

"One creature was made to "ride the high places" ... to soar where the air is thin ... to reach heights no others can reach ... to fly free above the crowd: the Eagle!!

The graceful eagle spreads mighty wings to climb above the mountains. Once aloft, the wise eagle senses supporting currents of warm air, and glides on them effortlessly ... saving its great strength ... soaring around dangerous downdrafts ... riding the "high places."

Even when the weather turns bad, the eagle learns. The storm is a challenge ... a test of skills ... an opportunity to grow, develop, and strengthen those skills. Storms bring out the eagles!!

The Eagle calls to each of us: "Come ... Ride the high places! Look up. Climb to the tops of mountains. Look beyond the horizon. Your wings are knowledge, foresight, understanding."

"Expand your vision each day. Learn from those who go before you. Seek your own greatness ... one day at a time. Observe from the high ground. Set your goals high. Focus your efforts on them."

"Stand above the crowd. Choose your values carefully. Values are warm, rising currents of air. High values carry you upward. Soar with them, and you soar effortlessly.

Steer clear of the downdrafts. They pull you down. And when trouble comes ... as it surely will ... let every storm bring out the eagle in you."

"Ride the High Places"

Congratulations on being a Finisher in the 2000 California Triple Crown!! To remember it, enclosed is the beautiful Triple Crown patch that you earned!!

Looking back on this year's Double Series, I hope you have some great memories. I know I do. I remember a great lunch stop on the Butterfield Double last year manned by Suzanne Mc Neil, David Nakai, and Bob Harting. It was beautiful blue sky day in Fallbrook. Good food. Good company. David brought along many of his cycling tee shirts and displayed them for us as lunch decorations ... very cool!!

You are one of a very select group of 356 people completing the 2000 California Triple Crown. You should feel proud of your accomplishment!! Here are some statistics as shown on the enclosed Winners Report:

1 Rider completed all 18 of the Double Centuries
2 Riders completed 15 of the Double Centuries
1 Rider completed 14 of the Double Centuries
2 Riders completed 13 of the Double Centuries
1 Rider completed 12 of the Double Centuries
12 Riders completed 11 of the Double Centuries
2 Riders completed 10 of the Double Centuries
5 Riders completed 9 of the Double Centuries
11 Riders completed 8 of the Double Centuries
14 Riders completed 7 of the Double Centuries
21 Riders completed 6 of the Double Centuries
43 Riders completed 5 of the Double Centuries
49 Riders completed 4 of the Double Centuries
192 Riders completed 3 of the Double Centuries

In 1990, there were only 32 Winners. In 1991: 75 -- in 1992: 81 -- in 1993:77 -- in 1994:174 -- in 1995:290 - in 1996:273 - in 1997:377 - in 1998: 288 - in 1999:335 - and in 2000, there were 356 Winners.

An article regarding the California Triple Crown, including the enclosed comprehensive list of the finisher's names that has YOUR NAME ON IT is now on our web site at www.CalTripleCrown.com. It is also being submitted to Bicycling Magazine and the Ultra Marathon Cycling Association (UMCA).

CALIFORNIA TRIPLE CROWN THOUSAND MILE CLUB

It's one thing to complete Three Double Centuries in a year - it's a whole other matter to complete Five or more Doubles in a single year. This year there were 115 cyclists who rode at least One Thousand Miles in Doubles this year!! These select riders will have an additional ribbon added to their Custom Jersey / T-Shirt indicating "Thousand Mile Club". Even more impressively are 21 of those who are members of the 2000 Gold Thousand Mile Club by supporting at least one Double in the series!! See www.CalTripleCrown.com to see who they are.

CALIFORNIA TRIPLE CROWN STAGE RACE

"Challenges make you discover things about yourself that you never really knew.
They're what make the instrument stretch -- what make you go beyond the norm."
Cicely Tyson

As most of you know, we started a California Triple Crown Stage Race in 1996 and the 2000 results are below. To compete in the Stage Race, all you had to do was complete the three most difficult Doubles: Devil Mountain, Central Coast, and the Terrible Two. The Total Elapsed Time for all three rides was then computed and the rider with the fastest overall time was declared the Winner.

2000 California Triple Crown Stage Race								
Rank	Last Name	First	Age	City	Devil Mountain	Central Coast	Terrible Two	Time Back
1	COLWELL	TRACY	32	REDWOOD CITY	12:40	11:21	11:18	0:00
2	DODGE	DARYN	40	DAVIS	13:18	11:25	11:31	0:55
3	MAKK	ISTVAN	42	ANTIOCH	13:18	11:49	11:35	1:23
4	SOMERVILLE	GREG	45	N TUSTIN	14:40	12:09	11:31	3:01
5	COLEMAN	TIM	35	FRESNO	12:55	11:28	14:20	3:24
6	BADEN	JIM	35	LOMA LINDA	14:42	12:18	12:25	4:06
7	BUTLER	GEORGE	42	BAKERSFIELD	14:59	12:13	12:53	4:46
8	HOLLOWAY	KEN	47	SAN JOSE	15:33	12:50	12:58	6:02
9	WOODSIDE	WAYNE	53	SACRAMENTO	15:53	13:11	13:31	7:16
10	CHENUUE	SCOTT	28	SAN FRANCISCO	15:23	13:07	14:09	7:20
11	KNORR	CHRIS	39	YUBA CITY	15:25	13:56	13:54	7:56
12	BARNETT	JEANIE	43	MARTINEZ	16:21	13:25	13:54	8:21
13	ROGERS	RON	52	CONCORD	15:09	13:18	15:29	8:37
14	CASARTELLI	MARK	39	NOVATO	17:16	13:06	13:35	8:38
15	LEUTY	PAUL	52	SAN JOSE	16:30	13:28	13:59	8:38
16	MORRIS	ROBERT		HIGHLAND	16:55	13:39	13:31	8:46
17	PACK	STEVE	47	RESEDA	17:21	13:29	13:43	9:14
18	SMITH	JESSE	46	CONCORD	17:51	13:52	13:17	9:41
19	GUTTENBERG	PAUL	41	DAVIS	16:44	13:53	14:32	9:50
20	DENIES	PAUL	44	MILPITAS	18:01	13:12	14:25	10:19
21	PERVIER	FENN	46	FAIRFAX	17:15	13:06	15:27	10:29
22	MARTIN	JEFFREY	38	ANTIOCH	15:40	14:47	15:22	10:30
23	DICKINSON	RICHARD	47	SANTA MONICA	16:43	14:17	14:54	10:35
24	GRIFFICE	CHARLES	51	ORANGE	16:49	14:38	15:29	11:37
25	SHUEMAKE	MIKE	43	FRESNO	17:15	14:22	16:05	12:23
26	LASWELL	MARILYNN	37	FRESNO	17:15	14:22	16:05	12:23
27	NELSON	TOM	42	PLEASANT HILL	16:56	14:58	15:56	12:31
28	COBLE	BOB	48	CONCORD	17:50	15:06	14:55	12:32
29	CRAIN	DAN	54	IRVINE	18:01	15:42	14:32	12:56
30	DEWEY	JEFF	42	MOORPARK	18:03	14:25	15:56	13:05
31	CALDWELL	CHRIS	30	SAN RAFAEL	17:23	15:44	15:20	13:08
32	WEST	DOUGLAS	42	GROVELAND	17:33	15:53	15:04	13:11
33	FELD	ROLLIN	43	BOLINAS	18:37	15:08	14:51	13:17
34	LEHLE	WALTER	53	SAN FRANCISCO	18:05	15:08	15:33	13:27
35	ABERG	MIKE	34	PALO ALTO	18:37	16:40	15:45	15:43
36	BOBB	RON	54	WATSONVILLE	20:57	16:11	16:38	18:27
37	PEERY	SCOTT B.	37	LAFAYETTE	19:56	16:58	17:05	18:40
38	DWYER	MAUREEN	35	SANTA CRUZ	20:58	16:54	17:05	19:38
39	ROBBINS	JOHN	59	REDONDO BEACH	22:22	18:00	17:49	22:52

The Top 3 Men Finishers in the Stage Race (Tracy, Daryn, and Istvan), the Top 2 Women Finishers (Jeanie and Maureen), and the Mixed Tandem Team of Mike and Marilyn, have received California Triple Crown Plaques at no charge!! You can check those out at www.CalTripleCrown.com.

You don't have to do anything special to sign up for the Stage Race: In 2001, all you have to do is to sign up for and ride your heart out on the Devil Mountain Double, Central Coast Double, and the Terrible Two. Of course, that's much easier said than done!! Also, if you ride any Stage on a tandem, you must ride all three Stages on a tandem with the same partner.

The California Triple Crown lays down this challenge: be among the select few who are able to finish the Stage Race in the year 2001!!

CALIFORNIA TRIPLE CROWN CLUB COMPETITION

Congratulations to the following California Clubs on the 2000 Leaderboard with the California Triple Crown:

Fresno Cycling Club with 22 Finishers

Davis Bike Club with 16 Finishers

Orange County Wheelmen with 14 Finishers

Santa Rosa Cycling Club with 9 Finishers

Grizzly Peak Cyclists with 8 Finishers

Sacramento Wheelmen with 8 Finishers

CALIFORNIA TRIPLE CROWN HALL OF FAME

"Excellence ... The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor."

Vince Lombardi

The California Triple Crown Hall of Fame was started in June of 1999 to recognize those who have accomplished a significant milestone in the Double Century Series by riding over 10,000 Miles of these rides!! These select few cyclists have completed over 50 Double Centuries!! New Hall of Fame web pages will contain Resumes for each of the people inducted in the Hall of Fame.

These select few who are in the Hall of Fame have demonstrated a huge commitment to long distance cycling ... indeed, they have shown **a commitment to excellence that very few cyclists have demonstrated anywhere** in the world. Future inductees into the Hall of Fame may also include Ride Organizers and Support Volunteers who have demonstrated a huge commitment to the California Triple Crown Double Century Series as well.

John Robbins was the third cyclist to ever be inducted into the California Triple Crown Hall of Fame. Among his many accomplishments, John completed 11 Triple Crown Doubles for 3 years in a row (1998, 1999, and 2000)!! In fact, by the time we actually inducted John into the Hall of Fame, he had already completed 60 Doubles!!

Jim Kozera was inducted into the Hall of Fame in 2000. Jim has completed many of his 54 Doubles on a Tandem with another excellent cyclist, his wife Joan!! Jim has tackled the most difficult Doubles in the Stage Race (DM, CC, TT) more than 13 times!! He completed his 50th Double Century on the 2000 Terrible Two ... In fact, he and I had a great opportunity to talk on the really steep climbs through the Redwoods that day. It was great to share a few miles with him on his BIG 5-0!!

Charles Griffice was also inducted into the Hall of Fame at the Breakfast after the Eastern Sierra in July of last year ... after completing his 50th Double just the day before!! His best Ultra Distance Cycling experience was the Grand Tour Triple last June where he rode the entire distance with his riding buddy from work, Dick Dickinson, who kept him going when things were tough. His advice to new Long Distance cyclists: Ride the bike, Ride the bike, Ride the bike.

Hugh Murphy rode a record breaking 103 organized Century Bike Rides in 1990. He became the first person to qualify for the Race Across America on the Furnace Creek 508 Course Twice. He completed the California Triple Crown each year from 1991 to 1999. He and his team have organized over 31 California Double Centuries. From 1994 to 1998, he accepted the HUGE job of making many Custom California Triple Crown T-Shirts, Jerseys, and Plaques. Hugh has given much to the California Triple Crown and was inducted into the Hall of Fame in 2000.

Lee Mitchell rode his first Double Century way back in 1975 in Davis. He has ridden over 20 Doubles, 3 Triple Centuries and a Quad Century!! He was the first rider to do back to back Davis Doubles (400 miles). In 1985, he was in a legendary group and rode RapidTours, crossing America in 14 Days while averaging over 200 miles a day. In 1995, Lee and his PAC Masters Team in the Race Across America set a record in the Over 60 Year Old age group. He has been the crew chief in the Furnace Creek 508 over 12 times, including 3 wins. He has crewed for 7 PAC Tours across America

and Pacific Crest Tours. He has crewed in over 13 Race Across America's. He has supported us on so many California Double Centuries and Brevets, it's impossible to count!! Lee has supported virtually all of the Davis Bike Club brevets, many times driving all day and all night. It was an honor to induct Lee Mitchell into the California Triple Crown Hall of Fame.

CALIFORNIA TRIPLE CROWN WEB SITE

"Any sufficiently advanced technology is indistinguishable from magic."
Arthur C. Clarke

The web site is the best way to keep in touch with all the latest that's happening. Just go to www.CalTripleCrown.com and then check out the "What's New on this Web Site?" page. Over the next year, I'll be making a ton of improvements and additions to this so stay tuned.

If you don't have access to the Internet yet, check it out at a friend or family member's house, or Internet Coffee Shop near you!! Warning: you'll need at least an hour because there's so much to look at!!

CALIFORNIA TRIPLE CROWN 2001

The 2000 California Triple Crown season started with the Heartbreak Double of 9/18/99 and finished with the Route 66 Double of 11/11/00.

The Fall 2000 Doubles consisting of the Heartbreak Double of 9/16/00, Knoxville Fall Classic Double of 9/23/00, Fall Death Valley Double of 10/7/00, and the Route 66 Double of 11/11/00 can be counted towards the 2000 Season or the 2001 Season. To have any of these Fall Doubles count for the 2000 Season, you need to have indicated them on the 2000 Registration Form. To have any of these Fall Doubles count for the 2001 Season, you need to indicate them on the 2001 Registration Form.

Here are the dates for the upcoming Doubles: Solvang Double on 3/31/01, Hemet D.C. on 4/07/01, Devil Mountain Double on 4/21/01, Lone Pine Double on 4/28/01, Central Coast Double on 5/12/01, Davis Double on 5/19/01, Eastern Sierra Double on 6/02/01, Grand Tour on 6/23/01, Terrible Two on 6/30/01, Southern Sierra Double on 7/07/01, Classic TOTF on 9/15/01, Knoxville Fall Classic Double on 9/29/01, Fall Death Valley Double on 10/27/01, and the Route 66 Double on 11/10/01. Of course, a lot more information on these rides is available at www.CalTripleCrown.com.

I apologize for the lateness of this letter and your well deserved patch. One big reason for the delay was that I was still receiving Registration Forms for 2000 as recently as last week!! Many of these changed the results.

For 2001, I plan to have the Winner's letter and patches out in December. You do need to fill out a Registration Form ... it's the only way I can be sure you get the credit you deserve for the Doubles you complete. **Mail your Registration Form as soon as you have finished your last Double of the year -- there will be a November, 2001 deadline.**

Starting in 2002, the California Triple Crown Season will be on a Calendar Year from January 1, 2002 to December 31, 2002.

CALIFORNIA TRIPLE CROWN PRODUCTS

"I've got new shoes on today, so watch out!!"
Frederic Moncassin

We don't have new shoes for sale, but we're getting there!! Again this year, we have a number of great new California Triple Crown products available. I've been working with Voler, DeFeet, and Charlie Irwin on these new California Triple Crown Products ... and then building the new web pages. Photos, detailed descriptions, and Frequently Asked Questions about these products which can be found on the web site.

I decided to work through the many product issues and get those web pages completed before finishing this letter. Then the Orders started to come in fast and furiously ... we have processed and completely shipped well over 150 Orders for Products since December, 2000!!

When you see the new California Triple Crown products, I hope you'll agree with me that they are really great!! Here are some of the highlights:

- A brand new **Voler Yellow Short Sleeve Jersey** has been designed and is selling extremely well! I'm very pleased with how it came out.
- The **Voler Blue Short Sleeve Jersey** will continue to be sold and continues to look great.
- The **Voler Blue Long Sleeve Jersey** will continue to be sold. These Jerseys are really great -- besides looking good, they keep you warm in the cold mornings but not too hot in the afternoons!!
- **Custom PACE Jersey** is beautiful with new Ribbons on the Back Pockets and CTC Logo on the Sleeves!!
- **Custom T-Shirt** is being built with the same excellent process as the Custom PACE Jersey this year ... allowing the Front Pocket area to be customized with the rides you did as well as Custom Text.
- **New Voler Arm Warmers** have been added to the product lineup and match perfectly with the Voler Jerseys. They also look great with the PACE Jersey. This is a brand new product!!
- **New DeFeet Socks** look great and work extremely well to boot. This is another brand new product!!
- **Specialized Water Bottles** look excellent with the full color California Triple Crown logo on the Front and Back.
- **Custom Plaque** is looking better than ever this year!!
- **New Custom Ceramic Mug** is really awesome this year!!
- **Plastic Coffee Mug and Mouse Pad** enhanced with new Red Text!!

A **BIG THANKS** to Charlie Irwin and his company for building all of the Custom Products this year as well as doing the Shipping and Handling on the orders. These products have become really popular ... so it's turned out to be a big job!!

There are tons of details on each of the products on the web site so check it all out. The Order Form is on the Web Site and ready to go. If you've already placed an order, you can always place another one!! If you don't have access to the Internet yet, check it out at a friend or family member's house, or Internet Coffee Shop near you!! If you can't get to the Internet, send a Business Size Self Addressed Stamped Envelope with 55 cents postage to me: Chuck Bramwell, 4911 Tamarack Way, Irvine, California 92612 ... and ask me to send you the Order Form.

CALIFORNIA TRIPLE CROWN VOLUNTEERS

"The opportunity for giving is what gives us meaning in our life."
A Very Wise Person

Many folks ask us, "How can we help make the California Triple Crown continue?" One way that you can help is to order and wear some of the products. So if you're a finisher for the second, third, or seventh time, place an order for a Jersey this year. Then wear your Jersey or T-Shirt with pride, and tell everyone that will listen what the Triple Crown is all about!! Now that you're a Triple Crown Finisher, other riders who never dreamed of doing a Double, let alone three of them in one year, will be looking up to you for advice and leadership!!

Why are Double Centuries so successful in California? Why are Doubles continuing in popularity here but becoming less popular in other places? There are many reasons I'm sure. One reason is that I see so many excited volunteers at these rides who help in a big way to make these challenges much more possible. Please think seriously about giving back to our sport: Volunteer for at least one Double next year!! You can make a difference!! Get creative with food, music, atmosphere, have fun and make a difference for a lot of other riders!!

I have created a 2000 Support Volunteer Report on the Web Site which track the Doubles you or your family members volunteer to support. This information is based on your input on the Registration Forms. These rides can only continue if volunteers (spelled Y-O-U) jump in and help. It's not enough to just ride the rides because if that's all everyone does, these major adventures will go the way of the dinosaurs!! It's not easy running Rest Stops 200+ Miles from nowhere so each of these rides need YOUR help.

Most impressively are the 21 cyclists who are members of the 2000 Gold Thousand Mile Club by supporting at least one Double in the series!!

Which of these Doubles need your help? All of them!! You and your family can have fun and make a difference: call the ride organizer and tell them you want to help. Put on your thinking cap and make that Rest Stop a great memory for all who drop by!!

I'd like to recognize the Triple Crown Ride Organizers: Hugh Murphy for the Death Valley Double, Solvang Double, Butterfield Double, Classic TOTF, and Eastern Sierra Double. Jim Watrous for the Hemet D.C. George Pinney and the Quackcyclists for the Devil Mountain Double. Brian Stark for the Central Coast Double. Dan Shadoan and the Davis Bike Club for the Davis Double. Bill Oetinger and the Santa Rosa Cycling Club for the Terrible Two. Lisa Shelley and the L.A. Wheelmen Bike Club for the Grand Tour. Rory MacLeod and the Quackcyclists for the Knoxville Fall Classic Double. These folks give tons of time and energy to keep these Doubles continuing. **It's easy to tell these people what you don't like about their events. It's just as easy to praise them for all of the good things they do!!**

REALLY BIG FUTURE GOALS AND ADVENTURES

"Go as far as you can see and when you get there, you will always be able to see farther.
The largest room in the world is the room for improvement."
Harvey Mackay

There's lots of room for improvement in the California Triple Crown series of Doubles. For example, training with a coach can bring a huge improvement in speed and climbing power. There are plenty of ways to improve on comfort making these rides more fun. Of course, none of these Doubles are ever easy but that's the challenge of them -- each one provides a Personal Growth Experience. When you're ready, consider stepping up to the harder rides in the Triple Crown for even more challenge and a deeper sense of accomplishment. Since these harder rides are **among the most difficult Doubles anywhere on the planet surface**, you'll always have room for improvement right in the California Triple Crown Series of Double Centuries!!

"Conditions are never just right. People who delay action until all factors are favorable, do nothing."
William Feather

How about riding from coast to coast - all the way across America -- using only a 3 week Vacation? I've ridden three full Pacific - Atlantic - Cycling (PAC) Tours with long distance **cycling legends, Lon Haldeman and Susan Notorangelo**. I can not say enough good things about these Cycling Expeditions Across America. I was fortunate to be able to ride a PAC Tour last September ... it is so fun to get out on some wide open roads!! My CalTripleCrown teammates, Ken Bartholic, Cheryl McMurray, and I wrote a detailed account of our trip which you can find at www.CalTripleCrown.com. I highly recommend these trips: I still wake up in the middle of the night dreaming of riding endless Roller Coasters!! For more info, send a SASE to: Lon Haldeman, PAC Tour, P.O. Box 303 Prairie Pedal Lane, Sharon, Wisconsin 53585. Completing future Triple Crowns can provide those "Personal Growth Experiences" to get you ready to roll!!! **It's amazing what you can accomplish** - and Lon and Susan are the true wizards at helping you turn your dream into a reality!!

How about the ultimate challenge: the Furnace Creek 508 followed by the Race Across America? Impossible? No way--just ask the many Triple Crown Winners who have now gone on to compete very successfully in the ultimate long distance race. My hat's off to all of the Triple Crown finisher's who went on and completed any part of RAAM this year. Check out the 508 and RAAM on the web on my Favorite Sites page at www.CalTripleCrown.com. I was on a 508 Team in October, 1999 and had a fun experience. Completing future Triple Crowns can serve as the launch pad for your really long rides!!

How about completing Paris - Brest - Paris in 2003? The Bramwell Family had a fantastic trip to France in 1999 and I'm still reeling over how great PBP was!! Here's a piece of my ride report ... "I was so pumped when I got the finish that I nearly passed out!! Certainly, this was heaven. ... So many memories. PBP changed me. Big time. Deep down inside I now have a deeper passion for cycling. I didn't think that was possible. But it's very true." Completing future Triple Crowns can serve as the cornerstone of your training program!!

CONCLUDING REMARKS

"Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible."
St. Francis of Assisi

I'd like to also recognize those California Triple Crown Winners who are over 55 years of age. If you want to meet some present day heroes, ride with some of these cyclists and you'll quickly be in awe at their positive mental attitude and their outstanding physical conditioning. I can only hope to be in such good shape down the road!! Special congrats to these youngsters. As Neil Young says, "Long may you run."

Five time Triple Crown Winner, Lynn Katano, writes: "My friend, **Bernie Vaughn**, will be completing her third double of this year at Route 66 with Ron Way. Bernie is 74 years young!! She is quite an inspiration to us, not only in the development of her riding ability during the past three years, but in her youthful appearance and personality!!" A tip of the hat to Bernie ... you're a HUGE inspiration to all of us!! You've proven: **Age is no barrier!!**

At the end of the ABC Coverage of the 1989 Tour de France, Greg Le Mond lifts his 5 year old son up to the Winner's Block as the announcer says:

"Comebacks are always a part of the fascination with sports
From so far down, to so high up
How does it happen?"

Like so many things, it begins with the most simple belief
The one you must have in yourself
That must be translated into results by dedication
The knowledge that dedication which feeds on belief can make it so."

When you're looking for incredible comeback stories, you don't have to look further than some amazing people who completed the 2000 California Triple Crown series!!

In early October, 1999, **Bill Callahan** from Fair Oaks was in the best shape of his life. He was ready to tackle his first Double. He writes, "Then I had a slight setback when I went off the road at about 35 mph early one Saturday morning as I was descending a rather steep hill in a remote rural area of California. I am unaware of all the details of this particular crash because of the head injury I sustained (when I awakened, I was in an ambulance on the way to a trauma center).

The final tally was a punctured lung, 10 broken ribs, a broken pelvis in a few places, along with a broken hip, broken sacrum, two compression fractures, and a transverse process fracture. Oh, and a shoulder separation so severe it had to be surgically repaired. I was barely able to walk (with a cane).

I was deeply disappointed to have to cancel the Death Valley ride but figured if I really recovered quickly, I could make the next one scheduled for February, 2000. After all, I was walking without a cane by mid November and figured I could start training again by Thanksgiving. I was feeling pretty good by February and decided to give it a try. It was an incredible challenge to ride 200 miles in one of the driest places on earth. One of the lawyers in my firm is equally possessed with the defective gene (naturally he is my main riding partner) so the two of us tackled what was to be a very long, grueling but truly rewarding experience which only took us 18 hours to finish. We figured we should be able to do much better, so we completed two more double centuries and finished with more respectable times for the other two.

I was thrilled just to be alive after my accident but considered it one of the greatest accomplishments of my life to get back to the point of being able to complete the DVD in February, only 4 months after my accident." Bill's message: anything is possible ... **Catastrophic Accidents are no barrier!!**

"Falling down does not make one a failure.
Staying down does."

Sign in front of Church outside of Dayton, Tennessee, 10/1/00

It was October 16, 1999, when **Al Hall** was participating in the Bakersfield Wheelman's Spooktacular ride that consists of 100-miles with 10,000 Feet of Climbing. Al wrote: "I was riding my single bicycle and had just completed the major climb of the event over Mt. Breakenridge and was descending the backside at about 40-mph hard over in a corner when suddenly my front tire popped and I was slammed onto the asphalt road. I hit on my left side very hard and then proceeded to slide and tumble until I stopped in the middle of the road about half way through the corner ... They loaded me into a truck and drove me to Bakersfield Memorial Hospital. The ride down the mountain took a painful hour and a

half. Later, it was found that I had a broken left clavicle (collar bone), broken left ribs 2, 3, 4, 5, and three cracks in my pelvic bone. Unfortunately, one of the pelvic hip bone cracks went through my rotator cup in my hip joint. Additionally, there was some fluid (blood) accumulating on my left lung and around my heart. I should be walking by Thanksgiving and back on my bike in December sometime."

"Now just a little more sad news ... I was wearing my CTC Voler jersey that day and it got trashed big time. It was so badly shredded I couldn't even find all the pieces." Needless to say, I took care of that easy problem!! (Please note that the CTC Jerseys don't come with a crash warranty so keep the rubber side down!! ☺)

I was so pleased to see Al and Maria Hall just 3 months later at the Solvang Double. Al wasn't sure they would be doing any doubles in 2000 but he managed a great comeback and cranked out Three Doubles for his Fourth California Triple Crown!! Al's message: anything is possible ... **Catastrophic Accidents are no barrier!!**

Likewise, each of you have had to struggle to complete these Doubles this year. My hat is off to you for your accomplishments!!

Riding 3 Double Centuries in a year is ONE BIG TIME, MAJOR ACCOMPLISHMENT!! You have taken the most simple belief that you have in yourself and have translated it into results by dedication. In 2000, YOU were a California Triple Crown Finisher!! Congratulations!!

The Triple Crown ride organizers and I congratulate you. We hope to see you going for the gold again in 2000!!

In the Tour of Two Forests Double, Heartbreak Hill is at Mile 138. There are Mile 138's in everyone's life ... where the climbing gets real steep. Some come earlier in the race. Some later. **But wherever you find them, you can overcome them.** Completing a Double Century is not about winning the race against 100 or 1500 other cyclists. It's about winning the race against yourself.

To improve. Against your best self. There is a Hindu proverb that says, "True superiority is not how a man measures up to another but **how he measures up to his prior self.**"

To do the very best with what you've got.

From the Deserts, to the Mountains, to the Ocean, the California Triple Crown rides provide a lot of awesome cycling adventures, challenges, beautiful scenery, great memories, and fun for each of us!!

I'm already planning how I'm going to improve on my next Double!!

See ya next year!!

Chuck Bramwell
California Triple Crown Guy
CBrams@CalTripleCrown.com
"There is nothing a good day of cycling won't cure."

"I enjoy being part of a group of people that challenges themselves to accomplish out of the ordinary tasks; **good energy lives in that environment.**

I love to ride my bike, it doesn't take long on any ride to realize that riding is what I particularly enjoy most days. The courses, particularly Death Valley, Solvang, Central Coast, Devil Mountain, Terrible Two and Eastern Sierra are beautiful places to be on almost any day; they're even better on a bike. **We are so very fortunate to be able to do this.**"

John Robbins, 2000 California Triple Crown Hall of Famer

"When asked how these Long Distance rides have influenced or affected other areas of his life, **Charles Griffice**, 2000 California Triple Crown Hall of Famer, replied: "It takes time away from family and church, but gives me LOTS of time to think alone about the Creator and His Creation."

I can relate to this ... there is a magnificent perfection all around us. Riding Doubles in beautiful places gives us time to really appreciate the beauty all around. Time to really think about things. Albert Einstein was asked, "When did you think of the Theory of Relativity?" His answer: "I thought of that while riding my bike."

"I wore the Yellow Jersey onto the Champs Elysées today but my responsibility for that was equal to just about the zipper.
The rest of the body, the sleeves, the collar were there because of **my team, the support staff and my family.**"
Lance Armstrong, Winner of the 1999 Tour de France ... referring to his U.S. Postal Team