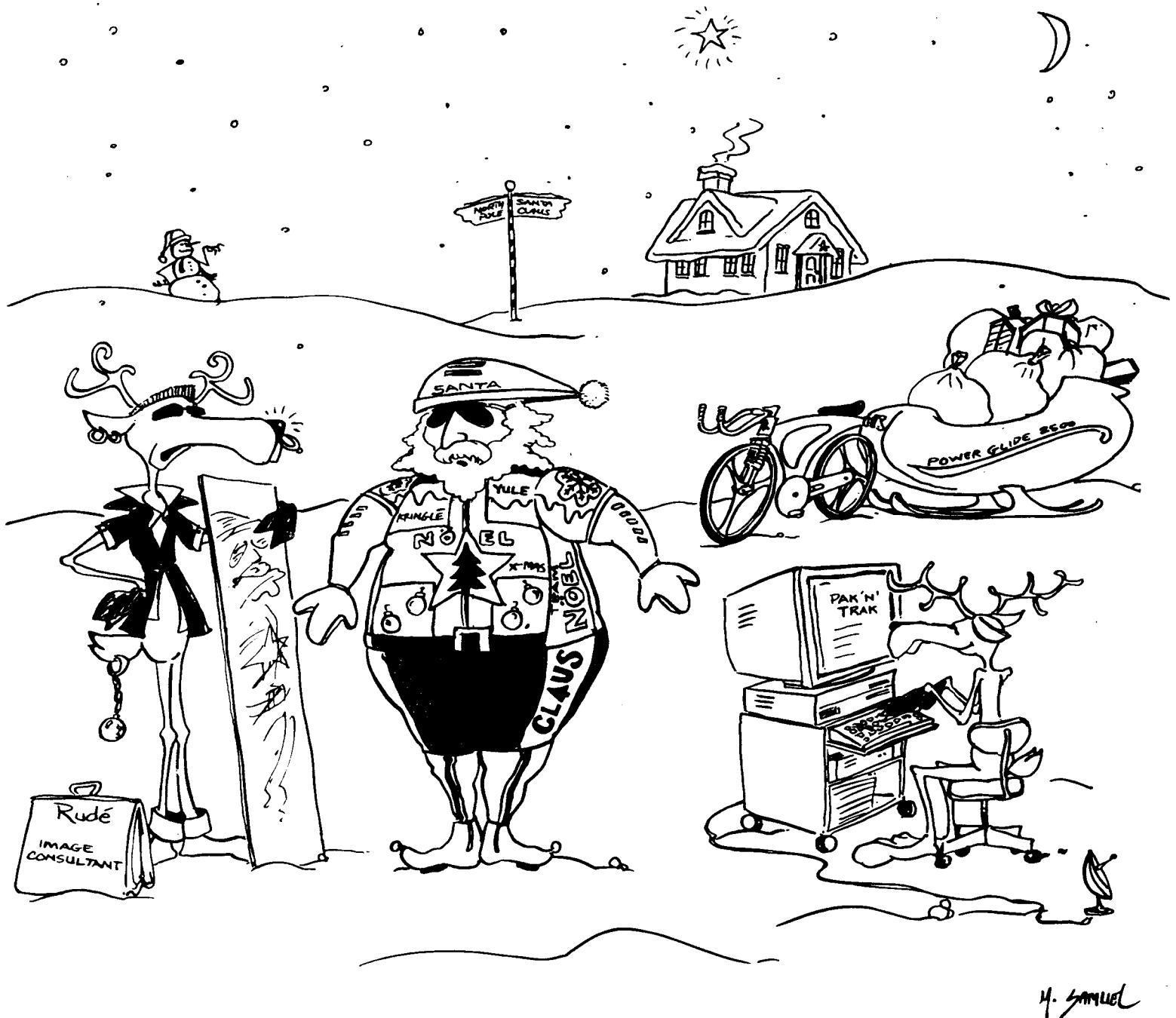


December  
1995

# NYCC Bulletin



*"Yo S.C. man, don't be buggin'! Your image needed a serious upgrade. Checkit! Thermax team-skinsuit, full suspension carbon bike-sled with titanium runners, internet gift routing software; you got it goin' on!"*

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**BEFORE YOU RIDE:**

Ride Style	Description
<b>A</b>	Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.
<b>B</b>	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
<b>C</b>	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half hour or so.
<b>ATB 1</b>	Hilly to mountainous and single-track riding. Mountain bikes only.
<b>ATB 2</b>	Rolling to hilly with some single track and trail riding. Mountain and hybrid bikes.
<b>ATB 3</b>	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 Train #	To/From	To GCT Train #
Hudson Line #8809	7:58 am	Poughkeepsie 4:12 pm #8844
Harlem Line #9009	8:49 am	Brewster North 4:08 pm #9030
New Haven Line #6510	8:07 am	New Haven 3:57 pm #6545

**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)275-6978 well in advance to try to arrange another train for your ride.

**WEAR YOUR HELMET!**

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 988-8887..

**Credits:** Cover art by Mike Samuel. Type faces include Eric Gill's Gill Sans, Scott Maleka's Dead History, and Conor Mangat's Platelet. Printed at Dandy Printing, Bklyn, NY.

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

**NO HEADPHONES.**

**To publish an article:** Contact Doug Riccardi, Memo Productions, 611 Broadway, Suite 811, NY, NY 10012. T:212 388-9758. F:212 388-1750. E-mail: MEMO NY@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.

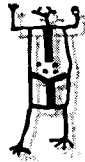
**All material for the JANUARY Bulletin is due DECEMBER 12!**

## 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.**



### Thursdays in November

**A/B16-20 ??MI THURSDAY NIGHT TRAINING RIDES 7:00PM**

Coordinator: Steve (Nightrider) Ullman (212) 473-1897 From: The Boathouse. Join me for training rides in the Central Park's serene night setting. Legal lighting required (front and rear). Temps below 25°, high wind, or precip cancel.

### Saturday, December 2

**A19 50+MI STILL RIDING IN DECEMBER? 9:30AM**

Leaders: Judy & Conrad Meyer (212) 535-2444 From: The Boathouse. Let's spin to Park Ridge for pancakes at the diner. Temps below 45°, let's get the roller blades out instead!

**B17 50MI WHITE PLAINS 9:00AM**

Leader: Marc Yatkowsky (212) 410-6284 From: The Boathouse. I'm still trying to break the Nyack habit. We head north to try a new cafeteria in White Plains. Temps below 45° cancel.

**B14-16 40/45MI BACK BY NOON SERIES 9:25AM**

Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Join us for a cold weather ride that gets you back to The Boathouse before 12:30. The destination changes weekly.

**C13/14 60MI NYACK W/O 9W 9:00AM**

Leader: Mike Yesko (212) 533-2409 From: The Boathouse. We'll take a prettier but hillier route. 35 miles to lunch at the Kyack in Nyack. The 25 mile return allows for a stop at Starbucks followed by the hill-less route to Fort Lee. 50% chance of precip or temps below 35° at start cancels.

**C7 16MI INDUSTRIAL WILLIAMSBURGH'S ARCHITECTURE NOON**

Leader: Paul Rubenfarb (212) 740-9123 From: Front of Brooklyn Museum (2 or 3 train - Eastern Pkwy). Of civil war vintage, old Williamsburgh illustrates the pattern of American industrial planning in its formative decades. Here was the incubus of pathological American workaholicism - which the Honolulu municipal directory lists as a major mental disorder, a demerol of the 9 to 5 prole travail Hawaiians believe we sent them from the mainland to eradicate their idyllic polynesian culture. Rain or shine.

### Sunday, December 3

**A18+ 40-60MI 5TH ANNUAL POST SEASON, POST-PARTY, HEDGEHOG RIDE 10:15AM**

Leaders: Stefani Jackenthal (212) 769-8718 & Dan Schwartzman (212) 362-5493 & Margaret Cipolla and Jeff Vogel (718) 275-6978 From: The Boathouse. You can sleep late for this traditional end of the season ride, Scandinavian style. The first stop is for a civilized brunch at the Flagship (Mimosas and Bloody Marys are acceptable). We then climb the Trollstigen before stopping for Margaritas and Coronas at Santa Fe on Main Street in Tarrytown. Bike home along the Hudson Fjord of bring your Metro-Nirsk pass. Riding skills appreciated, social skills mandatory. P.S. Traditionally someone throws a party the night before a hedgehog ride. At press time, we don't know of any. If you hear of one, please remember to invite the

leaders (except Stefani). Typical Oslo in December weather cancels.

**B14-15 50MI PIERMONT III 9:30AM**

Leader: Anne Grossman (212) 924-1549 From: The Boathouse. Don't miss the last of the Piermont 1995 series. We'll stop at the deli and then go to the pier for lunch or if it's cold we'll eat at one of the restaurants.

**C 30-35MI FROST BITE #1 - CONEY ISLAND 9:30/10:00AM**

Leader: Karl Ditterbrandt (212) 477-1387 From: Steps in front of City Hall (9:30)/Grand Army Plaza entrance to Prospect Park(10:00). Easy flat ride to Coney Island. Lunch at Nathan's. Home along Ocean Parkway. Co-lead with SBBC. Predicted high below 35° cancels.

### Wednesday, December 6

**EAT NO MILES TOUR OF THE ETHNIC RESTAURANTS - STAGE V 7:00PM**

Leaders: Jeff Vogel & Margaret Cipolla (718) 275-6978. Good Morning Vietnam! Well, maybe it's good evening Vietnam. Tonight's tour will actually leave Queens for a trip to China Town. Call leaders by December 4th to reserve a seat at our favorite Vietnamese restaurant (Pho Viet Huong on Mulberry St).

### Thursday, December 7

**B17-21 50MI THURSDAY A.M. RIDE 9:30AM**

Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Cold weather riding rules! Join us for a ride with a faster than listed pace that leaves The Boathouse at 9:30 and returns by 12:30.

### Saturday, December 9

**A20+ 65MI COLD CHEEKS RIDE 8:30AM**

Leader: Mark Wolz (212) 594-5319 From: The Boathouse. A brisk pace in brisk weather to Rockland County as long as roads remain dry and temps are above 35°.

**A18 60MI ZONE 2 9:00AM**

Leader: Doug Bixby (212) 366-1879 From: The Boathouse. Easy ride to Nyack; major objective is to keep heart rates out of the red. Temp below 32° at start cancels.

**B14-16 40/45MI BACK BY NOON SERIES 9:25AM**

Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Join us for a cold weather ride that gets you back to The Boathouse before 12:30. The destination changes weekly.

**B15 45MI SAME RIDE DIFFERENT DINER 10:00AM**

Leader: Dick Goldberg (212) 874-2008 From: The Boathouse. Lunch in Scarsdale and maybe a new route through The Bronx. Slick roads cancel.

**C7 14MI GINGERBREAD PARK SLOPE IN PRE-HOLIDAY GLOW NOON**

Leader: Paul Rubenfarb (212) 740-9123 From: Front of Brooklyn Museum (2 or 3 train - Eastern Pkwy). Bedford-Stuyvesant has America's most opulent brownstones, but few of us would turn down the magnum palaces of purple, red, ochre, fuchsia, and white sandstone on Park Slope's stately Montgomery Place. The Slope's affliction with sterile yuppies and corporate babbitts has not yet eliminated the earlier bohemian indogenes. Rain or shine.

### Sunday, December 10

**A19-20 56MI B-M-B 9:00AM**

Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. Boston-Montreal-Boston? No, it's Boathouse-MONTVALE-Boathouse. It's 30 miles to a new diner in Montvale with several hills before lunch. Unlike the real B-M-B,

# Club Rides

rain, snow, or extreme cold cancels this ride.

## A18 50MI MENU MEMORIZATION I (WITH A TIP OF THE HAT TO JV) 9:00AM

Leader: CJ Obregon (212) 876-6614 From: The Boathouse. Be sure to bring your earmuffs and helmets as we sail out to the Sea Star in White Plains. Temp below 30° at 8am cancels.

## B14 40MI SEA CLIFF 9:30AM

Leader: Alinda Barth (718) 441-5612 From: The Statue of Civic Virtue(E/F train to Union Tpke). Fight winter sloth by riding mellow pace to this scenic spot on the north shore. Temps below 35° cancels.

## C 25-30MI FROST BITE #2 - ASTORIA 9:30/10:00AM

Leader: Roscoe George (212) 989-0883 From: Grand Army Plaza entrance to Prospect Park(9:30)/Steps in front of City Hall(10:00). Visit the Museum of the Moving Image in Astoria. Lunch at a Greek restaurant. Co-lead with 5BBC. Predicted high below 35° cancels.

**Tuesday, December 12, 6:30 p.m.**



**Cucina La Fontana**

**All Rides and Next Bulletin material due!**

**see back page for details.**

## Thursday, December 14

### B17-21 50MI THURSDAY A.M. RIDE 9:30AM

Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Cold weather riding rules! Join us for a ride with a faster than listed pace that leaves The Boathouse at 9:30 and returns by 12:30.

## Friday, December 15

### A/B/C 30MI HOLIDAY LIGHTS 6:45PM

Leader: Marty Wolf (212) 935-1460 From: The parking lot at City Hall, Manhattan. Enjoy this festive season with a friendly paced ride to the Flatbush section of Brooklyn to pedal past some of the most outrageous, extravagant and at times, downright tacky Christmas displays in the entire NYC area. Although this is a short ride in distance, don't plan to be home before 11pm.

## Saturday, December 16

### A19 60MI RIDGEWOOD 9:00AM

Leader: Alison Holden (212) 688-1723 From: The Boathouse. Some hills going out, but a flat route back. Temp below 35° at start cancels.

### B14-16 40/45MI BACK BY NOON SERIES 9:25AM

Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Join us for a cold weather ride that gets you back to The Boathouse before 12:30. The destination changes weekly.

### B14-15 50MI PIERMONT HEAT 9:30AM

Leader: David Hallerman (718) 499-4467 From: The Boathouse. If you think that you'll be warm by cycling, you will be. The uphill on River Road will help. Predicted temps below 40° cancel.

## Sunday, December 17

### A20 65MI INCLINED TOWARD NYACK 9:00AM

Leader: Steve Ullman (212) 473-1897 From: The Boathouse. Over the riv-

er and roundabout with a couple of hills you may not have braved before (Ash, Old Mountain) and may pass on if so inclined, as long as you keep a seat warm for me at the diner. Temps below 25°, high wind, or precip cancel.

### B15-17 55MI PIERMONT PASTICHE 9:00AM

Leader: Jonathan Snellenberg (212) 769-1426. From: The Boathouse. Parts of several rides pasted together to make a circuitous route through Nyack and Piermont with a hill or two for punctuation.

### C 30MI FROST BITE #3 - FT TRYON PARK 9:30/10:00/10:30AM

Leaders: Irv & Hindy Schacter (212) 758-5738 From: Grand Army Plaza entrance to Prospect Park(9:30)/Steps in front of City Hall (10:00)/NW corner 1st Ave & 64th St(10:30). Short winter ride to a lovely urban park (The Cloisters). Good views. Lunch at a coffee shop in the park unless it's warm enough to eat on the benches in the park. Co-lead with 5BBC. Predicted high below 35° cancels.

## Thursday, December 21

### B17-21 50MI THURSDAY A.M. RIDE 9:30AM

Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Cold weather riding rules! Join us for a ride with a faster than listed pace that leaves The Boathouse at 9:30 and returns by 12:30.

## Saturday, December 23

### B14 40MI PRE-CHRISTMAS PICKUP RIDE 9:30AM

Leader: Sanity Clause From: The Boathouse. This is the season to "B" merry. So "B" a sport and join in on today's merry ride.

## Sunday, December 24

### A19-20 55MI NOT FOR JEWS ONLY 9:00AM

Leaders: Jeff Vogel (718) 275-6978, Grinch & Scrooge (800) HUM-BUGG From: The Boathouse. How many years in row has this ride been canceled? In the rare chance this ride does happen, bring your Christmas cheer. Lots of schmoozing promised. And don't forget to show off those new Chanukah toys! Ride is canceled if we have a White Christmas or if two of the three leaders show up.

### C 25-30MI FROST BITE #4 - DYKER HEIGHTS 9:30/10:00AM

Leader: Abe Karron (212) 686-8748 From: Grand Army Plaza entrance to Prospect Park(9:30)/Steps in front of City Hall (10:00)/NW corner 1st Ave & 64th St(10:30). Christmas decor in Dyker Heights. It's beautiful. Co-lead with 5BBC. Predicted high below 35° cancels.

## Monday, December 25

### A ??MI "A" TRAINING RIDE #49 9:00AM

Leader: Easter Bunny (212) 555-EGGS From: The Boathouse. Well, St. Nick took out a ride I was supposed to lead in April, so I might as well return the favor. To tell you the truth, the guy has put on so much weight over the winter that he couldn't even get on a bike! White Christmas cancels.

## Thursday, December 28

### B17-21 50MI THURSDAY A.M. RIDE 9:30AM

Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Cold weather riding rules! Join us for a ride with a faster than listed pace that leaves The Boathouse at 9:30 and returns by 12:30.

**First NYCC Ride?**

**Please Read Page 2 Before You Ride**

## Club Rides

### Saturday, December 30

**A20 55MI WHITE PLAINS QUICKIE 9:00AM**

Leader: Steve Ullman (212) 473-1897 From: The Boathouse. A brisk jaunt to the Sea Star for some warm vittles and a chat and bound for home by one. Temps below 25°, high wind, or precip cancel.

**B14-16 40/45MI BACK BY NOON SERIES 9:25AM**

Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Join us for a cold weather ride that gets you back to The Boathouse before 12:30. The destination changes weekly.

### Sunday, December 31

**A18 40-60MI FINIS...I'M OUTTA HERE! 9:00AM**

Leader: Rich Borow (212) 866-1966 From: The Boathouse. Join me to raise a glass to mark the passing of another year and to celebrate the end of my tenure as "A" Rides Coordinator. Destination and distance dependent on climate: Northvale, Blauvelt, Montvale? Temps below 35° at start cancel.

### Monday, January 1

**A18 55MI ANNUAL NEW YEAR'S DAY RIDE 10:00AM**

Leader: Marty Wolf (212) 935-1460 From: The Boathouse. If you're worried that your 1996 mileage chart will be empty until spring, here's your chance to get off to an easy-paced start. Brunch in White Plains at the Sea Star Diner.

**C 25MI NEW YEAR'S AT THE BRONX ZOO 10:30AM**

Leader: Elly Spangenberg (212) 737-0844 From: The Plaza Hotel. This annual pilgrimage returns to the zoo for the second year in a row (the neighboring Botanical Gardens are closed New Year's Day). Perhaps a visit to the animal kingdom will inspire participants' New Year's resolutions. At least it will help burn off December's indulgences. Bring a bike lock, \$6.75 for admission, and money for lunch at a diner. Co-lead with 5BBC. Predicted high below 35° cancels.

### Sunday, January 7

**C 25-30MI FROST BITE #5 - FORT LEE 9:30/10:00AM**

Leader: Jay Jacobson (914) 359-6260 From: Grand Army Plaza entrance to Prospect Park(9:30)/Steps in front of City Hall (10:00). Checking the ice flows in the Hudson River until we get to a warm place for lunch. Co-lead with 5BBC. Predicted high below 35° cancels.

**TO LEAD A RIDE IN JANUARY CALL BY DEC 12**

**A-Rides:** Conrad Meyer (212) 535-2444

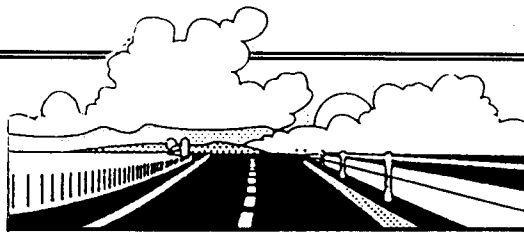
**B-Rides:** Irv Weisman (212) 567-9672

**C-Rides:** Dona Kahn (212) 399-9009

## OUT OF BOUNDS

### "A" LEVEL NYCC RIDE IN ITALY — MAY 13 TO MAY 21

9 days filled with serious riding and climbing in the spectacular Veneto and Trentino regions of northern Italy. Van support — nice hotels, great food and guides. Group size limited. Special "Tour Preview" Price, for NYCC members \$1000. Call Lori Turoff (212) 353-9068 for information. Deposit due by January.



### BIKE TOURS IN FLORIDA THIS WINTER SHOULDN'T COST AN ARM AND A LEG

\$89 per day includes deluxe accommodations (30 mi. N of Orlando), continental breakfasts, support van, experienced leaders, maps & cue sheets. Helmet and 18-spd. rentals available. Join us for 2-5 days, Mondays thru Fridays, Feb. 11 — March 15. Call us for more information. All prices based on double occupancy.

**Brooks Country Cycling & Hiking**  
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(212) 874-5151

### July 5 thru Sept 3 1996 Bike/Camping TOUR DI CALABRIA, UMBRIA, E CORSICA

Two month (with 1 month option) 55 mi/day scenic immersion. The tour-bus hordes infest not the sublime Italy, but only the souvenir shop agglomerations. Instead, we'll bike the immortal uncommercialized scenic Italy of Verocchio, Cellini, Canaletto and Boccioni, commencing with the verdant Calabrian wild forests of bears and waterfalls on Italy's vistaed foot. Next is Apulia's virgin-forested Gargano peninsula, followed by green and architecture-rich Umbria on Italy's spine. Last, we'll ferry from Livorno to Corsica's forest gorges, mountain torrents and peasant pastorales. \$500 RT air thru Cheap Tickets, Inc. \$175 rail and \$15/day food. Each biker buys own tickets, carries own money. Call Paul "Ernesto" Rubenfarb (212) 740-9123.

## Membership Minute

by Mitch Yarvin

Yes, it's true, it's that time of year again. I know it's only early December and only a few of us are still thinking about cycling, but it's time for us all to renew our NYCC membership for 1996. You wouldn't want to miss out on the Spring training rides, or on joining the A or B SIG, or the 1996 Escape from New York Century, or the great NYCC President's Day, Memorial Day, July Fourth, or Columbus Day weekends, would you? Remember, subscriptions are for the calendar year: they end in December, and begin in January. So, to paraphrase, renew early, and renew often! Send your check along with the form on the inside back cover.

Any questions, call me @ (212) 988-8887.

### What?

**You didn't get your NYCC Bulletin?**

**Don't call ME —**

**call MITCH YARVIN 988-8887**



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## BIG NEWS FOR ALL CYCLISTS!!

CRCA has invited Tom Ehrhard to speak to local cyclists and other athletes on Friday evening at 7 pm, January 5, 1996. Mr. Ehrhard developed the VIPERCOACH system of training, which is a nationally recognized heart rate-based, computerized conditioning and strength program for elite and recreational endurance athletes. To translate that, the program is terrific for anyone at any level and with any sort of work schedule. The program is simple to understand and, thus, simple to follow. Also exciting is that Tom Ehrhard is on the cutting edge of training research so he will be a fascinating speaker. Plus, his experience is varied: he is hooked up with the USCF National coaches, was a Regional coach for two years, this year he selected the US Military World's Team, and he is an Air Force Officer.

Elizabeth Emery, a CRCA member and rider for the Chevrolet/LA Sheriffs, had remarkable success with Mr. Ehrhard's program over the past year.

Tom Ehrhard will be speaking on Friday, January 5 at 7pm at the American Youth Hostel at 103rd & Amsterdam.

## 1996 NYCC Board

The results of the NYCC elections for the 1996 Board were tallied by Ben Goldberg at the November meeting:

President	Gene Vezzani
V.P. Programs	Caryl Baron
V.P. Rides	Steve Britt
Secretary	C.J. Obregon
Treasurer	Reyna Franco
Public Relations	Rich Borow
Membership	Mitch Yarvin
Special Events	Stephanie Bleacher
Bulletin Editor	Doug Riccardi
A-Rides Coordinator	Conrad Meyer
B-Rides Coordinator	Irv Weisman
C-Rides Coordinator	Donna Kahn

## Welcome to 26 New Members!

Kevin Chisolm	Stephen Lees	Ann Schiffrs
Iris Darvin	Donald Leff	Lilli Schleikorn
Nancy Donohue	Margaret Levine	Linda Schwartz
Esta Fisher	Trudi Manino	Ellen Schwartz
Erika Greene	Nancy Mendez	Jessica Siegel
Gregory Hendren	Jessica Nooney	Matt Tirschwell
Barbara Horton	Maria Nordone	Evelyn Weinstein
Stephanie Kurtz	Susan Palombo	Kevin Wheeler
	Peter Saraf	

*See you on the road!*

## Reminder:

A great stocking -stuffer — new batteries for his/her computer, so he/she can start the year at zero, prepared for twelve months of electronic bliss: a computer that won't fail for another year.

Our thoughts go out to Jennifer Elwell for the untimely death of her husband, Robert, in a bicycle-related accident.

Robert was a bicycle messenger in Manhattan for many years. His enthusiasm for many things, including cycling, will be missed.

## From the Boathouse

DECEMBER 1, 1995

The two Richards - Ellen and Rosenthal - did us proud with the planning and preparation they did for the Marathon Chairlift. Over one hundred twenty cyclists from the New York Cycle Club and elsewhere were poised alongside the exit ramp of the Verrazano - Narrows Bridge at 9:14 AM, Sunday the 12th of November, eagerly awaiting the arrival of the first of 75 wheelchair participants in the New York City Marathon. Alas they never arrived. Thwarted by heavy gusts of wind - and the powers-that-be the wheelchair athletes were not permitted to start ahead of the pack - obviating the need for the cycle escorts. At 10:30 a.m. we were summarily dismissed - to ride the course if we chose, or to subway home. But this does not diminish the

work of the two Richards - Thank you Ellen and Rosenthal for a job well done! Wait until next year!

Congratulations to NYCC marathoners Karen Sherman (3:47), Charlie Katz (3:19), Suzanne Rohr (3:22), Dave Obelkevich (3:33, but he did one two weeks ago), Kevin Mulvenna, and anyone we may have inadvertently missed, on completing the marathon.

Thank you Ben Goldberg for serving as Teller for this year's elections.

We discovered another cyclist-friendly restaurant after the marathon. About a dozen of us went to the diner - suggested by Ellen Richard - at the northeast corner of 42d Street and Eleventh Ave. in Manhattan. No books - but we and our bicycles were welcomed. A large table was put together for us, our bikes were

by Geo Carl Kaplan

parked in front of the Snapple Cooler, and a great brunch was enjoyed, at a fairly reasonable price. Recommend this to one and all, especially when you are cycling.

Originally we planned to thank all the members of the club who have helped us over the past three years, but then we realized that we would have to print the entire roster to do so. . .so. . . thank you one and all for all the help we have received. We have enjoyed being President, and at the risk of being repetitious, because of the help all of you provided. We will take advantage . . . and say thank you to Ally and Libby!

May 1996 be better than 1995 and not as good as 1997 — Happy Holidays and Happy New Year!

**See you on the road!**

## Alphabet Soup

ENY

I said I'd mention more names this month! This may still not be the definitive additions list, but thanks must go out to club members Lisa Davis and Ira Mitchell for assisting a badly injured cyclist near Bear Mountain. Their persistence ensured that the cyclist 'gave in' to medical assistance. Also, thanks to Larry Ksiez for his support during the embryonic stages.

### More Thanks

This is the last hoorah for Linda Wintner, Gene Vezzani, and Rich Borow as Ride Coordinators. Thanks for your help during the year and I know two of you are returning to the board in '96 for more abuse(!)

### Winter Riding Tip

Don't stop riding because it's cold outside. (If there's snow, you might have a better reason.) Follow a few simple rules

by Steven Britt

when riding during the cold and you can still get a decent workout (and not feel guilty). Keeps stops infrequent and short. The longer you stop, the longer it takes for the muscles to warm up. A shorter, non-stop ride would be a better fitness trainer. Keep your extremities well-covered. A helmet-cover, ear-muffs or balaclava, good gloves, and whatever works for the feet (I'm still looking!).

**Happy Holidays and a Safe New Year!**

## The Old Crank: a Tale of Two Cycles

Who in Dickens name could these people be? Hint: both are members of our club. Both stories are true, both happened on Monday, when Castro and his sofa were in town, along with every cop in the county.

Cyclist number one, while riding down a major avenue, found his path blocked by a double-parked police car occupied by two of New York's finest, one of each gender. The member of the gentle gender was reading a newspaper. Our friend happened to note out loud, while passing said blue sedan, that one officer in a car was enough for his taxes to support. The oth-

er officer noted that said cyclist was passing without proper hand signals and was therefore violating the law, and, if he didn't watch his mouth, he might find himself violated.

Cyclist number two was running a red light, as usual, to a safe island in the middle of a main Manhattan street when shouted down by a foot officer, who was surrounded by a group of his none-too-busy-buddies. Even Castro's daughter was nowhere in sight, so these officers had little to do. When the cyclist finally had to acknowledge the shouting was at him, the officer asked, loudly, if the cyclist hadn't

dropped the large paper bag behind his bike. The cyclist's first feeling was relief: he wasn't being ticketed. His second feeling was anger. Why was being accused? But, finally, he realized that the president himself would be passing that corner, and even without a red cloak for the mud puddle, the cyclist could make our city look just a little neater for the hero of Whitewater. He did a little pirouette, scooped up the offending kraft, and received a mighty thumbs-up from the group of officers.

Will I moralize? No. I'll simply retire my old crank handle till the new year.



## Blowouts

Overheard at the Boathouse - "My wife said if I get one more bike she would leave me. Gee, I'll miss her."

Now that **Jody Sayler** and **Christy Guzzetta** have bought property in Cold Spring, how long will it take before Christy is elected mayor of the town?

Congratulations to **Stan Greenberg** and **Lynn Yellen** (yes) on the birth of their daughter **Yelena** on October 28th. Now that he's a daddy, Stan needs to be more careful in the rain.

Latvijas Brivibas Diena and a belated happy birthday to Latvia, which celebrated its Independence Day in November. And it's Lat not Lit, right, **Maxim Vickers**?

No good deed shall go unpunished. Thanks to the tireless efforts of **Richard Rosenthal** and **Ellen Richard** (no), over 100 cyclists showed up at the start of the New York Marathon to escort the wheelchair participants. Unfortunately, the extremely windy conditions that day led the Port Authority officials to make the controversial decision to prohibit the wheelchair athletes from their 9:15a.m. start on the Staten Island side of the Verazano.

The Marathon day's winds didn't stop the New York Cycle Club's runners (although it may have slowed them down) **Charlie Katz** even ran a 3 hour, 19 minute marathon, one of the fastest ever by an NYCC member. **Suzanne Rohr** also came in with an impressive 3:22. **Karen Sherman** ran a 3:47 in her first marathon ever, this after struggling through the crowds for a 22 minute first mile. Other usual steady performances were turned in by **Dave Obelkevich** and **Kevin Mulvenna**. Congratulations to all of you.

The list of volunteers to accompany wheelchairs in the NYC Marathon revealed that two NYCC members who don't know one another, **Jane Kenyon** and **Laura Schwartz**, not only happen to live in the same building, they live on the same floor; two other volunteers who are not club members and who didn't know one another, **Pamela Nicely** and **Jennifer Green**, live in the same small building; and a team of angels was put together

with club members **Angel Mieves** and **Angelique Ortiz**. The wheelchair athlete they were assigned to accompany was **Angel Gomez**.

**Ed O'Donnell**, a 1995 SIG graduate, completed the New England Triathlon Festival Endurance distance (2.4s, 114 b, 26.2r) in 13hrs 52 min. Ed thanks his NYCC training for helping on the very hilly bike course. The marathon wasn't exactly flat, either, with a repeated 2.3 mile climb!

In an unofficial survey, it was determined that photographer is the most common profession amongst our members (no, not bike bum or midwife). Two of our own are currently having exhibitions of their photographs. You can see **Henry Joseph's** Southwestern Landscapes at Synchronicity Space at 55 Mercer Street (between Broome & Grand) through December 2nd, and **Keith Goldstein's** Places in the Sun at Avery Hall of Columbia University through December 16th.

The quote of the month goes to **Jody Sayler**. "Whenever I ride, I get wet and juicy/" I get excited, too, but I think Jody was referring to the cold weather post nasal drip.

Once again the idea of a book of the club's routes was suggested. We were never able to do this before because we didn't have the technology. Now we can do it. We're just going to scan **Irv Weissman's brain!**

Of course you're welcome in the New York Cycle Club, **Kristi Roberts**.

And yes, **Stephanie Bleecher**, you are our Road Bozo this month. But, hold onto your helmet, it's not for the reason you think. (We'll save that for another time.) Stephanie started the day right, dressed in layers. After lunch she decided she needed one layer less, so off came the windbreaker. Where did she put it? In her waterbottle cage! That's a no-no, Stephanie. You should know better than that. Why? Because a mile or two down the road, where did the jacket wind up? Caught between the hub and cassette as her Miyata ground to a halt. It took almost 20 minutes to remove the jacket from the wheel. Fortunately Stephanie didn't go down or she might have wound up looking like that shredded windbreaker.

...she put it in her  
waterbottle cage!

Where did the  
jacket wind up?

Caught between  
the hub and  
cassette as her  
Miyata ground  
to a halt.

## D.E.M. ZONE

There's been a new development in the local cycling scene. Three of the area's most successful cyclists have formed a coaching service called D.E.M. ZONE. They are Elizabeth Emery (of Chevrolet/Sheriffs and number 7 woman in the country last year), Dave Jordan (former Spring Series winner and Cat 1), and Morgan Stebbins (Cat 2, East Coast Vets Champion, and 1984 Olympic Team member). Together they have a wide range of experience that should be of benefit to everyone from beginning cyclists to elite racers, men and women, juniors, seniors

and veterans. The goals of D.E.M. ZONE is to provide personalized training for cyclists of various abilities and aspirations. They offer on-the-bike instruction as well as AT testing, bike fit, goal setting and training plan development. Their winter program will begin Tuesday, November 28, at 6:30am in Central Park. There will be six sessions per week, three for beginning riders and three for racers.

Call now for a full schedule and introductory group rates!  
212-606-3747

## NYCC 1996 Mileage Chart

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week	Cum
<b>J 1</b>	1	2	3	4	5	6	7		
<b>A 2</b>	8	9	10	11	12	13	14		
<b>N 3</b>	15	16	17	18	19	20	21		
<b>4</b>	22	23	24	25	26	27	28		
<b>5</b>	29	30	31	1	2	3	4		
<b>F 6</b>	5	6	7	8	9	10	11		
<b>E 7</b>	12	13	14	15	16	17	18		
<b>B 8</b>	19	20	21	22	23	24	25		
<b>9</b>	26	27	28	29	1	2	3		
<b>M 10</b>	4	5	6	7	8	9	10		
<b>A 11</b>	11	12	13	14	15	16	17		
<b>R 12</b>	18	19	20	21	22	23	24		
<b>13</b>	25	26	27	28	29	30	31		
<b>A 14</b>	1	2	3	4	5	6	7		
<b>P 15</b>	8	9	10	11	12	13	14		
<b>R 16</b>	15	16	17	18	19	20	21		
<b>17</b>	22	23	24	25	26	27	28		
<b>18</b>	29	30	1	2	3	4	5		
<b>M 19</b>	6	7	8	9	10	11	12		
<b>A 20</b>	13	14	15	16	17	18	19		
<b>Y 21</b>	20	21	22	23	24	25	26		
<b>22</b>	27	28	29	30	31	1	2		
<b>J 23</b>	3	4	5	6	7	8	9		
<b>U 24</b>	10	11	12	13	14	15	16		
<b>N 25</b>	17	18	19	20	21	22	23		
<b>26</b>	24	25	26	27	28	29	30		
<b>Total</b>									

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week	Cum
<b>J 27</b>	1	2	3	4	5	6	7		
<b>U 28</b>	8	9	10	11	12	13	14		
<b>L 29</b>	15	16	17	18	19	20	21		
<b>30</b>	22	23	24	25	26	27	28		
<b>31</b>	29	30	31	1	2	3	4		
<b>A 32</b>	5	6	7	8	9	10	11		
<b>U 33</b>	12	13	14	15	16	17	18		
<b>G 34</b>	19	20	21	22	23	24	25		
<b>35</b>	26	27	28	29	30	31	1		
<b>S 36</b>	2	3	4	5	6	7	8		
<b>E 37</b>	9	10	11	12	13	14	15		
<b>P 38</b>	16	17	18	19	20	21	22		
<b>39</b>	23	24	25	26	27	28	29		
<b>40</b>	30	1	2	3	4	5	6		
<b>O 41</b>	7	8	9	10	11	12	13		
<b>C 42</b>	14	15	16	17	18	19	20		
<b>T 43</b>	21	22	23	24	25	26	27		
<b>44</b>	28	29	30	31	1	2	3		
<b>N 45</b>	4	5	6	7	8	9	10		
<b>O 46</b>	11	12	13	14	15	16	17		
<b>V 47</b>	18	19	20	21	22	23	24		
<b>48</b>	25	26	27	28	29	30	1		
<b>D 49</b>	2	3	4	5	6	7	8		
<b>E 50</b>	9	10	11	12	13	14	15		
<b>C 51</b>	16	17	18	19	20	21	22		
<b>52</b>	23	24	25	26	27	28	29		
<b>Total</b>	30	31							

## Paceline

by Caryl Baron

**Tech talk:** In 1987, the Bulletin was all cut and paste. Currently, I'm doing it on a MacIvix, in Quark3.31. In June, I got online. The proportion of Bulletin material that arrives electronically via the internet is now more than half, including the rides. I've truly enjoyed putting together the NYCC Bulletin for the past twenty-four months. Now, I'll turn over my disks to Douglas Riccardi who will add his own excellent style to our publication. **Send material for January and all future NYCC Bulletins to:**

**Douglas Riccardi, Memo Productions**  
**611 Broadway - Room 811, New York, NY 10012**  
**Tel: 212 388-9758 Fax: 212 388-1750**  
**E-mail: MEMO NY @AOL.com**

If you want your friends to ride safer in 1996, you could stuff their stockings with Vista-Lites, Hot-Spots, and reflective bands and stick-ons.

**Staying in shape:** You could join John Waff's winter hiking program, or go cross-country skiing (see President's Day Trip Coupon). Or you could run. But, if the cold makes you want to stay indoors, take advantage of being in the city — do stair workouts! Find a set of stairs that will take two minutes or more to get up, and climb. You don't have to run up — you'll find it's enough work just taking it easy. Gradually build up to three or more sets, and increase speed, as the winter wears on. And, don't forget to go down: it works a different set of muscles!

## Escape Again....

NOW is when the planning begins to ensure that NYCC's 1996 "Escape From New York Century" is a success. The 1995 event, our first, attracted over 300 entries, so it's likely that when word gets out, on September 21, 1996 we'll have a much larger group. Your help is needed to round up sponsorship, plan

and mark routes, procure food and refreshments, and for registration, marshalling, and clean-up. There's a monthly meeting, on the third Tuesday of each month. Mitch Yarvin is our Chairperson of Volunteers. Call Mitch today at 988-8887 to volunteer for the 1996 "Escape From New York Century".

## 1st Annual NYCC Lake Placid Cross Training Weekend

❄️ ❄️ ❄️ ❄️ ❄️ **Presidents' weekend February 16-19** ❄️ ❄️ ❄️ ❄️ ❄️

Join the New York Cycle Club for 3 days & nights of fun. Alpine ski at Whiteface Mt., nordic ski at Mt. Van Hoevenberg, snowboard, dog sled, ice skate, luge, bobsled, toboggan, snowmobile, run, swim, and relax in the whirlpool. Compete in the NYCC nonsensical ski obstacle course race. We'll stay at the Ramada Inn, by Main Street and the Olympic Center, site of the 1980 Winter Olympics.

Name(s): \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Day \_\_\_\_\_ Evening \_\_\_\_\_ Fax \_\_\_\_\_ E-mail \_\_\_\_\_

**SKIING:** Enter # days and calculate ski fees (Group Rates)

☐ **ALPINE:** \$30/day X \_\_\_\_\_ days = \$ \_\_\_\_\_

☐ **X-C (NORDIC):** \$6/day X \_\_\_\_\_ days = \$ \_\_\_\_\_

**ALPINE SKIING FOR BEGINNERS:**

Includes full day lower mountain lift ticket.

☐ **w/ski rental:** \$35/day X \_\_\_\_\_ days = \$ \_\_\_\_\_

☐ **w/out ski rental:** \$ 25/day X \_\_\_\_\_ days = \$ \_\_\_\_\_

Total ski fees: \$ \_\_\_\_\_

**ROOM OPTIONS** 

(Per Person—includes 3 nights lodging plus 3 breakfasts):

☐ Single: \$365

☐ Double: \$220

☐ Triple: \$170

☐ Quad: \$150

Roommate(s): \_\_\_\_\_

**ENTER TOTALS** 

Total Skiing: \$ \_\_\_\_\_

Room Option: \$ \_\_\_\_\_

**TOTAL DUE:** \$ \_\_\_\_\_

**CARPPOOL NECESSARY** (Select one):

☐ I can provide transportation for \_\_\_\_\_ number of people.

☐ I need transportation (options: carpool, car/van rental, Amtrak+bus)

**SPACE IS LIMITED.** Please send check and this form **by December 12** to

Reyna Franco, 1 Irving Place, Apt. 1-10C, New York, NY 10003 (or bring check and form to the NYCC Holiday Party)..

## Minutes

NYCC Board Meeting of Monday, October 2, 1995

Present: Geo Kaplan, Steve Britt, Reyna Franco, C.J. Obregon, Mitch Yarvin, Michael Toomey, Caryl Baron, Barbara Julich, Rich Borow, Gene Vezzani and Linda Wintner. Absent: Lori Vendinello. The minutes of the meeting of September 5, 1995 were approved.

Geo reported that the Escape from New York Century was a great success. 315 people registered and 280 rode. 55% of the riders did the 100 mile ride. Reyna projected a profit of about \$1000. A final report would be made at the next board meeting. Geo thanked Steve, Jane Kenyon, Mitch, Reyna, Stephanie Blecher, Andrea Goodman and Jim Siler.

There was a discussion of the relationship of the board and the century committee. Geo said that he expects an even bigger turnout next year. He felt that participation on the committee had helped develop members who might work for the club in a different capacity. He acknowledged the need for a better oversight mechanism. Concern was expressed that the presence of so many board members on the committee could create a possible conflict of interest. Several board members suggested that the special events coordinator should provide oversight on behalf of the board, and serve as a conduit to the board. Reyna noted that basically the club needs good communications. Geo agreed that regular reporting to the board was required.

Geo noted that the club would be supporting the Achilles Track Club in the new York City Marathon.

Mitch indicated that there had been a membership opportunity in the AIDS ride and wanted to follow up on this. Caryl noted that the club might increase membership by means of various publications that bicyclists access.

The meeting adjourned at 8:35 P.M.

Respectfully submitted,

Conrad J. Obregon

## Re-Cycling

Two classifieds per member per year are free (up to 6 lines). Additional ads \$1.00 per 50 char. line. Please send classified listings to: Doug Riccardi, Memo Productions 611 Broadway - Room 811, New York, NY 10012. Tel: 212 388-9758. Fax: 212 388-1750. E-mail: MEMO NY @AOL.com.

**CANNONDALE FIX** (track bike), 56cm, 1 year old. Needs front end. \$300. **SEROTTA NOVA SPECIAL**, Columbus tubing, 56cm, Campy Nuovo Gruppo — collector's beauty in PRIMO condition. \$550. **New bike clothing, men's M:** Goretex Performance jacket \$80 and pants \$30. Wool knit long sleeve jersey \$60. Caps \$10. Shorts and jerseys: Cannondale cold weather wind tights/pants \$40. Campy wool zip cardigan (collector's) \$30. Contact: Jennifer (718) 876-7485.

**FOR SALE:** Cateye Cyclosimulator CS1000. Used one season. \$200.00. Call Craig Spiegel. (212) 663-6536

**CAMPY '95** Record 32 hole hubset, TI axles; D.T. index shifters; brake levers — \$325 for all. Ritchey 27.2 TI seat post \$35. Dura Ace SPD pedals \$115. Call Maynard (212) 265-6330.

**FOR SALE:** Cateye CS-1000 Cyclosimulator indoor trainer, simulates climbs up to 10% grade, as advertised in Colorado Cyclist for \$289.00. Asking \$85.00. Jeanine (212) 468-0345 (weekdays).

**FOR SALE:** Gary Fisher Hybrid, Drop handlebar, bar ends, triple chainring, Shimano equipped. Saddle bag tossed in. A great deal @ \$400. Mitch (212) 988-8887.

**NYCC Web URL**

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



### 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 NEGLIGENT 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.

New ☐ Renew ☐ Change of Address ☐ Date \_\_\_\_\_ Check Amount \_\_\_\_\_

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Address/Apt. \_\_\_\_\_ E-Mail \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Tel.(H) \_\_\_\_\_ 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) (E-mail address) published in the semi-annual roster.

**Dues are \$21 individual, \$27 per couple** residing at the same address and receiving one Bulletin. After August 1 dues are \$11.50 ind./\$13.50 couple. All memberships expire December 31.

Allow four to six weeks to receive your first 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.**

It's been a great year of cycling, and 1996 will be even better! Celebrate with your cycling friends at

**TUESDAY December 12, from 6:30 till 10:30 pm**

# **THE NYCC HOLIDAY PARTY**

## **CUCINA DELLA FONTANA**

Great food (Italian, of course), wine, beer, DJ, music, dancing...  
friendly camaraderie and festive spirit the NYCC is known for.



**368 Bleecker St., corner of Charles St. (212) 242-0636**  
E or F train to West 4th St., 7th Avenue train to Christopher St.

**\$30 in advance with postmark by Dec. 4    \$35 at the door**



Send this coupon, before Dec. 4, with your check, to  
NYCC Holiday Party, POB 199, Cooper Station, New York, NY 10276.

Name(s)

phone

Number of reservations

Each \$30

Total

# **NYCC**

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Cooper Station  
New York, N.Y. 10276

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**Did you realize your membership expires on December 31?**  
**Renew now for great cycling in 1996.**