

August
1996

NYCC Bulletin

SUMMER RIDING



“‘They’re reporting a high sunburn index today.’ I said. ‘Maybe you should put on stronger sun-screen before you ride.’ I suggested. ‘Please be careful of the U.V. honey!’ I begged. But No-o-o-o...”

Bulletin Board

THANK YOU, THANK YOU all for making the July All-Class "Free Lunch" Ride to Kingsland Point a success. A record 146 members came on one of the most beautiful days of the year. Many thanks to Gene Vezzani's group of riders who "hosted" the event, and to Joel Englander for organizing it.

DON'T BLAME DOUGLAS for any errors, inaccuracies, or just plain foul-ups on this month's Bulletin. Our editor was singing in Italy while this month's bulletin was being put together. Hope Vivaldi's church was worth it, Doug!

COMING SOON TO A MAILBOX NEAR YOU

The "Escape from New York Century" is coming up next month, on September 21, and we're all going to be there. Look for the registration form in your mailbox soon. Three great rides, three distances: century, metric century, half century. The century committee needs your help on the day of the event, with marshalling, manning rest stops, check-in, even clean-up. Help make this year's event as great — or greater — than last year's. Call Mitch Yarvin at (212) 988-8887 to volunteer.

A SECOND CHANCE TO ORDER A NYCC JACKET AND JERSEY

By now you know how great the 1996 NYCC jerseys and jackets look, feel, and fit. If you missed out on the first order, or hesitated to add the great-looking jacket to your order (don't forget, Fall is just around the corner), or just love your new jersey so much you want another, now's your second, and last, chance to order. Use the order form in this Bulletin to order by the August 13 deadline, or order at the August club meeting. Your colorful new 1996 club jerseys and jackets should be ready in time for the NYCC "Escape from New York Century".

COLUMBUS DAY ON SHELTER ISLAND! This year, our Columbus Day weekend will be at the lovely Victorian inn, the Chequit, on Shelter Island in Peconic Bay. Eastern Long Island is beautiful in the fall, when the summer residents are gone and roads are untrafficked. We've got a great selection of rides planned for this great weekend. But . . . you must act now! Space is limited, and filling up fast. See Ride Previews for information.

Useful numbers you may wish to refer to:

If you are a member and did not receive your Bulletin by the 5th of the month, call:

(212) 886-4545

(Do not call Mitch Yarvin.)

If you have questions about membership or are SURE that you are a current member and have not received a Bulletin for two months in a row, call:

MITCH YARVIN at

(212)988-8887

If you have an article you would like to see published, call:

DOUGLAS RICCARDI at (212)388-9758

To lead a ride in September, call by August 13:

A Rides:

CONRAD MEYER (212) 535-2444

B Rides:

PETER MORALES (718) 833-4370

C Rides:

DONA KAHN (212) 399-9009

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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 August

A/B ??MI 7:00PM Early Week Training Series

Coordinator: Steve "Night Train" Ullmann (212) 473-1897 From: *Grand Army Plaza entrance to Prospect Park*. Train according to your needs. Bring appropriate lighting, water, heart monitor, domestique, etc.

Wednesdays in August

A20/21-23 35-40MI 6:00PM Wednesday Evening Training Rides

From: *The Boathouse*. After gathering at the Boathouse two groups will head up 9W, River Road, to State Line, or thereabouts. Pick your pace and train! Be on time as ride leaves promptly.

Saturday, August 3

A21 86MI 9:00AM Saddle River Road

Leaders: Nora Salazar (212) 353-3375 & Christy Guzzetta (212) 595-3674 From: *The Boathouse*. Great ride to Saddle River Road. We may/may not climb Little Tor. We may/may not climb South Mountain Road.

A19-20 60MI 7:30AM Yelena, Jonathan, Zach & Julia's Ride

Leaders: Stan Greenberg (718) 935-9786 & Ben Goldberg (212) 982-4681 & Steven Britt (212) 288-6324 From: *The Boathouse*. We'd rather be spending time with our kids (really!). So join us for a brisk early ride somewhere north or west. Don't call after 9pm the night before, since some of us will be asleep or changing diapers. Projected high of 100° will shorten the ride.

B15 50MI 8:00AM Peekskill Bike/Swim/Slide

Leader: Bill Schwarz (212) 288-7862 From: *The Plaza Hotel (59St & Fifth Av)*. Hilly romp thru Westchester - back roads emphasized. Ends at Peekskill Town Park with pool and waterslide! So bring swimwear, lock, and a Metro-North pass for return. Park fee is \$8, Metro-North is \$6.50. Joint with 5BBC.

C14 35MI 10:00AM River Road

Leader: Mindy Kaufman (212) 749-0156 From: *The Boathouse*. Sleep in

and get your rest for the hills on River Road. Bring lunch (no place to buy). Helmets an absolute requirement.

Sunday, August 4

A21 80MI 8:30AM Garrison, The Hard Way

Leader: David Thomas (212) 675-6191 From: *The Boathouse*. After breakfast in New City the road tilts up to Harriman State Park, then we hammer across Bear Mountain Bridge to catch the train back to Grand Central. Metro-North pass required.

A19 73MI 9:00AM Now We Are Four

Leader: C.J. Obregon (212) 876-6614 From: *The Boathouse*. Anderson Hill, Whippoorwill, Nanny Hagen, and Hillcrest. Helmets required, low gears recommended. Extreme heat shortens.

B16-18 60+MI 8:30AM West Point

Leader: Gene Vezzani (212) 875-1615 From: *Grand Central Station Information Booth*. Bring your Metro-North pass and train fare because we are heading up to Garrison this morning. We'll ride across the Bear Mountain Bridge and then through West Point enroute to our deli stop in Cornwall. Our return takes us through Newburgh and across the Hudson to the Beacon train station.

C13-15 60MI 9:30AM Nyack Beach

Leaders: Hindy & Irv Schachter (212) 758-5738 From: *The Boathouse*. Ride across the G.W. Bridge through Bergen County past duck ponds, farmer's market, horses, open fields and other scenic attractions. At a certain point the ride splits into two groups, one faster with more hills, the other slower and flat (except for hill on return) but very scenic. We meet in Nyack and picnic at the beach. Bring or buy lunch.

C13± 30+MI 8:30/9:00/10:00AM Beach Bums IV

Leader: Dan Passantino (718) 446-9025 From: *The Boathouse (8:30) /Steps in front of City Hall (9:00) /Grand Army Plaza (10:00)*. Ride to the beach. Bring a swimsuit and towel (change rooms available). Colead with 5BBC.

Friday, August 9

A20-22 50+MI 8:00AM Freewheels Of A Friday

Leader: Steve "Night Train" Ullmann (212) 473-1897 From: *The Boathouse*. Beat the Saturday rush to The Boathouse and get in some quality miles before noon on Friday. Destination determined by consensus.

Saturday, August 10

A21 85MI 8:30AM Bed(ford), Bath & Beyond

Leaders: Mike Knopf (212) 678-7883 & David Thomas (212) 675-6191 From: *The Boathouse*. Rolling ride through Greenwich to BEDford for lunch on the green, then, energy level permitting, its BEYOND to Darien or Westport for a Metro-North return. Metro-North pass and pocket food are essential. BATH optional.

A19 50MI 8:30AM A Vogel Route

Leader: Jeff Vogel (718) 275-6978 From: *The Boathouse*. Park Ridge. Mostly paved. One small stream to cross. Really.

B17 60MI 9:00AM Roundabout Route To Nyack

Leader: Jonathan Snellenburg (212) 769-1426 From: *The Boathouse*. Again the back way to Nyack with some hills, etc.

B/C14 50MI 8:00AM Bear Mountain

Leaders: *Megan Wisdom (212) 664-1934 & Tom McNerney (212) 945-6131*
 From: *The Boathouse*. If you are up to a long, but beautiful and not too difficult trip (just a few hills as we approach our destination), enjoy the beauty of the mountains, and join us for a ride up the Hudson. We will lunch on the way, drink in the scenery at the destination, and take the train home. Have money for the train, together with a metro-north pass.

C14 56MI 9:00AM Ridgewood

Leader: *Michael Di Cerbo (212) 645-1120* From: *The Boathouse*. A scenic ride with 3 different paved bike paths, the largest one meandering back, forth and over the Saddle River. We'll have a picnic lunch in Ridgewood. Rain cancels.

C12 25MI 10:00AM Tour de Roosevelt Island

Leaders: *Ethan Brook (201) 816-0815 and Richard Fine (201) 461-6959*
 From: *The Boathouse*. Tour the sights, and listen to the sounds of Roosevelt Island. Bring or buy lunch. Bring money for the tram ride back to Manhattan Island.

C11 18MI 9:00AM Brooklyn/Queens Mosaic

Leader: *Terry Chin (718) 680-5227* From: *59th & 5th Ave, across from the Plaza Hotel*. From borscht to arroz con pollo, we'll tour some ethnic neighborhoods of L.I.C. Hunter's Point, Greenpoint, Williamsburgh, Fort Greene, & Brooklyn Heights & the waterfront. The ride ends on the Promenade for lunch. Co-led with the 5 BBC.

Sunday, August 11**Mamaroneck Park All-Class Picnic****A24++ 75MI 8:00AM Gimbel's**

Leader: *Jeff Vogel (718) 275-6978* From: *The Boathouse*. Hopefully they will be doing the "usual" Gimbel's ride today which coincidentally ends in Mamaroneck at about 12:15. Just in time for the All-Class Picnic. Here's the deal: we'll leave The Boathouse for an easy ride to the start in Yonkers. They do a leisurely 10 mile warm-up to White Plains and then it's race pace for 32 miles through Armonk, Chappaqua, Mt Kisco, back through Armonk and Purchase before sprinting into Mamaroneck. The leader will supply maps as they don't wait for stragglers nor do they stop for flats. Two water bottles and pocket food are recommended as there are no stops after we leave Yonkers.

A19 60MI 9:00AM

Leader: *Ira Mitchneck (212) 662-2997* From: *The Boathouse*. We'll enjoy a nice morning through Westchester as we make our way to the Sound for the All-Class Picnic.

B16-18 65MI 9:00AM

Leader: *Gene Vezzani (212) 875-1615* From: *The Boathouse*. Fast "B" ride to Mamaroneck for this new addition to the all-class plate.

B15 65MI 9:00AM

Leader: *Peter Morales (718) 833-4370* From: *The Boathouse*. Slower hilly "B" ride to Mamaroneck for today's outing.

C13 40-50MI 9:00AM

Leader: *Dona Kahn (212) 399-9009* From: *The Boathouse*. Come out and enjoy a nice day on the Sound.

Tuesday, August 13**A20-22 55±MI 8:00AM The Golden Triangle**

Leader: *Jeff Vogel (718) 275-6978* From: *The bench across from The Boathouse*. If the leader hasn't perfected the one-legged pedaling technique, we'll spin through Bergen and Rockland counties. For lunch we'll search out the best grasshopper kebobs and barbecued rat. Khmer Rouge and SLORC-supporters are not welcome. Monsoons cancel.

Saturday, August 17**A20 75MI 8:30AM Up In Bayville**

Leaders: *Todd Brilliant (212) 254-6886 & Beth Renaud (212) 274-9463*
 From: *The Boathouse*. Instead of the beach, the main purpose of this ride is to take some swings in the batting cage. However, if you're not sports-oriented, the beach is across the street. Bring one of those dandy musette bags or lots of empty pockets, as the deli is a couple of miles from the anticipated lunch stop.

A18 80MI 8:30AM Reservoir Run

Leader: *Fred Steinberg (212) 787-5204* From: *The Boathouse*. Rolling to hilly route via Greenwich with lunch in Bedford. Beautiful route with lots of shady roads. Metro-North return from Brewster. Required: Two water bottles, pocket food, helmet, Metro-North pass.

B16-18 60+MI 9:30AM Pearl River

Leader: *Gene Vezzani (212) 875-1615* From: *The Boathouse*. "B" riders now know that the pancakes are excellent at the Kountry Kitchen Luncheonette. This time, however, we are not going to use the map! No problem-o.

C13 55MI 9:00AM Rivervale

Leaders: *Linda Wintner (212) 876-2798 & Dona Kahn (212) 300-9009*
 From: *The Boathouse*. A very scenic route (repeating the Newcomers' ride in May, with an little extra loop) to a perfect place to picnic and only one serious hill (on the return trip). Bring or buy lunch.

Sunday, August 18**A21 82MI 8:30AM A Switzer Route**

Leader: *Maynard Switzer (212) 265-6330* From: *The Boathouse*. My version of a Belgian Classic — great road, great scenery. Lakes, waterfalls. If you're going to do a club ride, this is the one. Wonderful bagel stop. If too hot, ride will be shortened to 68 miles.

A19 60MI 7:30AM Early Express

Leader: *Ben Goldberg (212) 982-4681* From: *The Boathouse*. I'd like to be home early to be with my kids. So join me for a brisk early ride somewhere north or west. No jokes about icebergs (I'll tell you later if you don't get it) and remember not to call after 9pm the night before, since some of us will be asleep. Projected high of 100° will shorten the ride.

B15 45MI 7:30AM Beat The Heat To Piermont

Leaders: *Megan Wisdom (212) 664-1934 & Tom McNerney (212) 945-6131*
 From: *The Boathouse*. Scenic on the way there and gW on the return. Let's beat the heat and get back by 1pm.

B14 50MI 9:00AM Visit Falls - Little and Passaic

Leader: *Irv Weisman (212) 567-9672* From: *The World Trade Center Concourse (Top of PATH escalators)*. Rolling and hilly terrain; low gears

necessary. Return either to GW Bridge or PATH or both.

C14 50MI 9:00AM Piermont

Leader: *Bernie Brandell (718) 633-1759* From: *The Boathouse*. Ride out to Bergen County up to the pier at Piermont. Bring or buy lunch. A scenic route will be our aim. Helmets required.

C13± 30+MI 8:30/9:00/10:00AM Beach Bums V

Leader: *Roscoe George (212) 989-0982* From: *The Boathouse (8:30)/Steps in front of City Hall(9:00)/Grand Army Plaza(10:00)*. Ride to the beach. Bring a swimsuit and towel (change rooms available). Colead with 5BBC.

C13 25MI 12:30AM Midnight Madness

Leaders: *Ethan Brook (201) 816-0815 & Richard Fine (201) 461-6959* From: *59th Street and Fifth Ave at the Plaza Hotel Fountain*. You've heard about it. Your friends have done it. You've wanted to do it - so do it!!! Great fun, well attended annual event. Night touring of Mid and South Manhattan, including Central Park, Battery City Park, Brooklyn Bridge, Greenwich Village, Wall Street, South Street Seaport, and new exotic eateries. Breakfast at sunrise.

A/B/C3 10MI 8:09 Fifth Annual Fire Island Beach Walk

Leader: *Andrea Goodman (212) 254-1717*. From: *8:09 Penn Station*. Grab your non-cycling significant other or come alone and chill out on a 10 mile walk from Robert Moses to the Pines, ferry back to Sayville. Lunch in Ocean Beach (sort of). This may be your only chance to see a nude beach this year, so don't miss it! Bring: hat, sunglasses, sun block, about \$30 for transportation, water bottle, bathing suit, aquatic socks helpful. *NO BIKES*. 8:09 train from Penn Station, buy a one way ticket as we return from Sayville. Train arrives in Babylon at (9:08 for those driving), Queens option is 8:08 from Woodside. Meet us in Jamaica, we'll be in the front car of the express to Babylon. I'll be looking for beach walk alumni! Hurricane cancels.

Friday, August 23
A20-22 50+MI 8:00AM Freewheels Of A Friday

Leader: *Steve "Night Train" Ullmann (212) 473-1897* From: *The Boathouse*. Beat the Saturday rush to The Boathouse and get in some quality miles before noon on Friday. Destination determined by consensus.

Saturday, August 24
A21 90MI 8:30AM Bedford

Leader: *David Younglove (212) 533-1276* From: *The Boathouse*. Join me for a fast paced, rolling ride thru Connecticut and Westchester to the Bedford green for lunch. That's 40 miles to the first stop. Later we'll head to Mt Kisco, then south on King/120 and return via 22.

A21 65MI 9:00AM Thornwood Classic

Leaders: *Jody Saylor (212) 799-8293 & Wally Kulakowski* From: *The Boathouse*. We will wheel around the reservoirs and cool off at the Thornwood Diner. Come support Wally, a SIG graduate, as he leads his first ride.

B16-18 70+MI 9:30AM Garrison

Leader: *Gene Vezzani (212) 875-1615* From: *The Boathouse*. Here is another opportunity to use your Metro-North pass. We're going to the top

of Bear Mountain, yes, up Perkins, but today we go the back way. No 9W. Then it's across the bridge to the little store that sells the Pepperidge Farm cookies near the Garrison train station.

C13 48MI 9:00AM Park Ridge

Leader: *Benjamin Goldberg (212) 982-4681* From: *The Boathouse*. A reprise of a very pleasant ride done in the spring. Lunch at the Park Ridge Diner.

Sunday, August 25
A22 70MI 9:00AM Blackmar's Mountain

Leader: *Mark Martinez (212) 496-5518* From: *The Boathouse*. Ride the back roads of pre-downsized America. Come see the quaint but comfortable, Westchester home where the renowned bicycle racing Blackmars were raised.* See the roads where little Johnnie Blackmar had to ride his bicycle because he was too poor to own his own Beemer. Hear the faint echo of big sister Carolyn saying, "Goodnight, Johnboy." Visit the bike shop where young J.B. stole Dura Ace components vowing to win preems someday and repay the owner. "Heartwarming, two thumbs up!!" — Siskel and Ebert. "I shredded my Kleenex" — "Bobke" Roll, VeloNews. This ride is rated PG (Pretty Gnarly). * — If time and security guards permit.

B17 60+MI 9:00AM Oyster Bay

Leader: *Charlie Katz (212) 529-6717* From: *The Boathouse*. I'll put together a nice scenic route to the north shore. How? By rifling through Reyna's stash of cue sheets! Return by subway. Optional Queens start - call me meeting location.

B13-15 60MI 8:30AM Ride To Garrison

Leaders: *Hindy & Irving Schacter (212) 758-5738* From: *The Boathouse*. A ride through Bergen and Rockland Counties to Bear Mountain State Park. Then it's over the Bear Mountain Bridge and Metro-North for the return. At a certain point the ride will split into two groups: the faster group climbs Bear Mountain while the more vertically challenged group takes a detour to Iona Island. Great views, great scenery either way. Metro-North pass required.

C13± 30+MI 8:30/9:00/10:00AM Beach Bums VI

Leader: *Roscoe George (212) 989-0982* From: *The Boathouse (8:30)/Steps in front of City Hall(9:00)/Grand Army Plaza(10:00)*. Ride to the beach. Bring a swimsuit and towel (change rooms available). Colead with 5BBC.

C13 56MI 9:30AM Nyack Lake State Park

Leader: *Peter Hochstein (212) 427-1041* From: *The Boathouse*. A part of Nyack most C-riders rarely see. We'll take a long lunch, so those who bring bathing suits and towels can try the park's swimming pool. Bring helmet, pump, a few bucks for lunch and pool admission. Expect to get to the GWB by 5:30.

Friday, August 30
A20-22 50+MI 8:00AM Freewheels Of A Friday

Leader: *Steve "Night Train" Ullmann (212) 473-1897* From: *The Boathouse*. Beat the Saturday rush to The Boathouse and get in some quality miles before noon on Friday. Destination determined by consensus.

HAVE YOU LED A RIDE LATELY? WHAT ARE YOU WAITING FOR?

Saturday, August 31**A21 65MI 8:30AM****Pearl River, Pancakes, Period**

Leader: *Rob Kohn (718) 369-1237* From: *The Boathouse*. Vogel-rides counsel approved route.

B16-18 60+MI 9:30AM**Rivervale**

Leader: *Gene Vezzani (212) 875-1615* From: *The Boathouse*. Let's take an easy ride to Rivervale today. We'll make a deli stop, have a picnic in the park, and we're back at The Boathouse by 2pm.

B15-17 65-70MI 9:00AM**Caumsett State Park**

Leader: *Jim Drazios (718) 225-1842* From: *The Statue of Civic Virtue (E/F train to Union Tpke)*. Hilly ride to a beautiful park lunch stop at Cold Spring Harbor. Possible swim at Oyster Bay.

C13-14 40-50MI 9:30AM**Non-Labor Ride**

Leader: *You* From: *The Boathouse*. Don't labor over who is leading today's ride. Just show up at The Boathouse with a past cue sheet in hand and let the group decide which cues to follow.

Sunday, September 1**C13 40MI 9:30AM****Tallman Park the Nice Way**

Leader: *Don Passantino (718) 446-9025* From: *The Boathouse*. Join the best ride of the year from the Boathouse to Tallman State Park for a picnic. Tasty middle eastern food is available at the Oasis and I'll bring a tablecloth and brownies.

Monday, September 2**B/C14 50/60MI 8:30/9:00AM****Newcomer's Ride #4 to Rivervale**

Leaders: *Gene Vezzani (212) 875-1615 & Irv Weisman (212) 567-9672* From: *The Boathouse(8:30)/GW Bridge Bus Terminal(9:00)*. Couldn't make that commercial bike tour? Come along with us for a ride thru suburban NJ — but you must self-classify at 14mph (see the ride guide-lines on p11). Triple chainrings, or two chainrings with BIG muscles required. Helmets, spare tubes required.

Sunday, September 15**B13 50-55MI 7:45AM****4 Train Lines, 4 Reservoirs, and 2 Elephants**

Leaders: *Ken & Marilyn Weissman (212) 222-5527* From: *The Grand Central Terminal Info Booth*. **8:07am train to Darien** A tourist-paced route past Titicus, Amawalk, Muscoot, and Croton Reservoirs. We'll cross the Harlem Line at Purdys, ride the north country bikeway (the old Putnam Line — if Ken can find it) and return to Grand Central Terminal from Tarrytown via the Hudson Line. Metro-North pass, helmet, and climbing legs are MUSTS (there is one short steep hill and some longer ones too). 40% chance of rain cancels.

Ride Previews**Sunday, October 6**

Save the date for the "Family" ride to Coney Island. NYCC Members are encouraged to bring their own children, nieces and nephews, friends, parents, or borrow a kid and join the now road tested and successful ride for all speeds out to Coney Island and Nathan's hot dogs.

**Friday, October 11.12.amd 13th
Columbus Day Weekend on Shelter Island**

Come join us for our return to this wonderful island and the romantic Victorian Inn, the Chequit, with its porch overlooking the bay. Jeff Vogel is coming up with some great routes for us off and on the island. (There is a beautiful Century around Peconic Bay.) He says he can even find some hills for those who really must have them. The cost includes 3 nights' stay and 3 breakfasts. We will have dinner all together in the Chequit dining room one evening at a reasonable fixed price. There will be multiple options for getting out there and back, including bus and train. Also, there will be a ride out on Friday for those of us who can take the day off. This ride is limited to 40 people, so make your plans quickly! The cost is \$205 per person. Make your check out to Christy Guzzetta and send it to 49 West 75th Street, New York, NY 10023. QUESTIONS: Call Jody jSaylor (212) 799-8293.

Out Of Bounds

Plan now for your September centuries. You'll have trained hard all summer, and can really pack on the miles as Fall approaches.

August 30 - September 2**BAM'96/ RAAM Qualifier 15th Annual Bicycle Across**

Missouri. Events include 570 mi. Full Tour, 285 mi. Half Tour, and 160K "Lite" Century. For info, call (314) 644-4660, fax (314) 644-6329.

Sunday, September 8**The Bicycle Touring Club of North Jersey's**

19th Annual RAMAPO RALLY. Leaves from Ringwood, NJ. Five new routes, 20/37/50/67 and 100 miles. \$15 reg. fee postmarked by August 15. Call Mary Ann Zino, (201)447-6233 or Nancy Fezell (201)796-5087.

The 25th Annual T.F.C.E. Southeastern Rhode Island and

Massachussetts. The Flattest Century in the East, Narragansett Bay Bike Club's one-day shoreline tour. . Call (212) 362-7950 or (401) 724-9200.

Sunday, September 29**The 15th Annual GOLDEN APPLE - Country Cycle Club Century.**

Starts in Katonah, NY. 25/50/75/100 and 125 miles. \$15 pre-reg. fee by September 14. SASE to Golden Apple, 43A Morningside Dr., Ossining, NY 10362. Call (914)762-9372 for information.

Saturday, September 21**The Century to End All Centuries: The NYCC 2nd Annual "Escape from New York" Century!**

Three beautiful routes - Century, metric-century and half-century. Last year we had a great turnout for a wonderful day. Make plans now to be there! Look for registration information in your mailbox soon.

*Speaking of the NYCC Century...***WE NEED YOU.**

The New York Cycle Club Century Committee is looking for volunteers to help out on the day of the event (September 21). Tasks include marshalling, manning rest stops, check-in and even clean-up! Last year's volunteers helped make the event the success that it was.

Please, call MITCH YARVIN if you are interested in helping.

(212)988-8887

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 yellow 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.

Our exciting new jerseys are available in eleven sizes: XS, S, M, L, XL and XXL for women and S, M, L, XL, and XXL for men. (Refer to the order form for size specifications) These jerseys feature an extra-long 16" zipper and three rear pockets. Samples of all of these sizes shall be available for you to try on and order at our August club meeting at O'Hara's on Tuesday, August 13. The jerseys are only \$50 each! The jackets are available in five unisex men's sizes, S, M, L, XL, and XXL. The jackets are only \$55 each!

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

There are two easy ways to order your new club jersey and jacket;

1. Attend the August club meeting at O'Hara's and order and pay for your purchase. You can plan to pick up your purchase at either the September or October club meeting.

2. Complete this jersey and jacket order form and mail it with your check that covers the full purchase price of your selection plus \$3.00 for shipping directly to your address. Send form and check to

GENE VEZZANI, 35 West 64th St, Apt. 9-H, New York, NY 10023.

Your order placed by mail must be received **BEFORE AUGUST 13TH**. The delivery time is approximately 4-6 weeks.

OFFICIAL SIZE AND PRICE CHART

WOMEN'S JERSEYS - \$50

SIZE	CHEST	WAIST
Extra Small	30	24
Small	32	26
Medium	34	27
Large	36	29
Extra Large	40	31

MEN'S JERSEYS - \$50

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

UNISEX JACKETS - \$55

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

OFFICIAL ORDER FORM

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

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 August meeting. After that time jerseys and jackets will only be available if there is sufficient demand for additional orders.

DO NOT FILL IN BELOW

PAYMENT RECEIVED BY _____ DATE _____

JERSEY(S) RECEIVED BY _____ DATE _____

JACKET(S) RECEIVED BY _____ DATE _____

For Centuries, Double Cs or IronMan Distances, Carbos Still Stoke

By Julie Walsh, MS, RD

If you're planning to ride a century, double-century or further, you may need to retool your diet. If you're forking down junk-food, eating more protein than carbohydrates, or save your carbo-loading for the night before your ego-challenge, don't blame your body if fails you en route. Just as you should be training your muscles to handle the demands of cycling long distances, you also need to eat appropriately to help your body burn fuels efficiently, and speed recovery post-exercise. For optimal performance, this means eating right months, weeks and days before pedaling major distances.

For most cyclists, and especially those putting in mega-miles for endurance events, the biggest issue is their carbohydrate intake. Despite the recent hoopla over high-protein, lower-carbohydrate diets (ie, The Zone), there is scant evidence that these diets work. Most sports nutritionists, exercise physiologists and elite riders are still carbohydrate committed. Here's why carbos stoke.

During exercise, muscles obtain energy from the carbohydrate stored in the muscles, liver, and bloodstream. At low-intensities, fat is primarily burned for fuel but at higher intensities, (over 70% VO₂max) carbohydrates supply the bulk of energy. But unless you're riding at a snail's pace, you're burning some carbos, too, says Craig Horswill, Ph.D., an exercise physiologist and research scientist. Carbo's downside is that the body can only store about 1,400-1,800 calories worth of energy in the liver and muscles, whereas the body has almost unlimited fat stores to use as fuel. Each time you ride, you use some of the limited carbohydrate stores, and if you ride at high-intensities for 1 1/2 hours, or more slowly, for longer periods of time, you may start to feel dizzy, weak and you may "bonk," and it will be impossible to keep riding at your current pace.

For optimal energy, sports nutritionists recommend eating 55-65% of calories from carbohydrates, 10-15% from protein and up to 30% of calories as fat. In addition to providing energy, this type of eating helps protect against heart disease, many cancers, hypertension, diabetes and obesity.

To figure out how many grams of carbohydrate you eat requires some high math. First, determine your daily calorie requirements. (A rule of thumb: women, use 14-23 calories per pound; men, 19-26 calories per pound. Use lower numbers if moderately active; higher, if very active.) Determine 55-65% of your total calories to equal your calories from carbohydrates. Divide calories from carbohydrates by 4 to calculate your grams of carbohydrate.

For example, I weigh 120 pounds and I'm very active so I need about 2,400 (124 x 20) calories a day. About 1,320-1,560 (55-65% of 2,400)

calories from carbohydrates alone. This equals 330-390 (1,320-1,560 ÷ 4) grams carbohydrate daily—Whew! Your brain just burned 25 grams of carbohydrate figuring that out. Another way to figure: 3.0-4.5 grams carbohydrate for each pound body weight. Either way you calculate, it's a lot of carbos, so try to get at least the minimum amount, and eat more if you're gearing

up for a multi-day endurance ride.

For optimal endurance, here's how you should tailor your diet before, during and after your long haul.

THE WEEK BEFORE... You should try to stick to your plant-based diet as much as possible, but pay special attention to the details the week before an important endurance event. Contrary to popular belief, carbo-loading isn't a p.m. pasta party where you stuff your face and tell century war stories to "green" riders. It's week-long technique used to store more glycogen in the muscles by tapering exercise and eating primarily carbohydrates 3-4 days before the big event. (see guidelines below.)

Several studies of trained cyclists who followed a program similar to the one below has shown that they can ride farther, and often faster, than those who do not "top off" their glycogen stores. Studies have also shown that up to 50% of trained "unloaded" cyclists couldn't

complete a 3-hour ride at 70% VO₂max, whereas virtually all cyclists who carbo-loaded could.

A.M. BEFORE... Since everyone tolerates food before events differently, try to eat what you're comfortable with 2-4 hours before the start. Practice eating before training rides to get used to having something in your gut. Pre-exercise, high-carbohydrate meals—liquid, solids or sweets—have consistently proven to enhance performance.

DURING... To enhance endurance, try to get 30-60 grams carbohydrate per hour while riding, says Horswill. Tour de France and RAAM riders often eat 100 grams carbohydrate per hour. I'm always surprised by the number of cyclists, who rides, don't eat or drink enough early into a century, then they get weak, stop, pig-out on protein-filled sandwiches or roadside junk food, and wonder why they are reduced to not much more than road kill for the last 20 miles. For 30-60 grams per hour, you can drink at least 16 ounces of most sports drinks per hour and eat pieces of sports bars or packets of carbo gels or your favorite pocket fuels for additional energy.

AFTER... Drink as much carbo-filled beverages to rehydrate and eat a meal that is carbo-rich and also has protein, too. Protein has been shown to help hasten recovery when it's taken with carbos post-exercise.

Julie Walsh is registered dietitian and Bicycling magazine's nutrition editor.

The NYCC welcomes 24 new members!

Arin, Risa
Armstrong, F. Scott
Bell, Stephen
Bruschi, Aldo
Friedman, Ariel
Hart, Kathy
Krell, Ira
Kungulos, Eleni
Leung, Peter
Liske, Lourdes
Lopez, Felicia
Matsunobu, Naomi
Nau, Edgard
Paly, Bruce
Perlo, Patricia
Salerno, Francine
Schulgasser, Janet
Shapiro, Stephanie
Sidel, Philip
Smith, Monica
Tangoren, Meryem
Wolinsky, Nathan
Wong, Eli

BLOWOUTS by Lou S. Pokes

Thank you, thank you, thank you, **Christy Guzzetta** and **Jody Sayler** (yes) for organizing the Fourth of July Weekend at West Point. Everything went perfect. Well, almost perfect. But anything that wasn't perfect at least has a great story to go with it. With 10% of the Club at West Point many of you have heard these stories before. You'll have to live through them again here.

Even the weather tried to cooperate. Most people made it about halfway up to West Point Thursday before it started raining, and by the time the weekend ended on Sunday night, riding in the rain was all but forgotten. The best story of the ride up is how **Clif Kranish** and **Rachel Spevack** (yes) made it to West Point. After stopping to visit friends on the east side of the Hudson, Rachel decided she didn't want to fight the traffic while climbing Anthony's Nose (Route

Alan's cue sheets? Alan handed out a cue sheet to each rider and every one of them was different (the cue sheets, not the riders). They were all short, to the point and technically perfect (the cue sheets, not the riders). Some examples:

- 1.leave hotel 2.go north 3.turn around 4.go south 5.return to hotel
- 1.leave hotel 2.make all appropriate turns 3.return to hotel
- 1.bring chocolate chip Cliff Bars 2.they're the leader's favorite 3.the leader will ride with you 4.the leader is always hungry

How did they make a wrong turn?

Jim Drazios' ride on Friday produced a record number of "map checks" as Jim believed Christy when he said the ride to New Paltz was "totally flat". Every time they got to a hill Jim had to stop to check the map!

Saturday's ride was the traditional one to Goshen where several A and B riders stayed to watch some of the horse races at the Historic Goshen Track. The C riders didn't have time for the races, as **Linda Witner** and **Dona Kahn** (no) made a few wrong turns and wound up with more miles than anyone else that day! And will all the A riders check their tires again please!

Christy managed to survive the usual

So who in the club is having the world's biggest surprise party for her 30th birthday? The party will be so big they're selling tickets, 75,000 of them. The party is in Atlanta on Sunday August 4th. (Yeah, it's the Closing Ceremonies at the Olympics.) **Stefani Jackenthal**, who happened to be born on August 4, 1966, is working as the Media Director for the cycling events at the Atlanta Games. She was told "It's a real party on Sunday". She thinks it's for her birthday. Don't let the secret out.

The award for alliterative achievement for his witty ride write-up of July 14th, goes to the inimitable, incomparable, in-whatever **Peter Hochstein**. I can't wait for **Paul Rubenfarb's** retort.

It's a dream of all of us to ride in the Tour de France, right. Well, we'll all have to live vicariously through **Elizabeth Emery**. She was chosen as one of the members of an international composite team to race in the Tour de France Feminin. The twelve day race starts August 13 and ends in Paris after covering almost 1,000 miles. Good luck, EE.

Congratulation to Leonardo and Emma Paroli on the birth of their son in June. Little Luigi couldn't wait to get out. He was really in a hurry. Maybe he had a ride to catch. Mom's doing great and Luigi's doing fine now.

Congratulations to **Amy Hanowitz** and

1. leave hotel
2. go north
3. make all appropriate turns
4. go south
5. return to hotel

9) out of Peekskill. So what did they do? They took a taxi and asked to be dropped off at the top of the climb! So Rachel, where is it all those cars go after they reach the top? Do they just turn around and go back down the way they came?

Thursday afternoon's rain lasted long into Thursday night, effectively canceling the Sunset Concert that evening (unless your child is in the Cadet Band). Unfortunately, it took hours of waiting before any decision on the concert was finalized. This, after Christy had staked out the best spot for all of us and waited in the rain for three hours. When it was time for Jody to lead us from the hotel to the picnic, it was still raining, with no let up in sight. Jody left for the picnic and concert anyway. When she looked back, she realized that fifteen to twenty people had followed her and that fifty people were still huddling under the hotel awning trying to decide if it was worth the 20 minute walk for a prepaid picnic in the rain. Some went for the wet picnic, many opted for pizza in town. We've never seen that many people pass up a free meal. Does anybody want some leftover soggy chicken or pasta salad?

Friday's ride featured an unplanned "hike in the woods" for **Alan Resnick's** group as they made a wrong turn and wound up having to climb over and through a huge downed tree completely blocking the road. Now I wonder how anyone could have made a wrong turn with

Now I wonder how anyone could have made a wrong turn with Alan's cue sheets?

problems to get us on a boat Friday night for our dinner cruise. Our scheduled boat was taken out of service for an engine overhaul so he chartered a couple of school buses (thankfully we didn't have to do three to a seat, like in second grade) to get us to the substitute boat where everything went smoothly. And finally Christy did such a great job at "New Faces" at Saturday's group dinner that we're going to create a new Board position for him: Club M.C.!

On to other gossip: So, what was SIG graduate **Nora Salazar** doing at the upper west side's Fairway early on a Sunday morning? She lives on the lower east side. Could it have something to do with fellow SIG graduate **Wally Kulakowski** who lives in the West 70's? Could the SIG do more for you than just make you a better rider?

Last month's Bulletin had a nice article by **Jan Steffens** about the C SIG and their hero **Irv Weisman**. **Susan Kreig**, who designed the "Irv's Angels" T shirt, also did the drawing in the Bulletin. But did anyone notice those bikes look like they have 12 or 13 cm stems instead of the 4 cm stems Irv recommended? Did Irv approve or did he make them return the shirts?

Steve Britt on the birth of their daughter, **Julia Kathryn**, on July 4th (coincidentally the exact same day as Steve's birthday). We now know why they weren't at West Point.

And, making an appearance at Kingsland Point was a beaming **Rich** and **Susan Herbin** with their son, **Noah**.

Also, congratulations to **Amanda Schachter** and **Alex Levi** on their recent wedding. The father of the bride, **Irv Schachter**, though, is our Road Bozo this month. It seems Irv had to get a Sunday morning ride in before the Sunday afternoon wedding ceremony. Not wanting to be late, for fear of being killed by his wife Hindy, Irv took off down Fifth Avenue trying to make it back in time to shower, shave and change. We'd have all been happier if he slowed down for the taxis and trucks, and the bus that almost nailed him!

Thanks to some of this month's sources, **Nancy Neiditz**, **Judy Meyer**, **Mark Martinez**, **Rich Borow**, **Steve Britt** and **Christy Guzzetta**. Keep that gossip coming.

An Update on Women's Comfort in the Saddle!

by Andrea Goodman (with the help of Happy Freedman)

The following comment in the July bulletin pushed several alarm bells: "women who have crotch problems should get a shorter stem!" While the person quoted has been known to spark a bit of controversy in the past, I'm afraid the negative implications of this opinion can be extremely damaging. I offer here to set the record straight from a woman's point of view, and not necessarily those of a "high performance athlete"- although who knows better about dealing with long hours in the saddle than a high performance athlete!

Crotch comfort depends on three things:

1) Proper bike fit, in this case making sure the top tube length is correct. In some cases, this can't be corrected with a shorter stem, especially if the top tube is too short in the first place. Sometimes a longer stem is the cure! You might try rolling the handle bars up a bit so that you are not reaching for the brake levers. The bike

manuals are not accurate for everyone when they say the drops should be parallel to the ground. STI levers can extend your reach beyond comfort also. If this is a problem, shorter reach levers are now available. As for seats, a seat post which is too high or a saddle which isn't level can cause big problems. Overpadding a saddle doesn't help either. As always, see your local bike shop or call one of the local coaches for a proper fit

2) Flat back, flat back, flat back! Proper riding position depends on a flat back supported by good abdominal muscles and flexibility in the ham strings. There should be no hump in the back from hunching, nor a curve inward from over-arching. An arch in the back is an invitation to bruises.

3) Now for the bad news! Perhaps the best way to insure crotch comfort is to wear expensive bike shorts. More padding doesn't make shorts better, a high absorption insert does. The cheap mail order shorts are fine for a spin in the park,

but for long rides, an eight-paneled short with Ultra-sensor fabric will not only allow you to ride pain free, but if you are already chafed from a previous ride, these shorts will actually make you feel better! Leather chamois shorts are fine too, if you can find them. I recommend the Ultrasensor shorts because of their superb fit against the body. They should fit like a girdle but not cut off your air supply. You want the shorts tight because more padding and more fabric equal more chafing. This is true when you use the bike at the gym as well. Buy the same size short as your normal pants size, or maybe one size down. The drawback is the cost at \$80 a shot, but if you shop around you can find them at less than 1/2 price (try Sierra Trading Post, a discount catalogue which you probably get if you are on the bike catalogue lists*). Trading off two pairs of these shorts will get you through any cycling trip with repeated days in the saddle, perhaps the most dreaded fear from anyone already suffering from soreness.

Happy trails, and let me know what ya' think once you've tried 'em!

Bike Watch

by Richard Rosenthal

News from the Dept. of Bike Justice: we previously noted here the televising of a videotape made by perps as they bashed cyclists with a bat and shot at them as they drove by them, laughing all the while. Update: they'll be out in four years. We previously noted here the *Daily News* setting up a bike to be stolen, then photographing the inevitable theft. Update: bike thief will be out in one-and-a-half. • NYCCer Mark Martinéz had a letter to the sports editor in *The New York Times* sports section (7/1). The part of it that ran praised Sam Abt's *Times* coverage of the Tour de France and urged the *Times* to give greater attention to cycling. Mark wrote: "It's time to wake up and smell the espresso." He also chided the *Times* for its mis-captioning a picture of Frederic Moncassin, calling him Mario Cippolini. Predictably, the *Times* didn't print this part of the letter. • Comes a new form of anti-theft bike protection. Mary Pike reports seeing a bike in Central Park without a lock yet without anyone making a move to steal it. The owner had his pit bull leashed to it. • Comes a new form of hazardous bike rider. We've all seen the one riding with headphones on, grooving to the

Top 40, and hearing not much of anything else around him. Now comes a sighting of rider speaking on cellular phone. • The rasta cyclist in the WKTU bus stop poster is grooving to the sounds of that radio station. Great. Let's sell cyclists on the idea of wearing headphones. And, in his case, no helmet. • Modern day *VeloNews* co-founder and NYCCer-in-exile-in-Colorado wrote to take exception to what he thought was this column's slighting of *Inside Triathlon* when it was reported here that one reads *I.T.* and *Triathlete* without seeing an African-American. David enclosed a single, more than year old article about one. His note said he was concerned with substance, not form. In writing what I did, my point wasn't to accuse the magazines of oversight or omission. It was merely to comment on the paucity of blacks in the sport, an observation, as it happens, also made in the article David sent by the African-American who was the subject of the article. • *VeloNews*'s online coverage of the Tour de France contained a fillip supposedly written contemporaneous with each day's stage by Geoff Brown, a Motorola team mechanic. It obviously wasn't. Brown told us on Stage 9 how many spokes Lance Armstrong was likely to have on his wheels for that day's stage. The thing of it was that Armstrong dropped out on

Stage 6. (Don't write again, David: I really do think your publications are terrific.) • Twice recently, three weeks apart, in its coverage of what is understatedly referred to as "The Troubles" in northern Ireland, John Darnton, in *The New York Times*, has likened the peace process to riding a bicycle: you can't go backwards or lean too far to the left or right without falling off. • How appropriate that Steve Tesich's obituary in the *Times* (7/2) was written by Bruce Weber. Tesich wrote "Breaking Away" and "American Flyer," movies about cycling. Weber's series of articles on his cycling across the country was carried in the *Times* and he was a guest speaker at a NYCC meeting. • By the time you read this, sprinter Michael Johnson will have won at least one Olympic medal. In late June the *Times* likened his running style to that of a cyclist. • By act of Congress (Public Law 95-606: Nov. 8, 1978, Sec. 110), the Olympic name may not be used commercially unless sanctioned by the U.S. Olympic Committee. The law is transgressed by Litespeed and Continental in their ads in the current (7/15) *VeloNews*. • Incidentally, the preamble to the law states its intent is "To promote and coordinate amateur athletic activity in the United States" and, in fact, is referred to in the legislation as the "Amateur Sports Act of 1978." Since

LEAD AN A-RIDE:

CONRAD MEYER (212)535-2444

OR MAYBE A B-RIDE:

PETER MORALES (718)833-4370

EVEN A C-RIDE WOULD DO:

DONA KAHN (212)399-9009

the Olympics now admits professional athletes in cycling and just about every other sport where there are professionals, shouldn't that vitiate, if not altogether undo the act? • With the advent of the Olympics, a spate of ads and commercials features cyclists. Perhaps you, like I, wonder why the non-profit U.S. Post Office spends its money (1) sponsoring a team, and (2) running commercials, even one with the great Rebecca Twigg, who, it doesn't just so happen, happens to be the USPO's women's (sic) team. The post office's competitor, UPS, shows an unnamed cyclist, supposedly one of its employees, training for the Olympics. • Former NYCCer Elizabeth Emery, was pictured and named in a full page ad by Chevrolet saluting its team. Volkswagen ran a full page ad in USA Today saluting Don Myrah (from team Trek-

Volkswagen) for making the Olympics. *Marie Claire* ran three pictures of Phyllis Hines in the belief she was Olympics-bound. *USA Today* had an absolutely compelling, front page article on the emotional, familial, and financial hardships suffered by Tinker Juarez (7/8). And *Time* magazine ran a piece on Julie Furtado. If you don't know these names you are to be congratulated. That means your life is too rich, too interesting, and too filled for you to follow racing. • The supremely elegant, even though helmet-wearing, Mr. Jenkins, the Tanqueray gin man seen on bus stop billboards around town, is back this year to once again tout the AIDS bike ride. • NYCCer Simone Smith just finished reading "Go to the Sun," a novel by Jane McManus (Harper Collins, 1996) about a woman who rides a bike from Chicago to Alaska in

pursuit of a memory. • Tiger Woods, when asked by Jay Leno (6/25) what he did when he wasn't playing golf or attending school, said he rode his bike. That seems reasonable: Greg LeMond used to unwind from cycling by playing golf. • Ask Asa is a consumer report segment on the NBC 6:00PM news. 6/24-25 was a two-part report on bicycle brakes for MTBs. Turns out steel rims don't stop adequately when wet. There's news. • Two club members were known to be flying to Europe the night of the TWA crash but their airline and stopover destination en route to Vietnam was not known. The result was a nightlong bout of overwhelming apprehension, sorrow, nausea, and fear, relieved only upon a phone call to a bank the following day to learn they were not on that ill-fated flight.

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 is preferred. Listings will appear for one month unless specified.

For Sale:

52 cm VITUS CILO ALUMINUM ROAD BIKE, blue, Shimano 600 (non-STI) Call **Ira** 212 727-8688 Ext 15

FOR SALE: 21 SP. MIYATA SPORT-TOURING ALUMINUM BIKE, 48 cm., excellent components. 6 years old, used a lot but works great. Computer included, brand new saddle. \$300 neg. Call: **Marina** (718) 851-1527

MOVING SALE: 1994 ATALA ROAD BIKE, 53cm.. Excellent condition. 14 speed Shimano 105 components. Look carbon pedals. White. Never crashed. \$600 or best offer. Call **Jonathan** (212) 794-4962.

WANTED: RIDING PARTNER for 4:30/5:00 a.m. rides in Prospect Park or out to Riis Beach (or any other Brooklyn training rides you know well). Avg. speed about 18mph-It's O.K. if you can only ride once a week at that hour. Call **Lucille** (212) 559-5511 (day)

CYCLE VIETNAM CHRISTMAS 1996-NEW YEAR 1997: Sound interesting? I'm organizing a group to cycle with Dien Hyunh, who tempted us at the July NYCC program. Call **Al Boland** (212) 665-3484.

Save the Date!

**The 2nd Annual NYCC
"Escape from New York"
Century is September 21.
50, 62 and 100 mile routes.
Call MITCH YARVIN
to volunteer
(212) 988-8887**

Reminder:

Material for the
August Bulletin
is due by
AUGUST 14.

That's a day
after the club
dessert fest
at O'Hara's on
AUGUST 13.

Minutes

New York Cycle Club Board Meeting, Tuesday June 4, 1996

PRESENT: Gene Vezzani, Steve Britt, Caryl Baron, C.J.

Obregon, Reyna Franco, Rich Borow, Mitch Yarvin, Douglas Riccardi, Conrad Meyer and Peter Morales.

ABSENT: Stephanie Blecher, Dona Kahn and Geo Kaplan. The minutes of the meeting of May 7, 1996 were approved. Reyna presented the fiscal report.

Caryl advised that the July program would be about cycling in Viet Nam. She also reported that she was having difficulty finding a place for the holiday party for \$30 or less a person. Steve welcomed Peter Morales who had agreed to serve as B-rides coordinator. Mitch indicated that we needed creativity in rides. He said it was important that new members understand the

nature of all-class rides. He also suggested it was desirable for all riders on such rides to arrive at the same time and place.

The board next discussed an additional all-class ride, and Gene suggested that we provide a free lunch on the additional ride. Reyna felt four all-class rides might be too many, but Peter felt they attracted new members. It was suggested that perhaps the additional all-class ride could be tied to a special event like a barbecue or miniature golf. It was agreed that lunch would only be provided to paid members. The next board meeting was scheduled for 6 P.M. on Tuesday July 9, before the membership meeting.

Rich discussed the planned closing of the GWB south sidewalk.

Mitch reported that the membership of 829 was 120 more than last year at this time. Rich reported a successful

new-comers ride. He also discussed ways to promote the century.

Doug reported the difficulty of getting everything together for the Bulletin.

Next there was a discussion of getting more rides. Gene suggested that some form of recognition for ride leadership might help.

Steve asked about the proposal to sponsor a racing team, although Conrad suggested that Jeff Vogel had dropped the idea.

It was the sense of the meeting that there was no objection to such sponsorship if there was no cost to the club.

The meeting adjourned at 9:05 P.M.

TUESDAY JUNE 11, 1996

PRESENT: Gene Vezzani, Steve Britt, Caryl Baron, C.J.

Obregon, Rich Borow, Mitch Yarvin, and Geo Kaplan

ABSENT: Reyna Franco, Douglas Riccardi, Conrad

Meyer, Peter Morales and Dona Kahn.

Caryl reported that she had found a deli that would deliver meals to Kingsland State Park. The board authorized her to make the arrangements.

Gene advised the members that Stephanie Blecher had resigned, and that he was canvassing for a replacement. Dates for the all-class rides in July and August were discussed.

There was a brief discussion of steps that might be taken to prevent people from regularly using our ride listings without joining the club.

Caryl felt a problem was also developing in that new members were not being sent the Bulletin in a timely manner. The meeting adjourned at 6:45 P.M.

Respectfully submitted

Conrad J. Obregon

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.

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
7:54 AM (HUDSON LINE)	POUGHKEEPSIE	4:12 PM
8:58 AM (HUDSON LINE)	POUGHKEEPSIE	5:12 PM
	POUGHKEEPSIE	6:12 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 NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

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

Name: _____ Signature: _____

Name: _____ Signature: _____

Address/Apt. _____ 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.

„Dog Days Pig Out.“

Yeah, it's been hot enough to melt your tires. Humid enough that your sweat drenches the rider behind you. Riding may be tough, but you can still eat! Share your tales of summer cycling at the

August Ice Cream Social

COME TO O'HARA'S ON AUGUST 13TH.

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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