

May
1990

NYCC Bulletin

MAY 1990

S.I.G. RIDES...



*"Five bucks says he doesn't catch-on for
another 'thousand feet...'"*

P. O. Box 199 • Cooper Station • New York NY 10276 • (212) 242-3900

NYCC Bulletin

The NYCC Bulletin is published monthly by the New York Cycle Club, a non-profit educational and recreational organization for bicycle enthusiasts in New York City. The opinions expressed in the NYCC Bulletin are those of the authors and do not necessarily reflect the official position of the New York Cycle Club.

Address. Send correspondence to Editor, NYCC Bulletin, 111 Fourth Avenue - Apt 7A, New York, NY 10003.

Deadline. The deadline for all submissions and advertising is the first Tuesday of the month prior to publication.

Submission Guidelines. All submissions may be edited for length and clarity. Publication of material is determined by available space, which varies with the length of ride listings and we cannot guarantee that all submissions will be published. Submission is contributor's warranty that material is in no way an infringement on the rights of another that the material may be published without additional approval. Call editor for article guidelines and/or advance approval.

Please submit articles on an IBM format (5.25 or 3.5 inch) diskette if possible. Or, submit typed copy and use a 45-character line length. Include a self-addressed, stamped envelope if you wish material returned to you.

Display Advertising. Only bicycle related advertising is accepted. Rates are for camera-ready copy, page size is 7.5 by 10 inches. One-time rates: Full page, \$250; Half-page, \$135; Quarter-page, \$75; Eighth-page, \$45. Frequency discounts available. Call Peter Kleinschmidt (212) 490-6614 (days) for more information.

Classifieds. Two classified ads per member per year are free, additional ads are \$1.00 per 25 character line.

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New York Cycle Club

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Guidelines for Club Rides

NYCC rides are friendly group rides by individuals of similar riding abilities. Our leaders are volunteers. In addition to setting the pace and choosing the route, they may require or recommend specific equipment (helmets, locks, etc.) in their ride descriptions. Unless otherwise stated, rain (snow, sleet) at the starting time cancels the ride. Many rides meet at the Boathouse on Central Park's East Drive, north of 72nd Street.

Please be sure that your bike is in good working condition. Bring a pump, spare tube(s), patch kit, tire irons, water, pocket food, and medical I.D. Optional items include a lock, maps, commuter rail bike permits, additional tools. Helmets are strongly recommended. Headphones are not.

Club rides generally approximate the speeds and characteristics listed below. You can assess your abilities by riding at a comfortable pace, four laps around Central Park. The northern end of the park can be dangerous; ride with other cyclists. Be sure to measure the time it takes you to complete the four laps, and not your average speed. In selecting your first club ride, be conservative. Choose an easier ride, and call the leader if you have any questions.

Ride Class	Average Speed (not incl stops)	Cruising Speed (flat terrain)	Ride Description	Central Park Self-Classification Times (4 laps = 24.5 miles)
AA	17+ mph	22+ mph	Vigorous riding, frequently in pacelines. High regard for good riding style.	< 1:10
A+	16 - 17	20 - 22		1:10 - 1:16
A	15 - 16	18.5 - 20		1:16 - 1:23
A-	14 - 15	17 - 18.5	Stops every two hours or so.	1:23 - 1:30
B+	13 - 14	16 - 17	Moderate to brisk riding with more attention to scenery.	1:30 - 1:38
B	12 - 13	15 - 16		1:38 - 1:48
B-	11 - 12	14 - 15	Stops every hour or two.	1:48 - 2:00
C+	10 - 11	13 - 14	Leisurely to moderate riding; destination oriented. Stops every half hour or so.	2:00 - 2:14
C	9 - 10	12 - 13		2:14 - 2:30
C-	8 - 9	11 - 12		2:30 >

Clif Notes: After a winter riding only the LifeCycle at NYHRC (I miss the honky tonks, Dairy Queens and Seven-Elevens) it's good to be on the backroads of Bergen County once again. Thanks to Lance for appearing in his usual position "pulling" the SIG riders up a hill.

RIDES THIS MONTH

- Sat. May 5 **FARMLANDS CENTURY/METRIC CENTURY.** Sponsored by Central Jersey Bike Club (201-225-HUBS). From Monmouth Battlefield State Park, Route 33, Freehold, NJ. Flat to very slightly rolling farmland in Monmouth, Ocean and Mercer counties. Registration fee is \$8.00 before April 28 includes patch, map, food and water stops, and a T-shirt (if one of first 200); \$10 otherwise. If more information is needed, call Leslie Tierstein (201-388-5127).
- Sat. May 5 **HO-HO-HO!** Leader: Joe Furman (201-692-8306). From the Boathouse at 9:00 a.m. OR the GWB, New Jersey side at 9:45 a.m. We rendezvous with the BTCNJ after crossing the Bridge and head up to Park Ridge for brunch. After that, a nice jolly ride through northern Bergen County to Ho-Ho-Kus and then back to the Bridge. Maps will be available. Rain or wet roads cancels the ride.
- Sat. May 5 **SIG-PROGRESSIVE "A" RIDE SERIES #10.** Leaders: Lisa Halle (212-319-6097) and Bob Moulder (212-682-5669). From the Boathouse. To Armonk we will cruise. And we're gonna "climb every mountain"! Well, not really. But we're going to do some hills today so we can practice our climbing skills. Prepare for sore legs (just kidding!) Rain, hurricanes cancels. 8:00 a.m. 85.2 mi. RAIN DATE: Sunday, May 6.
- Sat. May 5 **CITY ISLAND.** Leader: Christy Guzzetta (212-595-3674). From the Coliseum entrance to Central Park. Born and raised in NYC and never been to City Island. After today, I won't be able to say that ever again. Come and join me on a leisurely ride to a place I've never been before.
- Sun. May 6 **FIVE COUNTY BIKE TOUR.** Leaders: Karl Dittebrandt (212-477-1387) and Jeff Vogel (h., 718-275-6978, w., 212-265-2500). From the Boathouse at 6:00 a.m. OR Grand Central Station at 8:50 a.m. Bergen, Rockland, Orange, Ulster and Dutchess counties. This will be slightly more difficult than today's other ride with a similar name. We'll try to keep the route relatively flat - there is only one 5-mile climb. Karl is leaving from the Boathouse and will ride all the way, Jeff is taking an 8:55 a.m. train from Grand Central Station and will ride the remaining 100 miles from Beacon. We'll all take the train back. Don't plan on being home before 9:00 p.m. Metro-North pass mandatory. Precip cancels.
- Sun. May 6 **OUT AND BACK-ROCKLAND COUNTY.** Leader: Carl Faller (h., 212-740-5586, w., 212-602-2926). From south side of GWB, New York side. Want to ride but need to get back early? Depart at a warmer hour for a quick tour of Bergen and Rockland County. Venture up South Mountain Road, returning along the Hudson. Eat breakfast as we will ride straight through.
- Sun. May 6 **HOLMDEL, N.J. (Car-top).** Leaders: Debbie Bell (212-864-5153) and Dick Goldberg (212-874-2008). Close to the city, but far from the crowds, this ride takes us through spectacular scenery, gentle terrain, and horse farms. We'll lead two groups, one doing 80 miles at a "B+" pace, the other, 60 miles at a "B" pace. Ride with us, or do your own pace; maps and cue sheets will be provided. Meet at the snack bar in Holmdel Park (Longstreet Road entrance), near Exit 114 on the Garden State Parkway. Call Debbie Bell if you can offer or need a ride. Rain cancels.
- Sun. May 6 **PROGRESSIVE "B" TRAINING RIDE #8.** Leader: David C. Miller (h., 212-794-9365; w., 212-594-5269). From the Boathouse. We will ride on the Club route again, but this time backwards. It's easier backwards because all the hills we rode up last week will be downhill. Rain, snow, temp. below 32F cancels.
- Sun. May 6 **5 BORO.** Leader: Alex von Braun (718-965-3552). From 5 World Trade Center (on Church St. opposite Fulton St.). Here's your chance to cycle the FDR Drive, Verrazano Narrows Bridge, and other auto-only enclaves. Meet the group AFTER registering in Battery Park. Pre-registration and information: AYH, 212-932-2300. (Call them first; they know more than I do.) Joint Sierra Club. No earthly events cancels this ride.
- Sun. May 6 **BIKE QUACK, QUACK, QUACK.** Leaders: Hindy and Irv Schachter (212-758-5738). From the N.W. corner of First Avenue and East 64th St. Ride through Central Park and over the G.W. Bridge to frolic at the Demarest Duck Pond. Bring or buy lunch. Rain cancels. Joint AMC.
- Fri. May 11 **TOUR DE TRUMP IN CENTRAL PARK.** Organizer: Richard Rosenthal (212-371-4700). Those wishing to spectate the Tour de Vanity as a group, meet at the Boathouse at 11:00 a.m. If we can do a lap before getting chased off the course--8 loops of the Park--we'll do it. The race begins and ends at Tavern on the Green. We'll vote on where to watch--then undoubtedly splinter into groups never to see one another again.
- Sat. May 12 **NYACK-A SLIGHTLY DIFFERENT ROUTE.** Leaders: Herb Dershowitz (212-929-0787) and Angel Rivera (212-889-9346). From the Boathouse. 9W to Hillside (down); 501, Anderson Avenue; Bradley Hill. If nice weather, we'll eat al fresco.
- Sat. May 12 **SIG-PROGRESSIVE "A" RIDE SERIES #11.** Leaders: Lance Leener (212-947-9392) and Alan Leener (718-797-0972). From the Boathouse. Today we all wear the red polka dot jersey. It's our last ride together before graduation and we're all champion climbers. Up we go to Bedford where we will chew up those mountains. Remember: "visualization" - see yourself spinning alongside LeMond at the top of the hill! Pouring rain cancels. RAIN DATE: Sunday, May 13.
- Sat. May 12 **THE SWAMP THIS TIME!** Leader: Dick Goldberg (212-874-2008). From the World Trade Center, top of the PATH escalator. I've been rained, snowed and flued out of this one. This time, we ride - assuming good health and lack of precipitation.
- Sat. May 12 **MYSTERIES BEYOND DEMAREST.** Leaders: Sherri Gorelick (212-744-6699) and Alex von Braun (718-965-3552). From the Boathouse. Enjoy River Road and the Demarest Duck Pond as preludes to mysterious munchies at a perplexing park. Bring lunch or deli money. Rain, forecasted temp. below 50F cancels.
- Sat. May 12 **GREAT NECK, L.I.** Leader: John Mulcare (718-672-5272). From the Burger King parking lot at 179th St. and Hillside Ave., Queens (last stop on the "F" train). Carry your lunch or buy it at the deli across the street from the nice park we eat in. Rain cancels. Call John before 8:30 a.m. if the weather is questionable. RAIN DATE: Sunday, May 13.

- Sun. May 13 **LONG ISLAND SPECIAL.** Leader: Marc Leveque (718-461-5480). From the Boathouse at 9 a.m. OR Yellowstone and Queens Boulevard at 9:30 a.m. Why special? Boats, water, hills, vineyards and beautiful scenery. You must bring a musette or something as we will carry our lunch for five miles to picnic in Caumsett Park. (I got authorization from the Park Superintendent). Very detailed maps will be provided. Please carbo-load and bring snacks.
- Sun. May 13 **IN SEARCH OF RICHARD NIXON.** Organizer: Richard Rosenthal (212-371-4700). Celebrate Mother's Day with the convalescing Bard of Upper Saddle River who, as he resigned, proclaimed his mother, Hannah, to be a saint. (That should make this ride a spiritual experience.) Those wishing a view of his former Manhattan townhouse (next door to David Rockefeller), meet on the S.W. corner of 65th St. and Third Ave. at 9:00 a.m. We'll see if there's any mail they'd like taken out to him. Otherwise from the Boathouse at 9:15 a.m.
- Sun. May 13 **PICNIC ON THE CROTON.** Leader: Irv Schachter (212-758-5738). From the Boathouse. Breakfast at the Flagship and lunch shopping for a picnic on the Dam. This is a very hilly and very scenic route. The usual cancels.
- Sun. May 13 **PROGRESSIVE "B" TRAINING RIDE #9.** Leader: David C. Miller (h., 212-794-9365; w., 212-594-5269). From the Boathouse. This ride goes west and north in Bergen County with a few hills. Lunch will be at a diner. Rain, snow, temp. below 32F cancels.
- Sun. May 13 **HISTORIC FARMHOUSES OF BERGEN AND ROCKLAND.** Leader: Charlie Morris (914-693-2580). From the Bote Haus. This is a scenic ride with historic descriptions of houses you may not have noticed. Lunch: we will "hit" a deli. "Bs" and "Cs" are cordially invited; pace will vary from "C" to "B+" according to leader's mood and quadiceps. Heavy rain cancels.
- Tues. May 15 **SIG-PROGRESSIVE "A" RIDE SERIES GRADUATION DINNER.** Leaders: Christy Guzzetta, Lisa Halle, Alan Leener, Lance Leener (212-947-9392) and Bob Moulder. This is our pre-graduation ride meeting. It is by invitation only and is open to only those people who participated in this year's SIG in its entirety. Tactical objectives will be discussed. Don't miss it!
- Sat. May 19 **EEEZY DUZIT TO SCARZDALE.** Leaders: Christy Guzzetta (212-595-3674) and Jody Saylor (212-799-8293). From the Boathouse. Very schmoozy ride to breakfast at the Scarsdale Diner, back along Grassy Sprain, home to the hill by 2:00 p.m. with our quads primed for Montauk. Dinner at Rupperts - 6:00 p.m. The last supper! 12 short hours before...(clear your throat)... Montauk!
- Sat. May 19 **WESTCHESTER.** Leaders: Jeremy Herman (212-543-6472) and Mark Gelles (212-260-4382). From 242nd St. and B'dway (last stop on #1 and #9 trains). Ride through varied and beautiful terrain (estates, farms, Hudson River and New Jersey Palisades views). Good medium time and length work-out with 30 challenging miles before lunch (some tough hills). Then an easy, flat, social ride back. Call between 8:00-9:00 a.m. if weather is in question.
- Sat. May 19 **KENSICO DAM.** Leader: Sandy Gold (212-222-4076). From the Boathouse at 9:30 a.m. OR Jerome Ave. (last stop on #4 train). A bucolic ride via bike paths to the Kensico Dam and lunch under the trees at Valhalla. Helmets required. Rain cancels. 9:30/10:30 a.m./40-60 mi. **RAIN DATE:** Sunday, May 20.
- May 19-20 **8th ANNUAL MONTAUK TWIN CENTURY WEEKEND.** Leader: Marty Wolf (212-935-1460). As in years past, we'll take a central Long Island route on Sat., but will return on Sunday on the same route that AYH will be using for their ride to Montauk (wave to your friends!). Our group will stay in a motel in Montauk on Sat. night (after a fabulous seafood dinner). Call Marty for further details, motel phone number and meeting place.
- *** **
- Sun. May 20 **8th ANNUAL AYH MONTAUK CENTURY.** This AYH event is the flattest and easiest century you'll ever ride--if the weather cooperates and the winds are at your back. Over the years, NYCC leaders have added some variations: Marty Wolf's twin century (see above); Alex Bekkerman's double; and this year it will mark the SIG graduation ride; and finally the two chartered buses for the return organized by Bob Trestman. Unless you're joining one of these groups, meet at the Jamaica Station of the LIRR (Sutphin Blvd. and Archer Ave.) in Queens at 5:30 a.m., or at 5th Ave. and 59th St. a bit earlier on an ad hoc basis. You must make advance arrangements for the return trip on either the NYCC bus (see below) or the AYH bike train (\$20 for AYH members, \$24 for non-members); purchase tickets at AYH, 891 Amsterdam Avenue, NYC.
- Sun. May 20 **MONTAUK DOUBLE.** Leader: Alex Bekkerman (212-213-5359). From Jamaica Station. Start with everybody, continue to Montauk Point and come back to Patchogue (where my car will be parked. I can take four people). Those who want to go all the way to Manhattan (or Jamaica) will cover 250 miles for the day.
- Sun. May 20 **1990 SIG PROGRESSIVE "A" RIDE SERIES GRADUATION RIDE—THE MONTAUK CENTURY.** Leaders: Christy Guzzetta (212-595-3674), Lisa Halle (212-319-6097), Alan Leener (718-797-0972), Lance Leener (212-947-9392) and Bob Moulder (212-682-5669); From the Plaza Hotel (5th Ave. and 59th St.) This is it! It's our last ride together and we are on a mission. We will ride together, work together and arrive together in downtown Montauk. "Steady, smooth and fast" is our battle cry. We are leaving at 4:15 from the Plaza and at 4:16 we're history. Do not be late! This event is strictly for SIG participants only. Let's finish in style. Nothing cancels.
- Sun. May 20 **COMING HOME FROM MONTAUK IV.** Leader: Bob Trestman (212-928-8456). As is the tradition, the NYCC will return from Montauk in style—which in general means comfortably asleep aboard a couple of buses. First bus leaves Montauk Town Square at 3:00 p.m., the second at 4:00 p.m. The cost is \$21 per person and is non-refundable. Also per tradition, refreshments are provided. Return to NYC is to Jamaica Station, Queens and to the Plaza Hotel area in Manhattan. Be prepared to remove pedals, turn handlebars, and lower seats to fit bikes in luggage bay (cardboard protection provided). Reserve a seat by mailing a check made out to Bob Trestman to 140 Cabrini Blvd., Apt. 98, NY, NY 10033. The 3 p.m. bus is full and 15 seats (out of 30) are still available on the 4 p.m. bus. Please enclose a self-addressed card for confirmation.
- *** **
- Sun. May 20 **200 KM QUALIFIER FOR PARIS-BREST-PARIS AND BOSTON-MONTREAL-BOSTON.** From the AYH (Amsterdam and 103rd St.) The qualifier uses the standard Montauk century route. The only difference is that you must sign in at the AYH at 4:30. If you have any questions, call Jeff Vogel (office 212-265-2500; home 718-275-6978).

- Sun. May 20 **SOMETHING BESIDES MONTAUK.** Leader: Marc Leveque (718-461-5480). From the Boathouse. You don't want to go to Montauk? We'll go somewhere else. Distance and destination will be determined by the participants.
A
9:00 a.m./TBA
- Sun. May 20 **CROSS STATE LINES (4 TIMES).** Leaders: Mark Gelles (212-260-4382) and Jeremy Herman (212-543-6472). From 178th & Ft. Washington Ave. GWB Bus Terminal ("A" train to 175th St. stop) at 9:45 a.m. OR 10:00 a.m. on the Jersey side of the GWB by stairs (parking 4 cars). Spin through Jersey Burbs, ride in a forest on Tallman bike path, then follow Hudson north for picnic lunch on river in Upper Nyack, climb and cruise home via 9W. Bring something to carry lunch for a few miles. If weather is in question, call between 8:00-8:30 a.m. WILL DEPART PROMPTLY AT 9:45 FROM 178th St.
B/B+
9:45/10:00
50 +/- mi.
- Sun. May 20 **PROGRESSIVE "B" TRAINING RIDE #10.** Leader: David C. Miller (h., 212-794-9365; w., 212-594-5269). From the Boathouse. We will ride to Nyack State Park for a picnic lunch next to the Hudson River. Rain, snow, temp. below 32F cancels.
B
9:00 a.m./68 mi.
- Sun. May 20 **BROOKLYN-ROCKAWAY LOCAL.** Leaders: Melanie Yolles (212-749-4643) and Richard Salvato (718-836-6183). From City Hall, Manhattan. A leisurely ride over the Brooklyn Bridge, through Brooklyn Heights, Park Slope, down Ocean Parkway to Brighton Beach and Rockaway. Bring or buy food for picnic at beach. Last chance before summer hordes. Rain cancels.
C
10:00 a.m./40 mi.
- May 26-28 **MEMORIAL DAY WEEKEND IN SHEFFIELD, MA.** Organizer: Karen Reich (212-874-7923). It's time again for the annual Memorial Day weekend in the Berkshires. This weekend is a great way to spend the holiday weekend, is always well-attended, and has become a Club tradition over the years. Good company, three days of great riding in the Berkshire countryside and bed and breakfast lodging (space still available, but don't wait too long to reserve.) For more information, call me.
Sat.-Mon.
A/B/C
- May 26-28 **BOUND AROUND THE SOUND.** Leader: Paul Minkoff (h., 718-937-6171; w., 212-532-9000). An gourmet inn-to-inn tour. Stops at Stonybrook and Old Lyme, CT, taking the ferry from Orient Point to New London and Metro North from New Haven back to NYC. Pace determined by participants, approx. 60+ miles per day; approx. \$100/person (does not include dinners). Metro North bike pass required.
Sat.-Mon.
B+/A
- Sat. May 26 **GOODBYE NEW YORK.** Leader: John G. Waffenschmidt (h., 718-476-0888, w., 516-683 5400). From the Boathouse. Perkins. Rain cancels.
A/A+
7:00 a.m./116 mi.
- Sat. May 26 **JERZEE-ROUBAIX.** Leaders: Bob Moulder (212-682-5669) and Bettina Hetz (212-769-2419). From the Boathouse. A fast jaunt up Saddle River Road, fun descent on South Mountain Road leading to an interesting and challenging southerly route which includes Bradley/Tweed Hills. Perhaps by this time, some enterprising T.V. network (ABC?) will have provided some coverage of Paris-Roubaix. The usual crap cancels.
A
8:30 a.m.
82 mi.
- Sat. May 26 **BICYCLE HANDLING/CRASH AVOIDANCE.** Leader: Mike Samuel (day, 212-206-9142; h., 212-722-8125). From the Boathouse. A lap or two in the Park and then a ride up and back on River Road. Some philosophy, some drills, some crash avoidance techniques. How to ride when conditions are less than perfect. Rain cancels.
B
9:00 a.m./45 mi.
- Sat. May 26 **MOSTLY MOZART I.** Coordinator: Paul Minkoff (h., 718-937-6171; w., 212-532-9000). Leaders: "B"/Carlos Cardona; "C+"/Bob Geffken; and "C"/Alex von Braun. "B" and "C+" rides start at 9 a.m. at the Burger King at 179th and Hillside (end of the "F" line). "C" ride starts at the Great Neck LIRR station at 10:00 a.m. Ride to the Mozart Festival at the Planting Fields Arboreteum in Oyster Bay. A discount is available for the concert tickets. For further information, call coordinator. RAIN DATE: May 27. ("A" level Mozart mavens welcomed to try a leaderless bootleg. To be repeated June 2 (Mostly Mozart II) with leaders for all classes.
C/B
9:00/10:00
30-50 mi.
- Sat. May 26 **RIVER VIEW PARK, WEST NEW YORK, NJ.** Leader: John Mulcare (718-672-5272). From the Coliseum (S.W. corner of 60th St. and B'dway). We'll see the Hudson from both sides, ride south along Jersey's River Road, ride or walk up the Palisades, and enjoy our lunch (buy or bring) in one of Jersey's nice parks overlooking the Hudson. Rain cancels. Call John before 9 a.m. if the weather is questionable. RAIN DATE: Sunday, May 27.
C-/C
10:00 a.m.
35 mi.
- Sun. May 27 **FOR THOSE NOT IN THE BERKSHIRES.** Leader: Janet Klutch (h., 212-724-8690, w., 212-420-2883). From the Boathouse. It's back to Saddle River and down South Mountain Road. Hopefully a beautiful day fit for a picnic. Rain cancels.
A-
9:00 a.m./70+/- mi.
- Sun. May 27 **PROGRESSIVE "B" TRAINING RIDE #11.** Leader: David C. Miller (h., 212-794-9365; w., 212-594-5269). From the Boathouse. This is my famous scenic ride to Lake DeForest. It is also the last of the Progressive "B" Training Rides. Lunch will be at a small city park by Congers Lake. Rain, snow, temp. below 32F cancels.
B
9:00 a.m./75 mi.
- Sun. May 27 **E-Z-C TO SHEEPSHEAD BAY.** Leader: Peter Hochstein (212-427-1041). From the Boathouse at 9:45 a.m. OR City Hall Park at 10:30 a.m. A gently-paced 38 miles or so. Perfect for lazy peddlers, nervous beginners and fishing boat lovers. Board-flat terrain, much of it on bike paths and routes. Picnic lunch by the bay or diner lunch, depending on whims of weather and group. Rain, temp. below 50F cancels.
C
9:45/10:30
38/32 mi.
- Mon. May 28 **GET OUT OF TOWN.** Leader: Holly Gruskay (212-534-1156). From the Boathouse. If you didn't go to Sheffield or the Hamptons for the weekend, don't just hang around the Park. Let's go do a nice schmoozy ride to points unknown. Distance to be determined by the participants.
A-
9:00 a.m./50-70 mi.
- June 2-3 **BUD LIGHT CHALLENGE 24 HOUR RACE.** This is your chance to test your endurance. The course is a gently rolling 32-mile loop around Great Sacandaga Lake (40 miles northwest of Albany). Jeff Vogel (office 212-265-2500; home 718-275-6978), will be organizing a support crew. If you have any questions, or want to volunteer to help support. please call ASAP.
Sat.-Sun.
200+ mi.

Previews

- June 3 **First 1990 NYCC All-Class Club Ride.** Tallman Park. A club tradition. Rides of differing starting times and distances, but all leading to a group lunch.

- June 8-10 Penn Dutch Weekend. Leaders: Joe Furman (201-692-8306) and Beth Herman (212-689-7778). Explore the Amish country by bicycle! The longer we ride, the further back in time we travel. Cabin and motel-type accommodations are available at "Timberline Lodges" (717-687-7472). Reservations for the weekend are on a self-serve basis, so call the lodge quickly while there is still room (Fri. and Sat. overnight). After making reservations with the lodge, call Joe or Beth to receive the weekend itinerary. (Average dinner: \$10-95-\$14-95/entree. Excellent!)
- Sat. June 23 There is Still Hope. Leader: Joe Furman (201-692-8306). Class: A; Miles: 55. All new car-top. Ride through picturesque Warren County, NJ and a bit of Northeastern, PA.
- June 24-29 Third Annual Pedal the Peaks. Join me for six days of riding through the beautiful San Juan Mountains in Colorado. 600 riders. Termed a "tough course, but manageable." Tax deductible and fully organized. FUN! Call me for details: Janet Klutch (212-724-8690).
- June 30-July 1 Fishkill, NY. Contact: Elly Spangenberg (212-737-0844). AYH trip. Escape to the country via Metro-North. Ride along quiet country roads to Clarence Fahnestock State Park Campground. Camp overnight. Return ride through Lower Hudson Valley and then take the train back to the city. Metro-North pass necessary. Mandatory pre-trip meeting at AYH, Thurs., June 21, 6:30 p.m. Level: C+/B-; cost of trip: \$50.
- July 7-15 Markleyville Death Ride. Leader: Don Ketteler (212-645-0894). Lake Tahoe. July 8 through 13 will combine riding, hiking and partying in preparation for what is affectionately referred to as the Markleyville Death Ride on the 14th. Ride options range from 50 miles with no passes to 150 miles with 5 passes - impress your friends with this tee shirt!
- Sept. 6-13 Germany. Leaders: Steve and Caryl Baron (212-595-7010). 8 days, 7 nights, 6 breweries, 5 rivers, 4 churches, 3 wineries, two lakes, and a trout. Ride with Baron and Baron from the Frankfurt Airport, following the Main, the Tauber, the Wornitz, the Atmuhl and the Danube to Salzburg or Munich. Not more than one serious mountain, but lots of rolling hills. We'll ride on secondary roads and bike paths. 50-75 miles/day at a touristy "A-" pace; you can be off the front or rear. Call now -- space is limited.

Quick Releases

by Janet Kronstadt

An unidentified source has revealed news of a bet between Lance Leener and Michael Hertz: Following a race to be held at the end of the season—up the big hill on River Road—should the winner be Michael, Lance will shave his head; should the winner be Lance, Michael will shave his legs.

Alex Bekkerman, Jim Greene, and occasional others have been training with major endurance events in mind: Perhaps not RAAM, this year, but definitely the 24 hour race, the RAAM qualifier, and, for Jim, Boston-Montreal-Boston. On a more leisurely club ride led by Jim, 12 of 20 starting riders actually finished, with all saying it was a particularly nice, pleasant, wonderful, inspiring, etc. etc. ride. Don Ketteler, who was scheduled to lead it with Jim, was unable to, as he was home in Ohio for Easter weekend, but Don has been riding less regularly anyway, for the duration of a 2½ week furlough visit from fiancée, Margaret: Officially Margaret is still being held hostage in Germany by the Fullbright Terrorists.

The SIG series continues full-steam: 50 or so riders regularly turn up to be honed into hardcore A-riders. There have been a few crashes, a lot of hard riding in the triumverate-led SIG. SIG-founder, President Guzzetta, still shows up for rides.

A group of NYCC riders are excited about Beryl Bender's "Hard and Soft" yoga series: It definitely improves cycling performance, these riders maintain.

No new romances, infidelities, particularly bizarre behaviors, etcetera, have been reported among NYCC members—at least nothing that I have permission to write about. Maybe next month...

Ultra-Marathon Rambling

by Jeff Vogel

I wish I had something more exciting to write about, but nobody has done any long rides lately. For me, ultra marathon cycling in the winter means anything past Nyack or White Plains. But, I just looked at my calendar and it's May already. Anyone who is planning to ride in some ultra marathon events should be doing some long rides by now. The Montauk Century may be fun but it's too late for your first century.

Alex Bekkerman had a double century listed in the bulletin in April and has more scheduled for May. Karl Dittebrand and I are leading a 150 mile ride on May 6th. If you can't make it to one of the listed rides, just give me a call and I'll see if I can put a ride together for you. Or, just call Alex, Karl or Ron Gossman directly. They're always ready to go out and do 150-200 miles.

The Montauk Century is the first qualifier for next year's Paris-Brest-Paris and this year's Boston-Montreal-Boston. If you still don't understand the rules for qualifying for either event, please talk to me. The qualifiers are as follows:

200km - Sun May 20 - 4:30 AM (Montauk)
 300km - Sun Jun 10 - 2:30 AM (Westchester)
 400km - Sat Jun 23 - 3:30 PM (Westchester)
 600km - Sat Jul 7 - 3:30 AM (Catskills)

All rides will start at the new AYH hostel on Amsterdam Ave and 103 Street. Please arrive no later than the above listed times so that we can take care of registration and final briefings and leave promptly.

Bulletins...

Roster and Reference

The special June issue of the *Bulletin* will include a roster of all NYCC members. We plan to add information about bicycling resources in and around New York City, such as route maps and books. We will also include NYC monthly temperature and other weather information and recap how to get commuter rail bicycle permits. If there is information you would like to see included, contact the Editor.

New Jersey Transit

Except for a new policy for the Atlantic City Rail Line, NJ Transit does not allow bicycles (unless collapsible) on their trains. If you would like to see this policy changed, write to Joseph Crawford, V.P. and General Manager, NJ Transit Rail, 1160 Raymond Blvd., Newark, N.J. 07102.

We're Legal (for now)

From May 12 through October 14, the Port Authority is permitting bicycle riding on the South Path of the George Washington Bridge, in an experiment to see if cyclists can share the path safely with pedestrians and joggers.

If the experiment works, cyclists will be granted the FULL RIGHT TO RIDE ON THE SOUTH PATH. But if pedestrians are struck by cyclists or feel threatened by fast moving cyclists, bicycling will again be prohibited on the South Path and bike riders will have to use the bridge's North Path, with five staircases and 170 stairs.

Please help us show that bike travel and foot travel can co-exist. RIDE SAFELY AND CONSIDERATELY!! SLOW DOWN FOR PEDESTRIANS AND ANNOUNCE YOUR INTENT TO PASS, specially at the turns, the towers and other narrow spots. If you see other cyclists riding dangerously or in a way that could unnerve a pedestrian or jogger, talk to them. It's taken years of effort by cycling groups to get the Port Authority to consider legalizing biking on the South Path. DON'T BLOW THIS CHANCE!

The **New York Cycle Club** volunteered to hand out flyers at the Bridge the weekend of May 12 & 13. Please volunteer to hand out flyers with a friend announcing this experiment by the Port Authority. Contact Carlos Cardona, PR Director, at (212) 581-2858 to schedule yourself.

—Carlos Cardona

Roof Racks

NYCC owns roof racks which will carry up to 12 bikes. Any member may borrow them by giving one month's notice and leaving a deposit. Contact Stu Greenberg at (212) 534-2935.

L.A.W. Club Volunteer of the Year

Christy Guzzetta was nominated as L.A.W. Club Volunteer of the Year at the March NYCC Board of Directors meeting. Club volunteers will be recognized at the L.A.W. National Rally in July, publicized in *Bicycle USA*, and will receive a commemorative certificate.

The NYCC nomination reads: "Christy Guzzetta, president of the **New York Cycle Club** since 1988, is a tireless promoter of the joys of cycling. A weekly leader of rides, he also works constantly and successfully to involve new individuals in ride and club leadership positions. Among Christy's many contributions are the 'Progressive 'A' Ride Series,' now in its fourth year. This weekly ride series offers training and encouragement to riders who want to improve their skills, speed, and endurance. In addition to ride leadership, Christy has enthusiastically coordinated efforts to improve biking conditions in the metropolitan area. For his contributions and his inspiration, the **New York Cycle Club** nominates Christy Guzzetta as Volunteer of the Year."

Congratulations, Christy.

—Debbie Bell

President's Message

Christy Guzzetta

Of all that happens within our club, nothing is unpleasant except an accident on the road. To learn that a member has been hurt is an experience that touches us all. I think back to the times I have visited a friend recovering in the hospital and I always wonder why—did it have to happen—could it have been prevented?

We must be careful out on the road. Aware of what's around us, the traffic, other bikes, the road surface, pedestrians, traffic signals, **AWARE, ALERT**. We must be responsible, cautious, defensive while we ride. It is not, after all, a race across the G.W. Bridge—take it easy, ride in a single file, **DO NOT PASS**. The Grand Concourse is not a sprint—stay together while riding on it, don't leave anyone behind, ride orderly, on your best behavior. There are plenty of hills, open roads, clear paths to frolic on, to race on, to spread out on. Be safe, be careful, be responsible.

And for those accidents that are indeed unavoidable—like the taxi that may just bang you to the pavement (like the one that knocked me to the ground a few weeks ago), or the invisible slick spot at the end of a downhill (sort of like the one in New Jersey that took my bike out from under me), please wear a helmet. Wear a helmet. Wear a helmet. Please.

No Tech Tips Energy Saving Tricks

by Bob Moulder

It's a safe bet that almost any cyclist can complete a 20 or 30 mile ride even if every basic rule regarding conditioning, riding position, technique, and nutrition, is ignored. But on a fast 70 mile training ride in the hills of Westchester County, ignoring any one of these areas could easily necessitate a ride home on the Metro North. And as any ultra-marathon rider (several of whom are NYCC members) will tell you, a tiny deficiency in any aspect of cycling performance or preparation is so exaggerated after 200 or 300 miles that serious thought should be given to abandoning the effort.

This month's topic, "Energy Saving Tricks", might also be titled "Effort Maximization" or "Riding Smart", because the overall idea presented here is that you can finish a ride feeling fresher and stronger by employing some simple techniques on group rides. Most of the techniques are also applicable to solo riding. All will help you go faster and finish fresher, whether your ride is 20, 70 or 300 miles long.

1. LEARN TO DRAFT EFFECTIVELY. Nothing else you can do can offer the energy savings of riding in the wind-sheltered space near another rider or group of riders. Many cyclists seem to think that the best position for riding a wheel is directly behind another cyclist. More often than not this assumption is incorrect, because more often than not the wind is blowing from a direction other than straight ahead. The next time you go riding with a friend who has a steady wheel, do a little experimentation by moving around to find the "dead air pocket", and you'll find the best drafting position. You'll notice that when riding with a strong crosswind, the best position is beside and slightly behind the rider you're drafting, and that riding directly behind offers no advantage whatsoever. When a large group of racers draft with a strong wind from the side, they string out across the road in an "echelon" pattern. Obviously we can't do this on public roads, but keep in mind that in such situations riding in a double paceline or in an unorchestrated gaggle (when safe to do so) is preferable to a single paceline.

2. "MILK" EVERY HILL. If ridden properly, rolling countryside with gentle-to-medium hills 100 to 200 meters long can be covered with only a little more effort than flat roads require. Consider the idea that the timely application of a little extra effort can actually save energy in the long run. Many riders "waste" the momentum gathered on a down-

hill run by gearing down at the bottom of a hill in anticipation of the climb ahead, instead of remaining in the bigger gear and pushing it through the bottom of the hill and up the next. Next ride try this: As you approach the bottom of a hill, remain in your 52x15 and keep hammering another 50 meters, then drop to a 42x15, push some more, then settle into your hillclimbing gear. Once you get in shape, you'll find yourself blasting through rolling hills in a 52x17, never having to change gears.

3. CLIMB HILLS AT YOUR OWN PACE, but make absolutely sure you've discovered your own rhythm, gearing, and maximum hillclimbing potential. Discovering your own hillclimbing style may take several seasons of steady riding, all the while reading and listening to the advice of good hillclimbers, pushing yourself, and trying different techniques. But once you find your own formula, stick with it. You'll begin to notice that quite often someone will zip by you at the bottom of a hill, only to have you steadily chug by near the top. And when you get to the top, you'll have enough strength left over to recover from the effort while spinning smoothly away. However, some people will just keep on zipping. We salute you.

4. SIT DOWN AND RELAX. Much energy is wasted by riders who remain tense with leg and upper body muscles flexed in nervous anticipation of rough roads, other riders' movements, or other traffic on the road. This constant flexion exacts a toll, and can leave a cyclist feeling exhausted in just a couple of hours. Avoid this by learning to "sit" comfortably on your bike with a relaxed upper body, letting your frame and wheels absorb most of the road shock. In the meantime, "relax" your mind by paying attention to road hazards ahead and to the riders around you, so you'll become tense only when necessary. Pay special attention to relaxing your upper body when climbing hills.

5. EAT, DRINK AND BE MERRY. It seems superfluous to mention it, but many an experienced cyclist forgets to drink enough liquids or take in enough calories during a ride. On long rides in hot summer weather, this means quite a lot of liquids, so carry two water bottles. If you run out, don't hesitate to suggest a water stop, because chances are someone else is also running low. Avoid the dreaded "Bonk" by carrying pocket food such as "Power Bars" or "Fig Newtons". Some people combine their liquid and caloric intake by using products such as "Ultra Energy", "Exceed", etc. Just remember not to accidentally splash it on your face for a cool shower. It's a bit messy.

Next Month: RAISING YOUR LIMITS

Bicycle Writing Western Adventure

Holly D. Gruskay

Several years ago, while seeking a new vacation experience, I stumbled across Backroads Bicycle Touring. A brochure and one month later, I signed up for an eight-day camping tour along the Utah/Arizona border, including visits to Bryce, Zion and Grand Canyon National Parks.

Mentally primed, I was confident I could meet the physical challenge of this 400-mile camping trip, having once ridden 40 miles in a single day. And so I bought my first pair of cycling shorts, packed the trusty Tretorns (for pedaling) and running gear (-er, cycling wear).

I arrived in Las Vegas, met the rest of the group, and drove (via Backroads transfer) to the trip's starting point, Cedar Breaks. This was my first introduction to the West, and it was awesome. We set up camp that night, to the sounds of our Backroads crew preparing our luscious supper. I was approached by a blonde woman in search of tent-mate. And so I met Beth Herman, also from New York.

After supper we sat around the campfire, introduced ourselves and our cycling resume. Mine was short and I listened, realizing what a diverse group we were. Two 40-year old guys from the Bay Area who ride every weekend all weekend, Bill White from some club in New York who likes to ride hard and fast, a guy from Cleveland who never rode a bicycle before, a couple of women (also from Cleveland) who lifted weights and worked at a paint factory, and a father-son duo new to cycling. As the night wore on, the language turned to gobbley-gook...gear-ratio, drafting position, Exceed... all things totally beyond me. So I headed for the tent, and turned in.

We woke next morning, as we would every morning before dawn, to the banging sounds of pots and pans, as Backroads prepared our breakfast and laid out food to pack for lunch. The fare was marvelous all trip, especially considering our distance from civilization. After breakfast, we packed up camp, hopped on our bikes, and rode off in search of adventure. Backroads cleaned up breakfast, camp, and transported our belongings to the next campsite. That was the very best part. In addition to doing all the camping chores, Backroads tuned and checked our bikes every day, rental or otherwise.

This trip was an eye-opening experience, and introduced me to a whole new lifestyle. Pasta and potatoes, Lycra and bananas. I fell in love with the sport, the hoodoos of Bryce, and the Grand Canyon's expanse. It was all new, especially from a bicycle saddle.

The trip was also physically challenging. The most memorable day was when we

faced the 114-mile trek from Bryce to Jacob Lake. That day began like any other, waking at 5am to stare at a plate of oatmeal, wondering why we were up so early while on vacation, packing lunch, and wheeling out of camp by 6am. We rode all day long past every type of scenery imaginable, mountains, valleys, forests, and into the desert. One Backroads leader rode with us as usual, "sweeping" the ride from the rear. The other two leaders picked up camp and each drove a van along the route, refilling water bottles and lunchbags, and most importantly, picking up dead riders.

Until that day, I had resisted climbing into the van. But this ride included some 25 miles of hot desert and proved difficult. In the desert, Backroads had drawn the century mark: reaching it was my goal. Beth and I crossed that line, both dehydrated and ecstatic. We rested and drank, finishing the trek in the van. Bill emerged from the desert, one of the only real troopers. We arrived in Jacob's Lake to find neither lake nor showers. We literally were not happy campers, but we exercised some ingenuity and rented a room at the Inn. We all (25) showered and changed, and wore poker faces as everyone else in camp complained about no hot water.

After visiting the Grand Canyon and Zion, the trip ended, and I was definitely sold on a new sport and new lifestyle. I arrived back in New York and joined NYCC, of which both Beth and Bill are members.

I highly recommend Backroads to anyone interested in a first-class vacation. There are operators who run less expensive trips, but Backroads didn't skimp in any department. We had champagne sunrises at Grand Canyon, and ate guacamole and fajitas galore. Backroads personnel were both exciting and helpful, ever-ready to tune a bike, or massage a back.

This article goes to press as I pack for the Schwinn-Wolverine cycling camp in Florida, so stay tuned for "Roughing It With The Pros".

Call Backroads (800) 533-2573 for a brochure or questions about their trips.

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Baltimore, MD 21207-4106

NEW YORK CYCLE CLUB BOARD MEETING
(Tuesday, March 6, 1990)

Present: Christy Guzzetta, Beth Herman, Debbie Bell, Clif Kranish, Jeff Vogel, Dick Goldberg, Arlene Ellner, Simone Smith, Bob Foss, Alex Von Braun

Absent: Carlos Cardona, Hannah Holland

The February meeting minutes were approved.

The Port Authority has agreed to an experiment giving bicycle access to the south side of the George Washington Bridge and banning bikes from the north side. The P.A. will a firm to monitor the experiment.

The Coalition to Reclaim Central Park thanked Carlos Cardona for his efforts. The Coalition requests that our members send letters to New York City commissioners -- Parks, Transportation.

The addresses of board members will be removed from the bulletin to provide more space. Printing costs in relation to advertising charges were reviewed. It was decided to seek a volunteer advertising manager.

Simone distributed a "Preview" of major scheduled rides. Red and Tan buses are presenting a danger to cyclists. They do not move over or slow down when passing. Simone suggests members write letters. Carlos will look at this.

The club's bylaws will be modified to reflect the increased membership dues.

The Sierra Club is looking for joint listings and co-leaders.

Beth Herman must step down as V.P. Programs. She cites new responsibilities at work for her decision. Programs are in place through July.

Nine people attended Dick Goldberg's "So You Want To Be a B Rides Leader" meeting.

The club's bylaws state that you must be 18 to either go on a club ride or to join the NYCC. Dick Goldberg will look into the legal status of these bylaws.

Debbie Bell will investigate a tax-exempt status for the club. To take advantage of free checking, the club's checking account will be switched to Goldome.

The Board chose Christy Guzzetta for the League of American Wheelman's recognition for outstanding contribution to cycling. The other nominees were Jeff Vogel and Chris Mailing.

The meeting adjourned at 8:45 PM.

Classifieds

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BEAUTIFUL NISHIKI 22-inch frame, 12 Speeds, Shimano Index Shifting. Excellent Condition. Terrific Ride. Call Lin (718) 857-2625.

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LOTUS UNIQUE 19", SHIMANO 600 EX derailleurs, good condition. Asking \$275. Call Glen (212) 884-8037 (leave message).

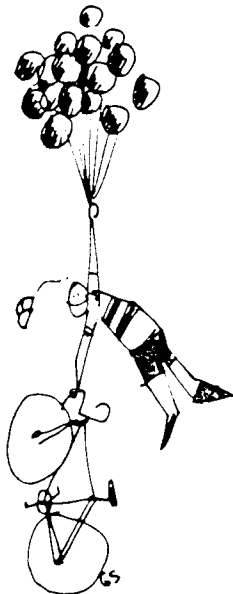
WANTED

ROUTE MAPS, Q-SHEETS, BIKE Touring info for northern New Mexico, Santa Fé, Taos, Albuquerque area. Dick Goldberg (212) 874-2008.

SECOND HAND LIGHTWEIGHT BIKE in good condition, frame can be beat-up, under \$200. Call Stan (212) 247-0353.

SERVICES

CHIROPRACTOR OFFERS FREE examination and treatment. Dr. Russell B. Cohen offers a complementary initial exam and treatment for your sports injury. 317 W. 54 Street, NYC. Call (212) 713-0180 for appointment.



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Consider how many **NYCC** members are your steady customers. Show them your support by advertising in the *NYCC Bulletin*. For details about placing an ad, Call Peter Kleinschmidt at (212) 490-6614.

NYCC Membership Application

I know that bicycling is a potentially hazardous activity. I represent that I am over eighteen years of age and that my physical condition and the condition of my equipment is to the best of my knowledge adequate to allow me to participate in **NYCC** activities. I assume all risks associated with such activities, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release the **NYCC**, its Board of Directors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in **NYCC** activities.

Name _____ Signature _____

Street _____ Apt _____ Phone (H) _____

City _____ State _____ Zip _____ Phone (W) _____

Date _____ Check Amount _____ ☐ New ☐ Renewal ☐ Change of Address

Where did you hear about **NYCC**? _____

Circle if applicable: I do not want my (Name) (Phone Number) published in the semi-annual roster.

Other cycling memberships: ☐ AMC ☐ AYH ☐ Bikecentennial ☐ CCC ☐ CRCA ☐ LAW ☐ TA ☐ _____

1990 dues are \$17 per individual, \$23 per couple residing at the same address and receiving one bulletin. Members joining after Labor Day pay one-half (\$8.50 individual, \$11.50 couple). Mail this application with a check made payable to the **New York Cycle Club**, P.O. Box 199, Cooper Station, New York N.Y. 10276.

New York Cycle Club Monthly Meeting

(Open to all members and non-members)

Tuesday, May 8

6:00 Drinks
7:00 Dinner
8:00 Announcements
8:30 Program

O'Hara's - 120 Cedar Street
(1 minute walk south of
the World Trade Center)

Meat, fish, Chicken	\$11.00
Vegetarian	\$ 8.00

Our private dining room is one
flight up from the bar.
Non-diners are seated separately.

\$2 Surcharge for food tickets
purchased after 7:00.

All you ever wanted to know about HELMETS and more!

Don Davis of Bell Helmet, Inc. will tell us how his company
designs, manufactures and tests their helmets. We will learn
about the technology of helmet development, the standards by
which helmets are tested, and the efforts being made to promote
use of helmets.

Also this month: Vote in the NYCC Jersey design contest.

New York Cycle Club
Hannah Holland
211 W. 106th Street - Apt 8C
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