



BREAKAWAY

SINCE 1976



Editor Bobby Skedsmo No.49

March 2005



President's Message

Deaflympics 2005 experience with US Cycling Team . . .

As a president of USDCA, it was an overwhelming experience to be with the US cycling team in Melbourne for the first time. My heart pounded when I had the opportunity to meet you all at the opening ceremony. It was the warmest group to greet and felt like an instant family. Introducing Johnny, Matt, Trevor, Rory, Paul and Charles were delightful especially when their names finally linked to their faces! (I knew Paul and Rory from Gallaudet).

We greeted again during our first event: 100M Sprint. It was awesome and my tail wagged during the whole ceremony as I was so fascinated with the race. Watching one of the USA cyclists winning gold brought a joy and an overwhelming experience for a fledging president.

The other three events: time trial, road race and crit/point race were an awesome sight to watch. Seeing US cyclists achieve up to their potential makes me proud to be involved throughout the games.

I had the opportunity to explore and see what areas we could improve during the next deaflympics 2009 in Taiwan. We definitely need a van to transport ourselves to the event and store our cycling equipment. We've been carrying and hauling all those cycling related items between the hotel & the bus during four events. Not an awesome sight but no one complained! Also we had to wait for the second

truck to bring our bikes back. It would be very convenient to have our own transportation as cycling events tend to be away from the city. We could go up and train a bit before the event begins next day or two.

Plus it was an educational moment for me to watch the US cyclists learning their strengths and weaknesses. On the hourly bus ride between Ballarat and Melbourne, Charles Cordy had the time to explain his strategic goals of cycling training plus his former personal experience in the deaflympics. Also it was enhancing experience to watch other international cyclists with their coaches sharing the cycling experience in another language. It was very dramatic to watch them signing in action!

We continue to recognize our familiar faces during those four events and found ourselves like a ONE big cycling family.

It's my fourth Deaflympics and I must admit Melbourne was a special one! Coach, Cycling Technical Director and US cyclists have taught me so much and have shared your passion of the cycling world. I would like to thank you for welcoming me to the family and looking forward to get together again during World Championship in San Francisco.

Most of all, I wanted to thank Bobby Skedsmo for showing the ropes of an unique organization that we have. Let us cherish and make the best in this world.

With warmest regards in cycling,
Bev Buchanan



World Cycling Championships Organizing Committee Chair's Message

Hi Everybody!

The 2006 cycling championships are coming closer and closer. We're really excited about the event! Right now the program schedule of our cycling championships is in the picture.

Sunday June 18 to 25, 2006

- Sat Jun 17 Arrival
- Sun Jun 18 Technical Meeting
- Mon Jun 19 5-kilometer Prologue
1000-meter Sprints
- Tues Jun 20 35-kilometer Individual Time Trial
- Wed Jun 21 Mountain Bike Race
- Thu Jun 22 100-kilometer Road Race
- Fri Jun 23 Mountain Bike Race
- Sat Jun 24 50-kilometer Points Race
- Sun Jun 25 Departure

Riders and representatives will stay at the California School for the Deaf in Fremont at no cost to the teams or representatives. There are cottages with kitchen for them to use conveniently. More details will be followed by the eBreakaway newsletter from time to time.

Many thanks to all the people who volunteered to help us out. If you have any questions, feel free to send me an email at horwitz@usadsf.org.

The web site will be launched on March 4th and the url is <http://www.usdeafsports.org/2006cycling>

Thanks and happy cycling!
Nathaniel Horwitz
USDCA Vice President and WDCC
Chairperson



Gerald Mielke-Weyel GER - Trevor Kosa USA – Luca Buontempo ITA

In the **1000-meter sprint events**, Paul Wood, a silver medalist at the Rome Games, was seeded as the second fastest of the games but was boxed in making a turn on the curve in the first heat, so that left Trevor Kosa, a gold medalist at the Rome Games, a solo potential for medal. He briefly lost to the German sprinter on the first heat of finals, but then he took it right back to defend his title as a sprint champion.



Johnny McLean – Matt Idler – Rory Osbrink – Paul Wood – Trevor Kosa

Words from the Team Members



Rory Osbrink
California

\$4,500 = Cheap and
Awesome Bicycle Education

(Note: Each athlete was required to raise \$4,500 fund for his trip to the games.)

Needless to say, this was a very valuable education for

me. I was lucky to even reserve a spot on the team and intended not to let the opportunity go to waste.

Sprint Race:

This was definitely a cool race. I held too much in reserve going for the flying sprint and my overconfidence resulted in a very humbling lesson. The lesson: do not save up anything, especially when going for the Gold-- Kosa was really impressive in this event; and in retrospect, I would have NEVER been able to beat him at my shape. I really was puzzled to the overturn of Paul's appeal, at least some justification in the interpretation of rules (e.g. explain it like a football referee). This is one aspect that I think needs to be relooked at prior to 2006 World Cycling Championship.

Time Trial:

Disappointment. I genuinely felt that I could have done better in the race; perhaps the lack of a hard warm-up along with lack of time trial specialized training the week before the games made up for an inadequate performance. Nonetheless, this is one area that I will definitely improve-- it will be my focus at the next Deaflympics.

Road Race:

I absolutely loved the course despite what anyone says. A lousy start and poor descending skills is what did me in. It was too bad that Matt and I formed a partnership that resulted in elimination because we were definitely reeling people in. This race really boosted my confidence because it showed my strength as a cyclist and I finally overcame some of my descending fear.

Points Race:

Ahhhh!! This was the most frustrating one for me. Too many factors are to be blamed in this race but it is not necessary for me to go into details. I was disappointed that I could not help out the team as much as I could mostly due to rule interpretation (again), not to lack of strength or technique on my part. Yes, I agree with Kosa - communication could have helped us out a lot, especially in securing the gold. With better communication, perhaps the teamwork would have been better too.

Team:

I love you guys! It was a great experience for me to get to know everyone. I sincerely mean it when I say that I loved writing the articles and to brag about all of you-- also I learned so much, it was an invaluable education for me. As seen above, the equation rings true-- I could have not learned as much as I did in those three weeks anywhere else, especially on the bike. I thank Coach Charles for the opportunity and for being patient with me and for appreciating my potential. I do hope to see all of you at the World Deaf Cycling Championships.

Post-Deaflympics:

Immediately after arriving, I got my bike fitted-- now it rides so much better! I also swapped my pedals for speedplay zeros-- ahh, Paul and Johnny, you were right-- they are so much easier to ride in. I've already raced some crits and am signing up for a lot more, along with Sea Otter and RR. Will continue to do some tri to satisfy my sponsorship but the focus is on cycling.

Conclusion:

I was in peak condition (so-called "Die Hard") but lacked experience. This trip alone has taught me EXACTLY what I need to work on and gave me motivation to get out and ride, even in the rain (storm here in San Diego).

Everyone (including Bev), THANK YOU!



Trevor Kosa
Washington

I learned a lot from my coach, Charles and the team members as well! He taught me many new technical tips. I couldn't think of more tips to ask of him concerning how to repair, stay fit and cope with mental stress. As of results were evidents that Charles did his excellence beyond the expectations to reach my goal.

In order to better prepare myself in the road race at the Melbourne Games, I should have known the condition of weather aboard before I had a

right quality of training but the weather was unpredictable from time to time. I only had one week of quality training in order to get to the point that I could get better result but the weather was not good to me. Cold cramps bothered me along the way but I managed to stay in the pack up the front with six riders of us and the other two riders that already made a breakaway. I tried to stay with the pack up to the last hill of the last lap but they attacked. I thought that I would stay with the French riders but I concluded that my training was to be blamed. My coach was right. I had to pay the price for it!

On the 50-kilometer points race I think it was ill-prepared for us. I realized that information on points earned for the individuals each lap was important. It was hard to see results on the white board that the official used to put on every other lap when we raced through. At the midst of race I had earned a lot of points but somehow we let two Australians break away. We were never able to catch up with them thus they earned enough points to win the gold and silver medals. I once thought that I was not going to earn the bronze medal because I was not sure of the points standing at that time. It was total chaos for me. I wish there was some kind of information that we could see. It is something that we should think about for our next games and at the upcoming world cycling championships.



Bernard Braugola FRA - David Cloux FRA – Luigi Cucco ITA

100-kilometer Road Race course was in the wide-open outback of Australian hills with dry prairie and eucalyptus trees scattered over the countryside. The sun was beating down on the riders a bit and within hours salt was covering everybody and riders were constantly questing for water bottles. Within fifteen minutes the water was as warm as bath water. The two French riders broke away during the midst of the race. The breakaway was finally established with non-threatening riders for the rest. That left 6-rider peloton chased and never made any good of it until the final hill. The breakaway split in individuals chasing and Luigi Cucco of Italy ended up in the front and racing for the bronze. The French Michel was right behind by a fraction of tenth second. If it were for this French making the third, it would have been the first sweep in the Deaflympics history. In this tactical race, Kosa of USA lost out, but still managed a nice placing in the sixth.



Paul Wood
Indiana

See his video at this site.
<http://users.ameritech.net/paulwood/deaflympicscycling.wmv>

Local Organizing Committee
Progress Report



Jarrold Denman - Reece-Emerson Van Beek AUS – Trevor Kosa USA

In the **50-kilometer Points Race**, Australia scored 1-2 places in points race at the Deaflympic Games with Reece-Emerson Van Beek and Jarrod Denman winning gold and silver. American's Trevor Kosa took the bronze medal. He initiated several sprints for total of 32 points into approximately 30 laps of the race. He proved to be dominant in the sprints, with the winner figuring in almost every one. With 20 laps to go, the race for gold was essentially over when the two Australians managed to break away for good, but Kosa battled until the last sprint to get the bronze.

MOUNTAIN BIKE

USDCA is seeking a coaching position for mountain bike at the world championships. We have advertised the opening position but nobody has sent in a resume. If nothing comes in to apply then default will be John Norstand who is currently acting as our USDCA Technical Director for mountain bike.

There is a speculation that we will have mountain bike tryouts in Vail, Colorado this summer. As soon as information becomes available, we will announce.

Every responsible person for the committee has been identified. So the LOC is laying the foundation for successful 2006 world cycling championships in the San Francisco Bay area. The following committee make up will be:

Chair: Robin Horwitz

Transportation: Mike Farnady

Social: Toby Daniels

Accommodations: Leslie Firl

Awards/Podium: Bob Morrison

Venues: Bobby Skedsmo

Public Relations: Robin Horwitz

Volunteers: Matt Idler

The LOC will address to the members and public about the logo design. It will be needed for poster, letterhead, diploma and etc. As of now Maureen Klusza would like to design a logo.

Road Bike Competition:

Several circuits have been identified but they have not been confirmed. It is still too soon to be confirmed. The course for 35-kilometer time trial competition is going to be a pain to find because it is not easy to get parade permit since we live in big city where the traffic flow is concerned. Hopefully one will be in Livermore on the southern fingers of Mt. Diablo (3849 ft), this course has it all. A long, perfectly straight section, and a mildly hilly rolling section. Although it's an out-and-back twice, there is only one turn-around due to it's lolly-pop shape. One lap of the course is approximately 10 miles long.

Mountain Bike Competition:

The course for the mountain bike events will probably be a venue at the Santa Teresa County Park as highly recommended by the NCNCA. It is located near the Hellyer Velodrome. We will have a cross country mountain bike event for both men and women. We are looking into another second event for mountain bike.

CYCLING CLUB ACTIVITY



California Deaf Wheelers had its 8th annual family-style lasagna and spaghetti dinner and meeting at a member's house on April 9th. It will be the time to collect annual dues, make plans for rides over the year, make motions and finally eat delicious homemade foods.

California Deaf Wheelers proudly proclaims that they have a new web site.

<http://www.nathanielhorwitz.com/cdw/>

CYCLING CLUB APPLICATION

The following criteria in establishing a bike club is required to meet the minimum.

1. Three members or more to start
2. Club is required to pay \$6 affiliate fee per year
3. Individual Membership is \$5 as required which will go to USDCA.

Note: Fee for club functions is the club's decision. By joining the USDCA, you will receive the following benefits:

1. club will be recognized as an official body across the nation,
2. seal of prestige, reputation and honor,
3. ability to communicate among the local and national members,
4. opportunity to qualify for the national / development team, and
5. placing your club activities in our Breakaway publication.

Find this club membership application at

<http://home.earthlink.net/~skedsmo/cyclubs2.htm>



NOTES from SECRETARY-TREASURER

Bobby Skedsmo

This summer will be time to celebrate our USDCA's 30 years existence. We have every reason to be proud of our organization because we are the first NSO established after the basketball and softball of the old AAAD, continue to be stable and strong

and have brought unprecedented number of medals home.

We desperately would like to see that we establish more **cycling clubs**. The California Deaf Wheelers is only deaf cycling club that is affiliated with USDCA. If interested, please find *cycling club application* somewhere on our Web site.

As of March 5, 2005, the **USDCA treasury** has a balance of \$3265.00. Please note the annual report in the back of this newsletter.



Ron Wood, a father of Paul Wood, won the most miles munched in a year with 6168 miles. The contest began on April 1 and ended on October 31. We are not sure if we should continue the contest this year until we have a meeting on April 9. We give free membership to those who won the **Mileage PacMan** contest last year; therefore, Ron Wood of California is granted a free membership for the year 2005.

TAIPEI GAMES in 2009?

Tension between Taiwan and China has developed lately. Today the Chinese government has a legitimacy problem because of the global failure of communism and the serious flaws in its market reforms. The obvious danger of such brinkmanship is that calculations could go awry. There are radicals in Taiwan. Right now, everyone's hoping the U.S. will keep (both sides) in check, but what happens if it can't?

USDCA ANNUAL MEMBERSHIP RENEWAL



Thank you for your extraordinary support of our cycling mission and interest for future generations. You're a valued member of the US Deaf Cycling Association. That's why we want you to renew your membership. We also want

to remind you that with our fiscal year beginning January 1, it's time to renew your membership in USDCA. Please take a moment to check out the web-based membership application at <http://home.earthlink.net/~skedsmo/applic-2.htm>

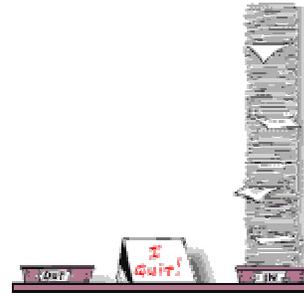
For over one fourth of a century, USDCA has steadily grown and improved in every respect to serve the members.... we simply cannot succeed without your renewed support. Thank you for renewing promptly!

DEAFLYMPICS IN THE NEWS



The recent Deaflympics Games, held in Melbourne, Australia, brought in a staggering 1.1 million viewers who watched DeaflympicsTV, witnessing actual footage from the Games.

DeaflympicsTV is one of several channels powered by DeafNation, and features a variety of stories, profiles and interviews about the people involved with the DEAFLYMPICS. For more information, please visit at this www.deafnation.com/deaflympics.



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USDCA BUDGET By Year

1/1/2004 Through 12/31/2004

3/8/2005

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Category Description	1/1/2004- 12/31/2004	% of Total	OVERALL TOTAL
INCOME			
Club Affiliate	6.00	2.71 %	6.00
Donation	40.13	18.15 %	40.13
Membership	175.00	79.14 %	175.00
TOTAL INCOME	221.13	100 %	221.13
EXPENSES			
Affiliation Due	100.00	54.01 %	100.00
Annual Due	20.00	10.80 %	20.00
Office Supplies	1.61	0.87 %	1.61
Postage	11.10	6.00 %	11.10
Printing	20.46	11.05 %	20.46
Team Expense	31.98	17.27 %	31.98
TOTAL EXPENSES	185.15	100 %	185.15
OVERALL TOTAL	35.98	100 %	35.98

USDCA DEVELOPMENT FUNDS

6/30/1986 Through 3/8/2005

3/8/2005

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6/30/1986-
3/8/2005

Category Description

INCOME	
Mountain Bike Fund	122.00
Road Bike Fund	400.24
TOTAL INCOME	522.24

OVERALL TOTAL	522.24
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United States Deaf Cycling Association



* denotes that they are members of affiliated club.
 ** (RR) Recreational Road - (RM) Recreational Mountain
 (CR) Competition Road - (CM) Competition Mountain - (S) Support
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2004 USDCA Membership

Last-Name	First-Name	City	State	**	Member-Since
Skedsmo *	Bobby	Pittsburg	California	RR	June 1975
Morrison *	Bob	Fremont	California	RR	July 1975
Wood	Paul	Fishers	Indiana	CR	July 1986
Fleischer	Larry	Granada Hills	California	S	Sep 1990
Bernstein *	Ethan	Fremont	California	RR	Jan 1998
Farnady *	Mike	Livermore	California	RR	Jan 1998
Mouroux *	Bill	Morgan Hill	California	RR	Jan 1998
Stauback	Scott	Keene	NewHampshire	CR/CX	Jan 1998
Lamberton *	Jack	Fremont	California	RR	June 1998
Shank	Vicki	Laurel	Maryland	RR	Feb 1999
Greggor	Joey	-	Maryland	CR/CM	Feb 1999
Harlan	Barry	Laurel	Maryland	RR	Feb 1999
Wood	Ron	San Ramon	California	RR	Apr 2000
Koetz *	Graham	Fremont	California	CR	June 2000
Buchanan	Beverly	Washington	D.C.	RR/RM	June 2000
McLean	Johnny	Indianapolis	Indiana	CR	Jan 2001
Boudreault	Patrick	Tarzana	California	CM	Aug 2002
Horwitz *	Robin	Fremont	California	RR	Jan 2002
Langbein	Wayne	Palatine	Illinois	CM	Apr 2002
Firl *	Leslie	Fremont	California	RR	Feb 1998
Cordy	Charles	Port Orchard	Washington	CR	June 2000
Spain *	Alvin	Fremont	California	RR	Jan 2003
Carney *	Mark	Fremont	California	RR	Jan 2003
Schmitz	Jon	Santa Rosa	California	CR	Mar 2003
Crowley *	Brian	RR	California	RR	Mar 2003
Metz *	Andrew	Rocklin	California	CR	June 2003

Smith	Laura	Greenbelt	Maryland	RR	Aug 2003
Idler *	Matt	Sacramento	California	RR	Jan 2004
Davis	Thomas	Tucson	Arizona	RC	Jan 2004
Furman	Robert	Knoxville	Tennessee	RR	Apr 2004
Furman	Virginia	Knoxville	Tennessee	RR	Apr 2004
Murillo *	Tom	Fremont	California	RC	Apr 2004
Morrison *	Brian	Fremont	California	RC	Apr 2004
Burke *	Mark	-	California	RC	Apr 2004
Burke *	Aimee	-	California	RC	Apr 2004
Osbrink *	Rory	San Diego	California	RR	Apr 2004

Last updated: July 22, 2004