

# The Catalyst

News and information about the  
Los Gatos Bicycle Racing Club

March 2005

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

## LGBRC Women Shine in 2005 Debut

by *Taitt Sato*

The Los Gatos racer gals are pleased to report that we survived our first team race of the year at the Cherry Pie crit in Napa. For what might be the last running of what is one of my favorite races (redevelopment rumors abound regarding that business park), we had perfect weather, no crashes and a good chance to check out our competition. We also had a LGBRChicks photo shoot, cash winnings to split and a cherry pie to gift to our faithful photographer Garrett. This was a good day!

Despite the low-key nature of this race, we had plenty of support (thanks to Jen and Martina), so we decided to wear radios. That left Starr, Natalie, JV (Jen Van Muckey) and me (Taitt) to line up among the open category women's field of about 60 riders.

It was an uneventful downhill start but those potholes haven't gotten any smoother since last year. On the first lap I found myself near the front of the pack and then realized that's not where I wanted to be. So I drifted to the back

to look at the field. Jen and Martina gave us great radio advice to let us know who was or wasn't in the field and what was really going on at the front. Which was excellent because I was distracted by being among so many riders for the first time in a while.

There were 2 primes which we mostly let go except to watch for counter-attacks. Despite a couple of half-hearted efforts from other teams, unlike last year where a break managed to stay away, the finish this year came down to a bunch sprint. JV and Natalie had done a ton of work to keep things together, so I was ready and rested enough to get in there but Starr busted out of the last turn with an impressive uphill dash to the line. Good thing she was on top of it since I found myself starting from too far back and having to weave in and out of blown riders. Starr's second place and my fourth place meant all of us wound up "in the money" after making a nice statement about our fitness and teamwork this early in the season. Super work gals!



*Starr Falk earns a cherry pie with a second place finish. Photo by Garrett Lau.*

### Race Results

#### Cherry Pie Criterium

**February 6, 2005**

**Women 1/2/3:** Starr Falk, 2nd; Taitt Sato, 4th; Natalie Mik; Jennifer Van Muckey, 20th

**Pro/1/2:** John Knotts, 9th; Ryan Wong; Dennis Hopp

**Jr 15-16:** Ben Barsi-Rhyne, 3rd

**Jr 17-18:** Matt Mosby, 5th; Jim Ryan, 8th

**Cat 4:** Aaron Hanna, 6th

**Cat 3:** Greg Juneau

#### Early Bird Criterium #5

**January 23, 2005**

**Cat 4:** Aaron Hanna, 13th; Matt Mosby; Stephen Butler; Rob Jensen, Jim Ryan

**M35+ 5:** Rob Jensen, 10th

**Women 1/2/3:** Jennifer Van Muckey, 1st

**Junior Boys:** Daniel Tisdell, 2nd; Alex de la Cruz, 11th; Canaan Linder, 12th; David Tisdell, 13th

#### Early Bird Road Race

**January 22, 2005**

**Cat 4:** Aaron Hanna, 18th

**Women 1/2:** Starr Falk, 1st

**Women 3:** Jennifer Van Muckey, 3rd; Maria Deason, 4th



*Jennifer Van Muckey sets the pace on the hill, followed by Natalie Mik. Photo by Garrett Lau.*

# Brian Heneghan's Season Begins at Fresno-Area Races

by Brian Heneghan

**Race: Orosi R.R. - Pro/1/2**

**Teammates: Ryan Wong and Brian Heneghan**

**Field: ~30**

**Place: DNF**

This race was kind of ironic since it has 2000 feet of climbing per lap with 3 laps over 88 miles and was represented by someone that is not a climber (myself) and a sprinter (Ryan). Anyway, 4:20 AM I arrived at Ryan's house and we were on our way to make the 8:00 AM road race start.

We got there with a whopping 15 minutes to get out numbers and warm up.

Our goal for this race was mostly training but I really wanted to make at least one lap. Ha Ha.

**The course:** After a several mile promenade this race starts with a gradual uphill that kicks up right after the feed zone to a 4 to 5 mile stair stepping climb. The rest of the lap is various climbs and descents ending with a very steep descent back to the valley and a 2 mile flat to the finish line.

**The race:** This race started peacefully that turned into a Pro/1/2 climbers pace. 18 mph through the feed zone. 16 mph on the climb.

About 1/2 way up the main climb Ryan popped and shortly after that I popped. Oh well my goal didn't happen so now it was training. Most of the first lap was cloudy but dry. I am not sure on when the rain started but all I knew was that I was wet. On the second lap I was really wet and noticed that I was getting cold. It seemed like the temperature dropped about 10 degrees. The next thing I know everything on my body was really cold and I was miserable but managing to deal with my situation. On the other hand Ryan was not doing so well since he decided to leave his vest in the car. It came to the point where we didn't want to ride over 15 mph because the wind made us too cold. We decided to pass on the 3rd lap and call it a day. Luckily the ride back to the car was dry. Food, shower and nap felt really good.

**Race: Hanford Crit. - Masters 1/2/3**

**Teammates: Dennis Hopp, John Sevic, Ryan Wong and Brian Heneghan**

**Field: ~35**

**Place: Ryan Wong 4th with a prime**

Forecast was rain but the sun was out and the course was dry for our race. It has been almost 7 months since I have last raced so I was really feeling the road race in my legs. I tried a couple of attacks but I had no acceleration. This was evident when I was the lead-out for Ryan on a prime lap and I couldn't pass anyone. Ryan was yelling at me to make a move but unknowing to him I was trying as hard as I could.

Anyway, all of us tried making a move during the race with nothing sticking. It seemed like the Action Sports team didn't want to try even though they had 9 or 10 riders. They would get people in a break and then I would watch them sit up. Questionable tactics and or motivation.



*Brian Heneghan climbs comfortably in the 2004 Cat's Hill Criterium. Photo by Garrett Lau.*

In the end we did a good job finding each other and getting a train together for the last lap. I took the lead and motored up the outside.

I put my guard down, took my hands off the brakes and motored to the front. The problem was that I flew to the front while John had a little problem dealing with the Southern California crit scum and got gapped from me. I found myself in second place behind a guy that was taking the last lap as hard as he could. Perfect. He got me to the back stretch where he pulled off. I put my head down and kept the pace well over 30 mph for most of the back stretch. When I pulled off I looked back and saw most of the field single file. Pretty cool I told myself, however there were no Los Gatos jerseys on my wheel. In the end everything worked out because the front of the pack slowed which gave Ryan the chance to move to the front and manage 4th for the finish.

Somewhere during the race he also managed a \$50 prime. All in all it was an O.K. day for early season racing.

## 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 7. 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.



*Jay Freyensee rides the TT in the 2004 Elkhorn Classic Stage Race. Photo courtesy Jay Freyensee.*

### More Race Results

#### **Jack Frost 20K ITT Vancouver, WA**

**Cat 3:** Jay Freyensee, 2nd

#### **Cherry Pie Road Race Harrisburg, OR**

**Cat 1/2:** Jay Freyensee, 15th

#### **Pinole TTT**

**February 20, 2005**

**Women 1/2:** Starr Falk & Jennifer Van Muckey, 3rd

#### **Mt. San Bruno Hillclimb January 1, 2005**

**Women 1/2/3:** Dawn Tisdell, 4th

**Women 4:** Gina Dias, 6th

**Juniors:** Daniel Tisdell, 4th; David Tisdell, 7th; Canaan Linder, 9th

### Cat's Hill Planning Meetings

The Testarossa Vineyards Cat's Hill Classic will take place on Saturday, May 7, 2005. The Cat's Hill Committee has been meeting regularly to plan this important event. All members are welcome to attend the planning meetings. Meetings are scheduled for 7:00pm on the following dates: February 28th, March 7th (combined with club meeting), March 21st, April 4th (combined with club meeting), April 18th, April 25th, May 2nd (combined with club meeting). You may call 408-395-6611 for more information.

### Spring Rides Start at 8:30am

During the winter, the Sunday club rides have been starting at 9:30am. The starting time will revert to 8:30am on the first day of spring, March 20. Meet at Starbucks in Rancho Shopping Center, Foothill at Springer in Los Altos.

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LGBRC women at the Cherry Pie Criterium: Jennifer Van Muckey, Starr Falk, Jen Whatley, Taitt Sato, Natalie Mik, Martina Patella. Photo by Garrett Lau.

## LGBRC Board of Directors for 2004-2005

**Barry Gordon**  
**President**

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**Newsletter Editor**

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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 7 and April 4. 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 13.

## 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 2005!

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