PEN VELO
SUMMIT BICYCLES

Newsletter – August 2018

Volume 1, Issue 8

Meet Clark M. Natwick

Clark was the longtime Pen Velo coach. He starting coaching the team in 2005 and retired in 2016. He remains a very active member of Pen Velo. Here, in his own words, is part one of his story.

1991 USA MTB National Team Coach
UCI World MTB Championship, Italy

When I saw the Nevada City Classic in 1974, I knew I wanted to race bikes. In 1975, at age sixteen and half, I started road racing. I think I did ten road races that year. Juniors were divided in two groups based on experience, “A” or “B”. The junior athlete numbers weren’t large, but we often had “A” and “B” groups at every race. We had gear restrictions back then also, the same junior gear limit as today, 7.93 meters. One other memorable note was the “Talbot’s Cycling Team," later known as Peninsula Velo, had all the cool jerseys and equipment. I was having a great time racing and riding my bike. In the fall and winter of 1975, I did my first cyclocross season. It turned out that the Cyclocross Nationals were scheduled to take place in Tilden Park in December of that year. I raced the junior event and took the silver medal. Jim Gentes won the gold medal (he is the Giro helmet inventor).
I was hooked. I wanted more! I trained hard and raced more in 1976, my last season as a junior. Of note was a younger junior athlete starting to show up at the races by the name of Greg LeMond. We raced each other many times in the local Nor Cal events. I even broke away with him at the Mt. Hamilton Road Race. We worked well together until about 5 km to go, I got away from him for a solo win. I also did track racing as a junior. The track racing wasn’t as much fun back then as road and 'cross racing. I also did the Nevada City Classic in June and won it! This was an important win. To me, the Nevada City Classic was the race that sparked me to get into bike racing. Greg LeMond writes about it in his book. In August I went to the USA Junior World Road trails in Stone Mountain, Georgia, and was awarded first alternate for the Junior Worlds Road Team. There were a lot of notable athletes racing in the Nor Cal scene back then. Many of them went on to become professionals and Olympians.

The cyclocross season couldn’t have gone better for me. I wanted to go to Europe and race cyclocross for the first time in the 1976/77 season. I got my wish. The Cyclocross Nationals were held in Sunriver, Oregon (just down the road from Bend). I lapped the field and won the Gold Medal to become the Junior Cyclocross National Champion. Two other athletes went with me to Hanover, Germany, to compete in the 1977 UCI Cyclocross World Championships. That marked the end of my junior years of racing. It turned out (due to my “racing age” 18) I could not race in the Junior World Cyclocross Championships and I ended up racing with the elites. I was lapped by the winner, a Belgium named Albert Van Dam.
I stayed on in Europe to race several of the spring kermesses in Belgium. What a lesson it was to be racing in Belgium at age 17 (I didn’t turn 18 until August). I stayed with my family near the city of Huy. I also stayed near Gent with another family; their son and I became friends while racing together.
At 18 years old (first year in Elites), I earned my cat 1 road racer ranking and was a silver medalist and national champion in cyclocross. I was racing my heart out as much as I could. I was starting to get some press coverage which was very cool. I also got invitations to the Olympic Training Center in Colorado Springs by the National Team coach Eddy B.

Nevada City Classic, circa 1991

NORBA National XC series,
Alabama 1989

Clark's story will continue in a future issue.

Contact: social@penvelo.org

With 244 riders taking the start in 11 different categories, the Brisbane Criterium was a great success in its first year. Congratulations to Race Director Matt McNamara and a small steering team who put this race together in just a few months' time. None of it would have been possible without a crew of about 75 Pen Velo volunteers, several of whom where there all day long, including Yvonne Walbroehl (volunteer coordinator) and Andrew & Colleen Chew (results coordinators). Professional photos by Katie Miu are here: [Katie Miu]

Photos courtesy of Bill Yang and Colleen Chew:

Bill Brissman: Participating in Elite Track Nationals and Setting a World Record in M55+ Team Pursuit

On Sunday morning, July 29, Jeromy Cottell, Larry Nolan and I were warming up on our road bikes before a Hellyer motorpace session to start at the park opening at 8AM. They were talking about Elite Nationals in Los Angeles. A Masters racer at 59, Elites was totally off my radar, and I asked when it was. The following Saturday through Tuesday. Larry's masters team had set the Team Pursuit 3000m record last fall, but this year the UCI is going back to a 4000m distance, and Larry wanted to train at the new distance with returner Kevin Metcalfe and newly minted 55 year old Chris Carlson, who just crushed everyone in nearly every event at Nationals in July. Larry mentioned one of their team pursuiters looked doubtful due to an infection, and did I know anyone who might want to do it. As a guy with a career that still comes before the bike (usually) I suggested a guy I knew from San Diego, and just left it there.

We did the motorpace session with several really hard efforts, and I didn't embarrass myself. It was actually a good day for me.

The next morning I get a text from Larry at the office. Did I want to ride with him, Carlson, and Hour Record holder Kevin Metcalfe at Elites on Monday, August 6? I checked my Outlook. Nothing I couldn't move. Larry would drive my stuff down, so I could fly in, race, and fly out. Yes. Hell yes!

Fast forward to Monday morning, our ride was going to be about Noon, but we were the first on the track at 8:00, riding as a foursome for the first time, and targeting the only empty track opportunity available. The 50+ record for 4000m went back to 2009, a 4:40. Larry had us scheduled for 4:34, requiring laps in the mid-16s (~54 kph). I needed to see if I could hang with these three world record holders. After the partial dry run at speed, I was reassured, and my role was to be just two one lap pulls in the first 3k, then done, letting the other three finish.

We just hung out in the infield for the next few hours, got our bikes measured for compliance, warmed up and watched the other races. There were 10 men's pursuit teams, and only one other were predominantly Masters, The Pinnacle Team that got Silver at Worlds last year in the 55s to Larry's team. Both eclipsed the prior record in the finals. Three of Pinnacles riders were 55, but they added a 20 year old (age doesn't generally come into play at Elites) to fill their ranks. They were off first and rolled a 4:49. We were off fourth.

After the starting tones, Larry led us out, followed by Chris, me, and Kevin. Larry got us up to speed, rode 1.5 laps, then swung up nearly 2 stories up the bank and came down at the end of the line. Then Chris for 500 meters, a monster pull, with me on his wheel. He swung up and I took a cut at the high speed, trying not to either slow or surge. We kept getting our lap times shouted to us in the corners, sixteen-fives, plus or minus, and we were on track. It was fast. It was hard. I did my exchange nearly perfectly in the turn, going sharply up and dropping back on Chris' wheel in one fluid motion. Physically I am far inferior to all of these guys, but I am technically solid, able to ride a truer line, closer draft, and execute an exchange at least as well as any of them. I needed that advantage. They rolled through their turns, averaging 54kph, and my turn came up again, my "death pull" after which I was scheduled to drop off, letting the other three finish. I had thought they were wasting me as a resource; as it turns out, it was exactly right. I held the speed but was totally spent after my lap. The other three crossed the timing tape at 4:35.49, good for second place at the time, and importantly, crushing the record for old guys (also our team name) as well as the Pinnacle team's time by double digits. The other young teams came through, and bumped us further out of contention. We ended up 8th, but our age distinction and time registered as an official US masters record, and unofficial World record, though the UCI has curiously not yet made masters team events a part of their timed record keeping (but they do issue jerseys).

Later, we were subjected to the obligatory USADA testing, the particular details of my experience I might share with some of you privately over a beer.

I have quipped that I was given the "Vanna White duty" on this team: go out, look pretty and don't screw up, and we will give you just enough responsibility to make you feel like you're a part of the show...and so it was.

(left to right) Bill Brissman, Chris Carlson, Larry Nolan and Kevin Metcalfe

Upcoming Charity Rides

THE MICHAEL J. FOX FOUNDATION FOR PARKINSON'S RESEARCH

This month we are featuring the Wine Country Tour de Fox which will take place on August 25, 2018. The event features routes of varying distances starting with the family-friendly 10 miler to the extremely challenging 70 mile route. There are also 52 and 34 mile options.

It will start and finish at the Kendall Jackson Winery in Santa Rosa. The after party is fabulous!

Proceeds from Wine Country Tour will benefit The Michael J. Fox Foundation to speed better treatments and a cure for Parkinson's and the local GOALS Foundation to support special needs children and adults through soccer.

More info available here: Tour de Fox/Wine Country

Ride to End Homelessness

Join LifeMoves in a community ride to raise critically-needed funds to support the high-impact housing programs and services provided by LifeMoves. With your support, we can help our neighbors experiencing homelessness in Silicon Valley!
Come out with your family for a ~10-mile ride or take on the challenge of a ~40-mile ride. All riders will receive a delicious lunch cooked by the LifeMoves NextGen Advisory Board.
Starting Location: HP Packard Grove - 3000 Hanover Street - Palo Alto, CA 94304
Sign up here: https://www.eventbrite.com/e/5th-annual-ride-to-end-homelessness-tickets-44530359504

If you would like to highlight your personal favorite charity ride or century ride in this newsletter, you may email the info to: social@penvelo.org. Please note, however, that neither the newsletter nor the Pen Velo mailing lists are to be used to solicit funds.

Get well soon!

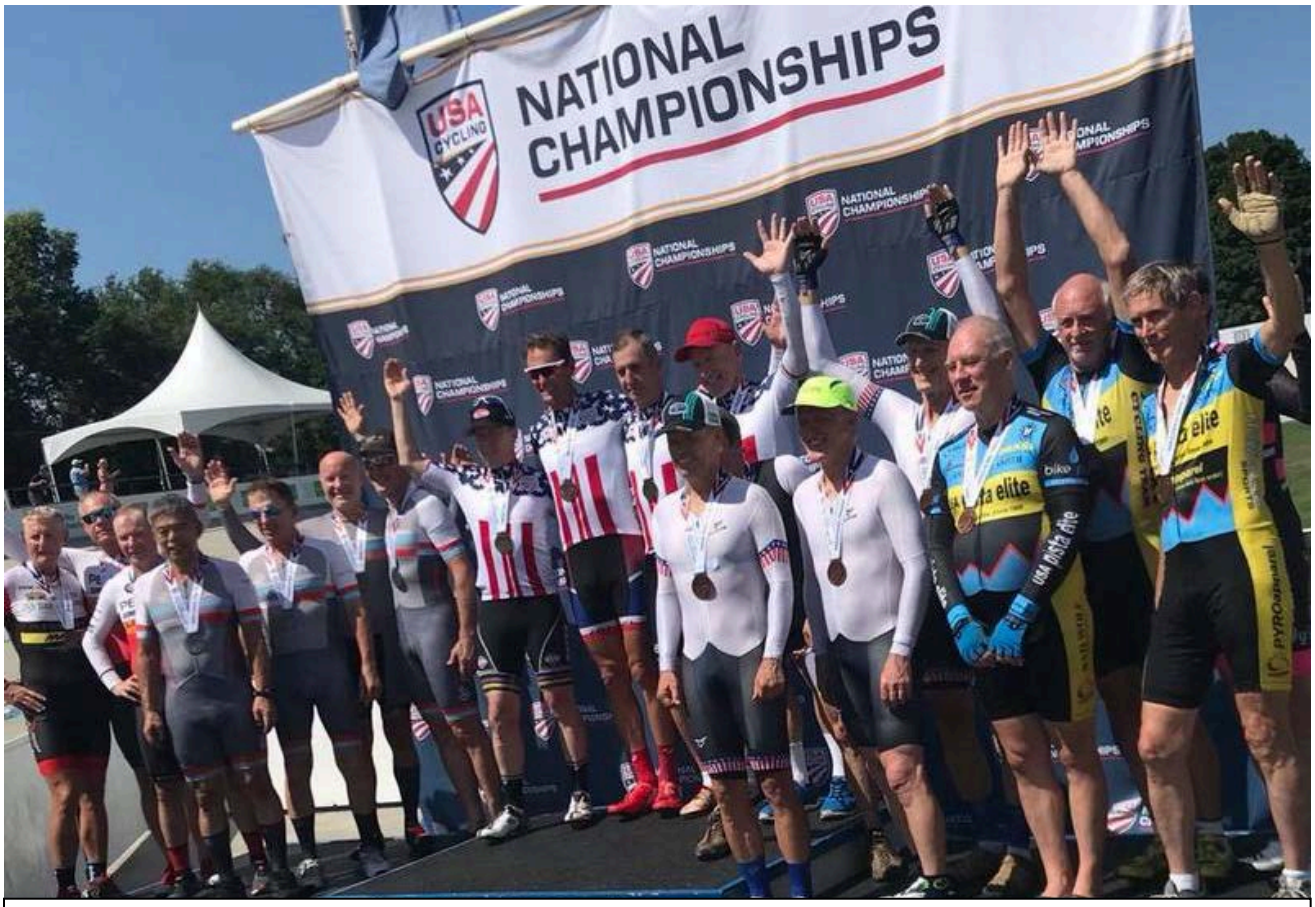
Pen Velo sends best wishes for a speedy recovery to Jarno Rajahalme and Lora Maes. Both of whom were injured in separate accidents in early July. We hope to see them back on their bikes soon!

PENVELO SUMMIT BICYCLES

Pen Velo at the Races!

Pen Velo racers had another successful month of racing. See the podium photos on the following pages. Don't forget to submit you podium photos by no later than August 31 to be included in the September newsletter. Please be sure to wear you current Pen Velo jersey when racing and on the podium. Podium photos do get sent to sponsors and are also included with other marketing content. It's a great way to showcase our team results and ensure visibility of the investment our sponsors have made in Pen Velo. Action shots and your personal stories are also welcome. Submit via email to: social@penvelo.org.

USA Cycling Masters Track National Championships
July 7-14 - Trexlertown, Pennsylvania



July 15 - Team Pursuit - M55+
Bill Brissman, 2nd; Erik Salander and Greg Bollella 4th (composite teams)

July 12 - Points Race - M60-64
Erik Salander, 5th

W 65+ 500 meter Sprint
Sara Stearns - 3rd

W 65+ 2K Pursuit
Sara Stearns - 2nd

W65+ Match Sprint
Sara Stearns - 2nd

W 55+ Team Sprint
Sara Stearns - 2nd

2018 CCCX ROAD SERIES

Fort Ord Circuit Race - July 1 - M35+ 3/4
Andrew Chew, 2nd

Fort Ord Circuit Race - July 1 - W55+
Yvonne Walbroehl. 1st

Fort Ord Circuit Race - July 1 - M55+
Steve Clifton, 1st

CCCX Fort Ord Circuit Race
July 14th - M35+ 3/4
Andrew Chew, 2nd; Andreas Schulten, 4th

CCCX Fort Ord Circuit Race
July 14th - M55+
Steve Clifton, 2nd

July 8 criterium W3
Norma Hilton, 3rd

July 22 - "The Bump" W55+
Yvonne Walbroehl, 1st; Norma Hilton, 3rd

July 22 - "The Bump" M40+ 4/5
Andrew Horvai, 2nd

July 22 - "The Bump" M35+ 3/4
Andrew Chew, 4th

San Rafael Sunset Criterium
July 28 - M35+ 3/4
Alexander Yermolovich, 3rd

Tahoe Trail 100 Relay
Dave Schaefer and Chuck Spiteri, 3rd

Thank you to our sponsors!

Contact: social@penvelo.org