

FLCC Newsletter - June 1, 2004

NYS Time Trial on Jun 20

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 (<http://www.flcycling.org/racing/nystt.shtml>). 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.

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.

Easy Riders - Update

A few people notified us of their interest in the "Easy Riders" but not enough to organize a formal contingent for the Sunday rides.

The Sunday rides have been developed over the years and the routes are lovely. We encourage all riders to join the club, come to the Sunday rides and ride at your own pace.

The calendar of rides is available on the FLCC home page: <http://www.flcycling.org/index.shtml>

If you have questions about riding at leisurely pace, please mail Kathy Hopkins at HKathyhopkins@cs.com or Anne Shapiro at as57@clarityconnect.com We've been riding at that pace for years.

Hollenbeck Race Held May 2

I'd like to say a big thank you to everyone who volunteered for and raced in the Hollenbeck's Spring Classic yesterday. It was once again a huge success even with a bleak weather forecast and constant drizzle. I was impressed that just under 200 people lined up to race in little Virgil, NY. We had our largest women's fields to date! Pres Dave did do his regular job of bringing the beautiful weather, it just appeared a wee bit late. Dave, next year make sure to remind the weather gods that we're actually 4 hours behind them according to GMT.

This race would not be possible without FLCC's incredible network of volunteers. You all step-up year after year and deserve a huge pat on the back. I thank you all immensely as it makes my job so much easier. I had people emailing me asking if they could help out the day before the race and even on the race morning itself. We're lucky to have such a charitable group of folks. Mike Ludgate and Ludgate Farms generously donated a ton of very tasty apples, thank you. Also the Maxxis Series and Matt Howey provided some great prizes and support.

Glenn as always you're the master official, sacrificing your race to come pick at the finish, give entertaining commentary, and answer questions. I am continually amazed at how much gear he packs in that little car of his. Check it out, you might just find your next TT bike stashed in the front seat. Marcia, my head volunteer, thanks for being available to take care of whatever situation arises no matter how messy! Sign set up and

tear down, course maintenance, and cone dispersal was expertly executed by Twinkie Mark, Darron, Andy M, and my wonderful "I'll do anything you ask on race day" and really did, husband Elliott. Just wondering if anyone's found Andy's where's waldo sign in Tompkins County yet.

The toughest and definitely most unexciting job of the day was probably the operation of the computer with racer input and results calculation. The race spreadsheet created by Trevor and Mark R is really a great asset to our racing in NYS. I'm glad Hollenbecks could help work out some of the bugs. It certainly made results tabulation much faster than in past years. Tara Heiss, Trevor, and Mark we all appreciate your diligence yesterday. Word has it that Tara might race next year. I'm not sure what I'll do without you!

The registration crew worked expertly under some very adverse and quite soggy conditions. Tania, Aimee R, Jeff Poulin, Karen L, Mike Anderson, Sarah Ferdinand, Brad, Jeffrey Barlow, Kerry, thanks guys for keeping a level head and for working in such a cramped space. Hope your hands aren't too sore today. The lines were much shorter than last year. I really think pre-registration helped and would recommend bikereg.com to all local promoters. Jim Bondra thanks for doing junior rollout amongst all your other numerous duties for the day.

We developed a new relationship this year through Katie Foley at the Ithaca Youth Bureau and her crew of sorority volunteers. All corners were diligently covered by our local veterans, Steve Ast, Dan Barbasch, Kerry Kaylegian, Ann Carter, Anne Shapiro, and Todd Lemmiksoo (if I forgot someone I'm sorry) as well as a great group of dancing and waving college women! Many racers and pace/wheel drivers commented on the amazing corner coverage and entertainment. I even heard some of the women exclaim "it was so fun, I'd do it again next year." Don't worry, I was listening.

Our pace/wheel crew did an extraordinary job leading the troops safely through the farmlands. Steve Bowman and Jim Bondra, thank you, thank you for driving 66 miles at probably the slowest pace that you ever could have imagined. Someone at the finish mentioned that you probably could have gotten pretty darn close to Boston considering the amount of time you spent in the driver seat. Tania thanks for helping out with reg and then driving 2 laps. Andrejs I appreciate your wheel van prowess, plus sign organization. Joel managed to stay in front of his women even after the confusion of moving through a couple fields, calling me, taking a pee break, calling me, and a donut stop (or were you just dreaming?), Tim Reynolds glad you didn't decide to run

your wife off the road after her proclamation to the field about your wheel changing abilities :-)), Sarah and Keith thanks for guiding a crazy field to safety and Tom for your expert wheel changing abilities described by Don--are you still engaged? Sandy and Myriah, your husband/dad did pretty well! Guess my advice of sticking on your bumper worked or maybe it was the bungie cord on the wall. Also appreciate your lugging all the equipment from Meck-burg to your house. Paul, Holly, and son hope you brought a lot of books! Thanks for agreeing to do this at the last minute. Elliott I appreciate you taking over the wheel for Mark R even after a muffler crisis. James and Elliott sounds like you two got to play a little cat and mouse out there with your riders. Glad you're both skilled drivers! Jim and Andrew, their wheelmen, hope they didn't give you too much of a scare! Jim did your wife enjoy the scenery?

Our finish line crew basically ran itself, just like clockwork. We were all so accurate that we really didn't have to check numbers after awhile. Aimee R, Mike Anderson, Brad, Bill Lodico, Shelley Mulvaney, Karen L I really hope you guys will return next year to pick. Blaine, the esteemed results driver, we should give you Dave Miller's Porche or a BMW motorcycle next year to make your hundreds of trips up the hill just a bit more interesting. Zach Fitterer, thanks for running the video/entertainment at the finish! I'm glad we had some good finishes to tape. Did you get the guy who yakked just after he crossed the line? They love that finish.

Last and certainly not least, in fact it's the reason most of the racers come to this event, thanks to the extremely busy Mark and Amanda Shenstone for purchasing and delivering the "famous cookies" and other race day goodies. As usual the food was swallowed up by the group. Mark even managed to race well in the Masters field after witnessing him almost fall asleep on his feet Saturday at the Farmer's Market.

Trevor and I worked until late last night cleaning everything up and getting it ready to send off to USCF and other interested parties. Trevor, appreciate all the work you did with prereg. We hope to get the results posted later today or tomorrow morning. If I missed any of the volunteers I apologize. My brain is a bit cloudy this morning. Also if any volunteers did not get a T-shirt (only large sizes left) or a FLCC/SwanCycles water bottle, please see Dave Ruppert as he has the stash.

I hope you will all come on out next year!

Thank you,
Sara Barker, VP for Racing

New FLCC Jerseys Available

The new jerseys can be purchased right now. Contact me at fitterer@lightlink.com or Sandy at dfitter1@twcny.rr.com to place your order. Total count as of 1130pm 26 May 2004:

XS - 1
S - 9
M - 5
L - 11
XL - 2.

Cheers,

Don and Sandy Fitterer

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. The Opening Reception is Jun 8, 5-7pm and there is a Brown Bag Lunch on Jun 9, noon. 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.

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 15th for only \$20. For more information call Ann at AIDS WORK at 272-4098 or e-mail at ann@aidswork.org

Will YOU be one of us?