



2008 Season Update

After a quick start with the Clinton Lake Spring Fling Criterium Series, the Santa Fe Trails racing team has settled into an even stride.

Tour of Hermann

On April 19, 2008. Mark Ramsden, Debora Hall and Brendan Sheehan took on a two-day race in scenic Hermann, Missouri. The first day was cold and windy – how unusual for a Santa Fe Trails bike race! The experience of the Spring's crit series left us well prepared, so after intense warm ups, we raced the 10-mile Time Trial course with great results!

Sunday was the road race. Though it started out cold, just before race started the sun came out and the temperature soared. Debora raced the ladies category 4 which was one lap of 20 miles. Mark and Brendan raced the men's category 4 which was two laps. (Bummer for them!) And these were no ordinary 20 mile stretches. The hills in the surrounding Hermann area are phenomenal, and took their toll very quickly. After the first lap, we encountered a 22 percent climb up an intense hill to begin the second lap. Ouch! I thought about walking, but pride prevented me.

All in all, it was a great weekend of intense, but satisfying racing ... and some interesting personal experiences. (See "Life with the Bike Shop Owner" on page 2 of this newsletter).

Joseph Sheehan Road Race

A hearty congratulations and great job goes out to all the supporters of this year's Joseph Sheehan Road Race. An incredible thirty-five (35) volunteers came out! They supported eighty-six (86) riders who raced from Leavenworth to Atchison on the 50.2 mile course. The race went off without a hitch, concluding with an awards dinner at Metropolitan Steak House. The food was great, the awards well received and a good

time was had by all -- we will continue that tradition on into next year!

Santa Fe Trails team did well in the race: Nancy Angel 2nd; Deborah Hall 3rd; Anne Kuester 4th; Wendy Guilbeau 5th; and Cathleen Burrell 6th in Ladies Cat. 4. Mark Ramsden placed an impressive 8th in the Men's Cat. 4. Mark Berry also had a strong showing in the Men's Cat. 5 race, nearly pulling off a 2nd place showing. He was chased down by the lead pack and still finished 5th overall. Additional Cat 5 finishers were Wes Revels in 11th place and Jeremy Smith 18th. Rob Wilshusen finished 13th in the Masters 40 +.

CGSC Triathlon

Jeremy Smith, Brendan Sheehan, Madison Ultican, Chuck Kyle, Debora Hall, Nancy Angel, Wendy Guilbeau, and Cathleen Burrell all participated in this year's Leavenworth Post Triathlon. Again, the race started out cold (go figure!), but it soon warmed up and the event was great! If you ever considered doing a triathlon, this is a great one to start out on. It features a 200-yard indoor pool swim, 14-mile bike race and concludes with a 5K run .

Capps Rebound Racing Teams Time Trial

Anne Kuester represented the team at this Time Trial on May 31st, placing an impressive 2nd in the Ladies Category!

Product of the Month

Polar Pak Moflow Pressurized Hydration System. Compatible with most hydration packs, the MOFLOW system can drastically improve your outdoor drinking experience. Say goodbye to days having to "suck" from a hose. This revolutionary system comes with an air pump and is made with 100% anti-microbial film & hardware by Microban®. Simply inflate before your activity and "Go with the Flow". Whether hiking, biking, camping, running with man's best friend or cooling yourself on a hot day, you will always find a good use for the MOFLOW reservoir.



Upcoming Races & Rides

Saturday, June 7: KS Category RR Championships in Arma, KS

Sunday June 15: Kansas Age Group RR Championships in Olsburg, KS

Sunday, June 22: KS Category TT Championships in Walnut, KS

Sunday, June 29: Amelia Earhart Century in Atchison, Kansas

Saturday, July 5: Firecracker 100 Century in Ottawa, Kansas

Saturday, July 13: Lizard Under the Skillet in Lawrence, Kansas --30, 40 and 65 miles options

Life with the Bike Shop Owner

How about a bike race in Hermann, MO?

Okay this one sounded safe. Yes, it did involve a bike race, but I was not expected to participate (actually I think the words I heard were more like forbidden). And though I had never been there, I knew that Hermann was a beautiful German town located about 45 minutes west of St. Louis. Oh, and it's Missouri wine country – several quality vineyards are located in this antique-shop filled town of nearly 3,000.

Beautiful scenery, fun shopping, wine and my bike wasn't even going on this trip... so I agreed. I forgot one major thing. This was Brendan.

This time I did take allies. Deb Hall, fellow SFT bike racer, and my daughter Madison went along for the eventful ride to Hermann. The day was a little colder than we wanted, and threatened rain, but we had a great 3-hour excursion across the state. Upon arriving in Hermann, we immediately checked out the Time Trial route that Deb and Brendan were to ride that afternoon. It included a tricky turn at one point, and the headwind threatened to make the route brutal, but otherwise the course seemed well marked and reasonably flat.

So we decided to check into our Bed & Breakfast. That's when events started to turn ... You see, I had allowed Brendan to make the reservations. And though we had talked about this trip for months, and Brendan had managed to register for the race way in advance, he had completely forgotten about accommodations. When I realized we didn't have a place to stay, I researched all our remaining choices and sent them to Brendan, leaving the final selection up to him.

Set atop of a hill that would kill any normal person to climb, this B & B's outside ambiance, was less than impressive. Suffice to say that looking at the weed-infested yard made me think the Bates Motel of New Franklin, MO was a chateau. Turns out, the outside of this particular B & B, was the nicest part.

We tentatively knocked on the door, and were soon greeted by our hostess for the next couple of days.



I'm not sure what her real name was, but we affectionately began to refer to her as "Crazy Betty" or just CB. Possessing wet, stringy, grey hair, CB explained that our room was ready, and if we just went around back to the carport, she would show us in.

We dutifully walked around the back of the house, and entered what appeared to be the garage entrance. In fact, I believe our room actually **was** the garage at one time. The floors were concrete, though painted a lovely shade of green and decorated with a multitude of throw rugs that had obviously been accumulated from various flea markets and garage sales.

The first thing we noticed, of course, was how just plain ugly and seriously outdated the room was. But the next thing you noticed was the cold. We asked Crazy Betty about the heat. Well, we were welcome to

plug in the space heater that was located next to the bed, but we needed to make sure we turned it off whenever we left ... okay, good tip. Oh, and we didn't need to worry about the guests that were staying in the other part of the downstairs, as CB had put Styrofoam against the door to block the noise. (Sure enough, when we pulled back a curtain in the hallway, there was a large block of Styrofoam with a cutout for the door handle to the next room). Interesting ...

Once she left, we further explored the area and discovered a closet. Only it wasn't really a closet. It was like a workshop. Not sure what kind of workshop. My daughter, a horror-film buff, became convinced it was the room for cutting up bodies. I immediately forbade her to watch any more of those trashy movies ... secretly fearing she may not be far from the truth!

Deb's room was equally impressive. While it did have carpet, it was about the size of a closet and she had to share a bathroom with CB! Needless to say, Deb was begging to stay down in our room!

Well, the race went well that day, and that evening we found a delightful restaurant which made the trip seem almost pleasant. Unfortunately, far too quickly came the time to return to our evening's residence. We bade farewell to Deb (hoping it wasn't for the last time), and retired to our room.

There we made an amazing discovery ... a diary with excerpts written by former tenants. Most were glowing accounts of what a great time they had, leading us to believe that it was a requirement to write a positive experience in the book, in order to be allowed to leave alive! (You might think that is an exaggeration, but I will admit that we placed chairs in front of the doors, prior to going to sleep). One entry was particularly interesting. Though it seemed to be complimentary, it described the breakfast as "divoon"?? and commented that the water closet was cold enough to hang meat! Hmmm....

The next morning, Crazy Betty brought us our breakfasts. We each received one muffin of unknown kind, a perfectly round shaped omelet with unknown meat and a half-filled glass of watered down orange juice. We had our own coffee pot in the room, along with sugar and creamer that I had to beat on the floor in order to break off a section to use.

CB explained that Deb would be joining us for breakfast in our room. We waited politely for awhile, but finally started to eat. Time continued to tick away. We began looking at our omelets suspiciously, wondering if Deb had ALREADY joined us ...

Finally, nearly 25 minutes later, Deb came in asking if we had gotten any breakfast. Seems Betty forgot to tell Deb she was joining us for breakfast. CB might have been a little lax on the details.

We packed up and Deb, Brendan and fellow racers Mark Ramsden and Alex Edwards (grateful they had made their own hotel arrangements!), participated in what turned out to be an amazingly tough road race traversing some particularly horrible hills. (Gawd, why couldn't I have signed up for that!) It was AWESOME!

Needless to say, I will be making all future hotel arrangements.

