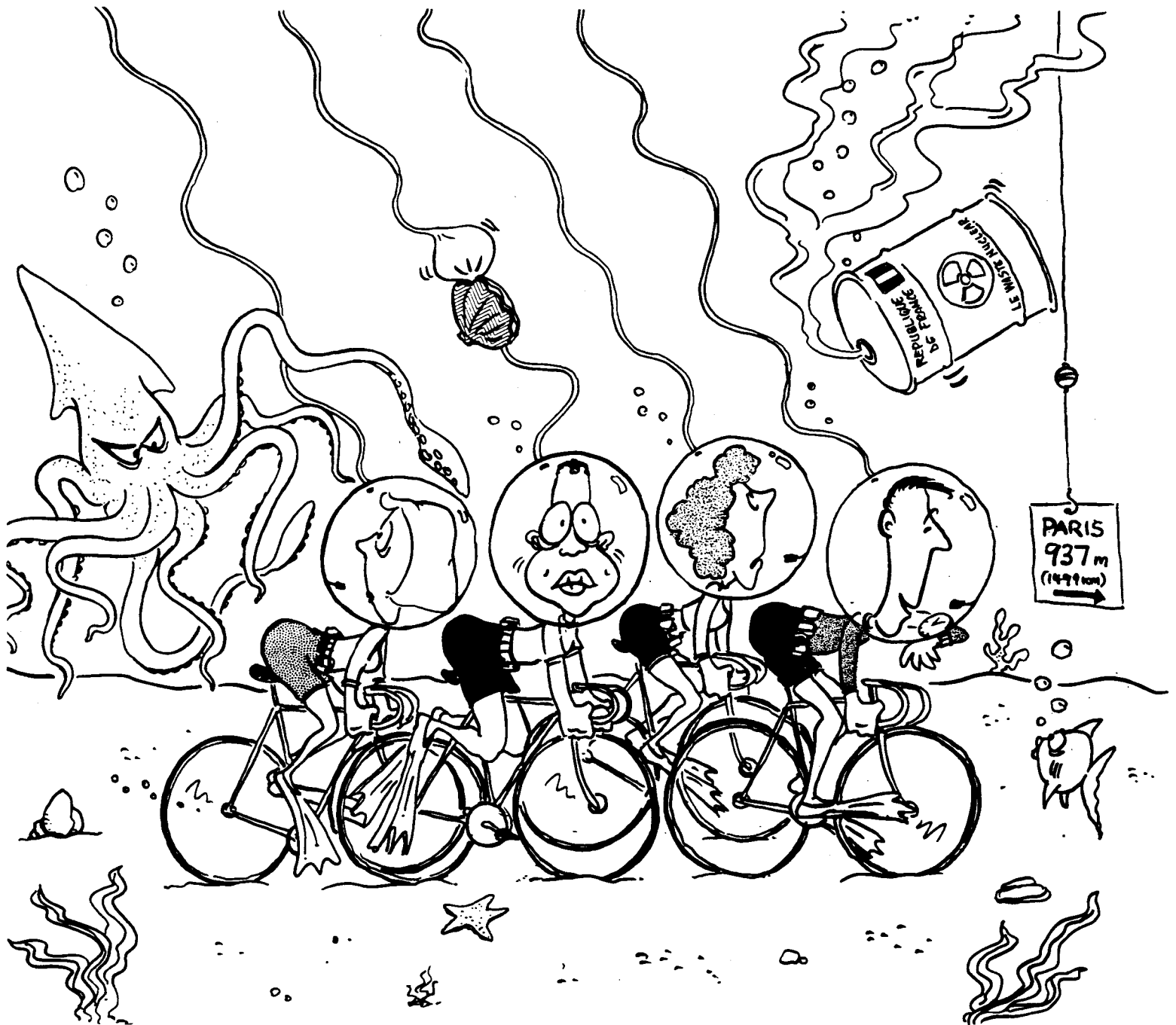


September
1995

NYCC Bulletin

PARIS-NEW YORK-PARIS



"Hey, We're making pretty good time. At this rate we should have no trouble clearing the checkpoints..."

New York Cycle Club

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

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

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 OCTOBER Bulletin is due SEPTEMBER 12!

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.**



Saturday, September 2

**A19 60MI LEFT, NO RIGHT, MAYBE STRAIGHT,
NO TURNAROUND! 9:00AM**

Leader: Alison Holden (212) 688-1723 From: The Boathouse. If you're in town, come ride with me as I go someplace over the GW. I've been studying my Hagstrom map, and promise to have a cue sheet and some idea of where I'm going (as soon as I figure out a destination). Field Limit: 75 riders and the double line is in effect.

**B14/16 70MI ESCAPE FROM NEW YORK
TRAINING SERIES 9:30AM**

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Learn how to complete the NYCC's upcoming Century ride with energy to spare. Our club's Escape From New York Century is scheduled for Saturday, September 23rd. Today's training ride takes you 70 easy miles along which you will learn the six magic words that will ensure that your century ride is a snap.

C ??MI PICKUP - LABOR STYLE 9:30AM
From: The Boathouse. The city is lovely on a holiday weekend. No cars, no crowds. Let's pick a spot and head there. Staten Island? City Island? Coney Island? Long Island?

Sunday, September 3

**A20 104MI 3RD ANNUAL CROSS
RIVER RAMBLE 8:00AM**

Leader: Mark Martinez (212) 496-5518 From: The Boathouse. My favorite route. We'll take shady, rolling backroads past palatial estates on the way to a picnic lunch in beautiful Ward-Pound Ridge reservation. Fairly flat return (one climb - Crow Hill Rd.). Pocket food required as our first stop is at 45 miles. Also recommended; 2 water bottles, musette and Metro-North pass for bailout. (Note - Anyone referring to this ride as a "Century" will be doused with Gatorade and rolled over fire ants.) Raindate: Monday, Sept. 4.

B14 55MI "TWIN FORKS" 8:00AM
Leader: Joe Catella (212) 262-8800 or (516) 324-7467 on Labor Day weekend. From: The windmill Rt. 27, East Hampton. Experience the contrast of Long Island's "forks" in a single day. From East Hampton ride proceeds to Sag Harbor, North Haven, to Shelter Island via the ferry, and to Jamestown on the North fork via a second ferry. We'll have a lunch stop, and try to visit a winery. (Bring \$10 for ferry transport) 40% chance of rain cancels.

C12 65MI PICNIC AT NYACK BEACH 9:00AM

Leader: Dona Kahn (212) 399-9009 From: The Boathouse. This is a lovely way to get out of the city. The terrain is relatively easy (one big hill returning). We'll picnic at the beach and make a leisurely day of this excursion.

Monday, September 4

A ??MI CYCLISTS UNITE! 9:00AM

Leader: Oppressed worker. From: The Boathouse. If you're not part of the bourgeoisie cavorting out on the Hamptons, join other prols as we labor on our bikes to a destination to be determined via democratic decision. Then again, this could become an anarchist's convention. In other words, another Nyack ride.

B 45MI PICKUP - HOLIDAY STYLE 9:30AM

From: The Boathouse. The city is lovely on a holiday weekend. No cars, no crowds. Let's get together at the Boathouse and head up to Piermont.

C12 55MI BIKE TO BAYVILLE 10:00AM

Leaders: Hindy & Irv Schacter (212) 758-5738 From: The Statue of Civic Virtue (E/F train - Union Tpk). We head for the North Shore towns, L.I. Sound, Bayville, Brookville, and Oyster Bay. Lunch at a beach. We may share the road with a horse or two.

Wednesday, September 6

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

Coordinator: John Becker (212) 989-3122 From: The Boathouse. Come out every Wednesday evening for a brisk ride to State Line or do hill repeats on River Road. Wear bright visible clothing and bring a rear light. Wet roads at start cancel.

Thursday, September 7

**B17-21 50MI THURSDAY MORNING SUMMER
RIDE SERIES 9:00AM**

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

Saturday, September 9

A20 50MI ANOTHER PURDY RIDE 8:30AM

Leaders: Bob Foss & Shari Horowitz (914) 277-2507 From: Grand Central Terminal. Come see our pumpkin patch and join us for a leisurely ride in Purdys. We'll bar-b-que, so bring a change of clothes. Hopefully Metro-North will cooperate this time to allow everyone on the 8:49am Brewster North Train to Purdys (Harlem Line). **Important:** Please RSVP leaders by Thursday, Sept. 7. (A \$3 donation is required to defray bar-b-que costs)

**A20 75MI SING-SING SPIN
(SIG REDUX #2) 9:00AM**

Leaders: Steve Ullmann (212) 473-1897 & Dave Thomas (212)

Club Rides

675-6191 From: The Boathouse. Smooth and steady up Route 9 . . . do not pass go . . . bust the pace at your own risk . . . refuel and reconnoiter at Highland . . . consensus on homeward route . . . ride free . . . stay outa jail. Metro-North pass, two water bottles, pocket food. 60% precipitation cancels.

A19/20 40/105MI WESTCHESTER/PUTNAM COUNTIES MULTIPLE CHOICE RIDE 7:30AM

Leaders: Damon Hart (212)753-0204 and Douglas Riccardi (212)255-9840 From: The Boathouse. Choose your personal bailout along a ride meandering all over Westchester County with cameos by Fairfield (CT) and Putnam Counties. Metro-North return possible from Port Chester (40 miles), Bedford Hills (60), Croton Falls (75), and Croton-on-Hudson (100) or Coldspring (105) as final stop. Some hills and many reservoirs. Metro-North pass, lunch & train money mandatory; two water bottles, pocket food suggested.

A18 65MI HOW MANY HILLS ON THE WAY TO GARRISON 8:45AM

Leaders: CJ Obregon (212) 876-6614 From: The Boathouse. Well, there'll be at least one - Gate Hill Road - and probably a few more! Remember to bring your Metro-North pass and helmet along with your climbing legs.

B14/16 80MI ESCAPE FROM NEW YORK TRAINING SERIES 9:30AM

Leader: Gene Vezzani (212)875-1615 From: The Boathouse. Learn how to complete the NYCC's upcoming Century ride with energy to spare. Our club's Escape From New York Century is scheduled for Saturday, September 23rd. Today's training ride takes you 80 easy miles along which you will learn the six magic words that will ensure that your century ride is a piece of cake.

B16 75MI STILL MORE WESTCHESTER 9:00AM

Leader: Karen Fantus (212)873-5559 From: The Boathouse. If there's a beautiful road we missed this summer we'll find it today. There will be hills, but only friendly ones. Metro-North pass mandatory.

C14 40MI STATEN ISLAND 9:00AM

Leaders: Larry & Eileen Coyle (718)377-0837 From: Ray's Pizza at the Staten Island Ferry. Moderately hilly. Pleasant ride thru Great Kills Park. Deli stop and lunch at conference center.

Sunday, September 10

A19 55/60 NYACK RECOVERY SPIN 8:00AM

Leaders: Damon Hart (212)753-0204 & Douglas Riccardi (212)255-9840 From: The Boathouse. Get the kinks out after hammering on Saturday on an easy roundabout spin to Nyack. Return via 9W.

A19 100K SEX IN THE AFTERNOON 8:00AM

Leaders: Ben Goldberg (212)982-4681 & Steve Britt (212)288-6324 From: The Boathouse. That's what you'll have time for,

because we'll be back by noon. No diner stop, just riding. Bring plenty of nourishment and liquid. (Welcome back, Ben!)

B17 55MI NYACK 9:00AM

Leader: Mark Yatkowski (212)410-6284 From: The Boathouse. Let's run up to Nyack and check-out a new cyclist friendly restaurant recently discovered. There may be a bakery stop on the way home.

B16 50+MI PIERMONT PASTICHE 9:00AM

Leader: Jonathan Snellenburg (212) 769-1426 From: The Boathouse. Parts of several rides pasted together to make a circuitous route through Nyack and Piermont with a hill or two for punctuation.

B14 55MI RIDE TO BEAUTIFUL BEDFORD 8:30AM

Leader: Anne Grossman (212)924-1549 From: The Boathouse. Rolling hills. Lunch on the common in Bedford. Catch the 4:30pm Metro-North bike train from Bedford Hills. Bring pocket food, spare tubes, and Metro-North passes.

C14 30MI RIVER ROAD 10:30AM

Leader: Mindy Kaufman (212)749-0156 From: The Boathouse. Hilly but gorgeous ride. You'll be back by 2:30pm barring any flats. Bring a spare inner tube, pump, and lunch. The ride ends at 110th and Riverside Drive.

Tuesday, September 12

A19-21+ 55-60MI TUESDAY MORNING SPIN 8:00AM

Leader: Jeff Vogel (718) 275-6978 From: The bench across from the Boathouse. You know the deal - a steady, smooth ride to Bergen and Rockland Counties with a guaranteed return by 1:00pm.

Tuesday, September 12, 6:00 p.m.

**NYCC Meeting at
O'Hara's 120 Cedar St.**

All Rides and Yyyy Bulletin material due!

see back page for details.

Wednesday, September 13

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

Coordinator: John Becker (212) 989-3122 From: The Boathouse. Come out every Wednesday evening for a brisk ride to State Line or do hill repeats on River Road. Wear bright visible clothing and bring a rear light. Wet roads at start cancel.

First NYCC Ride?

Please Read Page 2 Before You Ride

Club Rides

Thursday, September 14

B17-21 50MI THURSDAY MORNING SUMMER RIDE SERIES 9:00AM

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

Saturday, September 16

A20 112MI GREENWOOD LAKE 7:30AM

Leaders: Herb Dershowitz (212)929-0787 & Mark Martinez (212)496-5518 From: The Boathouse. The classic. Beautiful roads. OK, beautiful hilly roads, but you'd feel cheated if we found a flat way: Gate Hill Rd., followed by a woodsy roller-coaster ride through Harriman Park, a long grind up Hogback Mountain and then a nice long downhill into Greenwood Lake. After a lakeside lunch, we head home via Skyline Drive and a new improved return route (shorter, flatter & fewer turns). Pocket food, second water bottle and climbing gears highly recommended.

A19 80MI COLD SPRING HARBOR 8:30/9:15AM

Leaders: Phil Simpson (718) 639-6264 & Paul Mutzek (718) 267-0259 From: The Boathouse/Statue of Civic Virtue. We're planning hills horse farms, back roads, estates, and other attractions of Long Island's Gold Coast. Don't like Queens Blvd? Take the subway to the statue. 60% chance of precip or 3 digit temps cancel.

SAT. SEPT 16

B16-17 65 MI. WESTCHESTER 8:15AM

From the Boathouse. Leaders: Charlie Komanoff (212) 219-3484, Mark Masuelli Some of Westchester's loveliest back roads, including fabulous OldStone Hill Road. Metro-North return (permit required). Somewhat hilly (well, it's Westchester.). Lunch in Bedford, but bring pocket food.

B14/16 90MI ESCAPE FROM NEW YORK TRAINING SERIES 9:30AM

Leader: Gene Vezzani (212)875-1615 From: The Boathouse. Learn how to complete the NYCC's upcoming Century ride with energy to spare. Our club's Escape From New York Century is scheduled for Saturday, September 23rd. Today's training ride takes you 90 easy miles along which you will learn the six magic words that will ensure that your century ride is as easy as a walk in the park.

B15 50/60MI KEEP SUMMER ALIVE 9:30AM

Leaders: Gary Silverman (718) 339-4487 & David Hallerman (718)499-4467 From: The Boathouse. Are we going to Nyack or to Piermont? Yes! Our main destination is Nyack, but we

offer a Piermont bailout for those tired folks doing century rides the weekend before (TA) and the weekend after (NYCC). It ain't autumn yet.

C14 40MI NORTHVALE, NJ 9:00AM

Leader: Don Montalvo (212)307-7753 From: The Boathouse. Tired of Piermont? Here's a nice alternative. G.W. Bridge to Route 501 in NJ. We'll go past the equestrian farm. Good pancakes for lunch at the Northvale dinner. One big hill returning after lunch.

Sunday, September 17

ALL CLASS TO BETHPAGE

A21+ 75MI 9:00/9:45AM

Leaders: Jeff Vogel & Keith Goldstein From: The Boathouse/Queens and Yellowstone Blvds. The fast train to Bethpage to make sure the deli still has Gatorade.

A18 75MI 9:00/9:45AM

Leaders: Judy & Conrad Meyer (212)535-2444 From: The Boathouse/Queens and Yellowstone Blvds. We venture across the 59th street bridge for the last of this season's all class rides. Musette bag is recommended for bringing food to the park.

B16 60MI 9:00AM

Leader: Mitch Yarvin (212) 988-8887. From: The Boathouse The most excellent adventures of Mitch continue on the B16 All Class Ride to Bethpage. We'll follow a magnificent route to the park that is guaranteed to provide some of the best riding of the season so far.

C12/14 40MI 9:00AM

Leaders: George Kaplan (212)989-0883 Linda Wintner (212)876-2798 From: The Statue of Civic Virtue (E or F train - Union Turnpike stop). Two C sections to Bethpage - one fast, one not so fast. This is a mostly flat easy ride.

Wednesday, September 20

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

Coordinator: John Becker (212) 989-3122 From: The Boathouse. Come out every Wednesday evening for a brisk ride to State Line or do hill repeats on River Road. Wear bright visible clothing and bring a rear light. Wet roads at start cancel.

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

Thursday, September 21

B17-21 50MI THURSDAY MORNING SUMMER RIDE SERIES 9:00AM

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

Saturday, September 23

A, B, C 100, 62, 50MI 7:00AM

ESCAPE FROM NEW YORK CENTURY

From: Grant's Tomb. Get away from it all and become a part of history by riding in the very first New York Cycle Club Century. Ride at your own pace and select the total number of miles you ride on any of the three well marked routes of 50, 62 and 100 miles. Food, cue sheets, great prizes and a post-ride party await you on this great ride. Support your club by completing the NYCC Century Ride registration coupon that you'll find in this issue of the Bulletin and send it TODAY with your check to reach us before Sept 16.

Sunday, September 24

A19 57MI RIDGEWOOD QUICKIE 9:00AM

Leader: Mike Yesko (212) 533-2409 From: The Boathouse. Let's begin the "Sunday Quickie" series with an old favorite. Brunch at Diner or Bagel shop & a quick stop at Ridgewood Cycles. Back by 1:30pm. Rain/wet roads at 8:30am cancels.

B14 50MI SOMEWHERE ON L.I. 9:30AM

Leader: Jim Babbitt (718) 296-0027 From: Queens Blvd & Union Tpk (Statue of Civic Virtue). As of press time I have no idea where to go. Some suggestions have been to Jones Beach and ride on the boardwalk. Call if you really need to know.

C12 45MI MAMARONECK 9:30/10:15AM

Leader: Abe Karron (212) 686-8748 From: The Boathouse at 9:30am and from Woodlawn (1/9 trains) at 10:15am. Old world Italian deli's. Charming water front park. Mostly flat with a few rolling hills. Back by 4:00pm.

Wednesday, September 27

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

Coordinator: John Becker (212) 989-3122 From: The Boathouse. Come out every Wednesday evening for a brisk ride to State Line or do hill repeats on River Road. Wear bright visible clothing and bring a rear light. Wet roads at start cancel.

Thursday, September 28

B17-21 50MI THURSDAY MORNING SUMMER RIDE SERIES 9:00AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse.

We'll leave the Boathouse at 9:30am - ride and return to the Boathouse by 12:30pm.

Saturday, September 30

A19/21 70MI A RETURN TO SLEEPY HOLLOW 9:00AM

Leaders: Rikki Furman (212) 734-2887 & Maynard Switzer (212) 265-6330 From: The Boathouse. Another classic! A great ride along some beautiful roads.

A17 80MI MORRISTOWN CRAFTS FAIR 7:25AM

Leaders: Steve and Caryl Baron (212) 595-7010 From: Staten Island Ferry. We're crafts freaks, and the Artrider Morristown Armory Crafts Fair is at the National Guard Armory in Morristown this weekend. Bring a lock, \$\$ for admission and a credit card for the fair. Rain date: Sunday, October 1.

B16/17 50MI NYACK - THE BACK WAY 9:30AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Let's go up to Nyack the back way. It's an easy route with plenty of lovely scenery. We'll lunch in Piermont on our way home.

C 53MI PIERMONT TTT OR TEAM TIME TRIAL 9:15AM

Leader: Richard Rosenthal (212) 371-4700 From: The Boathouse. Up River Road. Time trial up Alpine hill. Winning ind. or team gets one tube. (That's not one tube per person; that's one tube to be cut four ways.) Race to be handicapped for age, gender, weight, mileage this year, attitude, and any other variable you think will make you a winner. Lunch in the church gazebo on River Road north of Piermont. Back via the homes of Bailey (as in Barnum), Stevie Wonder, Eddie Murphy, and Gloria Swanson. In case of rain, we'll true wheels.

Sunday, October 1

A20 65MI SOMEWHERE IN ROCKLAND COUNTY 8:30AM

Leader: Doug Bixby (212) 366-1879 From: The Boathouse. Fast paced ride to get our paceline in shape for Su Casa next weekend. Maybe throw in a hill or two (South Mountain?) to prepare for climbs to come.

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

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

TO LEAD A RIDE IN SEPTEMBER CALL BY SEPT 12

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

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

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

Club (and other) Rides

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.

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. Southern shore out to Bethpage for lunch. North shore home.

C13/14 57MI RIDGEWOOD SUNDAY 9:00AM

Leader: Mike Yesko 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.

RIDE PREVIEWS

Saturday, September 23

ESCAPE FROM NEW YORK

Just in case you missed it elsewhere...The best century to start in New York! Challenging 50, metric, and century routes to Bergen and Rockland Counties. Very scenic arrowed routes. T-shirts and food included. Starts and ends at Grant's Tomb (who is buried there?). \$15 registration for members. Look for registration info in this bulletin.

Saturday – Monday, October 7 thru 9

COLUMBUS DAY WEEKEND IN THE CATSKILLS

Peak fall foliage and fabulous cycling! Private bus from Manhattan Fri., Oct. 6th, return Mon., Oct. 9th. Space limited this year - call early to be sure you get a seat. Or, make your own travel arrangements. \$210 gets you transportation, accommodations, 3 dinners, breakfasts and great cycling (cost is \$180 if you make your own travel arrangements). Send Check made out to Christy Guzzetta, 49 West 75th Street, New York, N.Y. 10023. See article page 9.

Sunday, October 22

CONNECTICUT SHORELINE REVISITED

A, B, C 35, 50, 65MI

7:30AM

Leaders: George Kaplan (212) 989-0883 Jim Babbitt (718) 296-0027 From: Grand Central Terminal. 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 bag 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.

OUT OF BOUNDS

Sunday, September 10

10TH ANNUAL HUDSON VALLEY CENTURY

100MI: 8:00AM, 50 MI: 9:30AM, 25 MI: 11:00AM

Organized by Mid-Hudson Bicycle Club. Ride well marked routes in picturesque rural countryside, quaint hamlets, farms and orchards of Dutchess County. Sag, food, water. \$15 entry, +\$8 T-shirt prereg. Contact MHBC Hudson Valley Century, 14 Sherwood Place, Hyde Park, NY 12538-1517 or call Mark Booska 518-485-6246.

BTCNJ RAMAPO RALLY 100, 62, 50 MI 7:00-9:00AM

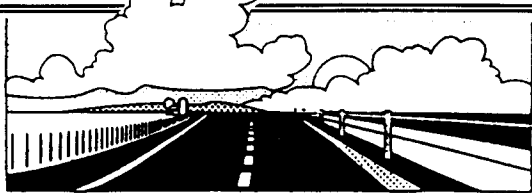
Bicycle Touring Club of North Jersey's 18th Annual Rally through scenic Orange County. Rain or shine, from the St. Francis Motherhouse, Morris Road, Ringwood, NJ. Marked routes, food, sag, cue sheets. Helmet required. \$15 to : Ramapo Rally



**Come save at our
Big September Sale!**

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

Club (and other) Rides



Cycling Getaways made easy.

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

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

BTCNJ, POB 839, Mahwah, NJ 07430-0839 or call Mary Ann Zino (201) 447-6233 or Frank Warnock (212) 791-3244.

LEHIGH WHEELMEN GAP GALLOP CENTURY 25,50,64 & 100 MILES

7:00-9:00AM

Start/ finish Northampton Comm. Coll. (NCC), Bethlehem, PA. Marked routes on rolling, scenic rural roads. Food and drink at start/ finish and on 64 and 100 mile routes. Cue sheets and sag wagons. Helmets required. Cost \$15.00. Lehigh Wheelmen Association, POBox 356, Bethlehem, PA 18016. Phone Debbie (610) 967-2653 or Ted (610) 866-0359.

Sunday, September 17

GOLDEN APPLE CENTURY RIDES 125, 100, 75, 50 OR 25 MILES

Organized by Country Cycle Club. From: Walter Panus High School, Croton Ave., Croton on Hudson, NY. Contact: Country Cycle Club, 1204 Hall Avenue, White Plains, NY 10604-1825 (914) 428-6654 or (914) 426-4687.

THE HIGH POINT HUNDRED

12,25,50,100

Long Island's oldest bicycle ride; challenging routes on the scenic North Shore. \$15 to Paumonock Bicycle Clubs, POB 7159, Hicksville, NY 11802

Saturday, October 14

SEA GULL CENTURY

A 100 mile (or 63 mile) tour of Maryland's eastern shore. \$20 fee. Arrowed course, 4 food stops, long-sleeve T-shirt, pre and post ride parties. Optional 42 mile ride Sunday with an all-you-can-eat Crab Fest. It may not be too late to sign up, even though the ride is limited to 4,000 people and registration closed on July 31. SASE to Salisbury State University, Campus Box 3046, 1101 Camden Ave, Salisbury, MD 21801-6860; telephone (410) 548-2772; or call Jeff Vogel (718) 275-6978 for more information and possible car-pool arrangements.

50 MILE CYCLE TOUR AND BOAT CRUISE FOR CYCTIC FIBROSIS

Pledge ride, all proceeds go to Cyctic Fibrosis Foundation. Call (212) 986-8783 for info.

Sunday, October 15

4TH ANNUAL RED CROSS CHALLENGE, TUXEDO, NY

100, 75, 40, 15 KILOMETERS

Peak fall foliage, starts from Sterling Forest Ski Resort in Tuxedo, NY. \$25 entry plus minimum \$35 pledges. Refreshments, mechanics, t-shirts. For entry/ info contact: American Red Cross (212) 477-0546.

Sunday, November 12th

THE MOST SATISFYING, MOST IMPORTANT RIDE YOU'LL HAVE ALL YEAR – 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 me to volunteer or just talk about it. The satisfaction is enormous! Guaranteed or your time back. Richard Rosenthal (212) 371-4700.

PLANNING FOR SPRING 1996: THE DOLOMITES & VENETO

A/B+ 50-60 mi daily in Northern Italy. NYCC group ride. One week around Lake Garda, Verona, Bassano, Asolo, Padua. Second week Cortina/ Madonna di Campiglio, daily loops in famous Dolomite passes, lots of climbing. Arrangements similar to other Italy trips. Group size limited. Tentative dates: Sat. April 13 or Sat. June 22. What's your preference? Call Lori Tur-off (212) 995-8244.

Help make the **September 23 NYCC Escape From New York Century** a total success.

We need your talents for marshalling, registration, routes, rest stops, food, party, transportation, publicity, and of course, clean-up.

THERE'S STILL TIME TO VOLUNTEER.

Call C.J. Obregon (212) 876-6614

Welcome to 26 New Members for September!

Jeffrey Bernstein	Jessica Lattman	Donna Sammarino
Art Crowley III	Michelle Lucas	Raj Sandhu
Ronald Daitz	David Martin	Catherine Shih
Gabrielle Esperdy	Tina McVeigh	Valerie Sirtoli
Cono Fusco	Steven Meachem	Eileen Skevin
Pru Heidle	David Middlekauff	Margo Su San
Julie Hertzog	Adrienne Morris	Tom Truskoff
Allen Kraus	Brad Phillips	Stephanie Wratten
Jim Lane	Jane Rod	

What?

You didn't get your NYCC Bulletin?

Don't call ME –

call MITCH YARVIN 988-8887

From the Boathouse

by Geo Carl Kaplan

September 1, 1995

It's September. . .time for nominations to the NYCC Board for 1996. . .Nominations open at the September Club Meeting and close at the October Club Meeting. Elections are held by mail and at the November Club Meeting, and the new Board takes office immediately following the December Club Meeting, our annual Holiday Party. So do you want to serve on the Board? Do you want to discuss it with a current Board member? Is there someone you think should be on the Board? The possibilities are endless . . .

.but the continuity of the New York Cycle Club depends upon its membership and a strong Board, and to have a strong Board we need your interest, support and nominations. Please, don't hold back!

Something new at this month's meeting . . .After the nominations, the program will be BITCH TO THE BOARD . . .suggested by our A Rides Coordinator Rich Borow. Now, you will have the opportunity to air your grievances, suggestions, comments, ideas, whatever, and the Board Members will endeavor to give you straight answers. Please - no ad hominem attacks - and remember - all members

of the Board are volunteers, doing the best they can.

The First Annual NYCC Century - ESCAPE FROM NEW YORK - is this month on Saturday the 23rd. Have you signed up to be a volunteer? No? Please call C J Obregon, Club Secretary and Chair of Volunteers for the Century - 212 876 6614. Its not too late! Going to be a rider? Then get your registration in early so you will get your T Shirt. Included with this bulletin is a registration form. Please use it!

**See you on the road and at
ESCAPE FROM NEW YORK!**

A-Notes

I had been planning to address this topic for a while — now I have the opportunity to speak from experience.

In last month's 'Alphabet Soup', Steve mentioned providing an emergency contact as one of the reasons for making sure you use the sign-up sheet prior to joining a listed club ride. Hopefully no one ever has to refer to this phone number, but hey, you never know.

It's also not a bad idea to carry something in a pocket or saddle bag that

includes all relevant "just in case" personal data. I've seen some sort of sticker system on sale at bike shops which can be stuck inside a helmet, but I prefer to carry a laminated card that includes the basic name, address, emergency contact names and phone numbers, as well as some other info: health insurance carrier and ID#, physician names and phone numbers, bike type and serial number (in case we get separated) and blood type (in case I get really separated!).

by Rich Borow

If you have any known allergies or other ongoing health issues, it's a good idea to jot them down as well (in addition to a medic alert tag for serious pre-existing conditions).

And now, on a personal note: thanks to all who called or wrote to me after a recent experience where I forgot that the rubber side goes down. Hopefully I'll be back to my pacebusting activities shortly!

Columbus Day Weekend in the Catskills

One NYCC weekend is characterized by small country inns and quaint New England towns. Another for its historic significance, spectacular beauty, accommodations and activities.

This one - **Columbus Day Weekend in the Catskills** - shines in its glorious Autumn cycling. The foliage is breathtaking, the cycling as grand as any we enjoy - ANYWHERE! Yeah, sure, we visit New Paltz during the weekend. The oldest houses in the entire country are in New Paltz. And Woodstock, we'll be

sure to stop in and see Woodstock. Woodstock is, after all, indeed - still - psychedelic. But it is the riding that makes this weekend special, the riding and hanging out with A, B, and C riders from the Club. The Catskill Mountains in early fall, it's about as good as it gets!

A private bus will pick us up in Manhattan on Friday, October 6th and take us to the Mountains. It will bring us back home on Monday, October 9th. Space on the bus is very limited this year - call early to be sure you get a seat. Or, if you

prefer, make your own travel arrangements. \$210 gets you transportation back and forth, overnight accommodations, 3 dinners, 3 breakfasts and about the best cycling there is (cost is \$180 if you make your own travel arrangements).

Send Check made out to Christy Guzzetta, 49 West 75th Street, New York, N.Y. 10023.

Questions?

Call Christy at 212-595-3674.

Preserve your assets — wear your helmet!

Blowouts

by Lou S. Pokes

First, a thank you to **Howie and Lori Vendinello** (is Howie really changing his name?) for organizing the Inaugural NYCC Singles/All Sports Weekend at Club Getaway. In addition to our road rides, there was volleyball, kayaking, sailing, golf, tennis, hiking and mountain biking. And with over 250 active singles no one could complain that all of our weekends are for couples! Thanks also go to ride leaders **Jeff Vogel** and **Margaret Cipolla** (yes), **Damon Hart** and **Anne Grossman** (yes) and to Club Getaway staff member **Doug Fishkin** for leading the mountain bike rides. Hopefully Club Getaway will become an annual event on the NYCC calendar.

Let's send our best wishes for a speedy recovery to **Rich Borow**, our A Rides Coordinator who crashed and broke his hip on Cat Rock Road. **Charlie Katz** also tumbled onto the grass behind Rich but fortunately was unhurt. So, what was Rich's first question? "How's Charlie?"

Sacrilege! The Madonna del Ghisallo near Bellagio, Italy has always been known as the cyclist's chapel; a place to pray for a safe, fast race. In the chapel hangs the bicycles used by **Fausto Coppi** and **Gianni Motta**, among others. Also, there is the Motorola jersey worn by **Fabio Casartelli**. However, **Richard Rosenthal**, back from his recent trip to the Alps, reports that this sacred place has been desecrated. Next to the altar hangs a pair of in-line skates, worn by the Italian National Champion. First Central Park and now the Madonna del Ghisallo. Is nothing sacred?

According to rumor, **Gene Vezzani** is planning a midnight ride and a late afternoon ride in an attempt to break the club record for most rides led in one day!

Congratulations again to **Howie and Lori Turoff**. (What is their last name?) The first issue of Sports City/New York had

an *Insiders Guide to Cycling in NY* written by Lori Vendinello and the martial arts column is written by Howie Turoff (Shodan in Johnny Kuhl Combat Karate).

And congratulations to cycling's jack-of-all-trades, **Stefani Jackenthal**, who had her article published in *Bicycling Magazine's* August issue. But Stef, if your fellow competitors read your article you had better watch out in your next race! And what happened? They couldn't fit your hair in the accompanying photo?!

The quote of the month award goes to **Karl Dittbrandt** upon his return from the Masters Nationals at Trexlertown. "Eight hours of driving over four days for five minutes of racing. And I wish it was less!"

Doggoned, but **Tom McMahon** is going to win ride write-up of the year again for his latest rides. If you followed the dog-leg turns past the dogwood trees on his dog-eared cue sheet maybe you had hot dogs for lunch. But should Tom really be leading the pack on an A20 ride? The dogma of the club is that he should lead a K-9!

Seen on T-shirts recently - "B.A.D.D. Bicyclists Against Dumb Drivers" and "Team Downhill - a Division of Fat Boy Racing."

Road Angel of the month was **Caryl Baron**. Saturday morning, a poor, dehydrated and disoriented little crayfish somehow found itself on the wrong side of the Boathouse and had retreated to a last-ditch defensive position under the wheel of a parked bicycle, fiercely brandishing its teeny claws to ward off all attackers. Caryl scooped said creature into her helmet and returned it to the Lake.

The Road Bozo this month goes to the unidentified wacko who continues to insult the women of the NYCC by repeatedly using the line "I'm a lesbian trapped in a man's body."

We get e-mail

Subj: clearing things up

To: NYCCBull

Dear Blowouts and NYCC:

It would be great to be named a full time member of the U.S. National Cycling Team but it hasn't happened yet. The teams, created and announced around January, remain unchanged for the full season. I have been lucky to be chosen for some of the U.S. National Team trips as a pick-up rider of sorts. The latest trip to Switzerland and Germany turned out to be an exciting one. The team — Laura Charameda, Karen Kurreck, Louisa Jenkins, and Pam Shuster, Henny Top (coach), Dave Arnauckas (mechanic), and Stephanie Graham (soigneur), oh yes, and me — did great. In Switzerland Laura won the points jersey plus a 2nd and a 4th place finish. Karen won a stage and placed 3rd in

the prologue. Overall, Karen was 14th, Laura 19th, I was 20th, and Louisa 24th. In Germany, Laura won overall and took the sprinter jersey. Louisa was 4th, Pam 8th, and I was 13th having suffered immeasurably in Switzerland and needing to learn about recovery. Someone once said "Amateurs worry about training and Pros worry about recovery" Very true and I knew nothing. So, I learned about recovery and lots else — but how could I help it racing against 150 women in narrow Euro roads with a team like the one we had.

Thanks to the NYCC for your support and interest in my whereabouts. On the road, I think often of my start in the SIG and the love I have for the club and NYC. So, thank you too for giving me a passion about something.

Elizabeth Emery

HAVEN'T YOU ALWAYS WANTED TO BE A NYCC CLUB OFFICER? Call George!
NYCC Nominations begin at the September Meeting and close at the October Meeting.

Miscellany

BIKEPACKING THE GREAT DIVIDE

If Adventure Cycling Association has its way it will soon be possible to bike/camp in National Forests and Wildlife Refuges on the mostly unpaved Great Divide Mountain Bike Route. AC is developing a 3,000 mile route paralleling the Continental Divide from the Canadian border to Mexico. The estimated cost is \$100 per mile, and REI has kicked the project off with a \$10,000 donation. As of right now, research on the Montana portion has been completed. Support is,

of course, welcomed. For \$100 you can have a mile named after you. Contact: Adventure Cycling POB 8308 Missoula, MT 59807.

VERMONT: You CAN Get There

Now NYCC cyclists can reach Vermont on Amtrak's "Vermont", which has been equipped with new baggage cars with built-in bike racks for 20 uncrated bikes plus 15 boxed, and camping equipment, too. For details and reservations call 1-800-USA-RAIL(872-7245).

THE MOST SATISFYING, MOST IMPORTANT RIDE YOU'LL HAVE ALL YEAR IS NOV. 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 me to volunteer or just talk about it. The satisfaction is enormous! Guaranteed or your time back.

Richard Rosenthal (212) 371-4700.

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.

FOR SALE:

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.

TREK 1400 Red, 47cm, Shimano 105 with STI, Flite titanium saddle. Never raced, never crashed. Like new!. (212) 628-2388

TOO MANY BIKES: Cannondale H400 Hybrid for sale. Pearlized purple, Ahimano components, thumb shifters. Like new. \$400 obo. Lori (212) 995-8244.



1995 Renewal / Membership Application / Change of Address

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

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

Name: _____ Signature: _____

Name: _____ Signature: _____

Address/Apt. _____ Tel.(H) _____

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

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

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

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

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

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

Mail this application with a check made payable to the

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

NYCC MEETING
TUESDAY, September 12, 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

Nominations for NYCC 1996 officers
plus "bitch to the board"

"How're we doing?" we want to be the best cycle club anywhere. your club officers are all volunteers, and we try our hardest. but we want to know what you think so we can do an even better job.

and if after all this, you're still full of ideas and energy and enthusiasm, won't you join the NYCC's board by running for a position as a club officer.



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

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Join NYCC's Escape from New York — as a rider or volunteer.
Details inside!