



# Century Road Club Association

May 2003

## Upton & Upton Sweep ITT

By David Wagener

In a first of its kind, CRCA offered the cycling world a two-fer at its April 26, 2003 inaugural ITT: Upton & Upton as the men and women's champion, respectively. In a sure sign of dynasty, matched only by Lance Armstrong, Smiley Upton (CRCA/Breitling/Tradeware) motored to his fourth consecutive CRCA ITT victory in a time of 26:56. Now that it's mentioned, aren't they both the same age? Both fueling for a fifth this summer? Separated at birth?

And speaking of birth and every eugenicist's dream, Smiley's wife Julie (CRCA/EAS/Fitness Magazine) cruised through the women's field, posting a time of 32:13. No newcomer to the art of pain and ITTs, Julie was nevertheless surprised by her victory. She, by the way, is the only one. Last year's champ, Catherine Powers used Smiley's old bike. The last man other than Smiley to win a Central Park ITT was Smiley's teammate, George Suter. The dominant men's Triple T (that's team time trial, for those not versed in the nomenclature) is Smiley's team. Is there a pattern here?

Every time trialist has a secret weapon. Smiley has an arsenal. The amazing thing is that he chose to share it with the rest of us. Three weeks prior to the race, Smiley put on a Club-sponsored TT clinic at Metro Bikes. For the slow of mind, or those of us who need everything repeated three times, he sent his main man George Suter to the drill his winning technique on two consecutive Thursdays in the Park. If you missed these three events, you either love riding in the middle of the pack, or your name is Tony Settel.

Say what? Tony Settel (CRCA/Conrad's) was the only racer other than Smiley to power through the wind and rain in a first lap time of under 13:30. In order to make the next race more interest-

ing to handicap, he decided to flat with three miles to go, and then limped home with a time of 28:00, good enough for a convincing second place in Cat. 1/2/3. Never heard of him? That's because he has been kicking around the Massachusetts/Rhode Island circuit as a Cat 2 racer for 20 years. Jordan-esque in stature, and a mere 10 years Smiley's senior, Tony crushed the North Atlantic States Regional Championship field last year, winning the Master's 40k Crown in 54:44. For those without a calculator, that'd be the equivalent of four 13:41 laps in Central Park. Ouch!

But the real news for this race was the weather. As if the winter hadn't been cold

*(Continued on page 9 . . .)*

## Joe Mullins and Jim Boyd Resign from CRCA Board

Joe Mullins, CRCA Treasurer, has resigned. This will be effective June 1, unless the CRCA Board names someone to that position earlier. According to club by-laws, the Board may name a replacement when there is a vacancy.

Jim Boyd resigned from his Board position as Communications Director (newsletter editor), and from his job as Race Director, effective July 1, unless others are named earlier.

No reasons were given for the resignations.

Joe Mullins has been treasurer since late 1989—the year the CRCA Board was created—when he was appointed after resignation of the first treasurer, Richard Henry.

Jim Boyd was named Communications director by the Board in April 1989 after the resignation of the first editor, Sidney Schuster. Jim has since held various Board offices, including Membership Director and a two-year stint as club president. ¶

## Night Ride Revisited

*(Letter from John Tomlinson reminding club members of their responsibility.)*

The Central Park Conservancy/Parks Department is complaining to CRCA again about the Night Ride in Central Park. They don't have a problem with it from November through February or March, when the Park is pretty empty (and the ride is smaller). But with warmer weather the Park is much more crowded in the evenings, and uncontrolled group rides like the Night Ride get complaints.

CRCA is allowed to put on races in Central Park only with permission of the Parks Department and it's important that we keep them happy. Frankly, while we have a right to ride in the Park, we have no particular right to put on races—that's at their discretion. They've asked us to do what we can about the Night Ride. They know that it is not sanctioned by the Club, and the Club is officially against it. But unfortunately some of our members participate in it, and some other people participate in it with CRCA jerseys on. Not good.

### *Racing in park is a privilege*

What's more, I fear that someday there will be an accident with a pedestrian or other park user and the Night Ride, with some CRCA jerseys around. That could very well result in a ban of racing in the Park. That would be a disaster.

It's fine to train at night. It's fine to train in groups at night in the Park. But doing big, uncontrolled group rides that pass other park users on both sides much too close is a threat to the future of racing in the Park. So please, try to ride in smaller groups and be respectful of other park users. If done right, small group training is better training. It's certainly safer. And it's better for CRCA.

## CRCA Board

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

Deadline for June 2003 issue is  
May 23

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## Wanted Bear Mt. Marshals—\$150

Marshals are needed for Bear Mountain Springfest race, May 11. See a great race and earn \$150 for the day.

Signin at Harriman State Park is 9:00 a.m.

Signoff, approximately 3:00 p.m.

Transportation to and from city may be possible.

If you are interested, contact Frances Harrison: riderdevelopment@crca.net, or 212.580.2129, before 9:00 p.m. ¶

*The NJ Women's Racing Scene* is a monthly newsletter for ladies racing in the tri-state area. Free subscriptions are available by an e-mail to themadcyclist@somersetwheelmen.com. ¶

## March Board Meeting Minutes

The monthly meeting of the CRCA Board of Directors was held March 3. Present were Jim Boyd, Frances Harrison, Marc Mauceri, Leon Moser, Joe Mullins, Ferdie Scharf, John Tomlinson and Jeff Vogel.

There was discussion of the club's mission. JT produced an outline of a club brochure with goals and audiences identified. It was resolved that he should draft the text.

On the topic of junior racers, it was resolved that a non-board junior liaison position would be created.

In a discussion of the club's tax status—whether to obtain 501(c)3 status, allowing donors to make tax-deductible donations (higher requirements, more difficult to get), or 501(c)7 not-for-profit (fewer steps, easier to obtain)—it was resolved that Jeff will file for the latter with the possibility that the club may at a later date file for 501(c)3

The topic of club members using a blanket release from CRCA to ride for other teams in open races while continuing to be a racing member of CRCA was discussed. In an e-mail vote after the meeting, it was decided to permit this, but these members must still fulfill club membership obligations, i.e., marshaling, wearing CRCA jerseys in club races, etc.

It was resolved to discuss at future meetings the possibly of going back to distributing the club newsletter via the mails. Some board members feel it would more likely be read when received in print rather than by electronic means. ¶

## Classified Ads (free to members)

**Kurt Kinetic Road Machine Fluid Trainer**, like new, \$160. **American Classics Rollers**, very good, \$30. **WCP Pro Classics and Tour Videos**, cgphillips4@hotmail.com for list and prices.

## Coaching Seminar

We are delighted to announce that Adam Hodges Myerson will be conducting a seminar *Training Weaknesses, Racing to Your Strengths* for the benefit of CRCA members and friends on Wednesday, May 7, 7:00 p.m., 9 East. 69th St. (bet. Madison and Fifth Aves.).

Adam is one of the most respected riders and promoters in New England. He is also the founder and president of Cycle-Smart, a successful coaching, management and promotions organization for cycling. Somehow Adam also finds time to write informative and often hilarious articles on training and racing.

Given the timing of the seminar, we may also get some ideas on how to conquer Bear Mountain the following weekend. There will be plenty of time for questions, so come prepared. ¶

## May Coaching Schedule on page 7.

## Bicycle Film Festival

The third annual Bicycle Film Festival is scheduled for May 8 - 11, 32 Second Ave. (at East 2d St.) New York City, presented by Anthology Film Archives.

In a series of programs that change each day, shorts, documentaries and feature films will be shown. Sometimes the bicycle is only tangential to human stories, in other films it is *the* story. Cost is \$8 for each of the programs.

For program details, complete schedule and advanced ticket purchase, [www.bicyclefilm-festival.com](http://www.bicyclefilm-festival.com).

Valet bicycle parking provided by Transportation Alternatives. ¶

## Donations to CRCA

Instead of a donation to the club, you can help CRCA by giving to Central Park Conservancy and receive a tax deduction. See below. **Donations to CRCA are not tax-deductible.**

## Donations to the Park

If you contribute to Central Park Conservancy, you can send your check—made out to the Conservancy—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 John Tomlinson, Publicity Dir., for more information.

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

# Local Race Schedule

(CRCA club and open 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
<b>Sunday, May 11, 10:00 a.m.</b> <b>Saturday, May 17, 6:00 a.m.</b> *Saturday, May 17	<b>Bear Mt. Spring Classic</b> , (see <a href="http://www.crca.net">www.crca.net</a> ) <b>Scratch race: A field, 7 laps, Team Cup Pts.; B, 6; C, 5</b> Windy Road Race (Anthony Van Dunk) (Cat. 3, 4; Masters 35+, Women)	Harriman State Pk <b>Central Park</b> Floyd Bennett Field
*Sunday, June 1 Saturday, June 7	Hillburn Criterium JDRF Team Trial Challenge (732.427.3002, days; <a href="mailto:jdrf_ttt@yahoo.com">jdrf_ttt@yahoo.com</a> – <a href="http://www.3dracingteam.com/2003ttt.htm">www.3dracingteam.com/2003ttt.htm</a> )	Hillburn, NY Allentown, NJ
<b>Saturday, June 14, 6:00 a.m.</b>	<b>Scratch race: A field, 7 laps, Team Cup Pts.; B, 6; C, 5; Women, 5</b> <b>(also Women’s Clinic)</b>	<b>Central Park</b>
<b>Saturday, June 21, 6:00 a.m.</b> <b>Saturday, June 28, 6:00 a.m.</b> *Sunday, June 29	<b>Individual TT, two laps, all categories</b> <b>Scratch races, A field, 7 laps; B, 6; C, 5</b> Squiggle Road Race	<b>Central Park</b> <b>Central Park</b> Prospect Park

\* Further information from Anthony Van Dunk, 718.522.7390, [www.avdgraphics.com](http://www.avdgraphics.com).

## Big Guy in Italy, on the Bike Again

(From Dan Plitman <[danplitman@yahoo.com](mailto:danplitman@yahoo.com)>, who has been off the bike for a few weeks due to a sore knee, still in Italy and still making the grand try.)

“Dieci minuti!” The magic of everything just takes 10 minutes. In Italy if you call for a taxi they will tell you that they will be there in 10 minutes. It seems like no matter where they are it only takes 10 minutes. It never takes 10 minutes. It can take 15, 20 even 25 minutes.

While I try to learn Italian I usually translate the things literally so that I can understand the reasoning behind it. For example to say you are hungry, you say, “Ho fame”, I have hunger. Or you are tired, “Sono stanco.” I am tired. One thing I realized is that Italian has a lot of words that are used for the same thing, which leads me to believe that they have fewer words than English, but on the other hand they have words that we do not have.

Take the verb, regalare. This literally means to gift. They have a verb for gift giving. The Italians enjoy life and are relaxed. It is so much part of their society and history that they even have words such as regalare. Why couldn’t the US have picked up some of these traits over the years. It is never too late, to gift, to lunch and to passage.

Back in the saddle. Sunday April 6, 4:26 a.m. and I am awake, my phone beeps, I just received a SMS message. “In boca al lupu oggi!” Good luck today! God knows I will need a lot more than luck today. Lets see six weeks, five kilos heavier and only 784 kilometers on the bike.

It is 5:51 a.m.. I just had my monster breakfast: 125 grams of pasta with Pesto Genovese and pine nuts, a large coffee, five biscotti, two slices of bread with jam and a quarter of a rustica tarte. I have a race today. In fact it is a local Gran Fondo that heads out of Cervia. My entire team will be there today. The women’s pro team is doing it for training. The owner and his wife from ReArtu will be there. Danny Clark will be racing with us too.

## Wanted, Salesperson, Weekends

**Bicycle Renaissance**  
**430 Columbus Ave.**  
**(@81st St.)**

**For appointment**  
**212.724.2350**  
**Ask for Shim**

I told everybody that it is a training race for me. Talk about getting yourself back into shape the old fashioned way. The course has six climbs and is 172 kilometers in length. Chris Teague from CRCA/Merrill Lynch is here doing the same race.

My knee is not 100 percent yet, but it is definitely on its way to recovery. I put in a nice ride on Wednesday for three hours with one climb. I was also attacked by two dogs on that ride, but we can save that story for a late night at a bar. Mentally I am in the game, physically I have the power I need to get through the day,

(Continued on page 7 . . .)

# April 26 Individual Time Trial Results

## Overall placings

Overall,	(Race#),	Time,	Category,	Subteam
1.	Craig Upton (23)	26:56,	123, CRCA/Breitling Tradeware	
2.	Tony Settel (42)	28:00,	123, CRCA/Conrads	2nd, 3rd
3.	Christopher Ryan (11)	28:43,	123, CRCA	
3.	Scot Willingham (8)	28:43,	123, CRCA/Sanchez-Metro	
5.	M. Justin Lubeley (37)	28:46,	123, CRCA/Magic-Blue Ribbon	
6.	David Wagener (13)	28:49,	40+, CRCA	
7.	George Suter (22)	29:08,	40+ CRCA/Breitling Tradeware	
8.	David Williams (16)	29:16,	40+, CRCA	
9.	Lee Sossen (5)	29:23,	123, CRCA	
10.	Stephen Harvey (21)	29:45,	123, CRCA/Renaissance	
11.	Robert Gray (1)	30:01,	50+, CRCA/MoneyGram	
12.	William Pennino (24)	30:12,	45, CRCA/Soho Capital	
13.	Gordon Breed (39)	30:27,	45, CRCA	
14.	Toby L. R. Crane (18)	30:39,	45, CRCA/Gap-Strictly Bikes	
15.	Michael Sherry (20)	30:43,	45, CRCA	
16.	Michael Sherlock (34)	31:01,	45, CRCA/Bennett's	
17.	Daniel Schmalz (25)	31:06,	123, CRCA/Sanchez-Metro	
18.	Andy Shen (31)	31:10,	45, CRCA/Merrill Lynch	19th
19.	Thomas Mattioli 2	31:12,	45, CRCA/MoneyGram	
19.	Robert Stern (7)	31:12,	40+, CRCA/MoneyGram	
21.	Ted Neu (19)	31:13,	45, CRCA/VisitBritain	
22.	Scott Phillips (32)	31:30,	50+, CRCA	
23.	Robert Clifford (26)	31:34,	50+, CRCA	
24.	Justin Inglis (27)	31:38	45, CRCA	25th
25.	Craig Abrams (12)	31:39,	45, CRCA/Foundation	
25.	Thomas L. Kempner Jr. (15)	31:39,	50+, CRCA	
27.	Justin Reid (29)	31:40,	45, CRCA/VisitBritain	
28.	Robert Fineberg (17)	32:07,	45, CRCA/Renaissance	
29.	Pascal Sauvayre (44)	32:12,	45, CRCA/Magic-Blue Ribbon	
30.	Julie Upton (6)	32:13,	W, CRCA/EAS/Fitness	
31.	Vinny Vicari (28)	32:14,	45, CRCA/Sanchez-Metro	
32.	Robert Guatelli (45)	32:23,	45, CRCA/Sanchez-Metro	
33.	Cliff Saper (10)	32:31,	40+, CRCA	
34.	Caryl Gale (4)	32:59,	W, CRCA/Team Fitness	
35.	David O'Brien (3)	33:37,	45, CRCA	
36.	Frances Harrison (38)	33:40,	W, CRCA/Sanchez-Metro	
37.	Cindy Ma (9)	33:41,	W, CRCA/Sanchez-Metro	
38.	Robin Read (40)	34:04,	W, CRCA/EAS/Fitness	
39.	Sarah Sauvayre (30)	34:20,	W, CRCA/Sanchez-Metro	
40.	Tara Parsons (43)	34:33,	W, CRCA/EAS/Fitness	
41.	Paul D. White Jr. (33)	34:43,	45, CRCA/VisitBritain	
42.	Josh Petrie (35)	35:33,	Jr, CRCA	
43.	Jane Kenyon (41)	35:38,	W, CRCA/EAS/Fitness	
44.	Calvin James (14)	37:36,	40+, CRCA	
45.	Dan Lederman (36)	43:12,	Jr, CRCA	

## Placing by Category

(Overall placing)

### USCF Category 1, 2 & 3

1. Craig Upton 26:56, (1)
2. Tony Settel 28:00, (2)  
2nd, 3rd
3. Christopher Ryan 28:43, (3)
3. Scot Willingham 28:43, (3)
5. M. Justin Lubeley 28:46, (5)
6. Lee Sossen 29:23, (9)
7. Stephen Harvey 29:45, (10)
8. Daniel Schmalz 31:06, (17)

### Women

1. Julie Upton 32:13, (30)
2. Caryl Gale 32:59, (34)
3. Frances Harrison 33:40, (36)
4. Cindy Ma 33:41, (37)
5. Robin Read 34:04, (38)
6. Sarah Sauvayre 34:20, (39)
7. Tara Parsons 34:33, (40)
8. Jane Kenyon 35:38, (43)

### 40+

1. David Wagener 28:49, (6)
2. George Suter 29:08, (7)
3. David Williams 29:16, (8)
4. Robert Stern 31:12, (19)
5. Cliff Saper 32:31, (33)
6. Calvin James 37:36, (44)

### USCF Category 4 & 5

1. William Pennino 30:12, (12)
2. Gordon Breed 30:27, (13)
3. Toby L. R. Crane 30:39, (14)
4. Michael Sherry 30:43, (15)
5. Michael Sherlock 31:01, (16)
6. Andy Shen 31:10, (18)
7. Thomas Mattioli 31:12, (19)
8. Ted Neu 31:13, (21)
9. Justin Inglis 31:38, (24)
10. Craig Abrams 31:39, (25)
11. Justin Reid 31:40, (27)
12. Robert Fineberg 32:07, (28)
13. Pascal Sauvayre 32:12, (29)
14. Vinny Vicari 32:14, (31)
15. Robert Guatelli 32:23, (32)
16. David O'Brien 33:37, (35)
17. Paul D. White Jr. 34:43, (41)

### 50+

1. Robert Gray 30:01, (11)
2. Scott Phillips 31:30, (22)
3. Robert Clifford 31:34, (23)
4. Thomas L. Kempner Jr. 31:39, (25)

### Junior

1. Josh Petrie 35:33, (42)
2. Dan Lederman 43:12, (45)

Bring your USCF license to club races.

## March 29 Club Race

## Points Races in A and B Fields, and in Women's

### A Field, also for Team Cup Points

1. Kevin Molloy, 34 pts, CRCA/Sakonnet
2. Leon Moser, 24, CRCA/Breitling
3. Rob Rigg, 24, CRCA/Sakonnet Technology
4. Jann Blindert, 13, CRCA/Renaissance
5. Stephen Jamison, 10, CRCA/NEXT
6. Justin Lubeley, 9, CRCA/Magic-Blue Ribbon
7. Mark Brinken, 6, CRCA/Remax
8. Thomas Pennell, 6, CRCA/Magic-Blue Ribbon
9. Basil Moutsopoulos, 6, CRCA/Sakonnet
10. Inson Wood, 4, CRCA/Foundation

### Women, also for Team Cup Points

1. Caryl Gale, 24, CRCA/EAS/Fitness Mag.
2. Ann Marie Miller, 22, CRCA/EAS/Fitness
3. Frances Harrison, 21, CRCA/Sanchez-Metro
4. Bronwyn Law-Vljoen, 15, CRCA/Radical Media
5. Sarah Sauvayre, 13, CRCA/Sanchez-Metro
6. Lesley Jennings, -, CRCA/Conrad's
7. Randy Sharp, -, CRCA/Axis
8. Kimile Tayler, -, CRCA/Radical Media

### B Field

1. Karl Rahn, 39, CRCA/Sakonnet Technology
2. Rolando Ocampo, 27, CRCA/Bennett's
3. Matthew Howard, 14, CRCA/Merrill Lynch
4. Vinnie Vicari, 12, CRCA/Sanchez-Metro
5. Michael Sherry, 9, CRCA/Gootham

### C Field

1. Tiger Williams
2. David DelVecchio
3. David Garcia
4. Lee Winter, CRCA/Merrill Lynch
5. Steven Andrews

## Team Cup Points

### Total from 3/29 Race

#### Men

1. Sakonnet Technology, 205
2. Breitling Tradeware, 100
3. Magic-Blue Ribbon, 80
4. Renaissance, 65
5. NEXT, 55
6. Remax, 40
7. Foundation, 35

#### Women

1. EAS/Fitness Magazine, 225
2. Sanchez-Metro, 135
3. Radical Media, 100
4. Conrad's, 45
5. Axis, 40

## Time Trial Race Number Placement

In time trials, the race number should be worn in the middle of the lower back, about where the pockets of a cycling jersey are. This permits your number to be seen as you pass the caller, who calls it out to the timers.

This is in contrast to mass start races: the number should be worn on the left side under the arm on the

# 2003 BEAR MOUNTAIN SPRING CLASSIC HARRIMAN STATE PARK SUNDAY, MAY 11, 2003



CLASSIC ROAD RACING ON ONE OF THE  
COUNTRY'S MOST BEAUTIFUL COURSES.

Category	Distance	Entry Fee	Prizes/Places	Start Time
Senior Men Pro 1/2/3	98 miles	\$35	\$1000/10	10:00AM
Senior Men 3	70 miles	\$30	\$350/5	10:05AM
Senior Men 4 FIELD FULL	56 miles	\$30	\$200/5	10:12AM
Senior Women Pro/1/2/3	56 miles	\$30	\$500/5	10:14AM
Senior Women 4	42 miles	\$20	\$150/5	10:14AM

Women Cat 4 is part of the New Jersey Women's Category 4 Developmental Series. Women Cat 4 will start with Pro 1/2/3 field, but have a separate finish and places. Field limit of 100 in all men's fields and 100 total in the combined Women's Pro/1/2/3 and 4 race.

**Pre-registration only;** there is no day-of-race registration.

**Register online at [www.bikereg.com](http://www.bikereg.com)** or by mail sending a standard USCF Release form and check payable to Century Road Club Association to:

CRCA  
c/o Mitch Rosen  
401 East 88th Street, Apt. #9B  
New York, NY 10128

*Entries must be received by Thursday, May 8, 2003.*

**Pedro's neutral support in the Men's and Women's Pro-1-2-3 fields.**

Support in the Men's 3 and 4 races will be wheels-in/wheels-out.

**Additional Support vehicles are needed.** Any club or team providing a car and driver to provide neutral support in the race will have entry fees for two racers refunded at the race. Please contact Frances Harrison ([riderdevelopment@crca.net](mailto:riderdevelopment@crca.net)/tel (212) 580-2129 before 9pm) by May 8 to make arrangements.



- Number pick-up opens at 8:15AM and closes 30 minutes before the start of eac field.
- Beautiful 14 mile hilly loop. Roads are open to cars, but traffic is light. This course has seen numerous district and national championships and is considered one of the best all-around road courses in the country. Good roads.
- Feed zone is a short walk from Start/Finish.
- We strongly advise arriving early to familiarize yourself with the route prior to the race.
- *No parking anywhere except designated parking areas* – this will be strictly enforced.
- Please use the Parks Restrooms and provided portable toilets.
- *The yellow line rule will be strictly enforced.*
- Helmets must be worn at all times while riding.
- USCF Permit Pending

#### **Travel Directions**

Palisades Interstate Parkway to exit 16. Follow Lake Welch Parkway to entrance to parking area.

#### **Race Manual and Questions**

Visit [www.crca.net](http://www.crca.net) to obtain the race manual. Contact [openracing@crca.net](mailto:openracing@crca.net) or call (212) 469-2748 if you need additional information.

**Presented by the Century Road Club Association.**



Prizes generously provided by these sponsors and supporters of women's racing. Additional prizes by Eric LMT of Massage Artistry.

# Women's Beginning Bicycle Racing Clinic

SATURDAY JUNE 14TH 6:00 AM CENTRAL PARK NYC

*Have you ever been tempted to try bicycle racing?  
Not sure how to start?*

*Join the women of the Century Road Club Association,  
New York City's road racing club, in a three lap simulated race around  
Central Park. Experienced local women racers  
will ride with the field providing instruction, assistance and advice.*

*For more information please see our FAQ on [www.crca.net](http://www.crca.net),  
or call Beth Renaud, (212) 316-9430 or [bethrenaud@yahoo.com](mailto:bethrenaud@yahoo.com).*

*Preregister online at [www.bikereg.com](http://www.bikereg.com)  
or get up really, really early and register  
the day of the race, 5:15-5:40 a.m.  
in the Rambles Parking lot, Central Park.  
5:40 until 6:00 a.m. pre-race meeting.  
7:15 post-race analysis, Q&A and prizes.  
Remember—we race rain or shine!*

**\$10.**



Presented by the CRCA Metro-Sanchez and Radical Media Racing Teams.

# NY Bicycling Coalition

As regional coordinator for the New York Bicycling Coalition and as a previous member of CRCA, I am writing CRCA members about the role we are currently playing at the state level to help make our roads better for cycling. We are the only statewide organization that works to improve road and path conditions for cyclists and pedestrians.

As cyclists who depend on the good nature, intelligence and training of local town officials and planners of the areas you cycle through, you must realize how important it is that we make every effort to improve roads on a local level.

In May we are organizing four workshops across the state, two of which may be of interest to CRCA members, one in Greenburgh, NY (Westchester), and the other in Eastmeadow, NY (LI). See below for schedule info. The workshops are free to CRCA and other cycling club members.

This will give planners, town officials, cyclists and advocates the opportunity to work together, to look critically at bike routes in their locality, and to begin making changes that will accommodate cyclists and other users of the space.

We urge you to attend our workshops and to join NYBC. This will give you an opportunity to discuss with local planners and officials the issues you confront as a cyclist. Although the workshops will focus on specific locations, we intend on inviting Nyack planners to the Westchester event, and surrounding area planners in L.I. for the Nassau event.

Our organization is also working with Congress and the Senate to re-link broken bike routes, create new bike routes across the state, and give cyclists priority on bridges and public transportation. We have asked that the legislature support funding to create emergency bike routes across the state in the case of any significant emergencies.

I have also contacted planners and Dept. of Transportation officials who are looking critically at Rte 9W from Fort Lee up towards Nyack, and they may also attend the Greenburgh session.

Our membership sign up is at <http://www.nybc.net>. Please feel free to contact me by email or phone.

See you on the road! NYBC Regional Coordinator, Jen Benepe

- > 845-353-4649
- > [jenb@nybc.net](mailto:jenb@nybc.net)
- > 112 S. Franklin St.
- > Nyack, NY 10960

(Big Guy in Italy . . . cont'd from p. 3)

but my fitness is not up to par. I have five weeks to get my act together so hopefully I will not have any more knee issues or any other problems.

## Gran Fondo

Ten kilometers into the race I realized that maybe this was not such a great idea. The first 30 kilometers were on the flats in the wind. I just could not push myself to move when the opportunities came. The speed went between 35 kph to 50 kph. My heart rate was over 170 the whole time. I could see the front of the group; easy to do since a Ferrari was pacing. What do you expect? This is Italy.

As I mentioned in my previous e-mail there are multiple races—different distances and categories—going on within a Gran Fondo. This particular race had a short, medium and long course. I chose to do the long, but as you ride along you pass the very tempting turnoff options for the short and medium. It is a mental battle when you know there is another 100+ kilometers to and your head says to quit.

We finally arrived to the first climb. It was not hard. It went up in steps. You climbed for a while and then it eased off, then you climbed again and so on. I did not bother to kill myself because I knew the day itself would finish me off.

For the first part of the race I had a respectable average speed of 35 kph, but as the day went on the average continued to go down. The wind was outrageous and the distance finally started to get to me after only 100 kilometers.

I finally finished. A very disappointing 129th place in my category and an hour behind Monica Bendini. It turns out that Fabiano Fontanelli did the race for training and Salvoldelli, winner of the 2002 Giro d'Italia, was there too.

The important thing was that my knee did not hurt after racing hard for 110 miles. ¶

## Think Racing Sponsors Rider

Think Racing Rider Development Fund, a charitable organization with 501(c3) status, has named Michael Norton as its first endowment recipient.

Norton, 22, began racing in 1994 and for the last three years was on the UPMC-Fuji team. This year he will join Breitling/Tradeware, a CRCA subteam.

Mike Gacki, subteam rider and executive committee member of the fund, looks forward to supporting other up and coming prospects. ¶

# MAY COACHING All Levels Welcome

**Monday, May 5**, Nina Strike ([ninastrika@hotmail.com](mailto:ninastrika@hotmail.com)). Women's Session, 6:50 p.m. signup at Start-Finish line. All levels welcome—7-8 p.m., 3 laps. Establishing goals for each park ride; sampling different training techniques. Rain cancels.

**Tuesday, May 7**, Todd Herriott, ([onerepmax@earthlink.net](mailto:onerepmax@earthlink.net)) 5:50 a.m. signup at Engineers' Gate (90th St. & Fifth Ave.). Climbing and attacking with power; workouts to improve same. Rain cancels

**Wednesday, May 8**, Zoltan Tisza, ([tzoltan@aol.com](mailto:tzoltan@aol.com)), 5:50 a.m. signup at Tavern on the Green. One lap warmup, then interval work with pace lines including simulations of breakaways and attacks. Rain cancels.

**Monday, May 12**, Deirdre Murphy ([rainbow97@att.net](mailto:rainbow97@att.net)), 6:50 p.m. signup at Boathouse. Lecture and Q&A: race preparation; cycling tactics, your experience in races. Rain or shine.

**Wednesday, May 14**, Todd Herriott, ([onerepmax@earthlink.net](mailto:onerepmax@earthlink.net)), 6:50 p.m. signup at Engineers' Gate (90th St. & Fifth Av). Grass drills for bumping and grinding; overcome the fear of handlebar and elbow contact while racing. Rain cancels.

**Thursday, May 15**: Kurt Gustafsson, ([gustafss@concentric.net](mailto:gustafss@concentric.net)), 5:50 a.m. sign up at Start-Finish line. Paceline drills and tempo riding. Rain or shine.

**Monday, May 19**, Nina Strike ([ninastrika@hotmail.com](mailto:ninastrika@hotmail.com)), Women's Session, 6:50 p.m. signup at Start-Finish line. The finer points of pacelining. Learn how to train at a steady output. Moderate to high intensity. Rain cancels.

**Wednesday, May 21**, Deirdre Murphy ([rainbow97@att.net](mailto:rainbow97@att.net)), 6:50 p.m. signup at Engineers' Gate (90th St. & Fifth Ave). Speed drills and sprinting; workout incorporates theory and practice. Rain cancels

**Wednesday, May 28**, Deirdre Murphy ([rainbow97@att.net](mailto:rainbow97@att.net)), 6:50 p.m. signup at Engineers' Gate (90th St. & Fifth Ave). Paceline and attacking; workout incorporates theory and practice. Rain cancels.

Compiled by Frances Harrison

# MEN'S BICYCLE RACE CLINIC



## WHERE REGISTRATION START/FINISH

Central Park, East Drive at 79th Street  
The Rambles Parking Lot, Central Park, New York City  
Saturday, June 28th 6am to 9am

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Learn the fundamentals of bike racing! Participate in a simulated road race!  
3 loops of the Landmark Central Park loop – fully marshaled with pace  
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Pre-race clinic and post-race recap

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## INFO?

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the CRCA website:  
[www.crca.net](http://www.crca.net)

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# Marshal assignments

**Saturday, May 17**  
**Start: 6:00 a.m.**

Salvatore Abbruzzese  
Stephen Badger  
Daniel Bernard  
Tyler Bertram  
James Bodnar  
Dennis Burns  
Susan Capozzoli  
Martin Clarke  
Steven Eick  
Mike Gacki  
Robert Guatelli  
Eileen Harrington  
Stephen Harvey  
Eddy Hernandez  
Gary S. Keblish  
Patrick Kehoe  
Lars Klove  
Robert Lattanzi  
John Loehner  
Christopher Loudon  
M. Justin Lubeley  
Martin Muoto  
David Ottavio  
Corey Pendleton  
Gary Rancourt  
Justin Reid  
Philip Soroka  
Craig Upton  
Daniel Weaver  
Edward Wyatt

**Saturday, June 14**  
**Start: 6:00 a.m.**

Craig Abrams  
Bodil Arlander  
Jari Bartsch  
Sukhjeewan Basran  
Edward Bennett  
David Blume  
James Bolster  
Tom Bradford  
Nathan Brauer  
Christopher Byrne  
Pablo Diaz Castro  
Lorenzo Cavallaro  
Stephen Chang  
Mark Curley  
Anne D'Angelo  
Louis Debattista  
Joseph Feintuch  
Brad Foster  
Koquin Fung  
David Glass  
Brent Greenberg  
Frank Hannibal  
Justin Inglis  
Matthew Monson  
Rob Rigg  
Tony Settel  
Michael Sherlock  
Kam Tai  
David Taylor  
Jeffrey A. Terosky  
John Tobin  
Lee Winter

**Saturday, June 21**  
**Start: 6:00 a.m.**

Len Battifarano  
David Blume  
James Bolster  
James Brennan  
Susan Capozzoli  
Brian Carolan  
Alexis Demopoulos  
Douglas Dicks  
Rich Fleischer  
Caryl Gale  
Scott Gregoire  
Stephen Harvey  
Tom Kleinberger  
John Kuhn  
Tom Laskey  
Torrey Lincoln  
Christopher Loudon  
Gerardo Martinez  
Keith McMahon  
Kevin Molloy  
David F. Monti  
Mike Moran  
John Olsen  
Richard Purdy  
Kristi Roberts  
Oscar Rosales  
Jay Rosen  
Andy Shen  
Timothy Spence  
Kimille Taylor  
Christopher Teague  
Vinny Vicari

## 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**. ¶

(April 26 ITT . . . cont'd from p. 1)

and wet enough, a driving rain out of the north began six hours before the race, and picked up at the 6:00 a.m. start. Nasty stuff, but the redoubtable Jim Boyd was steadfast with a phalanx of holders for the start, timers for the laps, and an officials' tent to rival the Tour's. Forty-five stalwarts, including eight of our female best, did their darndest to ignore the grinding wind, pelting rain and slippery turns. Not surprisingly, this was a field of familiar names and faces. Not a day to check-out your first time trial or try-out that new disk wheel.

Worthy of note, Caryl Gale (CRCA/EAS/Fitness Magazine) marked a return of sorts, placing second in the women's field, followed by a third place Frances Harrison (CRCA/Sanchez-Metro). Rob Gray (CRCA/MoneyGram), two years into his 50+ reign, almost made it through that 30 minute window with a 30:01, good enough for 11th overall. William Pennino (CRCA/Soho Capital), Gordon Breed (CRCA) and Toby Crane (CRCA) did the Cat. 4/5 racers proud, all knocking on that 30 minute door and finishing 1-2-3, respectively. And Chris Ryan (unattached) and Scot Willingham (Sanchez-Metro) proved that training hard in the winter usually gives one an edge in April, as they finished in an identical 28:43 for third place in the Cat 1/2/3 field. ¶

**Saturday, June 28**  
**Start: 6:00 a.m.**

Craig Abrams  
Bodil Arlander  
Cindie Baker  
Jari Bartsch  
Gordon Breed  
James Brennan  
Dean Brizel  
Christopher Byrne  
Paul Carbonara  
Pablo Diaz Castro  
Lorenzo Cavallaro  
Stephen Chang  
Anne D'Angelo  
Tristan Fausto  
Brad Foster  
David Glass  
Craig Goodstein  
Brent Greenberg  
Eileen Harrington  
Michael Henson  
Justin Inglis  
Matthew Monson  
Thomas Pennell  
Dan Plitman  
Jason Priest  
Justin Reid  
Rob Rigg  
Tony Settel  
Nathan St.ana  
Kam Tai  
John Tobin  
Daniel Weaver

## SUBSTITUTE MARSHALS FOR HIRE

Steve Anzell, 212.268.5314  
Jenny Alexander, 212.744.7863  
Gary Bennett, 718.956.3539.  
Rick Box, 212.932.9776,  
coreypine1@yahoo.com  
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>  
Kurt Gustafsson, 718 834 0561  
Russell Jensen, 718.387.5715.  
Don Lathrom, 212.229.2350  
Jen Mann, 917.723.5925  
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  
Brian Philip, 718.996.3758  
Rebecca 'Sami' Sargent, 212.877.0503,  
<StarSami3@aol.com>.  
Nina Temple, 212.439.6009  
<nina\_temple@hotmail.com>

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Jerseys, short slv (xs-xxl)	\$45
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Bicycle Caps (New!) (shipping incl. for caps)	10
Shipping	4

**Total**      \$

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Oyster Bay, NY 11771-2319

(Also see clothing order form on [www.crca.net](http://www.crca.net).)

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