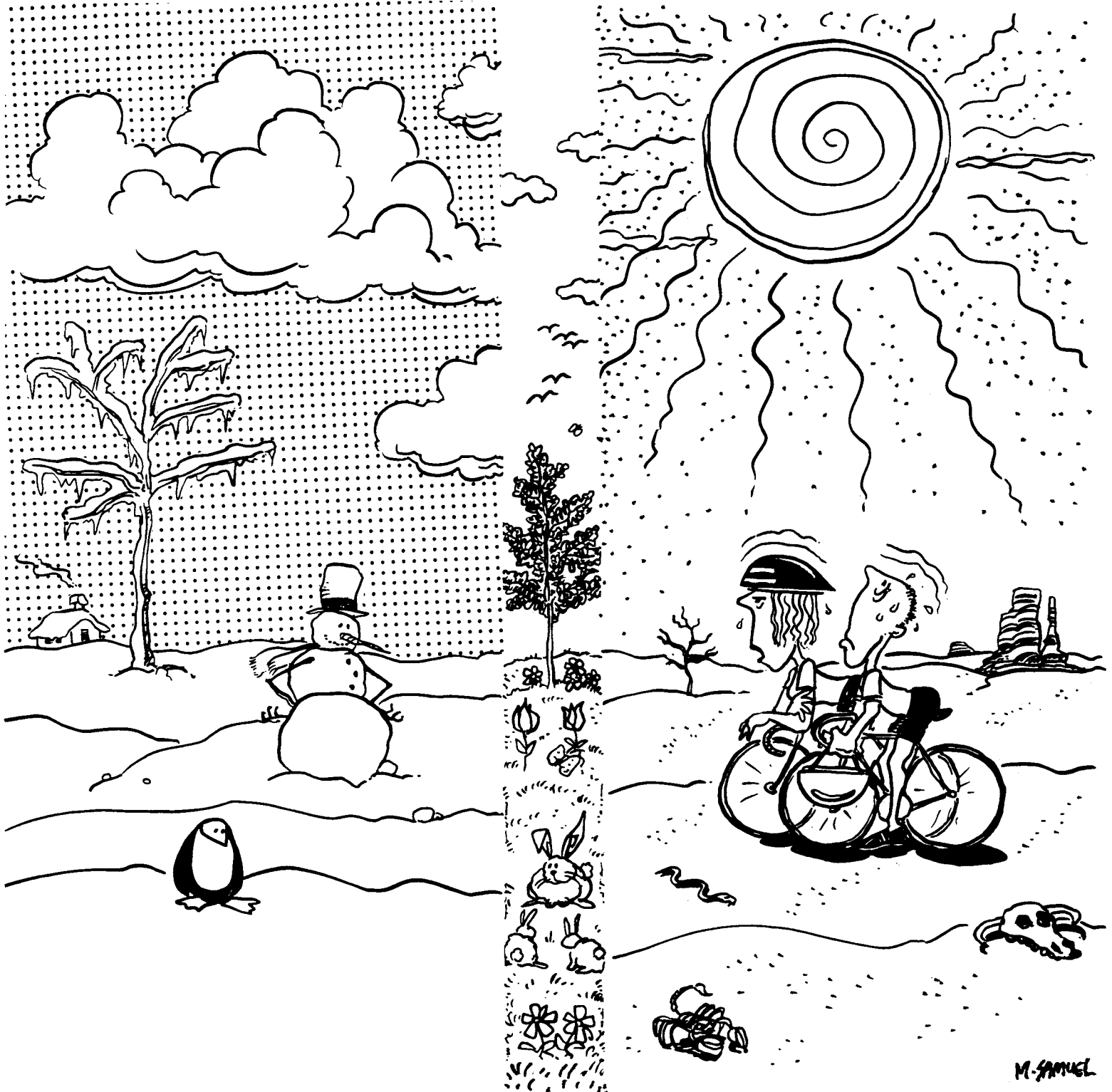


June
1996

NYCC Bulletin



M. SAMUEL

"Well, that was a depressingly short spring..."

Bulletin Board

JULY FOURTH AT WEST POINT. Come spend a great weekend with the Club at West Point. See page 9 for information.

NYCC JACKET AND JERSEY UPDATE.

Thanks to each and everyone of you that have placed an order for the colorful new 1996 New York Cycle Club jersey or jacket. Louis Garneau Sports has informed us that our exciting 170 unit order is scheduled to ship during the last week in June.

We will begin mailing your items to you the very same day that they arrive in Manhattan. If you have indicated that you plan to pick-up your order at the monthly meeting, then we'll see you at O'Hara's on July 9th.

Thanks again for supporting the New York Cycle Club!

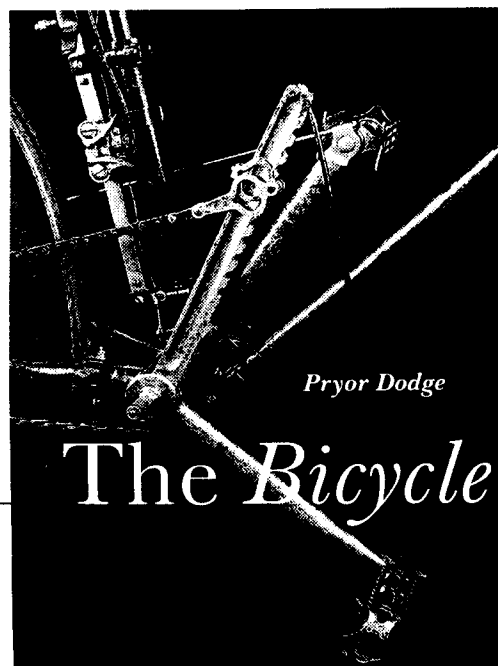
CLUB RIDE LIBRARY. Dona Kahn has volunteered to help the Club computerize our Ride Library. We are soliciting any road tested ride routes, including total miles, level of difficulty and terrain. Now that we are all riding every weekend, there should be plenty of ride routes coming to Dona. Maps and cue sheets are also appreciated. The rides will be made available to ride leaders and club members ONLY upon request to Dona Kahn. Please send rides to: Dona Kahn, 43 West 61st Street, Apartment 25U, New York City 10023.

GW BRIDGE REPAIRS. Repairs are being made to the sidewalks on the George Washington Bridge. Presently, work is being done on the SOUTH sidewalk, Monday through Friday between 8AM and 4PM. This work will continue through June. During these times, bicyclists must use the NORTH sidewalk, which is a pedestrian sidewalk only. Bikes must be walked across the bridge. Once the south side is finished, work will begin on the north side and should last two months.

Announcing: a special offer for NYCC Members:

THE BICYCLE, by Prior Dodge. Published by Flammarion.

A magnificently produced history of the bicycle beginning in the early 19th century when "running machines" caught the fancy of the fashionable world in Europe. Through a special arrangement with the publisher, this book is now available to NYCC members at a savings of \$20 off the cover price.



\$30⁰⁰

*includes tax and delivery
to the NYCC meeting.*

Please **order by June 25**
to ensure delivery at the July
meeting.

Send checks, payable to
the New York Cycle Club to:
Stephanie Blecher
215 East 89 Street
New York, NY 10128.

Reminder:

*Please join us for the
All Class club ride to Tallman
State Park on June 2.
See page 3 for ride listings.*

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

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To publish an article:

Contact:

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Memo Productions
611 Broadway, Suite 811
NY, NY 10012.

TEL: (212) 388-9758.

FAX: (212) 388-1750.

E-MAIL: MEMONY@aol.com.

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

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

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

Thank you: to Caryl Baron for her invaluable help in putting this year's Roster together.

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 June

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 June

A20/21-23 35-40 MI 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.

Saturday, June 1

A19 65+ MI 7:30 AM Yelena's Ride

Leader: Stan Greenberg (718) 935-9786 From: *The Boathouse*. I'd like to spend part of the day with my daughter, who's now seven months old (and soooo cute!), so we'll be back before Noon. If you've forgotten what your family members look like, or just want to be back early, join us for a relatively fast paceline to Nyack and possibly a little further. We'll leave promptly, so don't be late. Lack of sleep cancels.

B16-18 50+ MI 9:30 AM Nyack Beach State Park

Leader: Gene Vezzani (212) 875-1615 From: *The Boathouse*. Planning to go on a cycling vacation this summer? Planning to do the Boston/New York AIDS Ride? Planning to ride in the Escape From New York Century in September? If yes is the answer to any or all of these questions then this ride is for you. This is the first of a four-ride series offered this month that increases in distance each week.

B16 100 MI 9:15 AM Bear and Back Again

Leader: Mark Masuelli (212) 996-9823 From: *The Boathouse*. Join Mark in a masochistic celebration of his birthday (no, the mileage does not equate to age!), going to the top of Bear Mountain and many other hills.

C14 65 MI 9/10:00 AM Oyster Bay

Leader: Mitch Yarvin (212) 988-8887 From: *The Boathouse (9:00)/Statue of Civic Virtue - E/F train to Union Tpke (10:00)*. A scenic and slightly hilly ride to Oyster Bay. Bring or buy lunch to eat out in a quiet green spot in the suburbs.

C13 25 MI 11:00 AM River Road

Leader: Mindy Kaufman (212) 749-0156 From: *The Boathouse*. Sleep in and take a challenging short ride to the police station in Alpine at the end of River Road. Picnic on the grounds - bring your own food (no place to buy). Helmets please. Rain at start cancels.

Sunday, June 2

Tallman All-Class

A21 65+ MI 8:30 AM

Leader: Conrad Meyer (212) 535-2224 From: *The Boathouse*. Express train to Tallman.

A19 55 MI 9:00 AM

Leader: Abe Karron (212) 686-8748 From: *The Boathouse*. We'll enjoy an easy cruise to Tallman for the first of the clubs picnic rides.

B17 55 MI 8:45 AM

Leader: Gene Vezzani (212) 875-1615 From: *The Boathouse*. Let's dress appropriately for the clubs first picnic ride. Show off your old club jerseys, we'll show off the new one at the next club picnic!

B15 48 MI 8:15 AM

Leader: Charlie Katz (212) 529-6717 From: *The Boathouse*. We'll have a nice ride up and one hill home. Let's get to Piermont before the crowd for a quick sight-see on the water.

C12 50 MI 9:30 AM

Leaders: Carrie Milne (718) 271-6591 & Athena Foroglou (212) 570-9726 From: *The Boathouse (8:00)/GW Bridge Bus Terminal (9:00)*. A backroads route (ala Irv Weisman) to the picnic at Tallman.

Wednesday, June 5

EAT 0 MI 6:15 PM A Night At The Races

Coordinators: Jeff Vogel & Margaret Cipolla (718) 275-6978. Ya still gotta eat, but tonight you get to see 12 to 15 races at the Kissena Velodrome first. Afterwards it's the Tour of the Ethnic Restaurants - Stage 9 as we visit our favorite Malaysian restaurant. Call leaders by Tuesday, June 4 for bike/car/subway directions (and to save a seat at dinner). Greater than 50% chance of rain cancels racing but not dinner.

Thursday, June 6

A/B/C 0-24 MI 6:30 PM Summer Is Here - Pizza Ride #1 (Yippee!)

Leader: Mitch Yarvin (212) 988-8887 From: *The Boathouse*. You know summer has arrived when the pizza-guzzling, lap-riding animals first invade the park. Ride as much as you like, eat some pizza and have a good time. Bring \$6 in exact change. Forecast of rain or mozzarella shortage cancels.

Saturday, June 8

400K BREVET 11:00 AM

Coordinators: Steven Britt (212) 288-6324 & Jeff Vogel (718) 275-6978 Call the coordinators for more information.

A20 75 MI 9:00 AM SHARP PepsiCo/Greenwich

Leader: Michael Knopf (212) 678-7883 From: *The Boathouse*. Post-race spin through Greenwich back-country with lunch at the PepsiCo sculpture gardens. Bring musette bag (lunch stop is 2-3 miles from deli) and Metro-North pass for optional bail-out.

B16-18 60+ MI 9:30 AM Rockland Lake

Leader: Gene Vezzani (212) 875-1615 From: *The Boathouse*. This is the second in a series of four rides this month that are designed to help you get in shape for the long distance riding you plan to do as summer heats up.

B16 58 MI 9:00 AM Jones Beach Splash

Leader: *Jim Drazios (718) 225-1842* From: *The Statue of Civic Virtue (E/F train to Union Tpke)*. Mostly flat, brisk riding to the beach. Bring lock, towel, and swim/splash wear, or splash in your riding shorts!

C12 45 MI 10:30/11:15 AM Tallman Yet Again

Leader: *Jim Lane (212) 697-8942* From: *The Boathouse (10:30)/GW Bus Terminal (11:15)*. We'll take advantage of the long midsummer daylight to sleep a little later than usual. Get plenty of rest, because we're going via hilly River Road. Bring/buy lunch. Helmets required. Joint with Sierra Club.

C SLOW 25 MI 9:00 AM 1st Annual Kiddy Ride To Coney Island

Leaders: *Linda Wintner (212) 876-2798 & Michael Yesko (212) 538-2409* From: *Steps in front of City Hall*. We'll take a scenic route: across Brooklyn Bridge, thru Prospect Park and along the harbor to the "beach" of all beaches. A traditional lunch at the original Natchans. Bring locks, Speedos, and sunscreen. If we dawdle, we can take the subway back. One adult per child please. Adults without kids are also welcome, or you can borrow a friend's kid for the day!

Sunday, June 9**A20 95 MI 8:00 AM RESERVOIR DOGS REDUX OR PULP FRICTION (THE RIDE)**

Leader: *Mark Martinéz (212) 496-5518* From: *The Boathouse*. A hard core ride with an easy finish. Thornwood Diner (for Burger Royale and dance contest), Loop of Croton Reservoir (pause for view & photo op.), Crow Hill climbing fest. (to turn your legs to pulp), Mount Crisco (sick), followed by medieval hammer into Armonk for deli quickie. Two stops, long & short. Strongly suggested: pocket food, 2 water bottles, Metro-North pass and Blockbuster Video card. [This ride is rated "R" - no one will be admitted without sense of humor and strong legs.]

B15-18 50+ MI 9:30 AM Nyack

Leader: *Jonathan Snellenburg (212) 769-1426* From: *The Boathouse*. You've been there before, why not go there again? A choice of routes to make a pleasant Sunday Spring ride.

B14 50-55 MI 8:30 AM Three Counties

Leaders: *Ken & Marilyn Weissman (212) 222-5527* From: *Grand Central Information Booth*. Take the 8:49am train to Goldens Bridge. Lots of hills, about 2 miles of woods-bordered hard-packed dirt and a loop around Titicus Reservoir on the way to Putnam County. Then downhill -- well mostly -- to Ridgefield, Scotts Corners, New Canaan and maybe Darien. Metro-North pass and helmet are musts. 40% or greater chance of rain cancels.

C14 40 MI 9:30 AM Sheepshead Bay

Leader: *John Bermúdez (212) 517-5878* From: *Steps in front of City Hall*. Picturesque Brooklyn streets down to the ocean. Lunch will be picnic style on the beach.

Tuesday, June 11**A20-22 60 MI 8:00 AM Tuesday Morning Spin**

Leader: *Jeff Vogel (718) 275-6978* From: *The Boathouse*. Take a mental health day, play hooky, whatever. Just join us for this spin through Bergen and Rockland Counties. Guaranteed return by 1pm.

Saturday, June 15**A/B17 40-100 MI 7:00 AM WESTCHESTER/FAIRFIELD/PUTNAM COUNTIES MULTIPLE CHOICE RIDE**

Leader: *Damon Hart (212) 753-0204* From: *The Boathouse*. Choose your personal bailout along a ride meandering all over Westchester County

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with cameos by Fairfield (CT) and Putnam Counties. Metro-North return possible from Port Chester (40 miles), Bedford Hills (60), Croton Falls (75), with Croton-on-Hudson (95) or Cold Spring (100) as final stop. Some hills and many reservoirs. Metro-North pass, lunch & train money mandatory; two water bottles, pocket food suggested. Rain cancels.

B16-18 75+ MI 9:00 AM Stony Point

Leader: *Gene Vezzani (212) 875-1615* From: *The Boathouse*. Here's the third in a four-part program in long distance conditioning rides offered this month. We're off to Stony Point today with a special deli stop that will add a little flavor to the ride.

C14 45 MI 9:00 AM Piermont

Leader: *Jim Siler (212) 791-5759* From: *The Boathouse*. A few hills, a lot of fun. Lunch on the pier if weather permits. Bring/buy lunch at Piermont. We leave at 9:15 sharp.

Sunday, June 16**A21 50-60 MI 8:00 AM Where Today?**

Leader: *Steven Britt (212) 288-6324* From: *The Boathouse*. We still don't have a name for the baby, so don't expect me to know by press time where this ride is going. We'll do some good early morning miles and get back early (before the sun gets out in full force). Early Father's Day cancels.

A18 50 MI 9:00 AM A Quickie

Leaders: *Judy & Conrad Meyer (212) 535-2224* From: *The Boathouse*. A casual spin to Mamaroneck this Sunday morning. Back early to enjoy the rest of the day (or maybe just to sit on the hill).

B15 60-65 MI 9:00 AM Easy Mamaroneck

Leader: *Damon Hart (212) 753-0204* From: *The Boathouse*. Easy trip to Mamaroneck, easy trip back. Even easier with bailout to 4/C/D trains in the Bronx (knock off 10 miles).

B13 30/45 MI 9:15/10 AM Mini-Newcomer's Ride

Leader: *Irv Weisman (212) 567-9672* From: *The Boathouse (9:15)/GW Bus Terminal - A train to 175St(10:00)*. The enthusiastic response to our May Newcomer's Ride prompts this mini-version for newcomers to our sport. Ride through easy terrain in suburban NJ, but we must climb back to the top of the Palisades at the end of the day. Picnic lunch; bring/buy nearby.

C13 35 MI 9:30 AM Breezy Point

Leader: *Mark Schwartz (718) 237-1042* From: *Steps in front of City Hall*. A flat, easy ride to Breezy Point. We will look for an alternative to Nathans, unless the group loves hot dogs.

HAVE YOU LED A RIDE LATELY?

Friday, June 21**A/B/C 0-24 MI 6:30 PM****Pizza Ride #2 - Cowabunga!**

Leader: *Mitch Yarvin (212) 988-8887* From: *The Boathouse*. Had such a good pizza the first time out, decided to do it again. Ride some laps or get a tan, meet at Sheeps Meadow afterwards and down some pies. Bring \$6 in exact change. Forecast of rain or lack of dough cancels.

Saturday, June 22**A20-22 64 MI 8:30 AM****Birthday Ride**

Leader: *Jeff Vogel (718) 275-6978* From: *The Boathouse*. It's my birthday, so we're going to my favorite destination - Pearl River. No sitting on the curb in Hohokus - it's 39 miles to breakfast - two water bottles mandatory. Riders under 30 years old allowed at leader's discretion.

A18 100+ MI ??? AM**A-Sig Challenge**

Leaders: *John Fullwood (212) 927-3278* & *Al Boland (212) 665-3484* From: *Call leaders for starting place and time*. Now that you have finished the A-Sig join us for our New York to Philly express for more bragging rights. Come out and do some serious cycling. Very little city riding on this trip. We will travel through the suburbs of New Jersey and Pennsylvania. We will even enter Philly though Wisahicken and Fairmount Parks. We'll pass through some of the most beautiful countryside these two states have to offer. No major climbs but some rolling hills.

C14 45 MI 9:30 AM**Planting Fields Arboretum**

Leader: *Larry Coyle (718) 377-0837* From: *Statue of Civic Virtue (E/F train to Union Tpke)*. Let's see the spring blossoms in the garden. Bring \$3 for entrance fee and bring your lunch (there is no place to buy). Precipitation at start cancels.

Sunday, June 23**A19 65+ MI 9:00 AM****Rockland Lake**

Leader: *Fred Steinberg (212) 787-5204* From: *The Boathouse*. Hilly or flat? Too soon to tell. Picnic by the lake. Pretty return route.

B15-18 50+ MI 9:30 AM**Nyack**

Leader: *Jonathan Snellenburg (212) 769-1426* From: *The Boathouse*. You've been there before, why not go there again? A choice of routes to make a pleasant Sunday Spring ride.

C12 25 MI 10:00 AM**Manhattan Uptown**

Leader: *Ethan Brooke (212) 721-9521* & *Richard Fine (201) 461-6959* From: *The Boathouse*. Tour Manhattan with lunch at The Cloisters. Bring/buy food. See the sights of the upper west and east sides and the Red Lighthouse at the base of the GW Bridge.

Saturday, June 29**A20 80 MI 9:00 AM****Byram Lake**

Leader: *David Younglove (212) 533-1276* From: *The Boathouse*. We'll take Shore Rd to White Plains for breakfast. Later we'll follow Lake St and other less traveled back roads to Byram Lake (sorry, no swimming) and on to Armonk for a quick deli stop. Return via Rt 22.

B16-18 100 MI 8:30 AM**Bear Mountain**

Leader: *Gene Vezzani (212) 875-1615* From: *The Boathouse*. Bear Mountain rides are always fun. You'll have plenty of time to chat-up everybody on the ride en route. And, yes, we are going to climb Perkins to the top. Remember: hills are your friends!

B13 60 MI 9:00 AM**Stonewall/Pride Ride**

Leaders: *Sandy Gold (212) 873-7756* & *Don Passantino (718) 446-9025* From: *The Boathouse*. (with a pass-by salute to Front Runners as they start their Pride Run). Join us for the 4th annual Pride Ride, celebrating Pride Week, with a ride to Westchester's "Stonewall," the Kensico Dam. This is one of the prettiest rides by a dam site; a bucolic ride on a path (shared by walkers/joggers) which follows the Bronx River, and winds along through beautiful, wooded area. Lunch spot determined by weather. Ideal for hybrid bikes. Everyone welcome whether you're gay, bi, or straight, but not narrow. Helmets, spare tube required.

C12 40 MI 9:00 AM**Staten Island**

Leader: *Bernie Brandell (718) 633-1759* From: *Manhattan side of the Ferry*. We will take the ferry and ride along Bay Street going south to Tottenville to an historic park (conference house) where we will have lunch with a view of the Jersey shore. The ride is scenic and mostly flat. Bring/buy lunch. Helmet, a properly maintained bike, and good cheer are all you need.

Sunday, June 30**A20+ 85 MI 8:30 AM****We Don't Need No Stinkin' Flat Roads!**

Leaders: *Rich Borow (212) 866-1966* & *Stephanie Bleacher (212) 348-2661* From: *The Boathouse*. (Alternate title: Frankly, We Don't Give A Dam!) Be ready for some ups and downs as we head out to the Croton Reservoir and traverse Seven Bridges Road before a fast Sprain return. Be sure to bring plenty of water and pocket food is recommended (as is a Metro-North pass -- just in case). Hopefully we'll get back to the park in time to catch the master musicians of Jajouka at Summerstage.

B14 50 MI 9:00 AM**Little Falls and Passaic Falls**

Leader: *Irv Weisman (212) 567-9672* From: *World Trade Center Mezzanine (top of PATH escalator)*. Rolling and hilly terrain on our way to inspect 2 river falls. Return either to GW Bridge or Newark PATH.

C13 50 MI 9:30 AM**Piermont**

Leader: *Dona Kahn (212) 399-9009* From: *The Boathouse*. A leisurely ride to our old favorite destination. Coming back so as to avoid the big hill on Churchill. Lunch on the pier weather permitting.

Thursday, July 4**A/B/C ALL CLASS CLUB WEEKEND AT WEST POINT**

Coordinators: *Jody Saylor (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. Space is limited, please sign up ASAP. See article on page 9.

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

Park Your Bike at ...

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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.

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.

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.

Wednesday, July 10

EAT 0 MI 6:15 PM A Night At The Races

Coordinators: Jeff Vogel & Margaret Cipolla (718) 275-6978. Ya still gotta eat - This is the tour of the ethnic restaurants - Stage 10. After the races at the Kissena Velodrome we'll go for the best authentic Chinese food in New York City (sorry Jody) and it's not in Chinatown! Call us by Tuesday, July 9 for bike/car/subway directions and to reserve a space at dinner. Greater than 50% chance of rain cancels racing but not dinner.

Saturday, July 13

600K BREVET 4:00 AM

Coordinators: Steven Britt (212) 288-6324 & Jeff Vogel (718) 275-6978. Call the coordinators for more information.

Out Of Bounds

Saturday, June 1 400K BREVET, SARATOGA SPRINGS

For more info call John Ceceri (518) 587-4338.

Saturday, June 8 300K BREVET, BOSTON

For more info call Dave Jordan (617) 641-2484.

Saturday, June 15 JERSEY DOUBLE, 4:45 AM

As the title suggests, this is a 200-miler. This one is run by the Western Jersey Wheelmen. For more info call Bruce Thomson (908) 879-6477. Registration forms will be available at the May NYCC club meeting.

Saturday, June 15 to Sunday, June 23 PEDAL PENNSYLVANIA

Two fully supported tours in '96. The Great Northern Crossing, Erie to Philadelphia, June 15 to 23, camping and college dorms. The Penn Central, Pittsburgh to Philadelphia, July 20 to 27, college dorms. For brochure, call or write Bob Ingersoll, Pedal Pennsylvania, 1914 Brandywine St., Philadelphia, PA 19130. Tel: (215) 561-9679.

Saturday, June 21 RARITAN VALLEY ROUND-UP

A challenging and scenic ride in central and western Jersey. Run by the Central Jersey Bicycle Club. Info: (908) 225-HUBS.

Sunday, June 22 400K BREVET, BOSTON

For more info call Dave Jordan (617) 641-2484.

Saturday, July 13 MID-HUDSON BICYCLE CLUB 13TH ANNIVERSARY PICNIC

Rides of all levels leave at 10AM from Freedom Park in La Grange. Pot luck picnic at 2 PM. Call Ray LaFever by July 10 (914)889-8418.

Sunday, July 14 GOLD COAST BICYCLE TOUR

Sponsored by the Huntington Bicycle Club. 25 and 50 mile routes with moderate terrain. 65 and 100 mile routes with hilly, challenging terrain. Fully supported, massage professionals at the finish to help ease sore muscles. Call (516)942-2017 for information.

Sunday, July 14 WARWICK COUNTRY ROADS BICYCLE TOUR

Sponsored by the Orange County Bicycle Club. 9, 26, 41, 55, 64 and 83 mile routes through Vermont-like countryside. Water/snack stops every 10 miles with home-baked goodies. Rides start and finish at Warwick Town Park. For a brochure/registration form call (914)986-2659.

The NYCC welcomes

Peter Morales as the new B Rides Coordinator.

Please keep him busy by phoning B rides into him at:

(718) 833-4370.

Save the Date!

The 2nd Annual NYCC "Escape from New York"

Century is September 21.

50, 62 and 100 mile routes. Details to follow.

Central Park on a Good Day in a Perfect World:

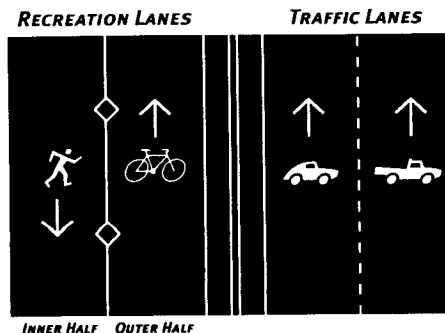
The accompanying diagrams are taken from a publication published by the Central Park Conservancy entitled "A guide to sharing the drive in Central Park".

They show where bikes are permitted during traffic and non-traffic hours. Of special note: "Skating in the recreation lane is unsafe when there are cars in the Park. Therefore, skating is not recommended."

Also: "All cyclists must wear protective equipment, including a helmet. Do not use headphones."

For a copy of this guide, or to become a member of the Conservancy, please call: (212)315-0385.

When Drive is OPEN to motor traffic:

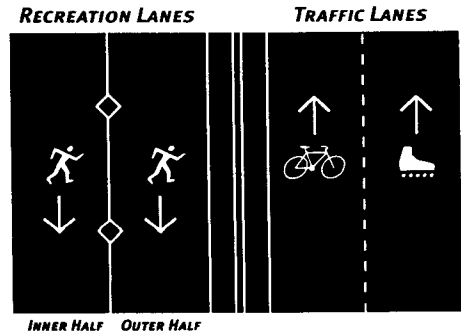


When Drive is CLOSED to motor traffic:

Weekdays: 10 AM - 3 PM and 7 PM - 10 PM

Weekends: 7 PM Friday - 6 AM Monday

Holidays: 7 PM night before - 6 AM day after



Bike Watch by Richard Rosenthal

News Flash! News Flash! This just in! Bikes are stolen in New York City. This shocking bit of news made the front page in screaming headlines in the Daily News Sunday, May 19, and again on May 20. (Their sting of leaving a bike out to be stolen, then photographing it was hardly new; the Village Voice did the same thing last year.) • So much has occurred since last we met here, so, to save space, here is some of it, largely without places and dates. • Cycling took quite a hit in the breathless publicity given to one T.J. Kaczynski's bombing around rural Montana on an old clunker. E.g.: on CBS News (4/4): "[Reporter:] What did you talk about? [Local resident]: His not being able to ride to the top of the hill and having to get off and need a push." • Then the Times told us 7-year old Jessica the Pilot "rode her bicycle down the lonely country road to Mr. McKnight's farm," and wrote editorially, "(P)iloting a plane with proper supervision in good weather is probably no more dangerous than horseback riding, or riding a bicycle in traffic." • Hard Copy, CBS News, and NBC's Dateline ran footage of a drive-by beating of cyclists with a baseball bat. The assaults were taped by the cretinous perps, themselves, whose peals of laughter were heard in the background as we saw their viciousness. • A New Yorker by Robert Pregero showed a cab with six "flags" of bicycles emblazoned on its door, a la fighter planes/pilots, to indicate kills. Very funny Not. • Copy from an ad for Kaplan, the test-help people, sent in by Don Passantino: "Once a week, Deak Nadler has that dream where 10 years after graduation, he takes the elevator to 63, walks into the office of very attractive, former classmate, and newly promoted executive vice president Mindy Jaworski, hands her a manila envelope and hears her say, 'So, tell me Deak, what's it like to be a bike messenger?'" Deak's answer to Mindy should be, "So tell me, Mindy, what's it like to be in an ad for a test preparer who doesn't know the correct use of commas?" • As thrilling as it was to see a non-cycling market ad shot on a velodrome, a first, insofar as I know...that doesn't quite compensate for the utter idiocy of Nautica showing the product being advertised on a track: a blousy, wind-filled jacket. • Dumber yet is an ad for Kool cigarettes with two MTB riders. • Robin Williams recently rode onto the set of the David Letterman show on his MTB as a bike messenger. • A Klein MTB is prominent in a photo of Jerry Seinfeld in a current American Express ad. • John Schubert notes a Mountain Dew and a Wheaties commercial show MTBers behaving like jerks. Other current TV commercials with bikes: Reebok, RiteAid, Rite, Sunny Breeze, and Gatorade. We previously noted a TV commercial for Aleve, a pain reliever, that featured a cyclist. Now comes one for Zostrix, another pain reliever. Who knew our favorite sport was so painful? • A few years ago Taco Bell used Greg LeMond in its commercial. Now they use inline skaters. This is known as devolution. • Masterpiece Theater's recent "Bramwell" was about the tribulations of an early (1895) fictitious woman physician. A supposed sign of her independent and revolutionary spirit was her riding a bicycle. Said the eponymous Dr. Bramwell to a colleague who was afraid she would break her hyman on it, "You won't lose your virtue on a bicyce...unless it's a tandem." • Kirk Douglas, asked in an NPR interview recently re-run, how he was able to withstand filming a scene with him up on a cross in Spartacus, replied: simple, there was a bicycle seat attached to the cross for him to sit on. • From Madonna to crucifixions. The Post, Daily News, Hard Copy, and Reuters news agency, undoubtedly content to simply regurgitate without question the PR release from Madonna's PR flack, reported the father of Madonna baby is "a professional bicycle racer." He isn't. Park racers know Carlos Leon as just another Cat. 3 pack rider. • Baron on Bayer: A female cyclist in a current aspirin commercial reported on by Caryl Baron

keens Bayer is the only over the counter pain reliever that can also prevent a second heart attack. Caryl B. wonders, "A second heart attack? The model was in her 20s...a bit young to have had a first one." • Howard Turoff saw a film in conjunction with a CPR course in which a spokesman tells of surviving a heart attack due to his getting CPR. As he is telling this, he is seen riding a bike at c. 20MPH without a helmet. Howard figures the coronary victim, having survived the heart attack, must feel invulnerable. • The NYT's obituary of the great Australian cyclist, Hubert Opperman, actually defined motorpacing. You won't ever see that again in a Times obit. Sir Hubert died while riding his exercise bicycle. He was 91. The obit was written by Times sportswriter (and Tour DuPont reporter), Frank Litsky, whose son, Charlie, an MTB racer, promoter, and race announcer, died of a heart attack following a race a few years ago. He was 35. • Polo's hot African-American model, Tyson Beckford, is, according to my source, holding a triathlon bike in a current ad. Better to call it a time trial bike since, sad to say, one reads Inside Triathlon and Triathlete without ever once seeing a picture of an African-American triathlete. • The NYT, in referring to Lance Armstrong, in an article about the importance of rest in strengthening yourself and losing weight, could have referred to him as the youngest ever world champion, a Tour de France stage winner, the Tour DuPont winner, etc. Instead, it referred to him merely as "Olympic hopeful." • The NYT ran an AP piece on the Olympic flame being extinguished when a cyclist who was carrying the torch, dropped it when he caught his wheel in a crevice on a steel bridge in Tacoma. • ABC and NBC news and 60 Minutes" ran a feature on The Bicycle Club. Turns out that's the name of a gambling club outside Los Angeles. In a screw-up, it's run by the U.S. government. • GM is running a 2-page ad honoring the 100th anniversary of the Olympics that, none too convincingly, purports to show cyclists from years ago standing alongside a contemporary one. The art director might have called on Pryor Dodge whose extraordinary collection of antique bikes and memorabilia (seen in slide form when he spoke at the club c. five years ago) is on exhibit at the Paine Webber Gallery (Sixth @ 52nd St.) and which exhibit attracted a great review by Rita Reif in the Times. It's there until Oct. 4. Miss it at your own peril. • N.J. Gov. Christine Whitman is posed next to her MTB in the 5/5 NYT Magazine. Prominent in the photo is the name on the wheel: Ringlé. Smart politician. Ringlé is a N.J. company. The book jacket for Dr. Bob Arnot's current book on health shows him leaning against a bike. The ad for the book shows a winning racers whose helmet isn't on right. • What a jarring surprise to be listening to classical music at 1:41AM on WQXR-FM and hear the word "derailleur" leap out of a radio commercial. The advertiser, Chicago Bicycle, must have been paying homage to QXR's late night disk jockey, Nimet, a cyclist (and former NYCC meeting speaker. • The GOP has an elephant, the Dems, a mule: the recent Indian elections featured dozens of parties, one of which had a bicycle as its symbol and whose catchy line was, "Vote for the Bike." • Anthony Ramirez mis-quoted TA director John Kaehny in a NYT article on the new law that permits police to confiscate bikes ridden on sidewalks. Past & Present Sources: Mike Allison, Steve Baron, Caryl Baron, Herb Dershowitz, Stan Greenberg, Charlie Komanoff, Grace Lichtenstein, Kelly O'Donnell, Don Passantino, Mary Pike, John Schubert. Let me, long after the fact, acknowledge Arlene Brimmer as a source. You, too, can be a Bike Watch source just by calling in a tip to 371-4700.

Ride safely. Keep those tires inflated.

BLOWOUTS by Lou S. Pokes

Congratulations to **Shari Horowitz** and **Bob Foss** on their May 19th wedding. With that being Montauk Sunday, there were a record number of riders turning around to head home well before Patchogue.

While this column is usually reserved for "good" gossip, I was going to report on the "yesses" that recently became "no's". But then

...when the cue sheet says

I learned that none of them are members of the NYCC anymore. Apparently all's well as long as you and the NYCC are a "yes". So, Bob and Shari, we know you'll be members of the NYCC forever.

Next time you go on a ride led by **Mark Martinez**, a map may be helpful but an anatomy book would be indispensable. The last ride he led I heard him talk about uterus-shaped routes. I don't know about you, but when the cue sheet says "left at the fallopian tube", I'm lost!

Congratulations to all the **SIG graduates**. Thanks to all the A, B and C leaders, we now have many more skilled riders all levels. In fact the A SIG got so fast that **Jody Saylor**, one of the leaders, was afraid she wouldn't be able to

keep up with the graduation ride!

And A SIG graduate **Nora Salazar** broke one of the cardinal rules of the NYCC - never pay Christy Guzzetta too big a compliment. She told him he looked like Robert DeNiro! We may never hear the end of it. Personally, I thought he looked like Corporal Klinger.

Welcome back, **Janet Klutch**. As Janet puts it, "I haven't ridden in so long I forgot

"left at the fallopian tube"

which is the front of the helmet". She also said, "I didn't recognize any of the names in the Bulletin so I thought it was safe to come out again". Janet, it's never safe, but I need the quotes. Welcome back.

Overheard on the hill - **Joe the Dentist**: "What's going to Sheffield going to do for my social life?" **Fred Steinberg**: "What's sitting on the hill going to do for your social life? You gotta get a pair of roller blades!" Next month's column will have a full report on what Sheffield

I'm lost!

did for everyone's social life. Or, just ask **Marjorie Kim** and **Angel Rivera** (yes) what Sheffield can do.

Speaking of **Angel**, he and **Catherine Chatham** (no) were teaching the A SIG various turning techniques. They found a perfect spot at the boat basin on River Road where they could demonstrate turning around several trees. Catherine showed her technique of coasting through the turns and then Angel showed how to pedal through the turns, sort of. Going

around the last tree, his bike slid out and he layed down in front of 20 Siggies. Fortunately, he wasn't hurt. In fact, there wasn't a hair out of place. Well, he did bruise his pride and for that Angel, you're our Road Bozo this month.

Let's all wish a speedy recovery to **Ellen "E.R." Richard**. Ellen crashed big time while training in the Park one weekday morning in mid-May. She broke her shoulder in the crash and then broke two ribs when **Lee Kennedy** ran over her. (Lee's missing a rib from her accident; we hope she's not trying to get it back from other cyclists.) Get well soon, Ellen.

10th Anniversary "A" SIG Conclusion Christy Guzzetta

The first ride was snowed out, the second frozen out. We made up for it with extra Sunday rides, we made up for it with extra hard work, we did indeed graduate on Saturday, May 18th.

The Spring weather this 1996 was horrendous throughout. Yet 52 different people showed up for at least one of the first three rides. We rode to Northvale, nice and easy, no problem. We rode to Nyack, we rode to White Plains. We got some miles in, began to build a base, and got to know one another.

Then the hills started getting steeper, the miles longer, the pace faster. Now, the rides started taking on more of an "A" flavor. We went to Rockland Lake, double peline, alternating the lead, riding fast. The number of participants started to dwindle. We refined our skills, got in better shape, and began to master the art of sucking wheel. We went to South Mountain Road, climbing hills, 86 miles, riding fast. Fewer people showed up the week after that. Croton Reservoir, Bedford in the fog, Little Tor, new miles, new hills, new skills, new friends.

16 people showed up for the graduation ride on May 18. Today, these 16 people can ride with anyone in the Club - anyone! These people were the stars of the show:

Todd Brilliant
Gabriella Clapp
Seth Cohen
David Grogan
Maris Jurevics
John Kling
Walter Kulakowski
Charles Lam
Tom Laskey
Stuart Levy
Robert Mazur
Ann Marie Miller
Beth Renaud
Nora Salazar
Mike Smith
Ryan Wallach

They will receive their award certificates during the June Club meeting. Congratulations.

None of us would have made it without the leaders of this 10th Anniversary SIG. This group, the Power Team, is about as good a group of cyclists as this club can produce. They showed us the way, they gently pushed us (gently?), they helped us understand the basics, the beauty, and the beast of this sport.

Katherine Chatham, Ed Fishkin, Paul Leibowitz, Angel Rivera, Ivo Varbanov, Carolyn White, Jody Saylor.

The leaders of the 1996 SIG. You made it happen. You are the absolute best. Thank you.

A Guide

by Conrad Meyer

Sometimes we get so fanatical that we forget why we ride our bikes - to have fun! Here are some tips on the lighter side:

From the home office in Loup City, Nebraska,

The Top 10 Tips for Sitting on "the Hill":

- 10 Leave your rollerblades at home.
- 9 Always check to make sure you don't sit down in doggy doo.
- 8 Sunbathing is not permitted - unless we need to show a movie on your chest.
- 7 Make sure the person you're talking about is sitting in front of you, not behind you.
- 6 Sit facing the roadway, you never know what you might see.
- 5 Don't feed the bears.
- 4 Send the smelliest rider to get the Strawberry Drink. He/she may not be back for hours.
- 3 Dweeb quotient is measured by the number of Schwebers. Left leg and outside right leg Schwebers count double.
- 2 Real men don't sit on the bench.

and the number one tip for sitting on the hill...

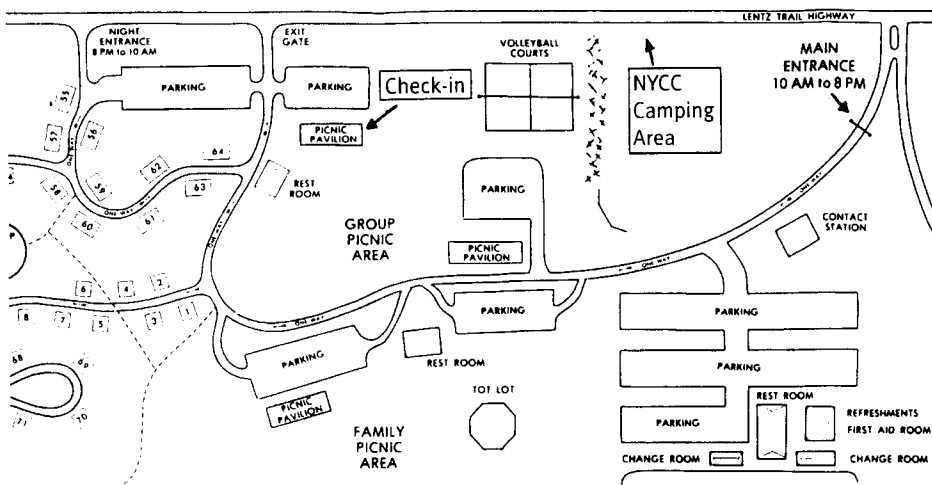
- 1 If you don't shave your legs, you'd better shave your head.

Hope to see you on the road, or maybe just back at the hill!

Mountain Bike Weekend Update

Every year lots of NYCC members show up at Mountain Bike Weekend in Jim Thorpe, PA. This year it is June 14 - 16. Everyone has a blast (especially when it's dry) as hundreds of cyclists camp, ride and have fun on the hilly shores of Mauch Chunk Lake.

Rather than run into each other randomly, we are starting a totally unofficial, boldly experimental, NYCC members' camping area. Look for the flag with our logo on it and sink your stakes nearby. If you weren't planning on going but are interested, call the event organizers at (717)626-1742 7PM to 9PM weeknights only. Ask for Dave Bucher.



Wanted:

Photo Submissions.

We can now print photographs in the Bulletin. If you have a photo of NYCC members in action (preferably bike related) please send it to the Bulletin Editor at the address listed on page 2. Color or black and white prints (preferably 3x5 or 5x7) are preferred. No negatives. Please enclose a list of the names of all persons in the photograph. Photographs will remain property of the New York Cycle Club. Submission implies that all persons in the photograph have given their consent to being published. We will try to fit in as many as we can.

To lead a ride in July. Call by June 11:

A Rides:

CONRAD MEYER (212)535-2444

B Rides:

PETER MORALES (718) 833-4370

C Rides:

DONA KAHN (212)399-9009

JULY 4TH ALL CLASS CLUB WEEKEND AT WEST POINT:

...Happy birthday to you, *happy birthday to you,*
happy birthday dear America,
happy birthday to you!...

Enjoy a wonderful 4 day, 3 night birthday party at West Point in honor of the United States of America. We will bike up to West Point on Thursday, July 4th from New York City and enjoy cycling in the Hudson Valley area on Friday and Saturday, July 5th and July 6th. We'll bike home on Sunday, July 7th. This is an all class club weekend with rides planned for A, B, and C riders.

We will be staying at the historic Hotel Thayer, where Ulysses S. Grant stayed, right on campus. A July 4th picnic dinner at an outdoor concert conducted by the West Point Band, a sunset dinner cruise aboard the historic MV Commander which has been chartered for our exclusive use, swimming, luggage transport, fun, etc., etc., etc.

\$230 covers 3 breakfasts, 3 dinners, overnight accommodations, luggage transport, concert, cruise - pretty much everything, except lunches. Rides will be scheduled for A, B, and C riders. This is an absolutely great weekend. Space is extremely limited so don't delay, sign up ASAP!

Send check made out to **Christy Guzzetta**, 49 West 75th Street, New York, NY 10023. Specific details will be sent to you upon receipt of payment.

Questions? Call **Jody Sayler** at (212)799-8293.



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The Specialists in Italian Bicycle & Walking Vacations!

Spectacular, authentic, educational and FUN, 5-15 day itineraries throughout Italy.

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 - Cooking & walking tours • Learn Italiano • Cycling Clinics • Cultural Activities • Pasta feasts • Wine tastings • Bilingual guides • Van Support
 - Detailed maps & route instruction
- Unsurpassed service

**NYCC members: Clip this ad and
SAVE \$250**

**On selected tours. Call for details! Offer ends 5/10
CALL: 800-866-7314**

Always wear your helmet. No headphones.

The New York Cycle Club welcomes 84 new members!

Abel, Craig
Addadessa, Frances
Adler, Steve
Antell, Stuart
Arriaga, Julio
Bannister, Thurstan
Baraque, Tina
Beavan, Katie
Beltrandi, Nancy
Bickel, Barbara
Bickell, Joel
Bolebruch, John
Booker, Carolyn
Britton, Mike
Bunch, Alison
Carmean, Rachel
Castle, Mark
Caulfield, Betina
Claudio, Tim
Cohen, Barbara
Cohen, Stephen
Crowley, Elaine
Curtis, Diane
Edwards, Vincent
Egerton, David
Eichler, Betsy

Eicholz, John
Evron, Ron
Feinstein, Stephen
Frenkel, Herbert
Geller, Pam
Ginsburg, Linda
Gordon, Ola
Gort, Douglas
Green, Lydia
Greenawalt, Robert
Griffin, Lance
Gyftopoulos, Rena
Haim-Greenawalt, Lisa
Heinbach, Evelyn
Hershman, David
Holley, Ursula
Hubshler, Sofia
Hudis, Clifford
Hunar-Young, Sharon
Karlsrud, Karen
Kinahan, Graham
Kinn, Gail
Kuehn, John
Kuehn, Sabine
Levi, Murray
Lowenstein, Barbara
Ma, Benny
Ma, Cindy
Mehlman, Arlene
Noble, Jennifer

O'Connor Jack
Panagopoulos, Kostas
Pighi, Karen
Pratt, Ann
Radist, Claudia
Rodabaugh, Scott
Salazar, Nora
Salz, David
Sewts, Jeffrey
Shandel, Jeffrey
Simon, Madelyn
Smith, Iva
Smith, Stephen
Spinelli, David
Stein, Phillip
Sussman, Guy
Tarnil, Michelle
Taylor, Mark
Tesler, Ronald
Tickner, Sam
Todisco, Frank
Van Cleve, Suzanne
Vann, Toby
Veleber, Allison
Walker, Eileen
Wheelock, David
White, David
Williams, Madelaine
Wopnick, Eric

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

For Sale

SEROTTA CLUB SPECIAL. 62 cm frame with Campy Super Record headset. Columbus SP tubing throughout. A superbly riding frame – \$200. Leave message anytime: (718)544-8861.

STOP ME BEFORE I KILL MYSELF! X-Country ski package: traditional Trak 200 Fishscale GT skis (for a skier around 5'7"), hardly used Rottefella bindings and Alpina boots, (men's size 42), and classic bamboo poles Will trade for snow shoes or best offer. Call: **Dick**, (212)874-2008.

SHIMANO DURA-ACE wheelset, 8 spd cassette, Mavic Open 4CD rims, 32 hole, Wheelsmith 15g oval spokes. Used one season – \$120.00. **Raleigh** 53 cm c-c Technium frameset, red and black, with headset, seatpost, D-A bottom bracket – \$110.00. Call: **Keith**, (212)982-9461.

TOM KELLOG Racing Bike, custom built for a 5'4" woman, hot pink, in excellent condition, seldom used because it does not have a triple crank – Best Offer. Call: **Dona**, (212)399-9009 (h) or (212)278-1812 (w).

Wanted

Looking for one 8-speed freewheel, used ok if in good condition (to be used on trainer only). Call: **Kristi**, (212)229-9804.

Useful numbers you may want to refer to:

If you are a member and did not receive your Bulletin by the 5th of the month, call:
(212) 886-4545

(Do not call Mitch Yarvin)

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

MITCH YARVIN at
(212) 988-8887

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

DOUGLAS RICCARDI at
(212) 388-9758

Minutes

New York Cycle Club Board Meeting, Tuesday, April 2, 1996

Present: Gene Vezzani, Steve Britt, C.J. Obregon, Reyna Franco, Mitch Yarvin, Rich Borow, Irv Weisman, Dona Kahn, and Geo Kaplan.

Absent: Caryl Baron, Douglas Riccardi, Stephanie Blecher, and Conrad Meyer.

The minutes of the meetings of March 5 and March 12, 1996 were approved.

Reyna presented the fiscal report and advised the board that it included a financial projection for attire. She also noted that advertising was doing well.

Steve advised that all three SIGs were active with varying levels of partici-

pation. Steve also advised that the Englewood Cliffs police were ticketing some riders on Hudson Terrace. C.J. agreed to make a presentation at the members' meeting on the New York City Sidewalk Law and New Jersey bicycle laws. Steve will meet with the Englewood Cliffs police.

Rich reported that information on the club had appeared in Cycling Times and Ride Magazine. He also discussed flyer distribution. He will attend a meeting of the Central Park Safety Round-table with Gene & Geo on April 15.

Mitch reported that membership was at 630 compared to 549 at the same time last year. So far, there is a 54% renewal rate.

Irv reported that there were two training series in operation for B riders.

Steve noted that the group led by Karin Fantis had had between 20 and 25 riders. Irv noted there was a large turnover of riders in the C SIG. He also noted that plans were under way for the newcomer's ride.

Dona, noting the work of lining up rides, suggested the need for coordinators' assistants.

Geo reported that the Century Committee met on the third Thursday of the month and was working on sponsorship and volunteers. He expected the art work for the brochure to be completed in a week to ten days and said it would be presented to the board at the next meeting.

Amongst the special events under consideration are a cultural ride and a scavenger hunt.

Irv indicated that the

club should encourage the George Washington Bridge authorities to clean up the bridge and modify the on-ramp for safety.

There was a brief discussion of the ride classification scheme, which people felt was working satisfactorily.

The meeting was adjourned at 8:50 PM.

Respectfully submitted

Conrad J. Obregon

Reminder:

Material for the July Bulletin is due by
JUNE 12.

That's a day after the exciting club meeting at O'Hara's on
JUNE 11.

Before your first club ride, please read this:

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

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

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

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

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

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

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

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

RIDE STYLE	DESCRIPTION
A	Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.
B	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
C	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half-hour or so.
ATB 1	Hilly to mountainous and single track riding. Mountain bikes only.
ATB 2	Rolling to hilly with some single track and trail riding. Mountain and hybrid bikes.
ATB 3	Flat to rolling, trails and road riding. Mountain and hybrid bikes.

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



1996 Renewal / Membership Application / Change of Address

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

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

Name: _____ Signature: _____

Name: _____ Signature: _____

Address/Apt. _____ E-Mail _____

City/State/Zip _____ Tel.(H) _____ Tel.(W) _____

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

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

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

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

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

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

Come One! Come All!

Salute the SIG's!

A record number of riders have participated in three NYCC SIG's this Spring. Celebrate the 10th anniversary of the A SIG, and welcome the B and C SIG's at the June meeting.

COME TO O'HARA'S ON JUNE 11TH.

120 CEDAR STREET (1 BLOCK SOUTH OF THE WORLD TRADE CENTER)

MEET AT 6 ► DINNER AT 7 ► PROGRAM AT 8

SALAD, ROLLS, PASTA BUFFET AND COFFEE – \$10

INDOOR BIKE PARKING OR SUBWAY.

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



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