

July  
1998

JULY 1998

# NYCC *Bulletin*<sup>™</sup>

*First All-Class Ride  
With Cookout!*

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# Bulletin Board

## JULY OPPORTUNITIES

FROM THE PRESIDENT — GENE VEZZANI

### Opportunity #1 — Be All That You Can Be

The founders of our Escape From New York Century are looking for a few good members interested in learning how to manage and produce a century ride. If you would like to make a contribution to our club by learning the in's and out's of our Century this year and actively managing the process next year please give me a call, 212-875-1615, before July 15th. This is an excellent opportunity for you to become a member of a committee, and to help our Century grow.

### Opportunity #2 — Biking for Barbecue

The July 25th All Class Ride features the thrill of club riding and the great taste of a free barbecue lunch prepared by your multi-talented chef/board members. Meet your ride leaders at the Boathouse where you'll receive your ticket for a free barbecue lunch. We offer rides at every level and speed for this special event, but you must be a member to participate. Not a member? No problem! We'll have membership applications at the Boathouse just for you.

### Opportunity #3 — Rascals, Cyber Style

The June roster contains a wealth of information; the names, addresses and phone numbers of our members, and also their E-mail addresses. This is the first time that we've published E-mail addresses, and don't-ya-know two members have already seized the opportunity to send unauthorized messages/solicitations. Not cool.

The roster is not to be used for commercial purposes! The contents of the roster is copyrighted by the New York Cycle Club and unauthorized use will be strictly enforced.

### Opportunity #4 — Taking Care of Business

The New York Bicycling Coalition has opened a new web site; [www.serotta.com/nybc](http://www.serotta.com/nybc). There you can find their recent newsletters, important information about NYBC, and a links page that connects to all of the cycling clubs of New York.

### Opportunity #5 — Super Salads

You don't want to miss our July club meeting. Every month our meetings get more and more interesting, and are a lot of fun! The next meeting is scheduled for Tuesday, July 14. Meet at 6:00 pm, dinner at 6:30 pm, the program begins at 8:00 pm. The location is Dallas BBQ, located on West 72nd Street between Columbus and Central Park West. Last month over 100 club members and their guests enjoyed delicious salads prepared by Ed Fishkin and myself. Come to the meeting this month and participate in the surprises that make a meeting unforgettable. Please call or E-mail Joel Englander or Anne Grossman if you plan to attend (their contact information is in the column to the right). This helps us estimate how many people are coming.

### Opportunity #6 — Tapping Into Technology

Every month we send weekly updates of upcoming rides and special events to our members via E-mail. You are cordially invited to join our free Internet notification service by simply sending your name and E-mail address to [genev@pipeline.com](mailto:genev@pipeline.com). You say that you don't have a computer or access to E-mail, but still would like the updates. No problem! Come to the July club meeting (see page 12 for details) and learn how you too can benefit from this unique feature of our club.

## Volunteer Needed!

*Thank You, Beth Renaud*

The NYCC Bulletin needs your help! The Bulletin owed its clean appearance to Beth Renaud's diligent and professional proofreading. Her help will be sorely missed.

Any NYCC members willing and able to contribute proofreading skills to the club should please get in touch with the Editor, the sooner the better, preferably by e-mail to [ludwig@bway.net](mailto:ludwig@bway.net).

### NEW YORK CYCLE CLUB

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

#### PRESIDENT

Gene Vezzani  
212-875-1615  
[genev@pipeline.com](mailto:genev@pipeline.com)

#### V.P. PROGRAMS

Joel Englander  
212-580-1861  
[merlinmj@juno.com](mailto:merlinmj@juno.com)

#### V.P. RIDES

Ben Goldberg  
212-982-4681  
[goldberg@cs.nyu.edu](mailto:goldberg@cs.nyu.edu)

#### SECRETARY

C.J. Obregon  
212-876-6614  
[obregon@lou.fordham.edu](mailto:obregon@lou.fordham.edu)

#### TREASURER

Charlie Katz  
212-529-6717  
[charles.katz@citicorp.com](mailto:charles.katz@citicorp.com)

#### PUBLIC RELATIONS

Douglas Riccardi  
212-388-9758  
[memory@aol.com](mailto:memory@aol.com)

#### MEMBERSHIP

Dona Kahn  
212-399-9009  
[donaskahn@aol.com](mailto:donaskahn@aol.com)

#### SPECIAL EVENTS

Anne Grossman  
212-924-1549  
[annesg@mail.idt.net](mailto:annesg@mail.idt.net)

#### BULLETIN EDITOR

Ludwig Vogel  
212-838-0852  
[ludwig@bway.net](mailto:ludwig@bway.net)

#### A-RIDES COORDINATOR

Tom Laskey  
212-496-1636  
[tom\\_laskey@sonymusic.com](mailto:tom_laskey@sonymusic.com)

#### B-RIDES COORDINATOR

Gary McGraime  
212-877-4257  
[garynycc@aol.com](mailto:garynycc@aol.com)

#### C-RIDES COORDINATOR

Bernie Brandell  
718-633-1759  
[brande@cooper.edu](mailto:brande@cooper.edu)

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**Subscriptions:** Free to NYCC members. If you don't receive your Bulletin on time, have a change of address, or 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:

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

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

**Deadline:** All submissions and advertising are due the Fourteenth of the month prior to publication.

#### Web Page:

<http://www.nycc.org>

# Club Rides

**RIDE LISTINGS:** To lead a NYCC ride next month and list it in the Bulletin, contact the Ride Coordinator (see page 2) for that ride class on or before this month's club meeting date. **BEFORE YOUR FIRST CLUB RIDE:** Please read about club rides on page 11.

**ALWAYS WEAR YOUR HELMET. NO HEADPHONES.**



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



## Friday, July 3

**A21 101.7 MI 8:00 AM Goshen and West Point**  
*Leader: Jeff Vogel (718) 275-6978. From: 72nd Street and 5th Ave.*  
 Join us for this classic ride as we climb Skyline Drive and pass through beautiful Greenwood Lake and historic Goshen. From Goshen to West Point, we'll follow the traditional scenic route. There will be two very brief stops so we can try to make it to West Point in time for the historic tour of the campus. Two water bottles are required — it may be 52 miles to the first stop. **Remember your Metro-North pass if you're not staying for the weekend — this ride ends at West Point.**

## Saturday, July 4

**A/B/C: 9:00 AM Meet Us At West Point**  
**(VARIOUS DISTANCES AND SPEEDS)**  
*Leaders: TBD. From: The Thayer Hotel, West Point.*  
 Can't join us for the full West Point weekend? (See June Bulletin for details.) You're welcome to join us for the various rides during the day. **Helmets required on the West Point campus** (or you land in the stockade!)

**A20 60 MI 9:00 AM The Civilian Ride**  
*Leader: TBD. From: The Boathouse.*  
 If you're not going to West Point this weekend, come out to the Boathouse for a pickup ride.

**B16 50 MI 9:00 AM Stars and Stripes**  
*Leader: TBD. From: The Boathouse.*  
 Wear your most patriotic colors!

**C13 18 MI 9:00 AM Stars and Bikes Forever**  
*Leader: Terry Chin (718) 680-5227. From: AYH, 103rd St. and Amsterdam Ave.*  
 Show your primary colors with a tour of NYC's National Landmarks. We'll explore the West side from Grant's Tomb to the Battery. Lunch at the South Street Seaport, Pier 17. Bring snack, or money, and lock. Co-led with 5BBC.

## Sunday, July 5

**A20 60+/- MI 9:00 AM Democracy in Action**  
*Leader: TBD. From: The Boathouse.*  
 Celebrate our nation's birth by taking part in a pickup ride where destination and pace are determined solely by group vote.

**B14/16 60-65 MI 9:30 AM Nyack**  
*Leaders: Hindy and Irving Schachter (212) 758-5738.*  
*From: First Avenue and East 64th Street, NW corner.*  
 Once again we break into two groups after crossing the GWB and meet for coffee at the Runcible Spoon. (Our April try failed due to hard, thick rain).

The slower group has a relatively flat jaunt through Piermont and the appropriately named Grandview on Hudson. Members of the faster group had better like hills because they will see plenty of them.

**C14 45-50 MI 9:15 AM Mamaroneck**  
*Leader: Scott Wasserman (914) 723-6607. From: The Boathouse.*  
 In contrast to the previous day, this will be a quiet ride to the harbor park so don't bring your leftover fireworks. If the summer follows last winter's pattern it will be a fine day for riding, for those who like heat. THI over 125° cancels.

## Wednesday, July 8

**A/B/C 0 MI 6:00 PM Dancing Under the Stars**  
*Leader: Anne Grossman (212-924-1549). From: Lincoln Center.*  
 Want to learn some dance steps to impress fellow cyclists at the next club party? Come join me for Midsummer Night's Swing at Lincoln Center. Get in line at 6:00 pm to purchase a \$10 ticket. Dance lessons are from 6:30-7:30 pm. Dance the night away from 8:15 pm-11:00 pm with a live band. When our feet can't take anymore, we'll go eat afterward. Rain cancels.

## Thursday, July 9

**A19 65+/- MI 10:00 AM Sick Day, Ride Day Summer Series #1**  
*Leader: Jill Tucker (212) 431-3029. From: The Boathouse.*  
 Have you ever wanted to call in sick but were afraid to? The ride leader will assist you in overcoming your fear as well as provide beautiful roads to ride on. Sick notes will be provided to those in need. Come on, you can do it!

## Saturday, July 11

**A21 70 MI 8:30 AM Armonk**  
*Leader: Dave Thomas (212) 675-6191. From: The Boathouse.*  
 22, Whipoorwill, 117, 128... hills and fast paceline stretches with deli stop at Armonk. Temp. over 90° cancels ride.

**A17 50 MI 9:00 AM Don't Be Fooled**  
*Leader C.J. Obregon (212) 876-6614. From: The Boathouse.*  
 Don't be fooled by the slow speed. Paceline skills still required for a trip to White Plains with one short but hard climb on the return. For A riders who are still not in shape. **Helmets required.**

**B18 80 MI 8:30 AM Suffern Succotash**  
*Leader: Peter O'Reilly (212) 414-1937. From: The Boathouse.*  
 "Go West" is the theme of today's ride. We'll explore some new and less traveled club ride territory in more northern and westward portions of Bergen County. We'll cross the state border into Rockland County, and have lunch in my childhood hometown. You'll get to see and maybe agree that the best bagels are not baked in New York City. Extra water recommended. Succotash optional.

**C14 40 MI 9:00 AM Ride Title: Long Beach Revisited**

*Leaders: Alinda Barth (212) 928-5399 (evenings) and Larry Rutkowski (212) 799-9625 (days). From: The Statue of Civic Virtue (E or F train to Union Turnpike, Kew Gardens).*  
 Don't want to do hills on a hot summer day? Join us for a flat ride to a cool destination. We'll have lunch on the boardwalk on Long Island's South Shore. Rain or temp. over 98° cancels.

**C12 25 MI 12:45 PM A Brooklyn Residential Tour**  
*Leader: Terry Chin (718) 680-5227. From: The Picnick House, Prospect Park.*  
 Explore some of the quieter sections of Brooklyn: ride through Borough Park, Bay Ridge, Brighton Beach, Sheepshead Bay, Midwood, Kensington, and others. Co-led with 5BBC. Bring lock, snack, or \$ for it.

## Sunday, July 12

### A21 65 MI 7:30 AM Armonk/Back by Noon

Leader: Michael Knopf (212) 678-7883. From: 110th Street and 7th Avenue. Let's get the riding out of the way early and get home to the kiddies. Ride to White Plains, Lake Street to Armonk, Whippoorwill if we have the time and the legs and then back down Route 22 and home to familial bliss. Note early start time and non-boathouse meeting place.

### A20 55 MI 9:00 AM Richard's Same Ol' Gorgeous Ride

Leader: Richard Rosenthal (212) 371-4700. From: The Boathouse. Until the next geologic epoch erodes it, I will continue to ride at the foot of the Palisades on beautiful River Rd., enjoying wild flowers, waterfalls, the river, and, most of all, no traffic. As usual, then comes the Bradley-Tweed climb, and, as usual, me far off the back of you. For the uninitiated, this leads to Nyack or Piermont.

### B15 65/70 MI 9:00 AM Westchester Wickedness

Leaders: Lynn Sarro (sarka@erols.com) and Linda Wintner (212) 876-2798. From: The Boathouse.

We're going for cheesecake or some fabulous fattening thing. After all, we ride to eat. Lots of wicked hills, lots of wicked beautiful scenery. And a wicked lunch stop. Bring pocket food. **Helmets required. Metro-North pass recommended** as a bailout option. No pacebusters, please.

### C14 55 MI 9:00 AM Nyack

Leaders: Bernie Brandell (718) 633-1759 and Jan Chenoweth (212) 721-8258. From: The Boathouse.

A kinder gentler trip to Nyack. We will avoid 9W and still get in a good 55 miles. Prepare for a stimulating ride. **Helmets mandatory.** It gets hot in July so be at the Boathouse at 9:00. See you then!

## Thursday, July 16

### A19 65+/- 10:00 AM Sick Day, Ride Day Summer Series #2

Leader: Jill Tucker (212) 431-3029. From: The Boathouse. Still feeling sick? What better way to recover than to sit on the saddle? Group will determine the destination. Don't forget to bring sun block so you don't get caught.

## Saturday, July 18

### A21 85 MI 9:00 AM Byrum Lake

Leader: Dave Younglove (212) 533-1275. From: The Boathouse. Join me for my annual journey through Westchester to beautiful Byrum Lake. Remember: if you miss this ride, you'll have to wait a whole year for another chance. The usual cancels.

### ATB1/2/3 TBD TBD Downhill Mania: Bike Plattikill

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

### B16 65 MI 9:15 AM Long Beach – the Long Way

Leaders: Mark Bernstein (718) 833-6648. From: The Boathouse. Join me for a totally flat, peaceful ride as we follow the ocean through three counties. Rain cancels. Hope for an early return.

### C13/14 30-35 MI 9:30 AM Coney Island

Leader: Peter O'Reilly (212) 414-1937. From: City Hall Park. Come join us for a sweet days of summer ride. We'll head on over the Brooklyn Bridge, blowing through the jasmine in Prospect Park, passing the papers lying on the sidewalk, hearing a little music from the houses next door en route to Coney Island. Lunch will be had at Nathan's. Afterwards, we'll head back catching a nice summer breeze or two while riding alongside the waterfront. Carefree riding is mandatory; spontaneous singing of Seals and Crofts tunes is optional.

## Sunday, July 19

### A20 60 MI 8:30 AM Post Race Spin/Skills Ride: Pacelines

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

Join us, along with some of our CRCA/Conrad's teammates, on an easy recovery spin to Nyack. To liven things up a bit, we're planning on riding some sections as a rotating double paceline, in which one line is always advancing and then almost immediately rotating off the front to the retreating line. This is more technical and requires more finesse than the "two lead riders swing to the outside after a turn at the front" double paceline rotation we prefer. We will go over the basic technique before and during the ride for anyone unfamiliar with this more advanced paceline style. Please note, this introduction is not intended to be "Intro to Pacelines 101", so — as is the case for any listed "A" ride — all participants are expected to have at least basic paceline skills. Inclement weather or a mass crash in the race field cancels.

### B15 55 MI 9:00 AM Nyack

Leader: Bernie Brandell (718) 633-1759 and Jose Diaz (718) 963-3781. From: The Boathouse.

An insulted bike moves on. My bike last time at Piermont was offended when the old lady refused to let it lean against her house. So we'll go to the Runcible where it will be treated with dignified parking.

### C13 40 MI 9:30 AM Sojourn to Sea Cliff

Leaders: Arlene Ellner (212) 677-3306 and Dorothy Fong (718) 596-1967. From: The Statue of Civic Virtue, Union Turnpike and Queens Blvd., E or F train to Union Turnpike (front of train). Pretty, relaxed ride to Sea Cliff. A few hills. Bring or buy lunch to eat at the park. Predicted high of 90°+ or rain cancels. Call leaders if you have any questions.

## Thursday, July 23

### A19 65+/- 10:00 AM Sick Day, Ride Day Summer Series #3

Leader: Jill Tucker (212) 431-3029. From: The Boathouse. Biking is personal. So why not use those personal days? You deserve it. Today will be a Westchester day. Our route will take us past many companies where people are currently working.

## Saturday, July 25

### All Class Ride and Cookout!

For the first time, our all-class rides will share a common destination: a BBQ on Roosevelt Island. Don't miss it!

**A19 95 MI 8:00 AM Roosevelt Is. via Bear Mtn.**

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

Yes, you read correctly, we will head to the all-class club cookout on Roosevelt Island via Bear Mountain. Route has not been determined at press time, hopefully it will be a little more inspired than 9W up and back and will definitely include a climb up Perkins for a short rest stop before heading home. When we come back over the GWB, we'll head through Manhattan to the east side and over to Roosevelt Island. Whatever route we take, there will be plenty of mileage and climbing to make room for plenty of cookout fare. Pocket food, two water bottles highly recommended as there will be no formal diner or deli stop.

**B16 70 MI 8:30 AM Rockland Lake to Roosevelt Island**

Leader: Ben Goldberg (212) 982-4681. From: The Boathouse.

We'll take my favorite route to Rockland Lake, returning in time for the cookout on Roosevelt Island.

**C13 50 MI 9:00 AM Mamaroneck Beach**

Leaders: Robert and Annaline Dinkelmann (212) 906-0014.

From: The Boathouse.

Ride through the Bronx and Westchester county to the shores of the Hudson. Not too many hills. Lunch at the beach, and then back to Roosevelt Island for the BBQ. Rain or bad weather cancels.

**C13 23 MI (FLAT) 9:30 AM Bike n'Tube n'Float n'Splash**

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

Bike the scenic path along the Delaware River to quaint Frenchtown, NJ and return to Pt. Pleasant, PA where we will have a picnic lunch followed by 3-4 hours of tubing down the Delaware River. In the evening we have an option of seeing a play at the Bucks County Playhouse, or just dining and strolling the quaint streets and shops of New Hope, PA. Meet 9:30 am at Bucks County River Country in Pt. Pleasant, PA. Directions: 78W to 287S to 202S and cross into PA. Follow Route 32N approx. 8 miles to Pt. Pleasant. Bring or buy lunch, lock, bathing suit, towel, sunscreen, and water shoes. Approximate cost \$15.00. Joint effort with the Bicycle Touring Club of North Jersey.

**Sunday, July 26****A21 80 MI 9:00 AM Little Tor**

Leader: Chris Audley (201) 876-9231. From: The Boathouse.

The last time I led this ride, no one showed up. What kind of club spirit is that? This time I'm sure there will be plenty of eager cyclists showing up ready to test their mettle (not to mention knees) on our favorite little big hill. Pocket food and two water bottles recommended, the usual cancels.

**A19 70+/- MI 8:00 AM Definitely not Nyack**

Leader: Richard Kaufman (212) 864-3665. From: The Boathouse.

No more Little League baseball games so I should be able to show you 70 or so miles in Bergen and Rockland County; maybe we'll even go up South Mountain Road, instead of down.

**B15 65 MI 9:00 AM The Great Swamp and Stuff**

Leaders: Dick Goldberg (212) 874-2008 and Marina Bekkerman (718) 851-1527. From: The World Trade Center PATH train, top of the escalator.

Ride west through Newark (for about 30 minutes) to The Great Swamp National Wildlife Refuge, Jockey Hollow Historical Park and equally historic Morristown. Lots of countryside, history and some charming parkland. Maybe a junkyard. The PATH train is a dollar each way.

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

**C13 45+/- MI 9:00 AM Piermont: Escape to Freedom**

Leader: Dona Kahn (212) 399-9009. From: The Boathouse.

Standing on the Pier with wide smile, he's been waiting for the moment quite a while, to give the line a hefty toss, away from in-laws and demanding boss. Two eagles circling in acrobatic display, what did the wind to the billowing sails convey? Piermont; small with a horizon wide, and the child within you gets a free ride. So come along.

**Thursday, July 30****A19 65+/- MI 10:00 AM Sick Day, Ride Day Summer Series #4**

Leader: Jill Tucker (212) 431-3029.

From: The Boathouse.

Boy, you're so good at calling in sick! Remember, workaholicism is not for everyone. One Thursday at a time, you can find time to ride. Group destination will be decided.

**Saturday, August 1****A20 60-80 MI 8:30 AM DESTINATION UNKNOWN**

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

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

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

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

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

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

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

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

**Sunday, August 2****A21 60 MI 9:00 AM Nyack Beach**

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

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

**B16 55+/- MI 9:00 AM Westchester**

Leader: TBD. From: The Boathouse.

Join this pick-up ride to Scarsdale, White Plains, or beyond.

**C13 50 MI+ 9:00 AM Scarsdale and Beyond**

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

We'll ride up to Westchester where we'll find wooded roads providing plenty of welcomed shade. We'll stop at the deli in Scarsdale (where everyone else is on a diet) to enjoy a picnic under some old oak and

maple trees. **Helmets required. Metro-North Pass recommended** if you'd like to return early via train. Bring plenty of water.

### **C13 25 MI 10:00 PM Moonlight Bike Ride**

*Leaders: Ethan Brook (201) 816-0815 and Richard Fine (201) 461-6959.*  
*From: Pulitzer Fountain, by the Plaza Hotel, 5th Ave and 59th Street.*  
 Our 9th annual safe flat meandering bike ride through the streets of Manhattan (approximately 4-5 hours). Enjoy the sights, sounds, and smells of New York as we travel through Central Park, along the East River, Hudson River, midtown, the new Times Square, Greenwich Village, Chinatown, Little Italy, etc. etc. — and still get home for a good (?) night's sleep. Cue sheets and bananas supplied. Bring or buy snacks or food. Joint with Bicycle Touring Club of North Jersey.

## **Saturday, August 8**

### **B13 75 MI 9:30 AM River to the Lake**

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

## **Out of Bounds**

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

**Club Getaway**, Friday, August 7-9, 1998. Join us for another fabulous weekend in the Berkshires; this time in Litchfield County, Connecticut (near Kent), at Club Getaway, Friday night August 7th through Sunday afternoon August 9th. There will be A, B, and C rides, led by NYCC and LIBC leaders in the beautiful, rolling countryside. Rides will return early in the afternoon to take advantage of the club's many wonderful facilities, including a lake for water skiing, sailing, kayaking and windsurfing; as well as volleyball, basketball, in-line skating (lessons and equipment available), tennis, hiking, wall climbing, trapeze, mountain biking, softball, aerobic classes, golf driving range, massage classes, arts and crafts, dance classes, amateur shows and dancing at night for those who can stay awake. The food is good and there is free wine at dinner. Best of all, if we time our rides right, it's possible to have five meals on Saturday. Call Club Getaway at (800) 6-GETAWAY and mention the New York Cycle Club to get our special discounted weekend rate of \$199 per person. Bus transportation for you and your bike from Manhattan available for an additional charge. For more information, please call Jeff Vogel (718) 275-6978.

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

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

**Ride with BAC van support to GEAR/North**, August 14. (If enough are interested, can become a round trip, with return-only option.) Trip may be

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

**Downside Up Third Annual Charity Bike Ride**, Moscow, August 29-31. Downside Up is based in Moscow and is dedicated to improving the quality of life for children with Down syndrome and their families in the Russian Federation. This ride promises great fun and good cycling through the historic and scenic Russian cities of Pereyaslav-Zalessky, Sergijev Posad and Abramstev. The riders end up with a celebration in Red Square, in front of St. Basil's Cathedral. The past two years have brought riders from all over the world. For more information on this event, email: [downsideup@matrix.ru](mailto:downsideup@matrix.ru) or phone/fax 095-256-4525.

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

**Transportation Alternatives 1998 New York City Century**, September 12. From the hills of Riverdale to the flat Shore Parkway bike path, from the Vanderbilt Parkway to Coney Island, the New York Century will take you through some of New York's most scenic and least-traveled roads, plus bring you across some of the newest bike lanes and over scenic bridges. You're guaranteed to find new places to ride, all within New York City limits. Marked and marshalled 50, 75, and 100-mile routes, mostly flat, will

## **NYCC WELCOMES 77 NEW MEMBERS**

Albert, Judy	Hancock, Robert	Ryan, John
Arce, Maribel	Hildreth, Van	Sands, George
Ashworth, Cynthia	Kelly, Eileen	Sauney, Moses
Barrett, Barbara	Kernis, Lainie	Savitzky, Jill
Behnke, Sharon	Kolawole, Abimbola	Shivack, Michele
Belson, Elizabeth	Kulka, Holly	Sidhu, Mickey
Bergamini, Frank	Laidlaw, Jeannette	Simon, Jill
Brunel, Sylvain	Lee, Ritta	Slabaugh, Greg
Bruno, Joseph	Levin, Richard	Spraos, Paul
Burman, Karen	Levin, Daniel	Stafford, Carlos
Carrington, Timothy	Loeb, Teri Anne	Stratopoulos, Nick
Castonguay, Gilles	Long, William	Suggs, Jeanne
Chapman, Mark	McLean, Penny	Theodoropoulos, Anastasia
Cherniavsky, John	Millman, Roland	Tublin, Steven
Cleland, Barbara	Mimoun, Marisa	Vermann, Debbie
Contento, Susan	Moffett, Erica	Waldorf, Andrew
Dallos, Lisa	Natter, Janet	Warner, Ann
David, Philippe	Niemeyer, Robin	Weisberg, Richard
Donovan, Rosemary	Nimerichter, Jodee	Wheelock, David
Echeverri, Anna Maria	Nottingham, Lucy	Wilson, Marguerite
Ellsworth, Kristi	Quartner, Cathy	Youner, Ken
Fader, Ellen	Rabinowitz, Steven	Yu, Patrick
Frank, Tom	Rea, Frances	Zitrin, Anthony
Geelan, Siobhan	Rea, Lorraine	Zola, Miranda
Georgievski, Dimitar	Ridley, Elizabeth	Zwetkow, Nikolaus
Grimes, Eric	Rosenblatt, Ira	

be offered through Manhattan, the Bronx, Queens, and Brooklyn. Central Park start and finish, with five bathroom, water and food stops staffed by T.A. volunteers. All-new 1998 T-shirt or patch free with registration. Remember, this is the ride that benefits **you** as a cyclist. Proceeds directly fund Transportation Alternatives' work for better biking. Look for registration brochures at bike shops in July, or visit <http://www.transalt.org/calendar/century/index.html> for online registration. To volunteer as a marshal or rest stop staffer, call T.A. at (212) 629-8080, fax (212) 629 8334 or e-mail: [transalt@echonyc.com](mailto:transalt@echonyc.com). The 1997 ride was a blast. This year promises to be even better!

**The Golden Apple Rides**, Katonah, NY, September 20, 1998 (rain or shine). Every September, the Country Cycle Club sponsors a self-paced tour of Westchester and Putnam Counties. You can take marked routes of 25 to 125 miles, and you will be supported with maps, food, rest stops, and directions. The Golden Apple represents the culmination of the Westchester cycling season, and over 700 cyclists have come to challenge themselves and enjoy a fully supported ride. It's lots of fun for everyone involved. For more information, call (888) BIKE-INFO or visit [www.geocities.com/Colosseum/Park/1424/news.html](http://www.geocities.com/Colosseum/Park/1424/news.html).

### A Poignant Reminder of Risk ...

Ten new Street Memorial stencils have appeared on the sidewalks of Manhattan to commemorate lives lost to automobiles.

For those who'd like to go see them, here's a list of locations:

1. Sylvia Hendell, † 12/30/97, 3rd Ave. and 59th Street (SE corner).
2. William Bochman, † 7/9/96, 3rd Ave. and 60th Street (SE corner).
3. Rita Sklar, † 6/25/96, 1st Ave. and 64th Street (NW corner).
4. Lee Garfield, † 3/7/96, 2nd Ave. and 69th Street (NE corner).
5. Elaine Schmidt, † 6/8/96, 3rd Ave. and 76th St. (SE corner).
6. Barbara Foshko, † 6/1/98, Lexington Ave. and 71st Street (SE corner).
7. Stephen Polard, † 6/12/98, Broadway and 56th Street (NE corner).
8. Laurene Pignataro, † 3/25/98, 8th Ave. and 14th Street (NE corner).
9. Edward Albert, † 9/13/97, 14th Street between Ave. A and B (mid-block on south side).
10. Olga Ruiz, † 5/14/98, Essex and Houston Streets (SE corner).

— From: *e-bikes*.

### Performance Recalls 3,650 Bike Pedals

Performance Inc. is recalling 3,650 pairs of its Campus bike pedals, the Consumer Product Safety Commission announced May 19.

The axle of the pedals has an inch wide hollow and can break, causing the rider to lose control of the bicycle. Performance Inc. has received 10 reports of axles breaking. No injuries have been reported. Performance sold these pedals from December 1996 through April 1998 in stores and by mail. Consumers have been cautioned to stop using bikes with the defective pedals immediately.

For more information, contact Performance's Technical Department at 800-553-8324 between 9:00 a.m. and 6:00 p.m. EDT Monday through Friday.

### 25,000 Sachs Bicycle Chains Recalled by SRAM Corp.

SRAM Corp., of Chicago, Ill., is recalling about 25,000 Sachs Bicycle chains that can break suddenly. SRAM Corp. has received nine reports of chains breaking, resulting in two minor injuries, which occurred in the United Kingdom.

The recalled chains are Sachs Power Chains (PC chains) with model numbers PC-41, PC-51, PC-61, PC80R, and PC-91, and are stamped with the date code "F." The model number and date code are stamped on each link of the chain but are difficult to see. Consumers should have their chains inspected at a local bicycle dealer to determine if they are affected by this recall.

These chains were sold as part of various 1998 model Giant (ATX-1100, ATX-1200, ATX-860, ATX-865, ATX870, ATX-890, ATX-970, CFR-2, CFR-3, MCM-980, TCR), Schwinn (Moab A2, Moab A3, Moab A1-E), and Specialized Bicycles (Rockhopper, Rockhopper FS, Rockhopper Comp FS, Ground Control, Ground Control FSR, Ground Control FSR Comp, Ground Control FSR Extreme).

Bicycle dealers nationwide sold the bicycles using these chains between July 1997 and May 1998. Chains also were sold separately during this period through dealers for about \$15 to \$45.

Consumers should stop using the bicycles that might be equipped with these chains immediately, and arrange to have a free inspection of their chain by a local bicycle dealer. Bicycles with recalled chains will have their chains replaced free of charge. For the location of the nearest dealer, consumers should call SRAM at (888) 588-8140 between 8:00 a.m. and 5:00 p.m. CDT Monday through Friday.

## You Never Know...

### Father of Mountain Biking a Fugitive

— Richard Rosenthal

A well-liked resident of Crested Butte, CO, considered the father of modern mountain biking, is being sought by federal officers on a 24-year-old warrant. The man everyone knew as Neil Murdoch is really Richard Gordon Bannister, wanted for jumping bail in Albuquerque, NM, on charges of importing 26 pounds of cocaine in 1973.

This weekend townspeople plan to throw a party in Bannister's honor and the theater board will give him a lifetime achievement award for playing the part of Murdoch for nearly

a quarter-century. He disappeared two weeks ago after federal officers took his fingerprints and quizzed him about using someone else's Social Security number. Shortly afterwards, his friends and neighbors discovered his true identity.

Townspeople seem ready to defend Murdoch, who managed to keep his past a secret to all but a few of his closest friends. Ethan Hicks, manager of a bicycle shop that grew out of a business Murdoch founded, said, "He's got a lot of friends who would have stood up for him and

said, 'He might have done something wrong but look at what he's done in the past 24 years.'" Murdoch first worked in a mine when he arrived in Crested Butte in 1974. He quickly developed an interest in the fat-tired bicycles locals used to navigate the muddy streets of Crested Butte during the winter. With help from friends, Murdoch moved from fixing bicycles and selling parts out of his garage to adding extra gears and more effective hand brakes to enable these early mountain bikes to better negotiate steep terrain.

Murdoch became active in local theater and organized outdoor activities for children, perhaps to strengthen the wall between his Crested Butte identity and his past.



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

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

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

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

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

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

### Phoenicia:

Cobblestone Motel 914 688-7871 (Inexpensive)

Phoenicia Motor Village 914 688-7772 (Inexpensive)

### Chichester (2 mi from Phoenicia):

Maplewood B&B 914 688-5433 (Inexpensive)

Silver Creek Cottages 914 688-9912 (Inexpensive)

### Mt. Tremper (4 miles):

Mt Tremper Inn 914 688-5329 (Moderate)

La Duchesse Anne 914 688-5260 (Moderate)

### Shandaken (6 miles)

Copper Hood Inn & Spa 914 688-9962 (Expensive)

Lamplite Motor Lodge 914 688-7130 (Moderate)

Shandaken Inn 914 688-5100 (Expensive)

Ramblebrook House B&B 914 688-5784 (Moderate)

### Boiceville (7 miles)

Onteora Mountain House 914 657-6233 (Expensive)

Trail Motel 914 657-2552 (Moderate)

### Hunter (13 miles):

Hunter Inn and Motel 518 263-3777 (Mod - Exp)

Terrace Garden Motel 518 263-4422 (Moderate)

Scribner Hollow Lodge 518 263-4211 (Expensive)

Heartbreak Hotel 518 263-5050 (Inexpensive)

### Woodstock (13 miles):

Twin Gables Guest House 914 679-9479 (Inexp-Mod)

Woodstock Inn 914 679-8211 (Mod-Exp)

### Pine Hill (13 miles):

Bellayre Youth Hostel 914 254-4200 (Cheap)

Pine Hill Arms 914 254-9811 or 254-4012 (Moderate)

## Bouquets & Brickbats...

### Selected Letters to the Bulletin

#### GEARS AND POLITICS

Maggie Clark furthers a common misconception about gear ratios in her column, "About the Newcomers' Ride," (May Bulletin) where she states, "low gears are necessary: 10- or 12-speed bikes are inadequate for most new riders; their owners may have to walk some hills..."

More gears do not necessarily mean lower gears. It's entirely possible for a 10-speed bike to have a lower bottom gear ratio than a 24-speed bike.

The more gears a bike has, the closer together the gear ratios, but the gear ratios depend on the number of teeth in the chainring and cassette, and not the number of gears.

Example: Which has the lowest bottom gear? (A) A 24-speed bike with a 52-44-36 triple chainring and an 11-23 cassette. (B) A 10-speed bike with a 52-39 chainring and a 11-28 cassette. (B — Ed.)

Also, in the May Bulletin, Mayor Rude [sic] is quoted as saying, "If you do (violate the law), pay the

ticket instead of joining an advocacy group." Although the Mayor disparages joining an advocacy group to work to change the laws, one must note the Mayor joined an advocacy group that proclaims its intent to change the laws. It's called the Republican Party.

Richard Rosenthal

May 18, 1998

*We take it you're not a Republican.*

— Ed.

#### BOZOHOOD CONTESTED

Dear Biker Babes,

I can appreciate the importance of staying off the bike and seeking immediate medical attention after sustaining a head injury and losing consciousness. That is exactly why I alone am worthy of the Road Bozo award that you had bestowed upon the B Series group in your June column.

Only I, the ride leader, was aware that I lost consciousness for a couple of seconds after being thrown from my bike. I recovered my wits quickly enough to avoid detection, not to mention embarrassment,

insisted that I was all right, and told the group to mount up and head out again.

In truth, I felt not just good, but **too good**. The shock of the fall and the adrenaline rush that came with it masked the injury that I discovered later. I was lucky to make it home without further incident and have since recovered.

It's great to be back on my bike and I look forward to helping with the B Series again next year.

I was impressed by the beautiful and disciplined form the group had developed during the B Series and that we had no major mishaps except, of course, yours truly.

Remember to have fun and above all, **ride safely**.

Gary McGraime

June 16, 1998

P.S. It would have been nicer to have gotten my "road bozo" trophy in time to show it to the nurses in the hospital.

#### THANKS, A SIG

I would like to thank the New York Cycle Club for offering the A SIG program, and offer special thanks to all you SIG leaders. I learned something from each one of you. Participating in this program was

one of the greatest experiences of my life.

Three months ago, when I signed up for the A SIG, I was a casual weekend bicycle rider. After completing the SIG I now consider myself a serious cyclist. Who else would get up at 5:30 in the morning to ride around in circles on a regular basis?

The group leaders taught me about proper riding technique, training routines, paceline riding, road repairs and how to dress, eat, and sleep for cycling. They taught me about commitment to the program and commitment to the group. On top of all that, every ride was both thrilling and fun. I looked forward to the ride each weekend as I got stronger and my skills improved.

Thanks to my fellow siggies for the support and companionship that helped me make it through this challenging program. I will always cherish the memories of participating in the SIG and the relationships that I have developed as a result of this wonderful program.

Rich Sporer,  
A SIG Class of '98  
June 19, 1998

# So You Want to Cycle Ireland...

By Caryl Baron

Ever since our End to End trip in England and Scotland, I've been hearing fabulous things about Ireland's Southwest. The offer of a modest three-bedroom cottage near Killarney (with Waterford goblets and four baths) was the clincher. Steve and I packed our bikes and rack, and off we went.

The outcome was that we only cycled three times in two weeks. We did three wonderful walks. The first, "The Paps", was a bushwhack over a heather-covered mountain, past peat bogs, through a village, then back over an ancient road past a mountain lake. The second, Inch peninsula on Dingle, was on a flat beach, returning through fifty-foot dunes and flowering marshes, rich in rabbits and birds. The third was in rain-forest-like Killarney National Park. We visited Cape Clear Island, where an Irish father from Cork told us, "My daughter and I have a very full schedule today. After a leisurely breakfast, we'll do absolutely nothing for a while. We will follow this up by back-pedaling into complete idleness. Then a long lunch, and a nap, followed by an afternoon of doing nothing in par-

hills gentle. There are infinite B&B's and the food is far better than we'd been led to expect. Why did we cycle so little?

First, we came after two weeks of warm sunshine. For the two weeks of our visit, the typical forecast was, "There will be light rain this mornin', with some brightening periods, followed by t'undery showers in the afternoon. Moderate southeasterly winds with some heavy rains in the evening, with lows of 5° to 7° and highs of 12° to 15°." The other thing to know is, that should the sun emerge, so do the midges. They attack in clouds, and they bite every exposed bit of flesh. Second, the roads: Irish roads are narrow, just as England and Scotland's, but unlike those virtually flawless ribbons of macadam, Ireland's roads are badly potholed and totally inconsistent. Our house was a mile off the main Killarney-Cork road, which is currently being upgraded. About two thirds of the 14 miles to Killarney is a smoothly paved two lane road with a wide smooth shoulder, which autos use



when they are being passed—possibly the best stretch of road in the nation. The rest is a narrower two lane unshouldered road with buckled, potholed edges with many pieces missing. route to Limerick had been partially upgraded a few years ago and has already badly deteriorated. On narrow roads, temporary repairs usually consist of "loose chippings" — coarse gravel which is sometimes lightly glued down with a bit of tar. On the busy June Bank Holiday weekend, I planned a 50-mile circular ride in Gougane Barra Forest Park, away from the crowds that converge on the Iveragh Peninsula's famous "Ring of Kerry". We saw very few cars, had lovely scenery — and rain all day. At Gougane Barra Lake, there's a lovely 6th century abbey established by St. Finian. There we met a group of Irish cyclists on road bikes who were doing a similar route. As they rode off, we noted they had their club van following them, filled with extra wheels and tubes. We encountered pretty good road for the first half of our trip, but the return, on the main Bantry-Kilgarvan road was so rough in surface that 12 mph felt suicidal on the 12 mile downhill from the top of the pass to Kilgarvan, and the constant jiggling was physically very tiring. The only other cycling we did was to go a mile down the road for a friendly visit.

We saw many, many cycle tourists as we drove around the Iveragh and Dingle peninsulas, but all were on touring bicycles with soft, fat tires. Irish tour companies use all-terrain type bikes and issue plastic rain capes. With roads not wide enough for two cars going opposite directions to pass one another without riding their left tires off the road, you can imagine what it's like to deal with the constant flow of tour busses on the popular Ring of Kerry and Dingle peninsula routes. We did see a few local road riders working out, but you could count them on the fingers of one hand. They knew where the few smooth roads were.

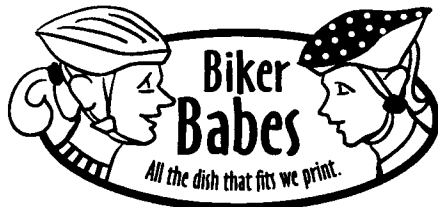


ticular. If this gets to be too demanding, we'll revert to doing absolutely nothing." We also had a memorable day sailing to the ancient stone monastery on Skellig Michael with Captain Owen Walsh, who shared his knowledge of the bird life and history of the Skellig Islands. The sight of twenty thousand pairs of gannets nesting on Little Skellig is one I shall never forget.

We used our Ordnance Survey maps to treasure-hunt for holy wells, ogham stones, standing stones and ring forts near the roads. The 1:50,000 maps show every house, every contour, every known item of interest.

The Irish motorists are considerate, the people most friendly, the scenery is spectacular, the

I highly recommend Brendan Walsh's book, *Cycle Touring Ireland*, with foreword by Phil Liggett, published by Gill & Macmillan. Updated in 1997, it outlines low-traffic routes all over Ireland, and includes hostel and dining recommendations. We bought our copy at the Climbers' Inn at the foot of MacGillicuddy's Reeks (<http://www.iol.ie/~climbers>, or e-mail: [climbers@iol.ie](mailto:climbers@iol.ie)). For walking, we went equipped with *Best Irish Walks* by Joss Lynam (Adventurous Traveler Bookstore: [www.AdventurousTraveler.com](http://www.AdventurousTraveler.com), e-mail: [books@atbook.com](mailto:books@atbook.com) Tel: 800-282-3963). Our favorite source is the Killarney Bookshop, 32 Main Street, Killarney, County Kerry (e-mail: [killbook@iol.ie](mailto:killbook@iol.ie)), and our favorite books *Kerry Walks* and *West Cork Walks*, which include lots of interesting insights, and anything by Seán Ó Súilleabháin. It's difficult to get Ordnance Survey maps in the US, but these are readily available all over Ireland at tourist offices, bookshops, gas stations, etc. The Irish Tourist Board in New York provided a general overall map, a booklet on cycling and walking, a complete guide to B&B's, and a restaurant guide (345 Park Avenue, New York, NY 10154, tel: (212) 418-0800, fax: (212) 371-9052).



Oh, we have heard a lot of dish this month, including (sadly) injuries, but (happily) engagements, weekend trips and much more. We still need more of you to e-mail us with items at NYCNews@yahoo.com to keep the column rolling.

Get well wishes to **Barbara Shweky**, who crashed going downhill on Perkins on the A Sig Graduation ride on May 16th. She broke her jaw and nose and did other major damage and had to be helicoptered to a hospital in New Jersey. From the hospital, she made a telephone call to **Christy Guzzetta**, wanting to make sure she would still graduate. Does she ever have her priorities straight! The good news is that the injuries are all fixable, albeit after lots of surgery. We hope that her recovery is speedy and complete and that she is back on her bike next season.

The Montauk ride also took prisoners. There were dozens of flat tires caused by the constant rain, a few crashes, and cases of hyperthermia which required hospitalization. One of our own, **Linda Wintner**, riding her new Merlin, crashed and broke two ribs, had a mild concussion and tore a tendon which had to be stitched up by a surgeon called in to the South Hampton Hospital. Before she let the surgeon start, she did a check of the condition of her new bike, which fared much better than she did: it only needed a cleaning.

**Chris Audley** also took a spill. A couple of days before the Montauk Century (which he was planning to do), he was on his way home from a weekday

morning training ride. An oncoming car made a left turn in front of him; he crashed into the car — and believe it or not — he did more damage to the car than to his bike. He is back on his bike having suffered only cuts and bruises.

**Christy Guzzetta** (the man voted to have the best buns in the club — we agree) was leading the A Sig ride to Bedford, and went into the woods for a roadside pit stop, slipped on a rock, twisted his knee and had to stay off his bike for a week. We'll watch out for slippery rocks the next time we take a pit stop au naturel; better yet, we'll stop at a gas station.

Love continues to flourish in the NYCC. We told you last month about **Dick Goldberg's** engagement to **Bobby Straite**. They were married June 20th in Connecticut. No one can say they didn't know each other well enough or long enough. They first met in high school years ago (we won't tell you how many) and became reacquainted at a high school reunion in 1985. At the time both were in relationships (Bobby was married with children and Dick was attached). At the next reunion, both had become unattached and realized that they had been attracted to each other for years. They started dating, and the rest is history. Dick is so happy — he says he found his perfect match. Mazel tov!

Talking about long-time relationships, **Peter Morales** and **Suzanne Levine** (what an adorable couple) are finally engaged. Last year they signed a 15-year mortgage. Peter says, "Signing that mortgage was more binding than a marriage contract, so we better stay together." Suzanne must really love him because last Thanksgiving, being the vegetarian that she is, she finally gave in and let Peter cook a turkey in her house so he could have all the trimmings, including the smell of a turkey in the oven.

Wow, was the Sheffield weekend ever a success, thanks to beautiful weather and the efforts of **Anne Grossman**, **Karen Reich**, **Gary Wendrovsky**, **Sherri**

**Gorelick**, **Sue Theilheimer**, **Maggie Clarke**, **Mark Martinez** and **Jeff Vogel**. Almost 90 riders participated. Sherri threw a great party for the club at Thelma's Road House, a fun restaurant in Great Barrington. Karen and Gary led beautiful rides all three days. They outdid themselves with a gourmet catered picnic, after a six-mile climb on the 50-mile Tyringham Valley ride. **Linda Nappi** was the best dressed cyclist. Her winning outfit was a leopard short-sleeved jersey with one matching leopard print armwarmer and one black armwarmer, matching leopard print socks and rhinestone pins on the front and back of her jersey. Believe it or not, she looked great. Most improved rider was **Stephanie Bleacher**, who rode 130 miles to Sheffield on Friday, climbed Mt. Greylock on Saturday and was off the front on every ride. Her quote "I'm too tired to slow down" was overheard on the 130-mile ride when she was pulling the group up a hill and didn't ask for relief. The loudest cyclist of the weekend was **Spencer Koromilas**, who couldn't keep his voice down at dinner, even while speaking the usually melodic French language. He is usually quite debonair and well-mannered. Could it have been the effects of drinking too many beers?

**Andrea Goodman** was test driving a car in Blauvelt, New York and after successfully completing Bradley and Tweed, she exclaimed: "If the car can make up these hills, it's good enough for me." She has changed the old motto that "No hill is too steep to walk" to "No hill is too steep if you have a car."

The Kiddie Ride, which has become an annual event, went to Coney Island on May 31. The only problem is that there were only a few children but they proudly did between 15 and 30 miles. Next year you ought to join us; if you don't have a kid, rent one.

A new feature for this column: nickname of the month. This month we name **Ed Fishkin** "Sweatband Fishkin." Ed doesn't sweat, he glistens.

## MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING OF TUESDAY, APRIL 7, 1998

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

The minutes of the meeting of March 3, 1998 were approved.

Charlie reviewed the income and expense report. It was noted that dues seemed to be coming in earlier than last year.

Joel indicated Annie Moore's was set up for the next meeting. Ben wondered if \$17 might not be too high for some members. There was a discussion and comparison of prices between restaurants.

It was agreed that the date for getting ride listings to the editor must be uncoupled from meeting dates and tied to publication dates. Dona reported that our membership continued to improve.

Anne indicated that she had had inquiries concerning the Montauk and Sheffield trips. She advised that the dinner at Carmine's had been a success.

The board authorized the expenditure of up to \$700 for a banner. Charlie, Anne and Ludwig were appointed as a committee to approve the final purchase.

Gene discussed the status of flyers, jerseys and the Newcomers' Ride. The Board authorized the expenditure of up to \$40 for art work for a backup Bulletin cover.

Gary, Tom, Joel and Ludwig were designated as a speaker committee and the board authorized the expenditure of up to \$700 to purchase a speaker system.

There was the usual discussion of incentives for ride leaders.

The board approved a mystery barbecue ride.

The meeting adjourned at 8:15 P.M.

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

### FOR SALE:

**1994 Schwinn Caliente Mixte** hybrid for small-medium female; with toeclips, rear rack, new handlebar and handlebar mirror, good condition, need own saddle; \$65. **Call Dorothy at (718) 596-1967 or dafong@juno.com.**

**54 cm Moser:** Campy Nuevo Record components, 6 sp., tubular wheels, Cinelli handlebar and stem; **53 cm Thomassini:** Campy Nuevo Record components, 7 sp., clincher, beautiful paint; **Campy Chorus** 8 sp. set: Ergo levers, R-derailleur, hubs w/cassette, chain, cable. **Call John at (718) 858-9466**

**Cannondale Touring Frame** — dark blue, some scratches but no dings or dents. Steel fork, headset, bottom bracket, and 105 brake calipers. 130mm rear spacing. Great for commuter. \$150. **Call Keith at (212) 982-9461.**

## Annual Rides, 1998

**600K Brevet**  
**July 18**

**Escape New York Century**  
**Sept. 26**

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

☐ Individual — \$21

☐ Couple residing at the same address — \$27

**Please Welcome**  
**Gian Claudia Sciara:**  
**Program Coordinator for Transportation Alternatives**  
**Come to Our Meeting July 14**  
**And Hear Her Tell:**  
**“What’s on the Horizon for Cyclists”**  
**And How Transportation Alternatives’ Programs Affect Us as Cyclists**

*You Are Always Welcome, But Please Help Us Estimate How Many People Are Coming:*

**Please Call or E-Mail Joel Englander or If You Plan to Attend**

**Dallas BBQ**

**27 West 72nd St. (between Columbus Ave. and Central Park West)**

**212-873-2004**

We will have our own private room, and great food.

New Menu, New Prices:

Half Rotisserie Chicken With Salad	\$12.00
Vegetable Tempura With Salad	12.00
Large Dinner Caesar Salad	12.00
Chicken & Rib Combination With Salad	17.00

All of the Above Served With Corn Bread, Potato, Cole Slaw, Coffee and Dessert.

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

Admission Between 6:00 and 8:00 pm — Per Menu Above.

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

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

Take the 1, 2, 3, or 9 to 72nd St., and walk two blocks east, or take the B or C to 72nd St. and walk 1/2 block west.

Sorry, no indoor bike parking.



CHICAGO IL 60614-4674  
2128 N SEDGWICK ST APT 11  
Chris Mailing



**FIRST CLASS MAIL**  
**DATED MATERIAL!**

