

August
1991

AUGUST 1991

NYCC BULLETIN

THOSE UNBEARABLY HUMID SUMMER DAYS...



"Today's ride is a sort of biathlon. We're going to bike and swim simultaneously."

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

NYCC Bulletin

All the news that fits, we print.



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 Cliff Kranish, 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 and 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. Include a self-addressed, stamped envelope if you wish material returned to you.

Ride Listings. To lead a ride and have it listed in the BULLETIN, call the Rides Coordinator for the class of ride you want to lead.

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.

Classifieds. Two classified ads per member per year are free (up to 6 lines), additional ads are \$1.00 per 25 character line.

Receiving the NYCC BULLETIN. The NYCC BULLETIN is mailed free to all NYCC members. Membership is \$17 per year for individuals, \$23 per year for couples. See Page 11 for a membership application. If you don't receive your copy by the first of the month contact the Circulation Manager.

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Deadline for September Issue: August 6



New York Cycle Club

P.O. Box 199 • Cooper Station • New York NY 10276

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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.

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. Helmets are strongly recommended. Headphones, illegal in New York State, 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; call the leader if you have any questions.

Ride Class	Avg Speed (not incl stops)	Cruising Speed (flat terrain)	Ride Description	Central Park Self-Class Times (4 laps = 24.5 mi)
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 2 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 >

Cliff Notes: *It's summer in the city, and like most everyone in Manhattan, many of us head for the islands. Only we do it a little differently than the crowd watching the sunset on the dock in Fair Harbor. We bicycle more than sunbathe; eat pasta even when there's abundant fresh seafood. Ten NYCC members went to the Danish island of Zealand, not to see Tivoli Gardens, but to cycle non-stop 200 miles around the Island. There's an ongoing series of "Bicycle Beach Bums" rides with other clubs to area beaches, but we spend more time on the road than on the beach. And I'm back from Nova Scotia, which is cooler than here and has more scenic roads too. And great sunsets.*

August Rides

C · B³ · Bicycle Beach Bums

This summer bicyclists have the opportunity to join a weekly caravan to some of NY's most beautiful beaches. Beach-bound riders meet every Sunday in July and August: 9:30am at City Hall and 10:00am at Prospect Park. The rides are organized by the Five Borough Bicycle Club, NYCC and TA to attract bicycle beach bums of varying abilities. Destination and distance will be announced at the start of each trip. Bring swimwear and a spirit of riderty cooperation. Beach ride listing will be noted by a B³ symbol.

Any Sat. or Sun. in August

P-B-P Training

Those interested in training for PBP, or going on longish training rides, are invited to contact me, Gary Krzynowek, 212-931-5367, for possible rides up to Bear Mountain area. For a taste of what the rides are like, join me on my Aug. 10 ride, listed in this BULLETIN.

August 3-4

A/A- · West Point Overnight

Leaders: Jody Saylor (212-799-8293) & Christy Guzzetta (212-595-3674). From the Boathouse. Call leaders for last minute cancellations.

A/100-125 · 7:30am · West Point Century

Leader: Jeff Vogel (718-275-6978). From the Boathouse. This is our opportunity to explore northwestern New Jersey and maybe even PA. We'll have two quick deli stops and end at West Point to spend the weekend with Jody & Christy's group. On Sunday we'll ride back with them on their 95 mile route.

Saturday, August 3

A/A-100 · 8:00 · Not the West Point Ride

Leader: Karl Ditebrandt (212-477-1387). From the Boathouse. Although the destination is unclear, the ride will go over to Western NJ from the GW Bridge with at least two deli stops. The A pace will be respected. Oh, yes there will be some hills.

B+/60 · 9am · How Many Wrong Turns to Armonk?

Leaders: Abby Rummell (212-628-8117) & Mary Allen (212-666-6844). From the Boathouse. Guaranteed B+ pace through the urbs, suburbs and exurbs to the north. The route? Hmm....Predicted high above 95° or great chance of rain cancels.

C/35-40 · 9:30am/10am · Tour de Staten Island

Leader: Roscoe George (212-989-0883). From the Staten Island Ferry. Once again geometric proof that Staten is an Island. Bring swim stuff if you wish to take advantage of South Beach.

Sunday, August 4

A+/A/A-54 · 7:30am sharp · Beat the Heat

Leaders: Marc Leveque (212-988-3605), Craig Spiegel (212-874-4256), Cari Gengo (212-316-9896), Mark Martinez (718-726-7644) & Chuck Wong (212-219-1268). From the Boathouse. One or more of the ride leaders will be there to organize a quick dash to Nyack before Ol' Man Sun has a chance to bake our brains. We'll get back early enough to do other things in the afternoon.

A-/55 · 8am · Let's Go to...Montclair!

Leader: Doug Blackburn (212-563-7067-no calls Sunday am). From the Boathouse. A quickie. Prompt 8:10am start, deli stop, back no later than 1pm?

B-/40 · 9:30am · Not Your Usual Beach Ride

Leaders: Regina LaPolla (212-951-4123) & Shellia Flatley (212-988-5939). From City Hall or Grand Army Plaza in Brooklyn. Join us for a gentle journey

through Brooklyn to the Rockaways and Fort Tilden. A beach unspoiled by lifeguards.

C/B³ · 9:30am · Bicycle Beach Bums 5

Leader: Alex Maurice. From City Hall at 9:30am or 10am from Prospect Park.

Wednesday, August 7

A/A-/90 · 7:30pm · Nothing Like a Little Nite Ride

Leader: Karl Ditebrandt (212-477-1387). From the Boathouse. Its just a couple weeks before PBP, so I thought some nite riding would be fun. It will be across the GW Bridge into little traveled roads in NJ with a 24 hour diner stop. Bring lites and some pocket food.

August 10-17

BMB, The Slow Version

Leader: Paul Minkoff (212-532-9427). No, not Boston-Montreal-Boston. While the maniacs are off to France for PBP, practice your French by biking to Montreal and Back (starting and ending in Vermont). Cost is approximately \$500. Call for info.

Saturday, August 10

A+/75 · 8:30am · If I Hadda Hammer...

Leader: Tom McMahon (212-777-5845). From the Boathouse. Are you a roadie or a rodent? A cranker or a wanker? A masher or a flasher? Well, quit stammering and start hammering! Seriously, this will be a true A+ pace. I won't reveal the entire route right away, lest I get dropped by 86th St, but lunch will be in Armonk.

A/130 · 6am · Seven Lake Drive Avec Descendre a Suffern-PBP Training Ride

Leader: Gary Krzynowek (212-931-5367). From the NJ side of the GWB. As a training ride for PBP, I will be going to Bear Mountain via 9W, then up Seven Lakes Drive, going back to the City via Suffern for a spectacular downhill. The A designation is for distance; we will travel at an A- Randonneur's pace.

B+/B/55 · 8:25am sharp · Coasting Connecticut

Leaders: Barbara Lee Epstein (212-986-1468) & Ernie Yu (212-663-5747). From Grand Central Station Info Booth. For the fun of it. Ride the Connecticut Coastline with us. Some hills, lots of water. Must bring Metro North pass. Train departs for Greenwich at 8:40am. Get there early to buy train ticket. Phone for rain date.

B+/B/45 · 10am · Westchester the Beautiful

Leaders: Jeremy Herman (212-543-6472) & Carlos Cardona (212-581-2858). From Broadway at 242 St. Last stop on the #1. This well known ride through estate and horse country has some challenging climbs, but you're rewarded with exhilarating downhills. In addition, there's lunch at Kingsland Point Park on the shore of the Hudson Rive in North Tarrytown. So, it's 30 energetic miles before lunch and then a flat, easy social 15 miles ride back to the city allowing for digestion of those delicious complex fats from the Italian deli near the park.

B-/C+/40-60 · 9:15am/10:30am · Kensico Dam

Leader: Sandy Gold. From the Boathouse at 9:15am or last stop of #4 train (Jerome/Woodlawn) at 10:30am. An easy ride through buccolic woods via the Bronx River Parkway Bicycle Path. Will ride up to the top of the Kensico Dam for a view from above. Helmets required. Rain date, Sunday, August 11.

C/20 · 12:45am (Sunday Morning) · Manhattan By Moonlight

Leader: Richard Fine (914-638-0842). From Columbus Circle Statue. Meet at 12:45am at the Columbus Circle entrance to Central Park. A spectacular trip! Proven a safe, friendly, casual ride. Tour through south Manhattan, ferry ride and back. If we time it just right, we catch a beautiful sunrise with NYC skyline. Breakfast at one of leader's favorite Westside spots. Call to confirm start with leader.

Sunday, August 11

A+/70+ · 9am · 20% Vertigo

Leader: Noel Comess (212-666-7027). From the Boathouse. River Road to a couple of malicious climbs-39/24 or 42/26-no macho fantasies, please-and then some flat, pleasurable organized cruising.

A+/A/A-/54 · 7am sharp · Beat the Heat

Leaders: Marc Leveque (212-988-3605) et al. From the Boathouse. See August 4 for ride info.

A-/70 · 1pm · Afternoon Delights I

Leader: Steve Metcalf (212-431-0533). From the Boathouse. A late start for those who stayed out Saturday night, or read the paper and ate brunch Sunday morning. Through Harriman Park, across the Bear Mt. Bridge to Garrison. Pickup food and drink for 7:48pm train-party home on Metro North (arr. NYC 9:10pm). Bring Metro North Pass.

B/100± · 8am · Alma & El's Women-Encouraged-All Welcome Century

Leaders: Ellen (718-392-3310) & Alma (718-788-9346). From McDonalds, Queens Blvd. in Long Island City. Join us on a century to the LI North Shore. Terrain is mostly rolling with a few hills. Ride at your own pace. 93°+ and high humidity cancels.

C/B³/55-60 · 9:30am · Bicycle Beach Bums 6

Leader: Laurie Harris. Mostly flat route.

Wednesday, August 14

A/A-/90 · 7:30pm · Nothing Like a Little Nite Ride

Leader: Karl Dittebrandt (212-477-1387). From the Boathouse. See Aug 7 ride listing.

Saturday, August 17

A+/100 · 6:45am · The Some Like It Hot But I Don't Quickie

Leader: Steven Pollock (212-816-6491). From the Boathouse. 9W to Perkins and back. First stop is a very quick one in Haverstraw; second stop at Skylark on the way home. Maybe Hook Mt path. Excessive heat and/or oppressive humidity shortens. Ride leaves at 7am sharp! Hopefully be home by 2.

A/120 · 6:45am · China Pond

Leader: Genghis Ron Grossman (718-965-2168). From the Boathouse. We'll ride north through Westchester to this gem hidden in the fastness (no reference to pace) of Putnam County's hills. Last year's hardy contingent got pleasantly Shaghaied and skinny-dipped in the peaceful waters. Bring bathing suit (if bashful), pocket food, and Metro North pass for the train back from Ossining. Hilly with some dirt, but nothing too intense. Rain or temp above 90° cancels.

A/75 · 9am · Northern Wanderings

Leaders: Richard & Susan Herbin (914-668-7260). From the Boathouse. An unusual but reasonably direct route to brunch in Thornwood followed by magnificent straightaways from Mt. Kisco to Glenwood, CT. Extreme hills will be avoided. Ride ends at City line. Volunteer leader will be appointed for return to NYC.

B+/60+ · 9am · Dog Day Saturday

Leaders: Greg Worley (212-781-6702) & Maureen Berlings (212-754-6580). From the Boathouse. Riverside Drive-GWB-River Road?-Nyack and back.

B/50 · 9am · Jones Beach Here We Come!

Leaders: Harold Aronowitz (718-454-2263) & Ron Heller (212-879-1167). From the Statue. Q: How come it's not a B? A: Harold likes to push! Rain or land sharks cancels.

C/40-50 · 9:30am/10am · New Jersey for the (Un)Initiated

Leader: Roscoe George (212-989-0883). From the Boathouse at 9:30am or the GW Bridge at 10am. A ramble through NJ with a look at Major John Andre because we missed it the 4th of July.

C/35 · 10am · Bronx Greenways

Leader: Ed Raven (212-797-3137). From Broadway at 242 St.-last stop on #1 train. Explore existing and future greenways. Rolling hills.

Sunday, August 18

A+/A/A-/54 · 7am sharp · Beat the Heat

Leaders: Marc Leveque (212-988-3605) et al. From the Boathouse. See Aug 4 listing for this popular event.

A/A-/80 · 3rd Annual Ride & Barbeque on the Island · CALL TO RESERVE SPACE!

Leader: Ed Fishkin (718-633-3038) & Mendel Markstein. Ride is limited to 30 people so call Ed to reserve space, and learn start time and location. A nicely paced ride through some of LI's prettiest North Shore haunts then over the hill and south to Ed's parents house for a barbeque. Leisurely return to the city. Worldwide ketchup and mustard shortage cancels.

A/? · 9am · Leaderless "A" Ride

Leader: You. From the Boathouse. If Marc Leveque's ride it too early for you, meet at the Boathouse at the more genteel hour of 9am, and figure it out for yourselves. You know. You've led rides before, right?

A-/55 · 8am · Lets Go To...Ridgewood

Leader: Doug Blackburn (212-563-7067 but not Sunday am). From the Boathouse. A quickie. Prompt 8:10am start, deli stop, back by 1pm?

A-/75 · 1pm · Afternoon Delights II

Leader: Steve Metcalf (212-431-0533). From the Boathouse. Ok so you overslept, or had a hot date or want to run a half marathon in the morning, join Steve on his 1pm departure. See Aug 10 for details.

B/70 · 9am · Gold Coast Tour

Leader: Reyna Franco (212-529-6717). From the Statue of Civic Virtue. Ride the golden road to Gatsbyville along the rich North Shore. The leader guarantees a fun-filled day.

B-/? · 9:30am · Who's In Charge?

Leader: Leaderless. From the Boathouse. Show and go!

C/20-25 · 9:30am · Bike Brooklyn

Leader: Richard Fine (914-638-0842). From City Hall. Ride to Coney Island and back. Bring water, helmets, the usual.

C/B³ · 9:30am · Bicycle Beach Bums 7

Leader: Dave Lutz

August 23-September 6

Labor Day, Lakeside

Leader: Paul Minkoff (718-937-6171). Chez Minkoff available again for possibly up to two weeks, bordering Labor Day Weekend. Paul can accommodate up to six people gratis. Additional people will have a choice of B&B, lakeside cabin, motels or inns to suit any and every budget. \$100 per person deposit required. Call Paul for info. If he's on vacation, call him at 603-253-6787 or write him at PO Box 202, Mirror Lake, NH 03853.

Friday, August 23

All Class · 7pm ride/8pm dinner · Evening Pizza Ride

Leaders: Sherri Gorelick, Bob Moulder, Dick Goldberg & Roscoe George. From the Boathouse (of course). A reprise of the June ride. We'll be at the "Hill" at 7:00pm to take dinner reservations (ie: How many slices?) Then it's up to you—how many laps can you do in one hour? Dinner served promptly at 8:00pm on the "Hill." Bring money to pay before you start your workout.

Saturday, August 24

A/69 · 7:30am · In Search of the Nude Beach

Leader: Christy Guzzetta (212-595-3674). From the Staten Island Ferry at 7:30am. Advance sign up required. We have chartered a boat to float us back to NYC after we try to locate the sights of the nude beach at Sandy Hook. Space is limited, send \$20 check to Christy Guzzetta, 49 W. 75th St., NYC 10023 to reserve a space. Sign up quick, dress optional.

A-/52 · 9am · 52 Pickup

Leader: You. From the Boathouse. Don't let the title fool you-this is a "leaderless" A ride. Just meet at the Boathouse for a pickup ride to Nyack. Round trip distance is 52 miles. Get it?

B/50 · 8:35am · CT RR

Leader: Alex von Braun (718-965-3552). From Grand Central Station Info Booth. Return to glorious Fairfield County. New roads, new trees. Helmets and Metro North passes required. Phone leader for specifics.

B-/? · 9:30am · Lost in Brooklyn

Leader: Leaderless. From Grand Army Plaza, Prospect Park, Brooklyn. Show and go!

C/35 · 9:30am · Westchester Revisited

Leader: Roscoe George (212-989-0883). From the Boathouse. To Westchester and environs via Pelham Parkway Bike Path.

Sunday, August 25

A+/A/A-/54 · 7am sharp · Beat the Heat

Leaders: Marc Leveque (212-988-3605) et al. From the Boathouse. You know the drill--the VP of Rides is too lazy to type the listing over and over so please refer to Aug 4 for details.

A-/55 · 8am · Let's Go To...Pearl River

Leader: Doug Blackburn (212-563-7067 - not Sunday am). From the Boathouse. A quickie. Prompt 8:05am start. Deli stop, back by 1pm?

B+ +/? · 9am · We're Back!

Leader: Leaderless. From the Boathouse. Full-tilt, full moon howl. Show and go!

B/70 · 9:30am · Princeton Express, Rutgers Local

Leader: Leslie Tierstein (908-388-5127). From Wakefield, NJ Train Station. A guaranteed new route to Princeton and back. We'll ride the canal route down, lunch in Palmer Square, and return via a favorite route of the Central Jersey Bike Club.

B/50 · 9:30am · Mamaroneck Harbor

Leaders: Laurie Cohen & Ted Hertzberg (212-831-8422). From the Boathouse. This is our first venture as leaders. Riders with good senses of direction are encouraged.

C/B³ · 9:30am · Bicycle Beach Bums 8

Leader: Ed Ravin.

Saturday, August 31

A/65-70 · 8:30am · Singles Soiree

Leaders: Jody Saylor (212-799-8293) & Christy Guzzetta (212-595-3674). From the Boathouse. Should we lead a ride today on this, our last Saturday of singledom?? Yes, no, yes, no....Our last premarital disagreement. If you're around, come on out. We'll go 65-70 miles in Westchester, hang out at the Hill, and arrange for dinner at an Indian restaurant on the lower East Side.

August 31/September 1/September 2

B+/B/B-/? · 12 noon · Hey! It's A Holiday!

Leader: Leaderless. Start at the Boathouse or the Statue or Grand Army Plaza. Sleep late and ride anyway.

C/? · 10:00 am Will o' the Whisp

Leader: To be announced. From the Boathouse. For those who are in town and wish to ride en masse-meet and ride-perhaps Roscoe George will be there?

Sunday, September 1

A+/A/A-/54 · 7am sharp · Beat the Heat

Leaders: Marc Leveque (212-988-3605) and company. From the Boathouse. I know you know--look up Aug 4 listing to learn more about this ride.

A/80 · 8:30am · The Jersey 500

Leader: Bob Moulder (212-682-5669). From the Boathouse. After crossing the GWB, we'll take Hwy 505 (Palisade Ave.), to 501 North, 502 West, and 503 North, then spoil the "500" motif by taking non-"500" roads to Hwy 507, which takes us back to 502, 501 and 505 on the way home. Any questions about the title?

Monday, September 2

A/? · 9am · Leaderless "A" Ride-"A" "Labor" of Love

Leader: From the Boathouse. Everybody your "A" Ride Coordinator asked to lead this ride had something else on his/her agenda-including your "A" Ride Coordinator-so just go to the Boathouse and see who shows up. Someone always does....

Ride Previews

All Class · September 8 · Ride to Jody & Christy's Wedding

Leaders: Many. Various start locations. We're leaving very early Sunday morning to make it to Garrison, NY in time to board the luxury liner, N.V. Commander, at 12:30pm. Once aboard, we'll sail the Hudson River, enjoy lunch, and celebrate the marriage of Jody & Christy. All are welcome. Metro North home. Full details in the September BULLETIN. Divorce cancels.

A/B/325 · August 29-September 10 · David Tours the Eastern Alps

Leader: David Schlichting (516-482-3423). Spectacular tour of eastern Alps through Switzerland, Italy, Austria and Liechtenstein. Incomparable scenery, mostly quiet roads, challenging climbs, thrilling descents. \$1650 includes airfare, hotels, meals.

A+/A/65 · September 15 · Devil's Kitchen

Leaders: Jeff Vogel & Margaret Cipolla (718-275-6978). The wimps of the Tour du Pont are skipping major climbs this year. We're not!! Last year 14 out of 21 riders walked up (well, two people did hitchhike and one went back for his car). For those of you who didn't make it all the way up, this is your chance for redemption. For those of you who didn't attempt it, bring comfortable walking shoes!

All Club · October 6 · New Haven Revisited

A reprise of our fabled ride along the CT shore in April-new routes-same bagels and pizza! See coupon in this month's bulletin.

All Club · October 11-14 · Wilton Colorfest

Leader: Paul Minkoff (718-937-6171). A five hour drive brings you to peak leaf-changing season in NH. Cost \$25-\$40 per person per day (double occupancy) including breakfast and tax. Reserve early, local inns are usually booked by Labor Day. Gourmet dinners available.

Out of Bounds

August 3 • Princeton Bicycling Event

Nine new routes from flat to challenging hills, ranging from 15 to 100 miles. Contact Princeton Free Wheelers at 609-882-5045 (evenings before 10:30pm).

August 10-11 • The Pan Massachusetts Challenge

A 200 mile bike-a-thon from Sturbridge all the way to Provincetown to benefit the Jimmy Fund of the Dana Farber Cancer Institute. For info call Caroline von Fluege at 212-274-1072. Registration deadline is August 1.

August 24-25 • The Cape Ann Bike Trek

A two day 50, 100 or 150 mile ride along scenic coastal New England roads to raise money for charity. Registration fee of \$30 plus a minimum of \$150 in donations gets you overnight accommodations, breakfast, clam bake dinner, etc. Write to The Cape Ann Bike Trek, PO Box 390978, Cambridge, MA 02139 for registration info.

September 7-8 • MS Wheel & Rock to Woodstock Bike Tour

150 mile tour of the scenic Catskill Mtns. Ride starts at 7am Saturday morning. Contact MS 150 Bike Tour, National MS Society, 11 Skyline Drive, Hawthorne, NY 10532 for ride and pledge information.

September 8 • The Great North Jersey Bicycle Rally

On "Century Sunday" join the Bicycle Touring Club of NJ for their 25 mile, 50 mile, 63 mile or 100 mile rally. For more info. write Anne Reynolds at 405 Oradell Ave, Oradell, NJ 07649.

September 8 • The Mid-Hudson Bicycle Club annual Century Ride

Ride starting from Woodstock, with spectacular mountain scenery and quiet country roads. \$7 before September 1, \$10 after. Contact by mail, Mrs. Erna Wilcox, 12 Hudson Drive, Hyde Park, NY 12538.

September 15 • TA's Second Annual NYC Century Ride-a-Thon

A benefit to raise money for NY's leading environmental transportation advocacy organization. Contact TA for information at 494 Broadway, NYC 10012.



TA's New York City Century
Sunday, September 15, 1991

September 15 • The Golden Apple Century

Sponsored by the Westchester Country Cycle Club. Five rides of varying lengths will be offered. Rides start at the FDR State Park in Yorktown Heights. \$8 preregistration before September 1, \$10 day of the event. 10th Anniversary celebration bbq after the event at \$12. For additional info, send self-addressed envelope to Country Cycle Club, 29 Westerly Lane, Thornwood, NY 10594.

October 5-6 • The Third Annual CONNTOUR

An environmental bicycle tour to benefit Connecticut Fund for the Environment and Coalition of Connecticut Bicyclists. Call Steve Gurney at 203-389-2733 or Jonathan Thaler at 212-724-8770 for info. & registration material.

October 12-13 • Cystic Fibrosis Foundation Cycletour 150k

Two day noncompetitive 150k tour from beautiful Dorchester County, on the Eastern Shore of Maryland. Contact 301-771-9000 for registration and pledge information.



Sunday, October 6th • All-Class
Connecticut Shoreline Loop Ride

*A reprise of our fabled April Ride!
New Routes for As, Bs & Cs*

On Sunday, October 6, I will be at Grand Central Terminal at 7:30 am to catch a **private train car**—with my bike traveling in **another private train car**—to the Connecticut Shore for a 30, 45, or 60 mile loop (or more).

I can stop at a trolley museum, a puppet museum, the oldest stone dwelling in New England, a crafts village, and the beach.

I'll get breakfast (Coffee or tea, bagels, juice) on the train ride up and a pizza party (from world famous Pepé's) on the train ride back—and I'll be back by 7:00 pm.

And all this for \$30 per person and that includes train and food? Unbelievable! Count me in!

Note: MetroNorth Pass Required for this ride. If you don't have one or if you have questions contact Geo Carl Kaplan at 212/989-0883.

Connecticut Shoreline Loop

Sunday, October 6th

Name _____ Ride Class (A) (B) (C)
Circle One

Street, Borough, Town, State, ZIP _____

Phone _____

My bagel should have:

☐ Nothing on it ☐ Cream cheese

My morning beverage is:

☐ Coffee ☐ Decaf ☐ Tea

This coupon and your check to the NYCC for \$30 per person must be returned by September 3rd to the address below. (The money is non-refundable even in the event of rain.)

----- Cut out, fill in, and mail by Sept 3rd to -----

Geo Carl Kaplan, 18 West 16th St., NY, NY 10011

Bulletins

Pancakes, Waffles and French Toast

Do you have a favourite diner that's a suitable destination for an NYCC ride? If so, let us know so that we can include it in the *NYCC Roster and Reference* coming in October.

What I did on my Summer Holidays

If you took a bicycling vacation, that's your assignment for the month. Here's your chance to share your experiences, good or bad, with the rest of the Club by writing an article for the BULLETIN. Whether you went on a commercial, van-supported trip or did it on-your-own and self-contained, we'd like to hear about it.

Where did you go? How many miles did you ride each day? What was the terrain? Where did you stay (Inns, B&B's, camping)? What guidebooks or maps did you use. And most importantly, how was the food?

Contact the editor for more information.

B There!

Who are these people? Take a look at the B listings for August. Take a good look! You'll see close to a dozen new leaders. They—and the "usual suspects" have all pledged—in blood—to ride at the advertised pace. Really.

Special Events. Three remote start rides offer the opportunity to enjoy the scenery of Central New Jersey and Fairfield County. A century designed for "B" riders will take you from Long Island City to the North Shore and back. Two B-paced beach rides are offered, and, yes indeed, the pacebusters are back!

What's Missing from this Picture? B- ride leaders are missing. Labor Day weekend ride leaders are missing. You are missing. Get the picture?

And Finally... Sunday, August 11th, is Gospel Sunday at Grant's Tomb. Great music and it's free. If your ride returns via Riverside Drive and 122nd Street, stop for a while to rest your body and revive your soul.

DICK GOLDBERG

As I "C" It

When was the last time that you wrote to an elected official requesting that he/she do something about legislation that would be in support of bicycling? Have you ever done so? Do you know that it is the most effective way to get improvements in our roadways, etc. that are helpful to our enjoyment of bicycling? Do you want to improve your life as a bicycle rider? Then please run, do not walk to your nearest writing instrument and communicate with your council person, assembly person, state senator, representative and U.S. Senator. Tell that person that you are an avid cyclist and wish a mere one percent of transportation funds be devoted to improving bicycle facilities along our roadways, streets, boulevards and avenues. Only you—the cyclist—can make this happen. Check out the August issue of *Bicycling* for the coupon that it has printed in this connotation. Remember the only one who will help you the cyclist is you the cyclist.

ROSCOE GEORGE

President's Message

Lisa Halle

Is it August already? My, oh my, where *has* the summer gone?

Well here we are after months of lovely riding weather (it has been pretty great hasn't it?) and we're faced with the inevitable. You know that one weekend when you've promised your non-cycling friends you'd join them at their beach house. That's right, it's time to hit the beach, not in cycling attire, but in a bathing suit.

And there they are..oh no.. the U.B.T.L.'s!! Those Unsightly Bike Tan Lines!! In your bathing suit you look like you have white shorts and white gloves on! And everybody stares at you at the beach, as if you're some kind of alien.

Well, here are some tips on how to soften those tan lines and look like a normal human being:

☛ At all deli/lunch stops on your rides, take off your top, roll up your bike shorts, take off your gloves and sunbathe. I call it Power Tanning. You'll start to notice your tan lines will begin to blend together.

☛ Go on rides, or lead rides, to beach or pool destinations. Then begin power tanning as outlined above.

☛ Start hanging out with tennis players. They have the same kind of tan lines, so you won't feel uncomfortable.

☛ Wear one of those 1890's bathing suits on the beach. Tell your friends, "Oh, it's the latest thing in Europe."

☛ Last but not least, feign illness and call off the weekend! Enjoy your summer, while it lasts!

Bicycle the Catskills

A new bicycle touring company, *Wheels of Fun*, offers bicycle tours of the Catskills, 90 miles from New York City. Tour-guides familiar with the area will take participants on unmapped backroads through some of the best scenery in the Northeast. Accommodations are at a lodge that serves a home cooked dinner and country breakfast. For more information call 914/679-9056 or 718/358-1833.

Or Stay at a B&B

Where you can find dozens of glacial carved lakes, thousands of miles of little back roads, state parks, art museums, historic sites, wineries, and breathtaking views. The *Blue Heron Bed & Breakfast Reservation Service* represents over 30 B&B's in the Adirondacks, Catskills and Finger Lakes regions of New York and offer bicycle tours for all levels of ability. For more information call 800/221-2215.

Chain Letters

Well, Now They Will

Subsequent to May 7, 1991 I was informed by the Five Borough Bike Club that it *would* list rides in its *Bicycletter* co-sponsored by the New York Cycle Club.

GEO CARL KAPLAN

Danes Puzzled by NYCC Cyclists Lifestyle

by Hans Mogensen
translated by Cliff Kranish

Ten NYCC members were in Denmark for "Round Zealand," an annual rally. Politiken, a leading Copenhagen newspaper had a page one photograph of the ten and ran this article inside.

Ten members of the New York Cycle Club took a trip across the ocean to take part in the 195 mile rally *Round Zealand by Bicycle*. In all, participants from 15 countries took part in the weekend.

The ten Americans are between 24 and 52 years old and work in New York in good jobs such as tax advisor or in advertising. They call themselves "cycle junkies" or "cycle-maniacs."

"We cycle every Saturday and Sunday from 8:00am to 5:00pm, and train at least two days a week," said Margaret Cipolla, who is 32 years old and works in a bank.

For the New Yorkers, cycling is a lifestyle. They all have two or three hi-tech cycles that cost from \$750 to \$1500 each. Alex Bekkerman, 37 year old engineer, has eight bicycles. Of the ten, he is the racer.

"We cycle just for the sport and fellowship. In New York there aren't many who cycle to and from work. The busses and cars are too dangerous, the traffic is faster than here, and there are no bicycle lanes like in Denmark," said Michael Yesko, 40 year old financial advisor.

The New York Cycle Club has about 1000 members. Each weekend the club offers seven or eight weekend rides to choose from for its members. The rides start as a rule from Central Park or in the suburbs or on Long Island. Each week they total over 250 miles or from 4,000 to 8,000 miles per year on bikes.

"But it quickly gets boring to bicycle around New York. Therefore we always look out for new roads to cycle. The others recommended the Scandinavian ride as an event. And it is a delightful opportunity for us," said Margaret Cipolla.

Mike DeLillo, 34, Marty Wolf, 52, and Michael Yesko, 40, took part in Round Zealand in 1988, and got the other New Yorkers to come with them on the tour this year. The Americans took their vacation in Scandinavia because, among other reasons, it's cooler here in the summer than in New York where it's about 90°.

The ten Americans flew to Norway where they rode the 315 mile long tour from Trondheim to Oslo, The Great Test of Strength. Afterwards, they cycled through Sweden to Copenhagen to take part in Round Zealand. In all they rode a good 930 miles in the two weeks they were in Scandinavia.

"When we first got over here, we cycled out on the road-way. We didn't know we were breaking the law because we didn't ride in the bicycle lane," laughed Alex Bekkerman.

The Americans love the big rallies found in Europe. Half of them used the tour in Scandinavia as training for Paris-Brest-Paris in six weeks. Then the most ardent cyclists from the New York Cycle Club are back in Europe.

"It is a passion for us to cycle. If someone stole our bicycles here in Copenhagen, we would go right down to the bicycle shops to buy new ones," said Marty Wolf. ■

Chiropractor's Column

Russell B. Cohen

Glycogen Replacement

Glycogen is the primary source of fuel to working muscles during sustained, high intensity cycling. The carbohydrates that you consume, sugars and starches, are stored in the liver and in muscle tissues as glycogen. Your ability to replace used glycogen and your individual storage capacity are two important limiting factors to your performance.

The American Heart Association recommends that 55-70% of your caloric intake should consist of carbohydrates, most of which should be complex sources such as pasta, potatoes, rice and beans, and the remainder from simple sugars. Training and a good diet will enhance your ability to store carbohydrates as glycogen. Calories not stored as glycogen and not burned for energy can be converted to fat or protein. So it is important to balance your caloric intake with your caloric expenditure.

During a hard ride or race working muscles are fueled from glycogen stores. Carbohydrate replacement (sport drinks) during the ride can help to supplement your fuel supply, but your stored muscle and liver glycogen are still the preferred sources of energy. For racers and high-performance cyclists to rebuild glycogen stores, replacing carbohydrates should start immediately after exercise. Recent research shows that three calories per pound of body weight (.75 grams) of carbohydrate should be consumed within one half hour of cessation of exercise. A 150 pound individual would require 450 calories or 113 grams of carbohydrates. This will result in a 300 percent increase in the rate of glycogen production above normal during the first two hours of recovery.

The post-exercise meal should be in liquid form since a solid meal would not be absorbed fast enough. A 6% to 8% solution is best while on the bike, but for recovery a higher concentration is tolerated and is encouraged. A product such as Twin Labs Ultra Fuel provides 400 calories of carbohydrate per 16oz serving. Remember to continue with a high carbohydrate meal soon after.

Following this formula is imperative for those that train more than two hours a day or several days in a row. With proper and timely replenishment of your glucose stores you will have the fuel required to go that extra mile. ■

Dr. Cohen is a sports chiropractor in private practice in Manhattan.



A belated "thank you" goes to Bob Foss for hosting a barbecue back in June. Fifty people showed up for hamburgers, hot dogs and ribs. The ribs were supplied by Catherine Chatham who spent hours making the sauce. Desert, an excellent chocolate cake with a peloton decoration was home baked by Wendy Sharpe. After a long hot afternoon of eating, sunbathing and swimming, most of us opted to take MetroNorth home. Only one request to Bob: next time you buy a house try to find one at the *bottom* of the hill.

The following weekend, we continued at what we do best—eating. An All-Class Pizza Party was held on "the hill" on Friday evening. Copious amounts of pizza, soda, and cookies were served—and consumed. Perhaps our new club motto should be: "Ride Less, Eat More." Special thanks to Sherri Gorelick and to the ride coordinators for planning this event.

No one knows quite what happened to the traditional June All-Class ride to Tallman State Park, it just didn't happen. Maybe the Pizza Party took its place. By now the July ride to Bethpage Park on Long Island has already taken place, and I hope it was a dryer one than *last* year when we road 20 miles in the rain. The last All-Class ride of the season is to Kingsland Point Park in September.

If Alex Bekkerman, James Brennan, Margaret Cipolla, Art Crowley, Mike DeLillo, Stefani Jackenthal, Dan Schwartzman, Jeff Vogel, Marty Wolf, and Mike Yesko all smell like herring, it's because they just returned from Scandinavia where they rode over 900 miles in seven days. They started with a 335 mile non-stop ride through Norway; after a good night's sleep they left Oslo for four consecutive 100 mile days through Sweden to Copenhagen, Denmark. The next day all ten rode a double century around the Danish isle of Zealand in the company of 6000 other Danes. With all the food consumed at the buffet breakfasts, there's reportedly a food shortage in Denmark. A color photograph of the entire group appeared on page 1 of *Politiken*, Copenhagen's leading newspaper, along with other coverage.

Closer to home, Jim Rosar was shown on a recumbent bicycle in *The New York Times* June 22 Business Day to illustrate an article about "The Festival of Solar and Human Powered Vehicles" in Washington, D.C.

Marc Leveque's recent *Not So Easy Does It* may have been the longest ride of the year. On a 95° day they covered as many miles. This required about 12 deli stops and more stops for mechanical problems. Of the 12 people who started the ride, the six who finished got home around 7:00pm. And shit happens, at least to C.J. Obregon and Janet Klutch. I guess you had to be there.

The "New Faces" part of the July membership meeting was starting to sound like the "Ed Fishkin hour" as each and every woman new to the Club said that she heard about the NYCC from Ed. John Benfatti, the Bicycle Coordinator at the NYC Department of Transportation, was the guest speaker. His response to so many of our queries was "I don't have an answer for that" that V.P. Programs Richard Rosenthal found the kindest, gentlest thing he could say to our guest was "You have a great career ahead of you in the public service." At least he

came to the meeting. Bill Dalton, the Deputy Director of the Parks and Recreation Department and the man behind the 15MPH speed limit for cyclists in Central Park was also scheduled to appear at the meeting, but he stood us up.

The question of the month is: If the human body produces two quarts of synovial fluid in the knees every day, where does it all go? If doctors Jay Adlersberg, Ed Fishkin, or Bob Trestman has an answer, let us know.

Keep those cards and letters coming in the Lou S. Pokes contest. The best wrong answer comes from Richard Rosenthal who suggests *Jimmy the Bartender* at O'Hara's. While he knows even *more* of what goes on in the Club than I do, a bartender would never reveal a confidence.

But the funniest response so far comes from Steve Pollock:

I believe Lou S. Pokes is just a pseudonym used by Jeffrey Vogel. There have been several key instances in the past BULLETINS which Mr. Pokes referred to that only Mr. Vogel could have known about. Who else would know those little details from the Florida training camp but someone who didn't go? Who else could have described the Montauk bus ride but someone who was on the second bus (which missed Tony's unfortunate accident) and slept the entire time anyway? Who else knew the distinct oddities, events and affairs which occurred in Sheffield but someone who got totally lost on the way there and ended up staying in, of all places, Nyack. Who else can wear two totally different cycling shoes and *not* have Mr. Pokes write about it? (Hmmm, seems like Mr. Pokes is trying to protect someone's reputation.) Who else would discreetly leave the phone number to his portable cellular fax machine so as not miss any succulent gossip while away in Sweden?

Samples of Mr. Pokes' column, taken to a highly scientific handwriting analyst, prove it was absolutely positively written by a righty (as opposed to a lefty)—further evidence that Mr. Vogel is trying to confuse us by secretly using his broken hand. (The actual samples can seen at Madame Varca's table which is usually in from of the Citibank on 79th St.)

Besides all this, if you carefully rearrange the letters in "Jeffrey Vogel" it cleverly becomes Lou S. Pokes. If you try this and can't seem to make all the letters fit, have some more FDA-EPA non-approved "Vogel Juice" (only 8 billion calories per water bottle) and don't ever attempt to outsmart the clever Mr. Pokes.

Vogel responds: "Of course I wear two different shoes—a right and a left like everyone else. But *I'm* trying (very unsuccessfully) to *lose* my reputation, not protect it. Also Madame Varca can't discuss what goes on in her chambers due to psychic/client privilege (unless you slip her five bucks). And my chemical diet, which is under investigation by the DEA, has now been approved by the IRS." ■

Please send your contest entries and any confirmed rumors. I'll pass them on to Lou. —Clif

Retreads, More or Less... But More "Less" than "More"

Big, Bad Fit Flub—I get the ominous feeling it may just be the tip of the iceberg, but I've been contacted recently by three advice-seeking potential bike purchasers, two women and one man, who told me that bike shop personnel made adjustments in their handlebar reach distance by sliding the saddle forward or backward on the rails. This method is **WRONG, WRONG, WRONG!** Saddle position itself is a separate critical fit factor, so altering saddle position to try to "correct" a reach problem is a moronic solution, and any bike shop person who advocates this method should be avoided like Lyme Disease. (By the way, the bikes in question ranged in price from \$700 to \$2,000!) Do not walk, *run* to a good shop with competent personnel who might recommend a shorter or longer stem, or a bigger or smaller frame, or a frame with different geometry, or, in very rare cases, a custom frame.

"Well, There you go Again..."—some folks apparently are not reading this column regularly, because frequent complaints and questions keep coming up regarding the new Shimano Uniglide narrow chains and their irksome and, in my opinion, unnecessary "Special Connecting Pins" (SCP's). As I advised before, next time you install a new chain ignore the SCP altogether. Determine the proper chain length in the usual manner, then take the excess links off the SCP end, then put the chain back together with the regular rivets, utilizing your regular rivet tool. I've done this three or four times now on bikes with which I subsequently logged several thousand miles, with absolutely no problems. I suspect that some of you who continue to experience chain problems, such as stiff links or chain separation, are simply not installing the rivets correctly. After installing a chain, always check the rivet to make sure that an even amount of rivet is sticking out on each side of the chain's sideplates. If not, reverse the rivet tool and push the rivet back toward the short side so that both sides are even. If a link is stiff, after checking for rivet evenness and making any necessary adjustments, grasp the chain on either side of the stiff link and bend it back and forth (perpendicular to the plane of the sideplates) with *moderate* force, which should "free up" the link.

Up Yours, Bubba—Cyclists have been "hiding" things inside their handlebars for quite a long time, only to forget what they've stored in their little caches. NYCC's Steven Pollock doesn't forget, though. He doesn't carry a pump, but instead stores CO2 cartridges which he uses for the inevitable flat repairs. Steve says to insert them with the *threaded end facing out*, so you'll be able to grab hold and pull them out. If they rattle around a bit, wrap a little masking tape around them to make them fit a little more snugly, but not so tight you can't get them out.

Eight is... Well... Great—As more and more cogs get squeezed between the rear dropouts, with 7 having become the standard, and 8 becoming quite common nowadays, a previously infrequent problem is coming to the fore: off-center chainlines.

(Definition: A chainline is centered when the space between the front chainrings is directly in line with the 4th cog, in the case of 7-speeds, or between the 4th and 5th cogs for 8-speeds.) With the old 5- and Ultra 6-speed (i.e. 6 cogs crammed into the space of 5) freewheels this was rarely a problem because chain deflection was minimal compared to today's 7's and 8's and, yes, 9's. (Dave Moulton—who makes those funky truss-framed, suspension mini-wheelers—modifies Dura Ace 8-speeds so they'll handle one more cog. I have a totally unfounded hunch that a component manufacturer, probably Suntour, will mass market 9's in the near future.) Minor deviations from dead center, which posed no problems for 5's and Ultra 6's, can cause real headaches with an 8-speed set-up, especially if you like to use "almost crossover" gears like 53 x 19, which is one of my favorites with a 13-21 freehub.

You can get a good idea how far off center your chainline is by sticking a long, thin, rigid straightedge between and parallel to the chainrings, and checking to see where it falls in relation to your freehub cogs. Or you can simply shift to the small chainring and your 4th or 5th cog and eyeball the chain for a fair guesstimation. As usual, my recommendation is that when something seems slightly off, but works just fine anyway, *leave it alone*.

In the vast majority of cases, the chainring deviation is to the outside. The symptoms of excessive deviation are poor shifting in the rear (requiring big overshifts to get the chain to jump to a larger cog), excessive grinding of the chain against chainring teeth, and chain derailing when back-peddaling.

The cure is to move the chainrings in toward the bottom bracket. This can be accomplished in one several ways, some of which you can do yourself with normal bottom bracket tools, assuming you know how to use them, and others which a good bike shop should handle. I don't have the space here to get into a step by step explanation for each solution, but rather bring to your attention some of the possible fixes.

1. Determine exactly what kind of bottom bracket axle you have (Campy Record, Dura Ace, Ultegra, etc.), and find out what its dimensions are. Some axles, such as Dura Ace, are about 3mm shorter (from the bearing races to the end) on the non-chainring side, and can be reversed to move the chainrings in by 3mm, which will solve or vastly improve performance in many cases. Some axles, such as Shimano Ultegras, are identical on both sides, so reversing them will accomplish nothing.

2. Use another brand of axle. I found that an old Campy axle I had in the bottom of my tool box works well with Ultegra bottom bracket cups, as well as with Sugino cups, and probably others. This axle is about 3.5mm shorter than the Ultegra, and turned out to be the surprise solution to one of my chainline problems. Check with a good mechanic for compatibility, though.

3. In extreme cases, an adjustable cup can be installed on the fixed-cup side for an additional 1-1.5mm inward adjustment.

4. Installing a bottom bracket such as the one produced by MAVIC, which allows the whole bottom bracket assembly to be adjusted in or out, might be the ultimate answer. This solid unit is held in place by lockrings and special semi-malleable washers on either end the unit, but the bottom bracket shell must be chamfered with a special tool, which can be obtained through MAVIC, but it's too expensive for a one-time job. ■

Classifieds

FOR SALE

BRAKES AND LEVERS. Campy 1990 C-Record Delta, excellent condition, 400 miles. Best offer. Call 212/570-1800.

FIXED-GEAR bicycle. Home made from 21.5" Peugeot frame & rear wheel—reverses between fixed gear/1-speed freewheel. Even has breaks. Good condition, but old components. \$60. Leslie Tierstein. Call 908/388-5127 (h).

ULTRA ENERGY. Up to 35 packs, \$5 each. Call Marty 212/935-1460.

THULE BIKE CARRIERS (2). Fit any Thule roof-rack system, like new. Best offer. Call Mark 212/831-6322.

WANTED

39 TOOTH NUOVO RECORD Chain Ring, New or Used. Call Alex, 718/965-3552.

Used road bike, 50-53cm, in good condition for a friend. Call Holly, 212/534-1156.

ILLUSTRATION BY ANGELO CRISTINZIO



For more information on bicycling, contact:
The League of American Wheelmen
6707 Whitestone Road, Suite 209, Baltimore, MD 21207-4106

ANGELO CRISTINZIO
9325 MARSHEN ST. PHILA. 19116

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 (Address) (Phone Number) published in the semi-annual roster.

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

Dues for 1991 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

O'Hara's - 120 Cedar Street
1 block south of the World Trade Center
One flight up from the bar
Bicycle parking on fourth floor

Tuesday, August 13

8pm Drinks, 7pm Dinner, 8pm Program
Dinner: \$11 meat, fish, \$8.50 vegetarian. \$2 surcharge after 7pm
Non-diners seated separately

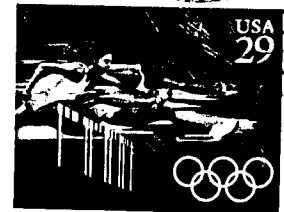
Monthly Meeting

Open to members and non-members

~~How I Achieved Fame & Fortune~~ Shooting Bike Races: The Cycling Photography of Michael Toomey

To us, Mike Toomey may be just that guy in the club with the handlebar mustache who rides a tandem. But to *VeloNews*, *Winning*, and the Trexlertown Velodrome, he's a highly valued photographer. Chances are, you've seen some of his work...but didn't realize it was his. Tonight you'll see it and hear, "How I got that shot."

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



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