



Century Road Club Association

April 2003

Columbia U. Grant's Tomb Crit *in open races, pretty much a CRCA affair*

By Brian Carolan

On Saturday, March 22nd, in the middle of that collegiate ritual known as Spring Break, Columbia University and CRCA co-hosted the 2003 Grant's Tomb Criterium.

The USCF races were sure to be aggressive as most riders appeared edgy and anxious before the start of the fast five-corner course. The Women's Category IV field, the only race in the area dedicated solely to this category this spring, had a large field with many participating in their first-ever criterium.

Midori Nakamura and Cindy Ma, both of CRCA/Metro-Sanchez, dictated the pace of the 22-rider field and finished 1st and 3rd, respectively. Kathy Lambden, CRCA/Gotham-Toga, squeezed between them for second place.

Following was the Category I/II/III Women's race. With a \$300 prize purse and three primes, it was sure to be a tightly contested affair. Katrina Davis, CYBC/Richard Sachs, and Jamie Nicholson-Leener, CRCA/Conrad's, broke early and, with the help of their teammates, were able to stay clear of the field to earn first and second places.

(Continued on page 4 . . .)

Big Guy in Italy, Again

By Dan Plitman

Soon after arriving in Italy, I went to a basketball game and saw Fabiano Fontanelli, Mercatone Uno pro rider. He did a double take. It has been over eight months since we last saw each other. We made plans to meet the next day for a ride again in the usual laid-back fashion. He told me to just ride on Via Emilia between Faenza and Castel Bolgnesse at 10:15 a.m.. I went back to my seat. Fabiano is like a God in this neck of the woods so when he came back over to me and said that he would call my cell phone in case something changed, everybody sitting around me looked up.

(Continued on page 4 . . .)



A phalanx of CRCA riders on the starting line of the Grant's Tomb Criterium, March 22. Photo by Chung Chiang.

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February Board Meeting Minutes

Measures approved: The same cash payout system as in past club races for top three riders in each field. However, in fields racing for team cup points and in all time trials, trophies and medals are awarded in place of cash.

CRCA agreed to help Columbia University put on Grant's Tomb Criterium.

A \$5000 donation to Central Park Conservancy.

In order to insure sufficient motor pacers for all fields in club races, one extra pacer will be hired for each race.

If fewer than 10 women show for a woman's field, the race can be canceled.

Time-lines for essential CRCA tasks are to be written down, diary-like, during the course of the year by each board member, which will culminate at the end of the year in their collection and publication for the benefit of future boards.

Donations to CRCA

Instead of a donation to the club, you can help CRCA by giving to Central Park Conservancy and receive a tax deduction. See below. **Donations to CRCA are not tax-deductible.**

Donations to the Park

If you contribute to Central Park Conservancy, you can send your check—made out to the Conservancy—to CRCA. The club collects the checks and passes them on to Central Park. You get all the tax deductible benefits and the club gets the credit. Call John Tomlinson, Publicity Dir., for more information.

In 2002, CRCA passed on to Central park over \$16,000 from member donations and gave \$5000 from club funds.

Classified Ads (free to members)

Mavic clincher rims (2), red CXP 33, 32-hole, new, still in original packaging, \$120 for the pair. **Mavic Open Pro CD clincher**, 9-speed wheelset, DurAce hubs, 32-spoke, with quick release, DT Swiss double butted spokes, good condition, \$150 OBO. **Mavic tubular wheelset**, GL330 front and GP4 rear. durace hubs, 32-spoke, DT Swiss double butted spokes, good condition \$150 OBO. **Diadora road shoe**, size 40, never worn, \$30. **Vittorio Open Corsa CXs** (2), black center tread, green side tread, brand new, \$70. **Limar Helmet**, green, small/medium, brand new, \$25. Deirdre Murphy, rain-bow97@att.net.

April Coaching

ALL LEVELS AND SEXES WELCOME

Wed., April 2: Deirdre Murphy, 6:45 p.m. signup.
Meet: Engineers' Gate, 90th St. & Fifth Ave.
Workout: Paceline and cornering, incorporates theory and practice. Rain cancels

Tues., April 8: Nina Strika, 5:50 a.m. signup.
Meet: At the top of Cat's Paw Hill.
Time/distance: Repeats up 110th St.Hill. Ride from 6-7a.m. 1 lap warm-up pacelining. 10 or so efforts up the hill following specific gearing and technique. **Focus:** Climbing technique, sitting, standing, transitions, and tempo changes. You will get climbing suggestions for training and racing, as well as individual feedback.
Intensity: High, with limited recovery between efforts. Rain cancels.

Wed., April 9: TBD, 6:45 p.m. signup.
Meet: Engineers' Gate, 90th St. & Fifth Ave.
Paceline and attacking: Workout incorporates theory and practice. Rain cancels

Mon., April 14: Craig Upton, 7:00 p.m. start.
Meet: At Toga Bike shop 63rd and West End Ave. Session description: Time trialing: technique, theory, equipment, psychology, bike fit. Rain or shine.

Tues., April 15: Deirdre Murphy, 6:45 p.m. sign up. **Meet:** Engineers' Gate, 90th St. & Fifth Ave.
Speed drills and sprinting: Workout incorporates theory and practice. Rain cancels.

April 16: Todd Herriott, 5:50 a.m. signup
Meet: Engineers' Gate, 90th St. & Fifth Ave. Time trialing. Rain cancels

April 22: Zoltan Tisza, 5:50 a.m. signup.
Meet: Tavern on the Green, inside park.
Climbing techniques, cadence and gearing, response to attacks, with emphasis on tactics and strategy. Late? Catch us on the hill.

Wed. April 23: Nina Strika, 5.50 a.m. signup.
Meet: At the top of Cat's Paw Hill.
Pacelining—the finer points—when to catch a wheel, how to sit out a turn, when to pull off etc. Learn how to train at a steady output, 3-4 laps.
Intensity: Moderate to high, increasing as we go. Rain cancels

Mon. April 28: Deirdre Murphy, 6:45 p.m. signup.
Meet: Boat House. **Lecture/Q&A**, Cycling Tactics, come to discuss your own experiences in races and learn from others. Basic team tactics/race theory. Rain or shine.

Wed. Apr 30: Todd Herriott, 5:50 a.m. signup.
Meet: Engineers' Gate, 90th St. & Fifth Ave.
Paceline drills, tempo riding. Rain cancels.

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
Saturday, March 29, 6:00 a.m.	Team Cup races for A’s, 9 laps; Women, 6; B field, 8 laps; C field 7: Points Races for all fields (see below)	Central Park
*Saturday, March 29, 6:30	Spring Series	Prospect Park
*Sunday, March 30, 6:15	Spring Series	Central Park
*Saturday, April 5, 7:30	Spring Series	Floyd Bennett Field
*Sunday, April 6, 6:30	Spring Series	Central Park
Saturday, April 12, 6:15	A’s, 7 laps; B’s, 6; C’s, 6	Central Park
*Sunday, April 13, 6:30	Spring Series	Prospect Park
*Sunday, April 20, 6:30	Spring Series	Prospect Park
Saturday, April 26, 6:00	2-lap Individual TT	Central Park
*Sunday, April 27, 7:45	Spring Series, plus a Masters 45+ field	Staten Island
Saturday, May 17, 6:00 a.m.	A field, 7 laps; B, 6; C, 5 - team points in A field.	Central Park
Saturday, May 17	Windy Road Race (Anthony Van Dunk) (Cat. 3, 4; Masters 35+, Women)	Floyd Bennett Field

* All Spring Series events are Scratch races with the following fields for senior men: 1) US Pro, plus USCF Cats. 1, 2 & 3; 2) Cats. 3 & 4; 3) Cat. 5, plus a Masters 35+ field. Complete information about the Spring Series can be found at: <http://www.avdgraphics.com>, or telephone Anthony Van Dunk, at 718.522.7390.

(Modified) Rules for Subteam Championships

Seven races count toward the Team Cup Points Series: three Scratch races, two Points races, an Individual Time Trial (ITT) and a Team Time Trial (TTT). The tentative dates for the seven races are as follows:

- March 29: Points Race
- May 17: Scratch Race (men only)
- June 14: Scratch Race
- June 21: ITT
- August 9: Scratch race (women only)
- August 23: Points Race
- October 4: TTT
- October 11: Scratch Race

Each men’s subteam will be allowed six riders, Cat. 1/2/3, in Team Cup races. Cat 4 men who have been granted an A field upgrade will also be allowed to compete. Women are allowed six riders of any category.

Points will be awarded to the top 10 places in the men’s field and top 8 in the women’s field, however only the top two places from each subteam count toward team points in all races (except the Men’s TTT). A subteam that places more than

two riders in the top ten (or top eight for women) will “take away” possible points from other subteams. Points won by riders wearing the gold and blue jersey will go to the ‘CRCA’ team. All USCF categories are permitted to enter a TTT and categories can be mixed.

In the Men’s Team Time Trial, subteams may enter more than one team, but only one team will count toward Team Cup Points. The time scored will be calculated on the third man across the line. Men’s TTT teams are normally 4 men but three starters will also be allowed. As above, if a subteam places more than one team in the top ten, they will effectively “take away” points from other subteams.

For the Women’s TTT, a team will consist of two women. Subteams may enter more than two teams, but will only score points for its top two teams. Again, further placings beyond two in the top eight will “take away” points from other subteams.

In the event of a tie in the time trial races, points will be combined and divided between the number of tied riders (or TTT squads). For instance, if there is a tie

for second between two riders, each will receive 90 points (100 + 80 divided by 2).

Points races will be scored as follows: first, 9 points; second, 6 points; third, 4 points. No double points on the final sprint. If riders earn equal points, the most at the last counts for more, i.e., if one rider earns 9-4-4 points in the second, third and fourth laps and another rider earns 4-4-9 points on the same laps, the latter rider will be placed ahead of the former. (See results page for March 15 points race.)

Following are places and points for top 10 (women, top 8):

1. 125	6. 45
2. 100	7. 40
3. 80	8. 35
4. 65	9. 30 (men only)
5. 55	10. 25 (men only)

Any questions or appeals are to be made to the Director of Teams: teams@crca.net.

(Columbia U. Criterium . . . cont'd from p. 1)

The Men's III/IV field was dominated by a handful of teams who used their numerical superiority to control the pace of the race, which started with over 85 riders. Teams such as CRCA/Magic-Blue Ribbon and CRCA/Run Media controlled the early dynamics of the race by launching several of their riders. With over \$600 on the line, the selection was made early in the race, with numerous riders well off the back of the field. In the end, 61 riders finished the race with Sean Marvel and Keith Ryan, both of CRCA/Axis-Furniture, sneaking through a tight finish to place third and fourth. The race was won by Kissena's Jared Bunde who managed to outsprint the field without team support.

The remainder of the day belonged to the college kids who were eager to earn team points, despite the fact that some were showing signs of enjoying a Friday night in New York City. Like last year, this race attracted large numbers, with many being attracted to the idea of racing on NYC's streets.

The day's featured events belonged to the Men's and Women's A races which consisted of riders who were mostly USCF Categories I & II. Dartmouth managed victories in both the Men's A race as well as the Women's A race. Columbia University – for the first time in club history – won two races. The Women's B race winner, Jessica Schenk, won with a six-lap solo break and Mike Repka won the Men's D race in a sprint finish. Complete results for all races can be found at www.bikereg.com.

The day also gave collegiate riders the chance to speak with CRCA members regarding membership opportunities. Under the direction of Frances Harrison, CRCA VP of Rider Development, Basil Moutsopoulos of CRCA has been facilitating the process of matching several collegiate riders with CRCA subteams. In an effort to expand the club's membership base and attract new riders, Basil is coordinating the process of recruiting and assigning these riders, many of whom attended the race. The ultimate aim of this initiative is to tap into CRCA's collective experience and nurture a younger generation of riders who may live, work or intern in NYC this summer.

Putting on this event required the coordination of numerous parties—The National Park Service, Local Community Board 9, New York City Department of Parks and Recreation, NYPD's 26th

(Big Guy in Italy . . . cont'd from p. 1)

(In the fall and winter Dan was doing fast laps in Central Park. Then he got the call and arrived in Italy Feb. 15. He is classified Linea Rossa – Elite Category – characterized in Dan's own words, "ex pros plus ex dilittantes." He is staying in a small town, Castro Caro Treme, in the foothills of the Apennines, about 60 km south of Bologna. Ed.)

Thursday morning came and I set off to meet Fabiano and Roberto Conti. As usual, they were late. While waiting, I met one of my teammates, Marco. He is an ex-pro who rode for Amore & Vita and Cantina Tollo. Fabiano showed up riding in last year's kit, but new bike. He was accompanied by Roberto Conti and another ex-Aqua & Sapone rider. They were all riding new Mercatone Team issue Carrera bikes.

Fabiano and I took the front. We were talking about all kinds of things. His heart rate monitor showed in the 120's; mine was in the 150's. I pointed this out to him to let him know I had very few miles this year.

It was then time for me to head back. I was not about to put in an 8+ hour day going with them.

Mio Primo Gara - My first race, Andora

What some of you have been waiting for. Let me first say that I have never done a Gran Fondo until this past Sunday. I have done plenty of road races, but never a Fondo. I am also on the number one team, Kappa Vis, when it comes to the Fondo circuit. They have won the National Championships every year since 1999. Gran Fondos are a religion here in Italy and people who follow cycling know the team that I ride for.

What is a Gran Fondo? It is a road race that usually has 1000+ entrants. The course is always challenging because it always includes plenty of climbing, and we are not talking hills here either. Ask Chris Teague who is an experienced Gran Fondo rider.

There are many races within each race. For starters there is usually two or three distances. The lungha (long), Medio (medium) and Corto (short). In addition

Precinct, to name a few—and preparations began over six months ago. Given the logistics of putting on such an event, contingencies were bound to erupt. After towing 45 or so cars, the day's nine races started shortly after 8:15 a.m. ¶

there are different categories. There is the overall winner who is the absolute winner and to me the only one that counts and then there is the winner of each category ranked by age and the women's category. Plus there is the Elite Category which starts in the front, Linea Rosa. The elite are ex-pros or current pros, and top ranked riders as well as dilettanti (Italy's Cat. I who are under 23).

Sunday's race had three major climbs plus a few small ones. There was only a long and short course. My team and I drove up the night before. It was a four-hour trip, which is only because the car couldn't go faster than 150 kph. It was a fun drive because I got to listen to my teammates talk the whole way there. We passed so many pro team vehicles because the Giro di Liguria ended that day.

We were staying 10 km from the start locating in Andora, and rode over on our bikes. This road is part of the Milan-San Remo race route. It is the section seen in Graham Watson's photo of the pack descending near the sea with a wall of rock on one side. Our race also went over this road. We arrived in Andora and went to our place on the start line. There was a pro from Amore & Vita lined up with us. Everybody was relaxed and talking.

Finally, time to start. Here I made my first mistake, the biggest of the day. I was not aggressive in the beginning and did not keep my front position that was so generously given to me. I fell back and it seemed as though there were at least 500 people in front of me. When I realized what had happened, it was too late. I had to put all my effort in moving up, but it seemed like every time I made progress, there was something that caused the people in front of me to come to a crawl. We came to a turn that people were walking through. It was ridiculous. I was yelling, "Dai! Dai! Via! Via", and a word I had learned from my pal Garth, „Kazo!"

We came to a straight stretch and it was really windy so everyone was on the left of the road trying to get out of the wind. I felt great so I just hammered up the right side. A bunch of riders attempted to catch my wheel, but I kept my path sketchy to scare them off. I made a lot of headway on the straight. We came to a left turn and people were so timid on the inside of the turn that I came screaming around the outside. I could tell that people watching the race were surprised to see a K. Vis rider so far back. They must have thought that I had a mechanical.

(Continued on following page . . .)

RIDER DEVELOPMENTS

Smiley Shares His Secrets

Craig Upton (aka Smiley), time trialer extraordinaire, will be holding a Time Trialing seminar on April 14. Topics covered will include: training, pre-race preparation, bike fit, equipment, mental readiness.

The venue is kindly provided by Toga Bike Shop, West End Ave. at 63d St., Monday, April 14, 7:00 p.m.

Note: Toga offers a 10% discount to club members

Adam Hodges Myerson

Adam is a respected cycling coach, race promoter, team manager and USCF Cat. 1 rider. We are pleased to announce that he will be conducting a seminar on Wednesday, May 7, 7:00 p.m. (venue to be announced). Save the date! Subjects will include training weaknesses and racing to your strengths.

(Big Guy in Italy . . . cont'd from p. 4)

We came to a climb and I rode the white line on the side of the road. I felt I was riding really well and I was surprised. My HR was at 183 and I was feeling great. I just kept going and yelling, "Destra! Destra!" (Right, Right)". Riders got on my wheel, but they didn't last long. I went up the entire 5-6 km climb in a big ring. Starting the descent, I thought, great this is where I can make up a lot of time. I will just grab an experienced Italian rider's wheel and follow him. Well, that plan didn't work. The Italians I was riding behind were very timid. You came into a switchback banging my handle bar with one hand yelling at those who were slowing down, "Dai! Dai!" I finally got the luck I wanted. A support scooter came by and I followed his line down the mountain as people moved out of his way. I had a great time. We were flying. Every time I passed people they attempted to get on my wheel, but were not willing to take the risks.

After the descent, I got in with a group of riders and stayed with them for a while. There was another group up the road. I was hoping my group would try to bring them back, but it didn't happen. So I attacked to bridge solo. I passed a few lone riders who were trying the same thing. One of them managed to dig deep and get on my wheel. I made him take some pulls and we were making progress, but we couldn't close the last part of the gap. I knew I had to close the gap before the next climb or I would have had to suck up the next climb. I then took a long pull and the guy came around for a short pull. It was apparent that he had nothing left. He said something to me, but I didn't understand him. I then closed the gap alone. Right when I caught them I saw the first group just up the road starting the climb. I managed to get myself close to the lead group. I did suck a little on the next climb.

I finished the climb and paid for my efforts of chasing because I was passed by the

group I had just left. I got a second wind and descended like a freak to the next, short, 2-km climb, which was the steepest of the day. People were really struggling. I couldn't get my bike into the 39, so I climbed out of the saddle in my 53x23.

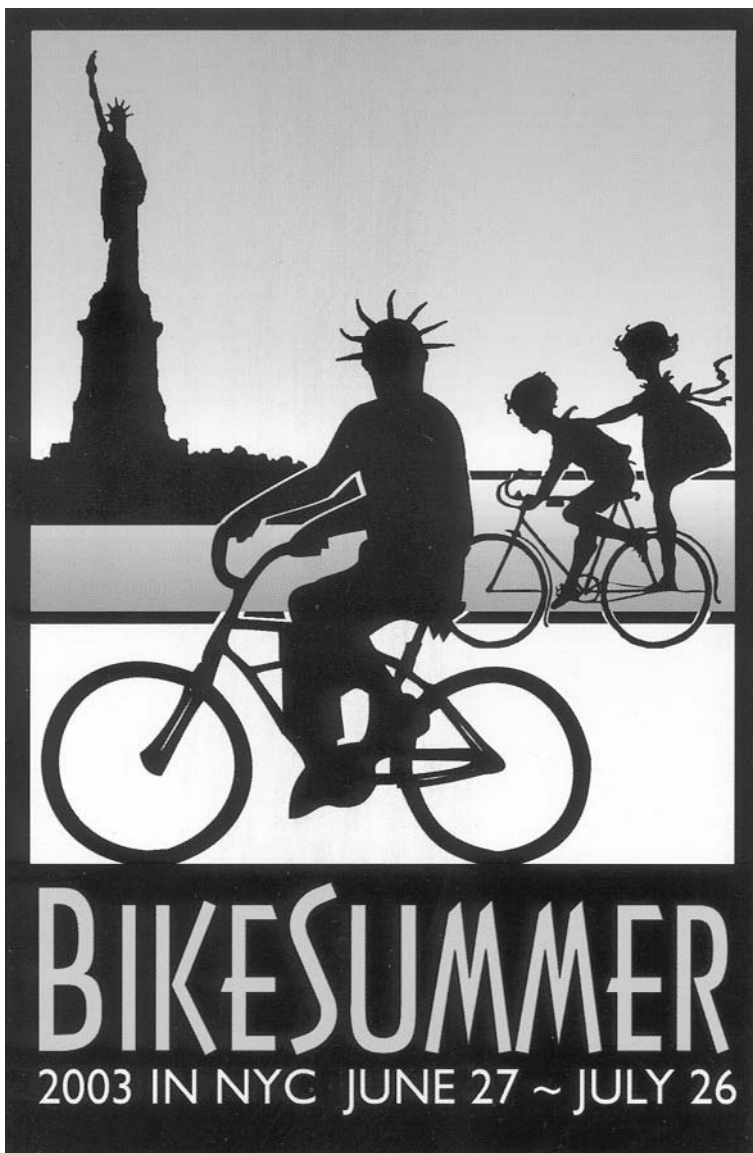
I had already accepted my first mistake at the start by telling myself that it was only a training race. Now here was my second screwup of the day. I was supposed to be doing the long course. When I reached the top of the short climb, there was no signage, but there was a fat man with a red flag waving people to the left and right. I couldn't understand which way to go and so I went right because fewer people went that way and I figured it must be the harder way. I should have realized where I was and that most riders would take the harder route.

From that point it was a descent all the way back to Andora, and what a descent! A guy followed my wheel all the way down. When once I almost took us off the road on a turn, I moved aside and told him to pull through. We continued to fly down. Keep in mind that roads are open to traffic during the race and unless you are in the lead groups you are not guaranteed not to run into a car. I came around one turn and there was a three-wheeled vehicle on the inside of the turn. Stopping was not an option; I had to swerve around it. It happened so fast that I did not even have time for my heart to stop. I sure was lucky.

We were finally a little group of 10 guys and I asked someone if this was the long course and they said, short. I must have already descended 15+ km. Too late to turn around. I sprinted against this guy at the finish, but I really didn't give it my all. I was too busy yelling at myself for going right instead of left.

My team still kicked ass and we had a nice drive home. They really are a great bunch of guys. Fabrizio wants me to ride with him to Firenze and back to Castro Caro. He said we will ride down take a picture in front of David get some pizza and beer and ride back. I said sure, but I will skip the beer.

I had been really nervous about this race because of my lack of miles. In hindsight, I realized that I could have been an asset



CRCA Club Races

March 1, 2003, Central Park

A Field, 6 laps

1. Daniel Byrne, CRCA/Sanchez-Metro
2. Leon Moser, CRCA/Think Racing
3. Kevin Molloy, Sakonnet Technology
4. Scott Gregoire, Foundation
5. Gerardo Marinez, CRCA/Gap/Strictly Bikes
6. David Smith, CRCA/Team Run Media

B/C Field combined, 5 laps

1. Petr Huppert, CRCA/Sanchez-Metro
2. Michael Sherry, CRCA
3. Zack Vogel, CRCA
4. Craig Goodstein, CRCA/Team Run Media
5. Pascal Sauvayre, CRCA/Magic-Blue Ribbon
6. Ernie Paredes, CRCA/Bennett's Bicycles

Club Race, March 15

Points Format (points awarded beginning at end of second lap: 9, 6, 4)

A Field, 8 laps

1. Ray Diaz, CRCA/Gap/Strictly Bicycles, 27 points
2. Michael Henson, CRCA/Breitling/Tradeware, 22
3. Kevin Molloy, CRCA/Sakonnet Tech., 20
Yann Blindert, CRCA/Renaissance
Robert Lattanzi, CRCA/Miya Shoji
Chris Rozdilsky, CRCA/Remax

B Field, 7 laps

1. Andy Shen, CRCA/Merrill Lynch, 33 points
2. Michael Sherlock, CRCA/Bennett's, 30
3. Dean Brizel, CRCA/Team Run Media, 18
Jason Parkin, CRCA/Bennett's
Justin Reid, CRCA/Setanta

C Field, 6 laps

1. Michael Sherry, CRCA, 42 points, (promoted to B)
2. Thomas Mattioli, CRCA/MoneyGram, 31
3. David DelVecchio, CRCA, 12
4. Matthew Howard, CRCA/Merrill Lynch, 6
5. Lee Winter, CRCA, 4

Women's Field, 5 laps, Scratch Race

1. Catherine Powers, CRCA/Radical Media
2. Nina Strika, CRCA/Conrad's
3. Sarah Sauvayre, CRCA/Sanchez-Metro
4. Cindy Ma, CRCA/Sanchez-Metro
5. Julie Upton, CRCA/RLX Polo
6. Jaime Nicholson-Leener, CRCA/Conrad's

Confirm your placing after the last race. Appeals must be made within 15 minutes of the last race.

Thanks to a helpful hint from our Director of Racing, Eugene Boronow, we are able to distinguish among those who tied. If riders have the same number of points at the end of a race, it is the rider with the most at the last who wins, i.e., equal point values are worth more as the laps go on. Below is a table of final placings in the A and B races of March 15. (To the left are the original results.) It should also be obvious why Michael Sherry was promoted to the B field.

A Field

Place	Laps	2	3	4	5	6	7	8	Total
1. Ray Diaz	9	9	-	-	-	9	-	-	27
2. M. Henson	6	6	4	-	-	-	6	-	22
3. K. Molloy	4	-	6	-	-	6	4	-	20
4. Rozdilsky	-	-	-	-	-	4	9	-	13
5. Lattanzi	-	4	-	-	9	-	-	-	13
6. Y. Blindert	-	-	9	-	4	-	-	-	13
7. G. Martinez	-	-	-	9	-	-	-	-	9
8. R. Rigg	-	-	-	-	6	-	-	-	6
9. Pennell	-	-	-	6	-	-	-	-	6
10 S. Badger	-	-	-	4	-	-	-	-	4

B Field

Place	Laps	2	3	4	5	6	7	Total
1. Andy Shen	-	6	9	9	9	-	-	33
2. M. Sherlock	-	-	6	9	6	9	-	30
3. D. Brizel	9	-	9	-	-	-	-	18
4. Justin Reid	-	-	-	-	-	9	-	9
5. J. Parkin	-	9	-	-	-	-	-	9

C Field

Place	Laps	2	3	4	5	6	Total
1. M. Sherry	9	9	9	6	9	-	42
2. Mattioli	4	6	6	9	6	-	31
3. DelVecchio	-	4	-	4	4	-	12
4. M. Howard	6	-	-	-	-	-	6
5. L. Winter	-	-	4	-	-	-	4

Bring your USCF license to club races.

(Big Guy in Italy...
cont'd from p. 5)

in the 'long' race that day because all the energy I used moving back up could have been used setting the pace at the beginning of the race. That might have prevented an early attack on the final climb.

Just for the record I still only finished in 90th place on the short course and my average speed was a pathetic 25.32 kph. The funny thing is that in my category I was the only one who did the short course, so I took first place. I don't believe in that. First is the first person over the line of the race. Period.

Unlike my last

visit to Italy where I did not have a TV and I was lucky enough to just have a radio, this time I have a TV that gladly shows me all that Italy has to offer—that is if Italy is just about great looking women, game shows, talk shows and the news.

It seems like every TV show—no matter what the topic or purpose is—they work in about 20-30 thinly clad women of all flavors. It is actually really funny. There is a name that tune show that has about 50 women and some men that dance between songs. The women are of course hardly dressed while the men are wearing pants and t-shirts.

The attitude here is very different. For example at the ReArtu factory there is a calendar of naked women up where the owner's wife works. Plus, I was using their computer and while I was waiting for the computer to connect to the Internet, both Franco and his wife came in to talk to me. When I turned back to the computer, I saw that this porn page had come up on the screen as we had talked. I wondered if his wife realized that this is her husband's bookmarked home page?

Until next month stay warm and have a great race yourselves.

Dan.

Saturday, March 29
Start time: 6:00 a.m.

Raymundo Aya
Arthur Berger
Jane Berger
Paul Casino
David Cavallo
Timothy Claudio
Robert Fineberg
Denis Finnin
Carl Franzetti
Rikki Furman
Matthew Gilman
Justin Holmes
Scott Klion
Kira Krenichyn
John Loehner
Bob Nelson
Scott Phillips
Catherine Powers
Gary Rancourt
Alvin Rodolfo
Adam Seidman
Joe Szokoli
David Taylor
Trevor Taylor
Craig Upton
Brice Wilson

Saturday, April 12
Start time 6:15 a.m.

Salvatore Abbruzzese
Gregory Ahnert
Tyler Bertram
Todd Carter
Marc Cesare
Johan de Muinck Keizer
Steven Eick
Rich Fleischer
Koquin Fung
Mike Gacki
Robert Guatelli
Frank Hannibal
Reem Jishi
Gary S. Keblish
Patrick Kehoe
Lars Klove
Robert Lattanzi
Gregory Lee
M. Justin Lubeley
Martin Muoto
Midori Nakamura
Masahiro Ogyu
Tony Pechenik
Corey Pendleton
Elizabeth Renaud
Michael Sherlock
Philip Soroka
Clyde Wardle
Edward Wyatt

Saturday, April 26
Start time 6:00 AM

Joseph Ahearn
Mark Allebach
Umberto Arpaia
Richard Bernardi
David DelVecchio
Alexis Demopoulos
Ivan Diaz
Jaimie Epstein
Rikki Furman
Matthew Gilman
Scott Gregoire
Christopher Griffin
Eddy Hernandez
Matthew Howard
Petr Huppert
Ian Jones
Tom Kleinberger
Rebecca Koh
John Kuhn
Tom Laskey
Torrey Lincoln
Alison Lonshein
Gerardo Martinez
Patti O'Brien
John Olsen
Oscar Rosales
Andy Shen
David Smith
Joe Szokoli
Roman Vasserman
Vinny Vicari
Susan Weinstein

Marshal assignments

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

Steve Anzell, 212.268.5314
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,
<jill@jillgordon.com>
Kurt Gustafsson, 718 834 0561
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
Mitchell Rosen, 212.504.5288,
<mitrosen67@yahoo.com>
Rebecca 'Sami' Sargent, 212.877.0503,
<StarSami3@aol.com>.
Nina Temple, 212.439.6009
<nina_temple@hotmail.com>

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

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!) (shipping incl. for caps)	10
Shipping	4

Total \$

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Kristi Halpern

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Oyster Bay, NY 11771-2319

(Also see clothing order form on www.crca.net.)

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April 2003

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