

December  
1998

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# **NYCC *Bulletin***<sup>TM</sup>

***Follow Your Fellow Cyclists to the NYCC Holiday Party***

***— See Back Cover for Details***



# December Opportunities

## FROM THE PRESIDENT — GENE VEZZANI

### Opportunity #1 — Gone Fishin'

Our by-laws establish a term limit of a maximum of three consecutive years for one President, and it has been an honor to have served as the President of the New York Cycle Club for the past three years.

My thanks go to the current Board of Directors. Each member of the Board has made a significant contribution to the club, and has ultimately made my job easier. Let me paraphrase Robert Frost, who wrote, "People are like flowers", and it has been my pleasure to have walked through the garden of the New York Cycle Club.

Please welcome and support our new President Ben Goldberg with the same enthusiasm and energy that you have afforded me.

### Opportunity #2 — 1999 Board of Directors

Meet the 1999 Board of Directors;

President —	Ben Goldberg
V.P. Programs —	Jody Sayler (To be appointed in January.)
V.P. Rides —	Gary McGraime
Secretary —	Jeff Vogel
Treasurer —	Ira Mitchneck
Public Relations —	George Kaplan
Membership —	Lynn Sarro
Special Events —	Anne Grossman
Bulletin Editor —	Rob Kohn
A-Rides Coordinator —	Beth Renaud
B-Rides Coordinator —	Karin Fantus
C-Rides Coordinator —	Laurie Nisco

We wish good things to the new Board for this coming year! And an extra-special "Thank you!" goes to Irv Weisman, who served as the official vote counter for this election.

### Opportunity #3 — Holiday Party

Please contact Anne Grossman at (212) 924-1549 or [annesg@mail.idt.net](mailto:annesg@mail.idt.net) to make reservations for the Holiday Party that is scheduled for Tuesday, December 15 at St. Maggie's Cafe. You don't want to miss the "Fun Category Awards" presentation at the Holiday Party.

### Opportunity #4 — New NYCC Long Sleeve Jersey

Please take a minute to complete and mail the order form for our new long sleeve jersey that appears in this edition of the Bulletin. Make your check payable to the NYCC, mail it with your order form, and you'll have your new cycling jersey before you know it.

### Opportunity #5 — E-Mail Updates

Take advantage of a membership benefit and receive weekly e-mail ride listings as well as notification of special events by simply sending your e-mail address to [genev@pipeline.com](mailto:genev@pipeline.com).



Above: From the NYCC Columbus Day Weekend in Phoenixia, NY.

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**Subscriptions:** Free to NYCC members. If you don't receive your Bulletin on time, have a change of address, or have any other questions about your membership **E-MAIL:** [donaskahn@aol.com](mailto: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:

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**E-MAIL IS PREFERABLE.**

Submit copy via e-mail or 3.5" 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.

**Visit Our Web Site:**  
<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.

**YOU MUST RIDE WEARING A HELMET; NO HEADPHONES.**



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



## Saturday, November 28

### A20 70 MI 9:00 AM Rockland Lake Express

Leader: Todd Brilliant (212) 274-9463.

From: The Boathouse.

We'll be riding some of my favorite roads in Bergen/Rockland counties up to Rockland Lake and then back into Nyack for lunch. It's probably 45 miles before the food stop, but that's fine because you'll be too cold to drink all your water anyway. Rain (or snow!) cancels.

### A18 55+/- MI 9:00 AM Birthday Surprise

Leader: Fred Steinberg (212) 787-5204.

From: The Boathouse.

We'll go as far as we can depending on the weather, temperature, and road conditions. Destination: Rockland or Bergen or Westchester or Putnam Counties. **Bring Metro-North pass**, you never know. Rain, sleet, or icy roads cancel.

### A/B17/18 56 MI 9:00 AM Bicycle Christmas Shopping in Hicksville

Leader: Marty Wolf (212) 935-1460.

From: Tramway Plaza (2nd Ave & 59th St).

Objective: a sale of bicycle paraphernalia — books, posters, Christmas cards, jewelry, stationary, etc. A wonderful place to buy your favorite bike rider a Christmas present (or one for yourself). **Bring LIRR pass** if you want to return by train. Ride leaves at 9:10 am sharp; cue sheets provided.

### B16 60 MI 9:00 AM Rockland Lake

Leader: TBD.

From: The Boathouse.

A smooth spin with a few hills to burn off some of that holiday butter and gravy.

### B13 45 MI 12:00 PM Bay Ridge's Grand Mansions

Leader: Paul Rubenfarb (212) 740-9123.

From: The Boathouse.

Bay Ridge's gold coast is the esplanade lined with mansions along the bluff overlooking the Verrazano Bridge. This hilly burg is exaggeratedly middle class and self-confident — seemingly immune to the cycles of exodus and ethnic change endemic to the rest of Brooklyn. During intermission, land that hypnotic boyfriend/girlfriend dancing to naughty tango. Rain or shine.

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

### C13 45 MI 9:00 AM New Jersey Foliage Mystery Ride

Leader: Bernie Brandell (718) 633-1759 and Elena Acosta (718) 706-6989.

From: The Boathouse.

Come and get an unobstructed panoramic view of nature's display of its finest colors from your bike seat, and dine on the finest pancakes on the other side of the Hudson. Rain or temp. below 35° cancels.

## Sunday, November 29

### A20 50-70 MI 9:00 AM Revving or Recovery?

Leader: Beth Renaud (212) 274-9463.

From: The Boathouse.

It's the end of a long holiday weekend. Either you've been riding a lot since Thursday or not. Depending on personal and/or meteorological circumstances, today's ride will be a zippy diner run to Park Ridge (a Monte Cristo, anybody?) or a more lengthy excursion.

### B16+/- 50 MI 9:00 AM Park Ridge Diner

Leader: TBD.

From: The Boathouse.

Great pancakes is probably a nice change from turkey!

## Wednesday, December 2

### A21 65 MI 9:30 AM Rockland Lake

Leader: John Blackmar (212) 369-1419. From The Boathouse.

Riders must call me the day before to confirm because... It's a Wednesday and... It's December.

## Thursday, December 3

### A18 65+/- MI 10:10 AM Sick Day, Ride Day Fall Series #9

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

Are you a late riser? Having trouble getting to the office on time? Can't keep an appointment? Not to worry. Come join a ride with a built-in tardiness factor. Not responsible for punctual riders.

## Saturday, December 5

### A18 45 MI 9:00 AM Sweet Spin

Leader: Gary McGraime (212) 877-4257.

From: The Boathouse.

Enjoy a smooth spin up to Piermont the scenic way including some hills for cardiovascular benefit. A quick break at the deli or bike store will ensure an early return. B riders who practiced basic paceline skills in the B Training Series are also welcome.

### B+17 45-50 MI 8:00 AM Northvale? Piermont? Nyack?

Leader: Karl Dittebrandt (212) 925-9854.

From: The Boathouse.

Spirited spin to the diner du jour. An early start should guarantee an early return. If you're late, you lose. Temp below 32° cancels.

### B16 50 MI 9:00 AM Skylark

Leader: Phil Simpson (718) 369-6264.

From: The Boathouse.

The cooler weather is a fine time to work on your spin and strength. a warm pit stop is also appreciated, especially one so bike-friendly that your bike can unchill, too. Fixed gears welcome. Under 40° cancels.

**C13 45 MI 10:00 AM A "Mini-ENY" Ride**

Leader: Larry Rutkowski (212) 799-9625 (days).

From: The New Jersey side of the GW Bridge at Hudson Terrace.

For those who missed the Escape from New York ride that was held in September, we are going to do part of it again. Great opportunity to try out the rest of the menu at the Sidewalk Cafe in Piermont. Rain, snow, and/or temp below 35° cancel.

**C12 25/15 MI 12:30/1:30 PM Y'ar Ole Salt**

Leader: Terry Chin (718) 680-5227.

From: City Hall at 12:30 pm or the Prospect Park Picnic House at 1:30pm.

The fleet is in. This midday departure to Sheepshead Bay gives us a chance to join in a flurry of activity at Brooklyn's Cape Cod. Bring your favorite fish tale to tell over clam chowder.

**A/B/C 71/2 MI 8:40 AM Cross Training: Harriman Park Hike**

Leaders: Marilyn and Ken Weissman (212) 222-5527.

From: Zoro's, Port Authority Bus Terminal, 40th and 8th, for bus to Sloatsburg, NY.

If you haven't tried winter hiking, you're in for a treat. Ken's Pine Meadow Lake route is among the most scenic hikes in Harriman. Starting along Reeves Brook's ice formations (if it's cold enough,) we'll climb the "Cascade of Slid," then enjoy a picnic lunch—a brief one if it's cold—at our private spot overlooking Pine Meadow Lake. Biking or hiking, Ken loves hills. Accordingly, Diamond Mountain beckons right after lunch. But it's a hill, not Everest. The reward is a view of the World Trade Center from about 60 miles away and exhilarating downhill, especially if we're blessed with some snow. Wear boots or waterproof shoes and layered clothing. Bring water and food. There are no stores. Expected high below 20°, rain or heavy snow cancel. Round trip about \$23. Back in NYC about 5:00 pm. Call for car pool and/or shared-van-rental info.

**Sunday, December 6****A20+/- 65+/- MI 9:00 AM It's a Jeff Vogel Route**

Leader: Jeff Vogel (718) 275-6978.

From: The Boathouse.

What makes a route a Jeff Vogel Route? Is it the incredible scenery, lack of traffic, or the complete and utter disregard for the condition of the road surface? Maybe it's all of the above. Pump up your tires and come explore Northern Westchester. There will be several sections of hard-packed dirt roads, so be forewarned. No complaining. **Metro-North return — passes required.**

**B17 50 MI 9:00 AM Rockland Loop**

Leader: Gary McGraime (212) 877-4257.

From: The Boathouse.

Let's enjoy a "brisk" spin heading up north with rural scenery and some rolling hills. On our return, we'll refuel at the Sidewalk Cafe in Piermont. **Helmets required.** The usual cancels.

**B15 35 MI 9:00 AM Scarsdale**

Leaders: Hindy and Irv Schachter (212) 758-5738.

From: NW corner of First Ave and E. 64th St.

We're making Scarsdale our winter destination with a return to Piermont/Nyack in the spring. Mileage and destination are great for a short cold day. But we have our thermal limits — predicted high below 42°, ice or snow on roads cancels.

**C13 30 MI 10:00 AM Frostbite#1 Bike/Hike Flat Rock Brook Preserve**

Leader: Marina Bekkerman (718) 851-1527.

From: City Hall.

**Bring a lock,** \$ for voluntary contribution, and shoes that are comfortable for hiking in (about 3 miles of trails). A mixed terrain ride. Co-led with 5BBC

**Thursday, December 10****A18 65+/- MI 10:00 AM Sick Day, Ride Day Fall Series #10**

Leader: Jill Tucker (212) 431-3029.

From: The Boathouse

Join this ride and save hundreds of dollars! It's easy. Simply call in sick to your job and you'll never have to attend those assertiveness training classes again. Just do it.

**Saturday, December 12****A18 50 MI 9:00 AM Simply Nyack**

Leader: Gary McGraime (212) 877-4257.

From: The Boathouse.

I've been told that cross-training and recovery are suggested in the winter months. A weekly maintenance spin with fellow NYCC chums may help maintain my legs and my sanity - but I'm not sure. We'll maintain the advertised pace and throw in a bunch of hills to keep it interesting. Icy conditions or high winds will cancel. **Helmets required.**

**B17 55 MI 9:00 AM Copy Editor's Heaven or Hell**

Leader: Ira Mitchneck (212) 663-2997.

From: The Boathouse.

According to the official published cue sheet, Knickerbocker to Schraalenburgh to Harriot to Wearimus to Kindermack spells Park Ridge. Join the ride and do your own spell check over hot chocolate (sp?).

**C12 32 MI 9:00 AM Point Lookout**

Leader: John Bernard (718) 858-9466.

From: The Boathouse.

For those who like to combine nature study with biking. We travel 11 miles north of GW bridge to the cliff overlooking the Hudson river (it's the highest point on the Hudson). We will observe soaring raptors as they swoop down to hunt field mice, among the bespeckled tree-lined cliffs. Refreshments are available before we return, none along the road. Precipitation cancels.

**C12 25/15 MI 12:30/1:30 PM Y'ar Ole Salt**

Leader: Terry Chin (718) 680-5227.

From: City Hall at 12:30 pm and 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 a flurry of activity at Brooklyn's Cape Cod. Bring your favorite fish tale to tell over clam chowder. Mostly flat, with a few rolling hills. **Bring night light.** Co-led with 5BBC.

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**April:** Giro di Sardinia, Italy - a multi-day stage race (and a spectacular touring option).

**May:** Tour di Toscana Lite - Perfect season opener. 30 to 40 daily miles on famed roads

**June:** Ride the Nove Colli Gran Fondo in Cesenatico - Marco Pantani's hometown.

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**Sunday, December 13**

**A19+/- 50 MI 9:00 AM "Not With a Bang, But a Whimper"**

Leader: Tom Laskey (212) 496-1636.

From: The Boathouse.

As my tenure as A ride coordinator ends, I thought I'd go out in style, then I realized my training regime isn't what it used to be so I opted for a moderate spin to Park Ridge. Join me as I bid a fond farewell to the NYCC Board and pass the torch to my successor. Temp below 30° at start time cancels.

**B15/16 45 MI 9:15 AM Somewhere Nice**

Leader: Ron Grossberg (718) 369-2413.

From: The Boathouse.

I'll pick a good destination based on the weather and group consensus. Dress in layers to remain comfortable. Don't forget about the feet. Below a high of 40° cancels and good skiing conditions cancel. **Helmets required.**

**C13 35 MI 10:00 AM Frostbite #2: Pancakes in Hoboken and Liberty State Park**

Leader: Jose Diaz (718) 963-3781.

From: City Hall.

Via Staten Island Ferry, Bayonne Bridge etc. Return to Manhattan via PATH (bring \$1 fare). Co-led with 5BBC.

**Thursday, December 17**

**A18 65+/- MI 10:00 AM Sick Day, Ride Day Fall Series #11**

Leader: Jill Tucker (212) 431-3029.

From: The Boathouse.

Give yourself the gift of a ride this holiday season. Go on — you've been good all year. And use that last sick day. You can't put a price on health.

**Friday, December 18**

**A/B/C 30 MI 6:45 PM Holiday Lights**

Leader: Marty Wolf (212) 935-1460.

From: the parking lot in front of City Hall.

Enjoy a friendly paced ride to the Flatbush section of Brooklyn to pedal past some of the most outrageous, extravagant and at times downright tacky Christmas displays in the entire NYC area. We'll stop for a bite to eat before returning to Manhattan so don't expect to be home before 11:00 pm. Important note — Call leader anytime during the week before to confirm whether or not the ride will go off.

**Saturday, December 19**

**A18 50 MI 9:00 AM Oy Ride**  
(TOO FAST!) (WHY SO FAR?) (WHY SO EARLY?) (AS IN OY! WHAT ARE WE DOING BICYCLING IN DECEMBER?)

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

From: The Boathouse (again?)

We really don't want to lead this ride, and we're sure that you can't come up with a good reason for riding a bicycle in December either. So here's your chance to whine and kvetch all the way to Nyack, White Plains or some other predictable destination that we usually end up at this time of year. Paceline skills, social skills, helmets and Metro-North passes are **not** required — however, anyone showing up with a cheerful holiday season disposition will be asked to remove their saddle and sit on their damn

seatpost for the entire ride and then see how good they feel. Hopefully it will be below 30° at 8:30 am with a predicted high way below 35°, or just generally ugly outside. If that's the case, consider yourself lucky and stay in bed. Otherwise prepare yourself for 4 hours or so of non-stop complaining, excuses, gripes, and just general grumbling.

**B16 40 MI 10:00 AM Syosset**

Leader: Jim Drazios (718) 225-1842.

From: The Statue of Civic Virtue (Union Turnpike & Queens Blvd — E/F trains).

We'll play it by ear and see how far we want to go. Syosset Diner is a great warm-up spot and is strategically located for easy access to beautiful routes. Early return. Below 32° cancels.

**C13/14 45 MI 9:30 AM Paul's Perfect Passage To Piermont**

Leader: Paul Hofherr (212) 737-1553. Call for starting place.

We'll take it easy and not exceed the stated pace, as we wind our way through the Jersey 'burbs to a cozy lunch spot for soup and sandwich. You can call me up to 11:00 p.m. the night before for our starting point so I know if I have to leave my warm bed. Rain or temps below 40° cancels.

**Sunday, December 20**

**A20+/- 65+/- MI 9:00 AM Long Island**

Leader: Jeff Vogel (718) 275-6978.

From: Tramway Plaza (60th St. and 2nd Ave.)

Go to Nyack, see if I care.

**B16 55 MI 9:00 AM Pearl River... Or... The Hunt For Black Pudding**

Leader: Tom Laskey (212) 496-1636.

From: The Boathouse.

It's official, the diner at Pearl River (now renamed "Ryan's Daughter") is back and better than ever. Aside from improved decor (carpeting now replaces the perennial grimy floor), they even offer an Irish breakfast full of Gaelic delights. Not one to hoard such good tidings with only A riders, I'm inviting my B rider friends to partake of this culinary adventure, as well. Temps below 30° at ride time cancels.

**B15/C13 35 MI 10:00 AM Brighton Beach For Russian Food**

Leaders: Peter Morales and Suzanne Levin (718) 398-2649.

From: City Hall.

We are going to Brighton Beach via Prospect Park and Shore Parkway and are expecting to eat lunch at a Russian restaurant on the boardwalk. Rain or temp. below 35° cancels.

**Saturday, December 26**

**A19+ 70 MI 9:00 AM Winter Stay Fit Series #1**

Leader: Peter Sekesan (718) 417-3510.

From: The Boathouse.

Come out every Saturday and help me stay in shape through the winter weeks. We'll be riding 9W to Rockland Lake and back to Nyack for lunch. 9W is a great workout. Rain, snow and temp below 25° cancel.

**B16 50+/- MI 9:00 AM Quick Spin**

Leader: TBD.

From: The Boathouse.

Rendezvous at the Boathouse and determine a destination by group consensus. Plan for an early return. It will be fun.

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**B/C14/16 50 MI 9:00 AM Piermont Thin Crust Pizza Lovers Ride**


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Leader: Jay Jacobson (914) 359-6260.

From: The Boathouse.

The best thin crust pizza (guaranteed) eaten **inside** the restaurant in Piermont vicinity. Precipitation or extreme cold cancels. **Bring/share bike lock.**

## Sunday, December 27

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**A20 50/60 MI 9:00 AM No Receipt Necessary**


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Leader: Beth Renaud (212) 274-9463.

From: The Boathouse.

Avoid those nasty lines by heading out to Park Ridge or wherever our Holiday overloaded bodies direct us.

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**B16 50+/- MI 9:00 AM Quick Spin**


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Leader: TBD.

From: The Boathouse.

Rendezvous at the Boathouse and determine a destination by group consensus. Plan for an early return. It will be fun.

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**C13 25+/- MI 10:00 AM Frostbite #4: The Cloisters**


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Leader: Claudio Medina (718) 847-2808.

From: City Hall.

The re-creation of a medieval monastery by the Metropolitan Museum of Art on Northern Manhattan. **Bring lock, \$** for lunch and a donation to the Museum. Co-led with 5BBC.

## Friday, January 1

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**A18 55 MI 10:00 AM Annual New Year's Day Ride**


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Leader: Marty Wolf (212) 935-1460.

From: The Boathouse.

"Start the New Year Right" classic ride. A chance to get off to an easy paced start. Brunch in White Plains at the Sea Star Diner. The obvious cancels.

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**B16 30 MI 10:00 AM Annual Knish Special**


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Leader: Beth Renaud (212) 274-9463.

From: City Hall.

Once again, it's time for the annual ride to Brighton Beach to stuff knishes down your gullet. With some luck, temps will be over 20° (last year) so come ready to cruise through Brooklyn at a moderate pace and dress warmly enough to sit on the boardwalk for at least five minutes. 9:00 am temps below 30° cancel.

## Saturday, January 2

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**A19+ 70 MI 9:00 AM Winter Stay Fit Series #2**


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Leader: Peter Sekesan (718) 417-3510.

From: The Boathouse.

Come out every Saturday and help me stay in shape through the winter weeks. We'll be riding 9W to Rockland Lake and back to Nyack for lunch. 9W is a great workout. Rain, snow and temp below 25° cancel.

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**B16 45 MI 9:00 AM I Cover the Waterfront**


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Leaders: Ludwig Vogel (212) 838-0852 or ludwig@bway.net.

From: The Boathouse.

Experience the most panoramic view of Manhattan. A loop across the GWB and south along the Jersey Coast will bring us to the area's best

Polish food. After our cultural experience, we'll head across the Bayonne Bridge to Staten Island where we'll circle around to the ferry for the best free lift back to Manhattan. **Helmets required.**

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**C13 30-35 MI 9:15 AM Coney Island**


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Leader: Scott Wasserman (914) 723-6607.

From: The Boathouse.

The past two New Year's were too cold to ride so maybe global warming will show itself this weekend and it'll reach 70°. The food stop will be Nathan's but I'll wait until Mrs. Stohl's for some knishes - much healthier than hot dogs. Precipitation or temps below 30° at the start cancels.

## Sunday, January 3

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**A18 50+/- MI 9:00 AM Only 141 Days Until The Montauk Century!**


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Leader: Ben Goldberg (212) 982-4681.

From: The Boathouse.

In our minds, we'll be cruising along the Montauk Highway, wind at our back, 70° and sunny. Perhaps we won't even notice that we're actually in Bergen County and our sensitive parts have frozen to our saddles! Temp below 25° at 8:00 am cancels.

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**B16 50 MI 9:00 AM Gotta meet that TBD!**


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Leader: TBD.

From: The Boathouse.

Come along on this pleasant winter ride, and figure out who "TBD" really is!

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**C12 10 MI 12:00 PM Transit Museum**


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Leader: Don Passantino (718) 446-9025.

From: The Plaza Hotel (59th Street and 5th Avenue).

Catch all the trains you missed. Annual trip to N.Y Transit Museum to see Vintage Subway Trains and Exhibits. If the temperature is below 40°, just meet at the Museum (indoors) at Boerum Place and Fulton Street. **\$3.00 admission.**

# Club Calendar

**NYCC Annual Holiday Party**, Tuesday, December 15 from 6:00 pm to 9:00 pm. Dine in elegant Victorian splendor at St. Maggie's Cafe, one of lower Manhattan's hidden jewels. Those of you who came last year know how wonderful it is. The restaurant is at 120 Wall Street near South Street and close to the #2 and #3 trains. The buffet dinner includes hors d'oeuvres; salad and bread; choice of entree (including vegetarian); cake and coffee. A cash bar will be available. The dinner costs **\$38 at the door**. We encourage you to reserve because space is limited: contact Anne Grossman at (212) 924-1549 or annesg@mail.idt.net.

**Annual NYCC Presidents' Day Weekend**, February 12-15. New Location in Southern Vermont! Save the dates! Whether you downhill or cross country ski, snowshoe or just hang-out, the NYCC ski weekend will be an adventure. We will be staying in a full service hotel with a pool for apres-ski relaxation. The cost will be in the low \$200s (per person). By the time you receive this Bulletin, the arrangements will be complete. For more information and reservations, please call Reyna Franco at (212) 580-5695.

# Out of Bounds

**Mountaineering for Cyclists**, by John G. Waffenschmidt. Introduction: November/December, 1998. For a number of years now, John Waffenschmidt has been offering this program as a supplemental off season training tool; this year it is being co-led by Bob Moulder. In addition, it is also listed with the Adirondack Mountain Club. There will be two or

three introductory sessions between November and December. From January to March John and Bob will lead two or three multi-day trips. Eligibility for any of the multi-day trips depends on having been to at least one introductory session. For more information, call Bob at (212) 682-5669 (home) or John at (516) 227-3951 (work).

#### **Leukemia Society Team in Training Century Cycling Program.**

Preliminary meetings: December 9 and 14. Join over 20,000 runners, walkers and cyclists who this year helped raise \$60 million to help find a cure for leukemia and related illnesses. We are currently recruiting cyclists for America's Most Beautiful Ride, a 94-mile ride around Lake Tahoe in June 1999. To learn more, please contact Russ Girardi at (212) 448-9206 or visit the Leukemia Society website at [www.leukemia.org/NYC](http://www.leukemia.org/NYC).

**Lady Liberty Has One —  
You Should, Too**  
*On the New NYCC Jersey,  
Lady Liberty Wears a Helmet.  
She Knows That Club Rules Now  
Require Helmets On All NYCC Rides.*

#### **A Valediction:**

Thank you for two great years. Serving as Membership Director and V.P. of Programs has been a very rewarding experience. Very special thanks should go to our President, Gene Vezzani, whose outstanding leadership has moved our club to a new plateau. His effectiveness and innovative programs have benefitted all of us. I look forward to the coming year with Ben Goldberg as President, and wish him the best of luck. May the wind always be at your back.

— Joel Englander

Watch the Bulletin for an upcoming special article or 4-page insert on group riding etiquette and safe and street-smart riding skills.

At the NYCC Board meeting November Tuesday, November 3, the Board voted to make helmets mandatory for all riders.

The Board was moved to take action by reports of recent accidents, particularly the serious accident a Team Fast/Fab member suffered this Summer.

On May 17, Valerie Sitkoff was returning with a Fast/Fab ride from City Island in the Bronx over the Broadway Bridge at 218th St. to Manhattan. She was not wearing a helmet, hit an expansion joint in the bridge and crashed on her head. Val suffered a skull fracture and damage to her spine. She underwent surgery to remove a disk and replace a vertebra, regaining some movement in her arms and legs. She is now at home, and hopes to be riding next summer. Val Sitkoff is extremely lucky.

Val Sitkoff apparently had left her helmet at home in Long Island and decided to ride without it, thinking that just this once, it wouldn't make any difference.

Team Fast/Fab has a good rule: No one rides without a helmet. If a rider shows up for a Fast/Fab ride without a helmet and insists on accompanying the ride, the ride is to be immediately disbanded and the ride leader is to go home.

Ride safely. Ride safely. And also, ride safely.

## **C-Sig Forming**

### ***Introduction to Club Riding and Effective Cycling***

Early next year, Irv Weisman will offer his traditional course for members who are relatively new to our sport and for those who want to increase their bicycling savvy, improve their traffic skills, and learn roadside adjustments and repairs.

We'll start with indoor presentations and discussions in early '99, and do our riding in April and May, after the Winter nastiness abates.

The riding part of the program will emphasize bike handling, group riding, traffic skills, and touring — not racing skills.

Are you getting excited? Call Irv, the sooner the better, so that he becomes aware of your interest and gets excited, too.

Irv can be reached at (212) 567-9672.



### **Ride Leader of the Month — Irving Schachter**

Irv has been a member of club for over 25 years and has been cycling seriously for almost 30 years. He started cycling when, at age 29, found himself getting a little chubby (hard to believe it, to look at Irv now) and needed some exercise. In the beginning, in fact, he found the incline on First Avenue at around 40th Street to be a challenging hill!

Irv is a native New Yorker, raised in Brooklyn, receiving a B.S. in physics and a Master's degree in Physics Education at City College, followed by doctoral work at NYU. He's a physics teacher at Brooklyn Technical High School and has lived on the Upper East Side for 34 years.

Irv leads both B rides, generally with his wife Hindy, and challenging A rides. His rides typically range in distance from 50 miles to 80 miles, with an occasional foray into 100+ mile rides. He cites another NYCC A-ride leader, Karl Dittebrandt, as being a source of inspiration for these very long rides. Irv's favorite destinations include the North Shore of Long Island, Rockland County, and, on his longer trips, West Point and Minnewaska (near New Paltz). He likes when his rides have around a dozen riders and makes it a policy not to drop riders. Being a strong hill climber, he does like to challenge his riders by zooming up the hills — he always waits at the top, though!

So, this month our hat is off to Irving Schachter. Be sure to congratulate him — and join him on a ride. — Ben Goldberg



## Help Wanted:

### Very Special Ride Leader Needed for Very Special Group

By Christy Guzzetta

The 1999 A SIG is looking for a special person. The SIG needs new blood, needs new leadership, needs a new Captain.

Over the years there have been a number of different captains. Paul Leibowitz, Lance Leener, Conrad Obregon, Ernie Yu, Christy Guzzetta. Each of these leaders has contributed, added to, left something behind, been instrumental in making the SIG what it is today. We need a new Captain, we need a new personality, we want new ideas, new blood.

What's necessary is a depth of experience leading rides, and leading them for the NYCC, leading A rides. Prior experience with the SIG is preferred, but not required. The ability to lead. Patience. Perseverance. Being available for about 11 Saturdays during the early part of the Spring is necessary. The rides are already in place, the program is already in

place, all the SIG needs is new personality.

A secret committee of NYCC members has been formed to review any candidates' suitability. This committee will remain secret in order to protect the objectivity of the selection process. Christy Guzzetta will act as a "clearing center" to receive requests for more information, answer questions, and beg the new Captain to at least allow him to be one of the leaders for the 1999 SIG. A willingness to accept the decision of this secret group is necessary for all applicants.

It's a hard job. It's a great job. The SIG starts the first Saturday in March and runs up through the weekend before Memorial Day.

Christy can be reached at:  
212-595-3674 (home)  
Christy Guzzetta 49 West 75th Street New York, NY 10023  
E-mail GESSVC@aol.com

## Cadence Study Subjects Needed

Irv Weisman's studies challenge the value of cadences over 90 rpm for almost every cyclist. He wants to collect more data to verify, or to challenge, his assertions. All classes of cyclists are needed, not just high-performance riders.

Let Irv know if you are interested — he'd like to work with you. You'll be very surprised at what your own body will tell you.

Irv Weisman — (212) 567-9672.

## NYCC WELCOMES 19 NEW MEMBERS

Aderman, Teri	Kelley, Christine
Alberi, James	Lautenbach, Carol
Blumofe, Jordana	Nelkin, Amy
Charney Sheila	Noferi, Kristin
Dale, Maxwell	Oszlak, James
Dickman, Carol	Rein, Barry
Eastwood, Elizabeth	Tannenbaum, Elaine
Feiner, Rachel	Weiss, Donald
Gay, Emilie	Zimmerman, June
Holtzman, Gary	◇ ◇ ◇ ◇

## Bouquets & Brickbats...

### Selected Letters to the Bulletin

#### OFFICIAL RESPONSE TO ACCIDENT ON GWB

Mr. Gene Vezzani  
President  
New York Cycle Club  
Dear Mr. Vezzani:

I am writing to request your assistance. On October 25, a pedestrian and a bicyclist collided on the south sidewalk of the George Washington Bridge (GWB) causing injury to the pedestrian. Although we do not know whether the bicyclist is a member of a bicycle organization, we would greatly appreciate your issuing a reminder to bicyclists who use the GWB's south sidewalk to use extra caution, especially while the north sidewalk is closed.

As I am sure you remember, in the spring, prior to closing the north sidewalk for the GWB major painting project, the Port Authority agreed to allow bicyclists to ride their bicycles over the bridge's south sidewalk. We strongly urged bicyclists to exercise extreme caution, ride slowly or even walk their bikes when pedestrians were pre-

sent, and to remember that pedestrians have the right-of-way at all times.

We would appreciate anything you can do to remind members of your organization of the importance of riding with care for their safety and that of pedestrians who use the GWB sidewalk.

Thank you for your cooperation.

Laura L. Radin  
Manager, Customer Relations  
Tunnels, Bridges and Terminals  
Department  
Port of New York Authority  
November 5, 1998

#### ONE LETTER THE NEW YORK TIMES SAW FIT TO PRINT:

(On Tuesday, November 3, The New York Times' Beijing Journal reported the closing of Xixidong Avenue to cyclists, mainly to benefit the drivers of official vehicles (traffic police is quartered on the avenue).

The article noted that Xisidong Avenue had accommodated as many as 6,000 cyclists per hour, but did not offer any motor vehicle traffic counts for comparison.

Former NYCC President Richard Rosenthal wrote a letter to the editor in response to the article, which is reprinted here:

— Ed.

Elisabeth Rosenthal, ("Tide of Traffic Turns Against the Sea of Bicycles", NYT Nov. 3) calls bicycles "archaic" compared with cars.

Here's how archaic bicycles are: Cars pollute the air, bicycles don't; cars cause congestion and gridlock, bicycles don't; cars are noisy, in large part the result of drivers who use their horns to vent their emotional disturbance and psychological immaturity, and bikes are quiet.

On average, cars kill more than one person a day in the city, bikes one a year; cars are slow in midtown and elsewhere in the city, averaging merely twice walking speed, whereas bikes often move faster and with far greater convenience and less expense.

Richard Rosenthal  
November 3, 1998

#### AND ONE THEY DIDN'T:

Richard Rosenthal had also tried to interest the Times sports editor in the following:

Suppose that just as the leading runners in today's marathon turned

into the park in their final kick to the finish line, they were kept from continuing the race by police on foot and horseback, just because a foreign head of state decided to take a stroll through the park.

Sounds ridiculous, doesn't it? But that's what happened September 26 during the city's most important annual bicycle race, the Mengoni race in Central Park.

The racers included Mike McCarthy, a former world champion and Manhattan resident who announced the race would be his east coast retirement race, and George Hincapie, who grew up on Long Island and was one of only five US racers in last summer's Tour de France. The head of state was Israeli prime minister Benjamin Netanyahu.

Might the police and the diplomatic protective service have asked him to delay his stroll by a few moments or redirect it? Might he have offered a change of plan, had he known what was going on?

Richard Rosenthal  
November 7, 1998

Are cyclists just too marginal to care about? — Ed.



Hello, all of you riders out there! Even though we are riding less, we still sniff out the dish. Please remember to e-mail all dish to [nyccnews@yahoo.com](mailto:nyccnews@yahoo.com).

**Spencer Koromilas**, a.k.a. "Skinny Dipper Koromilas" was seen swimming in the buff on the Lobster Ride to Port Jefferson on October 11. Luckily for us, a tourist with a telephoto lens on his camcorder happened to be on the beach and lent his camera to the other riders who included **Henry Joseph, Sandy Tannenbaum, John Eichholz, Ed Fishkin, and Sylvie Van Bockstaele**. The video is now available for \$11.95 through Biker Babes (we're just kidding). After the performance, everyone dined outside on the 2-lobster special at a restaurant on the water. We always think that a show before dinner is a nice way to spend a Sunday afternoon.

Kudos to **George Kaplan** for organizing the annual New Haven Pizza ride on October 25. Beautiful weather combined with fabulous pizza from Pepe's made for one of the best all-class rides of the year. Approximately 70 cyclists met at Grand Central at 7:30am for the 2-hour train ride to New Haven. **Ben Goldberg** abandoned his ride so that he could return early to lead a bicycle tour of his alma mater, Yale. Pepe's delivered 17 pizzas and 4 cases of soda to the train station at 3:00 pm. Everyone gorged themselves on the world famous pizza in the bar car (the

pizza certainly lived up to its reputation). George stood behind the counter, passing out slices and soda and gets the Mensch of the Month award for making sure everyone had a great time and got plenty of pizza.

After the mention last month of **Bo Arlander's** success in the ironman, other members in the club told us about their accomplishments. We are happy to report that **Judith Tripp** completed her first triathlon, the Great Floridian Ironman on October 24. She finished first in her age group (50-54) in 15:04:20. **Nicholas Pisculli** also completed the Great Floridian Ironman in 15:13:35 (his first ironman as well). Keep up the good work!

Congratulations to **Jamie Nicholson** who ran the marathon in 3:26. And congratulations to her **fiance Lance Leener** who also ran the marathon in 3:13.

Those of you who missed the November meeting missed a wonderful talk by **Maira McFadden**. Maira described the pros and cons of the GTE ride across America for the American Lung Association and was an inspiration to all. We'd like to do the ride just to eat at all those Dairy Queens.

**Elizabeth Emery**, who races professionally, brought new and used cycling clothing and accessories to the November meeting. Her prices couldn't be beat: used Killer sunglasses by Bausch & Lomb for \$20, new Saturn skinsuits for \$50. **Tony Nappi** bought a Saturn skinsuit and had Elizabeth autograph it. We just love a bargain when we see it, especially when the karma of a great racer is included in the price.

We love reporting engagements, especially when they are international. **Pat Thompson** met **Claudio Bisio** on a Ciclismo Classico tour in

Piedmont in July 1997. She had an accident the first day so Claudio, the tour leader, gave her "special attention" and romance blossomed (ah, la bella vita). How convenient that Pat didn't have a roommate on this particular trip (or did she?). They have sustained their bi-coastal relationship and plan to live in New York after their March 1999 wedding. Claudio is looking for work. Anyone looking for an expert Italian cycling tour guide, pasta chef, or wine critic?

Pat is following in the steps of her friend **Sue Theilheimer** who met **Alberto Zonca**, an Italian, on an all-class ride in May 1996. Their eyes locked over the "American" provolone at the A&P deli counter and the rest is history. They were married in October 1997 in an American ceremony and in April 1998 in a Swiss ceremony. Luckily for Sue, she could wear the same dress because the guest lists were different.

Back on this side of the ocean, **Tom Laskey** and **Debra Rothschild** were married October 10. Tom and Debra met on a Back Roads cycling tour of the Grand Canyon, Bryce and Zion Canyons in the summer of '96 and picked up where they left off when they returned to New York. Their wedding cake was decorated with bicycles, and their honeymoon was a cycling trip in the Berkshires. Debra recently bought a Pinarello bike, so we aren't sure what she is more excited about — her new husband or her new bike.

**Rich Borow** proposed to **Stephanie Bleacher** at a surprise party for her November 1 in front of 15 witnesses. How romantic! There wasn't a dry eye among any of the woman in attendance.

All these engagements and marriages make us verklemmt. Oy, we can hardly write anymore we are so happy.



## Conrad's Bike Shop

25 Tudor City Pl. (41 St. between 1st & 2nd Ave.)  
New York, NY 10017

Tel: 212-697-6966

Hours: Mon-Sat 11AM to 7PM

**25%**

**Off**

All selected  
items

**December Only**

**Summer Clothing  
Carnac Shoes  
Sidi Shoes  
Time Shoes  
Frames  
Helmets**

## 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. **Mac compatible disk or e-mail is required.** Listings will run for one month unless otherwise specified.

### WANTED:

Will pay good cash money for a **beater commuter bicycle**, about 52 cm (I am 5'4"). Old touring bike would be ideal. No skid brakes or Sturmey-Archer, please. Call Jill at 718-398-1163 or [hamburgje@aol.com](mailto:hamburgje@aol.com).

Looking to buy **Burley d'Lite Child Bicycle Trailer**. Call Richard m-f days at (212) 596-2256 or e-mail [rkurland@erols.com](mailto:rkurland@erols.com).

### FOR SALE:

Recently overhauled (summer '98) **Trek road bike** with triple chain ring. Medium frame for m/f 5'3". \$150 OBO. Good city bike. Call Nancy (212) 447-2020, ext.15. or e-mail [KLITSNER@aol.com](mailto:KLITSNER@aol.com).

— continued on page 10...

## Please read this before your first club ride:

### HELMETS ARE MANDATORY ON ALL NYCC RIDES.

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

**BIKE PASSES** are always required on Metro-North and LIRR. Bike passes good for both Metro-North and LIRR are available at Window 27 at Grand Central or by calling 212-499-4398 or 718-558-8228 or by visiting <http://www.mta.nyc.ny.us> for an application.

**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 list is the most current 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 NORTH	4:08 PM
8:07 AM (NEW HAVEN LINE)	NEW HAVEN	3:57 PM

*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.*

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

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

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

The minutes of the meetings of August 4 and September 1, 1998 were approved.

Charlie indicated that he would present detailed financials at the Board's next meeting but that the club was in a positive cash position. He also reported that the Century had gone well. He advised that PowerBar should be contacted earlier in the planning process.

Joel reviewed upcoming programs. Dona reported that the club currently had 1384 members. Joel noted that the percentage of renewals had been lower this year.

Dona expressed concern about

accidents on rides, which she felt might be due to the number of riders. Ben will remind ride leaders that large rides should be split. Ride coordinators will review safety standards with ride leaders. The board confirmed that ride leaders should maintain the advertised pace. Tom agreed to prepare an article for the Bulletin incorporating these ideas.

Anne reminded everyone that the holiday party would be December 15.

The Board selected the LAB rider of the year.

Gene advised on the status of the Jersey and that Irv Weisman will act as vote counter for the election of officers.

There was a discussion of ride leader incentives. C.J. agreed to prepare the first ride leader of the month column, and Ben will be responsible for subsequent articles.

The meeting adjourned at 8:05 pm. Respectfully submitted  
Conrad J. Obregon

### Re-Cycling

— continued from page 9...

**Colonago Titania**, used 1/2 hour! All Shimano, 50 cm. **Call** (212) 794-5054

**Racer Mate wind trainer** available for 2-chaining bike: \$55. **Call Irv** at (212) 567-9672.

**Grey Specialized Rockhopper Comp MTB** (19"). Chrome-moly frame/fork, Shimano Deore LX derailleurs, crank, calipers. BX-23 rims, Kevlar tires. Excellent condition. New \$649. Sell for \$299. **Call James** at (516) 421-5826.

**Graber Spare Tire Bike Rack**, NIB, and a large selection of new and used bike equipment and clothing, including Shimano 105 front derailleur, and Shimano and Look clipless pedal sets. **Call James** at (516) 421-5826, and ask to be faxed the complete list.

**Huffy mountain bike**, woman's 18-speed: \$100; Vetta mag trainer: \$50; Selle San Marco C saddle: \$20; Zefal City fenders for road tires: \$15; Profile aerobars: \$25. **Phone Dick** at (212) 874-2008.

**25-Year Bicycling Collection**, a (nearly) complete chronology of Bicycling magazine, 1972 through 1998. Excellent condition, great gift. \$250 OBO (barter considered). **Call Dave** at (718) 499-4467 or [dh242@columbia.edu](mailto:dh242@columbia.edu).

### HELP NEEDED:

Need advice before buying fully loaded touring bike. Also, would appreciate first-hand look if you own one. **Please e-mail** comments to [gootch@erols.com](mailto:gootch@erols.com) or call Tom at (718) 486-6106.

### Whoops!

Apologies to all who arrived at the Boathouse on October 3 at 9:00 am for a ride to Nyack led by Lynn Sarro and Linda Winter, only to find no leader. The erroneous listing was made, unbeknownst to either leader, for a day when neither was available. Come out for the next ride!"



Gear up for cooler weather with this stylish, comfortable jersey from designed by NYCC member Richard Rosenthal, manufactured by Louis GARNEAU SPORTS.

Our new club jerseys are available in 6 unisex sizes: XS, S, M, L, XL and XXL (refer to the chart below for size specifications). The new NYCC jerseys are made of Micro-Ex, which combines a smooth, wind resistant outside with a soft, fleecy inside that helps keeps you dry by wicking perspiration away. Jerseys feature a 15-inch invisible zipper and three rear pockets and cost only \$57 each plus \$3 shipping per jersey (Priority Mail).

**COMPLETE** the order form below, make out a check payable to the **NEW YORK CYCLE CLUB**, and mail to:

**GENE VEZZANI**

35 West 64th St, Apt 9-H  
New York, NY 10023

Delivery time: 4 to 6 weeks.

### JERSEY SIZES:

SIZE	CHEST	WAIST	HIP
Extra Small	34	28	34
Small	36	30	36
Medium	38	32	38
Large	40	34	40
Extra Large	42	36	42
X-Extra Large	44	38	44

### OFFICIAL ORDER FORM

QUANTITY	SIZE(S)	UNIT PRICE	SHIPPING	TOTAL COST
		\$57	\$3/EA.	\$60
		\$57	\$3/EA.	\$60

CHECK NUMBER:

TOTAL DUE:

Please make checks payable to the **New York Cycle Club**.

NAME

ADDRESS

CITY,

STATE,

ZIP

DAYTIME PHONE

EVENING PHONE

#### DO NOT FILL IN BELOW

PAYMENT RECEIVED BY

DATE

JERSEY(S) RECEIVED BY

DATE

\*\*\* CLIP THIS COUPON \*\*\* DON'T DELAY \*\*\* CLIP THIS COUPON \*\*\* DON'T DELAY \*\*\* CLIP THIS COUPON \*\*\* DON'T DELAY \*\*\* CLIP THIS COUPON \*\*\*



### 1999 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 \_\_\_\_\_ 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, 1999. Please check the appropriate ring:**

☐ Individual — \$21

☐ Couple residing at the same address — \$27

# **NYCC Holiday Party:**

## **Tuesday, December 15**

# **A NIGHT TO REMEMBER**

The NYCC Annual Party will be held in elegant Victorian splendor at St. Maggie's Cafe, one of lower Manhattan's hidden treasures. Those of you who came last year know how wonderful it is. The buffet dinner includes hors d'oeuvres, salad and bread, choice of entree (including vegetarian), cake and coffee. A cash bar will be available. The dinner will cost \$38 payable at the door. We encourage you to reserve because space is limited: contact Anne Grossman at (212) 924-1549 or [annesg@mail.idt.net](mailto:annesg@mail.idt.net).

**6:00 — 9:00 pm**

**St. Maggie's Cafe  
120 Wall Street  
(212)943-9050**

(Near South Street and the East River. Take the #2 or #3 train to Wall Street.)

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