

NOBC NEWS

Volume XXV

Spring 1991

Team NOBC's 1991 Prospects

New District Representative Lorrie Hebert has instituted a means of establishing bragging rights for clubs. In her recent mailing she described competition for the Louisiana Cycling Cup. The effect of the competition is that beginning this year a points system will tell us unambiguously which clubs are best.

How does **team NOBC** look for 1991? What are our chances of winning the newly announced *Louisiana Cycling Cup* in one or more categories?

The Women

Our Women for 1991 look great. **Gretchen Bauer**, who raced especially well the early part of last season, is training diligently with help from Tim Doucette. **Cindy Ellzey** also has worked hard through the winter. We don't know whether **Andrea Bresette** decided to get her license, but if she continues last year's late-season form, she can help Gretchen and Cindy in big races.

The Young and the Old

We started last year with some of the best Juniors in the South, including Tim Erwin and Brad Anderson, but all defected. We hope to enlist Juniors during the season, but for now the promise of the team has shifted to old guys.

NOBC had a strong Masters team last year (see the 1990 Results later in the newsletter). This year, with the addition of two powerful riders, **Legeai and Company** may well contend for the Louisiana Cycling Cup.

The new riders are Iron Mike Williams and FireMan Paul Guyton.

Williams is the State Road Race Champion in the 45+ category. He won at least one gold medal on the track last year and went to Nationals. Williams thinks of himself mostly as a sprinter, and his goal is to win a medal on the track at Nationals.

Paul Guyton, in the same age group as Williams, was a freshman racer last year. Guyton began to show his strength late in the season in the Cat 2-3 Tuesday-Thursday races. By winter he was the scourge of West End Giro rides, mercilessly going off the front to the curses of the struggling peloton. If Williams is a sprinter, Guyton is a hammer; together they will help make our old guys a force in races such as Natchez.

Seniors

And what about our Seniors? **Tim Doucette** is training but between work and school isn't quite where he wants to be. **Bob Hodges** trained hard throughout winter and raced well in the Talahassee stage race in March. But mountain bikes continue to be Hodges' main interest, and we can hope that he will continue to dominate the Louisiana and Mississippi NORBA races. Otherwise, the Seniors are something of a question mark. Perhaps some of the Masters will become cocky enough to try their old legs against young studs?

###

NOBC Information

Reggie Bresette, President
Randy Legeai, Secretary

Bud Logan (467-2555) and David
Swords (283-6459), Newsletter Editors

HOPE. . .

With the time trial a few hours earlier, the second stage of the *Tour De Louisiane* Masters Road Race is underway in a rainstorm. The pace is furious from the start. No time to think about my slick tires pumped to max pressure; we are racing.

The tone of the race is set early. A couple of riders go off the front, and the pack chases. No problem for **Team NOBC** though, we practice that tactic every Tuesday and Thursday at the Lakefront.

I am settling in by now, no need for a drink yet, the spray from the wheels in front of me takes care of that. Sixty miles to go. Time to start thinking about how I can win the race. That's very simple. With most of my teammates and half of the field ahead of me on G. C., I figure no one will be watching for me at the finish. I'll just out sprint everyone else and get the win. The hard part will be pulling it off. No problem!

Now back to reality and racing. There's good news and bad news out on the rolling course. The rain has stopped, but the road is still wet and as luck would have it five or six bikes go down in a turn. A breakaway is forming and I'm in good position, too. We hammer for a few miles but the boys from Jackson chase hard and bring the rest of the field with them.

The peloton sticks together for the remainder of the race. I briefly discuss strategy with David Swords. He will get the word to Mark Barrilleaux about our plan. With my teammates in the top five on G.C. I will attempt to lead them out and help out by blocking at the finish giving **Team NOBC** a 1,2,3 placing. Hey! This is racing!

With about half a mile to go I am fighting for position. Tensions are rising in the pack. People are yelling, elbows

are banging and gears grinding. Time to make my move.

Suddenly a small gap opens up and I shoot through. IT'S HAMMER TIME! My gearing is right and I'm flying. A quick peek over my shoulder shocks me. I've got a solo break and no one is closing on me. Whoa! Two hundred meters to go. I click into my 52/13 (all I've got) and put my head down. One quick glance back and no one is on my wheel. The adrenaline is rushing through me. No looking back now. Fifty meters to go, I can see the finish line. I'm still out front going all out. THIS IS IT! My earlier thoughts of winning are flashing through my head. Ten meters to go and I hear that unmistakable sound of whirring tires coming up behind me. Another racer trying to spoil my day. I can't hold him off. I'm at max RPM. He takes me by a bike length.

Exhausted I ride up to congratulate the winner; a dude from Jackson. "Good race", I tell him. He nods in agreement.

###

Dennis Dunham

Jerseys or No Jerseys?

No issue has so mystified NOBC riders this year (except, perhaps, the whereabouts of a newsletter) as when we'll have jerseys. The answer? We don't know yet. How soon? We're not sure.

But the color will be red, white and blue. An artist from Movietime Video is redesigning the look.

Racing Results 1990

The list below presents as much as we know about how NOBC's riders fared in the 1990 season. If you had a major (or minor) victory that we've left off, tell David Swords (283-6459) or Bud Logan (467-2555), and we will include your results in the next issue.



<i>Rider</i>	<i>Place</i>	<i>Category</i>
Collegiate Stage Race, Houston		
Gretchen Bauer	4th on G.C.	Women
Cycling the Azaleas, Road Race and Time Trials		
Gretchen Bauer	1st (in each)	Women
Brad Anderson	4th crit	Juniors
Bob Hodges	8th crit	Cat 4
Ruddock Time Trial		
Brad Anderson	2nd	Seniors
Mark Barrilleaux	2nd	Masters
David Swords	3rd	Masters
Dennis Dunham	4th	Masters

District Road Race

Randy Legeai	1st	Men 35-45 year old
Gretchen Bauer	2nd	Senior Women
Tim Erwin	1st	Juniors

District Time Trial

Robin Robert	3rd	30-35 year old
Randy Legeai	2nd	35-40 year old
Mark Barrilleaux	3rd	same
David Swords	3rd	40-45 year old
Gretchen Bauer	3rd	Senior women

Criterium

Randy Legeai	1st	35-45 year old
David Swords	2nd	35-45 year old
Gretchen Bauer	2nd	Senior Women
Brad Anderson	2nd	Juniors

District Track

Brad Anderson	3rd Pursuit	Juniors
Brad Anderson	3rd Points Race	Juniors
Gretchen Bauer	3rd Kilo	Women
Gretchen Bauer	3rd Pursuit	Women

Whisky Chitto Road Race

Randy Legeai	3rd	Senior men
David Swords	1st	Masters
Gretchen Bauer	4th	Women

Natchez Stage Race

Randy Legeai	4th on G.C.	Veterans
Gretchen Bauer	3rd on G.C.	Women

Jackson Road Race

Mike Dwyer	1st	Cat 4
Mike Kennedy	2nd	Cat 4
Andrea Bresette	3rd	Women's Citizens
Gretchen Bauer	1st	Senior Women
Randy Legeai	2nd	Masters
Dennis Dunham	3rd	Masters
David Swords	4th	Masters

Tour of the Woodlands (Texas)

David Swords	2nd on G.C.	Veterans
Randy Legeai	5th on G.C.	Veterans

Tour de Louisiane

Mark Barrilleaux	5th	Veterans
Brad Anderson	1st	Juniors*

Tour de Abbeville

David Swords	1st	Veterans
--------------	-----	----------

Offroad

Super Six Series in Jackson

Bob Hodges	1st (in all three MTB races)	Expert
Andrea Bresette	1st	Women Citizens

Southern Regional, Atlanta

Bob Hodges	22nd (2nd among Southerners) Expert
------------	--

NOBC Tuesday-Thursday Races

In NOBC's Tuesday-Thursday training races on the lakefront, several of our riders did consistently well. Dennis Dunham, Warren Sciortino, and David Swords each won two or more Cat 4 races and finished in the top three many times. Warren and Craig Schwartz were, at different times, the scourge of the citizens. Randy Legeai and David Swords each won a Cat 2-3 race. Reggie Bresette instigated.



NOBC Tuesday-Thursday Races

Wendy has retired, but we think Bill Broussard's (the resurrected Velo Sportif sister (does she have a name of her own?) will take over. You can expect the unofficial training races to begin immediately. Reggie is working on the permit for the official races, and they will begin as soon as we have it.

Among lakefront riders many people seem to feel that we should move the start/finish line. They don't like not being able to see the line from the hill and feel like taking the turn just before the line at top speed is dangerous. The new line would be just before the crabbing bridge. If you have an opinion on this, tell Randy or Reggie.

###

The Fun is About to Start

"Okay!! Let's go! Stay in the right lane and be careful," Wendy shouts over the click of step-in pedals and the conversation of riders talking among themselves. A typical **NOBC Lakefront Tuesday/Thursday** race is under way. As usual, the pace is easy and the talk among riders is casual until the fountain, and then the pressure is on. Some go off the front hard for a while, then ease up, and the group catches up. I often wonder why it almost ALWAYS happens that way. The psychology of the pack is a curious study.

There is typically the one fellow who takes a long pull off the front, then gets caught by the pack and can't hang on because he fried himself. Or, there are the few that always lead the pack around the course and still have enough left to sprint for the finish. There are others whose philosophy is to "sit in" the whole race and sprint for the finish. There is also the opinion that it is good strategy to sit on the back of the main pack until the end and then make the move for the finish.

Then there's the giver of advice. "You shouldn't ride with your elbows bent..." "Don't overlap the wheel of the rider in front of you." "If you blow your nose in my direction again I'll...!"

There's always one who just can't ride a straight smooth line and then gets on the front and doesn't understand the paceline concept. How about the singers in the group who "entertain," at least until they need their breath for other things. Or the group complainer. Or the group intimidator. Both are equally loved by all. Group dynamics!?

Most, if not all of us, have been in the back hanging on for all we're worth. We finally decide to drop ... only to find out later that the race slowed down immediately after we gave up.

The bulk of us are talented, well adjusted individuals who have a ball doing the thing we love. We can't lose sight of the fact that this just isn't SO important that we get too critical of others and exclude them from the enjoyment of the event. Of course, if someone's behavior is detrimental to the safety of others, then that is a matter that should be dealt with, but for all of us this is just plain fun, and that should be foremost in our minds.

I'm really looking forward to our best year as **Team NOBC**. We will have the best overall quality of people in recent history. An abundance of Masters who get along well. A super group of Juniors, promising Women racers and some very strong, talented Senior jocks. This may well be the largest team in our history.

'90 was a very safe racing season. To my knowledge there were no serious crashes. I heard of a couple after the Lakefront series finished; I toted one victim off in my van. Let's keep safety and fun foremost in our minds this season and when someone

(continued)

needs correcting let's do it with respect for their feelings. I'm sure it will have more effect than if they are dumped on heavily. Likewise, if you're corrected, think before you react. The corrector may have a point. At any rate, discuss it rationally and LET'S HAVE FUN.

###

Bud Logan

Mardi Gras: Mountain Bike Style

We forgot the beads and the doubloons, but we had our cycling costumes. At 7 am Mardi Gras morning, Bud Logan, Tom Campbell, Bob Hodges, David Swords, and Robin Robert began the Bike Krewe of Mardi Gras Parade.

We rode Marconi to Carrollton, where trucks of blasted boozers cheered when we beat them in a sprint. We rode to Napoleon Avenue and on to St. Charles into what seemed a forest of costumed humanity--a forest, except that as we rode, the trees moved, which made for some scary moments.

We escaped St. Charles without damage to ourselves, our bikes, or many revelers and headed for the French Quarter for coffee and beignets. We visited a Navy sub hunter that Bud knew about at the dock, saw the Robin Robert pre-memorial brick at the Aquarium, and returned to St. Charles.

The forest had grown denser and was, in places, an impassable wall. We walked and rode, rode and walked, making our way by inches at times till at Napoleon, we saw the King of Carnival, Rex himself. We greeted his majesty, wished him as good a ride as ours had been, and made our way back to the lakefront.

Next year, we'll do it again, and if you're interested in an early look at Mardi Gras, think about joining us.

Robin Robert

BATON ROUGE VELODROME

A number of NOBC riders have been spotted recently on the track in Baton Rouge. The velodrome is open for training on Saturdays from 9 am until noon, and also at some time on Sunday. Generally, it is also open in Monday, Tuesday and Wednesday evenings.

Usually, riders can use the velodrome's bikes, so it is not generally necessary to have your own track bike. The management of the track has changed recently, and we are promised some sponsored meets this year, in addition to District Championships.

I encourage everyone to spend some time on the velodrome, as it can help develop essential cycling skills (plus, it's lots of fun). Anyone can immediately handle the time trial events such as Kilometer and Pursuit, and with a little instruction and practice there are sprints, points races, and other interesting events.

Just remember: DON'T STOP PEDALLING!

Call Randy Legeai for information.

###

Randy Legeai



RACE DATES

April 13	John Wade Memorial Dntown Criterium	Shreveport, LA
April 14	Nolan Theriot Criterium	Breaux Bridge
May 25	District Team Time Trial	Ruston
June 1-2	District Road Races, Hodges Gardens	Many, La
June 8	Peach Festival Road Race	Ruston
June 15	District Time Trial	Baton Rouge
June 22-23	District Track	Baton Rouge
July 3-10	USCF Senior Road Nationals	Park City, UT
July 5-7	Natchez Classic Stage Race	Natchez, MS
July 6-11	USCF Junior Road National	San Antonio, TX
July 6-21	Superweek	WI, 414/962-6310
July 9-14	USCF Senior Track Nationals	Seattle, WA
July 11-20	World Junior Championships	Colorado Springs, CO
July 20-28	USCF Masters National Championships	San Diego, CA
July 31-Aug 3	USCF Junior Track Nationals	Houston, TX
August 6-11	USCF Junior Road Nationals	San Antonio, TX
August 10-11	Tour de Louisiane	New Orleans
September 21-22	Sugar Festival Races	New Iberia
Oct 19	Circuit Race	Jennings
November 2	Tour de Abbeville	Abbeville

NATIONAL CHAMPIONSHIPS QUALIFICATION

The USCF has changed the procedures by which riders qualify for National championships. In the past, junior and senior riders qualified for Nationals based on their placing in District Championships. Each district was allocated a number of "slots" at Nationals, based on district membership.

• For 1991, however, District Championships will no longer determine qualification for Nationals. Instead, the existing classification system will be used to determine which riders can compete in Nat's. Preregistration will be required.

For National Championship Road Races, Criteriums, and Points Races, qualifying standards will be: Senior Men - Cat. 1 or 2; Senior Women - Cat. 1, 2, or 3; Junior 15-18 - Cat. 1, 2, or 3; Juniors 10-14 - Cat. 1, 2, 3, or 4. For Time Trials (and Track

Pursuit, Sprint, and Kilo), riders will have to get a time certification signed, stating that they have met the established qualifying time for their event at a qualifying event. Senior Men, for example, will have to need a 57:00 for the 40K Time Trial; Senior Women will need a 1:03:00; Junior Men 15-16 need a 29:00 (20K) and Junior Men 17-18 need a 28:00.

On the track (the Baton Rouge Velodrome is a Category B track, based on altitude, banking, distance, and condition) seniors will need a 4:55.0 (4K) pursuit, 11.5 (200M) sprint, and 1:10.5 Kilometer.

Full details are in the February issue of Cycling USA. I suspect that one effect of this change will be to make the Districts more promotable, as a result of date flexibility (which is good, since they will now have to

compete against other events). Also, preregistration should now be allowed (I hope), greatly simplifying the Track and Time Trial events.

###

NOBC Phone List (Fall, 1990)

Barrilleaux, Mark	467-7989
Bauer, Gretchen	
Bodet, Gregory	847-1821
Bradford, Chip Oliver	861-0408
Bresette, Reggie	1-837-1619
Bresette, Andrea	1-837-1619
Dicharry, Jay	482-4955
Doucette, Tim	242-7003
Dunham, Dennis	833-3299
Dwyer, Michael	288-9327
Ellzey, Cindy	467-9341
Ewart, James	469-9456
Eyman III, Carl	943-8513
Gotz, Bernhard	246-2687
Hodges, Bob	831-9484
Kennedy, Michael	831-1780

Ladut Jr., Potenciano	
Legeai, Candy C.	866-6640
Legeai, Randall J.	866-6640
Logan, Bud	467-2555
Maumus, Marc	282-6958
McSweeney, Martin	283-5114
Murphy, John G.	835-8338
Poore, John	624-9924
Pumilia, Jr., Claude J.	482-0781
Robert, Robin	484-6730
Schwartz, Craig	893-8917
Sciortino, Warren	468-9707
Shemeta, Julie	525-6088
Stuart, Michael	482-8477
Swords, David	283-6459
Walton, M.D., Ross	899-5412
Wood, Bob	1-626-4875

Other useful numbers

Gus Betat & Son (Broad St.)
821-6386
USCF (Colorado Springs)
715/578-4581
Lorrie Hebert (USCF District Rep., La.)
318/367-6226
Baton Rouge Velodrome (Mike)
504/272-5524
Texas USCF D Rep. (Will Rotzler)
512/493-8723
Mississippi District Rep. (Jeanette Marsh)
601/325-2876
Alabama District Rep. (Paul Bryant)
205/583-0311

