

The Catalyst

Los Gatos Bicycle Racing Club
Team Easton/Specialized

November-December 2005

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



LGBRC members await the start of the 2004 parade. Photo by Sammarye Lewis.

49th Annual Children's Christmas and Holidays Parade

by Barry Gordon

The LGBRC will be again participating in the Los Gatos 49th Annual Children's Christmas and Holidays Parade on December 3, 2005. This parade is longest-running children's parade in the US. Our participation in it reminds the Town of Los Gatos that they are the home of USA Cycling's Club of the Year and the Cat's Hill Classic.

We will meet in our designated space (to be determined and e-mailed to you) in the parade staging area. The spaces are numbered and are somewhat sequential. Although the parade begins "promptly" at 11:00 AM and we theoretically have to be in our place by 9:00 AM, plan to arrive about 10:45 am in the parade staging area with bicycles and selves decorated in holiday fashion, wearing the current 2005 LGBRC clothing! Since I submitted our application very early this year, we should be one of the first groups in the parade. When our turn to parade arrives we will walk and/or ride up the street behind our LGBRC banner. The parade ends on Main Street near the Toll Gate apartments.

Rain: Although heavy or constant rain cancels the parade, threat of rain or intermittent showers does not cancel the parade.

After the parade, at approximately 1:00 PM, LGBRC holiday parade participants are welcome to enjoy free pizza party at Tomato Thyme (same place as last year) located at 15525 Los Gatos Boulevard, Los Gatos, 408-358-3686. Please RSVP to me so that we can order pizzas ahead of time.

2005 Race Rewards Program Ends November 30

The Special Events Reimbursement Fund (SERF) and Race Rewards programs are funds allocated by the Board of Directors (BOD) to assist club members in meeting their individual racing goals. The Race Rewards program is designed to provide partial reimbursement for every race entered. The SERF program is targeted towards larger out-of-district events which require travel and overnight stays. Both programs are open to all continuing club members who meet eligibility requirements including volunteering for club events. The 2005 season for both programs runs from December 1, 2004 to November 30, 2005, and all racing disciplines (road, track, cross, mountain) are eligible.

To participate in the Race Rewards program, simply record your race results on the LGBRC website.

Instructions are provided there. A password, which can be obtained from webmaster Aldene Gordon or myself, is required to enter results. All results must be entered by December 1, 2005. The final amount you are reimbursed depends on the total budget allocated by the BOD, the number of people participating in the program, and the number of points you accrue during the year. Points are awarded every time you race (finishing a race is not a condition), and bonuses are given for particularly good performances. All categories are treated the same; upper categories do not receive preferential treatment. If you wish to record your results on the website but do not wish to participate in the Rewards program, please let me know.

The SERF program can provide up to \$50 per day up to \$150 per event to cover the costs of travel, lodging, and entry fees. The actual amount you receive will depend on the total budget allocated by the BOD and the total number of requests received throughout the year. Qualifying events are out-of-district races, with the exception of in-district championship events such as the Sattley time trial which are sufficiently far from the Bay Area to require overnight stays. You are encouraged to participate in the program, and you can apply as often as you like. To participate in the SERF program, please send me an email at least two weeks before the event. Describe the event, where it is located, how much you expect it to cost, and why you want to do the event. After the event you must send me your receipts and provide a race report for the newsletter.

Reimbursements are calculated in December with the goal of distributing Race Reward and SERF checks early the following year.

—Jon Erskine

Jay Freyensee's race results from Oregon and Washington

7/23/05: Co-Motion Northwest Time Trial Series 40K; Trout Lake, Washington
2nd overall out of 25 (1st in cat 3)

7/24/05: Larch Mtn Time-Trial, Larch Mtn, Oregon
3rd out of 14, cat 3
8th overall out of 51

8/7/2005: OBRA 40K ITT championships; Peoria, OR
2nd out of 17, cat 3
10th overall out of 138

8/20/2005: Co-Motion Northwest Time Trial Series 40K; Trout Lake, Washington
1st out of 3; cat 3
2nd overall out of 43

8/20/2005: Co-Motion Northwest Time Trial Series Overall; Trout Lake, Washington
1st out of 10; cat 3

9/11/2005: OBRA Hillclimb Championships; Mt. Hood, Oregon
6th out of 12; cat 3

9/17/2005: Eugene Celebration Stage Race, Stage I: ITT
1st out of 47; cat 3

9/17/2005: Eugene Celebration Stage Race, Stage II: Crit
15th out of 43, cat 3

9/18/2005: Eugene Celebration Stage Race, Stage III: RR
pack out of 25, cat 3

9/18/2005: Eugene Celebration Stage Race, GC
1st

2005 OBRA BAR (Best All Round) Ranking (includes Road, Track, Mtn. Bike races)
14th out of 366, cat 3

2005 OBRA BAR (Best All Round) Ranking, Time-Trial
1st out of 116, cat 3

Other Race Results

Timpani Criterium August 7, 2005
Jr Boys 13-14: David Stallman, 2nd; Dean Kimmey, 3rd

Cougar Mountain Circuit Race September 10, 2005
Women 1/2/3: Taitt Sato, 3rd; Martina Patella, 17th
Elite 4: Gene Ragan, 9th
Jr 15-18: Daniel Tisdell, 4th

National Finals MTB September 16-17, 2005
Mountain Cross Expert 40+: Joe Fabris, 7th
Downhill Expert 45-49: Joe Fabris, 12th
Super D Expert 40-49: Joe Fabris, 13th

Mt. Tam Hill Climb September 17, 2005
Elite 4: Abe Gore, 17th
Jr 15-16: Daniel Tisdell, 3rd; Phil Mehlitz, 4th
M35+ 4/5: Jeff Vadasz
W3/4: Jennifer Van Muckey, 7th
Elite 5: Keith Adams, 26th

Santa Cruz Classic Criterium September 18, 2005
Elite 3: Erik Bergstrom, 12th; Thomas Oelsner, 18th; Mark Davis, 28th
M35+ 1/2/3: Thomas Oelsner, 11th; Mark Davis, 21st
Elite 4: Abe Gore, 14th; Phil Mehlitz
M35+ 4/5: Bob Skubis, 27th; Chris Pearson; Steven Woo
Women 1/2/3: Martina Patella, 5th; Emily Thurston, 9th; Jennifer Van Muckey, 17th; Starr Falk; Taitt Sato

Central Coast CX #1 September 25, 2005
M35+ B: Chris Pearson, 12th; Michael Schaller, 16th
M45+ B: Scott DeLaurentis, 3rd

Parkfield Classic MTB October 1, 2005
Dual Slalom Expert: Joe Fabris, 5th
Cross Country M45+ Sport: Scott DeLaurentis, 2nd

Candlestick Point CX #1 October 2, 2005
Elite Men: Matt McNamara, 22nd
M35+ A: Darrel Brokeshoulder, Mark Kurashige
M45+ A: Steve Stewart, 13th
Men B: Carl Hekkert, 6th; Jeff Patton, 16th
M35+ B: Mike Schaller, 23rd; Steven Woo, 24th
M45+ B: David Puglia, 10th

Central Coast CX #2 October 9, 2005
Jr Boys 13-14: Dean Kimmey, 3rd
M35+ B: Chris Pearson, 15th; Michael Schaller, 17th
M45+ B: Scott DeLaurentis, 1st; William Hall, 3rd
M35+ A: Darrel Brokeshoulder, 21st
M45+ A: Steve Stewart, 7th

Surf City CX #1 October 16, 2005
M35+ B: Chris Pearson, 18th
Men B: Erik Bergstrom, 23rd
M35+ A: Darrel Brokeshoulder

Candlestick Point CX #2 October 23, 2005
M35+ B: Steven Woo, 25th
Men B: Erik Bergstrom, 30th
M35+ A: Darrel Brokeshoulder
M45+ A: Steve Stewart, 11th; Joe Fabris, 16th

Surf City CX #2 October 30, 2005
M35+ B: Steven Woo, 27th; Mike Schaller, 28th
Men B: Carl Hekkert, 2nd; Erik Bergstrom, 16th
M45+ B: Scott DeLaurentis, 1st
M35+ A: Darrel Brokeshoulder
M45+ A: Joe Fabris, 14th

East Bay CX #2 November 5, 2005
Men B: Darrel Brokeshoulder, 11th

FIAC National CX Championship November 6, 2005
Men B: Erik Bergstrom
M35+ B: Steven Woo, 10th; Mike Schaller, 12th
M45+ A: Joe Fabris, 9th

Los Gatos Bicycle Racing Club, Inc.

c/o Barry Gordon, 16230 W. Ellenwood Ave., Monte Sereno, CA 95030-5212
408-395-6611

2006 LGBRC Membership Application Form

READ THIS FIRST: New candidate members CANNOT join the LGBRC by just sending in this application with a check. Please first contact Barry Gordon at 408-978-8200 or bgordon@structint.com first. Note that every member is expected to contribute TIME in accomplishing the goals of the club (see other side) and take leadership roles or, as a minimum, assist the club with various activities such as the Cat's Hill Classic, Timpani Criterium, sponsorship, racing, training, etc. Note: Cat 1/2 and Juniors may qualify for additional support.

Name _____	Date of Birth _____	Age as of 12/31/06 _____	Sex _____
Address _____	Phone (home) _____	Phone (work) _____	
City _____	State _____	Zip _____	E-mail _____
USCF/NORBA License No. _____	Class (Sr., Jr.) _____	Category (Road) _____	Cat. (Track) _____ Cat. (NORBA) _____
What do you expect from the club? _____			
I will help plan and/or work the Cat's Hill Criterium (May 13, 2006) (Circle one)	Yes	No	Initial _____
I will help plan and/or work the Timpani Criterium (August 6, 2006) (Circle one)	Yes	No	Initial _____
What other committees or activities are you interested in helping with? (e.g., ride leader) _____			
Do you have potential club cash/product sponsorship contacts? _____ if yes, please identify _____			
How often do you race per year? _____ Your greatest <u>cycling</u> accomplishment _____			
Racing emphasis (circle one or more) Road Criterium Track Time trial Cyclocross Mountain			
Do you want your <i>Catalyst</i> newsletter snail mailed or e-mailed to you? (Circle one) USPS e-mail			

I do hereby for myself, heirs, executors, and administrators waive release and forever discharge any and all rights and claims for damages which I may have or which may hereafter occur to me against the Los Gatos Bicycle Racing Club, its agents, officers, representatives, successors, sponsors, advertisers, and/or assigns, individually or collectively, out of my traveling to, participating in, or returning from all Los Gatos Bicycle Racing Club activities.

I further understand that serious accidents occasionally occur during bicycle rides, races, and activities, and that participants in these events occasionally sustain serious or mortal personal injuries and/or property damage, as a consequence thereof. Knowing of the risks of bicycling, nevertheless, I hereby agree to assume these risks and to release and hold harmless all of the persons and/or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages.

It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.

_____/_____
Signature of Applicant /Date Signature of Parent or Guardian if Applicant is under 18/Date

Description	Amount
2006 renewal membership (\$45 - Basic) OR with jersey (\$90 includes tax - only if sent by 12/31/05)	
Note: LGBRC 2005 District/State/National/World Champions have an optional \$45 membership credit.	
New membership (\$90 - includes jersey)	
Sustaining Membership (just a helping donation for the club, any amount over \$5 in addition to the \$45 membership fee)	
2006 new membership after 9/1/06, 16-month membership for the price of 12 months (\$45)	
2006 new membership after 9/1/06, 16-month membership for the price of 12 months, with jersey (\$90)	
Optional shipping of jersey outside the South Bay, i.e., no shipping to San Jose, Sunnyvale, Palo Alto, etc. (\$6)	

Send "LGBRC" check to the above address. Total (add the appropriate rows.) \$ _____

For membership with a jersey, circle appropriate style: Unisex Female and size: XXS XS S M L XL XXL

See the separate **Clothing Order Form** for long sleeve jerseys, shorts, bibs, skinsuits, tights, vests, jackets, windbreakers and socks.

LGBRC Goals and Mission

To provide a supportive bicycle racing organization for all members to achieve their personal and team goals. The club will strive to provide a quality program that includes support, training, coaching and social activities. To achieve our goals, the club and its members will conduct themselves within the following framework:

1. All members will strive to be supportive and positive with mutual respect for one another.
2. All members must volunteer to help with club activities.
3. All members will conduct themselves in a professional manner and with good sportsmanship.
4. The club will conduct itself within the laws of the land.
5. The club will strive to avail itself of high quality coaching for novice, intermediate and advanced cyclists through:
 - a. Structured training and skills clinics.
 - b. Learning from other club members and guest coaches.
 - c. Caring about individual goals as well as group goals.
6. The club will promote our sponsors by participating in local, state, national and world competitions while wearing the most recent team clothing during the race and on the podium and by being knowledgeable of our sponsors products and attributes. More specifically:
 - a. Members shall never complain about a sponsor in a public forum. If you have anything negative to say, say it in a constructive fashion; turn it into positive feedback. Most sponsors do want constructive feedback on how to improve their products.
 - b. If you participate in any club sponsorship program, you are obligated to not remove the decals or deface the product that impacts the company name in any way. In fact, some of our sponsorship contracts specifically note this obligation.
 - c. Never directly contact a team sponsor. Contact the club member sponsor representative as identified on our website. This has been a serious complaint from several sponsors for several years.
 - d. The generic club e-mail address lgbrc@topica.com is for only race reports, club rides, carpooling organization, general cycling information and general Q&A. It is not to promote a product or company that may compete with LGBRC sponsors. All important sponsorship deals must be sent to the club President first and s/he will forward the message to only the active members of the club, i.e., non-active members do not qualify for club deals. The club President is the only person with the latest team mailing list.
 - e. You have to own and wear at least **ONE COMPLETE TEAM KIT** to be eligible for full racing support.
7. The club will strive to utilize the strength and resources of its members to achieve the club's objectives.

LGBRC

2006 Clothing Order Form

Send or give your clothing order form with "LGBRC" check to: Barry Gordon, 16230 W. Ellenwood Ave., Monte Sereno, CA 95030-5212. Obviously, if you do not pre-order any clothing, you may not get any! The LGBRC does not operate as a "clothing outlet." Note there are unisex and women's sizes for some items. Questions? Call Barry at 408-978-8200 (W), 408-395-6611 (H) or e-mail to bgordon@structint.com.

Name:	Date:
Address:	Tel (home):
City, State, Zip:	Tel (work):
	E-mail:

Quant.	Size	Unisex or Female	Product/Description	Price *	Price x Quantity
			Short sleeve jersey – VOMax, long 15 in. zipper	\$48.00	
			Long sleeve jersey – VOMax, full separating zipper.	\$65.00	
			Shorts – VOMax with seamless X-Static Gold chamois	\$48.00	
			Bib shorts - VOMax with seamless X-Static Gold chamois	\$56.00	
			Skinsuit - VOMax with seamless X-Static Gold chamois	\$92.00	
		Unisex	Aero windbreaker – VOMax, EurothermLight™, new lightweight laminate, waterproof, windproof and breathes well	\$60.00	
		Unisex	Jacket - VOMax EurothermLight™ with front pockets	\$85.00	
		Unisex	Tights - VOMax EurothermLight™, no chamois	\$45.00	
		Unisex	Vest - VOMax EurothermLight™, mesh back with rear pockets	\$55.00	
		Unisex	Socks - SockGuy™	\$6.00	

X-Static Gold chamois is woven throughout with latest X-STATIC fiber technology that eliminates odor. Strategically placed center channel allows for decompression of crotch area. Its highly absorbent, multi-level foam design absorbs seat impact, relieves pressure points and allows for complete range of motion. It keeps stitching from coming in contact with skin avoiding possible irritation and promotes effective heat dissipation. Rated the best chamois!

Subtotal:	
8.25% CA tax	
Possible Shipping ** (See below for details)	
Full Payment Total:	

Fashion Notes

1. Jersey Sizing: 1 or XS, 2 or S, 3 or M, 4 or L, 5 or XL, etc.
2. Unisex and women sizing. **Women size jerseys are dramatically smaller than unisex sizes!!! When in doubt try it on first!**
3. Short Sizing: XS, S, M, L, XL (few riders wear L or XL)
4. Medium and larger skinsuits have medium shorts (e.g., XL skinsuit is a XL jersey attached to M shorts.)
5. There is typically a 25 minimum for clothing orders, i.e., if the LGBRC cannot order 25, the item may not be available.
6. Custom sizing/combinations are available at no extra cost including World or National Champion stripes for our World and National Champions!

Financial Notes

1. Make your checks out to "LGBRC" for the **full payment**. (No "deposits" on clothing.) Local CA sales tax will be charged to **all California residents**.

Shipping

**** USPS Priority Mail shipping is available at \$6.00 per 1 to 3 items to locations outside the South Bay, i.e., no shipping to Los Gatos, San Jose, Sunnyvale, Mountain View, Palo Alto, etc.** That is, shipping is available for more distant locations as follows:
1-3 items: \$6 4-6 items: \$12 7-9 items: \$18, etc.

* Note: We have some sponsorship funds set aside for clothing support. You may be eligible for a very cool 50% discount on clothing due to your club administrative level (e.g., club officer, member of BOD, etc.) or your particular racing activity/category/age. Please check with Barry Gordon to see if you qualify. Thank you.

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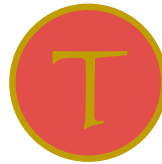
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www.edenbicycles.com

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VOmax
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COMMUNITY HOSPITAL
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www.communityhospitallg.com

ATHLETE
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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



Testarossa Vineyards hosted a party for LGBRC members and their families on October 23. Photo by Steve Ryan.

LGBRC Board of Directors for 2005

Barry Gordon
President

(408) 395-6611 (hm)
(408) 978-8200 (wk)
BGordon@structint.com

Gina Dias
Treasurer

(408) 369-9049 (hm)
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Web Designer

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George Leimer
Secretary
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Christine Rowe
Member at Large
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Race Director
(408) 248-8313 (hm)
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Kathy Ryan
Juniors Liaison
(408) 257-9280 (hm)
kathy@pml.info

Garrett Lau
Newsletter Editor
garrett_lau@yahoo.com



2005 LGBRC Elite Women's Squad: Joy Shaffer, Maria Deason, Dawn Tisdell, Jen Whatley, Jennifer Van Muckey, Martina Patella, Starr Falk, Natalie Mik, Taïtt Sato. Photo by Garrett Lau.

Meeting Schedule

The LGBRC team meeting is at **7:00pm** on the first Monday of each month. The next meetings will be December 5 and January 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.

During the winter, December 25 through March 19, the ride will start at 9:30am.

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.



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