

November  
1997

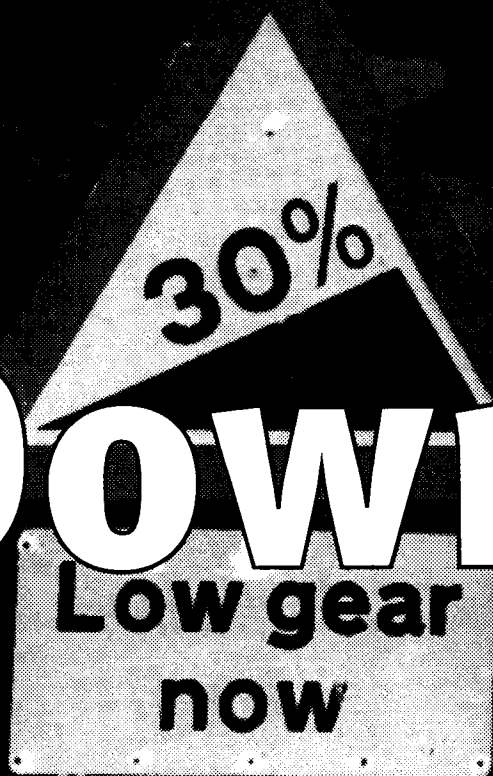
# NYCC Bulletin

RESERVE NOW:  
**THE NYCC  
HOLIDAY  
PARTY**



**Don't let your  
season go**

# Downhill!



**Stick with the NYCC for  
rides and cross-training  
all winter long ...**

# NYCC Opportunities

## From the President, Gene Vezzani

**OPPORTUNITY #1 - ACCESS TO CYCLING.** The New York Cycle Club provides access to organized cycling for over 1,300 members in the metropolitan New York City area. That's a healthy 27% increase in membership in just one short year. Take advantage of the rides and programs offered to you as a member, it's a wonderful opportunity. Use the application on page 11 to renew your membership today. Don't wait.

**OPPORTUNITY #2 - LIFETIME MEMBERSHIP AWARD.** Please use the holiday party reservation form that you'll find in this issue of the Bulletin to confirm your spot at this annual affair. This year at the holiday party, you'll witness an event that has only taken place a handful of times in the club's sixty-two year history, the presentation of the Lifetime Membership Award. Please join us in celebrating the holiday season by making your reservation today.

**OPPORTUNITY #3 - COMMUNITY RELATIONS.** The list of police departments that are taking an active role in helping cyclists ride safely through their communities is growing. Here's the current list of towns that are enforcing single-file cycling: Englewood Cliffs, Grandview (located between Piermont and Nyack), South Nyack, Nyack, Yonkers, and Scarsdale.

Members of the board meet with officials of various communities on a regular basis to help promote safe cycling. We are also members of the Central Park Recreational Safety Committee. Please help maintain the excellent reputation of the NYCC by being good ambassadors of cycling in every town that you pass through. Establishing and maintaining great community relations is the job of every cyclist every time that we ride.

**OPPORTUNITY #4 - EDUCATION AND TRAINING.** Our club is an outstanding resource for improving your cycling skills. Throughout the year there are a variety of courses and training series offered free of charge by the club that are designed to help you become a better cyclist, regardless of your level of experience. Early in the season, you'll find the A, B and C SIGs, a progressive series of rides that focus on teaching specific skills. This fall a B+ Training Series and Gimbels Training Series are available.

If you prefer a little more personalized attention, you can take advantage of one or more of the courses that are offered for a fee by our members. They include, but are not limited to, a bicycle maintenance and repair course, entry-level riding, Effective Cycling, and the new Bike School that is advertised in this issue of the Bulletin.

**OPPORTUNITY #5 - BICYCLE STORE DISCOUNT PROGRAM.** 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% off 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% off 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!*

**OPPORTUNITY #6 - COOL WEB SITES.** Checkout [www.velonews.com](http://www.velonews.com) for pure cycling information, and don't forget ours, [www.nycc.org](http://www.nycc.org).

**On the Cover:** This photo by Caryl Baron should lay to rest any doubt as to whether grades such as this exist in England. Caryl adds that Alex Bekkerman was the only one of their group who made it up this climb...

### NEW YORK CYCLE CLUB

P.O. Box 1354  
Midtown Station  
New York, N.Y. 10018  
(212) 886-4545

#### PRESIDENT

Gene Vezzani  
(212) 875-1615  
[genev@pipeline.com](mailto:genev@pipeline.com)

#### V.P. PROGRAMS

Dona Kahn  
(212) 399-9009  
[donaskahn@aol.com](mailto:donaskahn@aol.com)

#### V.P. RIDES

Steven Britt  
(212) 288-6324  
[nybiker@aol.com](mailto:nybiker@aol.com)

#### SECRETARY

C.J. Obregon  
(212) 876-6614  
[Obregon@lou.fordham.edu](mailto:Obregon@lou.fordham.edu)

#### TREASURER

Charlie Katz  
(212) 529-6717

#### PUBLIC RELATIONS

Tom Laskey  
(212) 206-6574  
[tomoboe@aol.com](mailto:tomoboe@aol.com)

#### MEMBERSHIP

Joel Englander  
(212) 580-1861

#### SPECIAL EVENTS

Anne Grossman  
(212) 924-1549  
[annesg@mail.idt.net](mailto:annesg@mail.idt.net)

#### BULLETIN EDITOR

Douglas Riccardi  
(212) 388-9758  
[Memony@aol.com](mailto:Memony@aol.com)

#### A-RIDES COORDINATOR

Ben Goldberg  
(212) 982-4681  
[goldberg@cs.nyu.edu](mailto:goldberg@cs.nyu.edu)

#### B-RIDES COORDINATOR

Gary McGraime  
(212) 877-4257  
[garynycc@aol.com](mailto:garynycc@aol.com)

#### C-RIDES COORDINATOR

Mark Schwartz  
(718) 237-1042  
[markschw1@aol.com](mailto:markschw1@aol.com)

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#### To publish an article:

Contact:  
Douglas Riccardi  
Memo Productions  
611 Broadway, Suite 811  
NY, NY 10012.  
TEL: (212) 388-9758.  
FAX: (212) 388-1750.  
E-MAIL: [MEMONY@aol.com](mailto: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 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 11.

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



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

## Saturday, November 1

**A28+/A22+/B18**  
**85/70/65 MI 7:45AM**

**Gimbels Winter Training Series**

Coordinator: Al Boland (212) 665-3484. From: The Coffee Shop at AYH (103rd St. & Amsterdam Ave.). About our coach: John Eustice is a two-time U.S. professional cycling champion, TV cycling commentator, and founder of Sparta, a sports marketing company. He was one of the first Americans to break into the European professional circuit. Eustice has years of cycling experience in international bicycle racing and has been coaching cyclists of every level for over 20 years.

**A21 65 MI 9:00 AM**

**Pleasantville?**

Leader: David Thomas (212) 675-6191. From: The Boathouse. Well, the roads are nice, anyway. Kensico Dam, Nanny Hagen & diner stop for breakfast. Wet streets cancel ride.

**A19 65 MI 9:00 AM**

**In Search of Smashed Pumpkins**

Leader: Ira Mitchneck (212) 663-2997. From: The Boathouse. All over Bergen and Rockland counties, the locals have been smashing pumpkins to celebrate last night's holiday. We'll search out a few smashed pumpkins as well as a diner with pumpkin pie and hot chocolate.

**B16 65+ MI 9:00 AM**

**Rockland County**

Leader: Gary McGraime (212) 877-4257. From: The Boathouse. We'll hold a steady pace and rhythmically spin our way through rolling terrain until we find the perfect diner. French toast with bananas and syrup will require flatter terrain on our return.

**A,B,C 40 - 75 MI 9:00 AM**

**Post-Halloween Team Graveyard Scavenger Hunt**

Leader: Douglas Riccardi (212) 228-9423. From: The Boathouse. Join us for a fun day as you and your teammates visit a wonderful selection of Bergen and Rockland's oldest and most historic cemeteries. At each spot, your team will try to locate specific graves. A, B and C riders will work together in teams to cover the most ground possible. Regroup for lunch somewhere in Bergen - probably Rivervale.

## Sunday, November 2

**A20 45-65 MI 8:30 AM**

**November? Yuck!**

Leader: Tom McMahon (212) 777-5845. From: The Boathouse. Oh man, glove & bootie time already? We'll head somewhere on the other side of the GWB, destination/distance depending on climatic conditions. Bring your wool hat. As usual, bad weather or sloppy roadways cancel.

**A17/15 48 MI 8:00 AM**

**Not the NYC Marathon**

Leaders: Steve & Caryl Baron (212) 595-7010. From: The Boathouse. Our

annual pre-marathon-watching pancakes in Scarsdale or (will we ever make it?) White Plains. Return to Madison Avenue Bridge by noon to see the lead runners enter Manhattan. Bring extra clothes to stay warm while cheering. In case of rain, there's always TV.

**B16 60 MI 9:00 AM**

**New Jersey - Not Nyack**

Leader: Ira Mitchneck (212) 663-2997. From: The Boathouse. It's rumored that the last leaf in the metro area is in a remote area of New Jersey near a diner. Let's go look.

**B13/16 55/60MI 9:00 AM**

**Piermont Forever**

Leaders: Irv & Hindy Schachter (212) 758-5738. From: 1st Ave. and 64th St. Fast or slow, this is the way to go. Our usual two routes/two speeds. Predicted high below 40° cancels.

**C12 35 MI 9:30 AM**

**Larchmont**

From: The Boathouse. This lovely ride gives us a chance to stretch our legs. If temps fall below 40° at the start, we'll stay home. Bring money, water bottle, and an extra tube. Helmets required.

## Monday, November 3

**TRACK 15 6-18 MI 7:00 PM**

**Track Biking**

Leader: Al Boland (212) 665-3484. From: Tavern on the Green. Take your track bikes out of the closet and come join us. Central Park, free of cars, becomes our private "mellow drome."

## Saturday, November 8

**A19 85 MI 9:00 AM**

**Fahrenheit 451**

Leader: Abe Karron (718) 728-6110. From: Das Boathaus. See the famous fire station, save Montague and his books. South Mountain Rd. Temp below 30° at start cancels.

**A28+/A22+/B18**  
**85/70/65 MI 7:45AM**

**Gimbels Winter Training Series**

Coordinator: Al Boland (212) 665-3484. From: The Coffee Shop at AYH Youth Hostel (103rd St. & Amsterdam Ave.). We ride to the Yonkers starting point together at a moderate warm-up pace. We join between 50 and 150 riders who regularly do this ride. We join them for a 15 mph warm-up to Rt. 22. At this point, A28 riders will fall into the fast peleton taking the long route north on Rt. 120. A22 riders will fall into one of the medium peletons taking the Rt. 22 cutoff. B18 riders will take the short route up Kings Highway. All peletons rendezvous at the end of the course, and we ride a moderate pace back via Shore Road.

**B17/18 50 MI 9:30 AM**

**Bad Knee Make-up Ride**

Leader: Steve Ullmann (212) 473-1897. From: The Boathouse. This ride is definitely on (weather permitting). A make-up of last month's ride to Rockland County.

**B17 50+ MI 9:30 AM**

**L.I. Ramble**

Leader: Jim Drazios (718) 225-1842. From: The Statue of Civic Virtue (E/F train - Union Tpke & Queens Blvd.). Have you ever tried biking L.I.'s three loops, Kings Point, Sands Point and Pt. Washington? It's very beautiful in the fall. Don't miss it.

**C13 30 MI 10:00 AM**

**Guilt-Free Junk Food Ride (Coney Island)**

Leader: Mark Schwartz (718) 237-1042. From: City Hall. My craving for junk food has forced me into leading this ride. I can eat at Nathans and ride off the fat (guilt-free hot dogs and fries!) If anyone else has these same cravings, please join me, we'll do a few laps in Prospect Park afterwards. Group consensus determines route to be taken home. Bring extra

**Reservations for the NYCC Holiday Party  
are due by Nov 20.**

SEE PAGE 9 FOR THE ENTIRE SPIEL.

tube, money and a water bottle. Sloppy weather or temps below 40° at beginning of ride cancels. Helmets required.

## Sunday, November 9

### A20 65 MI 9:00 AM NOT a Vogel Birthday Ride

Leaders: Stephanie Bleacher & Rich Borow (212) 348-2661. From: The Boathouse. Please join us for a festive celebration of Stephanie's first-ever 39th birthday on a ride to the Thornwood diner. But if you can't climb Nanny Hagen faster than Stephanie or suck Rich's wheel on Grassy Sprain at least as well as Stephanie, you might as well stay home and watch cartoons. Consumer warning: This ride will include downhill descents, but no uphill descents.

### A21 55-60 MI 10:00 AM Pale (Ale) Rider

Leader: Mark Martinez (212) 496-5518. From: The Boathouse. Ride to Micro-Brew Heaven (aka Company B's Pub) in Orangeburg. Join us on a spirited ride, followed by good food, great brews and an easy cruise. Sample quality microbrews while learning phrases like "pleasantly bitter," "chewy texture," "malty finish"... or not. Relaxed return with B group. Rain at start changes to Manhattan brewpub excursion. Call leader on morning of ride for details of rain option.

### B16 50+ MI 9:30 AM Pale (Ale) Rider

Leader: Karin Fantus (212) 873-5559. From: The Boathouse. As in B ride to Company B's Pub in Orangeburg. (See A ride of same name for details.)

### B15/16 60 MI 8:30 AM Lunch at Silver Lake

Leader: Dick Goldberg (212) 874-2008. From: The Boathouse. A relaxed Irv-ish ride with attention to scenery, safety and group-riding attitudes. Lunch in Armonk. A peaceful bike path return if time permits.

### C13 40 MI 9:00 AM Saddle River Local

Leaders: Alinda Barth (718) 441-5612 & Marina Bekkerman (718) 851-1527. From: GWB Terminal. Join us for a mellow ride on the other side of the river with just enough hills to keep us warm. We'll lunch at a nice cozy diner, so bring money and a lock. If it's sloppy out, we'll stay in bed. Call if in doubt. Helmets required.

## Monday, November 10

### TRACK 15 6-18 MI 7:00 PM Track Biking

Leader: Al Boland (212) 665-3484. From: Tavern on the Green. See November 3 listing.

## Tuesday, November 11

### A20 55 MI 9:30 AM V.D.\*

Leader: Mark Martinez (212) 496-5518. From: The bench across from the Boathouse. If you're off from work today (or just need a mental-health ride), join me for a quick spin to Pearl River.

\* Veteran's Day. Whad'ya think it meant?

### C14 40 MI 8:30 AM Croton Dam

Leaders: Irv & Hindy Schacter (212) 758-5738. From: GCT (meet at the Information Booth for the 8:49 Metro North train to Chappaqua). We'll be riding over the Croton Dam following the Headless Horseman down to Sleepy Hollow Rd., ending up in Tarrytown. Leaders promise this will be their prettiest ride of the year, but be prepared to do some not-too-terrible hills. Bring lunch, a water bottle and an extra tube. Sloppy weather cancels. Helmets required.

### C10 15 MI 9:00 AM West Side Story

Leader: Terry Chin (718) 680-5227. From: AYH (103rd St. and Amsterdam Ave.). Commemorate the holiday by exploring some historic sites along Manhattan's West Side. We'll be making stops from Grant's Tomb (who's

buried there?) to the Battery, Central Park, Columbia University, the U.S.S. Intrepid Museum, Chelsea Piers, the Viet Nam Veterans Memorial, etc. Bring lunch or money and a lock. Helmets required. Co-led with 5BBC

## Saturday, November 15

### A20 60+ MI 9:00 AM Classic Ride To Park Ridge

Leader: Jody Saylor (212) 799-8293. From: The Boathouse. Let's hope that El Niño keeps us warm. We'll have pancakes at the diner and a nice ride home. Temps below 35° at start cancels.

### A17/15 70 MI 8:45 AM St. Paul's Xmas Bazaar

Leaders: Steve & Caryl Baron (212) 595-7010. From: The Boathouse. The goal is to reach St. Paul's in New City before the best handmade ornaments and gifts have been sold out. Church lunch of Helga's soup, hot dogs, sandwiches and home-baked desserts. It's all for a good cause - this was Caryl's mom's church. Bring a carry-pack and cash for treasures.

### KB17/18 65+ MI 8:30 AM Rockland/Orange County

Leaders: Karl Dittebrandt (212) 925-9854 & Bill Richards (212) 675-1946. From: The Boathouse. We'll go through West Point, over Storm King with clear views of the Hudson and maybe some wild turkeys. Metro North pass required for return.

### B14 45 MI 9:30 AM Rivervale

Leaders: Joanna Lee & Gene Vezzani (212) 875-1615. From: The Boathouse. We're taking the short route to and from Rivervale today. Join us for this very social ride on some of the nicest cycling roads in N.J. We'll make a deli stop and then picnic in the park. Temps below 48° at start cancel.

### C13 40 MI 9:00 AM Northvale

From: The Boathouse. We will zigzag through Englewood and then take 501 to the diner for lunch. Return with choice of hills. Bring money, water bottle, and an extra tube. Sloppy weather cancels. Helmets required.

## Sunday, November 16

### A28+/A22+/B18 85/70/65 MI 7:45AM Gimbels Winter Training Series

Coordinator: Al Boland (212) 665-3484. From: The Coffee Shop at AYH Youth Hostel (103rd St. & Amsterdam Ave.). Today on our 45-minute warm-up we will team up experienced A riders with less-experienced B riders for one-on-one instruction. At Gimbels you will join the peleton that matches your ability.

### A20 50-70 MI 9:00 AM Short and Sweet

Leader: Beth Renaud (212) 274-9463. From: The Boathouse. Colder weather brings crisper air, roads full of wet leaves, and earlier sunsets; it also brings booties, full-finger gloves, and lower mileage. Depending where we are in the fall-to-winter transition, we'll be trekking 50-70 miles into Bergen/Rockland County, with a warm diner or coffee shop (Pearl River? Northvale? Ridgewood?) as the destination. Really cold and/or wet conditions cancel. Saddles required.

### A19 90 MI 7:40 AM Pulvers Corners

Leader: Drew Olewnick (212) 633-8333 or (718) 398-7252. From: The Grand Central Terminal information booth. In the northeastern corner of Dutchess County, high atop a hill, there is a small cemetery that serves as the only reminder of a once-thriving farming community. We will journey there from the New Hamburg train station, pay our respects, and then observe the magnificent view that stretches from the Berkshires in the east to the Catskills in the west. We will make our way back to the Poughkeepsie train station via the village of Rhinebeck. Metro-North pass required. Two water bottles and pocket food recommended.

**B15 65+ MI 8:30 AM**

**A Cheesecake Run to  
Tarrytown**

*Leaders: Lynn Sarro (212) 722-8495 & Linda Wintner (212) 876-2798.*  
*From: The Boathouse.* Beautiful ride through the countryside near the Rockefeller Estate, moderately hilly. We may resort to pulling out the maps midway, but the cheesecake at lunch will make up for it. Helmets required. Metro-North pass recommended in case we bail out on the way home. Bring pocket food.

**C13 50 MI 9:00 AM**

**Piermont**

*From: The Boathouse.* Ride up the Jersey side of the Hudson to our old favorite place to lunch - unless the weather is nippy and then we'll stop somewhere on the way to shorten the trip. The usual cancels. Bring water bottle, money, and an extra tube. Helmets required

**HIKE 8+ MI 8:40 AM**

**Harriman State Park Hike**

*Leaders: Marilyn & Ken Weissman (212) 222-5527.* *From: Zoro's Breadbasket, Port Authority Bus Terminal, 40th and 8th Ave. for bus to Sloatsburg, N.Y. Round trip - about \$21.* This first of about five fall/winter hikes is one of the most scenic routes in Harriman. We'll start along Reeves Brook, climb the Cascade of Slid, then picnic at our private spot overlooking Pine Meadow Lake. As those who have ridden with us know, Ken loves hills. Accordingly, Diamond Mountain beckons after lunch: a hill, not Everest training. The reward is a view of the WTC from 60 miles away, plus some "interesting" downhill. Wear boots or waterproof shoes. Carry water and food; there are no stores or other formal facilities. Back about 5:15 PM. Call for car directions. Rain cancels.

**Monday, November 17**

**TRACK 15 6-18 MI 7:00 PM**

**Track Biking**

*Leader: Al Boland (212) 665-3484.* *From: Tavern on the Green.* See November 3 listing.

**Saturday, November 22**

**A28+/A22+/B18**

**85/70/65 MI 7:45AM**

**Gimbels Winter  
Training Series**

*Coordinator: Al Boland (212) 665-3484* *From: The Coffee Shop at AYH Youth Hostel (103rd St. & Amsterdam Ave.).* The best FREE pizza this side of Italy on our return.

**A20 45-50 MI 9:30 AM**

**Blauvelt**

*Leader: Greg Worley (212) 781-6702.* *From: The Boathouse.* Quick ride to Blauvelt Diner. Temp at start under 35° cancels.

**A19 60+ MI 9:00 AM**

**Late Season Ramble**

*Leader: Fred Steinberg (212) 287-5204.* *From: The Boathouse.* We'll find a beautiful route, as always.

**B16/17 55 MI 9:30 AM**

**Oyster Bay**

*Leader: Alan Stein (718) 896-6571.* *From: Statue of Civic Virtue (E/F train - Union Tpke. & Queens Blvd.).* You may see some wild turkeys hiding in the barren woodlands or near the shoreline. After a nice swim (optional), we'll warm up and eat at a local diner. Bring helmet and lunch money, lock optional.

**B16 65+ MI 8:30 AM**

**B Series Revisited**

*Leader: Mark Bernstein (718) 833-6648.* *From: The Boathouse.* We'll continue the spirit of the B Series and scout the lesser-traveled rural areas for a fun and challenging day. Metro-North pass recommended for the option of bailout on the way home.

**C13 50 MI 9:30 AM**

**Piermont the Warm Way**

*Leaders: Donna Kahn (212) 399-9009 & Linda Wintner (212) 876-2798.*  
*From: The Boathouse.* Scenic, relatively flat ride to Piermont, where we'll find a nice, warm place to eat lunch. Somewhat of a hilly route to be taken back, so we can have our exercise and work off what we just ate. Bring

money for lunch, a water bottle, extra tube. Sloppy weather or temps below 35° at beginning of ride cancel. Helmets required.

**Sunday, November 23**

**A20+ 65+ MI 9/9:40 AM**

**Oyster Bay**

*Leader: Jeff Vogel (718) 275-6978.* *From: Tramway Plaza (2nd Ave. & 59th St.) at 9:00, Queens Blvd. & Jewel Ave. at 9:40.* Come join us for a beautiful ride on Long Island's North Shore. Complete bicycle required.

**A20+ 66+ MI 8:45 AM**

**Guess What**

*Leader: Ben Goldberg (212) 982-4681.* *From: The Boathouse.* Jeff Vogel made me promise to lead a ride opposite his Oyster Bay ride. Of course, we might just end up riding over to Tramway Plaza...

**B17 55/60 MI 9:00 AM**

**More Park Ridge  
Sausages, Mom, Please**

*Leader: Beth Renaud (212) 274-9463.* *From: The Boathouse.* I haven't been to Park Ridge since earlier this year. I'm still deciding which route to take but be prepared for a brisk spin before and, more importantly, after the lunch break. Maps will be provided.

**B15 40+ MI 9:15 AM**

**Staten Island/Bayonne**

*Leader: Ron Grossberg (718) 369-2413.* *From: Staten Island Ferry Terminal.* We'll spin through Tottenville, the park and, of course, the garbage dump as part of the complete loop. Bring lunch money for a cozy place to eat.

**C12 30 MI 9:00 AM**

**Tour de Brooklyn**

*Leader: Mike DiCerbo (212) 645-1120.* *From: City Hall (with 9:30 pickup at Brooklyn end of Brooklyn Bridge).* Ride through interesting neighborhoods as we tour beautiful Brooklyn. We'll lunch at a great ethnic restaurant and return over the Williamsburg Bridge. Bring money for lunch and a lock. Helmets required.

**Monday, November 24**

**TRACK 15 6-18 MI 7:00 PM**

**Track Biking**

*Leader: Al Boland (212) 665-3484.* *From: Tavern on the Green.* See November 3 listing.

**Thursday, November 27**

**A19 50+ MI 8:00 AM**

**Thanksgiving Day  
Pickup Ride**

*Leader: It's a pickup ride, remember?* *From: The Boathouse.* Work up an appetite and be back early for tonight's feast.

**Friday, November 28**

**A19-20 61 MI 9:00 AM**

**Riding With Turkeys**

*Leader: Jeff Vogel (718) 275-6978.* *From: The Boathouse.* Feel guilty about yesterday's overindulgence? Join us on a brand-new route to Pearl River. Fully extended seat post required, saddle optional.

**Saturday, November 29**

**A18 50 MI 9:00 AM**

**White Plains, Again**

*Leader: C.J. Obregon (212) 876-6614.* *From: The Boathouse.* Via Saxon Woods Road. Helmets required. Weather Channel temps below 30° at 7:58 AM cancel.

**A/B17 56 MI 9:00 AM**

**Bicycle Christmas  
Shopping in Hicksville**

*Leader: Marty Wolf (212) 935-1460.* *From: Tramway Plaza (2nd Ave. & 59th St.).* Objective: a Christmas sale of bike paraphernalia - books, posters, Christmas cards, jewelry, scale models, etc. Bring LIRR pass if you want to return by train. Ride leaves at 9:10 am sharp. Maps

and cue sheets will be provided should you wish to ride faster or slower than the advertised pace. If it's a rainy day and you want to take the train, call the leader.

**A28+/A22+/B18****85/70/65 MI 7:45AM**

**Gimbels Winter Training Series**  
Coordinator: Al Boland (212) 665-3484 From: The Coffee Shop at AYH Youth Hostel (103rd St. & Amsterdam Ave.). At breakfast, we window shop at Gimbels (sic).

**B16 45+ MI 9:00 AM****Staten Island Spin**

Leaders: Moira McFadden (212) 721-5003 & Carolyn Booher (718) 636-0315. From: The Boathouse. We'll explore in a loop around the island until we find a great place to unwind, eat and yuk it up.

**C12 20 MI 9:00 AM****Tour Upper Manhattan**

Leader: Terry Chin (718) 680-5227. From: AYH (103rd St. and Amsterdam Ave.). This tour meanders through some of Manhattan's northern communities, visiting The Harlem Mere (Central Park's environmental center), the Conservatory Gardens, Columbia University, Grant's Tomb, Fort Tryon Park and the Cloisters (entry fee TBA). Helmets required. Co-led with 5BBC.

**Sunday, November 30****A20 50+ MI 9:00 AM****Northvale's in Jersey?**

Leader: Conrad Meyer (914) 835-3171. From: The Boathouse. I know we head over the bridge and point our bikes north. We should make it. If the weather warms up, count on a farther destination. Temp below 34° at 7AM cancels.

**B16 50+ AM 9:00 AM****Ride Your Gut Off**

Leader: Turkey Lurkey (800) THE-BIRD. From: The Boathouse. Come on out if you need to ride off a few more pounds. I'm sure someone will come up with a good destination.

**Saturday, December 6****A20 54 MI 9:00 AM****Saddle River**

Leader: Christy Guzzetta (212) 595-3674. From: The Boathouse. Scenic ride along Saddle River Road to the hotel coffee shop for breakfast. Through Old Tappan home. Temp below 35° at start cancels.

**Sunday, December 7****A20 60 MI 9:00 AM****I Dunno, Where Do You Wanna Go?**

Leader: Ben Goldberg (212) 982-4681. From: The Boathouse. It'll be cold, so we don't want to stand around discussing the destination. I'll have something planned, probably in Bergen County. Temps below 25° at 8:30 AM cancel.

**C12 25 MI 10:00 AM****Frostbite Series #1**

Leader: TBA. From: TBA. Pancakes in Hoboken and Liberty Island...via Staten Island Ferry, Bayonne Bridge, etc. Return to Manhattan via PATH (bring pass). Co-led with 5BBC.

**December Preview****FROSTBITE SERIES**

For the fifth year the New York Cycle Club and the Five Borough Bike Club will conduct the Frostbite Series of rides running through December, January and February as a joint venture. The rides begin at 10:00 AM every Sunday, and depart from City Hall (Manhattan) unless otherwise noted. Rides are 20 to 25 miles in length and are designed to end about 3:00 in the afternoon. Thus, you will be riding during the warmest part of the day. Snow, rain, sleet, hail, etc. or temps below freezing as well as predicted winds in excess of 20 MPH cancel the rides. Contact Ed DeFreitas at (718) 946-3227 (5BBC) or Geo Kaplan at (212) 989-0883 (NYCC) for more information. Note: Leaders will be announced as soon as possible. For all rides, bring money for lunch and or admissions, a lock and chain, helmets, water bottle and dress appropriately. See the club bulletin for further information on what to bring.

**MOUNTAINEERING FOR CYCLISTS - by John G. Waffenschmidt**

Once again I am offering this program as a cross-training program for cyclists; it is also offered to members of the Adirondack Mountain Club. The program focuses on general mountaineering skills and is geared for high cardiovascular output. The approach is progressive with two introductory sessions and three multi-day sessions; the longer trips are only open to past participants or those who have gone to the introductory sessions. The introductory sessions are November 9 and December 14. Bob Moulder will be putting together one or both of the intro hikes. If you are interested, give me a call at [w] (516) 227-3951 or Seymour Friedman at [h] (212) 496-6684 and we will send you some more information.

**Dona Kahn's Meeting Location Update**

We are having our monthly meeting one more time at P.G. King's, but are continuing to look for a more suitable place starting in January. There are some places which would work well, but the owners will only accommodate us on a Monday (the slowest restaurant day of the week). We also could move around every three months or so to add some variety to our meetings. In either event, I need feedback from the membership as to whether to have a Monday meeting, and to pick different places every few months until we find a perfect place to stay for a while. Leave a message on my home phone at (212) 399-9009 or e-mail me at donaskahn@aol.com.

*Let's have a big round  
of applause for the 1996  
ride coordinators:*

A-RIDES:  
▶ CALL BEN GOLDBERG  
(212) 982-4681

B-RIDES:  
▶ CALL GARY MCGRAIME  
(212) 877-4257

C-RIDES:  
▶ CALL MARK SCHWARTZ  
(718) 237-1042

*How about leading one last  
ride this year...?*

**BIKE SCHOOL®**

BUILDING SKILLS FOR THE B &amp; C RIDER

Learn road riding skills from a former European professional rider, who has had a 45 year love affair with cycling, many as a member of the New York Cycle Club.

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6 riders each - 8 hr. road class - \$125  
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# BLOWOUTS by L. S. Pokes

**Wow!** What a month for "new members." First there was **Pascal Kulakowski**, born on September 15 to **Nora Salazer** and **Wally Kulakowski**. Then on September 25 the stork delivered **Benjamin Markstein** to **Mendel** and **Sara Markstein**. And the following day, September 26, brought **Marc Franco Katz** to **Reyna Franco** and **Charlie Katz**. Mazeltov and best wishes to all of you.

**Alberto Zonca** and **Sue Theilheimer** (yes) met at the All Class Ride to Tallman Park in June 1996. They were married on October 18, 1997. See what happens when you get to an All Class Ride on time. Congratulations.

Best wishes for a speedy recovery to **Linda Siebert**, who broke her arm when she was "doored" recently. "Doored" is when the driver of a car opens his door without looking and you hit the open door. Well, that's not exactly how this happened though. The door was closed.

The car was parked. The driver wasn't even there. Yes, Linda pulled a "Nelson" and hit a parked car!

Overheard on the hill: Several riders finish an A ride at the hill in Central Park and finally get around to introducing themselves. The first rider, **S. Tom Truskoff**, says, "Hi, I'm Tom. I don't know your name." The second rider says, in his Welsh accent, "I'm **Dave Thomas**." Tom responds, "No you're not. I know Dave Thomas." Dave's retort, "I think I know who I am!" Will the real Dave Thomas please stand up!

**Ed Sobin** finished a recent ride with a slow leak. His tire wasn't flat until he got on the subway with several other riders. So Ed proceeded to change it right then and there on a moving subway train. It certainly provided entertainment for many of his fellow passengers on that train!

The Catskills Weekend at the Raleigh Hotel, September 19-21 was a great success. Forty NYCC

members joined an additional 40 cyclists from the Bicycle Touring Club of North Jersey. It was truly a family affair, as **Wendy** and **Ben Goldberg** brought along **Jonathon** and **Zach**, and **Amy** and **Steve Britt** brought **Julia**. The riding was spectacular but hilly. And there was lots to do after riding. **Tony Nappi** and **Linda Siebert** (yes) brought their dancing shoes and kicked up a storm. And there are several witnesses who saw **Mitch Yarvin** onstage in the nightclub dancing with the stripper. No one would say who collected more dollar bills, but I don't think Mitch is ready to quit his day job yet.

Those guys with the Gimbels series have a great sense of humor. They claim they have a "great route through the Bronx." Of course, it includes going the wrong way on three one-way streets for over a mile. As if the Bronx weren't dangerous enough! Of course, we all know that the only truly great route through the

Bronx is on Metro-North. Finally, the purpose of the Gimbels series is "to prepare riders for:

- A) A & B SIGs
- B) Brevet Series
- C) CRCA
- D) A rides
- E) Triple Crown Series."

The Triple Crown? Hey, I can't ride the Tour de France. Maybe now I can enter the Kentucky Derby!

Here's the list of fines handed down by the NYCC Kangaroo Court last month.

1. Claiming you have a mechanical problem when the zipper on your jacket is stuck - **Jody Saylor** - \$10

2. Squishing your helmet against your head to squeeze the sweat out of the helmet pads - **Abe Karron** - \$25

3. Showing up on the hill with rollerblades - **Allison Holden** and **Mark Martinez** (no) - \$100 each.

All fines are payable by check made payable to Cash, or heck, just send the cash to me. The address is in the roster.

## A Primer for Cyclists

*The following was submitted by NYCC member John Huntington. It appeared as an editorial in the Kent County (Maryland) News, Patricia K. McGee, editor-in-chief. As they say in Italian, "Tutto il mondo é paese." \**

Kent County has become a magnet for bicyclists, drawn by a gentle countryside and roads whose broad, well-tended shoulders are ideal for cycling. Legions arrive in nice weather, to be seen everywhere perched atop elegant, aluminum-framed machines with tires no thicker than cigars and handlebars whose steer-horn shape forces a rider's nose close to ground level. Keep a sharp eye out for them when the corn grows tall. Riders hunker down so low as to become invisible to drivers approaching right and left. But we like bicyclists. We admire their energy. And after cyclists pedal themselves into the ground, they depart, leaving us only their money. Still, we have a few suggestions that might make their visits even happier events. This occurred to us last weekend as we observed the latest wave of cyclists appear with the dawn and exit, depleted, into the blue dusk of a lovely summer evening, their dusty machines belted to cars.

First, stick to the shoulder of the road. Ride with traffic, not against it. Do not ride two and three abreast. Do not expect passing cars to veer into the opposite lane, which exposes them - especially on hills and curves - to the danger of collision with oncoming traffic. Drivers are unlikely to be so gracious as to risk their lives just to accommodate your side-by-side conversation with another cyclist. And there is this: When you stray into driving lanes, even a bit, you will excite the passions of good old boys convinced that only motorists have any right to be on roads financed with gasoline taxes. Watch out, especially, for guys in monster-sized pickup trucks with huge tires and wheels, license plates that bear Confederate flags and rifle racks bolted to the rear view window. Those people are not your buddies - especially come hunting season. Welcome to the country, folks.

Second, less is not more when it comes to covering up. It is a shocking, even frightening, sight to round a bend in the road and come upon a bunch of cyclists wearing little on their nether regions. Those odd-looking, form-fitting, just-above-the-knee Spandex jobbies are OK - although they are a big fashion mistake for most of us. Our problem is with those

briefs that expose plenty of pale, moon-shaped flab when one's head is down over the handlebars and posterior raised. We know that it is hot out there on the asphalt and that fresh air flowing across bare skin can be a nice thing. What we saw last weekend reminded us of a strip joint in Dallas where patrons, instead of screaming for dancers to take it off, shouted for the stumbling, forlorn performers to put it on.

Third, when you ask a local person for directions, do not - do not! - query: So what goes on around here? This is irritating. What do you think goes on around here? We work, we sleep, we eat, we raise children, we fish, we talk, we joke, we read and watch TV and so on. This is a real place, not another Disney Corporation attempt to recreate Small Town America, as it now seeks to do in Florida.

If our visitors would indulge us in these modest requests, they would find that what goes on here is that Kent, most of the time, tries hard to be an exceptionally welcoming place. You would see fewer people glaring at you from inside cars, sometimes vigorously offering one-fingered suggestions that are discourteous in the extreme and, we are sure, shocking to behold.

*\* The whole world is just like your own town.*



## Lighten Up, Angry A's

— by Al Boland

Of course, I was saddened by the negative, petty comments in the 24-line statement of the October Blowouts. I hope in the future that our NYCC Bulletin will devote its valuable space more productively by helping those members who wish to promote riders and training.

Irrespective of the Blowout columnist's open negative feelings about this training series, I still have great respect for his contributions to the club and his devoting so much of his time and energy to scouting and developing wonderful routes. So I extend my hand of thanks to L.S. Pokes, the Blowout writer, for his fine scouting efforts.

So far the feedback from riders in the Gimbels series has been very positive. A's and B's can train and ride together, for they can join the "Mellow Ton" of their choice and ability after the warm-up. Our principle rule is that yelling and rudeness are absolutely not permitted.

My experience upon joining NYCC two and half years ago made me think about this issue, having found a small group of elite "Angry A's" who expect and demand total riding perfection from those around them, and if a new rider should make the slightest error the elite "A Mr. Perfect A's" will shout and scream all manner of four-letter epithets. It's really frightening. It is my observation that the "A Mr. Perfect A's" do make the same errors and do crash at times.

I have invited a few great riders to join our club only to watch in horror as they were screamed at in a most foul manner by an "Angry A," and they never returned to ride with us. Many of you may recall one fine Greek rider training for a California ride, and another very nice woman who

completed the Death Valley Double, and a prominent marathon runner attorney, all of whom came on the club ride only to experience the indignities of being yelled and screamed at by an "Angry A Mr. Perfect A." So I appeal to the New Yorky "Angry A Mr. Perfect A's" to just shut up! Do nothing!

One very skilled NYCC member who paid for a weekend trip was told by a ride leader not to do the ride because of shaky skills. So I can only comment—nonsense! Shame on you, ride leader, for ruining this rider's vacation and riding experience. If a rider is a bit shaky, allow him to ride off the back, and let's help him. This very fine rider no longer does NYCC rides. Shame on you again, ride leader.

A new rider asked an "Angry A" on the N.J. side of the GW Bridge what route the group was taking and was told the Grand Concourse. Very funny. Another rider innocently walks up to a group of "Angry A Mr. Perfect A's" and politely inquires as to how the group would return to NYC and is told by an Angry A: "On our bikes." Very funny.

Come on, "Angry A's" and ride leaders, let's reach out to those who need a little assistance and motivation and make both their riding experience and ours more fulfilling.

Perhaps I'm wrong, but I believe that this attitude may have motivated our club to schedule the Oyster Bay all class ride on the same day as the T.A. Century, which is their principle fund raiser of the year. Shame on us, for T.A. does so much for biking as a sport.

In conclusion, I urge you riders who have stopped doing club rides due to abuse from an "Angry A" to consider the following:

1. If told you are not welcome, go anyway. The "Angry A's" do not own the roads!
2. Seek out and ride with other NYCC members who are happy to help you

## 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 greatly preferred.** Listings will appear for one month unless specified.

### FOR SALE:

**TREK 2300** carbon fiber. Look pedals. Shimano 105 STL. 53. Like new, less than 300 miles - \$600 firm. **CONTACT ALAN RESNICK** at (212) 794-1109.

**CYCLE DYNAMICS** ti cogs, Shimano compatible, 13-23 - \$70. Shimano hyperglide, 13-23: both 8 speed - \$15. Shimano nonhyperglide, 13-26, 13 cogs - \$10. New Sedis SC-R80 road chain - \$20. Shimano hyperglide 7 speed, 13-32 - \$10. **CALL HERB DERSHOWITZ** at (212) 929-0787.

### Reminder:

Material for the December Bulletin is due by **NOVEMBER 11.**

### Note:

Membership/Bulletin questions should be directed to **Joel Englander** at (212) 580-1861 on Wednesdays and Thursdays between 5PM & 7:15PM.

and want to ride with you.

3. Do the winter Gimbels training series.

Our Gimbels training series is open to all NYCC riders who can ride an A or B ride. If your skills are weak—WE WANT YOU! Let's work on those skills. The greatest satisfaction for the coordinators, coaches, and fellow riders is to watch you improve.

Join us Saturdays at 7:45 AM at the AYH coffee shop at 103 Street and Amsterdam Avenue.

## The New York Cycle Club welcomes 59 new members:

MARY ABBRUZZESE  
TOBKES ALEX  
JORGE AMADOR  
CAROLINE BARTON  
MARK BERGER  
PAMELA BRASHER  
KAYLA BRIGGS  
MICHELE CARRIER  
ELLEN CASEY  
ELLEN CAVANAGH  
FREDDIE COLE  
BRIAN DOUGLAS

NANCY FRANKENBERG  
CATHY GALLAGER  
TRISTAN GERRA  
JORGE GOMEZ  
JENNIFER GRAMS  
SCOTT GRAMS  
DAVID GRAVENS  
BILL GREENE  
BARBARA GREENFIELD  
HANNAH HELMS  
REBECCA HERMAN  
EILEEN KAPP

CHARLES KEENAN  
JULI KEMPNER  
NANCY KLITSHNER  
SUSAN LEVINE  
JODIE MAGEE  
LUCINA MARSICANO  
PATRICA McQUEEN  
SIMON MOSENBERG  
LINDSEY NEWMAN  
DERECK OSBORNE  
JOSEPH OSHA  
ROBERT REIMAN

KRISTIN ROBROCK  
SUSAN RUDDICK  
STEPHEN SANDERS  
ELIZABETH SCHICK  
HANK SCHIFFMAN  
CAROLINA SCHRAGER  
ERIC SCHYRER  
MARGIE SHARP  
BARBARA SHWEKY  
ANTHONEY SQUIRE  
STEPHANIE STANCO  
EVAN STEIN

KELLY STONE  
SHERRY TAUBASSI  
BARBARA TAYLOR  
PETER WALDT  
GWEN WALLACE  
G. WALLACH  
JULIE WALSH  
NANCY WIDMER  
JOHN WILKES  
DE WITTMAN  
EIEN ZWEIG

PARTY RESERVATION FORM

OFFICIAL BALLOT

Ding ding-a-ling, dust off your party clothes! It's time for another

# NYCC Holiday Party!

Don't miss an elegant evening with wonderful food at St. Maggie's Cafe, a hidden jewel in lower Manhattan. We will have the splendid Victorian dining room all to ourselves. Buffet dinner with cash bar includes Hors d'oeuvres. Salad. Shrimp sauteed with garlic and mushrooms. Roasted chicken with lemon and dill. Pasta with fresh mozzarella, basil and tomatoes. Roast shell of beef. Rice and vegetables. Cake and coffee. *Space is limited, so send your money now.*

**MONDAY, DECEMBER 1 ▶ 6 - 9 PM**

**ST. MAGGIE'S CAFE - 120 WALL STREET**

*(Take the #2 or #3 train to Wall St, then head east)*

**\$30 PER PERSON UNTIL NOVEMBER 20 / \$35 AT THE DOOR**

( PLEASE FILL OUT THE REVERSE OF THIS FORM )

CUT HERE. THESE FORMS GO TO DIFFERENT PLACES

## JOIN THE FUN!

**Place your VOTE today and come to the HOLIDAY PARTY  
to congratulate the winners.**

Considering what a simple task it will be to vote for 1998 officers, we have added a few new categories to make your voting more challenging. Please select your officers in the left column and write in nominees on the right.

**DIRECTIONS:** Make your selections and/or nominations, cut off the bottom 2/3 of this page, fill in your name on the back, put it in an envelope and send it to our teller:

**Marty Wolf**, 360 East 50th Street #2G, New York, N.Y. 10022.

Winners will be announced at the December club meeting/Holiday Party on December 1.)

**NOTE:** This form may be copied for use in multiple member households, but without the member's name on the reverse of the ballot, votes will be void. Votes must be received by November 11.

- ☐ **PRESIDENT** - Gene Vezzani
- ☐ **VICE PRESIDENT** - Joel Englander
- ☐ **VP RIDES** - Ben Goldberg
- ☐ **TREASURER** - Charlie Katz
- ☐ **SECRETARY** - C.J. Obregon
- ☐ **PUBLIC RELATIONS** - Douglas Riccardi
- ☐ **BULLETIN EDITOR** - Ludwig Vogel
- ☐ **SPECIAL EVENTS** - Anne Grossman
- ☐ **MEMBERSHIP** - Joel Englander
- ☐ **B RIDES COORDINATOR** - Gary McGraime
- ☐ **C RIDES COORDINATOR** - Bernie Brandell

\_\_\_\_\_  
BEST DRESSED MAN

\_\_\_\_\_  
BEST DRESSED WOMAN (CYCLING GEAR)

\_\_\_\_\_  
MOST IMPROVED MAN

\_\_\_\_\_  
MOST IMPROVED WOMAN (CYCLING SKILLS)

\_\_\_\_\_  
COMEBACK RIDER OF THE YEAR

\_\_\_\_\_  
BEST CYCLING COUPLE OF THE YEAR

\_\_\_\_\_  
BEST RIDE LEADER OF THE YEAR

\_\_\_\_\_  
BEST DINER OF THE YEAR (FOOD DESTINATION)

\_\_\_\_\_

# MAKE YOUR HOLIDAY PARTY RESERVATIONS NOW!

Pay by cash or check (made out to the New York Cycle Club) at the November club meeting  
or mail, postmarked by November 20, to:

**Anne Grossman**, 205 West 15th Street, Apartment 1-P, New York, N.Y. 10011

If you have any questions, please contact Anne at (212) 924-1549.

NAME

ADDRESS

TELEPHONE

NUMBER OF RESERVATIONS

AMOUNT ENCLOSED

CUT HERE. THESE FORMS GO TO DIFFERENT PLACES

## OFFICIAL BALLOT FORM

Please see the directions on the reverse side of this form, fill out and mail to:

**Marty Wolf**, 360 East 50th Street #2G, New York, N.Y. 10022.

Please be sure to fill out your name below.

NAME

ADDRESS

TELEPHONE

SIGNATURE:

These photos from the **ESCAPE FROM NEW YORK CENTURY** have nothing to do with the **OFFICIAL BALLOT**, but we thought you might like to see them anyway. They appear courtesy of Geo Kaplan.



Volunteers Jeff Vogel, Conrad Meyer, Abe Karron, Margaret Cipolla, Judy Meyer and Steve Britt at the starting line.



Ed Fishkin with youths from the Recycle-a-Bicycle program.

PARTY RESERVATION FORM

OFFICIAL BALLOT

## 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 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 \_\_\_\_\_

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

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.

**PLEASE CHECK THE APPROPRIATE BOX:**

**Annual Membership - January 1 - December 31**

\_\_\_\_ Individual - \$21

\_\_\_\_ Couple residing at the same address - \$27

**After September 1 -**

\_\_\_\_ Individual through December 31 - \$10.50

\_\_\_\_ Couple (see above) through December 31 - \$13.50

OY! CAN WE TALK ABOUT MY

# Achin' Back!

**Richard Bachrach, D.O.**

***of the Center for Sports and Osteopathic Medicine***

will talk about back pain while riding. Of special interest to cyclists will be his comments about how to avoid this common ailment and what to do if it does unfortunately occur.

**COME TO P.G. KINGS ON TUESDAY, NOVEMBER 11.**

18 WEST 33RD STREET (BETWEEN 5TH AND BROADWAY. ON THE SOUTH SIDE OF THE EMPIRE STATE BLDG.)

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

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

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

NO INDOOR BIKE PARKING FACILITIES - YET! WE'RE WORKING ON IT.

SUBWAY: 1, 2, 3, 6, B, D, F, N AND R TO 34TH STREET.

Chicago IL 60614-4674  
2128 N Sedgwick St Apt 11  
Chris Mailing



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