

February  
1998

NEW YORK CYCLE CLUB

FEBRUARY 1998

# NYCC *Bulletin*

**1998  
SIG  
Update**

**Renew Now  
or  
We'll Miss You  
This Spring!**

# Bulletin Board

## FEBRUARY OPPORTUNITIES FROM THE PRESIDENT - GENE VEZZANI

### Opportunity #1 — NYCC Jerseys

Use the order form that appears on page 9 to order a colorful New York Cycle Club jersey. Club members report that our jersey is a big hit everywhere it is seen: local club rides, overseas on organized tours, and just doing laps in Central Park. All orders must be received on or before Tuesday, March 11. This is the only time we plan to sell our jerseys in 1998, so act now. Mail in your order today!

### Opportunity #2 — E-mail Announcements

Here's a chance for you to keep up with the latest NYCC happenings: E-mail your name and e-mail address to me after you have renewed your membership for 1998, and you'll receive a regular update of rides and events that do not appear in the Bulletin.

### Opportunity #3 — Didn't Get the Bulletin?

You have a couple of options in the unlikely event that you do not receive the Bulletin before the first of February or March if you have renewed your membership for 1998:

Go to our web site (<http://www.nycc.org>), where our ride listings shall appear for the next couple of months.

No computer access? No problem. Call our A, B, or C Rides coordinator and request a dramatic reading of the current rides. You'll love it!

### Opportunity #4 — Is Your Helmet Over Three Years Old?

Consumer Reports magazine reviewed bicycle helmets twice in 1997: June and December, and its findings indicate that a helmet over three years old does not provide adequate protection. But don't worry. Here's an opportunity you may want to consider before you pop for a \$135 replacement.

Prudential HealthCare is offering cycling helmets for children and adults at a cost of between \$10 and \$15. Don't worry, you do not have to be a customer of Prudential HealthCare in order to take advantage of this offer. Call 1-800-694-3258 for more information.

### Opportunity #5 — February 10 Club Meeting at Estia

Mark Tuesday, February 10 on your calendar today and plan to join approximately 100 or so fellow club members at our next monthly meeting. We're at a new restaurant, with a new menu, with an exciting new program for February. Check the back cover of the Bulletin for details. Here is an opportunity to socialize without riding 50 miles in 20 degree temperatures.

### Opportunity #6 — SIG Programs

One of your many benefits as a member of the New York Cycle Club is being able to participate in our early spring SIG (special interest group) training series. The SIG programs offer you the opportunity to learn more about the sport of cycling at three levels: A, B, and C.

Information about our programs is listed in this edition of the Bulletin. Completing a SIG program helps make you a better cyclist, and the club a safer organization. All members are urged to take advantage of these free instructional rides.

### Opportunity #7 — The Bulletin: Last Chance for Uninterrupted Service

Use the renewal form located on page 11 of the Bulletin today to ensure that you continue to receive uninterrupted listings of club rides and club events.

Your 1997 membership in the NYCC has expired. All memberships expire on December 31, regardless of when you joined or renewed last year. Return the signed renewal form today. Don't get dropped!

### Opportunity #8 — Nothing endures but change.

*Heraclitus, Greek philosopher, 560 BC*

## GET TO KNOW YOUR NEW RIDE COORDINATORS!

A-RIDES	▶ TOM LASKEY	212-206-6574
B-RIDES	▶ GARY MCGRAIME	212-877-4257
C-RIDES	▶ BERNIE BRANDELL	718-633-1759

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#### To publish an article:

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

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

#### Web Page:

<http://www.nycc.org>

# 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, January 31

**A20 48 MI 10:00 AM (OR NOON) Park Ridge or Brooklyn Brewery Tour**

Leader: Mark Martinez (212) 496-5518.

From the Boathouse (or 14th St. & 7th Ave.)

One way or the other, we will get together to lift our spirits with endorphins or not. Fair weather means we head to the Ridge Diner for brunch. If it's wet or icy, we take the L train to the first stop in Brooklyn for a tour of the Brooklyn Brewery followed by brunch at one of several great restaurants nearby. (Meet me at noon at the front car of the Brooklyn-bound L at 14th St. and 7th Ave. or call the brewery (718) 486-7422, for directions.) Pray to Bacchus for rain or the Madonna del Ghisallo for sun.

**A18 TBA Lori's Saturday Morning E-Ride\***

Leader: Lori Turoff.

An easy-paced, cooperative A ride designed to keep those riding legs and some degree of cycling fitness and social graces during the off-season.

\*Definitive Distance, Destination & Details posted prior Thursday at [www.lacorsa.com/nycc.html](http://www.lacorsa.com/nycc.html) or e-mail: NYCCride@lacorsa.com.

All rides weather and work obligations permitting.

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

Coordinator: Al Boland (212) 665-3484.

From: The Coffee Shop at AYH (103rd St. & Amsterdam Ave.)

Trot to Gimbels training for the Triple Crown.

**B16 55+/- MI 9:00 AM Mystery Diner Jaunt**

Leaders: Mark Bernstein (718) 833-6648 and

Moir McFadden (212) 721-5003. From: The Boathouse.

Join us for a bracing ride through the winding back roads of North Jersey. Lunch at the Mystery Diner and (hopefully) an early return. Any temp. below 35° or steady precip. cancels. Dress appropriately.

**C13 10:00 AM 20 MI Brighton Beach**

Leader: Suzanne Levin (718) 398-2623. From: City Hall.

We're biking to Brighton Beach.

## Sunday, February 1

**A18 50-60 MI 9:30 AM Pearls Before (We Turn Into) Swine**

Leader: Tom Laskey (212) 206-6574.

From: The Boathouse.

Gotta keep riding, keep those legs going, keep those lungs pumping,

jump-start that heart rate, can't let that cold weather ennui set in.

Pancakes in Pearl River, just the cure. Temp below 30°, wind chill below 10° at 8am, icy roads cancel.

**B16 50 MI 9:30 AM T.B.D. Again?**

Leader: Henry Joseph (212) 989-8176.

From: The Boathouse.

Our destination will be determined by the road conditions, global volcanic activity and the tide. In other words, I don't know where we're going yet, but I will soon. See you then. Below 30° at start cancels.

**C12 34MI 10:00AM Frostbite #9**

Leader: TBA (call Geo Kaplan, (212) 989-0982, for info). From: City Hall.

To Sheepshead Bay, lunch at the Rooster. Bring money, a lock and chain, an extra tube and water bottle, and dress for the season. Temps below 35°, rain or snow at start cancel. Helmets required. Co-led with 5BBC.

## Monday, February 2

**TRACK 15 6-18,MI 7:00,PM Track Biking**

Leader: Al Boland (212) 665-3484.

From: Tavern on the Green.

You can't miss this opportunity to train for the Triple Crown. Shh, shh, shh! Don't tell anyone! It's a secret. Our special secret. As a special accommodation to our Monday-evening track-bike rides, the Mayor of New York has agreed to close Central Park to cars from 7pm to 10pm just for us.

## Saturday, February 7

**A19 52 MILES 9:00 AM Saddle River or Bagels and Hot Chocolate**

Leaders: Jody Sayler and Christy Guzzetta (212) 799-8293

From: The Boathouse.

If weather permits, it'll be an easy going ride to Saddle River, breakfast at the Hotel and a shortcut home. If the temp is below 32°F at the start (as per channel NY-1) or there's bad/wet/icy roads, bagels and hot chocolate at 10:30 AM at Jody and Christy's (49 West 75th, between Columbus and CPW). We'll have fun one way or the other.

**A18 TBA Lori's Saturday Morning E-Ride\***

Leader: Lori Turoff.

An easy-paced, cooperative A ride designed to keep those riding legs and some degree of cycling fitness and social graces during the off-season.

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All rides weather and work obligations permitting

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

Coordinator: Al Boland (212) 665-3484.

From: The Coffee Shop at AYH (103rd St. & Amsterdam Ave.)

Trot to Gimbels for the Triple Crown

**B15 45/50 MI 9:30 AM I Cover the Waterfront**

Leaders: Ludwig Vogel (212) 838-0852 and Gary McGraime (212) 877-4257.

From: The Boathouse.

An easy, relatively flat ride with a beautiful panorama of New York City from the Jersey side of the Hudson. We'll stop early for a warm snack at the Yaohan Japanese Emporium and proceed on a journey with dramatic and sometimes drastic changes in scenery. Lunch at Jaro's in Bayonne before crossing the bike-friendly Bayonne Bridge into Staten Island, where we'll take the free ferry ride back to Manhattan. High winds, slick roads, or temperatures below 27° cancel.

**Why Don't You Lead a Ride This Spring?**  
Call Your Ride Coordinator to Find Out How.

**C12 15 MI 11:30 AM P.S. 1 Contemporary Art Center**

Leaders: Drew Olewnick (718) 398-7252 and Jill Tucker (212) 431-3029.  
From: The Boathouse.

Let's go back to art school with an easy spin across the Queensboro Bridge to P.S. 1 in Long Island City. P.S. 1 is an exhibition space housed in a rambling Victorian-era school building. Projects installed by more than 50 artists are featured. Bring your imagination and your commuter/clunker bike with a lock. Food stop afterwards. Rain or heavy snow cancels.

**Sunday, February 8**
**A19 45 MI 9 AM Northvale**

Leader: Abe Karron (718) 728-6110. From: The Boathouse.  
Mr. Popper's Penguins are having a photo-op at the Northvale diner. Warmer weather extends the ride. Temp below 30°F cancels.

**A/B 40 MI 10 AM Social Ride to Nathan's in Coney Island**

Leader: Herb Dershowitz (212) 929-0787. From: The Boathouse.  
Easy-paced ride to Nathan's in Coney Island.

**B15 50 MI 9:30/10:30 AM White Plains Warm/Scarsdale Shivers**

Leaders: Hindy and Irv Schachter (212) 758-5738.  
From: The Boathouse at 9:30am and from Pelham Bay Park at 10:30 am. We'll go to White Plains if the temperature is going to be near 50°. We'll go to Scarsdale if the temperature is in the high 30s to mid 40s. We stay at home if temperatures are below 35° at start. Slick roads cancel.

**C12 25MI 10:00 AM Winter Jaunt**

Leader: Dick Goldberg (212) 874-2008. From: The Boathouse.  
Wetness or temperature below 35°F at 9 am cancels. Phone to be sure!

**C12 25 MI 10:00 AM Frostbite #10**

Leader: Bernie Brandell (718) 633-1759. From: City Hall.  
Today we'll be visiting the Cloisters, a re-creation of a medieval monastery located at the very northern part of Manhattan that houses the Metropolitan Museum of Art's medieval collection. Bring money, a lock and chain, an extra tube and water bottle, and dress for the season. Temps below 35° rain or snow at start cancel. Helmets required. Co-led with 5BBC.

**Monday, February 9**
**TRACK 15 6-18 MI 7:00 PM Track Biking**

Leader: Al Boland (212) 665-3484. From: Tavern on the Green.  
A special invite to new riders who want to experience the special thrill of riding a track bike. If you don't have a track bike, you can ride my bike.

**Saturday, February 14**
**A21 60 MI 9AM I ♥ Biking**

Leader: Beth Renaud (212) 274-9463. From: The Boathouse.  
It's Valentine's Day! Of course, that means wearing any and all red clothing, and maybe taping some candy hearts to your helmet. But since we "luvvvvv" to go riding as much as we "luvvvvv" our significant others, cats, dogs, hedgehogs, et al., putting some mileage on the bike should be just as important as picking up those last-minute flowers or cooking that romantic supper (or renting that sappy video).

**A19 60 MI 9 AM Good Heart, Weak Legs**

Leader: Ben Goldberg (212) 982-3495. From: The Boathouse.  
My heart's in the right place — I'd love to join Beth on her A21 ride — but I'm sure my legs and lungs won't be up for it. We'll start out with Beth's ride, but once the pace picks up we'll drop back and form a slower group (but with equally good skills!) Temp below 25° at 8:30 cancels.

**A18 TBA Lori's Saturday Morning E-Ride\***

Leader: Lori Turoff.

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\*Definitive Distance, Destination & Details posted prior Thursday at [www.lacorsa.com/nycc.html](http://www.lacorsa.com/nycc.html) or e-mail: NYCCride@lacorsa.com.

All rides weather and work obligations permitting.

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

Coordinator: Al Boland (212) 665-3484.

From: The Coffee Shop at AYH (103rd St. & Amsterdam Ave.)

This is our last training ride of this series. For future A SIG participants, this is your last chance for serious pre-SIG training. Our corporate sponsor buys lunch. Stay tuned for our 2nd winter training series starting September 26.

**KB18 55 MI 9:00 AM Hilly Way to Nyack**

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

If you can hang on this ride, you may want to try the A SIG. A cue sheet will be provided for those who may not be quite ready. We'll be back early for our valentines. Slick roads cancel.

**C12 30 MI 9:00 AM Beautiful Brooklyn**

Leader: Michael Di Carbo (212) 645-1120. From: City Hall park.

We will also pick up riders at the Brooklyn side of the bridge and then ride through interesting ethnic neighborhoods with some hills, returning across the Williamsburg Bridge. If you have a bike lock, bring it. Lunch in an ethnic restaurant. Predicted high below 35° cancels.

**Sunday, February 15**
**A19 60 MI 9:30 AM Don't Do This Ride**

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

A big thanks in the new year to all the longtime A riders who have been so supportive of my rides in the past. This is a classic route through Bergen and Rockland, a true A ride for A riders, angry or not, but it is too long for a February ride, there are too many hills, the weather will probably be lousy, and if you don't show, I'll be able to stay home and do something useful, like polish my social skills. Call if you plan to show and to find out if I will. Fully assembled bikes required. Nothing cancels.

**B16 60 MI 9:30 AM 1st Anniversary Abe Simpson Ride**

Leader: Dick Goldberg (212) 874-2008. From: The Boathouse.

When I was a lad, nothing would delight me more than to round up the gophers and smear them with toothpaste. We'll probably cross University Avenue and head up to Westchester. Below 32° cancels.

**C12 25 MI 10:00 AM Frostbite #11**

Leader: Marina Bekkerman (718) 851-1527. From: City Hall.

Let's go to Coney Island today, where we'll lunch at Nathan's and eat all the hot dogs and cheese fries we can handle. We'll ride it off on the way back. Bring money for franks and fries, a lock and chain, an extra tube and water bottle, and dress for the season. Temps below 35° or rain or snow at start cancels. Helmets required. Co-led with 5BBC.

**A/B/C 0 MI 12:00 NOON Catch All the Trains You Missed**

Leader: Don Passantino (718) 446-9025. From: The NYC Transit Museum (Boerum Pl. and Schermerhorn St., Brooklyn).

It's too cold to ride, so let's meet at the cozy Transit Museum. They added more interesting subway trains since last year's tour, nice exhibits, and a gift shop. \$3.00 admission, and you can bring your bike inside.

**Monday, February 16****TRACK 15 6-18 MI 7:00 PM**

Leader: Al Boland (212) 665-3484.

Spring A SIGers, we invite you to join us and work on skills needed to excel in the SIG program.

**Track Biking**

From: Tavern on the Green.

**Friday, February 20****A/B/C 0 MI 6 PM-8 PM**Anne Grossman (212) 924-1549.  
(89th St. and Fifth Ave.)**Culture and Cocktails II**

From: The Guggenheim Museum

You've ridden by this museum while doing your laps in Central Park. Ever wondered what that "toilet bowl" looks like from the inside? Come and see the architecture of Frank Lloyd Wright and the impressive permanent collection. Degas, Vuillard, Bonnard, and Picasso are some of the highlights. Admission between 6-8pm is pay-what-you-wish. Meet at the information counter. Cocktails and dinner afterward at a location to be announced. There's still time to expand your mind before spring training starts!

**Saturday, February 21****A18 60 MILES 9AM**

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

Inspired by Jeff Vogel's "Queens for a Day" ride a couple of months ago, this journey will circle and zig-zag its way through the borough of my beginning. Okay, so I only lived the first year of my life in Brighton Beach and actually grew up on Long Island. Anyway, Brooklyn happens to be my favorite outer borough and I think I know it well enough to satisfy all you die-hard Brooklynites out there. I'm not sure yet where exactly we'll be heading, but I can guarantee an interesting ride. The ride speed will be appropriate for B riders to join, although it's very important that we ride in a tight group to avoid getting separated at lights. If you absolutely despise city riding, don't waste your time. There's a table reserved for you at the Skylark.

**Kings for a Day****A18 TBA Lori's Saturday Morning E-Ride\***

Leader: Lori Turoff.

An easy-paced, cooperative A ride designed to keep those riding legs and some degree of cycling fitness and social graces during the off-season.

\*Definitive Distance, Destination & Details posted prior Thursday at [www.lacorsa.com/nycc.html](http://www.lacorsa.com/nycc.html) or e-mail: NYCCride@lacorsa.com.

All rides weather and work obligations permitting.

## 3rd Annual Lake Placid President's Day Weekend!

February 13 — 16, 1998

Put away your bikes and put on your boards. It's time for the 3rd Annual Lake Placid Weekend.

Lake Placid has something for everyone. Enjoy downhill skiing and snowboarding at Whiteface Mountain, hundreds of miles of cross-country skiing, ice skating and speed skating in an Olympic rink, ice climbing, dog sledding, snow shoeing, tobogganing, horseback riding or just chilling.

**The cost is approximately \$200.** This includes 3 nights' lodging (double occupancy), 3 breakfasts, taxes and gratuities. I will know the exact price and hotel by the time you receive this bulletin.

**Space is limited.** If you are interested, call Reyna Franco at (212) 529-6717 immediately after you read this to reserve your room.

**B16 45 MI 9:00 AM**

Leader: Ed Fishkin (718) 633-3038.

**Northvale**

From: The Boathouse.

We'll take a pleasant pre-season spin up to the Northvale Diner to enjoy their great pancakes (quality carbohydrates) in preparation for the upcoming club SIGs and Training Series. Extra butter and syrup will help on the descents. Below 32° cancels.

**C13 45 MI 9:30 AM**

Leader: Phil Simpson (718)-639-6264.

**Piermont**

From: The Boathouse.

For the easy rider out to shake off cabin fever. Temp below 35° cancels.

**Sunday, February 22****A19 50-65 MI 9:00 AM**

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

From: The Boathouse.

He may have been "first in war, first in peace..." etc., but recent research has revealed that Washington was NOT first in the paceline — most historians are now in agreement that the guy was a real wheelsucker. He also apparently was lousy at cue sheets; by all accounts the troops thought they were heading to Nyack but instead ended up at Valley Forge. Nevertheless, we will celebrate George's real birthday by going over his bridge to a destination hopefully in Rockland County (maybe New City) but will scale back depending on weather. Temperature below 35° at start or onslaught of redcoats probably cancels.

**George Washington  
Biked Here****B16 40-50 MI 9:00 AM**

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

It's George Washington's 266th birthday. Where would we be without him? Probably not crossing his bridge to somewhere in Bergen or Rockland counties. Patriots welcome/subversives reported. Below 32° or sloppy road conditions cancel.

**Happy Birthday, George****C12 25 MI 10:00 AM**

Leader: Terry Chin (718) 680-5227.

**Frostbite #12**

From: City Hall.

We finish the Frostbite Series the way we began: pancakes in Hoboken and Liberty Island via Staten Island Ferry, Bayonne Bridge, etc. Return to Manhattan via PATH train (don't forget pass). Bring money, a lock and chain, an extra tube and water bottle, and dress for the season. Temps below 35°, rain or snow at start cancels. Helmets required. Co-led with 5BBC.

**A/B/C 10 MI 9:30 AM**

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

Meet for breakfast at Zaro's (main waiting room area in Penn Station). Afterwards, we'll watch breads, soups and other delights made in front of us at the Chelsea Market, then continue to the World Financial Center, the new Robert F. Wagner Jr. Park and South Street Seaport. Next, see if you can pass up Chinatown's steaming dumpling carts while we meander toward the Lower East Side's Orchard Street. Finish at Grand Central Terminal. Plenty of bail-out points so you can stay with the group as long as you want.

**The Great New York City  
Frozen Foot Walk****Monday, February 23****TRACK 15 6-18 MI 7:00 PM**

Leader: Al Boland (212) 665-3484.

**Track Biking**

From: Tavern on the Green.

Our focus on these evening rides is to offer training and instruction to new riders. If you don't have a track bike, call me to borrow one.

**HAVE YOU RENEWED YOUR MEMBERSHIP YET?**

**Thursday, February 26****A/B/C NA 7:00 PM Skaters Unite!**

Leader: Pat Thomson (718) 499-2618. From: Wollman Rink.  
 Been neglecting your cross-training recently? Come out for a spin on the ice, and perhaps some hot sake and noodles afterwards. Meet inside the entrance. It's cheap skate night: \$3.50 admission; \$3.50 skate rental. Bring your own lock or \$6.75 (incl. \$4 deposit) for lock rental.

**Saturday, February 28****A-19 55 MI 9:30 AM Park Ridge**

Leader: Phil Simpson (718) 639-6264. From: The Boathouse.  
 Let's get in shape; I plan to start gradually with a schmozy spin to Park Ridge; mostly flat route. Glop on the roads or temp below 32° at 9:00 am (NY-1) cancels.

**A18 TBA Lori's Saturday Morning E-Ride\***

Leader: Lori Turoff.  
 An easy-paced, cooperative A ride designed to keep those riding legs and some degree of cycling fitness and social graces during the off-season.  
 \*Definitive Distance, Destination & Details posted prior Thursday at [www.lacorsa.com/nycc.html](http://www.lacorsa.com/nycc.html) or e-mail: NYCCride@lacorsa.com.  
 All rides weather and work obligations permitting.

**B17 50+ MI 9:30 AM Long Island (Almost Spring) Ramble**

Leader: Jim Drazios (718) 225-1842. From: The Statue of Civic Virtue (E/F train - Union Tpke & Queens Blvd.)  
 Let's work on our spin and venture our way through the North Shore (Kings Point, Sands Point and Pt. Washington). When spring does come, we'll be ready.

**B16 30 MI 10:00 AM The Great Annual Knish Ride**

Leaders: Beth Renaud and Todd Brilliant (212) 274-9463. From: City Hall.  
 Well, as some of you might have learned the hard way, not only was it too cold to ride on New Year's Day, but it was impossible to get to the starting point due to the inauguration of our inestimable mayor. Hence, ride mootness! So let's observe the passing of the longest month of the year (apparent time, not actual) by scarfing down a knish or two on the Brighton Beach boardwalk. The sweet potato variety gets a hearty recommendation.

**C14 50 MI 9:00 AM Almost Spring**

Leader: Scott Wasserman (914) 723-6607 From: The Boathouse.  
 This may seem like a long ride for February but I'm confident that El Niño and global warming will make it feel like March. We'll ride to Park Ridge and decide then whether to eat outdoors. Cancelled in the unlikely event of ice/snow or temps below 28°.

**Sunday, March 1****A19 55 MI 10:00 AM SkyLark Diner**

Leader: Gary McGraime (212) 877-4257. From: The Boathouse.  
 We'll take the back way to Nyack in search of enough hills to build up a hearty appetite. French toast topped with bananas at the SkyLark followed by a coffee stop at the Spoon (group vote), and we will sail back to Manhattan. Slick roads cancel.

**B14 45 MI 9:00 AM Park Ridge**

Leader: Tom Laskey (212) 206-6574. From: The Boathouse.  
 An easy winter spin to the pancake mecca in Park Ridge. Good table manners, please. Hammering optional. Temp below 32° or sloppy roads cancel.

**C14 38 MI 8:30 AM CROTON DAM**

Leaders: Hindy and Irving Schachter (212) 758 5738.

From: Grand Central Station.

Meet on the train to Chappaqua—that's the 8:49 to Brewster North. We promise beautiful roads and sights. Please bring lunch as there is no place to buy at the spot where we picnic. MetroNorth pass required. High below 45° cancels. This may be the most scenic route we offer.

**Saturday, March 7****A SIG 24 MI 9:00 AM Day One**

Leaders: The "A" Team. From: The Boathouse.  
 The start of the 1998 A SIG series. Sounds boring, 4 laps of Central Park, ugh! Don't be fooled. Meet your leaders, meet the people with whom you will be riding for the next 11 weeks, learn what this is all about. Plan to ride the 4 laps in 1 hour 35 minutes. Then, meet in the back of the Boathouse for some introductions. Look around, many of the faces will not be there come the graduation ride on May 16. Will you? Helmets required. Tri-bars prohibited. Rain date: Sunday, March 8. If both days are not rideable, we will still meet at the back of the Boathouse at 11:00 am on Sunday to review the series.

**A18+/- 50-60 MI 9:30 AM A Training Series #1**

Leader: TBA. From: The Boathouse.  
 So the weather's been too atrocious for you to get out and ride and you've been engaging in indoor activities like...skiing? Now is the time to get those legs back in shape. We'll start mellow with lower mileage but in another month or so we'll be hammering out some big miles!! We're not talking SIG here, to participate, you should have achieved A rider status in previous seasons. Temps below 27° at 8am, icy/wet roads cancel.

**B14-16 40-45MI 9:00 AM Progressive B Series #1-Somewhere Over the GWB**

Leaders: Karin Fantus (212) 873-5559 and Gary McGraime (212) 877-4257. From: The Boathouse.  
 A shakedown ride to find out who's who and to set goals for the 10-week B Training Series. Safe cycling skills and group riding etiquette will be today's focus. Helmets required.

**Sunday, March 8****B15 50 MI 9:15 AM Long Beach**

Leader: Ron Grossberg (718) 369-2413. From: City Hall.  
 The gulf stream warms the Long Beach coast. It almost feels like summer ñ well maybe in about 3 months but who wants to wait. Below 32° cancel.

**Out of Bounds****Saturday, June 20-27**

**Cycle Ontario Experience (CYCLONE)** Travel through the Niagara region of Ontario. CYCLONE is a full-support seven-day camping/cycling tour. Space is limited to 750 riders. For more information, please refer to their Web site: [www.kwic.com/~biketour](http://www.kwic.com/~biketour). Or e-mail: [biketour@kwic.com](mailto:biketour@kwic.com).

**Annual Rides For 1998**

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

## 1998 SIG & Training Preview

### The A-SIG

Here it comes—the 1998 A SIG series. SIG stands for “special Interest group.” We are special, we have an interest, we will be A riders. We are THE SIG.

It starts Saturday, March 7, 9:00 am at the Boathouse in Central Park. Nothing fancy, four laps of the park. The first day will be an easy 24 miles and then a brief get-together in the back of the Boathouse immediately following the ride. If the weather is in our favor, there could be 50, 60—maybe more—bikes at our gathering. If the weather is cold, wet, ugly—there may only be 30 or 40 faces sitting around. Regardless, only a fraction of the people you see that day will be there on our graduation ride Saturday, May 16. That will be a hilly, intense, A ride of 100+ miles. Many of those miles will be ridden in a paceline, many of them will be climbing some of the biggest hills around, some of those miles will be at speeds greater than 24/25 mph on the flats, 40+ mph down the hills. Whoa! Sound impossible? Show up prepared on Saturday, March 7, do what we tell you during the next 11 weeks, and it'll turn out to be a piece of cake.

There will be a ride scheduled every Saturday. We schedule the rides on Saturday so that in the event of bad weather, we have a chance to make it up on Sunday. There may be two additional rides scheduled on two of the Sundays. If so, these will be devoted to specific skills; spinning, bike handling, etc.

Do you want to give it a try? Start working out now, right NOW! It is a mistake to think you can get in shape during this series. You need to start it in shape. You should be ready to ride 50 miles, a ride to Nyack in good form, before the first Saturday in March. This series is for “intermediate” cyclists, strong B riders - and stronger - who want to learn how to ride really fast. The Bulletin says that strong B riders can ride 4 uninterrupted laps of the Central Park in under 1 hour, 35 minutes. You'll be cut from the team if you can't do the first ride, the four laps of Central Park, in under 1 hour, 35 minutes. Get in shape now because if you can do the 4 laps in time, and you participate in the 1998 SIG, you will have one of the great cycling experiences of your life. And... You will be an A rider! Promise.

See the March Bulletin and the March rides listing for more and more and more detail. Get in shape now. I'm starting to get excited. Been at the gym every day, getting ready. You are not going to drop me. You should be getting ready as well. You should be getting in shape so no one drops you either.

Already, I can't wait for March 7.

Questions? Call Christy Guzzetta at (212) 595-3674

### B Training Series — Saturdays in March and April

A progressive series, designed for B-riders and B-rider wannaB's who want to ride faster, better and with a greater sense of adventure. Mileage will range from 45 to 75+ miles, 14-18 mph cruising speed. 9W will be avoided completely as we hone our skills on the most beautiful roads you may have never heard of.

Topics to be covered: group riding skills, riding technique, bike fit, what to wear, what to eat, where to go—generally, how to take care of yourself on the road. We'll divide into faster and slower groups as group size/skill levels warrant. No need to commit to the entire series but you'll have more fun and be in great shape for summer if you do.

Contact Karin Fantus at (212) 873-5559 or Gary McGraime at (212) 877-4257 or garynycc@aol.com for details.

### C Sig: Introduction to Club Riding & Effective Cycling

Irv Weisman and George Kaplan will offer their 12-week course for members who are relatively new to our sport and 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 February and do riding exercises in April and May when the winter weather abates. The riding emphasis will be on group riding, commuting, and touring; not on high performance or racing skills.

Interested? Call Irv at (212) 567-9672 or George at (212) 989-0883 for more information and a questionnaire.

## Kudos to NYCC Members...

We would like to thank the following members of the New York Cycle Club for their generous donation of bike equipment and clothing to the North Brooklyn Recycle a Bicycle Project: Jeffrey Vogel, Margaret Cipolla, Damon Hart, Dona Kahn, Ann Grossman and Michael DeLillo. We especially appreciate Dr. Edward Fishkin's efforts in organizing the donation and in delivering it. We immediately distributed some of the donations as holiday gifts to students in the shop.

We also thank the members who have helped out as volunteers on the Greenpoint-Williamsburg ride in October and the Piermont ride in the summer: Stephanie

Beecher, Rich Borow, Karin Fantus, Liza Hecht, Peter Morales, Douglas Riccardi, Jill Tucker, Linda Wintner, Jorge Amador and Herb Dershowitz.

Recycle a Bicycle teaches inner-city youth about the value of cycling and recycling, how to maintain and repair bicycles, how to ride safely in the city, and how to contribute to the community. Each participant is eligible to earn a bike, something their family might not be able to afford. Most importantly, the children learn about respect and that hard work brings rewards.

Ira Perelson,  
Coordinator  
December 21, 1997

## Coming Soon...

### BASIC BIKE MAINTENANCE AND ON THE ROAD REPAIR CLINIC

The March Bulletin will list dates for a hands-on demonstration of:

- Cleaning and lubricating your bike and a review of the latest products available
- Removing and reinstalling your chain
- Adjusting your brakes and derailleurs
- Repairing a flat tire by replacing the tube, patching the tube, booting the tire and troubleshooting the cause of the flat
- Truing a bent rim well enough to ride home
- Review of the latest and most essential tools you should carry
- Q & A

If you would like to help or contribute any suggestions, please contact: Gary McGraime (212) 877-4257, e-mail: garynycc@aol.com.

P.S. Thanks to Toga Bike Shop for its repair demonstration at the January club meeting. Toga offers a free bike repair and maintenance seminar on the 1st and 3rd Tuesday evening of every month.

### Please Help Out — A Note From Joel Englander

As the new VP of programs, I need your suggestions to make our dinner meetings the best possible. Do you have any ideas for speakers, or topics you would like to hear about? Have you had dinner or lunch in a restaurant or pub that would be suitable for our meetings? Please remember, our monthly dinner meetings are *your* meetings, any suggestions would be greatly appreciated. Please mail or e-mail your thoughts and suggestions to me. I have already received a few suggestions from members and I thank them for their ideas.

Joel Englander, 60 Riverside Dr., #16A, New York, NY 10024.  
E-mail: merlinmj@juno.com



## Bouquets & Brickbats...

### Selected Letters to the Bulletin

#### THANKS, NYCC

Dear New York Cycle Club:

They say it's just a bike club, that it's just a Saturday afternoon. Perhaps.

Nevertheless, I've been walking on air since Monday, December 1. Thank you for the lifetime membership award. I am grateful, in fact honored, to be recognized in this manner. I don't believe I really deserve this acclaim... All I do is go out there and have fun on my bike. I should be thanking the New York Cycle Club for the opportunity you have given me to do that.

I've met the best friends I've ever had in my life in the New York Cycle Club. I've met my wife of all time in the NYCC. I've stayed in shape, had great Saturdays, great weekends, a wonderful social life, great fun, traveled near and far—thank you, NYCC, for giving me these opportunities. Thank you for allowing me to participate in the camaraderie...

The NYCC has provided us with a means to have fun day in and day out....You are the stars, we reap the rewards.

Thank you so very much.

Christy Guzzetta

December 8, 1997

#### SAFETY FIRST!

Thank you, Stefani Jackenthal, for putting in writing what many of us just talk about—SAFETY. I hope this will be the wake-up call NYCC's Board of Directors and NYCC's ride leaders need.

On page 11, the Bulletin describes A-ride style as "Vigorous riding with advanced bike handling ability including cooperative pace-line skills." It goes on to say "Before any ride: Check that your bike is in good riding condition."

This sounds simple enough. If you have never ridden in a pace-line or don't have the requisite group riding skills, you don't belong on an A-ride. If your bike doesn't work or is missing parts, don't show up for an A-ride. It doesn't matter how fast or how strong you are. Unprepared riders put everybody at risk.

If you are inexperienced, there are plenty of ways to improve your skills. Take the A SIG in the spring. Most SIG graduates are ready for any A-ride by the end of the series, if not sooner. Or, hire one of the many cycling coaches in the New York area for more personalized instruction.

In the meantime, go on a B-ride

or better yet, lead a fast B-ride.

The NYCC's old system of A+, A-, B+, B- did not permit fast B-rides. But our current system allows for a 17 mph A-ride in a paceline, and a 22 mph B-ride with larger gaps between riders where a minor error might not lead to disaster for the entire group.

The ride leader's most important task is to provide a safe ride for the group. Does it matter whether you go to Pearl River, White Plains or Oyster Bay? No. Safety first.

Ride leaders need to be more concerned with the skill levels of each rider. If there is somebody they don't know, they must ask. (Politely, of course, but they still must ask.) Every rider must have all the skills needed for the ride. It's not easy, but a leader may occasionally have to ask a rider *not* to participate.

Finally, the Board of Directors needs to be proactive in encouraging safe riding. They should not tolerate any sort of unsafe cycling. If the NYCC is developing a reputation for unsafe riding, now is the time to put an end to it.

Don't wait for ambulance sirens to wake us up.

Jeff Vogel

December 10, 1997

#### NYCC WELCOMES 20 NEW MEMBERS!

Betsy Bond  
Fred Cohen  
Andres Carrillo  
David Foster  
Adam Friedman  
Theresa Harpster  
Michelle Hill  
Joey Kilrain  
Bruce Kirschner  
Caroline Kretz  
Michele Miller  
Anne Noonan  
Kevin Oriol  
Natalie Paulucci  
Ernest Pomerantz  
Janet Ricevuto  
Sharon Russo  
Mina Beth Samuels  
William Smathers  
Eva Wirth

## The NYCC Ride Library and Other Electronic Resources

by Benjamin Goldberg, VP of Rides

Did you ever say to yourself "I wish I knew another route to ride"? If so, you'll be happy to learn that the club has placed a library of many of its favorite routes on the club Website, [www.nycc.org](http://www.nycc.org).

Please visit our Website, choose a route, and ride it. Then, once you are familiar with the route, you can lead a ride (call your ride coordinator!).

If you have a route that you think others should know about, send me e-mail at [goldberg@cs.nyu.edu](mailto:goldberg@cs.nyu.edu).

Dona Kahn deserves great credit for putting the library together.

Our ride library is just one of a huge number of electronic cycling resources. If you have Internet access at work or at home, your cycling (and the rest of your life) can really benefit.

Here are just a few suggestions:

1. The club will keep a list of members' e-mail addresses. This will let us contact members quickly should the need arise. For example, when the January bulletin was delayed, ride listings were e-mailed to members who had given us their addresses. Please send your e-mail address to Gene Vezzani, [genev@pipeline.com](mailto:genev@pipeline.com).

2. If you are interested in buying or selling bicycles and parts, reading about bike racing, discussing bike-related social or technical issues, or just learning about great places to ride, there is a bicycle newsgroup for you. These newsgroups are named [rec.bicycles.marketplace](mailto:rec.bicycles.marketplace), [rec.bicycles.racing](mailto:rec.bicycles.racing), [rec.bicycles.soc](mailto:rec.bicycles.soc), [rec.bicycles.tech](mailto:rec.bicycles.tech), and [rec.bicycles.rides](mailto:rec.bicycles.rides). If you can't get to these newsgroups directly, visit [www.dejanews.com](http://www.dejanews.com).

3. If you are interested in discussing cycling in NYC, particular cycling advocacy, join the local mailing list called "ebikes." For instructions on how to do so, visit [www.ebikes.org](http://www.ebikes.org).

4. If you are going out of town and want to ride with a local club, or just want to find a bike route in that area, you should visit the Website for the local club. I often go to Boston, so I get ride and route information from the fabulous Website of the Charles River Wheelmen, [www.crw.org](http://www.crw.org) (to find the web sites of hundreds of bike clubs around the world, see the next item).

5. Finally, for Web pages with thousands of links to other cycling Websites, visit Pete's BikeIndex at [www.pond.com/~mudboy](http://www.pond.com/~mudboy) or the Cyber Cyclery Website at [www.cycling.org](http://www.cycling.org). If you have any questions, please contact me at [goldberg@cs.nyu.edu](mailto:goldberg@cs.nyu.edu).

# Order Your Exciting NYCC Jersey NOW!



**HELP SUPPORT YOUR CLUB AND  
LOOK GREAT WHILE YOU'RE DOING IT.  
ORDER A COLORFUL CLUB JERSEY TODAY.**

The Micro-Airdry fabric in our short-sleeve jersey keeps you dry and cool as you ride by wicking perspiration away from your body. Micro-Airdry fabric is also non-allergic and odor-resistant. The cool comfort of the fabric and the striking eight-color design by NYCC member Michael Toomey make our jersey a winning combination.

We teamed up with the leading manufacturer of cycling apparel, LOUIS GARNEAU SPORTS, to provide you with the very best quality at the lowest possible price.

Our club jerseys are available in 11 sizes: XS, S, M, L and XL for women and S, M, L, XL and XXL for men (refer to the chart at left for size specifications). These jerseys feature an extra-long 16" zipper and three rear pockets. The jerseys are only \$50 each!

There are two easy ways to order your new club jersey:

1. **ATTEND** the February or March club meeting and pre-pay your order on the spot.
2. **COMPLETE** the order form printed in the February and March Bulletin and mail it along with your check covering the price of your selection plus \$3.00 shipping to:  
GENE VEZZANI, 35 West 64th St., Apt. 9-H, New York, NY 10023.  
Your order placed by mail must be received **BEFORE MARCH 11**.  
The delivery time is approximately 4 to 6 weeks.

**PLACE YOUR ORDER TODAY. EXTRA JERSEYS WILL NOT BE STOCKED.**

## WOMEN'S JERSEYS - \$50

SIZE	CHEST	WAIST
Extra Small	30	24
Small	32	26
Medium	34	27
Large	36	29
Extra Large	40	31

## MEN'S JERSEYS - \$50

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

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

## OFFICIAL ORDER FORM

QUANTITY	SIZE(S)	UNIT PRICE	TOTAL COST
		\$50	
		\$50	
		<b>TOTAL</b>	
		<b>SHIPPING</b>	<b>\$3</b>
CHECK NUMBER:	<b>TOTAL DUE</b>		

Please make checks payable to the New York Cycle Club.

NAME _____	
ADDRESS _____	
DAYTIME PHONE _____ EVENING PHONE _____	
DO NOT FILL IN BELOW	
PAYMENT RECEIVED BY _____	DATE _____
JERSEY(S) RECEIVED BY _____	DATE _____

## BIKE SCHOOL®

Do you want to get into shape? Train with the SIG program. Do you want to ride with comfort, confidence and power? Train with the BIKE SCHOOL. Learn bike handling skills and techniques from a former European professional with 45 years of experience, many as a member of the NYCC.

### INDIVIDUAL ATTENTION

Two hour road classes – \$30  
Information • (212)755-3418 • Michael

### MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING OF TUESDAY, NOVEMBER 4, 1997

Present: Gene Vezzani, Steve Britt, Dona Kahn, C.J. Obregon, Charlie Katz, Joel Englander, Anne Grossman, Tom Laskey, Douglas Riccardi, Ben Goldberg and Gary McGraime.

Absent: Mark Schwartz.

The minutes of the meetings of July 15 and August 19 were approved.

Charlie reviewed the club's budget execution and noted that the Century operated at a profit.

There was a discussion of the membership meeting location. Dona indicated that Sambuca was interested in keeping our business. She also noted complaints about P.G. Kings. She indicated she was interested in exploring other locations.

Steve noted that there were fewer ride listings with the coming of cold weather.

Gary planned to give another ride leader training seminar, although he was working on improving the method of instruction.

C.J. was instructed to buy an answering machine. The Board also agreed to arrange for a second yellow-page listing.

Joel reported a 27% increase in membership over the same period one year ago. He also suggested a change in the bylaws with regard to the setting of dues. He indicated that the present specific bylaw provision prevented the club from offering special arrangements to induce membership. After lengthy discussion, C.J. was instructed to prepare a bylaw amendment for review which would allow the board to set membership dues, subject to approval at a membership meeting.

Anne reported that she had begun to receive reservations for the holiday party. She also indicated that the proposal for non-cycling club events had not met with significant participation. The board agreed to try one more such event in January.

Doug apologized for some errors which appeared on the election ballot. There was also a discussion of future columns that might appear in the Bulletin.

There was a discussion of ride-leader incentives. Ben was asked to prepare a proposal. Steve was authorized to spend up to \$250 for ride leader gifts.

It was agreed to give a certificate of achievement to Louis Berardinucci and a lifetime mem-

bership award to Christy Guzzetta.

It was noted that we would be changing our post office box and that we were exploring the production of club bicycle caps.

The meeting adjourned at 8:25 pm.

Respectfully submitted

Conrad J. Obregon

### MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING OF TUESDAY, DECEMBER 9, 1997

Present: Gene Vezzani, Steve Britt, Dona Kahn, C.J. Obregon, Charlie Katz, Joel Englander, Anne Grossman, Tom Laskey and Mark Schwartz.

Absent: Douglas Riccardi, Ben Goldberg and Gary McGraime.

Also present at the meeting were Ludwig Vogel and Bernie Brandell.

The minutes of the meeting of November 4, were approved.

Charlie reviewed the club's budget execution.

Joel noted that even though our mailing labels were bar-coded, they could not be electronically processed because they were staple-sealed. The board approved the use of wafer seals, which would also be cheaper.

Gene suggested that the club explore the use of other printers. Charlie expressed concern, since the present printers was a sponsor of the century.

Gene suggested that the club might skip a membership meeting in January or February but it was noted that monthly membership meetings were required by the bylaws.

Steve discussed the problems of getting new ride leaders.

Joel noted that membership was 28% greater than at the same time last year, and that there had been more renewals this year. Joel also noted that problems had been encountered because the press run of the Bulletin had not been large enough.

Gene complimented Anne on the success of the holiday party, but he said the club might have even more success with a Saturday-afternoon party. Although the idea of a summertime party at the Boathouse was attractive, the board wished to continue with the present organization of the holiday party, and Anne was instructed to reserve next year's location and authorized to guarantee 100 people. There was also a discussion of the Brighton Beach dinner.

After a lengthy discussion, the Board agreed that the January membership meeting would be held at Sambuca.

There was a discussion of publication policy for the Bulletin. It was agreed that the Editor was authorized to decide what to print.

The Century Committee recommended that given the operation of the century at a small profit over the last three years, it was appropriate to donate \$1,500 to four non-profit organizations. C.J. said that all of the organizations were worthy but that this was not a purpose of the club or of the Century. Most directors said that these were worthy causes and that the club treasury could afford the donations, so the suggestion was approved.

The Board considered standards for equipment but took no official position, other than that ride leaders could determine what equipment was safe for the rides they lead.

The meeting adjourned at 9:10 pm.

Respectfully submitted

Conrad J. Obregon

## Re-Cycling

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

### FOR SALE:

**1995 DURA-ACE STI GROUP Model** 7410 -172.5 cranks 53-39 Rings - 12-23 Cassette - Excellent Condition. Upgrades: SRP Titanium Kit, Phil Wood Ti BB w/ 103 spacing, H&H Ti seatpost (27.2), Mavic CD4 SUP Cer. rims w/ 14G DT Spokes (DA hubs). Best Offer. **CALL Scott** (212) 752-1323.

**MAVIC CXP 30** wheels w/32 titanium spokes **CAMPY** titanium rear hub with 12-21 8 speed titanium **CAMPY** cassette, front wheel with **WHITE INDUSTRIES** hub. 3 pairs **SPEEDPLAY** road pedals w/ steel spindles, pair of **VITTORIA EXTREME** 700x20 tires, still in box, brand new, clincher, **CONTINENTAL GRAND PRIX** 700x20 tires, clincher, **AMERICAN CLASSIC** 25.0 aluminum seat post, **TORQUE** titanium 27.2 seat post, **CAMPAGNOLO CHORUS** crank w/53-39 rings, **CAMPY CHORUS** rear derailleur, '96 **CAMPY RECORD** ergo levers, **AMERICAN CLASSIC** 172.5 crank arms for **SHIMANO**, 2 **TTT** 44 handlebars, 2 **CONTROL TECH** 120mm stems, **CINELLI** x130mm stem. All equipment in excellent condition and priced to sell. **CALL RICH** at (212) 734-2887.

Black **KESTREL 200 SCI** road bike, 21" frame, Shimano Dura-Ace components, excellent condition, asking \$600. Silver **VITUS** aluminum road bike, 19" frame, Shimano Dura-Ace components, excellent condition, asking \$500. **CALL STUART** at (718) 428-7053.

**BRIDGESTONE RB-1**, 53 cm, Dura-Ace, Reflex wheelset. Great condition. Could be a collector's item. \$595. **CALL MARC** at (718) 749-2685.

### WANTED:

50 cm road bike, complete for \$600-\$850. **CALL RICH** at (212) 734-2887.

**MATERIAL FOR THE  
MARCH BULLETIN  
IS DUE FRIDAY,  
FEBRUARY 13.**

## Before your first club ride, please read this:

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

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

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

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

**BEFORE ANY RIDE:** Check that your bike is in good riding condition: brakes and derailleurs working well, tires pumped to the pressure specified on the sidewall. Eat breakfast.

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

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

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

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

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

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



### 1998 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS

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

☐ New ☐ Renew ☐ Change of Address Date \_\_\_\_\_ Check Amount \_\_\_\_\_

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

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

NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

ADDRESS / APT \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP (REQUIRED) \_\_\_\_\_

DAY TEL \_\_\_\_\_ NIGHT TEL \_\_\_\_\_ E-MAIL \_\_\_\_\_

**CIRCLE IF APPLICABLE:** I do not want my (address) (phone number) (e-mail address) published in the semi-annual roster.

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

\_\_\_\_ Individual - \$21

\_\_\_\_ Couple residing at the same address - \$27

You get dehydrated on a long ride, fall off your bike and need medical attention but you are 30 miles up 9w.

# WHAT DO YOU DO?

Come to our February meeting and hear ED FISHKIN, MD  
Learn what to do in case of an accident, how to prevent dehydration,  
keeping healthy and other interesting bicycling subjects.

## THIS MONTH: "NEW" RESTAURANT—"NEW" MENU

Tired of the "Same Old Pasta?"

### COME TO ESTIA

308 East 86th St.  
(86th St. and 2nd Ave.)  
212-628-9100

MENU: Chicken, Vegetarian Dish, Pasta, Salad, Good Bread, Coffee or Tea.

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

Admission Between 6:00 and 7:55 — \$17.

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

Admission after 7:55 pm (program only) — Free

From the East Side, take 6 train or bus to 86th St., and walk a few blocks to 2nd Ave.

From the West Side, take 1, 9, B, or C to 86th St., crosstown bus to 2nd Ave.

Sorry, no indoor bike parking.

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



DATED MATERIAL!

## FIRST CLASS MAIL

PRESORT  
FIRST CLASS  
U.S. POSTAGE  
PAID  
PERMIT NO. 7288  
BKLYN, NY

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