

February
1996

NYCC Bulletin

WINTER RIDING...



"Quick! finish tying those two up. I'll get their bikes off the path before anyone happens by."

Commitment anxiety?

FEBRUARY IS COMMITMENT MONTH – a time to commit to yourself and lay the foundation for a better, stronger year of cycling and a time to commit to your club. The first part can be hard when it's cold, grey and nasty out there – but take heart, spring is just around the corner. The second part is easy – just write a check and send in your renewal.

THE NEW BOARD WANTS TO KNOW MORE ABOUT YOUR FEELINGS: why you joined the NYCC, what you expect from membership, why some of you couldn't live without the Club and why others join but never join in. On page 11 you'll find the first of a series of questionnaires we've developed to find out how we can do better. Please fill it out and send it in. Invest a few minutes and a stamp and get back much more in cycling fun.

THE BENEFITS OF MEMBERSHIP ARE GREAT and as always, the more you give, the more you get. While our emphasis will always be on riding, you may have noticed more non-cycling events listed in the Bulletin – hiking, skating, skiing, or just plain socializing. Make an effort to go and meet new faces. It will only mean that on your next ride you may know one or two more faces and riding with friends is what the club is all about after all.

MAKE AN EFFORT TO GO TO OUR MONTHLY MEETINGS. This month, Happy Freidman, a former racer and USCF coach will share his hard-earned knowledge with you to help you start up and get back your edge without overdoing it and getting injured early in the season. (See the back page for details.)

NYCC RIDE LEADERS HAVE A WEALTH OF INFORMATION, and are always willing to share favorite routes with Club members. Dona Kahn, our C-Rides coordinator, has gone well beyond her 'job description' and is assembling a library of favorite destinations. See page 5 and share some of your personal favorites with the Club.

HELP IS ON THE WAY for your body, which may hardly be ready to move again after a long winter's nap. See page 6 for details about the three NYCC SIGs, or Special Interest Groups. There is one at each level, aimed at developing riding technique and strength. The NYCC SIG program is definitely the best non-racing training series offered anywhere, and it's free to you as a member. The list of SIG Graduates who have gone on to professional careers is impressive, but even more inspiring are the countless SIG grads who have trained hard and become better club riders and leaders. As Christy says, "We will learn about our bicycles. We will learn about our bodies. We will laugh. We will cry out for mercy." You will definitely become a better rider, and you will definitely be surprised at how much you will get back by starting early and making a commitment – now.

SEND IN YOUR DUES. Come to the February meeting. Get involved. Make new friends. Pray for warm weather...

A big welcome to 5 new Club members!

Toni Germanotta • Rachel Latessa • Laurence Perlman
Taryn Shaikh • Dmitri Wolkoff

See you on the road.

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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 8.



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



Saturday, February 3

A19 60 MI 9:30 AM Only 27 Days Till March!

Leader: *Rich Borow* (212) 866-1966. From: *The Boathouse*. Was your New Year's resolution to be in shape for the next season after pigging out all December? Well here's a chance for some early (pre-)season miles! I'm going to try for Montvale, but may settle for Northvale. Temp below 35° at start or surplus snow cancels.

B14-15 30-35 MI 9:30 AM Groundhog Day Back-By-Noon Ride

Leader: *Gene Vezzani* (212) 875-1615. From: *The Boathouse*. Celebrate Groundhog Day by riding with us to State Line. You'll be back to the Boathouse before 12:30PM.

Sunday, February 4

A 45+/- MI 9/9:40 AM Queens For A Day Brunch

Leaders: *Jeff Vogel & Margaret Cipolla* (718) 275-6978. From: *The Boathouse* (9:00), *Roy Rogers @ Queens and Woodhaven Blvds* (9:40). Often described as a curb-hopping expedition, this ride explores Queens using some almost ideal cycling roads and will include a few laps on the Kissena Velodrome. After the ride, indulge at the infamous Cipolla/Vogel all-you-can-eat Brunch. Nasty weather cancels the ride, but not the Brunch. Call if you need directions. P.S. The leaders won't be upset if you do your own ride (or none at all) as long as you show up for the Brunch.

C 25-30 MI 9:30/10 AM Frost Bite #9 - Brighton Beach

Leader: *Ed Fishkin* (718) 633-3038. From: *Steps in front of City Hall* (9:30)/*Grand Army Plaza entrance to Prospect Park* (10:00). Ride to a great lunch in Brighton Beach. Co-lead with 5 BBC. Predicted high below 35° cancels.

Saturday, February 10

A19 55 MI 9:00 AM Nyack Again?

Leader: *Karl Dittebrandt* (212) 477-1387. From: *The Boathouse*. This time of the year we are thankful to even ride to Nyack! If condi-

tions are good and the snow has thawed, maybe we'll be more adventurous. Temp below 32° at start cancels.

B14-15 30-35 MI 9:30 AM Pre-Valentine's Day Back-By-Noon Ride

Leader: *Gene Vezzani* (212) 875-1615. From: *The Boathouse*. Here's a chance for you to get into shape for the upcoming SIG's that begin in a few weeks. Today we're off to Sparkill - you'll be home a little after noon.

Sunday, February 11

A18 55 MI 9:30 AM Arctic Express II

Leader: *Ben Goldberg* (212) 982-4681. From: *The Boathouse*. The blizzard of '96 hit last time, let's try again! Join me for a spirited ride to Ridgewood, after all, we won't freeze if we just keep riding! Temp below 30° at start cancels.

B16 40 MI 9:00 AM Staten Island Views

Leader: *Gary McGraime* (212) 877-4257. From: *The Boathouse*. We try again to take in the winter harbor scene from Staten Island. Plus some hills for deep breathing. Slick roads or predicted high below 35° cancels.

C14 40 MI 10:00 AM Park Ridge

Leader: *Jonathan Snellenburg* (212) 769-1426. From: *The Boathouse*. Across the G.W. Bridge to country roads and lunch. Predicted high below 35° cancels.

C 25-30 MI 9:30/10 AM Frost Bite #10

Leader: *Linda Wintner* (212) 876-2798. From: *Grand Army Plaza - entrance to Prospect Park* (9:30)/*Steps in front of City Hall* (10:00). Over the G.W. bridge to Ft. Lee for dim sum (bring lock and \$10-15 for a full selection). Co-lead with 5 BBC. Predicted high below 35° cancels.

Saturday, February 17

A18 55+/- MI 10:00 AM Quick Cold One (and I'm not talking about beer) to Nyack

Leader: *Leo Canzoneri* (212) 779-4116. From: *The Boathouse*. An easy ride to Nyack via a scenic route (probably 505). Then into a warm restaurant for lunch. Spring will be here before you know it, so why not get in shape now! Wet roads or temps below 25° cancels.

B16 50 MI 9:00 AM To Northvale We Will Wander

Leader: *Karl Dittebrandt* (212) 477-1387. From: *The Boathouse*. Wander our way up to Northvale Diner and maybe wander back. Temp below 32° at start cancels.

B14-15 30-35 MI 9:30 AM President's Day Back-By-Noon Ride

Leader: *Gene Vezzani* (212) 875-1615. From: *The Boathouse*. Only two weeks to go before the SIG's begin. Get a headstart on this 3-day riding weekend with an easy spin to Orchard Beach. You'll be back in Central Park by 12:15PM.

Sunday, February 18**A19-21 55+/- MI 9:00 AM B-M-B III**

Leader: *Jeff Vogel* (718) 275-6978. From: *The Boathouse*.
 Boston-Montreal-Boston? I don't think so. It's Boathouse-Manorhaven-Boathouse. Once again, there will be hills and wind before lunch.
 Qualifying brevets not required. Serious winter weather cancels.

C14 40 MI 9:30 AM Park Ridge

Leader: *Benjamin Goldberg* (212) 982-4681. From: *Boathouse*.
 Across to N.J. to the diner in Park Ridge. Predicted high below 35° cancels.

C 20-25 MI 9:30/10 AM Frost Bite #11

Leader: *Paul Rubenfarb* (212) 740-9123. From: *Steps in front of City Hall (9:30)/Grand Army Plaza entrance to Prospect Park (10:00)*.
 Ride through scenic roads of Brooklyn to find warm restaurant.
 Co-lead with 5 BBC. Predicted high below 35° cancels.

Monday, February 19**A19 50+/- MI 9:30 AM President's Day Ride**

Leader: *Abraham George* (800) 704-1776. From: *The Boathouse*.
 If the conditions are good, meet up with your friends who are not skiing for the weekend. Destination chosen by democratic vote, unless anarchy reigns and everybody just wants to go to Nyack! Temp below 32° or Blizzard of '96 Pt II cancels.

Saturday, February 24**A18 50 MI 9:00 AM Slow Ride #3**

Leader: *Doug Bixby* (212) 366-1879. From: *The Boathouse*.
 We tried last month, but got frozen out. Come out and get the legs working and ready for the season. Weather permitting, we'll head out for Rockland County - Nyack or where ever the spirit moves us. Rain, snow, or temp below 32° cancels.

B15 45 MI 10:00 AM Same Ride Different Diner

Leader: *Dick Goldberg* (212) 874-2008. From: *The Boathouse*.
 Maybe this time we actually get to ride. Lunch in Scarsdale, and maybe a new route thru The Bronx. Slick roads cancel.

B14-15 30-35 MI 9:30 AM Back-By-Noon or 3PM

Leader: *Gene Vezzani* (212) 875-1615. From: *The Boathouse*.
 Here's the deal. If it turns out to be a nice day we'll head north, stop for lunch and return by 3PM. If it's cold we'll spin up to Alpine and be home before 12:30PM.

Sunday, February 25**A18 50 MI 9:00 AM Menu Memorization II**

Leader: *CJ Obregon* (212) 876-6614. From: *The Boathouse*.
 The snow has kept us from studying the menus this winter, but we have to keep trying. If the snow has melted, come join me for a spin to the Sea Star diner in White Plains. Wind chill below 30° at 8AM cancels.

B16 45 MI 9:00 AM Meander To Pearl River

Leader: *Gary McGraine* (212) 877-4257. From: *The Boathouse*.

This route "borrows" heavily from Jeff Vogel's beautiful route to Pearl River. It's gotta be good. Slick roads or predicted high below 35° cancels.

C 25-30 MI 9:30/10 AM Frost Bite #12

Leaders: *Eileen and Larry Coyle* (718) 377-0837. From: *Grand Army Plaza entrance to Prospect Park (9:30)/Steps in front of City Hall (10:00)*.

Ride into Queens for a warm lunch place. Co-lead with 5 BBC.
 Predicted high below 35° cancels.

Saturday, March 2**A17 75 MI 9:00 AM SLD (Slow Long Distance) Ride #1**

Leader: *Marty Wolf* (212) 935-1460. From: *The Boathouse*.
 As of yet destination not determined, but please join me for a nice long excursion. Perhaps Greenwich, CT and back via Metro-North?
 Rain date: Sunday, March 3. Temp below 32° cancels.

A,B,C 24 MI 10:00 AM Self-Classification Ride

Leader: *Irv Weisman* (212) 567-9672. From: *72 St & 5 Ave entrance to Central Park*.

Each lap of this ride will be timed so that you can see how well you pace yourself. Your overall time will suggest your comfortable club ride speed. Start your riding season by "knowing thyself." Rain date: Sunday, March 3. Wet roads or predicted high below 40° cancels.

B 24 MI 9:00 AM "B" SIG - Intro

Leader: *Dick Goldberg* (212) 874-2008. From: *The Boathouse*.
 Do 4 laps at your own pace or with me at the pace we will start at next week. After the 4 laps, meet some of the other instructors and find out more about the SIG. Rain date: Sunday, March 3.

Sunday, March 3**A18-20 45-55 MI 10 AM OR... Reasons To Be Cheerful (Pts 1, 2, 3) II ?**

Leader: *Mark Martinez* (212) 496-5518. From: *The Boathouse*.
Part I: It's over 25° at 8:30 (as per NY1) and there's a fair chance it'll crack the freezing mark by midday and little chance of precip.--we're riding at 10am.

Part 2: It's hellaciously cold (see D. Aleghieri) so there shouldn't be too many pint-sized Gretsky's under foot at the Wollman Rink--we're skating at 11am.

Part 3: It's raining, sleeting, snowing--reset your alarm for 11--turn off your phone (I already have) get back into bed--we're brunching at the Bertha's Burritos (Broadway & 76th) at noon.

C13 40 MI 9:30 AM Park Ridge

Leader: *John Fullwood* (212) 927-3278. From: *GW Bridge Bus Terminal*.
 Ride to diner for breakfast of pancakes; leader will provide the maple syrup, as has become his tradition. Predicted high below 35° or rain/snow cancels.

Monday, March 4**EAT 0 MI 7:00 PM Ya Still Gotta Eat**

Coordinators: *Majarajah Jeff & Margaret* (718) 275-6978.
 Tonight's Tour of the Ethnic Restaurants - Stage 7 takes us back to

Bombay (and the Jackson Diner). And you don't even have to sit through 15 races at the velodrome first! Let the leaders know by Sunday March 3rd if you're coming.

Out of Bounds

May 13 to May 21

"A" Level Ride in Italy

The Spring 1996 NYCC Tour to Veneto and Trentino is almost full. We have a great group ready to tackle those incredible hilly miles and carbo load on lots of delicious food. If you're still interested, call Lori Turoff at (212) 691-7702. Time is running out.

July 5 thru Sept 3 1996

Bike/Camping Tour di Calabria, Umbria, e Corsica

Two month (with 1 month option) 55 mi/day scenic immersion. We'll bike the immortal uncommercialized scenic Italy of Verocchio, Cellini, Canaletto and Boccioni, commencing with the verdant Calabrian wild forests of bears and waterfalls on Italy's vistaed foot. Next is Apulia's virgin-forested Gargano peninsula, followed by green and architecture-rich Umbria on Italy's spine. Last, we'll ferry from Livorno to Corsica's forest gorges, mountain torrents and peasant pastorales. \$500 RT air thru Cheap Tickets, Inc. \$175 rail and \$15/day food. Each biker buys own tickets, carries own money. Call Paul "Ernesto" Rubenfarb (212) 740-9123.

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Help Get Away!

Planning is well under way to ensure that NYCC's 1996 "Escape From New York Century" is a success. The 1995 event, our first, attracted over 300 entries, so it's likely that when word gets out, on September 21, 1996 we'll have a much larger group. **YOUR HELP IS NEEDED** to round up sponsorship, plan and mark routes, procure food and refreshments, and for registration, marshalling, and clean-up. There's a monthly meeting, on the third Tuesday of each month. Mitch Yarvin is our Chairperson of Volunteers. **CALL MITCH TODAY** at 988-8887 to volunteer for the 1996 "Escape From New York Century".

NYCC Self Classification Ride by Irv Weisman

One of the virtues of the NYCC classified rides is the sense of mutual support offered by the group while navigating through traffic, intimidating or isolated areas and unknown countryside. By riding in well-matched groups, no one gets bored or annoyed while waiting for slower riders to catch up, and slower riders are not stressed by trying to keep up with faster riders. My research indicates that a 1mph difference in speed capability is about all the difference that can be tolerated comfortably in a group, and that is why we use the classification system.

The March Central Park Self-Classification Ride of 4 laps at a comfortable pace rather than an "all-out" effort enables each of us to determine our early season, long-distance speed capability. As the season progresses, and depending upon the extent of our individual training efforts, we improve in both speed and distance capability. In general, don't expect to improve by more than 2 mph during a season unless you do extensive training during the week. (When you train, please don't try to improve too quickly. Sudden, large increases in distance or speed can damage your knees just as they have done to other impatient cyclists in the past. Increase

your efforts gradually and you will be rewarded with stable and healthy improvement.)

The A Sig will do its first ride around Central Park at 17 MPH or so. (See the A Sig write-up.) The B and C riders will do 4 laps (24MI.) at their individual speeds which will be timed, lap by lap, by me. Your overall time will determine your speed classification, while the lap times will give you feedback on how well you maintained your selected pace. Post-cards will be available (25¢) for those who want to have their lap times analyzed and mailed to them.

The rides which I will time and analyze will meet at the Fifth Ave and 72 St entrance between 10 and 10:30 AM on Sat. March 2,

with a rain date on Sun. March 3. I urge all members to get started with their riding season at this time so that they can choose subsequent rides appropriate to their capabilities.

For those who prefer to do their training and self-classification in Prospect Park, I do not yet have reliable "class" times. However, Alex Von Braun advises that the Prospect Park course is 3.5 miles long and that 7 laps will result in 24.5 miles. Thus, the Central Park time chart (4 laps) can be used for the 7 laps in Prospect Park with good agreement in the "class" prediction. Let me know how it works for you.

(New riders: Take a moment and ask Irv about gearing - Ed.)

CALLING ALL RIDES FOR THE NYCC

Club Ride Library

The Club is computerizing its Ride Library, which will reduce to the written page the A, B, and C routes that club members have developed over the years. We are soliciting any road tested ride routes, including total miles, level of difficulty and terrain. Maps and cue sheets are also appreciated. The rides will be made available to ride leaders and club members ONLY upon request to Dona Kahn. Please send rides to:

DONA KAHN, 43 West 61st Street, Apartment 25U, New York City 10023

SIG UPDATE!

Unopened Cans of Aerosol Cheese Food Products? by Gene Vezzani

Because your bicycle has received almost no sun recently, moss and algae tend to colonize whatever surfaces they can. Take a look, is your derailleur crippled by fungus? It's almost Spring and that means that it's time for you to do something active to change. It is time for you to join one of our three SIG's in March, and kick over that pile of books on the floor next to your sofa on how to change you life to win! (*Getting Past OK*, *7 Habits of Highly Effective People*, etc.)

You'll soon discover that by establishing solid cycling habits early in the year and by riding with our talented SIG leaders, that you have an unsuspected fathomless capacity for cycling. But, you may have to make the supreme sacrifice; throwing away all of those unopened cans of aerosol cheese food products (yuk!). Do you feel like a boss in charge of an underachiever? Do you feel like your body is a station wagon in which you drive your brain around? If you answered yes to either or both of these questions then it is time for you to consider one of the A, B, or C SIGs. (Read on...)

A SIG - 10th Anniversary

10 years... the big A SIG has been around for 10 years now. It has a history, it has become part of the fabric of the New York Cycle Club. I have participated with each and every one of the first 9 SIG's. Consequently, I have been flattered with the opportunity to be the Captain of this, the 10th SIG.

It's going to be great, 10 years better than the first SIG. At the time of this writing, we are still negotiating contracts with several individuals to be leaders of this 1996 edition of the SIG. Full details will be available by March 1st. So far, Angel Rivera, one of the absolute best athletes in the entire city has agreed to terms. As has Catherine Chatham. Catherine is a nationally ranked professional cyclist, one of the more accomplished hill climbers in the whole country. Paul Leibowitz, a former SIG Captain, a champion A rider, will be with us. Jody Sayler is also on the team. Jody not only participated in the very first SIG, she was instrumental in its development. When you can ride with Jody, when you can keep up with her, you are then an A rider. There will be other celebrities on the team, other champions of the sport, other surprises.

We'll have specific skill sessions this year. We'll learn to ride in pacelines. We'll train hard. We'll ride lots of miles. We'll climb the biggest hills around. We will learn about our bicycles. We will learn about our bodies. We will laugh. We will cry out for mercy. We will learn how to ride fast. We will become A riders. Get in shape NOW! This series is for "intermediate" cyclists, strong B riders - and stronger - who want to really learn how to ride fast. The Bulletin says that strong B riders can ride 4 uninterrupted laps of Central Park in under 1 hour, 45 minutes. Our first ride will be on Saturday, March 2nd, 9:00 AM, four laps of Central Park. You'll be "cut" from the team if you can't do the 4 laps in under 1 hour, 45 minutes. Get in shape NOW because if you participate in this 10th Anniversary SIG, you will have one of the great cycling experiences of your life. And... you will become an A Rider! We promise.

Questions? Contact **CHRISTY GUZZETTA**, (212)595-3674

B SIG

The 1996 B SIG will be coordinated by Dick Goldberg with assistance from many of the NYCC's most experienced riders. This year's pro-

gram is intended to develop strong B-riders from strong C-riders. Also, the program can be used by returning B-riders as a training series for the new year.

The series begins on March 2 with a 4 lap warm-up in Central Park. At this time you can meet some of the leaders and get all of your questions answered. The following Saturday, March 9, takes the series on the road at a 13 pace for 30-35 miles. The series will increase in speed and distance for 11 weeks. Since there is no scheduled 'graduation' you may start or finish the series at any time. The series can be completed by any strong C-level rider.

The program will cover: safe riding, bike fit, proper hill climbing, group riding, minor repairs (some not so minor ones), and will give the rider a good familiarization of local routes and eateries.

If you've been waiting all winter to get out and further your biking ability, here's your chance. Come out and have fun while you learn. See you on March 2.

Questions? Contact **DICK GOLDBERG**, (212)874-2008.

C SIG

This year the Effective Cycling Course, developed by the League of American Bicyclists (LAB), will also be the core of our C-SIG. The course starts with the Self-Classification Ride on Saturday, March 2 (rain date, March 3), and will run thru Saturday, May 18. (We schedule on Saturdays so that we have Sundays as a rain date.)

The purpose of the course/SIG is to enable C riders to learn and practice the skills for riding comfortably and competently on Club rides, in traffic, and on tour over varied terrain. We will learn about bike fit, gearing and shifting, brake and derailleur adjustments, tire pressure and inflation, flat fixing, clothing, nutrition, and conditioning. Our speed and distances will gradually increase from 24 miles at 10mph cruising speed to 50 miles at 13MPH, and will include rolling and hilly terrain.

Since this is a course, you have to make a commitment to weekly attendance and to study the assigned readings in *Effective Cycling*, by John Forester, and other literature. (The cost for these materials is \$25.) All are welcome, but after the third week, the course will be limited to those already participating.

Questions? Contact **IRV WEISMAN**, (212)567-9672.

BLOWOUTS by Lou S. Pokes

1996 has started out cold and snowy. Only 12 hearty souls made it to White Plains on Marty Wolf's traditional New Year's Day ride. Does anyone else out there have an entry in their mileage log for this year? Oh yeah, you're both crazy!

The Blizzard of '96 meant that the only way to get any riding in was to get away. And the further the better. **Catherine Chatham** and **Craig Spiegel** (yes), **Margaret Cipolla** and **Jeff Vogel** (yes), **Rob Kohn** and **Shari Horowitz** (no), and **Kristi Roberts** and **Stefani Jackenthal** (no) have already ridden on two continents and four countries – Portugal, Spain, Morocco and Gibraltar. But do they have a single mile in New York City? Nooo! For seven of the eight, the highlight of the trip was riding through Morocco. The way the story goes, the group tried to trade Shari in for a camel and a goat. Unfortunately, the shepherd was a shrewd negotiator. He asked for a bicycle, too. After several hours of haggling, the offer was that he would take Shari off their hands in exchange for all eight bikes and he would keep all the livestock! After several more mint teas the negotiations ended. The shepherd went back to his sheep and the NYCC got to keep Shari. And everyone lived happily ever after...

There were supposed to be ten people on the trip to Spain and Morocco. **Bob Foss** and **Keith Goldstein** (no) had been planning to

...the shepherd went back to his sheep

go for months, (Keith since January '95, Bob since May.) What happened? They both waited until the last minute to renew their passports. You know the rest of the story. The government shut down and the passport office closed. They tried everything; the US embassy in Ottawa and London, telephone calls to Senators and Representatives, fake faxes from Portugal. Nothing worked. They stayed home and missed a great trip. They are our Government Bozos of the month and co-winners of the **Lifetime Road Bozo Award** for their procrastination.

That's it for the riding in January, although there was lots of cross-training going on. Supposedly, there were more club members in Central Park on the Monday after the Blizzard than on any Sunday in the summer. Except this time everyone was on cross-country skis.

While we were battling the snow, **John Waffenschmidt**, **Don Ketteler**, **Jim Babbitt**, **Jim Greene**, **Bob Moulder** and **Seymour Friedman** were amongst a group battling the 90° BELOW zero temperatures while climbing Baxter Peak in the Mt. Katahdin area in Maine. Let's all wish Jim Babbitt a speedy recovery from his frostbite. Stick to cycling, Jim. But, how cold was it, really? It was so cold that, according to Bob Moulder, "You could spit and it would freeze before it hit the ground."

The next winter hike/climb trip is to Mount Marcy in February where they will probably run into **Reyna France** and **Charlie Katz** (yes) during the trip they're organizing to Lake Placid. Among those joining the trip will be **Don Montalvo** who will be up there ice skating. It seems that Don is becoming an expert at short track skating. Don says it's like racing a criterium with full contact allowed!

The ultimate off-bike activity was perfected by newly elected NYCC President **Gene Vezzani**. It's called Bullet-Dodging. It seems Gene was held up at gun point at an ATM in Lincoln Center. and thanks to Gene's help, the police managed to catch the thief. I'd stick to cycling.

Congratulations are in order for three NYCC couples. First, **Paul Liebowitz** and **Theresa Byrne** were married on January 20th. But will we ever hear the real stories from the Bachelor Party?



and the NYCC got to keep Shari.

Second, **David Greenberg** and **Tania Blinich** are going to legalize their common law marriage. It's about time - they've lived together for nine years!

Finally, our **Lee Kennedy** and CRCA's **Rick Purdy** announced their engagement. They weren't about to wait nine years - it was little over nine weeks! Congratulations to all of you.

If the snow ever melts the most interesting ride for February will be **Paul Rubenfarb's** Frostbite Ride. It will be a real C-Ride. No scooter. What's next for Paul? The A SIG, maybe?

And don't forget, rain or shine, snow and slush, it's the **Cipolla-Vogel** ALL-YOU-CAN-EAT Brunch on Sunday, February 4th. Be There!

THE NYCC NEEDS YOU

to lead a ride in March. Call by February 13:

A-RIDES:

CONRAD MEYER (212)535-2444

B-RIDES:

IRV WEISMAN (212)567-9672

C-RIDES:

DONA KAHN (212)399-9009

TREAT YOURSELF TO A PRE-SPRING TUNE UP!

Deep tissue massage for cyclists offered by a NYCC member and licensed massage therapist.

Call: **Julienne Pollitt** (212)777-6490 • NYCC member discounts!

Before your first club ride, please read this:

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

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

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

NYCC rides are led by volunteer leaders who plan the route and maintain the listed pace (eg. B15 pace = B Style / 15 mph cruising speed - see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

RIDE STYLE indicates the type of riding. See chart at right. **CRUISING SPEED** indicates the ride's speed on flat terrain. Over rolling terrain, **AVERAGE RIDING SPEED** is 3 mph less than cruising speed; **OVERALL SPEED**, including all rest and food stops, is about 6 mph less than cruising speed. This will vary plus or minus 1 mph according to terrain.

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

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

BIKE TRAINS: Check schedule below!

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

FROM GCT	TO/FROM	TO GCT
7:58 AM (HUDSON LINE)	POUGHKEEPSIE	4:12 PM
8:49 AM (HARLEM LINE)	BREWSTER NO.	4:08 PM
8:07 AM (NEW HAVEN LINE)	NEW HAVEN	3:57 PM

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

RIDE CLASS	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.

RIDE CRUISING SPEED	CENTRAL PARK SELF-TEST 4 - 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

A C-Ride For All Seasons and All Riders

In 1996, the club is planning to expand its C rides to better serve its members.

We are still dedicated to being the place where a new rider feels at home and acquires an addiction to bike riding for pleasure and/or exercise. But the C rides should reach out to other riders as well, e.g., the A and B rider, who may occasionally not feel up to the fast pace of some of the A and B rides; the C rider who has advanced to a B but may be slow on hills and doesn't want the pressure of worrying about falling behind on a fast B ride; the C rider who wants to do lots of miles but at a more leisurely pace than some B rides; the C rider who wants to do difficult terrain and learn how to handle hills but at his or her own pace, etc.

To meet these needs (and many more), we are hoping to have as many C rides a weekend as possible, each with a different purpose. To achieve this goal, as the C rides Coordinator, I need everyone to

join in and give me ideas for rides and volunteer to lead one, two, or maybe even more rides. Whether you are an A, B, or C rider, it is very rewarding to lead a ride and receive positive feed back from riders who enjoy the experience and opportunity to learn from your skills.

If you are new to leading rides, I will help find someone to co-lead with you and will supply suggested routes. So - call me to say "I am ready to lead a ride in 1996." HOME (212)399-9009 or WORK (212)278-1812. Many thanks, - Dona Kahn.

**Always wear your helmet.
No headphones.**

Spin Your Way Into Spring with Lori Turoff

Every winter we face the challenge of how to keep riding when the weather turns less than balmy. It's hard to stay motivated alone in our living rooms on rollers and wind trainers. This winter, I've discovered a new way to keep the pedals turning without getting wet, cold or terribly bored - **SPIN CLASSES**.

Spin classes are offered at various health clubs around the city and are instructor led group rides set to pounding music. The stationary Spin bike is made by Schwinn and has a 38 pound metal flywheel connected to a fixed drive train. As you pedal, the front wheel builds up momentum while the direct drive makes it impossible to "coast". The feel is much like a fixed gear track bike. To change resistance you turn a poorly placed dial near the stem. Without resistance, pedal cadence can easily surpass 120 rpms as you spin your way downhill. Turn the dial a few times and you can simulate anything from the slightest incline to an out of the saddle attack on a killer hill. Classes typically last 45 minutes and since you control your own resistance, you can make your workout as challenging or easy as you want..

Music sets the pace of the ride and the tone of the class. Instructors vary greatly, some go for a more straight forward cycling type experience while others are more theatrical. As a cyclist, I prefer the more basic classes and avoid the *"let's pretend we're at the disco ball and boogie with our hands high in the air while we pedal"* fantasy trips.

Most classes include some rhythmic "presses" with the upper body and arms

against the fat, slippery handlebars (wear bike gloves). I've been told the presses are supposed to "get you into the rhythm of spinning and help with your flow." My flow is just fine without pressing, so I skip them and just ride. The music progresses in no particular order with a different activity planned for each song. Very fast music combined with no resistance will get your cadence up - a skill certain to carry over beneficial effects when you're on a real bike. "Jumps", or repeated alternating intervals of standing and sitting, get your heart rate near red line in about 30 seconds. Most classes include some climbing and there is often some sprinting or running while standing, too. Usually only the instructor is able to do these since they require incredible timing and leg strength.

The usual attire is aerobic shoes, but do yourself a favor and wear non-cleated bike shoes. Most bikes have old fashioned metal rat trap pedals and toe straps. Some clubs have clipless "Look" pedals on some bikes, or will allow you to bring your own. Others don't want the clients messing around with the equipment. Make sure your feet are securely strapped into the toe clips as the pedals will tear your shin open if your foot comes free mid-spin. Unfortunately, the saddles are old-style, heavily foamed, squishy touring ones so bike shorts are recommended.

The condition of spin bikes varies greatly from club to club. Find a club with well maintained bikes and be on the lookout for frozen stems and seats that won't adjust. Observe a class and ask for a trial before you join.

Instructors qualifications vary greatly too. Some are certified, some not. Few seem to know squat about cycling biomechanics, heart rate training, proper body position or bike fit.

So why bother? For one thing, spinning is fun. If you're a decent cyclist, you will be good at spinning very quickly and can use it as an invaluable training tool. Use your heart rate monitor and don't be surprised to find you're at or near your anaerobic threshold most of the class. If you want a less intense workout, back off on the resistance. As Spring approaches, you can use the spin classes to incorporate high intensity workouts into your overall exercise program.

Hopefully, as spinning and its proponents become more sophisticated, classes will be designed to address specific training goals, rider ability level and needs. Look for longer classes, introductory classes for beginners with attention to form and position, advanced classes focused on increasing cadence or classes based in heart rate driven intervals. The potential is certainly there. The true test will come in March when its time to venture outdoors. If I feel better than I have in previous years, it will have been worth every penny and every drop of sweat.

Spinning classes are offered in the New York City area at Equinox Fitness Clubs, Crunch Fitness, Club Reebok and The Chelsea Piers. Prices and membership options vary greatly from club to club as do facilities.

WHILE YOU'RE PLANNING YOUR
SPRING 1996 WARDROBE, SAVE MONEY
AND CLOSET SPACE BECAUSE THE:

1996 NYCC JERSEY IS IN THE WORKS.

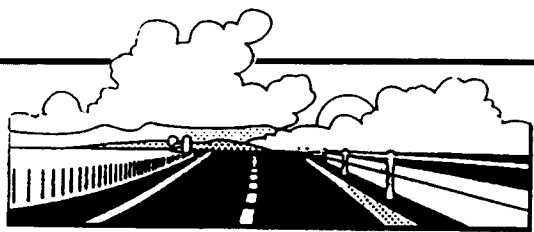
LOOK FOR DETAILS
IN UPCOMING BULLETINS

BEFORE YOU SHOP FOR THE 1996 SEASON, CHECK OUT THIS

Consumer Bike Expo

CYCLES PLUS is sponsoring a two night consumer bike expo, on Wednesday, February 21 & Thursday, February 22 at THE COTILLION, 4400 Jericho Turnpike, Jericho, L.I., from 4PM to 11PM each day. Dozens of manufacturers will be represented (the list is too big to print here.) You can see the latest bikes, components and accessories. Find out what's HOT for 1996, whether you're riding on- or off-road. Purchase merchandise at special show prices. In addition, these special prices will be honored at both Cycles Plus locations. The nominal \$5.00 admission will go towards any store purchase. There will be refreshments, prize drawings and celebrity appearances, too. Also, bike clubs, including the NYCC, will have display space.

For information, call **Cycles Plus** at (516) 944-8567.



Bike tours in Florida this winter shouldn't cost an arm and a leg!

\$89 per day includes deluxe accommodations (30 mi. N of Orlando), continental breakfasts, support van, experienced leaders, maps & cue sheets.

Helmet and 18-spd. rentals available. Join us for 2-5 days, Mondays thru Fridays, Feb. 11 — March 15. Call us for more information. All prices based on double occupancy.

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

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 at the address listed on page 2 of this bulletin. Hard copy sent via mail or fax are preferred. Listings will appear for one month unless otherwise specified.

ALLEZ (3Rensho) road bike. 58cm center-center, full Campy/Shimano, red. Excellent condition — \$650. **1972 Italian MASI** road bike. 58 cm c-c, chrome, all Campy Record — \$1000. **PRISM FORK**, almost new — \$75. **KRYPTONITE CITY LOCK**, unused — \$45. Pair 27-1/4" **CAMPY WHEELS**, High Flange, set — \$100. Contact: **Alan** (212)794-1109.

DE ROSA FRAME AND FORK. 55 cm, excellent condition — Best Offer. Call: **Laurence** (212)982-4159 and leave message.

CLASSIC SPECIALIZED ROCKHOPPER COMP. 19", good commute/knock-about bike — Asking \$150. Call : **Simone** (212)773-6928 (day) (718) 639-1732 (evening)

----- (CLIP, FILL IN, MAIL) -----

TO ALL MEMBERS: **YOUR VOTE IS NEEDED!**

Proposed Bylaw Amendment

Your Board of Directors proposes an amendment to the Club's bylaws to change the fiscal year from December 1 through November 30 to January 1 through December 31. The amendment is proposed for 2 reasons. It makes the fiscal year concurrent with the term of the Board of Directors, which should increase accountability. Moreover, in recent years the holiday party has become a bigger item in the budget, and its accounting has fallen into two fiscal years which has created confusion. The amendment will allow the expenses and income of such a party to be shown in a single fiscal year.

Shall the following amendment to the Bylaws of the New York Cycle Club be adopted:

So much of Section 1 of Article VII of the Bylaws of the New York Cycle Club as reads "[t]he fiscal year of the Club shall be from December 1 through November 30" is amended to read "[t]he fiscal year of the Club shall be from January 1 through December 31." For the transitional year beginning December 1, 1995, the fiscal year shall be December 1, 1995 through December 31, 1996.

☐ In Favor

☐ Opposed

Please return ballot by March 1, to:

Ben Goldberg, 1 Washington Sq. Vlg., #5B, New York City 10012

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988-8887



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Your Suggestion May Be Our Best Solution

We value your opinion. Please take a minute and tell us your thoughts on the following six questions.

Mail your completed questionnaire to: **GENE VEZZANI, 35 West 64th Street, Apt. 9-H, New York, NY 10023.**

You may fax your responses to: (212)875-1615 or E-mail your answers to genev@usa.pipeline.com

Name (optional): _____

MULTIPLE CHOICE. (PLEASE CHECK ONLY ONE ANSWER)

- 1 How long have you been a member of the NYCC?

☐ less than one year
☐ 1 - 2 years

☐ 3 - 4 years
☐ 5 years or more
- 2 Approximately how many NYCC rides have you been on in the past year?

☐ less than three rides
☐ 3 - 5 rides

☐ 6 - 10 rides
☐ 11-15 rides

☐ 16 - 20 rides
☐ more than 20 rides
- 3 What type of NYCC rides do you usually do?

☐ A level rides

☐ B level rides

☐ C level rides

ESSAY QUESTIONS. (ATTACH ADDITIONAL SHEETS IF NECESSARY)

- 4 Why did you join the NYCC?

- 5 What are the three most important aspects of the NYCC?

- 6 What types of activities or events would you like to see organized by the NYCC?



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.

Stay happy with Happy!

Faster than a speeding bullet, more powerful than a locomotive, able to climb State Line Hill in a single gear... You, too, can be all of these and *pain free*. Faster, stronger, and more comfortable on your bike - a veritable Superman or Wonder Woman (you already own the spandex clothing)! Whether you're an A, B or C rider, experienced or new to cycling, Happy can add a new dimension to your cycling. Come hear **HAPPY FRIEDMAN**, former racer and USCF coach, speak on performance, training, fitting a bike properly, and injury prevention.

GET HAPPY. COME TO O'HARA'S ON FEBRUARY 13TH.

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DID YOU REALIZE YOUR MEMBERSHIP EXPIRED ON DECEMBER 31?

DON'T GET DROPPED. RENEW NOW.