

January  
1995

# NYCC *Bulletin*

# POST HOLIDAY RIDING...



*"I'll see ya later babe, I'm just going to try to ride off some of this holiday...er...do I know you?!"*

## New York Cycle Club

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## NYCC Ride Guidelines

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

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**Subscriptions:** Free to NYCC members. See inside back cover for information. If you don't receive your copy by the first of the month contact the President.

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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
<b>Hudson Line</b>	7:55 am	4:19 pm	Poughkeepsie
<b>Harlem Line</b>	8:47 am	4:08 pm	Brewster North
<b>New Haven Line</b>	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 FEB. Bulletin is due JAN 10.!**

## 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.**



### SUNDAY, JANUARY 1ST

**A18 55mi Annual New Year's Day Ride 10:00am**  
Leader: Marty Wolf (212) 935-1460 From: The Boathouse. If you're worried about keeping your 1995 mileage chart empty until spring, here's your first chance to get off to an easy-paced start. Brunch at the Flagship in White Plains. (No chart? The leader will give one to all whomissed it in the December Bulletin!)

**C 25mi New Year's Day At The New York Botanical Gardens 10:30am**

Leader: Elly Spangenberg (212) 737-0844 From: The Plaza Hotel. Enjoy warmth in January with a trip to the conservatory's Desert & Jungle climes. Lunch at a local diner. Bring \$3.50 for admission to the conservatory plus a donation for the gardens. Flat ride. Below 35° or precip cancels.

### SATURDAY, JANUARY 7TH

**A/B 30+mi Not For Vegetarians- Well, Omnivores Welcomed 10:00am**

Leader: Herb Dershowitz (212) 929-0787 From: The Boathouse. Easy Ride to Nathan's in Coney Island - Shore Rd home. Rain/Snow date: Sunday, January 8th.

**B15 35mi Back-By-Noon Series 9:30am**

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Ride with us to Point Lookout, City Island, River Road or a similar destination that gets you home by noon.

**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, JANUARY 8TH

**A19-21 55±mi B-M-B 9:00am**

Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. So you thought Boston-Montreal-Boston wasn't going to take place in 1995. Well, it won't. This is Boathouse-Manorhaven-Boathouse. While it's not 750 miles long either, it will be 34 miles to lunch. Qualifying brevets are not required. Serious Winter weather cancels.

**C 30°mi Frostbite #4 10:00am**

Leader: Karin Fantus (212) 873-5559 From: City Hall. Looking for an island retreat? We're going to Coney Island. Can't promise tropical sunshine, but we'll have a good time! Temp below 35° or precip cancels. Co-lead w/5BBC.

**Tuesday, January 10, 1995 at 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, JANUARY 14TH

**A171 50mi Anyone For Pancakes? 9:00am**

Leader: C.J. Obregon (212) 876-6614 From: The Boathouse. S-L-O-W ride to White Plains. Helmets required to keep your head warm and ears toasty. Temp below freezing @8am cancels.

**A100 Century of the Month 8:00am**

Leader: Marty Wolf (212) 935-1460 From: The Boathouse. Call Leader for details. If iffy weather, may reschedule to Jan. 15.

**B15 35mi Back-By-Noon Series 9:30am**

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Join us for a 2 hour spin that gets you home by noon. The destination is either Orchard Beach, Staten Island, State Line or River Road.

**B14 40mi Hicksville Mall For Hot Chocolate 10:00am**

Leaders: Jim Drazios (718) 225-1842 & Peter Morales (718) 833-4370 From: The Statue of Civic Virtue @ Queens Blvd/Union Tpke. Fun and easy, rolling hills, quick ride - no stopping before lunch. Temp under 35°, rain or snow cancels.

### SUNDAY, JANUARY 15TH

**A18-20 55-mi Let's Take A Votel 9:30am**

Leader: Rich Borow (212) 866-1966 From: The Boathouse. The nominees: a) Nyack b) Blauvelt c) Piermont d) State Line and back. If temp below freezing or precip then the winner is - e) Stay in bed.

**B/C14 40mi Scarsdale For Lunch 9:00am**

Leader: Dick Goldberg (212) 874-2008 From: The Boathouse. A's dot it, B's do it, even C's do it - Let's do it! Let's ride to Westchester, eat entirely too much at a diner, then cruise back at a rate calculated to stave off both frostbite and heart attack.

**C 30°mi Frostbite #5 10:00am**

Leader: Allison Holden (212) 941-0994 x203 From: City Hall. We'll enjoy Roosevelt Island via a route through historic Astoria. Temp below 35° or precip cancels. Co-lead w/5BBC. NOTE: the phone number listed is my work number, but I'll check my voice mail the morning of the ride.

### MONDAY, JANUARY 16TH

**A19-21 55±mi "I Have a Dream" 9:00am**

Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. "I have a dream," it's 70° and sunny all day. We're cruising along on beautiful deserted roads. The tail wind will reverse itself as soon as we turn around at the canyon/mountain/lake (take your choice - we can all participate in this dream). Our legs pumping in unison, we're flying along at 27 MPH in a perfect peline... Reality: It's 35° and overcast, the northerly wind will turn around when we leave Nyack. We're riding

## Club Rides

like slugs in our typical ratty paceline trying to keep it above 18 MPH. P.S.-Last year I awoke from this dream to face snow and 16°. Similar conditions cancel today.

### SATURDAY, JANUARY 21ST

**A17 55mi Inauguration Day in Orangeburg 10:15am**  
Leader: Richard Rosenthal (212) 371-4700 From: The Boathouse. The least painful way to Dan's house near Piermont. If weather is inclement, come build/true wheels. Temp below 30o at start, rain, snow, or slop cancels.

**B15 35mi Back-By-Noon Series 9:30am**  
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Join us for a 2\_ hour spin that gets you home by noon. The destination is either Orchard Beach, Staten Island, State Line or River Road.

### SUNDAY, JANUARY 22ND

**A 45+-mi Queens For A Day Brunch 9:00/9:40am**  
Leaders: Jeff Vogel & Margaret Cipolla (718) 275-6978 From: The Boathouse (9:00), Roy Rogers @ Queens and Woodhaven Blvds (9:40). Often described as a curb-hopping expedition, this ride explores Queens using some almost ideal cycling roads and will include a few laps on the Kissena Velodrome. After the ride, indulge at the infamous Cipolla/Vogel all-you-can-eat Brunch. Nasty weather cancels the ride, but not the Brunch. Call if you need directions. P.S. The leaders won't be upset if you do your own ride (or none at all) as long as you show up for the Brunch.

**B13 30\*mi Playing It By Wheel 10:00am**  
Leader: Sandy Gold (212) 222-4076 From: The Boathouse. Rather than committing to a specific destination, let's "wheel it". Depending on weather conditions, temperature, and turnout, we'll decide on the spot where we'll ride. Helmets, spare tube required. The (Winter) usual cancels.

**C 30\*mi Frostbite #6 10:00am**  
Leader: Gene Vezzani (212) 875-1615 From: City Hall. Join us for a tour of the eastern shore of Staten Island, where there is something good for every cyclist. Long, flat, expansive, plus one or two rolling hills. Temp below 35° or precip cancels. Co-lead w/5BBC.

**Feet Harriman State Park 8:30am**  
Leaders: Marilyn & Ken Weissman (212) 222-5527 From: Call Leader. If you haven't tried winter hiking, you're in for a pleasant surprise. Picnic lunch at Pine Meadow Lake. Boots, layered clothing, water, and food are necessary. Call leader for car pool/public transit and other info.

### SATURDAY, JANUARY 28TH

**A 50mi You Have Got To Be KIDDING! 9:00am**  
Leader: Mary Allen (212) 666-6844 From: The Boathouse. We'll head to where the Sun does shine! Otherwise, it's Nyack the backway to keep the brrrrr level reasonable. Temp below 38° at start cancels.

**B15 35mi Back-By-Noon Series 9:30am**  
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Join us for a 2\_ hour spin that gets you home by noon. The destination is either Orchard Beach, Staten Island, State Line or River Road.

### SUNDAY, JANUARY 29TH

**A18-20 50mi Anyone For (More) Pancakes? 9:00am**  
Leader: Karl Dittebrandt (212) 477-1387 From: The Boathouse. A

brisk ride up to White Plains. Not a bad idea to bring a Metro-North pass just in case we want to cut it short. Temp below 32° or precip cancels.

**C 30\*mi Frostbite #7 10:00am**  
Leader: Cliff Kranish & Rachel Spevack (212) 473-6745 From: City Hall. Hot knishes on a cold day. What could be better? Come visit Brighton Beach with us. Lunch at Mrs. Stahl's. Temp below 35° or precip cancels. Co-lead w/5BBC.

## Out of Bounds

### MONDAY JANUARY 30TH

#### The Pilates Method

Coordinator: Ray Malecki (718) 426-7383 At: The Pilates Studio, 2121 Broadway (first door to the right of Fairway). Come ready to experience conditioning with a new twist. This mat workout will leave you feeling wonderful! Exclusive NYCC class. \$10/hour. Call me if you'd like some intro reading material.

### TUESDAY JUNE 4 - MONDAY 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 \*\*\* 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.

### SAT. JULY 1 - THUR. AUGUST 31, 1995

#### A/B 45-55mi daily Bike/Camp Immortal Cuba!

Seeking marine-tough female bike compañero to bike over primordial rain-forested Baracoa, Escombre, Sierra Maestre and Pinar del Rio mountains. Thrill to refulgent cities of Santiago, Trinidad, Cienfuegos, Sancti Spiritus, Cardenas, Havana, etc. Our extensive historic architecture photography accrues us historic research approved travel status from treasury dept RT airfare (change Miami) c. \$400. Daily expense for food, etc. \$15. Call Paul "Ernesto" Rubenfarb (212) 740-9123.

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## From the Boathouse

by Geo Carl Kaplan

January 1, 1995

**MAY 1995 BE BETTER THAN 1994, AND NOT AS GOOD AS 1996! HAPPY NEW YEAR!**

And, now we begin the new season - get our legs and bodies back in shape after the holiday binges -and look forward to great riding. This year the SIGs, yes we said SIGs in the plural, will begin on the first Saturday in March, the fourth, as is usual - Timing Day. There will be three SIGs this year. The A SIG will be led by Paul Leibowitz, a B SIG will be led by Gene Vezzani, and this writer will lead the C SIG. These three programs provide a splendid opportunity for every member of the New York Cycle Club to get back into shape and improve their riding skills at the same time. There is more elsewhere in the bulletin.

**CAVEAT CYCLISTS:** A member of the club was arrested in

Central Park, recently, for contesting use of the bike lane with a police officer in a patrol car proceeding in the wrong direction in the bike lane. This happened around seven o'clock in the morning, when the Park Drive is open to cars. The cyclist was handcuffed, and he and his bicycle were transported to the Central Park Precinct Building. The police officer thumbed through his manual, and finally charged the cyclist with failure to have a bell on his bicycle. **CAVEAT CYCLISTS!**

This year's Holiday Party at the Roundabout Thester was a great success. Thanks to Lori Vendenello, with assistance from Jane Kenyon, for a smashing evening. And leave us not forget Ellen Richard - she provided the space - at no charge!

**See you on the road**

## Alphabet Soup

by Steve Britt

### Goals

It seems early, but this is the perfect time of the year to set your goals for the coming cycling season. The earlier you plan, the more prepared you'll be (mentally and physically).

There are plenty of ways to stay in shape, or to get in shape by the time the season gets into full swing. Your local gym comes in handy for weight-training or some version of cross-training. There are a number of cross-training activities that can keep you outdoors (running, blading, skating, skiing,...). Don't forget the cheapest yet highly successful indoor workout: stairs! Many cyclists will opt for this off-season 'sport'.

But don't forget that the best training is still to get on your bike and ride. Rollers and trainers come in handy, but shorter road rides or mountain-biking will do more for you mentally.

Don't forget: the first NYCC century is only 8 months away!

### Leaders

We'd like to make it easier for anyone who is interested in leading their first ride. Your favorite rides coordinator will hook you up with a seasoned leader who will co-lead with you and show you the ropes while you get the hang of things. The favor I'm requesting from the general leader public is for you to call your local rides coordinator and let them know you're available to help out.

That's enough for now. See you on the road (if it's warm enough).

Happy New Year and good luck with your New Year's cycling resolutions.

### Get Psyched for the "A" SIG

by Paul Leibowitz

If you're a "B" rider looking for the fitness and skills to become an "A" rider, or if you're an "A" rider looking to improve, come on out for the Progressive "A" Special Interest Group. You'll make new friends and have a lot of fun as you push yourself physically while learning how to ride fast in a paceline.

We begin Saturday, March 4th with four easy laps around the park. Each week new skills are introduced and the pace gradually gets faster. Skills we cover include bike fit and maintenance, clothing, bike handling, spinning, climbing, pacelines, diner etiquette and entomology (thanks Christy). We finish the 11 week series on May 13th with a hard, hilly, fast century. Whether you're looking to move on to racing or just looking to become a better rider, the SIG is a great start. We hope to see you out there! If you have any questions, call me at 718-858-9742.

### B SIG: The Real Deal

by Gene Vezzani

Learn new riding skills that will open a completely new level of cycling enjoyment to you by attending our exciting new **B Ride SIG Program**. Mark your calendar today! The first ride of this eleven-week series begins on Saturday, March 4, 1995. Here's your chance to rock - be there! Watch the next issue of the Bulletin or call Gene Vezzani at (212) 875-1615 for all of the hot details.

### The New York Cycle Club Century needs YOU!

**Lend your talents to the  
first annual NYCC ESCAPE  
FROM NEW YORK.**

**Details on page 10.**

### The C SIG

by Geo Carl Kaplan

This series of twelve rides is designed to increase stamina and speed, improve riding skills and serve as an introduction to the dynamics of group riding. The final ride will be a metric century - 62.5 miles - well within the abilities of all of our members. Come out for the first session - Timing Day, Saturday March 4, 9 AM at the Boathouse. After checking our time for a four lap trip around the Park, we will meet for lunch and discussion of what we will do in the ensuing weeks. All are welcome, but after the third week, the series will be limited to those who are already participating. All rides are on Saturday, but if it rains at the beginning of the day, postponed to the next day, Sunday. Come out and improve your riding abilities and your enjoyment of riding.

# Blowouts

by Lou S. Pokes

I find it hard to believe, but occasionally someone admits they don't know what (yes) and (no) means in this column. The history, for the uninformed, is as follows. Back in October 1991, Mike Yesko led a trip to New Mexico over Columbus Day Weekend where several new relationships began. With this being the gossip column, the new romances needed to be reported here. Without coming right out and naming names, the trick was to read the whole column and figure it out. The clues were rather obvious; a (yes) after the names of those romantically involved and a (no) followed the names of those not involved. The tradition was established and not only continues in our Bulletin but in other cycling club newsletters as well. And, I'm very happy to report that the first couple to ever have a (yes) after their names, **Catherine Chatham** and **Craig Spiegel**, were married in late December by Catherine's father. While having the service performed in Mississippi did prevent the NYCC from crashing the wedding, it may not have helped for the bridal shower. Several of the guests are still trying to figure out who the large woman with the five o'clock shadow was!

**Corrections and amplifications.** Oops, I goofed. In my report on Boston-Montreal-Boston I forgot one New York Cycle Club finisher, **Zoran Musicki**. That was quite an omission on my part as Zoran was the first NYCC finisher, beating **Paul Janus** by over an hour.

Congratulations also to **Richard Kixmiller** whose time in the Thailand Triathlon was good enough to qualify for the Hawaii Ironman.

For those of you who subscribe to Road Bike Action and saw the great action photo of **Lisa Halle** in the November issue, you knew about it before she did. Lisa found out when someone was flipping through one and pointed it out to her.

Speaking of former Zonkers, congratulations to **Elizabeth Emery** for signing with her new team, L.A. Sheriffs.

So the Hedgehog Ride finally happened after being snowed or frozen out four times last winter. In the traditional, season ending ride, 17 A riders proved they had the necessary social skills to do a 35 mile ride with two stops, the second one for Margaritas at a Mexican restaurant (Don't worry almost everyone took the train home.) **Jeff Vogel** may be sorry he led this ride at all. **Kristi Roberts**, and everyone else with a score to settle with Jeff for his practical jokes, finally got even. Jeff spent half the day trying to figure out what they were going to do to his bike next. For co-leader **Dan (Sven) Schwartzman** it may have been the most expensive ride in Club history as fiancée **Julie Nives** took him shopping for ski clothes during lunch in White Plains. Dan thought cycling was expensive. And, finally, **Doug Runte** proved he has a helmet for every occasion as he once again arrived with the appropriate hedge-

hog headware.

We finally figured out how **Jed Weaver** can eat so much on the Dim Sum Rides. He's fluent in Mandarin Chinese and is the only one who knows what he's eating! The highlight of last month's ride though was not the food. It was watching **Julie Horowitz** tie a knot in a cherry stem with her tongue. It was a short stem so it took a while. All the guys were imagining what she could do with a longer stem. I'm sure she'll have a (yes) after her name soon.

Once again the NYCC Holiday Party was the event of the year. Special thanks go to **Ellen Richard**, who provided us with the space at the Roundabout Theatre and to **Lori Vendinello** who made all the other arrangements. Unfortunately Ellen couldn't stay for the party as she had to attend **Bill Voegeli's** (yes) office party. Even so, the highlight of the evening was over 150 people singing Happy Birthday to Ellen even though she wasn't there!

So Thanksgiving morning greeted us with a wind chill in the single digits. That didn't stop ten people from calling the A ride leader that morning to find out if the ride was still on - it was. When the leader got to the Boathouse there were only five people there. What happened to the other five people? If they weren't going to go anyway, why did they call? They're all Road Bozos this month!

While we're suffering through winter here's a great idea courtesy of **Beth Herman**. Someone should create a com-

puter screen saver showing the View from the Hill. If you could get it patented you could make a fortune just from the Cycle Club alone. **Joe Feintuch** (or Joe the Dentist as everyone knows him) suggests we call it Babe Watch. In just a few more months we should be able to sit on the hill and discuss it!

This being winter, the quote of the month actually comes from the dog days of summer, although it takes on a new meaning now. It happened on the way back from Bear Mountain on a brutally hot and humid August day. Everyone was dying, some worse than others. At about the 85 mile mark of this never ending ride **Bob Samuel** was overheard saying, to no one in particular, "At least I got to see the Rangers win the Stanley Cup".

And finally, let's end this column with what may become a monthly feature, at least until spring, the cycling proverb of the month. Most of you have already heard this one, or another version of it, "It's not how good you are, it's how fast you look". For next month write to me, or the editor, so you can share your cycling proverb with the rest of the club.

**At about the 85 mile mark of this never ending ride Bob Samuel was overheard saying, to no one in particular, "At least I got to see the Rangers win the Stanley Cup".**

**CYCLISTS UNDER 14 ARE NOW REQUIRED BY LAW TO WEAR A HELMET  
CYCLISTS OVER 14 SHOULD BE ABLE TO FIGURE IT OUT FOR THEMSELVES!**

# No Tech Tips

by Bob Moulder

## Resolutions

For the past few months I have been thinking about taking a break from No Tech Tips. After six years, I feel - and maybe some of you do, too - that I am getting a bit stale and need some time to recharge. Although my product might not have looked like much sometimes, I assure you I always tried to devote enough time and thought to make the columns helpful, maybe even interesting.

What finally cinched my decision was a look at the January issue of Bicycling Magazine. Except for the racing news snippets (which were woefully behind the curve), the nutrition stuff (ditto), and the new product hyping (anything new besides the ATB unified rear end?), the pickins wuz paltry and the repetition was high. In No Tech Tips, I tried to keep things fresh by adding lots of new stuff on the few occasions when I revisited certain subjects, but recently the new ideas just haven't been coming. So

instead of recycling old info, I just decided to give it a rest and let my "data base" accrue for a while.

I'm gonna play around with my new computer, over which I nearly put my head in the oven, so frustrated I became trying to get rid of a hang-up with my mouse driver. And I'm gonna snowshoe with Waff & Company, and climb some, too, and try to make some good photos along the way. And I'm gonna get out and do more stuff with Myong, my wonderful wife (What a joy!), and I'm gonna help her more with her business. And I'm gonna hook up with my sister, brother-in-law and nieces for some springtime mountain biking in the Great Smoky Mountains, then head down Mississippi way to see my Dad. And I'm gonna go to Fat Tire Week in Crested Butte, Colorado with Herb and Barry, and then again back West God-knows-where with Waff and Jimbo, only with better maps this time.

Rich, you can count on me to lead some A rides as well as some ATB rides,

and I'll do what I can with the A Training Series, work schedules permitting. I'll try to get some of us mountain bikers together to help C.L.I.M.B. do some maintenance on the Greenbelt before it erodes into Long Island Sound. And I'll try to help with the occasional repair seminar, since that's my forte, sorta, and I'll still true wheels, adjust derailleurs, jiggle headsets and listen to ticks when called upon to do so.

**Happy New Year! See ya on the road.**

*Bob, you're too modest. We'll miss "No Tech Tips". For the past few years, we've appreciated not only your technical expertise, but your skill at the craft of writing. We all have that list of "Things I'd Do If Only I Had The Time". We hope you do manage to check off a bunch of stuff on your list, and that you don't find too many ands turning into ors. Happy Trails!*

Editor

**No Tech Tip of the Year: Resolve to renew your NYCC membership today.**

## Editor's note

We know Bob's into that new computer. We tried for an hour and a half to transmit this month's column via fax/modem. The fax part worked just fine, but the modem part just wouldn't transmit as an editable Word data file. So I decided to try converting it with OCR: Optical Character Recognition. Just for fun and a sobering education on the wonders of the newest technology, the result is printed here:

## Resolutions

For the past jaw fiiofiuhs I have beefi ih I fiki fijj a bou i i; ki fijj a liie; i k irofii No Te<h Tips. After six years, I feel - and maybe sortie of you do, too - that I ant gettilig a bit stale and need sortie ii file to re<:ha rje. Al ihoujhh lily proLi u<:i iii ijhh i riot have lookeli li ke iii u<:h sofiieii files, I assiu.e you I always h.ied to devote enough tinie and thought to tria;e die cohmmms helpf>II, fiiaibe evefi iii ieresii fijj.

What ii;iffy c#iched my decision was a lool; at die January issue of Bicy clilig niagaz#ie.

h.x<:epi jar the ra<:I fijj flows stir ppeis (wh I<:h were woeiu [ly beh I fiLi the <u rve), the flu ii.I iiofi sin it (clitto), and die iiw product hyp#ig (anytli#ig iiw besides die AM iulified ic.;ii. enci?), die pi<:ki ii's wuz ii;I i i.y a fiLi the repeli iiofi w;is h ijhh. Iii No Te<h Tips, I irieLi to keep ih I fijjs fresh liy adclilig lots of iiw shdf on die few occasions when I revisited certa#i subjects, but recently die flew iLieas j List havefi'i beefi <:ofii I fijj. So I fisieaLi oi re<:y<:I I fijj OIL] iii io, I j List Lie<:iLieLi to jjive ii a rest and let uiy "data base" accrue fur a while.

And I'ui gomia play aroimd with uiy iiw couiputer, ov c.I which I nearly put uiy head hi die ov c.ii, so b.ush.ated I becaue h.y#ig to get rid of a han#mp with uiy uiouse Lb.iv c.I. And I'ui jjoiffia sfloowshoe wi ih W;i it a fiLi iofii ii; fly, a fiLi <:I I iii b sortie, too, a fiLi ii.y to iii; ke sortie jjooLi photos along die way. And I'ui gomia get out and do uiore shdf with Myong, uiy wonderf>II wi ie (W li; i a joy!), a fiLi i'iii jjoiffia help her fiuore wi ih her bust tress. A fiLi i'iii jjoiffia hook up with uiy sister, brother-#i-law

and iiiis fur souie spr#igtinie uiioimta#i bit;#ig hi die (!:teat Sfiooky MOD iiii iris, ihefi heaLi Liowfi M ississi ppi way a fiLi see lily I )aLi. A fiLi i'iii jjoiffia jjo to h;i i T#e Weel; hi C'rested Butte, C'li with Hiib and B;ii.iy, and then aga#i b;ii.i; out West god-l;nowswere with W;i it a fiLi ii iii ho, ofily wi ih better iii; ps this ii file.

I'll stay active with die NYC'C', too. Etch, you can coimt on vie to lead souie A rides, as well as sortie ATE» riLies, a fiLi I'l I Lio who i I <a fi with the A Tra I iii fijj Series, work s<:heLi u [as perulit-tilig. I'll h.y to get souie of us uiioimta#i bit;ens together to go help C.L.I.M.B. do souie iii;I I filefia fi<:e off the i#reefibel i before ii eroLies I trio Iofijj isla fiLi Sou fiLi. A fiLi I'l I ii.y to help with die occa-sional repa#. seulliliar, s#ice that's uiy forte, sorta, and I'll still h.iii wheels, acljust Liera I I leu is, j I jjijle heaLiseis a fiLi I isiefi to ii<:ks w heft <a I leLi u poll to Lio so.

Happy New Year! See y;i on die road.



## Media Watch

It was inevitable. It was only a matter of time before the conjunction of bicycles and the O.J. Simpson case would appear. And appear it did, in the Nov. 24 New York Times. Faye Resnick's account of Simpson's abuse of his wife, corroborated by four of her friends, included this: "(O)ne beating, with a wine bottle, sent (Nicole) to the hospital with a broken rib—the result, she told doctors, of falling off a bicycle."

### All the news?

Which newspaper better serves your interests in learning all the really important facts of an event, The Times or the Daily News? Hold your answer until you've read how each reported on Nov. 27 the killing of a man with a BB gun and an innocent bystander by two police officers. The Times reported the "Two plainclothes officers were patrolling Crown Heights on bicycles...on the lookout for muggers and pickpockets." The article states the officers are part of the 77th Precinct's elite anticrime unit, "involved in a new tactic of putting plainclothes officers on bicycles to give them added speed and stealth." But only the Daily News reported this fillip: "A crowd of angry witnesses...began pelting the officers with bottles and debris from nearby rooftops, while others stole the cops' bikes, police said." [Emphasis added]

The Nov. 27 Daily News also carried this breathless item in a profile piece on Dana Carvey "as he confesses his own boyhood excursions into shoplifting." "I got hooked when I was 9. My older brothers were with me in a store and they stuck a bicycle seat inside my pants. We got away with it and I was hooked. [Author's Digression: When I was stopped by an Englewood Cliffs policeman for failure to keep to the far right while descending Palisades at speed, he gave me a pat down. I was wearing thin, shiny, clingy, contour-hugging lycra cycling shorts. As he attended to my genitalia, I wondered, since my truly modest manhood was not only not concealed, but was actually on display for anyone who was interested in seeing it, was there really any question of my carrying a concealed anything, much less a concealed weapon in my shorts? Hey, wait! Do you think maybe that ol' flatterer thought my...naw. But didn't the salesman think Carvey was unusually big for his age?] Continuing Carvey's quotation: "One day we actually went in and stole bike locks and went back outside and locked our bikes with them." Is this guy funny, or what? (An answer was provided by the audience ratings for his cancelled TV show.)

Who in the club would you describe as "bearded, balding, and bespectacled"? That's the way NYT writer Robert Lipsyte described NYCCer Charles Komanoff in the Nov 27 Times in an article brought to MW's attention by Michael Toomey. Lipsyte is a wonderful writer; unfortunately, he's also a bit of a bike-basher. Although the column was a terrific profile of Charles, who has been the major force in efforts to make NYC cyclist-friendly, the column stopped far, far short of being an encomium, an appreciation for bicycle riders in the city.

### Bespoke and ill-suited

Bijan, the tony Fifth Avenue store, shows an old, POS tandem in a new ad. The symbolism may be that Bijan is twice as expensive as other shops. The Irish Secret, a SoHo shop, has run two recent ads in the NYT with a woman on a bike. It's the usual kicky, fun image favored by advertising types: the model is wearing shoes and a skirt no rider would ride in and no helmet.

The winter issue of Marie Claire, a women's magazine, not to be confused with the col/pass Marie Blanc that periodically turns up in the Tour de Fance, has a double page spread in

which models are riding bikes on a beach. None of the four has her seat height adjusted correctly. The photo credit lists Cycle Peddler of Southampton as the provider of the bikes.

A full page ad for Midori, the liqueur, not the violinist, shows a woman cycling on the beach. Her saddle height is also way too low. However much one dislikes seeing bikes used to sell alcohol, at least the art director put a helmet on the model and, in fact, made good use of it by making it the same unusual color as the liqueur bottle.

### MM...

No item I've printed here has elicited as much response as my wondering a few months ago about Frenchie's bike shop. I had never heard of it and asked how any bike shop in New York could afford full page ads in major city newspapers. A few of you sought to educate me on the matter (one of you none too kindly).

For the ugliest of reasons, Frenchie's was much in the news on December 3rd. (Only Vogel called to MW's attention its earlier mention here). Perhaps if the four assholes that started by robbing the store understood what use you could make of an 8mm (attaching Campy cranksets) and a 10mm (centering brakes), they might have been able to figure something to do with a 9mm other than murdering a policeman. All our major papers and TV stations screamed the fact the officer was killed in a bicycle shop. The Times was even good enough to include display bikes in its drawing showing where the perps hid.

### Pancakes with cheesecake?

A club source who asks to not be identified notes the back page of the January Playboy in which February's issue is previewed. It shows a picture of one Julie Cialini that, the source reports, will bring many new riders to the sport and especially to Softride bicycles.

**Next month:** A local angle on the newly retired LeMond; Yesko from a recent Warburg bio relating bikes to infidelity; Toomey on song lyrics; Vendinello finds good in two New York Magazine pieces and MW finds good in a "La Corsa: brochure; C. Baron on mayoral good deeds and a plea for more of same; bikes in advertising by Vuitton, Saturn, Ford, and Ricola; Times photo editors like bikes and so does its Patents column; anti-bike sentiment in Grandview; the use of bike locks by AIDS demonstrators; Roland's valedictory mention of NYCCers in the transmuted InTraffic; a solecism by an NYCCer writing in the successor to InTraffic; and, best of all, an NYCCer handcuffed in Central Park for failure to have a bell on his bike.

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## Quiz Show

The National Sporting Goods Association (1699 Wall St., Mt.Prospect,IL 60056-5780, 708/439-4000) predicts that by the time 1994 has ended (that's NOW!), we will have spent \$9,952,000,000 on athletic and sport clothing. Which sport do you suppose is the one which commands the most of those dollars? Does this sound like "Quiz Show"? Perhaps Mark Van Martinez has the answer (Note that I did NOT say knows the answer). For the inquisitive, there's a chart on page 11 (and an article on page 9)-- that reveals the spending styles of the rich and fit.

## To custom or not to custom

## The (Old) Crank

Some of us think it was unfair to ask four of the area's premier custom frame builders to travel as much as six hours to get fifteen minutes to talk to 80 cycle club members at the November meeting. But, it was a good meeting, and I suppose that, as much as the sell was soft, a select few of us (not me, folks) will plunk down \$3,000 or more for a custom bike in '95. I own two of the wonderful things already, and my wife owns one. If you are about to jump for the first time, read on.

Why a custom bike? All of our speakers agreed that custom bikes are more about having the bucks than having the speed; custom building is more about catering to the rich than to Cat racers. We're talking custom frame, of course, but also about our choice of components. The best reasons to go custom are, I think:

1. If you have only one leg....
2. If you have two long legs and too short arms
3. If you have a big head, or too much disposable income
4. If you like beautiful things. (We have our bikes displayed like a beautiful tree in the middle of our living room).
5. If you are an elite racer (but then your team should supply the bikes, right, Greg?)

Me: I've got longish legs, ten wrist watches, no place to keep a car, and I appreciate beautiful things.

Who should be your builder? Since you've already made the first decision, this may be the important one. He should:

1. Have a lot of experience with your chosen material, your body configuration, your riding intent and experience. And maybe if you are 6'6", your builder should be 6'6".
2. Be able to show you a bike you yearn to own: weight, shape, materials, components, detailing, finish.
3. Be available to you by phone and fax as well as in person.
3. Be close enough for you to visit four times: for fitting, for ordering, for picking up the bike, for straightening out any problems. (If the fitting went well, you can order by phone, and save a trip).
5. Be happy to have you as a customer. (Why?)
6. Have satisfied a couple of your friends on all of the above points.

When I bought my Zinn last year, I offended the builder a little when I suggested that his bike wouldn't make me younger, stronger, faster, or more desirable to the opposite sex. (I was wrong about one of those, ask my wife).

Materials: steel, aluminum, titanium, carbon fiber composite. I'm sure I've forgetting a few. Pick one. I don't like the way titanium rides: too punishing. (Most of my friends love it). Aluminum: soft; some might say spongy, but comfortable, and if you're small, maybe the best choice. Steel: both of my custom frames are steel. Composites: I don't know much about them, so my next frame will surely be....or maybe it will be a touring bike or a tandem. Off-road never had much appeal.

Fit: not much of a trick: every builder agrees on that. But every builder has a fitting method of his own, and you can believe that it works for him. After all, these guys have all been in business for some years, and can boast more net sales than returns. But, all builders agree: lets look at you on your current bike. It has been suggested that cycling is like therapy: if you're doing OK, you don't look for a better way. So, people who get

custom bikes are supposed to perceive that there is something wrong with their current equipment. (Do you get a sore back, numbness, burning feet...) So, lets look at you on the thing that isn't right.

My first custom bike was all Campy equipped, except for things they didn't make (handlebars and stem), and components that were too expensive: rims and freewheel. It had a 50th Anniversary Gruppo, and cost a total of \$1,100. There was no real competition for Campy, yet. Shimano hadn't really emerged on the scene. And, besides, I hadn't been riding (somewhat seriously) for very long, and wouldn't have known what else to buy. That first custom bike even had tubular tires; lightweight I was told, and, besides, everyone in Italy was riding them. I got my first flat in my second mile, and in my third year I got tired of carrying four spares (three were for Jody) and switched to clinchers. She was forced to follow soon after.

My new Zinn bike is designed to be very comfortable on the tri-bars, it is his standard time-trial model, which I use for a preferred position on long, long rides (that's a century for me). The very short chain stays push the cranks back 1-1/2 inches, so it is easier to lean forward, and keep the balance somewhere between both wheels. And I picked shifters (Campy Carbon) that would take a triple if wanted, and handle very smoothly. The Campy brakes work very smoothly, but the hubs are Dura Ace, the chainwheel and cranks are Ritchey, and the crank arms are a slightly longer-than-normal 172.5. Apply more force with the same effort. The seat post is Campy, the saddle is either Mythos (the most comfortable for long rides) or Flite (white and flashy for shorter rides). The rims are heavyish, Mavic SUPs, but sturdy enough to seldom need truing. The handlebars are 8-bend Modolo and have a lot of comfortable positions. The tri-bars are Air-Stryke and match the blue of the frame, as do the anodized water bottle cages.

The tubing is oversized aero, curved like a human spine, True Temper, welded steel. Don't believe what the extrusion guys say about welding. The fork is composite (I'll never buy anything else; it is light, shock absorbing, stable) The paint job is gorgeous, both colors and finish, and includes a matching two tone pump handle. \$15. The list of specs was almost as long as the down-tube, and each was discussed at length with Zinn. And I have a file with about twenty letters and faxes. (Frames aren't expensive; correspondence is.) Any builder who wants to make a profit will deliver your bike next week.

I can report that oversized steel tubing is heavy; this bike weights about three pounds more than my first custom bike, but, after a year of alternating bikes regularly, neither my regular riding companions nor I notice much change in my strength or speed: my mid-week training or two glasses of wine on Friday evening have a lot more to do with keeping up with the pack than the bike.

So, where was I? It ain't about taking off an ounce or doing that lap around Central Park in 17.04 instead of 17.08. It is about beautiful things, about feeling good; maybe I've said it before: like everything else, it is just about sex.

**The Old Crank.**

**Don't know what to do with that \$25 check your mom sent for Christmas? Renew your New York Cycle Club membership now!**

## Escape from New York

### THE CENTURY

Saturday September 23 is the day - the day that will go down in history as the day of the first New York Cycle Club Century - **ESCAPE FROM NEW YORK** (and return)! We need your help. The following members have agreed to chair the various committees:

Promotion and Publicity	Grace Lichtenstein	212 580 3285
Sponsorship	Sherri Gorelick	212 923 5807
Routes and Rest Stops, etc	Stan Greenberg	718 935 9786
Marshall Support	Karl Dittebrandt	212 477 1387
Registration & Party	Judy Meyer	212 535 2444
Treasury/Budget	Reyna Franco	212 529 6717

Be a part of it. The Club needs your help. If we are to make the first NYCC Century the success that we think it will be, we need you to call and volunteer to serve on one of these committees. Thank you

## Thanks

One Times Square, 10th Floor  
New York, N.Y. 10036  
(212) 354-0300

Dear Mr. Kaplan:

Just wanted to say thank you so much for helping us with the wheelchair participants during the New York City Marathon. This is the first time that we have had a wheelchair start. I look forward to a larger and more exciting competition next year.

Cordially,

Richard Traum, Ph. D  
President, Achilles Track Club

## Ride Leaders In 1994

Jeff Vogel	29	Jane Kenyon	9	Lori Vendinello	5
Gene Vezzani	22	Mark Masuelli	9	Marilyn Weissman	5
Karl Dittebrandt	19	Carmen Perez	8	Ernie Yu	5
Lawrence Ksiez	18	Hindy Schacter	8	Reyna Franco	4
Irv Weissman	18	Jonathan Silvers	8	Damon Hart	4
Christy Guzzetta	16	Rikki Furman	7	Conrad Meyer	4
Paul Rubenfarb	16	Sandy Gold	7	Judy Meyer	4
Mark Martinez	15	Peter Hochstein	7	Kevin Mulvenna	4
Bob Moulder	15	Don Passantino	7	Ellen Richard	4
Maggie Clark	14	Mary Allen	6	Bill Strachan	4
Ray Malecki	13	Rich Burow	6	George Tsugranes	4
Irv Schacter	12	Richard Fine	6	Jim Babbitt	3
Caryl Baron	11	Paul Liebowitz	6	Buzz	3
Steve Baron	11	Liane Montesa	6	Ron Grossman	3
Marty Wolf	11	Don Montalvo	6	Amy Hanowitz	3
Steve Britt	10	C. J. Obregon	6	Grace Lichtenstein	3
Herb Dershowitz	10	Ken Weissman	6	Richard Rosenthal	3
Geo Karl Kaplan	10	Ethan Brook	5	Fred Steinberg	3
David Miller	10	Carlos Cardona	5	Miguel Vilaro	3
Mitch Yarvin	10	Carey Chu	5	Wayne Wright	3
Ben Goldberg	9	Henry Joseph	5		

### Other Leaders This Year

Tim Andon, Alex Bekkerman, Doug Bixby, Stephanie Blecher, Michael Brennen, Margaret Cipolla, Steve Connell, Lamont Cranston, Cynthia Cryan, Lisa Davis, Tony Dean, Ed De Freitas, Mike DiCerbo, Arlene Ellner, Dorothy Fong, Athena Forogolu, Bob Foss, Dick Goldberg, Keith Goldstein, Andrea Goodman, Stan Greenberg, Anne Grossman, Ron Heller, Shari Horowitz, Stephanie Jackenthal, Charlie Katz, Manfred Kuechler, Isabel Kirsch, Rob Kohn, Charlie Komanoff, Lisa Lager, Jim Lane, Lance Leener, John Luisi, Dave Lutz, Elizabeth Maas, Kate Marion, Peter Matusenitch, Brian McCafferey, Dan McGuire, Jim Modula, Peter Morales, Cathe Nuekum, Ed Ravin, Dave Regan, Kristi Roberts, Robert Samuel, Jody Saylor, Peter Schug, Dan Schwartzman, Bill Schwarz, Karen Sherman, Pat Thomson, Howie Turoff, Larry Ubell, Abe Varron, Greg Worley, Claire Wyckoff, Marc Yatkowsky, Dave Younglove.

## 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.

**EDDY MERCKX CENTURY TSX**, 54cm, Shimano Ultegra Gruppo 8 speed STI (Dura Ace rear derailleur), Cinelli handlebars, Time Criterium pedals, Mavic ceramic rims, San Marco Ergo Gel saddle, Specialized CK4 Kevlar tires, Cateye Astral computer, meticulously maintained. Asking \$1,200. Call Marc at (212) 410-6284.

**THULE RACK** for two bikes; clamps designed for Camry '91 but can be changed for your car; \$75.00 or best offer. Call Bob (212) 662-9093.

**CAN YOU WRITE?** About cycling? We've had some fine columns and some fine writers in the NYCC Bulletin: No Tech, Most Toys, Spokes, Media Watch, Mark Martinez, Peter Schug. It doesn't have to be monthly, but I'd love someone on ATB's, on computers/training tech, nutrition, physical maintenance, racing, touring, etc....Alex? Moe? Mark? Jed? Kathy? Ellen? Call Caryl at (212) 595-7010

**WINTER TIME AND YOU ARE GETTING FAT AND UGLY.** Looks like you should buy my Performance Peak-Load Wind-trainer. Very good condition and only \$50.00. Call Ellen at (212) 213-4616.

***It's fun to be a leader...lead a ride in February!***

Con't from page 7

If you chose swimming, you hit the jackpot, unless you're a swimwear retailer. While it's still the biggest volume category, it's not on an upswing. Camping, alpine skiing and golf are the current growth sports. And, while cycling is experiencing modest gains, a look at the 32% drop in the 1992/1993 figures will tell you why shop owners have been in a two year funk. The NSGA doesn't seem to know what those millions of in-line skaters buy, or even that they exist. Perhaps they've never heard of Central Park.

Figures on chart below are in \$1,000 (thousands of dollars).

CATEGORY	1992	1993	1994	% +/-
Swimming	1,509.8	1,456.1	1,427.0	-2
Golf	1,131.2	1,276.7	1,353.0	+6
Camping	1,185.9	1,097.8	1,208.0	+10
Ski (Alpine)	981.9	1,095.4	1,194.0	+9
Hunting	1,013.4	997.1	1,037.0	+4
Aerobics	987.8	772.5	749.0	-3
Fishing	648.7	733.7	748.0	+2
Running	681.6	692.5	713.0	+3
Bicycling	895.6	678.6	699.0	+3
Bowling	581.3	464.8	460.0	-1
Tennis	414.1	289.2	275.0	-5
Ski (Nordic)	69.8	88.5	89.0	+1
TOTAL	10,101.1	9,642.9	9,952	



### 1995 Renewal / Membership Application / Change of Address

I know that bicycling is a potentially hazardous activity. I represent that I am over eighteen years of age and that my physical condition and the condition of my equipment is to the best of my knowledge adequate to allow me to participate in NYCC activities. I assume all risks associated with such activities, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release the NYCC, its Board of Directors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in NYCC activities.

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

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

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

Address/Apt. \_\_\_\_\_ Tel.(H) \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Tel.(W) \_\_\_\_\_

Where did you hear about NYCC? \_\_\_\_\_

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

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

Members joining after Labor Day pay one-half (\$8.50 individual, \$11.50 couple). 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, January 10, 1994**  
**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, coffee, choice of entrees, \$14 or pasta buffet \$10

Has Santa still not figured out that what you really wanted were titanium skewers, not another water bottle cage? Did Aunt Selma send you yet another Polartec pullover: Is your closet bursting at the seams with unused, forgotten, wrong size/color/weight bike stuff? Here's your chance to get rid of it - and maybe trade it for some new goodies in the process.

**Come to the January NYCC Club SWAP MEET and bring along your extra stuff.**



Remember - one cyclist's discarded extra grams is another's most wanted gizmo.

**Indoor bike parking! or...subway**

**1,9 to Cortlandt St., N,R to Cortlandt St., 4,5 to Wall St., E to WTC**



**New York Cycle Club**  
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**It's 1995 - Happy RENEW Year!**

