



Century Road Club Association

March 2003

A, B or C Rider? How to Upgrade USCF Cat. 4 Rider Eligibility for Team Cup Points

CRCA races are divided generally into A, B and C fields. On the men's side, USCF Category 1, 2 and 3 riders are permitted in the A field; Cat. 4 riders in the B field, and Cat. 5's in the C field. On the women's side, when there is no Women's field, Cat. 1 and 2 in the A field, Cat. 3 in the B field, and Cat. 4 in the C field. (There are no Cat. 5 women.)

In women's only fields, all women categories are permitted. Masters fields in CRCA club racing are from 40 years and above (listed as 40+), and can include all USCF categories.

Permanent race numbers match USCF categories

Race numbers are assigned according to USCF categories:

Men Cat. 1, 2, 3: 1-199 (A field); Women, all categories: 200-299; Men Cat. 4: 300-499 (B field); Men Cat. 5: 500-699 (C field).

Downward migration is permitted. A Cat. 2 or 3 rider may ride in the B or C field if coming off an injury, if out of shape, reached a 'certain age' etc., but will not be permitted to win a B or C race. (Older riders can request a category downgrade from the USCF.)

Promotion from C to B, and from B to A is automatic if your USCF category has been upgraded. [See 2002 USCF Rule Book, available at www.usacycling.org, p. 167, for upgrade requirements.] Ask the membership director for a new Racing Number.

Other reasons for moving up are: outstanding results within club races and in open races, and recommendations from a CRCA coach. The process of upgrading is as follows:

Upgrading to A and B fields

If you are a Category 4 male racer who has previously been granted an upgrade to the A field based on results or coach's upgrade; or if you believe your results and skills make you eligible to race in the A field for the first time this year, then you must apply for a spot on the 2003 upgrade list via email to the Director of Teams Marc Mauceri: teams@crca.net. Include your experience and results from 2001-02, as well as a coach's recommendation, etc.

Cat 4 riders who are approved for an upgrade will be assigned an A field number, which allows them to compete in the A field and in the Team Cup race series. This new number can be picked up from the Race Director before the next race after the upgrade is approved. In 2003 the club will keep a list of all Category 4 male riders who are allowed to compete in the A field and in the Team Cup scratch and points races.

All new upgrade requests, as well as confirmation of previous upgrades, must go through the above process. Unlike the policy of 2002, CRCA will not allow coaches, on their own, to grant upgrades from B to A.

Upgrades from C field to B can be made by the Race Director at a club race, and is based on good skills and performance in races.

Century Redux

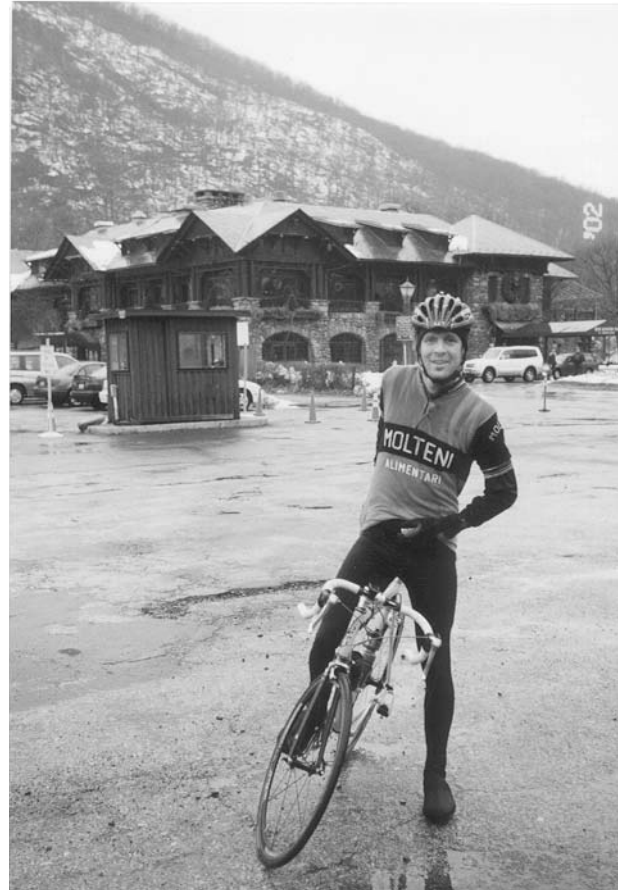
by Roy Abraham

[A life member, Roy is 65 and not yet retired. He lives in Cornwall, NY.]

My wife and I arrived early at Bear Mt. January 1 because we didn't know exactly when the intrepid riders coming from New York City would arrive. We waited in the warm car while cold rain came down outside. I reminisced with my wife, Erika, of past New Year's Day century rides.

The last such ride that I did was in 1975 or 1976 with my friend Jim Skelly, current owner of Nyack Bicycle Outfitters. I recall the sky being overcast and the weather cold and windy. We had fun nevertheless.

I went into the Bear Mt. Inn to see if by chance a rider had already arrived. My wife ran in to tell me
(Continued on page 2 . . .)



Justin Reid at the other end of his New Year's Day Century. Photo by Roy Abraham

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

Deadline for April 2003 issue is March 22

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March Coaching Schedule

All coaching sessions begin at the top of Cat's Paw Hill in Central Park

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: Deirdre Murphy and Leon Moser

Cancellation policy: Rain or shine—will move session indoors if required.

Saturday, March 15

Introduction to Racing Clinic - Women Only

Clinic will commence straight after the club race, i.e., around 8:15 a.m. Dress warmly!

Coach: Nina Strika

Cancellation policy: Rain or shine—will move session indoors if required.

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

Cancellation policy: Rain or shine

Tuesday, 6.50 p.m., March 25

Paceline and speed drills

Coach: Deirdre Murphy

Cancellation policy: Rain or under 40 cancels.

Century ride (. . .cont'd from page 1)

that the first rider had arrived -- Justin. He wore a soaked woolen Molteni jersey, about five minutes ahead of the pack, and dismounted from his bike for me to sign his card. Justin started back as four other riders arrived.

All were signed in and photographed. We were told that some of the riders had stopped in Nyack and that it was not likely that anyone else would be following.

As Erika and I started to drive off, we spotted a Trek carbon fiber bike leaning against the wall. It belonged to Ben [Ma], who was cold, wet and suffering. Hands and feet were especially affected. A common thread of all the riders was that no one complained. A tough bunch.

[It was news to us that so many riders had reached Bear Mt. Only three returned to Central Park to make their finish official. Ed.] ¶

January Board Meeting Minutes

- A budget of \$7K to \$8K was approved for coaching. This includes coaching sessions and one or two seminars during the year.

- Proposed club race budget was approved—this essentially mirrored the expenses incurred at club races in 2002 of about \$1K per race.

- It was resolved that CRCA subteams must include 'CRCA' as part of its official name and should appear in front, i.e., CRCA/Think Racing.

- Fines were raised from \$40 to \$60 per member of a subteam that fails to perform a team duty during the year.

- It was agreed that there would be a separate meeting later in the year to discuss the club's long-term planning and goals. ¶

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.

Reduced prices: Ksyriums, clinchers, gently used \$325. Diadoro road shoe, size 40, never worn, \$30. Vittorio Open Corsa CXs, black center tread, red side tread, brand new, \$35. Limar Helmet, Green, small/medium, brand new, \$30. Please contact me directly, Deirdre, rainbow97@att.net, 212.996.7687.

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.

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	Scratch races: A’s, 6 laps; B’s, 5; C’s, 4	Central Park
*Sunday, March 2, 6:30	Spring Series	Central Park
Saturday, March 8, 6:15	Scratch races: A’s, 7 laps; B’s, 6; C’s, 5	Central Park
*Sunday, March 9, 6:30	Spring Series	Central Park
Saturday, March 15, 6:00 a.m.	Points races for A’s, 8 laps; B’s, 7; C’s, 6; Scratch race: Women, 5 laps	Central Park
*Sunday, March 16, 6:30	Spring Series	Central Park
Saturday, March 22	Collegiate and Open races (see flyer in this issue)	Grant’s Tomb
*Sunday, March 23, 6:30	Spring Series	Prospect Park
Saturday, March 29, 6:00 a.m.	Team Cup races for A’s, 9 laps; Women, 6; B field, 8 laps; C field 7: Points Races for all fields (see below)	Central Park
*Saturday, March 29, 6:30	Spring Series	Prospect Park
*Sunday, March 30, 6:15	Spring Series	Central Park
*Saturday, April 5, 7:30	Spring Series	Floyd Bennett Field
*Sunday, April 6, 6:30	Spring Series	Central Park
Saturday, April 12, 6:15	A’s, 7 laps; B’s, 6; C’s, 6	Central Park
*Sunday, April 13, 6:30	Spring Series	Prospect Park
*Sunday, April 20, 6:30	Spring Series	Prospect Park
Saturday, April 26, 6:00	2-lap Individual TT	Central Park
*Sunday, April 27, 7:45	Spring Series, plus a Masters 45+ field	Staten Island

* All Spring Series events are Scratch races with the following fields for senior men: 1) US Pro, plus USCF Cats. 1, 2 & 3; 2) Cats. 3 & 4; 3) Cat. 5, plus a Masters 35+ field. Complete information about the Spring Series can be found at: <http://www.avdgraphics.com/MCA/SpriSer/Images/2003/Cyv7n1.pdf>, or telephone Anthony Van Dunk, at 718.522.7390.

Points Races Format – Relation to Team Cup Series

In points races the top three riders across the finish line, beginning at the finish of the second lap and each lap thereafter, are awarded 9, 6 and 4 points, respectively. There are no double points on the last lap. Highest number of points determine placings.

These rules differ from those in preceding years when the point scheme was 4-2-1, and double points were awarded on the last lap.

On March 29, in a first for CRCA, a points race is included in the Team Cup series, in which subteams earn points toward a subteam championship. Rules state that the first ten riders (men’s cup), or eight riders (women’s cup) earn points toward the championship. If at the end of a race less than ten/eight riders have earned points, finishers will be picked on the last lap to make up the difference.

Rules for Subteam Championships

Races counting toward the Team Cup Trophy are: March 29 Points Race, Team Cup Scratch Races, Individual Time Trial in August and the Team Time Trial – seven races total in 2003.

Each men’s subteam will be allowed six riders Cat. 3 or above in the A Team Cup races.

Points will be awarded to the top 10 places, however only the top two places from each team count toward team points in Team Cup Scratch Races and in the Individual Time Trial. Points won by riders wearing the blue and gold jersey will go to the ‘CRCA’ team.

In the Team Time Trial, Men’s subteams may enter more than one team, but only one team will count toward Team Cup Points. Mens’ A Teams consist of four men, all of whom must be Cat. 3 or higher. Additionally, if a men’s subteam enters more than one team in the Team Time Trial, only those teams with riders Cat. 3 or above will be eligible for Team Cup

Points. [See exception to Cat. 3 rule in Fields story on p. 1.]

For the Women’s Team Time Trial, a team will consist of two women and only the top two teams will count toward Team Cup Points.

The maximum number of points awarded to a single team in one race will be 225.

Places and points in men’s races: 1. 125, 2. 100, 3. 80, 4. 65, 5. 55, 6. 45, 7. 40 8. 35, 9. 30, 10. 25.

Places and points in the women’s races: 1. 125, 2. 100, 3. 80, 4. 65, 5. 55, 6. 45, 7. 40 8. 35 (picked eight deep).

Beware of the Potholes

There’s a new pothole in the middle of East Drive just past the carousel.

The old pothole on the Westside at 72d St. is a little deeper.

Be careful!

CRCA Race Schedule for 2003

<u>Date</u>	<u>Fields</u>	<u>Race Type</u>	<u>Team Cup</u>	<u>Championship</u>	<u>Start Time</u>
1-Mar	A, B, C	Scratch			6:30
8-Mar	A, B, C	Scratch			6:15
15-Mar	A, B, C, Women	Points (A, B, C)*			6:00
29-Mar	A, B, C, Women	Points	Yes		6:00
<hr/>					
12-Apr	A, B, C, 40+	Scratch			6:00
26-Apr	All categories	2-Lap Individual TT			6:15
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17-May	A, B, C	Scratch	Yes (Men)		6:00
<hr/>					
14-Jun	A, B, C, Women"	Scratch	Yes		6:00
21-Jun	All categories	2-Lap ITT	Yes		6:00
28-Jun	A, B, C	Scratch			6:00
<hr/>					
12-Jul		Lou Maltese (open race)			5:45
19-Jul	A, B, C, 40+	Points			6:00
26-Jul	A, B, C, Women	Scratch			6:00
<hr/>					
2-Aug	All	2-Lap ITT		Yes	6:00
9-Aug	A, B, C, 40+/50+	Scratch		Yes (40+/50+)	6:00
23-Aug	A, B, C, Women	Points	Yes		6:00
<hr/>					
6-Sep	A, B, C, Women	Scratch		Yes (A, Women)	6:15
13-Sep	A, B, C	Scratch			6:30
27-Sep		G.S. Mengoni (open race)			6:30
<hr/>					
4-Oct	All	3-Lap Team TT	Yes		6:45
11-Oct	A, B, C, Women	Scratch	Yes		6:45
<hr/>					
15-Nov	A, B, C	Turkey race			6:45

*Women do a scratch race on 3/15

This schedule is subject to change. Always check the schedule on our website and in the newsletter.

CRCA to the Rescue in Staten Island

by Paul Casino

On a Saturday morning Jan. 25, new CRCA member on the Bennett's Bicycles subteam Doug Dicks was having coffee at the Muddy Cup Coffee Shop with team-mates Benny Ma and John Luisi when a fire broke out in a building across the street. Doug, a member of the NYC Fire Department, and the others sprang into action.

Doug found a ladder buried under a pile of rubble in the backyard of an adjoining building. The three of them propped the ladder against the outer wall of the burning structure to help a man who was looking out of his window, which was filled with black smoke. According to Benny, the smoke was so thick he feared the man might not be conscious enough to rescue, but

(Continued on following page . . .)

CRCA Rescue

(...cont'd from preceding page)

with the help of the Bennett's group the man did make it down the ladder and away from danger.

The three continued their rescue efforts by helping other residents out of the building before fire and police officials arrived. Doug's fire truck number 78 pulled up. Doug grabbed a helmet from it and continued to help his fellow fire fighters. The coffee shop served as the fire fighters' base during the almost four-hour fire. More than 100 firefighters from 33 units had responded to the three-alarm blaze.

John Luisi, CRCA member since 1992, is a businessman and lawyer who spearheads projects to hold regional road races in Staten Island, including the Olympic road race in case NYC is selected to host a future Olympics. Benny Ma is a technology officer of large New York investment bank and is the former editor in chief of the Staten Island Bicycle Association (SIBA) Newsletter.



March 1 Weather

The long range weather forecast for March 1, the date of CRCA's first race, fluctuates from dire to balmy. If you see iffy conditions outside your window on Friday, Feb. 28, call the CRCA hotline, 212.222.8062, to find out if the race is still on. It has been our custom to call a race off on the scene, i.e., in Central Park at scheduled start time. It is rare for us to cancel a race the day before, but you never know..

If a race is canceled on race date, marshals are expected to show and will be given credit for that date.



THE 2003 COLUMBIA UNIVERSITY GRANT'S TOMB CRITERIUM

PRESENTED BY MAGIC ENERGY DRINK, KAPLAN INC. AND
THE CENTURY ROAD CLUB ASSOCIATION
SATURDAY, MARCH 22, 2003
A NCCA and USCF Event (USCF Permit Pending)

COURSE: A fast 1.25-mile criterium course around Grant's Tomb located beside the Columbia University campus in Morningside Heights in the City of New York. Start/Finish is on Riverside Drive South directly to the west of plaza & south of Grant's Tomb, go south on Riverside Drive to 120th Street turn left, go east one block to Claremont Ave. turn left, go north two blocks to 122nd St. turn left, go west one block to Riverside turn right, go north to turnaround at the north end of Grant's Tomb, head south to finish.

RACE SCHEDULE:

RACE

FEES/REGISTRATION:

\$20 entry per USCF rider. All pre-registration for USCF races must be done through Bikereg.com. Race day registration will be available from 7:00 AM and will close one half-hour prior to the start of the race in which one is entering. Day of registration will include a \$10 late fee. Unattached riders will be charged an additional fee of \$5.00 per race.

START TIME	RACE LENGTH	FIELD	PRIZES
8:00 AM	40 minutes	USCF Women's 4*	5 deep & Clif Bar prize primes
To Follow	50 minutes	USCF Women's 1/2/3	8 deep & Clif Bar prize primes
To Follow	50 minutes	USCF Men's 3/4	10 deep & Clif Bar prize primes
11:00 AM	50 minutes	Collegiate Women's A	ECCC Points
To Follow	60 minutes	Collegiate Men's A	ECCC Points
To Follow	40 minutes	Collegiate Women's B	ECCC Points
To Follow	40 minutes	Collegiate Men's B	ECCC Points
To Follow	40 minutes	Collegiate Men's C	ECCC Points
To Follow	30 minutes	Collegiate Men's D	ECCC Points

* First race in the New Jersey Women's Category IV Developmental Series

RACE RESULTS:

Results and finish camera by Pioneer Event Promotions (PEP) of Northampton, MA. Results will be posted online by Monday, March 24th at Bikereg.com

TRAVEL DIRECTIONS:

By Car:

From I-95: If coming from the north, when approaching GW Bridge, stay to the right and follow signs to lower level. Exit at Route 9A southbound (AKA Westside Highway) final exit in New York. If coming from south, follow signs on GW Bridge for Route 9A southbound. From Route 9A: (AKA Westside Highway): Exit at West 125th street, go east (away from river) to Broadway, turn left and follow to 135th street (you will be alongside train trestle), turn left and follow 1 block to Riverside Drive, turn left to reach race course. At this point, the Riverside Drive viaduct will be closed to through traffic, but parking will be available to racers and residents. As a visual guide, look for the Riverside Church tower or Grant's Tomb Memorial, both of which are visible from the highway and go in that general direction.

By Train:

Subway #'s 1 or 9 to 116th Street station. Follow West 116th Street two blocks to Riverside Drive, turn right and head north four blocks to registration.

PARKING:

Participants have reserved parking on the Riverside Drive viaduct from 135th Street, all the way south to the race turnaround on the northern end of the course at 125th Street. This viaduct will be open only for participant parking. Street parking can sometimes be found east and south of the racecourse.

INFORMATION:

For more information, please contact Brian Carolan at bvc3@columbia.edu (preferred), or call 1.347.524.4025. Flier web site http://www.greze.com/tmp/bike/2003_Race_Flyer.htm

Marshal assignments

Saturday, March 1 Start time: 6:30 a.m.

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

Saturday, March 8 Start time: 6:15 a.m.

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

Saturday, March 15, Start time: 6:00 AM

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

Saturday, March 29 Start time: 6:00 a.m.

Raymundo Aya
Arthur Berger
Jane Berger
Paul Casino
David Cavallo
Timothy Claudio
Robert Fineberg
Denis Finnin
Carl Franzetti
Rikki Furman
Matthew Gilman
Justin Holmes
Scott Klion
Kira Krenichyn
John Loehner
Bob Nelson
Scott Phillips
Catherine Powers
Gary Rancourt
Alvin Rodolfo
Adam Seidman
Joe Szokoli
David Taylor
Trevor Taylor
Craig Upton
Brice Wilson

Saturday, April 12, Start time: 6:15 AM

Salvatore Abbruzzese
Gregory Ahnert
Tyler Bertram
Todd Carter
Marc Cesare
Johan de Muinck Keizer
Steven Eick
Rich Fleischer
Koquin Fung
Mike Gacki
Robert Guatelli
Frank Hannibal
Reem Jishi
Gary S. Keblish
Patrick Kehoe
Lars Klove
Robert Lattanzi
Gregory Lee
M. Justin Lubeley
Martin Muoto
Midori Nakamura
Masahiro Ogyu
Tony Pechenik
Corey Pendleton
Elizabeth Renaud
Michael Sherlock
Philip Soroka
Clyde Wardle
Edward Wyatt

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**. ¶

Saturday, April 26 Start time: 6:00

Joseph Ahearn
Mark Allebach
Umberto Arpaia
Richard Bernardi
David DelVecchio
Alexis Demopoulos
Ivan Diaz
Jaimie Epstein
Rikki Furman
Matthew Gilman
Scott Gregoire
Christopher Griffin
Eddy Hernandez
Matthew Howard
Petr Huppert
Ian Jones
Tom Kleinberger
Rebecca Koh
John Kuhn
Tom Laskey
Torrey Lincoln
Alison Lonshein
Gerardo Martinez
Patti O'Brien
John Olsen
Oscar Rosales
Andy Shen
David Smith
Joe Szokoli
Roman Vasserman
Vinny Vicari
Susan Weinstein

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.

CRCA Clothing

Jerseys, short slv (xs-xxl)	\$45
Jerseys, long slv (s-xl)	65
Shorts (m-xl only)	38
Skinsuits (s-m-l)	90
Bicycle Caps (New!) (shipping incl. for caps)	10
Shipping	4

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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March 2003

212..222.8062
www.crca.net

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