# October 1993

# NYCC Bulletin



"Mom! Dad! There are some really weird and frightening people at the door!"

#### New York Cycle Club P.O. Box 199

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

#### **President**

Geo Cari Kaplan (212) 989-0982

V.P. Programs Jody Sayler (212) 799-8293

V.P. Rides Mark Martinez (718) 726-7644

**Secretary** C.J. Obregon (212)876-6614

Treasurer Clif Kranish (212) 473-6745

Public Relations Karin Fantus (212) 873-5559

Membership Herb Dershowitz (212) 929-0787

Circulation Hannah Holland (212) 666-2162

Bulletin Editor Jane Kenyon (212) 662-1935

A-Rides Coordinator Ellen Richard (212) 505-0697

B-Rides Coordinator Jim Babbitt (718) 296-0027

C-Rides Coordinator Nadine Manney (212)595-6555

Past President Richard Rosenthal (212) 371-4700

#### 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 precipitation 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 levers, water, pocket food, and medical I.D. Optional items include a lock, maps, commuter rail bike permits.

Helmets are required in Rockland County and

on some roads in New Jersey, and are strongly recommended at all times. Headphones, illegal in New York State, are not.

Club rides attempt to maintain the flat cruising pace printed after the ride class in the listing (i.e. **B15**). Consult the chart below for details of riding style. 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	Ride Description	Cruising Speed (flat terrain)	Central Park Self-Class Times (4 laps = 24.5 ml.)
Α	Vigorous riding, frequently in pacelines. High regard for good riding style. Stops every 2 hours or so.	22+ mph 20–22 18.5–20 17–18.5	< 1:10 1:10–1:16 1:16–1:23 1:23–1:30
В	Moderate to brisk riding with more attention to scenery. Stops every hour or two.	16–17 15–16 14–15	1:30–1:38 1:38–1:48 1:48–2:00
С	Leisurely to moderate riding: destination oriented. Stops every half hour or so.	13–14 12–13 11–12	2:00–2:14 2:14–2:30 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 NYCC.

Address. Send correspondence to: Jane Kenyon, Editor NYCC Bulletin, 235 West 102 Street, Apt. 15D, New York, NY 10025.

Classifieds. Two classified ads per member per year are free (up to 6 lines), additional ads are \$1.00 per 25 character line. Please send classified listings directly to the *Editor* at the above address.

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 guidelines and/or advance approval. It is preferred that articles be submitted to the Editor on a 3.5 inch diskette.

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. 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. © Copyright 1993, NYCC. All rights reserved. May not be reprinted in whole or in part without written permission of the editor.

Credits: Front Cover art, Mike Samuel
Bicycle trivia: Caryl Baron
Back Cover art: George Brown

**Deadline.** The deadline for all submissions and advertising is the day of the Club meeting of the month prior to publication.

Deadline for the November 1993 Bulletin is October 12th.

# ...Club Rides...Club Rides...Club Rides...Club Rides...Club Rides...

#### Saturdays throughout October

#### A21+ 45mi Fall Classic

9:00am

Leader(s): Bob Shay (212 996-2625). From the Boathouse. Brisk, cooperative ride with no stops and minimal traffic lights. Likely routes will include River Rd., 9W, 501, Booth, Clinton, etc. High regard for excellent, safe riding style. Ride leaves at 9:05 sharp. Rain or less than 40 cancels.

#### Saturday, October 2

A/B/C 55mi River Road Time Trial

9:00am

Leader: Ellen Richard (212 505-0697). From the Boathouse. Repeat of July's time trial. \$1 fee for insurance. Helmets required, a few volunteers to marshal would be appreciated. Regroup afterwards for a spin up to Nyack or Rockland. Rain cancels.

A18 65mi New York - New City Local 9:00am Leader(s): Kevin Mulvenna (212 595-1560); Liane Montesa (212 534-5736). From the Boathouse. No pace-busting allowed on this nice and easy ride to New City. *Good Times* diner for lunch OR, maybe hang out by the courthouse grounds. The usual nastiness cancels.

B16 55+/-mi Just Nyack

9:00am

Leader(s): Bette Freedman (212529-3408). From the Boathouse. River Rd. to Nyack. 9W back, maybe some hills. Rain cancels.

B13 60mi Kensico Dam via Bicycle Path 9:15am Leader(s): Sandy Gold (212 222-4076). From the Boathouse. My famous scenic ride on the Bronx River Bicycle Path. The path winds through beautiful wooded terrain as it follows the river up to Valhalla and the Kensico Dam. This is a SLOW "B" ride, ideal for hybrid & mountain bikes. Lunch under the trees. Helmets/spare tube required. Rain cancels.

ATB 25+/-mi Croton Aqueduct Offroad Trail 9:00am Leader(s): Ed Raven (212 796-3137). From Van Cortland Pk. (W. 242nd St. B'way -#1 train). Joint with 5BBC. Use your mountain bike the way nature intended, on a trail following the path of the old Croton Aqueduct. This non-technical trail is well suited to off-road beginners Formally a part of N.Y.C.'s water supply system, the aqueduct is now a 25 mi. dirt trail from the city line to the Croton dam. The trail runs through parks, woods, town centers and even a few backyards. At the end of the ride a Metro-North train (passes required) will whisk everyone back to the city.

C7 13mi Robert Moses' Devine Riverside Park 1:00pm Leader: Paul Rubenfarb (212 740-9123). From NE corner 181st St. & Ft. Washington Ave. ("A"train). Enigmatic planner Robt. Moses began commendably by combating developers' criminal sprawl devourment of open space with land-rescuing parks. Later he abetted sprawl's cancerous suburbanization by building expressways. The lofty bike paths decorating upper Riverside Park are the magnum opus of his idealistic youth. Rain or shine.

#### Sunday, Octobers

A 60-70ml Safe Riding "A" S.I.G.

9:00an

Leaders: Carolyn White (212 260-8737); Steve Pollock (212 777-7ELF); Jeff Vogel (718 275-6978); Paul Leibowitz (212 799-0161). From the Boathouse. The series continues! We'll try and focus on improving bike handling skills. Route is still undetermined but will be slightly more hilly than last month's flat rides. Remember that you can join us anytime. Prior participation is not required — a helmet, openness to constructive criticism and ability to laugh are. If you have something to learn, or something to teach, come along! The usual cancels.

A21 60mi Rockland Lake

9:30am

Leader(s): Don Montalvo (212 307-7753). From the Boathouse. 9W 2x. Call leader to confirm. Rain cancels.

B17 70-80mi "Somewhere"

9:00am

Leader(s): Larry Ubell (718 448-1384). From the Boathouse. A good Bernstein song. A better ride. The only problem is — I don't know where we're going, but I'm sure there's a "place for us.". Rain cancels.

B17+ 100mi Second Annual Long Island 100 8:00am Leader(s): Steven Britt (718 204-4970). From the Boathouse. 100 miles of mostly Nassau County with some quiet roads in Queens and Suffolk Counties. Lunch at Bethpage St. Pk. (Note change in date from last month's preview!) Rain cancels.

B14 70mi 70 (ml.) for 70 (years) 8:30am Leader(s): Irv Weisman (212 567-9672). From GWB Bus Terminal (FT. Washington & 178th St.). I can't indefinitely keep increasing my birthday ride distance to match my age, but I think that I can manage this one—through scenic, rolling hilly Bergen & Rockland counties. My secret is in not gut-busting determination, but rather, a moderate pace and properly designed wide range gears. Come enjoy the scenery, and learn how to climb hills without honking. 60% chance of rain cancels.

#### Friday, October 8

A-KB 110mi Su Casa or Bust

7:30am

Leader(s): Karl Dittebrandt (212 477-1387). From the Boathouse. A moderately paced ride over as few hills as possible, but that does include Minnewaska and a few more. Route is not as yet in it's finished form — but it will be. Rain — we'll take the bus.

#### Saturday, October 9

A18 80mi Greenwich, The Pretty Way 8:30am Leader: Marty Wolf (212 935-1460). From the Boathouse at 8:30 SHARP! Highlight of the ride is my favorite restaurant. If today is a washout, call me about tomorrow.

A/B/C Columbus Day Woodstock Weekend at Su Casa Oct. 9-11 Leader(s): Christy Guzzetta (212 595-3674). Three days of Woodstock, New Paltz, Mohonk Mountain; Rock 'n' Roll at

# ...Club Rides...Club Rides...Club Rides...Club Rides...

fabulous Su Casa. \$210 lodging, transportation, lots of food, parties hills all included. Rides for "A", "B" and "C" riders. Details elsewhere in this Bulletin.

A: 60-70mi Safe Riding "A", S.L.G. (at Su Casa)

From Su Casa (see listing elsewhere). Though we really really don't expect it, if there's enough interest we'll focus on better climbing and safer descending. (Also possible on 10/11 same locale). Some year and the case

C7.20ml Newark's Weequahic Park's Art Deco 1:00pm
Leader: Paul Rubentarb (212740-9123). From front of Greyhound
Office at PATH Newark Terminal. Southern Newark's gentility,
with Edith Wharton scale homes and apartments, evidences in the
architecture around its fine parks. We'll observe how historic
restorers' sweat equity is refurbishing Newark's lustre. Rough,
unobtrusive attire. Rain or shine.

# Sunday, October 10

A20.75-80ml Leating Early nion en'e 8:00am Leader: Mark Martinez (718.726-7644); From the Boathouse. Westchester, Fall foliage, a little hammering, a lot of schmoozing. Lunch: either in Bedford # it's warm or Armonk if it's cool. Rain cancels

C11-12 45-35mi Only to Coney 9:30am/10:30
Leader(s): Peter Hochstein (212 427-1041). From the Boathouse/City Hall. An easy flat ride with some water views. Lunch stop at Nathan's (health food fans ride at your own risk). Warning, bathroom stops few and far between. Bring helmet and lunch money. Rain cancels.

### , Columbus Day - Monday, October 11

A19 80mi Let's Discover Some Hills 8:00am Leader(s): Kyle Skrinak (212 481-3391). From the Boathouse. True to Columbus Day, I have the spirit to discover, but no route map. I want to do a little leg work on my day off, and hit the hills of Rockland County. Hopefully, you'll want to come along as I look for the best hills to climb. Please call ahead if you know of a long, steep climb in this area. Rain or impending threat of same cancels.

# Saturday, October 16

Oct. 16-17: A19/B17 120ml "Something To Ride To" 7:00am Leaders: "A" - Larry Ksiez (718 478-0644); "B" - Steve Britt (718 204-4970). From the Boathouse: That "something" is Shelter Island. We'll ride the South Fork of Long Island to North Haven and takethe South Ferry staying overnight at the Peconic Lodge (\$65 Dol. \$45 Single). On Sunday, another terry to Greenport and return to NYC, via the North-Fork. Call leaders if interested. Two wks. advanced reservation required, so don't call after Sept 24th.

A? 100mic China: Bond Cotsboow vs. 3:00am Leader(s): Tara Crowley (212 439, 9665). To Putnam County to catch a climpse of Fall foliage. In keeping with tradition we'll stop for a dip in China Pond - wetsuits optional. Pocket food

and Metro-North pass for train home. Rain cancels.

A20 55mi Rockland Destination 9:00am Leader(s): Rikki Furman (212 734-2887); Robert Colon (212 926-3739). From the Boathouse. It's over the bridge to a favorite diner . . . Rain cancels.

A15-17 ?mi "A"s & "B"s Who Have Bad Knees9:00am Leader(s): Moe Slotin (212 924-5616) and Jane Slotin. From the Boathouse. Jane (who used to be a "C" rider) just did her first double century in August, and her knees still hurt. Moe (who used to be an "A" rider) has more metal in his knees than in his bike. So we thought it would be fun to lead the slowest "A" ride in Club history. That means experienced, safe riding skills and helmets are required, while speed is not. Other brother/sister teams and people with bad knees are welcome; pacebusters are not. Probably to Nyack via River Rd. both ways. Hope you feel the "kneed" to join us! Rain cancels.

B15 55mi Yet Another Nyack Ride 9:00am Leader(s): Bill Vogeli (212 213-4616). From the Boathouse. Helmets Only ride to Nyack. River Rd. and bike path up - hill evasion technique coming back. Rain cancels.

B16 70+mi DeForest Lake 9:00am
Leader(s): David Hoatson (212 966-7586). From the Boathouse. No Nyack, no River Rd. Up to Rockland County & the wonderfully named Crusher Rd, where we will stop for 2 minutes to admire the marvelous panoramic view. Lunch at a deli somewhere. Western Ave. & 9W home. Rain cancels.

#### Sunday, October 17

A 60-70mi Safe Riding "A" S.I.G. 9:00am Leaders: Jeff Vogel (718 275-6978); Steve Pollock (212 777-7ELF); Carolyn White (212 260-8737); Paul Leibowitz (212 799-0161). From the Boathouse. What better way to learn, than to watch the pros! We're going out to the annual Oyster Bay Festival and crit race. Want to learn better comering or pack riding skills, just hang out near a turn in the course. Want to learn better food consumption skills? Hang out near the food eating contests. Want to learn the fastest way home? Take the LIRR. The usual cancels.

R\*19 120mi Ridgefield Fall Foliage Century 7:00am Leader: Maxim Vickers (718 728-7179). From the Boathouse. \* Retro-Grouch. The 13th (if my memory does not fail me) almost annual running of what used to be the closing century of the season. Full fall colors in Westchester and Connecticut. Riding the way it used to be: Fast, Scenic and Nasty.

A19 67mi Oyster Bay Race Day 9:45am
Leader(s): Richard Rosenthal & Kathleen Eaton (212) 3714700. From the Boathouse. Arrive in time for the women's crit. Stay for most of the Pro Race. Bring LIRR train pass if you want to be sure to get home for "60 Minutes". Subway option from Queens. Rain cancels.

# .Club Rides...Club Rides...Club Rides...Club Rides...Club Rides

9:00am

#### A18/B15 45-50ml "A"s Take the High Road, "B"s Take the 8:30/9:00am Low

Leaders: John Luisi (718 442-4366); Eileen Harrington (212 779-2848).. From South Ferry Terminal (8:30 boat!) or 9:00 at S.I. Borough Hall. Joint with S.I.B.A. Schmooze along the shoreline (and see Alice Austen's house) or visit the only switchbacks in NYC (and learn why the Dutch named one area Death Hill. We'll meet up at the Conference House for lunch and an easy spin back to the "Love Boat." (We don't ride "in da rain.")

B16 65mi Armonk-Mamaroneck (Lunch) 8:30am Leader(s): Abe Karron (D. 516 293-7472; N. 516 526-5213). From the Boathouse. Mostly flat on the way out, rolling hills on return. Lunch at Mamaroneck harbor. Rain at 7:30am cancels.

KB? 60mi Killer "B" Anniversary Ride 8:30am Leader(s): Sting (1-800-STING-ME). From the Statue of Civic Virtue; Queens Blvd. & Union Tpke. Happy 1st Birthday! Ride to the place where the Killer "B"s were born (the Races in Oyster Bay). Original participants are welcomed to come as well as others. Not too many hills this time, just relax and enjoy the day. P.S. - ride is on, whether or not bike race is happening. Rain cancels.

Brooklyn's Adelphi Neighborhood Leader: Paul Rubenfarb (212 740-9123). From front of Bklyn Museum.(Eastern Pkwy stop on #2 or #3). This under-appreciated district, never surveyed or designated by the Landmarks Commission, blossomed as the trolley lines (tom up by General Motors in the 40s and 50s) extended settlement eastward from downtown. We'll see the most omate brownstone-romanesque churches in North America. Rough, unobtrusive attire. Rain or shine.

#### Saturday, October 23

#### A 60-70mi Safe Riding "A" S.I.G.

Leaders: Paul Leibowitz (212 799-0161); Steve Pollock (212 777-7ELF); Carolyn White (212 260-8737); Jeff Vogel (718 275-6978). From the Boathouse. (See Oct. 3rd listing.)

A19 100+mi "Crank Call" 7:00/7:30am Leader(s): Larry Ksiez (718 478-0644). From the Boathouse/

Queens & Yellowstone Blvds. A non-train ride to Hauppauge and back. Flat out with a couple of hills back. Rain, call leader.

#### A19 80+mi Connecticut Connection 8:45am

Leader(s): Steven Britt (718 204-4970). From the Boathouse. We'll skirt the L.I. Sound on our way to some back roads in Connecticut. There's plenty of town for us to find lunch. Metro-North pass required. Rain or temps below 40° cancels.

B17 60mi Alstein's Law of Gravity 8:30/9:15am Leader(s): Alan Stein (718 896-6571). From the Boathouse/ Statue of Civic Virtue; Queens Blvd. & Union Tpke ("E" or "F" train to Union Tpke.). If you can make it up the hills, you can make it down. This is the Long Island 5 hills ride. Quick ride out to Oyster Bay, then a 5 hill loop and return to Oyster Bay for Deli or indoor lunch stop. Rain cancels.

**Connecticut Back Country** Leader(s): Barbara Reser (212 288-0961); Peter Morales (718 833-4370). From Grand Central Station under the clock (\$11.50 roundtrip + Metro-North pass req'd.). Moderate hills through farmland, forest and horse country to the Audubon Society Bird Sanctuary. Buy lunch in Greenwich and eat in the forest before returning 17 miles to Greenwich. Knockout Fall foliage!! Rain cancels.

#### Edward Hopper's Weehawken + West NY's C7 19mi Promenade 1:00pm

Leader: Paul Rubenfarb (212 740-9123). From NE comer 181st St. & Ft. Washington Ave. ("A" train). Weehawken's bluff-perched grand homes derive their oft-painted charm from the steep topography and winding streets which imbues them with lofty front yards and towering porches. West NY's Boulevard East was long coveted for elegant river-viewed apartments. Rain or shine.

#### Sunday, October 24

8:30am A21 80mi **South Mountain** Leader: Ellen Richard (212 505-0697). From the Boathouse. Fast, steady ride with 2 quick stops. As usual, up the Mountain and down Saddle River (Hammer time). Rain cancels.

A20 60mi Nyack

9:00am

Leader(s): Jay Rosen (212 802-0395). From the Boathouse. Need I say more?. Rain cancels.

All Class 7 Lakes Drive Ride:

7:50/8:30am Leaders James & Jerry Ross (212 362-3431). Meet at Grand Central 7:50am for train to Garrison or leave with Steve Britt from the Boathouse at 8:30am to Tiorati Circle in Harriman Park. Self paced ride around 14 mile triangle course used in USCF District 31 Championships, Perkins Drive optional, regroup at Tiorati Circle or Bear Mountain Inn to catch 4:49 PIZZA train back to NY. Metro Rail Pass. Bring lunch, water is available in the park. There are a few good hills, so please leave heavy chains, locks etc. at home. Inflate tires, bring spare tube. Helmets required. Rain in Harriman Park cancels.

B14 50mi Fall Foliage in Montclair 8:45am

Leader(s): Irv Weisman (212 567-9672). From top of PATH escalators in World Trade Center. We'll ride through beautiful Montclair estates, lunch in Little Falls, visit the Paterson falls, and return via the G.W. Bridge or Newark PATH. Hilly sections, low gears advised. 60% chance of rain or predicted high temp below 45° cancels.

B15 55mi Stonewall Special 9:00am

Leader(s): Dick Goldberg (212 874-2008); Wayne Wright (718 626-1002). From 242nd St./White Plains Rd (end of #2 line). Whether you prefer your stone walls made of mortar or loosely fit together, there's plenty of both on this exceptionally scenic ride to Bedford Hills. This may be the one ride all year where you see more wildlife than roadkill. LATE LUNCH after a hilly ride, so bring pocket food, 2 water bottles, helmet and a Metro-North train pass. Easy return via train from Greenwich. Rain cancels.

# ...Club Rides...Club Rides...Club Rides...Club Rides...Club Rides...

B15 60mi Oyster Bay/Bayville 9:00am Leader(s): Hari Soestrino (718 446-3870). From the Statue of Civic Virtue; Queens Blvd. & Union Tpke. Easy paced ride to Oyster Bay via roads not normally used but pleasant to ride and enjoy the scenery. Rain cancels.

C? 25mi Bike Rockland County 10:30am Leader(s): Richard Fine (914 638-0842); Ethan Brook (914 425-2361). From the McDonald's in the Bradlee's Shopping Ctr., Rte 304, New City. Let's do lunch! Joint with TA and other clubs.

#### Saturday, October 30

ATB ?mi It's Not Just Another Picnic 9:00am/9:40am Leader(s): Herb Dershowitz (212 929-0787). From the Boathouse/ G.W. Bridge. I found some great singletrack trails — help me find more.

A21 65mi Pre-Halloween Ride 9:00am Leader: Jane Kenyon (212 662-1935). From the Boathouse. I'm planning a trick ride appropriate to the weekend's treats. Come if you dare. Ghosts and goblins cancel.

A19 90+mi "Rollin' On" 7:30am

Leader(s): Larry Ksiez (718 478-0644). From

G.C.T. info. booth. Bike train to New Haven.

Ride to shore points such as Branford and Madison with a bike train home. Take approx. \$20 for train fare (will be less). Rain cancels.

B16 55mi White Plains 9:00am Leader(s): Karl Dittebrandt (212 477-1387). From the Boathouse. The last time I was in White Plains I got lost. I have been there probably 500 times and STILL got lost. It will not happen again. Rain cancels.

B16 60mi Oyster Bay & Snake Hill Rd. 9:00am Leader(s): Mike Brennan (718 458-1762). From the Statue of Civic Virtue; Queens Blvd. & Union Tpke. Brisk paced ride to Long Island's North Shore. We'll do a few hills (including Snake Hill Rd.) to keep your legs pumped. Rain cancels.

B14 50mi Short Long Island Ride 10:00am Leader(s): Jim Babbitt (718 296-0027). From the Statue of Civic Virtue; Queens Blvd. & Union Tpke ("E" or "F" to Union Tpke.). An easy paced ride thru Rosyln and onto Sea Cliff for lunch.

B17+ 65+mi Park Ridge Revisited 9:00am Leader(s): Steven Britt (718 204-4970). From the Boathouse. This will be the same route I used for my first ride this year. At least I hope it is since it was back in March and I don't know where the cue sheet is! Expect some "small" hills. Rain or temps below 40 cancels.

C7 15mi Jackie Gleason's Bushwick 1:00pm Leader: Paul Rubenfarb (212 740-9123). From front of Bklyn Museum. (Eastern Pkwy stop on #2 or #3). See this archetypal NY walk-up neighborhood of manual worker flats erected for this purpose when Brooklyn was an industrial power-

house. The limestone facades of Tuscan provenance effuse the old NY zeitgeist along with the under-the-El charm captured by such Ashcan School painters as John Sloan and William Glackens. Rough, unobtrusive attire. Rain or shine.

#### Sunday, October 31 (Daylight Savings Time Ends)

A20 200+/-mi The Last Double 4:30am Leader(s): Karl Dittebrandt (212 477-1387). From the Plaza Hotel, 59th & 5th. The fast way to East Hampton, Sag Harbor, Shelter Island, Riverhead. Return by trainfrom Ronkonkama. Rain, temp below 35° cancels.

A 50-60mi 3rd Annual Post-Season, Post-Party Hedgehog Ride 10:30am

Leader(s): Jeff Vogel and Margaret Cippolla (maybe) (718 275-6978); Stefani Jackenthal (212769-8718). From the Boathouse. You can sleep late for this traditional end of the season ride. The first stop is for a civilized lunch in White Plains. We then climb the Trollsteigen before stopping for Margaritas and Coronas (or Aquavit) at Santa Fe in Tarrytown. Bike home along the Hudson Fjord or bring your Metro-Norsk rail pass. Riding skills appreciated, social skills mandatory. As this is Halloween, awards will be given to the best costume [this from a man who

wears a jesters cap on "normal" rides! Rain cancels the ride; call for alternate Hedgehog party plans.

B15 60+/-mi Halloween (Return to Sleepy Hollow) 9:00am
Leader(s): Jim Babbitt (718 296-0027). From the Boathouse. Legends say ghosts and goblins roam Sleepy Hollow; be prepared to meet them. Costumes are optional, but will be appreci-



C13 48ml Annual Croton Aqueduct Fall Classic 9:15am Leader(s): Maggie Clark (212 567-8272). From Dyckman St. -200th & B'way ("A" train). Meet at the benches at the Triangle Garden. In the morning we'll go along the Hudson using the flat Croton Aqueduct path (at least 11/8" recommended). Picnic lunch if weather permits, either in North Tarrytown or Pocantico Hills. Faster return on Rte. 9. Bring Metro-North pass for emergencies. 60% chance rain or predicted high of less than 45 cancels.

#### Sunday, November 7

C? 25mi Bike Manhattan Loop 10:00am Leader(s): Richard Fine (914 638-0842); Ethan Brook (914 425-2361). From the Plaza Hotel Fountain. See rivers and edges of this island. Bring lunch or buy. Joint with TA and other clubs. Rain cancels.

#### **BICYCLE TRIVIA**

Where do the railroad tracks across the road in Piermont go?

# To BMB . . . Or Not To BMB

**Steve Britt** 

Boston-Montreal-Boston (BMB) is an endurance ride of 750 miles, to be completed in 90 consecutive hours, patterned after Paris-Brest-Paris (PBP), which will next be held in August 1995

There I was climbing Mohonk Mountain in the Catskills. The early summer sun beating down reminded me why these are not my favorite weather conditions. The sweat was dripping from my forehead, carving out a path into my eyes. Trying to sting. My lungs were burning for air. And, of course, my mind reaching for some suggestions of why; why am I here? Why am I doing this?

This is the calling cry of a neophyte in training for BMB, searching for the pot of gold at the end of the BMB rainbow. But, what does it look like? Where is it? Will I know it when I find it? And...will I sell all my bikes if I don't?

Those God-awful questions keep popping up from training ride to brevets to BMB itself. You keep promising yourself there is a reason for doing this: for not doing a regular club ride, for not being with your friends on the weekend. For being all alone on this damned mountain. You'll figure out what it is later, you hope, but for now, you continue climbing.

The climb was on a training ride, led by BMB and PBP veteran Karl Dittebrandt. As the season progressed these training rides increased in intensity:moremiles, more climbs, and steeper grades.

You train for months continuing the same scenario. But, there is much more than physical training that is necessary for a successful BMB. Beyond the mental preparation, which I believe is the key to completing BMB, you must consider equipment, nutrition, and the proper use of each checkpoint. The mental preparation included dealing with anxiety that reminds you that BMB-day is coming.

At the start of my first early morning brevet this season, I saw a shooting star. One could take it as a beautiful heavenly display, I took it as a sign that everything would be all right. Don't worry, be happy! Keep riding! So before I could panic at the start of BMB, the astral sign appears again, calming my increasing fears.

(So what's a brevet anyway? A brevet is a qualifying ride for Paris-Brest-

Paris or Boston-Montreal-Boston. There are four required rides varying in length from 124 to 375 miles. At least this is the Reader's Digest version.)

The feel at the start is reminiscent of a brevet: a parking lot, darkness, people. Correction, crazy cyclists. More than were on the brevets, close to one hundred. This scene is made real only by being there. No picture or eyewitness account can satisfactorily describe the excitement, the expectation, the energy that is present at this moment and place in time.

This is definitely more than a brevet. Riders are not only from the northeast, but from all areas of the states, and foreigners from as far away as Australia. For randonneurs, this is the event of the year.

We listen to the final announcements and instructions. Our bikes are given a final look-over, our riding numbers confirmed against an official list. All the riders will be pinpointed over the next 90 hours. As the procession approaches an informal start line, the lights start coming on: the ones mounted on the bikes that is. And that feeling returns. A feeling not found on a club

ride. Not found on any other. There's a sensation, indescribable, that is felt while you ride in a pack, while headlights from your bike illuminate your way. A sea of red ahead, bright lights illuminating from behind. Dangerous? Maybe it is, but the thrill overwhelms you.

There's slight tunnel vision since scenery is irrelevant at 4am.

The procession moves out at 18mph in the dark, and you wonder what will become of the pace come sunrise.

The darkness brings one major scare. A support car decides to pass the pack, an orderly double paceline at this point. The problem is that there is little room on the left to pass while leaving room for potential on-coming traffic, especially with a sharp turn approaching. The eager driver forges on, almost creating a head-on collision. My imagination takes over. What if one of these cars takes out the front of the pack? The entire paceline slows. For just a moment. Both cars stop. The paceline returns to its original pace, buzzing with the event that just occurred.

As daylight approaches, I don't have to worry about an increase in the paceline

speed. The first set of hills are approaching and it is time to get into my own groove. I'd find pacelines along the way. But for now, hillclimbing is best done at my own pace.

And the hills are a reminder of why I am here; to conquer the climb. My training comes back to me in waves. Little hills to long climbs. But most of the climbs ahead are talked about in miles and grade and, of course, encountered after mega-mileage days. A publicized 35,000+ feet of climbing over the entire course. Not to say there wouldn't be any flat sections, but, oh, those climbs.

After the 115 mile checkpoint in Brattleboro, Vermont comes a 55 mile section that in my pre-ride estimates I padded with time for the climbs I knew about. The problem arises from the discovery of climbs I didn't know about. This is by far the hilliest and most secluded section of the course, leaving one with a strong sense of being alone in the world.

With over 4,000 feet of climbing, a lot of it cleverly disguised as flats, my once positive mood now takes on a different character. It is my eventual realization that I am not the only one slowed down by this section that makes me feel better. It is that feeling that gives me the assurance that I do indeed belong here.

But this is day 1, which I end up doing mostly on my own. This was not my original game plan. All those solo training miles are paying off. I am mentally prepared to ride at my own pace and stay focused. I discerned that the mind gets locked into a trance that blocks out the concept of hours and miles and just focuses on pedaling. This is a required acquisition before you can put up with long distances. This ride is very much a mental tennis match. Do I continue or return to the real world? Do I stay at my current pace or do I save it for later?

\*

Club member Steve Britt completed BMB in August 1993, and plans to ride PBP in 1995. He is still leading mid- and long-didstnace rides (see the rides Listings). Although Steve has not decided whether he will ride BMB in 1994, you can find out more about it by contacting Event Director Jeff Vogel at (718)275-6978.

#### **OFF THE SIDE**

Richard Sanders Rosenthal

#### **Uphill Battles**

#### Cog Sucking

You know people who try to squeeze into clothes that are too small for them for the sake of their own vanity. Then there's Jean Sibelius, the composer. He used to have his clothes custom made one size too large in every dimension for the sake of comfort. He didn't look great but he was comfortable. And, after all, unless you're a slave to fashion or to other people's opinions of you, what's more important in clothing than comfort?

My wife, she's a size 22, a true 22. But when I built her bike, I did so with that great bike-sizing expert, Jean Sibelius, in mind; I imposed a 26 on her. I did this because: A) She's a girl, B) She was a relatively inexperienced cyclist, and C) She's of an age that we in cycling euphemistically call Masters.

O.k., o.k., I'll admit it: the real reason is far darker; it's my male pride. Male pride and bikes. What a combination. Did you ever hear two guys comparing the sizes of their cogs, each boasting his was smaller? In this inverse universe, smaller is better. Damn, just when I found something I was big at!

Me? I'm something of a pussy, myself. And it galls me no end to trail my wife up a hill, falling farther and farther behind her as I struggle in my (embarrassingly low) lowest gear...and see so many cogs unused on her bike. Of late, she climbs Booth, Alpine, and Whipporwill in a 22. Her 24 is all but unused since late June. And her 26 isn't even acquainted with her chain, having never been visited by it. I know because, while I don't do a thing to keep the house clean, I do do some minimal cleaning of her bike.

So, you ask, if I can't stand the sight of her having unused cogs, why don't I just put a smaller cog set on her bike and watch her wrestle, and maybe even suffer the hills with a largest cog of, say, a 19 or 20. The answer, of course, is because New York apartments are small and we live in a New York apartment.

What's that got to do with it? you ask. New York apartments are so small that bikes dominate them to the point of being mistaken for the decor style. My wife's bike sits off the floor on a Pedastyle. (She's a short distance away on a pedestal.) Her free wheel is at my eye level. It stares me in the face every day. If she had some microscopic cogs (which, wuss that I am, I define as anything smaller than a 24), it would continually remind me how much a weenie I am in comparison to her. Better for me to leave the 26 on her bike so I can at least pretend she actually needs it.

#### An Odd Sight Seen on Booth Hill

Coming up Booth the other day I saw something huge, something far larger than anything I had seen on an uphill since leaving to bike the Alps a couple weeks before: the number "6" on my speedometer.

#### Lost: One Red Water Bottle; Found: One Alpine Environmentalist.

Somewhere in the French Alps there is a New York Cycle Club water bottle.

A cyclist with only one water bottle cage on his bike confronted a climb up Isola 2000 on an extremely hot August day. He, of course, had his regular bottle and he could stick another one in his rear pocket. Still, that might not be enough water to get him to the top and there wasn't a restaurant, bar, gas station, or even a home en route where he could fill a bottle. He knew this because he and his companion drove the climb before he rode it. On the way down in the car his companion had a good idea: leave a bottle by the side of the road for him to exchange around the half way mark on his ride up which would be about an hour or so later.

"Maybe I better hide it," she suggested. "Nah," the cyclist answered, assuring, "Who's gonna take it? There's no garbage pickup on a late Sunday afternnoon. And sure as hell nobody's gonna pick it up here on an almost completely deserted mountain with no population to speak of and almost no traffic." She left the bottle by a guard rail.

Will the environmentally-minded person who picked it up in the belief he was cleaning up litter please return it.

—DEHYDRATING IN NEW YORK

Next Month: A most *un*whimsical meditation on bike bans in Suffolk County.

### **Effective Cycling Course**

Iaman L.A.W. Effective Cycling Instructor Trainee (ECIT) and am planning to offer the L.A.W. course starting in Jan '94. This course in intended for NYCC members who are smitten with cycle touring enthusiasm but who realize that there is more that they should/would like to know about the bike, bike maintenance, roadside repairs and adjustments, proper widerange gearing and its effective use, safe individual and group riding practices (without tight pacelines), courteous traffic behavior, and pointers on training, fitness, and nutrition. (This course will not meet the needs of racers, wannabe racers, or other high performance riders. The Club has other SIGs for them.)

We will study from several texts, and will meet regularly each week during January and February. Beginning in March, we'll start our ride training program which will prepare us for comfortable 50-60 miles rides, in time for Memorial Day weekend. Successful completion of the course - a final exam and a road test - will get you an L.A.W. Effective Cyclist certificate and a sense of self-assurance on road. I also expect "payback" tot he Club in the form of leading or co-leading B and C level rides and/or the Newcomer's Rides.

For more information and a questionnaire - about your bike, cycling experience (which is not expected to be extensive at this stage), and cycling interests - send a self-addressed stamped envelope to:

Irv Weisman, 1795 Riverside Drive, Apt. 5K, NYC 10034.

BLOWOUTS

LOUIS. POKES

Maria and K

So are we becoming the New York Cycle and Poetry Society, or what? In addition to poems by Carlos Cardona and the Rhyming Cyclist in last month's Bulletin, Wayne Wright's ride listing was done as a limerick. Who says cyclists are un-cultured?

The featured ride last month was the final All Class Ride of 1993. For many of us, the highlight of the picnic at Bethpage State Park was meeting Sid Lang, the founder of the NYCC. Sid was quite impressed by the turnout of approximately 100 riders. As he recalled the entire membership numbered about 30 for the first few years of the club. While he no longer joins us on club rides, Sid still puts in plenty of miles, occasionally doing a 50 to 60 mile day. Not bad for someone who is 85 years old.

And Happy Birthday, Irv Weisman! Maybe we'll all join you for your century ride on October 3, 2023.

It's Lou S. Pokes! Pokes with "P", not Spokes. Marc Rowlan and Phileep Chato (no) still haven't figured out my name.

Best wishes for a speedy recovery go to Laurie Harris and Naomi Utevsky. Naomi broke her elbow while Laurie's recovering from a compressed vertebrae and has just started walking again. Hopefully, Naomi and Laurie, by the time you read this you'll be back in the saddle again.

Even without Laurie and Naomi, the Summer Beach Rides were a great success, with up to 40 people on each ride. In fact, they were so successful that a similar series will run from November to February. It's the Winter Frostbite Series. Geo Kaplan and the Five Boro Bike Club have arranged for a 10:00 AM ride every Sunday leaving from City Hall with a non-beach destination. If they do go to Coney Island, though, will any of them take the plunge and join the Polar Bear Club?

Catherine Woods has always said that she never does anything deserving a mention here. That's not entirely true, But Catherine is your secret safe? Yes!

no stay and ayor

lock, Jeff Vogel, Paul Leibowitz and Caroline White's Safe Riding A SIG got off to an unauspicious start. On a cool, drizzly day, the leaders showed up, but no one else. Maybe it was safer to stay home. The leaders want to remind everyone that they can still come out on the remaining rides, as they are not progressive nor is prior participation required. And yes, they were lonely.

Race report. The Velo News caption under her picture reads "Catherine Chatham was the revelation at 'Toona". Once again our climber extraordinaire surprised an all-star field at the Tour de 'Toona Stage Race. The four day race, the biggest women's race on the east coast, ended with Catherine in fourth place, less than a minute and a half behind the winner but ahead of most of the U.S. National Team! She followed that up with another fourth place finish, this time at the Killington Stage Race in Vermont, proving that her results at 'Toona weren't a fluke. Catherine and the Open Road Team are now a force to be reckoned with in the peloton.

And finally, in the most interesting result, Catherine also finished fourth (again) in the Masters National Road Race. Now if Catherine is old enough to race with the Masters, what age category do the rest of us belong to?

Speaking of racers, that was Stefani Jackenthal pictured in the Fall Cycling Fashions feature in a recent Daily News Magazine Section. Stefani can now add modeling to her long list of careers.

As the Wheel Turns. The gossip circulating at the Boathouse is that Trudy has slowed down because she's getting fat. But that's just a vicious rumor. The truth is she has slowed down but it's not because she's fat. She's cycling for two! No, Trudy is not captaining a stokerless tandem. She's pregnant! Is Todd the father? We'll never know. CBS is canceling this boring soap opera and replacing it with reruns of their Tour de France coverage with extra slow motion replays of the stock car crashes. Good-bye, | Latin 48005 / 19400 Trudy. balore the thyramism

Corrections and Amplifications. Last month I guess the roads are safe now. Steve Pol- it was reported that Mitch Yarvin devoured his way across Massachusetts during the Boston-Montreal-Boston Twin Century. Two states were omitted. Even though there were only seven miles in New Hampshire and a half mile in Vermont, Mitch still managed to stop for food! Some of us have a goal to ride in every state. Mitch Yarvin's goal is to eat in every state! 学验的 奇

110

Normally, my last paragraph is devoted to the Club member who did the stupidest cycling act in the past month. This month I had to go outside the Club. It's not that none of our Club members did anything stupid, it's just that this story needs to be told. Chris Loehner, a Cat II racer whom many of our club members know from racing at the Kissena Velodrome, was out doing the infamous Triangle Ride on a recent Tuesday evening. With traffic backed upon the L.I.E. Service Road, Chris was weaving and squeezing his way between stopped cars when he accidentally clipped a mirror with his handlebars. The bike went one way, Chris went the other. They both bounced off the cars on either side. The drivers got out do see if he was O.K. (He was, only his ego was bruised.) When the driver of one of the cars noticed that his mirror had been shattered, our moronic friend Chris hit him with a barrage of insults and threats. And how did Chris explain this to all his friends? He said he was too busy looking in the mirror to see where he was going! Unbelievable! So if anyone (Jody? Tara?) sees the incredibly rude Chris Loehner, let him know he's our Road Bozo this month.

#### HELP WANTED

Do you have interesting cycling tales to tell? Do you have fun pictures, photos or other graphics related to bicycles? Better yet, can you produce great cycle-related drawings or graphics? This is your newsletter, and I'd like to put your work into it. The whole membership appreciates your contributions. And you'll have the satisfaction of seeing your name in print! Please send all submissions to my address (see page 2), and I'll do everything I can to publish them as soon as possible.

TE graduotes et trojour est errot**... Editor** 

BICYCLE TRIVIA - ANSWER seared and returned to the **sobsorioth accord**ed

#### Elections and Other Stuff

#### YOUR CLUB NEEDS YOU

It's that time of year again. The following nominations for the 1994 Board were made at the Septmeber Club meeting, but we welcome all those interested to run for office. Nominations will close at the end of the October meeting.

President Geo Kaplan

VP, Programs Jody Sayler, Richard Rosenthal

VP, Rides Steve Britt, Larry Ksiez

A Coordinator Larry Ksiez, Ellen Richard, Emie Yu, Steve Britt B Coordinator Fred Stemberg, Carlos Cardona, Jim Babbitt.

Mitch Yarvin

C Coordinator Peter Hochstein, Nadine Manney

Editor Caryl Baron, Jane Kenyon Membership Herb Dershowitz

Secretary C.J. Obregon, Shari Horowitz

Treasurer Clif Kranish, Jerry Ross, Mike Yesko, Reyna

Franco

Public Relations Jody Sayler, Karin Fantus

Circ/SE Coord Christy Guzetta, Larry Ksiez, Jim Babbitt

In November, you will also be asked to elect a new Board for 1994. In addition, you will vote on whether to accept the following amendment to the Club's By-Laws:

Article II. MEMBERSHIP

- §1. Members. Any person over 18 years of age who tenders a completed application and the current Club dues to the Membership Director shall become a member of the Club, subject to the provisions of this Article. Persons under the age of 18 years of age may become Junior members provided that at least one parent or legal guardian is a member of the Club. §2. Application for Membership. An application form for membership, authorized by the Board of Directors, shall include a statement releasing the Club, its officers, members and agents from liability in case of accident, injury or misadventure in connection with Club activities. Applications for Junior Members must be countersigned by a parent or legal guardian.
- §3. <u>Dues</u>. Annual membership dues shall be \$17.00 per person per year and \$23.00 per couple residing at the same address and receiving only one newsletter, payable to the Membership Director on or after January 1 of each year. The annual membership dues for junior members shall be \$6.00 per person per year. Any member who does not renew membership by April 15 shall no longer be considered a member of the Club. Members joining the Club after Labor Day shall pay one half the annual dues.

Article III. OFFICERS

§3. <u>Candidates for Office</u>. Any member may hold elective office, except that candidates for President and Vice Presidential offices must *have been* members for at least one year before taking office. *Junior members may not be officers but may hold positions on committees with the approval of the President and one other officer of the club.* 

§5. Duties of Officers.

¶(j). Rides Coordinators. Rides Coordinators shall, under the direction of the Vice President of Rides, generate and coordinate ride leadership among the members. Junior members may not lead or participate in rides unless the member's parent or legal guardian is also present on the ride.

§7. Election of Officers. Nominations for each elective office in accordance with Article III, §3. will be accepted from the floor beginning at the September membership meeting, and will be closed at the October membership meeting. All nominations are subject to seconding and to the nominee's acceptance. Following the October membership meeting, but before the November membership meeting, a list of nominees for each office shall be distributed to all woting members of the Club, and shall include a ballot. The ballots shall be sealed and returned to the person designated to receive them, as prescribed

#### PRESIDENT'S MESSAGE

Geo Carl Kaplan

From The Boathouse

October 1, 1993

FEEDBACK! Boy, do we get FEEDBACK! and by FEEDBACK! I mean criticism of Ride Leadership and Ride Participants. So, without further ado . . . here is what we have heard during the past nine months:

#### The Seven Deadly Sins

- 1. Leaders who lead at a pace in excess of that announced in the Ride Listing. (Truth in advertising?)
- 2. Leaders who do not provide adequate cue sheets and/or maps. (Get lost, trippers?)
- 3. Leaders who leave riders behind at the start or after a rest or food stop. (Really! get lost trippers?)
- 4. Riders who attempt a ride that is beyond their capability. (Please! Wait for me; or I didn't mean to break up the pace line?)
- 5. Rides that weave all over the road and cross double yellow lines. (Bikes don't conga well; or Mr. Accident Investigator, that truck should have looked out for us?)
- 6. Rides that bunch up when stopped at intersections, instead of maintaining a double (pace) line. (Finger you, motorists?
- 7. Riders who fail to signal, and call out road hazards. (I don't give a ---- about the guy behind me?)

Good News! The beach bums series the past three years has been so successful, that we will introduce for this Winter Season in conjunction with Five Borough Bike Club, The Frostbite Series. These will be destination oriented C Rides meeting at the Steps of City Hall at 10 AM on Sundays - November through February. The Rides will return by 3 PM and will not exceed 30 miles in length. Look for the listings beginning in the November bulletin. No Frostbite Rides Thanksgiving, Christmas and New Years weekends.

Don't forget: Nominations for Officers for 1994 close at the October

in Article V, §4,at or before the November meeting, at which time the committee designated to count the ballots, as prescribed in Article V, §4, will open and count them. In the event of a tie vote, a special written ballot election, for the undecided office only, will be held at the November meeting. Article IV. MEETINGS

Club Meeting. Elections will be held at the November Club Meeting.

§1. <u>Time and Place of Meetings.</u> Membership meetings shall take place once a month at a time and place determined by the Board of Directors and announced in the Bulletin. *Junior members may not attend any meeting unless accompanied by a parent or legal guardian.* Board of Directors meetings shall take place in accordance with the provisions of Article III, §6. §3. <u>Quorum.</u> A quorum at all membership meetings shall consist of the lesser of ten percent or twenty-five *voting* members of the Club, at least one of whom shall be an elected officer of the Club. A quorum at all Board of Directors meetings shall consist of at least half of the Club officers.

Article V. MEMBERSHIP VOTING

§1. Who May Vote. All members, except junior members, (including both members of a couple, as defined in Article II, §3) are eligible to vote, and each voting member shall have one vote on any issue put to a vote of the membership. There shall be no proxies.

#### Classified

Experienced blind tandem rider seeks captain for weekends or early morning rides. Ritchey tandem bike. Central Park Loop. Will pay. Please contact Donna at (212) 310-0822.

• 1990 Bridgestone RB-1 road bike, 59 c-c. Look pedals, Ultegra derailleurs/hubs, Mavic MA-40 rims, Ritchey stem, Flite Ti saddle. \$600/obo.

Call Richard (212)687-4894

Salsa road stem, normal, 13cm, 260, barely used, Mint condition.
 \$49.95

Call Alan (718)338-7142

• Wanted: Woodstock MS maps and cue sheets copy.

Call Akin (718)339-0237

\*For Rent: our country cottage in Southern Columbia County, NY. Available some weekends or weeksin October. Great cycling. Very scenic and very reasonable.

Call Trestman (212)986-8456

Have Rack, Will Travel (10/8-10/11)

Driver: Lesley Hudson (N. 718 965-3827; D. 718 875-6706). Driving to E. Middlebury, Vermont Friday morning; returning NY Monday afternoon. Share driving, expenses, companionship. Rack for 1 bike.

# ALL CLASS COLUMBUS DAY WEEKEND AT SU CASA

An encore of last year's great Columbus Day weekend is on the schedule for 1993. We'll leave NYC Friday evening October 8th, on a private party bus and head on up to Su Casa, right in the heart of the Catskills. Big hills, spectacular fall foliage, great food, dancing, parties, movies, game room, and more, all on tap for this weekend. Also, don't forget some of the most beautiful cycling in the Northeast. Rides scheduled for A, B, and C riders. We return by private bus on Monday 10/11, in time for dinner.

Cost: \$210, includes (3) breakfasts, (3) dinners, (3) nights accommodations, and round trip transportation from NYC (\$180 if you travel on your own). Send check made out to:

Christy Guzzetta

49 West 75th Street

New York City 10023. For more info, call 212-595-3674 RIDES LEADERS:

A-Rides - Jeff Vogel 718-275-6978 Steve Britt 718-204-4970 B-Rides - Jim Babbitt 718-296-0027 Fred Sternberg 212-787-5204

212-989-0883

Jeff Vogel 718-275-6978

#### 

□ 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) until December 31st. 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.

Membership Application



New York Cycle Club Monthly Meeting Tuesday, October 12th, 1993

Come welcome Times reporter

#### **BRUCE WEBBER**

back home from his ride across the country.

It is the (perhaps unspoken) dream of every cyclist I know, including myself, to cross the country by bike. We all believe we will do it some day, and in fact some of us have.

On June 26th, Bruce set off from San Francisco across the country to New York. Along the way, he entertained us with a series of articles recounting the daily experiences of his travels. He let us travel with him during breakfast with the Times.

Come listen to Bruce's big adventure.

#### **CLUB MEETING LOCATION: FLATIRON GRILL**

**937 Broadway** (betw. 21st and 22nd Streets) Drinks at 6pm, dinner at 7pm, program follows.

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First Clase

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