

February
1995

NYCC Bulletin

WINTER RIDING...



"If any one of those dogs is named Dasher, Dancer, Comet or Vixen, you're riding by yourself today."

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NYCC Ride Guidelines

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

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NYCC rides are friendly group rides by people of similar riding abilities. A volunteer leader plans the route and maintains the listed pace (e.g. B15 - see charts).

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 stops, is about 6 mph less than cruising speed. These speeds 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 one loop will give you a false assessment. (*The northern end of the park can be dangerous; ride with other cyclists.*)

YOUR FIRST NYCC RIDE: For your own enjoyment, be conservative. Choose a ride easier and shorter than you think you can ultimately handle. You won't enjoy struggling to keep up, nor make new friends by causing them to wait for you. It's a good idea to call the leader a day or so before the ride, and to introduce yourself when signing up at the start.

BEFORE THE 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 water **SUGGESTED:** lock
patch kit snacks rail pass
tire levers medical ID map
pump emergency phone # money

Leaders may specify other items in their ride listings.

WEAR YOUR HELMET! NO HEADPHONES.

WEEKEND EVENTS: These are usually in hilly country. You should be able to cruise at 14 mph, otherwise you may not find any groups to ride with.

Bike Trains

Saturdays and Sundays from April 16 through November 30, MetroNorth has scheduled specific trains to/from Grand Central Station to accommodate large groups of cyclists.

	From GCT	To GCT	To/From
Hudson Line	7:55 am	4:19 pm	Poughkeepsie
Harlem Line	8:47 am	4:08 pm	Brewster North
New Haven Line	8:07 am	3:58 pm	New Haven

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.

Submission Guidelines: Editor is Caryl Baron, 165 West End Avenue, Apt. 29K, NY NY 10023. All articles must be submitted to the Editor on a 3.5 inch diskette plus hard copy. Advise operating system, software and phone number.

Material may be edited for length and clarity. A full page of text is 4150 - 6000 characters (750 - 1090 words). Publication is determined by available space, and we cannot guarantee that all submissions will be published. Submission is contributor's warranty that material is in no way an infringement on the rights of another and that material may be published without additional approval. Call the Editor for guidelines and/or advance approval.

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

All material for the MARCH Bulletin

is due FEBRUARY 14 /

Club Rides

RIDE LISTINGS: To lead a NYCC ride next month and list it in the Bulletin, contact the Rides Coordinator (listed on 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.

SATURDAY, FEBRUARY 4

A20 45mi Not Nyack 9:00am
Leader: Karl Dittbrandt (212) 477-1387 From: The Boathouse. We're heading across the G.W. for a brisk ride up to Blauvelt. Temp below 32° or precip cancels.

A17 45mi River Road And Beyond? 9:30am
Leaders: Lori Vendinello (212) 353-9068 & John Becker (212) 989-3122 From: The Boathouse. A schmoozy ride to make sure we can still find our way across the G.W. Let's tackle River Road to get our heart rates up a bit and then, if conditions are favorable, on to Piermont. Wet roads or temp below 35° cancels.

B14 35mi Polar Bear Back-By-Noon Series 9:30am
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Join us for a cold weather ride that gets you home by noon. The destination is either Orchard Beach (no bathing suits please), State Line, City Island or a similar destination.

C11 12+mi Laps Around Central Park 10:00am
Leader: Sandy Gold (212) 222-4076 From: The Boathouse. Keep in shape for the Winter and get ready for Spring. Precip cancels.

SUNDAY, FEBRUARY 5

A20 60±mi Jeff's "Not Greenwood Lake" Ride 9:30am
Leader: Jane Kenyon (212) 662-1935 From: The Boathouse. Jeff discovered this route when he abandoned the Greenwood Lake ride 2 years ago. 39 miles to food in Nyack, although if the weather indicates we'll shorten it to 32. Rain or really messy roads cancel.

B13 30mi Anybody For Art 9:30am
Leader: Michael DiCerbo (212) 645-1120 From: Path station at the World Trade Center. A ride through the suburbs of Central New Jersey. Lunch on the campus of Seton Hall University and an art exhibition (mine) before our downhill return to NYC.

C 25±mi Ft Tyron Park Frostbite#8 10:00/10:30am
Leaders Irv & Hindy Schacter (212) 758-5738 From: City Hall (10:00am)/NW corner 64th Street & 1st Ave (10:30am). Help! Projected high below 35° or precip cancels. Co-lead w/5BBC.

SATURDAY, FEBRUARY 11

A18-20 65mi Let's Be Optimistic 9:00am
Leaders: Mary Allen (212) 666-6844 & Rich Borow (212) 866-1966 From: The Boathouse. This may be a bit of a stretch for February, but after a pit-stop in White Plains, let's shoot for Armonk. Pace inversely correlated to February snow levels. Bring Metro-North pass just in case we get too ambitious. Temp below 32° or precip at start cancels.

A19 100mi Century Of The Month #2 8:00am
Leader: Marty Wolf (212) 935-1460 From: The Boathouse. Maybe New Canaan, maybe Stony Point?? Well, we did Stony Point last month! Call leader for details. Iffy weather - leader may reschedule to 2/12.

B14 35mi Pre-Valentine's Day Back-By-Noon Series 9:30am
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Meet that special person on our pre-Valentine's Day ride that gets you home by noon. Today the destination is either River Road, Point Lookout (not Makeout), or City Island.

ATB1 30mi Queens Greenbelt 9:00am
Leader: Ray Malecki (718) 426-7383 From: Queens and Yellowstone Blvds. It's warmer in the woods. Come pound out a few miles with us. Wind chill below 20° or ice cancels - snow does not.

SUNDAY, FEBRUARY 12

A20 40+mi Stateline, Yo 9:45am
Leader: Paul Janus (718) 599-1499 From: The Boathouse. Wear a F.A.T. Goose, it's stupid cold. Brisk, tight pace-line keeps fly girls/boys hot. H2O or temp below 28° disses ride.

B17 50-60 mi The "Marty" Ride 9:30am
Leaders: Caryl & Steve Baron (212) 595-7010 From: The Boathouse. "Gee, I don't know, Steve. Where do you want to ride today?" Westchester or Rockland, depending on whim and conditions. Precip and/or below 32° cancels the show.

B15 50+mi Over The River And Through The Bronx... 9:00am
Leader: Karin Fantus (212) 873-5559 From: The Boathouse. To Purchase for a cozy lunch. A hasty return via Metro-North from Scarsdale, where we'll catch the closest thing to a 3:00pm train to Grand Central. Metro-North pass required. If weather seems iffy - call leader by 8:30am.

C 25±mi Coney Island - Frostbite #9 10:00am
Leader: Don Passantino (718) 446-9025 From: City Hall. Scenic Brooklyn. Lunch at Nathan's? Ride canceled if precip or daily high temp below 35° or if Nathan's runs out of hot dogs. Co-lead w/5BBC.

Tuesday, Feb. 14, 6:00 p.m.
NYCC Meeting at
O'Hara's 120 Cedar St.
All Rides and Bulletin material due!
See back page for details.

SATURDAY, FEBRUARY 18

A18 Not The Great Swamp 9:00am
Leaders: Rob Kohn (718) 369-1237 & Keith Goldstein (212) 982-9461 From: The Boathouse. Join us for a snappy ride that avoids the PATH line so we can promise we know how to get where we're going. However, since we haven't quite figured out a destination, all we can tell you is to bring various train passes in case a bailout becomes necessary (or we get lost again). If you really must know where we're going, call our ride advisor Cathe Neukum. Temp below 32° or precip at 8:00am cancels.

Club Rides

A17 How Fast Do You Want To Go In February? 9:00am
Leader: C.J. Obregon (212) 876-6614 From: The Boathouse. Note the pace and be sure to bring your helmets on this easy-going ride to Park Ridge. Temp below 30° at 8:00am cancels.

B14 35mi President's Day Back-By-Noon Series 9:30am
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Celebrate Washington's Birthday (and Lincoln's!) with us on our ride to either Piermont, State Line, or River Road. You'll be back by noon.

SUNDAY, FEBRUARY 19

A20 60mi Park Ridge Diner 9:00am
Leader: Kristi Roberts (212) 229-9804 From: The Boathouse. The leader knows the most important part of this ride: how to get to the food. Hopefully someone will come who knows the second most important part: how to get back! Rain, snow, or temp under 32° cancels.

C 25±mi Coney Island - Frostbite #10 9:00am
Leader: Isabel Kirsch (212) 362-8266 From: City Hall. Coney Island, Brighton Beach, and lunch at Mrs. Stahl's. Precip or daily high below 35° cancels. Co-lead w/5BBC.

MONDAY, FEBRUARY 20

A19-21 56mi B-M-B 9:00am
Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. No, it's not Boston-Montreal-Boston. It's only Boathouse-Montvale-Boathouse. We'll do 30 miles to a new diner in Montvale with several miles before lunch. Unlike the real BMB, rain, snow, or cold cancels this ride.

SATURDAY, FEBRUARY 25

A19-20 53mi Park Ridge 9:00am
Leader: Christy Guzzetta (212) 595-3674 From: The Boathouse. Pleasant "get the rust out" route to the Park Ridge Diner. Forget winter, next week the season starts; better get the rust out! Real bad weather cancels.

B14 35mi "B" Sig Preview Back-By-Noon Series 9:30am
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Here's a chance to take a preview ride of the "B" Sig that begins next week (hooray!). Find out what it's all about, and you'll be home by noon.

SUNDAY, FEBRUARY 26

A20 44mi Febrewery "A" Ride 10:00am
Leaders: Mark Martinez (212) 496-5518 From: The Boathouse. Stout-hearted men and porter-hearted women invited. Take a quick spin up to Orangeburg Pub to sample assorted micro-brews and share bonhomie. Enjoy quality quaffing by the pint or try one of the multiple brew samplers (take 8, they're small). Pub fare with some veggie options (in addition to barley and hops). Relaxed pace on return. Precip, frozen crud on the roads, or temps below 28° at start, or predicted high below 35° cancels.

B15 55mi Eastbound Not Snowbound 9:30am
Leader: Jim Babbitt (718) 296-0027 From: The Statue of Civic Virtue (Queens Blvd & Union Tpke). Hopefully no snowy or icy roads to Syosett via LIE Service Rd. Lunch at the Celebrity Diner. Return by 3:30pm. Winter conditions or predicted high below 32° cancels.

B15 42mi Febrewery "B" Ride 9:30am
Leader: Cliff Kranish (212) 473-6745 From: The Boathouse. See Febrewery "A" Ride above for description.

C 30±mi Frostbite #11 10:00am
Leader: Myra Alperson (212) 222-2243 From: City Hall. Movable feast through several ethnic neighborhoods in Brooklyn and Queens. Predicted high below 35° cancels. Co-lead w/5BBC.

SATURDAY, MARCH 4

SigA 25mi Progressive "A" Sig 9:00am
Leaders: Paul Leibowitz (718) 858-9742, Christy Guzzetta (212) 595-3674, Kristi Roberts (212) 229-9804, Keith Goldstein (212) 982-9461, Doug Bixby (212) 366-1879, Lee Kennedy (212) 685-3506, Mary Allen (212) 666-6844, & Ed Fishkin (718) 633-3038 From: The Boathouse. This is it! We're off and rolling! Come on out for the first of this 11-week progressive series. Learn all the skills you need to do "A" rides. We'll start with 4 easy-paced laps around Central Park. Afterwards we'll go to Paul's office for bagels and coffee and to go over all you need to know about the series. Rain/snow postpones until Sunday.

A17 <55mi "A" Training Ride #1 8:45am
Leader: C.J. Obregon (212) 876--6614 From: The Boathouse. We kick off the 1995 "A" training series with a smooth ride up to White Plains to the former Flagship Diner. Emphasis is on re-acquiring a supple spin and proper wheel-sucking etiquette. Pace-busters need not apply. (Note the slightly earlier starting time to avoid a logjam at The Boathouse -- we're on the road by 9:00am.) Temp below 30° at 8:00am cancels.

SUNDAY, MARCH 5

A17 <55mi "A" Training Ride #2 9:00am
Leader: David Younglove (212) 533-1276 From: The Boathouse. Another ride geared to help us find our legs for the upcoming season. Nothing fancy, just your basic Nyack ride in a steady paceline at a reasonable (guaranteed) speed. Go off the front at your own risk. Temp below 30° at start cancels.

C12 25±mi Exploring Brooklyn 10:00am
Leader: Grace Lichtenstein (212) 580-3285 From: The Boathouse. We'll see the sights and head for one of Brooklyn's many ethnic eating areas. Precip or starting temp below 32° cancels.

OUT OF BOUNDS

TUES. JUNE 4 THRU MON. JUNE 10

Tour di Toscana***

Six days of riding in hilly Tuscany designed for A+ to B+ riders. 50 to 85 miles daily on beautiful back roads. Pre-scouted route starts and ends near Florence, travels through the mountains, forests, wine country, and medieval cities and is very pretty. Includes six nights at 3 star hotels, breakfasts and huge group dinners, van support, detailed maps & cue sheets and 2 experienced Italian speaking leaders. In anticipation of offering new Fall \$2100 Tuscany tour commercially, leaders will run this NYCC non-profit trip at actual cost - estimated to be between \$1000 and \$1200 - in exchange for feedback and miscellaneous assistance. Limited to first 10 paid people - \$350 non-refundable deposit due before March 1. ***Early Spring week possible by arrangement prior to Jan. 31. Call Lori Vendinello for more info. (212) 353-9068.

From the Boathouse

February 1, 1995

First, the bad news! We have to raise our dues. We have held the line for five years, but now inflation and increased club services have had an impact. We have operated at a deficit for the past two years, and the Holiday Party of last December, which is part of the 1995 budget, cost us twice as much as anticipated. That is, the cost over the receipts was two thousand dollars, whereas we had budgeted a subsidy of one thousand dollars. The difference came not from expense, but from a decline in admissions. And of course, as you all know, postage has increased by over 10%. So, on the last page of this bulletin you will find a ballot for an amendment to the by-laws increasing the dues to \$21.00 for singles and \$25.00 for couples. The increase will not take effect until April 1, 1995, so you can still renew your membership at the old rate of \$17.00 and/or \$23.00. Please send in your renewal with your ballot. Thank you!

Remember Timing Day: Saturday, March 4. The A, B and C SIGS will start that day, with all participants doing four laps around the park - Central Park, that is. More about the SIGS in other parts of the Bulletin. Even if you do not intend to partici-

by Geo Carl Kaplan

pate in one of the SIGS, come out and time yourself and learn what type of ride suits your abilities best. The guide inside the front page of the Bulletin is an excellent reference for what type of ride to participate in - A, B or C, etc.

Escape from New York, the first ever NYCC Century, is scheduled for September 23, and we need your help. We need people for many tasks ranging from marshalling to clerical work - so call Jane Kenyon at (212) 662-1935, and she will put you in touch with the appropriate committee chairperson.

For a long time - as long as I can recall - we have been privileged to have Bob Moulder's "No Tech Tips" in the Bulletin every month. Bob is taking a sabbatical from his column, and we say THANK YOU BOB MOULDER, and when will we see you in print again!

Steve Britt, Bill Strachan and this writer have been meeting with local police authorities to learn how we can enjoy cycling better in the various communities we wheel through. There will be more in subsequent issues as we develop information and perhaps some formal programs that will enable us to enjoy the road better.

See you on the road!

"A" Notes

I know it's February (and as you're reading this there may be six feet of snow on the ground), but March is fast approaching which means it's time to pump up your tires and get on your bikes!

For all veteran "A" riders who have taken an extended leave of absence from their bicycles, there's going to be an eight week training series starting in March to get you back up to speed. (Watch for more details in next month's bulletin.) If you're interested in leading one of these rides, give me a call.

And, for not-so experienced "A" and enthusiastic "B" cyclists, we have the Progressive "A" SIG that's starting on Saturday, March 4th. Keep in mind that faster pace is not the only characteristic that distinguishes most "A" rides from "B" and "C" level listings. Participants are also expected to know how to ride smoothly and safely in a cooperative paceline.

So if you're still a bit uncomfortable riding elbow-to-elbow with another rider, or not quite sure when or how to pull off

by Rich Borow

the front - even if you managed to hang on to a couple of "A" rides last season without breaking your neck - be sure to come out for the "A" SIG. Best of all, it's lots of fun!

There will be more on paceline riding in a future issue of the bulletin, but while I'm on the subject here's one timely helpful hint. We've had a few incidents this winter where riders have ended up wearing the ex-body fluids of other cyclists.

Yes, I know it's cold season and some of us are riding with stuffy noses. But unless you've scouted that the coast is clear, and have taken a reading on wind direction and air speed velocity of any releases into the atmosphere, the only place to express yourself in this fashion is at the back of the group.

Blowing your nose or spitting on other people may be a sign of affection in some cultures, but it's not a recommended approach to making friends on NYCC rides!

Rich Borow

Re-Cycling

Please send classified listings directly to the Editor, Caryl Baron, 165 West End Ave. 29K, NY, NY 10023. Two classified ads per member per year are free (up to 6 lines). Additional ads are \$1.00 per 50 character line.

NYCC needs a new charter bus company. The company that's taken us to Su Casa, and back from Montauk, is no more. Do you know of a good one? If you do, please call Roscoe George at (212) 982-0982.

Trek 750 '94 17" Hybrid, black/purple, 21 speed. Only 7 months old - I only rode it 150 miles! Upright handlebars. \$425 (Price in store is \$540.) Call Nancy at (212) 769-0889.

For sale: Specialized Epic - 56cm - Red - DuraAce STI. 6 months old - never raced/crashed. Excellent. \$1000. Leave message - John (212) 989-3122.

For Sale: Membership to American Fitness Center - full service gym - 8th Ave. and 16th St., NYC. Expires 7 months from purchase. Asking \$225. Leave message for John (212) 989-3122.

For sale: Campy tubular 8-speed cassette; 330 gram rim with 16 cassettes. Perfect condition - sell-\$150 or trade for Shimano cassette tubular or clincher. **J-Disc-7-speed tubular** - perfect condition - \$150. **Z 57cm Olmo-6/7 speed**, Columbus SL tubing full Campy Record/Super Record used, but a great upgrade bike---\$600. Call Alan Resnick (212) 794-1109.

The 1995 Progressive "A" SIG

by Paul Leibowitz

One of the best things about the NYCC is the Progressive "A" SIG. It's an opportunity to develop quickly into an "A" rider. If you come out for this eleven week series, you will have the skills and fitness to do any "A" ride.

We start out with four easy laps around Central Park on Saturday March 4th. (See ride listing in this bulletin.) We finish the 11 week series on May 13th with a hard, hilly, fast century. We cover bike fit and maintenance, bike handling, spinning, climbing, descending, cornering, pacelines, nutrition, and clothing. It's a progressive series with each week building on the previous week's skills so it's important that you plan to attend every ride.

To complete the SIG takes some hard work and dedication but it is the most fun way I know of to get in shape and make friends. I did the SIG in 1991 and one of the best things about it was the great people I met. We began at different levels but along the way we pushed ourselves and each other, and by

graduation we were riding the fastest, smooth-est pacelines in the club. In May, you'll feel proud that you did the SIG.

This year we have eight enthusiastic leaders including: SIG founder Christy Guzzetta, the venerable Ed Fishkin, Lee Kennedy and Mary Allen (two of the smoothest, strongest riders in the club), 1994 SIG graduates Kristi Roberts and Doug Bixby, Keith Goldstein (an animal and a nice guy), and myself.

A few things to consider:

- You should be riding at the "B" level when the series begins.

- You must wear a helmet.

- Road bikes only. Mountain bikes will not be allowed.

- Rides are Saturdays unless it's postponed to Sunday because of rain.

- Bring a cheery attitude.

If you have any questions, call me at 718-858-9742.

B Sig:

with Irv Weisman and Gene Vezzani

Effective Cycling & Progressive Training

Who should participate in the B Sig?

C+ and B level riders interested in upgrading their riding skills and their long distance capabilities.

What subjects are covered in the B Sig?

We are presenting a progressive training series that includes the essential elements of the highly rated Effective Cycling Course from the League of American Bicyclists. Each week we'll complete a training ride designed to gradually increase your speed and distance along with presentations and practice sessions on topics that include:

- bike handling and road conduct for club riding, touring

and commuting

- bike modifications and adjustments for good fit and appropriate gearing

- roadside adjustments and repair

- hill climbing

- discussions on clothing, touring, eating, conditioning...

- and much more

How long is the B Sig program?

The B Sig is a thirteen week program. Look forward to joining us on Saturday mornings at 9:30 starting on March 4th and continuing through May. **There is a B Sig preview ride on Saturday, February 25th leaving from the Boathouse at 9:30 am during which Irv and Gene will answer your questions and provide you with additional information.**

The C SIG

Geo Carl Kaplan

The purpose of this C Special Interest Group is to develop C riders into competent leaders with the ability to ride at a B-level. We will start at a C10 pace for thirty miles, and hope to reach a C15 pace for a metric century - 62.5 miles - in eleven weeks. We will endeavor to increase stamina, speed, riding skills and our personal awareness of the dynamics of group riding.

The first day - Timing Day - will consist of four laps around the park in order for the participant to be aware of his/her beginning skills. There is no minimum - no maximum - it's just for the participant's knowledge. After the laps we will meet to discuss the program in depth.

Anyone can join the program up to the third session - after that participation is limited to those who have completed the prior week's ride. All rides are scheduled for Saturday at 9:00 am. If it is raining, then we go on Sunday at 9:00 am. Let's hope we don't have two rainy days in a row.

What are riding skills? Safety and awareness of the rights of other riders, and of pedestrians and motorists. Emphasis will be placed on proper signalling - turns, stops, slow-downs, and road hazards - maintaining position, which includes distance between cyclists - methods of approaching intersections - with and without vehicles and with and without stop signs, signal lights, etc.

We mentioned group riding dynamics - what is it, or what are they? Well, consideration of the skills and abilities of other riders - speed, stamina - how to pass another cyclist - and that great bugaboo, maintaining the advertised pace - not more than, but THE advertised pace.

Questions?

Call me at (212) 989-0883, please! All are welcome!

Preserve your assets - wear your helmet!

Blowouts

by Lou S. Pokes

Even though we haven't had the snow of last year (knock on wood) late December - early January was still very cold and wet. With few rides going off, I have little riding to report on. However, I do have some other news to share.

After several attempts at learning the spelling of "Micaela", I received the following in the mail from the authority on the subject, **Proud Papa Moe Slotin**:

"**Amy Hanowitz** led a very memorable 9-hour "ride" on December 17 from Early Labor to Birth (located somewhere near Nyack, I think.) The ride started with just 2 participants, **Bonnie & Moe Slotin** (yes), but they were joined by a hot new racer, baby girl **Micaela Slotin**. Amy, who is a certified nurse midwife, was the perfect ride leader, setting a steady pace, providing motivation and encouragement at the most difficult "hills", and "pulling" Micaela through at the end. Micaela greatly appreciates Amy's help getting started, and will continue her race training with Elizabeth Emery & Stefani Jackenthal. Now if they just made Lycra diapers..."

And congratulations to **Paul Leibowitz** and **Theresa Byrne** who announced their engagement recently.

Last month I reported that **Catherine Chatham** and **Craig Spiegel** had gotten married. Well next month you may be able to watch the ceremony on America's Funniest Home Videos. It seems Craig was suffering from a stomach virus that week, and the day of the wedding he was feeling absolutely miserable. Just standing while Catherine's father performed the service was tougher than most bike races he had entered. Craig made it through the "I do", but seconds later his eyes rolled back and he passed out. He never did place the ring on Catherine's finger nor did he kiss the bride. (Catherine might have been the first bride ever to refuse the kiss had Craig still been standing.) They managed to get all this on video, but there is one big question. Without the ring and the kiss, are they really married?

Just about everyone was riding on balmy, springlike January 14, including a late morning pickup group headed for Piermont. For some it was the first ride of the year. **Lori Vendinello** thought her cleat seemed a bit loose, but when she twisted her foot a few minutes later what came off with her cleat was her Campy Record crank! Lori artfully stopped against a curb, the naughty crank hanging from her shoe, and complained, "How could this have happened? This stuff is very expensive!" It seems the crank had been greased before being assembled by the bike shop, a definite no-no.

With my apologies to Media Watch, the only cycling action last month may have happened on the television. Double Rush,

a sitcom about a struggling Manhattan messenger service premiered on January 4th. No only was the plot predictable, but the cycling scenes weren't worth watching either. Messengers jumping over cars or trying to do 30 mph on the sidewalk doesn't cut it. Hopefully Robert Pastorelli will return as Elvin on Murphy Brown soon. If you don't believe me as to how bad this really is, you can tune in on Wednesday nights at 9:00 on CBS.

In December I reviewed Max and Theo's in Nyack. Here's this month's restaurant review. The lobster rolls are crunchy on the outside; soft, sweet and delectable on the inside. The french fries are the large and meaty type. And, their specialty, the hot dog is total perfection; you can taste it all the way home. Thanks, **Herb Dershowitz** for leading your annual Nathans ride. Vegetarians beware!

Speaking of food, how many of you have gained several, or more, pounds this winter? One person who hasn't is **Rikki Furman**. Her new personal trainer wants her to eat more! She needs a trainer for that? We all eat more without one!

Kudos to **Karl Dittebrandt**. He told everybody he had taken several weeks off from riding. One of the things he said he did in his spare time was watch the Tour de France Video. (He couldn't get too far from cycling, could he?). Anyway, Karl said if you look closely at the video you could see **Jody Sayler**, who was in France at the time to ride the course and watch the tour. With the help of gullible **Jane Kenyon**, the rumor spread quickly. Several people, Jane and Jody included, watched the tape several times, trying to figure out where Jody was. Well you're going to have to look for a really long time because Jody's not in the video. Surprise, surprise. It was all an elaborate

practical joke played by Karl. And it was a very good one at that.

If you go to Disneyland, you can run but you can't ride. Still in shape from November's New York City Marathon, **Liane Montesa** and **Kevin Mulvenna** (no) went to Orlando for the Disneyland Marathon. They both came back with Mickey Mouse medals as official finishers. **Mickey** and **Minnie's** (yes) biggest fan, Liane, may have been more interested in collecting souvenirs than actually running the marathon. Supposedly, Liane couldn't even take a shower after her run because she didn't want to ruin the Mickey Mouse soap! I hope she bought some Ivory before she got on the plane.

We don't have a Road Bozo this month, nor do we have a Road Hero. But we do have an anonymous quote, "The older you get, the better you were". Think about it.

“
How could this
have happened?
This stuff is very
expensive!
”

Membership Minute

by Mitch Yarvin

Hey, wait a second, do you know what day it is? Yes, yes, it's probably February something or other, but it's really the day all of us out here in bicycle land crack open our checkbooks and ante up for 1995!

So for all or you, renewals and new members alike, I'll be waiting!!

Alphabet Soup

by Steven Britt

Apology

First and foremost, I sincerely apologize to Margaret Cipolla. In the January bulletin, I listed Margaret with "other leaders" when in fact she actually led 5 rides in 1994. I would also like to extend a huge **thank you** to all ride leaders for 1994. A collective job well done! And don't forget, there's still 10 months of listings for 1995 (hint, hint).

Top Honors

At the January NYCC meeting, the 3 top ride leaders for 1994, Jeff Vogel, Gene Vezzani, and Karl Dittbrandt, each received a copy of the Velo News 1995 Training Diary in recognition of their service to the club.

Help! (Where, How Fast, and How)

Because March and the beginning of the cycling season is right around the corner, I feel it necessary to touch on a few issues concerning safety and road etiquette that seem to persist on club rides.

Where to Ride

Don't ride in the middle of the road! I noticed at the end of last season how rampant this habit is and how many riders are guilty of it (and don't even know it!) There are basically two big problems with this:

1. **Danger.** As a cyclist you don't need to tempt danger by putting yourself in the line of cars, trucks, and buses while riding. Even if you pull it off without harm, you cause another individual to think it's safe and "I guess I can do it too." Not only should you avoid riding too far out in the road, if you notice someone else doing it, you should tell them and/or the ride leader as plainly as possible that they are creating a dangerous situation.

2. **Visibility.** You become too visible (and irritating) to a driver if you take up too much of his/her space. I'm not even going to discuss the legal issues here, just the feelings that a driver has when forced to slow down or cross into the opposing lane of traffic to pass a number of cyclists strewn along a feet of roadway. This puts the driver at risk and creates an extremely poor image of cyclists and our "cooperation" in sharing the road with other vehicles. A simple guideline is: if there is more room between you and the road's edge on your right than there is between you and the lane divider on your left, move to your right immediately! Do not pass go, do not collect \$200. Move over as far as is safely possible. If there is a parked car in the right lane, pass cautiously one abreast. If you're not sure if you ride too far out in the road, ask a ride leader, unless you think he/she is too far out! As P/R for NYCC and all cyclists, we need to do a better job.

How Fast

If you are on a ride that is going faster than advertised, complain at once to the ride leader. The ride won't slow down if you don't tell the leader. You will also be pleasantly surprised that other riders are happy to hear the complaint. The best way to "enforce" the speed limit is for the participants to do it. Now this doesn't mean the pace can't be exceeded on a downhill. That should be common sense. There's nothing wrong with charging a hill or having a leader "let you loose" on a wonderful stretch of roadway. But the leader and other riders must honor the responsibility of periodically regrouping with the other riders who may not be able to "gas it up" on a certain stretch but who are very capable of evenly maintaining

the advertised pace.

The concept of slowing the ride by talking with the leader should not be abused by riders who are in over their heads. If you are not sure if you can keep the listed pace of a ride, be respectful of the ride leader and other riders and choose a different ride.

"How do I progress?," you may ask. Look for rides that will progressively increase your pace in gradual steps. "Graduate" yourself when the pace of the ride you're doing seems too comfortable. If a pace seems comfortable, that is the ride pace you should be doing regularly.

If a ride leader consistently under-lists their advertised pace, enough complaints to that leader, or to the ride coordinator, will either force them to never lead another ride or to raise their listed pace to honestly represent their rides. We all hope the former never happens.

How

Squirreliness in a paceline, or in a tight line of riders, increases nervousness and tags the "squirrel" with a bad reputation. Steadiness and predictability are the most desirable qualities a rider can possess. Even if you are not very vocal concerning obstacles, if you are a predictable rider the riders behind you will not get pissed off. The proper riding style if you see an obstacle/hole/other road crap is to call it out, then make a deliberate yet gradual correction in your path.

If you are a jack-rabbit on your starts from a stoplight, or make quick last-second adjustments to your path to avoid an obstacle, you disrupt and endanger all the riders behind you. They must either race to catch up to you or go over/through/hop the obstacle you just avoided at the last second.

Remember, whenever you're riding, you are setting an example that will influence another rider. Set a good example and influence in the positive. We will all ride safer and happier.

Conclusion

If we can try these few steps maybe some of the complaints will stop. It's worth a shot. Let me know if you use any of these and how effective they are. Give me some feedback. I'd really appreciate it. See you on the road!

Want to improve your skills? See page 6 for details of the NYCC SIGS for 1995.

Alan Krzynowek, 29, a brother of NYCC member Gary Krzynowek, was tragically killed in an accident on December 27 while working in Florida. He had just moved there and was recently engaged. Alan, once a NYCC member and bike messenger, did many long distance rides such as Washington and Montreal with strength and spirit, and even appeared on the Bulletin cover with Jimmy Rex. We are truly saddened by his untimely death and extend our support to Gary and his fiancée and family.

Bike Watch

by Richard Sanders Rosenthal

Two Central Park Scenes

I. A Police Story

Cast: Henry Stavis, (the fictitious name of) a young member of the NYCC; Officer Low (the fictitious name of), a police officer assigned to Central Park.

Place: West Drive, Central Park

Time: October 26, 1995, 8:00AM

Scene: A NYPD utility vehicle comes across a field and turns into the roadway, heading against traffic and proceeds the wrong way in the cycling lane and heads into an oncoming cyclist.

OFFICER LOW
(Leaning out the window)
Get out of the fucking way!

STAVIS
You get out of the fucking way!

(The police vehicle continues to come straight at Stavis so he pulls out into traffic to let the police vehicle pass him in the bike lane.)

OFFICER LOW
(after passing Stavis)
Hey, you, get back here!
(Stavis complies with the police order.)
Didn't your mother ever tell you never to yell at a cop?

STAVIS
I'm in the right; you're in the wrong.

OFFICER LOW
Don't you know it's the law that all police department vehicles have the right-of-way all the time?"

STAVIS
No.

OFFICER LOW
Do you have I.D.?

STAVIS
No. My name is Henry Stavis. I'm a student at NYU and work part-time with Jones & Co., a bond trading company. My name, picture, and fingerprints are on file with the Securities and Exchange Commission.

OFFICER LOW
No I.D.? We'll have to bring you in for loitering

STAVIS
Do what you have to do.
(Officer Low handcuffs Stavis' arms behind his back and puts him and the bicycle in the police vehicle.)

What did I do wrong?

OFFICER LOW
Shut-up, there's a new sheriff in town

CUT TO: CENTRAL PARK POLICE PRECINCT

OFFICER LOW
(Un-cuffing Stavis)
Do you have I.D.?
Author's Note: Yeah, I know this is a repeat from above, but this is taken from real life.)

STAVIS
I'll look in my bike bag.

OFFICER LOW
Do you have a gun in there?

STAVIS
No. What did I do wrong?
(Officer Low starts thumbing through a book.)
OFFICER LOW,
Do you have a reflector?
(Stavis points to his reflector. Officer Low resumes flipping through his book)

OFFICER LOW (Continued)
Do you have a bell?

STAVIS
No.

(Officer Low issues Stavis a ticket for failure to have a bell.)

II. The Out-of-Towner

Cast: Rick Reed, by vocation, a band drummer, by avocation, a Cat. 3 rider on the cusp of Cat. 2 and another cyclist who is visiting New York.

Place: East Drive, Central Park.

Time: September, 1986, 10:30AM

Scene: Bikes on the roadway. Rick, warming down from sprint training, catches up to an older man he knows who is riding ahead of him with an out-of-towner.

THE OUT-OF-TOWNER
(being introduced to the newly arrived Rick)
What are you doing today?

RICK
Nothing.

THE OUT-OF-TOWNER
Do you know how to get to the bridge?

RICK
Sure.

THE OUT-OF-TOWNER

Wanna show me and go for a ride?
(Rick and the stranger ride across the GWB.)

CUT TO: SHOTS OF THE TWO RIDING AT 30 MPH AND THE OUT-OF-TOWNER GIVING TIPS AND POINTERS TO RICK.

CUT TO: 9W NEAR STONY POINT

THE OUT-OF-TOWNER

Why don't you turn around here? I'm going up the road a bit and work out. I'll catch you on my way back.

THE OUT-OF-TOWNER TAKES OFF LIKE A SHOT AND IS OUT OF SIGHT IN SECONDS. GOOD TO HIS WORD, HE PICKS UP RICK ON HIS RETURN TRIP.

And thus did Rick Reed, drummer, spend the day riding with Greg LeMond, just back from having won the Tour de France and in town for the CitiTour. This recollection is brought to mind by Greg's recent retirement which was officially announced at a party at Hollywood's trendy Spago restaurant. The event was later telecast on ABC.

Those with a quick eye and in the know, saw Spago, whose owner, Wolfgang Puck, sponsored a short-lived pro team, spoofed in Robert Altman's "The Player," a satire on the Hollywood film community. A quick shot showed (only) the midsections of some lycra-short encased upper legs rising from a restaurant table.

NYCCer Marty Wolf saw LeMond win the world championship in Chambery, France in 1989 and those attending the January, 1992 NYCC club meeting heard and saw a letter of greeting he wrote the club.

A lot that was promised last month for this month will appear here next month, as will terrific offerings from Andrea Goodman and Leslie Tierstein. But here's a hot and topical item from the January 17th edition of that serious piece of television journalism, "Hard Copy."

Former 7-Eleven and Olympic rider Thurlow Rogers described being endangered by a driver on the west side of Los Angeles. A shouting match ensued. The driver got out of his car and escalated the shouting match into a shoving match. Then the driver's wife got out of the car and pulled her husband and accused murderer off Rogers. This O.J. Moment has been brought to you by Mark Martínez who swears, with all the believability one attaches to those who insist they read Playboy for the articles, that he happened upon "Hard Copy" only in the course of channel surfing. Martínez's take on the story? "A cyclist? That does it! Now he's gone too far."

NYCC Board Meeting Minutes

TUESDAY, NOVEMBER 1, 1994

Present: Geo Kaplan, Lori Vendinello, C. J. Obregon, Caryl Baron, Herb Dershowitz, Jane Kenyon, Steve Britt, Mitch Yarvin and Barbara Julich. Absent: Reyna Franco, Larry Ksiez, and Karin Fantus.

The minutes of the meeting of October 4, 1994 were accepted with corrections. Jane announced that a tentative date of September 23 had been selected for the NYCC century. She noted that there were lots of volunteers but a chair for sponsorship was still needed.

Next on the agenda was the possibility of substituting a club owned answering machine for the present service. C.J. noted that a multiple routing computer modem could be purchased for \$125, which could operate with a used computer that could be purchased for a few hundred dollars. A four-option stand-alone answering machine could be purchased for \$300. Both machines could be polled and have outgoing messages changed from an outside line.

Geo noted that either would have to be located somewhere and would use electricity. Geo explained the way the existing service worked. Mitch noted that the question of the answering service had evolved from the question of raising dues. He reminded the board that people did not want to raise dues but did want services. He asked for exact information on the answering service usage. A motion to drop ride listings and club meeting notices from the answering service was tabled. Jane noted that Hannah Holland had been responsible for mailing out sample Bulletins and suggested that perhaps the samples could be handled by a "mailing party".

Next there was a discussion of the holiday party. Lori advised that Carmine's no longer catered parties directly, but rather, used a party planning service. She thought that a meal equivalent to last year's might cost \$30 per person. Because the price had already been advertised at less in the bulletin some members felt that other options had to be considered. The board finally instructed Lori to try to make the best possible arrangement with the caterer.

Steve noted there had been an outbreak of accidents and proposed sponsoring first aid classes, which the board approved.

Geo announced that the club would once again sponsor a frost-bite series.

The meeting adjourned at 8:40 P.M.

Respectfully Submitted, Conrad J. Obregon, Secretary

TUESDAY, DECEMBER 6, 1994

Present: Geo Kaplan, Lori Vendinello, Larry Ksiez, Reyna Franco, C. J. Obregon, Caryl Baron, Karin Fantus, Jane Kenyon, Steve Britt and Barbara Julich. Absent: Herb Dershowitz and Mitch Yarvin. Also present were members-elect Michael Toomey, Rich Borow, Gene Vezzani and Linda Wintner.

The minutes of the meeting of November 1, 1994 were waived. Geo welcomed the members-elect and reminded them we are all volunteers.

Lori reported on the holiday party. She noted that she had succeeded in getting the caterer to substantially reduce the charge. The board congratulated her on a job well done.

Steve reported that we needed to get the dates for the NYCC Century to LAB, and asked to review the publication materials before they were sent out. He noted the century would be held on September 23 and would include a 50 mile, 100 kilometer, and 100 mile ride with turnarounds at Tallman Mountain, Rockland Lake and Bear Mountain Park. It would be called "the Escape from New York Century", and would start and end in Riverside Park. Geo will call the appropriate city officials to get permission.

The treasurer's report was waived.

Geo discussed the telephone answering service. He noted the previous answering service had sent a list of people requesting information to the appropriate club official every few weeks. The new service maintained a voice-mail system giving ride listings, meeting information, complimentary bulletin information and mes-

sage service. The service mailed out the complimentary bulletins for \$.79 each. In October 42 bulletins had been mailed for \$32. We paid \$10 dollars apiece for 4 mailboxes with 240 free minutes of message time and a charge of \$.25 for each additional minute. We used 270 minutes in the last month. Gene suggested that it might be appropriate to ask a committee to examine the issue. Lori agreed to call the message center for more information and to explore other options. Lori, Larry and Gene agreed to work as a committee on this issue. Steve reminded everyone that we had to get messages and mail out bulletins. Geo briefly discussed the club's insurance through LAB.

Geo announced that Paul Liebowitz will run the A-SIG program in 1995. The all-class ride dates will be available at the next meeting. Geo offered thanks to the outgoing directors: Larry, Karin, Herb and Jane.

The board authorized spending up to \$50 for gifts for the three leaders who had led the most rides in 1994. A raffle for the club was rejected by the board.

The meeting adjourned at 8:45 PM.

Respectfully Submitted,

Conrad J. Obregon, Secretary

NYCC Fiscal Year 1994

December 1, 1993 – November 30, 1994

Income	Actual	Budget	Difference
Advertising	\$1,833	\$85	\$983
Interest Income	399	500	(101)
Membership Dues	17,129	16,500	629
Merchandise	(553)	1,500	(2,053)
Holiday Party	4,395	4,395	0
Total Income	\$23,204	\$23,745	(\$641)

Expenses	Actual	Budget	Difference
Banking Fees	\$79	\$75	(\$4)
Board Member Expenses	91	250	159
Bulletin	8,894	7,250	(1,644)
Club Affiliations	125	125	0
Club Ride Expenses	1,171	1,000	(171)
Holiday Party	5,125	5,125	0
Hospitality	84	100	16
Insurance	889	1000	111
Postage	6,343	5,500	(843)
Meetings/Programs	424	600	178
NYCC Century	31	0	(31)
Post Office Box	43	43	0
Total Expenses	\$26,492	\$23,266	(\$3,224)

Total Income/Expense (\$3,289) \$477 (\$3,766)

Balance Sheet As of 12/22/94

Assets	
Checking Account	\$218.91
Savings Account	\$8,562.33
Total Assets	\$8,781.24

Liabilities + Equity	
Scheutze Fund	\$400
R. Rosenthal	200
Total Liabilities + Equity	\$600

Special Ballot

Shall the following resolution* be adopted:

Resolved that the first sentence of Section 3 of Article II of the New York Cycle Club Bylaws is amended to read as follows:

"Annual membership dues shall be \$[17.00] **21.00** per person per year and \$[23.00] **27.00** per couple residing at the same address and receiving only one newsletter, payable [to the Membership Director] on or after January 1 of each year. The annual membership dues for junior members shall be \$[6.00] **4.00** per person per year."; and be it further


Resolved that this resolution shall take effect for all dues payments received or postmarked, whichever is earlier, after March 31, 1995.

*Old text is in brackets [...] New text is in *italics*

For ☐ Against ☐

Only those ballots received by February 12, or submitted at the February 14 meeting, will count in this special election. Place your completed ballot in an envelope and mail with \$.32 postage to New York Cycle Club, P.O. Box 199, Cooper Station, New York, N.Y. 10276.

And, while you're at it, why not renew your NYCC membership for 1995. Just include the membership form below with your check and completed ballot.

		1995 Renewal / Membership Application / Change of Address	
<small>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.</small>			
New <input type="checkbox"/>	Renew <input type="checkbox"/>	Change of Address <input type="checkbox"/>	Date _____ Check Amount _____
Name: _____		Signature: _____	
Name: _____		Signature: _____	
Address/Apt. _____		Tel.(H) _____	
City/State/Zip _____		Tel.(W) _____	
How did you hear about NYCC? 1. Bike shop <input type="checkbox"/> 2. Other bike clubs <input type="checkbox"/> 3. Read about us <input type="checkbox"/> 4. Friends <input type="checkbox"/> 5. Health club <input type="checkbox"/>			
6. Other _____ What type of rider do you consider yourself? A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> Not sure <input type="checkbox"/>			
Other cycling memberships: AMC <input type="checkbox"/> 5BBC <input type="checkbox"/> Adventure Cycling <input type="checkbox"/> CCC <input type="checkbox"/> CRCA <input type="checkbox"/> LAB <input type="checkbox"/> TA <input type="checkbox"/>			
Circle if applicable: I do not want my (Address) (Phone Number) published in the semi-annual roster.			
Members joining after Labor Day pay one-half (\$8.50 individual, \$11.50 couple). Until March 31, 1995 dues are \$17 per individual, \$23 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, February 14, 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

STU MITTLEMAN

   **The Physiology and Psychology of Endurance**   

Stu Mittleman, ultramarathon runner, holder of the world record for 1,000 miles (11 days, 20 hrs.), 6 days (577 mi.), first American winner of the La Rochelle 6 day race, 2nd place Ultraman (double Iron Man), has been a world class endurance athlete for more than a decade. Stu holds a Masters degree in Sports Physiology and Movement Physiology. His company, NY Ultrafit, evaluates, consults and designs training regimens for top athletes. In February, this fitness consultant to Ultra Running Magazine and cable TV tells you what you need to know about indoor training, nutrition, motivation, endurance. Whether your endurance goal is PBP or NYCC's Escape from New York Century, you'll find Stu's extensive knowledge and experience invaluable.

Indoor bike parking! or...subway 1,9 to Cortlandt St., N,R to Cortlandt St.,4,5 to Wall St., E to WTC

NYCC
New York Cycle Club
P.O. Box 199
Cooper Station
New York, N.Y. 10276

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