



It's a Bike Expo! It's a Spring Classic! No, it's the Women's Bike-Racing Clinic!

By Jaimie Epstein



photograph courtesy of Stephen Chang

Despite the threatening weather, there was a great turnout for the clinic.

It was a dark and stormy night, and I was sure all Metro-Sanchez and Radical Media's carefully laid plans for what has become their annual Women's Bike Racing Clinic would be rain-washed away come morning. But when I rode into the soggy park at 5:30 a.m. the next day, Saturday, June 14, I spied a fit and spunky gal chalking Tour de France-worthy encouragement to friends on the West Side rollers. A good sign, I thought, there just may be a peloton today. Well, not only was there a peloton, there were so many bubbles in the air you would have thought we were staging a prologue around the Eiffel Tower rather than a way-too-early-in-the-morning circuit race. Why, we had everything but team cars and the Devil. We had our own Graham Watson, aka Metro-Sanchez's Stephen Chang, our sponsors had ponied up a cornucopia of goodies that could have filled the Champs-Élysée (well, almost), and Metro Hommes went so far as to pass bushels of (I-think-they-baked-them-themselves) bagels

among the nervous and not-so-nervous Nellies in the crowd, who were already feasting on Boulder and Alma's Bars. (I didn't have the heart to warn the 35 racers-to-be not to expect a breakfast buffet when they signed in for their first "real" race.)

After the requisite pre-race chat about dos (do take the oil-slicked downhill by Lasker Pool cautiously) and don'ts (don't don't don't ever squeeze your brakes as if they were lobster crackers), the three-lap dash to become queen of the novices was under way. The point of the clinic was to learn what racing is all about. And some of the women quickly learned that it's all about being on a wheel. Those who were physically or mentally tenacious enough to cling to wheels formed the lead group. Those who let gaps open, then yawn, discovered that once you're off a wheel it takes way more energy to get back on – if indeed you can – than to stay put in the first

(continued on page 3...)

US Junior National Road Championships

By Gavi Epstein

Today was the Junior National Championship Road Race. I am down here with Dante Pryor and Mike Aya. It was a scorcher here in Texas, 95 degrees, with the sun burning down on us. You could fry an egg on the pavement. The first lap of 3 on the 31 mile course was pretty uneventful. In a field of 112 riders there was a lot of room to hide from the wind and just chill out. My plan was to relax the first lap and let our legs unwind after a long day of traveling to get here yesterday. Then on the second lap we would move our way up to the front of the peloton and then on the third lap try and cover as many attacks as possible.

I was following my plan pretty well, even though I missed both my feeds on the first lap and was running out of water on such a hot day. At the end of the first lap I started moving up in the peloton, riding alongside the Hottubes Cycling Team which has all the top guns on their team and race over in Europe throughout the year. I followed many attacks making sure I was in the front group when the field started splitting on all the killer rollers. Close to the end of the second lap I decided to test my legs and attacked. I was able to get a nice sized gap but I knew it would be pointless for me to try and go at it solo. Since no one came with me I eased up and allowed myself to get caught. There was still about 40 miles to go.

On the third lap you could tell the nerves in the field were high, and at the beginning of the lap there was a crash near the front of the field. That crash allowed for 8 guys to get off the front of the field. They were able to stay away the rest of the race since Zak Grabowski, of the Hottubes Cycling Team, was in there and the rest of his team were able to block and get in the way of all the chasers. SO now that the break got away I had to rethink my plans and decided it would be almost impossible to break away seeing as the field would not let another break go. All that was

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Deadline for September 2003 issue is September 22

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CRCA Coaching August Schedule All Levels Welcome

For insurance purposes it is important that participants bring their racing license to sessions and record the license number accurately on the sign in sheet. Coaching is available to CRCA members only. Please wear your subteam or CRCA blue and gold jersey to sessions. (Note: for sessions that start over the GWB, bring a light as you'll be riding back to the city in the dark).

Aug 4. Dave Jordan [yes, Dave Jordan!](djcoach-ing@aol.com). 6:50pm signup at Toga Bike Shop, 110 West End Avenue (64th St). Training tools – how to maximize their potential. The whole range of training tools will be covered – from basic cadence meters and heart rate monitors, through to power cranks, taps, and altitude tents.

Aug 5. Nina Strika (ninastrika@hotmail.com). Tuesday morning sprint session for women. 5:50am signup at Tavern on the Green. A workout for women! We'll pacerline 3 laps, with sprints up Cat's Paw and at West 85th street. This will prepare you for the women's points race on August 23rd! Rain cancels, wet roads are a go.

August 6. Todd Herriott (onerepmax@earthlink.net). 6:20 pm sign up at New Jersey side of GWB. Hills. Learn to love them. Rain cancels

August 11. Todd Herriott (onerepmax@earthlink.net). 6:50 pm sign up at Engineer's Gate (near water fountain). Cornering and other criterium skills. This is a skills and not a fitness based session, so still come along if you raced or trained hard over the weekend. Rain cancels

August 13. Deirdre Murphy (rainbow97@att.net). 6:50 pm sign up at Engineer's Gate (near water fountain). Tempo and pace line ride. Perfect your pacerline skills with a good endurance ride. Come with questions about racing/training. Rain cancels

August 14. Kurt Gustafsson (gustafss@concentric). 5:50 am sign up at the top of Cats Paw Hill 79th St. Intervals. Top up your top end. Rain cancels.

August 19. Deirdre Murphy (rainbow97@att.net). 6:50 pm sign up at Engineer's Gate (near water fountain). Speed drills and sprinting. Workout incorporates theory and practicing the finish of a race. Rain cancels

Aug 20. Todd Herriott (onerepmax@earthlink.net). 6:20 pm sign up at New Jersey side of GWB. Finding power when you're in the red. Drills for drilling it. Rain cancels

August 25. Nina Strika (ninastrika@hotmail.com). Monday Women's River Road ride! 6:20pm signup on the NJ side of the GWB. How to ride varied terrain. We'll work on gear selection, sitting vs. standing, climbing and descending skills. Out River Road, pacerline back on 9W. Our pace will be moderate—good for any recovery ride. Plan on riding for 2 hours. Bring a blinkie light. Rain cancels, wet roads are a go.

August 26. Deirdre Murphy (rainbow97@att.net). 6:50 pm sign up at Engineer's Gate (near water fountain). Speed drills and sprinting
Workout incorporates theory and practicing the finish of a race. Rain cancels

August 28. Kurt Gustafsson. (gustafss@concentric). 5:50 am sign up at the top of Cats Paw Hill 79th St. Pacerline drills and tempo riding. Rain cancels.

Compiled by Frances Harrison: riderdevelopment@crca.net

Donations to CRCA

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. See below.

Donations to the Park

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. Call John Tomlinson, Publicity Dir., for more information.

CRCA has had in 2002 over \$21,000 given to the Conservancy in its name.

Lou Maltese Jr., son of CRCA's long time mentor Lou Maltese, started the Lou Maltese Memorial Race on July 12. Speaking through a faulty bull-horn and holding a picture of his father as club champion of CRCA in 1926, Lou Jr. reminded everyone of his father's legacy to the club and then graciously made a monetary donation to the club.

You are connected to the internet. You have e-mail. You're a modern person. And you're still receiving your newsletter by snail mail, i.e., US Post Office? The CRCA newsletter is now available to everyone from our web-

site <www.crca.net> (under 'News') days before you receive it in your mailbox. Get your newsletter early. Save the club some money. Ask for electronic delivery with a message to <newsletter@crca.net>.

place. Kelleigh Dulany and Hannah Long learned the hard way (but, hey, each race is a learning experience) that if you sit on the front and do too much work during the race, you probably won't have enough gas left to win. That said, Kelleigh managed to pull off a second-place finish, and Hannah a second in the second lap sprint.

The clinic was also a good place to become familiar with rain – but these hardy gals didn't even flinch when the rain began to drip off eyelashes and spray off wheels – and other fundamentals of racer life. Lingo, for example. There I was, spurring along a few riders who had been on their own for more than a while, when one steadfast triathlete asked, "How will I know when I've been dropped?" Um, sorry, but, if you have to ask. ... Perhaps she was confused with being "pulled" from a crit and was slightly crushed to discover that even though some official official hadn't pointed her off the course, she was, alas, dropped, and had been as soon as she was so far "off the back" that she couldn't get back "on." Race and learn, that's what we say.

And inhale knowledge from as many people as possible. While the Radical Media and Metro-Sanchez posse put the shindig together and offered as many tutorials throughout the race as possible, other racer chix were dying to put their two cents in. (Or maybe they were just dying to scout new talent!) When it came down to the final sprint, Randy Sharp (Axis) – who better? – conducted her own mini-clinic with the gals fortunate enough to be in lung-busting distance of her. Afterward, with that adrenaline glow, the flushed field gathered around Nina Strika (Conrad's), who recapped the race and talked about setting goals. According to Nina, Alison Lonshein, who got third place, raced smart: she didn't expend too much energy throughout and made sure she was always on a wheel. But, Nina said, the clinic winner, Thea Railey, went way too early in her sprint. Good thing Thea was strong enough to hold the field off!

As for goals, they can be as simple as figuring out which gear to be in, but you should have one for every training ride and race. (When I told one woman that my first-year goal was not to get dropped, she hugged me.) Catherine Powers (Radical Media) talked about two of her three favorite subjects: attacking and eating (no, don't do them at the same time, but do eat – before, during, and after a race). Kimille Taylor (Radical Media), who neglected to mention that she'd won the clinic last year, gave away all the secrets she's been privy to since joining the squad, like: 1) at the end of the day, racing is just about fun, and 2) under those fierce-looking Rudy's we're all just a bunch of pussycats. Meow!

Hey, can we wrap this thing up, give out prizes and goody bags – it's getting late, we want to go touch the woman-specific Merlin the rep trotted out for the occasion, we want to grab some mechanical know-how from Ben Reyes of Metro Bicycles, who has kindly set up a tent for the purpose. O.K., O.K., the moment you've been waiting for: schwag! The winners of the first- and second-lap sprint prems received Cycles La Femme water bottles, jugs of Hammer Gel and Team Estrogen gift certificates. The first-lap winners were: Thea Railey (1st), Marni Aaron (2nd), Patricia Torkildsen (3rd). Second-lap: Jennifer LaPlante (1st), Hannah Long (2nd), Thea Railey (3rd). In the final sprint, Alison Lonshein came in third and won a bike tuneup courtesy of Mike Rodriguez at Bicycle Station in Brooklyn. Kelleigh Dulany was second and won a massage from Eric (the massage god) Carlson, whose motto seems to be "I only hurt you because I love you" and seems to have plenty of love to spread around. (Smiley face!) Thea Railey (a graduate, like Kelleigh, of the New York Cycle Club's SIG program, which teaches you a thing or ten about riding and riding en masse) proved to be the queen of the novices, winning a Giro helmet courtesy of Metro Bicycles and a Saturn jersey signed by the one and only Laura Van Gilder. Really! She hasn't framed the jersey yet (she has hardly any wall space), so "I mainly look at it and get excited," she said.

So how did it feel to win? "I was startled," Thea said. "I just didn't really expect it at all. Then, as odd as this sounds, I thought that someone was going to be mad at me. So then I was startled

AGAIN when everyone was so remarkably open and nice. It was really a wonderful experience, the whole clinic was a wonderful experience." Apparently so wonderful that she (along with lots of other newbies) jumped into Lou Maltese a few weeks later. Unfortunately, Thea got caught in a crash. Fortunately, she was fine. But her wheel wasn't, and she couldn't get back in. The disappointment made Thea realize that "I must really like this racing thing," she said, adding, "So far it appears to be a wonderful sport with many remarkable people involved, and I hope that I can be a part of it." We do, too!

Congrats to all the women who participated in the clinic – just showing up to your first race is an awesome goal – and we hope you, too, will continue to be part of this "wonderful" sport. And thanks to our very generous sponsors, who turned the day into more festival than clinic. So, don't forget what Frances Harrison (Metro-Sanchez) said – make sure you join C.R.C.A., so you can be part of the action and take advantage of the club's coaching opportunities. And don't forget to grab a musette, whoops, I mean, goody bag before you go. The bags, courtesy of Piermont Bicycle Connection, are stuffed with enough Hammer Gel to launch you up L'Alpe d'Huez; Rite Aid lip stuff (so your lips don't get burned on the way); tire levers, patch kits, and tubes from Toga; Sanchez visors; water bottles from Cycles La Femme and Litespeed; Radical Media sox; and Boulder and Alma's Bars.

Good job! See you on the start line!



The peloton standing at the start line.

photograph courtesy of Stephen Chang

RESULTS

June 28

A field

1. Karl Rahn, Sakonnet
2. Rafael Diaz-Grandos, Gap/Strictly Bicycles
3. Edward Bennett, Next
4. Fredrick Horwood, Gotham/Toga
5. Christopher L. Wilkes, Axis-Furniture Co.

B field

1. Eric Berend
2. John Kuhn, VisitBritain.com
3. Paul White, VisitBritain.com
4. Carl Franzetti
5. Will Alvarado, Gotham/Toga

C field

1. Alexander Gulla
2. Eric Bernstein
3. Armand Della-Monica
4. Gregory Fowlkes
5. Christopher Chaput

July 19

Points races for all fields.

A field

1. Edward Bennett, Next, 45 pts.
2. Xavier Melendez, Next, 18 pts.
3. Gerado Martinez, Gap/Strictly Bicycles, 12 pts.
4. Leon Moser, Breitling/Tradeware, 6 pts.
5. Robert Neal, 6 pts.
6. Steve Hylton, MoneyGram, 4 pts.
7. David Smith, Team Run Media, 4 pts.

Masters 40+

1. Christopher Griffin, MoneyGram, 22 pts.
2. Christopher L. Wilkes, Axis-Furniture Co., 18 pts.
3. Andrew Craighead, 12 pts.
4. Sarah Sauvayre, Sanchez/Metro, 8 pts.
5. Lance Leener, Conrad's, 6 pts.
6. John Kuhn, VisitBritain.Com, 6 pts.

B field

1. Carl Franzetti, 19 pts.
2. Justin Reid, VisitBritain.Com, 15 pts.
3. Ted Neu, VisitBritain.Com, 13 pts.
4. Jason Parkin, Bennetts Bikes, 12 pts.
5. Douglas Dicks, Bennetts Bikes, 9 pts.
6. Michael Sherlock, Bennetts Bikes, 4 pts.
7. David DelVecchio, VisitBritain.com, 4 pts.

C field

1. Alexander Gulla, 18 pts.
2. Tatsuo Imaishi, Gap/Strictly Bicycles, 12 pts.
3. Christopher Loudon, 4 pts.
4. Gregory Fowlkes, 4 pts.

July 26

A field

1. Gerado Martinez, Gap/Strictly Bicycles
2. Inson Wood, Foundation
3. Rob Rigg, Sakonnet
4. Christopher Griffin, MoneyGram
5. Chad Davis, Breitling/Tradeware

B field

1. Alexander Gulla, CRCA
2. Rolando Ocampo, Bennetts Bikes
3. Paul White, VisitBritain.Com
4. Craig Goodstein, Team Run Media
5. Vinny Vicari, Sanchez/Metro

Women

1. Anne Marie Miller, EAS/Fitness
2. Kimille Taylor, Radical Media
3. Randy Sharp, Axis-Furniture Co.
4. Sarah Sauvayre, Sanchez/Metro

C field

1. Charles Ward
2. Adrianus DeGroot, Kaplan
3. Chris Agostino, Gap/Strictly Bicycles

MEN TEAM CUP STANDINGS (after Race #4, June 21, 2003):

	3/29	5/17	6/14	6/21	Total
Sakonnet Technology	205	110	190	0	505
ReMax	40	155	180	55	430
Breitling/Tradeware	100	80	35	205	420
NEXT	55	55	65	125	300
Magic-Blue Ribbon	80	40	0	30	150
Foundation	25	0	45	0	70
Renaissance	65	0	0	0	65
Axis	0	35	30	0	65
Run Media	0	25	0	0	25

WOMEN TEAM CUP STANDINGS (after Race #2, June 21, 2003):

	3/29	6/21	Total
EAS/Fitness	225	180	405
Sanchez/Metro	135	75	210
Radical Media	100	65	165
Conrad's	45	100	145
Axis	40	80	120

Team Cup Point Structure:

1st = 125, 2nd = 100, 3rd = 80, 4th = 65, 5th = 55, 6th = 45, 7th = 40, 8th = 35,

*9th = 30, *10th = 25

(* Men Only)

Confirm Your Place in Club Races

If you think you placed in a club race, check with the pickers after the race.

In Team Cup races, ten places in the men's field are picked and eight in the women's. Team managers should require team members to confirm their placings.

On April 13, pickers could not identify sixth through tenth places in the men's field, although the camera helped us pick teams by their colors. Three riders telephoned later to identify themselves, but we are still missing the names of the eighth and tenth place finishers.

Local Race Schedule

Number of laps in CRCA club races may be reduced because of weather. Fields may be combined if there are insufficient motorcycles. Sign-in opens 45 minutes before race start at Rambles parking field—by start-finish line on top of Cat's Paw Hill. Call 212.222.8062 for latest club race information.

When	Fields	Race(s)
Saturday, August 2 Saturday, August 2, 6:00am	M Pro/1/2/3, Master 35+, W, M 4, M 5 All Categories	Kissena Prospect Park Series* 2-lap Individual Time Trial Championship
Saturday, August 16 Sunday, August 17, 6:00am	M Pro/1/2/3, Master 35+, W, M 4, M 5. A, B, C, Women, 40+/50+	Kissena Prospect Park Series* Scratch; Team Cup in Women; A 7 laps, B 5, C 4, W 5
Saturday, August 23, 6:00am	A, B, C, Women	Points Races for all fields; Team Cup in A and Women; A 7 laps, B 5, C 4, W 5
Saturday, August 23	M Pro/1/2/3, Master 35+, W, M 4, M 5, Jr.	Blister Butt Road Race, Prospect Park*
Saturday, September 6 Saturday, September 6, 6:15am	M Pro/1/2/3, Master 35+, W, M 4, M 5 A, B/C, Women, 40+/50+	Kissena Prospect Park Series* Scratch; Club Championship in A, Women, Masters
Saturday, September 13, 6:30am	A, B, C	Scratch
Saturday, September 27, 6:15am	OPEN RACES: M Pro/1/2, M 3, W Pro/1/2/3	Mengoni Grand Prix (see flyer for more details)

*For links to information on local non-CRCA races please refer to www.crca.net/races03/schedule.htm#other.

Suspensions and Civility

a message from CRCA President Jeff Vogel

For the second time this year, the CRCA has suspended a rider for participating in a race that the rider should not have been in. In the first case the rider had a mechanical problem and used the 102nd Street cutoff to rejoin the field. In the second instance an unregistered Cat 3 participated in the Cat 4 field at the Lou Maltese Memorial Race. In both cases the riders were active participants, often near the front of the

field, and potentially affecting the outcome of their respective races. In both cases the offending riders were being rude to their fellow riders just by their participation. The second case was particularly egregious because as an unregistered rider, the CRCA is uninsured. This rider has been suspended from Club races indefinitely.

There have also been several incidents this year of riders verbally abusing officials, race pro-

motors, CRCA Directors and even marshals. It is rude and uncalled for and never accomplishes anything productive. And, it will not be tolerated in the future. When it happens in Central Park it jeopardizes our ability to hold races. I'm sure it has no beneficial value elsewhere either. We have warned those riders that we know about and will issue suspensions if it happens again.

Century Road Club Association Minutes of the Board of Directors June 2, 2003

The monthly meeting of the Board of Directors of the Century Road Club Association was held on June 2, 2003 commencing at 7:00 pm at Puttanesca. Board members present were Jeff Vogel, John Tomlinson, Becky Koh, Marc Mauceri, Leon Moser, Eugene Boronow, Frances Harrison, and Philip Simpson.

1. The minutes of the May, 2003 meeting were approved as amended.
2. The next meeting will be held on Monday, July 7, 2003 at LaCocina commencing at 7:00 pm.
3. Phil Simpson and Chung Chiang are to coordinate on minutes summaries for the newsletter.
4. A discussion was then held concerning the position of race director. Jeff Vogel is to speak with Mark Siega and Alex Rodriguez and report to the Board.

5. The canceled Harriman race was then discussed. JT reported that we have had approximately 115 requests for refunds to date, and estimated we may get up to 150 (out of 300 riders registered). It was decided that we would cut off refunds at year end but honor any requests for refunds received prior to year end.

6. As for the future of CRCA at Harriman, JT noted that riders love the race. As to whether the club can make money putting on the race, JT observed that we would break even if we added 25 riders to the P-1-2 field, and could save \$500 on marshaling. It was decided to get the input of Todd Sammann before deciding on Spring '04.

7. It was decided that we do not need to continue the club credit card.

8. It was decided that the race director should have a cell phone.

9. A discussion then ensued about the data base. Marc, Leon, and Frances comprise a subcommittee to address the data base.

10. Suspensions of Petr Huppert and Mete Basakinci were then explained by Jeff Vogel. Both took the cut-off after starting late. Mete was in the sprint and Peter was not. Because Mete's actions clearly affected the outcome of the race, and it was not clear that Peter's had, Mete was suspended for 1 race and his team forfeits any points earned during the race where violated the rules. Peter was issued a warning. These actions were ratified by the board.

CENTURY ROAD CLUB ASSOCIATION PRESENTS

THE MENGONI GRAND PRIX

“THE CENTRAL PARK FALL CLASSIC”
SATURDAY, SEPTEMBER 27, 2003
NEW YORK CITY

Category	Distance/Laps	Start	Prizes/Places	Entry	Field Limit
Men Pro-1-2	42 miles/7	6:30am	\$3,000/20	\$30	100
Men 3	36 miles/6	6:33am	\$500/10	\$25	80
Women Pro-1-2-3	30 miles/5	6:36am	\$1,500/15	\$25	80

Day-of-race late registration fee \$5. The men's races are likely to fill, so register early.

Electronic Registration at Bikereg.com until Thursday, September 25, 4PM.

Or mail a standard release form and check payable to Century Road Club Association to:

CRCA
c/o Andy Shen Photography
26 West 38th Street #3
New York, NY 10018

Mailed entries must be received by Wednesday, September 24

Early number pickup and late registration will be available the afternoon of Friday, September 26. Check www.crca.net/races03/mengoni.htm later for details.

Start at Central Park's East Drive at 79th Street. Number pickup opens at 5:30AM and closes at 6:15AM Pickup at Rambles Parking Area near start.

Cars are not allowed in the park for any reason. Leave your car and enter on foot or by bicycle. On-street parking is nearby – pay close attention to the local parking signs.

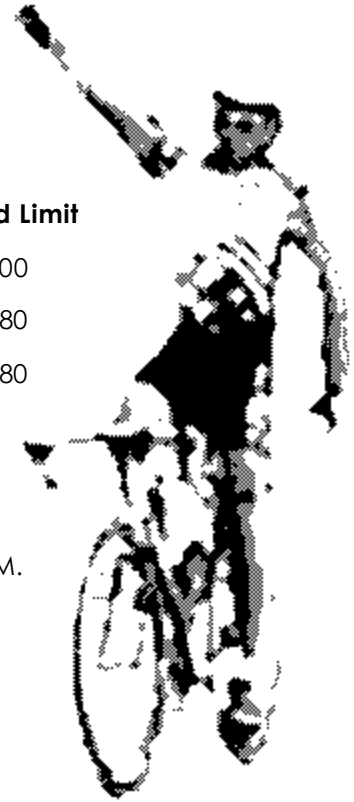
Approved helmets must be worn at all times while riding. USCF fines will be levied for violators.

Please be considerate of other park users and clear the roadway immediately after your race.

Racers who enter the recreation lane will be disqualified and suspended from all NYC Parks races for THREE months (October, March, April).

Event held under USA Cycling permit in cooperation with NYC Parks and Recreation. Promoted by the Century Road Club Association. Visit www.crca.net for more information.

Photo courtesy of Racelistings.com



Marshal Assignments

Saturday, August 2 Start time: 6:00 AM

Mark Alden
Anthony Alessio
Stefan Anninger
Olivier Baillet
Len Battifarano
Richard Bernardi
Eric Bernstein
Yann Blindert
Steven Britt
Daniel Byrne
Gregory Cohen
Toby L. R. Crane
Rodney Cutler
David DeVecchio
David DeVries
Adam Duncan
Jaimie Epstein
Jesus E. Espitia
Stephen Flynn
Joseph Frazetta
Piero Giramonti
Robert Horton
Frederick Horwood
Leslie Jennings
Reem Jishi
Terence Kerrigan
Dwayne Lawler
Benny Ma
Sean McCarthy
Basil Moutsopoulos
James Oszlak
Rafael Polanco
Paul Reale
Andrew Riss
Mitchell Rosen
Keith J. Ryan
Max Surla
Carl Weiss
Eben Weiss
David Williams
Joe Witte
Burroughs York

Sunday, August 17 Start time: 6:00 AM

David Allan
Mark Allebach
Will Alvarado
Steven Andrews
Eric Berend
Thomas Bolster
Joseph Brazil
John Bundy
Anthony Canger
Timothy Casey
Suzanne Countryman
William Cox
Brad Cronk
Garrett Crooks
Frank Curry

(Aug. 17 continued)

Michael Dahlen
Chad Davis
Paul DeBartolo
Adrianus DeGroot
Armand Della Monica
Rafael Diaz-Granados
Emma Christina Farmer
Michael Fisch
Piero Giramonti
Jen Glabus
Zui Hanafusa
Julie Horowitz
Stefani Jackenthal
Stephen Jamison
Angela Johnson
Thomas L. Kempner Jr.
Katherine Lambden
Bronwyn Law-Viljoen
Keith Levesque
Jack O'Connor
Karl Rahn
Chris Paul Schachter
Catherine Tuglus
Brandon Watson
Christopher Yack

Saturday, August 23 Start time: 6:00 AM

Mark Alden
Greg Allen
Yann Blindert
Mariusz (Mark) Brinken
Maryann Browning
Jean-Rémi Campion
John Caruso
Lucretia Cavan
Julie Chasin
Dana Dobrowski
Adam Duncan
Anthony Falk
Kimberly Ferina
Gregory Fowlkes
Joseph Frazetta
Jaime Garcia
David Garcia
Alex Gill
Mihael Ginghina
David Gitt
Maria Angelica Gomes
David Greenberg
Gregory Hagin
Regina Hammond
Robert Horton
John Idone
Stephen Jamison
Leslie Jennings
Thomas L. Kempner Jr.
Robert Kotch
Sean McCarthy
Andrew Moran
James Oszlak

(Aug. 23 continued)

Maciej Pawlowski
Thomas Pennell
Paul Reale
Joshua P. Rechnitz
Andrew Riss
Matthew Tierney
Carl Weiss
David Williams

Saturday, Sept. 6 Start Time: 6:15 AM

Chris Agostino
Gregory Ahnert
David Allan
Will Alvarado
Steven Andrews
Jack Baranski
Eric Berend
Eric Bernstein
Thomas Bolster
John Bundy
Anthony Canger
Timothy Casey
Vincent Cintron
Robert Clifford
Timothy Collins
Suzanne Countryman
William Cox
Brad Cronk
Garrett Crooks
Gregory Cross
Frank Curry
Michael Dahlen
Paul DeBartolo
Adrianus DeGroot
Armand Della Monica
Rafael Diaz-Granados
Craig Goodstein
Stephanie Gould
Alexander Gulla
Adam Handler
Steve Hylton
Scott Jacobson
Calvin James
Thomas Kabacinski
Thomas Kamber
Eric Kortman
Robert Kotch
Gregory LaFiura
Jack Lehnert
Keith Levesque
Ernest Link
Lee Malone
Sean Marvel
David May
Eric Mid
Ted Neu
Louis Tristan Rivas
Walter Sakkas
Ivry Semel
Greg Weinberg

Saturday, Sept. 13 Start time 6:30 AM

Greg Allen
Mete Basakinci
Gretchen Bates
Edward Bennett
Jane Berger
James Bodnar
Todd Brilliant
Maryann Browning
John Caruso
Gloria Deucher
Dana Dobrowski
Anthony Falk
Kimberly Ferina
Denis Finin
Gregory Fowlkes
Ross Galitsky
Jaime Garcia
David Garcia
Alex Gill
Mihael Ginghina
Maria Angelica Gomes
David Greenberg
Laila Hazen
Justin Holmes
John Idone
Dorian Irizarry
Colleen Kelly
Terence Kerrigan
Rachel Lederman
Hannah Long
Sean Mannion
David May
Xavier Melendez
Eric Min
David F. Monti
Ann Mullen
Robert Neal
Jamie Nicholson-Leener
Michael Nitabach
Michael Norton
Ernie Paredes
Dan Plitman
John Podesta
Daniel Schmalz
Jeffrey Shandel
Stephen Shipley
Aubin Sullivan
Max Surla
George Suter
Victoria Tiase
Courtney Trabon
Andrea Urist

Saturday, Sept. 27 Start time: 6:30 AM

Thurstan Bannister
Lucretia Cavan
Julie Chasin
Timothy Claudio
Greg Fiore
Mike Gacki
Gregory Hagin
Regina Hammond
Adam Handler
Frank Hannibal
Tatsuo Imaishi
Scott Jacobson
Calvin James
Bill Jensen
Angela Johnson
Thomas Kabacinski
Jeffrey Kanter
Michael Knopf
Elizabeth Lazo
Martha Lees
Jack Lehnert
Ernest Link
John Luisi
Alejandra Madrinan
James M. McDade
Nanci Anne Modica
John Munger

Tim Nilson
Michael Nitabach
Sean O'Hearen
Rolando Ocampo
Michael Patterson
Maciej Pawlowski
William Pennino
Joshua Petri
Charles Phillips
Scott Phillips
Louis Tristan Rivas
Alvin Rodolfo
Alex Rodriguez
Walter Sakkas
Pascal Sauvayre
Chris Paul Schachter
Dara Schaefer
Ivry Semel
Victor Shadood
Mark Spellun
Mili Stojkovic
Mike Stone
Trevor Taylor
Matthew Tierney
Peter Vilsack
Zack Vogel
Charles Ward
Gregory Wetzel
Christopher L. Wilkes

If you or your substitute is late or doesn't show, YOU are suspended. Show up on a bicycle or blades. If you can't get to your location, you will not be accepted.

Notes from the Marshal Director

15-minute cut-off time: Marshals are asked to appear 45 minutes prior to race start. We need help at the registration table and you'll get the choice assignments. If you (or your substitute) are not on the line to register as a marshal at least 15 minutes before race start, you may not be accepted if we have reached our quota of marshals.

New members will not be assigned marshaling dates and cannot race in a club race until they marshal once. **New members** may show up at any CRCA race to fulfill their first marshaling obligation. You may race if you get a substitute. Juniors are exempt from marshaling.

Suspended members will not be assigned until the suspension is made up. You may use substitutes to make up your missed date(s). You cannot race in a club race until you have made up ALL your missed dates.

Using substitutes: The Marshal Captain and the Marshal Director cannot find you a substitute. You may use friends, relatives or a paid substitute—an adult. If you use a substitute, you don't have to notify anyone in advance. The substitute must give your name for you to get credit. Make sure the substitute tells the Marshal Captain why he/she is substituting, e.g., **new member** or **getting off suspension**.

SUBSTITUTE MARSHALS FOR HIRE

Jenny Alexander, 212.744.7863

Gary Bennett, 718.956.3539

Craniv Boyd, 212.865.5488

Denise Dolan, 917.294.2227

Abdone Estrada, 201.868.4640

Dan Finton, 212.489.6980

Mary Foti, 212.534.0935

Lee Gorman, 718.645.6281

<LeeBikes@msn.com>

Kurt Gustafsson, 718.834.0561

Russell Jensen, 718.387.5715

Jen Mann, 917.723.5925

Robert McGowan, 212.876.1128,

<RMcGo28716@aol.com>

Dominick Montgomery, 917.416.8511

Jane Monti, <JMonti@DellePro.com>

Diego Morales, <diegony23@hotmail.com>

Rebecca 'Sami' Sargent, 212.877.0503,

<StarSami3@aol.com>

Nina Temple, <nina_temple@hotmail.com>

Prices start at \$30 and go up, way up. We need more substitutes. Call 212.222.8062.

(US Junior National...continued from page 1)

left for me now was to try and jockey for position to go for the field sprint.

Coming into the finishing stretch the field was all across the road, and I was on my breaks at the beginning of the sprint and ended up finishing in 7th in the field sprint and 18th overall out of 112 riders. I finished the 93 mile road race in 3 hours and 57 minutes.

James Konski, a life member of CRCA living in Syracuse, NY, died December 2002 at age 85. Mr. Konski, a retired engineer, was the founder of International Randonneurs and arguably founder of American randonneuring itself.

He was a life long cyclist and caught the randonneuring bug in the early 70's. In 1975 Mr. Konski made his first attempt at Paris-Brest-Paris, founded the Onondaga Cycling Club of Syracuse, New York and founded International Randonneurs (IR). He returned again to PBP in 1979 and finally succeeded in getting his PBP medal in 1983. Mr. Konski headed IR throughout the 80's and 90's giving impetus and direction to US randonneuring.

In the late 90's Jim suffered from failing health and this ultimately impacted IR and US randonneuring, leading to the founding of Randonneurs USA in 1998.

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