

## Duro November News Letter

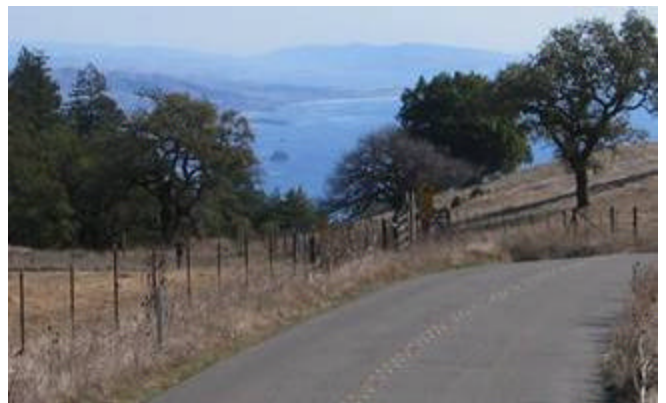
*Editor: Joe Aspatore*

Greetings fellow Duro's! and welcome to the most wonderful time of the year, winter! Yes it's a great time to reacquaint your self with all of your favorite indoor activities, personally, I like to bake chocolate cakes, lift weights and try not to get up to early. November also brings the infamous "Turkey Day Ride" or as I like to call it the "Thanksgiving day World Championships" (Notice all the people doing speed work the week before). This ride leaves at 9am on Thanksgiving Day from the California Pedaler in Danville. 25 mile flat loop with a leg twister for the last 10mi.

For 25 years now, shop owner Jerry Landis and his wife Michele, have hot cider and cookies waiting at the end of the ride. Don't miss this one!

**The Kings Ridge Ride:** was a huge success. Beautiful weather and majestic views,

Thanks to Fred Proudman for driving sag. We had a good turn out and hope we can do more of these out of town rides in the future.



Speaking of that, we had wondered if there was an interest in doing a S.F. To Santa Cruz ride on 12/18. We would need transportation to S.F. and of course a ride back 2-4 people with SUV's should do it. Pot luck picnic on the beach? Please respond to [jaspatore@aol.com](mailto:jaspatore@aol.com) if interested.

**Holiday Party:** Mark your calendars now! The club holiday party will be held on Sunday, December 4<sup>th</sup>. More details will be sent out in the group e-mail the week before the party. This will be a pot-luck and a BYOB. Designate a driver!

**Clothing:** Thanks for all the clothing orders, the delivery will be the week of December 13th. There are a few additional pieces of bib shorts, shorts, jerseys and vests coming.

Contact Carole Foley -Stewart if you are interested, also arm warmers are available right now.

Heystewart @comcast.net or call 925-932-3724.

Winter can be a potentially dismal time for some people so I say, start winter off with a plan! I planned to ride more last winter I did, and I believe I was riding a little better this summer because of it. Winter can sap the inspiration right out of a person. What's inspiring about a cold, windy, wet day? So I decided to call up my old pal Kurt Stockton for some inspiration and insight. Kurt was a neighbor of mine for several years.

Kurt seems to have an uncanny way of getting right to the nuts and bolts of it all. For those of you who don't recognize the name, Kurt was the 1990 USPRO Road Champion.



Considered "one of the most feared sprinters in the country" He retired from road racing in 1993 now and lives on his palatial 40 acre estate just outside Grass Valley.

He is the owner and director of the Kodak Gallery-Sierra Nevada Pro Cycling Team.

I asked if he would be willing to do a little “Q & A” For the news letter and happily he agreed.

Recovering from a recent hernia operation, Kurt is getting reacquainted with his brown naugahide Lazy Boy Recliner. Taking in the majestic 180 degree view of the valley and the south fork of the Yuba River that can be seen just outside his living room.

**J.A:** *What was it like to win the USPRO championship and how did it change your cycling career?*

**K.S:** Jubilation, and something of a let down because I didn't win the race. First American over line meant a lot to me because I knew I was the best that day, but I went there to win.

I found out that a lot of people that never gave me the time of day before now wanted to be my friend. The disparity of that was conflicting for me to say the least.

That accolade has afforded me a great deal of opportunity I wouldn't otherwise had and even now in my retirement and as a team owner/director myself, the respect is still there.

**J.A:** *You rode in the World Championship Road Race that year in Utsanomiya Japan in support of Tour de France winner and defending World Champion Greg Lemond. What was it like to race in an event like that?*

**K.S:** A class field, you had the Team 7-11 contingent, the Lemond selection and the best U.S. pros on one team. I was totally fired up, though I had to pay my way over and my expenses, it was a little bit of a let down in that respect. Midway through the race with a dangerous break gaining time, Andy Hampsten came to me and asked if my self and the others would ride for Lemond? I negotiated on behalf of the others that we would ride on the condition that we would be paid a certain amount in the event of a medal and another amount regardless. **J.A:** *And all of this was done during the race!?* Yes, this was pro racing at the highest international level and being there on our own without support, well, business is business! We rode our asses off and helped to bring the break back, but Lemond failed to medal that year.

**J.A:** *What is the single biggest advancement in cycling you have seen since you retired?*

**K.S:** Frame material. When I was racing there were no carbon forks, most everyone had steel bikes, there were a few composite bikes out there, but not anything like today. The weight reduction and rigidity are a huge improvement.

**J.A:** *What is the single biggest difference that you see in the riders today compared to when you were racing?*

**K.S:** Riders today are looking everywhere but themselves to get better.

**J.A:** *Do you feel enough is being done to prevent the use of drugs in cycling and if not, what do you feel needs to be done?*

**K.S:** Definitely not enough is being done. The penalties for a positive test need to be harsher. I feel a percentage of the riders salaries should go toward the continuing advancement of testing and procedure. There is too much ambiguity and too much leniency and collusion.

**J.A:** *What advice would you give a rider who is just starting out?*

**K.S:** I would want to ask what their goals are. Don't follow blindly. Be an observer and remember there is no quick fix.

**J.A:** *What advice would you give club racers today?*

**K.S:** Surround yourself with supportive people, cycling is very hard and you need to focus solely on that.

**J.A:** *As an ex-pro, what kind of things do you say to your team riders?*

**K.S:** Believe you can win, believe in your team and most importantly; have the confidence to risk everything to win.

*Thanks Kurt!*