March
1991
"Should I radio back and suggest we split into two groups?"
New York Cycle Club
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Guidelines for Club Rides
NYCC rides are friendly group rides by individuals of similar riding abilities. Our leaders are volunteers. In addition to setting the pace and choosing the route, they may require or recommend specific equipment (helmets, locks, etc.) in their ride descriptions. Unless otherwise stated, rain (snow, sleet) at the starting time cancels the ride. Many rides meet at the Boathouse on Central Park’s East Drive, north of 72nd Street.

Please be sure that your bike is in good working condition. Bring a pump, spare tube(s), patch kit, tire irons, water, pocket food, and medical I.D. Optional items include a lock, maps, commuter rail bike permits. 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.

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

Cliff Notes: With the onset of Spring the ride listings start to swell. We've adopted the same two-column format for the rides as the rest of the BULLETIN. Dates are only listed once, so it's easier to see all the rides for that day, and the ride class and miles are in bold so they stand out... As this issue goes to bed, I've only put in 253 miles so far this year, and it looks to be a cold weekend. How will I ever keep up with Lisa and Donna at bike camp?
March Rides

Every Saturday, March-April

A/A-1/00-140 - 8:00am · SATURDAY CENTURY
Leader: Karl Dittebrandt (212-477-1367). 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 temperature below 35˚ cancels.

Saturday, March 2

A/B/C/24 · 10:30-4:00pm · ALL CLASS SELF-CLASSIFICATION RIDE
Leader: Irv Weisman (212-562-7298). Meet inside the Fifth Ave. & 72nd St. entrance to Central Park to be clocked on your early season ride of self-discovery. Do four continuous laps around the park at a comfortable pace while we record the times for each lap. Optional: Bring a postcard if you want your results before publication. See write-up elsewhere in Bulletin. Cancelled if roads are wet, or if predicted high is less than 40˚. Rain date Sun, Mar. 3.

A/52 · 9:00am · “A” TRAINING RIDE #1
Leader: Christy Guzzetta (212-355-3674). 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—leader will regroup at the top. Rain, ice, unbearable cold cancels.

A/50 · 9:30am · MORE EASY MILES
Leader: Holly Gruskay (212-534-1156). From the Boathouse. Eat your heart out!! in Piermont (JK, we can check if our fare store has fleecies with feesties!). Icy/wet roads, start temp. below 35˚ cancels until Sunday.

B/30 · 2pm · SELF DECLASSIFICATION RIDE
Leader: Dick Goldberg (212-874-2008). From the Boathouse. Now that you’re classified, here’s a chance to see that the system works! RSD, GWB, IHHD (Aka RR) and back before 5pm. Temp. below 45˚ at start, any precip., excessive exhaustion from four laps of ego-chasing cancels.

Sunday, March 3

A/60 · 9:00am · “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. Venturous 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 fuzzy, or start temp. below 30˚ cancels.

A/60 · 9:00am · WHITE PLAINS/WESTCHESTER
Leader: Jim Babbitt (718-286-0027). From the Boathouse. An easy cruise up to White Plains, brunch at the Flagship, easy cruise back, to the boathouse. It’s early in the season, so let’s take it easy. 17.5 MPH on Flats. Rain, snow or temp. below 35˚ cancels.

B/50-60 · 9:30am · BEDFORD
Leader: Scott Wasserman (212-671-6653). From Jerome & Woodlawn — end of #4 1RT. Ride will go to Armonk or Bedford—it’s up to you. Any precip., icy roads, temp. below 27˚ at 8:30am cancels.

C/40 · 9:00am · PANCAKES BY THE BAY

Saturday, March 9

Sig A/24-8 · 9:00am · #1 THE FIRST 1991 SIG PROGRESSIVE “A” RIDE SERIES RIDE
Leaders: Lance Leener (212-947-9392), Lisa Halle (212-319-6097), Christy Guzzetta (212-595-3674), Donna Slattery (718-921-463S), Ed Fishkin (718-633-3038), & Glenn Weiss (212-573-0618). From the Boathouse. It’s here again! Come sharpen your skills and strengthen your spin. Today we start the first SIG ride with 4 loops at a strong “B” pace. Then we’ll meet at Lance (and Jane’s) for cookies and goodies. Dr. Eddie will cap things off with a bicycle anatomy lesson. Get psyched—we are Rain or snow cancels. Rain or snow date: Sunday, March 4.

A/57 · 9:00am · A TRAINING RIDE #3 THE AMIGO RIDE

A/38 · 9:00am · MORE MENU MEMORIZATION

B/B+50 · 9:00am Boathouse/10:00am GWB · YA HADDA BE THERE!
Leaders: Holly Gray (914-358-7244) & Dick Goldberg (212-874-2008). From the Boathouse or GWB. Come find out! Predicted high below 40˚, any precip. cancels.

C/30 · 10:00am · THE BRIDGE, THE BEACH & THE BAY
Leader: Judy Koper (914-835-4309). From City Hall. Over the Bridge, down Ocean Parkway, to Coney Island, then back along the Shore Parkway Bicycle Path. Joint Sierra Club ride. Bring spare tube, lock and money or lunch. Precip. or unsafe road conditions cancels.

Sunday, March 10

A/55 · 9:00am · “A” TRAINING RIDE #4 FLAGSHIP—THE OLD WAY
Leader: Herb Dershowitz (212-929-0787). From the Boathouse. I expect all Florida camp graduates to join me on this ride, so we can show off what we learned. The usual cancels.

A/A · 8:00am · SUNDAY QUICKIE!
Leader: Mike Yesko (212-533-2409). From 53rd Street and Lexington Ave. we’ll take the E train to 179th Street in Jamaica. From there, I know a nice loop through the Five Towns, Long Beach, Oceanside, Garden City, Manhasset and back to Jamaica. Quick stops at the beach and for bagels. Let’s re-run Feb. 10 Quickie if wet roads or temp. below 32˚.

B/56 · 10:00am · BRUNCH IN HOBOKEN
Leader: Nanci Fleischer (212-255-4295). From Colombus Circle. A new adventure in epicurean delight: enjoy a trip up Riverside Drive, over the GW Bridge, and down River Road in NJ to the Texas Bar B-Q and Arizona Grill in Hoboken for a rib lunch or brunch. An additional up and back on Henry Hudson Drive (Aka River Road) and maybe a 20 mile ride home for them what wants it. Invite your PATH-riding non-biking friends to join us for brunch. Temp. below 45˚ or precip. cancels.

B/40 · 10:00am · PROGRESSIVE “B” TRAINING RIDE #1
Leader: David Miller (212-794-9365). From the Boathouse. It’s time to get back into shape after a long winter of sitting around. Therefore, I will be leading a series of B Training rides. They will “progress” from slow flat rides to longer, faster, and hillier rides. If you stay with this series you will be in very good shape for the summer riding and touring season. We start the “Progression” to fitness by riding to Closter, NJ. Slow, easy, flat with lunch at a dinner in Closter. Snow, rain or predicted high below 32˚ cancels.

C/7 · 10:30am · FT TRYON PARK & CLOISTERS
Leaders: Hindy & Irv Schachter (212-758-5738). From the NW corner of 1st Ave. and 64th St. See some of Manhattan’s lesser known mansions on the way to this jewel of a park setting for the Cloisters. Bring spare tube, lunch or money for it. Projected highs less than 45˚ cancels.
Saturday, March 16

A/50 · 9:00am · SIG PROGRESSIVE “A” RIDE SERIES #2
Leader: Lisa Halle (212-319-6097). From the Boathouse. To the Flagship Diner in White Plains. Here we go. Out of the Park and up to Westchester! Just an easy going ride to get our legs going, and get to know each other and practice riding together. Have everything you need? Water bottle, pump, spare tube, tire irons? Okay, let’s go! Raindate: Sunday, March 17.

A/64 · 9:00am · A TRAINING RIDE #5
Leader: Bob Trestman (212-928-8456). From the Boathouse. 64 early Spring miles to Rockland Lake. On this, our 5th ride of the series, the leader will maintain an 18 MPH pace in the flats—which there won’t be many of—and regroup at the top of all significant hills—of which many are promised. Temp. below 32°, rain or ice cancels.

A/60 · 10:00am · EASY DOES IT
Leader: Marc Leveque (718-461-5480 or 212-354-0977). From Yellowstone and Queens Blvd. (take E train to Continental Ave.). I was off the bike for three months, so we’ll take it easy! And I mean it! We’ll do some pretty roads on Long Island. Any precip., or start temp. below 30° cancels.

B/45 · 9:30am · 3RD ANNUAL ST. PATRICK’S DAY RIDE
Leaders: Karen Daly (212-935-6009) & Brian McCaffrey (718-634-1742). From the Boathouse. By popular demand, the 3rd Annual St. Pat’s Day Ride to Piermont. If the weather is wiffy, the ride will be conducted inside an appropriate pub. Phone if in doubt. Cold, nasty rain cancels.

C/25 · 10am · HERMAN’S HERMITS

Sunday, March 17

A/65 · 9:00am · “A” TRAINING RIDE #6
Leader: Bob Moulder (212-682-5669). From the Boathouse. Kinder, gentler climbing is the hallmark of this ride. Along with a guaranteed flat cruising speed of 18 MPH. We’ll head straight up 9W, breakfast at the Skylark, “Glide the Gravel” at Nyack Beach State Park, then approach Bradley/Tweed via the “Backdoor Route.” We’ll finish with a kindly cruise on 340/501 to the “No Hill Route” to GWB. Any precip., start temp. below 30° cancels.

B/B+55 · 9:00am · ST. PATRICK’S DAY RIDING ON THE GREEN
Leaders: Ed O’Fishkin (718-633-3038) & Kathy O’Young (718-435-6784). From the Boathouse. With the luck of the Irish and that Ianky Leprechaun Donna O’Sallatt, we’ll find the Flagship Diner in White Plains for a traditional corned beef and cabbage breakfast. (Note: tight paceline formations will not be encouraged on the return trip). Temp. below 35°, or weather not befitting an Irish Spring cancels.

B/55 · 9:30am PHILIPSBURG MANOR

B/40 · 10:00am · PROGRESSIVE “B” TRAINING RIDE #2
Leader: David Miller (212-794-9365). From the Boathouse. We will ride to Closter again by a different route. Slow, flat and easy. Lunch at the diner in Closter. Come out and “progress” into shape. Snow, rain or predicted high below 32° cancels.

C/B/10-30 · 9:00am · SHOCK THERAPY —NO CANCELLATION RIDE
Leader: Gary Krzywonok (212-931-5367). From the Manhattan side of the S.I. Ferry. I will have just come back from Florida and hope to do this ride in 10° weather. This ride will not be cancelled no matter what the weather. We will decide on lengths and pace upon group consent. If snow, bring mountain bike and extra warm clothes. Be prepared for anything.

C/25 · 10:00am · FLATLANDS BY ANY OTHER NAME
Leader: Barton Slavin (718-783-4084). From Grand Army Plaza (Brooklyn) under Arch. Flat leisurely ride through some of Brooklyn’s beautiful residential neighborhoods—lunch either Brighton Beach or Nathan’s Coney Island. Bring spare tube. Do not call leader with any questions—there are no answers! Bring lock, money or lunch. Predicted high below 50° or any precip. cancels.

Saturday, March 23

A/52 · 9:00am · SIG PROGRESSIVE “A” SERIES #3 TO NYACK
Leaders: Ed Fishkin (718-633-3038) & Donna Slattery (718-921-4635). From the Boathouse. Keep plenty of chalk on your lips, for today you will learn the art of wheelslucking. To and back from pastoral Nyack. We will concentrate on learning the precision and benefits of single paceline riding. Temp. below 35°, or any celestial dampening cancels. Raindate: Sunday, March 24.

A/65 · 9:00am · “A” TRAINING RIDE #7 — ROCKLAND LAKE
Leader: Herb Deshowitz (212-929-0787). From the Boathouse. We’ll ride to Rockland Lake via Bradley Hill—lunch in Nyack. We’ve improved to 19 MPH. Let’s be Safe. The usual cancels.

A/60 · 10:00am · EASY DOES IT II
Leader: Marc Leveque (718-461-5480 or 212-354-0977 h). From Yellowstone & Queens Blvd. (Take E train to Continental Ave.). As before, we’ll take it easy for those like myself who’ve been off the bike for quite a while. Promised: pretty roads on Long Island. Any precip., start temp. below 30° cancels.

B/50 · 10:00am · KINGS POINT TO SANDS POINT AND POINTS BETWEEN

C/40-60 · 10:00am · KENISCO DAM
Leader: Sandy Gold (212-222-4076). From the Boathouse or 11:15 at Jerome/Woodlawn end of #4. An easy ride through bucolic woods via the Bronx River Bicycle Path. We’ll ride up to the top of the Kenisco Dam for the view from above, then return to Valhalla for the best lunch by a dam site. An ideal ride for mountain bikes if you have one. Helmets required. Please bring spare tubes. Highs below 45° or any precip. cancels.

Sunday, March 24

A/71 · 9:00am · A TRAINING RIDE SERIES #8
Leader: Christy Guzzetta (212-595-3674). From the Boathouse. White Plains to Valhalla to Route 9 along the Hudson home. The leader will maintain a 19 MPH pace on the flats and regroup the ride at the top of all significant hills. Very bad weather cancels.

A/A- · 8:00am · SUNDAY QUICKIE
Leader: Mike Yesko (212-533-2409). From the Boathouse. This one’s for Lance. Our group has always enjoyed Bergin via Routes 501 and 6 to Ridgewood. Quick breakfast at Daily Treat. Return via Route 502, warming up again at Closter Dock Road, and let’s back in Central Park by half past noon. I’ll pass if wet roads or temp. below 32°.

B/50 · 9:30am · MAMARONECK’S NECK
Leader: Carlos Cardona (212-581-2858). From the Boathouse. A beautiful ride thru the nicest part of the Bronx to Mamaroneck Harbor. Boat is optional. We’ll pass every golf course in the world (this is a sport?). Temp. below 40° or 50% chance of rain cancels.

B/50 · 9:00am · PROGRESSIVE “B” TRAINING RIDE #3
Leader: Dave Miller (212-794-9365). From the Boathouse. This week we will progress to Piermont. It’s still flat and easy, but we will try to pick up the pace a little bit. Brunch will be at the “Turning Point” in Piermont. Snow, rain or predicted high below 32° cancels.
Saturday, March 30

A/60 · 9:00am · SIG PROGRESSIVE “A” RIDE SERIES #4 — ALSO SUNDAY OPTION
Leaders: Donna Slattery (212-921-4635) & Lisa Halle (212-319-6097). From the Boathouse. Eumeneical Paschal Season SIG Ride. SIG members may select the Saturday or Sunday version. Goals, objectives and probably distance and food stops will be the same. This time we’ll rotate our single paceline through short pulls on Long Island while focusing on maintaining efficient communication and formation. Temp. below 35°, precip. or any of the 10 Plagues cancels.

A/74 · 9:00am · A TRAINING RIDE #9
Leader: Joe Furman (201-692-8306). From the Boathouse at 9am or the NJ side of GWB at 9:45am. Leader will greet you at the NJ side of GWB. We’ll take the opportunity to view the estates of Franklin Lakes and Saddle River before the foliage fills in. Rolling terrain will help us work on paceline skills. The leader will maintain a 19 MPH pace on the flats and regroup the ride at the top of all significant hills. The usual turns and back roads are included along with good cue sheets. Temp. below 32° or more than 40% chance of rain cancels.

A/70 · 9:00am · BACK IN THE SADDLE
Leaders: Steve and Carol Baron (212-595-7010). From the Boathouse. Pretty route along Saddle River Road to Mahwah or Suffern, with a few hills to exercise your quads. The usual cancels.

B/50 · 9:30am · TARRYTOWN FREE OF FLATS

C/7 · 10:00am · LEADERLESS C RIDE
From the Boathouse. Where the will’o’the wisps take you. Enjoy a pleasant day. Bring spare tube. Predicted high below 45° or any precip. cancels.

Sunday, March 31

A/60 · SIG PROGRESSIVE “A” RIDE SERIES #4 (SEE SAT., MAR 30)
Leaders: Ed Fishkin (718-633-3038) & Lance Leener. From the Boathouse. Alternate date for this weekend’s SIG ride.

A/74 · 9:00am · A TRAINING RIDE SERIES #10
Leader: Christy Guzzetta (212-595-3674). From the Boathouse. Shore Road to Pinebrook Blvd in New Rochelle. Non-stop North thru White Plains around the Kensico Reservoir to our first stop 38 miles out at the Thornwood Diner. Grassy Sprain home. The leader will maintain a 19 MPH pace on the flats and regroup the ride at the top of all significant hills. There will be significant hills. Very bad weather cancels.

B/50 · 9:00am NYC/10:00am Newark · URBAN EXPLORER
Leaders: Leslie Tirstien (908-388-5127) & Debbie Horowitz (212-650-0941). From the WTC Path Station, top of escalators at 9am, or Newark, Penn Station, main waiting room at 10am. See sections of NJ you probably haven’t seen before—using mostly roads with very little weekend traffic (but a few bussier ones). We’ll pass by Newark Airport, county parks, a yacht club, new & Victorian suburban neighborhoods and the industrial landscape of Union & Middlesex counties. Mostly flat.

C/7 · 10:30am · LEADERLESS C RIDE
From the Boathouse. Follow your own “Yellow Brick Road” and enjoy “Wonderland.” Projected high below 45° or any precip. cancels.

April 5-8

A/A · 8:30-9:30 · CALIFORNIA QUICKIE
Leaders: Mike Yesko (212-533-2409) and 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.

Saturday, April 6

A/71 · 8:30am · SIG PROGRESSIVE “A” #5
Leaders: Christy Guzzetta (212-595-3674) & Glenn Weiss (212-724-3689). From the Boathouse. Lots of miles for so early on in the series. And, we’ll ride portions of it in a double paceline as we head across the bridge to Saddle River. We’ll keep it simple today, no need to rush, we’re not halfway thru the series yet. No rotating—just riding along—with a bike inches to my side, a wheel inches off my front, and another inches to my rear. All...at the very same time. Very bad weather cancels.

A/70 · 9:00am · “A” TRAINING RIDE #11: WESTCHESTER THE FLAT WAY (I LIE ALGT)
Leader: Herb Dembowski (212-929-0787). From the Boathouse. Lunch at the Highland Diner in Ossining. We’re up to a safe 20 MPH. The usual cancels.

Sunday, April 7

A/80 · 9:00am · “A” TRAINING RIDE #12
Leader: Bob Moulder (212-682-5669). From the Boathouse. White Plains the usual way, then Highway 22 to Armonk, then shooosh down Riverdale Road on the way back home. Flat cruising pace is 20 MPH, but for those who long for the feel of Spring, wind rushing their helmets, a couple of exhilarating downhill will be encountered. Any precip. or start temp. below 30° cancels.

B/C+/50 · 9:30am · SOMEWHERE ELSE IN NEW JERSEY
Leader: Peter Hochstein (212-427-1041). From the Boathouse. Where? Beats me. Lets head West instead of North and see what we can find. I’ll try to bring some kind of half-denned cue sheet, but best to carry your own Bergen County map in case you want to split. Also bring lunch. It may be a long way to a diner or deli. Were shooting for a 13-14 mile pace, except on hills. Please, no complaints from the C’s that we’re going too fast or the B’s that we’re too slow—or from anybody that we’re lost. Rain, predicted high below 40° cancels.

C/30 · 8:45am/10am · JONES BEACH & BETHPAGE
Leader: Roscoe George (212-989-0883). From Penn Station LIRR (8:45am) or LIRR Station Wantagh (10am). The bike path to Jones Beach and thence along the Broadway and return to Montauk Hwy and on to the bike path to Bethpage. Bring LIRR pass, spare tube, money for lunch, a lock and good spirits (Roundtrip RR Fare is about $9). Predicted high below 45° or any precip. cancels.

Ride Previews

B/C+/35 · Sunday, April 21 · 9:20/10am · 16TH ANNUAL CHERRY BLOSSOM RIDE
Leaders: Irv Weisman (212-241-4783), Maggie Clarke (212-567-8272) & Dave Miller (212-794-9365). Meet at 9:20am at the Coliseum (Broadway & 60th St.), or 10am at the WTC mes. escalators leading to PATH trains. Take the 10:25am train to Newark (fare $1). After a leisurely ride through blooming Branch Brook Park and Cherry Blossom Land, we picnic (bring or buy nearby), admire the foliage, and do some people watching. Return to GWB by 4:30pm, encountering several steep climbs enroute; low gears advised. 50% chance of rain, or predicted high below 40° cancels. Joint TA.

A/B/50/Day · April 27-May 2 · NORTHERN CALIFORNIA TOUR
Leader: Holly Groskay (212-534-1156). A 5-day tour through wine country. The $125 fee includes campsites, gear transport, and hot showers. Innies are optional.

ALL CLASS · May 24-27 · MEMORIAL DAY WEEKEND IN THE BERKSHIRES
Organizers: Karen Reich & Gerry Wendrouskey will co-lead this annual rendezvous with deer, hypnotic waterfalls, errant chipmunks, rolling hills and secretive celebrities. Lodging info. available at meeting.

March 1991 · NYCC Bulletin · 5
Have We Forgotten? by Joe Furman

I have been inspired by the recent articles regarding “safe and cooperative ‘A’ rides” to write this article with comments on trends of unsafe or undesirable riding habits that have been occurring in previous months. The suggestions are not made to single out anyone and I hope no one is offended. The purpose of this article is to express my concern for the safety of our Club’s riders.

On recent January rides, I noticed several improvements in our riding skills. One notable improvement was the way we behaved at intersections/traffic lights. The following are comments on recent rides.

► We should not be riding in groups of 30 to 40 riders. It is not safe for the group nor for motorists. The leader should encourage the formation of two or more smaller groups. The destination could be changed if needed, or each group could remain in sight of each other.

► We should be more considerate of drivers sharing the road. If we are riding a double paceline and cars start to pile up behind us, then the rider on the shoulder side of the road should yield slightly to allow the outside rider to move in front of him/her. If everyone does this in concert, there won't be a disruption of the pace. This very basic and practical maneuver should be emphasized in our training, perhaps even ahead of rotating double pacelines.

► We should be taking turns with short pulls at the front instead of having one or two riders dominating the paceline. This keeps the ride fresh and gives everyone an opportunity to enjoy the view from the front (as opposed to a real wheel) and to enjoy a short recovery on the way back.

► We should descend and climb in an orderly fashion. If the front riders are pedaling too slowly, causing excessive braking (a safety hazard while descending) or unsteady pedaling (a safety hazard while climbing), then the paceline should have the left side of the lane open to allow faster riders to pass slower riders.

► Regrouping at the top and bottom of a sizeable hill should not require a dead stop for the front riders. Proceeding at a slow pace with an easy spin prevents lactic acid buildup and supports proper regulation of body temperatures. If there are numerous waiting period for the front riders, then this is an obvious indication that riders should split into two groups with more compatible strengths (or egos).

► If a group of riders chooses to go off the front, other riders should not feel compelled to follow (especially if they are uncertain of their abilities or the abilities of the riders going off) or feel as if they are being dropped. It is just as much fun to stay with the leader who is responsible for maintaining the listed pace.

With the all the advice and opinion being spread around the club, it is sometimes hard to know wrong from right. A particular technique or safety precaution can be disastrous in one situation where it would be effective in another. There are so many dynamics going on in a group of cyclists. I welcome support and criticism on my suggestions and will include views and counter-views in future articles if space allows.

Next month: Blowing up, wandering pacelines, and maintaining smooth speeds.
Only One More Month
Your NYCC Membership Director reminds you once again to renew your membership for 1991. Remember those 60° days we had in early February? You knew which ride to go on because you had your BULLETIN. If you don't renew soon you'll be wondering what to do when the temperature is in the 70's. Send in the application on Page 11. It's $17 for an individual and $23 for a couple residing at the same address.

Happy Cycling.

HERB DERSHOWITZ

Again in 1991: Custom-made NYCC Jerseys
Do you want to feel more a part of the New York Cycle Club—and look good doing it? You can by ordering your exclusive, custom-made club jersey, shorts, helmet cover, and musette bag. Send the order form (on page 11) before April 1, or bring it to the March 12 membership meeting (when samples will be available) and you can look real sharp for this summer's riding.

Note that in the true spirit of our Club, this project is a completely volunteer effort. The club is not making any money from these orders. The effort was undertaken solely because so many members expressed an interest in Club jerseys. No other reason, no other motivation. For you. To enjoy. Enjoy!!!

“A” Training Ride Series
It will be a kinder, gentler “A” Training Ride Series this year. Our first ride will be on Saturday, March 2nd, to Nyack. The leaders will maintain a 17½ mph pace on the flats for this first weekend of the series. If you're an “A” rider who has been working out, feeling strong, and raring to go—this type of pace will border on boring. Sorry. Each weekend (not each ride), we’ll increase the pace on the flats by ½ mph and the total distance of the ride by 5-10 miles. So that by the end of March we'll be cruising at about 19½ mph on the flats and riding about 75 miles. When the series finishes at the end of April—we'll be flying along at full speed ahead.

The guidelines for the series are simple. The leader will maintain the pace we're up to for the particular weekend we're in while cruising on the flats. There are no guidelines on the hills except have a party on the hills, knock yourself out, and go as fast/slow/hard/easy as you would like on the hills. There are no guidelines on the hills! Once we get to the top of the hills, however, there are again guidelines. The leader will regroup the ride at the top of all significant hills.

The leaders will pay no attention to riders who go off the front of the group. If in fact the ride is too slow for you, please find another ride. Maybe you will volunteer to lead an “A+” ride. The leaders' ears are deaf to complaints about how slow the pace of the ride is. Also, if the scheduled ride is too fast for you, again please find another ride. We'd love to have lots of “A+” rides scheduled, please volunteer to lead one or two.

We want to start off this “A” Training Ride Series kind of easy, shake off some rust, start building a base of miles. We'll move into April at close to an “A” pace and by the end of the series, we should be hearing lots of complaints about how fast the “A” rides are getting.

Ah, a new season, coming right up. CHRISTY GUZZETTA

President’s Message
Once upon a time there was a young woman who lived in a quaint little town called Manhattan. She owned a bicycle, but she never really rode it, except on a rare occasion when she ventured into the town square known as Central Park. And she rode without a helmet. (Gasp!)

Then, lo and behold, her good friend of many, many years told her, “Hey, come join me on a ride with the New York Cycle Club. It’ll be fun.” And then her friend said, “Why not ride with me every weekend, and learn how to become a better rider. We’ll do the SIG together!”

And the woman said, “What SIG? I doubt it. Once or twice is enough. You’ll never get me to do more than that. You can’t get a good tan on a bicycle!”

So she went on her first ride, and she loved it. And even though she didn’t know the difference between a brake lever and a tire lever, and she thought a chain stay was something you said to your dog; and even though all the other riders laughed at her because she wasn’t wearing the right “bike clothes,” she decided to stick with it. So she decided to spend money buying new clothes and other little “bikey” things... Even a brand new bicycle.

And then guess what happened? Her friends said “Hey, since you’re so crazy about this sport why not run for an office of the New York Cycle Club? Better yet, why not run for President?”

And the woman said, “What? Me?” And then she thought about it for two seconds. “Oh okay, I’ll do it.”

And that’s how it all began. And yes, they all lived happily ever after. The moral of this story? Always listen to your friends. They’re always right.

P.S. This is a true story. And, as you can probably tell, it’s about me. But, more importantly, I have to thank my good friend, Jane Grant Leener for getting me into this, and her husband Lance Leener for his undying support (and patience) in training me.

Special Interest Group
Progressive “A” Ride Series
It’s back! Yes, the time has arrived once again for you to learn and refine new skills. If you are that “B” rider looking for a personal challenge or who wants to add polish to his or her cycling—come join us.

We are the 1991 SIG leaders and we promise that you will have a blast as we mold you into an “A” rider. All you have to do is show up at the Boathouse at 9:00 am on March 9th for the first of 11 consecutive Saturday rides. If you have any questions, please call.

Lance Leener 212/947-9392
Lisa Halle 212/319-6097
Donna Slattery 718/921-4635
Ed Fishkin 718/633-3038
Glenn Weiss 212/545-0618

Bring a smile, dedication, and a helmet (all three are mandatory).

LANCE LEENER
All-Class Self-Classification Ride
Saturday, March 2

I was very pleased to read the comments by a rider of Jeff Vogel's stature (NYCC Bulletin, February) regarding our Club's riding style. He emphasized, "Teamwork doesn't only apply to 'A' rides. It starts with 'C' rides and continues through 'A+' and 'AA' rides too." He continued with, "rides should be friendly and cooperative, no matter what the pace. That's what our club is all about." As the originator of the current Club Ride Classifications I add my amen to his comments.

The Ride Classifications are intended to make our rides be sources of pleasure for all participants. By encouraging clubmates of similar riding ability to ride together, we try to ensure that no one has to "die" trying to keep up, nor fret unduly at having to wait for slower riders to catch up.

On the other hand, we don't want to segregate members from one another on the basis of riding ability, so their are All-Class Club Rides during which riders of all abilities can mingle at least part of the time and admire one another's bicycles and equipment.

With our large menu of rides to choose from each weekend, many members, especially newcomers, are uncertain which rides are the most appropriate for them. So on Saturday, March 2 (rain date, Sunday, March 3) several leaders have scheduled an All-Class Self-Classification Ride which will enable you to determine your comfortable riding class fairly accurately. The ride, which consists of four full laps around Central Park, is 24 miles long. This length is intended to force you to pace yourself within your comfortable, all-day-ride limits; otherwise you will not be able to maintain your speed during the fourth lap. Please note: Any time that you spend throwing up or gasping for breath by the side of the road due to impetuous overexertion early in the ride is charged to your total time—so time out, no excuses, no mercy! So do try to maintain a comfortable "can-do-this-all-day" kind of pace in order to establish your valid early-season ride class. You will improve as you ride more, and later this season you should be able to join faster and longer rides without difficulty.

At the sign-in on March 2 (see ride listing) you will be given an ID card to pin to your chest so that we can record the times at which you pass the observation point near the 72nd Street exit. And since many people prefer to keep their performance times secret the same ID will be used in the published results. For an earlier look at your performance record and a reminder of your ID, bring a self-addressed postcard to the ride. Come out, do your stuff, and start another season of happy cycling.

IRV WEISMAN

THE 3 BIGGEST LIES IN CYCLING

"EVEN 'A' RIDERS TAKE THE WINTER OFF."

"IT'S WARM ENOUGH TO RIDE IN MARCH."

"I NEVER READ THE BULLETIN."

Chain Letters

A Note of Thanks
My most sincere thanks to all of you who called or visited or sent cards after my New Year's Day cab/bike collision. I probably would have gotten well without your help but you all sure did make the whole painful process a lot more pleasant. Thanks again.

MARTY WOLF

Ride Previews
"CC Rider" (Cancer Victim's "C" Ride) Join us on a leisurely jaunt to chemotherapy. "The BB's" (Bulimic's "B" Ride) We'll go to the Flagship and eat till we puke, then eat some more! These are a couple of funny ideas I had for future Disease of the Week Rides, a.k.a. Tasteless Ride Listings (NYCC BULLETIN, February). Alcoholism is recognized as a disease by the American Medical Association. People die of it every day.

MARK ROLAND

A New Face
Greetings from Boston! I am a NYCC member who has relocated up north. I just wanted to let my friends at the Club know that Karen and I were blessed with the birth of our first child on January 15, 1991, George Steven Venizelos. Keep up the great work, the BULLETIN is looking better than ever.

STEVEN VENIZELOS

Minutes

NEW YORK CYCLE CLUB BOARD MEETING
(Thursday, January 3, 1991)


Absent: Hannah Holland

Dick announced the formation of a Touring SIG.

The Board voted to move the Board of Directors meetings to the Metropolitan Cafe on a trial basis. Club meetings will remain at O'Hara's.

Irv Weisman and Dick Goldberg's leaders' meeting was discussed. George Kaplan, Bob Moulder and Jeff Vogel also attended. The major problems appear to be: (1) rides that exceed the advertised pace (2) what to do with stragglers. New leader's guidelines will be available soon.

Bob is looking for leaders to help with the "A" Training Series.

Larry presented the 1991 budget. The board approved it.

Jeff discussed the requirement for filing vs non-filing of tax returns.

The auction at the December Club meeting produced $387.50 for the club.

Clif announced that GEAR will be held in Williamsburg, VA, June 7-10.

The Club will solicit nominees for LAW's "Volunteer of the Year."

A discussion was held regarding printing new business cards and brochures. The Board voted to print them after the new logo is decided upon.

Richard discussed upcoming programs.

George discussed the possibility of an "All-Class" type ride to Connecticut and a Midnight Ride. The Board agreed that he should go ahead.

The meeting adjourned at 8:30 pm. The minutes for January were unusually long because the Secretary is new at the job and is not totally bored yet (and since his wife does the typing it doesn't matter to him how long they are).
It appears that eating has replaced cycling as the activity of choice this winter. A scant seven miles from the Boathouse is all one needs to ride to get darn near the best brunch around. Jeff Vogel and Margaret Cipolla prepared a fabulous brunch after their ride in Queens recently. Muffins, pancakes, french toast, fruit salad; you name it, they had it.

Paul Minkoff has organized a series of Tuesday lunches to give those of us who don't ride in the winter a chance to meet more often. Marty Wolf's century in early February was obviously cancelled (she's feeling much better) and replaced with Herb Dershowitz's annual ride to Nathan's in Coney Island. Hot dogs and french fries fueled the trip back.

Whatever happened to the bet between Lance Leener and Michael Hertz last year? If Michael lost the race up River Road he had to shave his legs. If Lance lost, he had to shave his head. At last report both were still as hairy as ever.

A sign in Mendel Markstein's workout room says "Kill Lance and Bob!" I wonder who he's referring to. Anyway, don't expect a kinder and gentler Mendel this year.

Can Clif Kranish stir up any more controversy in the BULLETIN? First there was the article about the PRO CHOICE ride sponsored by Students Organizing Students which generated complaints, but does anyone really think the BULLETIN is becoming political? Then there was Lisa Halle and Jeff Vogel's AA ride which denigrated Alcoholics Anonymous. Despite more protests, their ride did go off. They did stop to drink several times. They did attempt to ride home. They think they had a good time, but they're not really sure since they claim to remember very little of the afternoon.

While you're reading this 15 Club members are attending bike camp in Florida. Not only will Bill White, Donna Slattery, Glenn Weiss, Lisa Halle, Herb Dershowitz, Margaret Cipolla, Clif Kranish, Beth Herman, Neil Schreifer, Janet Klutch, Angel Rivera, Tom Lowenthal, Bernie Long, C.J. Obregon and Chuck Wong come back as better riders, but there will probably be lots of new gossip to report.

The New York Times ran an article on winter riding on Sunday, February 10. Donna Slattery, Lisa Halle and Christy what's their name were prominently featured in the accompanying photo. The only person quoted, though, was Richard Rosenthal, who claims he never rides in the winter.

Approximately 40 people showed up for a Herb Dershowitz led ride in early February. At the lunch stop they presented Christy with a cake to celebrate his birthday. Don't ask how old he is. He's been trying to keep Jody confused for so long that he doesn't remember any more.

Congratulations are in order for Liz Dollinger who ran the Bermuda Marathon recently. Also, belated congratulations to Debbie Bell who finished the New York Marathon last fall.

At the February meeting Tony Nappi was introduced with his new face. Then it was on to the long awaited logo contest. Our creative club was able to come up with a grand total of two, count them, two, new logos to compete against the prior two logos. The meeting concluded with a representative of MAVIC USA, who discussed what's new in components and technology in 1991.

Child's Cycles

NYCC recently had a program about raising children to be world-class cyclists. What an ambitious goal! Bear in mind that there are legal responsibilities a parent assumes when a child under the age of eighteen rides a bicycle.

New York State law uses many terms and ideas to define bicycles and their use. It is important to remember that a violation of any of these laws does not automatically make the child the parent "wrong" for the purposes of a lawsuit. As always, the best position is to be informed of your rights, your responsibilities and your liability.

In New York the law holds that a bicycle "shall not include such a device having solid tires and intended for use only on a sidewalk by pre-teenage children." Obviously, this refers to toddler tricycles and little toy vehicles. Once your child begins to ride upon inflatable tires (whether on a tricycle or bicycle, with or without training wheels) then there is no riding on the sidewalk. "The parent of any child and the guardian of any ward shall not authorize or knowingly permit any such child or ward to violate any of the provisions of this article."

Usually, parents are not responsible for acts of their child, but they are responsible for failure to exercise reasonable care to restrain the child from habitual activity that might endanger other people. If a child does any illegal activity with the parents' knowledge and/or approval, then the parents are liable for any injuries to others which may result. A recent lawsuit found liability on the parents where the child had been told by the parents to ride on the sidewalk, where racing was done on the sidewalk with ramps and/or jumping over objects, and where a pedestrian was injured because of this activity.

In addition to the risk posed to others, parents should be concerned about the well-being of their own children. New York State law prohibits a child who is under the age of one year to be carried upon a bicycle or in a pack fastened to the bicycle rider.

In addition, children under the age of five must wear a helmet and ride in a child safety seat. Adequate head protection for children is critically important because children's skulls are highly vulnerable. Well-designed child safety seats offer high back support to protect developing neck and spine muscles from injury, side and foot guards to keep limbs away from the bike's moving parts, and strong seat fastenings to keep children securely in place.

Even if you are not a parent, you can be affected by the actions of minors. When someone other than the parent is caring for a child and injury occurs, then there is liability for negligent supervision. There have been many cases where parents have sued for injuries sustained by their children while in the care of another. So if you are thinking of teaching the youngest next door how to ride a two-wheeler, you may have more to consider than a few scraped knees.

Next month: Lawsuits and liability insurance coverage involving injuries caused by children or injuries occurring to children.
A Tight Fit

But first, credit where credit is due: the idea about using Power Bar wrappers for tire booting material, which appeared in this column a couple of months ago, was passed along by veteran NYCCer (and 10,000 miler) Alan Geiger. Much thanks, Alan, and keep ‘em coming.

Hot Foot II, The Sequel. For those who’ve tried the handwarmer-in-the-bootie trick I wrote about a couple of months ago, here’s an update. These iron-based chemical handwarmers are activated by exposure to oxygen, which is why they heat up when removed from their plastic packages. They “burn” for around 6 to 8 hours, but rescaling them in another airtight plastic bag will stop the oxidation process which produces the heat; unwrap them and they heat up again. This comes in handy when you want to do several short 1- or 2-hour training rides using only one set of handwarmers.

Workin’-on-the-chain gang. Maybe we’re all doing something wrong, but hey, are the new Shimano chains a bitch to install, or what?

The problem, so far as I can figure, is the new “special connecting pin” which is designed to “provide greater connection strength.” Like you, I closely followed the instructions included in the box and struggled, finally mashing some of the sides plates in and mangling the rivet pin on my chain tool. Forget all that. Next time, do this: Ignore the new connecting pin, and install the “old-fashioned” way. Push one of the regular rivets almost all the way out, as usual, determine chain length as usual, then take the excess links off the “special connecting pin” end before installing. Whew! Isn’t that easier?

And while you’re at it. Why are you changing that chain? I know most maintenance-conscious cyclists think they should replace the chain every 2,000 miles or so (some crazies insist 1,000 miles is the limit), but I don’t agree with this. What often happens is that after the new chain is installed it starts skipping and jumping over your favorite freewheel cogs, driving you nuts. The reason for this (having ruled out a stiff link, of course) is that the freewheel cog teeth have worn somewhat, and the rollers on the new chain are rolling right over them when you pedal hard. The only way to stop the skipping is to replace the worn cogs, or get an entire new freewheel/cassette. Your old chain probably didn’t skip because it and the old cogset wore together and “got used to each other.” Instead of replacing your chain every 2,000 miles or so, don’t change anything until you experience your first “unexplained” chain skip. You’ll find this won’t happen until you reach way in excess of 4,000 miles. But when it does, replace the chain and freewheel/freehub cluster at the same time.

(P.S. - When you clean your chain, don’t remove it from the bike; the frequent pushing in/out of rivets is an invitation to stiff links, skipping, jumping and chain breakage.)

In a tight spot, old chap? For anyone learning to fix a flat tire, the most daunting steps are prying the tire from the rim, then wedging it back into place after repairing or replacing the tube, without pinching a hole in the new tube. On nearly every NYCC ride there will be many people willing to lend a hand and a tire tool when you get a flat, but if you get dropped or often ride alone, you’d better be able to do it all by your lonesome.

The reason some tires are hard to mount/remove is that although tires and rims are manufactured to industry standards, some companies prefer to lean a bit toward the conservative side by making their tire bead circumferences a wee bit smaller than the norm, just to make extra sure they won’t blow off the rim under high pressure, or by making their rims a bit bigger in circumference than average, for the same reason. So if you happen to have a rim which is slightly larger than average and a tire bead slightly smaller than average, then you’ve got a tire-mounting problem significantly more troublesome than average. The biggest problems usually arise when Kevlar-beaded tires are used. Unlike steel wire beads, Kevlar beads stretch a bit when the tires are fully inflated, so most are designed to fit fairly tightly (too tightly, one may argue) when first installed. If you have trouble mounting and removing tires, stick with wire-bead tires, or ask around your cyclist friends for recommendations of easy-to-mount combinations. Examples of such “loose” set-ups are Continental Gran Prix/SuperSport tires or Vittoria Mistral/Oscar tires mounted on Mavic or Wolber rims. In the case of the Mavic/Conti combo, with a little practice the Contis can be installed and removed without using any tire tools. I’ve pumped them up rock-hard to 160 PSI (probably could’ve gone higher, but I’m chicken) with my Silca floor pump, with no blow-off, and have ridden them many miles at 130 PSI with no problems.

The absolute worst installation combination ever encountered by this writer is a Campy Omega Aero rim and Specialized Turbo S/K4 tires (the old ones, not the new Infinities). Mounting these took all my noteworthy and considerable tire-mounting talent (Hey, Bob does know didley about fixing flats), plus three extra-stout tire tools (broke two cheap ones and a VAR lever), a cheering section and some luck. If you don’t believe this tall tale, ask your club president. It was her bike.

Next month: Skid Row ♪
Classifieds

FOR SALE

SHIMANO ULTEGRA Clipless Pedals plus cleats, hardware, etc. 3 weeks old, virtually new! Half price: $50. Call Tom 212/777-5845.

PROFILE AERO1 HANDLEBAR. Brand new, never used, won in raffle. $60 or best offer. Call 718/847-1613

SPECIALIZED ALLEZ frame, 24.5" C-C. $150. Specialized Allez Frame, 22.5" C-C, Never ridden. $450. Call Barry Shapiro (H) 718/426-4479, (W) 212/953-5410.

CANNONDALE Touring Bicycle, 57cm. Specialized triple crank 50/48/36, 6 speed hub, SunTour front derailleur, Huret rear derailleur; Campy brakes, brake levers, road pedals, and hubs; Cinelli Bar/ Stem. $450. Call Simone Smith (H) 718/426-4479, (W) 212/773-6926.

CANNONDALE Touring Frame 22.5" $120. Call 212/473-6745.

WANTED

TOP QUALITY USED BIKE. 56 cm (small 57?) Sell me your extra bike. Call Ellen 718/392-3310.

NOTICES

ULTRA ENERGY. I'm placing my annual order on April 1. If we order enough it will be $5 per packet, including shipping. Call Jeff Vogel 718/275-6978.

KNEE OR ANKLE PAIN AFTER long rides? Do your knees point out when you pedal? Orthotics (foot beds) may be the answer. Many athletes use orthotics to improve power transmission and spinal alignment. Bill Peterson, a board certified podiatrist will provide his professional services to NYCC members. Call Michael Allison 212/755-3418 for more information.

CHILDREN'S SIG. Interested in starting a Special Interest Group for cyclists with children. Please call Roger Bergman (H) 212/662-5699, (W) 219/879-0740.

New York Cycle Club Jerseys

Order your custom-made NYCC jerseys, shorts, helmet covers and musette bags now! These designs are made exclusively for the New York Cycle Club.

Jerseys and shorts are available in sizes S, M, L, and XL.

All prices include handling and shipping direct to you.

Ship to:

Name: _____________________________________________
Address: ___________________________________________
City: ______________ State _____ Zip ______________

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Total Enclosed

Make checks payable to Good Stuff Sportswear and send to the club mailing address: New York Cycle Club - Club Jersey, P.O. Box 199, Cooper Station, New York, N.Y. 10276.

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.

March 1991 • NYCC Bulletin • 11
Monthly Meeting
Open to members and non-members.

Utility Bikes

"The World According to George Bliss"
George conceives, designs, and builds bikes for commerce and business, and HPV bikes. He is truly a seer and a pioneer.

"Bikes That Work"
Wayne Sosin is the President of Worksman Cycles, builders of all kinds of delivery bikes.

Next Month: "The Social Effect of the Bicycle on America, 1889-1929"
with Stuart Meyers, publisher, American Bicyclist Magazine.

⇒ 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