



Century Road Club Association

February 2003

Congratulations to Century Finishers

Justin Reid rode the traditional CRCA New Year's Day Century in 5 hours 44 minutes, a tribute to his stamina and an uncommon ability to keep warm on a cold, wet morning. Todd Brilliant followed at 12:58, 12 minutes later, and then Toby Crane at 1:11. No other rider showed in the next 20 minutes, and no postcards were received. (Each rider is handed a postcard addressed to CRCA when they depart.) It is assumed the inclement weather kept others from making a complete trip.

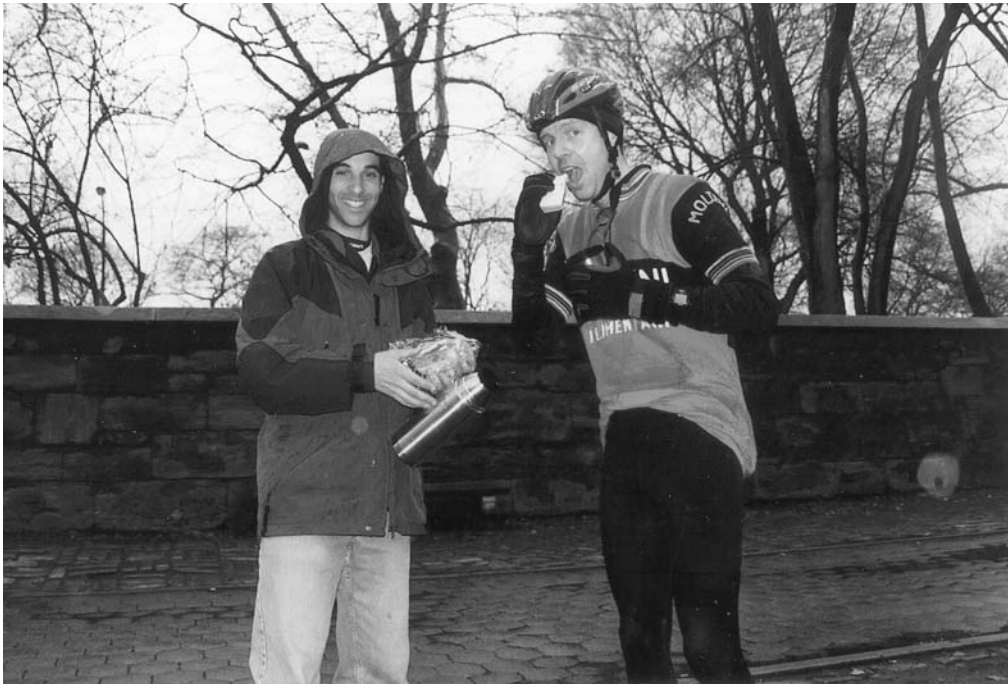
Already at 6:40 a.m. there were riders at Engineers' Gate, 90th St. and Fifth Ave., when I arrived on my bike. I would have taken a taxi had I seen the light rain from my apartment. Weather predictions ranged from 'chance of rain' to 'sunny.'

Sixteen riders signed up and it was exactly 7:00 when they started two laps around the park. (Two laps around the park is 12 miles; roundtrip to Bear Mt. is about 87 miles.) They were riding at a 20-minute/lap pace. To keep warm, I joined the group for the last one half lap and was able to stay with them in civilian shoes. I tasted the rooster's tail—the water picked up by the bicycle in front—and imagined 100 miles of that.

Todd Brilliant, in an account on the CRCA chat site of his participation in the ride, mentioned that it was uncomfortable to draft because of water off the tire in front. On the return, he said that in the cold, wet rain, which came down hard at times, he, Justin and Toby were riding alone out of sight of each other.

It was reported that otherwise strong, but thermally deficient riders, turned around before reaching Nyack. The bicycle mecca of Nyack, cafe Runcible Spoon, gave warmth to

(Continued on page 2 . . .)



Justin Reid, right, first rider back from CRCA New Year's Century ride, warms up from a peanut butter and jelly sandwich and hot chocolate brought by Eugene Boronow, CRCA VP of Racing, near Engineers' Gate, 90th St. and Fifth Ave. If Gene looks happy, it's because he's warm; Justin was beginning at this point to shiver from cold and he still had to ride home to Sunnyside.

Photo by Jim Boyd

Tentative Race Dates

All club race dates listed in this newsletter are tentative. These are the dates we have requested, but they have not yet been confirmed by parks department. This affects the dates listed in the race schedule, in the marshaling assignment schedule and for coaching scheduled on race dates (see below).

We expect to have confirmed dates in early February. All schedules, then, will be posted first, most likely, on the CRCA website, www.crca.net, and will be published in the March newsletter.

Coaching News

Composite Teams, Adopt a Rider

This year's aim is to structure a coaching program that will support our members' goals for the entire season. Some early season highlights:

Members new to racing will benefit from "Introduction to Racing" clinics. For those looking for more skills-specific workouts, there will be Time Trial and Criterium skills training sessions scheduled to occur ahead of key local races in the spring. Of course we are also scheduling coaching sessions designed to improve general efficiency and fitness and to shrug off the winter 'blahs'.

Please mark you calendars as follows:
Saturday, March 8: "Introduction to Racing" clinic.

A skills-based clinic aimed at those new to racing and at those who would like a skills refresher will commence straight after the club race, i.e., around 8:15 a.m. Dress warmly!

Coaches: Dierdre Murphy (our own Olympian) and Leon Moser (King of Central Park)

Saturday, March 15: "Introduction to Racing" clinic - Women only

Sorry guys, make sure you get to the session the week before, as this one is for women only. Clinic will commence straight after the club race, i.e., around

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Submission of material (except display advertising and photos) should be made via e-mail JBoyd5@nyc.rr.com

Deadline for March 2003 issue is February 20

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Justin Reid, first finisher from the New Year's Century, drinking hot chocolate, courtesy of Eugene Boronow. The photo fails to fully convey the amount of dirt on the short-sleeve, woolen Molteni jersey.

Photo by Jim Boyd

Century ride (. . . from page 1) other turnarounds.

Eugene Boronow arrived at Engineers' Gate in his refurbished Honda carrying hot cocoa and peanut butter and jelly sandwiches for the finishers. Justin seemed to relish the food. His Molteni wool jersey was heavy and sagging from rain and dirt picked up on Rte. 9W. He rode the distance without a rain jacket; it was rolled up on a table near the front door, but he forgot it.

Jim Boyd

Summary of December CRCA Board Minutes

Resolution, report, assignment.

Each board member will prepare a budget for his/her area of responsibility for the January board meeting.

Marc Mauceri, CRCA Team Dir., reported that two subteams, Team Nutrition and Soho Capital, did not complete a team duty in 2002.

As CRCA PR Dir., John Tomlinson will coordinate donations that come to CRCA earmarked for the parks department.

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 your check—made out to the Conservancy or to the Foundation—to CRCA. The club collects the checks and passes them on to Central Park. You get all the tax deductible benefits and the club gets the credit. Call Julie Walsh, Publicity Dir., for more information.

In 2002, CRCA passed on to Central park over \$16,000 from member donations and has given \$5000 from club funds.

Classified Ads (free to members)

Giant Rincon, 2002, mountain bike, 19", mint condition, \$250 firm. Steve, 212.268.5314.

Diadora road shoe, size 40, never worn, \$50. **Vittorio Open Corsa CX's**, Black center tread, red side tread, brand new, \$45. **Kreitler Challenger Rollers**, gently used, \$250. **Limar Helmet**, Green, small/medium, brand new, \$50. **Ksyriums, clinchers** \$350. Deirdre Murphy rainbow97@att.net

Tacx rollers, Sport-Track model, foldable, hardly used, excellent shape. These were donated to CRCA by David Stern. New, about \$145. Asking \$85, or best offer, 212.222.8062 or JBoyd5@nyc.rr.

Winter trainers, all in near new condition. **Kurt Kinetic Road Machine Fluid**, \$175. **Blackburn Trackstand Defender Magnetic**, \$65. **American Classic Rollers**, \$45. E-mail Charles at cgphillips4@hotmail.com for details.

Local Race Schedule

(CRCA club races in **bold face**: number of laps 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	What	Where
Saturday, March 1, 6:30 (<i>Tentative</i>)	Club races	Central Park
Saturday, March 8, 6:15 (<i>Tentative</i>)	Club races	Central Park
Saturday, March 15, 6:00 a.m. (<i>Tentative</i>)	Club races	Central Park
Saturday, March 22	Collegiate and Open races	Grant’s Tomb
Saturday, March 29, 6:00 a.m. (<i>Tentative</i>)	Club races	Central Park

Coaching (. . . cont’d from page 1)

8:15 a.m. Dress warmly! Coach: Nina Strika (National champ and NYC cycling women’s best advocate)

Wednesdays, 5:50 a.m., March 5, 12, 19. Skills- and fitness-based sessions open to all members and structured to accommodate all levels of experience and fitness.

Coach: Todd Herriott (Super coach, Elite national racer)

**** Note: these dates are still somewhat tentative. Please check the March newsletter and the CRCA website for confirmed dates. *****

CRCA Composite teams

The CRCA Board is pleased to announce support for CRCA composite teams for key National Calendar races. This is an excellent opportunity for members who may not otherwise have access to these larger races, e.g., their subteam may not have the depth or financial resources to field a full team.

Races where CRCA composite teams will be considered are:

- *Housatonic Valley Classic (CT) - May 17 (women only)
- Wachovia Invitational (PA)- June 3
- NYC Invitational (NY)- August 3
- Univest (PA)- September 20

How it will work:

Interested members will be invited to submit their race resumes to: riderdevelopment@crca.net. A panel of at least three board members will review submissions and determine the team composition. A men’s and women’s team will be considered for each race. With the exception of:

Nostalgia: 1993 Roller Race Results

by Brian Hoffman [CRCA Marshal Dir. in 1993]

Thrills, spills and high technology marked the first three nights of CRCA roller racing at Sports on Broadway (bet. 77th & 78th Sts.) on January 14, 19 and 25 [this is 1993]. The competition was intense as riders reached speeds in excess of 60 mph.

Enthusiastic crowds, comprising both cycling fans and regular patrons of the bar were deafening at times as they cheered on favorite riders, watching their progress on 10-foot video screens.

*The Housatonic men’s race will be a stage race this year, which unfortunately places it outside the club’s resources.

Seminars

We are planning to bring you at least two informational seminars this season. Watch this space for more information as details get locked down.

“Adopt a collegiate rider” program

If you are looking for a way to help develop tomorrow’s talent, then subteams might consider “adopting” a collegiate rider. More information on this program will be announced at the subteam captain’s meeting on February 25.

That’s all for now. If you have any comments or suggestions for the Rider Development program, please submit them to riderdevelopment@crca.net.

Good luck with winter training - spring will be here soon..won’t it?

Frances Harrison, VP of Rider Development.

January 14 continued 1992’s format of mile sprints. The riders who returned from 1992 apparently have been practicing their spins: Almost everyone posted a personal best time. Among those returning riders was Mike McCarthy, who went on from last year’s event to post impressive results on the professional circuit, including the USPRO criterium championship, and the World Pro 5k Pursuit Championship.

Another returning rider, and undeniably the most improved, was Victor Vitelli (CRCA), who managed a surprise upset of Mike McCarthy in the second round of the opening night.

The capacity crowd was on its feet in the closing moments of the match as Vitelli and McCarthy flip-flopped the lead. The roar reached its peak when the final results came up on the screen and showed that Vitelli had beaten McCarthy by a mere one tenth of a second. Vitelli’s time of 1: 11. 5 represents an average pace of 50.4 mph. This loss did not knock McCarthy out, however. Thanks to the repechage, he was able to get back into the finals, where he posted the fastest time of the night-1: I 1. 1 (50.6 mph)—for the overall win and the custom winner’s jersey from Oblio Custom Cyclewear.

The night also saw an increased number of crashes over 1992. The smaller diameter of the new Kreidler rollers (4.5 inches versus 8 inches for the old rollers) meant steering was much more sensitive. Eleven riders went down during the course of the first night (some more than once), and six on the second night. The third night saw

(Continued on page 4 . . .)

Nostalgia: Roller Races of 1993 (. . . cont'd from page 3)

only one mishap due to the longer distance and slower speeds. No one was hurt in the accidents, although Clive Hallwood's (CRCA) chances were hurt when a rider next to him went down, taking him out in the process.

The Kilometer was the race on January 19. This event seemed tailor made for Vincent Oliver's (Team Question Mark) style, but he tipped the seeding on its head when he rode off the rollers in the opening round.

That sent him to the repechage, which he won, but which moved him into round two against Mike McCarthy. Ordinarily the top seeded riders would not meet each other until the final round, so neither was pleased to have to make a total effort so early in the night. In a neck-and-neck duel, Oliver finally emerged victorious in what was to prove to be one of the fastest times of the night - 41.0, or 54.6 mph. That sent McCarthy into the second round repechage, from which he emerged to face second seed Victor Vitelli for the semi-finals. McCarthy, in his second tough race of the night in an event that is not his specialty was narrowly defeated a second time, much to the enjoyment of the partisan crowd. This set up the showdown of the night between Vitelli and Oliver for the final.

The riders started the final smoking, with Vitelli opening an early lead and the display showing speeds of nearly 60 mph. By about 200 meters, however, Oliver fought back and took a small lead, which barely budged until the closing meters of the race, when Vitelli surged by Oliver to post a time of 41.0, two tenths faster than Oliver's 41.2, for an average speed of 54.6 mph, and a minimum average pedal speed of 190 rpm. His inspired racing moved Vitelli into the top seed position based on the combined times of the mile and kilometer. His 1:11.5 and 41.0 beat McCarthy's 1:11.1 and 41.6 by two tenths of a second. Vincent Oliver finished third, with Mark Siega (CRCA) in fourth.

The third night, at a distance of 5 kilometers, was an entirely different type of race. The distance required slower speeds, but also afforded more leeway for making up ground through the race. The length of the races precluded the running of repechage rounds, and riders were run through straight eliminations.

The first round was held as a time trial, with the first 16 riders advancing (regardless of their place in the heat) to the second round. The most remarkable thing about this round was that every rider—including the three women who entered the competition—beat the unofficial Men's National record for 5k rollers of 5:45.517!

(Continued on page 5 . . .)

Gerard Walls, 53, a CRCA member since 1990, living in Pelham, NY, died recently. Our sympathies to his family and friends.

Walden School in 22d Year

Walden School of Cycling, one week only March 16-22. \$599 includes six nights' lodging, 17 meals, great coaching in sunny Florida (one hour north of Orlando). For details call 248-961-3704, 248-650-1062, e-mail waldensch@aol.com or visit www.members.aol.com/waldensch.

Letter to the Editor

Below is in response to an article in the January 2003 newsletter with; the headline: "Nostalgia: From the January 1993 CRCA Newsletter"

I notice that there is something wrong with the dates for the roller racing events. The days of the week don't match the date. I was wondering if you knew what the correct dates are.

When told that it was a reprint of a 1993 article, the writer replied:

You know, I thought there was something really off about it. That's just a little embarrassing.



A U.S. Government study published recently states that a small amount of alcohol imbibed each day keeps people healthier and leads to longer lives. The key word is 'small.' A study in the 1970's showing the same healthy affects from alcohol was repressed because of fears that it would be misinterpreted — as here.

Mike Luckovich
Atlanta Journal Constitution
Creators Syndicate

Marshal assignments

Race dates and start times are tentative until club receives permanent schedule from parks department, which means marshal assignments are tentative. When we hear from the parks department—some time in February—permanent assignments will be published on the CRCA website; and permanent assignments will appear in the March newsletter.

March 1, Club Race Start time: 6:30 a.m.

Paul Albert
Robert Fineberg
Carl Franzetti
Robert Gray
Jon Hicks
Nicholas Kello
Christopher Ryan
Mark Siega
Robert Stern
Julie Upton

March 8, Club Race Start time: 6:15 a.m.

Michael Aya
Raymundo Aya
Arthur Berger
Jane Berger
Paul Casino
David Cavallo
Timothy Claudio
Justin Holmes
Jaime Lopez-Santini
Bob Nelson
Scott Phillips
Catherine Powers
Alvin Rodolfo
Adam Seidman
Trevor Taylor

March 15, Club Race Start time: 6:00 a.m.

Joseph Ahearn
Paul Albert
Umberto Arpaia
Ann-Marie Brady
Dennis Burns
Martin Clarke
Mark Curley
Louis Debattista
Jon Hicks
Ron Kahn
Nicholas Kello
Jane Kenyon
Gregory Lee
Jaime Lopez-Santini
James M. McDade
David Ottavio
Tara Parsons
Aaron Pomeroy
Jay Rosen
Christopher Ryan
Elizabeth Seward
Mark Siega
Robert Stern
Julie Upton
Keith Verville
Lee Winter

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.

Andy Elder, 646.486.2642,
<ajce31@att.net>

Abdone Estrada, 201.868.4640.

Dan Finton, 212.489.6980

Mary Foti, 212.534.0935

Diane Goodwin, 212.9547

Lee Gorman, 718.645.6281

<LeeBikes@msn.com>

Jill Gordon, 212.932.9776,

<Jill@jillGordon.com>

Russell Jensen, 718.387.5715.

Don Lathrom, 212.229.2350

Robert McGowan, 212.876.1128,

<RMcGo28716@aol.com>

Dominick Montgomery, 917.416.8511

Jane Monti, 212.888.3731,

<JMonti@DellePro.com>

Catherine Parry, 212.534.7861

Mitchell Rosen, 212.504.5288,

<mitrosen67@yahoo.com>

Rebecca 'Sami' Sargent, 212.877.0503,

<StarSami3@aol.com>.

Nina Temple, 212.439.6009

<nina_temple@hotmail.com>

Prices start at \$30 and go up, way up.

We need more substitutes. Call

212.222.8062.

cont'd from page 4, Nostalgia: CRCA Roller Races from 1993

In the semi-final round, Mike Gacki (CRCA) put everything he had into placing second and moving himself into the finals. He started out strong, perhaps too strong, holding a very solid second place until about half a mile remained in the race, at which point Mark Siega (CRCA) kicked up his pace and closed the gap. With two tenths remaining, and standing third, Gacki redoubled his efforts, nearly riding off the rollers, coming up short, then collapsing from his effort. As he lay on the ground his pulse was initially counted at 204 bpm, and took its time coming back down.

By the final, Vitelli had set the two fastest times of the night, 4:19.4 and 4:25.9, and it was almost expected that he would push the mark down yet again in the finals. He did, to 4:08.6. What was not expected was Kurt

Gustafsson's (CRCA) challenge to Vitelli's dominance. After swapping bikes for the final, Gustafsson was hot on Vitelli's heels for most of the race, fading finally in the end to post the second fastest time of the night- 4:15.7. Mark Siega showed the effects of his semi-final duel with Gacki, ceding third to Vincent Oliver. Vitelli's average speed for the final was 45.0 mph.

Spin Your Wheels is presented by the Century Road Club Association and is sponsored by Sports on Broadway, Oblivo Custom Cyclewear, and In Traffic, the Metro Cycling Journal.

The series will continue through February on Monday the 15th, and Monday the 22nd. The first race starts at 7:00 pm, with registration starting at 6:30. For information call Brian Hoffman ...

¶

CRCA Clothing

Jerseys (xs-xxl)	\$45.00
Shorts (m-xl only)	38.00
Kids T-shirts (sz 34-36)	6.00
Skinsuits (s-m-l)	90.00
Kids Jerseys	10.00
(old design size s)	
Bicycle Caps (New!)	10.00
(shipping incl. for caps)	
Shipping	4.00

Total \$

Send checks, payable to CRCA, to:

Kristi Halpern

106 Summit St.

Oyster Bay, NY 11771-2319

(Also see clothing order form on www.crca.net.)

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February 2003

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