Register before Sept. 16th for the
NYCC "ESCAPE FROM NEW YORK CENTURY"
and receive absolutely FREE...

• A 1997 400-Horsepower SNAZZARATTI VIPER Turbo Coupe!
• GREG LEMOND’S personal 11lb. titanium-fibre SUPERBIKE!
• A fully-staffed 170 ft. ROYAL YACHT Ocean Cruiser!
• A ride on the SPACE SHUTTLE ENTERPRISE!
• A Wealthy, Attractive, Intelligent, Well-Adjusted DREAM-MATE!

"NO, NOT REALLY, my materialistic young friends. That's just the cheap, obviously exaggerated, come-on to get your attention. However you will have a lot of fun, get a free tee shirt and have a chance at some great prizes. Please look for further information inside."
BEFORE YOU RIDE:

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 chart). 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.

RISE STYLE indicates the type of riding. See chart left.

CRUISING SPEED indicates the ride’s speed on flat terrain.

Over rolling terrain, AVERAGE RIDING SPEED is 3 mph less than cruising speed; OVERALL SPEED, including all rest and food stops, is about 6 mph less than cruising speed. 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!

Sat and Sundays from April 16 through October 31. Metro-North has scheduled specific trains to/from Grand Central Station to accommodate larger 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 holidays. Refer to chart for train times. If you are leading a ride and absolutely require a bike train at another time, you must call NYCC’s Metro-North liaison, Jeff Vogel (718) 273-5760.

NO HEADPHONES.

To publish an article, contact Caryl Baron, 165 West End Ave, Apt. 29C, 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 any author 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 SEPTEMBER Bulletin is due AUGUST 8!
Club Rides

RISE 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.

Wednesdays in August

A20-22+ 35-40 MI  WEDNESDAY EVENING WORKOUT 6:15PM
Coordinator: John Becker (212) 989-3122 From: The Boathouse. Come out every Wednesday evening for an 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, August 3

B14-16 50 MI  THURSDAY SUMMER RIDE SERIES 9:45AM
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Here's the deal...We'll leave The Boathouse at 9:45am SHARP. Ride, stop for lunch and return to The Boathouse by 2:15pm.

Friday, August 4

A19-21 100 MI  GETAWAY CENTURY 7:45AM
Leader: Jeff Vogel (718) 275-6978. Let's do our long ride on Friday. Satur- day is for volleyball, basketball, and water-skiing at Club Getaway. Call leader for starting time and place.

Friday, Saturday, Sunday August 4, 5, 6

THE FIRST ANNUAL NEW YORK CYCLE CLUB MIDSUMMER'S DREAM RIDE
Coordinator: Lori Vendinello (212) 995-8244. A special cyclists' weekend at Club Getaway in Kent, Ct. All inclusive: Friday, Saturday and Sunday rides in countryside around Kent. Eats galore. Optional RT bus transport (or train to Danbury and ride). Swim, sail, water-ski, volleyball tourney, hoops, in-line, massage, karaoke, dancing, tennis, golf, more. Area bike clubs invited. 4 person renovated cabins w/bath, daily maid service. $249/person, 2 person cabins at supplemental cost. Call 1-800-6-GETAWAY.

Saturday, August 5

A20 85 MI  BYRAM LAKE 9:00AM
Leader: David Younglove (212) 533-1276 From: The Boathouse. Another attempt at a scenic, backroads ride up to Byram Lake. Then on to a picnic lunch with the ducks in Armonk before heading home. Bring two water bottles and pocket food. If temperature again at 100—stay in front of your A/C.

A20 60 MI  BEAT THE HEAT 7:25AM
Leader: Mark Wolz (212) 594-5319 From: The Boathouse. Two hours out, two hours back from Rockland/Bergen counties before the heat wins out. Back by 12:35.

A18 60 + MI  FOR MOUNTAIN GOATS ONLY 9:00AM
Leader: George Tsangas (212) 988-0689 From: The Boathouse. To Rockland Lake via River Road, 9W and Tweed. After a picnic lunch by the lake, we return by Tweed and 9W. Low gears (or REAL strong legs) suggested. Helmets required. Strong, adventurous "B" riders are welcome to come along. 40% chance of rain at start cancels.

B15 50+ MI  PIERMONT GOOD TIME 9:30AM
Leaders: David Halperman (718) 499-4467 & Gary Silverman (718) 339-4487 From: The Boathouse. Looking for a good time on a hot day? This easy-going ride will keep you cool (sweat = nature's air conditioning). North to Pierrmont via River Road and 9W; south some kind of way. Perhaps we'll stop for miniature golf on the trip back?

B14 45 MI  ORCHARD BEACH WITH A NEW SPIN 9:45AM
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. It's beach season! Enjoy the clean, protected sandy coastline of Orchard Beach, or while half of the group plays in the water you can spin to City Island and relax at a neat little restaurant that loves cyclists. Both groups will return to The Boathouse together.

C14 45 MI  BEAUTIFUL CONNECTICUT 9:30AM
Leader: Maggie Clarke (212) 567-8272 From: Dyckman St & Broadway at the triangle garden (Dyckman/200 St - A Train). Destination - scenic Old Greenwich seaside park via quaint Connecticut towns. Some parts are moder- ate to hilly; some parts are flat; but all are beautiful. Picnic lunch in lovely backyard garden of a Cos Cob deli. Return via Metro-North; pass required. Also, helmets required. 40% chance of rain or temp above 90 may modify or cancel.

Sunday, August 6

A19 95 MI  CENTURY RECOVERY RIDE 9:00AM
Leader: Steven Britt (718) 204-4970 From: The Boathouse. I need an easy-paced 'cool down' from yesterday's ride in Princeton. (See Out of Bounds) This ride will head out with Reyna and Charlie as they head to Caumsett. We'll continue eastward and add some more miles. We'll grab some food along the way and catch the Caumsett crew for the train ride home.

A19 70+ MI  COME SEE CAUMSETT 9:00AM
Leaders: Reyna Franco & Charlie Katz (212) 529-6717 From: The Boathouse. Ride through Long Island's north shore to our mansion on a hill overlooking the sound. Musette bags recommended - deli stop is 5 miles from the picnic spot. (Call the Musette Maven Geo Carl Kaplan to purchase the original, genuine, NYCC musette bag.)

A17 70 MI  ARMONK AGAIN (OR WILL THE REAL ROB KOHN PLEASE STAND UP) 9:00AM
Leader: Rob Kohn (718) 369-1237 From: The Boathouse. Rob had such a good time actually showing up for one of his own rides that he's rumored to be making an encore appearance. Then again, you never know. (There are some that still maintain to this day that the real Rob Kohn didn't actually lead that previous ride—some sort of intricate plot involving plastic surgery and evil twins. Who knows, maybe even alien abduction!) Ride advisor emeritus: Cathe Neukum.

B16 55 MI  RETURN OF CYCLE SLUG NOON
Leader: Wayne Wright (212) 989-4917 From: The Boathouse. Get up early on a Sunday! No way. Let those perky morning people meet at 9am, we'll catch some Z's and still get in some solid cycling. We'll head to Nyack via Tallman and still be back before sundown.

C 30 MI  BIKE ROCKLAND COUNTY 10:00AM
Leaders: Richard Fine (201) 461-6599(eve) & Ethan Brook (212) 721-9521(day) From: Memorial Park, Nyack (Pierrmont and Depew Aves.) Scenic Rockland including "artsy" towns of Pierrmont and Nyack.

C 25-45 MI  BEACH BUMS #4 9:30/10:00AM
Leader: George Kaplan (212) 989-0883 From: City Hall (9:30)/Grand Army Plaza(10:00). Annual & ever-popular Sunday jaunt to the beach. Easy, flat ride to either Coney Island or Riis Park as the mood strikes. Bring swimsuit and towel. Picnic lunch on the beach (bring or buy). Joint with 88BC. Forecast temp above 95 cancels.
Club Rides

Tuesday, August 8
A19-21+ 55-60MI  TUESDAY MORNING SPIN 8:00AM
Leader: Jeff Vogel (718) 275-6878. From: The bench across from the Boat house. One more time. We'll do an easy paced ride to Bergen and Rockland Counties - Pearl River/Montvale/Park Ridge/Nyack. They're all possibilities. It will be a group decision. Guaranteed return by 1:00pm.

Tuesday, August 8, 6:00 p.m.
NYCC Meeting at O'Hara's 120 Cedar St.
All Rides and September Bulletin material due!
see back page for details.

Wednesday, August 9
A19-21+ 55-60MI  WEDNESDAY MORNING SPIN 8:00AM
Leader: Steven Britten (212) 288-6324. From: The bench across from the Boat house. If you didn't get your fill yesterday, come on out today for more of the same. This will be my last chance to ride with the club before Paris, so come out and wish me luck. Guaranteed cancellation if rain threatens.

Thursday, August 10
B14-16 50MI  THURSDAY SUMMER RIDE SERIES 9:45AM
Leader: Gene Vezzani (212) 875-1615. From: The Boat house. Here's the deal...We'll leave The Boat house at 9:45am SHARP. Ride, stop for lunch and return to The Boat house by 2:45pm.

A/B/C CP LAPS PIZZA RIDE 7:00PM
Leaders: Jonathan Silvers (212) 794-4692 & Mitch Yarvin (212) 769-2637. From: The Boat house. Join us on alternate Thursday evenings for laps around the park and alfresco dining in the Sheep Meadow. Bring high spirits, healthy appetites, and $7 exact change.

Saturday, August 12
A19 75MI  FRED'S RIDE 8:30AM
Leaders: Marlene Kitten (718) 832-2329 & Cheap Seats (212) 348-2661. From: The Boat house. 2 SWF's vivacious & bodacious, seek companions with Metro-North passes and senses of good times for good times in Brewster. Please enclose photo (of bike). Never mind the ups and downs, our light hearts and strong legs will prevail.

A17 70MI  50 WAYS TO GET TO NYACK 8:30AM
Leader: Caryl Baron (212) 595-7010. From: The Boat house. We'll do number 26 this week, inland and over a hill or six. Start early to beat the heat. Possible Trautwein corn stop on return, so bring pockets (or musette bags!).

KB18+ 60MI  KILLER "B"'S SWARM ROCKLAND LAKE 9:00AM
Leader: Mark Yatkowski (212) 410-6284. From: The Boat house. Sting and Buzz haven't flown through this year, so I'll give it a try. River Road and Clausen Mountain to Rockland Lake. Bradley, Tweed and 9W back to The Boat house. Two water bottles, pocket food and musette bag recommended. 50% or greater chance of rain cancels.

B14 50MI  PEEKSKILL BIKE/SWIM/SLIDE 8:00AM
Leader: Bill Schwartz (212) 288-7862. From: The Grand Army Plaza (fourth). Holy romp thru Westchester—back roads emphasized after urban start. Ends at Peekskill town park with pool and a waterslide. So bring swimwear, lock and Metro North pass for return trip. Park fee is $8; Metro North is $6. Join 5BBC.

CI2 50MI  PIERMONT 9:00AM
Leader: Dona Kahn (212) 399-9009. From: The Boathouse. A comfortable pace, snack at a farmer’s market, lunch in charming Piermont.

C 75MI  MOONLIGHT MANHATTAN BIKE RIDE 12:30AM(SUN)
Leader: Richard Fine (212) 461-6959(eve) & Ethan Brook (212) 721-9521(eve). From: Plaza Hotel fountain. Night touring mid and south Manhattan including Central Park, Battery Park City, Wall St., Greenwich Village, South Street Seaport, etc. Breakfast at sunrise.

Sunday, August 13
A21 50-60MI  MORE SUNDAY MATINS 7:30AM
Leader: Brother Mark (212) 496-5518. From: The Boathouse. \mat-rn\nI: MORNING PRAYER. Something different - 1 hour of silence (GWV to Nyack). Let's save our breath and open our eyes as we steal away from still slumbering Gotham. River Road and Tweed Hill will reward our silence with the sound of birdsongs and whirring gears; the sight of rabbits, chipmunks, groundhogs and deer; the sweet scent of earth and pine. By the time we get to Nyack, our senses should be so finely tuned we'll smell the coffee & cros sants half a mile away. At brunch - let the schmoozing begin! Rain cancels.

A19 70MI  PICNIC AT THE BEACH: BAYVILLE 9:00/9:45AM
Leader: Irv Schacter (212) 758-5738. From: The Boathouse/9:00 Statue of Civic Virtue/9:45. A relaxed ride out to Bayville for a picnic lunch on the beach. (Quick swim optional.) Pace will vary inversely with temperature/humidity.

B17 60MI  FRIENDLY HILLS 9:00AM
Leader: Liane Montessa (212) 534-5736. From: The Boathouse. Steep hills are short; long hills are not steep. Think about this while we do River Road, Bradley and Tweed to Nyack.

B14 45MI  BEACH TIME 9:45AM
Leader: Gene Vezzani (212) 875-1615. From: The Boat house. We're off to Orchard Beach where the group divides. Half stay at the beach and enjoy the sun, sand, and ocean while the other half ride to City Island and chill at a cool little restaurant. We all return to The Boat house together.

CI3 45MI  WORTENDYKE AND WAMPUM 8:45AM
Leader: Caryl & Steve Baron (212) 595-7010. From: The Boat house. A lovely romp through Jersey, on a scenic and not too familiar route, with either a dinner or picnic in Park Ridge (bring musette). We'd like to expand ride leadership, and so we will lead this ride only if we have a volunteer "C" co-leader (you?) who will pledge to lead a ride in Sept. or Oct. We'll help with route, cue sheets, anything you need. Do we hear our phone ringing?...

C 25-45MI  BEACH BUMS 9:30/10:00AM
Leader: Phyllis Greenberg (718) 896-9678. From: City Hall (9:30)/Grand Army Plaza (10:00). Easy, flat ride to either Coney Island or Riis Park as the mood strikes. Bring swimsuit and towel. Picnic lunch on the beach (bring or buy). Join with 5BBC. Temp above 95 cancels.

Thursday, August 17
B14-16 50MI  THURSDAY SUMMER RIDE SERIES 9:45AM
Leader: Gene Vezzani (212) 875-1615. From: The Boat house. Here's the deal...We'll leave The Boat house at 9:45am SHARP. Ride, stop for lunch and return to The Boat house by 2:45pm.

First NYCC Ride?
Please Read Page 2 Before You Ride
Club Rides

Saturday, August 19

A20 60MI BEAT THE HEAT II 7:25AM
Leader: Mark Wolfe (212) 594-5319 & Gary McGraime (212) 877-4257
From: The Boathouse. Two hours out; chill, two hours back from Rockland/Bergen counties before the heat wins out. Back by 12:35.

A19 105MI CENTURY OF THE MONTH #8: NEW CANAAN 8:30AM
Leader: Marty Wolf (212) 935-1460. From: The Boathouse. One of the hillest and one of the most dangerous centuries I know. If temperature approaches the century mark, our ride might not turn out to be a century, but we’ll give it a try.

B16 100MI SOMEWHERE OUT THERE 9:00AM

B15 60MI OYSTER BAY 9:00AM
Leader: Peter Morales (718) 833-4730. From: The Statue of Civic Virtue (E/F train - Union Tpke). 60 miles of Long Island North Shore riding stopping at Oyster Bay Beach for lunch.

C14 50MI PLANTING FIELDS ARBORETUM 9:00AM

Sunday, August 20

A20 490MI ABOUT 70 Human MILES 8:30AM
Leader: Tom McMull (212) 777-5845. From: The Doghouse. Your fast-as-a-greyhound “A” rides Coordinator was so doggone desperate for August leaders that he sat up and begged this lazy old mutt to lead something. So... our happy little pack will trot on up to Armonk, where we’re sure to find some cool water, juicy bones and nice, shiny hydrants. This one’s for fun, so rabid squirrel chasers, loud barkers and other sick puppies should Stay, boy, Stay! List price is ruff. May heel a bit if really in heat. Rain, ringworms, or return of Lassie cancels.

A19 65MI HUNTINGTON GRIMPEUR 8:00/10:00AM
Leader: James Rosar (516) 421-5164. From: The Boathouse(8:00)/Syosset Bagel (10:00am). Ride starts in Syosset. Last chance for the perfect PBP tune-up ride. Challenging & entertaining riding in NW Suffolk. Chosen sections marked for solo passes. Low gears recommended. The leader will escort a small group (LIRR restrictions) from The Boathouse at 8:15 to catch the LIRR. 50% or greater chance of rain cancels.

A17 60MI HAMMERHEADS NEED NOT APPLY 9:00AM
Leader: Tim Andon (718) 937-9272. From: The Boathouse. A ride to Park Ridge for Saturday hammerheads who feel like slowing down on Sunday or those who don’t feel like hammering any day of the week. Pocket food and two water bottles recommended (35 miles to lunch).

B14 45MI BEACH TIME - PART II 9:45AM
Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. We’re off to Orchard Beach again. Half of our group will stay on the beach while the other half rides to City Island and hangs-out in a restaurant. We all return to The Boathouse together.

The Boathouse together.

C14 62+MI A CENTURY FOR “C” RIDERS (YES YOU CAN!) 9:30AM
Leader: Peter Hochstein (212) 427-1041. From: The Boathouse. Well, it’s only a metric century, (100 kilometers), but hey! You’ll go along River Road, Route 9W, and Nyack Beach State Park’s river edge dirt path, then ride up a killer hill, (but you’ll have a relatively easy trip home.) Not for first-time riders, but anybody who’s done a C14 ride to Nyack and wasn’t zoned can certainly make it. Bring low gears, a good attitude and patience. You probably won’t go home until 5 or 6pm.

C 25-45MI BEACH BUMS #6 9:30/10:00AM
Leader: Don Passantino (718) 446-9025. From: City Hall (9:30)/Grand Army Plaza(10:00). Easy, flat ride to either Coney Island or Riis Park as the mood strikes. Bring swimsuit and towel. Picnic lunch on the beach (bring or buy). Join with SBBC. Temp above 95 cancels.

Thursday, August 24

B14-16 50MI THURSDAY SUMMER RIDE SERIES 9:45AM
Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Here’s the deal...We’ll leave The Boathouse at 9:45am SHARP. Ride, stop for lunch and return to The Boathouse by 2:45pm.

A/B/C CP LAPS PIZZA RIDE 7:00PM
Leader: Jonathan Silvers (212) 794-4692 & Mitch Yarin (212) 769-2637. From: The Boathouse. Join us on alternate Thursday evenings for laps around the park and alfresco dining in the Sheep Meadow. Bring high spirits, healthy appetites, and $7 exact change.

Saturday, August 26

A20 80MI SHADY BUSINESS IN BEDFORD 9:00AM

A18 55MI PANCAKE RIDE (AS IN FLAT) 9:00AM
Leader: Don Montealvo (212) 307-7753. From: The Boathouse. I’m in a hill avoidance kind of mood, so let’s try to find the flattest way to Nyack. Hill walkers are encouraged, so bring your sneakers as I try to make it back to the bridge.

B15 55MI SOUTHERN NASSAU 9:00AM
Leader: Alinda Barth (718) 441-5612. From: The Statue of Civic Virtue (E/F Train - Union Tpke & Queens Blvd). Don’t want to climb hills on a hot August day? Then come for an easy, flat ride to a cool destination - a picnic lunch in Long Beach. The hotter it gets, the slower we’ll go.

B14 60MI ESCAPE FROM NEW YORK TRAINING SERIES 9:45AM
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, August 23rd. This four week training ride program begins with a 60 mile ride today and ends with a 90 mile ride on Saturday, August 16th. (Cont. on p.7)
RISE AWAY FROM IT ALL... AND SAVE A FEW BUCKS, TOO!
Sign up NOW for the first

NYCC

“ESCAPe FROM NEW YORK” Century

Save $$$ before Sept 16 and get a great T-shirt!

Saturday, Sept. 23. Start: Grant’s Tomb, Riverside Drive, 7 AM.
100 miles: Bear Mountain State Park
100 K (62 miles): to Rockland State Park
50 miles to Tallman State Park.

Food... cue sheets... great prizes... post-ride party! T-shirts to pre-registered riders only!
We must receive your registration by September 16.

Sponsors: Polar Electro, Inc., Dandy Printing, PowerBar, Gym Source
The Message Center, Sidewalk Cafe, Runcible Spoon, Au Bon Pain
Pierron Bicycle Connection, Enchilada Johnny’s, Bollé America, Inc., Specialized Bicycle Components
Cannondale, Vetta Sports

MAIL THIS COUPON TODAY!

$15. I’M ALREADY A NYCC MEMBER. Here is my check for early registration (Day of event: $20)
$18 UNTIL SEPTEMBER 16 ONLY. I’m not a member, but here is my check for early registration. (Day of event: $20)
I plan to do the ___ 100 mile ___ 100 K (62 mile) ___ 50 mile route.

Name (Print):

Address/Apt. ________________________________ Tel.(H) ________________________________
City/State/Zip ________________________________ Tel.(W) ________________________________

Emergency Contact ___________________________ Emergency Tel _______________________

MAIL CHECK PAYABLE TO NYCC to: New York Cycle Club, P.O. Box 199, Cooper Station, New York, NY 10276
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: I 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, COSTS AND DAMAGES I incur as a result of my participation in the Activity, 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUIT 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” hereinafter) 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 OF RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE and WAIVER OF LIABILITY, ASSUMPTION OF RISK AND EXCLUSION OR LIMITATION OF DAMAGES 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 loss, expenses, attorney fees, loss, liability, damage, or cost which may incur as a 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.

Signature of registrant: ________________________________

If under 18, signature of parent or guardian: ________________________________

(Want more info? Call (212) 886-4545 for “Escape” flyer)
Club (and other) Rides

During the training series you will build endurance and learn the six magic words that will ensure that your 100 mile ride is a breeze.

C14  38MI  PIERMONT II  10:00AM
Leader: Anne Grossman (212) 924-1549 From: GW Bridge Terminal. Let's try this ride again. Lovely ride to Piermont and back. Lunch on the pier. Slightly hilly leaving Piermont after lunch.

Sunday, August 27
A21  50-60MI  MORE SUNDAY MATINS  7:30AM
Leader: Brother Mark (212) 496-5518 From: The Boathouse. See August 13th listing for details.

A19  70MI  ARMOK - TAKE III  9:00AM
Leader: Lisa Davis (212) 338-9876 From: The Boathouse. Join me in my third attempt to make it beyond White Plains - given the first two attempts, Metro-North passes are recommended.

B17+  58MI  NYACK BEACH PARK REDUX  9:00AM
Leader: Marc Yatskovsky (212) 410-6284 From: The Boathouse. We had a great time last month, let's do it again. Almost same gently rolling route as last time, maybe a few more miles or a hill or two thrown in. 50% or greater chance of rain cancels.

C14  56MI  BIKE PATHS & BRIDGES  9:00AM
Leader: Mike Di Carbo (212) 645-1120 From: The Boathouse. Meandering back and forth over bridges over the Saddle River. 20 miles of bike paths. Picnic lunch in a beautiful spot in Ridgewood (bring or buy).

C  25-45MI  BEACH BUMS #7  9:30/10:00AM
Leader: Peter Morales (718) 833-4370 From: City Hall (9:30)/Grand Army Plaza (10:00). Easy, flat ride to either Coney Island or Riis Park as the mood strikes. Bring swimsuit and towel. Picnic lunch on the beach (bring or buy). Join with SBBC. Temp above 95 cancels.

Wednesday, August 30
A/B/C  0MI  RACE TO BOMBAY  6:30PM
Coordinator: Jeff Vogel & Margaret Cipolla (718) 275-6978. This is the latest chance to see the races at the Kissena Velodrome for 1995. As usual, Indian food follows the last race. Call leaders for car/bike/subway directions. Greater than 50% chance of rain cancels racing but not dinner.

Thursday, August 31
B14-16  50MI  THURSDAY SUMMER RIDE SERIES  9:45AM
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Here's the deal...We'll leave The Boathouse at 9:45am SHARP. Ride, stop for lunch and return to The Boathouse by 2:45pm.

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 somewhere over the GW. I've been studying my Haggstrom 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  70MI  ESCAPE FROM NEW YORK TRAINING SERIES  9:45AM
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. This is the second of a four ride program that will help you build endurance and the confidence that you'll need to comfortably complete the NYCC's Escape From New York Century. As a bonus you will learn the six magic words that will certainly make your 100 mile ride 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
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
C12  55MI  BIKE TO BAYVILLE  10:00AM
Leaders: Hindy & Irv Schacter (212) 758-5738 From: The Statue of Civic Virtue (E/F train - Union Tpke). We head for the North Shore towns, Li Sound, Bayville, Brookville, and Oyster Bay. Lunch at a beach. We may share the road with a horse or two.

HAVE A BALL, LEAD A RIDE

TOGA Bike shop
For our friends in the New York Cycle Club: Between NOW and Aug 31, bring in this ad and get
15% off any clothing purchase over $50.

TOGA has the largest selection of quality cycling clothes of any bike shop in NYC.

HAVE A BALL, LEAD A RIDE!
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 Country Cycling & Hiking
140 West 83 Street New York, NY 10024
(212) 874-5151

RIDE PREVIEWS

Saturday, September 23
NYCC ESCAPE FROM NEW YORK
The best century to start in New York – our own! Challenging 50, 62, and 100 mi. routes to Bergen and Rockland. 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 entry info in this bulletin.

PLANNING FOR SPRING 1996: THE DOLOMITES & VENETO
A/B++ 50 - 60 miles per day in Northern Italy. NYCC group ride. One week riding around Verona, Bassano, Asolo, Lake Garda, Padua. Second week at Cortina and/or Madonna di Campiglio in the Dolomites. Daily loop rides in famous Dolomite passes with lots of climbing. Arrangements similar to other Italy trips. Group size limited. Tentative dates: Sat, April 13 or Sat. June 22. What is your preference? Call Lon Turoff. 212-995-8244.

OUT OF BOUNDS

Saturday, August 5
PRINCETON CENTURY
Coordinator: Steven Britt (718) 204-4970. This is an annual event for the Princeton Freewheelers. Scenic 25 through 100 mile routes.

Saturday, August 5
TOUR OF THE HAMPTONS
100, 62, 50, 25 MILES
Massapequa Park Bicycle Club. Flat to rolling terrain. Starts in Southampton. Century starts at 7:30am.

David Tours The Alps
AUGUST 17 THROUGH AUGUST 28
Spectacular picturesque tour in Switzerland and Italy. Quiet roads, challenging climbs, thrilling descents. 2 rides most days, designed for “A” and “C+” capabilities. Price: $2,150 includes: air fare, 3 or 4 star hotels, breakfast and dinner daily, minivan for luggage. David Schlichting (516) 482-3423.

Saturday, August 22
7TH ANNUAL ROCHESTER BICYCLING CLUB GRAND PRIX RIDE AND PICNIC
The RBC invites all interested bicyclists to their absolutely free ride/picnic and 24 hour endurance ride. Ultra-distance cyclists from around the US will participate. Mileage certificates available. Rain or shine. Send SASE to: Mark Frank, 59 Bay Knoll Road, Rochester, NY 14622 (or call 716-544-1039).

Sunday, September 10
100/62/50 MILES RAMAPO RALLY REG: 7:00-9:00AM
Bicycle Touring Club of North Jersey’s 18th Annual Rally. Rain or shine, from the Mount Saint Francis Motherhouse, Morris Road, Ringwood, New Jersey, a short drive from either Route 17 or 287. Routes of 25/50/100 miles thru scenic Orange County N.Y.. A $15 fee (by 8/12 includes free T-shirt & water bottle). Food, sag wagons, cue sheets, and “Dan Henry” route markings. Helmets required. Forms, info: Write Ramapo Rally BTCNJ, P.O. Box 839, Mahwah, NJ 07430-0839 or call Mary Ann Zino (201) 447-6333, or Frank Warkock (201) 791-3244.

Sunday, September 17
125/100/75/50/25 MILES GOLDEN APPLE CENTURY RIDES REG: 7:00-12:00AM

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, longsleeve 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; or call Jeff Vogel (718) 275-6978 for more information and possible car-pool arrangements.

Welcome to 36 New Members for August 1995!

Thirty-six pairs of spinning legs have joined the fun this month.

Julia Apperson
Gilbert Aviles
Julia Brennan
Todd Brilliant
Robert Davis
Joanne DeRosa
Barbara Fink
David Grogan
Rita Haley
Al Hody's
Sanjiv Kmosia
Jill Koh
D. Gregory
Lawrence
Susan E. Lawrence
Arline Mann
Tom McNerney
Ann Marie Miller
Frederica Miller
Carrie Milne
Chris Needham
Angel Neves
Eric Newberg
Gay Peress
Richard Pu
Loren Ratner
Carol Reiss
Beth Renaud
Grace Rosales
Alejandro Sanchez
Lauren Schmitt
Jonathan Thaler
Donna Torre
Nick Vallinotti
Stephanie
Warakomski
Megan Watson
Francine Weinberg

What?
You didn’t get your NYCC Bulletin?
Don’t call ME —
call MITCH YARVIN 769-2637
From the Boathouse

August 1, 1995

Huzzas and Kudos and everything else, as we bask in the reflected glory of Jeanine Hartnett, who at the end of June competed in an Ironman Triathlon in Japan, and came in first in her class by over six minutes.

Next stop for Jeanine is Hawaii for the Triathlon of Triathlons in the late autumn. For the uninstructed all that Jeanine did was swim two and one half miles in open waters, bike one hundred ten miles, and then run a Marathon. Huzzas and Kudos, Jeanine!

Au recheche de temps perdu... For the fourth year in a row we celebrated our nation's birthday at the United States Military Academy at West Point. The sixty members of NYCC and guests had a memorable weekend. The boat worked, this time. Thank you, Christy and Jody. Thank you again!

Want a bike and cyclist friendly place to stop for brunch, lunch or munch while pedaling about town? Then its Moran's at the north end of the marina at the World Financial Center. They permit you to park your cycle next to your table and set a fairly decent table. Service is friendly and they go out of their way to help. Anyone know of any other bike and cyclist friendly establishments around town, speak up.

This is August, and next month is September! Genius! Nominations for the New York Cycle Club Board open at the September meeting... so... do you want to serve on the Board next year? Do you know someone who you think should serve on the Board next year? Unless you speak up we'll never know. If you want to talk about this, then give me a bell at 212-989-0883, and I'll do my best to clear up any questions you may have.

After the nominations at the September meeting we are going to have a BITCH TO THE BOARD session. Come with your complaints or your praises and you will be heard. More in the September Bulletin. See you on the road!

Alphabet Soup

Sign-Up Sheets

Leaders should have these available during the pre-ride conversation. As a leader, why do you need them? Two simple reasons: 1) You know who is on the ride (and who isn't). This comes in handy when you wonder if you've dropped someone. 2) Emergency contact. This is self-explanatory.

Metro-North

Remember that you need permission for Metro-North for your group to return on any train other than the bike train. Talk to Jeff Vogel or myself about this. Everyone in the group must have a pass. Many rides list Metro-North returns this month.

A-Notes

You may have noted a few unfamiliar names listed among the A ride leaders for July, as several graduates of the largest A SIG group in club history have already stepped up to lead our peloton. I'd like to take this opportunity to welcome all 34 survivors to the A ranks: Tim Andon, John Bermudez, John Blackmar, Alfred Boland, Pat Carter, Claudia Citrovitz, John Fullwood, Jon Gautier, Antoine Haddad, Damon Hart, John Hearn, Julie Horowitz, Gregory Jolly, Abe Karron, Charlie Katz, Jennifer Katz, Michael Knopf, Lisa Litt, Peter Matusewitch, Gary McGraine, Barbara Middlebrook, Ira Mitcheke, Paul Mutzek, Ed O'Donnell, Doug Riccardi, Scott Saunders, Phil Simpson, Fred Steinberg, David Thomas, Tom Trushoff, Steve Ullman, Ernest Utgenannt, Julie Walsh and Mark Wolz. Also thanks go out to this year's SIG leaders Paul Lebowitz, Mary Allen, Doug Bixby, Ed Fishkin, Keith Goldstein, Christy Guzzetta, Kristi Roberts and Jody Sayler.

While I'm on the subject of new faces, just a reminder to both new and old riders that it's always a good idea to know who you're riding with. First of all, it's common courtesy to introduce yourself to people you don't know on the ride - these are recreational rides not races, so there's no reason to just glare at the person riding next to you. (But no, you don't have to smile if you're going up a hill.) Another reason is safety: I realize on larger rides that not everyone is going to know one another, but if there's someone in the group that nobody knows it's not a bad idea to make sure that cyclist has some notion of how to ride in a paceline. This is especially important in large groups - don't necessarily assume that the person in front of you knows what he or she is doing, particularly when rotating off the front.

And remember, drink plenty of water!

Preserve your assets - wear your helmet!
Congratulations to Claire Wyckoff and Dan Maguire (yes) on their recent marriage. How did they spend their honeymoon? On a tandem in Italy with Lori Vendinello and Howie Turoff (yes) and several other NYCC members. Maybe Claire and Dan were the inspiration for Lori and Howie’s attempt at an Italian marriage. They had most of their paper work together and were all set to get married on a Saturday afternoon in the middle of their trip. Unfortunately, the town clerks office closed at noon on Saturdays so they couldn’t pull it off. However they did get married when they got back to New York. Lori and Howie’s honeymoon will be bicycling France in October - but not on a tandem. And Happy Birthday to George Kaplan, who celebrated a milestone July 26. Best wishes to all of you.

Congratulations also go to Elizabeth Emery, who was named as a full time member of the U.S. National Cycling Team. We all had to start somewhere and Elizabeth started with the SIG in 1991. You can do it too, but you have to wait till March 1996 for the SIG.

And will anyone ever break Jeff Vogel’s club record? On two separate occasions in June and July, he led two rides on the sameday! Someone may tie it, but it will take three to beat it.

Another round of applause goes to Christy Guzzetta for putting on the Fourth of July West Point Weekend again. After seven years he may have finally gotten it right. Except for the rain early Saturday morning, everything was perfect. The boat actually showed up and the bus didn’t go over the edge climbing Anthony’s Nose! Next year July 4th will be the first day of the four day weekend so we’ll actually get to see the concert and all the festivities. Sign up now because Christy may run out of room soon!

The Raritan Valley Roundup was another interesting ride – for some people. As the route wound through the farmlands of central New Jersey, many riders stopped at one of the farms to watch a calf being born. Amy Hanowitz, a practicing midwife, was quite impressed; she thought the whole experience was incredible. Judy Meyer thought nothing of it as she grew up on a farm in Nebraska. Her reaction as she rode past, “Big deal.”

Speaking of births, congratulations go out to Miriam and John Hearn on the recent arrival of Ashley Sarah. The women’s field better watch out in 20 years if Ashley inherits her aunt’s speed on the bike. Who’s her aunt? U.S. time trial record holder Phyllis Hines.

Question of the month number one is “How old is Chuck Wong?” At various times Chuck has claimed to be anywhere from 36 to 58 years old!

Even though we thanked Christy for the West Point Weekend, he’s partially responsible for the shortness of this column. Usually, the “lack of material” on the Nude Beach Ride provides plenty of material for this reporter. However, Christy was too busy with West Point, Su Casa and all the other rides he coordinates, to plan the Nude Beach Ride this year. Reportedly, Herb Dershowitz is very upset that he won’t be able to play nude volleyball this year and Ed Fishkin can take the mirror off his glasses now!

Question of the month number two is “Does Reyna Franco have a fetish for ropes?”

Let’s all wish all of our Paris-Brest-Paris participants good luck. First there’s the Crowley clan, Art, Art Jr. and Marion. Then there is Steve Britt, Karl Dittebrandt, Mike DeLillo, Jane Kenyon, Drew Olewnick, Miguel Vilaro, Jeff Vogel and Mike Yesko. Bon Route!

So did you catch the Tour de France last month? There was AOL/Bicycling’s daily coverage and ESPN’s nightly show and ABC’s weekly (very weakly) attempt at cycling. However the most unusual coverage was the night that David Letterman covered the Tour. Were there highlights of Miguel Indurain, — Zuelle, Lance Armstrong, or l’Alpe d’Huez? Of course not. But there was Gene Vezzani and Tim Andon (no). That’s right, two NYCC members rode through the Ed Sullivan Theatre on national television! And, they got paid for it! Gene and Tim were last seen signing autographs on Broadway at 53rd Street. Hopefully, they’ll come back to ride with us again.

I’m sure you’ve all seen the Park Tool ad where the team mechanic is leaning out of a car window adjusting a racer’s bike while both are moving down the road. Well, it’s not quite as easy as it looks. Some of us have trouble adjusting our bikes while in a workstand in our living room. Ask Road Bozo Robert Colon how difficult it is while riding at 25 miles per hour.

B-SIG Graduation Party

Our B SIG graduates recently enjoyed an evening of cycling conversation, ride reviews and neighborhood carry-out cuisine while celebrating the completion of their 12 week training program. The accomplished graduates logged over 700 miles during the course that included rides through quite a diverse set of traffic situations, weather conditions, and terrain.

Gene Vezzani

Help Wanted

Senior Publishing Position Open
I love publishing the NYCC Bulletin each month BUT... I've been doing it for two years, and I'm trying to plan a few vacations next year that will have me out of the country just when the Bulletin needs to be done. It's a wonderful learning experience - we've just unpacked the Mac and I knew nothing of Quark when I began, and I'm actually reasonably efficient by now, and moving on to the Internet and Web. So, if you'd like to be Editor for 1996, speak to George or me to me. Or, if you'd like to learn as Assistant, contact me by phone (212) 595-7010 or e-mail (NYC, CBull@aol.com).

Caryl

VERMONT: You CAN Get There from Here
Starting July 23, 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 uncrated bikes plus 15 boxed, and camping equipment, too. For details and reservations call 1-800-USA-RAIL(872-7245).

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.

Pro Tandem Red Bob Jackson 27x23 cantilever brakes, bars, Suntour derailleur, needs wheels and front pedal. $900. Also Cannondale 27" road bike $350 or best offer on either. Call Margaret (718) 939-5178.

Polar Accurex heart rate monitor, barely used, $160. Avocet 50 cyclometer with altimeter, almost new, with sealed cadence mount and batteries, $75. Both come with manuals and in original boxes. Dave (718) 499-4467.


1993 Bridgestone XO-5 hybrid, 52cm frame with 56.5cm top tube, excellent condition. Great for general use or as an elegant beater bike. Your choice among several saddles, tires, pedals. $330 OBO. Dave (718) 499-4467.

Campy '94 Braze-on front derailleur $35; Campy '95 D.T. Shifters 8 spd. Index NEW $25; DuraAce 8 spd Index front shifters $30 Call (212) 265-6330.

Merlin Mtn. bike (small), "every conceivable goody" & Ti part. Manitou. Only 38 mi. sacrifice. Solid Oak 2/4 Bike Stand $60. (212) 265-6330.

TREK 1400, 47 cm, Shimano 105, less than 500 miles! Call (212) 491-1665.

56cm Dean Titanium road bike; Dean stem and seat tube with 600 SIS group. Low miles, excellent condition. Adding baby, need to sell other - looking for a good home. $1600. Call Peter at work (212) 505-4945.

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. 2. 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. 3. 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. FULLY UNDERSTAND ALL RISKS AND DANGERS INCLUDING SUDDEN HEART ATTACK, STROKE, DEATH, INJURY, LOSS OF PROPERTY, DAMAGE TO PROPERTY, LOSS OF FLUIDS AND ELECTROLYTES, BICYCLING ACCIDENTS, ACCIDENTS TO OR INJURY OF OTHERS, THE RISK OF ALL TYPES OF INJURIES, DAMAGE TO PROPERTY, THE RISK OF DEATH, AND OTHER HAZARDS INCIDENT TO CYCLING. I FULLY UNDERSTAND THE DANGERS INCIDENT TO CYCLING AND HAVE FULLY CONSIDERED THEM.

New [ ] Renew [ ] Change of Address [ ] Date ____________ Check Amount ___________________

Name: ___________________________ Signature: ___________________________

Name: ___________________________ Signature: ___________________________

Address/Apt: ___________________________ Tel.(H) ___________________________

City/State/Zip: ___________________________ Tel.(W) ___________________________


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, NY 10276.
NYCC MEETING

TUESDAY, AUGUST 8, 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

cycling and the city

John Benfatti and some folks from the the NYC DOT and from the city planning office talk about cycling in the city and what your local govt is/ isn’t/ could/ won’t do to improve this mess.

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

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