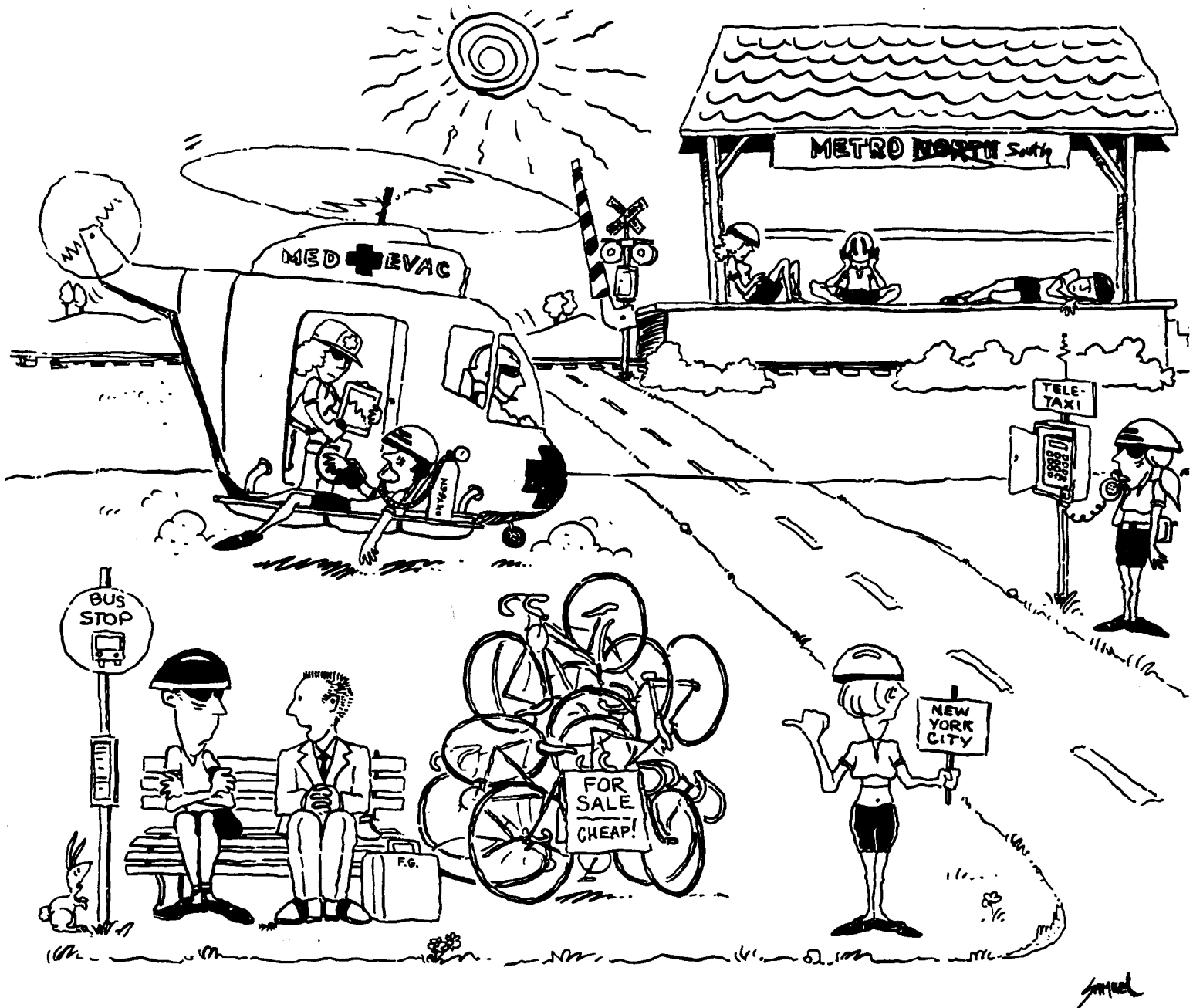


July
1995

NYCC Bulletin

THOSE TOO LONG, TOO HOT, TOO HILLY, I-WISH-I-NEVER-
CAME-I-JUST-WANT-TO-BE-HOME SUMMER RIDES...



"Mama Says, 'A ride is like a box of choc-lits...'"

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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

NYCC rides are led by volunteer leaders who plan the route and maintain the listed pace (e.g. B15pace = B Style/ 15 mph speed - see charts) Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

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

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

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

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

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

WEAR YOUR HELMET! NO HEADPHONES.

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

BRING: spare tube tire levers **SUGGESTED:** lock
patch kit pump medical ID rail pass
money water snacks map
emergency phone number

Leaders may specify other items in their ride listings.

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

BIKE TRAINS: Check schedule - only effective thru June 11!

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

From GCT	To/From	To GCT
Hudson Line #8809	Poughkeepsie	#8844
Harlem Line #9009	Brewster North	#9030
New Haven Line #6510	New Haven	#6545

Bike passes are always required. There are no Bike Trains on holiday weekends. Refer to roster for restrictions which apply at other times. If you are leading a ride and absolutely require a Bike Train at another time, you must call NYCC's MetroNorth liaison, Jeff Vogel at (718)275-6978 well in advance to try to arrange another train for your ride.

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

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

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To publish an article: Contact Caryl Baron, 165 West End Ave, Apt. 29K, NY NY 10023, (212)-595-7010, E-mail: BaronNY@aol.com. Submit on 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 750-1090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

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

All material for the AUGUST Bulletin is due JULY 11!

Club Rides

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



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



Wednesdays in July

A20-22+ 35-40MI WED. EVENING WORKOUT 6:15PM
Coordinator: John Becker (212) 989-3122 From: The Boathouse.
Come out every Wednesday evening for a brisk ride to State Line or do hill repeats on River Road. Wear bright visible clothing and bring a rear light. Wet roads at start cancel.

Saturday, July 1

A20 70MI FREE NEW CITY 9:00AM
Leaders: Steve Ullman (212) 473-1897 & Julie Horowitz (212) 691-9689 From: The Boathouse. Since we keep missing the rides to New City, we'll lead one we have to make. Bring 2 water bottles, pocket food and fireworks (in yer feet).

B16 52MI FIRECRACKER RIDE TO NEW ROCHELLE 9:30AM
Leader: Not Gene Vezzani (212) 875-1615 From: The Boathouse.
Now that we sort of know the way to New Rochelle, can it be the new 'Nyack' destination?

C ??MI PICKUP - INDEPENDENCE STYLE 9:30AM
From: The Boathouse. The city is lovely on a holiday weekend. No cars, no crowds. Let's pick a spot and head there. Staten Island? City Island? Coney Island? Long Island?

Sunday, July 2

A 50MI DECLARATION OF INDEPENDENCE II 9:00AM
Leader: Paul Revere (800) 11F-21FC From: The Boathouse. One if by GW Bridge, two if by Grand Concourse, three if by 59th Street Bridge? Call "A" Rides Coordinator before June 13 to be Paul Revere or follow the person at The Boathouse on a horse!

C ??MI PICKUP - INDEPENDENCE STYLE 9:30AM
From: The Boathouse. The city is lovely on a holiday weekend. No cars, no crowds. Let's pick a spot and head there. Staten Island? City Island? Coney Island? Long Island?

Tuesday, July 4

A19-22+ 64MI PEARL JAM 9:00AM
Leader: Jeff Vogel (718) 275-6978. From: The Boathouse. Accept no imitations. This is the only Pearl River ride. Maynard found his route when he got lost and missed a few turns trying to duplicate the original Pearl River ride. His version stops every 20 miles, in Hohokus and Sparkill and turns around in Upper Saddle River. Where's the Pearl River in that? This ride has just one stop, at mile 38 - Pearl River. On the other ride it's bagels and Gatorade while sitting on the curb. This

ride features the famous Country Kitchen pancakes or you can sit in the park across from the deli. And, while this ride does have two extra turns, it's to stay on uncongested, tree-lined roads. Or, you can bake on the other route - Veterans Memorial Highway and 9W/501. It's your choice. Remember, it's 38 miles to Pearl River, so pocket food and two water bottles are mandatory. (This message brought to you by the Vogel Rides Council.)

Saturday, July 8

A17-30 68MI BPB - TAKE 2 9:00AM
Leaders: Maynard Switzer (212) 265-6330 & Rikki Furman (212) 734-2887 From: The Boathouse. Another attempt at the rained out "real" Boathouse-Pearl River-Boathouse classic originally scheduled for June. In case of inclement weather, "Maynard's Spare Parts Emporium" will be open for business!

A20 100+MI LIBERTY BELL EXPRESS 6:00AM
Leader: John "Maple Syrup" Fullwood (212) 927-3278 & Alfred "Animal" Boland (212) 568-1212 From: Staten Island Ferry (Ray's Pizza). We will use the "Adventure Cycling" route from NYC to Philly. The route is relatively flat through rural and suburban areas in NJ and PA. We will stop at the Black Bass Inn (built in 1700 and overlooks the Delaware) for a later lunch. Earlier and later stops at the will of the group. Return via NJ Transit and SEPTA (pass required for both). Approximately \$20.00 for transportation.

A17 56MI PORTCHESTER 9:00AM
Leader: Andrea Goodman (212) 254-1717 From: The Boathouse. Catch up on West Point gossip on a schmoozy ride for SIG drop-outs (or burn-outs!), "A"-riders in "B"-rider's bodies, fast "B"'s who want to try pace line riding on the Grand Concourse, or "A"'s in need of a rest. (That should be everybody!) Good skills explained and considerate riding expected (no hollering!) Most of the ride is shady, but show up anyway for alternate plans if predicted high is over 92°.

C14 50MI C'S GO TO THE EGGS 9:00AM
Leader: C.J. Obregon (212) 876-6614. From: The Statue of Civic Virtue (E/F Train - Union Tpke & Queens Blvd). We'll look for the green light at the end of the pier after a brief ride through the Valley of Ashes. We'll also check out all the big houses in Little Neck and Great Neck. A few easy hills. Helmets required. Rain or an anti-F. Scott Fitzgerald crusade cancels.

Sunday, July 9

A21 50-60MI SUNDAY MATINS I 7:30AM
Leader: Brother Mark (212) 496-5518. From: The Boathouse. \mat-nz\ n I: MORNING PRAYER. Something different - 1 hour of silence (GWB to Nyack). Let's save our breath and open our eyes as we steal away from still slumbering Gotham. River Road and Tweed Hill will reward our silence with the sound of birdsongs and whirring gears; the sight of rabbits, chipmunks, groundhogs and deer; the sweet scent of earth and pine. By the time we get to Nyack, our senses should be so finely tuned we'll smell the coffee & croissants half a mile away. At brunch - let the schmoozing begin! Rain cancels.

A18 60MI OXYMORON RIDE #1: SLOW "A"'S, EASY HILLS 9:00AM
Leaders: Kevin Mulvenna (212) 595-1560 & Liane Montesa (212) 534-5736 From: The Boathouse. Let's go slow and easy on River Road, Bradley, Tweed and on to Nyack.

Club Rides

C12 65MI PICNIC AT NYACK BEACH 9:00AM

Leaders: Irv & Hindy Schacter (212) 758-5738 From: NE corner of 1st Ave & 64 St. This relatively long ride to a marvelous destination will be done at a kind, caring, considerate, compassionate "C" pace. It's a great opportunity for somewhat slower riders to see an "A" and "B" destination. At a certain point, riders have a choice between doing some hills or taking it nice and flat.

C 25-45MI BEACH BUMS #1 9:30/10:00AM

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

Tuesday, July 11

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

Leader: Jeff Vogel (718) 275-6978. From: The bench across from the Boathouse. Take a mental health day and join us for an easy paced ride to Bergen and Rockland Counties. Guaranteed return by 1:00pm.

Tuesday, July 11, 6:00 p.m.

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

All Rides and Bulletin material due!

see back page for details.

Thursday, July 13

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

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

Saturday, July 15

A22 80MI ARMONK (AGAIN) 9:00AM

Leaders: Doug Bixby (212) 366-1879 & Paul Mutzek (718) 267-0259 From: The Boathouse. A ride up Whippoorwill, a deli stop in Armonk and down Route 22. 60% chance of rain cancels.

A20 85MI BYRAM LAKE 9:00AM

Leader: David Younglove (212) 533-1276 From: The Boathouse. A scenic, backroads ride up to Byram Lake. Then on to a picnic lunch with the ducks in Armonk before heading home. Bring two water bottles and pocket food.

A19 145/160 MI CENTURY OF THE MONTH #7 6:00AM

Leader: Marty Wolf (212) 935-1460. From: Call for starting location. Ride will take us to Newburgh, New Paltz, to near Mohonk Mountain, up through Ellenville and home by train from Beacon. Metro-North pass required. If weather is questionable, call for a reschedule for tomorrow.

B16 35MI FOUR HOUR CHILL 9:00AM

Leaders: Gary McGraine (212) 877-4257 & Phil Simpson (718) 639-6269 From: The Boathouse. The ferry to our scenic neighbor - Staten Island. Hilly and scenic jaunt around the island.

C14 40MI OLD WESTBURY 9:00AM

Leader: Alinda Barth (718) 441-5612 From: The Statue of Civic Virtue (E/F Train - Union Tpke & Queens Blvd). Ride to Old Westbury Gardens, 100 acres of trees and flowers and a lovely home in a formal setting. Bring a lock for your bike, admission money (\$6 to the garden, \$4 to the mansion.) and be prepared to carry lunch for a mile or two.

Sunday, July 16

A21 60+MI SUNDAY MATINS II (HOW MANY HILLS TO ROCKLAND LAKE?) 7:30AM

Leader: Friar Jim (212) 663-1420. From: The Boathouse. Thou starts early on thy crusade to Lake of Rockland, as we hunt for the Holy Climb, then return to congregate on the most sacred Hill. Bring thoust two water bottles, food of the pocket and mutton. (Sorry Jim.)

A19 60MI WELL...EXCUUUUSE ME! 9:00AM

Leader: Tom McMahon (212) 777-5845. From: The Boathouse. Spiritual Advisor: Cathe Neukum. Out too late? Nasty hangover? Dog ate your bulletin? Left your Powerbars in your other purse? Spending too much time with Chuck Wong? Well, OK, you're excused... But, if you think that maybe you're feeling up to it, come join us on an easy (hey, we went hard yesterday) ride to someplace nice (not sure yet - where'd those maps go?). Alien abduction, jury duty, or sick cats cancels.

A17-18 60MI VOLLEYBALL/SUMMERSTAGE RIDE 8:30AM

Leaders: Seymour (212) 496-6684 & Alan (718).338-7142 From: The Boathouse. Round about way to the Great Lawn for a 2 o'clock V-ball game (Seymour) or Rumsey Field for Summerstage (Alan). Ride will be conducted utilizing the S/A patented "B"-style paceline system. We will zip by all diners and make 2 short deli stops.

B17 55+MI NYACK BEACH PARK 9:00AM

Leader: Marc Yatkowsky (212) 410-6284 From: The Boathouse. Save our knees! Mostly flat to rolling terrain through New Jersey. Only one "hill" on the return. Bring musette back to carry lunch in/garbage out. Swimming at your own risk. "A" riders who hammered yesterday are welcome.

C12 50MI MAMARONECK HARBOR 9:00AM

Leader: Dona Kahn (212) 399-9009 From: The Boathouse. Leisurely spin through Southern Westchester. See historic sites. Picnic lunch on the shore (bring or buy).

C12 25-30MI BACK BY 2PM SERIES 10:00AM

Leader: Jane Slotin (212) 752-3218 From: The Boathouse. Join me for a beautiful ride to the end of River Road and back. It's a great workout and we'll have fun. (It's also cool on a hot day!) Bring lunch for a choice picnic spot along the route. Back by 2pm. Helmets and spare tube required.

C 25-45MI BEACH BUMS #2 9:30/10:00AM

Leader: Don Passantino (718) 446-9025 From: City Hall (9:30)/Grand Army Plaza(10:00). Annual & ever-popular Sunday jaunt to the beach. Easy, flat ride to either Coney Island or Riis Park as the mood strikes. Bring swimsuit and towel. Picnic lunch on the beach (bring or buy). Join with 5BBC. Temp above 95 cancels.

Wednesday, July 19

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

Leader: Jeff Vogel (718) 275-6978. From: The bench across from the Boathouse. Join us for the first part of the daily double. We'll do

Club Rides

another smooth, steady ride to Rockland and Bergen Counties with a guaranteed return by 1:00pm. If you do this ride you can take tonight off and go to the races.

A/B/C 0-10MI A NIGHT AT THE RACES 6:30PM

Coordinator: Jeff Vogel & Margaret Cipolla (718) 275-6978. This is the second half of the daily double. Whether or not you rode this morning, join us at the Kissena Velodrome for racing and an evening of good food. First race is at 6:30pm; the last one just before sunset. Afterwards, we'll go for dinner at another great ethnic restaurant. Call leaders for bike/subway/car directions. Greater than 50% chance of rain cancels racing but not dinner.

Saturday, July 22

A21+ 115MI A BULLISH RIDE TO BEAR MTN 8:00AM

Leaders: Scott Saunders (212) 691-4133 & Paul Mutzek (718) 267-0259 From: The Boathouse. Up the East Side, down the West. To 7 Bridges Road, Croton Reservoir, cross the Bear Mtn Bridge, Up Perkins, then home on 9W. An "A"-SIG classic! Pocket food and 2 water bottles highly recommended. Be on time, we leave at 8 sharp! 50% chance of rain cancels.

A20 200MI/200MI TWIN DOUBLE

Coordinator: Steven Britt (718) 204-4970. This one is meant for those hearty souls training for PBP. You'll need to do back to back doubles in France, so tune up now in the states. I am putting together a route that will hopefully simulate those rolling hills of France as we head through Connecticut for an overnight stay. We turn around and head home on Sunday. Tomorrow's route will end with a Metro-North return to avoid a late return through the Bronx. Call for start time/location and lodging info. Rain or shine.

A18 75MI ISLAND HOP 9:00AM

Leaders: Gary McGraime (212) 877-4257 & Steve Ullman (212) 473-1897 From: The Boathouse. Rolling tree-lined roads lead to Bayville Beach for lunch in the shade - optional "quick" dip.

B14 45MI MILFORD-BETHANY-MILFORD... A DAY IN CONNECTICUT 7:30AM

Leader: Stephanie C. Davis (718) 622-1399 & Ed Sobin From: Grand Central Station. Bethany where? Come explore some of Connecticut's fleeting farmland (and hopefully meet some natives from the Southern Connecticut Cycle Club). This ride stays on roads (some hilly) and passes some unsurpassed natural beauty. Metro-North pass required. Bring \$ for train and food along the way. Metro-North strike cancels.

C 20MI BIKING & TUBING ON THE DELAWARE RIVER 9:30AM

Leaders: Richard Fine (201) 461-6959(eve) & Ethan Brook (212) 721-9521(day) From: Point Pleasant Canoe & Tube in Pt Pleasant, PA (7miles south of New Hope, PA). 20 miles of flat biking plus 3-4 hours of tubing down the scenic Delaware. Bring or buy lunch, bathing suit, towels, bath shoes or old sneakers, sunscreen & bike lock. Approximate cost - \$15. Directions: 78W to 287S. To 202S, cross bridge into PA, then 32N to Pt Pleasant.

Sunday, July 23

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

Leader: Brother Mark (212) 496-5518 From: The Boathouse. See July 9th listing for details.

A19/21+ 85MI GREENWICH (AND BEYOND?) 8:30AM

Leaders: Rich Borow (212) 866-1966 & Mary Allen (212) 666-6844 From: The Boathouse. We'll probably split into slower and faster groups as we wind our way on rolling roads to picnic in a Greenwich gazebo. Then on to Westport (for Metro-North return - bring your pass!) or direct return (in case of strike). Excessive heat shortens.

B16 100-MI PSYCHIC CENTURY 8:00AM

Leader: Karin Fantus (212) 873-5559 & Dick Goldberg (212) 874-2008 From: The Boathouse. The spirits will move us up and down the hills of Westchester. Exactly where, we'll know by ride time. Call for details. Metro-North pass mandatory as we will return by train. Additional train return options along ride.

C13 45MI MAMARONECK 9:30/10:15AM

Leader: Abe Karron (212) 686-8748 From: The Boathouse(9:30)/Woodlawn(1/9 Train)(10:15). Old world Italian delis. Charming water front park. Mostly flat with a few rolling hills.

C 25-45MI BEACH BUMS #3 9:30/10:00AM

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

Thursday, July 27

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

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

Saturday, July 29

A20 80MI FOR THOSE WITH AN INCLINATION FOR INCLINATIONS... 9:00AM

Leaders: Scott Saunders (212) 691-4133 & Mark Wolzek (212) 594-5319 From: The Boathouse. ...We've put together so many hills it isn't even hill-arious. Two water bottles and pocket food highly recommended. 60% chance of rain or snow cancels.

A19 60MI POST RACE ART APPRECIATION 9:00AM

Leaders: Rich Borow (212) 866-1966 & Herb Dershowitz (212) 929-0787 From: The Boathouse. A laid back, schmoozy, cooperative, easy (hey, I'm going slow!) spin to the Pepsico Sculpture Garden for a picnic lunch. Bring a musette bag and a Metro-North pass (in case we want to avoid a Grand Concourse return on a hot day). Excessive heat - let's find a beach.

A19/21? 50+MI PRE-NUPTIAL AGREEMENT 8:00AM

Leaders: Bride & Groom? From: The Boathouse. He wants to go fast, she wants to schmooze. Can these two agree on their wedding day? Come to find out and help them celebrate and see if they can agree on a destination.

B14+ 56MI NO MORE UBTLs* 9:30AM

Leaders: Jim Babbitt (718) 296-0027 From: Statue of Civic Virtue. Bring: swim suits, towel, and tanning lotion. This ride is designed for maximum tanning exposure. We head for a beach in Bayville to get rid of those *Ugly Biker Tan Lines. Cue sheets for faster riders while leader maintains slower pace. Conditions not conducive to tanning cancels.

Club (and other) Rides

C13 48MI POOL RAT RIDE 9:45AM

Leaders: Peter Hochstein (212) 427-1041 From: The Boathouse. Yes, Piermont again, but this time with a lunchtime dip in the secluded swimming pool at Tallman State Park. Bring a bathing suit, towel, helmet, spare tube, and a few bucks for the lunch and pool admission. Arrive home about 5pm.

Sunday, July 30

ALL CLASS NYCC RIDE: KINGSLAND PT. PARK

A21 70MI 9:00AM

Leader: Greg Worley (212) 781-6702 From: The Boathouse. A shady route to Tarrytown to the group picnic at Kingsland Pt Park. Bring a musette bag to carry your lunch to the park. Unindicted co-conspirator: Lamont Cranston.

A19 85+MI 8:00AM!

Leaders: Judy & Conrad Meyer (212) 535-2444 From: The Boathouse. Beautiful route to Croton Dam before re-grouping in the park for a picnic lunch. We're doing 60 miles before lunch so bring two water bottles, pocket food, musette bag, spare bike, etc. Rain at 7am cancels.

B15/16 60MI 9:00AM

Leader: Mitch Yarkin (212) 769-2637 From: The Boathouse. We'll enjoy a scenic ride through Westchester on our way to the second All-Class picnic of the year.

C12 35/45MI 9:00/10:00AM

Leaders: Linda Wintner (212) 876-2798 & George Kaplan (212) 989-0883 From: The Boathouse (9:00)/Jerome & Woodlawn(4 Train)(10:00). Ride through scenic lower Westchester. Picnic lunch on the banks of the Hudson. Bring or buy lunch.

Friday, August 4

A19-21 100MI GETAWAY CENTURY

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

Saturday, August 5

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

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

C14 45MI BEAUTIFUL CONNECTICUT 9:30AM

Leader: Maggie Clarke (212) 567-8272 From: Dyckman St & Broadway at the triangle garden (Dyckman/200 St - A Train). Destination - scenic Old Greenwich seaside park via quaint Connecticut towns. Some parts are moderate to hilly; some parts are flat; but all parts are

beautiful. Picnic lunch in lovely backyard garden of a Cos Cob deli. Return via Metro-North; pass required. Also, helmets required. 60% chance of rain or temp above 90 may modify or cancel.

Sunday, August 6

A19 70+MI COME SEE CAUMSETT 9:00AM

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

C 30MI BIKE ROCKLAND COUNTY 10:00AM

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

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

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

Saturday, August 12

A/B/C 2.5 10MI 4TH ANNUAL FIRE ISLAND BEACH WALK 8:00AM

Leader: Andrea Goodman (212) 254-1717. From: Penn Station. Grab your non-cycling significant other or your burnt out cycling pals for a ten mile walk from Robert Moses Beach to The Pines. Nude beaches guaranteed. 8:09 train from Penn Station (no bike pass necessary, MC!) to Babylon. Ferry and train return. Good cure for UBTL's

RIDE PREVIEWS

Saturday, September 23

ESCAPE FROM NEW YORK

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

OUT OF BOUNDS

Wednesday July 12,

TANDEM WORKSHOP 6:30 PM

Alex Von Braun will be holding an event for tandemists and those interested in tendeming. Mel Kornbluh, owner of the Tandems East dealership in Bridgeton, New Jersey, will speak on new equipment, and plans to bring a tandem with him. For more information, please call Alex at (718) 965-3552, evenings.

July 15

CRCA LOU MALTESE MEMORIAL RACE 6:30 AM

Are you looking for another great reason to get up and enjoy Saturday morning in Central Park? Come watch the Lou Maltese Memorial Race, benefitting the City Parks Foundation, on July 15 at 6:30a.m. This USCF race, sponsored by CRCA, starts and finishes at Tavern on the Green, with the first field taking off at 6:30a.m. There are four fields: USCF cat-

Club (and other) Rides

egories Pro 1,2,3 (8 laps), categories 3 and 4 (7 laps), Masters 40+ and Juniors (6 laps), and Women (4 laps).

Experience one of only a handful of open races each year in Central Park. And if you have a USCF license, plan to race! For a registration form or more information on this race, call Bert at (212) 255-4375. For more information on CRCA call the hotline (212) 222-8062. Lee Kennedy, Director of Public Relations, CRCA.

Saturday, July 22 - Saturday, July 29

PEDAL PENNSYLVANIA: PITTSBURGH TO PHILADELPHIA

Herb Dershowitz is planning to ride this one. For more info, call Bob Ingersoll (215) 561-9679.

Sunday, July 23 - Saturday, July 29

NYRATS 500+MILES

The Tenth Annual New York Ride Across The State sponsored by Hosteling International. From Buffalo, including Niagara Falls, Finger Lakes, Women's Hall of Fame, Erie Canal towns, the Catskills, West Point, and Central Park. 50-75 riders, support crew, 65 mpd avg. Maps and cue sheets, overnights in college dorms and motels. Many low-traffic roads. \$680 includes most food, lodging. Call Suzanne Toomey Spinks (716) 852-5222 or E-mail:af060@freenet.buffalo.edu. If you'd like to crew NYRATS, as driver, mechanic or all-around support, send name, address, phone and qualifications to: NYRATS POB 1110, Buffalo, NY 14205-1110.

Saturday, August 5

PRINCETON CENTURY

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

Thursday, August 17 through August 28

DAVID TOURS THE ALPS

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

Sunday September 10

BICYCLE TOURING CLUB OF NORTH JERSEY CENTURY RIDE

Call Claudia Sammartino (201) 945-8788.

Saturday, October 14

SEA GULL CENTURY

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

THE NYCC NEEDS YOU TO LEAD A RIDE
Call your ride coordinator before April 11.

A-Rides: Rich Borow (212) 866-1966 **B-Rides:** Gene Vezzani (212) 875-1615

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

E-Mail from Pete

Date: Mon, Jun 19, 1995 23:37 EDT

From: Pete Schug NYC-Subj: New Bike! - To: BaronNY

I can't blame it on the sun since it's cooler here than in New York. Maybe I've been working too hard at school or maybe I fried my brain climbing these Oklahoma hills, but I let insanity rule and I bought a mountain bike.

Not just any mountain bike, a Trek Y22 which I think belongs in the MOMA design collection. (The guys who built the bikes for that exhibit in Grand Central a while back would die of embarrassment if Trek exhibited the Y22 there at the same time.)

I stopped off at a Trek dealer in Norman and was told they had one but had sold it, Trek made 150 and hadn't planned to make any more this year, but might, they didn't expect such a response etc. etc. He offered to check with other Trek dealers, but I didn't want to buy one sight unseen.

Saw one in a bike shop while riding. It was the one the other dealer had sold! The owner rode it once and changed his mind. (I've been trying to guess why. I think maybe his wife said, "Yew boat a who-watt? A 'nother bah-sickle.") Or maybe he expected his boss to pick up the tab. (He patrols the University of Oklahoma campus by bike.) Or maybe he had trouble jumping curbs with the full suspension.

I totally fried my brain and almost missed dinner here riding like a maniac. Eleven million people asked me about it. (One guy asked if it was one of the rental bikes.) The crew putting up a new satellite dish on the grounds stopped working whenever I rode by and everyone asked me how much I paid for it. Most advised me not to leave it outside. Building security advised me not to bring it inside!!! (rules).

I got my bike bag and brought it in disassembled. The manager of house-keeping happened by while I was taking it apart and said he'd leave a note for the cleaning supervisor not to make a fuss if they found it in the closet. He seemed like a nice guy. One of the things you have to worry about is some people are sticklers for the rules and not the idea behind the rules.

Anyway, I've got a new bike and I can hardly wait till I get a chance to do more than cruise over speed bumps in the parking lot. Pete

TOGA Bike shop

For our friends in the New York

Cycle Club: Between NOW and July 31,

bring in this ad

and get

15% off

any clothing
purchase over
\$50.

TOGA has the
largest selection of quality
cycling clothes of any bike
shop in NYC.



T t t t t O o o o o G g g g g A a a a a

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

From the Boathouse

JULY 1, 1995

OOPS! We blew it last month. In our kudos and thank yous to Kristi and Mike, we forgot Stan Greenberg who did the photography for the ESCAPE FROM NEW YORK CENTURY brochure.

Thank you Stan, thank you! OK Stu?

Several members of the club have told me that people do not read page 2 of the bulletin, and especially newcomers, do not know what to take with them on a ride. Sooooo. . . here goes: stuff to fix a flat - tube, patch kit, tire irons and of course a pump; water and finger food - Fig Newtons, Power Bar, gorp, whatever turns your palette on; identification with your picture, plus medical card, and emergency phone number; money; rail pass; map, and note from your parent or

guardian.. We like to travel light - so put the ID, money, and rail pass in a plastic sandwich bag - you don't have to carry a bulky wallet. Now, we haven't mentioned a lock - they are heavy - or are they? Well the type of locks that you need in New York City are too heavy, and when we are out of the City we do not need that type of deterrent. Carry a light cable lock or a ski lock - something that will deter the casual thief - you can't stop a professional!

We left the lock for last - one of our members had an interesting experience recently. . . . the cyclist was traveling far enough away from the city that a lock was not thought to be necessary for a quick pit stop at a filling station. Even though, traveling alone, somewhat ahead of the leader, the cyclist had no qualms about

by Geo Carl Kaplan

leaving the bike against the filling station building while using the rest room. To the cyclist's surprise and later chagrin, the bike was no longer against the building, upon exiting the rest room. When questioned about the bike, the filling station attendant said that a man came across the street and took the bike. CAVEAT CYCLIST! So even though far from home, lock it, even for the proverbial minute, when alone. And, please, dear members, even if you're not going to heed this advice, at least take your sandwich bag inside with you - don't leave it, too, with your bike!

And, ride leaders, please stop when a tripper calls out for help!

See you on the road!

Alphabet Soup

Montauk - Future Reference

I guess it's time to be more cautious. For two years in a row I've been aware of unsettling occurrences on this annual weekend pilgrimage. Last year, a ride leader had her bike bag picked of its monetary contents. This year another of the club regulars had her bike stolen! This was in Amagansett! Is no place safe anymore? I've increased my awareness of a bike left outside a deli or "pit-stop." Be careful, take your money with you when you leave your bike. Use a deterrent (i.e. lock, released quick-release, etc.).

Metro-North

It seems those friendly Metro-North conductors have been retiring, quitting, or being laid off because I'm hearing stories that lead me to believe there are fewer of the friendlier type today. I personally witnessed a rider being escorted off of a train and forced to wait for the next train for forgetting his pass. This was rider no-no, but he was forced to pay a second fare!

That's a Metro-North no-no.

If you were used to getting a small group of riders onto a non bike-train and only have a couple of riders show their passes, don't count on it in the future. In fact, expect the worst and you won't be disappointed. And this includes the bike train. The friendly conductors haven't found their way here.

Don't expect entry onto the train without a pass that has your name on it, and be ready to prove that it's yours. And don't forget, there are restrictions to the number of bikers allowed on a non bike-train. **You have been forewarned!**

Hydrate!

It's summertime and the New York area can get hot and humid. Plan on drinking more liquids and toning the pace down a little on the hot ones. If you start to feel sluggish, you are probably behind in your fluid intake. Cold fluids are accepted by the body much better than the warm stuff still in your water bottles. That

means stop at a deli if you need some cold fluids to cool your body down.

Road Hazards

One more word on this topic. There are holes that are very dangerous to ride through and there are holes that may damage your rim but not your body. If you are riding in a group and are forced upon rough roads, ride through them rather than trying to adjust your course at the last second. You can cause more damage with a last-ditch effort to avoid something that may at worst give you a thump in the rump! (I can remember wincing on a number of these, but I and my bike have come out of them alive.) It will take a crater to swallow a wheel and throw you off the bike. Learn to judge which are not rideable and which are unpleasant. Obviously all this is avoidable if all riders call out the obstacles clearly, audibly and timely.

That's all for now.

Ride safe and enjoy the Summer.

On Patches:

Sorry, folks: I blew it! Those apparently wonderful Park patches that require no glue on the tube don't work! (If that is a double negative, Park deserves it.) The patches seemed great for a couple of weeks, but, by

now, I've ruined about 5 tubes and mucked-up a full month's rides before I was finally convinced that I was doing everything right and the patches were wrong.

If anyone has tried other brands of self-

stick patches, including those that require alcohol on the tube, I'd be interested in your results. Call 212-595-7010.

The old Crank

RIDE AWAY FROM IT ALL... AND SAVE A FEW BUCKS, TOO!

**Sign up NOW for the first
NYCC "Escape from New York" Century
miles or metric... save \$\$\$ and get a great T-shirt!**

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

Ride 100 miles to Bear Mountain State Park and back...

or 100 K (62 miles) to Rockland State Park...

or 50 miles to Tallman State Park.

Lots of food... cue sheets... great prizes... post-ride party!

Members and non-members alike save \$5 off day-of-event registration

T-shirts to pre-registered riders only!

MAIL THIS COUPON TODAY!

___ **\$15. I'm already a member.** Here is my check for early registration for the

Escape from New York Century Saturday Sept. 23. (Day of event: \$20)

___ **\$15 UNTIL JULY 4 ONLY.** I'm not a member, but here is my check for early registration for the

Escape from New York Century. (After July 4: ___\$18. Day of event: \$20)

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

Name (Print): _____

Address/Apt. _____ Tel.(H) _____

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

Emergency Contact _____ Emergency Tel _____

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

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

Signature of registrant: _____

If under 18, signature of parent or guardian. _____

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

Blowouts

by Lou S. Pokes

First, lets take care of some old news - the Montauk Ride. The first NYCC rider to Montauk was SIG graduate **Tim Andon**. There has to be more to this story, but I don't know it. And the last person to leave the Five Boro Bike Club's party on Montauk (at 7:30p.m.) was also a SIG graduate, **John Fullwood**.

Next there was the Memorial Day Weekend in the Berkshires. In addition to some fabulous riding, everyone had a great time off the bike. Somehow everyone wound up together in the same restaurants each night without planning a group dinner. We finally found out where **Ed Fishkin** gets his jokes from as **Claudine Weinfeld** kept us entertained with her non-stop comedy routine. (Ask her about her dirty feet.) And she knows how to take care of herself on a ride too. When the going gets tough, she gets in a taxi. **Rich Borow** had an interesting trip up to Sheffield. He spent so much time in the Hertz office that they offered him a job. With last-minute roommate changes we also learned who wears red, leopard print underwear, but I've been sworn to secrecy. (No, Kate Moss wasn't there - and she usually doesn't wear underwear.) And, finally those who complained about the drizzle on the way up on Friday and/or the showers on the way home on Monday were thankful to get out when they did as a tornado hit Great Barrington on Monday night causing several million dollars worth of damage and killing several people!

In more old news, **Lori Vendinello's** cranks are still attached to her bike. According to **Irv Weissman**, a survey by Bicycling Magazine reported that five major crank manufacturers unanimously agreed that no grease was required. At our May Club meeting, the representative of Finish Line, a lubricant manufacturer, said grease was necessary. We need Bob (No Tech Tips) Moulder to come out of retirement and settle this once and for all.

And in really old news, how did **Hannah Holland** get her name removed from the CRCA's suspended list? And now that she's eligible to race again...

Richard Rosenthal's Bike Watch column last month was certainly his best ever. But we need pictures, Richard! Pictures!

Rich Borow's A Notes was interesting too. But does Rich read his own column?

Best wishes for a speedy recovery to **Diana Panchyk** who was hit by a car on a recent training ride. We know you'll be back riding soon.

Howie Turoff is still riding even though he tore the anterior cruciate ligament in his good knee. This time he hurt his knee in a karate class. Stick to cycling, Howie!

We would wish **Marc Yatkowski** a speedy recovery but Marc, you heal too fast. Marc had hip replacement surgery and was back riding three weeks later. And, as if he needed to lose weight, his new hip is titanium, probably from a recycled bicycle!

You know it must be summer when it's time for a race report. First, congratulations to **Elizabeth Emery** who went to Japan a part of the U.S. National Team for a stage race. The competition was impressive as it included the winner of the 1992 Olympic Road Race. So who was the overall winner after the seven stages? I wouldn't be writing about it if it wasn't Elizabeth! Congrats also to **Alan Resnick** who won the State Championship for his age division. How old is Mr. Resnick anyway? And while **Karl Dittbrandt** didn't win a race he deserves our applause too. Most of us know Karl as an ultramarathoner where some of his events take up to four days. Well Karl won two bronze medals on the track where

four minutes is a long race!

However the most impressive performance of all may have been turned in by **Alex Bekkerman** on the 600 kilometer brevet in the Blue Ridge Mountains of Virginia. The 379 mile ride had over 20,000 feet of climbing, including the infamous 15% climb past Wintertgreen from the Tour duPont. Alex, who was riding tubular tires, had two flats early in the ride and was out of spares with over 250 miles to go, when both of his remaining tires developed slow leaks. No one else was riding tubulars so Alex thought his ride was over, but no one had room in a car to drive him back to the start. So Alex kept riding, hoping to find a bike shop along the route. He had no such luck. He would stop every 30 to 40 miles to try and keep his tires pumped up. Within an hour they would be back to about 40 pounds. After several more attempts to quit, he decided it was easier to ride than get someone to drive him back. He finally finished, with a respectable time, but most impressively, Alex did most of the pulling in the paceline and led everyone up most of the climbs even with two almost-flat tires!

Quote of the month number one is attributable to **Joe Foglia**. "I've got a little one but it works good enough." Someone said he might have been talking about his pump. Oh.

Quote number two is from **Margaret Cipolla**. After her bike was stolen in Amaganset, she was giving all the information to the East Hampton police for their report. She had to give a description of everything on her bike for the weekend trip. "A pair of pants, a T shirt, shoes, some make-up, an expired drivers license, my LIRR bike pass. Oh no my train pass! How am I going to get home on the train now without my pass! Oh, I don't have a bike!" Everyone had a good laugh at that one, including Margaret.

Our Road Hero this month is **Kathleen Eaton**. Kathleen was spotted carrying two baby geese on River Road. It seems they had wandered onto the road and everytime Kathleen tried to take them off the road they would walk right back to the middle of the road and stop. Kathleen went in search of Mother Goose but instead found **Andrea Goodman** (an expert on rabbits, not geese), **Amy Hanowitz** and **Allison Holden** (good thing Kathleen was carrying the geese; we know Allison's propensity for running over things). Eventually they found a family of geese that adopted the two babies and everyone lived happily ever after.

If Kathleen is our Road Hero, then **Joe (the Dentist) Feintuch** is our Super Hero this month. Here's his story. Joe was riding across the George Washington Bridge one Saturday in June when he came upon a bridge jumper. This guy was actually standing on the railing threatening to jump. Good Samaritan Joe stopped to try and talk him out of adding to the Hudson River pollution. Joe asked him what was wrong and the jumper said "My life is terrible and I hate my job." Joe asked him what he did for a living. "I'm a corrections officer and I'm tired of hurting people." Joe said, "Gee, I'm a dentist. I hurt people every day, all day. Let me go first." After Joe took the plunge, the guy rides off on Joe's bike, starts training and is now a Category II racer. Well, not exactly. But the jumper did think Joe's comment was funny enough to get him off the railing (on the bridge side). The story ends with the Port Authority Police showing up shortly thereafter to finish up a job well done by our Joe.

Road Bozo of the Month award to **Jeff Vogel** for getting yelled at by a pedestrian on a New York Cycle Club ride for not wearing a helmet.

Minutes

BOARD MEETING OF TUESDAY, APRIL 4, 1995

Present: Geo Kaplan, Lori Vendinello, Steve Britt, C.J. Obregon, Michael Toomey, Mitch Yarvin, Caryl Baron, Barbara Julich, Rich Borow, and Linda Wintner.

Absent: Reyna Franco and Gene Vezzani.

The minutes of the meeting of March 7, 1995 were approved. C.J. reported that the cost for screening and mailing tee shirts would be twelve dollars each. The board authorized advertising the shirts and ordering six dozen if enough orders were received.

There was a discussion of an accident that had occurred. Several suggestions were offered to avoid the problem intersection.

The holiday party was discussed again. Lori was instructed to plan for a \$30 charge, 125 people and a cash bar.

Geo reported that he had ordered helmets through the Piermont Bike Shop for the Piermont Bike Fair. Geo reported that he had priced reproducing the Bulletin with several copy shops, but that that was more expensive than printing.

Rich suggested that the club consider supporting the Central Park EMS. He suggested that if the club could not provide any money, perhaps individual members could be asked to make a donation. It was decided to determine the EMS presence in the park before making a decision.

Lori noted that a new magazine was going to be published called Sports City. Lori raised the subject of following listed ride speeds. Rich said that one problem was the need for a greater variety of ride speeds.

C.J. advised the board that Ride Magazine had been advised not to infringe on our copyrighted listings.

Geo noted that the "you've got to have Park" festi-

val had been canceled. He also advised there was a new director of operations for Central Park. Caryl complained that she had never seen the rules for use of the Park Drive. Geo explained the concept of sharing the park, and indicated that it was a difficult concept to preserve.

Respectfully submitted

Conrad J. Obregon

BOARD MEETING OF TUESDAY, MAY 2, 1995

Present: Geo Kaplan, Lori Vendinello, Steve Britt, C.J. Obregon, Reyna Franco, Michael Toomey, Mitch Yarvin, Barbara Julich, Gene Vezzani and Linda Wintner. Absent: Caryl Baron and Rich Borow.

The board discussed the powers of ride leaders. It was agreed that ride leaders are responsible for the ride, including its safety and that they had to be given the broadest possible powers.

There was a discussion of the Montauk Ride. C.J. agreed to make arrangements with Sheepshead Cycle for the bus driver to pick up bicycle boxes to be used for padding.

It was agreed that the club brochures had to be updated. C.J. will explore costs.

Lori discussed upcoming programs. Geo reported on efforts to get further closing of the park to automobile traffic. Mike had designed graphics to be used to mark the roadway. He noted that the volunteer ambulance group was tied into the park dispatcher's system.

There was a brief discussion of the Schutze award without any resolution.

The meeting adjourned at 8:00 P.M.

Respectfully submitted

Conrad J. Obregon

Re-Cycling

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

1995 Litespeed "Catalyst" titanium
59cm frame \$750 firm. Optional
DuraAce, Flight Max, 3T, etc. Gary (212)
877-4257.

Seeking companion(s) for all or parts of my biking adventure this Fall from **NYC to San Diego through Florida**.

Would like to leave early-middle September, average about 50-60 miles per day, mostly camping. Also would appreciate any information on bike touring the East Coast and the South. Call or write to Marina Bekkerman (718) 851-1527, 4015 7th Ave., Brooklyn, NY 11232.

Brooklyn "C" rider wants others to subway or ride with to Boathouse. Also possible car service pool for July 4 (West Point) to Boathouse for baggage pickup. Call Marcy (718) 935-1060.



1995 Renewal / Membership Application / Change of Address

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

New ☐ Renew ☐ Change of Address ☐ Date _____ Check Amount _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Address/Apt. _____ Tel.(H) _____

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

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

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

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

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

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

Mail this application with a check made payable to the

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

NYCC MEETING

TUESDAY, July 11, 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, Ice Cream(!): \$10

Cool Stuff for a Hot Day Annual NYCC Ice Cream Social

tickle your tongue with frozen fun.

join your fellow NYCC members for a pig-out and
get the scoop on what's happening.



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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