

August
1997

NYCC *Bulletin*

*The 3rd Annual
Escape
From
New York
Century
1997*



Save Saturday September 13th for the Day of Centuries

Bulletin Board

A Message to the Troops. From the President, Gene Vezzani

NYACK is a charming little village located about twenty-five miles north of the Central Park Boathouse. We all know where it's located. The NYCC, along with the majority of other area clubs and cycling enthusiasts, ride there often. But do we all know about the growing resentment towards cyclists that is developing in that community?

The village of Nyack held a special council meeting on July 10th to discuss the increasing number of cyclists visiting their community and, more importantly, the behavior of those cyclists. The general perception of the village leaders of Nyack is that cyclists are unsafe. The residents of the community are afraid of getting hurt, and they feel that they must take steps to protect themselves.

Here's a partial list of the concerns of the residents. Cyclists:

- Ride three and four abreast
- Ignore traffic lights
- Ignore stop signs
- Lean their bikes against trees and block the sidewalks
- Lean their bikes against buildings and block doorways
- Sit on the sidewalks and curbs blocking pedestrians

Unfortunately, a child walking on the sidewalk in the downtown area of Nyack was struck by a cyclist and knocked to the ground on Saturday, July 12th.

The city leaders are considering various options towards curtailing irresponsible cycling. These include:

- Having cyclists dismount and walk their bikes through the downtown area
- Installing speed bumps
- Assigning special police officers to enforce cycling ordinances

The economy of Nyack is heavily dependent on tourism. Yes, the dollars that we spend on a muffin and a cold beverage are very much appreciated at the one or two establishments that we visit. But do we do more to encourage or discourage the visiting tourists from doing business with the one hundred or so other merchants in the village?

We wholeheartedly support the enforcement of all laws and encourage our members to obey the law. We support safety and the efforts of the community leaders of Nyack to ensure that their village is safe for the residents and the visiting public. This is a tremendous opportunity for members of the New York Cycle Club to demonstrate to the residents and tourists visiting Nyack that we are marvelous ambassadors of cycling.

Let's make an extra effort by focusing on greater safety, courtesy, and awareness of the concerns of non-cyclists. Let's spread the word!

Reminder:

Material for the September Bulletin is due by **AUGUST 15**.

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

(There is no reason to contact the Bulletin Editor if you have not received your Bulletin.)

Please, help your club... Lead a ride!

A-RIDES:

— CALL BEN GOLDBERG —
(212) 982-4681

B-RIDES:

— CALL GARY MCGRAIME —
(212) 877-4257

C-RIDES:

— CALL MARK SCHWARTZ —
(718) 237-1042

NEW YORK CYCLE CLUB

P.O. Box 1354
Midtown Station
New York, N.Y. 10018
(212) 886-4545

PRESIDENT

Gene Vezzani
(212) 875-1615
genev@pipeline.com

V.P. PROGRAMS

Dona Kahn
(212) 399-9009
donaskahn@aol.com

V.P. RIDES

Steven Britt
(212) 288-6324
nybiker@aol.com

SECRETARY

C.J. Obregon
(212) 876-6614
Obregon@lou.fordham.edu

TREASURER

Charlie Katz
(212) 529-6717

PUBLIC RELATIONS

Tom Laskey
(212) 206-6574
tomoboe@aol.com

MEMBERSHIP

Joel Englander
(212) 580-1861

SPECIAL EVENTS

Anne Grossman
(212) 924-1549
annesg@mail.idt.net

BULLETIN EDITOR

Douglas Riccardi
(212) 388-9758
Memony@aol.com

A-RIDES COORDINATOR

Ben Goldberg
(212) 982-4681
goldberg@cs.nyu.edu

B-RIDES COORDINATOR

Gary McGraime
(212) 877-4257
garynycc@aol.com

C-RIDES COORDINATOR

Mark Schwartz
(718) 237-1042
markschw1@aol.com

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Contact:
Douglas Riccardi
Memo Productions
611 Broadway, Suite 811
NY, NY 10012.
TEL: (212) 388-9758.
FAX: (212) 388-1750.
E-MAIL: MEMONY@aol.com.

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 1,090 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 11.

ALWAYS WEAR YOUR HELMET. NO HEADPHONES.



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

Friday, August 1

B13/16 45 MI 9:15 AM TGIF

Leader: Ron Grossberg (718) 369-2413. From: Call for starting location and description. (Rides generally leave from the steps of City Hall.)

Saturday, August 2

A20+ 80 MI 8:30 AM Connecticut Cruise

Leaders: Stephanie Bleacher (212) 348-2661 & Rich Borow (212) 866-1966. From: The Boathouse. The plan is to make our way to Greenwich via some beautiful but twisty roads for a picnic lunch at the park gazebo. Then wind our way up and down and across until we descend (read: sprint) into Westport for more food, drink and the train. Pocket food, lots of water and helmet suggested. Bicycle and Metro North pass required. Excessive heat shortens (considerably).

B16/18 60 MI 9:30 AM Pearl of Asia

Leaders: Joanna Lee & Gene Vezzani (212) 875-1615. From: The Boathouse. Recently Britain gave back the Pearl of Asia, Hong Kong, but the only pearl that we've got around here is Pearl River. So if you feel like a rebel today, then you have the perfect excuse to ride with us and stuff yourself silly with pancakes.

C10 25 MI 12:45 PM Y'ar Old Salt

Leader: Terry Chin (718) 680-5227. From: Steps in front of City Hall or 1:30 at Picnic House, near 3rd Street entrance, Prospect Park. 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. Helmets required. Co-led with 5BBC.

Sunday, August 3

A21 75 MI 8:30 AM South Mountain

Leaders: Ben Goldberg (212) 982-4681 & Herb Dershowitz (212) 929-0787. From: The Boathouse. We'll probably do this in the counter-clockwise direction, but who knows?

A18/20 100+ MI 6:00 AM A Pre-Lunch Bear Mountain Century #2

Leader: Randy Taylor (212) 866-0462. From: The Boathouse. A very early ride straight to Bear Mountain, back by noon (no stops).

B13/16 58 MI 9:30 AM Many Ways to Nyack

Leaders: Irv & Hindy Schachter (212) 758-5738. From: 1st Avenue and E 64th Street. Two groups split after the George Washington Bridge. Fast group has a devilishly clever new way to purposely scout for maximum hillability. Slow group takes a beautifully flat way through Grand View on Hudson. All meet at the Runcible Spoon.

C13 30 MI 9:30 AM Beach Bums

Leader: Dorothy Fong (718) 596-1967. From: Steps in front of City Hall. The Beach Bums rides will be held every Sunday, ending with our Bicycle Beach Bum Blowout on August 31. The rides start at 9:00 from the Boathouse or 9:30 from the steps in front of City Hall (depending on leader), and 10:00 at the Grand Army Plaza entrance to Prospect Park in Brooklyn. The ride usually breaks up into two groups of riders - the fast group and the regular group. The rides are usually 30 to 35 miles, though we may do a 40 miler whenever the weather and mood of the riders dictate less time at the beach. Destination and distance will be announced at the Prospect Park starting point. Bring a lock, lunch or money to buy, a beach blanket, a bathing suit and a totally groovy attitude. Helmets required. Co-led with 5BBC.

C12 25 MI 10:00 AM Tour Upper Manhattan And the Cloisters

Leaders: Ethan Brook (201) 816-0815 & Richard Fine (201) 461-6959. From: The Boathouse. See the sights of the East and West Sides of upper Manhattan. Ride along the bike paths of the Hudson and East Rivers and tour some newly (new to us) discovered historical sights. We'll stop for lunch at a cafe in Ft. Tryon Park (site of the Cloisters). Bring or buy lunch, a lock and a water bottle. Helmets required. Co-led with Bicycle Club of North Jersey.

Wednesday, August 6

B15/17 18/24 MI 7:30 PM Wednesday Night in Central Park

Coordinators: Joanna Lee & Gene Vezzani (212) 875-1615. From: The Parking Lot in front of Tavern on the Green. Enjoy the safety and the social benefits of a mid-week club ride in Central Park. If you can only get out once during the week, then this popular spinning exercise is perfect for you. Joint with 5BBC.

Friday, August 8

B13/16 45 MI 9:15 AM TGIF

Leader: Ron Grossberg (718) 369-2413. From: Call for starting location and description. (Rides generally leave from the steps of City Hall.)

Saturday, August 9

A20 72 MI 8:30 AM Rockland Lake

Leader: Craig Seitel (212) 877-7613. From: The Boathouse. A fun, challenging paceline around Rockland Lake Park. Breakfast in Nyack on the way back.

B16/18 55 MI 9:30 AM Martian Trek

Leaders: Joanna Lee & Gene Vezzani (212) 875-1615. From: The Boathouse. It took the Pathfinder mission seven months to travel from Earth to Mars, but it will only take us a few hours to make the round trip from Manhattan to Nyack Beach State Park. Our deli stop is one mile from the park, so bring a Martian-Musette bag to carry your Tang.

B16/17 60 MI 9:00 AM Jones Beach

Leader: Jim Drazios (718) 225-1842. From: Statue of Civic Virtue (E/F train - Union Tpke. & Queens Blvd.). Flat ride to Jones Beach. Bring a towel. Back by 2:00 PM.

B/C13 30 MI 2:00 PM Tour de Fork

Leaders: Ron Grossberg (718) 369-2413 & Dianne Hauck. From: The Boathouse. Ride to eat and sample ethnic food in Queens and Brooklyn.

C13 35 MI 9:00 AM Tour de Brooklyn

Leader: Mike Di Cerbo (212) 645-1120. From: The Boathouse (with 9:45 pick-up at Brooklyn end of Brooklyn Bridge). Ride through interesting neighborhoods as we tour beautiful Brooklyn. Lunch in a great ethnic

restaurant. Bring money for lunch, extra tube, water bottle. Helmets required.

Sunday, August 10

MAMARONECK ALL-CLASS RIDE

This is the third of four annual club gatherings. All rides meet up at Harbor Island Park in Mamaroneck. Pick up lunch at one of the nearby delis and then head into the park for maximum schmooze. Rides will converge between 12:30 and 1.

A28++ 80± MI 8:00 AM Gimbel's

Leader: Jeff Vogel (718) 275-6978. From: The Boathouse. Hopefully they will be doing the "usual" Gimbel's ride today, which coincidentally ends in Mamaroneck at about 12:35. Just in time for the All-Class Picnic. Here's the deal: We'll leave the Boathouse for an easy ride to the start in Yonkers. They do a leisurely 10-mile warm-up in White Plains, and then it's race pace for 32 miles through Armonk, Chappaqua, Mt. Kisco, back through Armonk and Purchase before sprinting into Mamaroneck. The leader will supply maps as they don't wait for stragglers nor do they stop for flats. Two water bottles and pocket food are recommended as there are no stops after we leave Yonkers.

A19 65-70 MI 9:00 AM

Leader: Jody Saylor (212) 799-8293. From: The Boathouse. We'll take in some of Westchester's nice country roads (and scenery) as we make our way to the club picnic.

B16/17 60+ MI 9:00 AM

Leaders: Laura Matlow (718) 398-0835 & Gary McGraime (212) 877-4257. From: The Boathouse. We'll do some miles, climb some hills and make sure we're good and hungry for lunch.

B14/15 50+ 9:00 AM

Leaders: Linda Wintner (212) 876-2798 & Lynn Sarro (212) 722-8495. From: The Boathouse. We head for a shady Westchester ride on our way to the club picnic.

C13 50 MI 9:00 AM

Leaders: Megan Wisdom (212) 664-1934. From: The Boathouse. Nice ride to the All Class in Mamaroneck. Come along and join the fun!

Wednesday, August 13

B15/17 18/24 MI 7:30 PM

Wednesday Night in Central Park

Coordinators: Joanna Lee & Gene Vezzani (212) 875-1615. From: The Parking Lot in front of Tavern on the Green. Enjoy the safety and the social benefits of a mid-week club ride in Central Park. If you can only get out once during the week, then this popular spinning exercise is perfect for you. Joint with 5BBC.

Saturday, August 16

A20 104 MI 7:30 AM

Westchester Ethereal

Leader: Drew Olewnick (212) 633-8333 or (718) 398-7252. From: The Boathouse. This is my first time leading a ride — I promise to remember everybody's name. A moderate cruise up Broadway/Rt. 9, with some pacelining, to our secret diner spot at 35 miles. Then inland over plenty of rolling hills and quiet roads. Two difficult climbs and then home via White Plains and the beautiful Bronx. Early start for early afternoon return. Two water bottles and pocket food recommended.

A20 52 MI 9:30 AM

Pearl River

Leader: Mark Martinez (212) 496-5518. From: The Boathouse. Courteous riding manners expected as well as sparkling brunch conversation.

B17 60+ MI 11:30 PM

Sunrise on the Water

Leader: Steven Britt (212) 288-6324. From: Call leader. This one has been hibernating for a couple of years, so if the weather is right - we ride. The ride will take us through Queens and Nassau to the path to Jones Beach along the Wantagh Parkway. The ride culminates in a sunrise breakfast (you provide breakfast from deli stop) on the beach. After sunrise we rub our eyes and head on home before the crowds engulf us. The route out will not be based on scenery but safety. Front and rear lights required. Call early to confirm, I will need to limit the number of riders on this one. Any questionable weather cancels.

B15/17 50 MI 8:30 AM

Birthday Girl Ride

Leaders: Joanna Lee & Gene Vezzani (212) 875-1615. From: The information booth inside Grand Central Station. Let's celebrate Joanna's birthday one day early. The day begins by boarding a MetroNorth train to Cold Spring, where we'll start a scenic fifty-mile loop across the Hudson. We'll make a lunch stop at a local supermarket where you can pick up your favorite items. Then we're off to the campus of West Point Military Academy, where we'll have a picnic enjoying a fabulous view of Storm King Mountain. A MetroNorth pass is required.

B17 58 MI 9:30 AM

Oyster Bay

Leaders: Peter Morales & Suzanne Levin (718) 833-4370. From: Statue of Civic Virtue (E/F train to Union Tpke. & Queens Blvd.). Ride through the beautiful tree-lined roads of the North Shore and stay cool without many hills.

C13 25 MI 12:30 AM

Midnight Madness

YES, 12:30 AM MEANS SUNDAY MORNING...

Leaders: Ethan Brook (201) 816-0815 & Richard Fine (201) 461-6959. From: 59th Street and 5th Ave. (at the Plaza Hotel). Eighth annual safe, flat bike ride through the streets of Manhattan. Enjoy the sights, sounds and smells of New York. As we travel through Central Park, along the East River, Hudson River, Midtown, Greenwich Village, Chinatown, Little Italy, Wall Street, Battery Park, etc. Ending up with a sunrise breakfast at South Street Seaport. Bring a lock, spare tube, bring or buy food and snacks. Helmet required. Co-led with the Bicycle Club of North Jersey.

Sunday, August 17

A21 65 MI 8:00 AM

Three Sisters

Leader: Phil Simpson (718) 639-6264. From: The Boathouse. Hilly ride to Park Ridge.

A19 65± MI 8:30 AM/9:10 AM

Sicilian Connection

Leaders: Margaret Cipolla (718) 275-6978 & Mike DeLillo (718) 456-8742. From: The Boathouse (8:30)/McDonald Park-Queens Blvd and Jewel Ave (9:10). Join us on this scenic, shady ride as we use only the most beautiful tree-lined roads on Long Island's North Shore. We'll stop at a salumeria for lunch. Maybe we'll even have a cannoli for dessert. Bonus points for anyone who finds the lilies and onions. Bring two water bottles and pocket food as it's 35 miles to the first stop.

B16/17 60MI 9:00AM

Pearl River

Leader: Tom Laskey (212) 206-6574. From: The Boathouse. Pancakes are the place, so join me on a spin to get the best.

B14 55 MI 9:00 AM

Nyack

Leader: Dona Kahn (212) 399-9009. From: The Boathouse. A scenic route at a pleasant pace with few hills. Picnic on river.

C13 35 MI 9/9:30AM

Beach Bams

Leader: Todd Brilliant (212) 274-9463. From: The Boathouse (9:00), City Hall (9:30). See August 3 entry for description. Co-led with 5BBC.

Drink up – its hot out there!

C12 48 MI 9:30 AM**The Annual Bad
Haberdashery and Hanged
Spy Ride**

Leaders: George Kaplan (212) 989-0883 & Peter Hochstein (212) 427-1041. From: The Boathouse. For revenge when the Brits hanged Nathan Hale as a spy, we hanged their Major Andre. He was technically guilty because he couriered fortification maps while wearing shabby civvies (Benedict Arnold's idea) instead of his British redcoat and cockade hat. A traditional July 4th ride, late this year, because one of our leaders was up at West Point, digging up the whole story. We'll pay our respects at the execution monument in Old Tappan, then lunch in Piermont. Bring a pump, spare tube, money for lunch — and dress nice. Helmets required.

Wednesday, August 20**B15/17 18/24 MI 7:30 PM****Wednesday Night in
Central Park**

Coordinators: Joanna Lee & Gene Vezzani (212) 875-1615. From: The Parking Lot in front of Tavern on the Green. Enjoy the safety and the social benefits of a mid-week club ride in Central Park. If you can only get out once during the week, then this popular spinning exercise is perfect for you. Joint with 5BBC.

Saturday, August 23**A21 65+/- MI 8:30 AM****Something Interesting**

Leader: Keith Goldstein (212) 982-9461. From: The Boathouse. Heat index over 95° cancels.

A20 80 MI 9:00 AM**South Mountain Spin**

Leader: Beth Renaud (212) 274-9463. From: The Boathouse. It's hot, it's sticky. Let's take a fairly shaded route to the Orchard. I'll try not to eat too many cookies this time.

B14 50 MI 8:00 AM**Peekskill: Bike/
Swim/Slide**

Leader: Bill Schwarz (212) 288-7862 & Alfredo Garcia. From: Plaza Hotel by the fountain, 5th Ave. and 59th St. Hilly romp through Westchester County — back roads emphasized, after an urban start. Ride ends at a Peekskill town park with picnic grounds, pool and waterslide. So bring swimwear, lock and MetroNorth permit for the return trip. Park fee is \$8; MetroNorth is \$6. Joint with 5BBC.

Sunday, August 24**A20+ 160/110 MI 6:00 AM****Not Enough**

Leader: Jeff Vogel (718) 275-6978. From: The Boathouse. If you ever wanted to try a really long ride, this is the one. Join us on a scenic ride that includes Greenwood Lake, Goshen, Storm King, and Seven Lakes Drive. The first deli stop is after 53 miles. Additional stops are planned at miles 95 and 130. A MetroNorth bailout is available at mile 105 (for those who think a century is enough). The leader swears he knows the route and won't get lost.

A20 60± MI 9:00 AM**Over The Bridge**

Leader: Allison Holden (212) 688-1723. From: The Boathouse. I don't know where we're going, but I'm sure we'll find some hills.

B17 50 MI 7:15 AM**Back By 1:00**

Leader: Gary McGraime (212) 877-4257. From: The Boathouse. A quick ride to Piermont or Nyack for refreshments and an early return to enjoy the afternoon pursuing other pleasures.

C13 30 MI 9:30 AM**Beach Bums**

Leader: Roscoe George (212) 989-0883. From: The Steps in front of City Hall. See August 3 entry for description. With optional stop at The Brooklyn County Fair at Floyd Bennet Field. Co-led with 5BBC.

Saturday, August 30**A21 85 MI 8:30 AM SHARP****Bedford**

Leader: David Grogan (718) 875-1977. From: The Boathouse. Bid a fond farewell to summer with us on a brisk, congenial ride up Westchester way. Don't be late, we'll be leaving on time.

A19 50 MI 8:00 AM**Yelena's Ride**

Leader: Stan Greenberg (718) 935-9786. From: The Boathouse. I'll just be back from the hills of central New York so this might be a hilly ride. Back by 12:30.

B16 70 MI 8:30 AM**B Series Revisited**

Leader: Mark Bernstein (718) 833-6648. From: The Boathouse. We'll continue the spirit of the B series and scout the lesser-traveled rural areas for a fun and challenging day.

C12 20 MI 1:15 PM**Brooklyn - Queens Mosaic**

Leader: Terry Chin (718) 680-5227. From: 59th St. & 2nd Ave. (Roosevelt Island Tram). From borscht to arroz con pollo, we'll explore an array of neighborhoods: Long Island City, Hunters Point, Greenpoint, Williamsburg, Fort Greene, and the waterfront. Our tour ends with a picnic on the Brooklyn Heights Promenade. Bring lunch or money to buy, water bottle, spare tube, and a lock. Helmets required. Co-led with 5BBC.

Sunday, August 31**A19 65 MI 9:00 AM****Nyack, The Long Way**

Leader: Irv Schachter (212) 758-5738. From: The Boathouse. A route à la Jeff Vogel. We'll be taking Sickleton Rd., Crusher Rd., Christian Herald, etc., into Nyack.

B/C12 38 MI 8:45 AM**95% Tree-Covered/85%
Virtually Car-Free**

Leader: Marilyn & Ken Weissman (212) 222-5527. From: Grand Central Terminal Information Booth for 9:05 am bike train (MetroNorth pass required). RT to Stamford, CT. A snail-paced, meandering, tourist-style route through the hills of Greenwich, North Castle, Bedford, Sarles Corners, etc. As we'll steer away from civilization, carry food for two breaks: one at the Mianus River Gorge (water comes from a pump): one at the New Caanan Nature Center. WARNING: Despite the low mileage and slow pace, less experienced "C" riders will find the undulating terrain too challenging, while out-in-front "B" riders will find the pace maddening.

C13 30 MI 9:30 AM**Beach Bums**

Leader: Mark Schwartz (718) 237-1042. From: Steps in front of City Hall. See August 3 entry for description. Co-led with 5BBC.

Monday, September 1**A21 70 MI 8:30 AM****The Last Vogel Birthday
Ride of '97**

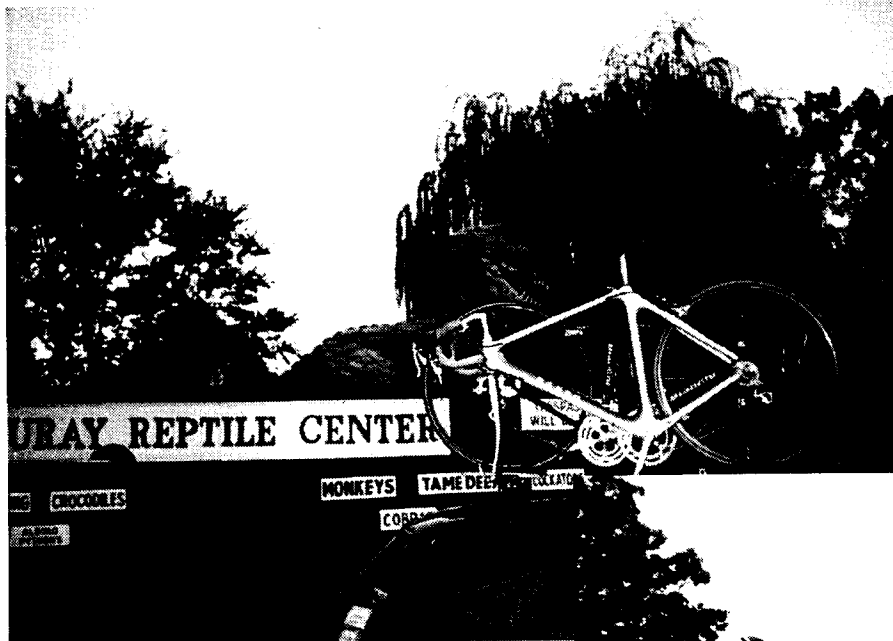
Leader: Ben Goldberg (212) 982-4681. From: The Boathouse. Join me as we finally say goodbye to Jeff Vogel's 37th birthday celebration and look forward to next year, when he turns...37. The ride? Oh yeah, I'll think of something.

C12 20 MI 9:30 AM**Hell Gate and the 3
Islands**

Leader: Terry Chin (718) 680-5227. From: 59th St. & 2nd Ave. (Roosevelt Island Tram). Scenic tour of Roosevelt, Wards and Randalls Islands with some great views from the Queensboro and Triborough Bridges. Helmets required. Co-lead with 5BBC.

Ride listings are continued on page 8...

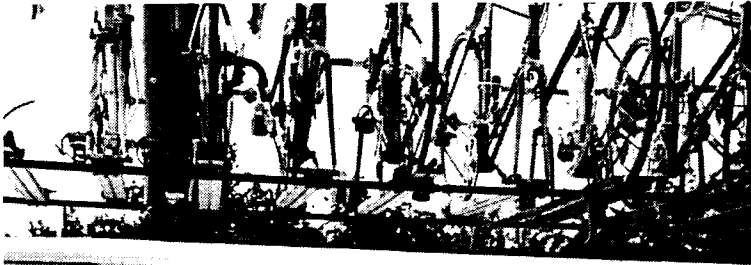
How 'bout leadin' a ride sometime?



← ① ② ↓

③ -

④ ↓

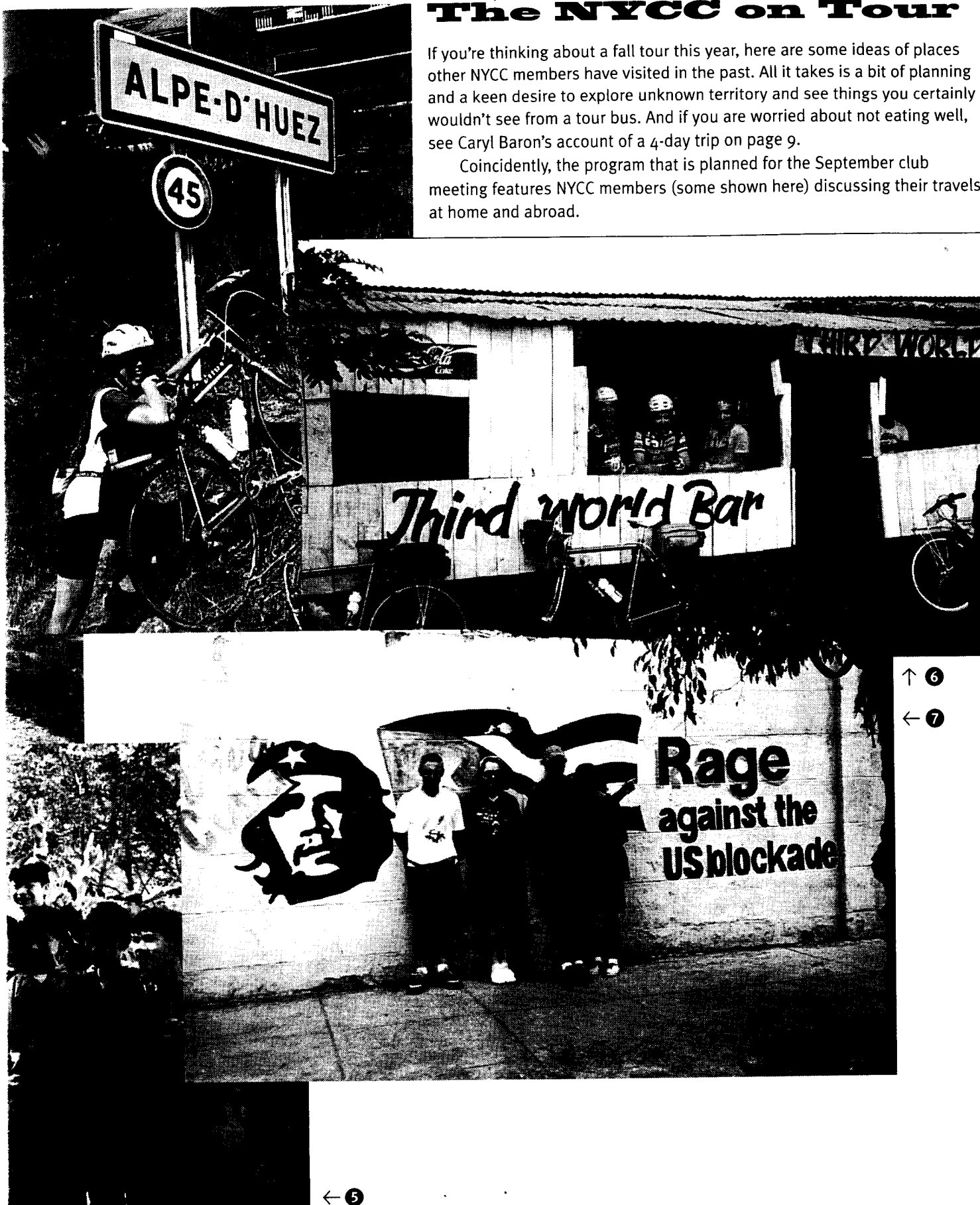


- ① Yikes! A dinosaur sets its sights on Ed Fishkin's pride and joy, near Luray, VA.
- ② Damon Hart and Anne Grossman along Skyline Drive, VA.
- ③ Marty Wolf after a very impressive (and famous) climb in France.
- ④ Joel Englander in Italy following the Giro, here with former racer Ron Keifel.
- ⑤ Jay Jacobson with some adoring fans in China.
- ⑥ Dan Schwartzman, John Gatsos and Jeff Vogel in Kenya.
- ⑦ Mike DeLillo, Margaret Cipolla, George Suter and Stefani Jackenthal in Cuba.

The NYCC on Tour

If you're thinking about a fall tour this year, here are some ideas of places other NYCC members have visited in the past. All it takes is a bit of planning and a keen desire to explore unknown territory and see things you certainly wouldn't see from a tour bus. And if you are worried about not eating well, see Caryl Baron's account of a 4-day trip on page 9.

Coincidentally, the program that is planned for the September club meeting features NYCC members (some shown here) discussing their travels at home and abroad.



Club Rides, cont'd

Previews / Out of Bounds

September 19-21

A/B/C

Catskills Weekend

Coordinator: Jeff Vogel (718) 275-6978. Even if you didn't make the June deadline, there may be some rooms left or there may be some cancellations. I'll take a waiting list. \$159 per person includes Friday- and Saturday-night accommodations at the Raleigh Hotel, six meals and use of all the hotel facilities. Call if you need more info.

Saturday, October 4

C

Lamont/Doherty Observatory

Join us for the Observatory's annual open house. More info next month.

Sunday, October 5

PUMPKIN PATCH PEDAL

100-, 62-, 50-, or 25-mile routes offered

This beautiful fall ride starts in Jamesburg, NJ, and winds through the scenic farmlands of Central Jersey. The day starts with a free breakfast of bagels, muffins, fruit, and hot coffee at the start line. The route is very clearly marked, but cue sheets are also provided. A few real hills, but no killers. Full sag support. Great rest areas full of fresh fruit and baked goods, including pumpkin pie and apple pie at the 75-mile mark! At the end of the ride, there is a big Pasta Pig-Out to replenish the carbohydrates you burned on the ride.

For more information, contact our friends at the Staten Island Bicycle Association at (718) 915-8280 or visit the Pumpkin Patch web page at <http://www.bike.princeton.edu/siba/page4.html>.

Note: Glen Goldstein will be organizing a trip down to this ride. Look for details in the next Bulletin.

Sunday, October 26

A/B/C

Connecticut Shore-lined Revisited

We MetroNorth to the start, do one of 5 great rides, then it's pizza on the ride home. More details coming.



Shimano Announces Recall of Bicycle Components

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission, Shimano American Corp. of Irvine, Calif., is voluntarily recalling more than 1 million cranks installed on bicycles in North America. The crank is used to connect the pedal to the frame of the bike. If the crank breaks, the rider's leg can be injured by contact with the broken crank or the rider can lose control of the bike, fall and be injured. Shimano has received more than 630 reports of cranks breaking in North America, resulting in 22 injuries, including cuts and fractures.

The cranks have been installed on more

than 200 models of bicycles manufactured since 1994 and sold under at least 49 brand names. Most bicycle manufacturers have sold bicycles that are involved in this recall. The cranks also may have been installed as an upgrade as part of the Altus, Acera and Alivio groups of components. The cranks are numbered FC-CT90, FC-M290 and FC-MC12. These numbers are located on the back or inner side of the right crank arm.

Consumers should check their bicycles' crank assemblies. If they are involved in this recall, consumers should stop using their bicycles immediately and call Shimano at (800) 353-4719 to arrange for the free replacement and installation of a new crank assembly at a nearby authorized repair shop. Consumers can also arrange for the free replacement with

their bicycle dealers.

The following is a list of 49 bicycle brands that may have installed Shimano cranks: Alpinestar, Balance, Bianchi, Caloi, Cannondale, Cycle Pro, Diamondback, Dirt Research, Fisher, Fuji, GT, Giant, Huffy, Iron Horse, Jamis, Kona, L.L. Bean, Marin, Maxam, Mikado, Mongoose, Mtn. Tek, Motiv, Murray, Nashbar, Nishiki, Norco, Novara, Oryx, Parkpre, Pavan, Performance, Peugeot, Proflex, Raleigh, Research Dynamics, Roadmaster, Ross, Royce Union, Schwinn, Scott, Signature, Softride, Specialized, Terry Precision, Timberline, Trek, Univega and Victoria Precision.

Other brands also may have installed Shimano cranks. Consumers should check their bicycles.

Riders Wanted!

AUG. 23 - SEPT. 1, 1997

Boston Area - Ottawa Tour

Join us for an end-of-summer tour to Canada's sparkling capital, which has many cultural attractions and some 60 miles of paved bike paths. Starting from Fitchburg State College in northern Massachusetts, we cycle through southern New Hampshire, the Green Mountains of Vermont, and New York's Adirondacks, with beautiful and dramatic scenery. Daily mileage is 35-70 miles, with a 60-mile average; longer options are available. Lodging will be in quality hotels and motels. Spend the weekend in downtown Ottawa, with a return to the start by chartered bus on Labor Day. Cost of \$700 includes lodging, sag van, road lunches, four breakfasts, T-shirt, bus and extensive tour literature.

For information, contact Charles Hansen at (617) 734-0720 (h) or (617) 572-0277 (w). E-mail: chansen@jhancock.com

The NYCC Century Committee is looking for

Volunteers!

September 13, 1997 -

The third annual NYCC Escape From New York Century will take place starting in the wee hours.

For the past two years, volunteers have helped make the event the success that it was. Tasks include marshaling, manning rest stops, check-in and, yes, even clean-up!

Please call

REYNA FRANCO

if you are interested in helping.

(212) 529-6717

BLOWOUTS by Lou S. Pokes

Usually this column is for late-breaking news, controversy and gossip. Well, now it gives out investment advice too: Buy stock in tricycle companies! The baby boom in the New York Cycle Club is continuing. **Ben and Wendy Goldberg** announced that they're going to give Jonathan and Zachary another sibling. And belated congratulations to **Ron Grossman** on the birth of his daughter Emily. Best wishes to all of you.

Oops. I missed two NYCC medalists when I reported on the New York State Track Championships last month. **Jane Kenyon** won the gold medal in the Women's Masters 3000 meter Pursuit. **Karl Dittebrandt** won bronze medals in two events in the 40+ Masters category. Not bad, considering Karl has been a 50+ for years!

What a weekend! The July Fourth West Point Weekend was absolutely perfect. Everyone had a fabulous time (Well, everyone except **Spencer Koromilas**). The weather was gorgeous. The concert and picnic were not rained out. The M.V. Commander was working well for the cruise up the Hudson, and

no one missed the boat. The hotel room walls were thick enough for **Stephanie Blecher** and **Rich Borow** (yes). And the riding couldn't have been better. **Cliff Kranish** and **Rachel Spevack** (yes) led the most popular ride, with 31 participants. Even though it was listed as a C ride, many A riders were spotted tagging along for a fun ride. On Friday's A ride to West Point, **Judy Meyer** was caught trying to draft a duck. We're not sure whether Judy was trying to fly or the duck was perfecting its spin! On Sunday's A ride, as **Anne Marie Miller** and **Drew Olewnick** (no) were leading the pack, they whizzed by two fawns, calling "Bambi up." But it was **Jill Tucker**, **Andy Levin** and **Jeff Vogel**, who were riding off the back of that same A ride, that were slowed by a wandering black bear cub on Seven Lakes Drive in Harriman. The three riders didn't stop for long for fear that Mama Bear would show up. It's amazing, the things you can see when you take your eyes off the road!

The success of the West Point Weekend is because of all the work

done by one person - **Christy Guzzetta**. What did Christy do? Arrange for a baggage shuttle for Friday and Sunday, arrange the rooms with the hotel, reserve two breakfasts, deal with the caterers for the picnic and the boat, charter a boat, coordinate ride leaders, and handle all the finances. Each of those items requires planning and many telephone calls. And, of course, there were the phone calls from the 85 participants and the dozens who called but decided not to go. The best guess is 400 telephone calls. It sounds like a full-time job for two people. And if that wasn't enough do you know how the New York Cycle Club gets a prime viewing spot for the West Point Concert? Christy gets there early to stake it out and spends hours protecting it. Oh, and Saturday night's ice cream party in Highland Falls? Christy made several calls begging the ice cream shop to stay open an extra hour just for us. Thank you, Christy Guzzetta - **Mr. Fourth of July!**

So what happens when you put two expensive, non-steel mountain bikes on the back of a car being dri-

ven by the club's premier high-speed driver? Don't ask **Joe Irizarry**. It was his bike on the back of **Bob Moulder's** car (Bob's bike was the other). Bob may be great at going forward fast, but backing up at 5 mph was all it took to trash two bikes. So, **Andrea Goodman**, you are the Road Bozo this month!

Then there's **Kim Kelleher**, who got her friends all excited about the prospect of a long ride a few Saturdays ago. She made several calls that week: once to discuss the destination, next to discuss the route, and finally to confirm the starting time. Then she called again at 7:15 on the day of the ride to say that she forgot to pick up her bike from Conrad's and couldn't make it after all. Luckily for Kim, it turned out to be one of the hottest days last month and while her friends were sweating up in Westchester, she was at Conrad's getting John to stop her pedals from squeaking.

And for those of you who think there is a bathroom in the bushes along the stream behind the Bagel Shop in HoHoKus, there isn't. But there is poison ivy. **Squatters Beware!**

Don't Ask About the Pasta

— An account of a 4-day R&R
by Caryl Baron

IS IT WACKO TO FLY WITH BIKE TO ITALY FOR A HALF DAY'S RIDE?

Friday, when I arrived, we lunched in a shopping mall, drank espresso, and drove to Castello di Rivoli - a wonderful contemporary art museum in the literally half-completed 18th-century seat of the House of Savoy. Picasso stage sets, Warhol children's paintings displayed at knee height, baroque tromp l'oeil rooms, and a view of the mountains.

Dined at Il Gatto Nero in Torino on bronzino (sea bass) and potatoes in olive oil and rosemary. Saturday morning, there were lots of ski racks on the autostrada. But, by the time we'd assembled our bikes in the Oulx square, a fit young couple had parked, extracted their bikes from the boot, and were off up the mountain. The first half of the climb up to Claviere and Montgenevre was not as steep as River Road, and not as scenic. Then in Cesana, where a couple of Italian cyclists asked for direzioni (Sestriere al sinistre), it got a bit steeper. As we

cranked slowly uphill, the switchbacks provided spectacular views of snow-covered peaks and springtime valleys. I insisted on switching on my whale-tail before entering the avalanche tunnels, but their arched openings admitted plenty of light. We rolled around the side of the mountain into the ski resort of Claviere on the Italian border. The carabinieri paid us no attention. One kilometer later, the French border guards waved us on with "Allez! Allez! Allez!" The French alps came into view as we pedaled into Montgenevre, passing an obelisk dedicated to Napoleon, whose Italian army had come through in 1793. We lunched on crepes, hot dogs and frites on a sunny terrace café facing the ski slopes and the craggy, blue-white range of the French Alps. At the next table, a puffy, young barechested frenchman shoveled fistfuls of pommes frites into his mouth.

We didn't quite get to Briançon because we were too slow and needed to get back down the hill so we could (heaven forbid!!) drive to Grenoble in the afternoon to visit son, wife and 6-month-old grandson. What a beautiful drive past Les Deux Alpes and Alp de Huez! Millions of years of geologic history right out there on the mountainsides: great folds and convolutions of sedimentary rock layers demonstrating the

forces raising and compressing the Alps, right there in broad daylight!

The kid was good, too. Kenta (our grandson) napped right through dinner. Sunday morning, I just had to hike into the melting snow above Sappey en Chartreuse, where Alfred and Yoko had been living for the past two years.

And who would bike if it meant passing up the opportunity to watch busloads of Japanese line up on Via Spiga waiting to get into Prada for the opportunity to spend hundreds of dollars on nylon handbags and mini-backpacks, with the coveted Prada label, of course, while their 7- and 8-year-old kids guard the mounds of shopping bags outside, fingering their Game-boy handheld computer games. And the teenage daughters packed into Miu Miu three doors down to spend thousands on skinny knit dresses. And every last one of them dressed head to toe in black.

Rode twenty-five miles. Only had pasta once. Piemonte has great potatoes!

Note: Steve Baron spends many weeks each year working in Torino, supervising the printing of photography books for Aperture. A studio apartment above the plant is his second home, and home to his Italian bike. My bargain airfare on Delta was \$338 RT, bike went free.

**"Hell, I don't even ride
one of these things"
— The Old Crank**

All for the mountain biking crowd, check out these web sites:

www.cycling.org

— A global network of sources

www.pond.com/~mudboy/jsindex.html

— Pete's bike index with 1,850 links

www.mtbr.com

— Product reviews

world.std.com/~jimf/bining/slang

— The in language

xeon.stanford.edu/~rsf/mtn-bike.html

— Fun stuff

www.gearhead.com

— An on line publication

www.cyclery.com/dirt_rag

— An online publication

www.crl.com/~boeschen/Bike/bike.html

— Includes a couple of novels,
ready to download

*The above were lifted from an article
by Kristine Kern (kkern@wired.com) in
the June issue of Wired magazine.*

**Welcome to 32 new
NYCC members:**

ALEX ACEREDO	BECKY KOH
SANDY ALTMAN	LORRAINE KOPELL
LAURA ANDERSON	SPENCER KOROMILAS
OHN AUGLIERA	JOHN KU
DOLORES AUGLIERA	ELLEN LABANOWSKI
MARY AZZARTO	DAVID LAWRENCE
CAROLYN BADALMENTE	MARY LE BLANK
PHIL BARONE	MUARA LEEDS
BARBARA BERGIER	VIOLAINE LENOIR
RAY BRANKA	RANDI LEROHL
ANNIE BRANNSTEIN	D. NEIL LEVY
PATRICIA BRETT	STACEY LIEBERMAN
JOEL BROOKS	LEW LIEBERMAN
ALLEN BROWING	ALISON LONSHEIN
SUSANNE CAHILL	KATHIE MAHONEY
JOANNA CHAPIN	GARY MENZEL
LINDA COUSIN	DO MADELAINE MILLER
LINDA DI GANGI	MICHAEL MOLLY
STEVEN DZIK	JUDY MORRILL
LESTER ELDRIDGE	MARY BETH MULHOLLAND
WAEI FAKHRY	PADDY MULLEN
ANNE FINK	PAUL MUTZEK
ELIZABETH FRANK	ERIC NEWBERG
BADSURA FRIEDMAN	PETER O'REILY
RANDYE GERMAN	KRISTI OHLSTEN
GORDON GOETZ	NICOLE OSBORNE
AMY GOLDRICH	LYNN PAVALON
KATE GONZER	ELLA PESIN
FLORENCE GRANT	MARIA PORK
SUSAN GREENE	DIAWA REED
ANDREA GROSSMAN	CATHERINE REIN
SUSAN HANSEN	JAN RUDIN
ELLEN HARNICK	MAY SCHULTZ
STASIG HAZARD	CRAIG SEITEL
JOSIAH HOBSON	DIANA SHIKLAR
WANE JOHNSON	JODI SOLOMON
KATE KAEI	PAUL STRATON
ADRIENNE KAHN	JOE TERRANOVA
SUSAN KAUEMAN	DELPHINE TINKHAM
CHRISTOPHER KELLY	ANN WOOL
RAO KISHAN	CASSANDRA WRETZ

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:

WOMEN'S PANASONIC SPORT 500
Road Bike for sale. 44 cm 17.5" frame. Charcoal gray, barely used. In great shape. \$100.00 **CALL JIM** at (w) (212) 529-4300.

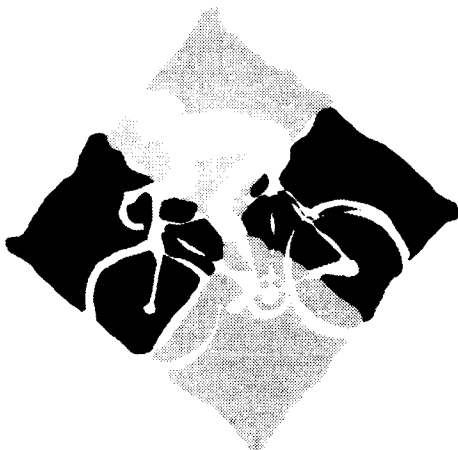
1994 SPECIALIZED ALLEZ COMP 43
cm (burgundy). Great condition. Never raced. Steel frame with aluminum fork, Campy components, 8 speed, Shimano (Look) clipless pedals, Cateye Cycle Computer. All for \$450. **CALL MARGO** at (212) 579-2452.

CANNONDALE KILLER "V" 2000
19 inch, XT, oversized down tube & V design, less than 200 mi. (5th Bike), Green, 2 sets of tires on & off rd., 22 lbs. + other extras. Never used off rd. just an occasional toodle, \$1,750 value when new. Asking \$1,250, OBO w/o Fork Shocks, Like new. **CALL SCOTT** at (212) 691-4133.

WANTED:

WANTED TO RENT: Bike traveling cases from 8/25 through 9/19. **CALL TOM** (w): (212) 833-8541, (h) (212) 206-6574. e-mail: Tomoboe@aol.com

NYC Century Tour Sept. 7, 1997



ALL NEW ROUTE! Ride 40, 75 or 100 miles of the coolest streets, bike-ways, and parks in the city! To register pick up a brochure at your local bike shop or call 212-629-3311. Or see our site at www.transalt.org.

SPONSORED BY TRANSPORTATION ALTERNATIVES!

Before your first club ride, please read this:

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

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

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

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

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

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

BIKE TRAINS: On Saturdays and Sundays, MetroNorth has scheduled specific trains to/from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the MetroNorth timetable. Schedules change frequently. The following is the most current one available.

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.

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

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

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 _____

PLEASE PRINT OR USE ADDRESS LABEL. ZIP CODE IS REQUIRED.

NAME: _____ SIGNATURE: _____

NAME: _____ SIGNATURE: _____

ADDRESS / APT _____

CITY _____ STATE _____ ZIP (REQUIRED) _____

DAY TEL _____ NIGHT TEL _____ E-MAIL _____

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.

COME ONE, COME ALL

Back by popular demand, the social event of the summer... The annual NYCC

Ice Cream Social

Here's how it works:

You eat ice cream. You socialize.

That's right.
Tuesday.

COME TO SAMBUCA ON TUESDAY, AUGUST 12.

20 WEST 72 STREET (BETWEEN CENTRAL PARK WEST AND COLUMBUS AVENUE)

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

ADMISSION BETWEEN 6:00 AND 7:45 – **\$15** (INCLUDES DINNER BUFFET, TAX, GRATUITY AND THE PROGRAM)

ADMISSION AFTER 7:55 (PROGRAM ONLY) – **FREE**

INDOOR BIKE PARKING ONLY IF YOU ARRIVE BY 5:30 PM.

SUBWAY: **1, 2, 3, B AND C** TO 72 STREET. THE **M72 CROSSTOWN BUS** STOPS 1/2 BLOCK AWAY.

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