

November  
1995

# NYCC Bulletin

## THANKSGIVING, 2015



*"Go ahead! You go back and explain to them that you're a strict vegetarian. I'll just wait for you up the road a bit—in Vermont!"*

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**BEFORE YOU RIDE:**

Ride Style	Description
<b>A</b>	Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.
<b>B</b>	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
<b>C</b>	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half hour or so.
<b>ATB 1</b>	Hilly to mountainous and single-track riding. Mountain bikes only.
<b>ATB 2</b>	Rolling to hilly with some single track and trail riding. Mountain and hybrid bikes.
<b>ATB 3</b>	Flat to rolling, trails and road riding. Mountain and hybrid bikes.

Ride Cruising Speed	Central Park Self-test 4 - Lap Time
22 + mph	1:10 or less
21	1:10 - 1:13
20	1:13 - 1:16
19	1:16 - 1:20
18	1:20 - 1:25
17	1:25 - 1:30
16	1:30 - 1:38
15	1:38 - 1:48
14	1:48 - 2:00
13	2:00 - 2:14
12	2:14 - 2:30
11	2:30 - 2:50

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

**BRING:** spare tube, tire levers, patch kit pump, water, snacks, medical ID, emergency phone. **We also suggest:** lock, rail pass, money. Leaders may specify other items in their ride listings.

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

**NYCC rides** are led by volunteer leaders who plan the route and maintain the listed pace (e.g. B15 pace = B Style / 15 mph cruising speed - see charts) Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

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

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

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

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

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

**BIKE TRAINS: Check schedule below!**

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

From GCT Train #	To/From	To GCT Train #
Hudson Line #8809	7:58 am Poughkeepsie	4:12 pm #8844
Harlem Line #9009	8:49 am Brewster North	4:08 pm #9030
New Haven Line #6510	8:07 am New Haven	3:57 pm #6545

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

**WEAR YOUR HELMET! NO HEADPHONES.**

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

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

**Credits:** Cover art by Mike Samuel. Type faces include Eric Gill's Gill Sans, Scott Maleka's Dead History, and Conor Mangat's Platelet. Printed at Dandy Printing, Bklyn, NY.

**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.

**To publish an article:** Contact Caryl Baron, 165 West End Ave, Apt. 29K, NY NY 10023, (212)-595-7010, E-mail: NYCCBull@aol.com. Submit 3.5 inch diskette plus hard copy. Advise operating system, software, phone number. Material may be edited for length and clarity. A full page of text is 750-1090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

**Web Page:** <http://www.interport.net/~ckran/nycc.html>

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

**All material for the DECEMBER Bulletin is due NOVEMBER 14!**

# Club Rides

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



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



## Thursdays in November

**A/B16-20 ??MI THURSDAY EVENING TRAINING RIDES 7:30PM**

Coordinator: Steve (Nightrider) Ullman (212) 473-1897 From: The Boathouse. Train with me in the evening when the park is all ours. We'll work together to get faster and stronger to make your club rides more enjoyable and safer. Consensus on mileage. Bring pocket food and water. Legal lighting required (front and rear). Temps below 35° cancels.

## Thursday, November 2

**B17-21 50MI THURSDAY A.M. RIDE 9:30AM**

Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. We'll leave the Boathouse at 9:30am - ride, and return to the Boathouse by 12:30.

## Saturday, November 4

**A20 50MI NYACK-BACK VIA "ESCAPE NY" ROADS 9:30AM**

Leader: Greg Worley (212) 781-6702 From: The Boathouse. Fast ride up to Nyack. Return via route of Escape From New York (ENY).

**A16/10 40MI BYOB (BRING YOUR OWN BIKE) 10:00AM**

Leaders: Don Montalvo (212) 307-7753 & Herb Dershowitz (212) 929-0787 From: The Boathouse. Lazy ride to Company B's to hoist a few before a real schmoozy return. Proof of age required. Bike lock suggested.

**B18 60MI WHAT'S ALL THE FUSS ABOUT 9:00AM**

Leader: Rob Kohn (718) 369-1237 From: The Boathouse. Ever wish that you could take a side in the "A" rider debate over Pearl River? Well, after this ride you can. Join me on this ride and you too can say something like, "A" ride to Pearl River should go to Pearl River, not Hohokus." Get the bonus of eating the best pancakes since Eat Your Heart Out closed (not bagels on a curb). This ride is brought to you with the approval of the Vogel Rides Council (ed: not confirmed). Bring pocket food since the lunch stop is 38 miles into the ride.

**B15 50MI NYACK IN NOVEMBER 9:30AM**  
Leader: Gary Silverman (718) 339-4487 From: The Boathouse. Let's chill out and have some fun riding to Nyack today. A good time is guaranteed for all.

**B14-16 60MI ROCKLAND LAKE 9:30AM**  
Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Here's an easy ride to Rockland Lake via the back roads. We'll make a deli stop near the park then return on 9V.

**C13 55MI KENSICO DAM/ BRONX RIVER BIKE PATH 9:00AM**  
Leader: Sandy Gold (212) 873-7756. From: The Boathouse. Back by popular demand, for the last time this season. This is one of the prettiest rides by the damsite; a bucolic ride on a path (shared by walkers/joggers) which fol-

lows the Bronx River, and winds along through some beautiful wooded area. Lunch spot determined by weather. Ideal for hybrid bikes; I'll be on my new mountain bike and will attempt to climb up the dam - the front way! Helmets, spare tube required.

**C7 19MI BROOKLYN'S VIEW RICH GOWANUS NEIGHBORHOOD NOON**

Leader: Paul Rubenfarb (212) 740-9123 From: Front of Brooklyn Museum (2/3 Train - Eastern Pkwy). This vast Victorian trove on streets running uphill from Gowanus Basin's endless piers, is a place to ponder the Brooklyn nation's own ethnic 'Brooklynese' dialect. Many hills for fitness buffs. Rain or shine.

## Sunday, November 5

**A20+ 65MI IT'S A VOGEL ROUTE 9:00AM**

Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. I couldn't figure out why no one had been on these roads. They were absolutely beautiful; without a doubt, the most scenic in Westchester. There were even more deer than cars. Then the road turned to dirt. But hey, it wouldn't be a Vogel route if it was all paved. So be forewarned - there will be several sections of hard packed dirt, but very little gravel. No complaining! Metro-North return - passes required.

**A18 60MI PARK RIDGE SPIN 9:00AM**

Leader: Phil Simpson (718) 639-6264 From: The Boathouse. A sociable late-season spin to Park Ridge with a diner stop for pancakes, etc. Come out and enjoy the crisp autumn air.

**B17 70MI AUTUMN SURPRISE 9:00AM**

Leader: Abe Karron (212) 686-8748. From: The Boathouse. Good rolling hills and a climb before lunch.

**C14 45MI WHERE THE "A'S" HANGOUT 9:00AM**

Leaders: Jane Slotin (212) 752-3218 & Steven Britt (212) 288-6324 From: The Boathouse. We head to Bergen County to have lunch at reported "A" feeding ground. If weather permits, we'll stop by a small but quaint garden on the return.

**C12-13 38MI THE MOST BEAUTIFUL RIDE IN THE WORLD 8:35AM**

Leaders: Hindy & Irv Schacter (212) 758-5738 From: Grand Central Station. We'll make the 8:47am train to Chappaqua. We're going to Croton Dam up Appleby Farm Road through some really lovely countryside down Sleepy Hollow Road, ending at Tarrytown. Metro-North (pass required) back to Grand Central. This is the prettiest ride in our repertoire. Bring food for lunch and snacks.

## Thursday, November 9

**B17-21 50MI THURSDAY A.M. RIDE 9:30AM**

Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. We'll leave the Boathouse at 9:30am - ride, and return to the Boathouse by 12:30.

## Saturday, November 11

**A19 70MI SING SING REDUX 9:00AM**

Leader: Steve Ullman (212) 473-1897. From: The Boathouse. Up Rt 9 and down thru the Pocantico Hills...another chance for 'the alternative Nyack.' If you missed it in September...below 35° cancels. Metro-North pass in case.

**A18 55MI THREE SHORT HILLS 9:00AM**

Leader: CJ Obregon (212) 876-6614 From: The Boathouse. Ash St, Old Mountain Road in Grandview, and Booth. Lunch in Nyack. Low gears recommended. Helmets required.

## Club Rides

**B17 50MI WHITE PLAINS 9:00AM**  
 Leader: Marc Yatkowsky (212) 410-6284 From: The Boathouse. Everyone says I only go to Nyack. Let's try a new route with a lunch stop at a new cafeteria in White Plains.

**A16 68MI ST. PAUL'S XMAS BAZAAR 9:00AM**  
 Leaders: Caryl & Steve Baron (212) 595-7010 From: The Boathouse. Helga's soup, home-baked carbs, and hand-crafted Christmas goodies await us in New City. Bring spending money, and musette bag to carry stuff in (any left, Geo?). We'll take it easy today, saving our energy for tomorrow's Marathon escort.

**B16 50-55MI VETERAN'S DAY RIDE 9:30AM**  
 Leaders: Dick Goldberg (212) 874-2008 & Steven Britt (212) 288-6324 From: The Boathouse. We'd like to share some good roads (and a good time) with those joining us to Ridgewood today. We'll opt for the diner over the pancake house. Should be fairly flat, so be ready for some conversation! Temps at 9:00am below 32° cancel.

**B14-16 75MI STONY POINT 9:30AM**  
 Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Let's return to that 'different' little deli that we found near Stony Point last month. Extra miles are available to those who want them.

**C13 50MI RIVER ROAD TO PIERMONT 9:15AM**  
 Leader: Peter Schug (718) 565-1464 From: The Boathouse. Hilly but gorgeous. A very big hill will warm us up for lunch. (We'll go slow on the hill!) Lunch at Piermont. 50% or greater chance of rain or temps below 35° at start cancels.

**C7 18MI NOSTALGIC ROOSEVELT ISLAND & ASTORIA NOON**  
 Leader: Paul Rubenfarb (212) 740-9123 From: Roosevelt Island Q train stop entrance. Roosevelt Island still preserves its victorian manor house, with a tree-arched porch ideal for philosophizing. Astoria has fine victorian store buildings and pulchrous views of the East River. Rain or shine.

### Sunday, November 12

**A/B/C 26.2MI THE GREAT ANNUAL NYCC "CHAIRLIFT" 7:00AM**  
 Contact: Ellen Richard (212) 213-4616 Richard Rosenthal (212) 371-4700. From: 38/39 St. & 5th Ave. (front of Lord & Taylor) Bus-loading point for those NYCC members who have already volunteered to escort Achilles Track Club's wheelchair athletes in their early NYC Marathon start. If you're one of them, we'll see you, rain or shine. If you're not, please join Tony's ride, below.

**A/B16 50MI MARATHON WATCH 8:30AM**  
 Leader: Tony Dean (718) 797-9484. From: The Boathouse. If you're not running today (or serving as a wheelchair escort), then let's get out for a quick spin and breakfast in Scarsdale, before joining the crowd at our traditional observation point on Madison Ave. Bring warm (standing around) clothes for spectating. NYCC runners: let me know your number and ETA at the 20.5 mile mark.

**Tuesday, November 14, 6:00 p.m.**  
**NYCC Meeting and Election at O'Hara's 120 Cedar St.**

**All Rides and December Bulletin material due!**  
 see back page for details.

### Thursday, November 16

**B17-21 50MI THURSDAY A.M. RIDE 9:30AM**  
 Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. We'll leave the Boathouse at 9:30am - ride, and return to the Boathouse by 12:30.

### Saturday, November 18

**A/B/C 40/30/20MI SECOND ANNUAL DIM SUM RIDE 10:00AM**  
 Leaders: Herb Dershowitz (212) 929-0787 & Liane Montesa (212) 534-5736 & Geo Carl Kaplan (212) 989-0883 From: The Boathouse. Brisk to meandering rides over the GW that all end up at noon at the Silver Pond Feet Lee Chinese Restaurant. Leave room for gorging on Dim Sum (and chicken feet!). Bring \$12-\$15 for feast. If rain or snow meet at GW Bus Terminal @11:15am for NJ Transit to Fort Lee.  
**NOTE: Please call Liane in advance (not the morning of) for reservations.**

**A20 65MI PEARLS BEFORE SWINE 9:00AM**  
 Leader: Mark Martinez (212) 496-5518. From: The Boathouse. Switzer-Vogel route to Pearl River where those with a yen for the fruit of the swine may indulge in bacon, sausage and, God and the FDA willing, scrapple. Pancakes, French Toast, fruit salad and blindfolds provided for vegetarians. Don't miss this soooo-weet ride. (Free side 'o fries to first rider who can identify the 1968 Yippie Presidential candidate!)

**B15 50MI PIERMONT 9:00AM**  
 Leader: Anne Grossman (212) 924-1549 From: The Boathouse. Join us for a nice leisurely crisp autumn ride to Piermont. We'll stop at the deli and then go to the pier for lunch.

**B15 50MI WHY PIERMONT? 9:30AM**  
 Leader: David Hallerman (718) 499-4467 From: The Boathouse. Good roads, good views, good deli, and a good place to hang out once you get there. Why not? Predicted temps below 40° cancel.

**B14-16 55MI BEAR MOUNTAIN 9:30AM**  
 Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. We're off to Bear Mountain today with a climb up Perkins for a great view of far-off Manhattan. Metro-North pass required for return.

**C14 40MI STATEN ISLAND 9:00AM**  
 Leaders: Tania Blamich & David Greenberg (718) 643-0839 From: Ray's Piz-za @ The Staten Island Ferry. Moderately hilly, pleasant ride through Great Kills Park. Deli stop and lunch at the Conference Center.

**C7 15MI HARRISON, NJ, ARCHETYPAL AMERICAN TOWN NOON**  
 Leader: Paul Rubenfarb (212) 740-9123 From: Front of Greyhound Office in Newark's PATH terminus. Built on the once bucolic plain between the Hackensack and Passaic Rivers, Harrison had a noble old shopping and residential area built around an inner core of immense factories now soporific with the exodus of industrial production South of the border. Rain or shine.

### Sunday, November 19

**A20 60MI STILL RIDING 8:30AM**  
 Leader: Ben Goldberg (212) 982-4681 From: The Boathouse. Brisk ride up to Rockland County with a quick refueling stop before heading home. Temps below 20° at start cancel.

## Club Rides

### A19 55-60MI NYACK 9:00AM

Leader: Karl Dittbrandt (212) 477-1387 From: The Boathouse. It's only November, you can't be sick of Nyack (yet)! Anyway, we now have a wider variety of eating establishments to choose from for the real November tradition of stuffing our faces.

### B13 40-45MI WESTCHESTER RAMBLE 9:15/9:45AM

Leaders: Maggie Clarke (212) 567-8272 & Irv Weisman (212) 567-9672 From: a.) Dyckman & Broadway triangle garden (9:15 - A train to 200 St) b.) Woodlawn & Jerome (9:45 - last stop on 4 train). Let's keep in shape before turkey week by visiting our favorite Westchester haunts including Silver Lake or Kensico Dam, New Rochelle or Scarsdale. Lunch at famous Esy's of White Plains. We will keep to the advertised pace! 60% chance of precip or temps below 45° cancels.

### Thursday, November 23

#### A19-20 55MI THANKSGIVING IN BLAUVELT 8:00AM

Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. Let's work up an appetite and earn tonight's stuffing. Guaranteed return by 1pm. Fowl weather cancels.

### Friday, November 24

#### A19-20 65MI IN SEARCH OF WILD TURKEYS 9:00AM

Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. Feel guilty about yesterday's overindulgence? Then join us in search of the last wild turkey. This ride goes through Saddle River, but doesn't stop at Elmer's (Elmer is out hunting wabbits). It's 39 miles to lunch, so bring pocket food (Turkey Power Bars?).

### Saturday, November 25

#### A/B/C 56/28MI BICYCLE CHRISTMAS SHOPPING IN HICKSVILLE 9:00AM

Leader: Marty Wolf (212) 935-1460 From: Tramway Plaza (2nd Ave & 59 St). Objective: A Christmas sale of bike paraphernalia - books, posters, jewelry, scale models, etc. Ride will be at an A18 pace but "B" and "C" riders are welcome to join and ride at their own pace. Maps and cue sheets provided. Bring LIRR pass if you want to return by train. Ride leaves at 9:10am sharp.

#### A19-20 50-60MI WHERE SHALL WE GO TODAY? 9:00AM

Leader: Steven Britt (212) 288-6324 From: The Boathouse. Today's ride will factor in the weather of the last two days (ridable or not), and the amount of food we're still digesting from Turkey day and left-over day (ridable or not?). Temps below 32°, go to a gym for a calorie burning feast or wake up late and check the fridge for left-overs!

#### B14 40MI TURKEY WEEKEND PICKUP 9:30AM

Leader: ? From: The Boathouse. Join other "B" riders on this pickup ride to a destination of your choice. Escape from turkey leftovers guaranteed!

#### C13 40MI NO TURKEYS, US! 9:30AM

Leader: Follow your whim. From: The Boathouse. Meet the group, pick a destination — Piermont? Why not? The Tex-Mex at Sidewalk Cafe should be a welcome change from those turkey leftovers!

#### C7 25MI BAY RIDGE - THE HEALTH BUFF'S NYC NOON

Leader: Paul Rubenfarb (212) 740-9123 From: Front of Brooklyn Museum (2 or 3 train - Eastern Pkwy). Located on an elbow protruding into wide NY harbor, Bay Ridge enjoys constant crisp breezes which result in the lowest

smog reading in NYC. Artists settle here for the varicolored harbor skies and the convivial community. Rain or shine.

### Sunday, November 26

#### A19 55MI NOT PLYMOUTH ROCK (OR NYACK) 9:30AM

Leader: Tom McMahon (212) 777-5845 From: The Boathouse. For those of us tired of turkey leftovers (and rides to Nyack), let's go to Pearl River. Starting temp below 30degrees cancels.

#### B16 50MI HERE WE GO AGAIN 9:30AM

Leader: Dick Goldberg (212) 874-2008 From: The Boathouse. 50 familiar Westchester miles - not for the flat-hearted.

#### B/C13 40MI PARK RIDGE, NJ 9:00AM

Leaders: Irv Weisman (212) 567-9672 & John Fullwood (212) 927-3278 From: GW Bridge Bus Terminal (A train - 175 St). Scenic tour to a wonderful diner. John will bring the maple syrup.

### Thursday, November 30

#### B17-21 50MI THURSDAY A.M. RIDE 9:30AM

Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. We'll leave the Boathouse at 9:30am - ride, and return to the Boathouse by 12:30.

### Saturday, December 2

#### A19 50+MI STILL RIDING IN DECEMBER? 9:30AM

Leaders: Judy & Conrad Meyer (212) 535-2444 From: The Boathouse. Let's spin to Park Ridge for pancakes at the diner. Temps below 45°, let's get the roller blades out instead!

#### C13/14 60MI NYACK W/O 9W 9:00AM

Leader: Mike Yesko (212) 533-2409 From: The Boathouse. We'll take a prettier but hillier route. 35 miles to lunch at the Kyack in Nyack. The 25 mile return allows for a stop at Starbucks followed by the hill-less route to Fort Lee. 50% chance of precip or temps below 35° at start cancels.

#### C7 16MI INDUSTRIAL WILLIAMSBURG'S ARCHITECTURE NOON

Leader: Paul Rubenfarb (212) 740-9123 From: Front of Brooklyn Museum (2 or 3 train - Eastern Pkwy). Of civil war vintage, old Williamsburg illustrates the pattern of American industrial planning in its formative decades. Here was the incubus of pathological American workaholicism - which the Honolulu municipal directory lists as a major mental disorder, a demerol of the 9 to 5 prole travail Hawaiians believe we sent them from the mainland to eradicate their idyllic polynesian culture. Rain or shine.

### Sunday, December 3

#### A18+ 40-60MI 5TH ANNUAL POST SEASON, POST-PARTY, HEDGEHOG RIDE 10:15AM

Leaders: Stefani Jackenthal (212) 769-8718 & Dan Schwartzman (212) 362-5493 & Margaret Cipolla and Jeff Vogel (718) 275-6978 From: The Boathouse. You can sleep late for this traditional end of the season ride, Scandinavian style. The first stop is for a civilized brunch at the Flagship (Mimosas and Bloody Marys are acceptable). We then climb the Trollstigen before stopping for Margaritas and Coronas at Santa Fe on Main Street in Tarrytown. Bike home along the Hudson Fjord of bring your Metro-Norsk pass. Riding skills appreciated, social skills mandatory. P.S. Traditionally someone throws a party the night before a hedgehog ride. At press time, we don't know of any. If you hear of one, please remember to invite the leaders (except Stefani). Typical Oslo in December weather cancels.

**First NYCC Ride? Please Read Page 2 Before You Ride**

## Club (and other) Rides

**C 30-35MI FROST BITE #1 - CONEY ISLAND 9:30/10:00AM**

Leader: Karl Dittebrandt (212) 477-1387 From: Steps in front of City Hall (9:30)/Grand Army Plaza entrance to Prospect Park(10:00). Easy flat ride to Coney Island. Lunch at Nathan's. Home along Ocean Parkway. Co-lead with 5BBC. Predicted high below 35° cancels.

### Wednesday, December 6

**EAT NO MILES TOUR OF THE ETHNIC RESTAURANTS - STAGE V 7:00PM**

Leaders: Jeff Vogel & Margaret Cipolla (718) 275-6978. Good Morning Vietnam! Well, maybe it's good evening Vietnam. Tonight's tour will actually leave Queens for a trip to China Town. Call by December 4th to reserve a seat at our favorite Vietnamese restaurant.

## RIDE PREVIEWS

### Friday, December 15

**A/B/C 30MI HOLIDAY LIGHTS 6:45PM**

Leader: Marty Wolf (212) 935-1460 From: The parking lot at City Hall, Manhattan. Enjoy this festive season with a friendly paced ride to the Flat-bush section of Brooklyn to pedal past some of the most outrageous, extravagant and at times, downright tacky Christmas displays in the entire NYC area. Although this is a short ride in distance, don't plan to be home before 11pm.

### Beat the holiday blues — Lead a Ride

➡ TO LEAD A RIDE IN DECEMBER CALL BY NOV 14 ➡

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

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

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

## OUT OF BOUNDS

### "A" LEVEL NYCC RIDE IN ITALY

9 days in June filled with serious riding and climbing in the Veneto and Trentino regions or northern Italy. Van support — nice hotels, great food and guides. Group size limited. Price \$1000. Call Lori Turoff (212) 353-9068, or come to the slide show at the November Club meeting for information. Deposit due by January.

### July 5 thru Sept 3 1996 Bike/Camping TOUR DI CALABRIA, UMBRIA, E CORSICA

Two month (with 1 month option) 55 mi/day scenic immersion. The tour-bus hordes infest not the sublime Italy, but only the souvenir shop agglomerations. Instead, we'll bike the immortal uncommercialized scenic Italy of Verocchio, Cellini, Canaletto and Boccioni, commencing with the verdant Calabrian wild forests of bears and waterfalls on Italy's vistaed foot. Next is Apulia's virgin-forested Gargano peninsula, followed by green and architecture-rich Umbria on Italy's spine. Last, we'll ferry from Livorno to Corsica's forest gorges, mountain torrents and peasant pastorales. \$500 RT air thru Cheap Tickets, Inc. \$175 rail and \$15/day food. Each biker buys own tickets, carries own money. Call Paul "Ernesto" Rubenfarb (212) 740-9123.

## NYCC Gives Thanks to...

The First Annual NYCC Escape from New York Century was a great success, and introduced many riders to new territory and new friends. It takes a lot of hard work, and funding, and food, and... The confidence and backing of our sponsors meant a lot, an helped make it all possible. Our heartfelt thanks go to:

**The Message Center, NYC Dandy Printing, NYC**

**Tom Cat Bakery, NYC Runcible Spoon, Nyack**

**Sidewalk Cafe, Piermont Enchilada Jonny's, NYC**

**Au Bon Pain, NYC The Gym Source, NYC**

**Power Bars Specialized**

**Cannondale Bolle America**

**Polar Electro**

**Piermont Bicycle Connection**

**New York Parks Department, NYC**

We certainly couldn't have pulled it off without the cheerful help our club members provided. The sixty-five people listed below shared their love of the sport with the riders in the NYCC Escape From New York. Thanks go to:

### Registration

Judy Meyer	Conrad Meyer	Reyna Franco
Charlie Katz	Rich Borow	Barbara Julich
Mitch Yarvin	Amy Hanowitz-Britt	Herb Dershowitz
Grace Lichtenstein	Liane Montesa	

### Food and Rest Stops

Stephanie Bleacher	Ed Fishkin	Andrea Goodman
Marc Yatkowski	Peter Mateusewich	Alison Lum
Susan Thalheimer	Abe Karon	Jim Siler
Jim Babbitt	Dan Maguire	Claire Maguire

### Route Planning and Marking

Stan Greenberg	Fred Steinberg	Dick Goldberg
Michael Toomey	Abe Karon	Tim Andon
Kristi Roberts	Steve Britt	Geo Carl Kaplan
Jane Kenyon	Ellen Richard	

### Marshalls

Captained by Karl Dittebrandt.

Mary Allen	Ed Allen	Caryl Baron
Stevan Baron	John Becker	Cynthia Cryan
Tony Dean	Herb Dershowitz	Sandy Gold
Stevan Gorey	Scott Grossfield	Ann Grossman
Richard Kaufman	Dan Maguire	Claire Maguire
Liane Montesa	Peter Morales	Tony Nappi
Hal Newman	C.J. Obregon	Bill Richards
Ferdie Scharf	Mark Schwartz	Karen Sherman
Jim Siler	Bill Strachan	Gene Vezzani
Miguel Vilario	Sandi Wells	Linda Wintner

# I WAS A VOLUNTEER FOR ESCAPE FROM NEW YORK

by Stephanie Bleacher

I remember my first century. I was living in San Francisco in April 1989, and went up to Chico to do the Wildflower ride. I remember the sense of achievement I felt after struggling to the top of the steepest, longest mountain I had ever climbed. I remember mile 58 (I was doing the metric), not believing that I was still sitting on my bicycle, but mustering renewed determination to successfully complete the route after my companion hinted that we should hop onto the sag. I was proud of myself and tired afterwards. My mind had felt pure and focused while I had been on my bicycle, and I wanted to ride more and become a stronger and better cyclist.

For the 1995 NYCC century committee, the principal goal for Escape From New York was to promote the sense of accomplishment and enjoyment of cycling that I had felt on that day in 1989. Our particular objectives were 1) to develop a safe, well-organized event, 2) to provide a friendly, festive atmosphere for all participants, and 3) to offer interesting new routes for cyclists of diverse ability levels. I believe that all of us on the committee felt that we achieved these objectives when ENY came together smoothly on September 23. We were also pleased about the positive feedback we got from riders.

For me, the rewards of creating this event for the first time were the sense of camaraderie among fellow volunteers and contributing to NYCC. I feel loyal to the club in which I have enhanced my skill level and enjoyment of cycling. Many of the people I worked with on the ENY committee were "bike friends" I have trained with over the last two years for numerous rides and events. We have seen each other achieve milestones, and are also used to having fun together because cycling is a great sport. I believe that the shared trust we had established on our bicycles carried over to the context of planning the century.

I helped organize ENY by obtaining food and raffle prizes, and by providing hospitality at the Rockland Lake rest stop. I first volunteered after Jane Kenyon had mentioned to me that the century committee was looking for help procuring sponsorship. The NYCC century needed a professional-looking proposal designed to persuade sponsors to support the event with goods, services or cash to cover upfront expenses. The point was to identify and present benefits to sponsors, giving the event credibility and attractiveness to companies such as PowerBar, Polar Electro, Bolle America, Cannondale, The Sidewalk Cafe in Piermont, Dandy Printing and The Message Center.

Writing the proposal was a thoroughly enjoyable project. I found out about NYCC history from Irv Weisman. I also learned about different ways of structuring and financing a century from organizers of several other events in our area. The ENY committee assimilated this information, and we eventually agreed upon a funding plan that had a balance between sponsorship donations and entry fees. Our financial goal to break even was ambitious enough for the first year.

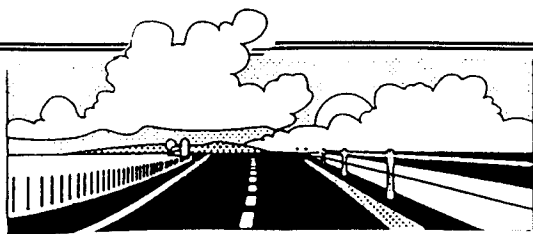
My favorite contribution to Escape From New York was buying the bananas. I was sitting in on an August planning meeting at Starbucks on 81st Street and 2nd Avenue. Judy Meyer and Andrea Goodman were successful and dynamic sponsorship

recruiters, but no fruit distributors had come forth. I volunteered to find the cheapest and highest quality bananas in the New York area. A friend of mine owns a restaurant, and he told me about the Hunt's Point Market in the Bronx. I called Hunt's Point information, tracked down "American Banana," and made arrangements to pick up the fruit two days before the century. The timing meant that the bananas would be just ripe enough on September 23. Mr. Contes at American Banana offered us a good price and promised he would "take care of us." On September 21, Tim Andon picked me up in his Cadillac, and we drove out to the Bronx. I believe that NYCC was American Banana's first retail customer. We got 500 bananas and 400 oranges for \$100. As a former Teamster, Tim was not as enthusiastic as I was about pulling into the giant warehouse complex and finding the right loading dock. However, he told me that in the end, he had gotten a lot out of NYCC and was glad to contribute. We dropped off the bananas at Conrad and Judy Meyer's apartment, where they fragrantly ripened until Saturday.

For the Rockland Lake rest stop, Ed Fishkin picked me up at 8:00 AM on the day of the century. We stopped by the Grant's Tomb registration stop to load Ed's Saab with fruit, Tom Cat Bakery bread, sandwich fixings and supplies. The two of us then headed over the George Washington Bridge for The Runcible Spoon to pick up the delicious muffins they donated as a sponsor. We narrowly missed getting lost en route because we weren't exactly sure how to get to Nyack by car. After the Parks Commission official opened the gates to Parking Lot 2 for us as arranged, Ed and I set up the Rockland Lake rest stop. I was impressed with Ed's precise sensibility with regard to culinary presentation. He insisted that I cut the muffins in half just so, and he actually separated the bananas from their bunches and arranged them in neat rows according to size, then ripeness. The best part of this hospitality project was talking with the riders, most of whom I met that day for the first time. The participants were all happy to arrive at our stop, eat and talk to us and each other about their ride.

All together, there were more than 320 registered participants in the event, with over half the riders doing the full hundred mile route. On an evaluation questionnaire we gave out at the end of the ride, participants expressed overwhelmingly positive response to their Escape From New York experience. Satisfaction measured according to registration, routes and lunch stops exceeded 95%. However, the comments people made to us were more meaningful to the ENY volunteers in measuring the success of the event. A New York couple told Caryl Baron that they had cycled all over Europe and California, but they had never ridden across the George Washington Bridge before Escape From New York. One person complained to Jane Kenyon that Churchill was too tough, but then admitted how proud he was to have climbed it successfully. As I munched Enchilada Johnny's tasty salsa and chips with the returning participants at the end of the day, I thought about my first century. The riders' enthusiasm about the distance they had ridden and level of challenge reminded me of my first century and that steepest, longest mountain I had ever climbed.





### BIKE TOURS IN FLORIDA THIS WINTER SHOULDN'T COST AN ARM AND A LEG

\$87 per day includes deluxe accommodations (30 mi. N. of Orlando), continental bkfst support van, experienced leaders, maps and cue sheets. Helmet and 18-speed bike rentals available. Join us for 2-5 days, Mons thru Fris, Feb. 11—March 22. Call us for more information. Prices based on double occupancy.

**Brooks CountryCycling & Hiking**  
140 West 83 Street New York, NY 10024  
(212) 874-5151

**Coming in December:**  
**NYCC's best holiday party ever!**  
See page 13 for details.

## Welcome to 54 New Members for November 1995!

Angela Azzolino	Robert Gelerter	Kim Phillips
Paul Bauer	Mary Gordon	Geoff Phillips
Marina Bekkerman	Jean Hill	Felice Pilchuk
Lisa Berman	Katrina Karkazis	Gabrielle Pleck
David Blume	Marc Klapholz	Dilys Price
Mara Bovsun	Lori Legano	Navid Rachmanim
Eric Brewster	Arthur Levy	Jeffrey Rubin
Deborah Brown	Rosann Levy	Mike Santangelo
Alison Butler	David Lines	Sam Schnapp
Melinda Camp	Kim H. Liov	Sheila Schnapp
Joseph Carew	Chris Lipman	Leslie Schneider
Margie Chassman	Theresa Luongo	Carol Silverman
Seth Cohen	Joan Lusk	Leonard Simon
Ellen Conant	Mike Maratea	Stephanie Summers
Mary Ann Cotler	Elizabeth McNulty	Laurie Tarkan
Heide Este	Douglas Morse	Antonio Tatum
John Fager	Paul Ness	Elizabeth Weissner
Ken Fallon	Natalie Noel	
Lisa Frank	Michelle Perez	

**Reeeally?**  
**You didn't get your NYCC Bulletin?**  
Don't call ME —  
**call MITCH YARVIN 988-8887**

## A-Notes by Rich Borow

On a recent ride to Long Island, one of the more mild-mannered members of the club got off her bike at the lunch stop and started to yell at the other members of the group. The reason? Apparently, several riders at the back had decided to take up the entire width of a single lane and would not let cars pass.

I've, too, have noticed some sloppiness, even among some recent SIG graduates, who should know better than following the bad example of some other riders.

As a general rule, we should never be more than two abreast while in a paceline (with the exception of when riders are drifting back after pulling off the front). In situations where there is only one lane and heavy traffic, a single paceline should form in order to not take up the entire road. It's not in our best interest to needlessly aggravate motorists or law enforcement personnel, so let's use our heads as well as our legs when riding!

### FROSTBITE SERIES — December, January, February

Join us for the winter counterpart to the "Beach Rides". Meet at 10:00am Sundays at City Hall for a leisurely paced ride to an interesting place (see December 3 listing in this Bulletin).

Though the Frostbite Series Rides are listed as "C" rides, A and B riders are invited to participate. Very cold weather and snow cancel.

### Mountaineering for Cyclists by John G. Waffenschmidt

For a number of years, I have been offering this program as a cross training alternative for the wintertime. The two sports are endurance oriented and focus on the use of the legs. Our approach is nontechnical, in that ropes are not used, though some equipment is needed for anyone wanting to go on multi-day trips. There are introductory sessions scheduled for both November and December. For more information please call me at (h) 718-321-7012, or (w) 516-227-3951, or Seymore Friedman at (h) 212-496-6684.

### Experiences Marshalling the NYCC Escape From New York Century by Anne Grossman

I marshalled the 65-mile route for the Escape From New York Century. I did nothing extraordinary, but I enjoyed it. No fixing flat tires. No calling 911. All I did was to direct traffic at the intersection of 9W and Palisades Avenue, help those who were lost, and yell at several road bozos, riding six abreast, to move over because of approaching traffic. They didn't (where was Irv Weisman when I needed him?). I cycled the route with three other marshalls. We wore our marshall's T-shirts, which served as a warming layer for the chilly day, and asked anyone we saw on the side of the road if they needed help. No one did, but they all appreciated the fact that we had asked. Escape From New York was a successful first-time century for the club, and I hope to be part of its growing success in the next year.

The 1996 NYCC Escape From New York Century will be on Saturday, September 21. The planning has begun. Ed.

## From the Boathouse

NOVEMBER 1, 1995

Okay. . . Will the real Jeanine Hartnet and the real Jeff Vogel please stand up. On September 23, Jeff became the fourth member of the New York Cycle Club to qualify for RAAM. All he did was ride some 525 miles in 36 hours. Then, on October 7, Jeanine finished 6th in her class in the Iron Man Triathlon, held on the Island of Oahu. All this encompassed was a 2.5 mile swim, a 112 mile bike ride, and a 26.2 mile run! Can you top either of these feats? We bask in your reflected glory!

**THEY HAD A DREAM . . .** Steve Britt, Reyna Franco, Jane Kenyon, and Mitch Yarvin wanted the Club to host a Century. And thanks to their planning, guidance and efforts, the New York Cycle Club's *Escape from New York Century* became a reality on September 23. Thank you very much from the entire club! The next *Escape from New York Century* will begin at 7:00 AM on Saturday,

September 21, 1996! Be there!

**CYCLISTS TV GUIDE. . .** Do you know that Stephanie Jackenthal stars in a television show that airs the second Wednesday of every month on Channel 17 at 10 PM? At present, *The Bike Show* is available only in Manhattan. If you want it on your local cable Public Access, contact Stephanie and she will explain how to proceed.

**THE MARATHON. . .** As of the middle of October, 111 Club members have volunteered to escort Achilles Track Club wheelchair athletes in the NYC Marathon on Sunday, November 12. If you want to do something on your bike that will stay with you forever, and will be very fulfilling, contact one of the two Richards - Ellen or Rosenthal - tout de suite!

**ELECTIONS. . .** The ballot for the election of officers and board members of the club for 1996 is elsewhere in this bulletin. Please express your choice by mailing your completed ballot to Ben Gold-

by Geo Carl Kaplan

berg, the Teller, so that he receives it before the Club Meeting on Tuesday November 14. Or, you may bring your ballot to the meeting!

**CAVEAT CYCLISTS . . .** We have learned that Francis La Rose has allegedly been harrasing one of our female club members, who had been using his mechanical services. She has filed a complaint with the police. We feel therefore that we cannot recommend that any woman use Wheelfix for repairs.

On Saturday, September 16, while proceeding north on 9W in Englewood Cliffs, Jim Siler and three other members of a double pace line were given summonses for "impeding traffic". They were a shade over the yellow line delineating the non-existent shoulder. Jim's court hearing is early in December, and he will appreciate any and all help you can provide.

**See you on the road!**

## Alphabet Soup

**ESCAPE FROM NEW YORK** NYCC's first organized century of this decade has come and gone, and by all measures seems to be a success. A big thank you to everyone on the list of volunteers in this issue (and if anyone was left out, thank you to you, too). We couldn't have done it without the generous help of each and everyone of you.

One of the many concerns we had was whether we could get the people power needed on the day of the event. But, 'put out the request and they will come.' It was great to find out how many people seriously care about this club, and are more than willing to lend a helping hand (or car, or cel-phone, etc.).

Again, thanks, and did we mention anything about next year.

**GOOD CYCLING PR** Yeah, cyclists tend to get pretty bad press and we always throw the blame onto the shoulders of the messengers and the delivery

people. But I've noticed plenty of situations where we piss off the non-cycling establishment.

On your next group ride, pay close attention to how the group handles intersections. Do you all collect in the crosswalk, ten across, staring at the street light? If so, which slice of Mother Earth are we leaving for Mr. or Ms. Q Public to use for safe passage across this intersection?

This is predominantly a problem as we exit through Harlem to the GW, but by no means is this the only territory where we exhibit this behavior. We also tend to congregate on the Jersey side of the GWB (sometimes for what seems like hours), blocking the passage of other cyclists.

At intersections, stop prior to the crosswalk, the same as cars do, in a single or double line (whichever is more appropriate). This will leave the crosswalk free for the walking public (as these areas

were intended). As for the area on the Jersey side of the GWB, try to keep stops there to a minimum, and leave a path to the curb-cut free for other cyclists.

**SU CASA** Even though the name has changed, the riding will always be the same. Thank you Christy Guzzetta for coordinating yet another outing to the Catskills. I'll admit that I was apprehensive about this year's trip and was pleasantly surprised by the service, food, and decor of the 'new' digs.

The weekend was a blast, even with one less riding day (for the non die-hards!). It was great to have the whole place to ourselves, and it should be even more fun next year.

**EMAIL REMINDER** You can drop me a line at NYCCRIDEVP@aol.com. Even though a response won't be lightning fast it will show up...eventually.

**Keep those cranks spinnin'**

**Preserve your assets — wear your helmet!**

## Blowouts

by Lou S. Pokes

What do **Johnnie Cochran**, **Newt Gingrich** and **Amy Hanowitz** all have in common? They all had their pictures on the front page of the New York Times in September! You have to be in the right place at the right time, I guess. **Ellen Richard** also had her 15 minutes of fame as she was quoted in the Times that same week.

**Corrections and amplifications.** It was incorrectly reported last month that **Kathleen Eaton** is the official drug supplier to the New York Cycle Club. She is actually the official drug supplier to the CRCA!

Congratulations to **Jeanine Hartnett** on completing the Hawaii Ironman Triathlon *again*. Her 14 hour and 7 minutes was good enough for sixth place in her age division. Take a rest, Jeanine. You earned it.

So, will **Jeff Vogel** follow in the pedal strokes of **David Walls** and **Alex Bekkerman** and **Mara Bovsun**, and do the Race Across America next summer? Jeff was still saying *¡No!* a month after he won the 525 mile RAAM Qualifier. He also can't take all the credit for the win; it was a team effort - Team Goofy!

**Margaret Cipolla**, **Kristi Roberts**, **Stefani Jackenthal** and **Jeff Vogel** (one yes and a lot of no's) all had their jobs. Jeff claims his was the easiest. All he had to do was turn the cranks. The rest of the team had to do all the work. They had to feed him, clothe him and think for him. Thinking for Vogel - that is a lot of work!

Also congratulations to **Irv Weisman**, who once again "rode his age" on his birthday. Sooner or later he may have to switch to kilometers, but Irv, you know we'll all be there for that metric century!

And, finally, congratulations to **George Kaplan** on becoming, briefly, a granpa for the second time when **Elizabeth Margot** (a.k.a. Libby) was born to his daughter, Emily. Briefly? Yes, George won't be grandfather to two for long — his daughter, Anne, is due in April.

Good luck to all of our New York City Marathon participants. **Charlie Katz**, **Kevin Mulvenna** and **Karen Sherman**. If anyone's name is missing - sorry - let me know. There will be a full report next month.

As of October 16, there were approximately 130 volunteers for the NYCC's effort to accompany wheelchair athletes attached to the Achilles Track Club in the NYC Marathon. Each volunteer was asked what class rider was (s)he so (s)he could be matched with a comparable wheelchair athlete. One volunteer said, in all seriousness, she was an A+ rider. Lou knows state champions who don't call themselves that.

So the final (I think) report from the **Escape From New York Century** is in (See page 7). The only complaint was that the 50 mile ride was only 44 miles. Tell them to do a lap of Central Park! The missing miles were more than made up for by the great food. The **Runcible Spoon** in Nyack and the **Sidewalk Cafe** in Piermont donated all the food for the 62 mile and 50 (44?) mile rides. But the best food of all was had by the

NYCC marshals and organizers at the finish, as **Tom Cat Bakery** provided great bread, **Enchilada Johnny's** donated irresistible taco chips and spicy salsas, and **Judy Meyer** baked for everyone. If Judy promises to bake again next year, there may be more marshals than riders. In fact maybe even **Rob Kohn** and **Keith Goldstein** (yes?) may volunteer to help after they were caught freeloading at the finish!

Finally, the Su Casa/Columbus Day Weekend in the Catskills Report. The name may have changed, but the riding was the same and the food was better! Even Saturday's rain couldn't put a damper on the best riding weekend of the year.

This was the first time in the four years at Su Casa that we've had a rainy day so there were lots of alternative activities. Some went shopping in Woodstock. Another group, led by **Catherine Chatham** and her topo maps, went hiking (or was that mud wrestling?) There was also a group that went bowling. **Maggie Clarke** surprised us all with her skills. She's a B rider but an A bowler (and a A- singer/guitarist). And actually, a dozen or so did go out for a ride, including **Dave Coplan** who

made it all the way up Devil's Kitchen on an epic 120 mile day. That was also Dave's car seen all over the Catskills as he graciously loaned us the transportation for the bowling and shopping excursions. Sunday's riding featured the usual climbing over various passes. However the fast A ride (mostly men) found a shortcut and skipped half the climbs. The slow A ride (mostly women) knew about the shortcut, but refused to take it. The shortest trip of the day though was the 30 kilometers that **Charlie Katz** did. But he's excused—his

18 miles was done in running shoes, without a bike, as a NYC Marathon tune-up. We also learned that **Steve Britt's** talents go beyond riding a bike, as he provided some of the evening entertainment with his guitar playing and singing. On Monday we found out that maybe **Jeff Vogel** doesn't know every road in the Catskills. He swore his 50 mile route was easy. Well, 4,500 feet of climbing later, his group was ready to kill, but they didn't have the energy. We know Judy Meyer is one who will never go on another Jeff Vogel led ride again. And for **Rich Borow**, the weekend ended the same way it started. The bus had to wait Friday evening while Rich was stuck in traffic caused by the Pope's visit to New York. On Sunday afternoon someone did a count on the bus and realized we were short one rider. It was Rich. A search party was sent out and eventually Rich found his way to the bus. Rich, you're not going to give us that Pope story again, are you?

The funniest story from the Columbus Day Weekend may have happened after Sunday's hilly A ride. (Weren't they all hilly?) It seems **John Bermudez** and **Al Boland** (no) decided to relax by spending some time in the hot tub. The only problem was they never turned it on! We found them just sitting there in a warm bathtub. Can we change it from Road Bozo to Jacuzzi Bozo?

It seems  
**John Bermudez** and  
**Al Boland** (no)  
decided to relax  
by spending  
some time in the  
hot tub.  
The only problem  
was they never  
turned it on!

## Ballot for Election of 1996 NYCC Officers

The candidates for offices on the New York Cycle Club Board are listed below. The statements of the candidates for the two contested positions are below the list of candidates. Read the statements, ponder, and mark your choices on this ballot. Then, either fold this ballot in three and add your name and return address, — or put it in an envelope with your name and return address on it — add postage (32 cents) and mail it to our teller:

**Ben Goldberg, 1 Wahington Square Village, #5B, New York, New York 10012.**

**Note:** This form may be copied for multiple member households, but without the member's name on the reverse side of the ballot (to check that vote is valid), your vote will be void.

<b>President</b>	Gene Vezzani	<input type="checkbox"/>	<b>Special Events Coord.</b>	Stephanie Bleecher	<input type="checkbox"/>
<b>V.P. Programs</b>	Caryl Baron	<input type="checkbox"/>	<b>Bulletin Editor</b>	Marla Kittler	<input type="checkbox"/>
<b>V.P. Rides</b>	Steve Britt	<input type="checkbox"/>		Doug Riccardi	<input type="checkbox"/>
<b>Secretary</b>	C.J. Obregon	<input type="checkbox"/>	<b>A-Rides Corrdinator</b>	Conrad Meyer	<input type="checkbox"/>
<b>Treasurer</b>	Reyna Franco	<input type="checkbox"/>	<b>B-Rides Coordinator</b>	Irv Weisman	<input type="checkbox"/>
<b>Public Relations</b>	Rich Borow	<input type="checkbox"/>		Marc Yatkowski	<input type="checkbox"/>
<b>Membership</b>	Mitch Yarvin	<input type="checkbox"/>	<b>C-Rides Coordinator</b>	Donna Kahn	<input type="checkbox"/>

### Bulletin Editor

#### Douglas Riccardi

As the owner of a small, two-year-old design firm in New York City who has over ten years of experience in the creation of everything from magazines, books and annual reports to record covers and film titles, I can promise the Club a bulletin which arrives on time and which is as visually striking, up-to-date and entertaining as the club riders themselves.

#### Marla Kittler

My intention, should I be elected Editor, is to produce an easy to read and entertaining club bulletin each month.

### B-Rides Coordinator

#### Irv Weisman

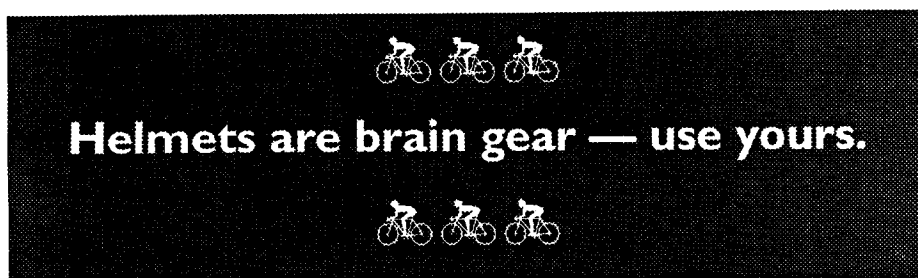
During the '70s I served as NYCC President, VP Programs, Editor and Treasurer. In 1996 as B rides coordinator I plan to:

- a) Actively solicit rides for a varied menu
- b) Meet with experienced B leaders to formulate a consensus for B ride behavior and responsibilities
- c) Promote Effective Cycling traffic skills and competence for roadside repairs
- d) Develop more ride leaders through co-leading with experienced leaders
- e) Promote sharing of members' touring know-how and experiences.

#### Marc Yatkowski

I am very excited at being nominated as B rides coordinator for 1996. During this past year I led rides, and I know how much fun leading a ride can be. As the B rides coordinator, I hope to have many new people lead rides and experience the same fun I had. For the people who have been on my rides, I promise not to go to Nyack every time.

Fold in thirds, tape or staple closed, add 32 cents postage, and mail.



**NYCC Ballot from:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

.32 stamp

**NYCC Election c/o  
Benjamin Goldberg  
1 Washington Square Village #5B  
New York, New York 10012**

# The New York Cyclist

by Peter Schug

I am a New York Cyclist,  
I ride the whole year 'round.  
My rims they are all dented,  
from potholes I have found.

(Chorus)

No rain, no wind nor falling snow,  
can mar this rider's day.  
I ride upon my rollers,  
the New York cyclist's way.

I climb the hills of Jersey,  
I climb the hills of town.  
The hills that I like best to climb,  
are hills that I climb down.

(Chorus)

I ride up in the Catskills,  
to climb fantastic hills.  
I cannot read my roadmap,  
I'm looking for them still.

(Chorus)

I go fast up the Concourse,  
I hammer up Saint Knick's.  
I eat fast at the Skylark,  
on State Line I look sick.

(Chorus)

I am a New York cyclist,  
I ride in Central Park.  
My friends all say be careful,  
don't ride there in the dark.

(Chorus)

The crazy skaters in the park,  
don't look before they swerve.  
I think they are all idiots,  
or else they've got some nerve.

(Chorus)

This song is getting hard to rhyme,  
I don't have a second line.  
and the rhythm is all messed up too.  
I think I'd better stop.

It's been a great year of cycling, and 1996 will be even better!

Party with your cycling friends at

## THE NYCC HOLIDAY CELEBRATION

TUESDAY December 12, from 6:30 till 10:30 pm

## CUCINA DELLA FONTANA

368 Bleecker St., corner of Charles St. (212) 242-0636

E or F train to West 4th St., 7th Avenue train to Christopher St.

## Annual Awards New Board

\$30 in advance (by December 4) \$35 at the door

We'll supply the great food (Italian, of course), wine, beer, DJ, music, dancing...

You supply the friendly camaraderie and festive spirit the NYCC is known for.

Send this coupon, with your check, to

NYCC Holiday Party, POB 199, Cooper Station, New York, NY 10276.

Name(s) \_\_\_\_\_ Phone \_\_\_\_\_

Name(s) \_\_\_\_\_ Phone \_\_\_\_\_

Number of reservations \_\_\_\_\_ Each \$30 \_\_\_\_\_ Total \_\_\_\_\_

# SYMPATHETIC BONE DOC KEEPS HIS PRIORITIES STRAIGHT

By Peter Hochstein

To: NYCCBull@aol.com (Caryl Baron)

I swear the following is true. Any questions, by all means call me —Peter

Somebody in charge of membership, quick! Call me for the name of a former Chicago triathlete and present day orthopedic surgeon, recently arrived in New York and practicing medicine on Park Avenue.

Trust me, you want to sign him up for the New York Cycle Club —immediately!.

I met him the day after a punishing crash with an in-line skater in Central Park. What at first was simply (I thought) a little road rash on my upper cheek turned out to be far more extensive after the swelling and pain had a few hours to blossom.

Referred to the orthopedic specialist by my family doctor, I launched into a litany of injuries, starting with a possibly fractured foot that I allowed might have occurred when I got caught in a toe clip as I went over.

"Toe clip or cleat?" he asked.

That was my first clue. I told him it was a toe clip.

"Were you wearing a helmet he asked?"

Second clue.

I went on to describe my newly acquired limp, the pains and puffiness in my wrist, the inability to use my left hand, the stiffness of my left fingers the road rash on my right arm, the swelling on my right cheek, the contusions on my right shoulder, the ache in my bruised ribs, the abrasions and swelling on my cheekbone, and the shiner on my right eye.

"My God!" he gasped, revealing that he was without a doubt One-Of-Us, "Is yourbike okay?"

## Wear bright colors — not roadkill black Be seen and not hurt.

---

## Paceline

by Caryl Baron

This space is for news and noteworthy information pertaining to the areas we, as NYCC members, live in and ride in.

**Museum Parking**—On a recent trip to the Metropolitan Museum of Art, I casually remarked, while checking my helmet, that the parking signs outside the museum were much closer to the street than they used to be, making me jittery about locking even a beat-up city bike there for fear of its being mashed by a bus. He cheerfully informed me that he locks his bike to the bike rack inside the museum's south parking garage. On my next visit, on a rainy evening, I was pleased to follow his lead.

**The Right PATH**—I think no one ever reported that pieces were falling off the bike route across the Goethals Bridge, for fear someone would notice and close the path. Finally, a piece so big no one could not notice fell off, and the path is closed indefinitely for assessment and repair. The same is true of the Bayonne Bridge, where an inspection revealed deterioration much worse than expected. Use the PATH trains to reach south and mid-Jersey routes.

**Holiness**—Note that the DOT has a new pothole complaint number: (212) 442-7094 and (212) 442-7097. Did they change the number because the old one was too easy to remember?

**Retrofit**—On several occasions on cool fall days, I've been asked what I was wearing. The answer was surprising, coming from one who latched onto hi-tech fibers before anyone had

even thought of the term: I've been wearing WOOL! After much experimentation, I've found it's really the miracle fiber. It wicks, it's warm, and best of all, it's still warm when it gets wet.

And, even with many new wonder fibers coming on the market each year, my underlayer is still the original wicking fiber developed for the cold, damp conditions faced by Scandinavian fishermen: genuine polypropylene. Polypro is coziest because it has the lowest heat conductivity of any fiber. The newest Lifa can be machine washed and dried, and isn't supposed to hold odors (of course, you DO have to wash it). For any of you new to winter cycling (or skiing, or hiking, or running, or...), the one thing you should absolutely not wear next to your skin is cotton. Cotton has a high heat conductivity, and it holds water. When you perspire, it gets wet. When you stop, you freeze.

**Lastly**, though a windbreaker will keep me warm, I try to wear it under my seat. I find that I'm most comfortable if I'm ever so slightly cool when I start out, since I warm up in ten minutes or so. Without a windbreaker, my polyp[ro and wool stay ventilated and dry, so when I stop riding, I'm still dry. This way, I don't chill off in the diner.

**Road Show**—At the 5BBC's meeting on Monday, November 20 at 6:30pm designer Hillary Lewis will present Georgena Terry's winter line of women's cycling apparel, and a sneak preview of spring. You'll be able to order on the spot. AYH Hostel, 891 Amsterdam Ave. & 103rd St. (#1 & 9 trains) 212-932-2300.

## Minutes

TUESDAY SEPTEMBER 5, 1995

Present: Geo Kaplan, Steve Britt, Reyna Franco, C.J. Obregon, Mitch Yarvin, Michael Toomey, Rich Borow, Gene Vezzani and Linda Wintner.

Absent: Lori Vendinello, Caryl Baron, and Barbara Julich.

The minutes of the meeting of July 25, 1995 were approved.

Geo reported that he had visited the Cucina della Fontana Restaurant as a possible site for the holiday party. The location was convenient and the space adequate. There will be tables of eight with a buffet. The party is scheduled for the second Tuesday in December.

Geo reported the next meeting of the century committee was September 6. There were approximately 125 registrants to date.

Mike reported that 2000 brochures had been printed. He wondered if anyone would be willing to take responsibility for them.

The board considered ordering water bottles of a new design but rejected the idea. Geo polled the board about running for office for 1996.

The meeting adjourned at 8:20 P.M.

Respectfully submitted

Conrad J. Obregon

## Re-Cycling

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

### To:NYCCBull@aol.com FOR SALE: Mountain Bike — Help me

18" Titanium Sandvik (for Fuji), Manitou 3, Cooks Brothers RSR 176mm cranks, White titanium BB, Chris King, Ringle 135mm stem, GripShift XRay's, OnZa titanium pedals, Dean titanium handlebar, etc. Doug (212)316-9767

**BONUS:** I'll give you 5% (\$100 on \$2000) commission if you find me a buyer.

**FOR SALE: Carnac Lemond Kevlar shoes**, size 43 1/2 (runs big), black with yellow, with Look plate and cleats. Worn twice. \$89.00. Jeff (718) 275-6978.

**FOR SALE:** Softride Chromoly - Suspension Stem, \$100. Scott AT-4-Handlebar \$25, o.b.o. Profile Aero II Aero bar with aero bag, \$25, o.b.o. Chad (212) 666-3478.

**FOR SALE:** Blackburn rear mountain bike panniers. Brand new, never been used. Heavy duty, great construction. \$60/pr. (Nearly half what I paid for them.) Barbara (718) 832-8001.

## Southwestern Landscapes

An exhibition of photographs by NYCC's Henry Joseph  
November 7 thru December 2

You are cordially invited to the opening and reception

Tuesday, November 7th 6 — 8pm

Synchronicity Space

55 Mercer St., between Broome & Grand



### 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.

**Dues are \$21 individual, \$27 per couple** residing at the same address and receiving one Bulletin. After August 1 dues are \$11.50 ind./\$13.50 couple. All memberships expire December 31.

Allow four to six weeks to receive your first Bulletin. Mail this application with a check made payable to the

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



**NYCC MEETING**  
**T U E S D A Y , N o v e m b e r 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, pasta buffet, coffee: \$10**

**Bike Italy**

see what's in store for a NYCC ride to the veneto and dolomites.  
learn what it takes to put a trip like this together,  
and how to do it well.  
sneak preview of provence, france, too.

   **Indoor Bike Parking! . . . Or, Subway:**     
**1, 9 to Cortland St., N, R to Cortland St., 4, 5 to Wall Street, E to WTC**

**NYCC**  
**New York Cycle Club**  
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Cooper Station  
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**Holiday party — Elections — details inside!**