



BREAKAWAY

SINCE 1976



Editor Bobby Skedsmo No.47

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President's Message

As the president of the United States Deaf Cycling Association I would like to welcome you to the organization that was incorporated in May 1992 under the leadership of Bobby

Skedsmo.

The United States Deaf Cycling Association is celebrating its 28th Anniversary this year having been formed by a small group of enthusiasts informally in 1975. Since that time the sport of Deaf cycling has grown considerably.

In July 2003, we will host cycling tryouts in Indiana to prepare the selected cyclists for Deaflympic Games in Melbourne, Australia 2005. More details will be shared soon on the web by Coach Paul Wood. He was also known as the world champion sprinter and gold medalist of both road and sprint events at the Deaflympic Games, earned a silver medal from the time trial event.

As a recreational cyclist, I have cycled across the USA twice and few times in Asia especially in Thailand and Malaysia. During the summer of 2002, 19 deaf cyclists pedaled across the USA to raise funds for deaf students from the developing countries. We cycled through mountains and flat terrain for 52 days from Los Angeles to Washington, D.C. We finally established two DWSSF scholarship funds at Gallaudet University, Washington, D.C. and SouthWest Collegiate Institute for the Deaf, Big Spring, Texas. (See www.dwssf.com)

Our goals with USDCA this year would be strengthening the organization with more members, sharing the awareness about the cycling world, fundraising, publicity, upgrading the by-laws and establishing more deaf recreation cycling clubs on the local levels. Your new cycling ideas are very welcome.

Again, we would like to welcome you to USDCA and we will be more than happy to have your wonderful support.

Yours in cycling,

Beverly Buchanan

President

NATIONAL CYCLING TEAM TRYOUTS



Paul Wood, a national cycling certified coach, would like to make an announcement of cycling tryouts for the national cycling team this July 2003 in Indianapolis, Indiana. More details will be followed after confirming with the velodrome management. What he likes is to have two events that will take place at the velodrome for the 1000-meter match sprint and 50-kilometer points race events. The road bikes are permitted to use on the velodrome. He expects about 10-20 riders who will participate in the tryouts for the national team. The tryouts will last about one week (Monday to Monday) including USCF/ABR races on the weekend, Southeast training race and the Major Taylor Velodrome.

Category 3,4,5 will be required to participate in

the tryouts. Any interested female riders may participate in our plan. The participants will stay at his place in the basement. There will be a minimal cost for meals and utilities. If you have any question, please do not hesitate to contact with Paul Wood. You can start to apply at this site now:

<http://home.earthlink.net/~skedsmo/tryout-2.htm>

We are confident that the plan will be successful due to the fact that people down there are very supportive.

Tenative Plan: July 7 thru 14

Monday: arrival day
Tuesday: Southeast training race 6 pm
Wednesday: 1000 m match sprint at MTV at 6 pm (3 hours)
Thursday : 50 km points race at MTV at 6 pm (2 hours)
Friday: rest
Sat & Sun: USCF/ABR races
Monday: departure day

MOUNTAIN BIKE for DEAFLYMPICS?

Bobby Skedsmo, CISS Technical Director, is still in question with the 2005 Deaflympic Games Organizing Committee and CISS Executive Board members about inclusion of mountain bike. We won't know until they have a meeting at the CISS Congress this February 27-28 to decide how to plan for the games. If it is not going to happen, but he and the 2006 World Cycling Championships organizing committee will work together to accomplish the feat since mountain bike is a discipline within the sport of cycling, it may not necessary to apply as a new sport. Therefore mountain bike can be taken place at the world championships in San Francisco. At first we have to wait for our proposal of hosting the event be approved by the CISS Congress before we set up a local organizing committee. Let's cross our fingers tightly!



Vice President's Message

I'm very happy to be the Vice President of the USDCA. My first few tasks will be to raise funds through the means of sponsorship for the association. Hopefully this will raise the funds we need to set up some new junior riders with support. At the same time, I will be helping Bev, our president, with what she needs. If you have any suggestions or comments about the USDCA, feel free to email me at nrh@nathanielhorwitz.com. Thanks!

Robin Horwitz
USDCA Vice President

ROAD TO SUCCESS FROM ATHLETICS TO MOUNTAIN BIKING



Growing up in Texas, USA, Wayne Langbein has participated in several field events and has done phenomenally well. He especially enjoyed discus until he was introduced to hammer throw while in college, which has now become his favorite event ever since.

In 1993 while a student at Gallaudet University he was voted as the Athlete of the Year by the

Gallaudet Athletics Department. Wayne was also selected as the National Collegiate Athletic Association All-American in Discus.

Wayne is a two time Deaflympian (1993 and 1997) and earned a total of 5 medals: in 1993, gold in hammer, and silver in discus and then in 1997, silver in discus and hammer and bronze in shot put. He also broke and still holds the American record in hammer in 1997. In 1999 Wayne attended the PANAMDES Games in Havana, Cuba and won gold medals in all 3 field events: hammer, discus, and shot put. He again broke his own PANAMDES record in Hammer and Discus.

While Wayne was doing very well in Athletics, he decided to try a new sport, which was Mountain Biking. After his first race in the fall of 1999, he was hooked onto this new sport and wanted to train seriously for it. This was when he realized he couldn't train for both sports since it would require a totally different training schedule and body physique. After some soul searching, he decided that since he had been involved in the sport of Athletics long enough, it was time for him to pursue Mountain Biking while he was still "young".

In 2000, Wayne started to seriously train for Mountain Biking in "Sports" class. There are 4 classes: Citizen, Sport, Comp, and Expert. He finished the year in the 13th place in his age group out of 27 racers. This was when Wayne realized his potentials in this sport and decided to continue into the 2nd year in Sports category and finished at the end of year with 2nd in his age class out of 37 racers. He had won two races during the season, one of his winning races, being only 1 minute 47 seconds behind the overall leader!

In 2002, He decided to join the Milwaukee local mountain bike club called, "Alterra Coffee" and moved up to Comp level. He finished the year in the 7th place in his age class and the 23rd overall. There are about 280 racers overall. This year he will continue to race for the same club in the same level. On an average he was only 4 minutes behind the overall leader and hopes to close in the gap this year.

Wayne said the motivating factor for racing is to compete against himself and try to improve his time. He also has a goal of closing the gap between himself and the overall leader. There are many racers that have raced with Wayne over the years and he can see himself getting better than those racers who have beat him easily during the first year.

Wayne mentioned that training is not easy and indeed a big challenge, as it requires a huge sacrifice on his personal time, cost of bike and repairs as well as health food and supplements. He does not have a personal coach. Instead he coaches himself by reading and studying biking training books.

He hopes that in the future of deaf sports mountain biking will someday be included. He naturally wished there would be a demonstration sport of mountain biking at the 2005 Summer Deaflympics in Australia. Wayne would love to race with other deaf mountain bikers in the world of deaf sports. *Way to go Wayne!*

FUNDRAISING EVENT



Skedsmo is planning to have one or two fundraising events this year. USDCA is responsible for the US cycling team clothing outfit.

We had trouble time to raise money for the team last time. It is better to do it now than later. There are two funds, one is for mtn bike team and one is for road bike team. For an example, what if we here raise \$1000 from one night event for the US road bike team, 10% of the profit net would go to the USDCA Adm and 10% would go to the mtn bike fund.

CYCLING CLUB ACTIVITY



California Deaf Wheelers had its 6th annual family-style lasagna and spaghetti dinner and meeting at a member's apartment complex on Saturday March 15. It will be time to collect annual dues, probably play games for the

prize, make plans for rides over the year, make motions and eat delicious homemade foods.

California Deaf Wheelers proudly proclaims that they have a new web site. Visiting its web site is a must.

<http://www.nathanielhorwitz.com/cdw/>

CYCLING CLUB APPLICATION

The following criteria is required to meet the minimum.

1. Three members or more to start
2. Club is required to pay \$6 affiliate fee per year
3. Individual Membership is \$5 as required which will go to USDCA.

Note: Fee for club functions is the club's decision. By joining the USDCA, you will receive benefits:

1. club will be recognized as an official body across the nation.
2. seal of prestige, reputation and honor
3. ability to communicate among the local and national members.
4. opportunity to qualify for the national / development team.
5. placing your club activities in our Breakaway publication.

Find this club membership application at

<http://home.earthlink.net/~skedsmo/cyclubs2.htm>



NOTES from SECRETARY-TREASURER

Bobby Skedsmo

Since we have some new faces as officers to our organization, we are making progress quite, but we will eventually get the ball rolling. We need to work on a communication network within the organization and delegate duties to each officers and the affiliations. Also to revise the bylaws. I think that this organization has quality people working together as a team and will be the best we ever have. It will be uplifting to see some cosmetic changes made in this organization; however, the administrative functions will remain the same.

At the start of his administrative duty of this year

Virnig has been busy with planning for the national mountain bike championships this summer. In addition, Buchanan is working on the biking across the America to the Deaf Way II with a group. Nordstrand (our mountain bike coordinator) is working with Virnig to promote the event for this summer. Wood (our road bike coordinator) is currently on the committee of the National Deaf Basketball Tournament in Indianapolis. He would like to have cycling tryouts that will take place in his hometown during the Summer 2003.

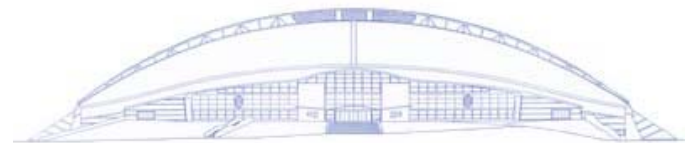
Virnig and the members have brain stormed some ideas for our organization, but we will not "take all the cookies out of a jar at once". We need to work on one task at a time.

We desperately want to see that we form more cycling clubs to affiliate with us. We are so pleased to announce that the California Deaf Wheelers finally has its own homepage. Really Neat! Please sure to take the time to visit this site:

<http://www.nathanielhorwitz.com/cdw/>

I think it is cool that all officers live in the western, central and eastern parts of the United States. Whenever the annual USADSF House of Delegates are to attend meeting, one can go to represent our organization as a delegate to wherever the place is near his/her destination and that would save cost and time.

FIRST MODERN U.S. URBAN VELODROME



The San Francisco Velodrome (SFV) will be a dedicated indoor sports 5,000-seat arena located in downtown San Francisco and will be similar in design to the Manchester Velodrome in England. It will be first time since the heyday of track

cycling at the turn of the century. The facility will be the first purpose-built indoor cycling facility in the U.S. The SFV will add to San Francisco's reputation in the team and individual sports and national and international cycling worlds and will act to garner attention and praise both nationally and internationally

USDCA ANNUAL MEMBERSHIP RENEWAL



Thank you for your extraordinary support of our cycling mission and interest for future generations. You're a valued member of the US Deaf Cycling Association. That's why I want you to have your membership renewed. I

also want to remind you that with our fiscal year beginning January 1, it's time to renew your membership in USDCA. Please take a moment to check out the web-based membership application at

<http://home.earthlink.net/~skedsmo/applic-2.htm>

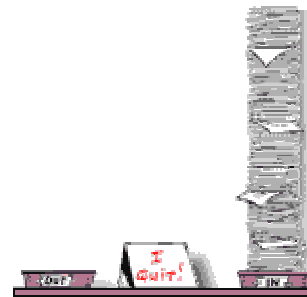
For over one fourth a century, USDCA has steadily grown and improved in every respect to serve the members.... we simply cannot succeed without your renewed support. Thank you for renewing promptly!

CISS IN THE NEWS



Athens Olympic Sports Complex

Among the items listed in the agenda of the upcoming 38th CISS Congress is determining which two cities, **Athens** in Greece GRE or **Taipei** in Taiwan TPE will succeed in the bid to host the 21st Deaflympic Summer Games in 2009.



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