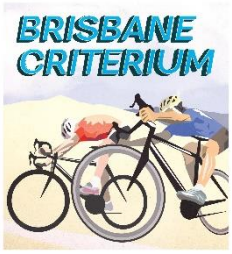
Newsletter – June 2019

Volume 2, Issue 6

ANNOUNCEMENTS

Now that spring is in full swing the days are long, the bike rides are longer and there are century rides, gravel grinders and bike races just about every weekend! It is also that time of year when we call upon the Pen Velo membership to "give back" by volunteering at two of our biggest events.

The Ryan Phua Memorial Kids' Ride (June 9, 2019) is a unique athletic event for children 12 and under which raises money for cancer programs in our community by collecting pledges for the LIVESTRONG Foundation. Pen Velo has supported this event each year since 2004 by providing volunteers for setup, course marshaling, tear down as well as some pre-event activities. Ryan's Ride is in its last year this year – let's help it go out on a high note!



The Brisbane Criterium (June 22, 2019) is a fast-paced race held on a short course on Sierra Point Parkway and Marina Drive near the Brisbane Marina. The same course had previously been used as a part of the Pilarcitos Stage Race in the early 2000's and the Sierra Point Criterium from 2004-2011. PV resurrected the race in 2018 with over 225 racers coming out to give it a try. It was such a success in its first year that we will again be hosting the race in 2019. About 105 PV volunteers are needed to put on this event. REMINDER – All PV members in good standing must volunteer for at least one club event or position each year (see Club Rules). Volunteering at either (or both!) of these events will meet your volunteer obligation for 2019.
To volunteer, go to https://penvelo.org/volunteer/ and sign up! If you have any questions about volunteering, email volunteer@penvelo.org and ask!

Beat the Clock

Beat the Clock is back for 2019! All details available at: https://penvelo.org/beat-the-clock/ Currently scheduled dates: June 8 and July 27

Glad to be Back

-- Shin Umeda

I re-joined PenVelo a few years ago after a 25-year hiatus. So much has changed in the club and cycling in general, but there are still some familiar faces from "back in the day". Bill Fallis is a PenVelo legend and someone I have known for over 40 years. When he and Norma Hilton asked me if I would contribute to the club newsletter, I was honored to be able to tell my PenVelo story. So here we go.

I haven't raced much the past couple of years, but this year I turn 60 and am motivated to race as a "baby" in my new age group. We have a great team of 55+ master racers, which is one of the reasons I am back with PenVelo. As you will read later, the team aspect is what brought me to the club years ago.

In the mid-1970s, bike touring was growing popularity, and it drew my interest as an outdoorsy kind of kid. However, the touring thing started to derail when I got my first sniffs of the NorCal bike racing scene. My first encounters with bike racing came as a spectator of the 1976 editions of the Santa Cruz and Watsonville Criteriums. I was living in Watsonville, where I was born and raised, and this stuff was happening in my back yard!

The races were also my first exposures to Peninsula Velo, or the Talbot's racing team as it was known at the time. I had read about the Talbot's team in VeloNews and Competitive Cycling, and knew the names of guys like Tom Hardy, Bill Robertson, and the Bike Barb. As an impressionable teenager, I was thrilled and excited to see these guys in action, and the first seeds for becoming a racer were planted.

By the end of 1976, I was riding my bike more and trying to learn as much as possible about the sport, from riding techniques to equipment. My curiosity led me to attend a Santa Cruz County Cycling Club meeting for prospective racers. I was the only person to attend the meeting, and the club president, Bob Leibold, yes, he of Velo Promo fame, and a track racer named Knute Momberg offered guidance on how to get started with racing. I hooked up on rides with Knute, who also lived in Watsonville, and he gave me tips on riding techniques and training. To this day, I incorporate the leg-speed and sprint training techniques I learned from Knute. Of course, every NorCal racer knows Bob as Mr. Velo Promo, but

for me, he still brings the unbridled enthusiasm for bike racing as when he was a SCCCC member, and as memory serves, me, an employee at Day's Market in Capitola. With Knute's encouragement, I took out a US Cycling Federation license for 1977 and started racing as a 17-year old junior. I was thrilled to line up for races at great venues such as Pacific Grove, Santa Cruz, Golden Gate Park, Nevada City, and Davis. I had early success in Junior novice races, but I found out quickly that bike racing was hard. More often than not, I was overwhelmed by the high-level NorCal junior racers, one of which was this kid from Nevada named Greg LeMond!

In this 1977 Nevada City photo by Fred Kornahrens, I am behind eventual winner Tom Hill and Greg Lemond. I'd like to say that Greg is looking back because he is worried that I am about to catch them, but the truth is that I had just been lapped and was losing ground very quickly. I did finish the race, placing in the top 10. The race was promoted by Bob Leibold, before he started Velo Promo, so of course I won a T-shirt that I still have today!

Here I am on the starting line next to Greg (Della Santa kit)I at the 1977 Davis Criterium. I remember asking him how he had done at a race the day before, and he nonchalantly replied, "I won".

In my second year of racing in 1978, I aged up to the senior level and raced in Category 3 races. I was having so much fun that I decided, much to the chagrin of my parents, to drop out of Cal after my freshman year to work in a bike shop and race. My parents were supportive, but I had to assure them that I would eventually return to college. The Cat 3 fields usually had 15 to 30 racers, and I remember racing against Bill Fallis because he wore the Talbot's jersey and was one of the few Veteran racers (35+) who would put the hammer down on the youngsters. I raced with the Santa Cruz club a few more years, upgrading to Cat 2, then to Cat 1 as I figured out how to train and race. The 1980 Cat's Hill race was a pivotal race me as the race circumstances pushed me into thinking that I needed to change clubs in the near future. I was having a great day in the Cat 1-2 race and was riding aggressively. However, every time I made a move, and I made many, I was covered by the Talbot's team who had a teammate in a break. I saw how well they rode together, and I knew the guys were having fun. I wanted to race on a team like that. At the end of the season, I wrote a letter to Tom Simpson and asked if I could join the Talbot's team. He said yes, and I was ecstatic to be wearing red and white in 1981.

I raced with PenVelo through most of the 1980's, doing 15 to 30 races a year. I was a bike racer and tried everything: road races, criteriums, time trials, stage races, track, and even cyclocross.

I am in the middle of the photo, surrounded by the Mark Cahn, Alan Ott and Bill Robertson in the red and white Talbot's jerseys.

One of my most memorable results with PenVelo was a third place finish at the 1983 District Chamionship Road Race on the Diamond Valley course in Woodfords, Nevada. Although it wasn't a win, the 101 mile race at 5000+ feet elevation with a field size over 75, was for me, a great accomplishment against the best racers in the district.

Jumping across a ditch at a 1981 UCSC cyclocross race. I raced a few cross races in advance of the Nationals in Pacifica. Clark Natwick won, and I finished dead last. I haven't done a cross race since…

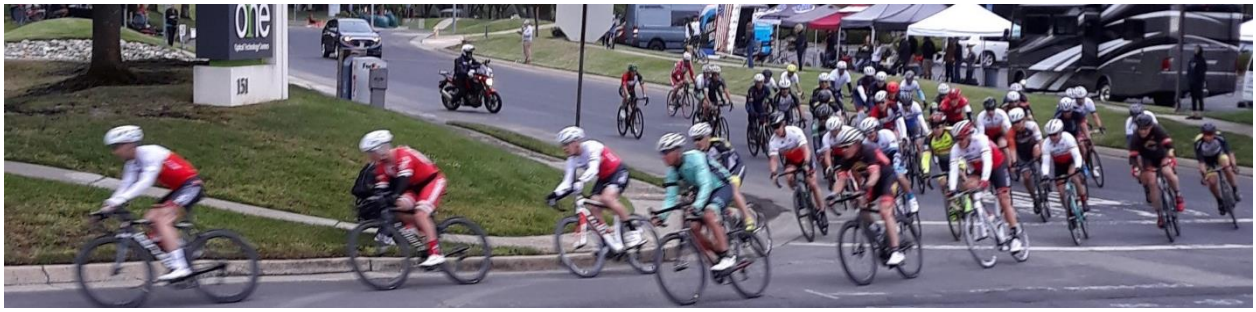
By the late 1980's bike racing was pushed down my priority list, supplanted by marriage, a career, and children. I shifted to a faimily life without bike racing in 1991. Skipping forward to 2003, my daughters had become self-sufficeint teen agers, but I was 20 pounds heavier than may 1980s racing weight. I bought a new-fangled, 18-speed bike and started riding regularly. By early 2004, I had lost 15 pounds and taken out a USAC racing license to start racing in master 45 races.

At my first race back, a critierium in the Sacramento area, I ran into none other than Bill Fallis. Some things never change! I had a good run with another local club, but the number of masters teammates began to diminsh. I knew Erik Salandar and a few other PenVelo M55 racers, and I decided it was time to come full circle join the club. I'm glad to be back with PenVelo.

2019 Masters and Juniors District Criterium Championship – Folsom Classic Criterium

Saturday, May 25, 2019

Pen Velo had a strong presence at the Masters' District Criterium (see podium photos on following page). The morning started with the men 60+ categories. Pen Velo had seven men in the race, all of whom raced hard, attacking frequently and keeping the race interesting.



Pen Velo men started strong from the gun.

The women 60+ categories followed as the second race of the day. Pen Velo had four women in the race. A strong team effort resulted in two wins for the Pen Velo women.

Photo by Bixxel Photography

Camille DeLuca-Flaherty, Yvonne Walbroehl, MaryAnn Levenson, Norma Hilton

L-R: Stan Terusaki, Erik Salander, Shin Umeda, Les Oglesby, Bill Brissman. Not pictured: Steve Clifton and John Berg

2019 Masters and Juniors District Criterium Championship – Folsom Classic Criterium

Saturday, May 25, 2019

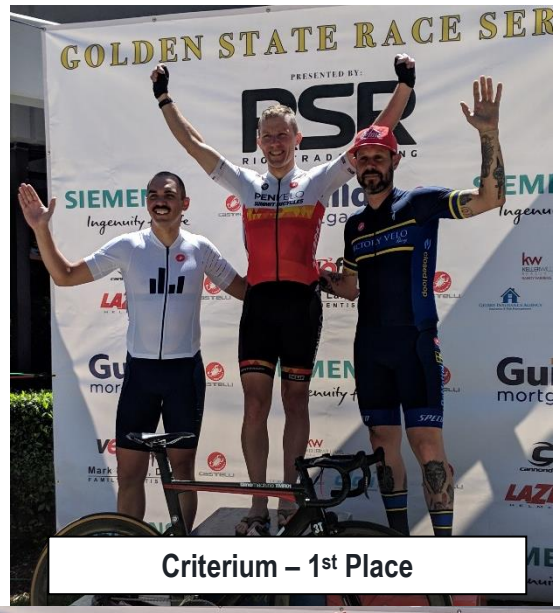
MaryAnn Levenson
W 60-64 – 1st place

Norma Hilton
W 65-69 – 1st place

John Berg
M 65-69 – 3rd place

Golden State Race Series – May 4 - 5, 2019

Alexander Yermolovich – M35+ 3/4



Criterium – 1st Place

Circuit Race – 2nd Place

Overall Series – 2nd Place

Overall Sprinter Points – 2nd Place

The win!

Modesto Road Race – May 19, 2019

James Dadula
E 4/5 – 1st place

Yuriy Platoshyn
E 3 – 4th place

Modesto Downtown Criterium – May 18, 2019

Eugene Chan
E 4 – 1st place

James Dadula
E 4/5 – 4th place

Pescadero Coastal Classic Road Race
June 1, 2019

Helen Casabona – 1st Place

Andrew Horvai 4th **Martin Kozera 5th**

M 45+ 3/4

Don't forget to submit your podium photos to be included in the next newsletter. Please be sure to wear your 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

Thank you to our sponsors!