

May
1995

NYCC Bulletin

Once again the none-too-stable American economy and crushing administrative pressures (coupled with only the very slightest degree of professional pride) have conspired to force a pure artiste like myself to sully the sanctity of this bulletin cover format to do a trashy, self-serving, one-step-up-from-a-Psychic Friends®-infomercial cover to promote the return of the original, official, sold-out-in-one-evening last year...



Get them before they ride away! More information and order forms inside.

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. B15pace = B Style/ 15 mph speed - see charts).

RISE 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 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.

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 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 JUNE Bulletin is due MAY 9!

Club Rides

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



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



Wednesdays in May

A 25-30MI WEDNESDAY NIGHT PICKUP RIDE 6:15PM

From: The Boathouse. Ride to State Line/River Road. We leave at 6:15 sharp in order to maximize daylight. Front and rear light, brightly colored clothes are highly recommended.

Saturday, May 6

A20 65+MI NO RACE TODAY 8:30AM

Leader: Jim Modula (212) 663-1420 From: The Boathouse. There's no race in Central Park today, but there's a race at Rockland Lake tomorrow. So let's scout the course.

A19 90MI RETURN TO THE EGGS 8:30AM

Leader: C.J. Obregon (212) 876-6614 From: The Boathouse. Bring your helmets on this ride to Little Neck & Great Neck, as we search for Jay and Daisy. Precip at start cancels.

SIGA 90MI "A" SIG #10 - BEDFORD 8:00AM

Leaders: Paul Leibowitz (718) 858-9742 & Doug Bixby (212) 366-1879 From: The Boathouse. Putting it all together today. We are knocking on the door of "A"-dom. Double pacelines, pounding up hills, all the day long. Today it's a dress rehearsal. Be ready! North through White Plains to Bedford. Then, head towards Greenwich before home. Not much cancels today - call leaders if unsure.

SIGB14/15 62/75MI "B" SIG RIDE #9 8:15/8:45AM

Leaders: Irv Weisman (212) 567-9672 & Gene Vezzani (212) 875-1615 From: The Boathouse(8:15)/GW Bridge Bus Terminal(8:45). We continue to cover elements of Effective Cycling. Previous participation is mandatory. Raindate: May 7.

B13 55MI KENSICO DAM/ BRONX RIVER BIKE PATH 9:15AM

Leaders: Sandy Gold (212) 873-7756 & Grace Lichtenstein (212) 580-3285 From: The Boathouse. This is a leisurely, bucolic ride on a path (shared by walkers/joggers) which follows the Bronx River, and winds along through some beautiful, wooded areas. Lunch under the trees at the dam plaza. Ideal for hybrid bikes. Helmets, spare tube required.

C14 65+MI OYSTER BAY 9:30AM

Leaders: Karen Sherman (212) 867-5145 & Peter Morales (718) 833-4370 & Cynthia Cryan (718) 875-6501 From: The Statue of Civic Virtue (Queens Blvd. & Union Tpke.). An old-fashioned Spring ride to Long Island's scenic cycling mecca. Rain cancels.

SIG C13 55MI "C" SIG #10 9:00AM

Leader: Geo Carl Kaplan (212) 989-0883 From: The Boathouse. It's back to Bergen County today. Restricted to prior participants. Rain date: May 7.

Sunday, May 7

A21 70-80MI ARMONK OR BEDFORD 8:30AM

Leader: Mark Martinéz (212) 496-5518 From: The Boat-house. Westchester. Some hills, some flats. A little hammering, a lot of cruising. Lunch will either be a picnic on Bedford Green if it's warm or indoors in Armonk if it's

cool. Pocket food suggested.

A19 70MI POTATO KUGEL RIDE 9:00AM

Leader: Andrea Goodman (212) 254-1717 From: ~~Tavern on the Green~~ (not The Boathouse!). Strictly Kosher ride to the Glatt Spot in Monsey. Instead of South Mountain Rd after lunch, we'll hammer South on East Saddle River, then Jersey 500's (502.501) home. Cue sheets provided for faster riders who are welcome to go off the front. For the slower ones off the back, we'll be waiting in Monsey with knish in hand. Not too many hills—you know me.

B16 45MI BEYOND ORCHARD BEACH 10:00AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. We start late to avoid most of the traffic from BIKE NY. This route was a find from last year and I still love it!

C13 35MI HILL CLIMBING MADE INCREDIBLY EASY 10:00AM

Leader: Dick Goldberg (212) 874-2008 From: The Boathouse. Master the art of hill climbing! Never sweat again! Impress your friends! Amaze yourself! Have fun!

C7 20MI JACKSON HEIGHTS' RED-LIGHT DISTRICT NOON

Leader: Paul Rubenfarb (212) 740-9123 From: Front of Brooklyn Museum (Eastern Pkwy on 2 or 3 train). America's turn-of-the-century ragtime song is full of references to that era's bawdy-house districts, which mirthless Woodrow Wilson later shut down. Today's teeming polyglot Jackson Heights, recently honored with landmark status, has seen a revival of this vivacious red-light genre. Rain or shine.

Tuesday May 9

A20-23 55-60MI TUESDAY MORNING SPIN 8:00AM

Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. Take the day off and join us for a spin through Bergen and Rockland Counties. Guaranteed return by 1:00pm! ("A" Sig participants cramming for the graduation ride are welcome.)

Tuesday, MAY 9, 6:00 p.m.

NYCC Meeting at

O'Hara's 120 Cedar St.

All Rides and Bulletin material

due today

Saturday, May 13

SIGA 115MI "A" SIG GRADUATION RIDE 7:00AM

Leaders: Paul Leibowitz (718) 858-9742, Christy Guzzetta (212) 595-3674, Mary Allen (212) 666-6844, Doug Bixby (212) 366-1879, Ed Fishkin (718) 633-3038, Keith Goldstein (212) 982-9461, Kristi Roberts (212) 229-9804 & Jody Saylor (212) 595-3674 From: The Boathouse. This is it! Graduation Day! Today we hammer for 115 hilly, fast miles. We go up Perkins Drive, Anthony's Nose, through Chappaqua, and back to The Boathouse for a champagne celebration on The Hill. Rain postpones to tomorrow. Call Paul if in doubt. NOTE: past participation is required.

A21 68MI NEW CITY 9:00AM

Leader: Greg Worley (212) 781-6702 From: The Boathouse. New route to New City. Get out of a rut and discover some "new" roads. Flat route with little traffic and great views.

Club Rides (continued)

A18 65+MI ROCKLAND LAKE 9:00AM
Leader: George Tsugranes (212) 988-0689 From: The Boathouse. Be prepared to do some climbing as we head up to the lake. Bring your club musette bag to carry your picnic lunch. (What, you don't have a club musette bag?—Call Geo Carl Kaplan!) 40% + chance of precip cancels.

SIGB14/15 62/75MI "B" SIG RIDE #10 8:15/9:00AM
Leaders: Irv Weisman (212) 567-9672 & Gene Vezzani (212) 875-1615 From: The Boathouse(8:15)/GW Bridge Bus Terminal(9:00). We continue to cover elements of Effective Cycling. Previous participation is mandatory. Raindate: May 14.

B15 60±MI WESTCHESTER SURPRISE! 9:00AM
Leader: Karin Fantus (212) 873-5559 From: The Boathouse. Yes, we're headed north to Westchester, but no, I'm not divulging where quite yet! The surprise will be as good as the weather!

SIGC14 100K "C" SIG #11 9:00AM
Leader: Geo Carl Kaplan (212) 989-0888 From: The Boathouse. It's Graduation Day! We'll prove we can do a century! A metric century that is. We head to Rockland Lake. Rain date: May 14.

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. Pack a picnic lunch. Back by 2pm. Temp below 40° cancels (hey, you never know!).

Sunday May 14

A21 60MI WHITE PLAINS: SHORE ROUTE 9:00AM
Leader: Bob Moulder (212) 682-5669 From: The Boathouse. The Flagship Diner has a new name, but old habits die hard (and so do the menus). So, that's where we'll be heading today. North on the Shore Road route and back via Grassy Sprain.

A17 75MI HARDCRABBLE ROAD 8:30AM
Leaders: Caryl & Steve Baron (212) 595-7010 From: The Boathouse. Scenic, not too many turns, but most of all, hilly. The deli's at the top of the hill in Chappaqua, and its uphill towards Kensico after lunch. Maybe we'll see Bob on Grassy.

B17 55±MI OYSTER BAY 9:00AM
Leader: Abe Karron (212) 686-8748 From: The Boathouse. A more or less traditional "B" ride to Oyster Bay to see Spring take shape in Long Island.

B15 45MI BEYOND ORCHARD BEACH 9:30AM
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. If we didn't get enough of it last week, we'll head back again. Otherwise, who knows where we could end up.

C14 55MI NYACK & 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.

C7 19MI VICTORIAN WEEHAWKEN'S MANSARD GEM NOON
Leader: Paul Rubenfarb (212) 740-9123 From: NE corner 181 St. & Washington Ave (A train). Interwar realist painter Edward Hopper captured the many-hued river sky which bathes Weehawken's antique mansions as they straddle the declivitous lower Palisades. Rain or shine.

Wednesday May 17

A19-22 55-60MI WEDNESDAY MORNING SPIN 8:00AM
Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. Take the day off and join us for another mid-week spin through Bergen and Rockland Counties. Guaranteed return by 1:00pm! ("A" Sig participants who survived the

graduation ride—and still want to ride a bike are welcome.)

Saturday May 20

A20 95MI CROTON CLASSIC 8:00AM
Leader: Mark Martínéz (212) 496-5518 From: The Boathouse. A hard ride with an easy finish. This ride is my second favorite route (even with the hills). White Plains, Thornwood (diner), Croton Reservoir (pause for view & photo op.), Mt. Kisco, Armonk (deli), White Plains. Two stops, long & short. Strongly suggested: pocket food, 2 water bottles & Metro-North pass for bailout. Raindate: Sunday, May 21.

A18 50MI PRE-MONTAUK SPIN TO MAMARONECK 9:00AM
Leaders: Conrad & Judy Meyer (212) 535-2444 From: The Boathouse. We're going to be riding hard to Montauk tomorrow, so come out for a quick spin today. Hammerheads will be dropped (we'll let them drop us!) A short lunch stop should bring us back home early. Rain or a return of Old Man Winter cancels.

A17-22+ 250MI TWIN CENTURY OF THE MONTH #5
Leader: Marty Wolf (212) 935-1460. In our version of the Montauk Century, we bike out on Saturday and return home on Sunday. (Sunday's return will be on the same road used by the one-way century riders so we can see our friends!) Call leader to reserve space and motel info.

KB?? 55+MI BUZZED OUT (RETURN OF THE KILLER "B'S"?) 9:30AM
Leader: Sting 555-HIVE From: Statue of Civic Virtue (Queens Blvd. & Union Tpke.). My wings are slow and heavy. The body is a little more rotund. Will I "B" able to get off the ground and fly! Come out and try to motivate me on the way to Oyster Bay. (If all goes well, maybe we will get a swarm together and make a "B"-line for Montauk tomorrow.

SIGB14/15 ?MI "B" SIG RIDE #1 8:15/8:45AM
Leaders: Irv Weisman (212) 567-9672 & Gene Vezzani (212) 875-1615 From: The Boathouse(8:15)/GW Bridge Bus Terminal(9:00). We cover specific topics concerning traffic. Mileage dependent on exercises used. Previous participation is mandatory. Raindate: May 21.

C13 45MI TO: MAMARONECK 9:30/10:15AM
Leader: Abe Karron (212) 686-8748 From: The Boathouse(9:30)/Woodlawn 1 or 9 stop (10:15). Old world Italian delis. Charming waterfront park. Mostly flat with a few rolling hills.

Sunday May 21

A22+ 125MI THE MONTAUK EXPRESS 5:30AM
Leaders: Rich Borow (212) 866-1966 & Keith Goldstein (212) 982-9461 From: The Plaza Hotel (5th Ave & 59th St.). Last year's group was running smoothly until we started to run out of gas at about the 85 mile mark. This year the SIG graduation ride has been moved up a week, so we expect a few "siggies" to help power our group to the finish. See club bus details elsewhere in this bulletin.

A20± 60±MI NOT MONTAUK, NOT ME 9:00AM
Leader: Tom McMahon (212) 777-5845. From: The Boathouse. No pre-dawn starts. No bus trips home. No Joey'n'Amy. Destination: Pearl River or New City—somewhere thereabouts. One thing's for sure, we'll travel in more than one direction. What a concept! Sloppage cancels.

A19 125MI THE MONTAUK LOCAL 5:00AM
Leader: C.J. Obregon (212) 876-6614. From: The Plaza Hotel (5th Ave & 59th St.). We start out a half hour earlier than the other group in order to enjoy a leisurely breakfast at a diner. Let those other folks hammer, we'll get there (eventually). Note: we leave at 5am, so if you plan to go back with the SBBC, you'll need to get someone else to put your bags on their truck.

Club Rides (continued)

B/C 62MI BLOOMIN' METRIC 7:40AM
Coordinator: David Miller (212) 794-9365 From: Grand Central Terminal. If you want to do a ride with half the mileage of the Montauk event, with more than twice as much scenery, come on out and hop on Metro-North to Westport, Connecticut. Ride description is in Out Of Bounds. We've got just enough time to buy our tickets and breakfast. Metro-North pass required.

C 25MI BIKE MID AND NORTH MANHATTAN 10:30AM
Leaders: Richard Fine (201) 461-6959(eve) & Ethan Brook (212) 721-9521(day) From: The Boathouse. Ride along the East River. Bring or buy lunch at the Cloisters. Bike back along the Hudson River. Tube and helmet required. In conjunction with AMC.

C7 17MI JACKIE GLEASON'S BUSHWICK NOON
Leader: Paul Rubenfarb (212) 740-9123 From: Front of Brooklyn Museum (Eastern Parkway—2 or 3 train). They say the old inner-city blue collar districts that sired the urban folk-bards—the Gleasons & Art Carneys, the Bill Haleys & Johnny Rays—are gone. But Bushwick still imbues views capes and moodscapes from pre-war America. Rain or shine.

Friday May 26

A19 107MI SHEFFIELD, MA 7:30AM
Leaders: Christy Guzzetta (212) 595-3674 & Mark Martinéz (212) 496-5518 From: The Boathouse. We roll at 7:30 sharp to catch the 7:57 train to White Plains from the 125 St. Metro-North Station (Park Ave), so don't be late today - at 7:35 we'll be history! A steady ride through beautiful rolling country up to the Club weekend in the Berkshires. "The best ride of the weekend" - C.G. "Ditto" - M.M. Only 2 stops so, pocket food, 2 water bottles & Metro-North pass are a must.

A/B ??MI THE SHORT WAY TO SHEFFIELD !:??AM
Leader: TBD From: TBD. Going to Sheffield for the club's annual Memorial Day weekend in the Berkshires but don't feel like riding 100+ miles to get there? There may be groups riding up from the Poughkeepsie and Dover Plains Metro-North rail stations. If you're interested in leading or participating in these rides (or any other details about the weekend), call Ed or Mary Allen (212) 666-6844.

Saturday May 27

A21 72MI THRILL TO WHIPPOORWILL HILL 9:00AM
Leader: Bob Moulder (212) 682-5669 From: The Boathouse. To Armonk with Whippoorwill hill on the menu and a stop at the best deli in the area. Back via Riversville Road.

B16 55MI MITCHY'S EXCELLENT LI ADVENTURE 9:00AM
Leader: Mitch Yarvin (212) 769-2637 From: The Boathouse. We may head out to see dead Presidents. Then again, maybe not. You never know.

C10 30MI GET YOUR FEET WET 9:30/10:00AM
Leader: Dan Passantino (718) 446-9025. From: City Hall(9:30)/ Prospect Park(10:00). Hooray! It's summer (well, almost) - time to ride with a small select group through scenic Brooklyn to Riis Park for sun and fun at the ocean. Start your tan!

Sunday May 28

A20 65+MI NOT QUITE SHEFFIELD 9:00AM
Leader: Rob Kohn (718) 369-1237. From: The Boathouse. I'm in town this weekend, so let's head up to Armonk to visit the ducks. Precip at 8am cancels.

B15 75+MI PROMISE 'EM ANYTHING, BUT GIVE 'EM ARMONK 9:00AM
Leader: Dick Goldberg (212) 874-2008 From: The Boathouse. Hills, rivers,

ducks, picnic lunch. Maybe add on Byram Lake or Bedford. At any rate, a full day's cycling.

C12 50MI PIERMONT, WITH OR WITHOUT HILLS 10:00AM
Leaders: Hindy & Irv Schacter (212) 758-5738 From: NE corner of 1 Ave & 64 St. Across the GW Bridge to our favorite Rockland County Town. Stop at a farmer's market. At a certain point, participants have a choice between doing some hills at a fast pace or taking it nice, slow, easy, and flat.

C7 18MI NEWARK'S WEEQUAHIC PARK'S ART DECO NOON
Leader: Paul Rubenfarb (212) 740-9123 From: Front of Greyhound Office & PATH's Newark terminal. In the deliquescent pre-war, Newark was the quintessence of American affluence and optimism. Architects were commissioned to erect mansions about Newark's parks, with money no object, and their fancy and flamboyance is still to be savored. Rain or shine.

ATBI 25+MI QUEENS SINGLETRACK 10:00AM
Leader: Adam Larson (718) 458-2742 From: Queens & Woodhaven Blvds (Roy Rogers). The Road ends in Queens. Often Serious Singletrack; Not for the Faint of Heart nor the Squeaky Wheel. Call leader for details / itinerary.

Monday May 29

A ??MI DO YOU KNOW THE WAY TO ? 9:00AM
Leader: Sando Zay (408) DONT-CALL From: The Boathouse. Even with a large group up the Berkshires, I know we have some die hards that are hanging around the city. Let's meet same time, same place, for a different ride.

B14/C13++ 50MI PIERMONT BLUE GRASS FESTIVAL & CRAFTS FAIR 10:30AM
Leader: Isabel Kirsch (212) 362-8266 From: The Boathouse. Stuck in the city for the weekend? Enjoy this yearly event in good ole Piermont. We're going via River Road and the bike path in Tallman State Park. *Cue sheets provided for faster riders.

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 65±MI 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.

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

C 25MI 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. In conjunction with AMC.

C7 21MI STATEN ISLAND'S HILLTOP CHATEAUS NOON
Leader: Paul Rubenfarb (212) 740-9123 From: Staten Island Ferry (Ray's

Club Rides (continued)

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. Rain or shine.

RIDE PREVIEWS

Sunday, June 11

A/B/C ALL-CLASS TO TALLMAN STATE PARK

Leaders: Various From: The Boathouse. This is the first of the club's all-class trips for 1995. Look for the ride listings next month, but don't forget to leave the date open. Get your club jersey ready and hope for great weather!

July 4

WEST POINT

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, and 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 commitment at the hotel is limited - plan early so you don't miss out!

OUT OF BOUNDS

Saturday, May 6

CJBC FARMLANDS FLAT TOUR

100/62/50/25/12

The first of CJBC's annual treats. Start is at Brookdale Community College in Lincroft, NJ. Registration begins at 7am for the century. For additional info call Mike Kruimer (908) 225-HUBS (CJBC).

TRAINING IN PROSPECT PARK

Organizer: Miguel Vilaró (718) 789-0325. Join me and others from years past go up and down the terminal moraine of this park in Brooklyn. These training rides will take place during the week, early in the morning. We'll divide the group according to speed and handling skills. Call for details.

TOUR DI TOSCANA

Thanks for your interest, but our tour is full. Next Spring we are planning a NYCC preview Tour de Provence, France, and a Tour of the Dolomites in Italy. Details in a future bulletin. Lori Vendinello (212) 353-9068.

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 invitational 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.

SUFFOLK BIKE RIDERS ASSOC.: "BIKE, BOAT, BIKE"

Call (516) 689-7988 for 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

LEAD A RIDE IN JUNE

call your ride coordinator before May 9

A-rides: Rich Borow 212-866-1966

B-rides: Gene Vezzani 212-875-1615

C-rides: Linda Wintner 212-876-2798

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, details are available by calling Irv at (212) 567-9672

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.

Sun. July 23-Sat. July 29

NYRATS

500+MI

The Tenth Annual New York Ride Across The State is a challenging ride of 500+ miles sponsored by Hostelling International. From Buffalo, including the Canadian River Parkway, Niagara Falls, Finger Lakes, Seneca Falls, the Women's Hall of Fame, Howe Caverns, Erie Canal Towns, the Catskills,

*T r a i n
with a
heart monitor!*

**TOGA
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invites all our
friends in the
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club to come in and see our full
selection of **Polar** products

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Club (and other) Rides

West Point, the Hudson, and our own Central Park. 50-75 riders, support crew, 65 mpd avg. Maps and cue sheets, overnights in college dorms and motels. Many low-traffic roads. \$680 includes most food, lodging. Call Suzanne Toomey Spinks (716) 852-5222 or E-mail: af060@freenet.buffalo.edu If you're interested in crewing NYRATS, as driver, mechanic or all around support, send name, address, phone and qualifications to: NYRATS POB 1110, Buffalo, NY 14205-1110.

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: planned rides in gorgeous countryside around Kent, including Candlewood Lake and Litchfield Hills. Friday & Saturday, Sunday Eats Galore. Optional RT bus transport (or train to Danbury and ride). Swimming, sailing, water-skiing, volleyball tourney, hoops, in-line skating, massage, coffeebar, karaoke, dancing, workout equipment, tennis, golf, more. Area bike clubs invited. 4 persons/renovated cabin 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.

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.

CYCLING FOR CAUSES

Sun., May 7 SmartBeat Bike-A-Thon (United Cerebral Palsy) Central Park, Prospect Park, SilverLake Park (SI) 35mi. (212)683-6700

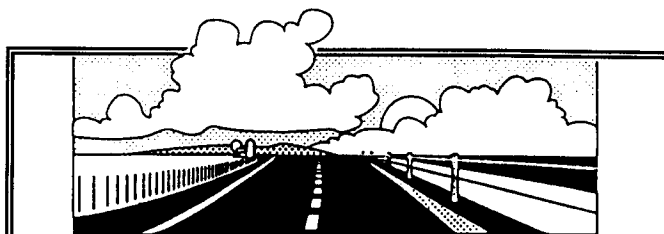
Sat., May 13 Tour de Cure (American Diabetes Assoc.) Harriman State Park. 100K, 50K, 25K. 1-800-TOUR-888

Sun., June 4 Tour de Cure (American Diabetes Assoc.). White Plains, NY. 100K, 50K, 25K. 1-800-TOUR-888

Sun., June 11 Tour de Cure (American Diabetes Assoc.) New York City. 100K, 50K, 25K. 1-800-TOUR-888

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)

Sun., June 25 Tour de Cure (American Diabetes Assoc.) Long Island 100K, 50K, 25K. 1-800-TOUR-8888



Cycling Getaways made easy.

Day Trips and weekends for beginner, intermediate and advanced cyclists – support van – experienced leaders – maps and cue sheets. 18 speed rentals available – all-terrain or road bikes.

Brooks CountryCycling & Hiking
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(212) 874-5151

Dept. of Emendation: Messenger Division

Rob Kotch, owner of the Breakaway Courier Company, reports *Bicycle Guide* was in complete error in attributing to him the quotation it did in its April issue and which I cited here last month. Rob states he never said anything close to what BG editor Mark Reidy said he said. Completely contrary to the implied attitude of those mis-attributed remarks, he goes to great pains to tell his bike couriers, and states in an instruction and policy manual they must read, understand, and agree to on their first day on the job, that safety comes first, way before the delivery of any package, he does not countenance riding that endangers pedestrians, motorists, or the rider himself, courtesy and respect must be shown to all, including the police, and their directives followed, and insurance is carried and no effort made to circumvent claims on it.

"Justice for (Bike) Messengers" is having a fund-raising breakfast May 4, 8:30-10:30AM (at \$45 a pop; call (212) 581-8845). Where? Yep, irony lovers, you got it: in the unlikely and tony Princess Ballroom in the Sheraton New York, the very hotel that advertised, as noted here in March, "We'd never suggest you try to tackle Manhattan on a bike" and offered their health clubs as "a safe alternative to trying to negotiate cars, buses, and pedestrians." The proceeds from the breakfast are to help organize a union for bike messengers.

No, hey, wait! Before you crap on the idea, think: Although the inconsiderate and dangerous riding of the cowboys among them may be an extension of their overall f...you mentality and that wouldn't be changed by changes in their work conditions, bike messengering is damn hard and dangerous work, the work conditions dehumanizing, the pay squalid, and the benefits non-existent; and if messengers weren't paid on a piece work basis, the primary incentive for them to ride inconsiderately and dangerously would disappear. —R. Rosenthal

Welcome to 44 New Members for May 1995!

Agnes Abude
Jasn Aldag
Marilyn Boomer
Leo Canzoner
Harris Collingwood
Cheryl Daitch
Marylee Diamond
Robert Diamond

Eric Ellis
Susan Foresta
Seymour Friedman
Lesley Gaspor
Nelson Goldner
Antoine Haddad
Paul Hofherr
Juan Jimenez

Gregory Kozar
Charles Lam
Stuart Levy
Ismael Lopez
Christopher Lucas
Graceanne Malloy
Marth McKecnin
Wendy Meyers

Peter Monroe
Lori Morritt
Ian Murphy
Kate Potter
Karen Reich
Bernard Retznignac
Mary Retznignac
Kathie Rincel

Kimberly Roberson
Madelaine Sanchez
Laura Schwartz
Scott Smith
Derin Tanyol
Rita Tellerman
Liz Weisberg
Elizabeth Weisman

Steve Wolf
Mark Wolz
Edward Zabaski
Randye Zerman

From the Boathouse

by Geo Carl Kaplan

Palisade Left

On page 9 of this bulletin, NYCC member Richard Kaufman writes of being hit by a van (we note that's the second NYCC member to be put out of action by a van so far this year) while negotiating a left turn from 9W onto Palisade Avenue. We hate to see anyone hurt, so we're describing four ways to make that dangerous turn. The choice is up to you.

First is the legal way. Preparatory to making the turn, move into the left lane (the one with the huge left turn arrows painted in it) and turn left with traffic when the light is green to go ahead. Unfortunately, the Englewood Cliffs police are not very pro-bicycle, and they don't believe that is what cyclists should do.

The Englewood Cliffs police recommend cyclists stay on the extreme right of 9W, ride across the intersection, stop in the eastbound lane of Palisade Avenue and wait for the light to turn green before proceeding across the intersection.

The "Toomey Method" is to ride through the 9W/Palisade Ave. intersection and make a left turn further south at a less busy intersection.

There's yet another way which avoids that last, aggressively trafficked section of 9W. Make a right turn at Sage (the first light after E. Clinton, just past LG Group building), then left at T onto Johnson Ave., then the first left onto Van Wagoner, and a right at the T onto Floyd. Floyd* is an untrafficked straight shot to a T at Palisade Avenue where you make a left. This

puts you on Palisade one block west of the 9W intersection.

May is a busy month in terms of cycling events. The ride listing includes many local events from other clubs and charity rides. Since we're staging our first century this coming September, NYCC members, especially century volunteers, could learn by attending or volunteering at these events. And, of course, we hope to see you on NYCC rides in Montauk and in Sheffield.

On the cover this month, you see Mike Samuel's sell-out T-shirt design. With the coupon on this page, we've made it possible for members who weren't at that meeting to order by mail.

See you on the road!

(*Asst Ed note: CB and I find Floyd a great street for a short, end-of-the-day race.)

"A" notes

by Rich Borow

Last month this column covered the "style" characteristic that differentiates "A" rides from other club rides—paceline riding. Now let's talk about the other side of the club riding description equation: SPEED!

Ideally, all club rides should stick pretty close to the listed ride description cruising speed. But it should be kept in mind that this doesn't mean that the paceline will always be moving at the same speed; the pace will slow down on climbs and will accelerate on downhills. In order to gauge your speed when you're at the front of the paceline, it's a good idea to take a quick glance at the speed function of your cycle computer while you're still in the second position before you pull through. This way you can get a better idea of your tempo as you move to the front and can avoid abrupt speed fluctuations.

Another trick to maintain a steadier paceline is to make a conscious effort to pedal through the crest of a hill as you're climbing. There's a natural tendency to back off a bit as you make

it to the top, but remember there's other people right on your wheel that are still coming up behind you. And if you do find yourself running out of steam as you're climbing, try to get over as far to the right as safely possible to stay out of the way of traffic (or faster climbers) who may wish to pass on your left.

I also want to clarify a point I made last month about letting retreating riders from the front move into a gap ahead of you if you're having trouble holding the pace. This should only be done in the back of the paceline, don't make it a habit of opening up gaps in the middle of the line to let people in—there may be other riders behind you who wish to take a turn at the front. (Of course, do let a rider in if he or she has a truck bearing down on them and needs to get back in the line quickly!)

If you're not sure what to expect on a ride, or have any concerns about your ability to keep up, speak to the leader before the ride. Hopefully he or she will be able to tell you how fast the ride really will be going!

What are you doing on Sunday May 7?

Help us NOW to help cyclists escape in September. The NYCC "ESCAPE FROM NEW YORK CENTURY" committee needs volunteers to distribute flyers to cyclists at the Staten Island finish of the 5 Boro Bike Tour

Call Grace Lichtenstein (212) 580-3285.



1995 T-SHIRT from the whimsical mind of Mike Samuel—white cotton w/green & black design:\$12 each including shipping

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Address/Apt. _____	M <input type="checkbox"/>	_____
City/State/Zip _____	L <input type="checkbox"/>	_____
Tel.(H) _____ Tel.(W) _____	XL <input type="checkbox"/>	_____

Please send a check for \$12 x No. of shirts: Total\$ _____

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Spring Break

by Richard Kaufman

I didn't know the president of the New York Cycle Club would call you when you were hit by a car, until Geo called me Sunday night after I got out of the hospital.

Expressing his condolences, Geo then made an offer I couldn't refuse: "Would you write a piece for the newsletter about your accident?" (What a way to break into journalism.) It seems pointless to write such a piece unless there is something to be learned, to help others avoid the same fate. Otherwise we're just dealing with bragging rights: I broke more ribs than you! (I probably did.)

It was Sunday, March 26, about 11 AM. I had started in the park with other club members, but didn't feel like riding far, so I turned back at State Line. Now I was heading south on 9W, looking to make a left on Palisades Ave.

Signal, look back at the cars, wait for a break in traffic or someone to let you through. Signal again, repeat until you're in the left turn lane, or else cross Palisades and circle through the parking lot on the corner. I signaled and looked back. A car about 60 feet back slowed, the driver nodded at me, and I cut into the left lane.

NEVER ASSUME A DRIVER'S SIGNAL IS MEANT FOR YOU, OR IS EVEN A SIGNAL.

What I thought was a nod, was probably the driver looking at her radio. She never saw me. Six pedal strokes later I heard brakes squeal, and felt myself lifted into the air as a Ford Aerostar pushed my rear wheel under me. My back slammed the front of the van with a thud, then I was thrown forward as the van stopped, going over the bars. I found myself sliding on my helmet

**"My back
slammed
the front of
the van with a
thud,
then I was
thrown forward as the
van stopped,
going over
the bars."**

for several feet, then rolled onto my shoulder while sliding on hands, elbows and knees. I came to rest with the bike between my legs. My left cleat was still attached to the pedal. I unclipped, and started to stand, pleased I hadn't broken a leg. I felt no pain, just numb.

Another cyclist came up and took my bike. "I know it's hard not to want to move around, but the best thing is to lie down until the ambulance comes." He helped me lie down, he and his friends blocked traffic and called for help. He gave me my helmet for a pillow, apologizing because he had nothing else.

"Your bike looks like it's OK," he said, so I could relax. I watched him put the pump back on the frame. I don't know his name, or who he was riding with, but I'd like to thank them, if anyone can tell me who they were. I lay there staring at the van; the windshield had a hole the size of my head near the top right side. I couldn't remember what body part I'd planted there. Probably my head. I had an irrational feeling of satisfaction that the windshield was broken.

A dark-haired woman asked me why I had "drifted across the road." Must have seemed like a good idea at the time. I heard her talking to the driver of the Aerostar, asking her what happened. "I leaned over to change the station, and when I looked up, there he was in front of me."

"I know, some of those radio buttons are so far down you have to really bend...." was the dark-haired woman's reply.

A police car arrived. The chubby mustached policeman who stops riders and tells them to ride single file asked me what hap-

pened. I couldn't say much. It was hard to talk. The EMS came, strapped me to a stretcher and hoisted me into their ambulance. "What day is it?"

"The 24th, 5th or 26th, I muttered, "something like that."

"OK, then, how much is 23 times 4?"

"A little bit less than a hundred." I knew then I was loopy. They gave me oxygen through tubes up my nose as we drove off to Engelwood Hospital, where I was x rayed.

IF YOU HAVE NO HEAD, DON'T WEAR A HELMET.

A doctor looked at my helmet. It was impressively scuffed, abraded and cracked. "Without this, you would have suffered severe brain trauma."

"What does that mean?" I asked.

"You would have been a vegetable," he laughed.

"Come examine this guy!" he called to someone, who came over and asked me where it hurt, and how it happened.

"Now look at his helmet," the first intern said. There was a long silence.

"You've convinced me", said the second, "I'm buying one this weekend before I ride. What brand is it?"

The x-rays were developed, along with the bad news.

"You have four broken ribs, and a collapsed lung. You're not walking out of here today." They stuck a rubber tube in a hole they made between my ribs to vacuum out the blood, and reinflate the lung. This was more fun than I'd had all day, but as the pain subsided and I stopped screaming, they turned on the pump and I no longer felt like I was on top of Mount Everest. (Oximetry—a measure of blood oxygen—had been 46; normal is 98.) I spent three days in the intensive care ward with a box attached to me that gurgled like a fish tank. I got cat scanned. There was a stuffed Garfield cartoon cat grinning on top of the machine. (It's a cat scanner, get it?) It wasn't until Wednesday that a crack in my clavicle showed up on an x-ray. It was just a little one, hard to see.

If you ever have to spend time in a hospital, I recommend Engelwood. I've got nothing but nice things to say, especially about the nurses. (The doctors aren't bad either.) It seemed as if everyone who rode a bike came by to talk to me, interns, nurses and orderlies. (Mostly mountain bikes, and mostly Treks, plus a couple of Cannondales, if you must know.)

Davis Phiney warns in his book, *Training for Cycling*, that hospitals do not know how to treat road rash. "We don't have to put dressings on those, they just scab over" the nurses told me. I explained that since the scabs would be directly over my joints, they would be painful when I moved. The nurses then dressed my knees and elbows with bacitracin and bandages. I can't imagine that happening in a city hospital.

My wife went to the Englewood Cliffs Police station to pick up the bike: it had no frame pump. She received a lecture on bicycle safety: "The proper way to make a left turn is to walk the bike across the intersection. He's going to get a citation in the mail."

She picked up a copy of the police report. I refrained from reading it, or the citation, until I left the hospital some five days after the accident. The report says I struck the van from the side, damaging the vehicle. I have a ticket for making an "illegal lane change." The constabulary in that town is not pro-bicycle.

I've been out of the hospital a week, and am already riding on a wind trainer, without too much discomfort. Taking it easy until the ligaments in my left leg heal. They were probably twisted somewhat in the crash as I didn't unclip. I expect to be well recovered in a couple of months.

See you on the road

Blowouts

lou S. Pokes

Congratulations to **Shari Horowitz** and **Bob Foss**, I think. They recently announced their engagement, but I'm not so sure about it. Shari has tried everything to get her name in this column to no avail. Could this all be an elaborate ruse on her part just to get mentioned here? Be careful, Bob!

The following came in via fax from **Maggie Clarke**:

Irv Weisman was heard chortling with delight while the "A" Sig riders were assembling at the Boathouse one Saturday in April. He had spotted his friends **Jody Saylor** and **Christy Guzzetta**, "A" Sig Leaders, wearing bright colored windbreakers instead of "road kill" black. Irv hopes they will inspire others to do similarly, so that they all can "be seen and not hurt" on the road.

Actually I thought that the "A" riders always wore bright, outlandish colors. I think Irv has been spending too much time staring at **Lori Vendinello's** cranks to notice what people are wearing.

If anyone has any questions on levers, just ask **Noel Comess**. He's our resident expert on the subject.

The April Club meeting was on heart rate monitors. **Joe Coplan** of Polar was trying to explain how to determine your anaerobic threshold. **Caryl Baron** says it's easy, "When you get dropped from the peline, you know you've reached it."

Thank you **Miguel Vilaro** (rhymes with Figaro) for leading rides that we didn't know there was a need for. Who would have

thought that over a dozen people would show up for a 125 mile ride the first week in April. Miguel's Paris-Brest-Paris training series will continue with even longer rides this month.

The quote of the month comes from an anonymous "A" Sig rider whose excuse for getting dropped several times on the first few rides was "I never rode in traffic before!"

And instead of a cycling proverb this month, we'll quote a line from **Loretta Lynn's** latest hit, *Cycling Blues*, "Jesus, help me turn the cranks just one more time."

We haven't had a Road Bozo award since January, but this one is so good we may have to retire the award, or at least rename it the **Nelson Mora** Road Bozo Award. On one recent ride Nelson was apparently paying more attention to the conversation going on behind him than to the obstacles on the road ahead of him. He was only going about five miles an hour through the town of Englewood when, in a moment he would like to forget if we would let him, he rear-ended a parked car! So, the next time someone calls out "car left", "car right", "car back", whatever, pay no attention. But when you hear "parked car," think of Nelson!

I'm very sorry this column is so short, but last month was a very taxing time for me. Hopefully, next month I'll have a full column of news and gossip.

Alphabet Soup

May is here at last! For much of the club this means it's the beginning of prime cycling season, for others it's the sheer relief of accomplishment as two of the three Sig groups graduate during this month. Congratulations to all who participated and stayed with it to graduate. Now, since you've got the jump on the rest of the club you become the prime candidates to lead rides...

Out of Bounds

The steady flow of "alternate ride" opportunities begin this month. Starting with Saturday's Farmlands Flat Tour in New Jersey, sponsored by the Central Jersey Bike Club. Sunday May 21 has a twin-bill, the Montauk Century held by 5BBC and AYH and the Bloomin' Metric in Connecticut by the Sound Cyclists. Keep your eyes open for more bulletin listings.

NYCC Special Event

Don't think that we don't have our own 'Out of Bounds' within the NYCC. The first of the annual NYCC 'bike trips' will occur over Memorial Day Weekend. All levels are welcome to enjoy the Berkshires for three days of wonderful riding. Contact Ed

or Mary Allen (212) 666-6844 if you are planning to go or if you have additional questions.

Not to go overlooked is the first of the three NYCC all-class outings. On Sunday June 11 we head to Tallman State Park for a club rendezvous. Rides for all levels will be available. Check your local listings in June. Unfortunately the free lunch will not be available this year, so plan your lunch accordingly.

The Road

On a serious note, incidents have been reported concerning the intersection of Palisades Ave and 9W. The left-hand turn onto Palisades Ave. is a dangerous one. Usually a group of riders can secure safe passage across the two lanes of traffic, but a sole rider is much more vulnerable. (See article on page 9.)

As we have learned, nothing can be taken for granted! So please, signal your intentions and trust no one.

Mountain Biking

A lot of bad news has been circulating about mountain biking. Many trails are off-limits and others are reportedly being

by Steven Britt

sabotaged. South Mountain is currently off-limits as is Harriman State Park. In addition areas around Rockland Lake are presently in this same off-limits category. The New York Times reported that the Palisades Interstate Park Commission is planning to open up 6 miles of fire roads for mountain biking. They didn't report whether this was intended solely for mountain bikers or would be shared access.

The reports from South Mountain are of cords being tied across trails. This obviously is not an obstacle a single-tracker is prepared for.

I'll keep you posted as I hear more about this subject.

NYCC Century

Believe it or not, the first NYCC Escape From New York Century is just around the corner! (Actually, it starts at Grant's Tomb.) There is plenty to be done and the club needs your help. Call either George Kaplan (212) 989-0982, Jane Kenyon (212) 662-1935, Mitch Yarvin (212) 769-2637, or myself (718) 202-4970 if you want to help put on the best century event New York can offer.

MONTAUK BUS info

The NYCC has reserved two busses to transport you and your bike from Montauk back to New York City after the Montauk ride on Sunday, May 21. There will be ample snacks and drinks on board to restore you after your ride. The cost is \$30.00 per person. Reservations were closed April 25. If you haven't reserved, and are counting on the bus to return to NY, call George and hope someone has cancelled!

Minutes

MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING OF TUESDAY, MARCH 7, 1995

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

The minutes of the meetings of February 7, 1995 were approved.

Geo advised the Board that the town of Piermont would be sponsoring a youth cycling fair and had asked for helmet donations, as well as club assistance in providing instructors and marshals. Rich suggested purchasing the helmets through the Piermont Bike Shop. The Board authorized the expenditure of \$120 for kids' helmets and agreed to participate.

Barbara noted that bike shops had complained that cyclists tried out equipment for size in their store and then purchased mail order. She wondered if the club could do anything to deal with this problem.

Geo discussed the problem of late mailing of the bulletin. Lori suggested photo-copying might be cheaper than printing and Geo agreed to follow up on this.

Next the holiday party was discussed. It was the sense of the meeting that the 1995 holiday party not be subsidized. It was also agreed that the party would feature a cash bar, though no final plans were adopted.

Lori announced she was organizing a getaway weekend for July 21, 1995.

Mitch indicated the century committee had been disappointed by the Board's decision not to authorize half-price memberships in conjunction with the century.

Geo asked Board members not to go southbound on the park drive when exiting the park.

Respectfully submitted

Conrad J. Obregon, Secretary

Re-Cycling

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 lines). additional ads \$1.00 per 50 char. line.

Central Park Training: NYCC member Susan Narod (212) 721-0651 seeks C-level riding partners for an hour of laps around Central Park at 6:30a.m. weekdays.

Central Park Training: I am a strong B-15 rider, would like to become an A-rider. If you are really good & can train with me twice a week at 5:30am, I'll make it worth your while. Isaac (212) 289-7862.

If you are free Mondays-Wednesdays and would like to explore C-11 type of excursions, please call Jerry (212) 222-6025.

For Sale: 56cm Dean Titanium road bike; Dean stem and seat

tube with 600 SIS gruppo. Low miles, excellent condition, adding baby need to sell other - looking for a good home. \$2200. Call Peter at w(212) 505-4945.

For Sale: 1994 Bianchi Boardwalk, hybrid, 16.5" ladies', almost new, \$400. Owner wants to upgrade. Brian or Trish, (718)268-7682.

Bike for Sale: 60cm Marinoni, Columbus SP tubing, Shimano Ultegra gruppo. \$450. Call Dave Regen (212) 866-6524.

Attention Women Racers: The Piermont Flywheelers are looking for women to join their team. Call Glen (914)365-0900.

The greatest thing since PostIts by the Old Crank

we can resist neither a bargain nor a new gadget. And we found a both in a tiny little package that we'd like to share with you - brought to us by those wonderful folks who invented the postit and scotch tape, 3M. They are glueless patch(es) GP-1. sand the tube and stick 'em on. no waiting for the glue to dry, they sepa-

rate from their backing easily, and six come in tiny plastic box 1-1/8" x 1-1/8" x 1/4". For better or worse, the box is rectangular so no one will think you've got a condom in your jersey pocket. \$2.50 from performance, or \$2 from toga (and no shipping) for may.



1995 Renewal / Membership Application / Change of Address

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

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

Name: _____ Signature: _____

Name: _____ Signature: _____

Address/Apt. _____ Tel.(H) _____

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

How did you hear about NYCC? 1.Bike shop ☐ 2.Other bike clubs ☐ 3.Read about us ☐ 4.Friends ☐ 5.Health club ☐ 6.

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

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

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

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

Mail this application with a check made payable to the

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

N Y C C M E E T I N G

T U E S D A Y , M A Y 9 , 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, pasta buffet, coffee: \$10

does your **chain squeak** so bad that other riders have trouble hearing your conversation? Are there **chunks of gunk** clustered on your cassette? Do you get **schwebered** every time you go near your bike? Don't panic! come to the May NYCC meeting. Peter Felgentreff of **FINISH LINE** (who make professional bike maintenance products such as lubes and cleansers) will tell how to keep your bike looking and working like a **jewel**.

I n d o o r b i k e p a r k i n g !
o r t a x i , l i m o , b u s o r s u b w a y
1, 9, N, R to Cortland Street, 4, 5 to Wall Street, E to WTC

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

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