

Turning Circles

Newsletter of the South Bay Wheelmen

<http://southbaywheelmen.org>

April 2012

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Sponsor profile – Kevin and Kay Nicholes, Xtreme Fitness and Wellness

(contributed by Alysha Webb)

The website for Xtreme Fitness & Wellness has photos of Kevin and Kay Nicholes from their days as competitive body builders. It's hard to imagine Kevin, who competed in the super heavy weight class, riding a bike, much less racing one. Indeed, jokes Kay, "at the beginning you couldn't see the bike when Kevin was on it."

Now, however, both are bicycle racers and Xtreme Fitness & Wellness is a new sponsor of the South Bay Wheelmen. Though they heard about the club through a client, their reason for becoming a sponsor wasn't commercial. "Bringing in more clients isn't our objective," said Kevin. "We mostly just wanted to give back to the club."

Xtreme Fitness, based in Torrance, offers personalized fitness plans. Its clients include many cyclists, and it was through client and current SBW president Tom Buescher that the Nicholes first heard about SBW. They would go to watch him race and about five years ago Kay started riding to develop certain muscle groups such as her hamstrings and gluts. "All these muscles mean a lot when on stage being judged," she said. Since the pair tends to be into the same things, Kay got Kevin on a bike, too. Naturally the more they rode the more they loved it. Still, Kevin didn't start to ride seriously until he quit competing in 2008. He needed to keep at 285 pounds while in competition, and cycling made him lose too much weight, he said.

Buescher suggest they join the SBW for the camaraderie and the racing skills development opportunities. "I think I joined before I even got my bike," said Kevin. Once they joined, the Nicholes wanted to race, not just ride. "Anything having to do

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Kevin and Kay riding in Palos Verdes

Xtreme Fitness (con't from page 1)

with competition is right up our alley” said Kay. “We love to compete.”

Both are ranked as Category 4 now and like any good cycling couple they have started to accumulate bikes. Kay has a Trek Madone road bike; Kevin a custom Holland frame. Though he now weighs a mere 215 pounds, the titanium and carbon frame is made with oversized tubes so he doesn't flex it. Both have Giant time trial bikes and mountain bikes.

Being riders themselves gives them an edge when advising cycling clients. “We know exactly how it feels to be on a bike,” said Kevin. Strength training is one area where cyclist can really benefit from having a personal workout routine, said the Nicholes. It boosts endurance on the longer rides, and for the sprinters it adds power, said Kevin.

Kevin and Kay are hosting the April SBW meeting at their office in Torrance and talking to the Wheelmen about fitness and healthy living. They'll also tell us about how they are expanding their business to include a yoga center, nutritional guidance, postural alignment, and “a more complete series of movements that will include both the mind and the body,” said Kay.

Both are already pretty busy--they see about 70 clients weekly. So they will be adding staff as they add services. “We've been working one-on-one for a while,” said Kay. “We decided it is time to start getting to more groups of people at once.” Hopefully some of those new clients will become Wheelmen, too.

Racing results:

3/24 Rosena Ranch crit in San Bernadino

W 1-3 Julie Riccardi 2nd
M 60+ Bruce Steele 7th, Cary Alpert 12th

3/25 PV Hill Climb TT #2

M 60+ Bruce Steele 3rd, Mick Iwadare 6th
M 5 Jeff Krivokopich 1st, Spencer Yee 2nd

3/31 Supermasters TT (state) Fiesta Island

W 55-59 Lynette Rock 2nd
M 60-64 Gerry Agnew 3rd

4/1 Supermasters state championship crit San Diego

M 65-69 Mike Fleming 4th, Bruce Steele 5th
W 55-59 Lynette Rock 3rd

4/1 Torrance Crit

M Masters 55+ Deogracias Asuncion 1st
M Masters 60+ Mick Iwadare 5th
M cat 4 Chuck Winn 4th, Elliott Pallett 12th

M 5a Spencer Yee 2nd
M 5b Jeff Krivokopich 7th
W 1-3 Tara Unverzagt 8th

(more results next page)

Do you have a cycling story or trip report you want to share with fellow club members? Contact the Turning Circles newsletter editor Jeff Dykzeul (velobum@gmail.com).

Ride leaders needed for Saturday Late Riser ride. Training opportunities available, meet new people and earn bonus karma. Contact ride leader coordinator Jeff Dykzeul (velobum@gmail.com) or club president Tom Buescher (thomasbuescher43@gmail.com).

more Racing results:

4/3 El Dorado Crit #5
M 40+ Chuck Winn 5th

4/8 Easter Sunday GP crit Ontario
M 60+ Mike Fleming 4th
W 1-3 Julie Riccardi 9th

Torrance Crit Men's 55/60+ race report (victory by Dao!)

(contributed by Leo Longo)

The night before the Torrance Crit, I was lying in my bed, listening to the rain. I live just 2 miles from the race venue, and given it was raining, I was not looking forward to racing in the rain. But by morning, the rain was gone and there was nothing in the skies but sunshine and wind. Lots of wind. This race venue can be windy in the afternoon, as those who live in the area are very well aware. But to have this kind of wind in the morning is not typical.

As a member of the host club, I arrived at the course early. Everything was a buzz. Volunteers were everywhere and registration was humming. Course marshals were plenty and we, The Bike Palace, were ready to put on a great event. (Shameless plug for my club).

There is a great side road available to warm up on, and thus no need for a trainer. As I rolled back and forth on this road, the wind continued to strengthen. The course is a 6 corner affair, with the finishing stretch into the wind. There is a chicane just after the start/finish, with a short leg to turn three. Then a short section to turn four. The next leg is almost 1/2 mile long and down wind. This stretch can be pretty fast, especially entering turn five. At this turn, you transition from the down wind section to, basically, a cross wind section. The wind will catch your front wheel if you're running deep v's, and I saw many a lead rider (in the later races) come through this turn and overcorrect, almost going down. You really need to know this corner to get through it as full speed. And you need full speed because this leg is short, leading into the last turn. If you are first through the last turn with a 10 meter lead, there is a good chance you can hold off the field for the win.

So, the 55/60s are called to the line. I look around to see who is there. I count thirteen riders. Eight 55+ and five 60+. This is going to be both easy and hard. Easy in the sense that the numbers are low and hard because the numbers are low. If you gap on the up-wind leg, and the group puts down and attacks, you could get dropped on the down wind leg and never recover.

The whistle is blown and off we go. The first lap is as expected. Everyone is still warming up their legs. Lap two sees Ricky Shorts attack. He gets a good lead, but it's into the wind. The group brings him back. The next couple laps are uneventful with a couple more riders testing their legs. No serious threats. Then we have a preem lap. On the back side, I see that no one is really setting up to make a go of it,

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(above – Dao on the podium)

Torrance Crit Men's 55/60+ race report (continued from previous page)

so I went to the front and lead the group around turns five and six. I ramp it up and am watching the shadows coming from behind. The sun is still low enough that I can see a rider is catching me. I go a little harder and his shadow stops making up ground. Then he comes again and I start sprinting. He marks me but is not overtaking me. Then with just 20 meters left, my legs give out. (I'm still recovering from a late winter illness). The rider, Rodney Malloy, sees this and puts in another effort and overtakes me for the preem. Rats.

This was a really hard effort and everyone shuts down. All except Deogracias Asuncion, Dao to those who know him. Dao launches a vicious attack. No one follows. Two laps later, Dao has a half lap lead. So when I say he launched a vicious attack, I mean vicious.

This is the way it continued until approx 3 laps to go. At this point, John LaGrandeur goes after Dao. The reset of the field is just waiting for the last lap. This was evident by the pace. We were riding along at approx 15mph into the wind and just 20mph down wind. John catches Dao and they fight it out for the 55+ win, with Dao taking it. The reset of us are grupo compato going into the finishing straight. The sprint is clean with everyone respecting each other. Ricky wins the field sprint for third in the 55+s. I'm not sure of the finishing order of the rest of us, but Howard Miller was first in the 60+ with me close on his wheel for second, and Fred Haim just another bike length behind me for third. The results are up on SCNCA if you'd like to check out the rest of the results and categories.

All in all, a good race. We were racing for merchandise and I know there were comments about that. For second place in the 60+ I received two Schwalbe tires and an etched beer glass, similar to what Paramount does. Our glasses showed the race name and the placing. I think that was a pretty good deal.

Last year there was a very good turnout for our cat at this race, and the rest of the categories too. But like a couple of years ago, this year we were up against another crit. That explains the lower numbers. If we can get on the calendar with no other competition, I would expect a good turnout next year.

SAVE THE DATE- Club meeting April 27th. Special Presentation by club sponsors Xtreme Fitness and Wellness, Kevin and Kay Nicholes. Learn first hand their training and nutrition methods for cyclists and other athletes. Special guest Chris Kussoff will join Kevin and Kay in explaining the Egoscue Method and how it helps your overall fitness. A formal invitation will follow shortly but be sure to RSVP as space will be limited for this event. This club meeting will be held at the Community Meeting Room at the Torrance Airport. 7.00 p.m.

RSVP to Tom Buescher at thomasbuescher43@gmail.com

SBW Member and Sponsor Dave Lindstedt suffers crash injuries (report from Dave)

Update 4 weeks from crash: Recovering very quickly from the surgeries, with pins and plates galore (may have enough metal in me to change stop light. We'll see.) Was in the hospital 6 days and rehab another 6. Hip came back the quickest, walked out of rehab w/o assistance. Therapist said being in such great shape help accelerated the recovery.....but I reminded her that's what got me in there. Catch-22 sort of thing. Elbow will take time (several months) to fully recover as the range of motion is limited but will increase with PT. So I'm back to work, walking and stationary bike allowed, but no loads allowed on the right arm till the bones heal. But all in all very lucky for having a high speed crash.

On a more personal note, I want to relay a story while I was in LCM rehab in San Pedro. A nurse stepped into my room and said I had a visitor. When I asked who, she said Adam. Wha??? Adam Rybicki came to visit me? There's a twist! I didn't believe it until I watched Barbara wheel Adam in, wearing his Malaga Cove Market cap, nodding to me. Barbara said when he heard I was there he insisted on coming over. His facility was literally a block away. He knew the details of my spill, we communicated about it, to which he responded "this cycling can be dangerous". Amen. It was a touching moment. I've attached a photo that Barbara took. Thanks to all for your well wishes and ride safe out there.

(Ed note: Adam Rybicki is the rider who was severely injured by a teenaged drunk driver last year at 7:00 on a Sunday morning. Among other injuries, he still cannot hear or speak, having to communicate by reading sentences written on a whiteboard and spelling out words letter by letter. But he has amazing spirit. Dave crashed while descending the PVDE switchbacks when his front wheel washed out in a turn.)



Looking Forward

- Weekly club rides
 - Saturday 9:00am at Catalina Coffee Company, 126 North Catalina, Redondo Beach.
 - Sunday 9:00am at Catalina Coffee Company, 126 North Catalina, Redondo Beach.
- **Baxter Time Trial Series** – Last Sunday of each month, starting February 26 through September. All dates at same Carson course, where Carson Boulevard dead ends at the Long Beach Freeway. As in the past there are 8:00 and 9:00 a.m. starts. The 9:00 starters time for the 8:00 starters and vice-versa. For more information contact SBW prez Tom Buescher, SBW race director Andrew King, or Baxter series leader Toni DiSalvo.
- **SBW Club Meeting** – Friday April 27, 7:00pm Community Meeting Room at the Torrance Airport. Special presentation by Xtreme Fitness & Wellness, RSVP to Tom Buescher at thomasbuescher43@gmail.com
- **Chevron Manhattan Beach Grand Prix** – July 8 - 51st edition of this elite race on the National Crit Calendar.

SBW Sponsors

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Xtreme Fitness & Wellness -
<http://www.xtremefitnessandwellness.com/home.php>

Sponsor Discounts for members

Get stuffed at Good Stuff Restaurants - 10% for club members. Tell your server when ordering.

Dave Lindstedt associate VP, investments at Well Fargo Advisors in Rolling Hills Estates offers complimentary portfolio review and a preliminary plan with investable assets of \$250,000 versus more than \$500,000 for non-club members.

Rudy Project and Nuun Hydration discounts, codes required. Contact Tom Buescher if interested.

Craig Barton of CB Loans will make an additional donation of \$250 to the South Bay Wheelmen on top of his sponsorship for referrals from club members that lead to a home loan through him. He will also waive some fees.

SBW Board of Directors

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