

THE CATALYST

News and information about the
Los Gatos Bicycle Racing Club

October 2003

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

Katheryn Curi is top LGBRC finisher at T-Mobile International



Katheryn Curi hammers up Fillmore Street. Photo by Garrett Lau.

by Katheryn Curi

The day started off early, so early in fact that it was still dark when the seven of us, five LGBRC riders, Starr Falk, Jen Whatley, Taitt Sato, Katheryn Curi, Sandra Kolb, and two guest riders, Sherri Stedje and Anna Milkowski, gathered on the Embarcadero, ready to tackle the wonderful hills of San Francisco. We were surrounded by a great support group including Joy Shaffer, Maria, Fred, ...

The sun soon rose over the hills and after signing in and spinning our legs on trainers and on the road, we lined up at the start, ready to race in this international field of women's racers. We were to start off with several laps on a short course around the Embarcadero, do one medium loop over Taylor, and then four big laps that included Fillmore and Taylor streets. The first few small laps were fast and a thin fog still hung over us. Ina Teutenberg made the first real attack of the day taking another rider with her, yet what would be the general story for the morning, the break did not stick.

On our first trip up Taylor, we were

met with a great crowd with a cacophony of cheers and cowbells. Flying through the start/finish, the group seemed to glide through the streets as we started our first big lap. Fred did a great job back in the car of letting us know where we were on the course and how close we were coming to Fillmore Street. This was helpful in knowing when to move up so that I had best positioning on the hill. I did not have a chance to pre-ride the course so when we made the turn onto Fillmore, I tried to stay as relaxed as possible. This was going to be tough but not impossible. I was glad that I had made the gear selection that I did (38/53 up front and a 12/27 in back) as I seem to easily pass people that were either under or over geared. As with Fillmore, the crowd was a great motivator.

Small breaks naturally occurred up over the hills yet as the race progressed none stuck. There was even a break at one time with a good representation yet the peloton slowly reeled them back in so that our last time up Fillmore and Taylor was going to be the decisive

move. I made the mistake of being too far back and had to pass many women to keep in the lead chase group. Fred again was doing a great job of keeping me focused and relaxed.

Coming into the last kilometer, we had a group of 30 of us and I was in good positioning coming into the last turn. I had worked on this situation all season and was determined to battle it out to the finish. Unfortunately another woman was taking my line and forcing me into the barriers. A quick shove on her hip let her know that I did not have any intention of having an unfortunate meeting with metal this morning. I put in all that I had left and got fifth in the field sprint and 13th overall!

The race was an awesome experience. I want to thank my wonderful teammates for their participation and cheering, our support staff who was invaluable and the promoters for creating a race for the women. I will definitely be back next year!



Starr Falk peers over her sunglasses in the fog on Fillmore Street. Photo by Garrett Lau.

Race Results

Winters Road Race

August 23, 2003

Pro/1/2: Jon Erskine, 47th

Senior 4: Greg Juneau, 32nd; John Sevic, 2nd

Women 1/2/3: Taitt Sato, 5th; Katheryn Curi, 13th

NCNCA Track Championships

August 29, 2003

Men 35-39 Match Sprint: John Sevic, 3rd

Masters Mountain Bike World Championships

Bromont, Québec

August 30, 2003

Women 45-49 Cross Country: Deborah Ellis, 6th

San Ardo Road Race

August 30, 2003

M35+ 4/5: Steven Woo, 17th

Women 1/2/3: Taitt Sato, 5th; Starr Falk, 9th

University Road Race

August 31, 2003

Pro/1/2: Richard Pego, 32nd

Women 1/2/3: Joy Shaffer, 10th; Taitt Sato, 13th; Jennifer Whatley, 21st; Starr Falk

Giro di San Francisco

September 1, 2003

Pro/1/2: Richard Pego, 46th

Senior 3: Ryan Wong, 11th

Senior 4/5: John Sevic, 9th; Steve Holmes, 37th

M35+ 4/5: Greg Juneau, 1st; John Sevic, 2nd; Steven Woo, 25th; David Puglia, 34th; Mark Kurashige, 38th

NCNCA Masters Criterium Championships

September 7, 2003

Women 30-34: Taitt Sato, 1st

Men 30-34: Ryan Wong, 6th

Men 35-39: John Sevic, 15th; Greg Juneau, 21st; Steven Woo, 29th

Men 50-54: David Puglia, 9th

T-Mobile International

September 14, 2003

Elite Women: Katheryn Curi, 13th; Anna Milkowski, 52nd; Sandra Kolb; Starr Falk; Taitt Sato; Jen Whatley; Sherri Stedje

Mt. Tam Hill Climb

September 20, 2003

Senior 4: Steve Holmes, 32nd



Taitt Sato wins Masters District Criterium Championship. Photo by Glenn James.

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.

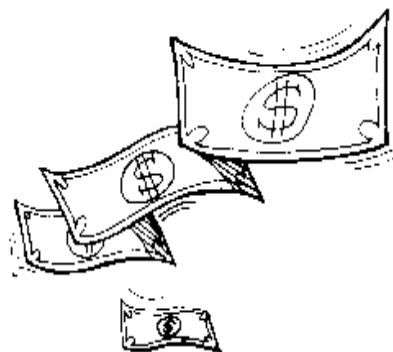
To participate in the Race Rewards program, simply record your race results on the LGBRC website. Instructions are provided there. A password, which can be obtained from webmaster Aldene Gordon or myself, is required to enter results. All results

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 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



Los Gatos Bicycle Racing Club, Inc.

c/o Barry Gordon, 16230 W. Ellenwood Ave., Monte Sereno, CA 95030-5212
408-395-6611

2004 LGBRC Membership Application Form

READ THIS FIRST: New candidate members CANNOT join the LGBRC by simply just sending in this form with a check. Please first contact Barry Gordon at 408-978-8200 or bgordon@structint.com. Every LGBRC member is expected to contribute time in accomplishing the goals of the club (see other side) and take leadership roles or, as a minimum, assist the club with various activities and functions such as the Cat's Hill Criterium, Timpani Criterium, Board of Directors, sponsorship, racing, training, etc.

Name _____	Date of Birth _____	Age as of 12/31/04 _____	Sex _____
Address _____		Phone (home) _____	Phone (work) _____
City _____	State _____	Zip _____	E-mail _____
USCF/NCNCA/NORBA License No. _____	Class (Sr., Jr.) _____	Category (Road) _____	Cat. (Track) _____ Cat. (NORBA) _____
What do you expect from the club? _____			
I will help plan and/or work the Cat's Hill Criterium (5/8/04) _____ yes _____ no _____ (Initial)			
I will help plan and /or work the Timpani Criterium (8/01/04) _____ yes _____ no _____ (Initial)			
What other committees or activities are you interested in helping with? (e.g., ride leader) _____			
Do you have potential club cash/product sponsorship contacts? _____ if yes, please identify _____			
How often do you race per year? _____ Your greatest <u>cycling</u> accomplishment _____			

Racing emphasis (circle one or more) Road Criterium Track Time trial Cyclocross Mountain

Do you want your LGBRC *Catalyst* newsletter snail mailed or e-mailed in PDF format to you? (circle one) USPS e-mail

I do hereby for myself, heirs, executors, and administrators waive release and forever discharge any and all rights and claims for damages which I may have or which may hereafter occur to me against the Los Gatos Bicycle Racing Club, its agents, officers, representatives, successors, sponsors, advertisers, and/or assigns, individually or collectively, out of my traveling to, participating in, or returning from all Los Gatos Bicycle Racing Club activities.

I further understand that serious accidents occasionally occur during bicycle rides, races, and activities, and that participants in these events occasionally sustain serious or mortal personal injuries and/or property damage, as a consequence thereof. Knowing of the risks of bicycling, nevertheless, I hereby agree to assume these risks and to release and hold harmless all of the persons and/or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages.

It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.

_____/_____
Signature of Applicant /Date Signature of Parent or Guardian if Applicant is under 18/Date

Description	Amount
2004 renewal (\$45 - Basic) OR with jersey (\$90 includes tax - only if sent by 12/31/03)	
Note: LGBRC 2003 District/State/National/World Champions have an optional \$45 membership credit.	
New membership (\$90 - includes jersey)	
Sustaining Membership (just a helping donation for the club, any amount over \$5)	
2005 new membership after 9/1/04, 16-month membership for the price of 12 months (\$45)	
2005 new membership after 9/1/04, 16-month membership for the price of 12 months, with jersey (\$90)	
Optional shipping of jersey outside the South Bay, i.e., no shipping to San Jose, Sunnyvale, Palo Alto, etc. (\$6)	

Send "LGBRC" check to the above address. Total (add the appropriate rows.) \$ _____

For membership with a jersey, circle appropriate gender: F M and size: XXS XS S M L XL XXL XXXL

LGBRC Goals and Mission

To provide a supportive bicycle racing organization for all members to achieve their personal and team goals. The club will strive to provide a quality program that includes support, training, coaching and social activities. To achieve our goals, the club and its members will conduct themselves within the following framework:

1. All members will strive to be supportive and positive with mutual respect for one another.
2. All members must volunteer to help with club activities.
3. All members will conduct themselves in a professional manner and with good sportsmanship.
4. The club will conduct itself within the laws of the land.
5. The club will strive to avail itself of high quality coaching for novice, intermediate and advanced cyclists through:
 - a. Structured training and skills clinics.
 - b. Learning from other club members and guest coaches.
 - c. Caring about individual goals as well as group goals.
6. The club will promote our sponsors by participating in local, state, national and world competitions while wearing the most recent team clothing during the race and on the podium and by being knowledgeable of our sponsors products and attributes. More specifically:
 - a. Members shall never complain about a sponsor in a public forum. If you have anything negative to say, say it in a constructive fashion; turn it into positive feedback. Most sponsors do want constructive feedback on how to improve their products.
 - b. If you participate in any club sponsorship program, you are obligated to not remove the decals or deface the product that impacts the company name in any way. In fact, some of our sponsorship contracts specifically note this obligation.
 - c. Never directly contact a team sponsor. Contact the club member sponsor representative as identified on our website. This has been a serious complaint from several sponsors for several years.
 - d. The generic club e-mail address lgbrc@topica.com is for only race reports, club rides, carpooling organization, general cycling information and general Q&A. It is not to promote a product or company that may compete with LGBRC sponsors. All important sponsorship deals must be sent to the club President first and s/he will forward the message to only the active members of the club, i.e., non-active members do not qualify for club deals. The club President is the only person with the latest team mailing list.
7. The club will strive to utilize the strength and resources of its members to achieve the club's objectives.

LGBRC

2004 Clothing Order Form

Send or give your clothing order form with "LGBRC" check to: Barry Gordon, 16230 W. Ellenwood Ave., Monte Sereno, CA 95030-5212. Obviously, if you do not pre-order any clothing, you may not get any! The LGBRC does not operate a clothing outlet. Note there are men's and women's sizes for some items. Questions? Call Barry at 408-978-8200 (W), 408-395-6611 (H) or e-mail to bgordon@structint.com.

Name:	Date:
Address:	Tel (home):
City, State, Zip:	Tel (work):
	E-mail:

Quant.	Size	Female or Male	Product/Description	Price *	Price x Quantity
			Short sleeve jersey – VOMax, long 15 in. zipper	\$48.00	
			Long sleeve jersey – VOMax, brushed MicroDry™ (heavier version of jersey fabric with a soft, brushed inside face) Full separating zipper.	\$65.00	
			Shorts – VOMax with BioFormI® chamois	\$42.00	
			Bib shorts - VOMax with BioFormI® chamois	\$50.00	
			Skinsuit - VOMax with BioFormI® chamois	\$87.00	
		N/A	Aero windbreaker – VOMax, EurothermLight™, new lightweight laminate, waterproof, windproof and breathes well	\$60.00	
		N/A	Jacket - VOMax EurothermLight™ with front pockets	\$85.00	
		N/A	Tights - VOMax EurothermLight™, no chamois	\$45.00	
		N/A	Vest - VOMax EurothermLight™, mesh back with rear pockets	\$55.00	
		N/A	Socks - SockGuy™	\$6.00	
	N/A	N/A	Sweatband - Voler Koolband™	\$5.00	

BioFormI® chamois is a molded, anatomic, breathable, synthetic antibacterial microfiber center piece that eliminates the center seam. It has anatomic inserts and front terry piece for fit and comfort. (Same chamois as used in 2003.)

Subtotal:	
8.25% CA tax	
Possible Shipping ** (See below for details)	
Total:	

Fashion Notes

1. Jersey Sizing: 1 or XS, 2 or S, 3 or M, 4 or L, 5 or XL, etc.
2. Women and men sizing.
3. Short Sizing: XS, S, M, L, XL (few riders wear L or XL)
4. Medium and larger skinsuits have medium shorts (e.g., XL skinsuit is a XL jersey attached to M shorts.)
5. There is typically a 25 minimum for clothing orders, i.e., if the LGBRC cannot order 25, the item may not be available.
6. Custom sizing/combinations are available at no extra cost including World or National Champion stripes for our World and National Champions!

Financial Notes

1. Make your checks out to "LGBRC". CA sales tax will be charged to **all California residents**.
**** Shipping is available at \$6.00 per 1 to 3 items to locations outside the South Bay, i.e., no shipping to Los Gatos, San Jose, Sunnyvale, Mountain View, Palo Alto, etc.** That is, shipping is available for more distant locations:
1-3 items: \$6 4-6 items: \$12 7-9 items: \$18, etc.

* Note: We have some sponsorship funds set aside for clothing support. You may be eligible for a very cool 50% discount on clothing due to your club administrative level (e.g., club officer, member of BOD, etc.) or your racing activity/category/age. Please check with Barry Gordon to see if you qualify. Thank you.

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Joy Shaffer, M.D.
San Jose

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On September 19, the Alameda Sun ran this photo along with an article about Jen Whitley racing in the T-Mobile International. Photo by Garrett Lau.

LGBRC Board of Directors for 2003

Barry Gordon
President

(408) 395-6611 (hm)
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BGordon@structint.com

Gina Dias
Treasurer

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Vice President

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CT McGuinness
Secretary

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Christine Rowe
Member at Large

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Garrett Lau
Newsletter Editor

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(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 October 6 and November 3. 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
P.O. Box 2842
Saratoga, CA 95070