November
1996
"...Oh, that new guy who joined on Thanksgiving? Rides around in that gaudy feather jersey, and always bragging about the size of his wattle. Personally, I think he's a bit of a turkey."
Bulletin Board

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

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

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

The Cycle Club welcomes 79 new members!

Fred Aaron  Beth Gelford  Nicholas Pisculli
Laurence Ach  David Ghigbi  Janet Quain
Reene Amelio  Jessica Greenstein  Albert Raboteau
Rebecca Anaya  Denis Hamett  Dina Roman
Guy Aniete  Brodie Hefner  Robert Ruiz
Bodil Arlander  Mike Howard  Marina Salazar
Gail Bach  John Hunter  Kristina Schwartz
Steven Balcer  Jonathan Kaufman  Gay Shaheen
Rene Baston  Elaine Kim  Peter Shakalis
Jeffrey Bernstein  Sharon Kussoff  Ellen Silverman
Mike Blank  Eric Liu  Larry Sokolsky
Vadim Brevedo  Beth Long  David Soong
Michael Burns  Jim MacRae  Adrianna Storm
Elizabeth Byram  Stephanie Manuel  Jennifer Tarentino
Barbara Campagna  Julie Mastrarrigo  Delores Thrower
Christopher Campus  Marianne McGunigle  Martin Tutsky
Dean Cederquist  Jeff Mechanic  Pierre Van Bockstade
Jennifer Cederquist  Anna Miani  Sylvie Van Bockstade
Carol Degener  Douglas Nemens  Jamie Wallack
Brendon Doyle  Susan Nemens  Marc Wallack
Regina Doyle  Alison Newton  Robert Weida
Jake Dresden  John Noto  Michael West
Elaine Friedman  Mary O’Connor  Elizabeth West Versalie
Gregg Friedman  Janice Page  Beth Williams
Richard Fulbel  Pamela Panitz  Saad Zein
Mark Fusco  Denise Pelliciari  Lisa Zelling

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

Web Page: http://www.nac.net/~users/crkan/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 or on before this month’s club meeting date.

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

ALWAYS WEAR YOUR HELMET. NO HEADPHONES.

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

Wednesdays in November

A21+ 12-24 MI 7:30 PM | Dark Skies
Leader: Todd Brillant (212) 274-9453 From: The Boathouse. If you’re like me and you can’t bear the thought of getting up early enough in the am to ride before work so actually ENJOY riding at night, then you have to ride hard, especially in the park when it’s deserted (as it is at this time of the year after dark) and don’t let crappy weather keep you indoors, then join me for a speedy two to four laps in the park. You should be able to ride pretty comfortably at 16:30 to 18:00 per lap and be willing to chase down any passing racers. Help me maintain my personal goal of breaking 15-minute laps. Night lights mandatory and you must be willing to miss “Beverly Hills 90210.” Sorry.

Friday, November 1

A20 45 MI 7:00 AM | First Thing
Leader: Mark Woz (212) 594-5339 From: The Boathouse. First thing ride to State Line, promise to be back by 9:30.

Saturday, November 2

A24+ 80 MI 8:00 AM | Gimbel's
Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. Gimbel’s should be going a little easier by now. But you’ve probably lost some of your summer fitness too. If you get dropped the first two times, you’ll probably be dropped again today. But it is fun, isn’t it? The leader will supply maps as Gimbel’s doesn’t want to send strangers nor do they stop for flats. Two water bottles and pocket food are recommended as there are no stops between Yonkers and Meadowbrook.

A21 85 MI 9:00 AM | Croton Reservoir Loop

B15 60 MI 9:00 AM | Oyster Bay

C14 40 MI 9:00 AM | Northvale
Leader: Don Montalvo (212) 307-7753 From: The Boathouse. We will zig-zag through Englewood and then take 501 to the diner for lunch. Return with choice of hills. Temperature below 40° or rain at start cancels.

Sunday, November 3

A20 65 MI 9:00 AM | It's A Vogel Route
Leader: Jeff Vogel (718) 275-6978 From: The Boathouse. The standard route to White Plains for breakfast at The Flagship. Then it's northward on some lightly traveled roads - they're absolutely beautiful, without a doubt the most scenic in Westchester. You'll probably see more deer than cars. Unfortunately, many of the roads are dirt. But hey, it wouldn't be a Vogel route if they were all paved. So be forewarned - there are several sections of hard packed dirt, but very little gravel. NO complaining! Metro-North return, passes required.

A18 50 MI 9:00 AM | White Plains

A/B15-18 48 MI 8:00 AM | Not The NYC Marathon
Leader: Steve & Caryl Baron (212) 595-7010 From: The Boathouse. Our annual jaunt to Scarsdale or White Plains (we've never made it to White Plains, but hope springs eternal) to carbo load before watching the NYC Marathon from the 138 St. bridge. If it rains, we'll hoof it and carry umbrellas.

B16-18 50 MI 8:30 AM | Maple Walnut Crunch (Two Scoops)
Leader: Gene Vezzani (212) 875-1615 From: Grand Central Station information booth. We're off to Garrison for one of the nicest Fall rides around. Today we'll complete a 50 mile loop that begins by crossing the Hudson River using the Bear Mountain Bridge. Then its up through West Point to Cornwall for an ice cream stop (killer ice cream). On the way back to the train we'll cross the Beacon Bridge and return to Garrison. Metro North pass required.

C14 58 MI 9:10 AM | Bayville
Leader: Hindy & Irving Schachter (212) 758-5738 From: The NW corner of 63rd St & First Ave (9:00)/Statue of Civic Virtue (10:00). Over the 59th street bridge into Queens where we will pick up additional people at the Statue. Then on to the north shore of Long Island. The ride ends at the subway in Jamaica. Bring or buy lunch. We may see a horse or two at our destination.

Friday, November 8

B/C ?? MI 9:30 AM | TGIF
Leader: Ron Grossberg (718) 369-2413 From: The Boathouse. Dealer’s choice. Destination to be determined at the last minute.

Saturday, November 9

A19 50 MI 9:00 AM | Let’s Taper
Leader: Phil Simpson (718) 639-6264 From: The Boathouse. Time to relax, have fun, and catch some scenery. Social ride with probable lunch stop at the Park Ridge Diner. Rain, hail, sleet, temp below 40° or Dole victory cancels.

B/C 24 MI 10:00 AM | Post Season Self-Classification ride
Leader: Irv. Weisman (212) 567-9672 From: Fifth Ave and 72nd St entrance to Central Park. So, to what riding class has your '96 Cycling Season brought you? Check it out with our 4 leg self-classification ride. The ride will be timed, lap by lap, so that you can determine how well you
maintain your chosen pace. You want to maintain an "all-day" riding pace rather than a "do-or-die" maximum time trial pace. Results will be published by ID No. If you want the results sooner, bring a self-addressed post card or buy one from the leader. Next spring you can discover how well you maintained your conditioning, or how much you lost due to sloth and hibernation. Wet roads, predicted high below 50° cancels. Rain date: Sun. Nov. 10.

**Sunday, November 10**

**A21** 65 MI 9:00 AM Ossining
Leader: David Thomas (212) 675-6191 From: The Boathouse. Out over the Broadway Bridge and back via the Concours with breakfast & bucolic scenery in between. Temp below 35° cancels.

**B16** 60 MI 9:00 AM Park Ridge
Leader: John W. Fullwood (212) 927-3278 From: The Boathouse. Similar to a ride I led in September with a few extra miles thrown in on the return to bring the total up to 60 miles. The leader will provide the real maple syrup.

**C13** 57 MI 9:00 AM Kensico Dam/Bronx River Bike Path
Leader: Sandy Golb (212) 873-7756 From: The Boathouse. Last time this season. This is one of the prettiest rides by a dam area. A bucolic ride on a path (shared by walkers/joggers) which follows the Bronx River, and winds along through some beautiful, wooded area. Lunch spot determined by weather. Ideal for hybrid bikes. Helmets, spare tube required.

**Monday, November 11**

**A20** 55 MI 9:30 AM Debt Takes A Holiday
Leader: Mark Martinez (212) 496-5518 From: The bench across from The Boathouse. Well maybe not - but at least the banks are closed, so the bankers can play. If you're off from work today (or just need a mental health ride) join me for a quick spin to Pearl River. Note: this is the direct, but still scenic route.

**Saturday, November 16**

**A19** 60 MI 9:30 AM Staten Island
Leader: Andy Snyder (212) 799-8293 From: Ray's Pizza @ the Ferry Terminal. Staten Island the pretty hilly way. We might stop at the Frank Lloyd Wright House. Temp below 40° cancels.

**B17-19** 50 MI 9:30 AM Burrito Combo (Part 1)
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Mamaroneck is our destination today. Our return includes a quick stop for Burritos. Sorry, but there are no hills on today's ride.

**C14** 35 MI 9:15 AM Destination Unknown
Leader: Henry Joseph (212) 989-8176 From: The Boathouse. Route unknown. It's a ride which will be determined by the temperature and weather conditions. Promise to be scenic.

**Sunday, November 17**

**A19** 45+ MI 7:00 AM First Out/First Back
Leader: Mark Wolt (212) 594-5319 From: The Boathouse. Be on the first ride out to Rockland County for a quick spin and be back by 10 to enjoy the rest of the day.

**A18** 65+ MI 9:00 AM Clauswitz the Theory of Guerrilla Warfare
Leaders: Abe Karron (516) 526-5213 & Fred Steinberg (212) 787-5204 From: The Boathouse. Practice your hill climbing on Clauswitz mountain and other hills. Temp below 32° cancels.

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**B15/16** 60 MI 9:30 AM Point Lookout
Leader: Ron Grossberg (718) 369-2413 From: Steps of City Hall. Very flat ride to Point Lookout in Lido Beach, Long Island. Subway return option. Temp below 35° cancels.

**C13/14** 35 MI 9:30 AM Super Soft Taco Supreme
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. Here is a perfectly flat ride beyond Larchmont but not quite to Mamaroneck. The treat of the day is our lunch stop at Taco Bell - you've got to love it.

**Saturday, November 23**

**A20** 50+ MI 8:30 AM A YZ&J Ride
Leaders: Stan Greenberg (718) 939-9786 & Ben Goldberg (212) 982-4681 & Steven Brit (212) 288-6324 From: The Boathouse. You know, we should be home with our kids, but we're addicted to this sort we'll ride with. Oy! Gevalt! So, join us on this brisk ride through Westchester to a warm & toasty restaurant with good service/food. You know which one.

**B17-19** 60 MI 9:30 AM Pancake Fever
Leader: Gene Vezzani (212) 875-1615 From: The Boathouse. It's been two months since we did the pancake thing in Pearl River. Today's route for a little variety takes us through Saddle River en route to Pearl River. Yes, Rivervale Road gets us home quickly.

**Sunday, November 24**

**A20** 60 MI 9:00 AM Hills in Nov., Why Not?
Leader: Rich Borow (212) 866-1966 From: The Boathouse. Okay, maybe just a few small hills, so we don't feel guilty stuffing down turkey this week. Potential destination: Formica Palace in Blauvelt? Temp below 35° cancels.

**B16** 60 MI 9:00 AM Somewhere In Westchester
Leader: John Tullwood (212) 927-3278 From: The Boathouse. Through Scarsdale and White Plains until we get 30 miles out for a total of 60 miles. We'll have brunch at a diner somewhere in Westchester with the leader providing the real maple syrup.

**C14** 50 MI 9:30 AM Major Andre Loop
Leaders: Steve & Caryl Boro (212) 595-7010 From: The Boathouse. We'll hit as much colonial atmosphere as possible riding through Old Tappan where a guy named Andre had major problems due to a loop. May stop at one of those places where GW slept, and lunch in Piermont is a strong likelihood. It's an easy ride, with a few hills to see the DeWindt House (the Major Andre special). Lunch in Tappan.
Thursday, November 28

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

Friday, November 29

A19-20  65 MI  9:00 AM  In Search Of Wild Turkeys
Leader: Jeff Vogel (212) 275-6738  From: The Boathouse. Feel guilty about yesterday's overindulgence? Then join us in search of the last wild turkey. This ride goes through Saddle River, but doesn't stop at Elmer's (Elmer is out hunting wabbits). It's 39 miles to lunch, so bring pocket food (Turkey Power Bars?).

Saturday, November 30

A19  60 MI  9:00 AM  Piece Of Cake
Leader: Fred Steinberg (212) 287-5204
From: The Boathouse. Nyack, via backroads with a few obligatory hills before lunch. If its unseasonably warm - picnic at Nyack Beach. 4 1/2 hr.

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

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

C14  50 MI  9:00 AM  6th Annual Post Season, Post-Party, Hedgehog Ride
Leader: Stefani Jackenthal (212) 769-8718, Dan Schwartzman (212) 580-9180, Margaret Cipolla & Jeff Vogel (718) 275-6978  From: The Boathouse. You can sleep late for this traditional end of the season ride, Scandinavian style. The first stop is for a civilized brunch at The Flagship (Mimosas and Bloody Marys are acceptable). We then climb the Trollstigen before stopping for Margaritas and Coronas at Santa Fe on Main Street in Tarrytown. Bike home along the Hudson Fjord or bring your Metro-Norsk pass. Riding skills appreciated, social skills absolutely mandatory. Don't expect to be home early. Typical Oslo in December weather cancels.

Did Someone Say Sheep Dip
– The Old Crank

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

As we were leaving in two days, I just mumbled a little when present- ed with a $90 bill (my 19-28 had to come from California), and let on the planned trip. However, in the first 10 seconds of riding it was clear that the cassette hadn't been tightened, and the derailleur hadn't been adjusted. So, I fiddled and swore for the duration of the trip, and upon returning, took the bike in for a careful, knowledgeable derailleur adjustment - the shop mechanic is good; I knew he'd have no problem.

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

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

Escape from New York Revelations
– Bill Vojtech

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

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

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

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

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

To give some numeric perspective to the situation: In my early 20's (continued on page 8)
Nutrition 911
What to Do When You Encounter a Food Emergency
   Julie Walsh

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

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

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

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

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

If you have a bad day or two on the bike and haven’t cut back on your food intake or omitted a food group altogether, poor nutrition probably isn’t the cause of your leg drain. You need to rule out inadequate sleep, overtraining or weather changes before assuming you need a diet overhaul.

“Do carbo-gels work? Which ones are best?”

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

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

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

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

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

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

Although tainted water isn’t always the cause of “traveler’s diarrhea,” a good rule is to forgo drinking tap water that hasn’t been boiled first. Drink carbonated beverages or bottled water. (This includes water for ice cubes and to brush your teeth.) Foods to be cautious of include custards, unpeeled fruit or vegetables, anything that’s reheated, undercooked or sold from street-side vendors. Eat only at clean restaurants that are recommended by others. You can also ask a M.D. about an antibiotic prescription for added protection.

“I can’t eat before racing. How can I get adequate calories beforehand without eating?”

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

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

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

Oy! My Aching Back
Russell B. Cohen, DC CCSP

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

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

Your Spine
The vertebral column (your spine) consists of 26 movable segments of bone, known as vertebrae. Each vertebra is linked to its neighbor in the column by a joint that allows movement. Each joint consists of a disc of cartilage that serves as a cushion between vertebrae, ligaments, muscles, blood vessels, and nerves. Running along inside the vertebral column, throughout its entire length, is the spinal cord, an extension of your brain. Nerve branches of the spinal cord exit through the joint spaces and go to specific muscles and organs of your body. The spine is a complex structure, to say the least. Not only does it hold you erect, it’s the conduit for nerve impulses that your brain sends out to control your muscles and every organ in your body—a kind of telecommunications system. A lot can go wrong, so taking care of your spine is crucial.

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

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

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

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

Real riders, real conversations:

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

RIDER: “Where do you put a pump on your new bike?”
LAUREN: “I use CO2 cartridges.”
RIDER: “Where are they?”
LAUREN: “I don’t have them.”
RIDER: “Why?”
LAUREN: “I went to the bike shop and they didn’t have any cartridges.”
RIDER: “Without a pump or cartridges what are you going to do if you get a flat?”
LAUREN: “I brought my cell phone instead. I’ll call a car service.”

Scene 2. Five riders waiting for the leaders to show up at the Boathouse for an A29 ride.

RIDER 1: “Where’s Stephanie Bleecher, she’s supposed to lead today’s ride?”
RIDER 2: “She called to say she was sick.”

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

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

Massage and Manipulation
Repetitive hard training can lead to restricted joint motion and tight, short muscles. Massage helps to relax those muscles by passively stretching them and by bringing in fresh blood to clear out waste products, such as lactic acid.

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

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

Dr. Russell B. Cohen is a certified chiropractic sports practitioner and a UCSF CAT 3 racer. He can be reached for questions or comments at (212) 713 0180.
Escape from New York Revelations (continued)

there was a year with a drought, rain never stopped me from riding. I lived with my parents and had few responsibilities. I rode at least 25 miles every week night, a fast 60 each Saturday, and 100 on Sunday, 285 miles per week from April to September. 680 miles by September.

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

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

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

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

Re-Cycling

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

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


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

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

CANNONDALE R600 ROAD, 56cm, 1995, STI, with both triple (installed) and double cranksets. Excellent condition, $700. BLACKBURN RX-4 mag trainer, barely used (get ready for winter). $350. Call Dave, (718) 499-4467.

Reminder:
Material for the December Bulletin is due by November 12.
Better yet, bring it to the Club that night.

Minutes

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


ABSENT: Mitch Yarvin

The minutes of the meeting of July 9 were approved.

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

There was a brief discussion of our relationship with Club Getaway. Gene agreed to follow-up on any amounts due the club.

Caryl reported that their would be an ice cream social for the August membership meeting and a presentation by Stefani Jackenthal in September.

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

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

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

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

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

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

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

Conrad J. Obregon

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


ABSENT: Caryl Baron

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

Mitch reported that membership was at 965 as of September 1, which was ahead of last year. He expected to reach 1000 by the end of the year.

He also noted that paid registration for the century had reached 100.

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

There was a brief discussion of avoiding conflicts between rides.

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

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

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

The meeting adjourned at 8:30 P.M.
Respectfully submitted

Conrad J. Obregon
PING PONG, DUST OFF YOUR PARTY JERSEYS

It's time for another NYCC HOLIDAY PARTY!

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

TUESDAY, DECEMBER 10 @ 7PM
THE OLDE GARDEN RESTAURANT
15 WEST 29 STREET (BETWEEN 5TH AND 6TH AVENUES) • 532-8323
$30 PER PERSON FOR NYCC MEMBERS (AND THEIR GUESTS) UNTIL NOVEMBER 29
$35 AT THE DOOR
( PLEASE SEE THE REVERSE OF THIS FORM )

JOIN THE FUN!

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

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

Linda Wintner, 305 E86 St. #17H, New York, NY 10028.

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

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

- President - Gene Vezzani
- Vice President - Dona Kahn
- VP Rides - Steve Britt
- Treasurer - Charlie Katz
- Secretary - C.J. Obregon
- Public Relations - Tom Lasky
- Bulletin Editor - Douglas Riccardi
- Special Events - Anne Grossman
- Membership - Joel Englander
- A Rides Coordinator - Ben Goldberg
- B Rides Coordinator - Gary McGraime
- C Rides Coordinator - Mark Schwartz

- Best Dressed Man
- Best Dressed Woman (Cycling Gear)
- Most Improved Man
- Most Improved Woman (Cycling Skills)
- Come Back Rider of the Year
- Best Cycling Couple of the Year
- Best Ride Leader of the Year
- Best Diner of the Year (Food Destination)
MAKE YOUR HOLIDAY PARTY RESERVATIONS NOW!

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

NAME

ADDRESS

TELEPHONE

NUMBER OF RESERVATIONS

AMOUNT ENCLOSED

ENTREE SELECTION:
○ CHICKEN ○ BEEF ○ VEGETARIAN PASTA ○ FISH

OFFICIAL BALLOT FORM

Please see the directions on the reverse side of this form, fill out and mail to:
Linda Wintner, 305 E86 St. #7H, New York, NY 10028.
Please be sure to fill out your name below.

NAME

ADDRESS

TELEPHONE

SIGNATURE:

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

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

Frank Tedesco relaxes at Rockland Lake State Park during the metric century.
Before your first club ride, please read this:

NYCC RIDES are led by volunteer leaders who plan the route and maintain the listed speed (e.g., 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 comfortably 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 derailleur 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.

<table>
<thead>
<tr>
<th>Train</th>
<th>From</th>
<th>To</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:54 AM (Hudson Line)</td>
<td>To/from</td>
<td>To GCT</td>
<td>6:12 PM</td>
</tr>
<tr>
<td>8:58 AM (Hudson Line)</td>
<td>Poughkeepsie</td>
<td>5:12 PM</td>
<td></td>
</tr>
<tr>
<td>8:49 AM (Harlem Line)</td>
<td>Brewster No.</td>
<td>4:08 PM</td>
<td></td>
</tr>
<tr>
<td>8:07 AM (New Haven Line)</td>
<td>New Haven</td>
<td>3:57 PM</td>
<td></td>
</tr>
</tbody>
</table>

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 (212) 275-6978 well in advance to try to arrange another train for your ride.

**NYCC 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") for myself, my personal representatives, assigns, heirs, and next of kin. I 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;

1. FULLY UNDERSTAND that (a) CYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS");

2. THESE RISKS AND DANGERS MAY BE CAUSED BY THE OWNERS, MANAGERS, AND EMPLOYEES OF THE CLUB, AND BY OTHER PARTICIPANTS, OWNERS OR MANAGERS OF PREMISES AND ROADWAYS, HIS OWN ACTIONS, OR IN ACTIONS OF OTHERS PARTICIPATING IN THE ACTIVITY, THE CONDITION IN WHICH THE ACTIVITY TAKES PLACE, OR THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (b) I am aware that there may be other RISKS AND SOIL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and 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, 4. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, and others who are in any way responsible for the success or failure of the Activity, including but not limited to the person or persons responsible for the accident or injury.

I further agree that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, 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 and all litigation expenses, attorney fees, loss, liability, damage, or cost which may occur 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 to be completely and unconditionally 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

Name:
Signature:

Name:
Signature:

Address/Apt. ________________________________________________________________
City/State/Zip ___________________________ Tel. (H) _____________________________
Tel. (W) _____________________________
E-Mail __________________________________________


Other cycling memberships: ○ AMC. ○ AVH. ○ 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 $31.50 ind., $37.50 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.
FIRST NYCC SYMPOSIUM on Public Transportation and the Cyclist:
A constructive exchange of ideas and goals.

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

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

COME TO O'HARA'S ON NOVEMBER 12TH.
120 Cedar Street (1 block south of the World Trade Center)
Meet at 6 • Dinner at 6:45 • Program at 8
Salad, Rolls, Pasta Buffet and Coffee – $10

Indoor bike parking or subway.
1 and 9 to Cortland Street. N and R to Cortland Street. 4 and 5 to Wall Street. E to World Trade Center

Dated Material!
First Class Mail