

The Catalyst

News and information about the
Los Gatos Bicycle Racing Club

June 2004

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

30th Annual Cat's Hill Criterium Race Report

by Colleen Hayduk
photos by Garrett Lau

I flew out to California, from Kutztown, PA not knowing who I was going to meet or what I would face. Traveling to California for a race is not something I had done before. This was an experience that nothing else could match...I absolutely loved it.

My dad and I had been corresponding with the Ryans concerning our visit. They were very kind and offered to host



us during our visit for the race. We arrived around 8:30 pm on Thursday, May 6 at the Ryans' house. By 8:31 I felt like I belonged. I felt like a member of their household. Barry and Aldene Gordon were wonderful in helping us and encouraging me as a distant member of LGBRC.

I had also been exchanging emails for a couple of months with Dawn Tisdell. She gave me support and told me about the competition. She helped me to understand a lot about the races and training already happening in Cali-



fornia. Our season starts so much later because of our weather.

The morning of Cat's hill everybody lined up for the team photo. Next to me was Jen who turned around and said, "Hi! You must be Colleen. I'm Jen." I was excited by how friendly and supportive all the folks associated with the Los Gatos club were. People who just knew of my name because of the email Mr. Gordon sent to everyone came up to me and said hi and introduced themselves.

On Friday, I went out to check out the course with Jim Ryan. First, we drove it then we rode it.... It definitely looks a lot worse then it really is. The hill was steep and ugly and I was nervous the first time going up. After the first few times practicing the climb, I really began to look forward to race day.

I felt comfortable and confident going into the Junior race because it was only three laps (3 times up the hill.) Dawn was there to help me get set up and feel welcome, introducing me to the rest of the Juniors. Although it was definitely

a challenge, I felt really good each time I climbed the hill in the Junior's race. I ended up winning the girls 13-14 year old category.

A little later I was ready to go and challenge the hill again. I lined up for the start of the Women's 3/4 race. When the announcer said 'go' I found myself struggling this time to get my shoe into my pedal. When I finally did get it in, I struggled to get back on the pack. The race started out fast and I worked hard to catch the pack after the terrible start. Once on the back of the pack, I could only hang on for two or so laps. By the last time I went up that hill (my 13th of the day) I was pretty fried and my legs were about to fall off. Although I was beat, I ended up finishing twenty-fifth out of thirty-six women.

Overall, this was a positive experience and I can't wait to come back to California to see all the Juniors that race track at the Junior Track Nationals being held in Los Angeles in late June. And I am already planning my return for the 31st Cat's Hill Criterium.



Race Results

Cat's Hill Criterium

May 8, 2004

Cat 1/2/Pro: Richard Pego; Carl Hekkert; Brian Heneghan; Jon Erskine; Ryan Wong; Darrell Eng; Kalen Gruber

Women 1/2/3: Sandra Kolb, 6th; Taitt Sato, 11th; Beverley Harper, 20th; Starr Falk, 21st; Jennifer Whatley; Martina Patella; Maria Deason; Kate Landau

Women 3/4: Jennifer Van Muckey, 11th; Dawn Tisdell, 19th; Jamie Fenimore, 24th; Colleen Hayduk, 25th

Junior Boys 10-12: Daniel Tisdell, 1st
David Tisdell, 6th

Junior Boys 13-14: Phil Mehlitz, 3rd

Junior Girls 13-14: Colleen Hayduk, 1st

Junior Boys 15-16: James Ryan, 3rd; Ben Barsi-Rhyne

Junior Girls 15-16: Dawn Tisdell, 1st

Junior Boys 17-18: Matt Mosby, 6th
M35+ 4/5: Greg Juneau, 25th; Steven Woo

Cat 3: John Knotts, 19th; Jay Freyensee; Onedin Giraldo

Cat 4: Stephen Butler; Matt Mosby; Neil Gift; Steve Holmes; Phil Astrachan; Ronald Lauber

Cat 5: Aaron Hanna, 3rd; Joshua Parman, 21st; Jun Aishima, 29th; Jim Honniball; Keith Adams

Santa Nella Road Race

May 1, 2004

Cat 1/2/Pro: Jonathan Sinclair, 14th

Cat 5: Aaron Hanna, 9th

M35+ 4/5: Greg Juneau, 5th; Steven Woo, 13th

Women 1/2: Taitt Sato, 1st

Women 3: Maria Deason, 7th

Lodi Appellation TT

May 1, 2004

Jr 10-12 M: Daniel Tisdell, 2nd; David Tisdell, 5th

Jr 15-16 W: Dawn Tisdell, 2nd

Elite 3: Jay Freyensee, 3rd

Elite 4/5: Neil Gift, 8th

M45+: Willem Voorneveld, 8th

Women 1/2/3: Starr Falk, 4th



Joy Shaffer cruises past the police station in Guadeloupe. Photo courtesy Joy Shaffer.

Berkeley Hills Road Race

May 9, 2004

Elite 1/2/Pro: Jon Erskine, 26th; Richard Pego

Women 1/2/3: Martina Patella, 13th; Kate Landau, 14th

Elite 3: John Knotts, 4th

Juniors 15-16: Collen Hayduk, 3rd; Dawn Tisdell, 4th

California Outdoor Sports

Championships

Supercuts Circuit Race

May 14, 2004

Senior 4: Steve Holmes, 3rd

M35+ 4/5: Eric Bustos, 9th

Elite Women 1/2: Jennifer Whatley, 15th; Martina Patella, 18th

California Outdoor Sports

Championships

Supercuts Criterium

May 16, 2004

Elite Men Pro/1/2: Dennis Hopp

Senior 4/5: Greg Juneau, 14th; Aaron Hanna, 15th

Elite Women 1/2: Martina Patella, 15th; Jennifer Whatley, 18th

Save Mart Criterium

May 22, 2004

Elite 1/2/Pro: Dennis Hopp, 22nd; Ryan Wong, 24th; Richard Pego, 25th; Kalen Gruber 34th

Elite 4/5: Steven Woo

M35+ 1/2/3: Ryan Wong, 4th

M35+ 4/5: Greg Juneau, 4th; Steven Woo, 18th

Juniors 10-12: David Tisdell, 5th

Juniors 13-14: Phil Mehlitz, 5th; Daniel Tisdell, 6th

Juniors 15-16: Dawn Tisdell, 4th

Kern County Women's Stage Race

May 21-23, 2004

Women 1/2: Kate Landau, 9th; Beverley Harper, 10th; Starr Falk, 17th; Taitt Sato, 20th; Jennifer Whatley, 23rd

Women 3: Maria Deason, 17th

NCCA Collegiate National Championships

Madison, Wisconsin

May 21-23, 2004

Martina Patella (UC-Berkeley):
Criterium 3rd; Team Time Trial, 2nd



www.wellsfargo.com



Joy Shaffer, M.D.
San Jose
Anti-Aging Medicine
JSHAFFERMD@aol.com



www.mce.com



<http://www.hughesdental.com>



www.structint.com



www.bayareaprostodontics.com



www.structint.com/biogeorge



Smythe Volvo
www.smythe-volvo.com



www.eastonsports.com



www.timbuk2.com



www.vomax.com



www.clifbar.com



www.conrado.com • (408) 867-2095



www.aegisbicycles.com



BICYCLES AND COMPONENTS

www.ritcheylogic.com



www.rudyprojectusa.com



Sports Eyewear
www.in-spex.com



www.hulanetworks.com



www.athleteoctane.com

LATHAM & WATKINS LLP



www.amclassic.com



The LGBRC team photo was taken at the base of Cat's Hill before the race. Prints of this photo may be ordered from Shutterfly. Follow the link from <http://www.lgbrc.org>. Photo by Jeff Tse.

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

(925) 829-4341 (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 June 7 and July 5. 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@sbcglobal.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