January
1996
"No! no! You cyber-fool, this is 1996! You don't cycle the 'net, you surf the 'net!"
Alphabet Soup
by Steven Britt

First of all, a happy/healthy New Year to all and welcome to the Cycling Year (the New One, that is).

It’s goal time again, so set them high and look no further than the next 11 issues, for the rides and advice you need to achieve them. To help reach these goals, all three SIGs begin in March. More details will follow next month...

Other rides/events scheduled for the coming year are:

**MARCH 2**
- Effective Cycling Class begins

**APRIL 28**
- 200K Brevet

**MAY 18**
- 300K Brevet

**MAY 19**
- Montauk Century

**MAY 24 - 27**
- Sheffield Weekend

**JUNE 2**
- Tallman All-Class

**JUNE 7-9**
- GEAR ‘96

**JUNE 15**
- 400K Brevet

**JULY 4-7**
- West Point Weekend

**JULY 13**
- 600K Brevet

**JULY 28**
- Kingsland Point All-Class

**AUGUST 3-4**
- Club Getaway Weekend

**SEPTEMBER 8**
- Bethpage All-Class

**SEPTEMBER 21**
- ESCAPE from NEW YORK Century

**OCTOBER 11-14**
- Su Casa Weekend

This is the current schedule and as always is subject to changes (and additions)! Start planning now, and we’ll see you on the road.
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 6.

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

Monday, January 1, 1996

A18 55 MI 10:00 AM Annual New Year's Day Ride
Leader: Marty Wolf (212) 935-4160. From: The Boathouse.
If you're worried that your 1996 mileage chart will be empty until spring, here's your chance to get off to an easy-paced start. Brunch in White Plains at the Sea Star Diner.

C 25 MI 10:30 AM New Year's at The Bronx Zoo
Leader: Ely Spangenberg (212) 737-0364. From: The Plaza Hotel.
This annual pilgrimage returns to the zoo for the second year in a row (the neighboring Botanical Gardens are closed New Year's Day). Perhaps a visit to the animal kingdom will inspire participants' New Year's resolutions. At least it will help burn off December's indulgences. Bring a bike lock, $6.75 for admission, and money for lunch at a diner. Co-lead with 5BBC. Predicted high below 35° cancels.

Saturday, January 6

A18 50 MI 9:00 AM Slow Ride #2
Easy ride to Nyack (or some similar destination if you're sick of Nyack)! This ride is dedicated to Jane, Kristi, Ellen, and Lee. Rain, snow, or temp below 32° cancels.

B14-15 35-40 MI 9:35 AM Back-By-Noon Movie Review
Leader: Gene Vezzani (212) 875-1615. From: The Boathouse.
Cold weather riding rules! Here's an excellent chance for you to get 35 to 40 miles in before noon, and still have the rest of the day free to do other things. Today's ride includes a review of all of the latest movies that you have seen. The ride destination will change weekly.

Sunday, January 7

A18 55 MI 9:00 AM Arctic Express
Leader: Ben Goldberg (212) 982-4681. From: The Boathouse.
No one has ever frozen to death on a bike (you'd fall off first), so why not join me to Ridgewood? Temp below 20° cancels.

B15 46 MI 10:00 AM Same Ride Different Diner
Lunch in Scarsdale and maybe a new route through The Bronx. Slick roads cancel.

C 25-30 MI 9:30/10 AM Frost Bite #5 - Fort Lee
Leader: Jay Jacobson (914) 359-6260. From: Grand Army Plaza entrance to Prospect Park (9:30)/Steps in front of City Hall (10:00).
Checking the ice flows in the Hudson River until we get to a warm place for lunch. Co-lead with 5BBC. Predicted high below 35° cancels.

Wednesday, January 10

A12 ?? MILES 6:00 AM Marrakesh Express
Take me to the Kasbah! Saddle up your camels for this magic carpet ride as we travel through the souks and dunes of Morocco. Pacebusters will be sold for spare camels! Lunch in Casablanca of couscous and tajine. Water? Fill your camelbak!

Saturday, January 13

A19 50 MI 9:30 AM Nyack
Leader: Alison Holden (212) 688-1723 From: The Boathouse.
If it's 19° in December, what's the likelihood of riding in January? Let's be optimistic and plan a trip to Nyack, if we make it that far! New snow on roads or forecast high under 35° cancels. (Check NY).

B14-15 35-40 MI 9:35 AM Back-By-Noon Restaurant Review
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse.
Cold weather is your friend! Today's ride includes a review of the best and the worst restaurants that you have recently visited. Continuance of series which was started last week.

Sunday, January 14

A18 50 +/- MI 9:30 AM Nyack
Leader: Fred Steinberg (212) 787-5204. From: The Boathouse.
The shortest distance to the warmest N-eatery • Nyack, Norwood, Neartmon? Icy roads, wind chill below 15° cancels.

B16 40 MI 9:00 AM Staten Island Views
Take in the winter harbor scene from Staten Island. Plus some hills for deep breathing. Slick roads or predicted high below 35° cancels.

C 20 MI 9:30/10 AM Frost Bite #6 - Astoria
Leader: Roscoe George (212) 989-0883. From: Grand Army Plaza entrance to Prospect Park (9:30)/Steps in front of City Hall (10:00).
Ride of the two Greeks to the Greek Sculpture Garden in Astoria and then to Uncle George's Greek Restaurant. Co-lead with 5 BBC (Jeff Shapiro and Susan Kitzman). Bring locks for lunch stop. Predicted high below 35° cancels.
Wednesday, January 17

Ice Delights #3


Is it the NYC Ice Capades or ice charades? Don't miss out on some embarrassing spills and thrills. Post skate Irish refreshments anticipated. Rain or temp below 28°, meet indoors at Chelsea Piers Ice Rink.

Saturday, January 20

A17 40 mi 10:30 AM One Year to Go to the Inauguration


The U.S. presidential inauguration is at noon one year from today. Will the electorate vote to dissolve more authority to the States?

We'll investigate by riding to State Line. No meal stops. In the event of snow, rain, sloop, or temp below 32° at start, we don't ride but we might build or true wheels, in which case, call.

A/B 40 mi 10:00 AM Dogs & Fries

Leader: Herb Dershowitz (212) 929-0787. From: The Boathouse.

Easy-paced ride to Nathan's in Coney Island. Rain/Snow date: Sunday, January 21.

B14-15 35-40 mi 9:35 AM Back-By-Noon Play Review

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

The colder the better! Today's ride includes a review of the most recent Broadway/Off-Broadway play that you have recently seen. Series began January 6.

EAT 0 RETURN BY 2 AM Kushat!! Brighton Beach Tour of Ethnic Restaurants Stage VI

Leader: Stephka Blecher (212) 348-2661

An intense evening of eating and drinking at a Brighton Beach Russian Nightclub. Car service arranged. Call leader for details.

Sunday, January 21

A19-20 56 mi 10:00 AM Back-B-M-B I

Leader: Jeff Vogel (718) 275-6978 From: The Boathouse.

Boston-Montreal? No, it's Boathouse-MONTVALE-Boathouse as we try to thaw out last month's ride. It's 36 miles to the new diner in Montvale with several hills before lunch. Unlike the real B-M-B, rain, snow, or extreme cold cancels this ride, as does too much vodka (Stoli?) the night before.

A18 50 mi 9:00 AM Menu Memorization I (REVISITED)

Leader: CJ Obregon (212) 876-6614 From: The Boathouse.

We'll try this ride again! (cancelled from last month) Be sure to bring your earmuffs and helmets as we sail out to the Sea Star in White Plains. Temp below 30° at 8am cancels.

C 20-25 mi 9:30/10 AM Frost Bite #7 - Brooklyn

Leader: John Bermudez (212) 537-4917 From: Steps in front of City Hall (9:30), Grand Army Plaza entrance to Prospect Park (10:00).

Ride into Brooklyn in search of a warm restaurant. Co-lead with . BBC. Predicted high lower than 35° cancels.

X* 8 mi 8:40 AM Harriman Hike to Pine Meadow Lake

Leaders: Marilyn and Ken Weissman (212) 222-5527 From: Port Authority Bus Terminal (40th St & 8th Avenue @ Zara's Breadbasket).

If you haven't tried winter hiking, you're in for a marvelous experience. This is one of the most scenic hikes in Harriman. We start with Reeves Brook's exotic ice formations, climb the "cascade of slid," then picnic overlooking Pine Meadow Lake. After lunch, Diamond Mountain beckons. (Ken just loves hills, whether hiking or hiking.)

The carat is several inspiring views, including the WTC from 60 miles away and exhilarating downhill, especially if there is 6-12° of snow on the ground. Wear boots or waterproof shoes, and layered clothing. Bring water and food. There are NO facilities. Expected high below 20°, rain or snow, cancels. Call if large snow accumulation during the week. RT fare on Shortline to Sloatsburgh is $19. We'll be back around 5pm. * = cross-training

Saturday, January 27

A18 55 mi 9:00 AM Sharp Nyack Sled Dog Ride (NOT VIA 9W)

Leader: Leo Canzoneri (212) 779-4116 From: The Boathouse.

Come on! You don't want to be skiing or skating. You want to be on your bike, don't ya. It's much safer. Here is a nice short, but sweet, ride. We will be taking any other route besides 9W (probably 505), passing through the town of Piermont, and stopping in Nyack for lunch. Wet roads cancel.

B14-15 35-40 mi 9:35 AM Back-By-Noon Book Review

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

Cold weather is riding weather! Today's ride includes a review of the most recent book that you have read. Continuance of series begun last week.

Sunday, January 28

A18-20 45-55 mi 10:00 AM Reasons To Be Cheerful (Pts 1, 2, 3)

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

Part 1: It's over 25° at 8:30 (as per NY1) and there's a fair chance it'll crack the freezing mark by midday and little chance of precip. - we're riding at 10 am.

Part 2: It's hellaciously cold (see D. Alegier) so there shouldn't be too many pint-sized Gretsky's under foot at the Wollman Rink - we're skating at 11 am.

Part 3: It's raining, sleeting, snowing - reset your alarm for 11 - turn off your phone (I already have) get back into bed - we're brunching at the Westside Brewery (Amsterdam & 76th) at noon.

B16 50 mi 9:00 AM Park Ridge Pancakes

Leader: Gary McGraime (212) 877-4257 From: The Boathouse.

Meander through Bergen suburbia. Check out Lake Tappan Reservoir and climb Clinton Ave on the way home. Slick roads or predicted high below 35° cancels.
Out of Bounds

May 13 to May 21

“A” Level NYCC Ride in Italy
9 days filled with serious riding and climbing in the spectacular Veneto and Trentino regions of northern Italy. Van support — nice hotels, great food and guides. Group size limited. Special “Tour Preview” Price for NYCC members: $1000. Call Lori Turoff (212) 353-9068 for information. Deposit due by January.

July 5 thru Sept 3 1996

Bike/Camping Tour di Calabria, Umbria, e Corsica
Two month (with 1 month option) 55 mi/day scenic immersion. The tourbus hordes infest not the sublime Italy, but only the souvenier shop agglomerations. Instead, we’ll bike the immortal uncommercialized scenic Italy of Verocchio, Cellini, Canaletto and Bocconia, commencing with the verdant Cabrian wild forests of bears and waterfalls on Italy’s vuestaed foot. Next is Apulia’s virgin-forested Gargano peninsula, followed by green and architecture-rich Umbria on Italy’s spine. Last, we’ll ferry from Livorno to Corsica’s forest gorges, mountain torrents and peasant pastorales. $500 RT air thru Cheap Tickets, Inc. $175 rail and $15/day food. Each biker owns tickets, carries own money. Call Paul “Ernesto” Rubenfarb (212) 740-9123.

Bike tours in Florida this winter shouldn't cost an arm and a leg!
$89 day includes deluxe accommodations (30 mi. N of Orlando), continental breakfasts, support van, experienced leaders, maps & cue sheets. Helmet and 18-spd. rentals available. Join us for 2-3 days, Mondays thru Fridays, Feb. 11 — March 15. Call us for more information. All prices based on double occupancy.
Brooks Country Cycling & Hiking
140 West 83 Street New York, NY 10024
(212) 874-5151

Escape Again....

NOW is when the planning begins to ensure that NYCC’s 1996 “Escape From New York Century” is a success. The 1995 event, our first, attracted over 300 entries, so it’s likely that when word gets out, on September 21, 1996 we’ll have a much larger group. Your help is needed to round up sponsorship, plan and mark routes, procure food and refreshments, and for registration, marshalling, and clean-up. There’s a monthly meeting, on the third Tuesday of each month. Mitch Yarvin is our Chairperson of Volunteers. Call Mitch today at 988-8887 to volunteer for the 1996 “Escape From New York Century”.

Membership Minute by Mitch Yarvin

Yes, it’s true, it’s that time of year again. I know it’s only early January and only a few of us are still thinking about cycling, but it’s time for us all to renew our NYCC membership for 1996. You wouldn’t want to miss out on the Spring training rides, or on joining the SIGs, or the 1996 Escape from New York Century, or the great NYCC President’s Day, Memorial Day, July Fourth, or Columbus Day weekends, would you? Remember, subscriptions are for the calendar year: they end in December, and begin in January. So, to paraphrase, renew early, and renew often! Send your check along with the form on the inside back cover. Any questions? Call me at (212) 988-8887.
Before your first club ride, please read this:

** 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, medical ID, emergency phone. We also suggest: lock, rail pass, money. Leaders may specify other items in their ride listings.

**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.

NYCC rides are led by volunteer leaders who plan the route and maintain the listed pace (eg. 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 ride. See chart at right. **CRUISING SPEED** indicates the ride's speed on flat terrain. Over rolling terrain, AVERAGE RIDING SPEED is 5 mph less than cruising speed; OVERALL SPEED, including all rest and food stops, is about 6 mph less than cruising speed. This will vary plus or minus 1 mph according to terrain.

**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 at left. 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.)*

**WEEKEND EVENTS:** These are usually in hilly country. You should be able to cruise at 14 mph to be sure of having a group to ride with.

**BIKE TRAINS:** Check 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.

<table>
<thead>
<tr>
<th>FROM/GCT Train #</th>
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<th>TRAIN #</th>
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<tbody>
<tr>
<td>Hudson Line #8800 7:30 AM</td>
<td>Poughkeepsie</td>
<td>4:12 PM</td>
<td>#8844</td>
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<tr>
<td>Harlem Line #9009 8:49 AM</td>
<td>Brewster No.</td>
<td>4:08 PM</td>
<td>#9030</td>
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<tr>
<td>New Haven Line #6510 8:07 AM</td>
<td>New Haven</td>
<td>3:57 PM</td>
<td>#6545</td>
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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.

**A very big welcome to eight new Members!**

Elizabeth Greenberg • Larry Herold
Linda Kristiansen • Cliff Marbut
Mark Serlin • Jan Steffens
Richard Townley • Glen Trotiner

See you in the saddle.

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**Now is the time to perfect your ride leading skills for 1996! To lead a ride in February, call by January 12**

**A-Rides:** Conrad Meyer (212) 535-2444
**B-Rides:** Irv Weisman (212) 567-9672
**C-Rides:** Donna Kahn (212) 399-9009

They are waiting for your calls...
Blowouts by Lou S. Pokes

It was quite an auspicious start to the Frostbite Series, wasn't it? The first week Karl Dittebrandt managed to finish with less than half of those who started. Ask him about it. The second week Geo Kaplan was scheduled to lead. He got several calls from Five Boro Bike Club members asking if the ride was still on. The wind chill was twenty BELOW! Can we name their entire club as Road Bozos this month?

It was a happy Thanksgiving for John and Kathy Ceceri as 8 pound, 9 ounce Anthony Gabriel Ceceri was born on November 28th. Congratulations to both of you.

Also, congratulations to Alan Resnick. Alan, who has been riding and racing in the New York area for 25 years was elected President of the Century Road Club Association.

What do you do when your large black Labrador is lying around, whimpering and moaning? If you’re Mindy Kaufman, you check your Power Bar supply. Mindy checked and found 15 empty Power Bar wrappers. And Mindy’s response? “Didn’t I tell you to drink lots of water with those!”

We have Kristi Roberts to thank for this month’s quote. “I didn’t bow to peer pressure. I curtsied gracefully.” Just put the rack back on! And Rob Kohn, yes, you’re in a lot of trouble.

Oh, yes, there was an occasional ride last month. The Hedgehog ride was held on a beautiful 55 degree December day. The annual party ride started with a group of 34. However only 15 proved to have the necessary social skills to complete the ride. (It’s a 35 mile, A ride, with two long stops!) The question is, after several pitchers of Margaritas did anyone have the riding skills to make it the quarter mile down to the Tarrytown train station.

And once again the party to end all parties was the NYCC Holiday celebration at Cucina Della Fontana. The highlight of the evening was certainly when Geo Kaplan was presented with the coveted Platinum Saddle Award and the club was just getting settled for what promised to be a tear-jerking acceptance speech when Geo relinquished the floor to new president Gene Vezzani.

The winter weather may keep you off your bike, but ya still gotta eat! Margaret Cipolla and Jeff Vogel (yes) have been organizing a series of monthly dinners at ethnic restaurants in the area. This month Stephanie Bleecher is running the show. And what a show it will be! Saturday, January 20th – dinner at a Russian restaurant in Brighton Beach. Don’t expect to be home early. Look for more details in the ride listings.
The Few, The Proud...

The NYCC Ride Leader. Actually there were over 140 leaders last year (thanks to all). If you feel that you've enjoyed a num-
ber of rides and would like to repay your fellow NYCers, give
your Rides Coordinator a call and tell them, "I'd love to lead a
ride for the club!" You'll be greeted with a warm reception and
a promise of any assistance you need to make your dream
come true.

The coordinator can help you with a route if one does not
come to mind and, as occurred a number of times last year,
find a co-leader if you feel you need a little assistance that first
time out.

Give them a call and help your club by leading more rides in '96.

1995 Leading Ride Leaders:

Allen, 10. Rich Borow, 10. Marty Wolf, 10

The following led 3 or more rides:
Jim Babbitt, Caryl Baron, Steve Baron, Alinda Barth, Doug
Bixby, Ethan Brook, Maggie Clarke, Lisa Davis, Herb
Dershowitz, Michael DiCerbo, Karin Fantus, Richard Fine, Ed
Fishkin, Reyna Franco, John Fullwood, Rikki Furman, Sandy
Gold, Ben Goldberg, Keith Goldstein, Anne Grossman, Christy
Guzetta, David Halleman, Peter Hochstein, Allison Holden,
Jay Jacobson, Donna Kahn, Abe Karron, Isabel Kirsch, Rob
Kohn, Clif Kranish, Paul Leibowitz, Grace Lichtenstein, Ray
Malecki, Gary McGraime, Tom McMahon, Conrad Meyer, Judy
Meyer, Jim Modula, Don Montalvo, Liane Montesa, Peter
Morales, Paul Mutzek, Don Passantino, Kristi Roberts, James
Rosar, Richard Rosenthal, Jody Sayler, Hindy Schacter, Gary
Silverman, Jonathan Silvers, Phil Simpson, Jane Slotin, Steve
Ullman, Miguel Vilaro, Linda Wintner, Mark Wolz, Greg Worley,
Marc Yatkowsky, Mike Yesko, David Younglove

Additional ride leaders:

Myra Alperson, Tim Andon, Harold Aronowitz, John Becker,
Tania Blanach, Stephanie Bleecher, Alfred Boland, Carlos
Cardona, Joe Catella, Margaret Cipolla, Alan Cohen, Eileen
Coyle, Larry Coyle, Cynthia Cryan, Stephanie Davis, Tony Dean,
Stuart Dessir, Jim Drazios, Bob Foss, Seymour Friedman,
Andrea Goodman, David Greenberg, Phyllis Greenberg, Stan
Greenberg, Amy Hanowitz, Damon Hart, Jeanine Hartnett, Julie
Horowitz, Shari Horowitz, Stefani Jackenthal, Paul Janus, Henry
Joseph, Charlie Katz, Mindy Kaufman, Richard Kaufman, Lee
Kennedy, Jane Kenyon, Maria Ktitter, Michael Knopf, Charlie
Komanoff, Jim Lane, Adam Larson, Mark Masuelli, David Miller,
Bob Moulder, Kevin Mulvenna, Pete Negron, Alan Resnick,
Douglas Riccardi, Ellen Richard, Scott Saunders, Ferdi Scharf,
Peter Schug, Dan Schwartzman, Bill Schwarz, Karen Sherman,
Jim Siler, Jonathan Snellenburg, Ed Sobin, Elly Spangenberg,
Rachel Spevack, Maynard Switzer, David Thomas, George
Tsugranes, Lori Vendinello, Jed Weaver, Ken Weissman, Marilyn
Weissman, Wayne Wright

Thanks also go to the following coordinators for 1995:
Mary & Ed Allen, John Becker, Margaret Cipolla, Christy Guzzetta,
Steve Ullman, Lori Vendinello, and Jeff Vogel.

1994 Ride Leaders:

Dershowitz, 10. George Kaplan, 10. David Miller, 10. Mitch

Additional ride leaders:

Tim Andon, Alex Bekkerman, Doug Bixby, Stephanie Bleecher,
Michael Brennen, Margaret Cipolla, Steve Connell, Lamont
Cranston, Cynthia Cryan, Lisa Davis, Tony Dean, Ed De Freitas,
Mike DiCerbo, Arlene Elner, Dorothy Fong, Athena Forogolu,
Bob Foss, Dick Goldberg, Keith Goldstein, Andrea Goodman,
Stan Greenberg, Anne Grossman, Ron Heller, Shari Horowitz,
Stefani Jackenthal, Abe Karron, Charlie Katz, Manfred Kuechler,
Isabel Kirsch, Rob Kohn, Charlie Komanoff, Lisa Lager, Jim
Lane, Lance Leener, John Luisi, Dave Lutz, Elizabeth Maes, Kate
Marion, Peter Matusenitch, Brian McCaffrey, Dan McGuire, Jim
Modula, Peter Morales, Cathie Nuekum, Ed Rabin, Dave Regan,
Kristi Roberts, Robert Samuel, Jody Sayler, Peter Schug, Dan
Schwartzman, Bill Schwarz, Karen Sherman, Pat Thomson,
Howie Turoff, Larry Ubbel, Greg Worley, Claire Wyckoff, Marc
Yatkowsky, David Younglove.

Check us out on the Web!

NYCC Web URL
http://www.interport.net/~ckr/nycc.html
From the President’s Desk
by Gene Vezzani

It seems that there are many interesting challenges and issues presenting themselves to the new Board in 1996, and we welcome your thoughts and suggestions. Upcoming issues of the Bulletin will carry questionnaires that will provide you with the opportunity to participate in the process of managing our club. The only way that we can get a true sense of your opinions and those of the other one thousand members on a specific issue is through your response to the questionnaires. We look forward to hearing from you.

The program that is scheduled for our January club meeting promises to be loaded with excellent information on staying or getting in shape during the long winter months. Caryl Baron has made arrangements for us to see a demo of a wind trainer that gets the job done quietly without disturbing your neighbors or loved ones. Mark your calendar and plan on having an enjoyable evening with other cyclists at our general club meeting on Tuesday, January 9 at O’Hara’s.

Best wishes for a successful riding year in 1996.

Your ideas may be our best solutions.

From the Editor’s Desk
by Douglas Riccardi

After years of careful guidance from Caryl Baron, to whom great thanks and praise are owed, the bulletin has been passed into my hands, and I am looking forward to creating something that is both useful and entertaining to the club members.

You may have noticed some of the changes that were made this month and you will certainly be seeing more of them in the future. My upmost concern is that the bulletin contains features that are of interest to all New York cyclists, and to that end I urge any of you who have ideas to submit them, preferably in writing, to the address you will find on page 2. I only ask that you keep in keep in mind three simple things: 1. design issues are subjective, 2. we can’t fit in everything every month and 3. we do sometimes screw up and forget things.

Thanks for your help.

Always wear your helmet.
No headphones.
Big news for all cyclists

CRCA has invited Tom Ehrhard to speak to local cyclists and other athletes on Friday evening at 7 pm, January 5, 1996. Mr. Ehrhard developed the VIPERCOACH system of training, which is a nationally recognized heart rate-based, computerized conditioning and strength program for elite and recreational endurance athletes. To translate that, the program is terrific for anyone at any level and with any sort of work schedule. The program is simple to understand and, thus, simple to follow. Also exciting is that Tom Ehrhard is on the cutting edge of training research so he will be a fascinating speaker. Plus, his experience is varied: he is hooked up with the USCF National coaches, was a Regional coach for two years, this year he selected the US Military World's Team, and he is an Air Force Officer. Elizabeth Emery, a CRCA member and rider for the Chevrolet/LA Sheriffs, had remarkable success with Mr. Ehrhard's program over the past year.

Tom Ehrhard will be speaking on Friday, January 5 at 7pm at the American Youth Hostel at 103rd & Amsterdam.

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1st Annual NYCC Lake Placid Cross Training Weekend
Presidents' weekend, February 16-19

Join the New York Cycle Club for 3 days & nights of fun. Alpine ski at Whiteface Mt., nordic ski at Mt. Van Hoevenberg, snowboard, dog sled, ice skate, luge, bobsled, tobaggan, snowmobile, run, swim, and relax in the whirlpool. Compete in the NYCC nonsensical ski obstacle course race. We'll stay at the Ramada Inn, by Main Street and the Olympic Center, site of the 1980 Winter Olympics.

Name(s):    
Address    City    State    Zip
Phone: Day    Evening    Fax    E-mail

SKIING:
Enter # days and calculate ski fees (Group Rates)

☐ ALPINE: $30/day x _____days = $______
☐ NORDIC (X-COUNTRY): $6/day x _____days = $______

ALPINE SKIING FOR BEGINNERS:
Includes full day lower mountain lift ticket.

☐ w/ski rental: $35/day x _____days = $______
☐ w/out ski rental: $ 25/day x _____days = $______

Total ski fees: $______

ROOM OPTIONS:
Rates per person. Includes 3 nights lodging and 3 breakfasts.

☐ SINGLE – $365
☐ DOUBLE – $220
☐ TRIPLE – $170
☐ QUAD – $150

Roommate(s):    

ENTER TOTALS

Total Skiing: $    Room Option: $    TOTAL DUE: $    

CARPOOL NECESSARY (Select one):

☐ I can provide transportation for _____ number of people.
☐ I need transportation (options: carpool, car/van rental, Amtrak + bus)

SPACE IS LIMITED
Please send check and this form by January 12 to:
Reyna Franco, 1 Irving Place, Apt. 1-10C, New York, NY 10003
For more information, call Reyna at:
(day) 212-623-0368 or (night) 212-529-6717.
Re-Cycling

Two classifieds per member per year are free (up to 6 lines). Additional ads $1.00 per 50 char. line. Please send classified listings to the Bulletin Editor at the address listed on page 2 of this bulletin. Hard copy sent via mail or fax are preferred.

CANNONDALE FIX (track bike): 56cm, 1 year old. Needs front end. $300. SEROTTA NOVA SPECIAL, Columbus tubing, 56cm, Campy Super Record Gruppo — collector’s beauty in PRIMO condition. $550. Contact: Jennifer (718) 876-7485.

SPINERGY WHEELS. Clinchers. 8 spd HG. The rear has never been ridden — brand new! $600.00 for the pair. Also, SCOTT RAKE BARS. “More aero than traditional bars!” Never been used. $40.00. Call: Catherine (212) 663-6536.

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NYCC 1995 Renewal / Membership Application / Change of Address

In consideration of being permitted to participate in any way in the New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin: (a) 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 on 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 (d) FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSS, INJURY, 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 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 Releases, 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 a 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 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.

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

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