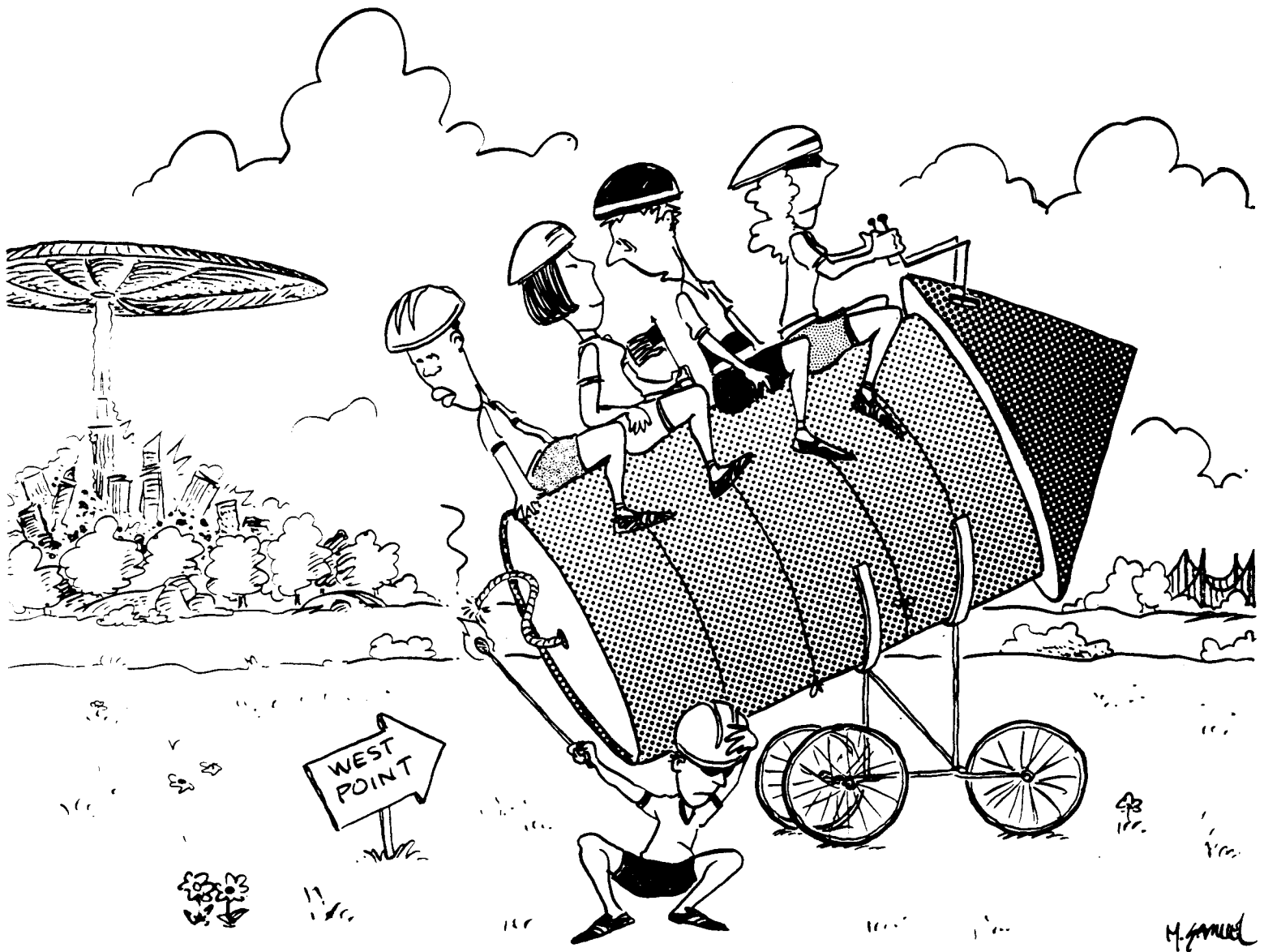


July  
1996

# NYCC Bulletin

INDEPENDENCE DAY



*"I thought the Fourth of July trip to West Point was a bicycle ride."*

# Bulletin Board

## ANOTHER NYCC JACKET AND JERSEY UPDATE.

Your colorful new 1996 club jerseys and jackets are in and waiting for you to pick them up at the July meeting at O'Hara's. If you placed a prepaid order for either a jersey and/or a jacket please come to O'Hara's on Tuesday, July 9th and see what is becoming a fast favorite of club riders in the Big Apple.

**ANOTHER CHANCE FOR SOME CULTURE...** Bicycle historian Pryor Dodge has agreed to give NYCC members a private tour of his collection at the PaineWebber Gallery on Wednesday, July 10 at 7PM. The PaineWebber Building is located on 6th Avenue between 51 and 52 Streets. If you bring a copy of Pryor's book, *The Bicycle*, he will autograph it for you. There is no charge, but reservations are required. Please call Stephanie Blecher at (212)348-2661 to hold your place.

**BIG NEWS FROM METRO NORTH!** Robert MacLegger and Walter Brett of Metro North's Operations Planning Department announced several additions to their Bike Train Program at the June Club meeting. Beginning June 30, on Saturdays and Sundays there will be two morning Bike Trains on the Hudson Division: at 7:54 AM and 8:58 AM. Coming home in the evenings will be much easier, too: three trains from Poughkeepsie will be designated as Bike Trains - the 4:12, 5:12 and 6:12. These trains will be marked on the timetable with a Bike symbol, and there will be an explanation on the back of the timetable. Note that these Hudson Line trains have a limit of 15 bikes per train.

The other lines' weekend Bike Train schedules remain the same: on the Harlem Line the 8:49 AM departing from Grand Central and the 4:08 PM from Brewster North will accommodate up to 15 bikes in the northernmost car. On the New Haven line, the 8:05 AM from Grand Central and the 3:57 PM from New Haven will be equipped with Bar Cars which, while closed to the public, have a few seats and can accommodate 30 to 40 bicycles.

In addition, with the June 30 timetable the current maximum of 4 bikes per train on non-bike trains will be relaxed to 8 bicycles. This new limit covers all lines on weekends only. During the week, the current limit of 4 remains in effect.

**But that ain't all!** There will be signs posted at the Garrison, Cold Spring and the New Hamburg Stations directing cyclists to a spot on the north end of the platform where they may board the trains. Thus the train crew will have an easier time with the cyclists and vice-versa.

One last thing: Special Event Trains (more than one hour before or after a scheduled Bike Train) will still need to be coordinated by calling Jeff Vogel at (718)275-6978. **Any questions?** please call Geo Kaplan at (212)989-0883.



FROM LEFT: Jeff Vogel, Robert MacLegger, Walter Brett and Geo Kaplan with coveted NYCC musette bags. To order one of your own, call Gene Vezzani. (Supplies are limited.)

## NEW YORK CYCLE CLUB

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### To publish an article:

Contact:  
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Submit 3.5 inch diskette plus hard copy. Advise operating system, software, phone number. Material may be edited for length and clarity. A full page of text is 750 to 1090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

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

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

# Club Rides

**RIDE LISTINGS:** To lead a NYCC ride next month and list it in the bulletin, contact the Ride Coordinator (see page 2) for that ride class on or before this month's club meeting date.

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

**ALWAYS WEAR YOUR HELMET. NO HEADPHONES.**



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



## Tuesdays in July

**A/B ??MI 7:00 PM Early Week Training Series**  
 COORDINATOR: STEVE "NIGHT TRAIN" ULLMAN (212) 473-1897 FROM: GRAND ARMY PLAZA ENTRANCE TO PROSPECT PARK. We're moving the series to Prospect Park to encounter a minimum of "rolling foot traffic." Train as you may, bring appropriate lighting, water, etc.

## Wednesdays in July

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

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

## Wednesday, July 3

**A/B/C 0-24 MI 6:30 PM Mid-Summer Pizza Ride #3 - Yikes!**

LEADER: MITCH YARVIN (212) 988-8887 FROM: THE BOATHOUSE. With two riders and more than two hundred pies consumed it's time for all you vegies to come on out and pick the broccoli off the pies. Bring \$6 exact change. Half-price sale on broccoli at Fairway or rain at start cancels.

## Thursday, July 4

**A/B/C All Class Club Weekend in West Point**

COORDINATORS: JODY SAYLER (212) 799-8293 & CHRISTY GUZZETTA (212) 595-3674. 4 days, 3 nights, rides planned for A, B, and C riders, sunset dinner cruise on the Hudson River, outdoor concert on July 4, luggage transport, swimming, cycling, and fun. \$230. A few spaces may be left, call coordinators in you are still interested.

**A19/21 70 MI 8:00 AM West Point**

LEADERS: MARGARET CIPOLLA & JEFF VOGEL (718) 275-6978 FROM: FIFTH AVE & 72 STREET. A beautiful all new route to West Point which avoids Route 17 through Suffern and Sloatsburg. We'll still do the length of Seven Lakes Drive with an option to climb Perkins. Please note this is two separate rides at different paces on the same route. If you're not spending the weekend at West Point, remember your Metro-North pass for the return from Garrison.

**C10 6 MI 5:45 PM Fireworks in lower Manhattan**

LEADER: TERRY CHIN (718) 680-5227 FROM: WENDY'S RESTAURANT, 14TH ST. BETWEEN BROADWAY & UNIVERSITY PLACE (ACROSS FROM UNION SQUARE PARK). Celebrate the 4th with an early evening exploration of historic lower Manhattan. This ride ends at the South Street Seaport for fireworks and food. Bring lock and money for dinner. (Bike should be equipped for night riding - lights required.) Colead with the 5BBC.

## Saturday, July 6

**A19/21 70± MI 9:15 AM Trotting To Goshen**

LEADERS: MARGARET CIPOLLA & JEFF VOGEL (718) 275-6978 FROM: HOTEL THAYER (WEST POINT, NY). Come join us for the day on this classic ride through Orange County to Goshen. If time permits we may stay for a race or two at the historic race track. Please note this is two separate rides (different routes, different paces) to the same destination.

**B16-18 60+ MI 9:39 AM Pearl River**

LEADER: GENE VEZZANI (212) 875-1615 FROM: THE BOATHOUSE. Here's an all new destination for B riders - Pearl River. Let's see what the Pearl River Diner has to offer. Please bring pocket food and plenty of water since the first stop is about 35 miles into the ride.

**C14 35 MI 10:00 AM Coney Island My Way**

LEADER: CHESTER ADAMIK (212) 254-3665 FROM: STEPS IN FRONT OF CITY HALL. Take "my way" along the Shore Road Bike Path for lunch at Nathans and then we will all decide which way we go back.

## Sunday, July 7

**A20 65 MI 8:30 AM Ridgewood**

Leader: Ben Goldberg (212) 982-4681 FROM: The Boathouse. Brisk paced ride to a quick bagel stop.

**B17 60 MI 9:00 AM Tallman Park via Old Tappan and Orangeburg Roads**

LEADER: ABE KARRON (212) 686-8748 FROM: THE BOATHOUSE. Bring swim-suits, pocket food, and water.

## Newcomers Ride #3 to Rivervale

Here is another easy paced ride especially designed to introduce newer Club members to pretty suburban New Jersey riding. There are some hills, so low gears are necessary. Picnic at Pascack Brook Park (Rivervale). Bring or buy lunch. Helmets are required.

**B14 60 MI 8:45 AM**

LEADERS: GENE VEZZANI (212) 875-1615 FROM: CENTRAL PARK BOATHOUSE.

**C13 45 MI 9:15 AM**

LEADERS: IRV WEISMAN (212) 567-9672 FROM: GW BRIDGE BUS TERMINAL (TAKE THE A TRAIN TO 175 ST. STATION).

**C13± 30+ MI 8:30/9/10 AM Beach Bums I**

LEADER: ROSCOE GEORGE (212) 989-0982 FROM: THE BOATHOUSE (8:30)/STEPS IN FRONT OF CITY HALL(9:00)/GRAND ARMY PLAZA(10:00). Ride to the beach. Bring a swimsuit and towel (change rooms available). Colead with 5BBC.

## Tuesday, July 9

**A20-22 60± MI 8:00 AM Tuesday Morning Spin**

LEADER: JEFF VOGEL (718) 275-6978 FROM: THE BENCH ACROSS FROM THE BOATHOUSE. Play hooky, take a mental health day, whatever. Just join us for this friendly spin through Bergen and Rockland Counties. Guaranteed return by 1PM.

**Saturday, July 13****600K BREVET 4:00 AM**

COORDINATORS: STEVEN BRITT (212) 288-6324 &amp; JEFF VOGEL (718) 275-6978. Call the coordinators for more information.

**A19-22 275 MI ??? AM DELAWARE WATER GAP WEEKEND**

LEADERS: MARTY WOLF (212) 935-1460 &amp; BILL RICHARDS (212) 675-1946 FROM: CALL LEADERS. Join us for a fully self-supported, very challenging ride. Overnight in E. Stroudsburg, Pa. For motel info and start time and place call leaders. Rooms may be limited.

**A20 60 MI 7:30 AM Yelena, Jonathan & Zach's Ride**

LEADERS: STAN GREENBERG (718) 935-9786 &amp; BEN GOLDBERG (212) 982-4681 FROM: THE BOATHOUSE. We'd both like to be home early to be with our kids. So join us for a brisk early ride somewhere north or west. No jokes about icebergs (we'll tell you later if you don't get it) and remember not to call us after 9pm the night before, since some of us will be asleep. Projected high of 100° will shorten the ride.

**A20 60+ MI 9:00 AM GW Bound**

LEADERS: CATHE NEUKUM (212) 564-3505 &amp; KEITH GOLDSTEIN (212) 982-9461 FROM: THE BOATHOUSE. We'll go somewhere in Bergen or Rockland County. Maybe not that original but it should be fun and we promise if we go to Nyack it won't be 9W. Skills required.

**B16-18 50+ MI 8:30 AM West Point**

LEADER: GENE VEZZANI (212) 875-1615 FROM: THE INFORMATION BOOTH INSIDE GRAND CENTRAL STATION. We're going exploring today. Our first adventure involves a ride on the Metro-North train to Peekskill where we transfer to a ferry that takes us across the river to West Point. Our next adventure us the guarantee of getting lost at least twice while riding through the gorgeous country outside of West Point. We'll return by boat and train to Grand Central a little before 6:00pm. Please bring your Metro-North card and \$27 for your round trip ticket.

**B15 60 MI 9:00 AM Oyster Bay Beach**

LEADER: JIM DRAZIOS (718) 225-1842 FROM: THE STATUE OF CIVIC VIRTUE (E/F TRAIN TO UNION TPKE). Mid-summer swim at Oyster Bay Beach, then continue on to Bayville batting cages! 75% chance of rain cancels.

**C12 40 MI 9:00 AM Piermont**

LEADER: BERNIE BRANDELL (718) 633-1759 FROM: THE BOATHOUSE. To our old favorite - a leisurely ride out and a few hills back. Lunch at the pier weather permitting. Helmet, a properly maintained bike, and good cheer are all you need.

**Sunday, July 14****A20 75+ MI 8:30 AM Little Tor**

LEADER: PHIL SIMPSON (718) 639-6264 FROM: THE BOATHOUSE. Come with me on a ride up to Little Tor. We will swing back through Nyack on our way back for a second break, if the group agrees. Be sure to bring two water bottles and pocket food for this ride.

**A19 65 MI 8:00 AM Beat The Heat**

LEADER: REYNA FRANCO (212) 529-6717 FROM: THE BOATHOUSE. As long as it is not hotter than 90° at 8AM, we'll have a quick ride and return before the leader melts. For extra points, bring a snowball.

**B16 65 MI 9:00 AM Lowering Arizona To Fargo**

LEADER: IRA MITCHNECK (212) 662-2997 FROM: THE BOATHOUSE. With apologies to the Coen Brothers. A cinematic experience as we cool off from the summer heat in Westchester, the real land of a thousand lakes. Arizona heat or Minnesota winter cancels.

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188 Main Street / Nyack, NY / 353-8937  
"Just a couple of blocks from Broadway"**C13± 30+ MI 8:30/9/10 AM Beach Bums II**

LEADER: ROSCOE GEORGE (212) 989-0982 FROM: THE BOATHOUSE (8:30)/STEPS IN FRONT OF CITY HALL (9:00)/GRAND ARMY PLAZA (10:00). Ride to the beach. Bring a swimsuit and towel (change rooms available). Colead with 5BBC.

**C13 55 MI 9:30 AM Nyack Beach Park Picnic**

LEADER: PETER HOCHSTEIN (212) 427-1041 FROM: THE BOATHOUSE. Out in the boonies that inspire meaningless alliterative New Left bombast to blossom explosively from the metaphorically fertile soil of our discontent, we'll cycle past vintage Victorian villas and postmodern high ranches, through enclaves of fearful bourgeois lawnglass farmers and the lavish hideaways of the grossly greedy superich, to the pitted path along the Hudson where we'll picnic at benches erected by big shouldered laborers. Galoshes not necessary. Sorry, no scooters. Bring helmet, innertube, pump, and your wildest hyperbole. Precip or gas attacks cancel.

**C12 25 MI 10/11 AM Ride to Alpine**

LEADERS: GUY SUSSMAN (212) 799-8867 &amp; LINDA WINTNER FROM: THE BOATHOUSE (10:00)/GW BUS TERMINAL (11:00). Join us for a ride to Alpine boat basin where we will have a picnic lunch and "contra dance" to the modern, upbeat, Celtic sounds of a band called Grand Picnic. Our cosponsors, Country Dance of NY will give us instruction in this traditional New England dance before the music begins. Dance, listen to music or do both - and meet new people. Bring lunch (no place to buy) lock, shoes to dance in and \$6.00 for admission.

**Thursday, July 18****A/B/C 0-24 MI 6:30 PM Sicilian Pizza Ride #4 - Mamma Mia!**

LEADER: MITCH YARVIN (212) 988-8887 FROM: THE BOATHOUSE. I know I like the corner slice, how many others do? Let's find out on this Sicilian Pizza Day ride. It's a little extra so bring \$7 exact change. Non-sicilian pie riders welcome for regular pie-fest. Rain at start or pizza man's day off cancels.

**Saturday, July 20****A21 65 MI 9:00 AM Park Ridge Please**

LEADER: DOUG BIXBY (212) 366-1879 FROM: THE BOATHOUSE. A pleasant ride to the Park Ridge Diner. Good manners will be greatly appreciated (At least on the road, if not at the diner).

**A19 70 MI 9:00 AM Some Westchester Hills**

LEADER: C.J. OBREGON (212) 876-6614 FROM: THE BOATHOUSE. Flat to White Plains, then Anderson Hill, Nanny Hagen, and Ridge Road. Wait for leader at the top! Helmet required.

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

**B16-18 50+ MI 9:30 AM****Mary's Back Porch**

LEADER: GENE VEZZANI (212) 875-1615 FROM: THE BOATHOUSE. The Bulletin has carried an ad for Mary's Cafe in Nyack for the past few months that looks interesting. Join us for this fairly flat, only one hill, ride to the back porch at Mary's Cafe.

**B16 70± MI 8:30 AM****Hill Climber To Croton Falls**

LEADERS: KARIN FANTUS (212) 873-5559, CHARLIE KOMANOFF (212) 219-3484 & MARK MASUELLI (212) 996-9823 FROM: THE BOATHOUSE. Every hill ever recorded (almost) between The Boathouse and Croton Falls Reservoir. Bring plenty of pocket food and water, and suit for possible swim. Metro-North return (don't forget your pass).

**C14 50 MI 9:00 AM****Kings Point to Sands Point**

LEADER: HAROLD ARONOWITZ (718) 454-2263 FROM: STATUE OF CIVIC VIRTUE (E OR F TRAIN TO UNION TURNPIKE). Enjoy the beautiful north shore with stops at Merchant Marine Academy and Sands Point. Lunch at the water. Rain or over 90 degrees cancels. Call leader if in doubt.

**Sunday, July 21****ALL-CLASS Bill Baumgarten Memorial Kingsland Point Park Picnic (AKA. A special deal for all members)**

All rides will converge on Park by 12:30PM. All club members who sign-in for the ride will receive a free lunch! This is usually a hot one, so drink, drink, drink.

**A21 85+ MI 8:00 AM SHARP**

LEADERS: JUDY & CONRAD MEYER (212) 535-2224 & STEVEN BRITT (212) 288-6324 FROM: THE BOATHOUSE. Beautiful route to Croton Dam before re-grouping in the park for a picnic lunch. We are doing 60 miles before lunch so bring two water bottles, pocket food, musette bag, spare bike, etc...

**A19 65 MI 9:00 AM**

LEADER: ABE KARRON (212) 686-8748 FROM: THE BOATHOUSE. We'll enjoy the nice Westchester hills and meet the rest of the crew for lunch.

**B16/17 55+ MI 9:15 AM**

LEADER: GENE VEZZANI (212) 875-1615 FROM: THE BOATHOUSE. We head for the hills of Westchester today to enjoy a club picnic along the banks of the Hudson. The climbs will cost ya' but the lunch won't!

**B14 60 MI 9:00 AM**

LEADER: PETER MORALES (718) 833-4370 FROM: THE BOATHOUSE. Easy paced ride to Tarrytown. Option to return on Metro-North (don't forget your pass) or subway.

**C13 50 MI 9:00 AM**

LEADERS: MEGAN WISDOM (212) 664-1934 & TOM MCNERNEY (212) 945-6131 FROM: THE BOATHOUSE. Ride through scenic lower Westchester. Picnic lunch on the banks of the Hudson

**Saturday, July 27****A21 55 MI 10:00 AM****"A" TO "B" RIDE**

LEADER: MARK MARTINEZ (212) 496-5518 FROM: THE BOATHOUSE. "A" as "A" ride to Company B's Pub in Orangburg. "B" - as in we'll be lucky to keep a "B" pace on the way home. Put your bike weenie chatter on hold for a while and learn the civilized art of micro-brew quaffing. Find out what flavor PowerBar goes with an Oatmeal Stout (none) . . . or just give Nyack a rest with some sociable under-achievers. Rain at start changes to Manhattan brewpub brunch. Call leader on morning of ride for details of rain option. Womens Temperance League members drink free!

**A19 70 MI 9:00 AM****Purchase Backcountry Greenwich For A Song**

LEADER: IRA MITCHNECK (212) 662-2997 FROM: THE BOATHOUSE. Visit

verdant ridges and pass lakes, shop for porches and sing about your spot in a sculpture garden at Purchase. House hunting skills optional.

**B16-18 65+ MI 9:30 AM****Rockland Lake**

LEADER: GENE VEZZANI (212) 875-1615 FROM: THE BOATHOUSE. Last month our Rockland Lake ride was a lot of fun. This month we're doing it again the same way. did we create a whole new definition for the word paceline?

**B13+ 50 MI 7:40 AM****Milford to Bethany... A Day In Connecticut**

LEADERS: STEPHANIE DAVIS (718) 622-1399 & STEVEN JACKEL FROM: GRAND CENTRAL STATION. Bethany where? Come explore some of Connecticut's fleeting farmland. This ride stays on roads (some hilly, one killer) and passes some areas of unsurpassed natural beauty. Afterwards, we might eat dinner in Milford before returning to NYC. Metro-North permit required (\$18 roundtrip). Bring helmet, bungee, pocket food & water - there are few places to stop for amenities. (CT riders meet @ 9:35am @ Milford RR Station). Joint with 5BBC.

**C13 55 MI 9:00 AM****Oyster Bay**

LEADERS: DONA KAHN (212) 399-9009 & LINDA WINTNER (212) 876-2798. FROM: STATUTE OF THE CIVIC VIRTUE (E OR F TRAIN TO UNION TURNPIKE). Take a scenic route to the Planting Fields. Bring \$3.00 for entrance fee and bring lunch since there is no place to buy.

**Sunday, July 28****A21 85 MI 8:30 AM****A Return To The Scene**

LEADER: RICH BOROW (212) 866-1966 FROM: THE BOATHOUSE. A winding, rolling ride up to Greenwich for a picnic lunch at the gazebo in the park and then - if the weather's nice - over to Westport for a train return. This year I plan to avoid the ambulance shortcut that I used last time. Extra water & pocket food suggested. Metro-North pass essential.

**A19 75+ MI 9:00 AM****South Mount Road-wise**

LEADER: FRED STEINBERG (212) 787-5204 FROM: THE BOATHOUSE. Clockwise or counter-clockwise? Show up and find out!

**B16 75 MI 8:30 AM****Putter Up To Putnam**

LEADER: MARK MASUELLI (212) 996-9823 FROM: THE BOATHOUSE. Every hill ever recorded (almost) between The Boathouse and Croton Falls Reservoir. Bring plenty of pocket food and water, and suit for possible swim. Metro-North return (don't forget your pass).

**C14 60 MI 9:00 AM****Nyack Beach**

LEADER: TRACY MAKO (212) 734-8068 FROM: THE BOATHOUSE. Scenic route to our old favorite picnic ground on the waters of the Hudson. Bring or buy lunch.

**C13± 30+ MI 8:30/9/10 AM****Beach Bums III**

LEADER: DICK GOLDBERG (212) 874-2008 FROM: THE BOATHOUSE (8:30)/STEPS IN FRONT OF CITY HALL(9:00)/GRAND ARMY PLAZA(10:00). Ride to the beach. Bring a swimsuit and towel (change rooms available). Colead with 5BBC.

**Saturday, August 3****A21 86MI 9:00AM****Saddle River Road**

LEADERS: NORA SALAZAR (212) 353-3375 & CHRISTY GUZZETTA (212) 595-3674 FROM: THE BOATHOUSE. Great ride to Saddle River Road. We may/may not climb Little Tor. We may/may not climb South Mountain Road.

**C14 25MI 11:00AM****River Road**

LEADER: MINDY KAUFMAN (212) 749-0156 FROM: THE BOATHOUSE. Sleep in and get your rest for the hills to the police station on River Road. Picnic on the grounds - bring your own food (no place to buy). Helmets are an absolute requirement.

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### CYCLING ASIA

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### Sunday, August 4

**A21 80MI 8:30AM**

**Garrison, The Hard Way**

LEADER: DAVID THOMAS (212) 675-6191 FROM: THE BOATHOUSE. After breakfast in New City the road tilts up to Harriman State Park, then we hammer across Bear Mountain Bridge to catch the train back to Grand Central. Metro-North pass required.

**C13-15 60MI 9:30AM**

**Nyack Beach**

LEADERS: HINDY & IRV SCHACHTER (212) 758-5738 FROM: THE BOATHOUSE. Ride across the G.W. Bridge through Bergen County past duck ponds, farmer's market, horses, open fields and other scenic attractions. At a certain point the ride splits into two groups, one faster with more hills,

the other slower and flat (except for hill on return) but very scenic. We meet in Nyack and picnic at the beach. Bring or buy lunch.

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

LEADER: DAN PASSANTINO (718) 446-9025 FROM: THE BOATHOUSE  
(8:30)/STEPS IN FRONT OF CITY HALL(9:00)/GRAND ARMY PLAZA(10:00).

Ride to the beach. Bring a swimsuit and towel (change rooms available). Colead with 5BBC.

### Out Of Bounds

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

### Sunday, September 8

**THE BICYCLE TOURING CLUB OF NORTH JERSEY'S**

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

### Sunday, September 29

**THE 15TH ANNUAL GOLDEN APPLE - COUNTRY CYCLE CLUB**

**CENTURY.** Starts in Katonah, NY. 25/50/75/100 and 125 miles. \$15 pre-reg. fee by September 14. Call (914)762-9372 for information.

### Saturday, September 21

**THE CENTURY TO END ALL CENTURIES: THE NYCC 2ND ANNUAL "ESCAPE FROM NEW YORK" CENTURY!**

Three beautiful routes - Century, metric-century and half-century. Last year we had a great turnout for a wonderful day. Make plans now to be there! Registration information to come in the August Bulletin.

## Reflections of the C-SIG Graduates

— Jan Steffens

The C-Sig was a real confidence builder, an in-depth introduction to bicycle maintenance and repair, with a few tips on riding technique and etiquette. We discovered that having these skills and riding with others who share them makes all the difference between a pleasurable ride and a miserable one. Irv Weisman, (truly a WISE man and cycling guru of the NYCC) led our intimate group of eight through the League of American Bicyclist's Effective Cycling Program.

If you know Irv, you know that NO DETAIL GOES OVERLOOKED! With triple chain rings, cogsets, gear values, and COMFORTABLE FIT in mind, each of us set out, one by one, on a

bicycle shopping spree. If the bike shop couldn't do it right, Irv made it better, by sending us back to argue for more! Heady with the confidence of Irv's knowledge and our own persistence, we always got what we needed!

But most exceptional of all, is the attention, caring and concern that Irv shares with all of his students "off hours". How can I ever thank him for untold hours of tutelage on the phone many nights well beyond midnight! Irv's near-rabid concern, re: proper gearing (i.e., attention to knees) and never-failing availability for conversation provided a safety net, without which I might not have had the confidence to keep growing with the sport.

Eight weeks later it was graduation time at the June 11 club meeting at O'Hara's. In a display of affection for our beloved mentor, Irv, each of the C-SIG graduates wore a custom-designed "IRV'S ANGELS" t-shirt (artwork by our

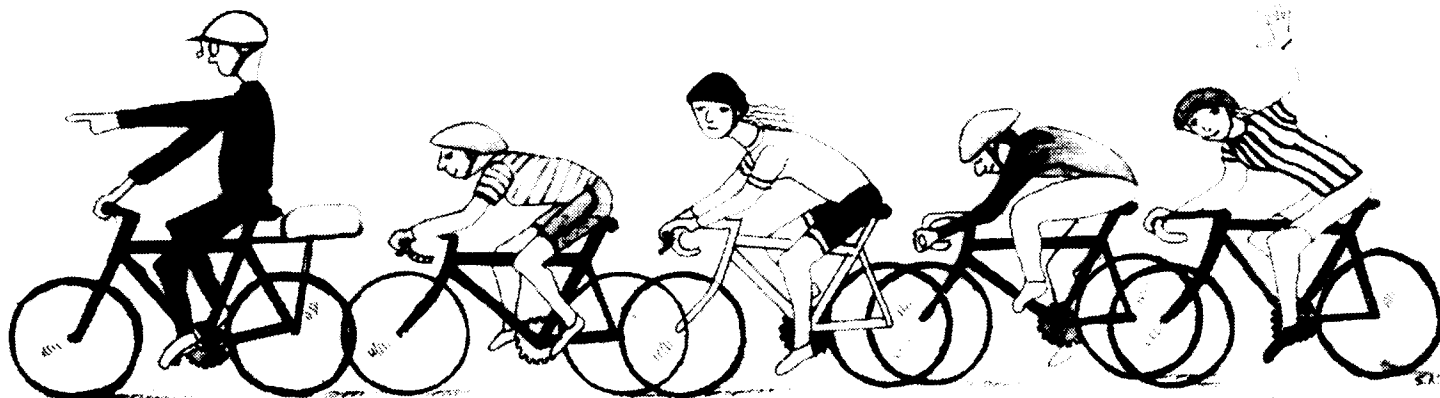
own, Susan Krieg). Take a look at Irv at the head of the pack!

Not only was Irv immensely surprised and delighted by the sentiment, but several other members of our club expressed a desire to own the same shirt, in tribute to Irv, as well. Any interested persons may order a t-shirt by sending a check for \$20 to:

Jan Steffens, 341 West End Ave. #2B  
New York, NY 10023  
(212) 362-7950

Please: order by AUGUST 1, to be distributed at the August 13 club meeting.

With great fondness, we will always remember our beloved leader's propensity for "IRVISMS". Favorites include "the fundamental perversity of inanimate objects..." and the ever-popular "women who have crotch problems should get a shorter stem"!



## Hydrate or Shriveled Up, Suck Wind & Get Dropped

by Julie Walsh, MS, RD

During last year's SIG, I met many riders interested in the purported performance benefits of, say, super blue-green algae or chromium picolinate, but no one asked me how much or what they should be drinking during rides? And of all the sports nutrition products available, water or sports drinks are the best (and cheapest) way to faster riding. Here's why:

### WATER WORKS

It doesn't supply calories, vitamins or minerals, but water is essential for virtually every function in the body from aiding digestion, cushioning joints and organs to keeping body temperature from rising to lethal levels during exercise. In fact, H<sub>2</sub>O is so important it accounts for 55-65 percent of your weight.

While cycling, muscles can produce anywhere from 30-100 times more heat than when they're at rest. The body extinguishes this inferno primarily by increasing sweat rates. In hot weather you can lose more than 2 liters (about 67 ounces) of fluid per hour. Without drinking fluids, power output can be hampered in as little as 30 minutes cycling and one study of trained cyclists found that subjects could barely finish a two hour ride at a moderately hard pace without fluids. According to coach Arnie Baker, M.D., in ultra-endurance cycling events, such as RAAM, dehydration and saddle sores are the leading reasons why cyclists report having to drop out.

Cyclists who lose about a quart of fluid experience a rise in heart rate by eight beats, a decrease in cardiac function and an increase in body temperature. Dehydration may also cause increased metabolic stress on muscles and greater glycogen utilization. Once dehydration starts it's hard to stop because it wreaks havoc on your internal thermostat by decreasing blood flow to the skin, slowing sweat rates and the time it takes for fluids to be absorbed into the bloodstream.

If you aren't careful, dehydration can sneak up on you and sap your energy. By the time you feel thirsty, your body has already lost around 1-2 percent of body weight or about a quart of fluid. So here's what you can do this summer to tank up to avoid dreaded dehydration.

### EIGHT ISN'T ENOUGH

You've heard by now that you should drink eight, eight-ounce glasses of fluids daily, but that's the amount of fluid for the average nonexerciser. A general rule of thumb to estimate your fluid needs is to drink about 1 milliliter fluid for every calorie you burn. If you burn about 3,500 calories a day, you would need about 3.5 liters (that's 14.5 eight-ounce glasses of fluid).

### PRE-HYDRATE

You should drink plenty of fluids every day, but before a race, a long ride or tour, be sure to start hyper-hydrating at least 24 hours beforehand. Many pro cyclists will carry water bottles with them all day during the racing season to make sure they're always hydrated. Avoid drinking

alcoholic or too many caffeinated drinks because both act as mild diuretics causing the body to excrete more water than other beverages.

### SPORTS DRINKS VS. WATER

Sports drinks containing sodium, potassium and other electrolytes, such as Gatorade, AllSport or Cytomax are recommended for exercise lasting over one hour. The only time you will benefit from a sports drink if you are exercising for less than an hour is if the intensity is going to be really high, as in a sprint workout.

Whenever you plan to cycle for several hours, make sure you have two water bottles full of sports drinks because sodium levels help drive thirst and maintain blood sodium levels, and the carbo help prevent "bonk." Whatever you choose to drink, make sure you like the way it tastes and try to keep it cool. Cooler fluids taste better and may be absorbed more rapidly than warmer ones.

*Julie Walsh is a triathlete, a frequent contributor to Bicycling magazine, and a registered dietitian.*

### Easy Do-it-Yourself Sports Drink

1 2-qt. envelope Kool-Aid unsweetened drink mix (*Decaficed tea mix works well, too*)

8 tablespoons sugar

1/2 teaspoon salt

Mix all the above ingredients and add water to make 4 standard bottles.

## Caffeine on the Road

by Dr. Russell Cohen & Stephani Jackenthal

Just Say No? I don't think so. A big cup of java get's you revved up, pawing the line and ready for action.

Caffeine is one of the most widely used drugs in the world and in the world of sports. The mainstream population looks to Juan Valdez to shoo away the Sandman, while endurance athletes, particularly cyclists, relish caffeine's ability to prolong high intensity activity.

When consumed in proper quantity, caffeine is a proven athletic performance enhancer that delays the depletion of glycogen and extends hammer time. Here's how it works - caffeine is a stimulant that chemically inhibits adenosine receptors on fat cells. This allows the body to use fat as energy, sparing glycogen and delaying lactic acid build up. Glycogen is the carbohydrate energy source that is stored in liver and muscle tissue. It keeps you pedaling. Lactic acid is the by-product of anaerobic energy production and too much causes leg burn.

During low intensity exercise an athlete's body easily processes lactic acid. This is the reason legs don't burn on a schmoozy ride to Nyack. But on a more competitive ride or during intense hill climbing, the body cannot keep up with lactate processing. Lactic acid builds up - legs burn and glycogen stores get depleted - big bonk.

Caffeine is immediately absorbed into the blood stream and its effects noticed within a half hour of consumption. Blood levels hit their peak at about the one hour mark and start to taper off over the next three and a half hours.

Body weight and absorption rate determine the ideal caffeine fix, but on average anywhere from 200-350 mg of caffeine is needed to reap the benefits - that's about one and a half to three cups of coffee to you and me. The amount of caffeine varies depending on its source; Brewed ground roast coffee contains 83mg per 5oz serving while instant coffee has about 60mg. Leaf tea has 41mg per 5oz serving and instant tea has 28mg. Colas have 40-72mg per 12oz serving while chocolate and cocoa have anywhere from 5-10mg per serving.

As with any drug, caffeine has negative side effects. It is a diuretic and too much causes dehydration. Also many people are caffeine intolerant, so test it out in training before using it on a long ride. If caffeine is a happy thing for you, go ahead and have a second cup!

*Dr. Russell Cohen is a Certified Sports Physician and Chiropractor in New York City. Comments or questions? Call him at 713-0180.*



## BLOWOUTS by Lou S. Pokes

Thank you **Stephanie Blecher** for organizing the annual Memorial Day Weekend in the Berkshires. With near perfect weather and four beautiful days of cycling there were many high-lights. One was the joint ride with the LIBC to the top of Mount Greylock. Maybe next year they'll come join us in Sheffield. Sunday's A Ride was the usual trip through Columbia County. With cool temperatures most people zipped past Bash Bish Falls. Only two riders stopped - **Paul Janus** and **Olive White** (maybe - they haven't been seen since.) Sunday night's group dinner and comedy show featured our own country bumpkins, **Ira Mitchnik** and **Ed Fishkin** (no). The only question about the weekend is - with 84 people in Sheffield, did **Joe the Dentist** get a date sitting on the Hill?

Congratulations to **Ben Hoen**, **Al Boland**, **Drew Olewnick**, **Suzanne Rohr** and **Preston**

**Edelstein** for completing the first three qualifying brevets for the Boston-Montreal-Boston. The three rides ranged from 130 to 259 miles, climbing every mountain they could find. Thanks go to **Steve Britt** with help from **Mike DeLillo**, **Geo Kaplan** and **Miguel Vilaro** for organizing the brevets.

**Gene Vezzani's** B Ride to Tallman State Park for the June All-Class Picnic took an interesting turn en route. They stopped at NYCC member **Jay Jacobsen's** house in Orangeburg where they visited the bicycle touring museum in his basement. Jay is one of the more well-travelled members of the Club and has quite an interesting collection. And he's a great guy, too! Call him up just to ask a question about someplace he's been and the next thing you know, he's mailing you maps and books.

QUESTION OF THE MONTH: So is it **Caryl** or

**Steve Baron** whose problem is "every time I go over a bump it loses its erection?" Obviously, it's **Caryl**, who was referring to her helmet mounted mirror. Steve claims he never has a problem with his erection.

THE ART OF THE DEAL: Some people would rather deal than ride. Kids trade baseball cards; **Maynard Switzer** trades bikes. Maynard has a Specialized Epic purple carbon fibre bike that he claimed he loved. He said it was his favorite bike. Of course that implies having many, several too many. So when someone offered to buy his Epic at a fair price, he sold it. That was in April. When the May Bulletin came out there was a classified ad for the identical frame; in Maynard's size, too. Of course he bought it. But will he ride it before he deals it?

And if you didn't get a date last month while everyone was in Sheffield, don't spend Fourth of July home alone. Join the New York Cycle Club at West Point.

## C-SIG Graduates, Ride Leaders to be, and an Apology

by Irv Weisman

The C-SIG concluded on June 1 with a flat-fixing session using Dan Maguire's bike, wheels and instructive comments. (Brave man, that Dan, allowing amateurs to mess with his precious equipment.) The graduates are: Daniel Jay, Esta Fischer, Susan Krieg, Claire Wycoff Maguire, Lyn Sarro, Laura Schwartz, Ranleigh Starling, and Jan Steffens. Most of the graduates plan to keep riding with me in order to learn my convoluted routes through scenic and sparsely travelled New Jersey suburbia. They will then lead these rides later in the season. B riders, (13 & 14 MPH) who would like to get in on these rides so that they, too, can lead them should call me at (212)567-9672. But please note: when I am in top form I "burn up the road" at a big 14 MPH, so don't expect real vigorous riding other than the 40-65 mile pretty routes measured from the George Washington Bridge, 55-80 miles from the Boathouse.

At this time I would like to apologize to the Club and the Board of Directors for resigning as B-Rides Coordinator. It became clear to me that I could no longer put in the time necessary for soliciting rides, and that the B ride program would suffer as a result. (Sadly, Dona Kahn, our C-Rides Coordinator, who pursues her duties with extreme diligence, was castigated by an "A" rider for being a nuisance with her efforts to solicit rides, and was warned that she would become a "very unpopular" if she persisted. In my view, instead of a castigation, Dona should get a medal!) Fortunately for the Club, Peter Morales has agreed to take on the job of B-Rides Coordinator, and should get the cooperation of all ride leaders. So, if you have rides which you can lead from time to time, do let Peter know about it so that he is aware of the resources he has to work with.

As for me, having finally evolved (downward) into a 13 MPH rider, I plan to offer Newcomers' Rides from time to time with the help of the recent C-SIG graduates and others, so that hesitant newcomers will have some rides especially designed for them. The rides will be accompanied, of course, with dire warnings about the dangers of inadequate gears, and the lack of understanding by bike designers and mechanics about the needs of the general public in contrast to high performance athletes.

*Speaking of the NYCC Century...*

### WE NEED YOU.

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

Please, call MITCH YARVIN if you are interested in helping.  
(212)988-8887

## T-Town: World-Class Racing in Your own Backyard (almost)

In case you happened to miss the U.S. Olympic Team Cycling Trials at the Lehigh Valley Velodrome in Trexlertown, PA the first week in June, there is still some good news. Unfortunately, nothing will really make up for what you would have seen: the biggest names in US track racing competing for a spot on the Olympic team.

However, there is still an impressive schedule of racing for the remainder of the summer. If you happen to make it down before the Games start, you may see former world champion Marty Nothstein and the rest of the US Team in training. Also training in T-town are teams from Argentina, Canada, Australia and New Zealand.

**JULY 12:** Bicycling Magazine's Madison Cup and Bike Line Team Challenge. **AUGUST 2:** EDS Presents USA vs THE WORLD. (With teams returning from Atlanta, this promises to be an excitement-filled evening). **AUGUST 9:** East Penn Bank's Fastest Man on Wheels. **AUGUST 16:** EDS National Tandem Championships. **SEPTEMBER 6:** Season Finale. Races start at 7:30 PM, gates open at 6:30.

There is also Tuesday night racing, an amateur Saturday Race program and public time, generally on Sundays from noon to 5 PM.

Trexlertown is 90 miles from New York City. Call (610)967-7587 for information and to reserve tickets.

## Zen and the 23-hour Brevet

by Al Boland

It all started in February 1995. After buying a \$20.00 used bike in the South Bronx, I would occasionally ride across George Washington Bridge, thrilled that I could ride 10 miles at a speed of 10 miles per hour. It seemed that whenever I went out I saw this friendly guy, John Fullwood, with a NYCC Apron, and was very impressed by all the mirrors and things hanging off his bike. He encouraged me to join the club. My first ride was with Gene Vezzani. I was very nervous about the ride, and I phoned him twice with all kinds of stupid questions. He was very kind and reassuring.

Somehow I stumbled into the A-Sig Program. I was the mess of the group – no equipment, no skills, and a horrible junk bike. The Sig leaders were superb; they motivated me, and I hung in. "Thank you, Christy Guzzeta, for lots of encouragement."

Since I have enjoyed so many Great Rides Weekend trips, and, most importantly, have cultivated some beautiful friendships via this club, I felt it all paid off when John Bermúdez and I rode the Death Valley Double, cycling across the desert from night till day, which was a magical, surreal experience. Then comes this spring and the International Randonneurs Brevet series. "Thank you, Steve Britt, Jeff Vogel, and Miguel Vilario."

Starting with the 200 K, no problem, then the 300 K, still no problem, but now this Saturday 400 K all day, all night – a problem! The Odyssey commenced at 11 AM, with 6 superb riders: Suzanne, Drew, Ben, Preston, Joe, Glen, and me. What a wonderful group; total cooperation, total discipline, and a group synergy that sparked. Our route was Woodstock and back via West Point. All day we hammered and climbed. Mountain followed mountain with names like Storm King, Mohawk, Miniwaska, Peekamoose.

I started this Odyssey a mess. I was having some physical problems – an inflammation in my knees, a broken toe, an upset stomach – and I made 2 serious mistakes, the first by carrying an overweight fanny pack that was pressing hard against my stomach, kidneys, and bladder. And as the day passed I became quite ill. I could no longer eat, and I found the taste of water nauseating.

The second mistake was taking Advil to reduce the knee inflammation. I believe I may be allergic to Advil, having suffered stomach cramps after taking the pill. I was now struggling to keep the pace. At dinner I ate a little and then vomited. I planned to bail out at Woodstock.

It was wonderful being greeted by Steve, Miguel, and Mike at the Woodstock checkpoint, and I felt a desire to continue even though my body was rejecting me. Thank you, thank you, and thank you, Steve, for taking my fanny pack which I will never use again. Feeling lighter, I decided to continue.

As darkness set in with thunderstorms, lightning, and hail, the drama of our all-night journey was increasing. The lightning storms were incredibly magnificent and exciting as a backdrop to the lakes, mountains, and valleys. Each time there was thunder and lightning I began visualizing a force that could carry me; and the more it thundered the stronger I became. Perhaps I was hallucinating, but I was not putting effort into those pedal strokes to keep pace, and my body seemed to be healing.

The synergistic bond in the group was magnificent, and we pulled each other through climbing, descending, and dodging road hazards, while continuing to punch through the dark hours of the night. The storms were watching us, for how many times did a brilliant flash of lightning enable us to see a road sign for a turn? The forces continued to carry us. On a dark, wet turn Preston's bike slipped out from under him, but somehow he and the bike reconnected without a fall. The dark hours passed as we rode on.

On a long mountain climb Ben Hoen's derailleur fell off. The others were slightly ahead and storm conditions prevented their hearing our calls. As we searched the road for a small screw and derailleur pieces, contemplating removing chain links and riding fix gear, a vehicle pulls up illuminating the roadway, and who gets out but GEO KAPLAN. I was so happy I couldn't believe my eyes. Geo, along with Steve, Miguel, and Mike would come all night, helping 7 fatigued Randonneurs get through the mountains.

I repeatedly avoided blinding lights of approaching cars with a slight nod – yes! I forgot to remove my helmet visor. Yes, it works even at night. As the hours passed and I would feel the forces slipping, a 4 by 4 would pull by and Steve or Geo would call out: "Al, you can do it!" And each time I heard their beautiful voices

the forces would pick me up again and again and again. As my body was healing I began experiencing hunger. I was elated, being keenly aware of the importance of fueling.

A policeman stopped by, inquiring as to what illness could possess us to be cycling all night in the Catskills. I asked him if there was such a thing as a 24-hour diner, for I badly needed eggs and potatoes. Seven miles and 3 turns later, Geo Kaplan, Steve, and Miguel were waving us down with lights. A diner – food at last! I ate ravenously, it being the best breakfast I'd ever had.

Now, with about 7 hours, 75 miles, and a dozen more major climbs to come, I was fighting severe fatigue; I almost dosed off several times. Our last checkpoint would come in 30 miles at daybreak, and then we would be on our own back to the city. After the checkpoint I was so fatigued that I wasn't paying attention to broken glass on the Skyline Drive climb. I then had a flat tire. As I began repairing it (I was in the rear), I had barely enough energy to use the pump. Then that great 4 by 4 pulls up and there is Steve and Miguel to help me with my tire.

The group waited for me at the foot of the mountain, and we continued. Steve and Miguel, having suffered all-day and all-night Brevets in previous years, said they couldn't drive straight back as originally planned. They continued waving us on at turns, giving us a thumbs up at every opportunity.

I kept slapping myself in the face, trying to stay awake, then, dosing off, hit a pothole and bit my tongue hard. Now I was awake. LESSON: Do not ride a bike sleeping with your tongue hanging out.

Upon reaching the final checkpoint at the Youth Hostel at 104th St. and Amsterdam Ave., I just couldn't believe I'd made it OK on my bike. Steve and Miguel were there to greet and congratulate us. Holding back tears was impossible as we shook hands and hugged each other.

FOOTNOTE: While punching through the early morning fog, I would often look at each of the magnificent cyclists – Drew, Suzanna, Ben, Preston, Glen, Joe – and wonder what was going through their minds, how were they doing, and admire the strength that kept them going.

We all stayed together; the synergy and cooperation was magnificent. I hope for future rides with club members who, like these great people, ride together with a spirit of cooperation, caring, and kindness toward each other, and then the forces will be with you!

### LEAD AN A-RIDE:

CONRAD MEYER (212)535-2444

### OR MAYBE A B-RIDE:

PETER MORALES (718)833-4370

### EVEN A C-RIDE WOULD DO:

DONA KAHN (212)399-9009

## The New York Cycle Club welcomes 47 new members!

Aaron, Annette  
Anderson, Robert  
Arenholtz, Daniel  
Berg, Amy  
Bonaventure, Lucille  
Carasso, Joseph  
Chehab, Mondy  
Cohen, David  
Croner, JoAnn  
Curci, Mark  
Cusani, Carole  
Gluck, Robert  
Gould, Stephanie  
Hare, Fran  
Harriman, Michael  
Hazen, Craig  
Hoberman, Brian  
Jasti, Srinivas  
Johnson, Jesse  
Jonas, Lee Ann  
Koenig, Lisa  
Kraus, Allen  
Kurtzer, Steve  
Lindeman, Nancy  
Marks, Jeffrey  
Marmon, Robert  
Mazur, Robert  
McEldowney, Merle  
Myrvold, Barryu  
Nicely, Pamela  
O'Brien, Bernard  
Omi, Joanna  
Orlich, Jill  
Orlich, Todd  
Peterson, Kirstin  
Popeson, Pamela  
Quinn, Raymond  
Reilly, Patrick  
Rodriguez, Susana  
Ross, Bonnie  
Schafer, John Jr.  
Schenendorf, Stuart  
Sideman, Karen  
Staley, Shannon  
Stark, Sally  
Tankersley, Sherry  
Teddell, Kerwin

### Reminder:

Material for the August Bulletin is due by  
**JULY 10.**

That's a day after the exciting club meeting at O'Hara's on  
**JULY 9.**

## A Message to Bicyclists who use the George Washington Bridge

The SOUTH SIDEWALK of the George Washington Bridge is a shared-use sidewalk for bicyclists and pedestrians. Please remember the following guidelines to ensure the safety and enjoyment of all customers who use the sidewalks:

- Pedestrians have the right-of-way; yield to pedestrians and construction workers.
  - Ride single file
  - Ride slowly
  - Slow down for pedestrians
- Calmly announce you intention to pass
- Use extra caution when travelling through the narrow sections of the walk at the towers.

If you are using the NORTH SIDEWALK, please remember that it is for pedestrians only and bikes must be walked on this walkway.

— Joseph P. Bardzilowski, *Manager, George Washington Bridge & Bus Station*

## Re-Cycling

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

### For Sale:

**CHEAP-O BIKE FOR SHORT PERSON.** Old 10-speed Bridgestone Kabuki "Super Speed" touring bike. Diamond style frame, drop bars, 1.25" tires. Nice orange color. Goos commuting bike for short riders (5' tall owner). — \$50 neg. Call: **Ken**, (718)499-6475, leave number.

### Wanted:

**CIPOLLA-VOGEL THIRD WORLD ADVENTURES** is looking for one or two well-travelled cigar aficionados for their next journey to Latin America August 18 to September 1. This is a self-supported trip - you carry all of your own stuff (pack light) and you pay your own way. Pace: A19-23. Social skills are mandatory, no complainers or major dietary restrictions. Call Jeff or Margaret for more info at (718)275-6978.

## Minutes

### New York Cycle Club Board Meeting. Tuesday May 7, 1996

PRESENT: Gene Vezzani, Steve Britt, Caryl Baron, C.J. Obregon, Reyna Franco, Rich Borow, Mitch Yarvin, Conrad Meyer, and Dona Kahn.  
ABSENT: Douglas Riccardi, Stephanie Bleecher, and Geo Kaplan.

The minutes of the meeting of April 2, 1996 were approved.

Reyna presented the fiscal report.

Caryl advised that the June program would be a SIG recap.

Rich displayed flyers for the newcomers' ride which had been distributed to bike stores. He reported that the Central Park Round Table had been advised that the Dept. of Transportation would be painting directional arrows on the Park Drive. He also indicated that the Central Park police precinct was expected to become more active. He suggested including a brochure on proper use of the park drive in the Bulletin.

Gene suggested the use of a newcomers welcome kit.

Steve reported that he had met with the deputy chief of police for Englewood Cliffs concerning bicycle usage. He had made the case for double pace lines which the chief understood, but the chief had cautioned about encroaching on cars. Steve also noted that the speed limit on Route 9 was to be reduced to 45 m.p.h. Steve felt it would be premature to try to force any issue with the Englewood Cliffs police. Steve speculated about other places to cross Route 9, while Rich suggested that members could follow safer practices like waiting in back of cars stopped at a traffic light rather than surrounding them.

Gene advised that Irv Weisman had resigned from the board. Possible replacements were discussed.

Steve noted that several people had suggested that the club needed a historian. Everyone agreed this would be useful. Marty Wolfe was suggested for the position.

Gene opined that we needed more rides. Mitch suggested that the board could pick some destinations and then get a leader for a particular destination. Steve suggested an incentive program. Dona suggested displaying a bulletin board of rides needing leaders at the members' meeting.

Steve reported that the century flyer design was not yet available for presentation to the board.

Jeff Vogel has asked that the club sponsor a CRCA racing team and provide \$250 for support. Jeff was also seeking other sponsors. The main question was what benefit flowed to the club.

Gene discussed a request to Metro North that more bikes be allowed on trains.

The members opined that the club might provide lunch for the Kingsland Park all-class ride.

The meeting adjourned at 8:35 PM.  
Respectfully submitted

Conrad J. Obregon

## Before your first club ride, please read this:

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

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

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

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

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

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

**BIKE TRAINS:** See schedule below. Saturdays and Sundays from April 16 through October 31, MetroNorth has scheduled specific trains to/from Grand Central Station to accommodate large groups of cyclists.

FROM GCT	TO/FROM	TO GCT
7:54 AM (HUDSON LINE)	POUGHKEEPSIE	4:12 PM
8:58 AM (HUDSON LINE)	POUGHKEEPSIE	5:12 PM
	POUGHKEEPSIE	6:12 PM
8:49 AM (HARLEM LINE)	BREWSTER NO.	4:08 PM
8:07 AM (NEW HAVEN LINE)	NEW HAVEN	3:57 PM

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

RIDE STYLE	DESCRIPTION
<b>A</b>	Vigorous riding with advanced bike handling ability including cooperative pacerline 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.

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



### 1996 Renewal / Membership Application / Change of Address

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

☐ New ☐ Renew ☐ Change of Address Date \_\_\_\_\_ Check Amount \_\_\_\_\_

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Address/Apt. \_\_\_\_\_ E-Mail \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Tel.(H) \_\_\_\_\_ Tel.(W) \_\_\_\_\_

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

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

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

Circle if applicable: I do not want my (Address) (Phone Number) (E-mail address) published in the semi-annual roster.

**Dues are \$21 individual, \$27 per couple** residing at the same address and receiving one Bulletin. After August 1 dues are \$11.50 ind./\$13.50 couple. All memberships expire December 31. Mail this application with a check made payable to the:

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

# VIETNAM VENTURES

*Come and experience a breathtaking preview of Vietnam - a land of dramatic beauty, tumultuous history, ethnic diversity, sophisticated cuisine, and GREAT CYCLING! Tour leader Dien Huynh, of Cycling Asia, will tempt you with stories and slides of this new cycling destination spot in Asia.*

**ALSO:**

Come and pick up  
your NYCC Jersey  
or Jacket

## COME TO O'HARA'S ON JULY 9TH.

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MEET AT 6 ► DINNER AT 7 ► PROGRAM AT 8  
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INDOOR BIKE PARKING OR SUBWAY.

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



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