

December
1997

SIG LEADER HONORED
BEST BUYS - THEY COULD BE YOURS

TIME



Christy Guzzetta

NYCC LIFETIME MEMBERSHIP

NYCC Opportunities

From the President, Gene Vezzani

OPPORTUNITY #1 - LIFETIME MEMBERSHIP AWARD. It was with a great deal of pleasure that the 1997 Board of Directors of the New York Cycle Club unanimously voted to approve Christy Guzzetta as the recipient of the coveted Lifetime Membership Award. The award was presented to Christy at the annual holiday party that was held on Monday, December 1.

Christy, a longtime member of the club, has worked tirelessly to provide bicycling activities for the enjoyment of the members and the advancement of cycling as a means of recreation, companionship, and fitness. He created the A SIG program, a twelve-week course designed to teach the dynamics and skills necessary to ride at the A level. Through this program he fathered the spirit of the New York Cycle Club's B and C SIG programs.

As club president, Christy provided direction to the club for years. He also established two of the largest, most exciting annual weekend trips that the club offers: Su Casa and the West Point Weekend. Both of which require an enormous investment of time and energy for the coordinator. Christy is consistently active as a ride leader and SIG leader.

We thank you, Christy Guzzetta, for your many, many contributions to the New York Cycle Club.

OPPORTUNITY #2 - AND THE WINNER IS. You voted for them, here are the winners of the eight fun categories:

Best Dressed Woman	Linda Siebert
Best Dressed Man	Tony Nappi
Most Improved Woman	Bo Arlander
Most Improved Man	Karl Dittbrandt
Comeback Rider of the Year	Peter Matusewitch
Best Cycling Couple of the Year	Reyna + Charlie / Jody + Christy / Beth + Todd Judy + Conrad / Joanna + Gene / Stephanie + Rich
Best Ride Leader of the Year	Gene Vezzani
Best Diner of the Year	Skylark Diner and Runcible Spoon Hunger is the best seasoning — <i>Old cyclist proverb.</i>

OPPORTUNITY #3 - MEET THE 1998 BOARD. Here's a listing of the club officers for 1998:

President	Gene Vezzani
Vice President Programs	Joel Englander
Vice President Rides	Ben Goldberg
Treasurer	Charlie Katz
Secretary	C.J. Obregon
Public Relations	Douglas Riccardi
Bulletin Editor	Ludwig Vogel
Special Events	Anne Grossman
Membership	Dona Kahn
A Rides Coordinator	Tom Laskey
B Rides Coordinator	Gary McGraime
C Rides Coordinator	Bernie Brandell

The New York Cycle Club welcomes 40 new members:

MADLINE ABREY	JAMIE KAMP	ANGELA SALGADO
GUY ANIELLO	VICKY KESTON	ROB SEGAL
MILDRED BAHN	STEVEN KRAMER	PETER SEKESAN
ELEANOR BRENNAN	MARK LANAGHAN	LINDA SIEBERT
JOHN BUNDY	CLAUDIA LEVINE	PATRICIA STEIN
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TED DOWEY	DOUGLAS NEMENS	ALICIA VENEZIA
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LUCIE GELIANAS	JOHN OLIENSIS	THOMAS WEATHERLY
REGINA HAMMOND	JULIE POST	ARTHUR WHITE
JACQUELYN KAESTNER	FRED REICHMAN	DIANE ZILKA
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The NYCC Bulletin is published monthly by the New York Cycle Club. The opinions expressed are those of the authors and do not reflect the official position of the NYCC.

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Subscriptions: Free to members. If you are sure you gave a valid membership and don't receive your copy by the first of the month, call Joel Englander at 580-1861.

Credits: Cover art by Mike Samuel. Back cover art by Karen F. Fritz. Copy editing by Beth Renaud. Printed at Dandy Printing, Bklyn, NY.

Display Advertising: Only bicycle-related advertising is accepted. Page size is 7.5 by 10 inches. Rates for camera-ready copy: Full page, \$250; Half-page, \$135; Quarter-page, \$75; Eighth-page, \$45; Bottom blurb, \$40. Frequency discounts available.

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 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.

Saturday, December 6

A28+/A22+/B18

85/70/65 MI 7:45AM

Gimbels Winter Training Series

Coordinator: Al Boland (212) 665-3484. From: The Coffee Shop at AYH (103rd St. & Amsterdam Ave.). Get fit now for the 1998 spring and summer Triple-Crown Series, becomes our private "mellow drome." Don't forget the Triple-Crown.

A20 54 MI 9:00 AM

Saddle River

Leader: Christy Guzzetta (212) 595-3674. From: The Boathouse. Scenic ride along Saddle River Road to the hotel coffee shop for breakfast. Through Old Tappan home. Temps below 35° at start cancel.

B17 50+ MI 9:30 AM

L.I. Ramble

Leader: Jim Drazios (718) 225-1842. From: The Statue of Civic Virtue (E/F train - Union Tpke & Queens Blvd.). Have you ever tried biking L.I.'s three loops, Kings Point, Sands Point and Pt. Washington? There's a lot to see through the barren trees. Don't miss it.

B16 50 MI 9:00 AM

T.B.D.

Leader: Henry Joseph (212) 989-8176. From: The Boathouse. We'll follow the wind (as long as it does not exceed 15 mph) and discuss the merits of taking a hot air balloon to Antarctica, where an optional Metro North bailout may be found. Eskimo pies will be served. Below 27° cancels.

Sunday, December 7

A20 60 MI 9:00 AM

I Dunno, Where Do You Wanna Go?

Leader: Ben Goldberg (212) 982-4681. From: The Boathouse. It'll be cold, so we don't want to stand around discussing the destination. I'll have something planned, probably in Bergen County. Temps below 25° at 8:30 am cancels.

A20 50-60 MI 10:00 AM

Slacker's Delight, Part I

Leader: Steve Ullman (212) 473-1897. From: The Boathouse. Moderate-paced ride to maintain off-season base conditioning with indoor food stop. Temp below 30° or lousy weather cancels.

B15 45 MI 9:30 AM

Coney Island or Rockaway

Leader: Ron Grossberg (718) 369-2413. From: The Boathouse. Let's do an oceanside spin and soak up some of those warm Gulf Stream air currents. Dress appropriately and bring your sunscreen.

C12 25 MI 10:00 AM

Frostbite #1

Leader: Peter Morales (718) 833-4370. From: City Hall. Pancakes in Hoboken and Liberty Island via Staten Island Ferry, Bayonne Bridge, etc. Return to Manhattan via PATH train (don't you forget pass). Dress appro-

priately, bring money for lunch, water bottle, and an extra tube. Rain, snow, or temps. below 35° at start cancels. Helmets required. Co-led with 5BBC.

6-7 MI 8:45 AM

Cross Training:

Climbing Mount Taurus

Leaders: Marilyn & Ken Weissman (212) 222-5527. From: Grand Central Terminal. Meet at 8:45am at Grand Central Info Booth for 9:07am train to Cold Spring. A nice, challenging trail - not mountain climbing - leads to Hudson Valley views from south of the Bear Mountain Bridge to north of the Beacon Bridge. We're so high, we look down at the peaks of Storm King and Breakneck Ridge. If there has been snowfall, safety considerations on an icy summit may require creepers. Call first! The trail down crosses the Catskill Aqueduct and offers a waterfall, plus some rushing, cascading streams. Back in Cold Spring, visit the trendy antique shops. Wear layered clothing and waterproof boots or shoes; carry water and food. Cars can meet the 10:13am train at Cold Spring station. 20% chance of rain cancels. If unsure, call leader.

Monday, December 8

TRACK15 6-18 MI 7:00 PM

Track Biking

Leader: Al Boland (212) 665-3484. From: Tavern on the Green. Take your track bikes out of the closet and come join us.

Saturday, December 13

A28+/A22+/B18

85/70/65 MI 7:45AM

Gimbels Winter Training Series

Coordinator: Al Boland (212) 665-3484. From: The Coffee Shop at AYH (103rd St. & Amsterdam Ave.). Learn about the post-Gimbels 1998 spring and summer Triple-Crown series.

A20 48 MI 10 AM(OR NOON)

Park Ridge or Brooklyn Brewery Tour

Leader: Mark Martinez (212) 496-5518. From: The Boathouse (or 14th St. & 7th Ave). One way or the other, we will get together to lift our spirits with endorphins or not. Fair weather means we head to the Ridge Diner for brunch. If it's wet or icy, we take the L train to the first stop in Brooklyn for a tour of the Brooklyn Brewery followed by brunch at one of several great restaurants nearby. (Meet me at noon at the front car of the Brooklyn bound L at 14th St. and 7th Ave. or call the brewery (718) 486-7422 for directions.) Pray to Bacchus for rain or the Madonna del Ghisallo for sun.

B15 45/50 MI 9:30 AM

I Cover the Waterfront

Leaders: Ludwig Vogel (212) 838-0852 and Gary McGraime (212) 877-4257. From: The Boathouse. An easy, relatively flat ride with a beautiful panorama of New York City from the Jersey side of the Hudson. We'll stop early for a warm snack at the Yaohan Japanese Emporium and proceed on a journey with dramatic and sometimes drastic changes in scenery. We'll stop briefly for a photo opportunity before crossing the bike-friendly Bayonne Bridge into Staten Island, where we'll select food to eat on our free ferry ride back to Manhattan. High winds or slick roads cancel.

Sunday, December 14

A19± 50±MI 9/9:30AM

Queens for a Day

Leader: Jeff Vogel (718) 275-6978. From: Tramway Plaza (59th & 2nd Ave.) at 9:00, Q.B. Roys (Queens Blvd. & Woodhaven Blvd.) at 9:30. Oft described as a curb-hopping expedition, be prepared for several new chances to hop curbs, dodge obstacles, and ride down stairs on this

REMINDER:

Your 1997 membership expires on December 31.

unique tour of ever-fascinating Queens. You'll get a chance to explore New York City as it was 50 years ago. Now that they have paved most, but not all, of the roads in West Hamilton Beach and Ramblersville, we can explore the Bayou of Queens (unless we're there at high tide). From the swamps, we climb to the highest point in the borough, but not to worry, the descent will be downhill. Brunch, at the 33-mile mark, will be at the one and only Flagship. A lap or two on the Kissena Velodrome completes our tour. Yes, this is still an A ride. Saddles required, pedals optional.

B15/16 50 MI 9:00 AM Piermont Revisited

Leader: Bernie Brandell (718) 633-1759. From: The Boathouse. Piermont becomes an even more nostalgic little town when the winter season rolls in. It's an easy escape from NYC. Dress appropriately for a pleasant ride. Below 35° cancels.

C12 25 MI 10:00 AM Frostbite #2

Leader: Richard Kaufman (212) 864-3665. From: City Hall. Today we'll be visiting the Cloisters - a recreation of a medieval monastery located at the very Northern part of Manhattan, that houses the Metropolitan Museum of Art's medieval collection. It will be decked out for the holidays and waiting for us to visit. Dress appropriately, bring money for admission and lunch, a lock and chain, water bottle, and an extra tube. Rain, snow or temps below 35° at start cancels. Helmets required. Co-led with 5BBC.

Monday, December 15

TRACK15 6-18MI 7:00 PM Track Biking

Leader: Al Boland (212) 665-3484. From: Tavern on the Green. Triple-Crown training.

Friday, December 19

A/B/C 30 MI 6:45 PM Holiday Lights

Leader: Marty Wolf (212) 935-1460. From: The parking lot in front of City Hall. Enjoy a friendly-paced ride to the Flatbush section of Brooklyn to pedal past some of the most outrageous, extravagant, and, at times, downright tacky Christmas displays in the entire New York City area. We'll stop for a bite to eat before returning to Manhattan, so don't expect to be home before 11pm. Important note: Call leader anytime during the week before the ride to learn whether or not the ride will go off. If you don't get a call back, the ride is canceled.

Saturday, December 20

A28+/A22+/B18 85/70/65 MI 7:45AM Gimbels Winter Training Series

Coordinator: Al Boland (212) 665-3484. From: The Coffee Shop at AYH (103rd St. & Amsterdam Ave.). Christmas shopping at Gimbels for those who will ride the Triple-Crown series.

A19 55± MI 9:00 AM Maybe, Maybe Not (or Back Early for Hanumas Shopping)

Leaders: Steven Britt (212) 288-6324 & Ben Goldberg (212) 982-4681. If it's too cold (or Santa's list is too long), then Steven stays home. If Ben's wife, Wendy, goes into labor, then Ben won't show (although Ben really argued about this one!). So take a risk and show up at the Boathouse at 9:00am for a ride that's brisk enough to keep warm but gentle enough for people whose season ended months ago (like Steven). Temp below 30° at start or contractions 7 minutes apart cancels.

B15 50 MI 9/9:45 AM tnorF retaW eht revoC I

Leader: Gary McGraime (212) 877-4257 & Ludwig Vogel (212) 838-0852. From: the Boathouse at 9:00am or Staten Island Ferry Terminal at 9:45am. We are going to take Ludwig's "I Cover the Water Front" route (Dec. 13) in reverse. Why? Why not. There are plenty of bailout points on this ride, so

come on out and play. High winds or slick roads cancel. Important: Call to confirm if you are starting at ferry in case we "unreverse" the route.

Sunday, December 21

A20 50-60 MI 8:30 AM Solstice Solace

Leader: Beth Renaud (212) 274-9463. From: The "Let's not stand around outside and freeze!"-house. Lament not, oh sun-deprived riders. The North Pole is angled furthest away from the sun today, and as they say, things can only get better. So keep popping those vitamin D supplements and basking in the glow of that day lamp, the longer days begin their inexorable creep back toward us. Let's do some creeping of our own over to Bergen/Rockland, and if the weather turns on us, I've arranged for a sleigh to pick us up.

A20 50-60 MI 10 AM Slacker's Delight, Part II

Leader: Steve Ullman (212) 473-1897. From: The Boathouse. Moderate-paced ride to maintain off-season base conditioning with indoor food stop. Temp below 30° or lousy weather cancels.

B16 55 MI 9:00 AM Westchester

Leader: Mark Bernstein (718) 833-6648. From: The Boathouse. We'll venture north into Westchester. We might revisit a B series route or create one of our own. More important is locating a brunch stop where we can enjoy the fruits, or cheesecake, of our labor (you don't have to be a Zonie). A Metro North pass is suggested for optional bailout.

C12 25 MI 10:00 AM Frostbite #3

Leader: Bernie Brandell (718) 633-1759. From: City Hall. Let's go check out the Christmas lights in Dyker Heights and have a dim sum lunch afterward. Dress for the cold weather, bring money for lunch, a lock and chain, a water bottle and an extra tube. Temps below 35°, rain or snow at start cancels. Helmets required. Co-led with 5BBC.

Monday, December 22

TRACK15 6-18MI 7 PM Track Biking

Leader: Al Boland (212) 665-3484. From: Tavern on the Green. Getting fit for the Triple-Crown.

Wednesday, December 24

A20± 55± MI 8:20 AM Mail Order

Leader: Jeff Vogel (718) 275-6978. From: The bench across from the Boathouse. Get your Christmas shopping done early (they may run out of saddles), as the only thing we're buying is breakfast at the Park Ridge diner. Guaranteed return by 1:30 pm. Serious winter weather cancels.

Thursday, December 25

A 52 MI 9:00 AM Not for Jews Only

Leader: It ain't St. Nick. From: The Boathouse. The Skylark Diner in Nyack is open. Go show off all your new toys.

Friday, December 26

A 50± MI 9:00 AM No Returns

Leader: It ain't Scrooge. From: The Boathouse. Don't run back to the store to return that saddle just yet. Try it first on today's pickup ride.

Saturday, December 27

A28+/A22+/B18 85/70/65 MI 7:45AM Gimbels Winter Training Series

Coordinator: Al Boland (212) 665-3484. From: The Coffee Shop at AYH (103rd St. & Amsterdam Ave.). Use Gimbels as a qualifier for the wonderful 1998 Triple-Crown series.

A19 45-55 MI 9:00 AM**I Knew I Shouldn't Have
Had That Last Egg Nog!**

Leaders: Stephanie Bleacher & Rich Borow (212) 348-2661. From: *The Boathouse*. Yeah, the weather is probably going to be lousy, so we'll be understanding if you don't want to take out your shiny new bike toys just yet. But on the off chance that it's not too bad, let's shoot for: A) Park Ridge if it looks pretty nice; B) Northvale if it's not so nice; or C) White Plains if it's iffy and we want a bailout option (i.e., bring Metro-North pass). Special accommodations will be made for "Angry A's"; incompetent A's need not apply. Post-white Christmas or predicted highs below 40° or ongoing hangover cancels.

B15/16 55 MI 9:00 AM**Nyack**

Leader: Dun Shopping. From: *The Boathouse*. We'll rendezvous at the Boathouse and visit the bike-friendly Skylark Diner for a hot breakfast and an early return to Manhattan. High winds or slick roads cancel.

Sunday, December 28**A20 45-55 MI 8:30 AM****Screw This!**

Leader: Tom McMahon (212) 777-5845. From: *The Boathouse*. That's it, I've had it with this freakin' club!! Angry A's, Killer B's, Road Bozos. The Weird, the Loud, the Smelly. (yes's, (no's, whooo caaares? I'm leading one last ride over the GW Bridge! Any lemmings?

B15 45 MI 9:00 AM**Westchester**

Leader: Dick Goldberg (212) 874-2008. From: *The Boathouse*. A relaxed, lrv-ish ride with attention to style, safety and scenery. Metro North pass suggested for bailout. Below 35° cancels.

C12 25 MI 10:00 AM**Frostbite #4**

Leader: Jay Jacobson (914) 359-6260. From: *City Hall*. Under and over the Hudson. PATH to Hoboken, up the West Bank and return via the GW Bridge. Nice ride to get the old blood pumping. Lunch in Ft. Lee. Dress for the cold, bring money for lunch, a lock and chain, and an extra tube. Temps below 35°, rain or snow at start cancels. Helmets required. Co-led with 5BBC.

Monday, December 29**TRACK15 6-18MI 7:00 PM****Track Biking**

Leader: Al Boland (212) 665-3484. From: *Tavern on the Green*. You can't miss this opportunity to train for the Triple-Crown.

Thursday, January 1**A18 55 MI 10:00 AM****Annual New Year's
Day Ride**

Leader: Marty Wolf (212) 935-1460. From: *The Boathouse*. A continuation of a "start the New Year right" classic, a chance to get off to an easy-paced start. Brunch in White Plains at the Sea Star Diner.

B16 30 MI 10:00 AM**Third Annual Knish Ride**

Leaders: Beth Renaud & Todd Brilliant (212) 274-9463. From: *City Hall*. Well, this seems to be becoming a tradition. The itinerary calls for a relaxed ride to Brighton Beach for some of Mrs. Stahl's knishes (the finest in the five boroughs), chowing down on the boardwalk and watching the bundled-up locals stroll by. There's no telling what the much-ballyhooed El Niño-enhanced winter will bring, but if the predicted high is below 30° or if there is ice and snow on the street, we'll reschedule for February, or better yet, July.

New Year's Resolution #1**I Will Lead More Rides in 1998****Saturday, January 3****A28+/A22+/B18****85/70/65 MI 7:45AM****Gimbels Winter
Training Series**

Coordinator: Al Boland (212) 665-3484. From: *The Coffee Shop at AYH* (103rd St. & Amsterdam Ave.). Be a Triple-Crown triple threat.

A20 56 MI 9:00 AM**Ossining**

Leader: Christy Guzzetta (212) 595-3674. From: *The Boathouse*. Simple ride up Rte. 9 to the Highlands Diner in Ossining. Temp below 32° at the start (channel NY1) cancels.

B15/16 55 MI 9:00 AM**Nyack Again?**

Leader: Nuy Eare. From: *The Boathouse*. We'll rendezvous at the Boathouse and visit Mary's Cafe or the Spoon for a hot breakfast and an early return to Manhattan. High winds or slick roads cancels.

Sunday, January 4**A18 35 MI 11:00 AM****True Blue**

Leader: Richard Rosenthal (212) 371-4700. From: *The Boathouse*. It's a whole new year; it's the same old route, River Road, for which my dear friend reminds me, you don't need a leader. Turnaround at the PIPC police HQ, snack standing at the farmer's market on County Rd. If temp at start is below 30°, you'll true wheels and possibly build one at my place. (It's time you learned.) Note starting time.

B15/16 50 MI 9:00 AM**Park Ridge Diner**

Leader: *Could be you? Could be me?* From: *The Boathouse*. We'll ride to a place that is not far and will be satisfying socially, aesthetically and, of course, metabolically. Guess where!

C12 25 MI 10:00 AM**Frostbite #5**

Leader: George Kaplan (212) 989-0883. From: *Grand Army Plaza* (60th Street and 5th Avenue - Plaza Hotel). Celebrate the New Year by joining us on a great ride to the Botanical Gardens. Bring money for admission and lunch, a lock and chain, an extra tube and water bottle, and dress for the season. Temps below 35°, rain or snow at start cancels. Helmets required. Co-led with 5BBC.

Monday, January 5**TRACK 15 6-18MI 7:00 PM****Track Biking**

Leader: Al Boland (212) 665-3484. From: *Tavern on the Green*. You can't miss this opportunity to train for the Triple-Crown.

Sunday, January 11**C12 25 MI 10:00 AM****Frostbite #6**

Leader: Jim Green (718) 857-5137. From: *City Hall*. Let's go to Coney Island today, where we'll lunch at Nathans and eat all the hot dogs and cheese fries we can handle. We'll ride it off on the way back. Bring money for franks and fries, an extra tube and dress appropriately. Snow, rain or temps. Below 35° at start cancels. Helmets required. Co-led with 5BBC.

C SIG: Introduction to Club Riding & Effective Cycling

Next spring, Irv Weisman, (212) 567-9672 and George Kaplan, (212) 989-0883, will offer their 12-week course for members who are relatively new to our sport and those who want to increase their bicycling savvy, improve their traffic skills, and learn roadside adjustments and repairs. We'll start with indoor presentations and discussions in February and do riding exercises in April and May when the winter weather abates. The riding emphasis will be on group riding, commuting, and touring; not on high performance or racing skills. Interested? Call Irv or George for more information and a questionnaire.

Alphabet Soup — by Steven Britt

REFLECTIONS

With winter beating an early path to our door, now is the time to survey your season's accomplishments and set your goals for next year. Take stock of all that you were able to accomplish (annual mileage, completing a century, climbing a certain hill/mountain). Was there something you found out about this year after the fact? Get the calendar out now.

The off-season is the best goal-setting time, a chance to take a long hard look at where you are as a cyclist and where you want to go. You'll find that you can translate your new goals into an off-season cross-training/riding (outdoors or indoors) routine. Cross-country skiing translates into better aerobic capacity. Ice skating will build up specific lower-body muscles. Set your goals now and plan your off-season around where you want to be when the next season begins.

REMINDER

This is a bike club. Foremost and utmost. It exists so that cyclists in the New York area can enjoy the rewards of riding a bicycle. The club's backbone is its ride leaders. (If you've never led a ride, make that one of your 1998 goals.) Remember that they are there to lead and not to instruct (unless they choose to). They don't need the added tasks imposed on them by riders who are not up to the level of the ride. Don't ride over your head. If in doubt, talk to the ride leader BEFORE the ride. They are the authority when it comes to their ride.

This club has A, B, and C rides — some-

thing for everyone. The A ride takes on an added dimension in that its participants ride (by definition) with the closest proximity imaginable. Because of this, the club describes a participant as one who has "cooperative paceline skills." If a rider's style/ability is inconsistent with this, they pose a risk to ALL the riders around them. If you find someone barking instructions to you, it is either someone's way of instructing or another's way of bringing attention to the safety of the group. Don't be a hazard. If in doubt, talk to the ride leader BEFORE the ride.

This club has some great training opportunities. Take advantage of them. If you think it should have more, let the club know about it.

THANK YOU

Since this is my last bulletin as VP of Rides, I wanted to take the opportunity and send out a thank you to all the people who have made my job rewarding or have made the tasks easier. I don't want to take up pages to mention everyone, so I'll mention five important people and the rest of you should know that your contributions were equally appreciated.

First off, thanks to Dona Kahn for bringing the club's rides posting process into the 20th century. Dona was the first coordinator in club history to e-mail her ride listings every month. Thank you, Dona. And thanks to Ben Goldberg, Gary (and Mel) McGraime, and Mark Schwartz for continuing the practice this year. And finally, thanks to Douglas Riccardi for going above and beyond his duties as Bulletin Editor to pull everything together. The club can't begin to imagine the amount of work all of you have done. Know that it was appreciated.

Keep those cranks spinnin'.

To the Editor

This past Sunday morning (November 16) I hooked up with a group of A riders from the NYCC who had met at the Boathouse for a listed ride to Rockland County. I have been a member of the club since 1990 and have never seen such a blatant display of stupidity and ignorance. Not only was a member named Al pedaling a bicycle without a saddle, but riders allowed him to join their group.

Riding a bicycle without a saddle is dangerous. Part of controlling a bicycle originates from the hips, lower legs, and feet. There is no way a rider, and especially a fatigued rider after hours of standing and exhausting one muscle group, can properly handle his or her bicycle on a long ride without the proper equipment (namely a saddle).

I refused to ride with Al and his missing saddle as did another member of the group. We took another route. I am shocked that the NYCC condones such behavior and although I spend much of the warm weather racing, I look forward to riding with the NYCC in the cooler weather months. I cannot however, support such irresponsibility on the bicycle.

The NYCC is an adult organization and as such we all make our own decisions, but when one member's behavior put others at risk, he or she must be stopped. Al and riders who take unnecessary risk can and should be stopped from endangering other riders. I think it is the responsibility of the NYCC to put a stop to this outrageous and dangerous behavior.

Thank you.

— Stefani Jackenthal

Introducing... The 1998 ride leaders!

A-RIDES:

- ▶ CALL TOM LASKEY
(212) 206-6574

B-RIDES:

- ▶ CALL GARY MCGRAIME
(212) 877-4257

C-RIDES:

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Thank you

— from Joel Englander

Thanks to all of you who made this the best membership year in the history of the New York Cycle Club. We had record numbers in our renewals of current members and a great influx of new members. The NYCC's strength and success depend on your on going commitment and support.

It's not too early to renew for 1998.

Since our membership is on an annual (January - December) basis it is certainly to your advantage to renew now and receive all the advantages and benefits of our club. It also makes it easier for the board of directors to make projections on planning events for you for the coming year.

I know that Dona Kahn is looking forward to an even better year in 1998. Let's all support her and our club and renew now.

Thanks again for a great year.

3rd Annual Lake Placid President's Day Weekend! February 13 — 16, 1998

Put away your bikes and put on your boards. It's time for the **3rd Annual Lake Placid Weekend**. Lake Placid has something for everyone. Enjoy downhill skiing and snowboarding at Whiteface Mountain, hundreds of miles of cross-country skiing, ice skating and speed skating in an Olympic rink, ice climbing, dog sledding, snow shoeing, tobogganing, horseback riding or just chilling.

The cost is approximately \$200. This includes 3 night's lodging (double occupancy), 3 breakfasts, taxes and gratuities. I will know the exact price and hotel by the time you receive this bulletin.

Space is limited. If you are interested, call Reyna Franco at (212) 529-6717 immediately after you read this to reserve your room.

BLOWOUTS by Lou S. Pokes

Thanks to **Arlene Ellner** for spotting the article by Samuel Abt in the International Herald Tribune last month about **Elizabeth Emery** after her fifth place finish in the World Championship Time Trial. (See page 8 for the article.)

More on the next generation. Will there be enough titanium reserves left? Congratulations to **Doug** and **Susan Bixby** on the birth of their son, Nathaniel, on October 27. And congratulations to **Michael** and **Lisa Knopf** on the birth of their son. His name is either Robert, William or Richard, but they're going to call him Noah. O.K.

The Furnace Creek 508 has about 30,000 feet of climbing in its 508 miles. This year it also included two afternoons of 100-degree-plus temperatures. What happens when you survive this ride and finish in 44 hours? You qualify for the Race Across America. Congratulations to **Drew Olewnick**. How did Drew stay awake for 44 hours? Don't ask his support crew - **Jill Tucker** was caught sleeping at the wheel several times!

Congratulations to **Ed O'Donnell**, who completed the Great Floridian Ironman distance triathlon on

October 25 in 12 hours, 50 minutes, for a personal record, and then followed that with a 3:48 in the NYC Marathon a week later. Take a rest.

Dave Obelkevich ran the NYC Marathon, too; his 25th consecutive, I've been told. Nothing was going to stop him; not even the broken rib he suffered in a cycling accident three weeks before. Other cyclists who ran the marathon included **Lance Leener**, who ran a 3:28 in his first-ever marathon, **Jamie Nicholson** - 3:30, **Karen Sherman** - 3:40, and **Kevin Mulvenna** - 4 hours plus.

With rain every weekend in late October/early November, just about every ride was rained out. That's too bad. **Douglas Riccardi's** Halloween Scavenger Hunt sounded like fun and was certainly something new. Maybe next year.

Geo Kaplan's Connecticut Shoreline Ride did go off, and somehow 50-plus people avoided the rain. Even though the riding was great, the highlights were all off the bike - **Ben Goldberg's** tour of the Yale campus, the excellent pizza and social gathering on the train and the fun of watching the rain from inside a Metro North car.

Abe Karron and **Fred Steinberg** (no) thought they would get away from the rain by joining **Lori Turoff's** Tour of Andalusia. It didn't work. It rained there, too. Fred is still looking for the naked women he kept hearing about. Fred, it's a tapas bar, not topless bar; tapas, get it?

Congratulations to **Christy Guzzetta**, who joins **Bob Herzfelder**, **Sid Lang**, **Dan Henry**, **David Walls**, **Chris Mailing** and **Irv Weisman** as Life Members of the New York Cycle Club. We've all heard about the many reasons Christy won this prestigious award - The SIG, West Point, Su Casa, yadda, yadda, yadda. Here's the real reason. Back in the 1980s, club membership had stagnated at around 700. Christy wanted to increase membership. Here's what he did. He found out that on April 15, 1991, New York magazine was going to do a feature on clubs, titled "New Jock City." and made sure that he was interviewed. Coincidentally, he had just set his wedding date with Jody. He made sure that New York magazine wrote that he met his wife through the NYCC. Within months after the article appeared, membership in the club hit 1,000, a 50% increase. So,

Christy, for going so far as to get married, for no other reason than to increase membership, you deserve a Life Membership, or a Life Sentence.

Question to ponder. If you don't use a saddle, do your shorts need a chamois?

The Supreme Court of the NYCC was flooded out last month, but two fines were handed out:

1. Wearing an unwashed jersey - \$10 plus 20 hours community service sitting next to a homeless person on the subway - I couldn't read the name in the waterlogged court records but you know who you are.

2. Ignoring the sound of a chain saw and deliberately riding under a tree that the maintenance crew were cutting huge branches from, and just missing getting crushed by the two-foot-wide branch that splattered the road less than 20 feet away - **Jeff Vogel** - fine waived - he was wearing a helmet.

*Don't forget to read
Blowouts II, page 9.*

A Note from the B-Rides Coordinator —

I'd like to say thank you to all of the enthusiastic and generous NYCC members who have led and co-led Club B rides this year. Your commitment is what makes the NYCC so special.

Thank you: Alinda Barth, Mark Bernstein, Carolyn Bocher, Bernie Brandell, Todd Brilliant, Steven Britt, Maggie Clarke, Mike DiCerbo, Karl Dittebrandt, Jim Drazios, Karin Fantus, John Fullwood, Alfredo Garcia, Ben Goldberg, Dick Goldberg, Ron Grossberg, Anne Grossman, Damon Hart, Jay Jacobson, Henry Joseph, Dona Kahn, George Kaplan, Abe Karron, Tom Laskey, Joanna Lee, Suzanne Levin, Laura Matlow, Moira McFadden, Ira Mitchneck, Peter Morales, CJ Obregon, Don Passantino, Beth Renaud, Douglas Riccardi, Bill Richards, Robert Ruiz, Lynn Sarr, Hindy Schachter, Irv Schachter, Bill Schwarz, Gay Shaheen, Phil Simpson, Ed Sobin, Fred Steinberg, David Thomas, Steve Ullmann, Gene Vezzani, Ludwig Vogel, Ken Weissman, Marilyn Weissman, Linda Wintner, Mark Wolz, Wayne Wright and Marc Yakowsky.

A special thank you to: Karin Fantus along

with Mark Bernstein, Mike DiCerbo, Dick Goldberg and Happy Freedman for a wonderful B Training Series and the best rides in Westchester.

Mark Wolz along with Steve Ullmann, Phil Simpson and David Thomas for the introduction of the highly successful B Plus Series.

Al Boland for his genuine efforts in coordinating the Gimbels Training Series.

Maggie Clarke for promoting and tabulating the 1997 NYCC Questionnaire.

Irv Weisman for his Newcomers All Class Ride, guidance and dedication to safe cycling.

It has been a pleasure working with all of you.

Very truly yours,
— Gary McGraime

P.S. We'll be introducing a NEW Bike Mechanics Maintenance Series in the spring of 1998.

Get your new year off to a great start and call me if you would like to lead a ride or help with one of the series above.

Phone: (212) 877-4257
Email: Garynycc@aol.com

Take It Away, Ludwig, 1998 Bulletin Editor... — Douglas Riccardi

After two years of fun and late nights, it is time for me as well to pass the torch. Ludwig Vogel has volunteered to take over editing the Bulletin for 1998 and, hopefully, beyond. We have already spoken many times, and I am sure that we all will appreciate the enthusiasm that he brings to the job.

Also remember that you can help him do his job better by contributing to the Bulletin in whatever way you can. It can be as simple as a photo of some club members on a ride, a write-up of a fun ride or touring experience, a letter to the editor, a bit of technical expertise you want to share or a newspaper clipping of general interest. Remember, the more you give the more you get.

Ludwig can be reached by phone or by fax at (212) 838-0852. His e-mail address is Ludwig@bway.net.

And to everyone who contributed to the Bulletin during my tenure, thank you...

A Medieval Pilgrimage by Bicycle

— by Carol Waaser

We began at a 13th-century monastery on the Spanish side of the Pyrenees in the little village of Roncesvalles. We were about to embark on a 500-mile sojourn across Spain following the Camino de Santiago, a route that has been traveled by pilgrims for 1,000 years. The priest solemnly asked the purpose of our pilgrimage and gave us our pilgrim's passports.

Fellow NYCC member Sheila Curry was also on this trip, although we had not known each other prior to signing up for it. Altogether, there were 12 of us plus three tour leaders – the trip was run by *Experience Plus!* out of Colorado.

The first day we started with a 15-mile downhill ride out of the Pyrenees . . . but every reward has its penance – we still did 1,200 vertical feet of climbing that day and then 3,200 vertical feet the next day. Altogether over the 11 days of riding we would do approximately 26,000 vertical feet of climbing, including three mountain passes. Needless to say, there were some wonderful screaming descents along the way! Most days we were on decent roads with good shoulders, but one day we took the hikers' path (yes, some people backpack this route, hiking the 500 miles). For about 15 miles the path was virtually single track. It proved interesting for those who had never done any mountain biking.

The cycling was challenging and wonderful as we passed through three very distinct regions of Spain. But the art and architecture were awesome. Many of the villages we passed through or stayed in were virtually the same as they had been in the 12th or 13th centuries and their sole reason for existence was to support the Camino

and its pilgrims. Each village had a church, some Romanesque, most early Gothic, some late Gothic. And each church had, at the very least, a spectacular altar piece, carved and gilded. There were paintings and statuary and carved portals. There were gold crowns and chalices, silver crucifixes and silk vestments. And in León, there was incredible stained glass in the glorious cathedral. Of course, there was also the monastery whose outdoor drinking fountain flowed with wine, not water! Just a little something the monks have done for weary pilgrims for about 800 years.

And then there was the Vuelta – the Tour de España. This was a 19-stage bicycle race which was taking place the whole time we were in Spain. Every day, we would finish our ride, get to the hotel and find the television to watch the end of that day's stage. In the middle of our trip we had a rest day in León – so did the Vuelta! Two of the teams, Banesto and Once, were staying at our hotel, so we hung around with the support crew while they readied the bikes for the next day's stage. Our bike mechanic actually worked on top rider Alex Zülle's bike for a while! (And several of us managed to cadge official Banesto team water bottles from the generous crew.) Then, of course, we lined up the next day to watch the start of the stage. We were able to raise a cheer for the U.S. Postal Service team.

Our tour ended in Santiago de Compostela, where we dined on fabulous fresh seafood. The food throughout the trip was excellent, as were some of the local wines. And in one village we were treated to the traditional *queimada* – a fiery drink, quite literally, but very tasty and bound to loosen our tongues! All in all, this was an exciting and memorable trip, and I would recommend it highly to those who want to combine challenging riding and beautiful countryside with a rich cultural experience.

For This Top Female Cyclist, Manhattan Is the Place to Be

— by Samuel Abt

Excerpted from the International Herald Tribune

SAN SEBASTIAN, Spain — With its roads resurfaced for the world championships, its small climbs affording a view of the surf in the Bay of Biscay and its general air of soft comfort, San Sebastian is a nice place to ride a bicycle, Elizabeth Emery would certainly agree.

But, as the song goes, she'll take Manhattan.

"It's not for every racer, but I think it's perfect" she said about New York as she stood by the side of the road here last weekend, holding out water bottles to her American teammates in the women's road race. Emery, who finished a splendid fifth in the time trial last week — the

best U.S. performance at the championships — was the alternate for the six-woman road team.

"I love New York for training," she continued. "The only drawback for me is the winter."

Traffic? Nah. "The roads are wide — there's room for a bicycle and all the cars. You have to be careful, you have to be attentive, but it's the same anywhere."

Potholes? "The roads are great. We ride a lot in New Jersey on gW, and it has a huge shoulder, you just ride out."

Bicycle theft? "I've had two three-speed bicycles stolen," she admitted. "In my apartment building, believe it or not. But I now use two locks, so I'm not worried."

Emery, 33, is happy to count the ways in which she loves living and training in Manhattan for races around the world. She is the national time-trial champion and says of racing, "That's my job. Full time." Her husband, Evan Wachs, is

(continued on page 10)

Snowmen & Pumpkins

— by Caryl Baron

It's become a tradition to ride to the Christmas Boutique at St. Paul's Lutheran Church in New City. I led that ride for several years before my mother's death, and the ladies still anticipate "the bikers" arriving to devour their homebaked carbs. But this year, I wasn't sure I'd go until a half-hour before the ride was due to leave the Boathouse. It had snowed in Rockland County the day before, and it was barely above freezing at 8:00 am.

This year, only Marty Wolf was hardy enough to accompany me. In fact, the two of us, plus a three-person ride that Karl Dittebrandt led to Newburgh, train return, seemed to be the only bicycles venturing beyond the park. We did encounter a bit of ice — but only on the metal parts of the GWB, where we were extremely cautious anyway. It didn't warm up a lot: The ice was still there when we returned.

The reward: New Jersey was a winter wonderland. We even saw one genuine full-size snowman standing on a lawn amidst the last pumpkins, but he'll melt before he eats turkey. The still-colorful fallen leaves were dusted with an icing of white snow, and the evergreen branches were laden with rounded mounds of it. The helmets came in handy, since the ice on all the electric wires fell off onto us when they moved in the breeze. There was no ice on the roads, though they remained damp all day. The most dangerous thing on the road was a plow that was attempting to clear Churchill road of leaves, but was instead pulverizing them and spreading them in clumps across the road, as well as going up the hill on the wrong side of the road.

The ride went cautiously and slowly — was it due to the cold, our caution, or the three weeks of storm-forced non-cycling? We arrived at St. Paul's at 11:45. The ladies and the pastor were of course, amazed that we'd actually come "in this weather." The weather wasn't bad at all — just cloudy and a bit cool, but we weren't cold riding. Nothing like Friday!

Marty is taking a course in watercolor painting — but it's really a course in how to see. She stopped in the middle of the GWB on our return, amazed, and exclaimed that the entire landscape appeared to be blue. The river, the sky, and the silhouette of the harbour's buildings were all a mid-range, smoky grey-blue. There was a strip of pale salmon sky between the river and clouds, some paler-still cloud directly above us, and one tiny pure white sailboat in mid-river. (I had stopped on the way out to touch one of the half cylinders of ice on the path to fully experience that they were not broken Coke bottles. It was falling from the cables.) The final reward: the sensual pleasure of a fragrant hot bath at the end of a cold winter ride.

BLOWOUTS II by Lou S. Pokes

JANUARY 1991: Lance Leener, Paul Minkoff and Holly Gruskay are leading rides. Lisa Halle is President and Clif Kranish is Editor. Bob Moulder's *No Tech Tips* is about Shimano's revolutionary new shifting system, STI. The program Richard Rosenthal has arranged is with 17-year-old George Hincapie and his parents and 16-year-old Jessica Grieco and her parents. Jody Saylor and Christy Guzzetta announced their wedding date, Mary Martinez was seen at the club meeting with her ex-husband and Lou S. Pokes was born.

DECEMBER 1991: Seven years (that makes me a dinosaur in NYCC years) and 84 columns later, it's time for a change.

But first there are some people I need to thank for helping me to compile this column over the years. And, yes, I said "compile." I couldn't have written this alone. So I'm glad I got help from the dozens of people who faxed, mailed and E-mailed information to either the editor or me, and thanks to the hundreds (yes, hundreds) of friends who called and said, "Tell Lou...."

I would also like to thank the editors, all of whom added to the column but rarely felt it necessary to delete anything unless, of course, it was about them. So, in addition to Clif, who really helped create Lou, thanks to Gail Birnbaum, Neal Spitzer, Jane Kenyon, Caryl Baron and Douglas Riccardi.

I would also like to thank our club presidents over the past seven years, Lisa Halle, Richard Rosenthal, Geo Kaplan and Gene Vezzani, who all allowed the editor to edit and never tried to censor this column. They all realized everything was meant in fun.

And thanks to everyone else who served on the board of directors during my tenure. If there were little jabs at the Board, it was constructive criticism, in an attempt to make our club even better than it is today.

Thanks, Jane Kenyon for creating the *Road Bozo Award* and to Maynard Switzer for being the first so awarded. Thanks, Nelson Mora for creating an act that will forever be known as "Pulling a Nelson" just as a chairing mark on your leg is known as a "Schwebber." Thanks, Beth Herman, even though, of course, you could never be a Road Bozo. And for everyone else who was named a Road Bozo (including me, twice!) it was because of something funny or silly you did or something dangerous that hopefully all of us could learn from. Thank you all for accepting your "Bozo" graciously. And thank you Caryl Baron for creating "Road Heroes." While only few were mentioned here in this column, in actuality there are hundreds of them. We ride with them every week.

Thanks go even to those who took this column a little too seriously. So thank you to the two members who threatened to sue me. Yes, I really did receive two telephone calls from lawyers. I also received a few votes from members who thought Lou should be eliminated from the Bulletin. You

sure make life interesting, but get a sense of humor. And equal thanks to those who wrote notes of encouragement and gratitude.

Thank you, Stephanie Bleacher, Linda Wintner, Reyna Franco, Judy Meyer, Ellen Richard, Christy Guzzetta, Jody Saylor, Karen Reich, Gerry Wendrovsky and Lori Turoff, for arranging club weekends and other special events that gave me so much to write about (in addition to being lots of fun).

Thanks you, Rob Kohn and Mark Martinez. You always had a great quote for me, no matter how embarrassing it might be.

Thank you, Irv Weisman, Richard Rosenthal, Geo Kaplan and Don Montalvo. You regularly had interesting incidents to report.

Thank you, Jim Greene, Jeanine Hartnett, Richard Kixmiller, Suzanne Rohr, Liz Dollinger and Debbie Bell. Your marathon, ultra-marathon, triathlon and stair-climbing accomplishments were a pleasure to report. And thanks, Ernie Yu, but I would rather write about your cycling than your billiards proficiency. Please come back.

Thank you, Art Crowley, Karl Dittebrandt and Marty Wolf, for your long-distance cycling accomplishments. And thanks, Karl for switching over to the track. And what would this column be without its race report. Thank you, Elizabeth Emery, Stefani Jackenthal and Catherine Chatham.

And thank you, Alan Cohen. Your climbing exploits were always well documented here.

Thank you, Paul Rubenfarb. Your architectural tours were not only informative, but often gave me a interesting story to write.

Thanks, Joe Feintuch. I certainly got lots of play from your profession.

Thank you, Alisa Rashish. You made me work to get your name in the column.

Thank you to all the members who fed us during a ride. We would be a lot thinner without Clay Heydorn, Bob Foss, Ed Fishkin, Noel Comess and Catherine Chatham. There was also plenty of food for thought at these gatherings.

Thank you, Peter Hochstein and Tom McMahon. Your literary talents far exceed mine. I often reprinted your word for word. Maybe one of you should continue this column. I would be honored.

Thank you, Bob Moulder and Jill Tucker. Your recent stories were some of my favorites. And thanks, Cathie Neukum for the self-effacing tales.

Thank you, Chris Mailing and Arlene Brimer. Chris, I hope you'll be riding soon.

Thank you, W. Alfred Boland. You certainly gave me lots of material.

Thank you, Hannah Holland. Are you still suspended by the CRCA? Thank you, Chuck Wong, for all the excuses. Thank you, Barry Shapiro, for occasionally taking a pull. Thanks, Herb Dershowitz, for taking every opportunity to remove your clothes. Thanks, Amy Sackman, for your singing paelines and social exploits. You all gave me plenty to write about. And, no, Catherine Chatham's name has not been mentioned too often, or Shari Horowitz enough.

Thank you to everyone who informed me of a marriage or a birth. I was happy to report it. And thanks, Christy and Jody, for allowing your wedding to be crashed. And my sincerest apologies to all the weddings and children I missed.

Thank you, Stephanie Bleacher, for "the fines." Please don't fine me for running on too long.

And thanks to Conrad Meyer, Ben Goldberg, Steve Britt and Kristi Roberts. Why? Just thanks.

Thank you again to Richard Rosenthal and Stefani Jackenthal. And, of course, to Margaret Cipolla (I didn't forget).

If your name isn't here, that doesn't mean I don't love you. Thank you all. And while all your descents may not be downhill, may the tailwind always be at your back.

Thanks,
— Jeff Vogel



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Female Cyclist, Continued...

a computer programmer for Bloomberg, the financial news service.

Neither is a native New Yorker: He comes from Cleveland, and she was born in Boston and reared in and around Philadelphia.

"I went to the University of Pennsylvania, and when I got out of school, I wanted to live in New York, so I moved there," she said. "I always thought it was so exciting, and I still like it."

"I was biking to work," she said, "and beginning not to like my job so much and wondering what I could do to meet people, and I realized that the part of the day I really liked best was riding to and from work."

"So I joined the New York Cycle Club and hooked up with an awesome group of people. I discovered the sport through them. Somebody convinced me then to join the Century Road Club Association in Manhattan, too, and I got incredible support from them."

"I started getting better and better, and the women I was riding with — there were four of us — decided to form a team, and we got sponsorship, and there you go." After riding for the L.A. Sheriff and Saturn teams, she competes now for the Klein team.

Emery has a busy year, riding in New Zealand, where she finished fifth, with a daily stage victory, in the Street Skills Women's Cycle Classic and then for six weeks in Switzerland and in the Women's Tour de France, in which she finished second in one stage, was the highest-placed American in both the time trials and ultimately finished 39th.

The problem was the mountains. "I climb well," she said, "but I'm never going to climb with the super climbers. The time trial is my strength, but the other strength I have is my strength. I can do team work."

In U.S. competition this year, she was third in the Fitchberg Longsjo Classic, where she won a stage, fourth in the Tour de Toona and 14th in the Redlands Bicycle Classic.

"I ride in Central Park when I'm doing an easy day, mainly an hour or an hour and a half," she said. "Central Park is great for shorter rides. Mostly I go over the George Washington Bridge, end up in Fort Lee and go into New Jersey."

"The best racing is outside Central Park, like Harriman State Forest. If you want to, in New York you can race Tuesday, Wednesday, Thursday, Saturday and Sunday."

Winter weather is a problem she avoids by going to Carmel, California, where her parents live, and training there for two or three months. Afterward, she said, she's ready for the excitement and activity of New York.

"There are races now with 40 people on the line," she said, "and when I started, I was lucky to have eight. New York is where the racing is supercompetitive and strong, and I always have training partners to ride with. Where can you beat that?"

MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING OF TUESDAY, JULY 15, 1997

PRESENT: Gene Vezzani, Dona Kahn, C.J. Obregon, Charlie Katz, Joel Englander, Tom Laskey, Ben Goldberg, Gary McGraime and Mark Schwartz
ABSENT: Steve Britt, Anne Grossman and Douglas Riccardi.

The presentation of the minutes of the prior meeting was waived.

Gene announced that Sambuca Restaurant kept raising problems. They had said that it was inconvenient to have a Tuesday-night meeting and asked the club to change to Monday. They also claimed that the staff objected to serving the club because they did not make enough in tips. The manager even indicated difficulty providing ice cream for the ice cream social. Charlie indicated he believed that our meetings were held on Tuesday to avoid conflict with CRCA. Dona reported that Sambuca had just agreed to our next meeting being held on Tuesday. It was agreed that the club must continue searching for an alternate site. The question of purchasing a public address system was tabled pending a determination of future meeting sites.

It was agreed that we would cancel our answering service to save money. \$200 was authorized for the purchase of an answering machine, as well as the costs of installation of a phone line, monthly payments and a yellow page listing.

The board authorized the repayment of Richard Rosenthal for expenses submitted by him.

Gene indicated he had been contacted by officials of the town of Nyack who were concerned about the adverse effect of bicycle traffic. Gene noted that he expected to meet with a local official, together with Dona and C.J. It was agreed that the club would support the enforcement of all present laws.

Gary discussed a survey of club members concerning club satisfaction.

Joel reported that the response to the second follow-up letter to lapsed members had not been as successful as the first.

The meeting adjourned at 7:45 PM.

Respectfully submitted
 — Conrad J. Obregon

MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING OF TUESDAY, AUGUST 28, 1997

PRESENT: Gene Vezzani, Dona Kahn, C.J. Obregon, Charlie Katz, Joel Englander, Anne Grossman, Douglas Riccardi, Gary McGraime and Mark Schwartz
ABSENT: Steve Britt, Tom Laskey and Ben Goldberg.

The presentation of the minutes of the prior meeting was waived.

Once again the subject of a meeting place was raised. Dona noted Sambuca wanted more money for a tip and wanted to move the meeting to Monday night. The board discussed moving the meeting to P.G. Kings and approved the action.

Gene indicated difficulty in finding an answering machine for club phone service that would branch. It was the consensus that we might have to use a regular machine.

Reference was made to a robbery of a bicycle on the George Washington Bridge.

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 greatly preferred.** Listings will appear for one month unless specified.

FOR SALE:

BRIDGESTONE RB-2, 56cm. Very nice condition; perfect as second road bike, as winter bike, or as elegant beater bike. \$330. Also, Blackburn Mag trainer, near-new condition. Stay in shape this winter. \$160. **CALL DAVID** at (718) 499-4467.

SHIMANO ULTEGRA PEDALS, absolutely brand spankin' new - \$90 and lovely 110mm Cinelli stem (also new) - \$30. Pulling this NEW stuff off my NEW bike to make room for old stuff that fits right. **CALL ELLEN CAVANAGH** at (718) 369-6541.

STAY FIT AND WARM ALL WINTER. Nordic Track for sale. Excellent shape \$300.00. **CALL JIM** at (212) 529-4300.

1997 TREK 520, chromoly frame, STI shifting, Shimano clipless 535's or original basket pedals, triple chain ring, Avocet computer. 17-inch frame; perfect for petite woman. Extremely good condition, 800 miles for \$800. Also, Pro Bike soft case for rent to members only. **CALL SUZANNE WELCH** at (212) 582-4599.

WANTED:

Used but serviceable rear ATB wheel w/7sp freewheel/cassette for urban/beater ride. **CALL MARK** at (212) 496-5518.

Reminder:

Material for the January Bulletin is due by **DECEMBER 12.**

Note:

Membership/Bulletin questions should be directed to **Joel Englander** at (212) 580-1861 on Wednesdays and Thursdays between 5PM & 7:15PM.

The membership questionnaire was reviewed, and Gary agreed to revise it.

The board approved the award of a \$100 gift certificate to be given to the Volunteer of the Year who will be announced at the club holiday party.

There was a discussion of social activities for club members. It was agreed to try to sponsor one non-biking event a month.

The meeting adjourned at 7:40 PM.

Respectfully submitted
 — Conrad J. Obregon

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: 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.

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

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



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 NEGLIGENT 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. Mail this application with a check made payable to the:

New York Cycle Club, P.O. Box 20541, Columbus Circle Station, New York, NY 10023.

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.

ANNUAL MEMBERSHIP: Jan. 1 - Dec. 31, 1998. Please check the appropriate box:

____ Individual - \$21

____ Couple residing at the same address - \$27

It's that time again...

Renew your membership now.

Stay with us in 1998!

DRAWING BY KAREN F. FRITZ



Chris Mailing
Arlene Brimer
2128 N Sedgwick St Apt 11
Chicago IL 60614-4674

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NYCC

January
1998

NYCC Bulletin



Calling All You Party Animals...

Renew Now!

*Don't Miss Any Of The Exciting Things NYCC
Will Have Going The Whole Winter Long...*

Would you like to know more? Come to the monthly meeting at
Sambuca, 20 West 72 Street,
Between Central Park West & Columbus
6:00pm Tuesday, January 13.

More NYCC Opportunities

From the President, Gene Vezzani

OPPORTUNITY #1 - L.A.B. VOLUNTEER OF THE YEAR AWARD:

Liane Montesa received the 1997 League of American Bicyclists Volunteer of the Year Award for the New York Cycle Club. Liane has done an outstanding job of maintaining our membership database for years. Each time a new member joins, a current member moves, the Bulletin labels are printed, or the roster is printed we can thank Liane. Our membership has now grown to a record 1370 this year and, thanks to Liane's efforts, the process has gone smoothly.

Liane, we thank you for volunteering so much of your time and energy to the New York Cycle Club.

OPPORTUNITY #2 - CERTIFICATE OF APPRECIATION:

A Certificate of Appreciation has been prepared for octogenarian Louis Berardinucci. The certificate reads:

"This certifies that Louis Berardinucci is an excellent ambassador of cycling and exemplifies the spirit of sharing the road with over 45 years of cycling experience."

Louie is a regular participant in club rides. Congratulations, Louie!

OPPORTUNITY #3 - SAFETY:

Your safety is the club's principal concern. Your safety is the primary concern of your ride leader. Participation in any club ride is at the discretion of the ride leader.

It is important that everyone is perfectly clear on this point. How you ride when you are training by yourself is your business. Whether or not you have two pedals, a saddle, or brakes on your bicycle when you are training by yourself is your business. But when you are participating in a club ride, the ride leader may request a rider to leave when the rider:

- Does not have a properly equipped bicycle (complete and safe for club riding).
- Is riding in an unsafe manner
- Poses a threat to the safety of the group

If a ride leader tells you that you do not have the skills to participate on a particular ride, don't be discouraged. You have the option of joining a ride at a different level, or the NYCC offers a wide variety of training courses (A, B, and C SIGs) that will help you reach your desired level. Club riding requires different skills and an understanding of different group dynamics at each of our three main levels of riding: A, B, and C. The difference between each level is not just a matter of speed.

Your safety is our main concern. Club rides are only as safe as each participant.

OPPORTUNITY #4 - POSITIVE THINKING.

Isn't it time for a new year's resolution when it comes to submitting letters and articles to the Bulletin? Remember when a fellow wrote that he lost a wheel while riding through Brooklyn and the wonderful help that he received? Isn't it much more enjoyable reading positive articles like this in our bicycle club's newsletter than the less than complimentary messages that appear from time to time?

Cycling is fun. It's a great sport and an excellent form of exercise. Let's seize the opportunity in 1998 to focus on the positive aspects of our sport and have them reflected in our newsletter.

The New York Cycle Club welcomes 22 new members:

Arthur Chernick	Ester Lugo	Lisa Steffens
John Craven	Lawrence Maggitti	Jennifer Steig
Diana Davis	Ellen Maguire	Monica Van Daalen
Debra Feiger	Sheila Quinn	Irene Van Slyke
Jerry Goldstein	Patricia Ripley	Robert and Alice Walsh
Karen Hsu	Duane Rivers	Josh Willenborg
Le-Quoc	Patricia Rode	
Jean Lehrman	Felipe Rodriguez	

HAVE YOU RENEWED YET?

Why Wait?

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The NYCC Bulletin is published monthly by the New York Cycle Club. The opinions expressed are those of the authors and do not reflect the official position of the NYCC.

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Subscriptions: Free to members. If you are sure you gave a valid membership and don't receive your copy by the first of the month, call Dona Kahn at 212-399-9009.

Credits: Cover art by Mike Samuel. Back cover art by Karen F. Fritz. Copy editing by Beth Renaud. Printed at Dandy Printing, Bklyn, NY.

Display Advertising: Only bicycle-related advertising is accepted. Page size is 7.5 by 10 inches. Rates for camera-ready copy: Full page, \$250; Half-page, \$135; Quarter-page, \$75; Eighth-page, \$45; Bottom blurb, \$40. Frequency discounts available.

To publish an article:

Contact:
Ludwig Vogel
141 East 56 Street
New York, NY 10012.
TEL: 212-838-0852
E-MAIL: ludwig@bway.net

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.

Thursday, January 1

A18 55 MI 10:00 AM Annual New Year's Day Ride

Leader: Marty Wolf (212) 935-1460. From: The Boathouse. A continuation of a "start the New Year right" classic, a chance to get off to an easy-paced start. Brunch in White Plains at the Sea Star Diner.

B16 30 MI 10:00 AM Third Annual Knish Ride

Leaders: Beth Renaud & Todd Brilliant (212) 274-9463. From: City Hall. Well, this seems to be becoming a tradition. The itinerary calls for a relaxed ride to Brighton Beach for some of Mrs. Stahl's knishes (the finest in the five boroughs), chowing down on the boardwalk and watching the bundled-up locals stroll by. There's no telling what the much-ballyhooed El Niño-enhanced winter will bring, but if the predicted high is below 30° or if there is ice and snow on the street, we'll reschedule for February, or better yet, July.

Saturday, January 3

A28+/A22+/B18 85/70/65 MI 7:45AM Gimbels Winter Training Series

Coordinator: Al Boland (212) 665-3484. From: The Coffee Shop at AYH (103rd St. & Amsterdam Ave.). Be a Triple-Crown triple threat.

A20 56 MI 9:00 AM Ossining

Leader: Christy Guzzetta (212) 595-3674. From: The Boathouse. Simple ride up Rte. 9 to the Highlands Diner in Ossining. Temp below 32° at the start (channel NY1) cancels.

B15/16 55 MI 9:00 AM Nyack Again?

Leader: Nuy Eare. From: The Boathouse. We'll rendezvous at the Boathouse and visit Mary's Cafe or the Spoon for a hot breakfast and an early return to Manhattan. High winds or slick roads cancels.

Sunday, January 4

A18 35 MI 11:00 AM True Blue

Leader: Richard Rosenthal (212) 371-4700. From: The Boathouse. It's a whole new year; it's the same old route, River Road, for which my dear friend reminds me, you don't need a leader. Turnaround at the PIPC police HQ, snack standing at the farmer's market on County Rd. If temp at start is below 30°, you'll true wheels and possibly build one at my place. (It's time you learned.) Note starting time.

B15/16 50 MI 9:00 AM Park Ridge Diner

Leader: Could be you? Could be me? From: The Boathouse. We'll ride to a place that is not far and will be satisfying socially, aesthetically and, of course, metabolically. Guess where!

C12 25 MI 10:00 AM Frostbite #5

Leader: George Kaplan (212) 989-0883. From: Grand Army Plaza (60th Street and 5th Avenue - Plaza Hotel). Celebrate the New Year by joining us on a great ride to the Botanical Gardens. Bring money for admission and lunch, a lock and chain, an extra tube and water bottle, and dress for the season. Temps below 35°, rain or snow at start cancels. Helmets required. Co-led with 5BBC.

Monday, January 5

Track 15 6-18MI 7:00 PM Track Biking

Leader: Al Boland (212) 665-3484. From: Tavern on the Green. You can't miss this opportunity to train for the Triple-Crown.

Saturday, January 10

A18 TBA Lori's Saturday Morning E-Ride*

Leader: Lori Turoff.

An easy-paced, cooperative A ride designed to keep those riding legs and some degree of cycling fitness and social graces during the off-season.

*Definitive Distance, Destination & Details posted prior Thursday at www.lacorsa.com (click on the "local" link) or email: NYCCride@lacorsa.com.

All rides weather and work-obligations permitting.

A18 50+/- 9:00AM Rockland Ramble

Leader: Fred Steinberg (212) 787-5204. From: The Boathouse.

We'll ride as far as we can into Rockland based on weather/road conditions. Temp below 30°, wind-chill below 10° (at 8am, icy roads cancel).

A28+/A22+/B18 85/70/65 MI 7:45AM Gimbels Winter Training Series

Coordinator: Al Boland (212) 665-3484. From: The Coffee Shop at AYH (103rd St. & Amsterdam Ave.).

Gallop to Gimbels to train for The Triple Crown.

B17 50+ MI 9:30AM L.I. Ramble

Leader: Jim Drazios (718) 225-1842. From: The Statue of Civic Virtue

(E/F train - Union Tpke & Queens Blvd.) Have you ever tried biking L.I.'s three loops: Kings Point, Sands Point and Pt. Washington? There's a lot to see through the barren trees. Don't miss it.

A0/B0/C0 0/0/0 MI 12:00 NOON Catch All The Trains You Missed

Leader: Don Passantino (718) 446-9025.

It's too cold to ride, so let's meet at the cozy Transit Museum at Boerum Pl. and Schermerhorn St. They added more interesting subway trains since last year's tour, nice exhibits, and a gift shop. \$3.00 admission, and you can bring your bike inside.

Sunday, January 11

A18 50-60 MI 9:30 AM Ya' Basic Nyack

Leader: Tom Laskey (212) 206-6574. From: The Boathouse.

You were expecting imagination from the new A Rides coordinator? It's all been spent trying to come up with rides for January. Ride up to Nyack (probably 9W) eat, head home, (maybe 501). temp below 30°, wind-chill below 10° (at 8am, icy roads, blizzards, monsoons, nuclear disasters, anthrax alerts, all cancel).

B16/17 50MI 9:30AM Tarrytown

Leaders: Carolyn Booher (718) 636-0315 and Gary McGraime

(212) 877-4257.

From: The Boathouse.

We'll head north if the roads are dry and circle around to the Horseman Diner for lunch. We'll take cheesecake to go for the train ride home. Bring Metro North Pass and pocket food. Below 27° at start or slick roads cancel.

CROSS TRAINING**8+/- MI****8:40AM****Harriman State
Park Hike**

Leaders: Marilyn and Ken Weissman (212) 222-5527.

From: Port Authority Bus Terminal.

Meet 8:40am at Zaro's Breadbasket, PA Bus Terminal, 40th and 8th Ave., for bus to Tuxedo Park, NY. Round trip – \$ 21.00. A beautiful winter hike to the Lemon Squeezer. Last time we did this route, we passed within 15 feet of two deer herds. We plan to hike in any reasonable temperature/snow.

C12 25MI**10:00AM****Frostbite #6**

Leader: Jim Green (718) 857-5137.

From: City Hall.

Let's go to Coney Island today, where we'll lunch at Nathans and eat all the hot dogs and cheese fries we can handle. We'll ride it off on the way back. Bring money for franks and fries, a lock and chain, an extra tube and water bottle, and dress for the season. Temps below 35°, rain or snow at start cancels. Helmets required. Co-led with 5BBC.

Monday, January 12**TRACK 15 6-18MI 7:00PM****Track Biking**

Leader: Al Boland (212) 665-3484.

From: Tavern on the Green.

Triple laps using the track, training for The Triple Crown Friday, January 16

Friday, January 16**A/B/C 0 MI****6:30 PM****Culture and Cocktails**

Anne Grossman (212) 924-1549 at the Metropolitan Museum of Art. The Picasso and Degas special exhibits are gone, but there's still Versace! Meet at the information counter (center round desk just inside the doors) for an evening of art. Suggested admission is \$8, but you can pay what you wish and look at whatever strikes your fancy. Afterward, drinks, chamber music, and sophisticated chit-chat on the balcony. Your legs may have atrophied to jelly; don't let your mind go too!

Saturday, January 17**A21 50-60 MI 9:00AM****Real Men Ride
Fuschia Bikes**

Leader: Todd Brilliant (212) 274-9463. From: The Boathouse.

I finally bought myself a "real" bike in November. This was after my old Diamond Back frame gave way. If you haven't seen it (the new bike) yet, you gotta come out on this ride. It probably won't look very spiffy by this time, but I'll try to remember to clean it up a bit. We'll be going to some warm diner in Bergen/Rockland, and I expect to be back in the city pretty early. Being cold and uncomfortable is no excuse for riding slow. Sloppy road conditions or temp below 27° at start cancel.

A18 TBA**Lori's Saturday Morning E-Ride***

Leader: Lori Turoff.

An easy-paced, cooperative A ride designed to keep those riding legs and some degree of cycling fitness and social graces during the off-season.

*Definitive Distance, Destination & Details posted prior Thursday at www.lacorsa.com (click on the "local" link) or email:

NYCCride@lacorsa.com.

All rides weather and work-obligations permitting.

A28+/A22+/B18**85/70/65 MI****7:45AM****Gimbels Winter
Training Series**

Coordinator: Al Boland (212) 665-3484. From: The Coffee Shop at AYH (103rd St. & Amsterdam Ave.) Gamble with Gimbels for The Triple Crown

B15/16 40+MI**10:00AM****Memoirs of
Brighton Beach**

Leaders: Peter Morales and Suzanne Levin (718) 398-2623. From: City Hall. Russian food for lunch. An easy ride through Prospect Park and along Shore Road to Coney Island and Brighton Beach. Below 32° cancels

Saturday, January 17**C14 38MI****9:30AM****Piermont**

Leader: Karl Dittibrant (212) 925-9854. From: The GW Bridge (Manhattan Side). Yes, shed those calories as per New Years resolution (and this time you mean it), and shake off cabin fever for a brisk winter ride.

Sunday, January 18**A?? ??MI****9:00AM****Pick-up Ride**

From: The Boathouse. For all you arm chair ride leaders, come out to the boathouse and show what you're made of.

B16 45MI**9:00AM****Pot Luck**

Leader: Fred Steinberg (212) 787-5204. From: The Boathouse.

Bergen or Rockland. We'll go as far as we can. Below 35° at start or wet/icy conditions cancel.

C12 37MI**10:00AM****FROSTBITE #7**

Leader: Gary McGraime (212) 877-4257. From: City Hall.

We're going to the Staten Island Model Aerodrome via an ocean voyage on the Staten Island Ferry. Bring money, a lock and chain, an extra tube and water bottle, and dress for the season. Temps below 35° rain or snow at start cancels. Helmets required. Co-led with 5BBC.

Monday, January 19**TRACK 15 6-18MI 7:00PM****Track Biking**

Leader: Al Boland (212) 665-3484.

From: Tavern on the Green.

Travel the track, training for The Triple Crown

Saturday, January 24**A18 50 MI****9:30 AM****In Search of
Moose and Squirrel**

Leaders: Natasha Bleacher and Boris Borow (212) 348-2661.

From: The Boathouse.

To make appetite for tonight's large Russian meal, we ride bicycles to White Plains, American suburb. Then we ride bicycles back. In case of Siberian weather, we do not ride bicycles – instead drink vodka.

A18 TBA**Lori's Saturday Morning E-Ride***

Leader: Lori Turoff.

An easy-paced, cooperative A ride designed to keep those riding legs and some degree of cycling fitness and social graces during the off-season.

*Definitive Distance, Destination & Details posted prior Thursday at www.lacorsa.com (click on the "local" link) or email:

NYCCride@lacorsa.com.

All rides weather and work-obligations permitting.

A28+/A22+/B18**85/70/65 MI****7:45AM****Gimbels Winter
Training Series**

Coordinator: Al Boland (212) 665-3484. From: The Coffee Shop at AYH (103rd St. & Amsterdam Ave.) Gung-ho to Gimbels for The Triple Crown

B17 60MI**9:00AM****No Coasting Allowed**

Leader: Todd Brilliant (212) 274-9463. From: The Boathouse.

I've been riding my track bike a lot recently. It's truly addictive. I've even started taking it out of the city and discovered that it's very doable (I've only had to walk it up a few steep hills). You don't have to own a track bike to do this ride to Nyack, but you must select a gear and stay in it the whole ride. Seriously. Sloppy road conditions or starting temp. below 27° cancel. It's also a good idea to have a front brake and gearing easy enough to get up State Line Hill for the return.

New Year's Resolution #1
I Will Lead More Rides in 1998

Sunday, January 25**A19 48 MI 9:00AM Somethin' with Syrup**

Leader: Ben Goldberg (212) 982-4681. From: The Boathouse.

On a cold day, there's nothing better than the Park Ridge Diner's French Toast, Pancakes, and Waffles. Temperatures at 8:30 below 28° cancel.

B16 50 MI 9:15AM Weather Ride

Leader: Ron Grossberg (718) 369-2413. From: City Hall.

The warmer it is, the further we go. We'll decide by democratic vote.

Leader will be prepared to do any 50 mile radius.

C12 31MI 10:00AM Frostbite #8

Leader: Gene Vezzani (212) 875-1615. From: City Hall.

We'll visit the Museum of the Moving Image in Astoria. Lunch at Uncle George's. Bring money, a lock and chain, an extra tube and water bottle, and dress for the season. Temps below 35° rain or snow at start cancels. Helmets required. Co-led with 5BBC.

Monday, January 26**TRACK 15 6-18MI 7:00PM Track Biking**

Leader: Al Boland (212) 665-3484.

From: Tavern on the Green.

Trucking on the track, training for The Triple Crown

Saturday, January 31**A20 48MI 10:00 AM (OR NOON) Park Ridge or Brooklyn Brewery Tour**

Leader: Mark Martinez (212) 496-5518.

From the Boathouse (or 14th St & 7th Ave.)

One way or the other we will get together to lift our spirits with endorphins or not. Fair weather means we head to the Ridge Diner for brunch. If it's wet or icy we take the "L" train to the first stop in Brooklyn for a tour of the Brooklyn Brewery followed by brunch at one of several great restaurants nearby. (Meet me at noon at the front car of the Brooklyn bound "L" at 14th St and 7th Ave or call the brewery (718) 486-7422 for directions.). Pray to Bacchus for rain or the Madonna del Ghisallo for sun.

A18 TBA Lori's Saturday Morning E-Ride*

Leader: Lori Turoff.

An easy-paced, cooperative A ride designed to keep those riding legs and some degree of cycling fitness and social graces during the off-season.

*Definitive Distance, Destination & Details posted prior Thursday at www.lacorsa.com (click on the "local" link) or email:

NYCCride@lacorsa.com.

All rides weather and work-obligations permitting.

A28+/A22+/B18 85/70/65 MI 7:45AM Gimbels Winter Training Series

Coordinator: Al Boland (212) 665-3484. From: The Coffee Shop at AYH (103rd St. & Amsterdam Ave.) Trot to Gimbels training for The Triple Crown

B16 55+/-MI 9:00AM Mystery Diner Jaunt

Leaders: Mark Bernstein (718) 833-6648 and Moira McFadden (212) 721-5003. From: The Boathouse.

Join us for a bracing ride through the winding back roads of North Jersey. Lunch at The Mystery Diner and (hopefully) an early return. Any temp. below 35° or steady precip. cancels. Dress appropriately.

C13 10:00AM 20MI Brighton Beach

Leader: Suzanne Levin (718) 398-2623. From: City Hall.

We're biking to Brighton Beach.

Sunday, February 1**A18 50-60 MI 9:30AM Pearls Before (we turn into) Swine**

Leader: Tom Laskev (212) 206-6574. From: The Boathouse.

Gotta keep riding, keep those legs going, keep those lungs pumping, jump-start that heart-rate, can't let that cold weather ennui set in. Pancakes in Pearl River, just the cure. Temp below 30° wind-chill below 10° at 8am, icy roads cancel.

B16 50MI 9:30AM T.B.D. Again?

Leader: Henry Joseph (212) 989-8176. From: The Boathouse.

Our destination will be determined by the road conditions, global volcanic activity and the tide. In other words, I don't know where we're going yet but I will. See you then. Below 30° at start cancels.

C12 34MI 10:00AM Frostbite #9

Leader: TBA (call Geo Kaplan (212) 989-0982 for info). From: City Hall.

To Sheepshead Bay, lunch at the Rooster. Bring money, a lock and chain, an extra tube and water bottle, and dress for the season. Temps below 35° rain or snow at start cancels. Helmets required. Co-led with 5BBC.

Monday, February 2**TRACK 15 6-18MI 7:00PM Track Biking**

Leader: Al Boland (212) 665-3484.

From: Tavern on the Green.

Lapping the track, packing a smack, training for The Triple Crown.

Saturday, February 7**A18 TBA Lori's Saturday Morning E-Ride***

Leader: Lori Turoff.

An easy-paced, cooperative A ride designed to keep those riding legs and some degree of cycling fitness and social graces during the off-season.

*Definitive Distance, Destination & Details posted prior Thursday at www.lacorsa.com (click on the "local" link) or email:

NYCCride@lacorsa.com.

All rides weather and work-obligations permitting.

A28+/A22+/B18 85/70/65 MI 7:45AM Gimbels Winter Training Series

Coordinator: Al Boland (212) 665-3484. From: The Coffee Shop at AYH (103rd St. & Amsterdam Ave.) Trot to Gimbels for The Triple Crown

B14/15 50MI 9:30AM Skylark Diner

Leaders: Linda Wintner (212) 876-2798 and

Gary McGraime (212) 877-4257.

From: The Boathouse.

Sweep away the cobwebs and stretch those legs. We'll cruise up to Nyack at an easy pace, have a hearty breakfast and then possibly coffee at the Gallery for the ride home. Below 32° or slick roads cancel.

Sunday, February 8**B15/16 50MI 9:00AM Park Ridge Diner**

From: The Boathouse. We'll ride to a place that is not far and will be satisfying socially, aesthetically and of course metabolically. Guess where!

C12 25MI 10:00AM Frostbite #10

Leader: TBA.

From: City Hall.

Today we'll be visiting the Cloisters, a re-creation of a medieval monastery located at the very northern part of Manhattan that houses the Metropolitan Museum of Art's medieval collection. Bring money, a lock and chain, an extra tube and water bottle, and dress for the season. Temps below 35° rain or snow at start cancels. Helmets required. Co-led with 5BBC.

Sunday, February 15**C12 25MI 10:00AM Frostbite #11**

Leader: TBA.

From: City Hall.

Let's go to Coney Island today, where we'll lunch at Nathans and eat all the hot dogs and cheese fries we can handle. We'll ride it off on the way back. Bring money for franks and fries, a lock and chain, an extra tube and water bottle, and dress for the season. Temps below 35° rain or snow at start cancels. Helmets required. Co-led with 5BBC.

Back By Popular Demand: The Annual Mileage Chart, Updated for 1998
Happy Trails...

	M	Tu	W	Th	F	Sa	Su	Total
JANUARY				1	2	3	4	
	5	6	7	8	9	10	11	
	12	13	14	15	16	17	18	
	19	20	21	22	23	24	25	
FEBRUARY	26	27	28	29	30	31	1	
	2	3	4	5	6	7	8	
	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	
MARCH	23	24	25	26	27	28	1	
	2	3	4	5	6	7	8	
	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	
APRIL	23	24	25	26	27	28	29	
	30	31	1	2	3	4	5	
	6	7	8	9	10	11	12	
	13	14	15	16	17	18	19	
MAY	20	21	22	23	24	25	26	
	27	28	29	30	1	2	3	
	4	5	6	7	8	9	10	
	11	12	13	14	15	16	17	
JUNE	18	19	20	21	22	23	24	
	25	26	27	28	29	30	31	
	1	2	3	4	5	6	7	
	8	9	10	11	12	13	14	
	15	16	17	18	19	20	21	
	22	23	24	25	26	27	28	

	M	Tu	W	Th	F	Sa	Su	Total
JULY	29	30	1	2	3	4	5	
	6	7	8	9	10	11	12	
	13	14	15	16	17	18	19	
	20	21	22	23	24	25	26	
AUGUST	27	28	29	30	31	1	2	
	3	4	5	6	7	8	9	
	10	11	12	13	14	15	16	
	17	18	19	20	21	22	23	
SEPTEMBER	24	25	26	27	28	29	30	
	31	1	2	3	4	5	6	
	7	8	9	10	11	12	13	
	14	15	16	17	18	19	20	
OCTOBER	21	22	23	24	25	26	27	
	28	29	30	1	2	3	4	
	5	6	7	8	9	10	11	
	12	13	14	15	16	17	18	
NOVEMBER	19	20	21	22	23	24	25	
	26	27	28	29	30	31	1	
	2	3	4	5	6	7	8	
	9	10	11	12	13	14	15	
DECEMBER	16	17	18	19	20	21	22	
	23	24	25	26	27	28	29	
	30	1	2	3	4	5	6	
	7	8	9	10	11	12	13	
	14	15	16	17	18	19	20	
	21	22	23	24	25	26 - 31		

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: 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.

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

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



1998 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 NEGLIGENT 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. Mail this application with a check made payable to the:

New York Cycle Club, P.O. Box 20541, Columbus Circle Station, New York, NY 10023.

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.

ANNUAL MEMBERSHIP: Jan. 1 - Dec. 31, 1998. Please check the appropriate box:

____ Individual - \$21

____ Couple residing at the same address - \$27

Kuchat Kuchat!

(means "Ya Gotta Eat" in the mother tongue)

3RD ANNUAL RUSSIAN NIGHT

Come join us at the 3rd Annual Russian Night of wild festivities at Primorsky, a nightclub in Brighton Beach. There is so much food you won't believe it, and that's only the first course! The vodka flows like crazy for all those who want it. The band has a repertoire ranging from "What's New Pussycat" to "Thriller" to "Hava Nagila," and everyone dances.

This is a great chance to catch up with NYCC pals at an event that gives "off road" a new meaning.

When: Saturday, January 24, 8PM

Where: Primorsky
282 Brighton Beach Ave., Brooklyn

Price: \$45 per person, including tax and tip (note: transportation is extra; see below)
Standard issue vodka included. More vodka costs more.

Attire: Dress flashy, but leave Euro jerseys & cleats at home.

Travel: Subway from Manhattan & Car Service home (carfare not included in price of dinner).
Details provided upon receipt of check.

How: Send check for \$45 per person to arrive before January 17 to:
Stephanie Bleacher, 201 East 87th Street, Apt. 7S, NY, NY 10128

Questions: call (212) 348-2661

Chicago IL 60614-4674
2128 N Sedgwick St Apt 11
Arlene Brimer
Chris Mailing



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