



PENVELO
SUMMIT BICYCLES

Newsletter – June 2018

Volume 1, Issue 6

Announcements

BRISBANE CRITERIUM



On Sunday, **July 15, 2018**, Pen Velo will be hosting the Brisbane Criterium on Sierra Point Parkway near the Brisbane Marina. As a reminder, when we joined/ renewed with Pen Velo, we all agreed to volunteer at the Burlingame Criterium. Since that event is not happening this year, we are asking everyone to volunteer at the Brisbane Criterium instead. We need your support to make this event successful. Please go to: [Pen Velo volunteer signup](#) to volunteer today!



Beat the Clock

The last Beat the Clock event for this year will be on Saturday, **July 28**. Volunteers always needed. All info is on the Pen Velo web site: penvelo.org/beat-the-clock

Meet Stanley Tsang

-- *unofficial Pen Velo videographer.*

As a preteen, my siblings would rent out bikes. They taught me how to ride a bike in Golden Gate Park. In my early 20s, my junior high school friend somehow convinced me to ride a bike with him all the way to Yosemite from the Bay Area. My mom was nice enough to design and sew a set of panniers for my adventure. It took us two long days to get there (176 miles) and one day to get back. Coming home, the Concord BART

Station Agent refused to let us enter because we did not have the required bike permits at the time. Cold and exhausted, we ended up racing to Pleasant Hill Station to catch the last train of the night to take us home.

I have been at BART for the last 29 years as a train operator. Now the only time I yell at bike riders is when they try to get onto the first car of my train.

The same friend got me to try The Davis Double Century for the first time. Since then, I've completed the Davis Double Century 27 years in a row. In 2014, I was inducted into the California Triple Crown Hall of Fame for completing 50 CTC double centuries.

I've currently completed 67 CTC double centuries.



In 2010, I started racing with Pen Velo and completed 41 races over 5 years. Last year I did a bike tour around the whole island of Taiwan.

I enjoy making videos of my bike rides. I am currently Clive's unofficial official videographer for the Holiday Centurion Rides. Flash a smile if you see me ride by with my camera. 2009 PV video: <https://youtu.be/qvC3UKMYqs0>



The Women of Pen Velo

- Yvonne Walbroehl

“Small but mighty”, as Norma Hilton once described it, the PV Women’s Team accounts for less than 10% of the total club membership. But what they lack in size they more than make up for in terms of both race results and volunteerism.

The current PV women’s team has its roots in the former Protech Racing team, a small all-women amateur team that was active in the NCNCA from 2007-2009. Even then there was a connection with PV – two team members were married to PV members and the Protech women volunteered their time at the Burlingame Crit each year. Protech Racing disbanded in 2009 and the women were invited to join Pen Velo for the 2010 season. Six women accepted that invitation and were joined by a couple of others. Of that 2010 group, four are still PV members.

Yvonne Walbroehl and Norma Hilton are the only current Pen Velo racers from that original 2010 team and formed the nucleus of what has grown into one of the largest and most active W55+ teams in the NCNCA. The current W55+ team includes Yvonne, Norma, Helen Casabona, Cecily Majerus, Sara Stearns and Beth Dawson. Over the past eight seasons this group has brought numerous NCNCA district championship and Senior Games honors and has competed on the national and international level at USAC Road Nationals, USAC Cyclocross Nationals, the National Senior Games and UCI Track Worlds.

In 2017, Colleen Chew and Margaret Lum joined PV – the first women without previous road racing experience to race for PV in about five years (and also the first women racers under age 50 to join in quite some time). They brought a new energy to the team as they competed in W4/5 races where PV had not had a large presence in several years. In her first season of racing, Colleen took 2nd place honors in the Red Kite Omnium for cat 4/5 women. Margaret is focusing on endurance riding and triathlon in 2018, but Colleen has been joined by a new crop of women cat 4/5 racers for the 2018 season – Anne Gorby, Becky Van Bussel and Lora Maes.

PV is also home to several recreational and endurance riders who also ride regularly with the women’s team. Most prominent are Lori Loberg, who joined in 2012 and has completed the California Triple Crown three times (twice since joining PV), Cindy Shambaugh who joined in 2016 and just completed her first double-metric century, and Cindy Mike, who has raced for PV in previous years and frequently volunteers her time at Beat the Clock and other PV events.

In addition to their exploits on the roads and trails in NorCal, the PV women have volunteered their time generously to keep our club running smoothly. The current PV Board of Directors includes two women, Norma Hilton and Colleen Chew. Yvonne Walbroehl serves as both Website Coordinator and Volunteer Coordinator. In addition, most members of the women’s team have volunteered their time as course-marshals or at the registration table at the various events our club puts on each year.

The PV women’s team is currently recruiting new members, both recreational riders and racers of all ages and categories. Women interested in joining can check out our women-only rides which occur approximately monthly and are announced on the [Pen Velo Women’s Meetup Group](#). No racing experience is required – pace on the women’s rides is typically about 15-17 mph on flat to rolling terrain.



PV Women’s Team: L to R, Back Row: Beth Dawson, Cindy Mike, Laura Maes; Middle Row: Margaret Lum, Colleen Chew, Cecily Majerus, Cindy Shambaugh, Lori Loberg; Front row: Yvonne Walbroehl, Sara Stearns, Helen Casabona, Norma Hilton.

2017 Championship Results:

NCNCA Masters Road Race Championships:

W55-59: Helen Casabona, gold

W65+: Norma Hilton, gold

National Senior Games:

5km TT, W55-59: Cecily Majerus, bronze

40km Road Race, W55-59: Cecily Majerus, silver

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NCNCA Masters District TT Championships:

W55-59: Yvonne Walbroehl, gold; Helen Casabona, silver

W65-69: Norma Hilton, gold; Sara Stearns, bronze

NCNCA Masters District Criterium Championships:

W55-59: Yvonne Walbroehl, bronze

W65+: Sara Stearns, gold; Norma Hilton, silver

Red Kite Omnium, Individual overall:

W4/5: Colleen Chew, 2nd

NCNCA Masters District Track Championships:

Match Sprint, W60+: Sara Stearns, silver

500km TT, W60+: Sara Stearns, gold

2km TT, W60+: Sara Stearns, gold

Women's results (continued)

2018 Top 5's (road):

Winter Bump Circuit Race: Yvonne Walbroehl, W55+, 1st

Red Kite Omnium #2 Crit: Colleen Chew, W4/5, 4th

Chico Stage Race: Yvonne Walbroehl, W3/4/5 Time Trial, 5th

Bariani Road Race: Helen Casabona, 4th; Yvonne Walbroehl, 5th

Tempus Fugit Time Trial: W55+: Yvonne Walbroehl, 1st; Cecily

Majerus, 3rd; Beth Dawson, 4th; W3: Yvonne Walbroehl, 2nd

W4/5: Cecily Majerus, 3rd; Colleen Chew, 4th

Copperopolis Road Race: Yvonne Walbroehl, W30+, 1st

Wente Road Race: Yvonne Walbroehl, W55+, 2nd

Berkeley Hills Road Race: Becky Van Bussel, W4, 4th

Red Kite Omnium #8 Crit: Colleen Chew, W4/5, 4th

Folsom Classic Crit: Colleen Chew, W4/5, 5th

Bay Area Senior Games:

5km TT: Cecily Majerus, W60-64, silver; Norma Hilton, W65-69, gold

40km RR: Cecily Majerus W60-64, silver; Norma Hilton, W65-69, gold

10km TT (W65-69): Norma Hilton, gold; Sara Stearns, silver

20km RR (W65-69): Norma Hilton, gold; Sara Stearns, silver



Get well soon!

Pen Velo sends best wishes for a speedy recovery to Erik Sandvik, who was hit by car on the club ride on May 12. Hope to see Erik back on his bike soon!

May Podium



Congratulations to Steve Hindman and Andrew Horvai who took first and second, respectively, at the Old Cabin MTB Race in Santa Cruz, M50-59 Sport division, on Saturday, May 19.

June Podium



Congratulations to James Dadula for his third place finish at the Regalado Road Race on June 2.

If you would like your podium picture featured here, please email it to: social@penvelo.org