

The Catalyst

News and information about the
Los Gatos Bicycle Racing Club

March 2004

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

Teamwork Shows in Cherry Pie Criterium Results

by Jen Whatley

Racers: Jen, Taitt, Starr, Martina, Kate, Dawn

Moral Support: Bev (sick)

Field Size: roughly 40 - includes 1,2,3 / masters / cat 4 (1,2,3 was about 20)

Crash: Martina, Kate, Dawn - all are OK.

LGBRC and Katheryn (our teammate from last year who is now racing professionally for Rona) snagged the very front row at the start line and Katheryn joked that it would be great to have a little LGBRC logo on her arm. The race started off at a decent pace with attacks during the first few laps, and each time we were represented with 1-3 people. After a flurry of attacks, Cindy Carroll went for a prime and Katheryn went after her and got off the front. About 2 laps later I tried to bridge by zooming up the hill, and got within about 250 yards but I just couldn't close the deal. I could see the team blocking, and I was going no farther, so I sat up to rejoin the pack.

Starr, Martina, and Kate did a great job keeping the pace high and making sure no one pulled for too long. We took turns trying to reel the break back in,

but no other teams would work with us and we started to tire. With 15 minutes left, we decided to back it off and prepare for the sprint. On the back side of the bell lap, Starr was sitting 2nd wheel, with me on her wheel, and Taitt on mine. Just before we entered the hill, I couldn't read when Starr was going to jump and I had a ton of momentum entering the turn on the protected side. It was early, but if I didn't go with my momentum, I risked the pack swarming up on us, so I started my sprint at the base of the hill with Taitt on my wheel to sweep just in case someone tried to come around. We managed to hold our positions and take 1,2 in the sprint. Starr jumped into the wind to pass the initial lead, and pulled a 4th place pack finish, amazingly allowing only one person between Taitt and herself. Overall placings were 3,4 & 6.

What we did well: communicating, taking turns working, staying up front, covering attacks, encouraging each other (great job, excellent pull, etc), we actually got a leadout train!!! :) trusting each other to do their parts, warning

from behind of brewing attacks, taking initiative.

In closing, we raced an excellent race! Everyone worked at the right times, and the best part was that people took initiative to pull, cover attacks, and block. We also had excellent communication throughout the race. There is no doubt about it, we would not have pulled off our results without the awesome teamwork. This was truly a team success. I was quite proud to be wearing our jersey after the race.

New Member Profile: Martina Patella



Race Category: 3

Years Racing: 1.5 years

Residence: Oakland, CA

Athletic background other than road racing: also do cyclocross, race collegiately for UC Berkeley

Career/Education: Integrative biology major at UC Berkeley

Joined LGBRC because the women are cool and know how to race their bikes!



Taitt Sato and Jen Whatley share a laugh awaiting the start of the 2003 Timpani Crit. Photo by Garrett Lau.

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 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

New Member Profile: Beverley Harper

My name is Beverley Harper and I'm on the women's elite team this season. I'm currently a cat 3 (5 points away from my upgrade to cat 2).

This is the beginning of my second season of road racing - I was formally a mountain bike racer 10 years ago. After my first season of mountain bike racing I was about to turn pro at the beginning of 1994 when my knees were injured. As a result I barely rode my bike for 8 years. During that time I pursued a career as studio photographer and had two little girls.

My cycling strengths are climbing - I love long sustained climbs! I also really enjoy fast technical descents. I recently moved to Portola Valley where I live with my husband Chris and my two daughters Hayley and Lulu. Outside of cycling, children and photography my passion is for real estate - I love fixing up houses (we have a couple of houses I manage as vacation rentals)

I joined the LGBRC Women's team because they are a great bunch of very talented girls who are highly motivated and well organized.

Race Results

Early Bird Crit #1

January 4, 2004

Cat 1/2/3: Richard Pego, 29th

Cat 4: Matt Mosby, 26th

Juniors: Phil Mehlitz, 3rd; Dawn Tisdell, 4th; Erika Puglia, 10th

Early Bird Crit #2

January 11, 2004

Cat 1/2/3: Brian Heneghan, 16th; David Keefer, 26th

Cat 4: Steve Holmes, 17th; Brian Ferrario, 28th

Women 4: Jennifer Van Muckey, 20th

Juniors: Phil Mehlitz, 3rd; Dawn Tisdell, 7th; Daniel Tisdell, 8th

Early Bird Crit #3

January 18, 2004

Cat 1/2/3: David Keefer,; Richard Pego

Cat 4: Brian Ferrario, 29th; James Ryan; Matt Mosby

Women & Juniors (even numbers):

Daniel Tisdell, 14th

Women & Juniors (odd numbers):

Phil Mehlitz, 13th; Dawn Tisdell, 18th; Jennifer Van Muckey, 22nd

Patterson Road Race

January 24, 2004

Women 1/2: Kate Landau, 1st

Cat 4: Steve Holmes

Early Bird Crit #4

January 25, 2004

Cat 1/2/3: Carl Hekert

Cat 4: Matt Mosby, 11th; Brian Ferrario, 20th; David Puglia, 26th; Stephen Butler

Women 4: Jennifer Van Muckey, 5th

Juniors: Dawn Tisdell, 1st; Phil Mehlitz, 5th; Daniel Tisdell, 7th

Early Bird Crit #5

February 1, 2004

Cat 1/2/3: David Keefer, 11th; John Knotts, 19th

Cat 4: Steven Woo; Stephen Butler

Women 1/2/3: Martina Patella, 1st

Women 4: Jennifer Van Muckey, 8th

Juniors: Dawn Tisdell, 4th; Daniel Tisdell, 5th

Cat's Hill Committee Meetings Scheduled

As you know the Cat's Hill Criterium is scheduled for May 8, 2004. For the race to be successful we need to prepare early in the year. From now until race day there are Cat's Hill Committee meetings occurring on a regular basis, these are the meetings Los Gatos Bicycle Racing Club uses to produce the race.

This year is the Thirtieth Anniversary, many activities are planned and your help is needed!!! These meetings are open to all volunteers who would like to help (non-members included) and many positions are still open.

The next scheduled Cat's Hill Committee meeting is February 23rd at the Sunnyvale Middle School Staff Room.

There will be a special meeting at the Gordon's home on Sunday February 29th. I will post the details to that meeting later.

If you would like to attend the regularly scheduled Cat's Hill Committee meetings on March 1 (brief), April 5th, May 3rd they will be held after the regularly scheduled LGBRC club meetings at Vesuvio Restaurant.

The remainder of the Cat's Hill Committee meetings scheduled for February 23rd (combined BOD); March 29th (combined BOD); April 19th and 26th (combined BOD) will be held at the Sunnyvale Middle School Staff Room

1080 Mango Avenue
Sunnyvale, CA 94087
(408) 306-1020

There may be a meeting on March 15 if needed.

Thanks,
Gary Davis
Assistant Race Director
Cat's Hill Criterium 2004

Spring Rides Start at 8:45am

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

Election to be Held at March Meeting

The annual election of the LGBRC Board Of Directors will be held at the club meeting on March 1. Here are the descriptions of the various BOD positions.

President

The President of LGBRC is responsible for supervising the LGBRC general membership meetings and Board of Director's meetings. The President provides focus, assists and motivates other BOD members in performing their assignments such as obtaining sponsorship, promoting the Cat's Hill Criterium, etc. He / She is also the general spokesperson and goodwill ambassador for the LGBRC with both the cycling and general community. Must be e-mail accessible.

Vice President

The Vice President is responsible for providing information to potential members of LGBRC. He / She provides application information, information about the club, and is a major spokesperson for the club. He / She is the contact person listed in the NCNCA newsletter. The Vice President must also take the place of the President at meetings when the President is unable to attend. Must be e-mail accessible.

Treasurer

The Treasurer of LGBRC is responsible for maintaining the fiscal integrity of the LGBRC. The Treasurer collects dues, clothing payments, race receipts, sponsorship money, etc., and insures the payment of all club debts. The Treasurer also helps formulate the fiscal policies of the club, creates a budget and deals with state and federal tax concerns. Must be e-mail accessible.

Race Director

The Race Director is responsible for organizing and supervising a committee for LGBRC races. The Race Director verifies that each committee member performs his / her respective tasks. The

Race Director is not responsible for putting on an LGBRC race by himself / herself! Under the guidance of the Race Director the race committee will select, schedule, organize, promote, and conduct LGBRC races. Such tasks include: 1-submitting a proposal for the club race to the BOD 2- requesting the race date and location 3- securing all the required permits, insurance and applications 4-advertising the race in the NCNCA newsletter and Internet 5- coordinating event services (toilets, police, sound, medical, etc.) 6- assigning race day tasks such as registration, course marshals, promotions, price czar, etc. Must be e-mail accessible.

Newsletter Editor

The Newsletter Editor is responsible for gathering and receiving information from various sources, including members of the club and sponsors. The Editor makes sure that the information is put together and sent out monthly to all club members via the newsletter. The information includes race results, BOD contact info, race reports, information on cycling issues, current events and anything and everything about the club in general. The Editor must put the newsletter together, submit the newsletter for printing, pick up the newsletters and fold them, purchase postage, and mail the newsletters out. Must be e-mail accessible.

Secretary

The Secretary is responsible for taking minutes at all BOD meetings. The minutes are to be circulated to all attendees for approval before submission to the editor for inclusion in the newsletter. The secretary is also responsible for the club's correspondence activities.

Member At Large

A Member At Large attends the Board of Director's meetings, provides input, and supports the BOD in performing their assignments such as obtaining sponsorship, promoting the Cat's Hill Criterium, etc.



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Rain enhances the cyclo-cross experience for Darrel Brokeshoulder at CCCP. 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 March 1 and April 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.

BOD Meetings

The Board of Directors' Meetings are usually held on the last Monday of every month. All LGBRC members are welcome.

In March and April, BOD meetings will be combined with Cat's Hill Committee meetings. See the schedule on page 3.

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.

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.

Volvo: Substantial discounts on new cars. www.smythe-volvo.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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