

December  
1996

# NYCC Bulletin



"You'd best to back off my chubby hubby. Its almost 1997, high time Ms. Claus went cyclin' with the boys while you sweep up the workshop. See ya at sunrise. Merry Christmas"

*Y. Samuel*

# Bulletin Board

## Don't Miss The NYCC Holiday Party

Limited space is still available for this year's Holiday Party to be held at The Olde Garden Restaurant on West 29th Street. See information on page 9. Don't forget to fill out the reverse of the reservation form. Please call Gene at 875-1615 if you have any questions.

## Central Park Race Course

Computrainer has developed the Central Park roadway course as one of its custom race courses on their pro model. If you would like to have the course included in your package, request the "Ed Allen" version when ordering. If you have any questions, call Ed at (212)666-6844 or call Racermate, Inc. at (800)522-3610.

## 1997 Re-Cycling Submissions

Beginning January 1997, all submissions for Re-cycling must be sent either via e-mail or on a Macintosh compatible diskette. If using Word For Windows, save file in a text only format. See "To Publish an Article" at right...

## The Escape From New York Century committee would like to thank the following sponsors:

Dandy Printing, ECTACO (The Language Center), The Message Center, Power Bar, Runcible Spoon, Sidewalk Cafe, Tom Cat Bakery, Toga Bike Shop, Larry and Jeff's Bicycles Plus, New York City Department of Parks and Recreation, Port Authority, and the Palisades Park Commission.

## We also want to thank those who pitched in on the day of the event.

This includes Caryl Baron, Steve Baron, Margaret Cipolla, Joel Englander, Dick Goldberg, Dave Greenberg, Allison Holden, Paul Leibowitz, Suzanne Levin, Peter Matusewitch, Peter Morales, Kevin Mulvenna, Cathe Neukum, C. J. Obregon, Don Passantino, Bill Richards, Fred Steinberg, Gene Vezzani, Jeff Vogel, Jed Weaver, Greg Worley, Marc Yatkowski, David Younglove, and Linda Wintner.

## To all those who were listed in October's bulletin, thanks again.

The century would not be the success it is without all of your contributions.

THESE RIDE COORDINATORS WILL BE LEAVING THEIR POSTS AS OF JANUARY 1997. YOU MIGHT WANT TO THANK THEM FOR A JOB WELL DONE, AND MAYBE EVEN GET ONE LAST RIDE IN.

### A-RIDES:

- CALL CONRAD MEYER (212)535-2444 -

### B-RIDES:

- CALL PETER MORALES (718)833-4370 -

### C-RIDES:

- CALL DONA KAHN (212)399-9009 -

## The Cycle Club welcomes 15 new members!

Dierdre Fahy	Jorge Merced	Steven Stern
Jeffrey Friedus	Nan Min	Nancy Tabs
Andrea Harpole	Rachel Novak	Robert Travieso
Jean Mamakos	Andrew Petker	Anne Waxman
Melissa Mark-Viverito	Gary Roth	Zachary Young

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The NYCC Bulletin is published monthly by the New York Cycle Club. The opinions expressed are those of the authors and do not reflect the official position of the NYCC.

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### To publish an article:

Contact:

Douglas Riccardi  
Memo Productions  
611 Broadway, Suite 811  
NY, NY 10012.  
TEL: (212) 388-9758.  
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.nac.net/~users/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.*



## Sunday, December 1

**C13 25 MI 9:30/10 AM Frost Bite #1**

Leader: 5BBC From: Steps of City Hall (9:30 AM)/Prospect Park (10:00). Destination to be decided by leader. Temps below 32° cancels.

## Thursday, December 5

**A/B/C 1± MI 6:30 PM Holiday On Ice**

Coordinator: Pat Thompson (718) 499-2618 From: Wollman Rink (Central Park). Enter the park from Fifth Avenue & 60 St. Cross-training, anyone? If that sounds too intimidating, a wobbly lap around the ice is just fine, too. Come join us for an evening of spills and thrills at lovely Wollman Rink, then warm up with hot saki afterwards (or head to the nearby brewpub; popular vote rules). \$7 entry fee; \$3.50 skate rental; \$6.75 lock deposit.

## Saturday, December 7

**A25+ 80 MI 7:30 AM Gimbels**

Leader: Al Boland (212) 665-3484 From: The Boathouse. Start with slow 18 mile warm up to Cross County Shopping Center. Coffee up at Zaros. Then slow 15MPH warm up for 10 more miles up Central Park Ave. At Rt 22 all hell breaks loose for the next 30 miles. We rendezvous at Larchmont Diner. We'll then head back via Shore Road followed by a scenic quiet route through The Bronx.

**A18 60 MI 9:00 AM Remember Pearl River!**

Leader: Fred Steinberg (212) 787-5204 From: The Boathouse. Classic route, historic pancakes.

**B16 50 MI 10:00 AM Triple Header - Sands Pt, Kings Pt, Ft. Washington**

Leader: Jim Drazios (718) 225-1842 From: The Statue of Civic Virtue (Union Tpke & Queens Blvd - E/F train). Nice rolling hills. Helmet required. Temp below 35° at start cancels.

## Sunday, December 8

**A/B/C 9 MI 8:40 AM Harriman State Park Hike**

Leaders: Marilyn & Ken Weissman (212) 222-5527 From: Zaro's Breadbasket, Port Authority Bus Terminal (40 St & 8 Avenue). If you haven't tried winter hiking, you're in for a treat. This is one of the most scenic hikes in Harriman. We'll start along Reeves Brook, climb the "Cascade of Slid," then picnic overlooking Pine Meadow Lake - a short

picnic if it's cold! Diamond Mountain after lunch. The carrot is a view of the WTC from 60 miles away and some exhilarating downhill, especially if there's snow on the ground. Wear boots/waterproof shoes and layered clothing. Don't forget food and water for the hike! Expected high below 20°, rain or heavy snow cancels. We will take the Bus up to Sloatsburg, NY. Round-trip is \$21. Back in NYC by about 5pm.

**A18+ 50± MI 10:15 AM 6th Annual Post Season, Post-Party, Hedgehog Ride**

Leader: Stefani Jackenthal (212) 769-8718, Dan Schwartzman (212) 580-9180, Margaret Cipolla & Jeff Vogel (718) 275-6978 From: The Boathouse. You can sleep late for this traditional end of the season ride, Scandinavian style. The first stop is for a civilized brunch at The Flagship (Mimosas and Bloody Marys are acceptable). We then climb the Trollstigen before stopping for Margaritas and Coronas at Santa Fe on Main Street in Tarrytown. Bike home along the Hudson Fjord or bring your Metro-Norsk pass. Riding skills appreciated, social skills absolutely mandatory. Don't expect to be home early. Typical Oslo in December weather cancels.

**C13 30 MI 10:00 AM Seacliff**

Leader: Alinda Barth (718) 441-5612 From: Statue of Civic Virtue on Queens Blvd. (E/F train to Union Turnpike). Fight winter sloth with a mel-low ride to the North Shore of Long Island. There will be just enough molehills to keep you warm and an indoor lunch stop, of course. Temp below 35° cancels. Call leader if in doubt.

**C12 25 MI 9:30/10 AM Frost Bite #2 - Brooklyn**

Leader: John Fullwood (212) 927-3278 From: Steps in front of City Hall (9:30)/Grand Army Plaza entrance to Prospect Park (10:00). Ride to a great lunch in Brooklyn. Co-led with the 5 BBC. Predicted high below 35° cancels.

## Thursday, December 12

**A/B/C 0 MI ??? PM Christmas with Woody**

Coordinator: Pat Thompson (718) 499-2618 From: Call for theater location and time. No, it doesn't have anything to do with biking. But come anyway and catch the last night of a one-week, Oscar-qualifying run of Woody Allen's funny new musical, Everyone Says I Love You (originally named Christmas at the Ritz). If you like Woody's taste in old music, this one's for you. We'll catch the early evening screening, with dinner option to follow.

## Saturday, December 14

**A25+ 80 MI 7:30 AM Gimbels**

Leader: Al Boland (212) 665-3484 From: The Boathouse. Start with slow 18 mile warm up to Cross County Shopping Center. Coffee up at Zaros. Then slow 15MPH warm up for 10 more miles up Central Park Ave. At Rt 22 all hell breaks loose for the next 30 miles. We rendezvous at Larchmont Diner. We'll then head back via Shore Road followed by a scenic quiet route through The Bronx.

**A20 53 MI 9:00 AM Hot Cocoa**

Leaders: Jody Saylor & Christy Guzzetta (212) 799-8293 From: The Boathouse. If it's too cold to ride (below 32° at start), meet at Jody & Christy's (49 W75 St) @ 10am for hot cocoa. If it's not too cold to ride, we'll go to the Thornwood Diner for breakfast and then hot cocoa at Jody & Christy's after the ride. One way or the other, it's hot cocoa @ Jody & Christy's.

**B18 60 MI 8:30 AM Race To The Runcible**

Leaders: Todd Brilliant & Beth Renaud (212) 274-9463 From: The Plaza Hotel. We'll make a short stop in Nyack for hot chocolate and pumpkin muffins (our faves) at the Runcible Spoon, so don't forget your moola (or else pocket food). One hill.

**B16 40 MI 9:30 AM Back-By-Noon**

Leader: Gene Vezzani (212) 875-1615 & Joanna Lee From: The Boathouse. Cold weather is here and that means that it is time for the Back-By-Noon Series. We'll leave The Boathouse at 9:30am, ride making one quick rest stop, and return to Central Park by 12:30.

**C14 40 MI 9:00 AM Northvale**

Leader: Don Montalvo (212) 307-7753 From: The Boathouse. We will zigzag through Englewood and then take 501 to the diner for lunch. Return with choice of hills. Temp below 40° (according to NY 1 at 8:00 am) cancels.

**Sunday, December 15****A19 50 MI 9:00 AM French Toast and Hot Coffee**

Leader: Ben Goldberg (212) 982-4681 From: The Boathouse. The Park Ridge Diner has the best French Toast around. That's the place for me on a cold day. Temp below 32° at start cancels.

**B16 40+ MI 9:00 AM A Short Little Cold Weather Ride To Northvale**

Leader: John W. Fullwood (212) 927-3278 From: The Boathouse. In the winter I'll ride in the cold, but a shorter distance. Mark Woltz reminded me of this classic club ride to the Northvale Diner. Due to the cold, we will not be able to wait for those who cannot maintain the pace. As always the leader will provide the Maple Syrup.

**B15 40 MI 10:00 AM Slow "B" Ride To Brighton Beach**

Leader: Suzanne Levin (718) 833-4370 From: The front steps of City Hall. Relaxing ride to Brighton Beach for lunch at a Russian restaurant. Polar Bear swim optional. Temp below 40° at start cancels.

**C13 30 MI 10:00 AM Coney Island**

Leader: Karl Dittebrandt (212) 477-1690 From: Steps in front of City Hall. Take a leisurely ride to our old favorite. Temp below 35° at start cancels.

**C13 40 MI 9:00 AM Frost Bite #3 - Jersey City**  
Leader: Ron Grossberg (718) 369-2413 From: Call leader for starting location. It may be 15 flat miles and a ferry ride home, or it may be 40 miles with one BIG hill. That depends on the weather. But we'll definitely be checking out Liberty Science Center in Jersey City -- "Where science equals fun." Bring a lock, money for lunch, \$9.50 for the science center, \$3.50 for the ferry (or maybe ferries). Temp below 32° cancels. Co-led with 5 BBC.

**Saturday, December 21****A25+ 80 MI 7:30 AM Gimbels**

Leader: Al Boland (212) 665-3484 From: The Boathouse. Start with slow 18 mile warm up to Cross County Shopping Center. Coffee up at Zaros. Then slow 15MPH warm up for 10 more miles up Central Park Ave. At Rt 22 all hell breaks loose for the next 30 miles. We rendezvous at Larchmont Diner. We'll then head back via Shore Road followed by a scenic quiet route through The Bronx.

**A20 50 MI 10:00 AM Passing The Crown**

Leaders: Judy & Conrad Meyer (212) 535-2444 From: The Boathouse. Come spin with us to the Park Ridge Diner as I prepare to pass the honors of "A" Rides Coordinator to Ben Goldberg. "A" riders only need apply. Come and get ready to lead some rides in 1997. Temp below 35° at 8am cancels.

**B ?? MI 9:30 AM Leaderless**

Leader: You From: The Boathouse. Show up and do some miles. You decide what cancels.

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**Sunday, December 22****A19 50 MI 10:00 AM Glad That Today's Rideable**

Leader: Steve Ullman (212) 473-1897 From: The Boathouse. A little later start for the Saturday nighters like me. We'll chow down at the diner of our choice and celebrate the fact that we're riding at all this month. Temp above 90°, snow over the sidewalks, or temp below 30° cancels.

**B ?? MI 9:30 AM Leaderless**

Leader: You From: The Boathouse. Show up and do some miles. You decide what cancels.

**C14 55 MI 9:30 AM Oyster Bay**

Leader: Irwin Berger (718) 997-8965 From: Statue of Civic Virtue (E or F train to Union Turnpike) Queens Blvd. A pleasant and not too hilly jaunt through Long Island's North Shore to Oyster Bay or a shorter destination, weather dictating. Temp below 35° cancels.

**C13 25 MI 9:30/10 AM Frost Bite #4 - Dyker Heights**

Leader: 5 BBC From: Steps of City Hall (9:30 a.m.)/Grand Army Entrance to Prospect Park (10:00). Frostbite goes to Dyker Heights to take in the Christmas lights. Dim Sum for lunch. Temp below 32° cancels.

**Saturday, December 28****A19 40-55 MI 9:00 AM Just Show Up!**

Leader: Tom McMahon (212) 777-5845 From: The Boathouse. Destination depends on group, mood, weather, and alignment of the stars. Temp below 25° or sloppy roads cancels.

**B ?? MI 9:30 AM Leaderless**

Leader: You From: The Boathouse. Show up and do some miles. You decide what cancels.

**Sunday, December 29****A19 50± MI 7:00 AM Morning Spin**

Leader: Mark Wolz (212) 586-7424 From: The Boathouse. Destination determined by consensus. Plan to be back by around 10:30, but early enough to still make brunch. Temp below 35° cancels.

**A19 50 MI 10:00 AM Glad That Today's Rideable**

Leader: Steve Ullman (212) 473-1897 From: The Boathouse. A little later start for the Saturday nighters like me. We'll chow down at the diner of

our choice and celebrate the fact that we're riding at all this month. Temp above 90°, snow over the sidewalls, or temp below 30° cancels.

**B ?? MI 9:30 AM Leaderless**

Leader: You From: The Boathouse. Show up and do some miles. You decide what cancels.

**C12 25 MI 9:30/10 AM Frost Bite #5**

Leader: Terry Chin (718) 680-5227 From: Steps in front of City Hall (9:30) /Grand Army Plaza Entrance to Prospect Park (10:00 am). Join us for a leisurely ride to Sheepshead Bay - lunch in Brooklyn. Predicted high below 35° cancels. Co-Led with 5 BBC.

**Wednesday, January 1**

**A18 55MI 10:00 AM Annual New Year's Day Ride**

Leader: Marty Wolf (212) 935-1460 From: The Boathouse. If you're worried that your 1997 mileage chart will be empty until spring, here's your chance to get off to an easy-paced start. Brunch in White Plains at the Sea Star Diner.

**B16 40 MI 10:00 AM Brighton Beach New Year**

Leaders: Todd Brilliant & Beth Renaud (212) 274-9463 From: The Boathouse. Join us in what we hope will become a tradition. A mellow ride through Brooklyn to Mrs. Stahl's in Brighton Beach for a hot yummy knish or two. Come bundled up so we can sit on the boardwalk (even if just for a few minutes) and watch the locals. Canceled if it's below 32° at 9 AM, or if there's snow/ice on the road.

**Sunday, January 5**

**C13 20 MI 10:00 AM New York Botanical Gardens**

Leader: Elly Spangenberg (212) 737-0844 From: Plaza Hotel - 59th and Fifth. Start the new year right! Enjoy the warmth in January with a trip to the conservatory's desert and jungle climes. We may visit historic Snuff Mill for lunch.

**The Definitive Screwing**

**– The Old Crank**

"Position the clips on the handlebar as close as possible to the reinforcement zone (sleeve or bulge). Then pull grade by grade the three brugles until they meet the blocking couple so that it impedes the rotation of the padding during use (maximum value recommended 1.5 Kgm.)

"Attention: the combination of the two elements, clip and extension, allow a total adjustment of the padding height, extension and angles. Choose the position most congenial for you before proceeding with the definitive screwing.

"We would recommend a maximum angle in relation to the horizontal plane variable between -5° and -30° for the clip and between +5° and +30° for the extension (see the design).

"Other angles are however possible in relation to the morphology of the athlete\*, the construction of the bicycle, and the personal preferences of the rider\*.

"Finally position the tape underneath the two shaped paddings so as to form an ergonomic shape to the superior parts of the handlebar."

*The above are the "precise" installation instructions for Cinelli's new racing add-on bars, "Spinachi". We have not discovered the origin of the word brugles, nor have we determined the proper relationship between \*athlete and \*rider, and how they might relate to the blocking couple in the first paragraph.*

**2nd Annual NYCC  
Lake Placid  
Cross Training  
Weekend  
Presidents' Day Weekend,  
February 14-17**

Join the New York Cycle Club for 3 days & nights of fun. Downhill ski, cross country ski, snowboard, dogsled, ice climb, ice skate, luge, bobsled, tobaggan, snowmobile, run, swim and relax in the whirlpool. We are staying at the Ramada Inn located by Main Street and close to the Olympic Center, site of the 1980 Winter Olympics.

The cost includes 3 nights lodging and 3 full buffet breakfasts.

Single - \$320.

Double - \$185.

Triple - \$137

(2 double beds - a cot is extra).

Quad - \$114

(2 double beds - cots are extra).

I will assist with matching roommates for doubles.

**SPACE IS LIMITED.**

Please send a check by **January 10th** to:  
Reyna Franco, 1 Irving Place, Apt. U-10C, New York, NY 10003.

For more information, contact Reyna at:  
[day] (212)623-0368 or [eve] (212)529-6717.

NAME(S):

ADDRESS

CITY

STATE

ZIP

PHONE: DAY

EVENING

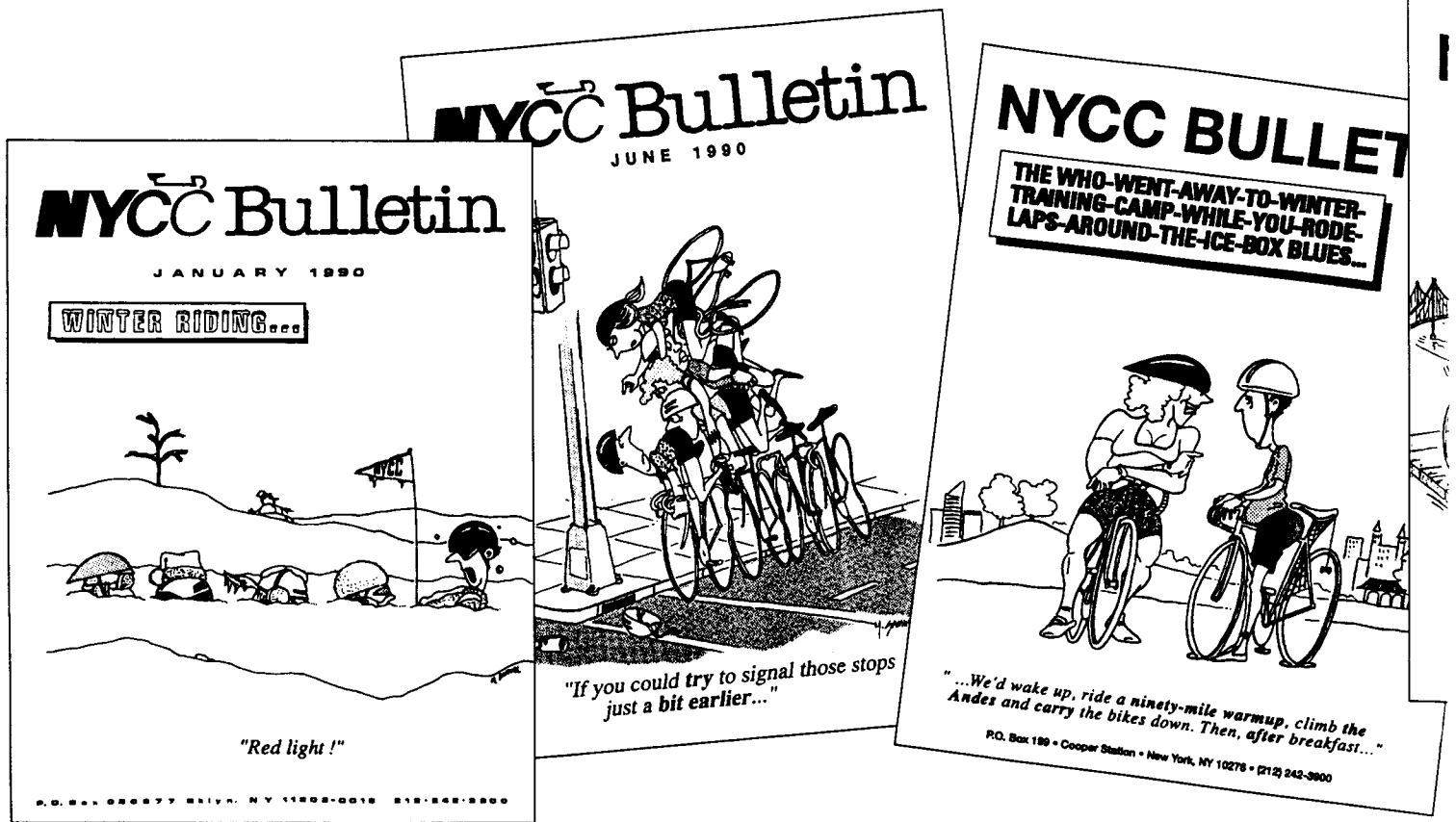
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E-MAIL

**REMINDER:**

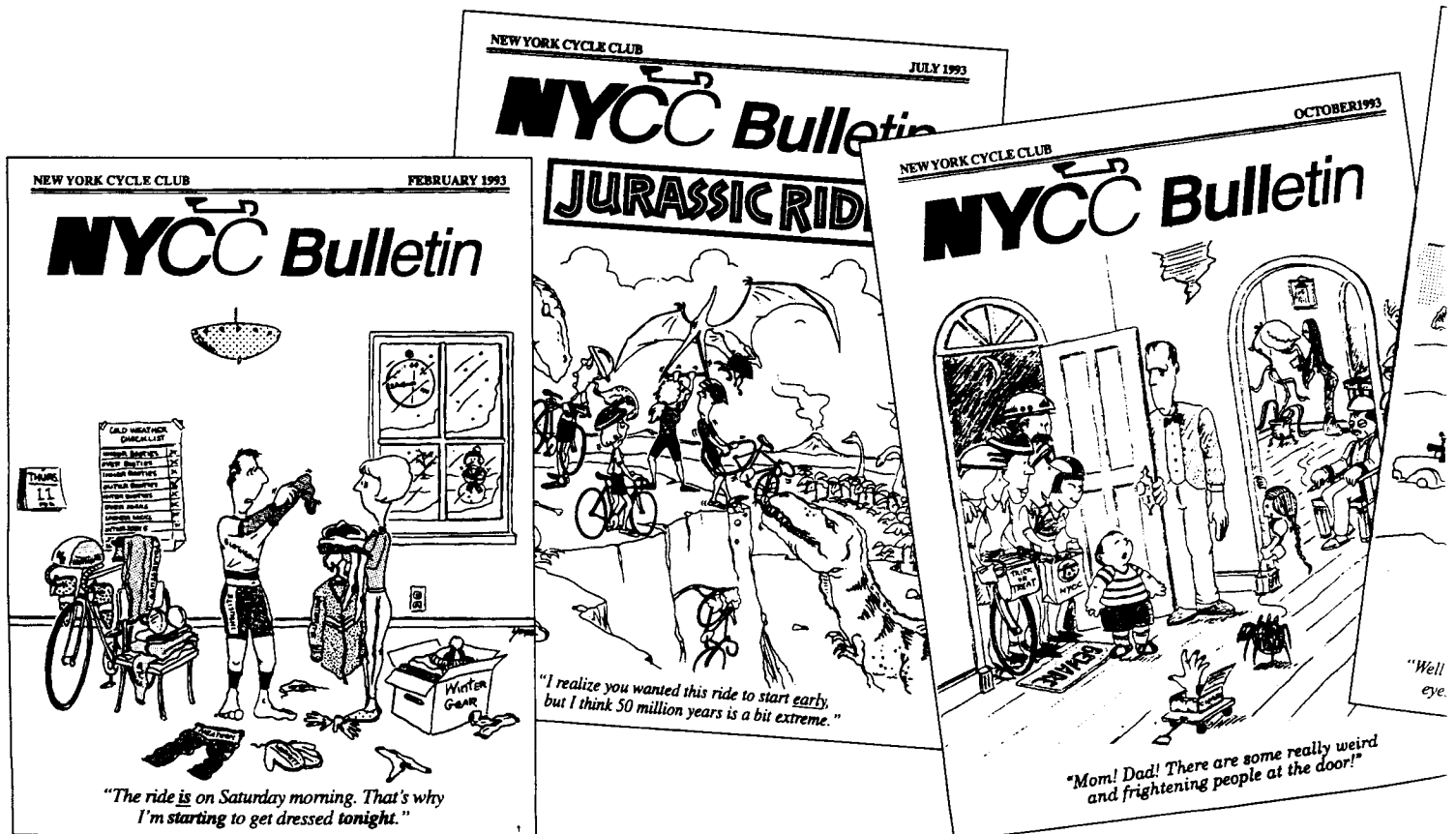
Material for the January 1997 Bulletin is due  
**DECEMBER 10.**

Please make your submissions early so the Bulletin can be put to bed before the Holidays. Just because it is freezing out, doesn't mean we don't still need submissions of articles. Call the Editor at 388-9758 if you have any ideas. Thank you.



# A Mike Sam

Unfortunately for us, this month's cover will be Mike Samuel's last. Here are a few of the

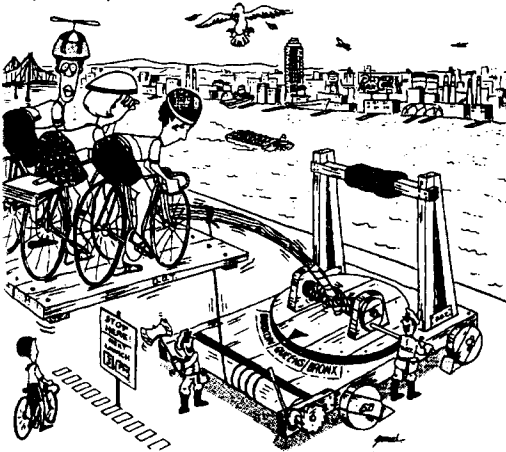


# NYCC BULLETIN

SEPTEMBER 1991

EXCERPT FROM "NEW CYCLIST", SEPT. 1991

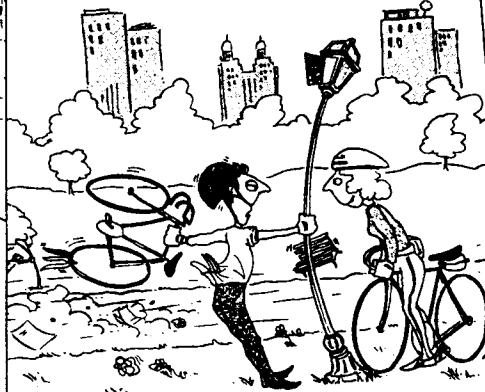
[...In response to unrelenting pressure from local cycling groups to provide more access to East River crossings, the D.O.T. today revealed a bold new plan aimed at alleviating congestion on area bridges...]



P.O. Box 199 • Cooper Station • New York, NY 10276 • (212) 242-3800

# NYCC Bulletin

April

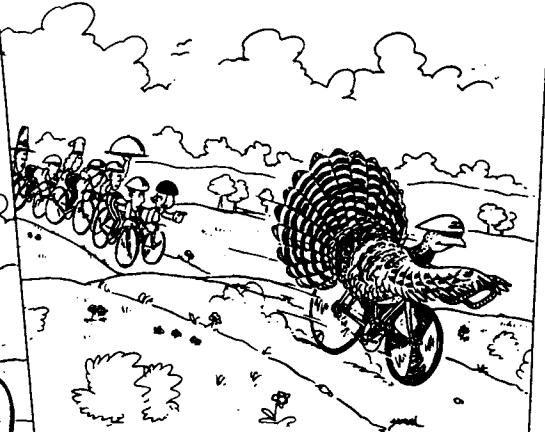


"Why yes, as a matter of fact, the S.I.G. did just go by here. How observant of you to notice."

NEW YORK CYCLE CLUB

NOVEMBER 1992

# NYCC Bulletin



Well, 'looks like it's gonna be peanut butter and jelly for Thanksgiving. That turkey's ridin' titanium!"

## uel Sampler

84 covers Mike has done since his first, in January 1990. Thank you, Mike, from everyone...

# NYCC Bulletin

New York Cycle Club

March 1994

## WINTER RIDING...

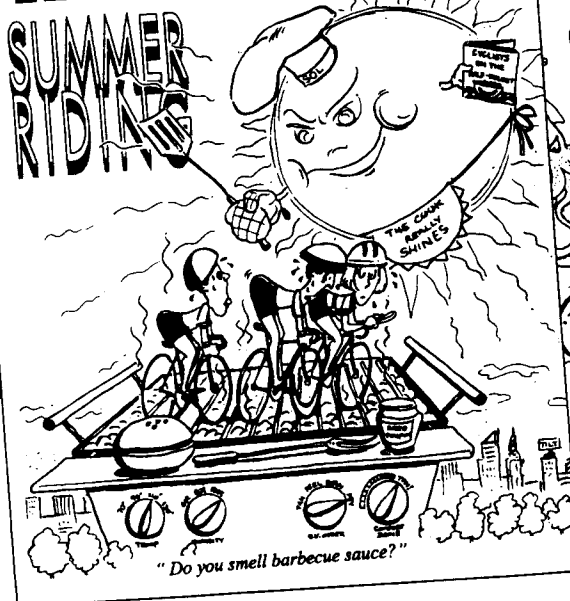


is one's a clear winner; it's so life-like. Look how the appear to follow you. I wonder where the artist is..."

New York Cycle Club

August 1994

# NYCC Bulletin



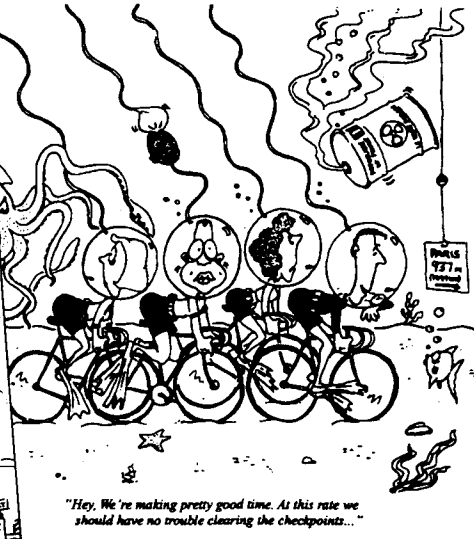
"Do you smell barbecue sauce?"

New York Cycle Club

September 1995

# NYCC Bulletin

## PARIS-NEW YORK-PARIS



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



# BLOWOUTS by Lou S. Pokes

Congratulations to the NYCC's New York City Marathon participants. **Suzanne Rohr** ran a 3:18:07 which is very impressive when you consider she's in the 45+ age group. **Julie Walsh** must have been eating right, having finished in 3:29. **Dave Obelkevich** ran a 3:52 in what must have been his 4,000th marathon. **Suzanne Levin** ran a creditable 4:36 in her first marathon ever. It was quite a comeback for Suzanne, who set the Marathon as her goal after her serious accident last year. And, **Liane Montesa** and **Kevin Mulvenna** (no) ran together, finishing in 4:39. Bravo!

## Shari Horowitz

And if a marathon isn't enough there's always the Hawaii Ironman. Congrats to **Jeanine Hartnett** for finishing for the third time. It was a difficult race for her as she lost over two hours on the bike due to mechanical problems. Jeanine, who is probably the Club member with greatest difference between physical ability and mechanical ability, claims her "rear hub disintegrated". Maybe it was aliens from outer space. It doesn't matter. Most of us can't even dream of finishing a triathlon, even with a perfectly adjusted bike.

## Shari Horowitz

Let's all send our warmest wishes for a speedy recovery to NYCC Life Member **Irv Weisman**, who is recovering from recent surgery. Get well soon, Irv.

## Shari Horowitz

If **Don Montalvo** didn't show up for the C ride he was scheduled to lead on November 2nd he had a good excuse. He was recovering from the surgery to remove the screws from the leg he broke last year. He promises to be back on the bike by the time you read this. Good luck, Don.

## Shari Horowitz

My apologies to **Lisa Hale**. (See last month's column.) She and **John (Don) Hunt** announced their engagement. He proposed at the Interbike Show in Anaheim. The wedding is scheduled for January 11, 1997 in Cabo San Lucas. If you're planning on crashing the wedding, bring a mountain bike.

## Shari Horowitz

You know it's a Vogel Route when you're bouncing across the gravel on your road bike. According to **Fred (Mr. Map) Steinberg**, **Jeff Vogel** "really outdid himself" on his recent ride. It was listed as an A20 but probably should have been an ATB-2. As if the ten plus miles of dirt roads weren't enough, they had to cross the Cross River Dam. Ignoring the "Detour" and "Road Closed" signs, they carried their bikes across the wooden boards, went under the barricade and tried to ride across the plastic sheeting covering the construction site. It was sort of like trying to do the moon walk. A half mile detour would have put them on a paved road. But that wouldn't have been any fun!

## Shari Horowitz

The quote of the month is from **Al Boland**. "Yeah, yeah, when I'm tired, even after five cups of coffee I still fall asleep behind the wheel". Don't get behind him on an early morning ride!

## Shari Horowitz

In an incredible display of apathy by the cycling community in general, and the New York Cycle Club in particular, there were less than 100 people at the protest over the closing of the 59th Street Bridge bike lane. CRCA President **Alan Resnick** was there along with about ten NYCC members. The event was well publicized by the media and the protesters were almost out num-

bered by the NYC Police Dept. Transportation Alternatives organized the protest and took a list of people willing to risk arrest for an act of civil disobedience by illegally crossing the bridge on foot or by bicycle on weekday evenings. **Jeff Vogel**'s name was the only one that appears on that list and the NYCC roster. At last report his name did not appear on the Riker's Island inmate list.

## Shari Horowitz

Thanks to **Jane Kenyon**'s idea, we have had a Road Bozo every month (well, almost every month) for the last three years. It's rare that a non-NYCC member is named Road Bozo. The **Rockland County Road Maintenance Crew** that repainted the white line over the dead opossum almost made it. Maybe they're the Road Kill Bozos this month.

## Shari Horowitz

Now we finally have the perfect story **Herb (Hubs) Dershowitz** is the epitome of a Road Bozo. On November 4th Hubs was on his way to the local billiard parlor for his weekly match. He was riding up Eighth Avenue when a taxi cut him off and knocked him down. Fortunately, it was a cool evening, he had lots of clothes on and was uninjured. And there was no visible damage to his commuter bike. But he was mad. Very mad. He got up and slammed the taxi's side-view mirror, shattering it. Unfortunately, in perfect Road Bozo style, he severely cut his hand and needed several stitches to close the gashes. And to literally add insult to injury the cab driver is pressing charges! Hubs never did make it to his pool date.

## Shari Horowitz

Thanks to some of this month's sources, **Mark Martinez**, **Caryl Baron**, **Jane Kenyon**, **Stefani Jackenthal**, **Rich Borow** and **Stephanie Blecher**, (yes) and **Steve Britt**.

*As the weather turns cold, it's time to start thinking about...*

## SECOND ANNUAL NYCC BRIGHTON BEACH NIGHT

Join us the eat, drink, dance, and maybe even drink some more.

Last year's event was *memorable* – except for **Jeff Vogel, who has vowed to remain sober this year**, at least until the main course is served.

**Where?** Primorsky – Brighton Beach. **When?** Saturday, January 10, 8 PM until whenever.

**Cost?** \$35 per person includes tax and tip. **Extra vodka** (and there will be extra vodka) costs extra.

**Reservation checks** are due by January 10, no exceptions. **Make checks payable to:**

Stephanie Blecher and **mail to** 215 E 89 Street, Apt 2D, New York 10128.

**Transportation** (subway) **information** will be sent upon receipt of check.

*If you really must obtain additional information, and it better be good, call Stephanie at 348-2661.*

## Happy Birthday, Irving!

Just as October marks the beginning of the fall cycling season, so too does it mark another year in the life of our dear friend and leader, Irv Weisman. Twice we gathered to celebrate with him.

First was the 73-mile (1 mile per year) Irv's Birthday Ride on October 5, lead by both Linda Wintner and Gene Vezzani. Unfortunately Irv had to "sit this one out" due to his now-infamous "plumbing" problems. No matter. In his honor, the ride was kept to a leisurely pace in the true spirit of Irv and his aficionados.

But truly the party did not begin until Tuesday evening, October

15, when Irv joined fifteen fellow NYCC friends (core "Irv's Angels" and other kindred spirits) at a birthday bash at Carmine's restaurant, 91st & Broadway.

As all will attest, we indulged in a Pompeian feast of major proportions!! (Who could finish?) The wonderful Italian fare was capped off by a spectacular birthday cake (featuring you-know-who in his trademark upright pedaling position!) The evening was joyous with wonderful camaraderie, presents, cards, and stories of summer adventures – all in celebration of our dear friend Irv. Happy 73rd!!

*On the left, Maggie Clarke watches Irv opens a single-serving size of Bag Balm. On the right is the Irv's Angels cake.*



*Psst. Your membership expires the moment that ball drops. Start thinking about sending in your renewal check.*

## Sports Massage

Russell B. Cohen, DC CCSP

***Anyone who has ever received a massage will testify to the wonderful, relaxing feeling it promotes. But clinically speaking, is there anything physically therapeutic about massage?***

A study assessed the effects of sports massage on the soreness experienced after intense physical exertion, known as delayed onset muscle soreness (DOMS). DOMS is caused by acute inflammation due to micro tearing of soft tissue structures when over loaded. DOMS typically appears 8-24 hours after exercise and peaks at about 48 hours. DOMS is most commonly associated with strength and power activities

especially when muscles are contracted eccentrically. While a concentric contraction shortens a muscle such as in the lifting phase of a biceps curl, the eccentric contraction or dropping (negative) phase lengthens the muscle putting a much greater load on these tissues.

Fourteen subjects performed 4-5 sets of eccentric biceps curls and triceps extensions. Two hours later seven subjects received sports massage with cream and the other seven (control group) received application of cream alone. Blood levels of certain indicators of inflammation and soft tissue damage were assessed before exercise and at several intervals post exercise. DOMS was assessed by interviewing the subjects before exercise and at specific intervals after, up to 120 hours.

After review of the data it was concluded that the massage group suffered less and recovered faster from DOMS. All blood indicators of inflammation and muscle damage were lower in the massage group. Therefore, it was found that sports massage administered two hours after

intense exercise attenuated the symptoms of DOMS.

Massage works by mobilizing the waste products that accumulate as a result of the micro tears - a kind of flushing. This allows the muscle to recover faster resulting in faster gains in strength. Additionally, adhesions or scar tissue are both minimized and aligned to limit impairment of flexibility that could result in soft tissue injury.

These findings are relevant to cyclists because of the deleterious affects DOMS has on training and competition, namely fatigue, soreness, stiffness, pain, strength loss and impaired range of motion. Faster recovery results in more effective subsequent training and enhanced performance.

*Dr. Russell B. Cohen is a competitive cyclist and a certified chiropractic sports practitioner. He can be reached for questions or comments at (212)713-0180.*

## 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. On Saturdays and Sundays, 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 holidays. 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. Bike passes are available at Window 27 at Grand Central or by calling (212)499-4398 for an application.

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

## Minutes

**New York Cycle Club Board Meeting, Tuesday, October 1, 1996**

**PRESENT:** Gene Vezzani, Steve Britt, Caryl Baron, C.J. Obregon, Reyna Franco, Joel Englander, Mitch Yarkin, Conrad Meyer, Peter Morales, and Geo Kaplan

**ABSENT:** Douglas Riccardi, Rich Borow, and Dona Kahn

Reyna presented the fiscal report.

Caryl noted the November program would be on mass transit and bicycles. She also indicated that Reyna had looked at a number of restaurants for the holiday party.

Mitch reported that membership was at 1041, as opposed to 921 at the same time last year. He opined that this was due to better publicity.

Gene indicated that New York Magazine had agreed to list club events.

There was a discussion of sending Bulletins to newly joined members.

George reported that the century had a total of 430 riders and thanked all who helped to make it a success. He particularly praised Judy Meyer, who he described as "the glue that held things together". He noted that he would speak at a meeting of the MTA presidents on October 2 and that he would praise Metro North and the Transit Authority for the initiatives that had shown towards bicyclists. He was instructed to adopt a conciliatory tone with the LIRR.

Gene reviewed the cost of running the telephone service. Apart from the cost of the Bulletin itself, each sample Bulletin mailed costs the club \$1.82. The Board expressed concern at this expense but indicated the difficulties of mailing out the information with volunteer labor.

Gene also suggested substitutes for the sample bulletin that would be less expensive, and said he would instruct Douglas to develop such a piece. Gene also wondered if we needed someone in charge of membership services to take some of the burden off the membership director.

The board authorized the expenditure of \$130 to register its own domain name on the World Wide Web.

Finally the board discussed awards to be made at the holiday party.

The meeting adjourned at 8:37PM.

Respectfully submitted, Conrad J. Obregon

## 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. **Macintosh compatible disk or e-mail is required.** Listings will appear for one month unless specified.

### FOR SALE:

**TOMMASINI "SUPER PRESTIGE" SLX**, 55 cm C-T. Excellent condition. Dura Ace STI, Regal saddle, Avocet computer, Speedplay pedals, clinchers with Conti GP 23mm tires. Price includes extra set of sew-up wheels and several spare tires. \$1100 for all. Call **Bob** at (212)682-5669, or e-mail 75704.1123@compuserve.com.

**TUBULAR WHEELS.** Cheap! 2 complete sets of 8 spd. Tubular wheels. \$50 per set. **WOMEN'S AERO ROLLERBLADES.** Cheap! Size 6, the Aero style. Hardly used. Great for winter cross-training! Asking \$100. **COMPLETE BIKE.** 49 cm (center to center) steel bike. 8 speed Ergo. Great bike for a junior or a short beginner. For all these great deals, call **Catherine**, at (212)663-6536.

**SPECIALIZED ALLEZ** steel 3Rensho frame, 58 cm c-c, 14 speed Shimano STI/Campy and Shimano parts. Red, excellent condition. \$800. **1972 MASI GRAN CRITERIUM**, chrome 58 cm c-c, all Campy record equipped - original owner - Excellent condition. \$800. **SPECIALIZED EPIC CARBON** - replaced frame, like new. Used 6 months. 56 cm c-c, frame with HS, BB. Seat and post: \$500, or full bike (assorted parts) \$800. or STI equipped \$1,200. Set of old **CAMPAGNOLO RECORD** Hi flange wheels 27x1-1/4 complete with tires and regine 6-speed cluster. \$100. Lots of other deals as well. Call **Alan**, at (212)794-1109.

# MAKE YOUR NYCC HOLIDAY PARTY RESERVATIONS NOW!

Mail your check made out to NYCC, postmarked by November 29 to:  
**NYCC Holiday Party c/o Reyna Franco**, 1 Irving Place #1-10C, New York, New York 10003  
 The cost is \$30. Please be sure to mark an entrée selection below.

NAME

ADDRESS

TELEPHONE

NUMBER OF RESERVATIONS

AMOUNT ENCLOSED

ENTREE SELECTION:

☐ CHICKEN☐ BEEF☐ VEGETARIAN PASTA☐ FISH

## 1997 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.**

COME ONE - COME ALL

ACT NOW! LIMITED SPACE IS STILL AVAILABLE FOR  
**THE 1996 NYCC  
HOLIDAY PARTY!**  
DON'T MISS OUT!

A retro, low-tech, luddite event. **No cyber anything.** Just real food, great rhythms to dance to, and the wonderful people you've come to know and love after riding with them all year.

**TUESDAY, DECEMBER 10 ▶ 7PM**

**THE OLDE GARDEN RESTAURANT**

15 WEST 29 STREET (BETWEEN 5TH AND 6TH AVENUES) ▶ 532-8323

**\$30 PER PERSON FOR NYCC MEMBERS (AND THEIR GUESTS) UNTIL NOVEMBER 29**

**\$35 AT THE DOOR.**

**Questions? CALL GENE AT 875-1615.**

( PLEASE SEE THE REVERSE OF THIS FORM )

PARTY RESERVATION FORM

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