

The Catalyst

Los Gatos Bicycle Racing Club
Team Easton/Specialized

August 2005

URL: <http://www.lgbrc.org>
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Claire Sprock gives the victory salute on the winners' podium. Photo by Vance Sprock.

Claire Sprock Wins District Road Race

by Claire Sprock

I raced the District Road Race Championship in Livermore, my first ever road race, on July the 16 in the girls 10-12 age group. The only other girls in my age group were from the Wolfpak team. I was the only girl from LGBRC. We started with 17 boys in the same age group at 8:10 am, and it was already hot. We were racing 3 laps for a total of 10 miles. My dad, Vance gave me some advice, "ride fourth or fifth wheel and don't take a pull, because you are racing with the boys." Soon I noticed that the Wolfpak girls were gone, and I was keeping up with the main pack of boys. After the first one and a half laps I felt as if I would fall over and die but then the down hill came and saved me and I felt great!

At one point of the race a mentor cut me off from "sucking a wheel" in front of me. I couldn't pass her because I would hit her. I couldn't slow down because the rider in back would have hit

my wheel. My mentor kept saying to her "a racer needs to pass you, please move," but she never did. She moseyed on over out of my way at a very random time. So the time she was in my way I was breaking my own wind and that made me really mad.

On the sprint to the finish I beat a few boys and took 5th. I rode back to the car and soon my dad came back (he was videotaping the race). I told him I got fifth in the sprint, he asked if there were any girls in my pack and I said "no". Then he told me I had won the girls race and was District Champion!

My maximum speed was 30 mph, and average was 18 mph, so it was a fast race. I'm really pleased with how I did the race because I broke my ankle in two places and had to have a pin put in January. That means I was not able to ride/train for 8-10 weeks in the 2005 season. I'm looking forward to doing more road races in the future.

We're going to the Tour, baby!

story and photos by Chris Pearson

My wife Susan and I were fortunate enough to travel to France the first week of July to visit my aunt who is taking a painting class in the Loire River countryside, and oh, yeah, to see Lance's last race!

After a nice flight on Air France (puts US airlines to shame) and a few days of touristy-stuff in Paris (and watching Dave Zabriskie take yellow in the opening TT on Eurosport in our hotel room), we took the TGV to Angers and rented a car for the trip to my aunt's rented house in a village called Argenton-Chateau. This was our base for the next four days of travels to the scenic and historic cities and chateaus of the Loire valley, and to watch two stages of the Tour de France.

On Monday, the Fourth of July, we traveled 20 km north from Argenton-Chateau to a small town called Vihiers, located about a third of the way along

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The publicity caravan precedes the racers on the Tour de France course.

Tour de France

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the route of Stage 3 (212.5 km La Chataigneraie to Tours). We arrived an hour early, just as the famous Tour caravan was passing through. Already the road of this tiny town in the middle of nowhere was lined with people out to see the Tour.

There was spirited but friendly competition to recover the promotional schwag, product samples, and other junk being flung out by the passing caravan of sponsor vehicles shaped like water bottles, coffee cups, baguettes, bike racers, etc. Especially coveted were the red polka-dot cycling caps and some dorky parasol hats, of which I managed to score (?) the latter.

Half an hour later, a helicopter and a pack of motorcycles signaled approaching riders. Sure enough, former Tour stage winners Erik Dekker (Rabobank) and Rubens Bertogliatti (Saunier Duval) and Nicolas Portal (AG2R) had formed a breakaway with about 5 minutes on the peloton. We cheered them on as they climbed up the gentle hill through town.

The anticipation ratcheted up even higher as we heard more helicopters approaching and saw squads of motorcycles and team cars roaring through town. Finally the peloton rolled into view. As they got closer, individual riders became recognizable. Team CSC led



Team CSC escorts Dave Zabriskie in the maillot jaune.

the peloton, with Dave Zabriskie looking good in yellow on the Fourth of July. Following CSC was Discovery with Lance surrounded by his teammates and George Hincapie standing out in his big silver Oakleys. Seeing the 180+ racers en masse was truly exciting – big time bike racing!

Our plan was to hit a few other towns on the race route before the finish in Tours, but as we got caught behind heavy traffic, we switched to plan B and headed straight for Tours. The long straight finish on Avenue de Grammont was packed 10 deep on either side, with

people (including myself) clambering up on bus stops and traffic signals hoping to get a glimpse of the action. Thankfully, there was a big diamond screen to watch as a now-solo Erik Dekker was reeled in a few kms from the finish. The peloton swarmed towards a mass sprint finish, though without Petacchi and a strong Fassa Bartolo train to keep things organized, no single team appeared in control. Maillot vert Tom Boonen launched himself in the final 100 meters to take his second consecutive stage by a bike length over Robbie McEwen, who was relegated for ramming into Stuart O'Grady.

We watched the jersey presentations on a big stage by the finish in the town square and saw a tan and happy looking Dekker (sporting the polka dot jersey as a reward for his long breakaway) being interviewed on TV, and capped off the day with a nice dinner in Tours.

We returned to Tours the following day to witness the Team Time Trial (Tours to Blois, 67.5 km). We arrived extra early and got more schwag (Skoda hat and more parasols) from the departing caravan, then strolled around the team buses watching the racers warm up and checking out the incredibly aero and expensive TT bikes. Highlights included meeting Chris Horner, who was nice enough to come over to meet us, saying hello to Fred Rodriguez, and see-



Chris Pearson poses with Chris Horner.

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Race Results

Livermore Hills Criterium Northern California Junior Crite- rium Championships

June 12, 2005

Jr 17-18: Matt Mosby, 2nd; James Ryan, 6th

Jr 15-16: Ben Barsi-Rhyne, 1st; Phil Mehlitz, 14th

Jr 13-14: Daniel Tisdell, 1st

Jr 10-12: David Tisdell, 11th; Canaan Linder, 14th

Jr Women 15-16: Dawn Tisdell, 2nd
M40+ 4/5: Mark Kurashige, 4th

Oregon State RR Championship June 12, 2005

Elite Men: Jay Freyensee, 12th

Co-Motion NW TT Series June 18, 2005

Elite 3: Jay Freyensee, 1st

Elkhorn Classic Stage Race June 24-26, 2005

Elite 3: Jay Freyensee, 15th

Friday Night Track June 24, 2005

Cat 3: Jun Aishima, 8th; Steven Woo

Friday Night Track July 1, 2005

Cat 3: Steve McFarland, 8th; Steven Woo, 9th

Leesville Gap Road Race July 2, 2005

Pro/1/2: Jon Erskine, 8th; Michael Rowe

Elite 3: Greg Juneau

M40-44: Darrel Brokeshoulder, 12th

M35+ Cat 5: Steve Stoney

Women 1/2/3: Taitt Sato, 5th; Starr Falk, 7th

Davis 4th of July Criterium July 4, 2005

Pro/1/2: Jon Erskine; Ryan Wong; Carl Hekkert

Women 1/2/3: Taitt Sato, 4th;

Martina Patella, 18th; Maria Deason

M35+ 3/4/5: Thomas Oelsner, 4th;

Chris Tanner, 18th; Greg Juneau;

Mark Davis

Elite 3: Ben Dodge; Mark Davis

Elite 4: David Porter; Steve McFarland

Jr 10-12: David Tisdell, 7th; Canaan Linder, 8th

Jr 13-14: Daniel Tisdell, 3rd

Burbank Memorial Omnium July 8, 2005

Masters: Steven Woo, 10th

MVV Coyote Creek Criterium July 9, 2005

Jr 13-15: Phil Mehlitz, 1st; Daniel Tisdell, 4th; Daniel de la Cruz, 6th; Canaan Linder, 7th; David Tisdell, 8th

Jr 16-18: Ben Barsi-Rhyne, 1st
Women 3/4: Jennifer Van Muckey, 7th; Maria Deason, 16th

Men 4/5: Thomas Oelsner, 4th; Steve McFarland; Daniel Tisdell

Men 3: Ben Barsi-Rhyne, 1st; Aaron Hanna; Mark Davis

Women 1/2/3: Taitt Sato, 2nd; Jennifer Van Muckey, 10th

M35+ 3/4/5: Greg Juneau, 2nd; Thomas Oelsner, 6th; Gene Ragan; Pavel Cisler; Steve Stoney

Pro/1/2: Kalen Gruber, 18th; Dennis Hopp; Brian Heneghan

Tour de France

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ing the superstars of cycling up close and personal: Axel Merckx, Cadel Evans, Christian Moreau, Thor Hushovd, Stuart O'Grady. Pony-tailed former World Champion (and sanctioned dopeur) Laurent Brouhard was a particular favorite of the French autograph seekers, as was Moreau.

Predictably, it was packed in front of the Discovery team bus, and as they were riding second to last, we did not get to watch them warm up, instead heading onto the course early get a good viewing spot. We staked out the first turn on the course, where riders slowed (to 30 MPH!) to turn right onto the road paralleling the Loire River on the way to Blois. Teams low on GC started first: Saunier Duval (you can bet I was cheering for Horner!), Cofidis, Liquigas, AG2R.

The sun that shone down on the early teams turned to clouds and light rain as the higher ranked teams like Gerolsteiner, Liberty-Segueros, and T-

Lafayette Criterium

July 10, 2005

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

Elite 3: Greg Juneau, 12th

Cascade Classic Stage Race July 6-10, 2005 Bend, Oregon

Elite Women: Martina Patella

Masters Men: Rob Ralph

Portland International Raceway Bicycle Series July 12, 2005

Elite 3/4: Jay Freyensee, 1st

Livermore Hills Road Race Northern California Junior Road Race Championships July 17, 2005

Jr Boys 15-16: Phil Mehlitz, 5th

Jr Boys 13-14: Daniel Tisdell, 4th

Jr Boys 10-12: David Tisdell, 13th; Canaan Linder, 14th

Jr Girls 10-12: Claire Sprock, 1st

Mobile came blasting through, oblivious to the slick road. Team Phonak was noteworthy for their really big aero helmets that made them look like astronauts, fitting as I noticed earlier in day their BMC TT bikes had the title "Time Machine" painted on the top tubes.

Although we have a new digital camera that takes very clear pictures, it was frustratingly slow. These guys were blazing by so fast, I really only had one shot per team, and was generally taking a picture of the first rider. By pure luck, Lance was leading the Discovery team around the corner, and I got a great action shot of him— the icing on the cake! After Zabriskie and Team CSC flew by, we retired to a bar for café noire and live TV coverage of the race into Blois.

Elation at Discovery's strong TTT turned to dismay as we watched Zabriskie crash a kilometer before the finish line. That guy really is snake-bit, but at least he enjoyed four days in yellow and thrilled lots of American cycling fans.

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Tour de France

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My wife and I spent our remaining days sightseeing in the Loire Valley checking out the amazing chateaus and castles, then returned via TGV to Paris for more touristy stuff and the flight back to SFO. Besides the excitement of

watching the Tour live, this was a great visit. The French we met were very friendly and gracious, and suffered our broken-French with good humor. Next time back, we'll definitely bring our bikes with us to take advantage of their well-maintained and scenic system of roads. Vive la France – Vive la Lance!



Lance Armstrong leads the Discovery team in the team time trial.

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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 August 1 and September 12. 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.

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.

