

**Women in So Cal – leaving their mark on the road this summer!
July 2009 is off with a bang!**

By: Dot Wong

The women of Southern California are doing amazing things this summer in road! Here is an update and reports sent to me I'd love to share with you all.

Junior women started things off taking the track championships at the Encino Velodrome then it was time for the Junior women's criterium championships at Ontario June 13th where Rachel Cross (Sho-air/Sonance) won the 10-12 year old championship, Tara McCormick (Cal-Pacific Export Packers / LV) took the 13-14 year old championship, Somersby Jenkins (Echelon Santa Barbara) won the 15-16 while Ivie Crawford (Southern California Velo) won the 17-18 women's title. It was amazing to see the determination on their faces and pride of their family and teams!



Kendall Ryan (Now-MS Society) and Coryn Rivera (Proman) thanks to their amazing performances in Europe and national qualifying events with represent the USA at the Junior World Championships later this year!



CORYN'S REPORT from EUROPE: In Belgium there is a series of races called the Lotto Ridley Tour. The US National Team and I took part in the Kessel-Lo race, which is part of the Lotto Ridley Tour.

The race started very fast as usual. We did 4 short laps and 2 long laps. The short laps were 4km long that consisted of small roads, tight turns, and of course, road furniture. The longer laps were 17km long that consisted of narrowing roads, a 2km slightly uphill cobbled section, a 700m long 17% climb, and a very long sprint finish. The short loops were very intense and fast. Some riders tried to make moves again, but none stuck. On the longer loops there were better opportunities to attack on the cobbles and the climb, but none stuck either. By that point I decided to set up for the sprint finish. Out of the last corner there is still about 1km to the finish line. I felt like I was in the Tour de France on a flat stage, bumping elbows for position, and moving up swiftly. I started my sprint fairly early and held it to the line, winning my last race of the trip!! VICTORY!!!

KENDALL'S REPORT from SOTO CLASSIC: I raced the Soto Classic which was the Junior World Championships Trials. Here's the blow by blow of the Road Race: We are 8 miles into the race, when we hit an 18% climb and Coryn Rivera attacks the group up the hill and keeps on the hammer all the way down the following decent. When we hit the bottom she sits up and so does everyone else.... BUT me. I saw the window of opportunity and I went for it! I attacked the group with the momentum I still had from the down hill and launched off the front gaining 20 seconds almost instantly. I kept looking back and no one was chasing me or even attempting to chase. By that time I was coming through the feed zone going 25mph, grabbing a musette bag full of water bottles, and then putting my head down and kept going. My dad said everyone was shocked to only see me come through, and they were all ready, expecting the other riders to come through. The last few miles of the race was the hardest part(duh), it was all uphill. But I made it up the last climb with a bunch of people to cheer me on at the top. I zipped up my jersey and raised my hands!

TEAM WORK IN THE TIME TRIAL



Photo ©: Cara Gillis

At the Team Time Trial Championships at Lake Los Angeles, Lana Atchley and Cara Gillis took a championship title... here is Cara's recount:

TEAM TT (cont'd)

After much cajouling, I convinced Lana (TT superstar) to do the two-woman TTT with me. Although "fun" doesn't describe it, we did win, by a very nice margin. We decided that I would go first off the line, since I have a better jump. Ha. Having a jump is useless. I jumped, settled into a pace considerably higher than my solo tt effort the week before, only to hear Lana yell "up, up!" and then come flying past me. This was not going to be fun. By the first corner (maybe 9km) I felt like my insides would come out in a very bad and messy way (especially since my skinsuit is almost all white). Afterwards we discussed this: I like to go out on the easy side of a violent effort, while Lana likes to go out hard and maintain. Ah...so that's how you dominate in a tt. sigh... So rare that I'm on the top of the podium. Yay!

MASTERS TRACK CHAMPIONSHIPS 6/13-14 ADT-Home Depot Center

Cal Pacific ladies show how it is done!



Photo ©: Pat Benson

PAT BENSON on behalf of: (Cal Pacific Export)

I raced track master's states at the Los Angeles Velodrome in Carson with Linda Both and Elaine Dysinger in the 50+ women's team pursuit. The team pursuit is a 12-lap race where each rider takes turns leading, then swinging up the banking and dropping onto the end of the line. So we each pulled four laps, trying to hit lap times of just under 22 seconds.

PAT BENSON (cont'd)

Our team trained for several months with Roger Young, director of the velodrome and an American cycling legend. The team pursuit sounds simple, but there's actually a lot of technique and precision to it--and no one knows more about it than Roger. Training with a team is a lot more fun than training by yourself.

The day of the race we found out no other women were racing in our age group or in the 40+ category! That was disappointing, because there are more women than ever racing on the track thanks to Julia Cross' Ladies Only Track sessions. But next year I hope more teams will join us.

KALYRA WOMEN'S CYCLING TEAM IN THE STARS! Masters National Championships:



Photo ©: Tokie Shynk

Jill Gass and Sonia Ross are now two-time national championships with wins on the tandem in both the road race and time trial so far. Both Jill and Sonia are an integral part of the Kalyra Women's Cycling Team.. who also plan to do the Race Across America in 2010.

Each woman of this team formed five years ago thrives with its unity and the team's mission is... "We ride to raise funds for Girls Incorporated of Greater Santa Barbara whose very mission inspires us to ride STRONG, SMART, AND BOLD!"

In 2010, the Kalyra Women's Racing Team will compete in the Race Across America (RAAM) event in pursuit of breaking the standing record of 6 days, 18 hours. These amazing women will be raising money for Girls Incorporated of Greater Santa Barbara and will wear the Girls Inc. logo proudly as they cycle across the country. The race begins in Oceanside, CA and will end six days later in Atlantic City, New Jersey.

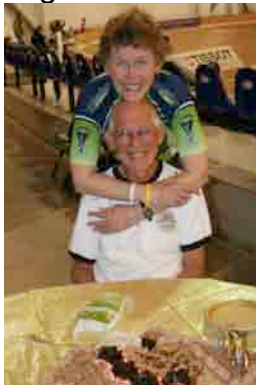


Photo ©: Pat Benson

PAT BAKER WINS THE 70+ ROAD RACE

Her report from the Front Lines in Louseville, KY ~ I rode the Road Race in Cherokee Park yesterday (6/28/09) and had the thrill of my life when I had a motorcycle lead and the Shimano truck following for my final lap. The announcer said something in the order of "We have a new reigning Women's 70 + road champion - Patricia Baker!"

PAT BAKER (Cont'd)

The course had two 7% climbs including the final one to the finish. It was a fantastic day with the weather cooler than expected. I am on cloud nine. I talked to Andrea from USA Cycling and it seems that there is a new push to attract more women riders. (about time I would say). She interviewed me after the race and we will see how far that goes.

Before the race a heavy set 13 or 14 year old boy came up to me and said." Don't you think that you are a bit old to be riding a bike" I said "No Way!" and resisted the urge to smack him. :)



Photo ©: Frank Rowe

DOTSIE BAUSCH 2 or 2 NATIONAL CHAMPION from Rick Scott:

Dotsie Bausch (Jazz Apple) won the Masters National Crit Championship today to go along with her Road title. Time trial is Saturday. Going for the sweep!



JUNIOR TRACK NATIONAL AT ADT CENTER 7/2 to 7/5:



Photo ©: Julia Cross

While writing this, we already have a silver medalist with Rachel Cross (Sho-Air.Sonance)! Congrats to Rachel! Stay tuned as there are sure to be many more!



Don't miss the Downtown Elite Criterium Championships in San Luis Obispo on Sunday, July 5th including equal prize money \$3,000 cash for Pro Men and Women's categories and will include a women's team zone in the heart of the expo and all part of the Central Coast Cycling Classic - Women's Focus Weekend - 3 days worth of events just for the ladies!

Women's Focus Weekend schedule of events can be found at:
www.GenCalCycling.com

Currently there are 150 registered competitors in the women's races representing 48 cycling teams! Please do what you can to show up at the women's focus events and show off your team to the thousands of people this weekend!!! What an incredible opportunity we all have!

If you want to get involved to support or have any other fun ideas, activities for the weekend extravaganza, please let us know! We'd love your support!

Questions re-Racing Events: shaba@cencalcyling.com

Questions re-Clinic Events and Women's Cycling Challenge: dot@SoCalCross.org



Learn about the track at the Next LOTS (Ladies Only Track Session) on Saturday 7/11 at the Encino Velodrome.

The next LOTS Sessions are as follows:

Encino ~ Sat July 11 (1-3pm). The Next LOTS Session

Encino ~ Sat Aug 8th (9-11am) LOTS Keiren School

Encino ~ Sat Aug 8th (11am-1pm) LOTS Session

Encino ~ Sat Sept 11th (11am-1pm) LOTS Session

Encino ~ Sat Sept 11th (2-6pm) Ladies Only Track School

More info at: <http://www.zippydsnail.blogspot.com/>

JEANIE LONGO WINS FRENCH NAT'L TIME TRIAL CHAMPIONSHIP AT AGE 55!



WORDS TO LIVE BY: “Let me tell you what I think of bicycling. It has done more to emancipate women than anything else in the world.

It gives a woman a feeling of freedom and self-reliance, the moment she takes her seat... and away she goes... the picture of free, untrammled womanhood.”

-Susan B. Anthony - Equal Rights Activist - February 2, 1896