

August 1997

Looking back ... all the memory of  
The Dance We Shared ... beneath the stars above  
For a moment, all the world was right...  
I could have missed the pain ... but I'd have had to miss The Dance  
Garth Brooks

Congratulations on being a Winner in the 1997 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 had some moments on the rides where "all the world was right". Like trying to hold with a tandem at 55MPH coming down Resurrection on the Davis Double. Like rolling at 32MPH on the flats of the Grand Tour with an awesome tailwind. Or, spinning out down Benton Road on the Eastern Sierra at 53MPH with a huge grin on your face!! Or, the beauty of the turquoise blue June Lake that was just overwhelming. Lots of great memories for sure!!

You are one of a very select group of 371 people completing the 1997 California Triple Crown. You should feel proud of your accomplishment!! Here are some statistics as shown on the enclosed Ranking Report:

3 Riders completed all 11 of the Double Centuries  
3 Riders completed 10 of the Doubles Centuries  
8 Riders completed 9 of the Double Centuries  
7 Riders completed 8 of the Double Centuries  
7 Riders completed 7 of the Double Centuries  
19 Riders completed 6 of the Double Centuries  
45 Riders completed 5 of the Double Centuries  
70 Riders completed 4 of the Double Centuries  
202 Riders completed 3 of the Double Centuries

In 1992, there were only 81 Winners. In 1993:77 -- in 1994:174 -- in 1995:290 -- in 1996:271, and in 1997 there were 371 Winners!! Who said that Double Centuries aren't popular?

An article regarding the California Triple Crown, including the enclosed comprehensive list of the winner's names that has YOUR NAME ON IT is now on our web site at [www.CalTripleCrown.com](http://www.CalTripleCrown.com) and is being submitted to Bicycling Magazine, Bicycle Guide and the Ultra Marathon Cycling Association (UMCA). An article on the California Triple Crown was recently published in Bicycling Magazine's Special Edition entitled, "Cycling Long and Strong" -- check it out!!

The web site is becoming wildly popular!! On it, you can quickly find tons of interesting things such as: who were the 3 riders who completed all 11 Doubles this year, which clubs had the most Triple Crown Finishers this year or last year, and who finished the Triple Crown way back in 1992!! There is also a competition on the Web Site for those riders who have ridden the most Doubles to date. There have been over 11,000 visits so far this year -- it truly is the best way to keep in touch with all the latest that's happening. Just go to [www.CalTripleCrown.com](http://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.

As most of you know, we started a California Triple Crown Stage Race in 1996 and enclosed are

the final results from 1997. To compete in the Stage Race, all you had to do was complete the three most difficult Doubles: Central Coast, Heartbreak, 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. Congratulations to Jim Frink with a very close second to Peter Pop -- the competition was absolutely amazing!! The Stage Race will continue in 1998!!

My job is to keep track of those individuals completing the events by working with the Ride Organizers. One of the projects that I've been working on has been to finalize the enclosed 1998 Flyer with Event Dates. Again, watch [www.CalTripleCrown.com](http://www.CalTripleCrown.com) for updates to this.

Here's an idea for your Triple Crown patch: order a spare and attach it to the back of your Camelbak. Carol, my better half, used a glue gun to attach mine to my Hunchbak cover. I suggested this last year and it was great to see some Triple Crown patches on the back of those Camelbak's -- looking good!! If you like the Triple Crown patch, you'll love the Triple Crown Jerseys and T-Shirts!! Many of you told me clearly that you had worked hard many years to be able to wear one of these Jerseys -- so we decided to leave the traditional design in tact -- including the customization.

However, we have decided to make an improvement this year. Since everyone's a winner in the California Triple Crown, everyone's getting a Yellow Jersey -- just like in the Tour de France! As the enclosed Order Form shows, the Jerseys are manufactured by Pace, so ordering from a familiar company will insure easier sizing. They will have the Classic California Triple Crown Circle Logo on the back surrounded by the names of the rides you completed. This improvement allows new folks winning for the first time this year to have a custom jersey like the ones they have seen others wearing. Also, it gives the repeat winners a different color, other than white, to add to their jersey collection.

Hugh Murphy continues to pick up a HUGE BURDEN with the California Triple Crown work. If you see Hugh, be sure to thank him -- we're unpaid volunteers on the Triple Crown and do this because we believe in the Triple Crown concept. Hugh will apply the names of the Double Centuries you completed in a circle around the CTC design. Enclosed is an Order Form for the various California Triple Crown products. Hugh can also build Jerseys and T-Shirts using the California Triple Crown Stage Race so just let him know if you'd like one of these.

Hugh and I have invested our own dollars into the California Triple Crown so that this year, Hugh will be able to ship orders as soon as he receives them!! All of the Jersey and T-Shirt transfers are in stock as well as over \$3,000 worth of Jerseys and T-Shirts. We've gotten serious about orders this year and this year will be radically different from last year. Hugh will process your order in the order that he receives them so if you order in the next couple of weeks, you'll be wearing your 1997 California Triple Crown Jersey or T-Shirt in September!!

We apologize for the lateness of the 1996 Orders. We can assure you that it won't happen again. It was made worse by no deadline on the orders so they were still coming in as late as January of 1997!! To remedy this problem, you will notice that this year there is a firm order deadline of October 15, 1997. Please respect that and place your orders promptly!!

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 winner for the second, third, or seventh time, place an order for a Yellow Jersey this year!! Then wear your Jersey or T-Shirt with pride and tell everyone that will listen to what the Triple Crown is all about!! Now that you're a Triple Crown Winner, 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!!

I'd like to give special recognition to the many folks who volunteered and helped these Double Century rides improve so much this year. My hat is off to the Davis Double Volunteers especially this year: with temperatures in the 103-107 range, it was a true meltdown. Yet, the volunteers had to be hotter than the riders – at least, we were able to get back on our bikes and get a little bit of air flow around us. The volunteers were literally in blast furnace conditions and my hat is off to each of you!!

Why are Double Centuries so successful in California? Why are Doubles growing in popularity here but becoming less popular in other places? There are many reasons I'm sure, but one is the fact 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, location, have fun and make a difference for a lot of other riders!!

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 folks 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 seniors. As Neil Young says, "Long may you run."

Thanks for all of the comments on the back of the Registration forms. Feel free to E-mail me your thoughts on any of the Triple Crown issues at CBrms@aol.com. As I mentioned, the Triple Crown doesn't have any funds to allow me to call you back but I'll do my best to respond in writing.

## **FUTURE GOALS**

You know a dream is like A River, ever changing as it flows  
And the dreamer's just a vessel, that must follow where it goes  
Trying to learn from what's behind you, and never knowing what's in store  
Makes each day a constant battle, just to stay between the shores

Too many times we stand aside, and let the water slip away  
To what we put off until tomorrow has now become today  
So don't you set upon the shoreline, and say you're satisfied  
Choose to chance the rapids and dare to dance the tide  
I will sail my vessel til the River runs dry  
Like a bird upon the wind, these waters are my sky  
I'll never reach my destination, if I never try  
So I will sail my vessel til The River runs dry

There's bound to be rough waters, and I know I'll take some falls  
With the good Lord as my Captain, I can make it through them all  
Garth Brooks, "The River"

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.

So are you ready to "choose to chance the rapids and dare to dance the tide?" How about

riding from coast to coast – all the way across America -- using only a 3 week Vacation? I've ridden two 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 highly recommend them: 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. Or check out the info on the web on my Favorite Sites page at [www.CalTripleCrown.com](http://www.CalTripleCrown.com). 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 completing Paris - Brest - Paris in 1999? The Davis Bike Club and Hugh Murphy Productions are preparing two series of Brevet training rides to qualify you for these MAJOR CHALLENGES!! Completing future Triple Crowns can serve as the cornerstone of your training program!!

How about the ultimate challenge: the Furnace Creek 508 followed by the Race Across America? Impossible? No way--just ask Mike Wilson from Saratoga who just won the "Rookie of the Year" honors in this year's RAAM!! Mike writes, "Several of the "timed Triple Crown Events" are especially attractive to RAAM types. These events have been a way to test one self to see how training is going. In 1996 I did 6 of the Triple Crown rides and was part of the Stage Race competition. Great fun. It is one way of keeping in touch with people like Reed Finrock, Peter Pop, Muffy Ritz, Steve Born, John Williams, Jeff Bell and a host of others who are RAAM vets. These rides also are a launching point for RAAM...Triple Crown events are a great stepping stone to bigger things. But they are also just a great way to meet some of the past and future RAAMers."

Congrats also to Peter Pop who finished 4<sup>th</sup> overall in this year's Men's Solo Race—Peter: you did a tremendous job!! Congrats as well to Team 2 Mixed Up who competed in the Team Race with 4 tandem teams lead by long time Triple Crowners Tom Hooker and Tim Skipper!! My hat's off to all of the Triple Crown finisher's who went on and completed any part of RAAM this year!! Call Chris Kostman at 800-388-6497 for more info on the 508!! Or check out the 508 and RAAM on the web on my Favorite Sites page at [www.CalTripleCrown.com](http://www.CalTripleCrown.com). Completing future Triple Crowns can serve as the launch pad for your really long rides!!

## CONCLUSION

In the newspaper about a year ago, I read an article about George Sheehan, a 74 Year Old Marathon Runner, dying from Cancer. George said, "Life is not a spectator sport. We were born to be active. I'm not sure why we were placed on earth, but I know it wasn't to make a living!!"

"No matter how old I get, the race remains one of life's most rewarding experiences. In a race, age changes only place and time.....But the experience of the race is unchanged: each race a drama, each race a challenge, each race telling me more about myself and others. The answer to the big question in running [or in cycling] is the same as the answer to the big questions in life:

Do the best with what you've got!!"

And finally, the other night, I watched my favorite Cycling Tape for what must have been the hundredth time. This is the ABC Coverage of the 1989 Tour de France which is just the best ever!! This is the one where against all odds, Greg LeMond takes a 50 second deficit and smokes the final Time Trial at an average speed of 34 Miles per Hour for 15 Miles. He then proceeds to win the entire Tour by the smallest margin ever: 8 seconds!!

Greg and his family are just ecstatic with the news!! His Dad nearly has a Heart Attack!! His chief competitor, Lauren Fignon, drops from his bike and lays on the road in utter defeat and humiliation.

During the Winner's Ceremonies, Greg Le Mond lifts his 5 year old son up to the Winner's Block. There are a half a million people cheering him on -- that's 500,000 or 7 Baseball Stadiums full of people!!

Greg said later that he remembered how only a month and a half earlier he had been ready to quit cycling.

Then the great announcer Phil Liggett comes on and 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  
Greg Le Mond has held all these feelings  
Now everyone must believe that this comeback takes the pessimists and puts them where they belong"

Each of you have made a comeback. 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 1997, YOU were a California Triple Crown Winner!!  
**Congratulations!!**

Your comeback has taken the pessimists and put them where they belong.

You soared with the eagles -- the best in California!! The Triple Crown ride organizers and I congratulate you. We hope to see you going for the gold again in 1998!!

In the Heartbreak Double, Heartbreak Hill is at Mile 124. There are Mile 124's in everyone's life. 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.

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  
Executive Director  
California Triple Crown

Ride along the river, sweet lullaby  
It just keeps on flowing, it don't worry about where it's going ... no, no  
Don't fly Mr. Bluebird, I'm just riding down the road  
Early morning sunshine tells me all I need to know  
You're my Blue Sky, you're my Sunny Day  
The Allman Brothers Band

Shoot for the moon. Even if you miss, you'll land in the stars.  
Les Brown

Pain is temporary ... pride is forever.  
Peter Crowther, California Triple Crown Winner - 1997

*Don't stop thinking about tomorrow,  
Don't stop, it'll soon be here,  
It'll be, better than before,  
Yesterday's gone, yesterday's gone*  
Fleetwood Mac

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Rank	Name	Central Coast	Heart Break	Terrible Two	Days	+Hours
1	FRINK, JIM	11:39	11:32	12:21	1	11:32
2	POP, PETER	12:36	10:55	12:50	1	12:21
3	WESOLOWSKI, DAN	13:20	12:32	13:31	1	15:23
4	FREED, ROBERT	12:47	13:18	13:31	1	15:36
5	CHESTER, MICHAEL	13:19	13:09	13:11	1	15:39
6	TIKKANEN, WAYNE	14:06	12:56	14:05	1	17:07
7	ROBERTSON, CRAIG	15:15	14:00	14:42	1	19:57
8	WAMBOLD, BILL	14:50	14:07	15:42	1	20:39
9	RASMUSSEN, TIM	14:57	14:01	16:30	1	21:28
10	KOZERA, JIM	15:00	14:55	15:37	1	21:32
11	BOLANDER, LARRY	16:29	13:54	15:17	1	21:40
12	CRAIN, DANIEL	15:53	14:38	15:28	1	21:59
13	ERWIN, MIKE	15:46	14:54	15:39	1	22:19
14	LAWRENCE, TOM	15:22	15:52	15:07	1	22:21
15	VON TUNGELN, JIM	16:29	14:27	16:07	1	23:03
16	HASKETT, STEVEN	15:30	15:22	16:19	1	23:11
17	CARBONARO, CATHERINE	16:12	15:27	16:16	1	23:55
18	STEINMETZ, JOE	16:13	15:28	16:16	1	23:57
19	JOE, MICHAEL	16:39	15:22	17:12	2	1:13
20	CARBERRY, GLENDA	16:24	17:15	17:59	2	3:38
21	GOSHORN, ED	17:55	18:55	17:59	2	6:49

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*“It's the hard things in life that make us strong.”*

From a Mormon Pioneer Diary, 150 Years Ago, on the 1000 mile walk to the Salt Lake Valley.

It's hard to imagine walking a thousand miles -- especially if one must walk that far as quickly as possible, before supplies run out and before the snow flies, pushing or pulling a handcart containing everything you own.

But between 1847 and 1869, more than seventy thousand Mormon Pioneers, including my Great Great Great Grandparents, made the trek, seeking religious freedom, with most of them walking every step of the way. This is often called one of the greatest epics in American History and rightly so.

*“It's the hard things in life that make us strong.”*