

August
1998

AUGUST 1998

NYCC Bulletin

Whazzat?

Silly Season Cover
Revealed, p 8

Escape New York Century Registration,
— Insert

Bulletin Board

AUGUST OPPORTUNITIES FROM THE PRESIDENT — GENE VEZZANI

Opportunity #1 — It's Not a Job, it's an Adventure. Share it With a Friend.

Leading a ride is a lot fun. When you lead a ride you get to select the destination, the speed, the lunch stop, and the all-important starting time. Call a Ride Coordinator today and volunteer to lead a ride. Their names and phone numbers are listed in the column to the right.

If you start next month, you'll still have a shot at making the Top Ten list for 1998.

THE TOP TEN RIDE LEADERS OF 1997:

The club owes a collective "Thank you" to everyone who led a ride in 1997, plus an extra special thank you to the leaders that led ten or more rides last year.

Ranking	Name(s)	Number of Rides Lead
1	Joanna Lee, Gene Vezzani	45
2	Gary McGraime	25
3	Al Boland	24
4	Ron Grossberg, Jeff Vogel	19
5	Beth Renaud	18
6	Terry Chin	17
7	Ben Goldberg	16
8	George Kaplan, Fred Steinberg	14
9	Todd Brilliant, Karin Fantus, Christy Guzzetta, Irv Schachter	13
10	Marilyn and Ken Weissman	12

Thank You! Thank You! Thank You!

Opportunity #2 — I Scream, You Scream — Free Ice Cream!

Please make it a point to attend our August 11th club meeting at Dallas BBQ located on West 72nd Street, and enjoy a giant helping of Free Ice Cream. This is our annual ice cream theme meeting where you get the opportunity to become actively involved by adding your favorite toppings. Come spend a very social evening with the greatest group of ice cream eating cyclists in town.

Opportunity #3 — Nominating Committee

It's time to start thinking about stepping up and volunteering to fill a board position for next year. At the September and the October club meetings we accept nominations from the floor. To make the process easier we now have a Nominating Committee to help you learn more about our club, its operation and management.

Please contact Ben Goldberg, Tom Laskey, Gary McGraime or Bernie Brandell for information about a specific position that you would like to fill.

Opportunity #4 — On Television

A group of New York Cycle Club members appeared on the CBS News program "Saturday Morning" that was broadcast nationwide on Saturday, July 18th. Our segment of the program was taped in Central Park two weeks prior to airing. NYCC jersey clad cyclists rode in a single paceline to introduce a bicycling segment of the show.

Opportunity #5 — Cover Story

We're looking for cycle-related art from cyclists for possible use as a cover for the Bulletin. If you are a photographer, artist, or even a doodler and would like to donate the use of one of your favorite masterpieces as cover art, please contact the Bulletin Editor, Ludwig Vogel.

Help Your Club Prepare For Fall:

*Talk With a Ride Coordinator About Your Favorite Rides, and
How We Can Make Them Happen Again!*

NEW YORK CYCLE CLUB
Columbus Circle Station,
P.O. Box 20541
New York, NY 10023
212-828-5711

PRESIDENT
Gene Vezzani
212-875-1615
genev@pipeline.com

V.P. PROGRAMS
Joel Englander
212-580-1861
merlinmj@juno.com

V.P. RIDES
Ben Goldberg
212-982-4681
goldberg@cs.nyu.edu

SECRETARY
C.J. Obregon
212-876-6614
obregon@lou.fordham.edu

TREASURER
Charlie Katz
212-580-5695
reytravel@aol.com

PUBLIC RELATIONS
Douglas Riccardi
212-388-9758
memory@aol.com

MEMBERSHIP
Dona Kahn
212-399-9009
donaskahn@aol.com

SPECIAL EVENTS
Anne Grossman
212-924-1549
annesg@mail.idt.net

BULLETIN EDITOR
Ludwig Vogel
212-838-0852
ludwig@bway.net

A-RIDES COORDINATOR
Tom Laskey
212-496-1636
tom_laskey@sonymusic.com

B-RIDES COORDINATOR
Gary McGraime
212-877-4257
garynycc@aol.com

C-RIDES COORDINATOR
Bernie Brandell
718-633-1759
brande@cooper.edu

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donaskahn@aol.com or call Dona Kahn at 212-399-9009. **E-MAIL IS PREFERABLE.** Please include your name and full address in your message.

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To publish an article:

Contact:

Ludwig Vogel
141 East 56 Street
New York, NY 10022
TEL: 212-838-0852
FAX: 212-752-4951
E-MAIL: ludwig@bway.net
E-MAIL IS PREFERABLE.

Submit 3.5 inch diskette plus hard copy. Advise operating system, software, phone number, and e-mail. Material may be edited for brevity 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 Fourteenth 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.



Saturday, August 1

A20 60/80 MI 8:30 AM Destination Unknown

Leader: Beth Renaud (212) 274-9463. From: The Boathouse.

As of this writing, I've been to Nyack 11 times this year (the club should give out an award to the person who's been there the most times, subject to confirmation of course). For the sake of variety, I'll attempt to select a destination that I can't get to in my sleep. Bedford? The Orchard? Armonk? Westport? Severely hot weather will restrict mileage, such as Ridgewood or, perhaps, a bucolic duck pond with ample shade.

A20 55 MI 9:00 AM Do You Really Need a Write-up For This?

Leader: Richard Rosenthal (212) 371-4700. From: The Boathouse.

If you don't know to associate my name with this ride, you're new to the club: gorgeous and untrafficked River Road, challenging Tweed-Bradley, me off the back of speed bumps, driveways, potholes, and every other uphill. Pause for a mere snack at the horribly overpriced Community Market in Piermont.

A19/20 8:00 AM 100 MI Ironman Training Ride #1

Leader: Jeanine Hartnett (212) 827-7345 (M-F work hrs. only) From: The Boathouse.

For serious endurance riders willing to help me train for the Hawaii Ironman (Oct. 3). Bear Mtn. destination will include Gate Hill Road and Seven Lakes Drive. Bring plenty of liquid fuel and pocket food. Two max 20 min. deli stops only. Rain postpones ride to Sunday.

KB18+ 55 MI 9:00 AM It's B Season

Leader: Todd Brilliant (212) 274-9463. From: The Boathouse.

No... It's Duck Season. Join me for my first "Killer B" ride as a leader. You're guaranteed fun as we will ride as fast as we can. Buzz all the way to the invasion of Nyack. We'll tone it down a Bit for the return. Be sure to bring your "Best B" skills and bravado. Only out of shape, injured or recovering A riders allowed.

C13 40/30 MI 8:30/9:30 AM Gateway-Getaway: Rockaway Greenway Excursion

Leader: Terry Chin (718) 680-5227. From: City Hall, Manhattan, at 8:30 am (40 mi), or the Picnic House, Prospect Park, at 9:30 am (30 mi).

Explore the newly restored greenways to Canarsie Pier and historic Floyd Bennett Field. This airfield was NYC's first municipal airport and was the place where many aviation records were made. There are some great views of Jamaica Bay and the Manhattan skyline too. Co-led with 5BBC.

C13 25 MI 10:00 PM Moonlight Bike Ride

Leaders: Ethan Brook (201) 816-0815 and Richard Fine (201) 461-6959.

From: Pulitzer Fountain, by the Plaza Hotel, 5th Ave and 59th Street.

Our 9th annual safe, flat, meandering bike ride through the streets of Manhattan (approximately 4-5 hours). Enjoy the sights, sounds, and smells of New York as we travel through Central Park, along the East River, Hudson River, midtown, the new Times Square, Greenwich Village, Chinatown, Little Italy, etc. etc. — and still get home for a good (?) night's sleep. Cue sheets and bananas supplied. Bring or buy snacks or food. Joint with Bicycle Touring Club of North Jersey.

Sunday, August 2

A21 60 MI 9:00 AM Nyack Beach

Leader: Tom Laskey (212) 496-1636. From: The Boathouse.

Another variation on the Nyack motif but this time we're goin' to the beach. No bathing suits or towels for this ride, just hangin' out by the water and enjoying our deli sandwiches. Rain cancels as does temp above 95°.

B17 65 MI 8:30/9:15 AM Sagamore Hill Ride — Oyster Bay

Leader: Henry Joseph (212) 989-8176. From: The Boathouse at 8:30 am or from The Statue of Civic Virtue at 9:15 am (Union Turnpike and Queens Blvd., E or F train to Union Turnpike).

Join us on a lovely ride to Long Island's beautiful North Shore. With inspiration provided by President Theodore Roosevelt's Rough Riders, we will discover new roads and rediscover familiar ones. We will stress paceline skills and ride discipline. Rain and/or temperature above 98° cancels.

C13 50 MI+ 9:00 AM Scarsdale and Beyond

Leader: Gary McGraime (212) 877-4257. From: The Boathouse.

We'll ride up to Westchester where we'll find wooded roads providing plenty of welcomed shade. We'll stop at the deli in Scarsdale (where everyone else is on a diet) to enjoy a picnic under some old oak and maple trees. **Metro-North pass recommended** if you'd like to return early by train. Bring plenty of water. **Helmets required.**

C12 35/25 MI 9:00/10:00 AM Beach Bum Ride

Leader: Peter O'Reilly (212) 414-1937. From: The steps of City Hall at 9:00 am (35 mi.) or from Grand Army Plaza at 10:00 am (25 mi.).

Bring lock, lunch or \$ to buy it, beach blanket, bathing suit, and cheerful attitude. Co-led with 5BBC. The destination is Far Rockaway.

Thursday, August 6

A19 65+/- MI 10:00 AM Sick Day, Ride Day Summer Series #219

Leader: Jill Tucker (212) 431-3029. From: The Boathouse.

Having a problem with the boss? Don't commit a crime leading to a life-time in prison. Take the day off instead and come out and ride somewhere in Westchester.

Saturday, August 8

A18 60 MI 9:00 AM A Visit to Nanny

Leader: C.J. Obregon (212) 876-6614 From: The Boathouse.

A ride up through White Plains, over Nannyhagen Road and down to the Thornwood Diner for lunch, and then back the easy way. We will not exceed the advertised pace (except coming down Nannyhagen — yum!). **Helmets required.**

**Why Don't You Try Co-Leading a Ride This Summer?
Call Your Ride Coordinator to Find Out How.**

B17 70+/- MI 8:30 AM Mamaroneck ... Once Is Not Enough

Leaders: Karin Fantus (212) 873-5559/BikeK@aol.com and Peter O'Reilly (212) 414-1937. From: The Boathouse. Maybe this time we'll all follow the same route. Or not. Air-conditioned lunch in Rye or lunch al fresco at Mamaroneck Harbor. Either Metro North Pass or Metrocard can be used to shorten this stunning, mostly rolling ride.

B16 40/45 MI 8:30 AM The Best Ride in NYC - Back by 1:00 pm

Leader: Ed Sobin (718) 625-7452. From: City Hall. Historic beautiful neighborhoods. Long straight stretches with almost no traffic. Spectacular skyline views and sand dunes make this the best ride in NYC. Don't believe me? Come and see for yourself. Bring pocket food and 2 water bottles. No food stops until the end of the ride in Brooklyn Heights. Ride early while there are few cars and it's cooler. Take a nap when you get home. Prepare for 1-1/2 hours without stops.

B13 75 MI 9:30 AM River to the Lake

Leader: Larry Rutkowski (212) 799-9625 (days). From: GWB Bus Terminal. We will be going down River Road meandering through Bergen County to lunch at Rockland Lake. Deli near lunch stop or bring your own food. Two water bottles, pocket food helpful. Minimal stopping before and after lunch.

C13 40 MI 9:00 AM Backroads of Brooklyn

Leader: David Hallerman (718) 499-4467. From: City Hall Park. Quiet tree-lined streets, big houses with porches, the friendly natives and newcomers. Yes, these are the backroads of Brooklyn, which will lead us to the open acreage of Floyd Bennett Field. There we'll be reminded of the intimate connection between aviation and bicycling (see Wilbur and Orville), as we speed down the runways.

C12 25 MI 12:30/1:30 PM Y'ar Ole Ole Salt

Leader: Terry Chin (718) 680-5227. From: The steps of City Hall at 12:30 pm or the Picnic House in Prospect Park at 1:30 pm. Fleet's in! This midday departure to Sheepshead Bay gives us a chance to join in the flurry of activity at Brooklyn's Cape Cod. Bring your favorite fish tale to tell over clam chowder. Co-led with 5BBC. Bring lock and plastic bag for fish shopping.

Sunday, August 9

A19 90 MI 7:30 AM Horse Category Climb

Leader: Drew Olewnick (718) 398-7252 or drewo@interport.net. From: Information booth at Grand Central Station. From GCT, we take the Metro-North to Garrison and disembark to head for the hills. Over East Mountain Road that divides Dutchess and Putnam counties and down hard packed dirt roads into southern Dutchess. Then a long rolling loop to Northern Dutchess before catching a late afternoon train in Poughkeepsie. Metro-North pass required. Two water bottles and pocket food recommended.

A17 55 MI 9:00 AM Kick-back to Katonah

Leader: Anne Grossman (212) 924-1549. From: The Boathouse. Especially geared for A riders who have not put in many miles this year but want disciplined, smooth pacelining. Scenic ride through Westchester, return home on Metro-North. If I see a Carvel store, we're stopping. Metro-North passes and helmets required.

B17 65 MI 9:00 AM Lake of the Woods

Leader: Ira Mitchneck (212) 663-2997. From: The Boathouse. A quick trip to the great north woods, lunch and Armonk and grassy Sprain return.

C14 45 MI 9:15 AM Point to Point Revisited

Leader: Harold Aronowitz (718) 454-2263. From: The Statue of Civic Virtue, Union Tpk. and Queens Blvd. (F or E train to Union Tpk. station.) From Kings point to Sands Point with pastoral scenery where the rich and famous reside. Mostly flat and easy rolling hills.

Thursday, August 13

A19 65+/- MI 10:00 AM Sick Day, Ride Day Summer Series #78

Leader: Jill Tucker (212) 431-3029. From: The Boathouse. Running out of work clothes? Sick and tired of going to the laundromat? Time to wear more bike clothes and add an extra ride to your week. Group decision.

Saturday, August 15

A19/20 7:30 AM 120 MI Ironman Training Ride #2

Leader: Jeanine Hartnett (212) 827-7345 (Mon.-Fri. work hours only). From: The Boathouse. For serious endurance riders willing to help me train for the Hawaii Ironman (Oct. 3). Hilly course to include Greenwood Lake and Bear Mountain climbs. Bring plenty of liquid fuel and pocket food. Two max 20 min deli stops only. Rain postpones ride to Sunday.

B18 7:45 AM 100 KM (62 MI) Scenic Connecticut

Leaders: John Eichholz (212) 640-7398 (24/7) and Laura Matlow (212) 665-5409 (before 9:30 pm). From: Grand Central Terminal. Join us on what will be a terrific ride through beautiful, somewhat hilly Connecticut. We'll be following the Blooming Metric route, which goes past some bucolic parks and charming towns. Meet us at the information booth at 7:45 at Grand Central Terminal for the 8:07 train to Westport. Bring Metro-North pass, two water bottles, pocket food, and a big smile. The fun starts as soon as the train departs from the station! Starting at 9:00 pm Friday night, John will leave a message on his voice mail with the latest and greatest.

B17 40 MI 8:00 AM Best Ride in NYC - Part 2

Leader: Ed Sobin (718) 625-7452. From: City Hall. This ride is faster than last week's and an early start will get us back by noon. No food stop and a quick stop at 25mi. Please make sure you can do 17 mph flat and ride two hours without stopping.

B16 65 MI 9:00 AM Rockland (and Roll) Lake

Leader: Tom Laskey (212) 496-1636. From: The Boathouse. A scenic and fun spin up to Rockland Lake, a lap and a half around the lake and then picnic. Return via 9W, hey, it ain't original but it works. The usual cancels.

ATB1/2/3/ TBD TBD Downhill Mania: Bike Plattkill

Leader: Larry Rutkowski (212) 799-9625 (daytime). Call Larry for meeting place, mileage and leaving time. Downhill and cross-country mountain biking for all levels of experience. Round trip coach transport for you and your bike and full day lift ticket: \$50 plus tax. Space limited. Reservations necessary. Helmets required. You can reserve a mountain bike rental in advance if you don't want to bring your own bike.

C13 25 MI 12:00 NOON Scenic Brooklyn

Leader: Diane Hauck (718) 788-8432. From: The steps of City Hall. A meandering through some scenic Brooklyn routes and culinary hot spots. Bring lock and \$. Temp above 90° at start cancels. Call leader to confirm.

Sunday, August 16**A19/20 65 MI 8:00 AM Bedford Hills/Purdys**

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

I led this ride in June as a B ride to test it out and it was a big hit, but it is a perfect A 19/20 ride. Food stop in White Plains, then on to Bedford Hills for water stop or bailout, then into Purdys. 90% tree cover, packed dirt access roads, wildlife, lakes, awesome! **Metro-North home, so passes required.** Note earlier time to be home by two. Over 90°, rain, or high winds cancel. **Note start time.**

B16 55 MI 9:00 AM Oyster Bay

Leaders: Peter Morales (718) 398-2623 and Suzanne Levin (718) 398-2649. From: The Statue of Civic Virtue (Union Turnpike and Queens Blvd., E or F train to Union Turnpike).

Cool ride around the North Shore of Long Island. Lunch at Oyster Bay Beach.

C13 65+/- MI 9:00 AM Oyster Bay

Leaders: Lynn Sarro (212) 722-8495 and Linda Wintner (212) 876-2798.

From: The Statue of Civic Virtue (E or F train to Union Tpk., Queens).

Join us for a lovely ride through Queens and Long Island. Mostly flat and rolling terrain but there are some hills. We'll probably make a snack stop in the morning, and later we'll stop at a deli to pick up lunch for a picnic on the beach. The leaders will be giving safe and effective cycling tips along the way (free). We think it will be fun and, assuming it's hot, we'll stop for Tasti D-Lite (frozen yogurt) at the end of the ride at the 71st St./Continental subway stop (E or F) in Queens. The ride should end at approximately 5:00 or 5:30. **Helmets required.** Check your tire pressure before you leave home and bring a spare tube. Also, bring plenty of water and some pocket food. Hope to see you there.

Thursday, August 20**A19 65+/- MI 10:00 AM Sick Day, Ride Day Summer Series #264**

Leader: Jill Tucker (212) 431-3029. From: The Boathouse.

Forgot to set the alarm clock again? Overslept today? No problem, you still have time to get out of the city. Group decision. Please be on time.

Saturday, August 22**A18/20 90+/- MI 8:00 AM Made In The Shade**

Leader: Fred Steinberg (212) 787-5204. From: The Boathouse.

A lovely, mostly tree-shaded ride to Croton Dam by Lake St., Byram Lake and Mt. Kisco. Return via Sleepy Hollow to Tarrytown (66mi), then home on Rt.9. We'll ride some new roads (for NYCC rides), some are hardpack. (alternate paved routes provided. No significant climbs, just the usual Westchester hills. Deli and water stops as few and short as possible.

Bring Metro-North pass, helmet, two (2) water battles, pocket food, 23mm tires w/decent sidewalls. Rain date: August 23.

B14 50 MI 9:00 AM Kensico Dam Revisited

Leader: Bernie Brandell (718) 633-1759 and Connie Pagano (212) 787-8801. From: The Boathouse.

We'll be shaded in greenery along the bike path, pass a visual feast of wild flowers and quacking ducks. Then get set for a straight run on the closed off Bronx River Parkway. Rain and temperature in the 90's cancel.

C13 35+ MI 9:00 AM An Irv Loop

Leader: Gary McGraime (212) 877-4257. From: The Boathouse.

We'll follow one of Irv Weisman's routes which focus on quiet and the most scenic roads found not too far from the GWB. Trees and shade will be appreciated along with a fairly early return. Rain or temps above 90° cancel.

Sunday, August 23**A19 100 MI 7:30 AM The Bear Went Over the Mountain**

Leader: David Newman (212) 627-0899 or dnewman@data.com

From: The Boathouse.

Unfortunately it looks like I'll miss the Escape from NY Century a couple of weekends hence. If you're in the same boat — or you just want to tune up for the big ride — here's your chance. If one century is good, two are better! Two water bottles, pocket food, bear traps mandatory.

A17 60+/- MI 8:30 AM Cool Form

Leader: Gary McGraime (212) 877-4257. From: The Boathouse.

Tired of A18s that turn into A21s or B18s that stop all the time? Join us for a steady spin in our quest for smooth tree-lined roads. Lunch (air conditioned diner) may be slightly abbreviated to do some stretches if you like. B riders with basic paceline skills practiced in the B Training Series are welcome. Temps over 90° cancel.

B15 55 MI 9:00 AM Nyack, probably

Leader: TBD.

From: The Boathouse.

Hopefully, we'll find a leader by the time the ride starts. If not, join your B riding buddies for a relaxing ride to the Runcible.

C12 35/25MI 9:00/10:00 AM Beach Bum Ride

Leader: Suzanne Levin (718) 398-2623.

From: The steps of City Hall at 9:00 am (35 mi) or from Grand Army Plaza (entrance to Prospect Park) at 10:00 am (25 mi).

Bring lock, lunch or \$ to buy it, beach blanket, bathing suit, and cheerful attitude. Co-led with 5BBC. The destination is Far Rockaway.

Wednesday, August 26**A/B/C 0 MI 6:00/8:00 PM Culture & Cocktails V For Henry V**

Leader: Anne Grossman (212) 924-1549. From: El Castillo de Jagua, at 6:00 pm (113 Rivington St., between Ludlow and Essex Streets), Municipal Parking Lot, Broome and Ludlow Streets, at 8:00 pm.

It just wouldn't be summer in New York without Shakespeare in the park. Come join me for an evening of free Shakespeare, not in Central Park, but in the Lower East Side. The Expanded Arts Company is offering Henry V as part of its "Free Shakespeare in the Park(ing) Lot" series. We'll meet for dinner at the fabulous El Castillo de Jagua (Dominican/Cuban food), then head over to the performance at the parking lot. RSVP by Monday, August 24. For more information about Expanded Arts, call (212) 253-1813 or visit <http://www.expandedarts.com>.

Thursday, August 27**A19 65+/- MI 10:00 AM Sick Day, Ride Day Summer Series #122**

Leader: Jill Tucker (212) 431-3029.

From: The Boathouse.

Are you a go-getter? Type A19 personality? Why not beat the weekend rush and ride today. No lines on Thursday at the Runcible Spoon.

Saturday, August 29**A19/20 7:30 AM 112 MI Ironman Training Ride #3**

Leader: Jeanine Hartnett (212) 827-7345 (Mon.-Fri. work hours only).

From: The Boathouse.

For serious endurance riders willing to help me train for the Hawaii Ironman (Oct. 3). We'll go up to Rockland County, cross the Bear Mtn. bridge to Westchester County and will probably take train back from Tarrytown. **Metro-North pass required.** Hilly route. Bring plenty of liquid

REGISTER NOW!

ESCAPE FROM NEW YORK CENTURY!

SEPTEMBER 26

**SCENIC 50, 62 & 100 MILE ROUTES
TO PIERMONT, ROCKLAND LAKE & BEAR MOUNTAIN**

👉 4TH SMASH YEAR — SPONSORED BY: 👉

 THE NEW YORK CYCLE CLUB

 REGISTER NOW - SPACE IS LIMITED 

JOIN US FOR THE FOURTH ANNUAL

Escape From New York Century.

Saturday, September 26, 1998

We've got a terrific Half-Century, Metric-Century and a challenging Century route designed specifically for your riding pleasure and thrill-seeking nature. The Half-Century visits the charming town of Piermont. the Metric-Century visits serene Rockland Lake State Park and the BIG ONE, a season's dream, goes all the way to Bear Mountain State Park. There's something for everybody to enjoy.

All rides depart from Grant's Tomb on Riverside Drive at 122 Street. Registration for the Century begins at 7 AM sharp, at 8 AM for the Metric-Century and at 9 AM for the Half-Century.

Register before September 16 and receive a free T-Shirt. The fee is only \$20. Day of event registration will cost \$25 (no shirt). T-shirts will be available for purchase on the day of the ride. Your fee gets you plenty of good food, awesome marked routes with cue-sheets, majestic scenery and the camaraderie of other cycle-crazy riders.

..... (CLIP AND SAVE THE TOP PORTION - IT CONTAINS INFORMATION YOU MIGHT NEED.)

REGISTRATION FORM:

Mail this check and registration form to: **NYCC / ENY, P.O. Box 20541, Columbus Circle Station, New York, NY 10023**

NAME: _____

ADDRESS / APT _____

CITY _____

STATE _____

ZIP _____

TELEPHONE _____

EMERGENCY TELEPHONE _____

REGISTRATION FEE:

☐ \$20 if postmarked by Sept. 16. T-shirt size: (check one) ☐ Small ☐ Medium ☐ Large ☐ X-Large

I PLAN TO RIDE: (PLEASE CHECK ONE)

☐ HALF-CENTURY ☐ METRIC-CENTURY ☐ CENTURY

SIGNATURE OF RIDER: _____

SIGNATURE OF GUARDIAN (IF UNDER 18): _____

NOTE: SIGNATURE REQUIRED. ONE PERSON PER FORM (MAY BE DUPLICATED).

ALL PARTICIPANTS MUST WEAR A HELMET / RIDES GO RAIN OR SHINE / MAKE CHECKS PAYABLE TO: NEW YORK CYCLE CLUB/ENY.

NO CONFIRMATION OR ADDITIONAL MATERIALS WILL BE MAILED TO YOU PRIOR TO THE RIDE. ROUTE SHEETS WILL BE AVAILABLE AT THE START.

KNOW BEFORE YOU GO: 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.

fuel and pocket food. Two max 20 min deli stops only. Rain postpones ride to Sunday.

A19 70 MI 8:00 AM Out and back

Leader: Ben Goldberg (212) 982-4681. **From:** The Boathouse.
I haven't decided a destination yet, but I hope to be back by 1:00 pm. That means one quick stop at a deli/bagel shop/bakery and back on the road. Be sure to bring lots of water, as it's bound to be hot.

B16 65+/- MI 9:00 AM Oyster Bay

Leaders: Lynn Sarro (212) 722-8495 and Linda Wintner (212) 876-2798.
From: The Statue of Civic Virtue (Union Turnpike and Queens Blvd., E or F train to Union Turnpike).

Join us for a lovely ride through Queens and Long Island. Mostly flat and rolling but there are some hills. We'll probably have a bagel snack stop on the way and then later stop at a deli to pick up lunch for a picnic on the beach. Assuming it's hot, we'll have some Tasti D-Lite (frozen yogurt) at the end of the ride at the 71st Street/Continental subway stop (E or F train) in Queens. The ride should end there at approximately 4:30 or 5:00 pm.

Helmets required. Bring plenty of water and some pocket food. (No pace-busters please. We welcome anyone who is willing and able to ride at a B16 pace, averaging 13-14 mph. Good, safe B riding skills are a must). We think this ride is beautiful and fun and we hope to see you there!

C13 52 MI 9:30 AM In Praise Of Enemy Spies

Leader: Peter Hochstein (212) 427-1041. **From:** The Boathouse.
A ride to Rockland County to visit the only official monument ever constructed anywhere to honor an enemy spy. Followed by a picnic by the water in Piermont. Bring/buy lunch.

C12 20 MI 10:00 AM Brooklyn Queens Mosaic

Leader: Terry Chin (718) 680-5227.
From: 59th St and 2nd Ave., near Roosevelt Island Tramway.
From borscht to arroz con pollo, we'll tour some interesting neighborhoods: L.I.C., Greenpoint, Williamsburg, Fort Greene, the Waterfront and Brooklyn Heights. Mostly flat with a few steep hills. This tour ends with lunch at the Brooklyn Promenade, several blocks from Brooklyn Bridge. Co-led with 5BBC. **Bring lock** and lunch or \$ for it.

Sunday, August 30

A21 70+ MI 8:30 AM A Real Scorcher

Leader: Beth Renaud (212) 274-9463. **From:** The Boathouse.
And what is a scorch, you ask? That's what bicycles were dubbed in their early days, due to their "scorching" speeds, which was considered to have a dangerous effect, especially on women's morals. Let's slap on some Lycra (not to mention sunscreen) and go scorch some blacktop. Musette bag recommended, as we might partake lunch in a more scenic location than a storefront.

B14 55 MI 9:00 AM Bike Path and Bridges

Leader: Michael Di Cerbo (212) 645-1120. **From:** The Boathouse.
A scenic ride with 3 different paved bike paths, the largest meandering back and forth over the Saddle River. Rain cancels.

C14 52 MI 9:00 AM Try Again

Leader: Scott Wasserman (914) 723-6607 **From:** The Statue of Civic Virtue (E or F train to Union Turnpike, Queens).
I tried to lead to Oyster Bay in May and we ended up in Bayville. They both have a beach but the bagels are better in Oyster Bay so I promise to do better this time — not necessarily make it, but closer.

C12 35/25MI 9:00/10:00 AM Beach Bum Ride

Leader: Don Passantino (718) 446-9025.
From: The steps of City Hall at 9:00 am (35 mi) or from Grand Army Plaza (entrance to Prospect Park) at 10:00 am (25 mi).
Bring lock, lunch or \$ to buy it, beach blanket, bathing suit, and cheerful attitude. Co-led with 5BBC. The destination is Far Rockaway.

Saturday, September 5

A19 70 MI 9:00 AM Armonk

Leader: Tom Laskey (212) 496-1636. **From:** The Boathouse. This classic Westchester ride includes some lovely cruising by lakes and reservoirs, the rolling hills of Whippoorwill Rd., and the all important deli stop at Schriefer's. It's close to 40 miles to lunch so two water bottles and pocket food are highly advisable. The usual cancels.

B16 60 MI 9:00 AM Labor Day Weekend Ride

Leader: TBD. **From:** The Boathouse.
Share the Labor Day holiday with others who love to ride. Meet at the Boathouse and pick a destination.

C13 45 MI 9:15 AM A Most Innovative Ride to Piermont

Leader: Jay Jacobson (914) 359-6260. **From:** The Boathouse.
This is not the traditional route but one more imaginatively researched.

Sunday, September 6

A19 60 MI 9:00 AM Pick-up ride to Rockland

From: The Boathouse.
You know the way, have a blast!

B14/16 60+/- MI 9:30 AM Nyack

Leaders: Hindy and Irving Schachter (212) 758-5738.
From: First Avenue and E. 64th St., NW corner.
We enjoy coffee at the Runcible Spoon so once again we will cross the GW Bridge, split into two groups and ride through Bergen and Rockland Counties until we hit Nyack. The slower group has a relatively flat jaunt though Piermont and Grandview on Hudson. The faster group has an even hillier route than on our July 5 outing. Either way, we should have fun.

C12 18 MI 8:45 AM The Great Brooklyn-Manhattan Historical Tour

Leader: Terry Chin (718) 680-5227.
From: Grand Army Plaza (Soldiers and Sailors Monument), Brooklyn.
A meandering exploration of the historical sites of Prospect Park, Brooklyn Heights, Brooklyn Bridge, the African-American Cemetery, Trinity Church, Vietnam Veterans' Memorial and others. This tour has many, many stops. We'll conclude our ride with a late lunch at the South Street Seaport Co-led with 5BBC

Monday, September 7

A19/21 60+/- MI 9:00 AM Labor Day Pick-Up Ride

From: The Boathouse.
If you're not vacationing somewhere, get on your bike and show up at the boathouse to ride.

B16 55+/- MI 9:00 AM B There or B Square

From: The Boathouse.
Don't give up the chance to ride. Join a B pick-up ride at the boathouse.

C13 40/30 MI 8:30/9:30 AM**Gateway-Getaway: Rockaway
Greenway Excursion**

Leader: Terry Chin (718) 680-5227. From: From City Hall, at 8:30 am (40 mi) and from the Picnic House, Prospect Park at 9:30am (30 mi). Explore the newly restored greenways to Canarsie Pier and historic Floyd Bennett Field. This airfield was NYC's first municipal airport and was the site of many aviation records. There are some great views of Jamaica Bay and the Manhattan skyline too. Co-led with 5BBC.

Saturday, September 19**A20+ 120 MI 8:00 AM****Greenwood Lake Road**

Leaders: Stephanie Blecher and Rich Borow (212) 348-2661. Leader Emeritus: Mark Martinez (may provide road guidance). Spiritual Leader: Herb Dershowitz (don't hold your breath). From: The Boathouse. Return of a NYCC Fall classic. Bring at least two water bottles, pocket food, and strong legs. Be prepared to climb hills. Rain date: Sunday, September 20. Call leaders if weather is questionable.

Out of Bounds

18th Annual Princeton Bicycling Event, Saturday, August 1, 1998. 16-100 mile rides. Princeton Free Wheelers, P.O. Box 1204, Princeton, NJ 08542. (609) 882-4PFW. Pre-registration \$22 before 7/17 includes T-shirt.

Club Getaway, Friday, August 7-9, 1998. Join us for another fabulous weekend in the Berkshires; this time in Litchfield County, Connecticut (near Kent), at Club Getaway, Friday night August 7th through Sunday afternoon August 9th. There will be A, B, and C rides, led by NYCC and

LIBC leaders in the beautiful, rolling countryside. Rides will return early in the afternoon to take advantage of the club's many wonderful facilities, including a lake for water skiing, sailing, kayaking and windsurfing; as well as volleyball, basketball, in-line skating (lessons and equipment available), tennis, hiking, wall climbing, trapeze, mountain biking, softball, aerobic classes, golf driving range, massage classes, arts and crafts, dance classes, amateur shows and dancing at night for those who can stay awake. The food is good and there is free wine at dinner. Best of all, if we time our rides right, it's possible to have five meals on Saturday. Call Club Getaway at (800) 6-GETAWAY and mention the New York Cycle Club to get our special discounted weekend rate of \$199 per person. Bus transportation for you and your bike from Manhattan available for an additional charge. For more information, please call Jeff Vogel (718) 275-6978.

L.A.B. GEAR/North & National Rally 1998, August 14-17, 1998 Wellesley, Massachusetts "The Spirit of Massachusetts." The quiet rolling terrain along the Charles River, nearby hilly apple orchards, historic Concord and Walden Pond offer some of the best cycling in the country — co-hosted by the Charles River Wheelmen. Registration Fee: \$80 members, \$105 non-members; lodging & meal packages available. Four-day "celebration of cycling", based at Babson College. Variety of escorted rides offered daily. Children's activities. Fee includes map packet, arrowed routes, social activities, evening entertainment, ice cream social, workshops, and vendors. To register, call (202) 822-1333; e-mail bikeevent@aol.com; visit the website at www.bikeleague.org; or write to L.A.B., 1612 K Street NW, Suite 401, Washington, DC 20006.

NYCC members at GEAR/North + Summer Vacation. August 14-21. Marilyn and Ken Weissman will be wearing NYCC colors at GEAR/North (see item above), then riding back to NYC. We'll use Adventure Cycling's route to Putnam County, then Ken's route home. Self-contained touring: B&B/hotel/motel. Want to join us? (212) 222-5527 or e-mail mollynina@yahoo.com.

Ride with BAC van support to GEAR/North, August 14. (If enough are interested, can become a round trip, with return-only option.) Trip may be joined, with baggage pickup, in New Haven, Hartford, or New London. Baggage carried by van, with a limit of two panniers or one large suitcase per participant, plus camping equipment for those choosing that option. Choice of two routes, and 50, 75 or 100 miles per day. B&B overnights. Ride sponsored by Bicycle Adventure Club, but open to all. "This is a fundraiser, not a fund raiser." For more information, please contact Paul Minkoff, 52-40 39th Ave., Woodside, NY 11377. (718) 672-186.

Central Italy: Abruzzi Mountains; first week of September, 1998. NYCC member looking for a few strong riders interested a well organized, inexpensive tour through the Abruzzi mountains of central Italy. The ride will be lead by bilingual, native cyclist through uncrowded roads and beautiful small villages. If interested, please contact: Jeff Mechanic at jeffmech@pipeline.com or (718) 548-6418.

Transportation Alternatives 1998 New York City Century, September 12. From the hills of Riverdale to the flat Shore Parkway bike path, from the Vanderbilt Parkway to Coney Island, the New York Century will take you through some of New York's most scenic and least-traveled roads, plus bring you across some of the newest bike lanes and over scenic bridges. You're guaranteed to find new places to ride, all within New York City limits. Marked and marshalled 50, 75, and 100-mile routes, mostly flat, will be offered through Manhattan, the Bronx, Queens, and Brooklyn. Central Park start and finish, with five bathroom, water and food stops staffed by T.A. volunteers. All-new 1998 T-shirt or patch free with registration. Remember, this is the ride that benefits **you** as a cyclist. Proceeds directly fund Transportation Alternatives' work for better biking. Look for registration brochures at bike shops in July, or visit <http://www.transalt.org/calendar/century/index.html> for on-line registration. To volunteer as a marshal or rest stop staffer, call T.A. at (212) 629-8080, fax (212) 629 8334 or e-mail: transalt@echonyc.com. The 1997 ride was a blast. This year promises to be even better!

NYCC WELCOMES 83 NEW MEMBERS

Acosta, Elena	Hernandez, Maria	Petersen, Paris
Ardminda, Jennifer	Hlavac, Kim	Podell, Stephanie
Balagula, Neal	Hodge, Brian	Poleshuck, David
Basso, Diana	Hohengarten, Jorg	Presser, Joseph
Bekkerman, Alex	Ipek, Christine	Read, Robin
Bramnick, Lowell	Jacobs, Diana	Rietbergen, Donna
Brown, Marguerite	Jacobson, Adam	Rietbergen, Hans
Bryant, Lisa Louisa	Jones, Margaret	Rosenblatt, Patricia
Buesing, Michael	Kalis, Bill	Rosenfield, Nancy
Byrne, Brian	Kleinman, Isobel	Rubenstein, Barb
Cartwright, Beth	Kliban, Ken	Sakson, Steven
Dragon, Daniele	Lee, Janet	Sargente, Linda
Epstein, Charles	Leme, Mariana	Shaw, Warren
Epstern, Jaimie	Loftis, Mark	Shea, Lorraine
Fassberg, Ellen	Lusman, Debra	Siegel, April
Fink, Daphne	Mandola, Claressa	Smith, Cheryl
Fonda, Daren	Martin, Philip	Smith, Michael
Friedman, Adina	Matuschka, Joanne	Stanton, Susan
Fry, Bertrand	McAllister, Liva	Tam, April
Garfein, Carol	McAllister, Michael	Trewick, Konrad
Gelosa, Jennifer	McCaskey, Beth	Wang, Bruce
Ginsberg, Jeff	McCormick, Margaret	West, Denise
Ginsburg, Jeff	McCue, Marion	Woods, Christopher
Gottlieb, Lori	McGowan, Nina	Yashpan, Ruth
Grbic, Zoran	Medino, Claudio	Zacks, Kim
Grigus, Peggy	Moroz, Catherine	Zamir, Tal
Hannigan, Jim	Olexy, Bryn	Zerilli, Robert
Hartglass, Barry Lee	O'Hare, Robert	◇◇◇

The Golden Apple Rides, Katonah, NY, September 20 (rain or shine). Every September, the Country Cycle Club sponsors a self-paced tour of Westchester and Putnam Counties. You can take marked routes of 25 to 125 miles, and you will be supported with maps, food, rest stops, and directions. The Golden Apple represents the culmination of the Westchester cycling season, and over 700 cyclists have come to challenge themselves and enjoy a fully supported ride. It's lots of fun for everyone involved. For more information, call (888) BIKE-INFO or visit www.geocities.com/Colosseum/Park/1424/news.html.

NYCC Escape from New York Century, Saturday, September 26, 1998. On-site registration begins at 7:00 am at Sakura Park (opposite Grant's Tomb at 122nd St. and Riverside Drive). Scenic and challenging routes that take you away from the honking and traffic and cabbies. 50-mile route goes to Piermont, 75-mile route to Rockland Lake State Park, 100-mile route to Bear Mountain. Great food, fun post-event party.

Catskills Weekend at the Raleigh Hotel. October 2-4, 1998. Enjoy fall foliage with the North Jersey Bicycle Touring Club. Indoor and outdoor pool, tennis, golf, volleyball, year-round ice skating, health club, miniature golf, children's day camp, two shows nightly in the night club, and great cycling in Sullivan County. Special discounted rate for the three days/two nights is \$160 per person (double occupancy) in the main building, \$147 in the ranch building, or \$186 for a deluxe room. The price includes three meals a day from Friday dinner through Sunday lunch. Gratuities are not included. Space is limited. Make checks payable to NA-AMAT-USA (non-sectarian charitable organization for women and children in Israel) and mail to Ed Miller, 1025 Byron Avenue, Elizabeth, New Jersey, 07208 by August 15. Questions — call Ed at (908) 351-9321.

Staten Island Bicycling Association Pumpkin Patch Pedal Ride, Sunday, October 11, 1998, starting from Thompson Park, Jamesburg, New Jersey. Rides are for 25, 50, 62 and 100 miles. New for this year, autumn fantasy rest stops. Register by September 11 and receive a long sleeve t-shirt. Home cooked pasta buffet will be served after the ride for \$8. Breakfast, fully stocked rest stops, our apple and pumpkin pie, and a great ride is \$22. Call (718) 815-9290 for a brochure/application.

About the Cover...

If you had biked over to Coney Island on Saturday, June 26, you could have helped us shout, "I swear I'll never touch another drop again as long as I live!" as some of the more imaginative Mermaid Day Parade costumes swept by.

Christy Guzzetta will want to have a word with anybody who confuses the group below with this year's A-SIG grads.



NYCC Columbus Day Weekend in the Catskills — October 9-12

Su Casa's gone, Shelter Island just didn't work, and the Raleigh was fine last year but once was enough. So let's try something new again this year.

Phoenicia, 25 miles west of Kingston on Rte 28, in the heart of the Catskill Mountains, is the perfect location for our weekend. There are lots of bed and breakfasts, inns, lodges and motels in the area and we all know the riding is great. (People don't ever get lost — they just wind up taking

other pretty roads!) New Paltz is about 65 miles round trip by bike (with or without climbing Mohonk Mountain); Woodstock is 15 miles away and it's just a short detour from there to Devils Kitchen; the infamous Peekamoose-Sampson-Slide Mountain loop is a mere 65 miles, albeit most of them are vertical! And there are literally thousands of miles of other scenic roads in the area.

All rides will start and end in Phoenicia. I'm not yet sure where we'll start from, but the town is only 3 blocks long. There will be a group dinner on Sunday night. More details on the dinner will appear later.

The following is a list of accommodations in the area. Please make your own reservations. Any questions, call Jeff Vogel 718 275-6978.

Phoenicia:

Cobblestone Motel 914 688-7871 (Inexpensive)
Phoenicia Motor Village 914 688-7772 (Inexpensive)
Chichester (2 mi from Phoenicia):
Maplewood B&B 914 688-5433 (Inexpensive)
Silver Creek Cottages 914 688-9912 (Inexpensive)
Mt. Tremper (4 miles):
Mt Tremper Inn 914 688-5329 (Moderate)
La Duchesse Anne 914 688-5260 (Moderate)

Shandaken (6 miles)

Copper Hood Inn & Spa 914 688-9962 (Expensive)
Lampite Motor Lodge 914 688-7130 (Moderate)
Shandaken Inn 914 688-5100 (Expensive)
Ramblebrook House B&B 914 688-5784 (Moderate)
Boiceville (7 miles)
Onteora Mountain House 914 657-6233 (Expensive)
Trail Motel 914 657-2552 (Moderate)
Hunter (13 miles):
Hunter Inn and Motel 518 263-3777 (Mod - Exp)

Terrace Garden Motel 518 263-4422 (Moderate)
Scribner Hollow Lodge 518 263-4211 (Expensive)
Heartbreak Hotel 518 263-5050 (Inexpensive)

Woodstock (13 miles):

Twin Gables Guest House 914 679-9479 (Inexp-Mod)
Woodstock Inn 914 679-8211 (Mod-Exp)

Pine Hill (13 miles):

Bellayre Youth Hostel 914 254-4200 (Cheap)
Pine Hill Arms 914 254-9811 or 254-4012 (Moderate)

A SIG: Strong But Sort of Quiet, This Year ...

By Christy Guzzetta

"Someone told me over 80 people showed up for at least one of the first three rides. Might very well have been that many, too."

Each year, the SIG has its own personality. At times it is a loud group, brash and confident. Other times, it's a crash-a-week. Sometimes there's a group of "stars" who rise up and dominate. The SIG just completed was sort of quiet. The kind of quiet that speaks of confidence. No bravado. No yelling. Just a statement of fact, "I'll see you at the top of Bear Mountain come May".

This SIG had only one characteristic common to all others before it; there was a wonderful

9W, we were smooth as silk, amazing how comfortable we had become. There was a brief one-legged drill, learn to spin, think circles. Bend those elbows, relax those shoulders, ride with a quiet body on your bike. To the Croton Reservoir, to Bedford, ticking those miles off one by one.

We figured it out. We were riding in pacelines. We were riding fast. There we were, cranking and pushing till we rode to the top of Bear Mountain



different, something unique. Each one made a difference, made an impact. The SIG doesn't happen without their guidance, without their gift, without the Leaders.

On behalf of the entire New York Cycle Club, thank you.

The leaders:

Gabriella Clapp
Edward Fishkin
David Grogan
Paul Leibowitz
Judy Morrill

Nora Salazar
Jody Saylor
Randy Taylor
David Thomas
Carolyn White



in May. We had indeed become "A" riders. Despite missing several rides due to weather, despite the horrific crash that left us all sleepless for nights, the new "A" riders gathered at the top of Bear Mountain to see the sights. And we were indeed a sight to

core of special people who began the series on day one committed to seeing the top of Bear Mountain on the graduation ride. This year had that and more. There was a strength of character, a courage unlike any witnessed during the first 12 years of the SIG. The SIG of 1998 was truly an unforgettable experience.

It started off in the usual fashion, 4 laps in Central Park on the first Saturday in March. Lots of people, lots and lots of people. We cruised to Montvale the next week, nice and easy. To Nyack and then White Plains. The noise in the Starship Diner was fascinating on that White Plains ride. People were starting to get to know one another, starting to make new friends, they were getting into the SIG. We went to Rockland Lake, double paceline, alternating the lead, bikes all around. When we left Rockland Lake, it was as if we had been doing this for years. South along

behold.

Congratulations to a great group of riders, a great group of people. They have received their prize certificates during the June Club meeting.

They are:

Dwight Dammers
Marten Denboer
David Foster
Doug Freimuth
Adam Friedman
Frank Grazioli
Henry Joseph
Josiah Hobson
Stacey Kalberman
Spencer Koromilas
Rodney D. Millard

Mark Murata
Joseph Osha
Robert Reimann
Mina Samuels
Hank Schiffman
Erik Schryver
Peter Sekesan
Stephanie Shapiro
Barbara Shweky
Richard Sporer
Rita Tellerman

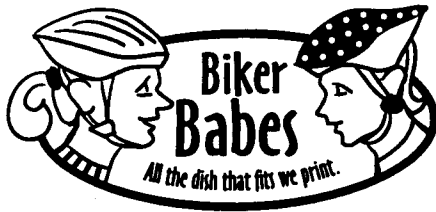
The leaders, there were 10 this year. Every one indispensable. Each one offered something

A special thanks to Carolyn White this 1998. Year in and year out, Carolyn is an integral part of the success of the SIG. Not only are her cycling skills unparalleled, her ability to communicate, to demonstrate, to coach helps each and every one of us each and every year. The SIG owes a great deal of thanks to her. The New York Cycle Club owes a great deal of thanks to her. We are lucky to ride with a star each and every Spring. Carolyn is that special shining star.



All photos this page, Rich Sporer





Well, have we got some dish for you this month. Another wedding and the scoop on the fabulous West Point weekend. A big thanks to all of you who are e-mailing us at www.nycc-news@yahoo.com. Keep it coming! We hear mostly from A riders. Where are you B and C riders? What, you can't write?

Congratulations to **Beth Renaud and Todd Brilliant** on their wedding May 30 in New Orleans. They were married in Beth's grandmother's home by a lovely Southern judge named Niles Hellmes. No biking was involved in the ceremony, although Beth was rumored to be wearing her heart rate monitor under her dress.

The West Point weekend was a success and the largest turn-out ever — 93 people. The weekend could not have happened without the tireless efforts of **Christy Guzzetta** and **Rich Borow**. Rich did an excellent job reserving rooms, handling money, and matching room-mates. He made sure everything went smoothly and everyone had a room when they arrived. Everyone did except for Rich. When he opened his door, he found **Spencer Koromilas** and **Chris Goebel** inside. How did that happen?

Christy led his famous cycling tour of the West Point campus and was a brilliant master of ceremonies at dinner Friday night at the Thayer Hotel. Since there were so many new faces, he

made first-timers introduce themselves (much to their embarrassment), thanked the ride leaders, and started the weekend off right by encouraging people to meet each other. We don't remember a club weekend being so open and friendly. He organized the dinner cruise on the Hudson and arranged for the owner of the Ice Cream Shoppe near the campus to stay open after the cruise Saturday night so that we could all get ice cream (free because there was enough money left over). The nickname of the month goes to Christy, also known as Commander-in-Chief Guzzetta. He has his army jersey; now he just needs some gold stars on it.

We want to thank the ride leaders at West Point who contributed to a wonderful weekend: **Margaret Cipolla, Christy Guzzetta, Judy Hummel, Mindy Kaufman, Suzanne Levine, Laura Matlow, Peter Morales, Lynn Sarro, Jeff Vogel, Linda Wintner** (please forgive us if we left some of you out—our memories aren't so good). A special thanks to **Cliff Kranish** and **Rachel Spevack** who drove to West Point from their home just for the day to lead a C ride on Saturday. **Mindy Kaufman** and **Judy Hummel** led a 15-mile C ride to West Point on Friday. They took the train from GCT, got off at Cold Spring, and then rode. How did they prepare for such a ride? Judy did 8 miles on Thursday and Mindy, well, she did 0 miles. We admire cyclists who don't overdo their training. Every rider on **John Eichholtz's** ride up to West Point raved about it. We've been hearing only good things about you, John. Keep up the good work. On Sunday, **Laura Matlow** led a B17 home. She had such fast cyclists on her ride that they turned it into an A23. She was just as strong as they were and never got dropped. You go girl!

Jeff Vogel's 100-mile to West Point lost **Conrad Meyer** 40 miles from the campus. They didn't realize he was gone until 10 miles from West Point. At the start of the ride, Conrad said not to bother to give him a map or cue sheet because he can't follow either. When he lost the group, being the intelligent and resourceful person he is, he bought a map and beat the rest of the ride to West Point. He arrived at 4:00 pm. However, he didn't go to the hotel until 6:00 pm because he became engrossed in watching the bed races in Highland Falls (yes, they actually put beds on the main street and race them). He had everybody worried. Well, now we know Conrad can follow a map. The cue sheet is another story.

Fred Steinberg is always saying he has a better route on every ride he doesn't lead. On the boat cruise on the Hudson, he said, "Where's the captain? We always go to the Beacon Newburgh bridge. I have a better route that goes south." No one ever listens to him on a ride; the captain certainly didn't listen to him on the boat.

On to some news about good samaritans. On June 20th, **Judy Meyer** and **Jim Modula** swept broken bottles from a large part of the road in Central Park in the West 90's at 6:00 am before a CRCA race. Many of the racers were flattening before the race, so Judy (who was helping with registration) and Jim (who later raced with no flats) took action. Where they got the brooms, we don't know.

Overheard one morning in Central Park from one NYCC member to another: "Central Park is so great for bike racing that I think Frederick Law Olmstead must have been a racer."

MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING OF TUESDAY, MAY 5, 1998

The Board scheduled a "Newcomers Ride" for June 6th to be coordinated by Irv Weisman. An "All Class" ride was also discussed and scheduled for July 25th.

Gene Vezzani suggested that the participants be served lunch by the Board members.

Dona Kahn reported that our membership is higher than last year due in part to a higher renewal rate.

Anne Grossman volunteered to handle the reservations for the NYCC bus for the Montauk Century Ride. She also reported that the D.O.T. was very helpful at the Five Borough NY Bike Tour.

Bernie Brandell suggested ideas for rider training.

Joel Englander suggested printing a thank you note in the Club Bulletin to Conrad's and Toga Bike shops for assisting the NYCC with the "bike Maintenance/On the Road Repair Clinic".

Doug Riccardi volunteered to call Bicycling Magazine to correct the date listed for the Club Century. Respectfully submitted, Conrad J. Obregon

MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING OF TUESDAY, JUNE 2, 1998

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

The minutes of the meeting of

April 7, 1998 were approved.

Joel discussed the next members meeting.

Mitch Yarvin, a member of the NYCC Century Committee updated the Board on the NYCC Century. He indicated that the present committee expected to resign after this year's century and that new staff would be needed to take responsibility for the future.

Gene asked the Board members if each would try to solicit one person for the committee.

C.J. noted that when the by-laws were amended to create the position of special events coordinator, it was anticipated that the coordinator would be responsible for the Century.

Joel discussed ways of improving members' meetings, including meetings without guest speakers.

Anne announced that while the Montauk ride had been hampered by rain, the Sheffield weekend had been a success. She also updated the Board on the mystery All-Class ride.

Gene indicated that preparation for the newcomers' ride was moving along nicely.

There was a discussion of how club members could identify themselves for the discount program. It was agreed that the century committee should be authorized to offer a special century/membership price.

Ludwig agreed to store the club banner which was now in Anne's apartment. The meeting adjourned at 8:10 pm.

Respectfully submitted, Conrad J. Obregon

Before your first club ride, please read this:

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

RIDE STYLE indicates the type of riding. See chart at right. **CRUISING SPEED** indicates the ride's speed on flat terrain. **AVERAGE RIDING SPEED** over rolling terrain is 3 mph less than cruising speed. This will vary plus or minus 1 mph, according to terrain. **OVERALL SPEED**, including all 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, Metro-North 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 Metro-North 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 Metro-North 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 NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

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

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

**You Are Always Welcome, But Please Help Us Estimate How Many People Are Coming:
Please Call or E-Mail Joel Englander or If You Plan to Attend**

Take the 1, 2, 3, or 9 to 72nd St., and walk two blocks east, or take the B or C to 72nd St. and walk 1/2 block west.
Sorry, no indoor bike parking.

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