



La Grange - The Prez Sez

October 2005

It is extremely difficult to accept the loss of human life and even more so when a tragedy happens to someone you know. Scott Bleifer, who tragically lost his life, is someone we knew. Scott was a valued La Grange member who loved the sport of cycling. Although you may not have seen Scott on La Grange rides, he traveled the world, cycling with a passion.

I was fortunate in meeting Scott, as he resided in Santa Monica. I would frequently see Scott walking his Labrador, Kona, and they were both regular fixtures at Peet's Coffee on Montana Avenue. Scott was always ready to give you a smile and a greeting and if you felt so inclined he would be happy to engage in conversation.

Scott was eulogized as an intelligent, bright and witty man who loved and enjoyed life. He had many friends and acquaintances. Over 700 people attended Scott's funeral in honor of the memory of this man. On behalf of all La Grange members, our heartfelt condolences go out to Scott's family. We will always remember Scott Bleifer.

On Saturday October 1, 2005 Velo Club La Grange will have a bicycle ride on PCH in memory of Scott Bliefer. See you there.

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**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 36-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](http://www.lagrange.org)

Duncan Lemmon  
President

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

**Scott Bleifer Memorial Ride Oct 1**

La Granger Scott Bleifer and his companion Stanislav Ionov were killed Sept. 10th on PCH. Scott Bleifer was an early morning regular at the Peet's on Montana, often with his brown labrador Kona. The (unofficial) La Grange Memorial Ride for Scott will be October 1st, starting at San Vicente & Ocean at 8:00 AM, going up PCH and back. See the La Grange web site for detailed information.

**2005 La Granger of the Year**

At the moment, there are three nominations for La Granger of the Year, and the online voting will commence very soon. Check the website and **Please Do Vote!!!**

**La Grange Birthday Ride for Raymond**

There are advantages to being born on December 26th, so often a holiday! The La Grange 2005 Birthday Ride for our Founder Raymond Fouquet will be held (no surprise) on Monday December 26th. Details in November, but meanwhile put the date on your calendar. Can you smell cake?

**Winter Mandeville Time Trial Series**

Josh Horowitz is ready for another year of his Mandeville TT Series. The first one will be Friday October 7th. Riders start at :30 second intervals from the corner of Westridge & Mandeville. The course is just under 5 miles and climbs about 1000 feet. Sam Klaemen will start wearing the yellow jersey as the winner of this past season's final race. Remember, this is only a race against yourself and this first one should only be used as a baseline fitness test. Everyone is welcome, you don't have to be a racer to attend and the event is free. No pre-registration is required. A series winner's prize will be announced later on.

Held Oct 7, 6:45 AM (signin, racing starts at 7:00 am), Mandeville & Westridge.

**24 Hour Fitness Club Deal**

24 Hour Fitness, with USA Cycling, is offering \$24/mo membership (no signup fee) for members of USA Cycling. [USA Cycling membership costs \$30.] See our website for details. Our Title Sponsor Kahala is also a partner of 24 Hour Fitness, and has Surf City Squeeze concessions in many of these gyms.

**Heads-Up, Avoid a Citation on PCH**

The Malibu Sheriff announced that they will give cyclists citations for riding double on PCH in the traffic lane. Double on the shoulder is okay.

**La Grange Banquet Nov 6!**

Yet again, the La Grange Annual Banquet will be held at Chaya-Venice. Noon to 3:00 on Sunday Nov. 6th, you will be able to catch up with all the gossip - if, that is, you can recognize people without their helmets! The food is great, the ambience is casual, the party is a sure thing. Reservations are required and only available to the restaurant's capacity, so watch the web site for the menu and signup.

**La Grange Yahoo! E-group Easy Signup!**

Can't understand why everyone else knows the buzz and you don't? It's because you're not on the La Grange Yahoo! e-group. The e-group is a email list server that distributes email to your designated email address. Only La Grange Members can send email within the group and you, as a Member, can respond to any message. And now there's a New & Improved really easy way to sign up - just got to the **CONTACTS** page on the La Grange website [<http://www.lagrange.org>] and follow the directions!

**Free Skills Clinic Oct 21 6:45 am**

Josh Horowitz is holding another free La Grange Skills Clinic. This one will have **two** Liquid Fitness coaches, and will split the group into beginners and advanced. The Clinic will include not only skills, but also a discussion of pack etiquette and road safety. No matter how long you have been riding, you will learn something new from this Clinic.

Held Oct 21, 6:45 AM, Parking lot just N. of the Santa Monica Pier, near the Pier.

**Meals On Wheels, Thanksgiving Day Ride**

The La Grange tradition of a Thanksgiving Day Ride sponsoring Meals on Wheels is a giving opportunity and a blinkin' good time, all rolled into one. For the fourth year, La Grange will be there! Details of the ride and the sponsorship arrangements will be in the November La Voix, but meanwhile, put the event on your calendar and watch the web site for complete information and the sponsorship form.

**La Grange Night At Helen's in December**

There will be another La Grange Night at Helen's in Santa Monica, this time in December. It will be on a Monday, either Dec. 5th or 12th. The finalized date will appear in the November La Voix.

**Cannondale Tryout NOT Oct 8**

The Cannondale Tryout will NOT be on Oct. 8th. Check the website for rescheduling.

**Welcome to our New Members!**

*Tim Christopher  
Randolph Laub*

*Joel Slaven  
David Weiner*



**A**ccidents! We don't normally plan for them, and we are devastated by them. So now we are viewing PCH warily, loudly shaking our heads, and manning a PCH Task Force! [See page 4 for news about the PCH difficulties and the Task Force.] Meanwhile, note the response of the Malibu Sheriff and skip the doubling up in traffic lanes in Malibu!

A number of news items this month refer to events in November or December - they are really just warning, so you can put them on your calendar. Do note the dates and check back on the website for further information later.

And while you're checking the website, don't forget to vote for La Granger of the Year. This is **your** award to give.

I received an interesting email the other day, from a recent New Member who wondered where all the emails from La Grange were. Well, we don't really like to spam you, so we don't send you a lot spontaneously - but if you want to keep in touch, you can join the La Grange Yahoo! e-group. Your New Member packet *did* contain instructions on how to join, although, of course you didn't read them. Now, it's easier than ever to sign up - see the Yahoo! news item, to the left.

One way to keep current is to actually *talk* to other La Grangers. The Annual Banquet is a terrific opportunity to do that, with great food besides. See you there!

And be sure to be careful on PCH (as well as everywhere else)!

Tailwinds to you  
*sheridan bentson*



# Notes on the PCH Difficulties

**Please be safe on PCH!**

The recent fatal accident on PCH has highlighted the need to be aware of obstacles and dangerous situations on PCH. Photos here show some of the PCH Cyclist Traps. In virtually every case, there is NO warning and pretty much NO shoulder. So Watch Out!



Slide, just North of Sunset, short but very tight.



Construction [slide], just South of Topanga.  
Traffic is supposed to slow but doesn't.



Suddenly-closed shoulder, just North of Pepperdine, on the downhill.  
Don't pick up speed on this downhill!



Slide barrier, South of Malibu.  
This barrier will be there forever.



Bridge construction, just North of Trancas

## PCH Task Force

There will be a new subcommittee of an existing PCH Taskforce, being formed under the auspices of State Senator Sheila Kuehl, which is intended to deal specifically with issues of bicycle safety on PCH from Santa Monica to the Ventura County line. This will contain not only our own Jeffery Courion, Susan Gans, and Jay Slater, but also representatives of the Los Angeles County Bicycle Coalition and L.A. Tri Club. They will notify us what actions we can take to help rectify the situation and make PCH safer for all cyclists. Watch the e-groups for pro-active requests.

# Mario Seri, Hombre Grande

Editor's Note: Mario Seri **WON** the 2005 State Championship Points Series [five races] in the Masters 60+ Category [Hombres Grandes]. This article (with a loose translation below, thank you Fernando Veñuela) is from the LA Argentinean newspaper **TiempoSur**.

## Nuestra Gente

Todos los deportes son saludables, los que mas te gusten y te atraen, serán los mejores para ti.

Así lo descubrió Mario Seri, que no llegó aquí deportista, pero su destino lo impulsó a destacarse en algo que le gustaba mucho. Aquí se le brindó la oportunidad, cuando un día que llevó a sus hijos a tomar clases de ciclismo, al Balboa Park, en la ciudad de Encino, California.

Fue hace 11 años, que Mario Seri, entendió que simpatizaba con el fútbol y el ciclismo, pero por razones de edad, el fútbol quedó fuera de su alcance y se dijo, ¡ciclismo ya! y se anotó en él.

Allí en el Viejo Velódromo de Encino, comenzó una cadena de triunfos notables, basados en la voluntad de llegar, que siempre está en nosotros pero no todos la usamos.

A los 51 años de edad, comenzó a tomar clases de los secretos para correr en pista de Velódromo y carreras de ruta. En 1994, intervino en una de puntaje con licencia especial para corredores de más de 50 años, ganó el evento especial y se clasificó Campeón del Distrito, impulsando su entusiasmo al tope.

Ya con una buena razón para dedicarse al entrenamiento intenso, cada sábado a la noche y cualquier hora disponible, practicaba. Ganó en 1995 nuevamente y se clasificó Campeón del Estado de California, en el Velódromo de San Diego. En 1996, tercero en su categoría, en el premio estatal en la Pista de Carson y nuevamente Campeón del Estado en el año 2001 y Campeón en su categoría en Encino.

Entre carreras de velódromo, figuró en los primeros puestos de Criterium, o sea circuitos por todo el Estado de California y New Jersey, que tiene el evento mas clásico y antiguo del país. En Ontario, se clasificó sexto, entre corredores de gran categoría, posición de gran mérito. Por los últimos 5 años, es Miembro del Club "La Grange" de ciclismo, que solo admite 500 socios privilegiados por mérito.

Se dice, que las satisfacciones llegan con la dedicación, así Mario Seri lo vivió, cuando en el mes de abril en Ojai, California, luego de ganar su categoría, fue ovacionado por la misma concurrencia que estaba, aplaudiendo la presencia del 7 veces Campeón Mundial Lance Armstrong, que presidía el evento ese día. Los aplausos son siempre bienvenidos por su calidez, pero ese día parecían mas cargados de energía, por venir de las mismas palmas que aplaudieron unos minutos antes a un gran ídolo y orgullo de esta Nación.

*Gracias Mario Seri, por representarnos con tanto honor en cada oportunidad que se presenta.*

*Por tanto mérito nos hacemos tus cómplices en la admiración para disfrutar tus tantos trofeos y aplausos, y por lo tanto eres un "Orgullo para nuestra Comunidad".*

## Our People

All sports are healthy, but the best ones are the ones that you like the most and you enjoy the most.

This is what Mario Seri discovered. He never intended to be a sportsman but his destiny pushed him to strive in something that he liked. He was given an opportunity when one day when he was taking his kids to classes in cycling at Balboa Park in Encino.

It was 11 years ago that Mario Seri understood that he was attracted to soccer and cycling, but because of his age, soccer was out of his reach, and so he said - cycling, yes!

So there in the old Velodrome of Encino, he started a chain of extraordinary successes based on the will to win, which is always in us but is not always used.

When he was 51 years old, he started to take classes in the secrets of riding in the Velodrome and also on the road. In 1994 he participated in a points race with a special license for riders older than 50 years. He won this special event and classified himself as Champion of the District, pushing his enthusiasm to the top.

Already with a good reason to dedicate himself to intense training, each Saturday evening and any disposable time he used to train. He won in 1995 again and classified himself as California State Champion, in the San Diego Velodrome. In 1996 he won third place in his category in the a state race on the Carson track and again California State Champion in his category in 2001 in Encino.

In between his races in velodromes, he also achieved first place criterium wins in California and New Jersey. In Ontario, he got 6th place in the Masters category races, and that gave him great recognition. For the last 5 years he's been a member of the La Grange Club, a cycling club of 500 members.

It is said that satisfaction comes with dedication, and Mario Seri has lived this, when in the month of April in Ojai California, after winning in his category, he got an enthusiastic ovation from the same audience that was applauding the presence of 7-time champion Lance Armstrong, who presided the event of the day. Applause is always welcome, because of the warmth, but that day they looked especially charged with energy, giving him the same cheers as given some minutes earlier to a great idol and pride of this nation.

*Thank you Mario Seri, for representing us with such honor in every opportunity that you have. We join you in admiration of your many trophies and plaudits and because of that you are a "Pride of our Community".*



**Congratulations, Mario!**

# Mauí No Ka Oí

[Mauí Is The Best]

by Sheridan Bentson

There they were, spinner dolphins playing in the waves below our high perch on the cliff. These small charming dolphins get their name from their straight up twisty jump, which they seem to love to do. Across the way, the other side of the small settlement of Honokōhau, we could see road up the side of the cliff, known locally as The Wall.

This is wild country, just a few miles from civilization, but eons in image. If you want to bike on Maui, you can climb the 10,000 ft volcano Haleakala; you can share the road with tour busses on the switchbacks on the road to Hana; or you can ride up around the spectacular north end into the beautifully-paved lonely wilderness. When we are on Maui, we stay on the west side, up by Napili, and many mornings find us biking north past the underwater preserve Honolua Bay. To The Wall and back is about 16 miles, a nice morning warm-up of rolling hills and spectacular views. (Coming down The Wall is not as exciting as it used to be, before they cleaned the sand off the bumpy sharp right turn at the bottom and tied up the dog.) Two miles beyond Honokōhau is a trail to the Nakalele Blowhole, another natural wonder.



The settlement of Honokōhau and The Wall

The trip all the way around the top of the island to Kahului is 30-35 miles (depending on where you start), but they are interesting miles indeed. It's important to start early, since the Trade Winds blowing in from the northeast – those same winds that carried the tea ships from San Francisco to China – come up in the morning, and battling a 30 mph headwind is really no fun. It's also important to carry lots of water, since you will probably see no one for a long hot-and-dry time. There are small settlements of a house or two here and there but not many – the land is pristine and raw and volcanic, the foliage natural and native. And unattended. The first section is normal road,



The ancient fishing village of Kahakuloa

with a few locals in pickups and pineapple trucks coming from the fields. But that ends, tourist cars are not supposed to continue, and for awhile, the visible population drops to zero. If there have been rains, there will be rock fallen from the cliffs onto the road. The free-range section contains cows not really used to people, certainly not used to bicycles – not like European cows at all – and it's best to be wary of them. The section into the old fishing village of Kahakuloa is one lane – and I do *not* mean one lane in each direction. When a car comes along, a cyclist may have to be plastered against the cliff to give the car enough room to pass. The reward is a stop in Kahakuloa at Lorraine's for the world's best shave ice (although she's only there Memorial Day to Labor Day). Then it's on into the West Maui Mountains, where rain is inevitable but warm and short-lasting – it's best to just hide under an overhang for the few minutes. The ride through Wailulu into Kahului is suburban and uninteresting, but quick, and we tend to get an early lunch of udon at Ichiban in the Kahului Shopping Center.

This ride is actually of greater magnitude than it seems from the description. The views are world-class and not to be rushed through. The rolling hills, cliff down to streambed and back up to cliff, are unrelenting. The air is very dry and becomes quite warm. There is no real way to avoid the wind, only to go in lesser wind. If you ride both ways in a day, you will be riding home in the heat of the day – a greater feat than it seems at first glance.

But it makes a magnificent day!

*Note: Haleakala is 10,000 feet up from sea level, about 6,000 feet from the highway entrance to the park. In fact, there is a race each year up Haleakala called Cycle To The Sun, won in 2004 by La Granger Mike Zagorski. The one road up is quite busy with tourist cars and busses, even early in the morning. If you decide to climb it, it's best to have a support vehicle behind you on the way down, since you will want the entire lane sometimes.*



The sign says DO NOT WALK TRACTOR ON ROAD  
We never did figure out what that means.



La Grange Friday morning ride, in a foggy Marina del Rey  
photos by John Bentson



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.



www.ptflaw.com



La Voix is copied, folded, and mailed by the online services of the USPS.



- 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.