

January
1997

NYCC Bulletin

**...another year
of cycling in
New York City!**

Get Ready!

Inside:

**1997 calendar
of events**

**What's great
about riding in NYC**

All New!

**Discount program
for members**

Bulletin Board

MEMBERSHIP RENEWALS

Please renew early to keep at the benefits of NYCC Membership coming your way. You won't be receiving any reminders, letters, phone calls, etc., so... fill out the application form found on page 11 and send it in.

RUSSIAN NIGHT

The date of this event was misprinted in last month's Bulletin. The real date is January 18th. Please see page 8 for all the details.

VO₂ MAX STUDY

New York Hospital-Cornell Medical Center needs volunteers for a study of exercise, metabolism, and nutrition. There's a series of approximately ten tests which include an underwater body fat test, a muscle biopsy (finally find out if you're slow- or fast-twitch!) and a VO₂ max test. Men and Women who are 21-45 years old who are normal weight or overweight but otherwise healthy are eligible to participate, although they're now looking specifically for cyclists, women over 5'8" and men under 5'4". You should have a flexible schedule, since at least four of the tests last up to four hours; you don't need to complete all the tests all in one week and can schedule them at your convenience. Volunteers will be compensated for time and effort, but the real benefit, of course, is all that information you'll receive. Train with real numbers! Call Marinella at (212) 746-3581.

NYCC Bicycle Store Discount Program

The New York Cycle Club Bicycle Store Discount Program offers local retailers exposure to more than 1100 avid cyclists while affording club members the potential for significant savings. Discounts are generally 10% off cash transactions of non-sale parts and accessories with some special pricing on bicycles and repairs.

A Bicycle Shop - 349 West 14th, New York

Bay Ridge Bicycle World - 8916 3rd Ave, Brooklyn

Bicycle & Exercise Equipment Store - 242 East 79th St.(2nd Ave), New York

Bicycle Renaissance - 430 Columbus Ave, New York

Broadway Bicycles - 2803 Broadway @ West 108 St., New York 10% off repairs, 12% custom Mikkelsen frames list price, low rental on all production bicycles

Emey's - 141 East 17th, New York

Gotham Bikes - 116 West Broadway, New York

Larry & Jeff's - 1400 Third Ave, New York

Park Side Bicycles - 329 Amsterdam Ave, New York New York 10% off repairs, 12% custom Mikkelsen frames list price, low rental on all production bicycles

Toga Bike Shop - 110 West End Ave, New York one-time winter group bike purchase at a discount available

These bicycle stores are participants in the NYCC discount program. Please contact individual stores for specific details. Exceptions and additions are noted above. A current NYCC Bulletin with a mailing label will be accepted as proof of membership. If your favorite bicycle store is not listed and you would like them to participate call Gene at 212-875-1615.

Support your local bike shop!

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 -

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

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

Web Page:

<http://www.nac.net/~users/ckran/nycc.html>

Club Rides

RIDE LISTINGS: To lead a NYCC ride next month and list it in the bulletin, contact the Ride Coordinator (see page 2) for that ride class 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.



Wednesday, January 1

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

Leader: Marty Wolf (212) 935-1460 From: The Boathouse. If you're worried that your 1997 mileage chart will be empty until spring, here's your chance to get off to an easy-paced start. Brunch in White Plains at the Sea Star Diner.

B17 50 MI 9:00 AM Happy New Year Ride

Leaders: Todd Brilliant & Beth Renaud (212) 274-9463 From: The Boathouse. Welcome in the New Year with a brisk, healthy jaunt to a new place. Temp below 35° at start cancels.

Saturday, January 4

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 15MPH 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 40?/50?/60? MI 9:00 AM Pearl River Reprise

Leader: Fred Steinberg (212) 787-5204 From: The Boathouse. We're making up for a Pearl River ride cancelled last month. Whether we'll actually make it as far as Pearl River (or only to Park Ridge or Northvale) will be determined by the weather.

Sunday, January 5

A20/18 50± MI Curry In A Hurry

Leaders: Jeff Vogel & Margaret Cipolla (718) 275-6978 From: The Boathouse. Join us for a ride on the north shore of Long Island. There will be one brief deli stop early on the ride. The ride ends with and all-you-can-eat lunch at our favorite Indian Restaurant in Queens. The ride is limited to 12 participants. Please call for starting time and place. Serious winter weather cancels the ride but not the lunch.

C13 20 MI 10:00 AM New York Botanical Gardens

Leader: Elly Spangenberg (212) 737-0844 From: Plaza Hotel - 59th and Fifth. Start the new year right! Enjoy the warmth in January with a trip to the conservatory's desert and jungle climes. We may visit historic Snuff Mill for lunch.

C13 20 MI 10:00 AM Frost Bite #7 - Brooklyn

Leader: Alinda Barth (718) 441-5612 From: Steps in front of City Hall. Join me for a ride to the Flagship Diner in Queens. Depending on the weather and stamina, we'll ride back to Manhattan or take the subway. Co-lead with 5 BBC. Predicted high below 35° cancels.

Wednesday, January 8

A/B/C 1± MI 6:30 PM Holiday on Ice Reprise

Leader: Pat Thomson (718) 499-2618 From: Wollman Ice Skating Rink, Central Park. Enter park on Fifth Ave. & 60th St. Finesse on the ice not required. Come join us for an evening of spills and thrills at lovely Wollman Rink, then warm up with hot saki afterwards (or head to the nearby brewpub; popular vote rules). \$7 entry fee; \$3.50 skate rental; \$6.75 lock deposit.

Saturday, January 11

A/B/C 9 MI 8:40 AM Harriman State Park Hike #2

Leaders: Marilyn & Ken Weissman (212) 222-5527 From: Zaro's Breadbasket, Port Authority Bus Terminal (40 St & 8 Avenue). If you haven't tried winter hiking, you're in for a treat. This is one of the most scenic hikes in Harriman. We'll start along Reeves Brook, climb the "Cascade of Slid," then picnic overlooking Pine Meadow Lake—a short picnic if it's cold! After lunch, we climb Diamond Mountain for a view of NYC's skyscrapers 60 miles away. Wear boots and layered clothing. Don't forget food and water (no stores) for the hike! Expected high below 25° in the city, rain or heavy snow cancels. \$21 round-trip bus fare to Sloatsburg, NY. Back in NYC by about 5pm. Raindate: Sunday, January 12.

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 15MPH 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 50+ MI 9:00 AM It Won't Kill Ya...

Leader: Ben Goldberg (212) 982-4681 From: The Boathouse. You'll generate sufficient heat on this gentle ride to a warm diner, somewhere in Jersey or Rockland. Slick roads or temp below 20° at start 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: Sunday, January 12.

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, ride making one quick rest

stop, and return to Central Park before 12:30. This gives you the entire afternoon to do other things.

Sunday, January 12

A18 45 MI 10:00 AM Jaunt To Northvale

Leaders: Judy & Conrad Meyer (212) 535-2444 From: The Boathouse. Let's do a quick spin to keep those legs warm. Temp below 32° at start cancels.

B16 35 MI 9:30 AM Short And Rolling

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

C12 15 MI 10:30 AM Frost Bite #8 - Brooklyn

Leader: Don Passantino (718) 446-9025 From: The Boathouse (10:30) / Transit Museum (12:00). So you think you got a nice set of trains for Christmas, Hanukkah or Kwanza? I'll show you a really big set of antique trains in a basement where I rode as a kid. If its too cold to ride (Predicted high below 35°) just meet at the Transit Museum at noon, Boerum Place and Schermerhorn St. (A or G to Hoyt-Schermerhorn, or 2,3,4 to Borough Hall). Interesting exhibits and souvenirs. Bring a lock and a camera, we'll stay all afternoon. Admission \$3.00. Co-lead with 5 BBC.

Saturday, January 18

A18 50 MI 9:00 AM Let's Try To Get This Ride In...

Leaders: Jody Sayler & Christy Guzzetta (212) 799-8293 From: The Boathouse. A classic ride to Westchester. Temp below 32° 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, ride making one quick rest stop, and return to Central Park before 12:30. This gives you the entire afternoon to do other things.

SUNDAY, JANUARY 19

A19 40± MI 11:30 AM Recovery Ride

Leaders: Jeff (Boris) Vogel (718) 275-6978 From: The Boathouse. Join me as I recover from last night's Russian Dinner. I swore I would stay sober but, hey, you've heard that before! This will be a non-stop, 40 mile ride through Bergen County. We'll end with lunch in the city at La Rosita. Yukkier weather means "Nyet" for the ride, but lunch will still be on. No calls to the leader before 10 am.

A18 40 MI 8:00 AM If It's Warm

Leader: Mark Wolz (212) 586-7424 From: The Boathouse. Destination by consensus. We'll be back by 10:30. Temp below 32° cancels.

B16 45 MI 8:15 AM Two Bridges

Leader: Gary McGraime (212) 877-4257 From: Grand Central Station Information Booth. We'll ride up on Metro North to Cold Spring where we'll have a hot cocoa and start a loop over the Hudson to West Point the over some beautiful hills to the Beacon Bridge. We'll return via train. Metro North pass and helmet required. Temp below 35° cancels.

C11 26 MI 10:00 AM Tabu Club - Bad Apple Of Red - Light Bronx

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Leader: Paul Rubenfarb (212) 740-9123 From: The Boathouse. Interdict for milking farm girls, this moral pox is even frowned on by its neighbor bawdy joints on pink neon Boston Road. Formerly plan vanilla Boston Road succumbed to these fluorescent flesh marts after they were evicted by Giuliani from Times Square - a textbook case erotic diaspora. Predicted high below 35° cancels.

SATURDAY, JANUARY 25

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 15MPH 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 50+MI 8:30 AM Yelena's Ride

Leaders: Stan Greenberg (718) 935-9786 & Ben Goldberg (212) 982-4681 From: The Boathouse. We'll head over the GW bridge, but where we end up nobody knows. We'll be back early, though. Temp under 32°, get on your trainer.

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, ride making one quick rest stop, and return to Central Park before 12:30. This gives you the entire afternoon to do other things.

Sunday, January 26

A/B/C 6-10 MI 10:00 AM Manhattan Walk

Leaders: Marilyn & Ken Weissman (212) 222-5527 From: Zaro's Breadbasket, Main Level, Penn Station (32 St & 7 Avenue). Tired sitting in front of the tube? Walk with us to the World Financial Center, The Battery, Chinatown, Orchard Street, the Lower East Side and anywhere else the group wants to go. Brooklyn Bridge to the Botanical Gardens? Walk a few miles, stop for coffee. Walk a few more, have lunch. More walking...a snack. Or dinner on Montague St in Brooklyn Heights. We go with snow on the ground and cold temps, but rain cancels.

A19ISH 40-55 MI 9:00 AM**What Kind Of Bozo Rides In January?**

Leader: Chuckles (212) 777-5845 From: The Boathouse. Show up and find out! Destination depends on climate, disposition, parole status, etc. Bring your big shoes, baggy trousers, cream pies and lotsa seltzer. Red nose weather or mucho sloppo cancels.

B13-14 35 MI 9:30 AM**Long Live Larchmont**

Leader: Hindy and Irv Schacter (212) 758-5738 From: NW corner of 1st Ave and 64th St. This lovely ride gives us a chance to stretch our legs. If temp is 35° or above - it's start up time! Snow and ice will cancel.

C14 20-25MI 9:30/10 AM**Frost Bite #9 - Queens**

Leaders: Linda Wintner (212) 876-2798 & Donna Kahn (212) 399-9009 From: Grand Army Plaza entrance to Prospect Park (9:30)/Steps in front of City Hall (10:00). Ride to Queens in Search of a warm ethnic restaurant. Co-lead with 5 BBC. Predicted high below 35° cancels.

Wednesday, January 29**A/B/C 1± MI 6:30 PM****Holiday on Ice Reprise #2**

Leader: Pat Thomson (718) 499-2618 From: Wollman Ice Skating Rink, Central Park. Enter park on Fifth Ave. & 60th St. Finesse on the ice not required. Come join us for an evening of spills and thrills at lovely Wollman Rink, then warm up with hot saki afterwards (or head to the nearby brewpub; popular vote rules). \$7 entry fee; \$3.50 skate rental; \$6.75 lock deposit.

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 15MPH 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, ride making one quick rest stop, and return to Central Park before 12:30. This gives you the entire afternoon to do other things.

Sunday, February 2**A20/18 55±MI 9 /9:40AM****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.*

Saturday, February 8**A/B/C 6-7MI 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 5pm. Raindate: Sunday, February 9.

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.

2nd Annual NYCC Lake Placid Presidents' Day Weekend Getaway, February 14 - 17

Join the New York Cycle Club for 3 days & nights of fun. Downhill ski, cross country ski, snowboard, dogsled, ice climb, ice skate, luge, bobsled, tobaggan, snowmobile, run, swim and relax in the whirlpool. We are staying at the Ramada Inn located by Main Street and close to the Olympic Center, site of the 1980 Winter Olympics.

The cost includes 3 nights lodging and 3 full buffet breakfasts.

Single	Double	Triple	Quad
\$320	\$185	\$137	\$114
		(2 double beds)	(2 double beds)
Cots are \$10.70 per night extra.			

I will assist with matching roommates for doubles.

SPACE IS LIMITED.

Please send a check by **January 10th** to:
Reyna Franco, 1 Irving Place, Apt. U-10C, New York, NY 10003.
For more information, contact Reyna at:
[day] (212)623-0368 or [eve] (212)529-6717.

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CITY

STATE

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EVENING

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The Big Apple

- by Maynard Hershon

The following appeared in VeloNews, November 18, 1996 and is reprinted by permission from the publisher.

New York City cycling – Manhattan cycling, really – isn't like cycling anywhere else. Some of the difference stems from NYC life-in-general.

Few people there have cars. Instead, they take cabs, buses or the subway, or they walk or pedal about town. They live car-free. Elsewhere in the U.S., at club and activist meetings, cyclists cry out against "car culture." Then, after the meetings, everyone drives home, one activist per car. Not in NYC.

On NYC streets, taxis outnumber private cars. Professional drivers outnumber amateurs. They take care of themselves and allow you to do the same. When you're on your bike, no one expects you to pretend you're in a car, no one expects you to stop at stop signs and stay in your lane waiting for the light to change.

They expect you to get away with anything you can – just like *they* do. So, you ride like a messenger, dodging buses and taxis like a maniac who'd be hated anywhere else; but in NYC you don't hear a single horn. Well, you hear lots of horns, but not blown at you.

In NYC, people live in apartment houses, not single-family dwellings. They often eat out in the million restaurants of every variety. They don't sit in cars alone, they don't regularly eat alone. In NYC, you're in company or in a crowd all the time. It's social. It's exciting.

Nearly all of Manhattan's cyclists train in Central Park. There, they ride a six-mile loop, mostly flat with one or two not-so-severe grades, nothing you couldn't do in the 53 in a pack of racers.

During the week, the park is closed to traffic for a few hours midday. Riding during those hours, you see lots of other cyclists, some of whom you see every day. Like you, they've scheduled their work around their training. You might see Fred Mengoni or Mike McCarthy or Robin Williams.

Everyone rides the loop in the same direction. Without much effort, you get to know lots of people who ride bikes – know them, not just wave at strangers riding in the opposite direction.

On weekends, when the part swarms with in-line skaters, stroller pushers, runners and road-crossing robots, you may choose to ride across the G.W., the George Washington

Bridge, into New Jersey. Might take 25 minutes from you apartment to pedal across the bridge. The riding's easy, but the view takes your breath away. And five minutes beyond the G.W., you're on tree-shaded, narrow River Road, rural as some country lane 50 miles from the city.

On a Saturday, perhaps, you ride River Road north along the Palisades, looking through the trees at the broad Hudson River on your right. You watch sunlight play on the Hudson ripples. You look across at the tall building in Yonkers on the east side.

It's okay to look around. Safe. You see cyclists and a few walkers and that's all: no cars, or next-to-no cars. You're in New Jersey, then somehow you're back in New York. No cars in either state – not where you are. After maybe 10 miles, you emerge onto Highway 9W. On the shoulder of 9W you ride north to Nyack and the Runsible Spoon Bakery, from whose shelves you choose some agreeable pastry item, and from whose urns you draw a steaming carry-out cup of caffeine beverage.

You tote beverage and pastry outside. You and your riding partners sit at convenient roadside tables sipping and chewing and watching Highway 9W traffic pass by, mostly

ing) sub-clubs, mini-racing-teams, each with its own negotiated sponsors, its own imprinted outfits.

At CRCA races, sub-club teams race each other. They race often and hard. You could have a satisfying racing life without ever riding an "open" race, the only kind of race most U.S. cyclists ever ride.

If you live in NYC and you do ride open events, you can race three or four times a week without ever putting your bike in a car. You pedal or take the subway back and forth. You take that for granted.

At the chilly, early-morning CRCA club world championships October 5, you could have raced in the park with more than 200 people in several categories. Your group, like the others, would have done fast laps and raced hard.

You'd have been sponsored by a bakery, or Sony, or a bike shop, or by some other local business. Whichever, your jersey would've looked dead Euro-pro, stylin' and colorful and plastered with logos.

After the race, you'd pedal home and shower. Then 20 or 25 of you'd walk, take the subway or ride your three-speeds or fixed-gear commuters to Evan Wachs and Elizabeth Emery's (Chevy-Klein) apartment for brunch.

As good as it all sounds, as improbable to non-New Yorkers as it sounds, that's not what's best about NYC cycling. What's best is the club life.

racing bicycles and S-Class Mercedes-Benzes. Some Saturdays, sunny Saturdays, you wrap the top of the bag with your coffee-and-almond croissant in it around your handlebar and pedal down to the nearby Hudson River – and watch that traffic go by.

Sometimes, that pastry's gone far too soon. Not to worry: Spoon's still open. You have the 25-mile ride home to deal with calories and guilt.

As good as it all sounds, as improbable to non-New Yorkers as it sounds, that's not what's best about NYC cycling. What's best is the club life.

The Century Road Club Association, one of the (if not the) oldest cycling clubs in the U.S., has around 300 members, of whom two-thirds race actively. Another club, the New York Cycling Club, caters to a broader spectrum of riders.

Within the CRCA, there are 14 (and climb-

You'd have bagels from the nearby bagelry; sweet gourmet bread from the Tomcat Bakery, a CRCA sub-club sponsor; coffee from Zabbar's and orange juice from concentrate; and you would re-ride the race in conversation with your friends, your opponents only 90 minutes ago.

These are people you've known for years, people you call and who call you by affectionate nicknames. People you ride and race with and go to movies and dinner with, people you share words of local bike-rider slang with: your cycling and social and life friends.

Late-morning sunlight warms the room and fills you with a sense of well-being. Where would you rather be today, if not here in Manhattan? Who else would you be but you: sun-warm, healthy and fit, and here among your friends after the bike race?

Alphabet Soup – by Steve Britt

Thanks for the memories (and the rides...)

Many thanks to the outgoing rides coordinators; **Conrad Meyer, Peter Morales, and Dona Kahn**. A special thank you to Dona for going above and beyond the call of duty. Among other "firsts" Dona brought the ride listings into the computer age. Thanks for making my life easier.

I hope the influx of rides via email does not end with Dona. To make it easier for everyone involved, ride listings are accepted via email. It's easy, just get the email address of your ride coordinator and submit. The following are acceptable formats: Word (vers. 2 through 6), Word Perfect 5.x, Word for Mac 5.0, or a text file. Give me a call if you have a question.

A big thank you to the ride leaders and coordinators for 1996:

Gene Vezzani (50), Jeff Vogel (29), Irv Weisman (18), John Fullwood (15), Ben Goldberg (13), Mark Martinez (11), Steven Britt (10), C.J. Obregon (10), Linda Wintner (10), Dick Goldberg (9), Abe Karron (9), Paul Rubenfarb (9), Steve Ullman (9), Rich Borow (8), Todd Brilliant (8), Maggie Clarke (8), Karin Fantus (8), Conrad Meyer (8), Jody Sayler (8), Fred Steinberg (8), Margaret Cipolla (7), George Kaplan (7), Paul Leibowitz (7), Judy Meyer (7), David Thomas (7), Mitch Yarvin (7), Al Boland (6), Karl Dittbrandt (6), Jim Drazios (6), Stan Greenberg (6), Mark Masuelli (6), Gary McGraime (6), Ken Weissman (6), Marilyn Weissman (6), Carolyn White (6), Marty Wolf (6), Bernie Brandell (5), Leo Canzoneri (5), Catherine Chatham (5), Terry Chin (5), Michael DiCerbo (5), Peter Hochstein (5), Henry Joseph (5), Dona Kahn (5), Ira Mitchneck (5), Dan Passantino (5), Angel Rivera (5), Phil Simpson (5).

The rest of the pack:

Chester Adamik, Harold Aronowitz, Jim Babbitt, Caryl Baron, Steve Baron, Alinda Barth, Irwin Berger, John Bermudez, Richard Bigliano, Doug Bixby, Stephanie Bleacher, Ethan Brooke, Joe Carella, Jan Chenoweth, Eileen Coyle, Larry Coyle, Stephanie Davis, Tony Dean, Herb Dershowitz, Stuart Dessler, Richard Fine, Ed Fishkin, Athena Foroglou, Reyna Franco, Sandy Gold, Keith Goldstein, David Greenberg, Dave Grogan, Ron Grossberg, Anne Grossman, Christy Guzzetta, Damon Hart, Liza Hecht, Shawn Hill, Alison Holden, Steven Jackel, Stefani Jackenthal, Jay Jacobson, Danny Jay, Charlie Katz, Mindy Kaufman, Richard Kaufman, Marla Kittler, Michael Knopf, Rob Kohn, Charlie Komanoff, Clif Kranish, Susan Krieg, Wally Kulakowski, Chuck Lam, Jim Lane, Susan Levin, Grace Lichtenstein, Tracy Makow, Tom McMahon, Tom McNerney, David Miller, Carrie Milne, Jim Modula, Don Montalvo, Peter Morales, Paul Mutzek, Cathe Neukum, Beth Renaud, Alan Resnick, Douglas Riccardi, Bill Richards, Richard Rosenthal, Nora Salazar, Hindy Schacter, Irv Schacter, Laura Schwartz, Mark Schwartz, Dan Schwartzman, Bill Schwarz, Jim Siler, Jonathan Snellenberg, Elly Spangenberg, Guy Sussman, Maynard Switzer, Ivo Varbanov, Carol Waaser, Megan Wisdom, Mark Wolz, Wayne Wright, Mike Yesko, Dave Younglove.

Thanks also go to the following coordinators for 1996:

Stephanie Bleacher, Margaret Cipolla, Christy Guzzetta, Jody Sayler, Pat Thomson, Steve Ullman, Miguel Vilario, and Jeff Vogel.

Please welcome **Ben Goldberg, Gary McGraime, and Mark Schwartz** to the board and make their lives easier...lead a ride!

Keep those cranks spinnin' ...

Mark your 1997 calendar for these exciting NYCC events:

1997 Ride Calendar

MARCH 1 – Sig/Spring Training Series begin

APRIL 26 – 200K Brevet

MAY 17 – 300K Brevet

MAY 18 – Montauk Century

MAY 23-26 – Sheffield Weekend

JUNE 1 – Tallman All-Class

JUNE 14 – 400K Brevet

JULY 3-7 – West Point Weekend

JULY 12 – 600K Brevet

JULY 20 – Kingsland All-Class

AUGUST 10 – Mamaroneck All-Class

SEPTEMBER 7 – Oyster Bay All-Class

SEPTEMBER 13 – Escape From New York Century

Map Mystery - by Caryl Baron

Last Spring, I wrote the Hagstrom map Company after attempting to piece together county maps for Westchester, Putnam, and Fairfield counties and finding that (1) the scales were, of course, all different (2) the roads did not meet (3) the names of the roads were not the same (4) the shapes of the counties did not match, leaving great gaps of blank terra incognita.

This week, I received the following:

Dear Ms. Baron:

The Research Department has received your correspondence in regards to our products. We reviewed your letter and found that your points are valid and we regret any frustration this has caused you.

Each one of our county maps were produced at different times starting with our NYC 5-Boro Atlas in 1941 and are updated every 2 years. Each one of our maps was designed according to the characteristics of the individual county which effects county orientation and scale. Since each county map is its own separate map, connecting two of our maps exactly (such as Fairfield and Westchester) as you pointed out, does not always work.

In addition, due to technical reasons, we only update the most important features within neighboring counties on the particular map. This may explain why you see inconsistencies in trying to match the two maps.

We appreciate you taking the time to write in order to inform us about this matter. Please contact us if you have any further questions.

*Sincerely,
David Rasmussen
Sr. Researcher*

BLOWOUTS by Lou S. Pokes

So the New York Cycle Club can no longer advertise that we offer a variety of rides at different speeds and distances every Saturday and Sunday. Sunday, December 1, 1996 was the historic day that the NYCC failed to list any rides. Not an A Ride, not a B Ride, not a C Ride. The leaderless 5BBC ride doesn't count. How could that happen? What has happened to the NYCC? (I hope this isn't too controversial, or the Grand Pooh Bah will want this censured too!)

The CRCA Annual Awards Dinner was held last month. Among those winning an award for their racing accomplishments were **Mary Allen**, **Lee Kennedy**, **Jane Kenyon** and **Jamie Nicholson**. But stealing the show and needing a wheelbarrow to carry home all her awards and medals was **Kristi Roberts**. Congratulations to all of you.

A great time was had by all the this year's Holiday party which was held at The Olde Garden Restaurant on December 10. The highlight of the evening was definately the presentation of this year's awards by club president **gene Vezzani**. the winners are as follows:

NYCC L.A.B. VOLUNTEER OF THE YEAR -

Judy Meyer

BEST DRESSED MAN -

Gene Vezzani

BEST DRESSED WOMAN -

Linda Wintner

MOST IMPROVED MAN -

Todd Brilliant

MOST IMPROVED WOMAN -

Ann Marie Miller

COME BACK RIDER OF THE YEAR -

Fred Steinberg

BEST CYCLING COUPLE OF THE YEAR -

Judy and Conrad Meyer

BEST RIDE LEADER OF THE YEAR -

Jeff Vogel

BEST DINER OF THE YEAR -

Sidewalk Cafe

Congratulations to everyone...

Congratulations are also in order for **Mike McCarthy** and his new bride **Miriam**, who were married on December 7th. And, best wishes for the baby they're expecting this spring.

Best wishes for a speedy recovery to **John Kling** who broke his pelvis. Somehow he managed to crash while climbing State Line Hill on 9W. No one has figured it out yet. Get well soon, John.

Condolences and thank you to **Dave Younglove**. It seems there was a broken fire hydrant that flooded Bronx River Road in Yonkers. Dave made what everyone thought was a smart move by riding up on the sidewalk to avoid the water hazard. Several riders followed him. Unfortunately the sidewalk ended in a cold, wet, bottomless puddle. Dave crashed, doing a face plant. (The puddle was deep enough that he could have drowned.) He need-

ed a stitch in his cheek and dislocated his pinkie in the crash. So Dave, the thank you is for going first; everyone behind you would have done the same thing. And the condolences? The beard and mustache had to be shaved in order to be stitched up!

Apologies to **Jamie Nicholson**. Her name was left off my list of NYC Marathon finishers last month. Sorry.

The 1996 Hedgehog Ride was held in typical Scandinavian adventure tradition. You plan and plan and plan and then at the last minute you change everything. Leaders **Dan (Sven) Schwartzman** and **Margaret (Margo) Cipolla** (no) couldn't make it. (Dan hurt his back-get well soon; and Margaret had homework to do.) Co-leaders **Stefani (Inga) Jackenthal** and **Jeff (Jens) Vogel** (no) decided at the last minute to eliminate the Mimosas at the Flagship and the Margaritas in Tarrytown. Does that mean it was just Gatorade and water? Of course not! Instead, it was brewskies at Company B's in Orangeburg. The food was great, the beer outstanding. (Try one of the samplers - a taste of eight different beers.) In fact, everyone had such a great time, maybe too great a time, that they all swore that NYCC Life Member **Chris Mailing** was on the ride. It must have been the beer.

Everyone keeps asking what the story was with **Shari Horowitz** and her name being listed 10 times in last month's column. Just call Shari and ask her. She'd love to hear from you - (914) 277-4507.

Thanks to some of this month's sources, **Anne Marie Miller**, **Steve Britt**, **Jeff Vogel**, **Ace McDade** and **Kristi Roberts**.

Psst. Renew now and enjoy all the benefits of NYCC membership.

As the weather turns cold, it's time to start thinking about...

SECOND ANNUAL NYCC BRIGHTON BEACH NIGHT

Join us the eat, drink, dance, and maybe even drink some more.

Last year's event was *memorable* - except for **Jeff Vogel, who has vowed to remain sober this year**, at least until the main course is served.

Where? Primorsky - Brighton Beach. **When?** Saturday, January 18, 8 PM until whenever.

Cost? \$35 per person includes tax and tip. **Extra vodka** (and there will be extra vodka) costs extra.

Reservation checks are due by January 10, no exceptions. **Make checks payable to:**

Stephanie Bleacher and **mail to** 215 E 89 Street, Apt 2D, New York 10128.

Transportation (subway) **information** will be sent upon receipt of check.

If you really must obtain additional information, **and it better be good**, call Stephanie at 348-2661.

A Biking/Hiking Adventure to Color Country: Bryce Canyon and Zion — by Amy Schneider

In late June, I took a memorable nine day biking and hiking trip with Backroads in Arizona and Utah. This was my first bike trip with a touring company. The group consisted of twenty-one people, including two guides. On the first day, we were to rendezvous in beautiful St. George, Utah. The majority of the group were from the East coast. The trip plans consisted of four days of riding, three days of hiking (with an option to ride), and two days of travel and relaxation.

On Day 1, a van shuttled our group to the first destination, Brian Head, Utah. We traveled by van through flat topped mountains (called mesas) and pine valleys, big black masses of mountains. Upon our arrival, we stayed at the Brian Head Hotel. Brian Head is a geological wonder at about 10,000 feet above sea level. However, it was difficult to breathe due to the high elevations. The first day was a relaxation day where we were introduced to all of the members of the group. I must say that everyone was extremely friendly. Although the guides hired by Backroads were experienced cyclists, the majority of the group were recreational cyclists. This is one complaint that I have about the tour, since I prefer to ride in a faster more experienced group.

On Day 2, our group rode over sixty grueling miles (with an option for fewer miles using the van shuttle) from Brian Head to Bryce Canyon. It was difficult enough becoming acclimated to the elevation, but the rental bicycle was about ten pounds heavier than my own racing bike. During the first few miles of the ride, we encountered a three mile hill with a sixteen percent grade. To add to the difficulty of climbing the hill, we also encountered head winds. These head winds increased to forty miles per hour. It also rained towards the end of the ride. Yet, I was determined to ride to Bryce Canyon by bike and not use the van as an option. (And I succeeded!)

The beauty of this ride began at Red Canyon with the spires of rock formation. The nearby forests and meadows made a striking contrast to the bright orange and pink rock formations of Bryce Canyon. A hoodoo, a typical rock at Bryce, consisted of vivid colors and unusual shapes caused by erosion. As we approached Bryce Canyon, the rocks were built right into the road, so that there was a huge arch made of solid rock with a hollow center to allow us to pass.

Carved out of the Paunsaugunt Plateau, one of the highest plateaus in Utah, Bryce Canyon truly reflects the interplay of earth and water. Our group stayed at the Bryce Canyon

Lodge on Day 2 and Day 3 of our trip in log cabins overlooking the plateau.

On Day 3, our group chose a very challenging hike called Fairyland. This was an eight mile hike that ascends over seven hundred-fifty feet and into an amphitheater of colored stones and fanciful shapes. The hike was hilly and the paths weaved through columns, pinnacles and formations of red, orange and pink rock. Words cannot express the beauty of the scenery. It was like being in a fairytale, a very appropriate name. Bryce Canyon, unlike any other landscape, was my favorite place on the trip.

Kanab was chosen as the destination for Day 4. At a seventy-nine mile distance, it was the midpoint between Bryce Canyon and Grand Canyon. The terrain started downhill and then became level and rolling. Towards the end of the ride, there was a four mile steep climb.

Day 5 was the most difficult ride of the trip, because we had to cross the desert. Our group rode from Kanab to the Grand Canyon in Arizona. The long option for day 5 was eighty-one miles. I choose the sixty-seven mile option, as the ascent was four-thousand feet with temperatures exceeding one-hundred degrees. The ride through the desert was over twenty miles, with a gradual upgrade. (I managed to get a flat in the desert, of all places.) After traveling through the desert, our 'reward' was a five mile mountain. Riders who opted for the long option completed this climb. The desert landscape then changed to trees and greenery, and the terrain became level as we approached Grand Canyon.

Our destination for Day 5 was the Grand Canyon Lodge at the North rim of the Kaibab plateau in Arizona. The view from the outdoor balcony of the lodge was spectacular. It looked like a painting. The lodge is situated over eight-thousand feet above sea level. The North rim is heavily forested and is about one-thousand feet higher than the South rim.

On Day 6, there was an option to hike at the Grand Canyon. I hiked with other members of the group on the Widforss Trail. This was a ten mile round-trip hike which included an abundance of wildlife. Although this hike did not descent into the canyon below, the views were spectacular and the route was rather challenging. Before leaving the Grand Canyon, we also took a driving trip to Point Imperial, the highest

place on the North rim.

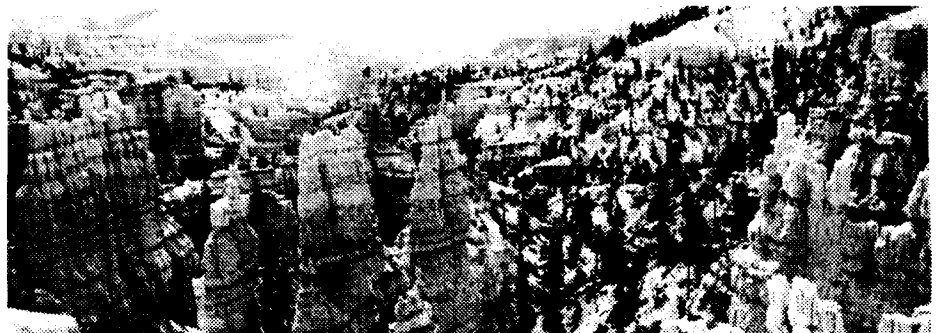
On Day 7, we began our one-hundred-twenty-one mile trek to Zion National Park in Utah. Our group departed at 5 AM in the morning to beat the desert heat. (I kept saying to myself — 'I'm on a vacation and here I am waking up at 4 AM in the morning!') We traveled through the desert again, but in the opposite direction. This time it was downhill (and no flats!)

After leaving the desert, we entered the town of Kanab, again. The landscape then changed to meadows, and there was a slow descent to Zion Park. From the Park Entrance to the Valley of Zion Canyon, one of the most memorable scenes was a thirteen mile strip of land called Mt. Carmel Highway. Along this highway, there were narrow tunnels of solid rock. And then we saw the Checkerboard Mesa, a mountain of pastel colored sandstone. Brightly colored cliffs towered above us as we followed the road along the floor to Zion.

On Day 8, we took a 'rest day' and hiked at Zion Canyon. Our group chose a difficult five mile hike called Angel's Landing. It began with a steep zigzag path called 'Walter's Wiggles.' The last half mile of the hike ran along a narrow bridge with steep drop-offs on both sides and a fifteen-hundred foot drop. This was the only path to the summit. Due to my fear of heights, I chose not to complete the last half mile of the journey. This was only for the truly adventurous. Emerald Pools, another beautiful hike, was shorter and much less strenuous. This hike led to a desert oasis with a natural pool and waterfalls.

On Day 9, the last day of the trip, part of the group chose to hike 'The Narrows' at Zion. This was an off-trail hike leading directly into the Virgin River. After lunch, we shuttled back to St. George, our final destination. And then, I continued my vacation, (actually I started my recovery) in Las Vegas.

I consider myself rather fortunate to have had the opportunity to explore this land by bike. Riding on a bike, you become part of the surrounding landscape. I encourage other club members to write articles and share their biking vacation experiences. The trip was loads of fun, and my vacation plans for next year will definitely include another bike trip. Do you have any recommendations??



A View of Bryce Canyon

The Saratoga Screamers Ride for Restoration

— by Steve McGee

Thanks to the New York Cycle Club summer excursions, Ellie Rugendorf and I were able to train for and successfully complete a 350 mile, five-day ride to and from Saratoga Springs, NY in late October of this year. The event was a fund raiser entitled, the "Ride for Restoration" for the Washington Square United Methodist Church in Manhattan. We are excited to announce that we have been able to raise \$2,500 in cash from pledges totaling over \$3,000 toward repair work on the exterior of the NYC designated landmark building on West Fourth Street.

The ride featured Ellie and I with the luxurious auto support of Kim Grace, a member of the church, who carried our gear. We felt like royalty carrying only essential replacement tubes, a cellular phone, etc. and riding in our NYCC jerseys and shorts. We covered an average of 70 miles per day. With helpful suggestions from Jeff Vogel and others from the club, we were advised as to the best route to take north up the west side of the Hudson.

On October 12, we rode up 6th Ave. and through Central Park, following the usual route over the GWB. We rode through New Jersey on

Strawtown Road following the cues of a ride Ellie did with the NYCC in August led by Tom McNerney where we were surprised to meet a NYCC group riding south! We continued north via 9W past Bear Mountain. We rode through West Point and on into Cornwall On Hudson where we spent the first night.

On the 13th we headed north and followed our recently favorite self-dubbed "Jeff Vogel Ride" up Ohioville Road into Kingston. We continued north on Routes 32 and 9W into Catskill where we crossed the Hudson River over the Rip Van Winkle Bridge and stayed our second night in Hudson.

The third day, Monday the 14th, was the roughest. A half hour out of Hudson on Rte. 9H we were met by a brutal headwind and fought our way north through Rensselaer and into Troy. By then we had dubbed ourselves the "Saratoga Screamers" and we screamed through Troy on Rte. 4 catching all the traffic lights. Crossing the Hudson again into Waterford, we continued north through Mechanicville where we picked up Rte. 67. In Malta we passed the 200 mile mark on our computers without so much as a flat! We picked up Rte. 9 again and alternated leads on into Saratoga Springs riding right into the Common Grounds Cafe and ordering two large cafe lattes. There we were met by family and friends along with our tech support, Kim Grace. We partied a while and went off to dinner at my brother's nearby home.

After a couple of days languishing in the hot

baths and slumming around the great town of Saratoga Springs, and servicing our bikes at Paradox Bike Shop, we took off on October 17 for Hudson. Since we got a late start out of Saratoga we had to jam to get to Hudson by dark. We stayed on Rte. 9 and Rte. 4 back through Troy and continue south on Rte. 9 into Hudson just after sunset.

On Friday the 18th we stayed on the east side of the Hudson following our much loved Bard College ride through Tivoli on and off Rte. 9G. We had a great lunch in Straatsburg at an old deli next to the railroad tracks. In Rhinebeck we picked up Rte. 9 again and had a section of rough traffic through Paugheepsie then south through New Hamburg. The last grueling hill of the day was on Wheeler Road just north of Chelsea and we thought of Irv Weisman's great technique for doing hills: go around them!

Everyone remembers the Northeaster of Saturday, October 19th and that officially culminated our Saratoga ride at 350 miles. We were driven into Manhattan on flooding roads through one lane traffic taking almost as long as it would have to ride.

All together, the Restoration Ride was a screaming success. With the help of the A-SIG for me and the B-SIG for Ellie along with numerous NYCC rides and helpful club members, this event was a joy and a pleasure. We hope to repeat this successful adventure again next year.

Minutes

New York Cycle Club Board Meeting, Tuesday, November 5, 1996

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

The minutes of the October meeting were approved.

In Reyna's absence Gene reported that the Holiday Party would be held at the Old Garden Restaurant.

Caryl reminded the board that representatives of the LIRR and Metro North would attend this month's members' meeting.

Steve received the agreement of the board to expend an amount up to \$200 for ride leader recognition.

Gene asked Steve to develop proposals for B and C rider development programs for 1997.

Gene advised the board that Rich and Stephanie Blecher would organize an event to Little Odessa in Brooklyn.

Mitch reported a membership of 1060 as compared to 975 at the same time last year.

There was a discussion of the Frostbite series and the benefit that accrued to club members.

Judy Meyer was selected as the LAB Volunteer of the Year.

There was a further discussion of the mailing service. Gene felt the sense of the board was that we send out something other than sample bulletins to people seeking information. He also said he was shopping for a new message center. Gene discussed a program to offer members discounts at bike shops. On Dona's suggestion, letters will be sent to bike shops requesting participation, to be followed up by a visit from a board member.

Gene suggested developing alternate activities for the membership during the winter months.

The meeting adjourned at 8:15 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:

VINTAGE TRACK FRAME AND FORK, All Reynolds 531, 57 c-to-c, includes headset and BB. OK to race or fixed gear. Trainer fork drilled for brake. Call **Karl** at (212)925-9854.

SCHWINN Joyrider trailer. **12" BLUE PINNACLE BICYCLE** for kids approx 3-6 years old. Call **Deborah** at (212)371-6913.

Moving Sale: **CANNONDALE H300** pearlized purple hybrid bike - great condition - \$300; Performance Technique rollers \$75; Soft sided (padded w/ frame & wheels) traveling bike case \$75. Buy the bike, train on the rollers, pack the bike in the case, take a bike tour. **Howard** (212) 691-7702.

WANTED:

57-58 CM TRACK BIKE or (road) frame to build same. Looking for something serviceable, not high-end; to be used for training. Contact **Phil** (212)603-6302 days or (718)639-6264 evenings.

SEEKING RIDING COMPANION for laps in Central Park (C 10-11) Call **Sue** (212)721-0651.

Reminder:

Material for the February Bulletin is due by

JANUARY 17.

That's 3 days after the club meeting on January 14.

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



1997 Renewal / Membership Application / Change of Address

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

☐ New ☐ Renew ☐ Change of Address Date _____ Check Amount _____

Name: _____ Signature: _____

Name: _____ Signature: _____

Address/Apt. _____ E-Mail _____

City/State/Zip _____ Tel.(H) _____ Tel.(W) _____

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

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

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

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

Dues are \$21 individual, \$27 per couple residing at the same address and receiving one Bulletin. After August 1 dues are \$11.50 ind./\$13.50 couple. All memberships expire December 31. Mail this application with a check made payable to the:

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

COME ONE - COME ALL

Get ready for Spring at the NYCC **MAINTENANCE WORKSHOP!**

A short talk by mechanics from Toga Bike Shop will be followed by workshops at separate stations at which **a)** headsets and cranks will be installed **b)** wheels trued **c)** tires changed, etc. Bring your wheels to be trued and any bike on which you want expert advice on repairs.

COME TO O'HARA'S ON JANUARY 14TH.

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

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

SALAD, ROLLS, PASTA BUFFET AND COFFEE – \$10

INDOOR BIKE PARKING OR SUBWAY.

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

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