

# The Catalyst

Los Gatos Bicycle Racing Club  
Team Easton/Specialized

July 2005

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## Jon Erskine Finds Redemption at Berkeley Hills Road Race

by Jon Erskine

Well, what can I say, my luck continued to suck at Cats Hill this year. After being comfortably up at the front for the first 20-30 mins or so I broke my chain as I got out of the saddle to move up between turns 1 and 2. I ran over to the pit but was told a broken chain does not count for a free lap. Go figure. Oh well.

The next day at the Berkeley Hills road race went much better. The course consists of 5 laps of a hilly circuit for 90 miles around the San Pablo Reservoir. The loop starts with 10 miles or so with the wind at your back on big ring rollers, then a few miles of spiky smallish climbs, some crosswind flats, then the Three Bear climbs. In order, the Bear climbs are named Mama Bear (about a 1k slog, maybe 400 ft of vertical, strait as an arrow so you can see the top the entire time, dangling in front of you as your legs fill with lactic acid), Baby Bear (some small rollers), and Papa Bear (about 1.3k, something like 600 ft vertical, it gets progressively harder and ends with a big ring false flat). You go too soon on Papa Bear and you'll find yourself in a bad way as the pack leaves you behind on the super fast downhill afterwards. To make things interesting they moved the finish this year from Mama to Papa Bear.

The day started with grey sky but no rain. The first lap was relatively mellow with some attacks but nothing serious. By the beginning of the second lap the big guns had flown the coup in a group of 8 and the big teams were blocking. Tim Larkin (Sierra NV) missed the break but was having none of that so he took off soon thereafter and caused an outbreak of attacks through the spiky climb section on the northern portion of the course. He stayed away and took a few guys with him. The pack came back to-

gether (for the most part) on the flat cross wind section before the Bears began. The pace slowed and my Spidey sense began to tingle. This was my chance to go so I pulled out my patented slow motion sneak attack and slowly rolled off the front solo. I gradually increased my pace and when I went around the corner heading to the Bears I couldn't see the pack anymore so I started to hammer out of the saddle.

Before I reached the Bears, Ben Haldeman (Webcor), an AV guy, and a Team Spine guy bridged up to me and so began a 60 mile attack/chase. I had to check myself on the Bears because I knew that to survive for 60 miles we needed to work together on the flats. Fortunately we worked together very well, never going supersonic (except for the first lap of our break) but also never missing pulls. We lost the Spine guy but caught some victims of the front group and people who couldn't hold onto Larkin's bridge. We swelled to 10 at one point but settled in at 6 for the majority of the time. And it began to rain.

I usually don't like racing in the rain but this added an epic flair to things and probably also slowed the pack behind us.

We got kinda sloppy by the last lap but held it together going over Mama Bear. At the top an RH Realty rider jumped from our group in a well timed attack. I tried to go with him but couldn't quite make it. The rest of the group caught me, felt satisfied, and let him go. Coming into Papa Bear I didn't want to drag race 4 guys to the line so I attacked with about 1.5k to go. The next few minutes were the hardest for me of the year as I struggled to stay away, was caught and counter attacked by Haldeman, then went after him, got in his slip stream, countered his counter, then ultimately succumbed to his counter to my counter of his counter in the last 150m or so. Totally brutal. The other guys were coming up but I held them off and scored 9th.

I felt redeemed from Cats Hill, but of course I keep thinking...if only my chain hadn't snapped...



Jon Erskine leads the chase group at the Nevada City Classic on June 19.  
Photo by Garrett Lau.

## Race Results

### **Mt. Hamilton Road Race**

**May 29, 2005**

**Pro/1/2:** Jon Erskine, 11th; John Knotts

**Women 1/2/3:** Starr Falk, 12th;

Jennifer Van Muckey

**Elite 3:** Erik Bergstrom

**Elite 4:** David Porter, 12th; Eric Davis

**M35+ 4/5:** Pavel Cisler; Gene Ragan;

Bob Skubis

**Elite 5:** Keith Adams

### **Memorial Day Criterium**

**May 30, 2005**

**Pro/1/2:** Ryan Wong, 11th; Matt McNamara, 17th; Carl Hekkert; Kalen Gruber; Dennis Hopp; Darrell Eng; Brian Heneghan

**Women 1/2/3:** Martina Patella, 2nd; Taitt Sato, 8th; Jennifer Van Muckey, 15th; Dawn Tisdell

**Elite 3:** Greg Juneau, 6th; Ben Barsi-Rhyne, 15th; Aaron Hanna; Matt Mosby

**Elite 4:** Steve McFarland, 13th; Stephen Butler; Rob Jensen; Jame Ryan; Chris Tanner; Abe Gore

**Elite 5:** Joe Marshall; Keith Adams

**Jr 15-16:** Ben Barsi-Rhyne, 1st; Daniel Tisdell, 3rd; Phil Mehlitz, 6th; Matt Mosby; Daniel de la Cruz

**Jr 17-18:** James Ryan, 2nd

### **Wachovia Manayunk Amateur Hill Climb**

**June 3, 2005**

**Philadelphia, PA**

**Elite Women:** Starr Falk, 2nd

### **ICCC Dash for Cash**

**June 4, 2005**

**Boys 10-12:** David Tisdell, 2nd; Canaan Linder, 4th; Daniel de la Cruz, 5th

**Boys 13-14:** Daniel Tisdell, 1st

**Girls 15-16:** Dawn Tisdell, 1st

**Boys 15-16:** Phil Mehlitz, 2nd

**Women 1/2:** Taitt Sato, 4th; Jennifer Van Muckey, 6th

**Women 3:** Dawn Tisdell, 13th; Maria Deason, 16th

**Masters 45+:** David Puglia, 17th

**Senior 3:** Greg Juneau, 4th; John Sevic, 19th; Aaron Hanna

**Senior 4:** David Puglia; Phil Mehlitz;

Steven Woo

**M35+ 1/2/3:** Greg Juneau; Kalen Gruber;

**M35+ 4/5:** Steven Woo; Steve Stoney; Garrett Lau

**Pro/1/2/3:** Ryan Wong, 9th; Matt

McNamara, 13th; Kalen Gruber;

Aaron Hanna; Dennis Hopp; Carl

Hekkert

### **Dunlap Memorial Time Trial**

**June 4, 2005**

**Jr Men 10-12:** David Tisdell, 10th;

Canaan Linder, 12th; Daniel de la

Cruz, 13th

**Jr Men 13-14:** Daniel Tisdell, 2nd

**Jr Men 15-16:** Phil Mehlitz, 7th

**Jr Women 15-16:** Dawn Tisdell, 3rd

**Senior 4:** Neil Gift, 7th; Steven Woo, 9th

### **Liberty Classic**

**June 5, 2005**

**Philadelphia, PA**

**Elite Women:** Starr Falk, 49th

### **Nature Valley Grand Prix**

**June 8-12, 2005**

**Minneapolis, MN**

**Elite Women:** Starr Falk, 45th

### **Fremont Freewheelers Criterium**

**June 11, 2005**

**M35+ 4/5:** Chris Tanner, 9th

**Elite 4:** Chris Pearson; Abe Gore

**M35+ 1/2/3:** Michael Rowe

**Women 1/2:** Martina Patella, 1st; Taitt Sato, 7th

**Women 3:** Jennifer Van Muckey, 7th; Maria Deason, 14th

**Elite 3:** Greg Juneau, 10th; Aaron Hanna, 13th; Erik Bergstrom; Taitt Sato

**Pro/1/2:** Luciano Bezerra, 8th; Brian Heneghan, 9th

### **NCNCA Time Trial Championships**

**June 12, 2005**

**Master Women 60-64:** Aldene Gordon, 1st

**Elite Men 4/5:** Neil Gift, 3rd

**Master Men 50-54:** David Puglia, 7th

### **Nevada City Classic**

**June 19, 2005**

**Pro/1/2:** Jon Erskine; John Knotts; Michael Rowe

**Women 1/2/3/4:** Taitt Sato, 3rd;

Martina Patella, 13th

**Elite 3:** Aaron Hanna

### **USCF National Championships**

**June 21-24, 2005**

**Park City, Utah**

**Elite Women TT:** Starr Falk, 25th

**Jr. Women 15-16 TT:** Colleen

Hayduk, 9th

**Jr. Men 13-14 TT:** Daniel Tisdell, 5th

**Elite Women RR:** Starr Falk, 37th

**Jr. Men 13-14 RR:** Daniel Tisdell, 12th

**Jr. Men 15-16 RR:** Ben Barsi-Rhyne

**Jr. Women 15-16 RR:** Colleen

Hayduk, 5th

**Jr. Men 13-14 Criterium:** Daniel Tisdell, 8th

**Jr. Men 15-16 Criterium:** Ben Barsi-Rhyne, 14th

**Jr. Women 15-16 Criterium:** Colleen Hayduk, 10th; Dawn Tisdell, 13th

### **Pescadero Road Race**

**June 25, 2005**

**Pro/1/2:** Jon Erskine, 9th; Richard Pego, 17th

**Women 1/2:** Martina Patella, 15th;

Starr Falk, 17th; Taitt Sato, 19th

**M35+ 1/2/3:** Michael Rowe, 7th

**Elite 3:** Aaron Hanna, 19th; Erik Bergstrom

**Women 3:** Jennifer Van Muckey, 5th

**Elite 4:** David Porter, 4th

**M35+ 4/5:** Thomas Oelsner, 19th; Gene Ragan

**Jr 17-18:** James Ryan, 3rd

**Jr 15-16:** Phil Mehlitz, 4th

### **Burlingame Criterium**

**June 26, 2005**

**Pro/1/2:** Luciano Bezerra, 12th; Ryan Wong, 15th; Matt McNamara;

Richard Pego; Jon Erskine; Carl

Hekkert; John Knotts; Michael Rowe;

Brian Heneghan; Dennis Hopp

**Elite 3:** Aaron Hanna; Mark Davis;

Doug Pearl; Ben Dodge

**Elite 4/5:** Stephen Butler; James

Ryan; Steve McFarland

**M35+ 4/5:** Thomas Oelsner, 3rd; Steven Woo

**Women 1/2/3:** Martina Patella, 9th;

Taitt Sato, 10th; Jennifer Van Muckey

**Women 3/4:** Gina Dias



The Easton/Specialized Los Gatos Bicycle Racing Club  
and Sana Security present

# The Timpani Criterium

Sunday, August 7, 2005

Category	Minutes	Places	Prizes	Start Time	Limit	Fee
Juniors 10-12 & 13-14**	25	3	Medals	8:00am	50	\$10
Juniors 15-16 & 17-18**	30	3	Medals	8:30am	50	\$10
Elite Men Cat 5	40	3	Medals	9:05am	50	\$20
Elite Women 3/4***	40	3	\$100/Medals	9:50am	100	\$20
Elite Men Cat 4	45	6	\$150	10:35am	100	\$20
Elite Men Cat 3	60	6	\$200	11:25am	100	\$20
Masters 35+ (4/5)	45	6	\$150	12:30pm	100	\$20
Masters 35+ (1/2/3)	55	6	\$200	1:20pm	100	\$20
Elite Women 1/2/3	60	6	\$200	2:20pm	100	\$20
Elite Men P/1/2	75	8	\$500	3:25pm	120	\$20

Notes:

\*\* Fields raced together, picked separately.

\*\*\*Staggered start, picked separately

## Course:

Course is four-corner, 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. Primes 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:

All pre-registration is through [www.sportsbaseonline.com](http://www.sportsbaseonline.com) until August 3rd. No refunds. Same day registration opens at 7:00 am, closes 10 minutes prior to beginning of each race, and costs an additional \$5. Race twice for only \$5 extra.

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

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Discovery in the Living Organism™  
www.xenogen.com

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**Joy Shaffer, M.D.**  
San Jose  
Anti-Aging Medicine  
JSHAFFERMD@aol.com

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www.hughesdental.com

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www.testarossa.com

**EDEN**  
BICYCLES  
www.edenbicycles.com

**TIMBUK2**  
www.timbuk2.com

**performancebike.com**

**VOmax**  
www.vomax.com

**CLIF**  
www.clifbar.com

**COMMUNITY HOSPITAL**  
OF LOS GATOS  
www.communityhospitallg.com

**ATHLETE**  
**Octane**  
Liquid Endurance Supplement  
www.athleteoctane.com

**STERLING**  
SPORTS GROUP  
www.sterlingwins.com

**RUDY**  
PROJECT  
www.rudyprojectusa.com

**RX-SPEX**  
Specializing in Prescription Sports Eyewear  
www.rx-spex.com

**Teschner Frames**  
www.teschnerbikes.com

**LATHAM & WATKINS LLP**  
www.lw.com



*Steven Woo follows Thomas Oelsner around the famous Library Corner at the Burlingame Criterium on June 26. Thomas placed 3rd. Photo by Garrett Lau.*

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## LGBRC Board of Directors for 2005

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Stephen Butler, Club Secretary,  
 has moved back to Chicago.  
 Good luck, Stephen.

## 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 July 11 and August 1.

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.

**Steelman 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.

**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

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**