

THE CATALYST

Los Gatos Bicycle Racing Club
Team Easton/Specialized

October-November 2006

URL: <http://www.lgbrc.org>
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Kevin Worley Wins Masters National Championships Again

by Kevin Worley

What a long strange trip it's been.

That Grateful Dead line pretty much describes my 2006 training/racing season. After 2005 where nothing could go wrong, 2006 started with a bang - a negative bang.

First of all we had the big storm of New Years Eve, blowing several large trees down and onto the track at Hellyer. The track was closed for several weeks while the trees were cleared and the fence was repaired.

In February I suffered a medial collateral ligament injury (knee) and spent the rest of the season doing my power work (hill starts) in a brace to protect my knee.

Then the rain started falling.....and falling and falling. I didn't have a complete training week until May, and then when it started to dry out, I started having trouble with my bike. The soft rear dropouts of my aluminum Cervelo were getting so chewed up by the wheel bolts that I had trouble getting the wheel/chain adjusted properly. I never did get a permanent solution to that, but with a little sanding, filing and using oversized washers, I finally got everything working.

June, July, a pretty good 500 meter performance in Portland at the Alpenrose Velodrome Challenge and finally the speed was coming - just in time for Masters Track Natz in Colorado Springs. Even that started out with a near disaster. Sometime during the baggage check, my Accel rear wheel was damaged beyond repair. It most likely happened during the security inspection by careless inspectors. More news to come about that when I finish filing my claims against United, TSA and the company TSA uses for their inspections.

Fortunately, my friend and Friday



Kevin Worley stands atop the winners' podium after winning the 500m Time Trial at the Masters National Championships for the second consecutive year.

Night Breakaway Co-Race director, Linelle Northcott, has an Accel like mine and she shipped it to us in COS using overnight USPS. It arrived in good condition and it was off to the races.

We started off with the flying 200 meter tt to seed for our sprint tournament. Besides wanting to seed high in order to race the slower riders early in the tourney, one of my goals was to break the existing 200m record for the 55-59 year age group. At 11.618 seconds, I felt it was attainable in COS, the fastest track in the US due to altitude of around 6000 feet. The person who I thought would be my fastest competitor in both the sprints and the 500 was Bill Ziegler who had won the 500 in COS two years earlier. I had been watching his results from SoCal and we were pretty evenly matched, time wise. His 200 was earlier than mine and he went 11.671. Fast, but not quite the record. I was scheduled to go off third from last, and finally it was my turn. 11.668 seconds. Faster than Bill by .003, but also no record. Very close - .05 seconds - but

no banana. No one else was faster, so I did end up seeding first. The actual sprints were the next day, so now I had to wait for our 500 meter tt, our first championship race of the week.

The racing was scheduled in a one session format, starting at 8am, and running until the day's program was done. Made for a very long day, but it also meant no coming and going - hauling our gear back and forth. Pros and cons to both formats, but this one worked out ok.

The 500's were run in pairs and I was scheduled to ride in the penultimate pair. I was a returning National Champion, but I was in the younger age group last year and the current 55-59 1st and 2nd place riders from 2005 were still in this group and were scheduled to ride after me. Again, I felt that Bill Ziegler was my biggest threat and he was again scheduled before me. And again, I have to repeat, what a long strange trip it's been. After all my mechanical, physical and weather related difficulties, culminating

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with a destroyed wheel, Bill goes to the line and in his first attempt to start, his handlebars come loose. Under the rules, everyone is allowed one restart, no matter what the reason, so Bill and his coach, Eddie B, tighten up his bars and he lines up for a restart. 5,4,3,2,1, bang and off he goes - for about 5 meters. This time the bolt that was loose breaks completely, and his race is over. I couldn't believe it. The irony was almost overwhelming. At that point, I knew I had won my first Championship of the week. The fastest ride up to that moment was 36.9 and the two riders after me simply weren't fast enough to beat that. I knew that I could have a sub par ride and still win. I tried very hard to go as fast as I could, but I think psychologically, not having Bill to chase affected my ride and I ended up with a 36.09, far fast enough for the win, but well off my other goal of the World 500 meter record of 35.5. That, and perhaps making the wrong gear choice for the standing start, kept me from having that once a year, super fast ride. But, the up note was my first gold medal of the 2006 Championships.

The match sprint format this year was the top 8 riders from the qualifying 200's went directly into the quarter finals of the tournament. We would ride two up, best two of three races to advance to the next round. The racers are seeded 1st vs. 8th, 2nd vs. 7th, 3-6, 4-5,

so ideally the top two seeds would race each other for the 1st and 2nd place final and the next fastest for the 3rd and 4th place final.

My first ride was against a rider with a 12.7 sec 200, so I was able to win in two rides pretty easily, not having to really push it. My second ride was against Chip Berezny, a very experienced rider with a 200m time of 12.19, so definitely more of a threat. The first ride went very well. Chip took the lead and as we came out of turn two after the bell, I hit it hard, got by quickly and shut it down coming out of four I had so much space between us. Ride #2 almost ended differently. As we started, Chip, who started this ride in the lower position, rolled down to the pole, looked back to see that I wasn't coming quickly, and accelerated very hard. I fortunately reacted pretty fast and went after him, but he now had 5 or 6 bike lengths on me down the back stretch of lap one. I finally caught him at the bell, but when I went to accelerate down the back stretch, I didn't quite have the jump I'd had earlier and Chip matched my speed down the back stretch. Side by side into turns three and four, I finally pulled ahead at the finish line to win by about half a wheel. Way to close and way to hard for a semi-final ride!

Bill also had a couple of tough rides in his semi-finals, having to race Woody Cox who, although not as fast in the sprints, is one of the most competitive

riders in our age group and later set a new world record in his specialty, the 2K time trial.

So, ride number one for the gold. Bill drew the bottom start position and took it out pretty slowly, staying between the blue stayers line and pole. I stayed high on the track and picked the pace up a bit. Bill stayed even with me but stayed low, which I thought was odd. Into the bell lap we went and I went even closer to the fence into turn one. Even stranger, Bill continued to stay low. As we got into turn two, I'm almost at the fence and Bill is still below the stayers line. I'm watching him closely and he looks down track which is enough for me. I jump hard from the rail and before he knows it, I'm 5 bikes by him. Ride #1 was over.

I started in the down position for ride #2. The plan was to lead him out and gun it down the back stretch in the bell lap. He wanted to be in the front again though, so I let him roll to the front out of turn four into the bell. He moved to the pole and was going faster than the first ride, so I stayed with him. Past the bell into turns one and two and I go as hard as I can go coming out of two. I'm past him going into turn three and then he throws his arm up, protesting my pass. According to the rules, the passing rider's rear wheel needs to be clear of the passed rider's front wheel in order for it to be a clean pass. As I rolled past the finish line, far ahead of Bill, the head ref, motioned us both over. I rolled onto the infield warm-up track and pulled up next to Bill, where the ref told us my pass had been clean, so I had won in two rides. Cool! I told Bill that I would never purposely come down on him and he just chuckled and said that I came by him so quickly, the only way he thought he'd get another ride was to protest - kind of like a basketball player feigning a foul. Didn't work and I won gold medal #2.

I had two more races planned for the week. The first was the 2K tt. I had never done one, so I thought it might be fun to give it a try here in Colorado. I was shooting for 2 minutes, 30 seconds after looking at times from two years ago here. I thought that might put me in the



Kevin Worley wins his second ride against Bill Ziegler to claim the Masters National Championship in the Match Sprint, Men 55-59.

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medals. I was right, it would have - if I would have been able to do it. The first four laps went ok, and then I collapsed. I just couldn't keep the pace up for two more laps. I ended up with a 2:34.6, 6th overall out of 18 riders, and first among the Hellyer 55-59 group that was also doing the 2K. So, not too bad.

The last event I had a chance to medal in was the team sprint. Three riders. Three laps. Standing start with each rider going one lap and then pulling off. I was teamed with LGBRC teammate, Tim Montagne and good friend and Hellyer sprint king, Dean Haraguchi. Tim was our lead off rider. Based on our Hellyer training and our respective times in Colorado, I thought I was enough faster from a standing start than Tim that I could kind of ease into the start. Wrong! I broke my #1 rule about bike racing - never underestimate anyone. I even casually got set for the start with my pedal lower than I normally have it set, putting me at another disadvantage. When the gun sounded, Tim lit it up! He quickly put several bike lengths on me and it took me until turn three to finally get on his wheel. Not the best way to do the team sprint. When Tim pulled off we were doing 38.9mph, a great first lap. Unfortunately, I had done most of the lap with a diminished draft and it showed in my lap. My speed dropped to around 35mph as I dropped Dean off. Dean's ride was also just ok and we ended up 7th - out of the medals. Arrghh!! On the upside, Tim and I will be doing the team sprint at the Masters World Championships in England next month and I won't make the same mistake there.

All in all, a very good week. I sprinted as well as I have in years, but I still haven't had my once a year, blistering fast 500, so hopefully that'll happen in England. Stay tuned.

A big thanks to everyone who has helped and supported me this year. Especially to LGBRC for all the team support. Linelle Northcott for coming through with her wheel for me. My training partner Paul Yazolino for his great help during my sprint rounds. And of course to my wife Anne for simply being there for me and putting up with my occasional BS.

Road Race Results

Timpani Criterium

August 6, 2006

Jr 10-12 Male: Canaan Linder, 5th

Jr 10-12 Female: Claire Jensen, 2nd

Jr 13-14 Male: Alex de la Cruz, 9th; Nick Jensen, 11th

Jr 15-16 Male: Steven Reid, 1st; Phil Mehlitz, 4th; Chris May, 11th; David Stallman, 12th

Jr 17-18: Jim Ryan, 2nd

Cat 5: Filip Vanacht, 5th; Mark Davis, 18th; Jim Honniball; Michael Stallman

Women 4: Kerry Stivaletti, 7th, Rene Baker, 15th; Sonya King

Cat 4: Jun Aishima; David Puglia; Daniel Hicklin; Kieran Cox

Cat 3: Chris Tanner, 13th; Aaron Hanna, 15th; Thomas Oelsner; Phil Mehlitz; Jeff Patton; Rob Jensen; Doug Pearl; Mark Davis

M35+ 4/5: Steven Woo; David Puglia

M35+ 1/2/3: Chris Tanner, 10th; Rick Adams, 18th; Carl Hekkert, 20th; Dennis Hopp; Kalen Gruber; Mark Davis; Thomas Oelsner; Brian Heneghan; Michael Rowe; Doug Pearl

Women 1/2/3: Emily Thurston, 1st; Yukie Nakamura, 16th; Jennifer Van Muckey; Lauren Tompkins

Men 1/2/Pro: Ryan Wong, 16th; Kalen Gruber; Carl Hekkert; Jon Erskine; Richard Pego; Dennis Hopp; Brian Ziegler; Brian Heneghan; Greg Juneau; Michael Rowe

Patterson Pass Road Race

August 12, 2006

Cat 3: Chad Stoehr, 11th; Mark Davis; Doug Pearl

Cat 4: Daniel Hicklin, 10th; Kieran Cox

Cat 5: Filip Vanacht, 8th

M35+ 1/2/3: Gene Ragan; Greg Juneau

M35+ 4/5 Group B: Jim Werle, 5th

Women 1/2/3: Emily Thurston, 12th

Esparto Time Trial

August 13, 2006

Cat 4: Daniel Hicklin, 8th

Dunnigan Hills Road Race

August 19, 2006

Cat 1/2/Pro: Greg Juneau

Cat 3: Aaron Hanna

Cat 4: Daniel Hicklin; Jun Aishima; Kieran Cox

M35+ 4/5 Group B: Steven Woo

M30+: David Porter, 3rd

Women 1/2/3: Yukie Nakamura, 4th

Suisun Harbor Criterium

August 20, 2006

Cat 3: Steven Reid, 9th; Thomas Oelsner, 16th

Cat 4/5: Jun Aishima, 14th

M35+ 3/4/5: Thomas Oelsner, 9th

Women 1/2/3: Lori Alvarez, 11th; Yukie Nakamura, 13th

San Ardo Road Race

August 26, 2006

Cat 1/2/Pro: Ryan Wong; John Knotts

Cat 4: Kieran Cox, 13th; Jun Aishima

M35+ 1/2/3: Carl Hekkert, 20th; Dennis Hopp

M35+ 4/5 Group A: Steven Woo, 3rd

Jr 11-12: Canaan Linder, 5th

Women 1/2/3: Yukie Nakamura, 13th

Jr 15-16: Steven Reid, 1st

University Road Race

August 27, 2006

Cat 3: Chad Stoehr, 10th

Cat 4/5: Daniel Hicklin, 7th

M35+ 4/5: Jim Werle, 13th

Women 1/2/3: Jennifer Van Muckey, 13th

Challenge Road Race

September 2, 2006

Cat 3: Chad Stoehr, 5th

Crockett Criterium

September 3, 2006

Juniors: Steven Reid, 4th

Giro di San Francisco

September 4, 2006

Women 4: Kerry Stivaletti, 9th

M35+ 4/5: Steven Woo

Cat 4/5: Jun Aishima, 17th; Kieran Cox; Steven Woo

M35+ 1/2/3: Doug Pearl

Women 1/2/3: Yukie Nakamura, 17th; Lori Alvarez

Cat 3: Mark Davis; Aaron Hanna; Phil Mehlitz

Carrera de San Rafael

September 9, 2006

Women 1/2: Emily Thurston, 12th

M35+ 1/2/3: Mark Davis

Jr 15-16: Steven Reid, 1st; Phil Mehlitz, 4th

M35+ 4/5: Steven Woo, 13th

Mt. Tamalpais Hillclimb

September 16, 2006

Junior 15-16: Daniel Tisdell, 4th

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LGBRC Goals and Mission

To provide a supportive bicycle racing organization for all members to achieve their personal and team goals. The club will strive to provide a quality program that includes support, training, coaching and social activities. To achieve our goals, the club and its members will conduct themselves within the following framework:

1. **All members must volunteer to help with club activities.**
2. All members will strive to be supportive and positive with mutual respect for one another.
3. All members will conduct themselves in a professional manner and with good sportsmanship.
4. All members will ride their bikes in a safe manner.
5. The club will conduct itself within the laws of the land.
6. The club will strive to avail itself of high quality coaching for novice, intermediate and advanced cyclists through:
 - a. Structured training and skills clinics.
 - b. Learning from other club members and guest coaches.
 - c. Caring about individual goals as well as group goals.
7. The club will promote our sponsors by participating in local, state, national and world competitions while wearing the most recent team clothing during the race and on the podium and by being knowledgeable of our sponsors products and attributes. More specifically:
 - a. Members shall never complain about a sponsor in a public forum. If you have anything negative to say, say it in a constructive fashion; turn it into positive feedback. Most sponsors do want constructive feedback on how to improve their products.
 - b. If you participate in any club sponsorship program, you are obligated to not remove the decals or deface the product that impacts the company name in any way. In fact, some of our sponsorship contracts specifically note this obligation.
 - c. Never directly contact a team sponsor. Contact the club member sponsor representative as identified on our website. This has been a serious complaint from several sponsors for several years.
 - d. The generic club e-mail address lgbrc@topica.com is for only race reports, club rides, carpooling organization, general cycling information and general Q&A. It is not to promote a product or company that may compete with LGBRC sponsors. All important sponsorship deals must be sent to the club President first and s/he will forward the message to only the active members of the club, i.e., non-active members do not qualify for club deals. The club President is the only person with the latest team mailing list.
 - e. You have to own and wear at least **ONE COMPLETE TEAM KIT** (jersey and shorts) to be eligible for full racing support.

Track Championship Race Results

Masters Track National Championships

Colorado Springs, CO

August 9-13, 2006

500m TT, Men 55-59: Kevin Worley, 1st

500m TT, Men 50-54: Tim Montagne, 8th

Match Sprint, Men 55-59: Kevin Worley, 1st

Match Sprint, Men 50-54: Tim Montagne, 8th

Team Sprint Men 135+: Tim Montagne, Kevin Worley, & Dean Haraguchi, 7th

Masters Track World Championships Manchester, England

September 11-16, 2006

500m TT, Men 55-59: Kevin Worley, 5th

Match Sprint, Men 55-59: Kevin Worley, 2nd

Northern California State Track Championships

September 16-17, 2006

Kilometer TT, Men 40-44: Steven Woo, 2nd; Rob Jensen, 3rd; Erik Ostly, 4th

Match Sprint, Elite Men: Kelyn Akuna, 1st

Team Sprint, Elite Men: Mark Altamirano, Kelyn Akuna, & Doug Northcott, 1st

Scratch Race, Elite Men: Jun Aishima

3K Pursuit, Men 30+: Jun Aishima, 3rd

3K Pursuit, Men 40+: Steven Woo, 1st

Keirin, Elite Men: Kelyn Akuna, 2nd

Points Race, Men 30+: Jun Aishima, 1st

Colleen Hayduk sets National Record

Colleen Hayduk, LGBRC's Kutztown, PA resident, recently broke the United States National record for the 500 meter time trial in track cycling for women ages 15 and 16. The record was broken at the 7-Eleven Olympic Velodrome in Colorado, Springs, CO on August 15, 2006. Colleen's time was 37.47 seconds.

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Meeting Schedule

The LGBRC team meeting is at 7:00pm on the first Monday of each month, except on holidays. The next meetings will be October 2 and November 6. Location:

Sports Basement

1177 Kern Ave.

Sunnyvale, CA 94086

Phone Number: 408-732-0300.

BOD Meetings

The Board of Directors' Meetings are usually held on the last Monday of every month. All LGBRC members are welcome. Please contact a BOD member for the time and place of the next meeting.

Sunday Rides

A social, no-drop ride leaves from the Starbucks in Rancho Shopping Center, Foothill at Springer in Los Altos every Sunday. Route is determined by group consensus prior to departure. Meet at 8:30am. Roll out at 8:45am.

Ongoing Club Deals

Testarossa Vineyards - \$10 tasting fee waived for club members. 10% discount on wine purchases, and 10% discount on event booking fees.

Steelman Cycles: Contact Gary Davis, 700cmoffroad@sbcglobal.net.

Athlete Octane: 20% off phone orders, 520-325-8808.

Cupertino Bike Shop: 10% off.

Wheel building or soft-sided bike case loan: Free. Contact Kwan Low, kwanseng@yahoo.com.

RX-SPEX Prescription Sports Eyewear: 20% off, www.rx-spex.com.

Newsletter Input

Please send pictures and articles to garrett_lau@yahoo.com

The deadline for submissions is the 25th of the month prior to publication.



Steven Woo remounts after carrying his bike over an obstacle in the first Central Coast Cyclocross race of 2006, in Prunedale on September 24. Photo by Dan Swiger.

**The Los Gatos Bicycle Racing Club
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