

# Newsletter



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Amy Lewis at annual race taken May 2<sup>nd</sup> 2010

## Presidents Message

2011 is streaking by and February is already upon us!

Let me start off by thanking our club editor for providing the propulsion and lift to get our newly re-established VA newsletter off the ground. This is the 2<sup>nd</sup> edition and we are hoping to provide one every month. I'm sure you will agree with me that it is a nice treat to receive.

Our next club meeting is on Monday, February 7<sup>th</sup> at Legends Sports Bar in Belmont Shore at 7pm. Two important topics to be discussed will be our racer support program and upcoming club sponsored criterium on March 6<sup>th</sup>. As usual, we will need volunteers for the various race day duties. A sign up sheet will be available at the meeting. Please show your support of the club and plan to attend.

Very important - If you have not yet signed up for your 2011 membership, please do so right away. Member privileges will lapse at the end of February for those that fail to renew.

2011 promises to be a good year for our club. The leadership committee is committed to ensuring Velo Allegro is healthy, vibrant and improving. I'm glad you are a part of our membership and I value your feedback. Contact me anytime if there is anything you want to discuss.

Onward and upward!

*Frank Said*



### Happy Birthday everyone!

- |                   |                      |
|-------------------|----------------------|
| Michael Sfregola  | Javier Navarro       |
| Doug Lowe         | John Rodgers         |
| Robert Buky       | Alejandro Saint Jean |
| Michael Clemente  | Don Scales           |
| Larry Cole        | Al Shorts            |
| Colin Horiuchi    | Ricky Shorts         |
| Steve Horvath     | Pat West             |
| Filbert Labastida | Roger Wolfe          |
| John McBrearty    |                      |

## Race Dashboard - Great Jobs Racers!!!!

Name	Category	Type	Race Date	Event	Location	Results
Frank Said	Masters 55 +	Cyclo X	1/9/2011	Cross Fever	Walnut	2nd
Frank Said	Masters 55 +	Cyclo X	1/16/2011	Cross Fever	Bakersfield	4th
Victor Rosales	Cat 4	Time Trial	1/16/2011	Toms Farm TT	Corona	11th
Frank Said	Masters 55 +	Cyclo X	1/23/2011	Cross Fever	Sylmar	1st
Ricky Shorts	Masters 55+	Criterion	1/23/2011	CBR	Carson	5th
Al Shorts	Masters 55+	Criterion	1/23/2011	CBR	Carson	10th
Don Danegal	Masters 55+	Criterion	1/23/2011	CBR	Carson	16th
Rodney Malloy	Masters 55+	Criterion	1/23/2011	CBR	Carson	19th
Ricky Shorts	Masters 50+	Criterion	1/23/2011	CBR	Carson	20th
Allen Kizuka	Master 60+	Criterion	1/23/2011	CBR	Carson	11th
Bill Pullano	Cat. 4	Criterion	1/23/2011	CBR	Carson	Pack
Victor Rosales	Cat. 4	Criterion	1/23/2011	CBR	Carson	Pack
Chris Ingstead	Cat. 4	Criterion	1/23/2011	CBR	Carson	Pack
Bill Pullano	35+ 4/5	Criterion	1/23/2011	CBR	Carson	Pack
Victor Rosales	35+ 4/5	Criterion	1/23/2011	CBR	Carson	Pack
Joe Rodarti	35+ 4/5	Criterion	1/23/2011	CBR	Carson	Pack
Chuck Hitchcock	Masters 50+	Criterion	1/23/2011	CBR	Carson	Pack
Joe Rodarti	Masters 50+	Criterion	1/23/2011	CBR	Carson	Pack
Daniel Rojas	PRO 1 + 2	Criterion	1/23/2011	CBR	Carson	Pack
Alejandro Saint Jean	PRO 1 + 2	Criterion	1/23/2011	CBR	Carson	Pack
Chuck Huang	PRO 1 + 2	Criterion	1/23/2011	CBR	Carson	Pack
Ricky Shorts	Masters 55+	Road Race	1/29/2011	UCSB Cycling	Los Olivos	5th
Al Shorts	Masters 55+	Road Race	1/29/2011	UCSB Cycling	Los Olivos	22nd
Greg Russell	45 +	TT	1/30/2011	Back On Track	Palos Verdes	1st

### Today's Tip: GET YOUR ZZZS

Research has shown that not getting enough sleep or getting poor quality sleep on a regular basis may increase the risk of high blood pressure, heart disease and type 2 diabetes.

There is even evidence suggesting that weight gain is associated with getting inadequate sleep, possibly by disrupting hormones that regulate appetite.

Sleep needs are different for each person, but most adults generally need between 7–9 hours each night.

Source: National Sleep Foundation

### REDUCE CERVICAL CANCER RISK

Cervical cancer affects approximately 12,000 women in the United States each year, and most cases are found in women younger than 50.

It is one of the most preventable types of cancer because it develops over time. Regular Pap testing and minimizing risk factors are the best methods to protect against invasive cervical cancer.

Consider talking to your doctor about your risk for cervical cancer and recommendations for screening.

Source: American Cancer Society

## Tour de Homeless By Marcos Hernandez

On Jan. 9, 2011, Carlos Garibaldi organized the first Le Tour de Homeless along the LA river. Carlos told the group as we prepared to ride from Montebello to Long Beach.

*“Today we will stop and talk to some of the homeless people who live along the LA River and give them some money or gift cards,”*



*This is Juan. He lives with four other friends under Rosecrans Ave. He almost crashed his old mountain bike into us as rode to get drinking water from a nearby park. He lived with many other people by the 105 and the 710 but they destroyed all their tents will bulldozers.*



*This is Bob. We were handing Bob \$10 and he told us we were giving him too much money. He ONLY took five and then share with us stories about being an honor student at Jordan High and his career after he graduated from UCLA.*

*Tour de Homeless* By Marcos Hernandez



*Meet Patrick and Girlfriend. Lil Albert handed Patrick a few bucks. Patrick told us he had to return to his tent because his lady was waiting.*



*This is John and Beth's front yard. We were having a morning conversation while listening to KROQ. They shared that the rain threatened their home but they refused to leave because this is a great spot under Ocean Blvd.*

*(The picture was taken from the top of the river bed. The clouds and the bridge are actually a reflection on the water.)*

## Tour de Homeless By Marcos Hernandez



*"Thanks to Carlos for providing us a different perspective of the LA River and reminding us to stop and really see the people that we usually just ride by" Marcos Hernandez*

### **Tip: Celebrate American Heart Month**

February is American Heart Month. This is a good time to take care of your "sweetheart" and yourself by taking action against heart disease!

Being heart smart starts with knowing your numbers: from cholesterol and triglycerides, to your blood pressure, waist size and body mass index.

Make a daily commitment to a heart-healthy lifestyle. This means not smoking, exercising regularly, making good food choices and reducing stress.

Source: The American Heart Association

### **T4D – Thought for the day**

"Nothing stops an organization faster than people who believe that the way you worked yesterday is the best way to work tomorrow." Jon Madonna

We could call this the Dinosaur Mindset... extinction thinking. We must grow, learn, evolve, become...always improving ourselves and our ability to serve the world. All the while not changing or letting go of the core principles, truths and values that should never change...and in fact that we cannot change. We can only break ourselves against them. Yet another way to become extinct and irrelevant.

Kirk Weisler

Sponsor Section

 		
		
 <p><b>McBrearty &amp; Ware</b> A Professional Law Corporation Accident Lawyers 800-286-0088</p>		
		
	<p>Velo Allegro is proud to be sponsored by many of the best companies in the business. Their continued support makes our club possible and the quality and service they provide to the community, is consistently top-notch!</p>	

## Editors POD – Picture of the Day



Laura Lindgen, JJ Geary and Chuck Hancock taken by Seal Beach / Long Beach Border on Jan 9<sup>th</sup> 2011

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