



La Grange - The Prez Sez

November 2004

The best news that can be reported to date is that John Brazier has been moved out of the ICU and is on the road to recovery. John, you are one tough guy and on behalf of all the club members we wish you a speedy road back.

In assisting with John's recovery, a John Brazier Fund Raiser was set up by John's family. If you would like more information in supporting John, please go to www.JohnBrazierFund@aol.com.

Velo Club La Grange's Annual Awards Banquet will be at Chaya Venice on Sunday, November 14th from 12:00 – 3:00pm. Make sure you RSVP as early as possible as space is limited.

Also, Sunday, November 14th is our annual Club Photo and pre-banquet ride. Photo to be taken at 8:00 AM SHARP! Peet's Coffee will be served starting at 7:15 AM. Ride leaves at immediately afterward and will go to Trancas Canyon and back (approximately 2 hours).

I would like to take this opportunity to thank all of our sponsors for making 2004 a phenomenal year for La Grange. We hope that you consider us again for 2005 in what is shaping up to be another incredible year.

See you out there.

Duncan Lemmon
President

In The Online Issue:

The Prez Sez
VCLGW Banquet & Club Pix
Thanksgiving Ride for MOW
Welcome to New Members
From the Editor
From Our Sponsors
La Grange in the News
Letters
Race Team Recap, David Keire
Senior Games by Claudia Ribet
TDF bu Susan Gans
Pyrenees by Sheridan Bentson
Comcast Shoot, Marco Fantone
Weekly Rides

Note: Not all sections are in the mailed black & white version.

Velo Club La Grange Westwood

is a non-profit organization dedicated to the sport of cycling. Founded in 1969 by Raymond Fouquet, it has a 35-year history of supporting bicycle racing in So Cal. USCF member #1232.

Address all club correspondence to: VCLGW, 2118 Wilshire Bl, Suite 525, Santa Monica, CA 90025 Attn Duncan Lemmon

visit our website at
www.lagrange.org

La Grange Annual Banquet and Club Picture!!!

Saturday November 14 is the date! Sign up NOW for the Banquet!
8:00 AM Club Picture at San Vicente and Ocean - 7:15AM for Peet's coffee and pastries.
12:00-3:00 PM Club Banquet at Chaya Venice, 110 Navy St, SM, \$35.00 per person.
Please indicate all the guest names when making a Banquet reservation.
Pay for the Banquet by PayPal before Nov. 10th to paypal@bigtuna.net
or send a check to **arrive** by Nov. 8th to
VCLGW, 2118 Wilshire Boulevard #525, Santa Monica, CA 90403
Banquet reservations are first-come-first-served - there is a limit to the available spaces.
For complete information and menu, click [HERE](http://www.lagrange.org/forms/banquetinfo.htm) [www.lagrange.org/forms/banquetinfo.htm]

Welcome to our New Members!

Chris Cantelmo
Nigel Faulkner
Christopher Fillo
Wade Hewitt
Lauren Krieger
Laura Legere
Valerie Peterson
Myles Pritchard
Christopher Steinkamp
Deborah Sullivan
John Wing

Cannondale frame order for 2005

One time offer! La Grange members can order a Cannondale CAAD 8 Optimo frameset (frame and fork), the CAAD 8 built with Dura-Ace 10 speed components and Dura-Ace wheels, the Cannondale Six/13 frameset, and the Six/13 with the Dura-Ace 10 speed build. As per the sponsors wishes, those La Grange members racing for a different team are not eligible for this offer. The frame colors will be similar to last years Optimo design while the design for the Six/13 will be similar (we will post the mock-up of the design on the website when available). Orders must be received by Nov. 15th.

Pricing:

- Optimo CAAD 8 frameset \$ 800
- Built Bike CAAD 8 \$2675
- Six/13 frameset \$1450
- Bike build Six/13 \$3350

For info and order form (courtesy of web-wizard Michael Amster), click [HERE](http://www.lagrange.wnx.com/lagrange/cannondaleOrder.do)

[http://lagrange.wnx.com/lagrange/cannondaleOrder.do]

Mandeville Time Trial

Josh Horowitz has started a monthly Time Trial series up Mandeville. Despite the cold and the darkness, the inaugural TT in October went off without a hitch. The November TT will be held on Monday November 22nd because of the Thanksgiving Holiday. Contact Josh at josh@liquidfitness for details.

Thanksgiving Day Ride for Meals On Wheels

Now in its third year, the Thanksgiving Day Ride has become a La Grange tradition. It is both a terrific event and an opportunity to make a significant contribution to our community. Leaving at 8:00 AM from Westwood Blvd and La Grange, it is the Palos Verdes "donut hole", about 50 miles of relaxed riding, with a Sag Stop at Catalina Coffee Co. in Redondo Beach. Suggested donation is \$15, and collecting sponsors is encouraged.

For complete information and sponsorship form, click [HERE](http://www.lagrange.org/forms/tdayinfo.htm)

[lagrange.org/forms/tdayinfo.htm]

Upper Mandeville Canyon HOA

If you would like to follow the Mandeville Canyon safety effort, check out the Upper Mandeville HOA newsletter at www.uppermandeville.com

Request for your Opinion!!!

How long do you think photos should remain up on the website? There is of course a space limit, but other than that, what do you think and why??? Please email your opinion to me at lavoix@lagrange.org

Website pictures up and down

Current pictures are from the Sr Games, as well as some from Comcast commercial. Click [HERE](http://www.lagrange.org/lavoix/Y04M11)

[www.lagrange.org/lavoix/Y04M11]



Busy busy busy. Come for the Club photo, reserve your space at the club banquet, buy your Cannondale frame, get your sponsors together for the Thanksgiving Day Ride. Wasn't this supposed to be *off*-season? Ah, well, perhaps it's time to catch up, and even talk to all those people you've been riding with!

La Voix news is that Alan Eskovitz has agreed to manage the La Voix photos and slide shows, starting this month. Thank you, Alan! I know it will be terrific!

Speaking of photos, note that it's time for the yearly Club Photo. Just to remind you what it's like, last year's is on the back cover. Let me know if you want a copy.

More about photos: as we consider cleanup of the web site, I am reviewing the duration photos should remain up and available on the web site. The last while, I have only left pictures up for one month. That's a bit short, but then, what is right? Please note the request for opinions - I really would like to know what you think!

Tailwinds to you
sheridan bentson

Les Mots du Mois

*temps de chien - (n) awful weather as in
Quel temps de chien!*

Pesky Spam Blockers

If email from La Grange is being trapped by your Spam Blocker, add these two email addresses to your email address book:
lavoix@lagrange.org
notices@lagrange.org

Yahoo E-groups

La Grange has a club Yahoo email e-group to pass timely information, gossip, stories, race reports, biking trivia, and other relevant information. For information, contact Stu Press at SMPress@aol.com

onsors sponsors sponsors sponsors sponsors sponsors sponsors



VCA Animal Hospitals
At VCA, your pet is special.
And uncommonly well cared for.

We know your pet is part of the family and we love being part of their life. That's why we look forward to scratching them under the chin, and getting down on our knees to say hello. We get to know each pet who comes through our door, and treat them as if they were our own. Whether it's checkups and vaccinations or specialized procedures, everyone here takes pride in taking good care of each individual. And we'll let you know all your options. Caring for your pet is more than our profession. It's our passion.

All VCA hospitals have deep roots in their communities. Many VCA team members have worked at the same hospital through two generations of pet families. Our local veterinarians have access to VCA's nationwide team of over 150 board-certified medical and diagnostics specialists. Our open exchange of knowledge and expertise empowers each veterinarian with the ability to provide today's most advanced and effective treatments.

VCA has established the largest network of freestanding, full service animal hospitals in the country. VCA owns and operates over 320 animal hospitals in 35 states. They have approximately 30 locations in the Southern California area alone.

www.vcapets.com
800-VCA-PETS

press press press press press press press press press press

La Grange in the News from Josh Horowitz, La Grange Press Officer

This has been an AMAZING year for LaGrange in the news, with feature articles on Pez Cycling News, full color, FRONT PAGE photographs in several major newspapers and a slew of mentions and photographs on cycling news hubs such as Velonews.com and CyclingNews.com. And then, international press such as a televised interview for Southland TV in New Zealand and a front page full color photograph in the Southland Times.

As 2004 winds down, more people in California and around the world know the name LaGrange, recognize our jersey and know what we stand for, than ever before. Here are the numbers on just a few of our bigger media successes:

1. Full color front page photo, The Bulletin, serving Central Oregon - Circulation 35,000
2. Full color front and back page photo in the Culver City News - Circulation 31,000
3. Feature article on the Piuma Hill Climb on PezCyclingNews.com - 5,523 hits
4. Full Color front page photo in the Southland Times - Circulation 33,000
5. Feature interview on Southland TV - Who Knows?
6. Countless mentions and photographs on a slew of cycling websites - Uncountable.

The result? OVER 100,000 PEOPLE AROUND THE WORLD KNOW WHO WE ARE!

s letters letters letters letters letters letters letters letter

Such an offer!

Hi Duncan,

We met on your Tue morning ride several weeks ago; I wanted to thank your team for its hospitality and allowing me to ride Tues and Wednesday. The rides were great and the Peets even better.

If ever you or your club members plan to be in Orlando, you can return the hospitality at www.orlandoroadclub.org.

Sincerely,
Julie Simmons

Systems Integration Analyst, Principal
Lockheed Martin EIS
Information Systems Center - Orlando
Email: julie.e.simmons@lmco.com
Phone: 407.306.2568 Pager 888.500.7265

member services member ser



Robert Forster, PT has hand picked and trained his massage therapists in the techniques he has culled from his 18 years of international experience with elite and Olympic athletes.

**Special rates for La Grangers:
One hour \$75 (regularly \$85). Come in post race for a flushing massage or pre race for a sports massage.**

427 Wilshire Blvd. Santa Monica 90401 310-656-8600



Our Scientific Training & Performance Center in Santa Monica offers discounts to La Grange members. Call for info.

**Bike Fit \$149 (regularly \$165)
ERGO Power \$266 (regularly \$295)
ERGO-LAB Blood Lactate testing \$179 (regularly \$199)**

1544 20th St. Santa Monica 310-582-8212



Contact La Voix:

Please send in submissions by the 20th of the month. Include your name and phone, and enclose a SASE if you want photos mailed back to you. Digital files may be MS Word documents or image files, sent as email attachments or mailed on a CD or Zip100 disk. All submissions are subject to editing and are printed at the discretion of the editor.

Mail: Sheridan Bentson
16615 Merivale Lane
Pacific Palisades CA 90272

Email: lavoix@lagrange.org

Phone: (310) 454-9693

Change Newsletter reception at:

<http://lagrange.org/lavoix/lavoixchange.htm>

For La Grange e-groups info, contact:
SMPress@aol.com

Cover Photo: La Grangers with Lance at the Comcast shoot, photo by Marco Fantone's camera



Race Team Recap

by David Keire

The La Grange racing teams had a breakout year with both men's and ladies sides racing all the time all over the country. In July of this year we had teams simultaneously racing at the Cascade Classic in Bend Oregon , at Superweek in Wisconsin , and locally. Wow. I have tried to select some highlights from all the dramatic racing that occurred and came up with the list below. I am very proud to have these racers and the others not listed represent LaGrange in the 35 th anniversary of the club's founding. The list only represents a fraction of the blood, sweat, and suffering that all the racers put out there this year on behalf of La Grange . I am looking forward to 2005.

2004 result highlights: La Grange Teams 3 rd Overall out of 284 teams in the Team SoCal Cup points series

Men's 1/2 team: 43rd out of 155 Professional and Amateur Teams on the National Racing Calendar (NRC) Points list.

Women's 1/2 Team: 16 th out of 97 Professional and Amateur teams on the NRC points list.

TO CONTINUE, CLICK [HERE](http://www.lagrange.org/lavoix/Y04M11/a-racesum-dk.htm) [www.lagrange.org/lavoix/Y04M11/a-racesum-dk.htm]

Senior Games

by Claudia Ribet

Although the season for you real racers ends by autumn, October is the month of the Huntsman World Senior Games, a multi-sport set of races and games attended by thousands of senior (50+) athletes (330 cyclists) in St. George, Utah. It is also the month of the Nevada Senior Olympics ...



TO CONTINUE, CLICK [HERE](http://www.lagrange.org/lavoix/Y04M11/a-srgames-cr.htm) [www.lagrange.org/lavoix/Y04M11/a-srgames-cr.htm]

Tour de France with Bikestyle Tours

by Susan Gans



When asked to describe my trip to the TdF, the first word that comes to mind is "exhausting." But it was the trip of a lifetime.

Sari Watkin and I chose Bikestyle Tours (BST), an Australian company, as our outfitter, rather by default ...

TO CONTINUE, CLICK [HERE](http://www.lagrange.org/lavoix/Y04M11/a-tdf-sg.htm) [www.lagrange.org/lavoix/Y04M11/a-tdf-sg.htm]

The Pyrénées and, Oh Yes, the Tour de France too

by Sheridan Bentson



My guilty confession is that watching Lance earn his first 2004 TDF stage win on the Plateau de Beille was not the high point of the day. The high point was riding the wild and gorgeous Route des Corniches to Les Cabannes ...

TO CONTINUE, CLICK [HERE](http://www.lagrange.org/lavoix/Y04M11/a-pyrenees-sb.htm) [www.lagrange.org/lavoix/Y04M11/a-pyrenees-sb.htm]



Comcast Shoot

by Marco Fantone

Editor's note: some of the photos from the Comcast shoot are in this month's La Voix photos, click [HERE](#)

[www.lagrange.org/lavoix/Y04M11]

September 28th saw over a dozen La Grangers participate in an event most of us will not soon forget; the opportunity to work with Lance Armstrong in a photo shoot! ...

TO CONTINUE, CLICK [HERE](http://www.lagrange.org/lavoix/Y04M11/a-comcast-mf.htm) [www.lagrange.org/lavoix/Y04M11/a-comcast-mf.htm]

Note: As Marco notes at the end, it was agreed upon ahead of time earnings would be donatee to fellow La Granger John Brazier who continues to recuperate from his accident. In all, over \$4600 will be presented to John along with a Lance-signed Graham Watson book and a CD of all of the photos taken during the photo shoot.



VCLGW Club Photo 2003
photo by Glenn Cratty

proudly sponsored by



weekly rides

- Mon Snooze ride:** 6:30 a.m. blissfully under covers.
- Tues Marina ride:** 6:30 a.m. at San Vicente at 26th. 27 fast, flat miles.
- Wed Mandeville ride:** 6:30 a.m. at San Vicente at 26th. 20 miles, hills and heartbreak.
- Thurs San Vicente/Hill ride:** 6:30 a.m. at San Vicente at 26th. 4 hilly, hellish laps.
- Fri Friendly Friday ride:** 6:30 a.m. at San Vicente at 26th. 27 flat, recovery miles.
- Sun Nichols Canyon Ride:** 8:00 a.m. La Grange & Westwood, to Mulholland and back. 27 miles of serious hills. Coffee at PEET'S afterwards.

- VCLGW expects the following from participants on all rides:
- Helmets **MUST** be worn at all times.
 - Courtesy to motorists, pedestrians and fellow cyclists.
 - Observation of all traffic signals and laws.
 - Safe riding at all times.
 - Respect of the intended pace of the ride.
 - Respect of the guidance of the ride leader and/or senior club member.