

CYCLEDDELIC FLYER

Newsletter of the Wright Cycledelics

Women's 2004 Race : Bling, Bling!

If you are not keeping up on the latest slang, "bling, bling" is a term used to describe diamonds, jewelry and all forms of showstyle. It was coined by New Orleans rap family Cash Money Millionaires in the late '90s and gained national awareness with the song "Bling Bling" by Cash Money artist BG. It also served as the Cycledelics mantra on race date, April 23, 2004.

Lara Keeley Wosepka (1990 'delic alum and 1992 rider on the victorious Landsharks team) attended the race this year and offered these comments on the Cycledelics performance. "Overall, the team looked great. A miss of the first large wreck on lap three kept [the team] within the top ten for the entire race. At times, they even took the lead. They looked strong and were incredibly tough competitors among a field of fast riders."

Coach Glenn Spiczak echoed Lara's initial observations, stating that "the team did very well in the race", with strong sets, good burns, and for the most part, fast and clean exchanges. This resulted in the 'delics riding in approximately 6th place for most of the race. Glenn stated "Leah got the MVR [Most Valuable Rider] for her great start, avoiding the accident, and riding well all around." He added, "everyone else rode with short sets and [good] burns." For the 'delics, the 8th place finish tied for the second best finish in team history (8th place finish in '96 and 6th place finish in '88) and the 7th top ten finish in the last 10 races.

Lara Keeley Wosepka added, "As a previous competitor in the race and former rider with Glenn as my coach, it gave me a chill up my spine watching the women come in so fast with their bike exchanges. They were incredible—and just as Glenn ordered—FAST. When the team fell behind, each rider rode shorter sets. With quick exchanges, and each rider doing her part, the team made up some ground. In the end the hard work and strategy (along with a little luck!) paid off—an eighth place finish!"

Team Captain **Laura Horvath** commented that the team is "extremely happy with the way the race played

out this year. Our goal was to place in the top ten, so an 8th place finish definitely gave us something to be excited about. Besides two missed exchanges, we rode a clean race. It was a beautiful day with perfect weather conditions. The track was in awesome shape, and we couldn't have asked for a better racing environment."

Coach Glenn Spiczak felt that Teter had the strongest team, coached by former Doddsman Chip Armbruster, "yet [Teter] lost it to Kappa Kappa Gamma on a final two-up sprint to the finish line."

When asked to comment on the other riders in general, **Laura Horvath** responded that "the other women rode really smart. I feel Teter had the strength to win it all, but their strategy did not pan out the way they had expected. On the last lap, Bri Kovak of Teter took the outside and Jess Sapp of Kappa took the inside. When they were coming down the front stretch, it appears ... that Jess went a little wider than necessary, but not wide enough to call impeding. Unfortunately, I think that Bri, who is an incredible rider, did not have the legs at the end."

In response to the team's expected make-up for next year, Laura explained that "as of right now, all four of us are planning to return to ride next year. We would also like to welcome two new potential Cycledelics who have expressed an interest in training with us. Hopefully when school starts again we will have 6 members training with the team."

Lara's parting words echo the sentiment felt by many who have been following the team over the years: "Congratulations to the women [for] a finish in the top ten! I cannot wait to watch the team in 2005, where the combination of veteran riders with race experience, a great coach, a hardworking team and some luck could possibly lead to a Little 500 victory!"

Contributions by Lara Keeley Wosepka, Coach Glenn Spiczak and Laura Horvath; edited by Cheryl Koch Martinez and Karen Koch Basham.



2004 Cycledelics on Race Day—
front row: Danae Klatt, Trish Thomas, Laura Horvath, Leah French;
back row: Coach Glenn Spiczak, Cameron Stouder, Peter Schlifke (Wright Cycling team member & 'delics bike mechanic) and Charlie Metzger.

Summer 2004

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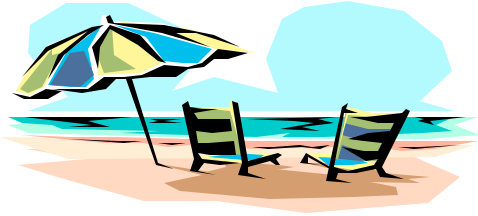
Any & all comments, suggestions, & story ideas are greatly appreciated! Please see mailer portion for contact information.

Thank you!

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 rider Laura Horvath at lhovath@indiana.edu or Coach Glenn Spiczak at glenn.spiczak@uwr.edu

2004 Spring Break with the Cycledelics



The Cycledelics, along with Dodds House and Wright Cycling teams, spent spring break week 2004 in Florida at Alligator Point, a small island off the coast of Tallahassee. However, this was not your typical college student break! Instead of lazy days at the beach and wild times at the nightclubs, the riders spent their time doing sprints, time trials, other drills, and practicing exchanges. In spite of all of their hard work, the riders enjoyed their time training and bonding in the warm, sunny weather of the Gulf. They even managed to work in a little down time to relax and play on the beach!



The Cycledelics (Trish, Laura, Danae & Leah) along w/ coach Glenn Spiczak & members of Dodds House & Wright Cycling teams



Cycledelics (l to r) Danae Klatt, Trish Thomas, Leah French, and Laura Horvath

Where Are They Now?

Once again, we bring you up to date on the lives of former 'delics riders, coaches, lap counters, bike mechanics, etc. If you are a former Wright Cycledelics rider, assistant, mechanic or lap counter, let us know what you are doing now!!! We look forward to hearing from you!

Dottie (Brown) Wood—former rider (1990). Graduated in 1991 with an AS in Optometric Technology and BA in General Studies. She continued her education at Purdue, and graduated in 2000 with an AS in Computer Technology. She has worked as a software developer for about 8 years, and is currently employed by Bitwise Solutions, Inc. in Carmel, Indiana. She currently resides in Brownsburg, IN, with her husband Greg (who is also in the IT business) and infant daughter Madison, born February 18, 2004. The family is anticipating a move to Westfield, IN, this winter when construction on their new house is scheduled to be completed. Dottie still enjoys cycling recreationally. She raced in Indianapolis at the Velodrome for a club called the Speedway Wheelman for about three years, and in her words, “met with lukewarm success, but had fun”. You can check out Dottie’s personal website at www.dottiewood.com, and reach her via email at dottie.wood@comcast.net.

Lara Keeley Wosepka—former rider (1990). Completed her studies at IU in 1992 with degrees in English and History. She attended Salem State College, where in 2004 she completed her BSN. Lara works as a nurse at Beverly Hospital on a medical floor with hopes of working in Labor and Delivery by next summer. She and husband Kent (married 10 years this fall) have three children: Jack (5), Rose (3), and Connor (15 months). They live in a small town about five miles from the ocean just north of Boston. Lara and her husband still ride when they can, sometimes with the kids in tow. Rose likes to ride in the bike trailer, but Jack and Connor are not too excited about it. Lara took Jack to his first Little 500 this year where she had a great time explaining the rules, exchanges, and types of bikes the riders used. She also contributed to the race article on page 1. Lara can be contacted at l_keeley@yahoo.com.

AND NOW...UPDATES!!!

Cheryl Koch Martinez—former rider (1992-1995). As of March 2004, Cheryl has been working as a staff attorney with the Arizona Center for Disability Law, which is the protection and advocacy system for the state of AZ. She represents people with mental health issues and engages in civil litigation to improve the delivery of mental health services throughout the state. Cheryl can be contacted via email at azcharito@yahoo.com.

Heather (Martin) Spiczak—former rider (1992-1993). Describes herself as a “stay at home mom who works part time” as a nurse with Heartland Homecare. Heather has been traveling to Florida with the Cycledelics, Dodds House, and Wright Cycling team members and coaches for spring break training. She supports the teams by preparing delicious well-rounded meals for all of the riders and coaches. This year she may go (by popular request of the riders) solo because, unfortunately, Coach Glenn’s spring break at University of Wisconsin does not coincide with IU’s.

Glenn Spiczak—Cycledelics coach (forever and ever, Amen). Glenn recently celebrated his 40th birthday (April 15th). Glenn said the party “was a complete surprise...food, friends, and beer at the bowling alley, playing darts and pool — what’s better (besides cycling and Little 5)??” Glenn can be contacted at glenn.spiczak@uwr.edu

Editor’s Note: If you have any news to share with us, please email Cheryl Koch Martinez at azcharito@yahoo.com.



2004 Little 500 Race Results



Women's

Place/Team	Place/Team
1 Kappa Kappa Gamma	17 Zeta Tau Alpha
2 Teter Women	18 Army ROTC (W)
3 Kappa Alpha Theta	19 Chi Omega
4 Alpha Gamma Delta	20 Athena
5 Delta Zeta	21 Alpha Kappa Psi
6 Delta Gamma	22 Delta Sigma Pi (W)
7 Roadrunners	23 Alpha Omicron Pi
8 Cycledelics	24 Delta Delta Delta
9 Gamma Phi Beta	25 Alpha Xi Delta
10 Alpha Chi Omega	26 McNutt Cycling
11 Phi Mu	27 Alpha Phi Omega
12 Bella Veloce	28 Mezcla
13 Kappa Delta	29 Alpha Delta Pi
14 alpha Phi	30 Sigma Delta Tau
15 Collins Women	31 Alpha Chi Sigma
16 Speed	

Men's

Place/Team	Place/Team
1 Cutters	18 Forest
2 Alpha Tau Omega	19 Delta Sigma Pi
3 Phil Gamma Delta	20 Achtung
4 Team Major Taylor	21 Sigma Pi
5 Briscoe	22 Teter
6 Acacia	23 Kimball
7 ACR	24 Collins
8 Sigma Chi	25 Wilkie Cycling
9 Chi Phi	26 Evans Scholars
10 Dodds House	27 Wright Cycling
11 Sigma Nu	28 Phi Kappa Sigma
12 Delta Upsilon	29 IU Soccer
13 Delta Tau Delta	30 Foster International
14 Sincere	31 Zeta Beta Tau
15 Phi Delta Theta	32 Lambda Chi Alpha
16 Phi Kappa Psi	33 Sigma Alpha Mu
17 Army	

2004 Series Results

Qualifications

On March 27, qualifications for the 2004 race were held at Bill Armstrong Stadium. The 'delics luck of the draw had the team slotted to begin at 8:45 a.m. It was chilly, with overcast skies and drizzling rain. Trish described the track as "soupy from the storm the night before [making it] a little hard to hug the turns, [so] we all kept slipping out. [But] we had no failed attempts, no fouls and no dropped exchanges."

Laura recounts the team's attempt as follows: "Trish started on the bike and did a 41 second lap. The exchange to Leah [occurred] without any problems. Leah then rode a 46 second lap and exchanged to me. Our exchange was excellent! My lap was a little slow, but I still finished it in 44 seconds. My exchange to Danae was almost picture perfect. ...she jammed out of her saddle to split at 42.5 seconds. Our finishing time of 2:53.6 gave us the pole for the time being."

As the day went on, the weather warmed up and the track got faster. The team stayed at the track to watch the rest of the women's and men's teams make their attempts. Trish summed up the rest of the day as follows: "It was a pretty miserable day for all of us, though, watching us drop from the pole position down to 17th, one team at a time." Kappa Kappa Gamma ended up capturing the pole with a track record qualifying time of 2:37.5.

ITTs were held on March 31, 2004. Trish rode the four laps while the sun was shining and finished 77th with a time of 258.2. Leah rode under cloudy skies and finished 41st with a time of 2:52.7. Laura rode under dark and windy conditions and on lap 3 of 4 a hail storm

hit. She finished 43rd with a time of 2:53.2. Danae was the last 'delic to ride and she began after the storms had passed. She had a time of 2:53.6 and finished 46th. Laura describes the team members' performances, "Overall, we did not ride as fast as expected, but with the weather conditions being as they were, all that matters is that we gave it our best."

Bri Kovac (Teter) finished first with a time of 2:35.31. Jessica Lindemann (Teter) and Jessica Sapp (Kappa Kappa Gamma) finished out the top three with times of 2:38.20 and 2:38.54, respectively.

Miss-n-Out was held on April 3, with the temperature in the upper 60s and sunny skies. Laura stated that "Miss-n-Out, the 'delics least favorite series event, was a terrible showing for us." Danae, Laura, and Trish were all eliminated in the first round, while Leah advanced to the second round. The top three finishers were Bri Kovac (Teter), Nicole Vincent (Kappa Alpha Theta), and Jessica Sapp (Kappa Kappa Gamma).

Team Pursuit was held on April 15, 2004. The 'delics placed 11th with a time of 9:09.41. Teter, Kappa Kappa Gamma, and Kappa Alpha Theta placed first, second and third, with times of 8:03.86, 8:20.00, and 8:35.54.

Overall Series Standings

In the final series standings, the 'delics placed 12th. The top three teams were as follows: first - Teter, second - Kappa Kappa Gamma, and third - Kappa Alpha Theta.

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

Glenn Spiczak, coach
Charlie Metzger, asst. coach
Cameron Stouder, asst. coach
Heather Spiczak, asst. coach
Dodds House team
Wright Cycling team
Residents of Wright Quad
Girl Scouts (2004 women's team sponsor)
Cheryl Koch Martinez & Karen Koch Basham (newsletter/
website)



The Cycledelics would also like to thank the following people for their monetary donations:

Glenn & Heather Spiczak
Cheryl Koch Martinez & Ricardo Martinez
Lara Keely Wosepka



Cycledelic Flyer

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

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Comments/suggestions OR if you would like this newsletter emailed to you in Adobe Acrobat PDF format:
azcharito@yahoo.com
bashams@hotmail.com

If undeliverable, please return to:
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Tempe, AZ 85282



Please visit our website at:

<http://mypeoplepc.com/members/bashams/cycledelics/>



Please Help Us Fill In the G A P S ...

If anyone out there has pictures of past 'delics teams to be posted on the team website, please scan them, save as a *.jpg file, and email them to:

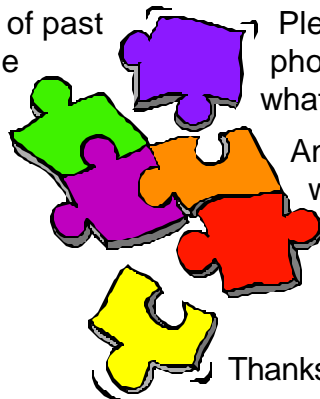
bashams3@yahoo.com

OR

azcharito@yahoo.com

Please provide a description of the photo with your submission (who/what/where/when).

Any information and/or photos would be greatly appreciated and will greatly enhance the Cycledelics website!



Thanks!