

November
1998

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NYCC Bulletin

**December 15
Holiday Party**
(Signup & Info, p. 15)

**November 10:
NYCC General Election**
Ballot and Information, p. 13-14

November Opportunities

FROM THE PRESIDENT — GENE VEZZANI

Opportunity #1 — Thank you, Century Volunteers!

A big "Thank you!" goes out to everybody who volunteered to help make the New York Cycle Club's Escape From New York Century a huge success for the fourth year in a row! And a special "Thank you" goes to **Charlie Katz** for doing an extraordinary job of pulling together all of the last-minute details.

Our club membership is a powerful resource. We have a very large and diverse pool of talent within our ranks that seems to answer the call whenever we ask for volunteers. Thanks again NYCC members for volunteering, **you're great!**

Opportunity #2 — Order Your New NYCC Long Sleeve Cycling Jersey Now

Richard Rosenthal has completed a magnificent new design for our club jersey and the fastest and easiest way to order one is to attend the November club meeting on Tuesday, November 10th. (Meeting location, menu, time, and subway info is on the back cover.) A sneak preview of the artwork that is featured on our new long sleeve, Fall/Winter/Spring weight cycling jersey is printed on page 9 of this edition of the Bulletin.

Come to the November club meeting and place your order for the New York Cycle Club Jersey that will ride with us into the next century.

Opportunity #3 — Vote Early, Vote Today

It's time to vote for the 1999 Board of Directors for your club and the best time to vote is right now. Take a minute and turn to page 13 and complete the ballot. The ballot is a self-mailer. All you have to do is complete the form with your signature, fold and tape it shut (**please do not staple it**) and mail with a stamp.

Your return address and your signature will be removed by Irv Weisman prior to counting the votes. As you can see two people are running for the same position in more than one category, so **your vote is very important**. You also have an opportunity to write in any club member's name that you think best fits the "fun categories" (best dressed man/woman, etc.) that appears with the ballot.

The introduction of the new Board and the presentation of the "fun categories" winners takes place at the December holiday party. Please vote today.

Opportunity #4 — Holiday Party

Special Events Director **Anne Grossman** has completed the arrangements for this year's Holiday Party scheduled for Tuesday, December 15th. The location of the party is the gorgeous St. Maggie's Cafe and the party runs from 6:00 to 9:00 pm. The party room has limited space so it is important that you purchase your tickets either by mail today or in person at the November club meeting. Additional Holiday Party information including ticket ordering instructions is available on page — of the Bulletin.

Opportunity #5 — Single File on the George Washington Bridge

It is important for your safety and the safety of everybody concerned that you ride single file when crossing the George Washington Bridge. The designated multi-use recreational lane that take you from one side of the bridge to the other are shared with in-line skaters, runners, walkers, and other cyclists. When crossing the bridge you have a great opportunity to become an excellent ambassador of cycling.

Please do your part in keeping the G.W. Bridge safe for everyone by riding single file.

Opportunity #6 — In This Issue

A great new feature appears on page 11 of this issue that salutes the Ride Leader of the Month. If you would like to nominate your favorite ride leader for this special honor simply e-mail your nominee's name along with a brief recommendation to any of the Board members. E-mail addresses are printed in the column to the right. Don't have e-mail yet? No problem, just give me a call.

Also, please apply the "Safety Tips for Group Riding" written by A-Ride Coordinator Tom Laskey to all of your club rides. This article is printed on page 5. These tips apply to all of us, at every level: A, B and C.

Opportunity #7 — Quote of the Month

Two NYCC cyclists in Central Park on Columbus Day overheard one tourist explaining to another, "This isn't America, this is New York City."

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

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

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

Visit Our Web Site:
<http://www.nycc.org>

Club Rides

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

ALWAYS WEAR YOUR HELMET. NO HEADPHONES.



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



Saturday, October 31

A19 60 MI 9:00 AM Ride and Treat

Leader: Tom Laskey (212) 496-1636 From: The Boathouse.
Maybe it's time to visit Pearl River again. I'd heard discouraging words about my favorite diner since it changed hands but then heard more positive words recently. Anyway if there's any foliage left we'll have a great opportunity to view it. Since it is Halloween, costumes are encouraged. I'll be coming as a ride leader.

8:15 AM TO 9:00 AM B-Plus Training Series: There's Always a Hill

Leader: Mark Wolz (212) 586-7424. At: The Boathouse.
There's always a hill — climbing demystified. You will have time to pick up a 9:00 am ride.

B17 70+/- MI 9:00/10:00 AM North Shore

Leaders: Carolyn Booher (718) 636-0315 and Gary McGraime (212) 877-4257. From: The Boathouse at 9:00 am and the Statue of Civic Virtue (Union Turnpike & Queens Blvd — E/F train) at 10:00 am.
Join us on a brisk spin through lightly traveled woodland roads lined with fallen Autumn colors. Plenty of hills followed by a comfy luncheonette in Oyster Bay. Our focus is on spinning through the most scenic miles so we may bail at the subway in Queens on our return. Water, pocket food and helmets required. The usual cancels.

B15/18 50/75 MI 9:00 AM Halloween Haunts

Leader: Douglas Riccardi (212) 228-9423. From: The Boathouse
Join us for a moderately paced tour of my favorite haunts in Rockland and Bergen counties. Might include a stop for cider and doughnuts; might include a scavenger hunt; might include other thrills. Call leader after October 26 if you want more information. Special treats for anyone coming in costume.

B13 42 MI 12:00 PM Greenpoint's Polonaise and Cheek-to-Cheek Tango

Leader: Paul Rubenfarb (212) 740-9123. From: The Boathouse.
After NW Chicago, this is the world's largest Polish neighborhood outside Europe with Poznan-like streets and towering church spires. Greenpoint has a dozen quaint delis where (like Delancy Jewish delis in the Yiddish era) they start at 5:00 am smoking and marinating briskets, wurst and kielbasas that are world class. During intermission, land that boyfriend/girlfriend dancing naughty tango. Rain or shine.

C13 45 MI 9:00AM Piermont

Leader: Bernie Brandell (718) 633-1759. From: The Boathouse.
We'll enjoy a leisurely ride in the cool Autumn air. Happy Halloween!

Sunday, November 1

A19 75 MI 8:30 AM North Shore

Leader: Gary McGraime (212) 877-4257. From: The Boathouse.
This spin should really flow since I'm doing a similar route (dress rehearsal) the day before. Guaranteed beautiful roads and an abundance of hills followed by a good sitdown lunch. Some long stretches for those who want to hammer and then regroup. Helmets required. The usual cancels.

B16/17 60 MI 8:30 AM Nonstop to Nyack

Leader: David Hallerman (718) 499-4467 (cycle@walrus.com) and Damian O'Leary (201) 876-9626 (doleary780@aol.com). From: The Boathouse.
No, "nonstop" doesn't mean we'll fly to Nyack, but we intend to roll uninterrupted until we reach the Runcible (except, of course, for mechanicals or other surprises the universe offers up). And no promises, but we'll try to map out some different roads for at least part of our route. Rain or temps below 40° cancel.

C14 50 MI 9:00 AM Bayville in the Fall

Leaders: Hindy and Irving Schachter (212) 758-5738. From: The Statue of Civic Virtue (E or F train to Union Turnpike & Queens Blvd.)
Daylight Savings Time is over. The days are getting shorter and colder. Do we offer short, boring trips to match? No, sir! We offer one of our best, through horse country and on winding roads. You certainly won't want to swim at Bayville or Oyster Bay but you should enjoy the scenery. Rain cancels.

Thursday, November 5

A18/19 65+/- MI 10:00 AM Sick Day, Ride Day Fall Series #6

Leader: Jill Tucker (212) 431-3029. From: the Boathouse.
How long have you been reading these Thursday ride listings and wondering whether to call in sick? Give up your guilt and lighten your load. It's fun.

Friday, November 6

B15 45 MI 9:15 AM Staten Island

Leader: Ron Grossberg (718) 369-2413. From: The Staten Island Ferry.
We'll circumnavigate the island, passing historical homes, parks and cultural museums. Rain cancels.

Saturday, November 7

A21 65 MI 9:00 AM Back Door to Nyack

Leader: Marc Mauceri (212) 749-2685. From: The Boathouse.
We'll wind our way through some of our favorite roads and hills in Bergen and Rockland Counties, before stopping in Nyack for coffee and muffins. Wet weather or temps below 35° cancel.

A19 80+/- MI 9:00 AM Apple Polishers

Leader: David Newman (212) 627-0899 or dnewman@data.com. From: TBD

It's way late in the season, but I know an orchard about 10 miles north of Nyack that may still have a few apples on its trees. If the apples are all gone, we'll fill up on hard cider and weave our way home. The usual cancels, and excessive sloth on the leader's part may shorten the ride.

B16 60 MI 9:00 AM Tarrytown

Leaders: Mark Bernstein (718) 833-6648 and Gary McGraime (212) 877-4257.
From: The Boathouse.

It's turning into hot coffee and creamy cheesecake weather. The best cheesecake to be found is in Tarrytown, so why not. The hills take care of those added fat grams. The companionship and scenery will subdue any oncoming winter blues. **Helmets required** but the partaking of cheesecake is not mandatory. The usual cancels.

B13 44 MI 12:00 PM Romantic Riverdale and Cheek-to-Cheek Tango

Leader: Paul Rubenfarb (212) 740-9123.

From: NE corner of 181st Street & Ft. Washington Ave.

Just what, if any, is the atmosphere to ignite love in a city whose rat race anonymity and cynicism are antithetical to the very ideal of love. We'll tour the glades of Riverdale and Hastings, pursuing those artistic motifs that might conjure Cupid's appearance. During intermission, land that boyfriend/girlfriend dancing dalliant tango. Rain or shine.

C13 40 MI 9:00 AM A New Jersey Loop

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

From: The Boathouse.

We'll go in search of the last Fall foliage. Mostly scenic roads, with a fairly early return. Rain or temps below 40° cancel.

Sunday, November 8**A20+/- 50+/- MI 9:00 AM No More Juice (aka Another B-Day Ride)**

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

From: The Boathouse.

Sorry about all the plusses and minuses, but after a season of sucking Rich's wheel up and down hills of Majorca, Sheffield (except for when Rich missed the rendezvous), West Point, Phoenicia and, of course, 9W — well, Stephanie's tired. So she doesn't know how fast and how far she wants to go. But since it's her birthday, Rich said he will go at her pace wherever she wants to go. You're welcome to come along, but just remember that only Stephanie can be on Rich's wheel and she doesn't have to take a pull all day!

A18 70 MI 9:00 AM North Shore to Bayville

Leader: Irving Schachter (212) 758-5738. From: The Boathouse.

Enjoy the foliage and horse Farms and we meander along the LI's North Shore on our way to Bayville. Temps below 40° cancels.

B16 55 MI 9:00 AM Bethpage

Leader: Ron Grossberg (718) 369-2413. From: The Statue of Civic Virtue (Union Turnpike & Queens Blvd — E/F trains).

Would you like to ride somewhere on Long Island that's different and also pretty? Bethpage State Park is hidden in the center of Long Island accessible via fairly flat scenic roads. Let's go! Rain cancels.

B/C13 40 MI 8:20 AM Rye to Banksville

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

From: The GCT info booth for the 8:40 am train to Rye.

As different from the typical Nyack ride as night is to day. After lunch, you'll wonder how you ever got up so high when you never climbed a hill! Bail out at 30 mi, stronger C riders can finish. **Metro-North pass required.**

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

Wednesday, November 11 (Veterans' Day)**A20 60+/- MI 10:00 AM Veterans' Day Ride**

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

If you're lucky enough to have this day off, join us for a Wednesday spin. Destination: Group's choice.

A20 48 MI 9:30 AM Vets' Day*

Leader: Mark Martinez (212) 496-5518.

From: the bench across from The Boathouse.

Let the cats, dogs, canaries and ferrets fend for themselves for a while. If you're off from work today (or just need a mental health ride) join me for a quick spin to Park Ridge (*with apologies to all you real vets out there).

Thursday, November 12**A18/19 65+/- MI 10:00 AM Sick Day, Ride Day Fall series #7**

Leader: Jill Tucker (212) 431-3029.

From: the Boathouse.

Addicted to the Runcible Spoon? Meet other like-minded types who consider sweets a substitute for lunch.

Saturday, November 14**A18 60 MI 9:00 AM Pearl River via Paris**

Leader: Ira Mitchneck (212) 663-2997. From: The Boathouse.

Celebrate Bastille Day five months late, but show up at the boathouse. Slower than the Concorde, faster than a steamship, we will fly/cruise for French toast or crepes at a club-famous bistro across the street from the Gare Pearl River.

B16/17 60 MI 8:30 AM Back Way to Piermont

Leaders: David Hallerman (718) 499-4467 and Anastasia Theodoropoulos (718) 729-3062. From: The Boathouse.

Hills make you know you're alive. At least that'll be true on the first half of the trip, but the road back is mainly downhill. Rain or temps below 40° cancel.

B13 40 MI 12:00 PM Crown Heights — Roaring 20's Flamboyance and Tango

Leader: Paul Rubenfarb (212) 740-9123. From: The Boathouse.

During the heady 1920s the U.S. exported capital approaching 1/2 trillion dollars in today's dollars. Upwardly mobile Jews escaping Orchard Street's tenements built Crown Heights palazzos with extravagance befitting this decade. During intermission, land that esculent boyfriend/girlfriend with amorous tango. Rain or shine.

C13 45 MI 9:00 AM Point to Point (Revisited)

Leader: Jim Drazios (718) 225-1842.

From: The Statue of Civic Virtue (E/F train to Union Turnpike).

From King's Point to Sands Point, never mind the rich and famous: the Fall foliage, rich with the colors of the rainbow, is a feast for the eyes. Mostly flat, with lovely rolling hills. Rain cancels.

C12 20 MI 12:45 PM A Brooklyn-Queens Mosaic

Leader: Terry Chin (718) 680-5227.

From: The Roosevelt Island Tramway entrance.

From borscht to arroz con pollo, we'll tour some interesting neighborhoods: LIC, Greenpoint, Williamsburg, Ft. Green, the Waterfront and Brooklyn Heights. Mostly flat with few steep hills. This tour ends in Brooklyn Heights. Co-led with 5BBC, **bring lock, and night light** for early evening return.

Sunday, November 15**A20 60+/- MI 9:00 AM Turkey Ride**

Leader: Chris Audley (201) 876-9231. From: The Boathouse.
Yesterday was the Turkey Race. The race season is really over and now I know whether I'm having Butterball or Boar's Head turkey for Thanksgiving. Come join me for cold cuts in Nyack.

A18 65 MI 9:00 AM Looking Towards Next Year

Leader: Ben Goldberg (212) 982-4681. From: The Boathouse.
This year has been pretty much of a wash-out for me, so I'm considering this ride the first of 1999. Help me get my training off to a good start.

B15 35+ MI 9:45 AM Scarsdale

Leaders: Hindy and Irv Schachter (212) 758-5738. From: The Boathouse.
Pleasant ride through lower Westchester to lunch in Scarsdale. Rain cancels.

B/C 24 MI 10:00 AM Self-Classification Ride

Leader: Irv Weisman (212) 567-9672. From: Central Park, East Drive & 72nd St (entrance at 72nd St & Fifth Ave) — **not The Boathouse!**
So what ride class feels comfortable for you now after a season of riding, or not riding? This ride is intended to (a) help you find your present class, (b) calibrate your cyclo-computer so that we all agree on the same distance, (c) provide feedback for possible revision of the self-classification system. Participants will be started out at intervals. They'll ride continuously at their own comfortable, "all-day-ride" pace (this is not a race or time trial) and will be timed lap by lap for 4 complete laps totaling 24.08 miles. Subsequent computation will show how consistent your pacing is; will advise you of your comfortable ride class; and will provide you with a correction factor for the tire size calibration number used in your cyclo-computer. The ride results may be printed in *Bulletin* by registration number, not by name. If you would like your results as soon as they are computed, bring a self-addressed postcard or a quarter. Rain or temps below 45° cancels.

C13 32+/- MI 9:00 AM Coney Island/Brighton Beach

Leader: Norman Borden (212) 679-0609. From: City Hall.
An easy ride (and my first as leader) to the land of hot dogs, knishes, and caviar. Probably lunch at Nathan's. We'll visit "Little Odessa" and head home. Precipitation or temperature below 45° cancels.

C13 20MI 11:00 AM Over the River and Into the Woods

Leader: Alinda Barth (212) 928-5399. From: The GW Bridge Bus Terminal.
A ride along River Road, for those of us who like a late start. We'll go back along 9W and have a late lunch at a diner. We won't ride if it rains.

Thursday, November 19**A18/19 65+/- MI 10:00 AM Sick Day, Ride Day Fall series #8**

Leader: Jill Tucker (212) 431-3029. From: the Boathouse.
Trying to figure out a way to sneak in an extra desert on Thanksgiving? It's easy, take your figure out today for an extra ride.

Welcome Aboard, Lynn and Frederica

Recent improvements in the quality of the *Bulletin's* copy and in the *Bulletin's* more timely fulfillment are due to the efforts of two volunteers: Frederica Miller now edits the *Bulletin's* copy, and Lynn Sarro now sends our fulfillment house the monthly mailing list.

Friday, November 20**B15 45 MI 9:15 AM TBD**

Leader: Ron Grossberg (718) 369-2413. From: City Hall.
Call me to confirm and discuss destination.

Saturday, November 21**A20 55 MI 9:00 AM Park Ridge**

Leader: Phil Simpson (718) 639-6264. From: The Boathouse.
We'll enjoy the shelter from the chill that the Park Ridge Diner provides, and also their wonderful pancakes and French toast.

B16/17 45 MI 9:30 AM Syosset

Leader: Jim Drazios (718) 225-1842.
From: The Statue of Civic Virtue (Union Turnpike & Queens Blvd — E/F trains).
Let's enjoy a shorter North Shore ride to Syosset and warm-up at the Quicksilver Diner. The roads will be quiet and smooth with visibility of hidden estates through the barren woodlands. Rain cancels.

B16 45 MI 9:00 AM I Cover the Waterfront

Leaders: Ludwig Vogel (212) 838-0852 and Gary McGraine (212) 877-4257.
From: The Boathouse.

Experience the most panoramic view of Manhattan. A loop across the GWB and south along the Jersey Coast will bring us to the area's best Polish food. After our cultural experience, we'll head across the Bayonne Bridge to Staten Island where we'll circle around to the ferry for the best free lift back to Manhattan. **Helmets required.**

B13 43 MI 12:00 PM Arthur Miller's Midwood And Cheek-to-Cheek Tango

Leader: Paul Rubenfarb (212) 740-9123. From: The Boathouse.
Arthur Miller's plays articulated the language of angst and travail besetting 20th century common man. First we'll pass his Brooklyn Heights carriage house where he courted Marilyn Monroe, writing plays while his estranged wife dwelt in the brownstone across the alley — a loyal first wife he could never live down. Then on to the Midwood of his birth and molding. During intermission, land that boyfriend/girlfriend dancing to hypnotic tango. Rain or shine.

C13 45 MI 9:15 AM Scarsdale

Leader: Scott Wasserman (914) 723-6607. From: The Boathouse.
This is the week before I'm going on a cycling vacation, so this ride will be a good break from packing (or is that over-packing?). To get into the spirit, remember to bring your passport for entering Westchester, and as I'm expecting rain on my trip, **rain won't cancel** this ride. Snow would, though.

Sunday, November 22**A20 55-60 MI 10:00 AM How to Become a Beer Maven***

Leader: Mark Martinez (212) 496-5518. From: the Boathouse.
No it's not a Learning Annex course; it's a ride to Micro Brew Heaven (aka "Company B's Pub") in Orangeburg, NY. Join us on a spirited ride, followed by good food, great brews and an easy cruise (home). (*Rain at start changes to a Manhattan brew pub excursion at Noon. Call leader after 9:30 on morning of ride for details of rain option.)

B16 50 MI 9:00 AM Nyack*Leader: TBD.**From: The Boathouse.*

Keep it simple and do the familiar. Is that different?

C13/14 45 MI 9:00 AM Piermont Forever*Leaders: David Hallerman (718) 499-4467 and Bernie Brandell (718) 633-1759.**From: The Boathouse.*

Most things worth doing once are worth doing again and again. That's why we'll ride to Piermont today, on a relatively hill-free route to one of the prettiest towns in the Hudson River Valley. Rain or temps below 40° cancel.

Thursday, November 26**A/B/C 9:00 AM Thanksgiving Pickup Rides***From: The Boathouse.*

If you are in town, come to The Boathouse for a pickup ride to build up your appetite.

Friday, November 27**A20+/- 60+/- 9:00 AM No Turkeys on This Ride***Leader: Jeff Vogel (718) 275-6978.**From: The Boathouse.*

Work off yesterday's overindulgence by joining us on this quick trip through Bergen County. It may be 40 miles to our lunch stop so be prepared with pocket food (anything but a turkey sandwich). Pacer skills requested. Social skills mandatory.

Saturday, November 28**A20 70 MI 9:00 AM Rockland Lake Express***Leader: Todd Brilliant (212) 274-9463.**From: The Boathouse.*

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

A18 55+/- MI 9:00 AM Birthday Surprise*Leader: Fred Steinberg (212) 787-5204. From: The Boathouse.*

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

A/B17/18 56 MI 9:00 AM Bicycle Christmas Shopping in Hicksville*Leader: Marty Wolf (212) 935-1460. From: Tramway Plaza (2nd Ave & 59th St).*

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

B16 60 MI 9:00 AM Rockland Lake*Leader: TBD.**From: The Boathouse.*

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

B13 45 MI 12:00 PM Bay Ridge's Grand Mansions*Leader: Paul Rubenfarb (212) 740-9123. From: The Boathouse.*

Bay Ridge's gold coast is the esplanade lined with mansions along the bluff overlooking the Verrezano Bridge. This hilly burg is exaggeratedly

Safety Tips For Group Riding

Group cycling can be a very rewarding and fun experience. Unfortunately, with that also comes the potential for accidents and injury. In order to keep your cycling experience as safe as possible, it is very important to adhere to the following precautions:

Don't Ride More Than Two Abreast:

Whether you are riding in a paceline or not, you should always stay directly behind the bike in front of you even when the group is coming to a stop. When you are stopped, do not bunch up at the light or stop sign. Maintain your position in the line, especially when you come to a stop. **Never ride more than two abreast, never pass on the right, never overlap wheels.**

Club Rides Are Not A Race:

All ride listings advertise a flat cruising speed that should be maintained by the leader. If this pace is maintained by the leader and you feel it is too slow, you are free at any time to notify the leader and take off on your own. If you plan to stay on the ride, you should follow the leader's pace. Conversely, if the leader is exceeding the listed pace, feel free to let them know and ask them to stick to the advertised pace.

Keep Groups To A Manageable Size:

Cycling groups of more than 20 riders are unwieldy and unsafe. If more than 20 people show up for a ride, the group should be split up into two smaller groups, faster and slower. If you feel confident to lead one of the groups, identify yourself to the leaders. You will make their job easier.

It is imperative that everyone take responsibility not only for their own safety but also for the safety of the group. If you see another rider riding in an unsafe manner, feel free to politely point this out. If you are uncomfortable doing this, let the leaders know so they can point it out.

— Tom Laskey



Tom Laskey and Gary McGraime, about to Escape New York.

middle class and self-confident — seemingly immune to the cycles of exodus and ethnic change endemic to the rest of Brooklyn. During intermission, land that hypnotic boyfriend/girlfriend dancing to naughty tango. Rain or shine.

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

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

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

Sunday, November 29

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

Leader: Beth Renaud (212) 274-9463. From: The Boathouse. It's the end of a long holiday weekend. Either you've been riding a lot since Thursday or not. Depending on personal and/or meteorological circumstances, today's ride will be a zippy diner run to Park Ridge (a Monte Cristo, anybody?) or a more lengthy excursion.

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

Leader: TBD. From: The Boathouse. Great pancakes is probably a nice change from turkey!

Saturday, December 5

A18 45 MI 9:00 AM Sweet Spin

Leader: Gary McGraime (212) 877-4257. From: The Boathouse. Enjoy a smooth spin up to Piermont the scenic way including some hills for cardiovascular benefit. A quick break at the deli or bike store will ensure an early return. B riders who practiced basic pacerline skills in the B Training Series are also welcome. **Helmets required.**

B16 50 MI 9:00AM Sky Lark

Leader: Phil Simpson (718) 369-6264. From: The Boathouse. The cooler weather is a fine time to work on your spin and strength. A warm pit stop is also appreciated, especially one so bike-friendly that your bike can unchill, too. Fixed gears welcome. Under 40° cancels.

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

Leader: Larry Rutkowski (212) 799-9625 (days). From: The New Jersey side of the GW Bridge at Hudson Terrace. For those who missed the Escape From New York ride that was held in September, we are going to do part of it again. Great opportunity to try out the rest of the menu at the Sidewalk Cafe in Piermont. Rain, snow, and/or temp below 35° cancel.

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

Leader: Terry Chin (718) 680-5227. From: City Hall at 12:30 pm or Prospect Park Picnic House at 1:30 pm. The fleet is in. This midday departure to Sheepshead Bay gives us a chance to join in a flurry of activity at Brooklyn's Cape Cod. Bring your favorite fish tale to tell over clam chowder.

Did you get your volunteer t-shirt?
If not, call Charlie Katz at (212) 580-5695.

Sunday, December 6

A20+/- 65+/- MI 9:00 AM It's a Jeff Vogel Route

Leader: Jeff Vogel (718) 275-6978. From: The Boathouse. What makes a route a JeffVogel Route? Is it the incredible scenery, lack of traffic, or the complete and utter disregard for the condition of the road surface? Maybe it's all of the above. Pump up your tires and come explore Northern Westchester. There will be several sections of hard-packed dirt roads, so be forewarned. No complaining. **Metro-North return — passes required.**

A18/19 40-60 MI 9:00 AM Northvale or Farther

Leader: Richard Kaufman (212) 864-3665. From: The Boathouse. We'll go to the Northvale diner if the weather isn't great, farther if it's nice out. Temp below 32° or slick roads cancel.

B17 50MI 9:00AM Rockland Loop

Leader: Gary McGraime (212) 877-4257. From: The Boathouse. Let's enjoy a "brisk" spin heading up north with rural scenery and some rolling hills. On our return, we'll refuel at the Sidewalk Cafe in Piermont. **Helmets required.** The usual cancels.

C13 30 MI 10:00/10:30 AM Frostbite Ride

Leader: Marina Bekkerman (718) 851-1527. From: City-Hall at 10:00 and Grand Army Plaza entrance to Prospect Park at 10:30. The start of the traditional winter rides within the city limits. Co-led with 5BBC.

Club Calendar

Election of 1999 Officers, NYCC Meeting, Tuesday, November 10, from 6:00 pm to 9:00 pm. Dallas BBQ, 27 West 72nd St, between Columbus Ave and Central Park West (212) 873-2004. (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.) Admission between 6:00 and 8:00 pm (including dinner): \$12. Admission after 8:00 pm (program only): free. If you cannot attend, please mail in the ballot located on page 22 well before the date of the meeting. **Mail ballots received after November 10 will not be counted.**

NYCC Annual Holiday Party, Tuesday, December 15 from 6:00 pm to 9:00 pm. Dine in elegant Victorian splendor at St. Maggie's Cafe, one of lower Manhattan's hidden jewels. Those of you who came last year know how wonderful it is. The restaurant is at 120 Wall Street near South Street and close to the #2 and #3 trains. The buffet dinner includes hors d'oeuvres; salad and bread; choice of entree (including vegetarian); cake and coffee. A cash bar will be available. The dinner costs **\$33 before November 30** and **\$38 at the door**. We encourage you to pay in advance because space is limited. Pay with check or cash at the October and November club meetings or by sending a check made out to the NYCC to Anne Grossman, 205 W. 15th St. #1P, NY, NY 10011.

Out of Bounds

Mountaineering for Cyclists, by John G. Waffenschmidt. Introduction: November/December, 1998. For a number of years now, John Waffenschmidt has been offering this program as a supplemental off-season training tool; this year it is being co-led by Bob Moulder. In addition, it is also listed with the Adirondack Mountain Club. There will be two or three introductory sessions between November and December. From January to March John and Bob will lead two or three multi-day trips. Eligibility for any of the multi-day trips depends on having been to at least one introductory session. For more information, call Bob at (212) 682-5669 (home) or John at (516) 227-3951 (work).

Escape From New York,



drink all your water ap... z taking on the morning rush.

Right: The Peanut Butter Brigade at work. Those pictured include: Connie Pagano, Margaret Cipolla, Laurie Nisco, Jim Greene, and Terry Chin.

We couldn't have made it happen without volunteers.
Thanks for helping out.



1998



Ed Fishkin led a group of intermediate and high school students from the "Recycle a Bicycle" program on the Half-Century.

Below: signin in Sakura Park at 7:30 (after the morning rush).



Escape from New York Century Very Special Thanks to Our Sponsors:

Dandy Printing	Tom Cat Bakery
New York City Parks and Recreation Department	PowerBar
Toga Bike Shop	Runcible Spoon
	Sidewalk Café

Extra Special Thanks to Our Volunteers:

Abe Karron	Gary McGraine	Ken Weissman
Amy Schneider	Gene Vezzani	Larry Rutkowski
Anne Grossman	George "To The Rescue"	Laurie Nisco
Annaline Dinkelman	Kaplan	Lisa Lager
Beth Renaud	Greg Worley	Marc Mauceri
Bill Richards	Gay Shaheen	Marc Yatkowsky
Bill Strachan	Henry Joseph	Margaret Cipolla
Caryl Baron	Herb Dershowitz	Marilyn Weissman
Carolyn Booker	Ira Mitchneck	Mike Toomey
Countin' Charlie Katz	Isaac Brumer	Missin' Mitch Yarvin
C.J. Obregon	Jane Kenyon	Ray Thomas
Connie Pagano	Jeff Vogel	Rob Ragusa
Conrad Meyer	Jim Babbitt	Scott Wasserman
Damon Hart	Jim Drazios	Steve Baron
Dona Kahn	Jim Greene	Healin' Steve Britt
Doug Bixby	John Eicholz	Steve Ullmann
"Mr. T" Douglas Riccardi	Bakin' Judy Meyer	Todd Brilliant
Ed Fishkin	Karin Fantus	Tom Laskey
Ellen Medins	Karl Dittebrandt	Wendy Pollack

And anyone we inadvertently left out.

SNEAK PREVIEW!

Our First Look at the Sleeve Design
For the 1999 NYCC Jersey —
Order Yours at the November Meeting



Pony Pedal

By Caryl Baron

I think I was still a child when I first heard of the wild ponies that wander on the pristine beaches on Assateague Island off the coast of Delaware. It's been one of the places I've long dreamed of visiting, and it's reputed to be a wonderful place to cycle.

One Memorial Day Weekend, Steve and I just did it. We rented a car, bought a bike rack and ride book, reserved a B&B and took off. It took five and a half hours to get there. By 1 pm, we were watching a horde of terns diving into a school of fish in the sound while we enjoying a lunch of soft shell crabs.

An hour later we were riding the bicycle loop in Chincoteague National Wildlife Refuge. The 3-mile loop encircles Snow Goose Pool, which is seasonally managed to provide a favorable environment for migrating water birds. Autos are only allowed from 3 pm to dusk, and in-line skates are never allowed. In late May, we saw herons, egrets, ibis, swans, sandpipers, red-wings, ducks and geese. We explored the unpaved walking and cycling trails leading off it. We headed down the woodland trail through coastal woods full of warblers, and connected with the pony trail which goes through pine woods to an overlook near the wild ponies. My fantasy was of ponies running on the beaches, but the reality is that the grass is tastier and richer in the salt marshes. It's quite beautiful to watch the ponies grazing against a background of salt marsh, forest hummocks, vast sky, and flights of birds. The ponies are aware of the overlook and make efforts to avoid voyeurs (wouldn't you?). Further down the trail we spotted a pony from the corner of our eye and from a mound just off the trail we were able to observe several pony harems quite close by.

We followed a road to the beach at Tom's Cove, and took another trail to explore the narrow marsh, full of sand pipers and rabbits, between the beach dunes and Snow Goose Pool. By the end of the afternoon we'd gone 20 miles, seen dozens of species of birds, the ponies, and the island's miniature Sika elk.

We enjoyed riding the refuge in the magic early hours of the morning. One morning we saw a rare fox squirrel, the native white tailed deer, more elk incredibly close to the trail, and a large snapping turtle who dared anyone to get it off the road. We completed this most civilized first day with a wonderful dinner at "The Garden and The Sea," in nearby New Church, VA, a recommendation from "25 Rides on the Delmarva" (BackCountry Publications, see the sidebar or the NYCC Roster for details).

Saturday was the day that didn't work out. We started out on a century ride to Salisbury, but wound up on a century drive to Salisbury when Steve had three flats in the first six miles, due to a slashed sidewall.

There are no real bike shops in Chincoteague, only beach bike rental shops, and the best tire in town would only hold 70 pounds — maybe. We did, however, see the just-released

For Further Information

Contact: Chincoteague Island Chamber of Commerce, POB 258, Chincoteague, VA 23336, phone (804) 336-6161.

Citizens for a Better Eastern Shore, POB 882, Eastville, VA 23347, phone (804) 678-7157, fax (804) 678-7216, publishes a *Bicycling and Weekend Travel Guide* on the area.

"25 Rides on the Delmarva," from Backcountry Publications, PO Box 175, Woodstock VT 05091, phone (802) 457-1049.

"Mission Impossible" that evening, because our B&B hosts also managed the movie theater. After the movie, we lined up at The Creamery for home-made ice cream.

Sunday's ride took us through farm country, past many old and neglected Victorian houses. Mega-farming does not exist here, and Perdue is downsizing, complaining about the cost of grain. The area is isolated by being a peninsula, and all the heavy industry (mostly DuPont) is at the north end. The Delmarva is a land that time forgot, and has rural charm and wonderful, traffic-free roads. Drivers are considerate and there are "Share the Road" signs and bicycle route markings on the roads. However, it is a good idea to carry extra food and water because there are few restaurants or deli's.

We rode quite a bit of our intended century route, but diverted when we saw a Seagull Century road marker, figuring we couldn't get too lost. We lunched late in Snow Hill. When we emerged, the weather that had been threatening for two days had moved in, and a gentle rain was falling for the last 30 miles of our ride.

The egrets on the causeway to Chincoteague were having a great time catching fish in the marsh water near by. Occasionally, one would take off, and it was as if it were flying with us. We, too, dined on fresh seafood: oysters, champagne, and a huge plate of seafood pasta at AJ's On The Creek.

Dennis Holland, our B&B host at The Main Street House (800/491-2027), used to manage the refuge. He was happy to share his knowledge with us. Cathy Holland served wonderful gourmet breakfasts, and was the one with the hot restaurant tips. We stored our bikes in their garage. The Delmarva Peninsula offers excellent riding for all levels — as you can see from our varied weekend sample.

The other end of Assateague Island is easily accessible from Berlin, MD, reputedly a somewhat dolled-up town.

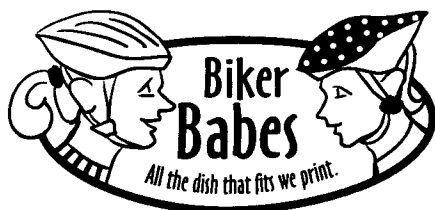
Salisbury, MD, in the center of the Peninsula, is also a good cycling base, though not as full of charm and character. It's the starting point for the popular Seagull Century.

Our tour book, *25 Bicycle Tours on Delmarva*, has invaluable logistic information, such as where to stay, bike shops, and routes. We also used a good, detailed road map. Not all the good cycling roads have route numbers, so it's crucial to know what town you're heading for, and to be cool about diversions. The most important thing about having a good map, though, is that when it rains on Monday, and all the highways are bumper to bumper, you can still get all the way back to New York on scenic bike routes, and encounter no traffic at all.

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NYCC WELCOMES 55 NEW MEMBERS

Allen, Jonathan	Heckerling, Joan
Anzarouth, Joy	Hetzer, William
Ard, John	Janowski, Aaron
Ashmore, Basil	Jones, Mary Beth
Ashmore, Mary	Kraus, Micheal
Atran, Susan	Lewis, Alan
Baechler, Margaret	Marcus, Emily
Baiera, Eileen	McManus, John
Basil, Peter	Miller, Arthur
Berlin, Lisa	Miranda, Frank
Bertagna, Robert	Mondi, Wilma
Birbaum, Debra	Mulreany, John
Biro, Joan	Neiditz, Nancy
Blaustein, Lew	Nislick, Barbara
Boesch, Stephen	Ostfield, Sue
Bryon, Kristine	Rosenstein, Michele
Carlisle, Diane	Sanders, Stephen
Chevillie, Andrea	Santiago, Sonia
DeMarco, Barbara	Spink, Anne
Dubinsk, Paul	Stein, Bob
Ekelchik, David	Strachan, Bill
Evangelista, Diane	Tanzman, Barbara
Fine, Dorit	Vesderame, Rosmarie
Friedman, Orit	Walker, Stewart
Gallagher, Cathy	Weiner, Diane
Gordon, Jay	Whitlock, Isiah
Habachy, Nimet	Wilt, Nancy
Haider, Blake	◇ ◇ ◇ ◇ ◇



Even though the cycling season is slowly winding down, that doesn't mean we don't hear what's happening. Many thanks to all of you who sent us dish at nyccnews@yahoo.com. Keep it coming!

Congratulations for a job well-done to all those who pulled off another successful Escape From New York Century. When **Steve Britt**, the mastermind behind the Century, was injured on the All-Class ride to Oyster Bay, **Charlie Katz**, **Judy Meyer**, **Gene Vezzani**, **George Kaplan**, and **Gary McGraime** mobilized the forces and did an excellent job organizing what needed to get done.

The Century raised the bar for the food required at all other bike events. The Runcible Spoon provided their usual great muffins and other baked goods at Rockland Lake. Piermont's Sidewalk Cafe put out a brunch buffet that couldn't be beat by most NYC restaurants charging \$15 to \$20 per person. There was coffee, juice, bagels and cream cheese, scrambled eggs, home fries, green salad, chicken wings, bean burritos, pasta salad, chicken fingers and soup. And at the finish, thanks to **Anne Grossman**, there were gourmet wraps sandwiches from Fairway and, of course, cookies, brownies, and Rice Krispie squares from the **Judy Meyer** home bakery. Rising to the occasion, Judy baked 12 batches (5 different kinds) of brownies, and there wasn't a crumb left at the end. This brings us to the nickname of the month: the Escape From New York Century also known as the Judy Meyer Bake-Off.

So who was the first one back from the Escape from New York Century? **Regina Hammond**. Did she do the full Century? No. The 65-mile ride to Rockland Lake? Piermont? No. Regina had a minor accident on Riverside Drive. (she was not hurt but her bike had a few minor problems, all quickly fixed by **Jeff Vogel**, one of the many capable marshals). She went over the George Washington Bridge and decided that it just wasn't her day. She turned around and went back to the finish where she stayed until about 4:00 pm. What a testament to the great party at the finish! Everyone had a great time no matter how much or how little they rode. Maybe the Century should offer the 15-mile route to Fort Lee and back.

Damon Hart's South Mountain A ride took a slight detour to wish **Irv** a happy birthday at Pascack Brook Park in NJ on Sunday, Oct. 5. Damon and fellow riders **Todd Brilliant**, **Al Boland**, **Laura Matlow**, and **Jeff Vogel** thought it would be a nice surprise (along the lines of "A riders laud Irv") but found themselves surprised

by the fact that A riders were already represented by **Christy Guzzetta** and **Jody Saylor** who rode out with Irv from the GWB. For being so thoughtful and classy, Damon, Christy and Jody get our **Mensch of the Month** award.

The **Columbus Day Weekend** in Phoenicia was a success with a turnout of 50 riders. However, it set a record for the least amount of riding on a club weekend because of the rain. We thank the following leaders: **Suzanne Levine**, **Peter Morales**, **Margaret Cipolla**, **Jeff Vogel**, and **Paul Hofherr**. Paul, a former Phoenicia resident, led all the C rides and gave invaluable information about routes to all the riders. **Charlie Katz** led hikes for those who didn't want to get their wheels wet. During the rain on Saturday, cyclists rode up Devil's Kitchen, a 2-mile, 18% grade climb. Only **Richard Kixmiller** cycled up it on Monday. The only injury was **Molly Lipsher** breaking two nails while bowling.

A riders have noticed the conspicuous absence of one of the stars of the 1997 A SIG, **Bo Arlander**. What happened to her? We are happy to report that in the last 3 months she competed in 3 Ironman competitions.

In July, she completed Ironman Europe in Germany in a time of 10:38 which gave her 22nd place among all women, 6th in her age group (30-34). Since she missed qualifying for the Hawaii Ironman World Championship by one person in Germany, Bo did Ironman Canada in Penticton, BC in August and was the 13th woman overall, 3rd in her age group with a time of 11:03 which earned her a spot on the Hawaii Ironman. She came back from the World Championship in Hawaii on October 3rd and finished 8th in her age group with a time of 11:19. Bo encountered 40 mph winds on the 112-mile bike leg.

She says, "Being able to compete with the best in the world in Hawaii was a realization of a dream

that started last summer when I did my first triathlon following the completion of the 1997 Sig."

Another star from the A SIG (several years ago), **Elizabeth Emery** placed 10th in the World Championship Time Trial October 7th in Maastricht-Vilt, Holland. Her time was all the more remarkable because neither she nor her U.S. National Team coaches knew she was eligible until 10 days before the race (she was relaxing on her couch, eating bon-bons, our sources say).

Yet another cycling star in the club, **Stefanie Jackenthal**, competed in the original Eco Challenge race, the Raid Gauloises, in Ecuador. The race includes sea kayaking, mountain climbing and wilderness hiking. Teams of at least 5 people compete against one another. If one member of the team quits, the team cannot qualify. Stephanie's team included a Navy Seal and a Marine who quit before she finished her spectacular 21,000 ft. climb of Cotopaxi, the highest mountain in Ecuador. We know whom to ask when we need to borrow some crampons and ice picks.

And on a final note: do we eat to ride or ride to eat? That is the question. A riders will certainly be eating better now that **Dan Young** has joined their ranks. So far, it's still the standard diners and bakeries, but that will change soon. Dan is the restaurant critic for the Daily News. Look for his new book on French bistros (all in Paris, unfortunately). We can't wait to see where the lunch stop will be on a ride he leads.

Well, that's all the dish there is this month. We hope to see you at the monthly meetings (scoop: a committee of three is busy at work to find a more desirable restaurant at which to meet). We also want to see you at the Christmas party where you can meet someone new and maybe create an item for the column (you never know). Keep the dish coming.

Ride Leader of the Month — Karin Fantus:

The first person featured in our new series on ride leaders is Karin Fantus. The Redwood City, California native graduated from Boston University with a major in Applied Music. She's spent her career in television news production and is now branching out into website marketing.

Karin has been a member of the NYCC since 1980, and enjoys both club rides and an occasional solitary trip. She participated in Paris-Brest-Paris '91, and crewed for David Walls in the 1987 Race Across America.

Most NYCC members know Karin from her role co-leading the B Training Series. She believes that B-level riding is not just an intermediate step on the way from C-level to A-level, but a unique style of its own. She emphasizes that bike handling skills and group riding techniques are as important on a B ride as on an A ride, while appreciating that B rides are more schmoose-y, with less emphasis on racing to destinations.

Karin enjoys taking self-guided bike trips in Europe with friends, and keeps in shape by swimming and using the Pilates method of body conditioning, which she says has given her the muscle, flexibility and body alignment to make her a faster and happier rider

— C.J. Obregon



Please read this before your first club ride:

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, railroad pass. Leaders may specify other items in their ride listings.

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

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

FROM GCT	TO/FROM	TO GCT
7:54 AM (HUDSON LINE)	POUGHKEEPSIE	4:12 PM
8:58 AM (HUDSON LINE)	POUGHKEEPSIE	5:12 PM
	POUGHKEEPSIE	6:12 PM
8:49 AM (HARLEM LINE)	BREWSTER NORTH	4:08 PM
8:07 AM (NEW HAVEN LINE)	NEW HAVEN	3:57 PM

There are no Bike Trains on holidays. Refer to roster for restrictions which apply at other times. If you are leading a ride and absolutely require a Bike Train at another time, you must call NYCC's Metro-North liaison, Jeff Vogel at 718-275-6978 well in advance to try to arrange another train for your ride.

RIDE STYLE	DESCRIPTION
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

MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING OF TUESDAY, AUG. 4, 1998

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

The minutes of July 7, 1998 were approved.

Gene advised the Board that frozen yogurt would be served at the ice cream social at Dallas BBQ.

Gene announced that Lynn Sarro, who was present at the Board meeting, would be taking over responsibility for maintaining the membership list from Liane Montesa. The Board voted to express its appreciation to Liane for her effort.

It was agreed to conduct an all-class ride on September 13. The Board expressed its thanks to Anne for the barbecue. Anne advised that upcoming special events included

Shakespeare in the Park and a night of salsa dancing.

The Board discussed ride leader recognition. It was agreed that the Bulletin would feature a ride leader of the month.

The Board confirmed its authorization of the expenditure of \$250 for the new club jersey.

Gene announced that he had asked Ben and the ride coordinators to act as the Nominating Committee.

The Board agreed to provide an up-front deposit of \$1000 for the West Point Weekend, if needed.

Anne and Douglas reported preparations were underway for the ENY Century. The Board approved special century advance pricing of \$41 for the century and membership for the rest of the year.

Including a Department of Transportation insert with the Bulletin was approved. Ludwig expects to have the Bulletin to the printer by August 20. Gary will work

with TA to provide support for their century and ask them to hand out ENY Century brochures.

The meeting adjourned at 8:00 pm.

Respectfully submitted.

Conrad J. Obregon

MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING OF TUESDAY, SEPT. 1, 1998

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

All members who have been nominated for 1999 NYCC Board positions that accept will be listed in the October Bulletin.

Joel Englander has scheduled Crossroads Tour Company to give a presentation at the October general meeting.

A club expense of \$100.00 was approved for a birthday cake for Irv Weisman's 75th birthday.

Dona Kahn presented a chart indicating a new all-time high in members at this time of year of 1,331.

Special Events coordinated by Anne Grossman will be listed separately in the Bulletin.

The club will list a June "Sid Lang Anniversary Ride" in memory of the founder of the NYCC.

The Board discussed ride leader incentives. Gary McGraime suggested cycling gloves with the Club logo as a reward for leading five or more rides.

The Board also discussed the possibility of rewarding every ride leader or having a "Ride Leader Lottery" for a larger gift.

Toga Bike Shop offered to be ride support at our Escape from New York Century.

Last, Richard Rosenthal made his presentation of his final design for the new NYCC jersey.

The meeting adjourned at 8:00 pm. Respectfully submitted, Gary McGraime

NYCC Holiday Party: Tuesday, December 10 Reserve Now!

NYCC Annual Party, Tuesday, December 15 from 6:00 pm to 9:00 pm. Dine in elegant Victorian splendor at St. Maggie's Cafe, one of lower Manhattan's hidden treasures. Those of you who came last year know how wonderful it is. The restaurant is at 120 Wall Street near South Street and close to the #2 and #3 trains.

The buffet dinner includes hors d'oeuvres, salad and bread, choice of entree (including vegetarian), cake and coffee. A cash bar will be available. The dinner costs **\$33 before November 30** and **\$38 at the door**. We encourage you to pay in advance because space is limited. Pay with check or cash at the October and November club meetings or by sending a check made out to the NYCC to Anne Grossman, 205 W. 15th St. #1P, NY, NY 10011.

Name: _____ Signature: _____
Address / Apt: _____
City: _____ State: _____ Zip: _____

Mail this completed form by November 30 with a check for \$33 made out to NYCC to:

Anne Grossman, 205 W. 15th St. #1P, NY, NY 10011.

Thank You.



1999 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS

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

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

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

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

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

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

ANNUAL MEMBERSHIP: Jan. 1 – Dec. 31, 1999. Please check the appropriate ring:

☐ Individual — \$21

☐ Couple residing at the same address — \$27

↔ The "Big Ride:" Is It for You? ↔

Come to Our Meeting November 10

Hear NYCCC Member Moira McFadden Tell You About

THE PROS **THE CONS**

A stimulating and informative program that will help you make up your mind whether a cross-country charity tour is for you.

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

Large Dinner Caesar Salad 12.00

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

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

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

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

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

Take the 1, 2, 3, or 9 to 72nd St, and walk two blocks east, or take the B or C to 72nd St and walk 1/2 block west.
Sorry, no indoor bike parking.



CHICAGO IL 60614-4674
2128 N SEDGWICK ST APT 11

Arlene Brimer

Chris Mailing



A

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DATED MATERIAL!

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FIRST CLASS
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New York, NY 10023