

# The Catalyst

News and information about the  
Los Gatos Bicycle Racing Club

November-December 2004

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

## 48<sup>th</sup> Annual Children's Christmas and Holidays Parade

by Barry Gordon

The LGBRC will be again participating in the Los Gatos 48<sup>th</sup> Annual Children's Christmas and Holidays Parade on December 4, 2004. We will meet in our designated space (to be determined and e-mailed to you) in the parade staging area. The spaces are numbered and are somewhat sequential. Although the parade begins "promptly" at 11:00 AM and we theoretically have to be in our place by 9:00 AM, plan to arrive about 11:00 am in the parade staging area with bicycles and selves decorated in holiday fashion, wearing the current LGBRC clothing! When our turn to parade finally arrives we will walk and/or ride up the street behind our LGBRC banner. The parade ends on Main Street near the Toll Gate apartments.

After the parade, at approximately 1:00 PM, LGBRC holiday parade participants are welcome to enjoy free pizza party at Tomato Thyme (new name, same place as last year) located at 15525 Los Gatos Boulevard, Los Gatos, 408-358-3686.

## Off Season Preparation – Beginning Base Training For Next Year

by Matt McNamara

Another season is in the books. All those training miles, sunny days, and races that have made their way into your memories. Yet, if you are like most competitive cyclists you are already looking forward to next year and planning how to make it more successful. Before you jump back into riding 5 or 6 days a week you will want to take the time to both recover from and review this years racing as well as prepare your body for the arduous work to come. In this ar-

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John Knotts rides up the final climb of the weekend. Photo by Julianna Graff.

## In the Big Mountains: Everest Challenge

by John Knotts  
October 2, 2004

Last weekend (Sept. 25-26) one of my best friends from PA, Fatty McFat (aka Ryan Graff) and his wife made the big flight out for the 2004 Everest Challenge. He also dragged his sister and brother-in-law over from the bay area to Bishop, CA and the high Sierra's for the event. I must thank the four of them and my wonderful wife Mandy for their fantastic support. It was completely invaluable. I would not have finished without you guys! Thank you!

The Everest Challenge is touted as being the hardest two-day race in the U.S. Living up to it's name, riders climb the height of Mt. Everest over two days and 200 miles. For more information and detailed explanations of the route, visit the website at [www.everestchallenge.com](http://www.everestchallenge.com).

Day One:

My big excuse and the biggest factor affecting my race today, was that after having a cold all week, my legs

were pretty empty. I was feeling better, but my legs were still crap. And for some reason whenever I'm not quite up to par I feel the need to attack. I tried to hold back, but couldn't resist. So only a couple miles into the first climb (a 22 mile monster up to 10,250ft.) I found myself riding a tempo off the front into a headwind with two guys on my wheel. Thankfully though, I was incredibly weak so we were caught pretty quickly and I resigned myself to sitting in and doing the best I could to finish the day. Lesson is: if you ever see me doing some incredibly stupid attack (like this one 5 miles into a 126 mile stage with over 15,000ft. of climbing!) chances are I already feel like crap and I'm just attacking to get it over with.

Anyway, like I said, after that I was pretty much resigned to just doing what I could to finish the day. I rode as conservatively as I could over the rest of the first climb and then the same over the second climb (8 miles up to 7,420ft.) before coming into the start of the last

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## Everest Challenge

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climb: 20 miles up to 9,835ft. with pitches at the top at 17.5%! It was insane. Pretty much physically the hardest thing I've ever done in my life. With empty legs, I pretty much just dragged my weak carcass to the top. I didn't really think I was going to make it. I just kept convincing myself to keep turning the pedals over. With the steepest pitches at the top, it was really, really hard. The altitude was definitely a bear too. My theory was to pedal as softly as I could and breath as hard as I could. I'm normally a pretty positive person, but there were points that I actually thought, "I physically cannot do this." I was going so slow I could read the inscription on my front hub as it turned over each time and I was getting passed by everybody... literally! Old women, children, guys over 250 lbs... there was no discrimination over who could pass me. In my head I was no longer in the Pro/1/2 category; we were all in the same category, the group of people that just wanted to get to the finish! Thankfully at the same time that things got really, really hard, I remembered that there were burritos at the top! I also realized that that was the closest point with food. I must confess, that thought is all that really got me to the top. I was the last Pro/1/2 finisher in 16<sup>th</sup> spot.

When I got there I pretty much had a hard time doing anything. Thankfully Fatty had gotten there some 15 minutes earlier and was able to guide me towards food! Big, big props to the race promoter and volunteers, for the excellent support! It was a totally bike racer's food haven at 10,000 ft! After stuffing my face and bundling up in our jackets, Fatty and I managed to swing a leg back over our bikes and coast back down the mountain at 60 mph or something insane like that! I was totally shivering until we were able to get low enough that the temp warmed back up.

### Day Two:

Again much thanks to Fatty and our little support team for helping me get past those nasty, "I don't want to ever touch my bike again!" thoughts last night. Again not normally me, but after

such a hard day it was really tough to imagine getting up and doing it again. Thankfully though I was quite sore I noticed I felt a bit better at our 4:45am Denny's breakfast. It's like each day I got away from that cold, the better I felt, so today was one more step back towards normal. After eating everything my stomach would let me, we proceeded down the road to Big Pine for the start of day two.

Thankfully the second day was quite a bit easier, only 86 miles and some 13,000+ ft. of climbing. After a 40F start things warmed up quickly and we were all back in business. No more stupid attacks for me as I settled into a nice rhythm with a small group that rolled together over the first two climbs (9 miles up to 7,800 ft. and 8.5 miles up to 6,538 ft.) to the base of the last climb. My legs weren't great, but I felt like I could actually ride which was nice! And it was great to be in a small group on the descents. The big boys like Greg Drake, Elite National Champion Chris Walker and Drew Miller were all long gone for the day again, but I felt like I was at least close to where I was supposed to be. The final climb was another 20 mile beast up White Mountain. It finished at 10,100 ft and the Ancient Bristlecone Pine Forest (the oldest living things on the planet)! It was an absolutely beautiful climb with incredible views of the Owens Valley below and Mt. Whitney and the rest of the Sierra's across the valley. Again the final 5km were the most brutal of the entire climb. At one point I thought I was almost done and I saw

the "Elevation: 9,000 ft" sign. Crap! Another 1,100 ft of climbing! You would not believe how far 5k... 3k... and even 1k can seemingly take! But alas it was almost done and I rolled across the line fairly coherent (for a change!) in 8<sup>th</sup> place for the day.

### Summary:

It was brutal. Yet somehow it was also very satisfying. I think because it was a definite confidence booster to know that I could complete something of this stature. If you're interested, I highly recommend this race to push your limits a bit. It'll definite take your view of a "climb" to a different level! Also the support they have is absolutely amazing. They are super friendly at all the feed zones/rest stops and have just about anything you could need at the finish each day. Granted you have to be prepared for anything at 10,000ft., especially when dealing with ultra-fatigued riders, but the race support was definitely above and beyond my expectations! My thanks goes out to them. For more details check out the website: [www.everestchallenge.com](http://www.everestchallenge.com). Results are posted too: [www.everestchallenge.com/EC04results](http://www.everestchallenge.com/EC04results).

One last side note: Fatty can no longer be known as "Fatty". He shall be called "Ettaf", because not only was he "Evil Fatty" kicking my butt on Saturday, but he also is the complete opposite of fat as he officially has the lowest body fat percentage of anyone I know right now. So let it be written.



*Fatty and John feast after 126 miles and over 15,000 feet of climbing on day one. Photo by Julianna Graff.*

# Los Gatos Bicycle Racing Club, Inc.

c/o Barry Gordon, 16230 W. Ellenwood Ave., Monte Sereno, CA 95030-5212  
408-395-6611

## 2005 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. 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 12/31/05 _____	Sex _____
Address _____		Phone (home) _____	Phone (work) _____
_____			
City _____	State _____	Zip _____	E-mail _____
USCF/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 <b>Cat's Hill Criterium</b> (May 7, 2005) _____ yes _____ no _____ (Initial)			
I will help plan and /or work the <b>Timpani Criterium</b> (August 7, 2005) _____ 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 *Catalyst* 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
2005 renewal membership (\$45 - Basic) OR with jersey (\$90 includes tax - <b>only if sent by 12/31/04</b> )	
<b>Note: LGBRC 2004 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 in addition to the \$45 membership fee)	
2006 new membership after 9/1/05, 16-month membership for the price of 12 months (\$45)	
2006 new membership after 9/1/05, 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:   Unisex   Female   and size:   XXS   XS   S   M   L   XL   XXL   **3**

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.

## Base Training

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ticle I'd like to give you a few steps to take to insure that you will be maximally prepared for next year.

1. **REST!** Kickback, take it easy, eat ice cream! OK, maybe not that easy. While the off season is a time to reset your batteries and revive the neurological, psychological, and physiological systems that have been gradually worn down over the past months, it is not a time to sit around and flex your fingers on the remote exclusively. Instead, cut your riding to 2 or 3 days of fun rides at varying intensity. Get together with teammates and your riding buddies for some of your favorite fall classics. Meet up with the Sunday ride again. Do an organized century or metric century with friends & family. Just ride for fun (I don't even advocate a HR monitor as long as you are diligent about riding under your LT). To be sure you'll want to do some easy rides, but it's also beneficial to ride semi-hard one day a week. Think of all the time you spent developing your power and lactic acid tolerance. Does it make sense to completely throw away all that work? Keep the hard riding relatively short (~1 hour for Cats 4 -5, and ~2 hrs for Cats 1 - 3). In no time you'll feel refreshed and ready to focus on your cycling.

2. **REVIEW!** Go back over your season. Take 20 - 30 minutes to review your training and race logs for the year. Look back at your base period. Was it long enough to keep you in good standing for an entire season or did you peak and crash? Did you do any specialized training to improve your weaknesses this year? Did you ride "hard" more than three days each week? When were you riding your best? Take special note of your training regime in the 3 - 6 weeks before you started feeling great. What about your race results? Did you hit your season goals? What tactics were particularly successful? What tactics didn't work very well? In short, create a 1 - 2 page "whitepaper" of your season from all perspectives. This will be a very valuable document as you begin to plan 2005.

3. **RESTART.** After a few weeks off you'll begin to feel the tug of formal

training pulling you towards 2005. Start slowly! Give yourself about 2 weeks of transition time to get ready for more structured training. If you are going to be lifting weights this is a good time to do some very lightweight, high repetition sets that will develop the connective tissue and tendons and ligaments. Take a few minutes after each workout to do a full body stretch. Developing your flexibility will dramatically improve your performance next year (you may even be ready for that radical TT position you've seen the pros use!). With riding you'll want to get back into those base rides that establish a full cardiovascular base for next year. Work on pedaling efficiency, re-establishing a good spin, and pedaling circles.

On the planning side you'll want to begin planning your 2005 race calendar. Start with a list of 3 - 4 most important ("A") races. These are the focal points of your season and should be either within a few weeks of each other (Pescadero, 4<sup>th</sup> of July Crit) or at least 6 weeks apart (Cats Hill - Masters National Championships). Next you'll want to prioritize your B and C level races throughout your planned season. Remember B races can still be important events, just not your top priority. Any C races should be considered tertiary to your season goals, but good learning and tactical opportunities nonetheless. To get a quick overview of your training in preparation for these events simply count backwards from the first "A" race approximately 22 - 24 weeks and that will be the start date for your 2005 training program. Feel free to contact me if you'd like to discuss your program or sign up for coaching

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## Race Results

### San Ardo Road Race

**September 4, 2004**

**Cat 1/2/Pro:** John Knotts, 25th

**Elite 3:** Onedin Giraldo, 9th

**Women 1/2/3:** Taitt Sato, 9th

**Women 4:** Jennifer Van Muckey, 7th; Jamie Fenimore, 18th; Dawn Tisdell, 22nd

**Jr 9-10:** David Tisdell, 1st

**Jr 11-12:** Daniel Tisdell, 1st

### Mt. Tamalpais Hill Climb

**September 18, 2004**

**Elite 3:** Willem Voorneveld, 24th

**Jr 15-16:** Phil Mehlitz, 2nd; Daniel Tisdell, 6th

**M35+ 4/5:** Phil Astrachan, 7th

**Women 3/4:** Jennifer Van Muckey, 9th

### Presidio Criterium

**September 19, 2004**

**Elite 4/5:** Aaron Hanna, 5th; Phil Astrachan, 10th

**Elite 3:** Willem Voorneveld, 11th

### Sacramento Cyclocross #1

**September 18, 2004**

**M35+ A:** Randy Denton, 9th; Eric Bustos, 13th

**Men B:** Darrel Brokeshoulder, 18th; Mark Kurashige, 28th; Gary Davis, 26th

**Men C:** John Kretschmann, 4th

### East Bay Cyclocross #1

**September 19, 2004**

**Cat C:** Steve Woo, 5th

**M35+:** Randy Denton, 10th; Eric Bustos, 11th; Darrel Brokeshoulder, 18th; Steve Stewart, 21st; Mark Kurashige, 25th; Gary Davis, 26th

### Portland International Raceway

#### Cycling Series

**September 21, 2004**

**Cat 1/2/3:** Jay Freyensee

### Candlestick Point Cyclocross #1

**September 26, 2004**

**M35+ B:** Mark Kurashige, 8th; Steven Woo, 21st

**M45+ B:** Gary Davis, 2nd

**M35+ A:** Eric Bustos, 20th; Darrel Brokeshoulder

**M45+ A:** Randy Denton, 9th

### Documentum/Kenda Criterium

**September 26, 2004**

**Elite 4/5:** Aaron Hanna, 13th; Stephen Butler, 22nd

**Elite 3:** Willem Voorneveld, 17th

**Women 4:** Jennifer Van Muckey, 9th

**Women 1/2:** Taitt Sato, 1st

### Everest Challenge

**September 25- 26, 2004**

**Pro/1/2:** John Knotts, 10th



[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)



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**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)



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



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

**LATHAM & WATKINS LLP**

## More Race Results

**Portland International Raceway  
Cycling Series  
September 28, 2004  
Cat 1/2/3:** Jay Freyensee, 4th

**Central Coast Cyclocross #1  
October 3, 2004  
M45+ B:** Gary Davis, 5th  
**M35+ B:** Steven Woo, 21st

**Central Coast Cyclocross #2  
October 17, 2004  
M45+ B:** Gary Davis, 8th  
**M35+ B:** Steven Woo, 18th

**Candlestick Point Cyclocross #2  
October 24, 2004  
M35+ B:** Steven Woo, 19th  
**M45+ B:** Gary Davis, 8th  
**M35+ A:** Eric Bustos, 15th; Darrel Brokeshoulder; Steve Stewart



*Eric Bustos hurdles the Clif Bar barriers in Bay Area Super Prestige Cyclocross Race #2 at Candlestick Point. More cyclocross photos are at [www.lgbrc.org](http://www.lgbrc.org). Photo by Garrett Lau.*

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## LGBRC Board of Directors for 2004

**Barry Gordon  
President**  
(408) 395-6611 (hm)  
(408) 978-8200 (wk)  
BGordon@structint.com

**Gina Dias  
Treasurer**  
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**Garrett Lau  
Newsletter Editor**  
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(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 November 1 and December 6. 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.

During the winter, the Sunday rides will start at 9:30am. The winter ride time is effective from December 26 through March 20.

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

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## Newsletter Input

Please send pictures and articles to [garrett\\_lau@yahoo.com](mailto: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**