



CENTURY

FOUNDED IN 1898

SEPTEMBER 2003

The ITT Story: Back to Back to Back...

By David Wagener

Let's consider this: Michael has never drained six consecutive three point J's. Lance has never captured six straight TdF victories. Barry has never jacked six in a row out of the yard. And Mia has never hammered six consecutive penalty shots. So? Well Smiley (Breitling/Tradeware) just passed them all, dominating his sixth-in-a-row CRCA ITT, held in the beautiful confines of Central Park On August 2, 2003. They call that a half dozen.

And while he ain't getting any younger, there's no signs he's aging either. Indeed, a two lap time of 25:47 is a Park best, a full one second better than The Man's previous top turn. Pity those poor pretenders, by God I do. By virtually flying, solo artist Ed Nennett (Next) clocked a 26:46, and by so doing only lost by 59 ticks. When you're within

Right & Below:
Riders waiting in line
before their designated starts.

one minute of Smiley, well, we call that second place. And the new guy on the block, CAT 4/5 Gordon Breed (True Yellow and Blue) bread fear in every CAT 2 rider with a third place finish of 26:48. That'd be it for the sub 27 Minute Club.

Before I get to the women, let me tell you about the old guys. The last person to win a CRCA ITT not named Smiley was George Suter (Breitling/Tradeware). He was young then. He's old now. With a time of 27:32, he coasted to an eighth overall, and a first in the 40+. No one else from that category was in the same



zip code. And Scott Philips (True Yellow and Blue, again) rode a PR 29:20 to knock off course favorite Rob Gray (MoneyGram) in the 50+.

So what about the women? Knowing the advantage of all things Upton, Julie of the same name (EAS), registered a 21st Men's finish in 29:29, which is the same thing as a first place in the Women's field. By the way, a woman in the sub 30 Minute Club is some kind of special. It's only happened four times. Jamie Nicholson (Conrad's), mounting something of a comeback, was a respectable 71 seconds back in second.

So for the second time this year, we have Upton & Upton topping the podium. No reason to think that's going to change anytime soon. ☺



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 Mauceri
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 September 2003 issue is September 22

All photographs courtesy of Chung Chiang

SEPTEMBER 2003 VOLUME 15, NUMBER 9

CRCA BOARD 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: 4.75x3.5 \$50; 7.25x4.25 \$90, 7.25x9.5 \$150.

September Coaching: All Levels Welcome

September is the last month for scheduled coaching. Make the most of it! For insurance purposes it is important that participants bring their racing license to sessions and record the license number accurately on the sign in sheet. Coaching is available to CRCA members only. Please wear your sub-team or CRCA blue and gold jersey to sessions. (Note: for sessions that start over the GWB, bring a light as you'll be riding back to the city in the dark).

Sept. 4: Dan Plitman (danplitman@yahoo.com). 5:50 am sign up at the top of Cats Paw Hill 79th St. Paceline drills and tempo riding. Rain cancels.

Sept. 8: Nina Strika (Ninastrika@hotmail.com). Monday night women's skills session. 6:50 pm sign up at the top of Cat's Paw Hill 79th St. Team Time Trial—let's form some teams for the October 4 Club race! We'll talk about the differences between an individual and team time trial, and techniques to use. Let's try to put together some teams and practice this over the course of a few laps. Even if you aren't planning to do the race, this will help your pacelining skills! Rain cancels, wet roads are a go.

Sept. 9: Kurt Gustafsson (gustafss@concentric.net). 5:50am sign up at the top of Cat's Paw Hill 79th St. Speed drills and sprinting. Rain cancels.

Sept. 10: Deirdre Murphy (rainbow97@att.net). 6:50 pm sign up at the Boathouse. Cornering and other criterium skills. Rain cancels.

Sept. 16: Nina Strika (Ninastrika@hotmail.com). 5:50 am sign up at Tavern on the Green. Tuesday Morning session for women—"Attack/counterattack!" We'll practice the effort involved in launching a successful attack, and how to counter that move. Timing and location on the course and in the field will

be considered. Drink your morning coffee—you'll need to be awake for this one! Rain cancels, wet roads are a go.

Sept. 18: George Suter (georgesuter@thinkinknyc.com). 5:50 am sign up at the top of Cat's Paw 79th St. Getting ready for the club Team Time Trial championship Teams welcome. Aerobars preferred but not essential. Rain cancels.

Sept. 24: Deirdre Murphy (rainbow97@att.net). 6:50 pm sign up at the Engineer's Gate (near water fountain). Tempo and pace line ride. Perfect your paceline skills with a good endurance ride. Come with questions about racing/training. Rain cancels.

Sept 25: George Suter (georgesuter@thinkinknyc.com). 5:50 am sign up at the top of Cat's Paw 79th St. Putting the finishing touches on the TTT. Teams welcome. Aerobars preferred but not essential. Rain cancels.

Compiled by Frances Harrison (riderdevelopment@crca.net)

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 the money through CRCA. You get all the tax deductible benefits and the club gets the credit. Call John Tomlinson, Publicity Dir., for more information.

CRCA has had in 2002 over \$21,000 given to the Conservancy in its name.

CRCA Needs You

by Jeff Vogel

The CRCA is run by its volunteers. Beginning September 1 we will start taking nominations for the 2004 Board of Directors. There will be several positions open and we would like to see as many contested positions as possible. Each position has specific duties involved but all Board members are responsible for setting general policies, determining how we send our funds, and giving the CRCA direction. If you have any questions about what specific duties are involved with any particular Board position, just send an email or call any current Board member.

All current CRCA members are eligible for nomination. Nominations can be made via email (president@crca.net) or telephone (718-275-6978) and you may nominate yourself. Nominations close on October 19 with ballots printed in the November newsletter and available on our website.

The CRCA is also looking for volunteers to fill two other positions for 2004: Race Director for our club races and Race Promoter/Director for the Spring Harriman Race. This is an opportunity to learn what it takes to put on quality races. Since both of these events have been going on for many years, the CRCA has well documented instructions to follow, making these positions easier, even for first time race directors and promoters. Both of these positions pay a small stipend. Please contact any Board member for more info. ☺

More Suspensions

by Jeff Vogel

The CRCA Board of Directors has been busy again with our miscreant members. At the August 11 meeting we handed down two more suspensions.

One rider was suspended for four races for racing in the Lou Maltese Memorial Race without registering. The Board also took into account that this rider was a Cat 3 participating in the Cat 4 field. Participating in a race for which a rider does not register puts the entire CRCA at risk, as we have no insurance for any incidents involving unregistered riders.

The second suspension involves a Cat 5 rider who unilaterally decided to race with the A's He was repeatedly told by several Board members to leave the race or remain at the back. His failure to do so resulted in a suspension. Our rules and guidelines are set for a reason. Our three fields are determined to increase competitiveness, development and safety for all of our members. ☺

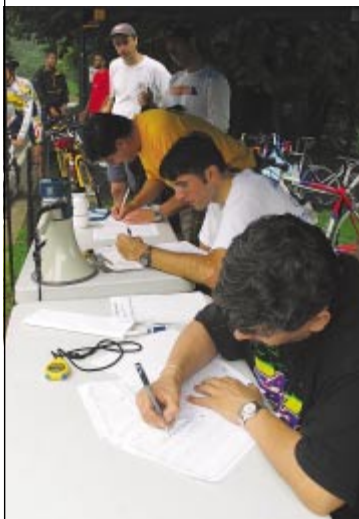
CRCA FINANCIAL STATEMENT — December 31, 2002

| | |
|---|------------------|
| INCOME: | |
| Membership fees (race entry fees included) | \$50,003 |
| Contribution for support of Juniors — — (cash disbursed in 2003) | 2,500 |
| Interest income | 670 |
| Newsletter ads | 205 |
| Clothing sales | 1,839 |
| Total Income | \$55,217 |
| EXPENSES: | |
| Club races | \$17,586 |
| Open races | |
| Harriman | 4,375 |
| Maltese | 1,083 |
| Mengoni (net profit) | (4,520) |
| Orchard Beach | 1,522 |
| Total open race expense | \$2,415 |
| Coaching | 6,900 |
| Composite teams - Housatonic | 1,000 |
| Clothing | 8,000 |
| Charitable contribution — Central Park Conservancy (paid 2003) | 5,000 |
| Newsletter | 3,045 |
| Postage, stationery and supplies | 1,058 |
| Payments to Membership Directors | 2,598 |
| Board meetings | 3,734 |
| Telephone | 1,143 |
| Insurance | 450 |
| Software | 299 |
| Interest and bank fees | 493 |
| Holiday party | 483 |
| Trophies and engraving | 247 |
| Misc | 2,135 |
| Total expenses | \$56,586 |
| NET LOSS | \$(1,369) |
| Cash — January 1, 2002 | \$40,080 |
| Cash — December 31, 2002 | \$38,711 |

**RESULTS
2003 ITT CHAMPIONSHIPS
AUGUST 2**

Overall
Place
in Field

| Overall Place in Field | Name | Team | Time | Lap 1 | Lap 2 | Field | Place |
|------------------------|------------------------|----------------------------|----------------|----------------|----------------|-------|-------|
| 1. | Craig Upton | Breitling/Tradeware | 0:25:47 | 0:12:43 | 0:13:04 | 1/2/3 | 1 |
| 2. | Edward Bennet | Next | 0:26:46 | 0:13:24 | 0:13:22 | 1/2/3 | 2 |
| 3. | George G. Breed | | 0:26:48 | 0:13:23 | 0:13:25 | 4/5 | 1 |
| 4. | Chris Rozdilsky | ReMax | 0:27:00 | 0:13:11 | 0:13:49 | 1/2/3 | 3 |
| 5. | Stephen Badger | ReMax | 0:27:10 | 0:13:27 | 0:13:43 | 1/2/3 | 4 |
| 6. | Inson Wood | Foundation | 0:27:15 | 0:13:33 | 0:13:42 | 1/2/3 | 5 |
| 7. | Scot Willingham | Sanchez/Metro | 0:27:28 | 0:13:45 | 0:13:43 | 1/2/3 | 6 |
| 8. | George Suter | Breitling/Tradeware | 0:27:32 | 0:13:21 | 0:14:11 | 40+ | 1 |
| 9. | Christopher Ryan | | 0:27:34 | 0:13:38 | 0:13:56 | 1/2/3 | 7 |
| 10. | Thomas Auth | | 0:27:48 | 0:13:50 | 0:13:58 | 4/5 | 2 |
| 11. | Stephen Harvey | Renaissance | 0:27:49 | 0:13:50 | 0:13:59 | 1/2/3 | 8 |
| 12. | Aaron Pomeroy | Run Media | 0:28:00 | 0:14:02 | 0:13:58 | 1/2/3 | 9 |
| 13. | Ted Neu | VisitBritain.Com | 0:28:24 | 0:14:02 | 0:14:22 | 4/5 | 3 |
| 14. | Lance Leener | Conrad's | 0:28:43 | 0:14:09 | 0:14:34 | 40+ | 2 |
| 15. | Robert Neal | | 0:28:58 | 0:14:20 | 0:14:38 | 1/2/3 | 10 |
| 15. | Michael Sherry | Gotham | 0:28:58 | 0:14:18 | 0:14:40 | 4/5 | 4 |
| 15. | William Pennino | | 0:28:58 | 0:14:19 | 0:14:39 | 4/5 | 4 |
| 18. | Robert Stern | MoneyGram | 0:29:00 | 0:14:33 | 0:14:27 | 40+ | 3 |
| 19. | Anthony Canger | Next | 0:29:16 | 0:14:17 | 0:14:59 | 1/2/3 | 11 |
| 20. | Scott Philips | | 0:29:20 | 0:14:36 | 0:14:44 | 50+ | 1 |
| 21. | Robert Gray | MoneyGram | 0:29:29 | 0:14:43 | 0:14:46 | 50+ | 2 |
| 21. | Julie Upton | EAS | 0:29:29 | 0:14:57 | 0:14:32 | W | 1 |
| 23. | Robert Clifford | | 0:29:36 | 0:14:40 | 0:14:56 | 50+ | 3 |
| 24. | Christopher Wilkes | Axis | 0:29:42 | 0:14:40 | 0:15:02 | 4/5 | 6 |
| 25. | Thomas Kempner | | 0:29:44 | 0:14:55 | 0:14:49 | 50+ | 4 |
| 26. | Thomas Kleinberger | Bennetts | 0:29:46 | 0:14:43 | 0:15:03 | 1/2/3 | 12 |
| 27. | Toby Crane | Strictly Cycles | 0:29:47 | 0:15:19 | 0:14:28 | 4/5 | 7 |
| 28. | Andy Shan | Merrill Lynch | 0:30:05 | 0:14:51 | 0:15:14 | 4/5 | 8 |
| 29. | Gary Rancourt | | 0:30:06 | 0:14:58 | 0:15:08 | 50+ | 5 |
| 30. | Oscar Rosales | Renaissance | 0:30:24 | 0:14:56 | 0:15:28 | 1/2/3 | 13 |
| 31. | Vinny Vicari | Sanchez/Metro | 0:30:34 | 0:15:08 | 0:15:26 | 4/5 | 9 |
| 32. | Tony Pechenick | Foundation | 0:30:37 | 0:15:18 | 0:15:19 | 40+ | 4 |
| 33. | Jamie Nicholson-Leener | Conrad's | 0:30:40 | 0:15:18 | 0:15:22 | W | 2 |
| 34. | Adam Handler | Foundation | 0:30:44 | 0:13:37 | 0:17:07 | 4/5 | 10 |
| 35. | Robert Guatelli | Sanchez/Metro | 0:30:50 | 0:15:18 | 0:15:32 | 4/5 | 11 |
| 36. | Nina Strika | Conrad's | 0:31:02 | 0:15:21 | 0:15:41 | W | 3 |
| 37. | Scott Demel | | 0:31:16 | 0:15:31 | 0:15:45 | 4/5 | 12 |
| 37. | William Alvarado | Gotham | 0:31:16 | 0:15:23 | 0:15:53 | 4/5 | 13 |
| 39. | Armand Della Monica | | 0:31:18 | 0:15:35 | 0:15:43 | 4/5 | 14 |
| 40. | Ruben Hurtado | MoneyGram | 0:31:23 | 0:15:29 | 0:15:54 | 1/2/3 | 14 |
| 41. | Josh Kapp | | 0:31:24 | 0:15:34 | 0:15:50 | 40+ | 5 |
| 42. | Adrianus DeGroof | | 0:31:29 | 0:15:33 | 0:15:56 | 4/5 | 15 |
| 43. | Rich Fleischer | | 0:31:33 | 0:15:29 | 0:16:04 | 4/5 | 16 |
| 44. | Cindy Ma | Sanchez/Metro | 0:31:38 | 0:15:42 | 0:15:56 | W | 4 |
| 45. | David Ottavio | Conrad's | 0:31:42 | 0:15:33 | 0:16:09 | 40+ | 6 |
| 46. | Jeffrey Kantor | VisitBritain.Com | 0:32:01 | 0:15:50 | 0:16:11 | 4/5 | 17 |
| 47. | Robin Read | EAS | 0:32:11 | 0:15:47 | 0:16:24 | W | 5 |
| 48. | Beth Renaud | Sanchez/Metro | 0:32:56 | 0:16:33 | 0:16:23 | W | 6 |
| 49. | Conrad Meyer | VisitBritain.Com | 0:33:00 | 0:16:19 | 0:16:41 | 40+ | 7 |
| 50. | Conrad Davies | | 0:33:24 | 0:17:00 | 0:16:24 | 4/5 | 18 |
| 51. | Aubin Sullivan | Conrad's | 0:33:41 | 0:17:13 | 0:16:28 | W | 7 |
| 52. | Kelleigh Dulany | | 0:33:44 | 0:16:42 | 0:17:02 | W | 8 |
| 53. | Clyde Wardle | | 0:33:49 | 0:16:52 | 0:16:57 | 4/5 | 19 |
| 54. | Ann-Marie Brady | | 0:33:50 | 0:16:46 | 0:17:04 | W | 9 |
| 55. | Jane Kenyon | EAS | 0:34:05 | 0:16:39 | 0:17:26 | W | 10 |
| 56. | Lucretia Cavan | | 0:34:35 | 0:16:56 | 0:17:39 | W | 11 |
| 57. | Elizabeth Burke | EAS | 0:34:43 | 0:17:27 | 0:17:16 | W | 12 |
| 58. | Nancy Camp | | 0:34:57 | 0:16:55 | 0:18:02 | W | 13 |
| 59. | Dara Schaefer | | 0:35:32 | 0:17:40 | 0:17:52 | W | 14 |
| 60. | Andrea Urist | | 0:36:06 | 0:17:37 | 0:18:29 | W | 15 |
| 61. | Justin Lubeley | Blue Ribbon | 0:36:17 | 0:14:00 | 0:22:17 | 1/2/3 | 15 |
| 62. | Colleen Kelly | | 0:36:59 | 0:18:26 | 0:18:33 | W | 16 |
| 63. | Brendan Connell | | 0:37:10 | 0:18:01 | 0:19:09 | 4/5 | 20 |
| 63. | Gloria Deucher | | 0:37:10 | 0:18:25 | 0:18:45 | W | 17 |
| 65. | Dorian Irizarry | | 0:39:01 | 0:18:49 | 0:20:12 | 4/5 | 21 |



MARSHAL ASSIGNMENTS

Saturday, Sept. 6

Start Time: 6:15 AM

Chris Agostino
Gregory Ahnert
David Allan
Will Alvarado
Steven Andrews
Jack Baranski
Eric Berend
Eric Bernstein
Thomas Bolster
John Bundy
Anthony Canger
Timothy Casey
Vincent Cintron
Robert Clifford
Timothy Collins
Suzanne Countryman
William Cox
Brad Cronk
Garrett Crooks
Gregory Cross
Frank Curry
Michael Dahlen
Paul DeBartolo
Adrianus DeGroot
Armand Della Monica
Rafael Diaz-Granados
Craig Goodstein
Stephanie Gould
Alexander Gulla
Adam Handler
Steve Hylton
Scott Jacobson
Calvin James
Thomas Kabacinski
Thomas Kamber
Eric Kortman
Gregory LaFiura
Jack Lehnert
Keith Levesque
Ernest Link
Lee Malone
Sean Marvel
Ted Neu
Louis Tristan Rivas

Walter Sakkas
Ivry Semel
Greg Weinberg

Saturday, Sept. 13

Start time: 6:30 AM

Greg Allen
Mete Basakinci
Gretchen Bates
Edward Bennett
Jane Berger
James Bodnar
Todd Brilliant
Maryann Browning
John Caruso
Gloria Deucher
Dana Dobrowski
Anthony Falk
Kimberly Ferina
Denis Finnin
Gregory Fowlkes
Ross Galitsky
Jaime Garcia
David Garcia
Alex Gill
Mihael Ginghina
Maria Angelica
Gomes
David Greenberg
Laila Hazen
Justin Holmes
John Idone
Dorian Irizarry
Colleen Kelly
Terence Kerrigan
Rachel Lederman
Hannah Long
Sean Mannion
Xavier Melendez
David F. Monti
Ann Mullen
Robert Neal
Jamie Nicholson-
Leener
Michael Norton
Ernie Paredes

Dan Plitman
John Podesta
Daniel Schmalz
Jeffrey Shandel
Stephen Shipley
Aubin Sullivan
Max Surla
George Suter
Victoria Tiase
Courtney Trabon
Andrea Urist

Saturday, Sept. 27

Start time: 6:30 AM

Thurstan Bannister
Lucretia Cavan
Julie Chasin
Timothy Claudio
Billy Cottone
Greg Fiore
Mike Gacki
Gregory Hagin
Regina Hammond
Adam Handler
Frank Hannibal
Tatsuo Imaishi
Scott Jacobson
Calvin James
Bill Jensen
Angela Johnson
Thomas Kabacinski
Jeffrey Kanter
Michael Knopf
Elizabeth Lazo
Martha Lees
Jack Lehnert
Ernest Link
John Luisi
Alejandra Madrinan
James M. McDade
Nanci Anne Modica
John Munger
Tim Nilson
Sean O'Hearen
Rolando Ocampo
Maciej Pawlowski
William Pennino
Joshua Petri
Charles Phillips

Scott Phillips
Louis Tristan Rivas
Alvin Rodolfo
Alex Rodriguez
Walter Sakkas
Chris Paul Schachter
Dara Schaefer
Ivry Semel
Victor Shadood
Mark Spellun
Mili Stojkovic
Mike Stone
Trevor Taylor
Matthew Tierney
Peter Vilsack
Zack Vogel
Charles Ward
Gregory Wetzel
Christopher L. Wilkes

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
Gregory LaFiura
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'Hearen
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
Mili Stojkovic
Mike Stone
George Suter
Roman Vasserman
Peter Vilsack
Zack Vogel
Charles Ward
Gregory Wetzel
Luke Williamson

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.

Notes from the Marshal Director

15-minute cut-off time: Marshals are asked to appear 45 minutes prior to race start. We need help at the registration table and you'll get the choice assignments. If you (or your substitute) are not on the line to register as a marshal at least 15 minutes before race start, you may not be accepted if we have reached our quota of marshals.

New members will not be assigned marshaling dates and cannot race in a club race until they marshal once. New members may show up at any CRCA race to fulfill their first marshaling obligation. You may race if you get a substitute. Juniors are exempt from marshaling.

Suspended members will not be assigned until the suspension is made up. You may use substitutes to make up your missed date(s). You cannot race in a club race until you have made up ALL your missed dates.

Using substitutes: The Marshal Captain and the Marshal Director cannot find you a substitute. You may use friends, relatives or a paid substitute—an adult. If you use a substitute, you don't have to notify anyone in advance. The substitute must give your name for you to get credit. Make sure the substitute tells the Marshal Captain why he/she is substituting, e.g., new member or getting off suspension.

SUBSTITUTE MARSHALS FOR HIRE

Jenny Alexander, 212.744.7863

Gary Bennett, 718.956.3539

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

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>

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, September 6 | M Pro/1/2/3, Master 35+, W, M 4, M 5 | Kissena Prospect Park Series* |
| Saturday, September 6, 6:15am | A, B/C, Women, 40+/50+ | Scratch; Club Championship in A, Women, Masters |
| Saturday, September 13, 6:30am | A, B, C | Scratch |
| Saturday, September 27, 6:15am | open races: M Pro/1/2, M 3, W Pro/1/2/3 | Mengoni Grand Prix (see flyer for more details) |
| 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 |
| 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.

The Cyclist's Off-Season Workout

On September 22nd at 7:30 pm at Synergos (9 East 69th St), Scot Willingham will give a lecture/demonstration of The Cyclist's Off-Season Workout. This an off-the-bike resistance workout whose goal is to increase joint integrity, alignment, muscle recruitment and balance, in order to to address overuse habits built up over your cycling season. The only equipment necessary is your own body weight and a few rehabilitative tools, so it can be done at home or in the gym or even when traveling.

The seminar will demonstrate the routine for correcting a common issue for cyclists: the unbalanced usage of leg and hip muscles which can result in improper pedaling technique and wasted energy transfer. You will also learn cycling-specific stretches and roller work that can release over-used muscles and tight fascia.

Scot Willingham is an ACSM personal trainer who specializes in rehabilitative work, neuromuscular re-education, and bike fit with an emphasis on the body rather than the bike. He also does work with Westside Dance Physical Therapy.

RESULTS AUGUST 23

Points races for all fields

A FIELD

1. Kevin Molloy, Sakonnet, 33 pts.
2. Craig Upton, Breitling/Tradeware, 15 pts.
3. Anthony Alessio, Remax, 13 pts.
4. Rafael Diaz-Granados, Gap/Strictly Bikes, 10 pts.
5. Keith J. Ryan, Axis-Furniture Co., 9 pts.
6. Edward Bennett, Next, 6 pts.
7. David Smith, Team Run Media, 6 pts.
8. Chris Rozdilsky, Remax, 6 pts.
9. Lance Leener, Conrad's, 4 pts.
10. Chung Chiang, Sanchez/Metro, 4 pts.
11. Karl Rahn, Sakonnet, 4 pts.
12. Chad Davis, Breitling/Tradeware, 4 pts.

WOMEN

1. Ann Marie Miller, EAS/Fitness, 27 pts.
2. Caryl Gale, EAS/Fitness, 23 pts.
3. Elizabeth Renaud, Sanchez/Metro, 9 pts.
4. Katherine Lambden, Gotham/Toga, 9 pts.

5. Kimille Taylor, Radical Media, 4 pts.
6. Sarah Sauvayre, Sanchez/Metro, 4 pts.
7. Midori Nakamura, Sanchez/Metro, 0 pts.

B FIELD

1. Mathew Howard, Merrill Lynch, 24 pts.
2. David DelVechchio, VisitBritain.com, 15 pts.
3. Louis Debattista, Sanchez/Metro, 13 pts.
4. Justin Reid, VisitBritain.com, 6 pts.
5. Tim Nilson, Team Run Media, 4 pts.

C FIELD

1. Eustimio Quintero, 18 pts.
2. Christopher Loudon, 18 pts.
3. David O'Brien, 9 pts.
4. Geoff Green, 8 pts.
5. Mario Sierra, 4 pts.

CENTURY ROAD CLUB ASSOCIATION PRESENTS

THE MENGONI GRAND PRIX

“THE CENTRAL PARK FALL CLASSIC”

SATURDAY, SEPTEMBER 27, 2003

NEW YORK CITY

| Category | Distance/Laps | Start | Prizes/Places | Entry | Field Limit |
|------------------------|---------------|--------|---------------|-------|-------------|
| Men Pro-1-2 | 42 miles/7 | 6:30am | \$3,000/20 | \$30 | 100 |
| Men 3 | 36 miles/6 | 6:33am | \$500/10 | \$25 | 80 |
| Women Pro-1-2-3 | 30 miles/5 | 6:36am | \$1,500/15 | \$25 | 80 |

Day-of-race late registration fee \$5. The men's races are likely to fill, so register early.

Electronic Registration at Bikereg.com until Thursday, September 25, 4PM.

Or mail a standard release form and check payable to Century Road Club Association to:

CRCA
c/o Andy Shen Photography
26 West 38th Street #3
New York, NY 10018

Mailed entries must be received by Wednesday, September 24

Early number pickup and late registration will be available the afternoon of Friday, September 26. Check www.crca.net/races03/mengoni.htm later for details.

Start at Central Park's East Drive at 79th Street. Number pickup opens at 5:30AM and closes at 6:15AM Pickup at Rambles Parking Area near start.

Cars are not allowed in the park for any reason. Leave your car and enter on foot or by bicycle. On-street parking is nearby – pay close attention to the local parking signs.

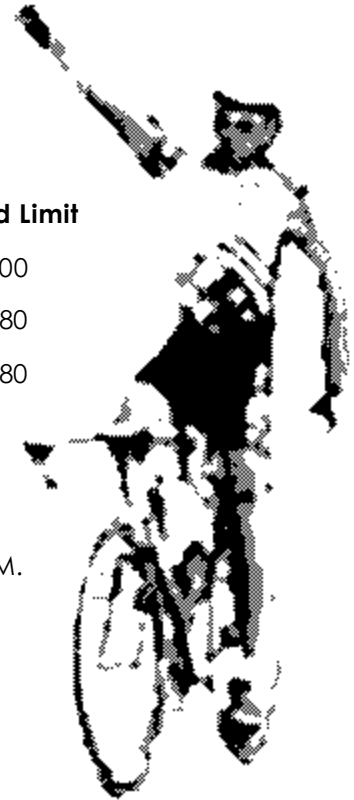
Approved helmets must be worn at all times while riding. USCF fines will be levied for violators.

Please be considerate of other park users and clear the roadway immediately after your race.

Racers who enter the recreation lane will be disqualified and suspended from all NYC Parks races for THREE months (October, March, April).

Event held under USA Cycling permit in cooperation with NYC Parks and Recreation. Promoted by the Century Road Club Association. Visit www.crca.net for more information.

Photo courtesy of Racelistings.com



Classified Ads

(Classified ads can be inserted here and are free to members. Send your ads via e-mail to <newsletter@crca.net>.

For sale Metallic white/screaming red 2003 Fuji Track Pro Bicycle 52 cm \$750. For more information contact Joe Papp at 845-856-3335.

You are connected to the internet. You have e-mail. You're a modern person. And you're still receiving your newsletter by snail mail, i.e., US Post Office? The CRCA newsletter is now available to everyone from our website <www.crcanet.net> (under 'News') days before you receive it in your mailbox. Get your newsletter early. Save the club some money. Ask for electronic delivery with a message to <newsletter@crca.net>.

***BREAKAWAY
COURIER SYSTEMS***

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

212.947.4455

**335 West 35th St.
New York, NY 10001**

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

SEPTEMBER 2003

FIRST CLASS MAIL