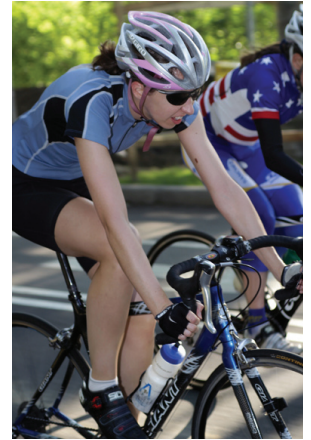


CRCA Women's Clinic 2009



On May 30, Radical Media hosted the 2009 CRCA Women's Introduction to Racing Clinic, a 3-lap simulated race around Central Park. Many of CRCA's female racers got their start at this clinic, an annual event, including Radical Media's own Evelyn Stevens, who, in one lone season, is already making her name known on the national circuit -- go, Evie! Women's cycling has been growing and growing and growing -- USA Cycling reported the highest number of licenses issued to female riders for the 2009 season.



The turnout of 32 eager women, of all ages and skill and fitness levels, at dawn on that Saturday in May is testament to this trend.

The clinic participants got their jitters unjittered by a pre-race instructional talk conducted by CRCA/Metro Bicycle's Ann-Marie Miller, who probably has more racing miles under her helmet than the whole female peloton. (Well, not really, but you get the idea -- she is the ur-veteran!) A four-time USA National Masters' Champion, Miller covered a variety of race topics and even provided some last-minute inspiration drawn from her careers in racing and as a professional coach.

Members of the Comedy Central and Teany women's teams joined Radical's women to ride with the peloton to provide support and encouragement and coaching. (Thanks for coming out to help!) Although the field broke up pretty quickly into several groups, there were plenty of experienced racers to keep each group together and motivated. A small group initiated a break into the second lap, but unfortunately learned "how to crash," with one racer committing the classic rookie mistake of touching wheels, which even briefly took out Miller. But everyone survived unscathed, if a bit more schooled in the realities of bike racing than anyone intended. As we say, "That's bike racing."

The uphill finish started with a group of eight at the bottom of Cat's Paw but quickly shrank to three as Shane Ferro from Columbia University led the sprint to take the win. Lindsay Jacobson and Emily Maynard, took 2nd and 3rd, respectively. Congrats, ladies -- well done! Members of CRCA, and Radical Media's product and bike shop sponsors generously donated prizes and other goodies to reward the newbie racers for their efforts and courage. These included a private coaching session from Nina Strika (Deutsche Bank), a massage from Beth Renaud (Comedy Central), Chomper Body Natural Muscle Butter from Teany's Tracy Wargo, a tune-up from A-Bicycle Shop, drink mix and bottles from Fluid Recovery, a variety of products from the Sportique skin care line, water bottles from Piermont Bikes and a variety of product samples from Hammer Nutrition.



As usual, it was an exhilarating experience for all -- new racers and veterans alike. The veterans left the park knowing they'd done well in initiating the next generation of women to the sport. The next generation left the park with new skills and inspiration and the added challenge of having to ride home with goody bags filled to brimming.



*Thanks to Marco Quezada (marcoquezada.com) for the photos