

The Catalyst

News and information about the
Los Gatos Bicycle Racing Club

April 2005

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

Ironman New Zealand Race Report

by Darrell Eng

Arrived in Taupo, NZ 4 days before the race after spending 12 hours on a plane and another 4 in a car. The rest of the week getting ready for the race while my parents toured around the North Island. Friendly people, beautiful country, lots of sheep so what better place to be.

Compared to the rainy weather we had had leading up to this race it was downright summer in New Zealand.

-Race Day-

Woke up at 4:30, ate 2 PB&J sandwiches along with a banana before heading out. The plan was to get in a good warm up so I managed to get everything setup and down to the water by 6:30 am. Pulled on my wetsuit, handed in my dry clothes for after the race and got in the water. For someone who has a tendency to run late and be hurried, 20 minutes is a lot of time to splash around. The water was warmer than the air temperature.

-Swim-

Foggy deep water start with just over 1100 people around me. I couldn't figure out where I wanted to be for the start so I just ended up towards the front in the middle of the group. Boom. The cannon sounded and the long day had begun.

I started swimming and it felt like I was moving backwards as other people dealt with their adrenaline surge. My plan was to just stay steady, get in a groove, and move towards any open space. With the fog my landmarks were covered and I ended up swimming buoy to buoy. After the initial field sprint people seemed to settle in and slow down which allowed me to started swimming around them.

Overall I felt like I had a good swim



Darrell Eng crests the hill in the 2004 Cat's Hill Classic. Photo by Garrett Lau.

since I was comfortable the whole time and never felt like I was pushing too hard. As an added bonus I swam pretty straight which I don't normally do. I didn't get a good draft and know that some guy behind me got a great ride to the end.

Stood up, ran up the beach under the clock and noticed that it read right around 1 hr which meant I was right where I wanted to be.

-T1-

During the long 500 meter jog to the transition area I noticed that the sun had peeked out of the clouds and made the conscious decision that I wouldn't need my arm warmers. Grabbed all of my food

(4 Clif Bars, salt tablets, 3 Clif Shots, and my number belt with 9 Clif Shots attached for the run) which weighed a bit and set off.

-Bike-

The pre race plan for the bike was to finish in roughly 5:00 to 5:15.

IM NZ consists of 2 nearly identical loops which are individually almost out and back, so I'll refer to them in 4 legs total. Leg 1 was just trying to get through all of the people who can swim faster than I can and settle in. At times it was impossible not to be clustered around 10 other people. I would pass them to ride alone for a while and then a few minutes later the pack would come by.

The weather was still foggy out on the bike and probably hovering in the mid 50's. Some people were out on the bike with vests, arm warmers, leg warmers or tights, full gloves, etc. Me, I was just wearing my one piece sleeveless tri suit without any gloves and wishing that I had grabbed my arm warmers.

Doh. I knew that the sun would break through eventually and warm things up but until then I would be a bit cold.

The strange moment came when a group of guys had just passed me. One of the guys who I kept leap frogging with was off the left side of the road (remember that it is New Zealand) riding through the grassy ditch on the side of the road. As I passed him I looked up and asked someone passing me if anyone bumped him. The general consensus of several people was that he just wasn't paying attention and some how managed to ride off the road.

Note to self, pay attention and stay on the road! I never saw that guy again.

Hit the turn around and seemed to have moved through the large group of

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Ironman New Zealand

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people since I didn't see them for the rest of the bike. Leg 2 was uneventful on the way back to town other than the sun had finally started to come out.

I rode through town, excited to eat a yummy Chocolate Almond Fudge flavored Clif Bar I had waiting in my special needs bag and a few other new Clif Shot flavors. Not wanting to slow down too much I grabbed my bag with my left hand and held it between my teeth. The plan was to ride with my left hand, hold the bag in my mouth, and use my right hand to find the opening and transfer things to my pockets. Unfortunately, the plan didn't go very well as the bag wasn't knotted at all and I had the bottom of it in my mouth. As a result, all my goodies spilled out onto the pavement hitting my legs as they fell. Being on a slightly hill I didn't feel like I could stop and go back for them so I decided that I had enough food to get me through the bike and I could always grab extra stuff at the aid stations.

In the middle of leg 3 I thought that we were riding into a headwind as I was going slower than before. Made it to the turn around only to discover that NOW I was riding into the headwind. Oh well, I got my head down and just watched the miles tick away.

Around mile 85 I started to pass people again after not seeing too many for a while. Quick glances at my wattometer (more commonly referred to as a power meter) told me that they had most likely gone out too hard or blown early since they weren't putting out very many watts so off I went. I managed to pass a few male pros too who I figured had tried, but failed, to stay with the pace the lead male pros had set.

Back to town and off the bike with a split of 5:13 and change. Managed to have enough food on me to make it to the end of the bike without grabbing more food from the aid stations. I did eat all but one of the Clif Shots taped to my bike though.

-T2-

In the tent, out of the tent with only a marathon to go.



*Darrell Eng sprints out of the hairpin turn at the 2004 Santa Cruz Criterium.
Photo by Garrett Lau.*

-Run-

For the first time in an Ironman race I felt great starting the run. No soreness or pain anywhere in my legs, just very fresh although I knew that wouldn't last the entire marathon. Goal time was 3:30.

The mile pace works out to 8 min/mile but since NZ is on the metric system it worked out to 5 min/km. As I mentioned above, I felt great and ran the first few km in just under 5 min pace before settling in to 5 min/km.

Everything was going well, I was on target through the first half of the marathon, eating a Clif Shot every other kilo, drinking fluids and feeling great.

And then I hit the 20 km mark, just shy of halfway point of the 42.2 km marathon. I still quite haven't figure out what happened but it was definitely a bad spot since my legs started feeling heavy and tired.

But since I was back in town finishing the first loop I couldn't stop to walk so I pushed through until my special needs bag.

For the first time of the day I walked, making sure to put everything from my special needs bag into my pockets, drank a full cup of Coke, and started running again. First half of the marathon split, 1:44.

Feeling better, I picked up to my 5 min/km pace and was back on track. On the way out to the turn around I noticed that I had started to slow down a bit. I

was still running but just not quite as quickly as before. No big deal. Hit the turn around and walked through an aid station to get some more fluids for that final push home.

So somewhere in the last 10k I lost more time, eventually finishing with a 2:00 second half marathon for 3:44 total. My legs just felt heavy and got tired. I remember being passed by someone in my age group with 3K left and I just couldn't go with him.

I made the turn down the finish chute and checked behind me. No one was there but I could hear the crowd behind me start to cheer and looked again only to discover that some guy was trying to chase me down in the last few meters. Not feeling like I should let someone pass me who has had over 10 hours to try, I sped up enough to make him realize that he didn't have enough space. In the end I beat him by 3 seconds.

Final time: 10:06 and change, good enough for 8th in my age group and 80th overall out of 1150 who started the race. Not bad.

-Results and Roll Down-

I'm pretty happy with the result. My original plan was to break 10 hours with 9:45 as the goal. It got windy on the bike and I didn't run quite as well as I wanted to, but I'll take it. Some of you know that I did IM NZ in 2003 as my

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first Ironman so the comparison of times is below. The good news is that I'm getting better overall and keep improving. The bad news is that I still enjoy subjecting my body to the distance and plan to keep doing them.

	2005	2003
Swim	1:00:35	1:09:01
T1	4:56	3:17
*longer run to transition area in 2005		
Bike	5:13:50	5:26:36
T2	2:08	2:43
Run	3:44:50	4:16:16
Total	10:06:18	10:57:51

For those interested in numbers the swim pace works out to 1:34/100m.

Bike pace was 21.4 mph which was good enough for the 55th fastest bike split of the day, including the 29 male and 9 female pros. Thanks to my trusty watt-o-meter I know I averaged 210 watts for the entire ride. My overall run pace was 8:32/mile after doing the first half in 8 min/mile.

Anyone who hasn't been to a rolldown of IM Hawaii slots should go sometime as there's an amazing range of emotions that you see during the process.

The day after the race the organizers post the race results where people find out the official number of slots allocated to their age group. If you finished in the number of slots granted to your group, you're given the right of first refusal to go to Hawaii.

Later in the day the Roll Down meeting is held where those athletes who finished just outside of the allocated number of slots wait anxiously to find out whether someone who finished before them in their age group turned down the opportunity to do IM Hawaii. Someone announces names, in order of finish within the age group, until someone who is there takes the slot. And you must be present with ID, no proxy claims allowed. Occasionally there are no slots that roll down but also some may come from other age groups if they didn't get claimed.

In 2003 there were 6 slots in my age group and they all were taken by the first 6 finishers in my age group. Last

year there were 5 slots and from the record online some of them rolled down a bit. I was very surprised to learn that there were only 4 slots available for my age group. I tried to be cautiously optimistic at my chances since everyone in front of me was from New Zealand or Australia and I thought that they might not want to train through their winter and/or the cost of the race in addition to the travel might be expensive since the New Zealand dollar is still weaker than the US dollar.

So the process started with the youngest age groups first. The announcer would call out the age group, number of slots, followed by the quantity available for roll down. When he got to my age group he said there were 4 slots, 2 had been taken that morning so there were 2 remaining. By looking at the results I knew that someone in front of me had decided that they didn't want the IM Hawaii slot when they registered for IM NZ so all I needed was someone else to decline the spot and I was in.

The 5th place name was read and he promptly stood up to claim the spot. Doh. No big deal, there was still one slot left but one more person in front of me who could grab it. There was still the possibility that a slot could come from another age group if I didn't get it. 6th place was the guy who declined before the race so the 7th place person was called.

Head swiveling from side to side I nervously scanned the auditorium looking for someone to stand up. His name was repeated again, this time with a murmur in the crowd. He was from New Zealand so surely there were people in attendance who knew him which the murmur confirmed. His name was repeated a third time with more people looking around and some people half rising out of their seats for a better look. At last it was announced that he had missed out on his opportunity.

Giddy with excitement I clutched my checkbook, knowing that my name should be the next one called and hoping that something weird didn't happen. "8th place from the United States, Darrell Eng" is all I needed to hear before I stood up and announced I would take the en-

try to the Ironman World Championships in Hawaii. It was a great fun trying to stay calm while I was extremely excited and also acting cool walking down the steps but not let me sore legs buckle underneath me. In the end I made it up to the stage to fill out some paper work and pay a large Ironman entry fee but I was going!

I decided to stay through to the end and as more names were called some people jumped up and literally ran down to the stage as if they hadn't done an Ironman the day before. Occasionally a slot would roll down a few spots and someone would get very excited, only to look around to see that their friend wasn't in the audience. Others sat quietly after names were called and all the spots had been claimed since they weren't lucky this year.

Last year I was in that position. I sat through roll downs at IM Coeur d'Alene thinking I had an outside chance which didn't pan out. Again at Half Vineman I went through the process where several names were called in my age group before the announcer asked if there was anyone in the male 25-29 age group present who wanted the slot. Thinking that I was the only person meeting that requirement, I stood up to claim it only to find out that someone who had finished just a few minutes before me was hiding in the corner of the room.

So I decided that I would train and get a little stronger, continuing to improve in the sport and also inching closer to my goal of qualifying for Ironman Hawaii. And things worked out.

Qualifying early allows me plenty of time to make plans, change my race schedule for the year and adjust my training. Anyone interested in watching Ironman Hawaii live on Oct 15 is welcome to join in the fun.

Those deciding to become part of my cheering section will be entitled to a free t-shirt and possibly a hat with a design/logo to be determined. The number is currently at 5 thanks to my family. It will be fun.

-Darrell

PS - All offers of sponsorship will be considered.

Race Results

Pine Flat Road Race

February 12, 2005

Pro/1/2: John Knotts, 8th

Women 1/2: Starr Falk, 5th; Taitt Sato, 7th

Women 3: Jennifer Van Muckey, 2nd

Dinuba Criterium

February 13, 2005

Women: Taitt Sato, 3rd

Cat 4: Steven Woo, 20th

M35+ 4/5: Steven Woo

M35+ 1/2/3: John Sevic

Tour of Murrieta Stage Race

February 18-20, 2005

Elite 4: Jim Ryan

Hanford Criterium

February 20, 2005

Cat 4/5: Steven Woo, 15th

M35+ 1/2/3: Ryan Wong, 4th; Dennis Hopp, 12th; John Sevic, 16th; Brian Heneghan

M35+ 4/5: Steven Woo, 7th

Women: Maria Deason, 4th

Cantua Creek Road Race

February 21, 2005

Pro/1/2: John Knotts, 4th

Women: Maria Deason, 4th

Snelling Road Race

February 26, 2005

Pro/1/2: Dennis Hopp; Jon Erskine

Women 1/2/3: Starr Falk, 4th; Taitt Sato, 7th; Natalie Mik, 18th; Jennifer Van Muckey

Women 4B: Dawn Tisdell

Jr 13-14: David Stallman, 13th

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

Cat 3: John Sevic

Cat 4: Aaron Hanna; Jim Ryan

Cat 5: Abe Gore, 12th

M35+ 1/2/3: Michael Rowe, 12th

Original Merced Criterium

February 27, 2005

Pro/1/2: John Knotts

Cat 3: John Sevic

M35+ 1/2/3: John Sevic

Cat 4: Matt Mosby, 7th; Steven Woo

Women: Taitt Sato, 9th; Natalie Mik, 20th

McLane Pacific Grand Prix

March 5, 2005

Women 1/2/Pro: Starr Falk; Taitt Sato

Elite 2: Ryan Wong; John Knotts; Jon Erskine; Dennis Hopp; Brian Heneghan; Matt McNamara

Elite 4/5: Aaron Hanna, 5th; Matt Mosby, 14th; Steven Woo; Daniel Tisdell

Women 3/4: Maria Deason

Juniors: Ben Barsi-Rhyne, 18th; Daniel Tisdell; Dawn Tisdell; David Tisdell

McLane Pacific Road Race

March 6, 2005

Women 1/2/Pro: Starr Falk, 18th; Taitt Sato; Natalie Mik

Elite 2: Jon Erskine; Michael Rowe; Dennis Hopp; John Knotts; Ryan Wong

Elite 3: Greg Juneau; John Sevic

Elite 4/5: Aaron Hanna, 14th

Women 3/4: Maria Deason

Mason Lake Road Race (WA)

March 5, 2005

Cat 3: Jay Freyensee

Ice Breaker TT (WA)

March 6, 2005

Cat 3: Jay Freyensee, 1st

Kearney Park Circuit Race

March 12, 2005

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

Elite 2: John Knotts, 9th

Women 3/4: Maria Deason, 12th

Tower District Crit

March 13, 2005

Women 1/2/Pro: Starr Falk, 15th

Elite 2: John Knotts, 11th

Elite 4/5: Jim Ryan, 16th; Matt Mosby

Women 3/4: Maria Deason, 10th

Juniors: Jim Ryan, 6th

Northwest TT (OR)

March 19, 2005

Cat 3: Jay Freyensee, 1st

Minutes of the LGBRC Team

Meeting: March 7, 2005

by Stephen Butler

New LGBRC members (Tim Fontenot, Eric Bergstrom, Thomas Oelsner, Bob Skubis, Mike Schaller, Mark Davis and David Porter) were recognized. Their attendance set a new club record for new members attending their first club meeting.

1. Sponsorship –

1a. Returning and new sponsors were named, including Easton, Hula Networks, Structural Integrity Associates, BioGeorge, Tom Hughes DDS, CHLG, Dr. Joy Schafer, and Xenogen. It was again stressed the club members should know what each sponsor does.

1b. New sponsors team Testarossa Vineyards and Packeteer were also recognized. Testarossa Vineyards was also recognized as the title sponsor of the Cat's Hill Classic.

1c. Gary Davis inquired whether Rudy Project is still a sponsor. Barry indicated that they are, and that we get 40% off of retail. There is no Rudy Project brochure, but Barry can forward the on-line ordering information. We also have a 20% off of RX Specs for prescriptions.

1d. Michael mentioned that members should be sure to put LGBRC/Easton/Specialized on race registration forms.

1e. Easton – We can now obtain packages of equipment from Easton. Barry can email the .pdf order form to those who request one.

2. Clothing – Clothing was to be shipped on February 28, 2005. There was a slight delay since special zippers were requested.

3. Membership – We are currently at 131 members, including a new member from Los Gatos who is a "sustaining" member.

4. Treasurer – We are transitioning to a new treasurer (John Knotts).

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**Spectator
Admission Free**

www.catshill.org
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Testarossa Vineyards

CAT'S HILL CLASSIC Bicycle Races



Testarossa Vineyards

LOS GATOS • CALIFORNIA

**Free Shuttle to
Testarossa Vineyards
for Wine Tasting
Starting at 11:00am.**

Races start at 10:00 AM

Category	Time	Laps
5	10:00	10
4	10:35	12
Juniors: *separate prizes for girls and boys		
10 - 12/13 - 14*	11:15	3
15 - 16/17 - 18*	11:30	8
3	12:00	20
M 35 + 1/2/3	1:00	15
Women 3/4	1:45	10
M 35+ 4/5	2:20	12
Women 1/2/3	3:05	1 hour +2 laps
Pro/1/2/espoir	4:10	1.5 hr + 2 laps

May 7, 2005

Los Gatos, CA

Tait and Nicholson Streets

Presented by the Los Gatos Bicycle Racing Club, www.lgbrc.org,
member of the Los Gatos Chamber of Commerce



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www.rx-spex.com

Teschner Frames
www.teschnerbikes.com

LATHAM & WATKINS LLP
www.lw.com

Minutes: March Meeting

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5. Newsletter – Garrett had copies of the March newsletter with the roster. Barry indicated that the newsletter is part of the reason that we were awarded USA Cycling's 2004 Club of the Year.

6. Old Business –

6a. Michael Rowe is still trying to set up a club tasting at Testarossa Vineyards. Rob Jensen, co-owner of Testarossa Vineyards, would like to see this during normal business hours so that there is staff to pour and sell.

6b. Aldene Gordon discussed the team website for the benefit of the new members, and asked club members to submit their bios that can have links to their race results

6c. Barry Gordon mentioned the SERF/race rewards that were distributed at the meeting last month and he thanked members that did not request reimbursement.

7. New Business -

7a. Elections – Since we are a corporation, we are required to hold elections for officers. Barry solicited nominations for positions, but there were no expressed interest, and as such all officers are maintaining their positions.

7b. Sheila Moon will be at the meeting next month to sell her clothing items.

7c. Cat's Hill – *[This section was edited out due to lack of space. The main thing is that members need to sign up online.]*

7d. Push Therapy – Michael Takatsuno of Cat's Hill race sponsor Push Therapy was present to discuss their physical techniques and how it can help us as cyclists. They then gave demonstrations of their adjustments to volunteer club members.

LGBRC Board of Directors for 2005

Barry Gordon President

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Gina Dias Treasurer

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Stephen Butler Secretary

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Kathy Ryan Juniors Liaison

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Garrett Lau 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 April 4 and My 2. 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.

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
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