

FLCC Newsletter - April 1, 2004

Minutes of Annual Meeting, March 9, 2004

The Treasurer distributed the "2003 Statement of Income and Expenses" and reported an ending balance of \$4,437.42 for 2003. However, this does not include receipts for Club Jerseys that we have sold.

All names on the slate of nominations for club officers were elected. The Club Officers for 2004 are:

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 Mulvaney, Jack Rueckheim (publicity), Anne Shapiro (Easy Riders),

Ann Carter of AIDS WORK discussed the AIDS WORK Ride for life for 2004, which will be Sept 11. Andrejs Ozolins mentioned that he would welcome suggestions for new Sunday tours and for weekend-long tours.

Sara Barker discussed ways of attracting volunteers for the Hollenbeck's race. Glenn Swan said that the Club will host the NYS Time Trial on June 20. Don Fitterer is considering organizing a mountain bike race this summer, perhaps in Jenksville State Forest if permission can be obtained from the DEC.

The Club has a new design for the jersey. We plan to purchase 25 jerseys which can then be sold to Club members at \$55, near cost.

Dave Ruppert
FLCC Prez

New FLCC Jerseys – Order Now!

The new jerseys can be ordered right now and we need to fulfill a minimum order. The price is \$55. Contact me at fitterer@lightlink.com or Sandy at dfitter1@twcny.rr.com to place your order. Yes, you have to pay before the order is made!

If we order soon the jersey should arrive in May 2004.

Cheers,
Don and Sandy Fitterer

Sunday Rides Start April 4

Our VP for touring, Andrejs Ozolins, has been busy planning our Sunday tours and putting a 2004 cycling calendar on our website. I've just taken a peek and here are the Sunday tours for April.

The first Sunday ride is to the Taughannock Overlook at starts at Cass Park at 10am. The next three Sunday will be the Carolina Center, then White Church, and then Old Peruville rides, all starting at East Hill at 10am.

For more information about all club rides, go to the cycling calendar, <http://www.flcycling.org/currentcal/index.htm>. The calendar also has local rides not sponsored by the FLCC such as the Tuesday night rides and the Thursday time trials.

Dave Ruppert

Tuesday Night Rides Start April 6

"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!

Glenn Swan
FLCC Coach

Thursday Time Trials Start April 15

The Thursday night time trials will begin (weather permitting) Thursday April 15. We try to have everyone assigned their starting time such that the first rider starts at 6:00PM. This means that everyone should be at the parking lot of the Coddington Rd. Community Center, warmed up, with bikes ready to ride by 5:45.

We typically start riders at 30 second intervals, from the (anticipated) slowest to fastest, and ride a course which is something near 9.5miles straight out Coddington Rd toward Willseyville. (For purposes of speed calculation, use 10-12 miles...)) After the last person finishes, the group rides back to the start area together. This provides a good speed workout, a good cool-down ride, some learning from one another as we trade experiences and observations, and some nice socializing. You can measure your progress by comparing your times from week to week, and you can measure yourself against others if you choose.

Last year ended with an "arms race" as several of the more competitive riders made the jump onto (and into) time trial specific equipment, spending money to improve their times (hopefully). As both a purveyor of expensive TT equipment, and also the keeper of times, I suggest that one can spend money to buy faster equipment (and hopefully do faster times)

or just make direct payments to the timer (guaranteed faster times !!! :)) I suppose there are a few people who will choose to actually train and get stronger to produce faster times ! Hopefully everyone recognizes that this is in fun...and that the time trials themselves are for fun and satisfaction, and that the riders who come out week after week are encouraging and supportive of one another regardless of how fit or experienced anyone is, or what kind of bike they ride. Heck, we have even had guys come out on roller blades and go pretty fast !!!

We encourage anyone with curiosity to come out and try the time trials.

Glenn Swan

Thursday Night Slow Rides

The Slow Thursday rides will resume once again on April 15. We'll meet at 5:30 at least until the days get longer. (We usually move the start to 6:00 during the height of summer so more people could participate)

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.

Food, Nutrition and Cycling

Hi, I'm Kerry Kaylegian and I volunteered to write a column on nutrition. To start, my background and disclaimers: I love to cook, I'm working on a Ph.D. in Food Science with a minor in nutrition and an interest in exercise nutrition, I am not a registered dietician, and I have a personal bias toward good fresh food, as locally and seasonally as possible. My goal is to give you some useful information on food, nutrition and cycling. If you have specific questions, please post them on the listserve.

So, what is food? First and foremost, food is a wonderful thing to be enjoyed and savored. Food is fuel. Fuel for the mind, fuel for the body, fuel for peak performance. The major food components are carbohydrates, proteins, fats, and water. Vitamins and minerals are minor components.

Carbohydrates are the master fuel for activity. Carbs provide fuel for muscles and the brain, and help burn fat and preserve protein. Protein is the structural component of muscles, cells and hormones, and can also be used as an energy source. Fat is a structural component of cells and hormones. Fat provides a concentrated form of energy.

The meeting place will be the same as it has been for the past couple years -- the parking lot of the Tompkins Professional Buildings on NY 96. Go up 96 (north) toward the hospital. About two miles from the Inlet is the traffic light for Cayuga Medical Center; go just past the light to the first drive on the right. It's about opposite Hayts Rd.

This ride is designed for people who can't or don't want to go very fast. This includes people who have little or no experience with bikes, people who may be uneasy about riding a bike for some reason, people who haven't been on a bike in years -- whatever the reason, this ride is one where advice and support will always be available and nobody will be left behind.

The route is chosen to provide a safe, quiet place where we can start out without worrying about traffic or routes. During each ride we will decide how far to do, what hills to exclude or avoid, etc.

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@1cornell.edu, 254-2465(w), 539-6594(h).

Check the web site for more information and the race flyer: Hope to see you on race day!

Thank you,
Sara Barker, VP for Racing

Water, although it has no specific nutrition function, is an extremely important dietary component. Water transports nutrients through the body, maintains body functions and blood volume, maintains body temperature regulation, and helps eliminate waste products. Even mild dehydration is detrimental to peak athletic performance (more on this in another column).

Vitamins and minerals do not provide a direct source of energy, but they are important in all body functions, including metabolic co-factors, oxygen transport, and antioxidant functions.

General guidelines for energy balance as a % of total kcal consumed are:

general population:	55 carbs	15 protein	<30 fat
moderate exercise:	60 carbs	15 protein	25 fat
intense exercise:	65-70 carbs	12-15 protein	20 fat

A few final thoughts: Enjoy your food! Eat a variety of foods! Stay hydrated!

The Terrible Hills involving the letter B Redux

I was perusing old newsletters on our website and came across a famous legend, "Horrible Hills" (<http://www.flcycling.org/flcc/news/html/horribl.htm>). During our last club meeting Andrejs had requested more routes for the web site. I became inspired to create a century route over as many hills as I could. If possible, the road name starts with or includes the letter B.

As far as I know, this route has never been completed. Officials of the FLCC categorize this route as **EPIC** and unclaimed as a first ascent. With over 10,800 ft of climbing the first official finisher shall receive the accolades from our just membership and be listed on the clubs Hall of Fame Web page. Quoting some of our esteemed members:

- Glenn Swan after he reviewed the route, "Only the strong or stronger of our group will attempt this ride. This makes a day of climbing in Virginia look like Arklahoma."
- Jim Bondra, "I did some of these hills with Don in the past. I won't make that mistake again!"
- Bill Lodico, "This route meets esthetic standards of FLCC Sunday Tours or BHV Diners' Club rides."
- Bill "Rhino" Erickson, "This looks like a ride that Ernie Bayles would lead."
- Ernie Bayles, "When are we doing this ride? Who is going to replace Brandy?"

Andrejs has been very noncommittal as to when to add this ride to the calendar, although he did admit it would be a useful training tool for the more serious competitors of the Cascadilla Hill climb. I would like to suggest that all racers of the Tuesday "B's" consider completing this century an obligation before the real racing begins.

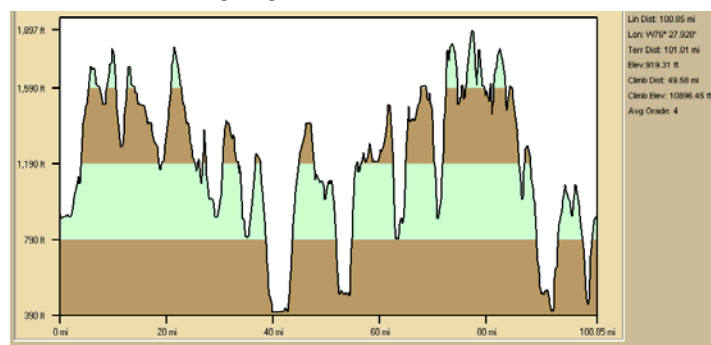
Ernie brought up an important requirement. Who will replace Brandy? I list a few possibilities:

- Sara Barker – name fits and since she didn't crash last year may be able to finish the ride.
- Maria "Big B" Klemperer-Johnson – I can't tell you what the B stands for but email me for a photo.
- Amanda "Bambi" Shenstone – Climbs like a deer.
- Colleen "Beth" Flaherty – That new Cervelo will climb by itself Colleen.

Official first ascent certification requires a minimum 500-word ride report. The map(s), cue sheet and ride profile can be downloaded off the website at the following address:

www.flcycling.org/flcc/newsletter/2004_04/b100maps.pdf

Good luck! You're going to need it.



Bicycle Art Exhibit at Upstairs Gallery, June 8-July 31

Ithaca native and NYC resident Taliah Lempert is a cyclist and an artist who creates and has sold many paintings of bicycles. Her paintings will be exhibited in the Upstairs Gallery from June 8 to July 31, 2004. For more information, call Peter or Mary Harriott at 273-6049, and visit <http://www.bicyclepaintings.com> to see some of Taliah's paintings.

Workshop for Active Adults 50 and Over, June 18-20

This workshop will be conducted by The Northeast Training Center for Senior Athletes (NETCSA) at Ithaca College the weekend of June 18--20. The program is designed to provide a mix of athleticism and fun. It will expose participants to learning experiences for the mind and body, thereby helping them develop the physical strength, skills, and mental awareness necessary to achieve peak performance and prevent injury. A multidisciplinary faculty will conduct seminars. Visit <http://www.ithaca.edu/netcsa/> (see "Programs") or contact John Sigg, Department of Exercise and Sport Sciences, sigg@ithaca.edu.

The registration fee is \$300.

The AIDS Ride for Life, Sept 11

The AIDS Ride for Life will be Saturday, Sept 11, 2004. For information, visit <http://www.aidswork.org>.