



ROTM Rider on the Masthead ~ Kevin Susco

This is the second article in a series which introduces the people that are across the newsletter's masthead. The photo was taken at the Nov. meeting at Team Clinic.

Q Have you received other awards for your riding in the past from Alto Velo?

A In 2002, I was "Most improved Master Rider." That was easy, because no one knew me before the year began (except my wife knew me).

Q Could we get a little background to your racing history?

A Won 2nd in the M45+ District RR in 2002. 4th in 2003. I've won eleven races, and this year I'm feeling like I didn't appreciate them enough!

Q How long have you been riding competitively?

A This is my third full season.

Q What was your first race?

A San Ardo RR, M35+ 4/5 at the end of 2001. My race age was 44 at the time. During the race a rider said to me: "Dude. You don't look old enough to be in this race." Another guy said, "You're marked." I said, "Why? What did I do?" I attacked solo with about four miles to go, and thought I was going to win, but they caught me with less than 100 yards to go. The next day, I won the University RR.

Q Who is/was your cycling role model?

A Greg Drake, Ted Huang, and Christine Thorburn for being great cyclists and kind and generous souls. Karen Brems—my cycling mentor and coach—for sharing her racing and training knowledge, and for knowing what to say when I'm feeling low.

Q What is your best-ever result?

A I won the 40+ 4/5 Sea Otter RR in 2002. Last year, I got 2nd in the M35+ 1/2/3 at Copperopolis. I dunno. Which do

FYI ~ Kevin Susco handles the race reimbursements for the club.

you think is better?

Q What is your favorite race?

A They all hurt. University RR: it's beautiful there, the hill burns the legs and lungs, and you get to do it 10 times.

Q How many miles/hours a week do you ride?

A I usually ride every day before work, and then do a few longer rides on the weekend. 10 to 15 hours maximum.

Q Favorite Road and/or Ride?

A From Palo Alto, out Sand Hill, up OLH, down 84, back up West Alpine, down Page Mill, and home. Less than three hours and 4000 feet of climbing.

Q Unusual equipment preferences?

A None. I just want a bike that is light and fast and doesn't take much time to maintain.

Q What is your preferred on-the-bike nutrition?

A I use Accelerade in my bottles. I usually don't eat during races, but like Clif bars on longer rides.

Q Why did you join Webcor/AV?

A I had a few friends who were members (for example, Gary Gellin). I knew Webcor/AV had a reputation as a racer's club, and that's what I wanted.

Q What color shorts do you prefer?

A Usually black, but it doesn't matter. Lately, I've started wearing mismatched shorts, jerseys, and jackets. I look like a cycling

dweeb, which matches my state of mind.

Q What is your favorite desert?

A Oat bran cereal, with almonds, dates, and vanilla yoghurt. I can't stop eating it. And that's why I can't lose weight.

Q Do you have a motto or credo that you try to live by?

A I pray that I am the best father I can be for my son and my daughter.

Q Who is the person on your left on the masthead?

A I don't know who that handsome man is, but I should. I'm sorry. My credo should be to have more friends, but I do most of my riding alone.



April Male Rider of the Month

John Elgart is one of the founding members of AV. He also has an incredible history with cycling.

Q HOW MANY TIMES HAVE YOU BEEN RIDER OF THE YEAR WITH ALTO VELO?

A ONCE OR TWICE. BY THE WAY, I THINK THAT IT'S GREAT THAT THESE HONORS ARE SPREAD AROUND IN THE CLUB. THERE ARE CERTAINLY A LOT OF DESERVING CANDIDATES.

Q HOW MANY DISTRICT CHAMPIONSHIPS HAVE YOU EARNED? NATIONAL TITLES?

A FOR DISTRICTS PROBABLY AROUND 40. THE ONLY ONE I HAVEN'T WON IS THE INDIVIDUAL TIME TRIAL. FOR NATIONALS I'VE WON HALF A DOZEN. MY CLAIM TO FAME, SO TO SPEAK, IS THAT I'VE WON IN 3 DISCIPLINES: TRACK, ROAD AND CROSS.

Q HOW LONG HAVE YOU BEEN RIDING COMPETITIVELY?

A I STARTED IN MY LATE 20'S -- SO IT'S BEEN AROUND 30 YEARS.



Q WHAT WAS YOUR FIRST RACE?

A OUR NEIGHBORHOOD VERSION OF THE LITTLE 500 (SEE BREAKING AWAY, IF YOU DON'T KNOW WHAT THAT IS) WHEN I WAS IN THE 6TH GRADE. BUT I DIDN'T DO SO WELL, SO I GAVE UP BIKE RACING.

Q WHO IS YOUR CYCLING ROLE MODEL?

A CERTAINLY LINDA IS THE RIDER

WHO HAS THE MOST INFLUENCE ON ME. ALSO ANY RIDER OLDER THAN ME WHO KEEPS RACING.

Q WHAT IS YOUR BEST-EVER RESULT?

A MY MOST EXCITING FINISH WAS WHEN I BEAT DAVE WALTERS IN A PHOTO FINISH AT NATIONALS. IT WAS IN THE CRITERIUM IN SANTA ROSA, AND NEITHER OF US KNEW WHO WON -- IN FACT WE HAD A WARM DOWN LAP TO DISCUSS IT. IT TOOK 5 MINUTES FOR THE OFFICIALS TO DECIDE. IN RETROSPECT, I THINK THEY SHOULD HAVE MADE IT A TIE. DAVE WAS THE PROMOTER OF NATIONALS THAT YEAR AND HE DESERVED TO win something.

Q WHAT IS YOUR FAVORITE RACE?

A COPPEROPOLIS, AS LONG AS I ONLY HAVE TO DO 2 LAPS. THE CIRCUIT COURSE AT SEAOTTER IS ONE OF MY FAVORITE COURSES.

Q HOW MANY MILES/HOURS A WEEK DO YOU RIDE?

A I AVERAGE ABOUT 12 HOURS, YEAR ROUND. I DON'T HAVE ANY REAL OFF SEASON, ALTHOUGH I WILL TAKE A FEW WEEKS OF EASY RIDING HERE AND THERE. WHEN I'M GOING WELL, I JUST TRY TO RIDE 1-3 HOURS EACH DAY FOR A TOTAL OF 14 HOURS.



NEWS FROM THE CLOTHING CLOSET

The clothing order has arrived!

Come to the next meeting to pick-up your stuff.

Just a reminder: For those of you interested in tri-wear should stock up now. The club will not be offering tri-wear next year.

Cheers,
Your Czarina

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CHRISTINE THORBURN

APRIL FEMALE RIDER OF THE MONTH

Q HOW DO YOU MANAGE TO DO IT ALL? RACE BIKES AT SUCH A HIGH LEVEL AND GO TO SCHOOL?

A SOMETIMES I GET TOO STRESSED BECAUSE I PREFER TO DO EVERYTHING WELL. I HAVE GREAT SUPPORT FROM TED AND KAREN AND MY TEAMMATES, WHICH MAKES THE SCHEDULING AND MAINTENANCE OF EQUIPMENT RUN AS SMOOTHLY AS POSSIBLE. I ALSO HAVE SUPPORT FROM MY MEDICINE CLINIC AND RESEARCH MENTORS TO PURSUE MY CYCLING THIS YEAR. NO ONE DOES THIS ALONE!

Q HAVE YOU WON ANY DISTRICT, STATE OR NATIONAL TITLES?

A NCNCA DISTRICT ROAD CHAMPION, 2003

Q HOW LONG HAVE YOU BEEN RIDING COMPETITIVELY?

A I STARTED RACING IN 1998.

Q WHAT WAS YOUR FIRST RACE?

A MY FIRST RACE WAS PINE FLAT RR IN FEBRUARY, 1998.

Q WHO IS YOUR CYCLING ROLE MODEL?

A I HAVE SEVERAL, ALL FROM MY FIRST EXPOSURE TO RACING: MEGAN TROXELL, NICOLE FREEDMAN, JOAN (WILSON) DAVIES, AND OF COURSE, KAREN (KURRECK) BREMS. EACH ONE HAS GIVEN ME SLIGHTLY DIFFERENT INSPIRATION AND MOTIVATION.

Q WHAT IS YOUR BEST-EVER RESULT?

A REDLANDS CLASSIC, 2ND PLACE STAGE 2, AND 3RD PLACE GC.

I HAVE ONE FIRST PLACE NRC RESULT, GILA STAGE RACE, STAGE 3, BUT REDLANDS WAS A MORE DIFFICULT RESULT.

Q WHAT IS YOUR FAVORITE RACE?

A MY FAVORITE RACE WAS THE WORLD CHAMPIONSHIPS IN HAMILTON, 2003. MY FAVORITE



Christine at the World Championships.

Photo credit: Mark Shimahara

COURSE WAS THE HOUSATONIC CLASSIC IN CONNECTICUT.

Q HOW MANY MILES/HOURS A WEEK DO YOU RIDE?

A I RIDE BETWEEN 15 AND 20 HOURS, DEPENDING ON THE WEEK

AND CYCLE OF MY TRAINING.

Q FAVORITE ROAD AND/OR RIDE?

A I HAVE MANY FAVORITE ROADS OUT HERE, BUT PROBABLY MY FAVORITE IS CLIMBING KINGS, DESCENDING

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Barloy Canyon climb at Sea Otter.

CHRISTINE THORBURN (continued)

INTO HMB ON 92, TAKING THE INLAND HILLS ROUTE TO TUNITAS AND BACK HOME VIA 84 OR KINGS.

Q UNUSUAL EQUIPMENT PREFERENCES?

A I HAVE FALLEN IN LOVE WITH MY FIZIK ALIANTE SADDLE!

Q WHAT IS YOUR PREFERRED ON-THE-BIKE NUTRITION?

A POWERBAR NUTRITION, OF COURSE.

Q WHY DID YOU JOIN WEBCOR/AV?

A MOSTLY DUE TO TWO NAMES: TED AND KAREN, BUT THE CLUB HAS INTERESTED ME SINCE 1998.

Q WHAT COLOR SHORTS DO YOU PREFER?

A DARK ONES!

Q WHAT IS YOUR FAVORITE DESERT?

A CHOCOLATE CAKE

Q PEETS OR STARBUCKS?

A NEED YOU ASK? PEETS!

Q DO YOU HAVE A MOTTO OR CREDO THAT YOU TRY TO LIVE BY?

A IF YOU'RE BORED WITH LIFE, THAT'S YOUR OWN FAULT.

Pescadero Coastal Classic

We need YOU!

Looking for a fun and exciting way to help out **YOUR** club and **YOUR** race?

See the race close up and personal. Hold up car traffic when necessary! Bring your spouse/offspring/sibling for some quality time and introduce them to what you love to do. Spend the morning in the beautiful coastal hills and then head to Pescadero for a well earned lunch .

Sign up at:

<http://altovelo.org/rr04/index.html>

Debbie Merritt Pre Race Coordinator
Faye Esswein Race Day Coordinator

John Elgart (continued)



Q FAVORITE ROAD AND/OR RIDE?

A THERE ARE MANY GREAT ROADS IN THE SIERRAS: DARLING RIDGE OUT OF PLACERVILLE, MOSQUITO OUT OF FORRESTDHILL, TO NAME TWO. IF YOU COME TO OUR "CLIMBING CAMP" THIS SUMMER, YOU'LL SEE SOME OF THESE.

Q UNUSUAL EQUIPMENT PREFERENCES?

A RUNKLE (IN-LINE BRAKE) LEVERS ON MY ROAD BIKE. THEY ARE GREAT IN ROAD RACES.

Q WHAT IS YOUR PREFERRED ON-THE-BIKE NUTRITION?

A HAMMERGEL. ALSO DILUTED GATORADE OR GREEN TEA AND HONEY.

Q WHY DID YOU JOIN WEBCOR/AV?

A BRIEFLY, LINDA AND I WERE AMONG THE FOUNDING MEMBERS OF ALTO VELO 12 YEARS AGO. PREVIOUS TO THAT WE WERE IN GARDEN CITY. THE CORE GROUP FOR BOTH GARDEN CITY AND ALTO VELO FORMED AT THE OLD MISSION COLLEGE NOON RIDE.

THE INITIAL IDEA FOR ALTO VELO WAS THAT THE CLUB WOULD BE NON-HIERARCHICAL AND DEMOCRATIC. NO GROUP WITHIN THE CLUB WOULD HAVE A SPECIAL "ELITE" STATUS. THE

CLUB WAS MORE DEVELOPMENTAL, WITH AN EMPHASIS ON MASTERS AND WOMEN. WE WERE OPEN TO ALL RIDERS OF ALL LEVELS.

ALTO VELO WAS VERY SUCCESSFUL FROM THE BEGINNING. WE HIT 100 MEMBERS OUR SECOND YEAR AND WERE (AND STILL ARE) THE LARGEST RACING CLUB IN NORCAL.

IT'S INTERESTING TO ME THAT SOME OF THE ORIGINAL ALTO VELO ATTITUDE HAS CARRIED OVER TO OUR PRO TEAM SPINOFF. RIDERS LIKE DARIO, TED, JAMES AND KAREN ARE GREAT ROLE MODELS.

Q WHAT COLOR SHORTS DO YOU PREFER?

A AS THE VOLER REP, I WEAR THEM ALL, EVEN YELLOW. FOR AV I GOT BOTH BLACK AND BLUE.

Q WHAT IS YOUR FAVORITE DESERT?

A ANYTHING FROM THE DOWNTOWN BAKERY AND CREAMERY IN HEALDSBURG OR THE MODEL BAKERY IN ST HELENA. BUT IF YOU WANT REAL EXPERTISE ASK ME ABOUT COFFEE.

Q DO YOU HAVE A MOTTO OR CREDO THAT YOU TRY TO LIVE BY?

A IT DON'T MEAN A THING IF IT AIN'T GOT THAT SWING.