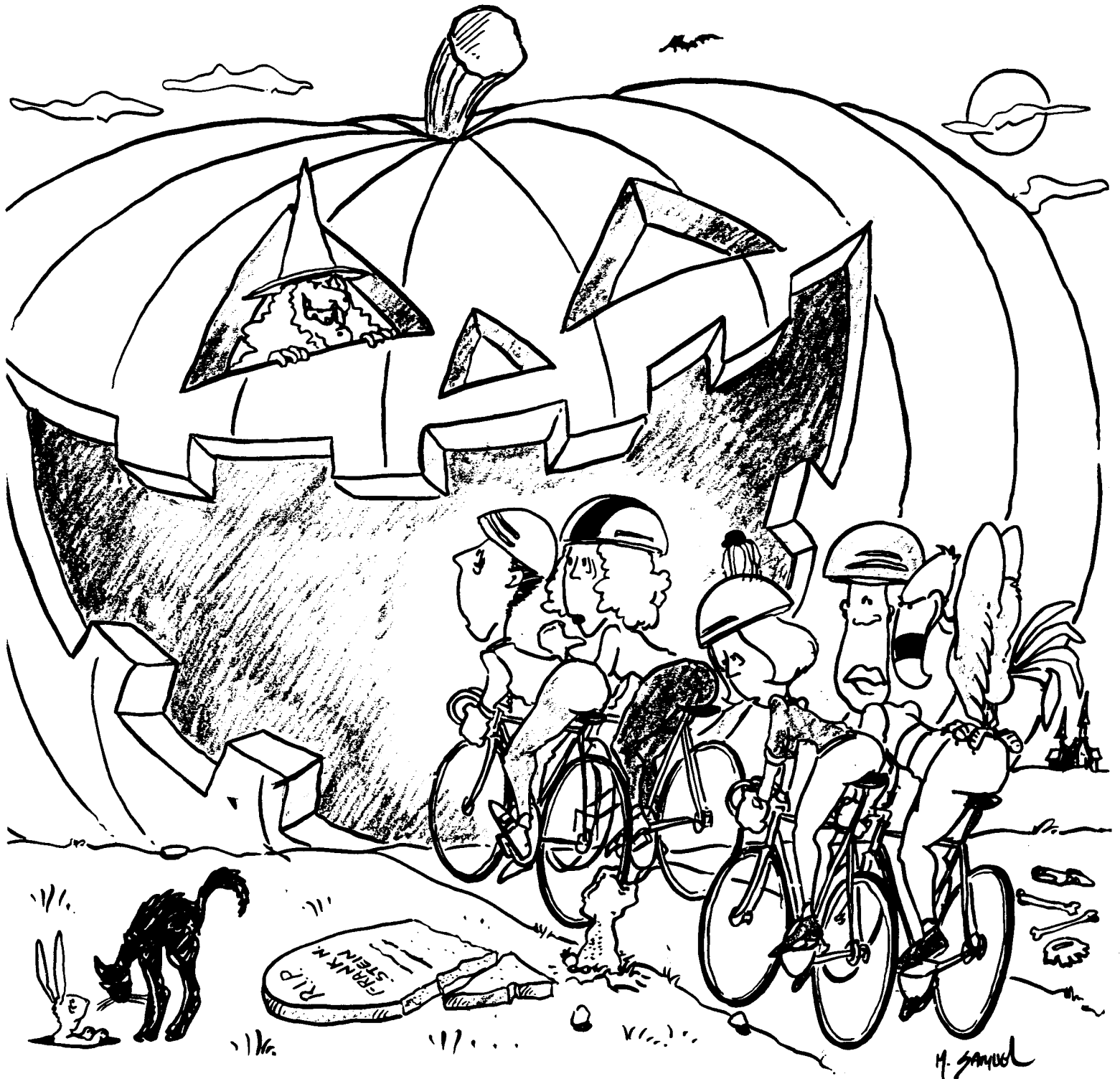


October
1996

NYCC Bulletin



"...And you say an old woman back there said to go left at Spooky Hollow road."

Bulletin Board

NYCC BOARD NOMINATIONS

Nominations for 1997 Board Members were opened at the September Club meeting. Nominations are open until the October club meeting, and although members nominated at the September meeting may not decline until after that meeting - they may do so at any time before the close of the nominations at the October meeting by speaking to a Board member or by calling Gene Vezzani. Contact any Board member if you would like to nominate someone. Elections are by mail or in person at the November meeting. A Ballot will appear in the November Bulletin. The new Board will take office at the Holiday Party.

POWERBAR AND CRCA PRESENTS MAYNARD HERSHON

The renowned columnist for **VeloNews** will read several provocative stories from his books "Tales from the Bike Shop" and "Half-Wheel Hell". He will also discuss racing, writing, and bicycle parts. Everyone is welcome to what will be an exciting, fun evening. Maynard is funny, super enthusiastic, and a real personality - someone worth meeting.

Join us on October 4th at 7 PM at the American Youth Hostel, 103rd Street and Amsterdam Avenue, second floor.

MOUNTAINEERING FOR CYCLISTS

John Waffenschmidt is once again offering this program as a crosstraining for cyclists; it is also cross-listed with the Adirondack Mountain Club. The program focuses on general mountaineering skills and is geared for high cardiovascular output. The approach is progressive with two introductory sessions and four multi-day sessions; the longer trips are only open to past participants or those who have gone to the introductory sessions. If you are interested, call John at (516)227-3951 [w] or (718)321-7012 [h]. Seymour Friedman is also available to tell you about the program - (212)496-6684 [h].

SEPTEMBER BULLETIN

Apologies to everyone who received their Bulletin late last month or worse yet, didn't get one at all. Nightmares like this don't happen very often and we will try to see that it doesn't happen again.

THANKS FOR THE MEMORY...

We had a great Escape from New York Century on September 21.

Doug Bixby, Steve Britt, Geo Carl Kaplan, Charlie Katz, Jane Kenyon, Judy Meyer and Mitch Yarvin thank the following for the work they did to make our century a success:

Lisa Davis • Mike Knopf • Phil Simpson • Tony Dean • Conrad Meyer
Reyna Franco • Liane Montesa • Herb Dershowitz • Stan Greenberg
Rich Borow • Stephanie Bleacher • Michael Toomey • Jim Babbitt • Stuart Desser
Tim Andon • Dan Maguire • Alan Resnick • Abe Karron • Ben Goldberg
Noel Comess • Ed Fishkin • Andrea Goodman • Fred Steinberg

We apologize if we left anyone out - in the November Bulletin there will be a list of all those who came out on September 21 and helped.

Thank you all once again.

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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.



Saturday, October 5

A21 90 MI 8:00 AM Bedford, One More Time

Leaders: Beth Renaud (212) 274-9463 & Todd Brilliant (212) 254-6886
From: The Boathouse. It seems that each time I've gone to Bedford this year, rain was involved. The first time was during the SIGs, but we got there and back anyway. The second time, we cut it short (without Christy "Harvey Keitel" Guzzetta there to egg us on, our motivation wasn't there). Let's try once again before the shortening day makes long trips like these all but impossible.

A20 60+ MI 7:30 AM Yelena/Train Ride

Leader: Stan Greenberg (718) 935-9786 From: The Boathouse. Wake up early, ride to Bear Mountain and return to Grand Central by 1pm via special bike train from Peekskill. One food stop, and if time permits we'll climb Perkins. Metro-North pass required. Don't call after 9pm the night before.

B18-19 60-65 MI 9:30 AM Pearl River

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Getting hungry for pancakes? It's about time that we return to the best little pancake house in New York. Plan on an early return to Central Park.

B14 73/88 MI 8:15/8:45 AM "73 FOR 73 BY PROXY"

Leaders: Linda Wintner (212) 876-2798 & Gene Vezzani (212) 875-1615
From: The Boathouse. Meet at 8:15am at the Boathouse for 88 miles or meet at 8:45 at the GW Bridge Bus Terminal for 73 miles. A surprise ailment caused by an improperly fitting bicycle accessory has rendered Irv incapable of doing his 73 mile birthday ride - his doctor says. Linda and Gene feel that a nice route should not be wasted so they are leading the ride for Irv. The route sweeps into and around Rockland County, taking in a scenic section of South Mountain Road, one short killer hill where almost everyone stops talking and concentrates on surviving, followed after lunch by some delightful roads in Bergen County. We'll return by Irv's usual "climb and plateau" route. Irv may meet us at the lunch stop.

C14 50/60 MI 9/9:45 AM "In Search of Gatsby"

Leader: C.J. Obregon (212) 876-6614 From: The Boathouse (9:00)/Statue of Civic Virtue (9:45) (E/F train to Union Turnpike and Queens Blvd). A ride through Long Island looking for the remnants of F.Scott Fitzgerald's anti-hero. Helmets required.

Your Ride Here!

Call the ride leaders for details...

Sunday, October 6

A21 65-70 MI 9:00 AM If A Ride Is Listed And Nobody Sees It...

Leader: Mark Martinez (212) 496-5518 From: The Boathouse. Thornwood or Armonk or some other nice place in Westchester. Non-receipt of Bulletin makes this a pick-up ride (but how would you know?)

KB17-18 100 MI 8:00 AM Fifth Annual Long Island Century

Leader: Buzz (212) 288-6324 From: The Boathouse. Nassau's South Shore to North Shore and points in between. The North Shore should be in full Autumn splendor. Lunch is at Bethpage State Park at the 50 mile mark. We'll finish the day by taking the train home from Forest Hills.

B17 75 MI 9:00 AM South Mountain Road

Leader: Abe Karron (516) 526-5213 From: The Boathouse. Little Tor climb, bring pocket food, about 38 miles to rest stop. Helmets required.

B13 44 MI NOON Lateriser: Staten Island's Little Switzerland

Leader: Paul Rubenfarb (212) 740-9123 From: Ray's Pizza at The Staten Island Ferry. Bikers hailing from Colorado or Hawaii's peaks often deem NY a soft coastal-plain town, devoid of muscle-building terrain. But Staten Island's Grymes Hill area has some grueling cardia-stress inclines and switchbacks amidst grand country manors. Rain or shine.

C12-13 40 MI 9:30 AM City Island/Orchard Beach

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Here's a lovely ride to one of the most beautiful beaches in the city where we will make a quick stop before riding to City Island. You'll get the scenic 25 cent tour of the island before our lunch stop at Laura's.

Tuesday, October 8

A19-20 55± MI 8:00 AM Tuesday Morning Spin

Leader: Jeff Vogel (718) 275-6978 From: The bench across from The Boathouse. Play hooky, call in sick, take a mental health day. Just join us for an easy spin through Bergen and/or Rockland Counties. Pearl River /Park Ridge/Montvale/Blauvelt/Nyack - TBD. Guaranteed return by 1 PM.

Friday, October 11

A19-20 100± MI CALL Shelter Island Century

Leader: Jeff Vogel (718) 275-6978 From: Tramway Plaza - 59 St @ Second Ave. Incredibly scenic ride on the North Shore. This will be the highlight of the Shelter Island weekend. And while the rest of the weekend will be fairly flat, today's ride will be continuously rolling hills. Two water bottles and pocket food mandatory; stops will be minimal. If you're not staying for the weekend the ride will arrive in Greenport in time to catch the last train back. Call leader for starting time and to confirm participation.

Saturday, October 12

A21 75 MI 8:30 AM Another Way To Nyack

Leaders: Beth Renaud (212) 274-9463 & Todd Brilliant (212) 254-6886
From: The Boathouse. For those of you who love to go to hang out at The Runcible, but are tired of the same ol' same ol', here's some roads that most of you have never tried before. Warning: Some hills are involved, but the reward (a pumpkin muffin, or perhaps one of those bizarro-looking, new fangled Skandwiches) makes the journey well worth it.

A20 70± MI 9:00 AM Shelter Island

Leader: Jeff Vogel (718) 275-6978 From: The Chequit Inn, Shelter Island. Join us either Saturday or Sunday or both for a flat scenic ride on Long Island's East End. Spend your weekend in Noyack instead of Nyack. For more info call by October 10.

A19 85 MI 9:00 AM Autumn Leaves - Paceline To South Mtn

Leaders: Phil Simpson (718) 639-6264 & Paul Mutzek (718) 267-0259
From: The Boathouse. Like a clicking paceline? Hammer heads detain yourselves as we get a rhythm up to Nyack and back down Saddle River Rd. 50% chance of rain/predicted temp below 35° cancels.

A/B18-20 80+ MI 8:30 AM Bergen and Rockland Counties

Leaders: Anne Grossman (212) 924-1549 & Karl Dittebrandt (212) 477-1690 From: The Boathouse. If you are in town for this weekend, come along on this inclusive ride through Bergen and Rockland. Some hills. Indoor breakfast and deli stop.

B15 45 MI 8:30 AM Three Climbs - Two Bridges

Leader: Gary McGraine (212) 877-4257 From: Grand Central Terminal. A beautiful loop begins at Cold Spring coffee shop, where we will rendezvous with two other cycle clubs for a spellbinding ride across the Hudson. Return via Metro-North. Metro-North pass and helmets required.

B15 80 MI 9:00 AM A Splash of Color From Both Sides of the River

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Ride with us north through West Point and enjoy the magnificent foliage from the overlook on Little Tor Road. Then we'll cross the bridge and see the many colors of Bear Mountain at the peak of the season. Bring your Metro North Pass for the return trip.

C11 25 MI 12:15 / 1:00 PM Y'ar Ole Salt Ride

Leader: Terry Chin (718) 680-5227 From: Manhattan City Hall (12:15) Grand Army Plaza entrance to Prospect Park, Brooklyn (1:00). The fleet's in! This mid-day departure to Sheepshead Bay gives us a chance to join a flurry of activity at Brooklyn's Cape Cod. Bring your favorite fish tale to tell over clam chowder. Mostly flat with several modest hills. Co-sponsored with the 5 BBC using point and sweep system.

Sunday, October 13
A20 60 MI 8:00 AM Out Early, Back Early

Leader: Ben Goldberg (212) 982-4681 From: The Boathouse. A quick, friendly ride that will get you back to The Boathouse by 1pm, probably earlier.

A20 70± MI 9:00 AM Shelter Island

Leader: Jeff Vogel (718) 275-6978 From: The Chequit Inn, Shelter Island. Join us either Saturday or Sunday or both for a flat scenic ride on Long Island's East End. Spend your weekend in Noyack instead of Nyack. For more info call by October 10.

B13 46 MI NOON Lateriser: Passaic's Revolutionary Mills

Leader: Paul Rubenfarb (212) 740-9123 From: Front of Greyhound office in Newark's PATH terminal. In the mid-1920's, bitter labor insurrections in Passaic's mile-long mills, while ultimately smashed by Rockefeller's pinkertons, nevertheless taught naive radicals strike technique later used successfully in launching the CIO. Rain or shine.

C12 42 MI 8:30 AM A trip to the Country

Leaders: Ken and Marilyn Weissman (212) 222-5527 From: Grand Central Terminal info booth. Biking where Westchester, Putnam and Fairfield counties join, sure differs from riding to the Demarest Duck Pond: we're almost in the country. There are hard-packed dirt roads (gulp) and some hills (double gulp)! But the pace is snail, and if you've been riding, you can do it. If you haven't, you can't. Starting at the Titicus Reservoir, we ride up (note the action word) to Putnam County, then down - well mostly - to Ridgefield, CT for lunch, then back and forth across the NY/CT border

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to Scotts Corners, New Canaan and Darien for Metro North return. Train passes, a mid-morning snack (no facilities in the early going) and helmets are musts. 40% chance of rain cancels.

Monday, October 14
C13 45 MI 9:15 AM Piermont

Leader: Henry Joseph (212) 989-8176 Pleasant fall foliage ride to Piermont round about way. Lunch indoors - bundle up for a bundle of fun ride.

Saturday, October 19
A20 80 MI 9:00 AM South Mountain

Leader: Paul Leibowitz (718) 858-9742 & Dave Grogan (718) 875-1977 From: The Boathouse. This is one of our favorite rides. A classic any time of the year. At press time we haven't decided whether we're climbing or descending South Mountain Rd.

A19 90+ MI 8:00 AM Harriman/Hudson Highlands

Leader: Fred Steinberg (212) 787-5204 From: The Boathouse. The destination is Cold Spring on the prettiest roads in peak Autumn colors. Via Saddle River, Gate Hill Rd, Seven Lakes Dr, perhaps Perkins, West Point (or Mine Rd), magnificent Storm King, munificent Newbergh, then over the bridge to Beacon to Cold Spring for a Metro-North return. Required: Metro-North pass, helmet, two water bottles, pocket food, etc...

B17 60 MI 9:00 AM Really Nice

Leaders: Gene Vezzani (212) 875-1615 & Douglas Riccardi (212) 388-9758 From: The Boathouse. A really nice ride with some really nice people through really nice sections of Bergen & Rockland Counties. Come help the leaders figure out where they are taking you.

C14 60 MI 9:30/10:15 AM An Infinite Amount of Cider

Leader: Jim Lane (212) 697-8942 From: The Boathouse (9:30)/GWB Bus Terminal @ Ft. Washington Ave (10:15). Hilly trip through Bergen County suburbs to Tice's Farm, where we'll sample their homemade cider (25 cents for all you can drink). They sell other good stuff, too. Bring water. Bring or buy lunch. Helmets required. Joint with Sierra Club.

Sunday, October 20
A++ 56.5 MI 8:45 AM SHARP Instructional "A" Ride

Leader: Alan Resnick (212) 794-1109 From: The Boathouse. Race pace with instructions for those who want comments. Nyack the only way I know. Usual cue sheets given out at start.

A20 65 MI 9:00 AM Fall Foliage

Leaders: Conrad & Judy Meyer (212) 535-2444 From: The Boathouse.

The last two years this ride has been rained out, so let's hope for a beautiful sunny October day for riding (third times a charm!). Join us for a loop in Rockland County to hopefully see the trees in their prime. We hope to maintain a brisk pace, but slow enough to take in the colors! Temps below 40° cancels.

B16 65 MI 8:30 AM Sea Nick See Tea

Leader: Wayne Wright (212) 989-4917 From: The Boathouse. This ride is a real beauty through Westchester and Fairfield Counties. Lots of hills, but they will be worth the effort as we attempt to catch New Englandesque foliage at it's best. Late lunch, so bring plenty of water and pocket food. Difficult ride, but not without bailout points, Metro-North return (bring your pass). Don't forget your helmet.

B14/15 55± MI 9:30 AM Flatless Ride To Mamaroneck

Leader: Liza Hecht (212) 580-0044 From: The Boathouse. Standard ride to Mamaroneck, with lunch stop. Leader can't change flat tires! Bring Metro-North pass. Helmets required. Temps below 50° cancels.

B13 48 MI NOON Lateriser: Red Light Jackson Heights' Ragtime Refrains

Leader: Paul Rubenfarb (212) 740-9123 From: The Boathouse. Decades before current society's stiff-legged square-jawed anti-sybaritism, historic ragtime - the period of America's most revolutionary and world-influencing popular music, germinated midst the rollicking madam's pianos of architecturally quaint Jackson Heights and kindred naughty, but widespread bawdy-house strips. Rain or shine.

B/C13 55 MI 9:15 AM Flat, Watery and Slow

Leader: Peter Hochstein (212) 427-1041 From: The Boathouse. Whazzat? You wanna be an A or B rider, but you hate hills, distances and speed? No problemo. This ride visits Sheepshead Bay the long way - via Queens, returning through Brooklyn. Lots of subway jump-offs, bridges, bays, ocean-views, 2 river views, flat terrain. Bring pump, inner tube, helmet. Diner or picnic lunch, depending on weather. Precip cancels.

Wednesday, October 23

EAT 0 MI 7:00 PM Tour of the Ethnic Restaurants

Leaders: Ben Goldberg (212) 982-4681 & Jeff Vogel. Track racing may be over for 1996 but Ya Still Gotta Eat! Join us tonight at our favorite Burmese restaurant. Best of all, you don't have to schlep to Queens - it's on 7th Street. Call Ben or Jeff (or Wendy or Margaret) by Monday, October 21 to reserve a seat.

Saturday, October 26

A25 70-80 MI 8:00 AM (In Memory of) Gimbels

Leader: Steve Ullman (212) 473-1897 From: The Boathouse. Reminisce on the great age of department stores in an easy spin to Yonkers, then meet a whole new peloton for a race-pace loop (short 25mi, long 35mi) through Armonk/Mt Kisco area, ending for food stop in Mamaroneck, and cruise nice route home, or Metro-North bailout. Be self-sufficient - no stops on loop!

A19 50 MI 7:30 AM Yelena's Birthday Ride

Leader: Stan Greenberg (718) 935-9786 From: The Boathouse. Help me celebrate my daughter's first birthday and ignore my 40th. Basic ride to Nyack with a different ending: we'll return via New York Waterway Ferry from Weehawken to 38th St. A piece of birthday cake for anyone who can tell me what historic event (another unusual ending) happened on the cliffs above the ferry terminal.

A19 70 MI 9:00 AM Not Over The Hill Yet

Leader: Ira Mitchneck (212) 663-2997 From: The Boathouse. Roll up and

down a few more of Westchester's hills before fall settles in. Last month I promised 40 hills and didn't deliver any. This time we'll climb a few less hills, round some lakes, do some pancakes and eat some more if it's chilly.

B16 60 MI 9:30 AM Oyster Bay

Leader: Suzanne Levin (718) 833-4370 From: The Statue of Civic Virtue (Queens Blvd @ Union Tpke/E or F train to Union Tpke). Brisk ride to Oyster Bay Beach for picnic lunch. Rest stop at Syosset (25 miles). Helmets required.

B15/16 65 MI 9:30 AM Two Rivers

Leaders: Chuck Lam (212) 875-8572 and Gene Vezzani (212) 875-1615 From: The Boathouse. We're off to visit your favorite two rivers today; Pearl River and Saddle River. This pre-Halloween ride is quite easy, it features no hills. Show up for the ride in a costume and get dropped in the Park.

C14 50 MI 9:00 AM Piermont

Leader: David Thomas (212) 675-6191 From: The Boathouse. We will take 501 on the way up and 9 W return with lunch at Piermont indoors.

Sunday, October 27

ATB3 ?? MI 8:45 AM Blue Mountain

Leader: Michael Knopf (212) 678-7883 From: Grand Central Terminal Info Booth. Dust off those mountain bikes for a hilly ride in Peekskill's Blue Mountain Reservation. Rain on Saturday night or other mud-inducing conditions cancel. Metro-North pass required. Please call leader night before to confirm that ride is still on.

A20 70+ MI 8:30 AM Three Ridge Climb

Leader: Steven Britt (212) 288-6324 From: The Boathouse. We head for Westchester. This has been a leisurely "B" ride in years past done with map in hand. This year let's make it an easy paced "A" ride with room for fun on the climbs. We stop in Bedford for food and possibly a quick deli stop later on. We head from Bedford west across "the grain" to Garrison. One killer climb (if I can remember where it was) and a road that borrows from a "Vogel" route. Great downhill to our Metro-North return. Metro-North pass required.

A18 75+ MI 9:00 AM Mountains!

Leader: Abe Karron (718) 728-6110 From: The Boathouse. South Mountain Rd, lunch at the orchards, Rt 306 return. Group consensus for Little Tor.

B15 55 MI 9:00 AM Autumn Vista At Nyack Beach

Leader: Shawn Hill (212) 569-6340 From: The Boathouse. Ride out over the GW Bridge, through Old Tappan and Piermont to Nyack Beach State Park. Enjoy the fall colors and a beautiful view of Westchester County from Rockland.

B13 45 MI NOON Lateriser: The Old Left's Stalinist Bronx

Leader: Paul Rubenfarb (212) 740-9123 From: The Boathouse. Explore the co-op projects built by fiery radical garment unions of the 1930s, some featuring hammer and sickle ornamentation, and the 1,000+ art deco buildings that distinguished the interwar era. Rain or shine.

C13/14 50+ MI 9:00 AM Park Ridge

Leader: John Fullwood (212) 927-3278 From: The Boathouse. Classic C ride to Park Ridge diner for pancakes. Leader will provide the real maple syrup. Precipitation at start cancels. If in doubt call leader.

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.

C14 58 MI 9/10:00 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.

BMB or Bust

by Drew Olewnick

Boston-Montreal-Boston ("BMB") is a 750 mile "randonnee" that begins and ends in the Boston suburb of Newton, and takes the rider through Massachusetts, New Hampshire Vermont, New York and Quebec to the Montreal suburb of St. Lambert where the riders turn around and return along the same route. An "official" finisher must complete the ride in a maximum of 90 hours, including sleep and food stops. The eventual "top finishers" ride straight through and clock in between 50 and 55 hours. Most riders are happy to finish with 2 or 3 nights of abbreviated sleep.

There was a nice turnout of approximately 110 riders early on Thursday, August 22nd. A large number of the riders were from Europe and even Australia. Present too were NYCC members Suzanne Rohr, Ben Hoen and Preston Edelstein, all of whom had benefitted from and survived the rigorous brevet series coordinated by Steven Britt and Jeff Vogel.

Pumped by adrenaline, the large group started fast in the pre-dawn darkness. Almost immediately I dropped my cue sheet and lost my riding partner Suzanne and the main pack. I joined a following pack and hoped to catch the front group near the first checkpoint at 78 miles.

At the Bullard Farm checkpoint. I consumed a bagel and coffee and sped off alone to the next stop, Brattleboro, VT, at mile 117. The hills started to mount; these randonnees seem to seek out the steepest, toughest climbs.

At Brattleboro, I met up with my support crew, who had sandwiches and fresh water bottles waiting. David, who had previously completed BMB, reminded me to eat fast and get back

on the road. It's easy to dally at these checkpoints and lose time. I packed pocket food in my jersey and hit the road for the 54 mile stretch to Ludlow.

We had been warned that roads near Grafton had been washed out in the spring and I soon found myself on surfaces more akin to off-road riding. The dirt was good preparation for the first major climb at Andover Pass. BMB had the misfortune of being scheduled when the

at 20-22 mph on newly paved road. Shortly before sunset, I cycled into Hancock, near the start of the notorious Middlebury Gap climb. Middlebury Gap starts off with a casual, steady four-mile rise. The last mile is very steep and peaks at a 15% grade. In no time, I was in the 26 tooth cog, sitting far back and letting my thighs push through each stroke. I consciously regulated my breathing, inhaling and exhaling deeply. When I reached the peak of the climb, I

*It is deepest night and I'm racing my bicycle
lines, caught in the beam of my lights, unfurl
The horizon glows with the lights of the far-off
still and silent, cloaked in an inky blackness.*

state was laying down new tar and gravel along the last two miles of Andover Pass. Loose gravel over a bed of hot, sticky tar reduced speeds to 5 miles an hour. Struggling along, I passed a Euro rider who had abandoned the ride. When I asked if he was okay, he simply pointed to his disassembled bike and said "kaput."

At Ludlow (171 miles and 12 hours into Day 1), I learned that Suzanne was about 45 minutes ahead. Stocked with pocket food, I set off on the next leg - 66 miles to Middlebury. The most difficult climb of BMB, Middlebury Gap, would come at the end of this leg. I hooked up with Australia's lone BMB representative who was thoroughly enjoying his first visit to our shores.

When he flatted, I continued solo and found myself on the gorgeous Rt. 100, cruising

crunched over the final hump and braced myself for the descent into Middlebury, trying to beat the sun into the checkpoint.

When I pulled into the Middlebury Sports Center, the sun had completely dropped and I found Suzanne having dinner with Ben Hoen and other riders (including eventual first woman finisher, Melinda Lyon). I loaded up on lasagna, garlic bread and salad and joined them. Ben was going to catch a few hours of sleep; Suzanne convinced me to tackle the 84 mile leg to Rouses Point, NY.

We departed Middlebury at about 9:30. My toes hurt, my stomach bothered me and we both had sore butts from a long day of riding. We negotiated the rolling hills thru darkened farmland into Burlington and turned onto Rt. 2 for

the long road that would take us across the Grand Isle to the top of New York State. It was well after midnight now, and the roads were amazingly quiet. Occasionally, Lake Champlain would be revealed to us, the silvery waters visible in the cool, clear night. Overhead, the Milky Way and millions of stars beckoned.

A few miles outside New York State, the stars disappeared and a light rain began to fall. Toads sprang up in the road; Suzanne ran over one that flipped up onto her lap, snapping her out of a late night reverie. We reached the checkpoint at the Rouses Point Civic Center shortly before 3:30 AM, just beating out the advancing rain and finishing our first day or riding with 320 miles in 23 1/2 hours.

After we downed some food, we doubled back to the hotel rooms we had reserved in advance. A much welcome shower and a short 5 hours sleep was our reward for a hard days work.

In the morning, we were heartened to see that the rain has passed. After breakfast, Suzanne and I hit the road to Quebec for a flat 54 mile leg. We were joined by Sandiway, from Princeton, NJ, Joe from South Carolina and Dennis from Minneapolis. We took turns pulling on this flat, rural stretch. Some twenty miles short of Montreal, we saw Ben Hoen making the return trip. He had apparently passed us as we slept.

We flew into St. Lambert, and reached the recreation center checkpoint in a total of 3 1/2 hours. We were at the halfway point of BMB in about 34 hours. A quick lunch and we were back

Near Burlington, the pack started to fall apart. The Danes shot ahead and joined a French-led group that had recently overtaken us. Suzanne and I joined up with David from Atlanta and the three of us rolled into the fog shrouded interior of Vermont. My upset stomach made a return, and during one of many excursions into the bush, I somehow managed to contract poison ivy.

As we tackled the relentless hills outside Middlebury, I began to drop back, weak from dehydration and the inability to keep any food in my system. We passed a gigantic dairy plant, dozens of skylights emitted a glow from inside where hundreds of cows stood at attention.

When we reached Middlebury and the final checkpoint of the day I was beaten, although this day rang in at a mere 190 miles. Yesterday's saddle sores were replaced by a flamed achilles tendon. I had no appetite for food. I only wanted a shower and a bed. These marathon rides will distill life to the most basic of needs.

In the morning we still believed we had a chance to finish in under 70 hours. We departed under hazy skies and immediately launched into the back side of the Middlebury Gap. We passed a lovely cascading stream and rolled by part of the lovely Middlebury College campus, envying the folks seated on summer chairs with coffee and morning papers. At the top of Middlebury Gap, we met two other BMB riders, and then descended into Hancock and onto Rt. 100.

Near Grafton, Vermont, a young Brit rider passed us. He was riding a modified fixed wheel

goal of just finishing that night and learned that Ed Kross had been the first men's finisher at just under 52 hours, and that Melinda Lyon had come in at slightly over 57 hours.

We teamed up with Joe from South Carolina for this final, nighttime leg. As we were set to leave, Jim from Florida joined our group, yet kept us waiting as he struggled with his lights. On the road, he made another stop to take off his jacket. When he stopped yet again to retrieve it, we lost our patience and kept moving. Many miles later, when he finally caught us, he refused to talk to us.

Big Joe pulled as we began to count off the miles. With every short hill we climbed, we were rewarded with even longer descents as we rolled to sea level. At a late night deli stop in northern Massachusetts, some local kids were amazed when we related the nature of our ride to them.

With less than ten miles to go, my hi beam light fizzled out. Suzanne's lights were already dead, and we grouped closer together to share lights and carefully navigated the final miles into Newton. After hours of mostly silent riding, we began to chat again, giddy with the excitement of the finish. Even Florida started talking. We were, as Joe put it "like horses that can smell the barn." We sailed into the Newton Holiday Inn at 4:54 am Sunday morning with a time of 72 hours, and 54 minutes.

After checking in and receiving our medals, we toasted one another with champagne in plastic cups. Suzanne was the third woman finisher overall, Joe had completed his first 1200K and John had done his best time in his fourth BMB. Scanning the list of finishers, I saw that Ben Hoen had come in with a superb time of under 65 hours!

The next morning, as Suzanne and I prepared to check out of the hotel, I looked out the window and saw Preston Edelstein and two of his fellow Staten Island cyclists pulling in to the finish. Preston had set a personal best with under 80 hours total – including riding straight through the last 320 miles.

As you might imagine, Boston-Montreal-Boston is an arduous ride, one that is as challenging mentally as it is physically. One has to deal with weather, lighting and equipment preparation, proper nutrition, lack of sleep and long stretches of solo riding. But don't be put off by the monstrous mileage described herein. It wasn't long ago that a century ride was a daunting task for me. One has to set goals, be it 100, 150 or 200 miles and set about achieving them. I believe that after you clear the first hurdle of 100 miles, the other mileage markers become less and less formidable. The average randonneur is in his or her 40's; this can be a good middle aged goal to set for yourself. The next Paris-Brest-Paris is in three years – and you'll have 3000 other riders to keep you company.

***along a darkened country road. The center yellow
like ribbons tumbling off the edge of the earth.
city. I am in constant motion, but all around me is
It feels a dream, yet I am very much awake...***

on the road for the return to Rouses Point. Our group of five was joined by David, from Atlanta, and the six of us pacelined back across the flat expanse of southern Quebec. After producing green cards at the U.S. border, we freewheeled into the Land of the Free and to the Rouses Point checkpoint.

The next leg of 84 miles to Middlebury would take us from dusk into the deep Vermont night, so we readied our bikes with lights and zipped up our vests. Suzanne and I latched onto a large pack that was being pulled by two Danish riders. The Great Danes pulled for nearly 40 miles, refusing to budge from the front even when other riders tried to move up.

Night fell and our lights came on as we moved like an advancing army across Grand Isle.

bike (42 x 14) and carrying a heavy canvas bag off the back. Not only did he cruise effortlessly on the flats, but he motored up the hills! I later managed to decipher his thick Cockney accent and learned he is a national junior champion in the UK.

Suzanne and I arrived at the Brattleboro, Vermont checkpoint in the late afternoon. We set our sites on finishing in 72 hours (or 3 full days) with 117 miles remaining. By the time we saw the welcoming lights of Bullard Farms, Saturday night had arrived. We were overjoyed to find a great spread of food. Well girded with burgers off the grill, corn on the cob, pasta salad and loads of other items we set off for the final 78-mile leg to Newton. As the overall 72 hours mark began to look unlikely; we settled on the

Louie Gets Big Bike!

BLOWOUTS by Lou S. Pokes

First I need to fill in some of the details omitted from last month's column. **Steve Bornfeld** and **Marie McIntyre's** daughter's name is **Lauren Willa**. She was born on August 1 and weighed 7 pounds, 15 ounces. Steve still can't figure out how we scooped the Long Island Bicycle Club, the club he was president of for four years. They still haven't put an announcement in their newsletter. Steve, we've got all the connections.

Congratulations to the NYCC's Boston-Montreal-Boston participants. In our best showing ever, all four of our riders finished the grueling 750 mile, 32,000 feet of climbing event in well under the allowable 90 hours. **Preston Edelstein** became a three time finisher on his standard bike. Preston, just think how fast you could have gone with one of your kids on the back of the tandem! **Suzanne Rohr** and **Drew Olewnick** (yes) rode together and finished in 73 hours. Just think how fast you two could have done it on a tandem! And, **Ben Hoen** had one of the best finishes of any New Yorker since 1989 with his 67 hour performance.

Congratulations also to **Elizabeth Emery**. Our SIG graduate, international racing star is just back from France where she completed the *Tour de France Feminin*. Competing against the 80 top female riders in the world, EE showed she has the toughness to race with the best as she hung in for the entire 16 day event. Bravo.

And on a local level, congratulations to **Jeff Shandel** and **Dave Thomas** (no) who both won recent CRCA races. For Jeff it was quite a relief after six straight top-five finishers without a win. Let's see how they do now when they move up to the next level.

According to rumor, **Amy Hanowitz** will be back on a bike soon. In fact, she was supposedly spotted walking down Madison Avenue with a

big greasy schwebber! Fortunately **Julia Katherine** didn't have a matching schwebber. And speaking of Baby Britt, the baby naming contest is really humming along. Cards, calls, E-mail and telegrams have been flooding my office. Remember the winner gets to baby sit while Amy does her first ride to Nyack.

Speaking of Nyack, what would **Alan Geiger** do if they ever closed Route 9W to bikes? He'd probably do more laps of Central Park. Alan admitted to doing 22 laps the other day. That's over 132 miles without leaving the Park! He also claims that he's done over 100,000 miles in the Park in the last 20 years. Someone has got to show Alan some new routes!

Speaking of 9W, **Joe the Dentist** was out on 9W one day (actually many days, he's also destinationally challenged) when he stopped to help a young woman change a flat. He asked if she had any tools or a spare tube. She wasn't sure and said to check the bag under her saddle. Joe opens it and what does he find? A Power Bar and three condoms. (She must have heard about latex tubes and gotten a little confused.) Anyway, Joe changed her flat and she promised to repay him for his services. Joe's not talking. More next month.

Caryl Baron, carry on!

Condolences to **Irv Weisman**. It seems his "water works" were wrecked on three successive rides last month by his bicycle saddles - so there goes his ability to participate fully in his "73 for 73" ride. Fortunately, **Gene Vezzani** and **Linda Wintner** (who is so spiritual she can't bear to hear references to body parts) decided to lead the entire route from Irv's maps, while Irv hopes to meet the riders at food stops along the way. When he gets home, he will find out by the (lack of) pain in his "water works" whether

he is in control of his body or his bike saddle controls it. So I guess now we'll hear about saddle construction instead of triple chainrings and gear ratios. Feel better, Irv.

The final All Class Ride of the year was held last month. With the Bulletin held up in the mail and the iffy weather it had a relatively small turnout. But those who went all agreed that making the switch from Bethpage to Oyster Bay was a great idea. Thanks to **Margaret Cipolla** for making the suggestion. The destination switch didn't help with the weather though. The Bethpage ride was traditionally hit with a thunderstorm leaving the park. This year the rain held off until about 3:30, catching the B and C riders (and **C.J. Obregon**) on the way back. You can't fool Mother Nature! And, the rain finally allowed us to see what it is **Ed Sobin** has in that huge pack. Ed, Mr. Preparedness, was just back from his 4,500 mile cross country bike trip. So when it started raining he pulled out a raincoat. And then a pair of rainpants. He had everything but an umbrella. I guess after 4,500 miles you come prepared. The big story of the ride though, wasn't the weather, but one of the bikes. **Louie Bernardinucci**, who usually keeps up with the C rides on his 20 inch bike, showed up on a 26 inch mixte frame (of course it wasn't new), proving once again that we all spend way too much on our bikes. And no one has more fun on a bike than Louie.

Lets not try to fool Mother Nature again. **Linda Wintner** returned from a Labor Day trip to the Canadian Rockies with proof that winter is on its way; there were two major snowstorms already!

Thanks to some of this month's sources, **Tom McMahon, Rob Kohn, Steve Britt, Mr. G. and Tex Antoine**.

A Pain in the Neck

Russell B. Cohen, DC CCSP

Hunched over your handlebars for two, four, or even six hours, elbows bent, down low aerodynamic-like, hammering along, neck cocked back in an attempt to spot the next obstacle in the road - and you wonder why your neck and upper back are killing you. Conditions affecting these two areas are amongst the most common non-extremity

related seen in my office.

The delicate muscles in the neck and upper back, known as the cervical and thoracic paraspinal muscles respectively, literally allow us to hold our heads up while riding. By in large, the cause of pain in cyclists is due to deconditioning, or simply, not being use to the awkward cycling posture. Contracting these muscles for long periods of time may lead to lactic acid buildup, fatigue, muscle spasm, and eventually spinal joint dysfunction, restricted range of motion, soreness, and pain. Even the seasoned competitors of

the Race Across America have been known to rig up contraptions to hold their heads up due to severe fatigue and pain. The best way to relieve these signs and symptoms is by gently stretching the neck and back muscles, applying moist heat if no inflammation exists, massage, and chiropractic adjustments.

As the spinal cord runs down the length of the spine it sends out branches that radiate down the arm and back. Pain, numbness, tingling or loss of strength into the shoulder or down the arm and into the hand may indicate a more serious problem - a pinched

To all riders

Last month, a group of C riders were stopped by an Englewood Cliffs Police Officer while descending Palisade Avenue. They were told that they were exceeding the speed limit. While no tickets were issued, the lesson to be learned here is that at least one officer is out in force with some big axe to grind and all cyclists should proceed with caution through their town. This means obeying all traffic laws – staying to the extreme right of the road, red lights, etc.

Rider's Responsibility

We sometimes want to believe that all responsibility on a ride falls on the ride leader's shoulders. However, it is important to underline that everyone on a ride should share in the responsibility for the safety of fellow riders. C riders will generally let a leader know when someone has disappeared off the back. Faster riders should also get in the habit of keeping track of the well being of all the riders around them and of making it known when someone is no longer in sight. Anything can happen on a ride – from any number of mechanical problems to a serious accident – and every rider should understand that in taking part in a ride they are agreeing to take part in a collective group effort. This means being a little less focused on the rider in front of you and much more aware of everyone around you.

WESTERN LANDSCAPES

— *Photographs by Henry Joseph* —

October 15 - November 9

Opening Reception:

Tuesday October 15 – 5:30 PM - 7:30 PM

Synchronicity Space

55 Mercer Street (between Broome & Grand)
(212) 925-9168

Nominations for the 1997 Board

Nominations were opened at the September Club meeting for next year's Board. The following is a list of persons nominated at that meeting. See page 2 for a brief explanation of nominating and voting procedures.

PRESIDENT:

Judy Meyer, Mitch Yarvin, Gene Vezzani, Christy Guzzetta

VICE PRESIDENT PROGRAMS:

Dona Kahn

VICE PRESIDENT RIDES:

Steven Britt

TREASURER:

Mike Yesko, Charles Katz, Reyna Franco

SECRETARY:

C.J. Obregon, Jeff Vogel

SPECIAL EVENTS:

Jack Englander, Geo Kaplan

BULLETIN EDITOR:

Douglas Riccardi

SPECIAL EVENTS:

Joel Englander, Geo Kaplan

MEMBERSHIP:

Rich Borow, Mitch Yarvin

A RIDES COORDINATOR:

Conrad Meyer, Judy Meyer, Mark Martinez

B RIDES COORDINATOR:

Peter Morales, Mitch Yarvin

C RIDES COORDINATOR:

Mark Schwartz, Dona Kahn, Don Passantino

nerve. Nerves become compressed by tight muscles, misaligned spinal bones known as vertebrae, bulging of the shock absorbing disc in between the vertebrae, arthritic spurs, or by space occupying growths. A crash that abruptly stretches the neck to the side may also injure this plexus of nerves. These types of problems warrant a visit to your sports doctor.

The best way to prevent neck and upper back pain is to stretch properly by moving the head into all of it's positions one at a time and holding each for 20 seconds. Contrary to

what most of us have been taught, head rolls are not a favorable stretching method due to the possibility of nerve or vascular entrapment while the head is simultaneously extended, rotated and flexed to the side. Strengthening exercises to delay or prevent fatigue is valuable. Go through the neck stretching motions while pushing your head into your hand using you hand as resistance. Hold each for a count of ten. Visit your sports chiropractor to have your tight muscles released and your joint function restored.

As most aches and pains experienced

when placing new or more intense demands on the body, in time your body should adapt and the discomfort should abate. If it persists, you should check with your sports doctor to see if a poor bike fit is contributing to your problem and to rule out a more serious condition.

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.

Recumbents, No-seat bikes and the Technological Innovations Transforming Biking.

— Paul Rubenfarb

The audacious new bike innovations can tend to perplex amateur cyclists, but patient inquiry and study will reveal the unprecedented benefits provided by the new technologies which enhance muscle elongation and tone and speed and distance of a biker.

This tech revolution of the 1990's has started to dispel the earlier decades' inertia and skepticism toward dynamic change. The comfortable complacency of 'keeping up with technology' for most amateurs simply meant shopping a few stores every couple of years and purchasing what salesmen proffered as the 'state-of-the-art' bike then in current production by the bike manufacturers.

Today's fast bikes can cost \$2,500 and up and tech breakthroughs occur 3 to 4 times a year, and parts which are not worked into new bike gruppos for 2 to 3 years are immediately available. This vitiates the old mode of keeping current by continuing to buy new bikes. Instead, today's amateur has become a part omnivore — updating more in parts each year than the cost of the bike. If a racer wins big, the talk on the circuit is not about buying his brand of bike but of getting his parts.

Lamentably, the pre-1990 lethargy still haunts many NYC bike shops where, as for decades, ordering and installing high-tech parts is de-emphasized in deference to selling you a brand new bike. Beholden to large manufacturers/advertisers, bike magazines echo this philosophy by under-depicting the exploding galaxy of exotic parts, in favor of predominantly stressing and focusing on the brands and models of new bikes.

To grasp the galactic magnitude of the tech revolution, cyclists should start with the hi-tech catalogs: Lickton's, (800)323-4083 and Frankford, (800)621-3593. Frankford is unique in not only having a vast array (and order takers are mechanics) of road and mountain parts but in having and equal strength in the technical sphere of BMX - the progenitor of mountain bikes and an essential parts and idea reservoir for bike experimenters.

NYC's pioneer in hi-tech parts inventory is Mr. C's in Brooklyn, (718)438-7283. When your speed boosting widgeon is not stocked, Mr. C will let you peruse the exotic parts catalogs and will order therefrom. He is glad to spend 15 minutes ordering a \$40 part in contrast to the old inert shops' grumbling about "squandering 15 minutes on a part when we could be selling a bike". Entering his parts library is like a college education, a devirginization in the Orwellian whirlwind of cutting-edge technology.

Along with recumbents, (which are being stressed by Precision Bike Works, (212)242-7377) there is a big trend toward 20" wheels (due to their affinity for High-mechanical-efficiency gearing - requiring 100% stand-peddling [no-seat bikes]). The first and foremost assembler of bike research and hi-tech advice is the HUB, (212)254-8844. Scan the tech horizon by ordering the *Encyclopedia of Experimental Bikes*, (\$15 plus \$3 shipping and handling) from Johannis Groesbrink - (201)239-8968 who also carries recumbent bicycles.

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 -

JUST LEAD SOMETHING...

The Cycle Club welcomes 27 new new members!

Leslie Armstrong

David Boyle

Randy Briggs

Candre Carpenter

Celia Chiara

Jeffrey Goldstein

Pamela Housley

Maurene Kenny

Mindy Kerker

Katrina Kothe

Laura Kozelouzek

Eric Lee

Jolene Lee

Diane Looney

Laura Matlon

David McAllister

Elaine McCarthy

Christy Parsons

Elyse Rabinowitz

Kathy Rich

Hannele Rubin

Denise Ryan

Madeleine Sanchez

Emily Stone

Dana Tinsley

Ludwig Vogel

Robert Weissmanx

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:

KIDS MOUNTAIN BIKE. Giant Commotion, 6 speeds. Royal Blue, new condition. Call: **Doug**, (212)535-2476.

SEROTTA "COLORADO". 56 cm, all Dura-Ace components. Great Shape, never crashed. \$800. Call **John**, (212)369-1419.

Cannondale R500. 48 cm, 1994, Triple Chain ring. Great condition, excellent for a petite person. New pedals. \$475. Call **Nancy**, (212)737-7806.

SPEEDPLAY X/2 ROAD PEDALS. Excellent condition. Used less than 300 miles. Lightweight (190 grams), knee saving float, no Look entry. With adapter plate, compatible with all mounting patterns. \$195 value. Call **Joel**, (212)315-3771.

WANTED:

53-4 cm ROAD BIKE. Used. Beginner rider wants to test the waters at a reasonable price. Call **Marty**, (212)285-2849 during work hours.

Reminder:

Material for the November Bulletin is due by
OCTOBER 11.

Better yet, bring it
to the Club meeting on
TUESDAY, OCTOBER 8.

Before your first club ride, please read this:

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

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

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

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

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

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

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.

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

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



1996 Renewal / Membership Application / Change of Address

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

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

Name: _____ Signature: _____

Name: _____ Signature: _____

Address/Apt. _____ E-Mail _____

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

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

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

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

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

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

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

COME ONE - COME ALL

End to end by B & B

This September, 6 cyclists, (including VP Programs **Caryl Baron**) rode a spectacular and legendary route from Land's End in Cornwall, England, to John O'Groats, the northernmost town in Scotland. 14 days. 1,000 miles. Come hear how it happened, from concept to planning to riding. We'll have slides, from Mousehole to the Stacks of Duncansby. And, we'll tell how, on the last day, all 6 riders and two cars got to the finish, with everyone riding the full distance.

COME TO O'HARA'S ON OCTOBER 8TH.

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

MEET AT 6 ► DINNER AT 7 ► PROGRAM AT 8

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

INDOOR BIKE PARKING OR SUBWAY.

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

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