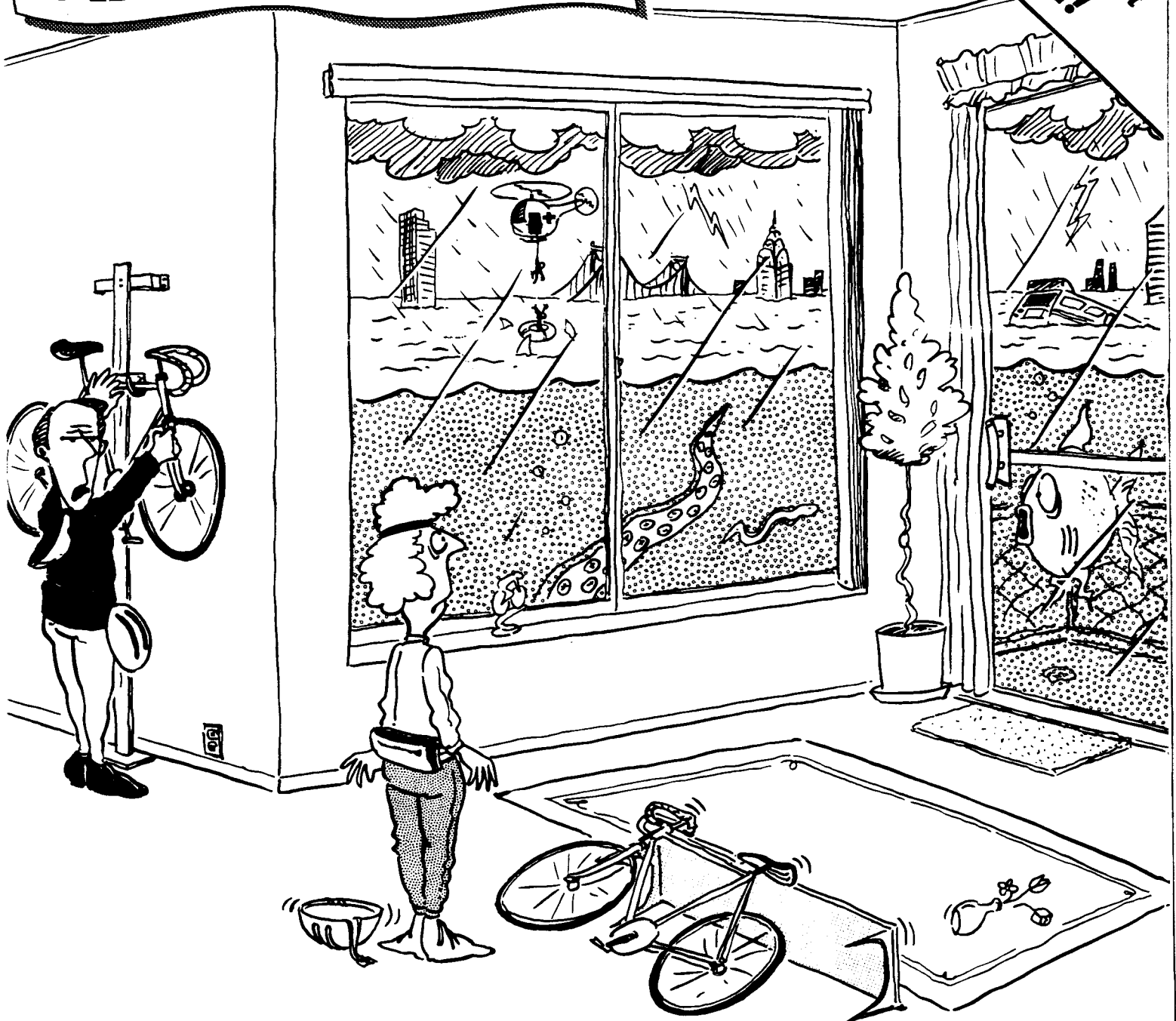


April
1996

NYCC Bulletin

APRIL RIDES...

Don't delay! - 1996 NYCC Jersey and Jacket
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"I thought we're going out riding. Why are you all of a sudden asking me about scuba gear?"

M. SAMUEL

Bulletin Board

NEW YORK CYCLE CLUB JERSEY. It's bold. It's colorful. It's here. Use the enclosed order form to order the 1996 jersey and sport your team colors every time you ride.

MEMORIAL DAY IN THE BERKSHIRES. See page 8 for all the latest information.

CULTURE UPDATE! On April 18, The Museum of the City of New York has agreed to a private showing for NYCC members: "The History of Bicycles in New York City." Leslie Nolan, Curator of Prints and Photographs, will show vintage photographs from the museum's archives. Call Stephanie Bleecher for details - (212)348-2661.

MONTHLY MEETINGS. Last month, close to 100 lucky folks attended our monthly meeting. Mark your calendars for the second Tuesday of the month and plan on joining us for an entertaining evening where you will meet new friends.

WOMEN'S BIKE MAINTENANCE. Learn the basics of bike mechanics, maintenance and repair to help you understand how your bike works and how to keep it rolling smoothly. Dates, hours and number of sessions will be determined by the needs of the group. Course will be held at "Gold's Bike Shop" on West 103 St. Call Sandy Gold for information - (212)876-7756.

DO YOUR SPRING CLEANING AND HELP A KID. Donate gear you no longer use to the Urban Youth Bike Corps. Bring stuff to the April meeting, where the UYBC will have a van available. UYBC trains Harlem youth in cycling and mechanics as a path to self esteem and personal growth. UYBC - (212)939-4005.

LONG DISTANCE RIDING PROGRAM. On Monday, April 15 the Five Borough Bicycle Club presents a special program for cyclists preparing to do long distance riding. Two experts, ANN FITTANTE and LEROY VARGA will share their knowledge. The meeting starts at 6:30 pm at the NY International Youth Hostel, W. 103 St. and Amsterdam Avenue, in the Board Room, (Room 111). The Hostel is located one block east of the 103 St. station of the #1 train.

METRO-NORTH. Beginning Saturday, April 13, Metro-North will again designate cars on specific bike trains. These bike trains will operate on Saturdays and Sundays through Sunday, October 27. (See schedule on page 11). A timetable change is expected for early June to coincide with several projects along the lines. Look for updates. Please, let Jeff Vogel (718)275-6978, know about any rides needing special assistance. **BETTER SAFE THAN SORRY.**

MONTAUK CENTURY BUS. This year's century is Sunday, May 19. The NYCC will be organizing bus transportation for riders and their bikes from Montauk home to Manhattan. The cost is \$30 - which covers the club's expenses. Space is limited so make your reservations early by calling... (you guessed it) Stephanie Bleecher at (212)348-2661.

NEWCOMERS' RIDE - Join us on May 12 for a "worry-free" introduction to NYCC riding. There will be several round trip routes to choose from, ranging in distance from 30 to 65 miles. All routes will convene at a park in Bergen County for lunch. B 14 - 17 rides will leave from the Boathouse at 9:30 am. Shorter and slower C rides will leave from at 10 am from the George Washington Bridge Bus Terminal (Ft. Washington & 178 St. - A train to 175 Street). Helmets are required. Look for more details in next month's Bulletin. Plan to be there!

A big welcome to new Club members!

Lawonda Anderson
Eugene Bush
Christopher Costa
John Deri

Jose Diaz
Jim Galante
Jill Kendrick
Natasha Kurchanova
Melinda Letzing
Evan Marks
Kevin McNeill

Rick Nemeroff
Lee Neuwirth
Jamie Nicholson
John Siemens
Donna Strilich
Tony Tharac
Ron Winstock

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FAX: (212)388-1750.
E-MAIL: MEMONY@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 to 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.

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

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

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.

BEFORE YOUR FIRST CLUB RIDE: Please read about club rides on page 11.

ALWAYS WEAR YOUR HELMET. NO HEADPHONES.



Unless otherwise stated, precipitation at starting time cancels the ride.



Tuesdays in April

A/B/C ??MI 7:00 PM

Tuesday Night Training Series

Coordinator: Steve (Night Train) Ullman (212) 473-1897 From: The Boathouse. – Meet at The Boathouse and train in the park when it's quiet and cool. Train at your pace and meet again at 8:30 for a break. Legal lighting required (front and rear). '96 siggins in training welcome!

Saturday, April 6

SIGA 66 MI 9:00 AM

Rockland Lake

Leaders: Catherine Chatham (212) 663-6536 & Paul Leibowitz (718) 858-9742 From: The Boathouse. – Double Paceline, no alternating lead, to breakfast in Nyack. Eat heartily. We'll head on out of Nyack and north to Rockland Lake. We'll do laps of Rockland Lake, lots of laps. We'll do it in double paceline formation, and we will alternate the lead. Lap after lap, "pulling off," we'll call it out, we'll hear it. Today, there is a bike inches off my front wheel, another inches off my rear wheel, another inches off to my side. Heck, there's bikes all around me. I am riding steady, predictable, I will not jam my brakes, I'm smooth, this is getting easy.

A20+ 65 MI 8:05 AM

Brookville

Leader: Stuart Desser (212) 477-5884 From: Second Avenue @ 59 Street. 8:05 SHARP! No meals (bring pocket food). Two short rest stops, back around 1 pm. NOTES: 1. THIS RIDE WILL STOP FOR ALL RED LIGHTS. 2. The stated cruising speed is based on calm air and level ground; actual speed will float with the kindness of the wind. The return through Queens will be far less turbulent than Queens Boulevard. If weather is iffy, call leader after 6am.

SIGB15 65/75 MI 8:30/9:30 AM

Oyster Bay

Leader: Steven Britt (212) 288-6324 From: The Boathouse (8:30)/Statue of Civic Virtue (E,F train to Union Tpke)(9:30). – I'll be starting from the park, but you don't have to. If you want to save yourself for the more scenic miles, take the train to the Statue. As the destination should imply, today will be a hill climbing class (more rolling than climbing). We'll also continue last weeks discussion on diet and start to talk about other factors involved in longer rides.

C12 40 MI 9:30 AM

Park Ridge

Leader: John Fullwood (212-927-3278). From: The Boathouse. – Leisurely ride to diner for breakfast of pancakes; leader will supply his usual maple syrup. Precipitation at start cancels. Call leader if in doubt.

SIGC10 25 MI 9:15 AM

Effective Cycling #5

Leader: Irv Weisman (212) 567-9672 From: Inside the GW Bridge Bus

Terminal @ 178 St & Ft Washington Ave (A train to 175 St). – Review riding skills in parking lot. Practice lane changing, simultaneous lane shifting, smooth gear shifting. Prior attendance required. Rain date: Sunday, April 7. Wet roads, 50% probability of rain, or predicted highs below 40° cancels.

Sunday, April 7 (Daylight savings time begins!)

A19 65 MI 9:00 AM

Pearl River

Leader: Bunny Goldberg (212) 982-4681 From: The Boathouse. – Enjoy a beautiful spring ride. Quick stop, so we'll be back early. Predicted high below 35° cancels.

B14 40 MI 9:45 AM

Slow B Training Ride #5

Leader: Alinda Barth (718) 441-5612 From: Statue of Civic Virtue (E, F train to Union Tpke). – Ride to scenic Sea Cliff on Long Island's north shore where we'll have an indoor lunch. Just one big hill to test out my/your new Irv Weisman gearing.

C12 20+ MI 9:30/10 AM

Fort Tyson Park & Cloisters

Leader: Grace Lichtenstein (212-580-3285) From: The Boathouse (9:30)/Grant's Tomb (opp. Riverside Church, Riverside Drive and 120th St)(10:00). Celebrate daylight saving time and Easter with a leisurely cruise to scenic Hudson overlook and medieval Manhattan. Spare tire and helmet required. Bring snack, lock and \$7.00 admission if you plan to tour museum.

C11 42 MI 10:00 AM

Sheepshead Bay

Leader: Peter Hochstein (212-427-1041). From: The Boathouse. – A slow, flat, easy ride to celebrate the beginning of the season. Diner lunch, bring lock, helmet, pump, patch kit. Precipitation or temperature at start below 40° cancels.

Saturday, April 13

SIGA 76 MI 8:30 AM

Saddle River

Leaders: Jody Saylor (212) 799-8293 & Angel Rivera (212) 889-9346 From: The Boathouse. – Early start, more miles. We've lost at least 2 weeks to weather, better be training during the week! Beautiful ride, double paceline whenever the roads allow. We are starting to clock miles, starting to cruise, starting to get the hang of it. Get to The Boathouse 15 minutes early so we can get signed up and on the road by 8:30am. Helmets, with names on front and back, required. Rain date: Sunday, April 14.

A18 65± MI 10:00 AM

Easy One To Rockland Lake

Leader: Leo Canzoneri (212) 779-4116 From: The Boathouse. – It's time for fair weather riding. This will be an easy paced ride to Rockland Lake, avoiding 9W for most of the trip. We will eat lunch in Nyack on the way back. Wet roads cancel.

A17 75 MI 9:00 AM

SLD (Slow Long Distance) Ride #1

Leader: Marty Wolf (212) 935-1460 From: The Boathouse. – This one got snowed out, so here we go again. We'll bike to Greenwich, CT. My favorite restaurant there will cost about \$10, so be warned. Rain date: Sunday, April 14. Temp below 32° cancels. NOTE: Ride leaves at 9am.

B16-17 40 MI 9:30 AM

Orchard Beach

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. – It's time to put in our first appearance of the year at our favorite bicycle friendly french toast/ sandwich restaurant on City Island after stopping at Orchard Beach. Nice weather means a few extra miles up to the Westchester County line. Temp below 45° cancels.

SIGB16 55+ MI 9:00 AM

Park Ridge

Leader: Dick Goldberg (212) 874-2008 From: The Boathouse. – Up to 16 MPH this week, so it's review time. We'll review the hill climbing lessons from last week. We'll also have some good roads to work on our group riding. We're feeling confident about our gearing and we're riding like a tight unit.

B15 45 MI 9:15 AM Fairly Flat Bergen Ride

Leader: Mark Masuelli (212) 996-9823 From: The Boathouse. – To Northvale, Norwood, or Tappan - flat going out. One big hill on return. Maybe we'll check out the Sage Rd detour off 9W on the way back.

C14/15 50 MI 9:30 AM Piermont

Leader: Richard Kaufman (212-864-3665) From: The Boathouse. – Back and round about way to Piermont. Lunch in town or on the pier, depending on the weather. Precipitation at start cancels.

SIGC11 25 MI 9:15 AM Effective Cycling #6

Leader: Irv Weisman (212) 567-9672 From: Inside the GW Bridge Bus Terminal @ 178 St & Ft Washington Ave (A train to 175 St). – Review all skills to date. Traffic circle maneuvers. Prior attendance required. No rain date. Wet roads, 50% chance of rain, or predicted highs below 40° cancels.

Sunday, April 14**A18-20 60 MI 9:00 AM Freeze-Out Redux**

Leader: Steve Ullman (212) 473-1897 From: The Boathouse. – It's April and the trees are budding, birds are chirping, and the blizzards of '96 and winter training are melted memories. Spin spring legs to White Plains or by consensus, Armonk. Bring plenty of water, spare tubes. High winds cancel.

B16 55 MI 9:15 AM Bergen & Rockland

Leader: John Fullwood (212) 927-3278 From: The Boathouse. – A snappy 55 mile loop via Western Highway, Convent Road and Blue Hill Road to the Park Ridge Diner.

B14 40 MI 9:25 AM SLOW B TRAINING RIDE #6 (21ST ANNUAL CHERRY BLOSSOM RIDE)

Leader: Irv Weisman (212) 567-9672 & Maggie Clarke (212) 567-8272 From: World Trade Center (top of PATH escalator). – If the winter subsides on schedule, we should see a beautiful Cherry Blossom display in Branch Brook Park, NJ. From there to Little Falls for lunch and a view of the falls. Then, the hills back to the GW Bridge, or the easier return via Newark and the PATH. 50% chance of rain or predicted high below 40° cancels. \$1 for PATH and PATH train pass required.

C14 50 MI 9:00 AM Piermont

Leader: Tony Dean (718-852-4275) From Boathouse. – Join me on a scenic route to your old favorite if you couldn't ride yesterday and have lunch on the pier. Precipitation at start cancels.

Saturday, April 20**SIGA 78 MI 8:30 AM Mt Kisco**

Leaders: Carolyn White (212) 666-0616 & Ivo Varbanov (212) 570-1238 From: The Boathouse. – We'll head to White Plains via Pelham Parkway and Shore Road. Then bomb up north on Rt 22 to Rt 120 north. Up, up, up Whipoorwill Road. We're climbing hills, doing miles, picking up the pace, riding pacelines, almost 'A' riders. Get to The Boathouse 15 minutes early so we can get signed up and on the road by 8:30am. Helmets, with names on front and back, required. Rain date: Sunday, April 21.

A19 60 MI 9:00 AM Up, Up and Away!

Leader: Rich Borow (212) 866-1966 From: The Boathouse. – Let's head up to Westchester to the Thornwood Diner – be ready to climb over Nanny Hagen to get there. Return cruise via Grassy Sprain. Temp below 30° or over 100° cancels.

B16-18 55 MI 9:30 AM Nyack Beach State Park

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. – Let's explore the back road en route to Nyack Beach State Park. Warm weather means a deli stop and a picnic at the beach. Cooler weather means lunch at "the Spoon." Temp below 45° cancels.



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SIGB16 65+ MI 9:00 AM Tarrytown/Sleepy Hollow

Leader: Jim Babbitt (718) 296-0027 From: The Boathouse. – The route today will give us a great opportunity to tighten up any 'loose ends.' We'll review the do's and don'ts of longer rides and the nutrition that goes along with it. We'll also finish up our discussions on road repairs. Do we have our cue sheets ready?

SIGC11 30 MI 9:00 AM Effective Cycling #7

Leader: Irv Weisman (212) 567-9672 From: Inside the GW Bridge Bus Terminal @ 178 St & Ft Washington Ave (A train to 175 St). – City traffic, merges, diverges, attention to signaling, road hazards (bridge joints). Prior attendance required. Wet roads, 50% probability of rain, or predicted highs below 40° cancels.

Sunday, April 21**A18 50 MI 9:00 AM Nyack**

Leader: Alison Holden (212) 688-1723 From: The Boathouse. – It's Spring! The snow is behind us. Maybe today we can count on good weather to get us to Nyack. Early season pace for early season legs.

B14 46 MI 9:00 AM Slow B Training Ride #7

Leaders: Mike DiCerbo (212) 645-1120 From: City Hall Park. – Ride through ethnic neighborhoods of Brooklyn, Queens, and Nassau. Lunch in Garden City, outside if weather permits. Return to Queens, F train home from 179 St. 60% chance of rain or predicted high below 40° cancels.

C13 30+ MI 9:30 AM Coney Island

Leader: Carol Waaser (212-581-0509) From: Steps in front of City Hall. Ride through Prospect Park to Coney Island. If the winds are favorable, we will follow the bike path along the Verrazano Narrows. Precipitation at start cancels.

C12/14 50 MI 9:30 AM Piermont

Leaders: Irv and Hindy Schachter (212-758-5738) From: First Ave and E. 64th Street (N.W. corner). – You take the high road and I'll take the low road. Attractive ride through Bergen County to quaint old town. At some point, ride splits into two sections. One takes a flat route, the other takes hills at a faster pace. Lunch in Piermont. Rain cancels.

Saturday, April 27**SIGA 82 MI 8:30 AM Croton Reservoir**

Leaders: Jody Saylor (212) 799-8293 & Paul Leibowitz (718) 858-9742 From: The Boathouse. – Rt 9 North 35 hilly miles to The Highlands Diner in Ossining. Whew! Then it's nothing but beautiful riding over Quaker Ridge Rd and to the dramatic Croton Dam. Around the reservoir, up long Seven Bridges Rd, down a fast Grassy Sprain. It's warm by now. Some of us have shorts on. We're loose. We're getting fast. Get to The Boathouse 15

minutes early so we can get on the road by 8:30am. Helmets, with names on front and back, required. Rain date: Sunday, April 28.

A18-19 70 MI 9:00 AM Once Around The Lake
 Leader: David Greenberg (718) 643-0839 From: The Boathouse. – Steady cooperative ride to Rockland Lake, taking a westerly route. Lunch in Nyack. Big riggers can choose their route home, I will maintain the advertised pace. We leave at 9am SHARP. High tide cancels.

B16-18 45 MI 9:30 AM Glen Island
 Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. – Here's an easy 'B' ride to one of the nicest islands on this side of The Sound. Our lunch stop is Laura's on City Island. Temp below 45° cancels.

SIGB16 65+ MI 8:45 AM Bear Mountain
 Leader: Steven Britt (212) 288-6324 From: The Boathouse. – This is the ride where all the training pays off. We will do a couple of good climbs. I mean GOOD climbs. Today's topics: gearing, nutrition, and routes. We will be returning by Metro-North, so make sure you have a pass.

B15 55 MI 9:15 AM Around Lake Tappan
 Leader: Mark Masuelli (212) 996-9823 From: The Boathouse. – Swing around Lake Tappan Reservoir for another route to Park Ridge Diner. Return via Closter Dock Rd (hill) and 9W.

C14 45+ MI 9:00 AM Syosset
 Leader: Charlie Katz (212-529-6717). From: Boathouse. – Enjoy spring as we ride through Queens and Nassau looking for a diner for lunch. Return by way of 179th Street subway. Precipitation at start cancels.

SIGC12 35 MI 9:00 AM Effective Cycling #8
 Leader: Irv Weisman (212) 567-9672 From: The Boathouse. – Follow route out of Central Park to GW Bridge. Flat fixing session in our friendly parking lot. Then ride some more. Wet roads, 50% probability of rain, or predicted highs below 40° cancels.

Sunday, April 28

7:00AM 200K Brevet
 Coordinators: Steven Britt (212) 288-6324 & Jeff Vogel (718) 275-6978
 Call the coordinators for more information.

A20 68 MI 9:00 AM New City - Old Ride
 Leader: Mark Martinez (212) 496-5518 From: The Boathouse. – Have you ever had Jamaican pancakes? Do you want to know what's in them? If so come out with us to the Good Times Diner in New City. Those with less culinary curiosity will enjoy the scenic route.

B14 35/50 MI 9:15/10 AM Slow B Training Ride #8 - Pretty By A Damsite
 Leaders: Sandy Gold (212-873-7756) & Grace Lichtenstein (212) 580-3285 From: The Boathouse(9:15)/Jerome Ave and Woodlawn - 4 train(10:00). Back by popular demand - the first time this season. A bucolic ride on a path shared with walkers/joggers, which follows the Bronx River and winds through beautiful wooded areas. Lunch spot determined by weather. Ideal for hybrids (but not required). Helmet, spare tube required.

C12 30 MI 10:00 AM Tallman State Park - The Nice Way
 Leader: Don Passantino (718-446-9025) From: G.W. Bus Terminal (179th and Ft Washington). The flowers will be blooming in the Garden State as we ride a nice scenic route to Tallman State Park for a picnic. Tasty Middle Eastern food is available at the Oasis and I'll bring a tablecloth. Newcomers encouraged.

HAVE YOU LED A RIDE LATELY?

Monday, April 29

EAT 0 MI 7:00 PM Ya Still Gotta Eat

Coordinators: Jody Sayler (212) 799-8293 & Jeff Vogel (718) 275-6978. With Jody leading tonight's Stage 8, Tour of The Ethnic Restaurant's, you know we're going Greek. And best of all it's in Midtown. Call by Sunday, April 28 to reserve a seat.

Saturday, May 4

SIGA 86 MI 8:00 AM Bedford

Leaders: Carolyn White (212) 666-0616 & Angel Rivera (212) 889-9346 From: The Boathouse. – 8:00am? Why so early? Be there! The rides don't get any nicer than this one. We've got to start firing on all cylinders. There's only one more ride after this before the big one! We should be smooth by now, in shape, ready. There's big hills, beautiful roads, lots of miles on our way to Bedford. Eat a hearty breakfast, bring pocket foods, there's about 40 miles before a picnic on the Green in Bedford. Get to The Boathouse 15 minutes early so we can get signed up and on the road promptly by 8:00am. Helmets, with names on front and back, required. Rain date: Sunday, May 5.

C14 50 MI 9:00 AM Syosset
 Leader: Peter Morales (718-833-4370). From: Statue of Civic Virtue (E or F train to Union Turnpike Station). – Rolling hills along a scenic route to lunch at Syosset. Precipitation at start cancels.

Sunday, May 5

A20 65 MI 8:30 AM Bike New Jersey
 Leader: Rich Borow (212) 866-1966 From: Tavern on the Green (NOT The Boathouse). – I've got nothing against thousands of cyclists – as long as they're on the other side of the Hudson River! Note West Drive meeting spot and earlier start time to stay as far away from the maddening crowd as possible. Probable destination: Montvale.

B14 45 MI 9:15 AM Slow B Training Ride #9 (One Way to Stamford)
 Leader: Maggie Clarke (212) 567-8272 From: Dyckman - 200th Street & Broadway. Take "A" train to Dyckman - 200th St. – Wander through pretty Westchester and CT suburbs via Mianus and Old Greenwich. Return by Metro North (pass required). 60% chance of rain, slick roads, or predicted high below 40° cancels.

C12 40 MI 9:30 AM Park Ridge
 Leader: John Fullwood (212-927-3278) From: G.W. Bus Terminal (179th and Ft Washington). – Leisurely ride to diner for pancake breakfast. Leader will supply maple syrup, which is genuine. Precipitation at start cancels. Call leader if in doubt.

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Sunday, May 12

B/C 30-65 MI 9:30/10 AM Newcomers' Ride

Here is a worry-free opportunity to do your first club ride (or to come out and meet some newcomers). There will be 4 'B' rides ranging in speed from 14 to 17 cruising and 3 'C' rides ranging in speed from 10 to 13 cruising. The distances will be geared to the speed. Each group of rides is planned so a rider can fall back or wait for the slower group. Check next month's listings for leaders and start information.

Saturday, May 18

5:00 AM 300K Brevet

Coordinators: Steven Britt (212) 288-6324 & Jeff Vogel (718) 275-6978
Call the coordinators for more information.

Out of Bounds

SATURDAY, APRIL 27

WOMEN'S TRAINING RACE, 20 MILES, 6:30 AM.

Leader: Stefani Jackenthal (212) 769-8718 From: The Boathouse. -
Beginning racers - Experienced racers will ride along with you during this 20 mile race and coach you along the way.

SUNDAY, APRIL 28 - 200K Brevet. Saratoga Springs

For more info call John Celeri (518) 587-4338. Coming up: 300K Brevet (Sunday, May 12) and 400K Brevet (Saturday, June 1).

SUNDAY, APRIL 28 - Flapjack 40 and Pancake Breakfast

The Staten Island Bicycling Association invites you to join them on 25, 35 and 40 mile tours of historical places on Staten Island. A, B and C rides leave from Borough Hall at 8:00 am. Optional all-you-can-eat pancake breakfast at the finish. \$8 for ride, \$5 for breakfast. Call (718) 815-9290 or for an electronic registration form e-mail PedalHonk@aol.com

SUNDAY, JUNE 23 - American Diabetes Assn's TOUR DE CURE

If you are interested in participating or volunteering as a marshal, please call 1-800-DIABETES ext 247.

LEAGUE OF AMERICAN BICYCLISTS - 1996 Events

GEAR 1996 - Millersville State University, PA. June 7 - 10.

National Rally - University of Dayton, OH. July 3 - 7.

For more information, call LAB at (410) 539-3399.

SATURDAY, JUNE 15 TO SUNDAY, JUNE 23 - Pedal Pennsylvania

The Great Northern Crossing, Erie to Philadelphia, June 15 to 23 - camping and dorms. The Penn Central, Pittsburgh to Philadelphia, July 20 to 27 - dorms. For brochure, call or write Bob Ingersoll, Pedal Pennsylvania, 1914 Brandywine Street, Philadelphia, PA 19130. (215) 561-9679.

The old crank climbs and climbs

This column could be called the low-down on the run-up.

Fate started it: on the day of the New York City Marathon, a non-event for us wheel chair escorts, Jim Green and I were biking home when Jim suggested there was still plenty of time to train for ESRU. We knew that this isn't a beer drinking event, but is the Empire State Building Run UP. And it is done on Washington's Birthday.

Since wife Caryl and I live on the 29th floor of an apartment building, stair climbing is convenient, if not easy. So we began: the first day was all 29 flights up, one step at a time. No great pain, except for breathing after finishing. By the second week we were doing some flights 2 at a time and some singles, walking down 10 or 20 floors to begin, just to wake up, as our training was mostly at 6:15 a.m.

In December we mailed in our applications to Race Director Bill Noel at NYRRC, with \$20 for each of us, including a letter of why we should be accepted, our step competition experience (none), our best 10K times (nothing to brag about), our most heroic events (1st place age group awards in Liberty to Liberty for us both, which more-or-less prompted our marriage. It hadn't occurred to me at the time that marriage is far more heroic than the competitive 11 miles of running plus 100 miles of biking.)

Climbing stairs for training meant lots of 'climb 14 steps, pivot left, climb 14 steps, pivot left.' Not to mention occasional posting of signs asking our neighbors to have their dogs pee outside, not in the stairwell. Fresh dog pee is slippery; when older it gets sticky.

In January ESRU accepted us, and we learned that 86 flights in the Empire State has the same number of stairs as 115 flights in our building (gulp), and we promised each other renewed effort and some weeks of that fourth rep. Worry about knees and boredom kept me from overtraining. 2, 4, 6, 8, pivot, 2, 4, 6, . . . gray walls, gray stairs, gray dog pee. The closet athlete is redefined by the pivot on the landing.

...150 athletes lined up in three heats; women first. 86 seconds later the fast men started, and two minutes after that the rest of us took off for five yards on the flats of the main floor of the ESB, jammed ourselves through the stairwell entrance, and by about the fifth floor were sorted out enough to begin to move at a "comfortable" speed. The stairwell is 40" wide, so passing began with a verbal request for space, which always got an immediate response - it was a friendly competition, at least at my spot in the pack. And Caryl reported that the lead men, who passed many of the women, were also "friendly". (Right, Jim?)

After the finish there were free bagels, cordial conversation for everyone, and awards for the top finishers. Eight of the fastest 11 times were by international athletes; it was the most non-US activity in which I've participated. And it will be a while before I forget the 70 year old man from Venezuela who cleaned my clock with a 17:45!

The NYCC stats are as follows:

Place	Name	Time	Age	Finish
15	Jim Greene	13:12	49	1
20	Alan Cohen	13:45	35	8
30	Alan Resnick	14:24	45	3
61	Steven Britt	17:13	34	26 ⁽¹⁾
14	Judy Gray (Ret)	17:35	54	3
76	Stevan Baron	18:23	57	7
16	Jane Kenyon	18:38	36	4
18	Julia Apperson	19:14	33	6
19	Caryl Baron	19:18	53	5
--	Don Montalvo ⁽²⁾			

Special commendation to Jim, who really kicked ass, especially for a soon-to-be old-timer.

Julia closely trailed Caryl for 86 floors, and sprinted past her on the 86th floor terrace. Special congratulations to both.

Special planning: next year we'll do more intense speed work, and report, if our times improve.

⁽¹⁾(skiing injury previous week)

⁽²⁾(broken ankle, but someone "climbed" in...)

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Order Your Exciting New 1996 NYCC Jersey and Jacket NOW!



HELP SUPPORT YOUR CLUB AND LOOK GREAT while you're doing it by ordering a hot new colorfully designed 1996 club jersey and jacket today. The Micro-Airdry fabric used to produce our new short sleeve club jersey has the property to keep you dry and cool as you ride by wicking perspiration away from your body. Micro-Airdry fabric is also anti-allergic and odor resistant. Combine the coolness of the fabric with the outstanding eight color design that club member Michael Toomey has created and

you've got a winning combination. Our new club jacket features the same colors and design as the jersey on both the front and the back, and has solid color long sleeves. The Microzone jacket fabric is light in weight and provides excellent wind protection as well as moisture-wicking properties. We have teamed-up with the world leading manufacturer of cycling apparel, Louis GARNEAU SPORTS, to provide you with the very best quality at the lowest possible cost.

Order a jersey and a jacket at the same time and you'll get the pair for only \$100, a savings of \$5.00.

1. Attend the April or May club meeting at O'Hara's and order and pay for your purchase. You can plan to pick up your purchase at either the June or July club meeting, whichever is more convenient for you.

The delivery time is approximately 4-6 weeks.

SIZE	CHEST	WAIST
Small	36	30
Medium	38	32
Large	40	34
Extra Large	42	36
X-Extra Large	44	38

ITEM	QUANTITY	SIZE(S)	UNIT PRICE	TOTAL COST

TOTAL

YES, SHIP MY ORDER TO MY HOME. I HAVE INCLUDED \$3.00 TO COVER SHIPPING.

TOTAL DUE

NAME _____

ADDRESS

DAYTIME PHONE

EVENING PHONE

YOU HAVE PAID (AMOUNT)

CHECK NUMBER:

Please make checks payable to the **New York Cycle Club**. Place your order today. Extra jerseys and jackets will not be stocked. Mail orders for jerseys and jackets will be accepted until the May meeting. After that time jerseys and jackets will only be available if there is sufficient demand for additional orders.

PAYMENT RECEIVED BY

DATE _____

JERSEY(S) RECEIVED BY

DATE _____

PACKET(S) RECEIVED BY

DATE _____

BLOWOUTS by Lou S. Pokes

Records were made to be broken. Cal Ripken Jr. broke Lou Gehrig's consecutive game record; Hank Aaron broke Babe Ruth's career home run record; and with four inches of fresh white powder on March 2nd, 1996 will go down in history as the snowiest winter ever in New York City. There was already 66 inches when this was written. It's probably snowed some more since then, and snow in April isn't unusual. Let's hope this record stands for a long time, a very long time.

While all the snow this winter may have canceled lots of rides including the first two rides for each of the SIG's, there were some events that were unaffected. The blizzard of February 16th didn't stop 25 people from spending President's Day Weekend at Lake Placid, although it did increase the travel time to get there. For some, the blizzard wasn't the problem. **Diane Dreux** took twelve hours to get to Lake Placid, counting all the shopping stops. For most, the main activities were skiing and skating. But for **Gabriella Clapp** and **Jane Kenyon** (no) the highlight of the weekend was getting to try out the Olympic bobsled run. While \$30 for 40 seconds may seem expensive, it was money well spent as Jane claims she almost pulled a muscle she was laughing so hard. And when not out on the slopes or on the rink, the place to meet was the hot tub, when it wasn't overflowing into the pool. Thanks go to **Reyna Franco** and **Charlie Katz** (yes) for arranging a fabulous weekend.

When the snow wasn't falling. The wind certainly was blowing. It was a NYCC first. On Sunday February 25th **C.J. Obregon** canceled his ride due to the high winds! Later that day **Rikki Furman** was blown off her bike by a gust of wind on Riverside Drive. She and her riding partner, **Jeanine Hartnett**, decided to walk for a while when Jeanine was blown over into Rikki, so they both went down while walking! Maybe C.J. was right.

On that same windy day **Marion Crowley** was out roller blading in the Park (boo, hiss) when a riderless horse ran past. The rider had been blown off by the wind, the horse got spooked and was heading back to Claremont Stables when Marion took chase. Out of the Park across Central Park West, and down 86th Street they went. The horse made it across Columbus Avenue while Marion was briefly held up by a red light. (Horses are colorblind.) She finally caught up with him just before Amsterdam Avenue, grabbed the reins, calmed him down and carefully led him back to the barn. Marion, you're our Road Hero this month. We hope to see you back on a bike soon.

In other non-cycling activities, NYCC billiard champion **Ernie Yu** (no, he didn't totally disappear) finished 4th out of 64 in an Eight Ball Tournament, winning \$100. Ernie says that day's winning far exceeded his career winnings from bike racing. Ernie also cashed in his league points for a new cue. His teammates, **Paul Liebowitz** and **Herb Dershowitz** (no), are saving their points for the trip to the Bahamas. Yeah, and I'm going to ride in the Tour de France.

Congratulations to **Sandy Gold** who was named Transportation Alternative's Commuter of the Month for March and April (they seem to have trouble counting to one). In the interview Sandy says her favorite part of commuting is "Central Park before they plow it." Sandy must have been very happy this winter.

WRONG PLACE, WRONG TIME - #1. Thanks go to **Mike Yesko** for arranging a Paris-Brest-Paris reunion dinner. Several people came from South Jersey for the get together. But, guess who didn't come to the dinner. Mike Yesko. He was unexpectedly called out of town for a business trip. But don't feel sorry for him. Palm Beach in February isn't the worst place to be.

WRONG PLACE, WRONG TIME - #2 **Geo Kaplan**

takes all the standard precautions with his commuter bike - two locks, chain thru the saddle, etc. Well, that wasn't enough for one enterprising thief. One day, Geo left work, got on his bike and headed home. At the first red light he applied the brakes. The bike didn't stop - there were no brake pads! Someone had stolen all four brake pads. Doing his best Fred Flinstone impersonation, Allison's Grandpa managed to come to a halt safely. What will they steal next?! PS. Congratulations to **Geo** on the birth of his grandson, Benjamin Morris Spar, to his daughter **Annie Spar** on March 15.

Speaking of **Geo**, the master wheelbuilder spent a snowy weekend working on a new pair of wheels. He's been using them successfully ever since. As someone anonymously said, "If they'll hold up to Geo, they'll hold up to anyone."

It's usually a good idea to call the leader before a ride when the weather is "iffy". But not when it's 27 degrees, the wind chill factor is 12 and there is six inches of day old snow on the ground. Normally that would have made **Rob Kohn** the Bozo this month. But this has been no ordinary winter. It's going to take more than just a phone call, Rob. You've got to walk the walk not just talk the talk. Like **Ellen Richard** and **Kristi Roberts** (no). Ellen and Kristi are coached by **Elizabeth Emery** who's wintering in sunny California. Their training program called for hill repeats on Saturday, February 17th. The only problem was the foot of snow that fell the day before. They couldn't call EE, so what were they to do? They got on their mountain bikes for hill repeats. The North end of the Park, you would think. But, no. They went over the Bridge to Hillside Avenue. And then they went all the way to Nyack! Well, after sitting in the Runcible Spoon for over an hour trying to warm up Ellen's frostbitten feet to no avail, they finally decided to take a taxi home. They claim they didn't see another cyclist all day. When you're the only two out on the road you have to be Road Bozos.

"A" Guide Conrad Meyer

Hopefully by now, things are starting to thaw out and people's legs are starting to get back in shape. I hope all the Sig graduates will use their new skills and add to our ride listings by leading some fast paced A rides this summer. By the way, I NEED RIDE LEADERS! I don't know all of you out there, but I look forward to meeting you on the road this season. In the meantime, don't hesitate to call with your ideas, comments or ride listings.

I hope everyone saw the picture in the New York Times of the Sunday bike race sponsored by the Metropolitan Cycling Association.

The MCA is a large group to which our local century Road Club Association (CRCA) belongs. The Spring Racing Series is run on Sundays in Central Park and Prospect Parks early in the season. For additional info, please contact the CRCA. (Our own Alan Resnick is now President of the CRCA.)

Now that we get off our trainers and on to the open road, the key word is spin, Spin, SPIN! My closing last month left you with the common axiom, use the small chainring for the first 1000 miles. Early training in the small chainring builds your endurance, evens the pedal stroke, and keeps you from overly stressing the knees and leg muscles. Going for the big ring or

trying hill repeats without serious base miles has ruined many cyclists' seasons. Such training will not slow you down; a 39 x 15 should take you over 22 MPH if you can spin.

A smooth pedal stroke can do wonders for your efficiency. I learned an awkward but very effective way to help you identify the smoothness of your stroke at the Walden School of Cycling last year. Next time you begin riding, try some one-legged pedaling. Start with 100 yards of the right leg, then switch to 100 yards of the left leg. By pedaling with one leg you realize how even or "square" your pedal stroke is. This activity forces you to pedal in circles, evenly applying

pressure all the way around the stroke. Practice this simple exercise throughout the season. One of the most sophisticated indoor trainers, the Computrainer, actually measures pedal force on each pedal throughout the entire stroke. The user can analyze the stroke and make it as efficient as possible. One legged pedaling can simply and quickly give you instant feedback on your stroke efficiency without a costly trainer.

I hope to see some one legged pedaling out in the Park and hope to catch you on a ride spinning like crazy. Next month we will have some brief tips on pacelining and other tidbits.

Alphabet Soup by Steven Britt

ARE WE RIDING YET?

As I write this, it seems as if winter is finally ready to let us cyclists off the hook and give us a chance to ride! Chilly, yet rideable weather. Anyway, who's complaining? April should be much better, so endure a little shower for the chance to get a few early season miles under your belt.

Ride in the rain? It's not that bad unless it's cold. Just use this opportunity in the season to put new tires on the bike. Your patch kit will stay unused longer, especially on wet roads.

This is also a good time to see about other replaceables. The tube that you put one too many patches on last year. You can spring for a new one. Chains, freewheels, cassettes, and chainrings are also prime candidates. Don't forget those brake pads! You always want these to be in tip top shape. This is also a good time to make sure the bike is well lubed, inside and out!

And for those women who want to learn more about bike mechanics, see page 2 for information about Sandy Gold's classes.

BREVET TIME

The NYCC will be sponsoring it's first brevet series starting this month. What's a brevet?

Well, to keep this short, a brevet is a timed touring ride. Short and simple. You're given a cue sheet and a time limit and you're on your own. It's the ultimate test for a touring-minded cyclist. Since the miles add up we will call these long distance touring cyclists. In other circles they go by the name 'ultra marathoner.'

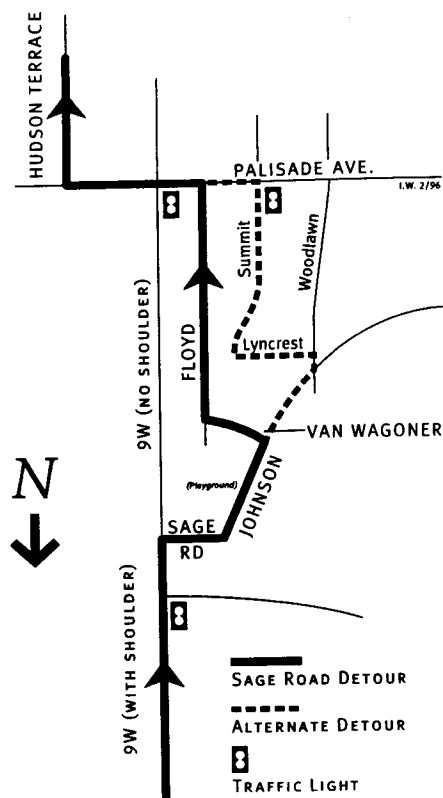
The 200K or 124 mile ride will begin at 7am on April 28. The course will be scenic but hilly. The current plans are to go over Skyline Drive and up all of 7 Lakes Drive. And that's only half of it!

The series will be coordinated by Jeff Vogel and myself. We are in the process of confirming the starting location which should be on the Upper West Side. All information will be available by the time you read this.

9W ALTERNATE

There is a safer and more scenic way to handle the congestion that exists on the southern end of 9W. You can use the Sage Rd cut-off. There is a sign on 9W South pointing out the turn. The additional directions are on the adjoining map.

Keep those cranks spinnin'...



THIS IS IT: THE WEEKEND OF YOUR LIFE!

MEMORIAL DAY IN THE BERKSHIRES.



MAY 1994: Shari Horowitz, Ed Allen, Fred Steinberg, Mitch Yarvin, Stephanie Blecher, Margaret Cipolla and Bob Foss (kneeling) pose atop Cooper's Hill in Sheffield. Photo by Liane Montesa.

COME AND SPEND A FANTASTIC WEEKEND with your most fun and dynamic NYCC friends (see above). Berkshire scenery is idyllic (see above), and Sheffield (MA) bed and breakfasts are charming and cheap (see above?). The riding can be as challenging as you like through the famous Berkshire mountains and valleys – there are many rides at all levels. Best accommodations fill up quickly. Call Stephanie Blecher for details and lodging references - (212)348-2661.

START THE SEASON OFF RIGHT.

Lead a ride.



We would like to thank the NYCC for hosting our Tour – tellini slide presentation on March 12th. It was a great success and we enjoyed meeting all of you!

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TRAINING AND HEART RATE MONITORING by Irv Weisman

ELEMENTS OF TRAINING THEORY

All muscles must be used in order to maintain their current strength or to increase their strength. The slogan which describes this is "use it or lose it." Older people in particular who do not exercise their muscles will see them gradually waste away and lose much of their mass, strength and flexibility.

At any given time, our body systems have some maximum capability – whether in running speed, weight-lifting, lung capacity, oxygen exchange, etc. Many of these capabilities can be increased by exercising them, but there will be no perceptible increase unless the muscle is required to perform at a level greater than 50% of its maximum capacity. On the other hand, excessive demands will lead to a breakdown of the body's parts due to overload. (Some of you have heard my admonitions about not overloading your knees by pushing high gears, especially up hills. I also know that many of you smile indulgently at my admonitions, but I keep remembering generations of past NYCC smokers who no longer ride because they wrecked their knees with their macho mentality.)

Exercise experts suggest that we train between 60% and 80% of maximum oxygen uptake in order to achieve improvement. But since the heart rate and oxygen uptake are linearly related over much of their range, we use the more convenient heart rate as the measure.

AGE ADJUSTED MAXIMUM HEART RATE (MHR)

Before we can train at pulse rates between 60 and 80% of MHR, we must determine our MHR. Many years ago, the medical community developed a formula for age-adjusted maximum heart rates. For men it is: $MHR = (220 - \text{Age})$ expressed in beats per minute (bpm). Thus, the older we get, the lower our MHR is expected to be. These age-adjusted MHR's are used by doctors to determine the safe upper heart rate during cardiac stress-testing.

Two years ago, at age 70, and with a 15 year history of exertional angina (chest pain when I work too hard) I underwent an exercise stress test to determine how safe I would be on a bike tour in hilly country (with panniers). I persuaded my doctor to alter the usual test procedure so that I would raise my heart rate well into my angina zone (such as might happen if I climbed a hill too fast), and then reduce the effort by slowing the treadmill until the angina subsided, all the while

monitoring the EKG to see how my heart was reacting. I learned that after I induced angina by overexertion and then relaxed the effort so that the angina subsided, my EKG, nevertheless, indicated that my heart needed still more recovery time. This is valuable for me to know when I am on the road and have to be my own doctor/advisor/trainer.

But, during the test, I discovered something quite surprising, and that is the reason I decided to write this article. Under the test exertions, I raised my pulse rate to 170 bpm, 20 bpm higher than my predicted MHR, which was 150. How could that be? Although I may be somewhat more fit than many other 70 year olds, I am not 20 years fitter. I concluded that something was wrong with the conventional formula, despite its widespread use by doctors.

I turned to my unread copy of "The Heart Rate Monitor Book" by Sally Edwards (1993, \$13 in bike shops and mail order), and found that she, too, used the conventional formula for estimating MHR. But on page 51 of her book I found gold! It is a section, contributed by Roy Benson, which includes a nomograph (a graphical calculating chart) based on the work of Dr. A. Hamid Hakki and 2 other mathematically minded exercise experts. The nomograph enabled me to plot a graph showing the decline of MHR with age for persons who are fit. For a fit 70 year old, it predicts a MHR of 173. I was on to something significant!

Additional research in "The Aerobics Program for Total Well-Being" by Kenneth Cooper, MD., (page 125) uncovered his formula for age-adjusted MHR, namely, $MHR =$

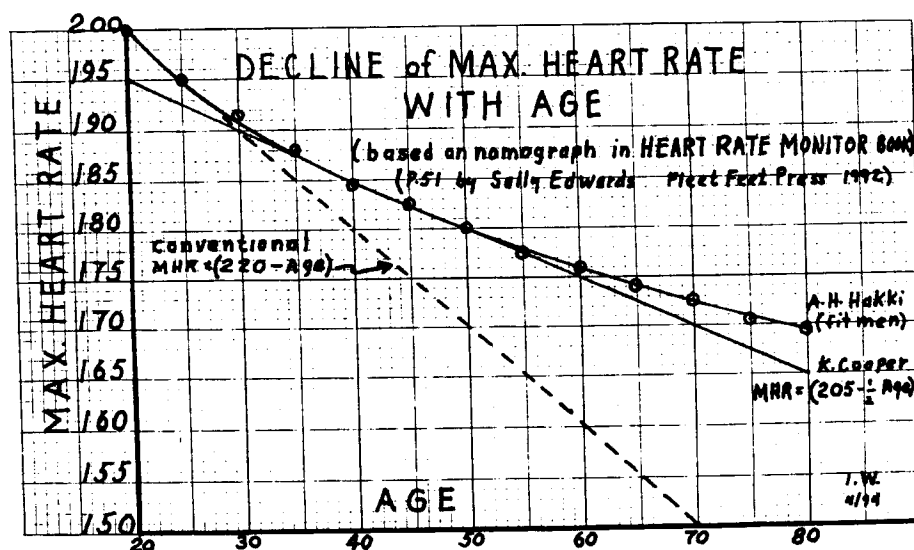
$(205 - 1/2 \text{ age})$. Based on this formula, my predicted MHR was 170. This result is in excellent agreement with my stress test result and is significantly higher than the 150 bpm predicted by the conventional formula.

In the accompanying graph, "Decline of Max. Heart Rate With Age", I show Dr. Hakki's curve of decline, Dr. Cooper's straight line decline, and the straight line decline based on the conventional formula.

All the formulas are in close agreement around 30 years of age. After that, Drs. Cooper and Hakki's remain in agreement until age 60 and diverge only slightly from 60 to 80. But there is great divergence of the conventional formula from the other two. Why?

I suspect that the conventional formula was derived from observations made on the general public, while the subjects of Drs. Cooper and Hakki were more fit. But even I, not as fit as I should be, have a MHR which is 20 bpm higher than predicted by the conventional formula. I therefore conclude that the conventional formula is too conservative for active people, but is probably safer for an inactive populace. If you are only moderately fit at this time, you can choose a line lying somewhere between Dr. Cooper's line and the conservative conventional line from which to determine your own predicted MHR.

Once you have your MHR, you can calculate your upper and lower limits for your target heart zone using the 60% and 80% values. But, caution! I also disagree with this simple method of calculating your upper and lower limits, and I will address that in the next installment.



Re-Cycling

Two classifieds per member per year are free (up to 6 lines). Additional ads \$1.00 per 50 character line. Please send classified listings to the Bulletin Editor. Hard copy sent via mail or fax are preferred. Listings will appear for one month unless specified.

TEN SPEED COMMUTER BIKE. 23", excellent condition, extras – Best Offer. Call: **Annette**, (212)569-9788.

SEROTTA NOVA SPECIAL, 56 cm (c-to-c). Columbus tubing, Camp. Super Record gruppo (friction), except regina cassette (13-16) and Shimano 105 brake levers. Mavic Open 4CD rims. Traditional beauty in excellent condition – \$550. Call: **Jennifer**, (718)876-7485.

CITY BIKES. TREK 8000 Alum/DX Red 18" w/ Allsop suspension "Frankenstein" – \$575. **Specialized Rockhopper 16"** black with Exage 21-speed rapid-fire, alloy round chainrings, Scott AT4 hbars – \$325. **Fuji Royal II sport/touring grey 21"**, butted frame, flat hbars, underbar shiftings – \$135. All improved with big gearing, clips, city tires, negotiable. Call: **Tom**, (718)871-9682 (8-10 pm).

MODONICO Diamond, 54 cm, c-c. Handmade road frame and fork of Columbus SLX tubing. Practically new. Was \$1000. With headset and Dura Ace cartridge bottom bracket – \$450. **Blackburn Mag trackstand w/ front wheel block** – \$80. Call: **Nick**, (718) 398-7275.

SEROTTA COLORADO II, bright orange, mix DuraAce, STI, Mavic wheels, Look pedals, Speedo. I paid almost \$3.5 G for this bike. It has less than 500 miles on it. Not one scratch. Fits 6ft to 6ft-1 riders. Contact: rjt@plainfield.bypass.com. (PS: I got married.)

BIKE BAG. Easy to pack soft bike bag (I, short person, don't need to take the seat off). 4 wheels, (1 crooked) and double zipper (1 works). Otherwise, in great shape. – \$100. Call: **Elizabeth**, (212) 865-0010.

CLASSES. 'Bike Repair' with your bike - Saturdays. 'How to Ride in 3 Sessions' - Sundays. NYC/NJ tours 15-20 miles. Call: **Terry Chin** (718)680-5227.

Wanted:

USED RACING BIKE. 59 - 60 cm. Stiff (preferably aluminum). Will tune up. Interested in paying \$650 +/- Call: **Ben Hoen** (212)330-7630.

Bike Watch

by Richard Rosenthal

Last month's column cited an ugly scene in the movie, *The Juror*, in which a motorist threatens to run down a cyclist. At least it was fictitious, as was the appearance on the March 1st "Homicide" of a perp who tells police he offed a guy for 500 bucks so he could buy "A Stumpjumper. It's the best bike there is." You know it's fiction when "the best bike there is" is said to cost only \$500. Both the Barons and the Turoffs called in their having seen this bit of TV.

Steve Baron sent in a full page ad from Barron's, an investor's newspaper unrelated to him. The ad was for Saab cars. The headline states a Saab will cost you \$1 less a day to rent than a tandem bicycle which, the ad claims, would cost you \$10 a day. Really? So much for truth in advertising. It would be closer to \$45, even \$60 a day...if you could find one. One of the lines of copy proclaims "True, the tandem's a little easier to park." (In this political season, let us recall Gov. George Wallace's referring to "pointy-headed intellectuals who can't even park their bicycles straight.")

Mary Pike sent in a front page article from the March 1 New York Law Journal about a law suit heard in NYC. The makers of The Bike Club (yes, those same folks who bring you The Club for your car) sued Kryptonite over its business practices in selling its New York Lock. (Makes you feel all warm and fuzzy, doesn't it, to know your city gives its name to the most expensive lock on the market.)

There is great, great cycling footage to be currently seen in two TV commercials. One is for

Pert, with racer Brooke Blackwelder. The other is for Aleve, a pain-reliever. A current American Express spot briefly shows an upper class couple out for a gentle ride.

The new Wilhelmina "Sophisticated (read: older) Woman" catalog pictures 71 models. Four of them are photographed with clunker bikes as props.

The *Times* travel section, Mar. 10, had an article by Logan Ward about biking through the Beaufort "plantation" area of South Carolina. Logan is a bit less ambitious than we are: (s)he writes (s)he drove twenty-five miles before biking because "... (D)iving to various biking areas, as opposed to pedaling straight from our front porch, meant access to spots that would have been too far to reach by leg power alone."

A Mar. 16 *Times* letter for the editor of the *Times* by a Ross Ivan Jacobs suggested, if the mayor is committed to improving quality of life, he enforce the law against those who cycle the wrong way on one-way streets rather than busting marijuana users.

Any Queens accountant who has been adventurous enough to bike in Hungary, Poland, Portugal, Morocco, Costa Rica, Norway, Kenya, and New Jersey will be interested in the March 16 *Times* feature article (surprisingly, in the general news section) about a 63 mile bike event in South Africa. Most of its 27,000 participants travel 24-hours by train from Johannesburg for it.

The *Times*' reported stage results of the Paris-Nice race March 13 and 17—and no other, not even the final; this was as odd as it was unusual inasmuch as the *Times* almost never, ever mentions bike races other than the Tour de France. Immediately under the first report was a box about the Iditarod dogsled race...but no

mention at all of the Iditarod bike race.

The NYCC hit the perfecta in the March 18 issue of *VeloNews*. More than half of one percent of our entire club membership was mentioned by name or referred to. NYCCer David Walls, the chairman of Inside Communications, the company that publishes *Velo News*, is mentioned in the masthead. Don Montalvo has a fine letter to the editor. Lori and Howard Turoff's LaCorsa (bike) Tours is mentioned on the same page as is a correction by an NYCCer of a mistake in a previous issue about which is the second highest Alp. Elizabeth Emery and the NYCC are mentioned in a profile of up-and-coming racers. The NYCC is referred to as "a non-competitive group of cyclists." I grant you, we aren't a racing club, although we do have a cadre of members who do race. Then there are the handful of less skilled, less disciplined, less dedicated, less talented, less hearty others who don't race but pretend, and want us to believe they could. These are the show-offs who, more than the actual racers amidst us, leads one to believe we're not all that non-competitive.

Here's a novel interpretation of law enforcement. As you know, cars violate like crazy the ban on cars in the park during the hours cars are supposed to be out of the park. In mid-February, a cyclist exiting at 90th Street and Fifth Avenue stopped and chatted pleasantly with a cop in a car who was stationed there. Cyclist, with uncharacteristic politeness and solicitousness asks, "Why didn't you stop and ticket that car? It's not supposed to be in the park." Equally pleasant cop: "There were three of them. It's a judgment call. They knew what they were doing was wrong." So, look, if you're caught doing a bank job, murdering someone, or running a red light, just tell the officer you know it's wrong. By this standard of law enforcement, you're off the hook.

What? You didn't get your NYCC Bulletin?
Call: **Mitch Yarvin** AT 988-8887

Before your first club ride, please read this:

NYCC RIDES are led by volunteer leaders who plan the route and maintain the listed speed (eg. B15 = 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 at right. **CRUISING SPEED** indicates the ride's speed on flat terrain. **AVERAGE RIDING SPEED** over rolling terrain is 3 mph less than cruising speed. This will vary plus or minus 1 mph according to terrain. **OVERALL SPEED**, including all rest and food stops, is about 3 mph less than average riding speed.

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. 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.*)

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.

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, money, medical ID, emergency phone numbers. **We also suggest:** lock, rail pass. Leaders may specify other items in their ride listings.

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: See 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
7:58 AM (HUDSON LINE)	POUGHKEEPSIE	4:12 PM
8:49 AM (HARLEM LINE)	BREWSTER No.	4:08 PM
8:07 AM (NEW HAVEN LINE)	NEW HAVEN	3:57 PM

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

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.

CRUISING SPEED	CENTRAL PARK SELF TEST FOUR LAP TIME
22+ MPH	1:10 OR LESS
21	1:10 TO 1:13
20	1:13 TO 1:16
19	1:16 TO 1:20
18	1:20 TO 1:25
17	1:25 TO 1:30
16	1:30 TO 1:38
15	1:38 TO 1:48
14	1:48 TO 2:00
13	2:00 TO 2:14
12	2:14 TO 2:30
11	2:30 TO 2:50



1996 Renewal / Membership Application / Change of Address

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

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

Name: _____ Signature: _____

Name: _____ Signature: _____

Address/Apt. _____ E-Mail _____

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

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

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

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

Circle if applicable: I do not want my (Address) (Phone Number) (E-mail 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. 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.

ER on the Road!

First Aid and Emergency response for Cyclists

We all think of ourselves as invincible road warriors, but...accidents do happen. What do you do when a fellow rider (or, heaven forbid, you yourself) goes down?

NYCC's resident expert, **Ed Fishkin**, tells how to handle everything from road rash to broken collarbones.

Pre-dinner SWAP MEET (6-7 PM)

Strike a deal! Trade in gear you're not using, or seize the opportunity to upgrade.

Plus: an opportunity to donate used cycling gear to Urban Youth Bike Corps' cycling program for Harlem youth. (See page 2 for details).

COME TO O'HARA'S ON APRIL 9TH.

120 CEDAR STREET (1 BLOCK SOUTH OF THE WORLD TRADE CENTER)

MEET AT 6 ► DINNER AT 7 ► PROGRAM AT 8

SALAD, ROLLS, PASTA BUFFET AND COFFEE – \$10

INDOOR BIKE PARKING OR SUBWAY.

1 AND 9 TO CORTLAND STREET. N AND R TO CORTLAND STREET. 4 AND 5 TO WALL STREET. E TO WORLD TRADE CENTER



New York Cycle Club

P.O. Box 199

Cooper Station

New York, N.Y. 10276

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SHOW YOUR TEAM COLORS!

YOUR 1996 NEW YORK CYCLE CLUB JERSEY ORDER FORM IS ENCLOSED.

