

February
1993

NYCC Bulletin



"The ride is on Saturday morning. That's why I'm starting to get dressed tonight."

NEWYORKCYCLECLUB

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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.	< 1:10
A+	16-17	20-22	High regard for good riding style. Stops every 2 hours or so.	1:10-1:16
A	15-16	18.5-20		1:16-1:23
A-	14-15	17-18.5		1:23-1:30
B+	13-14	16-17	Moderate to brisk riding with more attention to scenery. Stops every hour or two.	1:30-1:38
B	12-13	15-16		1:38-1:48
B-	11-12	14-15		1:48-2:00
C+	10-11	13-14	Leisurely to moderate riding: destination oriented. Stops every half hour or so.	2:00-2:14
C	09-10	12-13		2:14-2:30
C-	08-09	11-12		2:30>

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.

Articles should 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

Deadline for the March 1993 Bulletin is February 9th.

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

Saturday, February 6

A21 55mi Fat Stomach? Thin Legs? 9:00am
 Leader: Paul Leibowitz (212 799-0161). From the Boathouse. If you're even thinking about cycling, now is the time to get back on the bike. This will be a cooperative ride. Park Ridge. Smooth paceline. Short pulls. 21mph. Precip. cancels.

B17 60+mi "Road House Blues" 10:00am
 Leader: Larry Ksiez (718 478-0644). From the Boathouse. I'd like to classify this ride as a "B" quickie, but Mike Y. would kill me. Backroads to the Skylark — 9W back. Precip., temp below freezing cancels.

C 20mi Wycieczka Rowerowa Do Polskiej Restauracji 10:30am
 Leader: Brian VanWassenhoven (5BBC 212 932-0778). From City Hall. Biking excursion for Polish food in Greenpoint. Temp below 32°F or inclement weather cancels.

Sunday, February 7

A19 55mi Coldfinger 9:30am
 Leader: Bond, James Bond (718 726-7644). From the Boathouse. Participants on this ride will be instructed in the Laplander technique for flipping the bird at errant cab drivers while wearing mittens. Route will lead to a less familiar Rockland diner where we will make contact with agent "Spiro" by uttering the code phrase, "Is the French Toast made with Challah?". Anything that would keep my Martini from being Very Dry cancels.

B15 55/60mi Another Marathon Recovery Ride 9:30am
 Leader: Nick Pisculli (718 624-8378). From the Boathouse. To Nyack or less. Precip., temp below 35°F cancels.

C 25mi Too Cold Too Ride Almost Anywhere 10:30am
 Leader: Hindy & Irving Schacter (212 758-5738). From NW corner of E. 64th St. & 1st Ave. Through Central Park to Fort Tryon Park. A short ride for a cold short day. Precip., or predicted high temp below 32°F cancels.

C 20mi Off to See the Wizard 8:45am/9:30am
 Leader: Paul Sullivan (5BBC 212 932-0778). From World Trade Center (PATH escalators) or Newark PATH Station. Menlo Park - Edison's Laboratory in West Orange, N.J. Tour of National Historic Site indoors and have lunch at a good old diner. Temp below 32°F cancels.

Saturday, February 13

A20 60mi "Ride The Wind" 9:00am/9:30am
 Leader: Larry Ksiez (718 478-0644). From the Boathouse/Queens and Yellowstone Blvds. This will be a fast and hard ride (or as fast and hard as we can before hypothermia sets in). One shot deal to Ronkorkoma, L.I. Train pass needed - pocket food recommended. Precip. or temp below 30°F cancels.

A Mountain Los Amigos- Mangez Salopris! Call 9:00am
 Leaders: Angel Rivera and Philippe Chateau (212 889-9346). Meet at PATH station at 23rd & 6th Ave. Haven't had enough excitement? Come on out and ride with the dirty bunch. Group is limited to 12 so please call to reserve a space. Pocket food recommended. Wet weather cancels.

A18 60+/-mi Untitled 9:00am
 Leader: David Regen (212 222-0532). From the Boathouse. We'll ride through Westchester to visit the reservoir system, tossing in a few small hills to keep us warm. Brunch at the Thornwood Diner. Bring your Metro North passes just in case we need them (wet weather, laziness, etc.) Imminent deluge cancels.

B16 50+/-mi Nyack 9:00am
 Leader: Karl Dittebrandt (212 477-1387). From the Boathouse. A relaxed ride to Nyack. River Rd. — Return 9W. Rain, snow, temps below 32°F at start cancel.

Sunday, February 14

A19 52mi Bleeding Hearts 9:30am
 Leader: Greg Worley (212 781-6702). Meet at the Boathouse for a quick jaunt to Nyack and back. Precipitation present or looming cancels. Boxes of chocolates are always welcome.

B17 50+mi No Achy, Breaky, Hearts 9:30am
 Leader: Greg Vandenberg (212 643-0082). From the Boathouse. It's not original, but it's Nyack. No broken hearts today. Lots of love to keep us all warm. We'll dine in Nyack and exchange Valentines before heading home. Chance of rain or snow cancels.

B17 55mi It's Valentines Day, Eat Your Heart Out... NOT! 10:00am
 Leader: Richard Rosenthal (212 371-4700). From the Boathouse. To Nyack. Lunch won't be at the eponymous restaurant. Temp below 32°F at start, stop, cancels.

President's Day - Monday, February 15

A- 80mi President's Day Ride to South Mtn - Falafel at Little David's 9:00am
 Leader: Marty Wolf (212 935-1460). From the Boathouse. Join me for a round-about jaunt to Spring Valley by way of South Mtn. Rd. This is a pretty ride — you'll pedal on some roads you've never seen before as well as on some old familiar ones. Ride may be shortened. Temp below 30°F or any precip. cancels.

B18 60mi President's Day Ride by Past Presidents 10:00am
 Leader: Richard Rosenthal (212 371-4700). From the Boathouse. Visit two and maybe all three of the area's redoubts of The Disgraced & Resigned One, ending where he moved following San Clemency (pun courtesy of the guy typing up the ride listings). From the Boathouse. Starting temp below 32°F, stop cancels.

NEWYORK CYCLE CLUB

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

Sunday, February 20

A- - 50mi What Letter Are You? 9:00am
Leader: Ernie Yu (212 663-5747). From the Boathouse. There's an extra minus on the "A" because my legs say "B". What is an "A" rider anyway? Some of you worked out over the winter to keep those "V" bodies. Some of you drank beer and are shaped like "O"s. As for me, I'm genetically doomed to look like an "I". If you're a "V", you pull. If you're an "O" I'll follow. To the Ridge Diner in Park Ridge. Rain, temp below 32°F, or late "Z"s cancels.

B16 50mi Nassau In February 9:00am
Leader: Larry Ubell. From the Boathouse. Since I wrote a really neat cue sheet on my MAC, I really want to do this ride. Cancellation conditions: "I don't care how cold — I'm riding."

Sunday, February 21

All Class 8-9mi Hike to the Lemon Squeezer 8:30am
Leader: Ken & Marilyn Weissman (212 222-5527). From Zaro's Breadbasket, P.A. Bus Terminal 41st & 8th Ave at 8:30am promptly! Bus to Tuxedo Park, NY for a hike to this unique rock formation in Harriman State Park. Bring food & water. Wear layers of clothing & boots. Rain, heavy snow cancels. Call leaders for more info.

A18 65+/- The Short Days of Winter 9:00am
Leader: Irving Schacter (212 758-5738). Meet at the Boathouse for a ride to Bayville at a pace appropriate for this time of year. Bad weather cancels.

A18 65-70mi Beacon 9:00am
Leader: Karl Dittebrandt (212 477-1387). From the Boathouse. Ride up the Hudson on the N.Y. side. Breakfast in Ossining, some hills. Return by Metro North — bring rail pass. Rain, snow, temps below 32°F cancels.

B17 70mi I Want to Ride My Bicycle 9:00/9:45am
Leader: Larry Ksiez (718 478-0644). From the Boathouse/Queens & Yellowstone Blvds. This time to Oyster Bay, we'll go to Bayville, but omit Syosset. Precip., temp below freezing cancels.

C 48mi Piermont, With Blue Lips 9:15am
Leader: Peter Hochstein (212 427-1041). From the Boathouse. Snow on the ground in Rockland Co. canceled this sucker in December. Let's try again. Easy route up, only one bad hill home. Indoor lunch at the artsy-smartsy Italian cafe and brunch place on Piermont's main drag (bring about \$7). Helmet required. 12-14 mph cruising speed depending on abilities & whims of group. Predicted high below 38°F, precip. or white stuff sticking to the ground cancel.

C+ 25-30mi Marine Maneuvers 10:00am
Leader: Ira Najowitz (5BBC 212 932-0778). From Cunningham Park. Ride to U.S. Merchant Marine Academy in Kingspoint, L.I. Temp below 32°F cancels.

Sunday, February 27

A19 60+mi "In and Around the Lake" 9:00am
Leader: Larry Ksiez (718 478-0644). From the Boathouse. Funny enough, that's where this ride is going - Rockland Lake with a deli stop, then back through Piermont, but no swimming! Precip. or temp below 30°F cancels.

A 62/46/0mi The Last Ride of Winter - Next Week Is Spring 9:00am (10:00am *)

Leaders: Christy Guzzetta, Jody Saylor (212 595-3674, 212 799-8293). From the Boathouse/Jody & Christy's. If the weather is nice we'll ride an easy 62 mi. to Saddle River to celebrate the end of Winter. If it's merely O.K., we'll cruise 46 mi. to the Northvale (AKA Dynasty) Diner. * And if it's too terrible to ride - it'll be bagels, coffee, and fire at our place (49 W. 75th St., bet. Columbus & CPW). Don't call, just show up!!!

B15 55-60mi Nyack the Easy Way 9:30
Leader: Fred Steinberg (212 787-5204). From the Boathouse. Relatively hill-free ride with lunch at the Skylark or Eat Your Heart Out. Precip., or high temp below 35°F cancels.

C 20mi Winter Barbeque Part I 10:00am
Leader: Brian VanWassenhoven (5BBC 212 932-0778). From City Hall (B'way & Park Pl.). Hop on your bikes all you Urban cowboys and cowgirls and ride Texas Style to Long Island City for a meal that will stick to your ribs. Spurs optional. Temp below 32°F cancels.

Sunday, February 28

A16 54mi Sunday Quickie - Ridgewood, N.J. 9:00am
Leader: Michael Yesko (212 533-2409). From the Boathouse. For the rejuvenation of this series, let's head west through Bergen Co. via routes 501 & 6 to Ridgewood. We'll hold to the flat cruising speed and relax the pace line a bit. You needn't feel compelled to pull. Let's ride safely in the "A-" tradition of the Club. Quick breakfast at the diner or bagel shop. Return via Rte. 502, warming up on Closter Dock Rd., to be back in Central Park by 1:30 pm. Cancels if precip or wind chill temp below 32°F on WINS (1010AM) at 8:00am.

A19 52mi NOT THE MOUNTAINS 9:30am
Leader: Don Montalvo (212 307-7753). From the Boathouse. In order to prevent a mutiny, this ride will take the flattest way possible to and from Nyack. Wet weather and serious cold cancel.

B16 55/60mi Where's Summer 9:00am
Leader: Jim Babbitt (wk: 718 649-8258, hm: 718 296-0027). From the Boathouse. Let's try to get to the Flagship in White Plains before our water bottles freeze. Precip., temps below 30°F cancels.

C12 25-30mi Somewhere In Westchester 9:30am
Leader: Roscoe George (212 989-0883). From the Boathouse. Ride up through New Rochelle and further, depending on weather and the "Will O' The Wisp." Projected high below 35°F cancels.

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

B-/C+ 40mi Double Cross the Hudson 7:15/9:15am
 Leader: Laurie Harris (5BBC 212 932-0778). From Grand Central Station (Info Booth) or Cold Springs Metro North Stat. Cross the mighty Hudson at the Bear Mountain and Newburgh-Beacon Bridges. Hill enough to keep you warm, but short enough to get you back to Cold Spring before dark. Bring Metro North pass and \$14 fare. Temp below 32°F cancels.

Saturday, March 6

SIGA 25mi Progressive "A" S.I.G. * Ride #1 9:00am
 Leaders: Herb Dershowitz (212 929-0787), Christy Guzzetta (212 595-3674), Jane Kenyon (212 662-1935), Lance Leener (212 947-9392), Ellen Richard (212 505-0697), Carolyn White (212 260-8737), Ernie Yu (212 663-5747). From the Boathouse. First in a series of 12 rides (see article elsewhere in this Bulletin for details). Here we go! No more shoulda', coulda', woulda', — move up to "A" rides this year! We'll begin our first SIG (Special Interest Group) ride with four laps in Central Park. Afterwards, we'll get together for cookies and coffee, meet the leaders, and talk about human and bicycle anatomy. So dust off your saddle, pump up your tires, and have some fun this spring. Rain date: Sunday, March 7.

Ease in on the "A" Train

Getting into "A" shape can't get any easier than this: We start off March 6 with a ride of 45-50 miles with a *GUARANTEED* flat cruising speed of 16 MPH. We gradually increase the distance and speed over a 12-week period, finishing with a ride of about 80 miles with a flat cruising speed of 22 MPH. To make planning easier for Jews, gentiles and heathen alike, there will

All-Class 25mi Self-Classification Ride
 Leaders: Geo. Kaplan (212 989-0883), Irv Weisman, Mark Martínéz. From the Boathouse Hill. Find your optimum ride class for enjoyable club riding. We'll record your lap times so you can know how well you hold your comfortable pace. Bring a self-addressed stamped postcard if you want an early report. Postponed to March 7 if roads are wet or predicted high temps below 40°F.
 Start times: 9:30am: "A"
 10:00am: "B" and "C"

B15 60mi The Killer B's Are Coming 10:00am
 Leader: Sting (1-800-STINGERS). From the Hive (AKA the Boathouse). This will be the first in a series of rides which will increase in speed, distance, difficulty (i.e. hills), and intensity. Those not able to keep up with the swarm will be told to buzz off. Precip. at start cancels.

Ride Previews

Time: Sometime late May or early June (2-3 weeks)
 Place: Belgium/France/Germany/Switzerland/Liechtenstein/Austria
 Daily Distance: 60-75 mi. ("A-" pace)
 Self-contained/no support
 Leader: Marty Wolf (212 935-1460). Call if interested.

be rides *every* Saturday and Sunday for the 12-week period. Pace busters are not welcome, but racers who've already gotten their daily speed fix are welcome, as are former SIGgies and other "A" types just getting into the cycling season. Group riding skills and safety will be our top concerns. Advice on bike fit and riding technique freely dispensed. What a deal! Look for ride listings in the March *Bulletin*.

New Ride Classification System or "A Ride by Any Other Name . . . Would Still End Up in Nyack"

For most of 1992, a dual ride classification system has been in effect on a trial basis. It has been suggested that the old ride classification scheme using letters supplemented with a "+" or "-" (e.g., "B+") to categorize rides be modified to deal with some weaknesses: "Riding Style Confusion and Pace Busting."

With respect to Riding Style, "A" riders expect ride participants to have developed a skill set that enables them to ride safely in a compact paceline. Some annoying and dangerous occasions have occurred when stronger "B" riders would join "A" rides, but could not ride in an orderly paceline. Conversely, stronger riders not wishing to ride in an "A" style paceline, would sometimes join a "B" or "B+" ride and push the pace into the "A" range. What both these kind of riders really needed was a "B" style ride at an "A" pace.

The solution was to split the STYLE and PACE components, allowing leaders to clearly define both aspects of a ride. As a result, a ride classification using letters for style and numbers for flat cruising speed was introduced last year as an option to the old method. The riders in the above scenario would ideally join a "B20" ride and keep both the slower "B" riders and more style

conscious "A" riders happy. This system also has the additional virtue of clearly stating the flat cruising pace.

Having had the better part of a year to evaluate both systems, the Board of Directors has decided to adopt the new (letter and cruising pace in mph) system. It will become the sole system to be used in ride listings as of the March Bulletin. The new classifications will be printed inside the front cover of the Bulletin, so please take a look at them next month. Keep in mind that no system is perfect. It takes a conscientious, patient, and alert leader as well as cooperative riders to make a good ride. If a letter and a pair of numbers could completely describe a Club ride, it wouldn't say much for the personalities of our ride leaders. Some of the ride descriptions found in the Bulletin deserve Pulitzers, read them. If you are still unsure as to whether a given ride is for you, call the number listed with the ride. There's no substitute for talking to a real live human being. Just don't call at midnight or 6:00am on the day before the ride.

That said, we think the new system will be a real improvement over the old one.

-- Mark Martínéz, VP Rides

NO TECH TIPS

Bob Moulder

Easy Riders

It worked! My 2^{1/2} months off the bike and in the mountains have flushed out the staleness and healed the burnout, and I'm enthusiastically looking forward to the "official" opening of the cycling season the first weekend in March. Man oh man, am I ready to get back on the bike!

But my winter of relatively light activity and bad eating habits have left me with the physique I normally develop between November and January—which looks just like the Pillsbury Doughboy's. It's going to take a lot of work to make the Doughboy's quads big and his waistline small. (Well... smaller, anyway.) And it'll be a while before he can glide up Booth Hill behind Alan, Don and Jude.

If you're like me, it's going to take some patience and persistence to transform the sloth into a cheetah, and it's going to take some work. Here are some tips for making our metamorphoses more efficient and enjoyable.

Get an attitude

Instead of getting hyper-charged and over-revved, *RELAX!* Ease yourself into your spring training program. Hold yourself back from stomping on the pedals, pushing huge gears and piling on big miles. Start your program with modest mileage and speed goals, increasing them bit by bit each week. If you put on some weight over the past two or three months, plan on taking about the same length of time to take it off, keeping in mind that for most of us a regular exercise routine *decreases* the urge to overeat and raises our base metabolism. (Some studies I've read suggest that raising your base metabolism with exercise accounts for more calorie consumption than the exercise itself.)

Knee and hip connective tissues (ligaments and tendons) have probably lost much of last year's toughness and suppleness, so minimize stress on them by spinning lower gears and by dressing very warmly. Gradually re-familiarize your back with the aero position by spending short periods in the drops. Include a warm-up and warm-down period in your ride, then go straight home for a warm shower.

Get your bike ready

I don't at all enjoy riding a resistance

trainer, so early in the season I'll ride in any weather short of a steady rain or a blizzard. If you feel the same about resistance trainers, prepare for the slush, mud and crud by installing some cheap fenders on your bike. The fenders' purpose is not to keep your bike clean, but to keep you drier, and therefore warmer. While you're at it, put some reflective tape on your seatstays and strap on a VistaLite so auto drivers can see you while you're riding in all that bad weather.

On my spring training bike I also install a Cateye Micro computer in addition to my usual Avocet 40, for these reasons: It has a cadence function, and it has a rear-wheel pickup which comes in handy when I simply *must* ride the resistance trainer. My handlebar clutter concludes with that funky-looking foam thing that holds the heart rate monitor, which I find useful only in the spring.

Get with a program... any program

You'll see steadier progress if you follow one of the many training programs that can be found in cycling books and magazines. There are programs for tourists, racers and beginners shooting for a century. There are programs that stress long slow distance (LSD) in very low gears, programs that emphasize spinning your brains out until the end of May, and programs like that of 5-time US Masters Champ Dr. Steve Johnson that include fairly hefty doses of power work early on. If last year's program left you less than satisfied, try another one this year.

No matter which program you choose, it's a good idea to keep a training diary or, at the very least, a mileage log. If winning bike races is your goal, you simply must keep a diary to track your training success, physiological responses (resting heart rate, perceived fatigue, sickness, etc.), and nutrition (food and vitamins). I have never kept a diary because my cycling aspirations have never been so lofty, but I still keep a mileage log and jot down my weekly weight check in the margins.

As you can tell, I really don't like "spinning the magnet," so I keep my time on the resistance trainer to a bare minimum, between 30 and 45 minutes. These short sessions help to fill in training gaps caused by bad weather and real life, and although they won't improve fitness they will minimize setbacks in my program. *

All-Class Self-Classification Ride

Saturday March 6th

Our ride classifications are intended to make our rides be sources of pleasure for all participants. By encouraging clubmates of similar ability to ride together, we try to ensure that no one has to "die" trying to keep up, nor wait for slower riders to catch up. In order to invite riders of all abilities to meet, we encourage you to come on our All-Class Club Rides later in the year..

With our large menu of rides to choose from each weekend, many members, especially newcomers, are uncertain which rides are most appropriate for them. So, on Saturday, March 6th, (rain date: Sunday, March 7th), we 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 and is intended to force you to pace yourself within your limits. Please note: Any time spent gasping for breath by the side of the road due to impetuous overexertion is charged to your total time — no 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.

At the sign-in on March 6th, 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 Boathouse. 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, bring a self-addressed postcard to the ride. Come out, do your stuff, and start another season of happy cycling.

-- Irv Weisman

BLOWOUTS

LOU B. POKES

Gee, it sure was great having a month off and reading about the Boardroom antics of last year's Board. This year's Board sounds a little more business-like. The quote from the January meeting was "George Kaplan used his gavel unsparingly". And, if you ask Geo about his gavel, he'll give you its family history.

So was our Holiday Party a success or what? To paraphrase Yogi Berra, "Nobody went there - it was too crowded". The all-time club attendance record was set as we exceeded the fire code at the Flatiron Grill. Even people we never see showed up for this party. Why, Dena Neihaus and Mindy Kaufman thought they even saw me there. (Sorry, it wasn't me. But I did have my spies there.) Was it the central location, the great food or the party atmosphere? Whatever it was, everyone seemed to have a great time.

One of the highlights of the evening may have been New Faces, sort of. They were our same old friends, they just looked different. We actually got to see the face of a beardless Peter Hochstein. Jane Leener showed up with a new hair color. Now even Lance isn't sure what her natural color is. And Mike Samuel could have won an Ed Flowers look-alike contest with his new hairdo (or lack of hairdo).

After the Flatiron's fabulous buffet (it must be good - Rikki Furnam went back for a second and *third* plate of food), it was awards time. Mendel Markstein's bicycle jewelry was awarded to the four leaders who led the mostrides in 1992: Larry Ksiez, Jim Babbitt, Geo Kaplan and Mark Martinéz. Then Ed Fishkin and Jeff Vogel gave out their annual Wacky awards. Chuck Wong won Most Excuses again and was later overheard explaining why he wouldn't be on the Club ride the following Saturday. Sounds like Chuck was campaigning for *next year's* Most Excuses. Ernie Yu won the prestigious Diner of the Year, following the fork of prior immortal face-stuffers Tom Lowenthal and Steve Pollock. And in a departure from the usual Couple of the Year, this year's award was for Ex-Couple of the Year. My attorney has advised me not to talk about it though!

And who supplied the mistletoe? Jody

Sayler. "It's the Oklahoma State Thing", she informed us. And you thought she was from Planet Plimpton. Jody also deserves a round of thanks for making all the arrangements at the Flatiron Grill. Well done Jody.

Now that Ralph Lauren will be coming out with a line of cycling clothes this summer, the question is who will be the first to wear the Polo Logo. My guess is Rachel Spevak.

Imitation is the sincerest form of flattery. First there was the bold red ad in Velo News; "Rumors, Scandal and Gossip", for Hotline Cycling's Inside Line. Then the Country Cycle Club started a column titled Heard it on the Paceline by Dee Rayleer. Now the Long Island Bicycle Club has a column Pulling Your Chain by Squeaky Wheel. A recent paragraph started, "Speaking of Phil Ayzavian, he and Elizabeth Maas (yes)..." Come on guys, get original! By the way, has Rikki Furman figured out what (yes) and (no) means?

Does anyone recognize the cartoon drawings in the current issue of City Cyclist? They were done by NYCC member Kyle Skrinak. And the article on friendly bus drivers was written by NYCC'er Neal Linden. Guess what he does for a living.

Sorry. In my last column I forgot to mention that Kevin Mulvenna and Jud Santos both finished the NYC Marathon. I have no excuse for missing Kevin. But Jud finished in 2:49! I wasn't even awake yet.

And speaking of running, why were 20 people seen running out of Jeanine Hartnett's apartment at 11:30 p.m. on New Year's Eve? They were all on their way over to Central Park for the annual Midnight Run. Well, almost all of them were running. Richard Rosenthal, who has regressed past running, was seen on roller blades. What's next, Richard, race walking?

Congratulations to Doug (Grampa) Blackburn, 91b+ Catherine Victoria was born on the day after Thanksgiving.

Congratulations are also in order for Rosanna and Bob Trestman, not only for expecting their first child in April, but for having the baby-sitters, Sherri Gorelick

and Don Mikkelsen (yes) move in next door.

And, also to Amy Sackman (co-winner of the Vanishing Rider Award) who, I learned, was recently engaged. If the engagement is as long as the courtship, she'll be married by the time this is printed.

Lastly, congrats to Ed Fishkin, who apparently found more than his watch.

On the bike achievements deserving recognition are the 12,000 miles ridden by Karl Dittebrandt (our 1992 Rider of the Year), the 10,000 miles ridden by Alan Resnick, who finished the year by winning the Turkey Race, and the 1,200 miles, including his first century ever, ridden by James Ross. Hey, he's only 12 years old.

Thank God for Thera-Flu. Howelse would Lisa Halle have made it through the day?

Has anyone figured out why Alan Geiger never goes anywhere besides Nyack? It seems Alan, who only rides tubular tires, would rather not carry more than one spare. So he actually buried several spares along Route 9W! He marked the trees where they are buried and can pick up a fresh spare whenever he needs one. You can't make this stuff up.

How many of you saw Jeff Vogel's beautifully repainted purple Pinarello? You know the one - Stefani Jackenthal did all the custom artwork. If you haven't seen it yet, it may be too late. On a recent ride to Piermont, Jeff was involved in what appeared to be a minor accident on the George Washington Bridge walkway. Irv Schacter and Mendel Markstein checked the bike while Jeff checked his head. There didn't appear to be any serious damage to either, so Jeff got back on the bike and tried to continue. After wobbling around the bridge stanchion, he stopped and said, "Something's wrong. I've got toe clip overlap." Irv and Mendel assured him that toe clip overlap was all right; they had it too. Well, guys, its only OK when you start the day with it, not when it develops in the middle of a ride! Two, tubes were bent! Irv and Mendel, you're our *Road Bozos* this month. *

PRESIDENT'S MESSAGE:

This month my message is "How to . . ."

George Kaplan

1. Lead a Ride.

Contact **Mark Martínez**, VP Rides - 718 726 7644 - if you are not certain at all of what to do. He will advise you on ride classification and general parameters of ride leadership. Once you are certain as to the level of your ride, then contact either **Ellen Richard** A Rides Coordinator - 212 505 0697; **Jim Babbitt** B Rides Coordinator - 718 296 0027; or **Nadine Manney** C Rides Coordinator 212 595 6555. They will advise you on possible routes, how to prepare a cue sheet and/or map, how to fill out a ride listing, and the names of possible co-leaders, if you so desire. Don't hold back. We are here to help you get started leading rides.

2. Obtain Bike Permits.

Metro North - Apply in person at Window 27, Grand Central Station or call 212 340 4916. Cost is \$6.00.
LIRR - Call 212 990 8228. Cost is \$6.00.
PATH - Call 201 216 6244. Free.
Jersey Transit - Call 201 460 8444. Free.

Please note that each railroad has its own rules and regulations, and that each permit is only valid on the line issuing it.

3. Group Use of Metro North.

Once again **Jeff Vogel** - 718 275 6978 - has graciously consented to serve as the NYCC liaison with Metro North for group trips - 5 or more riders. Contact Jeff at least 30 days in advance of your trip, and please bear in mind that on certain holiday weekends we may not be able to make arrangements.

4. Roster Changes.

Have you moved? Changed your phone number? or have we printed them incorrectly in the bulletin? Please write to **Hannah Holland**, 211 West 106th Street, #8C, NY, NY 10025 - to make any changes, additions, deletions, etc. in the roster and bulletins mailing list.

5. Membership Questions.

Contact **Herb Dershowitz** - 212 929 0787.

6. Dues or Club Finances.

Call **Larry Nelson** - 212 874 5125.

7. Bike Repair Seminars.

Richard Rosenthal - 212 371 4700 - has consented to lead Bike Repair Seminars again. If you are interested in serving as a leader or in learning how to . . . contact Richard.

8. Bulletin Submissions.

Contact **Jane Kenyon** - 212 662 1935 - for details and guidelines on submitting pieces for the bulletin. She may even waive the diskette rule for you!

9. Meeting Information and Programs.

Jody Saylor, is the one to call at 212 799 8293.

10. Anything I omitted.

Call me at 212 989 0982 and I will do my best to help.*

BROOKLYN BRIDGE BIKE RIDERS

We have been informed that the NYPD has been handing our summonses to bike riders jumping the red light as they leave the Brooklyn Bridge Pedestrian and Bike Path at the Manhattan end. Please note that the path narrows at the Manhattan end of the bridge, and that cyclists are told - by signs - to dismount and walk to the end of the bridge.

CAVEAT CYCLIST

NEW YORK CYCLE CLUB BOARD MEETING (Tuesday, December 1, 1992)

Present: Jim Babbitt, Margaret Cipolla, Herb Dershowitz, Sherri Gorelick, Geo Kaplan, Jane Kenyon, Cliff Kranish, Mark Martínez, Larry Nelson, Richard Rosenthal, Jeff Vogel

Absent: Lisa Halle, Hannah Holland

Also attending as guests: 1993 Board Members - Nadine Manney, Ellen Richard, Jody Saylor.

The November meeting minutes were accepted. Clif reported that he sent letters to United Cerebral Palsy and the Dessner Fund regarding the unauthorized use of our roster as a mailing list.

Jim said he may try a Toys for Tots Ride next year. Jeff asked about the confusion arising from using two ride classification systems simultaneously. The discussion will be postponed until the January meeting when Mark will prepare a report for the Board.

Larry presented the final financial report for fiscal year 91/92 and proposed budget for fiscal year 92/93.

Jane stated we should try a new Voice Mail system instead of our current answering service. The current problem involves the timeliness of our response and not the cost involved. Jane agreed to do further research and to continue the discussion in January. The Board will give a patch kit and a Powerbar in recognition of those who led three or more rides in '92. Herb announced that we will end the year with approximately 960 members.

Richard said he spoke to the Mayor of Southampton regarding the ordinance against cycling on Main St. and Jobs Lane. He also said he will contact the Palisades Park Police regarding their insensitivity towards cyclists. Richard also said he will finalize the Public Service Announcement for the Scheutze Fund. The Board thanked Richard for his work in getting the curb cut at the ramp of the GWB.

DEPT. OF ERRATA AND ADDENDA

My year-end summary, published in the December Bulletin, should have mentioned Karen Reich and Gerry Wendrowsky among those who lead special rides in '92 for their having lead the Memorial Day Weekend in Sheffield, MA.

Belated (and exceptionally generous) contributions of bike stuff to give to the community were received from Lawrence Ksiez (helmets), Moe Slotin (a bike), Dick Goldberg (stuff) and I overheard Arlene Ellner say to herself at the end of one meeting "Damn, I forgot to bring..."

There wasn't one meeting at which I didn't forget to say one or more things. I forgot to mention at the December meeting I will pass to George Kaplan what I would like to see become a symbol of the office of club president, sort of like the scepter and orb is to the throne of England: it's a really ugly and awful sounding bike horn that Mark Martínez gave me a year ago as a "gavel". I've lost it in the mess that is my apartment, but just as soon as I find it I will pass it along to Pres. Kaplan for him to give to his successor.

—R. Rosenthal

1993 Progressive 'A' SIG Ride Series

Are you unsatisfied by the comfortable pace on 'B' rides? Or are you lonely training alone, and looking for people who ride as a team? Do you dream of climbing mountain passes like Claudio Chiappucci? Or do you wish you could crank 90 miles, and still have the energy to go out on a date?

If you answered Yes to any of these questions, and you're itching to move up and go on some 'A' rides, the Progressive 'A' Special Interest Group is for you!

Known affectionately as "the SIG", this ride series is designed to pass on the skills and knowledge needed to participate on our club's 'A' rides. We provide a supportive environment for riders looking to increase their fitness, learn group riding etiquette, and polish their cycling skills. The series is intended for less accomplished cyclists—many of our finest graduates had no paceline experience prior to the SIG.

The seventh annual Progressive 'A' SIG begins this year on **Saturday, March 6**, with a friendly 4-loop cruise around Central Park, followed by cookies and coffee to get acquainted. Each succeeding week, we go just a little farther and a little faster, until we finish with a spectacular and challenging graduation 'A' ride on May 22. There are twelve rides in all, scheduled on Saturdays so that Sundays can serve as rain dates.

The leaders include the SIG founder, past leaders, and recent graduates. We provide valuable instruction, dispense free equipment advice, offer lots of encouragement, pray to the heavens, and tell phony stories to get you to finish. Feel free to contact us with any questions about the SIG. This year's leaders are:

Herb Dershowitz	(212) 929-0787
Christy Guzzetta	(212) 595-3674
Jane Kenyon	(212) 662-1935
Lance Leener	(212) 947-9392
Ellen Richard	(212) 505-0697
Carolyn White	(212) 260-8737
Ernie Yu	(212) 663-5747

Check the Club Rides section of the bulletin (p.5) for the start time and location. Road bikes and helmets are mandatory. There is no fee.

The SIG produces dozens of skilled cyclists every year—many are able to continue into competitive cycling, and all are well-prepared for our 'A' rides. Everyone gets in great shape, improves their cycling, and makes great new friends. The SIG has changed lives, and it can change yours!

So don't just sit there, make the commitment! Be there on March 6!

— Ernie Yu

If Herb Says So, It Must Be

Rider profiles, Racing News, Product Reviews, Bike Politics, Ride & Race Guide, Ride Maps, Comics, Action Photos, Gossip, Traffic Tips, Metro Mountain Biking, Bike at Work, Contests, Classifieds, Market Street. All with a NY Metro flavor, and all at a special NYCC rate of only \$5 for one year (8 big issues). For a free testimonial, call Herb at (212) 929-0787.

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in **TRAFFIC**
The Metro Cycling Journal

NUTRITION CORNER

by Nadine Manney, MS, RD

Nutritional Ergogenics: Help or Hype?

Athletes everywhere are searching for that "something extra" that will give them an edge over their competitors. After training and genes, proper nutrition, especially adequate carbohydrates and fluid intake before and during competition, is recognized essential for athletic performance. For many athletes, the pursuit of peak performance also includes the use of ergogenic aids.

"Ergogenic" is derived from the Greek *ergon*, which means "work". In the sports lexicon, the term is used to describe any method for enhancing physical performance by improving energy utilization and delaying fatigue. However, some purported nutritional ergogenics may actually be ergolytic - that is, they may impair performance - under certain conditions. The following are examples of aids that have been used by athletes to enhance their performance.

Pharmacological Aids

Alcohol is a food/drug thought to enhance endurance performance by altering a person's perception of fatigue and by providing energy. It appears more likely that alcohol may impair rather than enhance physical performance. Alcohol decreases glucose release from the liver, which reduces blood glucose and leads to hypoglycemia and possible premature fatigue.

Caffeine is another food/drug reported to enhance endurance performance by stimulating the release of free fatty acids, which increases the use of muscle glycogen. Research has reported significant improvements in running and cycling performance that may be related to caffeine-induced increases in epinephrine levels. Athletes are permitted small amounts of caffeine before competition, but intake of 6 to 8 cups of coffee will elicit a high urine level and may cause grounds for disqualification.

Nutritional Aids

Most nutritionists agree that a balanced diet can supply most athletes' nutrient needs and that supplementation above the RDAs is unnecessary. Research data have shown that, while most commercial supplements are considered ineffective, a few merit additional research to clarify equivocal findings. Here's an overview of seven common nutritional supplements.

Vitamin E

Vit E is an antioxidant that is thought to enhance aerobic endurance by reducing the peroxidation of red blood cell membranes. A review of the literature found that megadose supplementation of vit E (up to 1,200 IU) did not enhance aerobic performance or physical performance at sea level. Other studies have shown that vit E supplementation increased aerobic capacity at altitude, although additional research on this topic is needed.

Vitamin B-15

Vit B-15, also known as calcium pangamate, is being touted in advertising as a vitamin increasing muscle glycogen, but four well-designed studies found that vit B-15 supplementation has no effect on cardiovascular and metabolic responses to exercise.

Bee pollen

Bee pollen, which contains numerous vitamins, minerals, and amino acids, is not associated with any specific physiological effects that may be ergogenic. Its presumed ergogenic benefits had been linked to the roles of vitamins and minerals in exercise metabolism, primarily in facilitating recovery during exercise, but several well-controlled studies concluded that bee pollen does not enhance physiological responses to exercise or recovery.

L-Carnitine

L-carnitine is a vitamin-like compound that facilitates the translocation of free fatty acids to the mitochondria for oxidation. Theoretically, L-carnitine supplementation could spare muscle glycogen by indirectly decreasing the production of lactic acid. However, studies found that L-carnitine supplementation did not improve fuel utilization, anaerobic threshold, aerobic capacity, or endurance, and there are insufficient research data to support the use of L-carnitine by athletes.

Inosine

Inosine is a nucleoside with a variety of metabolic roles, many of which are species-specific. Inosine has been marketed for endurance athletes because it might reduce glycogen breakdown, promote vasodilation, and facilitate oxygen release to the muscles by increasing red blood cell levels. An investigation of its ergogenic potential found that inosine had no effect on blood cell levels, metabolic changes during exercise, time to exhaustion, or treadmill performance.

Coenzyme Q10

Coenzyme Q10 has characteristics similar to a vitamin but is actually a lipid. It plays a role in oxidative metabolism and has been used therapeutically to increase oxygen uptake and exercise performance in cardiac patients. This led researchers to theorize that CoQ10 might enhance performance in healthy athletes, but research does not support this hypothesis for CoQ10 given alone or as part of a commercial supplement.

Phosphate salts

Phosphorus is an essential nutrient that functions in the body as phosphate salts and serves as a cofactor for several B vitamins. Early research indicated that phosphate salts possessed ergogenic properties, but contemporary research has produced mixed results. Some studies reported that phosphate supplementation offered no benefits for cardiovascular function, oxygen efficiency, lactic acid production, aerobic capacity, or performance in a 5-mile bike race. Other studies reported opposite results: significant increases in VO₂ max, decreases in lactic acid during submaximal exercise, increases in cycling and running endurance time, and a faster time in a 40-km bike race.

So What's The Final Score?

When determining whether to use a particular ergogenic, an athlete should consider whether the substance is legal, safe, and effective. Endurance athletes can legally use all the ergogenic aids discussed above, except for caffeine in high doses and alcohol in certain sports. Safety and effectiveness are other factors. Caffeine, phosphate salts, and vitamin E at altitude are safe at appropriate doses, but additional research is needed to confirm their ergogenic effects. At present, there is no scientific evidence to support bee pollen, vit B-15, L-carnitine, inosine, CoQ10, or alcohol as performance enhancers. In fact, several of these substances may pose safety risks: bee pollen can cause allergic reactions, mutagenic compounds have been found in some forms of vit B-15, CoQ10 has been linked to production of free radicals, some forms of carnitine can cause toxic effects, and alcohol is an addictive drug.

Therefore, until scientific research proves otherwise, a well-balanced diet is the surest way to build the muscle tone, strength, and endurance needed for success in competitive athletics. *

References are available upon request.

Classified

To Sublet: Country cottage anytime from now until June. One very large bedroom, with woodstove and heart. In Columbia County (2 hours north), close to great cycling and cross country ski terrain, ski slopes, and the Berkshires.

Call Bob and Rosana Trestman (212)928-8456.

For Sale: 54cm (c-c) Atala SL with Campy Athena/Chorus, look pedals, Mavic rims, etc. Excellent condition, \$500.

Call Rick (212)866-1966.

For Sale: 4 month full membership to the Printing House Health and Raquet Club in Tribeca. \$150.00, worth \$313.00.

Call Amy, (212)758-7270.

For Sale: 52cm aluminum Bridgestone Radac. Mostly Shimano 600, now set up as fixed gear, can easily be converted to road bike. \$500.

Call Stephani (212)769-8718.

Cutting back on hobby sale:

- 58cm Klein Performance (touring/triple crank), blue.
- 57cm Rossin, blue, chrome rear triangle & lugs. Microfusion chrome fork. Ordered at factory, worked on by Mario Rossin himself...I think. Frames avail w/ or w/o components.
- Fine hardwood workbench on casters, w/ or w/o Park Pro Clamp and Park Pro Truing Stand.
- Wheels, wheels, wheels. Campy 1034 record and Dura-Ace hubs, 32 & 36. DT butted spokes. MA 2 Mavic silver & Campy aero rims. See all 4 mins. from Boathouse. No reasonable offer refused.

Call Richard, (212)371-7400.

Letter to the Editor

My wife and I have recently moved to Atlanta, Georgia. I miss the Hudson River Valley, but the cycling around Atlanta is great. If any NYCC members want any information on riding here (or a riding companion), I would welcome any calls at 404-424-7550. Good luck to NYCC - y'all do a great job.

Very truly yours,
Michael Frank.

Met on the road . . .

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Wither I goest, I will follow . . . so long as it's in a paceline.

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 memberships:

☐ AMC ☐ AYH ☐ Bikecentennial ☐ CCC ☐ CRCA ☐ LAW ☐ TA ☐ Other

For demographic purposes only (Optional):

☐ M ☐ F Age: _____ Occupation: _____ How many NYCC rides have you done in the past 12 months? _____

1993 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.**

TUESDAY FEBRUARY 9, 1993

**TAKE A FANTASY BIKE RIDE
THROUGH ITALY**

Presented in slides by Lauren Hefferon, avid cyclist, illustrator and director of
CICLISSIMO CLASSICO: Exclusive Italian Cycling Vacations.

She will bring you up close and into the lives and spirit of the Italian people as you follow her on a *bellissimo* two-wheeled journey through the culture and backroads of Tuscany, Umbria, Sardinia and Souther Italy. Lauren will discuss her ten years of experience cycling with Italians and traveling through Italy, as well as vividly showing you why Italy is one of the most beautiful, friendly and delicious places to cycle in the world.

Note the new location for the Club meeting:
FLATIRON GRILL at 937 Broadway

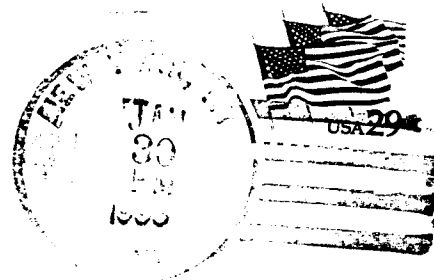
(betw. 21st and 22nd Streets)

Drinks at 6pm, dinner at 7pm, program follows.



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



10/08

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