# Newsletter – March 2019

Volume 2, Issue 3

## ANNOUNCEMENTS

Please be sure to mark your calendars for the upcoming Pen Velo events. As a member of Pen Velo, you are required to volunteer at least once every year. Pen Velo presents high quality, successful events due in large part to our volunteers. Watch you email for requests for volunteers and be sure to sign up as requested.

**Ryan's Ride**, a unique event for children 12 and under, will take place on **June 9** in downtown Burlingame.

On Saturday, **June 22,** Pen Velo will be hosting the **Brisbane Criterium** on Sierra Point Parkway near the Brisbane Marina.

### Beat the Clock

Beat the Clock will be back in 2019! Details soon.

### Race Category Upgrades

Congratulations to:
**Quinn Felton:** CX from 5 to 4
**Eugene Chan:** Road from 5 to 4

### Pen Velo Winter Training Camp

-- Matt McNamara

President's Day weekend saw a slew of Pen Velo racers once again enjoying the hospitality and great riding of the Carmel Valley at our annual team training camp. Held over four days this year's camp included lots of miles (about 300 of them!), a very engaging presentation on bike fit process from Andrew Bosco, the debut of our very own game-show, a bit too much rain for our liking, and a host of great tactical drills to round things out.

Things got rolling on Friday with a "short" 50-mile ride focused on time trial and sprint skills. After rolling easily over the Los Laureles grade, riders were divided into small teams of 2 - 5 for a quick 6 mile team time trial in ideal conditions. Ideal in that we had WIND coming from every direction - the perfect chance to work on pace line and echelon skills. From there the groups knocked off a couple of 200m sprints and a 500m effort to keep 'em honest before rolling back to the lodge via a gorgeous little valley off San Benancio road. After dinner we were treated to a comprehensive "in take" orientation with master bike fit guru Andrew Bosco, a longtime friend of Menko Johnson. Andrew did a great job explaining the ins and outs of

a first-rate bike fit, and several riders were able to take advantage of his expertise over the remaining days of camp. Saturday morning dawned wet and cold as the group headed up the valley and over the climb to Greenville some 40 miles distant. We divided into two groups to keep things safe, each with a follow vehicle, and the riders headed out into the storm. Snowcapped coastal mountains greeted us at the top of the climb, along with a biting wind and intermittent wind.

This kept our stay on top short as riders were encouraged to keep moving to stay warm! On the descent to Greenville we were treated to an amazing array of green fields and rolling hills, quiet country roads, and the promise of good eats at the bakery where lunch was planned. To a person I'm pretty sure everyone froze on the return home thanks to a long 20+ mile descent in the cold rain and wind.

Sunday was our "long day" checking in at just over 100 miles with the climb of Fremont Peak the anticipated cherry on top! Rain and cold once again played a role in the ride, but thankfully not until we reached San Juan Bautista at the halfway point. Indeed, rolling along the coast and Elkhorn Slough was filled with sunshine and happiness for all involved, even if the wind was a bit unrelenting. From San Juan Bautista we made the tough choice to forego Fremont Peak, too many clouds and rumors of freezing temperatures and rain on top meant we could enjoy a leisurely coffee stop instead! Our choice was verified when we ran into a Monterrey local rolling over San Juan Grade who had just come down Fremont after turning around 1/2 way up due to cold and 'miserable' conditions. Cresting San Juan Grade we were treated to a gorgeous afternoon view of the valley and sunny conditions all the way back to the lodge. Ninety miles in total. We topped off Saturday with the introduction of "Colle della Peninsula" a team-based game put together by Coach Matt. Ten switchbacks led to the summit of the Colle, each switchback a question from categories like "history," "tactics," "terminology" "USADA", "equipment" and "random". Do you know the only rider to win World Championships at both U23 and Elite levels?

Sunday night was spent reviewing available resources for race video analysis and reviewing videos of our TTT and sprint efforts on Friday.

Monday was tactics day - and it proved to be the perfect ending to the weekend. The Ft Old course used by CCCX for Districts was our playground as we worked on moving around in a pack at tempo pacing, chasing down breaks and counter-attacking, and finally we spent a few laps attacking and generally crushing each other in pursuit of tactical advantage. It was a worthwhile and well received exercise that will surely make a return to our local rides in the near future.

Overall, camp was as enjoyable as always despite the challenges of the weather. Nary a complaint was heard from the assembled riders as each embraced the opportunity to ride, bond, and laugh with teammates.

Photos courtesy of Brandon Tyler and Matt McNamara

## Cantua Creek Road Race, February 17, 2019

Erik Salander finished 4th and Les Oglesby 6th of 21 racers in the M55+ field. Here they are enjoying the sunshine after their hard efforts, a little mud splattered, but happy with their strong finishes.

## Meet the Pen Velo Category 4 Racers

The E4 Squad, comprised of some of Pen Velo's budding young talent, loves to ride! When we're not racing or chatting about the latest disc brake, aero, 12spd, or latex tube upgrades, you'll find us riding around Portola Valley, to the coast, and sometimes in Marin in search of the Bay Area's best coffee, burrito, and nacho spots. We're all eager to improve and are training harder than ever to develop the skills and fitness necessary to become the NCNCA's most dominant E4 development team. We each have our own goals this season, but we all share a common desire to dedicate part of our lives to this challenging and beautiful sport.

Read on and meet the team!

### Hernan Gatpandan

I became a Pen Velo member when I moved up to the Bay Area in 2014. I was a weekend warrior climbing Mt. Wilson and Glendora Mountain Road down in So. Cal, and never thought I'd be racing bikes. That changed at the Early Birds where I met the PV folks on Meet the Teams day. The Pen Velo Racing Team provided a great pathway to bridge the gap from fast weekend rides into the sometimes intimidating world of competitive cycling.

I've been a Cat 4 for far too long, but I'm really enjoying the training process and appreciate the support provided by the entire PV family. Last season, I finally felt like I had the fitness to be competitive, and started to really relish racing off the the front and going for those breakaway victories.

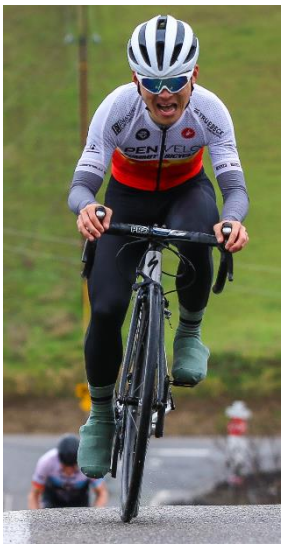
Off the bike, I'm a Bike Ambassador at Facebook, where I run programs to encourage more folks to get their butts on bikes and consider bike commuting!

### James Dadula

Moved to the Bay Area from the Philippines in 2006. Bus driver. I wanted to be a motorcycle racer and learned that most MotoGP racers ride bikes to train, so I did. I immediately fell in love with cycling. I enjoy racing downtown criteriums. Couple of podium finishes, gained more experience and met some new friends through racing in 2018. Goal for 2019 is to win races and hope to upgrade to a Cat 3 together with my teammates.

### John Nie

I began racing bicycles in late 2016 at the Giro Di SF. My initial impression was met with amazement and joy. I quickly caught the racing bug and spent the 2016 off-season training hard. I joined the PenVelo Racing Team in 2017 through a friend and have been with the team since then. I enjoy road and stage racing, particularly ones with challenging parcours. My all-time favorite races are the Chico Stage Race, Snelling Road Race, & Patterson Road Race (classics of the NCNCA).



My biggest results thus far have been at the Red Kite Bump circuit races where I landed on the podium twice: 2018 (E3/4) and more recently 2019 (E4). I'd like to thank my PV teammates for their help and support on both occasions.

My goals for 2019 are to upgrade to E3, build team camaraderie, and ride in support of E3 and E4 teammates. During the week, I work in the banking industry (client relations) in the Financial District in San Francisco.

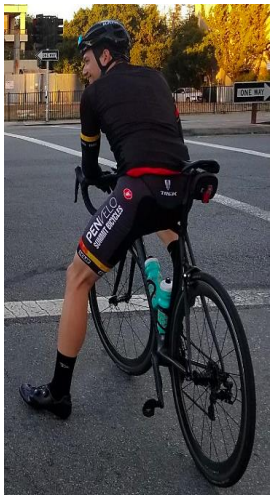
## Josh Manlopig

I am a local Bay Area native, originally from Menlo Atherton. I grew up as a competitive tennis player, later tearing my rotator cuff in high school. I spent a few years pursuing my passion for tennis, during which my friend and local racer Jung Pham introduced me to the sport of cycling. He got me started on one of his older frames, taking me to group rides, and finally talking me into doing Early Birds. I have been addicted to racing ever since. This is my second season with PV and I look forward to contributing to the team. When I am not out racing, I lead a small sales administration team for an international tech company that specializes in cyber security.

## Rajiv Eluthesen

I was born and raised in the East Bay and raced as a junior for Team Tieni Duro. Unfortunately, I stopped riding when I started college at UC Berkeley to focus on school and to build my career as a financial advisor. I am now a Certified Financial Planner at Merrill Lynch in San Mateo and work with families on developing financial plans and strategies. I started riding again in 2016 and joined Pen Velo in 2018 after meeting so many welcoming members on group rides. The Brisbane Criterium in July 2018 was my first race in 13 years and I am excited to continue building my fitness and supporting my teammates throughout the year. When I'm not racing and training with the E4 squad, I enjoy mountain biking and bikepacking. My favorite trip has been a weeklong tour around Girona, Spain, which is a popular training base for many professional riders.

## Joe Rogers



I'm a new transplant to the Bay Area from Boston where I'd been for the last 8 years. I was a swimmer for ~18 years, competing at the Division 1 level in the America East conference. I was introduced to competitive cycling by way of triathlon, but quickly realized (a) I didn't want to swim anymore and (b) I had absolutely no business trying to be a runner. After joining a local cycling team, I quickly fell in love with the sport and tight knit community around it. Now entering my third full year of racing, I am eager to see what I can accomplish with a focused training plan and how I can help my teammates achieve success in 2019. Outside of cycling, I work at the intersection of healthcare, data, and technology, bringing software solutions to oncology practices to improve clinical decision-making and patients' quality of life.

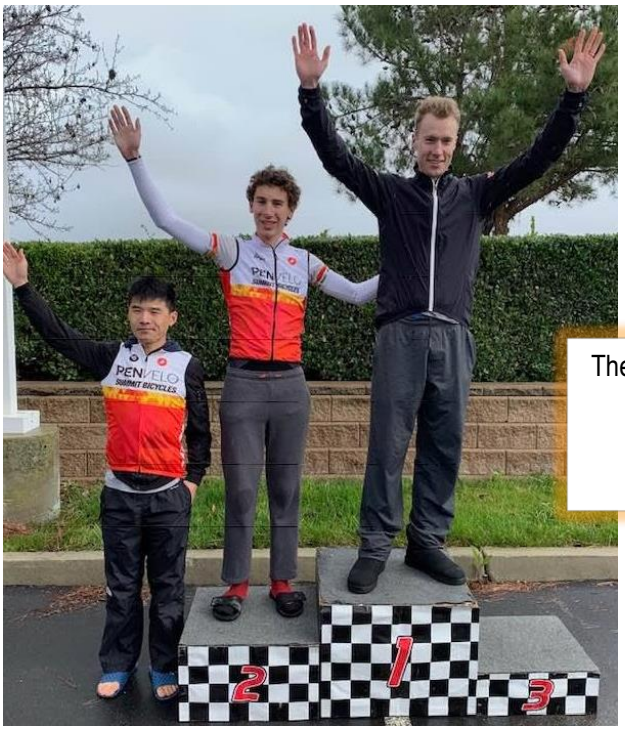
## Eugene Chan

Newly minted cat 4 and a Hillsborough native. Unsupervised BMX riding in the cul-de-sac or going to "Shells" via the levee (Bay Trail) with my cousins are dominant childhood memories. I owned a MTB while in high school/college, but I didn't start road cycling until 2016. My introduction to racing is unconventional. On May 15, 2017 I crashed hard descending Mt. Hamilton due to CalTrans negligence...I suffered a comminuted displaced scapula fracture. Ten days later, wounds still fresh, I jumped on Zwift and learned to love the platform. It was racing virtually and eventually succeeding that led me to the real thing.

This winter I took part in each of the Early Birds and was encouraged by the results. For my rookie season, my goals are simple: be competitive and learn. My racing phenotype? I see myself as a rouleur...boring, yes, I know. Fun Fact: The shoulder still goes click-clack two years later.

*Photos and stories courtesy of each individual racer; compiled by Colleen and Andrew Chew.*

The Bump Circuit Race – February 3
Category W55+
Cammy DeLuca-Flaherty - 1st place
MaryAnn - Levenson, 3rd place



The Bump Circuit Race – February 3
Category M E4
Quinn Felton, 2nd place
John Nie 4th place

Snelling Road Race – February 23
Category M55+ 1/2/3
Shin Umeda – 3rd Place

Snelling Road Race – February 23
Category 45+ M4/5
Trevor Bartlett 2nd  Joe Butler 3rd

Madera County Stage Race - March 2 - 3
Category 4 - General Classification
Joe Rogers – 2nd Place

Madera County Stage Race - March 2 - 3
Category 3 - General Classification
Chris Sontag – 5th Place

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!