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Overview

With experience spanning more than 20 years, Dr. Baker has served as a designated bicycling expert in more than 40 legal cases, and has informally assisted in dozens more.

He has assisted both plaintiff and defense attorneys roughly equally.

Dr. Baker has expertise in bicycle safety, training, racing, sport psychology, maintenance, and coaching.

He is an internationally-published authority on bicycling fit and bicycling medicine.

Arnie has ridden more than 350,000 miles on a bicycle.

He has roughly 25 years experience as a bicycling coach of riders of all levels—beginning recreational riders to world-class professional racers.

He has led more than 5,000 group rides and training sessions.

As a coaches' coach, he has taught and certified more than 1,000 cycling coaches. He presented at the United States Cycling Federation inaugural Elite

coaching certification in 1995.

He has coached thousands of riders and bicycling coaches on bicycling safety and maintenance.

He has been at the scene of more than 100 accidents, and has reviewed the circumstances of many hundreds more.

He has owned and maintained more than 50 bicycles, building some from their individual components, including the lacing and truing of wheels.

He has raced as a top-level amateur competitor on the road and on the track. He has extensive tandem and touring experience.

Dr. Baker has authored more than a dozen cycling books and hundreds of articles.

He has published bicycle-safety material for riders and bicycling coaches.

He has a medical, mathematics, physical-, and biological-sciences academic background.

He has extensive teaching and public speaking experience.

Academic and Medical Resume

Education

Management Education Program for Physicians and Healthcare Administrators

Mercy Hospital ME Program, 1992–1993

Residency in Family Medicine, 1978–1980

The McGill University Teaching Hospitals, Montreal, Canada

The Montreal Children's Hospital

The Sir Mortimer B. Davis Jewish General Hospital

The Lakeshore General Hospital

Internship, 1978

The McGill University Teaching Hospitals, Montreal

The Montreal Children's Hospital

The Montreal General Hospital

The Sir Mortimer B. Davis Jewish General Hospital

The Royal Victoria Hospital

M.D., C.M., McGill University, Montreal, 1978

Diploma of Collegial Studies (DCS), McGill University, 1972

The McConnell Scholarship in Science and Engineering

The McDonald Scholarship

University Scholar

Prelude Bursary

Certification

American Board of Family Practice (ABFP), 1983, 1991 (R), #39968

College of Family Physicians of Canada (CCFP), 1980

Licentiate of the Medical College of Canada (LMCC), 1977, #48677

National Boards, USA, 1979, #185297

American Academy of Family Physicians Active Teacher Certificate, 1984

California Medical Association CME Certificate, 1984

Licensure

California, #G-*****, since 1979

DEA, #AB*****, since 1981

Quebec, Canada, #79-xxx, inactive

Professional Societies

American Academy of Family Physicians, inactive

California Medical Association, inactive

College of Family Physicians of Canada, inactive

San Diego County Medical Association, inactive

Committees

Mercy Health Centers Steering Committee (Executive Committee), 1991–1993

Mercy Health Centers/Mercy Medical Group UR Committee, 1990–1993

Mercy Health Centers UR Chair, 1991, 1992

Mercy Medical Group, UR Chair, 1991

Lincoln National QA Committee 1990

Mercy Hospital Utilization Review Committee, 1985–1990
Mercy Hospital Library Committee, 1985–1989
Mercy Hospital Risk Management Committee, 1986–89
Uptown Medical Group QA/UR Director, 1989–1990
Uptown Medical Group QA Committee, 1984–1990
Uptown Medical Group UR Committee, 1983–1990
PHP Pharmacy and Therapeutics Committee, 1983–1986
PHP Quality Assurance Peer Review Committee, 1983–1986
PHP Quality Assurance Protocol Subcommittee, 1983–1986
PHP Consultation and Referral Utilization Review Committee, 1983–1986
Kaiser Foundation Hospital Medical Research Committee, 1982

Hospital Affiliations

Mercy Hospital and Medical Center, San Diego, California, inactive
University Hospital (UCSD), San Diego, inactive
Kaiser Hospital, San Diego, inactive
Maimonides Hospital and Home for the Aged, inactive

Appointments

United States Cycling Federation Medical Advisor, 1993–Present
Chairman, Utilization Review, Mercy Medical Group, 1991, 1992
Director, Quality Assurance and Utilization Review, Uptown Medical Group, 1989–1990
Clinical Instructor, UCSD, Department of Community and Family Medicine, 1982–1992
Clinical Instructor, UC Davis, 1983–1985
Clinical Instructor, UCLA, 1981
Expert Reviewer, California Board of Medical Quality Assurance, 1989

Experience

Scripps HealthCare, Hospital Affiliated Group Practice
San Diego, California, 1996
Mercy Health Centers, Hospital Affiliated Group Practice
San Diego, California, 1991–1996
Mercy Medical Group/UMG, Hospital Affiliated Group Practice
San Diego, California, 1991
Uptown Medical Group Inc., Private Group Practice,
San Diego, California, 1983–1990
Southern California Permanente Medical Group,
San Diego, 1981–1983
Staff Physician Kaiser Foundation Hospital
Maimonides Hospital and Home for the Aged,
Staff Physician, Montreal, 1981
Tele-Medic, Inc., Physician Emergency Service,
Montreal, 1981
Y-Wooden-Acres, Camp Physician,
Huberdeau, Quebec, 1979–1980
Emergency Room Physician
Châteauquay, Quebec, 1979

Bicycling-Specific Medical Work

Medical consultant

International Olympic Committee

USA Cycling

USCF

Medical advisor

Bicycling Magazine

Team in Training.

Team physician,

Team Body Wise

Publications

Books, Sole Author

Altitude-Climbing-Endurance for Cyclists, Argo Publishing, 9th Edition, May 2008

Bicycling Medicine, Argo Publishing, 1995.

[*Bicycling Medicine*](#), Simon & Schuster, 1998

[*Bike Fit*](#), Argo Publishing, 4th Edition. Mar 2009

Essentials of Bicycle Racing & Training, training manual for USA Cycling, March 1, 1996.

High-Intensity Training for Cyclists, Argo Publishing, 13th Edition. 2011

[*Nutrition for Sports*](#), Argo Publishing, 2nd Edition. Jan 2005

[*Psychling Psychology*](#), Mind Training for Cyclist, Argo Publishing, 5th Edition. Feb 2004

[*Running Injuries*](#), Prevention & Treatment, Argo Publishing, 2nd Edition. Jun 2002

[*Skills Training*](#), Argo Publishing, 3rd Edition. May 2005

[*Smart Coaching*](#), Argo Publishing, 2nd Edition. May 2005.

Smart Cycling, self-published, 6th edition March 1, 1996.

[*Smart Cycling*](#), Simon & Schuster, 1997, translated into Spanish as:

[*Medicina del Ciclismo*](#), Paidotribo, 2002

[*Strategy & Tactics for Cyclists*](#), Argo Publishing, 4th Edition. Feb 2009

[*The Essential Cyclist*](#), The Lyons Press, 1998

The Wiki Defense, Argo Publishing, 2nd Edition. Jun 2008

Books, Chapters

6 Steps to Winning Time Trails, Conditioning Press, chapter, February 1997.

Dirt, by John Howard, Lyons & Burford, section, 1997.

Off-Season Training by Ed Burke, Velo Press, 1998, chapter.

[*Positively False*](#), by Floyd Landis, chapter, Simon Spotlight Entertainment, 2007

Primary Care Sports Medicine, a medical textbook, *Cycling Injuries chapter*,

Lippincott Williams and Wilkins, 2001

Road Cycling, *The International Olympic Committee Handbook on Cycling: Medical Injuries*,

Blackwell Science, 2000.

Columns

Regular Columns

Athleta catalogue.

Bicycle Racing Monthly, state and district newsletter. Columnist.

Bicycling Magazine, international magazine: Columnist, fitness questions and answers, 1991-2000.

MasterLink, local club newsletter: Columnist.

MastersSports, national newsletter: Cycling columnist and editor.

Pedal Guide, county publication. Columnist.

Performance Conditioning for Cycling, national newsletter: Columnist, editor, and medical advisor.

SportScience Web page, Editorial Advisory Board <http://www.sportscience>.

Veteran Leaguer, British national publication. Columnist.

Guest Columns

Bicycle Guide

ProForm Racing

Road Bike Action

Editorial Boards

Bicycling Magazine, Medical Advisory Board, 1991–2000.

MastersSports, national newsletter.

Performance Conditioning for Cycling, national newsletter: Columnist and medical advisor.

SportScience Website, Editorial Advisory Board, 1997

Articles, Partial List

Academic

Effect of an Increase in Volume and Intensity of Training in Elite Female Masters Cyclists,
with others. San Diego State University, ACSM, 1995.

Medical Highlights Column, PHP HealthScene, 1984, 1985.

Smoking and Health, McGill Reporter, Montreal, Canada, 1973.

What Do Studies of Exercise and Cardiovascular Mortality Tell Us?
Canadian Family Physician, 1982, 28:935-940.

Bicycle Training Series

[10 Training Myths](#)

[12 Beginners' Questions About Exercise](#)

[ACE \(Altitude Climbing Endurance\) Tips](#)

[Aerobic Training](#)

[Altitude Training for Sea-Level Competition](#)

[Altitude Tents: How High the Risk?](#)

[Balance Training for Bicyclists](#)

[Century Tips](#)

[Climbing Descending](#)

[Dealing With High Altitude](#)

[Death Ride--The "Just-Made-It" Schedule](#)

[Economy Efficiency](#)

[Fitness Elements](#)

[Focus Breathing](#)

[Getting Started--USCF-Style Racing](#)

[Heart-Rate-Based Training](#)

[HIT™ \(High-Intensity Training\) Tips](#)

[How to Perform VO2 Intervals](#)

[How to Push a Rider Uphill](#)

[Isolated Leg Training](#)

[Measuring Training Stress](#)

[Nutrition: Maltodextrins](#)

[Nutrition Quiz](#)

[Nutrition for Sports Basics](#)

[Overtraining](#)

[Pace Like a Lumberjack](#)

[Pacing](#)

[Power-Based Training](#)

[Recovery](#)

[Six Climbing Positions--Road Cycling](#)

[Skills Training Principles](#)

[Sprint Weak](#)

[Stationary Training](#)

[Stretching](#)

[Tapering for Events](#)

[Thresholds](#)
[Time Trialing](#)
[Time Trialing--Disc on Hills](#)
[Torque-Based Training](#)
[Training Fitness Standards](#)
[Vitamin Mineral Nutrition](#)
[Warm Ups for Racing](#)
[Weight Training](#)
[Work of Breathing](#)
[Workout Too Hard](#)

Bicycle Workout Series

[30-Minute Spin-Ups](#)
[30-Minute Spin-Up & Spin](#)
[30-Minute Spin-Up & Climb](#)
[30-Minute Climb #1](#)
[30-Minute Climb #2](#)
[30-Minute Stationary Trainer Workouts](#)
[2-Hour General Stationary Trainer Workout](#)
[2-Hour Climbing Stationary Trainer Workout](#)
[2-Hour Descending Ladder Climbing ST Workout](#)
[2-Hour Stationary Trainer Workouts](#)

Equipment Series

[Bike Fit Basics](#)
[Bike Fit Quiz](#)
[Bike Types](#)
[Cold Wet Weather Gear](#)
[How to Fix a Flat Tire](#)
[How to Glue on a Tubular Tire](#)
[Optimal Crankarm Length](#)
[Pedals](#)
[Riding Accessories](#)
[Tools of the Trade](#)
[Travel With Your Bike](#)

Evaluation Series

[Cycling Psychology Profile, Quiz](#)
[Fitness Testing](#)
[Keep a Climbing Log](#)
[Max Aerobic Power Testing](#)
[Nutrition Quiz](#)
[Stress Questionnaire](#)
[Training Fitness Standards](#)
[Training Log, Basic](#)
[Training Logs Excel file](#)
[Wind-Tunnel Testing](#)

Exercise Science Series

[Bicycle Medicine & Science Review 2002](#)
[Bicycle Medicine & Science Review 2001](#)
[Bicycle Medicine & Science Review 2000](#)
[Bicycle Medicine & Science Review 1999](#)
[Bicycle Medicine & Science Review 1998](#)
[Bicycle Medicine & Science Review 1997](#)
[Bicycle Med & Science Review, 1996 part 2](#)
[Bicycle Med & Science Review, 1996 part 1](#)

Logistics Series

[ACE \(Altitude Climbing Endurance\) Tips](#)
[Century Tips](#)
[Dealing With High Altitude](#)
[Event Packing List](#)
[Planned Races](#)

Race Event Logistics

[Race Preparation & Reservations Lists](#)
[Race Selection](#)
[Sponsorship Proposal](#)
[Toolbox List](#)
[Training Log](#) Basic
[Training Logs](#) Excel file

Medicine Series

[Achilles Tendonitis Bursitis](#)
[Asthma Medications](#)
[Back Pain](#)
[Bicycling First Aid Kit](#)
[Collarbone Shoulder Injuries](#)
[Dealing With Injuries. Ride or Rest](#)
[Diabetes, Cycling, Insulin](#)
[Exercise-Induced Bronchospasm](#)
[Forefoot Problems](#)
[Gastrointestinal Problems](#)
[Heat](#)
[Injury in the 2002 Tour de France](#)
[Medical Depression](#)
[Muscle Cramps](#)
[Obesity](#)
[Overuse Sports Injuries](#)
[RICE NSAIDs](#)
[Riding Poorly](#)
[Road Rash](#)
[Saddle Soreness](#)
[Sleep for Cyclists](#)
[Stretching](#)
[Tips to Lose Weight](#)
[Traumatic Bicycle Injuries](#)

Nutrition Series

[Favorite Foods](#)
[Maltodextrin Nutrition](#)
[Nutrition For Sports Basics](#)
[Nutrition Quiz For Cycling](#)
[Obesity](#)
[Protein for Recovery](#)
[Vitamin Mineral Nutrition](#)

Psychling Psychology Series

[Affirmations Imagery](#)
[Anti-Anxiety Training](#)
[Arousal](#)
[Breaking Bad Habits](#)
[Confidence](#)
[Cycling Psychology Profile, Quiz](#)
[Dealing With Bad Results](#)
[Exercise-Related Personality Changes](#)
[Focus Breathing](#)
[Goal Setting](#)
[Motivation](#)
[Overtraining](#)
[Pain Management in Athletics](#)
[Sports Psychology Introduction](#)
[Stress Questionnaire](#)

Safety Series

[Injury in the 2002 Tour de France](#)
[Rider Down](#)
[Riding Etiquette](#)
[Risk Management](#)
[Safe Bicycling](#)
[Safer Group Rides](#)
[Traumatic Bicycle Injuries](#)
[What is That Noise](#)

Slide Shows

(Published)

[Annual Plan](#)
[Anti-Anxiety Training](#)
[Bike Fit](#)
[Breaking Bad Habits](#)
[Climbing](#)
[Economy Energy Conservation](#)
[Focus Breathing](#)
[Heart-Rate Based Training](#)
[Intensity](#)
[Interval Training](#)
[Motivation](#)
[Nutrition](#)
[Nutrition: Maltodextrins](#)
[Pacing](#)
[Recovery](#)
[Saddle Soreness](#)
[Stationary Training](#)
[Strategy Tactics](#)
[Time Trialing](#)

ACE: Altitude, Climbing, Endurance
Comfort on the Bike
Equipment
Go Fast!
Limiters of Performance
Masters Racing
Medical Problems in Bicycling
Overtraining
Pacelines
Race Selection
Racing Teamwork
Safety
Training
Strategy & Tactics Series
 Breakaways
 Energy Conservation
 Mind Games
 Prime Hunting
 Sprints, Endgame
 vStage Racing
 Style: Anticipate, Don't React
 Tactical Combinations
 Teamwork
 Wheelsucking

Coaching

Overview

- Dr. Baker has coached thousands of riders, directly and indirectly, from beginners to professionals.
- A coaches' coach, has been responsible for coaching development and standards for thousands of coaches
- World-ranked pros directly coached include Janel Holcomb, Jimena Florit, Floyd Landis, and Tinker Juarez.
- Riders have won > 120 national championships
- Riders have set > 35 U.S. national records
- National Coach: Leukemia & Lymphoma Society's, Team in Training. TNT
Raises >\$80,000,000 annually

Certifications

USA Cycling, United States Cycling Federation

Dr. Baker was a guest of the United States Cycling Federation at International Olympic Committee course on *Advanced Cycling Coaching Practices* held in Colorado Springs, CO, January 28 through 31, 1995.

Dr. Baker was a guest of USA Cycling, a featured speaker and mentor, and certificated at its inaugural elite (top-level) coaching certification held in Colorado Springs, CO February 1997.

Annual coaching certification renewals, based on continuing education and other criteria were maintained until 2008.

Team in Training

Dr. Baker developed, de novo, basic and advanced certification programs for Team in Training.

The Leukemia & Lymphoma Society's Team In Training (TNT) program is the world's largest comprehensive endurance-training program for cyclists, runners, walkers, triathletes, and hikers.

About 40,000 TNT participants a year receive fitness training, clinics, lodging and airfare to the event of their choice, and the benefit of a supportive group of teammates, and in return, they raise funds to support the Society's mission.

TNT is the Society's largest source of funds, raising over \$85 million a year.

Dr Baker has given more than 30 certifications, averaging two a year, since 1997 and has certified more than 1,000 coaches. Certifications are recognized for continuing education credits by a variety of institutions, including USA Cycling.

The teaching of safety and the importance of teaching about safety is of major importance at these certification seminars.

Licensure

United States Cycling Federation/USA Cycling

License #48559, at least by 1992, through 2007

Team in Training

1997 through current

Representative Chronological and Other Summaries

1996

USA Cycling National Women's Team: Winter camp speaker.
USA Cycling National Men's Road and Mountain Bike Teams: Winter camp speaker.
Team BodyWise: Medical consultant.
L.A. Sheriffs: Speaker and medical consultant.
W4: Women's 50+ RAAM team: Consultant and coach.
FAB4: Bicycle Magazine Men's 50+ RAAM team: Consultant.
Cyclo-Vet's: "Best masters club in the USA, four years in a row", head coach.
Leukemia Society: Head coach: century team, "Cycle 100."
12-week stationary trainer series, with speakers, including:
 Dean Golich, John Howard, Vic Copeland, Paul Swift, Mike Niederpruem
Private coaching, national and local, pros to beginners.
Has now coached riders to 51 National Championships, 23 National Records.
Recognized as "elite" coach by USA Cycling.

1997

USA Cycling National Women's Team: Winter camp speaker.
Team BodyWise: Medical consultant.
Cyclo-Vet's: "Best masters club in the USA, five years in a row", head coach.
Leukemia Society: Head coach: century team, "Cycle 100."
12-week stationary trainer series, with speakers, including:
 Dean Golich, Vic Copeland, Marianne Berglund, Ellen Coleman, Ralph Ray,
 Mari Holden, Henny Top
Hawaii, Oahu, 4-day cycling camp: Complete development, organization, implementation.
Dirt Camp: Featured speaker Palm Springs
International Coaching Symposium, Colorado Springs, Featured speaker, February
Private coaching, national and local, pros to beginners.

1998

USA Cycling National Women's Team: Winter camp speaker.
Cyclo-Vet's: "Best masters club in the USA, six years in a row", head coach.
Leukemia Society: Head coach: century team, "Cycle 100."
 Advisory coach. Developer and director of Certification Program for coaches.
 Coaching certification program, Tahoe, June 6.
12-week stationary trainer series, with speakers.
Dirt Camp: Medical conference. Featured speaker Squaw Valley
Private coaching, national and local, pros to beginners.
 Current world-ranked pros: Tinker Juarez, Floyd Landis, and Jimena Juarez.

Direct Coaching

- Benishin, Liz
 - National Champion, Multiple, Road
 - US Record Holder, Multiple
- Bishop, Skyler
 - Road Professional
 - KodakGallery
- Blandford, Nancy
 - National Champion, Road
 - US Record Holder
- Boureston, Richard
 - Road, Cat 3
- Castaneda, Angelika
 - Extreme Games Gold Medal Winner
 - Elite Multisport Athlete
- Coats, Phil
 - National Champion, Road
 - US Record Holder
- Cooper, Mickey
 - National Champion, Road
 - US Record Holder
- Copeland, Joyce
 - Road and Track
- Copeland, Vic
 - National Champion, Multiple, Road and Track
 - US Record Holder, Multiple, Road and Track
- Crutchfield, Perry
 - Platinum Recreational Rider
- Cronyn, Nelson
 - National Champion, Multiple, Road
- Crossen, Jane
 - National Champion, Multiple, Road
 - US Record Holder
- deVoss, Gary
 - San Diego to Yuma Record Holder
 - 1981 Ohio State Champion
 - US Record Holder
- Davies, Joan
 - Road Cat 1
 - Team TDS Telekom
- Dolzadelli, John
 - Road, Cat 3
- Durand, Debbie
 - National Champion, Multiple, Road
- Feeney, Kathy
 - National Champion, Multiple, Road
 - US Record Holder
- Florit, Jimena
 - Olympian, Mountain Bike
 - National Champion, Multiple

Gabriel, Bonnie
National Champion, Multiple, Road
US Record Holder, Multiple

[Gareau, Jean L.](#)
Transplant Games

Gilbert, Chuck
Road, Masters

Hendricks, Tom
National Champion, Road
US Record Holder, Multiple

Holcomb, Janel
Road Cat 1
NRC Champion
ABCDEF: Arnie Baker Cycling Development Education Foundation award, 2008-2011

Jahelka, John
Road

Juarez, Tinker
Olympian, Mountain Bike
National Champion, Multiple, Mountain Bike

Kaplan, Julie
National Champion, Multiple, Road
US Record Holder, Multiple

Klasna, Steve
Mountain Bike, Pro
Road Cat 1

Klasna, Trent
National Champion, Road

[Landis, Floyd](#)
Tour de France Champion, disqualified
National Champion, Mountain Bike

LaFromboise, Tim
National Champion, Road

Logan, Jerry
National Champion, Multiple, Road

Matthews, Stephan
National Champion, Multiple, Mountain Bike

Mayberry Genna
National Champion, Multiple, Road
US Record Holder, Multiple

McCarthy, Kate
National Champion, Road
US Record Holder

Milner, Graham
Met Goal to Achieve Mediocrity

Monroe, Andrea
State Champion, Road

Motacek, Jerry
Mountain Bike, Pro
Road, Cat 2

Myatt, Ralph
National Champion, Multiple, Road

Nolan, Margaret
National Champion, Multiple, Road
US Record Holder, Multiple

O'Brien, Anne
National Champion, Road
US Record Holder, Multiple

Onkles, Mike
Road, Cat 1

Pain David
National Champion, Multiple, Road
US Record Holder, Multiple

Piemme, Al
World Champion, Mountain Bike
National Champion, Multiple

Quick, Rhonda
World Champion, Mountain Bike
Road, Cat 2

Rafferty, Brian
NY State Champion, Road

Rose, Marty
National Champion, Road
US Record Holder

Shields, Gordy
National Champion, Multiple, Road
US Record Holder, Multiple

Thomas, Laura
National Champion, Road

Thompson, David
Road, Masters

Thompson, Haze
National Champion, Multiple, Road
US Record Holder

Van Horn, Grant
National Team Junior Rider

Waite, Cody
Road Cat 1
Team Prime Alliance

Warren, Barbara
World Champion Long Distance Triathlon
Elite Multisport Athlete

Wilson, Joan
Road Cat 1
Team TDS Telekom

Wilson, Mike
Ultraendurance Racer

Selected Team, Group, Camps, or Other Indirect Coaching

Arnie Baker Cycling

Dozens of week-long training camps with lectures and road rides around Borrego Springs, Pine Valley, Boulevard, CA

Arnie Baker Cycling

Dozens of multi-month stationary trainer class programs with lectures in San Diego, CA

Alta Alpina (Road)

Training camp with seminars and road rides near Lake Tahoe, CA

Alta Velo (Road)

Training camp with lectures and road rides near Palo Alto, CA

Body Wise (Road, Women)

Team physician

Berglund, Marianne

World Champion, Road

Mauro, Marci

Chevy Trucks (Mountain Bike)

Training camp with lectures and road rides near Borrego Springs, CA

Pacific Velo (Road)

Training camps with lectures and road rides near Oahu, HI

Choo, Trish

Kolb, Sandra

Kirkwood Mountain Resort High-Altitude Training Camps

More than a dozen training camps with lectures and road rides near Kirkwood, CA

La Grange (Road)

Training camp with lectures and road rides near Santa Monica, CA

Landis Power Training Camps

Two training camps with lectures and road rides near Temecula, CA

PAC Tour Training Camps

Several week-long training camps with seminars and road rides near Sierra Vista, AZ

San Diego Cyclo-Vets (Road and Track)

Team Bicycling Magazine (Ultra)

50+ RAAM Record 5d 11h 21m

Pete Penseyres

[Ed Pavelka](#)

[Fred Matheny](#)

Team in Training

Team San Diego

Team Northern California, Elite 100 Training Camp. Featured Speaker, Jan 15. 2000

Coaching Certifications (30)

Team Motorola/W4 (Ultra, Women)

50+ Women's RAAM Record 7d 17h 17m

[Phyllis Cohen](#)

Trek Bicycle Superstore

Dozens of public talks

USCF Men's National Team (Road and Track) Training Camps

Multiple lectures

USCF Women's National Team (Road) Training Camps

Multiple lectures

Collaborations Coaches and Other Sport Professionals

Selected Individuals with whom Dr. Baker has Collaborated on Specific Projects

Armijo, Vic (book project, *Idiot's Guide to Cycling*)
Burke, Ed (USAC Project 96, among others)
Carmichael, Chris (USAC Project 96, among others)
Carter, Bobby (coach mentoring)
Corbett, Richard (coach mentoring)
[Crutchfield, Perry](#) (coach mentoring)
Daniels, Jack (Run) (coach collaboration)
Diggs, Steve (Triathlon) (coach mentoring)
Dooley, Tom (Walk) (coach collaboration)
Edwards, Bill (coach collaboration)
[Fichera, Vince](#) (coach mentoring)
Florit, Jimena (coach mentoring)
[Friel, Jo](#) (coach collaboration)
Golich, Dean (coach collaboration)
[Haldeman, Lon](#) (coach collaboration)
Hendricks, Tom (coach mentoring)
Holcomb, Janel (coach mentoring)
[Howard, John](#) (coach collaboration)
Jahelka, John (coach mentoring)
Johnson, Jackie (coach collaboration)
[Kaplan, Julie](#) (coach collaboration)
Kontor, Ken (coach and industry collaboration)
Lew, Paul (industry collaboration)
[Lombardi, Blair](#) (coach collaboration)
[Madden, Steve](#) (coach collaboration)
[Matheny, Fred](#) (coach collaboration)
[McGuffin, Gero](#) (coach collaboration)
Minovi, Ramin (coach collaboration)
Neiderpruem, Mike (coach collaboration)
[Nortorlangelo, Susan](#) (coach collaboration)
[Panzera, Rob](#) (coach mentoring)
[Paterson, Leslie](#) (coach mentoring)
Pavelka, Ed (coach collaboration)
Penseyres, Pete (coach collaboration)
Ray, Ralph (coach collaboration)
Rohrmuller, Erhardt (coach mentoring)
Scott, Dave (Triathlon)
Simmons, Richard (coach mentoring)
Snyder, Amy (coach collaboration)
Storm, Mary (coach mentoring)
Swift, Paul (coach collaboration)
Top, Henny (coach collaboration)
Ventura, Robbie (coach collaboration)
[Wallace, Shaun](#) (coach and industry collaboration)
Wester, Art (industry collaboration)
Young, Roger (coach collaboration)

Industry Consultant

Paid Consultancies, Coaching or Authorship

Kirkwood Mountain Resort
PacTour
The International Olympic Committee
The Leukemia & Lymphoma Society
The United States Cycling Federation

Project Testing

Colorado Altitude Training
Frank Schnitzenbaumer
Lightening Dynamics
Mavic
NADS
Ralph Ray Engineering
Ultimate Machine

Sponsor Collaboration

Adams Avenue Bicycles
Bell Sports
Bike USA
Bill Holland Bicycles
Bike Friday
Boone Technologies
Cannondale
Chris King
CompuTrainer
Continental
CycleOps
LeMond Fitness
Lew Composites
Mavic USA
Pantour
Polar Electro Oy
PowerFoods
PowerTap (Tune, Saris)
PR Bar
Ralph Ray Engineering
Scott USA
Specialized
Speedplay
Tailwings
Trek Bicycle Superstores San Diego
VeloMax
Vision Tech
XLM
Xtrem
Zipp

Manuscript Review

Industry publishers have submitted the following manuscripts to Dr. Baker for critical review:

- The Power Meter Handbook, by Joe Friel, published 2012.
- Sports Nutrition for Endurance Athletes, by Monique Ryan, published 2012.
- Italian Racing Bicycles: The People, The Products, The Passion, by Guido P. Rubino, published 2011.
- The Athlete's Guide to Recovery, by Sage Roundtree, published 2011.
- Training and Racing with a Power Meter, by Hunter Allen and Andy Coggan, published 2010
- Cycling Fast, by Robert Panzera, published 2010
- Training Plans for Cyclists, by Gale Bernhardt, published 2009.
- Bike Racing for Juniors, by Kristen Dieffenbach and Steve McCauley, published 2008
- Weight Training for Cyclists, by Ken Doyle and Eric Schmitz, published 2008
- Sport Nutrition, by Asker Jeukendrup and Michael Glesson, published 2005
- High-Performance Cycling, by Asker Jeukendrup, published 2002
- Sport Psychology for Cyclists, by Saul Miller and Peggy Hill, published 1999.

Cycling Administration and Awards

Former United States Cycling Federation (USCF) Masters Representative for the Western U.S.

Honorary Cyclo-Vets President-for-Life. Past five-time president of Cyclo-Vets, supervising its growth from 50 to 300 members to become the largest and most successful Masters Club in the United States (undefeated in overall national road competition during ten years), and twice bringing the U.S. Masters Nationals to San Diego.

Former track director and vice-president of the San Diego Velodrome Association.

Awards

Bicycling Magazine, Top Tipster, 1992

Combined Health Agencies' (25 San Diego area charities)

1999 Health Hero

Perimeter Bicycling Association of America

El Tour de Tucson Man-of-the-Year, 2002

San Diego Cyclo-Vets

Lifetime Achievement, 2008

Honorary President for Life, 1989

Coach of the Year, multiple

Best Racer, multiple

Best Male Racer, multiple

Inspiration "Above and Beyond," 1988

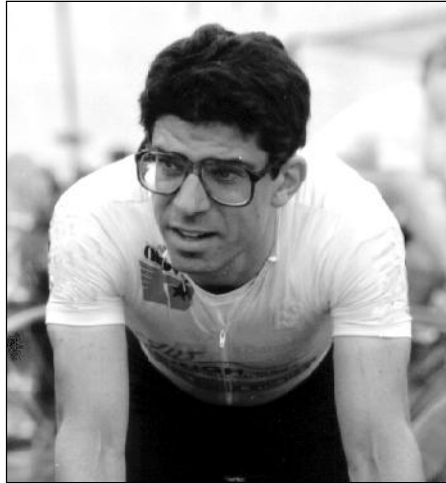
Exceptional Leadership, 1987

Most Consistent, 1989

Bicycle Racing Resume

Highlights

- 6-Time U.S. National Champion
- 8 USCF National TT records—more than any racer
- World Sprint Champion (UCI FISGBC)
- Best All Round U.S. Masters Rider: 1998
- Category 1 Road Racer
- Fastest U.S. 40K TT times:
1993, 47:24;
1994, 47:58
- 13+ Overall Course Records
- Over 200 Career Wins



Partial Chronological Racing Summary

1998

Best All Round Rider, Masters Nationals. State road race and time trial champion. Stage race winner: Valley of the Sun and Southern Arizona Classic. 19 wins, including 4 road races, 5 criteriums, 6 time trials, 2 stage races.

1997

National Champion, Strictly Masters Champion. Course record—El Tour de Tucson.

1996

Winner: Marston Point, Pendleton, and Strictly Masters stage races. 10+ wins.

1995

U.S. Record Senior Mixed and 70+ Mixed Tandem 40K TT, 48:12 performed at Moriarty, NM. U.S. Western Regional Road Race Champion. Strictly Masters Overall Champion.

1994

National Champion. Fastest 1994 U.S. 40K. Course records—40K time trials: Edward's, CA; Fort Gordon, GA; Moriarty, NM. Western Regional Road Champion. 17 wins, including every stage Route 66 Bike Classic SR, Pyramid RR, Visalia RR.

1993

National Champion. U.S. Records Masters 90+ and Masters Mixed 90+ Tandem 40K time trials. Fastest 1993 U.S. 40K performed at Alamosa, CO. Course records—40 K time trials: Borrego Springs, CA; Lebanon IL. 29 wins.

1992

Qualified for Olympic Trials. National Champion. U.S. Record Masters 70+ Tandem 40K TT. Course Record San Diego to Yuma. Upgraded to Cat 1.

1991

UCI FISGBC World Sprint Champion. Silver Medalist in Senior (1,2) District Championship Road Race.

1990

San Diego Velodrome Master Track Racer of the Year. 6 track omniums. 20+ wins.

1989

First USCF rider to medal in a single year in every District event—Track Sprints, Kilo, Pursuit, Point Race, TT and Road Race. Triple Gold Medalist California State Games. San Diego Velodrome Master Track Racer of the Year.

1988

District Road Race Champion. 10+ wins.

1987

First year as a licensed racer. Winner: Senior Men's Fiesta Island Criterium Series. Moved from Cat 4 to Cat 3 first weekend of racing, and to Cat 2 halfway through the season.

1986

Entered and won two public races—Willows and Tijuana.

Interviews or Quoted, Selected

BBC, Tomorrow's World, April, 1997, regarding hypobaric altitude chambers.
Bicycle Guide
Bicycling Magazine, multiple.
Business Insurance, Crain Communications, July 19, 2004.
“Unique risks mark cycling’s biggest event.”
Chicago Tribune, by Phil Hirsch
Competitor Magazine
Cyclo-Ops Webpage, regarding Lance Armstrong’s training and fixed-gear riding.
Fox News Heartland with John Kasich, July 1, 2006
GeezerJock, cover story feature, April/May 2006
Inside Triathlon, May, regarding hypobaric altitude chambers.
Knowledge TV, Follow that Dream—Patents, TV interview.
KZSW-TV, by Milrose Basco, July 2006
Los Angeles Times
Men's Health
Mountain Bike Action, regarding stationary bicycle training, Floyd Landis, and Tinker Juarez.
NBC News 7-39, July 20, 2006
New York Times, features by Dan Coyle and Juliet Macur
Outside Magazine, regarding training plateaus and ruts
People Magazine, July 23, 2006
Runners World
Sacramento Bee, 2002
San Diego Union Tribune, multiple
San Jose Mercury News, 7-21-2006
Situation Room, Wolf Blitzer
Performance, Team, Tips, Vol. 8 No. 2, Summer 2002
Velo-news, regarding Tinker Juarez
Winning Magazine