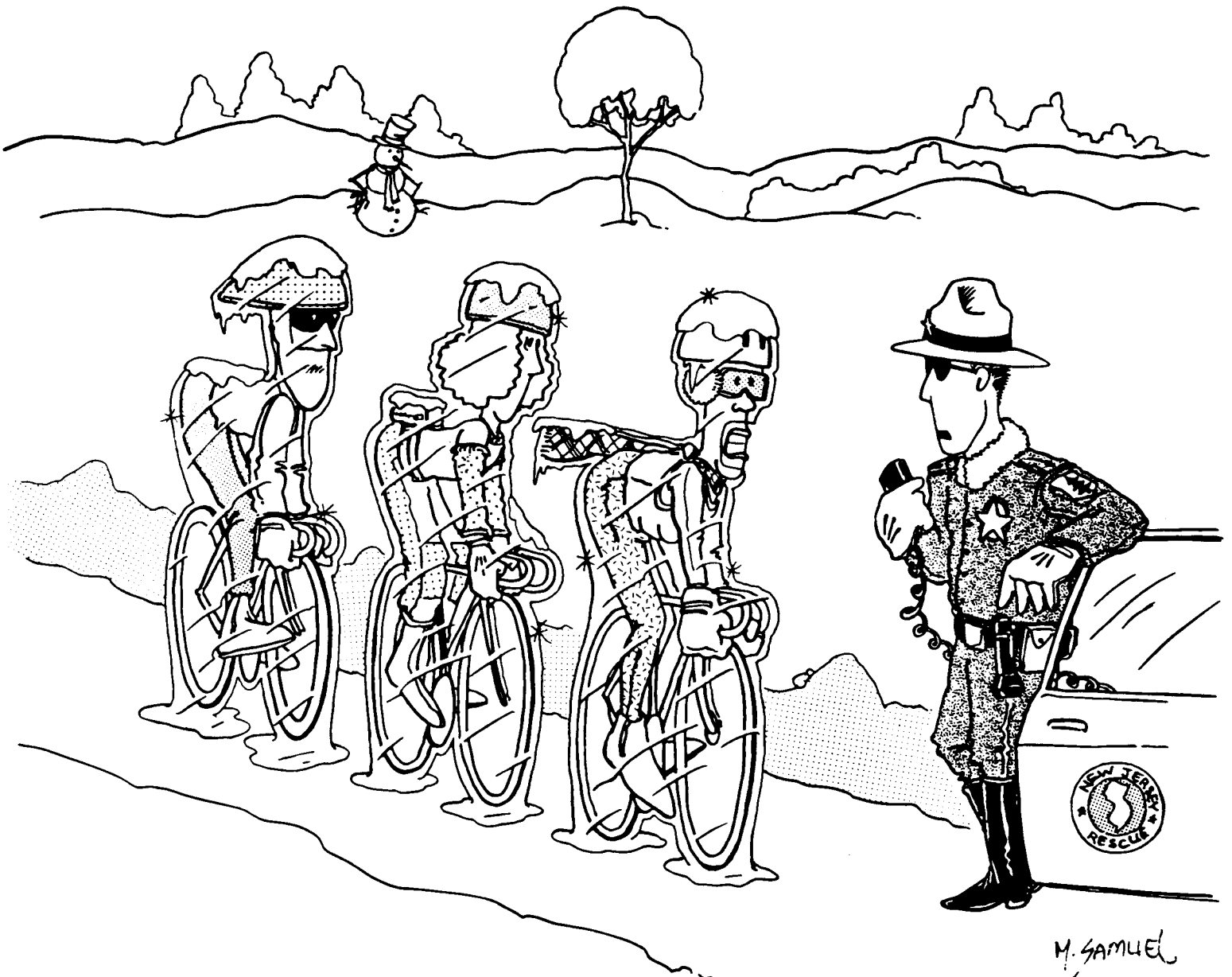


February
1991

FEBRUARY 1991

NYCC BULLETIN

WINTER RIDES...



"Dispatch, this is 'Rescue One'. I've got a 'Code-32' here. Bring plenty of hot coffee... and a blowtorch."



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 Clif 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.

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 212/593-2228 (days) for more information.

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. An application is printed in this issue. If you don't receive your copy by the first of the month contact the Circulation Manager.

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Editorial Assistance: Loraine Gruber

Deadline for March issue: February 5



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C-Rides Coordinator	Geo Carl Kaplan	(212) 989-0883

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. 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	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: One thing I've long thought the BULLETIN was lacking was a lively letter column. Maybe now I'll be more careful what I wish for. I also wanted to distinguish the "departments" to make them easier to find. Let me know what you think. At the club meeting. I haven't been on my bike in weeks—too cold or too wet. I don't know how I'm supposed to get 400 miles in by Walden. And February is a short month—please get your letters and articles to me early.

February Rides

- Every Sat.
Feb/Mar/Apr
A/100-140
8:00 am
- SATURDAY CENTURY** Leader: Karl Dittbrandt (212-477-1387). From the Boathouse. Every Saturday that I'm in town I will be riding a century somewhere in NJ, Rockland or Westchester, maybe even Long Island. Please call me during the week for details. Rain or temp. below 35° cancels.
- Sat. Feb 2
A/65 Mi.
8:30 am
- NORTH HUDSON** Leader: Dave Regen (212-222-0532). From the Boathouse. A straight ride up the Hudson Valley, return on Metro North (bring your train pass). We'll try to keep a smooth double pace line with short pulls. If it's not too cloudy it will even be pretty. Lousy weather cancels. (You'll know).
- Sat. Feb 2
B and above
10:00 am
- NATHAN'S IN CONEY ISLAND** Leader: Herb Dershowitz (212-929-0787). From the Boathouse. In case my January Nathan's ride was rained out, we'll do it today. Call leader to confirm.
- Sat. Feb 2
B-/C+
10:00 am
- BIKE, HIKE OR SKI** Leader: Maggie Clarke (212-567-8272). From the GWB for the bike and hike. Ski in Van Cortlandt Park. Bike in Bergen-Rockland if temp. is 45° or more at the start. Hike the Palisades if temp. is 44° or less at start. Ski in Van Cortlandt Park (Bdwy & 242, end of IRT #1) if 5" of snow. Check WINS (1010) at 8 am for weather. Phone leader if in doubt.
- Sun. Feb 3
A/50 Mi.
10:00 am
- QUEST FOR WARMTH** Leader: Herb Dershowitz (212-929-0787). From the Boathouse. Leader will try to maintain winte "A" pace to Emily's in Northvale, N.J.
- Sun. Feb 3
B/45+ Mi.
9:00 am
- REVOLUTION AND ANARCHY** Leaders: Bill Strachan (212-869-3050) & Dick Goldberg (212-874-2008). From the World Trade Center, top of the PATH escalators. Urban, suburban and rural riding thru Newark to the Great Swamp and maybe beyond. Any precip., predicted high below 45° cancels.
- Sun. Feb 3
C/25+/- Mi.
10:00 am
- PHANTOM MANHATTAN** Leader: Roscoe George (212-989-0883). From the Boathouse. A ride around Manhattan exploring some under utilized bike ways —e.g. East River Park, Battery City, etc.—bring lunch or money—lock—and an appetite to explore Orchard Street. Precip. or projected highs below 45° cancels.
- Sat. Feb 9
A/55+/- Mi.
9:00 am
- POOR MAP READER'S DIGEST** Leader: Neil Schreffler (212-722-6338). From the Boathouse. Nyack via River Road, Bradley, Tweed; Closter Dock home after Skylark breakfast. Precip. or temp. below 30° cancels.
- Sat. Feb 9
A-/50 Mi.
9:30/10:15
- NOTHIN'S FANCY, JUST SOME EASY MILES** Leader: Holly Gruskay (212-534-1156). From the Boathouse at 9:30 am, or Queens Blvd. and Jewel Ave. at 10:15 am. Venture to the Galaxy in Syosset for MC's favorite muffins. Helmets required, LIRR pass suggested. Icy, wet roads, start temp. below 35° cancels until Sunday.
- Sat. Feb 9
C-/10 Mi.
10:30 am
- CATCH ALL THE TRAINS YOU MISSED** Leader: Don Passantino (718-446-9025) — Museum (718-330-3060). From City Hall. This is the last chance to see the NY Transit Exhibit before it closes. Lots of old subway cars and artifacts to explore. If weather is bad, meet at Museum (Boerum & Schermerhorn St. in Brooklyn) at 11 am. Kids love it—\$1.15 for adults, \$.55 for kids. Bring lock—buy or bring lunch. TRIP CANCELLED IF MUSEUM IS CLOSED — CALL MUSEUM.
- Sun. Feb 10
All Class
Morning
0 Mi.
- SUNDAY QUICKIE** Facilitator: Mike Yesko. We took Lance's Jan 6 no-show as a cue to introduce an alternate venue for the Quickie series. Accordingly, damn the snow and cold and just spend the morning in bed with someone you love or lust for. Club members only. Discretion advised at all levels. Group size may vary. No need for triple layers of clothing or booties. Heart monitors recommended. Review at your own risk at Tuesday's club meeting. HAPPY VALENTINE'S DAY TO ALL!
- Sun. Feb 10
A/50-60 Mi.
9:15/10:00
- THE HOT TODDY TO NYACK** Leader: Bob Trestman (212-928-8456). From the Boathouse at 9:15 am (no leader) or the NJ side of the GWB at 10:00 am (leader). Let's do some hill climbing to turn a milk run into a February Hot Toddy. Normal start is at the NJ side of the GWB—meet informally at the Boathouse and come up leaderless. Rain, snow or 8:30 am temp. below 25° cancels.
- Sun. Feb 10
A to C-
Up to 50
10:00 am
- AA (ALCOHOLICS' "A" RIDE)** Leaders: Leesha Halle (212-319-6097) & JeVogel (718-275-6978). From the Boathouse. The reason you must be 18 or older to join the NYCC is that in the good ole days many Westchester rides stopped at a tavern or two on the return to NYC. We'd like to revive the tradition! After brunch at the Flagship (and maybe a Mimosa) we'll head over to Tarrytown for Margaritas at Santa Fe. Additional stops may be made at watering holes in Dobb's Ferry and Riverdale. Metro North will be available for those who can't ride a straight line. You must now be 21 to attend this ride. Prohibition or the usual rot cancels.
- Sun. Feb 10
B+ /?? Mi.
10:00 am
- WHITE PLAINS? NYACK? MINNEWASKA? COLUMBUS AVE?** Leaders: Debbie Bell (212-864-5153) & Holly Gray (914-358-7244). If the roads are clear and predicted temperatures are at least 35°, we'll meet at the Boathouse for a relaxed ride to Nyack or White Plains—our destination will be wherever we haven't most recently memorized the menu. If it's too cold/wet for biking, but there's snow in the Catskills, we'll cross-country ski at Lake Minnewaska; ski rental available. If none of the above, an all class brunch in the city. Please call Debbie to confirm the final game plan.
- Sun. Feb 10
B/B-/50 Mi.
9:30 am
- IRVINGTON** Leader: Rick Lee (212-254-8742). From the Boathouse. A gentle ride thru lower Westchester with Taxter Hill for contrast. Predicted high below 35°, icy or wet roads, any precip. cancels.

- Sat. Feb 16
A
9:00 am
- LEADERLESS "A" RIDE** Leader: You. From the Boathouse. Just show up. You know who you are. You know where to go. Just do it.
- Sat. Feb 16
A-/50 Mi.
9:00 am
- OVER THE RIVER AND THROUGH THE WOODS** Leaders: Grandpa and Granny Baron (212-595-7010). From the Boathouse. A novel but direct route to Westwood. We will go through the woods. Be prepared to have your off-road skills challenged, though your road bike won't be. Deli or diner lunch, and possible bike shop/stop. Raindate: Feb 17. Precip. or start temp. below 32° cancels.
- Sat. Feb 16
A-/58 Mi.
9:45 am
- MY VALENTINE TO THE CLUB** Organizer: Richard Rosenthal (212-371-4700). We'll get our hearts pumping up Bradley and Tweed, then lunch in Nyack at "Eat Your Heart Out" (in spite of its owner having proclaimed she'd rather have outdoor tables than a bike rack, which, I say, is reason enough to boycott the place the other 364 days of the year). Rain, snow, temp. below 38° cancels.
- Sat. Feb 16
B/B-/45 Mi.
9:30 am
- RIDE TO PIERMONT** Leaders: Terry Martin & Mickey Zacuto (212-674-8225). From the Boathouse. Does one really need to describe a ride to Piermont? Maybe River Road—but promise lots of fun hills at the end. Rain, snow, ice, temp. below 35° at 8:30 am (according to WCBS 880 AM) or predicted high below 40° cancels.
- Sun. Feb 17
A/55
9:00 am
- TO BAD...IT'S WHITE PLAINS** Leader: Lisa Halle (212-319-6097). From the Boathouse. If you're sick and tired of the Flagship, then don't come. If not...join me for a nice ride through Westchester. Rain, snow, temp. below 25° cancels.
- Sun. Feb 17
C/30 Mi.
10:00 am
- DISCOVER TOM PAINE COTTAGE** Leader: Roscoe George (212-989-0883). From the Boathouse. Along Long Island Sound to New Rochelle, and thence up North Ave. to the Tom Paine Cottage—bring lunch or money (we will eat at the famous College Diner)—and lock. You can Metro North return. Precip. or projected highs below 45° cancels.
- Mon. Feb 18
A/54 Mi.
9:00 am
- PRESIDENT'S DAY, BY THE PRESIDENTS, PAST AND PRESENT** Leaders: Christy Guzzetta (212-595-3674) & Lisa Halle (212-319-6097). From the Boathouse. There is only one place where George and Abe actually met. It's near Saddle River, and we'll visit today. There's always a parade and fireworks. Hopefully, our timing will be right to see some of the celebrations. Severe winter weather cancels.
- Sat. Feb 23
A/60 Mi.
9:00 am
- PRE-SEASON EXHIBITION RIDE** Leader: Bob Moulder (212-682-5669). From the Boathouse. While most of the "regulars" are down in Florida "camping", let's slip out for a few quality miles in North Jersey. Around this time last year, the weather was better than Florida's!! Anything that might soil my Merck, or start temp. below 30° cancels. If weather's iffy, call leader.
- Sat. Feb 23
B/50+ Mi.
9:00 am
- IF TYPING THIS DARN RIDE LIST DOESN'T KILL ME...**Leader: Sherri Gorelick (212-744-6699). From the Boathouse. Yes, I am learning all about WORDPERFECT and hope to master it by January 1, 1992. If I can take sometime away from typing, I will be off to Piermont for lots of good food—try the fresh (maybe hot) dill onion bread at the small market — then on to dessert at the wonderful dessert shop (get plenty of raspberry bars for the long ride home). Route to be determined, but come on—this is a "B" ride so we shouldn't experience too many long and steep hills. Usual yucky weather conditions cancels—call me to find out.
- Sun. Feb 24
A/A-/55 Mi.
8:00 am
- SUNDAY QUICKIE** Leader: Mike Yesko (212-533-2409). From the Boathouse. We haven't been to Rockland for awhile, so let's do Tweed and some other choice climbs en route to some blueberry pancakes and Australian charm at Eat Your Heart Out. Back by half past Noon. I don't like wet roads or temp. below 0°.
- Sun. Feb 24
B-/C+
10:00 am
- BIKE, HIKE OR SKI** Leader: Maggie Clarke (212-567-8272). From the Broadway & 200 St. Garden for the bike and hike. Ski at Van Cortlandt Park, Broadway and 242 (last stop on the IRT #1). Bike 30+ miles in Westchester. Hike in Inwood Hill Park, Ft. Tryon & maybe Wave Hill. Check WINS (1010) at 8 am for weather. Phone leader if in doubt.
- Tue. Feb 26
All-Class
0 Mi.
12:00 noon
- FOURTH TUESDAY LUNCH** Leader: Paul Minkoff (718-937-6171). Reprise of Jan. 22 luncheon at Patrick Conway's Pub on 43rd St. between Madison and Vanderbilt.
- Sat. Mar 2
A/52 Mi.
9:00 am
- "A" TRAINING RIDE #1** Leader: Christy Guzzetta (212-595-3674). From the Boathouse. It's important to start the 1991 season at the Skylark in Nyack. Hwy. 505 North, 501 South and the "Hill-less Route" back to the GWB. The leader will maintain a 17.5 MPH pace on the flats. If you want to go faster, you're on your own. Free-for-all on the hills—the leader will regroup at the top. Rain, ick and unbearable cold cancels.
- Sat. Mar 2
A-/50 Mi.
9:30 am
- MORE EASY MILES** Leader: Holly Gruskay (212-534-1156). From the Boathouse. Eat Your Heart Out!! in Piermont. (J.K., we can check if our fave store has fleecies with feetsies!). Icy/wet roads, start temp. below 35° cancels 'til Sunday.
- Sun. Mar 3
A/60 Mi.
9:00 am
- "A" TRAINING RIDE #2: BOTTLE ROCKETS** Leader: Bob Moulder (212-682-5669). From the Boathouse. We're working our way up to "Space Shuttle," but for now we're just "Bottle Rockets." Ride rolling terrain in North Jersey with guaranteed flat cruising speed of 17.5 MPH. Venturesome space cadets are welcome to blast up hills, then achieve stationary orbit at the top while waiting for the rest of us. Anything that might wet our fuses, or start temp. below 30° cancels.
- Sun. Mar 3
B/60 Mi.
9:30 am
- BEDFORD** Leader: Scott Wasserman (212-671-6653). From Jerome & Woodlawn end of the #4 IRT. North along Kensico Reservoir. Any precip., icy roads, temp. below 27° at 8:30 am cancels.

CALIFORNIA QUICKIE Apr. 5-8 (A/A-) 300-350 Mi. Leaders: Mike Yesko (212-533-2409) & Alan Leener (718-797-0972). As an extension of the Sunday Quickie concept, let's make a short but sweet trip to southern California. It's a great way to get a jump on the season, particularly for P-B-P hopefuls. All other fun types are welcome as well. Call leaders for additional information.

CONNECTICUT SHORE LOOP Sun. Apr 14, 7:30 am (All-Class) 30-60+ Mi. Leaders: Bob Moulder, Dick Goldberg, George Kaplan & Sherri Gorelick (call George 212-989-0883 or Sherri 212-744-6699 for additional information). The first annual ride to the CT Shore—Roundtrip train from Grand Central to New Haven—OUR OWN PRIVATE TRAIN CAR—YOUR OWN PRIVATE BREAKFAST—More info to follow. Cost will be about \$25/person—includes R/T train and all food and beverages. Such a deal!! See March newsletter for details.

NORTHERN CALIFORNIA TOUR Apr 27-May 2 (A/B) 55 Mi./Day. Organizer: Holly Gruskay (212-534-1156). A five day tour through wine country. The trip begins in Sacramento and finishes over the Golden Gate. It will attract 600 riders. The \$125 fee includes campsites, gear transport, and hot showers. Inns are optional.

WATERGAP WEEKEND July 4-6 (A-) 250-300 Mi. Leaders: Steve and Caryl Baron (212-595-7010). We'll ride to Hope, NJ on Thursday, July 4, do the gap on Friday, and return to NYC via the southern route on Saturday. Mountains each day, if we go out via Skyline Drive. Two nights at the loveliest Hope inn we know. Not for the weak of leg nor faint of pocketbook. Reservations must be placed, with deposit for rooms, by March. Call for details.

Minutes

New York Cycle Club Board Meeting
(Tuesday, December 4, 1990)

Present: Debbie Bell, Arlene Ellner, Bob Foss, Dick Goldberg, Christy Guzzetta, Hannah Holland, Clif Kranish, Richard Rosenthal, Simone Smith, Jeff Vogel

Absent: Alex Von Braun, Carlos Cardona

The new board members were welcomed.

Simone will order patches to be awarded to volunteers who led three or more rides in 1990.

Debbie presented her final report on the budget. The 1990 increase in membership fees did not appear to impact membership and served to cover the anticipated increase in the operating budget.

The Steve Schutze memorial fund was discussed. Herb Dershowitz will contact Roberta Pollock to get her reaction to several of the suggestions that were made.

Thanks to several volunteers, the "SIG Progressive A Ride Series" will happen in '91.

The AYH Metro New York Council is having severe financial problems. There was discussion of how we might lend support to the newly formed Five Borough Bicycle Club, formerly the Bicycle Committee of Metro New York AYH.

THE 3 BIGGEST LIES IN CYCLING

"MY FEET AREN'T COLD."

"IT WILL WARM UP THIS AFTERNOON."

"I NEVER READ THE BULLETIN."

10,000 Milers

I may have to change the title of this column to "The Accident Report." Our latest casualty was **Marty Wolf**, who was hit by a taxi while riding up Third Avenue on New Year's Day. She was on her way to the Boathouse to lead the traditional ride to the Flagship. She suffered several broken bones but expects to be fully recuperated in time to train for Paris-Brest-Paris. Among the 35 people who did show up for the ride on a brisk 35 degree morning were **Patricia Houston**, who recently recovered from her accident, and a **helmeted Angel Rivera**.

A week later **Mark Martinez** crashed in New Jersey. **Rich Bernardi** tried to avoid him, but wound up landing on top of Mark's bike, destroying the frame. Fortunately neither rider was hurt.

Some of you may be complaining about winter weather and not being able to get outdoors. **John Waffenschmidt** has been leading a series of hikes/climbs in the Catskills and his only complaint has been the *lack* of snow.

The final statistics for 1990 are in: **John Barentz**, **Alan Geiger** and **Marty Wolf** all reached the 10,000 mile mark and should be congratulated for their achievements. **Alex Bekkerman** reached 10,000 miles by June and should have his head examined.

We should all thank **Tom Lowenthal** for handing out mileage logs at the December meeting. You still have to do the mileage but at least now you'll have someplace to record it.

By the way, why is it that there were no thank you's for all the Club members who baked for us at the December meeting? Could it be that we are all riding around with a few extra pounds to lug up the hills? Personally I thought **Paul Minkoff's** no cholesterol, no fat cake was excellent.

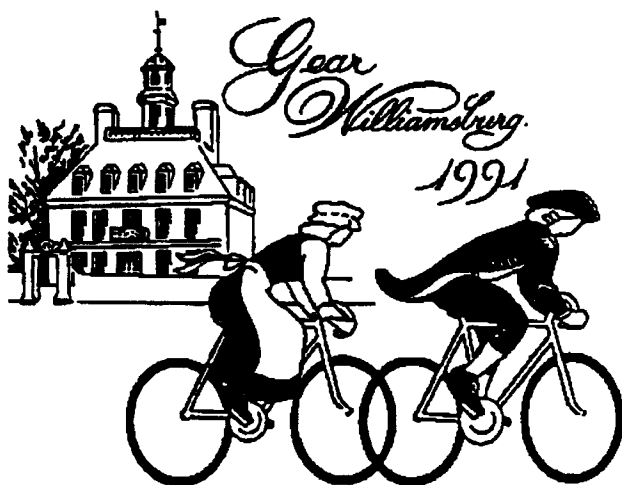
January at O'Hara's was **Lisa Halle's** inaugural meeting as Club President. The meeting included a presentation of goofy awards by **Ed Fishkin** and **Jeff Vogel**. They tried to embarrass as many people as possible with awards like Worst Dressed Rider and Best Chuck Wong Impression.

The program continued with a discussion on how to raise a super-cyclist. The speakers were **Mr. and Mrs. Alan Grieco**, parents of Junior National Champion **Jessica Grieco**, and **Ricardo Hincapie**, father of Junior National Champion **George Hincapie** and **Richard Hincapie**, also an accomplished racer. Both George and Richard also came to the meeting to give us their point of view. One of the things we learned is that good genes are extremely important, as both fathers have raced successfully. In fact, Alan Grieco raced on the US Olympic Team. We also learned that George and Richard would often help each other win, even though they raced for competitive teams. Your secret is safe with us. The meeting concluded with **Michael Toomey** presenting the Griecos and Hincapies with beautiful poster-size photos of various race scenes.

It looks like **Jeff Vogel** and **Lance Leener** are going to have an ongoing series of articles debating what "A" rides are supposed to be like. If we leave it up to them, they will all be 300 miles long at 27 mph.

And finally, what's this I heard about **Christy Guzzetta** and **Amy Sackman** being married for a weekend in 1988? ■

Ride Into the 18th Century at GEAR '91



Historic GEAR '91, the League of American Wheelmen sponsored Great Eastern Area Rally will be held June 7-10 on the campus of the College of William and Mary, adjacent to Colonial Williamsburg, Virginia.

Combine outstanding cycling through Virginia's tidewater region with visits to nearby historic sites. The Colonial Parkway, which meanders through undeveloped natural beauty, connects Williamsburg with Yorktown where Cornwallis surrendered to Washington during the Revolutionary war and Jamestown where are remains of the first permanent English settlement. A ferry across the James River takes you to Surry County where you can visit Chippokes Plantation and Bacon's Castle.

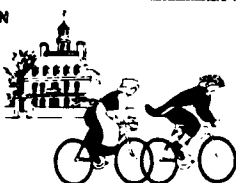
For when you get off the bike, there's an exhibit hall where you can see the latest from the cycling industry. There will be workshops on a wide range of cycling subjects. A colonial ball is planned for one evening, bluegrass music for another.

Room and Board. Housing is at the dormitories of the College of William and Mary. Sumptuous breakfasts and dinners will be served at the cafeterias where you can also pack your own lunch.

Getting There. Amtrak provides coach service (but no checked baggage) to Williamsburg. The nearest station for checked baggage (which includes boxed bicycles) is Richmond, 50 miles west. Richmond is also served by USAir and Norfolk by several airlines. BikeCentennial's *Maine to Virginia Bicycle Route* connects New York City with Richmond.

GEAR is limited to 2,000 participants and an early sell-out is expected. For more information call 703/503-9238 or write GEAR '91, P.O. Box 591, Manassas, VA 22110. ■

LEAGUE OF AMERICAN
WHEELMEN



GEAR Williamsburg '91

The College of William and Mary in Virginia
Williamsburg, Virginia

Friday, June 7—Monday, June 10



One person to a form. Form may be duplicated. PLEASE PRINT!

Last Name		First		Middle	
Street Address					
City		State		Zip	
Phone ()		Age (if under 21)		<input type="checkbox"/> Male <input type="checkbox"/> Female	
Name of Emergency Contact			Phone ()		
Club Affiliation (if any)			<input type="checkbox"/> I wish to room with (send registrations together)		

Free GEAR '91 T-shirt (if postmarked by April 15, after \$10). Circle size: S M L XL

Special needs: ☐ Handicapped facilities ☐ Tandem/recumbent ☐ Meatless menu

Please send child care information: ☐

Please send further information: Pre-tour ☐ Post-tour ☐

RELEASE:

I am aware of the risks of bicycling and otherwise participating in this event and voluntarily assume such risks. In consideration of being permitted to participate in this event: (1) I release (for myself, my heirs and personal representatives and the undersigned registrant under age 21 ("minor")) the Potomac Pedalers Touring Club, Inc., the League of American Wheelmen, Inc., The College of William and Mary in Virginia and their respective directors, officers, volunteers and staff ("Indemnitees") from any claim, liability, demand, action and cause of action whatsoever (collectively, "Claim") arising out of or related to any loss, damage, or injury (collectively, "Loss"), to myself or my property, that I may sustain in connection with or arising out of this event; (2) if registrant is a minor, I (as parent or guardian) agree to indemnify and hold harmless each Indemnitee against any claim for any Loss said minor may sustain in connection with or arising out of this event, and against legal or other expenses incurred by any Indemnitee in connection with defending any Claim by or on behalf of said minor for any such Loss; (3) I consent to emergency medical treatment if I am injured; and (4) I shall obey traffic laws and practice safety in bicycling.

If no signature or guardian appears below, registrant is deemed to confirm being at least age 21.

X _____ X _____
Signature of Registrant Date Parent or guardian of minor (under 21)

REGISTRATION FEE: (required of all participants) \$50

L.A.W. MEMBERSHIP (Required):

Members:

Enter L.A.W. membership #: _____

Upgrade individual membership to Family: \$5

Nonmembers:

Individual: \$25 or Family: \$30

**LODGING AND FOOD per PERSON

Single Room (limited availability) \$25

Child under 12 in room with two adults \$40

*Lodging & Food not requested \$0

Optional Friday night dinner \$9

Friday night ice cream social \$3

T-shirt (after April 15) \$10

Donation to Bicyclists' Educational and Legal Foundation (tax deductible)

TOTAL ENCLOSED

*Limited to 200 registrants

**Saturday breakfast through Monday breakfast included.

PAYMENT:

Fully refundable until May 1, 1991.

Only lodging and food are refundable after May 1 and until May 24, 1991.

NO REFUNDS AFTER MAY 24!

No registration after May 24. Send your registration with check or money order in U.S. funds to:

GEAR '91
P.O. Box 591
Manassas, VA 22110-0591
(703) 503-9238 for information

An acknowledgement card will be sent.

Date Rec'd	_____
Reg. #	_____
Am't	_____

THE USE OF HELMETS IS STRONGLY RECOMMENDED.

It's That Time of Year Again

It's a new year. Cold weather has arrived and our minds as well as our bodies might be taking a rest from cycling. But don't forget to renew your NYCC 1991 membership. When the weather turns warm and you want to join the club on those ubiquitous club rides if you forget to renew you won't get a BULLETIN. Use the form on page 11 or bring your check to the monthly Club meeting and give it to me.

HERB DERSHOWITZ

Special Interest Group Progressive "A" Ride Series

It's all here again! Continuing the rich NYCC tradition, we are both proud and excited to announce the fifth annual S.I.G. progressive "A" Ride Series. And this year promises to be as fun as past years!

If you have never before ridden on a Club "A" ride or haven't in a very long time. If you're a new "B" rider wanting to increase your mileage and conditioning. If you want to meet others of similar ability. If you want to learn new and exiting routes. If you want to work on getting real smooth and fast, Come join us!

We have condensed this year's S.I.G. to just 11 consecutive Saturday rides. Each ride is just a bit more difficult than the preceding one. The series begins on March 9 and culminates on May 18...when...when...when...we all finish together on an exiting "A" paced graduation ride.

The 1991 S.I.G. Committee is:

Lance Leener	212/947-9392
Lisa Halle	212/319-6097
Donna Slattery	718/921-4635
Ed Fishkin	718/633-3038

For a schedule of the rides and general format of the series and/or any other details, please call any one of us. We can't wait to see you out there. Get psyched! Helmets are mandatory.

LANCE LEENER

Touring S.I.G.

Fifteen members attended the organizational meeting of the Touring Special Interest Group to discuss types of bicycle touring and the skills needed. At future meetings they will discuss tour planning, and a possible trip to or from GEAR.

The next meeting is Wednesday, February 13 at 7:30 p.m. at Arlene Ellner's, 101 E. 16th Street - Apt 1G. Please phone in advance 212/677-3306 to confirm.

DICK GOLDBERG

Workshop for Women- Demystifying Mechanics

If you'd like to know more about your bike, how to make minor adjustments, repairs, and do maintenance (eg. tire changing, seat adjustment, chain care, etc) but feel intimidated by the spectre of "mechanics" let me help remove the mystery.

While winter is still with us, let's take advantage of the time for some "hands-on" workshops. Call 212/222-4076 (after 8:30 p.m.) for dates, place, and topics to be included. This workshop is for women only.

SANDY GOLD

President's Message

Lisa Halle

Well, February is here. It's that time of year when winter usually hits the hardest.. and the time of year when everyone is sick and tired of wearing that heavy winter coat.

February *used* to be the time when you'd still be using your bicycle as a clothes rack. Or you'd just wipe the dust off the saddle every once in a while. But now judging by the amount of rides listed *every weekend*, that bicycle is being put to good use... out on the road. Every month, when I read the new BULLETIN there are *at least* four rides listed each weekend. There are A rides, B rides, and yes C rides.

And now, everybody's going to bicycle camp.. in February! And from the last head count, it seems that 15-20 New York Cycle Club members are heading south to Florida to sharpen their cycling skills. What spirit and dedication! And what great representation by the greatest cycling club... the NYCC. Who knows, maybe they'll have to change the name of the camp from Walden School of Cycling to The New York Cycle Club School of Cycling.

So with February upon us, March is not far behind. The training rides will begin again. There will be the B training series, the SIG progressive A series, and the A training rides. So get ready, get set, get those legs moving for another wonderful cycling season in New York City!

L.A.W Club Volunteer of the Year Award

You are invited to nominate candidates for the League of American Wheelmen Club Volunteer of the Year Award to recognize an individual whose voluntary service has resulted in significant improvements to the world of bicycling in the NYCC. The person selected receives a commemorative certificate from the League and an announcement appears in the L.A.W *Bicycling USA* magazine.

The L.A.W. suggests nominations should be based on commitment to improve the future of bicycling or a significant contribution to bicycling in 1990. Nominees must be NYCC members but need not be L.A.W. members.

Please send your nomination to the attention of Lisa Halle at the Club P.O. Box by February 28.

Reproductive Freedom Ride

Ten young women are bicycling across the country for abortion rights-organizing demonstrations and workshops in more than fifty towns from coast to coast. The use of bicycles symbolizes a women's need to have power over her body and her ability to possess that power. The ride is organized by Students Organizing Students to educate and mobilize the country around reproductive freedom. The 4,000 mile, ten week trip begins on June 1, 1991 in New York City, and ends in San Francisco.

For more information contact Andrea Rose Askowitz, Students Organizing Students, 1600 Broadway Suite 905, New York, N.Y. 10019 or phone 212/977-6710.

Chain Letters

Teamwork, Continued

We should all thank Lance Leener for his excellent article in the January Bulletin on what an "A" ride should be. Everyone should xerox it and re-read it at the Boathouse before every "A" ride.

My only disagreement with Lance is his description of an "A+" ride. Teamwork doesn't only apply to "A" rides. It starts with "C" rides and continues through "A+" and "AA" rides too. According to the Club's guidelines, the only difference between an "A" ride and an "A+" should be the pace. "A+" rides should be one or two miles per hour faster. A cooperative, communicative paceline is still essential.

"A+" rides should not be "no-holds-barred, drop or be dropped rides." There's nothing wrong with the inevitable race back to the George Washington Bridge or the Boathouse, but the rest of the ride should be friendly and cooperative, no matter what the pace. That's what our Club is all about.

If you need to be more competitive and need a race situation, do the Gimbel's ride, go with the hammerheads to Nyack, or join the CRCA. So, if you want to do a *fast*, fun, friendly, cooperative ride, join us on an "A+" ride. But, read Lance's article first.

JEFF VOGEL

On Your Wheel

In October on ride back from Oyster Bay I caused an accident that put Alan Leener in the hospital. Accident or not, no one needs broken bones scrapped elbows or scratched frames.

I have been riding and racing for over 25 years and fell confident about my riding skills. Occasionally I give someone a boost to help the catch up to the group, or in this case push a tandem of a modest grade.

When I am out training, and a lot of time that happens to be with a group of riders with whose riding habits I am quite familiar, I am pushing hard and keeping a tight formation. When I do a more casual ride I sometimes feel more relaxed failing to observe the obvious, that other riders are concentrating on good riding habits, tight formations and in some cases (a generalization) just trying to hang on.

In this case I was negligent. I failed to observe a rider behind me (Alan) causing him to spill when my bike slowed after giving the tandem a final boost. I am sorry it happened. It could have been avoided. As can most accidents.

I'd like to thank you, Alan, for reminding me and other hard core riders that when on a club ride, which we may consider casual and less demanding, to be more aware of club conventions that all of us club riders must adhere to.

Let's all toast to healthy, happy, and accident-free 1991.

JIM GREEN

Lou's Pokes

I'm sorry Mr. Pokes found the auction at the December meeting "long and drawn out." There was an easy solution for him. He could have walked out. As a general rule, the club does not compel the attendance of its members at, or throughout its meetings. The meeting was a party. Has he never left a party before the last guest?

Incidentally, the auction grossed over \$350 which will go a long way towards defraying the costs of our hosting the speakers at the coming year's meetings.

It also allowed our members to buy cycling-related things at a scant fraction of their normal cost and it allows the club to have ambitious programs without raising its dues.

If his gentle criticism—and I'm not unmindful of the kind praise that preceded it—seems to have hit a nerve in me, it is that I consider being bored, and, even more, being boring, a sin. If I could accept either, I would have been married by now.

RICHARD ROSENTHAL

Richard announced his engagement to Al Leener at the January Club Meeting. —Clif

Editorial Matters

My article in the January BULLETIN, in which I thanked bike shops, contained an editing error that made something I said sound insipid and I hope and trust among my dozens of unpleasant qualities is not insipidness.

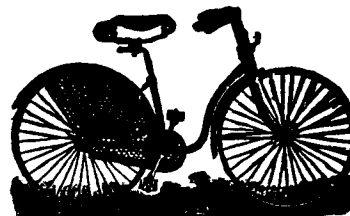
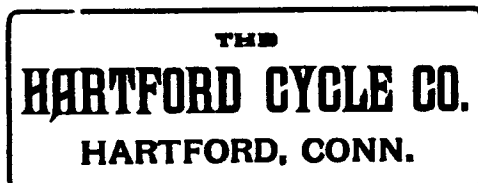
The article seemed to have me thank those who came to the December meeting for merely coming to the meeting. What I wrote was my thanks to those who came for being so generous in their contributions to the jazz musicians who played for us.

While I'm at it, let me note my having been tweaked in print by the editor for something I said to him. He wrote my profession below my January article, which was tacky enough, but made it even tackier by puffing it.

What I objected to to him, for which he tweaked me thusly, is permitting the use of the BULLETIN to promote one's own professional self. ...Not that a lawyer or a chiropractic shouldn't write for the BULLETIN (but Doctors, if you do, please eschew the obvious), but that our BULLETIN shouldn't then puff them professionally in a seeming *quid pro quo*. I balk at our BULLETIN or programs being used for self-aggrandizement.

RICHARD ROSENTHAL

When space permits we follow the common practice of identifying the author of an article with some information about their background or profession, especially if it lends credence to their observations. In your case there's the successful programs at Club meetings to account for, but any "puffery" was in your own words. —Clif



Thanks to Transportation Alternatives

I would like to thank Transportation Alternatives for all its efforts on behalf of all NYC cyclists. Reflecting back on the past three years, during which I served as President of the New York Cycle Club, I can only wonder where we'd be without T.A.'s tenacity, dedication and hard work.

Would we be walking our bikes along "Fifth, Park and Madison" if not for you? Would we be carrying our bikes up and down 170 dangerous stairs on the George Washington Bridge—or risking heavy fines by avoiding—if not for your hard work? Would we be allowed the joys of River Road without your efforts. I shudder to think where N.Y.C. cyclists would be without T.A.

I felt so proud as our own membership stood beside you during these times; handing out flyers on the George Washington Bridge, announcing the rules of conduct for River Road, and among the sea of bicycles on Sixth Avenue riding in protest of anti-bike regulation. And you won them all—without exception, without fail. I am happy to have contributed to your effort, to have supported your work, to have benefitted from your results.

I'm a utilitarian cyclist, a sports cyclist, and at times I like to think I compete. During each instance I have reasons to thank T.A. Every day, no matter what bike I'm riding, regardless of where or for what purpose, I recognize how much you have met to us all.

Thank you. Thank you so very much.

CHRISTY GUZZETTA

This letter appeared in the Jan/Feb issue of City Cyclist, published by Transportation Alternatives. For more information about T.A. call 212/941-4600.

Bike Shorts

Richard S. Rosenthal

Bicycles as an Indicator of a Failing Society

Roger Fontaine and William Ratliff disparaged Fidel Castro in a November 19, 1990 op-ed piece in the *New York Times* for seeking to replace cars with hundreds of thousands of bicycles. They see that as an indication of a regression towards a Dark Age.

Apparently, energy conservation and transportation that is quiet, non-crowding, non-polluting, healthful, and non-fossil fuel consuming are hallmarks of a backward society for Fontaine and Ratliff—not surprising given their backgrounds as, respectively, an appointee of a recent laissez-faire president and a fellow of a laissez-faire California think tank named after a somewhat older president.

Names of Streets

You Probably Don't Want to Turn Up

Canyon, Crestview, High, Hill, Hillcrest, Knoll, Lookout, Mountain View, Overlook, Ridge, Scenic, Skyline, Skytop, Sound View, Summit

Chiropractor's Column Russel B. Cohen, D.C.

Checking Your Pulse

Your resting heart rate reflects your overall fitness level (the lower the resting rate, the more fit you're likely to be), while your heart rate during exercise reflects your exercise intensity. The heart rate is an appraisal of the number of contractions or beats per minute (bpm) the heart makes. When the left ventricle of the heart contracts, a stream of blood is sent into the arteries. This stream of blood, or pulse, can be felt if an artery is partially obstructed. Traditionally, two arteries have been the primary source for finding the pulse: the *carotid artery* in the neck and the *radial artery* on the inside of the forearm near the wrist. The use of the carotid artery during exercise is controversial for two reasons. Pressure sensitive receptors called *baroreceptors* that when stretched send a message to the brain to slow the heart rate; this can cause an inaccurate assessment of the heart rate. Secondly, compression of the carotid artery, which sends blood to the brain, has been associated with dizziness and fainting.

During training you can monitor the body's response to the intensity of exercise by checking your pulse. In order for your body to get an aerobic training effect (attain cardiovascular benefits) you must sustain a heart rate that is within your training zone for a minimum of 30 minutes. The training zone is defined as a heart rate range which is 60% to 80% of your maximum heart rate. Maximum heart rate is calculated by subtracting your age from 220. You might also want to do interval training where you bring your heart rate to its anaerobic threshold, the point at which your body can no longer utilize oxygen for energy. The anaerobic threshold varies depending on conditioning. As your fitness level increases your anaerobic threshold approaches your maximum heart rate.

Check your pulse by lightly placing the tips of the index and middle fingers on the radial artery. Move your fingers around a bit to locate the spot with the strongest pressure.

If you feel that you can accurately measure your heart rate during exercise take it for 30 seconds and multiply by two. If you must stop exercising to check it, as most must, take it only for 10 seconds and multiply by six. The heart rate starts to drop off immediately after cessation of exercise. If it is above or below your training zone adjust the level of intensity of your exercise accordingly. A heart rate monitor is the easiest and most accurate way of assessing your heart rate.

Your resting heart rate is a good indicator of aerobic fitness. The lower it is, the more efficiently your cardiovascular system is working, barring abnormalities. Take your resting heart rate upon awakening to avoid random fluctuations during the day. Recording these findings over a period of time is good way to monitor the effectiveness of your exercise program. ■

NYCC member Dr. Russell B. Cohen is a sports chiropractor practicing in Manhattan.

Gut Stuffers

It's that time of year again. What time? Watch TV for about 5 minutes and Jack LaLane and Slimfast will tell you it's time to lose weight and get in shape, all within two weeks. Ideally, we should eat a healthy low-fat diet, get plenty of exercise all year 'round, never get fat and never have to do this annual penance. Ideally.

Well, as you may know, unlike runners we pure cyclists tend to cut back a bit in winter due to shorter daylight hours, inhospitable weather and wind trainer-induced torpor, thus we tend to put on a few pounds of fat. And before you know it, Tommy Lasorda is telling us that if he can scuttle *his* tonnage, we can, too. That's for sure.

But if you're like me, Slimfast sure as heck isn't the answer, and eating a fastidious high-veggie, low-fat, stress-the-carbos-not-the-calories diet leaves the stomach growling for more in less than an hour after eating. I'm no nutritionist or dietician, but I've read the reason this happens is that when we eat greasy foods the fat in them slows absorption by the digestive system, so we feel fuller and stay satisfied longer. When we don't eat fat (as is stressed in most diets aimed at losing weight), the healthy food just sort of shoots right through, leading to another trip to the refrigerator.

So what's this "Gut Stuffer" stuff?

Let me explain. On the way to losing 15 pounds of performance-sapping fat last year, I was frequently afflicted with the growlies. What I did was to ride my bike regularly (for most people exercise *reduces* appetite), stick closely to my high carbo/extremely low-fat diet, then find some satisfying, gut-filling snacks to take up the inevitable voids. Five of my own stomach-stuffing favorites follow. I left out some obvious things like cottage cheese-and-Power Bar casseroles, wet celery sticks rolled in Ultra Energy powder, and rice cakes dipped in Gatorade.

1) **Dannon Lite Nonfat Yogurt.** This stuff is great! With a very sweet, fruity taste and a belly-filling bulk that belies its 100 calories-per-serving, it remains my absolute favorite. On many occasions I wolfed down a couple these things at a time. Gee, I felt really full and it only cost 200 calories!

2) **Popcorn.** Here's a belly-bloater! *But to make sure it doesn't have too much oil in it, fix it yourself at home.* Movie theater popcorn, microwaveable popcorn, and the pre-popped stuff sold by the bag in supermarkets is often loaded with oil. Make it at home using about ½ ounce of vegetable oil, much of which will remain on the sides and bottom of the pot after popping. (I know, air-popped popcorn has almost zero oil, but I don't like air-popped popcorn.) Although some people think this is a lot of oil, it's actually much less than that found in a single corn muffin.

3) **Dried Fruit.** For a real fructose "sugar fix," with no fat whatsoever, this stuff is great. When fruit is dried the water is removed, so the sugar concentration goes way up. Then when you eat it, the fruit reabsorbs liquids and "reinflates" to fill the stomach. *But, as with popcorn, you have to be careful what kind*

you get. Quite a few dried fruits on the market have a sucrose glaze (table sugar) added, which is unnecessary for flavor enhancement and adds a ton of calories. I like dried apples, apricots and raisins. A good brand to buy is Del Monte. Why? Because they don't add anything to their dried fruits, and have supported cycling in the past.

4) **Fruit.** Of course. It's really filling and really good for you. Is one apple or banana not enough for staving off the craving? *So eat two, or even three.* Calorie-and health-wise it's still better to scarf down three oranges than to eat two Twinkies or a slice of cheese-and-oil pizza.

5) **Pretzels.** Lots of flavor, almost no oil, filling and cheap, these are another favorite. But pretzels have a bad reputation for hanging around with peanuts, corn chips, beer and cigarette smoke. Blow the bar, buy a bag and eat 'em (not all at once, though) at home while watching TV. Wash them down with Diet Cherry Coca-Cola for a tasty not-so-bad treat.

Troubles with TIME?

(Much thanks to Bob Trestman for the following information which users of TIME pedals may find extremely helpful.)

If you bought TIME pedals, it's likely you did so to reduce wear and tear on your knees, and to have a system that will easily let you lock into and get out of your pedals.

After spending all that money, are you one of the people cursing and straining to get into, and then out of them? If not, read no further and have fun on the road. If, however, you do have one or both problems, read on.

Trouble Getting in? Step 1. Turn your heel out/toe in about 15-20 degrees after you've engaged the front cleat, *then* press down and rotate your heel in to engage the rear cleat. Without information about this technique in the product insert, and with my natural tendency to turn my heel in, it took me a year to figure this one out. **Step 2.** If that still isn't enough, get out your metal file. I found that reducing the forward edge of the rear cleat by a mere millimeter or less makes it delightfully easy to get in and doesn't allow my foot to disengage unintentionally on sprints or out-of-saddle hill climbs. No need to remove the cleat from the shoe to do this. Take just a *tiny* bit of metal off at first, smooth the edge contour, and then try them out. Not enough? Work carefully, taking off a *tiny* bit more at a time, and checking again each time by putting the shoe back on and test-engaging under realistic conditions. (If you really botch it, this is thankfully a replaceable part.)

Trouble Getting Out? A gentle twist of the heel out to about 20 degrees with the leg extended should be enough to disengage your foot from the pedal. If it isn't that simple, a little (usually red) plastic locking clip is the culprit. It is intended to keep the foot locked onto the pedal in peloton racing conditions, and is by no means needed for club riding/racing/hill climbing. The only tools you'll need for this one are a small nail and a light hammer. Look at the side of the pedal and you'll see a small pin that is pressed in place at the pivot point of the locking clip. Tap gently with the hammer on the nail to remove it. If, for some reason, you want to replace it, it is easy to reverse the above process. Voila! No more embarrassing moments at red lights. ■

Classifieds

FOR SALE

PROFILE HEALTH SPA membership (1yr 9mo) for women only. 42nd at Madison. \$450 neg. Call Judy 914/835-4309.

PARK TS TRUING STAND \$39. Minoura mag turbo II \$69. Dura Ace Break levers \$36. Zefal Double Shot sz med. frame pump \$9.90. Brand new Silca floor pump B/N \$14.90. Thul #1060 w/locking knobs w/2 bike mnt. kits \$96. Call Mendel 212/874-7900.

NEW RED 57CM CANNONDALE, Shimano 600 gruppo over Wolber GTX clincher wheels. Also Red 57CM Cinelli w/Campy Super Record. Details call 212/931-5367 Allen or George.

NOTICES

Traveling to Florida at the end of February for a week. If your bike bag is not being used during this period I'd like to rent it. Please call Tom Lowenthal 718/847-6048.

Teach Your Kids a Lesson They'll Never Forget.

Regular exercise benefits everybody — parents and kids alike. Best of all, the good fitness habits your children develop now could give them a healthier, happier lifetime. Just find those physical fitness activities you all enjoy and exercise at least three times a week. Start today. Make fitness a family affair.



For more information *Fitness is feeling GREAT!*
Write:
FITNESS
Dept. 201
Washington, D.C.
20001



The President's Council on Physical Fitness and Sports

New York Cycle Club FY 1990-91 Annual Budget

Revenues

Membership Dues	13,950
Bulletin Ads	200
Interest	400
December Meeting Auction	385
	=====
	14,935

Expenses

Bulletin	6,000
Postage	3,875
Programs	750
Membership/Answering Svc	750
Rides	100
Bank Charges	50
Affiliations	105
Hospitality	250
P.O.Box	45
Board Member Expenses	250
Insurance	1,900
	=====
	14,075

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

Tuesday, February 12

6pm 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)

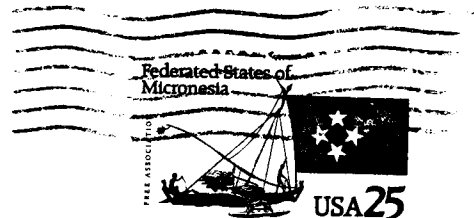
"Everything You Ever Wanted to Know About Components & Rims"

Art Wester, President of Mavic, USA

Also: The Long Awaited *Official* New York Cycle Club Logo Contest

➡ It's time to renew your NYCC membership. See page 7.

New York Cycle Club
Hannah Holland
211 W. 106th Street - Apt 8C
New York N.Y. 10025



First Class



512-513
CHRIS MAILING
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