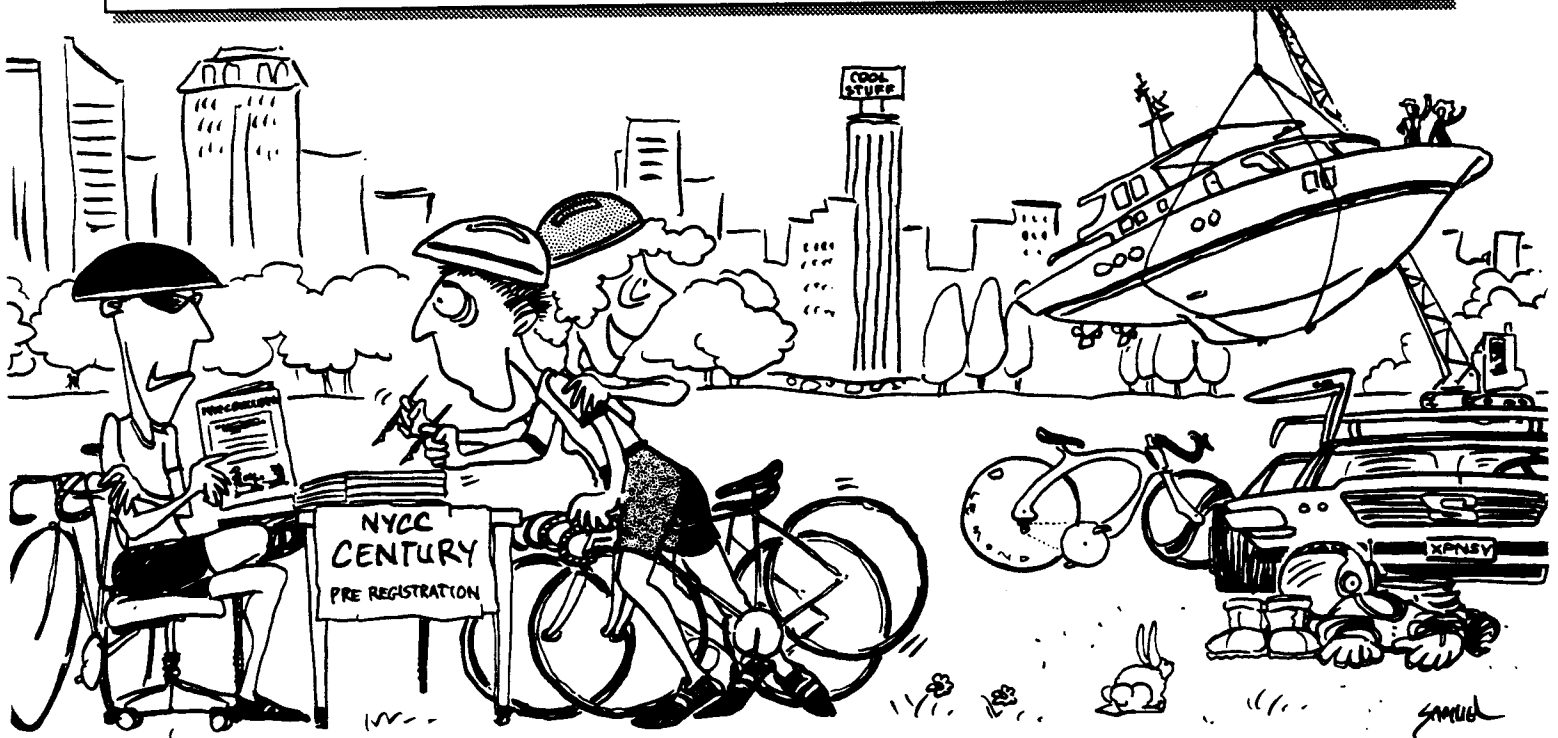


August
1995

NYCC Bulletin

Register before Sept. 16th for the
NYCC "ESCAPE FROM NEW YORK CENTURY"
and receive absolutely **FREE...**

- A 1997 400-Horsepower *SNAZZARATTI VIPER* Turbo Coupe!
- GREG LEMOND'S personal 11lb. titanium-fibre *SUPERBIKE*!
- A fully-staffed 170 ft. *ROYAL YACHT* Ocean Cruiser !
- A ride on the *SPACE SHUTTLE ENTERPRISE*!
- A Wealthy, Attractive, Intelligent, Well-Adjusted *DREAM-MATE*!



"NO, NOT REALLY, my materialistic young friends. That's just the cheap, obviously exaggerated, come-on to get your attention. However you will have a lot of fun, get a free tee shirt and have a chance at some great prizes. Please look for further information inside."

BEFORE YOU RIDE:

New YorkCycle Club

P.O. Box 199
Cooper Station
New York, N.Y. 10276
(212)886-4545

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(212) 989-0982

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B-Rides Coordinator

Gene Vezzani
(212) 875-1615

C-Rides Coordinator

Linda Wintner
(212)876-2798

Ride Style	Description
A	Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.
B	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
C	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half hour or so.
ATB 1	Hilly to mountainous and single-track riding. Mountain bikes only.
ATB 2	Rolling to hilly with some single track and trail riding. Mountain and hybrid bikes.
ATB 3	Flat to rolling, trails and road riding. Mountain and hybrid bikes.

Ride Cruising Speed	Central Park Self-test 4 - Lap Time
22 + mph	1:10 or less
21	1:10 - 1:13
20	1:13 - 1:16
19	1:16 - 1:20
18	1:20 - 1:25
17	1:25 - 1:30
16	1:30 - 1:38
15	1:38 - 1:48
14	1:48 - 2:00
13	2:00 - 2:14
12	2:14 - 2:30
11	2:30 - 2:50

BEFORE ANY RIDE: Check that your bike is in good riding condition: brakes and derailleurs working well, tires pumped to the pressure specified on the sidewall. Eat breakfast.

BRING: spare tube, tire levers, patch kit pump, water, snacks, medical ID, emergency phone. **We also suggest:** lock, rail pass, money. Leaders may specify other items in their ride listings.

YOUR FIRST NYCC RIDE: Be conservative. Choose a ride easier and shorter than you think you can ultimately handle. You won't enjoy struggling to keep up with a ride that's too fast for you, nor will the group enjoy waiting for you. It's a good idea to call the leader a day or so before the ride, and introduce yourself when signing up at the start.

NYCC rides are led by volunteer leaders who plan the route and maintains the listed pace (e.g. B15 pace = B Style / 15 mph cruising speed - see charts) Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

RIDE STYLE indicates the type of riding. See chart left.

CRUISING SPEED indicates the ride's speed on flat terrain.

Over rolling terrain, **AVERAGE RIDING SPEED** is 3 mph less than cruising speed; **OVERALL SPEED**, including all rest and food stops, is about 6 mph less than cruising speed. This will vary plus or minus 1 mph according to terrain.

SELF-TEST: Assess your personal cruising speed by riding 4 laps (24.08 miles) around Central Park at a comfortable pace and matching your time with the chart at left. NOTE: Riding fewer than 4 laps will give you a false assessment. **(The northern end of the park can be dangerous; ride with other cyclists.)**

WEEKEND EVENTS: These are usually in hilly country. You should be able to cruise at 14 mph to be sure of having a group to ride with.

BIKE TRAINS: Check schedule below!

Saturdays and Sundays from April 16 through October 31, MetroNorth has scheduled specific trains to/from Grand Central Station to accommodate large groups of cyclists.

From GCT	To/From	To GCT
Hudson Line	8:47 am Poughkeepsie	3:46 pm
Harlem Line	7:58 am Brewster North	4:12 pm
New Haven Line	8:07 am New Haven	3:57 pm

Bike passes are always required. There are no Bike Trains on holiday weekends. Refer to roster for restrictions which apply at other times. If you are leading a ride and absolutely require a Bike Train at another time, you must call NYCC's MetroNorth liaison, Jeff Vogel at (718)275-

WEAR YOUR HELMET! NO HEADPHONES.

The NYCC Bulletin is published monthly by the New York Cycle Club. The opinions expressed are those of the authors and do not reflect the official position of the NYCC.

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Subscriptions: Free to members. If you don't receive your copy by the first of the month call Mitch Yarvin 769-2637..

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To publish an article: Contact Caryl Baron, 165 West End Ave, Apt. 29K, NY NY 10023, (212)-595-7010. E-mail: NYCCBull@aol.com. Submit 3.5 inch diskette plus hard copy. Advise operating system, software, phone number. Material may be edited for length and clarity. A full page of text is 750-1090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

Web Page: <http://www.interport.net/~ckran/nycc.html>

Deadline: All submissions and advertising are due the day of the Club meeting of the month prior to publication.

All material for the SEPTEMBER Bulletin is due AUGUST 8!

Club Rides

RIDE LISTINGS: To lead a NYCC ride next month and list it in the bulletin, contact the Ride Coordinator (see page 2) for that ride class on or before this month's club meeting date.



**UNLESS OTHERWISE STATED,
PRECIPITATION AT STARTING
TIME CANCELS THE RIDE.**



Wednesdays in August

**A20-22+ 35-40MI WEDNESDAY EVENING
WORKOUT 6:15PM**

Coordinator: John Becker (212) 989-3122 From: The Boathouse. Come out every Wednesday evening for a brisk ride to State Line or do hill repeats on River Road. Wear bright visible clothing and bring a rear light. Wet roads at start cancel.

Thursday, August 3

**B14-16 50MI THURSDAY SUMMER
RIDE SERIES 9:45AM**

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Here's the deal...We'll leave The Boathouse at 9:45am SHARP. Ride, stop for lunch and return to The Boathouse by 2:45pm.

Friday, August 4

A19-21 100MI GETAWAY CENTURY

Leader: Jeff Vogel (718) 275-6978. Let's do our long ride on Friday. Saturday is for volleyball, basketball, and water-skiing! at Club Getaway. Call leader for starting time and place.

Friday, Saturday, Sunday August 4, 5, 6

**THE FIRST ANNUAL NEW YORK CYCLE CLUB
MIDSUMMER'S DREAM RIDE**

Coordinator: Lori Vendinello (212) 995-8244. A special cyclists' weekend at Club Getaway in Kent, Ct. All inclusive: Friday, Saturday and Sunday rides in countryside around Kent. Eats galore. Optional RT bus transport (or train to Danbury and ride). Swim, sail, water-ski, volleyball tourney, hoops, inline, massage, karaoke, dancing, tennis, golf, more. Area bike clubs invited. 4 person renovated cabins w/bath, daily maid service. \$249/person, 2 person cabins at supplemental cost. Call 1-800-6-GETAWAY.

Saturday, August 5

A20 85MI BYRAM LAKE 9:00AM

Leader: David Younglove (212) 533-1276 From: The Boathouse. Another attempt at a scenic, backroads ride up to Byram Lake. Then on to a picnic lunch with the ducks in Armonk before heading home. Bring two water bottles and pocket food. If temperature again at 100—stay in front of your A/C.

A20 60MI BEAT THE HEAT 7:25AM

Leader: Mark Wolz (212) 594-5319 From: The Boathouse. Two hours out; two hours back from Rockland/Bergen counties before the heat wins out. Back by 12:35.

**A18 60+MI FOR MOUNTAIN
GOATS ONLY 9:00AM**

Leader: George Tsugranes (212) 988-0689 From: The Boathouse. To Rockland Lake via River Road, 9W and Tweed. After a picnic lunch by the Lake, we return by Tweed and 9W. Low gears (or REAL strong legs) suggested. Helmets required. Strong, adventurous "B" riders are welcome to come along. 40% chance of rain at start cancels.

B15 50+MI PIERMONT GOOD TIME 9:30AM

Leaders: David Hallerman (718) 499-4467 & Gary Silverman (718) 339-4487 From: The Boathouse. Looking for a good time on a hot day? This easy-going ride will keep you cool (sweat = nature's air conditioning). North to Piermont via River Road and 9W; south some kind of way. Perhaps we'll stop for miniature golf on the trip back?

**B14 45MI ORCHARD BEACH
WITH A NEW SPIN 9:45AM**

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. It's beach season! Enjoy the clean, protected sandy coastline of Orchard Beach, or while half of the group plays in the water you can spin to City Island and relax at a neat little restaurant that loves cyclists. Both groups will return to The Boathouse together.

C14 45MI BEAUTIFUL CONNECTICUT 9:30AM

Leader: Maggie Clarke (212) 567-8272 From: Dyckman St & Broadway at the triangle garden (Dyckman/200 St - A Train). Destination - scenic Old Greenwich seaside park via quaint Connecticut towns. Some parts are moderate to hilly; some parts are flat; but all parts are beautiful. Picnic lunch in lovely backyard garden of a Cos Cob deli. Return via Metro-North; pass required. Also, helmets required. 60% chance of rain or temp above 90 may modify or cancel.

Sunday, August 6

A19 95MI CENTURY RECOVERY RIDE 9:00AM

Leader: Steven Britt (718) 204-4970 From: The Boathouse. I need an easy-paced 'cool down' from yesterday's ride in Princeton. (See Out of Bounds) This ride will head out with Reyna and Charlie as they head to Caumsett. We'll continue eastward and add some more miles. We'll grab some food along the way and catch the Caumsett crew for the train ride home.

A19 70+MI COME SEE CAUMSETT 9:00AM

Leaders: Reyna Franco & Charlie Katz (212) 529-6717 From: The Boathouse. Ride through Long Island's north shore to our mansion on a hill overlooking the sound. Musette bags recommended - deli stop is 5 miles from the picnic spot. (Call the Musette Maven Geo Carl Kaplan to purchase the original, genuine, NYCC musette bag.)

**A17 70MI ARMONK AGAIN (OR WILL THE REAL
ROB KOHN PLEASE STAND UP) 9:00AM**

Leader: Rob Kohn (718) 369-1237 From: The Boathouse. Rob had such a good time actually showing up for one of his own rides that he's rumored to be making an encore appearance. Then again, you never know. (There are some that still maintain to this day that the real Rob Kohn didn't actually lead that previous ride—some sort of intricate plot involving plastic surgery and evil twins. Who knows, maybe even alien abduction!) Ride advisor emeritus: Cathe Neukum.

B16 55MI RETURN OF CYCLE SLUG NOON

Leader: Wayne Wright (212) 989-4917 From: The Boathouse. Get up early on a Sunday? No way. Let those perky morning people meet at 9am, we'll catch some Z's and still get in some solid cycling. We'll head to Nyack via Tallman and still be back well before sundown.

C 30MI BIKE ROCKLAND COUNTY 10:00AM

Leaders: Richard Fine (201) 461-6959(eve) & Ethan Brook (212) 721-9521(day) From: Memorial Park, Nyack (Piermont and Depew Aves.) Scenic Rockland including "artsy" towns of Piermont and Nyack.

C 25-45MI BEACH BUMS #4 9:30/10:00AM

Leader: George Kaplan (212) 989-0883 From: City Hall (9:30)/Grand Army Plaza(10:00). Annual & ever-popular Sunday jaunt to the beach. Easy, flat ride to either Coney Island or RIs Park as the mood strikes. Bring swimsuit and towel. Picnic lunch on the beach (bring or buy). Joint with 5BBC. Forecast temp above 95 cancels.

Club Rides

Tuesday, August 8

A19-21+ 55-60MI TUESDAY MORNING SPIN 8:00AM

Leader: Jeff Vogel (718) 275-6978. From: The bench across from the Boathouse. One more time. We'll do an easy paced ride to Bergen and Rockland Counties - Pearl River/Montvale/Park Ridge/Nyack. They're all possibilities. It will be a group decision. Guaranteed return by 1:00pm.

Tuesday, August 8, 6:00 p.m.

**NYCC Meeting at
O'Hara's 120 Cedar St.**

All Rides and September Bulletin material due!

see back page for details.

Wednesday, August 9

A19-21+ 55-60MI WEDNESDAY MORNING SPIN 8:00AM

Leader: Steven Britt (212) 288-6324. From: The bench across from the Boathouse. If you didn't get your fill yesterday, come on out today for more of the same. This will be my last chance to ride with the club before Paris, so come out and wish me luck. Guaranteed cancellation if rain threatens.

Thursday, August 10

B14-16 50MI THURSDAY SUMMER RIDE SERIES 9:45AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Here's the deal...We'll leave The Boathouse at 9:45am SHARP. Ride, stop for lunch and return to The Boathouse by 2:45pm.

A/B/C CP LAPS PIZZA RIDE 7:00PM

Leaders: Jonathan Silvers (212) 794-4692 & Mitch Yarvin (212) 769-2637 From: The Boathouse. Join us on alternate Thursday evenings for laps around the park and alfresco dining in the Sheep Meadow. Bring high spirits, healthy appetites, and \$7 exact change.

Saturday, August 12

A19 75MI FRED'S RIDE 8:30AM

Leaders: Marlene Kitten (718) 832-2329 & Cheap Seats (212) 348-2661 From: The Boathouse. 2 SWF's vivacious & bodacious, seek companions with Metro-North passes and senses of humor for good times in Brewster. Please enclose photo (of bike). Never mind the ups and downs, our light hearts and strong legs will prevail.

A17 70MI 50 WAYS TO GET TO NYACK 8:30AM

Leader: Caryl Baron (212) 595-7010. From: The Boathouse. We'll do number 26 this week, inland and over a hill or six. Start early to beat the heat. Possible Trautwein corn stop on return, so bring pockets (or musette bags!).

KB18+ 60MI KILLER "B"'S SWARM ROCKLAND LAKE 9:00AM

Leader: Mark Yatkowski (212) 410-6284. From: The Boathouse. Sting and Buzz haven't flown through this year, so I'll give it a try. River Road and Clausen Mountain to Rockland Lake. Bradley, Tweed and 9V back to The Boathouse. Two water bottles, pocket food and musette bag recommended. 50% or greater chance of rain cancels.

B14 50MI PEEKSKILL BIKE/SWIM/SLIDE 8:00AM

Leader: Bill Schwarz (212) 288-7862 From: The Grand Army Plaza (59th and Fifth). Hiily romp thru Westchester—back roads emphasized after urban start. Ends at Peekskill town park with pool and a waterslide! So bring swimwear, lock and Metro North pass for return trip. Park fee is \$8; Metro North is \$6. Joint 5BBC.

C12 50MI PIERMONT 9:00AM

Leader: Dona Kahn (212) 399-9009 From: The Boathouse. A comfortable pace, snack at a farmer's market, lunch in charming Piermont.

C ??MI MOONLIGHT MANHATTAN BIKE RIDE 12:30AM(SUN)

Leader: Richard Fine (201) 461-6959(eve) & Ethan Brook (212) 721-9521(eve) From: Plaza Hotel fountain. Night touring mid and south Manhattan including Central Park, Battery Park City, Wall St., Greenwich Village, South Street Seaport, etc. Breakfast at sunrise.

Sunday, August 13

A21 50-60MI MORE SUNDAY MATINS 7:30AM

Leader: Brother Mark (212) 496-5518. From: The Boathouse. \mat-nz\ n I: MORNING PRAYER. Something different - 1 hour of silence (GWB to Nyack). Let's save our breath and open our eyes as we steal away from still slumbering Gotham. River Road and Tweed Hill will reward our silence with the sound of birdsongs and whirring gears; the sight of rabbits, chipmunks, groundhogs and deer; the sweet scent of earth and pine. By the time we get to Nyack, our senses should be so finely tuned we'll smell the coffee & croissants half a mile away. At brunch - let the schmoozing begin! Rain cancels.

A19 70MI PICNIC AT THE BEACH: BAYVILLE 9:00/9:45AM

Leader: Irv Schacter (212) 758-5738 From: The Boathouse(9:00)/Statue of Civic Virtue(9:45). A relaxed ride out to Bayville for a picnic lunch on the beach. (Quick swim optional.) Pace will vary inversely with temperature/humidity.

B17 60MI FRIENDLY HILLS 9:00AM

Leader: Liane Montesa (212) 534-5736 From: The Boathouse. Steep hills are short; long hills are not steep. Think about this while we do River Road, Bradley and Tweed to Nyack.

B14 45MI BEACH TIME 9:45AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. We're off to Orchard Beach where the group divides. Half stay at the beach and enjoy the sun, sand, and ocean while the other half ride to City Island and chill at a cool little restaurant. We all return to The Boathouse together.

C13 45MI WORTENDYKE AND WAMPUM 8:45AM

Leader: Caryl & Steve Baron (212) 595-7010, and ??? From: The Boathouse. A lovely romp through Jersey, on a scenic and not too familiar route, with either a diner or picnic in Park Ridge (bring musette). We'd like to expand ride leadership, and so we will lead this ride only if we have a volunteer "C" co-leader (you?) who will pledge to lead a ride in Sept. or Oct. We'll help with route, cue sheets, anything you need. Do we hear our phone ringing...?

C 25-45MI BEACH BUMS #5 9:30/10:00AM

Leader: Phyllis Greenberg (718) 896-9678 From: City Hall (9:30)/Grand Army Plaza(10:00). Easy, flat ride to either Coney Island or Riis Park as the mood strikes. Bring swimsuit and towel. Picnic lunch on the beach (bring or buy). Join with 5BBC. Temp above 95 cancels.

Thursday, August 17

B14-16 50MI THURSDAY SUMMER RIDE SERIES 9:45AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Here's the deal...We'll leave The Boathouse at 9:45am SHARP. Ride, stop for lunch and return to The Boathouse by 2:45pm.

First NYCC Ride?

Please Read Page 2 Before You Ride

Club Rides

Saturday, August 19

A20 60MI BEAT THE HEAT II 7:25AM

Leader: Mark Wolz (212) 594-5319 & Gary McGraime (212) 877-4257
From: The Boathouse. Two hours out; chill; two hours back from Rockland/Bergen counties before the heat wins out. Back by 12:35.

A19 105MI CENTURY OF THE MONTH #8: NEW CANAAN 8:30AM

Leader: Marty Wolf (212) 935-1460. From: The Boathouse. One of the hilliest and one of the prettiest centuries I know. If temperature approaches the century mark, our ride might not turn out to be a century, but we'll give it a try.

B16 100MI SOMEWHERE OUT THERE 9:00AM

Leader: Dick Goldberg (212) 874-2008 From: The Boathouse. Another 100 hilly miles in Westchester. Metro North pass mandatory.

B15 60MI OYSTER BAY 9:00AM

Leader: Peter Morales (718) 833-4370 From: The Statue of Civic Virtue(E/F train - Union Tpke). 60 miles of Long Island North Shore riding stopping at Oyster Bay Beach for lunch.

C14 50MI PLANTING FIELDS ARBORETUM 9:00AM

Leader: Alinda Barth (718) 441-5612 From: Statue of Civic Virtue(E/F train - Union Tpke). Escape from hot cement to the trees, rolling lawns and greenhouses of the formerly private estate of the late W. C. Coe in Oyster Bay. Admission: \$2. Several easy hills there and back.

Sunday, August 20

A20 490MI (ABOUT 70 HUMAN MILES) DOG DAYS AFTERNOON 8:30AM

Leader: Tom McMutt (212) 777-5845. From: The Doghouse. Your fast-as-a-greyhound "A" Rides Coordinator was so doggone desperate for August leaders that he sat up and begged this lazy ol' mutt to lead something. So... our happy little pack will trot on up to Arfmonk, where we're sure to find some cool water, juicy bones and nice, shiny hydrants. This one's for fun, so rabid squirrel chasers, loud barkers and other sick puppies should Stay, boy, Stay! Listed pace is ruff. May heel a bit if really in heat. Rain, ringworms, or return of Lassie cancels.

A19 65MI HUNTINGTON GRIMPEUR 8:00/10:00AM

Leader: James Rosar (516) 421-5164 From: The Boathouse(8:00)/Syosset Bagelry (10:00am). Ride STARTS in Syosset. Last chance for the perfect PBP tune-up ride. Challenging & entertaining riding in NW Suffolk. Chosen sections marked for solo passages. Low gears recommended. The leader will escort a small group (LIRR restrictions) from The Boathouse at 8:15 to catch the LIRR. 50% or greater chance of rain cancels.

A17 60MI HAMMERHEADS NEED NOT APPLY 9:00AM

Leader: Tim Andon (718) 937-9272 From: The Boathouse. A ride to Park Ridge for Saturday hammerheads who feel like slowing down on Sunday or those who don't feel like hammering any day of the week. Pocket food and two water bottles recommended (35 miles to lunch).

B14 45MI BEACH TIME - PART II 9:45AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. We're off to Orchard Beach again. Half of our group will stay on the beach while the other half rides to City Island and hangs-out in a restaurant. We all return to

The Boathouse together.

C14 62+MI A CENTURY FOR "C" RIDERS (YES YOU CAN!) 9:30AM

Leader: Peter Hochstein (212) 427-1041 From: The Boathouse. Well, it's only a metric century, (100 kilometers), but hey! You'll go along River Road, Route 9W, and Nyack Beach State Park's river edge dirt path, then ride up a killer hill, (but you'll have a relatively easy trip home.) Not for first-time riders, but anybody who's done a C14 ride to Nyack and wasn't zonked can certainly make it. Bring low gears, a good attitude and patience. You probably won't go home until 5 or 6pm.

C 25-45MI BEACH BUMS #6 9:30/10:00AM

Leader: Don Passantino (718) 446-9025 From: City Hall (9:30)/Grand Army Plaza(10:00). Easy, flat ride to either Coney Island or Riis Park as the mood strikes. Bring swimsuit and towel. Picnic lunch on the beach (bring or buy). Join with SBBC. Temp above 95 cancels.

Thursday, August 24

B14-16 50MI THURSDAY SUMMER RIDE SERIES 9:45AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Here's the deal...We'll leave The Boathouse at 9:45am SHARP. Ride, stop for lunch and return to The Boathouse by 2:45pm.

A/B/C CP LAPS PIZZA RIDE 7:00PM

Leaders: Jonathan Silvers (212) 794-4692 & Mitch Yarvin (212) 769-2637 From: The Boathouse. Join us on alternate Thursday evenings for laps around the park and alfresco dining in the Sheep Meadow. Bring high spirits, healthy appetites, and \$7 exact change.

Saturday, August 26

A20 80MI SHADY BUSINESS IN BEDFORD 9:00AM

Leaders: David Thomas (212) 675-6191 & Michael Knopf (212) 678-7883 From: The Boathouse. Join us on the tree-lined roads of Westchester and Connecticut. After lunch in Bedford, we'll head through New Canaan and Stanford to Darien. Bring Metro-North pass for return trip.

A18 55MI PANCAKE RIDE (AS IN FLAT) 9:00AM

Leader: Don Montalvo (212) 307-7753 From: The Boathouse. I'm in a hill avoidance kind of mood, so let's try to find the flattest way to Nyack. Hill walkers are encouraged, so bring your sneakers as I try to make it back to the bridge.

B15 55MI SOUTHERN NASSAU 9:00AM

Leader: Alinda Barth (718) 441-5612 From: The Statue of Civic Virtue (E/F Train - Union Tpke & Queens Blvd). Don't want to climb hills on a hot August day? Then come for an easy, flat ride to a cool destination - a picnic lunch in Long Beach. The hotter it gets, the slower we'll go.

B14 60MI ESCAPE FROM NEW YORK TRAINING SERIES 9:45AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Learn how to complete the NYCC's upcoming century ride with energy to spare. Our club's Escape From New York Century is scheduled for Saturday, August 23rd. This four week training ride program begins with a 60 mile ride today and ends with a 90 mile ride on Saturday, August 16th. (Cont. on p.7)

IF IT'S BROKE, WHEELFIX IT.

Personalized pick-up and delivery, affordable, Mavic/Campy/Shimano certified, expert repairs and maintenance.

Call Francis at **WHEELFIX (212) 491-1665** or beeper **(917) 875-8099**.

RIDE AWAY FROM IT ALL...AND SAVE A FEW BUCKS, TOO!
Sign up NOW for the first



"ESCAPE FROM NEW YORK" Century

Save \$\$\$ before Sept 16 and get a great T-shirt!

Saturday, Sept. 23. Start: Grant's Tomb, Riverside Drive, 7 AM.

100 miles: Bear Mountain State Park

100 K (62 miles): to Rockland State Park

50 miles to Tallman State Park.

Food... cue sheets... great prizes... post-ride party! T-shirts to pre-registered riders only!
 We must receive your registration by September 16.

Sponsors: Polar Electro, Inc., Dandy Printing, PowerBar, Gym Source
The Message Center, Sidewalk Cafe, Runcible Spoon, Au Bon Pain
Piermont Bicycle Connection, Enchilada Johnny's, Bollé America, Inc., Specialized Bicycle Components
Cannondale, Vetta Sports

MAIL THIS COUPON TODAY!

___ \$15. I'M ALREADY A NYCC MEMBER. Here is my check for early registration (Day of event: \$20)

___ \$18 UNTIL SEPTEMBER 16 ONLY. I'm not a member, but here is my check for early registration. (Day of event: \$20)

I plan to do the ___ 100 mile ___ 100 K (62 mile) ___ 50 mile route.

Name (Print): _____

Address/Apt. _____ Tel.(H) _____

City/State/Zip _____ Tel.(W) _____

Emergency Contact _____ Emergency Tel _____

MAIL CHECK PAYABLE TO NYCC to: New York Cycle Club, P.O. Box 199, Cooper Station, New York, NY 10276

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature of registrant: _____

If under 18, signature of parent or guardian. _____

(Want more info? Call (212) 886-4545 for "Escape" flyer)

Club (and other) Rides

During the training series you will build endurance and learn the six magic words that will ensure that your 100 mile ride is a breeze.

C14 38MI PIERMONT II 10:00AM

Leader: Anne Grossman (212) 924-1549 From: GW Bridge Terminal. Let's try this ride again. Lovely ride to Piermont and back. Lunch on the pier. Slightly hilly leaving Piermont after lunch.

Sunday, August 27

A21 50-60MI MORE SUNDAY MATINS 7:30AM

Leader: Brother Mark (212) 496-5518 From: The Boathouse. See August 13th listing for details.

A19 70MI ARMONK - TAKE III 9:00AM

Leader: Lisa Davis (212) 338-9876 From: The Boathouse. Join me in my third attempt to make it beyond White Plains - given the first two attempts, Metro-North passes are recommended.

B17+ 58MI NYACK BEACH PARK REDUX 9:00AM

Leader: Marc Yatkowsky (212) 410-6284 From: The Boathouse. We had a great time last month, let's do it again. Almost same gently rolling route as last time, maybe a few more miles or a hill or two thrown in. 50% or greater chance of rain cancels.

C14 56MI BIKE PATHS & BRIDGES 9:00AM

Leader: Mike Di Cerbo (212) 645-1120 From: The Boathouse. Meandering back and forth over bridges over the Saddle River. 20 miles of bike paths. Picnic lunch in a beautiful spot in Ridgewood (bring or buy).

C 25-45MI BEACH BUMS #7 9:30/10:00AM

Leader: Peter Morales (718) 833-4370 From: City Hall (9:30)/Grand Army Plaza(10:00). Easy, flat ride to either Coney Island or Riis Park as the mood strikes. Bring swimsuit and towel. Picnic lunch on the beach (bring or buy). Join with 5BBC. Temp above 95 cancels.

WEDNESDAY, AUGUST 30

A/B/C 0MI RACE TO BOMBAY 6:30PM

Coordinator: Jeff Vogel & Margaret Cipolla (718) 275-6978. This is the last chance to see the races at the Kissena Velodrome for 1995. As usual, Indian food follows the last race. Call leaders for car/bike/subway directions. Greater than 50% chance of rain cancels racing but not dinner.

Thursday, August 31

B14-16 50MI THURSDAY SUMMER RIDE SERIES 9:45AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Here's the deal...We'll leave The Boathouse at 9:45am SHARP. Ride, stop for lunch and return to The Boathouse by 2:45pm.

Saturday, September 2

A19 60MI LEFT, NO RIGHT, MAYBE STRAIGHT, NO TURNAROUND! 9:00AM

Leader: Alison Holden (212) 688-1723 From: The Boathouse. If you're in town, come ride with me as I go someplace over the GW. I've been studying my Hagstrom map, and promise to have a cue sheet and some idea of

where I'm going (as soon as I figure out a destination). Field Limit: 75 riders and the double line is in effect.

B14 70MI ESCAPE FROM NEW YORK TRAINING SERIES 9:45AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. This is the second of a four ride program that will help you build endurance and the confidence that you'll need to comfortably complete the NYCC's Escape From New York Century. As a bonus you will learn the six magic words that will certainly make your 100 mile ride a snap.

C ??MI PICKUP - LABOR STYLE 9:30AM

From: The Boathouse. The city is lovely on a holiday weekend. No cars, no crowds. Let's pick a spot and head there. Staten Island? City Island? Coney Island? Long Island?

Sunday, September 3

C12 65MI PICNIC AT NYACK BEACH 9:00AM

Leader: Dona Kahn (212) 399-9009 From: The Boathouse. This is a lovely way to get out of the city. The terrain is relatively easy (one big hill returning). We'll picnic at the beach and make a leisurely day of this excursion.

Monday, September 4

C12 55MI BIKE TO BAYVILLE 10:00AM

Leaders: Hindy & Irv Schacter (212) 758-5738 From: The Statue of Civic Virtue(E/F train - Union Tpke). We head for the North Shore towns, LI Sound, Bayville, Brookville, and Oyster Bay. Lunch at a beach. We may share the road with a horse or two.

TOGA Bike shop

For our friends in the New York
Cycle Club: Between NOW and Aug 31,
bring in this ad

and get

15% off

any clothing
purchase over
\$50.

TOGA has the
largest selec-
tion of quality
cycling clothes of *any* bike
shop in NYC.



T rrrrrr O ooooo G gggggg A ooooo

110 West End Ave (64th St) 212-799-9625

HAVE A BALL, LEAD A RIDE

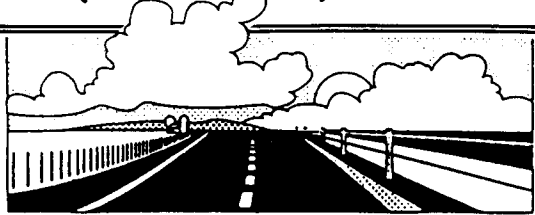
👉 TO LEAD A RIDE IN SEPTEMBER CALL BY AUG 8 👉

A-Rides: Rich Borow (212) 866-1966

B-Rides: Gene Vezzani (212) 875-1615

C-Rides: Linda Wintner (212) 876-2798

Club (and other) Rides



Cycling Getaways made easy.

Day trips and weekends for beginner, intermediate and advanced cyclists – support van – experienced leaders – maps and cue sheets. 18 speed rentals available – all terrain or road bikes.

Brooks CountryCycling & Hiking
140 West 83 Street New York, NY 10024
(212) 874-5151

RIDE PREVIEWS

Saturday, September 23

NYCC ESCAPE FROM NEW YORK

The best century to start in New York – our own! Challenging 50, 62, and 100 mi. routes to Bergen and Rockland. Very scenic arrowed routes. T-shirts and food included. Starts and ends at Grant's Tomb (who is buried there?). \$15 registration for members. Look for entry info in this bulletin.

PLANNING FOR SPRING 1996: THE DOLOMITES & VENETO

A/B++ 50 - 60 miles per day in Northern Italy. NYCC group ride. One week riding around Verona, Bassano, Asolo, Lake Garda, Padua. Second week at Cortina and/or Madonna di Campiglio in the Dolomites. Daily loop rides in famous Dolomite passes with lots of climbing. Arrangements similar to other Italy trips. Group size limited. Tentative dates: Sat. April 13 or Sat. June 22. What is your preference? Call Lori Turoff. 212- 995-8244.

OUT OF BOUNDS

Saturday, August 5

PRINCETON CENTURY

Coordinator: Steven Britt (718) 204-4970. This is an annual event for the Princeton Freewheelers. Scenic 25 through 100 mile routes.

Saturday, August 5

TOUR OF THE HAMPTONS

100, 62, 50, 25 MILES

Massapequa Park Bicycle Club. Flat to rolling terrain. Starts in Southampton. Century starts at 7:30am.

David Tours The Alps

AUGUST 17 THROUGH AUGUST 28

Spectacular picturesque tour in Switzerland and Italy. Quiet roads, challenging climbs, thrilling descents. 2 rides most days, designed for "A" and "C+" capabilities. Price: \$2,150 Includes: air fare, 3 or 4 star hotels, breakfast and dinner daily, minivan for luggage. David Schlichting (516) 482-3423.

Saturday, August 22

7TH ANNUAL ROCHESTER BICYCLING CLUB GRAND PRIX RIDE AND PICNIC

The RBC invites all interested bicyclists to their absolutely free ride/picnic and 24 hour endurance ride. Ultra-distance cyclists from around the US will participate. Mileage certificates available. Rain or shine. Send SASE to: Mark Frank, 59 Bay Knoll Road, Rochester, NY 14622 (or call 716-544-1039).

Sunday, September 10

100/62/50 MILES

RAMAPO RALLY

REG. 7:00-9:00AM

Bicycle Touring Club of North Jersey's 18th Annual Rally. Rain or shine, from the Mount Saint Francis Motherhouse, Morris Road, Ringwood, New Jersey, a short drive from either Route 17 or 287. Routes of 25/50/100 miles thru scenic Orange County N.Y.. A \$15 fee (by 8/12 includes free T shirt & water bottle). Food, sag wagons, cue sheets, and "Dan Henry" route markings. Helmets required. Forms, info: Write Ramapo Rally BTCNJ, P.O. Box 839, Mahwah, N.J. 07430-0839 or call Mary Ann Zino (201)447-6233, or Frank Warnock (201)791-3244

Sunday, September 17

125/100/75/50/25 MILES

GOLDEN APPLE CENTURY RIDES

REG. 7:00-12:00AM

Country Cycling Club's Annual Century (914) 428-4687/ (914) 428-6654.. From: Walter Panus High School, Croton Ave., Cortlandt, NY. Ride the rolling hills of Westchester, Putnam and Dutchess Counties. Cue sheets, fully stocked rest stops. Staggered registration, longest rides earlier. PreReg \$10.00 before 9/1. Day of event \$15.00. More information: SASE to Golden Apple Rides, 1204 Hall Ave., White Plains, NY 10604.

Saturday, October 14

SEA GULL CENTURY

A 100 mile (or 63 mile) tour of Maryland's eastern shore. One of Bicycling Magazine's Top Ten Century Rides of 1993 and winner of the LAB's National Century Challenge. \$20 fee includes arrowed course with 4 food stops, long-sleeve T-shirt, pre-ride party (Fri. night) and post-ride party. There's also an optional 42 mile ride on Sunday with an all-you-can-eat Crab Fest. It's not too early to sign up. The ride is limited to 4,000 people and registration closes on July 31. SASE to Salisbury State University, Campus Box 3046, 1101 Camden Ave, Salisbury, MD 21801-6860; telephone (410) 548-2772; or call Jeff Vogel (718) 275-6978 for more information and possible car-pool arrangements.

Welcome to 36 New Members for August 1995!

Thirty-six pairs of spinning legs have joined the fun this month.

Julia Apperson

Gilbert Aviles

Julia Brennan

Todd Brilliant

Robert Davis

Joanne DeRosa

Barbara Fink

David Grogan

Rita Haley

Al Hody's

Sanjiv Kmosla

Jill Koh

D. Gregory

Lawrence

Susan E. Lawrence

Arline Mann

Tom McNerney

Ann Marie Miller

Frederica Miller

Carrie Milne

Chris Needham

Angel Neves

Eric Newberg

Gay Peress

Richard Pu

Loren Ratner

Carol Reiss

Beth Renaud

Grace Rosales

Alejandro Sanchez

Lauren Schmitt

Jonathan Thaler

Donna Torre

Nick Vallinotti

Stephanie

Warakomski

Megan Watson

Francine Weinberg

What?

You didn't get your NYCC Bulletin?

Don't call ME —

call MITCH YARVIN 769-2637

From the Boathouse

August 1, 1995

Huzzas and Kudos and everything else, as we bask in the reflected glory of Jeanine Hartnett, who at the end of June competed in an Ironman Triathlon in Japan, and came in first in her class by over six minutes. Next stop for Jeanine is Hawaii for the Triathlon of Triathlons in the late autumn. For the uninitiated all that Jeanine did was swim two and one half miles in open waters, bike one hundred ten miles, and then run a Marathon. Huzzas and Kudos, Jeanine!

Au recherche de temps perdu. . . For the fourth year in a row we celebrated our nation's birthday at the United States

Military Academy at West Point. The sixty members of NYCC and guests had a memorable weekend. The boat worked, this time. Thank you, Christy and Jody. Thank you again!

Want a bike and cyclist friendly place to stop for brunch, lunch or munch while pedaling about town? Then its Moran's at the north end of the marina at the World Financial Center. They permit you to park your cycle next to your table and set a fairly decent table. Service is friendly and they go out of their way to help. Anyone know of any other bike and cyclist friendly establishments around town, speak up.

This is August, and next month is Sep-

tember! Genius! Nominations for the New York Cycle Club Board open at the September meeting. . .so. . .do you want to serve on the Board next year? Do you know someone who you think should serve on the Board next year? Unless you speak up we'll never know. If you want to talk about this, then give me a bell at 212-989-0883, and I'll do my best to clear up any questions you may have.

After the nominations at the September meeting we are going to have a BITCH TO THE BOARD session. Come with your complaints or your praises and you will be heard. More in the September Bulletin.

See you on the road!

Alphabet Soup

Sign-Up Sheets

Leaders should have these available during the pre-ride conversation. As a leader, why do you need them? Two simple reasons: 1) You know who is on the ride (and who isn't). This comes in handy when you wonder if you've dropped someone. 2) Emergency contact. This is self-explanatory.

Metro-North

Remember that you need permission from Metro-North for your group to return on any train other than the bike train. Talk to Jeff Vogel or myself about this. Everyone in the group must have a pass. Many rides list Metro-North returns this month.

Keep an eye on the strike talks and plan accordingly.

Cross-Riding

READ YOUR LISTINGS carefully. . Some listings may spell out that the advertised pace may not be adhered to. If you can't keep up, you may be dropped. Read carefully and plan accordingly.

Tour Tragedy

For those who haven't heard, the Tour De France lost one of its riders Fabio Casartelli, age 24, on the descent of the Portet d'Aspet, in the Pyrenees. It was a shock to learn that he was a Motorola rider (the only American team in the Tour), and

saddening to learn that Fabio had spent some time with a some fellow NYCCers who happened to be 'touring' the Tour last year.

Beat The Heat

I mentioned last month to drink more fluids than usual. You can also ride earlier, finishing before the sun is at its worst. Also, you can tone it down a little and/or reduce your mileage. But keep riding!

Enjoy the summer!

Editor's Note:

Tragically, Casartelli, who died of head injuries, was not wearing a helmet.

A-Notes

You may have noted a few unfamiliar names listed among the A ride leaders for July, as several graduates of the largest A SIG group in club history have already stepped up to lead our peloton. I'd like to take this opportunity to welcome all 34 survivors to the A ranks: Tim Andon, John Bermudez, John Blackmar, Alfred Boland, Pat Carter, Claudia Citrovitz, John Fullwood, Jon Gautier, Antoine Haddad, Damon Hart, John Hearn, Julie Horowitz, Gregory Jolly, Abe Karron, Charlie Katz, Jennifer Katz, Michael Knopf, Lisa Litt, Peter Matusewicz, Gary McGraime, Barbara Midlebrook, Ira Mitchneck, Paul Mutzek, Ed

O'Donnell, Doug Riccardi, Scott Saunders, Phil Simpson, Fred Steinberg, David Thomas, Tom Trushoff, Steve Ullman, Ernest Uthgenannt, Julie Walsh and Mark Wolz. Also thanks go out to this year's SIG leaders Paul Leibowitz, Mary Allen, Doug Bixby, Ed Fishkin, Keith Goldstein, Christy Guzzetta, Kristi Roberts and Jody Saylor.

While I'm on the subject of new faces, just a reminder to both new and old riders that it's always a good idea to know who you're riding with. First of all, it's common courtesy to introduce yourself to people you don't know on the ride — these are recreational rides not races, so there's no

reason to just glare at the person riding next to you. (But no, you don't have to smile if you're going up a hill.) Another reason is safety: I realize on larger rides that not everyone is going to know one another, but if there's someone in the group that nobody knows it's not a bad idea to make sure that cyclist has some notion of how to ride in a paceline. This is especially important in large groups — don't necessarily assume that the person in front of you knows what he or she is doing, particularly when rotating off the front.

And remember, drink plenty of water!

Preserve your assets — wear your helmet!

Blowouts

Congratulations to **Claire Wyckoff** and **Dan Maguire** (yes) on their recent marriage. How did they spend their honeymoon? On a tandem in Italy with **Lori Vendinello** and **Howie Turoff** (yes) and several other NYCC members. Maybe Claire and Dan were the inspiration for Lori and Howie's attempt at an Italian marriage. They had most of their paperwork together and were all set to get married on a Saturday afternoon in the middle of their trip. Unfortunately, the town clerk's office closed at noon on Saturdays so they couldn't pull it off. However they did get married when they got back to New York. Lori and Howie's honeymoon will be bicycling France in October - but not on a tandem. And Happy Birthday to **George Kaplan**, who celebrated a milestone July 26. Best wishes to all of you.

Congratulations also go to **Elizabeth Emery**, who was named as a full time member of the U.S. National Cycling Team. We all had to start somewhere and Elizabeth started with the SIG in 1991. You can do it too, but you have to wait till March 1996 for the SIG.

And will anyone ever break **Jeff Vogel's** club record? On two separate occasions in June and July, he led two rides on the sameday! Someone may tie it, but it will take three to beat it.

Another round of applause goes to **Christy Guzzetta** for putting on the Fourth of July West Point Weekend again. After seven years he may have finally gotten it right. Except for the rain early Saturday morning, everything was perfect. The boat actually showed up and the bus didn't go over the edge climbing Anthony's Nose! Next year July 4th will be the first day of the four day weekend so we'll actually get to see the concert and all the festivities. Sign up now because Christy may run out of room soon!

The Raritan Valley Roundup was another interesting ride - for some people. As the route wound through the farmlands of central New Jersey, many riders stopped at one of the farms to watch a calf being born. **Amy Hanowitz**, a practicing midwife, was quite impressed; she thought the whole experience was incredible. **Judy Meyer** thought nothing of it as she grew up on a farm in Nebraska. Her reaction as she rode past, "Big deal."

Speaking of births, congratulations go out to **Miriam** and **John Hearn** on the recent arrival of **Ashley Sarah**. The women's field better watch out in 20 years if Ashley inherits her aunt's speed on the bike. Who's her aunt? U.S. time trial record holder **Phyllis Hines**.

Question of the month number one is "How old is **Chuck Wong?**" At various times Chuck has claimed to be anywhere from 36 to 58 years old!

Even though we thanked Christy for the West Point Weekend, he's partially responsible for the shortness of this column. Usually, the "lack of material" on the Nude Beach Ride provides plenty of material for this reporter. However, Christy was too busy with West Point, Su Casa and all the other rides he coordinates, to plan the Nude Beach Ride this year. Reportedly, **Herb Dershowitz** is very upset that he won't be able to play nude volleyball this year and **Ed Fishkin** can take the mirror off his glasses now!

by Lou S. Pokes

Question of the month number two is "Does **Reyna Franco** have a fetish for ropes?"

Let's all wish all of our Paris-Brest-Paris participants good luck. First there's the **Crowley clan**, **Art**, **Art Jr.** and **Marion**. Then there is **Steve Britt**, **Karl Dittebrandt**, **Mike DeLillo**, **Jane Kenyon**, **Drew Olewnick**, **Miguel Vilaro**, **Jeff Vogel** and **Mike Yesko**. Bon Route!

So did you catch the Tour de France last month? There was AOL/Bicycling's daily coverage and ESPN's nightly show and ABC's weekly (very weakly) attempt at cycling. However the most unusual coverage was the night that David Letterman covered the Tour. Were there highlights of Miguel Indurain, — Zuelle, Lance Armstrong, or l'Alpe d'Huez? Of course not. But there was **Gene Vezzani** and **Tim Andon** (no). That's right, two NYCC members rode through the Ed Sullivan Theatre on national television! And, they got paid for it! Gene and Tim were last seen signing autographs on Broadway at 53rd Street. Hopefully, they'll come back to ride with us again.

I'm sure you've all seen the Park Tool ad where the team mechanic is leaning out of a car window adjusting a racer's bike while both are moving down the road. Well, it's not quite as easy as it looks. Some of us have trouble adjusting our bikes while in a workstand in our living room. Ask Road Bozo **Robert Colon** how difficult it is while riding at 25 miles per hour.

B-SIG Graduation Party

Our B SIG graduates recently enjoyed an evening of cycling conversation, ride reviews and neighborhood carry-out cuisine while celebrating the completion of their 12 week training program. The accomplished graduates logged over 700 miles during the course that included rides through quite a diverse set of traffic situations, weather conditions, and terrain.

Gene Vezzani



Backrow pictured L to R: B SIG leader Gene Vezzani, party host Paul Iannicelli, B SIG leader Irv Weisman, Kevin Kime, and Tom (Cowboy) Laskey. Front row L to R: Linda Wintner, Jennifer Elwell, Jane Eason, Anne Grossman, Diane Zilka, and Margaret Walch.

Help Wanted

Senior Publishing Position Open

I love publishing the NYCC Bulletin each month BUT... I've been doing it for two years, and I'm trying to plan a few vacations next year that will have me out of the country just when the Bulletin needs to be done. It's a wonderful learning experience - we'd just unpacked the Mac and I knew nothing of Quark when I began, and I'm actually reasonably efficient by now, and moving on to the Internet and Web. So, if you'd like to be Editor for 1996, speak to George or to me. Or, if you'd like to learn as Assistant, contact me by phone (212) 595-7010 or e-mail (NYCCBull@aol.com).

Caryl

VERMONT: You CAN Get There from Here

Starting July 23, auto-free New Yorkers with bikes can reach Vermont on Amtrak's "Vermont". This train has been equipped with new baggage cars with built-in bike racks, with a capacity for 20 uncrated bikes plus 15 boxed, and camping equipment, too. For details and reservations call 1-800-USA-RAIL(872-7245).

Re-Cycling

Please send classified listings to: Editor, Caryl Baron, 165 West End Ave. 29K, NY, NY 10023. E-mail: NYCCBull@aol.com. Two classifieds per member per year are free (up to 6 lines). Additional ads \$1.00 per 50 char. line.

Pro Tandem Red Bob Jackson 27x23 cantilever brakes, barcons Suntour derailleur, needs wheels and front pedals \$900. Also **Cannondale 27" road bike** \$350 or best offer on either. Call Margaret (718) 939-5178.

Polar Accurex heart rate monitor, barely used, \$160. **Avocet 50 cyclometer** with altimeter, almost new, with still-sealed cadence mount and batteries, \$75. Both come with manuals and in original boxes. Dave (718) 499-4467.

ITM Anatomic Bend Handlebars "Pro 260" fits all stems except Cinelli. \$30. **Modolo X-tends 6 bend anatomic bend H.B.** \$30. **Wheelset** - '95 Campy hubs EXA-DR cogs (13-23) Ti Axels, Fir tubular rims D.T.D.B. spokes, Vittoria tires \$250. (212) 265-6330.

1993 Bridgestone XO-5 hybrid, 52cm frame with 56.5cm top tube, excellent condition. Great for general use or as an elegant beater bike. Your choice among several saddles, tires, pedals. \$330 OBO. Dave (718) 499-4467.

Campy '94 Braze-on front derailleur \$35; Campy '95 D.T. Shifters 8 spd. Index NEW \$25; DuraAce 8 spd Index front shifters \$30 Call (212) 265-6330.

Merlin Mtn. bike (small), "every conceivable goody" & Ti part. Manitou. Only 38 mi. - sacrifice. **Solid Oak 2/4 Bike Stand** \$60. (212) 265-6330.

TREK 1400, 47 cm, Shimano 105, less than 500 miles! Call (212) 491-1665.

56cm Dean Titanium road bike; Dean stem and seat tube with 600 SIS gruppo. Low miles, excellent condition. Adding baby, need to sell other - looking for a good home. \$1600. Call Peter at work (212) 505-4945.



1995 Renewal / Membership Application / Change of Address

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

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City/State/Zip _____ Tel.(W) _____

How did you hear about NYCC? 1. Bike shop ☐ 2. Other bike clubs ☐ 3. Read about us ☐ 4. Friends ☐ 5. Health club ☐

6. Other _____ What type of rider do you consider yourself? A ☐ B ☐ C ☐ Not sure ☐

Other cycling memberships: AMC ☐ AYH ☐ Adventure Cycling ☐ CCC ☐ CRCA ☐ LAB ☐ TA ☐

Circle if applicable: I do not want my (Address) (Phone Number) published in the semi-annual roster.

Dues are \$21 individual, \$27 per couple residing at the same address and receiving one Bulletin.

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.

NYCC MEETING
TUESDAY, August 8, 1995
O'Hara's 120 Cedar St. - 1 block south of WTC

Meet at 6:00 p.m. ☐ Dinner at 7:00 p.m. ☐ Program at 8:00 p.m.

Salad, rolls, pasta buffet, coffee: \$10

cycling and the city

John Benfatti and some folks from the the NYC DOT and from the city planning office talk about cycling in the city and what your local govt is/ isn't/ could/ won't do to improve this mess.



Indoor Bike Parking! . . . Or, Subway:



1, 9 to Cortland St., N, R to Cortland St., 4, 5 to Wall Street, E to WTC



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