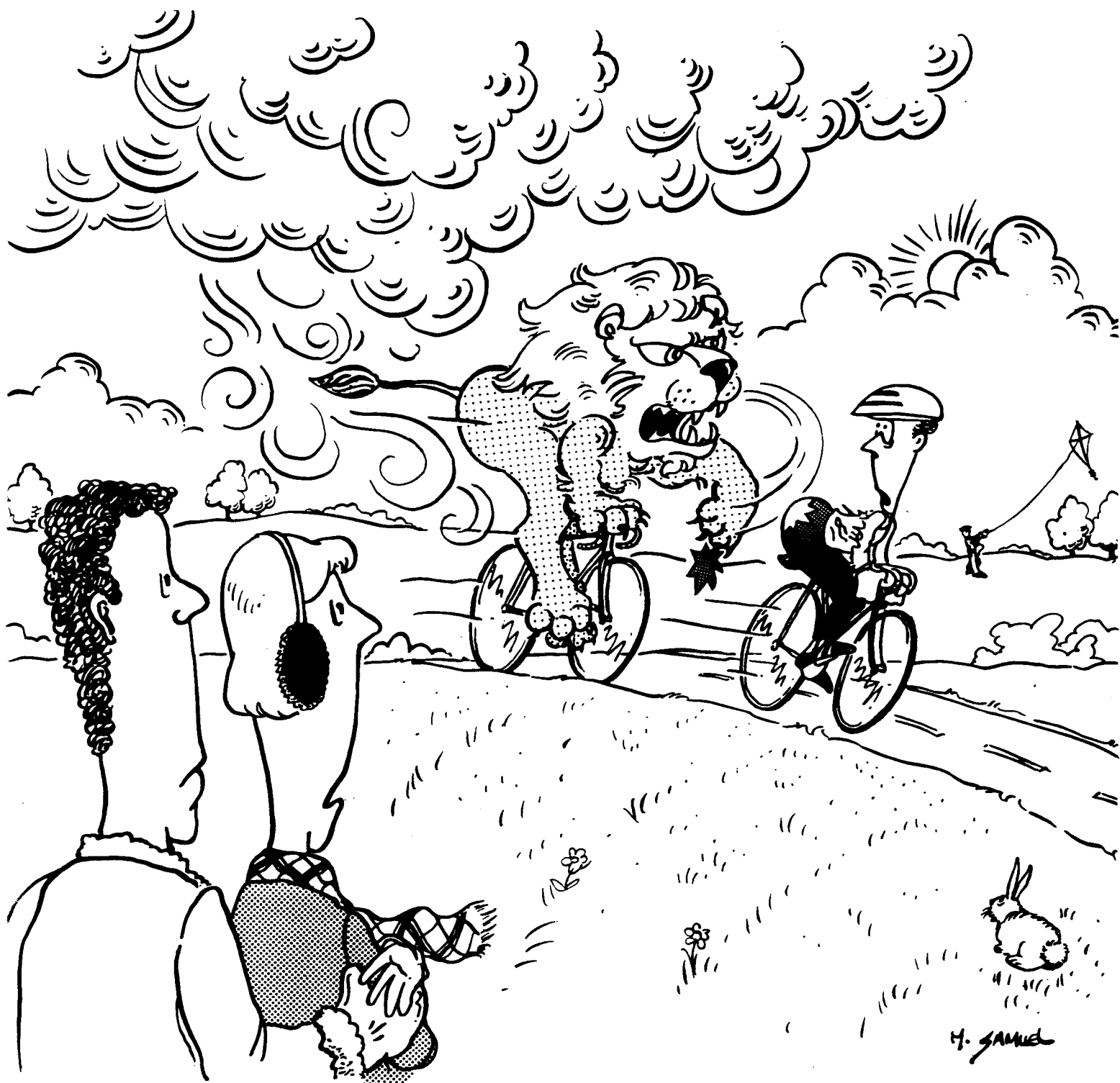


**March
1996**

NYCC *Bulletin*



"So it's true then...March really does come in like a lion."

Bulletin Board

B TRAINING RIDES. This year the B riders have 2 series of training rides. The Slow B Training Rides, organized by Maggie Clarke, will be held on Sundays. It will start with a modest 25 miles at 13 mph and end in mid-May with a 50 mile at 14 mph. It may continue in June at 14 mph with longer distances.

Dick Goldberg is organizing a mid-range B Sig, starting at 15 mph and moving up to 75 miles or more at 16 to 17 mph. Of course, other B rides, including Killer Bees, will be in our future.

MEMORIAL DAY IN THE BERKSHIRES. Come and spend a fantastic weekend with your most fun and dynamic NYCC friends. Berkshire scenery is idyllic, and Sheffield (MA) bed and breakfasts are charming and cheap. The riding can be as challenging as you like through the famous Berkshire mountains and valleys - there are many rides at all levels. Best spaces fill up quickly. Call Stephanie Blecher for details - (212)348-2661.

AND NOW FOR A LITTLE CULTURE! The Museum of the City of New York has agreed to a private showing for NYCC members only: "The History of Bicycles in New York City." Leslie Nolan, Curator of Prints and Photographs, will show vintage photographs from the museum's archives. Call Stephanie Blecher for details - (212)348-2661.

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. 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

NEW YORK CYCLE CLUB JERSEY. The new 1996 jersey is in the works. Come to the March Board meeting for more details.

MEMBERSHIP. This is the last Bulletin you will receive if you have not renewed your membership for 1996. Don't miss out on any great riding - send in your dues. See page 11 for renewal/application form.

A SIG 10TH ANNIVERSARY!

Saturday, March 2, 9:00 AM, the Boathouse in Central Park. One minute after that and we will have begun the 10th anniversary of the A SIG (See the rides listings for further detail).

The leaders for the 1996 A SIG - **the Power Team:**

CATHERINE CHATHAM - former World Team member, 1996 SIG Leader. **PAUL LEIBOWITZ** - SIG Graduate, former SIG Leader, former SIG captain, 1996 SIG Leader. **ANGEL RIVERA** - former Category II racer, former SIG leader, 1996 SIG Leader. **JODY SAYLER** - SIG founder, former SIG Leader, 1996 SIG Leader. **CAROLYN WHITE** - SIG Graduate, former SIG Leader, racer, new mother, 1996 SIG Leader. **IVO VARBANOV** - former National Team member, former Olympic Cyclist, 1996 SIG Leader.

Twelve weeks after 9:00 AM on Saturday, March 2nd - we're going on the Big One. A number of the people who show up on Saturday, March 2nd will be on that Graduation ride come May 18. Will you? Have you been training? Have you been dreaming? Does it sound like fun to bomb on down the road at 22/23/24-plus mph in a double paceline, sucking wheel, taking a turn at the front, hammering up a hill, 40 mph down a hill, mile after mile after mile? Some people consider that feeling to be the absolute greatest in the history of the two-wheeler. Riding together, working together, fast, furious, hot. Wooweee - can't wait. Are you in the mood? Do you want to give it a try? Take a look at the March ride listing, show up on Saturday, March 2, follow the program - and you'll be kicking butt come the graduation ride on May 18. Promise!

Questions? Call **CHRISTY GUZZETTA** - (212)595-3674

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To publish an article:

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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: Anne Grossman for design assistance with this issue of the Bulletin.

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.



Saturday, March 2

SIG A 24 MI 9:00 AM Central Park #1

Leaders: Catherine Chatham (212) 663-6536, Christy Guzzetta (212) 595-3674, Paul Leibowitz (718) 858-9742, Angel Rivera (212) 889-9346, Jody Sayler (212) 799-8293, Carolyn White (212) 666-0616 & Ivo Varbanov (212) 570-1238 From: *The Boathouse*. – The start of the anniversary A SIG. Sounds boring, 4 laps. Don't be fooled. Meet your leaders, meet the people who you will be riding with for the next 12 weeks, learn what this is all about. Plan to ride 4 laps in 1:45. Then, we'll meet in the back of the boathouse for some introductions. Look around, many of these faces will not be there come the Graduation ride on May 18. Will you?

A19 55 MI 9:00 AM Nyack Again!

Leader: Karl Dittebrandt (212) 477-1387 From: *The Boathouse*. Springtime is the best time of year to go to Nyack. The leaves aren't on the trees yet so the view is great! Oh, it's not Spring yet! Maybe Mother Nature will tease us today!

A17 75 MI 9:00 AM SLD (Slow Long Distance) Ride #1

Leader: Marty Wolf (212) 935-1460 From: *The Boathouse*. – Please join me for a nice long excursion to Greenwich, CT. My favorite restaurant there will cost about \$10, so be warned. Ride will leave promptly at 9. Rain date: Sunday, March 3. Temp below 32° cancels.

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

Leader: Irv Weisman (212) 567-9672 From: 72 St & 5 Ave entrance to Central Park. – Each lap of this ride will be timed so that you can see how well you pace yourself. Your overall time will suggest your comfortable club ride speed. Start your riding season by "knowing thyself." Rain date: Sunday, March 3. Wet roads or predicted high below 40° cancels.

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

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

B15-16 35-40 MI 1:15 PM March Is Matinee Month

Leader: Gene Vezzani (212) 875-1615 From: *The Boathouse*. – Sleep late today or take care of all of your business before noon. This is the day that you stop using the excuse that all of the rides leave too early. Meet us at The Boathouse for a 1:15PM departure, eat first, no deli stop today. This three hour ride has one quick rest stop, and gets you back to The Boathouse by 4:15pm. Temp below 40° at start cancels.

C13 40+ MI 9:30 AM Toward Piermont

Leader: Henry Joseph (212) 989-8176 From: *Boathouse*. – Join me in a leisurely ride across the GW Bridge north toward Piermont. Lunch along the way. Predicted high below 35° or rain/snow cancels.

Sunday, March 3

A18-20 45-55 MI 10:00 AM OR... Reasons To Be Cheerful (Pts 1, 2, 3) II ?

Leader: Mark Martinez (212) 496-5518 From: *The Boathouse*.

PART 1: It's over 25° at 8:30 (as per NY1) and there's a fair chance it'll crack the freezing mark by noon and little chance of precip. – we're riding at 10am.
PART 2: It's hellaciously cold (see D. Aleghieri) so there shouldn't be too many pint-sized Gretsky's under foot at Wollman Rink – we're skating at 11am.
PART 3: It's raining, sleeting, snowing – reset your alarm for 11 – turn off your phone (I already have) get back into bed – we're brunching at the Bertha's Burritos (Broadway & 76th) at noon.

C13 40 MI 9:30 AM Park Ridge

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

Monday, March 4

EAT 0 MI 7:00 PM Ya Still Gotta Eat

Coordinators: Majarajah Jeff & Margaret (718) 275-6978. – Tonight's Tour of the Ethnic Restaurants - Stage 7 takes us back to Bombay (and the Jackson Diner). You don't even have to sit through 15 races at the velodrome first! Let the leaders know by Sunday March 3rd if you're coming.

Saturday, March 9

SIG A 46 MI 9:00 AM Northvale #2

Leaders: Stefani Jackenthal (212) 769-8718 & Paul Leibowitz (718) 858-9742 From: *The Boathouse*. – Get to The Boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. We just want to get some miles in today, begin to build that base that will propel us up those mountains we are going to climb - at those speeds we will attain. We are going to start practicing riding together, we'll start thinking about paceline formations, not too intense, just get a feeling. To breakfast at the diner in Northvale, NJ. Is your name on your helmet? On both the front and back? In big letters so everyone can read it? Be sure it is!

A18 60+ MI 10:00 AM Waterfront Destination In Westchester

Leader: Leo Canzoneri (212) 779-4116 From: *The Boathouse*. – It's time to train your muscles for the spring season; if you plan to drink a respectable amount of beer on St Patrick's Day, burn off those calories in advance. This will be a nice and easy ride to a picturesque waterfront (Hudson River) park in Westchester. There will be a lunch stop at a diner in between. If it's below 30° at 10am, I'm not going (but you harder folks can).

B16 50 MI 9:00 AM To Northvale We'll Wander

Leader: Karl Dittebrandt (212) 477-1387 From: *The Boathouse*. – This ride was frozen out last month, so we try again to wonder our way up to Northvale Diner and maybe wander back again. Temp below 32° cancels.

B15-16 33 MI 9:30 AM Last Back-By Noon Ride

Leader: Gene Vezzani (212) 875-1615 From: *The Boathouse*. – We'll take River Road north to Alpine and return on 9W, using Sage Rd. Detour. Back by 12:30. Temp below 40° cancels.

SIGB14 40 MI 9:30 AM B SIG #2

Leader: Jim Babbitt (718) 296-0027 From: *The Boathouse*. – Today we're slated to go to Northvale. We'll cover group riding skills, rules of the road, and the time-honored talent of reading cuesheets. We'll keep the climbing gentle today as we start out on the easy side.

C13 40 MI 10:00 AM Piermont

Leader: *Sandy Gold (212) 873-7756* From: *The Boathouse*. – Join me for an early season ride up to Piermont. Will take my scenic backroads route both going and returning and hopefully be treated to the sight of the first crocus. Lunch at my spot on the hill in Piermont, weather permitting. Otherwise inside one of the restaurants. Helmets and spare tube required. Predicted high below 35 cancels, as does precipitation at start of ride.

SigC10 20 MI 9:30 AM Effective Cycling #1

Leader: *Irv Weisman (212) 567-9672* From: *Inside the GW Bridge Bus Terminal @ 178 St & Ft Washington Ave (A train to 175 St)*. – We'll adjust seat heights and helmets while discussing clothing and pedaling style before a short ride which will stay on top of the Palisades - not much climbing today. Practice straight line riding - single and double file. Rain date: Sunday, March 10. Wet roads, 50% probability of rain, or predicted highs below 40° cancels.

Sunday, March 10**A18 50+ MI 9:00 AM White Plains**

Leader: *Steve Ullman (212) 473-1897* From: *The Boathouse*. – White Plains and beyond? Let's take a consensus on it at the Sea Star as to the beyond, a favorite topic of mine. Temp below 32° cancels.

B16 50 MI 9:00 AM Bergen County Loop

Leader: *Gary McGraime (212) 877-4257* From: *The Boathouse*. – Swing through Bergen, past a Convent College, Lake Tappan Reservoir to Park Ridge for lunch. Bring lock. Slick roads or predicted high below 35° cancels.

B13 25 MI 10:15 AM Slow B Training Ride #1 (Closter)

Leader: *Maggie Clarke (212) 567-8272* From: *Inside GW Bus Terminal (178 St & Ft Washington Ave - A train to 175 St)*. – Wander thru pretty suburbia to Closter Diner, at a relaxed pace. Easy terrain; but climb up the Palisades at return. 50% chance of rain, slick roads, or predicted high below 40° cancels.

Saturday, March 16**SIGA 51 MI 9:00 AM White Plains #3**

Leaders: *Catherine Chatham (212) 663-6536 & Carolyn White (212) 666-0616* From: *The Boathouse*. – Did you train during the week? If you didn't, don't bother coming out. Training during the week is a critical component to kicking butt on A rides. And we are going to kick butt! This is the 10th Anniversary A SIG - we are taking no prisoners this year! More miles today, more base, I'm already getting excited - and it's only week 3. Get to The Boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. More practice riding together today, I'm getting to know my fellow SIG participants. Omigosh, next week we begin serious pace-line training. Omigosh. Breakfast at White Plains.

A18 55+ MI 9:00 AM Nyack

Leader: *Stephanie Bleacher (212) 348-2661* From: *The Boathouse*. – I know it's March already but I don't have that many miles yet. We'll head to Cycledom for some good March miles. Predicted high below 32° cancels.

B15-17 35-45 MI 9:30 AM Orchard Beach

Leader: *Gene Vezzani (212) 875-1615* From: *The Boathouse*. – Let's see how well Orchard Beach weathered the nasty winter storms (and oil spill) we had this year. This is an easy ride that returns to Central Park before 12:30pm. Temp below 40° at start cancels.

SigB14+ 45 MI 9:30AM Scarsdale #3

Leader: *Dick Goldberg (212) 874-2008* From: *The Boathouse*. – Say hello to some Westchester hills. Not to worry, this is just the intro to the Westchester hills. We'll review last weeks topics and go over road-side repair (flats) and an intro to hillgearing and technique.

BICYCLE TOUR GUIDE WANTED

EXPERIENCED LEADER to assist with inn-to-inn, van-supported tours in Spain, Portugal, the Azores, Ireland, & the Canadian Maritimes. Req'd: skilled cyclist & mechanic, resourceful traveler, outgoing personality, driv. license. Port/ Span. language a plus! Min age 26. Reply to:

**EASY RIDER TOURS**

PO Box 228, Newburyport, MA 01950 • (508)463-6955

B14 40 MI 9:30 AM Jaunt To Closter

Leader: *Anne Grossman (212) 924-1549* From: *The Boathouse*. – Up St. Nick to the Closter Diner we go. See suburbia in a winter setting before spring's colors burst forth. Sick roads, or predicted high below 35° cancels.

SigC10 20 MI 9:30 AM Effective Cycling #1

Leader: *Irv Weisman (212) 567-9672* From: *Inside the GW Bridge Bus Terminal @ 178 St & Ft Washington Ave (A train to 175 St)*. – Discussion on gearing and shifting. Riding exercises in a parking lot (if I get permission). Then we ride to Cresskill for a bagel snack and return by climbing back up the Palisades. You'll then understand the need for low gears. If canceled, we'll do this next week. Wet roads, 50% probability of rain, or predicted highs below 40° cancels.

Sunday, March 17**A20 55 MI 9:00 AM GREEN EGGS AND HAM**

Leader: *Mark Martinez (212) 496-5518* From: *The Boathouse*. – Dust off your Yeats and Joyce, stick a tin whistle in your jersey and some bangers in your shorts — it's Celtic Culture time again. Which means we'll be getting as far as possible from that circus sideshow known as St. Paddy's Day Parade. The sons and daughters of Eire (honorary or otherwise) will cycle to the banks of the River o' Pearl for an "All Irish Brunch" at Gallagers. This fare ain't for the faint hearted — but it's what Stephen Roche and Sean Kelly were raised on . . . nuff said. Reservations are required so give the leader a call between the sacred hours of 10am & 10pm by March 11th.

B13 30 MI 10:00 AM Slow B Training Ride #2 Neighborhoods in Ethnic Brooklyn

Leaders: *Mike DiCerbo (212) 645-1120 & Dorothy Fong (718) 596-1967* From: *City Hall Park*. We'll also pick up riders at the Brooklyn end of the bridge and then ride thru interesting ethnic neighborhoods with some mild hills. If you have a bike lock, bring it. Lunch in an ethnic restaurant. Predicted high below 35° cancels.

C14 40+ MI 9:30 AM Rockland County

Leader: *Fred Steinberg (212) 787-5204* From: *The Boathouse*. – Oil your knees because if its over 35 we will find a diner in Rockland County. Make this your first ride of the season if you haven't ridden yet. Precipitation at the start or a predicted high under 35° cancels.

Saturday, March 23**SIGA 54 MI 9:00 AM Nyack #4**

Leaders: *Jody Saylor (212) 799-8293 & Ivo Varbanov (212) 570-1238* From: *The Boathouse*. – We'll journey to a place where all cyclists go - Nyack. And we'll do it in style - in a paceline. Whoa! Don't get nervous. This will be just a single paceline, no alternating the lead. The leaders will pull all the way to Nyack and back. We are going to practice riding behind

a wheel, riding steady, predictable, knowing there is a bike on my rear wheel. Get to The Boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. Practice, practice, practice. We're training during the week, we've got our names on our helmets, our adrenaline is pumping.

A17 55 MI 9:00 AM Spinning Into Spring

Leader: Reyna Franco (212) 529-6717 From: *The Boathouse*. – It's Spring already? It's time to dust off your chainrings and join me in a ride down memory lane. I hope my legs remember how to spin, my lungs how to breathe and my heart how to pump. We'll leave from The Boathouse, have brunch in Syosset and return to NYC via subway in Forest Hills.

SigC10 20 MI 9:30 AM Effective Cycling #1

Leader: Irv Weisman (212) 567-9672 From: *Inside the GW Bridge Bus Terminal @ 178 St & Ft Washington Ave (A train to 175 St)*. – This is your last chance to join in on the C Sig. We'll review previous riding exercises, practice looking back while steering straight and practice panic stops. Then to Closter for lunch and some hills to return home. Rain date: Sunday, March 24. Wet roads, 50% probability of rain, or predicted highs below 40° cancels.

SigB15 50+ MI 9:30 AM Ridgewood #4

Leader: Karin Fantus (212) 873-5559 From: *The Boathouse*. – We'll review hill technique this week, because we get a few to practice on. We'll also go over some other road-side repair topics.

C14 40 MI 10:00 AM Brighton Beach

Leader: Cliff Kranish (212) 473-6745. From: *The steps in front of City Hall*. Hot knishes on a cold day from Mrs. Stahls. Precipitation or below freezing at start of ride cancels.

Sunday, March 24

A18 60 MI 9:00 AM White Plains & Beyond

Leader: CJ Obregon (212) 876-6614 From: *The Boathouse*. – To White Plains for breakfast and then a few miles north to make our 60. No more than one good hill. Helmets required. Temp below 32° at 8am (Weather Channel) cancels.

B15 50 MI 9:30 AM Sociable To Somewhere Out There

Leader: Dick Goldberg (212) 874-2008 From: *The Boathouse*. We're going somewhere for a sociable ride on the first spring weekend. The cycling muse will inspire our destination.

B13 35 MI 10:00 AM Slow B Training Ride #3 (Esy's For Lunch - White Plains)

Leader: Maggie Clarke (212) 567-8272 From: *Maggie's Triangle Community Garden @ Dyckman & Broadway*. – Take "A" train to Dyckman - 200th St. Use underpass to exit. We'll ride through the well-heeled suburbs of Bronxville, Scarsdale, and White Plains to Esy's - a great eatery. If time permits, we'll swing past Valhalla and the Kensico Dam. Easy terrain. 50% chance of rain, slick roads, or predicted high below 40° cancels.

C13 40 MI 9:00 AM Syosset

Leader: Alinda Barth (718-441-5612) From: *Statue on Queens Blvd. and Union Turnpike (E or F trains)*. – Heading out to the old bagel place in Syosset for lunch; checking out conditions along Union Turnpike and the LIE service road on the way. Not exciting? What do you expect in March? Just bundle up, get out and don't brood about it. Precipitation at start cancels, as well as predicted high below 35.

Saturday, March 30

SigA 55 MI 9:00 AM Pleasantville #5

Leaders: Angel Rivera (212) 889-9346 & Carolyn White (212) 666-0616 From: *The Boathouse*. – Man, you are killing me! There are hills on this

ride, we are riding in a single paceline and alternating the lead, I feel like I'm already an A rider. I'm glad I took your advice about training during the week. I would have never been able to keep up if I hadn't done that. Get to The Boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. Up route 9 to Tarrytown, east over a big hill to breakfast at the Thornwood Diner. Back home down Grassy Sprain. Do A riders really bomb down Grassy Sprain at 30 mph-plus? Yes! Will I ever be able to go that fast? Yes! Not today, but soon.

A18 55 MI 9:30 AM Nyack

Leader: Abe Karron (212) 686-8748 From: *The Boathouse*. – To Nyack we will go. It's a rite of spring cycling. So is lunch at The Skylark.

B15-18 35-45 MI 9:30 AM City Island

Leader: Gene Vezzani (212) 875-1615 From: *The Boathouse*. – It's time to put in our first appearance of the year at our favorite bicycle-friendly french toast/sandwich restaurant on City Island. Nice weather means a few extra miles up to the Westchester County line. We'll return to The Boathouse by 3:45pm. Temp below 45° at start cancels.

SigB15 60 MI 9:15 AM Silver Lake #5

Leader: Karin Fantus (212) 873-5559 From: *The Boathouse*. – Today we'll get a great opportunity to work on those group riding skills we've been working on. We'll also cover some more rules of the road. This week we'll discuss the vital roles of dining and diet.

SigC10 20 MI 9:15 AM Effective Cycling #1

Leader: Irv Weisman (212) 567-9672 From: *Inside the GW Bridge Bus Terminal @ 178 St & Ft Washington Ave (A train to 175 St)*. – Hone our riding skills and practice rock dodging and fast turns. Then to Closter Diner and climb back home. Rain date: Sunday, March 31. Wet roads, 50% probability of rain, or predicted highs below 40° cancels.

Sunday, March 31

A19 55+ MI 9:00 AM Where To Today

Leader: Steven Britt (212) 288-6324 From: *The Boathouse*. – There's no BMB or PBP in store this year, so I don't have to get up early and do 100+ miles. I think I'll wake at a normal time (for bike-riders) and do some good "A" miles today. Extra miles if Spring is sprung.

B13 40 MI 10:00 AM Slow B Training Ride #4 (Nyack)

Leader: Maggie Clarke (212) 567-8272 From: *GW Bridge Bus Terminal*. We continue the series using Dave Miller's pretty way to Nyack, via the backroads of Bergen County, the historic village of Rockleigh, the bike path in Tallman Park (mud conditions permitting), and Piermont. Terrain more demanding than last week. 50% chance of rain, slick roads, or predicted high below 40° cancels.

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C14 40 MI 10:00 AM House Hunting

Leaders: David Thomas (212-675-6191) and Phil Simpson (718)639-6264. From: The Boathouse. Come and check out the mock Tudors of Lower Westchester or remind yourself why you live in the City. Lunch at the C-Star Diner in White Plains. Precipitation at time of start cancels.

Saturday, April 6**SIG A 61 MI 9:00 AM Rockland Lake #6**

Leaders: Catherine Chatham (212) 663-6536 & Paul Leibowitz (718) 858-9742 From: The Boathouse. – Double Paceline, no alternating lead, to breakfast in Nyack. Eat heartily. We'll head on out of Nyack and north to Rockland Lake. We'll do laps of Rockland Lake, lots of laps. We'll do it in double paceline formation, and we will indeed alternate the lead. Lap after lap, "pulling off," we'll call it out, we'll hear it. "Short pulls," alternate the lead, keep the pace steady. Today, there is a bike inches off my front wheel, another inches off my rear wheel, another inches off to my side. Heck, there's bikes all around me. I'm smooth, this is getting easy.

SIG B15 65/75 MI 8:30/9:30 AM Oyster Bay #6

Leader: Steven Britt (212) 288-6324 From: The Boathouse (8:30)/Statue of Civic Virtue (E,F train to Union Tpke)(9:30). – I'll be starting from the park, but if you want to save yourself for the more scenic miles, take the train to the Statue. As the destination should imply, today will be a hill climbing class (more rolling than climbing). We'll also continue last weeks discussion on diet and start to talk about other factors involved in longer rides.

Irv Weisman – Volunteer of the Year

We are proud to announce that the League of American Bicyclists has bestowed upon our own Irv Weisman, recognition as the NYCC's Volunteer of 1995. Irv received his framed certificate from Gene Vezzani at a presentation at the February Club membership meeting.

Irv's award is based on 25 years of service to the Club. He held office as President for 3 years, VP-Programs, VP-Rides, Editor, Treasurer, and now B-Rides Coordinator. The first NYCC By-Laws and one revision were written by Irv and others in the mid '70s and early '80s.

Irv devised the Club's unique Ride Classification system with data from ride leaders including Chris Mailing, Alinda Barth, and the late



Irv Weisman (left) and Gene Vezzani

Jimmy Rex. In the 1980s he led "B" Progressive Training Series for several years at which I and others moved from C to B, and Irv earned himself the reputation of "benevolent but demanding taskmaster" in my article about his training series in the LAB magazine. In the 1970s Irv developed several routes in New Jersey and else-

where, including the Club 50-mile route and its longer and shorter variations which were, for some years, marked in the roads of Bergen and Rockland counties. Irv has the unequaled record of having led rides every year since 1970 at the slow B level.

Irv tried to impart his knowledge to others as well. For the last few years he has taught several courses in Effective Cycling – an educational program developed by the LAB. This year Irv is offering this course to C riders for their personal benefit and to encourage more C ride leaders. He has entertained us numerous times at Club meetings with his technical discussions of gearing and cadence for comfortable riding, to the amusement of some and the edification of many.

Irv sees this award as a recognition by NYCC and LAB of the important contributions which ALL volunteers can make to the successful functioning and continued viability of bicycle clubs.

– Maggie Clarke

C12 40MI 9:30 AM Park Ridge

Leader: John Fullwood (212-927-3278). From: The Boathouse. Leisurely ride to diner for pancake breakfast; leader will supply maple syrup. Precipitation at start cancels. Call leader if in doubt.

Sunday, April 7**B14 40 MI 9:45 AM Slow B Training Ride #5**

Leader: Alinda Barth (718) 441-5612 From: Statue of Civic Virtue (E, F train to Union Tpke). – Ride to scenic Sea Cliff on Long Island's north shore where we'll have an indoor lunch. Just one big hill to test out my/your new Irv Weisman gearing.

C12 20+ MI 9:30/10:00AM Fort Tyson Park & Cloisters

Leader: Grace Lichtenstein (212) 580 3285 From: The Boathouse (9:30)/Grant's Tomb (opp. Riverside Church, Riverside Drive and 120th St(10:00). – Celebrate daylight saving time and Easter with a leisurely cruise to scenic Hudson overlook and medieval Manhattan. Spare tire and helmet required. Bring snack, lock and \$7.00 admission if you plan to tour museum.

C11 42 MI 10:00 AM Sheepshead Bay

Leader: Peter Hochstein (212-427-1041). From: The Boathouse. – A slow, flat, easy ride to celebrate the beginning of the season. Diner lunch, bring lock, helmet, pump, patch kit. Precipitation or temperature at start below 40° cancels.

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B RIDES - IRV WEISMAN (212)567-9672

C RIDES - DONA KAHN (212)399-9009

BLOWOUTS

by Lou S. Pokes

So we now know who the club jinx is. It's yours truly! Last month I wrote about **Don Montalvo** and his ice skating prowess. Well, the day the Bulletin came out, Don proceeded to skate into a six year old Gretzky and broke his leg. The little kid was O.K. Don will be off skates, and his bike, for the next six weeks. So anyone whose name appears in this column, watch out!

Last month it was reported that the only way to get any miles in was to get away. Far away. Two more club members who left were **W. Al Boland** and **L. John Fullwood** (no), who were last spotted on Highway 1 riding from Key West to Florida City in the Everglades. While they did get their usual complement of flats, this time none of them were snake bite; they were gator teeth!

Belated congratulations to **Kathleen Sweeney** who became Mrs. **Manfred Kuechler** a while ago. We didn't find out until their recent post-wedding party. And who says dating services don't work?

Did anyone see the March issue of bicycling. The nutrition column was written by Club member **Julie Walsh**, M.S., R.D. and the NYCC was mentioned in her bio at the end of the article. Julie it's not your "tri-geek" image, but anyone who swims in the Hudson River is nuts!

And if anyone is looking for a bike tour for "Serious cyclists only" with no "Fred's" check out the Tour and Travel Directory in the same issue of Bicycling. Figure out who wrote the ad.

And once again, with no one riding, eating has been the primary activity this winter. On the last Saturday in January, Primorsky, a Russian restaurant in Brighton Beach was the place to be. With 27 NYCC members (there were only 26 at the January Club meeting at O'Hara's) it was one helluva party. The dancing and drinking went on until the wee hours of the morning. As **Greg Worley**, the master of all accents, put it "The drinking pace was quite tough to keep up with." Thanks go to **Stephanie Bleacher** for all the time and effort that went into arranging the night. Hopefully this will become an annual NYCC event.

"I gotta get a boyfriend. I need someone to clean my bike."

And congratulations to **Steve and Amy Brilt** who are expecting their first child in a few months. They did a pretty good job of keeping their wedding a secret until it happened. This secret was a little harder to hide!

Quote of the month #1 comes from Presidential candidate Steve Forbes: "Should the federal government spend \$5 million on bicycle paths in North Miami Beach? Bob Dole says 'Yes.' Steve Forbes says 'No.' " Of course they shouldn't build bike paths in South Florida. We need them here!

Quote of the month #2 is from **Kristi Roberts**: "I gotta get a boyfriend. I need someone to clean my bike." Gee, I never heard some guy say "I gotta get a girlfriend. I need more bikes to clean."

Eating event number two was the sixth annual Cipolla-Vogel All-Class all-you-can-eat brunch. Somehow **Margaret and Jeff** managed to cook for 52 people!

Finally, the real gossip comes all the way from California. Remember **Lisa Halle**, former club president? She left New York to start over, and find a boyfriend, in California. So who has she been seen with lately? **George Clooney**. Yes, that George Clooney. How many George Clooney's do you know? It's absolutely amazing. And, yes, she's yelled at him already.

"A" Guide **Conrad Meyer**

Now that we are finally getting back on our bikes after the long winter freeze, I thought some tips for the early season would be appropriate. Since we've all improved out hand to mouth coordination this winter, its time to work on our riding skills! Whether this season's goal is to win a race, ride your first sub-6 century or work up to your first twin century, these suggestions may help to start your season on the right foot.

The Early season is the perfect time to consider serious adjustments to bike fit. Were you uncomfortable riding long distances last year? Neck pains or back pains? Foot cramps or knee problems? While not always the cure for every ailment, bike position and the proper fit can be a cure for many problems. Adjustments to seat post height can often

alleviate knee problems (hopefully before they start) and result in more efficient power transfer. Pain in the front of the knee is often caused by a seat which is too low, while pain in the back of the knee can be caused by a seat which is too high.

Incorrect handlebar stem height can lead to back and/or neck problems and can result in a position which is less aerodynamic. A stem too short can have you cramped and severely bending your neck in order to see what is in front of you. As 'A' riders and beginning racers adopt a more streamlined position on the bike (more stretched out with a flatter back), changing to a longer stem can be beneficial. For women, shorter stems can result in added comfort, through the resulting shift in sitting position.

Check your pedal stroke. Watch your knees as they go through the pedal motion (don't do this on the street). Make sure your stroke is efficient. If you find your knees way

out from the top bar there is certainly room for improvement. While pedaling, check your foot position. If you are not using floating cleats, it is extra important to have the cleats aligned properly. While most of us only ball-park this adjustment, it is best done by a pro shop with an alignment device.

I've only touched on a few of the items to check for a decent bike fit. While I'm sure many of you have heard or read about these points before, it never hurts to have a reminder before we resume bad habits this season. If you had problems last year, don't take any quick fix suggestions – get fitted by a professional. And don't go to just any bike shop, even if it has a fit kit, they may not know how to use it. Visit a pro, someone with a reputation in racing or someone with references.

Happy pedaling and remember – small chainring ONLY for the first 1000 miles.

Bike Watch

Richard Rosenthal

A recent chronology of bikes in the local media:

On Nov. 12 *New York Times* columnist Clyde Haberman belittled cyclists for thinking themselves "eco-supremacists."

The *New Yorker*, in its Nov. 27 "Talk of the Town" column, called attention to the New York Road Runner's Club screw-up of the wheelchair marathon in an item headlined, "The Shame of the Marathon." It faulted the failure to close Manhattan's streets in time for the elite wheelchair marathoners, observing they would have had "only volunteer cyclists to run interference." That's us *The New Yorker* was talking about! Our 96 volunteers on that grim, grim day, were essentially overlooked in the general and so-called acknowledgement of appreciation published in "The Achilles Heel," (#48: Jan., '96) the newsletter of the Achilles Track Club, the organization to whom we volunteered our time.

A Carl Skutsch wrote a letter to the editor of the *Times*' City section (Dec. 17) in which he complained of being ticketed for biking through a red light at 5MPH when there wasn't a cross street at the light, and of four cops standing around watching the fifth one giving him the ticket. His letter was answered on Jan. 7 by three angry letters from irate pedestrians affronted by cyclists. A Dec. 26 letter to the editor of the *New York Times* (regular editorial page) by a Polly Scilken was headlined, "Restrain the Bicyclists."

The Dec. 31 year-end issue of the *New York Times* carried predictions where we would be in five years. The owner of Crunch, a fitness conglomerate, spoke of virtual reality coming into gyms: "You're going to be able to get on a bicycle and say, 'I'm going to race the second day of the Tour de France,' and depending on your mood you can race against Greg LeMond and be able to say, 'Greg, I'm going to beat you,' and he'll answer you back. There will be a screen surrounding you on the bicycle on three sides. This will immerse you in the image."

Also in the Dec. 31 issue was a column by Robert Lipsyte, in part venting his spleen about sidewalk cyclists. Clyde Haberman renewed his bike bashing in the Jan. 5 *Times* with a broadside against Chinese food deliverers, expanded to include all "aggressive bikers who think they have absolute rights to the sidewalk."

The Jan. 7 *Times* Arts page reviews an exhibit at Minneapolis' Walker Art Center entitled, "Wild Design: Designs for the Wild." The article said it

featured the very latest in bike technology: clipless pedals with interlocking shoes and front shock absorbers! Talk about cutting-edge technology!

The Jan. 9th *Times* Fashion page features an article on how the "fashions" of extreme sports is infiltrating the street fashion world. Among them is pictured and mentioned downhill MTB racing.

Media imagery shorthand frequently uses pictures of cyclists to illustrate two things: poverty (as in the Jan. 9 *Times* Business section photos of India) and heartiness and pluck in the face of adversity (you saw this in newspaper and TV coverage of the blizzard).

A Jan. 10 *Times* article on stretching began by saying Mark Allen, the perennial Ironman winner, never does and doesn't believe in it.

Ask Asa is a brief consumer report segment at the end of NBC's 6PM news. Jan 15's installment was about stationery bicycles.

"Il Grande Fausto," a film biography of the great Italian bike racer, Fausto Coppi was on public station WNYC on Jan. 15. as part of its service to the Italian community: the dialogue was all in flawless Italian. My favorite part was the Coppi character sprinting across a finish line on a perfectly level road...at a cadence of, oh, it looked to be, say, around 35, maybe 40 rpm. So much for realism in Italian cinema.

The Feb. 2 *Times* had a photo of a fire gutting a landmark building in Santa Monica, CA. The picture was taken from the beach below the building and in the foreground are four cyclists (two with helmets, two without) on the terrific concrete bike path that cuts through the middle of the sand beach along the coast there.

One of the Republican presidential candidates (I forget which one) was shown on one of the nightly network news programs (I forget which one) railing against government waste. He cited the money to build a bikeway (which was the scantest fraction of a transportation appropriation)...

The next time some motorist yells at you, "Gitondasidewalk-whereyabelong," dulcetly remind him of the new law (City Council bill 645-A) that makes your bike subject to confiscation if you ride it on the sidewalk.

The *Village Voice* set up a bike in Tompkins park and left it unlocked and unattended... but with a camera to observe the expected action. The results, shown Dec. 19, were more heartening than one might expect, with several bypassers by not stealing it...before the son of a park worker did. The recovery of the stolen bike, minus parts, was reported in the *Voice* Jan. 2 in a brief mention headlined, "Bike Found Dead."

ACTUAL SIDEWALK DIALOG: **Scene:** A cold afternoon in February in front of a Chinese restaurant on Second Ave. in the 60s—one of three in that two block stretch. Two non-Asian men are holding semi-clunker bikes and speaking to a Chinese man who is apparently a delivery man for the restaurant. A bypasser comes upon the three of them in a negotiation.

Bypasser: You selling those?

Non-Asian man: Yeah.

By passer: "How much ya want?"

Non-Asian man: 50 bucks. 60 for this one. And I'll throw in the chain. Ya want one?

By passer: Well, I dunno. I'm afraid the guy you stole it from will see me with it. Where'd ya get it? Did you steal 'em from around here?

Non-Asian man: Nah, it's ok. We get 'em from upstate, up in Westchester and bring 'em down here. You won't get caught.

A SPECIAL NOTE: NYCCer Jim Siler accomplished what few others have: he beat a cycling ticket. For impeding the flow of traffic, i.e. riding two abreast on 9W half a mile north of Palisades. Trial was in Englewood Cliffs.



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

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Have you ever thought about leading rides?

The Club ride program is helped by having more leaders for all levels of rides. Dick's B Sig will undoubtedly result in the development of more B ride leaders. And this year, by combining my Effective Cycling course with the C Sig, (see my article in the Feb Bulletin, or call me for information), I expect to increase the number of C riders who will develop the confidence and know-how to lead C rides.

As for B riders who are not participating in the B Sig, but would like to lead, they can get started in the business by co-leading with more experienced leaders. Let me know of your interest, and I'll connect you with a ride leader who will welcome your assistance. Your name will appear in the Bulletin, you will be sought out as a famous Club personality, your praises will be sung, and you will get to meet riders who will thank you for your con-

tribution to their cycling happiness. Not bad for a mere \$21 membership fee and the commitment to lead a ride once in a while. And you B ride leaders, and A riders who would like to help out by leading brisk B rides, call me to get back in the schedule. Spring has sprung, the time is now! Call me at 567-9672, I'm waiting for you. — Irv Weisman

A big welcome to new Club members!

Brian Ales • Carol Becker • Irwin Berger • Claudia Bukszman
Eileen Carroll • Yvonne Coltery • Stuart Daiell • Roger Deakins
Deborah Denenberg • Gregg Feder Lauren Frank • Paul Groncki
Ron Grossberg • Greg Kozar • Charles Lam • Soren Larson
Phil Liben • Helena Munoz • Dave Palermo • Leslie Payson
Iliana Portik • Randie Reisman • Michael Romano • Barbara Ross
Jody Saylor • Amy Schneider • Eve Shalley • Peter Suazo
Kathleen Sweeny • John Timmer • Michelle Tokarczyk • Bill Wojtech
Olive White • Andrew Witten

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TAKE A MINUTE AND VOTE!

In the February issue of the Bulletin a by-law amendment was proposed to change the NYCC fiscal year. However, since the ballot did not provide a method of verifying membership in the NYCC, the ballot was deemed nullified. In the interim, the Board of the club determined that it would be easier from a bookkeeping point of view to have a 1 month transitional year rather than a 13 month transitional year. Accordingly, a new ballot follows. members should insure that their name and address appear in the appropriate portion of the ballot, which will be removed before counting.

PROPOSED BY-LAW AMENDMENT

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

Shall the following amendment to the By-laws of the New York Cycle Club be adopted:

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

☐ In Favor

☐ Opposed

Please return ballot by April 1, to:

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

NAME

ADDRESS

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.

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.

BIANCHI SALE. 1994 Campione d'Italia, 53 cm, Campy/Columbus. Low miles, excellent condition – \$500, OBO. '95 **Veloce Frame** w/ components, 55 cm. – \$400, OBO. **Shimano Deore ATB pedals**, light use w/ cleats – \$30. Call: **Steve** at (212) 473-1897.

CANNONDALE (52 cm) 3.0 polished blue frame with Shimano 105 group, Nitto stem, Modolo anatomic-shaped handlebar, 12-23 freewheel, Ukai black rims, Gyro-master hums, Vetta Bassano saddle, under 20 lbs. Few miles, excellent for both training and racing – \$455 OBO. Willing to warranty for parts/labor. Call: 532-4917 or beep: (917) 486-1685.

BIANCHI BRAVA, 12 speed, black and celeste blue, Shimano 105, computer, rear rack, bottle cage, 52 or 54 – \$250. **Shimano PD 1056 pedals**, like new – \$90 firm. Call: **Bob**, (718) 575-5442.

WOMEN'S BASIC CROSS COUNTRY SKI SET, waxless skis (Karhu Classic), boots (women's size 9) and poles. One year old, used only twice. Great for groomed X-C ski areas, parks and golf courses – \$100. Call: **Barbara**, (718) 832-8001.

BASSO carbon frame (air profile style). 54cm C-T. Black with grey fade painted by Rainbow Cycles. Campy Veloce Ergopower, carbon stem / handlebar, adjustable for width and stem length. Frame alone cost \$1,100. Less than 200 miles – \$1,350 OBO. Call: **Alan**, (212) 288-4881.

COLNAGO road bike, 52 cm., Columbus SL, good condition. **Santana Tandem**, in new condition, less than 500 miles, never crashed, 20-1/2" x 20-1/2". **Paris Sport Dave Moulton Touring Bicycle**, Reynolds, 20-1/2". **Nashbar Hybrid bicycle**, 21", almost new, extras. Several sets of **tubular road wheelsets**. **Components**, (saddles, new 27" clincher tires, pedals and more). **Bicycling periodicals** (Winning Magazine, Velo-News – an extensive collection of vintage issues). I am willing to consider all reasonable offers. Located in Brooklyn, NY. Please e-mail to gemini132@aol.com. or bobsey@ix.netcom.com, or call: **Steve** at (718) 768-3424.

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Minutes

New York Cycle Club Board Meeting, Monday, November 7, 1995
Present: Geo Kaplan, Lori Vendinello, Reyna Franco, C.J. Obregon, Mitch Yarvin, Michael Toomey, Caryl Baron, Barbara Julich, Rich Borow, Gene Vezzani and Linda Wintner.
Absent: Steve Britt.

The minutes of the meeting of October 3, 1995 were approved. C.J. reported on the activities of the Central Park Safety Committee for which he served as the club's representative. He reported that after two years of activity and dozens of meetings, the only accomplishment of the committee had been to prepare a brochure which explained the rules of the road for the Park Drive. Rich felt it was in the club's interest to continue participation and agreed to serve as the new club representative.

Geo reported that the club would be supporting disabled wheel chair racers in the New York Marathon. He noted the efforts of Ellen Richard and Richard Rosenthal to organize the effort.

Geo announced that Ben Goldberg would serve as teller for this year's election.

Mitch reported a membership of 938 with 54 new members in October.

Reyna reported on the Escape from New York Century. The club grossed almost \$6000 and had expenses of slightly more than \$4000. It was reported that the committee expected to meet on the third Thursday of every month and that meetings would be open to all members. Each member of the committee will head a subcommittee.

Lori reported that holiday party arrangements were complete, except for the music.

Reyna reported that the club treasury had about \$13,000. As a result of the success of the century the anticipated deficit had not been incurred.

The board unanimously elected Irv Weisman as cyclist of the year.

The meeting adjourned at 8:15 P.M.

Respectfully submitted

Conrad J. Obregon

New York Cycle Club Board Meeting, Tuesday, December 5, 1995 (Conrad Meyer)

Present: Geo Kaplan, Steve Britt, Reyna Franco, C.J. Obregon, Mitch Yarvin, Michael Toomey, Gene Vezzani and Linda Wintner.

Absent: Lori Vendinello, Caryl Baron, Barbara Julich and Rich Borow. Also in attendance were members-elect Douglas Riccardi, Stephanie Blecher, Irv Weisman and Dona Kahn.

Submission of the November minutes was waived.

Mitch reported a membership of 955, down from 971 in 1994. More than 60 reservations for the holiday party had been received.

Reyna reviewed our favorable budget performance. She also suggested a by-law change of the fiscal year to coincide with the calendar year and keep the annual holiday party in the same year as the year expenses for it are incurred. The Board unanimously supported such an amendment.

George reported that the century committee had already begun meeting to plan next year's century, now scheduled for Sept. 21, 1996.

The Board approved an expenditure of \$50 for a gift for Kyle McCarthy of Metro North and \$50 for ride leaders awards.

Timing day is scheduled for the first Saturday in March and the Montauk Century for May 19.

Mitch discussed distribution of the Bulletin. Dona expressed an interest in assembling a ride library.

The meeting adjourned at 8:30 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.

RISE 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.

RISE 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 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:

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Get up close and into the lives and spirit of the Italian people on a cultural, gastronomic and biking fantasy presented by **Lauren Hefferon**, director of **Ciclismo Classico**. Follow Lauren on a bellissimo road and mountain bike journey through the culture and backroads of Tuscany, Umbria, Piedmont, the Apennines, Southern Italy and the islands of Sardinia and Corsica. Beginner or expert, tourist or racer, find out why Italy is one of the most beautiful, friendly, culturally intriguing and delicious places to cycle in the world!

COME TO O'HARA'S ON MARCH 12TH.

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



New York Cycle Club

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THIS IS YOUR LAST BULLETIN...

IF YOU HAVE NOT RENEWED YOUR SUBSCRIPTION FOR 1996.