



# Century Road Club Association

March 2002

## CRCA Goes to College at Grant's Tomb Crit

The 2002 Columbia University Grant's Tomb Criterium represents a collective effort between two cycling entities that have an often unrecognized relationship; CRCA and The National Collegiate Cycling Association (NCCA).

The NCCA, the collegiate affiliate of the USCF, has six different regions in which collegiate clubs compete. Columbia University, host of the Grant's Tomb Criterium March 30 (See flyer on page 5.), is a member of the East Coast Cycling Conference (ECCC). The Conference consists of collegiate clubs from Maine to Pennsylvania.

While the amateur racers will be competing for cash prizes, the collegiate teams will race for team points. Points are won according to the category of the race and the order placed; the team with the most cumulative points at the season's end is the Eastern Conference Champion. Penn State and the University of Vermont have competed to intensely for the conference championship in recent years, with Vermont taking the championship from P.S.U. in 2000, and Penn State winning it in 2001.

Collegiate cycling offers two women's categories and four men's categories, so riders at all levels can contribute to the team's success. Points in the men's and women's A races also determine which racers will go to Collegiate Nationals in May.

Some collegiate clubs have CRCA members on their rosters including Columbia students Andrew Moran, race director of this criterium, and second-year engineering student Wacek Godycki. Wacek is Columbia's top rider and attributes much of his success last season to CRCA. "The club races give young riders, like myself, a chance to compete with some of the

It's the Night Ride again and it's still against club policy. The board voted unanimously at its February meeting to reiterate the club's stand against members participating in the night ride in Central Park. It is too dangerous for riders and for all others who use the drives, it is not good training and it gives a bad name to cycling. Don't do it. ¶

most skillful riders in New York City. After making the transition from being an elite mountain biker in my native Poland to road cycling, racing on a regular basis with CRCA helped me develop the technical skills necessary to compete an elite collegiate level."

Wacek will not be the only CRCA member racing on March 30th. Harvard first-year student, Stuart Gillespie, a CRCA-Keith Haring rider, will also be there. Though only in his freshman year, he is expected to be one of the top riders in the conference.

According to Tyler Wren of Princeton, the NCAA Division II Road, MTB XC, and MTB STXC National Champion, collegiate cycling requires "an enormous commitment of time and energy" that has forced him to make some difficult choices about his life an undergraduate." However, it is evident that he has made the right choice when compared to his "Economic major peers [who have] drifted into investment banking or consulting jobs like lemmings." Tyler recently signed a professional contract with Mercury and will race on the 30th in order to secure as many points as possible for his Princeton team.

The Grant's Tomb course will certainly challenge many collegiate and USCF riders who are not accustomed to such technical courses. According to Wacek, "it is a great course. It has everything a crit needs: ninety-degree turns, a short steep hill, and lots of wind. I am especially look-

(Continued on page 8 . . . )

## Remarks From Mark CRCA President Speaks

Greetings. March will soon be here and also the first club race. There is a great deal of work that goes into putting on races in Central Park. The parks department requires the club to have 26 marshals in order for us to hold a race. This year new membership is significantly down from prior years and we need new members to marshal before they can race. The lack of new members has really challenged Ferdie Scharf to assign marshals. I implore you to make your marshaling dates so we can continue the races.

I am becoming more familiar with the races and the "behind the scenes" of putting it all together. To assist in furthering our relationship with the parks department, I am meeting with officials from parks and the Central Park Conservancy in late February. The first question I was asked was, "What do you think about the Night Ride?" I said, "The CRCA Board is against the night ride."

An issue important to me is the further development of the spirit of the club. I would like to know what you, the members, think about the club, and think the club should be doing for the members, for cycling and for the future of CRCA. In essence what would you like to get from our club. Please e-mail me at [President@crca.net](mailto:President@crca.net) with your ideas and thoughts.

There has been talk about bringing a major professional race to Central Park with many national teams represented, and there is a push now to have the Olympics come to New York City. How will the CRCA and its members be involved? There are many issues facing our sport in New York City, and I hope we can be at the forefront of them.

In closing, I would like to thank all the members of the CRCA for their encouragement, and I would especially like to thank the Board for the hard work done in putting together a race calendar.

Good training!

Mark Mariaschin

## Bring Your USCF License to Club Races

## CRCA Board

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

Deadline for April 2002 issue is March 21

**March 2002**  
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## CRCA Coaching March Schedule

Skills and more skills: Pack-riding tips, turns, basic race tactics.

Meet Wednesdays, 6 a.m., Tavern on the Green

March 6, 13, 27 Dave Jordan, djcoaching@aol.com

March 20 Dierdre Murphy, rainbow97@worldnet.att.net

Rain cancels.

□ Coaching is free to Associate and to Racing members holding a valid USCF license that shows CRCA club affiliation. Bring this license with you. You are expected to wear your club or subteam jersey.

□ Check [www.crca.net](http://www.crca.net) for last minute changes.

*Compiled by Beth Renaud*

## Congratulations to the Fernands

Congratulations to Karen and Richard Fernand on the birth of their son, Austin Etienne, Feb. 16, 8 lbs. 3 oz. and length of 20". All are doing great.

## Outside Magazine Article on CRCA

Page 112 of the new Outside Magazine has a nice piece on the CRC, as they unfortunately call us. Hope that you all approve of the homage to Lou Maltese.

Regards, John Eustice

## Club Race Payout Schedule

Thanks in part to outspoken members who shared their opinions, such as Pablo 'Paulie' Castro, the board at its February meeting voted the following amounts for top three places in mass-start (excluding Team Cup and trophy) club races:

A field: \$35/30/25;  
B, Women and Master fields: 30/25/20;  
C field: 20/15/10.

(Women, Masters and C's pay separately only if raced as a separate field. B/C combined field pays 30/25/20).

**The newsletter gets to you FASTER via e-mail. Sign up. Call 212.222.8062 and ask for e-mail delivery.**

## Women's Racing Clinic

The RLX Polo Sport women's multisport team is hosting a women's bike racing clinic (aka season kick-off party) on Monday, March 4th, from 7:30 to 9 p.m., at Sid's Bike Shop.

Join the team as they share their knowledge of sports nutrition, triathlons, women's bike racing and bike maintenance. Each segment will be followed by a question and answer period.

Sid's is located at 235 East 34th St., between 2d and 3d Aves. The clinic is free to all interested women, no prior racing experience or RSVP necessary. We'll have refreshments, a raffle for some great gear for spring and goodie bags!

For more information about the clinic or about our team, stop by our website: <http://nycvelogirls.com/> or e-mail [nycvelogirls@hotmail.com](mailto:nycvelogirls@hotmail.com).

**FLASH! CRCA has collected in January and February 2002 more than \$21,000 in contributions to the Central Park Conservancy.** This money comes from CRCA members and from the CRCA treasury, and will be handed over at a suitable occasion in the near future. See below how you can make a contribution to the Conservancy count for CRCA.

## 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 CRCA gets the credit. Call Julie Walsh, CRCA Publicity Dir., for more information.

**This year you must send in a photocopy of your valid USCF license with your renewal.**

## Classifieds (free to members)

For sale, Specialized stump-jumper, 19", adjustable shocks, was marshal captain's second bike, Shimano Deore, 18-speed, excellent condition, asking \$300, 212.794.3603.

# 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 race information.)

When	What	Where
<b>Saturday, March 2, Start 6:30 a.m.</b>	<b>CRCA Scratch Race, A Field 6 laps; B, 5; C, 4</b>	<b>Central Park</b>
* Sunday, March 3, 6:30	Spring Series, (fields listed below)	Central Park
	Spring Series information at <www.avdgraphics.com>	
<b>Saturday, March 9, 6:15</b>	<b>CRCA Scratch, A’s, 7 laps; B’s, 6; C’s, 5</b>	<b>Central Park</b>
* Sunday, March 10, 6:30	Spring Series, (fields listed below)	Central Park
<b>Saturday, March 16, 6:00</b>	<b>CRCA Points Race, A’s, 8; Masters 40+, 7; Women, 6; B/C combined, 5</b>	<b>Central Park</b>
* Sunday, March 17, 6:30	Spring Series, (fields listed below)	Central Park
<b>Saturday, March 23, 6:00</b>	<b>CRCA Team Cup, A’s, 8; Women, 7; B’s, 6; C’s 5</b>	<b>Central Park</b>
* Sunday, March 24, 6:15	Spring Series, (fields listed below)	Central Park
Saturday, March 30, 8:00	Columbia U., Grant’s Tomb Criterium with help from Kaplan Co. & CRCA, (see flyer in this newsletter)	Grant’s Tomb
* Saturday, March 30, 6:30	Spring Series (fields listed below)	Prospect Park
* Sunday, March 31, 6:30	Spring Series, (fields listed below)	Central Park
<b>Saturday, April 6, 6:00</b>	<b>CRCA Scratch, A’s, 6; B’s, 5; C’s 4</b>	<b>Central Park</b>
* Saturday, April 6, 7:30	Floyd Bennett Field (fields listed below)	Floyd Bennett Field
	(Daylight Saving Time begins)	
* Sunday, April 7, 6:30	Spring Series (fields listed below)	Prospect Park
<b>Saturday, April 13, 6:00</b>	<b>CRCA Team Cup, A’s, 7; Women, 6; B’s, 5; C’s, 4</b>	<b>Central Park</b>
* Sunday, April 14, 6:30	Spring Series (fields listed below)	
<b>Saturday, April 20, 6:00</b>	<b>CRCA 2-lap Individual Time Trial, USCF Categories</b>	<b>Central Park</b>
* Sunday, April 21, 6:30	Spring Series (fields listed below)	Prospect Park
* Sunday, April 28, 10:15	Staten Island	

\* Categories for Spring Series and for Floyd Bennett races are: *Pro, 1, 2, 3; 3 & 4; Masters 35+; Cat. 5*

There are no club races in May.

Saturday, May 11	Orchard Beach Criterium	Orchard Beach, NY
Sunday, May 12	Harriman Springfest	Bear Mt., NY

Below are dates given to CRCA by the parks department for which tentative fields and race formats have been planned. But a lot can happen in the meantime, so don’t schedule your honeymoon or the delivery of your baby around them.

Saturday, June 1, 6:00	Scratch Races
“ June 8, 6:00	Team Cup
“ June 29, 6:00	Scratch Races
Saturday, July 6, 6:00	Lou Maltese Memorial (open race)
“ July 13, 6:00	Scratch Races
“ July 20, 6:00	Scratch Races
“ July 27, 6:00	Scratch Races
Saturday, August 3, 6:00	Points Race
“ August 17, 6:00	3-lap Team Time Trial
“ August 24, 6:00	Team Cup
Saturday, September 7, 6:30	2-lap Individual Time Trial Championship
“ September 28, 6:30	GS Mengoni Grand Prix (open race)
Saturday, October 5, 6:45	Club Championships
“ October 19, 6:45	Points Races
Saturday, November 16, 6:30	Turkey Race

## Bicycle Fit and Fitness

(The article below comes to us by way of Greg Fiore, who has this to say about Paul Levine. "[Paul is] a local, professional bike fitter. Paul has good credentials and currently teaches bike fitting classes to bike dealers through Serotta. He recently fit me and a few other CRCA members – references are available. Please feel free to email any comments to me <gfiore1@yahoo.com> or to Paul directly at 914.978.6933 or <impactsales@pioneeris.net>." Ed.)

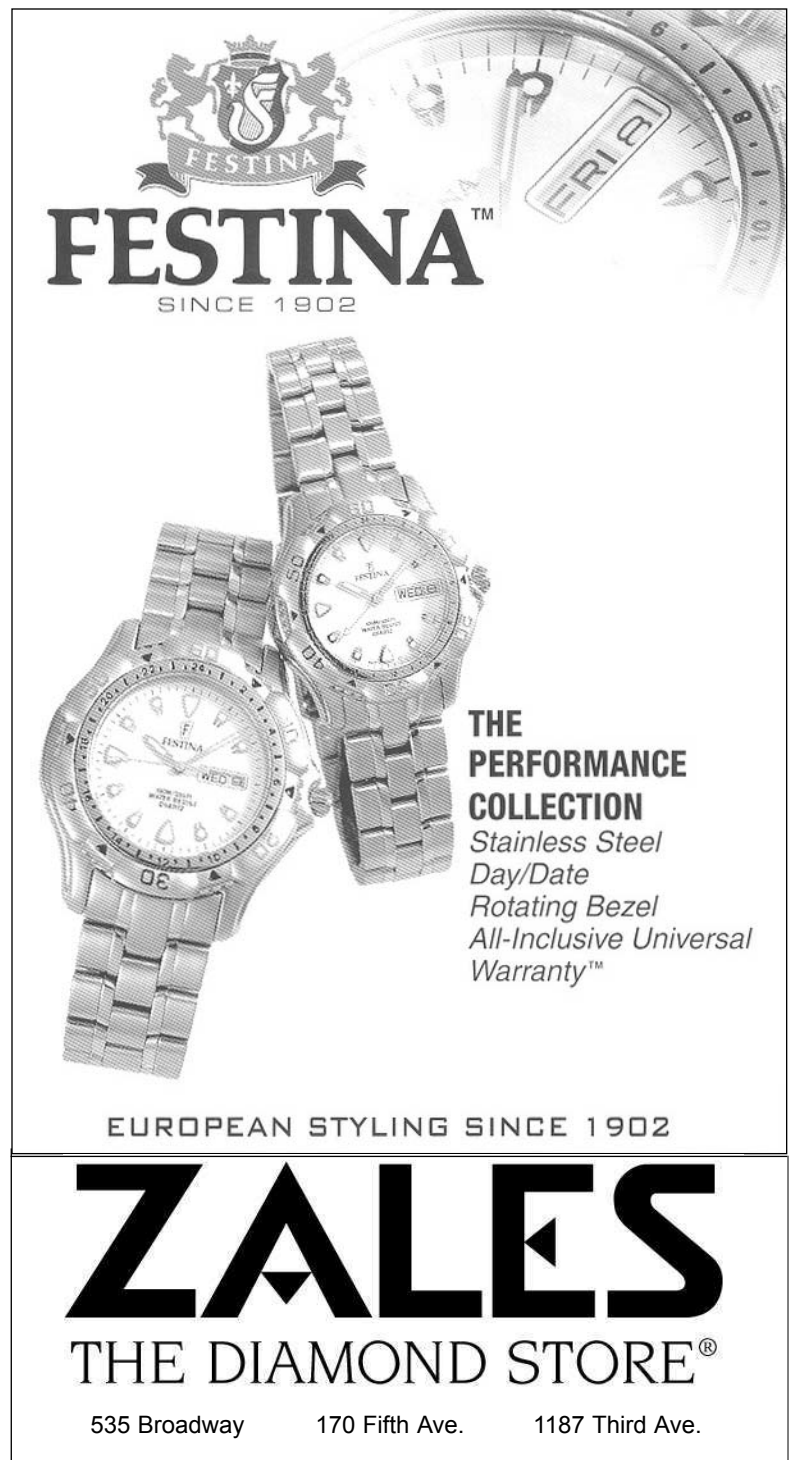
**By Paul Levine**

Spring is almost upon us and it's time to pull out the old steed. Or maybe you're thinking about something new for this season. Either way, it should be time to take a serious look at how comfortable you really want to be on your bike this year. Have you ever experienced any of the following while riding your bike? Back pain, neck pain, wrist pain, hip or knee discomfort, tingling toes or "pressure" on sensitive areas<sup>3/4</sup> maybe all of the above. A properly set-up bike will address and can often correct these problems.

No matter how technologically advanced, unless a bicycle fits you properly peak performance will never be realized. If your body is not aligned properly with the geometry of the bicycle, a lot of energy will be wasted due to inefficient transfer of force from you to the pedals. It is common to spend precious energy compensating for the associated stress of your body holding itself incorrectly on the bicycle.

Riding with a good body position is the fundamental first step; being comfortable while maintaining a position that will allow you to produce the most power to the pedals is the goal. Good body position starts with your body, not the bike. Your range of motion must be determined based on the flexibility of your hamstrings, hip flexors and back. For instance, there are two identical twins looking for the best bike fit: One twin takes yoga three times a week, can bend over at his hips with his legs locked and put his palms on the floor—he is flexible. The other twin bends over and can just reach his knees is a couch potato. Twin number one will need a longer top tube or stem and will be able to ride in a more aero position; twin number two will need a shorter top tube, shorter stem with a positive rise and a head tube extension. So unless your bike fitter determines your flexibility properly, an accurate fit will never be achieved. Many of the ailments mentioned above are related to flexibility issues.

Proper posture on a bicycle is another critical issue that relates directly to comfort and power. Many cyclists just sit on their bicycle seat and reach for the handlebars. This method doesn't put the cyclist in the best position for generating power, maximizing their breathing capacity or comfort. The proper posture (to have seated) on a bicycle is like being seated on a chair that you know is about to be pulled out from under you. This position supports the weight of your torso with your quadriceps and hip flexors. It also rotates your pelvis forward, putting you in the best position to produce power from your gluteus maximus, your butt. (I will discuss this later). If your pelvis is rotated backwards from poor posture, it rolls up under your chest cavity restricting your breathing while rounding your spine moving your shoulders farther from the handlebars. Good posture should allow your shoulders to be relaxed and pulled back, opening up your breastplate. The lungs are a rider's



The advertisement features the Festina logo at the top, which includes a crest with a crown and two lions, and the text "FESTINA" in a bold, serif font, with "SINCE 1902" underneath. To the right of the logo is a close-up of a watch dial showing the day of the week, "FRI", and the number "10". Below the logo, two stainless steel Festina watches are displayed. The watch in the foreground has a white dial with a rotating bezel and a day/date window. The watch in the background is similar but with a different dial design. To the right of the watches, the text reads: "THE PERFORMANCE COLLECTION", "Stainless Steel", "Day/Date", "Rotating Bezel", and "All-Inclusive Universal Warranty™". At the bottom of the advertisement, the text "EUROPEAN STYLING SINCE 1902" is written in a bold, sans-serif font. Below this, the ZALES logo is prominently displayed in a large, bold, sans-serif font, followed by "THE DIAMOND STORE®". At the very bottom, three addresses are listed: "535 Broadway", "170 Fifth Ave.", and "1187 Third Ave."

"gas tanks" and the chest is where the "fuel" intake occurs. An unrestricted position will allow the best flow of air into your lungs.

An indicator of poor bike fit is if you can't comfortably ride using all the hand positions of the handlebars, including the drops. Bicycle handlebars are designed to allow the rider to take advantage of many positions, allowing the use of different muscle groups and aerodynamic positions. If you can't use all position options, you may have a top tube that is too long for you, or a stem that is too long or low or a head tube extension that is short. Either way, you're not getting the most out of your ride.

Knee pain is usually associated with seat height and seat fore and aft, along with cleat position, pedal float and alignment. A general rule of thumb is, if your seat is too high you will get pain in the back

(Continued on page 6 . . .)

# Columbia Cycling Team

## The 2002 Columbia University Grant's Tomb Criterium

Presented by Kaplan Inc. and Century Road Club Association  
Saturday, March 30, 2002

With additional support from Powerfootwear & Larry & Jeff's Bicycles Plus

START TIME	RACE LENGTH	FIELD	FIELD LIMIT	PRIZES (total purse for top 5)
8:00	40 mins plus 2 laps	USCF men's cat. 4/5	50	\$150
8:50	60 mins plus 2 laps	USCF men's cat. 1,2,3	50	\$300
10:00	40 mins plus 2 laps	* USCF women's cat. 3/4 (+Collegiate women's B)	50	\$150 (medals for collegiate)
11:00	50 mins plus 2 laps	* USCF women's cat. 1,2,3 (+Collegiate women's A)	50	\$300 (medals for collegiate)
12:15	50 mins plus 2 laps	Collegiate men's B	50	medals
1:30	60 mins plus 2 laps	Collegiate men's A	50	medals
2:45	40 mins plus 2 laps	Collegiate men's C	50	medals
3:45	30 mins plus 2 laps	Collegiate men's D	50	medals

\* Women's USCF & collegiate fields will start and finish together. Top three USCF riders win cash, top three collegiate riders earn individual and team points.

**COLLEGIATE RACE FEES/REGISTRATION:** \$13 entry fee per rider for pre-registration postmarked by 3/23. Collegiate ECCC riders must be enrolled with PEP. Registration postmarked after 3/22 must include a late fee of \$5 per rider. Race day registration will be available from 7:00 AM and will close one half-hour prior to the start of the race in which one is entering.

**MAKE CHECKS PAYABLE TO:** Columbia University Cycling Team  
**Mail completed [USCF Release form](#) and PEP number (for each rider) and check to:** Grant's Tomb Criterium, c/o Columbia U. Cycling Team, Dept. of Physical Education, 332 Dodge Physical Fitness Center, NYC 10027

**USCF RACE FEES/REGISTRATION:** \$18 entry per rider. All pre-registration for USCF races must be done through Bikereg.com. Race day registration will be available from 7:00 AM and will close one half-hour prior to the start of the race in which one is entering. Day of registration will include a \$5 late fee. Unattached riders will be charged an additional fee of \$5.00 per race.

**RACE RESULTS:** Results and finish camera by Pioneer Event Promotions (PEP) of Northampton, MA. Results will also be posted online by Monday, April 1<sup>st</sup>

**PARKING:** Participants have reserved parking on the Riverside Drive viaduct from 135th Street, all the way south to the race turnaround on the northern end of the course at 125th Street. This viaduct will be open only for participant parking.

**INFORMATION:** Contact Andrew Moran at [aem35@columbia.edu](mailto:aem35@columbia.edu), or call at 1-212-280-3444.

of the knee, along with hip rocking and "sensitive" area discomfort. If you have pain in the front of the knee, the seat may be too low. Hamstring flexibility also plays a major role in proper seat height. Improper cleat position or pedal float can cause discomfort on the inside or outside of your knees. So be sure your cleats were mounted properly for your stride type. If you walk with your toes out or in, this should be considered in aligning your cleats. Otherwise you will be fighting your body's natural movement and range of motion.

I see a lot of our riders with a "comfort" fit; high handlebars bringing their back almost perpendicular to the ground. This position looks great for flat-land riding, like at the shore. But when in the hills this position will cost you plenty of power and added discomfort. Let me explain. The largest muscle group we use for cycling is the gluteus maximus, the butt. The gluteus maximus is not called into action until the hip is flexed in excess of about 45 degrees. For example, sit with your back straight up in a chair then try to stand out of the chair and notice what direction your back moves. It moves about 45 degrees to your hips for the gluteus maximus to activate and raise you out of the chair. Pretty cool, huh? Now try getting up without leaning forward, welcome to the "comfort" position that is used for climbing hills.

So, if you are one of these "comfort" riders, I bet your wrists and neck start hurting after a longer ride. How do I know this? You can't stop your body from naturally wanting to lean forward as you climb, just like getting out of the chair. So what is happening, is your body naturally leans forward and puts too much weight on your wrists because your bars are too high and close to your chest. A properly positioned handlebar will alleviate these issues.

Neck pain is another common cycling complaint brought on by a poor fit. Neck pain is usually a symptom of an inflexible body put on a bike that is too long or too low. How does this happen you ask? If your hamstrings are tight or your hip flexors have a limited range of motion or your lower or upper back is tight or you have weak stomach muscles, these conditions all limit your ability to rotate your pelvis, activating your gluteus maximus. These conditions will round your spine and cause your neck to hyper extend, thus giving you a pain in the neck. Sounds

## American in Italy - Tall Guy Wants to Race

*(Dan Plitman moved to Italy in December with the aim of joining an amateur racing team. He's 6'7" and was a member of CRCA in 2001. He's staying in Imola, about 25 miles southeast of Bologna and keeping a record of his experiences - we received 30 pp. of e-mail recently. Some names are not properly identified but that is in keeping with the folksy tone of the narrative. We hope we've kept the most interesting parts below and will try to have more biographical information in the next installment. Ed.)*

Well I finally made it. The trek from Milano to Imola was not as bad as I expected.

I was in the gym first thing Wednesday - Italian style, the gym does not open up until 10 AM. Plus their gyms are really way behind when it comes to equipment and I feel like a giant in a playground, but I managed to do my entire workout in Kg without injuring myself. I also managed to impress the entire gym squatting over 300 lbs. I guess they are not used to that even though they have a big photo of Marco Pantani (who lives nearby) doing leg presses.

I especially enjoyed my first ride in the afternoon on the plains. Talk about flat. I never stopped pedaling. I especially enjoyed getting honked at, at a light by an old man giving me a thumbs-up. I wish Americans drove a fraction as well as the Italians.

Today I ventured into the valleys, but not up the mountains. Boy am I going to get my ass kicked here if I do not drop at least another 20 lbs.

It has been nice and cold. It is snowing tonight. It figures, I would leave NY for warmer weather and the place I go to is having a colder winter than usual.

Well this Saturday I am going out riding with a group of guys. One of them is called Romano. He is on one of the top Amateur teams in Italy and supposedly he will be helping me get set up on a team here.

You cyclists you will appreciate this: I

complicated, but it is pretty simple. The bottom line is we need to be aware of our body's limitations before we can determine what is the best bike fit for our cycling pleasure.

If you are interested in getting a bike fit, please contact me. ¶

took my bike into the shop for a quick gear check and they worked on it for 15 minutes. No charge. How do you like that?

Well it's me again. I went riding with the Italian crew on Saturday and Sunday. It is nice to know that every town has it's own Dan (tall guy who pulls everybody). The ride was fun. There were some pros and they just kept it at a steady 20-23 mph. Of course when it was my turn to pull I had no idea where I was going and they told me at the last minute to go straight, but I turned. I kept it at 23 mph, but apparently it was too fast and they yelled at me "despacio" (slow down). See I am learning Italian already. I also know how to say "look out", just not to spell it.

Overall the ride was not too fast. It was 34 degrees on Sat. and 32 on Sunday so they did not hammer.

Not knowing Italian is a real problem, but I am diligently working on it. I met another New Yorker here who lives in Bologna. He is an artist who has a show on Tuesday at a restaurant in Bologna. There are going to be a lot of good looking women there, I am hoping to meet an Italian tutor.

Some bad news, I bruised my knee somehow and I had to take the day off. I might even have to take tomorrow off. It is all I think about. I hope it is nothing. Until next time.

A little extra for the cyclists. The team that I might ride for is sponsored by Shimano. How do you like that. A diehard Campy guy in Italy and he might ride for the enemy. Plus I am going to be introduced to the head Mercatone Uno mechanic who is selling a ton of stuff, bikes, groupos, wheels and clothing. It is unbelievable. Of course I am just looking.

Keep up the miles. I know I will. Already lost a couple of pounds. Dan

Email Four

Hey everybody!

It feels like it has been a long time since I sent you all an email. I hope you all had a good holiday. On Christmas Eve I was invited to go with my American friend, Roberto, and his wife Lorenza to a small rustic restaurant in the mountains. They met up with about another 10 friends. What a night. It was a long meal, which started with a lot of talking and drinking for at least an hour and half before we ordered anything. The Italians sure do

*(Continued on page 7 . . .)*

**Tall guy in Italy, (. . . cont'd from page 6)**

love their vino. Here a typical meal begins with pasta. Unlike in the US where they serve you over a pound of pasta here they give you about 100 grams. A normal sized portion. The pasta was amazing. Mine was made with truffles and olive oil. Next we had three different kinds of grilled meat, eggplant, tomatoes and French fries. For a little dolce I had this amazing concoction created out of mascarpone cheese. I couldn't resist. We finished the dinner off with about two hours of singing while one of the people played a guitar. It was a lot of fun. So much energy. They all went to midnight mass after that.

You might be wondering how my knee is. Well I took five days off and returned to the bike on Wednesday. for a two-hour ride that ended in a half hour of freezing rain, but my knee held up to the job. I was riding with Roberto who needless to say was not happy about the weather. When we got back to Imola, I actually had a smile on face and could have kept on riding for another one-two hours. He was extremely annoyed. Later that night my knee was hurting again so I went to see a doctor.

The doctor said that I irritated a ligament and caused an abrasion to my cartilage in my knee. She told me to take another 10 days off with stretching, massage, applying heat and taking some anti-inflammatories. In ten days I will try the bike again. If it is still a problem then she will send me to see the Mercatone Uno team doctor. I sure hope that the knee just heals by the end of the ten days. I am pretty confident that it will heal because when I took the 5 days off it felt better. This is really annoying, but on the brighter side it has given me even more time to learn Italian.

I have realized that the Italians do not know that a little ring exists. These guys ride in the big ring all the time. Slow and fast. The only time they use their little ring is for climbing steep hills or mountains. Plus you'll love this. When I meet people and they find out that I ride their first question is what size is my bike and the second one is what is the smallest cog on my bike. I tell them an 11 and they say ohhhh. You see in Italy, unlike America, you do not ride with gears you never use. That is why Roberto rides with a 13 X 23.

Here is a second email for the week.

The great news is that I rode for the first time today since I took off for my knee and everything is fine. I only did two

hours, but it is still a good sign.

Last Thursday I had to deal with the Italian bureaucrats. Apparently in Italy all tourists have to register with the Polizia di Stato within eight days after arriving. When you check into a hotel, the hotel registers you, but if you are staying on your own you are required to register. If you are stopped by the police and do not have proof that you registered then you can be deported. This is how the Italian government tries to keep track of who is here and where. My Italian is coming along. Now I don't just point at what I want, but I can actually ask for it. I have a long way to go, but it is pretty exciting to see the progress.

I can't believe I have already been here for a month. Last week in Bologna I passed some American tourists speaking English it felt good. A month is not that long, but you sure do miss the simplest things such as understanding what peo-



ple are saying.

I spoke too soon last email telling you that my knee was all right. Later that night my knee started to hurt again, so I did not ride on Tuesday and went to Dottore Marco Magnini, Mercatone Uno's team doctor. His office was very impressive. He had signed autographs from many top pros as well as badges from so many famous races. His office was filled with all the testing equipment you could imagine.

His verdict was that I needed 20 days off the bike with ultrasound therapy. He also recommended laser therapy, but it does not fit into my budget so I am going to be doing just the ultrasound. He could see that I was very distressed with the idea of taking 20 days off the bike and he assured me that I would not lose my fitness since I had 10,000 miles in my legs in 2001. He did say that I would be a month behind other racers, but that would just mean that I would peak a little later. I worked everything out on paper and if I start rid-

ing again on Jan. 28th and my knee doesn't cause me any more problems then I will still be ready to race at the end of Feb. even though I will not be at my best.

In the meantime he recommend that I swim to feel like I am doing something and ease my mind. So, I went to buy a bathing suit. Remember where I am, the land of the Speedo. I asked for a bathing suit and the guy gave me a tiny Speedo that I wouldn't be caught dead in. I asked him for shorts and he gave me a bathing suit that is the equivalent of a Speedo made as shorts. That is what I ended up with.

Well it has been a week filled with ups and downs, but at least my knee seems to be on the road to full recovery. I went riding for two hours on Monday, Tuesday and Thursday, I put in three hours on Wednesday, two hours Saturday with the Italian crew and Sunday I rode another five hours. With York's (my good friend and riding buddy in NY who introduced me to Roberto) advice I have completely taken off Monday and will be back on the road Tuesday.

The first few rides were spinning easy in the foothills and then I increased the intensity as the week went on. My heart rate has been too high for the amount of power I am producing, but I can feel that the fitness is still there and it will take me a couple of weeks to get back to good form. I have already seen exponential improvements over the past week.

Now that the Italians have been hammering for a month while I was off my bike for exactly 36 days I was going to ride with them. That is a long time to be away from training. I was expecting to get my ass kicked. I thought they would start out on the flats and then do a little rolling terrain so at least I would have the opportunity to hang for a while. The Peloton was 60+ strong and we went straight to the hills. We hammered up the valley towards a town called Castel de Rio where we would climb a six km mountain and then descend down the other side to a valley that would take us to Castel San Pietro and then a few little hills on the way to Imola. As we rode up the canyon I just sat in the pack behaving myself even though my Heart Rate was over 150 the whole time then when things got heated up my heart rate went to 160-170+. I was surprised to see that I was keeping up with the pace and passing people on the short hills that we encountered in the valley. I even helped chase down a couple of

*(Continued on page 8 . . .)*



## 2002 Team Cup Points Rules

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

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. 75, 4. 70, 5. 60, 6. 55, 7. 50, 8. 45, 9. 40, 10. 30.

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

### 2001 Team Cup Points

Men's teams	3/31	7/28	8/18	9/8	Total
Remax	-	125	135	185	445
Dash/Renaissance	200	-	125	75	400
Axis-Furniture	50	225	30	100	375
SBCG	160	-	40	125	325
Gap/Strictly Bikes	45	115	40	30	235
MoneyGram	85	50	-	50	185
Metro/Sanchez	110	-	-	55	165
Union Square	-	-	70	-	70
CRCA	-	-	55	-	55
Bennett's	-	-	50	-	50
<b>Women's teams</b>					
Dash/Renaissance	200	225	165	200	790
Setanta	75	95	150	155	475
RLX/Polo Sport	-	55	120	75	250
SBCG	65	65	-	65	195
Axis-Furniture	-	70	70	25	165
Gap/Strictly Bikes	100	-	-	-	100

Compiled by Ann Marie Miller

### Tall guy in Italy, (. . .cont'd from page 7)

breaks (I couldn't help myself). We were about half a kilometer from the infamous climb, which I have never done and these guys have grown up on. Apparently the best time up it is 15 minutes by Fontanelli, a Mercatone Uno rider. I turned to Roberto and said, "Two more turns in the road and then we start the climb, right?"

"Yeah, and they are going to hammer, see how long you can hang."

"I am just trying to bring my heart rate down before the climb."

And then we hit the climb. To my surprise they did not tackle it like crazy right from the first hairpin. My heart rate started to rise to over 170 and I was breathing like someone having an asthma attack. A small elite group rode off and I just focused on setting my own pace, then all of a sudden I felt good so I dropped it two more cogs and started to move up the stragglers. I was making up time on the leading group and then I just (Sorry, no more space.)

### Collegiate racing, (. . .cont'd from page 1)

ing forward to the uphill finish on which only the strongest sprinters can win."

This partnership between CRCA and Columbia is unique in that no other school in the ECCC is jointly hosting a race with a USCF club. "The main obstacle in building a partnership between a collegiate cycling club and a USCF club is that collegiate riders come from throughout the country, and most USCF clubs are local", states Tyler. Despite this obstacle, more collegiate clubs should seek to partner with USCF clubs. "A steady relationship with a USCF club", Tyler continues, "would provide collegiate riders with an invaluable opportunity to race the USCF circuit, a crucial stage of any rider's development."

On March 30th, there will certainly be a handful of riders who have already benefited from CRCA's ability to develop new riders through its ambitious club race schedule, coaching opportunities, and general support for collegiate racing. Collegiate riders in the NYC-area are fortunate to have access to such a dynamic club.

Brian Carolan

# Marshal assignments

## Saturday, March 2 Scratch Race Start: 6:30 a.m.

Umberto Arpaia  
Thomas Bolster  
David Cavallo  
Greg Fiore  
Carl Franzetti  
Robert Gray  
Gary S. Keblish  
Andrew McDade  
James M. McDade  
Bob Nelson  
Masahiro Ogyu  
James Oszlak  
David P. Peter  
Oscar Rosales  
Kenneth Shidler

## Saturday, March 9 Scratch Race Start: 6:15 a.m.

Peter Anderson  
Bodil Arlander  
David Blume  
David DeVries  
Marc Dodge  
Jaimie Epstein  
Denis Finnin  
Jon Hicks  
Robert Horton  
Frederick Horwood  
Ron Kahn  
Daniel Klein  
Cindy Ma  
Andrew Moran  
Tim Nilson  
Masahiro Ogyu  
Rob Rigg  
Kenneth Shidler  
Philip Soroka  
Robert Stern  
Kam Tai  
Paul D. White Jr.

## Saturday, March 16 Points Race Start: 6:00 a.m.

Thomas Bolster  
Paul Carbonara  
David Cavallo  
Toby L. R. Crane  
Greg Fiore  
Rich Fleischer  
Carl Franzetti  
Jon E. Gautier  
Todd German  
Stephanie Gould  
Justin Holmes  
Gary S. Keblish  
Patrick Kehoe  
Thomas L. Kempner Jr.  
Tom Kleinberger  
Andrew McDade  
Kevin Molloy  
Jane Moloney  
Bob Nelson  
Michael Nitabach  
James Oszlak  
Corey Pendleton  
Dexter Richards  
Oscar Rosales  
John W. Santos  
Pascal Sauvayre  
Bruce Weyman  
Christopher Yack

**Dress warmly!  
You'll be stand-  
ing in one  
place and it can  
get cold out  
there.**

## Saturday, March 23 Team Cup Race Start: 6:00 a.m.

Peter Anderson  
Tyler Bertram  
David Blume  
Enrique Cubillo  
Marc Dodge  
Thomas Egan  
Jaimie Epstein  
Denis Finnin  
Charles Hanson  
Ralph Hassard  
Jon Hicks  
Robert Horton  
Daniel Klein  
Gregory Lee  
Cindy Ma  
Andrew Moran  
Tim Nilson  
Patti O'Brien  
Jack O'Connor  
Rob Rigg  
Jay Rosen  
Mitchell Rosen  
Christopher Ryan  
Jeffrey Shandel  
David Smith  
Robert Stern  
David Taylor  
Roman Vasserman  
Paul D. White Jr.

## Saturday, April 6 Scratch Race Start: 6:00 a.m.

Umberto Arpaia  
Lance Ball  
Arthur Berger  
Paul Carbonara  
Toby L. R. Crane  
Louis Debattista  
Thomas Egan  
Joseph Feintuch  
Rich Fleischer  
Jon E. Gautier  
Stephanie Gould  
Charles Hanson  
Ralph Hassard  
Reem Jishi  
Patrick Kehoe  
Jane Kenyon  
Benny Ma  
Patti O'Brien  
Corey Pendleton  
Dexter Richards  
Pascal Sauvayre  
Sarah Sauvayre  
Jeffrey Shandel  
Andy Shen  
Todd Stodolski  
Kam Tai  
Trevor Taylor  
Vinny Vicari  
Bruce Weyman

Steve Anzell is marshal captain 212.794.3603. 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.

## Saturday, April 13 Scratch Race Start 6:00 a.m.

Salvatore Abbruzzese  
Chris Agostino  
Tyler Bertram  
Joe Coleman  
Brad Cronk  
Enrique Cubillo  
Mark Curley  
James Curry  
Robert Fineberg  
David Glass  
Craig Goodstein  
Stephen Jamison  
Thomas L. Kempner Jr.  
Lars Klove  
Kristen LaSasso  
Tom Laskey  
Gregory Lee  
Kevin Molloy  
Glenn Muscosky  
Michael Nitabach  
Jack O'Connor  
Aaron Pomeroy  
Catherine Powers  
Mitchell Rosen  
Christopher Ryan  
Elizabeth Seward  
David Smith  
Philip Soroka  
Christopher Yack

## Saturday, April 20 Team Cup Start 6:00 a.m.

William Adams  
Steven Andrews  
Lance Ball  
Edward Bennett  
Arthur Berger  
Johan de Muinck Keizer  
Louis Debattista  
Joseph Feintuch  
Stephen Flynn  
Bruce Friedman  
Todd German  
Eddy Hernandez  
Frederick Horwood  
Reem Jishi  
Ron Kahn  
Jane Kenyon  
Nate Kokinda  
Torrey Lincoln  
M. Justin Lubeley  
Benny Ma  
David May  
Leon Moser  
Dan O'Donnell  
Sean O'Hearen  
David Ottavio  
Andres Piedrahita  
Eric Prosnier  
Hanna Robson  
Andy Shen  
Mark Siega  
Todd Stodolski  
David Taylor  
Trevor Taylor  
Vinny Vicari

### SUBSTITUTE MARSHALS FOR HIRE

Jenny Alexander, 212.744.7863  
Gary Bennett, 718.956.3539.  
Marie DeRosa, 212.799.5064, <mastermdr@aol.com>.  
Abdone Estrada, 201.868.4640.  
Dan Finton, 212.489.6980  
Diane Goodwin, 212.875.9547.  
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.

## 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**. ¶

## CRCA Clothing

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

**Total**      \$      \_\_\_\_\_

Send checks, payable to CRCA, to:  
Kristi Halpern  
106 Summit St.  
Oyster Bay, NY 11771-2319

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

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*March 2002*

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