

THE CATALYST

News and information about the
Los Gatos Bicycle Racing Club

June 2003

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Large Crowds Turn Out for Dylan Casey Day at Cat's Hill

by Sammarye Lewis

Warm sunshine and a warm reception from local cycling fans greeted the 2003 Cat's Hill Criterium, presented by Phoenix Technologies and The Los Gatos Bicycle Racing Club. From Juniors to Amateurs to Pros, the unforgiving 23% grade of Cat's Hill challenged and intimidated over 500 registered racers. This short section of Nicholson Avenue was lined with spectators, generously equipped with Phoenix Technologies cowbells, loudly cheering and (shh - don't tell the officials) sometimes giving a helping push to racers who missed a shift on the Cat's Hill.

The mile long race route was ringed with yard parties, keggers, and smoking barbecues, as residents got into the spirit of one of the oldest grass-roots cycling races in the US. Fans strolled the short block below Cat's Hill, buying pizza, drooling over a tempting convertible on display from B&B Saab, and lining up to buy Dylan Casey Day Commemorative 2003 Cat's Hill tee shirts. Dylan graciously spent time in the tee shirt booth, meeting fans and friends, while signing his name with a flourish and a smile.

Mayor Sandy Decker of the Town of



Barry Gordon presents an LGBC jersey to Dylan Casey. Photo by Garrett Lau.



Carl Hekkert rides into the crowd after being bumped by a falling rider in the Pro/1/2 race at Cat's Hill. Photo by Garrett Lau.

Los Gatos presented an awesome Mayoral Commendation to Dylan Casey, and LGBC President Barry Gordon presented Dylan with an honorary LGBC team kit. Then Dylan joined Race Announcer Christopher Campbell to comment on the Men's Pro/1/2 final race, and to present the Winner's Trophy for that final event of the day.

This late afternoon race was hotly contested, with Steve Larson of Webcor and Trent Klasna of Saturn setting a blistering pace in the lead. For over an hour and a half, the chasing peloton flew up the Cat's Hill at high speed, making it look surprisingly easy. In the last few laps, the inevitable lactic acid in the legs began to dominate, and the Big Hurt began.

The suffering clearly showed on the sweaty faces of the riders. Fatigue mixed with determination was the mode of the day. In a last minute, crowd-pleasing finish, Jonas Carney of Prime Alliance swept to the front to take first place. Jeff Angermann of Webcor found some extra in his legs and flew by Klasna to

take second.

Dylan Casey presented the 2003 Cat's Hill Winner's Trophy to a triumphant Jonas Carney of Prime Alliance. Trent Klasna, mellow and smiling, promised to come back next year and capture that top spot on the Podium. And Webcor? No doubt that this competitive team will be back next year. Yes, the 30th Annual Cat's Hill Criterium will be alive and well and promises to be more exciting than ever next year.

As many local cycling races fall by the wayside, unfortunate victims of a lagging economy, the Annual Cat's Hill Criterium is not just surviving, but thriving and growing with strong support from the Town of Los Gatos and from many enthusiastic sponsors such as Phoenix Technologies. Los Gatos Bicycle Racing Club President Barry Gordon predicts a bigger and better 30th Annual Cat's Hill next year, suggesting the possibilities of strong sponsor support and the prospect of prize money that may capture the attention of even more Professional Cycling teams.

Meet “Scuba” Steve Holmes, Super-Roadie!

On May 10, a new face appeared on the US biking circuit, racing his first road race in almost 5 years and promptly winning it, the Senior Cat 5 Cat’s Hill Criterium.

Steve Holmes, known world-wide as “Scuba”, moved to California a little over a year ago from England. From the age of 15 to 28, he road raced on the UK and European scene, having great success in hard, hilly road races, criteriums, and time trials – in one year, winning every time trial he entered. On average, he was racing from January to November (yes, even despite cold, ice, snow and hail in the balmy UK winters!) around 35 times each year, and managed to gain his Category 2 license no less than 4 times.

In the summer of 1998, in the midst of his strongest and most successful season, he visited the doctor with some questions about changes in his health. Weight loss, eyesight changes, constant visits to the bathroom, sleepless nights, cramps and general inner aching, all pretty serious stuff.

He was soon rushed into hospital in Cambridge and given less than a week to live, given the elevated level of his blood sugar (around 800 in US measurements). He was diagnosed type-1 diabetic on July 28th 1998.

It was while in hospital that the doctors uttered some immortal words to him. “You will never ride a bike again, let alone race on competitively. Give up all notion of racing ever again.”

Fine words indeed. In the 5 years since that diagnosis, Scuba has trained like an animal once again, but with the added knowledge, understanding, care and patience that is imperative to good diabetes control.

This winter alone, he racked up over 4,000 miles training in Marin County north of San Francisco, where he was living at the time. Each week would normally consist of three rides of Alpine Dam loop, which is 55 miles and 4,800ft of climbing, and one monster climbing ride, such as a loop containing Marshall Wall, Mount Tam, Alpine Dam, Bolinas Fairfax Road, and the Seven Sisters more than twice. That kind of ride would net him around 120 miles,



Steve Holmes leads the Cat 5 race with one lap to go. Photo by Garrett Lau.

and over 11,000ft of climbing - in one day. And all of this in constant check of his blood sugar levels and carbohydrate and fat intake.

Returning to racing last year, he placed well at events like the Wildflower Half Ironman and Donner Lake Triathlon. He even raced the New York City Triathlon as a two-person relay team with his girlfriend, and won! “I did the bike and run, and when Tricia came out of the water we were in 5th place, and in 1st by the time I came back off the bike. I took a 3-minute transition to check blood and fuel up, and we still won when I took off on the run” said Scuba. He even completed the 5 climbs of the Death Ride last year in a little over 8.5 hours.

However, returning to racing and, more importantly, road racing this year, the outlook has changed for an even better view. We caught up with Steve as he unpacked at his new home in Sausalito.

G.L.: Congratulations on winning the Senior 5 race at the Cat’s Hill Criterium. I understand that you’ve had some previous racing experience.

Thank you. Yes, having over 12 years of experience, including 4 years of Cat 2, in all types of road racing, from the UK to France and beyond, still

stays in your mind and legs, even after such an extended lay-off. All I wanted from that race day was to hear the pedals being clicked into and the numbers whizzing by as we started the race. To have been so in control of the race, winning the first prime, being at the front of the climb each lap, and winning the race was a real treat for me. I know I probably have more experience than most of the guys in the Cat 5 race, but that doesn’t mean it was easy. It was a hard race, and it was great to be racing with new faces, just to be racing again.

G.L.: Please tell me more about your illness and your return to racing.

With the diagnosis of diabetes, everything stopped. Work, riding, life. The picture my doctors painted was very, very bleak, telling me of the general demise of my body, kidneys, eyesight - you can imagine that left me pretty down and demoralized. Coming to California and getting back on a bike was the best thing I ever did. It has taken 5 years, but I know I am even stronger now physically than I ever was. I just have to try and keep my sugar levels stable during a race, and that’s something I studied very hard this winter, with 5am rides in the

Continued on page 3

Scuba (Continued from page 2)

mountains each morning, so I could keep track through the day of blood, and see how I would do in a road race.

As you can imagine, the Cat's Hill Criterium was an important step for me, psychologically, because it was my first race after 5 years. I just wanted to race. To win it, was just glorious reward for the hard work I have put into training and diabetes care and research, and also thanks to the people who have helped me get here, such as my fiancée Tricia, my diabetic friends and fellow athletes, and my doctors, all of whom have nothing but faith in my ability.

G.L.: That's awesome. We are honored that you chose to join LGBRC.

I wanted to be a part of a road racing club in California, and hadn't really had much luck finding one. But the friendly, almost family-like atmosphere (and the fun effervescence of Barry Gordon!) I experienced at the Cat's Hill race, made me very interested when Barry suggested I join the LGBRC. I should be receiving my team kit in a few days, and will look forward to racing in it soon. To be a part of a group of like-minded individuals, people who train hard with dedication and focus, and race with a desire to do well, is what road racing is all about. It's the world's hardest sport, believe me. There is nothing like it. Even triathlon can't compare to long-distance road races, or the training you have to put in for it. And I should know, I do both... But I am just happy to be here in such a beautiful part of the world, have people around me I enjoy being with, riding with, racing with, and know that I have finally reached a point where my diabetes and insulin shots, do not rule my life any more. The Cat's Hill race proved just that, and I can't wait for the next one!



Steve Holmes celebrates his victory. Photo by Lisa Campbell.



Joy Shaffer gets a push from Chris Daugherty after dropping her chain at Cat's Hill. Photo by Garrett Lau.

Race Results

Merced Criterium February 23, 2003

Sr 3: David Keefer, 10th; Ryan Wong, 11th; Paul Mircik, 38th
Sr 4: Steven Woo, 14th
Juniors: James Ryan, 9th
Women 4: Robbie McGuinness, 6th; Jamie Fenimore, 10th

Hanford Criterium March 30, 2003

M35+ 1/2/3: Paul Mircik, 7th

Tuolumne Township Criterium April 6, 2003

Women: Jen Whatley, 3rd

Sea Otter Classic Road Race April 11, 2003

Sr 2: Richard Pego, 15th
Sr 3: David Keefer, 20th; Monte Sanford, 26th
Sr 4: Ronald Lauber
M30+ 4/5: Greg Juneau
M40+ 4/5: Friedrich Drees, 24th
MW30+: Sandra Kolb, 2nd

Sea Otter Classic Circuit Race April 12, 2003

Sr 3: Ryan Wong, 6th; Monte Sanford, 11th
Sr 4: Ronald Lauber
M40+ 4/5: Friedrich Drees, 2nd
MW30+: Sandra Kolb, 5th

Santa Cruz Classic Criterium April 13, 2003

Sr 1/2/Pro: Richard Pego, 22nd
M35+ 4/5: Garrett Lau, 19th
Women 1/2/3: Taitt Sato, 5th

Copperopolis Road Race April 19, 2003

Sr 1/2/Pro: Richard Pego, 19th; Jon Erskine, 23rd
Sr 3: Monte Sanford, 18th; David Keefer, 20th; Ryan Wong, 24th
M35+ 4/5: Friedrich Drees, 3rd; David Puglia, 20th; Steven Woo, 24th
Women 1/2: Joy Shaffer, 6th
Junior 15-16: Alexander Blease, 7th

Wente Vineyards Road Race April 26, 2003

Sr 1/2/Pro: Richard Pego, 14th
M35+ 4/5: Friedrich Drees, 17th
Women 1/2: Katheryn Curi, 3rd; Taitt Sato, 10th
Juniors: James Ryan, 14th

Wente Vineyards Criterium April 27, 2003

Sr 5: Neil Gift, 17th
M35+ 4/5: Friedrich Drees, 1st; Brian Ferrario, 26th; Mark Kurashige, 29th; David Puglia, 33rd
Sr 3: Paul Mircik, 38th; Giovanni Rey
Sr 4: Friedrich Drees, 2nd; Thomas Dittman, 9th; David Puglia, 44rd; Garrett Lau, 48th; Mark Kurashige
Women 4: Sheri Mulroe, 19th
Women 1/2: Katheryn Curi, 3rd; Taitt Sato, 10th
Women 3: Maria Deason, 13th
Sr 1/2/Pro: Jon Erskine, 8th; Dennis Hopp, 32nd

Lodi Appellation TT May 3, 2003

Junior Men 10-12: Daniel Tisdell, 2nd
Junior Men 15-16: James Ryan, 9th
Junior Women 13-14: Dawn Tisdell, 1st
M35+ 4/5: Eric Bustos, 4th
M45+: Randy Denton, 3rd



Robbie McGuinness, Volunteer Coordinator, consults with John Sevic, Race Director, before the start of Cat's Hill. Photo by Garrett Lau.

To All Cat's Hill Volunteers:

I would like to thank each and everyone of you for your time, dedication, and support. By all measures, this was the best Cat's Hill yet, and it could not have happened without you. I would also like to thank the present Cat's Hill Committee for their organizational excellence, and previous Cat's Hill Committees for having built such a solid foundation for the '03 Cat's Hill to work from.

Thank-you very much again.

Cheers....

John F. Sevic

Cat's Hill '03 Race Director

More Race Results

**Cat's Hill Criterium
May 10, 2003**

Sr 1/2/Pro: Kalen Gruber, 14th; Jon Erskine, 23rd; Richard Pego, 26th; Carl Hekkert; Dennis Hopp
Sr 3: David Keefer, 17th; Ryan Wong; Monte Sanford; Paul Mircik
Sr 4: Thomas Dittman, 10th; Chris Daugherty, 14th; Pedro Gutierrez; Ronald Lauber
Sr 5: Neil Gift, 17th
M35+ 1/2/3: Mark Kandola
M35+ 4/5: Greg Juneau; John Sevic; David Puglia; Steven Woo; Eric Bustos; Steve Stoney
Women 1/2/3: Katheryn Curi, 15th; Eryn Hanna, 19th; Taitt Sato, 22nd; Sandra Kolb; Jen Whatley; Starr Falk; Joy Shaffer
Women 4: Dawn Tisdell, 14th; Jamie Fenimore
Junior Girls 13-14: Dawn Tisdell, 1st
Junior Girls 15-16: Dawn Tisdell, 1st
Junior Boys 10-12: Daniel Tisdell, 1st
Junior Boys 13-14: Ben Barsi-Rhyne, 3rd
Junior Boys 15-16: James Ryan, 7th; Alexander Blease

**Berkeley Hills Road Race
May 11, 2003**

M45+: Randy Denton, 12th
Sr 1/2/Pro: Richard Pego, 29th; Jon Erskine, 33rd
Women 1/2/3: Katheryn Curi 4th; Eryn Hanna, 15th; Taitt Sato, 16th; Starr Falk, 28th
Women 4: Sheri Mulroe, 12th



Cat's Hill Criterium 2003

presents

Timpani Criterium

Held under USCF Permit
Sunday, August 3, 2003
Santa Clara, CA

| Category | Laps | Places | Prizes | Start Time | Limit |
|-----------------|------|--------|------------|------------|-------|
| Men Cat 5 | 15 | 3 | Medals | 9:00am | 50 |
| Men Cat 4 | 25 | 6 | \$200 | 9:45am | 100 |
| Women Cat 3, 4* | 20 | 3/3 | \$150/\$50 | 11:00am | 100 |
| Men Cat 3 | 25 | 6 | \$300 | 12:00pm | 100 |

* Women Cat 3 and Cat 4 raced together, picked separately

Directions:

From 237, take Great America Parkway south and turn right on Bunker Hill Lane. From 101, take Great America Parkway north and turn left on Bunker Hill Lane. Parking is on the top floor of the parking structure at the corner of Bunker Hill and Betsy Ross.

Course:

Course is four-corner, flat, on good, clean pavement. Start/finish on Betsy Ross Drive - Bunker Hill Lane - Patrick Henry Drive - Old Mountain View-Alviso Road. 0.9 miles per lap. Free Lap rule applies. Bring your own wheels.

Registration:

Registration: Entry fee is \$20 before July 26, \$25 after. Pre-register online through www.timpanicrit.org or complete a standard 2003 USA Cycling Release and bring check (payable to LGBRC) on race day. Current USA Cycling license must be presented at registration. One-day USA Cycling licenses may be purchased at registration. Race day registration opens at 8:00 AM.

*For more information, call (408) 358-3501 or e-mail info@timpanicrit.org.
Or visit www.timpanicrit.org*

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LGBRC Dominates Ecology Classic

Katheryn Curi, Joy Shaffer, and Eryn Hanna represented LGBRC at the Ecology Center Classic NRC Stage Race in Missoula, Montana, May 23-26. The team made the following six trips to the podium:

(Stage 1 RR - no luck, two flats and asthma)

Stage 2 RR, second

Stage 3 TT, second, third

(Stage 4 circuit race - Cancelled due to thunderstorm)

Stage 5 crit, first, third

Team GC, second

Sprint competition, first, second

QOM, second



Joy Shaffer, Eryn Hanna, and Katheryn Curi finished 2nd on team GC. Photo courtesy Joy Shaffer.

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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 June 2 and July 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!

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: Place order with Jay Freyensee, why2jjj@netscape.net, by June 20.

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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