

THE CATALYST

News and information about the
Los Gatos Bicycle Racing Club

November-December 2003

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

Masters Worlds is *Real* Mountain Biking

by Debbie Ellis

This August I had the fun and interesting experience of traveling to Quebec to participate in the cross-country race, as an official member of the USA Masters World Championship Mountain Bike Team (I qualified for this at the Norba National Cup Race in Snow Summit, CA earlier in May). I have never been to an international race of any kind, and who better to bring with me my first time than Karen Brems (Karen Kurreck), who was also on the USA team.

At Masters World Mountain Bike Championships the categories are by sex and age group (30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+). There are no additional "Beginner, Sport, Expert" categories as in NORBA races. I was very happy to find that there were actually 10 women in my age category (45-49), which might have been a record. Last year there were 7. In Karen's age group

40-44 there were 8, but the previous year there were 17. My category did 2 laps of 5.9 km. All categories did either 1, 2 or 3 laps depending upon age.

Regarding the participation of riders from various countries, in my race all the women were either Canadian or American. I think all the USA-ers (except me) came from the East Coast. In Karen's race there were women from France, England, South Africa, somewhere in South America, Norway and of course Canada. Just walking around the race area you heard a mixture of English and French, and I got the feeling that the majority of people were from Canada, and the next largest group from the USA.

The World Championship XC and downhill races were held in Bromont at the ski resort there, which is called Ski Bromont. They've been here for as long as the Master's World Championships

have existed, which I think is 5 or 6 years, and they will probably be here for a long time to come. The XC course was designed to very technical, and in my opinion it was downright scary in a lot of places. I consider myself of "medium" ability technical-wise, although I am in the upper level fitness-wise for my age in mountain bike racing. My fitness did not help much on this course, though. I found myself saying little prayers many times on the course, both in practice as well as during the race, although during the race there was a lot more cussing and it wasn't coming all from me. I would have to say that this was REAL MOUNTAIN BIKING!

We were told before we arrived that the MTB terrain in the east coast is much different from the West coast. There are a lot more rocks and roots on the east coast, and even their rocks and roots are different from our rocks and roots – they are just much harder to maneuver over and around! Plus – it rains all year long on the east coast and it absolutely poured for hours the night before the race. Karen and I finally resorted to taking off our light racing tires and exchanging them for heavier mud tires at 9pm the night before the race. Somehow I knew that the weight of the tires was not going to be the determining factor in this race, and the extra tread did come in handy.

There was a racer's meeting the night before the races. Instructions were given first in French, and then in English. The first set of instructions in French aroused such shouting and commotion that it was difficult to hear the English instructions. The UCI person giving out the instructions had such a thick French accent that she was difficult to understand as well. The meeting was very chaotic. Karen and I had some



Debbie Ellis rides through the start/finish area onto the second half of the course. The course was basically a figure-8 so that riders passed through the start/finish area mid-lap. Photo courtesy Debbie Ellis.

Continued on page 2

Continued from page 1

questions (like how many laps our category was supposed to do) that never got answered. There were cut-off times for the races that in actuality were fairly reasonable, but the UCI representative did not have a good grasp of how to explain the math and this caused great turmoil, shouting (mostly in French) and the UCI representative finally left the meeting, shouting still in progress, perhaps because she was so distressed.

The races followed UCI rules and so there was drug testing. The winner of each race was escorted to a building immediately upon crossing the finish line to submit a urine sample and fill out a lot of paperwork. Also at least one random person from each category was selected to do the same. Karen was worried about this because she had taken some asthma medicine she wasn't sure was legal. I was worried about this because I've never peed in a cup (or in anything else for that matter), with somebody watching. Luckily neither of us had to do this.

The first part of the course was a partially manmade BMX-type thing with lots of steep little hills that you couldn't help but get some air on. If you didn't hit those hills just right at the bottom (way back on your seat), over the handlebars you go. This happened to several people, I understand as I overheard some medics discuss, although not in my race (we may be older but we know how to handle ourselves!) At the end of the BMX portion there was a steep downhill with a right angle turn directly into a steep and slippery uphill. At the right angle was a strip of yellow caution tape strung between two trees, and beyond that a steep ravine. You had to hit that turn just right to avoid going into the ravine. Karen and I did it just fine in practice (We rode the course 3 times the day before during the practice session). In the race however, it was a different story. Since it was close to the start on the first lap there were scrambling, slipping riders all over the place only a few people weren't running and carrying their bikes up that hill.

There were some short climbs on fire road-type trails underneath the ski lifts, but most of the trail was recently manmade custom for this race through

the trees off the ski run, cut cleverly through the trees. It was a windy, rocky, rooty, slippery, sometimes fun, sometimes scary, sometimes downright dangerous wild ride. Because of the heavy rain the night before, it turned into a real slip and slide. I stopped counting the number of times I went down, and I also found myself running with the bike more than I ever had in a race. There were medics posted in many areas where riders were expected to go down, and I suppose those medics were busy that day. Before the race I was talking to Lydia Barker, the Women's 50-54 World Champion and she said that she had nightmares about the race the night before, even though she is from the East Coast of the US and used to this type of terrain.

At the start of the race I was able to keep up with the front several women, and that continued on a fire road uphill, but when we hit the technical downhill section they were gone pretty quickly. I figured that I had to go as hard as I could on any uphill section to try and make up time. When I got to the next fire road climb all I could think of doing was going as hard as I could, and I missed this little arrow sign tacked on a tree which meant that the course turned "That Way" onto a semi-hidden little trail that started winding through the trees. I had made this turn 3 times the day before, but somehow I missed it my attempt to keep going up the hill as hard as I could. After awhile the trail surface turned into very angular gravel I didn't remember riding on that type of surface in practice, and I stopped to look around. I then saw the woman who was behind me on a trail below and I realized that I had taken a wrong turn. I dashed down to the correct trail as fast as I could and tried to make up the time during the rest of the race, but I could not catch the woman, who ended up getting what should have been my 5th place. She finished about 1:15 ahead of me, which I think was about the same amount of time I spent on the wrong trail. What a dumb mistake! I heard that a few other people made the same mistake too however, and one of them said that this particular trail directional sign was "unforgivable".

There was another woman on the course in front of me, who ended up getting 4th, who did more running with the bike than anyone I've ever seen. Maybe she has previous cyclocross experience. I battled it out with her on the first half of the course, but she eventually go the better of me on the technical downhills. I have to hand it to her; she did really well for the amount of time she spent off the bike!

I ended up getting 6th. I wasn't thrilled about that, but I remember earlier that day (after realizing how technical the course was) hoping that I wouldn't get last. If I hadn't missed the turn I would have gotten 5th, and that is not too far from 3rd (which gets a medal), so I have hope for next year, if I go. I'm going to continue working on fitness, but I'm going to spend a lot more time doing technical practice. Lydia Barker won her race and kept her world championship title again. She said she was able to ride the whole thing, but she did a lot of foot "dabbing". Instead of foot dabbing, Karen and I did a lot of whole body dabbing.

After my race I rode over to the showers which was conveniently located right next to the first aid area where I had all my scrapes dabbed with iodine (maybe this is European thing) and got a few Band-Aids. Prior to the shower my arms and legs had a nice mixture of mud and blood which looked more impressive than it actually was. For several days after the race I was sorer from all the falls I took than the actual race itself. I had some real nice bruises too – they were even sort of 3-dimensional in that there were separate bruises in the various layers of skin.

I got the feeling that this is an annual event for many MTB-ers in the eastern US and Canada, which is probably why there were so many technically superior racers. We definitely do not have as much access to technically challenging trails in California as riders do in the east coast of the US. What we do have in CA is more steep, long climbing which doesn't help much in a race like this. All in all though, I had a good experience at this race and I'm glad I did it. I'd like to do it again next year to see if I can do better.

LGBRC Members Enjoy Riding at Fort Hunter Liggett



The group poses at the Hacienda before Saturday's ride. Photo by Garrett Lau.

by Garrett Lau

LGBRC's autumn retreat took place October 10-12 at Fort Hunter Liggett in Jolon, California. In attendance were Christine Rowe, Gina Dias, Kwan Low, myself (Garrett Lau), Aldene and Barry Gordon, Lisa and Bob Campbell, Liz and Spike Jessen, Mia and Ralph Lim, and Kathy, Steve, and Jim Ryan.

We stayed at the historic Hacienda Guest Lodge. It was originally designed by Julia Morgan as William Randolph Hearst's ranch house, but now it is a hotel and restaurant. It is open to the public, even though it is located within the boundaries of the Fort Hunter Liggett Military Reservation.

Capt. CT McGuinness obtained a military map of the area for us. It was not very useful as a road map, since there was no indication whether the roads were paved, but at least it showed the active target ranges. Live ammo was to be used that weekend.

We managed to avoid those areas and have nice, casual rides both days. The weather was perfect and there were no cars on the roads.

Before heading home, we all stopped at the Mission San Antonio de Padua, located within walking distance of the Hacienda. I took some nice photos.

Race Results

Presidio Criterium September 21, 2003

Senior 3: Ryan Wong, 1st
M30+ 4/5: Greg Juneau, 1st;
Steve Holmes, 2nd

Milagra Ridge Cyclocross October 5, 2003

C Men: Steven Woo, 18th
Beginners: Ben Barsi-Rhyne, 4th
M35+: Eric Bustos; Darrel Brokeshoulder
M45+: Randy Denton, 3rd

Surf City Cyclocross #1 October 12, 2003

Men A: Chris Daugherty, 24th
M35+ (A): Darrel Brokeshoulder
M45+: Randy Denton, 2nd
M35+ (B): Steven Woo, 11th
M45+ (B): Steve Stewart, 1st;
Gary Davis, 11th

Guadalupe Canyon Cyclocross October 19, 2003

Elite Men: Chris Daugherty, 25th
Juniors: Ben Barsi-Rhyne
M35+: Eric Bustos; Darrel Brokeshoulder; Mark Kurashige

M45+: Randy Denton, 3rd;
David Puglia, 23rd
C Men: Steven Woo, 18th; Gary Davis, 25th
Beginners: Keith Adams, 7th

Surf City Cyclocross #2 October 26, 2003

Men A: Chris Daugherty, 17th
M35+ (A): Eric Bustos
M45+: Randy Denton, 5th
M35+ (B): Mark Kurashige, 6th;
Steven Woo, 13th
M45+ (B): Steve Stewart, 1st;
Gary Davis, 10th

Surf City Cyclocross #3 November 8, 2003

Men A: Chris Daugherty, 20th
M35+ (B): Steven Woo, 9th
M45+ (B): Steve Stewart, 2nd;
Gary Davis, 10th

El Palo Alto Cyclocross November 9, 2003

M35+: Eric Bustos, 25th; Darrel Brokeshoulder
M45+: Steve Stewart, 21st
C Men: Mark Kurashige, 13th;
Steven Woo, 21th; Gary Davis
Beginners: Keith Adams, 9th



A priest waits outside the Mission San Antonio de Padua. Photo by Garrett Lau.

The Few, the Proud, the *Juniors!*

by Kathy Ryan

LGBRC has an awesome group of juniors riding for the team. You may have seen them at various venues throughout the season. They're here, they're there, and they're riding all the time. Track, road, crits, TTs. You name it, the juniors have been there. We have competitive riders in age groups ranging from 13- 18 and they are all wearing our colors proudly.

Some of the names you may have seen throughout the season include: Dawn Tisdell, and her brother, Daniel; Steve Mc Farland, Alex Blease, Jim Ryan, Ben Barsi-Rhyne, Emily Valkenaar, Jared Baker, and Erika Puglia. We also have club member Daniel Holloway who has had an awesome season. National Champion Colleen Hayduk of Kuntztown, PA has recently joined the team as a 13-14 year old junior woman. Though the numbers are small, these riders' accomplishments are astounding!

Beginning in January with the San Bruno Mountain Hill Climb and with the Early Bird Crits the juniors were out in force. Learning new skills, meeting other riders, and testing what they had learned were all important aspects of these early season races. As the season progressed so did the desire to improve. Progressing within their age category, each rider improved with every



Dawn Tisdell climbs Cat's Hill in the Cat 4 Women's race. Photo by Garrett Lau.

ride. Some of the juniors advanced in the senior racing categories as well, not satisfied to stay within the confines of junior racing.

LGBRC had junior representatives at district championships and at the national road race, criterium, time trial, and track championships. As you well know, these riders put everything they had into their riding and learned many lessons about competitive bicycle racing. In all, our juniors competed in over 90 races this past season.

Many of them have continued with their strenuous training schedules in order not to lose anything for next season. You can catch some of them on Saturday morning team rides, and on Sunday mornings as well. Some of the riders can be found at the track every Tuesday afternoon, where they work out after school for about three hours. Farid Abraham is still working with the junior program (under a different team name.) Anytime you happen upon a junior in the team's colors be sure to say hi and introduce yourself. These riders may be juniors but they work hard for LGBRC and try to do the team proud.

Brian Lindsay is our Youth program coordinator. He is doing an excellent job of introducing young riders to the track. By young, we mean 5 - 13 year olds. He is teaching the fundamentals of handling a bike, bike safety, and most of all, how to have fun on the track. His program has been very successful over the past year.

Both the youth and junior programs are running well right now. We have enthusiastic riders and that is what counts the most. If you know of a youth or junior aged rider who would like to be involved with the team contact Kathy Ryan (ryan@numeriex.com) for more information.



Jim Ryan and Ben Barsi-Rhyne work together in the Timpani Criterium. Photo by Garrett Lau.

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.

**WELLS
FARGO**

www.wellsfargo.com

ASPECT

www.aspect.com

Joy Shaffer, M.D.
San Jose

Anti-Aging Medicine
JSHAFFERMD@aol.com

CNF

www.cnf.com

**Hughes
Dental Group**
Personalized & Comfortable

<http://www.hughesdental.com>



**Structural Integrity
Associates, Inc.**
Experts in the prevention and
control of structural failures

www.structint.com

**Bay Area
Prosthodontics**

www.bayareaprosthodontics.com

BiOGEORGETM

www.structint.com/biogeorge

Dr. Hank Tolhurst
Cyclists' Chiropractor for 20 years
408-356-9459
Applied Kinesiology
Muscle Sports Injury

CONRADO COMPANY
Custom Home Builders
www.conrado.com • (408) 867-2095
www.conrado.com

**COMMUNITY HOSPITAL
OF LOS GATOS**
Tenet HealthSystem
815 Pollard Road, Los Gatos, CA 95032
www.communityhospitalg.com

E.

www.eastonsports.com

**Cobaltmedia
Photography**
www.cobaltmedia.com

**APPLE
VACATIONS.COM**
America's Favorite Vacation Company



www.timbuk2.com

GU

www.gusports.com

CEL

California Eastern Laboratories
www.cel.com

www.athleteoctane.com

**ATHLETE
Octane™**
Liquid Endurance Supplement

VOMax®
www.vomax.com

**CLIF
BÂR**
www.clifbar.com

Kestrel
www.kestrel-usa.com



AEGIS
Handmade Carbon Fiber Bicycles
www.aegisbicycles.com

RITCHEY®
BICYCLES AND COMPONENTS
www.ritcheylogic.com

IN-SPEX
Sports Eyewear
www.in-spex.com

www.rudyprojectusa.com

AVOCET
www.avocet.com

AMERICAN CLASSIC®
www.amclassic.com



Keith Adams carries his bike over the barriers at the Guadalupe Canyon CycloCross race. Photo by Garrett Lau.

LGBRC Board of Directors for 2003

Barry Gordon
President

(408) 395-6611 (hm)
(408) 978-8200 (wk)
BGordon@structint.com

Gina Dias
Treasurer

(408) 369-9049 (hm)
(650) 562-0600 x221 (wk)
gdias@nvt.com

Aldene Gordon
Web Designer

(408) 395-6611 (hm)
aldeneg@nicerpage.com

Diane LoPresto
Membership Coordinator

(408) 243-4426 (hm)
diane.lopresto@comcast.net

Jon Erskine
NCNCA Representative

(510) 663-4203 (wk)
jerskine@magellan-env.com

Sam Marye Lewis
Publicity Coordinator

(408) 297-4192
sammarye@ix.netcom.com

Michael Rowe
Vice President

mr_10am@yahoo.com

CT McGuinness
Secretary

(408) 293-1374 (hm)
panzerjager10@hotmail.com

Robbie McGuinness
Social Officer

(408) 293-1374 (hm)
mcguin10@hotmail.com

Christine Rowe
Member at Large

(408) 735-1827 (hm)
cmrowegoimobile@yahoo.com

John Sevic
Race Director

(408) 358-3501 (hm)
firstplacefinishus@yahoo.com

Kathy Ryan
Juniors Liaison

(408) 257-9280 (hm)
ryan@numerix.com

Garrett Lau
Newsletter Editor

(408) 249-0695 (hm)
(650) 357-3800 (wk)
garrett_lau@yahoo.com

USCF regional representative:

Casey Kerrigan
(510) 531-1400
casey@caseykerrigan.com

Meeting Schedule

The LGBRC team meeting is at **7:00pm** on the first Monday of each month. The next meetings will be December 8 and January 5. 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!

BOD 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.

Sunday Rides

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. During the winter (December 22 - March 19), the rides will start at 9:30am.

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