



Team MACK PAPER CO.

Team Mack Racing, Inc.
Teammackracing.org

May/June 2004



2004 Team Picture

This year's team photo will be taken at the **Arlington Heights Cycling Classic Criterium** on Saturday, July 31, 2004. All members that participate in the photo shoot will receive an 8X11 color print copy. We will send an email to the membership with the time and location of the photo shoot in July. Thanks

Proctor Race Schedule Peoria, IL.

6/19/2004 (Road Race)

8:30 am—Cat IV Men	36 miles
8:40 am—Cat IV/Beg Women	24 miles
8:40 am—Cat V/Beg Men	24 miles
10:30 am—Cat III	48 miles
10:40 am—Masters 40+	36 miles
10:45 am—Women Open	36 miles
10:50 am—Masters 50+	36 miles
1:45 pm—Pro I/II	84 miles
2:00 pm—Masters 30+	48 miles

6/20/2004 (Criterium)

8:00 am—Beg Women	15 min +3 Laps
8:00 am—Cat V/Beg Men	15 min +3 Laps
8:30 am—Masters 50/60+	25 min +3 Laps
9:15 am—Masters 40+	30 min +3 Laps
10:00 am—Cat IV/40+ Women	20 min +3 Laps
10:30 am—Junior Men	20 min +3 Laps
10:30 am—Junior Women	20 min +3 Laps
11:15 am—Masters 30+	35 min +3 Laps
12:00 pm—Women Open	35 min +3 Laps
1:15 pm—Cat IV	45 min +3 Laps
2:15 pm—Cat III	60 min +3 Laps
3:30 pm—Pro/I-II	90 min +3 Laps

Info: www.teammackracing.org



Team Orders

Team Clothing Order II. As soon as the order arrives we will contact you.

Vittoria Order II should be in near the end of June. Thanks for your patience. If you have any questions, call Gary at: 217-787-5460

WISCONSIN MASTERS DOING A FINE JOB

MACK Master's have been competing regularly since February with numerous top finishes. Our Wisconsin contingent has incredible depth with newly crowned State Champion John Fleckenstein, Wisconsin Cup second place holder Jeff Thompson. The following riders are kick'n butt as well. Tyson Beck, Bruce Bock, Gregg Coroleuski, Steven Derenne, Kevin Horvath, John Ingles, Hugh Kelly, Larry Kelly, Todd Kinart, Kurt Otter, Steven Presti, Mike Rummelhart, Mark Sarder, Karl Schilling, Paul Schilling, Rob Sleger, Dan Truesdale, Brad Versteegen, Mark McGeen, Paul Warloski, Tim LeRoy, Larry Moore

Wisconsin MACKER Excels

Marcie Weiss continues to hold first place in the Wisconsin Cup standings for Junior Girls 12 years of age. Marcie has a 25-point lead of the second place rider. Keep winning Marcie!!!!

Next Month we will cover the Illinois and Elite MACK contingents.

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573-248-1010
HANNIBAL, MO. 63401



STEVE & GINA DRISCOLL

EDWARD JONES DAN EICHINGER



TUESDAY/THURSDAY NIGHT TRAINING RACES

Springfield: Tuesday, April 6 & Thursday April 8, mark the beginning of our weekly *FAST* training rides. We will be utilizing the same course as last year. We will again be departing from BikeTek promptly at 6:00 p.m. both nights through September.

Chicagoland Far Northwest: Rides start from Lundahl Jr. High in Crystal Lake weather permitting. Leaving promptly at 8:00 a.m. Saturday Ride time about 40 miles. Not too early to think about the summertime ride at 7:00 am going to Lake Geneva for about 70 miles. For information call Chuck @ 815-459-9313

Chicagoland Near Northwest: Winter "Harper ride" Rides start from Village Cyclery in Elk Grove Village at 9:00 am Sundays weather permitting. Ride times 1-2 1/2 hrs.

Upcoming Events

Please go to the Team MACK web site for upcoming races in your area. Most Midwest events are listed through July.

RESULTS

WISCONSIN CUP STANDINGS

As of June 8, 2004

Junior Girls 12

1st Marcie Weiss 360 points

50+ Masters

11th Steven Derenne 75 points

25th Steve Presti 18 points

40+ Masters

2nd Jeff Thompson 261 points

7th Mark McGeen 127 points

9th Kurt Otter 86 points

10th Paul Warloski 83 points

12th Larry Moore 78 points

23rd John Fleckenstein 37 points

31st Greg Coroleuski 18 points

36th Tim LeRoy 12 points

CLASSIFIEDS

Continental Supersonic tires
Excellent TT tire NEW pair \$50
Cinelli Solido Stem, 120 mm take off from new bike \$60
Airbabe@aol.com

Tires, 1 pr Vittoria Ultra-Speed, 700x20, brand new--\$50
Trainer, Minoura Inter-Rim--\$80
Wheelset, tubular, Mavic Reflex, 28h front radial, 32h rear 3X, Shimano hubs, with Conti Sprinter 250 700x 22 tires--\$170
Pedals & cleats, Speedplay X1, used only once--\$200
Call Brad, 309-452-7343

Tires -Matrix 700x20, new-- pair \$40

Trainer, Minoura Inter-Rim--\$80
Wheel, tubular, Matrix 700c, 32h rear 3X, Shimano 600 hub, with Conti LA tire -- \$60

8sp Shimano Hyperglide, 12-26, 500mi \$20

8sp Shimano Dura-ace, 12-23, new \$50

Call Marianne, 847-259-1201 or email airbabe@aol.com

Send classifieds to
(RandRRemodeing@aol.com)



Guess the above MACKER and WIN a set of three Team MACK water bottles and a Team Hat. First correct answer emailed to Gary WINS!!

WEB RESULTS

It is very important that members call or e-mail **race results** to Gary by the Tuesday after events. The format he needs is as follows:

Date, Name of event, Location, Category raced, Finishing position (if you DNF, Crash out, etc., I need to know for our records)

Thanks! 217-787-5460

gsdoer@aol.com

Good Carb-Bad Carb

Carbohydrates are the best way to fuel your body for riding, but not all carbs are created equal. Some provide your body with a slow and steady stream of energy, while others deliver fast but short bursts of fuel. The difference is something called glycemic index (GI). The GI is a carbo ranking system which is based on how quickly the carbs enter your system. If carbs are quickly digested, with sugar rapidly entering your circulation, the GI is high (70+) The addition of fats and proteins change a food's GI value. Both of these nutrients lower the GI. So what is the best for cyclists? That's a hard question to answer because high GI foods can help boost speed and aid in recovery while low GI foods extend endurance. A good starting point is to eat a low GI meal 2 hrs. prior to your event. During the event eat foods high in GI. After your ride again eat foods high in GI since your body is trying to restock your glycogen stores. We are all individuals so you will have to experiment what combination best fits with your body, digestion and of course event distance. Check out the website listed in "Links and Thinks" for more info on Glycemic Values.