

October
1995

NYCC Bulletin



"I don't give a damn about your non-union labor clause. I want the October bulletin delivered on time!"

New YorkCycle 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) 988-8887

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

BEFORE YOU RIDE:

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

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 maintains 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	To/From	To GCT
Hudson Line	7:58 am Poughkeepsie	4:12 pm
Harlem Line	8:49 am Brewster North	4:08 pm
New Haven Line	8:07 am New Haven	3:57 pm

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

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.

Copyright © 1995, NYCC. All rights reserved. May not be reprinted in whole or part without editor's written permission.

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 NOVEMBER Bulletin is due OCTOBER 8!

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.**



Sunday, October 1

A19 70MI COME SEE CAUMSETT (LET'S TRY AGAIN) 9:00AM

Leader: Reyna Franco (212) 529-6717 From: The Boathouse. Charlie has abandoned his bike to train for the marathon, but I'm going to make another attempt at a ride through Long Island's North Shore to our mansion on a hill overlooking the sound. Musette bag recommended - deli stop is 5 miles from picnic stop.

A19 65MI PARK RIDGE 9:00AM

Leader: Karl Ditterbrandt (212) 477-1387 From: The Boathouse. This one takes us west (away from Nyack) while the other "A"s head east. No surprises. Just come out and ride.

B17 100MI 4TH ANNUAL L.I. CENTURY 8:00AM

Leader: Steven Britt (212) 288-6324 From: The Boathouse. This is the reschedule of last year's rain-out. Flat southern shore route out to Bethpage for lunch. A few hills on the north shore return.

B14 72MI 72 FOR 72 BIRTHDAY RIDE 7:45AM

Leader: Irv Weisman (212) 567-9672 From: Grand Central Terminal / Metro-North. I've been warned that I can't keep matching the miles with my years, but I'm giving it another try. We'll ride from Beacon, over Storm King Hwy, thru West Point, Bear Mtn Park, Seven Lakes Drive, suburban NJ to the G.W. Bridge. Hill climbing gears, helmet. Call Irv for any last minute changes. Metro-North pass required. 50% chance of rain cancels.

C13/14 57MI RIDGEWOOD SUNDAY 9:00AM

Leader: Mike Yesko (212) 533-2409 From: The Boathouse. Across the G.W. Bridge and up 9W a way's. We'll enjoy the Hillside Ave. downhill and continue west to Ridgewood - brunch at the diner or bagel shop. Other stops as needed including Ridgewood Cycle Shop. Return by NJ 502 (some hills) and gradual climb up Closter Dock to 9W.

Thursday, October 5

B17-21 50MI THURSDAY MORNING 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.

Friday, October 6

A19 45+/-MI BEAT THE BUS CALL FOR TIME

Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. The Columbus Day Weekend at Su Casa has been described as the most spectacular riding the club does all year. Why not add another glorious day of fall foliage riding and make it a four day weekend? We'll also get to Su Casa early enough to use the hot tub before Saturday's invasion by 50 sweaty cyclists. Call leader early in the week to find out which late morning Metro North train we'll be on. (Train pass required.)

Saturday, October 7

A20-22+ 100/112MI PEEKAMOOSE CENTURY 9:00AM

Leaders: Jeff Vogel (718) 275-6978 & Steven Britt (212) 288-6324 From: Su Casa. What a ride - 7000 feet of descending! How can anyone complain while flying down Peekamoose, Samson, and Slide Mountains? Load up at breakfast as it's 50 miles to the first stop. You wanna stop sooner? There's nothing there; just mile after mile of (almost) auto-free wilderness. Acrophobics need not attend!

A20 60MI PAPAL PEDAL DAY 8:30AM

Leader: Friar Jim (212) 663-1420 From: 110St & Adam Clayton Powell Jr Blvd (North Exit of the Park). Note meeting place and time! We hear the Pope has a few Colnagos stashed away at The Vatican, but doubt he brought them along. Just as well, rumor has it he's a real pacebuster and makes the last one up hills say several Hail Mary's! However, Friar Jim will hear your confessions on his neverending quest for The Holy Hills of Rockland. Apocalyptic conditions cancel.

B14-16 45MI PAPAL VISIT RIDE 9:15AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. The Pope is visiting Central Park today. Let's get out of the way of the faithful making their way to the Great Lawn by heading south for a ride around Staten Island.

C7 20MI THE BRONX-WORLD EPICENTER OF ART DECO NOON

Leader: Paul Rubenfarb (212) 740-9123 From: NE corner 181St & Ft Wash Av (A train). With over 1000 prime specimens of interwar art deco architecture, the Bronx excels all other counties, and even cities for this style. Its broad plazas and landscaped boulevards contrast starkly with the burgerama/split level degeneracy that destroyed rural America in the post-war. Rain or shine.

Sunday, October 8

A19 70MI PICNIC? AT BAYVILLE 8:30/9:15AM

Leader: Irv Schacter (212) 758-5738 From: The Boathouse (8:30)/The Statue of Civic Virtue (9:15 - E/F train - Union Tpk). A trip out to view the Stud Farm and estates on the North Shore of Long Island. Wheatley Rd, Chicken Valley Rd, Valentine Ln, etc. Will attempt to picnic near the beach, weather permitting.

B16 50MI WHITE PLAINS 9:00AM

Leader: Karl Ditterbrandt (212) 477-1387 From: The Boathouse. It's not Su Casa - but it's the diner in White Plains.

Monday, October 9

C14 50MI MAMARONECK HARBOR 9:00AM

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

Tuesday, October 10, 6:00 p.m.
NYCC Meeting at
O'Hara's 120 Cedar St.
All Rides and November Bulletin material due!
see back page for details.

Club Rides

Thursday, October 12

B17-21 50MI THURSDAY MORNING 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, October 14

A19 70MI WHIPPING UP WHIPPOORWILL 9:00AM

Leader: CJ Obregon (212) 876-6614 From: The Boathouse. Flat to White Plains, then Whip-poor-will & Nanny Hagen. Helmets required.

A18 80MI NEW HOPE OR NO HOPE

Leaders: John Fullwood (212) 927-3278 & Alfred Boland (212) 568-1212. Call leaders for starting time and location. A leisurely ride through the New jersey countryside to that tourist trap called New Hope. We will take the PATH train to Newark (\$1) then ride to New Hope. We'll hang out in New Hope for as long as the group wants, then head down to Trenton for the train back to NYC. We'll return on either NJ Transit (\$10, bike pass and 2 bungees required) or Amtrak (\$32).

B16 60MI NON - 9W TO NYACK 9:00AM

Leader: Karen Fantus (212) 873-5559 From: The Boathouse. Nyack the hillier, prettier way. Thirty-five miles up, the usual twenty-five miles back along 501.

B14-16 50MI FIVE ISLANDS 9:30AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Visit and view five completely different islands beginning with Westchester County's magnificent Glenn Island.

C12 35MI PARK RIDGE 9:30AM

Leader: Karl Ditterbrandt (212) 477-1387 From: The steps of City Hall. Easy, flat ride to Coney Island. Lunch at Nathan's. Home along Eastern Pkwy.

C7 22MI WEST NEW YORK'S RED LIGHT STRAND NOON

Leader: Paul Rubenfarb (212) 740-9123 From: NE corner 181St & Ft Wash Av (A train). A naughty but therapeutic elixir for cold wives and other forms of hypothermia, this old joisey tenderloin strip on Hudson Ave still festes with the sybarite bawdy-house virility long-ago shut down by most of square jawed America. Rain or shine.

ATB1 50MI ROADIES HIT THE TRAIL 9:00AM

Leader: Greg Worley (212) 781-6702 From: The Boathouse. You've got that mountain bike and long to ride on dirt with it. This is a ride for those who want to take a break from the road bike and use the mountain bike without having to commute to LI. This is a mellow ride in Bergen County with pretty trails.

Sunday, October 15

A19 85MI IF AT FIRST YOU DON'T SUCCEED... 8:30AM

Leaders: Rich Borow (212) 866-1966 & Mary Allen (212) 666-6844 From: The Boathouse. Another attempt at our ill-fated "Greenwich (and beyond?)" ride. In July, one of the leaders didn't quite make it to Greenwich (miles in the back of an ambulance don't count). This time let's try to make it at least to Greenwich, and then maybe Westport! Metro-North pass required. Blustery weather cancels.

B15 50MI BEAUTIFUL RIDE TO BEDFORD II 8:30AM

Leader: Anne Grossman (212) 924-1549 From: The Boathouse. This route was such a success that I thought I'd try it again. Rolling hills. Bring snack food and Metro North passes. Lunch on the commons at Bedford, then we'll take the train from Bedford Hills.

B14 45MI LONG BEACH 9:00AM

Leader: Alinda Barth (718) 441-5612 From: The Statue of Civic Virtue on Queens Blvd. Let's go to the beach one more time, perhaps even eat outdoors if weather permits. No hills on this ride.

C12 50MI 5 BRIDGES 9:15AM

Leader: Peter Hochstein (212) 427-1041 From: The Boathouse. To Sheepshead Bay the long way - via the 59th St Bridge, Queens, various bridges in the Rockaways, including the Marine Parkway Bridge. Home via the Brooklyn Bridge. Indoor/outdoor lunch option in Sheepshead Bay. Helmet, spare tube required.

Thursday, October 19

B17-21 50MI THURSDAY MORNING 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, October 21

A19 75 MILES THE WAY 8:30AM

Leaders: Priestess Marla (718) 832-2329 & Yogi Stephanie (212) 348-2661. From: The Boathouse. Where does the body end and the Mine Road begin? As of press time, we are contemplating a journey of grace, with bicycles climbing mountains as if on wings ... Little Tor...Gate Hill...Perkins... Pay heed to the providing of nourishment (bring pocket food) and a return via Metro North. How could there be blame in this? Bad karma cancels.

A19 65MI FALL FOLIAGE 9:00AM

Leaders: Judy & Conrad Meyer (212) 535-2444 From: The Boathouse. Great loop in Rockland County hopefully to see the trees in their prime. We hope to maintain a brisk pace, but take in the colors.

B17 55MI ART AND COFFEE 9:00AM

Leader: Marc Yatkowsky (212)410-6284 From: The Boathouse. Let's check-out the new Gallery/Expresso Bar in Nyack that features nice comfortable couches and interesting art work.

B14-16 50MI CIDER AND PUMPKINS 9:30AM

Leader: Gene Vezzani (212)875-1615. From: The Boathouse. Fresh apple cider is waiting for us along the way as we weave through the beautiful back roads of rural New Jersey and New York.

C14 50MI POINT TO POINT 9:00AM

Leader: Harold Aronowitz (718) 454-2263 From: The Statue of Civic Virtue(E/F train - Union Tpk). See the estates at Sands Point. Lunch on the waterfront. Stop at Merchant Marine Academy. Beautiful ride that passes through Kings Point. A few hills.

C7 17MI RED HOOK - LITTLE OLD NY NOON

Leader: Paul Rubenfarb (212) 740-9123 From: Front of Brooklyn Museum (2/3 Train - Eastern Pkwy). Arrivistes from the midwest's drabery often fail to find the quaint pre-war Edward Hopper NYC they migrated for. Red Hook is just their desideratum, with blocks of intact un-yupified, unsterilized Victorian row houses, spires, and extravagant harbor views. Rain or shine.

First NYCC Ride? Please Read Page 2 Before You Ride

Club Rides

Sunday, October 22

A/B/C 70/50/35MI CONNECTICUT SHORELINE REVISITED 7:30AM

Leaders: Steven Britt (212) 288-6324 & Jim Babbitt (718) 296-0027 & Roscoe George (212) 989-0883 From: Grand Central Terminal. This great train ride returns! Buy a round-trip ticket for New Haven, then buy a bag of breakfast at Zaro's. Board the 8:07am train to New Haven, and put your bike in the bar car (bring a bungee cord to secure your bike). Three routes along the Conn. shoreline - maps and cue sheets provided. Back at the railroad station to take the 3:54pm to NYC. Frank Pepe delivers pizza to the train (chip in on the way up). We'll arrive at Grand Central Terminal at 6:00pm.

A18.5 60 MILES MY LAST HILLS FOR 1995 9:45AM

Leader: Richard Rosenthal (212) 371-4700. From: The Boathouse. My penultimate (look it up) ride: Tweed, Bradley, Clausland, Booth. Bad form welcomed.

B14 57MI ARMONK IN THE FOLIAGE 9:15/9:45AM

Leader: Maggie Clarke (212) 567-8272 From: Dyckman/Broadway Triangle A train - 200 street / Woodlawn - Bronx (end of #4 train). This beautiful ride, which will ACTUALLY go at a B14 pace, will visit the backroads of the lower Westchester suburbs with their manicured homes & gardens plus the estates of Greenwich. Lunch at the goose pond in Armonk. On the way back we'll enjoy the Kensico dam and lake. 60% prediction of rain or temp below 40 at start cancels.

C14 46MI ANYBODY FOR ART? 9:00AM

Leader: Michael di Cerbo (212) 645-1120 From: Front of City Hall. Ride through the ethnic neighborhoods in Brooklyn, Queens, and Nassau Counties. Lunch in Garden City. After lunch, art opening at the Firehouse Gallery. Then we return to the subway at Hillside Ave & 179 St

Wednesday, October 25

EAT 0MI TOUR OF THE ETHNIC RESTAURANTS 7:00PM

Leaders: Jeff Vogel & Margaret Cipolla (718) 275-6978. Track racing may be over, but ya still gotta eat. Tonight we venture to Astoria for authentic Greek food. Call by Thursday October 19 to reserve a seat.

Thursday, October 26

B17-21 50MI THURSDAY MORNING 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, October 28

A20 60MI OUT EARLY, BACK EARLY 8:00AM

Leader: Ben Goldberg (212) 982-4681 From: The Boathouse. You'll be back home for lunch, so the food stop will be quick or non-existent. Bring sustenance.

A19 70MI PICNIC? AT BAYVILLE 8:30/9:15AM

Leader: Irv Schacter (212) 758-5738 From: The Boathouse (8:30)/The Statue of Civic Virtue (9:15 - E/F train - Union Tpk). A trip out to view the Stud Farm and estates on the North Shore of Long Island. Wheatley Rd, Chicken Valley Rd, Valentine Ln, etc. Will attempt to picnic near the beach, weather permitting.

A19 65+MI SLEEPY HOLLOW 9:00AM

Leader: Lisa Davis (212) 338-9878 From: The Boathouse. A ghoulish ride in search of the headless horseman. Costumes preferred. Metro-North pass just in case (we find him!). Extremely unseasonable weather cancels.

A19 55MI ANNUAL STATEN ISLAND RIDE 9:20AM

Leader: Jody Saylor (212) 228-0440 From: The Staten Island Ferry. Our wonderful Catherine Cass is waiting with open arms and Greek Pastries to welcome her favorite bikers into her Frank Lloyd Wright home. It's a hilly, pretty morning (picnic lunch at the Conference House Park) and fast, flat back to the Ferry. Kindly bring an extra \$2.

B15 50MI PROCESSION 9:30AM

Leader: Dick Goldberg (212) 874-2008 [And possibly George, Gene, Linda, Rich, Ann, Jim, et alia] From: The Boathouse. Cast off your slings, crutches, splints, casts, ace bandages and similar souvenirs of Summer! Bring them to the Shrine of the Boathouse, where we will lash them to the fence, offer up prayers of thanks, and set forth on that gentle journey to validate our healing. Apocalypse cancels.

B14-16 80MI STONY POINT 9:00AM

Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. We're heading up 9W today to the small town of Stony Point. A deli stop and then lunch in the Stony Point Battlefield Reserve picnic area.

C12 30MI TALLMAN PARK - THE NICEWAY 9:30AM

Leader: Don Passantino (718) 446-9025. From: The GW Bridge Bus Terminal. Ride past some beautiful estates in Englewood, NJ on the way to Tallman. Picnic in the park, weather permitting. Otherwise, we'll find someplace warm.

C7 16MI NEWARK'S VICTORIAN FACTORIES NOON

Leader: Paul Rubenfarb (212) 740-9123 From: Front of Greyhound office in Newark's PATH terminus. They say all psychiatry is at bottom industrial psychiatry - the patternistic art of beguiling more productivity from anthropoids, whether to pay stiff shrink fees or to augment the stock dividends of the military-industrial conglomerates. Ironbound Newark exhibits nostalgic brownstones and factories, abounding in the work ethic sired by the race of shrinks and therapists. Rain or shine.

Sunday, October 29

**DAYLIGHT SAVINGS TIME ENDS -
SET YOUR CLOCK BACK ONE HOUR**

A18/19 60MI GHOULS AND GOBLINS 9:00AM

Leaders: Reyna Frankenstein (212) 529-6717 & Amy Hangmans-mitts From: The Boathouse. A repeat of last year's graveyard tour in search of spirits and other scary creatures. Road brooms are required, but costumes are optional.

B14 40MI MONTCLAIR ESTATES, LITTLE FALLS, AND FALL FOLIAGE 8:30AM

Leader: Irv Weisman (212) 567-9672 From: World Trade Center at the top of the PATH escalators. Meet at the top of the PATH escalators in the World Trade Center (\$1 fare - Bill or coins) for the 8:40am train to Newark. **Note: Daylight Saving Time ended last night, move your clock back one hour.** Ride thru Branch Brook Park, pretty suburbia, and lunch in Little Falls. Return to Newark (PATH). There are hills, wear helmet. 60% chance of rain, or a predicted high below 50 cancels.

IF IT'S BROKE, WHEELFIX IT.

Personalized pick-up and delivery, affordable, Mavic/Campy/Shimano certified, expert repairs and maintenance.

Call Francis at **WHEELFIX (212) 491-1665** or beeper (917) 875-8099.

Club (and other) Rides

B/C14 60MI AN INFINITE AMOUNT OF CIDER 9:30/10:15AM

Leader: Jim Lane (212) 697-8942 From: The Boathouse at 9:30am and from the GWB Bus Terminal (Ft. Washington Ave.) at 10:15am. Hilly trip through the Bergen County suburbs to Tice's Farm, where we'll sample their home-made cider (25 cents for all you can drink). They sell other good stuff, too. Bring water. Bring or buy lunch. Helmets required. Joint with Sierra Club.

C12 50MI PIERMONT 9:30AM

Leaders: Hindy & Irv Schacter (212) 758-5738 From: 1 Av & E64 St, NW corner. There must be some reason why we always do this ride. It could be the roads; it could be the quaint old town; it could simply be a lack of imagination. Come find out. Bring/buy lunch.

Saturday, November 4

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;

Women's Racing Clinic

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.

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.

Sunday November 14

A/B17 NOT THE NYC MARATHON 8:00AM

Ex-leaders: Steve & Caryl Baron (212) 595-7010. For 5 years we've led this ride to Scarsdale for pancakes, then down the Concourse to the Madison Ave. Bridge to watch the Marathon. This year we'll work with Achilles, but we'd all love to have a group cheering at "our spot". Call us for cue sheet/map.



TO LEAD A RIDE IN NOVEMBER CALL BY OCT 10

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

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

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

OUT OF BOUNDS

Sunday, October 1

100/62/50/25 MI SIBA PUMPKIN PATCH PEDAL 7:00AM

Sponsored by the Staten Island Bicycling Association. From: Thompson County Park, Jamesburg, NJ. Flat farmlands routes in central New Jersey, clearly marked, SAG, LS T-shirt, optional post-ride Texas BBQ \$18 fee. Info from SIBA, 363 Hilman Avenue, Staten Island, NY 10314 (718) 815-9290.

Sunday, October 8

CANCER CARE CHARITY RIDE

30 flat to gently rolling miles through Mahwah, Ramsey, and Franklin Lakes. Meet us at Ramapo College, Ramapo Valley Rd in Mahwah, NJ. Bring minimum \$50 in pledges & \$15 registration fee. Breakfast, lunch, tee-shirt, and rest stop provided. Register at 8:30am and plan to ride by 9. Call Ethan Brook (212) 721-9521 (eve) or Richard Fine (914) 429-5361 (day) for more information. Joint with Bicycle Touring Club of North Jersey.

Saturday, October 14

SEA GULL CENTURY

A 100 mile (or 63 mile) tour of Maryland's eastern shore. One of Bicycling Magazine's Top Ten Century Rides of 1993 and winner of the LAB's National Century Challenge. \$20 fee includes arrowed course with 4 food stops, long-sleeve T-shirt, pre-ride party (Fri. night) and post-ride party. There's also an optional 42 mile ride on Sunday with an all-you-can-eat Crab Fest. It's not too early to sign up. The ride is limited to 4,000 people and registration closes on July 31. SASE to Salisbury State University, Campus Box 3046, 1101 Camden Ave, Salisbury, MD 21801-6860; telephone (410) 548-2772.

50 MILE CYCLE TOUR AND BOAT CRUISE FOR CYSTIC FIBROSIS

Pledge ride, all proceeds go to Cystic Fibrosis Foundation. See enclosed brochure or call (212) 986-8783 for info.

Sunday, October 15

100/75/40/15K 4TH ANNUAL RED CROSS CHALLENGE

Tuxedo, New York. For info call (212) 477-0546.



Come see the hot new 1996 road and mountain bikes from Litespeed, Fisher, Specialized, Cannondale . . .

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

From the Boathouse

October 1, 1995

Will the following members of the New York Cycle Club please stand up: Mike Yesko, Art Crowley, Miguel Vilaro, Karl Dittebrandt, Jane Kenyon, Drew Olewnick, Steve Britt and Mike De Lillo. All completed the 750 miles of Paris-Brest-Paris in less than 90 hours. Some visited every patisserie (bake shop) along the way, one spent more than thirty hours off of his bike and still completed the ride in 84 hours. Jane, in 79 hours was the fastest of any woman from the New York Cycle Club ever. Steve did not do it in the 80 hours that he had set as his goal - he did it in less than 72 hours! Mike's time was the fourth fastest of any member of the New York Cycle Club. Thank you one and all for the triumph's glow in which we can all bask.

By the time you read this, the New York Cycle Club Century - ESCAPE FROM NEW YORK - will be history, as will the hours of work that Steve Britt, Stephanie Blecher, Jane Kenyon, Mitch Yarvin, Reyna Franco, Andrea Goodman, Karl Dittebrandt, Judy Meyer, Grace Lichtenstein, Stan Greenberg, and C.J. Obregon devoted to it. No one can thank them enough for the time and effort they gave - singularly and collectively - to bring

this event from concept to reality. Next month we will publish the full list of all of those who participated. Now, to answer those who have accused us of being revisionist: we made an error. This is not the first ever New York Cycle Club Century - the first was in 1977 - we stand corrected and thank Lou S. Pokes for bringing this to our attention.

Nominations for Board Members for 1996 were opened at the September meeting:

President: Caryl Baron, Steve Britt, Christy Guzzetta, Gene Vezzani, Jeff Vogel.

VP Programs: Lori Vendinello-Turoff, Stephanie Blecher.

VP Rides: Steve Britt.

Secretary: C.J. Obregon, Jeff Vogel.

Treasurer: Reyna Franco, Mike Yesko, Charlie Katz.

Public Relations: Michael Toomey.

Membership: Judy Meyer, Gene Vezzani

Special Events Coordinator: Rich Borow, Stephanie Blecher, Anne Grossman*.

Bulletin Editor: Doug Riccardi, Marla Kittler, Caryl Baron.

A Rides Coordinator: Rich Borow, Conrad Meyer, Herb Dershowitz.

by Geo Carl Kaplan

B Rides Coordinator: Henry Joseph, Irv Weisman.

C Rides Coordinator: Maggie Clark, Geo Carl Kaplan, Don Passantino.

*After the meeting.

Nominations are open until the October meeting, and although members nominated at the September meeting may not decline until after that meeting - they may do so at any time before the close of nominations at the October meeting. Elections are by mail or in person at the November meeting, and the new Board will take office at the Holiday Party.

Remember the date - November 12 - The New York Marathon. That is the day members of the New York Cycle Club have the privilege of escorting the Achilles Track Club wheelchair athletes participating in the race. Those who did it last year know what an emotional high it was to participate. This year we will need up to 75 members to help out - so please call the Coordinators for this event - Ellen Richard 212 213 4616 and Richard Rosenthal 212 371 4700 to sign up. We guarantee it will be a rewarding experience! Find out more at the October meeting or just ask anyone who did it last year.

See you on the road

The Most Satisfying, Most Important Ride You'll Have All Year is November 12th. And It's 26 miles.

Wheelchair athletes participate in the New York City Marathon. They are accompanied by cyclists who block intersections and otherwise look out for them. You're one of those cyclists. Call "the two Richards" to volunteer or just talk about it.

The satisfaction is *enormous*! Guaranteed or your time back.

Richard Rosenthal (212) 371-4700.

Ellen Richard (212) 213-4616.

W H A T T T ?

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

Alphabet Soup

by Steven Britt

The Old Helmet Debate

Those of you who wear helmets know why, so this isn't for you. There has been a rash of serious accidents this season. Probably the same amount of accidents as usual, but definitely more serious than usual. Many of them have been first-time crashes for some of the club's more experienced and consistent cyclists. Each one of them is thankful that a helmet was part of their attire. It saved them from a more serious injury and worse; a longer recovery period. (How many helmets have the manufacturers replaced this year?) Are you new cyclists getting this? Ride with a helmet - it can save your skull!

The Old Pace Problem

Yeah, I know we have rides that 'don't stay to the posted speed.' We discussed his very same point at the last monthly

meeting. In fact, club members and board members have been discussing it for years. I like the way some leaders are being more creative with their listings. In particular, I like the range of cruising speeds. This definitely leaves no question in the mind of the rider reading the bulletin, looking for a weekend ride. This should leave no doubt in your mind as to what the intention of the ride will be. In this vein, I'd appreciate some feedback on this point and whether you think the 'flat cruising speed' is an aid or a hindrance.

Fall Safety

It was a pretty dry Summer and the colors started changing early. How does this relate to cycling? The leaves should fall rather quickly this year, leading to dangerous ingredients on the road, especially when sprinkled with a little water. As the

leaves fall, use extra caution while riding. In addition to the decreased traction, you never know what's lurking under the leaves. (But the shadow knows!)

Thanks

I know this has nothing to do with the rides of the NYCC, but forgive me. This is a personal thank you for all of the well wishes for PBP. You think about a lot of things while you're riding for hours. And you do remember that there are folks back home who care. Thanks.

Email

To make communication a little easier for some of you, you can contact me at NYCCRIDEVP@AOL.COM. Drop me a line. I'm curious to know what you think.

Keep those cranks spinnin'.

A-Notes

As the leaves turn and our season winds down, it's time to dig out the tights and wool jerseys that have been hibernating at the back of the closet. This is also a good time -- especially for those of us heading up to the Catskills on the Columbus Day weekend club trip -- to carefully look over your bike for signs of a hopefully fun summer of pedaling.

Don't wait until you're miles from nowhere to discover that your brake cable is so frayed that it may snap at any moment, or that your expensive sixteen

speed bike has been reduced to barely one speed because of a worn chain. If you feel that you've been getting more than your fair share of flats recently, you may want to check your rim strips for wear. Velox rim strips (thin fabric tape which lies in the rim between the tube and the nipple wells) are cheap and easy to put on, so replace any badly worn strips and get rid of any strips of the rubber band or thin plastic type variety which can lead to blowouts at inopportune moments.

by Rich Borow

And before you embark on a three day weekend with lots of mileage, don't set off on a badly out of true wheel with a tube of many patches and a balding tire. Make sure you have relatively fresh tires and a few spare tubes (particularly if you have an unusual size wheel). By following some basic maintenance procedures before the ride, you can minimize down time for yourself (and others) while **on the road.**

Women's Racing Clinic Sunday October 22

There will be a women only instructional racing clinic in addition to the CRCA A, B, & C races on Sunday, October 22, 1995 in Central Park. Beginning at 6:30 am with a brief meeting at the Rambles parking lot (Please register first, \$5 for insurance.), participants will be taken through a 3 lap simulated race. Six top racers ride in field answering questions and giving advice. A post race discussion and question & answer session at approximately 8:15 wraps up the morning.

3 Lap Race

Lap 1: Controlled—

Monitored pace. Discuss riding technique, race tactics and other race-related issues.

Laps 2&3: Points race—

Sprint each time across start/finish line. Instruction, assistance and feedback. Nobody gets dropped.

We encourage all women riders to join us for a morning of fun. It is a great way to feel comfortable and confident on your bike, learn more about the sport, advance women's racing and get to know other women riders.

See ya on the road!

For more information call

Stefani Jackenthal (212)769-8718.

Blowouts

by Lou S. Pokes

First, congratulations to everyone who did a century last month. There certainly were plenty to choose from - The Golden Apple, the HiPoint, the Hudson Valley Century, Greenwood Lake (will **Herb Dershowitz** ever show up to lead his ride?) and of course, our *Escape from New York Century*. However, contrary to what was published in the September Bulletin, the participants were not "a part of history by riding on the very first New York Cycle Club Century". According to club Historian **Irv Weisman**, the late **Bill Cooper** organized the first annual NYCC Century back in 1977. The route went west through Bergen and Passaic Counties and attracted riders from all over the metropolitan New York area. The second annual NYCC Century never happened in 1978 so we had to wait another 17 years. Hopefully the third annual NYCC Century will be in 1996 not 2013! And let's give a big thank you to all of the many volunteers on this year's century.

For some, though, a century wasn't enough. So here's the Paris-Brest-Paris report. Eight of the ten NYCC members finished. (**Art Crowley** was a last minute no-show.) And who woulda thunk it, but not for nuttin' **Mike DeLillo** had the fastest time, finishing in about 71 hours, 20 minutes. Mike was his sure and steady self, finishing his fourth P-B-P. Only two Americans have finished it five times. I guess Mike can buy his plane tickets now for the next one in August 1999. The next NYCC finisher was **Steve Britt**. Steve's goal was to do it in less than 72 hours. No one rode the last kilometer faster than Steve on his way to a 71:59 finish. **Drew Olevnick** finished shortly thereafter, after stopping to go shopping with about 100 miles to go. **Jane Kenyon** was the lone NYCC woman finisher. Her 79:40 is the fastest time ever by a NYCC woman. **Karl Dittebrandt** finished his sixth 750 mile event and, of course, his goal, as always, was to get more sleep than the last time. Sooner or later Karl will sleep through all 90 hours. And, I assume, now it's back to the track for races of one kilometer instead of 1200 kilometers. The other three NYCC finishers were **Miguel Vilaro**, **Art Crowley Jr** and **Mike Yesko**, all of whom were spotted in brasseries, cafes and patisseries along the way, totally enjoying their French experi-

ence while still finishing within the time limit. Unfortunately **Marion Crowley** and **Jeff Vogel** (no) joined the randonnee abandonnee club. After giving up, Jeff became a support person for many of his Boston-Montreal-Boston friends. People said they never saw anyone train for six months, use a week's worth of vacation, spend \$1500, yet be so happy to quit. While Marion vowed to come back in 1999 to complete the ride, Jeff said he'd be back too, but probably without his bike.

Congratulations to **Tom and Allie Lowenthal** (yes) on the birth of their son **David Alexander** on August 10th and to **Neville Mobarakai** and **Donna Slattery** (yes) on the birth of their daughter **Olivia**. And to **Richard Newman** and **Amy Pollack** (yes) on the birth of their daughter, **Maia**.

The quote of the month is from **Marla Kittler**. "You're going to put stitches where?." We hope you're feeling (and walking) better soon.

Will **Gene Vezzani** finally leave **Michael Allison** alone?

**People said they
never saw anyone
train for six months,
use a week's worth
of vacation, spend
\$1500, yet be so
happy to quit.**

September's Club meeting featured nominations for next year's Board of Directors followed by a "Bitch to the Board" meeting. Hey, don't complain. Run for a position on the Board! By the way, me thinks that **Barbara Julich** should be appointed C-Rides Coordinator for life!

What's this I hear about **Kathleen Eaton** being the official NYCC drug supplier?

And here's some last minute news from Paris-Brest-Paris. **Mike DeLillo** (first NYCC finisher) had to wait for over an hour at the finish for someone to show him how to get back to his hotel. It was almost a mile away. When **Marion Crowley** called home to

report how everyone had done, boy was she surprised. They already knew! With faxes, E-Mail and the Internet, the telephone is the slowest way to get news to anyone. **Ben Goldberg**, who was living in France for a year, (and supporting **Steve Britt** with **Amy Hanowitz** [yes, no] on P-B-P) was the main culprit in sending information back to the States. And **Jeff Vogel**, who will forever be remembered for his sleeping on P-B-P, had his picture in the September 2, 1995 issue of L'Equipe magazine. Of course he was sleeping at the time!

Next month - all the gossip from SuCasa!

**P r e s e r v e y o u r a s s e t s —
w e a r y o u r h e l m e t !**

Why the NYCC should start attending "GEAR"

You've surely seen announcements for the LAB's GEAR Rallies in the NYCC Bulletin and elsewhere, but how many NYCC members know what great fun these are, and what great rides they have, and what wonderful bicycling contacts can be made? Having attended the past three GEARS to represent my bike touring company, La Corsa Tours, I'd like to spread the word about these worthwhile semi-annual cycling events. The League sponsors an east coast based Rally, known as GEAR, this year held in Amherst, Mass., and a national Rally which was held in Asheville, North Carolina. Each event attracts close to 1,000 cyclists from all over the country.

Several clubs organize group rides to the event, extending it to a week long bike vacation for their members. Others drive to the site. The Rallies are held at college campuses with dormitory accommodations and on-campus meals, with a local hotel option for those preferring to pay for a bit more luxury. There is always a special event meal one evening, at Amherst a steak bar-b-que and at Asheville a "Pig Pickin' Feast" held at a cattle ranch.

This year, in addition to myself, Irv Weisman and Dorothy Fong made a 2 day trip from Dover Plains to U Mass to attend GEAR. Elly Spangenberg and Sandy Bockman were also there, as well as several former NYCC members: Harry Rutten, who went on to form the Bicycle Touring Club of North Jersey, and former NYCC treasurer Al Goldberg, now a Massachusetts resident.

What makes attending a Rally really worthwhile, however, is the enormous variety of great rides offered each day. At every Rally I've been to, there were at least 25 daily rides to choose from, ranging from 7 miles up to 100+miles, most led by a member of the hosting bike club, familiar with the local roads. Every single route is so well marked with painted arrows on the ground that there is little need for the professionally prepared

maps and cue sheets that are distributed for each ride. A well prepared booklet describes each route, and contains a master schedule of events, making it easy to plan your day. The rides take advantage of local sights. Asheville included an ascent up Mt. Mitchell, the highest point in the east, and many miles along the Blue Ridge Parkway. Last year's Rally in Salisbury, Maryland offered a century ride to the Assateague shore to see the wild ponies, and Amherst featured scenic mountains and waterfalls.

There is on-site technical support, often a Trek mechanic with a truck full of tools, who will fix your bike for free. There

are also tandems and recumbents well represented and available to be tried out. While there is a heavy proportion of B and even more C level riders, I opted to do the harder, longer rides and met a bunch of excellent A riders every day, offering plenty of challenging riding company. The rides are exceptional and the best part is that all the scouting work is already done for you.

In the afternoons there are a series of workshops offered on everything from touring in Europe (I was there representing La Corsa's Italian tours) to club leadership to bike advocacy, fitness and nutrition, Gary Klein doing bike fit,

antique bike collecting, cross state riding, basic mechanics, mountain biking and one entitled "From Headsets to Mindsets: bicycling as Mindfulness Practice". Zen and the art of bicycle riding, I suppose. NYCC's own Irv Weisman presented his workshop, "Wide Range Gearing for Happy Touring". There is also a daily exhibit hall with vendors of all sorts selling bike related stuff and there is entertainment every evening. At Asheville there was a dinner and guided tour of the incredible Biltmore estate built by the Vanderbilts at the turn of the century.

Next year, GEAR is being held June 7 to 10 in Millersville, PA, a gorgeous part of the state and the heart of Amish country. The national rally on July 3 to 7 will be in Dayton, Ohio. The League is also offering a late March Winter Rally near Orlando, Florida for the first time. Great idea to combine it with a trip to the Walden School in the same town. While Dayton may be a bit difficult for us to get to, Millersville is certainly do-able and offers some of the best riding on the east coast. We, the NYCC, ought to think about going.

Lori Vendinello-Turoff

What makes a Rally really worthwhile is the variety of great rides offered each day, and the wonderful friendships that can be made!

Welcome to 17 New Members for October 1995!

Thirty-four spinning legs join the fun this month.

Emery, Adoradia	Susan, Horowitz
Julie, Beyers	James, Kafka
Richard, Bigliano	Tracey, Makow
Richard, Carr	Lisa, Nelson
Arthur, Cohen	Dominique, Semon
Tara, Donovan	Catherine, Touns
Darrel, Fields	Diane, Waller
Steven, Fineman	Jessica, White
Patricia, Hickey	

VERMONT TRAINS

Auto-free New Yorkers with bikes can reach Vermont on Amtrak's "Vermont". This train has been equipped with new baggage cars with built-in bike racks, with a capacity for 20 uncrate bikes plus 15 boxed, and camping equipment, too. For details and reservations call 1-800-USA-RAIL(872-7245).

Minutes

NEW YORK CYCLE CLUB BOARD MEETING,
TUESDAY JULY 25, 1995

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

Absent: Rich Borow.

The minutes of the meetings of June 6 and June 26, 1995 were approved with corrections.

The proposed club banner was discussed, and a question was raised as to where it could be stored. The matter was tabled.

The next discussion was of the holiday party. Lori indicated it was impossible to hold a party for less than \$25 except at O'Hara's or at the Roundabout with sandwiches. Lori will follow up with O'Hara's and other restaurants. The charge will be \$25 in advance and \$30 at the door. C.J. noted the board had voted to plan for 125 people and a cash bar. It was agreed the board would meet on August 8th before the member's meeting to consider the party.

Next, Michael presented for review a draft of the brochure for bike shops. He also suggested making a poster.

Geo noted that the October 3rd meeting would be held on October 2.

Geo asked the board members which of them would be interested in standing for reelection.

It was agreed that checks received for tee-shirts should be returned because of inadequate

Re-Cycling

Please send classified listings to: Editor, Caryl Baron, 165 West End Ave. 29K, New York, New York 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.

Performance Peak Load Indoor Trainer and magnetic resistance unit with variable settings. Very stable front fork/ rear wheel mount. Easy to store during the off-season. Barely used, excellent condition. \$85. Call Mike (212) 259-6768.

Gardin SLX 57cm (c-c) red/white fade, Chorus, Look, professionally overhauled, never raced or crashed. \$500. Ray (718) 426-7383.

TTT Competizione bar 44cm (c-c) and stem (14cm ext.). \$30. **Vetta leather saddle**, can shape like Brooks. \$15. Ray (718) 426-7383.

Perfect tandem for the park! Shimano 18 speed, 26" knobbies, cantilever brakes, upright bars, supersoft GT seats, bosses for 2 water bottles, forest green steel Crestline frame. Ridden one mile! David 212-580-0887.

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.

response.

Gene suggested that the club adopt a ride leaders shirt. Patches for ride leaders were also discussed. It was noted that ride leader awards were not given last year, but that this year's budget included money for this purpose. Geo asked the Rides V.P. and the coordinators to recommend awards.

The century committee gave its report, including information on publications expected to carry notice

of the century, and a report on sponsorship and prizes.

C.J. recommended appointment of a volunteer coordinator, which Geo suggested be C.J., and which Geo agreed to discuss with the committee. The meeting adjourned at 8:45 P.M. Respectfully submitted

Conrad J. Obregon



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. _____ E-Mail _____

City/State/Zip _____ Tel (H) _____ 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) (E-Mail) published in the semi-annual roster.

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

Mail this application with a check made payable to the

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

NYCC MEETING
TUESDAY, October 10, 1995
O'Hara's 120 Cedar St. — 1 block south of WTC

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

Salad, rolls, pasta buffet, coffee: \$10

Joe Goddu — The story of Achilles wheel

Two days before the 1994 NYC Marathon, Joe Goddu of the Achilles Track Club needed bicycle escorts for several dozen Achilles' wheelchair marathoners. So who did he call...? At 5 a.m. on Marathon Day, the athletes and 30 NYCC volunteers headed to Fort Wadsworth to embark on a never to be forgotten journey. Come share that day, and find out how you can join in this year's NYC Marathon team.



Indoor Bike Parking! . . . Or, Subway:



1, 9 to Cortland St., N, R to Cortland St., 4, 5 to Wall Street, E to WTC



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

PRESORT
FIRST CLASS
U.S. POSTAGE
PAID
Permit No.
7288
BKLYN., N.Y.

first class mail

Chris Mailing
Arlene Brimer
2128 N. Sedgwick #11
Chicago, IL 60614-4674

Want to be a NYCC Club Officer? NYCC Nominations begin at the September Meeting and close at the October Meeting.