

THE CATALYST

News and information about the
Los Gatos Bicycle Racing Club

July 2003

URL: <http://www.lgbrc.org>
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Teamwork Pays Off at the Reno Jackpot Criterium

by Starr Falk

So just how does one team take over 50% of the prize money at one race? With teamwork, respect for one another, strong individual fitness levels and a Very Helpful Fred. The LGBRC women's race team cleaned house at this year's Reno Jackpot Criterium on June 14th. On the start line were Maria Deason, Katheryn Curi, Starr Falk, Eryn Hanna, Taitt Sato, Joy Shaffer, and Jen Whatley. The pre-race high-level plan was to try to get Starr off the front with one or two other riders who would help her take first place while the rest of the team controlled the pack. Various roles were outlined, team tactics agreed upon and a rough timeline set.

On or around lap 3, Eryn launched an attack hoping to tire out the chasing field as the rest of the team sat comfortably in the pack. Well her attack stuck and the pack only feebly tried to reel her back in. Hardly any organization by the opposing teams resulted in Eryn's lead getting larger and larger. About 20 minutes into the race, Starr radioed

Katheryn and told her she was on her wheel and ready to go at any time. We radioed for Jen, Taitt, or Joy to set up a block. Joy made a move on our right but was immediately marked by several riders. After another turn, Katheryn made a vicious jump and Starr followed suit and they were immediately clear from the pack. Now this got the other teams fired up and chasing.

As Katheryn kicked it into Mach 1 and flew out of each turn, Starr started to fatigue very quickly. Soon Starr couldn't follow Katheryn's wheel and she was absorbed back into the pack. Meanwhile, Katheryn joined Eryn out front and secured our 1st and 2nd podium spots.

Now with still half the race to go Taitt and Joy were left to control the pack. Maria had enough accelerating out of the 6 plus corners and joined the sidelines to cheer us on. Jen made a stop at the wheel pit to swap out her flatted rear tire and Starr sat in the pack to get her breath back. No other team was able to get anyone off the front thanks to Joy



Eryn Hanna at Cat's Hill. Photo by Garrett Lau.

and Taitt. A few more laps gone by and Joy went down out of a corner, Jen stayed back and time trialed her back up to the group. Then Taitt launched a hardy attack which cranked up the pace again.

In the end, it came down to a pack sprint. Joy jumped strong to try to beat a PABW racer across the line for 3rd and Taitt let Starr slip in ahead of her for 5th as she secured 6th. Even though we couldn't follow our plan to a T, we did an excellent job of altering our strategy with much help from our Fred. We showed professionalism in protecting the breakaway, compassion and selflessness in helping a downed teammate, and the ability to finish in top placings. Most likely all of this would not have happened without our commitment to race together as a team.

Great job everyone! And, special Thanks to Fred Whatley for the outstanding race support and coaching! Oh yeah and did anyone check with Fred to see if that was his little grey strappy underwear left in the dryer?



LGBRC's Cat 1/2/3 women at Cat's Hill: Taitt Sato, Starr Falk, Jen Whatley, Katheryn Curi, Eryn Hanna, Joy Shaffer, Sandra Kolb. Photo by Karen Sutton.

Race Results

Save-Mart Criterium

May 17, 2003

Senior 4: Thomas Dittman, 12th; John Sevic, 15th; David Puglia, 16th
M35+ 4/5: John Sevic, 19th
Junior 10-12: Daniel Tisdell, 1st
Junior 13-14: Dawn Tisdell, 3rd
Junior 15-16: Dawn Tisdell, 4th

Fremont Criterium

May 24, 2003

M35+ 3/4/5: Friedrich Drees, 3rd; Mark Kurashige, 38th; Steven Woo, 42nd
Senior 4: Brian Ferrario, 38th
Women 1/2/3: Starr Falk, 6th; Taitt Sato, 11th; Jennifer Whatley, 16th; Maria Deason, 21st

Mt. Hamilton Classic Road Race

May 25, 2003

Pro/1/2: Richard Pego, 17th; Jon Erskine, 24th
Women 1/2/3: Taitt Sato, 11th
M45+: David Puglia, 21st
Senior 3: David Keefer, 21st
Women 4: Sheri Mulroe, 10th

Memorial Day Criterium

May 26, 2003

Senior 4: John Sevic, 15th; Thomas Dittman, 24th; David Puglia, 26th; Brian Ferrario, 39th
Women 4: Dawn Tisdell, 14th

Rio Strada's Folsom Criterium

May 31, 2003

Senior 4: John Sevic, 14th; David Puglia, 25th
Women 1/2/3: Eryn Hanna, 1st; Katheryn Curi, 2nd; Joy Shaffer, 5th; Jennifer Whatley, 7th; Starr Falk, 8th
M35+ 4/5: John Sevic, 13th; David Puglia, 23th

Wheels of Thunder Criterium

June 7, 2003

Junior Boys 10-12: Daniel Tisdell, 2nd
Junior Girls 13-14: Dawn Tisdell, 1st
Junior Boys 15-16: Jim Ryan, 3rd
Women 4: Dawn Tisdell, 22nd
Women 3: Starr Falk, 4th
Women 2: Jen Whatley, 3rd
Senior 5: Neil Gift, 8th



Ryan Wong celebrates his victory at the Burlingame Criterium. Photo by Garrett Lau.

Senior 3: Ryan Wong, 4th; Paul Mircik
Senior 4: David Puglia, 30th; John Sevic, 33rd
M35+ 4/5: John Sevic, 13th; Brian Ferrario; David Puglia; Garrett Lau; Steven Woo
Pro/1/2: Dennis Hopp, 16th; Kalen Gruber, 38th

Corporate Center Criterium

June 8, 2003

Women 1/2/3: Taitt Sato, 5th; Jennifer Whatley, 17th

NCNCA Jr Criterium Championship

June 8, 2003

Junior Men 10-12: Daniel Tisdell, 3rd
Junior Women 13-14: Dawn Tisdell, 1st
Junior Men 13-14: Ben Barsi-Rhyne, 13th
Junior Women 15-16: Dawn Tisdell, 1st
Junior Men 15-16: Jim Ryan, 6th

Reno Jackpot Criterium

June 14, 2003

Women: Eryn Hanna, 1st; Katheryn Curi, 2nd; Joy Shaffer, 3rd; Starr Falk, 5th; Taitt Sato, 6th; Jen Whatley; Maria Deason

Nevada City Classic

June 15, 2003

Women: Eryn Hanna, 1st; Taitt Sato, 4th; Katheryn Curi, 8th; Starr Falk, 15th

Steve Dunlap Memorial TT

June 17, 2003

Junior Men 10-12: Daniel Tisdell, 2nd
Junior Men 13-14: Ben Barsi-Rhyne, 9th
Junior Women 13-14: Dawn Tisdell, 2nd
Senior 5: Brent Bellm, 7th

NCNCA Jr Track Championship

June 29, 2003

Junior Men 15-16 Omnium: Jim Ryan, 1st (500m TT: 2nd; 2K Scratch: 2nd; 5K Scratch: 1st; Points: 1st)
Junior Men 17-18 Scratch: Steve McFarland, 6th
Junior Men 17-18 Kilometer TT: Steve McFarland, 3rd
Junior Men 17-18 3K Pursuit: Steve McFarland, 5th

presents

Timpani Criterium



Sunday, August 3, 2003
Santa Clara, CA

Pending USA Cycling and City of Santa Clara Permit*

Category	Minutes	Places	Prizes	Start Time	Limit	Fee
Juniors**	30	3	Medals	8:00am	50	\$10
Senior 5	40	3	Medals	8:35am	50	\$20
Women 3/4**	45	3/3	\$100/Medals	9:20am	100	\$20
Senior 4	45	6	\$150	10:10am	100	\$20
Senior 3	60	6	\$200	11:00am	100	\$20
Masters 30+ (4/5)	45	6	\$150	12:10pm	100	\$20
Masters 30+ (1/2/3)	55	6	\$200	1:00pm	100	\$20
Women 1/2/3	60	6	\$200	2:00pm	100	\$20
Senior P/1/2	75	8	\$499	3:10pm	120	\$20

Notes:

- * Pending City approval of schedule. Check timpanicrit.org to confirm schedule.
- ** Fields 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: Pre-register by July 27th or add \$5 late fee. Send 2003 USA Cycling release and check payable to LGBRC to: Timpani Criterium, 4052 Canon Ave., Oakland, CA 94602. For event information visit timpanicrit.org, or call (510) 531-7371. Current USA Cycling license must be presented at registration. One-day USA Cycling licenses may be purchased at registration. Race day registration opens at 7:00 AM.

**For more information, call (510) 531-7371 or e-mail info@timpanicrit.org.
 Or visit www.timpanicrit.org**

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Steve Woo wins a Friday night track race. Track districts are July 25-27. Photo by Garrett Lau.

Sunday Rides Move

A decision to change the meeting place for the Sunday Rides was made at the June club meeting.

Formerly, Sunday rides would meet at the deli near the Bike Outfitter at Loyola Corner's. People preferred this location, as the deli offered fresh coffee, food, water, and a restroom. The bad news is that the deli is no longer open on Sunday mornings.

Thus, the decision to move the start venue was made.

Sunday rides, effective immediately, will gather and begin at the Starbucks located in the Rancho Shopping Center on Foothill Expressway. This is just North of Loyola Corners - the cross street is Springer. There is also a bagel shop and an Andronico's.

LGBRC Board of Directors for 2003

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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 July 7 and August 4. 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.

New Location for Team Ride

Sunday 8:45am: A social, no-drop ride leaves from the Starbucks in Rancho Shopping Center, Foothill at Sprinter 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.

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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