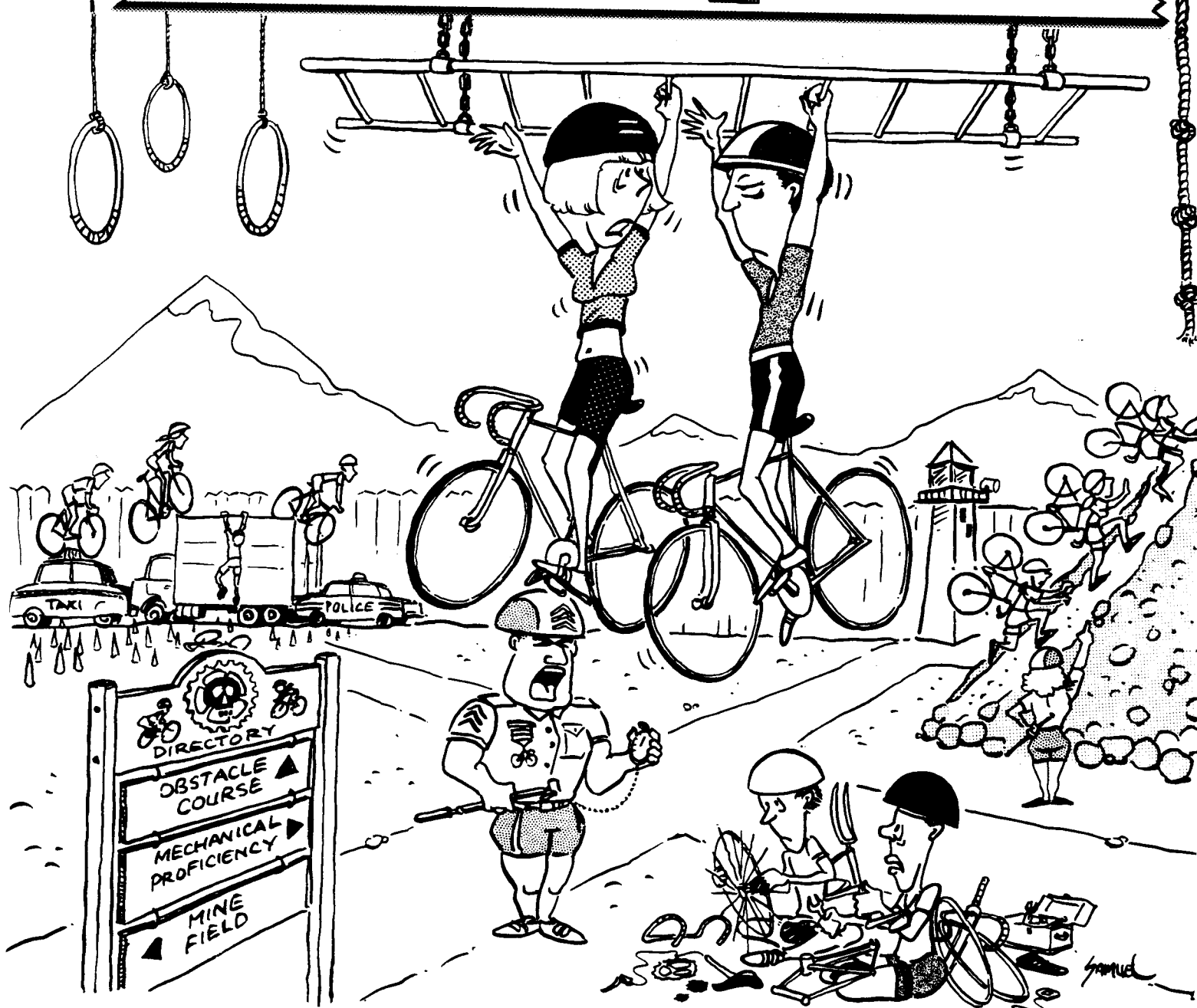


**March
1995**

NYCC Bulletin

CAMP CHAINRING

"WHERE YOU RIDE HARD AND WE RIDE YOU HARDER"



"Somehow, I pictured bicycle camp a little differently..."

New York Cycle Club

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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 friendly group rides by people of similar riding abilities. A volunteer leader plans the route and maintains the listed pace (e.g. B15pace = 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
patch kit snacks
tire levers medical ID
pump emergency phone #

SUGGESTED: lock
rail pass
map
money

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, otherwise you may not find any groups to ride with.

Bike Trains

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

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

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

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

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

All material for the APRIL Bulletin is due MARCH 14 !

Club Rides

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



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



THURSDAY, MARCH 2

The Bike Show on Cable Channel 69

10:00pm

Leader: Stefani Jackenthal. A live call-in show hosted by NYCC's Stefani Jackenthal, with Dave Jordan, Erroll Toran, John Kaehny and others. Tune in, call in with your questions. This one's not on a Friday - you can stay up to see it!

SATURDAY, MARCH 4

A17 <55mi "A" Training Ride #1 **8:45am**

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

SigA 25mi Progressive "A" Sig **9:00am**

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

SigB 25mi "B" Sig Self-Test Ride **9:30am**

Leaders: Irv Weisman (212) 567-9672 & Gene Vezzani (212) 875-1615 From: The Boathouse. Which club rides are best for you? Kick off the 1995 riding season with this all-club event. Complete four laps around Central Park at a pace that is comfortable for you. As you do, Irv & Gene will keep track of your time. "B" Sig participants will meet after the ride to discuss the upcoming program. Raindate: March 5.

SigC 25mi "C" Sig #1 - Timing **9:30am**

Leader: Geo Carl Kaplan (212) 989-0883 From: The Boathouse. Here's your opportunity to time four laps around Central Park's loop and see how ready you are for the coming season. We'll meet afterwards and discuss the rest of the series. Raindate: March 5.

SUNDAY, MARCH 5

A17 <55mi "A" Training Ride #2 **9:00am**

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

B15 43mi Pickup Ride To... **9:30am**

Leader: P. Pickup (212) 886-4545 From: The Boathouse. I've heard people are curious to meet me, so come on out and enjoy the ride. Precip cancels.

C12 25mi Exploring Brooklyn **10:00am**

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

ATB3 25mi Legendary Trails: Manhattan Waterfront **9:00am**

Leader: Miguel VilarÚ (718) 789-0325 From: The Boathouse. A maritime and removed look at Manhattan from the Hudson River. Temperature 32 or below, or precipitation cancels.

SATURDAY, MARCH 11

A17.5 60mi "A" Training Ride #3 **9:00am**

Leader: Reyna Franco (212) 529-6717 From: The Boathouse. We pick the speed up a notch as our paceline travels out to Syosset. NOTE: This ride goes to Long Island—you've been warned! (It may be habit-forming!) Precip/extreme cold cancels.

SigA 40mi "A" Sig #2 - Spinning To Montvale **9:00am**

Leaders: Jody Sayler (212) 779-8293 & Paul Leibowitz (718) 858-9742 From: The Boathouse. We're learning how to spin! Bring helmet, water bottle, tire irons, spare tubes, a good spirit and strength. Precip or temp below 30° at start cancels until tomorrow.

B16 45mi Northvale **9:00am**

Leader: Karl Dittebrandt (212) 477-1387 From: The Boathouse. We're heading across the GW Bridge for an easy ride up to Northvale. Precip or temp below 32° cancels.

SigB13/14 25/38mi "B" Sig Ride #2 **9:30/10:00am**

Leaders: Irv Weisman (212) 567-9672 & Gene Vezzani (212) 875-1615 From: The Boathouse(9:00)/GW Bridge Bus Terminal(10:00). This week we'll cover bike fit and the elements of Effective Cycling part I. Enjoy lunch in Closter. Raindate: March 12.

SigC10 30mi "C" Sig #2 **9:00am**

Leader: Geo Carl Kaplan (212) 989-0883 From: Geo Washington Bridge-178 Street & Ft Washington Ave. Today we'll take to the open road and work on maintaining an even pace and a safe line. Raindate: March 12.

SUNDAY, MARCH 12

A19 55mi Still Trying **9:00am**

Leader: Karl Dittebrandt (212) 477-1387 From: The Boathouse. Two previous attempts at leading rides this year have not gotten very far. Let's hope we can make it out of the starting gate (or the Park) to Park Ridge. Precip or temp below 32° cancels.

A17.5 50mi "A" Training Ride #4 **9:00am**

Leader: Tom McMahon (212) 777-5845 From: The Boathouse. Today we head across the Hudson to Ridgewood. Perhaps we'll encounter a few hills along the way. If we do, keep your heart rate to yourself, it's too early to be comparing BPM (or cog sizes). Remember, this is a cooperative ride: athletic riding does not necessarily mean aggressive riding. Precip or temp below 25° at start cancels.

Club Rides

B15 50+mi Historic Diners Of W'chester #2 9:30am
 Leader: Dick Goldberg (212) 874-2008 From: The Boathouse. Ride a little faster. Ride a little farther. Eat a little more. This time it's the Flagship in White Plains.

C 40mi Prove That Staten Is An Island 9:00am
 Leader: Jim Siler (212) 791-5758 From: Staten Island Ferry (Ray's Pizza @ Battery Park). A tour of the Island of Staten to prove that it truly is an island. Lunch at the Conference Center where Ben Franklin once held a peace treaty conference. Precip or predicted high below 35° cancels.

ATB2 35mi Legendary Trails: Nyack Trails

Leader: Miguel Vilaró (718) 789-0325 From: Call for starting place and time. We'll start at Tallman Park's bike trail and go all the way up to Haverstraw. Lots of trees and grand views of the Hudson from the west. Temperature 32 or below, or precipitation cancels.

Tuesday, MARCH 14, 6:00 p.m.
NYCC Meeting at
O'Hara's 120 Cedar St.
All Rides and Bulletin material due!

See back page for details.

SATURDAY, MARCH 18

A20 55±mi Post Race Spin 9:00am
 Leader: Rich Borow (212) 866-1966 From: The Boathouse. A brisk ride at a bit faster pace than the training series. Destination depends on the weather, group consensus, and whether I have any legs left. Crummy weather cancels.

A19 100mi Century Of The Month #3 8:00am
 Leader: Marty Wolf (212) 935-1460 From: The Boathouse. A roundabout way to Stony Point. If weather is wet call leader for possible reschedule for tomorrow or next weekend.

A18 60mi "A" Training Ride #5 8:30am
 Leader: Stuart Desser (212) 477-5884 From: The Boathouse. A flat and simple route out to Oyster Bay with a mostly flat but more scenic return. Call leader if interested in Queens rendezvous. Precip or temp at start below 30° cancels.

SigA 50mi "A" Sig #3 - Spinning To Nyack 9:00am
 Leaders: Doug Bixby (212) 366-1879 & Kristi Roberts (212) 229-9804 From: The Boathouse. Today it's more spinning as we introduce single pacelining. We also introduce the most venerable "A" tradition: riding to Nyack and hanging out at the Skylark Diner. Rain/Snow at start cancels. Call by 8:30 if questionable.

SigB13/14 30/43 "B" Sig Ride #3 9:30/10:00am
 Leaders: Irv Weisman (212) 567-9672 & Gene Vezzani (212) 875-1615 From: The Boathouse(9:00)/GW Bridge Bus Terminal(10:00). This week we'll cover elements of Effective Cycling part II. Enjoy lunch in Closter. Previous participation is mandatory. Raindate: March 19.

SigC10 35mi "C" Sig #3 9:00am
 Leader: Geo Carl Kaplan (212) 989-0883 From: Geo Washington Br. 178 Street & Ft Washington Ave. Today we'll continue where we left off while honing what we learned last week. Raindate: March 19.

SUNDAY, MARCH 19

A18 60mi "A" Training Ride #6 9:00am
 Leaders: Jeanine Hartnett (212) 721-2968 & Mark Martínez (212) 496-5518 From: The Boathouse. Today's destination: The Montvale Ramada. We will sneak up on Montvale from the east as we try our legs out on some rolling hills. After the feed zone we break one of the Club's by-laws and roll downhill to pick up Saddle River Rd. for our return. Good riding skills encouraged; Mid-season hammerheads will incur harsh invective and severe chastisement! There, I've said it. Rain cancels.

B14-15 35-60mi Long Beach Ramble 10:00am
 Leader: 'Backroads' Ray Malecki (718) 426-7383 From: Queens Blvd @ Yellowstone Blvd. Beautiful homes, harbors, berths, boats, bridges, beaches, birds, bay views, and boardwalks. Bring LIRR permit for shorter ride of which leader may avail himself. Please call after Saturday 8:00am to confirm.

C7 15mi Gaslight Ridgewood's Beige Mansions Noon
 Leader: Paul Rubenfarb (212) 740-9123 From: Front of Brooklyn Museum (Eastern Pkwy stop fro 2 or 3 train). With Bismarck era art nouveau influences, Ridgewood's classic yellowish brick townhouses exhibit ornate doorwork and interiors. Rain or shine.

ATB2 35mi Legendary Trails: The Old Croton Aqueduct

Leader: Miguel Vilaró (718) 789-0325 From: Call for starting place and time. Metro-North pass a must. We'll start at Croton-Harmon Metro-North station and go up to the dam. Then, we'll explore the magic of the Aqueduct Trail as it takes us all the way back to the City. Temperature 32 or below, or precipitation cancels.

SATURDAY, MARCH 25

A20 55+mi Another Post Race Spin 9:00am
 Leader: Jim Modula (212) 663-1420 From: The Boathouse. I'm marshaling this morning so should have fresh legs for those who just can't suppress the urge to pacebust on the training rides. The destination is probably Nyack, but may go further if it's really a nice day! The usual nastiness cancels.

A18.5 60mi "A" Training Ride #7 9:00am
 Leader: Steven Britt (718) 204-4970 From: The Boathouse. We'll head over the GW and use some good flat routes to help us get that smooth paceline feel back. Some small hills may help us link some routes together. Then again, maybe not. We'll aim for a tighter line with nice short pulls. Pacebusters see previous ride listing. Rain or non-March temp cancels.

A17 55mi Make-up Training Ride 9:00am
 Leader: C.J. Obregon (212) 876-6614 From: The Boathouse. So you're a late starter who waited for Spring to get on your bike. Grab your helmet and let's ride to Nyack at a comfortable pace. Precipitation or a winter that won't go away cancels.

SigA 60mi "A" Sig #4 - Just The Right Pace 9:00am
 Leaders: Ed Fishkin (718) 633-3038 & Keith Goldstein (212) 982-9461 From: The Boathouse. As we amble to Syosset's fabled bagelry, we'll expand on last week's lesson on pacelines and learn to rotate. Everyone shares the work, everyone shares the energy savings and everyone shares the fun. You'll be looking like a pro when you return to The Boathouse! Temp below 34°, blinding snow, or locusts post-pones until tomorrow.

Club Rides

SigB13/15 35/48 "B" Sig Ride #4 9:30/10:00am
 Leaders: Irv Weisman (212) 567-9672 & Gene Vezzani (212) 875-1615 From: The Boathouse(9:00)/GW Bridge Bus Terminal(10:00). This week we'll cover elements of Effective Cycling part III. Enjoy lunch in Closter. Previous participation is mandatory. Raindate: March 26.

SigC11 35mi "C" Sig #4 9:00am
 Leader: Geo Carl Kaplan (212) 989-0883 From: Woodlawn Ave & Jerome Ave (last stop on 4 train). We'll pick up the pace and continue to work on safe riding skills. Raindate: March 26.

SUNDAY, MARCH 26

A18.5 65mi "A" Training Ride #8 9:00am
 Leaders: John Becker (212) 989-3122 & Lori Vendinello (212) 353-9068 From: The Boathouse. We'll try to do the ill-fated ride of Feb 11th to Armonk with better luck this time. Come on out! (Mary, this means you!). Wet roads - call leaders if uncertain.

B15 50mi Hudson Vistas & Perspectives-Bike & Hike 9:00am
 Leader: Jay Jacobson (914) 359-6260 From: The Boathouse. Buy lunch in quaint Piermont. Dine atop Tallman Mountain. Short ride on smooth off-road trails in Tallman Park. Short tour of celebrity enclave of Sneden's Landing. Short hike and easy climb down & up Palisades (blue trail off State Line Lookout). Bring bike lock. Rain cancels.

C12 50mi Piermont - Split Personality 9:30am
 Leaders: Hindy & Irv Schacter (212) 758-5738 From: NW corner of 1st Ave & 64th Street. A ride to one of the nicest villages around at a classic "C" pace. At some point, riders will have a choice as to whether to eat a leisurely lunch or do a few extra hills at a quick pace and then meet the rest of the group for a quicker lunch. Precip or temp below 40° at start cancels.

C7 16mi Middle Harlem's Opulent Townhouses Noon
 Leader: Paul Rubenfarb (212) 740-9123 From: NE corner of 181 Street & Ft Washington Ave (A train). Black artists had a powerful influence on the 20th century. The architectural zeitgeist that inspired Scott Joplin, Leadbelly, Eubie Blake, etc., still shares Harlem's broad boulevards. Rain or shine.

ATB2 50mi Legendary Trails: The Bronx River Parkway 9:00am
 Leader: Miguel Vilaró (718) 789-0325 From: Van Cortland Park. 242nd street & Broadway. Last stop on the #1 subway. Meet on the northbound side of Broadway. We'll take the trail all the way up to the Kensico Dam and hope to have a picnic if the weather cooperates. Temperature 32 or below, or precipitation cancels. Bring Metro-North pass.

SATURDAY, APRIL 1

A19 65mi "A" Training Ride #9 9:00am
 Leader: Karl Dittebrandt (212) 477-1387 From: The Boathouse. It's April, the sun is shining, the flowers are blooming and we're heading up to Rockland Lake with no hills along the way! April showers cancels.

SigA 76mi "A" Sig #5 - South Mtn Road 8:30am
 Leaders: Christy Guzzetta & Jody Sayler (212) 595-3674 From: The Boathouse. Double pacerline. Omigosh!! A handmade Italian bike on my right, a titanium beauty inches in front, a superbium speedster

inches off my rear wheel! Omigosh. Don't worry - no switching lead - we will pull. We are becoming "A" riders. Very bad weather postpones until tomorrow.

SigB14/15 40/53 "B" Sig Ride #5 9:00/9:30am
 Leaders: Irv Weisman (212) 567-9672 & Gene Vezzani (212) 875-1615 From: The Boathouse(9:00)/GW Bridge Bus Terminal(10:00). This week we'll cover elements of Effective Cycling part IV. Lunch in Park Ridge. Previous participation is mandatory. Raindate: April 2.

C13 30mi A Tree Grows In Brooklyn 9:30am
 Leaders: Marilyn & Ken Weissman (212) 222-5527 From: City Hall. Join the Metropolitan Greenways Council in a re-forestry effort (baby trees) at Floyd Bennett Field's magnificent North Forty Wildlife area. Subway home. Rain postpones until tomorrow.

SigC11 40mi "C" Sig #5 9:00am
 Leader: Geo Carl Kaplan (212) 989-0883 From: Staten Island Ferry (Ray's Pizza @ Battery Park). We'll head for some new scenery south of Manhattan. Our new skills will come in very handy while we enjoy Staten Island. Raindate: April 2.

C7 19mi Midwood - An American Town in Brooklyn Noon
 Leader: Paul Rubenfarb (212) 740-9123 From: Front of Brooklyn Museum (Eastern Pkwy on 2 or 3 train). Midwood's stately Victorian homes on ample lawns with tree shaded streets effuse a will-read demeanor evocative of an ivy-league college town. Rain or shine.

SUNDAY, APRIL 2

A19 65±mi "A" Training Ride #10 9:00am
 Leader: Herb Dershowitz (212) 929-0787 From: The Boathouse. We head north, up and across Nannyhagen Rd, for a brunch stop at the Thornwood Diner. Then we figure out the best way to get back home. Precip cancels.

C12 40mi Springtime in New Jersey 10:00am
 Leader: Sandy Gold (212) 873-7756 From: The Boathouse. Join me in celebrating spring with a ride up to Piermont. We'll take my scenic backroads route both going and returning and hopefully be treated to the first buds of the season. Lunch at my spot on the hill in Piermont. Helmets, spare tube required. The usual cancels.

SATURDAY, APRIL 8

SigA 75mi "A" Sig #6 - To Oyster Bay: Double The Pace Please 9:00am
 Leaders: Ed Fishkin (718) 633-3038 & Mary Allen (212) 666-6844 From: The Boathouse. The beauty of a double rotating pacerline is unsurpassed in cycling. As we blast out to Oyster Bay spectators will be awestruck and stopped in their tracks as they're sure one of us must be Miguel Indurain. Today you will master the double rotating pacerline and never look back again. Temp below 34°, tropical storm, or volcanic eruptions postpones until tomorrow.

OUT OF BOUNDS

SUN. JUNE 4 THRU SAT. JUNE 10

Tour di Toscana

Six days of riding in hilly Tuscany designed for A+ to B+ riders. 50 to 85 miles daily on beautiful back roads. Pre-scouted route starts/ends near Florence, travels through mountains, forests, wine country, and medieval cities. Includes six nights at 3 star hotels, breakfasts and huge group dinners, van support, detailed maps & cue sheets and 2

Club Rides

experienced Italian-speaking leaders. In anticipation of offering new Fall \$2100 Tuscany tour commercially, leaders will run this NYCC non-profit trip at actual cost - estimated to be between \$1000 and \$1200 - in exchange for feedback and miscellaneous assistance. Limited to first 10 paid people - \$350 non-refundable deposit. Call Lori Vendinello for more info. (212) 353-9068.



NYCC 1995 BERKSHIRE WEEKEND MEMORIAL DAY WEEKEND FRIDAY, MAY 26 - MONDAY, MAY 29

A,B, and C riders: Come spend a fantastic holiday weekend with your New York Cycle Club friends, riding in the beautiful Berkshire Mountains. (Did someone say "MOUNTAINS"?). The riding is spectacular and of course NYCC members are fun, talented, smart and goodlooking - that's us. Call Ed and Mary Allen for details. Space fills up early **First come, First Spin** (212) 666-6844



SAT. JUNE 10 AND SUN. JUNE 11

American Lung Assoc. "Escape to the Country"

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 (FRI. - MON.) GEAR '95

The League of American Bicyclists (LAB) is sponsoring the 30th annual Great Eastern Rally (GEAR) June 16 - 19 (Fri. noon - Mon. noonish) at the Univ. Of Mass. in Amherst, centrally located in the Pioneer Valley along the Connecticut River. Irv Weisman and Gene Vezzani will lead a train/bike contingent to and from the event, leaving NYC Thursday morning, June 15, on Metro-North, and returning to NYC Tuesday evening, June 20, with one motel overnight in Lee, MA each way. Mileages enroute will be 45 and 55 miles.

The cost of GEAR is \$220 for LAB members. This covers the rally rides (marked routes from 15 to 100 miles), workshops on bicycling and fitness, lodging, meals, ice cream socials, entertainment, etc. The motel enroute will cost \$25-\$30 per night. This tour is ideal for B and C SIG graduates and for others who would enjoy a 6 day moderate bike tour in the company of NYCC clubmates. Of course, you can drive to U. Mass and participate in GEAR without the bike tour up and back. Contact Irv Weisman (212) 567-9672 or Gene Vezzani (212) 875-1615 for more details about GEAR and/or the train/bike tour.

JULY 22 - JULY 29

Pedal Pennsylvania: Pittsburgh to Philadelphia

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

PBP BOUND

Coordinators: Miguel Vilaró (718) 789-0325 & Steven Britt (718) 204-4970.

If you're headed for Paris in August then you should be at the March club meeting at 6:00pm. We would like to share ideas and information with others training for this history-filled event.

THE NYCC NEEDS YOU TO LEAD A RIDE IN APRIL

Call your ride coordinator before March 14.

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

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

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

New Faces March 1995

Welcome! The NYCC is glad you've joined us. We're really looking forward to meeting you on our rides. And don't be shy about introducing yourself to the leader and the other riders in the group when you ride. It will double your fun!

Sarah Andrews	212-427-9671
John Barnard	718-858-9466
Michael Brown	212-370-5232
Jennifer Elwell	718-876-7485
Regina Flynn	212-777-3944
David Gallin	212-861-7431
Angel Gonzalez	718-665-0955
Susan Healy	212-875-9131
John Kelly	718-797-9741
Richard Kreisler	212-860-0669
Richard Krieger	212-741-7066
Lewis Lieberman	718-260-9220
Ken Lo	212-832-0737
Alma Martinez	718-768-7185
Doug McDonald	212-924-5119
Beth Meyers	718-274-6528
Gretchen Mikeska	212-207-8967
Vincent Modafferri	914-356-8854
Marjorie Muecbe	212-757-7048
Susan Mueller	718-965-0887
Bob Nelson	212-567-7160
Douglas Newman	212-316-9767
Edmond O'Donnell	718-361-1259
Peter Romeo	717-392-3392
Scott Saunders	212-691-4133
Jonathan Schwarz	212-662-0819
Edwin Serrano	718-386-4573
Nathan Shapiro	404-493-8500
Sharon Silber	212-734-2533
Jockie Slivko	212-645-3830
Tom Strenk	718-486-6106
Steve Ullman	212-473-1897
Peggy Werns	212-255-9451
Laurie Yankowitz	718-330-1813
Daniel Young	212-316-3827
Audrey Zelicof	212-860-9747

Preserve your assets - wear your helmet!

From the Boathouse

March 1, 1995

Now it is March. LET THE SIGs COMMENCE! Saturday, March 4, is the day that the three SIGs begin with Timing Day. See the listings in the Rides section, and take advantage of the best program offered by any cycle club for Spring Training and Conditioning!

Now that the riding season is beginning in earnest let us take a moment to think of safety. SAFETY? Yes!, that old bugaboo that makes social riding the pleasure that it is. We know!, you know all about it! Sorry!, for those who may not recall, we'll review a couple of the basics. When in heavy traffic or along a narrow road - maintain singlefile - we know you want to talk and socialize, but in these circumstances, practice a little restraint, and go single file. You see a pot hole, glass, sand and gravel, road kill (dinner?), logs and/or racks - call it out and point - the rider behind may not be

aware of the hazard - give him or her a break - let those behind you be aware of the approaching hazard - they may do the same for you some day. Signal for turns and stops and slow downs and whatever - don't be afraid to signal. One last thought - when going through an intersection we no longer call out "clear". On the contrary only call out if a vehicle is approaching - in either direction - car left or truck right, etc.

Again the season is beginning - have you checked out your bike? Tires, brakes, derailleurs, pedals, saddle, handle bars, chains etc. And what about your clothing - helmet, gloves, shoes, shorts, jackets, jerseys, you name it? Comfort on the bike is a part of safety - as is equipment that is in good condition and functioning properly. Selah!

ADOPT A BIKE SHOP! Please, we need your help to insure that brochures and posters for the club and for the century are distributed to bike shops

by Geo Carl Kaplan

throughout the city and the general area. Barbara Julich, Special Events Person, is organizing and directing this activity for the club and needs your help. Please call her at 212 982-8936 and tell her the name of the shop that you will adopt and service. We would like at least two members for each shop. So, don't hesitate - please call Barbara at 212 982 8936. Thank you!

And THANK YOU Jeff Vogel and Margaret Cipolla for the fabulous brunch you so generously cooked up. The Flagship should start to worry!

A REMINDER! Planning a ride that will be using Metro North - either one or two ways? Please contact Jeff Vogel to make arrangements - 718 275 6978. Jeff is our contact with Metro North. Contact with the railroad by anyone other than Jeff can lead to confusion and disruption of the system.

See you on the road!

"A" notes

As advertised, March is here and Spring is approaching fast - let's go for a bike ride!

If you're among the "A" riders who consider bicycling an outdoor activity - not something to do in front of a TV set - and have been off the road for awhile, it's probably not a good idea to try to pick up where you left off in October. Shifting into the big chain ring and trying to turn over the pedals in high gears is a sure formula for early season injuries.

To get our pacelines out to a healthy and safe start, the first weekend in March marks the beginning of a 9 week "A" training series, with two rides at a sensible (flat) cruising speed of 17 mph. As the series progresses the pace will gradually rise a notch, the distances will get a bit longer, and the routes will become a bit hillier as the spare tubes around our bellies (hopefully) deflate a bit.

If all goes as planned, the series will culminate with a century ride up to Bear Mountain on the weekend of April 29th.

The leaders on these rides have been asked to make an extra effort to adhere to the advertised speed, and pacebusters who do join the ride are requested to leave their hammers at the Boathouse. (However, there's no reason not to have a few free-for-alls along the way for all interested parties who want to try out their sprint legs - after all, these are "A" rides!)

Even if you're not up for a trip to the

top of Perkins Drive by the end of April, this series is geared to provide the foundation for a safe, healthy and fun season of riding! And, most importantly, we'll have some hope of keeping up with the SIG graduates when they join our pacelines in May!

Rich Borow

Spring

B-Sig

Into The

Spring is just around the corner and NOW is the time for you to make a commitment to become a more effective cyclist. The new B-Sig provides the perfect opportunity for you to develop at your own comfortable pace in this multi-level training program. Join Irv Weisman and Gene Vezzani 9:30am at the boathouse on Saturday, March 4th for all of the essentials. Check the B-ride listings for additional information.

"C" notes

For the first time ever, the New York Cycle Club is offering a C-Sig. This is a wonderful opportunity for you to make new friends while learning how to cycle better, more safely, and with more confidence. You'll expand your cycling horizons, your repertoire of routes, and your circle of cycling friends. Join us at the Boathouse Saturday, March 4 at 9:30am for the start of an exciting new program. Check the ride listings for details.

Thanks!

To the New York Cycle Club,

On January 21, I was hit by a van while riding, resulting in a compression fracture of my spine. Thanks to skilled surgeons, luck, and the grace of God, my prognosis is for a full recovery.

Thank you one and all, for the support, advice, prayers, phone calls, visits, flowers, and love showered upon me during my hospitalization and recovery. I have truly been impressed by your generosity and concern. Special thanks go to Richard Rosenthal, Ed Fishkin, and Jane Kenyon.

Although I will not be able to participate in the A-SIG as planned, I will be back on my bike this season. See you on the open road!

Lee Goodmon Kennedy

Blowouts

by Lou S. Pokes

So the long awaited snow finally came in February and all riding came to a halt. Then the sub zero wind chill set in and if you did try to go out you froze in your tracks. As of this writing we've had three consecutive weekends of unrideable weather.

With that said, there obviously wasn't much riding to report on. The last ride before the deep freeze was the Cipolla-Vogel Brunch Ride. Even then, 35 people did the "ride" without their bikes. How's that? Well, 20 people did the 45 miles of riding to work up an appetite and 35 more used alternative forms of transportation to get to brunch. How was the food and service, you ask, with **Jeff** and **Margaret** (yes) trying to serve 55 cyclists? Let's just say that if they opened a restaurant in Nyack, the Skylark would probably go out of business!

One person who rode, who wished she hadn't, was **Lee Kennedy**. She was seriously injured when hit by a car on St. Nicholas Avenue in late January. During the subsequent surgery to repair two compressed vertebrae, she had several "components" replaced with titanium ones. That's certainly taking the titanium craze to a new level! Lee, we all wish you a speedy recovery.

There may not have been much riding, but there certainly was lots of good gossip going around. The question everyone's been asking is "When are **Marjorie Kim** and **Angel Rivera** (yes) going to get engaged?" The answer is "They're not". They skipped the engagement and just got married. Marjorie was in Hawaii on business, Angel flew out to meet her and they got married there. I want to know, if you get married in Hawaii, where do you go for your honeymoon?

Congratulations to Toga's **Richard Newman** and **Amy Pollack**. They were married on February 19th.

Congratulations to **Steve** and **Sylvie Sklar** on the birth of their son **Benjamin Elie** on December 5, 1994. And thank you to our foreign correspondents **Mike Yesko** and **Karin Fantus** for keeping us informed.

Congratulations to **Rosanna Liebman** and **Bob Trestman** on the Feb. 18th birth of their son, **Lior's** brother, **Morris Elia**.

Congratulations also to **Tom** and **Ali Lowenthal**. Tom obviously took *some* time off from cycling as Ali is expecting their first child this August.

To beat the Bulletin deadline and keep up with all the late breaking gossip, the (yes)'s and (no)'s of the NYCC, just call 1-900 Lou Pokes. Just \$5.95 per minute proceeds go toward titanium bike parts.

In a major literary step up from Cycling Times and In Traffic, look in an upcoming Bicycling magazine for an article on Women's racing written by **Stefani Jackenthal**. And don't miss "**The Bike Show**" March 2, 10pm on Manhattan Cable 69 - multi-media Stefani's hosting a live, call-in edition of the show. Have

your phone finger ready!

Last month I wrote about **Joe the Dentist**. Why aren't more people known by their occupation? We could have **Herb the Teacher**, **Jane the Banker** and **Stefani the....** Nevermind.

We'll miss you. After commuting back and forth to San Francisco, occasionally round-trip in the same day, former NYCC President **Lisa Halle** is moving to the West Coast permanently. Lisa, we'd rather you had to make the five hour commute every-day, at least we would get to see you once in a while. Please come back and visit, often!

And we'll miss former NYCC treasurer **Larry Nelson** and his wife, **Joan**, who are relocating to Scottsdale, AZ where the air is healthy and the riding is fine. Maybe we should visit *them*!

With March being SIG month in the NYCC, here's the story of **Cathe Neukum's** SIG experience. On an early SIG ride to Westchester a few years ago, Cathe somehow got separated from the group (the polite way of saying she got dropped.) She rode around aimlessly for awhile and finally, realizing she was lost, stopped to try to figure out where she was. A passing motorist in a van saw Cathe, who was confused and upset, and asked her if she needed help and could he take her somewhere. Most people would say "Take me to the train" or "Take me home" or at least mention a specific diner. But no, Cathe's answer was "Yes! Take me to the diner." They put the bike in the back of the van and headed for the closest diner. It happened to be the Flagship in White Plains where she was reunited with the rest of the SIG who had arrived just five minutes earlier. What would have happened though if she had been driven to a different diner? Would she have said "No,

not this diner, take me to another diner!" until they found the right one? Anyway the story has a happy ending as Cathe finished the ride, graduated the SIG and is now a regular participant on A Rides.

The quote of the month this month is courtesy of **Paul Janus**, "The titanium makes the man." Or woman. Ask Lee Kennedy.

We have no Road Heroes this month, or Road Bozos, other than those who rode through the ice and snow, but we do have lots of questions.

What does **Stephanie Bleacher** prefer bananas or Tri Flow?

What trick has **Tara Crowley** learned to do on the bike that usually only men can do?

Why is everyone calling **David Greenberg**, "David Greenhog"?

Jeff the Accountant wants to know if you switch your cycle computer from miles to kilometers, how do you convert your cadence to the metric system?

Why is **Shari Horowitz's** name here in Blowouts? When most people are trying to keep their name out of this column, what did she do to get in? You'll have to call her to find out.

**A passing motorist
asked her if she
needed help.
Cathe responded
"Yes! take me to
the diner!"**

To the Editor

Lou S. Pokes' account of Lori's Campy crank-loosening adventure (Feb. '95) ended with "It seems the crank had been greased before being assembled by the bike shop, a definite no-no." But I contend the greasing is a definite yes-yes! I advise greasing the mating surfaces and then tightening the crank retaining bolt firmly, but not brutally. After the first ride, check the retaining bolt tightness again; you should be able to tighten it at most 1/8 or 1/4 turn. Significant looseness indicates that either the crank taper does not match the axle taper, or that the square crank hole has been previously distorted by riding with a loose crank for too many miles, and

that you will probably continue to have loosening problems - ending in replacement.

The grease eases both the assembly and especially the future disassembly of the crank, and is helpful in preventing electrolytic corrosion between the aluminum crank and the steel axle should they get wet. Such corrosion practically bonds them together, making future disassembly very difficult.

Irv Weisman

Note: It wasn't Lou's call, but the group consensus that was reported. This issue could, alas, generate enough controversy to fill the Bulletin for months! (See p. 9)

Editor

Media Watch

NYCCer Andrea Goodman sent in a photo from a December *Newsday* that's as great a photo as you'll ever see of what it is to bike in the Big Apple. In the picture is a fallen, sixty-three year old cyclist who has just collided with a van on Third Ave. and 57th Street. Hovering around him are ten people who came to his aid, some tending to him, others comforting him, and still others directing traffic around him. All ten are...Santa Clauses! According to one, the cyclist looked up and, seeing all the Santas, asked if he was in the North Pole. Doesn't it figure the hospital he was taken to (in satisfactory condition) was Bellevue?

NYCCer Charles Komanoff sent BW an ad from the Jan. 22 *NYTimes* for the Sheraton Hotels with the headline: "Bike Through Midtown Without Dodging Cabs." The ad touted the hotels' health clubs which offer "a safe alternative to trying to negotiate cars, buses, and pedestrians." It went on to say, "We'd never suggest you try to tackle Manhattan on a bike." Charlie's take on the ad: "And I'd never suggest my out-of-town friends stay there. After all, if it's not safe to bike around there..."

Non-NYCCer (and lawyer) Mary Pike found two other mentions of bikes in the Jan 22 *NYTimes*. One was of a jury's awarding \$215,000 to a man who sued Bell helmets after suffering a neurological injury in a cycling accident. Although the jury found the helmet in question was not defective, it ruled it didn't match up to Bell's advertising and warranty claims to provide "optimum impact protection."

The second item was an article (with photo) of an exhibit of unrideable art-and-odd bicycles, designed by future architects, at Grand Central Terminal. NYCCer Caryl Baron saw the exhibit and found the bikes as aesthetically pleasing as those locked up in front of Chinese restaurants, and far less functional, since only three had brakes, few had de-railleurs, and many were missing drive trains. Caryl wouldn't want to use the elevators in *their* buildings!

The Jan. 30 *NYTimes* had a photo of a Dutch cyclist caught in the recent European floods, sloughing through water that was above his wheels, an inch below his top tube.

The Jan. 31 *NYTimes* had a profile of Dublin's new environmentalist and vegetarian mayor, John Gormley. He walks or rides his bicycle to half his official appointments

and refused the official car that goes with his job. He describes his new wife as "a carnivore and a driver."

The Feb. 3 *NYTimes* Business Section had a column about corporate acquisitions by Roadmaster. You Ti-minded bikkies know Stairmaster but probably not Roadmaster. The fact is, in the real world's economy (which encompasses such bike shops as Toys-R-Us, K-Mart, Sears, WalMart, et al.), our fancy Ti-, Al-, and C-jobs don't even count.

A Feb. 5 article in the *NYTimes* told of the refusal of the Japanese government to accept help offered from outside the country for victims of the Kobe earthquake. It reported Motorola rushed 150 cellular telephones to Kobe but the authorities wouldn't let them be given out unless they had Kobe city stickers on them. Quoting the Times, "I was like, 'Say what?' recalled Robert M. Orr Jr., a Motorola executive who had helped to lug the telephones to Kobe, partly by foot and bicycle." Say what? I am, like, appalled that a person can be, like, an executive and speak like this.

The late Sen. William Fulbright was the dominant force in the senate opposing Pres. Johnson's prosecution of the Vietnam War. Johnson's esteem for Fulbright was mutual. The *NYTimes*' obit (Feb. 10) of Sen. Fulbright reported Johnson's having said of him, "he was 'unable to park his bicycle straight'."

A kinder, gentler customer than Lori Vendinello would have folded before a local bike shop's original insistence it wasn't to blame for a crank arm coming off a bottom bracket spindle. But after much back-and-forth with her, it finally made good on a mechanic's defective work: the spindle/taper had been greased so the crank arm tended to rotate around it. In fact, it's the only place on a bicycle where metal meets metal you don't lubricate. You don't want to facilitate movement between those two parts.

NYCCer Lee Kennedy was severely injured when a motorist turned into her. The guy had the great class and decency to visit her in the hospital and express his remorse. Lou Pokes is unfailingly gracious in acknowledging what he believes is his occasional indebtedness to BW. BW herewith shamelessly steals from him as we nominate police officer Taylor of the 26th Precinct road P.O. 20-of-the-month for

by Richard Rosenthal

declaring the accident was Lee's fault because, as he said to an inquiring bystander, motorists always have the right-of-way over cyclists. He was informed otherwise by the bystander who allowed as how, before one enforces the law, one ought to know what the law is, in which case the NYS Vehicle Code was commended to him for his reading, wherein he would learn that cyclists have the same rights and responsibilities as motorists.

Karin Dogny, a (non-NYCCer) dancer/architect here from Geneva, was rear-ended by a car while riding her bike on 63rd Street at Second Ave. The driver insisted she swerved into him. Uh, no, I don't think so. Karin's rear wheel was completely crushed. Demolished. Destroyed. Nothing else on her bike, such as the fork or top tube, was damaged. If the driver is right, she had to have backed into him while riding in reverse gear. Got that, Jacoby & Meyers, her lawyers?

Karin's bike is an authentic POS, worth no more than \$150, tops. Her bike shop grossly over-estimated the bike's value at \$350 (for insurance purposes) — then proceeded to euche her out of \$250 for a new rear wheel, tire, freewheel—and a front hub because they insisted a rear hub could only be sold as part of a complete hub set. The individual pricing of the components was fair enough, but where I come from, responsible bike shops put sixty, maybe seventy-five dollar replacement rear wheels on POS bikes.

Last month Pokes wrote the new Mr. Catherine Chatham (the missus is NYCC), Craig Spiegel, passed out during his wedding. As it turns out, it was recorded on videotape. The tape has been submitted to "America's Funniest." If it's aired, the newlyweds will realize a lot more money from it than from all their struggles that have produced outstanding results in their bike racing. Is this a great country or what that, while not necessarily rewarding people for their sacrifice and suffering, may enrich them for a single, effortless, unconscious act?

And finally this front page headline from the Feb. 8 *NYTimes*: "So It May Be True After All: Eating Pasta Makes you Fat."

All that stuff put off from last month and promised for this month? It may be here next month.

NYCC's "Escape from New York"

On a warm day back in January, Steven Britt led a pick-up ride on a preview of the first few miles of the century route. We all thought we knew every road in Bergen County by now, but Steven had some eye-openers between

the GWB and Piermont. NYCC's Sept. 23, 1995 "Escape from New York" our first formally organized century, but we're putting centuries of cycling experience into it. We could be glad to have your experience and efforts, too, whether

clerical or marshaling or finding sponsorship. Help us share our skills and joy in the best century New York has ever seen. Join the NYCC's Century Team. Call Jane Kenyon at (212) 662-1935.

Alphabet Soup by Steven Britt

Common Sense and The Law

Soon the roads will be dry, the temperature will rise and...it will be just like January! Whatever the weather, March kicks off the new cycling season. This year all three SIGs start on March 3. Now is a good time to review some good old common sense.

George Kaplan, Bill Strachan, and I had a friendly meeting with Piermont Police Officer Ken Marren. We discussed recurring problems and possible solutions. The common thread to every issue was common sense...and more often than not the common sense was lacking from the cyclist.

RWI

You've heard of DWI. Well, RWI is Riding While Incapacitated. The last thing you want while riding is an accident. A clear head will keep you sharp and ready to avoid any misfortune. It's common sense: Don't ride if your mind is wandering and you're not noticing lights changing to red, pedestrians crossing the street... Get into a rhythm, enjoy your ride, but stay focused.

So You Think You Can't Get Arrested...

If you are stopped by a policeman, rely on common sense and courtesy. Leave your hostility back home. You are already in a no-win situation, so do not irritate the officer, or further aggravate your plight. Be as polite as possible and most likely you will merely be reprimanded. If you balk at all, expect the worst. Remember, this person expects respect. If you show respect you will be treated reasonably. If you're not reasonable, don't expect the cop to be.

ID: Let Me See Some ID

Legally you should be carrying government issued ID. A driver's license or state ID card is perfect, a credit card is not. Don't expect a friendly response if you don't have any ID with you.

Essentials

Yea, you know about laws requiring lights at night, reflectors on both wheels plus front and rear during the day, and a bell. (Helmets in some counties.) Just as motor vehicles are required to have headlights, signals and horns, these laws pertain to cyclists. Most of us have never received a summons for riding without a bell. Why? Law officers have more important things to do than to harass cyclists. This often keeps a summons out of your jersey pocket for many violations, including going through a red light. Generally, officers of the law don't want to waste their time busting our chops unless...

Any cyclist violating any traffic law must be prepared to suffer the consequences. Hey, we are breaking the law. If caught the attitude shouldn't be 'why are you bothering me?', but rather, 'I'm sorry, Officer...' Just sit and take it and apologize. You may think you're being treated unfairly, but the policeman may have just handled a complaint from a local pedestrian or motorist concerning a cyclist. So, if you get away with something, you may be setting up an unsuspecting cycling friend.

Why Single File?

Police must answer to the folks who live and work in their domain. If local motorists continually complain about cyclists 'hogging' the road, then expect the police in that domain to 'harass' any non-single file group of cyclists they see. It's common sense that single-file should be the rule when going through any busy town (the main one-block stretch in Piermont is a good example).

Let's try to make it a safe spring, so we're all able to enjoy the summer.

See you on the road.

So you want to be fit...

"Speed is a gift; endurance is an achievement."

"Go on forever; do extraordinary things every day."

Do you want to increase your capacity for exercise, lose weight, and improve your performance both physically and mentally? Gee, I'm really sorry you missed the February NYCC meeting. Stu Mittleman is not only an incredible Ultra-athlete, but a dynamic personality whose philosophy of fitness and health borders on Zen. This man knows how mind, body and spirit affect performance. Record-holder for 1100 miles (run) and winner of the 1994 LaRochelle 6 day race, Stu is a consultant to individuals and health clubs, and has begun a new organization, World Ultrafit, DHCC Box 20302, New York, NY 10017.

Stu Mittleman believes most athletes are fit, but not healthy. You should work out at least 90% of the time in the aerobic "comfort zone", and eat healthy, satisfying meals. Aerobic energy burns fat, produces a good mood state and strengthens immune response. Anaerobic energy burns carbohydrates, produces blood lactates and exhalation of CO₂. Stu's health and fitness management system incorporates:

Physical training/ movement

Nutrition

Core beliefs and values.

Stu uses sophisticated equipment to evaluate condition, but says you should be sensitive to your body's signals so you know without a heart monitor whether you are working out in the aerobic/fat-burning mode, or the anaerobic/lactic acid-producing mode. The definition of a good workout is NOT to feel sore in the days following. With luck, the definition of a good program is one we can do again. Thank you, Stu!

Caryl Baron, Editor

NYCC Budget for 1995

	1994 ACTUAL	1994 BUDGET	DIFF- ERENCE	1995 BUDGET
INCOME				
ADVERTISING	\$1,833	\$850	\$983	\$1,700
INTEREST INCOME	399	500	(101)	200
MEMBERSHIP DUES	17,129	16,500	629	19,200
MERCHANDISE				
Jerseys & Shorts	\$212			0
Musette Bags	(782)			700
T-shirts	112			100
Delivery Expenses	(95)			0
TOTAL MERCHANDISE	(553)	1,500	(2,053)	800
'94 HOL PARTY (ACTUAL \$)	4,395	4,395	0	3,185
TOTAL INCOME	\$23,204	\$23,745	(\$541)	\$24,885
EXPENSES				
BANKING FEES	\$79	\$75	(\$4)	\$75
BOARD MEMBER EXPENSES	91	250	159	250
BULLETIN	8,894	7,250	(1,644)	8,000
CLUB AFFILIATIONS	125	125	0	125
CLUB RIDE EXPENSES				
Montauk Bus Fund	(14)			0
Sheffield-Caterer	250			0
Tallman All-Class	900			0
Rider Devel. (SIG)	35			150
	1,171	1,000	(171)	150
'94 HOL PARTY (ACTUAL \$)	5,125	5,125	0	5,397
HOSPITALITY	84	100	16	100
INSURANCE	889	1000	111	1,000
POSTAGE	6,343	5,500	(843)	6,500
MEMBERSHIP:				
Promo Materials	520			300
Phone Service	2,673			2,350
TOTAL MEMBERSHIP	3,193	2,200	(993)	2,650
MTGS/PROGRAMS	424	600	178	500
NYCC CENTURY	31	0	(31)	500
POST OFFICE BOX	43	43	0	48
TOTAL EXPENSES	\$26,492	\$23,268	(\$3,224)	\$25,295
TOTAL INCOME/EXPENSE	(\$3,289)	\$477	(\$3,766)	(\$410)

Minutes

MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETINGS OF TUESDAY, JANUARY 3, 1995

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

The minutes of the meetings of November 1, 1994 and December 6, 1994 were approved as corrected. Mitch reported that there were already 87 1995 members as opposed to only 15 on January 31, 1994.

The Board agreed that the July and August meetings would be consolidated into a single meeting on July 24, 1995, and that the first all-class ride of the year would be held on June 11, 1995. Geo reminded Barbara that the officials at Tallman must be notified in advance.

Geo expressed his thanks to Bob Moulder for his No-tech tips column, and to Leanne Moffatt for maintaining the membership list.

The Christmas party was reviewed. The club lost \$2000 on the party, but that would not show as a loss to the 1994 budget, but rather the 1995 budget. The 1995 budget was discussed and it appeared the club would run a deficit unless adjustments were made. Various means of increasing membership were discussed as well as means of reducing expenses. It was agreed that lunch would not be provided this year for the first all-class ride. Discussion of the holiday party was tabled until the February meeting. The Board next discussed the mailing service. Lori explained the costs of voice mail. Gene suggested abandoning complimentary bulletins. Michael talked about voice mail options and Rich suggested we needed a marketing director.

The Board agreed that a by-laws amendment should be offered to the members increasing dues from \$17.00 to \$21.00.

The meeting adjourned at 9:20 PM.

Respectfully Submitted,

Conrad J. Obregon, Secretary

Minutes of the Special Meeting of the NYCC Board 10 January. The meeting opened at 6:05pm. Present: George Kaplan, Reyna Franco, Steven Britt, Michael Toomey, Gene Vezzani, Rich Borow, Linda Wintner, Lori Vendinello, C.J. Obregon, Barbara Julich, Mitch Yarvin.

Several board members (Britt, Yarvin) requested another member of the board be added to serve as marketing director to assist in generating more revenue for the club. The idea of a commission position was rejected. The question of whether or not this needed to be an additional board position was debated. The vote was 5 in favor, 1 opposed, 5 abstaining. The motion was tabled and the meeting adjourned at 6:20pm.

Respectfully Submitted,

Conrad J. Obregon, Secretary

Re-Cycling

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

1995 Trek 8700 off-road frameset, 16.5". Very aggressive. 3 carbon main tubes bonded to aluminum lugs and stays. Chromoly fork. Best offer. Call Gregory at (718) 272-4271.

For Sale: Black 16.5" Specialized Rockhopper Shimano exage 21 speed hyperglide, Scott bars w/brake extensions. \$300. Fuji 23" with upright bars and thumb shifters. \$150.

Zebra 18" Pink road w/Campy cranks, headset and hubs, Weinmann brakes and Suntour click shifting. \$300. Want to finance upgrades; all in great mechanical condition. Call Tom at (718) 622-4399.

Bike/Camp Immortal Cubal Sat. July 1 - Thur. Aug 31 A/B ride level, 45-55 mi. daily. A Hemingway-rugged odyssey on the world's resplendent isle, will bike over primordial rain-forested Baracoa, Escambray, Sierra Maestre and Pinar del Rio mountains. Thrill to refulgent cities of Santiago, Trinidad, Cienfuegos, Sancti Spiritus, Cardenas, Havana, etc. Our extensive historic architecture photography accrues us historic research approved travel status from the treasury dept. RT airfare (change miami) c. \$400. Daily expense for food, etc. \$15. Call Paul "Ernesto" Rubenfarb (212) 720-9123.

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 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.

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.

Until April 1, 1995, dues are \$17 per individual, \$23 per couple residing at the same address and receiving one Bulletin.

After April 1, dues are \$21 individual, \$27 per couple etc... 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

T U E S D A Y , M a r c h 1 4 , 1 9 9 5
O'Hara's 120 Cedar St. – 1 block south of WTC

Meet at 6:00 p.m. ☐ Dinner at 7:00 p.m. ☐ Program at 8:00 p.m.

Salad, rolls, coffee, choice of entrees, \$14 or pasta buffet \$10

New York and the Bicycle Blueprint

Jesse Kalb of Transportation Alternatives presents a slide show on the *Bicycle Blueprint: a Plan to bring Bicycling into the Mainstream in New York City*. TA will give an update on the document and speak about what has changed for New York City cyclists since it was published in 1993.



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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Renew now - before dues increase on April 1!