

THE CATALYST

News and information about the
Los Gatos Bicycle Racing Club

February 2003

URL: <http://www.lgbrc.org>
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Taitt Sato, Sandra Kolb, Eryn Hanna, Joy Shaffer, and Jen Whatley pose atop Mt. Wilson during their winter training camp. Photo courtesy Joy Shaffer.

LGBRC Women Bask in Southern California Sunshine

by Sandra Kolb

Can five women live together in a one-room apartment for 2 days and get along? The answer is Yes!

It all started in December. After being drenched for 2 days in the Bay area, I was not about to come north again. Of course, I came up with the idea to hold a mini-training camp for the women in January. I didn't have to twist too many arms as I mentioned the coldest it gets in the winter in Los Angeles is about 68 degrees. The sun shines in the "Southland" at least 95% of the time. The women, shivering, agreed to come down.

I didn't tell them until later that I had

only a one-room apartment that was shared with a 90 LB dog.

Due to some unexpected circumstances, only the elite team participated in the training camp: Eryn Hanna, Joy Shaffer, Jen Whatley, Taitt Sato, and me, Sandra Kolb. Eryn showed up a couple days early to enjoy the amazing weather. Thursday morning Eryn and I went on the local group ride. It was a recovery day for Eryn, but I assured her it wouldn't be too bad, and that the group does wait at the top of all the hills for each rider. Only 4 miles into the ride, Olympian David Brinton passes Eryn and proceeds to tell her this is where the pace picks up and she had better

move toward the front of the group. The pace does pick up but thankfully it is not as fast as usual.

David is on a rest day as well (which is a med-hard day for the rest of us). We do take an easy ride on Friday and ride up to the Observatory in Griffith Park to enjoy the view and take pictures of the Hollywood sign. The best part of the ride is that it is so warm we are riding with tank tops on and we get a very good start on our summer "bike tans."

Since I live in "Hollywood," Eryn wants to take a walk down Hollywood Blvd and see the Walk of Stars and visit

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Women's SoCal Camp

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Graumann's Chinese Theatre to step in a few footprints. It turns out that it is only a short drive from my apartment and we have a very good time. We even get serenaded by this group of chanters and dancers in white robes and get asked to join them for one of their vegetarian dinners - right!!

We go home and wait for the other women to show up. While we wait, Eryn instigates an organization session, which excites the Virgo in me. We proceed to type up and organize team notebooks for each rider. The notebooks include team goals, each rider's goals, guidelines and rules for the women's team, and fliers for the upcoming races. I know the other women will think it was my idea - Eryn had better speak up.

The other women arrive very late at night. Actually, I think it was more like very early on Saturday morning. Our ride that day took us up Mulholland Drive, which follows the ridgeline of the Hollywood Hills. After several miles, we went down the hills to join up with the local riders hanging in Brentwood who will ride to the Santa Monica coast. At the coast, the local riders turn back and we proceed down to the Santa Monica Pier. The local riders tease us and say to be careful since there are a lot of guys without shirts on, hanging at the beach. They want to see how many phone numbers we can collect. Since I am the only one of the group that is "available," the women agree to collect numbers and photos for me only.

Well, that did not last long. As we ride along the pier, Jen comes to me and says this really good-looking guy was totally checking me out. She said he didn't have a shirt on and had a gorgeous tan - although he was with a girl. As we stop for a group photo, Jen notices this same good-looking guy coming towards us. Now I wonder, how did I not see him?! And his legs!? Ripped, lean, shaven and tan! He approaches us and wants to take our picture. He was impressed to see a group of elite women, a rare sight in his hometown in Texas. He took our photo, talked with us about our racing and generally



Eryn Hanna races the San Rafael Cycling Classic. Photo by Jeff Tse.

Introducing Eryn Hanna

Eryn Hanna is a CAT 2 on the road, starting her 3rd season in the NorCal region and her 4th season road racing. She resides in Reno, and when she is not riding, she is a great wife to her husband John or she is working at a local bike shop, Bicycle Warehouse. She also has an unusually close relationship with her cell phone.

basked in our favorable attention; did I mention he had nice legs? Well, I have never seen so much flirting from my own teammates. Maybe they are feeling the effects of winter and are in shock to see such a sight in Jan. Here I was thinking they were going to take care of me and I realized that when the real thing shows up, everyone is out for herself. In the end, when he joins in our picture, it is Joy who actually gets to put her arms around this guy. What happened to me, the available one? Well, if you get to see the picture, you probably won't blame them. We returned home the same way we rode to the coast. The highlight of the day had to be the weather, warm and sunny, and, of course, that good-looking guy.

We have our team meeting that evening. It goes very well. The notebooks impress everyone. Of course, they all think it was my idea and all my work. I think they were surprised to find out it was Eryn's doing as well. We re-define our goals and team guidelines. We also decide to pull together all the developmental riders of the club and get more involved with them. If need be, work on recruitment of more riders.

For the Sunday ride, we decide to

climb mountains. It is going to be another gorgeous day here. We leave early and begin climbing into the San Gabriel's within an hour of our start time. The first climb is a total of about 13 miles, with only about 3.5 miles of it being continuous climbing. We pair off since Taitt and Eryn have some intervals to do. We have a great time. We end up going to the top of Mt. Wilson, which is at 5000ft. Eryn, Taitt, and I get to the top first. It is beautiful all the way to the top as you can view more and more of the mountain range. Once on top however, it puts you on the side with a view of Los Angeles and the San Fernando Valley. And as three college graduates look over, we try to decide, with all the smog, where the ocean might be, where the city skyscrapers might be, etc. We decide to head back down since there is not much to see and the view is much better on the other side. We run into Joy and Jen, and we all descend the mountain together, for the most part anyway. Joy and I do spend a few miles flying ahead. It is amazing that you can climb for 3 hours and come down in less than one hour. It makes it fun though and truly worth the

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Women's SoCal Camp

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effort. Once back in to town we encountered an angry old man in a Volvo. He gave us an ear-full and threatened us with his vehicle. Taitt pulled up to him at a stop sign and gave him a good lashing of words, showing us her lawyer qualities which instantly made us all happy to have her on our side. Joy took pictures of the guy and his plates. That must have made him worry a little that we might press charges. But we did not let this ruin our weekend and finished the ride safe and sound.

The weekend came to an end and we all dispersed back home. Eryn had a fast and uneventful ride back to Reno. She made it back in record time thanks to all the speedy drivers. Jen and Taitt timed their arrival home just perfectly. The two were too busy talking to know that the Raiders just won and were going to the Super Bowl. When Jen got to International Blvd in Oakland just as the post-Raider win riots started, it was instantly clear to her who won the game. There were people dancing, prancing, and getting a tad wild in the middle of the intersection - and she was the first car in line! 2 signal cycles later they moved on down the street (whew). Joy's ride home was a little different. Her faithful Mercury blew a gasket on the grapevine. There was steam coming out the car and her ears. On the verge of pushing the @\$%#@# into Lake Pyramid, her environmental responsibility and the value of her roof rack stopped her in her tracks and she called a tow truck instead. But not to worry, she is already styling in her new LGBRC red Honda Odyssey. We are going to be the envy of the other teams at the races in the matching van, which may be getting yellow racing stripes.

We all had fun and our commitment to each other has grown even stronger. Our goals are set and we are focused for 2003. Our first team races will be mid-February starting with the Pine Flat RR in California and the Valley of the Sun stage race in Arizona. We will be testing a new rider for the Valley of the Sun. As you can see, we will be split for some of the beginning season races working towards our fitness and team

goals for the month of March.

All in all, the training camp was a great success. And except for the dog blowing chunks and having some serious back firing episodes, living in one room went very well. The biggest lesson learned from the weekend is that if you take a perfectly good and already yummy oatmeal chip bar and add a layer of peanut butter on top, it becomes irresistibly, delicious.

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

Race Results

San Bruno Hill Climb

January 1, 2003

Juniors: Daniel Holloway, 4th; Daniel Tisdell, 11th; Dawn Tisdell, 13th

Central Coast Cyclocross Series #6

January 5, 2003

M35+: Darrel Brokeshoulder, 24th; Steven Woo, 32nd

Early Bird Criterium #1

January 5, 2003

Cat 1/2/3: Richard Pego, 10th; Daniel Holloway, 23rd

Women & Jrs: Robbie McGuinness, 12th; Dawn Tisdell, 15th; Jamie Fenimore; Daniel Tisdell

Cat 5 Group A: James Ryan, 19th; CT McGuinness

Cat 4/5: Daniel Holloway, 1st; Thomas Dittman, 3rd; Mike Jessen

Early Bird Criterium #2

January 12, 2003

Cat 1/2/3: David Keefer

Women & Jrs: Dawn Tisdell, 26th; Daniel Tisdell, 34th; Robbie McGuinness; Jamie Fenimore

Cat 5 Group B: CT McGuinness, 12th

Cat 4/5: Thomas Dittman, 2nd; Pedro Gutierrez, 36th; David Puglia, 40th; Ron Leung, 52nd

The Gordons Visit VOMax Headquarters in Massachusetts

by Barry Gordon

I used the three-day Veteran's Day weekend break from working at the defunct Millstone 1 boiling water reactor (BWR) in Waterford, CT to visit the holy shrine of club clothing, VOMax, in Plainfield, MA. I flew Aldene out to accompany me on this rather interesting trip. After stocking up on Rhode Island clam chowder and visiting the USN Nautilus, we drove from Waterford to East Hartford, CT to visit and stay over with a Carnegie Mellon University fraternity brother who owns an environmental consulting company in Bloomfield, CT. The next day we drove to western MA to find Plainfield. Since I always rent Hertz cars with the NeverLost® system, we figured "no sweat" in finding VOMax. Ha!

First, NeverLost® never heard of Plainfield, MA. In fact, NeverLost® never heard of Bloomfield, CT. (That's another story.) VOMax's address is Union Street, Plainfield, MA. Notice the lack of a street number. NeverLost® got lost and so did we. Aldene successfully navigated us to Plainfield by plotting a route to the nearest city that was in the NeverLost® database. When we finally arrived in Plainfield we attempted to find Union Street. When this was accomplished, we had to find VOMax. Fortunately, Vince O'Connell, the VO in VOMax, provided us with an actual street number. Unfortunately, many houses in Plainfield do not have



Kathy Swanson and Vince O'Connell give Barry Gordon a tour of the VOMax factory in Plainfield, Massachusetts. Photo by Aldene Gordon.

house numbers and the numbering system in Plainfield is similar to Tokyo's, i.e., totally random numbers. Only the mailman knows the locations. We finally located VOMax because some kids in the neighborhood, who were hunting squirrels with crude wooden spears, knew VOMax's massive guard dog!

I finally drove our car on unpaved roads to VOMax with NeverLost® shut-down. The facility was very impressive. Vince and Kathy gave us the royal tour and we met everyone I talk to on the phone for the first time including Mark Hurley, our salesperson, and David Young, our artist. We watched how they artistically created clothing and observed the sophisticated com-

puter and manufacturing equipment and the final sewing of the garments. It was very impressive and gives you a great feeling to know that such dedicated people are creating our clothing.

Vince and Kathy then walked us literally through the woods to their custom built house. We crossed their personal cross-country ski trail that travels throughout their acreage. Vince and Kathy's house is as impressive as the VOMax "factory." And no television!

After our all-too-brief visit, it was time to drive to the Hartford Airport for Aldene's flight back to San Jose. Fortunately, the next day my job at Millstone 1 was cancelled after two weeks of working 10-hour shifts in strange yellow anti-contamination (anti-C) clothing and I returned home. If only VOMax made my-anti-Cs!



VOMax's factory could be mistaken for a country inn. Photo by Aldene Gordon.

Race Results

Early Bird Criterium #3

January 19, 2003

Cat 1/2/3: David Keefer, 24th; Giovanni Rey

Cat 5 Group A: Jim Ryan, 27th

Cat 4/5: Thomas Dittman, 8th; David Puglia, 42nd

Patterson Road Race

January 25, 2003

Pro/1/2: Richard Pego, 15th

Senior 3: Daniel Holloway, 20th

Early Bird Criterium #4

January 26, 2003

Cat 4/5: Thomas Dittman, 8th

Women 4: Robbie McGuinness, 10th; Kyoko Harada, 15th

PEDPEG Needs Support

To: LGBRC

From: NormBjork@yahoo.com

408-294-3005

It's been almost twelve years since I first thought of PEDPEG. I felt good about it. I felt younger than ever and ready to start making a better world to live in. Today I feel old. My goal was to have a prototype within 5 years.

A lot of promises of commitment and failure have passed through but I really believe that the best does not come easy. I've been waiting to start the conceptual mock-up of a PEDPEG station to begin testing of the heat exchanger.

I need two things to continue with my work, money and time (commitment). I believe that my main job is leadership and I'm ready to make a full commitment to PEDPEG and cycling.

I've unfortunately tapped out and have no money so I am looking for investors in PEDPEG. I can tell you this that all profits from PEDPEG will go back in to research for a better way of life for all.

I need help with the mock-up that I intend to make from wood and bicycle parts. I have a small bike shop but no power tools except a drill and saber saw. If any one has access to a wood shop I would greatly appreciate the use of it.

Starting in February 2003 I will be leading rides for any one interested. On Mondays at 3 pm from Quimby and Ruby. On Tuesdays from top of Cat's Hill at 3 pm. On Wednesday from Santa Teresa and Snell at 3 pm. On Thursdays from Campbell (foot bridge on bike path) at 3 pm and Fridays I am open to suggestions from anyone interested. These rides are mainly for Junior riders but I encourage all riders to participate. The rides will emphasize safety and no one will be dropped. Rain will cancel.

Meetings to Feature Raffles

Beginning in February, there will be raffles at the club meetings. All attendees will be eligible to win small prizes.

Election to be Held at March Meeting

The annual election of the LGBRC Board Of Directors will be held at the club meeting on March 3. Nominations will be taken at the February 3 meeting. Here are the descriptions of the various BOD positions.

President

The President of LGBRC is responsible for supervising the LGBRC general membership meetings and Board of Director's meetings. The President provides focus, assists and motivates other BOD members in performing their assignments such as obtaining sponsorship, promoting the Cat's Hill Criterium, etc. He / She is also the general spokesperson and goodwill ambassador for the LGBRC with both the cycling and general community. Must be e-mail accessible.

Vice President

The Vice President is responsible for providing information to potential members of LGBRC. He / She provides application information, information about the club, and is a major spokesperson for the club. He / She is the contact person listed in the NCNCA newsletter. The Vice President must also take the place of the President at meetings when the President is unable to attend. Must be e-mail accessible.

Treasurer

The Treasurer of LGBRC is responsible for maintaining the fiscal integrity of the LGBRC. The Treasurer collects dues, clothing payments, race receipts, sponsorship money, etc., and insures the payment of all club debts. The Treasurer also helps formulate the fiscal policies of the club, creates a budget and deals with state and federal tax concerns. Must be e-mail accessible.

Race Director

The Race Director is responsible for organizing and supervising a committee for LGBRC races. The Race Director verifies that each committee member performs his / her respective tasks. The Race Director is not responsible for

putting on an LGBRC race by himself / herself! Under the guidance of the Race Director the race committee will select, schedule, organize, promote, and conduct LGBRC races. Such tasks include: 1-submitting a proposal for the club race to the BOD 2- requesting the race date and location 3- securing all the required permits, insurance and applications 4- advertising the race in the NCNCA newsletter and Internet 5- coordinating event services (toilets, police, sound, medical, etc.) 6- assigning race day tasks such as registration, course marshals, promotions, price czar, etc. Must be e-mail accessible.

Newsletter Editor

The Newsletter Editor is responsible for gathering and receiving information from various sources, including members of the club and sponsors. The Editor makes sure that the information is put together and sent out monthly to all club members via the newsletter. The information includes race results, BOD contact info, race reports, information on cycling issues, current events and anything and everything about the club in general. The Editor must put the newsletter together, submit the newsletter for printing, pick up the newsletters and fold them, purchase postage, and mail the newsletters out. The Editor is also the keeper of the membership database. Must be e-mail accessible.

Secretary

The Secretary is responsible for taking minutes at all BOD meetings. The minutes are to be circulated to all attendees for approval before submission to the editor for inclusion in the newsletter. The secretary is also responsible for the club's correspondence activities.

Member At Large

A Member At Large attends the Board of Director's meetings, provides input, and supports the BOD in performing their assignments such as obtaining sponsorship, promoting the Cat's Hill Criterium, etc.

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Dave Keefer races the Pro/1/2/3 race in Early Bird Criterium #3. Photo by Monique du Bois.

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Meeting Schedule

The LGBRC team meeting is at **7:00pm** on the first Monday of each month. The next meetings will be February 3 and March 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 Cat's Hill Committee meeting will be February 10 at 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 or soft-sided bike case loan: 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 2003!

The Los Gatos Bicycle Racing Club
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