

February
1997

Renew Now! See page 5

NYCC Bulletin



"Boy, every year our membership gets a little more diversified..."

Bulletin Board

A MESSAGE FROM THE PRESIDENT - GENE VEZZANI

Help Us Make Our Monthly Meetings More Attractive

The New York Cycle Club now has eleven hundred members, and we're growing larger every month. It has been written that if things don't change they don't grow, and if they don't grow they die. We certainly don't want to find ourselves victims of Titanic Syndrome, thinking, Oh - this big ship will never sink.

A few of several changes are just around the corner. Beginning with our February All-Club General/Social Meeting that is scheduled for Tuesday, February 11 at O'Hara's, we'll begin having a monthly **Tag Sale**. All that you have to do to bring any cycling-related item(s) that you would like to sell at the meeting with a price tag and your name attached to it, and place it on the Tag Sale table. Every month, we will designate one table at the General/Social Meeting for the Tag Sale.

The menu and the pricing of our monthly meeting are changing. Beginning with the February meeting you'll see a much improved selection of food. The pasta bar is being replaced with a delicious new and interesting buffet. The very much improved February buffet will feature a poultry entree, a vegetarian selection, along with accompanying morsels. Each month you will see a different entree.

Admission to the third floor of O'Hara's between 6:00pm and 7:45pm is \$12.00, which includes the new dinner buffet, tax, gratuity, and the program. Admission to the third floor of O'Hara's after 7:45pm is \$4.00, which covers only the program, not the dinner buffet. We are now experiencing some general meeting costs that necessitate the \$4.00 general admission charge.

We encourage you to attend the monthly meetings of your New York Cycle Club the second Tuesday of every month. You'll meet new friends, renew acquaintances, and enjoy an entirely new and refreshing menu. Your presence at the meetings will be the most important step in making the meetings more attractive.

SAVE THE DATE

The date of the Montauk Century is May 18. For the first time, the NYCC will be providing an A and a B bus for your return. Checks will be accepted beginning next month. Details to follow - Space is limited. Use the **NYCC JERSEY ORDER FORM** in this issue to order your jersey NOW to be able to have it for the Montauk Century.

GET TO KNOW YOUR NEW RIDE LEADERS!

A-RIDES:

- CALL BEN GOLDBERG (212) 982-4681 -

B-RIDES:

- CALL GARY MCGRAIME (212) 877-4257 -

C-RIDES:

- CALL MARK SCHWARTZ (718) 237-1042 -

OPEN INVITATION TO NYCC MEMBERS

You've all read about it here and in Bicycling Magazine, now come try it first hand. Enjoy a free, trial "Spin" class at Equinox Fitness Club. **TENTATIVE DATE:** Saturday, February 22 at 2PM to 3PM. **PLACE:** Equinox Fitness Club, 897 Broadway (at 19th street), lower level Spin room. **WHAT'S INCLUDED:** Use of all club facilities, showers, sauna, (toiletries & towels provided). **WHAT TO BRING:** Bike shorts, sneakers or MTB shoes (no cleats or SPD cleats), a lock for the locker, water, lots of energy.

No obligation - no sales pitch - just come check it out for yourself.

For information, please call: Lori Vendinello, La Corsa Tours. 1-800 - LACORSA

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To publish an article:

Contact:
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E-MAIL: MEMONY@aol.com.

Submit 3.5 inch diskette plus hard copy. Advise operating system, software, phone number. Material may be edited for length and clarity. A full page of text is 750 to 1090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

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

Web Page:
<http://www.nycc.org>

Club Rides

RIDE LISTINGS: To lead a NYCC ride next month and list it in the bulletin, contact the Ride Coordinator (see page 2) for that ride class on or before this month's club meeting date.

BEFORE YOUR FIRST CLUB RIDE: Please read about club rides on page 10.

ALWAYS WEAR YOUR HELMET. NO HEADPHONES.



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



Mondays and Wednesdays in February

A18-21 12-24 MI 7:00 PM Dark Skies '97

Leader: Todd Brilliant (212) 274-9463 From: Benches across from the Boathouse. If you and your forlorn bicycle can manage to make it to the park after work this month, you won't regret it. Besides, it sure beats stayin' home, watching lame TV, feeling sorry for yourself while dreaming of vacationing (or permanently residing) in Arizona or New Mexico. I like to think that the glue that bonds the NYCC is its members' love for cycling. Of course, if your idea of fun is not to push yourself (and others), then maybe this ride is not for you. But those of you who know the rush or would like to find it this winter, come on out. It will also prepare you to kick some serious butt come spring. It's a good idea to have lights, a killer competitive streak and the willingness to miss "Melrose Place" (Mondays) and "Beverly Hills, 90210" (Wednesdays). Let Valerie and Kelly fight it out for themselves.

Saturdays in February

A18-20 25 MI 8:00 AM Pack It In Early

Leader: Steve Ullmann (212) 473-1897 From: Tavern on the Green. Thinking of taking the "A" SIG or racing this year? Get a jump on training with four tempo laps (one slow, three faster) in the park early, after which we adjourn to breakfast locally or take an easy spin to a nearby diner with another ride. Temp below 25° at start cancels. Call leader if unsure of conditions.

Saturday, February 1

A25+ 80 MI 7:30 AM Gimbels

Leader: Al Boland (212) 665-3484 From: The Boathouse. Start with slow 18 mile warm up to Cross County Shopping Center. Coffee up at Zaros. Then slow 15 MPH warm up for 10 more miles up Central Park Ave. At Rt 22 all hell breaks loose for the next 30 miles. We rendezvous at Larchmont Diner. We'll then head back via Shore Road followed by a scenic quiet route through the Bronx.

A18 55 MI 9:00 AM Where The Snow Isn't

Leader: Fred Steinberg (212) 787-5204 From: The Boathouse. At this time of year, we'll be lucky to make it to Nyack. That's where we'll go if there's no snow. Cold doesn't stop us. Snow does.

B15/16 35/40 MI 9:30 AM Back-By-Noon

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. We're off for a fairly easy ride this morning that will help to

keep you in shape during the cold weather. Each week the destination changes, so plan on joining us for the entire winter series of Back-By-Noon rides. We'll leave the Boathouse at 9:30, making one quick rest stop, and return to Central Park before 12:30. This gives you the entire afternoon to do other things. Temp below 35° and/or winds over 12 MPH cancel.

Sunday, February 2

A20/18 55± MI 9/9:40 AM Queens For A Day

Leaders: Jeff Vogel & Margaret Cipolla (718) 275-6978 From: Tramway Plaza - 59th St. and 2nd Ave. (9:00)/Roy Rogers - Queens Blvd. at Woodhaven Blvd. (9:40). Join us for our annual curb-hopping expedition through the vast wastelands of Queens. In a change from previous years, there is ***NO*** brunch today. However, we will make a diner stop at the 30-mile mark at the one and only Flagship. Foul weather and/or foul mood cancels.

B/C 40 MI 9:00 AM McPancakes

Leaders: Todd Brilliant (212) 274-9463 From: The Boathouse. During my daily commutes through Brooklyn, I encounter various things. Some are more noteworthy than others, and some are downright remarkable. I've noticed that certain McDonald's advertise an "all you can eat" special on pancakes for 99 cents (as long as you can scarf them down before 11am). There is a McDonald's on 4th Avenue in Park Slope and one on Neptune Avenue in Coney Island that tout this claim. We gotta check this out! Bring a fierce appetite, a lock (if you have one) and a buck to buy all the pancakes you can devour. Timing and weather conditions will determine which McDonalds we'll hit.

C13 25 MI 9:30 AM Frost Bites #10 - Fort Tryon Park

Leaders: Hindy & Irv Schachter (212) 758-5738 From: The Boathouse. This is one of the shortest rides we do, but it's also one the most fun! The park squirrels expect us and will wave their tails to greet us in style. We'll lunch at the Fort Tryon Cafe. Disappointment awaits the squirrels if the predicted high is below 40°, if it rains, snows, or ice covers the ground. Co-led with 5BBC.

Saturday, February 8

A/B/C 6-7 MI 8:30 AM Climbing Mount Taurus

Leaders: Marilyn & Ken Weissman (212) 222-5527 From: Grand Central Terminal Information Booth. Starting from Cold Spring, the route offers a "challenging" climb (not mountain climbing, but a steep trail) to the top of Mt. Taurus. Spectacular views up and down the Hudson from the Beacon Bridge to the Bear Mountain Bridge. We're so high, we can look down at Breakneck Ridge and Storm King mountains. Picnic lunch on the way down before we cross the Catskill Aqueduct. Wear boots and layered clothing. Don't forget food and water (no stores). Expected high below 25° in the city, rain or heavy snow cancels. \$11 round-trip train to Cold Spring. Back in NYC by about 5 PM. Rain date: Sunday, February 9.

A25 80 MI ??? AM Gimbels

Leader: Al Boland (212) 665-3484 Normal routine. Call for time, meeting place, and cancellation conditions. Return via a special route through the Bronx.

A17 25-60 MI 9:00 AM Slow And Lovin' It!

Leader: Damon Hart (212) 753-0204 From: The Boathouse. Slow-moving but disciplined "A" ride to Mamaroneck through southern Westchester County. Weather dictates length, bring Metro-North pass and NYCTA tokens for possible truncation. Temp below 25°, precipitation, or slick roads cancels.

A/B 40+ MI 10:00 AM Nathan's

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

annual ride to Nathan's in Coney Island. Franks and fries with a return along Shore Parkway. Temp below 30° at start cancels. Rain date: Saturday, February 15.

B16 50 MI 10:00 AM Triple Header - Sands Pt, Kings Pt, Ft Washington

Leader: Jim Drazios (718) 225-1842 From: The Statue of Civic Virtue (Union Tpke & Queens Blvd. - E/F train). Nice rolling hills. Helmet required. Temp below 35° at start cancels.

B15/16 35/40 MI 9:30 AM Back-By-Noon

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. We're off for a fairly easy ride this morning that will help to keep you in shape during the cold weather. Each week the destination changes, so plan on joining us for the entire winter series of Back-By-Noon rides. We'll leave the Boathouse at 9:30, making one quick rest stop, and return to Central Park before 12:30. This gives you the entire afternoon to do other things. Temp below 35° and/or winds over 12 MPH cancel.

Sunday, February 9

A18 35 MI 9:00 AM State Line

Leader: Shiver M Timbers (800) ITS-COLD From: The Boathouse. An easy early season tune-up to State Line. If temps below 32° don't expect to see many faces.

B17 40 MI 9:00 AM Northvale "Polar Cap"

Leader: John Fullwood (212) 927-3278 & Robert Ruiz (212) 260-4594 From: The Boathouse. Will do a maple syrup run to the Northvale Diner and maybe further if the group chooses.

C13 25 MI 9:00 AM Frost Bite #11 - Staten Island

Leader: Paul Rubenfarb (212) 740-9123 From: The steps in front of City Hall. We'll take the ferry over to Staten Island and do a leisurely loop. If we get to the Tibetan Museum, which contains a treasure trove of artifacts from Tibet, we may stop in, so bring your locks and a donation. Predicted high below 35°, rain, snow, or ice covering the ground cancels. Co-led with 5BBC.

Saturday, February 15

A27 80 MI ?::? AM Gimbels

Leader: Al Boland (212) 665-3484. Today we do the long climb with the teams. Call for time, meeting place, and cancellation conditions.

A18 50+ MI 9:00 AM Westchester Bound

Leader: David Younglove (212) 533-1276 From: The Boathouse. We'll take the shore road to White Plains, at least. If weather permits, we'll go further. Temp below 25° at start cancels.

B15/16 35/40 MI 9:30 AM Back-By-Noon

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. We're off for a fairly easy ride this morning that will help to keep you in shape during the cold weather. Each week the destination changes, so plan on joining us for the entire winter series of Back-By-Noon rides. We'll leave the Boathouse at 9:30, making one quick rest stop, and return to Central Park before 12:30. This gives you the entire afternoon to do other things. Temp below 35° and/or winds over 12 MPH cancels.

Sunday, February 16

A18 48 MI 9:00 AM Waffles, This Time

Leader: Ben Goldberg (212) 982-4681 From: The Boathouse. My December ride was to the Park Ridge Diner for the best French toast around. Imagine my surprise when I found out that they make great waffles too! Slick roads or temp below 25° at start cancels.

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B16 35 MI 9:30 AM Short And Rolling

Leader: Gary McGraime (212) 877-4257 & Steve Ullman (212) 473-1897 From: The Boathouse. We'll explore the rural and sometimes rolling landscape of Staten Island and return to Manhattan early. Temp below 35° cancels.

C13 25 MI 10:00 AM Frost Bite #12 - Astoria

Leader: You From: The steps in front of City Hall. We'll head to Astoria - is it still the section with the second largest Greek population in the world? - and visit Uncle George's Restaurant, a lively gathering place for Greek-Americans and others fond of Greek food. Predicted high below 35°, rain, snow, or ice covering the ground cancels. Co-led with 5BBC.

Saturday, February 22

A25 80 MI ?::? AM Gimbels: Free Coffee And Muffins Day

Leader: Al Boland (212) 665-3484. Call for time, meeting place, and cancellation conditions.

A18 45-65 MI 9:00 AM Rockland Ramble

Leader: Damon Hart (212) 753-0204 From: The Boathouse. DeForest Lake loop is the goal, conditions permitting. Some hills. Temp below 25°, precipitation, or slick roads cancels.

B15/16 35/40 MI 9:30 AM Back-By-Noon

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. We're off for a fairly easy ride this morning that will help to keep you in shape during the cold weather. Each week the destination changes, so plan on joining us for the entire winter series of Back-By-Noon rides. We'll leave the Boathouse at 9:30, making one quick rest stop, and return to Central Park before 12:30. This gives you the entire afternoon to do other things. Temp below 35° and/or winds over 12 MPH cancel.

Sunday, February 23

A18-20 45-55 MI ?::? AM Reasons To Be Cheerful

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

PART 1: It's over 30° at 9 AM (as per WINS-AM), and the roads are mostly free of melting slush - we're riding at 10 AM.

PART 2: It's under 30° at 9 AM, but the roads are free of frozen crud - we're skating at 11 AM (in-line, outta' line, whatever).

PART 3: It's raining, sleeting, snowing, or the streets are bigtime slick - reset your alarm - turn off your phone (already have), get back onto bed - we're brunching at A.J. Gordon's brewpub (south side of 79th between B'way & Amsterdam) at noon.

A19 35+ MI 8:30 AM State Line

Leader: Damon Hart (212) 753-0204 From: The Boathouse. Get a head-start on the training series starting next week! Come along on a quick out and back on 9W (River Road also, depending on conditions) and have the rest of the day to thaw. Temp below 25°, precipitation, or slick roads cancels.

B16 40 MI 9:00 AM A Knish For George

Leaders: Beth Renaud (212) 274-9463 From: The Boathouse. I admit that the cold on New Year's Day (11° when I woke up) kept me off the bike and away from Mrs. Stahl's. Apologies to people who may have been confused by the conflicting write-ups in the December and January bulletins. With some luck, it won't be quite so frosty by now. Join me for this make-up ride, during which we'll raise a knish in the air to salute Mr. Washington's birthday. Ice floes in the Delaware River or impeachment of the leader cancels.

C14 20 MI 9:30 AM Frost Bite #13 - Coney Island / Nathan's

Leader: Mark Schwartz (718) 237-1042 From: The steps in front of City Hall. Today we'll be riding to Nathan's, where hot dogs and cheese fries will be waiting. If anyone's up to it, we'll take a ride on the Cyclone. Group consensus decides route to be taken back. Predicted high below 40°, rain, snow, or ice covering the ground cancels. Co-led with 5BBC.

Saturday, March 1**A18 40? 50?60? MI 9:00 AM Happy To Be Riding**

Leader: Fred Steinberg (212) 787-5204 From: The Boathouse. We'll go as far as we can: Pearl River, Park Ridge, Northvale, Fort Lee... depending on the weather. Cold doesn't stop us, but snow does.

SIG 24 MI 9:00 AM Day One

Leader: Christy Guzzetta (212) 799-8293 The first ride of the SIG progressive "A" ride series. 4 laps of Central Park. It should be real easy for you

to do it in 1 hour 45 minutes. After the ride there will be a get-together to review what this series is all about, what to expect, what you'll need to do, etc. See the article in this Bulletin and the March Bulletin for more details.

B17 50 MI 9:00 AM Nyack Extraordinaire

Leader: Karl Dittbrandt (212) 925-9854 From: The Boathouse. One of the million ways to get to Nyack! Temp below 35° cancels.

Sunday March 2**A17 50 MI 9:00 AM "A" Training Ride #1**

Leader: Ben Goldberg (212) 982-4681 From: The Boathouse. Shake off the winter at a graceful pace. We start this week and gradually get it up to speed by the end of next month. See if your friends can remind you of the form you left behind last year. For "A" riders only. Newbies should be doing the SIG that started yesterday.

B17 40 MI 9:00 AM Northvale "Polar Cap"

Leader: John Fullwood (212) 927-3278 & Robert Ruiz (212) 260-4594 From: The Boathouse. Will do a maple syrup run to the Northvale Diner and maybe further if the group chooses.

Plan Your Summer Holidays Now!**JULY 7 THROUGH AUGUST 19 - Tour de Canary Islands!**

Daily distance approx 40 mi/day. Most of July explore exquisite forested mountains and historic towns on islands of Tenerife, La Palma and La Gomera. Next ride verdant Portuguese coast from Porto through lush promontories of Spain's Galicia coast, boyhood home and cubist inspiration of Picasso. Then possibly Mallorca. Each rider buys own RT air ticket approx. \$600 from consolidator and spends at own discretion approx. \$20 - \$35 a day. Call Paul "Ernesto" Rubenfarb (212) 740-9123.

**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.

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How did you hear about NYCC? ☐ 1.Bike shop. ☐ 2.Other bike clubs. ☐ 3.Read about us. ☐ 4.Friends. ☐ 5.Health club
☐ 6.Other _____

What type of rider do you consider yourself? ☐ A. ☐ B. ☐ C. ☐ Not sure.

Other cycling memberships: ☐ AMC. ☐ AYH. ☐ Adventure Cycling. ☐ CCC. ☐ CRCA. ☐ LAB. ☐ TA.

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

Dues are \$21 individual, \$27 per couple residing at the same address and receiving one Bulletin.

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

New York Cycle Club, P.O. Box 199, Cooper Station, New York, N.Y. 10276.

And did those cleats, in ancient times, pedal on England's mountains green?

(With apologies to William Blake)

— by Caryl Baron

Summer is long gone, but the images remain: cliffs Monet would have painted at Crackenhaven ... Mrs. Vicary's white cottage nestled against the deep green hillside in Exmoor ... crossing the Severn Bridge ... a thrilling downhill in a downpour into, unfortunately, the wrong town ... Hadrian's Wall ... the infinite miles of stone walls outlining Lancashire's hills ... Paul Hayhoe, our Fawltly Towers-esque innkeeper in Langholme ... Monica Debenhorn's tales of ghosts at the idyllic Galashiels Lodge ... the sound of water rushing under our feet in the heather-covered hills ... bagpipes inside a Glasgow pub ... and the best day of cycling ever.

Last spring, Mike Yesko circulated a list of suggested self-supported summer cycling trips. Six of us focused on "End to End," a legendary route from Land's End at the southwestern tip of Cornwall, England, to the northeastern tip of the Scottish mainland at John O'Groats. Steve Baron said, "Piece of cake. England's flat, isn't it?" (More on this later.)

Steve contacted the Cycle Touring Club of Britain. For £25 (\$37.50), we joined CTC and obtained information for three end-to-end routes. For our trip, we used the 1,000 mile "B&B" route, which led us on untrafficked roads through England's "tranquil areas" in the west.

Mike Yesko, using a guide to B&B's, planned overnight stops about 73 miles apart. He reserved by fax with some, wrote to others, and eventually phoned many.

Kit Crowley researched the logistics of auto rental. Because we could get no assurance that BritRail would accept six bicycles on one train, and London was having occasional transit strikes, we opted to rent two cars at London's Gatwick Airport, dropping one off the next day in Penzance, and picking up another in Inverness to transport us all to our departure from Glasgow.

On August 23, Steve, Mike, Art and Kit Crowley and myself

landed at Gatwick and joined Alex Bekkerman, on the long, slow passport line. By 10:30 am we were on our way to Penzance. Including a "how could we not" stop at Stonehenge, it took us 10 hours to reach our B&B. Since it was now dark, we scrapped our plans to ride to/ from Land's End that evening in favor of dinner at the Admiral Benbow.

This gave us 89 miles to ride the next day. We soon discovered that, in rolling countryside not more than 300 feet above sea level, it's possible to have 25% and even 30% grades. And, that first day, we experienced seven, yes, seven, cloud-bursts. But the scenery was glorious, the roads uncrowded, and our B&B in Tintagel (site of King Arthur's island fortress and Merlin's caves) greeted us with home brewed beer and home cooked meals.

In southwest England, we found routes so complex, the directions so cryptic that we needed both a driver and a navigator in the car. It was more like a rally! The truly heavenly and carefree riding was in Lancashire and Scotland, where there are fewer roads, fewer turns, fewer people, and more sheep.

We easily adapted to being on the left side of the road, at least on bicycles. Driving was a bit more of an adjustment, but with the bike rack, there was an incentive to be alert. A cry of "Bikes!" meant "You're too @#*&@ close to the left side of the road!!!"

British drivers are extraordinarily patient and polite, though on major roads they expect cyclists to behave sensibly and ride a straight line on the extreme left. This is easy, because the roads are perfectly paved, even to the very edge. Unlike our tri-state area, you can ride in confidence that you won't suddenly run out of pavement or hit a three-foot-deep pothole.

We found an unexpected delight in touring in a country where people speak our language. Alex was always stopping to ask directions just so he could hear yet another regional accent.

Scotland and Lancashire are a cyclists' heaven. Though the landscape is hilly, the grades are gentle, with 12% max. Except in urban areas around Edinburgh, Inverness, and Glasgow, roads are uncrowded, and routes are direct and easy to follow. The people are fiercely independent and lots of fun. Weather is variable and unpredictable. We lucked into perfect cycling temperatures, but it can be hot or cool. In two weeks, we didn't have a lot of rain, but we never regretted carrying a waterproof layer.

Our B&B breakfasts were hearty, the eggs (whoops!) always fresh and with Mrs. Vicary's homegrown mushrooms, an amazing delight. Pub food is quite edible, even haggis, and not expensive. Beer, or course, is great. If you like Indian food, Britain is heaven. The one local speciality we hadn't the courage to try in Scotland was the deep-fried Mars bars. It seems they take candy bars into the fish and chips joints to be batter-dipped and fried in the same vat as the chips. I'm told that Kit Kats are banned because they explode in the hot oil, causing the chips to taste of chocolate for weeks.

The greatest pleasure is in experiencing a landscape undisturbed for hundreds, even thousands of years. There is a feeling of peace and permanence and continuity of civilization. The farms and fields have existed for centuries, and the Brits are reluctant to tear up history by widening the roads. We cycled on roads that were laid out by the Romans, through hedgerows populated by generations of rabbits and

hedgehogs. The prehistoric stones placed by people thousands of years ago speak to us still.

The last leg of our journey was the most spectacular day of riding I've ever experienced. We started from the trout fishing resort of Altnaharra (pop. 33) with the peak of Ben Naver in view. Dew glistened like fairy dust on millions of spider webs in the soft golden sunlight as the early morning mist lifted off the calm blue waters of Loch Naver. We followed the loch until it became a burn (stream), gently descending along a valley to meet the sea in a deep cliff-lined inlet at a town called Betty Hill. Our route then turned east along the spectacular roller coaster edge of the land. We lunched on the clifftop terrace of a country inn, then hugged the coast all the way to John O'Groats, where the Orkney ferries dock. A mile or so beyond John O'Groats we hiked a mile or so for a sunset view of the Stacks of Duncansby, looking like a naturally formed Gaudi cathedral silhouetted in rich reds against the deep blue sea. Mountain loch to ocean cliffs in 75 miles. What more could anyone wish?

CYCLE TOURING CLUB OF BRITAIN, (CTC) Cotterell House, 69 Meadow, Godalming, Surrey GU73HS. Tel: (011) 044868 77217. CTC supplies routes and OS maps. It is a good source for touring information throughout Britain and Europe.

B&B's cost about £15/person, £25 in cities. One good B&B guide I discovered on our trip is Stillwell's, which claims to have a B&B anywhere you might wind up.



Reorder Your Exciting NYCC Jersey and Jacket NOW!



HELP SUPPORT YOUR CLUB AND LOOK GREAT while you're doing it by ordering a hot colorfully designed club jersey and jacket today. The Micro-Airdry fabric used to produce our new short sleeve club jersey has the property to keep you dry and cool as you ride by wicking perspiration away from your body. Micro-Airdry fabric is also anti-allergic and odor resistant. Combine the coolness of the fabric with the outstanding eight-color design that club member Michael Toomey has created, and you've

got a winning combination. Our club jacket features the same colors and design as the jersey on both the front and the back, and has solid color long sleeves. The Microzone jacket fabric is light in weight and provides excellent wind protection as well as moisture-wicking properties. We have teamed up with the world leading manufacturer of cycling apparel, LOUIS GARNEAU SPORTS, to provide you with the very best quality at the lowest possible cost.

There are two easy ways to order your new club jersey and jacket:

The delivery time is approximately 4-6 weeks.

JACKET(S) RECEIVED BY _____ DATE _____

BLOWOUTS by Lou S. Pokes

Hey, it's cold out there and only the Road Bozos are riding (see the last paragraph). It seems like just yesterday that it was 95 degrees and **Marian Crowley** was riding down St. Nicholas Avenue in a bikini top.

Well, if we couldn't ride, let's thank **Ken and Marilyn Weissman** for organizing their series of hikes and walks. Let's also thank **Pat Thomson** for putting together the skating evenings at Wollman Rink. Thanks also to **Don Passantino** for his train tour.

A "bolshia sposiba" goes to **Stephanie Bleacher** for organizing the Second Annual Brighton Beach Night. To straighten out the confusion, it is no longer a Russian dinner.

Brighton Beach is known as Little Odessa and Odessa is now part of Ukraine. So it's a Ukrainian dinner, not a Russian dinner. Got that?

And did **Jeff Vogel** stay sober? Reportedly he was able to lead his AA19 Recovery Ride the following day, albeit at 11:30. And for those of you who found that ride objectionable, Get a Life!

When an unleashed dog ran out onto the roadway recently one rider said, "*Remember, there are no bad dogs, only bad dog owners.*" Later, during lunch, when there were several noisy, unruly children running around, someone else said, "*Remember, there are no bad children, only bad parents.*" Does that mean when the rider in front of you has no apparent cycling

skills, "*There are no bad riders, only bad bikes*"?

So **Marty Wolf's** Annual New Year's Day Ride was canceled again due to the extreme cold. The 15 degree weather didn't stop over 100 members of the Polar Bear Club from going swimming in the 45 degree water off Coney Island. Unfortunately, as far as I know, none of them are members of the NYCC, so they're all ineligible to be Road Bozos. **Rob Kohn**, however, is a member of the NYCC and he did ride that day, all the way to Nyack. Of course he did spend three hours in the Skylark trying to defrost his water bottle and thaw himself out. When the number on your speedometer exceeds the number on the thermometer, you shouldn't tell anyone, or you know you'll be the Road Bozo. But Rob, why did you even bring a water bottle?!

Another year, another SIG, another story yet to be told. Here it comes... again.

The 1997 SIG will start at the Boathouse in Central Park at 9:00 AM on the first Saturday in March. Nothing fancy, 4 laps of the Park. The first day will be an easy 24 miles and then a brief get together immediately following the ride. If the weather is in our favor, there could be 50, 60 - maybe more - people at our gathering. If the weather is cold, wet, ugly - there may only be 30 or 40 faces sitting around. Then - about 11, 12 weeks later - sometime in May - only a few of those faces will rip off 100 miles on the graduation ride, many of which will be in a paceline, many climbing some of the biggest hills around, some of those miles at speeds greater than 24/25 mph on the flats, 40 mph down the hills.

There will be a ride scheduled for every Saturday through the end of May. We schedule the rides on Saturday so that in the event of bad weather, we have a chance to make it up on Sunday. There will also be 2 additional rides scheduled on two of the Sundays. These will be devoted to specific skills: spinning, bike handling, etc.

Do you want to give it a try? Start working out now, right NOW! It is

a mistake to think you can get in shape during this series. You need to start it in shape. You should be ready to do 50 miles, a ride to Nyack, before that first Saturday in March. This series is for "intermediate" cyclists, strong B riders - and stronger - who want to learn how to ride really fast. The Bulletin says that strong B riders can ride 4 uninterrupted laps of Central Park in under 1 hour, 45 minutes. You'll be "cut" from the team if you can't do the first ride, the 4 laps in the Park, in under 1 hour, 45 minutes. Get in shape NOW because if you can do the 4 laps in time, and you participate in the 1997 SIG, you will have one of the great cycling experiences of your life. And... you will become an A rider! Promise.

See the March Bulletin and the March rides listing for more and more and more detail. Get in shape now. I've already been on my rollers a couple of days a week since the first days of 1997. I've already been going to the gym a couple of days a week since the early days of 1997. I'm getting ready. You should be getting ready as well.

Questions? Call Christy Guzzetta - (212)595-3674.

The NYCC welcomes 23 new members!

Don Asch
Joffre Burger
David Cardwell
Astrud Castillo
Janet Diminich
Glen Goldstein
Alice Knies
Andrew Levin
Daniel Lieberman
John Lingenstein
Marc Mauceri
Michael Medeiros
George Melendez
Colleen Morrissey
Patrick Mullen
Seth Prince
Carol Ross
Susan Rothstein
Casey Siemaszko
Alicia Sisk
Travis Stearns
Robert Szydlowski
Mark Young

B TRAINING SERIES

SATURDAYS IN MARCH & APRIL: A progressive series beginning March 1, designed for B Riders and B-rider wannaB's who want to ride faster, better, and with a greater sense of adventure. Mileage will range from 45-75+ miles, 14-18 mph cruising speed. 9W will be avoided completely, as we hone our skills on the most beautiful roads you may have never heard of.

Topics to be covered: bike fit, riding technique, group riding skills, what to wear, what to eat; in general, how to take care of yourself on the road.

Will divide into faster/slower groups if group size/skill levels warrant. You'll need to commit to the entire series, but you'll have more fun and be in great shape for summer if you do.

For more information, please call Karin Fantus at (212)873-5559 and look for details in the March Bulletin.

It's time to renew your membership!

Don't miss out on:

- All the great rides**
- Bike shop discounts**
- The social functions**

This is your next to "last" issue

Do it Now!

Send in your 1997 application form and dues.

Before your first club ride, please read this:

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

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

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

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

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

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

BIKE TRAINS: See schedule below. On Saturdays and Sundays, MetroNorth has scheduled specific trains to/from Grand Central Station to accommodate large groups of cyclists.

FROM GCT	TO/FROM	TO GCT
7:54 AM (HUDSON LINE)	POUGHKEEPSIE	4:12 PM
8:58 AM (HUDSON LINE)	POUGHKEEPSIE	5:12 PM
	POUGHKEEPSIE	6:12 PM
8:49 AM (HARLEM LINE)	BREWSTER NO.	4:08 PM
8:07 AM (NEW HAVEN LINE)	NEW HAVEN	3:57 PM

Bike passes are always required. *There are no Bike Trains on holidays. Refer to roster for restrictions* which apply at other times. If you are leading a ride and absolutely require a Bike Train at another time, you must call NYCC's MetroNorth liaison, Jeff Vogel at (718)275-6978 well in advance to try to arrange another train for your ride. Bike passes are available at Window 27 at Grand Central or by calling (212)499-4398 for an application.

RIDE STYLE	DESCRIPTION
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

Minutes

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

PRESENT: Gene Vezzani, Steve Britt, Caryl Baron, C.J. Obregon, Joel Englander, Mitch Yarvin, Douglas Riccardi, Rich Borow, Conrad Meyer, Peter Morales, Dona Kahn and Geo Kaplan

ABSENT: Reyna Franco

Also present were board members elect Tom Lasky, Anne Grossman, Ben Goldberg, Gary McGraime and Mark Schwartz.

Gene reviewed the agenda and procedures for the benefit of the members elect.

Dona indicated that the program for the January meeting would focus on bicycle maintenance.

Steve welcomed the new coordinators and indicated that he would meet with them separately.

Rich pointed out that it was important that adequate lead time be provided for publicity releases for events.

Mitch reported the club had 1075 members which was 100 more than last year.

Doug reported that there was no new artist for the Bulletin cover.

Gene announced that beginning March 1, the club would have a new information sheet for prospective members.

Geo gave a report on the holiday party. The board authorized free admission for the door keeper. The board also approved a \$50 gift for Metro North's bicycle coordinator.

Gene indicated the board was exploring a new post office box in a central location and a new phone number.

Gene reminded the outgoing members that they should be preparing a procedures sheet for their successors which could be incorporated in a club operations manual. Gene also announced the creation of the club discount program, and the fact that the club had obtained its own domain name on the World Wide Web. He also instructed C.J. to report on the club's insurance coverage at the next meeting.

The minutes of the November meeting were approved.

The Board approved the expenditure of up to \$100 for a gift for Mike Samuel in appreciation of his work as cover artist.

Gene extended his thanks to the departing board members, especially Geo, who had served on the Board for six years.

The meeting adjourned at 8:00 PM.

Respectfully submitted, Conrad J. Obregon

Re-Cycling

Two classifieds per member per year are free (up to 6 lines). Additional ads \$1.00 per 50-character line. Please send classified listings to the Bulletin Editor. **Macintosh compatible disk or e-mail is required.** Listings will appear for one month unless specified.

FOR SALE:

RALEIGH TECHNIUM FRAME AND FORK, 53 cm c-to-c, good condition. Great for commuter or second frame. Includes headset - \$50. Call **Keith** at (212)982-9461.

1992 TREK 1200 ALUMINUM 12-SPEED ROAD BICYCLE. 54CM BLACK FRAME WITH LOOK CLIPLESS PEDALS. MINT CONDITION. BEST OFFER OVER \$200.00. CALL RICH KREISLER AT (212)478-7030 FOR FURTHER INFORMATION.

'83 GRANDIS "CAMPIONE DEL MUNDO," Columbus SL, 51 cm (c-c), full Campy Super Record w/Campy ti bb, Specialized pedals, 2 sets of wheels (tubular and clincher), Cinelli 1/A stem, mod 65 bars, Concor SL saddle, never raced, never crashed, excellent condition. \$700 obo. Basso Titanium (made by Litespeed) 52 cm (c-c) road frame/fork w/Mavic headset, also never raced/crashed. \$700 obo. Call **Rob** at (718)369-1237.

WANTED:

LOOKING FOR A B RIDER who's a night owl to do Central Park laps together, for safety, at about 8 PM this winter. Call: **Jill** at (212)318-2358.

Reminder:

Material for the March Bulletin is due by

FEBRUARY 14.

That's 3 days after the club meeting on February 11.

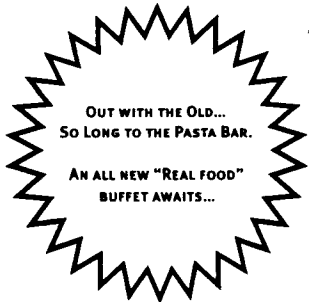
EASY TO USE - 1997 MILEAGE LOG

	M	T	W	T	F	S	S	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	26	
FEBRUARY	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	
MARCH	24	25	26	27	28	1	2	
	3	4	5	6	7	8	9	
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	17	18	19	20	21	22	23	
APRIL	24	25	26	27	28	29	30	
	31	1	2	3	4	5	6	
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MAY	21	22	23	24	25	26	27	
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JUNE	19	20	21	22	23	24	25	
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	M	T	W	T	F	S	S	Total
JULY	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	27	
AUGUST	28	29	30	31	1	2	3	
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	11	12	13	14	15	16	17	
	18	19	20	21	22	23	24	
SEPTEMBER	25	26	27	28	29	30	31	
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OCTOBER	22	23	24	25	26	27	28	
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NOVEMBER	20	21	22	23	24	25	26	
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DECEMBER	17	18	19	20	21	22	23	
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	8	9	10	11	12	13	14	
	15	16	17	18	19	20	21	
	22	23	24	25	26	27-31		

NEW FOR 1997 * DINNER BUFFET!!

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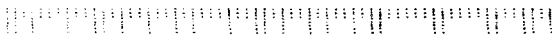
MEET AT 6 ► DINNER AT 6:45 ► PROGRAM AT 8

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

ADMISSION AFTER 7:45 – **\$4** (INCLUDES PROGRAM ONLY)

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