



Team MACK PAPER CO.

Team Mack Racing, Inc.
Teammackracing.org

March/April 2005

Tour de Groundhog

BILL JENSEN MEMORIAL

The 2005 Tour de Groundhog was held on February 20th and was a great success. Gary and Sharmin Doering announced the 17th Annual Tour de Groundhog Bill Jensen Memorial to honor the late Bill Jensen. They presented Karen Jensen with a beautiful portrait and a check for the Josh & Anna Education Fund from the proceeds of the Bike Raffle. The winner of the "His and Hers" bikes donated by Biketek was Robin Polites of Rockford. Robin donated the bikes back to Biketek for sale to the highest bidder. All proceeds will go back to Bill's children's educational fund.

Despite the chilly weekend, a group of 15 riders started the weekend with a training ride on Saturday from the Doering's house. A steady pace was held for most of the ride except for the usual sign sprints and a break attempt by MACK newcomer John "Chippopuchi" Gray, which resulted in a beautifully executed chasing pace line for several miles.

The weather changed overnight to a milder but slightly wet Cross event. The course was set up with the help of many volunteers in the morning. This years event was run in the opposite direction as last year which resulted in a longer uphill climb but steeper downhill.



The first riders to tackle the difficult course were the Cat. 5 /Citizen group with MACK member Todd Lafountain coming out on top.

The Masters race was won by Darren Sherkat who led the event from lap one and never looked back. It was a MACK trifecta with Mike Magnuson and John Reimbold filling the remaining podium spots.

A large group of riders started the Senior Open event which was won by Brian Tober. MACKER's Strout and Eichinger finished 3rd and 8th.

The most exciting event was the Open Classic which had 3 lead changes in only 10 laps. MACKER Kron blasted from the gun gaining nearly 30 seconds in the first 2 laps with a hellish tempo. Tober was chasing the rabbit and by the 3rd lap Kron was caught. Tober overtook the lead with MACKER Strout close behind. Lap by lap Strout closed the gap and took the lead with 2 laps to go.

Coming out of the woods and onto the paved section, Strout knew the victory was his.

Thank you to everyone who made it happen by contributing to the course set-up, marshaling, rider registration, announcing, and tear down.

Photos by Paul

<http://homepage.mac.com/pmatsushima/menu4.html>

GROUNDHOG SPONSORS

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STEVE & GINA DRISCOLL



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2005 RACE SCHEDULE

To view the Team MACK 2005 race schedule, please go to our web site. The schedule will continue to be updated throughout the year. The Team MACK Elite squad team events are highlighted in RED.

Springfield Tuesday/Thursday Training Rides

Tuesday April 5 & Thursday April 7, mark the beginning of our weekly fast training rides. The course will be slightly longer and the finish area will be different to accommodate the new subdivision at our old finish line. This is being done for safety reasons. It will also allow riders an additional 3 miles warm down. We will depart Biketek promptly at 6:00 p. m. both nights



RACE RESULTS

Please go to our website to view results.
<http://www.teammackracing.org>

Wisconsin Cycling Assoc. Illinois Cycling Assoc.

The Wisconsin Cycling Association website is updated with local race information.

<http://www.wicycling.org>
The website for Illinois is operating and updated. Continue to check as new items are added.
<http://www.illinoisicycling.com>

Upcoming Events

- Elite Team Events in **BOLD**
- Apr. 2-3 ABD Indoor TT
- Apr. 2 Tillis Park St. Louis, MO
- Apr. 3 Great Dane #1 Madison, WI
- Apr. 9 Hillsboro-Roubaix**
- Apr. 16 Fairview Heights, IL Criterium
- Apr. 17 Babler Road Race, St Louis, MO
- Apr. 17 Great Dane #2 Madison, WI
- Apr. 23-24 Tour of St Louis**
- Apr. 30 Baraboo Road Race, WI
- Apr. 30 Michelob Ultra Grand Prix Marine, IL**
- May 1 Michelob Ultra Grand Prix St Louis, MO**
- May 7 Muskego Crit. Muskego, WI
- May 8 Noah's Ark Crit. Wis Dells, WI
- May 13-15 Joe Martin Stage Race**
- May 14-15 Athens & Laomi RR



Driscoll Update

It has been more than 6 months since Steve's accident. Early this month, Steve underwent another surgery that will get him back on the bike in the near future. Although the 2005 season will be a rebuilding year, Steve and Gina will be at many races supporting the riders. Gina's baked goods are always appreciated by all. Steve would again like to remind all members and their families to always wear a helmet even if it just around the block.

Training Rides Northern Pod

Chicagoland Far Northwest:
Rides start from Lundahl Jr. High in Crystal Lake weather permitting. Leaving promptly at 8:00 a. m. Saturday Ride time about 40 miles. Summertime ride at 7:00 am going to Lake Geneva for about 70 miles. For information call Chuck @ 815-459-9313

Chicagoland Near Northwest:
Rides leaving Harper College 9 om Saturdays. Loops are approx. 35 miles with rolling hills. After time change rides depart at 7:00 am

BikeTek



CLASSIFIEDS

Specialized Allez Pro, 56cm, Black/Titanium. '01 Frameset, not built up until October of '03. Campy 9spd Chorus/Daytona mix, Dia Compe BRS SL calipers (these parts 2-3 years old). Ritchey Pro bars & stem, Thomson seat post, and San Marco Aspide saddle (these parts 4-6 months old). Two set of wheels w/tires, three (maybe four) sets of cogs, existing chain, and one brand new chain. This bike is in great condition, ask anyone - I take excellent care of my stuff. A dream to climb and sprint! \$1075 firm!

Specialized S-Works CX (cyclocross), 54cm White/Red. '02 Frameset built-up with Campy Chorus 9spd shifters and derailleurs, Ultegra crank w/Salsa rings. Ritchey BioMax bars, Salsa stem, "Paul's style" cross brake levers, Thomson seat post, and Selle San Marco saddle. Two sets of wheels w/tires, two (maybe three) sets of cogs, existing chain, and one brand new chain. This bike is also in great condition. \$1200 firm!
Chad Martel, Innerathlete1@aol.com

Cinelli Solido Stem, 120 mm take off from new bike \$60
Call Robert 847-718-0063

Tires, 1 pr Vittoria Ultra-Speed, 700x20, brand new--\$50

Trainer, Minoura Inter-Rim--\$80

Wheelset, tubular, Mavic Reflex, 28h front radial, 32h rear 3X, Shimano hubs, with Conti Sprinter 250 700x 22 tires--\$170

Pedals & cleats, Speedplay X1, used only once--\$200

Call Brad, 309-452-7343 or email pedaltoo@verizon.net

Send classifieds to
VO2-max@sbcglobal.net

Pre Season Training

The days are getting longer and the temperatures are slowly rising. If you have been following the last issues of our "Off Season" recommendations you should have a good core fitness. Now it is time to concentrate more and more on building up your endurance and power. Your training rides should include longer periods of extended Zone 4 intervals. Some of you may be fortunate enough to take part in "spring training". If there is no organized planning make sure you also give your body proper rest. It is better to build slowly than to risk injury. Training races are also a good time to take chances and push your limits, not worrying about the final results. More in the next issue

The SMART T-Shirt

(True facts)

The Department of Defense contracted a company to build the ultimate t-shirt. (\$4 million contract) The breathable fabric with built in sensors that constantly relay the wearer's pulse, respiration, skin temperature and blood pressure may be on the market by 2006. I wonder if this will be team issue for the Mack Elite team so Gary can keep track of us. Maybe it was Lance that put in a call to his fellow Texan at the White House.



Chris Strout with Karen, Anna and Josh Jensen before the start of the Classic Cross.

Thinks and Links

Check out these great web sites to assist you with your training and cycling news.

Calculating Climbing Power

<http://www.u.arizona.edu/~sandiway/bike/climb.html>

www.dailypeleton.com

License Renewals

<http://www.usacycling.org/>

<http://www.ambikerace.com/>



Josh Jensen helps with the lap counter at the Groundhog.



Sponsor/rider Steve Driscoll with Mike Magnuson.