

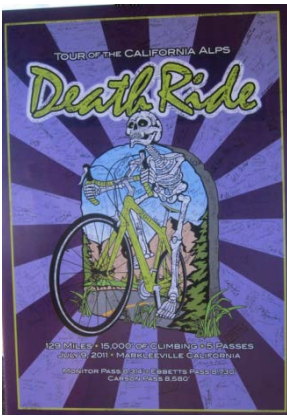
The Naval Postgraduate School Foundation Cycling Club Quarterly Newsletter: Summer 2011





July Started Out With a Bang

The start of the summer quarter saw the club bounce right back into action. The first weekend back Dave O’Hearn and Seth Hooper attacked the Treasure Island Tri on July 9th with a vengeance. Both riders represented NPS with pride. Their hard work, leading up to the weekend, certainly paid off. Averaging over 24 miles per hour on the bike, Seth scored a top 10 finish in his age taking 9th while Dave took a podium finish placing 3rd in his age group.



The Death Ride Poster all 5 pass finishers sign

On the same day on other side of California five intrepid riders representing NPS took on the challenge of a lifetime. Recognized as one of the premier cycling events in America's West, *The Tour of the California Alps: Death Ride* presents some of the most difficult terrain for any cyclist to ride in a single day. The ride starts out at over 6000’ of elevation and travels 130 miles across five peaks culminating with more than 15,000’ of climbing. More than 3,500 people started out the

day but only a fraction of them finished, claiming the title of “five pass finisher”.

Nolan Semrau led the way for the NPS Cyclists, crossing the peaks and finishing up in just over 10 hours, followed closely by the NPS Foundation President Bill Warner. Jarrod Gillam rounded out the field completing the entire course in 13 and 1/2 hours, and thoroughly enjoyed the free ice cream that awaited all finishers. It was a job well done by all participants, pushing the limits of endurance.



Nolan Semrau shows off his 5 pass completion stickers.



Not All Races Are on the Bike

On July 31st, during the San Francisco Marathon, Team Red, White & Blue (RWB) and Wear Blue: Run to Remember (Wear Blue) joined forces to pay tribute to Captain John Hallett, who was killed in Afghanistan on 25 August 2009. Members of the NPS cycling team



Jerrod Adams and Tyler Donnell Posing for a quick shot

represented the club during these events, promoting not only the school but also the great attributes and contributions of RWB and Wear Blue. Jerrod Adams began the day by running an ultra-marathon (52 miles), starting at midnight, and completing his first full marathon of the day when most participants of the San Fran Marathon were just warming up.

He then linked up with the rest of the NPS participants who went on to complete another full marathon. The NPS cyclists did an amazing job of participating, filling the field with more than ten participants over all the runs, including Dena Donnell who was six months pregnant at the time.



Team RWB before the run

McCall Motorworks Revival

Gordon McCall's Motorworks Revival at the Monterey Jet Center is one of the most exclusive lifestyle events of its kind in the country. The one night event privately kicks off the world-class automobile week held each August on the Monterey Peninsula. With an "A-List" of VIP guests from Hollywood celebrities to captains of industry, this jet set crowd arrives in first-class style to feast on the latest offerings from some of the world's top luxury brands in a relaxed and elegant party setting. This event also acts as the primary fundraiser for the NPS Foundation



Cycling Club and other foundation groups. The professionalism and demeanor of the students who participate in this event is heralded by Gordon as what makes the event run so smoothly.

This year the NPS students didn't disappoint, filling more than 70 positions, and were treated to an event that is incomparable to anything else during the automobile week. Dave Marino took the reins of organizing the student participation and is credited for their successful contribution. Highlights of the event were the introductions of Pagani's new \$1.4M model, Huayra and Lamborghini's new model, Aventador



Seth Hooper shows off a new Ferrari

LP700-4, which is rumored to be the next "Batmobile". This event has become a staple for the cycling club and is highly recommended for anybody who will be around next year to participate in it.

Hangover Tri

On August 28th, Kate Longley and Jen Lee hosted a cycling club tradition started by Jared Sweetser and Dave Ramsaur. The "Hangover Tri", an early morning non-competitive club event, brought together over 25 bleary eyed athletes and supporters. The first order of the day was some serious Starbucks caffeine intake, and doughnuts, before heading off to the beach to begin the tri. Amy Bulters led the way out of the water and quickly transitioned to the bike followed by the rest of the pack.



The early morning swimmers before the start of the Hangover Tri



The Hangover Tri Crew

The weather in Pebble Beach was as cooperative as always; thick fog and light rain along the 30 mile ride. The Monterey micro-



climate made the run much more enjoyable and all athletes appreciated the sunny skies for the 6 mile run. Following the painful portion of the day, everyone settled into Kate and Jen’s backyard for an awesome BBQ of dogs, burgers and pulled pork. It was a great finish to a fun morning that will hopefully be repeated soon.

Mt. Diablo Ride

As part of the club’s continuing efforts to support charitable organizations, the club sponsored 10 NPS cyclists to ride the Mt. Diablo challenge on September 3rd in Concord, CA. This ride was in support of the Sentinels of



NPS cyclists show their support before heading out on the 30 miler

Freedom, an organization devoted to helping support severely wounded veterans and preparing them for the upcoming Ride to Recovery traveling from San Francisco to Los Angeles. The riders were able to choose from three different distances ranging from 30 to 90 miles. The club’s own Sentinel, Travis Fugate, along with Dave Ramsaur led the



Jarrod Gillam enjoying the view from the top of Mt. Diablo

way on the 30 miler crushing all on-comers on Travis’ General Lee orange tandem bike.

The cyclists had a great day getting to know the vets that came out and rode with the club participants and made friends for years to come. Everyone looks forward to riding with them again soon and supporting their efforts.

Pacific Grove Tri Weekend

The club has several big events each year that take precedence over all others and the Pacific Grove Tri was the biggest this past quarter. The club represented NPS during the



weekend with over 50 racers and volunteers offering a significant presence within the community. To prepare for the weekend the club held its quarterly Brats n’ Wrenches, graciously hosted by Gordon McCall, preparing cyclists for issues that may come up during the races. Some of the classes taught were how to change tubes and tires as efficiently as possible and how to prepare your bike



Dave O’Hearn lent his bike out for instructional purposes

for the race. (Brats n’ Wrenches was started by Juan “Gomez” Fernandez as a recurring gathering of two-wheeled enthusiasts to talk about all things bikes and enjoy good company, and continues strong. Look for updates on the next installment later this year.)

The racing days provided a venue for every level athlete. On Saturday September 12th with almost perfect racing weather, the Olympic Distance Triathlon (1.5k swim, 40 mile bike, 10K run) tested the racers as they started out in the famed kelp fields of Monterey Bay before



Jon Cebik and Nolan Semrau pose for a quick shot before the start of the Olympic Distance Race

making bike and running rounds around Pacific Grove. Greg Ostrin took top NPS honors on the day, winning his age group. Sunday followed it up with the Sprint Tri (400m swim, 12 mile bike, 2 mile run), a perfect distance

for the first time tri-athlete. The club continued its successful showing, placing members in the top 10 finishing positions in several age groups.

A special thanks to club President Dave O’Hearn and Equipment Manager Seth Hooper for their efforts during the weeks leading up to the events and during the races. Dave and Seth have continued to foster a great working relationship with Tri-California events (Organizers of the PG Tri) and were asked to assist during the races. They both agreed to become bike race



directors (one for Saturday and one for Sunday) so they could each race, while also coordinating all the volunteers on the course. They did a great job taking on these thankless roles. Seth also took the lead on organizing and coordinating the NPS tent volunteers as well as the set up and tear down of the tent during the expo. The tent was in a great location for the NPS Foundation Cycling Club and Running Club to promote the groups and the school as well as provide a place for NPS athletes to congregate and relax before and after the race. And a final thank you to all NPS students and staff who took time out of their weekend schedules, right before finals, to volunteer and support the athletes and Foundation. It wouldn't have been as successful without you all.

Team RWB 911 Ride

In conjunction with Team RWB's 9.11 Moving Tribute, Tyler and Dena Donnell lead a 101 mile bike ride on September 11th to Honor the 10th Anniversary of 9/11.

Over 20 NPS cyclists and supporters rallied in the parking lot across from the Del Monte gate bright and early on the morning of



Memorial riders getting ready to launch

September 11th to honor the memory of the many fallen heroes since the 9-11 tragedy. Two of the youngest members of the group, Devin Donnell (10) and Austin Alexander (12), both being too young to remember the day the towers fell, came out to show their support and ride to honor the cause as well.

Beginning at 0745, both veterans to the road and novice riders alike fiercely peddled east on HWY 68 towards Salinas, through Monterey wine country, to the Soledad Mission, up over

the Ardilla Grade then on through Carmel Valley, completing the ride back to NPS covering more than 104 miles. The group spent almost 10 hours in the saddle, many fighting their way through muscle cramps, multiple flat tires, heat and fatigue. These issues paled in comparison to the many sacrifices so many of our men and women in uniform have experienced over the last 10 years. The group ended on a high note with a beautiful sunset BBQ provided by Chef Jerrod Adams and crew down at Del Monte Beach where everyone was able to share a comfy seat (that did not resemble a bike saddle), a burger, a beer, lots of laughs and great stories.

Many thanks to Lina Deeb and Sarah Alexander who provided SAG support and were the group's personal cheerleaders for most of the day...the ride was not possible without both of you!

Hosted Socials

The club continued its role as active ambassadors within the community this quarter. The local hospitality of the residents of Pebble Beach has become a staple of our Friday morning rides. Club co-founder Gary "Quail" Laughlin and his wife Sandy have gone out of their way



The club enjoys its time with hosts

The club enjoys its time with hosts to ensure the club has the opportunity to meet with and enjoy the company of some the most gracious hosts within the Pebble Beach community. This quarter offered the club a unique opportunity to visit with previous hosts as well as go outside of Pebble Beach and meet with new club supporters within the Carmel Valley area. We would like to take this opportunity to thank the Hoak, Hussman and Pack families for opening their doors and allowing us to visit with them.



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NPS FOUNDATION CYCLING CLUB

Their gracious hospitality is very much appreciated and we hope to be able to visit with them all again soon.



Quarterly results

The club was very active over the summer competing and volunteering almost every weekend. Here is a snapshot of some of the events:

July 9th

San Francisco Tri 2 participants
California Death Ride 5 participants

July 17th

Vineman Ironman 70.3 2 participants

July 22nd

Hoak Hosted Social Ride 40 cyclists

July 30th

CCCX Road Race (Ft. Ord) 4 participants
Vineman Ironman Tri 6 participants

July 31st

San Francisco Marathon 7 participants (plus family members and friends)
(Ultra, Full & Half)

August 5th

Hussman Hosted Social 25 cyclists

August 21st

University Road Race 2 participants
San Fran Tri 2 participants

August 26th

Pack Hosted Social 28 cyclists

August 27th

Cystic Fibrosis Ride for 5 participants and marshals
Life

August 28th

Hangover Tri 25 participants

September 3rd

Sentinels of Freedom Ride 11 participants

September 10-11th

PG Tri 50+ participants and volunteers
911 Memorial Ride 20 Participants



Future Events:

October 1 st	CCCX Road Race	www.cccxcycling.com
October 1 st -2 nd	Scott Tinleys' Adventure (Triathlon)	www.tricalifornia.com
October 2 nd	CCCX Cyclocross Race	www.cccxcycling.com
October 3 rd	Ride 2 Recovery	
October 13 th	Open Board Meeting	
October 16 th	CCCX Cyclocross Race	www.cccxcycling.com
October 19 th	Twilight Ride @ Laguna Seca	
October 22 nd	CCCX Cyclocross Race	www.cccxcycling.com
October 22 nd	Condor Classic	www.condorclassic.com
October 28 th	Board Elections	
November 11 th	Club Century (Cambria/Paso Robles)	
November 16 th	Twilight Ride @ Laguna Seca	
November 20 th	Big Sur Half Marathon (Ride Marshals)	
November 20 th	CCCX Cyclocross Race	www.cccxcycling.com
November TBD	Brats n' Wrenches	

Club Ride Schedule:

Sunday: Group training rides starting at 1330 (Starbucks off of HWY 68)

Tuesday: Group training ride starting at 1600 (Loc TBD, times may change due to SGLs)

Wednesday: Social No-Drop "Scoop" ride at 1700 (Del Monte Gate Parking Lot)

Wednesday: Mountain Bike Rides with the Monterey Off Road Cycling Association (MORCA) at 1800 (Ft. Ord; 8th and Gigling Rd)

Friday: Social No-Drop ride at 0730 (Del Monte Gate Parking Lot)

NPS Cycling Club Board Members

President:	Dave O'Hearn
Vice-President:	Marty Timmons
Secretary:	Dave Ramsaur
Treasurer:	Nolan Semrau
Events:	Dave Marino
Public Affairs:	Jarrold Gillam
Sponsorship:	Jerrold Adams
Equipment:	Seth Hooper
Member-at-Large:	Tyler & Dena Donnell
Member-at-Large:	Travis Fugate

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The Naval Postgraduate School Foundation Cycling Club is comprised of approximately 50 active and almost 300 legacy military members attending the Naval Postgraduate School or Defense Language Institute in Monterey, their spouses, instructors, and local supporters. Our events range from weekly social rides through the Monterey Peninsula to assisting local volunteer efforts. As military officers and cyclists, we are active in the community and represent all of our sponsors with the utmost in integrity and a healthy lifestyle image. We have roughly 25-35 members turnover each year, with club members relocating throughout the United States and abroad to conduct their military service.

The NPS Foundation is a non-profit 501 (c)(3) organization whose primary mission is to support the students and faculty of NPS. Similar to other educational institutions, private support is vital to achieve standards above the sustaining level of public funding. Private donations enhance the educational experience to the level of the country's best institutions of higher learning. Through memberships and other donations, we are able to provide private funds for: academic awards; faculty recruitment and retention; individual NPS departments; upgrades to facilities and equipment; sponsoring guest lecturers; NPS visibility and community involvement; historic preservation, museum displays and recreational opportunities. The NPS Foundation enables community members and businesses to aid in the education of our future military leaders.

