No, this isn’t Graduation Day for Gene Vezzani and Joanna Lee’s “Desperate and Dateless” ride series. (SEE PAGE 6)
Bulletin Board

NYCC Opportunities. From the President, Gene Vezzani

OPPORTUNITY #1 - ARE WE A USER-FRIENDLY CLUB? Congratulations! You are a member of the New York Cycle Club during another record-breaking year. Last year, our membership climbed to a record number, a little over 1,100. This year we number over 1,000 already, and we're growing at a very healthy rate.

But as I look at these numbers, I have to wonder. Is there an opportunity here? Is there something missing? We live in a city that offers one of the most diverse populations in the world, but does our club membership reflect this diversity? What do we do to attract minority members? Take a look at our club rides. Are we benefiting from the rich cultural resources of New York City? Are we benefiting from the rich cultural resources that diversity brings?

We are well on our way to another banner membership year. Let's introduce a friend to the joys of club riding. A minority friend. What if each member of our club invites a minority friend to join them on a club ride? What if you invite a minority friend to join you on a club ride next week?

Here is an excellent opportunity for you to help make our club user-friendly and a better, more interesting social/recreational organization. Bring a minority friend on a club ride; invite them to join and to participate in all of the events offered by the NYCC.

OPPORTUNITY #2 - KILLER MONTHLY MEETINGS. Our June monthly meeting was outstanding! More than 135 cycling enthusiasts attended the June program at our new, conveniently located monthly meeting restaurant, Sambaúa's. A record turnout!

Sambaúa's is located on West 72nd Street between Central Park West and Columbus Avenue. Take the 1, 2, 3, 9, B or C subway to the 72nd Street stop or the cross town M72 bus that stops within one-half block of the restaurant. PLEASE NOTE: Indoor bike parking is available ONLY if you arrive by 5:30 pm.

Join us on Tuesday, July 8 at Sambaúa's and look forward to another killer club meeting, great food, super program, and the nicest people in the metropolitan area. Here is an opportunity for you to meet new people with similar interests in a safe and convenient setting.

OPPORTUNITY #3 - SAFETY. Your safety on club rides is our main concern. Yes, the speed of the ride is important. Yes, the number of miles that we ride in a day is important. But your safety is the most important aspect of any club ride. As our club grows the number of rides that we offer is increasing, as well as the number of participants on each ride.

It is up to you to prevent accidents:
- When you are participating on a club ride and you see a cyclist riding in an erratic fashion, call out “passing,” and then pass them on the left side only. Get as far away from them as possible.
- When you are riding in a tight paceline call out road hazards. When you are not riding in a tight paceline, point to road hazards.
- Call out or use hand signals before you stop. Do not bunch up when your group stops. Stay in a straight line, single or double, but never more than two abreast.

It is up to you to prevent accidents. The 1997 board members of the New York Cycle Club strongly urge you to wear a helmet when cycling. You can find an enormous amount of persuasive information on this topic at http://www.bhsi.org.

Every club ride is an opportunity for you to promote safe cycling.

SAVE THE DATE:

September 13, 1997.
THAT'S THE DATE OF THE THIRD ANNUAL "ESCAPE FROM NEW YORK" CENTURY.

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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 1,000 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

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

Web Page:
http://www.nycc.org
Club Rides

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

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

ALWAYS WEAR YOUR HELMET. NO HEADPHONES.

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

Every Wednesday in July

A18-20 30 MI 6:00 PM Hill Repeats, River Road

B15/17 18/24 MI 7:30 PM Wednesday Night in Central Park
Coordinators: Joanna Lee & Gene Vezzani (212) 875-1615. From: The parking lot in front of Tavern on the Green. Enjoy the safety and the social benefits of a mid-week club ride in Central Park. If you can only get out once during the week, then this popular spinning exercise is perfect for you. Join with 5BBC.

Friday, July 4

A20+ 100± MI 8:00 AM Goshen and West Point
Leader: Jeff Vogel (718) 275-6978. From: 72nd St. & 5th Ave. Join me for this classic ride as we climb Skyline Drive and pass thru beautiful Greenwood Lake and historic Goshen. From Goshen to West Point, we'll follow the traditional scenic route to West Point. There will be two very brief stops so we can make it to West Point in plenty of time for the picnic and concert. Two water bottles are required. Remember your Metro North Pass if you’re not staying for the weekend - this ride ends at West Point.

B?? ?? MI 9:00 AM A Bang of a Ride
Leader: Uncle Sam (Boa) THE FLAG. From: The Boathouse. We make our own fireworks as we celebrate the nation's independence.

C12 15 MI 9:00 AM West Side Story
Leader: Terry Chin (718) 680-5227. From: AVH - 103rd St. & Amsterdam Ave. Commemorate the holiday by exploring some historic sites along the West Side. We'll be making stops from Grant's Tomb to the Battery: Central Park, Columbia University, U.S.S. Intrepid, Chelsea Piers, the Viet Nam Veterans Memorial and others. Our tour ends at South Street Seaport. Bring lunch or money to buy it and a bike lock. Helmets required. Co-led with 5BBC.

Saturday, July 5

A19+ 65± MI 9:15 AM New Paltz
Leader: Jeff Vogel (718) 275-6978. From: Hotel Thayer, West Point. Beautiful but hilly ride as we wind our way through the apple and peach orchards on our way to New Paltz for lunch.

A?? ?? MI 9:00 AM Where Are Our Leaders?
From: The Boathouse. Our faithful leaders are either at West Point or taking a holiday. You, however, should show up and join a ride.

B15/17 60 MI 9:30 AM George Slept Here
Leaders: Joanna Lee & Gene Vezzani (212) 875-1615. From: The Boathouse. Celebrate Independence Day weekend by getting a first-hand, up-close look at just a few of the many stops that George made over the years. We're off to visit a group of historic sites that are scattered throughout New Jersey and New York on this light-hearted look at our former leader's favorite rest stops. We'll make a deli stop for lunch and have you back in Central Park by 3:00pm.

Sunday, July 6

A22+ 85 MI 8:30 AM Big Lake Classic
Leader: Maynard Switzer (212) 265-6330. From: The Boathouse. My club version of a Belgian Ardennes classic. First half is relatively flat, while the second half has all the short little “bergs.” Beautiful roads. You’ll know if you’re in shape or not after this ride.

B13/16 55-70 MI 9:00 AM Up the Hudson
Leaders: Irv & Hindy Schachter (212) 758-5738. From: 1st Avenue & 64th Street. This ride goes through Bergen and Rockland Counties, over to Bear Mountain State Park and home via Metro North. The two groups stay together for about 30 miles. The fast group is saving its energy for an assault on Bear Mtn. and other heavy hitters. The slow group has one hill (Dunderberg). The slow group is also suitable for C-riders. Metro North pass required. Please note ride may cancel if Metro North bike train is not running. Call to confirm.

Tuesday, July 8

A21+ 55-60 MI 8:00 AM Tuesday Morning Spin
Leader: Jeff Vogel (718) 275-6978. From: The Boathouse. Call in sick, play hooky, or take a mental health day and join us on a spin through Bergen and Rockland Counties. Guaranteed return by 1:00 pm.

Friday, July 11

A20+ 60 MI 10:00 AM Flex Friday
Leader: Rich Borow (212) 866-1966. From: The Boathouse. I have a Friday off, so let's go out for a spin.

B13/16 45 MI 9:15 AM TGIF
Leader: Ron Grossberg (718) 369-2413. From: Call leader for starting location and destination. (Rides generally leave from the steps of City Hall.) Helmets required.

Saturday, July 12

A20 70± MI 8:30 AM Will Cooler Heads Prevail?
Leader: Tom McMahon (212) 777-5845. From: The Boathouse. Helmets are welcome, but certainly not a requirement on this modestly paced ride up to Armonk. If the weather's lousy, you can go without me.

A18 75 MI 9:00 AM Life’s a Beach
Leaders: Todd Brilliant & Beth Renaud (212) 274-9463. From: The Boathouse. Mellowish spin out to my old stomping grounds, Jones Beach. We may not have too much time to hang out and sunbathe, but hey I'm not the sun-worshipper I was in my younger days. Long Island's South Shore may not be the prettiest, so don't expect a scenic route, although it will be flat.

B16/17 60 MI 9:00 AM Jones Beach
Leader: Jim Drazios (718) 225-1842. From: Statue of Civic Virtue (E/F train - Union Tpke. & Queens Blvd.) Flat ride to Jones Beach. Bring a towel. Back by 2:00 pm.
No Problem – Mahn
Leaders: Joanna Lee & Gene Vezzani (212) 875-1615. From: The Boathouse. New City is our destination, Jamaican pancakes are our motivation – mahn. Don’t know what Jamaican pancakes are? You haven’t lived until you’ve tasted them. Come out and discover the secret fuel of the Jamaican Olympic bobsled team in their quest for gold.

Piermont
C13 50 MI 9:00 AM
Leader: Bernie Brandelli (718) 633-1759. From: The Boathouse. Ride out to Bergen County up to the pier at Piermont. Leader guarantees a fun and scenic ride. Bring lunch or money to buy it and water bottle. Helmets required.

Brooklyn - Queens Mosaic
C12 20 MI 1:15 PM
Leader: Terry Chin (718) 680-5227. From: 59th St. & 2nd Ave. (Roosevelt Island Tram). From borscht to arroz con pollo, we’ll explore an array of neighborhoods: Long Island City, Hunter’s Point, Greenpoint, Williamsburg, Fort Green and the waterfront. Our tour ends with a picnic on the Brooklyn Heights Promenade. Bring lunch or money to buy and a lock. Helmets required. Co-led with 5BBC.

Armonk - You Know You Want To Do It
A21 75 MI 9:00 AM
Leader: David Thomas (212) 675-6191. From: The Boathouse. When the mercury goes over 90° F, you know it’s time to do Hill repeats on Whipoorwill. Live Tour de France TV coverage cancels ride.

Oyster Bay
A19 60 MI 8:30 AM

Ridgewood
B17 60 MI 9:00 AM

White Plains
B14 50 MI 9:00 AM
Leader: Dana Kahn (212) 399-9008. From: The Boathouse. Moderately hilly route to White Plains. Bring or buy lunch.

Beach Bums
C13 30 MI 9:30 AM
Leader: Mark Schwartz (718) 237-1042. From: Steps in front of City Hall (9:30). The Beach Bums rides will be held every Sunday starting today and ending with our Bicycle Beach Bum Blowout on August 31. The rides start at 9:00 from the Boathouse or 9:30 from the steps in front of City Hall (depending on leader), and 10:00 at the Grand Army Plaza entrance to Prospect Park in Brooklyn. The ride usually breaks up into two groups of riders – the fast group and the regular group. The rides are usually 30 to 35 miles, though we may do a 40 miler whenever the weather and mood of the riders dictates less time at the beach. Destination and distance will be announced at the Prospect Park starting point. Bring a lock, lunch or money to buy it, a beach blanket, a bathing suit and a totally groovy attitude. Helmets required. Co-led with 5BBC.

Armonk - You Know You Want To Do It
A21 75 MI 9:00 AM
Leader: David Thomas (212) 675-6191. From: The Boathouse. When the mercury goes over 90° F, you know it’s time to do hill repeats on Whipoorwill. Live Tour de France TV coverage cancels ride.

Oyster Bay
A19 60 MI 8:30 AM

B13/16 45 MI 9:15 AM
Leader: Ron Grossberg (718) 369-2413. From: Call leader for starting location and destination. (Rides generally leave from the steps of City Hall.) Helmets required.

Saturday, July 19
600K Brevet
Coordinator: Steven Britt (212) 288-6324.

Bicycle Therapy - A Day in the Life...

Hi Jane!

Bill Fiedor '97
A 375 MI 3:00 AM Boston 600k Brevet
Coordinator: Jeff Vogel (718) 275-6978. I’m driving to Boston on Friday night, July 18 for the challenging Boston 600k Brevet (375 miles with a 40-hour time limit). The route crosses Massachusetts into New York state and returns to Boston. If you’re interested in sharing the driving and hotel (as well as one hell of a ride), please call by Wednesday, July 16.

A22 85 MI 9:00 AM One Way to Westport
Leader: David Younglove (212) 533-4276. From: The Boathouse. If you missed the Bloomin’ Metric because you went to Montauk, here’s your chance to ride the scenic back roads of Connecticut. There will be hills to climb and descents to enjoy as we skirt the local reservoirs. I haven’t decided where the lunch stop is yet, so be prepared for the morning mileage. The train station in Westport is our last stop. Bring your Metro North pass.

A19 602 MI 9:00 AM Destination TBD
Leader: Damon Hart (212) 753-0204. From: The Boathouse. We’ll take a relaxing ride (with good paceline skills) to somewhere in Rockland or Bergen Counties.

B15/19 60 MI 9:30 AM Full Moon Ride
Leaders: Joanna Lee & Gene Vezzani (212) 875-1615. From: The Boathouse. Are you ready for this? There’s a full moon tonight. The dogs are howling at the moon, the motorbikes are honking their horns at cyclists, and yes, we’re off on our first lunar adventure. Today our destination is Rye Playland. No roller coasters or cotton candy, just 60 miles of gulping Gatorade, chomping Cliff Bars, and celestial cycling.

B16 60 MI 9:00 AM Life’s a Beach, Part Deux
Leader: Todd Brilliant (212) 274-9463. From: The Boathouse. This is the B version of my ride to the beach last week. This time we’ll ride at a slightly more leisurely pace, with fewer miles, to Long Beach. The last time I was there, I got ticketed for riding up the ramp onto the boardwalk. Let’s see what happens this time.

C11 23 MI 9:30 AM Bike ’n Tube ’n Float ’n Splash
Leaders: Ethan Brook (201) 816-0815 & Richard Fine (201) 461-6959. From: Bucks County River Country in Pt. Pleasant, Pa. - 78 West to 287 South to 202 South and cross into Pa. follow 32 North Approx. 8 miles to Pt. Pleasant Canoe and Tube. Bike the scenic path along the Delaware River to French town and return to Pt. Pleasant, Pa., where we will have a picnic lunch followed by a 4-hour tubing down the Delaware River. In the evening we can dine in New Hope, Pa., see a play at Bucks County Playhouse or just stroll the quaint streets. For those who want to camp for the weekend, you can make individual reservations at the Bulls Island Campground, (609) 397-2949. Bring or buy lunch, lock and bicycle, bathing suit, towel, sunscreen and some sort of water shoes. Approx. cost $15. Helmets required. Co-led with Bicycle Touring Club of North Jersey.

Friday, July 25

B13/16 45 MI 9:15 AM TGIF
Leader: Ron Grossberg (718) 369-2413. From: Call leader for starting location and destination. (Rides generally leave from the steps of City Hall.) Helmets required.

Saturday, July 26

A21 50 MI 8:00 AM Early Call

A19 65 MI 9:00 AM Rockland Lake
Leader: Jack O’Connor (212) 799-7649. From: The Boathouse. This will be my first ride as a leader, and I only know how to go to Rockland Lake.

B15/17 60 MI 9:30 AM Cats, Dogs, Reptiles & Tropical Fish
Leaders: Joanna Lee & Gene Vezzani (212) 875-1615. From: The Boathouse. Attention pet lovers! Here’s an opportunity for you to share your favorite pet stories with others. Tell us all about how smart your fish is, how well your cat retrieves and how quickly your dog learned to use the litter box. No gerbil stories, please. Today we’re riding past Bear Mountain en route to Garrison, so please bring your Metro North pass. We’ll stop at a deli for Animal Crackers, Alpo and all of the Cat Chow you can gnaw.

C13 40-45 MI 7:45 AM Sick ’n Tired of New Jersey #2
Leaders: Ken & Marilyn Weissman (212) 222-5527. From: GCT info booth for 8:05 am bike train (Metro North train pass required) to Stamford, Ct. A tree-shaded route, perfect for a hot summer’s day. We’re riding to New Canaan, over several ridges through Greenwich, Purchase, and Rye, then flat-to-rolling terrain through lower Westchester back to the #2 train. Bring Metro North pass, lunch or money to buy it, a water bottle and tire repair skills. Helmets required.

Sunday, July 27

A18/20 100+ MI 6:00 AM A Pre-Lunch Bear Mountain Century
Leader: Randy Taylor (212) 866-0962. From: The Boathouse. A very early ride straight to Bear Mountain, back by noon (no stops).

A19 55+ MI 9:30 AM Divide And Conquer
Leader (from behind): Richard Rosenthal (212) 371-4700. From: The Boathouse. Divide the number of miles you’ve ridden this year (the numerator) by your age (the denominator). If the number is lower than 3.07, you get to come in behind me as we go up River Road, Clausland, Bradley, and Tweed. If not, I get to come in behind you. And I will.

B16/17 65 MI 8:00 AM Long Island North Shore
Leader: Gary McGrae (212) 877-4257. From: The Boathouse. We will scout remote wooded roads within a 10-mile radius of Oyster Bay, where we will rendezvous at the Al Dante Cafe for a light (continued)
Out of Bounds
August 1 - 3 / Swinging Singles Weekend*

Join us for a fabulous weekend in Litchfield County, Connecticut (near Kent), at Club Getaway, August 1-3. A, B, and C rides will be led by NYCC leaders in beautiful, rolling countryside. Rides will return by lunch (unless otherwise requested) to take advantage of the club's many wonderful facilities, including a lake for swimming, boating, canoeing, water skiing, kayaking and windsurfing; as well as volleyball; basketball; in-line skating (lessons and equipment available); tennis; hiking; wall climbing; trapeze; mountain biking (we won't tell if you decide to try it!); softball; aerobic classes; golf driving range; massage classes; arts & crafts; billiards; dance classes; amateur shows and disco at night for those who can stay awake and large quantities of food and free wine with dinner. Call the Club (1-800-6-GETAWAY) for special discounted weekend rates for NYCC members - $159.00. Bus transportation (for you and your bike) from Manhattan available for an additional charge.

For more information, please call Linda Wintner (212) 876-2798 or Jeff Vogel (718) 275-6978.*

* Swinging trapeze. What did you think? Couples are welcome, of course (for the tandem trapeze).

A Call for Cyclists
The Great Trans-America Journey in Support of Missing Children

On July 19, the Great Trans-America Bicycle Journey starts its nation-wide trek in Asheville, North Carolina. Several cyclists will begin a 4,000-mile bicycle tour to support ChildQuest International, an organization that reunites parents with missing children across America (some 3,000 children just in the last few years).

The Great Trans-America Bicycle Journey will be a public event in 20 cities and towns on the route across the USA. Cyclists from each city plan to accompany the journey for several miles upon arrival in their city. In Asheville, a city-sponsored mass send-off is scheduled for July 19.

Trek organizer Burton Smith cycled from Kansas to Oregon during the summer of 1996 and then biked back to North Carolina in early 1997. He says, "I love long-distance cycling and camping. But I now want the satisfaction of using my experience and ability to benefit a good purpose. Solving missing children issues is a great purpose."

"We still need more cyclists to ride the U.S. with us. Expenses can be worked out. And we are eagerly inviting anyone with a support vehicle to join us, as an all-expenses paid (and maybe more) trip across America."

For more details, visit the journey's World Wide Web site at:
www.outdoorfun.com/bike_trip.htm or contact
Burton Smith at 32 Chancery Lane, Waynesville, NC 28786.
You can reach him by phone at (704)452-9609.

Why not do what we've done: renounce the rat race and live a healthy, fulfilling life of service!
Take Me to Your Leader
– A. Leader

Who Me?
What does it really take to become an NYCC ride leader? What are the real criteria? Number one: You must be able to ride a bike. Number two: You must be able to get a group of cyclists from a starting location to a destination and sometimes back. That's it!

"I can do that," you may say. But somehow you don't feel you are cut from the right mold. Well, sorry to say, but there is no mold, no school, no web course available. It is truly on-the-job training. For each ride has its own energy, good or bad.

"But I can fix a flat, how can I lead a ride?" Being a bike mechanic is not a requirement to showing cyclists from point A to point B. In fact, each rider should be prepared to handle his or her own emergency as it arises. That's why God invented credit cards. Feel very fortunate if you thought you were left for the crows and a fellow rider stepped forward with the appropriate tools and knowledge to remedy your otherwise ruined day. I know I have.

"That can't be all there is to it." No, it's not. But you can start with nothing more and be on your way to an illustrious career as an NYCC ride leader. My only suggestion would be to do as I did the first time and ask a fellow club member who you respect as a leader to co-lead with you. It creates the relaxed atmosphere you need for your first ride, and your co-leader can give you feedback.

The Finer Points
Granted, not every ride ends up smelling like a rose, but if you state at sign-up what you expect of the riders during the ride, you will have less chance for problems later on. "What could I possibly expect from a rider?" Think back to rides you've been on. Has anyone ever asked, "How far to the next stop?" Just let the group know your intended day. How many stops? How far apart? Are there areas on the route where the stronger riders can "air it out" and then wait for the rest of the group? These are truly finer points, and you learn new ones all the time.

All of these points lead to a better synergy between the leader and the group. If everyone knows what to expect from the ride, no one will be disappointed.

The Finer Finer Points
Be honest about your pace. If you're planning to do a consistent cruising speed, then your listing is easy. If you are planning on going easy during certain scenic stretches and then picking up the pace during other stretches, list the ride with a low/high pace (such as 15-18).

Just The Facts
Just remember, at the basic level, we all want to get out and ride. All it takes is for one individual to list a ride for a group of people to have a great time.

An Update on Monthly Meetings
– Dona Kahn

As most of you know, the meeting place was changed for the June meeting to a new restaurant, Sambucha, on West 72nd Street. Most people thought it was a great improvement over O'Hara's, but we also have to admit that it is less than ideal. However, it may not be fair to judge the food since I told the owners to expect 40-60 persons and 118 showed up for dinner and an extra 14 for the program. It is hard to prepare food with so little advance notice. We will continue using Sambucha for a few months while I continue to hunt for a more suitable place. We will also change the date, beginning with the August meeting, to the second Monday of each month.

If you have any suggestions, let me know and I will investigate them. However, keep in mind that the restaurant must be 1) able to accommodate up to 125 persons with space to socialize before dinner; 2) able to feed us at a cost of no more than $15, including tax and gratuity; 3) able to feed anywhere up to 50-60 extra people with less than 30 minutes' notice; 4) willing to accommodate bicycles; 5) willing to allow us to stay as long as we want; 6) able to provide low noise level for our speakers to be heard; and 7) conveniently located to subways, buses, etc.

In the meanwhile, keep coming to the meetings.

The NYCC Century Committee is 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

Reminder:
Material for the August Bulletin is due by JULY 11.
That's 3 days after the club meeting on JULY 8.

Note: Membership/Bulletin questions should be directed to Joel Englander at (212)580-1861 on Wednesday and Thursday 5 PM - 7:15 PM.
(There is no reason to contact the Bulletin Editor if you have not received your Bulletin.)

Go Ahead... Lead a ride!

A-Rides:
– CALL BEN GOLDBERG –
(212) 982-4681

B-Rides:
– CALL GARY MCGRAIME –
(212) 877-4257

C-Rides:
– CALL MARK SCHWARTZ –
(718) 237-1042
Hamstring Injuries

– Russell B. Cohen, DC, CCSP

Pain behind the knee in athletes can be caused by injury to one of several tissues, the most common being the hamstrings. The tissue that pigs use to hang from after being slaughtered is actually a collection of four muscles. Three originating from the ischial tuberosity, the sit bone, and the fourth from the femur, each one takes a slightly different path down the back of your thigh. The biceps femoris inserts into the head of the fibula, the slender bone that runs down the outside of your shin while the semimembranosus and semitendinosus terminate at the inside of the knee. Injuries are most often due to overuse of an already tight hamstring or from an abrupt contraction or stretch. Most sudden soft-tissue injuries occur during an eccentric contraction, when the tissue is contracting and stretching simultaneously. In addition to just plain over-training, hamstring injuries are more common in athletes who have biomechanical abnormalities, such as misalignments of the lower back, pelvis, or hips; feet that overly pronate or supinate; a leg length discrepancy; or an imbalance in strength or flexibility between the right and left leg or between the quadriceps muscle in the front of the thigh and the hamstrings in the back.

Runners are more likely to suffer an injury if they have poor running technique, use worn-out or poor-fitting running shoes (shoes should be changed every 400 miles or less), change their training load too abruptly, or increase running on hilly or mountainous terrain.

Cyclists are predisposed to injuries if they ride with their saddle too high or set back too far, have too great a saddle/handlebar difference, or have bad form.

Hamstring injuries usually involve some degree of tearing of the belly of the muscle (the thickest part), the tender, or where the tendon attaches to the sit bone. Prolonged irritation can result in hamstring tendinitis or bursitis where the tendon attaches to the bone.

Treatment by a sports chiropractor speeds healing and involves deep tissue massage, spinal and extremity joint manipulation, electrical muscle stimulation, and ultrasound. Icing frequently and use of anti-inflammatory medication calms the inflammation and reduces any swelling, which allows healing to begin. Torn hamstrings generally require rest to heal properly. Most victims succumb to aggressive stretching in an attempt to relax the tight muscle that results from the injury. This is the wrong approach. Intense stretching will open up the torn muscle that is trying to mend. The cause of the injury should be established and corrected. This may require a change in running shoes, orthotics, a bike fit to optimize your riding position, a stretching and strengthening program, modifying your training schedule, spinal manipulation, a pedaling shim to even out unequal legs, or more regular body work to relax short muscles unresponsive to stretching.

Dr. Russell B. Cohen is a Cat 3 racer and a certified sports chiropractor with offices in New York City. He can be reached for questions or comments at (212) 713-0160, or e-mail him at CohenSportsChiropractic@worldnet.att.net.

MADAME DE ROSA’S CYCLESCOPE

Aries
(March 21 - April 20)

All dressed up and nowhere to ride. Try doing the A SiG. That should keep you busy for a while. A 21 too slow? Check out an A 25. That will take you to Montreal and back in the same day. But remember not to take the bathroom stops too personally.

Taurus
(April 21 - May 21)

How many bicycles can one have? How many apartments can one afford? How many jobs can one hold? How many credit cards can fit in one wallet? You get the idea, indulgent friend. Stop eating out so much. You get a day’s worth of nutrition in one Powerbar.

Gemini
(May 22 - June 21)

So many decisions in life. Westchester or Rockland? Riverside or St. Nicholas? Right or left turn? It’s best that you not lead rides without a compass. And so many bicycles to choose from. At least you know there’s only one cycling club - NYCC!!!

Cancer
(June 22 - July 23)

Work got you in a funk? Your love life about to go out the window? Well, I’ve got good news for you. It’s called endorphins. Go to the park and do 10 laps. It’s a match made in heaven. Mood will no longer be a part of your vocabulary.

Leo
(July 24 - August 23)

You little party animal. Drinking a six pack the night before a ride is not what I would call carbo-loading. When was the last time you led a ride? Show the world your charm. This is no time to hold back.

Virgo
(August 24 - September 23)

Since you have the ability to see only the trees, but not the forest, have you considered A rides? Don’t worry dear friend, you’ll be too busy fixated on the shorts in front of you to ever have to remember where Smokey the Bear lives.

Libra
(September 24 - October 23)

If only the other signs could ride inside the bike lanes as smoothly and evenly as you. And your cadence is remarkable...until you sneeze. Esthetic friend, forget putting flowers on your handlebars and substitute a floral jersey instead.

Scorpio
(October 24 - November 22)

Your clan is naturally drawn to any sport where tight, snug-fitting clothes are required. That’s why you’re a natural at cycling. Who cares if you’ve never learned how to ride. And Scorpions, if someone says “tight to the right,” don’t run out and have liposuction.

Sagittarius
(November 23 - December 21)

The advantage of wearing mirrored sun glasses is that no one can see you staring at them. And God knows there are more new bike parts on the road than ever. Just remember, if you can read the label, you’re too close.

Capricorn
(December 22 - January 20)

Studies have proved that Capricorns make better hill climbers than the rest of us. In fact, at the top of Perkins Drive is a sign that says “Capricorns rule.” Hey, slow down. Put your feet on the handlebars. Enjoy the ride.

Aquarius
(January 21 - February 15)

By now, you have probably mapped out bicycle routes on Mars and even invented a monitor to measure oxygen levels in the blood. Convincing the Runcible Spoon to consider business on another planet is attributed to your genius powers. One question — how many frequent-flyer miles from Earth to Mars?

Pisces
(February 16 - March 20)

Just because bicycles have two water cages doesn’t mean you can’t don a Camelback as well. It’s you guys who bathroom stops were invented for. Just remember, a bathing cap does not make a good substitution for a helmet.
So it looks like moving the monthly Club meeting to Sambuca worked. Over 130 people attended the June meeting, including some people we almost never see, such as Barbara Levitan and Monica Lord (yes). It was like a class reunion. Everyone had a great time, and the food was good, too! And the speakers last month were two professional bike racers, 1991 NYCC SIG graduate Elizabeth Emery and teammate Pam Schuster. Thank you Dona Kahn for your help in moving the meeting and arranging another great program.

Congratulations to Theresa and Paul Leibowitz. They’re expecting their first child this December. Now we know why Paul had to leave the SIG graduation ride early!

Congratulations to Nora Salazar and Wally Kulakowski, who made their “yes” official in a wedding ceremony in the Hamptons on Saturday, May 31. And, as if anyone needed another reason to take the SIG, Wally and Nora met during the 1996 SIG.

Speaking of the SIG... No, Lisa Klein was not dropped from the 1997 SIG; it was only her name that was “dropped” from the graduation list in last month’s Bulletin. Sorry, Lisa.

Best wishes for a speedy recovery to NYCC Life Member Chris Mailing. Chris suffered an accident similar to that of Marco Pantani and has had surgery to repair his broken left leg. Pantani has recovered and is racing well again in the European peloton. We expect the same of Chris! Get well soon, Hi, Arlene...

RACE RESULTS. The New York State Track Championship was held at the Kessena Velodrome on Sunday, June 1. In the sprint competition in the Masters Class, NYCC members took the top two spots, with Mike Samuel winning the gold and Dave Coplan the silver medal. Bravo.

Thank you Reyna Franco for organizing the Sheffield Memorial Day Weekend. 60+ cyclists had a great time riding in the Berkshires. And joining the 40 members of the Long Island Bicycle Club for a group dinner was a nice touch. Even Sunday’s downpours couldn’t put a damper on the weekend (certainly not for Linda Wintner, who rode the 50-mile roundtrip to Stockbridge in the rain), as many went to an afternoon concert with the Band or a nearby antique car show. The only person who expressed any complaints about the weekend was Stephanie Bleecher, who didn’t like her bed and breakfast saying “The walls are so thin we couldn’t have sex.” Sorry, Rich!

The only other person with a problem at Sheffield was this month’s Road Bozo. On the Friday ride up, at the dell stop in Kent, Connecticut, Herb (Hubs) Dershowitz adjusted Jody Saylor’s rear quick release. Unbeknownst to anyone it was now worse than before, totally out of line, with the brake rubbing on the rear wheel. Well, not just rubbing, the brakes were on, almost locking her rear wheel. But no one knew. When they started out Jody couldn’t keep up. She thought she was just having a bad day, a really bad day. Finally Chrisy said he would stay back with Jody and the rest of the group should go ahead. Fourteen miles later, Chrisy couldn’t take it anymore and asked “Why can’t you keep up? I’m only doing 11 miles per hour. This isn’t even C Ride pace!” Finally, Chrisy decided to check Jody’s bike and realized the problem. Well, for not thinking of that sooner Christy Guzzetta, you’re our Road Bozo this month!

When they heard a loud bang, everyone thought the ride was over for Bulletin editor Douglas Riccardi on a recent ride to Rockland Lake. Doug quickly noted that both tires and spokes were fine, but it took a few seconds to realize that his saddle was a bit loose. Now, we all know the A-riders (like Mike Samuel) carry all sort of tools and extra stuff on their bikes, but who expected Scott Wasserman to pull out not one, but 3 extra saddle bolts, and on a B ride no less... For turning that potentially ugly situation into a 5-minute mechanical stop, Scott, you’re this month’s Road Hero.

And who’s more cool and quick than Michael Romano, who spotted Miguel Indurain at The Union Square Cafe recently. Luckily for Michael, he had a Banesto jersey handy and had Big Mig sign it.

So, you know those dangerous flexible stanchions that were installed on Second Avenue near the 59th Street Bridge? The permanent bases are black and impossible to see at night (as well as during the day when you’re watching buses and taxis). Well, in response to Richard Rosenthal’s letter, the Dept. of Transportation is painting them orange and has ordered all new stanchion bases be painted orange. So I am hereby decreeing that all orange stanchion bases be called “Rosenthal bases.” And for a little Club history, the curb cut at the George Washington Bridge is officially known as “Curb Rosenthal” as it was Richard’s recommendation there, too.

So what happens when an A rider leads a C ride? There are mixed reports. When Dave Thomas led a C ride, they thanked him for getting them back well before dark. When Ben Goldberg led his C ride, one rider complained that they got back too soon and asked what he was supposed to do the rest of the afternoon. Go figure.

Bike Watch
by Richard Rosenthal

You’d think from reading the roster in last month’s issue we had only one doctor in the club. We don’t. We have more. Take, for example, Ed Fishkin, a medical doctor of enormous background and accomplishment who, as it just so happens, is also the chief medical director of one of New York’s major hospitals. But he does list himself in the roster as “Dr.”? No, he does not. Who is the one “Dr.” who does? A chiropractor, for god’s sake! Which reminds me of the time another New York chiropractor, who promotes himself in New York’s bike racing circle and whom I had known socially for a few years, left this message on my answering machine: “This is Dr. Jones” [not his real name] calling.” What is it with these guys?

Geo Kaplan reports a catalog for Puritan vitamins features helmetless cyclists—so much for their proselytizing health. Mary Pike points to the cover of the June issue of Big Apple Parent’s Paper, which bills itself as “New York’s award-winning parenting paper.” The cover refers to articles inside on children’s health records and estate planning. Little wonder they have those articles: the cover photo shows happy young mom, happy young dad, and happy young kid, all on bikes...and all happily without helmets. “Ask Asey,” the consumer segment on WNBC’s 6:00PM news, had a story about bike helmets. We saw helmets being drop tested as Asey stated a $25 helmet tested superior to $100 helmets.

Other Pike sightings: From the Metropolitan Diary column of the 6/14 New York Times: Young boy to his father, riding up the Harlem hill in Central Park: “Dad, this is tough. I can’t pedal anymore.” Father to his son: “Life’s tough, son. Keep pedaling.” And from the (unintended) funniest part of the Times, its “Vows” column in the Sunday society section that dissects wedding ceremonies: June 8 featured a groom who had run inn-to-inn bicycle tours in Vermont while just hanging out, deciding what to do in life. Wait, whadya mean “until deciding what to do in life”? That is life, isn’t it?

The Sunday Times (June 1) had a large article headlined “Cyclists Urga Progress on 600 Miles of Paths” with a large photo of a large group of very serious looking, helmeted riders on the L.I.E. service road, a road that we occasionally ride. You didn’t see it? That’s because it was in the Long Island Weekly section.

Mike Allison called attention to a May 17 NY Post story informing us that 1000 bicyclists will be on the streets as traveling billboard, each with a 12” X 18” outdoor advertising sign. Riders are paid $6 an hour. The company’s president promises his riders will obey (continued...)
Long & Supple Muscle Development

– By Paul Rubenfarb

Oregon's Green Gear Cycling (800.777.0268) has peppeared the 1990's with technological advances - the most recent being its 'Airfriday' bike, which has the option of taking off the seat and seat tubing for pure stand-up riding.

The recent unfortunate news item that noted road racer Lance Armstrong has contracted testicular cancer is yet another entry in the 120-year record of detriment and public grievance with bike seats. In actuality, no seat fixing the pelvis, can find true compatibility with pedaling, because optimal leg performance occurs with a freely moving pelvis, i.e. with stand-up riding. The superior thrust of stand-pedaling harnesses force from several muscle groups. The powerful back muscles, through the spine, are able to boost the thrust of buttocks and quads if the pelvis moves in its free arc. Only stand-pedaling fully develops the buttocks in proportion to the quads. Sit-pedaling restrains and develops the buttocks much inferior to the quads. This disproportionality slowly inclines the pelvic bone structure backward - the well-known biker's deformation called "pelvic rotation." Stand-pedaling's also obviates the sit-pedallers bane of neck verticetis and works the abs more intensively.

The stand biker achieves rest, during non-pedaling intervals, by standing on both pedals when they are at horizontal, or by standing on left pedal or right pedal only when either is at midas. Extra large pedals, such as Mongoose BMX, are essential. Also needed are thick/clodish-soled hunting/construction boots to comfortably distribute weight. The Airfriday frame (with seat and seat tubing left off) constitutes, in effect, one large down tube attached to the bottom bracket. This low frame profile is most unlikely to incur banging with either knees or crotch, as is often the case with conventional frames.

Stand riders should order components best conducive to their style. They should begin by specifying upright handlebars with the highest available stem. Also important to order are nine-inch (225mm) Bullseye brand cranks with a 68-tooth TA chaining and a Bullseye BMX rear hub fitted with a Shimano or Dia-Compe brand 16-tooth one speed BMX freewheel.

The single-speed format, in conjunction with the high-thrust nine-inch cranks, maximizes the compound force of the body's muscle groups - so much so that hills for once become the biker's strong point. Airfriday's scramble aggressive 20-inch wheels with the 100 gear inches yield the following impressive (versus multi-gear) performance profile. Hills are A+, flats are A- and downhills are B.

The single gear's 95% mechanical efficiency is a mainstay of its unequalled performance. Conversely in-ub multi-gears lose efficiency due to their sluggish synco-mesh, while derailer systems lose efficiency in the spaghetti of moving parts and highly skewed angled chains.

An Airfriday bike fitted with an easily removed seat and seat tubing was shown in Bicycling Magazine, March 1997, pg 102, with a price of $1900. One or more stand-up bikes of this genre are being ridden during this spring's NYCC Architectural bike ride series.

Minutes

New York Cycle Club Board Meeting.
Tuesday, May 6, 1997


ABSENT: Donna Kahn, Steve Britz, Douglas Riccardi, Ben Goldberg and Mark Schwartz.

The minutes of the meeting of April 1 were approved.

The members discussed whether to print the club's financial statements at the end of the year. It was agreed that they need not be printed but that members should be advised that a copy of the statements would be mailed to anyone who requested them.

The board discussed mandating helmets on rides. It was noted that this matter was now in the discretion of the individual ride leader. It was agreed that this policy would continue but that the club should encourage helmet wearing and not encourage people to ride without helmets.

It was announced that the newcomers' ride would be the last Sunday in June. Joel noted a record number of renewals for the month of April. It was felt this probably was the result of a follow-up letter mailed to non-renewers. It was agreed that a second follow-up should be made at a cost of $150.00, provided the results of this mailing could be carefully monitored.

There was a discussion of directors receiving mail at home rather than at the club post office box. It was agreed that this practice should be up to the individual directors.

Joel noted he had negotiated an increase in services from our answering service at no additional cost. It was noted that a map should be distributed of the meeting area for the all-class ride so that everyone would go to the same point.

Gene noted that after looking at other clubs' web sites, Ben Goldberg recommended posting our rides at our site. It was agreed this would be done on a one-time basis in June as an experiment.

The board discussed the problem of getting ride leaders and improving their skills.

The meeting adjourned at 8:32 P.M.
Respectfully submitted

Conrad J. Obregon

BIKE WATCH, continued

all traffic laws. Wanna bet? While there is good reason for them to stop at red lights and yield the right-of-way to pedestrians since that increases the exposure of the billboards, the law also requires bikes to ride as far right as is safe and I doubt advertisers will be pleased to have their billboards lodged in the far right lane when they would be seen by more people farther out in traffic.

David Gonzalez's May 22 column in the NYT, was about Transportation Alternative's and Karen Overton's Recycle-A-Bicycle program. If you don’t know what to do with your old bike stuff, give it to this program. There is no better use for it, at least here in New York. TAC's telephone number is 629-8080.

From a profile of 77-year-old Tony Randall in the May 30 NYT: “His new [26-year-old] wife introduced him to Rollerblades and he tried them for a time. ‘Finally, some woman passed me and turned around and yelled, ‘You must be out of your mind!’ I decided she was right. Now I go bicycle riding.”

Pryor Dodge's spectacular exhibit of antique bikes and related stuff seen at the PaineWebber Gallery last year has been re-mounted at the Morris Museum [201.538.0454] in Morristown, NJ, where it will be on display until Sept. 1. What you'll see there that you didn't see here are five or six antique French cycling posters with bare-breasted women that was deemed unsuitable for show by Paine Webber. See them and laugh at late 20th century Puritanism run amuck.

Re-Cycling

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

FOR SALE:
Bianchi Campaniglio D’Italia for sale. 53 cm, good condition, new tires, tape. $400. Call: F. Miller at 750-3417.

SPECIALIZED STUMPJUMPER, 19 inch, with front-fork suspension that is in excellent condition. I am asking $600. Call: Laney at (212)850-1631 -7 (212)825-6439 x. Bianchi Volpe touring bike, 54 cm, great condition, 21 spd, with cyclocruiser, rear rack, mounted pump. $220 OBO. Call: Laura at (718)398-0835.

Vitus 979, 56 cm c.c. In excellent condition. Comfy, lightweight mount. Shimano Ultegra drive train, Dia-Compe brakes, Cinelli stem & bars, Campy Chorus seat post, Chris King headset, SR Prism fork. The choice of NYC legends Geiger & Slattery. $600. Call: Mark at (212)496-5518 or Mark Martinez@chase.com

BRIDGESTONE RB-1 Road bike, 53 cm, Dura Ace 6 spd, new Mavic Reflex wheel, great condition, $590. Also, Trek 2000 alum. Frameset, 56cm, like new, only $50. Call Marc at (212)749-2685.

LOST:
NYCC JACKET on 5/24/97 on northbound side of 9th between State line and Tallman State Park. REWARD. Call: Sherman Pazner at (212)685-4772.

New York Cycle Club Board Meeting.
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 chart). Our rides are described by page and style because it's more 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 (2.48 miles) around Central Park at a comfortable pace and timing 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,�, 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.

<table>
<thead>
<tr>
<th>From GCT</th>
<th>To/FROM</th>
<th>To GCT</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:54 AM (Hudson Line)</td>
<td>Poughkeepsie</td>
<td>4:12 PM</td>
</tr>
<tr>
<td>8:58 AM (Hudson Line)</td>
<td>Poughkeepsie</td>
<td>5:12 PM</td>
</tr>
<tr>
<td>8:49 AM (Harlem Line)</td>
<td>New Haven</td>
<td>6:12 PM</td>
</tr>
<tr>
<td>8:07 AM (New Haven Line)</td>
<td>New Haven</td>
<td>3:57 PM</td>
</tr>
</tbody>
</table>

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 trip and absolutely require a Bike Train at another time, you must call NYCC's MetroNorth liaison, Jeff Vogel at (212) 275-6758 and in advance 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.

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**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 mountaneous 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**
---| ---
20-22 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

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Enjoy the privileges of NYCC membership.
IF IT'S JULY, IT MUST BE TOUR TIME...

Have you ever wondered... "besides riding like hell for almost a month up some really ugly hills in the heat of the summer against some of the best riders in the world..."

How do you win the Tour de France?"

Come hear Bill Kline, former racer, team mechanic for the America women's team in the 1990 Tour and manager of Bicycle Habitat discuss the finer points of Tour strategy and what to look for in this year's Tour.

COME TO SAMBUCA ON JULY 8.

20 West 72 Street (between Central Park West and Columbus Avenue)
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

Indoor bike parking ONLY if you arrive by 5:30 P.M.
Subway: 1, 2, 3, B and C to 72 Street. The M72 Crosstown Bus stops 1/2 block away.

M72 Crosstown Bus
Stops 1/2 block away

Dated Material:

First Class Mail

Chicago IL 60614-4674
2128 N. Sedgwick #111
Attention: Brummer
Chris Mattina

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