

May
1997

NYCC *Bulletin*



CHANG W. LEE/NYT PICTURES

...only in New York, kids. Only in New York...

Bulletin Board

CYBER NEWS FROM THE PRESIDENT - GENE VEZZANI

Quite often things come up during the course of the month that we would like to share with the entire club: announcements of newspaper articles featuring NYCC contributors, special events in which we are invited to participate, rides submitted after the Bulletin publication deadline, special offers, etc. Wouldn't it be wonderful if the Bulletin were a weekly publication? The next best thing to a Sunday edition of the Bulletin, however, may be e-mail announcements, à la the NYCC.

Please send your name, as it appeared on your membership application, and your e-mail address to genev@pipeline.com if you would like to receive club-related updates during the course of each month.

MONTAUK CENTURY BUS UPDATE

If you're going to Montauk, prepare yourself. Since your pedals will have to be removed for the bike to fit on the bus, make sure they're loose before the ride. Bring a plastic bag to put greasy things in while you're on the bus. Mark your seat and stem position with a piece of tape since they may also have to be moved to fit on the bus. Bring pocket food and sun-tan lotion. If you're riding with the club but coming back with 5BBC, get someone to turn in your gear at the Plaza because 5BBC usually doesn't start collecting until 5AM, which is when most of the NYCC departs.

PLAN NOW FOR THE BERKSHIRES, MAY 23 - 26

Join the NYCC for our annual B&B Memorial Weekend in the Berkshires. There will be rides for everyone (A/B/C), all starting at 9:00 in the Sheffield Library parking lot in Sheffield, MA (corner of Rt. 7 and Berkshire School Road).

There will be a group dinner with the Long Island Bike Club on Sunday, May 25. You must prepay. The cost is \$25 per person, which includes a cocktail hour (cash bar), dinner and dessert buffet. Please send a check written to Reyna Franco by **May 10** to 1 Irving Place, Apt. U-10C, NYC 10003.

Make your lodging reservations today - many are already booked. Call me for the bed & breakfast list. If you are interested in cycling to Sheffield on Friday morning, please consult the Rides section of the Bulletin for details.

For more information, call **Reyna Franco** at (212)529-6717. (See page 7 for bike train information for this weekend.)

SAVE THE DATE! - WEST POINT ON JULY 4 / CATSKILLS IN SEPTEMBER

See page 9 for information about these fun-filled NYCC weekend trips.

PLEASE SUPPORT THE NYCC BICYCLE STORE DISCOUNT PROGRAM

The New York Cycle Club Bicycle Store Discount Program offers local retailers exposure to more than 1,100 avid cyclists while affording club members the potential for significant savings. Discounts are generally 10% off cash transactions of non-sale parts and accessories, with some special pricing on bicycles and repairs.

- A Bicycle Shop** - 349 West 14th, New York
- Bay Ridge Bicycle World** - 8916 3rd Ave., Brooklyn
- Bicycle & Exercise Equipment Store** - 242 East 79th St. (2nd Ave), New York
- Bicycle Renaissance** - 430 Columbus Ave., New York
- Broadway Bicycles** - 2803 Broadway @ West 108 St., New York, 10% off repairs, 12% custom Mikkelsen frames list price, low rental on all production bicycles
- Emey's** - 141 East 17th, New York
- Gotham Bikes** - 116 West Broadway, New York
- Larry & Jeff's** - 1400 Third Ave., New York
- Park Side Bicycles** - 329 Amsterdam Ave., New York, 10% off repairs, 12% custom Mikkelsen frames list price, low rental on all production bicycles
- Toga Bike Shop** - 110 West End Ave., New York, one-time winter group bike purchase at a discount available

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

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To publish an article:

Contact:
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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.

Friday, May 2

B13/16 45 MI 9:15 AM TGIF

Leader: Ron Grossberg (718) 369-2413. From: Call leader for starting location and destination.

Saturday, May 3

A19 80 MI 9:00 AM South Mountain Road

Leader: Fred Steinberg (212) 787-5204. From: The Boathouse. Counter clockwise, "up" South Mountain Rd, "down" Saddle River Rd. A classic in any season.

SIGA 86 MI 8:00 AM Bedford

Leaders: Carolyn White (212) 666-0616 & Christy Guzzetta (212) 595-3674. From: The Boathouse. 8:00 AM? Why so early? Be there! The rides don't get any nicer than this one. We've got to start firing on all cylinders. There's only one more tuneup ride after this before the big one! We should be smooth by now, in shape, ready. There are big hills, beautiful roads, lots of miles on our way to Bedford. Eat a hearty breakfast, bring pocket food, there's about 40 miles before a picnic on the Green in Bedford. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly by 8:00 AM. Helmets, with names on front and back, required. Rain date: Sunday, May 4.

B15/17 75 MI 8:30 AM Progressive "B" Training Series #10 - Westchester Surprise: Ride Scouting 101

Leaders: Karin Fantus (212) 873-5559 & Gary McGraime (212) 877-4257. From: The Boathouse. If you've ever complained about a route, this is a chance to create your own. Leaders with maps, knowledge of area delis and several "plan B's" will make sure we don't go too far afield or too close to any 15% grades. The group will go where few bikers have gone before...take the roads less traveled, etc. An adventure? You bet. Metro North pass and pocket food an especially good idea today.

B15-16 60 MI 9:30 AM Last Chance For Romance

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. Join us today for the final prep ride of the May 18 Montauk Century training series titled Desperate and Dateless, AKA Chance for Romance. Joint ride with 5BBC.

B14 55 MI 9:00 AM Nyack In Bloom

Leader: Bernie Brandell (718) 637-1759. From: The Boathouse. Enjoy the spring sunshine on the greening roads to Nyack.

C10 30 MI 9:30 AM C Training Ride #6

Leaders: Irv Weisman (212) 567-9672 & Geo Kaplan (212) 989-0883. From: G.W. Bridge Bus Terminal (178th St. & Ft. Washington Ave. - A train).

You will be treated to the ups and downs of River Road and its climb up to Alpine. Bring: water bottle, spares, helmet, and money for food. Wind chill below 35° at start cancels.

Sunday, May 4

A25+ 130 MI ??? AM Gimbels/Rockland Lake

Leader: Al Boland (212) 665-3484. From: Call leader. Training for Brevets. Call the leader for meeting place and time.

A20 65 MI 9:00 AM Bike New Jersey

Leaders: Judy & Conrad Meyer (914) 835-3171. From: The Boathouse. Nothing against thousands of cyclists who are enjoying cycling New York City today, but we're heading over to New Jersey. Probable destination: Park Ridge.

B13 45 MI 9:30 AM Old Greenwich Point Park

Leader: Maggie Clarke (212) 567-8272. From: The Ring Triangle Garden across the street from the A Train (200th St). Rolling to hilly. We wend our way through lower Westchester to a lovely lunch spot in Cos Cob, Connecticut. From there we go through beautiful downtown old Greenwich to the Peninsula Park, which juts into the Long Island Sound. We'll enjoy the 6-mile bike path and wind up in Stamford. Bring money and MetroNorth pass. High winds cancel. Call if in doubt.

C13 40 MI 9:30 AM Sea Cliff

Leader: Alinda Barth (718) 441-5612. From: Statue of Civic Virtue - Queens Blvd. & Union Tpke. (E or F train to Union Turnpike). Let's check out spring's progress on the North Shore. Bring or buy lunch for picnic in a little park with a memorable view.

Wednesday, May 7

A20 30 MI 7:00 AM Alpine Ascent

Leader: Henry Pita (212) 865-8477. From: 110th St. & Riverside Dr. service road. Quick morning ride to Alpine along River Drive (sic) and back. Have a 300-foot cliff block the westerly winds while being baked by the morning sun. Maybe up the last hill two or three times if we're motivated. The speed rating is a guideline since there are no flat sections. Rain date: Thursday, May 8.

B14-15 12/18/24 MI 7:30 PM Wednesday Night in the Park

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Tavern on the Green's parking lot. 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 to ride, then this slow-paced, easy-going spinning exercise is perfect for you.

Friday, May 9

B13/16 45 MI 9:15 AM TGIF

Leader: Ron Grossberg (718) 369-2413. From: Call leader for starting location and destination.

Saturday, May 10

A21 60 MI 9:00 AM Hills of Nyack

Leader: Herb Dershowitz (212) 929-0787. From: The Boathouse. Maybe some Siggies have not yet climbed Bradley to Tweed. Please join me in this beautiful alternate route to Nyack. Snow cancels!

A19 75 MI 9:00 AM Reservoir Route

Leader: Damon Hart (212) 753-0204. From: The Boathouse. Picturesque Westchester ride with a bit of Fairfield thrown in, lunching in Bedford and finishing in Croton Falls. Cue sheet provided for extension to 95 miles. MetroNorth return (passes required).

SIGA 91 MI 8:00 AM Little Tor

Leaders: Beth Renaud (212) 274-9463 & Paul Leibowitz (718) 858-9742.
 From: The Boathouse. Little Tor, big hill, big ride. Hills, miles, pacelines, speed, team, endurance, A ride! This is a dress rehearsal. We've been at this since back in early March. We've been riding, pushing, practicing, hurting. Next week, we're going on a hard A ride. We are ready. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly by 8:00 AM. Helmets, with names on front and back are required. Rain date: Sunday, May 11.

B16/18 80 MI 8:00 AM Progressive Series #11 - West Point Preview

Leaders: Karin Fantus (212) 873-5559 & Gary McGraime (212) 877-4257.
 From: The Boathouse. Why wait 'til July 4th? We'll head north on the NJ side of the Hudson, cruise by Bear Mtn., meander through West Point, power up Storm King, over the Beacon-Newburgh Bridge, then south to Cold Spring for the bike train home. METRO NORTH PASS MANDATORY. Don't forget that pocket food. Montauk will be a piece o' cake after this one.

B15-16 55 MI 9:30 AM Cinco De Mayo

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. Although we're a few days late for the real Cinco de Mayo celebration, we'll still have fun heading for a south-of-the-border lunch stop on this hill-less ride. Joint ride with the 5BBC.

C14 45 MI 9:00 AM Syosset

Leader: Reyna Franco & Charlie Katz (212) 529-6717. From: The Boathouse (call leaders for Forest Hills pick-up). Easy ride through Queens for lunch at the Celebrity Diner. Return by 179th St. subway. Bad weather cancels.

C10/11 25 MI 9:30 AM Training Ride #7

Leaders: Irv Weisman (212) 567-9672 & Geo Kaplan (212) 989-0883.
 From: Staten Island Ferry Terminal (Rays Pizza). Explore the shoreline of Staten Island and review the exercises from last week. Bring or buy lunch. Bring water bottle, spares, and helmet. \$.50 needed for return home on the 3:30 ferry. 35° at start cancels.

C SLOW 30 MI 9:00 AM Kiddie Ride To Coney Island

Leaders: Linda Wintner (212) 876-2798 & Mike Yesko. From: Steps in front of City Hall. We'll take a scenic route across the Brooklyn Bridge, thru Prospect Park and along the harbor to the "beach" of all beaches. Lunch at Nathan's. Bring locks, Speedos, and sunscreen. If we dawdle, we can take the subway back. Children must be accompanied by an adult, although adults without kids are welcome, or you could borrow someone's child for the ride.

Sunday, May 11**A22+ 70 MI ??? AM Gimbels**

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

A20 50-60 MI 8:30 AM Same Ride, Different Day

Leader: Tom McMahon (212) 777-5845. From: The Boathouse. Somewhere familiar, I promise. Friendly, cooperative pace. Everyone takes a pull (but you don't hafta inhale). Sloppy weather and/or roads cancels.

A18 60 MI 9:00 AM Loony Tune Ride

Leader: Abe Karron (718) 728-6110(w). From: The Boathouse. Visit Rockland Psychiatric Center! See the lovely complex, stay for a relaxing visit. Helmets required.

B17 60 MI 9:00 AM Trivia Pursuit

Leaders: Steve Ullmann (212) 473-1897 & Gary McGraime (212) 877-4257.
 From: The Boathouse. Rambling ride through Rockland, over Bear Mtn.

Bridge and up to Cold Spring and train ride home. A few hills, 2 stops, and lots of good vibes. Bring 2 water bottles, helmet, and spares. Leader will buy brunch for the one who answers his '60s/'70s trivia question correctly! Metro North passes. Rain, high wind and temp below 35° will cancel.

C13 30 MI 10:00 AM Coney Island

Leader: Mark Schwartz (718) 237-1042. From: Steps in front of City Hall. Mostly flat ride to Coney Island, where we'll take in the sights. Bring lunch, or money for Nathan's, we'll eat on the boardwalk. Group consensus determines route to be taken home. Prediction of rain cancels.

Wednesday, May 14**A20 30 MI 7:00 AM Alpine Ascent**

Leader: Henry Pita (212) 865-8477. From: 110th St. & Riverside Dr. service road. Quick morning ride to Alpine along River Drive (sic) and back. Have a 300-foot cliff block the westerly winds while being baked by the morning sun. Maybe up the last hill two or three times if we're motivated. The speed rating is a guideline since there are no flat sections. Rain date: Thursday, May 15.

B14-15 12/18/24 MI 7:30 PM Wednesday Night In The Park

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Tavern on the Green's parking lot. 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 to ride, then this slow-paced, easy-going spinning exercise is perfect for you.

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

Leader: Ron Grossberg (718) 369-2413. From: Call leader for starting location and destination.

Saturday, May 17

300K BREVET - Coordinator: Steven Britt (212) 288-6324.

SIGA 106 MI 7:00 AM Bear Mountain

Leaders: David Grogan (718) 875-1977, Christy Guzzetta (212) 595-3674, Paul Leibowitz (718) 858-9742, Ann Marie Miller (212) 247-6531, Beth Renaud (212) 274-9463, Mike Samuel (212) 722-8125, Randy Taylor (212) 866-0462 & Carolyn White (212) 666-0616. From: The Boathouse. A long, challenging, beautiful, BIG A ride. Straight up 9W to breakfast in Stony Point. Then, up, up, up Perkins Drive to the very top of Bear Mountain. We'll cruise the entire and spectacular 17 miles of Seven Lakes Drive to Sloatsburg. Then, through Saddle River on our way back to the Boathouse. When we get there, we will be A riders. There will be a champagne toast at the Hill - congratulations! Helmets required. Rain date: Sunday, May 18.

A18-22 250 MI ??? AM Montauk Twin Century

Leader: Marty Wolf (212) 935-1460. In our version of the Montauk Century, we bike out on Saturday and return home on Sunday. Sunday's return will be on the same road used by the one-way century riders, so we can see our friends! Call leader (the sooner the better) for more info and starting time/place. Please call leader no later than May 11 to reserve a place (this is also the cancellation date for reservations). Since room deposits must be made in cash - there are no refunds after May 11 - we'll go rain or shine.

A?? 150 MI 5:15/6:30 AM Port Jefferson Challenge

Leader: Tina McVeigh (212) 876-6999. From: Plaza Hotel (by the fountain) (5:15)/Statute of Civic Virtue (Queens Blvd & Union Tpke - E/F train) (6:30). A 150-mile self-paced ride along the North Shore of Long Island. Cue sheets will be provided, and we will start as a group. Bring

county maps of Nassau and Western Suffolk, and a LIRR bike pass. Ride is joint with 5BBC.

A19 50+ MI 8:00 AM Yelena's Ride

Leader: Stan Greenberg (718) 935-9786. From: The Boathouse. Who cares where you're going when you're out this early! We'll be back by noon. Don't call after 9pm the night before, Yelena's sleeping...

A18 44 MI 9:00 AM Montauk Tuneup

Leader: Jody Saylor (212) 799-8293. From: The Boathouse. Easy spin to the Northvale Diner to prepare for tomorrow's big ride to Montauk.

B16/17 60 MI 9:30 AM Official Musette Bag Ride

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. Bring your official New York Cycle Club musette bag today because we're headed for Nyack Beach State Park. The last deli is about one mile from the park entrance, and your handy-dandy musette bag will make the ride so much easier for you.

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 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 Staten Island Ferry. Bring a bike light for the ride home. Some hills, one difficult. Co-led with 5 BBC.

C11 40 MI 9:30 AM Training Ride #8

Leaders: Irv Weisman (212) 567-9672 & Geo Kaplan (212) 989-0883. From: G.W. Bridge Terminal (178th St. & Ft. Washington Ave. - A train). Interesting ride through Bergen County and Rockland County. We'll review our new skills that we learned last week. Bring or buy lunch. Bring water bottle, spare tubes, and helmet. 35° at start cancels.

Sunday, May 18
A22 125 MI 5:30 AM Montauk Express

Leader: Ben Goldberg (212) 982-3495. From: The Plaza at 59th St. & 5th Avenue. Since it's flat, it might as well be fast. Our stops will be few and very brief. Be sure to wear sunscreen (I got fried last year!). Be on time, you don't want to chase us the whole way! Be sure to book a seat on the bus home.

A18 125 MI 5:00 AM Montauk Local

Leader: C.J. Obregon (212) 876-6614. From: The Plaza at 59th St. & 5th Avenue. Two stops - including sit-down breakfast. Paceline skills a must. Return by bus. Prompt start, at 5:01 we're history.

A?? ?? MI 9:00 AM Not Montauk

Generic 9:00 pick-up ride at The Boathouse. Just because you're not doing Montauk doesn't give you an excuse not to ride. (Especially since you get to wake up later!)

A/B/C 25 MI, 75K, 100K Bloomin' Metric

Leader: Pat Thomson (718) 499-2618. Anyone for a Bloomin' Metric pick-up ride? We can sort it all out on the train going up. The 8:05 AM train on the New Haven line gets us to Westport at 9:10 (official ride start time: 7-9:30). Meet at Grand Central at 7:45 with your Metro North pass and be ready for one of the loveliest, most fragrant, and best organized rides around. (\$18 registration fee after May 12; \$13 before.) Lots of lilacs, dogwoods, hills, and homemade cookies await us.

B16/17 50 MI 9:00 AM Oyster Bay

Leader: Phil Simpson (718) 639-6264. From: Statue of Civic Virtue (Queens Blvd. & Union Tpke. - E/F train). Ride to Oyster Bay. Eat. Ride

back. See vineyards, horse farms, and north Shore estates along the way. Helmets a must. LIRR pass may be helpful. Rain at 8:30 AM cancels.

B13/14 50 MI 9:30 AM Bergen/Rockland Special/ Irv's 50-Mile Club Ride

Leader: Maggie Clarke (212) 567-8272. From: G.W. Bridge Bus Terminal (178th St and Ft. Washington - A train). Will tour the gorgeous gardens of the Garden State on Irv Weisman's historical route. Will go through Tappan, West Nyack and Pascack Valley. Will lunch in one of Bergen County's parks on a duck pond. Rolling, with one big hill at end. 60% chance precip or high below 42° cancels. Call if in doubt.

Wednesday, May 21
A20 30 MI 7:00 AM Alpine Ascent

Leader: Henry Pita (212) 865-8477. From: 110th St. & Riverside Dr. service road. Quick morning ride to Alpine along River Drive (sic) and back. Have a 300-foot cliff block the westerly winds while being baked by the morning sun. Maybe up the last hill two or three times if we're motivated. The speed rating is a guideline since there are no flat sections. Rain date: Thursday, May 22.

B14-15 12/18/24 MI 7:30 PM Wednesday Night in the Park

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Tavern on the Green's parking lot. 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 to ride, then this slow-paced, easy-going spinning exercise is perfect for you.

Friday, May 23
A19-21 70 MI ??? AM Brewster-Sheffield

Leader: Fred Steinberg (212) 287-5204. From: Grand Central Station. Call leader for departure time. A beautiful start to the Memorial Day weekend. 70 rolling miles, lunch in Kent, Connecticut. Post-ride libations at the Stage Coach, Route 41, Sheffield.

B13/16 45 MI 9:15 AM TGIF

Leader: Ron Grossberg (718) 369-2413. From: Call leader for starting location and destination.

Saturday, May 24
A19 50-60 MI 8:00 AM Over The River And Through The Woods

Leader: Richard Kaufman (212) 864-3665. From: The Boathouse. We'll do Clausland, if we can find it. Usual nasty conditions cancel.

B15 90 MI 9:00 AM Bedford - Almost A Century

Leader: Mark Bernstein (718) 833-6648. From: The Boathouse. Let's put our B SIG skills to some good use on a brisk ride along a scenic route. Some hills are optional. Gatorade stops every 25 miles or so. Listed pace strictly enforced.

Sunday, May 25
A25+ 80 MI ??? AM Gimbels

Leader: Al Boland (212) 665-3484. From: The Boathouse. Today we go long - for the crazy people only. Call leader for meeting place and time.

A21 60+ MI 9:00 AM Welcome To The Fold

Leaders: Todd Brilliant & Beth Renaud (212) 274-9463. From: The Boathouse. Judging from the size of this year's A-SIG and the buzz that many have excellent skills, I think there will be a whole new crop of A riders after graduation. So what else should these folks do, but participate

in lots and lots of A rides? For the first post-SIG weekend, join us on a fast spin out to Pearl River or beyond. Of course, all A old-timers are invited.

B13/16 55-70 MI 8:30 AM Up The Hudson

Leaders: Irv & Hindy Schachter (212) 758-5738. From: 1st Avenue & 64th Street. This ride goes through Bergen and Rockland Counties, over to Bear Mountain State Park and home via Metro North. The two groups stay together for about 30 miles. The fast group is saving its energy for an assault on Bear Mtn. and other heavy hitters. The slow group has one hill (Dunderberg). The slow group is also suitable for C riders. Metro North pass required.

B14 55+ MI 8:48 AM Ridgefield, CT

Leaders: Marilyn & Ken Weissman (212) 222-5527. From: Grand Central Station. 8:48 AM Harlem Line bike train from Grand Central to Golden's Bridge. Some climbing and about two miles of hard-packed dirt. Beautiful route around the Titicus Reservoir, then up to the Putnam County border. Lunch in Ridgefield, then back and forth across the NY/CT line to Scott's Corners, New Canaan, and Darien, CT. Metro North return. Passes a must.

C12 20 MI 1:15 PM Brooklyn - Queens Mosaic

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

Monday, May 26

A21? 80 MI 9:00 AM An Ullman Route

Leader: Steve Ullman (212) 473-1897. From: The Boathouse. My favorite route on back roads to Rockland Lake with a stop in Nyack on the way back. Bring pocket food, 40 miles until the food stop. Leader will buy breakfast for the one who answers correctly his '60s/'70s trivia question. High winds cancel.

C12 15 MI 9:00 AM West Side Story

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

Wednesday, May 28

A20 30 MI 7:00 AM Alpine Ascent

Leader: Henry Pita (212) 865-8477. From: 110th St. & Riverside Dr. service road. Quick morning ride to Alpine along River Drive (sic) and back. Have a 300-foot cliff block the westerly winds while being baked by the morning sun. Maybe up the last hill two or three times if we're motivated. The speed rating is a guideline since there are no flat sections. Rain date: Thursday, May 29.

Friday, May 30

B13/16 45 MI 9:15 AM TGIF

Leader: Ran Grossberg (718) 369-2413. From: Call leader for starting location and destination.

Saturday, May 31

A20/22 78 MI 9:00 AM Croton Dam

Leader: Christy Guzzetta (212) 595-3674. From: The Boathouse. Route 9

to Highlands Diner. Around Croton Reservoir, up Seven Bridges Road. Home via Grassy Sprain.

B16/17 70MI 8:30AM CAUMSSETT 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.

B13/14 35 MI 9:00 AM Rhododendrons & Magnificent Irises In Bloom

Leader: Maggie Clarke (212) 567-8272. From: Concourse level of World Trade Center (top of PATH escalators). The Montclairs come alive in late May for the Iris festival and rhododendron season. This ride has been designed to make the most of it. Bring your cameras and be prepared for an eyeful. The route takes us through Branch Brook Park in Newark and Bloomfield. Will lunch in the beautiful town of Upper Montclair. Flat to rolling terrain. \$1 each way for PATH train. 60% chance precip or a high below 42° cancels.

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

Leader: TBA. From: The Boathouse.

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.

Sunday, June 8

B14 56 MI 9:00 AM Bike Paths And Bridges

Leader: Mike DiCerbo (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.

Ride Preview

JUNE - SUNRISE ON THE WATER

A small number of nocturnal souls will venture out for a beautiful breakfast setting. Probable date is June 14 or June 28. Look for details next month.

Out Of Bounds

SUNDAY, JUNE 1 - FLAPJACK FORTY

A ride through the historical sights of Staten Island with a pancake brunch at the finish. Two starting points: at the Staten Island side of the ferry and near the Outerbridge crossing. Call (718) 815-9290 for a brochure.

JULY 13 - GOLD COAST BICYCLE TOUR

Sponsored by the Huntington Bicycle Club. Start at Hazeltine in Greenlawn, Long Island. 25, 50, 62, and 100-mile routes, ranging from moderate to hilly. For more information, call (516) 349-9350.

PEDAL PENNSYLVANIA - JUNE 28 - JULY 5. JULY 19 - 26. AUGUST 9 - 17

Three tours offered. For a brochure, contact Bob Ingersoll, 1914 Brandywine Street, Philadelphia, PA 19130. Tel: (215) 561-9679. e-mail: bobi@pedal-pa.com. Web Site: <http://www.pedal-pa.com>

AUGUST 1 - 3

A weekend at Club Getaway in Kent, Ct. Details next month.

Memorial Day - Trains for B & C riders

We expect that Jeff Vogel will arrange for us to use Metro North trains on Friday, May 23, departing Grand Central Terminal at 8:45 AM, arriving at Dover Plains at 10:50 AM. Lunch can be bought near the train station or nearby on Route 22.

Pat Thomson will then lead a lively contingent, using pretty back roads, to Sheffield, approximately 40 miles away. Irv Weisman will lead a contemplative C contingent along the same route. Cue sheets will be provided so that you can travel at your own pace.

If you are a touring cyclist, you will want to carry your own panniers. But if you are wimpy, or have a bike that can carry only you, you'll have to find someone who is going by car and can carry your stuff for you. Check with Reyna Franco for possible leads, (212) 529-6717.

The return train from Dover Plains on Monday May 26 will leave at 1:30 PM and will arrive at Grand Central at 3:30 PM. Fares are approximately \$10 each way if you buy your ticket in GCT; there is a surcharge if you buy it on the train.

Let Irv know immediately if you plan to use either of these trains so that we can coordinate with Metro North in a timely fashion. He can be reached at (212) 567-9672.

A Few Words on our Monthly Programs

— by Dona Kahn

If you haven't been to a meeting this year, you have missed some good programs. In January, the mechanics from **Toga Bike Shop** gave a presentation on maintenance that was of interest to all levels of bike riders and, in the words of one of the members of the club, "It was great to hear from mechanics who used their heads as well as their hands."

Last month, **Jackie Storm**, a certified nutrition specialist, kept the audience's interest with her well informed presentation on nutrition both off and on the bike. She gave us her views on "front loading" on carbohydrates, the zone theory, and much more. One of her observations was that we should plan our meals more around protein than carbohydrates, e.g., eat 20 grams of protein for breakfast (oatmeal, one egg or egg substitute, and one slice of whole grain bread with peanut butter would add up to 21 grams). The peanut butter of choice is Smucker's or the health store variety without additives. Breakfast should be two hours before the ride and include lots of water. On the road, fruit juice diluted with water is better than gatorade, and nuts and dried fruit are better than a Power Bar. It is also better to eat throughout the day on the bike and have a light lunch than to eat a heavy meal and get back on the bike (your body is too busy digesting the food to put its energy into pedaling). She talked about the three body types and the different requirements for each. It was a well received presentation, and most of us walked away with some new "food for thought."

Next month, **Harry Havnoonian**, the nationally recognized frame maker, will talk about all the new developments and the differences between the performance of the different materials. In June, three women racers who are members of Team Klein will share their experiences with us and in July a former coach of the Tour de France will talk about the race and help us understand the announcers' discussions on TV as to strategy and other observations. The fall promises to bring some well known riders to our city to share their stories with us. If you have any ideas for future programs, please let me hear from you.

WHY TOUR WITH COUNTRY LANES?

- **BRITAIN'S BICYCLE TOURING SPECIALIST-** Visit historic *Stonehenge*, explore the picturesque *Cotswolds* or discover the charming villages of *Dorset and Wessex* which were the inspiration for *Thomas Hardy's* novels! *Relax along the way in a lovely tea room or lively pub!*
- **CUSTOMIZED TOURS-** A COUNTRY LANES bicycle tour is the perfect incentive for a gathering of friends, corporate colleagues or special interest club members. We can design trips that include professional leaders, first class accommodations and special interest lectures.
- **QUALITY EQUIPMENT HIRE-** Hire from us and your COUNTRY LANES bicycling equipment will be waiting for you at the start of your trip, saving you the inconvenience and expense of transporting your own bikes and accessories.
- **SUPPORTED GROUP TOURS-** April to October. If you are new to cycling, pedal at a different pace to your partner or simply enjoy meeting new people, a COUNTRY LANES supported group tour is for you.
- **SELF-GUIDED ITINERARIES-** Flexible start dates all year round. For small groups of *friends or families* who feel confident traveling the road without the assistance of the support van, this can be the perfect part of any UK visit!

FOR MORE INFORMATION CONTACT:

GAIL CATHARINE BERTUZZI
COUNTRY LANES

123 SHORE ROAD
OLD GREENWICH, CT 06870

FAX/PHONE: 203-637-0380

E-MAIL: gailcath@ix.netcom.com



A Tribute to Judy Flannery

– by Jeanine Hartnett

On April 2, one of the most well known names in amateur triathlon, Judy Flannery, was killed on a training ride in Maryland by an unlicensed teenage driver who swerved across the center line of a country road. His father, apparently drunk, was in the front seat.

Ever since this tragic event, I have been haunted by my memories of this exceptional athlete and role model. For the past four years, I have been a great admirer of her talents and accomplishments, but most of all her modesty and support of other Masters female triathletes such as myself. (In triathlon, Masters is defined as 40+.)

Judy, who was 57 at the time of her death, was the world champion in her age group in triathlon for as long as I knew her. Although she excelled in all three sports, her greatest strength and passion was cycling. I recall seeing her national 40k time trial championships in her age group recorded in Velo News year after year. While most of us develop more endurance as we age and tend to lose the fast twitch muscle fibers necessary for speed and power, Judy was a rare exception. Her attempts at Ironman were not successful; she was a short-distance specialist (1.5k swim, 40k bike, 10k run), and her times were simply amazing. To put this in perspective, last year at the Columbia Triathlon, at the age of 56, her 40k bike split was only 44 seconds slower than NYCC's Stefani Jackenthal's. (Stefani, 29 last year, had the 5th-fastest bike split overall, Judy the 7th.) I have a vivid image of Judy on the run that day as we crossed each other, she on her way back to the finish a full two miles ahead of me. Not only did she win her age group, she was the overall master winner, beating out three age groups below her.

Masters female triathletes, while intense rivals in competition, have a special bond that unites us. With some exceptions, we did not grow up with sports backgrounds. We grew up in an era when sports were not encouraged for girls. (Judy did not take up any sports until she was 38.) Whatever our current circumstances - some of us have demanding careers to juggle, others family obligations, others are full-time triathletes - we all have a common bond and are incredibly supportive of one another. To me, Judy epitomized this support more than anyone else.

Judy's death was a tremendous loss to all who knew her and a senseless waste of a great athlete and a warm, generous human being. Her inspiration will always remain with me, though. She proved that age is no barrier.

Bike Watch – by Richard Rosenthal

WHAT THE TIMES SAW FIT TO NOT PRINT

Before you go off and think what a wonderful thing it is that the New York Times accorded Judy Flannery, a 57-year-old world-class triathlete from Maryland, an obituary (April 4), consider what it omitted.

What the Times left out that the Washington Post and even the NBC-TV national news included in their reports was the fact that seated next to the 16-year-old unlicensed, unlearner's-permitted driver was his proud papa, in the passenger seat swilling booze. More importantly, according to the two surviving cyclists, it appeared that the car, which crossed the double yellow line on the other side of the road, zeroed in on them "like a magnet," said one of the other cyclists, in an apparent attempt to scare them.

The Times' motto is "All the news that's fit to print." Apparently these little details weren't.

***Have we got some weekends
planned for you...***

Memorial Day, July 4, September in the Catskills.

Sunday, June 1

(Rain or Shine)

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A

'97

BIKE - BOAT - BIKE

Suffolk Bicycle Riders Association invites you to cycle Long Island's East End through the woodlands, fields and shoreline of the North and South Forks. Routes from 25 miles to 125 miles. Registration after May 9 is \$15. (Registration does not include ferry fee.) There will be cue sheets, maps and marked roads. Rest stops along the way will provide food and refreshments. All rides leave from Mattituck, Long Island.

INFORMATION HOTLINE: (516)689-7988.

Lehigh Valley Velodrome Summer Schedule

For those of you interested in watching world-class bicycle racing who have never visited the famous track at Trexlertown, hopefully the schedule of this summer's events will prompt you to make a trip. Located near Allentown, Pennsylvania, the track is easy to get to and the Friday-night races are always full of excitement. Call the track at (610) 967-7587 for more information.

MAY 16	Opening night featuring CoreStates Bike League Finals
MAY 29-31	1997 World Cup of Cycling
JUNE 6	U.S. Women's Cup
JUNE 13	Points Race Grand Prix
JUNE 20	CoreStates Festival of Speed
JUNE 27	Shaun Wallace Tribute Night
JULY 11	Junior Development Finals
JULY 18	Bicycle Magazine's Madison Cup
JULY 25	Full Cycle Keirin Cup
AUG. 1	East Penn Bank's Fastest Man on Wheels
AUG. 6 - 9	EDS Junior Cycling Championships
AUG. 15	Tandem-onium presented by Good Shepherd
AUG. 22	Tandem Challenge Finals
AUG. 29	Air Products Night
SEPT. 5	The Morning Call Rider of the Year
SEPT. 11 - 13	EDS Track Cup Finale

BLOWOUTS by Lou S. Pokes

Apologies to **Katrina Kothe**. We have to take back her Road Bozo Award for last month. Somehow my sources got a little confused (usually they're a lot confused.) It was actually **Kristina Schwartz** who should have been last month's bozo for running into the back of a parked car. So Katrina, here's the retraction you requested. And if it wasn't really Kristina Schwartz, then we'll have to name **Don Montalvo** as Road Bozo. Don really wants to be the Road Bozo even though he hasn't done anything wrong. (We won't mention **Cathe Neukum's** computer.) Don has actually gone so far as to claim responsibility for accidents he didn't cause. OK Don, you're a Bozo.

My sources on the A SIG (the very confused ones who couldn't tell Kristina from Katrina even though they all have their names on their helmets) tell me that **Christy Guzzetta's** group always has all the women. Supposedly it's a random split, but one week 14 of the 16 riders in Christy's group were female. The odds of that are one in a million. You'd have a better chance at winning the lottery. How does Christy always manage to do that?

Best wishes for a speedy recovery to **Dave Visoky**, who's recovering from a serious crash in a recent race. Dave's injuries actually

look more like those of a hockey player than a bike racer. Hope the tooth fairy treats you well!

A Riders Rescue C SIG Ride.

Rich Borow and **Mike Samuel** (our Club's front-page artist to these many years), returning home with their A buddies on Sat. April 5, came across the C SIG on its maiden voyage in Englewood Cliffs. Its leader, **Irv Weisman**, was futzing with his crank arm, which had been working its way loose. "Need any help?" shouted Rich. "Yeah," returns Irv, doubting that A riders would be carrying what he needed when he himself didn't carry it, "I need a 14mm crank bolt wrench." "I'll check with Mike" says Rich. A moment later, Mike is standing over Irv, twirling his crank bolt wrench which he has been carrying in his fanny pack tool kit for thousands of miles "just in case it might be needed by someone." With a few quick turns of the wrench Irv secures his crank in place, the wrench goes back in the fanny pack, the A riders are again enroute to the hill in Central Park, and the C SIG resumes its training ride at a "blistering" 10MPH pace. Hey, don't knock the pace. The C SIG loved their ride, and soon, with Irv and **George Kaplan** leading the way, they'll be riding in straight lines, confidently signaling their moves in traffic, and will be

riding 40-50 miles in rolling countryside at the same "blistering" 10 mph. Faster will come later.

Hey, **Rob Kohn**, let's hope the future's so bright, everybody has to wear shades!

Thank you **Douglas Riccardi**, **Beth Renaud** and **Steve Britt**. The

another bike!

As it turns out **Dona Kahn** arranged an outstanding program that night. The speaker was Jackie Storm, the nutritionist for the New York Sports and Racquet Club. Unfortunately most of the club missed this very informative talk. So if you weren't there, you're the No-Show Bozo. And hopefully, the



Dona Kahn

COURT

- Represents defendant Parker Chapin
- Specializes in race & gender discrimination
- Has tried more than 40 discrimination cases

April Fools ride listings were hilarious. I wonder how many people actually showed up?

The record low turnout for the April Club meeting was bad news for **Maynard "Make me an offer" Switzer**, who showed up with his complete Pro Shop for sale, as usual. With no one to sell to, the Club bent the rules and waived the \$12 dinner charge as Maynard swore he wasn't there for the food, just to make enough money for

chef at O'Hara's was listening and not one of the No Shows!

Speaking of Dona Kahn, there I was channel surfing one night and who do I see on Court TV, but Dona herself. That's her in the graphic supplied by **Anne Grossman**, Court TV graphic designer. Luckily, Dona wasn't on trial, but was representing the defendant. Now that you know what Dona looks like, you can thank her for her efforts in putting together our Club meetings...

July 4th Weekend in West Point

It's not too soon to begin planning for the spectacular July 4th All Class Club weekend up at West Point. West Point is the place to be on this patriotic three-day weekend. We'll be biking up on Friday morning, July 4th - a luggage transport will carry our clothes. There will be a picnic dinner that evening at an absolutely spectacular outdoor holiday concert. It's the West Point Cadet band playing "Stars and Stripes Forever," "It's a Grand Old Flag," and other holiday favorites. And on Saturday evening - after some wonderful Hudson River Valley cycling/swimming/whatever - we'll be going on a dinner cruise on the Hudson River aboard our own privately chartered boat. What a ride! Sunday, we pedal our bikes on home.

This weekend has sold out each and every year. It will more than likely be sold out this year as well. Sign up now. 3 days, 2 nights (at the historic Hotel Thayer, right smack dab in the middle of the West Point Campus), 2 full breakfasts, 2 dinners, cruise on the Hudson, outdoor concert, luggage shuttle, and more - \$175.

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.

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 (dirt roads probable). 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 12. 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.

Minutes

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

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

ABSENT: Tom Laskey and Anne Grossman.

The minutes of the meeting of January 7 were approved.

Dona advised the members of the schedule of programs for members' meetings.

Steve indicated that there would be an A SIG and an A and B training series, but that nothing was yet planned for C riders. Gene indicated he would lead a Montauk training series. He also expressed concern about the number of C rides.

Gene advised the members that Anne Grossman was working on the newcomers' ride. He also advised that Tom had issued press releases on the SIG and training series.

Charlie gave the financial report, noting that a small deficit in the budget was projected, which would require careful monitoring.

Joel noted that renewals were coming in slowly.

Dona noted that she had met with the management of O'Hara's and that they had discussed changes both the NYCC and O'Hara's wanted. We would be required to staff the door and collect money. She noted that, in consultation with Gene, she had established a \$4.00 admission fee for those not eating. The board suggested this policy be changed, so that all people entering before the program started would be charged \$12.00, and that individuals entering for just the program, after dinner, would not be charged.

It was the sense of the board that offering a collection of club routes for sale sounded like a good idea.

Gene advised that the phone service would be changed from live-answered calls to a recording.

Gene advised that Jeff Vogel and Linda Witner would be responsible for organizing leaders for Club Getaway, and that the club expected to set up a membership table in Central Park this summer.

The meeting adjourned at 8:52 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:

TREK 1200 ROAD BIKE, 50 cm, in very good condition. Never crashed. Shimano RX components. \$250 OBO. Call **Alan** at (212)260-2816.

56CM SPECIALIZED EPIC Road Bicycle 1993, Carbon Fiber frame, 105 STI components, good condition. \$550 firm! Call: 966-7586.

SKIS FOR SALE One yr. old, used only twice: K2 XTS 17 (Sport 7.2mm, Length 175) w/Salomon Quadrax 600 Series Bindings; Micro Structured Easy-To-Turn Sintered Base; Sidecut for Easy Round Turns, Fiberglass Reinforced Torsion Box. Will accept best offer & throw in ski poles, ski & boot carrying case, and more. Call **Trudy** at 212-838-2141, or e-mail: Trudyth@aol.com

PRO STUFF AT WHOLESALE PRICES. Basso Titanium by Litespeed. 55.5 cm (c-top) One of a kind for being painted: Purplish Blue. Internal brake cable. Factory new and faced. **Basso Viper**. 55.5 cm. (c-top) Yellow. Pro team issue. Columbus ELOS. Top-of-the line steel. Yellow. Factory new. **Men's Shoes.** New in boxes: Carnac 42 1/2, Look 43 1/2, and Shimano SPD 44. (All around U.S. Size 10). **Women's Shoes:** Look U.S. size: 5 1/2 XS/XXS. **Components** in original boxes: Record Delta brakes (new in box) and new '93 & '94 hubs (32). Dura-Ace 90mm stem. Very rare. '95 Record crank arm, 170mm. w/ 53-39 rings. New and in box. American Classic titanium seatpost. Call: **Richard** (212) 371-4700

WANTED:

MID-PRICE USED ROAD BIKE in very good condition for 5'8" occasional male rider. Size 53-56 centimeters. Preferred price range: \$300-700. Preferred brands: TREK and Specialized. Also looking for clipless pedals and/or shoes (size 9). Call **Dan**: (212) 902-7145.

CIPOLLA-VOGEL ADVENTURES - Late May - Early June. Corsica, Sardinia and Sicily. Pace: A19+. Self-supported; you carry your own stuff, you pay your own way. (718) 275-6978.

Reminder: Material for the May Bulletin is due by **MAY 16**. That's 3 days after the club meeting on **MAY 13**.

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 -

The NYCC welcomes 44 new members.

Ken Auslander
Robert Bates
Len Battifano
Bruce Beni
Deborah Bennett
John Blackmar
Carol Chetick
Annaline Dinkelmann
Robert Dinkelmann
Julie Feldman
Joseph Gagliano

Joe Gallagher
Judy Gelford
Janet Getchell
Am Giamburo
Fran Hare
Heidi Israel
Lisa Kontente
John Leckey
Victoria Luby
Catherine Marion
Mary McElroy

John McNally
Kimberly Meyers
Cynthia Milone
Steve Moy
Dawn Philcox
Mark Robins
Bill Rosengarten
Andrew Rosenthal
Paul Schaye
Caroline Schwartz
Linda Schwartz

Debra Siewert
Richard Siewert
Barbara Spandorf
Susan Stern Gemberling
Stephen Switzky
Maria Torres
Christian Trunnell
Zoe Waldron
Kevin Wick
Landon Wickham, Jr.
Kenneth Wong

Before your first club ride, please read this:

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

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

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

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

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

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

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

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

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

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

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



1997 Renewal / Membership Application / Change of Address

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

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

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

NAME: _____ SIGNATURE: _____

NAME: _____ SIGNATURE: _____

ADDRESS / APT _____

CITY _____ STATE _____ ZIP (REQUIRED) _____

DAY TEL _____ NIGHT TEL _____ E-MAIL _____

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

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

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

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

Bike Frames for the 21st Century!

Harry Havnoonian is a nationally recognized builder of custom frames based in Philadelphia. **Come listen** to him tell tales from his years of frame building and hear how new materials and technologies have impacted frame building through the years. **See and hear for yourself** what frame builder have up their sleeves for the next century.

COME TO O'HARA'S ON MAY 13TH.

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

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

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

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

INDOOR BIKE PARKING OR SUBWAY.

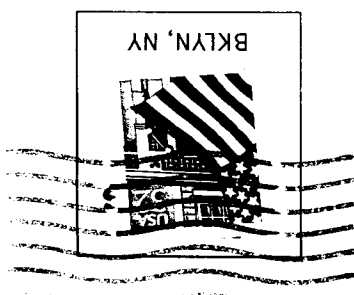
1 AND 9 TO CORTLAND STREET. N AND R TO CORTLAND STREET. 4 AND 5 TO WALL STREET. E TO WORLD TRADE CENTER



60614-4674 35

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