

CYCLEDDELIC FLYER

Newsletter of the Wright Cycledelics

Little 500 2003: 100 Laps, Four Rookies, One Desire

Qualifications—On Saturday, March 29, 2003, one week after returning from their Spring Break training in Florida, the Cycledelics took the track at Bill Armstrong Stadium to qualify for the 16th Women's Little 500. At about 11 am, the time slot that the team had drawn, Staci, Alana, Leah and Laura readied themselves to ride one lap each in succession and complete three clean exchanges. The team began its attempt in chilly weather and under overcast skies. Despite the track being well-packed and smooth, the first attempt resulted in a dropped exchange.

Approximately thirty minutes later, the team made their second attempt to qualify. Unfortunately, another dropped exchange forced the Cycledelics to wait until the end of the day to make a third and final attempt at qualifying for the race.

By about 5:30 pm, although the temperature had dropped, the sun was shining and the track remained in good condition. The riders made their last attempt to qualify, exercising great care to execute the exchanges cleanly. The end result was a successful qualification time of 3:00.603, clinching 16th place, which positioned them on the inside of row six.

At the end of the day, all 31 teams attempting to qualify for the 2003 race did so successfully. Phi Mu won the pole position and earned the privilege of wearing the green jersey on race day by posting a time of 2:46.071.

Race Day—After several rainstorms that had begun late the night before, the 2003 Women's Little 500 began the afternoon of April 25 under overcast skies and wet track conditions. The Cycledelics sported pink and turquoise jerseys listing the team name and their last names on the front, while the coaches, alumni, and sponsor (Girl Scouts) wore turquoise shirts listing the riders' last

names on the front and "Little 500 2003: 100 Laps, Four Rookies, One Desire" on the back.

The Cycledelics' starter, Alana Robertson, began the race in the 16th spot, on the inside of row six. She rode with the pack for about the first six laps, and then began working her way out to set up for a burn and exchange. Unfortunately, going into turn three, she and another rider went down. Because the team's pit was located in the end of the back stretch, Staci Pulliam was able to quickly take the second bike and start chasing the pack, which had put the hammer down and was stretching out the field. The wreck had caused the team to fall to 28th place, so the next two riders on the bike, Leah French and then Laura Horvath, had to continue to work hard in an attempt to chase down the pack. The riders continued through the rotation doing about six laps per set, but the pack soon lapped the team.

When the race was about half over, Charlie Metzger, the coach in the pit, and Coach Glenn Spiczak followed Heather Spiczak's suggestion that each rider should do shorter sets of four laps. This would hopefully ensure that the rider had enough strength to do a good burn on the exchange. The change in strategy worked! Not only were the riders able to do good burns, but they also found and drafted off the faster wheels. The team then set to work chasing down the teams in front of them. Their strong efforts resulted in a 12th place finish, three laps behind the Thetas, who finished first, just ahead of the defending champion Roadrunners.

At the conclusion, the Cyclidelic riders were thrilled to have experienced the race and excited that they had finished in the top 15 overall. The team finished second among the residence halls, behind fifth place Teter. Who knows what next year will bring, when the Cycledelics, now with some race experience, take the track in 2004!



2003 Cycledelics on Race Day—(l to r front row) Alana Robertson, Leah French, Staci Pulliam, Laura Horvath, Charlie Metzger (asst. coach)

Winter 2003

Volume 1, Issue 2



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

2003 Fall Series Results:

Duathlon

Leah French (4th)
Laura Horvath (7th)

Time Trial

Alana Robertson (5th)
Leah French (10th)

Cyclocross

Leah French & Alana Robertson (2nd)

Overall Team Placing

3rd

Do You Want to Be a Cyclidelic?

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 Cyclidelic rider Laura Horvath at

lhovath@indiana.edu
or
(812)857-6906

Where Are They Now?

This section is a planned regular feature of future Cycledelic Flyer newsletters which will bring readers up to date on the lives of former Wright Cycledelics riders, coaches, lap counters, bike mechanics, etc. If you are a former Wright Cycledelics rider, assistant, mechanic or lap counter—or you are in contact with someone who is—let us know what you are doing now!!! Send information to Cheryl Koch Martinez (rider '92-95) azcharito@yahoo.com and you may be featured in an issue of Cycledelic Flyer!!! Include your e-mail address, where you live now, and what you are doing. Tell us about your spouse/kids/pets/hobbies/etc. as well as anything else exciting going on in your life. We look forward to hearing from you!

Alyssa (Shelsey) Silveus—former rider (1990). Graduated in 1993 with a degree in Journalism and minors in Spanish, Philosophy, and Religion. Married Tony Silveus (former resident of Dodds, graduated 1990) in IU's Beck Chapel in 1996. Since graduation, she has lived in Iowa, Indiana, and Massachusetts. She recently moved to Rhode Island with husband Tony, son Jack (born Jan. 10th, 2003), and their dog Belle. She has had many hobbies, including mountain biking and making jewelry, but now spends a good portion of her spare time taking care of Jack and tackling home-improvement projects in the house they recently bought. She also works part-time for a social services agency assisting them with a fundraising campaign. Alyssa can be contacted via email at asilveus@netway.com.

Cheryl Koch Martinez—former rider (1992-1995). Graduated in 1995 with a BA in Criminal Justice, area certificate in Environmental Studies, minor in German. Moved to Phoenix, AZ, where she obtained a law degree at Arizona State University (JD, 1998). She currently resides in Tempe, AZ, with husband Ricardo and 4-year-old son Max. She has been employed by the Gila River Indian Community as a prosecuting attorney for the past three years. Her focus is on prosecuting crimes committed against children. Prior to that, she was a legal aid attorney assisting farm workers with employment-related legal issues. She is still an avid cyclist and also enjoys hiking, Ultimate Frisbee, and soccer. Cheryl is the reason that you are

reading this newsletter—she thought that a newsletter and updated website would help unite past and present Cycledelic team members and build support for the team. She can be contacted at azcharito@yahoo.com.

Karen (Koch) Basham—former lap counter & pit board painter (1993-95). BA English ('95). After graduation, she moved to Ft. Wayne, IN, and now resides just north of Ft. Wayne in Huntertown with husband Shawn and daughter Sidney (1-1/2). Karen has been a technical writer for about 7 years, but became a stay-at-home mom earlier this year which affords her some time to be webmaster of the new Cycledelics website as well as co-editor of the Cycledelic Flyer with her sister, Cheryl Koch Martinez. She also enjoys gardening, drawing, taking pictures, and working/playing on the computer. She can be contacted at bashams@hotmail.com.

Heather (Martin) Spiczak—former rider (1992-1993) Graduated in 1995 with a BS in Nursing. She currently resides in River Falls, WI, with husband Glenn and their two sons—Logan (4) & Blake (1). Heather works part time for Heartland Home Health Care, spends time with sons Logan and Blake, and recently started taking spin classes at the local YMCA. Heather and her two sons made the trip to Alligator Point, FL, for the Cycledelics/Dodds Spring Break Training last year and they plan on going again this year to help support the teams.

2003 Spring Break Riders' Journal Excerpts

Alana, Laura, Leah and Staci each kept a journal over spring break. Here are some excerpts which chronicle their 2003 spring break training experience in Alligator Point, Florida.

Fri., March 14—Sat. March 15: We left Bloomington at 6 pm on Friday and began our long journey to Alligator Point, FL. Despite running into construction in KY, a massive rain storm in AL, and making rest stops every 45 minutes, we finally arrived at Kate's Dream (the beach house we were residing in) 17 hours after we began. Once we arrived and unpacked, we went on our first ride! It was about 15 miles down to the main highway and back just to relax and loosen up our muscles.

After our bike ride, we showered, ate lunch, and relaxed on the beach in the nice warm sun for the rest of the day.

Sun., March 16: We woke up on Sunday morning around 7:30 am to start our first workout over break. This workout consisted of intervals on the main road at Alligator Point. Our first few intervals were 1.5 miles long, then the next few were 2 miles long. We ended the workout with a few more intervals that were 1.5 miles long. After intervals we rode back to the house, ate lunch, and hung out on the beach until exchange practice. When we arrived at the boatyard where exchanges took place, we worked mainly on getting on and off the bike for about an hour.

Mon., March 17: Today we had a sprint workout at a local park. We started each day with our usual intervals, then we moved on to some short sprints. Our first set of sprints simulated what would equal 1/4 lap around the track. Our second set was 1/2 lap, then 3/4 lap, and our last set was equal to one lap. After sprints we practiced racing by doing Miss-N-Out. Miss-N-Out is where everyone lines up and starts racing to the finish line. The last

person to cross the line is then eliminated. This continues until there are 2 people left. The final two then race to the finish and the first one to cross the line wins...Laura was the winner of the girls race, and Brad won the guys race.

That night we figured out our race order for qualifications and worked on bringing the exchanges in with more speed.

Tues., March 18: Today was criss-cross drills. These drills are also done at the park, but this time each person starts 30 seconds apart. You ride down to the end of the road and turn around and ride back to the finish line (which is also the starting line). Once you finish you get two minutes to recover, then start again. The goal is to try to catch the person in front of you. We also did some motor pacing where the girls got up to about 30 mph, then did some exchanges at night where several minor injuries occurred.

Wed., March 19: Day off!! We relaxed on the beach most of the day then went out to dinner at a seafood restaurant!

Thursday, March 20: We had sprints again today and we also did more Miss-N-Out. We did a qualification timed run and the girls' time was pretty fast! At night we had our last exchange practice.

Fri., March 21: Our last workout of break was intervals. We did 2 mile intervals, then a few two-person team intervals. We were pretty tired, but we pushed through it! We spent the afternoon playing baseball on the beach, then we packed up the cars and began our trip home.

Sat., March 22: We drove through the night and arrived safely back in Bloomington a little after 9 am. Our ride home took 14 hours, which was 3 hours shorter than the trip down. We had a lot of fun, a great week of quality workouts, and many memories to share!

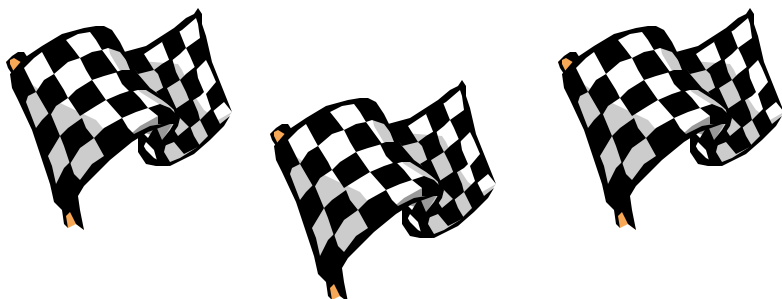
2003 Little 500 Race Results

Women's

Place/Team	Time	Laps	Division
1 Kappa Alpha Theta	1:10:25	100	Sorority
2 Roadrunners	1:10:29	100	Independent
3 Kappa Delta	1:10:47	100	Sorority
4 Kappa Kappa Gamma	1:10:50	100	Sorority
5 Teter (W)	1:11:25	100	Residence Hall
6 Delta Zeta	1:11:40	100	Sorority
7 Alpha Gamma Delta	1:11:32	99	Sorority
8 Gamma Phi Beta	1:11:33	99	Sorority
9 Athena	1:11:40	99	Independent
10 Alpha Chi Omega	1:11:10	98	Sorority
11 Alpha Phi	1:11:33	98	Sorority
12 Cycledelics	1:10:59	97	Residence Hall
13 Hatrix	1:11:33	97	Independent
14 Delta Delta Delta	1:11:13	96	Sorority
15 Pi Beta Phi	1:11:13	96	Sorority
16 Phi Mu	1:11:18	96	Sorority
17 Speed	1:11:32	96	Independent
18 Alpha Xi Delta	1:10:59	95	Sorority
19 Delta Gamma	1:11:18	95	Sorority
20 Alpha Delta Pi	1:11:03	94	Sorority
21 Chi Omega	1:11:13	94	Sorority
22 Alpha Omicron Pi	1:11:28	94	Sorority
23 Read T-Dubs	1:11:00	90	Residence Hall
24 Army ROTC (W)	1:11:17	90	Independent
25 Alpha Phi Omega	1:11:32	90	Independent
26 Delta Sigma Pi (W)	1:11:33	90	Independent
27 Zeta Tau Alpha	1:11:31	89	Sorority
28 Sigma Delta Tau	1:11:37	87	Sorority
29 Alpha Chi Sigma	1:10:49	68	Independent

Men's

Place/Team	Time	Laps
1 Gafombi	2:05:33	200
2 Team Major Taylor	2:05:33	200
3 Acacia	2:05:33	200
4 Corleones	2:05:33	200
5 Dodds House	2:05:33	200
6 ACR Cycling	2:05:33	200
7 Cinzano	2:05:34	200
8 Alpha Tau Omega	2:05:36	200
9 Phi Gamma Delta	2:05:37	200
10 Sigma Chi	2:05:37	200
11 Pi Kappa Phi	2:05:53	200
12 Cutters	2:05:56	200
13 Phi Delta Theta	2:06:20	200
14 Kimball	2:06:16	199
15 Sigma Pi	2:06:16	198
16 Briscoe	2:06:24	197
17 Chi Phi	2:05:58	195
18 Kappa Sigma	2:06:16	194
19 Delta Upsilon	2:06:22	194
20 Forest	2:04:45	190
21 Collins	2:06:30	190
22 Teter	2:05:38	185
23 Sigma Nu	2:05:32	183
24 Wilkie	2:06:08	183
25 Fratello	2:06:30	182
26 Alpha Epsilon Pi	2:06:30	182
27 Achtung	2:05:58	181
28 Lambda Chi Alpha	2:03:18	180
29 Alpha Sigma Phi	2:06:22	179
30 Army	2:06:00	177
31 Phi Kappa Psi	2:06:25	176
32 ALTAashton	2:04:32	175
33 Delta Sigma Pi	2:05:37	175



The Cycledelics congratulate Dodds House team on their 5th place finish !!!

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
Residents of Wright Quad
Girl Scouts (2003 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



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:
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If undeliverable, please return to:
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Please visit our new website at:

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



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

The new website of the Cycledelics, <http://mypeoplepc.com/members/bashams/cycledelics/>, has been up and running for about a month (it was just moved from <http://personal.myvine.com/~kbasham/>). Because of lack of readily available information, the planned History section lacks a significant amount of race data.

One visit to the IUSF Races & Results pages <http://iusf.bloomington.com/little5frm2.html> will show that other than the results of the women's race itself, events/ results such as ITTs, Miss-N-Out, and Team Pursuit were **not published on their website** until the year 2000. If you know of **anyone** that would have access to the information we are missing from years 1980-1999, please let us know so we can provide an accurate account of the entire history and events/race standings of the Women's Little 500.



Also, we are in the process of posting photos on the new website featuring pictures of this year's team as well as photos from years 1992-1997 (still under construction on the new site), but we have no photos from 1998-2002, or from 1988-1991. If anyone out there has pictures they would like posted on the new website from these missing years, please scan them, save as a *.jpg file, and email them to:

bashams@hotmail.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 our new website! Thanks!