



## TEAM NEWSLETTER September 2008

Welcome to the Cycle Logic Racing (CLR) Team Mid Sept newsletter,



the Team would like to thank this year's sponsors for signing up to give the CLR a opportunity to race against some of the best competition the US and Canada can offer. For 2008 CLR will be called the **French Meadow Bakery –Fortistar Racing Team**



Welcome to  
**FORTISTAR**  
The Power Of Choice



### Our Team

The Cycle Logic Racing team is composed of six to eight elite athletes.

### Cyclo Cross TEAM

The CLR is now turning its attention to the cycle cross season, in addition to our road sponsorship, we have picked up the Ridley Bike company, as our Major sponsor for the fall year. Chris is our ride caption and has been leading team on training rides and teach the newbies some cross skills.

The CLR team will consist of the following riders

Chris Tirone  
Frank Mesi  
Chris Bushover  
Paul Mesi  
Joe Cooke  
Adam Trost- Cyclo Cross only  
Steve Forrestel- Cyclo Cross only



Watch for racing results in the near future in our News line.



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Also a racing blog will be established for up to the minute results and pictures.

Chris (below) in action at the St Catherine's More Cow Bell Cross Race leaving one of Canada's best behind!

Looking Good so far; but a ways to go before the US Nationals in Kansas City.



A pretty large number for a local cross race, so the competition was a good indicator for the coming season.

Also showing form and determination was Team Kids in the children race.

All in all Team Ridley with 3 new riders with no experience other than Chris training ride showed that they will be a force this cross season.



Frank showing some speed in the master 45+ race.



And some good form over the barriers.

### LATE BREAKING NEWS

Team Ridley rides at the Baer and Associates Cross race. Chris T, Frank, Joe and Paul show some early season form, with Joe winning the junior race, and Chris and Paul finishing 6<sup>th</sup> and 9<sup>th</sup> in the open race. There was nearly 50 racers at the event.



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Chris fighting for 4<sup>th</sup> place during the race.



Can you spot the FMB team in the photo's



Paul riding near the back of the fields before making a huge effort to get in the top 10, in his first cross race.



Levi placed second, nice bike!!!!



Levi getting ready to jump the barrier.



What the real team photo should look like, Levi, working hard to be on the Ridley Elite team



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### Cycle Cross



**Here is a little explanation about the sport**

**Cyclo-cross** (sometimes **cyclocross**, **CX**, **cyclo-X** or 'cross) is a form of [bicycle racing](#). Races take place typically in the autumn and winter (the international or "World Cup" season is September-January), and consists of many laps of a short (2.5–3.5 km or 1.5–2 mile) course featuring pavement, wooded trails, grass, steep hills and obstacles requiring the rider to quickly dismount, carry the bike whilst navigating the obstruction and remount in one motion. Races for senior categories are generally between 30 minutes and an hour long, with the distance varying depending on the ground conditions. The sport is strongest in the traditional road cycling countries such as [Belgium](#) (and [Flanders](#) in particular), [The Netherlands](#) and the [Czech Republic](#) .

Cyclo-cross has some obvious parallels with [cross-country cycling](#) and [criterium](#) racing. Many of the best cyclo-cross riders cross train in other cycling disciplines. However, cyclo-cross has

reached a size and popularity that racers are specialists and many never race anything but cyclo-cross races. [Cyclo-cross bicycles](#) are similar to [racing bicycles](#): lightweight, with narrow tires and drop handlebars. However, they also share characteristics with mountain bicycles in that they utilize knobby tread tires for traction, and cantilever style brakes for clearance needed due to muddy conditions. They have to be lightweight because competitors need to carry their bicycle to overcome barriers or slopes too steep to climb in the saddle. The sight of competitors struggling up a muddy slope with bicycles on their shoulders is the classic image of the sport, although unridable sections are generally a very small fraction of the race distance.

Compared with other forms of cycle racing, tactics are fairly straightforward, and the emphasis is on the rider's aerobic endurance and bike-handling skills.

A cyclo-cross rider is allowed to change bicycles and receive mechanical assistance during a race. While the rider is on the course gumming up one bicycle with mud, his or her pit crew can work quickly to clean, repair and oil the spares. Having a mechanic in the "pits" is more common for professional cyclo-cross racers. The average cyclo-cross racer might have a family member or friend holding their spare bike.