

ANGELA S. GRABILL  
CYCLING RESUME 1985

PERSONAL STATISTICS

Date of Birth: October 19, 1961  
Height: 5'8"  
Weight: 150  
Resting Heart Rate: 54  
Percent Body Fat: 17%  
Present Physical Condition: Excellent  
Allergies: Sulfa

EXPERIENCE

I have been cycling regularly for the past three years. I raced a few novice races (Greenbelt Park and Mclean) in 1984 and placed 4th and 5th consistently. I have also raced a few roller races. Winter of 1984-1985 marked my first effort of training for racing seriously. When I could not ride outside, I ran, ran steps, swam and alternated between a Turbo Trainer and rollers. I am currently riding 200 miles a week, and plan to increase that to 250-300. 1985 will be my first year as a serious competitor.

GOALS

General

1. To develop consistency in my riding and racing.
2. To be a member of a cohesive women's team.
3. To sharpen my mental toughness (hills and time trials)
4. To develop speed through intervals and motor pacing.
5. To develop track racing skills.
6. To have a reputation of being an excellent racer.

Specific

1. A 25 minute, 10 mile time trial.
2. To place in the top 5 overall in the Tour of Maryland.
3. To qualify for Nationals.

Since this is my first season, I am well aware I have quite a lot of learning to do. My hope is that I will be in an atmosphere that will provide this.

ADDRESSES

Angela S. Grabill  
5906 Osage Street  
Berwyn Heights, MD  
20740  
(h) 345-1060  
(w) 474-2800

Sue A. Grabill  
3223 Glen Carlyn Rd.  
Falls Church, VA  
22041  
(h) 998-5004  
(w) 737-5900

Mearl W. Grabill  
2820 Shutt Mill Rd.  
Harrisburg, PA  
17110  
(h) 717-233-2111  
(w) 717-652-3600

**Certificate of Award**

*from*

The National Capital Velo Club

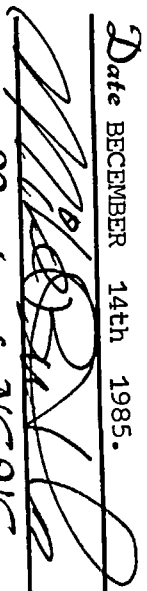
*Presented to*

Avgie Grabill

*for*

FINISHING 14th PLACE IN THE WHEELIE CUP AWARDS.

Date BECEMBER 14th 1985.

  
*M. B. Smith*  
President of NCVCL



# SELF MAGAZINE CYCLING CIRCUIT

SELF MAGAZINE • A CONDÉ NAST PUBLICATION • 350 MADISON AVENUE, NEW YORK 10017 • 212-880-8800



May 1, 1985

To All Riders:

Welcome to the 1985 SELF Magazine Cycling Circuit. SELF is delighted to continue its association with this exciting sport and we look forward to another year of successful racing.

The 1985 schedule of events will include the Eastern Race Series, May 25-27, 29 and the U.S. Women's World Team Selection Trials in Seattle, Washington, June 25-30.

If you are interested in competing in the 1985 SELF Magazine Cycling Circuit, read on for further information.

## EASTERN SERIES:

Attached is a schedule of events, locations and start times. Participation in all four events is required for eligibility to win the \$1,000 grand prize.

Competitor Restrictions: All junior and senior women registering with the USCF for the first time in 1985 will be permitted to compete at the discretion of the promoter only.

Watch for further race information in your cycling publication.

## WORLD TEAM TRIALS: (Total field limit of 50 riders)

The Trials will consist of three road races (approximately 45 miles in length) and one criterium (25 miles) in Redmond, Washington (approximately 15 miles from downtown Seattle). SELF Magazine will provide housing (bed and breakfast) at the University of Washington for the 50 competitors.

Selection Procedures: The purpose of these four races is to select an eight person Women's World "Long" Championship Road Team. Five athletes will be selected through competition in the Trials based on accumulated points in the four Events (top five point scorers). In addition, three athletes will be selected by the National Coaching Staff.

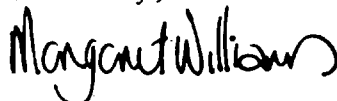
The final team of 6 will be named by mid-August, as follows: the top 2 point scorers at the SELF selection races will automatically be on the World Team; the next 2 selections will be based on placings at the National Championships; and the final 2 will be the Coaches' selection.

All National "A" and "B" Women's team members are automatically accepted to compete, but they MUST send in their entry forms by the June 5th deadline.

All other women must submit their resumes to Bob Cary at the National Coaching Office, United States Cycling Federation, 1750 East Boulder, Colorado Springs, CO 80909, by May 10th. Riders who are accepted will be notified by May 20th, and will receive an entry form and packet of specific information relating to the Seattle series. All entry forms (and \$30.00 entry fee) must be returned by June 5th.

Best wishes for a safe and successful 1985 racing season. I look forward to seeing you in Allentown on May 25th!

Sincerely,



Margaret Williams  
Promotion Director  
SELF Magazine

MW/bg



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Sanctioned by  
The United States  
Cycling Federation



## SELF MAGAZINE CYCLING CIRCUIT RACE SCHEDULE 1985

### EAST COAST/STAGE I

#### MAY 25—ALLENTOWN ROAD RACE

**PLACE:** Allentown, PA.  
**START TIME:** 8:00 A.M.  
**START/FINISH:** Lehigh Parkway  
**COURSE DISTANCE:** 25 miles  
**CONTACT:** Andy Taus  
520 North St. Lucas  
Allentown, PA. 18104  
(215) 432-6462

#### MAY 26—TOUR OF NUTLEY

**PLACE:** Nutley, N.J.  
**START TIME:** 2:00 P.M.  
**START/FINISH:** Nutley High School  
**COURSE DISTANCE:** 25 miles  
**CONTACT:** Celeste & Alan Swierk  
178 Summit Avenue  
Upper Montclair, N.J. 07043  
(201) 746-1740

#### MAY 27—TOUR OF SOMERVILLE

**PLACE:** Somerville, N.J.  
**START TIME:** 2:00 P.M.  
**START/FINISH:** Main Street, Somerville  
**COURSE DISTANCE:** 20 miles  
**CONTACT:** Dan Puntillo  
P.O. Box 125  
Somerville, N.J. 08876  
(201) 725-7223

#### MAY 29—CENTRAL PARK GRAND PRIX

**PLACE:** New York, N.Y.  
**START TIME:** 10:30 A.M.  
**START/FINISH:** Central Park, Tavern On The Green  
**COURSE DISTANCE:** 25 miles  
**CONTACT:** Peter Senia  
44 Clifford Street  
Lynbrook, N.Y. 11563  
(516) 593-7939

Individual prizes will be awarded for the first 10-15 places in each event. Additionally, a point system has been designed for each event based on ten places, with the Central Park Grand Prix Race accruing a double point value. Based on point accumulation, an overall Eastern Circuit prize list will be awarded to at least the top five places.



# Montgomery County Government

MONTGOMERY COUNTY DEPARTMENT OF RECREATION

WESTERN AREA

468-4210

## "TOUR DE BETHESDA" BICYCLE RACE RESULTS

### NOVICE 9-12

1	21	Stephen Shenk	Clarksville
2	183	Mark Roman	Kensington
3	191	Yank Feldman	Columbia

### NOVICE 13-17

1	175	Phil Burdette	Brookville
2	173	Amos Tevelon	Wheaton
3	31	Matthew Klein	Rockville

### WOMEN

1	04	Anna Fidele	Winning Club
2	05	Angela Grabill	NCVC
3	01	Jill Anderson	NCVC
4	03	Marion Cugnet	NCVC
5	06	Beth Bernstein	NCVC

### NOVICE 18-29

1	52	David Osborne	Takoma Park
2	169	Matthew Eskey	Bethesda
3	199	Etienne Deprit	Gaithersburg

### NOVICE 30 and OVER

1	178	R. Owen	Newark
2	22	Willima Shenk	Clarksville
3	177	Ronald Frazer	Newark

### VETERANS

1	828	Tom Baine	CW
2	55	Gail Fetterman	NCVC
3	29	Robert Phillips	Team Chesapeake
4	27	John Cox	CW
5	66	Larry Black	College Park Bicycles
6	40	Frank Weston	CW
7	65	Keith Shuey	Team Baltimore
8	23	William Speg	FSUS
9	33	Richard Canaran	WWV
10	42	Giulio Porta	

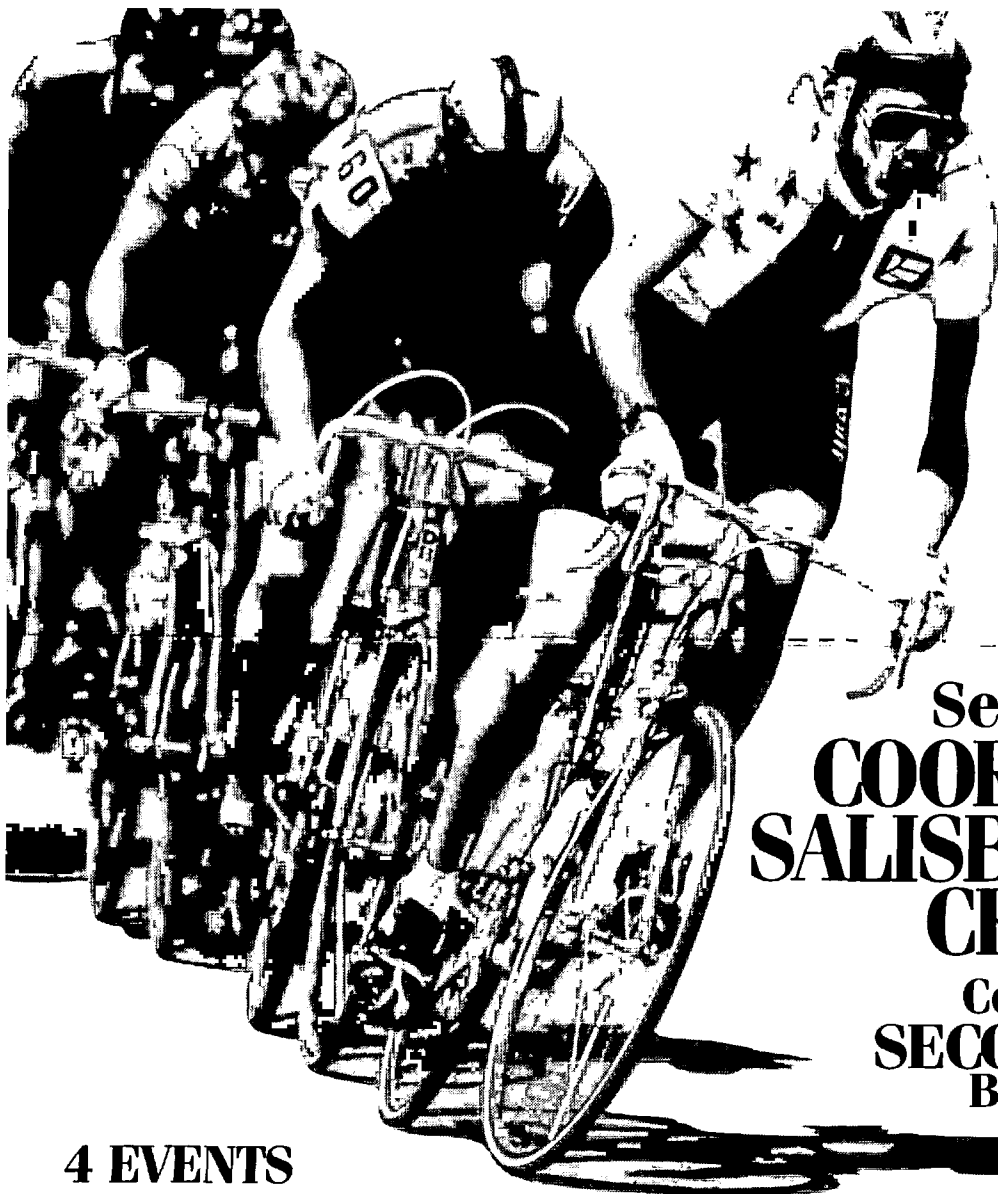
### TEAM

### SR. III, IV

1	89	Karl Echols	College Park
2	23	Ian Schouten	Cosmic Cycling
3	75	Mario Steven	NCVC
4	74	Channing Houston	NCVC
5	76	Gene Detrella	NSBC
6	25	John Geiger	Keystone
7	26	Dean Rosenzweig	Keystone
8	18	Greg Schmidt	
9	86	James Gibson	College Park
10	78	Mark Hall	WWVC
11	83	Ari Hirschman	
12	614	Scott Siegel	

Department of Recreation

12210 Bushey Drive, Silver Spring, Maryland 20902, 301/468-4210, TTY 301/468-4221



**FREE  
T-SHIRTS**  
for first 48  
entrants in  
each event.

**MAY 4,  
1985**

**Second Annual  
COORS/SCHWINN  
SALISBURY FESTIVAL  
CRITERIUM**

**Co-Sponsored by  
SECOND NATIONAL  
Building & Loan**

**4 EVENTS**

**PLACE:** Downtown Salisbury (on the river off Rt. 13) Salisbury, Maryland

**FEATURE RACE:** 35 mile USCF approved criterium, Senior men category 2-3 & 4 as established by USCF. \$900.00 cash prize/10 places/3 medals. *US 20 mile v.l.t.s* Pre-registration \$10.00, \$3.00 late charge day of race. Registration opens at 10:30, closes 20 min. prior to race.

**NOVICE RACE:** 7 miles, ages 19+ men and women non-licensed. \$100.00 cash prizes/6 places/3 medals. \$6.00 entry fee, no late charge.

**16-18 AGE RACE:** 1 mile, Merchandise, 3 places. \$4.00 entry fee, no late charge.

**SECOND NATIONAL BUILDING & LOAN**

**STRAIGHT LINE SPRINTS:** Children's category sprints, ages 3 to 4/5 to 6/7 to 8/9 to 11/12 to 15. Every entrant will receive a free hat. 3 places/trophies to each category. \$1.00 entry fee, no late charge.

Mail standard entry (below) and check to Salisbury Schwinn. Make checks payable to Nancy Carragher, 1404 So. Salisbury Blvd., Salisbury, MD. 21801. For more information call 301-546-4747



Please accept my entry in Coors/Schwinn Salisbury Festival Criterium class and category \_\_\_\_\_ on May 4, 1985. Fee of \$ \_\_\_\_\_ is enclosed.

In consideration of the acceptance of my application for entry in the above event, I hereby waive, release and discharge any and all claims for damages for death, personal injury or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in said event. This release is intended to discharge in advance the promoters, the sponsors, the U.S.C.F., the promoting clubs, the officials, and any involved municipalities or other public entities (and their respective agents and employees), from and against any and all liability arising out of or connected in any way with any participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that serious accidents occasionally occur during bicycle racing; and that participants in bicycle racing occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle racing, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages.

It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.

Signature of entrant \_\_\_\_\_ Today's date \_\_\_\_\_ Age \_\_\_\_\_

USCF club \_\_\_\_\_ USCF reg. no. \_\_\_\_\_ Signature of parent or guardian of minor \_\_\_\_\_

Name (print) \_\_\_\_\_ Street \_\_\_\_\_ City, state and zip \_\_\_\_\_

