



Trevor Larsen, Anthony Reardon, Chris Reardon

Photo by Lee Borrowman

Who Are These Boys and Why Are They Wearing Spandex?

Meet Tieni Duro!

By Lee Borrowman

Not all of the cyclists who whiz past you on the streets of Lamorinda wearing brightly-colored spandex, helmets and reflecting sunglasses are of the adult variety. Some of them are kids from our own neighborhoods. Lamorinda is home to a junior cycling team that focuses on developing young cyclists into capable, safe and competitive racers.

Most of the 28 or so members of Tieni Duro live in Lamorinda. A few, including the team's only female cyclist, come from nearby communities. You may see them riding through our towns nearly every day of the week. They range in age from 11 to 18, and many of them are highly competitive in the world of Junior cycling at both the State and National levels.

Coach Jason Kent says, "I've been working with Tieni Duro for almost 5 years now. I think it's a great organization that teaches kids discipline and focus, both of which are basically required to succeed in the sport, as well as in school and life, and promotes a healthy lifestyle." Members of Tieni Duro are encouraged to maintain an acceptable GPA at school despite a training and competition regimen that has them out on the road riding or racing six days a week. The Junior racing season starts early in the year and is essentially over by the time school lets out, although the National competition is held in late June/early July.

"It's easier during the summer," says 16 year old Chris Reardon, a junior at Campolindo. "You can go out riding early in the day or later in the evening, and still have time to do other things." For Chris, other things are not far removed as he is an avid mountain-biker as well, but he says he also has time "to go to movies and concerts, and chill with friends." His brother Anthony, one of the youngest members of the team, entering 8th grade at Joaquin Moraga this fall, agrees. "I'm also into photography," he says, "so sometimes when I'm not on my bike I'll get my camera and take pictures of my brother training on his mountain bike." Anthony has also recently taken up golf. Both Reardons agree that cyclists are usually people who like to spend time outdoors, and their hobbies and activities reflect that preference.

Most of these young cyclists were drawn to the sport by parents and friends who ride. Tieni Duro mentor Lance Larsen's son Trevor is on the team. Trevor, a sophomore at Campo, is excited about catching a stage or two of the Tour de France as he and his dad cycle through the Pyrenees this month. "I'm mostly looking forward to riding the big mountain passes," smiles Trevor.

So how do you become a racer? Chris Reardon explains, "In addition to building strength, stamina and bike handling skills, you

have to learn how to ride in a group, and develop an awareness of what's going on around you. You need to learn how to stay balanced, hold a line, and communicate with your teammates. There's more strategy involved in racing than most people realize." You learn about proper nutrition, and you must have great coaches: "We have amazing coaches. They are very knowledgeable and you can ask them anything," said Reardon.

All three boys admit that it is unlikely they will ever race professionally. "That's a hard place to get," says Reardon, but they would like to make Tieni Duro's Elite team and continue to race in college. It's all about the race, whether it's bikes or cars or motorcycles, "Racing's just really cool," concludes Reardon.

It's not for everyone, but Lance Larsen says the team is always looking for talented cyclists, and would especially like to see more girls involved in the sport. For more information go to <http://www.tieniduro.org/>.