

June
1998

NYCC Bulletin



Bulletin Board

JUNE OPPORTUNITIES FROM THE PRESIDENT — GENE VEZZANI

Opportunity #1 — Now We're Cooking!

Cycle with us on the July 25 all-class ride and you're in for a real treat. The NYCC Board will prepare and serve you a real down-home-style BBQ lunch. Mark the date on your calendar today and get ready for the best free lunch you'll ever have on two wheels. Watch the July Bulletin for all of the details.



— Four of the former president's of the New York Cycle Club recently met to discuss the future of the club. (L to R) Christy Guzzetta, George Kaplan, Richard Rosenthal, Irv Weisman, and Gene Vezzani.

Opportunity #2 — Where Do We Go From Here?

There is an enormous pool of talent in the New York Cycle Club, and one of the best-untapped resources for critiquing our organization is our past presidents. Four of our past presidents and I got together on April 28 and spend the evening discussing the topic, "Where do we go from here?" We had an extremely productive exchange of ideas focusing on the future of the club. My thanks to Irv, Richard, Christy, and George for the time and energy that they invested in the first annual Past President's meeting.

Opportunity #3 — Department of City Planning Technical Advisory Committee

The Department of City Planning (DCP) has received federal funding for two new bicycle planning projects:

The first project, "Making Streets Safe for Cycling," will make recommendations for the implementation of on-street cycling facilities (Class II bike lanes). The project aims to complement the cycling network recommended in the New York Bicycle Master Plan by:

- implementing safe and convenient facilities
- making recommendations for public awareness and enforcement of clear bike lanes.

The scope of this year-long project focuses on Manhattan and its connections to other boroughs. Additional DCP projects to study other boroughs is a future goal.

The lack of adequate bicycle parking facilities discourages many from using their bicycles as a transportation mode. Therefore the second project, a "Bicycle Parking Needs Study," will develop a report that recommends ways that the City of New York can provide these facilities directly, including on-street and indoor (or otherwise) protected facilities on both public and private property. It will also look into ways that the City can encourage private property owners to provide these facilities through various programs.

If you have any questions or comments about either project, please submit them in writing to the Department of City Planning, Transportation Division, 2 Lafayette St., Room 1200, New York, NY 10007, or contact Gene Vezzani (representing the NYCC in each project's Technical Advisory Committee).

Opportunity #4 — New Members' Class, New Monthly Meeting Place

Attention all new members! Ever wonder how to get started now that you've joined the New York Cycle Club? How do you meet people? Which rides are right for you? What should you wear? What should you take with you on a ride? Learn the answers to all of these questions and many more by attending the New Members' Class scheduled to take place during the June 9th monthly club meeting. The New Members' Class begins promptly at 6:15 pm.

(Continued on page 9)

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E-MAIL IS PREFERABLE. Please include your name and full address in your message.

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To publish an article:

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

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

Web Page:

<http://www.nycc.org>

Club Rides

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

ALWAYS WEAR YOUR HELMET. NO HEADPHONES.



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



Saturday, May 30

A17 125 MI 8:00 AM Fairfield of Double-Century Dreams

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

The fifth ride on the "Double Your Pleasure Century" series. We'll cross state lines and sneak into Connecticut and straddle the border, eluding those authorities that would deny us our right to bicycle 125 miles. Pretty roads, lots of hills and food for those who are hungry. This will be a round trip that will take us back to the city by late afternoon via Pelham/Fordham Road. Two water bottles, pocket food recommended.

B16/17 70 MILES 8:30 AM Caumssett State Park

Leader: Jim Drazios (718) 225-1842. From: The Statue of Civic Virtue (Union Turnpike and Queens Blvd., E/F train).
 North Shore of Long Island. One big hill (Snake Hill) and lunch in Cold Spring Harbor.

B16 45 MI 9:30 AM Sea Breezes to Steeplechase Pier

Leader: Bill Schwarz (212) 288-7862. From: The Boathouse.
 Travel through and beside Brooklyn's parks to the green waterside south of the harbor, along the inlet, under the Verrazano Bridge, then along the Atlantic shore to Coney Island, where we will seek what lunch we can. Hypercholesteremia alert! Low-fat, low-salt and vegetarian riders advised to BYO. No diving off the pier! Return through Little Odessa, unless we feel inspired to return the way we came.

B13 41 MI 12:00 PM Bawdy House Architecture of West New York and Romantic Tango

Leader: Paul Rubenfarb (212) 740-9123.
 From: NE corner 181st St. and Ft. Washington Ave. (A train).
 Bikers and passersby admire the beckoning smiles from tender sultresses of West New York's bawdy house strand, a last refuge of the old Clinton-like carefree virility. During intermission, dance to boom box playing naughty rhythmed tango gems. Rain or shine.

C13 50 MI 9:15 AM We Remember

Leader: Scott Wasserman (914) 723-6607. From: The Statue of Civic Virtue (E, F train to Union Turnpike and Queens Blvd).
 Never mind those fake holidays, this is the real Memorial Day. We'll go to that favorite NYCC destination, judging by the number of cue sheets in the rides library, Oyster Bay. For those of us who are memory challenged, this is a day to practice remembering. Significant rain cancels.

Sunday, May 31

A19/21* 80 MI 9:00 AM Greenwich Gambol

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

Join us for a spirited, post-Sheffield ride to Greenwich, CT. This is one of our favorites, with small hills that just keep coming at you amidst shady, twisting roads. Weather permitting, we plan a picnic lunch at a gazebo in the park before turning back to Manhattan. Pocket food is recommended, as is a Metro-North pass in case of train return.

B15 55 MI 9:00 AM Kensico Dam

Leaders: Bernie Brandell (718) 633-1759 and Marina Bekkerman (718) 851-1527.
 From: The Boathouse.

We'll ride via bike path along Bronx River Parkway. Greet ducks along the stream and pond (yes, quacking in response is allowed) and a climb for the adventurous to the top of the dam (but I will cheer them from below), where we'll picnic for lunch. Rain or high winds cancel.

C SLOW 30 MI 9:00 AM Kiddie Ride to Coney Island

Leaders: Linda Wintner (212) 876-2798 and Michael Yesko (212) 533-2409
 From: The steps in front of City Hall

We'll take a scenic route over Brooklyn Bridge, through Prospect Park and along Ocean Pkwy. to the "beach of all beaches." Lunch at Nathan's or perhaps in Brighton Beach. Bring water, pocket food, locks, Speedos, sunscreen. We'll return along Gravesend Bay, or if we dawdle, we can take the subway back. Children must be accompanied by an adult, although adults without kids are welcome or you could borrow someone else's kid.

Saturday, June 6

B17/14/60/53/48/43 MI 9:15 AM Newcomers' Ride!

C13/11/40/35/30 MI 9:45 AM
 Coordinator: Irv Weisman (212) 567-9672. B Rides start from the Boathouse, C Rides start from the GW Bridge Bus Terminal (A train to 175th St).
 Specially designed routes for people new to our club, but everyone is welcome. (See the full writeup on page 7.) Rain date: Sunday, June 7.

A20 65 MI 9:00 AM D-Day in Rockland Lake

Leader: Tom Laskey (212) 496-1636. From: The Boathouse.
 After my embarrassing showing in March (if you weren't there, don't ask), I'm determined to do it right this time. We'll take the scenic route up, a lap around the lake, deli stop and picnic at the lake.

B*/A*17* 40+/- MI 8:00 AM Fast Forty

Leader: Bill Vojtech (718) 832-3588. From: New Jersey side of the GWB.
 The objective is to do 40 continuous miles with no stops (except for mechanicals and H₂O). *The pace is a bit tricky. I've been cruising at 19 mph or so on flat ground but we'll be doing hills, so I don't know exactly how fast we'll be going. As we'll be riding hills, we won't be doing much paceline riding.

B15 50 MI 9:00 AM Group Vote

Leader: TBD. From: The Boathouse.
 We'll meet at the boathouse and pick a destination unless we have a leader listed in the June Bulletin. Otherwise, we'll play it by ear.

B13 45 MI 12:00 PM Closter Landing, Victorian Oradell & Intimate Tango

Leader: Paul Rubenfarb (212) 740-9123.
 From: NE corner of 181st St. and Ft. Washington Ave. (A Train).
 Oradell is the habitual setting for Tide ads, epitomizing the seldom-realized American materialist dream of vast elegant homes on huge plots under towering beech and elm in a quiet prosperous gilded-age town.

During intermission, hear boombox play and explore the sensuousity of tango dancing in June. Rain or shine.

C13 38 MI 9:00 AM Staten Island Ramble

Leader: Bernie Brandell (718) 633-1759.

From: The Staten Island Ferry, Manhattan vehicular entrance.

Let's skip Manhattan potholes and meet at the ferry. Our route has a sea breeze and a bike path. Our destination: the historic Conference House Park for a picnic (we may watch a sailboat race from the shore). Rain, high winds, or my winning the Lottery cancels.

Sunday, June 7

A20 55 MI 8:00 AM New Parents' Ride/ Back By Noon

Leaders: Noah's dad, aka Michael Knopf (212)-678-7883 and Nathaniel's dad, aka Doug Bixby (212) 222-5660 From: 110th and 7th Avenue (top of Central Park).

Are you having trouble balancing your riding with your new family responsibilities? Are you amazed at how many coffee refills a group of cyclists can go through at a diner stop? Just wanna get your riding over with early? Then join us and other parents for a ride to Nyack/Rockland Lake and a quick coffee stop. Note early start time (you know you are going to be up that early anyway) and non-Boathouse meeting place.

A20 70 MI 9:00 AM Cold Spring

Leader: Jody Saylor (212) 799-8293. From: The Boathouse.

Let's see how much is done on the new house. Breezy spin up to the Hill in Cold Spring via new Westchester route, picnic at the new house site (weather permitting), train return option (it'll be a long ride for those who want to spin home). **Metro-North Pass mandatory.**

B15 55 MI 9:00 AM Scenic Spin to Nyack

Leader: Tom Laskey (212) 206-6574. From: The Boathouse.

We'll rendezvous with other hungry cyclists at the Runcible Spoon for breakfast. Good table manners are required. Maybe some hills on the way home.

B14/16 55-80 MI 8:30 AM Over Bear Mountain Bridge

Leaders: Hindy and Irving Schachter (212) 758-5738. From: 1st Ave. and 64th St.

Group rides together through Bergen and Rockland counties until they hit a snack stop in W. Nyack. After that members split into two contingents. Faster group members should bring an extra pair of lungs as they will ascend Gatehill, Seven Lakes and Perkins as well as Storm King Mountain on their trip to Beacon. Slower group has one hill (Dunderberg) on its shorter jaunt to Garrison. Both groups return by **Metro-North: passes required.** Great scenery either way.

C13/14 45-50 MI 9:30 AM Far Rockaway or Closer

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

If it's warm enough, we'll go to the beach. If it's not beach weather, we'll have lunch on the boardwalk and head back. And if the weather is really iffy, we'll just go to Mrs. Stahl's for knishes. A completely flat and completely fun ride.

C13 25 MI (FLAT) 10:00 AM Tour de Roosevelt Island and Beyond

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

From: The Boathouse.

Lighthouses, sculpture gardens, European gardens, lakes, waterfalls, tram rides, and more. All in New York City??? Who would have thunk it??? Bring or buy lunch. Joint ride with the Bicycle Touring Club of North Jersey and the Country Cycle Club of Westchester.

Tuesday, June 9

A21+/- 55-60 MI 8:00 AM Tuesday Morning Spin

Leader: Jeff Vogel (718) 275-6978. From: The bench across from the Boathouse. Call in sick, play hooky, or take a mental health day and join us for a spin through Bergen and Rockland Counties. Guaranteed return by 1:00 pm.

Friday, June 12

B14 45 MI 9:10 AM Friday Morning Series 05

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

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

Saturday, June 13

A17 150 MI 7:00 AM Drawn and Three-Quartered

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

From: The Boathouse.

The sixth ride on the "Double Your Century" training series. We will head north, in search of enough road to fulfill our mission. Around West Point and past Stewart Airport, we'll head to New Paltz before weaving through the apple orchards and across the bridge to catch the train in Poughkeepsie. Miles of quiet, pretty roads that you can only find by leaving the city far behind. Two water bottles and pocket food recommended. **Metro-North pass required.**

A20 60 MI 8:00 AM Recovery Spin

Leader: Beth Renaud (212) 274-6463. From: The Boathouse.

Post-race, small-ring, hill-eschewing excursion to Nyack or someplace else (suggestions taken, but not necessarily heeded). Practiced paceline skills appreciated. SIG graduates requested — now that you've finished the series, don't do a disappearing act!

B16/17 55-65 MI 10:00 AM Oyster Bay and Maybe Sagamore Hill

Leader: Carolyn Booher (718) 636-0315. From: The statue of Civic Virtue at Queens Blvd and Union Turnpike (E or F train to Union Turnpike Station).

It's your lucky day because we are stopping at Young's Farms on the way — better bring that musette or expandable wedge pack for home-made almond butter cookies, fudge and fresh fruit. Then we're off again in search of lunch and the good life. Ride ends at the Statue of Civic Virtue.

B13 46 MI 12:00 PM Bronx's Sinful Spas & Cheek-to-Cheek Tango

Leader: Paul Rubenfarb (212) 740-9123.

From: NE corner of 181st St and Ft. Washington Ave. (A Train).

The Bronx's naughty but widespread bawdy-houses are punctuated by the Bronx's famed art deco architecture unfolding resplendent in all directions. Then, an exploration of Bronx's picturesque Long Island Sound parks. During intermission, dance to boombox playing sensuous tango gems. Rain or shine.

C13 43 MI 10:00 AM Anybody for Art?

Leaders: Michael Di Cerbo (212) 645-1120 and Jan Chenoweth (212) 721-8258.

From: The Boathouse.

A ride to the suburbs of Northern New Jersey. Lunch at a beautiful park. After lunch we'll go to the opening of an art exhibition at the Art center of Northern New Jersey before our return to NYC.

C13 20 MI 12:30 PM Brooklyn-Queens Mosaic

Leader: Terry Chin (718) 680-5227.

From: 59th St., and 2nd Ave. (next to Roosevelt Is. tramway).

From borscht to arroz con pollo, we'll tour some ethnic neighborhoods:

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

LIC, Greenpoint, Williamsburg, Fort Greene, the Waterfront and Brooklyn Heights. Mostly flat with a few steep hills. The tour ends with a snack on the Brooklyn Promenade. Co-led with 5BBC.

Sunday, June 14

A23+ 65 MI 7:15 AM Nyack Race Ride

Leader: Steve Ullman (212) 473-1897. From: Grant's Tomb Park, RSD
We do a warm-up ride to the Runcible and then turn around and run with the pack leaving at 9:00, headed south into Englewood, and then hop home. Great ride if you want to get home early and get on the barbecue. Helmets, water bottles, spares, and advanced handling skills suggested. Heavy rain or wind cancels. Call leader to confirm Saturday night.

A21 70-80 MI 8:30 AM Bedford or Bowling

Leader: Mark Martinez (212) 496-5518. From: The Boathouse.
The usual Westchester melange of hills and flats. A little hammering, a lot of cruising. Lunch will either be a picnic on Bedford Green if it's warm or indoors in Armonk if it's cool. Two water bottles, pocket food & Metro North pass suggested. Rain Option: Meet at Noon at the Chelsea Piers Bowling Lanes.

B17 48 MI 9:00 AM Flagship Revisited

Leader: C.J. Obregon (212) 876-6614. From: The Boathouse. The usual route to White Plains via Saxon Woods Road. Helmets required.

B16 55+/- MI 9:10 AM Cold Spring Harbor

Leader: Ron Grossberg (718) 369-2413. From: The statue of Civic Virtue at Queens Blvd and Union Turnpike (E or F train to Union Turnpike Station). We'll ride beyond Oyster Bay and roll down into Cold Spring on LI Sound. Plenty of scenic roads. Rain/slick roads cancel.

C13 55 MI 9:10 AM Nyack

Leader: Peter Hochstein (212) 427-1041. From: The Boathouse.
Bored with Piermont already? Pass through it on the way to Nyack. Easiest route possible (but a few hills). Relaxed C-13 pace. (Pacebusters not welcome.) Lunch by the river. Get home around 5 p.m. Bring helmet, pump, lunch money, spirit of fun. Sorry, no sensuous tango lessons.

Friday, June 19

B14 45 MI 9:10 AM Friday Morning Series 06

Leader: Ron Grossberg (718) 369-2413. From: City Hall Park.
Our destination will be determined by group vote. Call to confirm. Poor weather cancels.

Saturday, June 20

A/B/C 0 MI 6:00 PM Culture and Cocktails IV

Leader: Anne Grossman (212) 924-1549. From: Brooklyn Museum of Art.
Come join me for another cultural outing, this time to see two wonderful exhibits, "Jewels of the Romanovs" and "Masters of Color and Light: Homer, Sargeant and the American Watercolor Movement". Call (888) JEWEL-8 to purchase a ticket for "Jewels of the Romanovs" (tickets are \$10/person). If you can request a time for your ticket, ask for 6:30 pm. Meet me in the main lobby. I will be wearing a red and black jacket. Dinner and drinks afterward at a restaurant TBA.

A21+/- 60+/- MI 8:00 AM Third Annual 37th Birthday Ride

Leader: Jeff Vogel (718) 275-6978. From: The Boathouse.
I'm confused too. The tradition is that we celebrate my birthday every weekend, all summer long. Summer starts tomorrow. Let's practice today. If anyone knows how old I really am, they can pick the destination. If not, we'll just wander around Bergen and Rockland Counties. So start the

birthday season and the summer off right on this fun ride. Social skills are mandatory. Leave the candles home.

A19 55 MI 9:00 AM Richard's Same Ride ...Again (JSTRDNAL-HR)

Leader: Richard Rosenthal (212) 371-4700 From: The Boathouse.
You know the words, so sing along with me: Up untrafficked and gorgeous River Road, o'er Tweed & Bradley, to lunch on the river at the gazebo behind the church in Grandview. Warning, with almost 400 miles for the year, I won't be as far behind you going uphill as I usually am. ...Uh, yes I will.

B17/18 50 MI 9:00 AM Pearl River

Leaders: Gay Shaheen (212) 452-1784 and Ray Thomas (212) 280-3416. From: The Boathouse.
A friendly ride taking a beautiful and mostly flat route to one of our favorite destinations. Rain cancels.

B14 55 MI 9:00 AM Northvale Diner Revisited

Leader: Bernie Brandell (718) 633-1759. From: The Boathouse.
Did the drenching weekends stop you from getting to your favorite pancakes? No worry, pancakes and waffle lovers unite this ride to storm the Diner and make up for lost time. Onward to Northvale the Scenic route.

B13 44 MI 11:30 AM Staten Island's Little Switzerland & Cheek-to-Cheek Tango

Leader: Paul Rubenfarb (212) 740-9123. From: Behind Ray's Pizza outside South Ferry.
19th Century brewers built effulgent mansions on serpentine shady lanes bedecking Staten Island's undulating hills, affording pulchritudinous views over NY harbor. We'll cycle the island's hilly spine southward and latter imbibe much of the harborside. During intermission, hear boombox play and enjoy seductive tango dancing. Rain or shine.

C14 40+/- MI 9:30 AM Laura and Suzanne's Brighton Beach Adventure

Leaders: Suzanne Levin (718) 398-2649 and Laura Schwartz (212) 866-0209. From: The steps of City Hall. A scenic tour of Brooklyn on our way to Brighton Beach for Russian food. If it's a nice day and we have the time, maybe we'll spend an hour on the beach or boardwalk.

C13 25 MI 12:30 PM Gateway Getaway — A Great Kills Excursion

Leader: Terry Chin (718) 680-5227. From: Staten-Island Ferry Terminal, pierside.
Enjoy the views of the Narrows and lower NY Bay with a tour of historic Fort Wadsworth, Miller Field and the natural habitats of Great Kills. we'll time our baywatching on the late afternoon ferry. Bring snack, and lock. Co-led with 5BBC.

Sunday, June 21

A22+ 65 MI 9:00 AM Take No Prisoners

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

Okay folks, it's June — if you're not ready to hammer yet, what're you waiting for? The plan at press time is to head to Rockland Lake with as many hills as weather permits. After a quick stop at the lake or in Nyack, we cruise back via 9W to catch the start of the carnage at the annual Harlem Criterium, assuming it's on. If not, we head back to the Hill to watch the usual carnage in Central Park. Extra water and pocket food recommended.

A19 70 MI 9:00 AM Not Just Nyack

Leader: David Newman 212-627-0899 or dnewman@data.com. From: The Boathouse
Bored by the old 9W-Nyack-9W routine? This ride will spice up the old

route with a few additions — like some climbing up to Rockland State Park (including everyone's favorite, Clausland Mountain), a lap around Rockland Lake before returning to the Runcible Spoon, and a few (but not many) more hills on the return. There will be multiple banquets en route.

B17 65 MI 9:00 AM Purdy's Express

Leader: Steve Ullmann (212) 473-1897. From: The Boathouse.
Thanks out to JV for mapping this ride — one of the most beautiful I have ever done with this club. Food stop in White Plains, then great roads (including some packed dirt) to the top of Westchester, where we hop the train with some lunch, bound for Grand Central. Helmets, water bottles and advanced "B" handling skills suggested. Heavy rain or wind cancels.

C13 50 MI 9:10 AM Fifty Ways to Piermont

Leader: Ira Mitchneck (212) 663-2997. From: The Boathouse
We will choose one to celebrate the start of the summer season. We'll catch a duck pond, historic district, and parts of the other 49 routes on our way to this well known destination.

Friday, June 26

B14 45 MI 9:10 AM Friday Morning Series 07

Leader: Ron Grossberg (718) 369-2413. From: City Hall Park.
Our destination will be determined by group vote. Call to confirm. Poor weather cancels.

Saturday, June 27

A21 80 MI 9:00 AM A Little Tor(ture)

Leader: Oliver Garcia (212) 734-4927. From: The Boathouse
This ride gets its name from what a fellow cyclist told me Little Tor is renamed a while back. We'll spin through Rockland County and up Little Torture with a lunch stop at Patsy's. After lunch we'll climb a few more hills and return via Saddle River. Don't let the title scare you. Most of the ride is quite scenic, flat, and fast making for harmonious pacerlines.

A17 200 MI 6:00 AM Double Centuried

Leader: Drew Olewnick (718) 398-7252 or drewo@interport.net. From: The Boathouse.
A 200 mile round-trip ride that will get you back to the city by nightfall. We'll stay east of the Hudson and cruise through Westchester and Putnam and into southern Dutchess County. After a quick bite, we'll turn around and head back over the Taconic Hills, around Fahnestock State Park and through reservoir country. Optional train bailout points if we run out of daylight. Two water bottles and pocket food required. **Metro-North pass recommended.**

B16 45 MI 9:30 AM Steeplechase Pier/ Mermaid Day Parade

Leader: Ludwig Vogel (212) 838-0852 or ludwig@bway.net.
From: The parking lot by Tavern on the Green (near CPW and 67th St.)
Travel through and beside Brooklyn's parks to the green waterside south of the harbor and along the Atlantic shore to Coney Island. Feel free to return home early if you must, but I propose to visit the Aquarium and then watch the 1998 Mermaid Day Parade, which steps off at 2:00 pm. Visit <http://www.whirl-i-gig.com/mermaid.html> for more information about this event of transcendental silliness. Swimsuits optional.

B13 43 MI 12:00 PM Bayonne, A Poetic Small U.S. City and Cheek-to-Cheek Tango

Leader: Paul Rubenfarb (212) 740-9123. From: Top of WTC PATH escalators.
Bayonne articulates the classic American small city that has largely escaped postwar diminution of architectural heritage. Its abutment on three sides by vast bays and harbors imbues it with the landscape

painter's cherished aqueous-toned skies. During intermission, hear boom-box for evocative tango dancing. Rain or shine.

C13 55 MI 9:00 AM Long Beach

Leader: Jim Drazios (718) 225-1842. From: The statue of Civic Virtue at Queens Blvd and Union Turnpike (E or F train to Union Turnpike Station).
Remember those endless rainy days when you thought the clouds would never vanish? Well, say good-bye to the doldrums and hello to the breeze. We'll head to a sunny beach to catch the rays, exhale, and relax at lunch. Tomorrow will take care of itself.

C12 30 MI 9:30 AM Alpine The Easy Way

Leaders: Joanna Lee and Gene Vezzani (212) 875-1615.
From: The parking lot in front of Tavern on the Green (near CPW and 67th St.)
Looking for a safe and comfortable way to get started riding with the club? Then this is the perfect ride for you. They just don't get any easier than this one. No hills, a slow and easy pace, and only 30 miles. Bring pocket food, and give us a call if you have any questions. You'll be back in Central Park before 1:00 pm.

Sunday, June 28

The All-Class Ride to Tallman Park: Join us for our first all-class ride of 1998. Each of the A, B, and C rides will meet for lunch in Tallman Park. The rides will first stop to pick up food to bring into the park. Take this opportunity to expand your cycling social circle!

A21 80 MI 8:00 AM Saddle River to Tallman Park

Leader: Chris Audley (201-876-9231). From: The Boathouse.
Saddle River, one way or the other, and then on to rendezvous with our fellow club members at Tallman Park. It's about 60 miles before lunch so two water bottles and pocket food are highly recommended.

B15 55+/- MI 9:00 AM All-class to Tallman Park

Leader: Peter Morales (718) 833-4370. From: The Boathouse.
Join us for this fun ride to Tallman.

C13 45 MI 10:00 AM Pride Ride To Tallman Park

Leader: Don Passantino (718) 446-9025.
From: GWB Bus Terminal (179th St. and Ft. Washington Ave.)
Escape the crowds and enjoy a colorful ride by new mansions in the Garden State as we have our annual Pride Ride to Tallman State Park for a picnic. Bring or buy food, I'll bring a tablecloth and home-made brownies. Everyone welcome whether you're gay, bi-, straight but not narrow. Listed with NYCC and Fast & Fabulous.

Friday, July 3

A20 100+/- 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 thru 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 make it to West Point in plenty of time for the historic tour of the campus. Two water bottles are required. **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 Rides In West Point (VARIOUS DISTANCES AND SPEEDS)

Leaders: TBD. *From: The Thayer Hotel.*
Unable to join us for the full West Point weekend? (See details on page 7.) You're welcome to join us for the various rides during the day. Note that

helmets are required on the West Point campus (otherwise you end up 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 pick-up 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 pick-up 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 9:10 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.

Continued on page 8...

July 4 Weekend, West Point — Happy Birthday, America

Happy birthday to you, happy birthday to you, happy birthday dear America, happy birthday to you!

The annual July 4 New York Cycle Club All-Class Club Weekend at West Point — here it is, don't miss it. This is a patriotic, rah rah, wonderful club weekend. Three days, two nights, the historic Hotel Thayer right smack dab in the middle of the West Point campus. We'll bicycle up on Friday, July 3 — rides for A, B, and C riders planned. We'll enjoy an all-class bicycle tour of the historic West Point campus on Friday afternoon, conducted by an acclaimed historian of West Point. We'll plan for A, B, and C rides on Saturday, July 4. Or, if you're in the mood, visit the swimming hole, visit Storm King Art Center, visit the holiday celebrations in town, visit the museum, see the campus — West Point is the greatest! As a special added attraction this year, rumor has it the NYCC may enter a team in the annual July 4 town bed race. Whoa! Kick some butt in the bed race. Race against the Army team, compete against townies, the surprise NYCC entry in the bed race. Our entry is not yet confirmed, but...

We'll have to come home early from the July 4 festivities, however, because we have chartered *M.V. Commander*, a historic riverboat, for a great July 4 dinner cruise on the Hudson. The Commander will pick us up at the West Point dock, we'll dine and tour the Hudson Highlands region, see lots of fireworks, then return to campus. Unbelievable. Will the ice cream store really stay open late for us? They did last year. Sunday, there will be A, B, and C rides home.

Hotel accommodations at the Thayer, two full breakfasts, two dinners, baggage shuttle to carry our clothes, July 4 dinner cruise, bicycle tour of the campus, pretty much everything except lunch and drinks — \$175 covers it all. Reserve your space now. Last year, upwards of 80 people participated on this great weekend. Don't miss out this year.

Checks should be made out to Rich Borow, 201 E. 87th St., #7S, New York, NY 10128. Shortly after receipt of your check, an information packet that will answer your questions about schedules, departure times, places, etc., will be sent to you. Any questions? Call Jeff Vogel at (718)-275-6978.

Weekend planners:

Ride Captains: Rich Borow (212) 348-2661
Stephanie Blecher (212) 348-2661.

Accommodations: Jeff Vogel (718) 275-6978.

Events Planner: Christy Guzzetta (212) 595-3674.

About The Newcomers' Ride

By Maggie Clark

In 1986, Debbie Bell remembered her own confusion about NYCC rides when she first began riding with the Club and decided to offer newcomers an anxiety-free introduction to Club rides. Her idea was to offer rides of different degrees of difficulty (both of speed and distance), but with many miles in common so that: 1) people who fall behind their section will be swept up by the following section, and 2) at designated "branch points" riders can switch to slower and shorter sections should they so desire. Thus, newcomers can feel comfortable that they won't be lost or dropped in deepest suburbia, miles from home with no one to guide them back. All the routes lead to a shopping center where we can buy lunch and then proceed 1/2 mile to our picnic and pit stop.

We now use routes developed by Irv Weisman that take the most scenic suburban roads possible and avoid the most heavily travelled roads. This year, Michael DiCerbo added a change to our return route to avoid heavily-travelled Palisades Ave. on the way home. Note, however, that we cannot avoid hills. There are some steep ones on our return to the G.W. Bridge, for which low gears are necessary — 10- or 12- speed bikes are inadequate for most new riders; their owners may have to walk some hills (but that's certainly no crime).

All the B sections (B17 mph/60 mi, B16/53, B15/48, B14/43) will meet at 9:15 am at the Boathouse, on the East Drive of Central Park, north of 72 St., and will be coordinated by our president, Gene Vezzani. All C sections (C13/40, C12/35, C11/30) will meet at 9:45 am at the G.W. Bridge Bus Terminal on Ft. Washington Ave. bet. 178 St. & 179 St. (toilets and food available.),

and will be coordinated by Irv Weisman. The bus terminal can be reached by the A train to 175 St. (where there is an elevator to get you and your bike to the surface at 177 St.).

How should a newcomer choose his/her ride class? Please consult the Ride Classification chart on p.11 of the Bulletin to learn how NYCC grades rides. Do try to classify yourself before the event by riding 4 complete circuits (24.1 mi.) around Central Park, or 7 circuits in Prospect Park, then check your elapsed time against the chart on p.11. The 1 mph between classes may not seem like very much to you, but on rides of any duration, each additional mph of average speed gets harder and harder to sustain. So be modest in choosing your ride section: don't overextend yourself on this ride. You'll have opportunity enough to knock yourself out later this season.

Saturday July 25

C13 25 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. Then float 3-4 hours down the Delaware River. Meet 9:30 am at Bucks County River Country, Pt. Pleasant Pa. Directions: 78 West to 287 South to 202 South. Cross into Pa. and follow 32 North approx. 8 miles to Bucks County River Country. Approx. Cost \$15.00 Bring or buy lunch, lock, bathing suit, towel, sun-screen and bathing shoes. Joint effort with Bicycle Touring Club of North Jersey, NYCC, AMC, Country Cycle Club, and Transportation Alternatives.

Saturday, August 1

C13 25 MI (FLAT) 10:00 PM Manhattan Moonlight Ride

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

From: The Plaza Hotel Fountain at 59th St. and 5th Ave.

Experience a safe 4-5 hours of meandering through the streets of Manhattan and still have time for a good night's sleep.

Out of Bounds

League of American Bicyclists (L.A.B.) Rally West, July 3-6, 1998

Eugene, Oregon. Registration Fee: \$80 members, \$105 non-members; lodging & meal packages available Four-day "celebration of cycling", based at the University of Oregon. Variety of escorted rides offered daily. On-road and off-road. Children's activities. Fee includes map packet, arrowed routes, social activities, evening entertainment, ice cream social, workshops, and vendors. Contact: League of American Bicyclists 1612 K Street NW, Suite 401 Washington DC 20006. (202) 822-1333; Fax (202) 822-1334; e-mail bikeevent@aol.com.

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

Club Getaway, Litchfield County, August 7-9 (Fri.-Sun.) Join us for a great weekend in Connecticut (near Kent). Scenic A, B, and C rides Saturday and Sunday plus Club Getaway's other features — volleyball, basketball, tennis, water-skiing, six great meals and much more. And new this year — an early breakfast and a hassle-free bus. Call Club Getaway at (800) 6-GETAWAY and mention the NYCC for a special weekend rate of \$199 per person. Bus for you and your bike from Manhattan available for an additional charge. Questions or problems, call Jeff Vogel at (718) 275-6978.

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

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

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

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

Central Italy: Abruzzi Mountains; first week of September, 1998.

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

Five Points of Life Ride: Los Angeles, Ca., to St. Augustine, Fla.,

Sept. 5-Oct. 18, 1998. Cyclists are needed to join a six-week, cross-country bike ride to raise awareness for the Five Points of Life. Riders should be amateurs with a personal connection to one of the five points: blood, apheresis, bone marrow, organ and tissue, and umbilical cord blood donations. Riders are asked to volunteer to ride from Los Angeles, Ca., to St. Augustine, Fla., from Sept. 5 - Oct. 18, 1998 to share their personal stories to communities along the way. Equipment, travel, uniforms, food and lodging are covered by the Five Points of Life, a special program of LifeSouth Community Blood Centers based in Gainesville, Fla. Interested applicants can fax or mail a one- to- two-page summary detailing their personal connection to the Five Points of Life, and include information about why they want to participate, their fitness level, and ability to complete the ride. Mail to: Five Points of Life: LifeSouth Community Blood Centers, 1221 NW 13th St., Gainesville, FL 32601. Fax to: (352) 334-1066. E-mail to: guidi@lifesouth.org.

NYCC WELCOMES 88 NEW MEMBERS

Andersen, Jytte	Hannotte, Dean	Nichols, Nathaniel
Antoszyk, Nadia	Harrison, France	Norkin, Connie
Avery, L.A.	Hauser, Harold	Oberstein, Susan
Babcock, Rachael	Hill, Jay	Olsen, Kirsten
Bigord, Jean-Luc	Hirsh, Stefanie	Paulson, Roxann
Blaho, John	Holtzman, James	Protass, Harlan
Blaho, Patricia	Jacobs, Lori Diamond	Pudden, Ronald
Blumenson, Gail	Jacobs, Charles	Rengifo, Robert
Borness, Natalie	Johannes, Kyla	Rosenfeld, Edward
Borness, Stephen	Kalman, Allen	Ross, Sheila
Boyle, Kathleen	Kampfe, Paul	Ross, Amelia
Brewer, Lisa	Kelly, Patrick	Saxe, Lisa
Bricker, Cary	Klein, Susan	Schaber, Brenda
Buchsbaum, Judy	Kohane, Ariel	Schechter, Clyde
Casabianca, Maria	Kreisler, Rich	Sekesan, Peter
Cohen, Lisa	Lee, Linda	Shasho, Glenda
Coyle, Keven	Letzing, Melinda	Siffert, Joao
Curry, Anna	Lichtig, Karen	Sklar, Chuck
Dammers, Dwight	Lindeman, Nancy	Ukryn, L.Jay
denBoer, Marten	Login, Sherry	Vachino, Richard
DiTullio, Tiziano	McAnarney, Damian	Vasser, Lynn
D'Antuono, Lisa	James	Vasser, Lynn
Freeman, Charles	McMullen, Daire	Vieaux, Jules
Galanter, Sarah	Meyers, Amy	Weir, Regina
Gallagher, Eileen	Millard, Rodney	West, Rhonda
Garrett, Derrick	Moessinger, Mary	Wetzel, Deborah
Gerber, Richard	Mull, Nicole	Witherspoon, Darice
Gerber, Jane	Murata, Mark	Wood, Martin
Gervasio, Camille	Nadler, Matt	Zhen, Andrew
Gwilym, John	Nadler, Laurel	

Parlez-Vous Français?

By Caryl Baron

The call for help came early in May: an e-mail from C.J. Obregon requesting a place to stay and guides for a young French couple from Delle, near Besançon, on days one and two of a trans-continental tandem journey. François and Fabienne Chopard had found NYCC via our web page.

François and Fabienne arrived Saturday afternoon. Ron Grossberg piloted them from JFK to the West Side of Manhattan. The plan was to store their bike with Mark Martinez while they stayed nearby with Jeannine Hartnett. I volunteered to pilot them out of New York City on Sunday morning.

Expert linguist Jane Kenyon joined us for a late "typical American" dinner at Café con Leche, where we learned a little about them. He's a design engineer in a factory. She is a bus driver for a private company that contracts with the town to provide local transportation.

They acquired their bright red Look tandem recently, along with panniers and clothing, from Decathlon, the French-based European sports superstores. They had only ridden about 1000 miles tandem, though they both also ride single. Of similar size, the share captaining. Fabienne is more of a runner, and says next time she comes back to NY, it will be to run the marathon.

They didn't want to start out across the continent without first seeing New York's sights in the morning. We all told them the earlier they started, the better, because their goal of Milford, PA meant 100 miles of riding, and preferably not on the major routes they had planned. We finally decided both they and the bike would stay with me, see Manhattan from my 29th floor window, and review the Southwest bicycle route (with daily notes) I'd recently borrowed from Dave Obelkovich and Lyn Dominguez.

As luck would have it, by the time they arrived

at my apartment, the Empire State Building was obscured in fog, not to be seen again for over a week. Sunday morning loomed gray and rainy, and there was not a lot of enthusiasm for beginning their journey. The rain finally relented and we started a "quick tour of Manhattan" by 9:00 am. All went smoothly past Lincoln Center, through Times Square to 34th Street, where the Empire State Building suddenly loomed out of the fog - on the other side of the Five Boro Bike Tour that was tortoisening up Sixth Avenue. It took nearly an hour to make our way downtown, threading through the worst traffic ever encountered on the West Side. At the Battery, only the bottom third of the Twin Towers was visible, and the Statue of Liberty was not to be seen at all through the dense fog. The sun briefly shone on the Brooklyn, Manhattan and Williamsburgh bridges as we sped along the East River and through Alphabet City to pick up Marty Wolf. We rode past the chic shops of Madison Avenue, Central Park of course, and through world-famous Harlem to cross the GWB at 11:00am, having pretty much covered the requisite list of sights.

It's not easy to find lunch in New Jersey on Sunday. We lucked out in Ho-Ho-Kus, where a luncheonette with high school girl waitresses was still open, serving a typical American breakfast. Not only had we found possibly the only reasonable place to eat in the entire state, but we had ducked in during the only other rain of the day, which dutifully ended just as we left at 2:07. We noticed that the place shut down immediately after we left.

I've ridden to the Water Gap three or four times, always by a slightly shorter but infinitely more hilly route, crossing the Palisades, Watchung, Ramapo, Schenununk and Kittatinny mountains. I now realize that Chris Mailing's

route, out 502 and 511, north to Warwick and west to Port Jervis, avoids the worst hills. The Wallkill Valley west of Warwick is a geological curiosity, the fertile black onion fields having taken its present form only about 12,000 years ago. I gave them copies of the maps, folded neatly in zip-lock bags. Fabienne placed the map in an ingenious plastic holder that sat, backpack style, on François' back so that she could navigate while he steered.

The sun wafted in and out, but no more rain, for that day at least. We headed along Wanaque Reservoir through roadside woods peaceful and lush in the moist spring air.

Shortly before Greenwood Lake, Marty and I left François and Fabienne so we could head east on Sloatsburg Road and through Harriman to catch Metro-North at Garrison. We exchanged addresses and phone numbers. We wish we'd thought of a phone card. They hope to access their e-mail en route, expecting to find a cyber-café and a B&B in every small town.

In the US, everyone has their own computer, whereas in many other places, cyber-café are the connection to the world. And, of course, France has had the mini-tel for so long that every French citizen has access to e-mail. In Europe, B&B's are modest, economical places for travelers to stop. In the US, they are often the expensive boutique option to Motel 6.

We offered advice such as finding places to stay through churches and police stations, cooked food (and everything else you could need) in supermarkets, e-mail access at universities, libraries, and business hotels. Marty gave them maps as far as Iowa, and tried to convince François to wear his helmet on his head, not his handlebars.

In the week since, I've posted several places to stay on their e-mail, but I don't know how successful they have been finding e-mail access. Energy is finite, even in the young.

We left the fledglings with good wishes and high hopes for their successful arrival in San Francisco on June 7.

Bulletin Board

(Continued from page 2)

June meeting: The club will meet in a private dining room in the Dallas BBQ restaurant, located on West 72nd Street between Columbus Ave. and Central Park West. Details are printed on the back cover of this Bulletin. We hope to see all of our new members plus anyone who has never attended one of our club meetings before.

Opportunity #5 - NYCC Jerseys

Come to the June club meeting and take home a NYCC jersey. We have several men's and women's sizes available for immediate purchase. The cost of each jersey is \$50.

Opportunity #6 - E-Mail Updates

Please join our free Internet notification service and receive club news that occurs between the publication of each issue of the Bulletin. Approximately 700 club members currently receive e-mail updates. If you can get e-mail and would like to be included please send your name and e-mail address to genev@pipeline.com.

Annual Rides For 1998

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



Before we dispense the dish, we have to address the photo of the chick in the hot pants in the last issue. We saw it the same time you did (ugh!) We received some mail saying the photo was sexist. We agree. So, in this issue we debut our official logo. We commissioned a NYCC member to design it (we love it).

Dick Goldberg announced his engagement to Bobbi. We hope that when she is married, she'll join us instead of cheering from the sidelines.

On April 25, **Karl Dittbrandt** completed the 200km Brevet that went through Skyline Drive, Mine Road, and Storm King Highway on a track bike. How many people can combine ultra-marathoning and track biking in one event? Only someone as skilled and accomplished (and sexy too) as Karl. Nice work.

Speaking of ultra-marathon rides, 4 club members including **Tony Squire, Peter and Ezra Dottino** will be competing in Team RAAM in late July. This is a bike race from California to Georgia. They will be raising money for a transplant and cancer foundation. They welcome technical advice from past competitors (EOdonn2236@aol.com).

Say it ain't so Ivo! Is **Ivo Varbanov** giving up his cherished straight block freewheel? A reliable source has Ivo hobbling over to a bike shop to buy a "23" cog immediately after a recent club ride — apparently the experience of having **Stephanie Blecher** pass him "like a rocket" (at 6 mph!) on a climb up Little Tor led to a change of heart.

We heard that **Kristi Roberts** was thrown out of a spin class. How could that be? When the instructor told the class to stand on their bikes, she refused because she wanted to do her own workout. He then asked her to leave (no, the instructor was not **Al Boland**).

Here's a story that shows you cyclists are good samaritans (unlike Seinfeld and his buddies). **C.J. Obregon** forwarded e-mail to club members from two French cyclists on a tandem, Fabienne and François, who were arriving in NYC and needed help cycling from the airport and a place to stay. The response was overwhelming. **Ron Grossberg** met them at JFK. **Mark Martinez** met them in Manhattan. Mark along with **Jane Kenyon, Karin Fantus, Jeanine Hartnett, and Caryl Baron** took Fabienne and François out to dinner. Caryl let them stay in her apartment. **Marty Wolf** led them out of Manhattan into the wilds of New Jersey. Carol is still sending them e-mail and helping them with places to crash. Our mothers would use one word to describe all those who helped: *mensch*es (a Yiddish term for a person of high morals).

Our mothers also told us something else:

Never, ever let a cyclist who has been knocked unconscious back back on his/her bike. Never allow the casualty to sleep alone the first night after being knocked out.

Unfortunately, the B Sig riders allowed their leader **Gary McGraime** to get back on his bike after he suffered a concussion. They receive the title of **Bozos of the Month**.

On the ride to Oyster Bay, Gary was demonstrating his famous bunny hop over a water bottle in the parking lot of a Metro-North train station. He fell on his head and was knocked unconscious. He broke a cheek bone but didn't realize the extent of his injuries until the next morning, after he had been allowed to get back on his bike and ride 35 miles home.

Then he discovered he needed to go to the hospital! What if he hadn't woken up? He's home now. We wish Gary a speedy recovery.

For all of those who have been asked by **Linda Wintner** over the past 3 years what kind of bike she should buy and for all those who put money on the fact that she would never buy one, guess what? She's riding her new Merlin sans pigeon-toe (thanks to her custom fit by Happy Freedman). Way to go, girlfriend.

Don't forget, keep the dish coming to nycnews@yahoo.com. Don't worry, we're not The New York Times. We don't need corroboration for our stories.

That's all for now. Remember, all the dish that fits we print.

Thank You, Thank You

*To John Tsang of Conrad's Bike Shop
and Randy Taylor and Richard Newman of
Toga Bike Shop:*

We would like to express our appreciation for your hospitality to our NYCC Bike Repair Clinic. The presentations and demonstrations by your very knowledgeable mechanics were very helpful for our repair clinic.

The members who attended learned the basics of bicycle repair. Many told us afterwards that they now felt more comfortable about maintaining and repairing their bicycles.

We would also like to thank *Bicycling* magazine for their generous support by supplying repair manuals for our clinic.

Again, John, Randy, and Richard: our thanks for all your help. Conrad's and Toga Bike Shop have always been very supportive of the New York Cycle Club.

Gary McGraime and Joel Englander

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:

1995 Cannondale R700 tt bike. 60 cm frame, polished aluminum, Shimano 105 w/ 600 rear der., 26" wheels. Like new, \$1,000. Call Shelly at (212) 645-8754 or e-mail dogzndrumz@aol.com.

1994 Specialized Allez (bought in '95), 49cm, steel frame, Campy gearing, SPD clipless pedals. Excellent condition/lovingly cared for. Owner upgrading. \$500 OBO. Call Janet at 370-8066 or email: janet.silverman@gecapital.com.



Before your first club ride, please read this:

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

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

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

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

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

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

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

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

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

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

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



1998 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS

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

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

PLEASE PRINT OR USE ADDRESS LABEL. ZIP CODE IS REQUIRED. Mail this application with a check made payable to the:
New York Cycle Club, P.O. Box 20541, Columbus Circle Station, New York, NY 10023.

NAME: _____ SIGNATURE: _____
 NAME: _____ SIGNATURE: _____
 ADDRESS / APT _____
 CITY _____ STATE _____ ZIP (REQUIRED) _____
 DAY TEL _____ NIGHT TEL _____ E-MAIL _____

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

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

☐ Individual — \$21 ☐ Couple residing at the same address — \$27

**World Class Marathoner and
International Yoga Instructor
Thom Birch:
Yoga Can Help Your Cycling
Come to Our Meeting June 9**

Hear:

Astanga Yoga and How It Will Help Improve Your Cycling

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

Please Call or E-Mail Joel Englander or Anne Grossman 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.



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



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