

# FLCC Newsletter - May 1, 2004

## 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

## May is Bike Month in NYC

If you will be in New York City anytime during May 2004, you might want to participate in some of the biking events, rides, races, movies, art, first-aid clinics, and more. See <http://bikemonthnyc.org/>

Dave Ruppert

## Cycling in the Finger Lakes Region – Water, Water Everywhere But Do You Drink Enough?

by Kerry E. Kaylegian

Water is the most important non-nutritive nutrient. By itself, water does not contain nutritional elements that provide energy or repair tissues, yet it plays an essential role in maintaining body function. The body can last for weeks without food but only days without water.

Water helps with food digestion, transports nutrients (like glucose and oxygen) to cells and tissues, and carries away the metabolic waste products. Water maintains blood volume, helps regulate body temperature, and plays a role in biochemical reactions to produce energy and in the transmission of nerve impulses. Water lubricates joints and cushions organs.

Dehydration results in fatigue, cramps, and decreased performance. Dehydration causes mental impairment, which can make getting to the end of that long ride or hard race a difficult task. As little as 1-2 % loss of body water impairs the body's ability to function and regulate temperature. For those that followed the Tour de France last July, you saw the impact of dehydration when Lance Armstrong miscalculated his fluid intake and lost almost 8% of his body fluids in the time trial, and suffered severely the next day.

It's important to realize that your body becomes dehydrated before the thirst sensation kicks in. To monitor your hydration level, pay attention to how frequently you urinate and its color. In general, the

darker the urine the more concentrated the waste products. Note that some supplements, particularly B vitamins, will influence urine color.

Daily water expenditure is about 2 quarts without exercise! Typically trained cyclists sweat at a rate of 1 qt/hr. Sweat loss depends on factors such as weight, fitness, cycling intensity and climate conditions. Sweat contains water and electrolyte minerals (sodium, potassium, magnesium). Recreational cyclists tend to get sufficient electrolytes through their normal diet and generally don't need to worry about replacement. Racers, highly trained cyclists, and recreational cyclists riding over 4 hrs should replenish electrolytes regularly during the ride. For extreme distance riders electrolyte replacement is essential, and drinking only plain water can lead to the rare and dangerous condition of hyponatremia, or low blood sodium.

TARGET RECOMMENDATIONS for fluid intake while cycling range from 8-10 oz every 20 min to 1 qt for every 1000 kcal expended. Good hydration practices include drinking before and after riding.

In the quest for your daily 2 quarts of fluids plus that lost from exercise there are the obvious choices B water and sports drinks. Other good sources include decaffeinated beverages, juices, lemonade, low fat milk, and fruits with high water content such as melons and citrus fruits. Sports drinks and juice-type drinks contain sugar and have the added benefit of providing a source of energy while riding. Alcoholic beverages dehydrate the body, so make sure to drink plenty of water with your after ride refreshments!

## The Race of Truth

Want to experience pain? Real pain? For an hour? Maybe you're training for the Annual Ithaca Triathlon later in the season. Or the Empire State Games. Or you're fine-tuning your skills for the Thursday Night Arms Race on Coddington Rd. If you fit any of these scenarios, you're a prime candidate for participating in the New York State Time Trial (NYSTT). Once again, the Finger Lakes Cycling Club is hosting the NYSTT. And it's your chance to see just how far you can push yourself against the clock. Just you, your speed weaponry, and the inevitable demoralizing headwind. With such a ringing endorsement, you might wonder

why we do this sort of thing. And yet, year after year, riders come from as far away as Buffalo and Long Island or the Adirondack Region to test themselves in the NYSTT for a chance to claim the honors of being a State Champion.

The NYSTT is going to be held in Speedsville, NY, on June 20, 2004. Race details are being finalized and will soon be available on the FLCC website ([www.flcycling.org](http://www.flcycling.org)). The course is a new out-and-back course, relatively flat, with the start and finish in Speedsville, along West Creek Rd (county Rt 33) south towards Rt 38 through the picturesque Owego Creek Valley. Riders will traverse the course, starting 1 at a time at 1 minute intervals, each trying to complete the course in the shortest time possible.

There will be about 20 different categories based on age and ability level, to suit all riders. Course distances will be either 10 or 20 miles, depending on the category. Medals and mugs are awarded to top finishers in most categories.

Pre-registration is strongly recommended, to allow us to efficiently coordinate the event. Registration forms will be available for downloading on the FLCC website for mail-in pre-registration. Riders will also be able to pre-register through [www.Bikereg.com](http://www.Bikereg.com). Note, that June 20 is Fathers' Day. Make a day of it with Dad. A Chicken BBQ is being held in Speedsville at the town common on the same day, so there will be a chance to eat.

We will be looking for volunteers to help marshal the course, thereby ensuring the safety of participants. Volunteers will receive a free chicken BBQ dinner/lunch courtesy of the organizers. If you wish to volunteer, please email Mark Rishniw at [mr89@cornell.edu](mailto:mr89@cornell.edu).

## 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](mailto:fitterer@lightlink.com) or Sandy at [dfitter1@twcny.rr.com](mailto: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

## **BIKE/HIKE ITHACA & TOMPKINS COUNTY**

The Cayuga Waterfront Trail Initiative is creating a new promotional brochure to encourage visitors as well as local residents to take advantage of our many options for biking and hiking. The brochure is in final draft stage and invites comments from cyclists and others. The brochure aims to cover information sufficient to get people to hiking, mountain biking and road biking facilities; it includes the FLCC website address and suggests some on-road routes to try.

If you would like to look it over and send comments, please look at the PDF version of the brochure (it's linked from the on-line version of this newsletter) or contact either Vikki Armstrong, brochure writer at 387-3555 or [VIKDA@aol.com](mailto:VIKDA@aol.com), or Rick Manning, CWTI coordinator, at 592-4647 or [rmanin4@twcny.rr.com](mailto:rmanin4@twcny.rr.com).

### **Unicycling Club**

There is a newly formed unicycling club in town - the Finger Lakes One Wheelers (FLOW)! Our web page is [www.fl1w.org](http://www.fl1w.org). We don't have any regularly scheduled events, but we have been riding together on Cornell campus and on the trails at Hammond Hill state forest. Anyone is welcome to check out the website and/or join the email list serve (list serve info is on the website).

Keith Epstein

### **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 view 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](mailto:sigg@ithaca.edu).

The registration fee is \$300.

### **The AIDS Ride for Life, Sept 11**

A great century for a great cause! Saturday, September 11 is the sixth annual AIDS RIDE for Life. And May is the month to make your commitment and register for the 2004 RIDE to benefit AIDS WORK of the Southern Tier AIDS Program. In the five years that the RIDE has been in existence it has raised over \$330,000 for crucial HIV and AIDS services in Tompkins and Cortland counties. AIDS WORK needs your help in order to keep doing this valuable work. As committed cyclists, please consider taking this one day of the year and pedal for an important cause here in your community. Register before May 15<sup>th</sup> for only \$20. For more information call Ann at AIDS WORK at 272-4098 or e-mail at [ann@aidswork.org](mailto:ann@aidswork.org)

Will YOU be one of us?