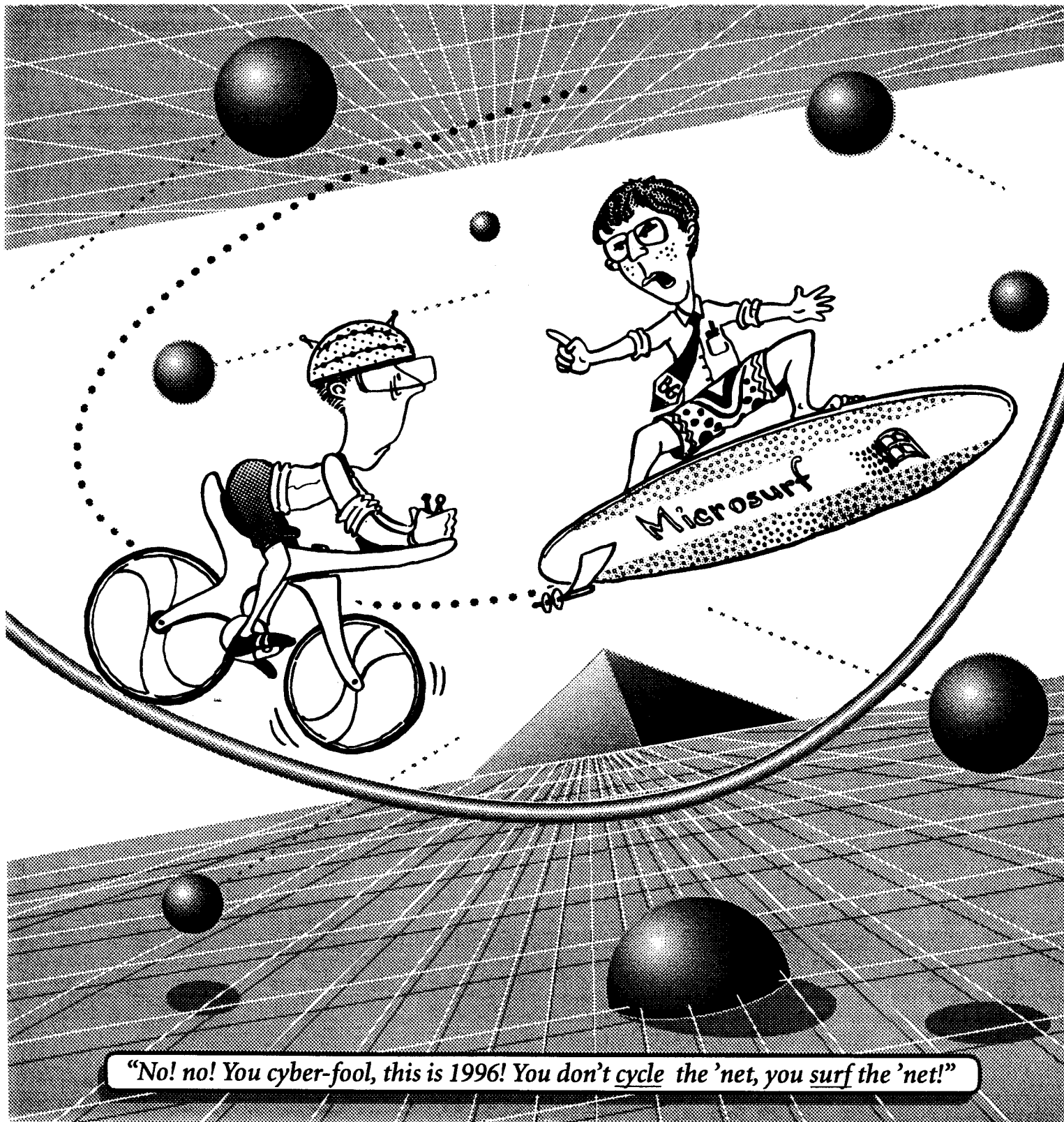


January  
1996

# NYCC Bulletin



"No! no! You cyber-fool, this is 1996! You don't cycle the 'net, you surf the 'net!"

# Alphabet Soup

by Steven Britt

**First of all, a happy/healthy New Year to all** and welcome to the Cycling Year (the New One, that is).

It's goal time again, so set them high and look no further than the next 11 issues, for the rides and advice you need to achieve them. To help reach these goals, all three SIGs begin in March. More details will follow next month...

Other rides/events scheduled for the coming year are:

MARCH 2	Effective Cycling Class begins
APRIL 28	200K Brevet
MAY 18	300K Brevet
MAY 19	Montauk Century
MAY 24 - 27	Sheffield Weekend
JUNE 2	Tallman All-Class
JUNE 7-9	GEAR '96
JUNE 15	400K Brevet
JULY 4-7	West Point Weekend
JULY 13	600K Brevet
JULY 28	Kingsland Point All-Class
AUGUST 3-4	Club Getaway Weekend
SEPTEMBER 8	Bethpage All-Class
SEPTEMBER 21	ESCAPE from NEW YORK Century
OCTOBER 11-14	Su Casa Weekend

This is the current schedule and as always is subject to changes (and additions)! Start planning now, and we'll see you on the road.

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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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**Subscriptions:** Free to members. If you don't receive your copy by the first of the month call Mitch Yarvin 988-8887.

**Credits:** Cover art by Mike Samuel. Printed at Dandy Printing, Bklyn, NY.

**Display Advertising:** Only bicycle related advertising is accepted. Page size is 7.5 by 10 inches. Rates for camera-ready copy: Full page, \$250; Half-page, \$135; Quarter-page, \$75; Eighth-page, \$45. Frequency discounts available.

### To publish an article:

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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 6.



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



## Monday, January 1, 1996

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

Leader: *Marty Wolf* (212) 935-1460. From: *The Boathouse*.

If you're worried that your 1996 mileage chart will be empty until spring, here's your chance to get off to an easy-paced start. Brunch in White Plains at the Sea Star Diner.

### C 25 MI 10:30 AM New Year's at The Bronx Zoo

Leader: *Elly Spangenberg* (212) 737-0844. From: *The Plaza Hotel*.

This annual pilgrimage returns to the zoo for the second year in a row (the neighboring Botanical Gardens are closed New Year's Day). Perhaps a visit to the animal kingdom will inspire participants' New Year's resolutions. At least it will help burn off December's indulgences. Bring a bike lock, \$6.75 for admission, and money for lunch at a diner. Co-lead with 5BBC. Predicted high below 35° cancels.

## Saturday, January 6

### A18 50 MI 9:00 AM Slow Ride #2

Leader: *Doug Bixby* (212) 366-1879. From: *The Boathouse*.

Easy ride to Nyack (or some similar destination if you're sick of Nyack) This ride is dedicated to Jane, Kristi, Ellen, and Lee. Rain, snow, or temp below 32° cancels.

### B14-15 35-40 MI 9:35 AM Back-By-Noon Movie Review

Leader: *Gene Vezzani* (212) 875-1615. From: *The Boathouse*.

Cold weather riding rules! Here's an excellent chance for you to get 35 to 40 miles in before noon, and still have the rest of the day free to do other things. Today's ride includes a review of all of the latest movies that you have seen. The ride destination will change weekly.

## Sunday, January 7

### A18 55 MI 9:00 AM Arctic Express

Leader: *Ben Goldberg* (212) 982-4681. From: *The Boathouse*.

No one has ever frozen to death on a bike (you'd fall off first), so why not join me to Ridgewood? Temp below 20° cancels.

### B15 46 MI 10:00 AM Same Ride Different Diner

Leader: *Dick Goldberg* (212) 874-2008. From: *The Boathouse*.

Lunch in Scarsdale and maybe a new route through The Bronx. Slick roads cancel.

### C 25-30 MI 9:30/10 AM Frost Bite #5 - Fort Lee

Leader: *Jay Jacobson* (914) 359-6260. From: *Grand Army Plaza*

entrance to Prospect Park (9:30)/Steps in front of City Hall (10:00).

Checking the ice flows in the Hudson River until we get to a warm place for lunch. Co-lead with 5BBC. Predicted high below 35° cancels.

## Wednesday, January 10

### A12 ?? MILES 6:00 AM Marrakesh Express

Leaders: *Youssef Vogel & Mohammed Cipolla* (718) 275-6978.

From: *The Medina in Fez*.

Take me to the Kasbah! Saddle up your camels for this magic carpet ride as we travel through the souks and dunes of Morocco.

Pacebusters will be sold for spare camels! Lunch in Casablanca of couscous and tajine. Water? Fill your camelback!

## Saturday, January 13

### A19 50 MI 9:30 AM Nyack

Leader: *Alison Holden* (212) 688-1723 From: *The Boathouse*.

If it's 19° in December, what's the likelihood of riding in January? Let's be optimistic and plan a trip to Nyack, if we make it that far! New snow on roads or forecast high under 35° cancels. (Check NY1).

### B14-15 35-40 MI 9:35 AM Back-By-Noon Restaurant Review

Leader: *Gene Vezzani* (212) 875-1615 From: *The Boathouse*.

Cold weather is your friend! Today's ride includes a review of the best and the worst restaurants that you have recently visited. Continuance of series which was started last week.

## Sunday, January 14

### A18 50+/- MI 9:30 AM Nyack

Leader: *Fred Steinberg* (212) 787-5204 From: *The Boathouse*.

The shortest distance to the warmest N-eatery - Nyack, Norwood, Nearmont? Icy roads, wind chill below 15° cancels.

### B16 40 MI 9:00 AM Staten Island Views

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

Take in the winter harbor scene from Staten Island. Plus some hills for deep breathing. Slick roads or predicted high below 35° cancels.

### C 20 MI 9:30/10 AM Frost Bite #6 - Astoria

Leader: *Roscoe George* (212) 989-0883. From: *Grand Army Plaza*

entrance to Prospect Park (9:30)/Steps in front of City Hall (10:00).

Ride of the two Greeks to the Greek Sculpture Garden in Astoria and then to Uncle George's Greek Restaurant. Co-lead with 5 BBC (Jeff Shapiro and Susan Klitzman). Bring locks for lunch stop. Predicted high below 35° cancels.

**Wednesday, January 17****A/B/C 0 MI 6:30 PM Ice Delights #1**

Coordinators: Reyna Franco & Charlie Katz (212) 529-6717. Location: Wollman Rink, Central Park.

Is it the NYCC Ice Capades or ice charades? Don't miss out on some embarrassing spills and thrills. Post skate Irish refreshments anticipated. Rain or temp below 28°, meet indoors at Chelsea Piers Ice Rink.

**Saturday, January 20****A17 40 MI 10:30 AM One Year to Go to the Inauguration**

Leader: Richard Rosenthal (212) 371-4700. From: The Boathouse. The U.S. presidential inauguration is at noon one year from today. Will the electorate vote to dissolve more authority to the States? We'll investigate by riding to State Line. No meal stops. In the event of snow, rain, slop, or temp below 32° at start, we don't ride but we might build or true wheels, in which case, call.

**A/B 40 MI 10:00 AM Dogs & Fries**

Leader: Herb Dershowitz (212) 929-0787 From: The Boathouse. Easy paced ride to Nathan's in Coney Island. Rain/Snow date: Sunday, January 21.

**B14-15 35-40 MI 9:35 AM Back-By-Noon Play Review**

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. The colder the better! Today's ride includes a review of the most recent Broadway/Off-Broadway play that you have recently seen. Series began January 6.

**EAT 0 RETURN BY 2 AM Kushat!! Brighton Beach Tour of Ethnic Restaurants Stage VI**

Leader: Stephka Bleacher (212) 348-2661  
An intense evening of eating and drinking at a Brighton Beach Russian Nightclub. Car service arranged. Call leader for details.

**Sunday, January 21****A19-20 56 MI 10:00 AM B-M-B II**

Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. Boston-Montreal-Boston? No, it's Boathouse-MONTVALE-Boathouse as we try to thaw out last month's ride. It's 30 miles to the new diner in Montvale with several hills before lunch. Unlike the real B-M-B, rain, snow, or extreme cold cancels this ride, as does too much vodka (Stoli?) the night before.

**A18 50 MI 9:00 AM MENU MEMORIZATION I (REVISITED)**

Leader: CJ Obregon (212) 876-6614 From: The Boathouse. We'll try this ride again! (cancelled from last month) Be sure to bring your earmuffs and helmets as we sail out to the Sea Star in White Plains. Temp below 30° at 8am cancels.

**C 20-25 MI 9:30/10 AM FROST BITE #7 - BROOKLYN**

Leader: John Bermudez (212) 532-4917 From: Steps in front of City Hall (9:30)/Grand Army Plaza entrance to Prospect Park (10:00).

Ride into Brooklyn in search of a warm restaurant. Co-lead with 5 BBC. Predicted high lower than 35° cancels.

**X\* 8 MI 8:40 AM HARRIMAN HIKE TO PINE MEADOW LAKE**

Leaders: Marilyn and Ken Weissman (212) 222-5527 From: Port Authority Bus Terminal (40th St & 8th Avenue @ Zaro's Breadbasket). If you haven't tried winter hiking, you're in for a marvelous experience. This is one of the most scenic hikes in Harriman. We start with Reeves Brooke's exotic ice formations, climb the "cascade of slid," then picnic overlooking Pine Meadow Lake. After lunch, Diamond Mountain beckons. (Ken just loves hills, whether biking or hiking.) The carat is several inspiring views, including the WTC from 60 miles away and exhilarating downhill, especially if there is 6-12" of snow on the ground. Wear boots or waterproof shoes, and layered clothing. Bring water and food. There are NO facilities. Expected high below 20°, rain or snow, cancels. Call if large snow accumulation during the week. RT fare on Shortline to Sloatsburgh is \$19. We'll be back around 5pm. \* = cross-training

**Saturday, January 27****A18 55MI 9:00 AM SHARP NYACK SLED DOG RIDE (NOT VIA 9W)**

Leader: Leo Canzoneri (212) 779-4116 From: The Boathouse. Come on! You don't want to be skiing or skating. You want to be on your bike, don't ya. It's much safer. Here is a nice short, but sweet, ride. We will be taking any other route besides 9W (probably 505), passing through the town of Piermont, and stopping in Nyack for lunch. Wet roads cancel.

**B14-15 35-40 MI 9:35 AM Back-By-Noon Book Review**

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Cold weather is riding weather! Today's ride includes a review of the most recent book that you have read. Continuance of series begun last week.

**Sunday, January 28****A18-20 45-55 MI 10:00 or ... Reasons To Be Cheerful (Pts 1, 2, 3)**

Leader: Mark Martinez (212) 496-5518 From: The Boathouse.  
**Part 1:** 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 10 am.  
**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 11 am.  
**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 Westside Brewery (Amsterdam & 76th) at noon.

**B16 50 MI 9:00 AM Park Ridge Pancakes**

Leader: Gary McGraime (212) 877-4257 From: The Boathouse. Meander through Bergen suburbia. Check out Lake Tappan Reservoir and climb Clinton Ave on the way home. Slick roads or predicted high below 35° cancels.

**C 20-25 MI 9:30/10 AM Frost Bite #8 - Queens**

Leaders: Linda Wintner (212) 876-2798 and Dona Kahn (212) 399-9009  
From: Grand Army Plaza entrance to Prospect Park (9:30)/Steps in front of City Hall (10:00).

Ride into Queens in search of a warm ethnic restaurant. Co-lead with 5 BBC. Predicted high below 35° cancels.

**Tuesday, January 30****A/B/C 0 MI 6:30 PM Ice Delights #2**

Coordinators: Reyna Franco & Charlie Katz (212) 529-6717. Location: Wollman Rink, Central Park.

Is it the NYCC Ice Capades or ice charades? Don't miss out on some embarrassing spills and thrills. Post skate Irish refreshments anticipated. Rain or temp below 28°, meet indoors at Chelsea Piers Ice Rink.

**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.

**Sunday, February 4****A 45+/- MI 9:00/9:40 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.

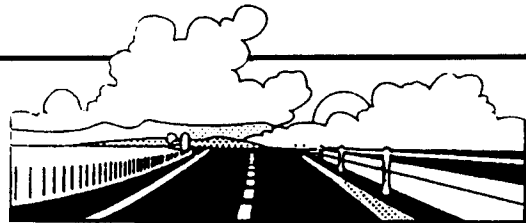
# Out of Bounds

**May 13 to May 21****"A" Level NYCC Ride in Italy**

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

**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. The tourbus hordes infest not the sublime Italy, but only the souvenir shop agglomerations. Instead, we'll bike the immortal uncommercialized scenic Italy of Verocchio, Cellini, Canaletto and Boccioni, commencing with the verdant Calabrian wild forests of bears and waterfalls on Italy's 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.

**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

**Membership Minute** by Mitch Yarvin

Yes, it's true, it's that time of year again. I know it's only early January and only a few of us are still thinking about cycling, but it's time for us all to renew our NYCC membership for 1996. You wouldn't want to miss out on the Spring training rides, or on joining the SIGs, or the 1996 Escape from New York Century, or the great NYCC President's Day, Memorial Day, July Fourth, or Columbus Day weekends, would you? Remember, subscriptions are for the calendar year: they end in December, and begin in January. So, to paraphrase, **renew early**, and **renew often!** Send your check along with the form on the inside back cover. Any questions? Call me at (212) 988-8887.

## Escape Again....

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

## 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 TRAIN #	TO/FROM	TO GCT	TRAIN #
HUDSON LINE #8809 7:58 AM	POUGHKEEPSIE	4:12 PM	#8844
HARLEM LINE #9009 8:49 AM	BREWSTER NO.	4:08 PM	#9030
NEW HAVEN LINE #6510 8:07 AM	NEW HAVEN	3:57 PM	#6545

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

RIDE CLASS	DESCRIPTION
<b>A</b>	Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.
<b>B</b>	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
<b>C</b>	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half-hour or so.
<b>ATB 1</b>	Hilly to mountainous and single track riding. Mountain bikes only.
<b>ATB 2</b>	Rolling to hilly with some single track and trail riding. Mountain and hybrid bikes.
<b>ATB 3</b>	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 very big welcome to 8 New Members!

Elizabeth Greenberg • Larry Herold  
Linda Kristiansen • Cliff Marbut  
Mark Serlin • Jan Steffens  
Richard Townley • Glen Trotiner

See you in the saddle.

Now is the time to perfect your ride  
leading skills for 1996! To lead a ride in  
February, call by January 12

**A-Rides:** CONRAD MEYER (212) 535-2444

**B-Rides:** IRV WEISMAN (212) 567-9672

**C-Rides:** DONNA KAHN (212) 399-9009

THEY ARE WAITING FOR YOUR CALLS...

## Blowouts by Lou S. Pokes

It was quite an auspicious start to the Frostbite Series, wasn't it? The first week **Karl Dittebrandt** managed to finish with less than half of those who started. Ask him about it. The second week **Geo Kaplan** was scheduled to lead. He got several calls from Five Boro Bike Club members asking if the ride was still on. The wind chill was twenty BELOW! Can we name their entire club as Road Bozos this month?

It was a happy Thanksgiving for **John and Kathy Ceceri** as 8 pound, 9 ounce **Anthony Gabriel Ceceri** was born on November 28th. Congratulations to both of you.

Also, congratulations to **Alan Resnick**. Alan, who has been riding and racing in the New York area for 25 years was elected President of the Century Road Club Association.

What do you do when your large black Labrador is lying around, whimpering and moaning? If you're **Mindy Kaufman**, you check your Power Bar supply. Mindy checked and found 15 empty Power Bar wrappers. And Mindy's response? "Didn't I tell you to drink lots of water with those!"

We have **Kristi Roberts** to thank for this month's quote. "I didn't bow to peer pressure. I curtsied gracefully." Just put the rack back on! And **Rob Kohn**, yes, you're in a lot of trouble.

Oh, yes, there was an occasional ride

last month. The Hedgehog ride was held on a beautiful 55 degree December day. The annual party ride started with a group of 34. However only 15 proved to have the necessary social skills to complete the ride. (It's a 35 mile, A ride, with two long stops!) The question is, after several pitchers of Margaritas did anyone have the riding skills to make it the quarter mile down to the Tarrytown train station.

And once again the party to end all parties was the NYCC Holiday celebration at Cucina Della Fontana. The highlight of the evening was certainly when **Geo Kaplan** was presented with the coveted Platinum Saddle Award and the club was just getting settled for what promised to be a tear-jerking acceptance speech when Geo relinquished the floor to new president **Gene Vezzani**.

The winter weather may keep you off your bike, but ya still gotta eat! **Margaret Cipolla** and **Jeff Vogel** (yes) have been organizing a series of monthly dinners at ethnic restaurants in the area. This month **Stephanie Bleacher** is running the show. And what a show it will be! Saturday, January 20th – dinner at a Russian restaurant in Brighton Beach. Don't expect to be home early. Look for more details in the ride listings.

PROVERB OF THE MONTH:

"Loose lips make  
Lou S. Pokes."

— IRV SCHACTER





## The Few, The Proud...

The NYCC Ride Leader. Actually there were over 140 leaders last year (thanks to all). If you feel that you've enjoyed a number of rides and would like to repay your fellow NYCCer, give your Rides Coordinator a call and tell them, "I'd love to lead a ride for the club!" You'll be greeted with a warm reception and a promise of any assistance you need to make your dream come true.

The coordinator can help you with a route if one does not come to mind and, as occurred a number of times last year, find a co-leader if you feel you need a little assistance that first time out.

Give them a call and help your club by leading more rides in '96.

### 1995 Leading Ride Leaders:

Gene Vezzani, 70. Jeff Vogel, 23. Paul Rubenfarb, 22. George Kaplan, 20. Irv Weisman, 18. Mark Martinez, 13. C.J. Obregon, 13. Steven Britt, 12. Dick Goldberg, 12. Irv Schacter, 12. Mitch Yarvin, 12. Karl Dittebrandt, 11. Mary Allen, 10. Rich Borow, 10. Marty Wolf, 10

#### The following led 3 or more rides:

Jim Babbitt, Caryl Baron, Steve Baron, Alinda Barth, Doug Bixby, Ethan Brook, Maggie Clarke, Lisa Davis, Herb Dershowitz, Michael DiCerro, Karin Fantus, Richard Fine, Ed Fishkin, Reyna Franco, John Fullwood, Rikki Furman, Sandy Gold, Ben Goldberg, Keith Goldstein, Anne Grossman, Christy Guzzetta, David Hallerman, Peter Hochstein, Allison Holden, Jay Jacobson, Donna Kahn, Abe Karron, Isabel Kirsch, Rob Kohn, Clif Kranish, Paul Leibowitz, Grace Lichtenstein, Ray Malecki, Gary McGraime, Tom McMahon, Conrad Meyer, Judy Meyer, Jim Modula, Don Montalvo, Liane Montesa, Peter Morales, Paul Mutzek, Don Passantino, Kristi Roberts, James Rosar, Richard Rosenthal, Jody Sayler, Hindy Schacter, Gary Silverman, Jonathan Silvers, Phil Simpson, Jane Slotin, Steve Ullman, Miguel Vilaro, Linda Wintner, Mark Wolz, Greg Worley, Marc Yatkowsky, Mike Yesko, David Younglove,

#### Additional ride leaders:

Myra Alperson, Tim Andon, Harold Aronowitz, John Becker, Tania Blanach, Stephanie Bleacher, Alfred Boland, Carlos Cardona, Joe Catella, Margaret Cipolla, Alan Cohen, Eileen Coyle, Larry Coyle, Cynthia Cryan, Stephanie Davis, Tony Dean, Stuart Desser, Jim Drazios, Bob Foss, Seymour Friedman, Andrea Goodman, David Greenberg, Phyllis Greenberg, Stan Greenberg, Amy Hanowitz, Damon Hart, Jeanine Hartnett, Julie Horowitz, Shari Horowitz, Stefani Jackenthal, Paul Janus, Henry Joseph, Charlie Katz, Mindy Kaufman, Richard Kaufman, Lee Kennedy, Jane Kenyon, Marla Kittler, Michael Knopf, Charlie Komanoff, Jim Lane, Adam Larson, Mark Masuelli, David Miller, Bob Moulder, Kevin Mulvenna, Pete Negron, Alan Resnick, Douglas Riccardi, Ellen Richard, Scott Saunders, Ferdi Scharf, Peter Schug, Dan Schwartzman, Bill Schwarz, Karen Sherman, Jim Siler, Jonathan Snellenburg, Ed Sobin, Elly Spangenberg, Rachel Spevack, Maynard Switzer, David Thomas, George

Tsugranes, Lori Vendinello, Jed Weaver, Ken Weissman, Marilyn Weissman, Wayne Wright

#### Thanks also go to the following coordinators for 1995:

Mary & Ed Allen, John Becker, Margaret Cipolla, Christy Guzzetta, Steve Ullman, Lori Vendinello, and Jeff Vogel.

### 1994 Ride Leaders:

Jeff Vogel, 28. Gene Vezzani, 22. Karl Dittebrandt, 19. Lawrence Ksiez, 18. Irv Weissman, 18. Christy Guzzetta, 16. Paul Rubenfarb, 16. Mark Martinez, 15. Bob Moulder, 15. Maggie Clarke, 14. Steve Britt, 13. Ray Malecki, 13. Irv Schacter, 12. Caryl Baron, 11. Steve Baron, 11. Marty Wolf, 11. Herb Dershowitz, 10. George Kaplan, 10. David Miller, 10. Mitch Yarvin, 10. Ben Goldberg, 9. Jane Kenyon, 9. Mark Masuelli, 9. Carmen Perez, 8. Hindy Schacter, 8. Jonathan Silvers, 8. Rikki Furman, 7. Sandy Gold, 7. Peter Hochstein, 7. Don Passantino, 7. Mary Allen, 6. Rich Borow, 6. Richard Fine, 6. Paul Liebowitz, 6. Liane Montesa, 6. Don Montalvo, 6. C.J. Obregon, 6. Ken Weissman, 6. Ethan Brook, 5. Carlos Cardona, 5. Carey Chu, 5. Henry Joseph, 5. Lori Vendinello, 5. Marilyn Weissman, 5. Ernie Yu, 5. Reyna Franco, 4. Damon Hart, 4. Conrad Meyer, 4. Judy Meyer, 4. Kevin Mulvenna, 4. Ellen Richard, 4. Bill Strachan, 4. George Tsugranes, 4. Jim Babbitt, 3. Ron Grossman, 3. Amy Hanowitz, 3. Grace Lichtenstein, 3. Richard Rosenthal, 3. Fred Steinberg, 3. Miguel Vilaro, 3. Wayne Wright, 3.

#### Additional ride leaders:

Tim Andon, Alex Bekkerman, Doug Bixby, Stephanie Bleacher, Michael Brennen, Margaret Cipolla, Steve Connell, Lamont Cranston, Cynthia Cryan, Lisa Davis, Tony Dean, Ed De Freitas, Mike DiCerro, Arlene Ellner, Dorothy Fong, Athena Forogolu, Bob Foss, Dick Goldberg, Keith Goldstein, Andrea Goodman, Stan Greenberg, Anne Grossman, Ron Heller, Shari Horowitz, Stefani Jackenthal, Abe Karron, Charlie Katz, Manfred Kuechler, Isabel Kirsch, Rob Kohn, Charlie Komanoff, Lisa Lager, Jim Lane, Lance Leener, John Luisi, Dave Lutz, Elizabeth Maas, Kate Marion, Peter Matusenitch, Brian McCafferey, Dan McGuire, Jim Modula, Peter Morales, Cathe Nuekum, Ed Ravin, Dave Regan, Kristi Roberts, Robert Samuel, Jody Sayler, Peter Schug, Dan Schwartzman, Bill Schwarz, Karen Sherman, Pat Thomson, Howie Turoff, Larry Ubell, Greg Worley, Claire Wyckoff, Marc Yatkowsky, David Younglove.

Check us out on the Web!

**NYCC Web URL**

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

## **From the President's Desk** by Gene Vezzani

It seems that there are many interesting challenges and issues presenting themselves to the new Board in 1996, and we welcome your thoughts and suggestions. Upcoming issues of the Bulletin will carry questionnaires that will provide you with the opportunity to participate in the process of managing our club. The only way that we can get a true sense of your opinions and those of the other one thousand members on a specific issue is through your response to the questionnaires. We look forward to hearing from you.

The program that is scheduled for our January club meeting promises to be loaded with excellent information on staying or getting in shape during the long winter months. Caryl Baron has made arrangements for us to see a demo of a wind trainer that gets the job done quietly without disturbing your neighbors or loved ones. Mark your calendar and plan on having an enjoyable evening with other cyclists at our general club meeting on Tuesday, January 9 at O'Hara's.

**Best wishes for a successful riding year in 1996.**

## **From the Editor's Desk** by Douglas Riccardi

After years of careful guidance from Caryl Baron, to whom great thanks and praise are owed, the bulletin has been passed into my hands, and I am looking forward to creating something that is both useful and entertaining to the club members.

You may have noticed some of the changes that were made this month and you will certainly be seeing more of them in the future. My upmost concern is that the bulletin contains features that are of interest to all New York cyclists, and to that end I urge any of you who have ideas to submit them, preferably in writing, to the address you will find on page 2. I only ask that

you keep in mind three simple things: 1. design issues are subjective, 2. we can't fit in everything every month and 3. we do sometimes screw up and forget things.

Thanks for your help.

**Your ideas may  
be our  
best solutions.**



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

## Big news for all cyclists

CRCA has invited Tom Ehrhard to speak to local cyclists and other athletes on Friday evening at 7 pm, January 5, 1996. Mr. Ehrhard developed the VIPERCOACH system of training, which is a nationally recognized heart rate-based, computerized conditioning and strength program for elite and recreational endurance athletes. To translate that, the program is terrific for anyone at any level and with any sort of work schedule. The program is simple to understand and, thus, simple to follow. Also exciting is that Tom Ehrhard is on the cutting edge of

training research so he will be a fascinating speaker. Plus, his experience is varied: he is hooked up with the USCF National coaches, was a Regional coach for two years, this year he selected the US Military World's Team, and he is an Air Force Officer. Elizabeth Emery, a CRCA member and rider for the Chevrolet/LA Sheriffs, had remarkable success with Mr. Ehrhard's program over the past year.

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

### 1st Annual NYCC Lake Placid Cross Training Weekend Presidents' weekend, February 16-19

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

Name(s): \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Day \_\_\_\_\_ Evening \_\_\_\_\_ Fax \_\_\_\_\_ E-mail \_\_\_\_\_

#### SKIING:

Enter # days and calculate ski fees (Group Rates)

☐ ALPINE: \$30/day x \_\_\_\_\_ days = \$ \_\_\_\_\_

☐ NORDIC (X-COUNTRY): \$6/day x \_\_\_\_\_ days = \$ \_\_\_\_\_

#### ALPINE SKIING FOR BEGINNERS:

Includes full day lower mountain lift ticket.

☐ w/ski rental: \$35/day x \_\_\_\_\_ days = \$ \_\_\_\_\_

☐ w/out ski rental: \$ 25/day x \_\_\_\_\_ days = \$ \_\_\_\_\_

**Total ski fees:** \$ \_\_\_\_\_

#### ROOM OPTIONS:

Rates per person. Includes 3 nights lodging and 3 breakfasts.

☐ SINGLE - \$365

☐ DOUBLE - \$220

☐ TRIPLE - \$170

☐ QUAD - \$150

**Roommate(s):** \_\_\_\_\_

#### ENTER TOTALS

Total Skiing: \$ \_\_\_\_\_ Room Option: \$ \_\_\_\_\_ **TOTAL DUE: \$** \_\_\_\_\_

#### CARPOOL NECESSARY (Select one):

☐ I can provide transportation for \_\_\_\_\_ number of people.

☐ I need transportation (options: carpool, car/van rental, Amtrak + bus)

#### SPACE IS LIMITED

Please send check and this form by January 12 to:

**Reyna Franco, 1 Irving Place, Apt. 1-10C, New York, NY 10003**

For more information, call Reyna at:

(day) 212-623-0368 or (night) 212-529-6717.

## Re-Cycling

Two classifieds per member per year are free (up to 6 lines). Additional ads \$1.00 per 50 char. line. Please send classified listings to the Bulletin Editor at the address listed on page 2 of this bulletin. Hard copy sent via mail or fax are preferred.

**CANNONDALE FIX** (track bike): 56cm, 1 year old. Needs front end. \$300. **SEROTTA NOVA SPECIAL**, Columbus tubing, 56cm, Campy Super Record Gruppo — collector's beauty in PRIMO condition. \$550. Contact: **Jennifer** (718) 876-7485.

**SPINERGY WHEELS**. Clinchers. 8 spd HG. The rear has never been ridden — brand new! \$600.00 for the pair. Also, **SCOTT RAKE BARS**. "More aero than traditional bars!" Never been used. \$40.00. Call: **Catherine** (212)663-6536

**BLACKBURN MAG TRAINER**. Brand new. \$150.00. Also, **CATALYST/TIME** fork, etc. Call: **Gary** (212)877-4257



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### 1995 Renewal / Membership Application / Change of Address

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 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.

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

**New York Cycle Club, P.O. Box 199, Cooper Station, New York, N.Y. 10276.**

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9W paved with ice? 🤖  
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