



# CENTURY

FOUNDED IN 1898

NOVEMBER 2003

## Cubs Win World Series...

by David Wagener

Got ya'. This year's Triple T was scheduled late in the season because a) maybe our man Smiley would have burnt out, b) it's always interesting to see which CRCA subteams can remain chummy through a long season, c) it's even more interesting to see which subteams do not, and so get whooped by the True Yellow and Blue, d) all of the above, or e) none of the above. If you answered "d," read on. If you answered "e," you be new to this Club.

We all know how this story ends, so let's get to the pre-race interview: "Smiley, what are your chances? A record 25 teams have signed up."

"Lots of pressure on us to perform, mate."

Pressure? That's like saying the sun is under pressure to rise tomorrow morning. For the record, we're talking to the engine of the 2001 and 2002 Club TTT Champions, not to mention the six-in-a-row ITT caballo. Well guess what? The Breitling Tradeware team of the aforementioned, plus Peter Barlin, Leon Moser and Mike Norton beat the rest of the field by one minute. On the first lap. They actually added another minute to their margin on the second lap. And that's when things got interesting. The first rule of a four man TTT is that you have to end with three, so don't drop your fourth until the banner is within sight. Or drop your fourth on the first lap, 'cause no one gets a flat in a TTT. Right? We'll come back after a station break.

A Sakonnet team powered by Kevin Malloy and including Messrs. Moutsopoulos, Rahn and Sossen began the race with firm hold on first place in the Team Cup Series. So imagine their surprise when the time splits showed them in a virtual tie with Blue Ribbon (Justin Lubeley, Marc Mauceri, Tom Pennell and David Taylor) and the CRCA Master's Team (Rob Neal, Chris Ryan, Tom Auth and the aging author). In fact these three teams traded off second place over each of the three laps, and finished in nearly identical times of 40:51, 40:52 and 40:58. Advantage Sakonnet.

The women's race had it's own drama as well. An EAS all-star team of the redoubtable Caryl Gale, reigning Woman's ITT Club Champ Julie Smiley's Wife, and current ITT age group National Champion Ann Marie Miller started the race commanding favorites. As the women's race features three fillies per team, there's less room for weakness and error. So a few snickered when Conrad's presented a meager team of two: Jamie Nicholson and Nina Strika. Meager in every sense but finishing victory margin of two minutes, smoking the three laps in 44:37. And third? Sanchez-Metro's second team of Frances Harrison, newcomer Hannah Long (as in long pulls) and Cindy Ma finished ahead of the Sanchez-Metro first team and a matter of seconds behind EAS. Said Julie Upton after the race, "We sucked." There you have it.

But back to the Main Event. With over a two minute lead, and less than one lap to go, Breitling's third man flats. They're losing 30 seconds a mile to the trio of

also-rans, who can't believe their fortune. So what does Smiley do? "Oi mite. Mind lending me that disk wheel on your bike? Need it to keep you off the podium." How do you say no to that? So a clumsy wheel change later, and our boys cruise to a three lap time of 39:19, a mere 1:32 ahead of Sakonnet. Of note, the Board of CRCA had to deal with a protest proposal to disqualify both Breitling and the CRCA Master's team for "unfair collaboration." I lie not. ☺

## Sakonnet Technology Expands Program

Report written by:  
Sakonnet Technology Cycling Team

New York, New York – Northeast based Elite team CRCA/SAKONNET TECHNOLOGY expands for 2004, with the target of becoming a national program. In its first season, the team amassed numerous victories and high finishes throughout the region. Among its accolades in 2003 were a Massachusetts classic, the Palmer Road Race and the New York State Road Race Championship.

With assistance from the CRCA's Collegiate Development Program, the team is proud to unveil an Under 23 squad for 2004. Four men come to the team from collegiate powerhouse Fort Lewis College in Durango, CO: Gregg Abrahamson, Andy Guptill, Chris Kuhl and Lee Rosenthal. From down

(continued on page 2...)

# CRCA BOARD

## PRESIDENT

Jeff Vogel  
718.275.6978 · president@crca.net

## VP OF RIDER DEVELOPMENT

Frances Harrison  
212.580.2129 · riderdevelopment@crca.net

## VP OF RACING

Eugene Boronow  
718.454.4276 · clubracing@crca.net

## TREASURER

Rebecca Koh  
treasurer@crca.net

## SECRETARY

Phil Simpson  
212.397.7317  
Fax 212.956.2164 · secretary@crca.net

## DIRECTOR OF OPEN RACING

Todd Sammann  
212.362.6889 · openracing@crca.net

## DIRECTOR OF TEAMS

Marc Maucri  
212.749.2685 · teams@crca.net

## COMMUNICATIONS DIRECTOR

Chung Chiang  
917.705.9569 · newsletter@crca.net

## MARSHAL DIRECTOR

Ferdie Scharf  
212.222.8062 · marshal@crca.net

## DIRECTOR OF PUBLIC RELATIONS

John Tomlinson  
212.362.1608 · publicrelations@crca.net

## MEMBERSHIP DIRECTOR

Leon Moser  
212.666.4571 · membership@crca.net

Submission of material (except display advertising and photos) should be made via e-mail NewsLetter@crca.net

Deadline for December 2003 issue is November 15

**NOVEMBER 2003  
VOLUME 15, NUMBER 11**

*CEVTEP* is published monthly by the Century Road Club Association (CRCA), a not-for-profit competitive cycling organization in New York City. Copyright © 2003 Century Road Club Association. Opinions expressed herein do not necessarily reflect the policies of CRCA. Address responses/material for review to CRCA, Box 20412, Greeley Square Station, NY, NY 10001-9992. We cannot guarantee the publication of everything received. Submissions are subject to change under editorial review. Display Advertising Rates for camera ready copy are: 4.83 x 3.5 \$50; 7.5 x 5 \$90, 7.5 x 10 \$150.

*(Sakonnet Technology...continued from page 1)*

South the team has signed Robert Gianni (Emory University) and from New York City comes local up and comer Luis Perez (Staten Island University). Team manager Basil Moutsopoulos commented that, "The Sakonnet team is looking forward to providing these talented riders the support they need to reach their high goals in 2004 and beyond."

Returning to the Elite Team for 2004 is all a rounder Kevin Molloy, sprinter Karl Rahn and a string of strong support men: John Loehner, Basil Moutsopoulos, Chris Romero and Bob Weyman. New to the Elite squad next season are Steve Badger (CRCA/Remax), Carlos Rogers (Bicycle Therapy) and Chris Rozdilsky (CRCA/Remax). Moutsopoulos said that the Team's strength is in its unity, "With our all for one, one for all approach we have been very successful and we look to continue this same strategy next season."

Sakonnet Technology continues as the team's title sponsor. "On behalf of Sakonnet Technology, we are very pleased and excited to continue our support for this team. We believe this program is a strategic part of our corporate branding and marketing plans and we hope to continue our support long into the future," commented Eric Min, co-founder of Sakonnet Technology.

Larry & Jeff's Bicycles Plus and Olbas Remedies also return as sponsors. The newest company to sign on for 2004 is Ivory Dental of White Plains, NY. The team will again be riding FUJI bicycles and be supplied by Gita Sports with Gomaitalia tires and Girodana clothing.

The team's program for next season begins on the west coast with the Pomona Valley Stage Race, the Tour of Tucson and the Tour of Gila. On the east coast the focus continues to be on the high profile New England and Mid-Atlantic events like the Palmer/Monson weekend and the Blue Bell Grand Prix. In late summer Espoir Nationals and the NYC Cycling Championships becomes the squad's main focus. "We'll round

out the season with the Univest Grand Prix and the G.S Mengoni Grand Prix" reports Moutsopoulos. ☺

## What Drives the Cyclist?

*by Dan Plitman*

As I sit here in Italy and contemplate why I am where I am. I have recently been asked why I do what I do. Why do I get on my bike when it is freezing out or raining or when it is a perfect day to go to the beach. When you think about the time spent out on the bike rather than living a normal life like the rest of the world, you have to stop and wonder what is it that drives us or calls for us.

Cycling is not good for your marriage or relationships yet for us die hard fanatics we choose the bike over the human connection. Do we fool ourselves into thinking it is healthy because it is definitely not good for you physically, at least not to the levels we take it. Most pros die young and it is not because of all the drugs they might have taken.

I have been asked by many if I was into S&M because of my joy of cycling. It would make sense since cycling at the end of it all is about pain threshold. I remember having a first training session with one my clients and he said to me, "I really don't have a great tolerance for pain." I looked at him said, "You sure you want to get into this sport?" I have to admit that when I am in the zone hammering along I focus on the pain pushing harder and harder.

What comes to my mind when I am asked why I love this sport I think of mountains. I love to climb. Yes all 6'7" of me. If you only knew the sacrifices I have to make to get to be a good climber. For me it is all about weight to power and so I work hard at keeping my weight down. I truly love this sport which shows, because I have no genetic gifts just pure passion and a stubborn Scorpio mentality of never giving up and just working harder.

I have found myself climbing up some steep roads wondering why am I doing this, yet I come back for more, again and again. Back in January my right knee had caused me some problems. At first there was pain, but not enough to keep me off my bike and so I continued to ride and even did my first race. After my second interval session of the year the pain got to the point of being unbearable and I was having trouble walking. All I could think about was the prospect of not being able to ride. It was like the world was over for me. People are starving in this world, dieing of unbearable diseases and all I could think about was my time off the bike.

People say that you become addicted to the endorphins we produce during intense training. Could be? Except when it is 15 degrees out and windy I do not think you produce any endorphins.

Is it the competition? I have never considered myself very competitive. It is sometimes my weakness in racing. I am aggressive and I love to succeed, but I do not consider myself competitive to the point where everything I do is a competition.

I have always said that the camaraderie is one of the things I love about our sport. The way we are all in it together and competition aside we are all part of this crazy group looking for that next difficult climb or taking that descent that much faster or improving on that Central Park TT time.

Can it be the thrill of the kill or should I say almost kill? Is it about risking our lives day in and day out, whether it is in the New York traffic or the Apennines of Italy? I definitely get an adrenaline rush that can't be beat when I am cutting through traffic or leaning my bike hard in a descent, but I also do get scared when I have a close call so it is not about going over the edge, no pun intended.

I do know that I get a special feeling when I am out on the road riding solo with the beautiful sun shining climbing a nice 7 kilometer climb and just feeling free and happy. Away from the distractions of everyday life. Some people say that I ride to escape life, but I think it is the contrary. With all those hours on the bike all I do is think about life.

Just like you have heard many a great cyclists and fans say, cycling mimics life. It has it ups and downs and surprising outcomes. That is why a great champion has to deal with not just being fit and a great rider with excellent handling skills and physically fit to be able to handle the ups and downs and accelerations of cycling, but they need to be able to manage their lives and keep their psyche together.

This year was the most difficult year for Lance to win the Tour not only because of the pressure of winning a 5th in a row, but also because surprisingly to all of us his marriage has come to a rocky point. Only the true champions can bring it all together mentally and succeed under the most difficult times.

So have I answered the big question of what drives us? No, but maybe it has gotten you thinking why you are up every weekend at 4:30 AM getting ready to race in the some of the most uninviting conditions.

See all on the roads this winter! 🚲

## MARSHAL ASSIGNMENTS

**Saturday, Nov. 15**  
**Start time 6:45 AM**

William, Adams  
Chris, Agostino  
William, Andrew  
Yann, Blindert  
Ann-Marie, Brady  
Marc, Cesare  
Vincent, Cintron  
Robert, Clifford  
David, Coplan  
Conrad, Davies  
Kelleigh, Dulany  
Greg, Fiore  
Mike, Gansberg  
Andrea, Grossman  
Ruben, Hurtado  
Ron, Kahn  
Anna, Kaltenboeck  
Thomas, Kamber  
Jeffrey, Kanter  
Brad, Kelley  
Jane, Kenyon  
Megan, Kiihne  
Marta, Kirsis  
Michael, Knopf  
Lance, Leener  
Harris, Lonergan  
Jaime, Lopez-Santini  
Cindy, Ma  
Robert, Neal

Jamie, Nicholson-Leener  
Tim, Nilson  
David, O'Brien  
Patti, O'Brien  
Norbert, O'Reilly  
Rolando, Ocampo  
Masahiro, Ogyu  
Jason, Parkin  
Tony, Pechenik  
Robin, Read  
Elizabeth, Renaud  
Chris, Romero  
Steven, Rosenblum  
Chris, Rozdilsky  
Cliff, Saper  
Elizabeth, Seward  
Michael, Sherry  
Richard, Song  
Lee, Sossen  
Nina, Strika  
Aubin, Sullivan  
John, White  
Scot, Willingham  
Inson, Wood  
Naoki, Yamaguchi

## 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.

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.

# RESULTS

## October 4

Three-lap team time trial: Four-person teams for men and mixed sex, three-person teams for women. One women's team included a suspended member and was disqualified.

Place	Men	Lap 1	Lap 2	Lap 3	Time
1.	Breitling/Tradeware: Peter Barlin, Leon Moser, Mike Norton, Craig Upton	12:33	12:44	14:02	39:19
2.	Sakonnet: Kevin Molloy, Basil Moutsopoulos, Karl Rahn, Lee Sossen	13:39	13:38	13:34	40:51
3.	Blue Ribbon: Justin Lubeley, Marc Mauceri, Thomas Pennell, David Taylor	13:26	13:48	13:38	40:52
4.	CRCA: Thomas Auth, Rob Neal, David Wagener, Chris Ryan	13:42	13:45	13:31	40:58
5.	NEXT: Ed Bennett, Stephen Jamison, Robert Lattanzi, Xavier Melendez	13:25	13:50	13:46	41:01
6.	Foundation: Mete Basakinci, Eric Berend, Greg Lee, Inson Wood	13:38	14:00	13:52	41:30
7.	Remax: Anthony Alessio, Stephen Badger, Mark Siega	13:46	14:07	13:49	41:42
7.	Conrad's: Geoff Bickford, Kurt Gustaffson, Lance Leener, Tony Settel	13:33	13:51	14:18	41:42
9.	Moneygram: Rob Gray, Chris Griffin, Jacek Lewandowski, Thomas Mattioli	13:53	14:08	14:09	42:10
10.	Axis: Paul Carbonara, Eddie Espitia, Sean Marvel, Keith Ryan	14:09	14:36	14:24	43:09
11.	VisitBritain: John Kuhn, Ted Neu, Justin Reid, Paul White	14:37	14:42	14:48	44:07
12.	CRCA: Nathan Brauer, Rodney Cutler, David DelVechhio, Ron Kahn	15:26	16:12	16:37	48:15
13.	Kaplan's: Steve Britt, Brian Carolan, Mike Moran, Phil Simpson	15:49	16:24	16:03	48:16
14.	CRCA: Jari Bartsch, John Bundy, Calvin James, Steve Rosenblum,	—	—	16:20	50:02
15.	Sanchez-Metro: Stephen Chang, Chung Chiang, Jon Hicks, Marco Sanchez	—	—	18:01	52:07
DNF	CRCA (Renaissance/RunMedia): Dan Bernard, Steve Harvey, David Smith, Trevor Taylor				

Place	Women	Lap 1	Lap 2	Lap 3	Time
1.	Conrad's: Jaime Nicholson, Nina Strika	14:32	14:59	15:06	44:37
2.	EAS(1): Caryl Gale, Ann Marie Miller, Julie Upton	—	—	15:33	46:35
3.	Sanchez-Metro(2): Frances Harrison, Hannah Long, Cindy Ma	15:29	15:46	15:31	46:46
4.	Sanchez-Metro(1): Midori Nakamura, Beth Renaud, Sarah Chubb Sauvayre	—	—	16:15	48:20
5.	EAS(2): Sinead Fitzgibbon, Tara Parsons, Robin Read	15:57	16:06	16:20	48:23
6.	EAS(3): Jane Kenyon, Patti O'Brien	17:02	—	—	51:27
7.	CRCA: Nancy Camp, Liz Seward, Andrea Urist	16:52	17:17	17:20	51:29
8.	CRCA: Kate Durocher, Dara Schaefer	17:08	—	—	52:27

Place	Mixed	Lap 1	Lap 2	Lap 3	Time
1.	Bennett's: Frank Curry, Anne D'Angelo, Alvin Rodolfo, Adam Seidman	15:58	16:16	16:30	48:44

### MEN'S TEAM CUP FINAL STANDINGS:

	3/29	5/17	6/14	6/21	8/23	10/4	10/11	Total
1. Breitling/Tradeware	100	80	35	205	100	125	190	835
2. Sakonnet Technology	205	110	190	—	125	100	—	730
3. ReMax	40	155	180	55	115	37.5	—	582.5
4. NEXT	55	55	65	125	45	55	55	455
5. Magic-Blue Ribbon	80	40	—	30	—	80	—	230
6. Foundation	25	—	45	—	—	0*	85	155
7. Moneygram	—	—	—	—	—	—	100	100
8. Strictly Bikes	—	—	—	—	0*	—	80	80
9. Conrad's	—	—	—	—	30	37.5	—	67.5
10. Renaissance	65	—	—	—	—	—	—	65
10. Axis	—	35	30	—	0*	0*	—	65
10. Run Media	—	25	—	—	40	0	—	65
13. Sanchez-Metro	—	—	—	—	25	0	—	25

### WOMEN'S TEAM CUP FINAL STANDINGS:

	3/29	6/21	8/23	9/6	10/4	10/11	Total
1. EAS/Fitness	225	180	225	55	155	190	1030
2. Sanchez-Metro	135	75	125	180	145	135	795
3. Radical Media	100	65	55	125	—	—	345
4. Conrad's	45	100	—	65	125	0*	335
5. Axis	40	80	—	85	—	0*	205
6. Gotham	—	—	65	35	—	—	100

\*Suspended

## October 11

Team Cup in A and Women

### A field

1. Michael Norton, Breitling/Tradeware
2. Christopher Griffen, MoneyGram
3. Rafael Diaz-Granados, GAP/Strictly Bikes
4. Craig Upton, Breitling/Tradeware
5. Jose Collado
6. Eric Berrend, Foundation
7. Inson Wood, Foundation
8. Robert Neal
9. Ed Bennet, NEXT
10. Stephen Jamison, NEXT

### Women

1. Ann Marie Miller, EAS Fitness
2. Jamie Nicholson-Leener, Conrad's
3. Frances Harrison, Sanchez-Metro
4. Caryl Gale, EAS Fitness
5. Sarah Sauvayre, Sanchez-Metro
6. Nina Strika, Conrad's
7. Randy Sharp, Axis-Furniture
8. Tara Parsons, EAS Fitness

### B/C field

1. Louis Debattista, Sanchez-Metro
2. Justin Reid, VisitBritain.com
3. Christopher Wilkes, Axis Furniture
4. Pablo Castro, Gap/Strictly Bikes
5. Blake Longacre, Merrill Lynch

# ***Eat, Drink Give your sore legs a break!***

CRCA End of Season Party  
Wednesday, December 10th, 7:30PM  
SWIFT  
34 East 4th Street  
(between 4th Ave & Bowery)

Buffet dinner, cash bar with awards presented.  
\$25 in advance/\$30 at the door. RSVP by Nov. 30th with  
check payable to CRCA:  
CRCA, PO Box 20412, Greeley Square Station,  
New York, NY 10001-9992

**CRCA  
BALLOT  
2004**

<b>President:</b>	<input type="checkbox"/> Jeff Vogel
<b>VP of Rider Development:</b>	<input type="checkbox"/> Mark Siega
<b>VP of Racing:</b>	<input type="checkbox"/> Eugene Boronow
<b>Secretary:</b>	<input type="checkbox"/> Phil Simpson
<b>Treasurer:</b>	<input type="checkbox"/> Becky Koh
<b>Public Relations Director:</b>	<input type="checkbox"/> Ferdie Scharf
<b>Membership Director:</b>	<input type="checkbox"/> Ted Neu
<b>Communications Director:</b>	<input type="checkbox"/> John Tomlinson
<b>Marshal Director:</b>	<input type="checkbox"/> Open
<b>Director of Open Racing:</b>	<input type="checkbox"/> Adam Handler
<b>Director of Teams:</b>	<input type="checkbox"/> Marc Mauceri

The ballot can be mailed to:  
Century Road Club Association, P.O. Box 20412,  
Greeley Square Station, New York, NY 10001-9992

**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  
Paul Lamarca, 212.673.7920  
<carsucknyc@yahoo.com>  
Jen Mann, 917.723.5925  
Robert McGowan, 212.876.1128,  
<RMcGo28716@aol.com>  
Paulette Meggoe, 718.293.0885  
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>

***BREAKAWAY  
COURIER SYSTEMS***

***Support the Companies  
That Support the Sport***

**212.947.4455**

**335 West 35<sup>th</sup> St.  
New York, NY 10001**

**Century Road Club Association  
P.O. Box 20412  
Greeley Square Station  
New York, NY 10001-9992**

**NOVEMBER 2003**

**FIRST CLASS MAIL**