

# THE CATALYST

News and information about the  
Los Gatos Bicycle Racing Club

March 2003

URL: <http://www.lgbrc.org>  
e-mail: [lgbrc@topica.com](mailto:lgbrc@topica.com)

## LGBRC is USA Cycling Club of the Year for Division I Women



*Kyoko Harada, Joy Shaffer, Jen Whatley, and Taitt Sato celebrate their victory in the Team Pursuit, one of many state and national championships for the women's squad in 2002. Photo by Garrett Lau.*

## Cat's Hill Preparations Continue

The Cat's Hill Committee had its first planning meeting on December 12, 2002 with subsequent meetings in January and February. The organizer's list includes: John Sevic, Richard Techmanski, Scott Barth, Sammarye Lewis, Michael Rowe, Kathy Ryan, Joy Shaffer, Aldene Gordon, Robbie McGuinness, Barry Gordon, Gary Davis, David Dorcich, Darrel Brokeshoulder, Christopher Campbell, Barry Gordon, CT McGuinness, Steve Peck, and Garrett Lau. The next Cat's Hill planning meeting is scheduled to follow the club meeting at Vesuvio's on March 3.

The date of the 2003 Cat's Hill Criterium will be Saturday, May 10.

One primary concern has been to find sponsors for each of the 11 races; 5 have been 'sold' so far. See page 5 for information on sponsorship.

I am extremely pleased to announce that your Los Gatos Bicycle Racing Club has just been named USA Cycling Club of the Year for Division I Women! This is a national award, i.e., USA Cycling has declared that the LGBRC has the best women's racing program in the US. The LGBRC won the overall Regional Club of the Year in the largest region in the country in 2000.

I am proud to be the president of the LGBRC!  
—Barry Gordon

## Cat 4 Women Have Successful Road Race Debut at Snelling

by Jamie Fenimore and Robbie McGuinness

Bottom line, the Cat 4 women had a great weekend of racing and may need to start setting higher goals.

### Race: Snelling Road Race

**Cat:** Women 4

**Field:** 70 (yes 70!) 71, I believe to be exact...

**Team:** Robbie McGuinness, Jamie Fenimore, (Dawn Tisdell also raced with the Cat 4 women at Snelling because the Junior field sold out).

**Placing:** Robbie 24th, Jamie 38th, Dawn 1st in Jr 13-14 and hung in the wind most of the time!

**Crashes:** 3 (Jamie and Robbie were ahead of all, Dawn was behind it all)

**Thank you:** Jen Whatley! It was great to have you there supporting and mentoring us!!!

We started out the weekend with very low expectations. This was Robbie's first RR and she really didn't know what to expect. Jamie has been in 2 RRs, but intentionally dropped out of her first after 10 minutes because she HATED it (Copperopolis), and came in last in the second (but that hardly counts because it was a hill climb so that not even a "real" road race, and not her strength). So she is pretty green, too. At one point, we half-jokingly agreed that our goal was not to get dropped in the 3.5 mile promenade! But seriously, with neither of us being hill climbers we were concerned about getting dropped on the rollers even though everyone says "they're nothing!" We set our first goal to be that if we did, we would chase to get back on knowing the turns would slow the field down. After the first lap, we both knew we'd finish the race unless something bizarre happened and, as it was, we both not only finished, but finished well as far as we were concerned (Robbie finished w/the field, Jamie off

*Continued on page 2*



*Jamie Fenimore, Robbie McGuinness, and Dawn Tisdell line up for the start of Early Bird Crit #1, under the mentorship of Jen Whatley. Photo by Garrett Lau*

## Cat 4 Women at Snelling

*Continued from page 1*  
the back about 20 yards).

Jamie moved to the front group (but not the very front) right out of the gate and stayed there with occasional visits to the middle of the pack (which narrowed to about 40-45 women fairly quickly and stayed there for the rest of the race). One thing she really wanted to work on was to stay mentally tough and not be intimidated in the pack and just “give up.” She felt she did that fine and was pretty comfortable in front as the other riders handled themselves well. She wanted to get through this race without taking any pulls and pretty much accomplished that, only pulling when she felt she was falling too far back and needed to move from the middle to the front when no one else was going for it.

At the end of the second lap, the men caught us and there was some confusion at the front of the pack about what exactly “neutralize” means. The moto also caused some disruption by making us slow down and let the riders pass on the left. Although only one woman actually jumped in with two men that passed us, some of the women in front definitely took advantage of the draft

that was created and spiked the pace until the men had passed. The field got totally discombobulated with some women (like Jamie) trying to neutralize, who then had to chase when they realized the front wasn’t going to neutralize, etc. It was pretty hairy as there were about 100 men going by and into a turn. There was a lot of yelling and screaming from the back to “NEUTRALIZE!” but it didn’t happen. I think this was really due to inexperience and not understanding what neutralizing means rather than anyone really trying to get an advantage. But for those of us who were in the middle of the pack at that point, it was kind of irritating and we let it be known! Things settled down fine as soon as the men were finished getting around, although there was a good amount of grumbling.

On the third and final lap, Robbie jumped when the Body Concepts team looked like they were making a move. It ended up that Robbie blew up at that point and the group easily caught up to them. At the same time, the 2 “killer rollers” (Jamie’s term) before the turn onto Figmund got the better of Jamie and although she tried to power over the last one w/everything she had, she crumbled and dropped off the pack.

Robbie was hanging on but as soon as the last roller came the pace picked up and Robbie kept falling back a couple feet. Jamie worked with one of the Body Concepts gals, Cheryl, to try to get back on (never giving up! another thing she was working on) and although they worked HARD to try to catch the field, with about 1.5 miles to go, the best they could do was to sprint for 37 and 38, with the sprint going to Cheryl. Jamie blew, but she left everything she had on the course today and was happy with that.

We definitely saw some larger teams out there: 1) Hancock/McGuire (Cycle Couriers of SF) also had a large (5?) group in the race, 2) Body Concepts (which had 9 women in the race), 3) Arete had all 4 of their women there, and 4) Solano. All of these teams helped keep the race dynamic and moving. VeloGirls also had a lot of women in the race but we didn’t really see them at the front working until Jill McLaughlin made her move at the end to win the race.

### Jamie’s lessons learned

1) Since I don’t have power yet (too early in the season for me) I need to spin up the “bigger” hills and not try to power over them.

2) I’m more fit than I think I am and I need to be more confident and start setting higher goals.

3) 1/2 flat Coke and 1/2 water is an awesome race drink. (Even if I do drive my friends and teammates nuts for the next few hours after the race!)

### Robbie’s Lessons Learned

1) Learn to know when a jump is strategic and which ones the pack will catch. I jumped and knew after it was too late, that it wasn’t right for me or my legs. I went all out and left nothing!! I clearly could have sat in and waited till the end to explode!

2) I liked to set 3 goals (advice from Taïtt) so that I could achieve my first goal and still have something to challenge myself with. However, my third goal was only to finish 2 laps. Therefore, I want to try to prepare better and give more accurate and realistic goals.

*Continued on page 3*

## Cat 4 Women at Snelling

*Continued from page 2*

This will take some time since many of the courses I'm not familiar with. What I do want to avoid though is setting goals that are too hard to achieve and walk away after a race feeling that I was not successful, especially in the early season. I want my confidence to improve and I can do that by not pushing my goals too much early in the season. In addition, I want my early season goals to be more performance focused and not objective focused.

3) Rolling hills aren't that bad. The pack brought me up half-way up on all of the hills and the rest wasn't that hard of a climb to power over for me. I kept my cadence high which helped flush out my legs.

4) I ate 2 gels on the ride and drank well. I was never dehydrated on the ride.

5) I need to do better at remembering the course so I can plan my attacks and sprints when I know it's a good time.

6) Always remember that giving it every last bit to stay in the pack will pay off ten-fold! Falling back causes me to actually work ten times harder and against the wind. When I first was falling back, I may have been able to dig deeper but instead I just let the pack go!!

## Race: Merced Crit

**Cat:** Women 4

**Field:** 15

**Team:** Robbie McGuinness, Jamie Fenimore

**Placing:** Robbie 6 (\$\$!), Jamie 10

**Thank you:** Taitt Sato! Your advice, support, and just listening patiently to our nervous yammering was tremendously helpful to our mental states. You're an awesome woman, don't let the squirrels get you down!

Jamie felt surprisingly good today (probably the caffeine) but Robbie's legs felt tired and neither of us really knew what to expect so we agreed that we would race at threshold and if we were going too often over threshold we'd not kill ourselves to stay in because it is too early in the season for that. We also agreed to be more aware of one another and start trying to get used to working together as a team. If by some miracle, we were both still in the race at the end, Jamie would lead Robbie out to the sprint because she has one and Jamie doesn't (yet!).

Once again, we did much better than we expected. Right away, we were both at the front of the race where we stayed consistently. We covered every jump and every attack with occasional visits to the back, but never long ones.

This was a really weird race. They separated the 123 and the 4 race starting the 123s 30 seconds before us. Since it's only a .7 mile course, the 123s lapped us 3 times! We had to neutralize on each which really annoyed those of us who felt strong and who were working because it gave the weaker riders a chance to recover. It also made it a tough interval workout as we'd often drop below Z1 when we neutralized then have to immediately crank back up to Z3/4. Lot's of anaerobia going on there.

We had one crash going into turn 4 about half way through the race. It was scary but fortunately looked much worse than it turned out to be as both girls got back up and in the race. Jamie got caught behind it and a gap opened, but she got around the crash OK and worked her way (and the rest of the field!) back into the 6 or so riders that were in front of the crash. Robbie was just behind the crash and got a little freaked out. She had to quickly brake on the inside and her back wheel skidded about a foot to the left (outside). She recovered well though, pedaled through the turn, and made it on to the back of a small group of about 6 women who got ahead of the crash. Jamie noticed Robbie looking for her when the group got back on only 400 meters later and Jamie let Robbie know right away that she was right there and feeling good. We were both pretty happy with our communication in this race!

On the final lap, Jamie found herself toward the back going onto N street and the courthouse turn and realized she needed to move up right away if she was going to get Robbie her lead out. She started moving forward and was on her way when she suddenly realized there was a crash from the 123 field in the middle of the left turn going into the courthouse loop! (It's very narrow here). There were a couple of girls down in the middle of the road (one of them being Taitt but we didn't realize that until after the race) and 4 or 5 women and an official standing around them with the official barking some sort of instructions that were hard

*Continued on page 4*



*Katheryn Curi, Eryn Hanna, and Taitt Sato hang out at the team van before the Pine Flat Road Race. Photo by Joy Shaffer.*

## Cat 4 Women at Merced

*Continued from page 3*

to understand. Our field was going around the crash on either side but just as Jamie tried to go around on the left, one of the 123 gals standing in the road stepped out right in front of her! She had to slam on her brakes and come to a complete stop before she could zig-zag around her while she watched the field take off ahead. She tried to get back on but they were gone so she settled for a solo sprint at the end just to see what her legs would do (which wasn't much after 2 days of racing and no power work in the legs yet).

So without her lead out, Robbie had to go it alone. Coming in to the final sprint, she only went up one gear, cranked it out, and kept a high cadence to spin it out. In the last 100 meters she probably passed about 5 women while she was still in the saddle. She felt good and her legs were enjoying the seated spin versus a standing mash. And she pulled it out for 6th place, but more importantly, a t-shirt, oh, and some cash (5 bucks—whoopee!).

Needless to say, two girls who started the weekend thinking we were crazy trying to be bike racers gained a lot of confidence this weekend and, going forward... watch out! :-)

### Jamie's Lessons Learned

1) Never ever ever! let myself fall to the back of the pack.

2) Going into the last lap, make sure I'm at/very near the front.

3) The second day of 1/2 coke and 1/2 water works just as well as the first (I otherwise avoid caffeine because of the amp I get from it, except of course for the occasional hunk of Ghirardelli!).

### Robbie's Lessons Learned

1) Going in to the last two laps, Jamie and I should have been positioned up front in the top 3-5 riders if we wanted to finish well. We really didn't have a finish line goal, but we both learned the importance of positioning for the final lap. We didn't start to get organized until the last lap and that was too late.

2) I want to learn more about sprinting. I know it's early so I understand that seated spin sprints are great

for this time of year. However, what is the ideal sprint and how could I improve? Standing in what gear? How do I figure out how far is my personal ideal sprint (I felt I could have gotten top 3 had I another 100 meters)?

3) My legs responded quite well after a 30 mile ride on Friday followed by a 39 mile road race on Saturday, and a 50 minute warm-up on Sunday before the crit. I want to keep playing with different conditions so I can realize what my ideal warm-up and condition is best for me. This was my first back to back racing and I felt amazing well. My legs were tired Sat night, but Sunday felt much better (Thanks so Metrx, my recovery drink!).

4) I drifted back a couple times and left a gap between me and the next rider up. Ruggy mentioned that I need to always close that gap. I did this at times where I needed a rest and was waiting for another rider to fill-in that gap, which did happen. My HR was jumping from 188 to 172 and down to even 155 when we waited for the 123 women to pass. These gaps occurred when I was at my 188 and I did not want to push it this early in the season and against my goal of staying under my 188 threshold.

## Check out our website:

[www.lgbrc.org](http://www.lgbrc.org)

*by Aldene Gordon*

Website changes for 2003 include: the current membership roster, demographics (so you can find teammates of your same classification who live near you) a link to obtain an excel – that is, sortable – roster so you can sort it according to classification. This will make it easier to communicate with racers of your own skill level to organize training, carpools to rides, etc.

Record your race results for 2003 as you accumulate them, rather than waiting until late in the year. (Otherwise, it looks like no one from our club is racing!) Follow the link from any page "LGBRC Race Results." If you are new to the system, email [aldeneg@nicerpage.com](mailto:aldeneg@nicerpage.com) for the password and to have your name added to the drop-down list for searches for your results. Thanks to: Jim Ryan, Robbie McGuinness and Taitt Sato who started using the system earliest this year.

Our financial (cash) sponsors' logos are featured: each time you refresh the home page a different logo appears in random order. Each of these sponsors is listed on the first Sponsors page, linked to the LGBRC home page with descriptions of their businesses. Product sponsors are listed on the second Sponsors page.



*Cindy Mommsen and Katheryn Curi battle it out on the finish hill at Pine Flat. Katheryn prevailed. Photo by Taitt Sato.*

# Event Sponsorship Opportunity

## Cat's Hill Criterium 2003

[www.catshill.org](http://www.catshill.org)

### Background

On Saturday, May 10, 2003, the Los Gatos Bicycle Racing Club (LGBRC) will host the 29<sup>th</sup> Annual Cat's Hill Criterium. This is one of the most prestigious, well-known bicycle races in the country. It is an especially challenging course with a very steep hill from which the race draws its name. Top-notch athletes such as World Champion and three-time Tour de France winner Greg LeMond, Olympian and US Pro Champion Eric Heiden, former National Champion Wayne Stetina, Olympian and local favorite Craig Schommer, and World Champion Karen Kurreck, to name but a few, have raced this course.

LGBRC is a non-profit club (a 501 C7 and 501 C3 corporation) dedicated to grass-roots programs that promote bicycle racing as well as general bicycle recreation. The club has taken a leadership role in junior development and strongly supports a junior road and track team, and a "Kids on the Track" program at the San Jose Hellyer Park velodrome. In fact, the 2003 Cat's Hill Criterium is again included in the national calendar of events for the Lance Armstrong Junior Olympic Road Race series!

In addition, LGBRC has broad community involvement in such events as the Silicon Valley Marathon, the Peckler Memorial Relay, CASA (Community Against Substance Abuse), and the LGEEF (Los Gatos Elementary Education Foundation). To this end, the Cat's Hill Criterium is LGBRC's premier event that is used to highlight our junior development program and our support of various charities. Your tax-deductible support of Cat's Hill will directly support our junior development program, our grass roots racing program, and the community charities that LGBRC helps promote.

The Cat's Hill Criterium is a fast-paced, multi-lap race that takes place on a short, closed course in scenic downtown Los Gatos, in the heart of Silicon Valley. The hill makes this an especially exciting race for spectators because the riders struggling up the 23% grade can be viewed from several vantage points, including the Start/Finish line. Each year the event has drawn several hundred participating athletes and thousands of spectators. The area surrounding the racecourse features a product booth area, an exhibition area where sponsors may stage various demonstrations. Additionally, the racecourse and surrounding areas are "wired for sound" through our PA system and by local radio mobile broadcasts. Finally, a printed race announcement, including sponsor's logos, is published in newsletters and flyers that are widely distributed in Northern and Southern California, as well as Nevada. Race sponsors will also be featured on the Internet at [www.catshill.org](http://www.catshill.org)

The 2003 Cat's Hill Criterium is sure to be one of the most distinguished sporting events in the Santa Clara Valley. We have plans to make this year's event bigger than ever and appeal to a greater audience. Your involvement will help ensure these goals are obtained. There are several sponsorship opportunities of which you may take advantage. Sponsorship opportunities include the following:

- **Title sponsorship**
- **Individual race sponsorship**
- **Prize sponsorship**

### Benefits of Sponsorship

- Tax-deductible involvement in a grass-roots junior development program, as well as community support of charitable organizations such as: CASA and LG Elementary Education Foundation.
- Name/Logo printed on back of Cat's Hill souvenir T-shirt. This T-shirt will be awarded to top six finishers in all races; distributed to Los Gatos police, fire fighters, and race workers; and sold to spectators and racers.
- Name/Logo printed in a special ad of the July issue of the NCNCA newsletter. LGBRC places a post-race ad in the NCNCA newsletter to give special "thanks" to our important sponsors. Your company logo will appear in this ad.
- Name/Logo will appear on the Cat's Hill website at [www.catshill.org](http://www.catshill.org)
- A banner(s), supplied by you, will be prominently displayed around the course from 9 AM until 5 PM on May 11<sup>th</sup>.
- Audio sound bytes, provide by you, will be announced on our PA system throughout the race day. Our PA. system covers all the key areas of the course, including the hill & the Start/Finish line.
- You will be given space to set up a product booth. The vendor booth area is always a big consumer attraction. Your booth will be mentioned in our promotional announcements (only race sponsor booths will be publicized in promotional announcements).
- You may take advantage of the exhibition area and stage demonstrations of your product or special event team (e.g., BMX half-pipe exhibitions, automotive sponsors may display vehicles, and offer test drives, etc.).
- You have the opportunity to participate in the award ceremony, which is photographed and posted on the World Wide Web.

### Cost of Sponsorship

The exact cost for sponsoring the Cat's Hill Criterium varies, depending on what level of support you choose to provide. Also, we are flexible and will work with you to make it affordable for your company's budget. Typically, **Title Sponsorship** requires a commitment on the order of several thousand dollars; **Individual Race Sponsorship** requires a commitment on the order of \$300-\$1000; and **Prize Sponsorship** is a commitment in product donations of your choosing.

We are very excited to have you on board as a sponsor of LGBRC's premier event and look forward to hearing from you soon. If you have any further questions, please feel free to contact me at any of the following:

- Home and work phone: (408) 891-1777
- e-mail: [j.sevic@ieeee.org](mailto:j.sevic@ieeee.org)

Sincerely,  
John Sevic  
2003 Cat's Hill Race Director

**WELLS  
FARGO**

[www.wellsfargo.com](http://www.wellsfargo.com)

**ASPECT**

[www.aspect.com](http://www.aspect.com)

Joy Shaffer, M.D.  
San Jose

Anti-Aging Medicine  
JSHAFFERMD@aol.com

**CNF**

[www.cnf.com](http://www.cnf.com)

**Hughes  
Dental Group**  
Personalized & Comfortable

<http://www.hughesdental.com>



**Structural Integrity  
Associates, Inc.**  
Experts in the prevention and  
control of structural failures

[www.structint.com](http://www.structint.com)

**Bay Area  
Prosthodontics**

[www.bayareaprosthodontics.com](http://www.bayareaprosthodontics.com)

**BiOGEORGETM**

[www.structint.com/biogeorge](http://www.structint.com/biogeorge)

**Dr. Hank Tolhurst**  
Cyclists' Chiropractor for 20 years  
408-356-9459  
Applied Kinesiology  
Muscle Sports Injury

**CONRADO COMPANY**  
Custom Home Builders  
[www.conrado.com](http://www.conrado.com) • (408) 867-2095  
[www.conrado.com](http://www.conrado.com)

**COMMUNITY HOSPITAL  
OF LOS GATOS**  
Tenet HealthSystem  
815 Pollard Road, Los Gatos, CA 95032  
[www.communityhospitalg.com](http://www.communityhospitalg.com)

**E.**

[www.eastonsports.com](http://www.eastonsports.com)

**Cobaltmedia  
Photography**  
[www.cobaltmedia.com](http://www.cobaltmedia.com)

**APPLE  
VACATIONS.com**



[www.timbuk2.com](http://www.timbuk2.com)

**GU**

[www.gusports.com](http://www.gusports.com)

**CEL**

California Eastern Laboratories  
[www.cel.com](http://www.cel.com)

[www.athleteoctane.com](http://www.athleteoctane.com)

**ATHLETE  
Octane™**  
Liquid Endurance Supplement

**VOMax®**  
[www.vomax.com](http://www.vomax.com)

**CLIF  
BÀR**  
[www.clifbar.com](http://www.clifbar.com)

**Kestrel**  
[www.kestrel-usa.com](http://www.kestrel-usa.com)



**AEGIS**  
Handmade Carbon Fiber Bicycles  
[www.aegisbicycles.com](http://www.aegisbicycles.com)

**RITCHEY®**  
BICYCLES AND COMPONENTS  
[www.ritcheylogic.com](http://www.ritcheylogic.com)

**IN-SPEX**  
Sports Eyewear  
[www.in-spex.com](http://www.in-spex.com)

**RUDY PROJECT USA**  
[www.rudyprojectusa.com](http://www.rudyprojectusa.com)

**AVOCET**  
[www.avocet.com](http://www.avocet.com)

**AMERICAN CLASSIC®**  
[www.amclassic.com](http://www.amclassic.com)

## Race Results

### Early Bird Criterium #5

February 2, 2003

Cat 1/2/3: David Keefer, 22nd

Cat 5 Group A: Jim Ryan, 35th

Cat 4/5: Pedro Gutierrez, 24th; Brian Ferrario, 38th

### Pine Flat Road Race

February 15, 2003

Sr. 5: Brian Lindsay, 34th

M35+ 4/5: Friedrich Drees, 11th

Women 1/2: Katheryn Curi, 2nd; Eryn Hanna; Taitt Sato

### Cantua Creek Road Race

February 17, 2003

Sr. 3: David Keefer, 4th

Women 3: Maria Deason, 2nd

### Snelling Road Race

February 22, 2003

Sr. 3: David Keefer, 13th

M35+ 4/5: Friedrich Drees, 2nd

Women 4: Robbie McGuinness, 24th;

Jamie Fenimore, 38th

Jr. Women 13-14: Dawn Tisdell, 1st

## Items for Sale

Kwan Low (kwanseng@yahoo.com) has the following items for sale:

1. Sidi Genius 4, brand new, still in the box.

-color: silver, size 42. \$99 take it. (MSRP \$170)

-color: blue, size 43. \$99 take it. (MSRP \$170).

2. TopLine crank. TopLine considered as lightweight crank, suitable for climber type. no rings. blue anodized. 130 bcd. 172.5 length. \$65.

3. bike rack. \$25. Nice bike rack, used for few times but in great shape, Rhode Gear brand. It's the kind that straps to your trunk and carries two bikes. Very easy to use. Fits on car like Honda accord.

## LGBRC Board of Directors for 2002-2003

### Barry Gordon

#### President

(408) 395-6611 (hm)

(408) 978-8200 (wk)

BGordon@structint.com

### Gina Dias

#### Treasurer

(408) 369-9049 (hm)

(650) 562-0600 x221 (wk)

gdias@nvt.com

### Aldene Gordon

#### Web Designer

(408) 395-6611 (hm)

aldeneg@nicerpage.com

### Diane LoPresto

#### Membership Coordinator

(408) 243-4426 (hm)

diane.lopresto@home.com

### Jon Erskine

#### NCNCA Representative

(510) 663-4203 (wk)

jerskine@geomatrix.com

### Sam Marye Lewis

#### Publicity Coordinator

(408) 297-4192

sammarye@ix.netcom.com

### Michael Rowe

#### Vice President

(650) 858-6016 (wk)

mr\_10am@yahoo.com

### CT McGuinness

#### Secretary

(408) 293-1374 (hm)

cmcguinness@scu.edu

### Christine Rowe

#### Race Director

(408) 735-1827 (hm)

(408) 891-0335 (wk)

cmrowegoimobile@yahoo.com

### Garrett Lau

#### Newsletter Editor

(408) 249-0695 (hm)

(650) 357-3800 (wk)

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 March 3 and April 7. 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.

Meetings now feature free raffles!

### Cat's Hill Committee

All LGBRC members are welcome at the Cat's Hill Committee and BOD meetings. Call John Sevic at (408) 358-3501 for details.

### 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

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

**The Bicycle Outfitter:** 10% off.

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

**Avocet:** Contact Rick Boucher, rick@avocet.com.

**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](http://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**  
**P.O. Box 2842**  
**Saratoga, CA 95070**