

THE CATALYST

News and information about the
Los Gatos Bicycle Racing Club

August 2003

URL: <http://www.lgbrc.org>
e-mail: lgbrc@topica.com

Cascade Stage Race: The Teacher, the Rookie, the Seasoned Veteran

by Starr Falk

July 9th through the 13th marked the 24th annual Cascade Cycling Classic. Joy Shaffer and Starr Falk headed off to the great Northwest to test their legs, spirit and pain thresholds. Jen and Fred Whatley were in tow offering their expertise and service as our outstanding support team. Arriving two days before the first stage, the stage racing tutorials began. Jen led Starr on rides through the time trial and circuit race courses and carefully explained potential attack locations, efficient lines to follow, and time trial positions. It became clear early on that Jen had chosen the right profession for herself as an elementary teacher. Arriving the day before the racing began, Joy arrived cool, calm and collected, displaying her seasoned, well-versed approach to stage racing.

A road race with 6,000 feet of climbing, a short rolling time trial, a hilly circuit race, and two fast criteriums offered many opportunities to challenge our fitness levels and tactical skills. The first stage was the Deschutes Brewery Road Race, which started in the late morning with temperatures already approaching the 90s. A very gentle pace and a 20-mile decent started the race as we headed to the base of the first 22-mile ascent. Riders were extremely jittery and were jockeying for position from the gun. Saturn's Lynn Bessette and Jessica Phillips led the group for the 20-mile decent and we began feeling as if Lynn was taking us on a group ride. At about mile 15, she even declared a bathroom break and the entire peloton pulled over to the side of the road to take a "natural break". Cars were stopped on the road staring at all of the flesh they were witnessing. Women's cycling in Bend was taking on a new dimension and the spectator population increased drastically



Starr Falk accelerates on the final lap of the Watsonville Criterium. Photo by Garrett Lau.

from that moment on. At the base of the climb, the pace exploded and the racing began. Starr suffered a broken rear wheel from being ridden into from behind and was forced to wait for wheel support. Meanwhile, Joy hung with the main pack. After a very lengthy wait for a wheel change, Starr was forced to time trial up to the summit passing all of the stragglers as she managed to ride herself into 30th in the GC. Joy secured 15th for the day and a case of dehydration as the temperature exceed 100 degrees and feed zones were few and far between.

Day 2 brought the Tumalo Time Trial in the morning and the Twilight Criterium in the evening. Now this is where Joy's real experience and comfort in stage racing became apparent. Before the start of the Time Trial, she prerode the course and then kept herself cool in the comfort of her air conditioned van as she browsed the daily paper. Starr on the other hand, was jittery with nerves and busied herself with a lengthy warmup on the trainer and many trips to the bathroom. To be expected, Joy had

a blistering speed in the time trial, showing all of the rookies that a 7 mile TT on rolling terrain was not that much of a leg buster. Starr held her position in the GC and didn't set any records. Joy slipped one spot on the GC putting her now into 16th right behind Nicole Freedman.

That evening, we rode our bikes to downtown Bend for the Twilight Criterium. The spirit of the town was alive and charged with energy as people and food vendors lined the streets and music projected loudly onto the course. By now the racers were in a groove and the first stage's nervous riding was not apparent. The race was clean with only one crash early on where a rider's wheels slipped out from under her as she cornered. Many breaks were attempted but not until the last 8 laps did the winning break of four get away. The rest of the field came down to a pack sprint where Starr finished 9th and Joy came in 18th. Starr moved up a spot in GC and Joy held her position.

Next came the Awbrey Butte Circuit

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Cascade Classic

Continued from page 1

Race with 950 feet of climbing per lap. This was the final attempt to move up in GC barring any disasters in the final day's criterium. The race started out with a moderate pace set by Lynn Bessette leading us around the course for a lap. Apparently she was learning the course and planning her attack for the next lap, but the entire field was proud to have made it through one lap intact. At the bottom of the feed zone hill on lap 2, Lynn launched an aggressive attack and split the field into two. Joy made the first break and Starr was left in the second. The two packs stayed split and mostly intact for the rest of the race with the exception of Lynn and Heather Albert (Basis) soloing off the front. The only critical detail that would affect LGBRC is that Nicole Freedman was in the second pack. Now Joy was set up to move into the 15th spot on GC. At the end of the race, Joy did move up to 15th and Starr advanced to 27th. With only one criterium left, they were quite sure they had settled into their final placings.

The races ended with the Old Mill District Criterium. Now what exactly did the racers have the night before for recovery, remains a mystery. This race started with a bang and the entire field was strung out for the first 8 laps. Starr was hanging onto the back for dear life as she was being whipped around each corner on the tail of the screaming train. Joy was riding solidly in the top third of the pack but later declared that she too was shocked by the blistering start. After Lynn finally made a clean break from the pack, the pace slowed to a little more sane effort and the pack finished the laps as a whole controlling all other break attempts. Joy finished the race 10th and Starr in 8th. Joy maintained her 15th GC and Starr gain another spot to finish overall in 26th.

With the races behind us, we left feeling fortunate for having good legs and not incurring any more race scars, and spoiled from the wonderful race support from Jen and Fred. We really enjoyed the challenging courses and the beautiful scenery surrounding Bend.

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A Race Day in the Valley of Sacramento

by Mark Kurashige

Santa Nella Men's Master 35 4/5 field of 50. Three 17-mile laps,

What made this race day "a race event" was 2 teams were well represented: 5 Valley Spokeys, 5+ Delta Velos – the locals – for a Velopromo race. Velopromo so California to me.

Lap1: A break formed 8 miles into the race and stayed in sight. The Pack was content with the lead group adding to the critical race elements: what are we doing in 90+ heat, suspense, and ego.

Lap2: 4 Miles in, a strong rider flatted and soon; thereafter, the breakaway fell apart as Peloton got revved-up by an angst Galaxy rider. Delta Velo did a good day in the saddle by blocking and chasing any fast breakaway rider with a semi-pack with Valley Spokesmen.

Lap3: 4 Miles in, 2 guys slowly went off the front (1 from Delta Velo), then an Alto Velo, whom I knew had an affinity for flat races and not having a negative attitude for such rare opportunity. As the pack approached a narrow underpass, I casually bridged up not to provoke a reaction, as this was not only cover, but also narrow and restricted the pack to a 2 lane bike path. Subsequently this lead to canal road which itself was narrow – adding to ease in which the 4 of us could pace ourselves.

Later, 3 guys bridged and the pace-line picked up. The lead group was 9 miles to the finish and we knew it would take a little effort to catch us, so just steady as we go. On a stretch of road the pavement got bumpy and caused

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Race Report: Junior Track Nationals

by Jim Ryan

Of participants – 30

Race Lengths –

1. 5k Scratch Heats.

2. 8k Points Race; 15k Points Race final.

3. 500m TT.

4. 2k scratch Heats.

Junior Track Nationals is a crazy thing to watch, and an even crazier thing to participate in. I have been racing for about 1 year now and I thought I'd test the waters of nationals. This year nationals were in Texas, the Alkek Velodrome to be precise. I had never been further than outside an airport in a Houston summer so I didn't quite know what to expect. Admittedly it wasn't in Florida, like 2 years ago, but it was still hot and **humid**. We got to the track Monday and racing started Wednesday. Considering I had never ridden on a track other than Hellyer it was a great idea to arrive early. Apparently new tracks take getting used to; I felt slow and had to fight to hold my line. By Wednesday the track still felt a little weird. The first race came and everyone was nervous. My heat contained almost all of the expected heavy hitters; not what I wanted. My heat went fairly smoothly, everyone was around my level with about four or five that would be A's at our track. I attacked once or twice then sat on the steadiest person's wheel. With about 1.5 laps to go I attacked and broke up the field (two others were off the front). As I came across the line with 1 to go I doubted I could hold the field off and pulled up, probably the biggest mistake I could have possibly made at that point. 4 guys came under me and I proceeded to die and lose speed. If I hadn't pulled up I probably would have qualified. OOPS.

The next day I had my 8k points race heat. As we started, Daniel Holloway did his usual attacks and I sat on people's wheels, waiting for the excitement to die down. Going into the first sprint lap I went hard, early so that the pure sprinters would have some trouble coming around me. This is basically how the whole race went except I fell off the back for the last sprint; I already had



Jim Ryan wins a Friday night track race. Photo by Garrett Lau.

qualified.

Later that day was the 500m TT. I felt fairly good going in but the holder was a little shakier than Farid (not surprisingly). I only got a 41.84 which was not my best.

Friday morning was a rest time; I needed it. Friday night was the PR 15k final. This was a painful race, my legs had felt bad all nationals week anyway, and 45 laps of pain was not what they needed. I finished, barely.

The last race I was to participate in was the next morning, and I felt good about it. The race was only 6 laps long! Only the top 3 in the 10 person heats moved on, so I knew I had to go early and put some pain into those sprinters' legs. As we came into turn 3 another guy and I started going. I hadn't planned on someone starting **his** sprint about 1/2 second before me. Coming out of 4 he chopped down, taking me all the way to the apron. My strategy was ruined, he had stolen my place and so I had to come around him with the true sprinters coming right over me. It was a fun race in the end; I got 5th but didn't qualify for the final. This year's nationals was a good learning experience; everyone needs to get thoroughly whooped every once in a while. There is always next year.

Race Results

MVV Criterium

June 22, 2003

Women 3/4: Dawn Tisdell, 21st

M35+ 4/5: John Sevic, 4th; David Puglia, 12th; Mark Kurashige, 35th; Steven Woo, 41st

Senior 3: Ryan Wong, 5th; Paul Mircik, 31st

Women 1/2: Taitt Sato, 1st; Joy Shaffer, 4th; Jennifer Whatley, 8th; Maria Deason, 12th

Senior 4/5: John Sevic, 24th; Steven Woo, 39th; David Puglia, 41st; Mark Kurashige, 65th

Pro/1/2: Jon Erskine, 13th; Richard Pego, 14th; Carl Hekkert, 21st; Dennis Hopp, 32nd

Pescadero Classic Road Race

June 28, 2003

Pro/1/2: Richard Pego, 18th; Jon Erskine, 32nd

Senior 4: Steve Holmes, 26th

Women 1/2/3: Joy Shaffer, 5th; Taitt Sato, 6th

Women 3: Starr Falk, 4th

Junior Boys 10-12: Daniel Tisdell, 1st

Junior Girls 13-14: Dawn Tisdell, 1st

Burlingame Criterium

June 29, 2003

Pro/1/2: Carl Hekkert, 67th

Women 1/2/3: Starr Falk, 11th; Taitt Sato, 30th; Jennifer Whatley, 32nd; Maria Deason, 34th

Senior 5:

Senior 3: Ryan Wong, 1st; David Keefer, 14th; Paul Mircik, 23rd

M30+ 4/5: John Sevic, 18th; Steve Holmes, 30th; Steven Woo, 35th; Neil Gift, 44th

Juniors 10-12: Daniel Tisdell, 1st

Jr National Road

Championships

July 3-5, 2003

Junior Women 13-14 Time Trial:

Dawn Tisdell, 5th

Junior Women 13-14 Road Race:

Dawn Tisdell, 4th

Junior Women 13-14 Criterium:

Dawn Tisdell, 9th

More Race Results

Wachovia Liberty Classic

June 8, 2003

Elite Women: Sandra Kolb, 37th;
Katheryn Curi, 38th; Eryn Hanna, 70th

Jr National Track Championships

July 7-12, 2003

Junior Men 15-16 Points Race: Jim Ryan, 16th

Junior Men 15-16 500m TT: Jim Ryan, 21st

El Dorado Grand Prix

July 6, 2003

Women 1/2/3: Sandra Kolb, 1st;
Jennifer Whatley, 5th; Taitt Sato, 9th
M35+ 4/5: Steven Woo, 35th

Cascade Cycling Classic

July 10-13, 2003

Elite Women: Joy Shaffer, 15th; Starr Falk, 26th

Leesville Gap Road Race

July 12, 2003

Senior 5: Brent Bellm, 14th

Livermore Hills Road Race

July 19, 2003

Women 3: Starr Falk, 2nd

Junior Girls 13-14: Dawn Tisdell, 1st

Junior Boys 10-12: Daniel Tisdell, 1st

Santa Nella Road Race

Continued from page 2

ruckus for the line. I stayed up front to keep safe and felt the rush of creating a race.

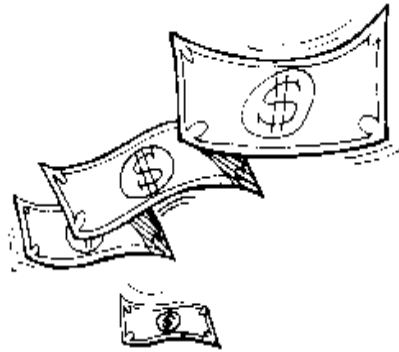
As we came 5 or so miles to the finish and into last turn a few were guys bridged up. 10 guys were in the break. 2 had enthusiasm to the finish and maintained a "don't quit" attitude as we peeked backwards down a approaching peloton.

On either side of an overpass a few riders were dropped; and as we crested, the Valley rider encourage me to lead, I obliged, then a big boy from Berkeley, who was in the 1st break, followed up. We were soon in full pace-line mode

knowing if we let up, we had netted zero to the craze we inspired within the closing pack.

With the 1K to go, I position myself for suicide. Berkeley came by me. I got on his wheel to the finish line for 2nd.

What a race. I have to credit the LGBRC masters for setting up a group meeting with Bob Tetzlaff when he had shared his knowledge and experience. And thanks to Steve Woo who had to endure my before and after race behavior.



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



Jon Erskine at Cat's Hill. Photo by Garrett Lau.

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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Ryan Wong wins the Senior 3 race at the Watsonville 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 August 4 and September 1. 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 Springer 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.org.

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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