

June
1995

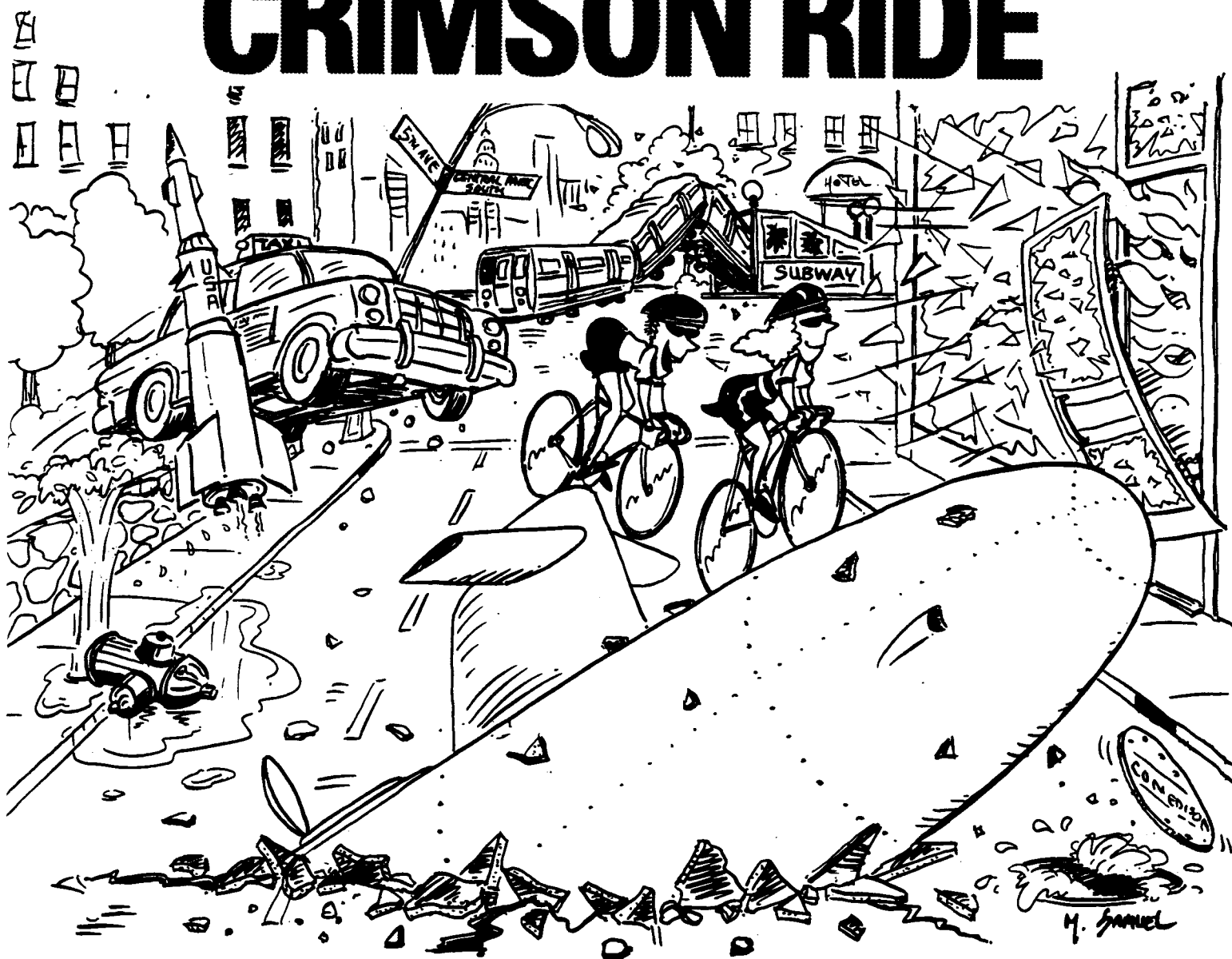
NYCC Bulletin

COMING THIS SUMMER TO BICYCLE CLUBS EVERYWHERE...

RIDE HARD WITH A VENGEANCE!

AND

CRIMSON RIDE



I just love these action-packed summer rides!

New York Cycle Club

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

President

Geo Carl Kaplan
(212) 989-0982

V.P. Programs

Lori Vendinello
(212) 995-8244

V.P. Rides

Steven Britt
(718) 204-4970

Secretary

C.J. Obregon
(212) 876-6614

Treasurer

Reyna Franco
(212) 529-6717

Public Relations

Michael Toomey
(212) 877-5817

Membership

Mitch Yarvin
(212) 769-2637

Special Events Coord.

Barbara Julich
(212)982-8936

Bulletin Editor

Caryl Baron
(212) 595-7010

A-Rides Coordinator

Rich Borow
(212) 866-1966

B-Rides Coordinator

Gene Vezzani
(212) 875-1615

C-Rides Coordinator

Linda Wintner
(212)876-2798

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 friendly group rides by people of similar riding abilities. A volunteer leader plans the route and maintains the listed pace (e.g. B1 5pace = B Style/ 15 mph speed - 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 all rest and food 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 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: 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.

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

Leaders June specify other items in their ride listings.

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

BIKE TRAINS: SCHEDULE EFFECTIVE ONLY 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.

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

Bike passes are always required. There are no Bike Trains on holiday weekends. Refer to roster for restrictions which apply at other times. If you are leading a ride and absolutely require a Bike Train at another time, you must call NYCC's MetroNorth liaison, Jeff Vogel at (718)275-6978 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 NYCC members. See inside back cover for information. If you don't receive your copy by the first of the month contact Mitch Yarvin, membership director.

Credits: Front Cover art is by Mike Samuel. The type faces include Joe Treacy's Habitat, Eric Gill's Gill Sans, Scott Maleka's Dead History, and Conor Mangat's Platelet. Printed at Dandy Printing, Brooklyn, N.Y.

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

Submission Guidelines: Contact Caryl Baron, 165 West

End Ave, Apt. 29K, NY NY 10023, 212-595-7010. 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 June 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 June 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 JULY Bulletin is due JUNE 13!

CLUB RIDES

RIDE LISTINGS: To lead a NYCC ride next month and list it in the bulletin, call the ride coordinator (listed on page 2) for that ride class on or before this month's club meeting



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



Wednesdays in June

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

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.

Alternate Thursdays in June (June 1,15,19)

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, June 3

A20 60+MI "FORMICA PALACE" BLAUVELT 9:00AM

Leader: Keith Goldstein (212) 982-9461 From: The Boathouse. A nice cooperative, spirited ride to the "Formica Palace" in Blauvelt. Depending upon decision from the group, ride can be lengthened. Please check with my ride advisor: Cathe Neukum. Rain or Godzilla Kohn's return cancels..

A17-30 68MI BPB 9:00AM

Leaders: Maynard Switzer (212) 265-6330 & Rikki Furman (212) 734-2887 From: The Boathouse. BPB as in Boathouse-Pearl River-Boathouse. This is the classic of the classics—don't be fooled by any other impostor rides to Pearl River. We lead two rides a year; this is the first. Great bagels! Anything below 'leg warmers' cancels.

A17 65MI OXYMORON RIDE #1 9:00AM

Leaders: Kevin Mulvenna (212) 595-1560 & Liane Montesa (212) 534-5736 From: The Boathouse. The slow "A's" (is there such a thing?) head out on a smooth, easy ride to New City.

SIGB15 75MI "B" SIG GRADUATION RIDE 7:40AM

Leaders: Irv Weisman (212) 567-9672 & Gene Vezzani (212) 875-1615 From: Grand Central Terminal. We take the 7:55am train (Hudson Line) to Beacon and ride back to NYC over Storm King Mountain, through West Point, Bear Mtn, Seven Lakes Drive, and suburban NJ. Plenty of scenery and hills. Prior attendance required. Rain date: June 4.

B15 55MI LONG BEACH 9:00AM

Leaders: Jim Drazios (718) 225-1842 & Harold Aronowitz (718) 454-2263 From: Statue of Civic Virtue. Ride with us for fun in the sun at the opening day of the beautiful Long Beach.

C13 55MI KENSICO DAM 9:15AM

Leaders: Sandy Gold (212) 873-7756 & Grace Lichtenstein (212) 580-3285 From: The Boathouse. A leisurely, lovely ride on a path (shared by walkers & joggers) which winds through bucolic woods as it follows the Bronx River. Lunch in lovely Valhalla. Spare tube, helmets required.

Sunday, June 4

A20 80MI "WILL HE OR WON'T HE?" 8:30AM

Leader: Rob Kohn (718) 369-1237 From: The Boathouse. Will the mysterious Mr. Kohn show up to lead his own ride? It's been listed twice already, and I've skipped it both times. Who will lead it this time? Show up at the Boathouse and see who is Rob Kohn du jour on a ride to Armonk!

A19 65MI SIG REDUX #1 9:00AM

Leaders: Steve Ullman (212) 473-1897 & Mark Wolz (212) 594-5319 From: The Boathouse. We revisit those golden days of the 1995 Sig with some of our favorite rides from the series. Today we spin up to Rockland Lake and back.

B16 50MI WESTCHESTER COUNTY - GLEN ISLAND PARK 9:30AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Getting a little tired of schlepping up to Piermont and Nyack every weekend? Hmmm? Then ride with us to Westchester's magnificent Glen Island that sits in Long Island Sound. You'll be back by 4pm. Helmets over 12 years old are not appropriate for this ride!!!

C 17MI BIKE ROOSEVELT ISLAND 10:00AM

Leaders: Richard Fine (201) 461-6959(eve) & Ethan Brook (212) 721-9521(day) From: City Hall. Over the Brooklyn Bridge. Lunch at Roosevelt Island (bring or buy). Return via the tram (subway tokens not accepted). Tube and helmet required. Joint with AMC.

C7 21MI S.J.'S HILLTOP CHATEAUX NOON

Leader: Paul Rubenfarb (212) 740-9123 From: Staten Island Ferry (Ray's Pizza). The Gryme's Hill sector's tree-arched lanes, spiraling about rugged peaks, embraces grand Edwardian manors with panoramic vistas in 2 or more directions. Rain or shine.

Thursday, June 8

B16 45MI THURSDAY SUMMER RIDE SERIES 9:30AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Here's the sccop. We'll leave The Boathouse at 9:30 sharp, ride, stop for lunch and return to The Boathouse by 2:30.

Saturday, June 10

A20 65MI NEW CITY 9:00AM

Leader: Mary Allen (212) 666-6844 From: The Boathouse. A nice, comfy ride for some "good times" in New City.

A19 100MI IT'S NOT A COUNTY! 7:00AM

Leader: "Back Roads" Ray Malecki (718) 426-7383 From: The Boathouse. The countess' is a county. The duchess' is a duchy. Zut alors! Through Westchester and Putnam to Annie's Duchy. 7,000 ft vertical gain. Metro North return from Brewster; permit required. Please call after Fri. 8:00am to confirm.

Club Rides

B15 65+MI WESTCHESTER SURPRISE II 9:00AM
Leader: Karin Fantus (212) 873-5559 From: The Boathouse. We'll head further north to some of the most scenic roads around. Hills? Sure, they build character. Bring Metro-North pass just in case.

B14 55MI NYACK AND VICINITY 9:00AM
Leader: Henry Joseph (212) 989-8176 From: The Boathouse. Explore the wonderful scenes of Rockland County, hills included. You'll enjoy this one! a picnic lunch. Rain cancels.

C12 40MI PROVE STATEN IS AN ISLAND 9:00AM
Leader: Dona Kahn (212) 399-9009 From: Staten Island Ferry (Ray's Pizza). A tour of the Island of Staten to prove that it really is an island. Lunch at the Conference Center where Ben Franklin once held a peace treaty conference.

Sunday, June 11

ALL CLASS NYCC PICNIC AT TALLMAN STATE PARK

Ride with your fellow A,B, or C cyclists, and meet all your fellow NYCC riders at a picnic overlooking the Hudson. Rides (listed below) start at different times, but all converge at Tallman after a deli stop to purchase lunch. Bring your NYCC musette bag for LIGO (Lunch In, Garbage Out).

A22 75MI ALL CLASS TO TALLMAN 8:30AM
Leader: Stuart Desser (212) 477-5884. From: The Boathouse. We'll head up Saddle River, through Montvale and other points west before meeting up with the club at Tallman.

A20 65MI ALL CLASS TO TALLMAN 9:00AM
Leaders: Steven Britt (718) 204-4970 & Stan 'Stuart' Greenberg (718) 935-9786 From: The Boathouse. Rockland Lake - the back way. Then down (up) 9W to Tallman and a picnic lunch with the gang. Show your support - bring your musette bag!

A18 55MI ALL CLASS TO TALLMAN 9:00AM
Leader: C.J. Obregon (212) 876-6614. From: The Boathouse. River Road, Bradley Tweed. Slow and easy and wait at the top. Helmets required.

B16 45MI ALL CLASS TO TALLMAN 9:30AM
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Ride with this year's "B" Sig graduates through the scenic NJ 'burbs to a deli stop before joining the rest of the club at Tallman.

C13/11 45/35MI ALL CLASS TO TALLMAN 9:00/10:00AM
Leaders: Linda Wintner (212) 876-2798 & Irv Weisman (212) 567-9672 & George Kaplan (212) 989-0883 From: The Boathouse (9:00)/GW Bridge Terminal(10:00). Through the woods and beautiful, quiet suburban communities to a great picnic lunch with the rest of the club. We'll buy lunch and carry it to the picnic area.

Tuesday, June 13

A20-23+ 60MI TUESDAY MORNING SPIN 8:00AM
Leader: Jeff Vogel (718) 275-6978. From: The bench across from the Boathouse. Call in sick, play hooky, whatever. Just join us for a

fast paced ride to Bergen and Rockland Counties. Guaranteed return by 1:00pm.

Tuesday, June 13, 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 June 15

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, June 17

A20 180MI CENTURY OF THE MONTH #6 6:00AM
Leader: Marty Wolf (212) 935-1460. From: Call for starting location. Destination is the Mattituck Strawberry Festival (and back). Stops will be minimal (other than the Shortcake stop at the festival).

A20 85MI UP WESTCHESTER WAY 8:00AM
Leader: Pete Negron (718) 884-4324 From: The Boathouse. Get set for a moderately hilly yet peaceful and scenic ride along the Hudson River. Refuel at the Highland Diner in Ossining and then on to more breathtaking backroads to Croton-On-Hudson. Two water bottles and pocket food recommended.

A19 60MI RIDGEWOOD 9:00AM
Leader: Alison Holden (212) 688-1723 From: The Boathouse. Some variations on an old theme as we make our way to my old stomping ground. Lunch with the ducks if fair, we'll "treat" ourselves if foul.

B16 52MI NEW ROCHELLE - THE EASY WAY 9:30AM
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. We're off to New Rochelle and en route we'll see some of the greatest scenery in the Tri-State area!

B14/C13+++ 35MI CLEARWATER-HUDSON RIVER REVIVAL 8:00AM
Leader: Isabel Kirsch (212) 362-8266 From: Woodlawn Station (#4 train). Day-long excursion to this classic festival at Westchester Community College. Folk music, crafts, stories, activities, and, of course, food! \$18 admission. Scheduled performers include: Christine Lavin and Richie Havens. Optional Metro-North return, pass required. One big hill. Co-lead with 5BBC. Suntan lotion and bike locks suggested. *Cue sheets provided for faster riders.

C12 45MI TALLMAN PARK AGAIN 10:30/11:15AM
Leader: Jim Lane (212) 697-8942 From: The Boathouse(10:30)/GW Bridge Terminal(11:15). We'll take advantage of long midsummer daylight to sleep a little later than usual. Get plenty of rest, because we're going via hilly River Road. Bring

Club Rides

or buy lunch. Helmets required. Rain cancels. Joint with Sierra Club.

Sunday, June 18

A21+ 65+MI SIXTY SOMETHING AND STILL GOING STRONG 8:45AM

Leader: Ferdi Scharf (212) 628-4981. From: The Boathouse. Old crank just turned sixty leads no thrills, no spills, same old ride.

A20 45MI A DAY AT THE RACES 9:00AM

Leader: Rich Borow (212) 866-1966. From: The Boathouse. An easy spin on River Road, then on to Piermont or Nyack before heading back to commandeer a brownstone stoop to watch the crit racing in Harlem. Bring your own seat cushion! (and hope for better weather than last year!)

A19 90MI CLIMB THE HIGHEST MOUNTAIN 8:30AM

Leader: Irv Schacter (212) 758-5738. From: The Boathouse. Gate Hill Road, Lake Tiorati (newly paved!), Perkins (same old pavement), Picnic at West Point, Storm King Mountain, then over the Hudson for the train at Garrison. Metro-North pass required.

B16 65MI SUNDAY IN THE PARK WITH GEORGE WASHINGTON 9:00AM

Leader: Dick Goldberg (212) 874-2008. From: World Trade Center (Top of PATH escalators). Spend Father's Day in the aura of the father of our country: The Great Swamp, Morristown, Jockey Hollow. Bring your PATH pass (say that 5 times) and \$2 train fare.

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!) Pack lunch for a choice picnic spot along the route. Back by 2pm.

Wednesday, June 21

A19-22 55-60MI BIRTHDAY SPIN 8:00AM

Leader: Jeff Vogel (718) 275-6978. From: The bench across from the Boathouse. Help the leader celebrate his birthday (a day early) by taking an early paced (really) spin to Bergen and Rockland Counties. Guaranteed return by 1:00pm.

A/B/C 0-20MI A NIGHT AT THE RACES 6:30AM

Coordinator: Jeff Vogel (718) 275-6978. Let's meet at the Kissena Velodrome to watch our friends, teammates and everyone else ride hard. First race is at 6:30pm; the last one is just before sunset. Afterwards we'll go for dinner at the best Indian Restaurant this side of Bombay. (You'll never go back to East 6th Street.) Call leader for bike/subway/car directions.

Thursday, June 22

B16 45MI THURSDAY SUMMER RIDE SERIES 9:30AM

Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. We're leaving at 9:30 sharp, returning by 2:30. Where are we going?

Saturday, June 24

A21 180MI PBP BOUND CALL FOR START INFO

Leader: Karl Dittebrandt (212) 477-1387. 60 mile warmup to

breakfast, then we climb Mohonk, Peekamoose, Sampson, and Ice Caves. Metro-North return from Beacon. Pass required.

A21 65+MI UP, UP, AND AWAY 9:00AM

Leader: Herb Dershowitz (212) 929-0787. From: The Boathouse. Clausland Mt, Tweed, 9W to Rockland Lake to Nyack to The Hill.

A19 135MI SEVEN COUNTY FERRY FLING 6:00AM

Leader: "Back Roads" Ray Malecki (718) 426-7383. From: The Boathouse. Connecticut back roads and Route 1 to Bridgeport. 1 hour ferry lunch ride to Port Jefferson. North Shore country roads return. Moderately hilly. Never far from Metro North or LIRR, bring permits. Please call to confirm after 9am on Friday, 6/23.

A19 ??MI RR2 = H2O 9:00AM

Leader: Jed Weaver (212) 873-2390. From: The Boathouse. We'll try again this year; hopefully it will be warm enough to swim at Tallman State Park pool. In any case, we'll be doing River Road twice - there and back. If going for a dip bring a dollar and your bathing suit (and lock - optional).

B16 45MI ORCHARD BEACH 9:30AM

Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. The weather forecast calls for a hot and dry day for our ride to the beach. We've located a super little restaurant on City Island that likes cyclists. Don't miss this one.

B13 60MI KENSICO DAM/BRONX RIVER BIKE PATH 9:00AM

Leaders: Sandy Gold (212) 873-7756 & Grace Lichtenstein (212) 580-3285 & Don Passantino (718) 446-9025. From: The Boathouse. Join us in celebrating Pride Week with a ride to Westchester's "Stonewall," the Kensico Dam. We will ride on the beautiful bike path to a scenic lunch spot. Everyone welcome whether you're gay, bi, straight, but not narrow. In conjunction with Fast & Fabulous. Helmets, spare tube required. Rain cancels.

C13 50+MI PIERMONT 10:00AM

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

Sunday, June 25

A21+ 82MI CROTON RESERVOIR 9:00AM

Leader: Christy Guzzetta (212) 595-3674. From: The Boathouse. Up to Highland Diner, then over the dam and around the reservoir. Return via Grassy Sprain with a few stretches to hammer along the way.

A19 70+MI ARMONK - TAKE II 9:00AM

Leader: Lisa Davis (212) 338-9878. From: The Boathouse. Another attempt at the April 8th ride that didn't make it past White Plains. Scenic route to Armonk with Whippoorwill option for those needing more hills and more miles. 50+% chance of rain @ start.

B15 60MI ANOTHER DAY, ANOTHER WAY - OYSTER BAY 9:30AM

Leader: Jim Babbitt (718) 296-0027. From: Queens Blvd & Union Tpke. Tired of the same old way to Long Island? Get a refreshing new look at a new way to Oyster Bay.

Club (and other) Rides

Rider Alert!

Metro-North schedules change June 11!
Call to check before you ride.

C12 30MI TOUR OF THE ISLANDS II: CITY ISLAND 10:00AM

Leader: Peter Hochstein (212) 427-1041 From: The Boathouse. A not very pretty route, but a great destination, with fishing boats, sailboats, a quaint-schmainty village and so on. An easy, mostly flat, sit around and schmooze over lunch ride. Bring money for brunch or lunch, probably indoors regardless of weather.

C 17MI BRONX RIVER PARKWAY 10:30AM

Leaders: Richard Fine (201) 461-6959(eve) & Ethan Brook (212) 721-9521(day) From: Steps of Westchester County Center in White Plains. We'll ride on the car-free Bronx River Parkway and local streets. Bring or buy lunch. Tube and helmets required.

Thursday, June 19

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 1

A 50MI PICK-UP: INDEPENDENCE I 9:00AM

Leader: Yankee Doodle (800) JU4-1776 From: The Boathouse. In town for the weekend? Here's your opportunity to stand up and be counted! Applicants for the role of Yankee Doodle call the "A" Rides Coordinator by June 13. Otherwise, you're on your own!

B16 52MI FIRECRACKER RIDE TO NEW ROCHELLE 9:30AM

Leader: 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 PICK-UP: INDEPENDENCE II 9:00AM

Leader: Paul Revere (800) IIF-2IFC 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?

RIDE PREVIEWS

July 4 Weekend at West Point (July 1-4)

Plan for a big birthday party for America at West Point. This year it will be an all-class club weekend of 4 days and 3 nights, cost approx. \$200, including hotel, 2 dinners, 3 breakfasts, a guided tour of the campus by a noted West Point historian, luggage transport, swimming, plus, plus, plus. "A", "B", or "C" riders will bike up Saturday morning, July 1 and return by bike on Tuesday, July 4. Rides will be planned for all ride classifications. Keep an eye on upcoming bulletins for details or call Christy Guzzetta (212) 595-3674. Note that our space at the hotel is limited - plan early so you don't miss out.

Friday, Saturday, Sunday August 3, 4 & 5.

THE FIRST ANNUAL NEW YORK CYCLE CLUB

MIDSUMMER'S DREAM RIDE:

A/B/C RIDERS

A special cyclists' weekend at Club Getaway in Kent, Ct. All inclusive: Friday & Saturday, 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, in-line 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 or Lori Vendinello (212) 995-8244.

ATTN: POTENTIAL RIDE LEADERS:

Scout a ride for this weekend, you're invited for a free weekend stay to do so. Call ride coordinators.

Friday, August 4

A19-21 100MI GETAWAY CENTURY

Leader: Jeff Vogel (718) 275-6978. From: The Boathouse. Let's do our long ride on Friday. Saturday is for volleyball, basketball, and waterskiing! Call leader for starting time.

Saturday, September 23

NYCC'S FIRST ANNUAL 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?). Your choice of as 100-mile route via Bear Mountain...100K via Rockland Lake...50miles via Tallman. \$15 registration for members and non-members before July 4. Look for registration materials soon, or call (212) 886-4545 for brochure and entry form.

OUT OF BOUNDS

Sunday June 4

A,B,C,D CCC WEST POINT RIDE

9:00AM

Contact: Linda Ammann (914) 245-7196 or Kathy Holmas (914)237-3296. From: Parking lot left of the Thayer (main) Gate to West Point. Join the Country Cycling Club for our annual invitation- al ride at West Point. New routes with detailed cue sheets. A,B,C,D levels. Rides are self-paced and leaderless. A picnic follows the rides. Cost \$10. A ride leaves at 9:00am, B at 9:15, C at 9:30, D at 9:45.

Club (and other) Rides

SUFFOLK BIKE RIDERS ASSOC.: "BIKE, BOAT, BIKE"
Call (516) 689-7988 for more information.

Saturday June 10 and Sunday June 11

If you are looking for a cycling adventure, join the American Lung Association of Brooklyn for its 14th annual "Escape To The Country" Bike Trek. Choose between 50 or 100 cycling miles in two days in beautiful Pennsylvania Dutch country. The Lung Association provides bus transportation to and from Pennsylvania, lodging for two nights, two breakfasts and dinner on Saturday night, experienced leaders and support vehicles. For more information call Ed Fishkin at (718) 633-3038.

June 16-19

GREAT EASTERN RALLY (GEAR '95)

This year's GEAR will be held in Amherst, Massachusetts. Irv Weisman & Gene Vezzani are planning to ride to and from the rally, starting on June 15 and returning June 20. Details are in your March bulletin. If you can't find it, call Irv at (212) 567-9672.

Saturday, June 24

200 MILE LONG ISLAND CHALLENGE (5BBC)

Leaders: Manuel Sanudo, Angelica Merk (718) 217-0045. Starting before sunrise and ending after sunset, this ride requires bike lights and a LIRR permit. No points, no sweeps, no drops; find a partner who rides at your pace and stay together for the day. 200 miles, mostly flat. For information, including start time and place, call leader.

Sunday, June 25

RARITAN VALLEY ROUNDUP

25, 35, 50 or 100 miles

From North Branch, New Jersey. A scenic ride in central New Jersey. For more info, call Jerry Glick (908) 225-HUBS.

Sunday, July 16

WARWICK COUNTRY ROADS BICYCLE TOUR

64, 52, 38 25, and 9 miles. 8:00am, 9:00am, 10:30am

"The Cadillac of Bicycle Tours", brought to you by the Orange County Bicycle Club. Cow-dotted Vermont-like countryside, Pine Island onion flats, some challenging hills. Water/pig-out snack stops every 10 miles, mechanic and sag support. Well-marked courses, maps, cue sheets. Pre-registration (by July 7) \$17, \$20 after. Includes T-shirt for first 500, and pasta lunch for all. Start and finish at Warwick Town Park, Union Corners Road, Warwick, NY. For info and directions call (914) 986-2659.

July 22 - 29

PEDAL PENNSYLVANIA: PITTSBURGH TO PHILADELPHIA

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

Sun. July 23-Sat. July 29

NYRATS 500+MI

The Tenth Annual New York Ride Across The State. 500+ miles, sponsored by Hostelling International. From Buffalo, including the 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: at060@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.

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

CYCLING FOR CAUSES

TOUR DE CURE (AMERICAN DIABETES ASSOC.)

1-800-TOUR-888

Sun., June 4 White Plains, NY. 100K, 50K, 25K.

Sun., June 11 New York City. 100K, 50K, 25K.

Sun., June 2 Long Island 100K, 50K, 25K.

Sun., June 11

"Go The Distance" Bike-A-Thon for Dystonia

(LI Jewish Medical Center/Dystonia Medical Research Found.)

100mi, 65mi, 50mi, 25mi, 10mi.

(516) 437-6515 (9-4). (516) 354-6622 (4-10)

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Blowouts

Congratulations to all the A and C SIG riders who graduated on Saturday May 13th. There are now twenty something new A riders who proved they have the skills and ability after their grueling 115 mile ride up to Perkins Memorial Drive and back. And the C riders proved they can do a century too as their graduation ride went to Rockland Lake and back. Hey, metric centuries count! Special thanks to the leaders, Paul Leibowitz, Mary Allen, Doug Bixby, Ed Fishkin, Keith Goldstein and Kristi Roberts of the A's and Geo Kaplan with help from Dick Goldberg, Henry Joseph and Karl Dittebrandt for guiding the C's.

That leaves the B's as the only SIG still on the road. Do leaders Irv Weisman and Gene Vezzani even have a graduation ride planned or will the series go on forever? (See ride listing for June 3.) According to rumor, upcoming post-ride discussions will center on iHow to differentiate between black and multicolor jerseys and iCranks - to grease or not to grease - that is the question.

Saturday, May 13 was important to Dan Schwartzman and Julie Nives, (yes) too, even though neither of them took any of the SIGs. It was their wedding day! Congratulations and best wishes!

Let's all thank Kristi Roberts and Michael Toomey (no) for their part in producing the brochure for the Club Century. Kristi spent the better part of two days doing the art work. Michael Toomey supplied the studio and computer. Thanks again!

And, Kristi, if Road Bike Action wasn't four months late, maybe

they would still be in business!

We were sorry to hear about your situation, Janet Klutch. But maybe a blow torch was the wrong tool to use while overhauling your bike.

Has anyone seen the new collector's item around? It's bicycling trading cards. Just like baseball and football players, cyclists now have their picture on cards too. Someday my autographed Elizabeth Emery card may be worth a fortune.

**Ride harder.
A body is a terrible thing to waste. "**

The quote of the month for May comes from Jane Kenyon. iConcrete is Better. It has something to do with her preference of sleeping surfaces on long rides. I'm afraid to ask what her second choice was.

And how ill was Keith Goldstein? After calling in sick from the penultimate SIG ride he was spotted doing 100 miles on the Farmlands Century in New Jersey that same day. There were lots of witnesses too as 22 other NYCC riders participated in the event (Was anyone on any of our club rides that day?) Keith's response - it was a mental health day!

Speaking of Keith, that was one large electric bill LILCO got from him!

Finally, the cycling proverb for the month is "Ride harder. A body is a terrible thing to waste."

Late Ride Addition: June 10

THE SOUTHERN CONNECTICUT CYCLE CLUB SUMMER SOLSTICE CENTURY (RAIN DATE, JUNE 11.)

100 miles, 100K, 25 miles. From Lyman Hall HS parking lot, Wallingford, CT. Registration and rides start at 6:30am. Well-marked routes in Southern Connecticut, food, beverages, etc. \$10 prior to June 2, \$13 day of event. Helmet and waiver required. SASE to SCCC, POB 51, New Haven, CT 06501-0051, phone (203) 272-4363, E-mail: michewh@pb.com

Please include mailing address - all materials sent via PO.

Welcome to 24 New Members in June 1995!

Adam Venker	Elizabeth St. Lifer	Kurt Lin
Andrea Meier	Ellen Sackstein	Lori Lopez
Ann Marie Miller	Gary Revin	Mary Miller
Antonia Mattiaccio	Jennifer Caputo	Melissa Eisenstat
Carol Waaser	John Hsu	Patricia Levin
David Glass	John Hutchinson	Peter Schlactos
David Sinai	Karen Arthur	Richard Zank
Diane Reeber Lin	Kent Jarratt	Stephen Rosenthal

THE NYCC NEEDS YOU TO LEAD A RIDE IN JULY
Call your ride coordinator before June 13.

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

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

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



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New York Cycle Club

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From the Boathouse

THANK YOU! THANK YOU! THANK YOU! No, we are not being effusive or beating the horse dead. Two members of the Club did something recently which goes above and beyond what we expect from volunteers. Kristi Roberts spent several days preparing the brochure for the first ever NYCC Century "Escape from New York", scheduled for September 23 of this year. She did a bang-up smashing job, and one of the reasons – a very important reason – that she was able to accomplish this was that Michael Toomey loaned her his studio with all kinds of com lex equipment, which enabled her to do such a In addition, Steve Beagle, Kristi's business partner, did the copy for the brochure,sowe repeat – THANK YOU! THANK YOU! THANK YOU!

And let's not forget Grace Lichtenstein, Karl Dittebrandt, Sandy Gold, Mitch Yarvin and Peter Hochstein, all of whom went to Fort Wadsworth to distribute some 4000 brochures to early finishers of Bike New York on May 7.

THANK YOU! cubed, too!

Last month we broached the subject of safety at the 9W/Palisade Avenue intersection, and several ways of handling it were presented. This month, we report that both Irv Weisman and Jeff Vogel have tried the Sage Road alternative and enthusiastically endorse it.

Safety, ah...yes, that bugaboo – but all of our rides depend upon safety and we are a riding club. What responsibility to the rest of the ride and riders does a ride leader have when confronted with an obstreperous rider: Let me state a couple or three cases. One: One or two people, who for some reason or other do not belong on a ride, but insist upon accompanying it and thereby disrupting it. Two: A rider who rides in a manner that is completely unsafe, thereby endangering the rest of the riders. Three: At a rest stop or lunch stop a rider acts in a manner that endangers the other riders. What should the leader do if, after speaking with the offending riders, they refuse to either leave the ride, as in the first example, or

by Geo Carl Kaplan

mend their ways as in the second and third. What do you recommend? We want to hear from you. oSpeak up. The Board has discussed this, and we'd like to know what the members think.

Another safety concern: What steps should a leader take when a LOT of people show up for a ride? Now, the ideal ride is 10-15 irders. Beyond this it is difficult for one leader to maintain control. So, in the absence of a co-leader, what should be done? Again, we welcome your comments and the responses to this and the questions above will be published in furture issues of the Bulletin.

Have you signed up for the Century – Escape from New York? We need your help. Please give us a call – we need volunteers as riding marshalls, set-up people, registration people, publicity, sponsors – you name it. We need YOU.

We hope to see as many of you as can make it to the first All-Class ride of the season to Tallman on Sunday, June 11. BYOL this year.

See you on the road.

Alphabet Soup

Accidents Do Happen

It's only because the club is safety conscious that we read about this topic so often. And, since I know first-hand what it takes to get involved in an accident, I believe I can express the following thoughts.

It takes two to tango and it usually takes at least two to have an accident. A bike and a car, a bike and a bike, a bike and bad pavement, etc. The point to remember is that you will have an accident. Eventually, it will happen. "How can you say that?" Whether you fall off the bike because you can't unclip your new LOOK pedals or you go down in a race, odds are you will experience this least favorite of cycling subjets at least once in your cycling life.

The hope is to avoid any accident or at least to avoid a bad accident. Simple

words for a complex topic.

Better handling skills will make your responses more sound when put in a bad situation. But more important is a clear head. Panicking will slow your responses and increase your chances of a bad crash.

The slower the situation feels the better control you have. It's like a dream sequence where everything is in slow motion - your perception is high but your movements are slow. The advantage to this is the ability to chose the right path to minimize the damage.

Yeah, I know this is sounding kind of Zen but sometimes that's what it takes. Riding can be a very Zen experience (without you even knowing it!), and the more in tune you are the better you will make out. Keep your perceptions high and if you want to relax, back off the

by Steven Britt

paceline, or put more distance between you and the nearest cyclist. Put the odds on your side and maybe your experience with this frustrating topic may be no more than being embarrassed on 2nd Avenue with your back on the ground, your bike in the air and your brand new LOOK pedals firmly attached to your new Carnac shoes!

Scenic Rides

It is so nice to see so many rides being described as scenic. In fact, only one claims to be ugly! It seems the summer brings us back to our roots for riding. In search of the wonderful outdoors that we get to experience firsthand. In the cycling spirit, never be afraid to try a new turn, you may find a pot of gold!

Enjoy those scenic rides!

A NOTES

Do you often find yourself way ahead of the rest of the group on the fastest "A" rides? Tired of waiting for everyone else at the top of hills? Made it through the "A" SIG without breaking a sweat? These are the most recognizable symptoms of "hammer-headitis" — a disease carried by more than a few of the members of our peloton. I'd like to suggest a remedy for this affliction: join the Century Road Club Association and race your bike with a purpose other than pacebusting NYCC club rides!

The CRCA runs organized training races on most Saturday mornings, from March through November, which are generally fast, but friendly circuits around Central Park. There are usually several levels of races, so you won't be thrown into the middle of a pack of experienced speed demons, but can initially develop racing skills with other beginning racers. (You may recognize many of your competitors since there's about forty NYCC members who also belong to CRCA.) There have also been a few "controlled" races/clinics targeted to introducing women cyclists to the sport

(the next women's clinic is tentatively planned for sometime in August).

However the CRCA is not just for racers. One of the benefits of CRCA membership is free coaching sessions with Jose Alcala — if you see a bunch of cyclists pedalling with one leg around the park you've probably seen Jose. Many of the skills taught during these sessions are important for all cyclists: smooth pedal action (the reason for practicing with one foot!), steering and cornering techniques, bike handling, advanced pacerline skills, hill climbing, etc.

If you suffer from an abundance of energy on club rides, please consider burning off some of that "need for speed" in pre-club ride races (you'll find that easy spins are much more satisfying after hammering around the park for several laps). But if you're not interested in racing, but may enjoy some advanced bicycling skill coaching, consider joining the CRCA as an associate member. For more information about the Century Road Club Association or a membership application call the CRCA hotline at (212) 222-8062.

BIKE WATCH

I don't take lightly my self-assumed responsibility to act as your vigilant eye, ever on the lookout for models in print ads posed helmetless on bikes. It is my solemn duty to report to you the Early Spring Victoria's Secret catalog pictures a helmetless model. But you won't find her criticized in this quarter as she's obviously not in motion and we're certain her helmet is just out of camera range and she'll put it on as soon as she actually starts to ride. Yeah, that's it.

Last November's Mademoiselle had a typically kicky model biking on the Golden Gate Bridge. The editors kindly listed the credits for the outfit she was wearing so we may ask the New York Hat & Cap Co. whether the beret that she had on is Snell certified.

The July issue of Swank's Leg Action, a darn near hard core porn mag, has a 6-page, 14-photo, uh, spread. The model is wearing a very short dress and we can see the back of her completely opaque printed panties. She appears appears to be having a great deal of trouble fixing her hybrid bike. It could be that the front skewer is facing the wrong way. Perhaps another cyclist will come along and inform her that, with the proper outer shorts, under ones are not necessary, but a helmet is advisable.

May Vogue has a two-page spread of Eve Stephenson of the Volvo-Cannondale team. She is there representing great looking thighs. That's Vogue's piggishness, not mine.

The May 23 Village Voice has an article about Missy Giove,

downhill world champion, who is from New York. Who would expect the Voice to have a far more interesting profile of a cyclist than any cycling magazine? This is one weird, gonzo woman. Let's get her as a club speaker, Laurie.

A lightweight 1981 French novel, *The Blue Bicycle*, by Régine Deforges is being remaindered at Barnes & Noble. It's a wartime (WWII) novel of a young girl who carries messages back-and-forth to the Free French resistance on, you guessed it, her blue bicycle.

Street dialog, Part I: Cyclist to another cyclist riding on sidewalk with headphones on: "Can you hear with those headphones on?" Second cyclist stops and removes headphones and says, "Huh?"

Street dialog, Part II: Car comes up to straggling cyclist off the back of the group headed to Montauk. He is so far behind that no other cyclist is in sight. Man in car, apparently connected in some way to the ride, seriously asks him: "How far ahead is the pack?"

Street dialogue, Part III: Oriental man is mindlessly crossing Queens Blvd. against the light and without looking when a cyclist narrowly avoids hitting him. Pedestrian says (seriously): "Where's your permit? You have permit to bike?"

Mark Martinéz reports he was on the #1 local, when he saw the outcome of the Tour of Flanders in the paper being read across from him, *El Diario*.

NYCCer Charles Komanoff wrote the manager of a Times Square hotel to object that a woman had been threatened by a hotel security goon with having her bike removed from the public NYC parking sign to which she had locked it in front of the hotel. The hotel manager responded with a gracious letter acknowledging the error.

NY Times writer and occasional cyclist nemesis, Robert Lipsyte, wrote (May 15) a sympathetic column on bike messengers following his having attended a fund raiser to unionize them. Assuming we have 800 NYCC members, .0025 of the NYCC attended the fund-raiser.

In recent weeks, the New York Times has separately mentioned in passing gangs and criminals in Brooklyn, Europe, and Japan who operate on bicycles.

Jeff Vogel reports Sue Simmon's take on a story on the Eleven O'Clock News following a story of some city that has free bikes left out in public for people to use and return. Her take: "Yeah, that'd

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BIKE WATCH (cont)

sure work in New York." Hell, Mrs. Vogel knows it doesn't even work outside the city—just as she knows a NYCCer can't be relied on to stop for her just because she's waving frantically for help.

USA Today reported Huffy Bicycles is introducing bikes made completely out of recycled aluminum. According to the piece, if you ride a 20" bike, come July you could be riding that soft drink can you're holding.

NYCCer Dorothy Fong sent in a clipping from the March 26 NYT that reported a California mountain biker fought off a California cougar with rocks after the animal attacked him on a trail. The same story made a cycling trade monthly and August Bike magazine. Let's hear it for the AP and the NYT (and milk it for all it's worth — Ed.).

NYCCer-in-exile (actually in Paris on sabbatical from NYU) Ben Goldberg writes, "I've been riding at the velodrome. . . However last Tuesday was the first training session with my racing club. I tried motopacing for the first time on the track. Drafting off a motorcycle is a lot like drafting off another rider, but in this case he didn't mind taking REALLY long pulls".

Re-Cycling

Please send classified listings directly to: Editor, Caryl Baron, 165 West End Ave. 29K, NY, NY 10023. Two classifieds per member per year are free (up to 6

For sale: Specialized Epic Carbon — 56cm — two tone red, '94 Dura Ace STI drive train/ brakes/ crank. Excellent. Asking \$975. Mavic Pedals (yellow — Look comp.) \$50. Time sport pedals (black) \$30. Equipe Mag (new pedal bodies) \$80. John. Leave msg. (212) 989-3122.

Wanted: Dura Ace SLR brakeset (single pivot pref.) to buy or trade for Mavic (internal spring) brakeset. John (212) 989-3122.

55cm Schwinn Paramount 564 Aluminum road bike. Exage Sport LX gruppo (7-sp SIS), Mavic rims, Mich.

HD comp tires, Turbo Super leather saddle. Includes Ultegra clipless pedals (or Exage platform, your choice). Meticulously maintained. Completely overhauled last season. \$350! **ALSO FOR SALE:** Turbomatic saddle (new) \$40, Vetta Lite (new) \$17, Vetta VSA gel (new) \$17, TTT stem 12cm \$25, Cinelli 1A stem 10cm \$15, Specialized alloy HS \$40, Ultegra BB \$15. Call Jed (212) 873-2390

1982 mint condition Raleigh Professional — 23" C to top — Reynolds 531 double butted — Campy Nova Record — Cinelli stem and bars — Mavic MA40 rims — just 40 miles ridden. Call Jack Kaplan (516) 482-6585.

'94 Bianchi Campione 53 cm Campi Mirage, A-1 cond., extras. \$600. Call Steve (212) 473-1897.

The New York Cycle Club Century needs **YOU!** Lend your talents to the first annual
NYCC ESCAPE FROM NEW YORK.



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 will 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 will be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

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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 ☐

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NYCC MEETING
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O'Hara's 120 Cedar St. — 1 block south of WTC

Meet at 6:00 p.m. ☐ Dinner at 7:00 p.m. ☐ Program at 8:00 p.m.
Salad, rolls, pasta buffet, coffee: \$10

Bicycle Gearing Design

Preview Irv Weisman's GEAR '95 Workshop

A NYCC member for 27 years, and "B-SIG" leader, Irv challenges conventional gearing design which, he contends, originates in testosterone-intoxicated brains and bulked-up muscles. He offers his own design approach, for normal people, based on sound engineering principles and including the effect of age on performance.



Indoor bike parking! or...subway

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