Newsletter – September 2019

Volume 2, Issue 9

Pen Velo Racers at Masters National Track Championships
August 27 – September 1, 2019

Bill Brissman and Stan Terusaki in the M55+ Team Pursuit (with John Walsh and Brett Kay)
Photo USA Cycling/Josh Burton

Once again Pen Velo's track stars were out in force at the VELO Sports Center in Carson, California, to compete at the National Championships. Pen Velo Racing/Summit finished third place overall out of 111 teams, many of which are track-centric teams. Congratulations to all! (See podium photos on pages 7-8.)

L to R: Erik Salander, Bill Brissman, Stan Terusaki, Sara Stearns, Greg Bollella (not pictured John Suarez)

Bedwell Bayfront Cleanup

On Saturday, August 24, for 2 and a half hours, a group of dedicated 'cross enthusiasts raked, swept and chopped clean lines into the turf at Bedwell Bayfront. There are now multiple courses and terrain to challenge riders of all levels. So, whether you are just curious about cyclocross or want to finetune your racing skills come visit one of the best playgrounds on the Peninsula. To pique your curiosity, here are just of few of the creatively named features you can now ride: Figure 8's, Railroad Circle, Gravel Corner, Fennel Hill, Crescent Fields, Skunk Hollow, Antenna Hill, Keep's Crossing and the newest feature "Sven Nys Climb!"

A big thank you to Pen Velo members: Alan Brake, Shawn Becker, Bill Harkola, Martin Kozera, Rene Larro, Peter Nyberg, Tom Switzer, Ross Tinline and Miles Keep from Menlo Velo.

L to R: Martin Kozera, Peter Nyber, Rene Larro, Ross Tinline, Tom Switzer, Shawn Becker. Not pictured: Bill Harkola and Alan Brake

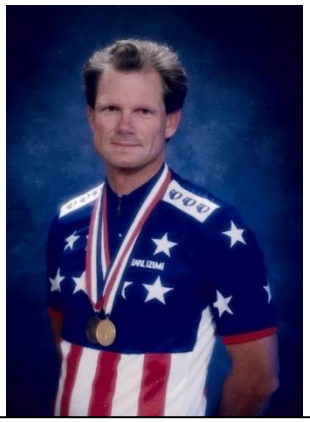
Selfie with Miles Keep

Photos and story courtesy of Shawn Becker

Upgrades for August
Congratulations to:
James Dadula road category 4 to 3.
Joe Butler road category 4 to 3.
Well done!

Meet Jeff Fillerup

I joined Pen Velo in 1988 when I moved to northern California from San Diego. I had started racing with the San Diego Bicycle Club in the early 80s, mostly on the road, but I also raced at the San Diego Velodrome. After joining Pen Velo I started doing more track racing and by the early 90s I focused on track racing, although I continued to race on the road as well. I gradually ended up focusing on track time trials including the kilo, individual pursuit and team pursuit. I started going to Masters' Track Nationals in the early 90s, and I ended up racing at total of 10 Masters Track National Championships between 1994 and 2008.

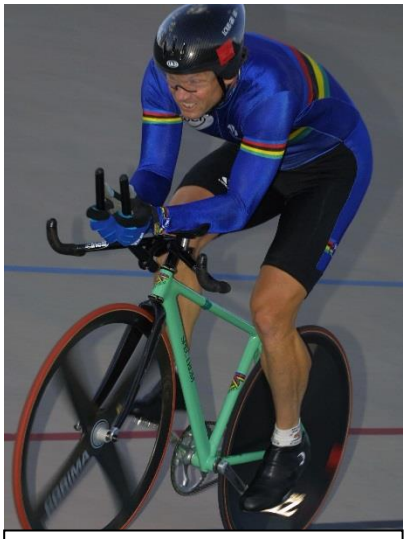


1996 – First National Championship

Houston 1997

I won 12 national championships on the track, in the kilo, pursuit and team pursuit. I was riding for PV when I won many of the national championships, including:
Gold 1996 Masters Track Nationals, San Diego, 3km pursuit
Gold 1997 Masters Track Nationals, Houston, 3km pursuit
Gold 1997 Masters Track Nationals, Houston, Kilo
Gold 1997 Masters Track Nationals, Houston, Best All Around Rider

In 1998, I raced at the UCI Masters Track World Championships for the first time in Manchester, England and won a world championship in the 40-44 individual pursuit. I was racing for Pen Velo that year. I won another world championship in the individual pursuit in 2001, which was also held in Manchester. I raced for some other teams after 1999, but I came back to Pen Velo in 2010. I am not racing now, but I may start racing again when I turn 65 in two years. I consider the highlights of my racing career to have been my years at PenVelo: winning my first national championship in San Diego in 1996, winning the best all around rider award at track nationals in Houston in 1997 (and setting the track records for both the kilo and individual pursuit in my age group), and my first world championship in Manchester in 1998.



Wearing the World stripes - 1998

<u>UCI World Masters Championships</u>:
Gold Medal: 3km Pursuit, 2001 UCI World Masters Track Championships, Manchester, England
Gold Medal: 3km Pursuit, 1998 UCI World Masters Track Championships, Manchester.

<u>USAC National Masters Championships</u>:
Gold Medal: 4km Team Pursuit, 2008 USAC Masters National Track Championship, Hellyer Park Velodrome, San Jose, CA
Gold Medal: 4km Team Pursuit, 2006 USAC Masters National Track Championships, Olympic Training Center Velodrome, Colorado Springs, CO (National Record)
Gold Medal: 4km Team Pursuit, 2005 USAC Masters National Track Championships, Major Taylor Velodrome, Indianapolis, Indiana
Gold Medal: 1km TT, 2004 USAC Masters National Track Championships, Olympic Training Center Velodrome, Colorado Springs, CO
Gold Medal: 4km Team Pursuit, 2004 USAC Masters National Track Championships, Olympic Training Center Velodrome, Colorado Springs, CO
Gold Medal: 1km TT, 2003 USAC Masters National Track Championships, Washington Park Velodrome, Kenosha, WI
Gold Medal: Team Sprint, 2003 USAC Masters National Track Championships, Washington Park Velodrome, Kenosha, WI
Gold Medal: 1km TT, 1997 USAC Masters National Track Championships, Alkek Velodrome, Houston, TX
Gold Medal: 3km Pursuit, 1997 USAC Masters National Track Championships, Alkek Velodrome, Houston, TX
Gold Medal: 3km Pursuit, 1996 USAC Masters National Track Championships, San Diego Velodrome
Best All Around Rider Award, 2004
USAC Masters National Track Championships, Olympic Training Center Velodrome, Colorado Springs, CO
Best All Around Rider Award, 1997
USAC Masters National Track Championships, Alkek Velodrome, Houston, TX

Meet Mark Koenig

My introduction to cycling started like many kids growing up in the 60s and 70s. We rode our Schwinn Stingrays everywhere including to the city rec pool almost every day in the summer.

As many of my friends will tell you, when I'm into something, I'm all in. Cycling is one of two passions that have been in my life multiple times as an adult. The other is playing music.

The first period starting almost by accident. I heard my hometown of Lincoln, Nebraska was having their first ever triathon. I was a swimmer in high school, so I bought a bike and started running. I ended up competing in numerous sprint and olympic distance triathons from 1983-87. I really enjoyed the biking portion and ended up dabbling in some citizens class road races, criteriums and time trials.

The second period started when I moved to the Bay Area in 1996. My son-in-law talked me into buying a mtn bike. I found a new 1996 Specialized A1 Comp on sale for half price and became an early adopter of full suspension. We started at Arastradero, moved to Saratoga Gap/Long Ridge and then discovered "Skegg's Point" back before all the super technical illegal trails were destroyed. We rode the entire 97-98 "El Nino" winter at night in the rain. By 1998 I was starting to love going fast down hills and started racing downhill I was starting to podium in 35-44 sport class but quit because I was missing too many epic trail rides with my buddies and the guys in expert class seemed to always have serious injuries. I also dabbled in cyclocross (Surf City and CCCX) on a hardtail with 1.5" tires - I got my butt kicked in the 35+ C category. Apparently, roadie fitness trumps mtn bike skills ;-) By the early 2000s, I got into surfing, windsurfing and wave sailing and rarely rode my bike.

2017 Bariani Road Race

The current period started in 2011 after a few years of inactivity and drug addiction. I was over 50 years old, weighed 227 lbs, had no muscle tone, and was pre-diabetic with high blood pressure. I joined Strava and a cycling Meetup group in June 2012 and that changed everything. Someone had this insane idea that we should do Death Ride 2013 as a group. Most of us couldn't even fathom doing it but we started doing big climbing rides together that nearly killed me. About a month before Death Ride, a buddy from the Meetup group loaned me his old track bike and took me to the novice session at Hellyer Velodrome. I was hooked and bought a new Felt TK2 right away and started racing and getting my butt kicked in the "C" group. That fall I started racing cyclocross again. This time on my do everything 2011 Specialized Crux Pro Carbon (I did Death Ride and even raced some crits on it with road wheels).

2019 Paceline at Hellyer

The last few seasons I've been racing multiple disciplines around 40 days per year including road races, crits, track, cyclocross, mixed terrain adventure (aka gravel) and a few cross country mtn bike races. I'm also the chief supervisor at Hellyer Velodrome and teach the Saturday morning novice session about once a month. I really enjoy the variety. It keeps it fresh and exciting and helps prevent the all too typical burnout.

2019 Sunset at Russian Ridge OSP

When I'm not racing you can find me riding all over the place with many different groups and riders. I host the informal "Grandpa Mark's Road Less Ridden Series" where we drive 1-2 hrs or more each way to ride roads that we probably wouldn't otherwise. Riding Nacimiento-Ferguson road from Fort Hunter Liggett to remote Big Sur and back was one of the highlights.

PODIUM ! PODIUM ! PODIUM !

PENVELO SUMMIT BICYCLES

PODIUM ! PODIUM ! PODIUM !

August 10 – Dunnigan Hills Road Race
M35+ – Alexander Yermolovich – 3rd Place

August 11 – Suisun Harbor Criterium
E4/5 – James Dadula – 3rd Place

August 17 - San Ardo Road Race
W55+ - Yvonne Walbroehl 3rd Place

September 1 – CCCX #1
M55A - John Kammeyer 4rh Place

September 1 – CCCX #1

Congratulations to the Pen Velo juniors

Mattheus Johnson – Juniors 15-18 – 4rh Place

Ethan Benton – Juniors 10-14 – 3rd Place

Masters National Track Championships
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W65+ 500 Time Trial
Sara Stearns 2nd Place

W65 – 69 Match Sprint
Sara Stearns 2nd Place

W45 – 49 Team Sprint
Sara Stearns 3rd Place

M60-64 Scratch
Stan Terusaki 2nd Place, Bill Brissman 3rd Place

M60-64 Individual Pursuit
Stan Terusaki 2nd Place, Bill Brissman 5th Place

M55+ Team Pursuit
Stan Terusaki, Bill Brissman (with John Walsh and Brett Kay) 3rd 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 always welcome. Submit via email to: social@penvelo.org

Thank you to our sponsors!