



CENTURY

FOUNDED IN 1898

OCTOBER 2003

2003 Green Mountain Stage Race

By Ted Neu

The 2003 Green Mountain Stage Race was held in the mountains of Vermont over Labor Day Weekend. The race is one of the East Coast's toughest stage races, with four challenging stages that make the most of the area's hilly terrain. The more than 30 CRCA riders who made the trip to northern Vermont showed the New Englanders that New York City racers could compete with them on their own mountains, as CRCA riders placed well in almost all fields. The race was run with a points system that gave points for high field finishes, penalties for finishing outside time limits, and bonus points for sprints and KOMs.

The race started Friday with a mass-start 13 kilometer **Prologue** that moves from the gradually pitched roads outside the town of Waitsfield to the rather steep slope up the "easy" side of Appalachian Pass. The course starts to climb consistently over the last 10k, with the last 5k averaging a steep 8.5%. In the last few hundred meters the pitch increases to perhaps 15% leaving any riders who miscalculated their final push (or their choice of gearing) fighting gravity to the finish on top of the Pass.

On Saturday morning the race continued with an 84k **Circuit Race** (115k for Pro-1-2 Men, and Cat 3 Men) over a rolling 31k loop that featured one tough climb. There were KOM points on each time up the climb and Sprinter points when the circuit passed the finish line.

The race continued Saturday morning with a 103k **Road Race** that traverses one long loop starting from the

Sugarbush Ski Area. The course winds through some of the region's most scenic farmland and small towns before finishing on the "tough" side of Appalachian Gap. In the middle is a difficult 7k climb up the 8% pitch of Middlebury Gap. This is soon followed by an 8k bone-chattering dirt and rock section through state forest that left more than a few riders looking for wheel changes from the Mavic team. In the final miles the peloton takes on some foothills before the road heads uphill for good with a tough 5k climb up "App Gap". The 18% final kilometer, with an even steeper final 250 meters, left many riders wishing they had just one easier cog left in their rear cluster.

The final stage is a downtown **Criterion** in the college town of Burlington, some distance away from the earlier action. The course is a fairly technical six-turn, one-kilometer layout, with a modest hill at the finish.

The most CRCA impressive result was a narrow victory in the GC by Kevin Molloy of CRCA/Sakkonet Technology in a very tough **Men's Masters 30+** field. Kevin entered the downtown crit in 6th place, 42 points behind the race leader. After solid finishes of 4th, 9th, and 7th in the prior stages he was focused solely on getting a stage win in the 30k crit and did not have an eye on the GC victory.

(continued on page 2...)



Left:
Kevin Molloy leading a break in the criterium.

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Deadline for November 2003 issue is October 15

All photographs courtesy of Basil Moutsopoulos

**OCTOBER 2003
VOLUME 15, NUMBER 10**

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(2003 Green Mountain...continued from page 1)

In the Criterium, Molloy took off fast from the gun and, along with one other rider, he dropped the field after several laps. Kevin, who got his start racing crits in Connecticut as a teenager, knew that one or two riders could navigate the tight turns better than an entire pack, particularly a Master's field with mixed technical skills. Pedaling hard through each turn, he widened his lead on tough competitors like Roger Asholm of Westwood Velo, gamely taking all the sprint points along the way. Partway through he dropped his sole rival, only to be joined by another rider. By the final lap the two riders were almost in position to lap the pack, but wisely settled to wait for a final sprint to the line. Kevin won handily by sprinting past his rival up the finishing incline.

Molloy's first reaction after hearing he was the likely GC winner was "are you kidding me?" He indeed won by three points, 240 to 237 over Bill Yabroudy of AFD/OSCV, thanks to the final stage victory and the all the sprint points en route. He also won the Sprinter's jersey for the weekend. He gave large credit to his CRCA/Sakonnet teammates Karl Rahn (7th in the crit) and Basil Moutsopoulos (9th in the crit) who kept the field in check by following and discouraging every chase attempt.

Stephen Badger of CRCA/ReMax added to the Club's domination of the 30+ field by taking the KOM Jersey by a

large margin, which meant CRCA ended up with all three jerseys in that field the weekend. Badger was also second in the Sprinter's jersey competition over the four races.

In the **Men's Cat 3** field, teammates David Taylor and Thomas Pennell finished 2-4 in the GC. The two riders rode closely through the weekend, starting with an 8th for Pennell and a 10th for Taylor in the Prologue. Taylor won the Circuit race by 7 seconds with an impressive breakaway. They continued with a 4th for Taylor and a 5th for Pennell in the Road Race. These fine early results gave Taylor the GC lead entering the 32k Criterium, but a New England rider pulled off the final stage win to take the overall victory. Marc Mauceri and Justin Lubeley supported Taylor and Pennell in an impressive team effort. CRCA's Eric Berend kept things exciting in this field with long solo breakaway rides in the both the Circuit Race and Road Race. Both breaks were ultimately caught, but they allowed him to take the KOM jersey for the weekend. Berend also finished 3rd in the Sprinter's jersey comp for the weekend and took 10th in the crit.

In the **Woman's Cat 4**, three CRCA riders placed in the GC top ten, with Jaimie Epstein of CRCA/Radical Media in 5th, Cindy Ma of CRCA/Sanchez/Metro in 6th, and Lucretia Caven in 9th. All three riders were consistent top finishers in the four stages, with podium places for Caven in the Prologue and Epstein in



the 30k Criterium. They were joined by Kelleigh Dulaney who took top ten spots in the Prologue and the Road Race, as well as Kimille Taylor who took a top ten spot in the Crit. Taylor also took second in the competition for the Sprinter's jersey for the weekend. Epstein was pleased to find enough power left in her legs after three hilly days of racing to place 3rd in the Criterium, which she described as "awesome good fun", particularly due to the many "CRCA voices rooting for me. It felt as if I'd brought my own cheering squad!"

There was a similar result for the club in the **Men's Cat 4/5 32+** field, with four CRCA among the top 14 finishers in the GC. Pascal Sauvayre of CRCA/Magic-Blue Ribbon led the way in 5th overall. Pascal also pulled off a 3rd place finish in the Road Race with a strong push up the final meters of App Gap. Pascal placed in the top ten in three of the four stages. He was followed in the GC by Ted Neu of CRCA/VisitBritain.com in 7th place, Scott Klion of CRCA/Kaplan in 12th, and Greg Fiore of CRCA/Magic-Blue Ribbon in 14th. Christopher Wilkes of CRCA/Axis-Furniture Co. sprinted to a 3rd place finish in the 24k Crit in a mass rider finish. Wilkes also earned 3rd in the Sprinter's jersey competition for the weekend, while Neu was 2nd in the KOM competition

In the **Cat 4/5 under 35** field, Matt Howard of CRCA/Merrill Lynch pulled off a stage victory in the Stage Race with a well-timed sprint to the finish over a huge finishing pack. This was Howard's 6th victory in his first full year of racing! Blake Longacre, also of CRCA/Merrill Lynch, put up impressive results with top ten finishes in the Prologue and the Road Race.

A gutsy group of seven CRCA riders started in the **Woman's Pro-1-2-3** field that featured Genevieve Jeanson, perhaps the best female climber in the world, and the rest of the Rona squad

*Left:
KOM, Stepen Badger and
GC winner, Kevin Malloy.*

from Quebec. Although Rona dominated the race en route to a repeat win by Jeanson, the CRCA riders led by Katherin Lambden and Ann Marie Miller in the GC made a good showing. Frances Harrison of CRCA/Sanchez/Metro sprinted to an excellent 8th in the Circuit Race against some of North America's best riders. ☺

Realities of a Pro

By Dan Plitman

This one is for all the die hard fans who sit around waiting for the next Cycles Sport and read it cover to cover as if it was the gospel. My favorite issues are the early season ones with all the spreads about all the teams showing their new team kits and equipment. The photos of them out training together in tightly formed 2 by 2 pace lines.

To the outsider it appears that these guys get to do what they love while getting a descent salary and all the customized equipment you could imagine, but the reality is that this is not the reality of the professional cyclist. Sure there are exceptions such as Armstrong, Mussuw, Cippolini and so on, but for most of the riders the realities are real tough to handle.

The minimum wage for a first year pro on a Division I or II team is €12,000 per year and €15,000 for their second year on. In Division III there is no minimum and in most cases riders do not get paid at all. Most pros in the US do not collect a steady income check. They live off the race winnings and possible bonuses their teams manage to win. At least in Europe the riders are covered medically where in the US you do not get health insurance. The teams do cover all travel related expenses to get you to and from races and the way most pros manage is that they are on the road throughout most of the season so their cost of living is covered.

Alright you are young and you figure I love this sport and I can afford to do this for a few years because I am young

and I can suffer a little and besides think of all the great swag I can get. Well, unless your team has some kind of special relationship with the bike sponsor or if you are a highly paid rider such as a Zabel or a Millar you are not going to get a custom bike. So, if you need a custom bike you better have some extra money or a frame builder as a friend. Only a few top Division I teams provide their riders with two bikes. One to train on and one to race with. This way they can travel hassle free because their race bike travels with the team caravan.

What if you belong to a Division II or III team that can't afford air travel and you find yourself cramped up in a car for a day or two traveling to races. You are still expected to perform at your best regardless if your legs just spent 14-28 hours folded.

Clothing. Don't I get a hell of a lot of cool clothes? Again you get what you get. Fits right or not too bad. No adjustments unless you can get them adjusted yourself. For example Roberto Conti, a resident Italian pro of over 14+ years takes his clothes to the ReArtu factory every year to get them altered and the chamois' changed. He might not be an Armstrong, but he has been doing this a long time and he is well known in Italy, yet he gets his clothes off the rack. The Division III and some II teams get 3 pairs of shorts and that is it and if they are lucky they might get 3 more when late summer comes around. Not so glamorous washing your shorts in your hotel room every night so that you always have a clean pair. Yes we have all seen the US Postal truck with the washing machines, but that is not the norm for most pros. There are only a handful of Division I teams that get pampered properly so they have nothing to worry about except riding the bike.

I have only talked about the men's world. I spent a couple of days with the G.S. 2002 Aurora R.S.M. women's professional team. Fabiana Luperini is on this team. Just to inform some of you of some of her accomplishments, she has

(continued on page 4...)

LOCAL RACE SCHEDULE


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

When	Fields	Race(s)
Saturday, October 4, 6:45am	All	3-Lap Team Time Trial with teams of four for men and mixed sex (time from third finisher) and three for women (time from second finisher); Team Cup for men and women
Sunday, October 5, 6:30am	M Pro/1/2/3, M 3/4, M 35+, M 5	The Pete Senia Memorial, Prospect Park*
Saturday, October 11, 6:45am	A, B, C, Women	Scratch; Team Cup in A and Women
Saturday, November 15, 6:45am	A, B, C	Turkey Race

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

(Realities of a Pro continued from page 3)

won 4 Giro d'Italia's, 3 Tour de Frances, a Worlds and has accumulated 80+ wins. Obviously one of the best women cyclists around. Well her team which is not brand new and have been doing this for a few years now received the majority of their clothes the day before their first race. They had yet to have received their bikes. Luperini is the exception she had her bike already. They all live in a house in Toscanella. All nine of them sharing a small apartment. Three of the riders live in their own places and only spend the night before local races or training rides. The Director Sportif was asking us to see if we could get Mercatone Uno to sponsor them with food. Sadly that is the one thing Mercatone Uno does not sell. They are basically the Sears of Italy. When they had breakfast/lunch before their race on Sunday I realized how these riders stay so thin. There was really no food in the apartment. They all had pasta and some melba toast. I couldn't imagine what these women got paid for what they do, but I can bet you it is nothing to write home about.

Now that I shed a little light on the wide world of professional cycling. Do you still want to join? Like I have said before on so many occasions. "They definitely don't do it for the money." 

RESULTS

September 6 Club championships in A, Women and Masters 40+ and 50+ A field

1. Kevin Molloy, Sakonnet
2. Craig Upton, Breitling/Tradeware
3. Robert Lattanzi, Next
4. Xavier Melendez, Next
5. Karl Rahn, Sakonnet
6. Rob Rigg
7. Michael Norton, Breitling/Tradeware
8. John Tomlinson, Conrad's
9. John Caruso, Foundation

Women

1. Catherine Powers, Radical Media
2. Sarah Sauvayre, Sanchez/Metro
3. Fances Harrison, Sanchez/Metro
4. Jamie Nicholson-Leener, Conrad's
5. Ann Marie Miller, EAS/Fitness
6. Randy Sharp, Axis-Furniture Co.
7. Jane Berger, Axis-Furniture Co.
8. Katherine Lambden, Gotham/Toga

Masters 40+/50+

1. Rolando Ocampo, Bennetts Bikes
2. Lance Leener, Conrad's
3. Christopher Wilkes, Axis-Furniture Co.
4. David Williams
5. Paul Cabonara, Axis-Furniture Co.

MEN'S TEAM CUP STANDINGS (after Race #5, August 23, 2003):

Men	3/29	5/17	6/14	6/21	8/23	Total
Sakonnet Technology	205	110	190	0	125	630
ReMax	40	155	180	55	115	545
Breitling/Tradeware	100	80	35	205	100	520
NEXT	55	55	65	125	45	345
Magic-Blue Ribbon	80	40	0	30	0	150
Foundation	25	0	45	0	0	70
Run Media	0	25	0	0	40	65
Renaissance	65	0	0	0	0	65
Axis	0	35	30	0	0*	65
Conrads	0	0	0	0	30	30
Sanchez/Metro	0	0	0	0	25	25
Strictly Bikes	0	0	0	0	0*	0

*Suspended

WOMEN'S TEAM CUP STANDINGS (after Race #4, Sept. 6, 2003):

Women	3/23	6/21	8/23	9/6	Total
EAS/Fitness	225	180	225	55	685
Sanchez-Metro	135	75	125	180	515
Radical Media	100	65	55	125	345
Conrad's	45	100	0	65	210
Axis	40	80	0	85	205
Gotham	0	0	65	35	100

6. Carl Franzetti
7. Scott Gregoire, Foundation
8. Robert Gray, MoneyGram -- 1st 50+ B/C field

1. David DelVecchio, VisitBritain.com
2. Adam Handler
3. Douglas Dicks, Bennetts Bikes
4. Unknown
5. Torrey Lincoln, Blue Ribbon

September 13 A field

1. Rob Rigg
2. Eric Berend, Foundation
3. Karl Rahn, Sakonnet
4. Michael Henson, Breitling/Tradeware
5. Stephen Harvey, Renaissance
6. David Taylor, Blue Ribbon
7. Christopher Ryan
8. Kevin Molloy, Sakonnet
9. Gregory Lee, Foundation

B/C field

1. Michael Sherry
2. Christopher Loudon
3. Anthony Falk
4. Ted Neu, VisitBritain.com
5. Michael Aya, Bennetts Bikes
6. Lorenzo Cavallaro, Merrill Lynch
7. Mathew Howard, Merrill Lynch
8. David DelVecchio, VisitBritain.com

MARSHAL ASSIGNMENTS

Saturday, Oct. 4 Start time 6:45 AM

William Adams
William Andrew
Thomas Auth
Heather Baiman
Thurstan Bannister
Jack Baranski
Gretchen Bates
Daniel Bernard
Todd Brilliant
Steven Britt
Daniel Byrne
Gregory Cohen
David Coplan
Conrad Davies
Ross Galitsky
Mike Gansberg
David Gitt
Geoff Green
Andrea Grossman
Matthew Howard
Ruben Hurtado
Steve Hylton
Dorian Irizarry
Colleen Kelly
Harris Lonergan
Hannah Long
Cindy Ma
Kevin McCullough
Andrew McGee
Conrad Meyer
Robert Meyer
Ellen Moses
Midori Nakamura
Bob Nelson
Ted Neu
David O'Brien
Norbert O'Reilly
Timothy Oakes
Ernie Paredes
Jason Parkin

Aaron Pomeroy
Seth Prince
Joshua P. Rechnitz
Ryder Reynolds
Chris Romero
Chris Rozdilsky
Cliff Saper
Jessica Schenk
Michael Sherry
Richard Song
Lee Sossen
Nina Strika
Victoria Tiase
Karen Ulrich
John White
Christopher L. Wilkes
Scot Willingham
Andrew Witten
Inson Wood

Saturday, Oct. 11 Start time: 6:45 AM

Ali Aslam
Heather Baiman
Todd Carter
David Cavallo
Timothy Collins
Johan de Muinck
Keizer
Gloria Deucher
Stephanie Gould
Alexander Gulla
Laila Hazen
Stefani Jackenthal
Bill Jensen
Josh Kapp
Eric Kizak
Eric Kortman
Ira Krell
Kira Krenichyn
Elizabeth Lazo
Lance Leener

Martha Lees
Alejandra Madrinan
Lee Malone
Sean Marvel
Thomas Mattioli
Xavier Melendez
Ann Marie Miller
Ann Mullen
Michael Norton
Sean O'Hearne
Tara Parsons
William Pennino
Joshua Petri
Charles Phillips
John Podesta
Catherine Powers
Eustimio Quintero
Alex Rodriguez
Keith J. Ryan
Daniel Schmalz
Victor Shadood
Jeffrey Shandel
Stephen Shipley
Mark Spellun
Mike Stone
George Suter
Roman Vasserman
Peter Vilsack
Zack Vogel
Charles Ward
Gregory Wetzell

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
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Steven Rosenblum
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Cliff Saper
Elizabeth Seward
Michael Sherry
Richard Song
Lee Sossen
Nina Strika
Aubin Sullivan
John White
Scot Willingham
Inson Wood
Naoki Yamaguchi

SUSPENDED RIDERS as of 9/27/2003

Mark Alden, *Axis-Furniture Co.*
David Allan
Mark Allebach
Greg Allen, *Breitling/Tradeware*
Niklas Anderson
Steven Andrews
Stefan Anninger
Olivier Baillet
Sukhjeewan (Cindy)
Basran
Eric Bernstein
Tyler Bertram
James Bodnar
Thomas Bolster
Maryann Browning, *Team Fitness/EAS*
Susan Capozzoli
Lucretia Cavan, *Team Fitness/EAS*
Julie Chasin, *Gotham/Toga*
Timothy Collins
Billy Cottone
William Cox
Michael Dahlen
Alexis Demopoulos
Francis DeVine
David DeVries
Jon Dindas
Dana Dobrowski
Adam Duncan
Tucker Elliott
Kimberly Ferina
Gregory Fowlkes
Alex Gill
Mihael Ginghina, *Remax*
Maria Angelica Gomes
Eric Greenberg
Regina Hammond, *Conrad's*
Frank Hannibal, *Foundation*
Laila Hazen
Justin Holmes

Sean Hourigan
Stefani Jackenthal, *VisitBritain.com*
Scott Jacobson
Ian Jones
Terence Kerrigan
David Kliger
Eric Kortman
Gregory LaFiura
Keith Levesque
Alejandra Madrinan, *Gotham/Toga*
Sean Mannion
Sean McCarthy
Xavier Melendez, *Next*
Matthew Monson
David F. Monti
Martin Muoto
Bob Nelson
Michael Norton, *Breitling/Tradeware*
James Oszlak
Maciej Pawlowski
William Pennino, *Soho Capital*
Joshua Petri, *MoneyGram*
Louis Tristan Rivas
Chris Paul Schachter
Ivry Semel
Mark Spellun
Nathan Sta.ana, *Bennetts Bikes*
Joe Szokoli
Kam Tai
Rita Tellerman
Matthew Tierney
John Tobin
Keith Verville
Peter Vilsack
Brandon Watson
Greg Weinberg
Susan Weinstein
Carl Weiss
David Williams
Joe Witte
Edward Wyatt
Christopher Yack, *Soho Capital*

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.

SUBSTITUTE MARSHALS FOR HIRE

Jenny Alexander, 212.744.7863
Gary Bennett, 718.956.3539
Craniv Boyd, 212.865.5488
Denise Dolan, 917.294.2227
Abdono Estrada, 201.868.4640
Dan Finton, 212.489.6980
Mary Foti, 212.534.0935
Lee Gorman, 718.645.6281
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OCTOBER 2003

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