

SPONSOR SPOTLIGHT



EMANUEL LAW GROUP

Meet Todd Emanuel

I am managing partner of Emanuel Law Group, a small firm on the Peninsula representing plaintiffs in civil lawsuits arising out of catastrophic injuries and wrongful death. We also represent crime victims within the civil justice system who sue perpetrators of rape, domestic violence, child molestation and other serious crimes. I often hear, "I hope we never need you!" I get it.



I was born in 1968 in the Chicago suburbs. Think *Ferris Bueller's Day Off*, *Risky Business*, *Sixteen Candles*, and *The Breakfast Club*. I moved to the Bay Area in 1985, immediately before my senior year of high school. Ironically, the Chicago Bears won the Super Bowl the year I moved. My new friends at Burlingame High were unimpressed that I memorized the lyrics of the *Super Bowl Shuffle*. After attending USC for two years, I transferred to UC Berkeley where I majored in psychology. I chose psychology because I have an endless curiosity about people, and a strong aversion to math.

I considered becoming a clinical psychologist, but I was really turned on by the idea of standing up and fighting for people who need a strong advocate to remedy a wrong. So after college I attended law school at USF, developed trial skills as a Deputy District Attorney in San Mateo County, and then started my law firm. It's hard to believe I've been practicing more than twenty-four years.

My work is stressful, but I love it. I'm driven by the fact that my clients are heavy underdogs. By the time I learn about a client's trauma, typically the other party has already chosen a

defensive posture—deny, delay, obstruct, fight, and minimize the victim's losses. I enjoy the challenge of helping my clients be made whole again. In the world of litigation, what it means to be "made whole" is in the eye of the beholder, but I believe reasonable compensation following a severe and unjust trauma should translate to much more than lost wages or medical bills.

Enough about work. Alas, I'm finally starting to get the hang of this work-life balance thing. I love hanging out with my wife and our two teenagers. I swim a lot and dabble with other forms of exercise, including cycling.

I'm thankful to the Jory Steins of the world who lead fun and challenging indoor rides that provide great exercise without the risks encountered by some of my less fortunate clients. (And yeah, I really do need to get off my a** and start riding outdoors more.)

I'm also very thankful to Pen Velo. Your club does so much to promote love of cycling, friendship, and safety awareness. We are proud to be one of your sponsors.

[Emanuel Law Group](#)

Announcements



Beat the Clock

The next Beat the Clock event is on Saturday, **May 19**. Registration closes on Thursday, May 17. Volunteers always needed. All info is on the Pen Velo web site: penvelo.org/beat-the-clock

Ryan's Ride



Ryan's Ride, a unique event for children 12 and under, will take place on **June 10** in downtown Burlingame. All info is on the Pen Velo web site and the [Ryans Ride](#) web site. Go to the volunteer link to find to how you can help: [Pen Velo-volunteer](#)



Pen Velo Spring BBQ

PV is happy to host a Spring BBQ for club members and their families. Since the Pesky Race is canceled, we jumped on that weekend.

When: Sunday, June 3, 2018

Time: 11:30-3:00

Where: Huddart Park, Oak Picnic Area

PV will supply the food and beverage, but if you have a favorite side dish or dessert you'd like to share, we won't stop you.



New Pen Velo Race for 2018

As was announced earlier this year, due to major construction in Burlingame, the Burlingame crit has been cancelled. The good news is that we have an alternative course and date for 2018: Sierra Point Crit Reboot on Sunday, **July 15, 2018**. Thanks to Coach Matt for stepping up to be the race director. We will need volunteers from the club to make it happen. More details available soon.

Riding Etiquette and Expectations on the Road

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. Please read the guidelines on the Pen Velo website: [Pen Velo Road Etiquette](#)



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.



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 on Saturday, June 30. 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.



Get well soon!

Pen Velo sends best wishes for a speedy recovery to Sara Stearns who was injured in a crash at the track in Carson on April 3. Hope to see Sara back at the races soon!

Meet the Pen Velo Men's Elite Cat 2/3 team

Richard Graetz

I'm a Canadian by way of Vancouver. I have been in the bay area for over eight years enjoying the California sun and working as a Mechanical Engineer. I started racing in 2013, after being introduced to it through the SJBC winter series that same year. 2017 was my most successful racing season yet with podium finishes at Modesto, Mt. Hamilton and Pescadero road races and enough upgrade points to get me into Cat 2. My 2018 goals are to work with Coach Matt, follow a structured training plan and rise to the challenge of racing P/1/2.



Brian Kellison

I'm originally from San Diego, CA. My wife and I moved to San Mateo in 2011 because of a career opportunity. I played baseball, soccer and lacrosse in my youth. I love all sports, My appreciation for cycling began when I saw Greg Lemond on Sports Illustrated after winning the Tour de France. My love for the sport didn't begin until my friends who worked at local bike shops during the USPS and Lance Armstrong era started giving me bike stuff to join them on rides around San Diego. I then watched the 2001 Paris Roubaix with all the mud and physical effort in horrendous conditions. It captivated me and I wanted to experience a taste of the suffering even from sunny San Diego. I began racing in 2003 as an unattached rider and then took a 13 year break and began racing seriously in 2016 after joining PenVelo. My first season was to learn as much as I could about real racing and complete each race I entered. No DNF's which meant a lot of popping off the back and getting some serious training. The 2017 season I wanted to improve on just showing up to not DNF and really compete. I followed the training plan and worked on proper diet and recovery. I won all 3 disciplines that year. Time Trial (Tempus Fugit, Esparto), Road Race (Copperopolis Road Race) and Criterium (Suisun). I upgraded to Category 3 and began the next phase of my racing career. My goals for 2018 are to win Chico Stage Race GC (Accomplished), District Time Trial Championships and to keep improving as racer and teammate. I also want to help support my teammates throughout the year.



Chris Levins

I was born in San Jose and have lived locally for 32 years. Started riding a bike for fitness in 2011 and joined Pen Velo in 2012. Started Racing in 2014. In 2015, was able to win the Spring BAR (Best



All-around Rider) competition for Cat 4. Upgraded to Cat 3 after a weekend of racing Modesto which featured a 2nd place on a Saturday criterium and a 1st place on a Sunday Road Race. Since then, I have been racing with a core group of guys and looking forward to achieving some good team results in the 2018 season.

Reece Macdonald

I started my bike racing career when I was fortunate enough to meet Bill Fallis, the legendary founder of Pen Velo. He told me to start racing bikes, and I listened to his advice. Five years later I'm still listening to that advice. It took me a while to make it to cat 3, but I didn't give up and I had a great time learning the skills I needed to get there. My all-time favorite races are Winters Road Race, Chico Stage Race, and Sea Otter Classic. Anything long, hot, and topped off with a couple of good climbs is my sweet spot. I've been taking it slow getting into racing this year, but you'll see me on the start line soon. I'm an account director at Health+Commerce, a public relations and marketing agency for medical device companies.



Yuriy Platoshyn

Moved to U.S. from Ukraine 20 years ago. Currently working as a software engineer. Started biking in 2011; racing with PV for one year. First raced the 2012 edition of Wente Road Race. Upgraded to Cat 3 in 2015 with wins in two Red Kite Criteriums and podiums in two other Red Kite Criteriums as well as Giro Di San Francisco. Best 2017 result was 7th in Chico Stage Race. Goals for 2018 are contribute to team wins in as many races as possible.

Chris Sontag

I grew up in Santa Clara, went to University of the Pacific in Stockton, moved back home in 2014 to start working as a Mechanical Engineer. I now live in Menlo Park, and work at Solaria designing solar technology. I started riding bikes in 2008 just to have a good form of exercise. I was then lured into triathlon by my younger brother. After a few years of tri's I moved over to road racing. I started racing in the flats and winds of the central valley with Delta Velo (Michael David Winery), I then moved home, made some friends and joined Zoca, then moved to SJBC, then bringing even more friends all into my happy home in PV. Now I am at the cat 3 lead, and we are working hard on getting our tactical game sharpened up, and using all of our strength to really be a force to be reckoned with in NCNCA. 2018 goals - win a cat 3 race, improve race awareness and tactical skills. My two wins have both come from late in the race jumps, holding the field off to the end.



Anton Vynogradenko

Ukrainian, came to US 6 years ago, was racing MTB in Ukraine. Software engineer. Started racing in [2013 at SJBC Winter Series](#). I build calendars for bike racers <https://rcn.io/> and named NCNCA volunteer of 2016 together with my wife Helen, you probably have seen her since she was handing bottles on almost every Road Race in 2015-2016. Talk to me if you are curious about data and statistics of cycling in USA, I have all the data. 2018 goals – race with my friends at PV. Podium at least once. I am most proud so far about my 1st place as [Cat 4 at Dunnigan Hills](#)



Reed Williams

I'm in my first year at Cal Poly studying Environmental Earth and Soil Sciences. I am currently racing for both PenVelo and the Cal Poly Cycling team. I race road, mountain and cyclocross. My favorite type of mountain bike races are technical XC courses and my favorite road races are ones with short punchy climbs. I recently upgraded to a pro license on the mountain bike and will be racing the upcoming Pro XCT's along with both collegiate and non-collegiate road races. My goals for this season include getting in the top 50% at the Pro XCT's and upgrading to a cat 2 on the road. I aspire to eventually race as a domestic pro.



Alexander Yermolovich

Kazakh, came to US when I was 13 years old. I got in to cycling when I was doing undergrad at CAL. Saw CalCycling tent and fell for "come out for a ride meet new people". Got in to racing also at CAL: "come out hang out with teammates". Most memorable moment in my cycling career is first time riding in bibs, when I was on CalCycling team, and one of the girls on the ride pointing out that I shouldn't wear underwear underneath. In 2017 got 3rd in RK E3 Omnium, and some top 5s in other races. 2018 goal is to podium, start getting points for CAT2, and support the team in their pursuit of glory.



- Photos and stories courtesy of each individual racer.

Goodbye Pat McNulty



Wishing Pat McNulty a bon voyage. Pat is selling his home and striking out in his Airstream with wife Cathy. They will roam and then settle down with bike routes aplenty.

Pat is a longtime member and racer for PV. He was our club treasurer for five years as we grew over his tenure. He always had a smile, as he took pulls on team training rides. He is now fully retired from own surveyor practice.

Happy trails Pat & Cathy,

- Bill Fallis

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PARTNERS (continued)



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