



# Century Road Club Association

June 2003

## July 19 Celebration of Central Park Sesquicentennial!

By John Tomlinson

This year is the 150th Anniversary of Central Park, and the Central Park Conservancy is organizing a variety of activities to mark this important milestone and to raise money for the park. Details are online at [www.central-parknyc.org/150home/](http://www.central-parknyc.org/150home/).

While these activities are happening all year long, July 19 is going to be the date of a Park-wide Celebration. There will be music, a dog parade; a four-mile walk/run; playground parties with jugglers and magicians, a world-championship archery competition, a discovery hunt for children and more.

CRCA will have the opening that day with our club race and a cycling clinic and fun ride for kids put on with help from the CRCA-Bennett's team. If you have any friends who have never seen a race before, this will be an ideal day to get them out to the park. The race will be a points race, which is good for spectators, and we'll

have an announcer on hand to explain what's going on.

As always, CRCA is looking for contributions from our members for the Park. If you'd like to donate to this cause, send a check made out to the Central Park Conservancy to the CRCA mailbox — I'll pass it along to the Conservancy and be sure they know that you're a CRCA member, which is good for the club, and you get a tax-deduction.

Also, if you know of a business that might be interested in contributing to the celebration, perhaps to get T-shirts for the kids at our clinic with an additional cash donation to the Conservancy, let me know (tel 212 362-1608, email [publicrelations@crca.net](mailto:publicrelations@crca.net)). They are doing a lot of publicity about the event and there will be much larger publicity of contributors than in the past, including some signs in the park on the 19th.



The A race field sprinting for points during the March 29th points race.

## Racing into Shape

From Dan Plitman <[danplitman@yahoo.com](mailto:danplitman@yahoo.com)>, who has been recovering from a sore knee, still in Italy and still making the grand try.

I have not written to you guys for a while because I have just been disappointed with myself. The last thing I wanted to do was write about my pathetic rides. As you all know I was off the bike for a long time because of my knee and for a while there I thought things would never be normal again, but at least I am pleased to tell you that the knee is back to normal, no pain at all. "Knock on wood!"

While off the bike I gained over 10 lbs and completely lost my fitness. I have been working super hard to get back into shape with out over doing it and falling into the abyss of overtraining. It has been an unbelievable struggle. I find it amazing how people like Bartoli or Mussiew can come back from completely reconstructed knees or broken pelvises.

Since I have the biggest race of my life on May 18th, the Milk Ras in Ireland, I have been stressing to just get myself fit enough so that I finish with the group. In the beginning of the year I had big goals for that race, but for now all I want to do is finish with the group. There are 9 days left and I am still way behind. I have been using racing as my way of getting back into shape and boy can I tell you it really sucks.

I can't tell you how many times I have wanted to stop and just throw my bike away and quit not only the race, but racing altogether. I have pushed myself to tears up some of these climbs. The guys who design these courses just love throwing in that one last climb to try and break the unbreakable and in my case (slow and fat rider) obliterate the weak.

I have skipped a lot of the details for the races, but I felt obligated to write since so

(continued on page 6...)

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

Deadline for July 2003 issue is June 23

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# CRCA Coaching June Schedule

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.

**Monday, June 2.** Nina Strika (ninastrika@hotmail.com). Women's Session—Time trial preparation for the club ITT on June 21. 6:50 am sign up at the top of Cats Paw Hill, 79th St. Two laps one hour. Discussion on how to ride a time trial, standing start practice and more. Moderate intensity (depending on pedestrian traffic) Rain cancels.

**Tuesday, June 3.** Deirdre Murphy (rainbow97@att.net). 6:00 pm sign up at the New Jersey side of the George Washington Bridge. Speed drills and sprinting. Workout incorporates theory and practicing the finish of a race. Rain cancels.

**Wednesday, June 4.** Zoltan Tisza (TZoltan@aol.com). 5:50 am sign up at Tavern on the Green. One lap warm-up, then interval work with pace lines, including simulations of breakaways and attacks. We will also cover how those within a breakaway can work efficiently together, using a pace line to make the breakaway successful. Rain cancels.

**Monday, June 9.** Deirdre Murphy (rainbow97@att.net). 6:50 pm sign up at the Boat House. Cornering Skills. Workout incorporates theory and practice. Learn how to pedal through turns and pass your competitors. Rain cancels.

**Tuesday, June 10.** George Suter (georgesuter@thinkinknyc.com). 5.45am sign up at the top of Cats Paw Hill, 79th St. Learn how to launch breaks successfully. Tips and techniques on riding in a break. Rain cancels.

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

**Wednesday, June 11.** Kurt Gustafsson (gustafss@concentric.net). 5:50 am sign up at the top of Cats Paw Hill, 79th St. Paceline drills and tempo riding. Rain cancels.

**Monday, June 16.** Nina Strika (ninastrika@hotmail.com). Women's Session—Climbing technique. 6:50pm sign up at the top of Cat's Paw. Two laps plus hill repeats up 110th street (three-four times up). Climbing technique (sitting, standing, and transitions). This is a skills session, not a workout! Easy intensity (unless you choose to go hard). Rain cancels.

**Tuesday, June 17.** George Suter (georgesuter@thinkinknyc.com). 5.45am signup at the top of Cats Paw Hill, 79th St. TT skills: how to scrub a few more seconds off your time. Rain cancels.

**Wednesday, June 18.** Kurt Gustafsson (gustafss@concentric.net). 5:50 am sign up at the top of Cats Paw Hill 79th St. Paceline drills and tempo riding. Rain cancels.

**Monday, June 23.** Nina Strika (ninastrika@hotmail.com). Women's Session—River Road Ride! Meet at 6:30pm on the NJ side of the GWB

One and a half to two hours. River Road out to Alpine, back on 9W. Putting it all together, this is our culminating ride. We'll ride the hills of River Road and paceline back on 9W. Please bring a blinkie light! Moderate to high intensity—challenge yourself if you want to, or go for a social recovery ride. Rain cancels.

**Tuesday, June 24.** Deirdre Murphy (rainbow97@att.net). 6:00 pm sign up at the New Jersey side of GWB. Speed drills and sprinting. Workout incorporates theory and practicing the finish of a race. Rain cancels.

**Wednesday, June 25.** Zoltan Tisza (TZoltan@aol.com). 5:50 am sign up at Tavern on the Green. One lap warm-up, then interval work with pace lines, including simulations of breakaways and attacks. We will also cover how those within a breakaway can work efficiently together, using a pace line to make the breakaway successful. Rain cancels.

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>.



Prizes generously provided by these sponsors and supporters of women's racing: Team Estrogen; Piermont Bicycle Connection; Boulder Bars; Metro Bicycle Stores; Sanchez Computer Associates, Inc.; Litespeed; E-caps; CYCLES LA FEMME; and Eric Carlsson LMT of Massage Artistry.

# Women's Beginning Bicycle Racing Clinic

SATURDAY JUNE 14TH 6:00 AM CENTRAL PARK NYC

*Have you ever been tempted to try bicycle racing?*

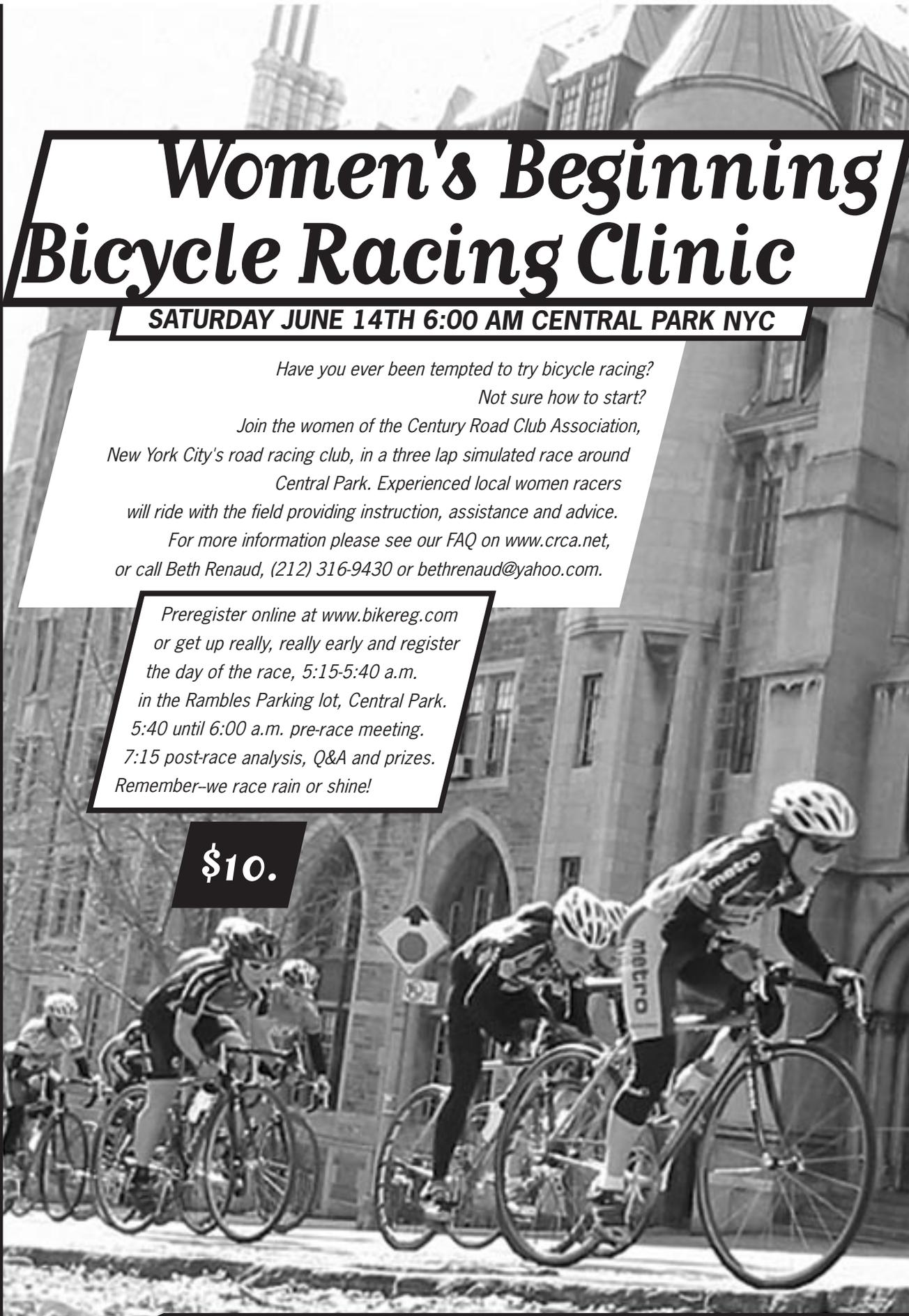
*Not sure how to start?*

*Join the women of the Century Road Club Association, New York City's road racing club, in a three lap simulated race around Central Park. Experienced local women racers will ride with the field providing instruction, assistance and advice.*

*For more information please see our FAQ on [www.crca.net](http://www.crca.net), or call Beth Renaud, (212) 316-9430 or [bethrenaud@yahoo.com](mailto:bethrenaud@yahoo.com).*

*Preregister online at [www.bikereg.com](http://www.bikereg.com) or get up really, really early and register the day of the race, 5:15-5:40 a.m. in the Rambles Parking lot, Central Park. 5:40 until 6:00 a.m. pre-race meeting. 7:15 post-race analysis, Q&A and prizes. Remember—we race rain or shine!*

**\$10.**



Presented by the CRCA Metro-Sanchez and Radical Media Racing Teams.

# MEN'S BICYCLE RACE CLINIC



## WHERE REGISTRATION START/FINISH

**Central Park, East Drive at 79th Street  
The Rambles Parking Lot, Central Park, New York City  
Saturday, June 28th 6am to 9am**

## WHAT YOU'LL DO

Learn the fundamentals of bike racing! Participate in a simulated road race! 3 loops of the Landmark Central Park loop – fully marshaled with pace vehicle and coaching Expert racers will guide you throughout Pre-race clinic and post-race recap

## PRIZES FOR WINNERS

Lots of free stuff!  
Open to men 18 and older. Bicycles must have front and rear brakes, no aerobars

## ENTRY FEE

**\$5.**

## INFO?

**For more info and updates visit  
the CRCA website: [www.crca.net](http://www.crca.net)**

SPONSORED BY

**MoneyGram**  
International Money Transfer



**For more information contact 'Race Clinic' at (718) 585-3943**

## 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.

## 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: Deda "Blackstick" Carbon Seatpost for approx. \$100, used 1x, 27.2 Janet, Work #212/420-2883

## More on Night Ride

Long days are here, which gives us more time to get out of town and train in New Jersey or other places out of town on weeknights and mornings. That's good. But the Central Park Night ride remains a problem. The Central Park Conservancy and Parks Department, which give CRCA permission to race in the Park, has complained to the Club about the Night Ride.

They don't have a problem with it from February through November, when the Park is relatively empty. But when the weather is nice, it's a problem. And if someday there is a serious accident with participants in the Night Ride and some other Park user, CRCA could lose permission to put on races. That would be terrible.

At its May meeting, the CRCA board agreed that if a club member gets a ticket for unsafe riding on park drives and is convicted, he/she will be suspended. So please, don't do the Night Ride.

## Board Meeting Minutes

The monthly meeting of the CRCA Board of Directors was held March 31. Present were Jim Boyd, Frances Harrison, Marc Mauceri, Leon Moser, Todd Sammann, Ferdie Scharf, John Tomlinson and Jeff Vogel

Marc initiated a discussion on whether Team Cup races for women should be limited to 6 riders per team. He said there are so few races exclusively for women that he didn't think it would be fair to exclude some women from these races. It was agreed that he would poll team managers of those teams with women to help make a determination of what our policy should be.

The Board agreed that if Jim felt it was too difficult to run multiple points races on the same day, Jim, Eugene and Jeff will determine when to reschedule this and future points races for the B's and C's.

The May 2003 Harriman race was discussed. The issues involved were:

- The loss incurred during last year's race;
- The fee to be paid to Sparta/John Eustice to promote this year's race;
- The date: Sat May 10 vs Sun May 11 (Mothers Day)

Jeff presented the 2003 budget as prepared by Joe. It shows a projected surplus of approximately \$2,700 for the year.

The Board authorized Frances to be a second signatory on the CRCA checking account, so that coaches could be paid sooner and in case of emergencies. Jeff will contact Joe to make arrangements.

Jeff discussed his findings of 501(c)(3) vs 501(c)(7) status for the club. The Board agree to have Jeff go ahead with the 501(c)(7) filing, with the possibility of forming a parallel 501(c)(3) organization in the future.

Frances gave an update of the Collegiate Rider Program.

Frances and Mark will manage a process to put together CRCA composite teams for men and women in one or two open races. The first such race will be the Wachovia Liberty Classic in Philadelphia in May. The club will provide \$500 for support for the team.

The question of our USCF insurance was raised. Jeff will contact Phil for a status report and will write to the USCF if necessary.

Marc described a problem arising out of the March 29 Team Cup race as it related to suspended riders. It was agreed that Marc would make the final decision on such matters.

Jim talked about a problem bringing the trailer into the Park—the trailer is unregistered. We will try to get the trailer re-registered and continue negotiating with the Park to allow our trailer to remain there on a permanent basis.

There was a discussion as to when a rider could pass the pace vehicle. The consensus of the Board was "never."

There was a brief discussion of the rule which states that "Category 2 and 3 riders are not permitted to win a B or C race." It was determined that this rule will stand with the exception being the "overflow field" on the days of Team Cup races, when Cat 2 or 3 riders may be forced to ride in the B race.

many people were starting to think that maybe I finally went off one of those hairpins on one of my descents.

### **Danny Clark**

Most of you or actually probably all of you with the exception of Jim Boyd and some of the rare old timers out there, would not recognize who Danny Clark is. Well he is on my team and he is 54 years old. He was one of the top track riders in the 70's & 80's not to mention a Six Day king. He has also won numerous World Championships and is a legend from Australia.

I met him at the Via del Salle Gran Fondo. The reason he is in Italy is because he has a girlfriend that is almost half his age who just happens to be an Italian from Forli. He raced for MG K. Vis in 2001 and after not racing for 2002 has returned to do another season with them.

Could you believe that he was nervous before the Via del Salle and I told him, "that he nothing to be nervous about. Anything he accomplishes now is just extra. He has already proven himself many times over."

It is nice having him on the team because I look up to a lot of the pros and it helps to get to know one or two of them more personally. You get to see that they are just like the rest of us, just awesome on the bike.

### **Training**

Now that my knee is all well and actually shows no signs of ever having a problem I have been training hard to catch up. To think I only did 340 kilometers for the month of March. Well in April I did over 2,500.

As I mentioned I have been using racing to get myself in shape. Every race has pushed me to my limits causing me to levels of suffering that I have never experienced before. On top of it all the one thought on my mind all the time is the Milk Ras stage race and how I will suffer there more than I have suffered to date.

It is May 7, 2003 and I have reached the weight that I was when I arrived here. I have been riding a lot with my teammate Fabrizio Aloisi. He is unbelievably strong. I

tried to convince him to come to the Milk Ras, but he has to do a race here in Italy that he can't miss. Some days I would go out and ride for 4+ hours doing a serious of climbs and then meet him in the afternoon to ride another 3 hours with climbing.

He too once had a knee problem so he can sympathize with me and he is always telling me to be patient and it will come. Well I always tell him that I have no patience.

### **Teammate smoking**

After my race at Valdagno I went back to the car with two of my teammates. One of them who won his category for the day pulled out a cigarette and started smoking. I couldn't believe my eyes. I just spent the day struggling like a dog and he finished over an hour ahead of me and he was smoking. When I told my other teammate that he was smoking he said, "only a little." The more I hang out with my team the more I am starting to believe this whole thing about being genetically gifted. In cycling nothing comes easy for me. I have to work hard to do well on the bike while some of these guys get it easy.

### **Valdagno**

Chris Teague can back me on this one. The last climb was torture and to make things worse just when you thought it was over you descended for a long time thinking it would bring you to the finish, but with 300 meters to go they made you take a left turn to do one last steep hill. I had some good moments, but over all I did not have it when I needed it.

### **S. Leornado**

This race was a short race. One of the races that lasts about an hour and averages 30 mph. It was very windy and I was dropped 3 laps into the race. My legs were stale because I had not ridden the day before.

### **Massalombarda**

Ironically I finished 15th here. The inconsistency is do to my lack of miles. I rode very aggressively and attempted to bridge up to the break a couple of times. On one lap I was off the front chasing the break and I came into this one turn way too fast. As I was coming into the turn I realized it and I mouthed the words, "Oh shit." Everybody who was watching the race from that corner could see that I was coming in too fast. Crashing was not acceptable since there were some nice objects to

slide into and so I started to pedal out of the turn early. I hit my pedal into the ground and it sent my rear wheel flying. I kept going as if nothing happened and from that point on all the people watching kept looking to see what I would do next.

My old team from last year won. I figured they would and I tried to follow their moves, but there were too many of them.

### **Autodromo**

Another pathetic race on the F1 track in Imola. My legs were dead and I got dropped. Actually it was the riders in front of me who caused gaps and I just couldn't close them anymore. Very disappointing because it is a really cool course.

### **Memorial Pezzi**

This Gran Fondo is put on by Mercatone Uno and starts in Imola. I knew the course really well and was hopping to finally have a great race, but it was not meant to be. I could not stay with the lead group up all the first climb and then I suffered up all the climbs from that point on. Three of them had 18% grade sections. I ended up putting in over 170 miles since I rode to the race and home. My teammate Marco Vergnani won the overall. He is an xpro who rode for Catinna Tollo and Amore Vita. He was impressed that I was riding to and from the race. He said keep it up and you will lose the weight in no time.

### **Deici Colli**

Well that means 10 peaks. Well this race never really happened for me because I ended up dropping out due to a mechanical problem. Before I dropped out I stopped for my teammate Fabrizio who had a flat. I offered him my wheel and he refused to take it. We stood there for 15 minutes arguing, but he still refused to take it.

Before the race I was looking at the course profile and even though the race is called Deici Colli there are way more than 10 climbs. They don't even count the first 30 kilometers which are all up hill. That is why I always find it funny back in New York the way we talk about these hills such as the state line hill, as climbs because here that would not be counted and would just be a bump in the road.

*(continued on page 8...)*

# Marshal Assignments

## Saturday, May 17

**Start: 6:00 a.m.**  
Salvatore Abbruzzese  
Stephen Badger  
Daniel Bernard  
Tyler Bertram  
James Bodnar  
Dennis Burns  
Susan Capozzoli  
Martin Clarke  
Steven Eick  
Mike Gacki  
Robert Guatelli  
Eileen Harrington  
Stephen Harvey  
Eddy Hernandez  
Gary S. Keblish  
Patrick Kehoe  
Lars Klove  
Robert Lattanzi  
John Loehner  
Christopher Loudon  
M. Justin Lubeley  
Martin Muoto  
David Ottavio  
Corey Pendleton  
Gary Rancourt  
Justin Reid  
Philip Soroka  
Craig Upton  
Daniel Weaver  
Edward Wyatt

## Saturday, June 14

**Start: 6:00 a.m.**  
Craig Abrams  
Bodil Arlander  
Jari Bartsch  
Sukhjeewan Basran  
Edward Bennett  
David Blume  
James Bolster  
Tom Bradford  
Nathan Brauer  
Christopher Byrne  
Pablo Diaz Castro  
Lorenzo Cavallaro  
Stephen Chang  
Mark Curley  
Anne D'Angelo  
Louis Debattista  
Joseph Feintuch  
Brad Foster  
David Glass  
Koquin Fung  
David Glass  
Brent Greenberg  
Frank Hannibal  
Justin Inglis  
Matthew Monson  
Rob Rigg  
Tony Settler  
Michael Sherlock  
Kam Tai  
David Taylor  
Jeffrey A. Terosky  
John Tobin  
Lee Winter

## Saturday, June 21

**Start: 6:00 a.m.**  
Len Battifarano  
David Blume  
James Bolster  
James Brennan  
Susan Capozzoli  
Brian Carolan  
Alexis Demopoulos  
Douglas Dicks  
Rich Fleischer  
Caryl Gale  
Scott Gregoire  
Stephen Harvey  
Tom Kleinberger  
John Kuhn  
Tom Laskey  
Torrey Lincoln  
Christopher Loudon  
Gerardo Martinez  
Keith McMahan  
Kevin Molloy  
David F. Monti  
Mike Moran  
John Olsen  
Richard Purdy  
Kristi Roberts  
Oscar Rosales  
Jay Rosen  
Andy Shen  
Timothy Spence  
Kimille Taylor  
Christopher Teague  
Vinny Vicari

## Saturday, June 28

**Start: 6:00 a.m.**  
Craig Abrams  
Bodil Arlander  
Cindie Baker  
Jari Bartsch  
Gordon Breed  
James Brennan  
Dean Brizel  
Christopher Byrne  
Paul Carbonara  
Pablo Diaz Castro  
Lorenzo Cavallaro  
Stephen Chang  
Anne D'Angelo  
Tristan Fausto  
Brad Foster  
David Glass  
Craig Goodstein  
Brent Greenberg  
Eileen Harrington  
Michael Henson  
Justin Inglis  
Matthew Monson  
Thomas Pennell  
Dan Plitman  
Jason Priest  
Justin Reid  
Rob Rigg  
Tony Settler  
Nathan Sta.ana  
Kam Tai  
John Tobin  
Daniel Weaver

## Saturday, July 12

**Start time: 5:45 AM**  
Jack Angevine  
Raymundo Aya  
Stephen Badger  
Olivier Baillet  
Sukhjeewan (Cindy)  
Basran  
Nathan Brauer  
Dean Brizel  
David E. Burns  
Jean-Rémi Champion  
Paul Carbonara  
Richard Cashin  
Christopher Chaput  
Toby L. R. Crane  
Scott Demel  
Jesus E. Espitia  
Robert Gray  
Eric Greenberg  
Christopher Griffin  
Sean Hourigan  
Petr Huppert  
Ian Jones  
Scott Klion  
Alison Lonshein  
John Luisi  
Benny Ma  
Conrad Meyer  
Ann Marie Miller  
Jason Priest  
Robin Read  
Richard Reyle  
Clyde Wardle  
Paul D. White Jr.  
Brice Wilson

## Saturday, July 19

**Start time: 6:00 AM**  
Anthony Alessio  
Jack Angevine  
Stefan Anninger  
Cindie Baker  
Joseph Brazil  
Gordon Breed  
Brian Carolan  
Richard Cashin  
Andrew Craighead  
Rodney Cutler  
Ivan Diaz  
Douglas Dicks  
Tristan Fausto  
Joseph Feintuch  
Caryl Gale  
Michael Henson  
Frederick Horwood  
Dwayne Lawler  
Keith McMahan  
Nanci Anne Modica  
Kevin Molloy  
Basil Moutsopoulos  
Rafael Polanco  
Richard Purdy  
Kristi Roberts  
Mitchell Rosen  
Timothy Spence  
Kimille Taylor  
Jeffrey A. Terosky  
Michael Toporek  
Eben Weiss  
Burroughs York

## Saturday, July 26

**Start time: 6:00 AM**  
Mete Basakinci  
Mariusz (Mark)  
Brinken  
David E. Burns  
Paul Casino  
Christopher Chaput  
Andrew Craighead  
Chad Davis  
Scott Demel  
David DeVries  
Stephen Flynn  
Jen Glabus  
Eric Greenberg  
Zui Hanafusa  
Julie Horowitz  
Sean Hourigan

Ira Krell  
Katherine Lambden  
Bronwyn Law-Viljoen  
Thomas Mattioli  
Andrew Moran  
Mike Moran  
Jack O'Connor  
Karl Rahn  
Richard Reyle  
Adam Seidman  
Nathan Sta.ana  
Christopher Teague  
Michael Toporek  
Brandon Watson  
Paul D. White Jr.  
Luke Williamson  
Christopher Yack

**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.** ¶

## SUBSTITUTE MARSHALS FOR HIRE

Jenny Alexander, 212.744.7863

Gary Bennett, 718.956.3539

Rick Box, 212.932.9776,  
<coreypine1@yahoo.com>

Abdone Estrada, 201.868.4640

Dan Finton, 212.489.6980

Mary Foti, 212.534.0935

Diane Goodwin, 212.9547

Lee Gorman, 718.645.6281  
<LeeBikes@msn.com>

Jill Gordon, 212.932.9776,

Kurt Gustafsson, 718 834.7861

Russell Jensen, 718.387.5715

Don Lathrom, 212.229.2350

Jen Mann, 917.723.5925

Robert McGowan, 212.876.1128,  
<RMcGo28716@aol.com>

Dominick Montgomery, 917.416.8511

Jane Monti, 212.888.3731,  
<JMonti@DellePro.com>

Catherine Parry, 212.534.7861

Brian Philip, 718.996.3758

Rebecca 'Sami' Sargent, 212.877.0503,  
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Prices start at \$30 and go up, way up. We need more substitutes. Call 212.222.8062.

### Maratona Abetone

This race was this past Sunday. I had big goals at the beginning, but they were quickly squashed once I got dropped from the main group along the valley. The unique thing about this race is that you climb up Abetone and then descend down the same side you came up. So as I was climbing I saw my teammates pass by in the other direction.

I have finally seen a little light at the end of this really long tunnel. It is just a slight flicker. After the last climb it was rolling terrain for over 40 kilometers. I was in a group of about 20 guys. The head wind was unbearable and these guys were having a hard time keeping it at 30-33 kph. I quickly sucked down the remaining honey, one Gu and an Enervit and pulled to the front. I then went to work. I pulled the whole line along at over 45 kph sometimes hitting over 55 kph. I happy to see that after all the climbing and racing that my legs were still able to put in a good effort.

Every now and then I would let the next rider pull through so that I could take a

small break. One of the riders said to me that I was like a moto. It was equivalent to motor pacing for him. At one point we were coming up to a turn and so I eased up and let the next guy come through. He ended up causing a gap and everybody in the group started yelling at him because they thought that he was trying to attack me. They thought it was disrespectful after I had put in all this work to bring them all home that he would try and attack. He quickly let them know that he was not attacking and moved back into the group. There was another group up the road and I set myself a goal to catch them before the finish. There were about 3K left. I caught them and kept the pace really high into the finish.

They all let me cross the line first. I immediately went to my team car and my team was there with the director. Two of the riders from my group came over to thank me and said all these nice things about me to my team and director. My director had a huge smile on his face and so that made my day. It was nice and all, but inside I knew the reality and the reality is that I just don't have it when it counts.

Oh yeah, I wanted to get some more miles in to burn some more fat so I rode home.

My team thought I was crazy, but I did it. There was a steady headwind the whole way home. I ended up putting in 310 kilometers (194 miles) for the day.

Sunday is my last race and I am hoping for a break through. I have been getting in some really long rides to lose more weight and I am hopping it all comes together for the Milk Ras. Like a switch has suddenly been turned on.

### Another ride to Firenze

Yesterday Fabrizio and I rode to Firenze. We climbed up to Piazza Michel Angelo and also visited the Piazza Donne. 224 kilometers. The ride was great, I only sucked on the 10 kilometer climb back from Firenze.

Well until next time. I promise to bring some of the summer back with me. Yesterday it was over 36 degrees Celsius which is over 100 degrees Fahrenheit. I look forward to seeing you all soon.

## Local Race Schedule

(CRCA club and open 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
*Sunday, June 1	Hillburn Criterium	Hillburn, NY
Saturday, June 7, 5:30 am	Empire State Games Qualifier, NYC region	Prospect Park
Saturday, June 7	JDRF Team Trial Challenge (732.427.3002, days; jdrf_ttt@yahoo.com – www.3dracingteam.com/2003ttt.htm)	Allentown, NJ
<b>Saturday, June 14, 6:00 a.m.</b>	<b>Scratch race:A field, 7 laps, Team Cup Pts.; B, 6; C, 5; Women, 5</b>	<b>Central Park</b>
<b>Saturday, June 21, 6:00 a.m.</b>	<b>Individual TT, two laps, all categories</b>	<b>Central Park</b>
<b>Saturday, June 28, 6:00 a.m.</b>	<b>Scratch races, A field, 7 laps; B, 6; C, 5</b>	<b>Central Park</b>
*Sunday, June 29	Squiggle Road Race	Prospect Park
<b>Saturday, July 19, 6:00 am</b>	<b>Points races A, B, C, 40+</b>	<b>Central Park</b>
<b>Saturday, July 26, 6:00 am</b>	<b>Scratch races A, B, C, Women</b>	<b>Central Park</b>

\* Further information from Anthony Van Dunk, 718.522.7390, www.avdgraphics.com.

# CRCA New Members Q&A Ride Saturday June 7, 8:00 AM

**From the Rambles Parking Lot (East Drive near 79th Street)**

Join members of CRCA/VisitBritain.com on this informative ride. Here's your chance to have all of your questions answered. We'll have all the info on joining a team, upgrading, coaching, USCF rules, CRCA rules, and more. We'll be taking 9W both ways with a stop in Nyack, so there will be plenty of time for all your questions. This will be a moderate tempo ride at a conversational pace. It is NOT a training ride. And, while it is designed for new and prospective members, everyone is welcome to join us. Also, mark your calendars for Saturday June 14 and June 28. The CRCA will be holding a clinic for new racers along with a simulated race those mornings – June 14 for women, June 28 for men. For questions about today's ride contact Jeff at 718-275-6978 or [President@crca.net](mailto:President@crca.net). For more info on the June 14 and 28 Race Clinics go to [www.crca.net](http://www.crca.net).



## May 17 Club Race

### A Field, 7 laps, For Team Cup Points

1. Anthony Alessio, CRCA/Remax, 125 points
2. Ray Diaz, CRCA/Gap/Strictly Bicycles, 100
3. Leon Moser, CRCA/Breitling/Tradeware, 80
4. Rob Rigg, CRCA/Sakonnet Technology, 65
5. Robert Lattanzi, CRCA/Next, 55
6. Kevin Molloy, CRCA/Sakonnet Technology, 45
7. David Cavallo, CRCA/Magic Blue-Ribbon, 40
8. Keith Ryan, CRCA/Axis, 35
9. Mark Brinken, CRCA/Remax, 30
10. Aaron Pomeroy, CRCA/Team Run Media, 25

### B Field, 6 laps

1. Matthew Howard, CRCA/Merrill Lynch
2. Rolando Ocampo, CRCA/Bennett's
3. Michael Sherry, CRCA
4. Vinnie Vicari, CRCA/Sanchez/Metro
5. Mark Allebach, CRCA

### C Field, 5 laps

1. Gordon Breed, CRCA
2. David O'Brien, CRCA
3. Rodney Cutler, CRCA
4. Christopher Loudon, CRCA
5. Anthony Falk, CRCA
6. Timothy Collins, CRCA

## CRCA TEAM CUP STANDINGS (through 5/17)

Men	3/29	5/17	Total
1. Sakonnet Technology	205	110	315
2. ReMax	40	155	195
3. Breitling/Tradeware	100	80	180
4. Magic-Blue Ribbon	80	40	120
5. NEXT	55	55	110
6. Renaissance	65	--	65
7. Axis	--	35	35
8. Foundation	25	--	25
9. Run Media	--	25	25

Women	3/29	Total
1. EAS/Fitness	225	225
2. Sanchez/Metro	135	135
3. Radical Media	100	100
4. Conrad's	45	45
5. Axis	40	40

## CRCA Clothing

Jerseys, short slv (xs-xxl)	\$45
Jerseys, long slv (s-xl)	65
Shorts (m-xl only)	38
Skinsuits (s-m-l)	90
Bicycle Caps (New!) <i>(shipping incl. for caps)</i>	10
Shipping	4

**Total**      \$      \_\_\_\_\_

Send checks, payable to CRCA, to:

Kristi Halpern

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Oyster Bay, NY 11771-2319

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

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*June 2003*

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