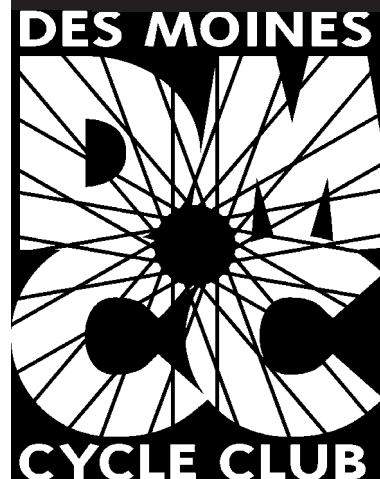
April Fool's Ride
LaPorte City, IA
4/3/04

Tour de VEISHEA
Ames, IA
4/10/04

Elkhart TT Series
Elkhart, IA
4/15/04

MAR
Des Moines, IA
4/17/04

UPCOMING EVENTS



Sierra Siebenlist INTERVIEW from www.Bentcrank.net

Lets start with the basic stuff, let us know what your vitals are.

Name: Sierra Siebenlist

Age: 17

Hometown: Indianola, Iowa

Nicknames: Sweet Thang, Crash.....there's a lot more, but they're family and no one really needs to know

Classes: Elite Women and 14-17 Girls Cruiser (soon to be 18-29 at the end of this year!)

Who are your current Sponsors?

Well of course my biggest sponsors are my parents, I couldn't race without them. Along with my parents goes Doghouse Bikes, our family bike shop. My newest sponsor is SE Racing, I just got picked up by them in February. Pro-Gate is another major sponsor.

How long have you been racing?

This is my 3rd year racing. I started in August of 2001.

What got you started in racing?

My family has always been big into biking. I used to race road, mountain, and cyclocross, but I was never very good at it. I always wanted to try BMX, so my mom and I started going to meetings about getting a track started in Des Moines, which is about 20 minutes from my house. My parents got me my first BMX bike, a Free Agent Limo Team, for Christmas along with a whole bunch of race gear before we were even close to having a track. My parents took me to an indoor ABA track in Minnesota the next February, and I fell in love with BMX. When the track in Des Moines opened in August of 2001, my parents bought me a license and that's when I really started racing. Two weeks later I got a cruiser license, and even though I wasn't very good I still managed to earn a #1 state plate that year (obviously, there aren't many girls in Iowa).

What are some of your most memorable accomplishments?

Making both my mains at my first Grands in 2002, turning 16 and moving up to Super Girls at the 2002 Christmas Classic, and getting sponsored by a factory team (SE).

What are some of your favorite tracks to race on?

Evansville, Indiana (outdoor)

Waterloo, Iowa (indoor)—even though it does get a little boring sometimes

The Grands track is always good.

I'm sure there will be a lot more after this season with all the races we have planned!

What are some of your goals for this year?

#1 state and regional plates for both classes, top 15 national plate in Elite, top 7 in cruiser, manual successfully through rhythm sections, jump more, and stick to my training schedule.

(continued on page 4)

Draftlines
MONTHLY NEWSLETTER OF THE DES MOINES CYCLE CLUB

Draftlines® is published monthly by the Des Moines Cycle Club. Cycling related stories, photos, information, or other contributions are welcome, and must be received by the 1st of the month for the next issue.

Submissions for Draftlines can be sent to Joni Siebenlist, Editor, at 8784 95th Ave., Indianola, IA 50125, or e-mail DMCCclub@peoplepc.com.

Draftlines classified and display advertising must be received by the 1st of the month prior.

Correspondence to the Des Moines Cycle Club can be sent to P.O. Box 13258, Des Moines, IA 50310, or e-mailed to DMCCclub@peoplepc.com.

DMCC INFORMATION

For news on upcoming rides and other events, visit our newly updated website at <http://www.dmcycleclub.com>.

2004 Board Members

LORI LEPORTE, President
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READY TO RIDE THE 2004 RAGBRAI ROUTE?

The details for the 2004 RAGBRAI course are out! Total distance is 490 miles, averaging 70 miles per day. There is 12,028 feet of climbing over 7 days, averaging 1,718 feet per day. This will be the 16th longest RAGBRAI in terms of distance, and the 23rd hilliest in terms of total climbing. So, what does all this mean to the RAGBRAI rider?

First, a rider had best be well-conditioned when they arrive at RAGBRAI. There won't be any "easing into" the 2004 ride.

The first day will be among the most challenging with 69.6 miles and 2,685 feet of climbing. It is the hilliest day of the ride; it also has the most average elevation gain per mile (38.6 feet).

A notable aspect about the rest of the week is the consistency of the distances. The first three days of the ride have distances from 69.6 to 71.8 miles; the fourth day the distance is 61.7 miles but it is hillier than days 2 and 3, averaging 24.9 feet of climbing per mile (1,535 total feet). Distance peaks at Day 5 (84.2 miles) and decreases through the end of the ride, with 56.1 miles at Day 7.

During March, here is what you should do to prepare for RAGBRAI 2004:

- Work on your bike. Your wheels should be true (not wobbly), and your tires should not have excessive wear on either the top or sidewalls. Your brakes and gears should be adjusted. There are other parts of your bike that must be kept lubricated and may need to be adjusted. If you're not sure how to tune-up your bike, visit your favorite bike shop.
- Continue to cross-train, strength train, and ride. Ideally you should be training a minimum of 3 ½ hours per week. If you live in warmer climates, March may be a month to start riding outside. If you are riding outside in colder climates, remember to layer your clothing and keep your muscles warm. A rule I follow is to cover my legs if the temperature is less than 60 degrees.

Randy Catron is a licensed USA Cycling expert coach and a Certified Strength and Conditioning Specialist (CSCS). He is also a competitive cyclist and has ridden many RAGBRAIs. He can be reached at RAGBRAICOACH@IowaCyclingAcademy.Com. Randy lives in Urbandale, Iowa with his wife, Terri, sons Kyle and Cody, and sphynx cats "Sammy" and "Diva"



Randy Catron

INTERNATIONAL OLYMPIC COMMITTEE ANNOUNCES NBL/USA CYCLING/UCI BMX RACING ADDED TO THE 2008 SUMMER OLYMPIC GAMES XXIX IN BEIJING, CHINA

Hilliard, Ohio - July 1, 2003 - Late yesterday afternoon the **International Olympic Committee (IOC)** announced that two **BMX (bicycle motocross) racing events** will be added to the Olympic program at the **2008 Summer Olympic Games XXIX** in **Beijing, China**. The **International Cycling Union (UCI)** announced early this morning that **Elite Men (19 & Over)** and **Elite Women (19 & Over)** will be added to the Olympic program. The UCI BMX World Rankings system will be used to determine the nations ranking and the number of athletes for each country eligible to compete for **Olympic Gold, Silver, and Bronze Medals** in 2008.

The **NBL, USA Cycling**, and the **UCI** have spent years working towards Olympic recognition. **NBL Director of Competition Bob Tedesco** commented on this groundbreaking decision by the **IOC** for the future of BMX racing: *"This is a dream come true for our sport. As the **only recognized BMX sanctioning body in North America** the **NBL** will serve as the gateway to the **2008 Olympic Games**. The **NBL, USA Cycling**, and **UCI** have spent years working hard to attain Olympic recognition. This move by the **IOC** finally recognizes BMX racing as a legitimate sport."*

Adding BMX racing to the **2008 Summer Olympic Games XXIX** opens a door full of opportunities for BMX racing athletes. Tedesco further commented: *"The **NBL** and **UCI** have taken steps in the past few years to help take BMX racing to the next level. All of our hard work has not gone unnoticed - The introduction of BMX racing in the **2008 Summer Olympic Games XXIX** will only continue to help to grow our sport for future generations to come."*

The **NBL** and the **UCI** have been responsible for providing America's BMXers with the **only true BMX World Championships** for many years now. After years of progression the **NBL** is proud to proclaim that BMX is finally getting the recognition it deserves. **NBL** is known by its riders as the **"BEST IN BMX"** - Now **NBL** can be known as the **gateway to BMX racing in the Olympic Games!**

(continued from page 2)

How is the new SE deal going? How did that come about?

It's going good! I got sponsored officially by SE in early February. I got my jersey at the Boulder City National, and I just got my bike on Friday in Morristown. Pro-Gate is paying for most of my entry fees. Everyone on the team are really cool and were helpful in Morristown when I was getting my bike set up. I don't have the team PK Ripper yet, but I'm supposed to get it soon. The only thing bad about the PK Ripper I have right now is I can't run my small 29-10 gearing because the chain hits the bottom of the rear triangle.

I started talking to SE at Interbike last year when there was a different guy who was supposed to run the team. At first, he really wanted me on the team, but then he kept changing his mind and saying he didn't want any girls on the team yet. Then, at the Thanksgiving National, Dave Cecil was running the team and told me to give him my resume. It took a while for a final answer, but I'm on the team now!

Who is your biggest competition?

The Elite Women class is very tough! I'm definitely no where near girls like Kim Hayashi, Arielle Martin, Michelle Cairns, Natarsha Williams, Rachel Smith, etc.....YET! Some of the girls I battle with are Heather Hellwinkel, Susan Seifert, Becky Smith, Jenny Flynn, and there's a bunch more but those have been some of my biggest competition this season. In cruiser, there's national #1 Madison Pitts, Amanda Geving, and Ashley Edstrand (none of which I'm very close to right now of course). Anna Peake and Heather Hellwinkel are also good competition in cruiser.

What do you think needs to be done to help BMX improve?

I think we need to get more people involved to make the sport grow. People should stop fighting in staging and cutting in line for practice—it won't happen, but it'd be nice. We need to get BMX to be as popular as football or basketball, and I think being in the Olympics in 2008 will help a lot.

Who are some of the racers that you look up to?

Kyle Bennett is awesome, he might get beat sometimes, but he's still got that world #1 on his plate. Kim Hayashi—she's so fast!

Clips or Platforms?

I'm a fan of clips. I have a tough time riding the track without them. I do sprints on platforms, but everything else is clips. I've been riding bikes with clips since I was probably about 7 or 8 years old, it's hard to change. For anyone just starting, I'd say ride platforms until you get good, then switch to clips only for big races.

What is your thought on the NBL changing of the Pad rule?

I like the rule, I don't think a pad that's like a quarter inch thick or less is going to save anyone from getting hurt.

Well, now I think everyone knows a little better who Sierra is, Do you have any comments that you would like to add?

I just want to thank everyone who helped me get started racing, especially my parents. Justin Travis for helping me out a lot lately with racing, along with all the other Stileman guys. And of course, everyone in Iowa who helped me, Des Moines Cycle Club and the DMOS/Mortgage Solutions Race Team that I am a member of, and especially Kittie Weston-Knauer for getting the track going in Des Moines.....AND MY NEW SPONSOR SE RACING AND PRO GATE!



2004 Iowa State Roller Race Series Final Results

Thanks to all the racers and organizers who participated in this years roller race series.

Winner of the Al Kreitler rollers was Kurt Hattleman !!!

24 people were eligible for the drawing based on having raced in at least 4 of the 8 roller races this season.

Final results
Iowa Roller Race State Champions.

—————Juniors—————

06:29.76666 David Kallemyn Gold medal
06:46.26666 Sean Noonan Silver medal
09:12.33331 Zach VanderHorst Bronze medal
12:30.60004 Lacey Douglas

—————Masters 40+—————

05:33.03333 Dan Reasoner Gold medal
05:42.06665 Greg Harper Silver medal
05:59.86667 Chris Klaren Bronze medal
06:13.66666 Dave Hammer
06:28.53333 Randy Catron
06:38.86667 Dave Ertl

—————Masters 50+—————

06:02.366669 John Adamson Gold medal
06:19.93332 Richard Gilmore Silver medal
06:25.73334 William Allen Jr Bronze medal
06:31.96667 Landon Beachy

—————Senior 1 2—————

05:25.29999 Tony Kisch Gold medal
05:29.13333 Paul Deninger Silver medal
05:30.10001 Lee Venteicher Bronze medal
05:39.46667 Josh Tack

—————Senior 3—————

05:29.03333 Will Allen III Gold medal
05:43.26666 Jason Ribando Silver medal
05:53.60001 Steve Lauber Bronze medal

—————Senior 4—————

05:27.03333 Tracy Thompson Gold medal
05:46.06668 John Meehan Silver medal
06:05.66666 Dennis Grek Bronze medal
06:12.06668 Doug Klahsen
06:29.39999 Tom Treharne
07:03.733337 Brent Mitchell
07:36.89999 Mark Guthart

—————Senior 5—————

05:59.26666 Kurt Hattleman Gold medal
06:14.23334 Jeremy Fry Silver medal

06:35.56665 William Allen Jr Bronze medal
06:35.60001 Orlando Ochoa (.04 difference!)

06:44.39999 Jim Robidoux

—————Women—————

06:43.93332 Connie Inks Gold medal
06:51.83334 Andrea Venteicher Silver medal
07:00.66666 Lisa Vetterlein Bronze medal
07:43.66666 Tammy Meehan

Riders had to compete in at least 3 of the 8 roller races this season. Each riders 3 best times were averaged.

Complete season results:

208 rides

76 riders

Mortgage Solutions Road Race

Altoona, IA April 3, 2004.

The course is a 4.5 mile, 4 corner circuit with rolling hills with the start/finish at the top of a short steep climb. Course is open to traffic and center-line rule in effect the entire course.

Directions: Take I-80 East of Des Moines to Hwy 65(exit 140), take Hwy 65 south to Hwy 163, take Hwy 163 east approximately 4 miles to NE 88th St take NE 92nd St North to the registration at the Southeast Polk Bus Barn(up the hill, west of the Ivy Centennial Church)

Mortgage Solutions/Team Emu Criterium

Des Moines, IA April 4, 2004

The course is a 1.5 mile flat 6 corner loop. Directions: Take I-235 to the 7th St exit for Downtown Des Moines. Go south on 7th St to Grand Ave, turn right on Grand to Fluer Dr, turn left on Fluer Drive to Waterworks park. Turn right into park and follow road to the west to the course.

\$10 off registration for a 2nd race for the same day.

ELKHART TT SERIES

After a fantastic "freshman" year in 2003, the Elkhart TT Series is back for its "sophomore" year. Though much remains the same, some improvements have been made: The award structure has been enhanced, we've added a 2-person category, and improved the participation incentive. Add the dates to your racing calendar! For full details see event flyer at www.dmbikeracing.com.

Distance: 12 km

Thursday evenings: April 15 (tax day), May 13, June 10, July 8, August 5

Registration opens at 5:30 p.m.

Racing starts at 6:30 p.m.

Location: Elkhart, IA (NE of Ankeny)

Entry fee: \$10 (\$3 for Juniors)

Cash prizes will be awarded on cumulative points earned:

1/2/3: \$50/\$40/\$30

4/5: \$50/\$40/\$30/\$20/\$10

40+: \$50/\$40/\$30

Women: \$50/\$30

2-Person: \$100/\$60 (team payout) **New class for '04**

Junior: merch prizes

Participation incentive: ride at least 4 nights and we'll toss your name into my Credit Lyonnais hat for a super-sexy HED tri-spoke front wheel!

Contact: Ross Schuchart, DMOS/Mortgage Solutions Race Team

CLASSIFIED ADS

Classified ads are free to DMCC members and \$10 for non-members with a 50 word maximum. Ads will run for 3 issues and will be deleted unless Draftlines is notified to continue the ad. Place an ad by calling Draftlines at 515-961-7359 and leaving a message, or e-mailing to dmclub@peoplepc.com.

Santana Visa 24 speed Tandem

3 years old, large frame, shimano deore XT drive train, includes child's stoker kit. Paid almost \$3000, asking \$1200. Call Cindy Drost @ 641-673-0257

Vision 44 recumbent

Silver, day bag, mirror, new: June 2000 for \$1,840 + tax. Light use: \$920. 515 255 0798 Jon Ericson

Litespeed Titanium Blue Ridge

49cm, spingery spox wheels, shimano ultegra, Flight Deck computer, back rack. Bill or Ruth 369-8090.

Borthwick Tandem

new silver/gray paint, medium size, 3 sets of wheels built by Ernie Fisher using Phil Wood hubs - 36 hole, 40 hole & 48 hole. Call Ernie for more details...226-0172

Vision 40 Recumbent -

new in summer 2002 - elegant purple, all accessories including Windwrap fairing; rack, padded seat, adjustment boom and seat angle - ready for Ragbrai 2004 Make offer. Contact David Drake at 288-8000

Interested in advertising your business in Draftlines?

Display ads furnished camera-ready are \$40 per issue for a full-page (7"x10"), \$20 for a 1/2 page (7"x5"), and \$10 for 1/4 page (7"x2 1/2").

Des Moines Cycle Club Membership Application

- 1. Memberships run from January through January and include 10 issues of *Draftlines*, the club newsletter
- 2. Annual membership fees are: Family: \$20 and Individuals: \$15
- 3. Mail appropriate amount and the completed application to: Membership, Des Moines Cycle Club, P.O. Box 13258, Des Moines, IA 50310-0258

Circle One: Family Individual Circle One: New Membership Renewal
 Names of all family members included in membership (Please print).

Address _____ City _____ State _____ ZIP _____ Phone _____

E-mail address _____

Riding Interests: Circle all that apply
 Racing Mountain Recumbent Tandem RAGBRAI® Volunteering

THE FOLLOWING WAIVER MUST BE COMPLETED AND SIGNED FOR ALL FAMILY MEMBERS:

LEAGUE OF AMERICAN WHEELMAN ("LAW") RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AND PARENTAL CONSENT AGREEMENT

IN CONSIDERATION of being permitted to participate in any way in the Des Moines Cycle Club ("Club") sponsored Bicycling Activities ("Activities") I, for myself, my personal representatives, assigns, heirs and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of bicycling activities and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the Activity and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. FULLY understand that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS") (b) these risks and dangers may be caused by my actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMICAL LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE AND COVENANT NOT TO SUE the Club, the LAW, their respective administrators, directors, agents, officers, volunteers and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered on of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED ON WHILE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OF OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may occur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. I INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Printed name of participant(s): _____ SEE ABOVE _____

Address: _____ SEE ABOVE _____ Date: _____

Participant's signature(s): _____

Parent/Guardian signature (if participant is under age 18): _____

Draftlines

MONTHLY NEWSLETTER OF THE DES MOINES CYCLE CLUB

P.O. Box 13258, Des Moines, Iowa 50310-0258

Inside.....

*RAGBRAI XXXII Training
with Coach Randy*

*First Big Ride of the
Season: MAR*

*SWAP MEET
March 20*

March 2004

Printing for Business

IMPACT!

312 6th Avenue
Des Moines, IA 50309
244-5668

Doghouse Bikes

Bicycles, Accessories & Repair
Skateboards & Apparel



Jamis
Fuji
Schwinn/GT
Redline
S&M
Standard
HH Racing

403 E. Euclid Avenue - Indianola, IA 515-961-5859

www.doghousebikes.com

www.stierashmxclusive.com