

# THE CATALYST

News and information about the  
Los Gatos Bicycle Racing Club

January 2004

URL: <http://www.lgbrc.org>  
e-mail: [lgbrc@topica.com](mailto:lgbrc@topica.com)

## February Meeting to Kick Off Cat's Hill

### *Location Changed to Accommodate Multimedia Presentation and Pizza Party*

by Sammarye Lewis

In celebration of the thirtieth anniversary of our Cat's Hill event, we will have a Kick-Off Party at our February 2nd, 2004 team meeting. Heads Up! The team meeting will be at a different venue: Round Table Pizza in Sunnyvale Town Center, 101 Town & Country Village in Sunnyvale (408) 736-2242. Time: From 7pm - 9pm.

To start off the Cat's Hill Celebration, our 2004 Race Director, Scott Barth and our LGBRC President Barry Gordon, have authorized LGBRC to provide **free pizza and soft drinks** to club members attending this team meeting. Garrett Lau and Michael Rowe are preparing a Special Cat's Hill Kick-Off Presentation. You don't want to miss this one!

And, we are looking for a slogan for our thirtieth year (yes, I know there are



*Jen Whatley powers up Cat's Hill in 2003. This is one of several photos of LGBRC riders to be featured in the new VOMax catalog. Photo by Garrett Lau.*

differing opinions about this year thing). We want a list of ideas and then we can all vote to choose the one we will use in 2004. So far we have two:

1. "The Cat's Hill Classic - Thriving at Thirty" - From Sammarye

2. "Don't Trust Any Race Under 30!" - From Joy

Put on your thinking caps and send your slogans to Scott or to Sammarye.

What do we need from you? Your involvement, time and energy to keep this incredible grassroots race alive and thriving. We all know that local races are disappearing at a discouraging rate. Our race stays alive with the TLC that the CH Committee, the Board of Directors, Barry and Aldene, and the club members provide every year.

Volunteer for the CH Committee and volunteer to work the day of the race, Saturday, May 8, 2004. And come on, everyone of you, and show up for this team meeting at Round Table Pizza in Sunnyvale on February 2nd.



*Daniel Tisdell, Jim Ryan, Emily Valkenaar, and Dawn Tisdell enjoy free pizza following the Los Gatos Children's Holiday Parade. Photo by Garrett Lau.*

### **Winter Rides Start at 9:30am**

During the winter, the Sunday club rides start at 9:30am. The starting time will revert to 8:45am on March 21. Meet at Starbucks in Rancho Shopping Center, Foothill at Springer in Los Altos.

## 2004 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 2004 season for both programs runs from December 1, 2003 to November 30, 2004, 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, 2004. 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

## Race Results

### Surf City Cyclocross #4 November 23, 2003

**Men A:** Chris Daugherty, 29th

**Men B:** Carl Hekkert, 15th

**M35+ (A):** Darrel Brokesoulder

**M35+ (B):** Mark Kurashige, 15th;  
Steven Woo, 17th

**M45+ (B):** Steve Stewart, 2nd; Gary Davis, 10th

### Surf City Cyclocross #5 December 7, 2003

**M35+ (A):** Darrel Brokesoulder

**M35+ (B):** Mark Kurashige, 15th;  
Steven Woo, 23rd

**M45+ (B):** Steve Stewart, 2nd; Gary Davis, 13th

## CCCP Cyclocross

**November 30, 2003**

**Elite Men:** Chris Daugherty

**M35+:** Eric Bustos; 26th; Mark Kurashige; Darrel Brokesoulder

**M45+:** Steve Stewart, 16th

**Men B:** Carl Hekkert, 15th

**Men C:** Mark Kurashige, 16th;  
Steven Woo; Gary Davis

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## *Adventures in Photography:* Altamont Road

*by Garrett Lau*

Altamont Road in Los Altos Hills is my favorite short hill for cycling. As a climb, it is so scenic that I don't notice how steep it is. As a descent, it is fast but challenging.

Sometimes, after the club ride, I drive my car up the road to see if there are any deer in the orchard. I found one on November 22. This was during the eligibility period for an online photo contest, with the theme of "Shadows." I therefore composed the photo to emphasize the shadows of the trees in the orchard. The deer was perfectly situated in one of the shadows, with only its face in sunlight. I used a shallow depth of field to isolate the deer, but still included the trees in the shot, since they formed an interesting frame, with their branches mimicking the deer's antlers.

The photo placed fourth in the contest.



*A mule deer rests in the shade of the orchard on Altamont Road. 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](mailto: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 <i>Catalyst</i> 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)	
<b>Note: LGBRC 2003 District/State/National/World Champions have an optional \$45 membership credit.</b>	
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

See the separate **Clothing Order Form** for long sleeve jerseys, shorts, bibs, skinsuits, tights, vests, jackets, windbreakers and socks.

# *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](mailto: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.

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

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

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

### 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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*Katheryn Curi covers an attack in the 2003 Wente Vineyards Criterium. This is one of three photos of LGBRC riders to appear in the eBook, [Strategy & Tactics for Cyclists](#), by Arnie Baker. 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)  
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**Sam Marye Lewis**  
**Publicity Coordinator**

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**Michael Rowe**  
**Vice President**

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**CT McGuinness**  
**Secretary**

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panzerjager10@hotmail.com

**Robbie McGuinness**  
**Social Officer**

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**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 meeting will be January 5. The usual location is:

**Vesuvio Restaurant**

3044 El Camino Real, Santa Clara.  
One block West of Kiely between Lawrence Expressway and San Thomas Expressway. Phone Number: 296-1054.

See the front page for details on the special February meeting.

## 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 9:30am every Sunday. This is the winter start time. It will revert to 8:45am on March 21. 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**