

THE CATALYST

News and information about the
Los Gatos Bicycle Racing Club

May 2003

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LGBRC Women Return to SoCal for Redlands Bicycle Classic

by Eryn Hanna, Katheryn Curi and
Taitt Sato

Prologue - 5K Hill Climb

With four straight days of racing in our legs from Solano and six hours of traveling in the car on our supposed "day off," Katheryn, Taitt and Eryn stood in the parking lot at the base of Mount Rubidoux and asked Sandra (team manager extraordinaire) how DO you warm up for a 10 minute effort? The answer was entirely unclear, but the Southern California climate blessed us with sunny skies, thus making us at least warm during our warm up. The course started out fast, rolling up and down neighborhood streets to the base of Mount Rubidoux, then narrowing to a four foot paved foot path, complete with sand, lizards and hair-pin turns. Katheryn posted an impressive time. Taitt and Eryn simply soaked up the experience and crossed their fingers for better luck at the raffle later that night at the welcome dinner. Sadly, no prizes were won at the dinner, but Eryn managed to convince the grand poo-bah Venue Coordinator (aka "Spike") that we really needed to walk away with a case of 180 energy drink. Katheryn and Sandra caught up with old friends, and Taitt tried in vain to find out why Spike's event coordinator underlings were called "Bones" and "Squirrel" and what exactly Genevieve Jeanson puts in her water bottles to make her go so fast. We went to bed early after at least an hour of bad TV and collective team-color nail painting. Thank goodness for bad TV, as this is after all, Taitt's vacation.

Stage One - 66.3K Highland Circuit Race

So much for great weather. The clouds were ominous, it was cold, and yes—it rained on us as we rode to the



Katheryn Curi wins a prime at the Wente Vineyards Criterium. Photo by Garrett Lau.

course from our host house. After finding Sandra and the car, we hid, immediately. Thankfully, the freezing rain lasted for only a few minutes and only our bikes got super wet (yay, soggy saddles!). We then had the good fortune of standing around at the start line for at least half an hour in the cold wind as the venue coordinators battened down the hatches. The nice thing about this delay was that Eryn and Katheryn had plenty of time to switch the race numbers that they had inadvertently mis-pinned the night before. Eryn considered refusing just so that she could get Katheryn's time for that day. Sandra was not impressed. Moreover, after the long wait, no wonder our legs felt like lead for the first few laps. Well, Taitt's legs felt like lead. Katheryn and Eryn flew up and down the hills on this technical circuit that really felt more like a crit. Except for the race number switcharoo, there were no mishaps and we all survived. Later that night, under Sandra's watchful eye, and lest we make another knuckle head mistake, we made sure to pin our numbers properly as we embarked on another marathon session of bad TV.

Stage Two - 130K Oak Glen Road Race (or, the "longest day")

What would we have done without Sandra? Stage racing is tough business. Back-to-back stage racing when your brain is fried and your legs are threatening to fry is even tougher business. Now throw in a point-to-point road race with multiple feed zones and an epic 10K climb at the end, and you are sunk even before you start without an effective and well-connected team manager. Lots of wind, plenty of hills, and a determined Genevieve made this a long, tough day. Thanks to Sandra and her friend Shayla, each of us managed to finish the stage. Katheryn seems to go faster and better as the days go on, showing us that the pro mountain bikers in this race are no match for her climbing legs. Taitt and Eryn hung on to the pack as long as possible and endeavored to ride with "a group, any group." However, Taitt was glad to have brought the race directions just in case as she found herself in no-man's land for most of the race and Eryn lamented that stopping

Continued on page 2

Women at Redlands

Continued from page 1

at every intersection to scrutinize the race course is no way to move up on GC. As a result, Eryn and Taitt consoled themselves that night with pizza and beer in downtown Redlands, wondering whether to submit a protest against a rider who completed the stage with the assistance of a car ride. It appears that the competition at the bottom of the GC is just as fierce as it is at the top. Katheryn continued to plot her strategy for race domination.

Stage Three - 73K Panorama Point Road Race

Evidently, the race organizers felt that there needed to be more climbing in this race. 6,700 feet of climbing, to be exact. Can you say KOM? Can you say “shattered field”? This was a short event by comparison, which was a nice thing. Katheryn had a great race, while Taitt and Eryn discovered how sweet pro-rated time can be. In fact, Taitt and Eryn were so elated to be done with the day that they piqued the curiosity of a local newspaper reporter, were interviewed after the stage, and in a fit of levity, quipped that they were gunning for the *lanterne rouge* prize. Sandra was not amused when the quote appeared in the paper the next day. However, everyone celebrated that night with plenty of bad TV, secure in the knowledge that we had a luxurious 24 hours before the next stage. Taitt noted for the group that our team-color nail polish was lasting longer than her legs.

Stage Four - 60 minute Criterium

Nine corners, roaring downtown crowds, lots of barriers and 60 minutes of death-defying speed. Well, just over 30 minutes if you’re Taitt and just under 40 minutes if you’re Eryn. But if you’re Taitt or Eryn, accepting a pro-rated time is a survival strategy, not a GC strategy. Katheryn, on the other hand, was right where she needed to be and finished with the main field. Other GC contenders, however, did not! Katheryn moved up to the top 15 on this day due

to her smooth crit riding skills where other GC contenders let the technical course get the best of them. While watching the finish, Eryn and Taitt toasted each other with “the last yucky recovery drink for at least a week.”

Stage Five - 99.5K Sunset Road Race (or, “the hardest day”)

The last day of a stage race can be nerve-wracking. You are concerned about hanging on to your GC spot or this is your last chance to redeem yourself with a good stage placing or you are hoping just to finish. The stage began with Katheryn being called to the line among the top 15 riders and points leaders. Then came the pressure to maintain position during the long “neutral” parade from downtown Redlands to the circuit. When the gun went off, the pack squeezed itself into the narrow streets of this upscale suburb for 8 laps of up-up-up-flat-down. And once again, Genevieve flew away from the group, adding another 6 minutes to her already considerable GC lead. Katheryn called this the hardest day (finally!) but gritted it out to finish with the pack to solidify her 15th place on GC. Taitt and Eryn motivated each other to finish the stage, calling out to each other to “do it for the cinnamon

buns.” Which they did, so we promptly descended on the nearest café to order and devour cinnamon buns bigger than our heads. We even caught the attention of a local café patron who wondered aloud how racers manage to ride so many miles on such junky food.

Epilogue - 550K The Ride Home

After cleaning up, packing the car, and thanking our host family, we were on our way home. With a requisite detour to the Nike factory outlet, of course. Interestingly, this part of the route was the only thing that any of us had already done and it proved to be one of our greatest logistical challenges this week. But two road atlases, multiple cell phone calls and only a few wrong turns later, we prevailed. Good thing too, there was a candy shop that we desperately needed to find as well.

Despite this being our first time to Redlands, we felt at home thanks to a super host family, a mischievous host kitty and Sandra’s expert knowledge of the race. Each of us learned a variety of things during this week, but most of all, we learned that in Redlands, the air smells like orange blossoms, the scenery is like Spain and the power of cinnamon buns is very, very strong.



Taitt Sato negotiates the wet hairpin turn at the Santa Cruz Criterium. Photo by Garrett Lau.

Juniors Experience Stage Racing at Pilarcitos Stage Race

by Jim Ryan

Participants: 7 (including LGBRC teammate Alexander Blease)

Category: 15-16

Stages:

1. Mountain TT
2. "Flat" TT
3. College Heights Crit.

Crashes: None

Placing:

Stage 1: 5th, Stage 2: 4th, Stage 3: 4th

GC: Alexander 3rd, Jim 5th

Race Report:

I went into this race thinking that I would just get some TT practice and some fast paced training. My other goal, to do well, was much harder to accomplish, due to the fact that I am almost at the end of a training cycle (4 weeks on, 1-week rest). A friend advised me that the mountain TT wasn't too bad, that it was a power climb. I no longer trust people to tell me what a climb is like, there were 2 big climbs, about 2 miles each and none of the course was steady, as the race announcement had said. I set a goal of about an hour for the 16 miles and I got 1:02 which I didn't think was too bad. I was fairly tired after that stage, and I still had 1 more stage to do that day.

The second stage, to my delight, was announced as "3 miles flat, 1 mile

bumpy section, and 3 miles flat." Now, I thought, this can't be too bad: flat with a little hilly section. Boy was I wrong; there was no flat as far as I can tell. There were flatter sections and there was a definite hilly section but the "flat" was really a false one, it went slightly up with a head/side wind. Even though it wasn't what I expected I did well and moved up 1 place.

The final stage was a crit. I was tired but I thought, "Oh, why not" and I tried my best to bridge to the next guy as I went along. The crit course was on fairly narrow roads around a parking lot and this led to an uneven pace and a broken up field. There was 1 "S" turn and a sharp left with really bad pavement and a grate. After about 15 minutes of losing ground and gaining I caught the next guy up and worked with him for the rest of the race until the last lap when I attacked and got way ahead. This crit course wasn't my favorite but it was OK. I wouldn't want to ride this course in a big pack. It was a good thing there weren't too many riders. Overall the 3 races were good fun and training for later in the year.

Lessons Learned:

1. Don't trust what people tell you about climbs unless with you train with them all the time.

2. Do your best even if the course isn't what you expected.

3. Have fun and work with whoever is around you.

4. I need to practice tight corners on uneven pavement.



Jim Ryan stands on the uphill section of the College Heights Criterium. Photo by Garrett Lau.

Race Results

Solano Bicycle Classic March 27-30, 2003

Pro Women: Katheryn Curi, 12th; Sandra Kolb, 41st; Taitt Sato, 64th; Eryn Hanna, 67th

Pilarcitos Stage Race March 29-30, 2003

M35+ Cat 4: Friedrich Drees, 5th; Greg Juneau, 25th; John Sevic, 27th; Garrett Lau, 28th

Jr. 15-16: Alexander Blease, 3rd; Jim Ryan, 5th

Redlands Bicycle Classic April 1-6, 2003

Women 1/2/3: Katheryn Curi, 15th; Taitt Sato, 65th; Eryn Hanna, 66th

Sea Otter Classic Cross Country April 13, 2003

Men's 19-24 Sport: Thomas Dittman, 15th

Men's 40-44 Expert: Mark Kurashige, 31st

Men's 50-54 Sport: David Puglia, 11th



Sandra Kolb shows off her Steelman bike after placing 2nd in the 2002 Cat's Hill Criterium. LGBRC members are eligible for discounts on Steelman frames. Contact Gary Davis for details. Photo by Karen Sutton.

Phoenix Technologies & the Los Gatos Bicycle Racing Club Present

Dylan Casey Day at The 29th Annual Cat's Hill Criterium

Date: Saturday - May 10, 2003

Time: Registration booth opens at 9:00am and closes 15 min. prior to each race.

Directions: HWY 17/880 south from San Jose. Take the Los Gatos-Monte Sereno (Hwy 9) Exit. Turn left on N. Santa Cruz Avenue. Go three blocks to Nicholson. Turn right to the start/finish. Public parking is available between Santa Cruz and University Avenues, ½ block to the left. Other parking is available outside of the course.

Course: Same course as always. Tait-Bean-Massol-Nicholson/Ellenwood-Belmont-Bachman-Tait, clockwise one-mile loop with the Start/Finish line at Tait and Nicholson. One very steep climb (23%), five 90° right turns and one 90° left turn. Rough pavement! Free lap rule applies; bring your own (strong) wheels.

Registration: Registration will be available (via www.catshill.org) on www.active.com. A \$5 fee will be charged after May 2 and on the day of the race. Cat's Hill T-shirts available for \$10 on race day. A current USCF license must be presented at registration (one-day or annual USCF licenses may be purchased at registration). For additional information contact John Sevic (408) 358-3501 or firstplacefinishus@yahoo.com.

Notes:

- Participation in multiple categories entitles you to a reg. discount of \$10 per additional race.
- Dylan Casey's Mayoral Commendation Award Presentation @ 4:10pm.
- District champion fees will not be waived.
- This race is held under USCF permit.

Prizes:

- **Elite men and women prize categories will pay out at 100% cash.**
- All other races will consist of a combination of merchandise/cash at the discretion of LGBRC.



Category	Laps	Places	Prizes	Entry	Start Time	Field Limit
Sr. 5	10	3	Medals	\$25	10:00	50
Sr. 4	12	6	\$200	\$25	10:35	100
Junior 10-12/13-14*	3	6	\$50/\$50	\$15	11:15	50
Junior 15-16/17-18*	8	6	\$100/\$100	\$15	11:30	50
Sr. 3	20	6	\$500	\$25	12:00	100
M 35+ 1/2/3	15	6	\$400	\$25	1:00	100
W 4	10	6	\$250	\$25	1:45	50
M 35+ 4/5	12	6	\$250	\$25	2:20	100
W 1, 2, 3	1 hr + 2 laps	6	\$600	\$25	3:05	100
					<i>Dylan Casey Mayoral Commendation Award Presentation</i>	4:10
Pro/1/2/espoir	1.25 hr + 2 laps	10	\$1000	\$30	4:25	150

* Indicates a combined race with fields picked separately and separate prizes for males and females.

* Cat's Hill 2003 is proud to be a member of the **Lance Armstrong Junior Olympic Race Series**

A percentage of the race's profit will be donated to the Los Gatos Education Fund

VISIT OUR WEBSITE AT WWW.CATSHILL.ORG



Phoenix Technologies

and the Los Gatos Bicycle Racing Club present Dylan Casey Day at the 29th Annual Cat's Hill Criterium Bicycle Race Sat. May 10

Time: first race is at 10:00 am - last race starts at 4:25pm.

Location: Los Gatos, CA.

Start/finish is at Tait and Nicholson, two blocks west of North Santa Cruz Ave, 3 blocks south of Hwy. 9 - the Almond Grove neighborhood.

On **Saturday, May 10, 2003**, the Los Gatos Bicycle Racing Club (LGBRC) will host the 29th 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. 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. 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 at Tait and Nicholson Avenues.

Dylan Casey Day at the Cat's Hill Criterium

The Cat's Hill Criterium sparked Dylan's interest in cycling in 1983, when as a kid, the sights and sounds of the race mesmerized him. Then and there, Dylan vowed he would return to win the race someday. In 1996, Dylan Casey stood on the podium at Cat's Hill to collect the Winner's Trophy. He has indeed lived and loved his job as a professional cyclist. Dylan Casey has recently retired after four outstanding years with the US Postal Service Professional Cycling Team

**Spectator
Admission: Free**

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Jen Whatley attacks the Women's Cat 1/2/3 pack at the Wente Vineyards Criterium. Photo by Garrett Lau.

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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 May 5 and June 2. 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!

Board of Directors' Meetings

The Board of Directors' Meetings are usually held on the last Monday of every month. All LGBRC members are welcome.

Check with a BOD member for details on the next meeting.

Team Ride

Sunday 8:45am: 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.

Ongoing Club Deals

Steelman Cycles: Contact Gary Davis, gary@2wheelsgood.com.

American Classic: Contact Jay Freyensee, why2jjj@netscape.net, for an order form.

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

The Bicycle Outfitter: 10% off.

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

Avocet: 25% off. Contact Rick Boucher, rick@avocet.com.

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

Rudy Project: Contact Barry Gordon for an order form.

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



Rudy Project - Technically Cool Eyewear is our official team eyewear. This year they have exceeded the limits of 'coolness' with some great additions to their sunglass and helmet lines. Rudy Project has 14 new sunglass models and 4 new sport version models with lots of cool new smaller shapes, hip casual styles and high performers that rock! We have also introduced a larger T-Rex helmet for those of you with big noggins. To check out the newest styles for this season contact Barry Gordon for a Club order form.

Rudy continues to support the top cycling teams such as Prime Alliance, Schroeder Iron, Jelly Belly, and Sierra Nevada as well as top athletes like Barb Lundquist, Chris McCormack, and Steve Larsen. Rudy also is a team supplier for Team in Training, USA Triathlon, US Ski Team, and Pro Tennis Registry.

Along with Rudy Project's great products, they continue to give us the great warranties that set them apart from the rest. All glasses come with the Replacement Lens Guarantee - you scratch 'em, they'll replace 'em for a nominal S/H fee - no questions asked. This year Rudy Project is also doubling the frame warranty to two years! And of course, all glasses come with free hard and soft cleaning cloth cases.

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 on the podium! Let's have a great 2003!

The Los Gatos Bicycle Racing Club
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