

June
1997

Sambuca's
20 W. 72 street

Or **our monthly meeting**

See page 2 for details.

Bulletin Board

NYCC OPPORTUNITIES. FROM THE PRESIDENT, GENE VEZZANI

Opportunity #1 - Deliciously Different. It is with a great deal of pleasure that we announce a wonderful new location for our monthly club meetings. Beginning in June, our monthly club meeting, scheduled for Tuesday, June 10, is moving to Sambuca's Restaurant, located on West 72nd Street between Central Park West and Columbus Ave. Sambuca's specializes in healthy and hearty cuisine served family style. Our new meeting location is very easy to get to by using the 1, 2, 3, 9, B or C trains. The cross-town M72 bus also stops within a half-block from the restaurant, and bicycle parking is available inside Sambuca's.

Vice President of Programs Dona Kahn has scheduled an extra-special kick-off program for our first visit to Sambuca's. Our exciting guest speakers are from Team Klein who are currently on the women's professional racing circuit. Here's a great opportunity for you to greet old friends and meet new ones. Don't miss it!

Opportunity #2 - New Ride Leader Training Seminar. Did you ever think about leading a ride, but you weren't quite sure what to do or how to do it? How do you become a ride leader? The answer to these questions and many more are part of our New Ride Leaders Training Seminar, and you are personally invited to attend.

When: Tuesday, June 10 beginning promptly at 6:15PM and ending at 6:45PM, right before dinner at our monthly club meeting.

Where: Sambuca's Restaurant, located on West 72nd Street between Central Park West and Columbus.

Your instructors for this seminar are some of our club's most experienced ride leaders, and they have planned an extremely informative half-hour program for you. We are looking for additional ride leaders in all categories: A, B and C. Here's a great opportunity for every club member to pledge to lead just one ride during the 1997 riding season. Don't miss it!

Opportunity #3 - Amazing Jerseys. It is amazing! The colorful NYCC jersey that long-time member Michael Toomey designed is turning heads at all of the regional cycling events. We've received calls and e-mail from folks who saw club members wearing them at both the Bloomin' Metric and the Montauk Century recently.

We have a just few of these magnificent jerseys available in a limited selection of men's and women's sizes. Here's a great opportunity for you to purchase one for yourself or a friend. To order one, just call Gene @ (212)875-1615. Don't miss it!

Opportunity #4 - Hot Weather Safety Tip. The Central Park Medical Unit has informed us that the number of accidents in the park dramatically increases when the humidity is high. Their suggestion: drink plenty of liquid, stay hydrated. Here's an opportunity for you to remain healthy and safe. Don't miss it!

Opportunity #5 - Over 100 Rides. We plan to make a booklet of over 100 favorite NYCC rides available to all NYCC members at the end of the year. But we need help in two departments: 1) We need people to send their favorite rides to Dona Kahn, and 2) We need people to volunteer to road test some of the rides that we currently have in our library. Here's an opportunity for you to lend a hand. Please call Dona Kahn @ (212)399-9009. Don't miss it!

Opportunity #6 - 3 Upcoming NYCC Weekends. See pages 6-7 for an upcoming Singles Weekend at Club Getaway, the July 4 West Point trip and the September Weekend in the Catskills.

MEMBERSHIP UPDATE - By Joel Englander

I would like to thank all the members who have renewed their 1997 NYCC membership. I do want to apologize for any confusion that arose from our renewal letter "Don't Get Dropped." I am, however, very happy to report that we have established a new monthly membership record of 228 members in April.

There are a number of people whom I would like to personally thank for the work they have contributed: Gene Vezzani and the Board of Directors, Tom Laskey, Douglas Riccardi, Liane Montesa and most especially my wife, Mary, who has spent many hours addressing newsletters.

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

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

Credits: Copy editing by Beth Renaud. Printed at Dandy Printing, Bklyn, NY.

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

To publish an article:

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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.

Sunday, June 1

ALL-CLASS TO TALLMAN STATE PARK

(Don't forget to carry out what you carry in.) All rides will converge on the park between 12:00 and 12:30.

A21 60 MI 9:00 AM

Leader: Rob Kohn (718) 369-1237. From: The Boathouse. Join me on my favorite back roads route into Nyack. Some climbing, some flat. A Vogel ride council-approved route.

A19 65 MI 8:45 AM

Leader: Fred Steinberg (212) 787-5204. From: The Boathouse. We'll do some miles in the morning, picnic mid-day, and then digest all afternoon!

B17 55+ MI 9:00 AM

Leader: Gary McGraime (212) 877-4257. From: The Boathouse. Come out and enjoy the first all-class of the year as we ride through Bergen on our way to Tallman.

B15 50 MI 9:15 AM

Leaders: Peter Morales & Suzanne Levin (718) 398-2649. From: The Boathouse. Join us for a fun group ride as we head through Bergen and Rockland Counties for the club gathering at Tallman.

C12 45 MI 9:00 AM

Leader: Peter Hochstein (212) 427-1041. From: The Boathouse. A nice ride through Bergen County via Rt. 501 to the picnic.

Wednesdays in June

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.

Wednesday, June 4

B15/17 18/24 MI 7:30 PM

Wednesday Night In Central Park

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

Friday, June 6

B13/16 45 MI 9:15 AM

TGIF

Leader: Ron Grossman (718) 369-2413. From: Call leader for starting

location and destination. (Rides generally leave from the steps of City Hall). Helmets required.

Saturday, June 7

A20 60+ MI 9:00 AM

Our Backyard

Leaders: Judy & Conrad Meyer (914) 835-3171. From: The Boathouse. "A" dose of Westchester hills, Whippoorwill included. Possible Metro-North return, so bring your pass along.

A19 63± MI 9:15 AM

My 40th Non-Reunion Ride

Leader: Richard Rosenthal (212) 371-4700. From: The Boathouse. If I weren't leading this ride, I might be at my 40th non-reunion of my secondary school class. Non-reunion? Yes, I got "dropped," as it were, a week before graduation. And now you're gonna drop me? Where will all this getting dropped end? Answer: at the gazebo and beautiful lookout behind St. John's Church on River Road in Grandview (btwn. Piermont and Nyack). We'll go via River Road, Tweed, and Bradley.

B15/17 62 MI 9:30 AM

June Is Free Therapy Month

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. Bring all of your excess baggage, we're going on a guilt trip. Today's ride features all of the cyclebabble that you can stand plus some magnificent scenery en route to Pearl River, where we'll stop for a shameless helping of the now-famous "slider" pancakes. Helmets required.

C14 45 MI 9:00 AM

Round Trip To Staten Island

Leader: Bernie Brandell (718) 633-1759. From: Staten Island Ferry (Ray's Pizza - Manhattan Side). Mostly flat ride through Staten Island, where we'll see what greenery the borough has to offer. Bring a well-maintained bike, lunch or money, and a cheerful attitude.

Sunday, June 8

A21+ 75 MI 8:30 AM

I Hope I'm Ready

Leader: Phil Simpson (718) 639-6264. From: The Boathouse. Hilly Bergen/Rockland ride with easy start out of the park, single line along Hudson Terrace, then take off. Perhaps a KOM Prime. Helmets required. Rain at 8:00 am cancels.

A18 70 MI 9:00 AM

Bayville

Leader: Irv Schacter (212) 758-5738. From: The Boathouse. A rare and enjoyable ride to the horse country of Long Island.

B14 56 MI 9:00 AM

Bike Paths And Bridges

Leader: Mike DiCerro (212) 645-1120. From: The Boathouse. A moderately hilly route, meandering back and forth over the Saddle Brook. 42 miles of bike paths. Lunch at a duck pond in Ridgewood.

C13 48 MI 9:00 AM

Park Ridge Ramble

Leader: Ben Goldberg (212) 982-4681. From: The Boathouse. A pleasant ride to my favorite diner. No major hills (other than the usual one up to the bridge). Come along!!!

Wednesday, June 11

B15/17 18/24 MI 7:30 PM

Wednesday Night In Central Park

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

Friday, June 13**B13/16 45 MI 9:15 AM TGIF**

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

Saturday, June 14**A21 60+ MI 8:00 AM The Hills Are Calling Us**

Leader: Steven Britt (212) 288-6324. From: The Boathouse. By the look of the other rides, this seems to be a hill month. I may try to rediscover a the first ride I did in '96, which took us a little off the beaten path. Otherwise, count on a back way into either Nyack (ughh!) or Park Ridge. Any precip/prediction of after 7 AM cancels.

A19 65 MI 9:00 AM Somewhere in Westchester

Leader: Ira Mitchneck (212) 663-2997. From: The Boathouse. I don't know where we're going, but I'm sure we'll decide before we get there.

B15/17 62 MI 9:30 AM Rockland Lake

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. This is a gorgeous ride through the back roads to Rockland Lake State Park. We'll make a deli stop, picnic in the park, ride around the lake and then leave the park via the seldom-used bike path. Helmets required.

B16 55/65 MI 9:00/10 AM Gatsby Ride

Leader: C.J. Obregon (212) 876-6614. From: The Boathouse(9:00)/Statue of Civic Virtue(10:00)-Union Tpke E/F train. The rich are different. We visit both of the Eggs. Helmets required. Winds above 20 mph cancel.

C10 25 MI 12:45 PM Y'ar Old Salt (Sheepshead Bay)

Leader: Terry Chin (718) 680-5227. From: Steps in front of City Hall. This mid-day departure to Sheepshead Bay gives us a chance to join in a flurry of activity at Brooklyn's Cape Cod. Bring your favorite fish tale to tell over clam chowder. Mostly flat with a few rolling hills. Co-led with 5BBC.

Sunday, June 15**A21 65+ MI 9:00 AM New City w/ Garrison Option**

Leader: David Thomas (212) 675-6191. From: The Boathouse. Cruise up to New City for breakfast. If we're not cooked, there will be a hill stage through Harriman, ending at Garrison for train return. Metro-North pass required for hill stage.

A19 65+ MI 9:00 AM Rockland County

Leader: Fred Steinberg (212) 787-5204. From: The Boathouse. We'll go somewhere where Dave Thomas isn't going (see above).

B14 50 MI 9:00 AM Oyster Bay

Leader: Linda Wintner (212) 876-2798 & Dona Kahn (212) 399-9009. From: The Statue of Civic Virtue (Union Tpke & Queens Blvd E/F train). Get ready for summer with this beautiful ride. We will picnic at the beach if weather permits. Helmets required.

B/C14/15 50 MI 9:00 AM Long Beach Ride

Leader: Ron Grossberg (718) 369-2413. From: Steps in front of City Hall. Pleasant ride to Long Beach via Cross Bay Bridge and the Rockaways via Marine Parkway Bridge. Very flat ride. Bring bathing suit if weather permits.

C13 45 MI 9:00 AM C Riders Do Hills

Leader: Alinda Barth (718) 441-5612. From: Statue of Civic Virtue (E/F

train to Union Turnpike, Kew Gardens). OK, "C" Riders, do you want to do a few character-building North Shore hills? Nothing monstrous, mind you, just a bit of fun stuff to get the old pump going. It'll be good for you. Call (until 8:30 on day of ride) if in doubt.

Wednesday, June 18**B15/17 18/24 MI 7:30 PM Wednesday Night In Central Park**

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

Friday, June 20**B13/16 45 MI 9:15 AM TGIF**

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

Saturday, June 21**A21 90 MI 9:00 AM A Brewster Solstice**

Leader: Beth Renaud (212) 274-9463. From: The Boathouse. With the longest day of the year at hand, let's travel farther afield than we usually do—to Brewster, which is all the way up in Putnam County. I haven't been there for about two years—what better reason to venture yonder? Lunch in Bedford, probably. MetroNorth pass and a sense of direction essential.

A19 55+ MI 7:30 AM Yelena's Ride

Leader: Stan Greenberg (718) 935-9786. From: The Boathouse. Yelena wants to go to the beach today, so we have to get back early. Leaving promptly at 7:30 for Nyack, guaranteed to be back by noon.

B15/17 55 MI 9:30 AM 50 Ways To Leave Your Lover

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. Join your very experienced ride leaders for counseling on 50 ways to leave your lover (remember the song?) who you met in the Chance for Romance series. "Make a new plan Stan" for today's ride is going to be nothing but fun. You had better 'hop on a plane Jane,' because we're going to Nyack today. One thing is a must for today's ride: Come prepared to share an additional verse from the song with the group. Helmets required.

Sunday, June 22**A20+ 64 MI 8:30 AM Birthday Ride**

Leader: Jeff Vogel (718) 275-6978. From: The Boathouse. It's my birthday (14 again!) so we're going where I want to go — Pearl River. And, we're going the way I want to go — so we don't go through Hohokus. It's 39 miles to breakfast, so two waterbottles are mandatory. Riders under 30 years old allowed at leader's discretion.

KB17/18 55 MI 9:00 AM Nyack – The Hilly Way

Leader: Marc Yatkowsky (212) 410-6284. From: The Boathouse. Flat on the way to Nyack Beach State Park. Hilly on our return. Helmets required.

B14 60 MI 9:00 AM Bayville – A Different Way

Leader: Alinda Barth (718) 441-5612. From: The Statue of Civic Virtue (E/F train to Union Turnpike, Kew Gardens). Did you know that you can go to Bayville without touching Wheatley Road? Come and find out. We'll lunch on Bayville Beach. Rain cancels. Call if in doubt. Helmets required.

B14 45 MI 7:45 AM**Sick & Tired of New Jersey**

Leaders: Marilyn & Ken Weisman (212) 222-5527. From: Grand Central Terminal Information Booth for 8:05 Bike Train to Westport (RT/New Haven Line). We'll revisit the 75 km route of the South Shore Bike Club's Bloomin' Metric. One of the most beautiful routes around, but no duck ponds or long picnic lunches. You do get a few smallish hills, and you must wear a helmet and be able to fix your own flat. Cue sheets or maps will be provided.

Wednesday, June 25**B15/17 18/24 MI 7:30 PM****Wednesday Night In Central Park**

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

Friday, June 27**B13/16 45 MI 9:15 AM****TGIF**

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

Saturday, June 28**A19 60-70 MI 8:30 AM****Pearl River Pancakes**

Leader: David Greenberg (718) 643-0839. From: The Boathouse. A pleasant ride for pancakes at the coffee shop across from the train station.

B16/17 70 MI 8:30 AM**Caumsett State Park**

Leader: Jim Drazios (718) 225-1842. From: The Statue of Civic Virtue (Union Turnpike & Queens Blvd. - E/F train). North Shore of Long Island. One big hill (Snake Hill) and lunch in Cold Spring Harbor. Helmets required.

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

Leader: Mark Bernstein (718) 833-6648. From: The Boathouse. Will continue the spirit of the B Series and scout the lesser traveled rural areas for a fun and challenging day. Helmets required.

B15/16 50 MI 8:30 AM**Gelato alla Cornwall**

Leader: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The information booth inside Grand Central Station. This is one of the more popular rides of the season. We'll begin by taking the train to Cold Spring for the start of a 50-mile loop across the Hudson River using the Bear Mountain Bridge. We'll then head north, following the road that leads us through the West Point Military Academy into the village of Cornwall. Here you'll find a quaint little ice cream shop that carries a bunch of different flavors. We'll cross the Hudson again, this time using the Beacon Bridge, and ride south to Cold Spring where we'll board the train that takes us home. A Metro North bicycle pass is a must. Helmets required.

C12 20 MI 1:15 PM**Tibetan Trek to Staten Island**

Leader: Terry Chin (718) 680-5227. From: Staten Island Ferry, auto/bike ticket booth. We'll improve our karma by riding the kinder, gentler roads to the Jacques Marchais Center of Tibetan Art. We'll tour the coast to Miller Field, a former WWII Army/Air Force airfield, for some great views of the Atlantic and N.Y. Bay. We'll schedule an early evening return for sunset viewing aboard the S.I. Ferry. Bring a bike light for the ride home. Some hills, one difficult. Co-led with 5BBC.

Sunday, June 29**A21 68 MI 9:00 AM****The Great Equalizer**

Leader: Mark Martinez (212) 496-5518. From: The Boathouse. Westchester. A challenging hill for the climbers, some amazing flats for the musclemen (and women) and a shortcut for those wishing to get in touch with their inner wimp. White Plains, Rt. 22, Whippoorwill, 117, 128. Lunch will be a deli stop in Armonk at just over 40 miles — so bring some pocket food. After lunch, it's a short, flat cruise home.

A19 65 MI 9:00 AM**Jeopardy Ride**

Leader: Abe Karron (718) 728-6110. From: The Boathouse. Bring your seven(?) categories. Ride to Nyack the long way.

C11 - B17 30 - 60 MI**Newcomers' Ride**

An anxiety-free introduction to Club riding aimed at newer NYCC members. See the article that follows.

B Leader: Gene Vezzani (212) 875-1615. From: The Boathouse - 9:15 AM. There will be a 60-mile B17 ride, a 53-mile B16 ride, a 48-mile B15 ride and a 43-mile B14 ride.

C Leader: Irv Weisman (212) 567-9672. From: the G.W. Bridge Bus Terminal, 178 St. & Ft. Washington Avenue. ("A" Train to 175 St. Station) - 10:00 am. There will be a 40-mile C13 ride, a 35-mile C12 ride and a 30-mile C11 ride.

B17 75+ MI 8:00 AM**New and Different NJ**

Leaders: Moira McFadden (212) 721-5003 & Karin Fantus (212) 873-5559. From: The Boathouse. Moira knows the best NJ backroads as only a NJ native can. Where they lead, you will find out when you show up. Yes, there will be hills. Yes, there will be a scenic lunch stop. Yes, bring pocket food. Helmets required.

B13/16 55 MI 9:30 AM**Nyack**

Leaders: Irv & Hindy Schachter (212) 758-5738. From: 1st Avenue & 64th Street. One group rides more slowly through flatter territory, while the other group has plenty of hills. We all rendezvous for coffee at the Runcible Spoon. Helmets required.

C12 50 MI 9:30 AM**Oyster Bay**

Leaders: Linda Wintner (212) 876-2798 & Dona Kahn (212) 399-9009. From: Statue of Civic Virtue (E/F train to Union Turnpike) Queens Blvd. A pleasant and not too hilly jaunt through Long Islands North Shore to Oyster Bay. If rain is predicted at start of ride, call leaders to see if ride still goes.

Friday, July 4**WEST POINT WEEKEND**

Leader: Christy Guzzetta (212) 595-3674. All Class Club Weekend, Friday, July 4 thru Sunday, July 6, 25-70 miles, C 13 thru A 22. See article which follows.

Saturday, July 5**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 pick-up ride.

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.

Newcomers' Ride – Sunday, May 29, 1997 Happy Birthday, America!

The Newcomers' Rides were initiated by Debbie Bell in 1986 in order to provide newer members with an anxiety-free introduction to our Club rides. Cyclists of similar ability ride in the company of experienced leaders and other Club members who care to ride along. The routes share many miles in common through pretty suburbia so that a) if anyone falls behind s/he can be swept up by the following slower group, and b) riders who want to shorten their rides or to ride at a slower speed can wait at designated "branch points" and join a following group taking a shorter route. The rides are classified in 1 mph increments to accommodate a wide range of abilities. See p. 11 for a full description of our ride classifications and for other important pointers.

The 4 B rides all start from the Boathouse in Central Park at 9:15 am and will be coordinated by Gene Vezzani. The 3 C rides will start at 10:00 am from the G.W. Bridge Bus Terminal at Fort Washington Avenue and 178th St. (take the "A" train to 175th St. Station), and will be coordinated by Irv Weisman. We expect to recruit 2 ride leaders for each group.

See the Ride Listings for details on speeds and distances. Please be conservative in your estimate of your ability so that your ride will be enjoyable in every way. There are some hills on these routes — low gears are advised. It would be very helpful, too, if you classify your comfortable riding speed — again, see p. 11 for details.

The annual July 4 New York Cycle Club All Class Club Weekend at West Point will more than likely be the biggest, most patriotic, most rah-rah club weekend of the year. Three days, two nights, the historic Hotel Thayer right smack in the middle of the West Point campus. We'll ride up on Friday, July 4. We'll enjoy a spectacular outdoor concert performed by the West Point Cadet band. A wonderful picnic dinner will be delivered to us at the concert - and we'll have the best seats in the house. Saturday, if you don't feel like riding, visit the swimming hole, visit Storm King Art Center, visit the holiday celebrations in town, visit the museum, see the campus — West Point is the greatest.

The MV Commander, a historic river boat, has been chartered by us for a dinner cruise on the Hudson. The Commander will actually pick us up at the West Point dock, we'll dine and tour the Hudson Highland region, and then be dropped off back to campus. Unbelievable. Sunday, we will ride home. A, B and C rides are planned for all three days.

2 full breakfasts, 2 dinners, overnight accommodations at the Hotel Thayer, a baggage shuttle to carry our clothes, cruise, concert, plus - all included for \$175.00. Please send a check made out to Christy Guzzetta to Christy at 49 West 75th Street, New York, NY 10023. TEL: (212) 595-3674.

Reserve your space now. In early June, an information packet will be sent out to those who have signed up, detailing times, places, events, etc.

More honors for New York City

In a vote of more than 2000 industry professionals, Toga Bike Shop was selected as one of the top 100 bicycle stores in the U.S. It is the first time in four years that any New York bicycle dealer was included on this prestigious industry honor roll, which was just published in the April 1997 issue of Bicycle Dealer Showcase, one of the industry's leading trade magazines.

"Toga's election is a truly remarkable story, especially considering that only five years ago they were virtually bankrupt and in danger of closing," commented BDS editor Don Campbell. "It is an inspiring example for other struggling dealers to follow."

How significant is it to be on the list? Consider that there are nearly 7,000 independent bicycle dealers, and that the voting amounted to an evaluation by a jury of the industry. The guidelines for the voting included product selection and mix, merchandise display, standing amongst fellow dealers, productivity, store presentation, integrity, credit worthiness and personnel training.

"We are certainly gratified and delighted to have been selected for this honor," said Richard Newman, Toga's owner and the man who led the turnaround. "For myself and my staff, it is vindication for the long hours and hard work that we put in. It won't mean much, however, unless it spurs us to continue to give our customers better and better service."

Toga Bike Shop is New York's oldest and largest bicycle dealer. 1997 marks its 30th year of serving New York cyclists. Toga built its business with a reputation for knowledge, excellent mechanics, custom building and fitting bicycles, and outstanding racing teams. In the last few years, Toga has become as well known for its work with local charities and its public service efforts. From free repair classes and charity bike rides to major efforts on cycling security and medical care in Central Park, Toga continues to demonstrate how small businesses can contribute to the community that helps support it.

A SIG Graduation – by Christy Guzzetta

The A SIG of 1997, the 11th year of the series, it was the biggest of them all. Twelve weeks into it, and I still didn't know all the names.

Week after week, an army would sign up for the ride. We'd break up into three groups, we'd need to - there were just too many people! And this group started out as the absolute worst in the 11-year history of our SIG. Week in, week out, crash after crash after crash. This one banging into that one, that one running off the road, 40, 50 people knocking into each other week by week. It was bumper cars!

Then we went to South Mountain Road, 85 long miles away. Things were quiet that day, there was a hush, this was the 8th ride of the series, it was long, challenging, double paceline, 22 mph on flats, whooosh. No crashes on this day, no cursing, flying down the road, clicking, 35 maybe 40 people left in the SIG. We were starting to get the idea, starting to ride together as a group, starting to ride fast. There were still too many people, however. I have an idea, I'm going to pick up the pace, put on more pressure, I will drop them. Each and every week thereafter, I turned up screws. Faster, faster, faster. No one dropped. Croton Reservoir, 23 MPH, no one dropped. Bedford, 90 miles with stretches as fast as I could go, no one dropped. Until finally, Little Tor, as fast as I could go - and the damn SIG dropped me. Congratulations! You figured it out. This group can ride on any A ride listed in the bulletin. The new A riders. The following will receive their prize "Certificate of Completion" at the June Club meeting:

Bo Arlander	Craig Hazen	Jack O'Connor
Stephanie Bleacher	Lisa Hecht	Robert Ragusa
Eric Brewster	Mike Howard	Jorge Roldan
Tim Claudio	Thomas Kamber	Steve Sapienza
Steve Doub	Michael Kitts	Travis Stearns
Gabrielle Esperdy	Steve Kurtzer	Jill Tucker
Roni Evron	Andrew Levin	Lesley Williams
Anne Grossman	Cindy Ma	Mary Whelan
Jill Hamburg	Judy Morrill	Ann Wool

Every week, every Saturday - rain date Sunday - the leaders showed us the way. Maps, cadence, seat height, pacelines, hill climbing, helping us along. From four laps in Central Park all the way to the top of Bear Mountain - THE leaders, THE best. It would have never happened without you. Thank you:

Ed Fishkin	Ann Marie Miller	Randy Taylor
David Grogan	Beth Renaud	Carolyn White
Paul Leibowitz	Mike Samuel	

Swinging Singles Weekend*

Join us for a fabulous weekend in Litchfield County, Connecticut (near Kent), at Club Getaway, **August 1-3, 1997**. A, B, and C rides will be led by NY Cycle Club 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

Club (1-800-6-GETAWAY) for special discounted weekend rates for bikers. Bus transportation (for you and your bike) from Manhattan available for an additional charge.

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

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

Catskills Weekend – September 19 - 21 '97

It's time to go back to the Catskills. This year, it's the Raleigh Hotel in South Fallsburg, NY (outside of Monticello, NY). We've been able to get a great rate through the help of Ed and Frances Miller of the Bicycle Touring Club of North Jersey. The Raleigh Hotel is a complete resort in the Catskills. Facilities include an indoor and outdoor pool, tennis, golf (at a nominal charge), volleyball, year-round ice skating, health club, indoor miniature golf, children's day camp, and two shows nightly in the night club. There may not be time to ride.

Jeff Vogel and Margaret Cipolla will lead unscouted A rides. Ed Miller of BTCNJ will lead C rides Friday afternoon and Saturday and Sunday mornings, back in time for lunch. Hopefully, someone from the NYCC will volunteer to lead B-type rides.

Our special rate for the three days/two nights is \$159 per person (double occupancy) in the main building and \$146 per person in the ranch building. The price includes everything mentioned above plus three gourmet meals a day from Friday dinner through Sunday lunch. Gratuities are not included. Space is limited, and a \$25 deposit is required by June 15. Make your check payable to NA'AMAT-USA (Women and Children Non-Sectarian Charitable Organization in Israel) and mail to Jeff Vogel, 102-10 66th Road Apt 14E, Forest Hills, NY 11375. Final payment is due August 19. Questions, call Jeff at (718) 275-6978 after June 10.

B Training Series Recap – by Karin Fantus

On Saturday, May 10, 14 riders came out on a potentially rainy day to ride 80 miles - way past Bear Mountain, through West Point, across the Beacon-Newburgh Bridge, then down to Cold Spring, NY. No biggie. Since March 1, most of them had been riding some of Westchester's most difficult hills. Weekly, riders would admit they'd completed "the most challenging ride I've ever done."

And that's how it went... We presented basics on group riding, spinning, etc. Some were introduced to efficient cycling technique for the first time, while others were more experienced and came along for the rides. Co-Leaders Gary McGraime, Mark Bernstein, and Mike DiCerbo put in tremendous effort to make the series a success. They were on-hand throughout: instructing the group and working the line with tips that clearly - sometimes instantly - helped many ride with greater ease, comfort, and speed.

For 11 weeks, we dished out the most spectacular routes in the metro area. The plan was to preoccupy everyone with the scenery so they wouldn't whine about the hills, or the distance, or the cold, or any of it. It worked. And... each week, we rode significantly faster and stronger, and in a straight line!

By the end of the series, there were still a few people on hybrids, and more than a few still wearing comfy old sneakers. And, guess what? There was absolutely no correlation between bike equipment and position in the pack. And, with one very notable exception,* there were no accidents or injuries.

Congratulations to all who hung in to become some of the strongest, steadiest, and most adventuresome riders in the NYCC. And Thanks to those who started out that way and came along to train with us and add their inspiration:

Annette Aaron	Jay Jacobson	Monica Smith
Carolyn Booker	Donna Kahn	Guy Sussman
Vanda Brunsking	Moir McFadden	Ray Thomas
Jan Chenoweth	Lynn Sarro	Linda Wintner
John Eichholz	Gay Shaheen	Diane Zicka
Janet Getchell		

** Dick Goldberg and his collarbone met with a stealth pothole on Ride #2. Both collarbone and pothole are now fixed. Dick, who's delighted to be back on his bike, was instrumental to the success of the 1996 B Training Series. We all missed him.*

The NYCC Century Committee is looking for

Volunteers!

September 12, 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 marshalling, manning rest stops, check-in and, yes, even clean-up!

Please call

REYNA FRANCO

if you are interested in helping.

(212)529-6717

Terms of Endearment - A Cycling Quiz

- | | |
|--|-------------------------|
| 1 ____ A dangerous riding partner | a. Cycosis |
| 2 ____ An educated cycling consumer | b. Cyanide |
| 3 ____ A rider who sucks wheel all the time | c. Cycology |
| 4 ____ When no one complains about the pace | d. Cycopath |
| 5 ____ A really groovy paint job | e. Cyclone |
| 6 ____ Buying every new component that comes out | f. Cylenge of the Lambs |
| 7 ____ A rider who cuts you off or An unpaved road | g. Cy Syms |
| 8 ____ Sports drinks | h. Cychedelic |
| 9 ____ A cyclist with thinning hair | i. Cyclops |
| 10 ____ Advanced riding tactics | j. Cycophant |
| 11 ____ A rider who copies everybody else | k. Cyclamate |
| 12 ____ A cyclist who never looks around | l. Cy Spering |

Answers appear on page 10.

A message from the B-Rides Coordinator

Gary McGraime

This is your club. You may determine where the club goes.

As a club, we are sustained by members like you who contribute their time to help in some way. It might be by leading a ride, helping with the club Century, serving on a committee or assisting in publishing our bulletin. The more that members participate, the better the club is.

You may have been thinking about leading a ride but may not feel comfortable or motivated. I'd like to address both.

COMFORT IN LEADING A RIDE. You can co-lead a ride. Ask a friend or your ride coordinator for suggestions. You don't need an original route. Start with something simple. Dona Kahn, (212)399-9009, has a library of routes to try.

YOU DON'T HAVE TO BE PERFECT. Use your common sense and best judgment. Every leader is going to make mistakes. Relax and enjoy the ride.

The NYCC will be offering a "Ride Leader Training Seminar" for anyone who is curious or interested in leading a ride as well as for ride leaders who would like to share their ideas and experience. See the Bulletin Board on page 2 for more information.

MOTIVATION TO LEAD A RIDE. I suspect that you joined the NYCC because you love cycling and enjoy the club rides – and leading a ride was not in your plans. Does this sound familiar? Somehow I became "unwittingly" involved and have found that leading rides can be a lot of fun. Some of the fringe benefits are:

- Choosing the route and pace that you would like to ride
- The satisfaction of participating and giving something back to the club.
- Being the top banana can also be "a peeling."

If you are interested in leading a ride, call a ride coordinator. See page 2.

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◊ ◊ ◊

(1) New for 1997 and exclusive to TOGA in Manhattan. (2) Formerly Carbonframes, exclusive to TOGA in Manhattan. (3) New for 1997, triathlon specific, and exclusive to TOGA in Manhattan.

Bike Watch

by Richard Rosenthal

Manhattan Borough President Ruth Messinger is a very active bike commuter and the most cyclist-friendly politician in New York. She appeared on the podium before the Bike New York/5 Boro Bike Ride and rode in it seven of the eight years she has been Borough president. She rode in it again this year; however, this year, unlike in every previous year, she was not invited to be on the podium. Why not? Oh, did I forget to mention she is running for mayor and Mayor Giuliani, who was on the podium, controls his NYC appearances?

The May 6 NY Post had a picture of Messinger on her bike in conjunction with her challenging Giuliani to a bike race from Gracie Mansion to City Hall after he caterwauled she didn't have the stamina to be mayor. He declined.

A letter to the editor in the May 8 NY Times suggested bike riders in Central Park confine their circuits to a loop that would be up the Harlem Hill at the north end of the park (c. 109th Street), then back across the 103rd Street cut along the northern edge of the reservoir.

Clyde Haberman's Apr. 25 column in the NYT was primarily about a group who, under cover of night, paint the outlines of dead bodies in Manhattan streets where cyclists and pedestrians have been killed by cars, along with the deceaseds' names and dates of death. (This guerrilla activity is largely the idea and work of a NYCC member...no, not me.) Haberman, a longtime and unregenerate bike-basher, couldn't resist bashing cyclists in this piece, which was supposedly sympathetic to cyclists and an indictment of drivers who kill with complete impunity.

The AP, the New York Times, and the Washington Post all remarked in their May 5 obituaries of journalist Murray Kempton that he used to bike to his assignments, from one end of Manhattan to the other, invariably wearing a three-piece suit and clip on his right leg. That explains the cartoon on the cover of one of his books that was mentioned here, without understanding, three years ago.

Lest I impress you with a certain high tone to the media I survey, let me disabuse you of any such notion as I report the May 8 "ER" had a fleeting reference to a cyclist who had just "had it out with a tour bus," and a few days later (May 12), "Chicago Hope" had a fleeting reference to a patient admitted for a broken tibia from a bike crash.

The May 14 Channel 7 11PM news referred to a bicycle fatality report due to be released the following day, and NBC News (Tom Brokaw) reported the story on its national news May 15: a release of a report stating 800 cyclists were killed by cars last year (the actual number is 840) and the three deadliest states for cyclists: Florida, Arizona, and Louisiana.

Don't even bother to ask me why I was reading the April 1997 Cosmopolitan in the first place. Just be grateful I am able to report its unintended encomium to bicycle mechanics in an article titled, "Masturbation: What Men Think of Women Who Do It" by Colin McEnroe (p. 117, col. 1, par. 1-2). There is sentiment in the club to not publish it here as this is a family newsletter, notwithstanding the fact it has been published in a magazine whose circulation dwarfs that of every cycling magazine in the U.S. combined. Lest it seem that it's only NYCCers who are squeamish about human sexuality, notwithstanding the fact that, in this instance, it's between a consenting adult (sic), VeloNews and Bicycle Retailer also took a pass on re-printing it. The author writes a perfectly ridiculous analogy that suggests he knows women far better than he does bikes. Check it out for yourself. Or call me for a dramatic reading.

SAVE THE DATE:

September 12, 1997.

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

BLOWOUTS by Lou S. Pokes

Congratulations to **Reyna Franco** and **Charlie Katz** who are expecting their first child. The due date is October 1. The big question is, "Will it be a runner or a cyclist?"

Thank you **Richard Rosenthal** for creating the public service ads honoring **Steve Schuetze**, a New York Cycle Club member who died in a cycling accident several years ago. The ads feature the "Cyclists & Drivers Together" symbol along with a message encouraging safer driving. Richard is also responsible for creating the widely used slogan "One Less Car," which you've probably seen on T-shirts and jerseys. If anyone is interested in using the "Cyclists & Drivers Together" ads, contact Richard Rosenthal at (212) 371-4700 for an ad packet.

Best wishes for a speedy recovery to **Ivo Varbanov**, who broke a vertebrae in a recent crash. He spent three days in the hospital. Then on his first day home, he tried to get on a wind trainer. He said he felt better on the bike than off it!

Ivo can now join TEAM OTB (Off the Bike) with **Rich Borow** and **Alan Resnick** (no), as they're all recovering from various injuries. Get well soon, guys. In fact, you better get well quick. Said **Stephanie Bleacher** after dinner with the three, "What a bunch of whiny men."

Congratulations to this year's SIG graduates. The A SIG was the biggest ever, with 29 graduates, and probably its best ever, too. Not only do the graduates have the riding skills necessary to do any A ride, but they've got social skills. You'll actually enjoy spending an

hour in a diner with them. Among the graduates was **Andy Levin**, who proved how great the SIG was by driving up from Philadelphia for 12 straight Saturday mornings.

Then there was **Anne Grossman**, who said, "Look at me. I'm built for bearing children, not for 100-mile A rides." Well, Anne, now that you're an A rider, I guess that you can do both. Everyone had their own way to get through the series. For **Jill Tucker**, it was to talk her way through it. There was never a quiet moment with Jill around. But she can ride, too. And **Katrina Kothe** once again DID NOT hit any parked cars. And where was **Ed Fishkin** for the graduation ride? He said he had an "emergency date."

Additional congratulations to **Jorge Roldan** and **Andy Levin** (no) who pulled off a double play - the 106-mile SIG graduation ride to Bear Mountain and the 125-mile ride to Montauk on the same weekend.

And on that Montauk ride, **Margaret Cipolla** and **Jeff Vogel** (yes) were riding through Patchogue when they were pulled over by the Suffolk County Police. The officer said that for their own safety, they should be riding on the sidewalk. When Jeff questioned the legality of sidewalk riding, the officer said she really didn't know. And when Jeff said it was certainly illegal to ride on the sidewalk in New York City, she said that was because traffic moves so slowly there that riding in the streets was safe!

On April 27, **Joan** and **Jay Jacobson**, resident in their matching NYCC jackets and jerseys rode their tandem in "Bike Bergen

for the Homeless." They were awarded a prize for "Most Unique Entry." The prize was a shiny new pink tricycle, which they are saving for their 4-month-old granddaughter, Heather. By the way, in addition to Bergen County, Jay has now cycled on all six of the major continents. Don't forget the snow tires for your next big trip.

So our Road Bozo and Road Hero this month both committed / achieved their acts on the same ride in May. It was an A SIG ride that stopped for refreshments at the top of the long climb up South Mountain Road. **Stephanie Bleacher** went to use the outhouse at the Orchard. Several others followed her and a line developed. Unfortunately, Stephanie, when she stepped out, allowed the wind to blow the door shut, locking it behind her. Oops, Steph, you're our Road Bozo. Fortunately SIG leader **Beth Renaud** showed one of the many skills it takes to be the consummate A rider - she picked the lock, saving the day and winning this month's Road Hero Award.

Coming in a close second for Road Bozo this month was our A - Rides Coordinator, who typed up the May A rides. Well, he made an honest mistake and got the telephone number wrong for **Ben Goldberg's** ride. Oh, Ben's the A - Rides Coordinator? Yes, he got his own phone number wrong!

For those of you who haven't heard, the NYC Parks Department has ruled that there will be no further bicycle racing in Central Park without a police escort. Since the police have declined to do this, the

ruling has effectively canceled CRCA racing indefinitely. So, what effect does this have on you, a non-racing member of the New York Cycle Club? Well, 99% of all cyclists are safe and courteous riders. It's the remaining 1% that have given all of us a terrible reputation. We all need to ride more safely and courteously when training on week-day mornings and while leaving and returning through Central Park on weekend club rides. The Parks Department would like nothing more than to eliminate all bikes from Central Park. So please share the road and courteously ask other park users to share the road, too.

So, it seems some of the New York Cycle Club's ride listings have been censored. While the NYCC's Board of Directors recommends that everyone wear a helmet on all rides, there is no official Club requirement to do so. Individual leaders can request that riders wear helmets on their rides. With more and more leaders doing so, one member (who will go unnamed, but it's not the one you'd think of) ended his ride listing with "helmets permitted," allowing others to decide for themselves.

Unfortunately for advocates of the First Amendment and free speech, **Steve Britt**, the Club's unofficial censor, decided to remove those two words. His rationale was that "B and C riders would get the wrong idea." Well, B and C riders may not have the same skills as some A riders - they may be slower and stop more often; they may be older (and wiser) - but, Steve, don't you think they are smart enough to make their own decisions?

Welcome to 40 new NYCC members:

BASIL, PETER
BATTBERG, FREDRICK
BOWERS, JAVIS & MICHELLE
BRENNAN, PEGGY
CAVANAUGH, MAUREEN
COHEN, KATE & BOBBY
COHN, LAWRENCE
CONDON, IRENE
DE NICOLAIS, SANDRA

EISMAN, CLYDE
ELRAFEI, TAREK
FLEMING, A.L.
FOSTER, JOE & LISA
GARCIA, OLIVER
GERONIMO, ANNABELLE
GERSON, ALEX
GONCHAR, JOANN
HAMAKER, LYNNETTE

HORNSTEIN, DAVID
KLEIN, LISA
KUOR, MICHAEL
LEBRYK, JOHN
LEVENSON, CAROLE
MARTINEZ, VALERIE
NYE BYRAM, ELIZABETH
PITA, HENRY
RESTIFO, KATHLEEN & DAVID

RICARTE, CHRISTINA
ROTHBERG, BURTON
ROZOWICZ, LINDA
SABO, ELEANOR
SCHER, BRUCE
SILVER, S.J.
SMETTERS, DIANA
SPILLANNE, ELEAN
VANDER VLOED, DAWN

Minutes

New York Cycle Club Board Meeting, Tuesday, March 4, 1997

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

The minutes of the meeting of February 4 were approved.

Dona outlined future programs and said she wanted to explore other locations.

Charlie presented the current financials. Gene advised that the scope of the answering service had been reduced, and Charlie indicated message center service costs in the budget would be reduced. Charlie also indicated he expected to invest excess funds in a seven-month CD or similar instrument.

Steve reported that the A SIG started March 1 and that the B training series would start March 8. Gene indicated the Montauk training series had also begun. Steve felt that March 1 was too early a date to start a SIG for C riders. He noted the first all-class ride would be in June.

Gene discussed the Schuetze Fund. He noted that Richard Rosenthal had been asked to submit bills for work done for the fund.

Tom noted that he was working with Steve on publicity for the newcomers' ride.

Joel noted that there had been substantially fewer renewals than at this time last year. The Board agreed to send letters to non-renewers.

Gene noted that Anne had made arrangements for the Montauk buses and was working on the Sheffield weekend.

Gary reported the B training series was going well. He expressed a concern about increasing diversity within the club.

Dona indicated she was proceeding with the development of the rides book.

The meeting adjourned at 8:40 P.M.

Respectfully submitted, Conrad J. Obregon

New York Cycle Club Board Meeting, Tuesday, April 1, 1997

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

The minutes of the meeting of March 4 were approved after deleting references to any statement made that might offend or embarrass someone, no matter how important to the business of the club.

Dona reported on programs and the search for a new membership meeting space. The board supported this search.

Charlie gave the financial report, which showed the club budget to be close to target. Charlie also suggested that the Long Island Bike Club be invited to participate in the Sheffield weekend.

The board discussed the problem of recruiting and retaining members. The discussion was wide-ranging, including advertising and follow-up methods. C.J. suggested that the secret was better rides. Gene indicated the need for more ride leaders. A ride leader training course was suggested.

Steve indicated that the rider improvement programs seemed to be going well.

Joel reported that the clubs renewals had previously appeared to be low. However some of this was due to the Post Office's failure to forward mail to our new box. Postal officials have apologized for their error. Membership was now eight members ahead of the end of March 1996. Joel noted that April and May were big membership months.

Anne indicated that she had received five checks for the Montauk bus so far.

Joel had tested the message center response and been dissatisfied with it. The board agreed that we had to find a way to improve our method of handling membership inquiries.

Gene suggested it would be appropriate to develop a strategic planning committee to suggest ways to improve club operations.

The meeting adjourned at 8:46 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:

COMPLETE ROAD BIKE REAR WHEEL, with Campy Aero Omega Strada rim, Campy hub and two Regina America freewheels. Campy Croce d'Aune rear derailleur. Misc. components (Campy tools, chainrings, pedals, water-bottles/cages, frame pumps, chains, spokes). Will consider any reasonable offer. Call **Chris** at (718)849-8908.

SCAPIN SLX, 57 cm c-c, 130 mm, 8 spd, in like-new condition, satisfaction guaranteed. Also: Campy tool kit w/ English and Italian taps, like new. 2 sets Time Equipe Mag. pedals. Call: **John** at (718)225-6804.

SEROTTA "COLORADO" complete with Dura Ace. 55cm (C-C) with a 57cm (C-C) top tube. Very light. \$800 OBO. Call **John** at (212)522-2792.

CLEARANCE SALE - Sychros Altura Road Stem, 110cm, light, stiff, 185g, 26.4 - \$55.00. Dura Ace 8spd wheelset, 32 hole, with Open 4CDs, Wheelsmith 15g spokes, very low mileage - \$115.00. Ofmega Road Cranks, 170, 52-42 rings, - \$20.00. Sakae SX Road Cranks, 170, 52-40 rings - \$25.00. Scott Lite Flite Bar, 42cm, 26.4 - \$15.00. ITM Mondial Bar, 42cm, 26.0 - \$10.00. Ultegra STI Levers - \$100.00. Call: **Keith** at (212)982-9461.

1994 CANNONDALE R900 road bike, 53cm frame, Shimano Ultegra STI 8 speed components. Mavic wheels. \$550.00 Call: **Peter Morales** day (212) 687-0435 or eve. (718) 398-2623 or e-mail pmorales@pipeline.com.

BIANCHI TANGENTS (2). Adventure Cycling Magazine called these bikes "the next best way to see the US after a hot air balloon." Top-of-the-line drop-bar, steel frame tourers, 700 x 32-38C wheels, 21 speeds, racks, extra wheels. Will fit 5'8"-6'2" riders. \$350 each, \$600 pair. To good home only. Call: **Ken** at (212)222-5527 or e-mail to bicyclist@worldnet.att.com.

AMERICAN CLASSIC 172.5 lightweight crank w/53-39 Dura Ace rings. Boone 12-23 titanium cassette for Shimano. Pair of Mavic Reflex SUP 32 hole rims, titanium finish. American Classic 25 mm aluminum seatpost. All in excellent condition and priced to sell. Call: **Rich** at (212)734-2887.

1995 SPECIALIZED EPIC PRO, 54 cm (c-c), lugged carbon fiber. Ultegra STI, Look pedals, dark red fade. Perfect, like new, ridden only 771 miles. Paid \$1,700. Best serious offer. Call: **Jeremy** at (212) 545-9239 (work).

WANTED:

LOOKING TO BUY a SPECIALIZED team jersey, size L, from 1-2 years ago (without the cactus or large Mountain Dew ad). Call Paul at (212)799-4843.

SEEKING A TEAMMATE to ride in this year's Race Across America. It will be a team effort, with two riders riding 2,900 miles in 8 or so days, pedalling mountain bikes. Essentially anyone who is willing and able to pedal 200 miles a day in (12 hours) should contact me.

Crew members are also required. Sponsors welcome too! Any one interested please contact: **Perry** at (800) 700-0788 or primal@ido.net

Reminder: Material for the July Bulletin is due by **JUNE 13**. That's 3 days after the club meeting on **JUNE 10**.

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

Thank you... for leading 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 -

Answers to Quiz: 1 - K, 2 - G, 3 - J, 4 - F, 5 - H, 6 - A, 7 - D, 8 - B, 9 - L, 10 - C, 11 - E, 12 - I

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.

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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.

Racer's Edge!

The **extra-special** kick-off program for our new meeting location!

Women racers from **TEAM KLEIN** who are currently on the *women's professional racing* circuit will give a **no-holes-barred** presentation of what it is like to be a woman racer today and *what it takes* to get there.

COME TO SAMBUCA'S ON JUNE 10TH.

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 OR SUBWAY.

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

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Arlene Brimmer
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