

FLCC Newsletter - July 1, 2004

No Swan-song for Swan at the NY State TT Championships

Despite his concern last year that 2003 would be the last time he would don the crown as NY State TT champion, Glenn Swan managed to stave off a close challenge from Dieter Drake to once again emerge victorious in 2004. While the "old man" gets older, he doesn't seem to be getting much slower, averaging just over 28mph for the 19.5 mile course (completing it in a time of 41'33").

The Elite women's State TT champion was Kerry Traynor from the Buffalo area, who powered over the course in 44'16", at an average of 26.4mph, easily beating her nearest rivals, and setting the 9th fastest time of the day.

There were winners in over 15 categories of racing. Congratulations to all. Results can be found at: <http://www.flcycling.org/racing/results/2004nystt.shtml>

This year, we ran the TT over a new course, along the picturesque West Creek Valley. One section of challengingly paved road did not discourage any riders, and there were no "incidents" to report. The Speedville VFD assisted in traffic control, along with 25 volunteers, who ensured that the event ran very smoothly. We had over 100 riders participating - a record turn-out for us at this event. This allowed us to generate a small profit and also make a donation to the Speedville VFD of \$250.00, thereby rolling a substantial part of our profits back into the local community.

Thanks again to all the volunteers who helped make this event the success that it was.

The encouraging outcome means that I am already planning next year's TT championships, with an even better course!

Volunteers deserving our recognition (in no particular order): Marcia Swan, Sara Barker, Trevor Connor, Jack Rueckheim, Ernie Bayles, Jim Metzgar, Laurie Sedgewick, Andrew the Omnivore, John Parker, Jane Miller, Jim Bondra, June Eillenberger, Bob Talda, Matt Howey, Mark Shenstone, Amanda Shenstone, Esmeralda Shenstone, Keith Thompson, Alex Specker, Steve Edgar, Andrejs Ozolins, Margot, Darren Zanon, Sandy Fitterer.

Mark Rishniw
NYSTT Director

Cycling at the Senior Games

The cycling for the Empire State Senior Games was held at Greek Peak the weekend of June 12-13. This was the first year that I participated and I had a wonderful time. Matt Howey did a fine job of organizing them. A number of volunteers from the FLCC helped. Andrejs and Peter Ozolins, Mark Rishniw, and Kerry Kaylegian helped with the TTs on Saturday and Rob Hanlon worked at the RR on Sunday.

Tob de Boer won a bronze in the RR. The top rider in the FLCC was Anne Shapiro with silver in each TT and gold in the RR. These were Anne's first races. Rumor has it that Anne will be going pro next season. Lance Armstrong, watch out!

All three races start at Greek Peak. Both TTs have a turnaround. The 5K TT goes west towards Virgil and is relatively flat. Of course it is over very quickly - my time was 7:43. I thought I rode reasonably well and I got a bronze medal and fourth overall. I was only a few seconds behind Chuck Dominick who won the bronze and only 12 second back from the gold medalist. My age bracket (55-59) turned out to be the most competitive. If I had been 54 rather than 55, I would have gotten a gold medal. The 10K TT heads east and the turnaround is past Parker. So the first 5K is mostly downhill with a lot on climbing on the return. I wasn't sure how to ride the rollers but decided to stand up on the rises and try to power over them. I think that worked best but I cannot be sure since I didn't try the alternative of staying sitting and in an aero position. It was hard to get in a real rhythm because of the constant changes in grade. The results were similar to the 5K and I got another bronze.

The 20K RR goes to Virgil and then there are three loops around a triangular circuit with lots of short hills. After the three loops, the course goes back to Greek Peak. I wasn't sure how I would do since I'm not a great climber and I'm usually stronger in the TT than in a RR. Chuck Dominick, who beat me in both TTs, looks like a better climber than a time trailer so I was watching him closely. The pace was slow at first so, using what I have been learning on Tuesday nights, I attacked on a rise and got the field to start working. Several of us attacked on the first loop and at the beginning of the second loop there were four of us, Norm Ashbarry, Ivan Lennon, Chuck Dominick, and myself. We stayed together for the second loop and seemed to be increasing the gap over the field. On the third loop Ivan surged ahead and I noticed that Norm and Chuck were dropping back. I stood up over the last and hardest climb and at the end of the rise I had a nice gap over Norm and Chuck was far enough back that I could not see him. Riding back to Greek Peak there was Ivan about 100-200 yards ahead of me

and Norm about the same distance back. The gaps hardly changed during the last 3 miles. So I ended up second overall with a gold medal since Ivan was in the 60-64 bracket. Interestingly, the top three finished oldest to youngest.

Dave Ruppert

Eating to Train & Training to Eat

Eating to train is something that concerns all of us whether training means a Thursday Night Slow Ride or a Tuesday Night Race. Eating to train is something to consider for anyone who rides for more than 3 hrs at a time, regardless of pace, such as the Sunday Club Rides. For rides under about 2 hrs eating before the ride is important, but for rides greater than 2 hrs, eating during the ride is essential to being able to finish the ride with maximum enjoyment (or speed or both) and minimum fatigue.

Cycling is great exercise and can burn a substantial amount of calories. For example, a 125 lb. person riding at a 13 mph pace will use approx. 480 Cal per hr, but riding at a rate of 18 mph will use approx. 720 Cal/hr; a 175 lb. person riding at 13 mph will use 660 Cal and at 18 mph will use approx. 1000 Cal/hr.

The use of carbohydrate and fat for fuel depends on your fitness level, level of exercise intensity, and duration of exercise. In general, fat is the primary energy source for low to moderate exercise and carbohydrate is the primary energy source for high intensity exercise.

Carbs are stored as glycogen in the muscles (300-400 g, about 1200-1600 Cal) and liver (75-100 g, about 300-400 Cal). Fats stores in the body are much higher (up to 80,000 Cal). Depletion of muscle glycogen causes an athlete to "hit the wall" and depletion of liver glycogen causes an athlete to "bonk." Glucose is the main fuel for your brain, so maintaining blood glucose is important to make sure you stay focused until the end of the ride. Training helps the body learn to store more glycogen and preferentially burn fat over carbohydrates during exercise, thereby reserving carbohydrate stores for the final sprint.

The recommended nutrient intake for active people is 55-60% carbs, 15% protein, and 25-30% fat, based on total Cal in the diet; for very active people (that means the racers in the club) strive toward the higher carb and lower fat levels. Typical carb intake in the US diet is about 2 g/lb per day, and the recommendations for athletes are for 3-5g/lb per day depending on daily training schedule. Carbohydrates supply 4 Cal/g, so this translates into 12-30 Cal/lb per day from carbohydrates. Proteins supply 4 Cal/g and fat supplies 9 Cal/g.

The timing of eating prior to riding is influenced by how long and hard you plan to ride. The best time to eat about 2 hours before the ride. Eating within 1 hr of riding can cause physical discomfort, and may raise

insulin levels in the blood followed by a decrease in blood sugar while you ride, particularly if you eat sugary foods. Complex carbohydrates are recommended over simple sugars to avoid the sugar spike and subsequent crash.

During long rides, suggested carb intake is approx. 30-60 g (120-240 Cal) per hour, either in liquid or solid form, to maintain adequate supplies of glucose. Also crucial for long rides is drinking enough fluids to stay hydrated. Target recommendations for fluid intake range from 8-10 oz every 20 min to 1 qt for every 1000 Cal expended.

Long rides and high intensity cycling pose some challenges in keeping yourself properly fed and hydrated & this is where the training to eat comes in. Each of us has different preferences and tolerances, and what works for one person may not work for another. I know people that swear by gels and others that can't tolerate them and find gummy candy to be a good source of easily digested carbs while exercising. Try new foods and beverages during the week, not on the event day. Training to eat should be taken as seriously as training your muscles (and your butt) for those century rides or races. Eat, ride, and eat again & what a great way to spend a summer!

Kerry E. Kaylegian

Jersey Hill Circuit Race

Saturday, August 7, 2004, 10:00 A.M.

The 4th annual Jersey Hill Circuit Race will be held in Danby on Saturday, August 7, 2004. We are trying out the August date in response to poor spring weather in previous editions, a view that there is a need for a local race in August and an attempt to spread out the racing and volunteer opportunities. All categories and distances are listed on the club web site. Please come and race or volunteer yourself, your spouse, significant others, and friends for one or more of the various race duties which include registration, setup and sweeping of the course, scoring and timing, pace car driving, food and beverage pickup, etc. The race is the day before "The Great Race" in Auburn.

This is a good course for riders wanting to try out racing for the first time. We are offering two races for junior riders ages 10-14 and 15-18.

We will be looking for volunteers to help marshal the course, thereby ensuring the safety of participants. Volunteers will receive a free T-shirt or water bottle. If you wish to volunteer, please email [Jim Bondra](mailto:JimBondra@club.org), or call 607-274-1962 (w) or 272-1365 (h) till 10:00 in the evening.

Remember: Without club member support, races do not just happen. Thanks to everyone who has volunteered in the past and is thinking about volunteering for this race and others.

Jim Bondra Director-Jersey Hill Circuit Race