December
1995
"Yo S.C. man, don't be buggin'! Your image needed a **serious** upgrade. Checkit! Thermax team-skinsuit, full suspension carbon bike-sled with titanium runners, internet gift routing software; you got it goin' on!"
BEFORE YOU RIDE:

<table>
<thead>
<tr>
<th>Ride Style</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A</strong></td>
<td>Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.</td>
</tr>
<tr>
<td><strong>B</strong></td>
<td>Moderate to brisk riding with more attention to scenery. Stops every hour or so.</td>
</tr>
<tr>
<td><strong>C</strong></td>
<td>Leisurely to moderate riding, sightseeing and destination oriented. Stops every half hour or so.</td>
</tr>
</tbody>
</table>

**ATB 1**
Hilly to mountainous and single-track riding. Mountain and hybrid 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.

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

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

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

NYCC rides are led by volunteer leaders who plan the route and maintains the listed pace (e.g. B15 pace = B Style / 15 mph cruising speed - see charts). Our rides are described by pace and style because it’s more fun when the group is of similar ability. We ride for fun, fitness, and food. RIDE STYLE indicates the type of riding. See chart left.

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

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

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

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

BIKE TRAINS: Check schedule below!

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

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

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

WEAR YOUR HELMET!

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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All material for the JANUARY Bulletin is due DECEMBER 12!
Club Rides

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

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

Thursdays in November

A/B16-20 50MI THURSDAY NIGHT TRAINING RIDES 7:00PM
Coordinator: Steve (Nightrider) Ulman (212) 473-1897 From: The Boathouse. Join me for training rides in the Central Park's serene night setting. Legal lighting required (front and rear). Temps below 25°, high wind, or precip cancel.

Saturday, December 2

A19 50MI STILL RIDING IN DECEMBER? 9:30AM
Leaders: Judy & Conrad Meyer (212) 535-2444 From: The Boathouse. Let's spin to Park Ridge for pancakes at the diner. Temps below 45°, let's get the roller blades out instead!

B17 50MI WHITE PLAINS 9:00AM
Leader: Marc Yatkowski (212) 410-6284 From: The Boathouse. I'm still trying to break the Nyack habit. We head north to try a new cafeteria in White Plains. Temps below 45° cancel.

B14-16 40/45MI BACK BY NOON SERIES 9:25AM
Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Join us for a cold weather ride that gets you back to The Boathouse before 12:30. The destination changes weekly.

C13/14 60MI NYACK W/9W 9:00AM
Leader: Mike Yesko (212) 533-2409 From: The Boathouse. We'll take a prettier but hillier route. 35 miles to lunch at the Kayack in Nyack. The 25 mile return allows for a stop at Starbucks followed by the hill-less route to Fort Lee. 50% chance of precip or temps below 35° at start cancels.

C/7 16MI INDUSTRIAL WILLIAMSBURG'S ARCHITECTURE NOON
Leader: Paul Rubenfarb (212) 740-9123 From: Front of Brooklyn Museum (2 or 3 train - Eastern Pkwy). Of civil war vintage, old Williamsburg illustrates the pattern of American industrial planning in its formative decades. Here was the incubus of pathological American workaholism - which the Honolulu municipal directory lists as a major mental disorder, a demural of the 9 to 5 prole traval Hawaiians believe we sent them from the mainland to eradicate their idyllic polynesian culture. Rain or shine.

Sunday, December 3

A18+ 40-60MI 5TH ANNUAL POST SEASON, POST-PARTY, HEDGEHOG RIDE 10:15AM
Leaders: Stefani Jackenthal (212) 769-8718 & Dan Schwartzman (212) 362-5493 & Margaret Cipolla and Jeff Vogel (718) 275-6978 From: The Boathouse. You can sleep late for this traditional end of the season ride. Scandinavian style. The first stop is for a civilized brunch at the Flagship (Mimosas and Bloody Marys are acceptable). We then climb the Trollstigen before stopping for Margantas and Corona at Santa Fe on Main Street in Tarrytown. Bike home along the Hudson Fjord of bring your Metro-Nyrsk pass. Riding skills appreciated, social skills mandatory. P.S. Traditionally someone throws a party the night before a hedgehog ride. At press time, we don't know of any. If you hear of one, please remember to invite the leaders (except Stefani). Typical Oslo in December weather cancels.

B14-15 50MI PIERMONT III 9:30AM
Leader: Anne Grossman (212) 924-1549 From: The Boathouse. Don't miss the last of the Piermont 1995 series. We'll stop at the deli and then go to the pier for lunch or if it's cold we'll eat at one of the restaurants.

C 30-35MI FROST BITE #1 - CONEY ISLAND 9:30/10:00AM
Leader: Karl Dittrbrandt (212) 477-1387. From: Steps in front of City Hall (9:30)/Grand Army Plaza entrance to Prospect Park (10:00). Easy flat ride to Coney Island. Lunch at Nathan's. Home along Ocean Parkway. Co-lead with SBBC. Predicted high below 35° cancels.

Wednesday, December 6

EAT NO MILES TOUR OF THE ETHNIC RESTAURANTS - STAGE V 7:00PM
Leaders: Jeff Vogel & Margaret Cipolla (718) 275-6978. Good Morning Vietnam! Well, maybe it's good evening Vietnam. Tonight's tour will actually leave Queens for a trip to China Town. Call leaders by December 4th to reserve a seat at our favorite Vietnamese restaurant (Pho Viet Huong on Mulberry St).

Thursday, December 7

B17-21 50MI THURSDAY A.M. RIDE 9:30AM
Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Cold weather riding rules! Join us for a ride with a faster than listed pace that leaves The Boathouse at 9:30 and returns by 12:30.

Saturday, December 9

A20+ 65MI COLD CHEEKS RIDE 8:30AM
Leader: Mark Wolz (212) 594-5319 From: The Boathouse. A brisk pace in brisk weather to Rockland County as long as roads remain dry and temps are above 35°.

A18 60MI ZONE 2 9:00AM
Leader: Doug Bixby (212) 366-1879 From: The Boathouse. Easy ride to Nyack; major objective is to keep heart rates out of the red. Temp below 32° at start cancels.

B14-16 40/45MI BACK BY NOON SERIES 9:25AM
Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Join us for a cold weather ride that gets you back to The Boathouse before 12:30. The destination changes weekly.

B15 45MI SAME RIDE DIFFERENT DINER 10:00AM

C/7 14MI GINGERBREAD PARK SLOPE IN PRE-HOLIDAY GLOW NOON
Leader: Paul Rubenfarb (212) 740-9123 From: Front of Brooklyn Museum (2 or 3 train - Eastern Pkwy). Bedford-Stuyvesant has America's most potent brownstones, but few of us would turn down the magnus palaces of purple, red, ochre, fuchsia, and white sandstone on Park Slope's stately Montgomery Place. The slope's affliction with sterile flypes and corporate babbitts has not yet eliminated the earlier bohemian indigenes. Rain or shine.

Sunday, December 10

A19-20 56MI B-M-B 9:00AM
Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. Boston-Montreal-Boston? No, it's Boathouse-MONTVALE-Boathouse. It's 30 miles to a new dinner in Montvale with several hours before lunch. Unlike the real B-M-B,
Club Rides

rain, snow, or extreme cold cancels this ride.

A18  50MI  MENU MEMORIZATION 1 (WITH A TIP OF THE HAT TO JV)  9:00AM
Leader: Cj Obregon (212) 876-6614 From: The Boathouse. Be sure to bring your earmuffs and helmets as we sail out to the Sea Star in White Plains. Temp below 30° at 8am cancels.

B14  40MI  SEA CLIFF  9:30AM
Leader: Alinda Barth (718) 441-5612 From: The Statue of Civic Virtue(E/F train to Union Tpke). Fight winter sloth by riding mellow pace to this scenic spot on the north shore. Temps below 35° cancels.

C  25-30MI  FROST BITE #2 - ASTORIA  9:30/10:00AM
Leader: Roscoe George (212) 989-0883 From: Grand Army Plaza entrance to Prospect Park(9:30)/Steps in front of City Hall(10:00). Visit the Museum of the Moving Image in Astoria. Lunch at a Greek restaurant. Co-lead with SBBC. Predicted high below 35° cancels.

Tuesday, December 12, 6:30 p.m.
NYCC PARTY!
Cucina La Fontana
All Rides and Next Bulletin material due!
see back page for details.

Thursday, December 14
B17-21 50MI  THURSDAY A.M. RIDE  9:30AM
Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Cold weather riding rules! Join us for a ride with a faster than listed pace that leaves The Boathouse at 9:30 and returns by 12:30.

Friday, December 15
A/B/C 30MI  HOLIDAY LIGHTS  6:45PM
Leader: Marty Wolf (212) 935-1460 From: The parking lot at City Hall, Manhattan. Enjoy this festive season with a friendly paced ride to the Flatbush section of Brooklyn to pedal past some of the most outrageous, extravagant and at times, downright tacky Christmas displays in the entire NYC area. Although this is a short ride in distance, don’t plan to be home before 1pm.

Saturday, December 16
A19  60MI  RIDGWOOD  9:00AM
Leader: Alison Holden (212) 688-1723 From: The Boathouse. Some hills going out, but a flat route back. Temp below 35° at start cancels.

B14-16 40/45MI  BACK BY NOON SERIES  9:25AM
Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Join us for a cold weather ride that gets you back to The Boathouse before 12:30. The destination changes weekly.

B14-15 50MI  PIERMONT HEAT  9:30AM
Leader: David Hallerman (718) 499-4467 From: The Boathouse. If you think that you’ll be warm by cycling, you will be. The uphills on River Road will help. Predicted temps below 40° cancel.

Sunday, December 17
A20  65MI  INCLINED TOWARD NYACK  9:00AM
Leader: Steve Ullman (212) 473-1897 From: The Boathouse. Over the river and roundabout with a couple of hills you may not have braved before (Ash, Old Mountain) and may pass on if so inclined, as long as you keep a seat warm for me at the diner. Temps below 25°, high wind, or precip cancel.

B15-17 55MI  PIERMONT PASTICHE  9:00AM
Leader: Jonathan Snellenberg (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.

C  30MI  FROST BITE #3 - FT TRYON PARK  9:30/10:00/10:30AM
Leaders: Irv & Hindy Schacter (212) 758-5738 From: Grand Army Plaza entrance to Prospect Park(9:30)/Steps in front of City Hall (10:00)/NW corner 1st Ave & 64th St(10:30). Short winter ride to a lovely urban park (The Cloisters). Good views. Lunch at a coffee shop in the park unless it’s warm enough to eat on the benches in the park. Co-lead with SBBC. Predicted high below 35° cancels.

Thursday, December 21
B17-21 50MI  THURSDAY A.M. RIDE  9:30AM
Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Cold weather riding rules! Join us for a ride with a faster than listed pace that leaves The Boathouse at 9:30 and returns by 12:30.

Saturday, December 23
B14  40MI  PRE-CHRISTMAS PICKUP RIDE 9:30AM
Leader: Sanicy Clause From: The Boathouse. This is the season to “B” merry. So “B” a sport and join in on today’s merry ride.

Sunday, December 24
A19-20 55MI  NOT FOR JEWS ONLY  9:00AM
Leaders: Jeff Vogel (718) 275-6978. Ginch & Scrooge (800) HUM BUGG From: The Boathouse. How many years in row has this ride been canceled? In the rare chance this ride does happen, bring your Christmas cheer. Lots of schmoozing promised. And don’t forget to show off those new Chanukah toys! Ride is canceled if we have a White Christmas or if two of the three leaders show up.

C  25-30MI  FROST BITE #4 - DYKER HEIGHTS  9:30/10:00AM
Leader: Abe Karron (212) 686-8748 From: Grand Army Plaza entrance to Prospect Park(9:30)/Steps in front of City Hall (10:00)/NW corner 1st Ave & 64th St(10:30). Christmas decor in Dyker Heights. It’s beautiful. Co-lead with SBBC. Predicted high below 35° cancels.

Monday, December 25
A ??MI  "A" TRAINING RIDE #49  9:00AM
Leader: Easter Bunny (212) 555-EGGS From: The Boathouse. Well, St. Nick took out a ride I was supposed to lead in April, so I might as well return the favor. To tell you the truth, the guy has put on so much weight over the winter that he couldn’t even get on a bike! White Christmas cancels.

Thursday, December 28
B17-21 50MI  THURSDAY A.M. RIDE  9:30AM
Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Cold weather riding rules! Join us for a ride with a faster than listed pace that leaves The Boathouse at 9:30 and returns by 12:30.

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

Saturday, December 30
A20 55MI WHITE PLAINS QUICKIE 9:00AM
Leader: Steve Ullman (212) 473-1897. From: The Boathouse. A brisk jaunt to the Sea Star for some warm vittles and a chat and bound for home by one. Temps below 25°, high wind, or precip cancel.

B14-16 40/45MI BACK BY NOON SERIES 9:25AM
Leader: Gene Vezzani (212) 875-1615. From: The Boathouse. Join us for a cold weather ride that gets you back to The Boathouse before 12:30. The destination changes weekly.

Sunday, December 31
A18 40-60MI FINISH...I'M OUTTA HERE! 9:00AM
Leader: Rich Borow (212) 866-1966. From: The Boathouse. Join me to raise a glass to mark the passing of another year and to celebrate the end of my tenure as "A" Rides Coordinator. Destination and distance dependent on climate: Northvale, Blauvelt, Montvale? Temps below 35° at start cancel.

Monday, January 1
A18 55MI ANNUAL NEW YEAR'S DAY RIDE 10:00AM
Leader: Marty Wolf (212) 935-1460. From: The Boathouse. If you're worried that your 1996 mileage chart will be empty until spring, here's your chance to get off to an easy-paced start. Brunch in White Plains at the Sea Star Diner.

C 25MI NEW YEAR'S AT THE BRONX ZOO 10:30AM
Leader: Elly Spangerberg (212) 737-0844. From: The Plaza Hotel. This annual pilgrimage returns to the zoo for the second year in a row (the neighboring Botanical Gardens are closed New Year's Day). Perhaps a visit to the animal kingdom will inspire participants' New Year's resolutions. At least it will help burn off December's indulgences. Bring a bike lock, $6.75 for admission, and money for lunch at a diner. Co-lead with SBBC. Predicted low below 35° cancels.

Sunday, January 7
C 25-30MI FROST BITE #5 FORT LEE 9:30/10:00AM
Leader: Jay Jacobson (914) 359-6260. From: Grand Army Plaza entrance to Prospect Park (9:30)/Steps in front of City Hall (10:00). Checking the ice flows in the Hudson River until we get to a warm place for lunch. Co-lead with SBBC. Predicted low below 35° cancels.

To lead a ride in January Call by Dec 12
A-Rides: Conrad Meyer (212) 535-2444
B-Rides: Irv Weisman (212) 567-9672
C-Rides: Dona Kahn (212) 399-9009

OUT OF BOUNDS

"A" LEVEL NYCC RIDE IN ITALY — MAY 13 TO MAY 21
9 days filled with serious riding and climbing in the spectacular Veneto and Trentino regions of northern Italy. Van support — nice hotels, great food and guides. Group size limited. Special "Tour Preview" Price, for NYCC members $1000. Call Lon Turoff (212) 353-9068 for information. Deposit due by January.

BIKE TOURS IN FLORIDA THIS WINTER SHOULDN'T COST AND ARM AND A LEG
$89 per day includes deluxe accommodations (30 mi. N of Orlando), continental breakfasts, support van, experienced leaders, maps & cue sheets. Helmet and 18-spd. rentals available. Join us for 2-5 days. Mondays thru Fridays, Feb. 11 — March 15. Call us for more information. All prices based on double occupancy.

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

July 5 thru Sept 3 1996 Bike/Camping TOUR DI CALABRIA, UMBRIA, & CORSICA
Two month (with 1 month option) 55 mi/day scenic immersion. The tour bus horde finds not the sublime Italy, but the souvenir shop agglomerations. Instead, we'll bike the immortal uncommercialized scenic Italy of Verocchio, Cellini, Canaletto and Boccioni, commencing with the verdant Calabrian wild forests of bears and waterfalls on Italy's visted foot. Next is Apulia's virgin-fostered Gargano peninsula, followed by green and architecture-rich Umbria on Italy's spine. Last, we'll ferry from Livorno to Corsica's forest gorges, mountain torrents and peasant pastures. $500 RT air thru Cheap Tickets, Inc. $175 rail and $15/day food. Each biker buys own ticket, carries own money. Call Paul "Ernesto" Rubenfarb (212) 740-9123.

Membership Minute
by Mitch Yarvin

Yes, it's true, it's that time of year again. I know it's only early December and only a few of us are still thinking about cycling, but it's time for us all to renew our NYCC membership for 1996. You wouldn't want to miss out on the Spring training rides, or on joining the A or B SIG, or the 1996 Escape from New York Century, or the great NYCC President's Day, Memorial Day, July Fourth, or Columbus Day weekends, would you? Remember, subscriptions are for the calendar year: they end in December, and begin in January. So, to paraphrase, renew early, and renew often! Send your check along with the form on the inside back cover.

Any questions, call me @ (212) 988-8887.

What?
You didn't get your NYCC Bulletin?
Don't call ME —
call MITCH YARVIN 988-8887
**1996 NYCC Board**

The results of the NYCC elections for the 1996 Board were tallied by Ben Goldberg at the November meeting:

- President: Gene Vezzani
- V.P. Programs: Caryl Baron
- V.P. Rides: Steve Britt
- Secretary: C.J. Obregon
- Treasurer: Reyna Franco
- Public Relations: Rich Bowor
- Membership: Mitch Yarvin
- Special Events: Stephanie Bleecher
- Bulletin Editor: Doug Ricardi
- A-Rides Coordinator: Conrad Meyer
- B-Rides Coordinator: Irv Weisman
- C-Rides Coordinator: Donna Kahn

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**Welcome to 26 New Members!**

- Kevin Chisolm
- Iris Darvin
- Nancy Donohue
- Esta Fisher
- Erika Greene
- Gregory Hendren
- Barbara Horton
- Stephanie Kurtz
- Stephen Lees
- Donald Leff
- Margaret Levine
- Trudi Manino
- Nancy Mendez
- Jessica Nooney
- Maria Nordone
- Susan Palombo
- Peter Saraf
- Ann Schiffer
- Lilli Schleikorn
- Linda Schwartz
- Ellen Schwartz
- Jessica Siegel
- Matt Tirschwell
- Evelyn Weinstein
- Kevin Wheeler

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**BIG NEWS FOR ALL CYCLISTS!!**

CRCA has invited Tom Ehrhard to speak to local cyclists and other athletes on Friday evening at 7 pm, January 5, 1996. Mr. Ehrhard developed the VIPERCOACH system of training, which is a nationally recognized heart rate-based, computerized conditioning and strength program for elite and recreational endurance athletes. To translate that, the program is terrific for anyone at any level and with any sort of work schedule. The program is simple to understand and, thus, simple to follow. Also exciting is that Tom Ehrhard is on the cutting edge of training research so he will be a fascinating speaker. Plus, his experience is varied: he is hooked up with the USCF National coaches, was a Regional coach for two years, this year he selected the US Military World's Team, and he is an Air Force Officer.

Elizabeth Emery, a CRCA member and rider for the Chevrolet/LA Sheriffs, had remarkable success with Mr. Ehrhard's program over the past year.

Tom Ehrhard will be speaking on Friday, January 5 at 7 pm at the American Youth Hostel at 103rd & Amsterdam.

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**Reminder:**

A great stocking-stuffer — new batteries for his/her computer, so he/she can start the year at zero, prepared for twelve months of electronic bliss: a computer that won't fail for another year.

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Our thoughts go out to Jennifer Elwell for the untimely death of her husband, Robert, in a bicycle-related accident.

Robert was a bicycle messenger in Manhattan for many years. His enthusiasm for many things, including cycling, will be missed.
From the Boathouse

by Geo Carl Kaplan

DECEMBER 1, 1995

The two Richards - Ellen and Rosenthal - did us proud with the planning and preparation they did for the Marathon Chairlift. Over one hundred twenty cyclists from the New York Cycle Club and elsewhere were poised alongside the exit ramp of the Verrazano - Narrows Bridge at 9:14 AM, Sunday the 12th of November, eagerly awaiting the arrival of the first of 75 wheelchair participants in the New York City Marathon. Alas they never arrived. Thwarted by heavy gusts of wind - and the powers-that-be the wheelchair athletes were not permitted to start ahead of the pack - obviating the need for the cycle escorts. At 10:30 a.m. we were summarily dismissed - to ride the course if we chose, or to subway home. But this does not diminish the work of the two Richards - Thank you Ellen and Rosenthal for a job well done! Wait until next year!

Congratulations to NYCC marathoners Karen Sherman (3:47), Charlie Katz (3:19), Suzanne Rohr (3:22), Dave Obelkevich (3:33, but he did one two weeks ago), Kevin Mulvenna, and anyone we may inadvertently missed, on completing the marathon.

Thank you Ben Goldberg for serving as Teller for this year’s elections.

We discovered another cyclist-friendly restaurant after the marathon. About a dozen of us went to the diner - suggested by Ellen Richard - at the northeast corner of 42nd Street and Eleventh Ave. in Manhattan. No books - but we and our bicycles were welcomed. A large table was put together for us, our bikes were parked in front of the Snapple Cooler, and a great brunch was enjoyed, at a fairly reasonable price. Recommend this to one and all, especially when you are cycling.

Originally we planned to thank all the members of the club who have helped us over the past three years, but then we realized that we would have to print the entire roster to do so...so...thank you one and all for all the help we have received. We have enjoyed being President, and at the risk of being repetitious, because of the help all of you provided.

We will take advantage...and say thank you to Ally and Libby!

May 1996 be better than 1995 and not as good as 1997 — Happy Holidays and Happy New Year!

See you on the road!

Alphabet Soup

by Steven Britt

ENY

I said I'd mention more names this month! This may still not be the definitive additions list, but thanks must go out to club members Lisa Davis and Ira Mitch- neck for assisting a badly injured cyclist near Bear Mountain. Their persistence ensured that the cyclist 'gave in' to medical assistance. Also, thanks to Larry Ksiez for his support during the embryonic stages.

More Thanks

This is the last hoorah for Linda Winter, Gene Vezzani, and Rich Borov as Ride Coordinators. Thanks for your help during the year and I know two of you are returning to the board in ‘96 for more abuse(?)

Winter Riding Tip

Don't stop riding because it's cold outside. (If there's snow, you might have a better reason.) Follow a few simple rules when riding during the cold and you can still get a decent workout (and not feel guilty). Keeps stops infrequent and short. The longer you stop, the longer it takes for the muscles to warm up. A shorter, non-stop ride would be a better fitness trainer. Keep your extremities well-covered. A helmet-cover, ear-muffs or balaclava, good gloves, and whatever works for the feet (I'm still looking!).

Happy Holidays and a Safe New Year!

The Old Crank: a Tale of Two Cycles

Who in Dickens name could these people be? Hint: both are members of our club. Both stories are true, both happened on Monday, when Castro and his sofa were in town, along with every cop in the county.

Cyclist number one, while riding down a major avenue, found his path blocked by a double-parked police car occupied by two of New York's finest, one of each gender. The member of the gentle gender was reading a newspaper. Our friend happened to note out loud, while passing said blue sedan, that one officer in a car was enough for his taxes to support. The other officer noted that said cyclist was passing without proper hand signals and was therefore violating the law, and, if he didn't watch his mouth, he might find himself violated.

Cyclist number two was running a red light, as usual, to a safe island in the middle of a main Manhattan street when shouted down by a foot officer, who was surrounded by a group of his none-too-busy-buddies. Even Castro's daughter was nowhere in sight, so these officers had little to do. When the cyclist finally had to acknowledge the shouting was at him, the officer asked, loudly, if the cyclist hadn't dropped the large paper bag behind his bike. The cyclist's first feeling was relief: he wasn't being ticketed. His second feeling was anger. Why was being accused? But, finally, he realized that the president himself would be passing that corner, and even without a red cloak for the mud puddle, the cyclist could make our city look just a little neater for the hero of Whitewater. He did a little pirouette, scooped up the offending kraft, and received a mighty thumbs-up from the group of officers.

Will I moralize? No. I'll simply retire my old crank handle till the new year.
Blowouts

Overheard at the Boathouse - "My wife said if I get one more bike she would leave me. Gee, I'll miss her."

Now that Jody Saylor and Christy Guzzetta have bought property in Cold Spring, how long will it take before Christy is elected mayor of the town?

Congratulations to Stan Greenberg and Lynn Yellen (yes) on the birth of their daughter Yelena on October 28th. Now that he's a daddy, Stan needs to be more careful in the rain.

Latvijas Brivibas Diena and a belated happy birthday to Latvia, which celebrated its Independence Day in November. And it's Lat not Lit, right, Maxim Vickers!

No good deed shall go unpunished. Thanks to the tireless efforts of Richard Rosenthal and Ellen Richard (no), over 100 cyclists showed up at the start of the New York Marathon to escort the wheelchair participants. Unfortunately, the extremely windy conditions that day led the Port Authority officials to make the controversial decision to prohibit the wheelchair athletes from their 9:15 a.m. start on the Staten Island side of the Verrazano.

The Marathon day's winds didn't stop the New York Cycle Club's runners (although it may have slowed them down) Charlie Katz even ran a 3 hour, 19 minute marathon, one of the fastest ever by an NYCC member. Suzanne Rohr also came in with an impressive 3:22. Karen Sherman ran a 3:47 in her first marathon ever, this after struggling through the crowds for a 22 minute first mile. Other usual steady performances were turned in by Dave Obelkevich and Kevin Mulvenna. Congratulations to all of you.

The list of volunteers to accompany wheelchairs in the NYC Marathon revealed that two NYCC members who don't know one another, Jane Kenyon and Laura Schwartz, not only happen to live in the same building, they live on the same floor; two other volunteers who are not club members and who didn't know one another, Pamela Nicely and Jennifer Green, live in the same small building; and a team of angels was put together with club members Angel Mieves and Angeline Ortiz. The wheelchair athlete they were assigned to accompany was Angel Gomez.

Ed O'Donnell, a 1995 SIG graduate, completed the New England Triathlon Festival Endurance distance (2.4s, 114 b, 26.2r) in 13hrs 52 min. Ed thanks his NYCC training for helping on the very hilly bike course. The marathon wasn't exactly flat, either, with a repeated 2.3 mile climb!

In an unofficial survey, it was determined that photographer is the most common profession amongst our members (no, not bike bum or midwife). Two of our own are currently having exhibitions of their photographs. You can see Henry Joseph's Southwestern Landscapes at Synchronicity Space at 55 Mercer Street (between Broome & Grand) through December 2nd, and Keith Goldstein's Places in the Sun at Avery Hall of Columbia University through December 16th.

The quote of the month goes to Jody Saylor. "Whenever I ride, I get wet and juicy!" I get excited, too, but I think Jody was referring to the cold weather post nasal drip.

Once again the idea of a book of the club's routes was suggested. We were never able to do this before because we didn't have the technology. Now we can do it. We're just going to scan Irv Weissman's brain!

Of course you're welcome in the New York Cycle Club, Kristi Roberts.

And yes, Stephanie Bleecker, you are our Road Bozo this month. But, hold onto your helmet, it's not for the reason you think. (We'll save that for another time.) Stephanie started the day right, dressed in layers. After lunch she decided she needed one layer less, so off came the windbreaker. Where did she put it? In her waterbottle cage! That's a no-no, Stephanie. You should know better than that. Why? Because a mile or two down the road, where did the jacket wind up? Caught between the hub and cassette as her Miyata ground to a halt. It took almost 20 minutes to remove the jacket from the wheel. Fortunately Stephanie didn't go down or she might have wound up looking like that shredded windbreaker.

D.E.M. ZONE

There's been a new development in the local cycling scene. Three of the area's most successful cyclists have formed a coaching service called D.E.M. ZONE. They are Elizabeth Emery (of Chevrolet/Sheriffs and number 7 woman in the country last year), Dave Jordan (former Spring Series winner and Cat 1), and Morgan Stebbins (Cat 2, East Coast Vets Champion, and 1984 Olympic Team member). Together they have a wide range of experience that should be of benefit to everyone from beginning cyclists to elite racers, men and women, juniors, seniors and veterans. The goals of D.E.M. ZONE is to provide personalized training for cyclists of various abilities and aspirations. They offer on-the-bike instruction as well as AT testing, bike fit, goal setting and training plan development. Their winter program will begin Tuesday, November 28, at 6:30am in Central Park. There will be six sessions per week, three for beginning riders and three for racers.

Call now for a full schedule and introductory group rates! 212-606-3747
Paceline

Tech talk: In 1987, the Bulletin was all cut and paste. Currently, I'm doing it on a MacIIvx, in Quark3.31. In June, I got online. The proportion of Bulletin material that arrives electronically via the internet is now more than half, including the Tech Talk. I've truly enjoyed putting together the NYCC Bulletin for the past twenty-four months. Now, I'll turn over my disks to Douglas Riccardi who will add his own excellent style to our publication. Send material for January and all future NYCC Bulletins to:

Douglas Riccardi, Memo Productions
611 Broadway - Room 811, New York, NY 10012
Tel: 212 388-9758  Fax: 212 388-1750
E-mail: MEMO NY@AOL.com

If you want your friends to ride safer in 1996, you could stuff their stockings with Vista-Lites, Hot-Spots, and reflective bands and stick-ons.

Staying in shape: You could join John Waff's winter hiking program, or go cross-country skiing (see President's Day Trip Coupon). Or you could run. But, if the cold makes you want to stay indoors, take advantage of being in the city — do stair workouts! Find a set of stairs that will take two minutes or more to get up, and climb. You don't have to run up — you'll find it's enough work just taking it easy. Gradually build up to three or more sets, and increase speed, as the winter wears on. And, don't forget to go down: it works a different set of muscles!

Escape Again....

NOW is when the planning begins to ensure that NYCC's 1996 "Escape From New York Century" is a success. The 1995 event, our first, attracted over 300 entries, so it's likely that when word gets out, on September 21, 1996 we'll have a much larger group. Your help is needed to round up sponsorship, plan and mark routes, procure food and refreshments, and for registration, marshalling, and clean-up. There's a monthly meeting, on the third Tuesday of each month. Mitch Yarvin is our Chairperson of Volunteers. Call Mitch today at 988-8887 to volunteer for the 1996 "Escape From New York Century".

1st Annual NYCC Lake Placid Cross Training Weekend

Join the New York Cycle Club for 3 days & nights of fun. Alpine ski at Whiteface Mt., nordic ski at Mt. Van Hoevenberg, snowboard, dog sled, ice skate, luge, bobsled, toboggan, snowmobile, run, swim, and relax in the whirlpool. Compete in the NYCC nonsensical ski obstacle course race. We'll stay at the Ramada Inn, by Main Street and the Olympic Center, site of the 1980 Winter Olympics.

Name(s): ____________________________
Address ____________________________________________ City __________________ State ______ Zip ______
Phone: Day __________ Evening __________ Fax ______ E-mail __________________

SKIING: Enter # days and calculate ski fees (Group Rates)

☐ ALPINE: $30/day X _________ days = $______
☐ X-C (NORDIC): $6/day X _______ days = $______

ALPINE SKIING FOR BEGINNERS:
Includes full day lower mountain lift ticket.
☐ w/ski rental: $35/day X _______ days = $______
☐ w/out ski rental: $25/day X _______ days = $______

Total ski fees: $______

ROOM OPTIONS (Per Person-includes 3 nights lodging plus 3 breakfasts):

☐ Single: $365
☐ Double: $220
☐ Triple: $170
☐ Quad: $150

Roommate(s): ____________________________

CARPPOOL NECESSARY (Select one):
☐ I can provide transportation for ______ number of people.
☐ I need transportation (options: carpool, car/van rental, Amtrak+bus)

SPACE IS LIMITED. Please send check and this form by December 12 to
Reyna Franco, I Irving Place, Apt. 1-10C, New York, NY 10003 (or bring check and form to the NYCC Holiday Party).
Minutes

NYCC Board Meeting of Monday, October 2, 1995
Absen: Lori Vendineilo. The minutes of the meeting of September 5, 1995 were approved.
Geo reported that the Escape from New York Century was a great success. 315 people registered and 280 rode. 55% of the riders did the 100 mile ride. Reyna projected a profit of about $1000. A final report would be made at the next board meeting. Geo thanked Steve, Jane Kenyon, Mitch, Reyna, Stephanie Blecher, Andrea Goodman and Jim Stier.

There was a discussion of the relationship of the board and the century committee. Geo said that he expects an even bigger turnout next year. He felt that participation on the committee had helped develop members who might work for the club in a different capacity. He acknowledged the need for a better oversight mechanism.Concern was expressed that the presence of so many board members on the committee could create a possible conflict of interest. Several board members suggested that the special events coordinator should provide oversight on behalf of the board, and serve as an conduit to the board. Reyna noted that basically the club needs good communications. Geo agreed that regular reporting to the board was required.
Geo noted that the club would be supporting the Achilles Track Club in the New York City Marathon. Mitch indicated that there had been a membership opportunity in AIDS ride and wanted to follow up on this. Caryl noted that the club might increase membership by means of various publications that bicyclists access.
The meeting adjourned at 8:35 P.M.
Respectfully submitted.
Conrad J. Obregon

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Re-Cycling

Two classifieds per member per year are free (up to 6 lines). Additional ads $1.00 per 50 char. line. Please send classified listings to: Doug Riccardi, Memon Productions 611 Broadway - Room 811, New York, NY 10012. Tel: 212 388-9758. Fax: 212 388-1750. E-mail:MEMON NY@AOL.com.


CAMPY 95 Record 32 hole hubset, TI axles; D.T. index shifters; brake levers — $325 for all. Ritchey 27.2 Ti seat post $35. Dura Ace SPD pedals $115. Call Maynard (212) 265-6330.

FOR SALE: Cateye CS-1000 Cyclosimulator indoor trainer, simulates climbs up to 10% grade, as advertised in Colorado Cyclist for $289.00. Asking $85.00. Jeanine (212) 468-0345 (weekdays).


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NYCC Web URL
http://www.interport.net/~ckran/nyc.html

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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, 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. I 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 THE NEGLIGENCE OF OTHERS INCLUDING OTHERS PARTICIPATING IN THE ACTIVITY; and (c) I ASSUME LIABILITY FOR ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. I 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, as well as myself, (4) any of the Releases, from ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE that I, 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 Releases, 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, AND UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

New Renew Change of Address Date Check Amount
Name: ___________________________Signature: ___________________________
Name: ___________________________Signature: ___________________________
Address/Apt. ___________________________E-Mail ___________________________
City/State/Zip ___________________________Tel.(H) ___________________________
Tel.(W) ___________________________
What type of rider do you consider yourself? A  B  C  D  Not sure ___________________________
Other cycling memberships: AMC AYH Adventure Cycling CCC CRCRA LAB TA ___________________________
Circle if applicable: I do not want my (Address) (Phone Number) (E-mail address) published in the semi-annual roster.

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

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

New York Cycle Club, P.O. Box 199, Cooper Station, New York, N.Y. 10276.
It's been a great year of cycling, and 1996 will be even better! Celebrate with your cycling friends at

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

THE NYCC HOLIDAY PARTY

CUCINA DELLA FONTANA

Great food (Italian, of course), wine, beer, DJ, music, dancing... friendly camaraderie and festive spirit the NYCC is known for.

368 Bleecker St., corner of Charles St. (212) 242-0636
E or F train to West 4th St., 7th Avenue train to Christopher St.

$30 in advance with postmark by Dec. 4, $35 at the door

Send this coupon, before Dec. 4, with your check, to
NYCC Holiday Party, POB 199, Cooper Station, New York, NY 10276.

Name(s)  Phone
Number of reservations  Each $30  Total

NEW YORK CYCLE CLUB
P.O. Box 199
Cooper Station
New York, N.Y. 10276

FIRST CLASS MAIL
DATED MATERIAL!

Chris Mailing
Arlene Brimer
2128 N. Sedgewick #11
Chicago, Ill. 60614-4674

Did you realize your membership expires on December 31?
Renew now for great cycling in 1996.