Newsletter – July 2018

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SPONSOR SPOTLIGHT

SPITERI'S Complete Auto Service, Inc.
292 Old County Road, Belmont. CA

Chuck Spiteri sat down with Sponsorship Director, Travis Ma, for a Q&A about Chuck's involvement with Pen Velo.

Travis: When did you join?
Chuck: I joined Peninsula Velo with my son, Frank, as a father and son in December of 2008. I was on a solo ride going to Tunitas for the first time, meeting Frank at the top (he was starting later, taking a different route). As I was climbing Ralston Avenue to get to the bike path, I ran into a guy also riding up Ralston. We starting chatting and he said the weather over the hill was nasty and most likely raining. At this point, I knew I should change the plan, but I had no way to reach Frank. This rider offered to let me use his phone (since then I always bring my phone). I was able to contact Frank and change the plan. One month later I get a call; it was the guy who let me use his phone (he must have stored my number). He told me there was a club meeting and invited me to attend. Frank and I went to the meeting. I have been part of Peninsula Velo ever since. The guy with the phone was Darrel Stickler (thanks Darrel!).

Travis: What led you to want to support the club, races and sponsoring the team?
Chuck: When I saw the support that the Peninsula Velo members gave to me and Frank when he was giving it a go with the USGP Cyclocross traveling to various states, it made me want to give back to the club any way I could. Frank is now married, working as an engineer and has a 17-month-old son.

Travis: We know Spiteri's Auto Service, Inc. has been in business for many years and that it's a family business supporting the local economy.

Chuck: Yes; Sam, Kathy and I have been operating Spiteri's for 35 years now. We love what we do, care about our community and give back whenever we can. Sam also loves his bike - he doesn't road race but rides on the road to stay fit. However, when I ride with Sam in the dirt, it turns into our brotherly competition. Sam likes to throw an elbow here and there; especially towards his older brother. He has the dirt skills (and elbows) I have the fitness.

Travis: What is your favorite ride? Favorite race?
Chuck: One of my favorite rides is out to the coast returning via Tunitas. For some odd reason, I get pleasure when the weather is somewhat rainy (as long as it is above 50º). Also, a short but sweet Sunday morning ride at Water Dog to get the morning started.
I have been pretty successful in the dirt but I have two favorite races. First was November 24, 2013, when I won the Bay Area Super Prestige #4 by a 1/2 bike length which gave me the overall win for the Triple Stick; 1st and 1st on the same day.

I want to mention my number one fan Kathy Spiteri for supporting my hobby!
BTW, we have had many fun team rides in my van, with many specialty burrito stops along the way. Hopefully, more to come. (I can't share the Mark Powers story about the van on this page!)

My second favorite race was on February 25, 2012: Snelling Road Race. Six miles into the race we had a three-man break that stuck until the end. The three of us had the chemistry to survive and we maintained the break until the end.
Travis: Goals for this year?
Chuck: Well, I have had a tough couple of years with my broken neck, knee injury and of course, the biggest leg weakener - my grandson Eddie! (Although I consider this a good thing.) But I'm coming along. I took 2nd in a race in LA this year and 5th at the Old Cabin Classic (PV took 1st and 2nd). I feel like I'm coming along.

6. Here is the link to my favorite cycling story. https://www.cxmagazine.com/spiteri-leaps-from-beginner-to-elite-nats-diary-2010 Isn't the father supposed to motivate the son? Well, in this case, it was the opposite!

Announcements

On Sunday, **July 15, 2018**, Pen Velo will be hosting the Brisbane Criterium on Sierra Point Parkway near the Brisbane Marina. As a reminder, when we joined/ renewed with Pen Velo, we all agreed to volunteer at the Burlingame Criterium. Since that event is not happening this year, we are asking everyone to volunteer at the Brisbane Criterium instead. We need your support to make this event successful. Please go to: Pen Velo volunteer signup to volunteer today!

Beat the Clock

The last Beat the Clock event for this year will be on Saturday, **July 28**. Volunteers always needed. All info is on the Pen Velo web site: penvelo.org/beat-the-clock

Ryan's Ride Recap

Over 600 **junior riders** hopped on their bikes and trikes on Sunday, June 10, for the 15th consecutive year at the **Ryan Phua Memorial Kids' Ride**. It was just delightful to watch these young champions pedal on a new but shorter course with more laps, creating extra excitement for riders and spectators alike. Many photos are available here: http://ryansride.org/gallery/ . If you missed the chance to donate, please visit: https://www.crowdrise.com/ryans-ride2018

Pen Velo at the RBC Gran Fondo

-- Jarno Rajahalme

Pen Velo performed the course marshaling and lead out duties at the inaugural RBC Gran Fondo Silicon Valley on Saturday, June 23. The team led the group of riders through the streets of Palo Alto and onto the course. We provided a great example of teamwork and just plain hard work on the course. The participants were from all over the United States, Canada and beyond. It is likely many of the participants were not racers and appreciated the help we gave along the way. Personally, I decided not to race for overall placing, but to focus on the climbs. To that end, I stopped at all feed stations to get some rest, water, fruits, etc. I hit the gas I had in the tank on the KOM start on Tunitas and got the fastest time of the day to win the KOM! Lanier Benkard won the 2nd place overall (no podium photo available).

Jarno, KOM, with QOM and women's overall winner Sara Headley

Photo from event organizer's Twitter feed of the Pen Velo group before the event.

Meet Norma Hilton

As is the case with many cyclists, I used to be a runner. The constant pounding on the pavement made my knees say "no mas." I had an old bike in the garage and started doing some easy rides for cross-training. I even did a few short course triathlons, just for fun. But my swimming was (and is) abysmal, so I focused on riding. I did a few local charity rides and I soon realized I needed a better bike. I bought my first "nice" bike - a Trek 2120 - at Summit in Burlingame about 20 years ago. In early 2000 I joined Team in Training and did my first century ride, Tour de Tucson, in November 2000. I stayed on with Team in Training and did five more centuries as a mentor. The centuries themselves were always a lot of fun and I traveled to some interesting parts of the country, but I soon tired of the many long hours of training. I saw a flyer about a new women's bike club. I went to the meeting and joined Velo Girls on the spot. I assumed it would be a group of like-minded women riding for fun, and it was. But very soon it became a race team. I knew about pro racing, but I had no idea that just "regular" people like me could race. My first race was Livermore Hills in July 2002 (which I raced wearing an orange and green Summit jersey). When I arrived, I was very impressed with how many women were there - and I felt completely out of place. I did poorly (but I wasn't last!). I don't think I raced again that year, but I was hooked. I kept training, knowing I could do better.

Fast forward to 2018. I can't believe I have been racing for 16 years. I have had a few very nasty accidents, with broken bones and ugly scars, but also some success. I have won a District Championship at least once in each of the three road disciplines. On June 17, 2018, in Augusta, Georgia, I won the Masters National Criterium Championship. This was my eighth consecutive trip to Nationals and it's still kind of hard for me to believe that I won!

Of course, I could not have done any of this without the support of my family. My husband, Tim, has driven me all over the place: multiple trips to Oregon, Nevada, Utah and all sorts of obscure little towns in California (thank you Velo Promo!). He's also my equipment manager, making sure I have all my "stuff" and that everything works.

There have also been some awesome teammates along for the journey with me. Current and former teammates have always been very supportive, cheering for the victories and understanding when things do not go well. A special shout-out to Yvonne, we've been through thick-and-thin together for 14 years. Now, that's longevity!

Norma and Yvonne, 2011 Senior Games

Through all these years, time with my family has always come first. I ride and race as time permits. My focus continues to be on riding for health and fitness (and fun!). Doing well in a race is a bonus. I'm not sure what next year will bring, but for now I plan to keep on riding and racing for as long as I am able.

Upcoming Century and Fun 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

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

Pen Velo at the Races!

Pen Velo racers had an extremely successful month of racing. See the podium photos on the following pages. Don't forget to submit you podium photos by no later than July 30 to be included in the August newsletter. Action shots and your personal stories are also welcome - whether you were on the podium or not. Submit via email to: social@penvelo.org.

Memorial Day Stage Race - Stage 1,
"The Bump" Circuit Race
May 26, 2018. Joe Butler, 1st, Andrew Horvai, 2nd

ICC Dash for Cash, June 9, Andrew Chew, 1st

Masters' District Road Race Championships, June 10, 2018

M65-69: John Berg, 2nd; Frank Masterson, 3rd

M60-64, Steve Clifton, 2nd

W40-44, Colleen Chew, 2nd

W55-59, Helen Casabona, 1st,
Yvonne Walbroehl, 2nd

W65-69, Norma Hilton, 2nd

USA Cycling Masters Road National Championships
June 14-17 - Augusta, Georgia

June 14, Time Trial, W65-69, Norma Hilton, 4th

June 17, Criterium, W65-69, Norma Hilton, 1st

June 16, Road Race, W65-69, Norma Hilton, 4th

RPP HOBBY Lakeport TWILIGHT CRITERIUM
PRESENTED BY CHEVRON & POWER MARKET

June 30, 2018

W55+, Yvonne Walbroehl, 1st

M35+, 3/4, Andrew Chew, 3rd

Thank you to our sponsors!

Contact: social@penvelo.org