

July
1997

NYCC *Bulletin*



CHEUNG CHING MING

No, this isn't Graduation Day for Gene Vezzani and Joanna Lee's
"Desperate and Dateless" ride series. (SEE PAGE 6)

Bulletin Board

NYCC OPPORTUNITIES. FROM THE PRESIDENT, GENE VEZZANI

OPPORTUNITY #1 - ARE WE A USER-FRIENDLY CLUB? Congratulations! You are a member of the New York Cycle Club during another record-breaking year. Last year, our membership climbed to a record number, a little over 1,100. This year we number over 1,000 already, and we're growing at a very healthy rate.

But as I look at these numbers, I have to wonder. Is there an opportunity here? Is there something missing? We live in a city that offers one of the most diverse populations in the world, but does our club membership reflect this diversity? What do we do to attract minority members? Take a look at our club rides. Are we benefiting from the rich cultural resources of New York City? Are we benefiting from the rich cultural resources that diversity brings?

We are well on our way to another banner membership year. Let's introduce a friend to the joys of club riding. A minority friend. What if each member of our club invites a minority friend to join them on a club ride? What if you invite a minority friend to join you on a club ride next week?

Here is an excellent opportunity for you to help make our club user-friendly and a better, more interesting social/recreational organization. Bring a minority friend on a club ride; invite them to join and to participate in all of the events offered by the NYCC.

OPPORTUNITY #2 - KILLER MONTHLY MEETINGS. Our June monthly meeting was outstanding! More than 135 cycling enthusiasts attended the June program at our new, conveniently located monthly meeting restaurant, Sambuca's. A record turnout!

Sambuca's is located on West 72nd Street between Central Park West and Columbus Avenue. Take the 1, 2, 3, 9, B or C subway to the 72nd Street stop or the cross town M72 bus that stops within one-half block of the restaurant. PLEASE NOTE: Indoor bike parking is available ONLY if you arrive by 5:30 pm.

Join us on Tuesday, July 8 at Sambuca's and look forward to another killer club meeting, great food, super program, and the nicest people in the metropolitan area. Here is an opportunity for you to meet new people with similar interests in a safe and convenient setting.

OPPORTUNITY #3 - SAFETY. Your safety on club rides is our main concern. Yes, the speed of the ride is important. Yes, the number of miles that we ride in a day is important. But your safety is the most important aspect of any club ride. As our club grows the number of rides that we offer is increasing, as well as the number of participants on each ride.

It is up to you to prevent accidents:

- When you are participating on a club ride and you see a cyclist riding in an erratic fashion, call out "passing," and then pass them on the left side only. Get as far away from them as possible.
- When you are riding in a tight paceline call out road hazards. When you are not riding in a tight paceline, point to road hazards.
- Call out or use hand signals before you stop. Do not bunch up when your group stops. Stay in a straight line, single or double, but never more than two abreast.

It is up to you to prevent accidents. The 1997 board members of the New York Cycle Club strongly urge you to wear a helmet when cycling. You can find an enormous amount of persuasive information on this topic at <http://www.bhsi.org>.

Every club ride is an opportunity for you to promote safe cycling.

SAVE THE DATE:

September 13, 1997.

THAT'S THE DATE OF THE
THIRD ANNUAL "ESCAPE FROM NEW YORK" CENTURY.

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Submit 3.5 inch diskette plus hard copy. Advise operating system, software, phone number. Material may be edited for length and clarity. A full page of text is 750 to 1,090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

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

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

Club Rides

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

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

ALWAYS WEAR YOUR HELMET. NO HEADPHONES.



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

Every Wednesday in July

A18-20 30 MI 6:00 PM Hill Repeats, River Road

Coordinators: Al Boland (212) 665-3484 & Steve Ullman (212) 473-1897.
From: AYH, 103th St. & Amsterdam Ave. Meet for a weeknight training ride.

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

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

Friday, July 4

A20+ 100± MI 8:00 AM Goshen and West Point

Leader: Jeff Vogel (718) 275-6978. From: 72nd St. & 5th Ave. Join me for this classic ride as we climb Skyline Drive and pass thru beautiful Greenwood Lake and historic Goshen. From Goshen to West Point, we'll follow the traditional scenic route to West Point. There will be two very brief stops so we can make it to West Point in plenty of time for the picnic and concert. Two water bottles are required. Remember your Metro North Pass if you're not staying for the weekend - this ride ends at West Point.

B?? ?? MI 9:00 AM A Bang of a Ride

Leader: Uncle Sam (800) THE-FLAG. From: The Boathouse. We make our own fireworks as we celebrate the nation's independence.

C12 15 MI 9:00 AM West Side Story

Leader: Terry Chin (718) 680-5227. From: AYH - 103rd St. & Amsterdam Ave. Commemorate the holiday by exploring some historic sites along the West Side. We'll be making stops from Grant's Tomb to the Battery: Central Park, Columbia University, U.S.S. Intrepid, Chelsea Piers, the Viet Nam Veterans Memorial and others. Our tour ends at South Street Seaport. Bring lunch or money to buy it and a bike lock. Helmets required. Co-led with 5BBC.

Saturday, July 5

A19+ 65± MI 9:15 AM New Paltz

Leader: Jeff Vogel (718) 275-6978. From: Hotel Thayer, West Point. Beautiful but hilly ride as we wind our way through the apple and peach orchards on our way to New Paltz for lunch.

A?? ?? MI 9:00 AM Where Are Our Leaders?

From: The Boathouse. Our faithful leaders are either at West Point or taking a holiday. You, however, should show up and join a ride.

B15/17 60 MI 9:30 AM George Slept Here

Leaders: Joanna Lee & Gene Vezzani (212) 875-1615. From: The Boathouse. Celebrate Independence Day weekend by getting a first-hand, up-close look at just a few of the many stops that George made over the years. We're off to visit a group of historic sites that are scattered throughout New Jersey and New York on this light-hearted look at our former leader's favorite rest stops. We'll make a deli stop for lunch and have you back in Central Park by 3:00pm.

Sunday, July 6

A22+ 85 MI 8:30 AM Big Lake Classic

Leader: Maynard Switzer (212) 265-6330. From: The Boathouse. My club version of a Belgian Ardennes classic. First half is relatively flat, while the second half has all the short little "bergs." Beautiful roads. You'll know if you're in shape or not after this ride.

B13/16 55-70 MI 9:00 AM Up the Hudson

Leaders: Irv & Hindy Schachter (212) 758-5738. From: 1st Avenue & 64th Street. This ride goes through Bergen and Rockland Counties, over to Bear Mountain State Park and home via Metro North. The two groups stay together for about 30 miles. The fast group is saving its energy for an assault on Bear Mtn. and other heavy hitters. The slow group has one hill (Dunderberg). The slow group is also suitable for C-riders. Metro North pass required. Please note ride may cancel if Metro North bike train is not running. Call to confirm.

Tuesday, July 8

A21+ 55-60 MI 8:00 AM Tuesday Morning Spin

Leader: Jeff Vogel (718) 275-6978. From: The Boathouse. Call in sick, play hooky, or take a mental health day and join us on a spin through Bergen and Rockland Counties. Guaranteed return by 1:00 pm.

Friday, July 11

A20+ 60 MI 10:00 AM Flex Friday

Leader: Rich Borow (212) 866-1966. From: The Boathouse. I have a Friday off, so let's go out for a spin.

B13/16 45 MI 9:15 AM TGIF

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

Saturday, July 12

A20 70± MI 8:30 AM Will Cooler Heads Prevail?

Leader: Tom McMahon (212) 777-5845. From: The Boathouse. Helmets are welcome, but certainly not a requirement on this modestly paced ride up to Armonk. If the weather's lousy, you can go without me.

A18 75 MI 9:00 AM Life's a Beach

Leaders: Todd Brilliant & Beth Renaud (212) 274-9463. From: The Boathouse. Mellowish spin out to my old stomping grounds, Jones Beach. We may not have too much time to hang out and sunbathe, but hey I'm not the sun-worshipper I was in my younger days. Long Island's South Shore may not be the prettiest, so don't expect a scenic route, although it will be flat.

B16/17 60 MI 9:00 AM Jones Beach

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

B15/17 60 MI 9:30 AM No Problem - Mahn

Leaders: Joanna Lee & Gene Vezzani (212) 875-1615. From: The Boathouse. New City is our destination, Jamaican pancakes are our motivation - mahn. Don't know what Jamaican pancakes are? You haven't lived until you've tasted them. Come out and discover the secret fuel of the Jamaican Olympic bobsled team in their quest for gold.

C13 50 MI 9:00 AM Piermont

Leader: Bernie Brandell (718) 633-1759. From: The Boathouse. Ride out to Bergen County up to the pier at Piermont. Leader guarantees a fun and scenic ride. Bring lunch or money to buy it and water bottle. Helmets required.

C12 20 MI 1:15 PM Brooklyn - Queens Mosaic

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

Sunday, July 13**A21 75 MI 9:00 AM Armonk - You Know You Want To Do It**

Leader: David Thomas (212) 675-6191. From: The Boathouse. When the mercury goes over 90° F, you know that it's time to do hill repeats on Whippoorwill. Live Tour de France TV coverage cancels ride.

A19 60 MI 8:30 AM Oyster Bay

Leader: Gary McGraime (212) 877-4257. From: The Boathouse. An indirect scenic route to the Al Dente cafe in Oyster Bay for lunch. Helmets required.

B17 60 MI 9:00 AM Ridgewood

Leader: Ben Goldberg (212) 982-4681. From: The Boathouse. A spin to a bicycle-friendly bagel place.

B14 50 MI 9:00 AM White Plains

Leader: Dona Kahn (212) 399-9008. From: The Boathouse. Moderately hilly route to White Plains. Bring or buy lunch.

C13 30 MI 9:30 AM Beach Bums

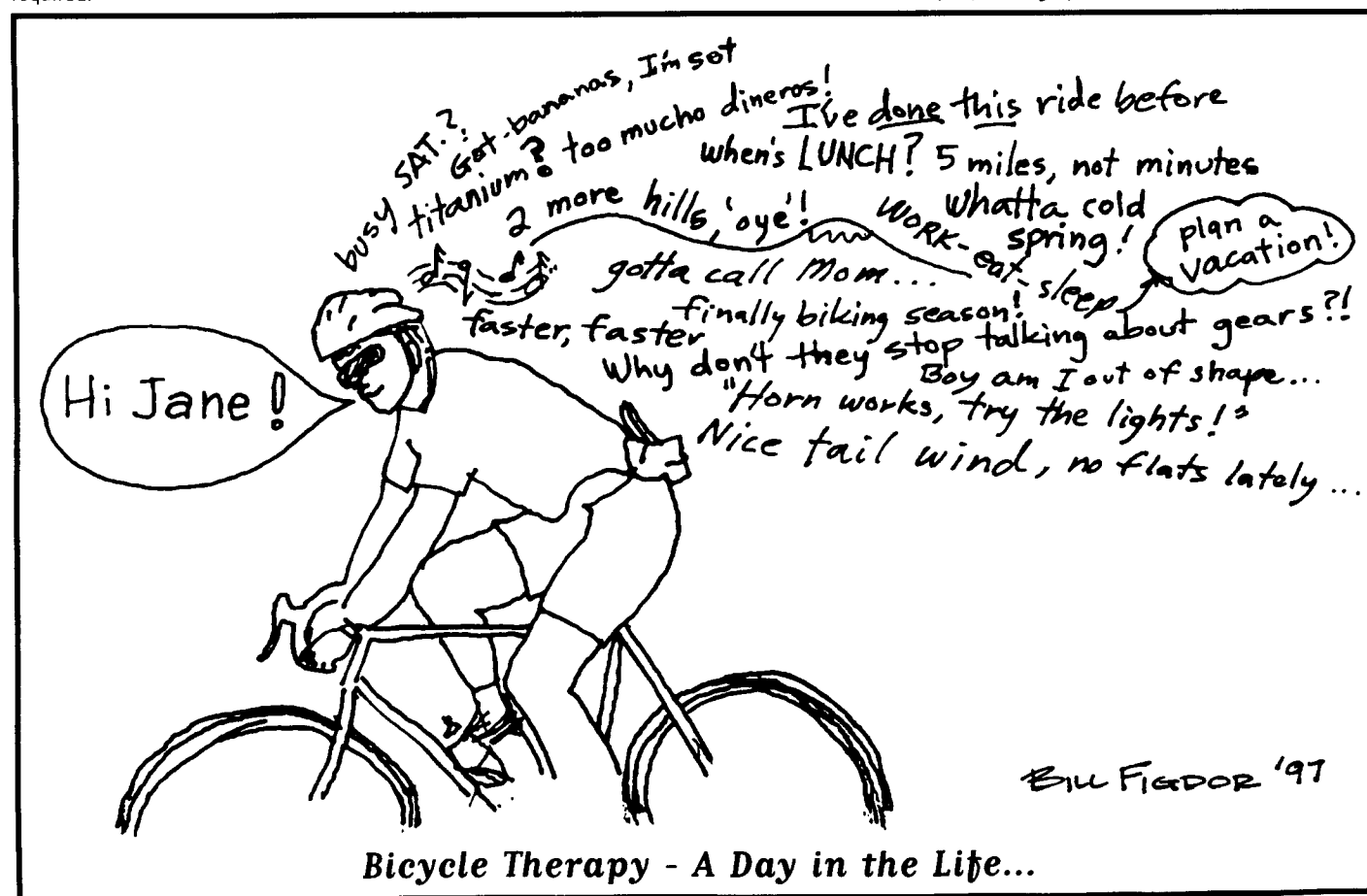
Leader: Mark Schwartz (718) 237-1042. From: Steps in front of City Hall (9:30). The Beach Bums rides will be held every Sunday starting today and ending with our Bicycle Beach Bum Blowout on August 31. The rides start at 9:00 from the Boathouse or 9:30 from the steps in front of City Hall (depending on leader), and 10:00 at the Grand Army Plaza entrance to Prospect Park in Brooklyn. The ride usually breaks up into two groups of riders - the fast group and the regular group. The rides are usually 30 to 35 miles, though we may do a 40 miler whenever the weather and mood of the riders dictates less time at the beach. Destination and distance will be announced at the Prospect Park starting point. Bring a lock, lunch or money to buy it, a beach blanket, a bathing suit and a totally groovy attitude. Helmets required. Co-led with 5BBC.

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

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

Saturday, July 19**600K BREVET**

Coordinator: Steven Britt (212) 288-6324.



A 375 MI 3:00 AM Boston 600k Brevet

Coordinator: Jeff Vogel (718) 275-6978. I'm driving to Boston on Friday night, July 18 for the challenging Boston 600k Brevet (375 miles with a 40-hour time limit). The route crosses Massachusetts into New York state and returns to Boston. If you're interested in sharing the driving and hotel (as well as one hell of a ride), please call by Wednesday, July 16.

A22 85 MI 9:00 AM One Way to Westport

Leader: David Younglove (212) 533-1276. From: The Boathouse. If you missed the Bloomin' Metric because you went to Montauk, here's your chance to ride the scenic back roads of Connecticut. There will be hills to climb and descents to enjoy as we skirt the local reservoirs. I haven't decided where the lunch stop is yet, so be prepared for the morning mileage. The train station in Westport is our last stop. Bring your Metro North pass.

A19 60± MI 9:00 AM Destination TBD

Leader: Damon Hart (212) 753-0204. From: The Boathouse. We'll take a relaxing ride (with good pacer skills) to somewhere in Rockland or Bergen Counties.

B15/19 60 MI 9:30 AM Full Moon Ride

Leaders: Joanna Lee & Gene Vezzani (212) 875-1615. From: The Boathouse. Are you ready for this? There's a full moon tonight. The dogs are howling at the moon, the motorists are honking their horns at cyclists, and yes, we're off on our first lunar adventure. Today our destination is Rye Playland. No roller coasters or cotton candy, just 60 miles of gulping Gatorade, chomping Clif Bars, and celestial cycling.

B16 60 MI 9:00 AM Life's a Beach, Part Deux

Leader: Todd Brilliant (212) 274-9463. From: The Boathouse. This is the B version of my ride to the beach last week. This time we'll ride at a slightly more leisurely pace, with fewer miles, to Long Beach. The last time I was there, I got ticketed for riding up the ramp onto the boardwalk. Let's see what happens this time.

C11 23 MI 9:30 AM Bike 'n Tube 'n Float 'n Splash

Leaders: Ethan Brook (201) 816-0815 & Richard Fine (201) 461-6959. From: Bucks County River Country in Pt. Pleasant, Pa. - 78 West to 287 South to 202 South and cross into Pa. follow 32 North Approx. 8 miles to Pt. Pleasant Canoe and Tube. Bike the scenic path along the Delaware River to French town and return to Pt. Pleasant, Pa., where we will have a picnic lunch followed by 3 - 4 hours of tubing down the Delaware River. In the evening we can dine in New Hope, Pa., see a play at Bucks County Playhouse or just stroll the quaint streets. For those who want to camp for the weekend, you can make individual reservations at the Bulls Island Campground, (609) 397-2949. Bring or buy lunch, lock, bathing suit, towel, sunscreen and some sort of water shoes. Approx. cost \$15. Helmets required. Co-led with Bicycle Touring Club of North Jersey.

Sunday, July 20**KINGSLAND POINT PARK ALL-CLASS****A20 80+MI 8:30AM**

Leaders: Fred Steinberg (212) 787-5204 & Abe Karron (718) 728-6110. From: The Boathouse. It doesn't get any better than this. The roads are scenic, the traffic is light, and the hills are often. Our turn around is the Croton Dam. We catch a breather there before heading south to meet up with the rest of the club at the park. We do about 60 miles before lunch, so pocket food and two water bottles are a must.

B17 65 MI 9:00 AM

Leaders: Peter Morales & Suzanne Levin (718) 398-2649. From: The Boathouse. Expect some hills and a few beautiful roads.

B14/15 55 MI 9:00 AM

Leaders: Linda Wintner (212) 876-2798 & Lynn Sarro (212) 722-8495. From: The Boathouse. Just us for the club's annual pilgrimage to one of the most scenic parks on the Hudson.

C13 40 MI 9:30 AM

Leader: George Kaplan (212) 989-0883. From: Last stop #4 train in The Bronx (at entrance to golf course). The weather is usually perfect, the scenery grand, and of course the whole gang will be there!

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

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

Saturday, July 26**A21 50 MI 8:00 AM Early Call**

Leader: Steve Ullman (212) 473-1897. From: The Boathouse. A fast ride just like I like it, short and early. High winds, rain, or temp below 30° cancels.

A19 65 MI 9:00 AM Rockland Lake

Leader: Jack O'Connor (212) 799-7649. From: The Boathouse. This will be my first ride as a leader, and I only know how to go to Rockland Lake.

B15/17 60 MI 9:30 AM Cats, Dogs, Reptiles & Tropical Fish

Leaders: Joanna Lee & Gene Vezzani (212) 875-1615. From: The Boathouse. Attention pet lovers! Here's an opportunity for you to share your favorite pet stories with others. Tell us all about how smart your fish is, how well your cat retrieves and how quickly your dog learned to use the litter box. No gerbil stories, please. Today we're riding past Bear Mountain en route to Garrison, so please bring your Metro North pass. We'll stop at a deli for Animal Crackers, Alpo and all of the Cat Chow you can gnaw.

C13 40-45 MI 7:45 AM Sick 'n Tired of New Jersey #2

Leaders: Ken & Marilyn Weissman (212) 222-5527. From: GCT info booth for 8:05 am bike train (Metro North train pass required) to Stamford, Ct. A tree-shaded route, perfect for a hot summer's day. We're riding to New Canaan, over several ridges through Greenwich, Purchase, and Rye, then flat-to-rolling terrain through lower Westchester back to the #2 train. Bring Metro North pass, lunch or money to buy it, a water bottle and tire repair skills. Helmets required.

Sunday, July 27**A18/20 100+ MI 6:00 AM A Pre-Lunch Bear Mountain Century**

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

A19 55± MI 9:30 AM Divide And Conquer

Leader (from behind): Richard Rosenthal (212) 371-4700. From: The Boathouse. Divide the number of miles you've ridden this year (the numerator) by your age (the denominator). If the number is lower than 3.07, you get to come in behind me as we go up River Road, Clausland, Bradley, and Tweed. If not, I get to come in behind you. And I will.

B16/17 65 MI 8:00 AM Long Island North Shore

Leader: Gary McGraine (212) 877-4257. From: The Boathouse. We will scout remote wooded roads within a 10-mile radius of Oyster Bay, where we will rendezvous at the Al Dente Cafe for a light (continued)

pasta/iced latte lunch. The ride will return via a flatter and more direct route with an optional steep but short climb for those with excess carbos. Helmets required.

C13 35 MI 9:30/10 AM Beach Bums

Leader: Roscoe George (212) 989-0882. From: The steps in front of City Hall (9:30)/Prospect Park (10:00). See July 13 entry for description. Co-led with 5BBC.

C11 25 MI 10:00 AM Tour de Roosevelt Island and Beyond

Leaders: Ethan Brook (201) 816-0815 & Richard Fine (201) 461-6959. From: The Boathouse. Lighthouses, sculpture gardens, European gardens, lakes, waterfalls, tram rides and more all in NYC and its surrounding islands. WHO WOULD HAVE THUNK IT??? And all flat riding, too! Bring lunch or money to buy it, a water bottle and a spare tube. Helmets required. Co-led with Bicycle Touring Club of North Jersey.

Saturday, August 2

A20+ 80 MI 8:30 AM Connecticut Cruise

Leaders: Stephanie Bleecker (212) 348-2661, Rich Borow (212) 866-1966 & Steven Britt (212) 288-6324. From: The Boathouse. One would hope with three leaders that somebody shows up and knows the route, but hey, you never know! The plan is to make our way to Greenwich via some beautiful but twisty roads for a picnic lunch at the park gazebo. Then wind our way up and down and across until we descend (read: sprint) into Westport for more food, drink and the train. Pocket food, lots of water and helmet suggested. Bicycle and Metro North pass required. Excessive heat shortens (considerably).

A18 60 MI 9:00 AM New City

Leader: C.J. Obregon (212) 876-6614. From: The Boathouse. A summer ride to Rockland that will not go to Nyack! Helmets required.

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

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

Sunday, August 3

A21 75 MI 8:30 AM South Mountain

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

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

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

C13 30 MI 9:30 AM Beach Bums

Leader: Dorothy Fong (718) 596-1967. From: Steps in front of City Hall. See July 13 entry for description.

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

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

Out of Bounds

August 1 - 3 / Swinging Singles Weekend*

Join us for a fabulous weekend in Litchfield County, Connecticut (near Kent), at Club Getaway, August 1-3. A, B, and C rides will be led by NYCC leaders in beautiful, rolling countryside. Rides will return by lunch (unless otherwise requested) to take advantage of the club's many wonderful facilities, including a lake for swimming, boating, canoeing, water skiing, kayaking and windsurfing; as well as volleyball; basketball; in-line skating (lessons and equipment available); tennis; hiking; wall climbing; trapeze; mountain biking (we won't tell if you decide to try it!); softball; aerobic classes; golf driving range; massage classes; arts & crafts; billiards; dance classes; amateur shows and disco at night for those who can stay awake and LARGE quantities of food at meals and free wine with dinner. Call the Club (1-800-6-GETAWAY) for special discounted weekend rates for NYCC members - \$199.00. Bus transportation (for you and your bike) from Manhattan available for an additional charge.

For more information, please call Linda Wintner (212) 876-2798 or Jeff Vogel (718) 275-6978.

* Swinging trapeze. What did you think? Couples are welcome, of course (for the tandem trapeze).

A Call for Cyclists

The Great Trans-America Journey in Support of Missing Children

On July 19, the Great Trans-America Bicycle Journey starts its nation-wide trek in Asheville, North Carolina. Several cyclists will begin a 4,000-mile bicycle tour to support ChildQuest International, an organization that reunites parents with missing children across America (some 3,000 children just in the last few years).

The Great Trans-America Bicycle Journey will be a public event in 20 cities and towns on the route across the USA. Cyclists from each city plan to accompany the journey for several miles upon arrival in their city. In Asheville, a city-sponsored mass send-off is scheduled for July 19.

Trek organizer Burton Smith cycled from Kansas to Oregon to Phoenix during the summer of 1996 and then biked back to North Carolina in early 1997. He says, "I love long-distance cycling and camping. But I now want the satisfaction of using my experience and ability to benefit a good purpose. Solving missing-children issues is a great purpose."

"We still need more cyclists to ride the U.S. with us. Expenses can be worked out. And we are eagerly inviting anyone with a support vehicle to join us, as an all-expenses paid (and maybe more) trip across America."

For more details, visit the journey's World Wide Web site at:

www.outdoorfun.com/bike_trip.htm or contact

Burton Smith at 32 Chancery Lane, Waynesville, NC 28786.

You can reach him by phone at (704) 452-9609.

Why not do what we've done: renounce the rat race and live a healthy, fulfilling life of service!

ON THE COVER



Apparently more than just a few riders came out to cheer the A-SIG graduates after completing the Bear Mountain final exam ride. This couple was on the Hill having some wedding photos taken and insisted on having a group shot taken with the New York Cycle Club. Let's hope the photo finds as good a spot in their wedding album.

Coming soon... NYCC members on the move.

Take Me to Your Leader

– A. Leader

WHO ME?

What does it really take to become an NYCC ride leader? What are the real criteria? Number one: You must be able to ride a bike. Number two: You must be able to get a group of cyclists from a starting location to a destination and sometimes back. That's it!

"I can do that," you may say. But somehow you don't feel you are cut from the right mold. Well, sorry to say, but there is no mold, no school, no web course available. It is truly on-the-job training. For each ride has its own energy, good or bad.

"But I can't fix a flat, how can I lead a ride?" Being a bike mechanic is not a requirement to showing cyclists from point A to point B. In fact, each rider should be prepared to handle his or her own emergency as it arises. That's why God invented credit cards. Feel very fortunate if you thought you were left for the crows and a fellow rider stepped forward with the appropriate tools and knowledge to remedy your otherwise ruined day. I know I have.

"That can't be all there is to it." No, it's not. But you can start with nothing more and be on your way to an illustrious career as an NYCC ride leader. My only suggestion would be to do as I did the first time and ask a fellow club member who you respect as a leader to co-lead with you. It creates the relaxed atmosphere you need for your first ride, and your co-leader can give you feedback.

THE FINER POINTS

Granted, not every ride ends up smelling like a rose, but if you state at sign-up what you expect of the riders during the ride, you will have less chance for problems later on. "What could I possibly expect from a rider?" Think back to rides you've been on. Has anyone ever asked, "How far to the next stop?" Just let the group know your intended day. How many stops? How far apart? Are there areas on the route where the stronger riders can "air it out" and then wait for the rest of the group? These are truly finer points, and you learn new ones all the time.

All of these points lead to a better synergy between the leader and the group. If everyone knows what to expect from the ride, no one will be disappointed.

THE FINER FINER POINTS

Be honest about your pace. If you're planning to do a consistent cruising speed, then your listing is easy. If you are planning on going easy during certain scenic stretches and then picking up the pace during other stretches, list the ride with a low/high pace (such as 15-18).

JUST THE FACTS

Just remember, at the basic level, we all want to get out and ride. All it takes is for one individual to list a ride for a group of people to have a great time.

An Update on Monthly Meetings

– Dona Kahn

As most of you know, the meeting place was changed for the June meeting to a new restaurant, Sambuca, on West 72nd Street. Most people thought it was a great improvement over O'Hara's, but we also have to admit that it is less than ideal. However, it may not be fair to judge the food since I told the owners to expect 40-60 persons and 118 showed up for dinner and an extra 15 for the program. It is hard to prepare food with so little advance notice. We will continue using Sambuca for a few months while I continue to hunt for a more suitable place. We will also change the date, beginning with the August meeting, to the second Monday of each month.

If you have any suggestions, let me know and I will investigate them. However, keep in mind that the restaurant must be 1) able to accommodate up to 125 persons with space to socialize before dinner; 2) able to feed us at a cost of no more than \$15, including tax and gratuity; 3) able to feed anywhere up to 50-60 extra people with less than 30 minutes' notice; 4) willing to accommodate bicycles; 5) willing to allow us to stay as long as we want; 6) able to provide low noise level for our speakers to be heard; and 7) conveniently located to subways, buses, etc.

In the meanwhile, keep coming to the meetings.

The NYCC Century Committee is looking for

Volunteers!

September 13, 1997 –

The third annual NYCC "Escape From New York" Century will take place starting in the wee hours. For the past two years, volunteers have helped make the event the success that it was. Tasks include marshaling, manning rest stops, check-in and, yes, even clean-up!

Please call

REYNA FRANCO

if you are interested in helping.

(212) 529-6717

Reminder:

Material for the August Bulletin is due by **JULY 11.**

That's 3 days after the club meeting on **JULY 8.**

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

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

Go Ahead... Lead a ride!

A-RIDES:

– CALL BEN GOLDBERG –
(212) 982-4681

B-RIDES:

– CALL GARY MCGRAIME –
(212) 877-4257

C-RIDES:

– CALL MARK SCHWARTZ –
(718) 237-1042

Hamstring Injuries

— Russell B. Cohen, DC, CCSP

Pain behind the knee in athletes can be caused by injury to one of several tissues, the most common being the hamstrings. The tissue that pigs use to hang from after being slaughtered is actually a collection of four muscles. Three originating from the ischial tuberosity, the sit bone, and the fourth from the femur, each one takes a slightly different path down the back of your thigh. The biceps femoris inserts into the head of the fibula, the slender bone that runs down the outside of your shin while the semimembranosus and semitendinosus terminate at the inside of the knee. Injuries are most often due to overuse of an already tight hamstring or from an abrupt contraction or stretch. Most sudden soft-tissue injuries occur during an eccentric contraction, when the tissue is contracting and stretching simultaneously. In addition to just plain over-training, hamstring injuries are more common in athletes who have biomechanical abnormalities, such as misalignments of the lower back, pelvis, or hips; feet that overly pronate or supinate; a leg length discrepancy; or an imbalance in strength or flexibility between the right and left leg or between the quadriceps muscle in the front of the thigh and the hamstrings in the back.

Runners are more likely to suffer an injury if they have poor running technique, use worn-out or poor-fitting running shoes (shoes should be changed every 400 miles or less), change their training load too abruptly, or increase running on hilly or mountainous terrain.

Cyclists are predisposed to injuries if they ride with their saddle too high or set back too far, have too great a saddle/handlebar difference, or have bad form.

Hamstring injuries usually involve some degree of tearing of the belly of the muscle (the thickest part), the tendon, or where the tendon attaches to the sit bone. Prolonged irritation can result in hamstring tendinitis or bursitis where the tendon attaches to the bone.

Treatment by a sports chiropractor speeds healing and involves deep tissue massage, spinal and extremity joint manipulation, electrical muscle stimulation, and ultrasound. Icing frequently and use of anti-inflammatory medication calms the inflammation and reduces any swelling, which allows healing to begin. Torn hamstrings generally require rest to heal properly. Most victims succumb to aggressive stretching in an attempt to relax the tight muscle that results from the injury. This is the wrong approach. Intense stretching will open up the torn muscle that is trying to mend. The cause of the injury should be established and corrected. This may require a change in running shoes, orthotics, a bike fit to optimize your riding position, a stretching and strengthening program, modifying your training schedule, spinal manipulation, a pedal shim to even out unequal legs, or more regular body work to relax short muscles unresponsive to stretching.

Dr. Russell B. Cohen is a Cat 3 racer and a certified sports chiropractor with offices in New York City. He can be reached for questions or comments at (212) 713-0180, or e-mail him at CohenSportsChiropractic@worldnet.att.net.

MADAME DE ROSA'S CYCLESOPES

Aries

(MARCH 21 - APRIL 20)



All dressed up and nowhere to ride. Try doing the A SIG. That should keep you busy for a while. A 21 too slow? Check out an A 25. That will take you to Montreal and back in the same day. But remember not to take the bathroom stops too personally.

Taurus

(APRIL 21-MAY 21)



How many bicycles can one have? How many apartments can one afford? How many jobs can one hold? How many credit cards can fit in one wallet? You get the idea, indulgent friend. Stop eating out so much. You get a day's worth of nutrition in one Powerbar.

Gemini

(MAY 22-JUNE 21)



So many decisions in life. Westchester or Rockland? Riverside or St. Nicholas? Right or left turn? It's best that you not lead rides without a compass. And so many bicycles to choose from. At least you know there's only one cycling club - NYCC!!!

Cancer

(JUNE 22-JULY 23)



Work got you in a funk? Your love life about to go out the window? Well, I've got good news for you. It's called endorphins. Go to the park and do 10 laps. It's a match made in heaven. Mood will no longer be a part of your vocabulary.

Leo

(JULY 24-AUGUST 23)



You little party animal. Drinking a six pack the night before a ride is not what I would call carbo-loading. When was the last time you led a ride? Show the world your charm. This is no time to hold back.

Virgo

(AUGUST 24-SEPTEMBER 23)



Since you have the ability to see only the trees, but not the forest, have you considered A rides? Don't worry dear friend, you'll be too busy fixated on the shorts in front of you to ever have to remember where Smokey the Bear lives.

Libra

(SEPTEMBER 24-OCTOBER 23)



If only the other signs could ride inside the bike lanes as smoothly and evenly as you. And your cadence is remarkable...until you sneeze. Esthetic friend, forget putting flowers on your handle bars and substitute a floral jersey instead.

Scorpio

(OCTOBER 24-NOVEMBER 23)



Your clan is naturally drawn to any sport where tight, snug-fitting clothes are required. That's why you're a natural at cycling. Who cares if you've never learned how to ride. And Scorpios, if someone says "tight to the right," don't run out and have liposuction.

Sagittarius

(NOVEMBER 23-DECEMBER 21)



The advantage of wearing mirrored sun glasses is that no one can see you staring at them. And God knows there are more new bike parts on the road than ever. Just remember, if you can read the label, you're too close.

Capricorn

(DECEMBER 22-JANUARY 20)



Studies have proved that Capricorns make better hill climbers than the rest of us. In fact, at the top of Perkins Drive is a sign that says "Capricorns rule." Hey, slow down. Put your feet on the handlebars. Enjoy the ride.

Aquarius

(JANUARY 21-FEBRUARY 19)



By now, you have probably mapped out bicycle routes on Mars and even invented a monitor to measure oxygen levels in the blood. Convincing the Runcible Spoon to consider business on another planet is attributed to your genius powers. One question — how many frequent-flyer miles from Earth to Mars?

Pisces

(FEBRUARY 20-MARCH 20)



Just because bicycles have two water cages doesn't mean you can't don a Camelback as well. It's you guys who bathroom stops were invented for. Just remember, a bathing cap does not make a good substitution for a helmet.

BLOWOUTS by Lou S. Pokes

So it looks like moving the monthly Club meeting to Sambuca worked. Over 130 people attended the June meeting, including some people we almost never see, such as **Barbara Levitan** and **Monica Lord** (yes). It was like a class reunion. Everyone had a great time, and the food was good, too! And the speakers last month were two professional bike racers, 1991 NYCC SIG graduate **Elizabeth Emery** and teammate **Pam Schuster**. Thank you **Dona Kahn** for your help in moving the meeting and arranging another great program.

Congratulations to **Theresa** and **Paul Leibowitz**. They're expecting their first child this December. Now we know why Paul had to leave the SIG graduation ride early!

Congratulations to **Nora Salazar** and **Wally Kulakowski**, who made their "yes" official in a wedding ceremony in the Hamptons on Saturday, May 31. And, as if anyone needed another reason to take the SIG, Wally and Nora met during the 1996 SIG.

Speaking of the SIG... No, **Lisa Klein** was not dropped from the 1997 SIG; it was only her name that was "dropped" from the graduation list in last month's Bulletin. Sorry, Lisa.

Best wishes for a speedy recovery to NYCC Life Member **Chris Mailing**. Chris suffered an accident similar to that of **Marco Pantani**

and has had surgery to repair his broken left leg. Pantani has recovered and is racing well again in the European peloton. We expect the same of Chris! Get well soon. Hi, **Arlene...**

RACE RESULTS. The New York State Track Championship was held at the Kissena Velodrome on Sunday, June 1. In the sprint competition in the Masters Class, NYCC members took the top two spots, with **Mike Samuel** winning the gold and **Dave Coplan** the silver medal. Bravo.

Thank you **Reyna Franco** for organizing the Sheffield Memorial Day Weekend. 60+ cyclists had a great time riding in the Berkshires. And joining the 40 members of the Long Island Bicycle Club for a group dinner was a nice touch. Even Sunday's downpours couldn't put a damper on the weekend (certainly not for **Linda Wintner**, who rode the 50-mile roundtrip to Stockbridge in the rain), as many went to an afternoon concert with the Band or a nearby antique car show. The only person who expressed any complaints about the weekend was **Stephanie Bleacher**, who didn't like her bed and breakfast saying "The walls are so thin we couldn't have sex." Sorry, **Rich!**

The only other person with a problem at Sheffield was this month's Road Bozo. On the Friday ride up, at the deli stop in Kent, Connecticut, **Herb (Hubs)**

Dershowitz adjusted **Jody Sayler's** rear quick release. Unbeknownst to anyone it was now worse than before, totally out of line, with the brake rubbing on the rear wheel. Well, not just rubbing, the brakes were on, almost locking her rear wheel. But no one knew. When they started out Jody couldn't keep up. She thought she was just having a bad day, a really bad day. Finally Christy said he would stay back with Jody and the rest of the group should go ahead. Fourteen miles later, Christy couldn't take it anymore and asked "Why can't you keep up? I'm only doing 11 miles per hour. This isn't even C Ride pace!" Finally, Christy decided to check Jody's bike and realized the problem. Well, for not thinking of that sooner **Christy Guzzetta**, you're our Road Bozo this month!

When they heard a loud bang, everyone thought the ride was over for Bulletin editor **Douglas Riccardi** on a recent ride to Rockland Lake. Doug quickly noted that both tires and spokes were fine, but it took a few seconds to realize that his saddle was a bit loose. Now, we all know that A-riders (like **Mike Samuel**) carry all sort of tools and extra stuff on their bikes, but who expected **Scott Wasserman** to pull out not one, but 3 extra saddle bolts, and on a B ride no less... For turning that potentially ugly situation into a 5-minute mechani-

cal stop, Scott, you're this month's Road Hero.

And who's more cool and quick than **Michael Romano**, who spotted **Miguel Indurain** at The Union Square Café recently. Luckily for Michael, he had a Banesto jersey handy and had Big Mig sign it.

So, you know those dangerous flexible stanchions that were installed on Second Avenue near the 59th Street Bridge? The permanent bases are black and impossible to see at night (as well as during the day when you're watching buses and taxis). Well, in response to **Richard Rosenthal's** letter, the Dept. of Transportation is painting them orange and has ordered all new stanchion bases be painted orange. So I am hereby decreeing that all orange stanchion bases be called "**Rosenthal bases**." And for a little Club history, the curb cut at the George Washington Bridge is officially know as "**Curb Rosenthal**" as it was Richard's recommendation there, too.

So what happens when an A rider leads a C ride? There are mixed reports. When **Dave Thomas** led a C ride, they thanked him for getting them back well before dark. When **Ben Goldberg** led his C ride, one rider complained that they got back too soon and asked what he was supposed to do the rest of the afternoon. Go figure.

Bike Watch

by Richard Rosenthal

You'd think from reading the roster in last month's issue we had only one doctor in the club. We don't. We have more. Take, for example, Ed Fishkin, a medical doctor of enormous background and accomplishment who, as it just so happens, is also the chief medical director of one of New York's major hospitals. But does he list himself in the roster as "Dr."? No, he does not. So who is the one "Dr." who does? A chiropractor, for god's sake! Which reminds me of the time another New York chiropractor, who promotes himself in New York's bike racing circle and whom I had known socially for a few years, left this message on my answering machine: "This is **Dr. Jones**" [not his real name] calling." What is it with these guys?

Geo Kaplan reports a catalog for Puritan vita-

mins features helmetless cyclists—so much for their proselytizing health. Mary Pike points to the cover of the June issue of *Big Apple Parent's Paper*, which bills itself as "New York's award-winning parenting paper." The cover refers to articles inside on children's health records and estate planning. Little wonder they have those articles: the cover photo shows happy young mom, happy young dad, and happy young kid, all on bikes...and all happily without helmets. "Ask Asa," the consumer segment on WNBC's 6:00PM news, had a story about bike helmets. We saw helmets being drop tested as Asa stated a \$25 helmet tested superior to \$100 helmets.

Other Pike sightings: From the Metropolitan Diary column of the 6/4 *New York Times*: *Young boy to his father, riding up the Harlem hill in Central Park*: "Dad, this is tough. I can't pedal anymore." *Father to his son*: "Life's tough, son. Keep pedaling." And from the (unintended) fun-

niest part of the Times, its "Vows" column in the Sunday society section that dissects wedding ceremonies: June 8 featured a groom who had run inn-to-inn bicycle tours in Vermont while just hanging out, deciding what to do in life. Wait, whadaya mean "until deciding what to do in life"? That is life, isn't it?

The Sunday Times (June 1) had a large article headlined "Cyclists Urge Progress on 600 Miles of Paths" with a large photo of a large group of very serious looking, helmeted riders on the L.I.E. service road, a road that we occasionally ride. You didn't see it? That's because it was in the Long Island Weekly section.

Mike Allison called attention to a May 17 *NY Post* story informing us that 1000 bicyclists will be on the streets as traveling billboard, each with a 12" X 18" outdoor advertising sign. Riders are paid \$6 an hour. The company's president promises his riders will obey (*continued...*)

Stand up pedalling on the new
Air Friday bike

Long & Supple Muscle Development

— By Paul Rubenfarb

Oregon's Green Gear Cycling (800 777 0258) has peppered the 1990s with technological advances - the most recent being its 'AirFriday' bike, which has the option of taking off the seat and seat tubing for pure stand-up riding.

The recent unfortunate news item that noted road racer Lance Armstrong has contracted testicular cancer is yet another entry in the 120-year record of detriment and public grievance with bike seats. In actuality, no seat fixing the pelvis, can find true compatibility with pedalling, because optimal leg performance occurs with a freely moving pelvis, i.e. with stand-up riding. The superior thrust of stand-peddling harnesses force from several muscle groups. The powerful back muscles, through the spine, are able to boost the thrust of but-tocks and quads if the pelvis moves in its free arc. Only stand thrusting fully develops the buttocks in proportion to the quads. Sit-peddling restrains and develops the buttocks much inferiorly to the quads. This disproportionality slowly inclines the pelvic bone structure backward - the well-known biker's deformation called "pelvic rotation." Stand pedalling's also obviates the sit-peddallers bane of neck cervicitis and works the abs more intensively.

The stand biker achieves rest, during non-peddling intervals, by standing on both pedals when they are at horizontal, or by standing on left pedal or right pedal only when either is at nadir. Extra large pedals, such as Mongoose BMX are essential. Also needed are

thick/cloddish-soled hunting/construction boots to comfortably distribute weight. The AirFriday frame (with seat and seat tubing left off) constitutes, in effect, one large down tube attached to the bottom bracket. This low frame profile is most unlikely to incur banging with either knees or crotch, as is often the case with conventional frames.

Stand riders should order components best conducive to their style. They should begin by specifying upright handlebars with the highest available stem. Also important to order are nine-inch (225mm) Bullseye brand cranks with a 68-tooth TA chainring and a Bullseye BMX rear hub fitted with a Shimano or Dicta brand 16-tooth one speed BMX freewheel.

The single-speed format, in conjunction with the high-thrust nine-inch cranks, maximizes the compounded force of the body's muscle groups - so much so that hills for once become the biker's strong point. AirFriday's scramble aggressive 20-inch wheels with the 110 gear inches yield the following impressive (versus multi-gearing) performance profile. Hills are A+, flats are A- and downhill are B. The single gear's 95% mechanical efficiency is a mainstay of its unequaled performance. Conversely in-hub multi-gears lose efficiency due to their sluggish synchro-mesh, while derailleur systems lose efficiency in the spaghetti of moving parts and highly skewed angled chains.

An AirFriday bike fitted with an easily removed seat and seat tubing was shown in *Bicycling Magazine*, March 1997, pg 102, with a price of \$1900. One or more stand-up bikes of this genre are being ridden during this spring's NYCC Architectural ride series.

Minutes

New York Cycle Club Board Meeting,
Tuesday, May 6, 1997

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

The minutes of the meeting of April 1 were approved.

The members discussed whether to print the club's financial statements at the end of the year. It was agreed that they need not be printed but that members should be advised that a copy of the statements would be mailed to anyone who requested them.

The board discussed mandating helmets on rides. It was noted that this matter was now in the discretion of the individual ride leader. It was agreed that this policy would continue but that the club should encourage helmet wearing and not encourage people to ride without helmets.

It was announced that the newcomers' ride would be the last Sunday in June.

Joel noted a record number of renewals for the month of April. It was felt this probably was the result of a follow-up letter mailed to non-renewers. It was agreed that a second follow-up should be made at a cost of \$135.00, provided the results of this mailing could be carefully monitored.

There was a discussion of directors receiving mail at home rather than at the club post office box. It was agreed that this practice should be up to the individual director.

Joel noted he had negotiated an increase in services from our answering service at no additional cost.

It was noted that a map should be distributed of the meeting area for the all-class ride so that everyone would go to the same point.

Gene noted that after looking at other clubs' web sites, Ben Goldberg recommended posting our rides at our site. It was agreed this would be done on a one-time basis in June as an experiment.

The board discussed the problem of getting ride leaders and improving their skills.

The meeting adjourned at 8:32 P.M.
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.** Call Bulletin Editor if this is ABSOLUTELY impossible. Listings will appear for one month unless specified.

FOR SALE:

BIANCHI CAMPAGNOLO D'ITALIA for sale. 53 cm, good condition, new tires, tape. \$400. Call: **F. Miller** at 750-3417.

SPECIALIZED STUMPJUMPER, 19 inch, with front-fork suspension that is in excellent condition. I am asking \$600. Call: **Laney** at (212)859-1631 -w (718)625-6439 -h.

BIANCHI VOLPE touring bike, 54 cm, great condition, 21 spd, with cyclocomputer, rear rack, mounted pump. \$220 OBO. Call: **Laura** at (718)398-0835.

VITUS 979, 56 cm c-c. In excellent condition. Comfy, lightweight mount. Shimano Ultegra drivetrain, Dia-Compe brakes, Cinelli stem & bars, Campy Chorus seat-post, Chris King headset, SR Prism fork. The choice of NYCC legends Geiger & Slattery. \$600. Call: **Mark** at (212)496-5518 or Mark.Martinez@chase.com

BRIDGESTONE RB-1 Road bike, 53 cm, Dura Ace 6 spd, new Mavic Reflex whlset, great condition, \$950. Also, **Trek 2000** alum. Frameset, 56cm, like new, only \$50. Call **Marc** at (212) 749-2685

LOST:

NYCC JACKET on 5/24/97 on north-bound side of 9W between State line and Tallman State Park. REWARD. Call: **Sherman Pazner** at (212)685-4772.

BIKE WATCH, continued

all traffic laws. Wanna bet? While there is good reason for them to stop at red lights and yield the right-of-way to pedestrians since that increases the exposure of the billboards, the law also requires bikes to ride as far right as is safe and I doubt advertisers will be pleased to have their billboards lodged in the far right lane when they would be seen by more people farther out in traffic.

David Gonzalez's May 22 column in the *NYT* was about Transportation Alternative's and

Karen Overton's Recycle-A-Bicycle program. If you don't know what to do with your old bike stuff, give it to this program. There is no better use for it, at least here in New York. TA's telephone number is 629-8080.

From a profile of 77-year-old Tony Randall in the May 30 *NYT*: "His new [26-year-old] wife introduced him to Rollerblades and he tried them for a time. 'Finally, some woman passed me and turned around and yelled, 'You must be out of your mind!' I decided she was right. Now I go bicycle riding.'"

Pryor Dodge's spectacular exhibit of antique bikes and related stuff seen at the PaineWebber Gallery last year has been re-mounted at the Morris Museum [(201) 538-0454] in Morristown, NJ, where it will be on display until Sept. 1. What you'll see there that you didn't see here are five or six antique French cycling posters with bare-breasted women that was undeeded unsuitable for show by Paine Webber. See them and laugh at late 20th century Puritanism run amuck.

Before your first club ride, please read this:

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

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

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

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

BEFORE ANY RIDE: Check that your bike is in good riding condition: brakes and derailleurs working well, tires pumped to the pressure specified on the sidewall. Eat breakfast. **BRING:** spare tube, tire levers, patch kit pump, water, snacks, money, medical ID, emergency phone numbers. **We also suggest:** lock, rail pass. Leaders may specify other items in their ride listings.

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

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

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

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

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



1997 Renewal / Membership Application / Change of Address

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

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

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

NAME: _____ SIGNATURE: _____

NAME: _____ SIGNATURE: _____

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DAY TEL _____ NIGHT TEL _____ E-MAIL _____

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

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

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

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

IF IT'S JULY, IT MUST BE TOUR TIME...

Have you ever wondered... "besides riding like hell for almost a month up some really ugly hills in the heat of the summer against some of the best riders in the world..."

How do you win the Tour de France?"

Come hear **Bill Kline**, former racer, team mechanic for the America women's team in the 1990 Tour and manager of Bicycle Habitat discuss the finer points of Tour strategy and what to look for in this year's Tour.

COME TO SAMBUCA ON JULY 8.

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

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

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

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

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

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



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