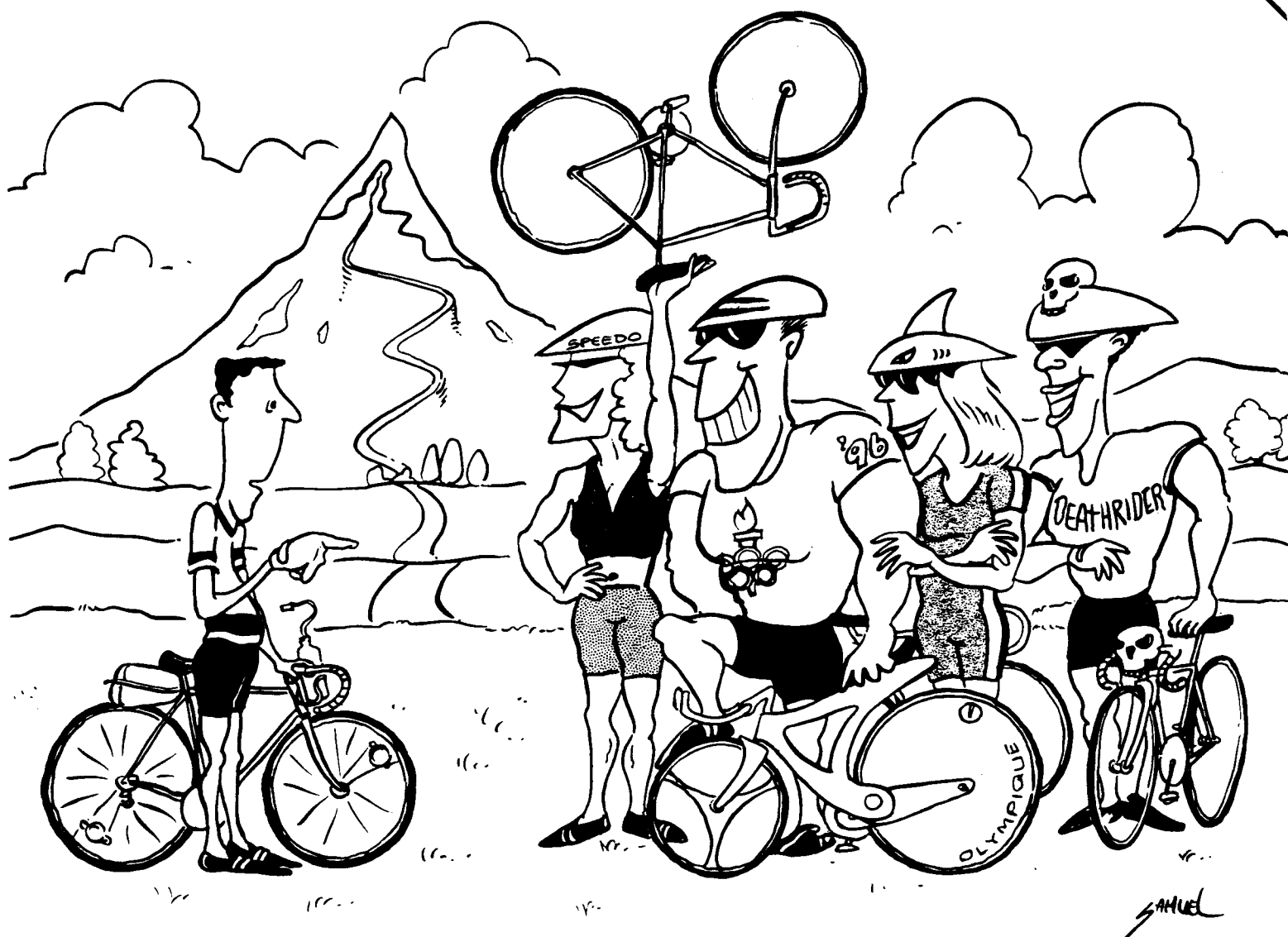


May
1996

NYCC Bulletin

EARLY SEASON REVERSE-HYPE...

Last Chance! - Order by May 14th
All new 1996 Club Jersey!



"So you guys are sure the ride today will be easy because; you have walking pneumonia, he says this is his first ride since 1989, she had both lungs removed yesterday and you rode in from Michigan this morning..."

Bulletin Board

MEMORIAL DAY IN THE BERKSHIRES. See page 10 for all the latest information.

WOMEN'S BIKE MAINTENANCE. Learn the basics of bike mechanics, maintenance and repair to help you understand how your bike works and how to keep it rolling smoothly. Dates, hours and number of sessions will be determined by the needs of the group. Course will be held at "Gold's Bike Shop" on West 103 St. Call Sandy Gold for information - (212)873-7756.

Picture this...

It's a lovely June day and a bunch of NYCC'ers show up at the Boathouse with brand spankin' new club jerseys and you're wearing that 7-year-old stretched and faded Banesto jersey. Will you actually *make* it to Piermont looking like this? You'll probably want to sit by yourself at lunch. Save yourself the embarrassment... order your Club jersey by May 14th. A handy user-friendly order form is enclosed.

MONTAUK CENTURY BUS. This year's century is Sunday, May 19. The NYCC will be organizing bus transportation for riders and their bikes from Montauk home to Manhattan. The cost is \$30 - which covers the club's expenses. Space is limited so make your reservations early by calling C.J. Obregon at (212)876-6614.

CPR CLASSES. CPR (Cardio-Pulmonary Resuscitation), is a life-saving skill, on or off the road. Ed Fishkin has arranged for CPR certification training for those of you who are interested. The class is about 6 hours, cost is \$55-\$80 depending on the number of people. The fee includes the cost of books, materials and use of CPR mannequin. Call (212)595-7010 and leave message including your name, phone, and preferred time and day, so training may be scheduled.

NEWCOMERS' RIDE. SUNDAY, MAY 12. The Newcomers' Ride was initiated by Debbie Bell in 1986 in order to provide new members with an introduction to our riding program. It provides an opportunity for cyclists of similar ability to ride with other members in the company of experienced ride leaders. The ride uses routes which share many miles in common so that a) if anyone falls behind, they can be swept up by the next slower group, and b) riders who want to shorten their rides can wait at designated "branch points" and join a group taking a shorter route.

The ride will have 8 sections: B14, B15, B16, B17; meeting at the Boathouse between 9:15 and 9:30 (departure time), and C10, C11, C12, C13; meeting between 10 and 10:15 at the G.W. Bridge Bus Terminal, Ft. Washington Ave & 178 St (take the A train to 175 St.). Come early to sign in before departure. Please be conservative in your selection, we want this to be enjoyable for everyone. You should be able to ride 25 miles in less than 3 hours in order to do the C10 ride comfortably. See our Ride Guidelines on p.11 for other tips, suggestions, and self-classification information.

Bring lunch, or buy it 1/4 mile from the picnic spot and carry it there. After lunch, we will leave in matched groups again, and at a designated branch point the B's will follow a more strenuous route back while the C's will climb the Palisades in an easier, stepwise fashion.

Pray for good weather, and come out to enjoy a day of pretty suburban riding.

Legal Update

NEW YORK CITY PEDESTRIAN SAFETY LAW. New York City recently adopted a pedestrian safety law that significantly effects bicyclists. The law prohibits anyone over the age of fourteen from riding a bicycle on a sidewalk in the City of New York unless permitted by an official sign. Of great interest is the penalty. Not only may a fine be imposed of not more than \$100 if the rider is found guilty, but the person issuing the ticket may seize and impound the bicycle. There are a variety of procedures for recovering the bicycle including payment of the fine, posting a bond, or a finding in favor of the bicycle owner.

The statute does not allow for seizure and impoundment for any other offense.

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To publish an article:

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

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

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

Club Rides

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

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

ALWAYS WEAR YOUR HELMET. NO HEADPHONES.



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



Wednesdays in May

A21-23 35-40 MI 6:00 PM Wednesday Evening Training Rides

From: *The Boathouse*. Every Wednesday evening "in season" a group will gather at the Boathouse for a spirited ride up 9W, River Road, to State Line, or thereabouts. Be on time as ride leaves promptly.

Saturday, May 4

SIGA 86 MI 8:00 AM Bedford

Leaders: *Carolyn White (212) 666-0616 & Angel Rivera (212) 889-9346*. From: *The Boathouse*. 8:00am? Why so early? Be there! They don't get any nicer than this. There's only one more ride after this before the big one! We should be smooth by now, in shape, ready. There's big hills, beautiful roads, lots of miles on our way to Bedford. Eat a hearty breakfast, bring pocket foods, 40 miles before a picnic on the Green in Bedford. Helmets, with names on front and back, required. Rain date: Sunday, May 5.

A20 80+ MI 9:00 AM Up A Gear And Stand

Leader: *David Thomas (212) 675-6191*. From: *The Boathouse*. "In the drops and hammer." An "A" Sig style ride to Bedford.

A18 75 MI ??? AM Qualifier For The Big One

Leaders: *John Fullwood (212) 927-3278 & Al Boland (212) 665-3484*. From: *Call Al*. Space is limited so call early. Back by popular demand next week is the New York to Philly ride. This is a ride to the half way mark as a warm-up. We will take the PATH train to Newark where we will begin the ride. The ride is through mostly suburban and farm country of New Jersey. No major climbs, but plenty of beautiful country scenery. Destination Lambertville (on the Jersey side of the Delaware River from New Hope), and then a 15 mile ride to Trenton for rail transport back to NYC. PATH pass required.

A19 75 MI 9:00 AM Long Island's North Shore

Leader: *C.J. Obregon (212) 876-6614*. From: *The Boathouse*. We're getting ready for the long one to Montauk. So let's make nice with the hills of the North Shore. Helmets required.

SIGB17 65 MI 8:30 AM #10

Leaders: *Karin Fantus (212) 873-5559 & Dick Goldberg (212) 874-2008*. From: *The Boathouse*. We're up to 17mph today! The lessons are over. It's all review and strength/speed training this week.

B15-18 50 MI 9:30 AM Cinco de Mayo Ride

Leader: *Gene Vezzani (212) 875-1615*. From: *The Boathouse*. OK, so we're one day early for the true Cinco de Mayo, but who wants to fight the throngs of riders jockeying for position tomorrow? We're off to Piermont/Nyack today with a deli stop at the mid-way point. We'll take the easy route in order to enjoy the real Cinco de Mayo.

C14 50 MI 9:00 AM Syosset

Leader: *Peter Morales (718) 833-4370*. From: *Statue of Civic Virtue (E or F train to Union Turnpike Station)*. Rolling hills along a scenic route to lunch at Syosset.

C12/13 45 MI 9:00 AM Piermont

Leader: *Henry Joseph (212) 989-8176*. From: *The Boathouse*. We'll take an interesting route to our favorite river town. Deli lunch and outdoor dining. An easy pace for a relaxing ride.

Sunday, May 5

A20 65 MI 8:30 AM Bike New Jersey

Leader: *Rich Borow (212) 866-1966*. From: *Tavern on the Green (NOT The Boathouse)*. I've got nothing against thousands of cyclists - as long as they're on the other side of the Hudson River! Note West Drive meeting spot and earlier start time to stay as far away from the maddening crowd as possible. Probable destination: Montvale.

B14 45 MI 9:15 AM Slow B Training Ride #9 (One Way to Stamford)

Leader: *Maggie Clarke (212) 567-8272*. From: *Dyckman - 200th Street & Broadway*. Take "A" train to Dyckman - 200th St. Wander through pretty Westchester and CT suburbs via Mianus and Old Greenwich. Return by Metro North (pass required). 60% chance of rain, slick roads, or predicted high below 40° cancels.

C12 40 MI 9:30 AM Montezuma's Revenge

Leader: *Leaderless*. From: *The Boathouse*. Show up early and join others for a leisurely ride to diner for pancake breakfast.

Saturday, May 11

SIGA 91 MI 8:00 AM Little Tor

Leaders: *Catherine Chatham (212) 663-6536 & Paul Leibowitz (718) 858-9742*. From: *The Boathouse*. Little Tor, Big Hill, Big Ride. Hills, miles, pacerlines, speed, team, endurance, "A" ride! This is a dress rehearsal. We've been at this since back in early March. We've been riding, pushing, practicing, hurting. Next week, we're going on a hard "A" ride. We are ready. Bring pocket food and eat a nice breakfast. Get to The Boathouse 15 minutes early so we can get signed up and on the road promptly by 8:00am. Helmets, with names on front and back, required. Rain date: Sunday, May 12.

A20 65 MI 9:00 AM Saddle Up To Park Ridge

Leader: *Phil Simpson (718) 639-6264*. From: *The Boathouse*. To Park Ridge via Saddle River Roads - some sharp hills - and eat at the Park Ridge Diner. Home via 502 & 501.

A19-20 65 MI 9:00 AM Birthday Ride

Leader: *Reyna Franco (212) 529-6717*. From: *The Boathouse*. Before you can have birthday cake, you must ride past the haunts of my youth. Pass the Oyster Bay beaches, cornfields and planting fields, elementary school, junior and senior high schools. After lunch, we'll ride to mom's for birthday cake and hope all the candles don't burn the house down. RSVP by May 8 so mom can order enough cake.

A17 120 MI ??? AM New York To Philly Local

Leaders: *John Fullwood (212) 927-3278 & Al Boland (212) 665-3484*. From: *Call John*. Do you know the back way to Philly from NYC? Since the Goethals Bridge is closed to bicycles we will actually start in Newark after

a short ride on the PATH train. This ride will take us through some of the most beautiful country side in NJ and Pa. Guaranteed to see plenty of cows and horses. Body and bike rail transport from Philly back to NYC. Return will be by Amtrak which includes two free tickets to Sony or UA movie theater. Costs: \$52 for Amtrak and don't forget about PATH and food and water. PATH pass required.

SigB17 70-75 MI 8:30 AM #11

Leaders: Karin Fantus (212) 873-5559 & Dick Goldberg (212) 874-2008. From: *The Boathouse*. This is it. The last in the series. If you've been coming out since week #1, congratulations on increasing your skills/speed/endurance to this level. This ride will combine the best of all the prior 10 weeks.

B16 50 MI 9:00 AM Long Island Triple Loop

Leader: Jim Dravios (718) 225-1842. From: *The Statue of Civic Virtue (E/F train to Union Tpke)*. A scenic ride, with hills to match, visiting Kings Point, Sam's Point, and Roslyn Heights. 60% or more chance of rain cancels.

B15-18 55 MI 9:30 AM Nyack/Nyack Beach

Leader: Gene Vezzani (212) 875-1615. From: *The Boathouse*. Here's a different route to Nyack. It's quite easy, so come out and try out all your new cycling gear/equipment/investments.

C12 40+ MI 9:00 AM Staten Island

Leader: Roscoe George (212) 989-0982. From: *Staten Island Ferry*. Tour de Staten Island. Prove Staten is an Island.

Sunday, May 12

A18 65+ MI 9:00 AM You Guess

Leaders: Judy Meyer (212) 535-2444 & Margaret Cipolla (718) 275-6978. From: *The Boathouse*. At the time of this publication we're not too sure of the destination. If you need to know call the night before (but not later!). Hopefully we'll know by then.

B15-18 50+ MI 9:40 AM Welcome Wagon Ride

Leader: Gene Vezzani (212) 875-1615. From: *The Boathouse*. This is a new route to a park where about 100 cyclists are gathering today. It sounds like a lot of fun.

Newcomers' Ride

Here is a worry-free opportunity to do your first club ride (or to come out and meet some newcomers). **B rides:** leave from the Boathouse. **C rides:** leave from the GW Bridge Bus Terminal (Ft. Washington Ave & 178 St - A train to 175 St).

B's 43/48/54/60 MI 9:30 AM

B17: Rich Borow (212) 866-1966 & Steven Britt (212) 288-6324
B16: Karin Fantus (212) 873-5559 & Mitch Yarvin (212) 988-8887
B15: Anne Grossman (212) 924-1549 & Damon Hart (212) 753-0204
B14: Linda Wintner (212) 876-2798 & Michael DiCerbo (212) 645-1120

C's 27/30/35/40 MI 10:00 AM

C13: Don Passantino (718) 446-9025 & Laura Schwartz
C12: Maggie Clarke (212) 567-8272 & Danny Jay (212) 677-2477
C11: David Miller (212) 794-9365 & Susan Krieg
C10: George Kaplan (212) 989-0883 & Irv Weisman (212) 567-9672

C14 48 MI 10:00 AM Piermont

Leader: Peter Hochstein (212) 427-1041. From: *The Boathouse*. The easiest flattest route up and back; only one serious hill. Picnic lunch at River's edge. OK to bring your Mother. Bring helmet and pump/buy or bring lunch.

HAVE YOU LED A RIDE LATELY?

Park Your Bike at ...

Sit by the stream and enjoy a healthy breakfast or a gourmet lunch, fresh fruit juices and good, strong coffee at Mary's outdoor café!



Low-fat soups, salads, entrees and veggie options!

Our back porch is Nyack's best kept secret!

188 Main Street / Nyack, NY / 353-8937
"Just a couple of blocks from Broadway"

Tuesday, May 14

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, May 18

300K Brevet 5:00 AM

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

SIGA 106 MI 7:00 AM Graduation Ride - Bear Mtn

Leaders: Catherine Chatham (212) 663-6536 & Paul Leibowitz (718) 858-9742 & Angel Rivera (212) 889-9346 & Jody Saylor (212) 799-8293 & Ivo Varbanov (212) 570-1238 & Carolyn White (212) 666-0616 & Christy Guzzetta (212) 595-3674. From: *The Boathouse*. A long, challenging, beautiful, BIG "A" ride. Straight up 9W to breakfast in Stony Point. Then, up, up, up Perkins Drive to the very top of Bear Mountain. We'll cruise the entire and spectacular 17 miles of Seven Lakes Drive to Sloatsburg. Then, through Saddle River on our way back to the Boathouse. When we get there, we will be "A" riders. There will be a Champagne toast at The Hill - congratulations! Helmets required. Rain date: Sunday, May 19.

A18 65± MI 9:30 AM Rockland Lake

Leader: Leo Canzoneri (212) 779-4116. From: *The Boathouse*. We will be heading up through Nyack via 501 and Piermont Avenue. Then onto Ridge Road for the final miles to Rockland Lake. Lunch will be in Nyack on the return trip. Let's hope for a lovely day, or at least one without rain (which of course would cancel the trip).

A17-22+ 250 MI Montauk Twin Century

Leader: Marty Wolf (212) 935-1460. As in past years, we'll take a central Long Island route out on Sat. and return on Sun. by the same route used by the 5BBC and the NYCC. Our group will stay in a motel in Montauk Sat. night. Call leader ASAP, but before May 10, for details and motel info.

B15-18 65 MI 9:30 AM Rockland Lake Roundabout

Leader: Gene Vezzani (212) 875-1615. From: *The Boathouse*. Let's check out this year's duck and geese population as we do a few laps around Rockland Lake. The state park is a great destination which is not far from Manhattan.

C13 45 MI 9:00 AM Park Ridge

Leader: Ben Goldberg (212) 982-4681. From: *The Boathouse*. Nice, easy, enjoyable ride out to New Jersey. Lunch at the diner.

Sunday, May 19

A22+ 125 MI 5:30 AM Montauk Express

Leaders: Ben Goldberg (212) 982-4681. From: *The Plaza (59 St & Fifth)*.

The genuine article. We will let out the sails and fly to Montauk. See elsewhere in the bulletin for bus return info.

A22+ 70± MI 5:30 AM Not Quite Montauk
Leader: Jeff Vogel (718) 275-6978. From: *The Plaza (59 St & Fifth)*. No Friendly's, No Southampton, and No Montauk! We'll start with the Montauk ride, do about 35 miles, turn around, make one 10 minute deli stop and be home by 11:30am.

A19 125 MI 5:00 AM Montauk Local
Leader: C.J. Obregon (212) 876-6614. From: *The Plaza (59 St & Fifth)*. We leave on time. Be ready to go. We'll stop for breakfast away from the crowds and then cruise past the crowded eating areas. See page 2 for bus return information.

A18-20 62 MI ??? AM Bloomin' Metric
Leaders: Judy & Conrad Meyer (212) 535-2224. From: *Grand Central Station*. Meet at Metro-North train to Westport. Call for exact train time. Ride as an NYCC group for this wonderful ride in Southern Connecticut. Look in Out Of Bounds for registration information.

B ?? MI ??? AM May Cyber Ride
Leader: Gene Vezzani (212) 875-1615. From: ? . Here's a special ride for all you on-line cyber folks. If you enjoy surfing the Web, chatting up cyber strangers, or browsing Wired from cover to cover, then this ride is for you. E-mail me for starting time, location, speed, and destination: genev@usa.pipeline.com

B14 50± MI 9:00 AM Croton Death Ride
Leaders: Ken & Marilyn Weissman (212) 222-5527. From: *Broadway & 242 St (last stop on 1 train)*. This is Ken's annual attempt to test every rider's hernia resistance. Sleepy Hollow Road and every hill he can find on the way to Croton. Lunch in Tarrytown. Optional Croton loop for those with a truss: Canadian method for all others. Return on Old Putnam Line bike path. Metro-North bail-out option (don't forget your pass).

B14 48 MI 7:45 AM Slow B #10 Bloomin' Metric
Leaders: David Miller (212) 794-9365 & Maggie Clarke (212) 567-8272. From: *Grand Central Station*. We take the 8:07am train to Westport (buy your ticket before boarding the train) for a pretty ride in CT suburbs, many of whose plants obligingly bloom for this ride. Look in Out Of Bounds for registration information. The return train leaves at 4:30pm. Rain Date: Sunday, May 26.

C14 40+ MI 8:30 AM Breezy Point
Leader: Richard Bigliano (212) 628-4902. From: *The Boathouse*. Get in shape for the summer beaches on a relatively flat (just a few rolling hills) route. Let's get a preview look at the ocean by taking a breezy ride to Breezy Point. We will buy lunch and depending on the weather, either eat in or out.

C13 40 MI 9:30 AM Piermont
Leader: Phil Simpson (718) 639-6264. From: *The Boathouse*. Your basic Piermont - up 9W and back on 501. Lunch at the pier if weather cooperates.

Friday, May 24

A19-21 55± MI 9:30 AM Easy Sheffield Warm-Up
Leader: Jeff Vogel (718) 275-6978. From: *Grand Central Station (9:47 train)*. Why kill yourself before the week-end even starts? Sleep late and take the 9:47 train to Brewster. We'll do the remaining 55 miles at an easy pace and be fresh for the rest of the week-end. Metro-North permission still pending. Call leader if you're interested. Metro-North pass required.

Saturday, May 25

A 65± MI ??? AM Mt Greylock Cartop
Leader: Jeff Vogel (718) 275-6978. From: *Sheffield School House Parking Lot*.

Let's do something different this year. We'll drive up to Lee, MA to join the LIBC for their annual ride UP Mt Greylock, the highest point in Mass. Bash Bish tomorrow will seem easy! Call leader by Thursday, May 23 if you're interested or find him at the Centuryhurst in Sheffield on Friday.

C7 22 MI NOON West NY's Red Light Strand
Leader: Paul Rubenfarb (212) 740-9123. From: *N.E. Corner 181st and Ft. Washington Avenue (A train)*. A naughty but therapeutic elixir for hypothermia, this old Joisey tenderloin strip on Hudson Avenue still festes with the sybarite bawdy-house virility long-ago shut down by most of square-jawed America.

Sunday, May 26

A18-21 ?? MI 9:00 AM 52 Card Pickup
Leader: *The one with the map*. From: *The Boathouse*. Come meet your friends that decided not to go to Sheffield for a fun pick-up ride.

B16 75± MI 9:15 AM Call To Confirm
Leader: Mark Masuelli (212) 996-9823. From: *The Boathouse*. We're not sure where or whether this ride will go. Call Mark to get the word, or show up, and do a ride anyway.

C14 42 MI 9:00 AM Gimme Shelter! (Island)
Leader: Joe Carella (516) 324-7467. From: *Outside WEHM Radio, near the windmill (Hook Mill), East Hampton*. Nice 'n' breezy ride through Sag Harbor, North Haven and Shelter Island. We'll visit the Island's natural preserve and stop for lunch at The Dory or some other joint the name of which I can never remember. 40% chance of rain and I'm home doing the Times crossword puzzle.

C12 30 MI 9/9:30 AM Brooklyn Residential Tour
Leader: Terri Chin (718) 680-5227. From: *Steps in front of City Hall (9:00)/General Post Office, Cadmen Plaza East (main steps)*. This is a residential tour of the quieter sections of Brooklyn, including Brooklyn Heights, Park Slope, Borough Park, Bay Ridge, Sheepshead Bay, etc. Some modest hills. Co-led with 5BBC.

Monday, May 27

A18 75 MI ??? AM Somerville Criterium
Leader: Marty Wolf (212) 935-1460. I'm thinking of taking the PATH to Newark and riding to this annual cycling event. If interested, give me a call and I'll give you the specifics. PATH pass required.

C ?? MI 9:00 AM Memorial Day
Leaderless. From: *The Boathouse*. If you stayed home this Memorial Day and want to take a ride, join others for a friendly jaunt.

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 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 for a quiet green lunch 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.

Sunday, June 2 Tallman All-Class Ride

You've got your pick of rides. Just make sure you are there for the first Club All-Class picnic of the year.

A21 65+ MI 8:30 AM

Leader: *Conrad Meyer* (212) 535-2224. From: *The Boathouse*.

A19 55 MI 9:00 AM

Leader: *Abe Karron* (212) 686-8748. From: *The Boathouse*.

B16/17 55 MI 8:45 AM

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

B14 48 MI 8:15 AM

Leader: *TBD*. From: *The Boathouse*.

C12 50 MI 8/9:00 AM

Leaders: *Carrie Milne* (718) 271-6591 & *Athena Foroglou* (212) 570-9726. From: *The Boathouse*(8:00)/*GW Bridge Bus Terminal*(9:00).

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. 50+% chance of rain cancels racing but not dinner.

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.

Out of Bounds**Saturday, May 4 Farmlands Flat Tour, 7:00 AM**

This is a great ride by the Central Jersey Bicycle Club. Info: (908) 225-HUBS.

Sunday, May 12 300K Brevet, Saratoga Springs

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

Saturday, May 18 200K Brevet, Boston

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

Sunday, May 19 Bloomin' Metric, 62/46/25 MI

From: Westport Metro-North train station. Starts is from 7am to 9:30am. \$13 before May 13 and \$18 after. This gets you a map/ cue sheet, food, and drinks. First 1200 registrants get a T-shirt. INFO: (203) 840-1757.

Saturday, June 1 400K Brevet, Saratoga Springs

For more info call John Celeri (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

A 200-miler by the Western Jersey Wheelmen. For info call Bruce Thomson (908) 879-6477. Reg. forms will be available at the May NYCC meeting.

Saturday, June 15 to Sunday, June 23 Pedal PA.

Two fully supported tours in '96. 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.

Saturday, June 22 400K Brevet, Boston

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

ER on the Road

by Caryl Baron

The following is a recap of the presentation by Dr. Ed Fishkin at the April 9 Club meeting.

Absolute clarity of urine and a good breakfast are two things Ed Fishkin advises us all to begin each and every ride with. Those of you who skipped the April meeting missed a truly valuable evening. Ed informed and entertained us with information so important that I've done my best to summarize below.

We all nodded in recognition as Ed listed injuries he'd witnessed in the NYCC: concussion, shoulder separations, broken ribs and collar-bones, fractured pelvises, ripped fingers, ilio-tibial syndrome, ulnar nerve injuries, dehydration, sunburn, bonking. Acute, or sudden, trauma costs \$75-100,000,000,000 (that's billion) each year, not to mention pain and suffering. Head injuries, frequently the result of not wearing a helmet account for 80% of trauma deaths. You're less likely to be injured if you're alert and prepared.

Leave for your ride tanked up, stretched out, well protected. Bring: properly fitting helmet, sunscreen, gloves, cleat covers (who wants to get road rash off the bike?), eye protection, rear view mirror, tubes, pump, tire levers, minimum

\$10, rail passes, medical insurance ID card.

Stretch and replenish liquids and calories at all rest stops and after the ride.

Early in the season, like now, your body is not as efficient as later. Prolonged training increases endurance, and raises your VO₂ max, which means your body will use the fuel it has more efficiently. Your sweat is also less salty as the season progresses, meaning you are using liquids more efficiently, also.

On dehydration: Water constitutes 70% of your muscle weight. It maintains your blood pressure, transports nutrients to your muscles, lubes your joints, and is your body's medium for thousands of essential chemical reactions. Through perspiration, breathing, elimination and "insensible" transpiration through the skin, an active person loses up to 1 kilo, or 2.2 lbs., or over 36 ounces, of water per hour. But it takes a 10% reduction in volume or a 2% increase in salt concentration for the brain to put out a thirst signal. By then you're probably riding at 2 miles an hour wondering why you can't seem to keep up with the group. Or maybe it's the person off the back who's feeling that way. The thing to do is to get that dehydrated person (or you) off the bike, lie them down, call an ambulance, and start them drinking slowly, fluids only. The way to prevent such misery is to drink 1-2 water bottles of liquid per hour, and drink at every rest

stop. And remember, caffeine is a diuretic!

Bonking: You may be surprised to learn that your body has only 8-10 seconds worth of fuel available for instant use. Your blood constantly transports glycogen stores from your liver, to working muscles and converts it to high energy phosphate compounds. When the stored glycogen in your muscles is depleted, you bonk. You may wonder why you're going so slowly, or feeling so irritable. The solution is to immediately eat or drink a high energy food and wait for it to kick in. Better yet, prevent bonking by replenishing the energy you're burning, with pocket food during the ride and by eating breakfast before you ride.

Heat cramps are common early in the season. These are caused by electrolytic imbalance, insufficient sodium and calcium available to the working muscle.

Heat exhaustion happens in a warm environment with dehydration. The veins fail to constrict as a protective measure and do not direct enough fluids to the brain. This produces the neurological symptoms: confusion, dizziness, fatigue, blurred vision, etc. If this happens, get the rider off the bike, lie him/her down in a cool place, give cool liquids, elevate the legs, and call an ambulance.

Heat stroke is very serious. It indicates severe
(continued on page 8)

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or

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you've got a winning combination. Our new club jacket features the same colors and design as the jersey on both the front and the back, and has solid color long sleeves. The Microzone jacket fabric is light in weight and provides excellent wind protection as well as moisture-wicking properties. We have teamed-up with the world leading manufacturer of cycling apparel, LOUIS GARNEAU SPORTS, to provide you with the very best quality at the lowest possible cost.

Order a jersey and a jacket at the same time and you'll get the pair for only \$100, a savings of \$5.00.

1. Attend the April or May club meeting at O'Hara's and order and pay for your purchase. You can plan to pick up your purchase at either the June or July club meeting, whichever is more convenient for you.

The delivery time is approximately 4-6 weeks.

Size	Chest	Waist	Size	Chest	Waist	Size	Chest	Waist
Extra Small	30	24	Small	36	30	Small	36	30
Small	32	26	Medium	38	32	Medium	38	32
Medium	34	27	Large	40	34	Large	40	34
Large	36	29	Extra Large	42	36	Extra Large	42	36
Extra Large	40	31	X-Extra Large	44	38	X-Extra Large	44	38

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TOTAL				
YES, SHIP MY ORDER TO MY HOME. I HAVE INCLUDED \$3.00 TO COVER SHIPPING.				
TOTAL DUE				

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Two SIG Riders 'Choke' On Death-Valley Double Century

by John O. Bermúdez

It is probably safe to assume that foreign visitors to Death Valley National Park were not overly impressed by their introduction to this portion of western Nevada and eastern California. Horrified would be more accurate.

My introduction to Death Valley began in early January when I received a call from Alfred (Al) Boland, a fellow NYCC A SIG graduate. Al expressed his intention about doing a one-day double-century ride of the valley. Suffering from cabin fever, I quickly checked my business calendar and found that I was scheduled to be in Las Vegas a couple days before the ride. "Perfect", I uttered, and agreed to attend without further consideration.

The ride was the 6th Annual Death Valley Century and Double Century, sponsored by Hugh Murphy from California. It was held on Saturday, March 23. There were roughly 500 registered bicyclists for the event (almost all residents of California) although I never recall seeing that many cyclists throughout the day. Perhaps the fierce sand storm the night before had something to do with the turnout.

Death Valley is a vast depression, stretching about 125 miles to the north and south, as far as the eye could see. It lies at the foot of several parallel mountain ranges: the Sierra Nevadas and the White, Argus, and Panamint Mountain ranges. Those mountains rise by 10,000 to 14,000 feet above sea level. In the bottom of the valley lies what remains of a dried-up ocean and lake – a great expanse of wind, salt, mud and sand that dates back 35-million years.

Al and I began our odyssey of Death Valley leaving Stovepipe Wells at 3:15 a.m., under the cover of darkness. We rode with plenty of energy for 25 miles to the nearest stop – Furnace Creek (home of the hottest recorded temperature in the Western Hemisphere - 136 degrees). The reflected light from the crescent moon and star-filled sky failed to illuminate the way. It was like riding in a totally dark abyss. Luckily, Al brought a powerful light that projected my image across the roadway whenever he rode behind me. Leaving Furnace Creek, we made a couple of turns, and headed down for Badwater about 17 miles into the valley. At first light, both the mountains and the salt-encrusted lake bed started glowing. With every passing mile, the sun's increasing

brightness, as well as change in angle, caused the colors in the valley to transpose. We were still fresh when we

arrived at Badwater – the lowest point in the Western Hemisphere (282 feet below sea level.) Nonetheless, we took time to rest, to enjoy the goodies, to down an extra couple of water bottles and to view the rocky landscape. By then the algae-filled salt pool at Badwater reflected both the mountains and sky.

We continued our way along the narrow dusty valley road at about 20 mph, heading to the next rest stop – Ashford Mill (the 75-mile mark). The sky was clear, the wind remained subdued and the day was still cool, which helped us moderate our drinking. Nothing on the valley floor grew higher than three feet tall. Except for an occasional vulture flying above, life was invisible in the grasses and borders, although I knew that the denizens of the valley included bighorn rams, rattlesnake, coyotes and lizards. Sporadic road signs along the way read: Devils Cornfield, Devils Golf Course and Mormon Point. They made a guy from the Big East feel right at home.

I arrived at Ashford Mill a few minutes ahead of Al. We chatted with the rest-area volunteers and other riders. Al boasted about the "big" rides that NYCC does back home. Little did we know what lay ahead.

Leaving Death Valley from Ashford Mill involved a rather long 4.5-mile climb, starting at sea level to 1,293 feet at Jubilee Pass. That's a 5.4% grade! A short fast one mile decent set the stage for an almost endless 8-to-10-mile climb to Salsberry Pass (3,315 feet). An average speed of about 7-8 mph as well as an increasingly hot 11-am. sun began weighing heavily on my pedals. This was Death Valley – drink, keep pedaling, or die.

Reaching the summit at Salsberry, I took a moment to fully rehydrate before proceeding to Shoshone (the 100-mile turnaround) for lunch, where I relaxed for the first time. Al caught up with me there. We traded stories of our ordeal as we prepared to do it all over again. On any other ride with an out-and-back route you can

pretty much anticipate what the return ride will be like. But that's not the case with Death Valley! While the physical attributes such as climbs and descents might be expected, the spiritual aspect of the ride and its impact on your mind isn't expected or easily anticipated. Your mind wanders, while the steep mountain walls and huge alluvial fans take on a different appearance.

The wind began gusting in our faces at about 1:30 pm, and the valley temperatures would suddenly drop. I was thankful to have kept a jacket handy. Other riders were not so lucky. A combination of heat, wind and elevation came together to create an environment of extreme intensity – one that lies at the very edge of human endurance.

On the flat salt beds, the howling and gusting headwind kept the speed of my bicycle just barely averaging 7-8 mph. Al was a memory. I prayed that he would finish safely. At times I encouraged other riders to paceline with me, and we would punch the wind at 11 mph before falling out from exhaustion. I barely made it back to Badwater just 47 miles shy of Stovepipe Wells. My lungs were full of sand, which increased my consumption to every 5 minutes and naturally affected my breathing. Then, a combination truck and trailer that was full of stragglers pulled up and offered a ride. I was elated at the opportunity. On board to my surprise I met another rider from New York – Jocelyn Gombac – in the truck.

While telling stories about the valley, we spotted a lone rider waving frantically from the roadside. A quick look revealed that it was Al. We encouraged him to continue with 8 miles to go, but Al was finished with Death Valley. What a coincidence, I thought! The only three NYC riders would all wind up in the same truck. Without regrets, we were happy that our Death Valley adventure was over.

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BLOWOUTS by Lou S. Pokes

How have the last few columns started? "No one is riding. It's another snowy weekend... blah...blah...blah. It will probably snow in April...yadda, yadda, yadda." Next February 2nd just shoot the damn groundhog when he sticks his head out.

Remember last month, I reported how **Geo** had his brake pads stolen. Well on a snowy April day he left his commuter clunker at home and took the bus. He should have ridden. He came home to a saddle-less bike. It looks like they're going to steal his whole bike, component by component.

In order to get any riding in you had to leave town (Didn't I use this in February and March? In fact this column is getting easy to write. As long as it keeps snowing I can keep rewriting the same stories!) **Jim Siler** went all the way to Majorca for the Stephen Roche Cycling Camp. Unfortunately the airlines lost his luggage including his bike and cycling shoes. Fortunately the camp has an extra bike in Jim's size but the only shoes they could find were a pair of Stephen Roche's own shoes. While the shoes may have fit perfectly that's a mighty big pair of shoes to fill. Jim says "I got Stephen Roche's shoes, but I wanted his legs!"

Several Club members went out to California for the Death Valley Double Century where there were rumors, later verified to be true, of a crazy New Yorker seen riding off the

road several times with a flower and a camera. He was photographing the flower in the forefront of sand storms. That New Yorker was **John "Bermuda Shorts" Bermúdez**. Hopefully we'll get to see some of those photos. Later in Death Valley the broom wagon, containing the remnants of John, stopped to pick up the remains of **Al "Hair" Boland** at the 192 mile mark of the Double Century. When asked why he was dropping out so close to finishing, he said "the sand storms and 50 mph wind gusts was mussing up my hair."

John "Flat" Fullwood also known as "Maple Syrup" Fullwood has mastered every method of having a flat. Only to discover a new method on a scouting trip with **Al "Hair" Boland** to Philadelphia - by having a closing train door neatly sever a tube stem.

The **Kristi Roberts** saga continues, too. It seems Kristi severely sprained her ankle at 2:30 am one recent Friday night/Saturday morning. She claims she was getting out of bed when it happened. Did anyone check to see if her bike has been cleaned recently?

Mom-to-be **Amy Hanowitz** has been doing all her riding indoors lately (who hasn't?) Dad-to-be **Steve Britt** claims Amy is the only cyclist he knows who can get a Schwabber indoors. If anyone else out there can, don't tell me.

The February 26th VeloNews had a listing of Bikes in Movies. **Richard Rosenthal's** letter

in the April 1st issue added eight more including "The Juro" and "Key Exchange". One that they both missed was "Who's Harry Crumb?" which has a hilarious scene with John Candy riding a bike on a rollers-like contraption with a brake lever. When he grabs the lever he goes flying across the room, through walls, etc. Even in the movies you can't ride outdoors!

On a recent B-Sig **Mark Bernstein** pulled out a pair of surgical gloves to keep his hands clean while helping to change someone's flat. Some thought the gloves were "comical". I think the idea of helping change someone else's flat is funny.

You know about sailors with a girl in every port? Well **Steve Baron** seems to be working on a bike in every airport. He just acquired a Perino in Torino, and will keep it at the printing plant there, and do laps around the Fiat factory between press OK's. Steve joins Howie and Lori Turoff as riders with bikes waiting for them in Italy.

Congratulations to **Rikki Furman** and **Rich Buchetta** (yes). Their wedding was scheduled for Wednesday April 24th. In Nyack, where else? And how were they getting there? By bike, of course. They were trying to keep it small and low-key so I was sworn to secrecy but it should be OK to tell their story now.

The question of the month is "Is **Dr. Ed's** ring real?" If it is, Ed, you're our Nose Bozo this month!

Keep those faxes, cards, letters and phone calls coming.

ER on the Road, *continued from page 6*

thermal chaos, can result in body temperatures well over 106 degrees, and is a medical emergency. Call an ambulance!

Stiff necks are often the result of stiff elbows, which transmit road shock to your neck vertebrae. Relax, bend the elbows! And don't bend your back too much. (Happy Friedman, in his February program, emphasized that your best route to back comfort and good position is to strengthen your abdominals.)

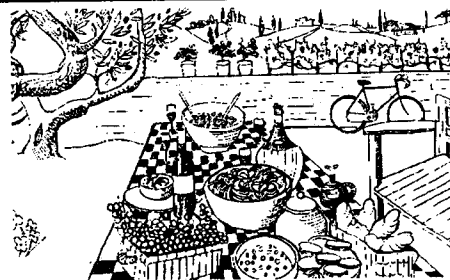
For numb palms and fingers, relieve the pressure on your ulnar nerve by equal distribution of body weight and changing position on the handlebars frequently. Numbness in genital areas is best prevented by finding the best saddle, and having it at the correct height and position.

Saddle sores are caused by bacteria. They are less likely if you change position frequently, wear clean underwear and shorts with no irritating seams. If you get them, stop riding, take warm sitz baths, and use an antibacterial cream. Consult a physician if symptoms do not improve in 2 or 3 days.

New facts: Sunglasses promote sunburn! Sunlight entering through the eyes signals the brain to produce melanin, which promotes tanning. Sunglasses interfere by blocking light, thus making you more prone to sunburn. Wear the lightest shades you can, but do wear UV eye protection. Taking aspirin 1/2 hour before a ride stabilizes and prevents damage to chromosomes, helping to guard against skin cancer. The sun is damaging, so bare as little skin as possible. Don't go out without that #30 water-and-sweat-proof-non-greasy sun block.

See you on the road!

Avoid ER on the Road - Wear your Helmet.



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A Message from B Rides Coordinator, Irv Weisman

There is some confusion about the speed ratings of our rides. We used to characterize our rides by the Average Riding Speed, sometimes called "moving average" (no rest or lunch stops included). (Many neighboring clubs use that approach.) But, clearly, the terrain and city traffic conditions have an effect on the average speed. So several years ago the Club adopted Cruising Speed on level ground as the basis for our classifications. This is the level-ground speed you can sustain all day, not your death-defying, heroic best, time trial speed. It represents the level of effort which you can expend for extended periods. The April '96 NYCC Board meeting reaffirmed the use of Cruising Speed, rather than Average Speed, for our Ride Classifications. Please note that the Average Speed is approximately 3 mph less than Cruising Speed. Overall Speed, with which you estimate the number of hours the entire ride will take, including stops, is approximately 3 mph less than Average Speed, and is 6 mph less than Cruising Speed.

What does all this imply for you?

- 1 Get to know your own riding capabilities by means of the Self-Classification Test in Central Park (4 laps), or Prospect Park (7 laps). See our Ride Guidelines on p.11 of the Bulletin for the timing details which are suitable for both parks.
- 2 Leaders should pace their rides at the Cruising Speed which they had advertised – truth in advertising, you know.
- 3 Riders who did not find an appropriately fast ride that day should not try to force the

pace. If they run off the front, it is assumed that they know what they are doing and the leader has no further responsibility to chase them down. If they would like to see more rides in their classification, their cooperation in leading them would be greatly appreciated. Call the appropriate ride coordinator soon.

4 Do not select rides which may be beyond your tested ability without prior discussion with the leader. If you are too slow for the group, the leader may have to turn you back or "drop" you in order not to spoil the riding day for the others.

5 "Know thyself", and join us in happily thrashing ourselves over hill and dale – in the appropriate class, of course, and I can't refrain from adding, in gears appropriate for you!

GEAR '96 (Great Eastern Rally) in Penn Dutch Country

GEAR '96, sponsored by the League of American Bicyclists (LAB) will be held this year in Millersville, PA (located a few miles southwest of Lancaster, PA), from Fri. June 7 to Mon. June 10. This event, attracting 1500+ bicyclists, includes marked rides of varying length, workshops, entertainment, and camaraderie with friends you never knew you had. The cost for the rally, room, and board at Millersville College is approximately \$225.

Several of us plan to ride to GEAR in our own pre-GEAR tour, with panniers. We start Tues. morning by taking PATH at 6 AM from the World Trade Center, riding to New Hope, PA for our first overnight (65mi.). Then bicycle touring in PA (45 mi each day) with 2 more overnights, arriving at GEAR on Fri. evening. We'll return by Amtrak (Harrisburg) or by bus (Reading) on Mon. afternoon. (It is also possible to get to GEAR by bus on Fri. June 7.) Interested? Call me at (212) 567-9672.

Alphabet Soup by Steven Britt

Englewood Cliffs

I am happy to report on a meeting that took place last month with the Englewood Cliffs Police Department. As with the meeting we had with the Piermont PD last year, the information exchanged was enlightening for both groups.

The major point that needs to be made is that the Englewood Cliffs P.D. is trying to create a safe environment between bikes and cars and that their area of major concern is the area north and east of the intersection of 9W and Palisade Avenue. Approach this area orderly and cautiously.

When approaching this intersection south-bound on 9W, use extreme caution and diligence to get to the left turning lane and queue up BEHIND any cars that are already there. After making the turn onto Palisade Avenue move to

the right and converge into a single line.

In addition I was given a great new return to Hudson Terrace via Summit. Instead of the left onto Palisade Avenue at the light, continue two blocks to John Street and make a left. This will take you to Hudson Terrace through a much nicer intersection than 9W.

Remember: riding "all over the road" will be deemed to be interfering with traffic and could be dealt with accordingly. In other words, as with any other area, ride safe, ride smart.

Keep those cranks spinnin'.

To lead a ride in June. Call by May 12:

A Rides

CONRAD MEYER (212) 535-2444

B Rides

IRV WEISMAN (212) 567-9672

C Rides

DONA KAHN (212) 399-9009

A Guide by Conrad Meyer

Time to get ready for an exciting month of cycling. May has some of the first century's of the year, including the Montauk Century on the 16th. What will help get you there is learning to apply good pacelining skills. Learning to ride in a paceline greatly increases your efficiency, enabling you to ride greater distances at greater speeds. As you ride in a paceline, there are several itmes to keep in mind:

Don't watch the wheel in front of you. As you narrow the gap with the rider in front of you, learn to sense that wheel and pay attention to what is happening in front of you. As a coach told me, "Look at everything in general and nothing in particular." Keep checking the other riders in the group. Watch for obstacles and irregularities up the road. In bike racing, this perspective is essential, if a crash happens a few riders ahead and you are fixated on the wheel directly in front of you, chances are good that you will become part of that crash.

Don't ride off the front. Enthusiasm often lets us get carried away, sometimes leaving the rest of the group in the dust. This is a waste of energy and by the time the leader rejoins the paceline behind him, the rider in second position has often virtually completed the "pull!" At the front of the line, maintain an even pace and wait to make sure the line is behind you when pulling away from intersections and sharp corners. If a rider isn't on your wheel, no one is getting the benefit of your efforts.

Keep pedaling unless you are coming to a stop. If you need to slow slightly, keep pedaling while braking or "pedal through the brake". This tells riders behind you that the line is not stopping and the gradual slowing should allow adequate time for them to react. Riders in the front need to keep pedaling even on downhill. As speed increases downhill, riders following in the draft accelerate more quickly than the front riders, hence the need for the lead riders to pedal to prevent the rest of the pack from bunching up.

Make gradual movements. This cannot be stressed enough. Every movement in the paceline is magnified further back in the line. If a pothole is to be avoided, the line should gradually move around it following the lead rider - if the leader suddenly swerves to avoid a pothole, others either brake in panic and/or end up riding right through it. If an emergency stop is necessary, call out to warn the riders behind you.

Gaps in the line decrease the efficiency of the line. If your comfort level does not allow you to close a gap in the line, offer to let riders behind you go ahead. Gaps cause problems for following riders and can break up a group.

Pacelines are a great way to enjoy cycling more miles with less effort. Practice. Practice. Practice... Hope to see you out there!

A big welcome to 58 new members!

Jose Alvarez-Correa
Penny Arnold
Stephen Banker
Stuart Bauchner
Amy Beim
David Bell
Bill Berg
Mark Bernstein
Susan Calvin
Jan Chenoweth
Andrew Cohen
Jeff Cohen
Linda Cohen
Steve Doub
Jerry Fields
Charles Fletcher
Aryeh Friedman
Jocelyn Gombac
Jennifer Gray
Debra Gross
Nimet Habachy
James Harrington
Chris Havlik
Harvey Hershey
Elena Holy
Claudia Kaplan
Raymond Karlin
Teresa Kneger
Cynthia Knorr
Bill Lawrence
Ruth Lingen
Chris Madden
Alexander Matthews
Patrick McCoy
Steve McGee
Yosef Mirza
Kasey Nilson
Jeanne Papamichail
Steve Pollack
Hun-Ju Cha Porter
Tim Porter
Sobeyda Potts
Lisa Rainey
Lewis Roane
Lorge Roldan
Ellie Rugendorf
Steve Sapienza
L. Sarro
Joe Shallenberger
Brad Shiller
Carey Smith
Woody Smythe
Ranleigh Storling
Gary Trotter
Ryan Wallach
Barbara Weinstein
B. Wheeler
Kenneth Zirkel

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.

SPECIALIZED 52 cm EPIC frame, with fork, headset, bars, stem & Ultegra clipless pedals. Purple carbon. Never used – Best Offer. Call: **Jeremy**, (212)852-7487 (work).

1993 BRIDGESTONE X0-1, (rare, cool, ultra versatile, 26" wheel, moustache bar "cross" bike). 55 c-t, Merckx Orange. Very low miles, meticulously maintained, in absolute mint new condition, mostly stock w/ a few upgrades and extras – Official BOB price \$625 firm. Call: **Tom**, (212)777-5845.

TREK 1400 Red 47 cm, very light aluminum, Shimano 105 clipless pedals and components with STI. Flite titanium saddle, cateye computer, never raced. never crashed, wrong soze, like new – \$500. Call: (212)628-2388.

BLACKBURN Mag Trainer; barely used – \$135. **Blackburn workstand**; perfect working condition, (I want to upgrade) – \$75. Call: **David**, (718) 499-4467.

SCHWINN High Sierra, 2.5 years old, Shimano Deore components, cantilever brakes, bike rack. Great bike, good condition – \$200. Call: **Chris**, (212)873-9228.

BEAUTIFUL ROAD BIKE. 50cm rainbow-colored Zunow, with 7spd Shimano 105 componenets, including extra rear derailleur and cogset for touring. Never raced or crashed. Great entry-level or touring bike – \$600, OBO. Also, **Profile clip-on aero bars** for person with narrow shoulders – \$25.00. **Barely used 8spd Shimano Hyperglide (STI)** cogset, 13-26 – \$25.00. Call: **Jane** (212)662-1935.

TRAINING PARTNER WANTED!

C/B 14 rider looking for companion to do laps in Central Park at 5:30 am, beginning at 90th and 5th Avenue. Contact: **Linda Wintner**, (212)876-2798.

Minutes

New York Cycle Club Board Meeting, Tuesday, February 6, 1996

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

The minutes of the meetings of November 7 and December 5 were approved. Presentation of the January minutes was waived.

Reyna led a discussion of the budget report.

There was a discussion of the proposed by-law amendment. Reyna indicated that even though December 1, 1995 to December 31, 1996 would constitute a 13 month year, she would to continue to report on a twelve month period beginning January 1, 1996 to aid comparisons between one year periods.

Caryl discussed upcoming programs and Steve discussed the rider improvement programs. Rich noted that a press release had been distributed on the 10th Annual "A SIG".

Mitch reported that as of January 31, there were 316 members as opposed to 230 for the same period in 1995.

Stephanie reported that she was working on the Sheffield trip. Irv reported that there would be a "B SIG", and a slow B series. He will also run an effective cycling program for C riders. He reported that there had been a meeting of B and C ride leaders. Guidelines for these leaders are being developed and the A rides coordinator was invited to participate.

Dona reported on her ride objectives.

Geo noted that the century committee had been meeting and was developing a preliminary budget.

Douglas reported that the jersey committee had met and contacted several manufacturers for prices. The committee was considering getting sponsorship to reduce the price. Several members expressed concern about aligning the club with sponsors. C.J. suggested that jersey sales might not be successful, given that the club had offered them only a year ago. Although opposed to sponsorship the

board generally approved the concept of a jersey. A teaser ad will appear in the March Bulletin.

Caryl discussed the formation of a committee to look for a new meeting place.

Reyna discussed the club's insurance and Dona and C.J. agreed to help her.

People from the AIDS ride had expressed interest in tapping into the NYCC. Caryl expressed concern with the cooperation of the AIDS ride organizers, but Mitch wanted to follow-up on this membership opportunity.

There was a brief discussion of an August celebration of the club's organization.

Stephanie discussed a proposal for member retention and Geo discussed aiding the Urban Youth Bike Corps. There was also a discussion of out-of-bounds listings.

The meeting adjourned at 9:40 PM.

Respectfully submitted

Conrad J. Obregon

New York Cycle Club Board Meeting, Tuesday, March 12, 1996

Present: Gene Vezzani, Steve Britt, Caryl Baron, C.J. Obregon, Mitch Yarvin, Stephanie Blecher, Rich Borow, Irv Weisman, and Geo Kaplan. *Absent:* Reyna Franco, Douglas Riccardi, Conrad Meyer and Dona Kahn.

The minutes of the meeting of February 6, 1996 were approved.

A number of decisions were made with regard to proposed club jersey. It was decided to add side panels to the jersey with the club name, which would increase the cost by \$.75 each. It was also agreed to include a \$3.00 shipping option in the offer. The back of the jacket will be printed. Gene will be responsible for receiving orders. The Jersey will be offered for \$50 and the jacket for \$55. If two or more items are purchased the price will be \$50 an item.

The newcomers ride will be held on May 12.

The meeting adjourned at 7:00 PM.

Respectfully submitted

Conrad J. Obregon

Memorial Day Update

SPEND A FANTASTIC WEEKEND IN THE BERKSHIRES

with your 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 Berkshire mountains and valleys – there are many rides at all levels. Best accomodations fill up quickly.

THE MEMORIAL DAY CLUB DINNER

will cost \$23 this year and must be paid for in advance!!!

Send checks to **Stephanie Blecher**, 215 East 89 Street, #2D, New York City 10023.

Call Stephanie for other details and lodging references - (212)348-2661.

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

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

Name: _____ Signature: _____

Name: _____ Signature: _____

Address/Apt. _____ E-Mail _____

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

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

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

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

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

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

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

Get off the Road (and love it.)

OKAY ROAD WARRIORS:

here's your chance to tune in to the mountain mystique.

Shane Hall and **Doug Newman** will whet your appetite for off road cycling
and open up a whole new world of cycling territory.

Here's everything about "that other kind of bike" from tech to trails:

Equipment and fit

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The best rides in the NYC area.

Also: This will be your last chance to order your 1996 club jersey.

COME TO O'HARA'S ON MAY 14TH.

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

P.O. Box 199

Cooper Station

New York, N.Y. 10276

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LAST CHANCE... ORDER BY MAY 14TH!

YOUR 1996 NEW YORK CYCLE CLUB JERSEY ORDER FORM IS ENCLOSED.