



# CENTURY

CRCA News

December 2003 - Volume 15, Number 12

## New Year's Century Ride

By Jim Boyd

The traditional CRCA New Year's Century ride will be held again on January 1, 2004. Meet at East 90<sup>th</sup> St. and Fifth Ave. in Central Park - at Engineers' Gate - at 6:45AM. Pick up a card from me. The ride will begin at 7:00AM. Two laps around the park and then north. Have your cards signed at the Bear Mt. Inn and return to Engineers' Gate.

If the temperature is too low, stay home. If it's cold and you're determined to try, two laps around the park will give you time to check out how you feel. Remember, it will be colder across the George Washington Bridge. Bring a drink that won't freeze and be aware that the metal plates on the bridge may be icy.

I was asked if this is a "sanctioned" ride for members only. It is not a "sanctioned" ride, which means that anyone can tag along. But a non-member will not be given a card, and will be ignored when we write something for the newsletter about the fastest finishers. 🚲

Bronwyn in action at Masters Worlds

## Learning to Focus - An Interview with Bronwyn Law-Viljoen

By John Tomlinson

*In 2002, Bronwyn Law-Viljoen seemed to appear on the local racing scene out of nowhere - winning four state track championships and six road events, followed by medals on the track at the Masters World Cycling Championships. This year the CRCA-Radical Media rider went even further, earning a gold medal at Masters Worlds. And there's more to come.*

**CRCA News:** How did you get started in bike racing?

**Bronwyn Law-Viljoen:** I came into it from triathlons, which I started about three seasons ago at NYU. So this past season is really my second sea-

son of bike racing. I'd done some cycling for fun and fitness in South Africa, where I'm from, and for getting around. About ten years ago I did a ten-day tour, for example. But nothing competitive. Well, one mountain bike race for fun. My athletic background is volleyball, where I was on the national team.

So what made you start bike racing?

Well, in triathlons I did OK, always doing well in my age group, but it felt like I'd never be a good enough runner or swimmer to excel. I'm not built like a runner and my bike times were

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## CRCA Board

President  
Jeff Vogel  
718.275.6978 · president@crca.net

VP of Rider Development  
Mark Siega  
riderdevelopment@crca.net

VP of Racing  
Eugene Boronow  
718.454.4276 · clubracing@crca.net

Treasurer  
Rebecca Koh  
treasurer@crca.net

Secretary  
Phil Simpson  
212.397.7317 - Fax 212.956.2164 · secretary@crca.net

Director of Open Racing  
Adam Handler  
openracing@crca.net

Director of Teams  
Marc Mauceri  
212.749.2685 · teams@crca.net

Communications Director  
John Tomlinson  
212 362-1608 · newsletter@crca.net

Marshal Director  
Vacant  
marshal@crca.net

Director of Public Relations  
Ferdie Scharf  
publicrelations@crca.net

Membership Director  
Ted Neu  
membership@crca.net

Century Road Club Association  
Box 20412, Greeley Square Station  
New York, NY 10001-9992  
www.crca.net

## About This Newsletter

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We cannot guarantee the publication of everything received. Submissions are subject to change under editorial review.

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## Summary Minutes of CRCA Board Meetings

Compiled by Phil Simpson

### August 11 Meeting

Board members present were Jeff Vogel, John Tomlinson, Becky Koh, Leon Moser, Marc Mauceri, Ferdie Scharf, Eugene Boronow, Frances Harrison, Todd Sammann, and Philip Simpson. Also present was Mark Siega.

The suspension of Pauli Castro was then discussed; he was suspended indefinitely pending board action following his riding in the Cat 4 Maltese field, without registering. After discussion, in which it was pointed out that Pauli, a Cat 3 rider, made an effort to influence the outcome of the race, it was initially voted that he be suspended for three months commencing with the Maltese race. Subsequent to the meeting, in an email vote, Pauli's suspension was reduced to five races. The Board discussed the suspension of a rider who raced in a CRCA open race without registering. The board confirmed the day-of-race decision to suspend the rider.

Frances brought up the subject of permits for club races. It was noted that in the future, the NYC Department of Parks and Recreation should be added as an additional insured on our permit applications.

The Board then discussed the actions of a rider who refused to pay an entry fee, arguing that he had dinosaur status. It was confirmed that he does not. After discussion, it was voted that the rider be suspended for five races from the date of his infraction.

The board then took up discussion of a complaint about a rider in the ITT championship. In light of the conflicting accounts and that the situation had been addressed by the race director shortly after the conclusion of the ITT, the board voted to confirm the decision of the race director.

Jeff then presented a financial report. He noted that there are about \$2,000 in expenses not on the report. He also noted that, with the club's annual \$5,000 contribution to the Central Park Conservancy, the club should about break even for the year.


Todd stated that he is projecting about a \$2,200 profit on the Mengoni race, and that the Maltese race resulted in a loss of approximately \$250.

It was noted that Kristi Halpern has stopped handling clothing for the club. It was decided to store clothing

*[continues page 4]*

## Donations to CRCA and Central Park


Instead of a donation to the club, you can help CRCA by giving to Central Park Conservancy or to Central Park Foundation and receive a tax deduction.

If you contribute to the Central Park Conservancy or to the Central Park Foundation, you can send the money through CRCA. You get all the tax deductible benefits and the club gets the credit. Contact John Tomlinson at newsletter@crca.net for more information. 

## Newsletter by Email

You are connected to the internet. You have email. You're a modern person. And you're still receiving your newsletter by snail mail, i.e., US Postal Service? The CRCA newsletter is now available to everyone from our website [www.crca.net](http://www.crca.net) (under 'News') days before you receive it by post.

Ask for electronic delivery with a message to membership@crca.net.

Get your newsletter early. Save the club some money. And selecting email delivery when you renew your membership will save you \$15. 

## Suspended members

As of November 15, 2003

This will become the final suspended list for 2003 on December 17. If you think that you do not belong on this list, contact the Marshal Director at [marshal@crca.net](mailto:marshal@crca.net).

William Adams, Kaplan  
Mark Alden, Axis-Furniture Co.  
David Allan  
Mark Allebach  
Greg Allen  
Niklas Anderson  
Steven Andrews  
Stefan Anninger  
Ali Aslam  
Olivier Baillet  
Sukhjeewan (Cindy) Basran  
Eric Bernstein  
Tyler Bertram  
Yann Blindert  
James Bodnar  
Thomas Bolster  
Susan Capozzoli  
Julie Chasin, Gotham/Toga  
Timothy Collins  
David Coplan  
William Cox  
Michael Dahlen  
Johan de Muinck Keizer, Kaplan  
Alexis Demopoulos  
Francis DeVine  
David DeVries  
Jon Dindas  
Dana Dobrowski  
Adam Duncan  
Tucker Elliott  
Kimberly Ferina  
Mike Gansberg, Sanchez-Metro  
Alex Gill  
Maria Angelica Gomes  
Stephanie Gould  
Geoff Green  
Eric Greenberg  
Alexander Gulla  
Laila Hazen  
Justin Holmes  
Sean Hourigan  
Steve Hylton, MoneyGram  
Stefani Jackenthal  
Scott Jacobson  
Bill Jensen  
Ian Jones  
Anna Kaltenboeck

Thomas Kamber, VisitBritain.com  
Josh Kapp  
Brad Kelley  
Terence Kerrigan  
David Kliger  
Eric Kortman  
Ira Krell, MoneyGram  
Gregory LaFiura  
Keith Levesque  
Jaime Lopez-Santini  
Alejandra Madrinan, Gotham/Toga  
Lee Malone  
Sean Mannion  
Sean McCarthy  
Kevin McCullough  
Andrew McGee, Renaissance  
Robert Meyer  
Matthew Monson  
David F. Monti  
Ann Mullen, Conrad's  
Martin Muoto  
Bob Nelson  
Sean O'Hearan  
James Oszlak  
Maciej Pawlowski  
William Pennino, Soho Capital  
Ryder Reynolds  
Louis Tristan Rivas  
Keith J. Ryan, Axis-Furniture Co.  
Cliff Saper  
Chris Paul Schachter  
Ivry Semel  
Stephen Shipley  
Mark Spellun  
Nathan Sta.ana, Bennetts Bikes  
Joe Szokoli  
Kam Tai  
Rita Tellerman  
Victoria Tiase, Foundation  
John Tobin  
Keith Verville  
Peter Vilsack  
Brandon Watson  
Greg Weinberg  
Susan Weinstein  
Carl Weiss  
John White  
David Williams  
Joe Witte  
Andrew Witten, Gap/Strictly Bikes  
Edward Wyatt  
Christopher Yack, Soho Capital  
Naoki Yamaguchi

## Club Race Results

### November 15 - Turkey Race

#### *A field*

1. Gerardo Martinez, GAP/Strictly bikes
2. Craig Upton, Breitling/Tradeware
3. Anthony Alessio, ReMax
4. Michael Henson, Breitling/Tradeware
5. Chris Rozdilsky, ReMax
6. Brent Greenberg, Foundation
7. Thomas Pennell, Blue Ribbon
8. Christopher Ryan
9. Jose Collado
10. Inson Wood, Foundation

#### *B field*

1. Alexander Gulla
2. Vincent Cintron, GAP/Strictly bikes
3. Eustimio Quintero
4. Blake Longacre, Merrill Lynch
5. David DelVecchio, Visitbritain.com
6. Justin Reid, Visitbritain.com
7. Paul White Jr., Visitbritain.com

#### *C field*

1. Mario Sierra
2. Brice Wilson
3. Timothy Oakes
4. Unknown/number not on roster
5. Mike Stone
6. Calvin James

in the trailer, and that Marc and Mark Siega would coordinate on sending out clothing in response to requests.

JT reported that, due to space conflicts in the Park's parking lots, we are not getting our trailer (back) in the Park.

Todd distributed financial information for the Maltese. He also noted that we have placings by numbers, and that he would get the registration list, match numbers with names, and put out the results.

Breitling/Tradeware is to arrange the party, including date and location.

Gotham has proposed putting on two clinics about bike maintenance as their team duty. This was approved provided there is sufficient advance notice that the clinics can be publicized.

The hotline was then discussed. It was decided to cancel the hotline

Mark suggested that we obtain a podium and use it to take post-race photos.

## September 8 Meeting

Board members present were Jeff Vogel, John Tomlinson, Becky Koh, Marc Mauceri, Ferdie Scharf, Eugene Boronow, Leon Moser, Todd Sammann, and Philip Simpson.

The board's retreat will be held Saturday October 18, 2003 from 2 to 6 at JT's. JT will put an agenda together. The board approved payment of the fee charged by JT's office.

The race director position for next year will be filled by Alex and Carlos.

It was announced that Alan Atwood would love to see a Harriman spring 2004 race and a Grant's Tomb crit the day before. It was resolved to offer some level of support to a

group from Columbia that would be willing to put on the Grant's Tomb crit next year.

After considerable discussion and a vote, it was Resolved (6 - 2 with 1 abstention) that "Up to 50% of a subteam's membership can be associate members of CRCA. Associate members (whether or not on a subteam) may race in open races as CRCA members." This will be effective for the 2004 season.

Insurance: we have insurance coverage for our permitted events through USAC that covers injuries and liability. We also have insurance coverage for our off-the-bike events (eg. lectures and parties) that covers liability.

Regarding racing dates, Eugene is to make inquiry with Parks about having more racing dates and also to look into having some Sunday dates.

## October 6 Meeting

Board members present were Jeff Vogel, Frances Harrison, John Tomlinson, Becky Koh, Marc Mauceri, Eugene Boronow, Leon Moser, Todd Sammann, and Philip Simpson. Also present were Todd Carter and Nick Black.

There was a brief discussion about having club-wide sponsorship, which was deferred to the upcoming retreat.

Todd Carter and Nick Black then gave a presentation concerning automating the member database and putting it in a format that is accessible over the internet. After extensive discussion, it was decided to go forward with sharpening their proposal.

Nominations for the 2004 board, and elections, were then discussed. Nominations close October 20, 2003. It was noted that Mark Siega wishes to run, and that Ferdie wishes to run but not for marshaling director. Jeff

nominated Ted Neu for membership director. Open positions as of this meeting are Open Racing, Public Relations, Marshaling, Membership, and Rider Development.

There was then another discussion about the Spring Harriman race. It was reported that Alan Atwood wants to see the race happen; and wants to see a crit the day before. It was decided that if Alan Atwood promotes the race, the club will provide a subteam for set-up and public relations.

Jeff reported a complaint about an "illegal" wheel change in the TTT. It was noted that all parties involved are members of the same USCF club so that any wheel change (or other assistance between members of different CRCA sub-teams) would not violate any USCF rules.

Breitling/Tradeware and EAS are doing the holiday party.

The usual discussion about the trailer then took place. Marc, Phil, and Eugene are a subcommittee to look into getting a van.


There was a discussion about winter coaching, and it was decided to seek volunteer-led training rides.

A discussion about whether to retain a prize list for club races was tabled.

Upon being advised of USCF's suspension of George Suter, it was decided that he would be suspended from CRCA for an equal time period.

It was noted that the club secretary is to retain the club's assorted valuable paperwork.

Becky confirmed that the race directors's cell phone costs \$37 per month.

After a brief discussion, it was decided to leave the current A/B/C classifications as is. 

[Bronwyn Law-Viljoen, continued]

always faster than people beating me overall.

*But you've done well in distance running and swimming.*

Yes, I did two or three half marathons, including the Brooklyn Half, but those were really training for triathlons. My times were good, but not fantastic.

*So you turned to bike racing?*

It started when I was buying my first triathlon bike. I'd actually been competing on a mountain bike and then got a real tri bike. Someone said I should speak to Kirk Whiteman, and he gave me a lot of advice and took me out to the track. Actually I first rode on a track on my triathlon bike!

*The stereotype of triathletes is that they just hammer on the bike and don't have good technique. Track racing is considered very different, with technique being critical. How true are those views, and how could Kirk, who is such a talented trackie, help you?*

I'm not sure about that stereotype. There might be some truth to it at lower levels of the sport where people are trying to learn three sports. But the people who are winning are very good on the bike.

And Kirk, and also Scott Willett, my triathlon coach at NYU, are both really into technique. Kirk always emphasizes that it doesn't matter what sort of riding you're doing, you have to have good technique and not just fitness. Scott's the same way for cycling, swimming, running - he says you have to be efficient.

*You race at Trexlertown and Kissena. How'd you start with that?*

### Bronwyn Law-Viljoen - Racing Highlights

#### 2003 Track

- 1<sup>st</sup> 500m TT Masters World Championships
- 2<sup>nd</sup> 2000m Pursuit Masters World Championships
- 2<sup>nd</sup> Points Race Masters Worlds Championships
- 1<sup>st</sup> 200m TT (non-resident 30-39) PA/NJ State Champs
- 1<sup>st</sup> 500m TT (non-resident 30-39) PA/NJ State Champs
- Best Female Rider 35-39 age group Masters World Championships
- 2<sup>nd</sup> Overall Tuesday Night Series Trexlertown, PA

#### 2003 Road

- 1<sup>st</sup> NYC Empire State Games Qualifier Road Race
- 1<sup>st</sup> Stage 1 Longsjo Fitchburg Classic Stage Race (cat 3)
- 1<sup>st</sup> Points Champion Longsjo Fitchburg Classic Stage Race (cat 3)
- 1<sup>st</sup> New York Cycling Series August 16
- 5<sup>th</sup> New York Cycling Series August 9 (men's cat 1,2,3)

#### 2002 Track

- 1<sup>st</sup> 200m TT and Match Sprints NY State Champs
- 1<sup>st</sup> 500m TT NY State Champs
- 1<sup>st</sup> 2000m Pursuit NY State Champs
- 2<sup>nd</sup> 200m TT and Match Sprints Masters Worlds
- 3<sup>rd</sup> 2000m Pursuit Masters Worlds

#### 2002 Road

- 1<sup>st</sup> Overall and five wins in Kissena New York Cycling Series
- 1<sup>st</sup> Rockaway Criterium

#### 2001-2002 Triathlon

- 1<sup>st</sup> Jones Beach Triathlon (30-34 age group)
- 1<sup>st</sup> Bronx Biathlon (30-34 age group)
- 1<sup>st</sup> Hudson Valley Half Ironman (30-34 age group — 8th overall)

#### General Background

Lives in Brooklyn; PhD in English Literature, New York University and MA in Literature, Rhodes University, South Africa  
South African Volleyball Team for All Africa Games, Zimbabwe  
Rhodes University, South Africa Sportswoman of the Year

I started racing on the track last season but this year I became more focused on the track. In fact, all my road racing was done with the track in mind. I only did one stage race, and picked road events to help my work on the track.

I want to be a sprinter. It's taken me two seasons to understand what I'm good at and become focused on that.

*There's a test used sometimes in identifying good sprinters in cycling. It's a vertical jump test.*

Well, in volleyball I was a middle

blocker, which is usually a position for the biggest girls - six footers. I'm five foot eight, so I'm not huge. I'd never thought about jumping and bike sprinting specifically, but it may have been in the back of my mind. In school I ran track and field and did sprinting - the 100 meters - and long jump. I have a good jump.

*You said your road racing this year was focused on the track. What about the men's masters races you've done in Prospect Park and at Floyd Bennett? Do you do those because the women's fields are too small?*

[continues page 6]

*[Bronwyn Law-Viljoen, continued]*

Well, I'll look around and see who is there. Sometimes there isn't even a women's field. Or the field will be very small in the women and I'll feel I might not learn enough, whereas the men's race will be more of a challenge. And I've learned so much in the masters at Prospect.

*You placed in a men's 1-2-3 race in Prospect this summer...*

Yes, I won the sprint in my group for a place. I think some of the men underestimated me and thought "Oh, she's not someone to watch out for."

The thing is, I've been training for sprinting so much that if I get to the end in a group I've got a good chance of winning it. I suppose I've got a lot of fast twitch muscles, and I've been training hard. And I've shown I can work in breaks in those races too.

*Do you do weight training or plyometrics?*

Not a lot, and what I do is very focused. Kirk has given me a good program, which I've just started up again. I don't want to put on a lot of weight, which I tend to do if I lift too much, so the work I'm doing is very focused and light.

*You won the circuit race in the women's 3s at Fitchburg. Tell me about that.*

It was interesting. Coming into the first sprint, I had a problem with my gears and dropped my chain. I didn't crash, but I had to stop and get off to fix it. Then coming into the second sprint another rider had a gap on us - she was partway up the hill and I went after her. I passed her, and then at the top I looked back and saw I had a big gap.

It was still three or four laps to go

till the next sprint, but I decided to keep going. Once I got out of sight I knew I had a chance and really went hard across the flats and the downhill. Plus each time I passed the start finish the announcer...

*Alan Atwood.*

No, Dick Ring. He'd mangle my name and say it looked like I was going to be caught. Someone saying something like that only makes me madder. I was going so hard down the back straight each lap. And the corners were better alone than in the field.

*You've been to Masters World's Twice. What was that like?*

The first time it was like being a kid on a roller coaster. I'd been riding at Kissena - you know what that is like. And I'd only been to Trexlertown four or five times. The track in Manchester was so fast. It was so exciting. I knew then what I wanted to do.

The other nice thing about the first trip was meeting other South Africans. I didn't know there would be any there and they didn't know I was coming. I was walking along in front of some guys and then they started talking in Afrikaans - about me! I turned around and grinned and we hit it off. They were happy to have another competitor on the team.

The second time in Manchester I was ready. You know, track cycling is very strange if you're not familiar with it. Having seen track racing only once or twice I never imagined I'd find myself on a velodrome doing that kind of racing. I was a lot more comfortable and confident the second time at worlds.

*What about next year?*

Well I want to get even better at sprinting - 200 meters, 500 meters and the match sprint. I've just

upgraded to Friday nights at T-Town.

*You're category 2 now?*

Yes, and I'm expecting to get my ass kicked a bit. There are very strong women there. It'll be a learning experience.

The other thing is that Kissena is really good now. This whole last year we didn't have a track to ride on in the city because of the renovations. We were training on the streets, at Floyd Bennett, wherever there was a flat stretch of road. So having Kissena back and improved will be better.

Another thing for next year is that I want to do more criteriums in the New York area. I couldn't travel much this last year as I was finishing my PhD. If I'd raced more out of town I'd still be writing my dissertation. So I'm looking for job now.

I'd be very happy to stay in New York and do a bit more racing locally, while seeing how good I can be at sprinting. 🚴

## CRCA Email List

There is an email list/discussion group for CRCA members at Yahoo Groups. Please note, this is not an official initiative of CRCA. To join, visit [www.jt10000.com/team/crcagroup.htm](http://www.jt10000.com/team/crcagroup.htm), read the terms of use and follow the instructions. 🚴

Eat, drink, give your  
sore legs a break!

# *CRCA End of Season Party*

Wednesday, December 10th, 7:30PM

SWIFT

34 East 4th Street

(between 4th Ave & Bowery)

Buffet dinner, cash bar with awards presented.

\$25 in advance/\$30 at the door.

RSVP by Nov. 30th with check payable to CRCA:

CRCA, PO Box 20412, Greeley Square Station,

New York, NY 10001-9992

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holidays

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DECEMBER 2003

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