

Announcements

As a reminder, all Pen Velo members are required to read and agree to a set of riding etiquette guidelines when joining or renewing membership. Failure to adhere to these guidelines may be cause for termination of membership. Here is just a snapshot of the guidelines highlighting three very important points:

Riding Etiquette and Expectations on the Road

General Etiquette

1. Remember that when you are riding in your PV kit, you are representing the club and all its members to the community at large.
 2. Be considerate and friendly to all other road users – drivers, equestrians, pedestrians and other cyclists.
 3. Do not swear audibly, use foul language or insults, or make offensive gestures at other road users, even when you think they are in the wrong. It reflects very poorly on the club and your teammates. There are better ways to handle these situations.
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Don't forget every time you put on your snazzy Pen Velo jersey, you are representing the club and all of the sponsors listed on the jersey. Please read the entire document on the Pen Velo website: [Pen Velo Road Etiquette](#)

Ryan's Ride



Ryan's Ride will take place on **June 10** in downtown Burlingame. Volunteers always needed. All info is on the Pen Velo web site and the [Ryans Ride](#) web site. Please go to page 3 to read about the history of Ryan's Ride.

Beat the Clock

The next Beat the Clock event is on Saturday, **April 7**. Registration closes on Thursday, April 5. Volunteers always needed. All info is on the Pen Velo web site:

penvelo.org/beat-the-clock



Free XX2I sunglasses!

Take this brief survey and get a free pair of sunglasses. Survey participants pay only \$16 for shipping and handling depending on the pair chosen (shipping charges may be waived with additional purchase; see web site for details). [Rudy Project Survey](#)

Don't forget about the [Rudy Project Spring Sale](#) currently in progress. Don't miss out on these great deals from our sponsor.



A Clif Bar group buy is coming soon. Watch your email for details.

Chico Stage Race

On March 16-18, 2018, a large contingent of Pen Velo racers headed to Chico to compete in this epic event.

Lanier Benkard	Brian Kellison
Joe Butler	Donald Lee
Andrew Chew	Lenny Lesser
Colleen Chew	Chris Levins
Eric Chi	John Nie
James Dadula	Yuriy Platoshyn
Steve d'Alencon	Erik Salander
Tom Dillon	Ken Salvail
Hernan Gatpandan	Becky Van Bussel
Richard Graetz	Yvonne Walbroehl

Thank you to Coach Matt for being the on-site coach, cheerleader and all around support crew. "...he was always the first to arrive and the last to leave."

The men's Pro/1, 2, 3 and 35+ and 55+, along with the Women's Pro/1/2/3, began the race on Friday with the Thunderhill Raceway Circuit. All other fields began on Saturday at the Paskenta Road Race. Sunday racing included the downtown criterium and the River Road time trial.

This was the first year Pen Velo had a presence in the women's fields. Colleen (cat 4) and Becky (cat 5) did well in a W3/4/5 field that was largely composed of cat 3 women. They raced smart and finished strong in all three races. There were no women's masters categories offered at Chico. But Yvonne (who usually races W55+) raced impressively against the younger women, many of whom were less than half her age. She was top five in the time trial and a very impressive 6th place in the overall general classification.

Huge congratulations to Brian Kellison for his win in the time trial and the overall general classification win in the men's Cat 3 division.

A strong showing by Lanier Benkard and Andrew Chew in the 35+ 3/4 category with top placings in all three stages and top five in the overall general classification, with Lanier in 4th and Andrew in 5th.

The racing in the men's 55+ category is always a tough battle and Chico was no exception. Erik Salander raced among the NCNCA's strongest 55+ racers and had a very impressive 3rd place finish in the crit.

Full results can be found here: [Chico Stage Race results](#)

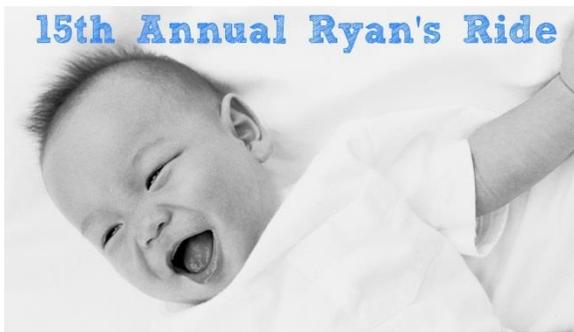


Brian Kellison on the top step of the Cat 3 overall podium.



Colleen and Yvonne leading the pack during the crit.

Photo: Greg Beliera



Ryan's parents, John and Michele Phua, sat down with Raziel Ungar of [Burlingame Properties](#) for a Q&A about Ryan's Ride. They have recently updated to include a bit more info.

How did you decide to create Ryan's Ride?

John: As a Peninsula Velo member, I was a Cat 3 racer and enjoyed many local races and one of my favorite races was the Burlingame Criterium. Ryan and his twin brother Matthew were our "miracle babies" born after I got diagnosed and survived cancer. We took the twins to the 2003 Burlingame Criterium. We vividly remember how enthralled the boys were as the racers whizzed by with breath-taking speed. Ryan always said, "More bikes, more bikes." Tragically shortly three weeks later, he died of Sudden Unexplained Death in Childhood (SUDC, the sudden and unexpected death of a child over the age of twelve months, similar to SIDS) in July 2003 at age 2.5 years old. I still remember vividly what he said to this day. Ryan's Ride is the product of our labor of love to memorialize Ryan. He was a gift who we'll never forget, the great thing now is we're able to celebrate his life and it's a very powerful thing.

Michele: Everyday our love for Ryan is always present in our hearts and from this ride we are able to honor him with the smiles and joys of the 500+ children riding and being champions. We are blessed with loving memories of Ryan and through the community's support of Ryan's Ride, his legacy lives on providing wonderful memories for families and their kids with the simple joys we all have of riding a bike. Ryan gets to see more bikes, we're sure he's smiling at all the bikes.

What makes Ryan's Ride so special?

Michele: During the earlier years, many of the riders were our friends who participated to support us. As the years go, the families see Ryan's Ride as an opportunity for their children to participate at an athletic fundraiser event designed specifically for kids. Many former Ryan's Ride participants are now old enough to volunteer at the ride and continue to see the joy of the young riders and to learn to give back to the community. Matthew, Ryan's twin brother now a high school junior has ramped up his planning on the upcoming ride, also. Monies raised from the ride have reached \$800,000, which continues to support cancer programs. We hope some day we can reach the \$1 million milestone.

John: Seeing parents engaging with their children and seeing the excitement and smiles of the children champions are joyful

to us. In addition to that, there are families who have taken Ryan's Ride as an event of their own by sharing their own stories with us (lost a child, a sibling, celebrating life after surviving cancer). Ryan's Ride is a symbol of hope for our family and many. We share our story and through reaching out, many of you reach back to us. Together we form a bond through the power of the human connection. It is this bond that helps us provide strength to one another and connects us.

Michele: Almost fifteen years later, the focus of Ryan's Ride is less about our personal grief and more about the light – our lives are brightened knowing that families are embracing special moments together as we witness on their faces what we ourselves felt watching Matthew (Ryan's twin brother) as a little boy on a Sunday each June for so many years:

enchantment, wonder and delight as their young riders pedal fiercely around the course. We realize that enjoying what we think are the little things in life, one day we'll look back and realize they were the big things.

Ryan's Ride is now the largest kids' bicycle race in the California or perhaps the country. How do you think it caught on?

John: Ryan's Ride has just become a community athletic fundraising event specifically for children. Only children 12 & under can participate in Ryan's Ride. Each rider checks in at the registration booth to pick up the racing bib and goody bag. They ride on the course to thunderous applause and at the end of the ride, they all feel like champions after receiving a medal and a popsicle. The fun continues on at the fun zone where they can win prizes at the various carnival games. There is a magic there, which comes through from the shared experiences of the child rider with their families and friends being their cheerleaders. The child truly feels like a champion. What a great a feeling that is.

How does it feel every year to see everyone working together on the day of the event and what does it mean for you?

Michele: Ryan's Ride is simply not possible without the support of Pen Velo and their members who become our dedicated volunteers (and we have 200 of them – pre event and at the ride) who lead the charge with us every year. Love fills the air throughout the day. We are so proud to become part of the Pen Velo family and to be part of the Burlingame Criterium in all the previous years. When I see so many volunteers coming together to offer their help at Ryan's Ride, I see human kindness and gratitude being offered throughout the day and for that our family is deeply grateful.

How did you decide to have Ryan's Ride without the Criterium this year?

Michele: Pen Velo has been a big supporter of the community and also a long time champion of the spirit behind what Ryan's Ride creates. There have been inquiries from kids who have ridden in the past, their families, PV members and the community asking if we were going to have Ryan's Ride this year. Knowing we were not going to have the Burlingame Criterium due to the constructions, we have to rely on the wonderful PV team to look into if we could come together and

have a kids' only event. The answer was an overwhelming yes. I don't think we can make the ride happen without the help of our friends and the community at Pen Velo. To continue the tradition PV has made a commitment to support this event with the needed volunteers and contributing to the cost for operational support needed. We look forward to the PV members support through volunteering and bringing their children to ride in the 2018 Ryan's Ride. We hope the transition to a stand-alone event for the 2018 Ryan's Ride be a success through the wonderful support from the Peninsula Velo team off and on the bike.

- Photo and story courtesy John and Michele Phua



Upcoming Century Rides and Fun Rides

With spring right around the corner, there is no lack of events to fill your calendar. Whether you want to add to your base mile training or just go out and have fun, there is sure to be a ride to suit your needs. To view a list of local rides, visit: [Cycle California](#)

This month we are highlighting the Devil's Slide Ride in Pacifica. See [Devil's Slide Ride](#) for all the ride details. Proceeds from this event benefit [Parca](#), an organization serving people with developmental disabilities.

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.
