

April  
1997

New York Cycle Club - April 1997

# NYCC *Bulletin*

This time of year, we're all searching  
for different ways to keep in  
shape, whether running,  
doing rollers, or going  
to the gym. For me,  
I believe I've found  
the ultimate way  
to keep one's  
heart in shape,  
while still  
leaving  
time to  
do other  
things -

# Bulletin Board

## A MESSAGE FROM THE PRESIDENT - GENE VEZZANI

The New York Cycle Club offers an excellent selection of rides all year round, but we are by no means the only place that you can find good rides. Many clubs offer special rides and events that may interest you. Here's a listing of some of the many dates that you may want to mark on your calendar.

Please remember that all events are subject to change or cancellation so call ahead to get the details of the ride and request a registration form. These rides are listed as a service to our members, and the NYCC in no way endorses these rides and events or is responsible for people's participation in them.

DATE	EVENT	CONTACT	PHONE
4/27	200K Brevet	Steve Britt	(212)288-6324
5/3	Farmlands Flat Tour, NJ	Central Jersey Bike Club	(908)287-9447
5/4	5 Borough Bike Tour, NY	American Youth Hostels	(212)932-0778
5/17	300K Brevet	Steve Britt	(212)288-6324
5/18	Jack Rabbit Run, Norwalk	Alex Stanik	(203)831-9144
5/18	Bloomin Metric	Sound Cyclists	(203)840-1757
5/18	Montauk Century	Glen Goldstein	(212)686-7020
5/31	Hartford Parks Bicycle Tour	CT Bicycle Coalition	(860)527-5200
6/1	Bike-Boat-Bike	Michelle Karpf	(516)234-4031
6/8	Hat City Cycle Fest, Danbury	Paul Siegel	(203)794-0001
6/6-9	GEAR South, Williamsburg, VA	L.A.B.	(800)288-BIKE
6/15-21	Great Ohio Bicycle Adventure	Tom Barlow	(614)477-0888
6/21	400K Brevet	Steve Britt	(212)288-6324
6/20-25	Bike Virginia, Civil War Odyssey	Bike Virginia	(804)229-0507
7/3-6	National Rally, Purdue Univ.	L.A.B.	(800)288-BIKE
7/13	Country Roads, Warwick, NY	Orange County B.C.	(914)778-5030
7/13	Gold Coast Tour, L.I.	Barry Saltsberg	(516)349-1914
7/19	600K Brevet	Steve Britt	(212)288-6324
7/20-26	RAGBRAI, Iowa	Des Moines Register	(515)284-8282
8/10-16	Lighthouse Tour, Maine	Cam Am Wheelers	(207)743-9018
8/17	Tour of the Hamptons, L.I.	Perry Perakakis	(516)798-3146
9/7	Flattest Century, Tiverton, RI	Narragansett Bay Wheel.	(401)246-2753
9/7	Cow Pie Pedal	Mid-Hudson Bike Club	(914)277-8515
9/8	Ramapo Rally, NJ	Marianne Schottenfeld	(201)477-2632
9/12	NYCC - Escape from NY Century	Mitch Yarvin	(718)896-6862
9/12-14	Boston to New York AID <sup>5</sup>		(212)242-RIDE
9/20-21	Tri-State Seacoast Century, NH	Granite State Wheelmen	(603)898-5479
9/21	Two-Ferry Metric Century	Cheryl Parker	(860)563-6667
9/21	Don McCulloch MAC Ride, Cape Cod, MA		(888)235-2300
9/21	Golden Apple Century, Westchester	Colleen Kelly	(914)762-9372
9/28	Bike the Beach, Fairfield	Kennedy Center	(203)655-6907
10/18	Tour Du Port, Baltimore	L.A.B.	(800)288-BIKE
10/18	Ancient Mariner Ride, NY	Massapequa Park B.C.	(516)536-5152
Mid-Oct.	Conn Tour 97	Rany Brophy	(203)637-7646

## RESERVE NOW FOR THE MONTAUK CENTURY BUSES

Two NYCC buses, one for A riders and one for B riders, will be returning to Manhattan from the Montauk Century on Sunday, May 18. Twenty-eight spaces are available on each bus. The A bus will leave around 3pm; the B bus will leave around 5pm. The cost is \$30 per person. Make a check out to NYCC and send it to:

Anne Grossman, 205 West 15th St. #1P, New York, NY 10011

## SAVE THE DATE! - THE BERKSHIRES, MAY 24 - 26

Think spring! Join the NYCC for our annual B&B Berkshire Memorial Day Weekend, May 24-26. There will be rides for everyone (A/B/C), all starting in Sheffield, MA. Make your reservations early; this is a popular weekend and lodgings book quickly. For further information, call Reyna Franco at (212)529-6717.

## SAVE THE DATE! - WEST POINT ON JULY 4 / CATSKILLS IN OCTOBER

See page 9 for information about these fun-filled NYCC weekend trips.

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### To publish an article:

Contact:  
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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.nycc.org>

# 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 10.

**ALWAYS WEAR YOUR HELMET. NO HEADPHONES.**



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

## Tuesday, April 1

**A5 9 MI 11:15 AM Back by Noon**

Leader: Jeff Gobel From: The Boathouse. A moderately paced lap and a half with attention to rider's etiquette and local color.

**B25 350 MI 7:15 AM Vermont Maple Syrup Tour**

Leader: John Woodspokes From: The Boathouse. In a rare move, the leader will not bring his own syrup today since we are visiting a real-life Vermont maple syrup factory. Back by 5:30 pm.

**C20 125 MI 5:15 AM Wine Tasting Delight**

Leader: Ruben Paulfarb From: City Hall Park. A brisk-paced romp through three states taking in the best of regional architecture with an added bonus – a three-hour lecture on hearty burgundies.

## Friday, April 4

**B13/16 40-50 MI 9:15 AM TGIF**

Leader: Ron Grossberg (718) 369-2413 From: City Hall Park. Would like to start a series of Friday rides if there is any interest. Please call first to confirm.

## Saturday, April 5

**A19 70 MI 9:00 AM Armonk**

Leader: Fred Steinberg (212) 787-5204 From: The Boathouse. Armonk via northwest Greenwich. Return via Grassy Sprain. Helmets required, Metro North pass suggested. Usual conditions cancel.

**SIGA 61 MI 9:00 AM Rockland Lake**

Leaders: Mike Samuel (212) 722-8125 & Beth Renaud (212) 274-9463 From: The Boathouse. Double paceline, no alternating lead, to breakfast in Nyack. Eat heartily. We'll then head on north to Rockland Lake. We'll do laps of Rockland Lake, lots of laps. We'll do it in double paceline formation, and we will indeed alternate the lead. Lap after lap, "Pulling off," we'll call it out, we'll hear it. "Short pulls," alternate the lead, keep the pace steady. Today, there is a bike inches off my front wheel, another inches off to my side. Heck, there's bikes all around me. I am riding steady, predictable, I will not jam my brakes, I'm smooth, this is getting easy. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. Helmets, with names on front and back, required.

**B16/18 55 MI 9:30 AM Chance For Romance #5**

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. Attention B-rider hunks and babes! Tired of the same old rides? Looking for something different? Here's a free ten-week dating ser-

vice for all unattached cyclists in the New York City area. Find a mate while you learn to experience the joy of completing a 100-mile ride and having plenty of strength to spare. This spin-and-grin program is geared for cyclists who want to hook up while preparing for the May 18 Montauk Century - "What's your sign?"

*These rides leave every Saturday from the Boathouse between now and the "date of the century." Each week we'll spin to a different destination, gradually increasing our miles, speed, and chance for romance. No chance, no dance. Valuable tips will be offered on pacing for endurance, staying properly hydrated and fueled (preventing "bonk") and doing the Mackarena. All cyclists are expected to comfortably flirt at 16-18 mph on flats in order for us to stay as a menage-a-bunch. All of you SWM, SJF, GWM, SBF, SHF, SAM, BWF, and everyone else plan to join us for this entire fun-filled series that is joint with singles from the 5BBC.*

**B15-17 65 MI 9:00 AM Progressive Series #6 (Tarrytown and Beyond)**

Leaders: Karin Fantus (212) 873-5559 & Gary McGraime (212) 877-4257 From: The Boathouse. There really is a scenic route through the Bronx & Yonkers, and this is it. Lunch in Tarrytown or Pleasantville (25-30 mi). It will be a good day to pick up the pace. Bring pocket food and Metro North pass for possible train return. Rain date: Sunday, April 6.

**C13 34 MI NOON Architectural Ride #6 (Working Class Darwinism - Maspeth)**

Leader: Paul Rubenfarb (212) 740-9123 From: The Boathouse. Bolshevik Alexandra Kollantai's 1927 novel "Red Love" finds allegedly "advanced" working class courtship actually Darwinian and more dog eat dog than the mating rites of the physiocrat wealthy classes. Maspeth is NYC's industrial muscle, with husky cranes, smokestacks and barge canals. Rain or shine.

**C9 10 MI 10:00 AM C Training Ride #1**

Leaders: Irv Weisman (212) 567-9672 & Geo Kaplan (212) 989-0883 From: The G.W. Bridge Bus Terminal (178th St. and Ft. Washington Ave - A train). This ride series coincides with the "indoor" training series. Please call leaders if you haven't attended previous sessions. Today we'll practice stops, starts, turns, signals, etc. Bring water bottle, money for lunch, and helmet. Wind chill below 35° at start cancels.

## Daylight Savings Time Begins

### Sunday, April 6

**A25+ 75 MI ??:? AM Gimbels**

Leader: Al Boland (212) 665-3484. Call for time and departure location.

**A20 60 MI 9:00 AM "A" Training Ride #6: Up and Down**

Leader: Ben Goldberg (212) 982-4681 From: The Boathouse. If I can drag my fat #@&\$ up some hills, so can you. Slick roads cancel.

**A19 62 MI 10 AM Desperate and Daylight**

Leader: Mark Martinez (212) 496-5518 From: The Boathouse. Forgot to "Spring forward"? Remembered but had too much fun for a 9 AM start? No problem. Just show up and ride. It's not a SIG. We're not training for anything — we're doing. Any accidental social and physical byproducts will be icing on the cake (syrup on the pancakes?). New City.

**B17 40 MI 9:00 AM Back By One**

Leader: Gary McGraime (212) 877-4257 From: The Boathouse. We'll search for the best hills to stretch our quads and lungs to say GOOD MORNING WORLD!!!

**B15 60 MI 9:15 AM Long Beach**

*Leader: Ron Grossberg (718) 369-2413 From: City Hall Park.* Flat ride over Cross Bay Bridge and Atlantic Bridge to Long Beach. Lunch on the boardwalk. Return via Marine Pkwy Bridge. Opportunity to escape via A train in Rockaway.

**C10 25 MI 12:45 PM Y'ar Old Salt (Sheepshead Bay)**

*Leader: Terry Chin (718) 680-5227 From: Steps in front of City Hall.* The fleet's in. This midday departure to Sheepshead Bay gives us a chance to join in a flurry of activity at Brooklyn's Cape Cod. Bring your favorite fish tale to tell over clam chowder. Mostly flat with a few rolling hills. Co-led with 5BBC.

**Friday, April 11****B13/16 40-50 MI 9:15 AM TGIF**

*Leader: Ron Grossberg (718) 369-2413 From: Call leader.* Call leader for time, starting location and destination.

**Saturday, April 12****A20 60 MI 9:00 AM White Plains Or Nyack?**

*Leader: Steven Britt (212) 288-6234 From: The Boathouse.* Help me choose which destination will be better for today's ride. Count on a couple of climbs (hills?). Late season snow or un-spring-like temps cancel.

**A18 65 - 70 MI 9:00 AM New City for Jamaican Pancakes**

*Leader: C.J. Obregon (212) 876-6614 From: The Boathouse.* The flat way to New City unless my legs feel very strong. HELMETS REQUIRED. Wind chill below 30° by 7:58 Weather Channel report cancels.

**SIGA 76 MI 8:30 AM Saddle River**

*Leaders: David Grogan (718) 875-1977 & Carolyn White (212) 666-0616 From: The Boathouse.* Early start - more miles. Better be training during the week. We've lost at least 2 weeks to weather, better be training during the week! Beautiful ride, double paceline whenever the roads allow. We are starting to clock miles, starting to cruise, starting to get the hang of it. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly by 8:30 AM. Helmets, with names on front and back, required. Rain date, Sunday, April 13.

**B16/18 65 MI 9:30 AM Chance For Romance #6**

*Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse.* Refer to the April 5 listing.

**B15-17 65+ MI 8:00 AM Progressive Series #7 (Oyster Bay)**

*Leaders: Karin Fantus (212) 873-5559 & Gary McGraime (212) 877-4257 From: The Boathouse.* Time for some salt air, a sea breeze, and some serious spinning, *n'est-ce pas?* We're leaving early so we can beat the traffic on Queens Blvd. and have time for a bakery stop. If weather is nice, it's lunch by the bay! Rain date: Sunday, April 13.

**C13 47 MI NOON Architectural Ride #7 (Robert Burns in Patterson)**

*Leader: Paul Rubenfarb (212) 740-9123 From: NE corner 181st & Ft. Washington Ave. (A train).* Highland bard and philanderer Bobby Burns' greatest poem often censored from sterilized Burns' anthologies in McCarthyite politically correct U.S. colleges. We'll succumb to historic Paterson and its Burns monument. Rain or shine.

**C10 15 MI 9:00 AM West Side Story**

*Leader: Terry Chin (718) 680-5227 From: American Youth Hostel - 103rd & Amsterdam Ave.* We'll explore Manhattan's West Side from Grants Tomb

(who's buried there?) to the Bowery, with stops in Central Park, the U.S.S. Intrepid Museum, Chelsea Piers and elsewhere. The trip ends with lunch at South Street Seaport. Bring lunch or money for it and a bike lock. Co-led with 5BBC.

**C9 12 MI 9:30 AM C Training Ride #2**

*Leaders: Irv Weisman (212) 567-9672 & Geo Kaplan (212) 989-0883 From: G.W. Bridge Bus Terminal (178th St. and Ft. Washington Ave - A train).* Continuation of riding series that began last Saturday.

**SUNDAY, APRIL 13****A25+ 100 MI ? : ?? AM Gimbels Plus**

*Leader: Al Boland (212) 665-3484.* Call for time and departure location.

**A20 60 MI 9:00 AM "A" Training Ride #7: A Pleasantville Excursion**

*Leader: Rich Borow (212) 866-1966 & Stephanie Bleacher (212) 348-2661 From: The Boathouse.* It's April, so it should be safe to venture past White Plains to the Thornwood Diner. There's one climb of note to traverse, but we get to fly down Grassy Sprain for the return leg. Under 32° at start cancels.

**B16 40+ MI 9:00 AM "Northvale"**

*Leader: John Fullwood (212) 927-3278 From: The Boathouse.* This is a repeat of the Polar Cap ride, got rained or snowed out the last three times. Hopefully we will have better luck this time!! A scenic cruise through Bergen County to the Northvale Diner. One major climb on the return (Churchill). Will ride in the cold but not in the rain or if there is snow on the ground.

**B13 40 MI 9:30 AM 22nd Annual Cherry Blossom Ride**

*Leader: Maggie Clarke (212) 567-8272 From: The WTC at top of Path escalator (Fare \$1 each way - pass required).* Flat to rolling terrain. We will join with the C SIG to cherry blossom land and ride past the lovely stately homes in Montclair. Then we'll split onto the scenic route of Little Falls for lunch while the others tour Belleville. 60% chance precipitation or a high below 42° cancels. Bring money for Path and lunch.

**C12 30 MI 10:00 AM Tallman State Park - The Nice Way**

*Leader: Don Passantino (718) 446-9025 From: G.W. Bus Terminal (178th St. and Ft. Washington Ave.)* The flowers will be blooming in the Garden State as we ride a nice scenic route to Tallman State Park for a picnic. Tasty Middle Eastern food is available at the Oasis and I'll bring a tablecloth. Newcomers encouraged to come.

**C10 20 MI 9:30 AM C TRAINING RIDE #3 - 22ND ANNUAL CHERRY BLOSSOM RIDE**

*Leaders: Irv Weisman (212) 567-9672 & Geo Kaplan (212) 989-0883 From: The top of the Path escalators at WTC.* The C series invites nature lovers to enjoy the impressive Cherry Blossom display in Branch Brook Park (Newark). This will be followed by a tour of Belleville and a picnic in the park. Return via Path. Call Irv to confirm.

**Friday, April 18****B13/16 45 MI 9:15 AM TGIF**

*Leader: Ron Grossberg (718) 369-2413 From: Call leader.* Call leader for time, starting location and destination.

**Have you oiled your chain lately?**

**Saturday, April 19****A20 60 MI 9:00 AM****Somewhere in Westchester**

Leader: David Younglove (212) 533-1276 From: The Boathouse. We'll take the Shore Road to White Plains, at least. If weather permits, we'll go further. Temp below 32° at start cancels.

**A19 70 MI 9:00 AM****Rockland Ramble**

Leader: Damon Hart (212) 753-0204 From: The Boathouse. Meandering ride through Rockland County, precise route TBA. Helmets required.

**SIGA 78 MI 8:30 AM****Mt. Kisco**

Leaders: Christy Guzzetta (212) 595-3674 & Beth Renaud (212) 274-9463. From: The Boathouse. We'll head to White Plains via Pelham Parkway and Shore Road. Then bomb up north on Rte 22 to Rte 120 north. Up, up, up Whipporwill Road. We're climbing hills, doing miles, picking up the pace, riding pachelines, almost A riders. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly by 8:30 AM. Helmets, with names on front and back, required. Rain date, Sunday, April 20.

**B16/18 70 MI 9:00 AM****Chance For Romance #7**

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. Refer to the April 5 listing.

**B15-18 72 MI 8:00 AM****Progressive Series #8 (Armonk)**

Leaders: Karin Fantus (212) 873-5559 & Gary McGraime (212) 877-4257 From: The Boathouse. Today, you'll discover your 3 all-time favorite cycling roads in NY. Hilly, but not like next week. Quick snack stop in Scarsdale. Lunch in Armonk at 40 mi. Ride ends at 242nd St. subway stop (1/9 trains). The truly macho can ride another 10 mi to the Boathouse. Rain date: Sunday, April 20.

**C13 35 MI NOON****Architectural Ride #8 (Riddled with Hills Body-builder - Staten Island)**

Leader: Paul Rubenfarb (212) 740-9123 From: Behind Ray's Pizza outside South Ferry (1 or 9 train). Test the daily vertical ascent function on your new Avocet 'Vertech' altitudometer. Trip designed to hit (not miss) Staten Island's jock - buster hills. Rain or shine.

**C10 20 MI 9:30 AM****C Training Ride #4**

Leaders: Irv Weisman (212) 567-9672 & Geo Kaplan (212) 989-0883 From: G.W. Bridge Bus Terminal (178th St. and Ft. Washington Ave - A train). There is a perfect area just over the bridge for us to work on increasing our skills. Safe, fun, and enlightening lesson prior to our ride.

**Sunday, April 20****A25+ 75 MI ?::? AM****Gimbels**

Leader: Al Boland (212) 665-3484. Call for time and departure location.

**A21 90 MI 9:00 AM****Last "A" Training Ride: Bedford = Bliss**

Leaders: Beth Renaud & Todd Brilliant (212) 274-9463. From: The Boathouse. Too early for Bedford?! Nonsense! Anyway, this will be a great prep for the big rides coming up. Maybe we'll see Chuck Scarborough again. Maybe we can check out the bowling alley in the back of the firehouse. At the very least, we'll have a picnic on the green. Bring Metro North pass in case of precip.

**A17 55 MI 9:00 AM****Hill Reps and Sprints**

Leader: John Fullwood (212) 927-3278. From: The Boathouse. The alternate title of this ride is Park Ridge the hard way. We will go to Park Ridge via River Road (two major climbs), then on to Blue Hill Road (one major climb) and brunch in Park Ridge. Because of the hills, we will only do

about a 17 mph pace on the way out. But the route back is flat, so we will pick up the pace on the way back (the sprint will be less than or equal to 20 mph pace). We will conclude with a climb up Booth. I will ride in the cold, but not in rain or if there is snow on the ground.

**SIGA****8:30 AM****SKILLS**

Leader: Michael Samuel (212) 722-8125 & Ann Marie Miller (212) 247-6531 From: The Boathouse. Didn't we do a ride yesterday? Yes indeed - and another one today. Geez! Today, just some easy-going skills. We are going to practice turns, shifting weight on the saddle, we are going to practice being A riders. We'll ride over to a parking area on River Road to work on a few of the basics. Then, if anyone is in the mood - we'll go for some food in Nyack. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly by 9:00 AM. Helmets, with names on front and back, required.

**B16 55 MI 7:45 AM****Darien, CT**

Leaders: Ken & Marilyn Weisman (212) 222-5527 From: Grand Central Terminal. We'll take the 8:07 AM train to Darien. A moderately hilly route to New Canaan, Scots Corner, the Salems and the Titicus Reservoir. Temp below a high of 50° will cancel. Metro Pass required.

**B13/16 30 MI 9:30 AM****Nyack**

Leaders: Irv & Hindy Schachter (212) 758-5738 From: 1st Avenue and 64th Street. Slow Bs take the low road to Nyack/Fast Bs take the fast way with hills. Either way, it's a glorious ride. Precipitation cancels.

**C12 48 MI 9:30 AM****Older Fat Guys Ride to Piermont**

Leader: Peter Hochstein (212) 427-1041 From: The Boathouse. So you'd really like to try a longish ride in the country, but can't keep up with those Killer Bs? Try this slow and longish amble. If you've never been to Piermont, I promise views of mountains, riverscapes, a waterfall and wild geese. Easiest routes up and back. Slow - pace, I haven't ridden all winter and I gained 15 lbs. since last September. You must bring water, a helmet, a spare tube, a pump and lunch money.

**Friday, April 25****B13/16 45 MI 9:15 AM****TGIF**

Leader: Ron Grossberg (718) 369-2413 From: Call leader. Call leader for time, starting location and destination.

**Saturday, April 26****A18-19 65+/- MI 9:00 AM****I'll Lead from the Rear**

Leader: Richard Rosenthal (212) 371-4700 From: The Boathouse. River Road, Tweed, Bradley, Nyack. Bad form will endear you to the so-called ride leader.

**SIGA 82 MI 8:30 AM****Croton Reservoir**

Leaders: Paul Leibowitz (718) 858-9742 & Randy Taylor (212) 866-0462 From: The Boathouse. Rte 9 north 35 hilly miles to the Highlands Diner in Ossining. Whew. Then it's nothing but beautiful riding over Quaker Ridge Rd. and to the dramatic Croton Dam. Around the reservoir, up long Seven Bridges Rd., down a fast Grassy Sprain. It's warm by now. Some of us have shorts on. We're loose. We're getting fast. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly by 8:30 AM. Helmets, with names on front and back, required. Rain date, Sunday, April 27.

**B16/18 75 MI 9:00 AM****Chance For Romance #8**

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. Refer to the April 5 listing.

**Lead a ride...**

**B16-18 75-90 MI 8:00 AM****Progressive Series #9  
(Deepest Westchester)**

Leaders: Karin Fantus (212) 873-5559 & Gary McGraime (212) 877-4257  
 From: The Boathouse. METRO NORTH PASS MANDATORY. Seen enough of the Bronx this month? Us, too. So it's the 8:49 AM Bike Train to Scarsdale to begin our adventure to Westchester's outer reaches. Spectacular scenery will make the hills worthwhile. Lunch in Bedford. Metro North home at 75 mi (Tarrytown). Subway home at 90 mi (242nd St. 1/9 trains). You can meet us at Grand Central, but call leader first in case of route change. Bring pocket food. Rain date: Sunday, April 27.

**C13 42 MI NOON****Architectural Ride #9  
(Bay Ridge's Bawdy -  
House Inamorta)**

Leader: Paul Rubenfarb (212) 740-9123 From: Brooklyn Museum (2/3 train). Amongst hoary mansions of Bay Ridge, many an exhausted biker centurion, with strength barely to seek out a bad old cathouse for restoration, finds candlelight delectation and ragtime palliation amidst nostalgic parlors of rosewood marquetry and mahogany ornamentation. Rain or shine.

**C10 25 MI 9:30 AM****C Training Ride #5**

Leaders: Irv Weisman (212) 567-9672 & Geo Kaplan (212) 989-0883  
 From: G.W. Bridge Bus Terminal (178th St. and Ft. Washington Ave - A train). We will ride to Closter with emphasis on straight-line riding. Use of proper signals, etc., will be developed. Also proper riding around traffic circles will be covered. Bring pocket food, spares, and of course, your helmet. Wind chill below 35° at start cancels.

**Sunday, April 27****A25+ 75 MI ??? AM****Gimbels**

Leader: Al Boland (212) 665-3484. Call for time and departure location.

**A20 65 MI 9:00 AM****Rye Playground**

Leader: Jody Saylor & Christy Guzzetta (212) 799-8293 or (212) 595-3674  
 From: The Boathouse. We will have fun - what else?!

**B17 45 MI 9:00 AM****Back By One**

Leader: Gary McGraime (212) 877-4257 From: The Boathouse. A quick and steady spin to focus on our form and endurance in preparation for the Montauk Century. Let's keep it fun!! Helmets required.

**B13 45- MI 9:30 AM****Westchester Ramble to  
Kensico and Silver Lakes**

Leader: Maggie Clarke (212) 567-8272 From: The Ring Triangle Garden across the street from the A train (200th Street). A rolling and beautiful ride through the well-tended gardens of lower Westchester into the lake country. Lunch will be a picnic or at Esy's depending on the weather. We will finish along our favorite route paralleling the Bronx River Parkway. Precipitation or a high below 42° cancels.

**C10 20/33 MI 9/10 AM****Introduction To Cycling**

Leader: John Fullwood (212) 927-3278 From: The Boathouse (9:00)/GW Bridge Bus Terminal (10:00). A slow-paced short route to introduce those who have never ridden through Bergen County to the IHOP on Dean Street in Englewood. We will have brunch and return. No one will be dropped. All are welcome. Helmet and water bottle required.

**Saturday, May 3****A19 80 MI 9:00 AM****South Mountain Road**

Leader: Fred Steinberg (212) 787-5204. From: The Boathouse. Counter Clockwise, "up" South Mountain Rd., "down" Saddle River Rd. A classic in any season.

**SIGA 86 MI 8:00 AM****Bedford**

Leaders: Carolyn White (212) 666-0616 and Christy Guzzetta (212) 595-3674. 8:00 AM? Why so early? Be there! The rides don't get any nicer than this one. We've got to start firing on all cylinders. There's only one more tune-up ride after this before the big one! We should be smooth by now, in shape, ready. There's big hills, beautiful roads, lots of miles on our way to Bedford. Eat a hearty breakfast, bring pocket foods, there's about 40 miles before a picnic on the green in Bedford. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly by 8:00 AM. Helmets, with names on front and back, required. Rain date, Sunday, May 4.

**B16/18 80 MI 9:00 AM****Chance For Romance #9**

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. Refer to the April 5 listing.

**C13 46 MI NOON****ARCHITECTURAL RIDE #10  
(HILL CLIMBER'S  
HEART ENLARGEMENT -  
LAKE TAPPAN)**

Leader: Paul Rubenfarb (212) 740-9123 From: N.E. Corner 181 & Ft. Washington Ave. (A train). Bikers go early the way of all flesh for cardiac intensive lifestyles which over-enlarge and weaken the valves while couch potatoes navigate their paunches to octogenarian life spans. But biking generates testosterone, and contented cows are the gainers. Rain or shine.

**C10 30 MI 9:30 AM****C Training Ride #6**

Leaders: Irv Weisman (212) 567-9672 & Geo Kaplan (212) 989-0883  
 From: G.W. Bridge Bus Terminal (178th St. and Ft. Washington Ave - A train). You will be treated to the ups and downs of River Road and its climb up to Alpine. Bring money for food, water bottle, spares, and helmet. Wind chill below 35° at start cancels.

**Sunday, May 4****A20 65 MI 9:00 AM****Bike New Jersey**

Leader: Judy & Conrad Meyer (914) 835-3171. From: The Boathouse. Nothing against thousands of cyclists who are enjoying cycling New York City today, but we're heading over to New Jersey. Probable destination: Park Ridge.

**Saturday, May 17 - Sunday, May 18****A18-22 250 MI ??? AM****Montauk Twin Century**

Leader: Marty Wolf (212) 935-1460 From: Call for location. In our version of the Montauk Century, we bike out on Saturday and return home on Sunday. Sunday's return will be on the same road used by the one-way century riders, so we can see our friends! Call leader (the sooner the better) for more info and starting time/place. Since room deposits must be made in cash - there are no refunds - we'll go rain or shine.

**Ride Preview****JUNE - SUNRISE ON THE WATER**

I've been attempting to get this going for the last 2 years. It might actually happen! A small number of nocturnal souls will venture out for a beautiful breakfast setting. Possible dates are Saturday night, June 14 or 28. Look for details in May's bulletin.

**Out Of Bounds**

**PEDAL PENNSYLVANIA** - June 28 - July 5 / July 19 - 26 / August 9 - 17  
 3 tours offered. For a brochure, write, call, or e-mail Bob Ingersoll, 1914 Brandywine Street, Philadelphia, PA 19130. Tel: (215) 561-9679. e-mail: bobi@pedal-pa.com. Web site: <http://www.pedal-pa.com>

## The 1997 Boston Brevet Series

The Boston Brevet Series is a set of four long-distance randonneuring rides, which are also qualifiers for Boston-Montreal-Boston.

This year's schedule is as follows:

EVENT	DISTANCE	DATE	TIME	TIME LIMIT	FEE
200k	125 MI.	05/17	7:30 AM	14 hours	\$ 15
300k	190 MI.	05/31	4:00 AM	20 hours	\$ 20
400k	250 MI.	06/28	0:01 AM	27 hours	\$ 25
600k	375 MI.	07/19	3:00 AM	40 hours	\$ 45

All rides start at the Civil Air Terminal at Hanscom Field in Bedford, MA (plenty of free parking!). All rides except the 200k require sufficient lighting.

Though the rides vary in difficulty, none are easy. Expect about 3,000 feet of climbing for each 100k ridden. The 200k goes into southern New Hampshire; the 300k goes into Rhode Island and eastern Connecticut; the 400k goes out to the Connecticut River Valley; and the 600k goes through the Berkshires to New York and back. This year's schedule is designed to help riders peak for Boston-Montreal-Boston (1200k, 750 mi., 90-hour limit), August 14-17.

All rides are supported with checkpoints every 40 to 60 miles. Checkpoints are stocked with water and a variety of food (fruit, sandwich makings, cookies, etc.). Bags will be transported to and from some checkpoints on the longer rides. A "real" meal is provided late on the first day of the 600k and spartan sleeping accommodations will be available.

For more information, contact:

Dave Jordan

Boston Brevet Series

19 Rockmont Rd., Arlington, MA 02174

(617) 641-2484

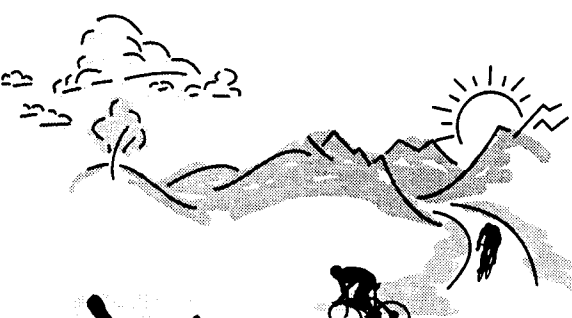
or see our web page: <http://cycling.org/freeweb/bbs/>

or send email: [dmj@odi.com](mailto:dmj@odi.com)

**SOUND CYCLISTS**  
BICYCLE CLUB

Presents the 20<sup>th</sup> Annual

# BLOOMIN'



## METRIC

### Sunday May 18, 1997

(Rain Date: May 25, 1997)

Westport Railroad Station/Luciano Park Westport, Connecticut

Cost: \$13.00 pre-register by May 12 • \$18.00 after May 12

For more information visit our website at:  
<http://nw3.nai.net/~moonlite/bloomin.htm>

or call  
Sound Cyclists Bicycle Club at (203) 840-1757

## Bungee Jumping. (Continued from cover)

I first discovered this ultimate thrill while living in Dallas for a short time when the company I was working for was undergoing corporate changes. Just a couple of times a week, a jump was just the thing to relieve the stress of living in a place I didn't like and easing the strain of working with new management. Oh, don't get me wrong, I was still putting in the miles, but Dallas is flat and wind does not make up for a good hill to get one's heart rate up.

You could imagine my excitement when I found out that there actually is an indoor bungee jumping studio right here in NYC. No, it's not affiliated with the Chelsea Gym. Believe it or not, it is actually run by the same company that ran the Dallas jumps, Geronimo. Apparently it is part of an effort to open franchises across the country in all major cities. Their goal is to promote the safety and benefits(?) of bungee-jumping. Their studios are licensed and bonded. Cost per jump is minimal. Monthly and group discounts are available. Hey, I'm just quoting their brochure.

For more information call Geronimo at 1-800-YOU-JUMP. Or visit their studio at 5631 W. 112th Street. Web site - <http://www.geronimo.com>. Email - [ohmegod@geronimo.com](mailto:ohmegod@geronimo.com)

**Reminder:** Material for the May Bulletin is due by **APRIL 11**. That's 3 days after the club meeting on **APRIL 8**.

**Note:** Membership/Bulletin questions should be directed to **Joel Englander** at (212) 580-1861 on Wednesday and Thursday 5PM - 7:15PM.

## How to stay out front... Lead a Ride!

### A-RIDES:

- CALL BEN GOLDBERG (212) 982-4681 -

### B-RIDES:

- CALL GARY MCGRAME (212) 877-4257 -

### C-RIDES:

- CALL MARK SCHWARTZ (718) 237-1042 -



## Joining the Dark Side

— Mark Martinez

The VeloNews renewal notice languished on top of the TV for weeks. It gathered dust. Soon it was joined by my C.R.C.A. membership renewal. It too gathered dust. They were dusty. They were dusted.

### Dusty Friends

I tried to ignore my dusty friends staring at me from their warm winter perch (the TV was on). They beckoned to me, "Renew!" "Renew!" I thought about the joys of racing. Swatting the top of my alarm clock at 5:30 AM. Training in the predawn chill of Central Park. Gripping a pen with numb fingers while registering on race day. Hoping not to crash. Chasing a break for half a mile, gulping in air like an F14 on afterburners, only to be blocked when I caught back on.

### "Renew?"

"Renew?" "Renew?" Re Not! I gleefully tore up the envelopes, freed up my TV for fresh junk mail and went back to channel surfing (my winter sport of choice). Was I really going to spend my winter weekends watching infomercials, golf and figure skating? Not bloody likely. Cross-country skiing might be an option, except my ski boots walked away from a hotel last winter and I couldn't find satisfactory replacements. Besides, there wasn't any decent snow within a four-hour drive of the city. What's a body to do? The short answer is "try in-line skating."

### Testosterone and Adrenaline

I know, it's like selling pork rinds in a mosque. Here I am extolling the virtues of in-line skating ("rollerblading" if you must) to the cycling faithful. Hear out this infidel before you place his head on a pike by the Boathouse. Why in-line skating of all possible sports? Why choose the pastime of zigzagging, Walkman-wearing, obliques who are the land mines of Central Park? Well I guess it had something to do with a woman (skater), borrowed skates and the typically male trait of never admitting you are not up to some demonstration of athletic prowess in front of the opposite sex. Besides, I hadn't

scared myself since I started bike racing and THAT activity wasn't in the plan anymore. I guess you could just chalk it up to that old heady mix of testosterone and adrenaline.

### Zero G in 2D

Strapping on a pair of in-line skates for the first time opens up your eyes to all kinds of new experiences. Standing for example. Every action has an opposite and sometimes unexpected reaction. Just opening the door to my apartment became a comic ballet not seen since some of W.C. Fields' antics with a hat and cane. I felt like a shuttle astronaut when a slight change in my position would send me rolling across my hardwood floor, much to the amusement of my cat.

### Friction is Good!

Those of us used to propelling ourselves without 16 slippery bearings underfoot tend to take friction way too much for granted. We sometimes resent the effort required by walking and running. Picking up our tired dogs, layin' 'em down, over and over; this is work. Running downhill is no free ride either. Stopping on the other hand is a breeze. Not so for the benighted in-line novice. He tends to glide about almost effortlessly with just a small push. Once moving, however, he seems to keep rolling forever. Or at least until he rolls into traffic, sewer grates or tethered pit bulls. To paraphrase the dying actor, "going is easy, stopping is hard."

### Closet Skaters

Having survived my first tentative loops of Central Park with the moral support of some NYCC skaters (their identities will be protected), I began to feel a need for speed. Soon I was attempting brisk laps while drafting bona fide speed skaters. These men and women were smooth and strong. Bent into an aerodynamic crouch, arms lightly resting on their backs, they gracefully ate up the Central Park tarmac. I struggled to match strides, stay in my back-straining tuck, and maintain the smooth rhythms of the veteran skaters. They made it look easy. My new friends tried to keep the pace fairly tame, but after a lap or two, the lactic

acid fire was burning through my undeveloped back muscles. I dropped off the back of the paceline and straightened up to kill the spasms.

### Crossover Dreams

Maybe in-line skating wasn't just going to be a way to stay warm and keep in shape in the off season. There is a great precedent for crossing over from cycling to speed skating and vice versa. The most dominant female track sprinter of the last decade, Connie Paraskevini-Young, started out as a speed skater. A certain Dr. Eric Heiden went the other way to earn respectable credits as a bike racer. Maybe this skating business isn't just a fitness fad. In fact, I was starting to feel a need for speed.

### 5 Wheels, No Brakes!

About this time, one of my speed-skating buds started to needle me about trading in my clunky, 4-wheeled "rec" (-reational) skates for their racer counterparts. Let's see, I've just mastered the art of stopping and he wants me to buy a pair that go faster and have no brakes. Oh, and by the way, they cost almost as much as an entry-level racing bike. Whoa! No way.

### Less is More

But then again, I've always thought speed-skates (especially the ice-going version) exemplified the very essence of the simple machine, a boot and a blade. Minimalism in motion. So basic they blend seamlessly with the athlete wearing them. The fluid power and grace of Bonnie Blair and Johan Olav Koss at the Lillehammer Olympics immediately come to mind. The wheeled version is nearly as pure. Watch an experienced speed-skater roll by and the word that comes to mind is "grace". The grace that comes from simple machines you don't sit on top of — but wear instead. And oh yes, practice. Lots of it.

### We have met the Enemy...

"Visa will be fine. Uh huh. How long... This weekend. Great!" The speed-skates are in the mail. So, the next time you're in the park and you're about to yell a familiar four-letter greeting to a skater, you may want to think twice. We have met the enemy, and he is US.

## Volunteers Needed!

You can help open the wonderful world of cycling to visitors to Central Park by volunteering to greet the public for two hours on a

Saturday morning or afternoon. Beginning at 11:00 AM on Saturday, April 19 the New York Cycle Club will have an information table setup in the area of Cat's Paw Hill.

We need you to hand out NYCC information fliers to those who see our banner and stop by to chat. The table will occupy the same spot the

third Saturday of every month from 11:00 AM until 3:00 PM. Call Gene at (212)875-1615 to volunteer for a two-hour shift on April 19.

## The NYCC welcomes 17 new members.

Julia Arnold  
Marcy Brachfeld  
Debra Bromberg  
Hannah Burgeson

Ellen Hunt  
Joe Hunt  
Tom Kamber  
Mindy Lee  
Lisa Lourie

Rhyder McClare  
James McNabb  
Margaret Nelson  
Paul Racine

Madeline Sanchez  
Richard Schadick  
Michelle Widmeier  
Rachell Youree

# BLOWOUTS by Lou S. Pokes

Congratulations to the soon to be fastest husband-and-wife team in the New York Cycle Club. I guess **Todd Brilliant** and **Beth Renaud's** engagement is public knowledge; they stopped in the middle of a club ride to pick up their engagement ring.

Congratulations also to 1996 SIG graduates **Nora Salazar** and **Wally Kulakowski**. They're getting married this summer in Italy (everyone's invited). Oh, and the baby's due in September. Best wishes and good luck.

Get well soon, **Dick Goldberg**. Dick was riding down Kimball Avenue when his front wheel was swallowed by one of the humongous craters in the dark underpass at Midland Avenue. He went over the top and broke his collarbone when he landed. Everyone said the staff at the hospital in Bronxville was great. How could they not be? If I was a doctor, I would love to have Dick as a patient. Only jokes and no complaints. Best wishes for a speedy recovery.

The April 1997 issue of USA Triathlon Times listed the 1996 Triathlon National Rankings. Ranked number 1 in New York State and number 24 nationally in her

age group was our very own **Jeanine Hartnett**. Congratulations.

As reported here last month, **Jeff Shandell** was in tip-top shape, waiting for the racing season to start. And sure enough, he won the

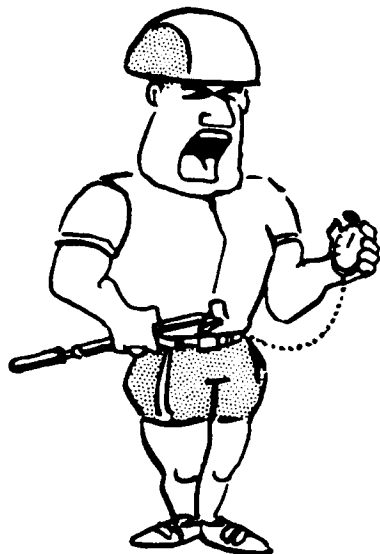
and C SIGs. Thanks go to the leaders (in alphabetical order - you figure out who's an A, B or C), **Karin Fantus, Dave Grogan, Christy Guzzetta, George Kaplan, Paul Leibowitz, Gary McGraime, Ann**

**Carter** showed up for the A SIG. She shows up every year for the SIG and rides every ride for twelve weeks and then disappears until next March. Where does she go?!

The B-Rides series named "Desperate and Dateless" seems to have caught the attention of an enormous amount of cyclists based on the number of phone calls ride leaders **Gene Vezzani** and **Joanna Lee** have received. To help members of the NYCC and the 5BBC better understand that this ten-week-long, fun series of rides is a light-hearted way of dealing with the social nature of cycling, the series has been renamed "Chance for Romance."

The quote of the month goes to **Mike Samuel** who tried to explain to the SIG that "You should think of yourself like a big truck." Mike, that's easy for you. Most of us are more like a Honda!

On the first ride out of Central Park, the A SIG leaders all gave a collective "Uh, oh!" They weren't sure what they were in for with this years group of riders as one of them, in a move reminiscent of **Nelson Mora**, ran into the back of a parked car. So, **Katrina Kothé**, you're our Road Bozo this month.



**"You should think of yourself as a big truck."**

first race of the year. Now if they would only legalize betting on bike races...

It must be spring. On the first Saturday in March over 100 people showed up to participate in the A, B

**Marie Miller, Beth Renaud, Mike Samuel, Randy Taylor, Irv Weisman and Carolyn White.**

Maybe **Ed Fishkin**, too. We never know if he's leading the SIG or taking the SIG! And, of course, **Pat**

## July 4th Weekend in West Point

It's not too soon to begin planning for the spectacular July 4th All Class Club weekend up at West Point. West Point is the place to be on this patriotic three-day weekend. We'll be biking up on Friday morning, July 4th - a luggage transport will carry our clothes. There will be a picnic dinner that evening at an absolutely spectacular outdoor holiday concert. It's the West Point Cadet band playing "Stars and Stripes Forever," "It's a Grand Old Flag," and other holiday favorites. And on Saturday evening - after some wonderful Hudson River Valley cycling/swimming/whatever - we'll be going on a dinner cruise on the Hudson River aboard our own privately chartered boat. What a ride! Sunday, we pedal our bikes on home.

This weekend has sold out each and every year. It will more than likely be sold out this year as well. Sign up now. 3 days, 2 nights (at the historic Hotel Thayer right smack dab in the middle of the West Point Campus), 2 full breakfasts, 2 dinners, cruise on the Hudson, outdoor concert, luggage shuttle, and more - \$175.00.

Please send a check made out to Christy Guzzetta to Christy at 49 West 75th Street, New York, NY 10023. TEL: (212)595-3674.

### Reserve your space now.

In early June, an information packet will be sent out to those who have signed up detailing times, places, events, etc.

**Have we got some weekends planned for you...**

## Catskills Weekend - September 19 - 21 '97

Last year at Shelter Island was fun, but it was flat. It's time to go back to the Catskills. This year we'll be staying at the Raleigh Hotel in South Fallsburg, NY (outside of Monticello, NY). We've been able to get a great rate through the help of Ed and Frances Miller of the Bicycle Touring Club of North Jersey.

The Raleigh Hotel is a complete reservation in Sullivan County in the Catskills. Facilities include an indoor and outdoor pool, tennis, golf (at a nominal charge), volleyball, year round ice skating, health club, indoor miniature golf, children's day camp and two shows nightly in the Night Club. There may not be time to ride.

Jeff Vogel and Margaret Cipolla will lead unscouted A rides (dirt roads probable). Ed Miller of BTCNJ will lead C rides Friday afternoon and Saturday and Sunday mornings, back in time for lunch. Ed has promised to have some maps and cue sheets available for other rides. Hopefully someone from the NYCC will volunteer to lead B-type rides.

Our special rate for the three days/two nights is \$159 per person (double occupancy) in the main building and \$146 per person in the ranch building. The price includes everything mentioned above plus three gourmet meals a day from Friday dinner through Sunday lunch. The only thing not included is gratuities. Space is limited and a \$25 deposit is required by June 10. Make your check payable to NA'AMAT-USA (Women and Children Non-Sectarian Charitable Organization in Israel) and mail to Jeff Vogel, 102-10 66th Road Apt 14E, Forest Hills, NY 11375. Final payment is due August 19. Questions, call Jeff at (718)275-6978.

**JOIN THE FIVE BOROUGH BICYCLE CLUB**  
**on Sunday, May 18 for their**

**Montauk Century**

- Century rides available ranging from 109 to 129 miles (depending on starting point).
- There is a 65-mile "Metric Century" option
- Buses leave from 3:30 pm until as late as 7 pm.
- An optional BBQ dinner is available in Montauk.

For more information, call:

**Glen Goldstein** (212)686-7020 or  
 e-mail: gleng1@ix.netcom.com

or visit the 5BBC web page at  
<http://www.panix.com/~fivebbc>

**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. **Macintosh compatible disk or e-mail is required.** Call Bulletin Editor if this is ABSOLUTELY impossible. Listings will appear for one month unless specified.

**FOR SALE:**

**CAMPY CRANKSETS**, 1 Athena 170mm crankset <500 miles, 1 Chorus 172.5mm crankset very good condition. For sale with or without the following chainwheels: 42(used), 53/39 <500 miles, 53- good condition. Any reasonable offer considered. Call **Alan** at (718)896-6571

**CANNONDALE**. 50 cm (center to top). Shimano 105 (non-STI). \$300 OBO. Fuji. 56cm (center to center). Shimano mix (non-STI). \$300 OBO. Call (718)876-7485 or e-mail [impower777@aol.com](mailto:impower777@aol.com).

**CIPOLLA-VOGEL ADVENTURES** - Late May - Early June. Pace: A19+. Self supported; you carry your own stuff, you pay your own way. (718)275-6978.

**WANTED:**

Bike suitable for triathlon training and racing, for my second season of racing. I am 6 feet tall, 160 lb. Preferably with dual 26-inch wheels and seat angle at or steeper than 77 degrees. **Bernard:** (718)274-1895.

.....  
*In case you haven't figured it out...*

**April Fool's...**  
 .....

**You too can train with**  
**Eddie "B"**

— by Andrea Goodman

*A glimpse at his fitness camp in San Diego.*

Eddie "B," one of the most successful cycling coaches of the world, conducts training camps throughout the season. Although many dates are over for 1997, there is still a chance to catch him at his Rocky Mountain Cycling Camp in Three Forks, Montana, May 15-24, 1997.

Eddie's camp give you the opportunity to work one-on-one with professional racers to fully develop your individual cycling skills. You get an entire yearly training program, personalized bike fit, video-tape analysis, tactics, technique, clothing, bicycle maintenance, along with fitness testing. Options include VO<sub>2</sub> max, anaerobic threshold and stress testing. Specific training includes gym training for body fitness, endurance riding, intervals, T.T., climbing, sprinting, while paying special attention to riding techniques and all elements of riding.

Class sizes are limited to 12 students (to provide individualized attention), ranging in age from 18 to 50+. You don't have to be a competitive cyclist, and you can be grouped with others according to your abilities. The January through

March camps are located in Ramona Valley, 24 miles northeast of San Diego. The best riding in Southern California, from flat to rolling hills and mountainous roads up to 10% upgrades to 15 miles climb.

I joined the camp for a morning ride on their last day of the camp on March 8. I was surprised to find the campers mostly East Coasters, with a majority from here! I was more than a little nervous since Eddie had radically changed my bike fit the night before, and I thought I would be in for some pain. According to New Yorker Dave Duhan, Eddie changed everybody's fit the first few days, and there wasn't an ache in the group. He proved correct, I was amazed at the difference! Dave had said that on any given ride the U.S. Postal Service team tends to show up to keep things moving, the likes of Rebecca Twig, Steve Hegg, and Nate Reiss. On this day, it was only Eddie driving alongside in the absolutely cool U.S. Postal Service team car, picking up riders (mostly me) from dropping off on some of the incredible climbs. He did this so that I could stay with the group and maintain a high quality training experience (no lactic acid).

The scenery is magnificent (and very mountainous), but as this was their last ride and my first, I was working too hard to notice. I got dropped on a downhill as the group sped past

me, my speedometer reading 45 mph! Later that day, the group went to watch the second to last stage of the Redlands Race with Eddie, a nice option many other camps can't provide.

One can be extremely intimidated by the idea of working with Eddie, yet he is very good at putting your fears to rest. He enjoys your serious attempt at getting better, and he can vastly improve your cycling at whatever level you are, in an extremely gentle way. Just do what he says! Dave and others recommend having at least 600-700 miles in your legs before you attempt the trip, but Eddie can customize the routes for you. Many skills are simply picked up from the other campers who all tend to be at a fairly high level. If you can't ride in a pace line, you figure it out quickly! I especially recommend the camp for beginning road racers, yet everyone is challenged (velodrome training and mountain biking upon request).

The cost of the nine-day fitness camp is \$595, and accommodation cost is \$200 per person. The Montana trip in May runs about \$1,400 for 10 days, and includes a stay at the historic Sacajawea Inn in Three Forks. For more information, write to Eddie "B," Cycling World, 14959 Mussey Grade Rd., Ramona, CA 92065. TEL. (619) 788-0853.

**Always wear your helmet.**

## 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. On Saturdays and Sundays, 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 holidays. 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. Bike passes are available at Window 27 at Grand Central or by calling (212)499-4398 for an application.

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



### 1997 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.

All memberships expire December 31. Mail this application with a check made payable to the:

**New York Cycle Club, P.O. Box 1354 Midtown Station New York, N.Y. 10018.**

# You are what you eat!

**Jackie Storm**, nutritionist and staff member at the New York Sports and Raquet Club, will share her views on the right diet on and off the bike.

Come prepared to hear the final word on carbohydrates vs. protein,  
the best drink on the road... and that's just the half of it.

You'll never eat the same again.

## COME TO O'HARA'S ON APRIL 8TH.

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

MEET AT 6 ► DINNER AT 6:45 ► PROGRAM AT 8

ADMISSION BETWEEN 6:00 AND 7:45 – \$12 (INCLUDES DINNER BUFFET, TAX, GRATUITY AND THE PROGRAM)

ADMISSION AFTER 7:55 (PROGRAM ONLY) – FREE

INDOOR BIKE PARKING OR SUBWAY.

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

Chris Mailing  
Arlene Brimmer  
2128 N. Sedgwick #11  
Chicago, IL 60614-4674

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