

October
1997

NYCC Bulletin

INCLUDES:
**THE 1997
MEMBER
SURVEY**

Scenes from an All-Class Summer.



NYCC Opportunities

From the President, Gene Vezzani

OPPORTUNITY #1 - A Century of Good Things. Congratulations to the Century Committee and to all of the volunteers who helped make the ride a stunning success. Who's happier than the hundreds of cyclists that participated in the third annual NYCC Century on Saturday, September 13? The weather was perfect, the routes were extremely well marked, and the rest stops reflected all of the good things that you associate with a well-planned event.

Our sponsors deserve an extra special THANK YOU! The food supplied by the Sidewalk Café in Piermont and the Runcible Spoon in Nyack was outstanding. The next time that you find yourself in either of these two villages stop in and see for yourself, they do a fabulous job.

OPPORTUNITY #2 - 1998 Board Positions. Nominations for the 1998 Board of Directors for the New York Cycle Club were opened at the September monthly meeting. This is a two-month process; your next opportunity to nominate or to be nominated will take place at the October general meeting, which is scheduled for Tuesday, October 14. Please refer to page 12 of this Bulletin for the location of the meeting and directions.

The following individuals were nominated at the September general meeting:

President - **Gene Vezzani** and **Dona Kahn**
 VP Programs - **Linda Wintner**
 VP Rides - **Gary McGraime**
 Secretary - **C.J. Obregon**
 Treasurer - **Charlie Katz**, **Reyna Franco** and **Mike Yesko**
 Public Relations - **Tom Laskey** and **Richard Rosenthal**
 Membership - **Dona Kahn**
 Special Events - **Anne Grossman**
 Bulletin Editor - **Douglas Riccardi**
 A-Rides Coordinator -
 B-Rides Coordinator - **Lynn Sarro**
 C-Rides Coordinator - **Bernie Brandell**

Todd Brilliant and **Beth Renaud** were also nominated at the meeting to serve jointly as the A-Rides Coordinator. Unfortunately, we cannot have two people occupying one board position. Hopefully, they will be nominated individually at the October meeting.

Two days after the September meeting the following names were submitted by phone: **Ben Goldberg** for VP Rides, **Jeff Vogel** for Special Events, **Judy Meyer** for VP Programs, **George Kaplan** for Public Relations, **Steve Britt** for President, and **Mitch Yarvin** for Membership. Unfortunately, we cannot accept phone nominations after the fact. We are hopeful that these names and many others will be nominated at the October meeting.

OPPORTUNITY #3 - Your Suggestions May Be Our Best Ideas. - George, Peter and I were waiting for the riders that participated in the Escape From New York Century to return. We were sitting across the street from Grant's Tomb, enjoying the morning when one of the first cyclists returned from completing the fifty-mile option ride to Piermont. He raved about the ride. Great route! Great food! Great cue sheet! He suggested, however, that in the future we include the name of the town or village through which you're riding on the cue sheet next to the standard information.

"What a great idea," we said in unison. We are always interested in hearing or reading your suggestions. Our phone numbers and e-mail addresses are listed in the column to the right. Please share your thoughts and ideas with us.

OPPORTUNITY #4 - Holiday Party. Make Your Reservations Today! - Monday, December 1 is the date of this year's NYCC holiday party. Mark that date on your calendar, and send in your reservation for the party today! Please don't wait, space is limited this year. Look for Anne Grossman's holiday party response form in this issue of the Bulletin. There you will find all of the details, but let me tell you, I've seen the restaurant. It is awesome!

Help your club... Lead a ride!

A-RIDES:	B-RIDES:	C-RIDES:
▶ CALL BEN GOLDBERG (212) 982-4681	▶ CALL GARY MCGRAIME (212) 877-4257	▶ CALL MARK SCHWARTZ (718) 237-1042

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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 11.

ALWAYS WEAR YOUR HELMET. NO HEADPHONES.



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

Every Sunday in October

B Plus Training Series

Coordinator: Mark Wolz (212) 586-7424. Learn to walk on furniture without breaking your foot, climb hills without grimacing, know which pot-holes to go over and which to go around, maneuver 15 riders through traffic without upsetting a motorist, take turns going into a head wind and be pulled along the rest of the time, drive your bike through a slalom course of water bottles and remember which bottle was yours, corner safely on sand, gravel or greasy soup, pick a gear that matches your cadence with the terrain, scoop pennies off the pavement without falling off your bike. Join Mark Wolz and other ride leaders Sunday mornings at 8:00 am for five 60 to 90 minute sessions building skills and learning the basics of pacerlining.

Saturday, October 4

A22+ 65 MI 7:30 AM Gimbel's Wannabe

Leader: Henry Pita (212) 865-8477. *From:* 90th St. and 5th Ave. We'll follow the "short" Gimbel's ride route, focusing on single pacerlines, attacks, sprints, bridging gaps, avoiding potholes at speed, etc., except we'll slow occasionally to let everyone regroup and discuss. Bring helmet, Metro North pass, token, food and drink, since there's no stop until the ride's over. Be able to fix a flat in less than 3 minutes.

A21 80 MI 8:15 AM Little Tor

Leader: Keith Goldstein (212) 982-9461 & Jim Modula (212) 663-1420. *From:* The Boathouse. Two quick stops, bring pocket food.

A21 75 MI 8:30 AM Batty For Brewster

Leader: Beth Renaud (212) 536-5269. *From:* The Boathouse. Okay, the last time I tried riding to Brewster, it was 96° and a relative humidity of about 99 44/100%. This time, cooler weather will prevail. Lunch on Bedford's shady green, with a mid-morning water stop at the deli on Rosedale, and plenty of time to catch the bike train in Brewster. Please note the revised mileage. No if's, ands, or buts - bring your Metro North pass!

KB17-18 100 MI 8:00 AM Sixth Annual Long Island Century

Leader: Buzz (212) 288-6324. *From:* The Boathouse. If you've done this one before, you know it's a lot of fun. It ain't easy, but it's a lot of fun. Flat route out via South Shore, lunch at Bethpage State Park, hilly and scenic North Shore return. Be prepared for a full day of fun with 2 water bottles and pocket food.

C12 45 MI 9:30 AM Lamont-Doherty Observatory Open House

Leader: Roscoe George (212) 989-0982. *From:* The Boathouse. A visit to this Columbia University facility on the occasion of its annual Open

House. Travel through Bergen County's scenic back roads - pick up lunch in Piermont and then on to the Observatory. Return on your own via Rte. 9W & G.W. Bridge. Take lunch or money to buy, a water bottle and a lock. Helmets required. The usual cancels.

Sunday, October 5

A21 85± MI 9:00 AM Byram Lake Loop

Leader: David Younglove (212) 533-1276. *From:* The Boathouse. We've done this ride in years past and it's always been fun. We'll have lunch in Armonk and then a quick pace back down Route 22.

A20 75± MI 9/9:30 AM A Real Vogel Ride

Leader: Jeff Vogel (718) 275-6978. *From:* Tramway Plaza (2nd Ave. & 59th St) at 9:00, Queens Blvd. & Jewel Ave. at 9:30. Too many rides are listed as "a la Jeff Vogel" or "Vogel approved." Come see what a real Vogel ride is all about, as we meander along Long Island's North Shore. Bring plenty of water and pocket food as we only make one stop (at about mile 45). P.S. We can still celebrate the leader's 37th birthday one more time.

B16-17 65-70 MI 9:00 AM Saddle River

Leader: Karl Dittebrandt (212) 925-9854. *From:* The Boathouse. We'll ride both the East and West Saddle River roads to soak up plenty of those green rolling miles before the leaves fall.

B15 12 MI 8:00 AM B Plus Training Series

Leader: Mark Wolz (212) 586-7424. *From:* The Boathouse. You go where you look/obstacle course. Meet at 8 AM sharp until 9:30 AM with arrangements for riders to leave on a 9:00 or 9:30 AM club ride. Rain or shine.

B14 74 MI 8:30/9 AM 74 Miles for 74 Years

Leaders: Ed Sobin (718) 625-7452 & Dick Goldberg (212) 874-2008. *From:* The Boathouse(8:30)/G.W. Bridge Bus Terminal - 178th St. & Ft. Washington Ave (9:00). Prostrate cancer prevents Irv Weisman from leading his birthday ride, so Ed and Dick are leading it for him at his 14 mph pace. The route, which goes as far north as South Mountain Road in Rockland, has two snack stops and a lunch stop. It is pretty but has some demanding sections (hint: Low gears). Bring your scenery-loving soul, helmet and the usual stuff listed on page 11, but leave your competitive urges at home. Predicted chance of precipitation of 60% or more will cancel.

Saturday, October 11

A21 60 MI 9:00 AM I'm Back

Leader: Todd Brilliant (212) 274-9463. *From:* The Boathouse. As many of you may know, an early summer crash mellowed me for all of June and July. August was pretty good, but I was still getting dropped on faster "A" rides. I expect September to be better (it's had a very promising start). And I am hopeful that by October I will be totally up to speed. Join me for a fast ride out to Pearl River to celebrate my return. Good pacerline etiquette essential. If the weather really sucks, stay in bed (or go to the gym).

A19 50 MI 10:00 AM River Road to Piermont

Leader: Richard Rosenthal (212) 371-4700. *From:* The Boathouse. Cynics noting I keep re-doing this same road are reminded that Columbus kept replying the same water routes, too. Besides, River Road may be the most gorgeous ride between the Rhine and the Big Sur. Note the starting time.

B16-17 70 MI 9:00 AM Caumsett

Leader: Jim Drazios (718) 225-1842. *From:* The Statue of Civic Virtue (E or F train to Union Turnpike & Queens Blvd.) Fall ride to Caumsett Park - very scenic, excellent lunch stop, possible Snake Hill Road. Moderately hilly.

**Nominations for 1998 Board positions
close at the Club meeting on October 14 at P.G. Kings.**

SEE PAGE 12 FOR INFORMATION.

Sunday, October 12**A19-21 80-85 MI 9:00 AM****Hudson Valley Fall Foliage Spectacular**

Leader: Fred Steinberg (212) 787-5204. From: The Boathouse. This ride is spectacular even without autumn colors - terrific scenery, challenging climbs and exhilarating descents. Lunch in Garnerville (Patsy's) atop Little Tor. Then Gate Hill Rd., 7 Lakes Drive, Mine Rd., and Storm King. Second stop in Cornwall. Return via Metro North from Beacon or Cold Spring on earliest bike train, 4:24/4:32pm for 6:09 PM GCT arrival. Bring 2 water bottles, pocket food, and wear a helmet. You must have a Metro North bike pass. Please note: There have been several situations on Metro North's Hudson Line in which groups of cyclists have attempted to get on trains prior to scheduled bike trains and have not been allowed to board. Anyone who wishes to attempt doing a shorter route to Garrison (70 mi) for an earlier train may end up on the same train as the ride that goes to Cold Spring. So, unless we're pressed for time, our goal is Cold Spring. It's an interesting place with a good choice of eating places, antique stores, etc.

A20 70 MI 8:30 AM**Mansions and Horse Country**

Leader: Irv Schachter (212) 758-5738. From: The Boathouse. We'll be heading to the North Shore of Long Island, past mansions and horse farms, to Bayville. Return by Chicken Valley Rd., Valentine Lane, and other quaint roads.

B17 50+ MI 9:30 AM**Post B Plus Series Ride**

Leader: Steve Ullmann (212) 473-1897. From: The Boathouse. Cyclists from the 8 AM B Plus Series can join the 9:30 ride for a ride up toward Nyack and an early return back to the city, leaving time for an afternoon flick.

B15 65 MI 9:00 AM**Tarrytown**

Leaders: Lynn Sarro (212) 722-8495 & Linda Wintner (212) 876-2798. From: The Boathouse. Moderately hilly compensated by cheesecake. Scouted only once and spastically (indemnity clause in effect). Late lunch so bring pocket food. Helmets required.

B15 60 MI 9:00 AM**Sagamore Hill**

Leader: Alinda Barth (718) 441-5612. From: The Statue of Civic Virtue (E or F train to Union Turnpike & Queens Blvd.). We'll follow a moderately hilly route to this scenic spot on the Gold Coast of Long Island. We may have to carry lunch for a mile or two so bring your musette bag.

B15 12 MI 8:00 AM**B Plus Training Series**

Leader: Mark Wolz (212) 586-7424. From: The Boathouse. Stopping the bike and going uphill. Meet at 8 AM sharp until 9:30 AM with arrangements for riders to leave on a 9:00 or 9:30 club ride. Rain or shine.

B/C15 60 MI 9:00 AM**Ritual Sacrifice Ride**

Leader: Henry Joseph (212) 989-8176. From: The Boathouse. Join us for an interesting and unique experience. This ride could be the beginning of an NYCC tradition: the C Rider sacrifice. We'll begin our ride from the Boathouse at 9:00 AM. Traveling north we shall view the changing leaves along Eighth Ave. Thrill to the peeling paint of the G.W. Bridge and make our way north to the village of Nyack. The change of season should provide a feeling of complacency. You should be an experienced rider. We shall not stop often. Are you rider enough to tough it on this one? Or will you be sacrificed? Bring a water bottle, spare tube and money. Helmets required.

Monday, October 13**C13 30 MI 9:00 AM****New Jersey Ramble**

Leader: Terry Chin (718) 680-5227. From: (AYH 103rd St. & Amsterdam Ave.). Observe the change of seasons with a tour of the Palisades in Bergen County. There are some exhilarating downhill with some difficult

uphills. We'll stop for a hearty lunch in Tenaflly. Co-led with 5BBC. Helmets required.

Saturday, October 18**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.). Coach: Jose Alcalá, a renowned USCF Cat 1 coach. You should not miss this unique coaching session. Note: On each ride of the winter training series, the long route takes Rt. 120, the medium route takes Rt. 22, and the short route takes Kings Hwy.

A20 60 MI 9:00 AM**Staten Island, the Pretty, Hilly Way**

Leader: Jody Sayler (212) 799-8293. From: The Staten Island Ferry Terminal (not the Boathouse!). Hilly morning, stop for a gaze at the Frank Lloyd Wright house atop Lighthouse hill. Picnic at Conference House Park and then flat back along the bay to ferry home.

A21 50-60 MI 8:30 AM**Bergen Bypass**

Leader: Steven Britt (212) 288-6324. From: The Boathouse. No 9W, no Nyack. Not the same old, same old. Lunch will be Park Ridge, or maybe Pearl River, or maybe ... Distance and terrain based on whether. That's whether or not I have early plans with Julia.

A19 75 MI 8:00 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. MetroNorth return (passes required.) Option to extend to 95 miles (Cold Spring).

B18+ 60 MI 9:00 AM**I'm Back, Part Deux**

Leader: Todd Brilliant (212) 274-9463. From: The Boathouse. Join me for a mellower version of my Pearl River ride listed last week. I should be feeling pretty spunky, so the ride will be as fast as everyone wants to go. Therefore, be certain that you can manage the listed pace (note the "+"). Don't worry, I've become a stickler for form, so this ride won't be too messy. Again, really sucky conditions will cancel.

B/C14 40 MI 9:00 AM**Staten Island**

Leader: Ann Grossman (212) 924-1549. From: The Staten Island Ferry Terminal. A relatively flat ride taking a scenic route around Staten Island.

C12 48 MI 9:15 AM**Okay, So You Hate History, Maybe You'll Like Clams**

Leader: Peter Hochstein (212) 427-1041. From: The Boathouse. Nobody came to my Historic Site of Major Andre's Execution Ride in Rockland County in August, not even my co-leader (who had back problems). So this time we'll try a flat ride to Sheepshead Bay, Brooklyn. Lots of bicycle trails and water views along the way. Clam bar, diner or beach picnic lunch — the group's choice. Home via Ocean Parkway & Prospect Park. Bring pump, extra tube, water bottle, lock and money for lunch. Helmets required.

Sunday, October 19**A20 95 MI 8:00 AM****Green Haven Prison**

Leader: Drew Olewnick (212) 633-8333 or (718) 398-7252. From: The Boathouse. Let's trick or treat at a house full of killers, psychopaths and assorted lunatics. Join me on a fun-filled ride to Green Haven Prison in southern Dutchess County. Autumn colors will clash with gang colors as we roll down pretty country lanes under the watchful gaze of steely-eyed guards pointing machine guns from atop barbed wire-ringed towers. Bring Metro North pass to post bail at the Beacon train station. Two water bottles and pocket food recommended.

A19± 85± MI 8:30/9 AM Ye Merrie Leaves of Glen Cove

Leader: Jeff Vogel (718) 275-6978. From: Tramway Plaza - 59th St. & 2nd Ave. (8:30)/Queens Blvd. & Jewel Ave (9:00). This classic ride, reminiscent of those led by the esteemed Maxim Vickers in ages gone by, is guaranteed to be the most scenic ride you've done all year that started in New York City or double your money back. Our odyssey will take us to the far corners of Long Island's North Shore as we enjoy mile upon mile of peak autumn color. As was Maxim's custom, those who ride off the front do so at their own risk. Cooperative peleton skills stressed; social skills required. And finally, according to new club policy, all descents will be downhill!

B16 60 MI 8:00 AM Bedford Interactive via Connecticut

Leader: Wayne Wright (212) 989-4917. From: The Boathouse. Join me for this beautifully scenic ride, which includes several Metro North return options of varying user friendliness. Hilly, meandering route - hence the early start. Late lunch, so bring two water bottles, plenty of pocket food and a Metro North pass if you want the bail-out option.

B15 12 MI 8:00 AM B Plus Training Series

Leader: Mark Wolz (212) 586-7424. From: The Boathouse. How to ride with your friends/slalom course. Meet at 8:00 AM sharp until 9:30 AM with arrangements for riders to leave on a 9:00 or 9:30 club ride. Rain or shine.

B/C+13 55 MI 9:30 AM Sleepy Hollow and Teatown

Leaders: Marilyn & Ken Weissman (212) 222-5527. From: 242nd St./Van Cortlandt Park (last stop on 1/9 train). A tourist-paced, fall color expedition along the Hudson to Tarrytown, through the Rockefeller Preserve to an outdoor picnic lunch at Teatown Reservation. After lunch we'll cross the Croton Dam, ride NE along Croton and return on the North County Trailway (rail-trail) to Tarrytown. Bring Metro North pass. Leaderless 12+ mile option back to the 1/9. Moderately hilly. "C" participants should have triples. Canceled if weather unsuitable for an outdoor lunch.

B13 55 MI 9:00 AM Bike Path and Bridges

Leader: Michael Di Cerbo (212) 645-1120. From: The Boathouse. A scenic ride with 3 paved bike paths, the largest meandering back and forth over the Saddle River.

C13 40 MI 9:30 AM Tallman State Park - The Nice Way

Leader: Don Passantino (718) 446-9025. From: The Boathouse. Join the best ride of the year from the Boathouse to Tallman State Park for a picnic. Tasty Middle Eastern food is available at the Oasis and I'll bring a tablecloth and brownies. Bring pump, extra tube, water bottle and money for lunch. Helmets required.

Saturday, October 25**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.). Major emphasis on safety and skills.

A21 50 MI 8:30 AM Post Race Spin

Leader: Conrad Meyer (914) 835-3171. From: The Boathouse. Post-race ride to stretch the legs and keep warm. Route will be decided that morning, but everyone knows that all roads lead to Rome (err... the Runcible).

A19 65 MI 9:00 AM Rockland Exploration

Leader: Gary McGraime (212) 877-4257. From: The Boathouse. We'll travel in search of the most vibrant reds, the brightest yellows, and the lime-est of greens. After filling our sensory appetites, we shall pull into a comfortable diner to relax and then return home.

B16/17 55 MI 8:30 AM Pearl River

Leaders: Ray Thomas (212) 280-3416 & Gay Shaheen (212) 452-1784. From: The Boathouse. Quick ride to Pearl River, where we'll refuel with a pancake brunch, then back to the city by early afternoon. Quiet scenic roads with almost no hills, great for pushing the pace or for enjoying a relaxing ride - it's up to you.

C14 55 MI 9:00 AM I'm Back, Part Trois

Leader: Todd Brilliant (212) 274-9463. From: The Boathouse. I've never led a "C" ride out of the city before, so this will be a first for me as an NYCC ride leader. If you're sure you can do 55 moderately hilly miles, then I expect to see you out on this leisurely ride to the Pearl River Diner, which I happen to love (it's actually named the Kozy Kitchen). If the weather is questionable, I'll probably change the ride to someplace in Brooklyn. Take money for lunch, a spare tube and a water bottle. Helmets required.

C13 38 MI 8:30 AM Rock-tober Foliage

Leaders: Joanna Lee and Gene Vezzani (212) 875-1615. From: The information booth inside Grand Central Station. Enjoy the magnificent colors of fall from both sides of the Hudson River. Our destination: West Point Military Academy. Join us for a Metro North train ride to Garrison, where we begin cycling. Our focus today is on enjoying the scenery. The brilliant colors of fall will peak this weekend, don't miss it! You'll need money for your round-trip train ticket. We'll make a deli stop for lunch and then picnic on the grounds of West Point. A Metro North pass is a must.

Sunday, October 26**A21 55 MI 8:30 AM Fall Ride to Nyack**

Craig Seitel (212) 316-4130. From: The Boathouse. Breakfast in Nyack.

A18+/B15+/C12 60/45/30 MI 7:30 AM Au Recherche du Temps Perdu or Connecticut Shoreline Revisited

A Leaders: Steven Britt (212) 288-6324 & Ben Goldberg (212) 982-4681. B Leaders: Karin Fantus (212) 873-5559 & Gary McGraime (212) 877-4257. C Leader: George Kaplan (212) 989-0883. Load Master: Max Vickers (718) 728-7179.

From: Grand Central Terminal - Main Concourse East End.

This is a repeat of a great ride and social! Come to G.C.T., purchase an off-peak round-trip ticket to New Haven, buy a bag of breakfast at Zaro's, take the 8:07 bike train to New Haven. Park your bike in the bar car and join the rest of us in the adjoining car. Eat breakfast, chart and plan your ride. You will be given a map and cue sheet, you can make up your own group or join an A, B or C. Afternoon guided tour of the Yale campus led by Ben Goldberg. Return via 3:57 PM train from New Haven (arrive at G.C.T. before 6:00 PM). Eat pizza by Pepe's Pizza (money will be collected on the ride up). Eat, sleep or talk on ride home - the spectacular shoreline ride includes passing the Trolley Museum, Thumbolt Islands, Crafts Village and other scenic wonders, not to mention great views of the turning leaves. Bring money, a MetroNorth bike pass, a water bottle and dress appropriately, also bring a bungee cord or old tube to secure your bike. Helmets required.

B15 12 MI 8:00 AM B Plus Training Series

Leader: Mark Wolz (212) 586-7424. From: The Boathouse. How to take your friends through traffic/pacelines. Meet at 8:00am sharp until 9:30am with arrangements for riders to leave on a 9:00 or 9:30 club ride. Rain or shine.

Remember:
Leaders are not responsible for those who ride ahead of the group.

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.). On warm-up and wind-down, we will focus on European continuous pacelining.***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.***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.***The Boathouse***— by Bernie Brandell*

Where swarms of helmeted Lycra gather
 To catch-up on gossip & weather
 Where talkative or shy, Sports dedicated
 Keep zip code & status quite separated

Practice a New Skill for October:

Show up at the Boathouse 15 minutes early
 and be ready to leave on time

The Canadian Rockies, an Alpine Wonderland With Wide Open Spaces*— by Amy Schneider*

The mountains of the Canadian Rockies speak of outdoor adventure through lush spruce and pine forests, emerald lakes, spectacular mountain passes, wildlife sightings, and floral meadows. That is my reason for selecting the Canadian Rockies for a nine-day biking vacation with Timberline Tours.

Our tour group was small and affable, consisting of eight travelers and two guides. Vacation plans were to cycle through hundreds of miles of diverse terrain, covering an average of 50 to 70 hilly miles per day. There would be two layover days for hiking and sight-seeing, and optional rides along steep mountain roads. Our journey started at an altitude exceeding 4,000 feet in Banff, Alberta, Canada's highest town. Banff is a quaint ski village with colorful lodges surrounded by endless mountains in the backdrop.

The destination for the first two days of our trip was Radium Hot Springs in British Columbia. There were many viewpoints to photograph and strenuous climbs to complete along the way. We climbed a four-mile sharp hill at Vermilion Pass. Then the valley widened to accommodate the three serene Vermilion Lakes with views of Mt. Rundle majestically reflected in the water. The roads along our trip were framed with a continuous carpet of pine trees and vivid green meadows. The pine trees stood straight and tall, but were dwarfed by the huge mountains in the background.

On the way to Radium, there were many scenic stops, including Johnson and Marble Canyons. Both canyons clearly display the awesome power of erosion caused by water against rock. The canyons are continuously being reshaped by this force. We hiked to the canyons to see the sparkling aqua falls and walked on bridges built over the falls to feel the spray of water and to hear their roar. Upon our arrival at Radium Springs, we swam and relaxed in two outdoor pools fed by natural hot springs. The surroundings consisted of towering mountain scenes.

Lake Louise was our destination for the third and fourth days. Day three consisted of a 60-mile ride through rolling hills and a very steep incline toward the end of the trip. The mountains seemed to move into the distance, but their presence still overpowered the entire landscape. On the fourth day, we arrived at Lake Louise, located in Banff National Park after completing a very hilly 70-mile trek. The steep uphill included an optional eight-mile climb in each direction to Takakkaw Falls, a treasure of Yoho National Park. Using total 'grunt power,' I reached the summit. The route to the base of the falls was one of the most difficult roads to bike in the Canadian Rockies. I was the only foolhardy member of the group to complete this optional climb and without granny gears.

The name "Takakkaw" means "magnificent," very appropriate for one of the highest falls in North America. There is a path leading directly to the base of the falls. The power of its presence draws the viewer closer and closer. Very steep switchbacks began at the start of the road leading to Takakkaw Falls. The four switchbacks, totaling a 180° incline, were built to cross over a solid rock step blocking the valley road. The switchbacks are comparable to a dozen "Heart Break Hills," a road named by Long Island Bike Club for its steep grade and riding difficulty. *(continued on page 10)*



New York Cycle Club 1997 Member Questionnaire

Please take a few minutes to answer the following *easy* questions. The information that you provide is confidential and will be analyzed to help the NYCC determine what its members want.

Fill in the following questionnaire and return it by November 11, 1997, and you may be one of three lucky NYCC members selected at random to receive a **FREE 1998 NYCC MEMBERSHIP**

After completing the questionnaire, please:

(1) Fold along perforated lines with the address outside. (2) Affix postage and mail.

Please circle one answer per question

Membership/Rider Profile

1. [Male] [Female]
2. I have been a NYCC member for
[< 1 yr] [1-2 yrs] [3-5 yrs]
[6-10 yrs] [11+ yrs]
3. I consider my ride classification to be
[C] [B] [A - paceline skills]
4. On the average, how many NYCC rides per month do you ride?
[0] [1-2] [3-5] [6 +]
5. How many NYCC rides do you lead/co-lead a year?
[0] [1-4] [5-10] [11 +]

Rider Preferences

6. My preferred cruising speed over flat terrain (in mph) is:
[< 10] [10] [11] [12]
[13] [14] [15] [16]
[17] [18] [19] [20]
[21] [22 +]
7. How long is your preferred ride (in miles)?
[< 20] [21-35] [36-50] [51-65]
[66-80] [81-100] [100 +]
8. Are there enough rides in your speed category?
[yes] [no]
In your distance?
[yes] [no]
9. How often have you been on NYCC rides this year that:
Went faster than advertised?
[none] [1 out of 5] [2 out of 5]
[3 out of 5] [4 out of 5] [all]
- A. Got lost?
[none] [1 out of 5] [2 out of 5]
[3 out of 5] [4 out of 5] [all]
- B. Had disorderly riders?
[none] [1 out of 5] [2 out of 5]
[3 out of 5] [4 out of 5] [all]
10. I prefer to start rides at
[before 7:30 AM] [7:30 AM - 8:30 AM]
[8:30 AM - 9:30 AM] [after 9:30 AM]

11. I prefer to end rides
[by noon] [by 1 PM] [by 2 PM]
[by 3 PM] [by 4 PM] [by 5 PM]
[by 6 PM]
12. Which ride starting points do you prefer?
(CIRCLE ALL THAT APPLY)
[Central Park Boathouse]
[GW Bridge]
[Prospect Park]
[Statue of Civic Virtue]
[City Hall]
Other(s):

13. I would go on rides using Commuter trains
[never] [occasionally] [often]
14. If offered, I would go on NYCC weekend rides: (CIRCLE ALL THAT APPLY)
Using:
[bikes only] [public bus] [train]
[chartered bus] [members' cars]
- A. Weekend preference(s)
Spring [2 days] [3 days]
Summer [2 days] [3 days]
Fall [2 days] [3 days]
15. To improve my riding capability, I would take part in (CHECK ALL THAT APPLY)
____ Early season SIG (Special Interest Group) ride series, which increase skills and performance
____ Early season Get-Back-In-Shape ride series
____ Season-long progressive training series

- A. The ride level I would like to achieve is
[high A] [mid A] [low A]
[high B] [mid B] [low B]
[high C]

16. I plan to renew my membership next year
[yes] [no]
If not, why (BE CONCISE)

Monthly Meeting Preferences

17. How many times during the year do you attend the monthly meeting?
[0] [1-2] [2-5]
[6-9] [10-12]

18. I would attend more meetings if there were (CIRCLE TOP THREE)
[Better meals]
[Cheaper meals]
[Member Slide Shows/Videos of Tours]
[Racing Videos]
[Health/Fitness Talks]
[Social Events]
[Auctions]
[Technical Presentations]
[Tour Presentations]
[Equipment Presentations]
[Different Location] _____
[Different Time] _____
Other

Other Preferences

19. The NYCC should offer
[ride-leader training]
[repair seminars]
[cycling training]
[none] [all]
20. If the NYCC were to offer social events, which activities would you participate in?
[bowling] [hiking] [ice skating]
[cross-country skiing] [concerts]
[roller-blading]
[other] _____
- A. If activities you liked were offered, how often would you participate?
[never] [1-2x/yr] [3-4x/yr]
[5-6x/yr] [7x/yr +]
21. Membership dues
[are just right]
[should decrease/club economize]
[should increase/more services]
22. I would like the NYCC to (BE CONCISE)

Your name (optional)

Nothing But Thanks...

We had a great Escape from New York Century on September 13. **Steven Britt, Charles Katz, Judy Meyer and Mitch Yarvin** thank the following for the work they did to make our event a success:

Tim Andon
Jim Babbitt
Caryl Baron
Stevan Baron
Stephanie Bleacher
Rich Borow
Todd Brilliant
Terry Chin

Margaret Cipolla
Herb Dershowitz
Stuart Desser
Karl Dittebrandt
Jim Drazios
Joel Englander
Reyna Franco
Baby Franco-Katz

Dick Goldberg
Jim Greene
Damon Hart
Henry Joseph
Dona Kahn
George Kaplan
Abe Karron
Jane Kenyon

Suzanne Levin
Peter Matusewitch
Gary McGraime
Ellen Medins
Conrad Meyer
Peter Morales
C.J. Obregon
Douglas Riccardi

Bill Richards
Lynn Sarro
Amy Schneider
Karen Sherman
Fred Steinberg
David Thomas
Mike Toomey
Steve Ullman

Gene Vezzani
Jeff Vogel
Scott Wasserman
Jed Weaver
Linda Wintner

We apologize if we left anyone out.

Thanks to our sponsors:

Power Bar
Tom Cat Bakery
The Runcible Spoon
Sidewalk Cafe

Language Teacher

Toga Bike Shop
Dandy Printing
New York City Parks
Cohen SportsChiropractic

A special thank you to **Ed Fishkin** for brightening the day of 4 youths from the Recycle-A-Bicycle program.

We were also happy to welcome a number of riders in the **Leukemia Society's** training program.

Thank you all once again.

PLACE
STAMP
HERE

MEMBERS' SERVICES DEPARTMENT**NEW YORK CYCLE CLUB**

P.O. Box 1354

Midtown Station

New York, N.Y. 10018

(CUT OR TEAR HERE)

The New York Cycle Club welcomes 71 new members:

VALERIE ACERRA
HILLARY ADLER
MICHELE BARTNETT
GEOFFREY BERLINER
STACY BERMAR
MELINDA BLACK
SYLVIA BROWN
CELESTE BURTON
JACQUES BUTTLER
SIOHAN CHEYNE
MITCHELL COOPERSMITH
PAUL CORSON
MELYSSA DAVIS
NANCY DE BUCCIO

LEN DE LUCA
GERI DE LUCA
DIANA DIASPARRA
DORI EDEN
PAMELA FABI
TOVA FARKAS
ARTHUR FEDER
CHRIS FORBES
DOUGLAS FREIMUTH
ELIZABETH GERBER
DENA GREENBERG
JOHN GUARINO
LISA HALSDORF
STEPHANIE HARRIS

JULIET HEEG
LARRY HOBSON
MARJORIE ISERLANDER
ZELDA JOSEPHS
JOSEPH KEENAN
REBECCA KERSHRAR
BARBARA KNUSTEN
HENRIK KOLSTRUP
ELSEBETH KOLSTRUP
RONALD KREGER
BETH LEVINE
ELIZABETH LEVY
HELEN LUBARSKY
SHEILA MC GARRIGLE
KATHY MC NAMMARA

KEVIN MCNEILL
MARKO MILISAVLJEVIC
JAMES MILLER
JOHN MORROW
BARBARA PAXTON
COLIN POTTER
JOEL RABIN
KAREN RABINOWICZ
CHARLIE RYAN
SHIELA SALMAN
DIERDRE SHEEHAN
KENT SIMONS
JOSH SLIMMER
JANET SNOWDON
MILLISA SOBEL

DALE THORPE
LESLIE TIERSTEIN
JOHN TSANG
LEO VASQUEZ
RICHARD VOELKER
EILEEN WALTERS
SUSANNE WELCH
KEITH WELLS
MASON WILCOX
PETER WONG
CARI WROBEL
EDWARD YORDAN
SHARON YOUNG

BLOWOUTS by L. S. Pokes

Wow!!! The third annual Escape From New York Century, while not the biggest, certainly was the best ever. Someone took a peek at the comment cards at the finish and reported that 99% of the responses were favorable. There were approximately 350 riders on the three routes and it was a monumental job putting the event together. A special thank you to the Century Committee, **Charlie Katz** and **Reyna Franco** (yes), **Mitch Yarvin**, **Judy Meyer** and **Steve Britt**. And, yes of course, those were Judy's home-baked breads, cookies and brownies at the finish and some of the food stops, too.

Thanks should also go to the Century sponsors. Club member **Noel Comess** of Tom Cat Bakery supplied hundreds of loaves of great bread. In fact, many participants were seen leaving the finish with whole loaves. Thanks also go to the **Runcible Spoon**, the NYCC's home away from home, in Nyack, which provided all the fresh-baked gourmet muffins at Rockland Lake and Bear Mountain. And of course there was the **Sidewalk Cafe** in Piermont. They really outdid themselves this time. Several people said, "It was the best food ever provided at any century ride ever!" There was pasta salad, chicken wings, scrambled eggs, bagels and cream cheese, bean burritos, great drinks and more. It was worth the price of the ride just for the Sidewalk Cafe's food. How will we top this one next year?

Unfortunately, the All Class Ride the previous weekend didn't go as

well as the century. Maybe it was the conflict with the TA Century or maybe no one cares anymore, but it was a pretty sparse turnout at Oyster Bay for the last All Class Ride of the Year. In an improvement over previous All Class Rides, four out of five rides made it to the park reasonably close to the scheduled 12:30 picnic.

Actually all five made it, if you count 1:40 as "reasonably close" for the B 13/14 group. Better luck next year.

So why was there no report on the Club Getaway Weekend last August? Because even though **Linda Wintner** and **Jeff Vogel** (no) organized it, and the NYCC provided all the ride leaders (**Andy Levin**, **Fred Steinberg** and **Bill Vojtech**), most of the participants were from the Long Island Bicycle Club. Here's part of the report from **Bill Selsky**, President of the LIBC as printed in their newsletter Gold Coasting: "We all rode with the New York Cycle Club, who were attending the weekend also and had cue sheets. I joined the NYCC's As on a 55 miler that went to Litchfield for lunch, and then back to Getaway for more lunch. NYCC's away-weekend rides are similar to ours (ride, check cue sheets, get out of person's driveway, even if it seems to be on the cue sheet), but this is the first weekend I've done where we have had two lunches. It is a tradition I would like to continue with our club." Bill ended his review with, "I'll do it again next year." Maybe more of our members will join him.

Karl Dittebrandt truly is a man of many hats. Long-distance rider, track

racer and now race promoter. Karl put on the Labor Day races at the Kissena Velodrome. He said he had a great time and the races were a huge success. In fact, the biggest turnout was for the 6-year-old and younger category. Those will be our A riders in 2017!

So did everybody see that handout at the last Club meeting about the "Gimbel's Coaching and Winter Series?" Everyone knows who put it together. Just don't try to follow the map (the route goes off the page) or the cue sheet (7 or 8 turns are missing!) Supposedly we're going to learn "pelatome riding." I'm not sure what a "pelatome" is, but I'd like to try riding one. We'll also learn about "European pacelining" and "double pacelining." You mean Europeans don't ride double pacelines? Other topics include "How to take a fall" and "Dealing with hazards." We know the leader has been practicing one of those and creating the other. But best of all, we're going to practice "downhill descending." That's my favorite. I just hate the other kind - uphill descending. In fact, I propose a new club policy - that all descents be downhill from now on!

Nominations for Club Officers, a very important procedure - these are the people who will run the Club in 1998, took place at the last Club meeting. But if you began chewing your dinner when nominations started, you hadn't swallowed by the time nominations were closed. Elsewhere in the Bulletin is a list of candidates who will be nominated at the October

meeting, headed by **Steve Britt**'s nomination for President. Rumor has it that **Peter Matusewitch** and **Bill Vojtech** will also be nominated for various offices and that **George Kaplan** will also be nominated for President. This isn't Cuba, Kenya or Myanmar. Maybe we'll even have some contested positions this year. What a concept!

Supposedly there is a questionnaire elsewhere in this Bulletin. I haven't seen it yet. But I know the answers. "It's the rides - more rides!"

Those of you who read **Geoff Drake's** "Critical Morass" column in the October Bicycling magazine, may have noticed the positive paragraph on the "Cyclists/Drivers: Together" buttons. Yes, those are the same ones created by **Richard Rosenthal** in memory of **Steve Schuetze**.

The Judicial Committee of the NYCC met last month to discuss the tickets and fines that will be issued to discourteous and dangerous cyclists. **Stephanie Blecher** was appointed Chief Justice, since it was all her idea. In addition to the offenses listed last month, several new ones were added. "Passing on the right" and "Creating a triple paceline" will probably raise a significant amount of money for the club. Some infractions, while occurring less frequently, are just as offensive: "Continuously dropping your chain" - **Ira Mitchneck**, \$20; "Getting lost while leading a ride" - normally \$25 but doubled to \$50 for **Abe Karron** for getting lost on his way to Nyack; and "Wearing shoes held together with duct tape" - **Jeff Vogel**, \$15.

Downhill descending!?

The Escape From New York Century and the Catskills Weekends are over... It must be

Holiday Party Time

Reserve now for the holiday party Monday, December 1 from 6 PM-9 PM.

Dine in elegant Victorian splendor at **St. Maggie's Cafe**, one of lower Manhattan's hidden jewels. The restaurant is at **120 Wall Street** near South Street and close to the #2 and #3 trains.

A **buffet dinner** includes hors d'oeuvres; salad and bread; choice of shrimp, chicken, beef and vegetarian pasta; vegetables and potatoes; cake and coffee. A **cash bar** will be available.

The dinner costs **\$30 before November 25** and \$35 at the door.

We encourage you to pay in advance because **space is limited**. Pay with check or cash at the October and November club meetings or by sending a check to **Anne Grossman**, 205 W. 15th St. #1P, NY, NY 10011.

Please contact Anne at 924-1549 if you have any questions.

P.S. - Are there any musicians out there interested in impressing your fellow club members by playing at the holiday party? If so, please call Anne.

Rockies, *continued from page 6*

Continuing toward Lake Louise, we passed an overlook to view the Spiral Tunnels. The Spiral Tunnels, another attraction of Yoho National Park and a great engineering achievement, is a train tunnel system built directly into the mountains. Its name describes the shape of the rail path. Along Route 1A Highway, we reached the Great Divide or "Continental Watershed," the point where all waters flow either east to the Atlantic Ocean or west to the Pacific Ocean.

At Lake Louise, my favorite place, I was captivated by the view of the peacock blue lake surrounded by pink and green snow-covered mountains. Lake Louise, the most admired lake in Banff National Park, enchants the viewer with its beauty. The alpine glaciers slowly sculpt away at the mountains. The mineral deposits, the limestone on the floor of the lake, produce vibrant emerald-colored waters.

*There is an aura about
Lake Louise...
It places the viewer in a trance,
Forgetting all of your worries.*

*One can sit by the edge of the
lake for hours...
Even days...
And never move your eyes away
from its presence.*

Day five was a relaxation day for hiking and sight-seeing. Our group participated in an instructional walk at the stately Chateau Lake Louise Hotel to view the glorious mountain lake with the snow-capped Mt. Victoria in the distance.

During the walk, a park interpreter provided detailed information on this area's history.

On the way to the Columbia Icefields and the Sunwapta Falls, Days six and seven of the trip, our group cycled along the scenic Icefields Parkway. The name is representative of the landscape en route, over 100 glaciers to view from the road. The ride included an ascent to Bow Summit, the highest point on the Icefields Parkway, at an elevation of 7,000 feet. This was followed by a downhill reward to Mistaya Valley and an uphill hike to the turquoise-colored, picturesque Peyto Lake.

The Columbia Icefields, located along the Icefields Parkway, is one of the Canada's largest glacial masses, covering over 125 square miles and exceeding depths of one-thousand feet. The group took a ride aboard a snocoach to walk onto the 400-year-old surface of the Athabasca Glacier, one of three glaciers that form this icefield. Even on a summer day, I felt cold walking along the glacier and my feet were wet from the melted snow. I quickly photographed the glacier landscape and then entered the bus for some warmth.

Throughout my entire vacation, I dressed in layers to adapt to the changing temperatures throughout the day. It was usually chilly and damp in the morning, and warm and sunny in the afternoon.

On route to Jasper, our destination for Day eight, viewpoints included the Athabasca Falls along the Icefields Parkway and Mt. Edith Cavell. There were also sightings of Bighorn sheep and elk grazing on the roadside. Fortunately, I did not

encounter any grizzly bears! An optional excursion led to Mt. Edith Cavell access road, a nine-mile continuous climb to the summit. At the top, a trail wrapped along the Cavell Lake near the mountain. The descent down the access path was so steep that at times my cycling speed exceeded 30-miles per hour, without even pedaling.

On our last day, Day nine, I woke up early for an aerobic workout up the Whistler Mountain Road to the lower Jasper Tramway terminal. Using the Tram, visitors rode to the peak of Whistler's Mountain, at an elevation of 8,000 feet. At this height, one can view six mountain ranges, including Mt. Robson, the tallest peak in the Rockies. Due to time constraints and my fear of extreme heights, I elected not to participate in this adventure.

Instead, as part of my own short 12-mile bike adventure, I climbed the steep, three-mile hill leading to the Tramway. My original plan was to photograph the dazzling mountainscapes full of alpine flowers and greenery, except my camera decided to break at that moment. In spite of the inconvenience, the reward was a 30-mile per-hour descent down the mountain to the coffee shop. Following our final group meal at the luxurious Jasper Park Lodge, we took a shuttle back to Banff and then to Calgary.

Cycling through the clean, unspoiled outdoors along roads lined with natural beauty is a wonderful way to explore Canada's high country. One can find both adventure and solitude here. For a special kind of "peak" experience, try the Canadian Rockies!

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:

1995 CAMPAGNOLO VENTO Aero Wheels, with Chorus hubs (rear 8 speed), 20 spokes in excellent condition. \$200. **CALL DAVID** at (212)229-9804.

FUJI TIARA, 49 cm, 19", blue - about two years old, used for 1 year. Excellent condition, asking \$150. **CALL JANET** at (718)261-9176

Reminder:

Material for the
November Bulletin is due by
OCTOBER 17.

Note:

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

(Please note: the Bulletin Editor can
not help with late deliveries, address
changes, or membership questions.)

**My Guardian Angel Has
10 Speeds**

— by Daniel Miller

Last week I got a flat. I was quite surprised since carrying two extra tubes usually prevents this from occurring. In any case, I took off my wheel and began the tire-changing process. I don't have the opportunity to fix flats that often and I guess it showed, for it was only a matter of seconds before I began receiving various advice from several well-meaning comrades. I was

unsure how to continue without offending all but one of the advising parties when suddenly, from out of nowhere, HE appeared.

Being by nature a slightly lazy person, I did not mind when some guy started helping. As a matter of fact, he took over the entire operation in a matter of seconds. No more diplomatic quandaries for me. Even that "oh no, I'm the one holding everyone up" tension faded away like a C rider in a B group moving like an A group. Not only did he fix the tire, he made sure we knew how well he did it by narrating his

methodology, checking for pinches about three times so we knew it/he was perfect, and spinning the wheel to make sure it was still true. Fortunately it was because I am sure he would have pulled out a spoke wrench on the spot.

Once we had recommenced, I looked around for him but could not find him. I almost fell off my bike when I found out that he was not even with our group. He had left my life as mysteriously as he had entered it. All I have to remember him by is the fingerprints on my tire (he did not need tire irons).

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. After 9/1, dues are \$11.50 ind./13.50 couple. 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.

WHO KNEW? NEW YORK CITY HAS A

Master Plan!

John Benfatti,

Bicycle Program Director, NYC Dept. of Transportation

will tell us about the city's Masterplan, its planned implementation and how it affects us.

He will have maps available and will take our **complaints** and suggestions.

COME TO P.G. KINGS ON TUESDAY, OCTOBER 14.

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.

10018/0728

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

10018/0728

DATED MATERIAL!

FIRST CLASS MAIL

