



## Summer Fun in Leavenworth ... and Beyond!

*It has been a great summer – hot, windy, hilly and full of fired up rides!*

### **Buckner Burner**

This Individual time trial was 10.1 miles long, with the temperature a comfortable 73 at the start. However the fog was very thick, making the rolling hill course a bit dicey. The SFT took charge and had a terrific performance.

#### Ladies' Open

1. Shawn Morelli 28:43
2. Bonnie McIlrath 30:41
3. Ester Morales 37:24

#### Men's Category 4

2. Matt Mapes 24:13
5. Brendan Sheehan 25:35

We also had two teams compete:

#### Men's 4/5

1. Sean Smith, Matt DeLoia, Matt Mapes 45:58

#### COED

6. Michelle Tope, Jeff Souter, Mike Stone 1:00:36

### **Kansas TT Championship**

This was a tough 25 mile time trial course in Auburn, KS. The following earned state championship medals in their respective categories:

- Carl Fischer - 2nd  
Scott Gregg - 1st  
Michelle Tope - 2nd  
Shawn Morelli - 2nd

Brendan Sheehan also raced, placing 7th; Rick Morrow and Larry Fortis raced in the 20 KM.

### **Sunflower State Games**

This was an entire weekend of Topeka racing! Friday lead out with a 5.9 mile Time Trial, followed on Saturday by a 1.5 mile looped Criterium. And for the really ambitious, Sunday offered a road race. Though the courses

were smooth, the temperatures were tortuous, topping out at near 100 each day. But, the SFT Spring conditioning paid off for the team, as the results show:

#### Time Trial

##### Ladies' Category 4

1. Shawn Morelli
2. Michelle Kraczyk
4. Jen Smith

##### Men's Category 5

5. Sean Smith

##### Men's Category 4

5. Brendan Sheehan

##### Men's 35+

2. Scott Gregg

##### Men's 45 +

5. Carl Fischer

#### Criterium

##### Ladies' 4

1. Shawn Morelli
2. Jen Smith
3. Michelle Kraczyk

##### Men's 4/5

17. Sean Smith
22. Brendan Sheehan

##### Men's 3

2. Scott Gregg

#### Road Race

##### Ladies' 4

1. Shawn Morelli
2. Jen Smith

##### Men's 4/5

8. Sean Smith

##### Men's 35+

1. Scott Gregg

##### Men's 45+

6. Carl Fischer

### **10 KM TT practice**

Proving that you don't truly appreciate what you have until its gone ... we really miss Roger Harrison when he's not here! On Sept. 1

we had a 10K practice TT, starting from the top of Junk Yard Hill. But with Roger on the mend from shoulder surgery, Brendan was left to run the event by himself. He started the riders at 30 second intervals, with the objective to race to the finish line in time to record their times. Unfortunately, two riders beat Brendan to the finish (much like most TT that Brendan has participated in).

### **Hotter than Hell**

As usual the annual trip to Wichita Falls, TX was an exciting, fun, exhilarating and extremely painful event. This year, it could more aptly have been called "Not as Hot as the KC Summer", as the riders were treated to 67 degrees at 6:55 AM, with highs only reaching 96 degrees. The wind, however, was another story. Southeast winds from 10 to 20 mph created tough conditions for the riders final half of the ride.

Bruce Archembault, Sean and Jen Smith, Rick Arnold, Rick Morrow, Shawn Morrelli and Brendan set out on this relatively flat century ride. When all was done, spirits were high — and even improved as everyone enjoyed a Celtic Rock band, great food and beverages .. All while discussing the next team ride — the Buffalo Bill Century! (Ok really — can't you all talk about ANYTHING else???)



Shawn Morrelli, Rick Morrow and Rick Arnold at HHH.

## Product of the Month



### Mechanic's Wrench Set

*see page 2*

## Upcoming Events

Buffalo Bill Century Ride	September 18	Leavenworth, KS
SFT Team Meeting	Sept. 29, 7:30 PM	SFT Shop
First Cyclocross practice	October 7, 4:00 PM	Leavenworth VA
Octoginta Time Trial (Last USCF race of the year! 10 KM individual TT on a flat, road! Fired up!)	October 9	Leavenworth, KS
Boulevard Cross	October 19	Kansas City
Basic Bike Mechanics Class	October 20, 7:30 PM	SFT Shop
Fall Fashion Show	October 22	SFT Shop
De Stadd Cross	November 14	Leavenworth



**More cross races to be announced soon!**

### Product of the Month:

#### *Mechanics Wrench Set*



**\$ 25.00 -  
In Stock!**

**Every wrench needed for day-to-day bike repair in one conveniently sized holder:**

- 1.5/2/2.5/3/4/5/6/8 Allen wrenches
- Rubberized handles provide additional grip and prevent hand sting
- T25/T30 Torx
- Sharpened spoke for multi-use

## Buffalo Bill Century—September 18, 2010

What's better than riding a great Century Ride with your comrades from the best cycling team in America? (That's Santa Fe Trails, if anyone was unsure). A Century ride right here in our own backyard!

The Leavenworth Bicycle Club invites bicycle riders of all ages and abilities to participate in the 28th Annual Buffalo Bill Century "Tour of Seven Cities"—dubbed such in recognition of the fact that the ride route passes through the downtown of seven unique and historic cities: Leavenworth, Lansing, Basehor, De Soto, Eudora,

Tonganoxie, and Easton.

Five different routes are available ranging from 19-miles to the full 100-mile century route. After the mass start in downtown Leavenworth, the riders are soon navigating scenic rolling country roads (that's code for giant freakin hills for all those newcomers to this ... ) that span the length and breadth of beautiful Leavenworth County. And for those of you looking for those masochistic longer loops, parts of both Johnson and Douglas Counties will find there way into your route.

Entry fees include route maps, full fixed and mobile SAG support, including a celebration cook-out at the end and the best pre-ride mechanic support available (I wonder which Bike shop that could be???)

**WATCH OUT: We are planning a special SFT "SAG" for the end of the ride. You don't want to miss it!**

### 28th Annual Buffalo Bill Century Ride — Saturday, Sept. 18, 2010

Check-in and Same-day Registration : 7— 8 a.m.

Registration: Pavilion located across from the Carousel Museum (corner of Esplanade & Cherokee)

For more information or registration materials go to:

<http://www.leavenworthbicycleclub.com/pages/buffalobill.html>

