

March  
1997



# NYCC Bulletin

New York Cycle Club - March 1997

**INSIDE: A full round-up of the NYCC SIGs and Spring Training Rides!**



This could be your last Bulletin if you don't  
**Renew Now!**

# Bulletin Board

## A MESSAGE FROM THE PRESIDENT - GENE VEZZANI

If you thought that cold and flu season was scary, just wait until you see the cycling spandex season. What can I do, you ask, to get into shape now?

The answer is, participate in one of the many special training programs that the NYCC is offering this spring. We have the A-SIG, the B training series, the C training series, and the Desperate and Dateless Montauk Century prep rides. Select one and see it through to the end. As a result, you will be amazed at how marvelous you'll look in your cycling gear this summer.

A word about our monthly social/general meeting. As you know, the NYCC meets at O'Hara's restaurant the second Tuesday of every month. Please check page 12 for the details of this month's interesting program. The menu has been upgraded to rank as one of the best values in Manhattan, a monthly flea market/tag sale has been added, and the attendance is increasing. Don't miss the chance to socialize with the many avid cyclists who attend our meetings.

The new pricing policy for the evening has also been greatly improved. Come for dinner and pay only twelve dollars. This covers the self-serve buffet-style dinner, tax and tip. Plus, you'll have the best seats in the house for the program. Or you can wait until 7:55pm before entering the third floor of O'Hara's and come for the program only - it's absolutely free!

Please pay special attention to the Montauk Century bus reservation, and the NYCC jersey and jacket ordering information that is listed in this issue of the Bulletin. And finally, now is the time to renew your club membership. Complete the membership renewal form today, and either send it along with your check or bring it to the March meeting.

See you at the Boathouse.

## RESERVE NOW FOR THE MONTAUK CENTURY BUSES

Two NYCC buses, one for A riders and one for B riders, will be returning to Manhattan from the Montauk Century on Sunday, May 18. Twenty-eight spaces are available on each bus. The A bus will leave around 3pm; the B bus will leave around 5pm. The cost is \$30 per person. Make a check out to NYCC and send it to:

Anne Grossman, 205 West 15th St. #1P, New York, NY 10011

## SAVE THE DATE! - THE BERKSHIRES, MAY 24 - 26

Think spring! Join the NYCC for our annual B&B Berkshire Memorial Day Weekend, May 24-26. There will be rides for everyone (A/B/C), all starting in Sheffield, MA. Make your reservations early; this is a popular weekend and lodgings book quickly. For further information, call Reyna Franco at (212) 529-6717.

## A MODERATELY TAXING RIDE

Tax season got you down? Let's plan a late April all-weekend ride to the mountains. Tentative itinerary includes the Metro North to Dover Plains and two nights of credit card camping. Sag provided by stretch limo (white). Further details will appear in the April Bulletin. For more information, call Henry Joseph at (212)989-8176.

## THE PURSUIT OF EXCELLENCE CONTINUES

Thanks go to Beth Renaud, who has agreed to copy edit the Bulletin. You may have noticed last month's Bulletin was free of all kinds of grammatical errors, dangling participles, and what have you. Beth just could not deal with reading another error-ripe issue, and we all owe her a great deal of thanks.

### How to stay out front... 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 -

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### To publish an article:

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

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

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

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

# Club Rides

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

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

**ALWAYS WEAR YOUR HELMET. NO HEADPHONES.**



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

## Saturday, March 1

### A18 40?50?60?MI 9:00AM Happy To Be Riding

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

### A SIG 24MI 9:00AM Day One

Leaders: David Grogan (718) 875-1977, Christy Guzzetta (212) 595-3674, Paul Leibowitz (718) 858-9742, Beth Renaud (212) 274-9463, Mike Samuel (212) 722-8125, Randy Taylor (212) 866-0462, Carolyn White (212) 666-0616. From: The Boathouse. The start of the 1997 "A" SIG series. Sounds boring, 4 laps of Central Park, ugh! Don't be fooled. Meet your leaders, meet the people you will be riding with for the next 12 weeks, learn what this is all about. Plan to ride the 4 laps in 1 hour and 45 minutes. Then we'll meet in the back of the Boathouse for some introductions. Look around, many of these faces will not be there come the Graduation ride on May 17. Will you? Helmets required. Rain date: Sunday, March 2. If both days are not rideable, we will still meet at the back of the Boathouse at 11:00 AM on Sunday to review the series.

### B17 50 MI 9:00 AM Nyack Extraordinaire

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

### B14/16 45 MI 9:00AM Progressive Series #1 - Piermont

Leaders: Karin Fantus (212) 873-5559 & Gary McGraime (212) 877-4257 From: The Boathouse. A "shakedown" ride to find out who's who and to set goals for this nine-week series. Safe cycling skills and group riding etiquette will be today's focus. Rain date: Sunday, March 2.

### C13 30 MI NOON Architectural Ride #1 - M. Marshall Blake Funeral Home

Leader: Paul Rubenfarb (212) 740-9123 From: NE Corner 181st & Ft. Washington Ave. (A train). Crowning the aureate 150s blocks of St. Nicholas Ave., this grand chateau-esque mansion symbolizes the intoxicating aura depicted by Countee Cullen, Langston Hughes and the other bards of Harlem's famed interwar renaissance. Rain or shine.

## Sunday March 2

### A25+ 80 MI 7:30 AM Gimbels

Leader: Al Boland (212) 665-3484 From: The Boathouse. Start with slow 18 mile warm up to Cross County Shopping Center. Coffee up at Zaros.

Then slow 15mph warm up for 10 more miles up Central Ave. At Rt 22 all hell breaks loose for the next 30 miles. We rendezvous at Larchmont Diner. We'll then head back via Shore Road followed by a scenic quiet route through the Bronx.

### A17 50 MI 9:00 AM "A" Training Ride #1

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

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

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

### C13 55 MI 9:00 AM Bergen & Rockland

Leader: Douglas Riccardi (212) 388-9758 and Kim Keleher (212) 867-7188. From: The Boathouse. We'll head over the GWB to see how the grass grows on the other side of the river. River Road? Northvale? Oh, we'll see. Be advised, we will maintain a 13 mph pace. Temp below 40° cancels.

## Saturday, March 8

### A19 50 MI 9:00 AM Clique Ride

Leader: If you hafta ask... (212) 777-5845. From: The usual place. You know who you are, you know where you stand. You know where we're headed, you know the way home. Miserable weather cancels, otherwise...just show up!

### A SIG 46 MI 9:00 AM Northvale

Leaders: Beth Renaud (212) 274-9463, Paul Leibowitz (718) 858-9742. From: The Boathouse. Get to the boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. We just want to get some miles in today, begin to build that base that will propel us up those mountains we are going to climb - at those speeds we will attain. We are going to start practicing riding together, we'll start thinking about paceline formations, not too intense, just get a feeling. To breakfast at the diner in Northvale, NJ. Is your name on your helmet? On both the front and back? In big letters so everyone can read it? Be sure it is! Rain date: Sunday, March 9.

### B16/18 40 MI 9:30 AM Desperate and Dateless? - #1

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee From: The Boathouse. Attention B-rider hunks and babes! Tired of the same old rides? Looking for something different? Here's a free ten-week dating service for all unattached cyclists in the New York City area. Find a mate while you learn to experience the joy of completing a 100-mile ride and having plenty of strength to spare. This spin and grin program is geared for cyclists who want to hook up while preparing for the May 18 Montauk Century - "What's your sign?"

These rides leave every Saturday from the Boathouse between now and the "date of the century." Each week we'll spin to a different destination, gradually increasing our miles, speed, and chance for romance. No chance, no dance. Valuable tips will be offered on pacing for endurance, staying properly hydrated and fueled (preventing "bonk") and doing the Mackarena. All cyclists are expected to comfortably flirt at 16-18 mph on flats in order for us to stay as a ménage-a-bunch. All of you SWM, SJF, GWM, SBF, SHF, SAM, BWF, and everyone else plan to join us for this entire fun-filled series that is joint with singles from the 5BBC.

**B14/16 45 MI 9:00 AM****Progressive Series #2 –  
Scarsdale**

Leaders: Karin Fantus (212) 873-5559 & ? From: The Boathouse.  
Another “shakedown” ride to get our legs and our minds working in sync.  
More talk about safety and etiquette. Will vote on when to schedule seminar on bike fit. (This will take place on a non-biking day.) Rain date:  
Sunday, March 9.

**C13 29 MI NOON****Architectural Ride #2 -  
Columbia U/Architecture  
& Ideologue**

Leader: Paul Rubenfarb (212) 740-9123 From: NE Corner 181st & Ft  
Washington Ave. (A train). An interesting ride to view the architecture of  
Columbia University and the surrounding area. Rain or shine.

**Sunday, March 9****A18 60 MI 9:00 AM****“A” Training Ride #2**

Leader: Richard Kaufman (212) 864-3665. From: The Boathouse. Mostly  
zone 2 in the small ring. The usual nasty conditions cancel. If it snows,  
mountain bikes in the park ‘instead.’

**A25+ 80 MI ? :?? AM****Gimbels**

Leader: Al Boland (212) 665-3484. See March 2 listing.

**B16 50 MI 10:00 AM****“Triple Header – Sands  
Pt., Kings Pt. and Ft.  
Washington”**

Leader: Jim Drazios (718) 225-1842 From: The Statue of Civic Virtue  
(Union Turnpike & Queens Blvd. – E/F train). Nice rolling hills, helmet  
required. Temperatures below 35° at start cancel.

**C13 40 MI 9:30 AM****“Spring’s Round The  
Corner” - Paramount**

Leader: Jay Jacobson (914) 359-6260 From: The Boathouse. Fun ride to  
Piermont taking 501 up and 9W back. We’ll find a warm place to lunch.  
The ride will go regardless of temp. - but if it’s extremely cold, we’ll turn  
around in Tenafly, NJ. Icy road conditions at beginning of ride cancel.

**Saturday, March 15****A17 50 MI 9:00 AM****The Usual**

Leader: C.J. Obregon (212) 876-6614. From: The Boathouse. The usual flat  
easy ride to White Plains and back. Helmets required. Temp below 32° or  
wind chill below 25° on the 7:58 AM Weather Channel report cancels.

**A SIG 51 MI 9:00 AM****White Plains**

Leaders: Christy Guzzetta (212) 595-3674, Carolyn White (212) 666-0616.  
From: The Boathouse. Did you train during the week? If you didn’t, don’t  
bother coming out. Training during the week is a critical component to  
keeping up on A rides. And we are going to keep up! We will not get  
dropped. More miles today, more base, I’m already getting excited - and  
it’s only week 3. Get to the boathouse 15 minutes early so we can get  
signed up and on the road promptly by 9:00am. Helmets, with names on  
front and back, required. More practice riding together today, I’m getting  
to know my fellow SIG participants. Omigosh, next week we begin serious  
paceline training. Omigosh. Breakfast at White Plains.

**B16/18 45 MI 9:30 AM****Desperate and  
Dateless? #2**

Leaders: Gene Vezzani (212) 875-1615 and Joanna Lee. From: The  
Boathouse. Refer to the March 8 listing for ride information.

**PEDAL PENNSYLVANIA****3 Great Tours for '97****Revolutionary War Battlefields****June 28 - July 5****Pittsburgh to Philadelphia****July 19 - 26****Erie to Philadelphia****August 9 - 17**On the Web: <http://www.pedal-pa.com>

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**B14/17 50 MI 9:00 AM****Progressive Series #3 –  
Ridgewood**

Leaders: Karin Fantus (212) 873-5559 & ? From: The Boathouse. We’ll  
start pushing the pace on this relatively flat ride. By now, the group will  
have coalesced into one or two groups, according to speed. Emphasis on  
technique and holding your own in traffic. Rain date: Sunday, March 16.

**C13 39 MI NOON****Architectural Ride #3 -  
College Point/Mansions  
on the Sound**

Leader: Paul Rubenfarb (212) 740-9123 From: The Boathouse. This quiet  
oasis in overbuilt Queens displays quaint old rowhouses and Victorians  
on sedate lanes overlooking the Sound’s billowing sailboats and white-  
caps. Rain or shine.

**Sunday, March 16****A20 42-55 MI 10:00 AM****“Hibernians Halt  
Hibernating”**

Leader: Mark Martinez (212) 496-5518. From: The Boathouse. Dig out  
your green wool jerseys. Boys and girls, it’s St. Pat’s Eve. Micro-Brews and  
Maxi-Brunch at Company “B”’s in Orangeburg, NY. Need a hard ride – do it  
Saturday or before 10 AM, then reward yourself by tasting some of the  
finer things in life. ‘Nuff said. Temp below 30° or slick roads cancels.

**A19 60 MI 9:00 AM****A Training Ride #3: Nyack**

Leader: Damon Hart (212) 753-0204. From: The Boathouse. Roundabout  
route and hilly approach to Nyack, eat, then straight home. Smooth pace-  
line rotation and pacing practice on all flat(ish) sections. Temp below 25°,  
precipitation, or slick roads cancels.

**A SIG 9:00 AM****Skills**

Leaders: Mike Samuel (212) 722-8125, Randy Taylor (212) 866-0462.  
From: The Boathouse. Didn’t we do a ride yesterday? Yes indeed - and  
another one today. Geez! Today, just some easy going skills. We are going  
to practice pedaling in circles, we are going to practice getting comfort-  
able on our bikes, we are going to practice being “A” riders. We’ll ride to a  
parking area on River Road to work on a few of the basics. Then, if anyone  
is in the mood - we’ll go for some food in Nyack. Get to the Boathouse 15  
minutes early so we can get signed up and on the road promptly by 9am.  
Helmets, with names on front and back, required.

**B16 55 MI 9:00 AM****Park Ridge**

Leaders: John Fullwood (212) 927-3278 & Robert Ruiz (212) 260-4594.  
From: The Boathouse. An easy, longer ride to stretch those limbs and  
build an appetite for some pancakes with John’s own maple syrup.

**C10 14 MI 10:00 AM In Search of Nature**

Leader: Terri Chin (718) 680-5227 From: The steps in front of City Hall. Spring out of winters doldrums with a ride to the Brooklyn Botanical Gardens. We'll tour Prospect Park and celebrate spring's arrival with a planting ceremony, bring your favorite seedlings. Please bring a lock and \$3.00 for admission.

**Saturday, March 22****A19 50 MI 9:00 AM Westchester Ramble**

Leader: Damon Hart (212) 753-0204 From: The Boathouse. Reservoir hunting in Westchester with a Metro-North (pass required) return. Cue sheets provided for intrepid individuals wishing to ride home. Temp below 25° or slick roads cancels.

**A SIG 54 MI 9:00 AM Nyack**

Leaders: Christy Guzzetta (212) 595-3674, David Grogan (718) 875-1977. From: The Boathouse. We'll journey to a place where all the cyclists go - Nyack. And, we'll do it in style - in a paceline. Whoa! Don't get nervous. This will be just a single paceline, no alternating the lead. The leaders will pull us all the way to Nyack and back. We are going to practice riding behind a wheel, knowing there is a bike on my rear wheel, riding steady, smooth, predictable. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly by 9:00 AM. Helmets, with names on front and back, required. Practice, practice, practice. We're training during the week, we've got our names on our helmets, our adrenaline is pumping.

**B16/18 50 MI 9:30 AM Desperate and Dateless? - #3**

Leaders: Gene Vezzani (212) 875-1615 and Joanna Lee. From: The Boathouse. Refer to the March 8 listing for ride information.

**B14/17 60 MI 9:00 AM Progressive Series #4 - Tarrytown via White Plains**

Leaders: Karin Fantus (212) 873-5559 & ? From: The Boathouse. We'll keep cranking up the pace and talk about long-distance riding. Snack stop after 20 miles. Lunch in Tarrytown (40 mi), preceded by our longest, most scenic climb yet. The cheesecake at lunch will make it all worthwhile, I promise. Subway home from 242 Street on the 1 or 9 subway line. Rain date: Sunday, March 23.

**C13 33MI NOON Architectural Ride #4 - Boy's High/Empress of Brownstone Brooklyn**

Leader: Paul Rubenfarb (212) 740-9123 From: Brooklyn Museum (2 or 3 Train). Brooklyn's chocolate decadence - the bacchanalia of brownstone, as seen from stops along the elevated subways - stretched for miles. And the flower of Brownstonia was Romanesque Boy's High. Rain or shine.

**Sunday, March 23****A19 50 MI 9:00 AM "A" Training Ride #4: Park Ridge**

Leader: Phil Simpson (718) 639-6264. From: The Boathouse. Mostly flat route to get in some early season base-type miles. No 3-sisters (ask leader). Rain, snow or temp below 32° at 8:30am cancels.

**A18 35 MI 8:30 AM Spin Session**

Leader: Damon Hart (212) 753-0204 From: The Boathouse. Quick out and back, probably state line. Temp below 25° or slick roads cancel.

**B17 40 MI 9:00 AM Back by One**

Leader: Gary McGraime (212) 877-4257. From: The Boathouse. A quick spin up River Road and beyond. Temp below 35° will cancel.

**C14 50 MI 9:35 AM Park Ridge**

Leader: Mark Bernstein (718) 833-6648. From: The Boathouse. A pleasant, mostly flat ride to Park Ridge, where we will catch lunch at the diner. Leader guarantees a nice ride, with nice people and nice food.

**Saturday, March 29****A18-19 60 MI 9:00 AM Adios Winter**

Leader: Todd Brilliant (212) 274-9463. From: The Boathouse. Say goodbye to this horrible season of the short day and long sleeve with a mellow ride to some diner in Jersey. I prefer the place in Pearl River, but I'm open to suggestions. This may be our last NYCC ride for the winter of 1996-97, so let's just get through it. We can then concentrate on watching our tomato seedlings grow, rooting for the woeful Mets, and taking off all those hideous layers of clothes. Really cold and crappy weather cancels.

**A SIG 55 MI 9:00 AM Pleasantville**

Leaders: Paul Leibowitz (718) 858-9742, Carolyn White (212) 666-0616. From: The Boathouse. Man, you are killing me! There are hills on this ride, we are riding in a single paceline and alternating the lead, I feel like I'm already an A rider. I'm glad I took your advice about training during the week. I would have never been able to keep up if I hadn't done that. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. Helmets, with names on front and back, required. Up Route 9 to Tarrytown, east over a big hill to breakfast at the Thornwood Diner. Back home down Grassy Sprain. Do A riders really bomb down Grassy Sprain at 40 mph-plus? Yes! Will I ever be able to go that fast? Yes! Not today, but soon.

**B16/18 55 MI 9:30 AM Desperate and Dateless? - #4**

Leaders: Gene Vezzani (212) 875-1615 and Joanna Lee. From: The Boathouse. Refer to the March 8 listing for ride information.

**B14/17 65 MI 9:00 AM Progressive Series #5 - Nyack**

Leaders: Karin Fantus (212) 873-5559 & ? From: The Boathouse. This is Nyack, the longer, prettier and hillier way. A fine day to discuss climbing technique and to ride faster still. We'll climb Bradley Hill before descending into Nyack for lunch at the 35-mile point. Please bring pocket food. Rain date: Sunday, March 30.

**C14 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. Bring or buy lunch. A fun and scenic ride will be our aim. Inclement weather cancels.

**C13 41 MI NOON Architectural Ride #5 - Cloister Landing Below Tallman**

Leader: Paul Rubenfarb (212) 740-9123. From: NE Corner 181st & Ft. Washington Ave. (A train). Salute the burb's Babbitt split-levelites as we follow Hagstrom's burb lanes almost to Tallman, avoiding 18-wheeler arteries like 501 and 502. Cheer the burb cops at Sylvan & Palisades. Rain or shine.

**Renew!**

**Sunday, March 30****A19 55 MI 9:00 AM Training Ride #5:  
Ah-Ah-Valhalla**

Leader: Jody Saylor (212) 799-8293. From: The Boathouse. Classic way up & back. We will eat inside if it's cold (probably) or if, by some miracle, it's warm, we will have a picnic at Kensico Dam Plaza Park. Temp below 32° at start cancels.

**B13/16 50 MI 9:30 AM Piermont Revised**

Leaders: Irv & Hindy Schachter (212) 758-8738 From: 1st Avenue & 64th Street. This ride through Bergen County breaks into two groups somewhere after the George Washington Bridge. One group will ride slower over relatively flat roads. The faster group will have plenty of hills. Temp below 35° will cancel.

**Saturday, April 5****A19 70 MI 9:00 AM Armonk**

Leader: Fred Steinberg (212) 787-5204. From: The Boathouse. Armonk via northwest Greenwich. Return via Grassy Sprain. Helmets required, Metro North pass suggested. Usual conditions cancel.

**A SIG 61 MI 9:00 AM Rockland Lake**

Leaders: Mike Samuel (212) 722-8125, Beth Renaud (212) 274-9463. From: The Boathouse. Double paceline, no alternating lead, to breakfast in Nyack. Eat heartily. We'll then head north to Rockland Lake. We'll do laps of Rockland Lake, lots of laps. We'll do it in double paceline forma-

**Reminder:** Material for the April Bulletin is due by **MARCH 14**. That's 3 days after the club meeting on **MARCH 11**.

tion, and we will indeed alternate the lead. Lap after lap, "Pulling off," we'll call it out, we'll hear it. "Short pulls," alternate the lead, keep the pace steady. Today, there is a bike inches off my front wheel, another inches off to my side. Heck, there's bikes all around me. I am riding steady, predictable, I will not jam my brakes, I'm smooth, this is getting easy. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. Helmets, with names on front and back, required.

**B16/18 55 MI 9:30 AM Desperate and  
Dateless? #5**

Leaders: Gene Vezzani (212) 875-1615 and Joanna Lee. From: The Boathouse. Refer to the March 8 listing for ride information.

**Sunday, April 6****A20 60 MI 9:00 AM "A" Training Ride #6:  
Up and Down**

Leader: Ben Goldberg (212) 982-4681. From: The Boathouse. If I can drag my fat #@&\*\$ up some hills, so can you. Slick roads cancel.

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**RENEW YOUR MEMBERSHIP NOW!**

**BLOWOUTS** by Lou S. Pokes

Congratulations to **Norman Borden** and **Ann Schwartz**, who announced their engagement recently. If you don't recognize Ann's name, it's because when asked about her, Norman gave a long sigh and said, "She doesn't ride."

And congratulations to Bicycling magazine. In their March 1997 issue, they finally recognized what we've known all along - that **Lori Turoff** runs great

bike tours. Their cover feature article: 20 Great Bike

Trips (You Don't Have To Plan For), "5 Classics You Can't Miss: If you could do only one guided trip in your life, it should be one of these time-tested favorites. Americans gravitate toward Tuscany, but savvy Europeans and the canny folks at La Corsa Tours know the best place to experience Italy's finest riding is the Marche and Umbria regions... Bellissimo!"

And quoted in Easy Rider Tours '97 brochure was **Karen Daly**, who couldn't describe her "magical" trip to the Azores.

Also quoted was our resident fitness expert, **Ann Marie Miller** of the New York Sports Club. The January 20, 1997, issue of New York magazine featured an article on the gym

craze in New York City and how many people get injured. Ann Marie called it the "monkey see, monkey do effect, which is, someone walks onto the floor, they gaze around, and they see a person who looks like they know what they're doing, and they're going to imitate what they think that person is doing, whether it's appropriate for that individual or not." Sounds like a

**Should I push a big gear, or spin fast?**

New York Cycle Club ride to me.

In a sure sign that spring is almost here, people are starting to ride again. **Jeff Shandell** just came back from California, where he spent a week riding at **Eddie B's** training camp along with the U.S. Postal Service Team. After spending all that time with **Vlatchislav Ekimov**, **George Hincapie** and Jeff's new buddy, **Nate Reiss**, you know Jeff will be fast. But will we ever see him on a Club ride again?

And speaking of training, when asked, "Should I push a big gear, or spin fast?" **Eddy Merckx's** response was, "Learn to spin a big gear fast."

And now that spring is coming it's time to

tune up that bike. For most of us that means getting out the box of bike tools, the wrenches, the screwdrivers, the pliers, or in **Janet Klutch's** case, the feather duster! Janet, it's been so long since we've seen you that most people know you just as "**Louise Cayne's** friend." It could be worse. You could be referred to as "**Ivo Varbanov's** wife's friend."

I don't know. Call me stupid. I just don't get it. I don't understand the ride listings. First

there's **Joanna Lee** and **Gene Vezzani's** ride series. It's called

"Back-By-Noon." The write-up says, "...and return to Central Park before 12:30." So you're not back by noon! I don't get it.

Then there's **Al Boland's** Gimbel's rides. His write up describes a "scenic quiet route through the Bronx." Scenic? Quiet? The Bronx? What?!

And now we know **Rob Kohn** goes both ways. The perpetual Road Bozo is this month's Road Hero. When **Margaret Cipolla** couldn't make it to the start of her Groundhog (Hedgehog?) Day ride, Rob volunteered to go to Margaret's unusual starting location, Tramway Plaza, to let everyone know that it would be a leaderless ride. Thanks, Rob.

## SIG/Training updates:

### The 1997 A-Team

Saturday, March 1, 9:00 AM, the Boathouse in Central Park. One minute after that and we will have begun the 1997 A SIG series. (See the rides listings for further details).

The leaders for this year's SIG are as follows:

Christy Guzzetta - (212)595-3674	David Grogan - (718)875-1977
Paul Leibowitz - (718)858-9742	Beth Renaud - (212)274-9463
Mike Samuel - (212)722-8125	Randy Taylor - (212)866-0462
Carolyn White - (212)666-0616	

Twelve weeks after 9:00 AM on Saturday, March 1 - and we're going on the Big One. A number of the people who show up on Saturday, March 1, will be on that graduation ride come May 17. Will you? Have you been training? Have you been dreaming? Does it sound like fun to bomb on down the road at 22/23/24-plus mph in a double paceline, sucking wheel, taking a turn at the front, hammering up a hill, 40 mph down a hill, mile after mile after mile? Some people consider that feeling to be the absolute greatest in the history of the two-wheeler. Riding together, working together, fast, furious, hot. Wooweee - can't wait. Are you in the mood? Do you want to give it a try? Take a look at the March ride listing, show up on Saturday, March 1, follow the program - and you'll be kicking butt come the graduation ride on May 17. Promise!

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

### B Training Series

**SATURDAYS IN MARCH & APRIL:** A progressive series beginning March 1, designed for B Riders and B-rider wannaB's who want to ride faster, better, and with a greater sense of adventure. Mileage will range from 45 to 75+ miles, 14-18 mph cruising speed. 9W will be avoided completely, as we hone our skills on the most beautiful roads you may ever ride on.

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

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

For more information, please call Karin Fantus at (212)873-5559.

### C SIG / Intro to Club Riding

This year the C SIG (special interest group), led by past presidents Irv Weisman and George Kaplan, will devote Saturday mornings in blustery March to indoor discussions about bicycling. April and May will feature hands-on activities, riding exercises in a parking lot, and actual day-long rides extending from 25 miles to 50 or 60 miles at 10-13 mph.

This C SIG will enable beginning enthusiasts and other club members who want to review or dig deeper into details of our sport to become more comfortable with their bikes, competent at handling road-side repairs and adjustments, and comfortable with traffic and the conventions of club riding. Irv will discuss bicycle gears and their effective use, and will undoubtedly rant a bit about the shortcomings of commercial gearing, which he believes is designed by testosterone-intoxicated jocks for use by other jocks rather than the general public.

Fancy clothing or hot-shot bikes are not required, but a helmet, a wide range of gears (18 or more), and a commitment to attend all, or most of, the sessions is expected. Changes in your gearing may be suggested, and some homework (readings) will be required. A modest charge will be made for the course materials.

Call Irv at (212)567-9672 for more information and to register your interest.



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### Back to B Basics - Gary McGraine, B Ride Coordinator

Several club members have expressed their concern to me that the B rides have become faster and that the slower, more moderately paced rides have become few and far between. As a result, many riders have not been coming out for fear of being dropped\* or just not enjoying the ride.

I share this concern. A B ride should be fun, safe, healthy, stimulating and challenging and not overly competitive or stressful. That is easy to find elsewhere.

There is good news. We are getting Back to B Basics with some great rides in March.

A. The B Training Series, led by Karin Fantus (212) 873-5559, will begin on March 1. The focus will be on developing rider technique and safe group riding skills. There will be a slow and a faster group. It's a great way to enjoy getting in shape for those warmer spring days.

B. The Social (singles) B Series, led by Gene Vezzani (212) 875-1615 and Joanna Lee, will begin on March 8. The focus will be on getting or being in shape and enjoying it. Need I say more?

C. The 1997 A SIG, led by Christy Guzzetta (212) 595-3674, will begin on March 1. I recommend this for the strong B rider or marginal A rider who is ready for the challenge. I took the plunge two years ago and can't say enough about it.

D. New B rides led by you. Why not! If you would like to lead a ride at your pace \*\* to your destination, call me at (212) 877-4257.

\* The unpleasant experience of hanging on the back and seeing that last butt in front of you disappear over the next hill.

\*\* The advertised pace for a group ride should be respected. It is recommended that new riders read "Before Your First Ride," in the back of the Bulletin.



## Value, comraderie and uncluttered scenery on European bike tours. — by Paul Rubenfarb

Conspicuous value for what is spent is attracting increasing numbers of Americans to European bike tours. This value is demonstrated by such typical mid-price tour operators as La Corsa Tours (800-LA CORSA) or Gerhard's Bike Odysseys (503-223-2402). Each offer 9 day tours in 3 or 4 countries at about \$200/day for solid quality accommodations during July-August peak season. Were do-it-yourself tourers to attempt identical itineraries, they would be lucky to procure equal quality at \$400/day.

Perusing tour catalogs soon articulates the point that the most meticulous bike tour operators limit themselves to biking. In contrast are a number of sometimes opportunistic 'Outdoor Travel' firms, whose catalogs list a mix of hiking, biking, kayaking, etc., whose mix will fluctuate annually according to popularity fads. Many such firms are unused to actual biking or leading, but merely subcontract to European operators.

The general cost categories are utility (\$95-\$150/day), mid-price (\$150-\$250/day), gourmet (\$250-\$600/day) and ad-hoc amateur (\$35/day and up), the latter frequently announced in Bike Club newsletters. It is traditional for riders to buy their own RT tickets to and from the European starting point. \$450 RT tickets to many European capitols can be unearthed by phoning through the small consolidator ads in the Times Sunday Travel Section. Currently about 1/3 of trans-atlantic carriers will take a bike free, counting as one of the two allotted pieces of checked baggage.

Serious bikers, usually having spent years

selecting custom components maximizing performance, will prefer to choose from operators who allow bringing one's own bike, rather than from operators who mandate rental by riders of generic bikes.

The unique conviviality engendered by Euro bike tours - melting depersonalized shells of skyscraper workaholics to reveal the smiling self - is a peerless accelerant for social introduction, and for the Cupid-struck the sky's the limit with such trip-extension possibilities as rain forest (or even scuba or submarine) betrothal whence champagne and hence honeymoon - all on a credit card.

The paramount operator in the utility category (indeed of Euro bike touring in general, with some 25% of market share) is CBT Tours (800-736-2453). Volume purchasing has facilitated CBT's \$95/day pricing and its innovative eclecticism in lodging. This can be seen in CBT's 14-day "Italy and South of France" tour, which alternates between 3 historic hotels, 1 cabin, 8 campgrounds and 1 villa. CBT's villas are Byronian with round tower bedrooms, spiral staircases, lily ponds and amorous legends - evoking the vivacious zeitgeist of a region better than the more conventionalized tour's beauty rests, beige capilene carpets and punctilious bellhops.

The expansion of bike touring has helped revive Europe's small inns, which were bypassed by the big tour bus industry, as the common 16-rider tour harmonizes with the intimate scale. The regular arrangement is 2 bikers to a room, while those preferring their own room are assessed a surcharge of 40%-50%. Operators usually endeavor to pair singles - offering option of coed or same gender as available - to spare the surcharge, and 98% of singles are paired and wind up paying no more than those who book as couples.

Many small inns incarnate nostalgic fairy-book Europe, being inaccessible to traffic but resting along canals or Europe's 100,000 mile network of bicycle-only paved routes - a healthy network many oblivious U.S. groups (such as L.A.B.) successfully lobbied against here.

The above cited operators belong to the private sector, but attention should also be given to the remarkably proficient non-profit operators previously dominated by AYH which discontinued Euro bike tours as of 1996. Today's dominatrix is Bicycle Adventure Club (800-775-2453) which, unencumbered by profit mark-ups, is able to charge \$100/day for amenities comparable to Gerhard, La Corsa, Easy Rider (800-488-8332), Van Gogh Bicycle Tours (800-435-6192), World Cycling Co. (800-225-2380), BikeRiders (800-473-7040) and other mid-price private sector operators. BAC's leaders are volunteers whose only compensation is going free. With work done collectively, BAC can often excel the private sector in the scale and complexity of its tours, exemplified by its 1997, 20-day central France tour (\$1975) which traverses the forests and gorges of 5 major river systems (Dordogne, Lot, Vezere, Allier, Tryere).

A similar non-profit is well known as America's largest co-op - REI (800-622-2236), which has commendably retained much of its founders' idealism, unlike many co-ops which became virtually just another business when achieving large size. Representative is its 10-day Loire Valley tour, which at \$125/day features amenities comparable to the mid-price private operators.

Most bike tour operators referred to in this article, as well as others, are found in the Cyclists' Yellow Pages (\$10 from Adventure Cycling, 406-721-1776), and by calling their 800 numbers, one can be sent catalogs listing their 1997 tours.

## Minutes

**New York Cycle Club Board Meeting.** Tuesday, January 7, 1997

**PRESENT:** Gene Vezzani, Dona Kahn, C.J. Obregon, Charlie Katz, Tom Laskey, Joel Englander, Douglas Riccardi and Gary McGraime

**ABSENT:** Steve Britt, Anne Grossman, Ben Goldberg and Mark Schwartz

The minutes of the meeting of December 3 were approved.

Charlie distributed the financial report showing a small profit for the year, including substantial income from the Club Century.

The board discussed the coming year's budget. Based on the discussions, Charlie will submit a revised budget at the next board meeting.

Dona noted that O'Hara's restaurant had indicated it did not wish to continue the program under its present terms because many diners were evading paying for their meals. It was agreed that no free admissions would be allowed.

Tom said press releases relating to the SIGs were being sent out, including to general-interest publications.

Joel reported there were 45 renewals. The Board discussed how to keep existing members from quitting. C.J. suggested that better rides would help. Joel noted that he took prompt action to send a Bulletin to each new member as soon as a check was received.

Gene distributed samples of the "Quick Release," which will be mailed out as a sample of club activities to prospective members.

The meeting adjourned at 9:00 PM.

Respectfully submitted,

Conrad J. Obregon

## Re-Cycling

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

### FOR SALE:

**TEAL WOMAN'S 19-INCH FUJI ESPREE** Road Bike w/1986 Fuji VaLite Frame. 1993 components added: Suntour X1 back derailleur, Shimano Decore XT front derailleur, Suntour index shifting on the frame, TA 155 crank arms with granny, Dia Compe woman's small grip brake handles, bottom bracket. Accessories included: yellow Avocet 31 cyclometer, Blackburn rack, two water bottle cages with bottles. Bike in great condition. Best offer with cash is owner. Call: (718)622-1399 or e-mail: ScD18@aol.com

**NORDICA VERTECH 55 SKI BOOTS**, size 13, only used once. \$60 or best offer. Call **Paul** at (212)799-4843.

### WANTED:

Bike suitable for triathlon training and racing, for my second season of racing. I am 6 feet tall, 160 lb. Preferably with dual 26-inch wheels and seat angle at or steeper than 77 degrees. **Bernard:**(718)274-1895.

# ***Reorder Your Exciting NYCC Jersey and Jacket NOW!***



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

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

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

The delivery time is approximately 4-6 weeks.

SIZE	CHEST	WAIST
Small	36	30
Medium	38	32
Large	40	34
Extra Large	42	36
X-Extra Large	44	38

ITEM	QUANTITY	SIZE(S)	UNIT PRICE	TOTAL COST
TOTAL				
SHIPPING				\$3.00
TOTAL DUE				

DATE \_\_\_\_\_

## Before your first club ride, please read this:

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

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

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

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

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

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

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

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

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

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

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



### 1997 Renewal / Membership Application / Change of Address

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

☐ New ☐ Renew ☐ Change of Address Date \_\_\_\_\_ Check Amount \_\_\_\_\_

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

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

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

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

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

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

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