

CYCLEDDELIC FLYER

Newsletter of the Wright Cycledelics

Meet the 2006 Cycledelics & Team Stellar !!!

Cycledelics

Meg Church is participating in her second Little 500 race. She is currently a junior majoring in Biology/Pre-Dentistry. She is originally from Elwood, IN, and enjoys a variety of sports including swimming, cross country and track. She is gaining additional race experience by competing in the IU Cycling Club.

Laura Horvath, Cycledelics team captain for the 4th consecutive year, is a 5th year senior majoring in Therapeutic Recreation. Her athletic experience includes swimming, track, and cross country. Laura is also an active member of the IU Cycling Club. Her hometown is South Bend, IN.

Kim Loebig, a second year rider, is a junior majoring in Business Marketing. Kim is originally from West Chester, OH. Her athletic experience includes swimming, and she is a current member of the IU Cycling Club.

Pam Loebig, a first time rider in the Little 500, is a sophomore working towards a Fitness Specialist degree. One of her other interests is dancing, which she was able to enjoy this year by joining the IU Redsteppers, a dance team that performs during the IU football games. She is also gaining race experience by participating in the IU Cycling Club. Her hometown is West Chester, OH.

Team Stellar

Evelyn Ewing is a second year member of Team Stellar. She is a sophomore pursuing a major in Business Marketing, and her hometown is Battle Creek, MI. Past athletic experience includes cross country, track, and dance. She is also actively competing in the IU Cycling Club.

Tracey Friedman is also returning to the team for a second year. She is a junior majoring in Journalism, and when she isn't riding, she loves to play with her dog, Coco. Tracy is a Franklin, LA native.

Lana Robertson is a former Cycledelic team member (2003) and is a senior majoring in Exercise Science. She rode for Team Stellar last year, serving as team captain, and she returns as team captain this year. Her hometown is LaGrange Park, IL. Lana has a variety of athletic interests including inline hockey, swimming, softball, volleyball, and soccer.

Coaches

Glenn Spiczak, BS, MA & PhD in Astrophysics, is a former rider for the Dodds men's team (1984-86) and has been coaching the Dodd's team since 1987. He has been involved with the Cycledelics since 1988 and Team Stellar since its formation last year. Glenn is currently employed as a professor at the University of Wisconsin at River Falls. He and his wife Heather (Cycledelics rider 1992-93) and sons Logan and Blake reside in nearby Ellsworth, WI.

Heather (Martin) Spiczak, former Cycledelic rider (1992-1993), BS Nursing (1995), wonderful mother to sons Logan and Blake, currently works part-time as a home care nurse for Heartland Homecare. Heather has been traveling to Florida with the Cycledelics and Dodds House team members and coaches for spring break training for a number of years. She supports the teams by preparing delicious well-rounded meals for all of the riders and coaches. She also provides coaching support to the teams on race day.

Spring 2006

Volume 3, Issue 1



In this issue:

- Meet the Teams (1)
- 2005 Fall Series Results (2)
- Thank You's (2)
- Spring Break Training (3)
- Where Are You Now? (3)
- 2006 Calendar of Events (3)

Any & all comments, suggestions, & story ideas are greatly appreciated! Please see below for contact information.



Cycledelic Flyer

If you would like to make a monetary donation to the team to help cover its operating costs,

please contact :
Glenn Spiczak
N6088 1000th St
Ellsworth, WI 54011

glenn.spiczak@uwrf.edu



Cheryl Koch Martinez
818 W. Fogal Way
Tempe, AZ 85282
(480) 736-0738

azcharito@yahoo.com

Comments/suggestions OR if you would like this newsletter emailed to you in Adobe Acrobat PDF format:

azcharito@yahoo.com

Fall Cycling Series Results

Cyclocross

- 1 Jenn Wangerin/Rudi Romaine 23:15
- 2 Jessica Coulter/Laura Patron 23:46
- 3 Laura Horvath/Pam Loebig 24:11**
- 4 Sarah Rieke/Lisa Murray 24:41
- 5 Katie Haft/Lauren Beverage 24:46
- 6 Megan Church/Kim Loebig 26:22**
- 7 Liz Pallotta/Liz Oliver 26:59
- 8 Alana Robertson/Evelyn Ewing 27:01**
- 9 Katie Bolen/Liz Wilkinson 27:43

Individual Time Trials

Twenty-three riders competed in the event. First place was awarded to Abby Cooper-Bella Veloce (16:18). Team Stellar's only entrant, Evelyn Ewing, finished 16th (18:30). The Cycledelics placed as follows:

- 6 Laura Horvath (17:11)
- 7 Meg Church (17:16)
- 11 Kim Loebig (17:34)
- 13 Pam Loebig (17:41)

Little 500 Duathlon (cancelled due to flooding rain and cold).

Overall Team Point Standings

Cycledelics won the overall team title with 142 points, followed by Teter with 108 points and Roadrunners with 97 points. Team Stellar finished 6th overall. There were 10 teams competing.

Individual Point Standings

The overall women's Fall Cycling Series Champion, Jenn Wangerin (unattached) was crowned and awarded with a \$250 scholarship provided by Bicycle Garage Inc.

Rudi Romaine (unattached) and Sarah Reike (Teter) came in second and third respectively.

Laura Horvath finished 5th overall, Pam & Kim tied for 10th overall, and Meg was 11th for Cycledelics. Evelyn Ewing and Lana Robertson tied for 15th overall. There were 29 competitors.

Results compiled by Laura Horvath

Do You Want to Be a Cycledelic?



If you are interested in riding for the team or if you want to learn more about the Cycledelics' involvement in the Little 500, please contact Cycledelic team captain Laura Horvath at lhovath@indiana.edu

or
Coach Glenn Spiczak at glenn.spiczak@uwrf.edu



Please visit the team website at:
<http://mypeoplepc.com/members/bashams/cycledelics/>

The Cycledelics would like to thank the following people for their support, time and assistance this year:

- Glenn Spiczak, coach**
- Heather Spiczak, asst. coach**
- Girl Scouts (2006 women's team sponsor)**
- Dodds House team**
- Wright Quad Residents & Staff**
- Cheryl Koch-Martinez (newsletter/support)**
- Karen Koch Basham (newsletter/website)**





Spring Break Training 2006



On Friday, March 10th, the Cycledelics will begin their annual spring break journey by car to Alligator Point, Florida.

For three of the four riders, this will be their first trip with Coach Glenn Spiczak. Also joining the 'Delics in Florida this year will be Glenn's wife, Heather, their two sons, and the seven members of the Dodds House team.

For seven days, the Cycledelics will be working hard riding their bikes up and down the eight-mile main road of Alligator Point. The women will be practicing intervals, sprints, bike-handling skills, qualification attempts, and lots of exchanges.

After their long workouts, Coach Heather will prepare delicious meals to help the girls refuel before they spend the afternoons relaxing on the warm sunny beach!

On Saturday, March 18th, Cycledelics and Dodds will begin their trip back home to Bloomington in order to prepare for Qualifications on March 25, 2006. Glenn, Heather, and their sons will also leave behind sunny Florida to head back to their home in Wisconsin.

If you are interested in making a donation to help defray the cost of the trip for the riders, please contact Coach Glenn Spiczak.

by Laura Horvath

Hey, Where Are You Now???

Help us create content for future newsletters and the team's website!

If you are a former Wright Cycledelics/Team Stellar rider, assistant, mechanic, lap counter, or you are in contact with one— let us know where you are and what you have been doing!!!

E-mail information to Cheryl Koch Martinez (Cycledelics rider '92-95) at azcharito@yahoo.com and you could be featured in a future issue of Cycledelic Flyer!!!

Be sure to include your contact info/e-mail address (we will gladly keep your email address private at your request), where you live now, and what you are doing. Tell us about your spouse / kids / pets / hobbies / etc. as well as anything else exciting in your life. If you have already participated in this exercise and would like to have an update to your profile posted, please also feel free to contact us!!

Also, If you have any pictures of past Little 500 events, team members, etc., feel free to provide those as well and we will try to feature them in future newsletters or on the team's website. Thanks!

2006 Little 500 Event Calendar

Mon. Feb 20—Track Opens for Rookies

Thurs. March 2—Track Opens for Veterans

March 13-21—Spring Training

Sat. March 25—Qualifications

Wed. March 29—Individual Time Trials

Thurs. April 1—Miss-N-Out

Thurs. April 6—Team Pursuit

Sat. April 15—Little Fifty Running Race
(2:00 pm, Haugh Track)

Fri. April 21—
19th Annual Women's Little 500 Race
(4:00 pm, Armstrong Stadium)

Sat. April 22—
Annual BBQ (pre-race, Soccer Practice fields)
56th Annual Men's Little 500 Race
(2:00 pm, Armstrong Stadium)

Thurs. April 27—
Victory Banquet
(6:00 pm, Alumni Hall-Indiana Memorial Union)