

# The Catalyst

News and information about the  
Los Gatos Bicycle Racing Club

August 2004

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

## The Jon Chronicles: Erskine and Pego at Pescadero and Leesville



*Jon Erskine grunts up the hill at the Watsonville Crit. Photo by Garrett Lau.*

*by Jon Erskine*

### Pescadero Road Race

To get up before dawn to race, it better be epic. Rick Pego and I were the little team that could and made it so by playing a (nearly) perfect poker hand at the Pescadero Coastal Classic on June 26th. I came into this truly special road race extra jazzed because it was my first race with my new Litespeed Vortex! All week in training I kept marveling over it, so even though I didn't have it quite dialed in yet I was ready for some hard miles. And plus it sucks to suck when you're riding such a bling-bling bike.

The race is 104 miles with something like 7500 ft of climbing. Four laps, 28 miles per lap. The course starts in Pescadero, heads north on Stage Rd to San Gregorio (two climbs into the wind and two very twisty descents through blind corners along the way), climbs east up Hwy 84 (big ring city), right over big steep Haskins climb (about 3 miles

long), down a long fast descent like something out of the Tour back towards the coast, then some final twisty flats in the wind back to town.

Just a couple miles in, some hard attacks began and by the second climb on Stage Rd. Roman (one name only please) from McGuire and Andy Jaques-Maynes were off and running. The rest of the lap was pretty mellow since McGuire had about 10 guys and there were not enough Webcors or Sierra Nevadas to organize a chase. By lap two the next biggest team (Club One) organized and started the pack going pretty fast. They had maybe 5 or 6 guys rotating and got some help from a gray/black jersey team I wasn't familiar with. On the second time over the big climb Pego set tempo and got things pretty strung out. Nobody attacked though and it came back together on the long descent. At the bottom of the descent heading into town things were pretty unorganized. Club One seemed frustrated no-

body else was really interested in chasing so the pack all of the sudden just slowed to a crawl. People seemed tired and content to wait for the next time up the climb to go crazy and sort things out for the final lap.

Because they slowed down so much I found myself about 100m off the front just pedaling as normal. Rick came up to me and said, "What are you doing? Are you trying to attack? You know we've got 10 miles of head wind in front of us...." He was smiling, obviously thinking I've lost it. My response was something like, "Uhh sure....attack. Yes, let's do it." And so began one of those attacks that are so irritating...two guys roll off the front without even jumping, and the pack says have fun, see you later. We didn't jump, we just put our heads down and put it into the big coggie and rolled hard. By the time we reached town we couldn't see the pack. I kept looking over my shoulder every 30 secs because I couldn't believe it. The wind was really hard but Steam-engine Rick kept us motoring. By the first climb on Stage the pack was still out of sight but we could see a small chase group. We tempo-ed there for them to catch us and by the second climb on Stage we'd been joined by D'Alusio (Morgan Stanley), my nemesis Kevin Klein (Excel), and Mike Taylor (McGuire). D'Alusio, Rick and I were working really well together, and Klein was off and on. Taylor didn't take a single pull the whole time because he had a team mate up the road and a ton of guys behind us. Although he didn't pull at all I knew that McGuire wouldn't chase until at least lap 4 when by then I'm sure the pack would be shattered, so I was ok with the situation.

Let me just say the next 50 miles were pure hell, but the adrenaline surge of being the fox chased by the hounds is

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awesome. The three of us were fully committed. That panic combined with the thrill of the new bike made me feel like Pantani with a 60% hematocrit level. On lap 4 we got a time split of 4 mins to the 2 leaders (unchanged the whole day - I have no idea how they did that), and 2 mins to 2 guys chasing behind us. I knew Taylor would attack because he was fresh from not having to work, but I was hoping he would wait until the final climb on Haskins. Wrong. He attacked super hard at the base of the 2<sup>nd</sup> climb on Stage Rd. Unfortunately I was taking a pull at the time and had a bad reaction. Klein got on his wheel (the 2<sup>nd</sup> freshest guy) and D'Alusio was gapped too. I caught D'Alusio but he kept surging to shake me. Every time I caught him he surged. Full-on sprinting uphill after 95 miles really hurts. About 100m before the top of the climb D'Alusio finally dropped me. I chased hard on the downhill (taking enormous risks as Paul Sherwin would say) but he had a pretty good gap by Hwy 84.

I rolled hard on 84 but was not making progress. I looked back and saw Rick, pretty dehydrated and hurting, behind me. I waited and we regrouped to chase. No luck but it was a moral boost for both of us to not be that far out alone. At the base of the final climb Rick was in a world of hurt - he really needed water and we were both out by that point. I said Rick, those guys will catch us if we don't jam it to the end. He



*LGBRC's Cat 2 men pose with their Litespeed bikes. Left to right: Dennis Hopp, Richard Pego, John Knotts, Jon Erskine, Ryan Wong, Brian Heneghan. Photo by Garrett Lau*

told me to keep going so I went as hard as I could up the final climb (as hard as I was going I couldn't drop the W123 pack that I caught since they were also finishing up).

In the end it was Roman, J-M, Taylor, Klein, D'Alusio (he caught but couldn't outsprint Klein), then me. Unfortunately 2 guys (another McGuire pro and somebody else) caught Rick on the final climb but he still got 9<sup>th</sup>. We downed about a gallon of water each and crawled back to the car. I was a zombie for the next week.

This was one of my best races ever. Going out into the wind like that was very un-Jonnie like but I'll remember that one as long as I remember racing. I'm also glad I could do it with my teammate Rick. We train together and know our strengths. I'm glad we made it happen.



*Richard Pego leads the pack at the Watsonville Crit. Photo by Garrett Lau.*

## Leesville

Two weeks later Rick Pego and I did a repeat of Pescadero at the Leesville Road race - off the front in a break for 60 miles. As always there were many attacks from the gun on the flats leading out of town. Mike Taylor (McGuire) attacked a couple of miles in and I knew this was a good one. I went with him along with a Club One guy. Rick bridged with Collegiate Champ guy from the Santa Cruz Strawberry team. Now we were flying on the gradual climb up to the big climb.

If you've never done this race it's best known for its crappy roads (Copperopolis style potholes throughout and several miles of dirt roads spread out a couple of hundred meters at a time). We were really committed and I for one was on the rivet (only 55 miles to go!) as we bounced over pothole after pothole. The big climb is about 10 miles into the race and 1500 ft tall over a couple of miles and as usual the weather was getting hot.

We had a pretty good gap at the base of the climb and then Rick took charge. He set a hard pace that shed everyone but me and Taylor by the top. The climb is bumpy and the pace was fast so I had a problem drinking. The descent into the valley is fast and extremely bumpy, and when you get to the bottom you hit the gravel sections. The gravel isn't bad but it takes it out of you because the sections are slightly uphill and you have to ride the big ring because the pace is fast. It's sort of like powder skiing - you

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just have to follow your bike where it goes and not try to force things. We got caught by the guys we dropped on the climbs plus a Village Peddler guy and 3 more Strawberries (including Pat Briggs). Collegiate guy drilled it and dropped us and of course the other Strawberries weren't going to chase. The chase went ok but we were all tired. As a result Dean LaBerge and del Valle from Lombardi's caught us soon along with another Club One guy.

Now we were 12 with maybe half of us chasing. I nailed several pot holes straight on because I didn't see them ("that's why you should ride at the front!"...thanks Pat) and my hands were still sore days later. I would have crashed if I didn't have my hands firmly on the bars, but unfortunately I lost my reserve bottle.

Taylor kept trying to get off but the chase was so-so because the Strawberries and Lombardis weren't working. There are a couple of sharp, short climbs at about 40 miles in but things stayed pretty much together except for Collegiate guy still holding us off. The Club One guys got dropped on the short climbs. I could tell I was dehydrated but there was nothing much I could do until the feed zone.

After the final climb Taylor went again and Briggs went with him (later Briggs said, "I wasn't going to stay in the pack just doodling"...hmmm, maybe you should have taken some pulls guy). I was cramping and wasted and couldn't go but did my best to chase. Unfortunately Lombardi didn't chase until it was too late. They finally did and we had a good tempo, but they were gone. The race finishes with about 5 to 10 miles of dead flat and the finish never seems to come. As expected though the remaining Strawberries attacked again and again on the final straight to the finish about 1 mile out. I was wasted and got dropped but dangled just behind in a world of cramps and hurt. LaBerge won the group sprint. In the end Rick got 9<sup>th</sup>, I got 10<sup>th</sup> (unfortunately T-shirts only go to 6<sup>th</sup>). Another epic day of putting it out there and seeing what happens.

## 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*



*Starr Falk and Taitt Sato lead the chase group at the Watsonville Criterium. Photo by Garrett Lau*

# Timpani Criterium

Sunday, August 1, 2004\*

Santa Clara, CA

Category	Minutes	Places	Prizes	Start Time	Limit	Fee
Juniors 13-15/16-18**	30	3	Medals	8:00am	50	\$10
Senior 5	40	3	Medals	8:35am	50	\$20
Women 3/4***	45	3	\$100/Medals	9:20am	100	\$20
Senior 4	45	6	\$150	10:10am	100	\$20
Senior 3	60	6	\$200	11:00am	100	\$20
Masters 30+ (4/5)	45	6	\$150	12:10pm	100	\$20
Masters 30+ (1/2/3)	55	6	\$200	1:00pm	100	\$20
Women 1/2/3	60	6	\$200	2:00pm	100	\$20
Senior P/1/2	75	8	\$500	3:10pm	120	\$20

**Notes:** \* Pending City permit approval \*\* Fields raced together, picked separately. \*\*\* Staggered start, picked separately

**Course:** Four-corners and flat on good, clean pavement. Start/finish on Betsy Ross Drive - Bunker Hill Lane - Patrick Henry Drive - Old Mountain View-Alviso Road. 0.9 miles per lap. Free lap rule applies; no neutral support.

**Rules/Prizes:** USAC rules in effect. Valid USCF license required. One-day license may be purchased for category 5 men or category 4 women only. Entry includes USAC and NCNCA insurance and surcharges. Prizes will be at least 50% cash. Prizes may be offered in addition to prize list.

**Directions:** From 237, take Great America Parkway south and turn right on Bunker Hill Lane. From 101, take Great America Parkway north and turn left on Bunker Hill Lane. Street parking or look for lot parking instructions.

**Registration:** Pre-register by July 23<sup>rd</sup> to avoid \$5 late fee. Online registration available at [www.active.com](http://www.active.com) or by sending a 2004 USA Cycling release and check payable to LGBRC to: Timpani Criterium, 4052 Canon Ave., Oakland, CA 94602. Same day registration opens at 7:00 am and closes 10 minutes prior to beginning of each race. No refunds. Each additional race only \$5.

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For event information call (510) 531-7371 or e-mail [info@timpanicrit.org](mailto:info@timpanicrit.org)

# Race Results

## Dunlap Memorial Time Trial & Junior District Championship June 19, 2004

**Jr Men 10-12:** Joel Shaffer, 1st  
**Jr Men 13-14:** Phil Mehlitz, 5th  
**Jr Women 10-12:** Claire Sprock, 5th  
**Jr Men 15-16:** Ben Barsi-Rhyne, 4th  
**Jr Men 17-18:** Steve McFarland, 7th  
**Elite 4:** Neil Gift, 15th; Steven Woo, 16th  
**Master 45+:** Willem Voorneveld, 9th  
**Tandem:** Vance Sprock & Wayne Puckett, 1st; Mike Jessen & Liz Jessen, 2nd

## Elkhorn Classic Baker City, Oregon June 25-27, 2004

**Cat 3:** Jay Freyensee: Stage 1, 7th; Stage 2, 11th; Stage 3, 28th

## Pescadero Coastal Classic June 26, 2004

**Men Pro/1/2:** Jon Erskine, 6th; Richard Pego, 9th  
**Women Pro/1/2:** Beverley Harper, 8th; Taitt Sato, 10th; Jen Whatley, 14th; Martina Patella  
**M35+ 4/5:** Eric Bustos, 11th; Mark Kurashige  
**Elite 3:** John Sevic; Willem Voorneveld  
**Elite 4:** Phil Astrachan, 9th; Neil Gift  
**Elite 5:** Eric Davis, 14th  
**M45+:** David Puglia  
**Women 4:** Jennifer Van Muckey  
**Jr Men 15-16:** Ben Barsi-Rhyne, 2nd  
**Jr Women 15-18:** Dawn Tisdell, 1st  
**Jr Men 13-14:** Phil Mehlitz, 4th; Daniel Tisdell, 7th; Joel Shaffer, 9th

## Burlingame Criterium June 27, 2004

**Men Pro/1/2:** Dennis Hopp, 18th; Ryan Wong, 23rd; Kalen Gruber  
**Cat 3:** John Knotts, 13th; Onedin Giraldo, 15th; John Sevic  
**Cat 4/5:** Brian Ferrario, 22nd; Ben Dodge; Steven Woo; Keith Adams; Stephen Butler  
**M30+ 4/5:** Philip Astrachan, 20th; Chris Pearson, 29th; Jun Aishima; Steven Woo; Abe Gore; Garrett Lau  
**Women 1/2/3:** Martina Patella, 5th; Taitt Sato, 10th; Kate Landau, 14th; Jen Whatley, 18th; Dawn Tisdell  
**Women 4:** Jamie Fenimore  
**Kids:** David Tisdell; Daniel Tisdell; Canaan Linder

## USCF Junior National Track Champi-

## onships June 30 - July 3, 2004

**Women 13-14:** Colleen Hayduk, 1st (500m TT, 1st; 2 km Scratch Race, 1st; 5 km Points Race, 1st; 5 km Scratch Race, 2nd)  
**Men 15-16:** Jim Ryan (5 km Scratch Race, 12th; 500m TT, 18th)  
**Men 17-18 1km TT:** Matt Mosby (1 km TT, 16th; Points Race, 7th; Sprint, 7th; 10km Scratch Race, 11th)

## Earthbound Farm (Organic) Classic July 2, 2004

**Elite Women:** Amanda Aaronson, 1st  
**M35+:** Vance Sprock, 2nd; Steven Woo  
**District Madison Championship:** Vance Sprock & Steven Woo

## Fourth of July Criterium July 4, 2004

**Pro/1/2:** John Knotts, 29th; Ryan Wong; Dennis Hopp  
**Elite Women 1/2/3:** Martina Patella, 2nd; Taitt Sato, 11th; Kate Landau, 22nd  
**Women 3/4:** Jamie Fenimore, 10th  
**Elite Men 3:** Paul Mircik  
**Elite Men 4:** Ben Dodge, 2nd; Steven Woo; Phil Astrachan; Neil Gift  
**M35+ 3/4/5:** Steven Woo  
**Jr Girls 15-16:** Dawn Tisdell, 1st  
**Jr Boys 10-12:** Daniel Tisdell, 1st; David Tisdell, 9th; Canaan Linder, 11th  
**Jr Boys 13-14:** Phil Mehlitz, 3rd

## Cascade Classic Bend Oregon July 7-11, 2004

**Elite Women:** Kate Landau, 26th; Martina Patella; Jen Whatley; Beverley Harper

## Burbank Memorial Omnium July 9, 2004

**M35+:** Vance Sprock, 4th; Steven Woo

## Leesville Gap Road Race July 10, 2004

**Elite 1/2:** Richard Pego, 9th; Jon Erskine, 10th  
**Elite Women 1/2/3:** Taitt Sato, 7th; Starr Falk, 8th

## Albany Criterium July 11, 2004

**Elite 3:** Onedin Giraldo, 8th  
**Elite 4/5:** Chris Pearson, 18th; Ben Dodge, 20th; Stephen Butler, 24th; Steven Woo  
**Jr Boys 15-16:** Ben Barsi-Rhyne, 6th  
**Jr Girls 15-16:** Dawn Tisdell, 2nd  
**Jr Boys 13-14:** Daniel Tisdell, 5th  
**Women 40+:** Jamie Fenimore, 1st

**Elite Women 1/2:** Taitt Sato, 4th  
**Elite Women 3:** Dawn Tisdell, 10th; Maria Deason, 15th

## Friday Night Breaking Away Series July 16, 2004

**Elite 3:** Vance Sprock, 3rd; Jim Ryan, 6th; Steven Woo, 8th

## Livermore Hills Road Race NCNCA Women Cat 4 and Junior Road Race Championships July 17, 2004

**Women 4:** Jennifer Van Muckey, 4th  
**Jr Boys 10-12:** Daniel Tisdell, 2nd; David Tisdell, 8th; Canaan Linder, 10th  
**Jr Boys 13-14:** Phil Mehlitz, 4th  
**Jr Boys 15-16:** Ben Barsi-Rhyne, 6th  
**Jr Girls 15-16:** Dawn Tisdell, 2nd

## Watsonville Criterium July 17, 2004

**Cat 1/2/Pro:** Brian Heneghan, 5th; John Knotts, 6th; Richard Pego, 9th; Ryan Wong, 17th; Jon Erskine, 20th; Dennis Hopp, 21st  
**Cat 3:** Paul Mircik, 26th  
**Cat 4:** Aaron Hanna, 8th; Chris Pearson, 13th; Stephen Butler, 19th; Garrett Lau  
**Women:** Taitt Sato, 9th; Starr Falk, 10th; Maria Deason, 19th; Jamie Fenimore

## International Cycling Classic (Superweek) Milwaukee, Wisconsin July 10-18, 2004

**Point Beer MGA Proving Grounds Road Race:** Martina Patella, 31st  
**Shorewood Criterium:** Martina Patella, 13th  
**Sportsbook.com Brewers Hill Criterium:** Martina Patella, 15th  
**Overall:** Martina Patella, 37th

## Minden Criterium

**NCNCA Masters Criterium Championships  
July 24, 2004**  
**Men 30-34:** Brian Heneghan, 2nd; Jon Erskine, 6th; Ryan Wong, 12th; Paul Mircik, 18th; Richard Pego, 19th  
**Women 30-34:** Taitt Sato, 2nd

## Diamond Valley Road Race NCNCA Masters Road Race Championships July 25, 2004

**Women 30+:** Taitt Sato, 1st  
**Men 30+:** Jon Erskine, 6th; Brian Heneghan, 12th; Richard Pego, 16th; Dennis Hopp, 18th; Kalen Gruber, 19th; Carl Hekkert, 20th  
**Men 35+:** Phil Astrachan, 19th



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**LATHAM & WATKINS LLP**

**District Track Championships  
July 23-25, 2004**

**Senior Men Points Race:** Jim Ryan  
**Team Sprint, Senior Men:** Julie Adams, Jim Ryan, Alden Tanaka, 6th  
**Team Sprint, M135+:** Peter Tapscott, Vance Sprock, Allan Armstrong, 4th  
**Kilometer TT, Master Men 35-39:** Brian Ferrario, 4th  
**Kilometer TT, Master Men 40-44:** Garrett Lau, 6th  
**Kilometer TT, Master Men 45-49:** Vance Sprock, 3rd  
**Pursuit, Master Men 35-39:** Brian Ferrario, 3rd  
**Pursuit, Master Men 45-49:** Vance Sprock, 2nd  
**Points Race, Master Men 35-39:** Steven Woo, 3rd  
**Points Race, Master Men 45-49:** Vance Sprock, 2nd  
**Match Sprint, Master Men 35-39:** Steven Woo, 2nd  
**Match Sprint, Master Men 40-44:** Garrett Lau, 3rd  
**Team Pursuit, Master Men 45+:** Peter Tapscott, Mark Rodamaker, Mark Altamirano, Vance Sprock, 1st



*Vance Sprock, proprietor of Cupertino Bike Shop, rides his pursuit bike in a bronze medal performance in the Kilometer Time Trial. Photo by Garrett Lau.*

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**LGBRC Board of Directors for 2004**

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**Meeting Schedule**

The LGBRC team meeting is at **7:00pm** on the first Monday of each month, except on holidays. The next meetings will be August 2 and September 13. 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.

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**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

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**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**