June
1997
New Location!

Sambuca's
20 W. 72 Street

See page 2 for details.
**Bulletin Board**

**NYCC Opportunities. From the President, Gene Vezzani**

**Opportunity #1 - Deliciously Different.** It is with a great deal of pleasure that we announce a wonderful new location for our monthly club meetings. Beginning in June, our monthly club meeting, scheduled for Tuesday, June 10, is moving to Sambucca’s Restaurant, located on West 72nd Street between Central Park West and Columbus Ave. Sambucca’s specializes in healthy and hearty cuisine served family style. Our new meeting location is very easy to get to by using the 1, 2, 3, 9, B or C trains. The cross-town M72 bus also stops within a half-block from the restaurant, and bicycle parking is available inside Sambucca’s.

Vice President of Programs Dona Kahn has scheduled an extra-special kick-off program for our first visit to Sambucca’s. Our exciting guest speakers are from Team Klein who are currently on the women’s professional racing circuit. Here’s a great opportunity for you to greet old friends and meet new ones. Don’t miss it!

**Opportunity #2 - New Ride Leader Training Seminar.** Did you ever think about leading a ride, but you weren’t quite sure what to do or how to do it? How do you become a ride leader? The answer to these questions and many more are part of our New Ride Leaders Training Seminar, and you are personally invited to attend.

When: Tuesday, June 10 beginning promptly at 6:15PM and ending at 6:45PM, right before dinner at our monthly club meeting.

Where: Sambucca’s Restaurant, located on West 72nd Street between Central Park West and Columbus.

Your instructors for this seminar are some of our club’s most experienced ride leaders, and they have planned an extremely informative half-hour program for you. We are looking for additional ride leaders in all categories: A, B and C. Here’s a great opportunity for every club member to pledge to lead just one ride during the 1997 riding season. Don’t miss it!

**Opportunity #3 - Amazing Jerseys.** It is amazing! The colorful NYCC jersey that longtime member Michael Toomey designed is turning heads at all of the regional cycling events. We’ve received calls and e-mail from folks who saw club members wearing them at both the Bloomin’ Metric and the Montauk Century recently.

We have a just few of these magnificent jerseys available in a limited selection of men’s and women’s sizes. Here’s a great opportunity for you to purchase one for yourself or a friend. To order one, just call Gene (212) 875-1615. Don’t miss it!

**Opportunity #4 - Hot Weather Safety Tip.** The Central Park Medical Unit has informed us that the number of accidents in the park dramatically increases when the humidity is high. Their suggestion: drink plenty of liquid, stay hydrated. Here’s an opportunity for you to remain healthy and safe. Don’t miss it!

**Opportunity #5 - Over 100 Rides.** We plan to make a booklet of over 100 favorite NYCC rides available to all NYCC members at the end of the year. But we need help in two departments: 1) We need people to send their favorite rides to Dona Kahn, and 2) We need people to volunteer to road test some of the rides that we currently have in our library. Here’s an opportunity for you to lend a hand. Please call Dona Kahn (212) 399-9009. Don’t miss it!

**Opportunity #6 - 3 Upcoming NYCC Weekends.** See pages 6-7 for an upcoming Singles Weekend at Club Getaway, the July 4 West Point trip and the September Weekend in the Catskills.

**MEMBERSHIP UPDATE – By Joel Englander**

I would like to thank all the members who have renewed their 1997 NYCC membership. I do want to apologize for any confusion that arose from our renewal letter “Don’t Get Dropped.” I am, however, very happy to report that we have established a new monthly membership record of 228 members in April.

There are a number of people whom I would like to personally thank for the work they have contributed: Gene Vezzani and the Board of Directors, Tom Laskey, Douglas Riccardi, Liane Montessa and most especially my wife, Mary, who has spent many hours addressing newsletters.
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.

Sunday, June 1

ALL-CLASS TO TALLMAN STATE PARK
(Don’t forget to carry what you carry in.) All rides will converge on the park between 12:00 and 12:30.

A21 60 MI 9:00 AM  Leader: Rob Kohn (718) 369-1237. From: The Boathouse. Join me on my favorite back roads route into Nyack. Some climbing, some flat. A Vogel ride council-approved route.

A19 65 MI 8:45 AM  Leader: Fred Steinberg (212) 787-5204. From: The Boathouse. We’ll do some miles in the morning, picnic mid-day, and then digest all afternoon!

B17 55+ MI 9:00 AM  Leader: Gary McGraig (212) 877-4257. From: The Boathouse. Come out and enjoy the first all-class of the year as we ride through Bergen on our way to Tallman.

B15 50 MI 9:15 AM  Leaders: Peter Morales & Suzanne Levin (718) 398-2649. From: The Boathouse. Join us for a fun group ride as we head through Bergen and Rockland Counties for the club gathering at Tallman.

C12 45 MI 9:00 AM  Leader: Peter Hochstein (212) 427-1041. From: The Boathouse. A nice ride through Bergen County via Rt. 501 to the picnic.

Wednesdays in June

A18-20 30 MI 6:00 PM Hill Repeats, River Road
Coordinates: Al Boland (212) 665-3484 & Steve Ullman (212) 473-1897. From: AYH, 103th St. & Amsterdam Ave. Meet for a weeknight training ride.

Wednesday, June 4

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

Friday, June 6

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

Saturday, June 7

A20 60+ MI 9:00 AM Our Backyard

A19 63 MI 9:15 AM My 40th Non-Reunion Ride
Leader: Richard Rosenthal (212) 377-4700. From: The Boathouse. If I weren’t leading this ride, I might be at my 40th non-reunion of my secondary school class. Non-reunion? Yes, I got “dropped,” as it were, a week before graduation. And now you’re gonna drop me? Where will all this getting dropped end? Answer: at the gazebo and beautiful lookout behind St. John’s Church on River Road in Grandview (btwn. Piermont and Nyack). We’ll go via River Road, Tweed, and Bradley.

B15/17 62 MI 9:30 AM June Is Free Therapy Month
Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. Bring all of your excess baggage, we’re going on a guilt trip. Today’s ride features all of the cycleable that you can stand plus some magnificent scenery en route to Pearl River, where we’ll stop for a shameless helping of the now-famous “slider” pancakes. Helmets required.

C14 45 MI 9:00 AM Round Trip To Staten Island
Leader: Bernie Brandell (718) 633-1759. From: Staten Island Ferry (Ray’s Pizza - Manhattan Side). Mostly flat ride through Staten Island, where we’ll see what greenery the borough has to offer. Bring a well-maintained bike, lunch or money, and a cheerful attitude.

Sunday, June 8

A21+ 75 MI 8:30 AM I Hope I’m Ready
Leader: Phil Simpson (718) 639-6264. From: The Boathouse. Hilly Bergen/Rockland ride with easy start out of the park, single line along Hudson Terrace, then take off. Perhaps a KOM Prime. Helmets required. Rain at 8:00 am cancels.

A18 70 MI 9:00 AM Bayville
Leader: Irv Schacter (212) 758-5738. From: The Boathouse. A rare and enjoyable ride to the horse country of Long Island.

B14 56 MI 9:00 AM Bike Paths And Bridges
Leader: Mike DiCerro (212) 645-1120. From: The Boathouse. A moderately hilly route, meandering back and forth over the Saddle Brook. 42 miles of bike paths. Lunch at a duck pond in Ridgewood.

C13 48 MI 9:00 AM Park Ridge Ramble
Leader: Ben Goldberg (212) 982-4681. From: The Boathouse. A pleasant ride to my favorite diner. No major hills (other than the usual one up to the bridge). Come along!!!

Wednesday, June 11

B15/17 18/24 MI 7:30 PM Wednesday Night In Central Park
Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The parking lot in front of the Tavern on the Green. Enjoy the safety and the social benefits of a mid-week club ride in Central Park. If you only get out once during the week, then this popular spinning exercise is perfect for you. Helmets required.
Friday, June 13

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

Saturday, June 14

A21 60+ MI 8:00 AM The Hills Are Calling Us
Leader: Steven Britt (212) 288-6324. From: The Boathouse. By the look of the other rides, this seems to be a hill month. I may try to rediscover a first ride I did in ’96, which took us a little off the beaten path. Otherwise, count on a back way into either Nyack (ugh!) or Park Ridge. Any precip/prediction of after 7 AM cancels.

A19 65 MI 9:00 AM Somewhere in Westchester
Leader: Ira Mitchell (212) 663-2997. From: The Boathouse. I don’t know where we’re going, but I’m sure we’ll decide before we get there.

B15/17 62 MI 9:30 AM Rockland Lake
Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. This is a gorgeous ride through the back roads to Rockland Lake State Park. We’ll make a deli stop, picnic in the park, ride around the lake and then leave the park via the seldom-used bike path. Helmets required.

B16 55/65 MI 9:00/10 AM Gatsby Ride
Leader: C.J. Obregon (212) 876-6641. From: The Boathouse(9:00)/Statue of Civic Virtue(10:00)-Union Tpke E/F train. The rich are different. We visit both of the Eggs. Helmets required. Winds above 20 mph cancel.

C10 25 MI 12:45 PM Y’ar Old Salt (Sheepshead Bay)
Leader: Terry Chin (718) 680-5227. From: Steps in front of City Hall. This mid-day departure to Sheepshead Bay gives us a chance to join in a flurry of activity at Brooklyn’s Cape Cod. Bring your favorite fish tale to tell over clam chowder. Mostly flat with a few rolling hills. Co-led with 5BBC.

Sunday, June 15

A21 65+ MI 9:00 AM New City w/ Garrison Option
Leader: David Thomas (212) 675-6191. From: The Boathouse. Cruise up to New City for breakfast. If we’re not cooked, there will be a hill stage through Harriman, ending at Garrison for train return. Metro-North pass required for hill stage.

A19 65+ MI 9:00 AM Rockland County
Leader: Fred Steinberg (212) 787-5204. From: The Boathouse. We’ll go somewhere where Dave Thomas isn’t going (see above).

B14 50 MI 9:00 AM Oyster Bay
Leader: Linda Wintner (212) 876-3798 & Donna Kahn (212) 399-9009. From: The Statue of Civic Virtue (Union Tpke & Queens Blvd E/F train). Get ready for summer with this beautiful ride. We will picnic at the beach if weather permits. Helmets required.

B/C14/15 50 MI 9:00 AM Long Beach Ride

C13 45 MI 9:00 AM C Riders Do Hills
Leader: Alinda Barth (718) 441-5612. From: Statue of Civic Virtue (E/F train to Union Turnpike, Kew Gardens). OK, “C” Riders, do you want to do a few character-building North Shore hills? Nothing monstrous, mind you, just a bit of fun stuff to get the old pump going. It’ll be good for you. Call (until 8:30 on day of ride) if in doubt.

Wednesday, June 18

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

Friday, June 20

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

Saturday, June 21

A21 90 MI 9:00 AM A Brewster Solstice
Leader: Beth Renaud (212) 274-9463. From: The Boathouse. With the longest day of the year at hand, let’s travel farther afield than we usually do—to Brewster, which is all the way up in Putnam County. I haven’t been there for about two years—what better reason to venture yonder? Lunch in Bedford, probably. MetroNorth pass and a sense of direction essential.

A19 55+ MI 7:30 AM Yelena’s Ride
Leader: Stan Greenberg (718) 935-9786. From: The Boathouse. Yelena wants to go to the beach today, so we have to get back early. Leaving promptly at 7:30 for Nyack, guaranteed to be back by noon.

B15/17 55 MI 9:30 AM 50 Ways To Leave Your Lover
Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The Boathouse. Join your very experienced ride leaders for counseling on 50 ways to leave your lover (remember the song?) who you met in the Chance for Romance series. “Make a new plan Stan” for today’s ride is going to be nothing but fun. You had better ‘hop on a plane Jane,’ because we’re going to Nyack today. One thing is a must for today’s ride: Come prepared to share an additional verse from the song with the group. Helmets required.

Sunday, June 22

A20+ 64 MI 8:30 AM Birthday Ride
Leader: Jeff Vogel (718) 275-6978. From: The Boathouse. It’s my birthday (14 again?) so we’re going where I want to go — Pearl River. And, we’re going the way I want to go — so we don’t go through Hohokus. It’s 39 miles to breakfast, so two waterbottles are mandatory. Riders under 30 years old allowed at leader’s discretion.

K17/18 55 MI 9:00 AM Nyack – The Hilly Way
Leader: Marc Yatkowsky (212) 410-6284. From: The Boathouse. Flat on the way to Nyack Beach State Park. Hilly on our return. Helmets required.

B14 60 MI 9:00 AM Bayville – A Different Way
Leader: Alinda Barth (218) 441-5612. From: The Statue of Civic Virtue (E/F train to Union Turnpike, Kew Gardens). Did you know that you can go to Bayville without touching Wheatley Road? Come and find out. We’ll lunch on Bayville Beach. Rain cancels. Call if in doubt. Helmets required.
Sick & Tired of New Jersey

Leaders: Marilyn & Ken Weisman (212) 222-5527. From: Grand Central Terminal Information Booth for 8:05 Bike Train to Westport (RT/New Haven Line). We'll revisit the 75 km route of the South Shore Bike Club's Bloomin' Metric. One of the most beautiful routes around, but no duck ponds or long picnic lunches. You do get a few small hills, and you must wear a helmet and be able to fix your own flat. Cue sheets or maps will be provided.

Wednesday, June 25

Wednesday Night In Central Park

Leaders: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The parking lot in front of the Tavern on the Green. Enjoy the safety and the social benefits of a mid-week club ride in Central Park. If you only get out once during the week, then this popular spinning exercise is perfect for you. Helmets required.

Friday, June 27

TGIF

Leader: Ron Grossman (718) 369-2413. From: Call leader for starting location and destination. (Rides generally leave from the steps of City Hall.) Helmets required.

Saturday, June 28

Pearl River Pancakes

Leader: David Greenberg (718) 643-0839. From: The Boathouse. A pleasant ride for pancakes at the coffee shop across from the train station.

Caumsett State Park


B Series Revisited

Leader: Mark Bernstein (718) 833-6648. From: The Boathouse. Will continue the spirit of the B Series and scout the lesser traveled rural areas for a fun and challenging day. Helmets required.

Gelato alla Cornwall

Leader: Gene Vezzani (212) 875-1615 & Joanna Lee. From: The information booth inside Grand Central Station. This is one of the more popular rides of the season. We'll begin by taking the train to Cold Spring for the start of a 50-mile loop across the Hudson River using the Bear Mountain Bridge. We'll then head north, following the road that leads us through the West Point Military Academy into the village of Cornwall. Here you'll find a quaint little ice cream shop that carries a bunch of different flavors. We'll cross the Hudson again, this time using the Beacon Bridge, and ride south to Cold Spring where we'll board the train that takes us home. A Metro North bicycle pass is a must. Helmets required.

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 Marchais Center of Tibetan Art. We'll tour the coast to Miller Field, a former WWII Army/Air Force airfield, for some great views of the Atlantic and N.Y. Bay. We'll schedule an early evening return for sunset viewing aboard the S.I. Ferry. Bring a bike light for the ride home. Some hills, one difficult. Co-led with 5BBC.

Sunday, June 29

The Great Equalizer

Leader: Mark Martinez (212) 496-5518. From: The Boathouse. Westchester. A challenging hill for the climbers, some amazing flats for the musclemen (and women) and a shortcut for those wishing to get in touch with their inner wimp. White Plains, Rt. 22, Whipooolowill, 117, 128. Lunch will be a deli stop in Armonk at just over 40 miles — so bring some pocket food. After lunch, it's a short, flat cruise home.

Jeopardy Ride


Newcomers' Ride

An anxiety-free introduction to Club riding aimed at newer NYCC members. See the article that follows.

West Point Weekend

Leader: Christy Guzzeta (212) 595-3574. All Class Club Weekend, Friday, July 4 thru Sunday, July 6, 25-70 miles, C 13 thru A 22. See article which follows.

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 pick-up ride.

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.
The Newcomers’ Rides were initiated by Debbie Bell in 1986 in order to provide newer members with an anxiety-free introduction to our Club rides. Cyclists of similar ability ride in the company of experienced leaders and other Club members who care to ride along. The routines share many miles in common through pretty suburbia so that a) if anyone falls behind s/he can be swept up by the following slower group, and b) riders who want to shorten their rides or ride at a slower speed can wait at designated “branch points” and join a following group taking a shorter route. The rides are classified in 1 mph increments to accommodate a wide range of abilities. See p. 11 for a full description of our ride classifications and for other important pointers.

The 4 B rides all start from the Boathouse in Central Park at 9:15 am and will be coordinated by Gene Vezzani. The 3 C rides will start at 10:00 am from the G.W. Bridge Bus Terminal at Fort Washington Avenue and 178th St. (take the “A” train to 175th St. Station), and will be coordinated by Irv Weisman. We expect to recruit 2 ride leaders for each group.

See the Ride listings for details on speeds and distances. Please be conservative in your estimate of your ability so that your ride will be enjoyable in every way. There are some hills on these routes — low gears are advised. It would be very helpful, too, if you classify your comfortable riding speed — again. See p. 11 for details.

Happy Birthday, America!

The annual July 4 New York Cycle Club All Class Club Weekend at West Point will more than likely be the biggest, most patriotic, most rah-rah club weekend of the year. Three days, two nights, the historic Hotel Thayer right smack in the middle of the West Point campus. We'll ride up on Friday, July 4. We'll enjoy a spectacular outdoor concert performed by the West Point Cadet Band. A wonderful picnic dinner will be delivered to us at the concert - and we'll have the best seats in the house. Saturday, if you don't feel like riding, visit the swimming hole, visit Storm King Art Center, visit the holiday celebrations in town, visit the museum, see the campus — West Point is the greatest.

The MV Commander, a historic river boat, has been chartered by us for a dinner cruise on the Hudson. The Commander will actually pick us up at the West Point dock, we'll dine and tour the Hudson Highland region, and then be dropped off back to campus. Unbelievable. Sunday, we will ride home. A, B, and C rides are planned for all three days.

2 full breakfasts, 2 dinners, overnight accommodations at the Hotel Thayer, a baggage shuttle to carry our clothes, cruise, concert, plus - all included for $175.00. Please send a check made out to Christy Guzzetta to Christy at 49 West 75th Street, New York, NY 10023. Tel: (212) 595-3674.

More honors for New York City

In a vote of more than 2000 industry professionals, Toga Bike Shop was selected as one of the top 100 bicycle stores in the U.S. It is the first time in four years that any New York bicycle dealer was included on this prestigious industry honor roll, which was just published in the April 1997 issue of Bicycle Dealer Showcase, one of the industry's leading trade magazines.

"Toga's election is a truly remarkable story, especially considering that only five years ago they were virtually bankrupt and in danger of closing," commented BDS editor Don Campbell. "It is an inspiring example for other struggling dealers to follow."

How significant is it to be on the list? Consider that there are nearly 7,000 independent bicycle dealers, and that the voting amounted to an evaluation by a jury of the industry. The guidelines for the voting included product selection and mix, merchandise display, standing amongst fellow dealers, productivity, store presentation, integrity, credit worthiness and personnel training.

"We are certainly gratified and delighted to have been selected for this honor," said Richard Newman, Toga's owner and the man who led the turnaround. "For myself and my staff, it is vindication for the long hours and hard work that we put in. It won't mean much, however, unless it spurs us to continue to give our customers better and better service."

Toga Bike Shop is New York's oldest and largest bicycle dealer. 1997 marks its 30th year of serving New York cyclists. Toga built its business with a reputation for knowledge, excellent mechanics, custom building and fitting bicycles, and outstanding racing teams. In the last few years, Toga has become as well known for its work with local charities and its public service efforts. From free repair classes and charity bike rides to major efforts on cycling security and medical care in Central Park, Toga continues to demonstrate how small businesses can contribute to the community that helps support it.

A SIG Graduation — by Christy Guzzetta

The A SIG of 1997, the 11th year of the series, was the biggest of them all. Twelve weeks into it, and I still didn't know all the names.

Week after week, an army would sign up for the ride. We'd break up into three groups, we'd need to - there were just too many people! And this group started out as the absolute worst in the 11-year history of our SIG. Week in, week out, crash after crash after crash. This one banging into that one, that one running off the road, 40, 50 people knocking into each other week by week. It was bumper cars!

Then we went to South Mountain Road, 85 long miles away. Things were quiet that day, there was a hush, this was the 8th ride of the series, it was long, challenging, double paceline, 22 mph on flats, whooosh. No crashes on this day, no cursing, flying down the road, clicking, 35 maybe 40 people left in the SIG. We were starting to get the idea, starting to ride together as a group, starting to ride fast. There were still too many people, however. I have an idea, I'm going to pick up the pace, put on more pressure, I will drop them. Each and every week thereafter, I turned up screws. Faster, faster, faster. No one dropped. Croton Reservoir, 23 MPH, no one dropped. Bedford, 90 miles with stretches as fast as I could go, no one dropped. Until finally, Little Tor, as fast as I could go - and the damn SIG dropped me. Congratulations! You figured it out. This group can ride on any A ride listed in the bulletin. The new A riders. The following will receive their prize "Certificate of Completion" at the June Club meeting:

Bo Arlander
Stephanie Bleecker
Eric Brewster
Tim Claudio
Steve Doub
Gabrielle Espey
Ronni Evron
Anne Grossman
Jill Hamburg
Craig Hazen
Lisa Hecht
Mike Howard
Thomas Kamber
Michael Kitts
Steve Kuzter
Andrew Levin
Cindy Ma
Judy Morrill
Jack O'Connor
Robert Raulsa
Jorge Roldan
Steve Sapienza
Travis Stearns
Jill Tucker
Lesley Williams
Mary Whelan
Ann Wool

Every week, every Saturday - rain date Sunday - the leaders showed us the way. Maps, cadence, seat height, pacelines, hill climbing, helping us along. From four laps in Central Park all the way to the top of Bear Mountain - THE leaders, THE best. It would have never happened without you. Thank you:

Ed Fishkin
David Gorgan
Paul Leibowitz
Ann Marie Miller
Beth Renaud
Mike Samuel
Randy Taylor
Carolyn White
Swinging Singles Weekend*

Join us for a fabulous weekend in Litchfield County, Connecticut (near Kent), at Club Getaway, August 1-3, 1997. A, B, and C rides will be led by NY Cycle Club leaders in beautiful, rolling countryside. Rides will return by bus (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 at meals and free wine with dinner. Call Club (1-800-6-GETAWAY) for special discounted weekend rates for bikers. Bus transportation (for you and your bike) from Manhattan available for an additional charge.

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

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

Catskills Weekend – September 19-21 ‘97

It’s time to go back to the Catskills. This year, it’s the Raleigh Hotel in South Fallsburg, NY (outside of Monticello, NY). We’ve been able to get a great rate through the help of Ed and Frances Miller of the Bicycle Touring Club of North Jersey. The Raleigh Hotel is a complete resort in the Catskills. Facilities include an indoor and outdoor pool, tennis, golf (at a nominal charge), volleyball, year-round ice skating, health club, indoor miniature golf, children’s day camp, and two shows nightly in the night club. There may not be time to ride.

Jeff Vogel and Margaret Cipolla will lead unsponsored A rides. Ed Miller of BTCNJ will lead C rides Friday afternoon and Saturday and Sunday mornings, back in time for lunch. Hopefully, someone from the NYCC will volunteer to lead B-type rides.

Our special rate for the three days/two nights is $159 per person (double occupancy) in the main building and $146 per person in the ranch building. The price includes everything mentioned above plus three gourmet meals a day from Friday dinner through Sunday lunch. Gratuities are not included. Space is limited, and a $25 deposit is required by June 15. Make your check payable to NAAMAT-USA (Women and Children Non-Sectarian Charitable Organization in Israel) and mail to Jeff Vogel, 102-10 66th Road Apt 14E, Forest Hills, NY 11375. Final payment is due August 19. Questions, call Jeff at (718) 275-6978 after June 10.

B Training Series Recap – by Karin Fantus

On Saturday, May 10, 14 riders came out on a potentially rainy day to ride 80 miles - way past Bear Mountain, through West Point, across the Beacon-Newburgh Bridge, then down to Cold Spring, NY. No biggie. Since March 1, most of them had been riding some of Westchester’s most difficult hills. Weekly, riders would admit they’d completed “the most challenging ride I’ve ever done.”

And that’s how it went... We presented basics on group riding, spinning, etc. Some were introduced to efficient cycling technique for the first time, while others were more experienced and came along for the ride. Co-Leaders Gary McGrae, Mark Bernstein, and Mike DiCerbo put in tremendous effort to make the series a success. They were on-hand throughout: instructing the group and working the line with tips that clearly - sometimes instantly - helped many ride with greater ease, comfort, and speed.

For 11 weeks, we dished out the most spectacular routes in the metro area. The plan was to preoccupy everyone with the scenery so they wouldn’t whine about the hills, or the distance, or the cold, or any of it. It worked. And... each week, we rode significantly faster and stronger, and in a straight line!

By the end of the series, there were still a few people on hybrids, and more than a few still wearing comfy old sneakers. And, guess what? There was absolutely no correlation between bike equipment and position in the pack. And, with one very notable exception,* there were no accidents or injuries.

Congratulations to all who hung in to become some of the strongest, steadiest, and most adventuresome riders in the NYCC. And thanks to those who started out that way and came along to train with us and add their inspiration:

Annette Aaron
Carolyn Bookner
Vanda Brunsing
Jan Chenoweth
John Eichholz
Janet Getchell

Jay Jacobson
Donna Kahn
Moira McFadden
Lynn Sarr
Gay Shaheen

Monica Smith
Guy Sussman
Ray Thomas
Linda Wintner
Diane Zicka

* Dick Goldberg and his collarbone met with a stealth pothole on Ride #2. Both collarbone and pothole are now fixed. Dick, who’s delighted to be back on his bike, was instrumental to the success of the 1996 B Training Series. We all missed him.

The NYCC Century Committee is looking for Volunteers!

September 12, 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 marshalling, manning rest stops, check-in and, yes, even clean-up!

Please call REYNA FRANCO
if you are interested in helping.
(212) 529-6717

Terms of Endearment - A Cycling Quiz

1. A dangerous riding partner
2. An educated cycling consumer
3. A rider who sucks wheel all the time
4. When no one complains about the pace
5. A really groovy paint job
6. Buying every new component that comes out
7. A rider who cuts you off or An unplayed road
8. Sports drinks
9. A cyclist with thinning hair
10. Advanced riding tactics
11. A rider who copies everybody else
12. A cyclist who never looks around

a. Cycosis
b. Cyanide
c. Cycology
d. Cycopath
e. Cyclone
f. Cyclotroplasm
 g. Cy Sym
h. Cychedelic
i. Cyclops
j. Cycophant
k. Cyclamate
l. Cy Sterling

Answers appear on page 10.
A message from the B-Rides Coordinator
Gary McGraime

This is your club. You may determine where the club goes.
As a club, we are sustained by members like you who contribute their time to help in some way. It might be by leading a ride, helping with the club Century, serving on a committee or assisting in publishing our bulletin. The more that members participate, the better the club is.
You may have been thinking about leading a ride but may not feel comfortable or motivated. I’d like to address both.

Comfort in Leading a Ride. You can co-lead a ride. Ask a friend or your ride coordinator for suggestions. You don’t need an original route. Start with something simple. Dona Kahn, (212)399-9009, has a library of routes to try.

You Don’t Have to be Perfect. Use your common sense and best judgment. Every leader is going to make mistakes. Relax and enjoy the ride.
The NYCC will be offering a “Ride Leader Training Seminar” for anyone who is curious or interested in leading a ride as well as for ride leaders who would like to share their ideas and experience. See the Bulletin Board on page 2 for more information.

Motivation to Lead a Ride. I suspect that you joined the NYCC because you love cycling and enjoy the club rides — and leading a ride was not in your plans. Does this sound familiar? Somehow I became “unwittingly” involved and have found that leading rides can be a lot of fun. Some of the fringe benefits are:
• Choosing the route and pace that you would like to ride
• The satisfaction of participating and giving something back to the club.
• Being the top banana can also be “a peeling.”

If you are interested in leading a ride, call a ride coordinator. See page 2.

Bike Watch
by Richard Rosenthal

Manhattan Borough President Ruth Messinger is a very active bike commuter and the most cyclist-friendly politician in New York. She appeared on the podium before the Bike New York/5 Boro Bike Ride and rode in it seven of the eight years she has been Borough president. She rode in it again this year; however, this year, unlike in every previous year, she was not invited to be on the podium. Why not? Oh, did I forget to mention she is running for mayor and Mayor Giuliani, who was on the podium, controls his NYC appearances?
The May 6 NY Post had a picture of Messinger on her bike in conjunction with her challenging Giuliani to a bike race from Gracie Mansion to City Hall after he caterwauled she didn’t have the stamina to be mayor. He declined.
A letter to the editor in the May 8 NY Times suggested bike riders in Central Park confine their circuits to a loop that would be up the Harlem Hill at the north end of the park (c. 109th Street), then back across the 103rd Street cut along the northern edge of the reservoir.
Clyde Haberman’s Apr. 25 column in the NYT was primarily about a group who, under cover of night, paint the outlines of dead bodies in Manhattan streets where cyclists and pedestrians have been killed by cars, along with the deceaseds’ names and dates of death. (This guerrilla activity is largely the idea and work of a NYCC member...no, not me.) Haberman, a longtime and unregenerate bike-basher, couldn’t resist bashing cyclists in this piece, which was supposedly sympathetic to cyclists and an indictment of drivers who kill with complete impunity.
The AP, the New York Times, and the Washington Post all remarked in their May obituaries of journalist Murray Kempton that he used to bike to his assignments, from one end of Manhattan to the other, invariably wearing a three-piece suit and clip on his right leg. That explains the cartoon on the cover of one of his books that was mentioned here, without understanding, three years ago.

Lest I impress you with a certain high tone to the media I survey, let me disabuse you of any such notion as I report the May 8 “ER” had a fleeting reference to a cyclist who had just “had it out with a tour bus,” and a few days later (May 12), “Chicago Hope” had a fleeting reference to a patient admitted for a broken tibia from a bike crash.
The May 14 Channel 7 news referred to a bicycle fatality report due to be released the following day, and NBC News (Tom Brokaw) reported the story on its national news. May 15: a release of a report stating 800 cyclists were killed by cars last year (the actual number is 840) and the three deadliest states for cyclists: Florida, Arizona, and Louisiana.

Don’t even bother to ask me why I was reading the April 1997 Cosmopolitan in the first place. Just be grateful I am able to report its unintended encomium to bicycle mechanics in an article titled, “Masturbation: What Men Think of Women Who Do It” by Colin McEnroe (p. 117, col. 1, par. 1-2). There is sentiment in the club to not publish it here as this is a family newsletter, notwithstanding the fact it has been published in a magazine whose circulation dwarfs that of every cycling magazine in the U.S. combined. Lest it seem that it’s only NYCers who are squeamish about human sexuality, notwithstanding the fact that, in this instance, it’s between a consenting adult (sic), VeloNews and Bicycle Retailer also took a pass on re-printing it. The author writes a perfectly ridiculous analogy that suggests he knows women far better than he does bikes. Check it out for yourself. Or call me for a dramatic reading.

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(1) New for 1997 and exclusive to Toga in Manhattan. (2) Formerly Carbonframes, exclusive to TOGA in Manhattan. (3) New for 1997, triathlon specific, and exclusive to TOGA in Manhattan.

SAVE THE DATE:
September 12, 1997.
THAT’S THE DATE OF THE
THIRD ANNUAL “ESCAPE FROM NEW YORK” CENTURY.
Congratulations to Reyna Franco and Charlie Katz who are expecting their first child. The due date is October 1st. The big question is, "Will it be a runner or a cyclist?"

Thank you Richard Rosenthal for creating the public service ads honoring Steve Schuetze, a New York Cycle Club member who died in a cycling accident several years ago. The ads feature the "Cyclists & Drivers Together" symbol along with a message encouraging safer driving. Richard is also responsible for creating the widely used slogan "One Less Car," which you've probably seen on T-shirts and jerseys. If anyone is interested in using the "Cyclists & Drivers Together" ads, contact Richard Rosenthal at (212) 371-4700 for an ad packet.

Best wishes for a speedy recovery to Ivo Varabanov, who broke a vertebrae in a recent crash. He spent three days in the hospital. Then on his first day home, he tried to get on a wind trainer. He said he felt better on the bike than off it!

Ivo can now join TEAM OTB (Off the Bike) with Rich Borow and Alan Resnick (no, as they're all recovering from various injuries). Get well soon, guys. In fact, you better get well quick. Said Stephanie Bleecher after dinner with the three, "What a bunch of whiny men."

Congratulations to this year's SIG graduates. The SIG was the biggest ever, with 29 graduates, and probably its best ever, too. Not only do the graduates have the riding skills necessary to do any A ride, but they've got social skills. You'll actually enjoy spending an hour in a diner with them. Among the graduates was Andy Levin, who proved how great the SIG was by driving up from Philadelphia for 12 straight Saturday mornings. Then there was Anne Grossman, who said, "Look at me. I'm built for bearing children, not for 100-mile A rides." Well, Anne, now that you're an A rider, I guess that you can do both. Everyone had their own way to get through the series. For Jill Tucker, it was to talk her way through it. There was never a quiet moment with Jill around. But she can ride, too. And Katrina Kothe once again DID NOT hit any parked cars. And where was Ed Fishlin for the graduation ride? He said he had an "emergency date."

Additional congratulations to Jorge Roldan and Andy Levin (no) who pulled off a double play - the 106-mile SIG graduation ride to Bear Mountain and the 125-mile ride to Montauk on the same weekend.

And on that Montauk ride, Margaret Cipolla and Jeff Vogel (yes) were riding through Patchogue when they were pulled over by the Suffolk County Police. The officer said that for their own safety, they should be riding on the sidewalk. When Jeff questioned the legality of sidewalk riding, the officer said she really didn't know. And when Jeff said it was certainly illegal to ride on the sidewalk in New York City, she said that was because traffic moves so slowly there that riding in the streets was safe!

On April 27, Joan and Jay Jacobson, resplendent in their matching NYCC jackets and jerseys rode their tandem in "Bike Bergen for the Homeless." They were awarded a prize for "Most Unique Entry." The prize was a shiny new pink tricycle, which they are saving for their 4-month-old granddaughter, Heather. By the way, in addition to Bergen County, Jay has now cycled on all six of the major continents. Don't forget the snow tires for your next big trip.

So our Road Bozo and Road Hero this month both committed / achieved their acts on the same ride in May. It was an A SIG ride that stopped for refreshments at the top of the long climb up South Mountain Road. Stephanie Bleecher went to use the outhouse at the Orchard. Several others followed her and a line developed. Unfortunately, Stephanie, when she stepped out, allowed the wind to blow the door shut, locking it behind her. Oops, Steph, you're our Road Bozo. Fortunately SIG leader Beth Renaud showed one of the many skills it takes to be the consummate A rider - she picked the lock, saving the day and winning this month's Road Hero Award.

Coming in a close second for Road Bozo this month was our A-Rides Coordinator, who typed up the May A rides. Well, he made an honest mistake and got the telephone number wrong for Ben Goldberg's ride. Oh, Ben's the A-Rides Coordinator? Yes, he got his own phone number wrong!

For those of you who haven't heard, the NYC Parks Department has ruled that there will be no further bicycle racing in Central Park without a police escort. Since the police have declined to do this, the ruling has effectively canceled CRCR racing indefinitely. So, what effect does this have on you, a non-racing member of the New York Cycle Club? Well, 99% of all cyclists are safe and courteous riders. It's the remaining 1% that have given all of us a terrible reputation. We all need to ride more safely and courtesy when training on weekend mornings and while leaving and returning through Central Park on weekend club rides. The Parks Department would like nothing more than to eliminate all bikes from Central Park. So please share the road and courteously ask other park users to share the road, too.

So, it seems some of the New York Cycle Club's ride listings have been censored. While the NYCC's Board of Directors recommends that everyone wear a helmet on all rides, there is no official Club requirement to do so. Individual leaders can request that riders wear helmets on their rides. With more and more leaders doing so, one member (who will go unnamed, but it's not the one you'd think) ended his ride listing with "helmets permitted," allowing others to decide for themselves.

Unfortunately for advocates of the First Amendment and free speech, Steve Brit, the Club's unofficial censor, decided to remove those two words. His rationale was that "B and C riders would get the wrong idea." Well, B and C riders may not have the same skills as some A riders - they may be slower and stop more often; they may be older (and wiser) - but, Steve, don't you think they are smart enough to make their own decisions?

---

Welcome to 40 new NYCC members:

**BASIL, PETER**
**BATTBERG, FREDRICK**
**BOWERS, JAVIS & MICHELLE**
**BRENNAN, PEGGY**
**CAVANAUGH, MAUREEN**
**COHEN, KATE & BOBBY**
**COHN, LAWRENCE**
**CONDON, IRENE**
**DE NICOLAI, SANDRA**

**EISMAN, CLYDE**
**ELRAFEL, TAREK**
**FLEMING, A.L.**
**FOSTER, JOE & LISA**
**GARCIA, OLIVER**
**GERONIMO, ANNABELLE**
**GERSON, ALEX**
**GONCHAR, JOANN**
**HAMAKER, LYNNETTE**

**HORNSTEIN, DAVID**
**KLEIN, LISA**
**KUOR, MICHAEL**
**LEBRYK, JOHN**
**LEVENSON, CAROLE**
**MARTINEZ, VALERIE**
**NYE BYRAM, ELIZABETH**
**PITA, HENRY**
**RESTIFO, KATHLEEN & DAVID**

**RICARTE, CHRISTINA**
**ROTHBERG, BURTON**
**ROZOWICZ, LINDA**
**SABO, ELEANOR**
**SCHER, BRUCE**
**SILVER, S.J.**
**SMATTERS, DIANA**
**SPILLANNE, ELEEN**
**VANDER VLOED, DAWN**
Minutes
New York Cycle Club Board Meeting. Tuesday, March 4, 1997


Absent: Douglas Riccardi, Ben Goldberg, Anne Grossman and Mark Schwartz.

The minutes of the meeting of February 4 were approved.

Dona outlined future programs and said she wanted to explore other locations.

Charlie presented the current financials. Gene advised that the scope of the answering service had been reduced, and Charlie indicated message center service costs in the budget would be reduced. Charlie also indicated he expected to invest excess funds in a seven-month CD or similar instrument.

Steve reported that the A SIG started March 1 and that the B training series would start March 8. Gene indicated the Montauk training series had also begun. Steve felt that March 1 was too early a date to start a SIG for C riders. He noted the first all-class ride would be in June.

Gene discussed the Schuetze Fund. He noted that Richard Rosenthal had been asked to submit bills for work done for the fund.

Tom noted that he was working with Steve on publicity for the newcomers' ride.

Steve noted that there had been substantially fewer renewals than at this time last year.

The Board agreed to send letters to non-renewers.

Gene noted that Anne had made arrangements for the Montauk buses and was working on the Sheffield weekend.

Gary reported the B training series was going well. He expressed a concern about increasing diversity within the club.

Dona indicated she was proceeding with the development of the rides book.

The meeting adjourned at 8:45 P.M.

Respectfully submitted, Conrad J. Obregon

Re-Cycling

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

FOR SALE:

COMPLETE ROAD BIKE REAR WHEEL, with Campy Aero Omega Strada rim, Campy hub and two Regina America freewheels. Campy Croce d'Aune rear derailleur. Misc. components (Campy tools, chainrings, pedals, water bottles/cages, frame pumps, chains, spokes). Will consider any reasonable offer. Call Chris at (718) 849-8908.

SCAPIN SLX, 57 cm c-c, 130 mm, 8 spd, in like-new condition, satisfaction guaranteed. Also: Campy tool kit w/ English and Italian tapes, like new. 2 sets Time Equipe Mag. pedals. Call: John at (718) 225-6804.

SEROTTA "COLORADO" complete with Dura Ace. 55cm (C-C) with a 57cm (C-C) top tube. Very light. $800 OBO. Call John at (212) 522-2792.

CLEARANCE SALE - Sycros Altura Road Stem, 100cm, light, stiff, 185g, 26.4 - $55.00. Dura Ace 8spd wheelset, 32 hole, with Open 4CDs, Wheelsmith 15g spokes, very low mileage - $135.00. Omegraf Road Cranks, 170, 52-42 rings, -$20.00. Sakae SX Road Cranks, 170, 52-40 rings - $25.00. Scott Lite Flite Bar, 44cm, 26.4 - $15.00. XT/SLX Levers - $10.00. Ultegra STI Levers - $100.00. Call: Keith at (212) 982-9461.

1994 CANNONDALE R900 road bike, 53cm frame, Shimano Ultegra STI 8 speed components. Mavic wheels. $550.00 Call: Peter Morales (212) 687-0435 or eve. (718) 398-2623 or e-mail pmorales@pipeline.com.

BIANCHI TANGENTS (2). Adventure Cycling Magazine called these bikes "the best way to see the US after a hot air balloon." Top-of-the-line drop-bar, steel frame tourers, 700 x 32-38C wheels, 21 speeds, racks, extra wheels. Will fit 5’8”-6’2” riders. $350 each, $600 pair. To good home only. Call: Ken at (212) 222-5527 or e-mail to bicyclist@worldnet.att.com.

AMERICAN CLASSIC 172.5 lightweight crank w/53-39 Dura Ace rings. Boone 12-23 titanium cassette for Shimano. Pair of Mavic Reflex SUP 32 hole rims, titanium finish. American Classic 25 mm aluminum seatpost. All in excellent condition and priced to sell. Call Rich at (212) 734-2887.


WANTED:

LOOKING TO BUY a SPECIALIZED team jersey, size L, from 1-2 years ago (without the cactus or large Mountain Dew ad). Call Paul at (212) 799-4843.

SEEKING A TEAMMATE to ride in this year's Race Across America. It will be a team effort, with two riders riding 2,000 miles in 8 or so days, pedalling mountain bikes. Essentially anyone who is willing and able to pedal 200 miles a day in (12) hours should contact me.

Crew members are also required. Sponsors welcome too! Any one interested please contact: Perry at (800) 700-0788 or primal@idonet.net

Reminder: Material for the July Bulletin is due by JUNE 13. That's 3 days after the club meeting on JUNE 10.

Note: Membership/Bulletin questions should be directed to Joel Engleander at (212) 580-1861 on Wednesday and Thursday 5PM - 7:15PM.

Thank you... for leading a ride!

A-Rides:
- Call Ben Goldberg (212) 982-4681

B-Rides:
- Call Gary McGraime (212) 877-4257

C-Rides:
- Call Mark Schwartz (718) 237-1042

Answers to Quiz: 1 - K, 2 - G, 3 - J, 4 - F, 5 - H, 6 - A, 7 - D, 8 - B, 9 - L, 10 - C, 11 - E, 12 - I
Before your first club ride, please read this:

**NYCC RIDES** are led by volunteer leaders who plan the route and maintain the listed speed (e.g. 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 rests and food stops, is about 3 mph less than average riding speed.

**SELF-TEST:** Assess your personal cruising speed by riding 4 laps (2.40 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 RIDES:** Check that your bike is in good riding condition: brakes and derailleur working well, tires pumped to 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.

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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 bike and absolutely a Bike Train at another time, you must call NYC’s MetroNorth liaison, Jeff Vogel at (212) 499-6978 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) 499-6978 for an application.

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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, 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 at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 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, or the conditions in which the Activity takes place, or the NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (d) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES EVIDENT OR NOT EVIDENT TO ME; and I FULLY ASSUME THE RISKS AND ALL RESPONSIBILITY FOR LOSES, COSTS, AND DAMAGES I SUFFER AS A RESULT OF MY PARTICIPATION IN THE ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVANT NOT TO SUE, THE CLUB, THEIR RESIDENTIAL 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 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, OR ANYTHING ON MY BEHALF, MAKES A CLAIM AGAINST ANY OF THE "RELEASEES," I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE "RELEASEES" FROM ANY AND 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.

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

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Circle if applicable: I do not want my (Address) (Phone Number) (E-mail address) published in the semi-annual roster. **Dues are $21 individual, $27 per couple** residing at the same address and receiving one Bulletin.

All memberships expire December 31. Mail this application with a check made payable to the: New York Cycle Club, P.O. Box 1354 Midtown Station New York, N.Y. 10018.
Racer's Edge!

The extra-special kick-off program for our new meeting location!

Women racers from TEAM KLEIN who are currently on the women's professional racing circuit will give a no-holes-barred presentation of what it is like to be a woman racer today and what it takes to get there.

COME TO SAMBUCA'S ON JUNE 10TH.

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 or subway.
1, 2, 3 and B and C to 72 Street. The M72 Crosstown Bus stops 1/2 block away.

Date: Material!

First Class Mail

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New York Cycle Club

NYCC