



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

## 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

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

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, 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.

### 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 McNelley, 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!"

Please Share the Road! Friends and neighbors, one thing became clear during the preparation of this feature on cycling. Motorists and cyclists frequently find themselves on the same stretch of road at the same time. Both need to take care to show consideration for the other as we operate our various vehicles, whether we are on two wheels or four.



Bob Miller, Ted Brooks, Debbie Levine, Christopher Kolm

Photo by Lee Borrowman

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 finetuned 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

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

## Something for Everyone

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or getting dirty on a mountain bike at Redwood, if you live in Lamorinda and own a bike there is always somewhere to go and something to do.

If you're new to cycling or Lamorinda, a great place to start is your local bike shop. Go on a weekday if you can; weekends can be busy and the staff may not have time to give you the level of attention and service they would like to provide. There you can buy proper equipment, get maps, safety tips and recommendations for the best places to ride.

Another service a bike shop can offer is to put you in touch with local cycling clubs, which are a great resource for information; why reinvent the wheel when there are experienced cyclists out there who can tell you how to build it (or at least, how to change a tire)? And because there is safety in numbers, clubs provide opportunities for cyclists to ride in groups rather than hitting the

streets alone.

Sharp Bicycle in Lafayette is a co-sponsor of the Lamorinda Cycling Club (LCC), which hit the Lamorinda cycling scene less than a year ago and has already made a name for itself in local racing. Although LCC has been primarily focused on racing as the team developed, they are now ready to expand to include club, or recreational, cycling.

Long-time cyclist and LCC member Paige Youngman has stepped forward, along with Club VP Ben Inglis, to welcome new recreational cyclists to the club. With 35 years of cycling experience, Youngman is ready to put together riding groups based on skill level, provide information on basic bike maintenance, equipment and proper fit, diet and nutrition, and offer training tips to those with goals such as riding that first Century, whether it's a 100 miles or a 100 kilometers.

To reach the Lamorinda Cycling Club, go to <http://groups.yahoo.com/group/LamorindaCyclingClub/> or call Paige Youngman at 925-899-6506. Tell him what kind of cycling experience you are looking for, and let him know the Lamorinda Weekly sent you!



Bob Miller and Ted Brooks roll into Sharp's



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/>.

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