

THE CATALYST

News and information about the
Los Gatos Bicycle Racing Club
January 2003

Contentlab[®]

MESSAGE DESIGN STUDIO

URL: <http://www.lgbrc.org>
e-mail: lgbrc@topica.com

Spike Rides in Photo Shoot for National Print Ad Campaign

by Mike "Spike" Jessen

I had high hopes for this adventure. After several phone calls with all the powers-that-be it was confirmed that nine riders would meet the photographer at Sears Point at 9am Thursday, December 5. Ye-hah! A day at Sears Point on the track being followed by a camera, I can handle that easily.

We met at a side gate, found the gargantuan motor home, followed by introductions all around. Introductions included two company reps from Ft. Worth Texas, photographer and assistants from Chicago, and several local helpers from San Francisco. The sponsor is a pharmaceutical company, which makes a glaucoma medicine called "Travaton". Initially the ad will run domestically and maybe later internationally, including South America and Europe. The basic premise of the ad was that the drug is "ahead of the pack". They have spent almost a full year on this ad; there is still maybe two months for post-productions before the ad is released.

I was curious if they had actually rented the entire track for a day. As it turned out we were on a service road with about a mile loop, just over the ridge from the track. While the photographer took close-up and atmosphere shots of the main hero, some of us riders did warm-up laps for an hour. Wait, wait, and wait. Finally they called for us and everybody rode a quarter mile out to the site. A water truck followed us; you know one of those big construction tankers.

The first sequence was set up onto a slight down hill, into a fairly sharp left hand turn, and finished with a slight uphill past the camera. Then the water truck did his job. He wet the road quite

nicely. I'm sure it looked exceptional for the camera but the turn became quite dicey. Argh! We spent the next hour chasing the main hero, down the hill, hard sprint finish, dodge the photographer and vans and assistants, do it again, and again, and again. We were to look as if we just couldn't quite catch the hero. It felt as if we were riding in a "fixed" crit, the same guy kept beating us all the time.

After an hour and a half lunch break we went back and did it again. Just for the record they fed us quite well, much better than the normal century feed. I was expecting stale bagels and tepid water but no! They did it right. It's hard to beat roast beef and crab cakes and lemon cake. Some of my fellow "pack" riders were from Berkeley, Santa Cruz, and San Francisco. The rider from Santa Cruz used to work for Diamond Back and was really agile on his bike. He was doing reverse wheelies (locking the front brakes flipping his rear wheel around) and rolling backwards downhill. One guy from San Francisco was literally riding across the Golden Gate Bridge and the casting agency people flagged him down. Talk about being in the right place in the right time.

We returned to the site and a revamped shoot. The photographer had basically turned his cameras around and wanted us to come down a long gradual slope right at him. But first came the water truck. This wasn't as hairy as in the morning, but everybody came away with dirty bikes. I spent some time Wednesday night making my bike spotless, and afterwards it looked as if I had ridden across the Mississippi River. This version was as if we were in the middle of a long ride and we just can't catch this guy. The photographer was

in the middle of the road taking the pictures as we wove around him. Brave guy, or else just ignorant. This ran until maybe 3:30 and that was it. Finished. They wrote checks for all, needless to say there were lots of happy riders.

Stressful day, boy, I just can't stand it.

The one regret is that they can't guarantee that I'll get to see a copy of the ad.

Mountain Bike Racing (and road racing too)

by Debbie Ellis

The Sea Otter Classic has been moved to 3 weeks later than its usual March date. It will be April 10 - 13. This should make for drier trail conditions. The actual schedule of events is not posted yet, but the Mountain Bike Short Track races are usually on Saturday (which would be April 12), and the Mountain Bike Cross Country races are usually on Sunday (which would be April 13). There are also Mountain bike downhill events and BMX trials. I've found it helpful to arrive at Laguna Seca (where the events are held) on Saturday to pre-ride the cross-country course before the actual race on Sunday. The cross-country course has traditionally been 18 miles, with racers doing 1 or 2 laps, depending upon their category. The web site for the whole Sea Otter Event is:

<http://www.seaotterclassic.com/>

Winter Rides Start at 9:30am

During the winter, the Sunday ride will start at 9:30am. The start will revert to 8:45am on the first Sunday of spring, March 23.

Race Results

Central Coast Cyclocross Series #2 October 20, 2002

Men C: Steve Stewart, 4th
Men B: Randy Denton, 7th; Eric Bustos, 19th

M35+: Darrel Brokesoulder, 23rd;
Steven Woo, 35th

Women B: Maria Deason, 5th

Surf City Cyclocross Series #2 October 27, 2002

Sr. B: Randy Denton, 11th; Eric Bustos, 33rd

M35+ A: Darrel Brokesoulder, 38th

Sr. C: Steve Stewart, 10th

M35+ B: Steven Woo, 10th

Central Coast Cyclocross Series #3 October 3, 2002

Men C: Steve Stewart, 2nd

Men B: Randy Denton, 20th; Eric Bustos, 23rd

M35+: Darrel Brokesoulder, 28th;
Steven Woo, 39th

Women B: Maria Deason, 13th

Surf City Cyclocross Series #3 November 10, 2002

Sr. B: Randy Denton, 5th; Eric Bustos, 30th; Glen Varnhagen, 43rd

M35+ B: Steve Stewart, 10th; Steven Woo, 17th

NCNCA Cyclocross Championships November 16, 2002

Master Men 45-54: Randy Denton, 4th

B Men: Eric Bustos, 10th; Glen Varnhagen, 16th

Central Coast Cyclocross Series #4 November 17, 2002

Men B: Randy Denton, 12th; Eric Bustos, 21st

M35+: Steve Stewart, 22nd; Darrel Brokesoulder, 26th; Steven Woo, 41st

Women B: Maria Deason

Surf City Cyclocross Series #4 November 24, 2002

Sr. B: Randy Denton, 11th; Eric Bustos, 23rd; Glen Varnhagen, 37th

Women B: Maria Deason, 15th

M35+ A: Darrel Brokesoulder, 48th

M35+ B: Steve Stewart, 12th; Steven Woo, 22nd

Central Coast Cyclocross Series #5 December 1, 2002

Men B: Randy Denton, 7th; Eric Bustos, 17th

M35+: Steve Stewart, 20th; Darrel Brokesoulder, 27th; Steven Woo, 39th

Coyote Point Cyclocross December 7, 2002

M35+ A: Darrel Brokesoulder, 35th

M35+ B: Steve Stewart, 10th; Steven Woo, 18th

Redline Cup Cyclocross December 7, 2002

M35+: Steve Stewart, 39th

Men B: Steven Woo, 47th

Men C: Jon Erskine, 3rd

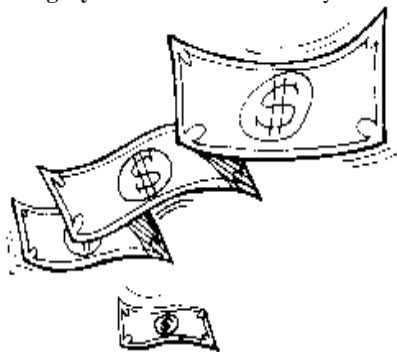
National Cyclocross Championships December 14, 2002

Master Men 45-49: Randy Denton, 5th

Upgrades

Category 5 to 4: Friedrich Drees, Christopher Daniels

Category 4 to 3: Daniel Holloway



Race Rewards and SERF Programs

The Special Events Reimbursement Fund (SERF) and Race Rewards programs are funds allocated by the Board of Directors (BOD) to assist club members in meeting their individual racing goals. The Race Rewards program is designed to provide partial reimbursement for every race entered. The SERF program is targeted towards larger out-of-district events which require travel and overnight stays. Both programs are open to all continuing club members who meet eligibility requirements including volunteering for club events. The 2003 season for both programs runs from December 1, 2002 to November 30, 2003, and all racing disciplines (road, track, cross, mountain) are eligible.

To participate in the Race Rewards program, simply record your race results on the LGBRC website. Instructions are provided there. A

password, which can be obtained from webmaster Aldene Gordon or myself, is required to enter results. All results must be entered by December 1, 2003. The final amount you are reimbursed depends on the total budget allocated by the BOD, the number of people participating in the program, and the number of points you accrue during the year. Points are awarded every time you race (finishing a race is not a condition), and bonuses are given for particularly good performances. All categories are treated the same; upper categories do not receive preferential treatment. If you wish to record your results on the website but do not wish to participate in the Rewards program, please let me know.

The SERF program can provide up to \$50 per day up to \$150 per event to cover the costs of travel, lodging, and entry fees. The actual amount you receive will depend on the total budget allocated by the BOD and the total number of requests received throughout the year. Qualifying events are out-of-district races, with the exception of in-district championship events such as the Sattley time trial which are sufficiently far from the Bay Area to require overnight stays. You are encouraged to participate in the program, and you can apply as often as you like. To participate in the SERF program, please send me an email at least two weeks before the event. Describe the event, where it is located, how much you expect it to cost, and why you want to do the event. After the event you must send me your receipts and provide a race report for the newsletter.

Reimbursements are calculated in December with the goal of distributing Race Reward and SERF checks early the following year.

—Jon Erskine

Bike Case Available

Mike Trinkala has donated a soft-sided, bike travel case to the club. Kwan Low has volunteered to be its custodian. If you want to borrow it, contact Kwan, kwanseng@yahoo.com.

Los Gatos Bicycle Racing Club, Inc.

c/o Barry Gordon, 16230 W. Ellenwood Ave., Monte Sereno, CA 95030-5212
408-395-6611

2003 LGBRC Membership Application Form

READ THIS FIRST: New candidate members CANNOT join the LGBRC by simply just sending in this form with a check. Please first contact Barry Gordon at 408-978-8200 or bgordon@structint.com. Every LGBRC member is expected to contribute time in accomplishing the goals of the club (see other side) and take leadership roles or, as a minimum, assist the club with various activities and functions such as the Cat's Hill Criterium, Timpani Criterium, Board of Directors, sponsorship, racing, training, etc.

Name _____	Date of Birth _____	Age as of 12/31/03 _____	Sex _____
Address _____		Phone (home) _____	Phone (work) _____
City _____	State _____	Zip _____	E-mail _____
USCF/NCNCA/NORBA License No. _____	Class (Sr., Jr.) _____	Category (Road) _____	Cat. (Track) _____ Cat. (NORBA) _____
What do you expect from the club? _____			
I will help plan and/or work the Cat's Hill Criterium (5/10/03) _____ yes _____ no _____ (Initial)			
I will help plan and /or work the Timpani Criterium (8/03/03) _____ yes _____ no _____ (Initial)			
What other committees or activities are you interested in helping with? (e.g., ride leader) _____			
Do you have potential club cash/product sponsorship contacts? _____ if yes, please identify _____			
How often do you race per year? _____ Your greatest <u>cycling</u> accomplishment _____			
Racing emphasis (circle one or more) Road Criterium Track Time trial Cyclocross Mountain			
Do you want your LGBRC <i>Catalyst</i> newsletter snail mailed or e-mailed in PDF format to you? (circle one) USPS e-mail			

I do hereby for myself, heirs, executors, and administrators waive release and forever discharge any and all rights and claims for damages which I may have or which may hereafter occur to me against the Los Gatos Bicycle Racing Club, its agents, officers, representatives, successors, sponsors, advertisers, and/or assigns, individually or collectively, out of my traveling to, participating in, or returning from all Los Gatos Bicycle Racing Club activities.

I further understand that serious accidents occasionally occur during bicycle rides, races, and activities, and that participants in these events occasionally sustain serious or mortal personal injuries and/or property damage, as a consequence thereof. Knowing of the risks of bicycling, nevertheless, I hereby agree to assume these risks and to release and hold harmless all of the persons and/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 Applicant /Date Signature of Parent or Guardian if Applicant is under 18/Date

Description	Amount
2003 renewal (\$45 - Basic) OR with jersey (\$90 includes tax - only if sent by 12/31/02)	
Note: LGBRC 2002 District/State/National/World Champions have an optional \$45 membership credit.	
New membership (\$90 - includes jersey)	
Sustaining Membership (just a helping donation for the club, any amount over \$5)	
New 6 month membership after 7/1/03 (\$67.50 - includes jersey)	
2004 new membership after 9/1/03, 16-month membership for the price of 12 months (\$45)	
2004 new membership after 9/1/03, 16-month membership for the price of 12 months, with jersey (\$90)	
Optional shipping of jersey outside the South Bay, i.e., no San Jose, Sunnyvale, Palo Alto, etc. (\$6)	

Send "LGBRC" check to the above address. Total (add the appropriate rows.) \$ _____

For membership with a jersey, circle appropriate gender: F M and size: XS S M L XL XXL XXXL

See the separate **Clothing Order Form** for long sleeve jerseys, shorts, bibs, skinsuits, tights, vests, jackets, windbreakers and socks.

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 will strive to be supportive and positive with mutual respect for one another.
2. All members must volunteer to help with club activities.
3. All members will conduct themselves in a professional manner and with good sportsmanship.
4. The club will conduct itself within the laws of the land.
5. 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.
6. 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.
7. Club members will promote our sponsors by wearing the latest version of the team's clothing as often as possible.
8. The club will strive to utilize the strength and resources of its members to achieve the club's objectives.

LGBRC

2003 Clothing Order Form

Send or give your clothing order form and "LGBRC" check to: Barry Gordon, 16230 W. Ellenwood Ave., Monte Sereno, CA 95030-5212. Obviously, if you do not order any clothes, you may not get any! Note men's and women's sizes/chamois! Questions? Call Barry at 408-978-8200 (W), 408-395-6611 (H) or e-mail to bgordon@structint.com.

Name:	Date:
Address:	Tel (home):
City, State, Zip:	Tel (work):
	E-mail:

Quant.	Size	Female or Male	Description	Price *	Price x Quantity
			VOmax short sleeve jersey w/long zipper	\$48.00	
			VOmax long sleeve (LS) jersey w/full separating zipper	\$62.00	
			VOmax ATB shorts	\$42.00	
			VOmax ATB bib shorts	\$50.00	
			VOmax skinsuit	\$87.00	
		N/A	VOmax aero windbreaker	\$60.00	
		N/A	VOmax jacket w/front pockets	\$85.00	
		N/A	VOmax ATB tights (no chamois)	\$45.00	
		N/A	VOmax high tech vest w/rear pockets	\$60.00	
		N/A	SockGuy socks	\$6.00	
	N/A	N/A	Voler Koolband (sweatband)	\$5.00	

Subtotal:	
8.25% CA tax	
Possible Shipping ** (See below for details)	
Total:	

Fashion Notes

1. Jersey Sizing: 1 or XS, 2 or S, 3 or M, 4 or L, 5 or XL, etc.
2. Women and men sizing.
3. Short Sizing: XS, S, M, L, XL (few riders wear L or XL)
4. Medium and larger skinsuits have medium shorts (e.g., XL skinsuit is a XL jersey attached to M shorts.)
5. There is typically a 25 minimum for clothing orders, i.e., if the LGBRC cannot order 25, the item may not be available.
6. Custom sizing/combinations are available at no extra cost including World or National Champion stripes for our World and National Champions!

Financial Notes

1. Make your checks out to "LGBRC". CA sales tax will be charged to **all California residents**.
**** Shipping is available at \$6.00 per 1 to 3 items to locations outside the South Bay, i.e., no shipping to Los Gatos, San Jose, Sunnyvale, Mountain View, Palo Alto, etc.** That is, for distant locations:
1-3 items: \$6 4-6 items: \$12 7-9 items: \$18, etc.

* Note: We have some sponsorship funds set aside for clothing support. You may be eligible for a discount on clothing due to your club activity level (e.g., member of BOD, race director, etc.) or your racing activity/category/age. Please check with Barry Gordon to see if you qualify. Thank you.



PEDPEG
normb@bayarea.net



Structural Integrity
Keith M. Abe, D.D.S., Inc.
Quynh K. Abe, D.D.S.
485 South Drive
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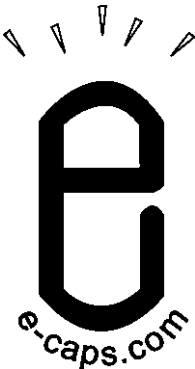
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LGBRC participated in the Los Gatos Children's Holiday Parade on December 7. Left to right: Aldene Gordon, Jim Ryan, Barry Gordon, Andrew Chan, Norm Bjork, Dawn Tisdell, Richard Techmanski, Daniel Tisdell, Kwan Low, Mike Tisdell, David Tisdell, Garrett Lau, Sammarye Lewis. Photo by Steve Ryan.

LGBRC Board of Directors for 2002

Barry Gordon

President

(408) 395-6611 (hm)
 (408) 978-8200 (wk)
 BGordon@structint.com

Gina Dias

Treasurer

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Aldene Gordon

Web Designer

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Diane LoPresto

Membership Coordinator

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Jon Erskine

NCNCA Representative

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Sam Marye Lewis

Publicity Coordinator

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Michael Rowe

Vice President

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CT McGuinness

Secretary

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Christine Rowe

Race Director

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 (408) 891-0335 (wk)
 cmrowego@mobile@yahoo.com

Garrett Lau

Newsletter Editor

(408) 249-0695 (hm)
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 garrett_lau@yahoo.com

USCF regional coordinator:

Ms. Jan Luke
 P.O. Box 231910
 Encinitas, CA 92023
 (760) 635-7894
 luke2@ix.netcom.com

Meeting Schedule

The LGBRC team meeting is at **7:00pm** on the first Monday of each month. The next meetings will be January 6 and February 3. Location:

Vesuvio Restaurant

3044 El Camino Real, Santa Clara.
 One block West of Kiely between Lawrence Expressway and San Thomas Expressway. Phone Number: 296-1054.

Cat's Hill Committee

The next Board of Directors' meeting will be combined with the Cat's Hill Committee meeting on January 20, 7:00pm at John Sevic's house. All LGBRC members are welcome. Call (408) 358-3501 for directions.

Team Ride

Sunday 9:30am (during winter): A social, no-drop ride leaves from The Bicycle Outfitter (TBO) in Los Altos at 8:45am every Sunday. Route is determined by group consensus prior to departure.

During the winter, the Sunday ride will start at 9:30am. The start will revert to 8:45am on the first Sunday of spring, March 23.

Winter Trainer Parties

Robbie and CT McGuinness will be hosting weekly trainer parties at their home in San Jose. Call (408) 293-1374 for directions.

Tuesdays are designated "Ladies' Night" and Thursdays are open to all. Start time is 6:30 pm. Each trainer workout will be followed by a potluck dinner.

Ongoing Club Deals

The Bicycle Outfitter: 10% off.

Wheel building: Contact Kwan Low, kwanseng@yahoo.com.

Avocet: Contact Maria Deason, 800-227-8346 ext:211.

IN-SPEX: 20% off, www.in-spex.com.

Rudy Project: Contact Barry Gordon for an order form.

Teschner Frames: Contact Bill Koerner, BK4WHEELS@aol.com.



Rudy Project - Technically Cool Eyewear is our official team eyewear. If you need to get the coolest shades contact Barry Gordon for a Club order form.

Rudy is serious about its cycling. Rudy Project Domo Riders took 1-2-3 at last year's Paris- Roubaix. Rudy consistently dominates the Tour de France and this year will field Mapei, Rabobank, Telekom, iBanesto, Domo-Farmes Frites, and Lampre.

The New Kerosene family (check out www.rudyprojectusa.com) is awesome. It can be adjusted at the nose and temples to provide a custom, fog-free fit. In addition the optical adapter is super low profile and snaps in and out for easy cleaning.

All Rudy's now come with a free hard case and best of all, the Replacement Lens Guarantee whereby Rudy will replace any damaged or scratched lens (no matter the reason) for a nominal S/H fee.

This year Rudy is boosting their accessories including bags, backpacks, socks, etc. Check it out. Remember we get Club Pricing in exchange for promoting Rudy and steering customers to their dealers including our shop sponsor.

Please show your support and wear your Rudy's when training, competing or podiuming! Let's have a great 2002!

The Los Gatos Bicycle Racing Club
P.O. Box 2842
Saratoga, CA 95070