

The following is a list of Nominees for the 2013 Canyon Velo

Most Improved Rider and Rider of the Year Awards. I suggest that you look at all of the information that is provided and then ...

please send me your votes in an email
cjmbike@aol.com

Important: Please Note

This club has a number of riders who "deserve" these awards...

however...

The goal is to select the most "deserving." Since we are a club of nearly 130 members now it is very difficult for everyone to know everyone and their "credentials." SO...

That is why we have gone to the trouble to provide not only the "rationale" of why they were nominated by their(a) peer(s) but also a summary of what they have done "performance-wise" as CV Riders this year... The goal is to give every CV member the opportunity to make an

"INFORMED DECISION"

Please vote for one rider in each category.

Voting closes at Midnight on Sunday January 5

Thanks Carl Moler
cjmbike@aol.com

CANYON VELO MOST IMPROVED RIDER NOMINEES

(In Alphabetical Order)

Bob Bell
Justin Dobis
Jim Edmiston
Steve Ferreira
Anne Marie Loughrey
Bob Lundstedt
Henry Moreno
Luis Perez
Dave Stanton
Glen Wells

See Below for Nomination Comments and 2013 Event Results
(scroll to the right for more event result details)

Bob Bell

Bob Bell is a Canyon Velo veteran of many years. He was one of the clubs most successful racers "back in the day." Unfortunately, serious back problems forced him to "retire" from the sport several years ago. He tried a number of "comebacks" but each time succumbed to injuries and had to stop riding. A few years ago he had major back surgery and now sets off alarms at the airport as a result. This year he made another "comeback" attempt. In a matter of months he has gone from a "fat old guy" struggling to even turn the pedals up small hills, to a "Hammerhead" reminiscent of the "Old Bob Bell." He is out there doing "damage" on the Saturday and Sunday rides again and putting in over 200 miles a week. His efforts this year definitely qualify him for consideration for the Most Improved Rider Award.

Justin Dobis

Justin Dobis: Anyone who races 10 Cat. 5 races in what is probably their first year of USAC racing and upgrades at the end of the year deserves to be on the nominee list for Most Improved Rider...

Results:

Justin Dobis	3	5:13:38	4 Man 40+	1/12/2013	Stagecoach Century TTT
Justin Dobis	23		Cat. 5	2/2/2013	Boulevard Road Race
Justin Dobis	10		Cat. 5	4/6/2013	Rosena Ranch II Circuit Race
Justin Dobis	27		Cat. 5	4/27/2013	San Luis Rey Road Race
Justin Dobis	40		Cat. 5	5/19/2013	Ontario Grand Prix
Justin Dobis	14		Cat. 5	6/22/2013	Rosena Ranch III Circuit Race
Justin Dobis	20		Men 30+ 4/5	6/23/2013	Ontario Grand Prix
Justin Dobis	11		Men 30+ 4/5	7/21/2013	Ontario Grand Prix
Justin Dobis	22		Men 30+ 4/5	8/18/2013	Ontario Grand Prix
Justin Dobis	19		Cat. 4-5	8/18/2013	Ontario Grand Prix
Justin Dobis	10		Cat. 5	11/14/2013	Upgrade Points/Resume Builder Criterion

Jim Edmiston

1. After "decades" away from riding, Jim came out of "retirement" last year and got back on a bike. He not only improved he became "downright strong." For a 67 year old guy to make the kind of progress Jim did in a short year is very impressive. Then add in the fact that he was "downright" unlucky and crashed on a Sunday Club Ride ending up in the hospital and still quickly came back strong. And finally the fact that he had another "unlucky" serious crash on the Sunday Ride just 8 weeks later and yet has plans to get back on the bike and make another comeback and well you get the picture. Jim d fits the "definition" of a candidate for "Most Improved Rider."

2. **Jim Edmiston.** Despite recent string of bad luck on the trail, he has been quick to remain an active part of the club. He shows that with determination you can continue to do what you love.

3. ... I'd like to Nominate Jimmy Edmiston. Jimmy Edmiston is a true gentleman, with a warm genuine caring attitude to all members. He has outstanding patience. Out on the rides Jimmy is also a very strong rider who takes his turn up front and always up for a spirited sprint.

Steve Ferreira

1. Steve came out and joined Canyon Velo last year after many years off the bike. He went from guy who "wanted to," to a guy who "does" in a very short time. He has committed himself to riding with an enthusiasm that is hard to describe. He dishes out punishment with a smile. At the rate he is going he will be riding at the front for a long time.
2. Most improved. He is really killing it on both TT and Road bike. If there is a Gucci category I nominate him for both TT and Road as well.

Anne Marie Loughrey

1. This lady is strong and tough. Canyon Velo was lucky when Anne Marie moved into the area and joined last year. Unfortunately Canyon Velo was unlucky that a change of jobs forced a relocation to Chicago. But to watch the progress of this "petite turbo" over the short months she was here was amazing. Add to that the fact that she spent most weekends competing in climbing events or hammering the rest of us and she definitely deserves to be considered for the Most Improved Rider Award. Check out her "Strava" stats if you need more data regarding her strength or improvement record.
2. As I've only been in the club for a year the most improved rider I saw was Anne Marie, she improved a lot from when she first joined until she went to Chicago.

Results

Anne Marie has completed several serious events which may or may not qualify as "races." Check out her Strava Results for more information.

Bob Lundstedt

1. Bob was a nominee for this award last year as well. He is a very strong rider and certainly can "hold his own" with the club's strongest riders.
2. When it comes to Bob Lundstedt, for the last year I have been impressed by his training regimen and his results on Strava. Some of his individual training rides are amazing. He would be a great choice for Most Improved Rider.

Henry Moreno

1. Henry joined Canyon Velo a couple of years ago and has gone from a relatively inexperienced "Tri-Guy" to an experienced and very competitive cyclist (and "Tri-Guy.") He now rides at a strength level that puts him up there with the best Canyon Velo has to offer. He is a very deserving candidate for consideration for the Most Improved Rider Award.
2. Put Henry on my improved list.

Results

Henry Moreno	5	5:41:00	Men 45+	1/12/2013	Stagecoach Century ITT
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Luis Perez

1. This is the second time Luis has been nominated for this award. He is a quiet guy who rides very well. He continues to improve and is deserving of this second nomination for his continuing efforts as a racer.
2. On Luis Perez, after meeting him this year and seeing his training rides on Strava and riding with him on club rides, for a young rider starting to reach his potential he shows a lot of maturity and would make a good choice for Best Improved Rider.

Results

Luis Perez	69		Men Cat. 4	2/10/2013	Roger Millikan Memorial Criterium
Luis Perez	22		Cat. 4-5	3/31/2013	Ontario Grand Prix
Luis Perez	23		Men Cat. 4	7/21/2013	Ontario Grand Prix

David Stanton

1. **Would like to nominate David Stanton for most improved:** Most impressive I think is David got up off the deck after a crash in the prelude Tour de California event for amateurs. David suffered injuries including a broken collarbone and he was determined to come back even stronger. Well he did. He crossed the bridge to TT land and has been putting up podium finishes ever since. He also competed in the Tour de Foothills event finishing 4th in the 50+ in a time of 38:48. When he competes in the TT's with a climb he is hard to beat.

2. **MOST IMPROVED RIDER: DAVE STANTON**

If we measure success by numbers, Dave has accomplished a lot in 2013 improving his times greatly in most all the races he participated, not to mention his fantastic first TT season, go Dave!

3. **Most Improved Rider of the Year: David Stanton**

Dave can do it all and has marched all over the competition this year and not looking back.

He has a new love for TT-ing.

12 podium's .. 3 wins.. 7 -2nd's and 2 -3rds and looking to possibly win the SoCal TT Series for 55+.

4. **Most improved rider: Dave Stanton.** He has recently been competing and placing well in time trials. He has at least one win and I think podiums all around.

5. **Most Improved Rider of the Year: David Stanton** - New to ITTs, and already has made a huge mark on his age group. Overall, 12 podium places, of which 3 were wins, 7 were seconds, and 2 were thirds. Currently overall Second in 2014 SoCal TT points Series for 55+.

6. **Dr. Dave** for most improved because he is an animal right now. FAST.

Results:

David Stanton	17		Men 55+	1/26/2013	Poor College Kids Road Race	
David Stanton	2		Men 55+	1/27/2013	Peninsula Hill Climb TT #1	
David Stanton	2	0:22:37.11	Men 55+	2/16/2013	Steve Bowen Memorial Peninsula Clif Climb TT	
David Stanton	1		Men 55+	3/30/2013	Peninsula Hill Climb TT #2	
David Stanton	8		Men 55+	4/14/2013	Vlees Huis Ronde Road Race	
David Stanton	9		Men 55+	4/27/2013	San Luis Rey Road Race	
David Stanton	3		Men 55+	8/17/2013	Hotter than Hell Hill Climb TT	
David Stanton	1		Men 55+	9/7/2013	San Diego TT	
David Stanton	3		Men 55+	9/15/2013	Highway 173 TT	
David Stanton	1	0:42:58	Masters 55 - 64	9/28/2013	Gledora Mountain Road (GMR) TT	139/165 overall
David Stanton	2		Men 55+	10/13/2013	San Diego TT	
David Stanton	2		Men 55+	10/19/2013	Santiago Canyon TT	

David Stanton	2		Men 55+	11/3/2013	Piru TT	
David Stanton	4	0:38:48	Men 50 - 59	11/9/2013	Tour de Foothills	4th out of 53 in category, 22nd ove
David Stanton	2		Men 55+	11/16/2013	Santiago Canyon TT	
David Stanton	1		Men 55+	12/8/2013	Piru TT	

Glen Wells

I would like to nominate **Glen Wells** for Most Improved Rider of the Year. He is a first year member and has consistently represented Canyon Velo both on and off the race course. I don't know all of his race results, but I know he has been in the top 10 on several occasion's (one podium finish in the 6 hour MTB endurance race at Bonelli Par.)

Results

Glen Wells	8	8:18:45		4/13/2013	King of the Mountains Century Challenge Series Round 1	50th overall, 8th out of 85 in cate
Glen Wells	32	6:01:00		5/3/2013	King of the Mountains Century Challenge Series Round 2	82nd overall, 32nd out of 154 in c 21st overall out of 160 finishers o rounds
Glen Wells	21	20:06:31		5/18/2013	King of the Mountains Century Challenge Series GC King of the Mountains Century Challenge Series	
Glen Wells	16	5:46:46		5/18/2013	Round 3	30th overall, 16th in category
Glen Wells	9		Sport 3	5/21/2013	Over the Hump MTB Series (Irvine Lake)	
Glen Wells	9		Sport 3	6/4/2013	Over the Hump MTB Series (Irvine Lake)	
Glen Wells	2		Sport 3	7/7/2013	Knobby Time MTB Series Round 1	
Glen Wells	1		Sport 3	7/21/2013	Knobby Time MTB Series Round 2	
Glen Wells	1		Sport 3	8/4/2013	Knobby Time MTB Series GC	
Glen Wells	2		Sport 3	8/4/2013	Knobby Time MTB Series Round 3	
Glen Wells	23		Sport 3	8/23/2013	Over the Hump MTB Series (Irvine Lake)	
Glen Wells	3	6:00:00	Open Sport Team	9/14/2013	Turn & Burn 6 Hour Endurance MTB Race, San Dimas, CA	
Glen Wells	8	0:42:16	Men 40 - 49	11/9/2013	Tour de Foothills	8th out of 69 in category, 36th ov

CANYON VELO RIDER OF THE YEAR NOMINEES

(In Alphabetical Order)

Eddie Kissee

Paul Leek

Ryan Mongan

George Tomasich

See Below for Nomination Comments and 2013 Event Results

(scroll to the right for more event details)

Note: You can also check out past winners on the club web site under the "about" button

EDDIE KISSEE

Rider of the Year:

Fast Eddie

19 podium's .. 5 wins including tandem with Susan...11 -2nd's and 3 -3rd's .

Got Susan 2nd on the podium for tandem at States ..Second in State TTT for men 240+, and 2nd overall in the SoCal TT Series for 55+. He's a Sprinter and TT Specialist...

Results

Ed Kissee	2	0:31:07	Men 55+	1/6/2013	Piru 20 Km TT	
Ed Kissee	1	4:59:30	4 Man 50+	1/12/2013	Stagecoach Century TTT	New course record for 50+ 4-mar group
Ed Kissee	2	20:55	Men 55+	1/27/2013	Oak Hills TT	
Ed Kissee	1	0:31:55	Open Tandem	2/17/2013	Fiesta Island TT	
Ed Kissee	1	0:33:40	Open Tandem	3/3/2013	Piru 20 Km TT	
Ed Kissee	4	0:31:24	Men 55+	3/16/2013	Santiago Canyon TT	
Ed Kissee	3	0:29:24	Men 55+	3/31/2013	Fiesta Island TT	
Ed Kissee	1	0:32:16	Open Tandem	4/7/2013	Piru 20 Km TT	
Ed Kissee	3	0:29:29	Men 55+	4/20/2013	Santiago Canyon TT	
Ed Kissee	2		Men 55+ Open Tandem	4/20/2013	2013 So Cal TT Points Series	18 race series
Ed Kissee	2	0:59:37	Mixed	5/18/2013	2013 SCNCA ITT Championship	
Ed Kissee	2	0:52:14	4-Man 240+	5/25/2013	2013 SCNCA TTT Championship	
Ed Kissee	2	0:29:48	Masters 55+	7/14/2013	Piru 20 Km TT	
Ed Kissee	2	0:30:20	Masters 55+	8/14/2013	Piru 20 Km TT	
Ed Kissee	2	0:31:36	Masters 55+	10/6/2013	Piru 20 Km TT	
Ed Kissee	2	0:26:42	Men 55+	10/13/2013	Highway 173 TT	
Ed Kissee	3	0:29:55	Men 55+	11/3/2013	Piru TT	
Ed Kissee	1	0:19:27	Men 55+	11/28/2013	Oak Hills TT	
Ed Kissee	2	0:29:16	Men 55+	11/29/2013	San Diego Time Trial	
Ed Kissee	2	0:32:25	Men 55+	12/8/2013	Piru TT	

PAUL LEEK

1. Rider of the Year: Paul Leek - At least 13 podium places, of which 6 were wins, 5 were seconds, and 2 were 3rds. First in State ITT for Tandem 70+ (won as underdogs against a highly competitive and favored team), Second in State TTT for 240+, and overall Third in 2013 SoCal TT points Series for 45+, plus great representative of CV at the rides and races.

2. I nominate Paul leek for his tireless work up the front and because he is my son.

Results						
Paul Leek	2		Men 45+	1/6/2013	Piru 20 Km TT	
						New course record for 50+ 4-man group
Paul Leek	1	4:59:30	4 Man 50+	1/12/2013	Stagecoach Century TTT	
Paul Leek	1		Men Open	2/3/2013	Fiesta Island 40 Km TT	
Paul Leek	52		Men 50+	2/10/2013	Roger Millikan Memorial Criterium	
Paul Leek	1		Cat. 1-5	3/9/2013	Fiesta Island TT (non championship category)	
Paul Leek	1	2:04:47	Men Open	3/17/2013	Fiesta Island 50 Mi TT	
Paul Leek	3		Men Open	3/31/2013	Fiesta Island 40 Km TT	
Paul Leek	2	0:28:56	Men 45+	4/20/2013	Santiago Canyon TT	
Paul Leek	3		Men 45+	4/20/2013	2013 So Cal TT Points Series	18 race series
Paul Leek	1	0:51:44	Tandem 70+	5/18/2013	2013 SCNCA ITT Championship	
Paul Leek	2	0:52:14	4-Man 240+	5/25/2013	2013 SCNCA TTT Championship	
Paul Leek	2	1:00:15	Men 40Km	9/7/2013	San Diego Time Trial	
Paul Leek	2	1:00:33	Men 40Km	10/13/2013	San Diego Time Trial	
Paul Leek	1	1:02:19	Men 40Km	11/29/2013	San Diego Time Trial	

RYAN MONGAN

1. I nominate **Ryan Mongan** for 2013 Rider of the Year. Ryan has competed in 16 triathlons in the past 11 months (Jan - Nov 2013). These include Olympic and Sprint distances but also 5 half-ironman events and 1 full ironman (the Ironman Arizona). He has six 1st places, one 2nd place, three 3rd places and one 6th place finishes in his category (Men 45-49) – in other words, he was on the podium more than half the time he raced. Basically he is a stud and if you've ever been on his wheel on the Sunday river trail ride, you know he isn't just a good swimmer! Only Paul Leek (14 TTs) and Ed Kisse (16 TTs) come close to the number of results. I see Ryan as the glue between the USAC road racers, the USAT triathletes and the sport enthusiast members of our club.

2. RIDER OF THE YEAR: RYAN MONGAN

Ryan is a well rounded athlete, very strong rider who got great results in 2013. Big kudos to him!

3. my nomination for rider of the year is Ryan Mongan. hes done really well this year. won a few races, had good results through out the year. great guy and i don't think he's won it before.

Results

Ryan Mongan	1	4:59:30	4 Man 50+	1/12/2013	Stagecoach Century TTT	New course record for 50+ 4-man group
Ryan Mongan	1	0:52:34.72	Men 45-49	2/17/2013	Laguna Niguel (reverse) Sprint Triathlon	2nd male overall, 3rd out of 218
Ryan Mongan	1	0:57:38	Men 45-49	2/23/2013	Race on the Base (reverse) Sprint Triathlon	7th out of 1,011 overall
Ryan Mongan	2	2:14:03	Men 45-49	3/17/2013	SuperSeal (Olympic Triathlon)	
Ryan Mongan	26	4:54:59	Men 45-49	3/30/2013	Ironman California 70.3 (Half Ironman)	
Ryan Mongan	13	2:14:38	Men 45-49	4/20/2013	ITU San Diego (Olympic Triathlon)	
Ryan Mongan	19	5:26:11	Men 45-49	5/4/2013	Wildflower long course (Half Ironman)	
Ryan Mongan	31	5:30:17	Men 45-49	6/1/2013	Ironman Hawaii 70.3 (Half Ironman)	
Ryan Mongan	3	1:19:48	Men 45-49	7/14/2013	Carlsbad Triathlon (Sprint Triathlon)	
Ryan Mongan	3	1:21:10	Men 45-49	8/3/2013	Semper Tri (Sprint Triathlon)	
Ryan Mongan	1	1:01:21	Men 45-49	8/10/2013	RAT Race (Sprint Tirathlon)	
Ryan Mongan	1	1:12:19	Men 45-49	8/17/2013	Beaver Lake Triathlon (Sprint Triathlon)	
Ryan Mongan	6	3:21:18	Men 45-49	8/23/2013	Santa Barbara Long Course	
Ryan Mongan	98	5:23:27	Men 45-49	9/7/2013	Iron Man World Championships (1/2 Ironman)	
Ryan Mongan	1	4:58:22	Men 45-49	10/13/2013	Atlantic Coast Triathlon (1/2 Ironman)	
Ryan Mongan	97	11:45:23	Men 45-49	11/17/2013	Ironman AZ (Ironman)	

GEORGE TOMASICH

1. **Would like to nominate George Tomasich for CV 2013 rider of the year.** George has participated in many events and races this year. He is a great team mate, great to ride and train with and organizes many group CV training rides.

Sanctioned road races and stage races this year include Boulevard, Juniper Hills, San Dimas Stage Race, Vlees Huis Rhonde, Devil's Punchbowl, Death Valley Stage Race and State Road Race Championships.

He capped the year with an exceptional race up GMR in the timed portion of Tour de Foothills finishing in a time of 37:27. This is an incredible accomplishment, tied for 18th overall men and 3rd in the 50+ (**behind a guy named Tinker Juarez**). This event attracts the top climbers in the region.

2. I don't know if a simple email will suffice for a nomination or if there is an official ballot, but here goes. I would like to nominate George Tomasich. The reason is that he has a super welcoming attitude to all riders (CV or otherwise). He is also a staple at the most difficult climbing endurance events i.e. Everest Challenge. He's quick to offer training advice on how to approach these epic events. Above all he's a pleasure to ride with.

Results

George Tomasich	3	5:13:38	4 Man 40+	1/12/2013	Stagecoach Century TTT
George Tomasich	34		Men 45+	2/2/2013	Boulevard Road Race
George Tomasich	29		Men 45+	2/16/2013	Juniper Hills Classic
George Tomasich	17		Cat. 5	3/22/2013	San Dimas Stage Race TT
George Tomasich	15		Cat. 5	3/23/2013	San Dimas Stage Race Road Race
George Tomasich	14		Cat. 5	3/24/2013	San Dimas Stage Race GC
George Tomasich	23		Cat. 5	3/24/2013	San Dimas Stage Race Criterium

George Tomasich	24		Cat. 4	4/14/2013	Vlees Huis Ronde Road Race
George Tomasich	16		Cat. 4-5	5/11/2013	Devil's Punchbowl Road Race
George Tomasich	3		Cat. 4	5/25/2013	Death Valley Stage Race, Day 1
George Tomasich	4		Cat. 4	5/26/2013	Death Valley Stage Race GC
George Tomasich	4		Cat. 4	5/26/2013	Death Valley Stage Race, Day 2
George Tomasich	14		Men 50+	6/1/2013	District Road Race Championships
George Tomasich	2	1:21:13	Men 50+	9/8/2013	Giro de San Diego Gran Fondo
George Tomasich	5	0:42:35	Men 45-54	9/28/2013	Gledora Mountain Road (GMR) TT
George Tomasich	1	0:42:23.0	Men 50 - 59	10/19/2013	Santa Barbara Century
George Tomasich	1	0:43:23.0	Men 50 - 59	10/29/2013	Santa Barbara TT
George Tomasich	3	0:37:27	Men 50 - 59	11/9/2013	Tour de Foothills
George Tomasich	1		Men 45+		Charleston Hill Climb