

FLCC Newsletter – March 1, 2004

Welcome to the FLCC

The Finger Lake Cycling Club is an enthusiastic group of cyclists who enjoy touring, racing, and mountain biking. We have organized rides from early April until the end of October. Anyone is welcome to join us. Our membership is very diverse and includes those who enjoy leisurely touring and others who are internationally competitive racers. Information about the club, our rides, and upcoming races can be found at our website:

<http://www.flcycling.org/>

The website has an “Administration Page” that lists our officers, their email addresses, and their phone numbers. Please contact us if you have any questions about the club. Also subscribe to the “Mailing List” to keep up with all club activities.

Dave Ruppert, FLCC Prez
dr24@cornell.edu, 606-273-7064

2004 Annual Meeting

The 2004 Annual Meeting of the FLCC will be Tuesday, March 9, 6–8:30pm, at The Chemical Engineering Rhodes Lounge in Olin Hall, Cornell University. The lounge is Room 128 on the first floor of Olin Chemical Engineering Building across from Carpenter Library, opposite from Gannett Health Center, abutting Ho Plaza. (Please do not confuse Olin Hall with Olin Library or Olin Chemistry Building, which are separate building also named for the Olin family.) There is plenty of free public parking at Cornell after 5:30pm, including the parking garage next to Schoellkopf. Here’s a campus map:

<http://cuinfo.cornell.edu/Campus/CUCampus.pdf>

The Agenda is:

1. Treasurer’s report
2. Election of officers for next year (see nominations for 2004 officers)
3. Sunday tours
4. Newsletter
5. Articles in Ithaca Journal and Ithaca Times
6. Racing
 - Volunteers at Hollenbeck Race.
7. Jerseys
8. Other business

Nominations for 2004 Officers

- **President:** David Ruppert
- **VP for Touring:** Andrejs Ozolins
- **VP for Racing:** Sara Barker
- **VP for Mountain Biking:** Donal Fitterer

- **Treasurer:** Steve Bowman
- **Secretary:** Tania Schusler
- **Coach:** Glenn Swan

- **Newsletter Editor:** David Ruppert

- **Members-at-large:** Jim Bondra (racing), Tom Imbornone (publicity), Shelley Mulveney, Jack Rueckheim (publicity), Anne Shapiro (Easy Riders),

Newsletter to be On-Line Only

This will be the last newsletter to be mailed to you. This and future newsletters will be available online. There is a link on the FLCC homepage to the newsletter. Over the last few years, most Club communication has moved from the newsletter to the Club website and list serve. There has been less interest in a printed newsletter and very few Club members have submitted articles to the newsletter. Only a few of the issues planned for last year where actually produced. It seems time to go to an entirely electronic newsletter. Going online will allow us to publish a newsletter each month, will save us the time required to print and mail the newsletter (so we’ll have more time for cycling), and will save some trees.

Easy Riders

If you are interested in the FLCC Sunday tour but would like to ride at a more leisurely pace, please send your name and e-mail address to Kathy Hopkins at hkathyhopkins@cs.com or Anne Shapiro at as57@clarityconnect.com.

If we hear from at least 15 riders, we will organize a meeting in April to discuss how to organize and advertise the FLCC EASY RIDER contingent for the Sunday tour. We are willing to devote energy and guidance if there is a critical mass that will join us.

Tuesday night rides

“Tuesday Night” has been a FLCC institution for over 20 years! We hope it will continue for many more. The first official Tuesday night ride will be the first Tuesday after Daylight Savings Time, April 6.

The first 4 Tuesdays (April) will be “rides” and will focus on building basic fitness and prepare for the races to come by teaching newer riders how to ride safely in a group. If you’re new to the racing scene and want to try your hand at it, this is the time to start. The older, more experienced people are very supportive at this time.

Beginning in May we start racing. We continue through the end of Daylight Savings Time. This is some of the most challenging racing you will ever do, yet it is always very supportive and fun. We learn a lot from each other.

All Tuesday night events meet at HSBC bank parking lot, next door to Ides Bowling Center and across from East Hill Plaza, with everyone ready to roll out right at 6:00PM. There are at least 2 groups each week, based on experience and ability. All you need to participate is a helmet and the right attitude. C’mon out!

Spring Clinics

Riding clinics will be offered again this year. They will take place each Sunday in March at a location to be determined - on the Cornell campus - at 10:00AM. Details should get posted on the FLCC web site (www.flcycling.org) soon. Info will be posted to the list serve each week as well.

Topics will include Bike Fit, Training and Nutrition, Group Riding Skills, TT’s and Race Tactics. Typically we do a classroom session for an hour or so and then go out (weather permitting) and practice what we have discussed.

Contact Glenn Swan (277-0495 or Swancycles@aol.com) with questions. These sessions are free and open to anyone who is interested.

Hollenbeck Race, May 2

FLCC’s Hollenbeck Spring Classic Road Race in Virgil, NY is happening again this year on Sunday, May 2. This event is a part of the 2004 New York State Maxxis Cup Series and a LAJORS (Lance Armstrong Junior Olympic Race Series) race for 15–22 years olds, giving juniors the opportunity to qualify for regional selection camps and to increase the number of competitive events for young riders.

This year in addition to the historic road course and famous cookies, we are giving out a \$15.00 return of entry fee to the first three places in each category. We will offer preregistration for the first time on bikereg.com for \$13.00, as well as registration on the day of the race for \$15.00. Juniors will race for \$10.00. Cat 1/2/3 men will race 3 laps of the 22 mile course, 3/4 men and 1/2/3 women will race 2 laps, while 4/5 men, 4 women, master 35+, juniors, and tandem will race 1 lap.

We need your help as a volunteer for this club event and/or come out and race! If you have a friend or family member who’d be willing to volunteer with you or help while you’re racing, we will provide all race day volunteers with a “Race Crew” T-shirt or water bottle and food and support during the race to those acting as corner marshals and pace cars/wheel vans. Come out, see some great racing and support cycling in the greater Ithaca/Binghamton/Syracuse/Rochester area.

If you have questions about the race or would like to volunteer please contact me, Sara Barker <sb65@cornell.edu>, 254-2465(w), 539-6594(h).

Check the web site for more information and the race flyer: <http://www.flcycling.org/flcc/racing>. Hope to see you on race day!

Thank you,
Sara Barker, VP for Racing

Jersey Hill Circuit Race, Aug 7

Jersey Hill Circuit Race is Saturday, August 7th, one day before the “Great Race” in Auburn. Volunteers will be needed for registration, marshalling, food, and race course preparation.

Jim Bondra

AIDS RIDE for Life

A special invitation to FLCC riders

AIDS RIDE for Life 2004
100 miles around Cayuga Lake
September 11, 2004
a great century for a great cause

form teams
wear those great new jerseys
build visibility for the Club
advocate for cycling in our community
help train new riders
sponsor events and other Club members
help to make this the best RIDE ever

call Ann at AIDS WORK 272-4098
or e-mail ann@aidswork.org

will YOU be one of us?