

**March
1998**

NYCCTM Bulletin



I GOT MY OFFICIAL
NYCC CLUB JERSEY
FOR MY BIRTHDAY!
TO GET YOURS, SEE PAGE 10!
REMEMBER, THIS MONTH IS
YOUR LAST CHANCE TO
GET ONE!

ALL-NEW
FOR
1998!

3 Ride Series Rollouts!

(See p. 8)

Bulletin Board

MARCH OPPORTUNITIES FROM THE PRESIDENT - GENE VEZZANI

Opportunity #1 — New Members Class

Attention all new members! Ever wonder how you 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 that is scheduled to take place at the March 10 monthly club meeting. The New members Class begins promptly at 6:00 pm.

The location of the March meeting and the New Members Class is the Estia restaurant which is located at 308 East 86th Street (86th St. and 2nd Ave.) The food is excellent at our new meeting location! We hope to see all of our new members plus anyone who has never attended one of our club meetings.

Opportunity #2 — Win A Free Membership

The March club meeting (see page 12 for details) will feature a drawing in which three lucky people who completed the 1997 questionnaire that appeared in the Bulletin will win a FREE ONE YEAR MEMBERSHIP to the New York Cycle Club. Plan to attend the March 10 meeting and join the fun.

Opportunity #3 — Memorial Day Weekend

Join 60 to 80 club members and friends at our annual Memorial Day Weekend in Sheffield, Massachusetts. Mark this cycling weekend on your calendar, Friday, May 22 through Monday, May 25. Then contact Special Events Director Anne Grossman (212-924-1549) for all of the exciting details. It's booking up fast. Call today!

Opportunity #4 — This Is Your Last Issue

This is your last issue of the NYCC Bulletin! Renew now to avoid being dropped from our active membership list. All memberships expired on December 31 regardless of the month that you joined last year. Complete the handy renewal form printed on page 11 and continue to enjoy the safety and social benefits of club riding. Nobody enjoys getting dropped.

Opportunity #5 — NYCC Jerseys

We plan to submit our 1998 NYCC jersey order to the manufacturer on Wednesday, March 11. Complete the order form printed in this issue of the Bulletin or attend the club meeting on March 10 to place your order in person. This is the final opportunity that you'll have to order one of these wonderful jerseys.

Opportunity #6 — Bicycle Shop Discount Program

Get at least a 10% discount off cash transactions of non-sale parts and accessories, with some special pricing on bicycles and repairs, from the following retailers:

- A Bicycle Shop — 349 West 14th, Manhattan
- Bay Ridge Bicycle World — 8916 3rd Ave., Brooklyn
- Bicycles & Exercise Equipment Store — 242 East 79th St. (@ 2nd Ave.), Manhattan
- Broadway Bicycles — 2803 Broadway (@ West 108th St.), Manhattan
- Emey's — 141 East 17th, Manhattan
- Gotham Bikes — 116 West Broadway, Manhattan
- Larry & Jeff's — 1400 Third Ave., Manhattan
- Park Side Bicycles — 329 Amsterdam Ave., Manhattan
- Toga Bike Shop — 110 West End Ave., Manhattan

These bicycle stores are participants in the NYCC discount program. Please contact individual stores for specific details. A current NYCC Bulletin with a mailing label will be accepted as proof of membership. If your favorite bicycle store is not listed and you would like them to participate, call Gene Vezzani at 212-875-1615. PLEASE SUPPORT YOUR LOCAL BIKE SHOPS!

Radar Advisory

A club member was told by a Police source that a radar unit shall go into service in Central Park during the last week of February "to help control the speed of cyclists." The location of the unit using the radar gun shall be the 90th Street exit along West Drive. The radar gun shall be set to detect speeds above 15 mph.

Ride safely, and please keep your club apprised of developments.

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To publish an article:

Contact:
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Submit 3.5 inch diskette plus hard copy. Advise operating system, software, phone number. Material may be edited for length and clarity. A full page of text is 750 to 1,090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published.

Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

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

Web Page:

http://www.nycc.org

**RENEW
NOW!**

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, February 28

A-19 55 MI 9:30 AM Park Ridge

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

A18 TBD Lori's Saturday Morning E-Ride Series*

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

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

Leader: Jim Drazios (718) 225-1842. From: The Statue of Civic Virtue. (E/F train - Union T'pke & Queens Blvd.) Let's work on our spin and venture our way through the North Shore (Kings Point, Sands Point and Pt. Washington). When spring does come, we'll be ready.

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

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

C14 50 MI 9:00 AM Almost Spring

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

Sunday, March 1

A19 55 MI 10:00 AM Skylark Diner

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

B14 45 MI 9:00 AM Park Ridge

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

B12 25 MI 10:00 AM Get in Shape for Touring Series #1: Bergen Ramble

Leaders: Maggie Clarke (212) 567-8272 and Dorothy Fong (718) 596-1967.
From: George Washington Bridge Bus Terminal (178th & Ft. Washington) A Train to 175th St. front entrance. Flat to Rolling Terrain, one big hill at the end. For our first ride of the year we'll do Irv's 25-mile Club route through the lovely suburban residential areas of close-in Bergen County. We'll have lunch at the Closter Diner. Cancellation conditions: Starting temps below 35°, excessive windchill, icy streets, or significant prediction of precipitation. Call if in doubt!

C14 38 MI 8:30 AM CROTON DAM

Leaders: Hindy and Irving Schachter (212) 758 5738.
From: Grand Central Station.
Meet on the train to Chappaqua—that's the 8:49 to Brewster North. We promise beautiful roads and sights. Please bring lunch, as there is no place to buy at the spot where we picnic. MetroNorth pass required. High below 45° cancels. This may be the most scenic route we offer.

Saturday, March 7

SIG A 24 MI 9:00 AM Day One

Leaders: The "A" Team (below) From: The Boathouse.
Gabriella Clapp (212) 724-5633 Edward Fishkin 718-633-3038
Christy Guzzetta (212) 595-3674 David Grogan (718) 875-1977
Paul Leibowitz (718) 858-9742 Judy Morrill (212) 866-0462
Nora Salazar (212) 725-1361 Randy Taylor (212) 866-0462
David Thomas (212) 675-6191 Carolyn White (212) 666-0616
The start of the 1998 A SIG series (see article elsewhere in the Bulletin). Sounds boring, 4 laps of Central Park, ugh! Don't be fooled. Meet your leaders, meet the people who you will be riding with for the next 11 weeks, learn what this is all about. Plan to ride the 4 laps in 1 hour 35 minutes. Then, we'll meet in the back of the Boathouse for some introductions. Look around, many of these faces will not be there come the Graduation ride on May 16. Will you? Helmets required. Tri-bars prohibited. Rain date: Sunday, March 8. If both days are not rideable, we will still meet at the back of the Boathouse at 11:00 am on Sunday to review the series.

A18 60+ MI 9:15 AM A Training Series #1: Not Park Ridge!

Leader: Fred Steinberg (212) 787-5204 From: The Boathouse.
For a change, we'll visit the Good Times Diner in New City. They're bicycle friendly and the trip is more than 48.5 miles of riding. We won't go near Nyack or Pearl River either! We're not talking SIG here; to participate, you should have achieved A rider status in previous seasons. 8:00 am temp below 30° or sloppy roads cancel.

B14/16 40+/-MI 9:00 AM Progressive Series #1: Beyond the Bridge to Closter

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

B17 50 MI 9:00 AM Back Road to Nyack

Leader: Phil Simpson (718) 639-6264. From: The Boathouse.
A get-back-in-shape ride at a smooth, brisk pace rewarded by the social amenities offered by Nyack. Temp below 32° at 8:30 am on NY1 cancels.

C13 38 MI 9:15 AM Staten Island Easy-Rider
 Leader Bernie Brandell (718) 633-1759. From: The Staten Island Ferry (Manhattan Side.) Flat, scenic ride with long bike path stretch to historic Conference House Park. Bring well-maintained bike and good cheer. Rain or temp below 35° cancels.

C-SIG 0 MI 10:00 AM C-SIG #2
 Leaders: Geo Kaplan (212) 989-0883 and Irv Weisman (212) 567-9672. Meet at the Food Court of the Manhattan Mall (32nd St. and 6th Avenue, the old Stern's store) for indoor meeting and discussion. Will last approx. 2 1/2 hours. Call the leaders for further information. Prior attendance required. Riding commences Saturday, April 4.

Sunday, March 8

A19 55+ MI 9:15 AM Group Ride to Nyack or Beyond...
 Leader: TBD. From: The Boathouse. We'll be heading together to Nyack, or perhaps even further.

B16 50+MI 9:30 AM Pearl River
 Leaders: Gay Shaheen (212) 452-1784 and Ray Thomas (212) 749-1787. From: The Boathouse. A relatively flat ride rewarded by pretty roads and delicious pancakes with an easy return to the GWB. Wet roads or temp below 35° at start cancel.

B15 50MI 9:15 AM Long Beach
 Leader: Ron Grossberg (718) 369-2413. From: The Boathouse. The gulf stream warms the Long Beach coast. It almost feels like summer, well maybe in about 3 months but who wants to wait. Below 32° cancel.

B12 32 MI 10:00 AM Get in Shape for Touring Series #2: Bronx River Ramble
 Leaders: Maggie Clarke (212) 567-8272 and Arlene Ellner (212) 677-3306. From: under the giant ginkgo tree, on Broadway North of Isham St. (207th St stop "A" train—exit the gate and head for left stairs at the northern (front) end). Flat to rolling terrain. This is an easy ride through the lovely Westchester suburbs of Bronxville and Scarsdale, among others. Lunch at Esy's in White Plains. Cancellation conditions: starting temps below 35°, excessive windchill, icy streets, or prediction of significant precipitation. Call if in doubt!

C13 45 MI 9:00 AM Northvale
 Leader Ed Fishkin (718) 633-3038. From: The Boathouse. Enjoy an easy-paced ride to a quiet suburban town and pack away your troubles for a day. Rain or temp below 35° cancels.

Saturday, March 14

A18.5 65 MI 9:15 AM A Training Series #2: Thornwood
 Leaders: Stephanie Bleacher and Rich Borow (212) 348-2661. From: The Boathouse. A nice, steady ride to continue to get in shape for the new season, with the focus on regaining our pacerline timing and losing the tires around our waists. The speed picks up a notch from last week as does the distance — and there may be hill or two (but not a very big one) — to the anticipated destination of the Thornwood Diner. Note that the listed speed will be maintained on the flat, though early participants in the traditional Grassy Sprain sprint will be welcome to test their legs. Temps below 30° at 8:30 am or icy/wet roads cancel.

A20 50/60 MI 9:15 AM March Madness
 Leaders: Jim Modula (212) 663-1420 and Keith Goldstein (212) 982-9461. From: The Boathouse. No, not the NCAA Tournament, just a little ride into Bergen or Rockland, destination still to be determined. Wet roads or temps below 32° cancel.

SIG-A 46 MI 9:00 AM Northvale
 Leaders: Judy Morrill (212) 866-0462 and Paul Leibowitz (718) 858-9742. From: The Boathouse.

Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. We just want to get some miles in today, begin to build that base that will propel us up those mountains we are going to climb—at those speeds we will attain. We are going to start practicing riding together, we'll start thinking about pacerline formations, not too intense, just get a feeling. To breakfast at the diner in Northvale, NJ. Is your name on your helmet? On both the front and back? In big letters so everyone can read it? Be sure it is! Rain date, Sunday, March 15.

B PROGRESSIVE 9:00-9:45 AM Pre-Ride Skill Session: Spinning

Mark Woltz will teach the age-old, energy-saving technique of creating momentum by pedaling smoothly and effortlessly. At the Boathouse.

B14/16 45+/-MI 9:45 AM Progressive Series #2: Scarsdale

Leaders: Karin Fantus (212) 873-5559 and Gary McGraime (212) 877-4257. From: The Boathouse.

We'll focus on getting our legs and minds working in synch. More talk about safety and etiquette as we coalesce into two groups, according to speed. Will also vote on when to schedule seminar on bike fit.

B14 55 MI 9:30 AM The Long Way to Piermont
 Leader: Dona Kahn (212) 399-9009. From: The Boathouse. Relive the route of the Century and go to our favorite town on the Hudson. If the weather looks threatening, first call to confirm.

C13 45+/- MI 10:00 AM With a Little Help From My Friends

"Leader": Ben Goldberg (212) 982-4681. From: The Boathouse. I volunteered to lead this ride, but near press time it became clear that I wouldn't be able to. So, I'll lean on a friend and have him or her lead it. So, rest easy—there will be a C ride, I guarantee it (weather permitting). Temp below 35° at start cancels.

C-SIG 0 MI 10:00 AM C-SIG #3
 Leaders: Geo Kaplan (212) 989-0883 and Irv Weisman (212) 567-9672. Meet at the Food Court of the Manhattan Mall (32nd St. and 6th Avenue, the old Stern's store) for indoor meeting and discussion. Will last approx. 2 1/2 hours. Call the leaders for further information. Prior attendance required. Riding commences Saturday, April 4.

Sunday, March 15

A21 60-70 MI 9:00 AM Ides of March
 Leader: Todd Brilliant (212) 274-9463. From: The Boathouse. It doesn't take a soothsayer or prognosticator to know that spring (and baseball season!) is on its way. Before you know it, the wool and tights will be packed away, and those sun-starved forearms will see the sun. And the Equinox is almost upon us! Oh, happy day!

B15 55 MI 9:00 AM Park Ridge
 Leader: Bernie Brandell (718) 633-1759. From: The Boathouse. Everyone knows Park Ridge was founded when the Indians introduced American wheat to the Pilgrims, who in turn introduced the wheel. Thus the beginning of the Park Ridge pancake, which can be viewed at the Park Ridge Diner Historical Society. Slick roads or temp below 32° cancels.

WILL IT NEVER END?

Completion of the south sidewalk handrail painting of the George Washington Bridge will be delayed yet again, according to the Port Authority. The south sidewalk will remain closed Monday-Friday through March and maybe beyond. The south sidewalk will remain open on weekends, as before.

**B PROGRESSIVE 9:00-9:45 AM Pre-Ride Skill Session:
Bike Handling**

Mark Wolz will teach skills essential to looking good on a bike and riding safely: cornering, maneuvering around road hazards, etc. At the Boathouse.

**B15/17 50 MI 9:45 AM Progressive Series #3:
Ridgewood**

Leaders: Karin Fantus (212) 873-5559 and Gary McGraime (212) 877-4257.
From: The Boathouse.

We'll start pushing the pace today on this relatively flat route. Emphasis on bike handling and holding our own in traffic.

**B12 36 MI 10:00 AM Get in Shape for Touring
Series #3: Sea Cliff**

Leader: Dorothy Fong. (718) 596-1967. From: End of "F" Subway line in Queens. (Midland & Hillside — exit front left end).

Rolling terrain. Come enjoy the moraine country of the North Shore of Nassau County. We cruise through Roslyn and other garden spots before reaching Sea Cliff, where we enjoy spectacular views of Long Island Sound. Cancellation conditions: starting temps below 35°, excessive windchill, icy streets, or prediction of significant precipitation. Call if in doubt!

Saturday, March 21
A21 80 MI 10:00 AM Hudson River Valley

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

An early season cruise to the Hudson River Valley. Over Westchester's rolling hills and through Putnam's Fahnestock State Park, we'll descend into Cold Spring for a late lunch. A bike train will get us back to the city. Deli stops will be short and sweet. Train pass required. Two water bottles and pocket food recommended. Rain or snow cancels.

A19 60 MI 9:15 AM

Leader: Abe Karron (718) 728-6110.

Nyack again, you say? After you climb Clausland, you'll be singing a different tune (a few octaves higher maybe). Hills are the feature of this training ride. The usual cancels.

SIG-A 51 MI 9:00 AM White Plains

Leaders: Edward Fishkin (718) 633-3038 and Carolyn White (212) 666-0616.
From: The Boathouse.

Did you train during the week? If you didn't, don't bother coming out. Training during the week is a critical component to keeping up on A rides. And we are going to keep up! We will not get dropped. More miles today, more base, I'm already getting excited—and it's only week 3. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly by 9:00 am. Helmets, with names on front and back, required. More practice riding together today, I'm getting to know my fellow SIG participants. Omigosh, next week, we begin serious pacerline training. Omigosh. Breakfast at White Plains. Rain date, Sunday, March 22.

Sunday, March 22
A21 70 MI(+?) 8:30 AM It's Springtime!

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

50 milers, 60 milers — diners, diners, diners. My legs are getting cramped and I need to stretch them out! How 'bout Little Tor, back on Saddle River Road — with no diners. Relive those not so lazy days of last summer while jumping feet first into the new season. Water and pocket food recommended.

A19 60 MI 9:15 AM Nyack Rendezvous

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

We'll do a smooth spin (holding the pace) up toward Rockland Lake and roll down into Nyack from the north for a rendezvous with other outdoor worshipping cyclists. Coffee, health food, syrup-laden pancakes? The Skylark is the limit. We'll then make an attempt at looking as good on the way back.

**B PROGRESSIVE 9:00-9:45 AM Pre-Ride Skill Session:
Bike Handling**

Mark Wolz will teach skills essential to looking good on a bike and riding safely: cornering, maneuvering around road hazards, etc. At the Boathouse.

**B15/17 50 MI 9:45 AM Progressive Series #3:
Ridgewood**

Leaders: Karin Fantus (212) 873-5559 and Gary McGraime (212) 877-4257.
From: The Boathouse.

We'll start pushing the pace today on this relatively flat route. Emphasis on bike handling and holding our own in traffic.

**B16 65+ MI 9:00 AM Second Annual Abe
Simpson Ride**

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

When I was a lad, my father wouldn't take us to Armonk. Temp below 35° at 8:00 am, snow or rain cancels.

**B12 35 MI 10:00 AM Get in Shape for Touring
Series #4: River Road to
Piermont**

Leaders: Marina Bakkerman (718) 851-1527 and Maggie Clarke (212) 567-8272.
From: George Washington Bridge Bus Terminal (178th & Ft. Washington Ave.)
A train to 175th St. front entrance.

Rolling to hilly terrain. We need a challenge at this point, so we'll tackle the hills of the River Road, with the Hudson River always in view. Lunch is in the charming and historic riverside town of Piermont. Cancellation conditions: starting temps below 35°, excessive windchill, icy streets, or prediction of significant precipitation. Call if in doubt!

Touring Ride In Rural Indiana

**Indiana State Parks TRIRI
June 21-27, 1998**
**September Escapade TRIRI
September 13-18, 1998**

Week-long bicycling and camping tours of scenic Indiana. Inn option on the September Escapade. Overnights at Indiana's beautiful State Parks & delicious catered meals.

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www.bloomington.in.us/~bbc/triri/triri.htm

C14 40 MI 9:15 AM Roslyn Ramble

Leader: Jim Drazios (718) 225-1842. From: The Statue of Civic Virtue. (F train to Union Turnpike and Queens Blvd.) Best corn muffins in town. Easy scenic ride with possible Port Washington loop. Temp. below 35° cancels

C-SIG 0 MI 10:00 AM C-SIG #4

Leaders: Geo Kaplan (212) 989-0883 and Irv Weisman (212) 567-9672. Meet at the Food Court of the Manhattan Mall (32nd St. and 6th Avenue, the old Stern's store) for indoor meeting and discussion. Will last approx. 2 1/2 hours. Call the leaders for further information. Prior attendance required. Riding commences Saturday, April 4.

Wednesday, March 25**A/B/C 0 MI 7:00 PM Carbo-Loading the Carmine's Way**

Leader: Anne Grossman (212) 924-1549 From: Carmine's Restaurant (Broadway at 91st Street). What do you need for hard spring training? A glycogen replacement of pasta, served family style, of course. Come join me at Carmine's for an evening of gastronomical indulgence. Space is extremely limited so R.S.V.P. now. First come, first served.

Saturday, March 28**A19+/- 60+ MI 9:15 AM A Training Series #4:**

Rockland Lake Leader: Tom Laskey. From: The Boathouse. We're gonna turn it up a little as we head north for a brisk lap around Rockland Lake and cruise over to our food stop in Nyack. Group consensus on Skylark or Spoon. Pocket food recommended. Inclement weather of any stripe cancels.

SIG-A 54 MI 9:00 AM Nyack

Leaders: Nora Salazar (212) 725-1361 and David Grogan (718) 875-1977. From: The Boathouse.

We'll journey to a place where all cyclists go — Nyack. And we'll do it in style — in a paceline. Whoa! Don't get nervous. This will be just a single paceline, no alternating the lead. The leaders will pull us all the way to Nyack and back. We are going to practice riding behind a wheel, knowing there is a bike on my rear wheel, riding steady, smooth, predictable. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. Helmets, with names on front and back, required. Practice, practice, practice. We're training during the week, we've got our names on our helmets, our adrenaline is pumping. Rain date, Sunday, March 29. (No pre-ride skill session — Tune in next week.)

B15/17 55+ MI 9:00 AM Progressive Series #4: Mamaroneck

Leaders: Karin Fantus (212) 873-5559 and Gary McGraime (212) 877-4257. From: The Boathouse.

We'll keep cranking up the pace and talk about long-distance riding (nutrition, clothing, equipment, etc.). This beautiful route will take us to many corners of deepest Westchester. Bring pocket food. If the weather's iffy or you think you may want to bail, bring your MetroNorth Pass for return via the New Haven line.

B13 41 MI 12:00 PM Historic Architecture — Park Hill, Yonkers

Leader: Paul Rubenfarb (212) 740-9123. From: NE corner of 181st St. & Ft. Washington Ave. (A train).

This slice of Victorian Yonkers is a quaint neighborhood bordering the Bronx, with many mansions of the gilded age featuring panoramic vistas over the Palisades. Rain or shine.

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

C-SIG 0 MI 10:00 AM C-SIG #5

Leaders: Geo Kaplan (212) 989-0883 and Irv Weisman (212) 567-9672. Meet at the Food Court of the Manhattan Mall (32nd St. and 6th Avenue, the old Stern's store) for indoor meeting and discussion. Will last approx. 2 1/2 hours. Call the leaders for further information. Prior attendance required. Riding commences Saturday, April 4.

Sunday, March 29**A19 52 MI 10:00 AM March Goes Out Like... A Lamb**

Leader: Richard Rosenthal From: The Boathouse. If it's Rosenthal, it must be River Road. Yes, but if it's River Road, it must be the most gorgeous stretch of road within 2,000 miles. I'll lead by following you up such hills as I can. That may be Bradley, it may be Tweed. It is unlikely to be Clausland. Note the starting time.

B15 45 MI 9:30 AM Northvale

Leader: Charlie Katz (212) 529-6717. From: The Boathouse. Not eager for Nyack? Take a slow, somewhat shorter ride with refueling at the Northvale Diner. Reyna will be taking care of Marc, but has promised to put together our cue sheet (well, she mumbled something about making sure I don't get lost and come home late). Wet roads or 35° or below at 9:00 am, according to NY-1, cancels.

B14/16 45-55 MI 10:00 AM Piermont

Leaders: Hindy and Irving Schachter (212) 758-5738. From: First Avenue and E. 64th Street, NW corner. We break up into two groups shortly after the GW Bridge. The faster group takes a hilly route with steep ups, e.g. Tweed. The slow group has a relatively flat ride with one hill on the way home. Piermont is pleased to greet both groups for lunch and a look at the town. Rain cancels.

B12 40 MI 9:15 AM Get in Shape for Touring Series #5: Eagle Rock, Montclair & Millburn

Leaders: Maggie Clarke (212) 567-8272 & Arlene Ellner (212) 677-3306. From: World Trade Center/Top of PATH escalators.

Rolling to hilly terrain. This is one of the loveliest rides in New Jersey (after a brief stint in Newark!) with the morning's ride culminating in a fairly gradual ascent to Eagle Rock Reservation, where there are spectacular views of both New York. On the way back to Newark, we cruise through Montclair and Branch Brook Park. Cancellation conditions: starting temps below 35°, excessive windchill, icy streets, or prediction of significant precipitation. Call if in doubt! (Bring \$2 for round-trip PATH)

C12 25 MI 10:00 AM Ride with Reservations

Leader: Dick Goldberg (212) 874-2008. From: TBD. A leisurely ride through northern Manhattan and the northwest Bronx to the home of my friend Amla, who will prepare a nouvelle Indian vegetarian and mostly organic lunch for us in her home. We will visit Maggie Clarke's RING garden on the way home. Cost is \$6 per person. Reservations must be made by Tuesday, March 24. Ice, snow or rain, temp below 35° at 9 am cancel the ride but not the food. We will go up by public transportation and visit the Cloisters to round out the experience.

Saturday, April 4**A20 70 MI 9:15 AM A Training Series #5**

Leader: TBD. From: The Boathouse. Hopefully, by the time you read this listing in the April bulletin, there will be a leader other than our old friend TBD. The fifth of this progressive series of rides and it's getting serious now. More miles and faster. Rain, cold (below 30° at 8:00 am) or high winds cancel.

A19 65 MI 9:30 AM One Third of a Double

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

From: The Boathouse.

The first ride in a progressive series leading up to a double century ride in June. This will be a moderately paced spin to Westchester with some easy climbs and pleasant roads. Participation in the entire series is not required to join this ride.

SIG-A 55 MI 9:00 AM Pleasantville

Leaders: David Thomas (212) 675-6191 and Gabriella Clapp (212) 724-5633.

From: The Boathouse.

Man, you are killing me! There are hills on this ride, we are riding in a single paceline and alternating the lead, I feel like I'm already an A rider. I'm glad I took your advice about training during the week. I would have never been able to keep up if I hadn't done that. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00 am. Helmets, with names on front and back, required. Up route 9 to Tarrytown, east over a big hill to breakfast at the Thornwood Diner. Back home down Grassy Sprain. Do A riders really bomb down Grassy Sprain at 40 mph-plus? Yes! Will I ever be able to go that fast? Yes! Not today, but soon. Rain date: Sunday, April 5.

B PROGRESSIVE 9:00-9:45 AM Pre-Ride Skill Session: Climbing

Mark Wolz will teach how to use more technique and less grunting and sweating to get up hills faster. At the Boathouse.

B15/17 60+ MI 9:45 AM Progressive Series #5: Nyack

Leaders: Karin Fantus (212) 873-5559 and Gary McGraime (212) 877-4257. From: The Boathouse.

This is Nyack—the longer, prettier and hillier way. A fine day to work on climbing technique and to ride faster still. We'll ascend Bradley Hill (and

Tweed if you wish) before descending into Nyack for lunch after 30 miles. Please bring pocket food.

C-SIG TBD TBD C-SIG #6 (Ridel)

Leaders: Geo Kaplan (212) 989-0883 and Irv Weisman (212) 567-9672.

Place and time to be announced. Call leaders for details. Prior attendance required.

Sunday, April 5**A20 70 MI 9:00 AM "I Never Go to Westchester"**

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

So therefore I do get a hankering about once a year for the Grand Concourse and the pines of Armonk (?). Call leader to find out if the mood still exists on ride day. An overwhelming urge to cross the GWB or spring showers cancel. Good vibes and anecdotes go a long way to smoothing those Westy miles as well as "advanced riding skills."

B15/16 55 MI 9:00 AM Pearl River

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

Perhaps I should vary my itinerary a bit but hey, as the saying goes, when something works, you stick with it! And I'm hooked on those Pearl River pancakes, the atmosphere at the coffee shop, the absence of large hills, not to mention the blazing return on Rivervale. Rain, icy temps or roads, or excessive use of syrup cancels.

B12 45 MI 9:30 AM Get in Shape for Touring Series #6: Old Greenwich, CT.

Leaders: Maggie Clarke (212) 567-8272 and Marina Bekkerman (718) 851-1527. From: Under the giant gingko on Broadway north of Isham St. (207th St. stop A train – exit the gate and head for left stairs at northern end).

Rolling to hilly terrain. MetroNorth pass required for return train trip. This is a gorgeous ride touching on the suburban neighborhoods of lower Westchester and the back roads of Greenwich CT. After lunch at a deli in Cos Cob, we do a 6-mile loop on a peninsular park that juts out into Long Island Sound, allowing for spectacular views. Cancellation conditions: starting temps below 35°, excessive windchill, icy streets, or prediction of significant precipitation. Call if in doubt!

Saturday, April 11**SIG-A 61 MI 9:00 AM Rockland Lake**

Leaders: Randy Taylor (212) 866-0462 and Christy Guzzetta (212) 595-3674.

From: The Boathouse.

Double paceline, no alternating the lead, to breakfast in Nyack. Eat heartily. We'll then head on north to Rockland Lake. We'll do laps of Rockland Lake, lots of laps. We'll do it in double-paceline formation, and we will indeed alternate the lead. Lap after lap, "Pulling off," we'll call it out, we'll hear it. "Short pulls," alternate the lead, keep the pace steady. Today, there is a bike inches off my front wheel, another inches off my rear wheel, another inches off to my side. Heck, there's bikes all around me. I am riding steady, predictable, I will not jam my brakes, I'm smooth, this is getting easy. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. Helmets, with names on front and back, required. Rain date, Sunday, April 12.

Out of Bounds

NYCC Memorial Day Weekend in the Berkshires, May 23–May 25, 1998. Join 60 to 80 club members and friends at our annual Memorial Day Weekend in Sheffield, Massachusetts. Contact Anne Grossman at (212) 924-1549 or annesg@mail.idt.net if you need more information, including names of B&Bs in the Sheffield area. Call now, rooms are going quickly.

NYCC Annual Holiday Party, Tuesday, December 15 at St. Maggie's Cafe. More information will appear later in the year.

Cycling Dreams come true when you
FOLLOW THE GIRO!

May 31-June 8

- 8 days of spectacular alpine cycling
- Experience FIVE stages & the Milan finish!
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Double Century Training Series

Drew Olewnick

Looking for a new cycling goal? Is Montauk just not far enough anymore?

Join me for a spring series of rides designed to lead you to your first double-century ride. If you've already done a century, a double century is within your grasp.

The series, scheduled for every other Saturday beginning April 4, will start with a 60-mile ride and gradually build to a 200-mile spin on June 27. The emphasis will be on distance, stamina and endurance — not speed. As we approach the double-century mark, the average speed will be around 17 mph.

We will also cover nutrition, proper equipment and mental preparation. The series will leave free weekends for other training rides, the Brevet series and even that old easy, the Montauk Century. Call me at (718) 398-7252 with questions or drop a note to drewo@interport.net.

Progressive B Training Series

Gary McGraime

This nine-week series will uncover the mysteries of becoming a stronger and safer rider. We will ride every Saturday, beginning March 7, and offer a number of informational and coaching sessions at various times during non-riding hours. We will stress efficient riding technique, riding in a group so as not to be the cause or consequence of an accident, using the bike as a means of exploration, bike fit, and on and on.

The series will explore many beautiful routes not usually attempted by B riders. Our pace will range from B14/16 in early March to B16/18+ in late April. Distance will start at 40 miles and peak at 85 miles by May.

In addition to a team of four leaders, several of last year's participants will be co-leading, along with special guest appearances by a number of the club's illustrious A riders.

Attendance is not required on all rides to remain part of the group, but it is highly recommended. We will try not to drop anyone, but stragglers will be dropped if too many people are kept waiting too long. Sticking with it is a lot of work, but what you'll probably remember most is the fun you had. See you on the 7th.

Notes /on the Progressive B Training Series:

- Helmets required.
- Rain dates will be on following Sundays.
- Pre-ride skill sessions are optional and *highly* recommended.
- A MetroNorth bike pass will be mandatory on some rides (when indicated in listing) and desirable on all other Westchester rides (in case of bad weather, fatigue, etc.). Passes are available on the spot for \$5 at Grand Central Terminal, Window #27.

Questions? Call me at (212) 877-4257 or e-mail garynycc@aol.com.

Get in Shape for Touring Series

aka Get Back In Shape for Low B's

Are you a B rider who wants to get back in shape, or a strong C rider hoping to do a bicycle tour this summer? Have we got a training series for you: the Get in Shape for Touring rides will go faster and farther than the C training series, but will be less ambitious than the B training series in terms of starting and ultimate speeds and distances.

Our goal is to start at 25 miles on March 1 and, after 12 weeks of incrementally more challenging rides, end up at 60 or 65 miles. Our starting speed (flat cruising) is on the order of 12 mph, and we aim to move up gradually to 14 mph or more. Because our philosophy is touring, we will list our rides in the B category and design the routes to take in the prettiest scenery we know, mostly back roads and suburban streets (Bergen

and Rockland, Westchester and Greenwich, CT, the Monclairs, Paterson Falls, and Eagle Rock, NJ, to name a few places). We will lead the rides on Sundays because there will be less traffic then, enhancing our enjoyment. Typically, our rides will start from the outskirts of the city (e.g., the George Washington Bridge, World Trade Center/PATH, and the northern end of the A train) to minimize commuting and maximize training. In the event of weather cancellations, we may alter the length of future rides to ensure a gradually increasing mileage. Your ride leaders for this series: Maggie Clarke, (212) 567-8272; Dorothy Fong, (718) 596-1967; Arlene Ellner, (212) 677-3306; and Marina Bekkerman, (718) 851-1527. They will be happy to answer questions you may have about the series, where we start from, and what preparation you might need beforehand.

Join us for these rides this spring, and you will get in shape for touring this summer and fall.

Coming This April...

**BASIC BIKE MAINTENANCE AND
ON-THE-ROAD REPAIR CLINIC**

Join us for hands-on demonstrations of:

PART I: Basic Bike Maintenance

- Cleaning and lubricating your bike and the latest products to make it easy
- Tire inspection and proper air pressure
- Adjusting your brakes and derailleurs
- How to disassemble, pack and reassemble your bike when traveling

PART II: On-the-Road Repair

- Methods of repairing a flat
- Removing and reinstalling a broken chain
- Truing a bent rim well enough to ride home
- Essential tools and the latest gizmos to carry on the road
- Q & A

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

Memorial Day Update

Normally, 50 to 80 people attend our Memorial Day Weekend in Sheffield, Massachusetts. This year the bed and breakfast facilities that we regularly use report that they are filling up early with non-cycling visitors. Specifically, Orchard Shade B&B has called and told us that four of their nine rooms are already booked. If you are planning on joining us this year for a wonderful cycling weekend, then you should make your room reservations now.

The dates of the Memorial Day Weekend in Sheffield this year are Friday, May 22 through Monday, May 25. The phone number for the Orchard Shade B&B is 413-229-8463.

Please contact our Director of Special Events, Anne Grossman, for more information about the weekend at 212-924-1549 or annesg@mail.idt.net.

Hope to see you in Sheffield.

Annual Rides For 1998

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

A Note From the A Rides Coordinator by Tom Laskey

Having started in the club as a B rider, I've heard all the remarks about A riders tossed about by non-A riders. Now, several years later, after completing the A SIG, two years of A rides and being roped into, uh, I mean, volunteering to be A Rides Coordinator, I feel it is my duty to dispel such talk. So here is my attempt at rumor control:

Rumor #1: People always get dropped on A rides, even for mechanicals and flats. **Reality:** I have yet to take part in an A ride in which anyone was dropped for a flat or mechanical. I have been on A rides during which the leader has stopped and gone back for riders who have fallen off the back or where the pace was slowed to accommodate fried riders provided, those riders have maintained the advertised pace for most of the ride.

Careful! I am not suggesting that members take part in rides that are over their heads in the hope that the leader will always wait. Know your limits! You should be reasonably sure you can maintain the advertised pace for the advertised distance of any ride you take part in. If you generally do B14 rides, don't go on an A20 to see what happens. Also, the ability to ride in a paceline is key.

Rumor #2: People are always getting yelled at on A rides. **Reality:** When riding in a paceline at high speed, the slightest careless mistake can be very costly for yourself and for others. When one rider observes another making a mistake, most will try to point it out delicately. However, the tension of the moment can lead to harsh words, but only rarely. Mostly, criticism is given constructively and supportively.

Rumor #3: A riders ride so hard they constantly end up wrecking their knees or crashing. **Reality:** Cycling is a demanding sport. Accidents happen. Riding sensibly reduces the risk of injury and mishap, and that is the goal of every A rider I know.

Rumor #4: A riders talk all bikes, all the time. **Reality:** In some cases yes, but a majority of us are just as well-rounded as any other class of rider. Lunch discussions generally include such topics as art history, current cinema, geopolitics, architecture, bebop, horticulture, physics and other such enlightened stuff.

All right, don't believe me, see for yourself. If you're a strong B rider, come out for the A SIG. If this burnt-out, recovering couch potato can do it, so can you. Few experiences in life have been as rewarding as surviving that one SIG ride I never thought I would and realizing, "Wow! I can do this!"

And now, a few words about the A training

series: So the weather's been too atrocious for you to get out and ride and you've been engaging in indoor activities like... skiing? Now is the time to get those legs back in shape.

But maybe you don't want to start riding with the hardcores who've been hammering through the winter, just waiting to drop you if can't maintain an A21 pace. The A training series is for you! It's designed for those who've taken the winter off but want to be back in form for the warm weather without sustaining cardiac arrest the first time out.

We'll start with an easy spin to Park Ridge and gradually build up to a hammering century or near century in two months. Rides will progress by about a half or one mile per hour each week, while also increasing in distance. Meet us at the Boathouse March 7 at 9:30 am for the first ride. If you stick with it, in two months, you'll be glad you did.

Finally, for all you members who complain there aren't enough rides, all the rides go to the same place or it's always the same people leading rides, call me to lead a ride yourself!! I have yet to turn away anyone who has volunteered to lead a ride.

Remember, you are free to call us ride coordinators whenever and as often as the fancy strikes you. Give us your ideas and input.

Bouquets & Brickbats...

Selected Letters to the Bulletin

HELPFUL NYCC RIDERS...

I just wanted to express my happiness with my first two NYCC rides. The first one I did was about 2 weekends ago with Dick, and this past Saturday with Gary. I had been apprehensive about joining a ride because of the things I had heard and read about the riders' attitudes, so I waited until I felt prepared... and it paid off.

I had many questions about racing and riding in the winter, and Gary and Dick, and the rest of the two groups they led, were all very helpful answering my questions.

As someone used to riding alone, and as someone trying to learn the ins and outs of good riding etiquette, I had no regrets about waking up early for those chilly weekend rides, and look forward to the SIG rides beginning next month.

Regina Hammond
February 17, 1998

Letters like this make my day. -Ed.

CLUB GIFTS: WHY DIDN'T WE SUPPORT OUR GREATEST SUPPORTER IN 1997?

The December minutes reported in the February Bulletin revealed our club donated \$1,500 to several unnamed nonprofit organizations last year. I asked the board which it had funded, and why.

I learned the money was earned by the Escape from New York century ride, and that the board left it to the organizers to determine to whom and how much they would donate.

One of the recipients was the Central Park Conservancy. I've appreciated it's maintaining the park grounds but, until today, February 11, it had no control over the operation of the park.

The Parks Department was another recipient. I'm not the least bit opposed to funding those two organizations. However, I was astounded to learn Transportation Alternatives hadn't even been con-

sidered for a donation! No organization in New York—none—is as deserving of support by New York cyclists as TA.

Do you ever bike across the George Washington Bridge? Then you're in debt to TA. When the bridge was upgraded, they helped get a ramp where once you'd have had to walk up and down over 100 steps with your bike slung over your shoulder.

Do you ever bike across the Brooklyn Bridge? Then you're in debt to TA. They lobbied for a bikeway where once you had to dismount and climb up and down steps each way.

Do you bike across the Queensboro Bridge? Then you're in debt to TA. Through their lobbying, plans to curb cyclists' use of the bridge were curtailed during its upgrading and alternate provisions to carry cyclists across the bridge were created.

Do you ever take your bike on the subway, PATH, MetroNorth or LIRR? Then you're in debt to TA. They lobbied successfully to get those mass transit carriers to fulfill their alternative transportation

obligations.

Do you ever bike on Park, Madison, or Fifth Avenues between 34th and 57th Streets? If so, you're in debt to TA. They lobbied successfully to overturn the ban on biking in those streets during the middle of weekdays.

Do you believe cars should be banned from Central Park? If so, you should be aware that banning cars from the park is high on TA's agenda and that it has lobbied vigorously and conducted demonstrations towards that end.

Do you believe the 15mph speed limit on bicycles in Central Park when the park is closed to cars is wrong-headed? Then you must appreciate the leading role TA played, with a supporting role played by NYCC, in suing the city over the imposition of this speed limit...

Now, tell me: why wasn't TA even considered for a club donation and what do the organizations that got donations do that made them more deserving?

Rich Rosenthal
February 11, 1998

Is TA a 501(c)(3)? -Ed.

Last Chance to Order Your NYCC Jersey!



Striking eight-color design by NYCC member Michael Toomey, manufactured by LOUIS GARNEAU SPORTS. Our club jerseys are available in 10 sizes: XS, S, M, L and XL for women and S, M, L, XL and XXL for men (refer to the chart at left for size specifications). These jerseys are made of Micro-Airdry, a non-allergenic and odor-resistant fiber that keeps you dry by wicking perspiration away from you, and feature an extra-long 16-inch zipper and three rear pockets. The jerseys are only \$50 each.

There are two easy ways to order:

1. **ATTEND** the March 10 club meeting at Estia (308 E. 86 St.) and pre-pay in person.
2. **COMPLETE** the order form below and mail it along with your check covering the price of your selection plus \$3.00 shipping to:

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

Your mail order must be received

BEFORE MARCH 11.

Delivery time is approximately 4 to 6 weeks.

WOMEN'S SIZE	CHEST	WAIST	MEN'S SIZE	CHEST	WAIST
Extra Small	30	24	Small	36	30
Small	32	26	Medium	38	32
Medium	34	27	Large	40	34
Large	36	29	Extra Large	42	36
Extra Large	40	31	X-Extra Large	44	38

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

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OFFICIAL ORDER FORM

QUANTITY	Size(s)	UNIT PRICE	TOTAL COST
		\$50	
		\$50	
		TOTAL	
		SHIPPING	\$3
CHECK NUMBER:		TOTAL DUE	

Please make checks payable to the New York Cycle Club.

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JERSEY(S) RECEIVED BY

DATE

NYCC WELCOMES 27 NEW MEMBERS

David Andelman
John Bundy
Francesca Camilleri
David Colarossi
John Copeland
Sue Curtis
Elizabeth Ferretti
Arlen Epstein
Denise Felice
Sherrel Harmon
Patricia Hatry
John Herman
Dan Keating
Michael Killick
Zev Markenson
Connie Pagano
Nessim Rahmey
Alice Ryan
George Sands
Glen Schauer
Jeff Schift
Rachel Seifer
Ilyse Shechtel
Timothy Snyder
Judith Tripp
Sylvie VanBockstaele
Marten Zipern

Re-Cycling

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

FOR SALE:

1994 SPECIALIZED ALLEZ COMP 43cm (burgundy). Great condition. Never raced. Steel frame w/aluminum fork, Campy components, 8 speed, Shimano (Look) clipless pedals, Cateye cycle computer. \$450. **CALL MARGO** at (212) 579-2452.

TREK 1100, 56cm aluminum (blue), Exage 400LX with triple chainring. 8 years old - \$175. **CALL DAVID** at (212) 966-7586 evenings or davidjh@nyflyers.org.

BRIDGESTONE RB-1, 53 cm, Dura-Ace, Reflex wheelset. Great condition. Could be a collector's item. \$595. **CALL MARC** at (212) 749-2685 or e-mail: firstrunfeatures@msn.com.

Set of **MAVIC COSMIC PRO** wheels, never raced, hardly used, priced to sell. **CALL TIM** at (718) 392-6988.

TITANIUM MOUNTAIN BIKE, 19" Fuji frame by Sandvik (same as Dean). Syms cranks, Phil Wood hubs, Manitou EFC fork, many extras. Love it, but too many bikes. Asking \$1,800. **CALL RICHARD** at (212) 864-3665 or kaufmns1@sprynet.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 (eg. B15 = B Style / 15 mph cruising speed - see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

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

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

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

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

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

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

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

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

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

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



1998 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS

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

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

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

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

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

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

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

____ Individual - \$21

____ Couple residing at the same address - \$27

HOW TO CHOOSE A BIKE TOUR AND GET WHAT YOU REALLY WANT

Thinking of a guided bike tour?

Like the idea of riding your bike on great roads with all the planning and scouting done for you?

**Come to Our Meeting March 10
And Hear Lori Vendinello Tell You How.**

Lori is a NYCC member and director of La Corsa Tours.

She will tell you how to make an informed choice and find the tour that suits you.

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

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

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

Admission Between 6:00 and 7:55 pm — \$17.
(Includes dinner, tax, gratuity and the program.)

Admission after 7:55 (program only) — Free

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

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

Sorry, no indoor bike parking.

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

DATED MATERIAL!

FIRST CLASS MAIL

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FIRST CLASS
U.S. POSTAGE
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Columbus Circle Station
New York, NY 10023

NYCC