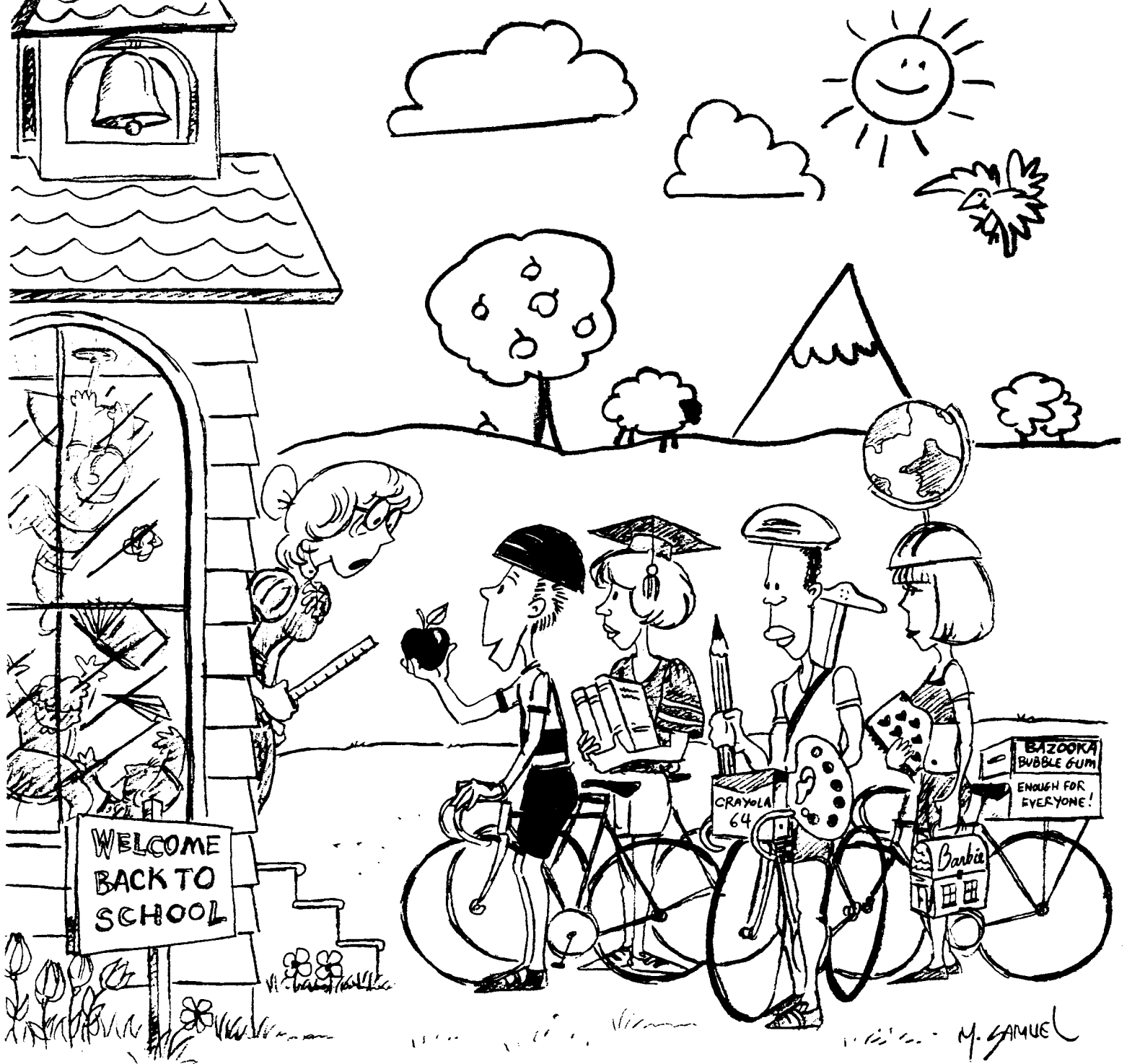


September
1996

NYCC Bulletin



"We're here about your much-advertised Bike-to-School Special..."

Bulletin Board

ANOTHER REASON TO ATTEND THE SEPTEMBER CLUB MEETING

It is important for Club members to attend the meeting on September 9th since that is the first time we will be accepting nominations for 1997 Club officers. Nominations will continue at the October meeting.

NEW YORK CITY MARATHON VOLUNTEERS

Those of you who were considering volunteering to help the Achilles Track Club by accompanying a wheelchair athlete at this year's marathon should know that due to a change in starting times, our help will not be needed this year. The Achilles Track Club again thanks everyone who helped out in the past. (See page 10 for another way to help out).

CRCA SPEAKER SERIES INCLUDES VELO NEWS COLUMNIST

The Century Road Club Association is featuring outstanding individuals in its Speaker Series for Cyclist development this fall. In September, they welcome Patrick Mailloux, exercise physiologist and USCF coach. Patrick will speak about methods of improving race performance and "the parameters of speed" - the phenomenon, not the drug.

On October 4, Maynard Hershon, renowned columnist for Velo News will speak. Although the exact nature of his talk has not been released, his trip and talk will be sponsored by the PowerBar company. [Please call Elizabeth Emery at (212)865-0010 for further information closer to the date].

Speakers will hold court at the American Youth Hostel, 103rd Street and Amsterdam Avenue, second floor.

GREETINGS FROM COLORADO

Here's a salute from the (temporary) Colorado branch of the NYCC to Mike Toomey for those fabulous new club jerseys and jackets. Ours arrived at the beginning of July here in Snowmass Village and they were a huge, immediate hit both in fashion-conscious Aspen and the self-proclaimed Mountain Bike Capital of the West, Winter Park, where we attended a two-day mountain women's biking clinic. Gearheads and civilians alike commented favorably on the splashy & colorful design. The outfits were especially admired by Winter Park's resident mountain bike pro and Volvic Powerbar team rider Susan DiBiase. Thanks, Mike!

- Grace Lichtenstein & Sandy Gold

THANK YOU RIDE LEADERS

Sometimes we forget how indebted the Club is to the many people who consistently volunteer to leads rides. Without them we all might be forced to ride to Piermont and back weekend after weekend. Please keep it up. Hopefully, other Club members might just feel inspired to "follow your lead".

ESCAPE FROM NEW YORK CENTURY

Can enough be said about this year's event? See page 4 for full details. Show up and have a blast. If for some strange reason you don't feel like riding that day...

WE NEED YOU.

The New York Cycle Club Century Committee is looking for volunteers to help out on the day of the event. Tasks include marshalling, manning rest stops, check-in and even clean-up!

Please, call MITCH YARVIN if you are interested in helping.
(212) 988-8887

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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.



Sunday, September 1

A20 104 MI 8:00 AM 3rd Annual Cross River Ramble

LEADER: MARK MARTINEZ (212) 496-5518 FROM: THE BOATHOUSE. My favorite route. We'll take shady, rolling backroads past palatial estates on the way to a picnic lunch in beautiful Ward-Pound Ridge Reservation. Fairly flat return (one climb - Crow Hill Rd). Pocket food required as our final stop is at 45 miles. Also recommended; 2 water bottles, musette and Metro-North pass for bailout. (Note - Anyone referring to this ride as a "Century" will be doused with Gatorade and rolled over fire ants.) Raindate: Monday, September 2.

B16 60 MI 9:00 AM Labor Day Preview

LEADER: LAI BERLEE DUR (800) WORKERS FROM: THE BOATHOUSE. Laborers unite! Grab a bike! Meet at The Boathouse and ride! Union busters not welcome.

C13 40 MI 9:30 AM Tallman Park the Nice Way

LEADER: DON PASSANTINO (718) 446-9025 FROM: THE BOATHOUSE. Join the best ride of the year from the Boathouse to Tallman State Park for a picnic. Tasty middle eastern food is available at the Oasis and I'll bring a tablecloth and brownies.

Monday, September 2

A19 55 MI 9:00 AM For Mom

LEADER: DR SPOCK (800) INO-BABY FROM: THE BOATHOUSE. To help celebrate "Labor" Day, this ride's in honor of dear old mom.

B/C14 50/60 MI 8:30/9 AM Newcomer's Ride #4 to Rivervale

LEADERS: GENE VEZZANI (212) 875-1615 & IRV WEISMAN (212) 567-9672 FROM: THE BOATHOUSE(8:30)/GW BRIDGE BUS TERMINAL(9:00). Couldn't make that commercial bike tour? Come along with us for a ride thru suburban NJ - but you must self-classify at 14mph (see the ride guidelines on p11). Triple chainrings, or two chainrings with BIG muscles required. Helmets, spare tubes required.

Saturday, September 7

A22 65 MI 9:00 AM Not Staten Island

LEADER: RICH BOROW (212) 866-1966 FROM: THE BOATHOUSE. With apologies to Guy Molinari, I'm not ferrying to the race this morning. Instead, join me as I head in the other direction - probably Armonk or Bedford - on a brisk ride.

A(40-2)² 30-40 MI 8:40 AM

Over The Hills By The Numbers

LEADER: IRA MITCHNECK (212) 662-2997 FROM: THE BOATHOUSE. While Rome has seven hills, Westchester has: 4 Hill Streets, 11 Hillside Avenues, 21 Highland Roads, and 5 Hilltop Circles - over 40 in all. The route might include at least one hill and less than 40, with a stop for italian pastry. Bring enough candles and the pastry is on the leader, with enough espresso to power you back to The Boathouse. Change to date on Birth Certificate cancels.

B18-19 60-65 MI 9:30 AM

Oyster Bay

LEADER: GENE VEZZANI (212) 875-1615 FROM: THE BOATHOUSE. Come explore a new route to Oyster Bay with us today. Possible subway return.

C14 60 MI 9:00 AM

Nyack Beach

LEADER: TRACY MAKOW (212) 734-8068 FROM: THE BOATHOUSE. Join us again for this old favorite. We take the scenic route to a picnic on the water (bring or buy lunch).

Sunday, September 8

Last All Class of the Year to Oyster Bay. All rides will make a deli stop and plan to meet at 12:30 for a picnic.

A22+ 75 MI 8:30/9:15 AM

LEADER: JEFF VOGEL (718) 275-6978 & CONRAD MEYER (212) 535-2444 FROM: THE BOATHOUSE(8:30)/QUEENS BLVD & JEWEL AVE(9:15). Join the boys on this flat, scenic ride to the 12:30 picnic in Oyster Bay. Group return with the girls at their pace. Two water bottles recommended. Divorce cancels joint return ride.

A19 65 MI 9/9:45 AM

LEADER: MARGARET CIPOLLA (718) 275-6978 & JUDY MEYER (212) 535-2444 FROM: THE BOATHOUSE(9:00)/QUEENS BLVD & JEWEL AVE(9:45). Join the girls on this less fast scenic ride to the 12:30 picnic in Oyster Bay. Group return with the boys at our pace. Two water bottles recommended - 40 miles non-stop to Oyster Bay.

B18-19 70 MI 9:30 AM

Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. No, not Bethpage. This year we're heading to the park in Oyster Bay for the last of the All-Class Picnics for 1996. For those who forgot, here's a reminder of how nice the North Shore really is.

B15 60 MI 10:00 AM

Leader: Peter Morales (718) 833-4370 From: The Statue of Civic Virtue (E/F train to Union Tpke). For those who want to start at The Boathouse, join Gene's ride at 9:30 and ride over the 59th Street Bridge to The Statue.

C13/14 60 MI 9:00 AM

LEADER: IRV WEISMAN (212) 567-9672 FROM: STATUE OF THE CIVIC VIRTUE (E/F TRAIN TO UNION TURNPIKE) QUEEN'S BLVD AND UNION TURNPIKE. Take a leisurely, not too hilly way to the all class picnic.

Tuesday, September 10

A21 55 MI 8:00 AM

La Vuelta De Jersey

LEADER: JEFF VOGEL (718) 275-6978 FROM: THE BENCH ACROSS FROM THE BOATHOUSE. Join Fidel and the companeros for a quick spin through Bergen and Rockland Counties as we search for the best rice and beans. Cigars permitted on the ride, but not at lunch. Counter-revolutionaries will be dropped, vamos.

*Need to "Get Away"
Turn the page...*

Saturday, September 14**A20 115MI 7:30AM Herb Dershowitz Memorial (Greenwood Lake)**

LEADER: MARK MARTINEZ (212) 496-5518 & **PSYCHIC HOTLINE** (212) 929-0787 **FROM:** THE BOATHOUSE. We'll honor the memory of Herb (Hubs) Dershowitz by riding his classic route to Greenwood Lake. Legend has it that participants on this ride occasionally glimpse a phantom cyclist ascending Gate Hill Rd on a spectral Spectrum – but this is usually attributed to hallucinations produced by the effort of the climb or the effect of fermented Power Bars. A grimpeur's delight. Gate Hill Rd, a woody roller-coaster ride through Harriman State Park, a long grind up Hogback Mountain and then a 45 mph descent into Greenwood Lake. After a lake-side lunch, we head home via Skyline Drive and a new improved return route (shorter, flatter & fewer turns). Pocket food, second water bottle and climbing gears are highly recommended.

A19 60 MI 9:00 AM Not Quite Greenwood Lake

LEADER: HERB (I'M NOT DEAD YET) DERSHOWITZ (212) 929-0787 & JEFF VOGEL (ASST MORTICIAN) (718) 275-6978 **FROM:** THE BOATHOUSE. We also visit several lakes – on the way to Nyack. On the way we say a prayer for the Greenwood Lake Ride. Drought cancels.

A17 70 MI 9:00 AM Geology 101

LEADERS: CARYL & STEVE BARON (212) 595-7010 **FROM:** THE BOATHOUSE. Ride with us across a fjord, over volcanic extrusions, through a basin the Hudson once filled, over hills formed by colliding oceanic and continental plates, across a major faultline - in other words, another ride to Nyack. But the route is somewhat circuitous, and the geology lesson will impart a new understanding of the terrain.

B18-19 60 MI 9:30 AM Mamaroneck

LEADER: GENE VEZZANI (212) 875-1615 **FROM:** THE BOATHOUSE. We're off to Westchester county today. We'll make a deli stop before we picnic in the park. Zero hillage on this ride.

C13 55 MI 9:00 AM Rivervale

LEADER: LINDA WINTNER (212) 876-2798 **FROM:** THE BOATHOUSE. A very scenic route to a perfect place to picnic and only one serious hill on the return trip. Bring or buy lunch.

Sunday, September 15**A20 80 MI 8:30 AM Century Warm-Up**

LEADER: STEVE ULLMANN (212) 473-1897 **FROM:** THE BOATHOUSE. A challenging new back roads route to Rockland Lake, with an optional extension to South Mountain. Test your legs for next week's century and boost confidence. You can do it! 2 water bottles, food, 40 miles to lunch.

A19 65-70 MI 9:00 AM The Other Way To Nyack

LEADER: ABE KARRON (212) 686-8748 **FROM:** THE BOATHOUSE. River Road, Rivervale, and up. Loop around Blue Hill, then on to Nyack.

B16 65 MI 9:00 AM Park Ridge Local

LEADER: JOHN FULLWOOD (212) 927-3278 **FROM:** THE BOATHOUSE. The want-ta-bees will prepare this week for the killer bee ride in two weeks. We will be true to the pace but we will only wait at the top of major climbs. A pancake run, with the leader providing the real maple syrup.

B13 50-55 MI 7:45 AM Four Train Lines, Four Reservoirs, and Two Elephants

LEADERS: KEN & MARILYN WEISSMAN (212) 222-5527 **FROM:** THE GRAND CENTRAL TERMINAL INFO BOOTH. ****8:07am train to Darien**** A tourist-paced route past Titicus, Anawak, Muscat, and Croton Reservoirs. We'll cross the Harlem Line at Purdys, ride the north country bikeway (the old Putnam Line -- if Ken can find it) and return to Grand Central Terminal from

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Tarrytown via the Hudson Line. Metro-North pass, helmet, and climbing legs are MUSTS (there is one short steep hill and some longer ones too). 40% chance of rain cancels.

B13 44 MI NOON Lateriser: Victorian Oradell "Our Town" in NJ

LEADERS: PAUL RUBENFARB (212) 740-9123 **FROM:** NE CORNER 181 STREET & FT WASHINGTON AVE (A TRAIN - 181 STREET): Thornton Wilder's dramatic poem to victorian village life. Our town eulogized Peterborough, NH. Oradell, NJ is metro NY's closest simulacrum of Wilder's motif. Rain or shine.

C14 60 MI 8:30 AM West Point

LEADER: JAN CHENOWETH (212) 721-8258 **FROM:** GRAND CENTRAL STATION. Come explore the beautiful Hudson Valley. We'll take the train to Garrison and home from Cold Spring and spend the day enjoying the scenery in between. Hills but nothing terrible. Meet at the information desk at 8:30 sharp. Serious precipitation cancels. Metro-North pass essential.

C14 50 MI 9:00 AM Piermont

LEADERS: ANNE GROSSMAN (212) 924-1549 & DOUGLAS RICCARDI (212) 388-9758 **FROM:** THE BOATHOUSE. A scenic suburban route at a relaxed pace. Dine *al fresco* in Piermont. One big hill on the way home.

C13 32 MI 8:45 AM Anybody for ART

LEADER: MICHAEL DI CERBO (212) 645-1120 **FROM:** PATH STATION AT THE WORLD TRADE CENTER. A ride through the suburbs of central New Jersey; lunch on the campus of Seton Hall University. After lunch, we'll go to the opening of an art exhibition, before our downhill return to NYC.

Saturday, September 21**NYCC's Second Annual "Escape from New York" Century.**

Choose a half-century, metric century or a century to Bear Mountain. Enjoy some of the area's most scenic roads. Stop along the way for a snack (there'll be plenty of food waiting for you). And when it's over, it's time to party and maybe even win a prize. Registration is \$25 on the day of the event, but you'll get \$5 off plus a free T-shirt if you pre-register. It all begins at 7AM Saturday, September 21. Cue sheets provided. For more information, please call (212) 535-2444.

Sunday, September 22**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.

A19 60 MI 8:00 AM Post-ENY Pre-Fast Ride

LEADER: REYNA FRANCO (212) 529-6717 **FROM:** THE BOATHOUSE. If you

have any energy from yesterday's event, join me on a ride over the river and through the woods to grandmother's house we go... NO NO NO, we are not visiting grandma, I got carried away. Instead of grandma's cooking, we'll have traditional deli or diner fare. Don't we ride to eat?

B17 65-70 MI 9:00 AM South Mountain Road

LEADER: ABE KARRON (212) 686-8748 FROM: THE BOATHOUSE. Leftover powerbar heaven to all who finish...

B13 43MI Noon Lateriser: Victorian St George and New Brighton

LEADERS: PAUL RUBENFARB (212) 740-9123 FROM: RAY'S PIZZA @ STATEN ISLAND FERRY. The oldest neighborhood of Staten Island has copious mansardic mansions and ginger bread houses on spiraling terraces providing remarkable panoramic harbor views. Rain or shine.

C14 50 MI 9:00 AM Park Ridge

LEADER: JOHN FULLWOOD (212) 927-3278 FROM: THE BOATHOUSE. Join me for a classic C ride to the diner at Park Ridge. As per the leader's tradition, he will furnish the maple syrup.

Saturday, September 28

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

LEADER: JEFF VOGEL (718) 275-6978 FROM: THE BOATHOUSE. Last month's NYCC attempt at Gimbel's was so (un)successful (see Lou Pokes write-up) that we just have to try again. If you weren't there the first time, here's how it works: we leave The Boathouse for an easy ride to Yonkers to join the 100, or so, others for the start of Gimbel's. They do a leisurely 10 mile warm-up to White Plains and then it's race pace for 32 miles through Westchester before sprinting into Mamaroneck. The leader will supply maps as they don'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.

A19 65 MI 9:00 AM Climbing To Garrison

LEADER: C.J. OBREGON (212) 876-6614 FROM: THE BOATHOUSE. Flat to New City, then South Mountain Road, Gate Hill Road, Perkins Drive, and home on the train. Bring Metro-North pass. Helmets required.

B18-19 90 MI 9:00 AM Nyack, Beacon Bridge, Cold Springs

LEADER: GENE VEZZANI (212) 875-1615 FROM: THE BOATHOUSE. Ready for an adventure? Our first stop is a new deli in Nyack, then we'll head north to cross the Beacon Bridge. Bring your Metro North pass for the train ride home from Cold Springs.

B16-18 52 MI 9:00 AM Jones Beach

LEADER: JIM DRAZIOS (718) 225-1842 FROM: THE STATUE OF CIVIC VIRTUE (E/F TRAIN TO UNION TPKE). Last weekend for the beach. Hopefully we'll get the last of the good beach weather.

C14 40 MI 9:00 AM Long Beach

LEADER: ALINDA BARTH (718) 441-5612 FROM: THE STATUE OF CIVIC VIRTUE (E/F TRAIN TO UNION TURNPIKE & QUEENS BLVD). This is for people who hate hills; a totally flat ride through Southern Nassau. Says farewell to summer with a last picnic on Long Beach.

Sunday, September 29

A21 70+ MI 8:30 AM SHARP Ralph Nader?

LEADERS: KEITH GOLDSTEIN (212) 982-9461 & JIM MODULA (212) 663-1420 FROM: THE BOATHOUSE. No, Little Tor! Ride leaves promptly at 8:30, so be

there at 8:15 to sign in. No politicking. Two stops. One short - that's me, one moderate - that's Jim. Pocket food and two water bottles strongly recommended.

A19 65 MI 8:30 AM Rockland Lake

LEADERS: STEPHANIE BLEECHER (212) 348-2661 & MARLA KITTLER (718) 832-2329 FROM: THE BOATHOUSE. Civilized ride to Rockland Lake. Nice legs & manners required.

KB18 65 MI 9:00 AM Park Ridge Express

LEADER: JOHN FULLWOOD (212) 927-3278 FROM: THE BOATHOUSE. At this time of year 18MPH is a "B" pace. So if you are feeling strong come join the killer bees for a fast paced ride to the Park Ridge Diner or the deli next door.

B13 46 MI Noon Lateriser: Bronx Waterfront Parks & No-Seat Bike Demo

LEADER: PAUL RUBENFARB (212) 740-9123 FROM: NE CORNER 181 STREET & FT WASHINGTON AVE (A TRAIN - 181 STREET). Bike seats are superfluous - a vestige of biking's 1870s nativity when an equestrian country would only buy things with saddles. Get X-wide peddles (Mongoose BMX) start stand-riding and throw that seat away. Rain or shine.

C14 50 MI 9:00 AM Oyster Bay

LEADER: IRWIN BERGER (718) 997-8965 FROM: STATUE OF CIVIC VIRTUE (E/F TRAIN TO UNION TURNPIKE). Go to Oyster Bay the scenic way, with easy hills, and lots of shade. Lunch on the beach (bring or buy).

C14 50 MI 7:30 AM Putnam County

LEADER: HENRY JOSEPH (212) 989-8176 FROM: GRAND CENTRAL STATION INFORMATION BOOTH. Train to Cold Spring - then meander through the back roads of Putnam County and return by train. Must have metro north pass and money for train fare.

C SLOW 25 MI 9:00 AM Parent's Ride to Coney Island

LEADERS: LINDA WINTNER (212) 876-2798 & MIKE YESKO (212) 538-2409 FROM: STEPS IN FRONT OF CITY HALL. We'll take a scenic route across the Brooklyn Bridge, thru Prospect Park and along the harbor to the "beach" of all beaches. Lunch at Nathan's. Bring locks, Speedos and Sunscreen. If we dawdle, we can take the subway back. Children must be accompanied by an adult, although adults without kids are welcome, or you could borrow someone's child for the ride.

Saturday, October 5

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.

B13 73/86 MI 8:15/8:30 AM 73 For 73

LEADER: IRV WEISMAN (212) 567-9672 FROM: THE BOATHOUSE(8:15)/GW BRIDGE BUS TERMINAL(8:30). My old quadriceps are stiffening, but I still hope to ride my age again. The route is in NJ and NY along pretty roads and by-ways, and will take approx. 10 hrs (Hey, what do you expect? I want to survive this ride!). If my survival is at stake, I'll cut the ride short, if yours is at stake, a quick roadside eulogy will have to suffice. This ride is scheduled on Sat. for Linda Wintner's benefit. She is leading another ride tomorrow. Please call to confirm the starting point of the ride.

C14 50/60 MI 9/9:45AM "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.

HAVE YOU LED A RIDE LATELY?

Sunday, October 6

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.

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 cardio-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.

SAVE THE DATE

Sunday, October 20

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 England-esque 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.

Out Of Bounds

SUNDAY, SEPTEMBER 8 – The NYC Century Bike Tour

Presented by Transportation Alternatives. A spectacular journey through all of the best biking NYC has to offer. Riders can choose between 20, 40, 75, and 100 mile routes. All rest stops are co-sponsored by the Wildlife Conservation Society. Registration is \$40 on the day of the event. All registered riders receive a 100% cotton T-shirt, a PowerBar, and snack food along the way. Arrive at Central Park (103rd Street and 5th Avenue at 6 AM to register.

SUNDAY, SEPTEMBER 29 – 15th Annual GOLDEN APPLE CENTURY

Brought to you by the Country Cycle Club. Starts in Katonah, NY. 25/50/75/100 and 125 miles. Not your average century by any stretch of the imagination. LOTS of train options from New York City. \$15 pre-reg. fee by September 14. Call: (888)BIKE-INFO for information.

SUNDAY, OCTOBER 13 – Pumpkin Patch Century

100, 62, 50 and 25 miles in Jamesburg, New Jersey. Register by September 20 (cost is \$20) and receive a long-sleeve t-shirt and Specialized water bottle. All rest stops stocked with snacks and even apple and pumpkin pie. Call (718)815-9290 or e-mail PedalHonk@aol.com

Carbo Loading or The Zone - Which Way to Go?

– Bill Vojtech

(After Reading the article on carbo loading last month, I had to write to voice the other opinion and share my personal experiences.)

For years I was not concerned about protein intake. I cut as much fat from my diet as I could. I ate complex carbos (and not so complex carbos...). My weight stayed between 130 lbs and 150+ lbs from my early 20's to my late 30's.

Mind you I was not overweight on anyone's chart. In fact I was underweight on most (5'10", 155 lbs). But I knew what I weighed when I was in my best shape. When century rides were regular weekend occurrences, and NYC-to-Washington, DC was possible in under 24 hours, I weighed about 140 lbs – mostly muscle. To weigh more than that I would have to have entered into a weight training program to bulk up. I had not. In fact, I probably lost muscle mass, or I was gaining fat. I was - despite my attention to diet and exercise.

Last year I spent rehabbing from an ACL reconstruction following a ski accident. I didn't do much serious riding. This year was to be my comeback year. I wasn't as happy with my knee as I thought I would be. Despite going to the gym 3 days per week for a year, my injured leg

was still atrophied and not as strong as the other. I was looking for a way back.

A friend started the Atkins diet and was losing weight easily, and feeling more energetic. She'd also believed in the high carbo diet and had no luck. I had always assumed that people who gained weight on a high carbo diet were cheating, or just pigging out on extra carbos. These same people thought they were stuck with slow metabolisms.

Around the time I heard about my friend's new diet, which I thought it was wacky, I was listening to Dr. Ronald Hoffmans' radio call-in show on WOR-AM. He was recommending a "Salad & Salmon" diet that was outlined in his book called *Tired All the Time*. I remember him explaining how too many carbos can cause the pancreas to overproduce insulin, which then lowers blood sugar, making you tired. Maybe that's why I felt so sleepy after a lunch of 2 slices of pizza washed down with a large Coke. By the way, that blood sugar doesn't just disappear from your system, it gets stored as fat around your middle.

The Montauk Century came as it does in the spring. My friend Rich and I drove to Mineola from Brooklyn so as to cut the ride as short as possible and still have a century under our belts at the end of the day. We met our friend Dave and formed a familiar paceline. It quickly became apparent that we were going to exceed my target pace of 15 MPH. Dave had gotten the idea that we were obliged to reach Montauk by 2:30, so as to have time to shower and eat before assuming our roles as bike loaders.

As we buzzed along I realized that I could have dropped back and ride at my own pace, but pack instincts being what they are I hung on, worrying about burning out before the end. I also realized that I'd miss quite a good draft. Both Rich and Dave are strong riders with good road manners, and Dave is rather tall and punches one hell of a hole through the wind.

We got to Patchogue and started looking for our first scheduled food stop, the traditional feeding place, Friendly's. Dave was looking for a bagel place just west of Friendly's. Rich got about a block ahead of us and missed the bagel place. We caught him and informed him of the error. We did not turn back. We never turn back, not even for half a block. We passed Friendly's and noted that no one was there, or had been at the bagel place either. Both were major food stops in Montauk Century history. Were we early or late, or were people just stopping elsewhere?

A 7-11 loomed on the other side of the road. I suggested we stop there, (we might not turn back for food, but we will cross the road). We pulled in and got our food, I concentrated on protein. Several large pacelines flashed by. I guess we were early. Other riders spotted our bikes and decided to stop.

From Patchogue to Southampton we stopped only for bathrooms and water. Our pace picked up as we went, hovering in the low 20's. I found that I had no trouble keeping up, I was not fading as I would have expected from past years. Protein seems to be working for me. The lack of early heat and sun helped too.

Southampton was our lunch stop. We did

not waste time. We ate, used the bathroom, and filled our water bottles. The New York Cycle Club group caught us as we ate on the grass in the park next to the deli. I've never stayed ahead of them for this long before, they usually drop me in Patchogue. They left Manhattan at 5:00 AM and had an hour or more delay from flats. We had the good fortune of having no flats – small groups do have their advantages.

I was feeling fresh, but Rich and Dave were showing signs of wear. This and staying ahead of the fast group from the NYCC made me feel good about the way I've been training and eating.

We were not as efficient on the last leg of our journey. We made a few 5 minute stops, just to rest. Our pace slowed. At Southampton our average rolling speed was 17.7 MPH. When we hit Montauk it was 17.2 MPH. I wanted to try to bring it up to 18 MPH, but my comrades were not as frisky as I was at that point. I did ride out ahead of them up to the 99.3 mile point. I waited so that we could all pass the 100 mile point together. We spread out a little in the last few miles, but regrouped at the entrance to the golf course.

My personal experience tells me that this was the best Montauk I've ever done. I don't keep track of my time from year to year, but I never finished feeling as strong, and alert. It was my best Montauk despite the fact that I had under 900 miles for the year prior to the ride and the fact that my left leg was much weaker than my right. I did not carbo load. I ate plenty of protein, some fat and little complex carbs.

I'm not saying that carbo loading does not work. It can probably boost your performance in your next "personal challenge", but then what?

An automotive analogy would be: You can add nitroglycerine to the fuel mixture in a racing car. It will go very fast. The engine will quickly burn out and need to be replaced. You can put regular gas in your car and be cruising the interstate in style while the racing car is getting a new engine installed. You can't get a new "engine". When you burn it out they bury you. I'll fill it up with regular.

Many of you will think this is crazy stuff at first. I know I did. But if you work out and "eat right", and can't stop gaining weight, or can't lose that belly, (even if you have legs of steel), or don't have the energy you once had maybe you should get one or more of the books I've listed below and try some of their suggestions. You might be surprised with the results.

Speaking of results, I can now comfortably wear jeans from my college days.

RECOMMENDED READING:

Tired All the Time by Dr. Ronald Hoffman

Protein Power, by Michael R. Eades, MD and Mary Dan Eades, MD

Dr. Bob Arnot's Guide to Turning Back the Clock, by Robert Arnot, MD

Dr. Atkins' New Diet Cookbook, by Robert C. Atkins, MD, and Fran Gare, MS

Patellofemoral Syndrome

Russell B. Cohen, DC CCSP

The most common non-traumatic cause of knee pain in cyclists is due to patellofemoral syndrome (PFS). This condition is characterized by discomfort (ranging from a dull ache to sharp radiating pain) anywhere around, behind, or on top of the kneecap. The site of pain may be quite specific or, more likely, vague. The pain may be present during, after or between exercise bouts. Pushing big gears, climbing hills, riding into the wind, sitting with the knees bent for long periods of time (i.e., watching a movie at the theatre) and walking up stairs commonly creates pain.

The symptoms associated with PFS are due to an irritation of the cartilage surface behind the kneecap (patella). When the thigh (quadriceps) muscles contract, the patella is pulled into and slides up in a groove on the thigh bone (femur). With the patella aligned properly, this movement is near frictionless. It's when the patella is pulled off track that the irritation begins and PFS ensues. Given the repetitive nature of the pedal stroke, even the most subtle alteration in the patella's path could be a potential problem.

The most common causes of PFS include:

- 1) an imbalance in muscular strength and tone of the thigh muscles. The muscles on the outside of the thigh tend to be stronger and tighter than the inside muscles. This pulls the patella to the outside while the knee is being extended. SOLUTION: Improve flexibility of the outside muscles by stretching and massage. Strengthen the inside quadriceps muscle by performing terminal leg extensions (the last 35 degrees) with the foot turned out. Strengthen the adductor muscles at the inside of the thigh by bringing the legs together against resistance.
- 2) feet that flatten or over pronate causing the inside of the ankle to fall inward. The knee usually follows approximating the top tube on the downstroke and adversely affects the biomechanics of the knee. SOLUTION: Improve foot support. Shoe inserts (orthotics).
- 3) wide hips that are usually associated with knock-knees tend to misalign the knee joint increasing the risk of PFS. SOLUTION: Strengthen the inside thigh muscles and widen the distance between the pedals by using longer pedal spindles, a shim, or Knee Savers.
- 4) overuse. Slight to moderate biomechanical abnormalities can be tolerated as long as you don't do too much too soon. SOLUTION: Allow your body time to adapt by staying out of big gears, spinning, and limiting your mileage in the early season. Give your body time to recover between hard rides or races.
- 5) low saddle height that limits the amount

the knee can extend. When the quadriceps contract while the knee is bent the patella is pulled into the femur creating a compressive force on the patellar cartilage. The more the knee is bent, the more compression and possible irritation. This can be reduced by allowing for greater knee extension. SOLUTION: Check bike fit. There should only be 25-30 degrees of bend in the knee with the crank in the 6 o'clock position.

6) a long leg relative to the opposite short leg. The long leg is not permitted to extend adequately. The cause of leg length inequality can be either functional due to low back or pelvic imbalance or anatomical due to an actual shortness in the length of one or both of the leg or thigh bones. SOLUTION: Even leg lengths by correcting a functional long leg by chiropractic manipulation and an anatomical long leg with a shim between your shoe and cleat of the short leg side (the saddle may need to be raised if this done).

I have seen a great number of patients with this condition. In most cases they have been seasoned recreational riders or racers with no history of knee trouble. It appears that the problem was always present, but without symptoms. Often, changes in bikes, position or training intensity are the provoking factors.

PFS responds well to treatment including deep tissue massage to release tight muscles, manipulation to restore the proper biomechanical relationship between the back, pelvis and lower extremity, electrical muscle stimulation to strengthen the inside quads and abductors, and assisted stretching techniques to improve flexibility.

Knee pain can be the most irritating and depressing condition that plagues cyclists. We now have a better understanding of PFS and more effective ways of treating it.

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

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 A RIDE...

BLOWOUTS by Lou S. Pokes

So if 18 people showed up for a ride, there were two minor crashes, ten riders got lost and 16 out of the 18 got dropped, you would think it was a disaster, right? But, no.

Everyone had such a great time that they want to do it again! What was it? It was the A24++ ride that joined 100 racers on the Gimbel's race training ride in Yonkers. Only **Alan Resnick** and **Jeff Shandel** finished with the main group. Everyone else chased all day. Hopefully, they'll do better on this month's repeat try.

Congratulations to **Laetitia Cavan**, **Ben Hoen** and **Jeanine Hartnett** for representing the NYCC well on the Markleeville Death Ride. The name alone makes it sound difficult. But if you have to know it's 128 miles in California with options of up to five mountain passes with 16,300 feet of climbing. All three NYCC members opted for the five pass route and finished strongly. Bravo. And congratulations, Jeanine, on qualifying for the Hawaii Ironman again.

Before you start thinking that all A riders are too serious, there was **Phil Simpson's** ride to Little Tor that stopped at a tattoo parlor. No one could leave until **Jane Kenyon** got her Porky Pig tattoo. Of course they were only temporary.

Then there was **Jeff Vogel's** Park Ridge ride last month. Jeff, known for his propensity to find unpaved roads, went to a new extreme. His cue sheet read, "go to the end of the road, dismount, climb down the embankment, cross the

stream, climb back up the other side, resume riding." Well, when they got to the stream Jeff was about to be talked into changing the route to use a bridge. (What a concept!). But **Doug (the Mouse) Morse** was already wading across the stream with **Abe Karron** right behind. Next thing you know there's 15 A riders in the stream! Jeff says his next cue sheet will read, "Right on Cabrini Blvd, left onto GWB bike path, go one half mile and make a left." Try it.

So now that **Herb Dershowitz** has accepted early retirement, will there be a Bike of the Month sale listed in the Bulletin's classifieds?

Most of us can handle minor repairs on the road. But what do you do when you have a major problem? You pray **Alan Tennenberg** is around. When **Tom Laskey** broke four spokes at once (how did he do that?) fortunately Alan was there to get the wheel rideable again. Alan you're our Road Hero this month.

Congratulations to **Kathleen Eaton** for finishing fourth overall in her age group at the Nationals. While fourth place is quite an accomplishment it's not her best story from the Nationals. The Nationals are three races over four days. On her day off Kathleen hoped to rest, relax and watch some other people race.

Overheard...

At the Boathouse, August 18:
"Does this ride stop at lights?"

Englewood Cliffs, July 27th:
"My girlfriend is an attorney,
I don't have to ride single file."

Go figure...

The rules of the Nationals require that a doctor be on call and available throughout every race. Unfortunately none was available that day. Racing was delayed and almost canceled until Kathleen volunteered to work as Race Doctor. There were lots of minor crashes, with lots of road rash so she spent her day cleaning and scraping butts. "But they were all young, pretty butts," as Kathleen put it.

Congratulations to **Steve & Marie Bornfeld** on the birth of their first child last month.

And speaking of babies, last month I reported the birth of **Steve Britt** and **Amy Hanowitz's** new daughter. When I wrote the column I didn't know the baby's name. **Caryl Baron**, who was filling in for a vacationing **Douglas Riccardi**, edited that paragraph and got the name in. **Baby Girl Britt** had remained unnamed for four days. If the baby didn't get a name I was going to have a baby naming contest. In fact, we're going to have one anyway. Not that there is anything wrong with the name Julia Kathryn, but Amy and Steve have agreed to rename the baby if we can come up with a better name. (No one asked Julia.) Send your most creative suggestion to the Editor and we promise to make a decision before Kindergarten starts. The winner gets to change diapers and babysit. The following club members are ineligible for this contest because they don't know their own names: **Charles Moulder**, **Marilyn Wolf**, **Karen Saylor**, **Roscoe George** and **Geo Carl Kaplan**.

Our Road Bozo this month is awarded to **Tony Nappi**. Tony, what's the one thing you need on a bike ride? Just one thing. Here's a hint. It's a BIKE ride. Get it, Tony, it's a BIKE ride.

Thanks to some of this month's sources: **Herb Dershowitz**, **Kathleen Eaton**, **Jeanine Hartnett**, **Rich Borow** and **Conrad Meyer**.



"Generals" - Gene Vezzani leads a B ride from Garrison, NY on August 4th. Here the group stops in front of West Point's Lee Gate. Gene Vezzani (sixth from the left) also gets the loudest jersey of the month award. Joel Englander (to his right) receives runner up. (Photo: Norman Borden)



4 riders stop to enjoy the fantastic Hudson River vista while on a C ride to Storm King Art Center on the July Fourth weekend trip to West Point. (Photo: Ken Zirkel)

The Costa Azul

by Gerry Wendrofsky

My wife, Karen Reich and I were looking for a spring trip of warm bicycling in Europe. Having reviewed endless brochures, we settled upon southern Portugal in late April and booked the *Costa Azul* trip offered by Easy Rider Tours (800) 488-8332. It was my first trip to Europe, as well as my first guided bicycling trip and we were not disappointed by 300+ miles of history accompanied by great seafood, comfortable accommodations, enjoyable riding companions and well-prepared guides.

Having arrived in Lisbon at the predesignated airport area, we met various members of our all American group. Our leaders were Doug, from Massachusetts and Joao, from Portugal - a bilingual driver, mechanic, guy Friday and riding companion. Although a number of experienced riders were in the group, most people opted to rent hybrid bikes (provided for an additional fee) due to the rough conditions of most Portuguese roads. We transported our own road bikes, which I do not regret.

An hour's drive brought us to a four-star hotel built into the hillside along the fishing village at Sesimbra. After a surprising painless orientation, fourteen riders of various abilities quickly changed into riding gear and headed for Cabo Espichel, one of several points high above the cliffs facing the Atlantic. We left town via a two-mile climb, which thereafter flattened on a peninsula several hundred feet above sea level.

The next morning after a huge breakfast and the same climb, we learned how quickly the road conditions change - the main road turned to country lanes, some paved, some not. A dirt road amidst working farms turned to a smooth, winding drive closed to traffic as the long, steep, incredibly austere climb began through the verdant Arrabida Forest. High above the coastline, fog shrouded ancient monk huts and a convent. A group of Portugal's helmetless pro riders sped past us at breakneck speed on a long descent, and after another climb or two, we arrived at a country estate and then lunched at a local restaurant. Afterwards, a local tile company, for which Portugal is well-known, provided an interesting lesson in how tiles are made. On our return to the hotel, we climbed the steep cobblestone road to the local *castelo* (imagining the proverbial pouring of boiling oil on invaders). Having regained our senses, we proceeded to dinner in a local restaurant, and ate lots of fish.

We began our second day with another huge breakfast, and with the van packed we cycled to the local fishing dock for a boat ride on a traditional salt mine sailboat! Sails raised, we proceeded in a stiff breeze, under threatening skies, to the Troia Peninsula. Enroute, a lunch of fresh creamed *bacalao* (cod that tastes like potato pancakes) was served. So good! Having

disembarked at a ferry pier, we followed rolling, carless roads in brilliant sunshine along salt marshes, past cork plantations towards Melides. In the late afternoon heat, having downed *cerveza* and cakes at a local cafe, the remaining miles to a German family's farmhouse went quickly. We arrived in time for a sumptuous homecooked turkey dinner. Large amounts of local wine brought on peals of persistent laughter and good cheer.

By the fourth day, we were really getting used to riding all day. Towards Santiago Do Cacem, amidst springtime flowers (which were everywhere), the temperature reached the mid-70's. After a 2 km climb into this fortress town, we stopped at the local museum, formerly a local prison and had a wonderful sit down lunch in town. Up the hill were the local *ruínas romanas*, our tour map showed the way through various baths and ruins. Up another narrow cobblestoned lane was another castle, with its own well-populated cemetery. Back on the road towards Milfontes, we timetried along the main road to town, nearing a river that emptied into the ocean, down twisting little streets faced by whitewashed houses, reaching the *Vila Nova de Milfontes*. This restored castle, with huge chambered bedrooms, had windows which opened to reveal a simple square courtyard facing an inlet leading into the Atlantic. A remarkable romantic setting - with formal maid service at dinnertime and more jokes and tea afterwards beside a towering fireplace. The castle came with a trick man-of-armor and secret compartments in the walls for grabbing and spooking your friends!

We awakened on another bright, warm day and enjoyed a "free" morning to spend money in the little shops and to adventure along the river. In the late morning, we crossed the *Rio Mira* towards Almogrove, timetrialing on flat main roads, continuing our southward journey to the Algarve. At Praia Grande, a cliffside beach, we were met by a warm breeze, and lunched *al fresco* on local fruits, cheeses and breads gathered by our fearless leaders. What a spread! A short ride to the lighthouse at Cabo Sardao and the road ended. After group photos several hundred feet above a very blue Atlantic, Karen and I exchanged our road bikes for ones with knobby tires. The afternoon's remaining miles were on a double track dirt path high above numerous sheer, wave-swept coves. Crane's nests with young-of-the-year topped sheer rocky promontories. Native fisherman left their vintage motorcycles at cliff's edge and descended the rock walls, casting into the swirling waters. A paved road led us to Zambujeira Do Mar, an old beach town that has been rediscovered. That evening, we tasted the local beer and baby snails in garlic butter!

Early the next morning, we proceeded on the most difficult riding of the trip. Howard, my riding companion of the last few days, had left

before dawn to break the daily mileage record, on a hybrid. The rest of the group decided to take it a little easier. We heading inland ascending increasingly hillier terrain, briefly stopping to regroup in Odemira. Leaving town, moderate 1-2 mile climbs prefaced the major climb that awaited us. I pushed on ahead alone in the heat when the group stopped for a long lunch. At Nave Redonda, this wanderer was refreshed by the cool waters of the town spring. A group of small boys listened in amusement as I incomprehensibly asked "was that the way to Monchique?", referring to the foreboding series of mountain ridges arising in the distance. I already knew the answer.

The climb was a ten-mile progression of winding, climbing, endlessly repeating switchbacks along shaded ridges, winding up and around, turning back into the face of the mountain. It was the typical European climb that you have always wished to do - an out-of-the-saddle, smallest-gear, no-cars-on-the-road, stop-to-slow the-breathing climb. The stop-to-fill-your-water-bottle-at-the-ancient-roadsidespring-coming out-of-the-mountain climb. The climb that you fear and yet cannot get enough of. The climb you eventually come to love and will never forget.

That day, only four from our group tried the climb. Howard continued on and broke the mileage record. After a brief cloudburst, the van picked up the happy climbers in town and during the drive to the hotel stopped to survey the local topless beach and to shop at a local tile shop displaying pornographic pottery!

The next morning, the entire group crossed the *Ribeiras de Seixe*, and entered the Algarve, the southernmost region of Portugal. To celebrate, a one-mile climb up from the river basin welcomed us on the main road to Aljezur, along the *Serra do Espinhaco de Cao* ('the spine of the dog'). More climbing, along windswept plains and barren cliffs, on the roads that kings and ancient mariners traveled to reach Sagres and Cabo Sao Vicente, home of the school of Henry the Navigator. These most southwestern points in Europe were reached by roads thankfully smooth, that we imagined must have been impossible to traverse in Henry's day. At Sagres, we flopped down in a cliffside cafe and ate and ate. Sao Vicente had plenty of English and Germans in ugly, smoggy tourbuses. Back on the bikes up to *Vila do Bispo*, on the wide smooth shoulder of high speed roads, the thirty remaining miles along resort towns went by quickly until we reached Lagos, a medieval town recaptured by the tourist trade that has not lost its connection to the sea. Our newly constructed four-star hotel faced the new town marina. We had ridden eighty glorious miles and were not even tired.

Escape from New York
September 21

A Call for Help

I am a member of the NYCC and also of the Road Runners Club. I also help the Achilles Track Club for the handicapped by helping a blind person race on week-ends. I would like to start a program where vision impaired members of the club could get started in Biathlons and triathlons. For this we would need tandem bikes for practice rides. I found that many runners, including myself, sometimes get a little injured by running only. Swimming and biking helps us stay in shape and adds more fun and challenge.

If any rider has a tandem and would like to volunteer to ride with Achilles Track Club members, they can leave a message in my E-mail. I may be willing to invest some money in this program if need to get started. I already have some members who are ready to start.

Please contact me at Bretznac@aol.com

PHONE: (718) 274-1895 (home)

(212) 371-1515 (work)

FAX: (718) 932-5053

ADDRESS: 41-05 21st Avenue, Astoria NY 11105

Thank you,

Bernard Retznac

Reminder:

Material for the August Bulletin is due by
SEPTEMBER 13.

Better yet, bring it to the Club meeting on
SEPTEMBER 9.

All this talk of diets is makin' me weak... The following was published last year in the Country Cycle Club's newsletter, *Plain Spoke'n*. It was submitted by Patrick McNierney and forwarded to us by Caryl Baron.

The Totally Official Cyclist's Diet

Breakfast Lunch

1 grapefruit, 1 slice whole wheat toast, 8oz. skim milk
4oz. lean broiled skinless chicken breast, 1 cup steamed spinach, 1 cup herbal tea, 1 Oreo cookie

Mid-Afternoon Snack

Remainder of box of Oreo cookies from lunch, 2 pints Rocky Road ice cream, 1 jar hot fudge sauce, nuts, whipped cream
2 loaves garlic bread with cheese, large sausage and mushroom pizza, 4 cans or 1 large pitcher beer, 3 Milky Ways or Snickers bars

Dinner

Late Evening Snack

1 entire frozen cheesecake eaten directly from the freezer,
2 more beers

Dietary Rules in Detail

1. If you eat something and no one sees you do it, it has no calories
2. If you drink a diet soda with a candy bar, the calories in the candy bar are cancelled out by the diet soda.
3. When you eat with someone else, calories don't count if you eat less than they do.
4. Food eaten for medicinal purposes NEVER counts, such as: hot chocolate, brandy, Sara Lee Cheesecake.
5. If you fatten up everyone else around you, you'll look thinner.
6. Movie/TV related foods do not have calories because they are part of the entire entertainment package and not part of one's personal fuel — such as Milk Duds, popcorn, junior Mints, or Tootsie Rolls.
7. Broken cookies contain no calories at all. The process of breaking them causes calorie leakage. A similar phenomenon results when slicing pizza.
8. Beverages sold in returnable containers have no calories if the container is returned.
9. Things licked off knives or spoons during food preparation have no calories.
10. All foods which have the same color have the same number of calories.
Example: spinach and pistachio ice cream. NOTE: Chocolate is a universal color and may be substituted for any other food color.

The Cycle Club welcomes 25 new new members!

Edward Axelrod
Leslie Bernstein

Andrew Blair
Isaac Brumer
Ronald Canizares
Nancy Chez
Gina Cioffi
Bill Cuntarde

Kelly Doherty
Langston Gore
Lori Gottlieb
Melinda Greenfield
Heinz Imhoff
Nancy Karpf

Simcha Nath
David Newman
Scott Pam
Peter Pellicano
Martha Rowen
Enrique Sanchez

Anne Smith
George D. Sussman
Rita Tellerman
Jules Vicaux
Carolyn White

Minutes

New York Cycle Club Board Meeting. Tuesday July 9, 1996

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

The minutes of the meeting of June 4 and June 11, 1996 were approved.

Reyna presented the fiscal report.

Geo reported the Century Committee had been delayed in getting the brochure out. As a result, there would be a separate mailing, rather than including the brochure with the Bulletin. He also reported that they were not yet as successful as last year in developing sponsors. Nevertheless, Geo expected the 1996 century to be better

than the 1995 century.

Gene noted the next meeting would be on August 6, 1996 at the Metropolitan Cafe. Gene also noted that some members had complained that the all-class ride to Bethpage was boring. The board agreed to make the destination Oyster Bay.

C.J. noted that a significant number of members had complained that ride leaders were exceeding the advertised pace. The matter was tabled until the next meeting.

Joel reported on the lunch for the July 21 all class ride to Kingsland Park. He had an agreement for 150 meals for \$810. The majority of the board agreed that all members participating in the ride should be fed, notwithstanding an increased cost.

The meeting adjourned at 6:50 P.M.

Respectfully submitted

Conrad J. Obregon

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.

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.

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

Stephani Tells All!

Road races, criteriums, team races, mountain events — **Stephani Jackenthal** was right in the midst of it all in Atlanta, covering the Olympic cycling events. And on September 10th, Stephani will be right in our midst at O'Hara's to share with us what it was like to be there.

DON'T MISS IT!

COME TO O'HARA'S ON SEPTEMBER 9TH.

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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Arlene Brimer
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Chicago, IL 60614-4674

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