October
1997
NYCC Bulletin

Includes:
The 1997 Member Survey

Scenes from an All-Class Summer.
NYCC Opportunities

From the President, Gene Vezzani

OPPORTUNITY #1: A Century of Good Things. Congratulations to the Century Committee and to all of the volunteers who helped make the ride a stunning success. Who’s happier than the hundreds of cyclists that participated in the third annual NYCC Century on Saturday, September 17? The weather was perfect, the routes were extremely well marked, and the rest stops reflected all of the good things that you associate with a well-planned event.

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

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

The following individuals were nominated at the September general meeting:

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

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

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

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

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

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

Help your club... Lead a ride!

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

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

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

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Submit 3.5 inch diskette plus hard copy. Advise operating system, software, phone number. Material may be edited for length and clarity. A full page of text is 750 to 1,000 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 11.

ALWAYS WEAR YOUR HELMET. NO HEADPHONES.

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

Every Sunday in October

B Plus Training Series
Coordinator: Mark Wolz (212) 586-7424. Learn to walk on furniture without breaking your foot, climb hills without grimacing, know which pot holes to go over and which to avoid, maneuver 15 riders through traffic without upsetting a motorist, take turns going into a head wind and be pulled along the rest of the time, drive your bike through a slalom course of water bottles and remember which bottle was yours, corner safely on sand, gravel or greasy soup, pick a gear that matches your cadence with the terrain, scoot pennies off the pavement without falling off your bike. Join Mark Wolz and other ride leaders Sunday mornings at 8:00 a.m. for a 50 to 90 minute sessions building skills and learning the basics of pacelining.

Saturday, October 4

A22+ 65 MI 7:30 AM Gimbel’s Wannabe
Leader: Henry Pita (212) 865-8477. From: 90th St. and 5th Ave. We’ll follow the “short” Gimbel’s ride route, focusing on single pacelines, attacks, sprints, bridging gaps, avoiding pot holes at speed, etc., except we’ll slow occasionally to let everyone regroup and discuss. Bring helmet, Metro North pass, token, food and drink, since there’s no stop until the ride’s over. Be able to fix a flat in less than 3 minutes.

A21 80 MI 8:15 AM Little Tor
Leader: Keith Goldstein (212) 982-9461 & Jim Modula (212) 663-1420. From: The Boathouse. Two quick stops, bring pocket food.

A21 75 MI 8:30 AM Batty For Brewster
Leader: Beth Renaud (212) 536-5269. From: The Boathouse. Okay, the last time I tried riding to Brewster, it was 96° and a relative humidity of about 94%/100%. This time, cooler weather will prevail. Lunch on Bedford’s shady green, with a mid-morning water stop at the deli on Rosedale, and plenty of time to catch the bike train in Brewster. Please note the revised mileage. No ifs, ands, or buts - bring your Metro North pass!

KB17-18 100 MI 8:00 AM Sixth Annual Long Island Century
Leader: Buzz (212) 288-6324. From: The Boathouse. If you’ve done this one before, you know it’s a lot of fun. It ain’t easy, but it’s a lot of fun. Flat route out via South Shore, lunch at Bethpage State Park, hilly and scenic North Shore return. Be prepared for a full day of fun with 2 water bottles and pocket food.

C12 45 MI 9:30 AM Lamont-Doherty Observatory Open House
Leader: Roscoe George (212) 989-0982. From: The Boathouse. A visit to this Columbia University facility on the occasion of its annual Open House. Travel through Bergen County’s scenic back roads - pick up lunch in Piermont and then on to the Observatory. Return on your own via Rte. 9W & G.W. Bridge. Take lunch or money to buy, a water bottle and a lock. Helmets required. The usual cancels.

Sunday, October 5

A21 85+ MI 9:00 AM Byram Lake Loop
Leader: David Younglove (212) 533-1276. From: The Boathouse. We’ve done this ride in years past and it’s always been fun. We’ll have lunch in Armonk and then a quick pace back down Route 22.

A20 75+ MI 9:00 AM 9:30 AM A Real Vogel Ride
Leader: Jeff Vogel (718) 275-6578. From: Tramway Plaza (2nd Ave. & 59th St) at 9:00, Queens Blvd. & Jewel Ave. at 9:30. Too many rides are listed as “a la Jeff Vogel” or “Vogel approved.” Come see what a real Vogel ride is all about, as we meander along Long Island’s North Shore. Bring plenty of water and pocket food as we only make one stop (at about mile 45). P.S. We can still celebrate the leader’s 37th birthday one more time.

B16-17 65-70 MI 9:00 AM Saddle River
Leader: Karl Dittebrandt (212) 925-9854. From: The Boathouse. We’ll ride both the East and West Saddle River roads to soak up plenty of those green rolling miles before the leaves fall.

B15 12 MI 8:00 AM B Plus Training Series
Leader: Mark Wolz (212) 586-7424. From: The Boathouse. You go where you look/obstacle course. Meet at 8 AM sharp until 9:30 AM with arrangements for riders to leave on a 9:00 AM and 9:30 AM club ride. Rain or shine.

B14 74 MI 8:30 AM 74 Miles for 74 Years
Leader: Ed Sabin (718) 625-7452 & Dick Goldberg (212) 874-2008. From: The Boathouse(8:30/G.W. Bridge Bus Terminal - 178th St. & Fl. Washington Ave (9:00). Prostrate cancer prevents Irv Weisman from leading his birthday ride, so Ed and Dick are leading it for him at his 14 mph pace. The route, which goes as far north as South Mountain Road in Rockland, has two snack stops and a lunch stop. It is pretty but has some demanding sections (hint: Low gears). Bring your scenery-loving soul, helmet and the usual stuff listed on page 11, but leave your competitive urges at home. Predicted chance of precipitation of 60% or more will cancel.

Saturday, October 11

A21 60 MI 9:00 AM I’m Back
Leader: Todd Brilliant (212) 274-9463. From: The Boathouse. As many of you may know, an early summer crash mellowed me for all of June and July. August was pretty good, but I was still getting dropped on faster “A” rides. I expect September to be better (it’s had a very promising start). And I am hopeful that by October I will be totally up to speed. Join me for a fast ride out to Pearl River to celebrate my return. Good paceline etiquette essential. If the weather really sucks, stay in bed (or go to the gym).

A19 50 MI 10:00 AM River Road to Piermont
Leader: Richard Rosenthal (212) 371-4700. From: The Boathouse. Cynics noting I keep re-doing this same road are reminded that Columbus kept reusing the same water routes, too. Besides, River Road may be the most gorgeous ride between the Rhine and the Big Sur. Note the starting time.

B16-17 70 MI 9:00 AM Caumsett
Leader: Jim Drazios (718) 225-1842. From: The Statue of Civic Virtue (E or F train to Union Turnpike & Queens Blvd.) Fall ride to Caumsett Park - very scenic, excellent lunch stop, possible Snake Hill Road. Moderately hilly.

Nominations for 1998 Board positions close at the Club meeting on October 16 at P.G. Kings.

SEE PAGE 12 FOR INFORMATION.
Sunday, October 12

**A19-21** 80-85 MI  9:00 AM  Hudson Valley Fall Foliage Spectacular
Leader: Fred Steinberg (212) 787-5204.  From: The Boathouse. This ride is spectacular even without autumn colors - terrific scenery, challenging climbs and exhilarating descents. Lunch in Garrisonville (Patsy's) at top Little Tor. Then Gate Hill Rd., 7 Lakes Drive, Mine Rd., and Storm King. Second stop in Cornwall. Return via Metro North from Beacon or Cold Spring on earliest bike train, 4:24/4:32pm for 6:09 PM GCT arrival. Bring 2 water bottles, pocket food, and wear a helmet. You must have a Metro North bike pass. Please note: There have been several situations on Metro North's Hudson Line in which groups of cyclists have attempted to get on trains prior to scheduled bike trains and have not been allowed to board. Anyone who wishes to attempt doing a shorter route to Garrison (70 mi) for an earlier train may end up on the same train as the ride that goes to Cold Spring. So, unless we're pressed, our goal is Cold Spring. It's an interesting place with a good choice of eating places, antique stores, etc.

**A20** 70 MI  8:30 AM  Mansions and Horse Country
Leader: Irvin Schachter (212) 758-5738.  From: The Boathouse. We'll be heading to the North Shore of Long Island, past mansions and horse farms, to Bayville. Return by Chicken Valley Rd., Valentine Lane, and other quaint roads.

**B17** 50+ MI  9:30 AM  Post B Plus Series Ride
Leader: Steve Ullmann (212) 473-1897.  From: The Boathouse. Cyclists from the 8 and B Plus Series can join the 9:30 ride for a ride up toward Nyack and an early return back to the city, leaving time for an afternoon flick.

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

**B15** 60 MI  9:00 AM  Sagamore Hill
Leader: Alinda Barth (718) 441-5612.  From: The Statue of Civic Virtue (E or F train to Union Turnpike & Queens Blvd.). We'll follow a moderately hilly route to this scenic spot on the Gold Coast of Long Island. We may have to carry lunch for a mile or two so bring your musette bag.

**B15** 12 MI  8:00 AM  B Plus Training Series
Leader: Mark Wolz (212) 586-7424.  From: The Boathouse. Stopping the bike and going uphill. Meet at 8 am sharp until 9:30 am with arrangements for riders to leave on a 9:00 or 9:30 club ride. Rain or shine.

**B/C15** 60 MI  9:00 AM  Ritual Sacrifice Ride
Leader: Henry Joseph (212) 989-8786.  From: The Boathouse. Join us for an interesting and unique experience. This ride could be the beginning of an NYCC tradition: the C Rider sacrifice. We'll begin our ride from the Boathouse at 9:00 AM. Traveling north we shall view the changing leaves along Eighth Ave. Thrill to the peeling paint of the G.W. Bridge and make our way north to the village of Nyack. The change of season should provide a feeling of complacency. You should be an experienced rider. We shall not stop often. Are you rider enough to tough it on this one? Or will you be sacrificed? Bring a water bottle, spare tube and money. Helmets required.

Monday, October 13

**C13** 30 MI  9:00 AM  New Jersey Ramble
Leader: Terry Chen (718) 680-5227.  From: 4119 103rd St. & Amsterdam Ave.). Observe the change of seasons with a tour of the Palisades in Bergen County. There are some exhilarating downhill with some difficult uphills. We'll stop for a hearty lunch in Tenafly. Co-led with 5BCC. Helmets required.

Saturday, October 18

**A28+/A22+/B18** 85/70/65 MI  7:45AM  Gimbels Winter Training Series
Coordinator: Al Boland (212) 665-3484.  From: The Coffee Shop at AYH (103rd St. & Amsterdam Ave.). Coach: Jose Alcala, a renowned USCF Cat 1 coach. You should not miss this unique coaching session. Note: On each ride of the winter training series, the long route takes Rt. 120, the medium route takes Rt. 22, and the short route takes Kings Hwy.

**A20** 60 MI  9:00 AM  Staten Island, the Pretty, Hilly Way
Leader: Jody Sayler (212) 799-8293.  From: The Staten Island Ferry Terminal (not the Boathouse!). Hilly morning, stop for a gaze at the Frank Lloyd Wright house atop Lighthouse hill. Picnic at Conference House Park and then flat back along the bay to ferry home.

**A21** 50-60 MI  8:30 AM  Bergen Bypass
Leader: Steven Britt (212) 288-6324.  From: The Boathouse. No 9W, no Nyack. Not the same old, same old. Lunch will be Park Ridge, or maybe Pearl River, or maybe ... Distance and terrain based on whether. That's whether or not I have early plans with Julia.

**A19** 75 MI  8:00 AM  Reservoir Route
Leader: Daman Hart (212) 753-0204.  From: The Boathouse. Picturesque Westchester ride with a bit of Fairfield thrown in, lunching in Bedford and finishing in Croton Falls. MetroNorth return (passes required.) Option to extend to 95 miles (Cold Spring).

**B18+** 60 MI  9:00 AM  I'm Back, Part Deux
Leader: Todd Brilliant (212) 274-9463.  From: The Boathouse. Join me for a mellower version of my Pearl River ride listed last week. I should be feeling pretty spunky, so the ride will be as fast as everyone wants to go. Therefore, be certain that you can manage the listed pace (note the "+"). Don't worry, I've become a stickier for form, so this ride won't be too messy. Again, really sucky conditions will cancel.

**B/C14** 40 MI  9:00 AM  Staten Island
Leader: Ann Grassman (212) 924-1549.  From: The Staten Island Ferry Terminal. A relatively flat ride taking a scenic route around Staten Island.

**C12** 48 MI  9:15 AM  Okay, So You Hate History, Maybe You'll Like Clams
Leader: Peter Hochstein (212) 427-1041.  From: The Boathouse. Nobody came to my Historic Site of Major Andre's Execution Ride in Rockland County in August, not even my co-leader (who had back problems). So this time we'll try a flat ride to Sheepshead Bay, Brooklyn. Lots of bicycle trails and water views along the way. Clam bar, diner or beach picnic lunch - the group's choice. Home via Ocean Parkway & Prospect Park. Bring pump, extra tube, water bottle, lock and money for lunch. Helmets required.

Sunday, October 19

**A20** 95 MI  8:00 AM  Green Haven Prison
Leader: Drew Olewnick (212) 633-8333 or (718) 398-7252.  From: The Boathouse. Let's trick or treat at a house full of killers, psychopaths and assorted lunatics. Join me on a fun-filled ride to Green Haven Prison in southern Dutchess County. Autumn colors will clash with gang colors as we roll down pretty country lanes under the watchful gaze of steely-eyed guards pointing machine guns from atop barbed wire-ringed towers. Bring Metro North pass to post bail at the Beacon train station. Two water bottles and pocket food recommended.
October 1997

**B16** 60 MI 8:00 AM  Bedford Interactive via Connecticut

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

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

**B13** 55 MI 9:00 AM  Bike Path and Bridges

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

**A21** 50 MI 8:30 AM  Post Race Spin

**A19** 65 MI 9:00 AM  Rockland Exploration

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**B16/17** 55 MI 8:30 AM  Pearl River

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

**C13** 38 MI 8:30 AM  Rocktober Foliage

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**Sunday, October 26**

**A21** 55 MI 8:30 AM  Fall Ride to Nyack

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

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**Saturday, October 25**

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

**A21** 50 MI 8:30 AM  Post Race Spin

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**A19** 65 MI 9:00 AM  Rockland Exploration

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**Remember:**

Leaders are not responsible for those who ride ahead of the group.
The Canadian Rockies, an Alpine Wonderland With Wide Open Spaces  
– by Amy Schneider

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

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

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

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

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

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

(continued on page 10)

The Boathouse  
– by Bernie Brandell

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

Practice a New Skill for October:  
Show up at the Boathouse 15 minutes early and be ready to leave on time
# New York Cycle Club 1997 Member Questionnaire

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

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

After completing the questionnaire, please:
- (1) Fold along perforated lines with the address outside.
- (2) Affix postage and mail.

Please circle one answer per question.

## Membership/Rider Profile

<table>
<thead>
<tr>
<th></th>
<th>[Male]</th>
<th>[Female]</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. I have been a NYCC member for</td>
<td>[&lt; 1 yr]</td>
<td>[1-2 yrs]</td>
</tr>
<tr>
<td>3. I consider my ride classification to be</td>
<td>[C] [B] [A - paceline skills]</td>
<td></td>
</tr>
<tr>
<td>4. On the average, how many NYCC rides per month do you ride?</td>
<td>[0]</td>
<td>[1-2]</td>
</tr>
<tr>
<td>5. How many NYCC rides do you lead/co-lead a year?</td>
<td>[0]</td>
<td>[1-4]</td>
</tr>
</tbody>
</table>

## Rider Preferences

6. My preferred cycling speed over flat terrain (in mph) is:
   - [< 10] | [10] | [11] | [12] | [13] | [14] | [15] | [16] | [17] | [18] | [19] | [20] | [21] | [22+] |
   - [66-80] | [81-100] | [100+] |

7. How long is your preferred ride (in miles)?
   - [< 20] | [21-35] | [36-50] | [51-65] | [66-80] | [81-100] | [100+] |

8. Are there enough rides in your speed category?
   - [Yes] | [No] |

9. How often have you been on NYCC rides this year that:
   - [Went faster than advertised] | [None] | [1 out of 5] | [2 out of 5] | [3 out of 5] | [4 out of 5] | [All] |
   - [Got lost?] | [None] | [1 out of 5] | [2 out of 5] | [3 out of 5] | [4 out of 5] | [All] |

B. Had disorderly riders?
   - [None] | [1 out of 5] | [2 out of 5] | [3 out of 5] | [4 out of 5] | [All] |

10. I prefer to start rides at
    - [Before 7:30 AM] | [7:30 AM - 8:30 AM] | [8:30 AM - 9:30 AM] | [after 9:30 AM] |

11. I prefer to end rides
    - [By noon] | [by 1 PM] | [by 2 PM] | [by 3 PM] | [by 4 PM] | [by 5 PM] | [by 6 PM] |

12. Which ride starting points do you prefer?
    - [Circle all that apply]
    - [Central Park Boathouse] | [GW Bridge] | [Prospect Park] | [Statue of Civic Virtue] | [City Hall] | [Other(s):] |

13. I would go on rides using Commuter trains
    - [Never] | [Occasionally] | [Often] |

14. If offered, I would go on NYCC weekend rides: [Circle all that apply]
    - Using:
      - [Bikes only] | [Public bus] | [Train] | [Chartered bus] | [Members' cars] |
    - [Weekend preference(s)]
      - Spring | [2 days] | [3 days] |
      - Summer | [2 days] | [3 days] |
      - Fall | [2 days] | [3 days] |

15. To improve my riding capability, I would take part in [Check all that apply]
    - Early season SIG (Special Interest Group) ride series, which increase skills and performance
    - Early season Get-Back-In-Shape ride series
    - Season-long progressive training series
    - [The ride level I would like to achieve is]
      - [High A] | [Mid A] | [Low A] |
      - [High B] | [Mid B] | [Low B] |
      - [High C] |
    - I plan to renew my membership next year
      - [Yes] | [No] |

16. I would attend more meetings if there were [Circle top three]
    - [Better meals] | [Cheaper meals] | [Member Slide Shows/Videos of Tours] | [Racing Videos] | [Health/Fitness Talks] | [Social Events] | [Auctions] | [Technical Presentations] | [Tour Presentations] | [Equipment Presentations] | [Different Location] | [Different Time] |

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

18. I would like the NYCC to be concise

## Other Preferences

19. The NYCC should offer
    - [Ride-leader training] | [Repair seminars] | [Cycling training] | [None] | [All] |

20. If the NYCC were to offer social events, which activities would you participate in?
    - [Bowling] | [Hiking] | [Ice skating] | [Cross-country skiing] | [Concerts] | [Roller-blading] | [Other] |

21. Membership dues
    - [Are just right] | [Should decrease/club economize] | [Should increase/more services] |

22. I would like the NYCC to be concise

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Your name (optional)
Nothing But Thanks...

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

Tim Andon  
Jim Babbitt  
Caryl Baron  
Tim Beach  
Marcy Breecher  
Rich Borow  
Todd Brilliant  
Terry Chin  
Margaret Cipolla  
Herb Dershowitz  
Stuart Desser  
Karl Dittebrandt  
Jim Dzialos  
Joel Englander  
Reyna Franco  
Baby Franco-Katz  
Dick Goldberg  
Jim Greene  
Damon Hart  
Henry Joseph  
Donna Kahn  
George Kaplan  
Abe Karron  
Jane Kenyon  
Suzanne Levin  
Peter Matusewitch  
Gary Mcgraghe  
Ellen Medins  
Conrad Meyer  
Peter Morales  
C.J. Obregon  
Douglas Riccardi  
Bill Richards  
Lynn Sarro  
Amy Schneider  
Karen Sherman  
Fred Steinberg  
David Thomas  
Mike Toomey  
Steve Ullman  
Gene Vezzani  
Jeff Vogel  
Scott Wasserman  
Jed Weaver  
Linda Wintner

We apologize if we left anyone out.

Thanks to our sponsors:
Power Bar  
Tom Cat Bakery  
The Runcible Spoon  
Sidewalk Cafe

Language Teacher
Toga Bike Shop  
Dandy Printing  
New York City Parks  
Cohen SportsChiropractic

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

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

Thank you all once again.

Members' Services Department
New York Cycle Club
P.O. Box 1354  
Midtown Station  
New York, N.Y. 10018

The New York Cycle Club welcomes 71 new members:

VALERIE ACERRA  
HILLARY ADLER  
MICHELE BARTNETT  
GEOFFREY BERLINER  
STACY BERMAR  
MELINDA BLACK  
SYLVIA BROWN  
CELESTE BURTON  
JACQUES BUTLER  
SIOHAN CHEYNE  
MITCHELL COOPERSMITH  
PAUL CORSON  
MELYSSA DAVIS  
NANCY DE BUCCIO  
LEN DE LUCA  
GERI DE LUCA  
DIANA DIASPARRA  
DORI EDEN  
PAMELA FABI  
TOVA FARKAS  
ARTHUR FEDER  
CHRIS FORBES  
DOUGLAS FREIMUTH  
ELIZABETH GERBER  
DENA GREENBERG  
JOHN GUARINO  
LISA HALDSFORD  
STEPHANIE HARRIS  
JULIET HEEG  
LARRY HOBSON  
MARJORIE ISERLANDER  
ZELDA JOSEPHS  
JOSEPH KEENAN  
REBECCA KERSHAR  
BARBARA KNUTSEN  
HENRIK KOLSTRUP  
ELSEBETH KOLSTRUP  
RONALD KREGER  
BETH LEVINE  
ELIZABETH LEVY  
HELEN LUBARSKY  
SHEILA MC GARRIGLE  
KATHY MC NAMMARA  
KEVIN MCNEILL  
MARKO MILISAVLJEVIC  
JAMES MILLER  
JOHN MORROW  
BARBARA PAXTON  
COLIN POTTER  
JOEL RABIN  
KAREN RABINOWICZ  
CHARLIE RYAN  
SHEILA SALAM  
DIERDRE SHEEHAN  
KENT SIMONS  
JOSH SLIMMER  
JANET SNOWDON  
MILLLISA SOBEL  
DALE THORPE  
LESLIE TIERSTEIN  
JOHN TSANG  
LEO VASQUEZ  
RICHARD VOELKER  
EILEEN WALTERS  
SUSANNE WELCH  
KEITH WELLS  
MASON WILCOX  
PETER WONG  
CAROLE WROBEL  
EDWARD YORDAN  
SHARON YOUNG
BLOWOUTS by L. S. Pokes

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

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

Unfortunately, the All Class Ride the previous weekend didn’t go as well as the century. Maybe it was the conflict with the TA Century or maybe no one cares anymore, but it was a pretty sparse turnout at Oyster Bay for the last All Class Ride of the Year. In an improvement over previous All Class Rides, four out of five rides made it to the park reasonably close to the scheduled 12:30 picnic. Actually all five made it, if you count 1:40 as “reasonably close” for the 8 1/3/4 group. Better luck next year.

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

Karl Ditterbrandt truly is a man of many hats. Long-distance rider, track racer and now race promoter. Karl put on the Labor Day races at the Kissena Velodrome. He said he had a great time and the races were a huge success. In fact, the biggest turnout was for the 6-year-old and younger category. Those will be our A riders in 2017?

So did everybody see that handout at the last Club meeting about the “Gimbel’s Coaching and Winter Series?” Everyone knows who put it together. Just don’t try to follow the map (the route goes off the page) or the cue sheet (13 or 14 turns are missing)! Supposedly we’re going to learn “pelotone riding.” I’m not sure what a “pelotone” is, but I’d like to try riding one. We’ll also learn about “European paceling” and “double paceling.” You mean Europeans don’t ride double pacelines? Other topics include “How to take a fall” and “Dealing with hazards.” We know the leader has been practicing one of those and creating the other. But best of all, we’re going to practice “downhill descending.” That’s my favorite. I just hate the other kind - uphill descending. In fact, I propose a new club policy - that all descents be downhill from now on!

Nominations for Club Officers, a very important procedure - all the people who will run the Club in 1998, took place at the last Club meeting. But if you began chewing your dinner when nominations started, you didn’t swallow the time nominations were closed. Elsewhere in the Bulletin is a list of candidates who will be nominated at the October meeting, headed by Steve Britt’s nomination for President. Rumor has it that Peter Matesewitch and Bill Vojech will also be nominated for various offices and that George Kaplan will also be nominated for President. This isn’t Cuba, Kenya or Myanmar. Maybe we’ll even have some contested positions this year. What a concept!

Supposedly there is a questionaire elsewhere in this Bulletin. I haven’t seen it yet. But I know the answers. “It’s the rides - more rides!”

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

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

Downhill descending!!

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

Holiday Party Time

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

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

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

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

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

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

P.S. - Are there any musicians out there interested in impressing your fellow club members by playing at the holiday party? If so, please call Anne.
Continuing toward Lake Louise, we passed an overlook to view the Spiral Tunnels. The Spiral Tunnels, another attraction of Yoho National Park and a great engineering achievement, is a train tunnel system built directly into the mountains. Its name describes the shape of the rail path. Along Route 1A Highway, we reached the Great Divide or "Continental Watershed," the point where all waters flow either east to the Atlantic Ocean or west to the Pacific Ocean.

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

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

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

Day five was a relaxation day for hiking and sight-seeing. Our group participated in an instructional walk at the stately Chateau Lake Louise Hotel to view the glorious mountain lake with the snow-capped Mt. Victoria in the distance. During the walk, a park interpreter provided detailed information on this area's history.

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

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

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

On route to Jasper, our destination for Day eight, viewpoints included the Athabasca Falls along the Icefields Parkway and Mt. Edith Cavell. There were also sightings of Bighorn sheep and elk grazing on the roadside. Fortunately, I did not encounter any grizzly bears! An optional excursion led to Mt. Edith Cavell access road, a nine-mile continuous climb to the summit. At the top, a trail wrapped along the Cavell Lake near the mountain. The descent down the access path was so steep that at times my cycling speed exceeded 30-miles per hour, without even pedaling.

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

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

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

My Guardian Angel Has 10 Speeds – by Daniel Miller

Last week I got a flat. I was quite surprised since carrying two extra tubes usually prevents this from occurring. In any case, I took off my wheel and began the tire-changing process. I don't have the opportunity to fix flats that often and I guess it showed, for it was only a matter of seconds before I began receiving various advice from several well-meaning comrades. I was unsure how to continue without offending all but one of the advising parties when suddenly, from out of nowhere, HE appeared.

Being by nature a slightly lazy person, I did not mind when some guy started helping. As a matter of fact, he took over the entire operation in a matter of seconds. No more diplomatic quandaries for me. Even that "oh no, I'm the one holding everyone up" tension faded away like a C rider in a B group moving like an A group. Not only did he fix the tire, he made sure we knew how well he did it by narrating his methodology, checking for pinches about three times so we knew it/he was perfect, and spinning the wheel to make sure it was still true. Fortunately it was because I am sure he would have pulled out a spoke wrench on the spot.

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

**NYC Rides** are led by volunteer leaders who plan the route and maintain the listed speed (e.g., B8 = B Style / 15 mph cruising speed - see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability, We ride for fun, fitness, and food.

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

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

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

**BEFORE ANY RIDE:** Check that your bike is in good riding condition: brakes and derailleurs working well, tires pumped to the pressure specified on the sidewall. Eat breakfast. **BRING:** spare tube, tire levers, patch kit, pump, water, snacks, money, medical ID, emergency phone numbers. **WE ALSO SUGGEST:** lock, rail pass. Leaders may specify other items in their ride listings.

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

<table>
<thead>
<tr>
<th>CRUISING SPEED</th>
<th>CENTRAL PARK SELF TEST</th>
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<tbody>
<tr>
<td>22+ MPH</td>
<td>1:10 or LESS</td>
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<td>21</td>
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<td>20</td>
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<td>1:16 to 1:20</td>
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<td>11</td>
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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 ride and absolutely require a Bike Train at another time, you must call NYCC's MetroNorth liaison, Jeff Vogel at (212)725-6798 well in advance to try to arrange another train for your ride. Bike passes are available at Window 27 at Grand Central or by calling (212)499-4398 for an application.

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**NYCC 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; 2. 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. 3. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"). (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place and my NEGLIGENCE OF THE "RELEASABLES" NAMED BELOW. (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES I INHERENTLY KNOW NOT TO ME OR NOT REASONABLY FORESEEABLE AT THIS TIME, I FULLY AGREE TO ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I INURE AS A RESULT OF MY PARTICIPATION IN THE ACTIVITY 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE THE CLUB, THE LAB, ITS RESPECTIVE ADMINISTRATORS, DIRECTORS, AGENTS AND EMPLOYEES, OTHER PARTICIPANTS, ANY SPONSORS, ADVERTISERS, AND ANY AND ALL OTHERS OR PARTIES ON WHICH THE ACTIVITY TAKES PLACE, EACH CONSIDERED A "RELEASABLE" HEREIN FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES OR IN MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART DI BY THE NEGLIGENCE OF THE "RELEASABLES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE THAT IF, DESPITE THE RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENTS I, or anyone on my behalf, makes a claim against any of the Releasables, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY AND ALL LIABILITY, EXPENSE, ATTORNEY FEES, LOSS, LIABILITY, DAMAGE, OR COST WHICH MAY INCUR AS A RESULT OF SUCH CLAIM. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

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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. After 9/1, dues are $11.50 ind./$13.50 couple. All memberships expire December 31. Mail this application with a check made payable to the: New York Cycle Club, P.O. Box 1354 Midtown Station New York, N.Y. 10018.

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

**NEW YORK CYCLE CLUB, P.O. BOX 1354 MIDTOWN STATION NEW YORK, N.Y. 10018.**
Master Plan!

John Benfatti,

Bicycle Program Director, NYC Dept. of Transportation

will tell us about the city's Masterplan, its planned implementation and how it affects us. He will have maps available and will take our complaints and suggestions.

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

18 West 33rd Street (between 5th and Broadway. On the South Side of the Empire State Bldg.)

Meet at 6 ▶ Dinner at 6:45 ▶ Program at 8

Admission between 6:00 and 7:45 – $15 (includes dinner buffet, tax, gratuity and the Program)

Admission after 7:55 (Program ONLY) – FREE

No indoor bike parking facilities - YET! We’re working on it.

Subway: 1, 2, 3, 6, B, D, F, N and R to 34th Street.

Dated Material!

FIRST CLASS MAIL