



ROTM Rider on the Masthead

Q How long have you been riding competitively?

A I started riding in the stone age (1975-1978) with Terry Shaw when his shop was near San Jose State. We did the Silver Creek loop from his shop with some of the local racers. I did centuries, tried the Davis Double in 1976, but blew up after lunch. I did the San Jose Bike Club Winter Series and then started Cat 4 races.

Q What was your first race?

A Tassahara Road Race, Cat 4 about 1980. A point to point race, I asked what the finish looked like. They said it was at the 580 freeway overpass.

When we got within sight of the freeway, I jumped, wound it up in the 52-13, a big gear at the time, and was first to the top of the frontage road...but the finish was down the hill a couple hundred yards more, oops, I was blown and was passed by two, got 3rd.

A Who is/was your cycling role model?

Q Greg Lemond of course. I saw him race at Nevada City in 1981. He climbed in the big ring and lapped the field a couple times. Wow! This was just before his 20th birthday. I knew he would go places. I got his autograph after his World's win in 1983. Many years later, after his retirement, I got to "race" with him. He made an appearance and started a crit in front of a casino in Reno.



Bob Parker on a noon ride at work. Photo taken by: Maarten Van Dijk

A What is your best-ever result?

Q When I turned 35, I placed in lots of Masters races. Just missed the top 10 at Master 40+ Nationals. The year I turned 45, I won 4 races. But those darn 45 year olds are getting younger every year.

A What is your favorite race?

Q I really enjoyed Cat's Hill Criterium when I could hang with the Masters. Same with Nevada City. Now they are great spectator races.

Now I enjoy races where team tactics come into play. And that happens to

be the flatter road races and criteriums.

Q How many miles/hours a week do you ride?

A Not enough. I do a couple lunch time crits and an evening ride during the week. Weekends are races, Centuries, Spectrum ride, etc. Not structured but fun.

Q Favorite Road and/or Ride?

A We are so lucky to have Skyline and the Santa Cruz mountains to ride.

The annual ride around Lake Tahoe is fun. I'm lucky to have a wonder-

“La ruota davanti” (Front Wheel)



Tracy's son Skylar, very active in sports, just like his dad.

I would like to spend part of my column each month highlighting some of the things that the club does for you, along with some of the special volunteers who help making these things possible. This month, I want to introduce you to the contributions from Patt Baenen-Tapscott & Kathy Podgorski.

Patt (Design Guru) has decided to set a high bar for the 2004 uber-vol-



Patt enjoying an early b-day. The candles were a 6-year-old's version of being creative.

unteer award. Under her direction, the 2004 clothing design was accomplished and delivered on time to Voler. She will be continuing to lead the team this year as the 2005 clothing design is generated. She also decided that we needed a newsletter again, and put her efforts behind reviving it. Moreover, she has long been our contact point for the Unipro sponsorship, and is now offering to coordinate the PowerBar deal until someone else offers to take this up! And these are just the things you see. She also helps substantially in the background to get ideas on the floor, discuss club issues, and help settle disputes. We would be a significantly poorer club without her help.

Kathy (Clothing Czarina) also jumped to the forefront recently with the acquisition of the clothing kingdom. When Doug was forced into retirement by family overload, Kathy volunteered to finish off the 2003 clothing tasks. Not only did she do that, she has signed on for another year, successfully managing the massive task of the February clothing distribution. What you don't know is that she spent an unbelievable amount of time in December and January working with Voler to ensure the best possible clothing value for us. Some of that value is reflected in the cash reimbursement that most

of you received (how cool is that!?).

And the last item for you all – Pescadero Race Volunteers! Yes, it is time for the entire club membership to begin planning OUR race. Every club member is expected to help



Kathy sporting some fab shoes. Even at a youthful age she was a clothing trend setter.

somehow. The majority of people should help on race day as: course marshals, registration helpers, results coordinators, cleanup crew, etc. If you have the burning need to race that day, you should sign up quickly for one of the pre-race coordinator spots (promoter's assistants, signage, postcards,

gopher, etc). If you don't help, you might not be allowed to race. Tom & Kurt will have a signup system in place shortly. I would like to have as much proactive signups as possible. Please don't make our race promoters work overtime to convince you to volunteer. You know you will be helping, just sign up now and prevent coordination stress & burnout later. You have my sincere thanks for stepping up to this call.

Tracy

Thank you Kim Boester for being our new PowerBar coordinator!!!! more news as it develops...

Rider of the Month **Stephanie Graeter**

Q How long have you been riding competitively?

A 2 years

Q What was your first race?

A The Early Bird Crit 2002

Q Who is your cycling role model?

A Hmm... my team mates!

Q What is your best-ever result?

A 3rd place at Collegiate Nationals Road Race meant the most to me. It was on our home turf (Berkeley) and I worked really hard to get ready for it.

Q What is your favorite race?

A Actually, Pescadero rr is a favorite, even before I joined AV.

Q How many miles/hours a week do you ride?

A 15-20 depending on school

Q Favorite Road and/or Ride?

A I love riding in Marin where I grew up, Mt. Tam especially

Q Unusual equipment preferences?

A A bike that fits, now that is a chal-

lenge for me, and it took me awhile to find it!

Q What is your preferred on-the-bike nutrition?

A Peanut butter and jelly, or a power bar.

Q Why did you join Webcor/AV?

A It seemed like a great opportunity to race with experienced riders, and a dedicated team. I love the team aspect of bike racing and we've got a really great group of women!

Q What color shorts do you prefer?

A black or blue

Q How do you feel about "Lord of the Ring, Return of the King" sweeping the Oscars?

A I didn't know! I don't have a tv.

Q What is your favorite desert?

A mint chip ice cream

Q Do you have a moto or credo that you try to live by?

A Hmm... not really. I guess live life for the moment, try to appreciate it or what it is.

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ful wife and stoker, Ileana, for our tandem.

Q Unusual equipment preferences?

A Nothing too weird. I like narrow bars to avoid bumping other racers.

Right hand, front brake.

Q What is your preferred on-the-bike nutrition?

A For a 50 minute crit, you don't need much. I can do a 60 mile road race in a skinsuit with a pocket, just need a couple Gu packets and bottles.

Q Why did you join Webcor/AV?

A I came from San Jose Bike Club to Garden City Cyclists (to join the Elgarts) then to AV in its first full year, 1993. The energy and team focus was what I liked. I still have the old AV newsletters: Strategic Cycling, Strategy and Tactics and Anaerobia & Velocity. Great reading.

Q What color shorts do you prefer?

A I like colors, I'm not a retro-grouch.

Q What is your favorite desert?

A Anything you put in front of me.

Q Do you have a motto or credo that you try to live by? or perhaps words of wisdom you would like to share?

A I've learned after all these years that the first thing you have to do in order to have a chance at winning a race is....to show up!

When asked (in English) how he got so good, Eddy Merckx said "ride lots". So we ride in parking lots at lunch-time.

Q Who is the person on your left on the masthead?

A Kevin (the mutant climber) Susco



News from the **Clothing Closet**

Hope you have picked up your clothes, if not please contact me at kathyp@1185design.com. Please place your order for your styling summerwear by March 19th for delivery in early May. See www.altovelo.org for how to order.

Just a reminder: For those of you interested in tri-wear should stock up now. The club will not be offering tri-wear next year.

Cheers,
Your Czarina