

## Announcements



The next road uniform order is open March 6 - March 21, 2018. All details are available on the web site: [Penvelo.org/uniforms](http://Penvelo.org/uniforms)



Ritchey annual group buy will start Friday, March 9, and will be open until March 21st. Look for an email with the info and instructions on how to participate.



The Burlingame Criterium is cancelled for 2018, but Ryan's Ride will take place on June 10 in downtown Burlingame. Stay tuned for more details. All info will be updated on the Pen Velo web site and the [Ryans Ride](#) web site closer to the date.

## Meet Pen Velo's new president.

Randall Smith was born the year of Watergate, Eddy Merckx setting a new world hour record, Sunday Bloody Sunday, premier of M\*A\*S\*H, and Burt Reynolds posing nude. Best year ever! He lives in the "City of Good Living" with his wife, Jayne, twelve year-old son, Baden, and thirteen year-old daughter, Kadence. Yes, Baden was loosely name after Baden Cooke the Aussie sprinter who won the Green Jersey in 2003 TdF. No, Kadence has nothing to do with cycling because Randy has no rhythm.



Kadence and Baden rocking the Tour of California 2011 Podium

Randy grew up in Sacramento and, at the tender age of 13, found freedom in a circa 1973 white Peugeot, riding up and down the American River bike trail with his best friend, Andy Jones. He even dabbled in racing. Randy and that Peugeot were inseparable ...until it was replaced with a 1973 Mustang. Then that poor Peugeot sat alone in the garage collecting dust. Throughout high school, Randy was always keeping busy...on the swim and water polo team, competing in beach volleyball tournaments, and working at a ski shop for the perks all while that poor Peugeot still sat in the garage.



Fast forward to late the 90's: marriage plus no running because of a bad knee, add in no swimming or water polo because of shot shoulder and that equaled 205 pounds of not muscle. No, the Peugeot wasn't dug out of the back of the garage, dusted off, and reunited. This isn't that kind of story, plus who wants to ride around on 25 lbs of steel and downtube shifters? Randy picked up a Cannondale Caad 4, which he still has, and WAS reunited with the freedom that a bike brings.

His first race back in the saddle was the Mount Tam Hill Climb at the end of 2003. In 2005, Randy joined Pen Velo when the club was roughly 100 members strong. He has been an active member of the club as racer, membership director, treasurer, and board member. For those newish members who have never heard of the man who threw his bike up and down the streets of Cat's Hill because of a rolled tire, or of the man who ate pavement at Dash for Cash breaking ribs but finishing on the podium, or the hot-head who threw his taco'ed rim into a

field at training camp, that's because Randy took a short hiatus from racing and club duties to spend more time with his family. This year Randy is ready to race the 45+, lead the club, and get back on the podium. He also plans to climb Mont Ventoux this summer.



Random podium

Random Fact: Randy spends more time on the iron maiden than out on the road.

Racing Specialty: Anything without a hill.

Favorite Race: Cat's Hill (ironic, yes).

Favorite Thing about PV: The friends he's made and the new friends he will make.

*- Story and photos courtesy of Randy Smith*

## Winter Training Camp

Pen Velo/Summit Bicycles racing team held their annual training camp over Presidents day weekend, February 16 - 19th. With 26 in attendance the camp was a bit smaller than last year but included a strong contingent from the women's team for the first time in several years. This group of Category 3 and 4 racers tackled four days of overload and endurance focused riding that included Time Trial and Team Time Trial work at the Friday kick off ride. Individual riders set a one lap baseline on a loop of the CCCX Ft Ord Districts road course from last year, albeit in reverse. Riders were then divided into 4 person teams for a 2 lap TTT effort with a minimum time requirement set by the average of the riders individual TT's.

Saturday morning dawned brisk but gorgeous for our longest ride of camp - roughly 90 - 110 miles out to San Juan Bautista, with an optional climb up nearby Fremont Peak for those brave souls lacking in common sense. Happily, everyone survived the ride intact and the weather cooperated giving us hour upon hour of blue skies and pleasant temperatures. By the end of the day everyone had put their all into the effort and dinner that evening was a somewhat muted affair as team members once again enjoyed a delicious meal at the Los Laureles lodge. The lodge has been the main reason we've held camp in Carmel

Valley for so many years. They provide great support and attention to each team member and do it at a great price!



Sunday was another long ride, an 85 mile clockwise loop south from Laguna Seca along the Eastern side of the mountains and back over Sycamore flat topping out at about 2,400 feet. We enjoyed a massive tail wind that had us averaging well north of 20 mph most of the way down the valley, however we all got our comeuppance climbing back over Carmel Valley road into a block headwind most of the way.



Off the bike we enjoyed lots of great conversations, more than a few jokes, optional on-site massages, and a couple of productive team meetings where we discussed coming up with some team terminology and templates to help us coalesce around a common vernacular and set of tactical baselines to facilitate comprehension and expectations in races. We also discussed a few of the metrics of note riders should be looking at as they refine their training over the coming months.

A great way to spend four days!



*- Story and photos courtesy of Matt McNamara*



## Get well soon!

Pen Velo wishes a speedy recovery to Michael Ford who crashed at the track on Sunday, February 4, and broke his collarbone. Hope to see Michael back at the races soon.



### Beat the Clock

The first Beat the Clock event on February 10 was a great success with 62 participants enjoying a spectacular morning testing their skills against the clock. The next event is on Saturday, April 14. All info is on the Pen Velo web site: [penvelo.org/beat-the-clock](http://penvelo.org/beat-the-clock)



### Upcoming Century Rides and Fun Rides

With spring right around the corner, there is no lack of events to fill your calendar. Whether you want to add to your base mile training or just go out and have fun, there is sure to be a ride to suit your needs. To view a list of local rides, visit: [Cycle California](http://CycleCalifornia)

This month we are highlighting the Honor Ride (Sacramento County). The Honor Ride is a non-competitive cycling event where active service members, injured veterans and the general public all ride together. There are three different routes: 15, 47 and 66 miles. Proceeds from the ride benefit Project Hero. Project Hero is a nonprofit organization dedicated to providing free recovery, rehabilitation and reintegration services for injured veterans and first responders. The cycling-based programs have proven to help both mental and physical health and wellness. For more info visit: [Honor Ride](http://HonorRide)

If you would like to highlight your personal favorite in this newsletter, you may email [social@penvelo.org](mailto:social@penvelo.org). Please note, however, that neither the newsletter nor the Pen Velo mailing lists are to be used to solicit funds.



Very tired riders after a long day in the saddle at team camp.

- Photo courtesy of Matt McNamara