

# The Catalyst

Los Gatos Bicycle Racing Club  
Team Easton/Specialized

June 2005

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

## Women's Team Orchestrates Cat's Hill Placing

by Starr Falk

Cat's Hill Women's 1/2/3 Orchestra  
Date: May 7, 2005

Team members: Maria Deason, Starr Falk, Natalie Mik, Jen Van Muckey, Martina Patella, Taitt Sato.

Radio: Jen Whatley

What appeared to be an action packed, fast, women's bike race through the streets of Los Gatos was in fact a Bike Race Orchestra directed by Jen Whatley. The prerace plan was to get Starr on the podium. Martina, Taitt, and Natalie would cover breaks and Starr would sit in until the final break of the day was created or it came down to a field sprint. JV and Maria, having just raced the 3/4 race, would represent the team by coming to the line and following early moves. Knowing that we were outnumbered by Webcor, we had to very selectively chose which breaks to cover and this is where the Orchestra director read the race perfectly.

Jen Whatley was positioned on Cat's Hill and completely orchestrated our every move via radio. She told us exactly where to be in the pack and when to put in any efforts. It was beautiful, we just had to race our bikes and do as Jen told us - how much easier could it be for oxygen depleted cyclist racing up Cat's Hill.

We didn't have to think, we just had to respond. Natalie, being out of the race due to a cold, positioned herself on the descent and orchestrated the race from that side of the course. It was music to our racing ears. Webcor repeatedly attacked and Jen would tell us, "Taitt, Martina, Starr move up in the pack but don't worry, Webcor is getting tired, make someone else do the work." And we did, we sat in the pack and watched all the other team hammer themselves to bring the breaks back. With 7 laps to go, a break of Christine Thorburn and a



*Martina Patella sprints up Cat's Hill. Photo by Garrett Lau.*

Vella Bella were off the front and Christine attacked the Bella and soloed away. Now it was time for Taitt and Martina to set Starr up for 2<sup>nd</sup> place. First it was Martina, putting in a monster effort at the front stringing out the field for an entire lap. And then it was up the Hill again and Jen got on the radio and said "Taitt, it's your turn. Starr, let Taitt through." Taitt jumped hard off the left of the pack at the top of Cat's Hill and got an instant gap. Karen Brems jumped to chase and Starr sat 2<sup>nd</sup> wheel. Taitt hammered so hard that she kept a gap for almost an entire lap before the World Champion could catch her wheel. Perhaps Taitt should find a new love in time trialing. Then with 3 laps to go and only Thorburn off the front, Starr had to fight for position. At one lap to go, Jen told Starr "I want to see you in the top 7 up the climb on this last lap." Coming through the turn into the Hill, Starr led up the climb to Jen's delight. Then it came to the final descent and to all you LGBRC members (*shhhhhh*) - here's the secret to winning Cat's Hill.

*Unless you are a rock star sprinter,*

*you must come through that final turn in 1st place.*

So Starr fought as hard as possible to get through that last right hand turn in 1st place. She did but barely ahead of Karen Brems. Starr swept far left and Karen took the inside and they met metal to metal as they both came back towards each other. No worries - they just ease away from each other and the sprint was on. Well it ended it bit like packman or in this case packwoman because the sprinters started gobbling Starr up. Since she didn't get the gap required in the last turn, the 4 pairs of powerful quads behind her were able to beat her to the line.

So in the end the team got a 6th place finish. We didn't get on the podium but we had perhaps the best orchestrated women's race in the history of racing Cat's Hill. We were all very proud of each other and very excited to continue working on team tactics. With Jen and Natalie on the radio, JV and Maria cheering, and Taitt, Martina and Starr turning the pedals, we had a team race full of fun, teamwork and many memorable moments!

## Race Results

**Madera Stage Race**  
**April 30-May 1, 2005**  
**Cat 4:** Neil Gift, 10th

**Western Collegiate Championships**  
**April 30-May 1, 2005**  
**TTT Women A:** UC-Davis (Mik, Mackey, Nasman, McAdler), 1st; UC-Berkeley (Gibson, Graeter, Patella, Smid), 2nd  
**Crit Women A:** Martina Patella (UC-Berkeley), 2nd; Natalie Mik (UC-Davis), 9th  
**RR Women A:** Martina Patella (UC-Berkeley), 7th

**Eastern Collegiate Championships**  
**April 30-May 1, 2005**  
**TTT Men C:** Tufts (McFarland et al.), 5th  
**RR Men C:** Steve McFarland (Tufts)

**Santa Rosa Criterium**  
**May 1, 2005**  
**Cat 3:** John Sevic, 12th  
**Cat 4:** Steven Woo  
**M35+ 4/5:** Rob Jensen, 8th; David Puglia; Steven Woo  
**M35+ 1/2/3:** John Sevic, 20th  
**Women 1/2/3:** Taitt Sato, 7th; Starr Falk, 8th; Maria Deason, 18th  
**Pro/1/2:** Ryan Wong, 10th; Dennis Hopp

**Cat's Hill Classic**  
**May 7, 2005**  
**Pro/1/2:** John Knotts; Richard Pego; Ryan Wong; Brian Heneghan; Carl Hekkert; Dennis Hopp; Kalen Gruber; Darrell Eng; Matt McNamara  
**Women 1/2/3:** Starr Falk, 6th; Martina Patella, 18th; Taitt Sato; Natalie Mik; Jennifer Van Muckey; Maria Deason  
**Women 3/4:** Jennifer Van Muckey, 5th; Maria Deason  
**Cat 3:** Erik Bergstrom; Ben Dodge  
**Cat 4:** Aaron Hanna, 12th; Joshua Parman; Neil Gift; Matt Mosby; Jim Ryan; Jun Aishima; Stephen Butler; David Porter  
**Cat 5:** JD Clement; Keith Adams; Jim Honniball  
**M35+ 1/2/3:** Mark Davis

**M35+ 4/5:** Thomas Oelsner, 6th; David Puglia, 7th; Will Han, 15th; Chris Pearson; Rob Jensen; Bob Skubis; Pavel Cisler; Steven Woo; Jeff Vadasz  
**Jr Boys 10-12:** David Tisdell, 4th; Canaan Linder, 6th; Alex de la Cruz  
**Jr Boys 13-14:** Daniel Tisdell, 5th  
**Jr Girls 15-16:** Dawn Tisdell, 3rd  
**Jr Boys 15-16:** Ben Barsi-Rhyne, 4th; Phil Mehlitz, 7th; Daniel Tisdell, 10th; Matt Abdalah, 11th  
**Jr Boys 17-18:** Jim Ryan, 7th; Matt Mosby, 9th

**Berkeley Hill Road Race**  
**May 8, 2005**  
**Pro/1/2:** Jon Erskine, 9th  
**Cat 4:** Eric Davis  
**Women 1/2/3:** Starr Falk, 14th  
**Jr Boys 16-under:** Matt Abdalah, 5th

**NCCA National Collegiate Championships**  
**May 13-15, 2005**  
**Criterion Div 1 Women:** Martina Patella (UC-Berkeley), 8th  
**Road Race Div 1 Women:** Martina Patella (UC-Berkeley), 22nd  
**TTT Div 1 Women:** UC-Berkeley (Smid, Patella, Gibson, Graeter), 1st; UC-Davis (Mackey, McAdler, Mik), 9th  
**Omnium Div 1 Women:** Martina Patella (UC-Berkeley), 12th

**Washington State Omnium Championships**  
**May 14-15, 2005**  
**Stage 1 - TT, Cat 3:** Jay Freyensee, 4th  
**Stage 2 - Crit, Cat 3:** Jay Freyensee, 19th  
**Stage 3 - RR, Cat 3:** Jay Freyensee, 13th  
**GC, Cat 3:** Jay Freyensee, 7th

**Golden State Criterium**  
**May 15, 2005**  
**Jr 13-14:** Daniel Tisdell, 5th  
**Jr 15-16:** Ben Barsi-Rhyne, 1st; David Tisdell, 13th; Dawn Tisdell, 15th  
**Elite 3:** Ben Barsi-Rhyne, 1st; John Sevic  
**M35+ 1/2/3:** John Sevic

**M35+ 4/5:** Rob Jensen, 3rd; Chris Tanner, 14th  
**Women 1/2/3:** Taitt Sato, 2nd

**Northern California Junoir District Track Championships**  
**May 17, 2005**  
**Jr Men 10-12 Omnium:** Canaan Linder, 3rd  
**Jr Men 13-14 Omnium:** David Stallman, 3rd  
**Jr Men 15-16 Omnium:** Ben Barsi-Rhyne, 1st  
**Jr Men 17-18 1K:** Jim Ryan, 3rd  
**Jr Men 17-18 4K:** Jim Ryan, 3rd  
**Jr Men 17-18 Points Race:** Jim Ryan, 3rd  
**Jr Men 17-18 Scratch Race:** Jim Ryan, 1st

**Portland International Raceway Bicycle Series**  
**May 17, 2005**  
**Cat 1/2/3:** Jay Freyensee, 19th

**Mutual of Enumclaw Stage Race**  
**May 14-15, 2005**  
**GC, Cat 3:** Jay Freyensee, 6th

**Kern County Women's Stage Race**  
**May 20-22, 2005**  
**Women 1/2:** Starr Falk, 6th

**Ronde van Brisbeem**  
**May 21, 2005**  
**Cat 5:** Matt Abdalah, 14th  
**Cat 4:** Aaron Hanna, 2nd; Neil Gift; Daniel Tisdell  
**Cat 3:** Greg Juneau, 11th; Erik Bergstrom; Ben Dodge; Taitt Sato  
**M35+ Cat 5:** Thomas Oelsner, 9th; Bob Skubis  
**M35+ 1/2/3:** Kalen Gruber

**Documentum Criterium**  
**May 22, 2005**  
**Elite 5:** Keith Adams  
**Elite 4:** Abe Gore, 2nd; Aaron Hanna, 16th; Chris Pearson, 20th; Steven Woo; Jun Aishima; Stephen Butler  
**Elite 3:** Greg Juneau, 14th; John Sevic  
**M35+ 4/5:** Chris Tanner, 15th; Chris Pearson, 17th; Steven Woo  
**Jr Boys 17-18:** Matt Mosby, 1st  
**Pro/1/2:** Ryan Wong; Kalen Gruber; Brian Heneghan; Jon Erskine

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*This 2005 Team Photo is available for download or printing at <http://garrettlau.smugmug.com/gallery/527343>. Photo by Garrett Lau.*

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## LGBRC Board of Directors for 2005

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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 June 6 and July 11. 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

**Testarossa Vineyards** - \$10 tasting fee waived for club members. 10% discount on wine purchases, and 10% discount on event booking fees.

**Stelman Cycles:** Contact Gary Davis, 700cmoffroad@sbcglobal.net.

**Athlete Octane:** 20% off phone orders, 520-325-8808.

**Cupertino Bike Shop:** 10% off.

**Wheel building or soft-sided bike case loan:** Free. Contact Kwan Low, kwanseng@yahoo.com.

**RX-SPEX Prescription Sports Eyewear:** 20% off, [www.rx-spex.com](http://www.rx-spex.com).

**Rudy Project:** Contact Barry Gordon for an order form.

**Teschner Frames:** Contact Bill Koerner, BK4WHEELS@aol.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 2005!

**The Los Gatos Bicycle Racing Club**  
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