# Newsletter – January 2019

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## SPONSOR SPOTLIGHT

Marianne Kristofferson and her company Vocker Kristofferson and Co. were a sponsor of the women's races at the Burlingame criterium for many years. Her husband David Kristofferson has been a Pen Velo member since 2005. He is retired but works part time as a high school math and science tutor when not riding his bike to the coast with Michael Maher and Stanley Tsang of Pen Velo (and Marc Moisson of MVV).

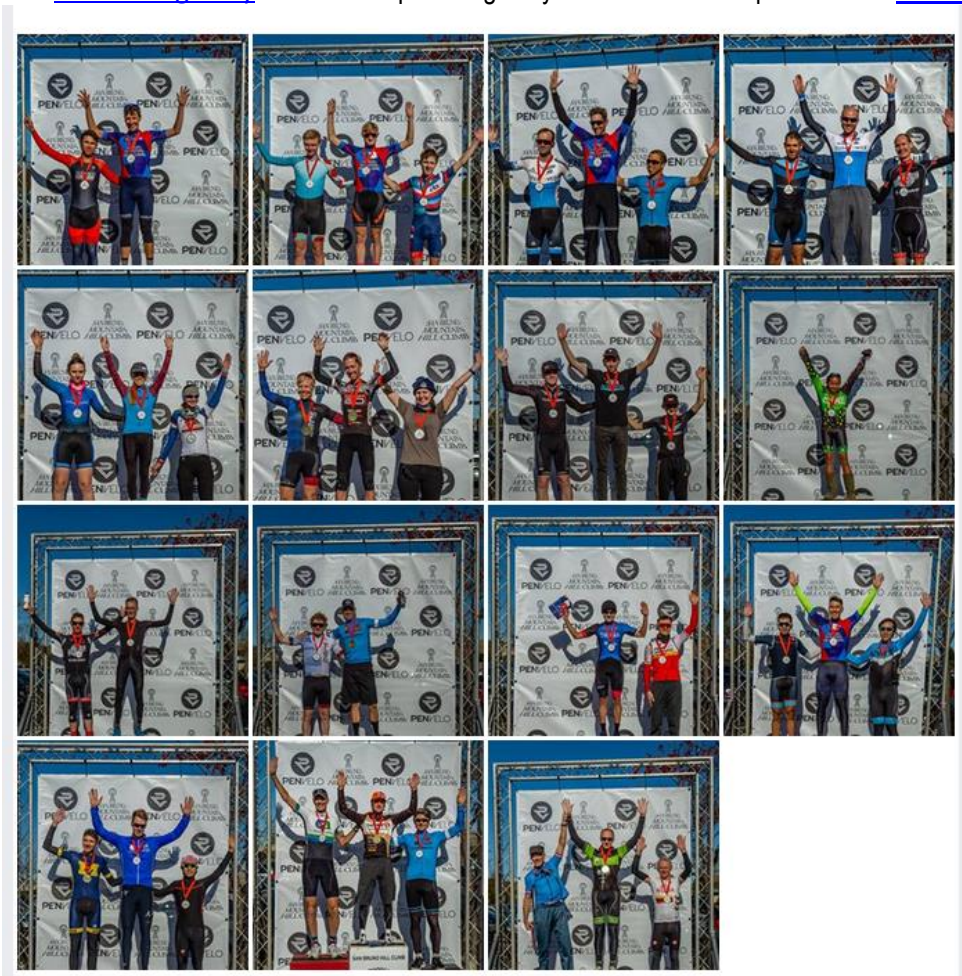
Vocker Kristofferson and Co. is a local certified public accounting firm of seven professionals. It provides a complete range of accounting services including audits, reviews, compilations, tax planning and preparation for all types of entities. The firm is located at 1700 S. El Camino Real, Suite 506 in San Mateo, California. Vocker Kristofferson and Co. was founded in 1990 as a general partnership with two partners. The firm has eight employees including four CPAs, two CPA candidates and two support staff. Everyone is fully committed to providing the highest quality of service while complying with the strict quality control standards established by the American Institute of Certified Public Accountants (AICPA).

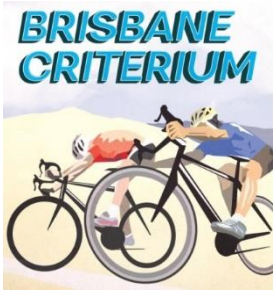
Marianne Kristofferson's experience includes both the audit and tax areas of responsibility for all of her clients. Marianne holds a BS degree in business-economics from the University of California, Santa Barbara, and a master's in taxation from Golden Gate University, San Francisco. Her community involvement in various organizations has included serving as treasurer and board member of the Rotary Club of Burlingame and the Congregational Church of San Mateo and as a board member of the San Mateo-Foster City Community Education Foundation, the Highlands Recreation District, Aragon High School PTSA, and Music at Kohl Mansion. Marianne currently serves as a committee member on the California Society of CPAs State Committee on Accounting Principles & Auditing Standards and on the state peer review committee of the California Society of CPAs.

In their free time, Marianne and David are avid hikers/backpackers and cyclists. They frequently hike on weekends in the coastal hills and have completed about half of the John Muir Trail in the Sierras. They plan to complete a 60 mile stretch in 2019. They have biked on the road from Eureka down the coast to the Bay Area. They also rode their mountain bikes in June 2015 from Telluride, Colorado, to Moab, Utah, on a supported trip organized by Western Spirit Cycling.

# SAN BRUNO MOUNTAIN HILL CLIMB

The year started off with 124 racers tackling the climb up San Bruno Mountain. A huge "thank you" to the almost 40 Pen Velo volunteers who helped out either onsite or behind the scenes to make the first race of the year a great success. Congratulations to Andrew Holmes for the fastest time of the day: 15:09.39! Congratulations also to Robert Pasco (M 55+ 1/2/3) and Courtney Nelson (W 3/4) for breaking the course records in their respective categories!
Take a look at Stanley Tsang's video for some great views of the race: https://youtu.be/k8JomfhltMc
See event day photos at Katie Miu gallery Here is the podium gallery. See Davil Siler's photos here: SBHC podium gallery






Mark your calendars now for June 22, 2019. The Brisbane Criterium is an "all hands on deck" volunteer requirement for Pen Velo members. Watch for details in the coming months.

**Meet Lanier Benkard**

I've biked casually and commuted almost my whole life. I have fond memories of jumping on an old Motobecane 10 speed with a friend at age 14, and doing some epic 30 mile rides in Dutchess county NY – no helmet, no money, no cell phones, pretty sure my parents didn't even know where we'd gone. But for most of my life, rock climbing was my passion, and cycling was something I just did once in a while for fun. Back then I certainly never thought of racing.

I remember the first time I actually went over the hills here around 10(?) years ago and climbed West Alpine, on an old ~1990 bike that I still use for commuting. It was hot out and the road seemed to go on forever. I turned the cranks ever more slowly, until I just couldn't go any further. I gave up, got off and started walking. About 200yds later I came around a corner and my heart sank as I saw the top of the climb. It was frustrating to put so much into it and fall just short. I play that moment over in my head every time I climb it now. It reminds me not to give up, because you never know what might be around the next corner, and reminds me how far I've come.

I toyed with racing in the intervening years, but it wasn't until ~2015 that I started racing seriously. In February of that year, Coach Clark sent out an e-mail listing the winning times in the TT at Chico. I remember thinking: "Hmm. I might be able to do that," so I signed up. Problem was I wasn't fit (CTL=40). After signing up, I looked up the race and realized the TT was the 3rd stage! ...which meant I first had to survive the RR and the Crit. Ruh roh.

The race was an emotional roller coaster. I managed to hold on through the gravel to make the lead group of ~10 in the RR. My plan was to just sit in and survive to the finish but then [unnamed PVer] crossed wheels just in front of me and crashed us both out of the front group! I was uninjured other than a sore hand, so I got back on, buried myself and somehow bridged back up to the break. I finished 4th, full on cramping as I crossed the line. The crit was uneventful (well, other than that huge scary crash that took out Rene), which meant I had lucked my way into good GC position entering the TT. I was super psyched up for it, and then… missed my start time by 6 minutes. My TT time would have been good enough for 1st in the TT and GC, but instead I ended up 30th in the TT and 13th on GC. I'll never forget all the PV guys waiting for me at the finish line with puzzled looks on their faces, and having to explain to them what an idiot I was!

That race was so memorable that I was hooked. I skipped the spring of 2016 due to work pressure, but got my revenge on Chico in 2017, winning all three stages and the GC, with epic

teamwork and support from PV, culminating with Jarno torching the last lap of the crit, practically gift wrapping me the win! Other most memorable races for me: winning Hamilton in 2017 and Wards Ferry in 2018 (my first 1/2/3 win), both again with help from Jarno.

In the past few years, I've also gotten really into aero testing and TT'ing. Back when I started I had okay power but was slow because I was an aero brick. I wrote my own aero testing software and have since done literally hundreds of tests. If you see someone decked out in full TT race gear – skinsuit, helmet, race wheels and all -- late on a summer evening on Cañada, it's probably me. It all paid off this summer when I finally won the district TT – one of my proudest moments in bike racing thus far.

Sacramento Cyclocross - December 8
M60+ open - Bill Harkola, 2nd place

Sacramento Cyclocross December 15
M60+ open - Bill Harkola - 1st place

Coyote Valley Cross, December 8
Junior men 12-14, Ethan Benton, 1st

Coyote Valley Cross, December 9
M40+ Cat 3/4/5, Peter Nyberg 2nd place

Coyote Valley Cross, December 8
M40+ Cat 3/4/5, Peter Nyberg 2nd place
Chris Coward, 3rd place

BASP CX #2 - Coyote Pt – December 16
Junior men 10-14 – Ethan Benton – 1st place

BASP CX #2 - Coyote Pt – December 16
Men 55+A – Bret Benton – 3rd place

BASP CX #2 - Coyote Pt – December 16
Men's SS B – Trevor Bartlett – 2nd place

BASP CX #2 - Coyote Pt – December 16
M35C - Andrew Horvai – 3rd place

BASP CX #2 - Coyote Pt – December 16
M45+ – Peter Nyberg – 1st place

Shawn Becker in action at Coyote Valley CX on Dec 9
…no podium, but a strong race nonetheless.

Contact: social@penvelo.org

# Thank you to our sponsors!

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