

# DRAFTLINES

Monthly  
Newsletter  
of the  
Des  
Moines  
Cycle  
Club

October 2002

[www.DMCycleClub.com](http://www.DMCycleClub.com)

## Junior riders highlight summer for Race Team

*By Joe Tragesser*

**S**ummer has been filled with road races, time trials, criteriums, track and BMX racing for the DMCC/DMOS Race Team.

The highlight of the summer was the success of our Junior Riders at Nationals. Sierra Siebenlist received 5th and 6th place awards at the 2002 NBL Grands. Kristin Siebenlist took 8th in the road race, 5th in the time trial and 7th in the crit at the USCF Junior National Championships Road Race.

Kristin also had a fantastic first showing at the USCF Junior Championships in Indianapolis July 24-27.

Kristin took 8th in the 2km Individual Pursuit Junior Women 17-18, 9th in the points race, 7th in the scratch race, 4th in the 200m sprint qualification, and 5th in the sprint final.

Andy Cornelison is our Jr. National Champion. Andy took 1st place in the junior championships - Junior Men 13-14. Andy also took 4th in the time trial and 7th in the crit.

In the fall the Race Team turns its attention to Cyclo-cross. Cyclo-cross works on improving power, bike handling, technical awareness, and maintaining cardiovascular fitness.

Cyclo-cross makes the most of the unpredictable nature of the weather in the fall. Cold and wet conditions challenge the rider's bike handling skills. The DMCC/DMOS Race Team will be co-promoting the Des Moines Doublecross race series with the Hawkeye Bicycle Association and Cannondale Midwest Team.

The upcoming races will be Saturday, October 5, Des Moines Doublecross #2; Sunday, October 13, Newton Doublecross #3. The Iowa Cyclocross Championship is Sunday, October 20, in Cedar Rapids. More information on Cyclo-cross can be found at [http://www.usacycling.org/cx/?sport\\_info/cyclocross.html](http://www.usacycling.org/cx/?sport_info/cyclocross.html).

If you would like more information about the race team, contact Joe Tragesser, race team director, at 255-7579.

### DMCC ANNUAL BANQUET

OCT. 19 2002

OKOBOJI GRILL  
COPPER CREEK PLAZA  
PLEASANT HILL

7:00 PM.

\$16.50 PER ADULT

CHILD'S MENU  
AVAILABLE \$5

#### SEND CHECK TO:

Mike Ransom  
403 E. Euclid  
Indianola, IA 50125

#### MAKE CHECKS OUT TO:

DMCC.

PLEASE MAKE EVERY EFFORT TO ATTEND THIS YEARS BANQUET, AS THERE ARE MANY OPEN POSITIONS ON THE BOARD.

WE NEED YOUR SUPPORT TO KEEP DMCC ALIVE AND WELL!

THERE WILL BE A WIDE RANGE OF PRIZES GIVEN TO THOSE WHO ATTEND.

PLEASE SIGN UP NOW!!

## President's Message

Hi, Kids!

Don't miss the Cycle Club banquet Oct. 19! Details are elsewhere in the newsletter. The banquet is a club tradition. And, traditionally, the banquet is the time and place for DMCC Board elections!

Please consider stepping up so we get some invigorating new blood and some fresh ideas infused to the Board.

Most of us have been serving for several years, and might like to take a break. It really doesn't take too much, and it's vitally important to have an active membership in order to insure our Club's viability.

Serving has its perks, too: You'll be entitled to a \*FREE CLUB MEMBERSHIP\*! Please contact any Board Member to learn more about the responsibilities of each position.

On another note: Team ROMP will be holding its annual Fall Foliage Rides in October. Details are elsewhere in the newsletter. And check out the website at <http://www.dmcycleclub.com/Bents/Bents.htm> to see what's in store!

Finally, I've heard a lot of positive feedback about my accounting of "Accu-RAGBRAI 2002". Glad you all got a kick out of it! However, due to space limitations, the final paragraph was omitted. So, by popular demand, I humbly present the rest of the story:

### Riding Partner

He eats when I do, he pees when I do, he rides my pace...I have the ideal riding partner!!! You think I'm talking about the WebGEEK? Are you kidding??? Rather, I'm waxing poetic about the day I rode with none other than Ozzy, owner and singing mechanic extraordinaire (Favorite bike mechanic-ism: "It's not the bike; it's the hubs.") of Bill's Cyclery. I was nice to Mr. Speedy and let him go do his speedy thing on what will heretofore be known as "Testosterone Thursday" (OK, as his riding partner, I get bragging privileges-he had a 19.3 average for the day! Pretty kewl, huh? Still doesn't make up for the "motorcycle guy", though-See Hills) The rest of the week, however (Was it ONLY a WEEK???) - I was stuck with my riding partner who whines when it rains, has a sadistic need to take credit anytime I get bruised or bloodied, keeps me up all night giggling, relishes doing all sorts of disgusting guy things just to egg me on, and constantly complains about my eating, peeing, and futzing. He's cocky, he's arrogant, and I hate him. Guess that's why I keep him around.

## DMCC weekly rides

### 9 a.m. Saturday

Gather at the Botanical Center for a ride along the trails. Recumbents are particularly encouraged to join up.

### Mountain bike ride

Andre Reithman is leading a weekly Wednesday mountain bike ride. Meet at the Target parking lot on Euclid. For time and other details, call 210-6491 ahead.

### West Side

Meet at Wal-Mart on the west side of the parking lot near B-Bops at 6:00 p.m. Tuesday & Thursday for a moderate/fast paced ride on streets and roads. Ride leader is Russell Seaton; 515-577-9550 or [russelseaton@yahoo.com](mailto:russelseaton@yahoo.com).

### East Side

Meet by the Burger King at E. 26th & Euclid at 6:00 p.m. Tuesday & Thursday for moderate paced 20-30

mile ride on streets and roads. Rider's Choice (No designated ride leader).

**North:** Meet at the Target parking lot on Euclid on the west side of the Des Moines River Monday & Wednesday at 5:00 p.m. for moderate paced ride (16 mph) of about 20 miles ride on paved path. Ride leader is Dean Baker at 229-8260 or [Nationalcws@aol.com](mailto:Nationalcws@aol.com).

### Ride Leaders Needed!!

Do you have a favorite route/time that you like to ride? If so, consider listing it in the newsletter and inviting other people along. This can be a one time only ride or a regularly scheduled ride. At one time a Sunday afternoon ride was popular with DMCC members; is anyone interested in this? If a few members lead just one ride DMCC can have a full ride schedule!!!

Contact Paul Black, [pblacklep@msn.com](mailto:pblacklep@msn.com) or 255-6194, for information.

## DRAFTLINES

Draftlines is published monthly by the Des Moines Cycle Club. Cycling-related stories, photos, information and other contributions are welcome. Please submit them by the first of the month. Submissions may be sent to:

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Des Moines, IA 50310  
[abbottj@dmreg.com](mailto:abbottj@dmreg.com)

DMCC INFORMATION  
Des Moines Cycle Club  
P.O. Box 13258  
Des Moines, IA 50310

e-mail: [dmcc@dmcycleclub.com](mailto:dmcc@dmcycleclub.com)  
Ride and event information available at DMCC hotline: 255-9000, ext. 5056  
Website: [www.dmcycleclub.com](http://www.dmcycleclub.com)

### 2002 Board Members

LORI LEPORTE, President  
287-5556 or  
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JOE TRAGESSER, Race Team  
255-7579 or [tragesser1@mchsi.com](mailto:tragesser1@mchsi.com)

# UPCOMING RIDES AROUND IOWA

## KC BBQ RIDE

**When:** Noon, Oct. 4

**Where:** O'Neills, 4016 W. 95th St., Overland Park, Kan.

**Distance:** 10 miles

**Terrain:** Flat

**Expected riders:** 100

**Description:** Ride from O'Neills to the KC Royal BBQ contest. The route hits no fewer than seven bars on the way. Contact: patryan@tourdebarbq.com  
**Cost:** \$35

## GREAT RIVERVIEW RIDE

**When:** 7 a.m. Oct. 5

**Where:** 800 Corning Ave, Kiwanis Riverview Nature Island, Des Moines

**Distance:** 45 miles

**Terrain:** Rolling hills

**Expected riders:** 100-500

**Description:** Ride the Saylorville bike trail to Big Creek Park. Refreshments, first-aid and water stations at strategic locations along the trail for your convenience.

**Contact:** 245-7800

**Cost:** \$25 before the ride, \$35 on site

## UNIVERSITY OF OKOBOJI OKTOBERFEST

**When:** 10 a.m. Oct. 5

**Where:** Begins at Athletic Club, Highway 71, in Okoboji

**Distance:** 25 or 50 miles

**Terrain:** Rolling mild hills

**Expected riders:** 200-300

**Description:** Entry fee gets you a T-

shirt, unlimited use of the Athletic club facilities (a nice alternative in inclement weather), an authentic German Oktoberfest meal after the ride at Minerva's (Village East), acoustic guitar and tunes from Dave Rowley. The 25 miles is a trip around West Lake Okoboji. The 50-miler goes around Big Spirit Lake, East Lake Okoboji, through Milford and back to Okoboji.

**Contact:** (800) 270-2574.

**Cost:** \$25

## 5TH ANNUAL FAT TOM'S ARMY RIDE

**When:** 11 a.m. Oct. 5-6

**Where:** Riverside Tap on East Main Street, Lehigh

**Distance:** 30 miles

**Description:** This is a ride for all types of riders. The ride starts in beautiful downtown Lehigh, goes through Brushy Creek Recreation Area and on to the towns of Stratford, Dayton and back to Lehigh. Lehigh sits along the Des Moines River. The scenery is great this time of year. The route crosses Brushy Lake dam and the Des Moines River twice. Each town has nice bars and good places to eat. Entertainment at the Riverside Tap after the ride. Free camping.

## ANOTHER DAM BIKE RIDE

**When:** 9:30 a.m. Oct. 5

**Where:** Red Rock Dam, Knoxville

**Distance:** 38.6 miles

**Terrain:** Rolling hills

**Description:** Departure is at Knoxville Recreation Center. Ride goes across the Red Rock Dam and on trails then back to the recreation center. Two great rest stops featuring fruit, cookies and refreshments

**Cost:** \$23

**Contact:** Mike or Erin: (641) 828-7555

## TEAM ROMP FALL FOLIAGE RIDE I

**When:** 10 a.m. Oct. 13

**Where:** Des Moines Botanical Center

**Distance:** 50 miles

**Description:** Come and enjoy the beautiful fall foliage on the Saylorville Trail. Lunch in Polk City.

**Contact:** Lori Leporte, 287-5556

## TEAM ROMP FALL FOLIAGE RIDE II

**When:** Noon Oct. 20

**Where:** Strawtown Inn in Pella, a few blocks or so west of the square

**Distance:** 35 miles

**Description:** Come and enjoy even more breathtaking fall colors on the beautiful Volksweg Trail. Take Hwy 163 to the first Pella exit and follow the signs to the Strawtown Inn. The locals say they have an awesome brunch!

**Contact:** Lori Leporte, 287-5556 or greenbikespike@dmccycleclub.com

# DOGHOUSE BIKES



403 E. EUCLID AVE. INDIANOLA, IA  
WWW.DOGHOUSEBIKES.COM  
515 961 5959

Andy Cornelison's win at the U.S. Cycling Federation National Championships puts him

# ON THE RADAR SCREEN



By ROB GRAY

Reprinted from *The Des Moines Register*

Andy Cornelison of Carlisle used to slow his father down. Now his dad, Dave, strains to keep pace with him.

"It's always been kind of a joke -I would kid Andy: 'You know, in five years, you're going to be faster than me,' "

Dave Cornelison, 35, said of the pair's cycling training runs. "He'd say, 'No, Dad. I'm going to be faster than you in two years.' "

Two years arrived. So has Andy.

The 14-year-old, soon-to-be eighth-grader reached a more precious milestone Aug. 1-4, winning his age division race of the U.S. Cycling Federation 2002 Junior/Espoir Road National Championships in Clemson, S.C.

Andy Cornelison beat 34 of the nation's best riders in the 13-to 14-year-old group. He had no teammates to help push him, or to hinder rivals. He did form a short-lived alliance with another solo cyclist as they tried to stay clustered in the pack, within striking distance of the lead.

"Whenever anybody would try to break away, we'd all jump on his wheel and draft him," Cornelison said of the strategy, which reduces wind resistance as riders crouch behind each other in a tight formation. "One time we worked together to try to get a break going because I knew I could outsprint him at the end. We couldn't get away, so it came down to a pack sprint."

Cornelison lurched in front, piercing the tape with a bike-

length national victory.

"There was a kid about 2 seconds ahead of me," Cornelison said of the race's final moments. "At first I was like, 'Cool, I'm going to place in the top 5. Then I started coming up on him, passed him, and I was like, 'Man, I'm going to win this thing!'" "

As a national champion, he earned a hallowed stars and stripes jersey, which hangs in his bedroom. One coach, Randy Catron, said that accomplishment is something most cyclists at any level can only dream about.

"He is on the radar screen for USA Cycling, in terms of being a potential Olympic athlete," said Catron, who races with Cornelison's sponsoring team, Des Moines Orthopedic Surgeons/Des Moines Cycle Club. "Over the next five to six years they're going to be watching his development very closely."

Cornelison said his rapid rise in the sport stems from good genetics and elevated desire.

"You have to be able to hold a high speed for 10 seconds or more," he said. "Sometimes it's

inherited, I guess. Sometimes, you work at it and you get good."

Cornelison's two years of work took him from slow spinner to national champion. There's no telling what ensuing years will bring.

"Now, I say, 'Andy, maybe in another year you'll be faster than me,'" Dave Cornelison said. "He quips back -almost immediately: 'Dad, I'm faster than you now.' "

"Andy, in  
another year  
you'll be faster  
than me."

"Dad, I'm  
faster than you  
now."

## DMCC members serve on Des Moines Trails Advisory Committee

Duane Bain and Lori Leporte are both currently serving on the Des Moines Bicycle and Recreational Trails Advisory Committee, whose mission is to care for and foster excellent Des Moines trails and

greenways. If you have any concerns or comments about existing and future trails in the Des Moines area, please contact Lori at 287-5556 or [greenbikespike@dmcycleclub.com](mailto:greenbikespike@dmcycleclub.com)

# DES MOINES CYCLE CLUB MEMBERSHIP APPLICATION

1. Memberships run from January through the following January and include a monthly issue of Draftlines, the club newsletter. (New applications received after October 1 run for one full year after the coming January.)
2. Annual membership fees are: Family: \$20 and Individual: \$15
3. Mail appropriate amount and the completed application to: Membership, Des Moines Cycle Club, P.O. Box 13258, Des Moines, IA 50310-0258

Check one:  Family  Individual      Check one:  New membership  Renewal

_____	_____	
family member name(s) - please print	address	
_____	_____	
	city	
_____	_____	_____
	state	zip
_____	_____	_____
	phone	email

**RIDING INTERESTS: CHECK ALL THAT APPLY**

Touring  Racing  Trail  Mountain  Recumbent  Tandem  RAGBRAI  Commuting  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" NAMES 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 NO 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 one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE 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 AND 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): \_\_\_\_\_

ADDRESS: \_\_\_\_\_ DATE: \_\_\_\_\_

PARTICIPANT'S SIGNATURE(S): \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE (only if participant is under age 18): \_\_\_\_\_

