

# The Catalyst

News and information about the  
Los Gatos Bicycle Racing Club

May 2004

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

## Meeting Location Changed

Beginning May 3, the monthly team meetings will be at:

### Round Table Pizza

101 Town and Country Village  
Sunnyvale  
Phone Number: 408-736-2242

## Team Photo at Cat's Hill

The team photo will be taken on May 8, the morning of Cat's Hill Classic, at 7:10am. Wear current team clothing, and cycling shoes.



*Taitt Sato concentrates on the wheel ahead of her in the Wente Vineyard Criterium. Photo by Garrett Lau.*

## Relying on the Kindness of Strangers

by Barry Gordon

Aldene, Anne Kudsi and I rode our usual South San Jose loop on Saturday February 28. I realized that I had a flat in the rear tire after descending Llagas. I stopped and walked across the street to a driveway to replace the tube. Aldene and Anne rode by and I told them that I was fine, I would fix the flat and I would catch up to them. Famous last words. I checked the inside of the tire for nasties, replaced the tube and started to pump. All of a sudden, the 60 mm tube stem fractured! The stem was threaded all the way down to the tube and thus has a stress-concentrating groove. (A smooth stem would not have failed!) Therefore, I was back to repairing the original flat. However, I could not get enough air pressure into the tube to find the leak by the usual methods. I, therefore, carefully stretched the tube centimeter by centimeter until I identified the flaw. I put on an instant patch and thought I was all set. I subsequently tried to pump up the tube and nothing happened!

Fortunately, Aldene and Anne had

noticed that I was missing and they turned around to look for me. I told them that I was "done for the day" and that Aldene should get the van. Anne and Aldene headed back up Llagas and back to the van.

Five minutes later, Jesus drove up. WWJD! What would Jesus drive? Well, Jesus drives a Volkswagen. What else? Actually, due to his poor Aramaic skills I soon realized that this person was not really Jesus, but a person wearing a Jesus T-shirt. Jesus was pictured in the center of a bike wheel on the T-shirt. The guy wearing the shirt was also wearing a Shimano hat! Being a non-believer, I was getting a little nervous and did not know what was going to happen next.

Fortunately, the fellow wearing the shirt was Bill Pranchak a buyer/planner for Fox Racing Shox and a part-time Specialized employee. After chatting awhile, Bill volunteered to drive home to retrieve his floor pump! Bill returned about 15 minutes later and we tried to inflate the tube. Again nothing! However, this

time I found the second penetration. I had a pinch flat and missed the second hole during my first attempt of repair. I fixed the flat, pumped up the tire, thanked Bill and headed back up Llagas to meet Aldene. Unfortunately, I flatted again in the rear just as I reached the bottom of the hill! I waited a little while and Aldene showed up in the van.

There are several "lessons learned" from this experience:

1. Do not use 60 mm stems that are threaded. Use Michelin long-stem tubes.
2. Never say "I'm OK, go ahead, I'll catch up to you" until you know that you are really OK.
3. People wearing Jesus T-shirts may be nice, very helpful people.
4. You can meet the nicest and most thoughtful people (e.g., Bill Pranchak) while riding your bike.

Yes, I sent an e-mail to Bill to thank him again for his help and tell him about my second flat. And, yes, I did ask him about potential sponsorship of the Cat's Hill!

# Race Results

## Orosi Road Race February 28, 2004

Cat 3: Jay Freyensee, 7th

## Central Coast MTB #1 February 29, 2004

Sport Men: Jay Freyensee, 4th

## Central Coast MTB #2 March 14, 2004

Expert Men: Jay Freyensee, 12th

## Central Coast MTB #3 March 28, 2004

Sport Women: Deborah Ellis, 3rd

## Central Coast MTB #4 April 4, 2004

Sport Men 45+: Gary Davis, 20th

## Ward's Ferry Road Race March 27, 2004

Cat 1/2/Pro: Richard Pego, 9th

Women 1/2: Kate Landau, 7th; Taitt Sato, 8th; Jennifer Whatley, 13th

## Tuolumne Township Criterium March 28, 2004

Women 1/2: Taitt Sato, 2nd; Jennifer Whatley, 4th; Martina Patella, 6th; Kate Landau, 7th

## Corporate Center Criterium April 3, 2004

Juniors 16-18: Matt Mosby, 6th

Cat 4/5: Steven Woo, 26th

Cat 3/4: Paul Mircik; Steven Woo

Women 4: Jennifer Van Mucky, 8th

Women M35+: Jamie Fenimore, 9th

Cat 1/2/Pro: Ryan Wong, 15th; Dennis Hopp, 22nd

## Copperopolis Road Race April 10, 2004

Cat 1/2/Pro: Jon Erskine, 20th

Cat 3: John Knotts, 3rd; Jay Freyensee, 16th

Juniors 13-14: Phil Mehlitz, 5th; Daniel Tisdell, 7th

Juniors 10-12: David Tisdell, 6th

Junior Wm 15-18: Dawn Tisdell, 1st

Women 1/2: Beverley Harper, 8th; Kate Landau, 10th; Starr Falk, 15th

## Pomona Valley Stage Race March 18-21, 2004

Jay Freyensee: Stage 2, 18th; Stage 3, 4th

## Sea Otter Pro Stage Race April 15-17, 2004

Elite Women: Beverley Harper; Kate Landau; Martina Patella; Starr Falk

## Sea Otter Road Race April 16, 2004

Senior 2: Richard Pego, 6th; Jon Erskine, 9th; Brian Heneghan, 24th; Kalen Gruber, 29th; Jonathan Sinclair, 30th

Senior 3: John Knotts, 12th

Senior 4: Ronald Lauber, 28th

Senior 5: Eric Davis, 30th; Jun Aishima

M30+ 4/5: Greg Juneau, 30th; Chris Pearson

Junior Men 15-16: James Ryan, 26th

Junior Women 15-16: Dawn Tisdell, 2nd

## Sea Otter Circuit Race April 17, 2004

Senior 2: Carl Hekkert, 11th; Ryan Wong, 24th; Dennis Hopp, 30th

Senior 3: John Knotts, 5th; Jay Freyensee, 16th

Senior 4: Stephen Butler

M50+: David Puglia, 21st

Junior Men 15-16: Ben Barsi-Rhyne, 13th

Junior Women 15-16: Dawn Tisdell, 4th

## Sea Otter Cross Country April 18, 2004

Sport Men 25-29: Jay Freyensee, 6th

Sport Men 50-54: David Puglia, 26th

Expert Men 30-34: Carl Hekkert, 26th

Expert Women 40-49: Deborah Ellis, 7th

## Santa Cruz Criterium April 18, 2004

Cat 1/2/Pro: Jon Erskine, 19th

Cat 3: John Knotts, 13th

Cat 4: Benjamin Dodge, 9th; Eric Bustos, 19th

M35+ 4/5: Eric Bustos, 2nd; Steven Woo, 21st

Cat 3: Joshua Parman, 7th

Women 1/2/3: Martina Patella, 4th;

Taitt Sato, 8th; Jennifer Whatley, 16th

## Wente Vineyards Road Race April 24, 2004

Cat 1/2/Pro: Jon Erskine, 14th

Cat 3: Jay Freyensee, 10th

Cat 4: Steve Holmes, 20th

Cat 5-A: Aaron Hanna, 6th; Jun Aishima, 29th

M35+ 4/5: Eric Bustos, 21st

Women 1/2: Beverley Harper, 13th;

Taitt Sato, 19th; Starr Falk, 21st

Juniors 15-16: Ben Barsi-Rhyne, 5th;

James Ryan, 8th; Dawn Tisdell, 11th;

Daniel Tisdell, 12th

Women 4b: Jennifer Van Muckey, 1st

## Wente Vineyards Criterium April 25, 2004

Cat 1/2/Pro: Jon Erskine, 24th;

Dennis Hopp, 27th; Kalen Gruber;

Brian Heneghan; Richard Pego

Cat 3: Paul Mircik

Cat 4: Steven Woo; Stephen Butler

Cat 5: Jun Aishima, 3rd

M35+ 4/5: Brian Ferrario, 16th;

Steven Woo

Women 1/2: Taitt Sato, 4th; Starr Falk,

14th; Jennifer Whatley, 18th

Women 3: Maria Deason, 26th

Women 4: Jennifer Van Muckey, 11th;

Jamie Fenimore, 21st

Juniors 17-18: Matt Mosby, 4th

Juniors 15-16: James Ryan, 3rd; Ben

Barsi-Rhyne, 4th; Daniel Tisdell, 5th;

Dawn Tisdell, 7th



Martina Patella starts her Prologue TT at Sea Otter. Photo by Joy Shaffer.

Los Gatos Bicycle Racing Club Presents

# The 30<sup>th</sup> Annual Cat's Hill Classic



**Date:** Saturday - May 8, 2004

**Time:** Registration booth opens at 9:00am and closes 15 min. prior to each race.

**Directions:** HWY 17/880 south from San Jose. Take the Los Gatos-Monte Sereno (Hwy 9) Exit. Turn left on N. Santa Cruz Avenue. Go three blocks to Nicholson. Turn right to the start/finish. Public parking is available between Santa Cruz and University Avenues, ½ block to the left. Other parking is available outside of the course.

**Course:** Same course as always. Tait-Bean-Massol-Nicholson/Ellenwood-Belmont-Bachman-Tait, clockwise one-mile loop with the Start/Finish line at Tait and Nicholson. One very steep climb (23%), five 90° right turns and one 90° left turn. Rough pavement! Free lap rule applies; bring your own (strong) wheels.

**Registration:** Registration will be available (via www.catshill.org) on www.active.com. A \$5 fee will be charged after May 1 and on the day of the race. Cat's Hill T-shirts available for \$10 on race day. A current USCF license must be presented at registration (one-day or annual USCF licenses may be purchased at registration). For additional information e-mail catshillclassic@yahoo.com.

**Notes:** § Participation in multiple categories entitles you to a reg. discount of \$10 per additional race.

§ District champion fees will not be waived.

§ This race is held under USCF permit.

**Prizes:** § **1/2/3 Women and Pro/1/2/espoir men prize categories will pay out at 100% cash.**

§ All other races will consist of a combination of 25% cash and prizes.

| Category  | Laps             | Places | Prizes      | Entry | Start Time | Field Limit |
|---|------------------|--------|-------------|-------|------------|-------------|
| Cat 5   | 10               | 3      | Medals      | \$25  | 10:00      | 50          |
| Cat 4   | 12               | 6      | \$200       | \$30  | 10:35      | 100         |
| Junior 10-12/13-14*                                     | 3                | 6      | \$50/\$50   | \$15  | 11:15      | 50          |
| Junior 15-16/17-18*                                     | 8                | 6      | \$100/\$100 | \$15  | 11:30      | 50          |
| Cat 3   | 20               | 6      | \$500       | \$30  | 12:00      | 100         |
| M 35+ 1/2/3   | 15               | 6      | \$400       | \$30  | 1:00       | 100         |
| Women 3/4   | 10               | 6      | \$250       | \$30  | 1:45       | 50          |
| M 35+ 4/5   | 12               | 6      | \$250       | \$30  | 2:20       | 100         |
| Women 1/2/3   | 1 hr + 2 laps    | 6      | \$600       | \$30  | 3:05       | 100         |
| Pro/1/2/espoir  | 1.25 hr + 2 laps | 10     | \$1000      | \$35  | 4:10       | 150         |
| <i>30th Anniversary Celebration and Awards Ceremony</i> |                  |        |             |       | 5:30       |             |

\* Indicates a combined race with fields picked separately and separate prizes for males and females.

\* Cat's Hill 2004 is proud to be a member of the **Lance Armstrong Junior Olympic Race Series**

**VISIT OUR WEBSITE AT WWW.CATSHILL.ORG**



[www.wellsfargo.com](http://www.wellsfargo.com)



<http://www.xenogen.com/>

**Joy Shaffer, M.D.**  
**San Jose**

**Anti-Aging Medicine**  
**JSHAFFERMD@aol.com**



[www.mce.com](http://www.mce.com)



<http://www.hughesdental.com>



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

[www.structint.com](http://www.structint.com)



[www.bayareaprosthodontics.com](http://www.bayareaprosthodontics.com)



[www.structint.com/biogeorge](http://www.structint.com/biogeorge)



**Dr. Hank Tolhurst**  
Cyclists' Chiropractor for 20 years  
408-356-9459

**Smythe Volvo**

[www.smythe-volvo.com](http://www.smythe-volvo.com)



[www.communityhospitallg.com](http://www.communityhospitallg.com)



[www.eastonsports.com](http://www.eastonsports.com)



[www.timbuk2.com](http://www.timbuk2.com)



[www.vomax.com](http://www.vomax.com)



[www.clifbar.com](http://www.clifbar.com)



[www.conrado.com](http://www.conrado.com) • (408) 867-2095

[www.conrado.com](http://www.conrado.com)



[www.aegisbicycles.com](http://www.aegisbicycles.com)



BICYCLES AND COMPONENTS

[www.ritcheylogic.com](http://www.ritcheylogic.com)



[www.rudyprojectusa.com](http://www.rudyprojectusa.com)



Sports Eyewear

[www.in-spex.com](http://www.in-spex.com)



[www.hulanetworks.com](http://www.hulanetworks.com)



[www.amclassic.com](http://www.amclassic.com)



LGBRC's women in the Sea Otter Pro Stage Race warm up together. Left to right: Martina Patella, Beverley Harper, Starr Falk, Kate Landau. Photo by Joy Shaffer.

---

## LGBRC Board of Directors for 2004

**Barry Gordon**  
**President**

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

**Gina Dias**  
**Treasurer**

(408) 369-9049 (hm)  
(650) 462-8100 x221 (wk)  
gdias@nvt.com

**Aldene Gordon**  
**Web Designer**

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

**Jon Erskine**  
**NCNCA Representative**

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

**Sam Marye Lewis**  
**Publicity Coordinator**

(408) 499-3194 (cell)  
sammarye@ix.netcom.com

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

mr\_10am@yahoo.com

**CT McGuinness**  
**Social Officer**

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

**Robbie McGuinness**  
**Secretary**

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

**Christine Rowe**  
**Member at Large**

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

**Scott Barth**  
**Race Director**

(408) 248-8313 (hm)  
scott@scottbarth.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

## Meeting Schedule

The LGBRC team meeting is at **7:00pm** on the first Monday of each month. The next meetings will be May 3 and June 7. New location:

**Round Table Pizza**

101 Town and Country Village  
Sunnyvale  
Phone Number: 408-736-2242.

## BOD Meetings

The Board of Directors' Meetings are usually held on the last Monday of every month. All LGBRC members are welcome. Please contact a BOD member for the time and place of the next meeting.

## Sunday Rides

A social, no-drop ride leaves from the Starbucks in Rancho Shopping Center, Foothill at Springer in Los Altos every Sunday. Route is determined by group consensus prior to departure. Meet at 8:30am. Roll out at 8:45am.

## Ongoing Club Deals

**Steelman Cycles:** Contact Gary Davis, 700cmoffroad@sbc.net.

**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 2004!

**The Los Gatos Bicycle Racing Club**  
**P.O. Box 2842**  
**Saratoga, CA 95070**