



Century Road Club Association

August 2002

CRCA Men's Race Clinic

By Rob Gray

The FACTS: The CRCA Mens' Race Clinic was held on June 29th in Central Park. It consisted of a simulated race and a before/after informational exchange. The clinic was put on by Team MoneyGram, represented by Sal Abruzesse, Eddy Espetia, Ira Krell and this writer.

Sponsorship, in the form of free water bottles and "race" prizes were generously donated by teammate Garrett Crooks of the Pelham Bicycle Center in Pelham, NY.

Now, being asked to write an article for the CRCA newsletter about the Mens' Race Clinic seemed the CRCA equivalent of describing a PTA fundraiser—not too exciting, eh? Well, before you hit the mental equivalent of the delete button, you should know three things about this kind of event.

One: They are easy to run. Essentially, we become teachers for a few hours, sharing our amazing obsession with people who have an inkling that our passion for the sport is a contagion they would like to contract. We get to expound on our favorite subjects: knowledge of the bike, training techniques, riding safety, the rules and strategy of racing— areas in which we are eminently qualified to hold forth. The real challenge is knowing when to stop and avoiding turning it into a straight download.

Two: they are very popular events for new racers/riders. Remember when you were first trying to get started in this

sport? How hard it was to feel connected to the upper echelons of the CRCA, the intimidation factor of racing with people several orders of magnitude more fit, knowledgeable and attitudinally invested? Well, there are literally thousands of riders out on 9W or in the Park every weekend. These are the guys with the wrong sized bikes, Camelbaks, pedaling squares, latching onto your wheel uninvited, but who have a genuine desire to become racers. These clinics are a perfect way for them to dip a toe instead of diving into that sometimes chilly pool of racing. The nicest thing said to us by several of the participants at this year's clinic was: "So when are you running this again?"

Three: They are very gratifying. Letting go of the attitude of superiority for a day, talking about this great sport to people who are truly receptive, is, as Martha Stewart says, "a good thing". I know our team will be running a clinic again next season.

The CRCA in Fitchburg: A Whale of a Ride!

by Marc Mauceri

CRCA racers were burning up the road at Fitchburg. Hot conditions coupled with tough competition against some of the best pros and amateurs in the US led to four days of exciting racing. Below are notable results (top 15's in stages, top 20's in GC, and top 5's in the Sprint competition are listed —apologies in advance if we left anyone out.)

"Job well done" to the CRCA juniors who battled against the most seasoned juniors in the nation. The "Holy Cow!" award to Hanna Vazquez who placed no worse than 7th in every stage, grabbed 2nd overall and along the way snagged 4th in the Sprint competition. And although she just missed out on top 20, congrats to VP of Racing Ann Marie Miller for her 23rd overall in the Women's Pro/1/2 field.

WOMEN'S PRO/1/2:

Stage 3 (RR):

15th - Kristin Lasasso
(Dansko/Wheelworks; CRCA team: RLX-Polo)

WOMEN'S 3:

Stage 1 (TT):

10th - Jane Burger (Axis/Furniture Co.)
12th - Beth Renaud (WSF)

Stage 2 (Circuit):

4th - Sarah Sauvayre (WSF)
6th - Randy Sharp (Axis/Furniture Co.)

Stage 3 (RR):

4th - Sarah Sauvayre (WSF)
6th - Beth Renaud (WSF)
13th - Jane Burger (Axis/Furniture Co.)

Stage 4 (Crit):

3rd - Randy Sharp (Axis/Furniture Co.)
8th - Sarah Sauvayre (WSF)

(Con'd on page 3 . . .)

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

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CRCA Coaching August Schedule

New waiver forms are printed. Everyone attending a coaching session should show up 10 minutes early with USCF license and club membership card to sign.

Monday: August 5th - Meet at 6:50 p.m. at the top of Cat's Paw. Team Time Trial Basics (come out even if you aren't planning on racing this event) Preparation for the upcoming team time trial. We'll form groups of two and work on pacelining for optimal speed and efficiency.

Monday: August 26th - Meet at 6:50 p.m. at the top of Cat's Paw. Individual Time Trial Preparation (or, how to ride the fastest two laps of your life!). Strategies and goal setting for the September 7 club event.

Nina Strika <ninastrika@hotmail.com>

Tuesdays :August 6, 13, 20 - 5:50 a.m. sign-in and 6 a.m. start at Start/Finish line (Rambles Parking lot). Individual and Team Time Trials: positioning, pacing, cadence, heart rate, warmup, cooldown (important for stage races and consecutive days racing). Starting, mid-event and finishing techniques. Q & A before and after. All levels and teams welcome.

Dave Jordan <djcoaching@aol.com>

Wednesdays: August 7, 14, 21, 28 - Sign-in 6:45 p.m., start 7 p.m. at benches on east side of Park Drive, across from Boathouse. Workouts will vary based on class size, conditions and class interest. We'll cover different racing skills, such as, attacking, cornering, climbing and sprinting. Bring questions about race preparation, tactics and training. All skill levels.

Dierdre Murphy <rainbow97@att.net>

Thursdays: August 1, 8, 15, 22 - 6:30 p.m. at the Boathouse. Etruscan and other bike handling games. Be ready for contact with your fellow riders.

Todd Herriott <onerepmax@earthlink.net>

- Please wear CRCA or subteam jersey.
- Rain below 50 degrees cancels.
- E-mail questions to individual coaches.
- Coaching is free to Racing members, and to Associate members who hold a valid USCF license that shows CRCA club affiliation. Bring this license with you.
- Check www.crca.net for last minute changes.

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 Julie Walsh, Publicity Dir., for more information.

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

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: A pair of Spinerger R1 SPOX (Black spokes) wheels with Shimano freewheel. They are light weight and responsive in excellent condition. Good extra pair for racing or training. Asking \$150.00 or OBO. Burroughs York, Jr. 212-926-0290 or cousin_juanita@juno.com ask for pix.

Dan Plitman, Professional Cycling trainer. Private one-on-one training for all levels: If you just want to become a better cyclist, or you want to place higher in next race, or you are just look-ing for a companion to ride with and to push you harder. Customized training plans based on real world experience. 917-428-8569, <danplitman@yahoo.com>

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.crca.net> (under 'News') days before you receive it in your mailbox.

Get your newsletter early. Save the club some money. (First-class mail is going up to 37 cents this summer.) Ask for electronic delivery with a message to <newsletter@crca.net>.

Local Race Schedule

(CRCA club races in **bold face**: number of laps may be reduced because of weather. Fields may be combined if there are insufficient motorcycles. Sign-in opens 45 minutes before race start at Rambles parking field – by start-finish line on top of Cat’s Paw Hill. Call 212.222.8062 for latest club race information.)

When	What	Where
Kissena Twilight Track Series, Wednesdays, May 1 - August 28, Registration 6:00 - 6:30 p.m., racing from 6:30 until dusk at the Kissena Velodrome, Flushing, NY. Coaching on Saturdays: May & June, 3:00 p.m.; July & August, 5:30 p.m. Bikes can be rented if you arrive early. www.kissena.org , 212.431.9732.		
Saturday, Aug. 3, 6:00 a.m.	Points races, A 6 laps, Woomen, 40+, B/C	Central Park
*Saturday, Aug. 3, 6:50 a.m.	Tour de Pothole	Prospect Park
*Saturday, Aug. 10, 6:50 a.m.	New York Bicycle Classic	Prospect Park
Saturday, Aug. 17, 6:00 a.m.	3-lap Team TT, 2 women, 4 men (yellow jersey riders can form teams)	Central Park
*Saturday, Aug. 17, 6:50 a.m.	Kissena Grand Prix	Prospect Park
Saturday, Aug. 24, 6:00 a.m.	Team Cup races, A’s, Women, 40+, B/C combined	Central Park
*Saturday, Aug. 24, 6:50 a.m.	Blistered Butt Road Race	Prospect Park
Saturday, Sept. 7, 6:30 a.m.	2-Lap Individual Time Trial Championships	Central Park
Saturday, Sept. 28, 6:45 a.m.	G.S. Mengoni Grand Prix	Central Park

* Promoted by Kissena Cycling club; information at www.kissena.org.

(Fitchburg, . . .continued from page 1)

GC:
4th - Beth Renaud (WSF)
5th - Sarah Sauvayre (WSF)
13th - Jane Burger (Axis/Furniture Co.)

Sprint Jersey:
2nd - Sarah Sauvayre (WSF)

WOMEN’S 4:
Stage 1 (TT):
4th - Hanna Vazquez (Women’s Sport & Fitness)
11th - Cindy Ma (Metro-Sanchez)
15th - Midori Nakamura (unattached)

Stage 2 (Circuit):
7th - Hanna Vazquez (WSF)
11th - Midori Nakamura (unattached)

Stage 3 (RR):
3rd - Hanna Vazquez (WSF)
10th - Cindy Ma (Metro-Sanchez)
14th - Midori Nakamura (unattached)

Stage 4 (Crit):
5th - Hanna Vazquez (WSF)
14th - Liz Seward (RLX-Polo)

GC:
2nd - Hanna Vazquez (WSF)
10th - Cindy Ma (Metro-Sanchez)

Sprint Jersey:
1st - Cindy Ma (Metro-Sanchez)
4th - Hanna Vazquez (WSF)

MEN’S PRO/1/2:
Stage 3 (RR):
6th - Todd Harriott (Think Racing)

GC:
18th - Todd Harriott (Think Racing)

MEN’S 3:
Stage 1 (TT):
4th - Jason Bremer (Axis/Furniture Co.)
7th - Paul Albert (Think Racing)
14th - Xavier Melendez (Miya Shoji)

Stage 2 (Circuit):
2nd - Ralph Hassard (Axis/Furniture Co.)
5th - Waclaw Godycki (Kaplan)
15th - Robert Lattanzi (Miya Shoji)

Stage 3 (RR):
3rd - Ralph Hassard (Axis/Furniture Co.)
6th - Stuart Gillespie (unattached)
8th - Jason Bremer (Axis/Furniture Co.)

Stage 4 (Crit):
2nd - Keith Ryan (Axis/Furniture Co.)
3rd - Waclaw Godycki (Kaplan)

GC:
2nd - Jason Bremer (Axis/Furniture Co.)
7th - Stuart Gillespie (unattached)
11th - Xavier Melendez (Miya Shoji)
15th - Ralph Hassard (Axis/Furniture Co.)

Sprint Jersey:
1st - Waclaw Godycki (Kaplan)
2nd - Lee Rosenthal (Soho Capitol)
3rd - Thomas Pennell (Think Racing)

MEN’S 4:
Stage 2 (Circuit):
14th - Christophe Wilkes (Axis/Furniture Co.)

Stage 3 (RR):
15th - Pascal Sauvayre (Setanta)

Stage 4 (Crit):
10th - Christophe Wilkes (Axis/Furniture Co.)

MASTERS
Stage 1 (TT):
15th - Kurt Gustafsson (SBCG)

Stage 4 (Crit):
8th - John Tomlinson (SBCG)

GC:
13th - Kurt Gustafsson (SBCG)

CRCA Race Results

Saturday, June 1

A Field, 6 laps

1. Basil Moutsopoulos, CRCA/Dash/Renaissance
2. Sal Abbruzzese, CRCA/MoneyGram
3. Bruce Weyman, CRCA/Dash/Renaissance
4. Harris Lonergan, CRCA/Bennett's
5. Robert Gray, CRCA/MoneyGram

B Field, 5 laps

1. Pablo 'Paulie' Castro, CRCA/Gap
2. Walter Fernandez, CRCA
3. Joe Ahearn, CRCA
4. Rich Bernardi, CRCA
5. Bill Adams, CRCA/Kaplan

C Field, 6 laps

1. Mike Aya, CRCA
2. Craig Abrams, CRCA
3. Jason Parkin, CRCA/Chelsea Bikes
4. Justin Inglis, CRCA
5. Craig Goodstein, CRCA

Saturday, June 22

Team Cup Points

A Field, 6 laps

1. Robert Lattanzi, CRCA/Miya Shoji, 125 points
2. Ed Bennett, CRCA/Bennett's Bikes, 100
3. Ralph Hassard, Axis-Furniture, 80
4. Bruce Weyman, CRCA/Dash/Renaissance, 65
5. Eugene Boronow, CRCA/SBCG, 55
6. Daniel Byrne, CRCA/Metro/Sanchez, 45
7. Yann Blindert, CRCA/Team Nutrition, 40
8. Chris Wilkes, CRCA/Axis-Furniture, 35
9. David Sommerville, CRCA/Think Racing, 30
10. Stu Gillespie, CRCA, 25

Women, 5 laps

1. Sarah Sauvayre, CRCA/Setanta/WSF, 125 points
2. Ann Marie Miller, CRCA/Dash/Renaissance, 100
3. Nina Strika, CRCA/RLX/Polo, 75
4. Randy Sharp, CRCA/Axis-Furniture, 65
5. Cindy Ma, CRCA/Metro/Sanchez, 55
6. Kristen Lasasso, CRCA/RLX/Polo, 45
7. Jane Moloney, CRCA/Axis-Furniture, 30
8. Leslie Jennings, CRCA/SBCG, 25

Masters 40+, 5 laps

1. Rolando Ocampo, CRCA/Bennett's Bikes
2. William Adams, CRCA/Kaplan
3. Gregory Lee, CRCA
4. Walter Fernandez, CRCA/MoneyGram
5. Scott Phillips, CRCA/CRCA

B/C Field combined, 4 laps

1. David Taylor, CRCA/Dash/Renaissance
2. Pablo Castro, CRCA/Gap
3. Ruben Hurtado, CRCA/MoneyGram
4. Mike Aya, CRCA
5. Brian Carolan, CRCA/Kaplan

Open Race Results

RESULTS OF CRCA/AXIS-FURNITURE CO.

May 25: Hammer Time R.R.

Pro123: 1. Jason Bremer, 10. Sean Marvel

June 1: ESQ

W: 3. Randall Sharp; M: 9. Sean Marvel

June 2: Hillburn Crit.

W123: 4. Randall Sharp, 5. Jane Berger; 3/4: 2. Keith Ryan, 6. Paul Carbonara; 35+: 6. Paul Carbonara

June 9: Tour of Highbridge Crit.

W123: 5. Jane Berger

June 15: Highland Park Crit.

W123: 5. Jane Berger

Tour of NY R.R.

Pro123: 1. Jason Bremer, 7. Paul Carbonara

June 16: Housatonic Hills R.R.

M3: KOM. Ralph Hassard

June 22: NY Grand Prix R.R.

Pro123: 7. Jason Bremer

June 27-30 Fitchburg Stage Race

ITT:

W3: 10. Jane Berger; M3: 4. Jason Bremer

Circuit Race:

W3: 6. Randall Sharp; M3: 2. Ralph Hassard

Road Race:

W3: 13. Jane Berger; M3: 3. Ralph Hassard, 8. Jason Bremer

Criterion:

W3: 3. Randall Sharp; M3: 2. Keith Ryan;

M4: 10. Christophe Wilkes

Final G.C.:

W3: 13. Jane Berger; M3: 2. Jason Bremer, 15. Ralph Hassard

July 6: Lou Maltese

W123: 2 Randall Sharp

Pro123: 14. Keith Ryan

July 14: Park Ridge Crit.

M3: 3. Jason Bremer, 7. Sean Marvel

Confirm Your Place in Club Races

If you think you placed in a club race, check with the pickers after the race.

In Team Cup races, ten places in the men's field are picked and eight in the women's. Team managers should require team members to confirm their placings.

On April 13, pickers could not identify sixth through tenth places in the men's field, although the camera helped us pick teams by their colors. Three riders telephoned later to identify themselves, but we are still missing the names of the eighth and tenth place finishers.

Marshal Assignments

Saturday, August 3

Points races Start: 6:00 AM

Greg Allen
Roger Aspholm
Mete Basakinci
Richard Bernardi
James Bodnar
James Bolster
James Brennan
Dennis Burns
Brian Carolan
Diego Cuevas
Brad Foster
Stuart Gillespie
Regina Hammond
Laila Hazen
Justin Inglis
Charles Jordan
Michael Knopf
Oscar Lobo
Harris Lonergan
Mike Moran
Basil Moutsopoulos
Tim Nilson
Patrick Nolan
Norbert O'Reilly
Rolando Ocampo
Robin Read
Carlos Rivera
Cole Rosson
Cliff Saper
Daniel Schmalz
Christopher Shaw
Max Surla
Zack Vogel
Luke Williamson

Saturday, August 17

Team Time Trial Start 6:00 AM

Daniel Bernard
Richard Bernardi
Doug Bixby
Steven Britt
Horace Burrows
Daniel Byrne
Rodney Cutler
Tamara Damon
Ross Galitsky
Jaime Garcia
Diane Goodwin
David Greenberg
Blake Haider
Richard Hong

(Aug. 17 cont'd...)

Terence Kerrigan
Jaime Lopez-Santini
Mark McGauley
Matthew Monson
Leon Moser
Ann Mullen
John Munger
Jamie Nicholson-Leener
John Olsen
Earl Osborne
Robin Read
Richard Reyle
Phil Riggio
Lane Rodgers
Lisa Sacco-Neal
Craig Upton
Jeffrey Vogel
Eben Weiss
Christopher L. Wilkes

Saturday, August 24

Team Cup Races Start: 6:00 AM

Craig Abrams
Anthony Alessio
Roger Aspholm
James Bodnar
James Bolster
Tom Bradford
Dennis Burns
Anthony Canger

SUBSTITUTE MARSHALS FOR HIRE

Jenny Alexander, 212.744.7863
Gary Bennett, 718.956.3539.
Marie DeRosa, 212.799.5064,
<mastermdr@aol.com>
Andy Elder, 646.486.2642, ajce31@att.net
Abdone Estrada, 201.868.4640.
Dan Finton, 212.489.6980
Mary Foti, 212.534.0935
Jill Gordon, 212.932.9776,
<Jill@jillGordon.com>
Lee Gorman, 718-376-8368,
<LeeBikes@msn.com>
Russell Jensen, 718.387.5715.
Don Lathrom, 212.229.2350
Dominick Montgomery, 917.416.8511
Catherine Parry, 212.534.7861
Mitchell Rosen, 212.504.5288,
<mitrosen67@yahoo.com>
Rebecca 'Sami' Sargent, 212.877.0503,
<StarSami3@aol.com>.

Prices start at \$30 and go up, way up.
We need more substitutes. Call 212.222.8062
to register.

(Aug. 24 cont'd...)

Martin Clarke
Diego Cuevas
Michael Dahlen
Jon Dindas
Jesus E. Espitia
Michael Fisch
Joseph Foglia
Adam Friedman
Matthew Gilman
Andrea Grossman
Regina Hammond
Stephen Harvey
Laila Hazen
Justin Inglis

(Aug. 24 continued on page 6)

If 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**.

Marshal Assignments

(continued)

(Aug. 24 cont'd...)

Daniel Jenkins
 Charles Jordan
 Torrey Lincoln
 Oscar Lobo
 Conrad Meyer
 Ted Neu
 Patrick Nolan
 Carlos Rivera
 Hanna Robson
 Lane Rodgers
 Cole Rosson
 Cliff Saper
 Daniel Schmalz
 Victor Shadood
 Christopher Shaw
 David Sommerville
 Nathan St.ana
 Mike Stone
 Max Surla
 Kimille Taylor

Saturday, September 7
Individual Time Trial
Start time: 6:30 AM

Paul Albert
 Daniel Bernard
 Todd Brilliant
 Steven Britt
 Daniel Byrne
 Robert Calandra
 Todd Carter
 Christopher Choa
 Gregory Cohen
 David Collins
 David DelVecchio
 Alexis Demopoulos
 David DeVries
 Troy Eggers
 Mike Gansberg
 Leandro Germosen Jr.
 Carole Goodman
 Craig Goodstein
 Blake Haider
 Tatsuo Imaishi
 Kristen LaSasso
 Tom Laskey
 Ernest Link
 Steve Manning
 Sean Marvel
 David Melchior
 Igor Misicki
 Jhonotan Moloon
 Ann Mullen
 Midori Nakamura

(Sept. 7 cont'd...)

William Pennino
 Jonathan Schafler
 Steven Sears
 Elizabeth Seward
 Christopher Teague
 Jeffrey A. Terosky
 Peter Vilsack
 Jeffrey Vogel
 Eben Weiss
 Joe Witte
 Edward Wyatt

Saturday, September 28
GS Mengoni Gran Prix
Start: 6:45 AM

Craig Abrams
 Gregory Ahnert
 Niklas Anderson
 Peter Barlin
 Oscar J. Barreto
 Anthony Canger
 Chung Chiang
 Martin Clarke
 Mark Curley
 Tamara Damon
 Drew James DiPaola
 Paul Donnelly
 Joseph Foglia
 Gregory Hagin
 Andre Hurni
 Leslie Jennings
 Jeffrey Kanter
 Sarah Katsaros
 Nicholas Kello
 Terence Kerrigan
 Jaime Lopez-Santini
 Christopher Loudon
 John Luisi
 Mark McGauley
 Christopher Meyer
 David Miller
 Matthew Monson
 John Munger
 Ernie Paredes
 Aaron Pomeroy
 Andrew Riss
 Keith J. Ryan
 Lisa Sacco-Neal
 Steven Sears
 Nina Strika
 Sabrina Sullivan
 Kara Verhoorn
 Gregory Wetzel
 David Williams

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Who belongs in what field? Guidelines for CRCA club races.

A field: Men USCF categories Pro,1,2,3; Women 1,2.

B field: Men Cat. 4, Women 3,4. (An exception is during Team Cup points races. Only six members of a team are permitted in the A field. As a result, some A riders will be in the B field.)

C field: Men Cat. 5, Women 4.

Upgrade to the next higher field can be made by coaches, race director or VP of Racing and is based on ability, which usually means good skills and good performances in races.

Downward migration (downgrading) is, for the most part, at the discretion of the rider. Depending on condition, health, etc., a rider may decide to enter a field lower than their category would entitle them. However, no ringers! For example, a Cat. 3 rider will not be permitted to 'win' a C race.

SUSPENDED RIDERS

As of 07/27/02

Niklas Anderson
Jack Angevine
Carol Austin
Julie Baxter
Thomas Bolster
Sylvie Burlot
Horace Burrowes, MoneyGram
Nancy Camp
William Canon
William Canon Jr.
Jessica Cherry
Brett Cleaver
Joe Coleman
Noel Comess
Andrew Cooper
James Curry
Brandon Eifrid, Gap/Strictly Bikes
Tucker Elliott
Tristan Fausto, Miya Shoji
Richard Fernand
Rendell Fernandez
Steve Fife, Metro/Sanchez
Michael Fisch
Jon E. Gautier
Todd German, Soho Capital
Mihael Gingham, Remax
Waclaw Godycki
Joseph Grier

Christopher Griffin, MoneyGram
Todd Herriott, Think Racing
Daniel Jenkins
Reem Jishi
Paul Kiefer, Soho Capital
Robert Kincaid
David Kliger
Kira Krenichyn, Axis-Furniture Co.
Stanley Labanowski
Adam Leichter
Norman Lu
Joseph Lucas, Think Racing
James M. McDade, Kaplan
Mark McKew
David Melchior, SBCG
Glenn Muscosky
Patrick O'Donoghue
Rafael Polanco
David Pollack
Eric Prosnier
Patrick Reimer, Bennetts Bikes
Richard Reyle
Alvin Rodolfo, Chelsea Bicycles
Angel Santiago, MoneyGram
Rita Tellerman
Charles Vigna
Luke Williamson

CRCA TEAM CUP STANDINGS (through 6/22)

Men	3/23	4/13	6/22	Total
Axis-Furniture Co.	--	135	115	250
Think Racing	65	125	30	220
ReMax	95	110	--	205
Dash/Renaissance	125	--	65	190
Miya Shoji	25	25	125	175
Team Nutrition	125	--	40	165
Gap	30	100	--	130
CRCA	100	--	25	125
Bennetts	--	--	100	100
Metro/Sanchez	--	30	45	75
SBCG	--	--	55	55

Women	3/23	4/13	6/22	Total
Setanta	155	165	125	445
Dash/Renaissance	100	200	100	400
Axis-Furniture Co.	65	70	95	230
RLX/Polo Sport	75	--	120	195
Metro/Sanchez	45	--	55	100
SBCG	55	--	25	80

2002 Team Cup Points Rules

Races counting toward the Team Cup Trophy are: Team Cup Scratch Races, August Individual Time Trial and Team Time Trial.

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

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

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

For the Women's Team Time Trial, a team will consist of two women and only the top two teams will count toward Team Cup Points. Thus, the maximum number of points awarded to a single team in one race will be 225.

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

Places and points in the women's races: 1. 125, 2. 100, 3. 75, 4. 65, 5. 55, 6. 45, 7. 30, 8. 25 (picked eight deep).

CRCA Clothing

Jerseys (xs-xxl)	\$45.00
Shorts (m-xl only)	38.00
Skinsuits (s-m-l)	90.00
Kids T-shirts (sz 34-36)	6.00
Kids Jerseys (old design size S)	10.00
Shipping	4.00
Total	\$ _____

Send checks, payable to CRCA, to:
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(Also see clothing order form on www.crca.net.)

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