



Tieni Duro's Chris Reardon, Trevor Larsen, Anthony Reardon, Nick Jerabeck, Jason Kent and Eric Spencer



Tieni Duro



Matt McNelley



Paige Youngman



Lamorinda Cycling Club

Look for these and other Synergy racers this weekend:

- Ted Brooks, Elite 3
- Andres Caicido, Elite 4
- Mac Carey, 35+ 4/5
- Jason Hodder, Elite 4
- Christopher Kolm, 35+, 45+ 4/5
- Dave Levine, Elite 3
- Matt McNelly, Elite 5
- Bob Miller, 45+
- Steven Olechny, 45+
- Craig Stewart, 35+ 4/5 and Elite 4
- Tim Sutliff, Elite 5
- Paige Youngman, 55+

Ted Brooks says racers are inspired by a cheering crowd: "Just shout, 'Go, Synergy!' We'll hear you, even if we don't have time to smile and wave!"

A Visit with Some of the Racers

By Lee Borrowman

They're the "home team" at the Lafayette Criterium this weekend. Racing under the name of their main sponsor, the Synergy Racing Team is part of the Lamorinda Cycling Club. The President of the Lamorinda Cycling Club and Synergy Racing is Ted Brooks, a current State Criterium Champion.

"To be competitive in amateur racing today takes the same discipline required of pro racers," explains Brooks, who has a coach, a diet and supplement regimen that one of his teammates calls "insane," spends 15-20 hours per week in the saddle (200-300 miles) and is a self-described obsessive/compulsive competitor. Race training is a science, and Brooks' training routine is fine-tuned so that he will be at peak performance levels for certain key races. Brooks is soft-spoken but exudes both great strength and focused calm, and is highly regarded by his teammates.

New to racing is Moraga's Christopher Kolm. A father of four, Kolm recently moved back to Lamorinda after spending some time in Colorado. A former runner and pole-vaulter ("I got into cycling because there were no pole-vaulting clubs"), Kolm says when he first returned to the area he would stand at the corner of Rheem Blvd and Moraga Rd with his bike looking for other cyclists with whom he could ride. For serious cyclists with families, setting priorities and having the support of family is extremely important. Kolm, a quiet and thoughtful man, says that cycling is a very family-friendly sport. His wife, Christine, is a recreational cyclist who is training for her first Century ride this summer. Kolm has agreed to join the staff of the Lamorinda Weekly as an occasional cycling columnist (we are looking forward to that first column!)

A former pro tennis player, Lafayette resident Bob Miller says that for him, "Cycling is not a hobby; it's a way of life." The desire to be in top racing condition "forces you to live a certain way, and have certain habits." Miller is what some would call a fitness fanatic, living a healthy lifestyle that includes being drug, smoke and alcohol free. A single dad, Miller sometimes finds childcare during races to be problematic, and he has passed up racing opportunities to care for his six year old son. A barely-contained bolt of energy, Miller is an enthusiastic supporter of cycling at all levels, and encourages people to get out there and give it a try.

Matt McNelley and Debbie Levine prefer mountain biking to road racing. The first reason they give is "there are no cars," but both will race on the road. Levine, another former runner with a delightful sense of humor ("Cyclists are different," she says, "after all, how often do you overhear a group of grown men talk for hours about their weight?") Jockeys,



Bob Miller, Ted Brooks, Debbie Levine, Christopher Kolm

Photo by Lee Borrowman

perhaps...), says her garage cum bicycle workshop is "the best furnished room in the house." Levine and husband Dave are top Synergy racers. McNelley, an air-traffic controller by day, finds cycling to be a great stress reliever. "I get out there in the dirt, speeding down a trail, and it all just goes away."

There are other teams with local racers who will participate in this weekend's events, among them event sponsor Contra Costa Cycling Club's Pegasus Racing Team, and the Morgan Stanley Cycling Team.

Another familiar face will be that of Orinda resident and Campolindo graduate Michael Foley, a Category 2 racer and author of the book "Bicycling Beyond City Limits," which details his experience crossing the USA by bicycle with five friends.