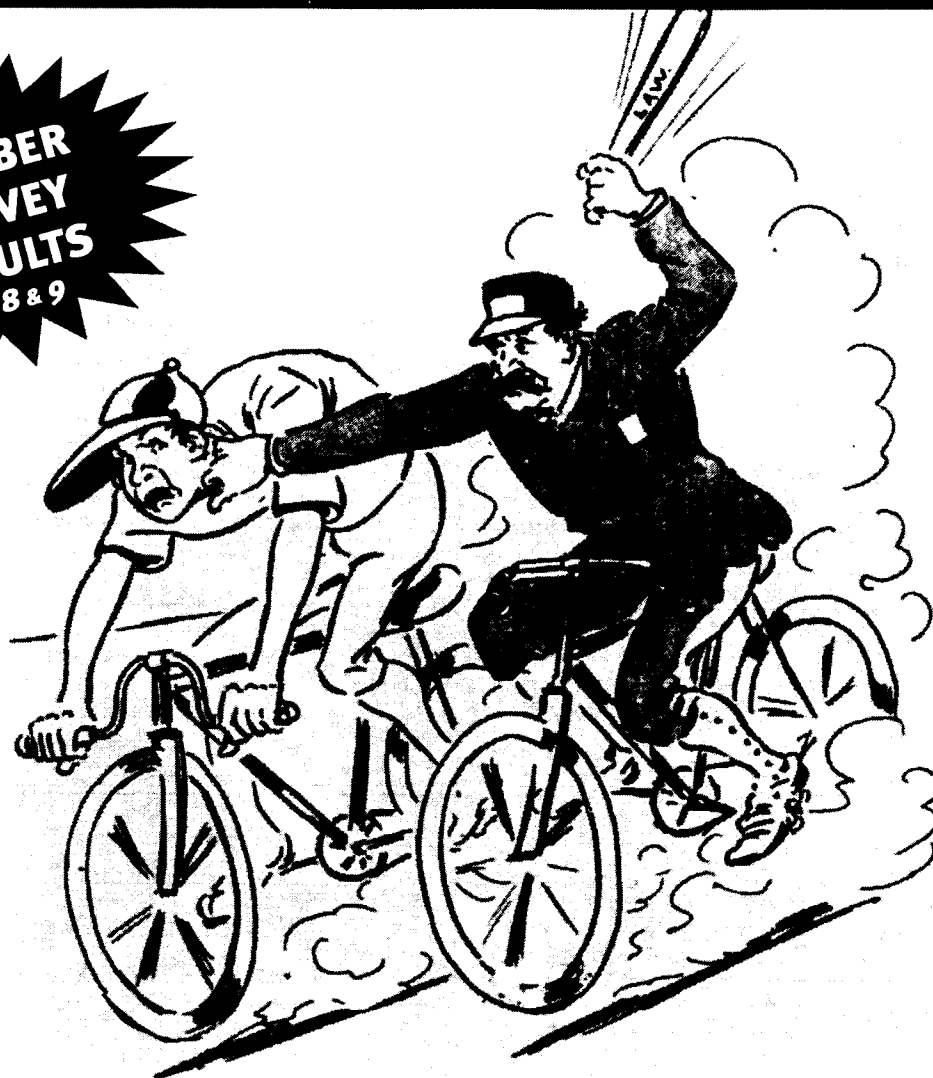


April
1998

NYCC *Bulletin*

April is the Cruellest Month...

**MEMBER
SURVEY
RESULTS**
p. 8 & 9



**A SCORCHER FEELS THE STRONG ARM
OF THE LAW 1890**

Police Commissioner Theodore Roosevelt formed the "Scorcher Squad" in 1890 to to enforce the New York City speed limit of 8 mph for *all* vehicles.

Bulletin Board

APRIL OPPORTUNITIES

FROM THE PRESIDENT — GENE VEZZANI

Opportunity #1 — Calling All Graphic Artists, Designers, And Creative Cyclists

How would you like to be the person who designs the New York Cycle Club jersey that takes us into the next century? You can! Now is your chance to create a full color drawing, front and back, of a new design for the club jersey. Simply call me, Gene 212-875-1615, for all of the details, and you'll receive a blank template to use when submitting your design idea.

The deadline for submitting your design for a new jersey is Monday, June 1, 1998. The board will then review all designs on Tuesday, June 2nd. Don't miss this once in a lifetime chance to have one of your ideas displayed by cyclists around the world from one century to the next. Carpe diem.

Opportunity #2 — New Members' Class, New Monthly Meeting Place

Attention all new members! Ever wonder how to get started now that you've joined the New York Cycle Club? How do you meet people? Which rides are right for you? What should you wear? What should you take with you on a ride? Learn the answers to all of these questions and many more by attending the New Members' Class scheduled to take place during the April 14th monthly club meeting. The New Members' Class begins promptly at 6:15PM.

This April, the club will meet in a private room in Annie Moore's Restaurant, 50 East 43 St. (1/2 block west of Grand Central Station.) Details are presented on the back cover of this Bulletin. We hope to see all of our new members plus anyone who has never attended one of our club meetings before.

Opportunity #3 — NYCC Bus to the Montauk Century with Queens Stop

If you wish to avoid the crowding and waiting time at the end of the Montauk Century, this year NYCC will offer a bus back to Manhattan, with a stop in Queens, probably by the Stern's on Northern Boulevard. You will be able to stow your bikes in the cargo bays on board the bus, which will leave from a less congested spot by Montauk Town Square than the other buses. For more information and to reserve a spot, call Anne Grossman at (212) 924-1549 or e-mail her at annesg@mail.idt.net. For more information about the Montauk century, contact 5BBC at (212) 932-2300.

Opportunity #4 — Thank You, and Won't You Try Something New?

Thank you for renewing your NYCC membership. You belong to one of the greatest cycling clubs in the world! This year consider setting a new goal for yourself, whether it be participating in our non-cycling special events, attending our club meetings, or leading at least one ride to your favorite destination. You can ride your bicycle anywhere, but with the NYCC, you belong.

NYCC WELCOMES 37 NEW MEMBERS

Madeline Abo	Alfredo Garcia	Damien O'Leary
James Bernard	Steven Gold	David Oppenheim
Kathy Bolner	Sheryl B. Goldstein	Sheila Quinn
Mike Bolner	Leslie Hansen	Michael Ravitch
Stacey J. Bonett	Tara Herlocher	Bea Seravello
Andrew Boreland	Dennis Jamieson	Janet Silverman
Carol J. Bryant	Corine Karlin	Rich Sporer
Linda E. Colabella	Scott A. Klion	Michael Sullivan
Steve Colon	Stuart Krasna	Grace Tehranian
Anna Csillag	John Krauss	Beth Thompson
Zolton Csillag	John Lindsay	John Tom
Crist Dixon	Donna LoPiccolo	Beale Wolff
Ariella Evenzahav	Blanton Neill	

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The NYCC Bulletin is published monthly by the New York Cycle Club. The opinions expressed are those of the authors and do not reflect the official position of the NYCC.

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To publish an article:

Contact:

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FAX: 212-752-4951
E-MAIL: ludwig@bway.net

Submit 3.5 inch diskette plus hard copy. Advise operating system, software, phone number. Material may be edited for length and clarity. A full page of text is 750 to 1,090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

Deadline: All submissions and advertising are due the Friday after the club meeting the month prior to publication.

Web Page:

<http://www.nycc.org>

**RIDE
SAFELY**

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.



Saturday, April 3

B14 45MI 9:15 AM

Friday Morning Series #1 (Back by popular demand)

Leader: Ron Grossberg (718) 369-2413. From: City Hall Park.

Our destination will be determined by group vote. Call to confirm. Poor weather cancels.

Saturday, April 4

A20 55MI 9:00 AM

A Training Series #5

Leader: Alan Resnick (212) 794-1109. From: The Boathouse.

Shorter but faster, that's the slogan for this training ride. Anyone not wishing to receive instruction may affix tape to the back of their helmet with the word "No!" written on it. Temp below 32° or better than 30% chance of rain cancels.

A19 65 MI 9:30 AM

One Third A Double

Leader: Drew Olewnick (718) 398-7252 or drewo@interport.net.

From: The Boathouse

The first ride in a progressive series leading up to a double century ride in June. This will be a moderately paced spin to Westchester with some easy climbs and pleasant roads. Two water bottles recommended. Participation in the entire series is not required to join this ride.

SIG-A 55 MI 9:00 AM

Pleasantville

Leaders: David Thomas (212) 675-6191 and Gabriella Clapp (212) 724-5633. From: The Boathouse.

Man, you are killing me! There are hills on this ride, we are riding in a single paceline and alternating the lead, I feel like I'm already an A rider. I'm glad I took your advice about training during the week. I would have never been able to keep up if I hadn't done that. Get to the boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. Helmets, with names on front and back, required. Up Rt. 9 to Tarrytown, east over a big hill to breakfast at the Thornwood Diner. Back home down Grassy Sprain. Do A riders really bomb down Grassy Sprain at 40 mph-plus? Yes! Will I ever be able to go that fast? Yes! Not today, but soon. Rain date, Sunday, April 5th.

B PROGRESSIVE 9:00-9:45 AM

Pre-Ride Skill Session: Climbing

Mark Wolz will teach how to use less whining and more technique to assault those pesky hills. At the Boathouse.

B15/18 60+ MI 9:45 AM

Progressive B Series #5: Not the Usual Nyack

Leaders: Karin Fantus (212) 873-5559 and Gary McGraime (212) 877-4257. From: The Boathouse.

This is Nyack, the longer, prettier and hillier way. A fine day to work on

climbing technique to ride faster still. We'll ascend Bradley Hill (and Tweed if you wish) before descending into Nyack for lunch after 30 miles. Please bring pocket food.

B13 40 MI 12:00 PM

Historic Harrison NJ & Seductive Tango

Leader: Paul Rubenfarb (212) 740-9123. From: Top of WTC PATH escalators. Harrison charms with an "Our Town" like Main Street and neighborhoods. During ride intermission, we'll turn on the boom box for mini Tango lessons, followed by dancing to irresistibly sensuous tango melodies. Rain or shine.

C14 45 MI 9:15 AM

Going Home

Leader: Scott Wasserman (914) 723-6607. From: The Boathouse.

We'll ride through the beautiful Bronx (where I used to live) to highly taxed Scarsdale (where I now live). Cancelled only if I haven't done my taxes by then.

C-SIG 15 MI 10:00 AM

C-SIG #6 (Ridel)

Leaders: Geo Kaplan (212) 989-0883 and Irv Weisman (212) 567-9672.

From: The G.W. Bridge Bus Terminal, Fort Washington Ave. and 178 St., (A train to 175 St. stop or the 1 and 9 to 181 St. stop).

Meet inside the bus terminal. Ride description, etc., at that point. Prior attendance required. Precipitation or starting temperature below 35° degrees cancel. Call if in doubt.

Sunday, April 5

A20 70 MI 9:00 AM

I Never Go To Westchester

Leader: Steve Ullman (212) 473-1897. From: The Boathouse.

So therefore I do get a hankering about once a year for the Grand Concourse and the pines of Armonk (?). Call leader to find out if the mood still exists on ride day. Overwhelming urge to cross the GWB or spring showers cancel. Good vibes and anecdotes go a long way to smooth those Westy miles as well as "advanced riding skills."

B16/17 50-60 MI 9:00 AM

Anywhere But Here

Leader: Carolyn Booher (718) 636-0315. From: The Boathouse.

We'll ride to someplace in NY or NJ, maybe we'll be democratic and take a vote at the Boathouse or maybe I'll have figured something out by then. Unless I'm in a really good mood, I'll drop people as I don't want to be out all day — who knows, maybe you'll drop me.

B12 45 MI 9:30 AM

Get in Shape for Touring #6: Old Greenwich, CT

Leaders: Maggie Clarke (212) 567-8272 and Marina Bekkerman (718) 851-1527.

From: Under the giant ginkgo tree on Broadway north of Isham St. (207 St. stop A train, exit the gate and head for left stairs at northern end).

Rolling to hilly terrain. Metro North pass required for return train trip. This is a gorgeous ride touching on the suburban neighborhoods of lower Westchester and the back roads of Greenwich CT. After lunch at a deli in Cos Cob, we do a 6-mile loop on a peninsular park that juts out into Long Island Sound, allowing spectacular views. Starting temps below 35°, excessive windchill, icy streets, or prediction of significant precipitation cancel. Call if in doubt!

C14 50 MI 9:00 AM

TO PIERMONT, NO HILLS

Leader: Jay Jacobson (914) 359-6260. From: The Boathouse.

Sorry, we have few hills on the way home (We asked for Gov. Whitman to smooth them out, but budget constraints precluded this.)

Why Don't You Lead a Ride This Spring?

Call Your Ride Coordinator to Find Out How.

Saturday, April 11**A20 70+/- MI 8:30 AM****Training Ride #6:
The Orchards
(a.k.a. South Mountain)***Leader: Phil Simpson (718) 639-6264. From: The Boathouse.*

An energetic — not to mention scenic — ride increasing speed and mileage as we continue the training series. Temps below 32, rain and/or bad roads cancel.

A19 80 MI 9:30 AM**Seconds Out***Leader: Drew Olewnick (718) 398-7252. From: the Boathouse.*

Ride 2 on our march to 200 miles. Another visit to Westchester with a diner stop at 35 miles. Lots of hills, pretty roads and a tough eighty miles to lay the foundation for a double century in June. Two water bottles, pocket food recommended.

SIG-A 61 MI 9:00 AM**Rockland Lake***Leaders: Randy Taylor (212) 866-0462 and Christy Guzzetta (212) 595-3674. From: The Boathouse.*

Double paceline, no alternating the lead, to breakfast in Nyack. Eat heartily. We'll then head on North to Rockland Lake. We'll do laps of Rockland Lake, lots of laps. We'll do it in double paceline formation, and we will indeed alternate the lead. Lap after lap, "Pulling off", we'll call it out, we'll hear it. Short pulls, alternate the lead, keep the pace steady. Today, there is a bike inches off my front wheel, another inches off my rear wheel, another inches off to my side. Heck, there's bikes all around me. I am riding steady, predictable, I will not jam my brakes, I'm smooth, this is getting easy. Get to the boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. Helmets, with names on front and back, required. Rain date, Sunday, April 12th.

B15/18 65 MI 9:00 AM**Progressive B Series #6:
Tarrytown and Beyond***Leaders: Karin Fantus (212) 873-5559 and Gary McGraime (212) 877-4257. From: The Boathouse.*

There really is a scenic route through the Bronx and Yonkers, and this is it. Lunch in Tarrytown or Pleasantville (25-30 mi.). It will be a good day to pick up the pace. Bring pocket food and Metro North pass for possible train return.

B16 55 MI 9:00 AM**Four Questions or an
Easter Egg Hunt***Leader: Ira Mitchneck (212) 663-2997. From: The Boathouse.*

Westchester or New Jersey, uphill or downhill, french toast or pancakes, Campagnolo or Shimano. The questions of the ages will be reflected upon as we celebrate this early Spring weekend and return in time for all the holidays. Bring your rabbit. Falling Manna cancels.

B13 42 MI 12:00 PM**Historic Cypress Hills B'kln
and Sensuous Tango***Leader: Paul Rubenfarb (212) 740-9123. From: City Hall.*

We'll tour the quaint Victorian streets of Cypress Hills and Richmond Hill which slopes upwards towards Brooklyn's North Ridge. During ride intermission, enjoy boom box and mini tango lesson, then dance to subtle tango rhythms. Rain or shine.

C14 45 MI 9:30 AM**Syosset***Leader: Jim Drazios (718) 225-1842. From: The Statue of Civic Virtue (E, F train to Union Turnpike and Queens Blvd.).*

Phil the groundhog says spring is just around the corner. El Niño seconds it. So don't be shy, boys and girls. Step out of hibernation and start pumping up those lethargic muscles, a scenic destination is its own reward. Temperature below 35° cancels.

C-SIG 20 MI 10:00 AM**C- SIG #7 (Ride!)***Leaders: Geo Kaplan (212) 989-0883 and Irv Weisman (212) 567-9672.**From: The G.W. Bridge Bus Terminal, Fort Washington Ave. and 178 St., (A train to 175 St. stop or the 1 and 9 to 181 St. stop).*

Meet inside the bus terminal. Ride description, etc., at that point. Prior attendance required. Precipitation and starting temperature below 35 degrees cancel. Call if in doubt.

Sunday, April 12**A20 60-70 MI 9:00 AM****Recovery or Not,
Here I Come***Leader: Beth Renaud (212) 274-9463. From: the Boathouse.*

The speed and destination of this ride depend on whether or not I have raced Saturday. If I have, the ride will be slower and/or shorter. Pace-busters will be dealt with severely. Destination depends how sick everybody is of Nyack. Is it time to put away the cold-weather gear yet?

A19 55 MI 9:30 AM**Jeff Says This Ride Doesn't
Need a Leader. He's Right.***(Hereafter and forevermore called JSTRDNAL-HR)**Leader: Richard Rosenthal (212) 371-4700. From the Boathouse.*

As Shakespeare's King Henry almost said in "Henry V," (Act 3, Sc. i) "Once more, unto the britches." That is to say, up the river (River Road) and over the hills (Bradley/Tweed). To me, there isn't an uphill that isn't a mountain so I'll be behind you up speed bumps, driveways, and all other such monster climbs.

B15/16 55 MI 9:00 AM**Pearl River***Leader: Tom Laskey (212) 206-6574. From: The Boathouse.*

Perhaps I should vary my itinerary a bit but hey, as the saying goes, when something works, you stick with it! And I'm hooked on those Pearl River Pancakes, the atmosphere at the coffee shop, the absence of large hills, not to mention the blazing return on Rivervale. Rain, icy temps or roads, excessive use of syrup cancel.

B13 45 MI 9:20 AM**Get In Shape for Touring #7:
Cherry Blossoms Ride/
Paterson Waterfalls***Leader: Maggie Clarke (212) 567-8272. From: WTC at top of PATH escalator.*

If our timing is right, we should enjoy a spectacular display of cherry blossoms and the many Japanese families who come to enjoy them. Then we enjoy the waterfalls with lunch in Little Falls. Terrain rolling to hilly. Cancellation conditions: starting temps below 35 degrees, excessive windchill or prediction of significant precipitation. Call if in doubt!

C-14 30 MI 9:30 AM**New Jersey Ramble***Leader: Terry Chin (718) 680-5227. From: A.Y.H., 103 St. and Amsterdam Ave.*

We'll tour through scenic Bergen County. There are some exhilarating downhills with some difficult uphills. We'll stop for a hearty lunch in Tenafly.

Friday, April 17**B14 45 MI 9:15 AM****Friday Morning Series #2***Leader: Ron Grossberg (718) 369-2413. From: City Hall Park.*

Our destination will be determined by group vote. Call to confirm. Poor weather cancels.

A/B/C 0 MI 6:30 PM**Culture and Cocktails III***Leader: Anne Grossman (212-924-1549) Museum of Modern Art, 11 W. 53 St.*

Enough already with museum mile. We've done the Met; we've done the Guggenheim. Kultcha also thrives in midtown. Meet me in the lobby. For those of you who don't know me, I will be wearing a red beret. Dinner afterward.

Saturday, April 18

A20 70 MI 9:00 AM

A Training Series #7: Armonk

Leader: Chris Audley (201) 876-9231. From: The Boathouse.
The Penultimate A Training ride. Lunch on the green, weather permitting.
Temps below 32°, rain, or bad roads cancel.

A19 50/60 MI 9:15 AM

No more taxes! (for now)

Leader: Jack O'Conner (212) 799-7649. From: The Boathouse.
Now that tax season is over, you can relax and join me for a nice and steady ride through Bergen or Rockland, destination still to be determined.

SIG-A 78 MI 8:30 AM

Mt. Kisco

Leaders: Carolyn White (212) 666-0616 and Paul Leibowitz (718) 858-9742.
From: The Boathouse.

We'll head to White Plains via Pelham Parkway and Shore Road. Then bomb up north on Rt. 22 to Rt. 120 north. Up, up, up Whipperwill road. We're climbing hills, doing miles, picking up the pace, riding pacelines, almost A riders. Get to the boathouse 15 minutes early so we can get signed up and on the road promptly by 8:30 AM. Helmets, with names on front and back, required. Rain date, Sunday, April 19.

B16/18 65 MI 8:00 AM

Progressive B Series #7: Oyster Bay

Leaders: Karin Fantus (212) 873-5559 and Gary McGraime (212) 877-4257.
From: The Boathouse.

Time for some salt air, a sea breeze and some serious spinning, n'est-ce pas? We're leaving early so we can beat the traffic on Queens Blvd. and have time for a bakery stop (if Karin can find it this time).

B16 65 MI 9:15 AM

Long Beach, The Long Way

Leaders: Mark Bernstein (718) 833-6648 and Moira McFadden (212) 721-5003.
From: The steps in front of City Hall.

Join us for a totally flat, peaceful ride as we follow the ocean through three counties. Dress kinda warm as headwinds can be expected. Temp. below 40° and any precipitation cancels. Hope for an early return.

B13 41 MI 12:00 PM

Architecturally Stunning Jersey City and Tango Ecstasy

Leader: Paul Rubenfarb (212) 740-9123. From: Top of WTC PATH escalator.
Jersey City and adjacent Bayonne charm in comprising a peninsula surrounded by silvery harbor skies and boasting prodigious art deco architecture. During ride intermission, enjoy boom box and mini tango lesson. Then dance to sinfully libidinous tango vocal masterpieces. Rain or shine.

C13 45 MI 9:00 AM

Piermont

Leader: Dona Kahn (212) 399-9009. From: The Boathouse.
We'll take the most scenic back country roads for a refreshing urban getaway. Rain or temperature below 35° cancels.

C-SIG 25 MI 10:00 AM

C-SIG #8 (Ride!)

Leaders: Geo Kaplan (212) 989-0883 and Irv Weisman (212) 567-9672.
From: The G.W. Bridge Bus Terminal, Fort Washington Ave. and 178 St., (A train to 175 St. stop or the 1 or 9 train to 181 St. stop).
Meet inside the bus terminal. Ride description, etc., at that point. Prior attendance required. Precipitation or starting temperature below 35° cancels. Call if in doubt.

Sunday, April 19

A20 65+ MI 9:00 AM

Cold Spring

Leader: Jody Saylor (212) 799-8293. From: The Boathouse.
Breezy spin up to The Hill in Cold Spring, picnic at the new house site (weather permitting), train return option (it'll be a long ride for those who

want to spin home). Metro North Pass mandatory. Temps below 32° at 8:00 am, rain or bad roads cancels.

B16 60 MI+/- 9:30 AM

3rd Annual Abe Simpson Ride

Leaders: Dick Goldberg (212) 874-2008 and Tony Dean (718) 852-4275.
From: The Boathouse.

When I was a lad, they told me to get lost. I can do that! — and you can come along. We don't ride in the rain.

B13 50 MI 9:00 AM

Get In Shape for Touring #8: Irv's 50-mi Club Route: Bergen/Rockland

Leaders: Dorothy Fong (718) 596-1967 and Mike DiCerbo (212) 645-1120.
Meet at GWB Bus Terminal (178 St. and Ft. Washington Ave.)

We enjoy Bergen and Rockland suburbs through generally rolling terrain. We'll picnic or eat in a restaurant depending on weather. On our return we climb the Palisades in carefully selected increments. Starting temp below 35°, excessive windchill or prediction of significant precipitation cancels. Call if in doubt!

C12 30 MI 10:00 AM

Tallman State Park — The Nice Way

Leader: Don Passantino (718) 446-9025 From: G.W. Bus Terminal (178 St. and Ft. Washington Ave.)

The flowers will be blooming in the Garden State as we ride a nice scenic route to Tallman State Park for a picnic. Bring or buy food, I'll bring a tablecloth and brownies for dessert, to celebrate my 50th birthday. Newcomers encouraged.

Saturday, April 25

A20/21 80 MI 9:00 AM

A Training Series #8: The Finale

Leaders: Stephanie Bleacher and Rich Borow (212) 348-2661
From: The Boathouse.

To cap off the A training series we'll make our way up the infamous Little Tor to a lunch stop at Patsy's, home of gazpacho, pasta and cartoon tattoos. After our tattoos are in place, we head back via Saddle River with a final stop at: the Hill! Now we can stop training and just schmooze.

A19+ 50-60 MI 8:00 AM

Back by Noon

Leader: Tom Laskey (212) 496-1636. From: The Boathouse.
Prior commitments make it essential that I return by 12:00 pm but I still want to get in as many miles as possible. Join me for a quick spin on 9W or Rt. 501, maybe to Piermont, Nyack if we're really moving. The usual cancels.

SIG-A 82 MI 8:30 AM

Croton Reservoir

Leaders: Nora Salazar (212) 725-1361 and David Grogan (718) 875-1977.
From: The Boathouse.

Rt. 9 north 35 hilly miles to the Highlands Diner in Ossining. Whew! Then it's nothing but beautiful riding over Quaker Ridge Rd. and to the dramatic Croton Dam. Around the reservoir, up long Seven Bridges Rd., down a fast Grassy Sprain. It's warm by now. Some of us have shorts on. We're loose. We're getting fast. Get to the boathouse 15 minutes early so we can get signed up and on the road promptly by 8:30 am. Helmets, with names on front and back, required. Rain date, Sunday, April 26

B16/18 72 MI 8:00 AM

Progressive B Series #8: Armonk

Leaders: Karin Fantus (212) 873-5559 and Gary McGraime (212) 877-4257.
From: The Boathouse.

Today, you'll discover your 3 all-time favorite cycling roads in NY. Hilly, but not like next week. Quick snack stop in Scarsdale. Lunch in Armonk at 40 mi. Ride ends at 242nd St. Subway stop (1/9 trains). The truly macho can ride another 10 mi. to The Boathouse.

B13 43 MI 11:30 AM**Lost Viet Generation Tours,
Antique S.I. and Risque Tango***Leader: Paul Rubenfarb (212) 740-9123.**From: Behind Ray's Pizza outside South Ferry.*

Traumatized by 15 years of napalm and slaughter, the Vietnam generation consists of males robbed of their youth, now tranquilized relics of their former selves, sitting in Starbucks or on park benches. Historic New Brighton S.I. blossomed before the Roosevelt's age of militarism. During intermission get mini tango lesson — then dance to tango's seductive rhythms. Rain or shine.

C13 22 MI 12:15 PM**Tibetan Trek to Staten Is.***Leader: Terry Chin (718) 680-5227.**From: Staten Island Ferry Terminal, auto entrance, pierside.*

We'll improve our karma by biking the flatter parts of Staten Island to the Jacques Marchais Center of Tibetan Art (Suggested donation: \$3). It contains the largest privately owned collection outside of Tibet. We'll ride the boardwalk along Miller Field and New Dorp for some great views of the Atlantic. Modest terrain with 1 difficult hill.

C-SIG 30 MI 10:00 AM**C- SIG #9 (Ride!)***Leaders: Geo Kaplan (212) 989-0883 and Irv Weisman (212) 567-9672.**From: The G.W. Bridge Bus Terminal, Fort Washington Ave. and 178 St., (A train to 175 St. stop or the 1 or 9 train to 181 St. stop).*

Meet inside the bus terminal. Ride description, etc., at that point. Prior attendance required. Precipitation or starting temperature below 35° cancels. Call if in doubt.

Sunday, April 26**A21 90 MI 9:00AM****Bear Mountain***Leader: Tod Brilliant (212) 274-9463. From: The Boathouse.*

I always feel ambitious when I write these things. Let's do a fast "out and back", Bear Mountain via 9W before the A SIGies do it. Bring pocket food since there will be no extended stops.

A19 60 MI 9:15AM**Nyack Rendezvous***Leader: Gary McGraime (212) 877-4257. From: The Boathouse.*

We'll do a smooth spin (holding the pace) up toward Rockland Lake and roll down into Nyack from the north for a rendezvous with other outdoor worshipping cyclists. Coffee, health food, syrup-laden pancakes? The Skylark is the limit. We'll then make an attempt at looking as good on the way back.

B14/16 57/65 MI 9:30 AM**Nyack**

Leaders: Hindy and Irving Schachter (212) 758-5738. From: First Ave. and 64 St. Once again we break into two groups after crossing the G.W. Bridge and meet for coffee at the Runcible Spoon. The slower group has a splendid, relatively flat jaunt via Piermont and Grandview-on-Hudson. The fast group members had better like hills as they ascend Crusher Road and other vertical challenges as they proceed on their pre-lunch travels through Orangeburg and West Nyack before joining the others in Nyack. Bring or buy lunch. Rain cancels.

B13 55 MI 9:00 AM**Get In Shape for Touring #9:
Beach Ball**

Leader: Maggie Clarke (212) 567-8272. From: Under the gigantic Ginkgo tree on Broadway, north of Isham St (207 St. stop on A Train — from north end of station, exit left and walk north on Broadway to bench under tree. Rolling terrain through Westchester to Rye Beach. Starting temp below 35°, excessive windchill or prediction of significant precipitation cancels. Call if in doubt!

C11 38 MI 10:00 AM**Sheepshead Bay, no clams***Leader: Peter Hochstein (212) 427-1041. From: The Boathouse.*

Our last ride to Sheepshead Bay ended up a \$25 Lundy's seafood orgy. Yummy, but cruel to budgets. So this time we'll have a picnic or diner

lunch. Slow pedaling, because I am way out of shape. Out via 4th Ave. toward Belt Parkway bike path. Home via Ocean Parkway, Prospect Park. Bring helmet, pump, lock, lunch money.

Saturday, May 2**A18 92 MI 9:00 AM****92° in the Sun***Leader: Drew Olewnick (718) 398-7252. From: the Boathouse.*

Third ride on the "End of the Century Double" series. Ride to Westchester and add another dozen miles more of hills and scenic reservoir roads.

Diner stop and deli stops. We'll break the century mark if we're so inclined

SIG-A 86 MI 8:00 AM**Bedford***Leaders: Judy Morrill (212) 866-0462 and Edward Fishkin (718) 633-3038.**From: The Boathouse.*

Why so early? Be there! The rides don't get any nicer than this one. We've got to start firing on all cylinders. There's only one more tune up ride after this before the big one! We should be smooth by now, in shape, ready. There's big hills, beautiful roads, lots of miles on our way to Bedford. Eat a hearty breakfast, bring pocket foods, there's about 40 miles before a picnic on the Green in Bedford. Get to the boathouse 15 minutes early so we can get signed up and on the road promptly by 8:00 am. Helmets, with names on front and back, required. Rain date, Sunday, May 3.

B16/18 75-90 MI 7:00 AM**Progressive B Series #9:
Deepest Westchester***Leaders: Karin Fantus (212) 873-5559 and Gary McGraime (212) 877-4257. Meet at Grand Central Terminal information booth.*

Seen enough of the Bronx this month? Us, too. So it's the early bike train to White Plains to launch our adventure in Westchester's outer reaches. Spectacular scenery will make each and every hill worthwhile. Lunch in Bedford. Metro North home at 75 mi. (Tarrytown). Subway home at 90 mi. (242nd St. — 1/9 trains). Bring pocket food. As there will be a MetroNorth schedule change between this printing and then, please confirm starting time with leader. MetroNorth pass mandatory.

B13 42 MI 12:00 PM**Architecturally Rich Jersey Port
District and Evocative Tango**

Leader: Paul Rubenfarb (212) 740-9123. From: Top of WTC PATH escalators. The 'dem-11111111 and 'dose-speaking Jersey port zone pulses with cranes and industrial charm. During intermission, hear boom box for mini tango lesson, followed by dancing amidst tango's intimate dalliance and allure. Rain or shine.

C13 40 MI 9:30 AM**Over the Bridge and
Through the Woods***Leader: TBD.**From: The Boathouse.*

We'll go over the bridge and then either West or North over some lovely roads.

C-SIG 35 MI 10:00 AM**C- SIG #10 (Ride!)***Leaders: Geo Kaplan (212) 989-0883 and Irv Weisman (212) 567-9672.**From: The G.W. Bridge Bus Terminal, Fort Washington Ave. and 178 St., (A train to 175 St. stop, or the 1 or 9 train to 181 St. stop).*

Meet inside the bus terminal. Ride description, etc., at that point. Prior attendance required. Precipitation and starting temperature below 35 degrees cancel. Call if in doubt.

Sunday, May 3**A21 70 MI 8:30 AM****Tenzing Norgay Memorial Ride***Leader: Chris Audley (201) 876-9231. From: The Boathouse.*

April showers bring May flowers? Lets go find out. I'll be your sherpa as we climb Perkins for a view from Bear Mtn. Plenty of other hills will help us warm up on the way. From there we'll coast downhill into Garrison for the train home — unless anyone wants to bike back. Metro North pass, pocket food and two water bottles advised.

A19 60+/- MI 9:00 AM Ridgewood

Leader: Ben Goldberg (212) 982-4681. From: The Boathouse.
This is an old standby for me. I'm sure you'll like it. We'll ride to the most bike-friendly bagel shop around.

B16 55+/- MI 9:15 AM Cold Spring Harbor

Leader: Ron Grossberg (718) 625-0183. From: Statue of Civic Virtue.
(Union Turnpike and Queens Blvd — E/F train.)
We'll ride beyond Oyster Bay and roll down into Cold Spring on L.I. Sound.
Plenty of scenic roads. Rain/slick roads cancel.

B14 57 MI 9:00 AM Get In Shape for Touring #10: Armonk

Leader: Maggie Clarke (212) 567-8272. From: Under the giant ginkgo tree on Broadway, north of Isham St. (207 St. stop on A Train — from north end of station, exit left and walk north on Broadway to bench under tree.)
Visit Armonk and view the Kensico Reservoir on our way home. Starting temp below 35°, excessive windchill or prediction of significant precipitation cancels. Call if in doubt!

C13 40 MI 9:30 AM Bergen Ramble

Leader: TBD. From: The Boathouse.
We'll go over the bridge and then either West or North over some lovely roads.

Saturday, May 9**SIG-A 91 MI 8:00 AM Little Tor**

Leaders: David Thomas (212) 675-6191 and Carolyn White (212) 666-0616.
From: The Boathouse.

Little Tor, Big Hill, Big Ride. Hills, miles, pacelines, speed, team, endurance, "A" ride! This is a dress rehearsal. We've been at this since back in early March. We've been riding, pushing, practicing, hurting. Next week, we're going on the BIG A ride. We are ready. Get to the boathouse

15 minutes early so we can get signed up and on the road promptly by 8:00 am. Helmets, with names on front and back, required. Rain date, Sunday, May 10.

Saturday, May 16 - Sunday, May 17**A18-22 250 MI TIME TBD Montauk Twin Century**

Leader: Marty Wolf (212) 935-1460. Call for starting point.
In our version of the Montauk Century, we bike out on Saturday and return home on Sunday (on the same road used by the one-way century riders.) We can wave at our friends who will return later on the NYCC bus, (see below). Call for more info re starting time and place. The sooner you call, the better because the motels may sell out. Ride goes rain or shine as room deposits are not refundable after May 9.

Out of Bounds

NYCC Bus to the 5BBC Montauk Century Sunday, May 17. NYCC will offer a bus back to Manhattan with a stop in Queens. Bikes can be carried on board the bus, which will leave from a less congested spot in Montauk Town Square. For more information and to reserve a spot, call Anne Grossman at (212) 924-1549 or e-mail her at annesg@mail.idt.net. For more information about the Montauk century, contact 5BBC at (212) 932-2300.

MDDM+98: Memorial Day Dash to Montreal May 21-25, 1998 — 14th annual edition of a classic New England tour. We will cycle north from the Montpelier-Waterbury area of Vermont through the Lake Champlain Islands to Montreal, where we will spend the weekend, returning to the New York side of the lake Monday. This can be a tough ride due to strong headwinds. \$145 trip fee includes 4 nights lodging, 4 meals, sag support, tour T-shirt and extensive literature. For more info, or to register, call: Charles Hansen (h): (617) 734-0720, (w): (617) 572-0277, e-mail: chansEn@jhancock.com.

IRT98: 2nd International Cycling Event May 21-25. The Miesbach Chapter of the Allgemeiner Deutscher Fahrrad-Club (Bicycling Club of Germany) will hold an international cycling event from Holzkirchen through the foothills of the Bavarian Alps. Early registration highly recommended due to limited hotel space. For more information, view <http://www.irt98.AlpSys.de>, or contact Klaus Offermann, IRT-Coordinator ADFC, Kreisverband Miesbach, Tegernseerstraße 18, D-83607 Holzkirchen, Germany. Tel.: +49-8024-1075, Fax: +49-8024-489839, e-mail: klaus@AlpSys.de.

NYCC Memorial Day Weekend in the Berkshires, May 23-May 25, 1998. Join 60 to 80 club members and friends at our annual Memorial Day Weekend in Sheffield, Massachusetts. Contact Anne Grossman at (212) 924-1549 or annesg@mail.idt.net if you need more information, including names of B&Bs in the Sheffield area. Call now, rooms are going fast.

TALCAM: Tour Around Lake Champlain, Adirondacks & Montreal July 18-26. Circumnavigate Lake Champlain, with two nights in downtown Montreal. Starting from Whitehall, NY, we will cycle north on the Vermont side of Lake Champlain, take a free day in Montreal, and return south along the New York shore, with two days riding the Adirondacks and a night in Lake Placid. Cost of \$700 includes hotel and motel lodging, sag van, road lunches, some breakfasts, and tour literature. Leader: Charles Hansen Tel: (h): (617) 734-0720 (w): (617) 572-0277 E-mail: chansEn@jhancock.com

Vogel-Cipolla Third World Adventures: Estonia, Latvia, and Lithuania; maybe Finland and St. Petersburg, too. Late July. Self-sufficient. A-pace. Call Margaret and Jeff at (718) 275-6978.

NYCC Annual Holiday Party, Tuesday, December 15 at St. Maggie's Cafe. More information will appear later in the year.

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Members' Survey Summary And Conclusions

by Gary McGraime

The purpose of the questionnaire is to better understand what our members want in order to help us articulate those desires as club goals. It appears that we are a healthy and growing club with thirteen hundred members of diverse abilities and interests.

One hundred and thirty two members (10%+ NYCC membership) responded to the questionnaire. Maggie Clarke compiled and tabulated the data. I think you'll find the results interesting. (*Complete results, p.9.*)

Maggie also provided cross tabulations to help determine what speeds and distances A, B and C riders prefer. The results are:

Speed in (mph) and percentage of riders preferring that speed:

A Riders: (19-21) 69% (<18) 17% (22+) 14%
B Riders: (15-17) 65% (14-18) 90%
C Riders: (12-14) 65% (10-16) 90%

Distance in (miles) and Percentage of riders preferring that distance:

A Riders: (<50) 10% (51-65) 44% (66-80) 33% (81+) 13%
B Riders: (36) 5% (36-50) 30% (51-65) 50% (66-80) 12% (81+) 3%
C Riders: (<20) 10% (21-35) 25% (36-50) 35% (51-65) 30%

Some other interesting findings indicate that:

- 50% of the respondents have been NYCC members for at least three years.
- 55% of our members are B riders, 23% are A riders, and 22% are C riders.
- 95% of our members plan to renew their membership.

Additional analysis and cross tabulations indicate a desire for:

- More rides, especially C rides — *Solution:* More members should become involved in leading rides!
- Rides should hold the advertised pace — *Solution:* Leaders should pay more heed to their speeds and their groups' needs.
- Emphasis on ride safety — *Solution:* Build road skills, encourage courtesy and obey the traffic laws.
- More friendliness/less competitiveness — *Remember:* "The journey is as important as the destination".

If you are interested in further cross tabulations or have any suggestions, please e-mail either Maggie Clarke

(mclarke@shiva.hunter.cuny.edu) or Gary McGraime (garynycc@aol.com).

Many thanks to Maggie Clarke who invested many hours compiling and tabulating the results, Irv Weisman for encouraging a questionnaire, Gene Vezzani and the NYCC Board for supporting the idea.

Thank you, Lori and Howard

I would like to give a big thank-you to Lori and Howard of La Corsa Tours. Under some difficult circumstances, they gave a talk that was most informative and entertaining. We now know what questions to ask when we wish to find out whether a tour or tour company is right for us.

If you missed this presentation you missed a good one. You may have to wait another year to hear this dynamic duo.

— Again, Many Thanks, Joel Englander

Memorial Day Update

If you haven't already, make your B&B reservations today for this year's club weekend in the Berkshires, Friday, May 22 to Monday, May 25.

Normally, 50 to 80 people attend our Memorial Day Weekend in and around Sheffield, Massachusetts. This year, spaces are going fast.

Call me or e-mail me for names of available B&Bs. If you are driving up or if you can lead a ride any of the 3 days, please call me. Leave Sunday night open for the club dinner (details in the May bulletin). This will be a great weekend — don't miss out! Hope to see you in Sheffield.

— Anne Grossman: (212) 924-1549 or annesg@mail.idt.net.

Basic Bike Maintenance and On-the-Road Repair Clinic

**JOIN US FOR HANDS-ON DEMONSTRATIONS AT
TWO OF NEW YORK'S PREMIER BIKE SHOPS:**

Part I: Basic Bike Maintenance —

April 21, 7:00 pm at Conrad's Bike Shop,
25 Tudor City Place at E.41 St. (212) 697-6966.

- Cleaning and lubricating your bike and the latest products to make it easy
- Tire inspection and proper air pressure
- Adjusting your brakes and derailleurs
- How to disassemble, pack and reassemble your bike when traveling
- Q & A

Part II: On-the-Road Repair —

April 28, 7:00 pm at Toga Bike Shop
110 West End Avenue at 64 St. (212) 799-2834.

- Methods of repairing a flat
- Removing and reinstalling a broken chain
- Truing a bent rim well enough to ride home
- Essential tools and the latest gizmos to carry on the road
- Q & A

Please call or e-mail for reservations —

Gary McGraime (212) 877-4257, e-mail garynycc@aol.com
or Joel Englander (212) 580-1861 (merlinmj@juno.com).

FREE MEMBERSHIPS! — April Drawing

The names of three lucky members who responded to the 1997 Questionnaire will be drawn at random during the April meeting and will be given a one-year NYCC membership extension.

This is our way of saying "thank you" for your input.

Annual Rides For 1998

200K Brevet	April 25
300K Brevet	May 23
400K Brevet	June 20
600K Brevet	July 18
Escape from New York Century	September 26

Results of the 1997 NYCC Membership Questionnaire

MEMBERSHIP/RIDER PROFILE

1. [Male] **59.1%** [Female] **40.9%**
2. I have been a NYCC member for
[< 1 yr] **23.4%** [1-2 yr] **26.3%**
[3-5 yr] **26.3%** [6-10 yr] **13.1%**
[10+ yr] **10.9%**
3. I consider my ride classification to be
[C class] **21.6%** [B class] **55.2%**
[A - paceline skills] **23.1%**
4. On the average, how many NYCC rides per month do you ride?
[0] **22.8%** [1-2] **46.3%**
[3-5] **29.4%** [6+] **1.5%**
5. How many NYCC rides do you lead/co-lead a year?
[0] **64.4%** [1-4] **23.7%**
[5-10] **6.7%** [11+] **5.2%**

RIDER PREFERENCES

6. My preferred cruising speed over flat terrain (in mph) is:
[<10] **3.7%** [10] **0.7%** [11] **0.0%**
[12] **5.2%** [13] **5.2%** [14] **12.6%**
[15] **11.1%** [16] **18.5%** [17] **9.6%**
[18] **10.4%** [19] **7.4%** [20] **7.4%**
[21] **4.4%** [22+] **3.7%**
7. How long is your preferred ride (in miles)?
[<20] **4.4%** [21-35] **8.1%**
[36-50] **24.4%** [51-65] **44.4%**
[66-80] **14.1%** [81-100] **3.0%**
[100+] **1.5%**
8. Are there enough rides in your speed?
[yes] **56.5%** [no] **43.5%**
In your distance?
[yes] **60.5%** [no] **39.5%**
9. How often have you been on NYCC rides this year that:
 - Went faster than advertised?
[none] **37.5%** [1 of 5] **22.7%**
[2 of 5] **15.6%** [3 of 5] **15.6%**
[4 of 5] **3.9%** [5 of 5] **4.7%**
 - Got lost?
[none] **66.9%** [1 of 5] **24.4%**
[2 of 5] **6.3%** [3 of 5] **1.6%**
[4 of 5] **0.0%** [5 of 5] **0.8%**
 - Had disorderly riders?
[none] **48.0%** [1 of 5] **26.0%**
[2 of 5] **12.6%** [3 of 5] **7.1%**
[4 of 5] **3.1%** [5 of 5] **3.1%**
10. I prefer to start rides at:
[before 7:30 am] **2.3%**
[7:30-8:30 am] **25.9%**
[8:30-9:30 am] **59.8%**
[after 9:30 am] **12.1%**
11. I prefer to end rides
[by noon] **5.3%** [by 1 pm] **10.7%**
[by 2 pm] **19.1%** [by 3 pm] **29.0%**
[by 4 pm] **17.6%** [by 5 pm] **13.0%**
[by 6pm] **5.3%**
12. Which ride starting points do you prefer?

[Central Park Boathouse]	88.9%
[GW Bridge]	23.0%
[Prospect Park]	17.0%
[Statue of Civic Virtue]	20.7%
[City Hall]	28.9%
[Jewel & Queens Blvd]	1.5%
[Roosevelt Is. Tramway Plaza/59th St.]	4.4%
[#4 Train end Woodlawn, Bronx]	2.2%
[Grand Central]	1.5%

* a sum greater than 100% is the result of multiple selections.
13. I would go on rides using
Commuter Trains:
[never] **7.5%**
[occasionally] **82.1%**
[often] **10.4%**
14. If offered, I would go on NYCC weekend rides using:
[bikes only] **65.4%**
[trains] **63.2%**
[member's car] **50.4%**
[chartered bus] **49.6%**
[public bus] **21.8%**
- 14.a. Weekend preference(s):
[Spring-2 days] **47.9%**
[Spring-3 days] **37.6%**
[Summer-2 days] **35.8%**
[Summer-3 days] **46.7%**
[Fall-2 days] **44.5%**
[Fall-3 days] **36.1%**
15. To improve my riding capability, I would take part in :
[Early Season SIG (Special Interest Group)] **52.6%**
[Early Season Get-Back-In-Shape series] **67.6%**
[Season-long Progressive training series] **42.9%**
- A. The ride level I'd like to achieve is:
[high A] **17.6%** [mid A] **13.6%**
[low A] **20.8%** [high B] **18.4%**
[mid B] **16.8%** [low B] **7.2%**
[high C] **5.6%**
16. I plan to renew my membership next year
[yes] **95.2%** [no] **4.8%**
If not, why?
Lack of C Rides/Poor Attitudes
(4.4% of all respondents, and almost all of those who didn't renew)

MONTHLY MEETING PREFERENCES

17. How many times during the year do you attend the monthly meetings?
[0] **38.2%** [1-2] **22.1%**
[2-5] **20.6%** [6-9] **11.5%**
[10-12] **7.6%**
18. I would attend more meetings if :
[Better meals] **17.5%**
[Cheaper meals] **10.2%**
[Member slide shows/videos of tours] **19.7%**
[Racing videos] **7.3%**
[Health/fitness talks] **9.9%**
[Social events] **19.0%**
[Auctions] **2.9%**
[Technical presentations] **24.8%**
[Tour presentations] **21.2%**
[Equipment presentations] **12.4%**
[Different location] **8.0%**
[Different time] **2.9%**
[Different day] **7.3%**
[Bike Advocacy] **1.5%**

OTHER PREFERENCES

19. The NYCC should offer:
[ride leader training] **55.6%**
[repair seminars] **72.6%**
[effective cycling training] **70.7%**
[none] **7.9%**
20. If the NYCC were to offer social events, which activities would you participate in?
[bowling] **21.3%**
[hiking] **48.8%**
[ice skating] **28.3%**
[cross-country skiing] **40.2%**
[concerts] **28.3%**
[roller-blading] **18.1%**
[downhill skiing] **2.2%**
[dancing] **3.7%**
[parties] **2.2%**
- A. If activities you liked were offered, how often would you participate?
[never] **2.7%** [1-2x/yr] **33.6%**
[3-4x/yr] **35.4%** [5-6x/yr] **18.6%**
[7x/yr+] **9.7%**
21. Membership dues
[are just right] **89.9%**
[should decrease/Club economize] **1.6%**
[should increase/more services] **8.5%**

MOST FREQUENT REQUESTS -

22. I would like the NYCC to:
 - (1) Offer more quality and variety of rides.
 - (2) Increase enjoyment and friendliness. and decrease competitiveness.
 - (3) Show more respect for and provide more rides for slow riders.
 - (4) Advertise the Clubs' rides more.
 - (5) Improve the emphasis on ride safety.

BIKE SCHOOL®

HELPFUL HINTS – Keep your knees very close to the frame. Some climbers even bring their knees across the center line at the top of the stroke.

HINT #2 – While stopped, you should be able to sit on the seat, supporting yourself without holding the bars & with a toe on the ground. If you can't, *your seat is too high*. Lower it & gain balance & power.

HINT #3 – Don't flex your ankle. Always keep your toe lower than your heel. Get a friend to spot you until you get the feel of this position. It gives you a smooth stroke & distributes muscle load for effective climbing & power. If your knees bother you in this position, your cleats are too far back.

WANT MORE HELP? – Two hr classes – \$30
Information • (212)755-3418 • Michael

MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING OF TUESDAY, JAN. 6, 1998

Present: Gene Vezzani, Ben Goldberg, Joel Englander, C.J. Obregon, Charlie Katz, Dona Kahn, Douglas Riccardi, Ludwig Vogel, Anne Grossman, Gary McGraime and Bernie Brandell. Absent: Tom Laskey.

The meeting began with a report from Maggie Clarke on the preliminary data from the club survey. It was agreed that analysis of the data was required.

The minutes of the meeting of December 9, 1997 were approved.

Charlie presented the budget report, reviewing 1997 execution and presenting a draft 1998 budget for discussion at the next meeting.

It was agreed that the club would investigate whether the club was required to file for recognition of its I.R.C. Section 501(c)(7) status.

There was a lengthy discussion of the problems encountered mailing the January Bulletin. It was agreed that a postcard would be mailed to members concerning the monthly meeting, advising members to contact the club telephone and web site for a ride listing.

Joel discussed the upcoming programs and Dona gave a membership report.

Anne reported that a barbecue at the boathouse for a possible summer cookout would cost \$65 a person. She indicated she would explore the use of barbecue pits on Roosevelt Island.

Gary indicated he was putting together maintenance and repair clinics for March.

The subject of ride safety was discussed and Gene agreed to talk to a member about whom complaints had been made.

The meeting adjourned at 8:00 pm.

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. Listings will run for one month unless otherwise specified.

FOR SALE:

Kestrel 200 Sci, Black, 53 cm (23") frame, 700 mm wheels. Shimano Dura-Ace components. Excellent condition — hardly used. \$600. **CALL STUART** at (718) 428-7053 (home) or (718) 969-1755

BOTTECCHIA, "SPAGO" model. 56 cm, clean. Campagnolo 8-sp Athena group with Ergo shifters. \$900 — **CALL DON** at (212) 755-3418.

1997 CARNAC DIAGONAL road shoes size 44 (fits men's 10-10.5) Look System. Almost new. I bought a new pair 1/2 size larger and can't return these! Purchased for \$240, asking \$120. **CALL OLIVER** at (212) 734-4927.

Going 9-speed — need space; selling extra **8-SPEED CAMPY COMPONENTS**: 1995 Record Ergo Shifters, 1996 Record Rear derailleur Conrad's—built Chorus wheelsets w/Mavic Reflex rims, plus assorted cassettes 12-21, 12-23, 13-26. All in great condition. Also: like new size 42 **CARNAC LEGEND** shoes. **CALL RICH** at (212) 348-2661 (after April 6).

CITYRACKS: COMING SOON TO A SIDEWALK NEAR YOU?



WHAT ARE CITYRACKS?

You may have already noticed the CityRacks logo shown above on bike racks near you. These CityRacks are part of a new program to install bicycle racks throughout New York City to encourage cycling for commuting, short trips and errands.

Although NYCC is not an advocacy organization, you are a bike owner, and if you do use a bike in town, you might want to suggest likely spots for CityRacks—who knows, it might make life in the city a little easier.

WHAT DO THE BICYCLE RACKS LOOK LIKE?

CityRacks installs the racks in a variety of sizes: an upside-down "U" rack for two bikes, a single loop for three bikes, a double loop for five bikes, or a triple loop for up to seven bikes.

WHERE ARE CITYRACKS INSTALLED?

CityRacks are installed on City-owned property. The siting criteria for CityRacks are as follows:

- City-owned property
- Wide sidewalks (minimum sidewalk width 12')
- Removed from the natural flow of pedestrians, usually at the curb and always away from crosswalks
- Usually a minimum of 6' from other street furniture (e.g., street signs, mailboxes, benches, telephones)
- Greater distances from certain features (e.g., up to 13' from fire hydrants and 15' from bus shelters or newsstands)

HOW ARE CITYRACKS INSTALLED?

CityRacks are installed at sites requested by businesses, local groups, City agencies, and private citizens. After installation, the CityRacks remain the property of the City of New York. The City assumes responsibility for the racks but not the bicycles parked on them.

HOW TO REQUEST CITYRACKS...

Fill out the request form at right and **mail to: CityRacks, NYC DOT, 40 Worth Street, Rm. 1029, New York 10013.**

Appropriate sites will receive racks, at no charge, on a first-come, first-served basis.

For more information about CityRacks or other bicycle programs call 212/442-7705.

For additional brochures please call 212/ or 718/ Call-DOT.

Your Name

Your Address

Apt./Suite #

City

State

ZIP

Daytime Telephone Number

E-Mail

Your Relationship to Proposed Location

(e.g., Owner, Customer, Employee, Student, Etc.)

Proposed Bicycle Rack Location

Name of Nearby Business or Establishment

Street Address

From (Cross Street)

To (Cross Street)

Borough

Neighborhood

Block # (If Known)

Lot # (If Known)

Any Additional Information/Comments

How did you hear of CityRacks? (NYCC Bulletin)

Before your first club ride, please read this:

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

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

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

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

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

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

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

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

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



1998 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS

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

☐ New ☐ Renew ☐ Change of Address Date _____ Check Amount _____

PLEASE PRINT OR USE ADDRESS LABEL. ZIP CODE IS REQUIRED. Mail this application with a check made payable to the:

New York Cycle Club, P.O. Box 20541, Columbus Circle Station, New York, NY 10023.

NAME:	SIGNATURE:
NAME:	SIGNATURE:
ADDRESS / APT	
CITY	STATE
DAY TEL	NIGHT TEL
	E-MAIL

Check, if applicable: I do **not** want my ☐ Address ☐ Phone ☐ E-mail published in the NYCC semi-annual roster.

ANNUAL MEMBERSHIP: Jan. 1 - Dec. 31, 1998. Please check the appropriate ring:

☐ Individual — \$21

☐ Couple residing at the same address — \$27



Want to Travel Or Go to a Training Camp? Not Sure?

Would you like to train with the pros, or just travel to some exotic country and pedal a few miles?

**Come to Our Meeting April 14
And Hear From Fellow NYCC Members,
Gary McGraime, Steve Ullmann and Jay Jacobson
On Travel and Training Camps.**

**COME TO ANNIE MOORE'S RESTAURANT
50 East 43rd St. (1/2 Block West of Grand Central Station)
212-986-7826**

We will have our own private room, great food and ambiance.
Menu: Chicken Marsala, Shepherd's Pie, Pasta, Salad, Bread, Coffee or Tea.

Meet at 6:00 pm — Dinner at 6:30 — Program at 8:00.

Admission Between 6:00 and 8:00 pm — \$17.

(Includes dinner, tax, gratuity and the program.)

Admission after 8:00 pm (program only) — Free

Take any train or bus to Grand Central Station and walk 1/2 block west to 50 East 43st.
Sorry, no indoor bike parking.

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



FIRST CLASS MAIL
DATED MATERIAL!

