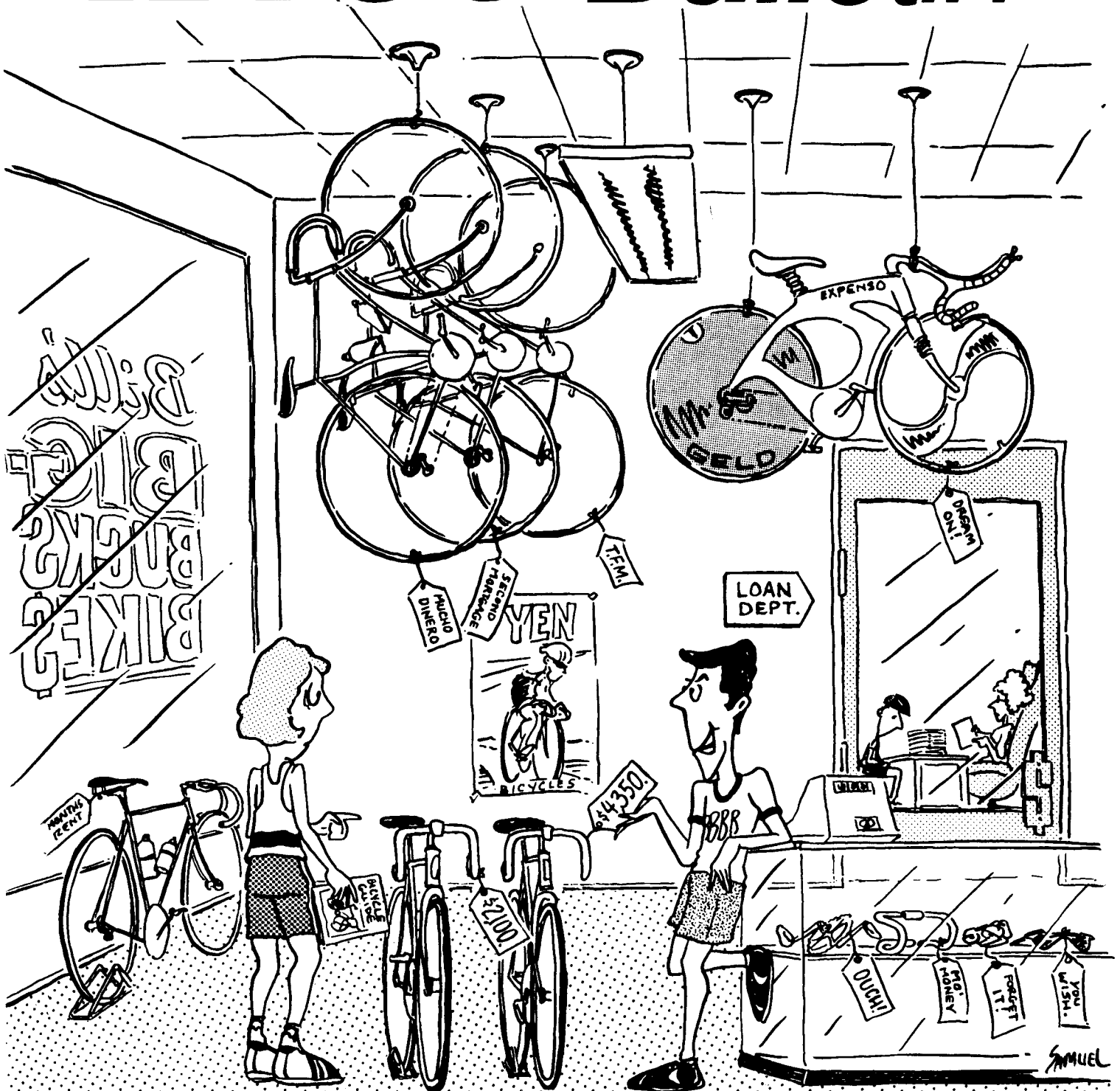


September
1992

NYCC Bulletin



"The significant difference between this \$2,100 bike and this \$4,300 bike..? Bragging rights!"

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Guidelines for Club Rides

NYCC rides are friendly group rides by individuals of similar riding abilities. Our leaders are volunteers. In addition to setting the pace and choosing the route, they may require or recommend specific equipment (helmets, locks, etc.) in their ride descriptions. Unless otherwise stated, rain (snow, sleet) at the starting time cancels the ride.

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

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

Ride Class	Avg. Speed (not incl. stops)	Cruising Speed (flat terrain)	Ride Description	Central Park Self-Class Times (4 laps = 24.5 mi.)
AA	17+ mph	22+ mph	Vigorous riding, frequently in pacelines. High regard for good riding style. Stops every 2 hours or so.	< 1:10 1:10-1:16 1:16-1:23 1:23-1:30
A+	16-17	20-22		
A	15-16	18.5-20		
A-	14-15	17-18.5		
B+	13-14	16-17	Moderate to brisk riding with more attention to scenery. Stops every hour or two.	1:30-1:38 1:38-1:48 1:48-2:00
B	12-13	15-16		
B-	11-12	14-15		
C+	10-11	13-14	Leisurely to moderate riding: destination oriented. Stops every half hour or so.	2:00-2:14 2:14-2:30 2:30>
C	09-10	12-13		
C-	08-09	11-12		

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 Jane Kenyon, Editor, **NYCC Bulletin**, 235 West 102 Street, Apt. 15D, New York, NY 10025.

Deadline. The deadline for all submissions and advertising is the first day 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 the editor for article guidelines and/or advance approval.

It is preferred that articles be submitted to the Editor on a 3.5 inch diskette. Include a self-addressed, stamped envelope if you wish

material returned to you.

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

Display Advertising. Only bicycle related advertising is accepted. Rates are for camera-ready copy, page size is 7.5 by 10 inches. One-time rates: Full page, \$250; Half-page, \$135; Quarter-page, \$75; Eighth-page, \$45. Frequency discounts available.

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

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

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Credits: F/C art, Mike Samuel

Page 11 art, Michael Toomey

Deadline for October Bulletin, September 1st.

...Club Rides...Club Rides...Club Rides...Club Rides...Club Rides...

You will notice that some of the rides listed are using a ride classification system which is different than the Club's current system of using A, B & C with + and -'s. We are experimenting with a new system where there would only be 3 ride classes A, B & C. The ride descriptions would not change, please refer to page 2 of the Bulletin for the descriptions. The difference will be that the leader will commit to a cruising speed (on level terrain with neutral wind conditions). For example, a ride listed as A18 will be an "A" type ride with an cruising speed of 18mph, a ride listed as B19 will be a "B" type ride with an cruising speed of 19mph. Your Rides Coordinators would like to hear your opinions and suggestions.

Friday, August 28

A/B/C 6/24mi Pizza-Pita Ride 7pm
 Leaders: Sherri Gorelick (212 744-6699), Geo Carl Kaplan (212 989-0883). From the Boathouse Hill. Be at the Park by 7pm to order Pizza/Pita? Ride til 8pm then socialize and eat. Precip cancels.

Saturday, August 29

A 50ish Nyack 7:45am
 Leader: Bill Vojtech (718 768-7763). From the Boathouse. River Road (helmets required) up. Return via 501. Target pace of 17-18 mph avg including hills. May vary due to popular demand or strange weather conditions. 6" of snow or 50%+ chance of rain cancels.

A 90+mi Miles Away 7:15am
 Leader: Lawrence Ksiez (718 478-0644). From Grand Central Term. info booth. Since Metro North has graciously permitted us the use of the train, why not use it. Train trip to Poughkeepsie, then ride to Albany. We'll see the capital, stop for lunch at the Empire State Plaza, then back to Poughkeepsie to catch the train home. Route 9W up, route 9 back. Call leader to confirm space on the bike train. Precip, call leader.

B+ 70/80mi Armonk/Bedford 9am
 Leader: Jim Babbitt (718 296-0027). From the Boathouse. Cycle thru a little corner of Connecticut on this ride to Westchester County. Rain cancels.

C 20mi Manhattan by Moonlight Ride 12:45am (Sun)
 Leader: Richard Fine (H:914 638-0842; W:914 429-5361). From Columbus Circle Statue entrance to Central Pk. A spectacular trip! Proven a safe, friendly, casual ride. Tour thru S Manhattan, Ferry ride and back; if time is just right we catch a beautiful sunrise with Manhattan skyline. We'll stop for breakfast. Bring lock. Joint with several Bike Clubs.

Sunday, August 30

A+/A 65mi Devils Kitchen Cartop 9:30am
 Leader: Jeff Vogel (718 275-6978). From Jamesway/Grand Union parking lot off NYS Thruway Exit 20 in Saugerties, NY (2 hour drive from the GWB). Devils Kitchen - no explanation is necessary. Nasty weather up there cancels.

B+ 100km Westport Metric Century 7:30am
 Leaders: Andrea Goodman (212 254-1717), Jim Babbitt (718 296-0027). From Grand Central Terminal 7:30am for 8:07 train. Rolling Conn hills & shady roads. Don't miss this ride. Good riding skills appreciated (ie. pacelines). Rain cancels.

C 45/40mi The End of the Beach! Reunion! 9:30/10am
 Leader: Don Passantino (718 446-9025). From City Hall Manhattan/Grand Army Plaza Bklyn. The finale in our joint 5BBC Beach Series. See prior notices for details. Precip/temp over 100 cancels.

Saturday, September 5

B17 Travelin' Man 9am
 Leader: Larry Ksiez (718 478-0644). From the Boathouse. I'll try and take the unconventional way to Nyack (505, 303, etc.) But the years of trekking up 9W have me set in my ways, something about the shortest distance between two points is a straight line, (unless it's straight up.) If precip. call leader.

C ?mi Leaderless C Ride 9am
 Meet at the Boathouse & ride where you will & enjoy the Labor Day Weekend. Precip cancels.

Sunday, September 6

A21 85+mi Croton, Cretins & Croutons 8:30am
 Leader: Mark Martinez (718 726-7644). From the Boathouse. Take a rolling route through some of the most scenic roads in Westchester to the impressive monument to engineering known as the Croton Dam. We will avoid route 9 whenever possible. Bring your own croutons (or other pocket food). I'll provide the cretin. Rain at start cancels.

B 55-60mi Park Ridge 9am
 Leader: Hari Soestrino (718 446-3870). From the Boathouse. There are other places to go instead of Nyack. Lunch at a biker friendly diner. Rain cancels.

C10 20mi Oyster Bay Biking 9:30/10:30am
 Leader: Jim Lane (212 697-8942 or 212 869-3500). From Penn Station/Syosset LIRR Station. Take 9:30am train from Penn Sta to Syosset (LIRR pass required) or 10:30am at Syosset Sta. Ride to Sagamore Hill, Oyster Bay & Planting Fields Arboretum & return to Syosset. This is an easy pace introductory ride. Helmets required. Joint Sierra Club. Lock & money for lunch. Precip cancels.

C ?mi Leaderless C Ride 9am
 Meet at the Boathouse & ride where you will & enjoy the Labor Day Weekend. Precip cancels.

Monday, September 7

C ?mi Leaderless C Ride 9am
 Meet at the Boathouse & ride where you will & enjoy the Labor Day Weekend. Precip cancels.

Saturday, September 12

A21 117mi Ride Like the Wind 7am
 Leader: Larry Ksiez (718 478-0644). From the Boathouse, and 7:30 from Queen's Blvd & Yellowstone Blvd. Yes folks it's century time again. The destination, Montauk, the terrain, doable. Train pass needed. Pocket food recommended. If precip. call leader.

NEWYORKCYCLECLUB

...Club Rides...Club Rides...Club Rides...Club Rides...Club Rides...

A22 55-60 Park Ridge 8:30am
Leader: Greg Worley (212 781-6702). From the Boathouse. This ride will be supervised in dictatorial fashion (no committee route finding). The leader promises to scout the route. Rain at start cancels.

B16 75-80 Saddle River N.J. 8am
Leader: Karl Ditterbrandt (212 477-1387). From the Boathouse. Up Saddle River Rd. Down South Mountain Rd. 2 stops along the way for food. Rain cancels.

C13 50mi Greenwich Environs & Bird Sanctuary 9:15am
Leaders: Barbara Reser (212 288-0961), Geo Carl Kaplan 9212 989-0883). From Grand Central Terminal. Take the train at 9:40am to Greenwich (Metro North pass required). Pick up lunch in Greenwich & pedal past stately lawns to Audubon Bird Sanctuary. Return 4pm train to GCT. Helmets required. Precip cancels.

Sunday, September 13

All Class Ride to Bethpage State Park

Join old and new friends for our last all-class ride of the season. Ride with one of the groups listed below, or meet us at Bethpage State Park at 1pm for lunch. We'll be in the main picnic area, near the parking lot and restrooms.

A 70± 8:30/9:10am
Leaders: Jeff Vogel (718 275-6978), Tom McMahon (212 777-5845). From the Boathouse at 8:30 or Yellowstone Blvd & Queens Blvd at 9:10.

B/B+ 60-70mi 9/9:45am
Leader: Jim Babbitt (718 296-0027). From the Boathouse/Statue at Queens Blvd & Union Tpke. Rain cancels.

C12 45mi 9am
Leader: Geo Carl Kaplan (212 989-0883). From Cunningham Park (tennis courts) Union Tpke & 190th St. Precip cancels.

Saturday, September 19

A26! 80/65/45mi Little Neck Pack 6:45/7:30/8:30am
Leaders: Don Montalvo (212 307-7753), Augie Kim (718 786-3549), Ray Malecki (718 426-7383). From the Boathouse/Queens Blvd & Yellowstone Blvd/LIE at Little Neck Pky. Leisurely (15-16mph) warm-up spin to the start of the ride. The pack (40+ riders) covers about 23 miles to Oyster Bay at an average speed of twenty something. They drop a good many. Hammer back with them, or stroll back with leader(s).

A19 75mi Westchester Hills 9am
Leader: C.J. Obregon (718 622-6137). From the Boathouse. The usual hills at an easy pace. Low gears recommended. Helmets required. Precip cancels.

B17 King of the Road 9am
Leader: Larry Ksiez (718 478-0644). From the Boathouse. We'll ride over the G.W.B. to Liberty State Park. I don't know why but I just like to ride there. If precip. call leader.

B/B+ 75+mi QB III ("One More Hill") 9:30am
Leader: Jim Babbitt (718 296-0027). From the Statue (Queens Blvd & Union Tpke). Some think there are only 5 hills on Long Island. Last month we did "6 little hills".

Today we will find more. How many more? (prize given to closest guess). Rain cancels.

B/B+ 90-100 Somewhat Hilly Twin (Almost) Century 7:15/8am
Leader: Leslie Tierstein (908 388-5127). From WTC Path Station, top of stairs/ Penn Station Newark. This self-contained tour goes through scenic suburban & rural areas of New Jersey for an overnight in the Poconos. Route starts flat, then gets nicely hilly. Ambitious riders will be able to do part of the Central Jersey Bike Club's "Hillier Than Thou" ride on Sunday. We'll stay at a hotel, lodging cost \$34 per person. Reservations & payment must be received by Sept. 15.

C 45mi Isalsah 11.5 9:30am
Leaders: Jerry & James Floss (212 362-3431). From the Boathouse. A leisurely journey for lunch at Piermont via River Road. Helmets required. Precip. cancels.

Sunday September 20

A/A- 80mi Annual Long Island Greenery Barbeque Ride 9am
Leaders: Ed Fishkin (718 633-3038), Mendel Markstein (718 972-1049), Donna Slattery (718 924-4635). You must call leader by 9/16 to reserve a spot and learn start time and place. Limited to 25 souls. Beautiful ride through scenic north shore. Then head south for a backyard BBQ at my parents' abode. Maybe my nieces will perform. 2 or more of the 10 plagues cancels.

B+ 70+mi Mystery Ride #1 Westchester 8:30am
Leader: Steven Britt (718 204-4970). From the Boathouse. Make a turn here, make a turn there, and maybe we'll find a new route. Deli lunch. Group input will be expected.

C- 18mi Litterateurs' Albemarle Gardens & Midwood 1pm
Leader: Paul Rubenfarb (212 740-9123). From front of Brooklyn Museum (Eastern Pkwy stop on 2 or 3). Such Brooklyn men of letters as Arthur Miller and Henry Miller were incubated in this genre of Queen Anne and Edwardian homes imbuing that genteel epoch's stolidity and optimism. Ride through the arching London Plain trees, stained glass facades and ample porches that provided a leitmotif of bottomless inspiration. Rain or shine. Riders on drizzly trips - see the rainbows!

Saturday, September 26

A 125mi Greenwood Lake 7:30am
Leader: Herb Dershowitz (212 929-0787). From the Boathouse. A Fall classic. A beautiful ride thru Hartman Park to Greenwood Lake. Back over Skyline Drive. Bring low climbing gears. Rain at start cancels (rain date 9/27).

A20 120+mi Ride Captain Ride 7:15am
Leader: Larry Ksiez (718 478-0644). From the Metro North info booth at GCT. I'm listing this ride for the second time and haven't even done it once yet. (weird scheduling) Train to Poughkeepsie, take 9W north to Albany, cross the river, then back down route 9 south to Poughkeepsie. Train pass needed, pocket food recommended. If precip. call leader.

B 55+mi Eisenhower State Park 9am
Leader: Mitch Yavin (212 769-2637). From the Boathouse. Warm up for next weeks 100 miler, picnic lunch at the park. Rain cancels.

...Club Rides...Club Rides...Club Rides...Club Rides...Club Rides...

B17 50mi Mamaroneck's Neck 9:30am

Leader: Carlos Cardona (212 581-2858). From the Boathouse. Fast paced B style ride to Mamaroneck Harbor. Passing, but not playing, golf courses galore! (Golf is a good walk spoiled - Mark Twain).

C-16mi Roosevelt Island's Stunning Views & Astoria Waterfront 1pm

Leader: Paul Rubenfarb (212 740-9123). From front of subway exit (Roosevelt Isl. stop on B or Q). Roosevelt Island is a carless Venice midst NYC's waterways with stately old institutional architecture once housing those infirm of body or mind. Constantly looming are Manhattan's pulchrous skylscapes. Our Astoria waterfront leg reprises this same skyscraper splendor from other angles. Rain or shine.

Sunday, September 27

A 58mi Cool Down From Greenwood Lake 9:30am

Leader: Christy Guzzetta (212 595-3674). From the Boathouse. A new diner in Mamaroneck, a couple of new roads - kind of a wind down ride from yesterday. If Greenwood Lake yesterday was cancelled - we're going to Greenwood Lake today.

B+ 60+ Mystery Ride #2 L.I. 9:30am

Leader: Steve Britt (718 204-4970). From the Statue (Queens Blvd & Union Tpke, E or F train to Union Tpke). Group input suggested as we find a new way to L.I. Rain cancels.

C 45mi Bayville Beach 9am

Leader: Don Passantino (718 446-9025). From Cunningham Park, Union Tpke & 190th St. Ride country roads to Bayville Beach for a picnic lunch.

Saturday, October 3

A22 80mi The Mountain, South 9am

Leader: Ellen Richard (212 505-0697). From the Boathouse. The reverse route of the August 1 ride which means up South Mountain Road and down Saddle River. The question is will Craig's wheel miraculously straighten and will Don punch Philippe? Pocket food recommended.

B+ 100mi L.I. 100 8am

Leader: Steve Britt (718 204-4970). From the Boathouse (possible pick-up in Queens call leader). Bethpage State Park via a south shore route out and a north shore return. Deli stop & picnic at the park. The usual cancels.

C- 20mi Art Deco Architecture Around Bronx's Famed Parks 1pm

Leader: Paul Rubenfarb (212 740-9123). From NE corner 181 St. & Ft. Washington Av (A train). No American county was recipient of such thoroughly artistic planning with a grand urban scale as the Bronx. In the T.R. and Wilson 'Dollar Diplomacy' days, money for this efflorescence was spent with our adolescent nation's elan. Doyen of park designers, William Law Olmstead, bequeathed the Bronx several world-class parks, rarely aired in our babbitized academia and mass media. On arborescent quiet parkside streets are exquisite apartment blocks ideal for poets and those seeking 'the country in the city'. Rain or shine. Rough unobtrusive attire.

Sunday, October 4

A23+ 57mi Nyack Express 9am

Leader: Angel Rivera (212 889-9346). From the Boathouse. "Big ring keep on turnin' ... quadiceps keep on burnin'." You got the picture? The usual cancels.

B-C+ 55mi 7 Lakes Drive 7:30am

Leaders: Laurie Harris (718 768-3887), Geo Carl Kaplan (212 989-0883). 7:50am train to Garrison (\$9.50 rt). Then over the Bear Min Bridge to ride the 7 Lakes Drive through Haniman State Park. Hills, mountain gears suggested, means to carry lunch. Helmets required. Return to GCT by 7pm. Precip cancels.

Sunday, October 25

A/B/C 3045/60 Conn Shoreline Fall Foliage 7:30am

Leader: Geo Carl Kaplan (212 989-0883). From GCT. Once more (w/o rain) see the Fall Foliage on the Conn Shore. Buy a bag of breakfast at Zaros, chip in for pizza (Frank Pepe's) on the ride home. RT fare \$19. Three loops, take your pick. Precip cancels.

NYCC TOURS

October 9-12 All Class

Christopher Columbus All Class Club Weekend to Woodstock New York
Leaders: Geo Kaplan (212 989-0883), Jim Babbitt (718 296-0027), Jeff Vogel (718 275-6978), Christy Guzzetta (212 595-3674). Private chartered bus leaves Manhattan Friday, 10/9, right after work and takes us to SuCasa, just outside of Woodstock, New York. We'll enjoy 3 days of spectacular fall cycling in a beautiful part of New York. Rock 'n Roll dance party each night, movie each night, game room, hot tub, and more. Private bus takes us back to New York Monday afternoon. \$200 covers all: dinners, breakfasts, overnight accommodations, BYOB parties, round trip bus, more. Check to Christy Guzzetta, 49 West 75th St., NYC NY 10023.

OUT OF BOUNDS

September 13

Transportation Alternatives - 3rd Annual NYC Century Ride-A-Thon. Ride 12, 35, 55, 75 or 100 miles, a panoramic tour through four boroughs to raise money for Transportation Alternatives, NYC's bicycle advocacy organization. The route links Manhattan, Brooklyn, Queens, and the Bronx via NYC streets, bicycle paths, parks and greenways. For information call 212 475-4600.

September 20

11th Annual Golden Apple Century Rides. Ride 33, 50, 75, 100 or 125 miles. Starts at FDR State Park in Yorkdown Heights, NY. Pre-registration \$10; day of event \$12. Registration 7am-noon, helmets mandatory. Refreshments, marked routes & maps included. Tours through Westchester & Fairfield Counties. For info send SASE to Country Cycle Club, c/o Chris Tota, 58-C Lawrence Ave., Bedford Hills, NY 10507, or call 914 725-8184.

The Longf Island Hi-Point. Organized by the Paumonok Bicycle Club. Ride 25, 50, 65, 100 or 125 miles. Start at Syosset LIRR Station. Call Paumonok hotline at 516 841-4699 for more information.

NO TECH TIPS

Bob Moulder

Flirting with Doozies

A few years ago I read a rather dry article by some egghead (or so I thought) National Highway Safety and Traffic Administration (NHSTA) researcher in a monthly magazine put out by my insurance company. The topic: Accidents. Exciting stuff, huh?

Why I persisted in reading such a boring article at that time, and what made it come back to mind, I now realize, are bike accidents. My most recent memory-enhancing episode occurred on July 3 when I crashed while cautiously (or so I thought) descending a dangerous section of road in a driving rain storm, and I paid for it with a mangled rear derailleur, a bent titanium hanger and a small core sample from my right shin. It could easily have been much worse, what with the cars and all.

(A brief pause while you reminisce about your most recent accident.)

Now back to the article. Although it contained lots of numbers and actuarial tables and statistical interpolations and other such stuff, the basic premise went more or less something like this: For every one hundred close calls, there's one accident. For every one hundred accidents, one is a real doozy. One in a hundred doozies has, to put it delicately, permanent implications. Interestingly (the article gets better the more I crash), the NHSTA guy revealed that the statistical model is startlingly similar for *all* accidents, whether they happen at home, at work, while driving a car or flying a space shuttle or, yes, while riding a bike. Not surprising is the fact that there are far fewer close calls while watching TV than while riding a bike.

But when it comes to accident statistics, there's no comfort in numbers; you never know when a close call is going to turn into an accident, or degenerate into a doozy... or worse. The researcher came to the decidedly un-revolutionary conclusion that the way to reduce accidents is to sharply limit the number of close calls by weeding out the circumstances which lead to them.

Let's look at a few ways we can weed out a lot of those close calls:

Pay Attention. Many accidents happen when cyclists are absorbed in a relaxed chat, forgetting about potential road haz-

ards, developing traffic conditions and the actions of other riders in the group. Reserve serious on-bike socializing for times and places that won't get you into trouble, such as early Sunday mornings on well-known roads with wide, smooth shoulders, and during deli stops and water breaks.

Don't Rely on Others for warnings about road hazards and traffic problems. Constantly scan the road ahead by peeking around the riders in front and listen for the characteristic thud of bike wheels hitting potholes - you know the sound. At intersections, always slow down to look and listen for yourself for cars approaching from the side. While riding customs in these parts allow for the occasional running of a red light here and there, I am frequently astounded by bikers who sail right through them with nary a twitch of the head to the left or right. That's why you must check for yourself.

Always Assume, whether you hear them or not, cars are rapidly approaching from the rear and are within seconds of flattening you and your bike. A mild case of paranoia on this topic is a good thing; it serves as a constant reminder to ride tight to the right and to check behind for cars before pulling off the front of a paceline or pulling out to pass another rider. I purposely used the word cars because all too often a rider will look back, see a car and wait for it to pass, then pull out in front of another car which was right behind the first one.

Road Hazards: The Three Biggies. Some brutally rough sections of road can really beat up your backside without causing a crash. These three hazards, while more innocuous in appearance, always signify imminent danger:

1) *Wet metal and painted surfaces.* Steel-deck bridges, metal plates, paint stripes and sewer lids, even when only slightly wet with mist, are ultra slippery. Hike if you must.

2) *Cracks parallel to your direction of travel.* Very dangerous. Almost 100% crash rate when you catch your front tire in one of these.

3) *Rocks, gravel and sand.* Who hasn't had a close call with one of these? On more than one occasion I've seen rocks as small as 1/8 cubic inch destroy a tire, damage a rim and cause a crash, all at the same time.

Smooth Straight, Predictable. In group riding situations, when at all possible, ride straight through rough sections of road without swerving or braking by rising slightly from your saddle and riding lightly. If absolutely necessary, change your riding line only as much as is necessary to avoid a hazard. Make it a habit to always change your riding line by quickly glancing over your shoulder before moving, then *gently drifting* to the left or right. By gently drifting, any riders you might have missed will have plenty of time to give a verbal warning or take non-drastring evasive actions.*

NEW YORK CYCLE CLUB BOARD MEETING MINUTES

(Tuesday, June 2, 1992)

Present: Jim Babbitt, Gail Birnbaum, Margaret Cipolla, Herb Dershowitz, Sherri Gorelick, Hannah Holland, Geo Kaplan, Cliff Kranish, Mark Martinez, Richard Rosenthal, Jeff Vogel
Absent: Lisa Halle, Larry Nelson

The May minutes were approved.

As we need to find a successor to Gail as Bulletin Editor, it was agreed to find an editor who could also do the production of the Bulletin. The Board chose Jane Kenyon as the new Editor. She agreed to do the editing and production. Other candidates were Caryl Baron, Carlos Cardona and Ken Herbert.

The Board unanimously agreed to endorse the By-Laws amendment regarding the logo as prepared by Mark Martinez. The Board then selected the four logos to be included on the ballot, as discussed at prior Board meetings. Richard abstained from voting because he submitted a logo. Jeff refused to vote because the remainder of the Board would not decide which logos were not reproducible. Margaret asked: How can we include the current logo in the contest, when it was the unsuitability of this logo that caused us to have another contest?

Margaret reported that Christy Guzzetta's West Point ride was inadvertently omitted from the Out of Bounds section of the Bulletin. Jeff suggested that we refund the cost of the ad he paid for. The Board consensus was that the ad and the listing are unrelated so a refund is inappropriate.

Margaret also announced that we are switching the locations of the All Class Rides. The July ride will be to Kingsland Point Park and the September ride will be to Bethpage Park.

Herb announced we have 726 members, which is ahead of last year. Hannah is ordering extra Bulletins from the printer because of the June article in New York magazine. Sherri discussed upcoming programs.

Richard said that TA asked to put an insert in the Bulletin announcing their annual century. As in the past, they agreed to pay all costs involved. The Board approved.

Richard also announced that TA and the NYCC are proceeding with the lawsuit as discussed at the March Board meeting.

The meeting adjourned at 9:05PM.

BLOWOUTS

LOU B. POKES

It's all in the genes. No, not the Carreras. How did the NYCC's **Thurstan Bannister** get so fast? He may have been born that way. Yes, his father is the Dr. Roger Bannister, the first man to run a mile in under four minutes. It's a good thing Dad didn't have to train in Central Park though. He might have been ticketed for exceeding the 15 mph speed limit!

It's a small world. Last month when **Margaret Cipolla** and **Jeff Vogel** (yes), **John Gatsos** and **Dan Schwartzman** (no) were in Nairobi airport waiting for their flight to Zanzibar, they spotted a van with mountain bikes on the roof rack waiting for an incoming flight. One of those arriving passengers was SIG graduate **Marjorie Kim**! What other club could possibly have members on two separate bike trips to Africa at the same time?

Best wishes for a speedy recovery to **Chris Price**. He broke his collarbone in several places in a crash in Prospect Park. Chris says being off the bike for months hurts almost as much as mending bones. Get well soon!

Congratulations to **Donna Jeffrey** who survived her trip across Merrick Rd. on **Ray Malecki** and **Roscoe George's** Jones Beach Party. With two leaders and one tripper, it's no wonder she thought they were trying to kill her!

When did Michel Zanoli become a role model? Or *I went on a bike ride and a hockey game broke out.* The paceline is flying down the road and all of a sudden **Phillippe Chateau** is flailing away at **Don Montalvo**. It looks like he's trying to rearrange Don's ribs. This probably isn't too difficult since Don only weighs 120 pounds and you can see all his ribs. Phillippe, next time pick on someone your own size. Or at least wait til lunch before you beat them up.

Herb Dershowitz's recent injuries didn't stop him from going to Crested Butte. Although they did stop him from riding, he helped out with registration. When he looked up at the racer wearing the cowboy hat and boots it was none other than John Tomac. Herb also had the honor of registering **Juli Furtado** who he claims is prettier in person than in photos. No way!

And who showed up on **Christy**

Guzzetta and **Jody Saylor's** (yes) recent ride to Bedford? **Jennifer Buntz**, from Albuquerque, who mentioned that she races. **Mendel Markstein** called her "Inga" all day in reference to her long blond pony tail. The group knew they were in trouble early; during a 27 mph stretch up Bronx River Road, while everyone else was huffing and puffing, Jennifer asked "Is everyone resting for the hills?" Whenever **Christy** caught his breath he'd ask her "We're not going to fast for you, are we?" While Jennifer said that she was on her way to the Ukraine for a race after competing in the Masters Road National Championship, what she didn't say was that she won her age division in the Nationals and that her name was all over **VeloNews**. Jennifer, come back and visit anytime.

Why did all the "A" riders return from **Mark Martinez's** Long Island ride with purple, blue and green tongues? Was it over-training? Absolutely not! After lunch at the beach the **Vogel-Cipolla's** led them on a scenic detour through the Worlds Fair grounds at Flushing Meadows Park and on to the world famous Lemon Ice King of Corona. With flavors like raspberry, blueberry, cantaloupe and peanut butter it makes riding on Long Island fun again. Another detour to the Lemon Ice King of Corona is planned for the Sept 13th All Class Ride to Bethpage State Park.

How many miles did you do last weekend? **Karl Dittebrandt** and "**Biking Bill**" **Strachan** (no) spent August 20th to 23rd riding the 750 miles of Boston-Montreal-Boston. The results weren't in at press time so you'll have to ask Karl and Bill how they did. Karl, incidentally, is trying to become only the third three-time finisher of B-M-B.

I thought it was a tour. A record setting performance was turned in by a club member at NYRATS - New York Ride Across the State. **Jeanine Hartnett**, **Rikki Furman** and a recuperating **Herb Dershowitz** rode from Buffalo to New York City with Rikki setting the record for the most pair of shorts worn at one time. You could look it up!

Climb every mountain. **Richard Rosenthal** was in a taxi on his way to Kennedy Airport for his flight to the

Pyrenees the day of the TWA fire. With traffic at a total standstill on the Van Wyck, Richard changed into his cycling clothes in the back of the cab, assembled his bicycle on the shoulder and pedaled his way down the highway to the airport. Next time Richard is listed to lead a ride, we'll have to read his route description carefully. Richard was in the Pyrenees instead of the Alps because he's already climbed every major Alpine pass in France, Switzerland, Italy and Austria. That only left Yugoslavia and now that's gone. Rather than try to figure out whether the mountains were in Bosnia, Croatia or Slovenia he decided to ride the Pyrenees. I hope Richard gets there before the Basques gain their independence and the maps are re-drawn again.

With Richard out of town, we needed someone to run the August club meeting. According to the By-Laws, V.P. of Programs, **Sherri Gorelick** is next in line. She was out of town, too (different towns). V.P. of Rides **Margaret Cipolla** is next in the chain of command but she said if she had to run the meeting she would leave town. That left a very willing **Jeff Vogel** to run the meeting. In a return to an old tradition Jeff embarrassed several "New Faces". And, in a break from tradition, instead of a program we had an ice cream social. There was plenty of ice cream to go around since **Tom Lowenthal** only had four scoops!

Out in the Midwest where snowmobiling is the sport of choice (in winter anyway), a local snowmobile club gives out an award called a Snow Bozo to anyone who does something particularly stupid, and maybe funny, like riding their snowmobile over thin ice and losing it to the bottom of a lake. It's a great tradition and we can apply it to cycling too. I will try to award Road Bozos on a regular basis and the first NYCC Road Bozo is **Maynard Switzer**, who tried to hop a curb from almost a standstill at a deli stop. He missed. He slowly fell over, landing on his back with his bike pointing straight up in the air as his feet were still clipped into the pedals. Rather than roll over and risk scratching his new bike, he had to ask for help to release his feet! Congratulations, Maynard, you're our first Road Bozo. *

Out of the Saddle

Mark Martinéz

Emily Seatpost's Guide to Excruciatingly Correct Riding

Emily Seatpost is the illegitimate daughter of Emily Post and is rumored to have been the inspiration for Jacquie Phelan, off-road racer and founding mother of WOM-BATS (Women's Mountain Bike and Tea Society.)

M.M. Ms Seatpost, there has been a lot of talk lately about the lack of safe, polite, and orderly riding practices on club rides. What are your views on this subject?

E.S. It's absolutely horrid. I suppose it all started with that McEnroe chap on the tennis courts and his verbal abuse of those nice ladies and gentlemen in the smart L.L. Bean outfits on the sidelines. Then the rudeness spread to that Barkley fellow in basketball, throwing gratuitous elbows into his opponents bodies. Now even the world of professional cycling has been infected with the likes of Mr. Zannoli pummeling that nice American lad, Davis Phinney. It's all quite barbaric you know.

M.M. But that's only in the world of professional sports.

E.S. Unfortunately not. I understand the NYCC has its very own "Zannoli", *n'est ce pas?*

M.M. True enough, but what do you suggest we do about it?

E.S. One-way tickets to Elba are rather dear these days, but I understand that shunning is quite cost effective.

M.M. Let's move on to some more common lapses of riding etiquette.

E.S. I've noticed that many cyclists at the front of a group will speed through a yellow traffic signal without ever glancing back to see if the whole group has made it across. The people at the back deserve as much respect as those in the front. The leader should slow the pace until riders caught at a light can rejoin the group.

M.M. Good point. What about the correct procedure for rolling up to a stop sign or a red light?

E.S. It seems that nowadays the preferred practice is to form a large densely packed mass, taking up as many lanes as possible while simultaneously blocking the crosswalk and antagonizing pedestrians and motorists alike.

M.M. I take it that you disapprove.

E.S. Vehemently. It takes no effort at all to avoid such an onerous jumble by remaining in a single or double line while waiting to proceed. It's also considerate to stay clear of right lanes outside of Gotham, where right-turns are usually permitted on red signals.

M.M. Do you have anything to say about the responsibilities between ride leaders and attendees?

E.S. Of course. First of all, leaders should be on time, be familiar with the route, and have at least a few maps or cue sheets available. While maps are a courtesy to riders, they also free the leader from having to personally shepherd stragglers. The leader should also keep to the listed pace or at the very least, announce any planned increases or decreases before the ride begins.

M.M. How about the riders in the group, what are their responsibilities?

E.S. Riders should arrive at the start on-time with their bikes in good repair and with the necessary equipment to take care of minor mechanical problems. Nobody likes to have to give their last spare tube away because another rider didn't bring any. Some riders are so unprepared that I sometimes wonder how they manage to dress themselves in the morning.

Riders should also be honest with themselves with regard to their ability (or desire) to stick to the listed pace.

M.M. How about "climbing etiquette"?

BE ALERT

As we have often mentioned, and as mentioned every month in the Guidelines on page 2, the North end of Central Park can be dangerous, especially at less crowded times and at night. On Wednesday August 12th, the evening "pack" ride was attacked by a group of 15 to 20 kids who blocked the road with their BMX bikes. While nobody was hurt and no bikes were taken or seriously damaged, this reminds us that we must all be alert whenever riding in the Park. The park will become less safe if it is less used, and we should not take this event as a reason to stop using it. Good judgement is called for, especially at dusk and at night. While there is safety in numbers, it is by no means a guarantee. Please, increase your vigilance when riding in Central Park.

E.S. Everyone climbs at their own pace, and this all too often leads to riders being passed on both sides, riders bunched four abreast, and slower riders blocking faster riders. This is often tedious, sometimes quite dangerous, and always unnecessary.

Steep hills usually occur on fairly narrow roads which makes it difficult for faster climbers to safely pass slower ones. Slower riders (and slowing riders) should look over their right shoulder and squeeze towards the right. Faster climbers should pass only on the left, IF traffic permits. All riders should try and keep their momentum when changing from seated to standing climbing; all too often they ease up and "roll-back" into the following rider which is extremely rude.

M.M. Any final comments?

E.S. Only that I'm ever so glad that California Neon is no longer in vogue for cycling apparel. *

"A" RIDES NOTES

Out-of-the-Closet. I know it's a risk, but it's about time some of the "A-" riders in the club went public and volunteered to lead a ride at their usual pace. (Contrary to popular belief, you don't have to lead rides one level below your usual pace.) I know you're out there riding, so why not make it official and give something back to your fellow riders.

So mingle already! The third and final *All Class Ride* will be held on Sunday, September 13th. This is your last chance to rub lycra with "plusses," "minuses," "Bs," and "Cs". Join Jeff and Tom and roll out to Bethpage State Park for what could be the last picnic of the summer. If you don't see me, it's only because I'll be sipping a pint in some pub in Kerry.

Us vs. Them Dept. The next time a driver cuts you off or otherwise intrudes in your space, try to resist the urge to flip him the bird. Just smile your toothiest smile and tell him to "Have a nice day." He may think you're a psychopath and give you a wider berth or maybe he'll feel guilty for having offended. In any event, returning aggression for aggression is usually ineffectual at best and often dangerous when the other party is wrapped in a ton of steel.

- Mark Martinéz

IN THE NEWS

- Have you read the latest local bicycling publication? *in TRAFFIC*, published by sometimes NYCC member **Mark Roland**, offers great information about biking in and around New York: route maps, racing results, and articles on a variety of topics, such as local cycling personalities and the latest in biking equipment. There's even a travel report this month by our own **Jeff Vogel**! Pick up a copy at your local bike shop, or at NYCC meetings. Mark welcomes contributions, editorial ideas, drawing and photos. (Send to: *in Traffic*, PO Box 284, Cathedral Station, NY 10025-0284.)
- Largely through the efforts Transportation Alternatives of New Jersey Transit has initiated a 3-month pilot program for a bikes-on-trains policy. On the North Jersey Coast Line, two bikes will be permitted during non-peak hours and on weekends on trains with handicap passenger facilities. Most weekend trains and all trains between Long Branch and Bayhead have these cars. Some other limitation apply as well.
- Permits are required, and are free of charge for the pilot program. Applications will be available at the September club meeting, or can be obtained by mail, by calling Customer Service at 1-800-772-3606 (from NJ) or 1-201-491-9400 (from out of state), or in person at the customer service offices in Newark or Hoboken, Monday through Friday between 8am and 6pm.
- We owe **Cindy Arlinsky** at Transportation Alternatives and **Leslie Tierstein** of the NYCC thanks for getting this program started. There's still time for a bike trip down the Jersey shore this season. Get your permit and use it!

Reflections on the Elements of a Perfect 'A' Ride As Inspired by a Recent Pick Up Ride to Bedford

By Jody Saylor

- Fine, fine weather; one of the five best days of summer. A God given gift; impossible to foresee
- Fourteen or so familiar riders with sunny moods and steady wheels plus a few new riders to play with. A good joke that you haven't already heard from Ed or Mendel; a rumor of a new 'hot item' couple starting up.....where's Lou?
- Jennifer of Albuquerque: a racer in town for just a few days; finds the Club; finds the Boathouse, and picks up our pick up ride. We gave her the nickname 'Inga' (as in Thompson) during the ride for looks and speed as she glided up the Westchester hills with her long blond braided pony tail flying; laughing and talking like the climbs were appetizers at a dinner party before the main course. After all, a good ride is a party on wheels; a movable feast of roads. So! We couldn't disappoint her Nooooooooooooooooooooo! We had to show her a good ride.
- A challenging pace(at times seeming impossible to maintain, but somehow you are still there in the paceline), a straight route, no stopping, everybody together, rotating, staying out of traffic, and not the hint of an accident.

● A picnic on the village green at Bedford under the dappled light of a maple with our turkey sandwiches, juices and cookies watching the volunteer firemen polishing their bright red engines. We offered our bikes to be polished next..... Well, we got a laugh anyway.

- A beautiful route; some familiar roads, some new roads; a good balance of hills; John Street to climb and North Street into Greenwich for a 43mph downhill reward
- Neville, a rookie, what a thrill! Rode the hills right up there with everybody else. What SIG did he graduate from?!
- Time to get back to the hill to find everybody there from all the rides so you could all tell fish stories about how big the hills were. (typical remark: Our leader, that so and so, found all the steepest hills in Westchester). Have you ever noticed that the harder the ride is, the longer you sit on the hill, the better the ride gets. So you can go on a real killer ride, exhausted, you don't know how you made it back; you sit on the hill telling your war stories, you have an audience, you have a thick icy strawberry banana drink; by the time you get back on your bike to head for home.....it was the greatest ride ever. Until the next perfect 'A' ride.

* At least 90% of this really did happen.

Jody is a long time member of the Club.

AS I 'C' IT

'TO HELMET IT!'

by George Kaplan

A bike soars through the air over the hood of a white automobile to land on the opposite curb forty feet away, and at the same time a man strikes the windshield of the same car and rebounds doing a somersault to fall on his head and back on the street directly in front of the car, which had skidded and screeched to a halt! Dust and liquid escape from under the car and the biker twitches and moans on the pavement as his girlfriend leaps from her bike to run sobbing and screaming to his aid.

Whose fault? Who cares! Probably both the driver and biker were equally at fault! BUT, THE BIKER WAS SAVED BECAUSE HE WORE A HELMET! Of course the helmet was now cracked. The biker landed on his head and back, and was injured, but not fatally - In all probability he survived because of his helmet. Without the helmet his head would have cracked open.

This really happened - a couple of weeks ago at the intersection of Palisades Avenue and Route 9W in Englewood Cliffs - and there were others with me to verify.

What's the point? The helmet - or rather the lack of one on some of our riders. Because of this incident I have seen the light. Until this happened I had a laissez faire attitude. If you didn't wear a helmet, that was your problem. No longer! I am now going to make helmets a requirement for participation in all rides that I lead. I do not wish to be a party to a serious head injury to a biker. Let the civil libertarians howl about infringement of personal freedom. My response is that I wish to prevent serious injury

I challenge all leaders to follow my lead (sic!) and I welcome discussion. Do we need a club rule or by-law about this? Maybe - Maybe not! If all ride leaders require helmets then the question becomes moot!

NUTRITION CORNER

Alex Bekkerman

In the last article, I described L-Carnitine. It is a truly remarkable substance, which acts as a shuttle in our bodies, carrying fat molecules between the circulation and our cells' energy producing sections. Our body makes L-Carnitine from the protein and vitamins we eat. It can also be taken via supplement on an empty stomach in 500 mg capsules.

To be burned, body fat must go through three distinct processes: it has to be mobilized from storage, then it must be transported to the site of burning via our blood. Once delivered it must be efficiently burned at that site (our muscle cell) via a biochemical process called beta-oxidation. It sounds simple, but is a continuous sequential process which may easily be upset if any one of the stages is not fulfilling its duty. For example, say the mobilization process is broken. Then you will have 'empty transports' shuttling back and forth. How would one of the process be 'broken'? The body may not have enough of the key substances to maintain a complex chemical reaction. The reason for such an occurrence could be inherited or it could be a function of malnutrition, stress and (oh yes) aging. The substances I call fat burners are those which facilitate one of the three stages described above. If these substances are not present in sufficient quantities, the fat utilization for energy can not be maintained efficiently. Growth Hormone releasers stimulate the Growth Hormone production, which is responsible for growth in early years. The level of this hormone rapidly drops at the age of 30 and almost disappears by 60. Among many of its functions (including increasing muscle growth), the most useful is its ability to stimulate fat cells to release fatty acids.

L-Arginine, L-Ornithine, L-tyrosine and L-Tryptophan are amino acids which can stimulate the hormone production. They are amino acids which are part of any high quality protein and are totally natural. The trick is that they are isolated from a protein and have to be consumed in this isolated form and not as part of a whole protein meal. How to take them? The effective dose may vary between half a gram and 3 grams for each amino acid, and should be taken ONLY on an empty stomach. The best time is right before bedtime. Most amino acids require vitamin B6 for their utilization. So adding 10 to 25 milligrams of B6 to any two of the four above mentioned amino acids will probably make your waist thinner in a few weeks, provided you don't pig-out for dinner. Another great way of taking the substances is one hour before exercise with morning coffee.

As mentioned in the previous article, the list of fat burners included coffee. It is a controversial drink, and many don't even touch it. But if you do like coffee and know your limit(!) it could be of great help. There is a lot of research on caffeine. The

studies contradict one another, but at present the majority seems to agree that coffee helps release fat from storage into circulation. My experience on many endurance rides has lead me to believe it. But coffee does have side effects, and more than 2 cups before exercise will not do you any good. Now let's get to Lipotropics. They can also be considered fat mobilizers. The biochemical science believes that they prevent fat accumulation in the liver, and in fact there are many cases of treatment of obese people using these nutrients. They include the amino acid methionine, the B-vitamins choline and inositol and the fat digesting enzyme lipase. The literature mentions choline and lipase most often. Lipase is an enzyme which the body makes to break fat globules into smaller particles. If you supplement your diet with 20 to 30 mg of the enzyme, the body will have just enough when it needs it, and it is absolutely harmless. Even though choline is considered essential, the needed amounts are not established. Since choline plays many other roles in the body's systems, it is an excellent supplement..100 mg after meals should be good enough.

Now we go to the next star, Gamma Linolenic Acid (GLA). GLA is a fatty acid which under ideal circumstances is made in the body from linoleic acid. It helps to increase the level of 'brown' fat and of a special enzyme. Both of these increase the rate at which the fat is burned for energy. One very impressive study showed that GLA helped 33 out of 38 individuals participating. GLA is available separately or in capsules of evening primrose oil. At least 100 mg of pure GLA a day is needed to produce results. And again a very moderate exercise will double the effect.

The list also includes Dehydroepiandrosterone (DHEA). This tongue twister is a natural hormone produced in the body and is involved in the complex regulation of fat storage. In essence, DHEA interferes with fat storage. The fat is then excreted through other pathways instead of building up. I cannot give a specific recommendation on taking this substance. It is available in health food stores as an extract or as Mexican wild yam. It is considered safe and non-toxic.

To complete this topic we should now discuss the last nutrient - fiber. Its role in protecting our intestines from cancer is well established. However its role in weight reduction is not discussed that often. Fiber is food roughage. Salad, apples, oat bran, wheat bran etc are all good examples. When we eat fiber it gives us a feeling of fullness because some fibers swell with moisture. They also have little calorie content and require more chewing. In addition soluble fibers reduce blood fat levels which is welcome news for every one. In the next article we will discuss the principles of sports nutrition and what constitutes performance nutrition.

Stuff for Sale

- 63cm CANNONDALE with Shimano mix.
- 4-bike THULE rack with locks for car with gutters. Best offers. Call Michael (212)906-1238, days.

- TIME "Racing" clipless pedals. Brand new, never used, cleats, hardware, etc. still in box. Best offer over \$100.
- MIYATA 512 road bike. Man's size blue and white frame. Shimano components. Like new - 2 yrs old. Call for more details. \$200 or best offer. Call Lori (212)353-9068

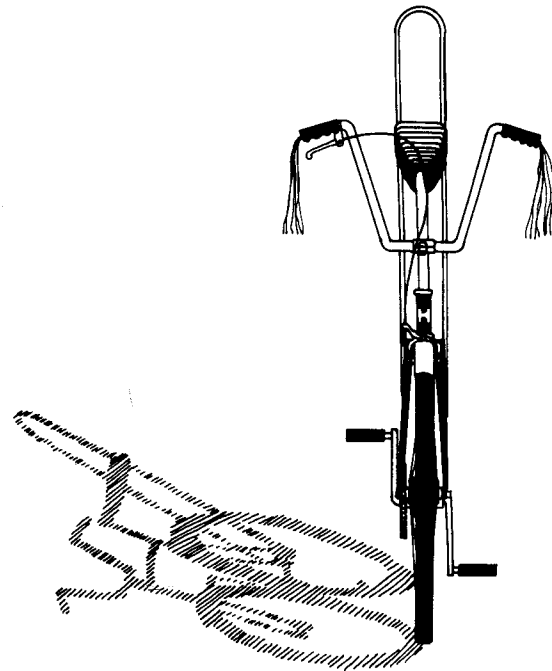
- 1990 CANNONDALE Hybrid 54cm, computer, Profile clip-on aero bars, Shimano SPD Road pedals. A steal at \$500.
- 1992 CANNONDALE R-600, 54cm, Shimano 105, cool-looking purple and black, LOOK pedals. Low mileage, no crashes. \$700. Call Taryn (718)282-1936

MEMBERS' NOTE

Have you moved? Changed your name? Seen your address or phone number printed incorrectly in the last Roster?? The October Bulletin will include a new Roster, and now is the time to send in any corrections. Either use the application below or just send information to: Hannah Holland, 211 West 106 St, 8C, NY, NY 10025. Also, any reference information that would be of interest to other club members is welcome. Send to: Editor, Jane Kenyon, 235 West 102 St, Apt. 15D, NY NY 10025

Michael's Bicycles

©Michael Toomey



No. 8

"Banana Seat" kid's bike - 1970's

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: _____

Name: _____ Signature: _____

Street Address/Apt#: _____ Phone (H): _____

City/State /Zip: _____ Phone (W): _____

Date: _____ Check Amount: _____ Where did you hear about NYCC? _____

New Renewal Change of Address

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 _____

1992 dues are \$17 per individual, \$23 per couple residing at the same address and receiving one Bulletin. Members joining after Labor Day pay one-half (\$8.50 individual, \$11.50 couple). Mail this application with a check made payable to the **New York Cycle Club, P.O. Box 199, Cooper Station, New York, N.Y. 10276.**

*CLUB MEETING:
SEPTEMBER 8th*

*THE BEST OF THE FINEST:
COPS ON BIKES*

*Come hear members of the
NYPD 24th PRECINCT COMMUNITY PATROL UNIT
talk about their experience on
the streets of New York.*



Monthly Member's Meeting at O'Hara's Restaurant & Pub, 120 Cedar Street. One block south of the World Trade Center. One flight up from the bar.

Bicycle Parking available on the fourth floor.

6PM Social Hour, 7PM Dinner, 8PM Program.

Dinner \$11 meat/fish, \$8.50 Vegetarian

\$2 surcharge after 7PM.

Non-diners seated separately Members and non-members welcome.

Things to Bring to a Club Meeting

1. Any bike parts or clothing you would like to donate to a youth center.
2. Any current or nearly current magazines that we can circulate to other members.



New York Cycle Club
c/o Hannah Holland
211 West 106th Street, 8C
New York, NY 10025



10/08

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