

March 2002

"Riding is about rhythm and flow.

It's the wind in your face and the challenge of hammering up a long hill.

It's the reward at the top and the thrill of a high-speed descent.

Biking lets you come alive both in body and spirit.

After awhile the bike disappears beneath you and you feel as if you're suspended in midair."

Klein Bicycles

Congratulations on being a Finisher in the 2001 California Triple Crown!!

Looking back on this year's Double Series, I hope you have some great memories. I know I do. I remember a great four man paceline at the end of the Eastern Sierra Double where we were flying at 25 to 35 MPH all the way from Benton to Bishop!!

Maybe you were one of those who were caught by surprise by the rain, ice, and snow in Death Valley of February 2001!! Out of 181 Starters, congratulations to those 7 brave souls who were able to ride it out for the full 200 miles.

Hemet Ride Organizer Jim Watrous reported: "The 2001 Hemet DC had one of the toughest weather years of the last 18 years. The riders had to endure rain, wind, and cold from early morning to early evening. Eventually, the sky cleared to partly cloudy with a full moon shining down on the few riders that survived the challenge."

Memories to last a lifetime for sure!! Each of the rides in the California Triple Crown is a **Major Adventure** in itself!!

You are one of a very select group of 290 people completing the 2001 California Triple Crown. You should feel proud of your accomplishment!! Here are some statistics as shown on the enclosed Winners Report:

1 Rider, John T. Clare, completed **15** of the Double Centuries
1 Rider, Doug Patterson, completed **14** of the Double Centuries
3 Riders, Thomas Fante, Paul Kopit, and Michael Rose, completed **12** of the Double Centuries
4 Riders, Rick Ashabranner, David Evans, Lynn Katano, and Tom Parkes, completed **10** of the Double Centuries
4 Riders, John Beam, Dan Crain, Richard Hoff, and Jack Kerin, completed **9** of the Double Centuries
4 Riders, Anny Beck, Chris Caldwell, John D. Long, and Ron Way, completed **8** of the Double Centuries
7 Riders completed **7** of the Double Centuries
18 Riders completed **6** of the Double Centuries
42 Riders completed **5** of the Double Centuries
47 Riders completed **4** of the Double Centuries
159 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 - in 2000: 356 and in 2001, there were 290 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).

You have earned a complimentary California Triple Crown Patch or Refrigerator Magnet. Send a Self Addressed Stamped Envelope to me at: Chuck Bramwell, 4911 Tamarack Way, Irvine, CA 92612 and include a note indicating whether you would like the Patch or Magnet which are shown on the web site at www.CalTripleCrown.com and I'll send it right out. If you want both the Patch and Magnet, enclose a \$2 check made out to "California Triple Crown Association".

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. There were 84 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 impressive are 30 of those who are members of the 2001 Gold Thousand Mile Club by supporting at least one Double in the series!! See www.CalTripleCrown.com to see who they are. These riders can order a Yellow Custom Jersey!!

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 2001 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.

Rank	Last Name	First	Age	City	Devil	Central	Terrible	Time
					Mountain	Coast	Two	Back
1	COLEMAN	TIM	36	FRESNO	12:08	11:34	11:46	0:00
2	BOETTNER	RICHARD	34	DAVIS	11:57	13:20	11:05	0:54
3	WILSON	BARNEY	40	COOL	13:40	12:08	11:46	2:06
4	FORSMAN	BARLEY	29	COTATI	14:19	12:18	11:46	2:55
5	CASARTELLI	MARK	39	NOVATO	13:37	12:29	12:41	3:19
6	ROBERTSON	CRAIG	43	LOS ALTOS	13:24	12:09	13:34	3:39
7	HOLLOWAY	KEN	48	SAN JOSE	14:38	12:09	12:36	3:55
8	BUTLER	GEORGE	42	BAKERSFIELD	14:07	12:01	13:29	4:09
9	ASHABRANNER	RICK	31	LIVERMORE	14:14	11:44	14:34	5:04
10	ORNELAS	JOE	41	DUBLIN	14:44	12:46	13:17	5:19
11	ABRAHAMS	MARK	45	BERKELEY	14:51	12:36	14:25	6:24
12	YOUNGS	DAVE	50	CLOVIS	14:53	13:37	14:42	7:44
13	EIBERGER	ROGER	43	MILL VALLEY	15:28	13:24	14:23	7:47
14	POPPE	CARL	34	SEBASTOPOL	16:31	13:04	14:02	8:09
15	BOBAN	FRANK	28	SAN FRANCISCO	15:28	13:24	15:00	8:24
16	CLARE	JOHN T.	59	LONG BEACH	15:53	13:21	14:52	8:38
17	FELD	ROLLIN	43	BOLINAS	16:19	13:28	15:22	9:41
18	RINGELSPAUGH	STACY	41	BELMONT	16:31	14:48	15:29	11:20
19	PARRY	DAVID	39	SAN RAMON	16:50	14:58	15:37	11:57
20	GUTTENBERG	PAUL	42	DAVIS	16:58	15:13	15:43	12:26
21	BROUHARD	BOB	54	DAVIS	18:16	15:04	15:06	12:58
22	BERG	BRUCE	54	BERKELEY	18:07	15:07	15:16	13:02
23	BONNETT	KAREN	45	SACRAMENTO	18:16	15:04	15:16	13:08
24	DUNLAP	WAYNE	39	SAN JOSE	17:24	15:53	15:58	13:47
25	CRAIN	DAN	56	IRVINE	18:08	15:26	16:19	14:25
26	BECK	ANNY	48	BELLFLOWER	18:08	15:26	16:19	14:25
27	SNYDER	PAUL	48	BERKELEY	19:06	16:48	16:14	16:40
28	ROSE	MICHAEL	56	ORANGEVALE	19:47	16:48	16:08	17:15
29	SCHNEIDER	ANNE	53	DAVIS	19:49	17:23	16:41	18:25

The Top 3 Men Finishers in the Stage Race (Tim, Rich, and Barney), the Top 2 Women Finishers (Karen and Anne), and the Mixed Tandem Team of Dan and Anny, 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 2002, all you have to do is to sign up 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 2002!!

CALIFORNIA TRIPLE CROWN CLUB COMPETITION

Congratulations to the following California Clubs on the 2001 Leaderboard with the California Triple Crown:

- Davis Bike Club with 22 Finishers
- Fresno Cycling Club with 14 Finishers
- Santa Rosa Cycling Club with 14 Finishers
- Sacramento Wheelmen with 10 Finishers
- Orange County Wheelmen with 9 Finishers
- Quack Cyclists with 8 Finishers
- Grizzly Peak Cyclists with 7 Finishers
- Kern Wheelmen with 7 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.

The following riders were inducted into the Hall of Fame at the Awards Breakfast held 9/29/01 after the Knoxville Fall Classic Double. Mark your calendars for the 2002 Awards Breakfast to be held **9/22/02!!**

Kermit Ganier has completed 51 Double Centuries. He has ridden the Grand Tour 10 years in a row and has been the Co-Chair of the LAW Grand Tour since 1996!! Besides riding all of these Doubles, Kermit has volunteered on an amazing 29 Double Centuries in his long distance cycling career!!

Dan Crain has now completed 58 Double Centuries since his first Double at Death Valley in 1996 with the 20-35 MPH brutal headwinds!! He has completed the Stage Race every year since 1997 ... including completing it on a tandem with Anny Beck in 2001!! His philosophy: *"Celebrate life and share the celebration with others."*

Joan Kozera has completed many of her 51 Doubles on a Tandem with another excellent cyclist, her husband Jim, who was inducted into the Hall of Fame last year!! Her proudest accomplishment is the Terrible Two of 1996 because very few tandems had completed it by the cutoff time. Her advice to new riders: *"Try to stay focused & positive ... pace yourself no matter what others do."*

Eric Norris completed his 50th Double at the Knoxville Fall Classic last September. Eric's first Double was the Davis Double of 1983. He is the only rider who has completed the California Triple Crown 12 years in a row and is proud that it took 12 years of riding to enter the Hall of Fame -- a byproduct of having a full life.

Dave Evans rode his first Double in 1978 on OCV's "Where the Hell is De Luz?" Double!! He has completed ten LAW Grand Tour Highland Triple Centuries!! Dave loves to climb mountains on his bike: it's so beautiful, peaceful, and challenging. *Dave recovered so fast from prostate cancer in 1998 that his doctor advises all his patients to take up cycling!!*

Dan Shadoan has worked tirelessly in integrating the Davis Double into the California Triple Crown Series. Dan is an incredibly talented cyclist: He's ridden over 18 Double Centuries in the last Decade. Think about this one: he has ridden at least 9 Terrible Twos!! He has completed the legendary 750 Mile Paris-Brest-Paris not once, not twice but three times in 1991, 1995, and 1999!! It was an honor to induct Dan Shadoan into the California Triple Crown Hall of Fame.

Ann Lincoln has been at the heart of the magic of the great Davis Double for so many years!! She has been instrumental in organizing and motivating the many volunteers on the Davis Double year in and year out. Ann is also an

incredibly talented cyclist: She has completed the legendary 750 Mile Paris-Brest-Paris not once, not twice, but three times in 1991, 1995, and 1999!! All three of those PBP's were on a tandem with her husband. And believe it or not, they're still married!! I was so pleased to induct President Ann Lincoln into the California Triple Crown Hall of Fame.

Robin Neuman became the chief organizer of the Davis Double way back in 1985 ... so she has been organizing and managing the most excellent Davis Double for 17 years!! The Davis Double is the biggest California Double with the greatest volunteer to rider ratio ... Robin has worked long and hard to make the Davis Double such a great success. Robin truly deserves to be a member of the Hall of Fame!!

CALIFORNIA TRIPLE CROWN WEB SITE

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 2002

Here are the dates for the 2002 Doubles: Butterfield Double on 2/16/02, Spring Death Valley Double on 3/2/02, Solvang Double on 3/23/02, Hemet D.C. on 4/6/02, Devil Mountain Double on 4/27/02, Central Coast Double on 5/11/02, Davis Double on 5/18/02, Tour of Two Forests Double on 6/1/02, Eastern Sierra Double on 6/15/02, Terrible Two on 6/22/02, Grand Tour on 6/29/02, Knoxville Fall Classic Double on 9/21/02, Heartbreak Double on 9/28/02, and the Fall Death Valley Double on 11/2/02. A lot more information on these rides is available at www.CalTripleCrown.com.

I apologize for the lateness of this letter. One big reason for the delay was that I was still receiving Registration Forms for 2001 as recently as last week!! Many of these changed the results.

For 2002, 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.**

CALIFORNIA TRIPLE CROWN PRODUCTS

"I love my California Triple Crown Windbreaker!!"
Dawn Derlighter

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 100 Orders for Products since December, 2001!!

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:

- The **Voler Blue and Yellow Short Sleeve Jerseys** will continue to be sold and 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!! We currently have 21 of these in stock.
- Brand new this year is a **Voler Blue Windbreaker**. This extremely high quality Windbreaker is made of Vortex RipStop MicroFiber which is a high performance and lightweight material. This will be a great Windbreaker for those cold Winter Mornings!! However, it is quite lightweight. We currently have 28 of these in stock.

- The **Custom PACE Jersey** is beautiful with new Ribbons on the Back Pockets and CTC Logo on the Sleeves!! For Hall of Fame and Gold Thousand Mile Club Members, we have a brand new Yellow Custom PACE Jersey available this year. In addition, these riders can specify Circular Custom Text around the outside of the California Triple Crown Logo with "Hall of Fame" and/or "Gold Thousand Mile Club"!!

- A **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 this year is an outstanding beautiful, comfortable white **Custom Sport Shirt** which is simply dressed up by your California Triple Crown accomplishments on the Front Pocket!! This all white shirt has 3 Buttons and nice Collar and is much dressier than the T-Shirt. Great for work, parties, or anywhere!! This Polyester/Cotton fabric is really nice: It breathes, wicks sweat away from the skin, insulates the body but also feels soft and cozy. A small California Triple Crown logo on the front pocket is surrounded by the names of the ride you completed. Your Name and "Thousand Mile Club" can be added as circular text surrounding the Rides you completed and the California Triple Crown Logo.

- Also new this year is a super comfortable white **Custom Sweatshirt**. This is an extremely high quality long sleeve Sweatshirt dressed up by your California Triple Crown accomplishments on the Front!! This fabric is really soft and makes for a very comfortable sweatshirt. Great to stay warm during those winter months or on the colder mornings before a good ride!! Large California Triple Crown logo on the front is surrounded by the names of the ride you completed.

- Another new product this year is a great **Custom Cap**. This White Baseball Style Cap has an adjustable slide closure on the back dressed up with your California Triple accomplishments on the Front!! Your Name and "Thousand Mile Club" can be added as Circular Text surrounding the Rides you completed and the California Triple Crown Logo.

- Also New this year is a **Refrigerator Magnet**. This has the full color California Triple Crown logo on it with "2001 Finisher" followed by the 2002 Ride Schedule!! This California Triple Crown Refrigerator Magnet will look SUPER on your refrigerator!! This places the 2002 Ride Schedule in an easy to see place for your whole family to become familiar with so they can support you and the rides. Each California Triple Crown Finisher will receive one of these or a Patch at no charge. A major benefit to this on your refrigerator: It will be a constant reminder to you not to eat so much ... so you can climb those hills easier!! :)

- **Voler Arm Warmers** match perfectly with the Voler Jerseys. They also look great with the PACE Jersey.
- **New DeFeet Socks** look great and work extremely well.
- **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 blue 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 the house of a friend or family member or at an 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!!

Most impressive are the 30 cyclists who are members of the 2001 Gold Thousand Mile Club by supporting at least one Double in the series!! Also on the Web Site is the 2001 Support Volunteer Report which tracks 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 needs YOUR help.

Which of these Doubles need your help? All of them!! You and your family can have fun and make a difference: call the ride organizers 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: **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. **Kermit Ganier, Lisa Shelley and the L.A. Wheelmen Bike Club** for the Grand Tour. **Rory MacLeod and the Quackcyclists** for the Knoxville Fall Classic Double. **Hugh Murphy and then Chris Kostman and Deb Caplan** for the Death Valley Double, Solvang Double, Butterfield Double, Classic TOTF, Heartbreak and Eastern Sierra 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!! Thank you to all of the Ride Organizers for a great 2001 season!!**

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!!

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 in 2000 ... 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!!

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

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? I rode PBP in 1999 and am reeling over how great it 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!!

CALIFORNIA TRIPLE CROWN COMEBACKS

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 2001 California Triple Crown series!! I asked Frank Neal to tackle the big project of talking to so many California Triple Crown Winners who have made a major comeback in 2001. Thanks to Frank for the following:

Completing the California Triple Crown is challenging in so many ways. Some factors you can control like personal conditioning, hydration and nutrition. Some conditions are out of our control like wind, rain, heat and cold. Mental toughness is required to maintain focus while on a bike for an entire day. As if this is not enough, some of our Riders had to overcome additional physical challenges to complete their Triple Crowns this year. Here are some of their stories.

John Beam. A Triple Crown Winner for 5 years, John had to have his jaw relocated in 1999. Due to the wired jaw, liquid diet, loss of weight, and loss of conditioning; John left the Triple Crown Circuit. This year he met his new tandem stoker, Lynn Katano. John finished 9 Doubles this year, including the Grand Tour Highland Triple. John credits his comeback to his esteemed stoker, Lynn Katano. Welcome back, John!

Charles Griffice. During a 400k Brevet in May, Charles was bombing down a good hill (30+ mph) when a deer jumped out in his path. He struck the deer and tumbled down the hill. He had to be airlifted out. His injuries included a wrenched back and a lot of road rash. Fortunately, he was able to return to the bike in 3 weeks. Not so fortunately, the wrenched back followed him the rest of the Season. Every Double included many stops to stretch and loosen his back. While his back was a negative factor, he managed to complete his comeback with a finish at the Terrible Two.

Ken Bartholic. During a training ride in July, a passing car hit Ken's handlebar. It threw him to the ground, breaking a clavicle and two ribs. While he was back on the trainer in 4 weeks, his damaged ribs held him to low stress spinning. He was back on the bike in 5 weeks. It took about 10 weeks before Ken felt that he was back in condition. He must have regained his fitness, because in September he completed the Knoxville Double Century in good shape!

Doug Patterson. Shortly after the start of the Davis Double in May, Doug was involved in a high-speed, multi-bike accident. His bike was damaged and forced him to withdraw from the Double. Two weeks later he finished the Eastern Sierra Double with great pain in his shoulder. Still later, he finished Grand Tour Double. But, the pain would not leave his shoulder. Finally, an MRI showed that the upper end of his arm bone, in his shoulder socket, had been shattered in the Davis accident. He was ordered to stay off the bike. He continued to use the trainer. Late August he got the "okay" to ride again. In mid September, he finished the TOTF Double. He ended the year finishing Knoxville, DVD, and Route 66. Welcome back, Doug!

Tom Romano. In March, a skiing accident left him with a torn ACL ligament in his knee. He stayed off of his knee for 5 weeks thinking it would heal. He began to train again and finished the Davis and Grand Tour Doubles. It became clear that the knee required surgery. On August 1, he had his ACL replaced. He began to ride within two weeks after the surgery. By six weeks, he was riding 70 miles. At 12 weeks he began climbing steep hills again. He used the Death Valley Double as a 150-mile training ride. In November he completed the Route 66 Double Century to capture his first

California Triple Crown. He believes glucosamine has been a major factor in rebuilding his knee. He credits Lance Armstrong's intense climbing ability as his inspiration.

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

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

David Nakai. After completing the Devil Mountain Double in April, David fell asleep at the wheel of his car. He drove off the freeway and sustained severe trauma to his neck. He was hospitalized for 10 days. To prevent movement of his head, he was fitted with a metal "halo" device. The metal "rack" was part of his life for 3 months. One week after its removal in late July, he was back on the bike. He could not believe how much conditioning one can lose in 3 months. He started with loooooong 15-mile rides. Six weeks later he was riding Centuries again. In November, he finished the Route 66 Double to complete his Triple Crown. *David credits everybody he knows as inspiration for his comeback. Every person has a story, a ride, or an adventure that inspires him. Particularly, he thanks his father.* He does not see this as a comeback as much as he feels it was just a setback. David wants to make one point with his story: **Don't drive when you are sleepy!**

Frank Neal. Frank endured a Double Whammy. In August 2000, a low-speed crash caused a hip "pointer" that would not heal. He was off the bike until November. On Thanksgiving Day, after only several hundred rehab miles, he was bombing down a hill (40+ mph) when a motorist unexpectedly pulled out in front of him. He T-boned the car and landed in a parking lot. He also landed in the hospital for two weeks with multiple injuries including missing teeth, broken ribs, collapsed lung, and a cracked vertebra. He was back on the bike on New Year's Eve. Getting back into condition was very difficult after being off the bike for nearly 5 months. He completed the Solvang Double in March; but it was too much, too soon. He went back to training. He rejoined the Triple Crown Circuit in June and completed the Eastern Sierra Double and the Grand Tour Highland Triple to capture his Triple Crown. Lance Armstrong gets credit for his inspiration. For his comeback miles, Ralph Burton and Jeff Rich pulled him back. His family was there for support from his first step after the accident to the last mile of the Grand Tour Triple.

AWESOME COMEBACK: Bill Palmer. This story begins back in 1994. Training for the Grand Tour Quad, Bill tangled with a car and lost most of the connective tissue in his left knee. Four years, ten experimental surgeries, lots of transplanted ligaments/tendons, and LOTS of work; he finished his Triple Crown in 1998 and finished the Furnace Creek 508 (four man mixed, team Ocelot)! But, the surgeries brought with them a raging case of Hepatitis "C". For those of you who don't know, the cure is a series of potent shots of a mixture that kills your immune system (and regularly causes suicide). Bill admits that it caused him to go a "little nuts". But, his inspiration, Emmy Klassen, was there to get him back on a tandem. Another three years of rehab. In 2001, Bill finished three Double Centuries with his Motivator, Emmy. To punctuate his comeback, he and Emmy set the Furnace Creek 508 course record for mixed two-person teams! Les Drake and Jim vonTungeln get special notice for their Unconditional Support ... WOW!

Honorable Mention. The following Riders have been Triple Crown winners. They have been challenged and have not, yet, returned to the Triple Crown Circuit. We hope to see their comeback stories in the future. **Ken Campbell:** Rehabbing from a crash. **Ivey Henderson:** We're not sure why you're gone, but we miss you. **Paul Haussler:** Came back from a full cardiac arrest during a bike ride; then, a Triple Bypass. **John Robbins:** At the end of the 2001 season, he underwent a Triple Bypass. Good Luck to All! We hope to see you on the road again. There are many other comebacks that we certainly don't know about ... please drop a line to me at CBrams@CalTripleCrown.com!!

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 60 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. In fact, you've probably ridden with these folks and not even known it because they are so young both physically and mentally. 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."

It was a great personal achievement 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 2001, 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 2002!!

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 on the road!!

Chuck

Chuck Bramwell

California Triple Crown Guy

CBrams@CalTripleCrown.com

"There is nothing a good day of cycling won't cure."

"I believe we have more potential inside of us than we can imagine.
When a crisis like this happens, we find out what we're made of.

We find that we're made of an awfully lot."

Christopher Reeves on 20/20, 3 Years after his accident leaving him paralyzed

"Only those who risk going too far will ever know how far they can go."

T.S. Eliott

"The greatest risk is not taking one."

AIG Investment Company Slogan

"Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure . . . than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in a grey twilight that knows not victory nor defeat."

Theodore Roosevelt

"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

"The only baggage that you can bring
Is all that you can't leave behind ...

You're packing a suitcase for a place none of us has been
A place that has to be believed to be seen ...

Walk on, walk on
What you've got, they can't deny it.
Can't sell it, can't buy it
Walk on, walk on

Stay safe tonight."

U2, "Walk On" from "All That You Can't Leave Behind"