

November
1996

NYCC Bulletin



"...Oh, that new guy who joined on Thanksgiving? Rides around in that gaudy feather jersey, and always bragging about the size of his wattle. Personally, I think he's a bit of a turkey."

Bulletin Board

NYCC ELECTIONS

Please see page 9 for the Ballot Form for NYCC Officers for next year. You will notice that none of the positions are contested, but your vote is appreciated anyway. You will also find on the ballot spaces for other more entertaining positions. Take a moment and vote...

THE HOLIDAY PARTY YOU'VE ALL BEEN WAITING FOR

Also on page 9 is information about this year's Holiday Party to be held at The Olde Garden Restaurant on West 29th Street. Please send in your reservations early to ensure a place at the event of the season. Don't forget to choose what you will feel like eating in a month and a half.

SAVE THE DATE

The NYCC is again organizing a weekend in Lake Placid, New York February 14-17 of next year. Spend a weekend down-hill skiing, cross-country skiing, lugging, bob-sledding or just simply drinking yourself silly in front of the fire. Look for details in upcoming issues.

YOUR CHANCES OF LEADING A RIDE IN 1996 ARE GETTING
SLIMMER AND SLIMMER...

LEAD AN A-RIDE:

- CALL CONRAD MEYER (212)535-2444 -

OR MAYBE A B-RIDE:

- CALL PETER MORALES (718)833-4370 -

OR EVEN A C-RIDE:

- CALL DONA KAHN (212)399-9009 -

The Cycle Club welcomes **79** new members!

Fred Aaron
Laurence Ach
Renee Amellio
Rebecca Anaya
Guy Aniette
Bodil Arlander
Gail Bach
Steven Balicer
Rene Baston
Jeffrey Bernstein
Mike Blank
Vadim Brevdo
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Christopher Campus
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Jake Dresden
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Gregg Friedman
Richard Fubel
Mark Fusco

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David Ghighi
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Kristina Schwartz
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Peter Shakalis
Ellen Silverman
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David Soong
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Sylvie Van Bockstade
Jamie Wallack
Marc Wallack
Robert Weida
Michael West
Elizabeth West Versalie
Beth Williams
Saad Zein
Lisa Zellin

NEW YORK CYCLE CLUB
P.O. Box 199
Cooper Station
New York, N.Y. 10276
(212) 886-4545

PRESIDENT

Gene Vezzani
(212) 875-1615
genev@pipeline.com

V.P. PROGRAMS

Caryl Baron
(212) 595-7010
Baronny@AOL.com

V.P. RIDES

Steven Britt
(212) 288-6324
nybiker@AOL.com

SECRETARY

C.J. Obregon
(212) 876-6614
Obregon@lou.fordham.edu

TREASURER

Reyna Franco
(212) 529-6717

PUBLIC RELATIONS

Rich Borow
(212) 866-1966
borow@macrout.com

MEMBERSHIP

Mitch Yarvin
(718) 896-6862

SPECIAL EVENTS

Joel Englander
(212) 315-3771

BULLETIN EDITOR

Douglas Riccardi
(212) 388-9758
Memony@AOL.com

A-RIDES COORDINATOR

Conrad Meyer
(212) 535-2444

B-RIDES COORDINATOR

Peter Morales
(718) 833-4370
Pmorales@pipeline.com

C-RIDES COORDINATOR

Dona Kahn
(212) 399-9009

PAST PRESIDENT

Geo Carl Kaplan
(212) 989-0883

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Douglas Riccardi
Memo Productions
611 Broadway, Suite 811
NY, NY 10012.
TEL: (212) 388-9758.
FAX: (212) 388-1750.
E-MAIL: MEMONY@aol.com.

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

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

Web Page:

<http://www.nac.net/~users/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 November

A21+ 12-24 MI 7:30 PM Dark Skies

Leader: Todd Brilliant (212) 274-9463 From: The Boathouse. If you're like me and ① can't bear the thought of getting up early enough in the am to ride before work ② actually ENJOY riding at night ③ love to ride hard, especially in the park when it's deserted (as it is at this time of the year after dark) and ④ don't let crappy weather keep you indoors, then join me for a speedy two to four laps in the park. You should be able to ride pretty comfortable at 16:30 to 18:00 per lap and be willing to chase down any passing racers. Help me obtain my personal goal of breaking 15-minute laps. Night lights mandatory and you must be willing to miss "Beverly Hills 90210." Sorry.

Friday, November 1

A20 45 MI 7:00 AM First Thing

Leader: Mark Wolz (212) 594-5319 From: The Boathouse. First thing ride to State Line, promise to be back by 9:30.

Saturday, November 2

A24++ 80 MI 8:00 AM Gimbel's

Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. Gimbel's should be going a little easier by now. But you've probably lost some of your summer fitness too. If you got dropped the first two times, you'll probably get dropped again today. But it is fun, isn't it?! The leader will supply maps as Gimbel's doesn't wait for stragglers nor do they stop for flats. Two water bottles and pocket food are recommended as there are no stops between Yonkers and Mamaroneck.

A21 85 MI 9:00 AM Croton Reservoir Loop

Leader: David Younglove (212) 533-1276 From: The Boathouse. Breakfast in White Plains. Whippoorwill. Loop around Croton Reservoir. Return via 22. Cold weather shortens.

B15 60 MI 9:00 AM Oyster Bay

Leader: Bernie Brandell (718) 633-1759 From: The Statue of Civic Virtue - Queens Blvd & Union Tpke (E/F train to Union Tpke). Join me for a scenic, easy ride to Oyster Bay. Lunch at beach. Helmets required.

C14 40 MI 9:00 AM Northvale

Leader: Don Montalvo (212) 307-7753 From: The Boathouse. We will zig-zag through Englewood and then take 501 to the diner for lunch. Return with choice of hills. Temperature below 40° or rain at start cancels.

Sunday, November 3

A20 65± MI 9:00 AM It's A Vogel Route

Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. The standard route to White Plains for breakfast at The Flagship. Then it's northward on some lightly traveled roads - they're absolutely beautiful; without a doubt the most scenic in Westchester. You'll probably see more deer than cars. Unfortunately, many of the roads are dirt. But, hey, it wouldn't be a Vogel route if they were all paved. So be forewarned - there are several sections of hard packed dirt, but very little gravel. NO complaining! Metro-North return - passes required.

A18 50 MI 9:00 AM White Plains

Leader: C.J. Obregon (212) 876-6614 From: The Boathouse. Easy spin my favorite way to The Sea Star in White Plains. If it's too cold, call leader for cancellation. Helmets required.

A/B15-18 48 MI 8:00 AM Not The NYC Marathon

Leaders: Steve & Caryl Baron (212) 595-7010 From: The Boathouse. Our annual jaunt to Scarsdale or White Plains (we've never made it to White Plains, but hope springs eternal) to carbo load before watching the NYC Marathon from the 138 St. bridge. If it rains, we'll hoof it and carry umbrellas.

B16-18 50 MI 8:30 AM Maple Walnut Crunch (Two Scoops)

Leader: Gene Vezzani (212) 875-1615 From: Grand Central Station information booth. We're off to Garrison for one of the nicest Fall rides around. Today we'll complete a 50 mile loop that begins by crossing the Hudson River using the Bear Mountain Bridge. Then its up through West Point to Cornwall for an ice cream stop (killer ice cream). On the way back to the train we'll cross the Beacon Bridge and return to Garrison. Metro North pass required.

C14 58 MI 9/10 AM Bayville

Leaders: Hindy & Irving Schachter (212) 758-5738 From: The NW corner of 63St@First Ave(9:00)/Statue of Civic Virtue(10:00). Over the 59th street bridge into Queens where we will pick up additional people at the Statue. Then on to the north shore of Long Island. The ride ends at the subway in Jamaica. Bring or buy lunch. We may see a horse or two at our destination.

Friday, November 8

B/C ?? MI 9:30 AM TGIF

Leader: Ron Grossberg (718) 369-2413 From: The Boathouse. Dealer's choice. Destination to be determined at the last minute.

Saturday, November 9

A19 50± MI 9:00 AM Let's Taper

Leader: Phil Simpson (718) 639-6264 From: The Boathouse. Time to relax, have fun, and catch some scenery. Sociable ride with probable lunch stop at the Park Ridge Diner. Rain, hail, sleet, temp below 40° or Dole victory cancels.

B/C 24 MI 10:00 AM Post Season Self-Classification ride

Leader: Irv. Weisman (212) 567-9672 From: Fifth Ave and 72nd St entrance to Central Park. So, to what riding class has your '96 Cycling Season brought you? Check it out with our 4 leg self-classification ride. The ride will be timed, lap by lap, so that you can determine how well you

Your Ride Here!

Call the ride leaders for details...

maintain your chosen pace. You want to maintain an "all-day" riding pace rather than a "do-or-die" maximum time trial pace. Results will be published by ID No. If you want the results sooner, bring a self-addressed post card or buy one from the leader. Next spring you can discover how well you maintained your conditioning, or how much you lost due to sloth and hibernation. Wet roads, predicted high below 50° cancels. Rain date: Sun. Nov. 10.

Sunday, November 10

A21 65 MI 9:00 AM Ossining

Leader: David Thomas (212) 675-6191 From: The Boathouse. Out over the Broadway Bridge and back via the Concourse with breakfast & bucolic scenery in between. Temp below 35° cancels.

B16 60 MI 9:00 AM Park Ridge

Leader: John W. Fullwood (212) 927-3278 From: The Boathouse. Similar to a ride I led in September with a few extra miles thrown in on the return to bring the total up to 60 miles. The leader will provide the real maple syrup.

C13 57 MI 9:00 AM Kensico Dam/Bronx River Bike Path

Leader: Sandy Gold (212) 873-7756 From: The Boathouse. Last time this season. This is one of the prettiest rides by a dam site. A bucolic ride on a path (shared by walkers/joggers) which follows the Bronx River, and winds along through some beautiful, wooded area. Lunch spot determined by weather. Ideal for hybrid bikes. Helmets, spare tube required.

Monday, November 11

A20 55 MI 9:30 AM Debt Takes A Holiday

Leader: Mark Martinéz (212) 496-5518 From: The bench across from The Boathouse. Well maybe not – but at least the banks are closed, so the bankers can play. If you're off from work today (or just need a mental health ride) join me for a quick spin to Pearl River. Note: this is the direct, but still scenic route.

Saturday, November 16

A19 60 MI 9:30 AM Staten Island

Leader: Jody Sayler (212) 799-8293 From: Ray's Pizza @ the Ferry Terminal. Staten Island the pretty hilly way. We might stop at the Frank Lloyd Wright house. Breakfast in Tottenville. Temp below 40° cancels.

B17-19 50 MI 9:30 AM Burrito Combo (Part 1)

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Mamaroneck is our destination today. Our return includes a quick stop for Burritos. Sorry, but there are no hills on today's ride.

C14 35 MI 9:15 AM Destination Unknown

Leader: Henry Joseph (212) 989-8176 From: The Boathouse. Route unknown. It's a ride which will be determined by the temperature and weather conditions. Promise to be scenic.

Sunday, November 17

A19 45+ MI 7:00 AM First Out/First Back

Leader: Mark Wolz (212) 594-5319 From: The Boathouse. Be on the first ride out to Rockland County for a quick spin and be back by 10 to enjoy the rest of the day.

A18 65+ MI 9:00 AM Clauswitz the Theory of Guerilla Warfare

Leaders: Abe Karron (516) 526-5213 & Fred Steinberg (212) 787-5204 From: The Boathouse. Practice your hill climbing on Clauswitz mountain and other hills. Temp below 32° cancels.

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B15/16 60 MI 9:30 AM Point Lookout

Leader: Ron Grossberg (718) 369-2413 From: Steps of City Hall. Very flat ride to Point Lookout in Lido Beach, Long Island. Subway return option. Temp below 35° cancels.

C13/14 35 MI 9:30 AM Super Soft Taco Supreme

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Here is a perfectly flat ride beyond Larchmont but not quite to Mamaroneck. The treat of the day is our lunch stop at Taco Bell - you've got to love it.

Saturday, November 23

A20 50± MI 8:30 AM A YJ&J Ride

Leaders: Stan Greenberg (718) 935-9786 & Ben Goldberg (212) 982-4681 & Steven Britt (212) 288-6324 From: The Boathouse. You know, we should be home with our kids, but because we're addicted to this sport we'll ride with guilt. Oy Gevalt! So, join us on this brisk ride through Westchester to a warm & toasty restaurant with good service/food. You know which one.

B17-19 60 MI 9:30 AM Pancake Fever

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. It's been two months since we did the pancake thing in Pearl River. Today's route for a little variety takes us through Saddle River en route to Pearl River. Yes, Rivervale Road gets us home quickly.

Sunday, November 24

A20 60 MI 9:00 AM Hills in Nov., Why Not?

Leader: Rich Borow (212) 866-1966 From: The Boathouse. Okay, maybe just a few small hills, so we don't feel guilty stuffing down turkey this week. Potential destination: Formica Palace in Blauvelt? Temp below 35° cancels.

B16 60 MI 9:00 AM Somewhere In Westchester

Leader: John Fullwood (212) 927-3278 From: The Boathouse. Through Scarsdale and White Plains until we get 30 miles out for a total of 60 miles. We'll have brunch at a diner somewhere in Westchester with the leader providing the real maple syrup.

C14 50 MI 9:30 AM Major Andre Loop

Leaders: Steve & Caryl Baron (212) 595-7010 From: The Boathouse. We'll hit as much colonial atmosphere as possible riding through Old Tappan where a guy named Andre had major problems due to a loop. May stop at one of those places where GW slept, and lunch in Piermont is a strong likelihood. It's an easy ride, with a few hills to see the DeWindt House (the Major Andre special). Lunch in Tappan.

Thursday, November 28

A12 12.2 MI 10:30 AM **Riding With The Turkeys**
Leaders: Mitch Yarvin (718) 896-6862 & Conrad Meyer (212) 535-2444
From: The Boathouse. Join us for a toe numbing, 2 lap ride to get the appetite humming for tonight's dinner. Turkey Fajita's at Enchilada Johnny's for lunch is on the menu along with cranberry sauce salsa. Please call by 11/22 to reserve space. Ride limited to 10 people. Sleet, snow, rain or temp below 40° cancels.

Friday, November 29

A19-20 65 MI 9:00 AM **In Search Of Wild Turkeys**
Leader: Jeff Vogel (718) 275-6978 *From: The Boathouse.* Feel guilty about yesterday's overindulgence? Then join us in search of the last wild turkey. This ride goes through Saddle River, but doesn't stop at Elmer's (Elmer is out hunting wabbits). It's 39 miles to lunch, so bring pocket food (Turkey Power Bars?).

Saturday, November 30

A19 60 MI 9:00 AM **Piece Of Cake**
Leader: Fred Steinberg (212) 287-5204 *From: The Boathouse.* Nyack, via backroads with a few obligatory hills before lunch. If its unseasonably warm - picnic at Nyack Beach. 9W return.

A/B17 28/56 MI 9:00 AM **Bicycle Christmas Shopping In Hicksville**
Leader: Marty Wolf (212) 935-1460 *From: Tramway Plaza (2nd Ave & 59th St).* Objective: A Christmas sale of bike paraphernalia - books, posters, Christmas cards, jewelry, scale models, etc. Bring LIRR pass if you want to return by train. Ride leaves at 9:10am sharp. Maps and cue sheets will be provided should you wish to ride faster or slower than the advertised pace.

B ?? MI 9:00 AM **Rockland Or Westchester**
Leader: Turkey Lurkey (800) IMA-BIRD *From: The Boathouse.* If you survived Thanksgiving Day, as I did, then join me and all the other lucky souls as we decide which side of the Hudson we'll peck.

C14 50 MI 9:00 AM **Piermont**

Leader: Bernie Brandell (718) 633-1759 *From: The Boathouse.* Ride up the Jersey side of the Hudson to our old favorite for lunch - unless the weather is nippy and then we will stop somewhere on the way to shorten the trip.

Sunday, December 8

A18+ 50± MI 10:15 AM **6th Annual Post Season, Post-Party, Hedgehog Ride**

Leader: Stefani Jackenthal (212) 769-8718, Dan Schwartzman (212) 580-9180, Margaret Cipolla & Jeff Vogel (718) 275-6978 *From: The Boathouse.* You can sleep late for this traditional end of the season ride, Scandinavian style. The first stop is for a civilized brunch at The Flagship (Mimosas and Bloody Marys are acceptable). We then climb the Trollstigen before stopping for Margaritas and Coronas at Santa Fe on Main Street in Tarrytown. Bike home along the Hudson Fjord or bring your Metro-Norsk pass. Riding skills appreciated, social skills absolutely mandatory. Don't expect to be home early. Typical Oslo in December weather cancels.

Friday, December 13

A/B/C 30 MI 6:45 PM **Holiday Lights**

Leader: Marty Wolf (212) 935-1460 *From: The parking lot at City Hall.* Enjoy this festive season with a friendly-paced ride to the Flatbush section of Brooklyn to pedal past some of the most outrageous, extravagant and at times, downright tacky Christmas displays in the entire NYC area. Although this is a short ride in distance, don't plan to be home before 11PM.

Wednesday, January 1

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

Leader: Marty Wolf (212) 935-1460 *From: The Boathouse.* If you're worried that your 1997 mileage chart will be empty until spring, here's your chance to get off to an easy-paced start. Brunch in White Plains at the Sea Star Diner.

Did Someone Say Sheep Dip

– The Old Crank

Before a recent multi-day trip I took my bike into a NYC bike shop, with a brand new chain just installed, to have a couple of new cassette cogs installed (we used to call 'em freewheels when they were \$25), and to get the derailleurs adjusted.

As we were leaving in two days, I just mumbled a little when presented with a \$90 bill (my 13-28 had to come from California), and left on the planned trip. However, in the first 10 seconds of riding it was clear that the cassette hadn't been tightened, and the derailleurs hadn't been adjusted. So, I fiddled and swore for the duration of the trip, and upon returning, took the bike in for a careful, knowledgeable derailleur adjustment - the shop mechanic is good; I knew he'd have no problem.

Two days later I received a call from the shop's manager: wouldn't I like my brakes adjusted (\$5), my handlebar tape changed (\$25) my wheels trued (\$18); and a problem I'd never heard of - drive train dip - could be solved for \$26. Total including tax \$96, and my bike could be ready by the weekend. My brakes are fine, I thought. I can change my own handlebar tape for \$10. The wheels don't need truing, and the derailleurs should be adjusted free. What is this \$26 problem called "drive train dip"? Is my brand new chain sagging? Are my jockey pulleys jammed? Are my jockeys being pulled? My chain and cassette weren't perfectly clean, I learned, and for \$26, the shop would dip 'em.

Does this story need an end? A moral? "Sheep dip", I screamed. (We'd been biking in Scotland.). "Fix the derailleurs, please."

Escape from New York Revelations

– Bill Vojtech

First I'd like to thank all of the hard-working people who made the Escape from New York Century happen. Am I ever glad that it happened on Saturday, not Sunday... it is pouring out there.

I did not have any great expectations for this ride. I had a head and chest cold for the past week (no exercise, no vitamins, almost no sleep the week before), and was still congested. I also had ridden only 184 miles since the club weekend at West Point, almost none of it in the past 2 weeks.

Still, I had looked forward to the ride all season, so I showed up. We started the ride and rode the first 25 miles without getting passed. We did pass many riders. At the 25 mile point I met someone I'd ridden with on the Mattituck Century and some people she was riding with.

We rode as a loosely constructed group, some were faster, some slower. We strung out and caught each other at occasional intersections. We met at Bear Mountain and decided to "do Perkins". Perkins was longer and flatter than I remembered it. The last time I did it was the first time I did it - on my second century ride, many years ago.

The return route was tougher than the trip up, but I felt good throughout the return. I was again pleasantly surprised by how good I felt in the last miles of a century. In most of my early years of cycling and all the later years in which I'd eaten a high carbo diet I never felt this good this late in a hilly century.

To give some numeric perspective to the situation: In my early 20's

(continued on page 8)

Nutrition 911

What to Do When You Encounter a Food Emergency — Julie Walsh

Being a nutrition writer has its pros and cons. On the plus side, I always have plenty to write about from the questions I get from fellow cyclists. The downside? I rarely get away from my work. Here are some of my favorite dilemmas I've talked to riders about recently:

"I'm a load! Since it's so rainy and cold, I can barely make it out two days a week. Is there anything I can do to minimize winter weight gain?"

Gaining 1-5 pounds during the off-season is no big deal, but more than 5 pounds and you'll be cursing yourself in the spring. The only way to maintain weight is to balance the calories you eat with the calories you burn off. Since you're burning fewer calories, you'll need to eliminate some food. The first foods that should go are all high-calorie, low-nutrient choices like candies, sweets, alcohol and excess fats. Focusing on fruits, vegetables and fiber-rich grain-based foods should help ensure that you get all the nutrients your body needs with fewer calories. Other strategies include: Not eating after 6:00 or 7:00 PM, weighing yourself weekly to keep close tabs on any gains.

Cross-train to maintain some exercise schedule. Research conducted by John Foreyt, Ph.D., Baylor College of Medicine, shows that when individuals forgo or back off on exercise, their diet willpower goes by the wayside, too.

"My legs have been dead for a few days....could it be my diet?"

If you have a bad day or two on the bike and haven't cut back on your food intake or omitted a food group altogether, poor nutrition probably isn't the cause of your leg drain. You need to

rule out inadequate sleep, overtraining or weather changes before assuming you need a diet overhaul.

"Do carbo-gels work? Which ones are best?"

In a word, yes. They provide simple sugars that raise blood sugar levels quickly so you have some energy when you're fading fast. You should take them before you're spinning squares, however, and be sure to drink about 8-ounces water of sports drinks with each pack you down. All are formulated pretty similarly, but some have caffeine and wingo herbs you don't need. My personal favorite is PowerGel.

"I didn't have a drop of alcohol all season. Now I've been hanging out a lot, going to bars and having a drink or two with dinner. How can I keep my six-pack abs from becoming a beer gut?"

Alcohol delivers no significant nutrients to the diet other than calories, and because it's digested similarly to fat, its calories are easily converted into rolls on your abs. Alcohol also stimulates your appetite while dulling willpower. Best bet: Limit yourself to no more than a drink or two when you go out or alternate alcoholic drinks with non-alcoholic ones.

"I only had Gatorade backwash in my fridge. What can I use instead?"

Water is ok for most rides as long as you have pocket food, but if you're going on a hammerfest, liquid carbos are needed in addition to solids or gels. You can make your own sports drink by diluting fruit juice (preferably a non-acidic one) with equal amounts water to obtain the preferred 6-10% carbohydrate concentration. Add a pinch of salt for the electrolyte sodium.

"We paid a ton of money and traveled half way across the world for this cushy bike tour but we got so sick we couldn't enjoy it. How do we avoid this next time?"

Although tainted water isn't always the cause of "traveler's diarrhea," a good rule is to forgo

drinking tap water that hasn't been boiled first. Drink carbonated beverages or bottled water. (This includes water for ice cubes and to brush your teeth.)

Foods to be cautious of include custards, unpeeled fruit or vegetables, anything that's reheated, undercooked or sold from street-side vendors. Eat only at clean restaurants that are recommended by others. You can also ask a M.D. about an antibiotic prescription for added protection.

"I can't eat before racing. How can I get adequate calories beforehand without eating?"

Hyper-hydrate the AM of your race with sports drinks or diluted fruit juice, suggests Kris Clark, Ph.D., R.D., director of sports nutrition, Penn State University. If you drink enough, you can get enough energy and carbohydrate from fluids alone. If you tolerate fluid-replacement beverages, you may also try the higher-carbohydrate replacement beverages, like Exceed High-Carbohydrate or GatorLode.

"I get really bad cramps in my gut when I ride long distances or do sprint workouts. Am I drinking too much, too little, or not getting enough potassium or magnesium?"

Many cyclists eat potassium-rich bananas to avoid cramps because they believe that cramps stem from decreases in blood electrolyte levels. There is scant evidence that electrolytes play any role in cramping and recent research presented at the American College of Sports Medicine annual meeting suggests that electrolytes aren't related to exercise-induced muscle cramps whatsoever. Unless you eat a chronically poor diet, says Mitch Kanter, Ph.D., director, Gatorade Sports Science Institute, electrolyte imbalances most likely aren't causing your cramps. Although there is no definitive cause of cramps, chances are they stem from bike position, too much food or fat in your gut, or a drop in blood volume from dehydration.

Oy! My Aching Back

Russell B. Cohen, DC CCSP

Back pain stands second only to the common cold in keeping people from their work. Back and neck disorders have an enormous impact on the public in general, but an even greater one on cyclists.

To see why, think of your body as a machine like a bicycle. Your own frame, the skeleton and muscles that move it, should have the same qualities you look for in a bicycle frame: strength, sound joints, and biomechanical efficiency.

YOUR SPINE

The vertebral column (your spine) consists of 26 movable segments of bone, known as vertebrae. Each vertebra is linked to its neighbor in the column by a joint that allows movement. Each joint consists of a disc of cartilage that serves as a cushion between vertebrae, ligaments, mus-

cles, blood vessels, and nerves. Running along inside the vertebral column, throughout its entire length, is the spinal cord, an extension of your brain. Nerve branches of the spinal cord exit through the joint spaces and go to specific muscles and organs of your body. The spine is a complex structure, to say the least. Not only does it hold you erect, it's the conduit for nerve impulses that your brain sends out to control your muscles and every organ in your body—a kind of telecommunications system. A lot can go wrong, so taking care of your spine is crucial.

COMMON CAUSES OF BACK PAIN IN CYCLISTS

By far the most common source of back pain is unconditioned muscles. By using the proper training to stress the tissues, you can get them into shape so that they can adapt and become stronger. Overworking tissues without allowing time for necessary physiologic changes to take place will result in fatigue, pain, and ultimately an over-use injury.

POSTURE

The cycling posture is an awkward one and takes some getting used to. Improper bicycle fit, bad form, or poor technique may lead to back pain. Good fit is a balance between comfort, biomechanical efficiency, and minimum drag. Forward flexion of your back (bending over) should come from the hips—not your back. If your saddle-to-handle bar distance is too short, you will be cramped and forced to round your back. With the seat too high, your hips will rock, causing unnecessary torsional stress to your lower back. Although a greater saddle height/stem-height difference is advantageous aerodynamically, it may over flex your back, resulting in strain if your back is not yet flexible enough. Small incremental modifications in all these measurements should be made over a period of time allowing for the back to adapt. If one leg is shorter than the other or if one foot pronates (flattens), that could also lead to back

BLOWOUTS by Lou S. Pokes

Congratulations to the 80 volunteers (actually about 60 plus **Judy Meyer** who did the work of 20) for putting together another successful Escape from New York Century. Even **Keith Goldstein** and **Rob Kohn** (no) helped out by making a few sandwiches before mooching our free food at the finish. With near perfect weather 430 riders started the event. (Only 426 finished - several are still out there searching for the missing arrows.) In fact the Century was so successful the biggest question is how is the Club going to use the profits?

The deadline for the Publishers Clearing House contest to rename **Julia Kathryn Britt** is coming soon. So if you see Ed McMahon (or Tom McMahon) standing at your doorstep, that's not a sack of money, it's a bag of dirty diapers!

Real riders, real conversations:

SCENE 1. *Lauren Frank and an unidentified rider outside the Runcible Spoon in Nyack.*

RIDER X: "Where do you put a pump on your new bike?"

LAUREN: "I use CO₂ cartridges"

RIDER X: "Where are they?"

LAUREN: "I don't have them"

RIDER X: "Why?"

LAUREN: "I went to the bike shop and they didn't have any cartridges."

RIDER X: "Without a pump or cartridges what are you going to do if you get a flat?"

LAUREN: "I brought my cell phone instead. I'll call a car service."

SCENE 2. *Five riders waiting for the leaders to show up at the Boathouse for an A19 ride.*

RIDER 1: "Where's **Stephanie Bleacher**, she's supposed to lead today's ride?"

RIDER 2: "She called to say she was sick."

RIDER 3: "I heard **Rich Borow** was going to help her lead the ride."

RIDER 2: "She said he was sick too."

RIDER 4: "Wasn't **Marla Kittler** supposed to co-lead this ride?"

RIDER 2: "Oh, yeah. She's sick too."

RIDER 5: "Gee Rich & Stephanie (yes) seemed fine when they were hammering away on yesterday's A22 ride. They're not sick they're tired!"

SCENE 3. *Joe the Dentist and some racing friends sitting on a bench on a Saturday afternoon.*

FRIENDS: "Are you coming, Joe? We're going to do an easy lap."

JOE: "With the hill or without?"

SCENE 4. *Al Boland and friends at the Boathouse one morning.*

FRIENDS: "Al, is that Basso new?"

AL: "No, I've had it a while but couldn't use it."

FRIENDS: "Why?"

AL: "With these wheels I need special valve extenders."

FRIENDS: "With all the flats you get, you couldn't figure out how to just change wheels!"

SCENE 5. *Lisa Halle and Richard Rosenthal at the Anaheim Bike Show.*

RICHARD: "Lisa, how are you?"

LISA: "Great, everything's going well, and I'm moving in with my boyfriend."

RICHARD: "What's he like?"

LISA: "He's a Cat 1 racer!"

RICHARD: "Nice description."

And this is from an article entitled Welcome to the Jungle in a recent issue of *Bon Appetit*

magazine: "Hike peaceably above the tree line, and suffer the ignominy of being run down by an overmuscled accountant in shiny pants and a silly hat going 500 miles an hour downhill on a thousand-dollar bicycle." First of all, it's a \$3,000 bicycle. Secondly, I don't know where the author rides, but around here none of the accountants are overmuscled!

Let's all wish good luck to our New York Marathon participants, **Suzanne Levin** and **Julie Walsh** (no). And Julie, watch what you eat.

And, let's all wish a speedy recovery to **Cindy Ma**. It seems Cindy didn't get her feet down in time while descending Whipporwil and broke her arm in the ensuing tumble. Get well soon.

So the first annual NYCC Columbus Day Weekend at Shelter Island appears to be a great success. While we didn't get the beautiful fall foliage colors of the Catskills we traded them in for the bright greens of the sod farms and the brilliant oranges of the pumpkin patches. And while there was no hot tub there were museums, lighthouses and winery tours and tastings. In place of SuCasa's cafeteria buffets we had wonderful seafood dinners. Best of all we replaced those knee busting mountains with flat farm roads, making this the perfect weekend for A, B and C riders. The only problem may have been trying to sleep while **Stephanie Bleacher** perfected her furniture tossing technique. And ask her why she appreciated the tour of the Shelter Island Dump so much. So if you missed the boat this year (like **John Fullwood**) start planning now for next year. Let's thank **Jody Sayler** (and **Christy Guzzetta**) for planning the entire weekend. We couldn't have done it without you. As usual, **Jeff Vogel** came up with the routes (of course there were the obligatory dead ends and dirt roads).

Thanks to some of this month's sources; Al Boland, Rich Borow, Herb Dershowitz, Keith Goldstein, Jane Kenyon and Richard Rosenthal.

problems. Above all, staying relaxed on your cycle will reduce stress, avoid muscle spasms, and minimize fatigue. Be sure to change your posture frequently by altering your hand positions on the bars, and sitting up occasionally to stretch out.

STAY LOOSE

Stretching should be an integral part of your training. Tight back and leg muscles will affect your position on the bicycle leading to poor mechanics and strained tissues. Not only will you get less for your effort, you'll risk damaging tissue. Be sure to stretch quads and hams, as well as your back, since those muscles affect movement of your pelvis and low back. In fact tight hamstrings are the reason why some cyclists can not attain a flat back. Try arching backward while off the bike to reverse some of the effects of the forward flexed cycling position. Read *Bob Anderson's Stretching Book*, it has a good section on stretching exercises for cyclists.

STRENGTH TRAINING

Weak muscles tend to become tired, tight, and painful. Tackle the problem with a strength training program during the off-season. Continue during the season, on days off. To help support the spine, do exercises to strengthen upper and lower back and abdominal muscles.

SCIATICA

Low back pain that radiates into the buttock and down the leg is called sciatica. For most people, the cause is a disc disorder (bulge or herniation). But for cyclists, the cause can often be found in the muscles and joints of the buttocks. Muscles, tight from overuse, can entrap the sciatic nerve, sending intense pain down the leg.

MASSAGE AND MANIPULATION

Repetitive hard training can lead to restricted joint motion and tight, short muscles. Massage helps to relax those muscles by passively stretching them and by bringing in fresh blood

to clear out waste products, such as, lactic acid.

Chiropractic manipulation should be a regular part of any athlete's training program. Doctors of chiropractic are trained to assess the function of all the muscles and joints of the human body. Restricted function-when a joint or muscle isn't working properly-can cause poor performance, slow recovery, or pain. It can be corrected, however, by using manipulation, massage, and physiotherapy. As a result, performance can be improved and injuries prevented. Many professional athletic teams have a sports chiropractor as a member of their medical staff.

Take as good care of your own frame as you would of your bicycle's. Remember, an ounce of prevention is worth a pound of cure. Train smart to avoid injuries. If you suspect something isn't right, consult with a sports medicine specialist.

Dr. Russell B. Cohen is a certified chiropractic sports practitioner and a USCF CAT 3 racer. He can be reached for questions or comments at (212)713-0180.

Escape from New York Revelations (continued)

there was a year with a drought, rain never stopped me from riding. I lived with my parents and had few responsibilities. I rode at least 25 miles every week night, a fast 60 each Saturday, and 100 on Sunday. 285 miles per week from April to September. 6840 miles by September.

This year I have ridden only 3645 miles since March—I work more hours and ride less. Over the past 7 to 10 years I had noticed that it was harder and harder to do the kind of rides that I liked to do. I tried to ride more, but life got in the way and riding was just becoming a grueling battle to stay in shape. The joy was gone.

Recently I changed the way I was eating. I reduced my carbo intake and increased the protein. My last article was a reflection of what I had learned. More recently I started eating the way that is recommended in *The Zone*, by Barry Sears. He recommends a diet in which 40% of your calories come from complex carbs, mostly vegetables and some fruit, very limited grains. 30% of your calories come from lean protein, chicken, turkey, fish, soy, occasionally some red meat. 30% of your calories come from fat, preferably monounsaturated, olive oil, safflower oil etc.

No dietary changes that I have made in the past, (cutting fat, red meat, eating more vegetables) have had the positive impact on athletic performance and general feeling of wellness that these changes have. Even with my limited miles this year, not only can I complete a hilly century, I can feel good at the end. Even though I train sporadically in Prospect Park I manage to average 19.2 mph for 20 miles, no pace lines to help, usually while wearing a very non-aerodynamic Extra large T-shirt.

I couldn't do these things 3 years ago. The joy is back.

Re-Cycling

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

FOR SALE:

LITESPEED ULTIMATE. 55 cm with EMS fork. \$1,500. Call: **Jimmy**, HOME: (212)877-9634 OR WORK: (212)799-9625.

BOTTECHIA HYBRID. 53 cm, Campagnolo rims, Shimano SIS, new tires and Zefal pump, 21 speeds. Mint condition. \$475. Call **Paul**, (212)353-3476.

SPECIALIZED CROSS ROADS ELITE. 1996, with triple chain ring. Hardly Used. Best Offer. Call **Annette**, (212)557-2546.

PAIR OF SPINERGIES, Hardly used. \$500. Also, **WINTER BIKE** with full fenders and drop bars. Jamis Coda. For someone who rides a 56 road bike. Used one winter. \$600. Call **Elizabeth**, (212)865-0010

SPECIALIZED SIRRUS ROAD BIKE, circa '87. 58cm (c to c), aqua blue-green. Shimano 105 (7 spd SIS) components, with Ultegra crankset/BB, & strong, true wheels. Sharp handling, stiff & tough: a terrific trainer, entry-level, or second bike. Clean, straight, well maintained, & in excellent condition. \$150 (firm). Call **Tom**, (212) 777-5845

CANNONDALE R600 ROAD, 56cm, 1995, STI, with both triple (installed) and double cranksets. Excellent condition. \$700. **BLACKBURN RX-4** mag trainer, barely used (get ready for winter), \$135. Call **Dave**, (718) 499-4467.

Reminder:

Material for the December Bulletin is due by
NOVEMBER 12.

Better yet, bring it to the Club that night.

Minutes

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

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

The minutes of the meeting of July 9 were approved.

Reyna presented the fiscal report. In response to Gene, Reyna advised that dues checks might remain undeposited as long as 5 or 6 weeks but that the payers' names were entered on the membership lists as soon as received so that the individual could receive the Bulletin promptly.

There was a brief discussion of our relationship with Club Getaway. Gene agreed to follow-up on any amounts due the club. Caryl reported that their would be an ice cream social for the August membership meeting and a presentation by Stefani Jackenthal in September.

Gene requested that ride coordinators keep him informed about injuries on rides.

C.J. said he would provide the ride leaders with a map of the park for the all class ride on August 11.

Rich suggested he would be willing to put together some kind of fun ride for the fall.

Geo reported the century committee was moving along in their preparations and expected 500-600 riders.

The discussion of how to keep rides at the advertised speed was reopened. Steve urged ride coordinators to ensure advertised speeds were accurate.

The board discussed incentive programs for ride leaders. It was noted by Geo that the club already had a program of small annual awards for ride leaders.

The meeting adjourned at 8:25 P.M.
Respectfully submitted

Conrad J. Obregon

New York Cycle Club Board Meeting, Tuesday September 3, 1996

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

Reyna presented the fiscal report. It was noted that projected costs for the Bulletin, postage and the answering service had increased.

Mitch reported that membership was at 965 as of September 1, which was ahead of last year. He expected to reach 1000 by the end of the year. He also noted that paid registration for the century had reached 100.

Douglas reported that the Bulletin was in the mail, and that he had been unable to discover why many members had not yet received it.

There was a brief discussion of avoiding conflicts between rides.

Geo reported that the century preparation was proceeding as planned. He expected 500-600 participants. Rich indicated that marshals will be selected by invitation.

Gene discussed the holiday party, and several locations were proposed. It was agreed the price should not exceed \$30 a person and that the club would subsidize the party to the extent of \$500 for a D.J.

Rich reported that the Central Park committee met concerning the death of an in-line skater. Safety brochures were to be given out. The bicycle lane markers were to be repainted shortly. The police will enforce the direction signs and the headphone prohibition. Rich felt it was important to enhance the image of bicyclists.

The meeting adjourned at 8:30 P.M.

Respectfully submitted

Conrad J. Obregon

DING DING-A-LING, DUST OFF YOUR PARTY JERSEYS

It's time for another NYCC HOLIDAY PARTY!

A retro, low-tech, luddite event. **No cyber anything.** Just real food, great rhythms to dance to, and the wonderful people you've come to know and love after riding with them all year.

TUESDAY, DECEMBER 10 ▶ 7PM

THE OLDE GARDEN RESTAURANT

15 WEST 29 STREET (BETWEEN 5TH AND 6TH AVENUES) ▶ 532-8323

\$30 PER PERSON FOR NYCC MEMBERS (AND THEIR GUESTS) UNTIL NOVEMBER 29

\$35 AT THE DOOR

(PLEASE SEE THE REVERSE OF THIS FORM)

--- CUT HERE. THESE FORMS GO TO TWO DIFFERENT PLACES ---

JOIN THE FUN!

**Place your VOTE today and come to the HOLIDAY PARTY
to congratulate the winners.**

Considering what a simple task it will be to vote for 1997 Officers, we have added a few new categories to make your voting more challenging. Please select your officers in the left column and write in nominees in the right column. **DIRECTIONS:** Make your selections and/or nominations, cut off the bottom 2/3 of this page, fill in your name on the back, put it in an envelope and send it to our teller:

Linda Wintner, 305 E86 St. #7H, New York, NY 10028.

Winners will be announced at the December club meeting/Holiday Party on December 10.)

NOTE: This form may be copied for use in multiple member households, but without the member's name on the reverse of the ballot, votes will be void. Votes must be received by November 12.

- ☐ **PRESIDENT** - Gene Vezzani
- ☐ **VICE PRESIDENT** - Dona Kahn
- ☐ **VP RIDES** - Steve Britt
- ☐ **TREASURER** - Charlie Katz
- ☐ **SECRETARY** - C.J. Obregon
- ☐ **PUBLIC RELATIONS** - Tom Lasky
- ☐ **BULLETIN EDITOR** - Douglas Riccardi
- ☐ **SPECIAL EVENTS** - Anne Grossman
- ☐ **MEMBERSHIP** - Joel Englander
- ☐ **A RIDES COORDINATOR** - Ben Goldberg
- ☐ **B RIDES COORDINATOR** - Gary McGraime
- ☐ **C RIDES COORDINATOR** - Mark Schwartz

BEST DRESSED MAN

BEST DRESSED WOMAN (CYCLING GEAR)

MOST IMPROVED MAN

MOST IMPROVED WOMAN (CYCLING SKILLS)

COME BACK RIDER OF THE YEAR

BEST CYCLING COUPLE OF THE YEAR

BEST RIDE LEADER OF THE YEAR

BEST DINER OF THE YEAR (FOOD DESTINATION)

MAKE YOUR HOLIDAY PARTY RESERVATIONS NOW!

Mail your check made out to NYCC, postmarked by November 29 to:
NYCC Holiday Party c/o Reyna Franco, 1 Irving Place #1-10C, New York, New York 10003
The cost is \$30. Please be sure to mark an entrée selection below.

NAME

ADDRESS

TELEPHONE

NUMBER OF RESERVATIONS

AMOUNT ENCLOSED

ENTREE SELECTION:

☐ CHICKEN

☐ BEEF

☐ VEGETARIAN PASTA

☐ FISH

----- CUT HERE. THESE FORMS GO TO TWO DIFFERENT PLACES -----

OFFICIAL BALLOT FORM

Please see the directions on the reverse side of this form, fill out and mail to:

Linda Wintner, 305 E86 St. #7H, New York, NY 10028.

Please be sure to fill out your name below.

NAME

ADDRESS

TELEPHONE

SIGNATURE:

These photos from the **ESCAPE FROM NEW YORK CENTURY** have nothing to do with the **OFFICIAL BALLOT** but we thought you might like to see them anyway. They appear courtesy of Norman Borden.



"Yes, we have Bananas" – Peter Morales, Ed Fishkin and Stephanie Bleacher greet riders at Rockland Lake rest stop.



Frank Tedesco relaxes at Rockland Lake State Park during the metric century.

PARTY RESERVATION FORM

OFFICIAL BALLOT

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.

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

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

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

RIDE STYLE	DESCRIPTION
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:

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

COME ONE - COME ALL

FIRST NYCC SYMPOSIUM

on Public Transportation and the Cyclist:

A constructive exchange of ideas and goals.

A panel of policy-makers from Metro North, The Long Island Rail Road, and (hopefully) New Jersey Transit will discuss policies relating to bicycle access to public transportation now and future, and will field your comments and questions.

(Dinner will be at 6:45 in order to get an early start.)

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

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

MEET AT 6 ► DINNER AT 6:45 ► 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

Chris Malling
Arlene Brimer
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Chicago, IL 60614-4674

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