

September  
1997

# **NYCC** *Bulletin*

INSIDE:

**Why it  
pays to be  
an NYCC  
member.**

## Dear New York Cycle Club Members,

Our small village would be lost without its quaint and interesting downtown, and our tax base would be weak if visitors were not attracted here to patronize our shops and restaurants. You who travel by bicycle are especially welcome, because our automobile parking spaces are limited. And also, as a community that is particularly sensitive to environmental issues, we applaud the ecological friendly bicycle. So, what's the problem?

Basically, it falls under what I've termed "THE LAW OF UNINTENDED CONSEQUENCES." Nyack values you. You like to come here. But so many bicyclists ride here on weekends that the locals find their sidewalks blocked and their streets perilous. The danger is mostly to the bicyclists, and we've had some tragic accidents involving bicyclists. There are quality-of-life issues, but the compelling issue is safety.

Andy Stewart of the Village's Environmental Committee invited officers of the NYCC to meet with me in Nyack, and I, in turn, asked Trustees Shields and Blaker-Weber to join us as well as Chief Alan Colsey of the Grand View/South Nyack Police Department and Community Police Officer John Lavelle of the Orangetown Police. The NYCC was superbly represented by its President, Gene Vezzani, the Vice-President of Programs, Dona Kahn and the Secretary, C.J. Obregon. It was a most pleasant and productive meeting.

Here are some ideas we discussed:

1. The local police will strictly enforce the law that two abreast is the maximum cyclists can ride and that they must observe all traffic signals and stop signs and yield to pedestrians in designated crosswalks. Warnings will be given initially and tickets given if the problems persist.
2. The Village of Nyack will provide as many bicycle racks as possible so that no one has to prop a bicycle against a tree or a car or a doorway.
3. It was agreed that all visitors to Nyack are our guests and have a right to expect to be treated as such. And expected to behave as such. We have some rude citizens, and there are some rude cyclists in a world that is becoming increasingly uncivil. If a passing cyclist says, "Good morning. Nice village you have here," he or she will probably get a warm response. If the cyclist stops at a crosswalk, respecting citizens, he or she will probably feel that respect returned.
4. We will try to re-route bicyclists in South Nyack and Nyack to Piermont Avenue (our River Road) instead of the heavily trafficked South Broadway. That will give cyclists an opportunity to go past our waterfront Memorial Park and enjoy some lovely views of the Hudson. Also, we often see cyclists resting stretched out on a sidewalk, which becomes an obstacle for pedestrians. The park has shaded lawns that are more appropriate for resting and has a water fountain and portable toilets.
5. A small thing, but early Sunday mornings as cyclists move through our downtown, they observe the stores still closed and the streets relatively empty. An assumption is



made that the town is empty. As someone who lives above one of those stores, I have overheard shouted conversations between that are often interesting and provocative. And personal. I don't mind if you don't, but maybe you do.

A follow-up meeting is scheduled for next month and we will all work together, in good faith and good humor to resolve the problems. The Village appreciates the cooperation of the New York Cycle Club, and I plan to come to one of your meetings very soon to answer questions and hear suggestions.

With every good wish for safe cycling –

Terry Hekker,  
Mayor - Village of Nyack

**Please, help your club... Lead a ride!**

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(212) 982-4681

#### B-RIDES:

▶ CALL GARY MCGRAIME  
(212) 877-4257

#### C-RIDES:

▶ CALL MARK SCHWARTZ  
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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.*

## Monday, September 1

### A21 70 MI 8:30 AM The Last Vogel Birthday Ride of '97

Leader: Ben Goldberg (212) 982-4681. From: The Boathouse. Join me as we finally say goodbye to Jeff Vogel's 37th birthday celebration and look forward to next year, when he turns...37. The ride? Oh yeah, I'll think of something.

### C12 20 MI 9:30 AM Hell Gate and the 3 Islands

Leader: Terry Chin (718) 680-5227. From: 59th St. & 2nd Ave. (Roosevelt Island Tram). Scenic tour of Roosevelt, Wards and Randalls Islands with some great views from the Queensboro and Triborough Bridges. Helmets required. Co - lead with 5BBC.

## Saturday, September 6

### A22 75 MI 9:00 AM The Hills of Westchester

Leader: John Blackmar (212) 522-2792. From: The Boathouse. First through Valhalla, up through Westlake, over Bear Ridge and, yes, Whippoorwill. You'll see hills you never knew existed! Lunch in Armonk then back down Rt. 22.

### A20 70+ MI 8:30 AM Virgo Vigoroso

Leader: Jill Tucker (212) 431-3029. From: The Boathouse. All zodiac signs invited for a birthday ride somewhere in Connecticut. Bad weather/horoscope cancels.

### B16 75+ MI 9:00 AM North of New City

Leader: C.J. Obregon (212) 876-6614. From: The Boathouse. Up Gate Hill Rd. and onto Perkins Dr. Return by MetroNorth. Bring your MetroNorth Pass.

## WARNING

At 2PM on Saturday, August 16 a lone cyclist was mugged at gunpoint on the George Washington Bridge. His bike was stolen, and he suffered minor injuries. The cyclist described his attackers as "two Hispanic young men."

Be extra cautious when crossing the bridge, especially when traveling alone and please report any suspicious activities to the police.

### C14 45 MI 9:00 AM The Park Ridge Local

Leader: John W. Fullwood (212) 927-3278. From: The Boathouse. This is a classic "C" route to Park Ridge as taught to me by the master Irv Weisman. We will take the scenic route through Bergen County, NJ., and have a picnic-style lunch on the grass in the park adjacent to the Park Ridge NJ Transit train station. The route out is mostly flat with no major climbs. The return includes one major climb, the hill on Palisades just beyond Route 9W. However, we will take this hill a little at a time criss-crossing Palisades Ave., using only lightly traveled back roads. Irv Weisman: I am sure that all of the NYCC joins me in hoping that you GET WELL soon, and that we will see you on the road in the not-too-distant future. Helmets required.

## Sunday, September 7

### OYSTER BAY ALL-CLASS RIDE

Join us for the last all-class-ride of 1997. Meet at Roosevelt Memorial Park in Oyster Bay at approximately 12:30 for a group picnic. Enter the park by crossing the railroad tracks near the gazebo on Main St. Our picnic area will be on the right, past the restrooms, near the pavillion.

### A21+ 75± MI 9:15 AM/9:30 AM Free Beer

Leader: Jeff Vogel (718) 275-6978. From: Tramway Plaza (59th St. & 2nd Ave.) at 9:15 and Queens Blvd & Jewel Ave. at 9:45. We're going 44 miles nonstop to Oyster Bay for the group picnic at 12:30. Best of all, the leader guarantees scenic, shady roads, some of which have never been used on an NYCC ride. Anyone who knows the way when we go straight at the "Dead End" sign wins a free beer (or beverage of choice, other than Gatorade). Joint return to Queens with the A19 group at their pace.

### A19 70 ±MI 8:45 AM/9:15 AM

Leader: Margaret Cipolla (718) 275-6978. From: Tramway Plaza (59th St. & 2nd Ave.) at 8:45 and Queens Blvd & Jewel Ave. at 9:15. Join us for lots of scenic, shady roads on the way to Oyster Bay. The leader will join the group at the Queens start.

### B16/17 60 MI 9:00 AM

Leaders: Henry Joseph (212) 989-8176 & Carolyn Booher (718) 636-0315. From: The Boathouse. Come join us for some nice quiet North Shore roads.

### B13/14 50 MI 9:00 AM

Leader: Dona Kahn (212) 399-9009. From: The Boathouse. Come out and enjoy some nice L.I. scenery on the last all-class ride of the year.

### C14 60 MI 9:15 AM

Leader: Bernie Brandell (718) 633-1759. From: The Statue of Civic Virtue (E/F train to Union Turnpike & Queens Blvd.). We'll enjoy the roads of L.I.'s North Shore on our way to the all-class picnic.

## Saturday, September 13

### NYCC'S THIRD ANNUAL "ESCAPE FROM NEW YORK" CENTURY A/B/C 100/65/50 MI 7-9 AM

Choose a half-century to Piermont, a metric century to Rockland Lake or a century to Bear Mountain. Enjoy some of the area's most scenic roads. The destination rest stop will be stocked with plenty of food and water to fuel you up for your return home. And when it's over, it's time to top up the tanks again. Join in for a day of fun. Registration is \$25 on the day of the event. Cue sheets provided. For more information, please call (718) 896-6862.

## Sunday, September 14

### A20/21 80 MI 8:30AM TERRIBLE TINKER

Leader: Drew Olewnick (212) 633-8333 or (718) 398-7252. From: The Boathouse. You won't find Tinker Hill on any maps. Some people claim it

doesn't even exist. Actually, you will find it on most maps, and it does indeed exist. But few have seen the top of the hill from the seat of their bicycles. We will do battle with this beast as well as the swimmingly beautiful Bryant Pond Road and the menacing Dennytown Road. Bailout at the Cold Spring train station. MetroNorth pass required as well as two water bottles and pocket food.

**A19 75+ MI 8:30 AM South Mountain Road**

Leader: Abe Karron (718) 728-6110. From: The Boathouse. Hills, and then some.

**B15 55 MI 9:00 AM Park Ridge**

Leader: Bernie Brandell (718) 633-1759. From: The Boathouse. Under the tree-lined canopies, we'll spin with self-created breeze. Nice scenic and enjoyable ride.

**C12 30MI 9 / 10 AM 15th Annual Queens County Fair**

Leader: Don Passantino (718) 446-9025. From: The Boathouse (9:00)/ Statue of Civic Virtue (10:00). I think half of the club members moved here from small towns. Celebrate your rural past with an old-fashioned County Fair with competitions in livestock, early American craft demonstrations, pie-eating and corn-husking contests, and hayrides. I anticipate lots of fun, so be prepared to spend several hours. Bring \$4.00 for admission and a lock.

## September 19-21

**A/B/C Catskills Weekend**

Coordinator: Jeff Vogel (718) 275-6978. Even if you didn't make the June deadline, there may be some rooms left or there may be some cancellations. \$159 per person includes Friday- and Saturday-night accommodations at the Raleigh Hotel, six meals and use of all the hotel facilities. Call if interested.

## Saturday, September 20

**A20 65 MI 9:00 AM The Great Kicker Ride**

Leader: Maynard Switzer (212) 265-6330. From: The Boathouse. For those of you who don't know what a kicker is, you'll have to wait for the ride to find out. Beautiful roads and scenery.

**A19 48 MI 9:45 AM Greet the Fall (and my 300th Mile for the Year) in Lovely N.J.**

Leader: Richard Rosenthal (212) 371-4700. From: The Boathouse. River Road, Piermont, lunch in the Gazebo overlooking the Hudson behind St. John's Church on River Road II (between Piermont and Nyack). Note the starting time.

**B16/17 60 MI 9:00 AM Mystery Ride**

Leader: Moira McFadden (212) 721-5003. From: The Boathouse. We'll explore and discover areas of New Jersey you've never seen before. Be prepared for an adventure.

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

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

## Sunday, September 21

**A21 75 MI 8:30 AM New City & Saddle River Rd**

Leader: David Thomas (212) 675-6191. From: The Boathouse. Long straight roads should make for fast paces. Breakfast at Goodtimes Diner.

**A19 65± MI 9:00 AM Pick-Up Ride**

Leaders: We'll see. From: The Boathouse. The A Rides Coordinator struck out on this one, so A riders should show up at 9AM at the Boathouse for the traditional pick-up ride to Nyack – or wherever the group decides.

**B18 75 MI 8:30 AM Nyack**

Leader: Abe Karron (718) 728-6110. From: The Boathouse. Rolling hills to Clausland Mtn. and then to Nyack for a pit stop and a brisk jaunt back.

**B13/15 55+ MI 8:30 AM Sick 'N Tired of New Jersey #3**

Leaders: Marilyn & Ken Weissman (212) 222-5527. From: Info Booth at GCT until 8:30am, then aboard 8:48 Bike Train to Golden's Bridge. A few hills and about a mile of hard-pack to the Titicus Reservoir, then north to the Putnam County border. After another mile of hard-pack and a nice glide, we'll lunch in a trendy supermarket/flower/coffee shop in Ridgefield, CT., followed by a predominantly (note that word) downhill run back and forth across the N.Y./CT. border to Scott's Corner, New Canaan and Darien for a MetroNorth return. Bring MetroNorth Pass.

**C14 50 MI 8:20 AM Go West(chester) and Build Character**

Leader: Henry Joseph (212) 989-8176. From: Grand Central Terminal. Theodore Roosevelt said the West was "a land of vast silent spaces... scattered ranches... and of reckless riders." He also said, "We knew of toil and hardship and hunger and thirst." This ride isn't for the faint of heart nor weak of spirit. We'll meet in Grand Central at 8:20am and buy our tickets for the 8:58am train to Tarrytown. Bring a MetroNorth Pass, two water bottles, and a banana. T.R. also said, "We felt the beat of hardy life in our veins and ours was glory..." Helmets required.

## Saturday, September 27

**A20 64 MI 9:00 AM Birthday Ride**

Leaders: Herb Dershowitz (212) 929-0787 & Christy Guzzetta (212) 595-3674. From: The Boathouse. All A riders with B-days in September are special guests on this ride. Shore Road 36 miles to the Thornwood Diner. Grassy Sprain home and birthday guests get to suck wheel throughout the ride.

**A18 70 MI 8:30 AM Rockland Ramble**

Leader: Damon Hart (212) 753-0204. From: The Boathouse. DeForest Lake loop is the goal, conditions permitting. Some hills. Temp below 25°, precipitation, or slick roads cancel. (Ed's note: This is a repeat listing from February bulletin. Can you tell?)

**B16 80 MI 8:00 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.

**B16 60+ MI 7:45 AM Westport, CT**

Leader: Laura Matlow (212) 663-8312. From: Meet 7:45am at GCT info booth to take the 8:07am MetroNorth train to Westport. We'll see spectacular scenery, including the shore, the reservoir, a small mountain and possibly Dad's back porch. Bring MetroNorth Pass.

**1998 Board nominations open at the Sept. 9 meeting.**

**See page 12 for new location.**

## Sunday, September 28

**A21 75 MI 8:30 AM**

### Kick-Ass, Hammer From the Start, Freakin' Killer Ride

Leaders: Steven Britt (212) 288-6324 & Ben Goldberg (212) 982-4681. From: The Boathouse. Okay, so we exaggerated, it's really a lazy recovery ride over completely flat terrain. Oops, that's not true either. Figure on something in between.

**A19 60+ MI 8:00 AM**

### Velo des Artistes

Leaders: Anne Grossman (212) 924-1549, Karl Dittebrandt (212) 477-1690, & Mike Howard (718) 488-8740. From: The Boathouse. Avoiding the Grand Concourse, we will make our way to the scenic village of Bedford for lunch on the common. Bring pocket food and a MetroNorth pass. We will take the train home. Sketchbooks and pencils optional.

**B18-A21 65MI 7:45 AM**

### Gimbel's

Coordinator: Al Boland (212) 665-3484. From: The Boathouse. First of the 1997-98 training series. I will be getting guest riders for coaching sessions. We will be following the Gimbel's route. Very important special introductory orientation.

**B15/16 50+ MI 9:30 AM**

### Post B-Plus Series Ride

Leader: Gary McGraime (212) 877-4257 From: The Boathouse. Cyclists from the 8:00AM B Plus Series can join the 9:30 ride for a ride up toward Nyack and an early return to the city, leaving time for a mid-afternoon flick.

**B15 14 MI 8:00 AM**

### B-Plus Series

Leaders: Mark Wolz (212) 586-7424 & Gary McGraime (212) 877-4257 et al. From: The Boathouse. Now that a season of B rides has gotten your legs going, join us for a 5-week series of skills building and preparatory paceline riding (see series description under Out of Bounds). For more miles today, you can continue with the B ride scheduled for 9:30am.

## 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 pacelines, attacks, sprints, bridging gaps, avoiding potholes at speed, etc., except we'll slow occasionally to let everyone regroup and discuss. Bring helmet, MetroNorth 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) 274-9463. 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 ifs, 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 two 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 at Piermont and then on to the Observatory. Return on your own via 9W and 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.

## Previews

### 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 uphill. We'll stop for a hardy lunch in Tenaflly. Co-led with 5BBC. Helmets required.

## Sunday, October 26

**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 3:57pm train from New Haven (arrive at G.C.T. before 6:00pm). 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, Thumbolse 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 take a bungie cord or old tube to secure your bike. Helmets required.

*How about leading a ride sometime?*

## Out of Bounds

Wednesday, September 24

### Walking Tour of Madison Square / Flatiron Area

*Leader: Anne Grossman (212)924-1549. Leaves at 6PM.* Take a break from your bike and join me on a walking tour of one of my favorite areas. Learn about Oscar Wilde's favorite hotel, which building was patterned after the Campanile in Venice's Piazza San Marco, how the term "23 skidoo" originated and see the original Tin Pan Alley. For those who are interested, there will be a dinner afterward in the Flatiron district.

Saturday, September 27

### Adams Apple Century Ride

Sponsored by the Gettysburg-Adams County Chamber of Commerce. A century in scenic southcentral Pennsylvania with pleasant, lightly traveled back country roads. Begins and ends at Gettysburg Senior High School in Gettysburg. For full information see Web site <http://www2.visitgettysburg.com/gtimes/chamber.htm> or write to Box 399, Gettysburg College, Gettysburg, PA 17325. TEL. (717) 337-6586. FAX. (717) 337-6906.

Sunday Mornings, Sept. 28 – Oct. 26

### B Plus Series

*Coordinator: Mark Wolz (212)586-7424.* Learn to walk on furniture without breaking your foot, climb hills without grimacing, know which potholes to go over and which to go around, maneuver 15 riders through traffic without upsetting a motorist, take turns going into a headwind 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, Gary McGraime and other ride leaders Sunday mornings at 8:00 for five 90-minute sessions building skills and learning to ride in a B paceline.

Sunday, October 5

### Pumpkin Patch Pedal Century & Pasta Pig Out

*Originating in Thompspon Park, Jamesburg, New Jersey.* Last year had more than 1,000 riders, and we expect almost double this year. The ride is heavily supported, and (we think) one of the friendliest around. The \$20 registration fee includes a catered breakfast, pies (and much more) at the rest stops, etc. Anyone who pre-registers by September 5 will receive our designer long-sleeve T-shirt, and the first 500 registrants will receive a 28 oz. Specialized Pumpkin Patch Pedal water bottle. For an additional \$7.50, the first 500 prepaid riders will receive a catered pasta all-you-can-eat lunch at the end of the ride. This year, we will again have the Staten Island Dixieland Band, and new this year will be a masseuse and technical bike repair sags. The rides are 25, 50, 62 and 100 miles. I have ridden the event, and there are very few hills with beautiful scenery of Princeton, Crosswalks, New Egypt, and much more.

If you have any comments or questions, call the SIBA hotline at (718) 815-9290. More information can be found on the SIBA web page at [www.bike.princeton.edu/siba](http://www.bike.princeton.edu/siba).

## Ride Leader Training Seminar

September 9 6:00 PM to 7:00 PM (at monthly meeting)

Have you been thinking about leading a ride? An easy way of getting started may be to co-lead a ride with a friend or ride leader.

Co-leading and other ride leader topics will be discussed at the meeting (listed above). A complimentary booklet including tips and cue sheets will be given to attendees.

See you there!

## Why It Pays to Be an NYCC Member

– by Joseph J. Carella

A couple of months ago I was loading up my car in front of my Brooklyn home for a weekend trip to East Hampton. Two hours later, while driving through Sag Harbor with my bike on the rear rack, it suddenly occurred to me that something important was missing. I realized that I had driven off without my front wheel, which I had leaned against the side of the car in Brooklyn. In other words, kiss that baby good-bye!

So in a panic and now without my front wheel and 100 miles from home in Southampton, I bought a Mavic for the tidy sum of \$120.

*Fast forward...*

A couple of weeks ago, I'm on a Sunday B ride, and I'm relating this

story to a club member named Mary Beth. At the same time, I notice that another cyclist on the ride has two different wheels on his Cannondale. Remarkably, the front wheel looks just like my rear Sun Mistral, complete with Michelin tire.

I say, "Could it be?" Nah. No way. But maybe?

So at a rest stop, I simply ask the guy why he has two different wheels. He says he found it in the street near his home in Brooklyn. Talk about an awkward situation. Long story-short: The mensch, Ron Grossberg, offers to give it to me at the end of the day when we're back in Brooklyn (he lives four blocks away). I meet him at his apartment and give him a bottle of port.

Who knew?

*The NYCC Century Committee is still looking for*

## Volunteers!

September 13, 1997 –

The third annual NYCC Escape From New York Century will take place starting in the wee hours.

For the past two years, volunteers have helped make the event the success that it was. Tasks include marshaling, manning rest stops, check-in and, yes, even clean-up!

Please call

**REYNA FRANCO**

if you are interested in helping.

(212) 529-6717

## A NOTICE

– from Dona Kahn

The location of our monthly meetings continues to be a problem.

Sambuca is no longer an option. Only Mondays are available, and the noise of other customers in the restaurant, the quantity and variety of food and the slowness of the service all were contributing factors in our decision to move elsewhere. Several of you suggested other locations, and I have scouted out over a dozen (and have eaten many a mediocre meal in the process) and have not found a perfect place. Geo Kaplan suggested P.G. Kings on 33rd Street and we have decided to go with it until we find a more suitable replacement.

You will have a choice of sole, caesar salad with chicken, or pasta with vegetables, sausage or chicken. You will make your choice when paying at the door.

I beg you too keep your eyes open for other places for me to test. Call me if you have any ideas - (212)399-9009.

## A Message to the Troops – from the NYCC President, Gene Vezzani

### NYCC OPPORTUNITIES

**OPPORTUNITY #1** - The Journey Equation. It seems that some folks keep their focus on very specific criteria for cycling: sweat, pain, and getting there and back as quickly as possible. Club riding, however, has so much more to offer.

How often do we appreciate the magnificent rural countryside through which we cycle en route to

our destination? When was the last time you remember seeing something other than the pavement? Do we take advantage of the social opportunities that present themselves every time we ride? When

twenty people riding with us, or do we develop tunnel vision by only staring at the wheel in front of us?

Cycling is a great sport at every level! Consider making an effort to speak with at least one new person

*...it's not about getting there,  
it's about the journey and the people  
that you meet along the way.*

was the last time that you introduced yourself to an unfamiliar rider? During our weekly rides do we learn the names of a few of the

on your next outing. After all, it is not about getting there, it's about the journey and the people that you meet along the way.

**OPPORTUNITY #2** - Club Officers. Nominations for the 1998 New York Cycle Club officers shall take place on Tuesday, September 9th at the club meeting. Please plan to attend. We've got an interesting program lined up for you, and you have an excellent opportunity to take an active part in managing the future development of your club.

Consider running for a board position. Give me a call if you are interesting in learning more about the rewards and responsibilities of becoming a club officer.

*Please be sure to read the special notice on page 3 regarding safety on the George Washington Bridge.*

## Death Ride Be Proud – by Drew Olewnick

**I could bear no more.** The afternoon heat was unrelenting, the thin air had me gasping for breath. The wheels of my bicycle seemed to stick to the ground. And they could, the road having been paved only minutes ago! Forced to peel a layer of tarred asphalt from my tires, I abandoned my attempt to climb Carson Pass, the fifth and final mountain pass on the Death Ride. I turned the bike around and called it a day.

Fortunately, this was only my training ride on the day before the 1997 Markleeville Death Ride. Held annually in the small mountain town of Markleeville, CA., just south of Lake Tahoe, the Death Ride lives up to its name. At 140 miles, with five major climbs and a total elevation gain of more than 15,000 feet, the Death Ride's profile might make a Euro pro blanch. But that didn't stop over 2,500 riders from swarming over this little town, all eager to pedal up the "California Alps." Riders could choose from one to five climbs; I signed on for the full course.

The setting could not have been more perfect for a midsummer's alpine pass ride. Markleeville is tucked in the mountain valley, already at 5,500 feet, surrounded by snow-capped peaks of over 10,000 feet. Fast-running streams cut across sparse, gentle green grasslands rimmed by evergreens. The weather is unvarying: dry heat and blue skies every day. Once adapted to the thin air, one could spend hours lazily scaling the modest grade climbs, rising past the tree line and devouring the unfolding valley view.

By dawn of race day, the roads were packed with cyclists. Since the Death Ride is not sanctioned or brimming with points, it's technically not a race. But more than few of the participants had lofty goals. The authorities wisely closed the first major climb, Monitor Pass, to vehicles. I warmed quickly in the early morning chill, putting space between me and the climbing

masses. At the top of Monitor, with a clear road ahead, I leaped into the dizzying descent. As soon as I encountered a cattle guard (imagine railroad ties crossed with a sewer) and locked up the rear brakes, I eased off the pedals a bit.

At the bottom of the descent was the first checkpoint. Riders grabbed fluids and turned right around to ascend the backside of Monitor. Near the peak, I was passed by a rider pushing a very unclimbing-like 39 x 21 gear. Jeff stayed with me most of the day, riding surprisingly stronger on the hills than the flats.

It was somewhere along Monitor that the Death Ride almost experienced its first ever death. A rider struck a cow that had wandered onto the road. Both bicyclist and bovine escaped serious injury. When two fellow cyclists stopped to check on the fallen rider, a bull charged into the pair, breaking one rider's ribs and sending him home with an incredible cycling story.

Leaving Monitor, the ride took in a 30-mile stretch of mostly flat roads. Crossing into Nevada, we left behind the shade of the evergreens for the heat of the High Sierra sun. At the next food and water stop, a swift rider, Michael, suggested we work together. While I wrestled with a lump of dough that the natives called a bagel, Michael took off with a tandem that was roaring through. He would finish fourth overall.

Alone on the third climb, Daggett Pass, I peered across the valley, watching as the road doubled back along the staircase-like climb. High atop the mountain, casinos glittered like cheap jewelry. Within minutes of the top, the first leaders began coming back. At the checkpoint, between wedges of cantaloupe and fig bars, I was told there were about 12-15 riders ahead of me. Descending Daggett, I hit 50 mph and passed four motor vehicles. At the bottom of the mountain, roadside observers shouted "10" as I passed. Two climbs remained.

Jeff joined me on the flats and we pulled together in the mid-afternoon heat. We accidentally blew by the lunch stop. The organizers had

not anticipated the leaders coming through so soon, and at least the first 10 riders skipped lunch. At the top of the fourth climb, the relatively short but rough-roaded Luther Pass, Jeff bonked. I handed him some munchies from the table, inhaled some myself and set off down Luther toward Carson Pass, the last and tallest peak on the Death Ride.

At the beginning of Carson's seven-mile climb, the first rider came off the mountain. Ray, from Berkeley, would finish first overall, for the fourth consecutive year. He was followed shortly by Michael, who nodded a friendly hello. The husband-and-wife team on the tandem were in hot pursuit, they would finish sixth and seventh.

I slowed my pace up the length of Carson. The snowy peaks loomed closer, the road circled around and above a lake, the valley floor spreading out far below. Turkey vultures floated overhead, carefully monitoring my progress. At the checkpoint high atop Carson, I gobbled more fruit and cookies, and made a hasty departure for the final sprint to the finish line in Markleeville. Jeff was back on his bike, he appeared to have regained strength and nodded a greeting as I descended. Off the mountain and onto the foothills, the new pavement sped me along, my place in the top 10 secure barring accident or mechanical failure.

At mile 136, the Death Ride was terminated. I was the eighth finisher among the riders who rode all five mountain passes, coming in at just under nine hours. A volunteer estimated that 800-1000 riders had signed on for all five mountain passes.

Over a belated lunch, I quizzed the top finishers about other killer California rides, proper gearing and training techniques. They wondered where one practiced mountain passes in New York City.

A doctor studying high endurance athletes took blood, but offered no lollipop in return. All I got was a ride medal, and the satisfaction of defeating death.



## Why C-Ride

### Leaders Get Gray

— by Peter Hochstein

While C-rides have their share of experienced loyalists who simply prefer a slower pace or a shorter distance, we also attract more beginners than any other category.

That may be why C-ride leaders have a problem that leaders in other categories rarely have to deal with — peculiar inquiries.

The conversations that follow are a some of the best I've collected over the years.

**(RING RING)**

"Hello?"

"The bulletin says you're doing a 48-mile ride."

"Correct."

"Will I be able to ride that far?"

\*\*\*\*\*

**(RING RING)**

"Hello?"

"Yes, I'm calling about your ride

to Piermont. It says it's a C-12. What does that mean?"

"It means that on flat roads, we'll be going pretty much 12 miles an hour — faster downhill, and slower on uphill."

"12 miles an hour?"

"Yes."

"I see. And exactly how fast is that?"

\*\*\*\*\*

**(RING RING)**

"Hello?"

"I'm calling to ask about your ride up River Road. Your listing implies it's hilly."

"Well, yes, it's pretty hilly."

"I'll be riding a scooter instead of a bike..."

"Gee, I don't think we allow motorized vehicles."

"Not a motor scooter. Just a scooter. A scooter-scooter."

"What's that? You mean the kind of thing we used to make when we were kids, from a couple of roller skates, and a two-by-four and an orange crate?"

"No, this is a professional scoot-

er. It's more like a bike."

"I'm not sure I understand. Is it a bike or a scooter?"

"It's a scooter. But it has wheels and a hand brake like a bike. And you propel it with your feet."

"You mean you pedal it?"

"No, you don't pedal it. You propel it."

"Oh, very interesting. So what's your question?"

"Do you think the hills are too steep for a scooter?"

"I don't know. What do you think?"

"If I knew, I wouldn't be asking you."

\*\*\*\*\*

**(RING RING)**

"Hello?"

"I saw your ad in the bulletin for the ride this Sunday to Coney Island."

"Well, it's not really an ad. It's just a listing."

"Whatever. I have a couple of questions."

"Okay."

"How much do you charge?"

"Nothing. The rides are free."

(SUSPICIOUSLY) "Oh, really? How come?"

"We're a bicycle club. We don't charge members, and we hope that newcomers will like the experience and join."

(EVEN MORE SUSPICIOUSLY) "I see... and I suppose your bike rentals are free, too?"

\*\*\*\*\*

**(RING RING)**

"Hello?"

"Yes, I'm calling about your 55-mile ride to Nyack. The C-13?"

"Yes."

"When will we get home?"

"Well, it's always hard to predict, but I'm estimating around 4 or 4:30 PM."

"Oh hell, I can't make that. I have a date in the afternoon."

"Sorry, maybe next time."

"But I really want to go on the ride."

"Well, maybe you could change your appointment."

"Why don't you just pedal faster?"

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# BLOWOUTS by L. S. Pokes

Has anti-car activist **Charlie Komanoff** ever seen a speed bump he didn't love? No, not even after crashing on one. Seems Charlie was so entranced with the scenery on hilly, winding Usonia Road (connecting Nanny Hagen with Bear Ridge Rd. in Armonk, above Kensico Reservoir) that he never saw the bump that upended him and his Cannondale on a downhill. But he swears it was built like a curb (square, not rounded) and wasn't preceded by a caution sign. You, in contrast, are forewarned. Ever the activist, Charlie has written the Usonia Homeowners Association to ask if the bump designers ever considered cyclist safety.

Congratulations to **Drew Olewnick** on his eighth-place finish at the Markleeville Death Ride. Normally eighth place doesn't get reported here, but this was different. The Death Ride is 140 miles long with about 15,000 feet of climbing. And, there were over 1,000 participants!!

And for those of you who were watching ESPN's Tour de France coverage of the Alpe d'Huez stage, the man with the mike, "Hi, I'm Lance from New York City, and if you know anything about bike racing this is the place to be," was none other than **Lance Leener**.

Are we going to congratulate **Mary Allen** for her third-place finish at the Masters 45+ National Time Trial Championship? Nope. How about her second-place finish in the Crit? No, still not good enough. What

about winning the Road Race? Yeah, congratulations for that!

So, who won the Women's National Time Trial? Who is the fastest woman in the U.S.A. of any age? This race is the real test of truth, open to every woman in the country. But it isn't like a Road Race or the Criterium. Team tactics don't play a part, and luck won't help you. It's just the rider against the clock. The fastest one wins, that's it. So who is the fastest woman in America? **Elizabeth Emery!!**

So, the results of the June 1, 1997 New York State Track Championships were reported in this column in the July Bulletin. In August this reporter corrected those results by listing the additional medalists. Well, now it's September and here's some more results from those same championships - **Dave Coplan** won three gold medals in the 35 to 40 age group! My sincerest apologies to anybody else whose results I've omitted, but, hey, I wasn't there! But if anyone would like to see their results listed here, send them to the Editor and he will pass them on to me. I would like to see them. Maybe somebody else would, too.

So what's happened to the all-class rides? We had a good excuse in June for the Tallman Park Ride, as the threat of rain kept the turnout very low. But at Kingsland Point Park the fast B ride was too fast and arrived very early and left for home before many others arrived. And the A ride, with their long route, didn't arrive

until 1:20 PM for the 12:30 PM picnic. The Mamaroneck all-class ride had the same problem, with one group (the B's) arriving before noon, and one group (the C's) arriving after 1:00. And for part of the afternoon, half the Club sat at one picnic area and the other half sat at another picnic area! Hopefully the all-class ride to Oyster Bay in September will work out better. Instead of more all-class rides, maybe all we need is one that works.

So are **Drew Olewnick** and **Jill Tucker** a "yes"? They spent all day together on Saturday, August 16 and then spent the night together. Oh, the day was Drew's century ride to Westchester, and the night was **Steve Britt's** Midnight Ride to Jones Beach. Details, details. More to follow? Maybe.

**Mark Martinez** has always promoted late starts (9:30 or 10:00am) for winter rides so that we could ride during the warmest part of the day. His August ride also left at 9:30. Are we to assume he wanted to ride during the hottest part of that 95° day too? I think he just likes to sleep late.

The Road Bozo this month goes to **Geo Kaplan**. Geo started the Kingsland Point all-class Ride on a brand-new, untested wheel that he had just built. His ride ended at the Dobbs Ferry train station as his untensioned wheel collapsed. Test them first before you go out on a big ride, Geo. By the way, his ride did arrive on time without him.

For those of you who think that our Board of Directors is unfocused and petty, the following is from the United States Cycling Federation as printed in the August 1997 issue of Cycling USA. Referring to a proposed Bylaw amendment, the argument against is stated "Proposed bylaw 7.10.1 looks pretty stupid." That's a very mature response! It's no wonder cycling organizations get so little done.

And since our Board seems so focused on raising revenue for the club, maybe they should consider **Stephanie Blecher's** suggestion. On a recent unruly A ride, Stephanie came up with the idea that we should issue tickets, or fines, to discourteous and dangerous cyclists. Fines could start with \$5.00 for "riding in the middle of the road" and \$10.00 for "blocking a crosswalk" to \$50.00 for "crossing a double yellow line" or "Failing to call out a major obstacle." We could also give out fines for such infractions as "failing to remove the obtruding object when changing a flat." The resulting second flat delays everyone. (**Ed Fishkin**, you may be a great doctor but a surgeon, you're not; you should be fined for this one after not removing the glass from your flat on the all-class ride. Or was your fine the third flat, the broken seat post bolt and the cracked oil pan on the Jaguar. Talk about your bad days!) Anyway, fines could be levied at a kangaroo court. It should meet on the hill, the last Sunday afternoon of each month. A more complete list of fines will appear here next month.

## Bike Across the Tappan Zee

— submitted by Debbie Bell

This probably is a once-in-a-lifetime experience. Here's the essence of an article that appeared in the Rockland Journal News:

"Bicycle riders who have longed to cross the Tappan Zee Bridge without first putting their wheels on a car bike rack will get their chance Sept. 28, when part of the bridge closes for the Great TZ Bike Event. It will be the first time in the bridge's 42-year history that bicycles can cross the three-mile span between the two counties...

The state's Thruway Authority is organizing the event, expected to attract thousands of cyclists, to benefit Mothers Against Drunk Driving, Gov. George Pataki announced yesterday...

The 19-mile trek will begin at 7:30 a.m. at Rockland Lake State Park in Clarkstown. Riders will travel south on Route 9W to the Thruway, then over the bridge to Tarrytown. The midpoint of the trip will be at Lyndhurst on Route 9, where riders can rest before making the return trip.

The event will take up two lanes on the north side of the bridge from 6:30 AM until noon. Two lanes in each direction will be open to car traffic during the ride, said Cynthia Munk, a spokeswoman for the state Thruway Authority. Munk said the bike ride... could become an annual event, depending on its success this year.

The entry fee for the bike trip is \$12, and participants must sign up by Sept. 19. Registration forms will soon be available at bike shops and health clubs in Westchester and Rockland. Forms may also be ordered by calling the Rockland MADD chapter at (914) 623-3689."

## Do you...

- Have access to a computer, fax and e-mail?
- Have computer graphic and page layout skills?
- Have a few extra hours a month to dedicate to the NYCC?
- Want to help your club?

If so, please call **Douglas Riccardi** at (212)388-9758 and find out about an interesting and rewarding "career opportunity" within the NYCC.

## The New York Cycle Club welcomes 63 new members:

RIFAT ASA	HOWARD FENICHEL	THOMAS JENTER	JOANNA NEGRO
SIMA ASA	RICHARD FIORE	DIVYA JKINGRAN	MARK RACHLEFF
KAREN ASCH	ANDRIENNE FOGLER	LAURA KAPLOW	MELISSA ROSATI
ANDREW BEER	KAREN FRITZ	BRAIDEN KELLY	LISA SHAPIRO
ROBERT BLOCK	ARNOLD GALLO, MD	ROBERT KLIEN	SUSANNE SHEPARD
CHRISTINE BOUTROSS	LEIGH GOLDBERG	VINCE KLINE	PETER SIBRES
MITCHELL COOPERSMITH	JESSICA GOLDBERG	KAREN KOSTIN	FRANK SINKS
ROBIN COOPERSMITH	KIM GOLDBERG	CHRIS LIPMAN	STUART SOLSKY
ROBIN DALEY	SARAH GOLDBLAT	ROSSSELA LIVRAGA	GERRY SZKOTNICKI
ERIC DAROSA	KEN GOLDBLAT	JEAN MAMAKOS	TITUS THOMPSON
AMY DAROSA	JOHN GUARINO	PAT MARSHALL	PIERO VERRO
MATHEW DULLAS	BARBARA HARMON	DEREK MC NALLY	JO VON GLAHN
ANN EATON	ROBERT HEISLER	JULIA MC NAMARA	SHARON WEINMAN
MARK FELDMAN	KAY HERDEG	NAN MORRISON	RAY YAO
LYNN FELWEL	ARUSHA HOLLISTER	ISRAEL MOSKOVITCH	SHARON YOUNG
	ANN HOURWITZ	STEVE MURPHY	RENATO ZACCHIA

## News Group Chatter :-)

– Submitted by Don Montalvo

### NUNO PRAZERES WROTE:

Conclusion: Probably God should redesign us to include a bike frame since it is the most efficient way to transform our energy into motion.

### MARCO RESPONDED:

But can you imagine how difficult it would be to fly like that? Arriving at the airport we'd have to unscrew our feet, twist our shoulders sideways and roll ourselves in bubble-wrap. Even then we'd have to be checked in to the hold and suffer the 1997 Baggage Handlers Luggage Destruction World Championships!

### Reminder:

Material for the October Bulletin is due by **SEPTEMBER 12**.

### Note:

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

(There is no reason to contact the Bulletin Editor if you have not received your Bulletin.)



## The 7th Annual New York City Skate Marathon

**DATE:** Sunday, September 21, 1997.

**LOCATION:** Prospect Park, Brooklyn, NY.

**START TIME:** 8:00am

**START/FINISH AND CHECK-IN:** 15th Street & Prospect Park West Entrance (Bartel-Pritchard Circle)

**DISTANCES & CATEGORIES:** Choose from 3 distances and 4 ability categories: 13 Mile - Recreation (Cat 4) or Fitness (Cat 3); 26 Mile - Fitness or Sport (Cat 2); 100k - Sport or Pro/Elite (Cat 1). Note: No Speed Skates allowed in 13 Mile Recreation, or 26 Mile Fitness races.

**AGE DIVISIONS:** under 10, 10-13, 14-17, 18-29, 30-39, 40-49, 50-59, 60+

**PRIZES:** Merchandise awards to top three in each age division and category (Note to Pro/Elite: no cash purse).

**ENTRY FEE:** By mail postmarked by 9/5: 13M - \$20, 26M - \$30, 100K - \$45. On site 9/21 (6-7AM): 13M - \$25, 26M - \$40, 100K - \$60.

**HOTLINE:** (212) 889-9532. Fax: (212) 889-9542. e-mail: novawork@mail.idt.net. Event Headquarters: 235 East 35th Street, New York 10016.

## Effective Cycling Class

Become a safer, stronger, and more confident cyclist with instruction from League of American Bicyclists (LAB)-certified effective cycling instructors Leslie Tierstein and Paul Sullivan. The course covers equipment and maintenance basics, bike handling, hazard avoidance, and skills for riding safely and enjoyably in traffic or on trails, alone or in and groups.

**Class sessions:** Three Wednesdays; Sept. 24, Oct. 1, Oct. 8 at 6:30 - 9 PM. Classes will be held at the NY Hostel, Amsterdam Ave. and 103rd St.

**Cost:** \$25 Five Borough Bike Club (5BBC) members, \$30 non-members. Make checks payable to the Five Borough Bike Club, and mail to 5BBC, c/o NY Hostel, 893 Amsterdam Ave., NY NY 10025.

For information, call: (718) 243-7109 (days, no machine), (212) 353-0860 (evenings, no machine), or leave a message at (703) 524-6579.

## 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:

**1991 JOE MURRAY KONA LAVA DOME** 20" c-t seat post, 22" c-c top tube. \$200. Shimano SPD pedals, one-sided, old but never used. Lady's Avocet racing saddle, used one week only, \$40. **CALL KRISTI** at (212) 229-9804.

**NEW MAVIC WHEEL** with Shimano 105 hub, Continental Grand Prix 700 x 23C. Used less than 100 miles. Sac. \$85. **CALL JOE** at (212) 262-8800.

**LOOK 256 PEDALS**, blue & grey, like new. **CORIMA** carbon fibre seat post, in box. **3TTT "Status"** stem, 10 cm. **FLITE T1** saddle w/ kevlar sides - used 3 times. **BASSANO SADDLE** for Colnago - like new, stitching on top - beautiful. **SRP COGS**, 13-23 (ti). **CALL MAYNARD** at (212) 265-6330

**CANNONDALE KILLER "V" 2000** 19 inch, XT, oversized down tube & V design, less than 200 mi. (5th Bike), Green, 2 sets of tires on & off rd., 22 lbs. + other extras. Like new, \$1,750 value when new. Asking \$975 firm w/o fork shocks, like new. **CALL SCOTT** at (212) 691-4133.

**BIANCHI GRIZZLEY** Mountain Bike. Manitou shock, Sun Tour XE groupo, Richie Logic Super Tubing, Richie Z Max 2.35 tires, IRD brakes, plus more. Mint condition, a steal - \$495. **CALL GENE** at (212) 875-1615.

**FUJI SARATOGA** touring bike, 54cm. Bar-end shifters, full fenders, triple gearing, extra spokes built into frame, Shimano SPD pedals, rear rack, plus all of the extras. \$449, excellent condition. **CALL GENE** at (212) 875-1615.

### WANTED:

**TOURING COMPANIONS** to complete our group of 6-8 riders. Flexible schedule of about 10 days between October 15 and November 20. Destination: Southern Europe, probably Spain or Crete. Approx. 60 miles per day at an A pace. You carry your own stuff and pay your own way. Cost approx. \$75 per day plus airfare. **CALL KRISTI** at (212) 210-4723.

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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 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.**

PACK YOUR BAGS, WE'RE GOING ON A

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**COME TO P.G. KINGS ON TUESDAY, SEPTEMBER 9.**

18 WEST 33 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 34 STREET

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