

FLCC Newsletter – Mar 2005

Newsletter

Last year the newsletter changed to being entirely electronic, since no club members seemed interested in doing the work of producing and mailing a print version. With this change, we are able to produce newsletters quickly and more frequently. However, I realize that some FLCCers are not on the list-serv and do not get announcements about when the newsletter has appeared. Starting this issue, I will be mailing the newsletter to everyone on our current membership list that has supplied us with an email address.

Dave Ruppert
FLCC Prez and Newsletter Editor

Annual Meeting is March 13

The FLCC will have its Annual Meeting Sunday, March 13. The social hour will be 4-5pm and the business part of the meeting will start at 5pm. The meeting will be in the Olin Hall Lounge at Cornell, same place as last year. Olin Hall is the Chemical Engineering building at Cornell and is across Campus Road from Carpenter Hall. It should not be confused with Olin Library. Here is a preliminary agenda.

- Election of Officers -- Nominations
 - President: David Ruppert
 - VP for Touring: Andrejs Ozolins
 - VP for Racing: Sara Barker
 - VP for Mountain Biking: Donal Fitterer
 - Treasurer: Steve Bowman
 - Secretary: Tanya Schusler
 - Coach: Glenn Swan
 - Newsletter Editor-in-Chief: David Ruppert
- Members-at-large: Anne Shapiro, Jack Rueckheim, Jim Bondra: need two more nominees

- Report from the Treasurer
- Report from the VP for Touring
 - Easy riders
- Report from the VP for Racing
- Hollenbeck race
- Other business

Dave Ruppert
FLCC President

Spring Clinics

Each year (for the last 5 or 6) we have had a series of seminars covering assorted topics of interest relating to cycling. Usually they are Sundays in March. They have been free and open to all members of the cycling community. I would like to continue the tradition this season starting Feb 27. Seminars will take place in the lounge in Olin Hall (Chemical Engineering) at 10:00AM and most will last about 1.5 - 2 hours. If weather is favorable, there will be rides immediately following each seminar.

The first of 5 seminars will be Sunday, Feb 27 starting at 10:00AM in the lounge of Olin Hall (Chem Eng.) The topic will be of most interest to racers (especially aimed at the CU Cycling team whose season is about to begin...Brrrrr!!!) **Tactics 101**. What do you need to know to race? How to race as a team. There will be seminars offered at the same time and same place each Sunday in March.

Because the Cornell Cycling Team will be away at races most Sundays in March, we will offer "Racing Tactics 101" as the first topic on Sunday Feb. 27. You'll learn how to ride with and against each other. You'll also learn a lot about what you need to know to race effectively.

Topics for other seminars will be "Bike Fit - Proper positioning on a bike", "Training and Fitness - Nutrition and Physiology", "Group Riding Skills - How to ride a paceline safely and comfortably", "Racing Skills" - like time trialing, climbing, cornering, and generally going fast.

Being old and experienced I probably have enough information to lead these seminars, but I know that there is lots of other experience and perhaps more enthusiasm within some of the other members of the local cycling community. I welcome, in fact request, that others offer to help in presenting these seminars. If you would like to help with any of these, or want to suggest other more relevant topics, please contact me. I would like to

see enough people involved with presenting these sessions that when I retire to shuffleboard and lawn darts, these informative seminars will continue to be offered.

Glenn Swan
FLCC Coach

Hollenbeck Spring Classic Road Race on May 1

FLCC's Hollenbeck Spring Classic Road Race in Virgil, NY is happening again this year on Sunday, May 1. This event is a part of the 2005 Lance Armstrong Junior Olympic Race Series (LAJORS) 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.

Hollenbeck's will be supported by the new Central New York Mission in Motion women's Cycling Team. This team donates its winnings to LOURDES *Mission in Motion*, mobile health units based in Binghamton, New York which bring primary care and breast health care to remote and underserved areas throughout the region.

This year in addition to the historic road course and famous cookies, we are giving a \$15.00 return of entry fee to the first three places in each category. 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.

Pre-register by going to www.bikereg.com/races/register.asp?EventID=2077. Registration will also be offered on the day of the race for \$15.00. Juniors will race for \$10.00.

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 working registration, acting as corner marshals, pace cars/wheel vans, and result tabulators. 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
FLCC VP for Racing