

October
1998

October 1998

NYCC Bulletin™

Coming this October 13:
Second Round Nominations
For The
NYCC General Election



October Opportunities

FROM THE PRESIDENT — GENE VEZZANI

Opportunity #1 — Holiday Party: Save the date!

Circle Tuesday, December 15th on your calendar today. That's the date of the New York Cycle Club's annual holiday party this year, and now is the time to make your reservation. Join us for a wonderful evening that includes an outstanding buffet dinner, introduction of the 1999 Board of Directors, presentation of the Volunteer of the Year Award, plus a lot of fun.

The location of the party is the magnificent St. Maggie's Cafe, and the price for an advance reservations is only \$33. The price of admission, space permitting, at the door the night of the event is \$38. Send your check to Anne Grossman today to guarantee a spot at the party.

You'll find additional information about the party in this edition of the Bulletin.

Opportunity #2 — Nomination of 1999 Club Officers

Have you ever wondered how the club works? Ever say to yourself, "If I were on the Board we'd sure do things differently?" If you answered yes to either of these two questions and would like to make a contribution, then please plan to attend the October club meeting (see back page for meeting location, time and date) and take part in the nomination process.

The first of two rounds of nominations for next year's Board of Directors took place at the September meeting. The second and final round of nominations will take place on Tuesday, October 13th. If you would like to nominate someone who is interested in serving as a Board member in 1999, or if you would like to be nominated for a position, simply come to the October meeting.

Below you will find a list of our Board positions and of the people who have, so far, agreed to run for the respective positions next year. However, **nominations are still open**. If you would like to see your name on the ballot for any of these positions next month, all you need do is come to the October club meeting and put your name forward.

As you know, our bylaws limit the tenure in office of any one President to three consecutive terms, and I can honestly say that I have thoroughly enjoyed my three years at the helm. Now is an excellent time for you to get involved!

President	- Ben Goldberg
V.P. Programs	- (We need you)
V.P. Rides	- Gary McGraime
Secretary	- Jeff Vogel
Treasurer	- (We need you)
Public Relations	- George Kaplan
Membership	- Lynn Sarro
Special Events	- (We need you)
Bulletin Editor	- Rob Kohn
A — Rides Coordinator	- Mark Martinez
B — Rides Coordinator	- Karin Fantus
C — Rides Coordinator	- (We need you)

Opportunity #3 — Weekly Updates via E-mail

Our weekly updates of club activities include ride listings, special events, and meeting notices. If you would like to begin receiving this free benefit (for members only) send your name and e-mail address to me at genev@pipeline.com.

The NYCC Needs You For 1999

Put your name forward for club office.
Nominations close Tuesday, October 13.

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donaskahn@aol.com or call Dona Kahn at 212-399-9009.

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

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To publish an article:

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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.

Thursday, October 1

A19 65+/- MI 10:00 AM Sick Day, Ride Day — Fall Series #1

Leader: Jill Tucker (212) 431-3029 From: The Boathouse.
 Leave work behind and welcome the new season by going for a nice jaunt north of the city. You'll meet other like-minded bicycle Bohemians. Please note: sick notes still provided at summer rates.

Saturday, October 3

A19/21 79 MI 8:30 AM Armonk

Leaders, Christy Guzzetta (212) 595-3674, Josh Lewis (914) 771-9520, Steve Flynn (914) 337-3618. From: The Boathouse.
 We'll pick up our leaders in Bronxville and then head on out for a beautiful early fall ride in Westchester. Along Rte 22 and up Whippoorwill. Cruise into Armonk for doughnuts and cider (it's the season for cider). Then return along Kensico Reservoir, White Plains, Scarsdale and Bronxville. Perfect ride for the season. Bring **Metro-North pass** in the event we have too much fun to ride all the way home.

B17 70+/- MI 8:30 AM Cold Spring

Leader: Ray Thomas (212) 280-3416. From: The Boathouse.
 Co-leader would be certainly welcome. A fast, friendly ride with plenty of natural scenery. Bring water, pocket food, and a **Metro-North bike pass**. Rain cancels.

B16/17 65+ MI 8:30 AM Caumsett State Park

Leader: Jim Drazios (718) 225-1842. From: The Statue of Civic Virtue (Union Turnpike & Queens Blvd — E/F train).
 We'll ride along the North Shore of Long Island, past Oyster Bay to Cold Spring Harbor on Long Island Sound. The route is scenic with some rolling terrain and one big hill. Bring pocket food and plenty of water.

B16 40+/- MI 10:00 AM City Bikes Unite! (Or Reverse Snobbery Rules)

Leader: Beth Renaud (212) 274-9463. From: The Boathouse.
 If your city bike (i.e. "clunker") has been feeling a bit neglected during the past months, consider this a playdate. Bring me your commuter bikes, beat-up ten-speeds, rusty track bikes, crusty mountain bikes, cruisers with tasseled handlebars, etc., yearning to ride free. If you don't have such a rig, borrow one! Sightseeing at Sculpture Garden in Queens with dining at an ethnic restaurant TBA. This ride may be subject to spontaneous traffic calming. Lock recommended. P.S. Please leave your fancy bike at home.

B14 40 MI 10:00 AM Saddle River Local

Leaders: Larry Rutkowski (212) 799-9625 wk and Alinda Barth (212) 928-5399. From: New Jersey side of GW Bridge at Hudson Terrace.
 Join us for a mellow ride along scenic roads across the River. We won't ride in the rain.

C13 55+/- MI 9:00 AM Nyack

Leaders: Lynn Sarro (722-8495) and Linda Wintner (876-2798). From: The Boathouse.
 This ride will follow one of Irv Weisman's scenic, meandering suburban routes through lovely neighborhoods. Mostly flat before lunch in Nyack. The ride home is also lovely, but there is one big hill. (Sorry — there's no way around it, although we may decide to chop it up into smaller pieces!) As usual, we will be emphasizing safety and good riding skills and providing effective cycling tips (free of charge). The ride should end at Central Park and 110th at approximately 5:00 pm. Helmets required. Check your tire pressure before you leave home and bring a spare inner tube. Also, bring plenty of water and some pocket food. The ride should be a lot of fun, and we hope to see you there.

C13 40 MI 9:00 AM Back to Brooklyn

Leader: David Hallerman (718) 499-4467. From: City Hall Park.
 Bike lanes and bike paths, side streets and park roads, ocean views and marsh land. You'll find all that and more on our return tour of Brooklyn. The day's main destination is the open acreage of Floyd Bennett Field, part of the Gateway National Recreation Area, where the old runways offer a unique cycling experience.

Sunday, October 4

A21+ 80 MI 9:00 AM A 75 for Irv

Leaders: Stephanie Bleacher and Rich Borow (212) 348-2661. From: The Boathouse.
 A twisty, rolling ride on some of the most challenging roads in the area as we head out to Greenwich. We hope it's still warm enough to eat outside in the park gazebo. Two water bottles, pocket food and low gearing (in honor of Irv) recommended, as well as a **Metro-North pass** for possible bail out in case the low gears are not quite low enough.

A18 70 MI 9:00 AM South Mountain Road

Leader: Damon Hart (212) 753-0204. From: The Boathouse.
 A steady paceline ride through Bergen and Rockland counties, with the option for extra hills along the way (group decision en route.) Disciplined A skills required. Rain cancels.

**If You Have Any Art or Articles
 You Would Like to Have
 Considered for the Bulletin,
 Please Submit Your Material to
 the Editor.**

— (See pg. 2 for details.)

Irv's 75 for 75 — Not! Irv Weisman's 75th Birthday Ride

ORGANIZED BY IRV WEISMAN

See listings below for particulars.

Although Irv is 75 and his spirit is willing, his flesh is too weak to ride his beautiful 75 mile route this year. Instead, it will be led once again by Ed Sobin and Richard Goldberg who led it so successfully last year. The route goes as far north as South Mtn Road and has 2 snack stops before lunch in Tallman (on Rte 59, not the park). It has some demanding sections with one short hill on which all conversation ceases (Hint: low gears!). The B14 rides will use Irv's old "50 mile Club Route" in NJ while the C12/40 will be Irv's actual Half-Birthday Ride this year. All rides will converge on Pascack Brook Park for a last snack before tackling the last 15 mi to the GW Bridge. **Helmets, pocket snacks, etc. required** (see page 11). **60% chance of rain cancels.** Note: GW Bridge Bus Terminal, at Fort Washington Ave and 178th St, can be reached by "A" train to 175th St & Fort Washington Ave.

B15 75 MI 8:00AM

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

B15 62 MI 8:30AM

Leader: Ed Sobin (718) 625-7452. From: GW Bridge Bus Terminal

B14 63 MI 8:20AM

Leaders: Mike DiCerbo (212) 645-1120 and Lynn Sarro (212) 722-8495.
From: The Boathouse

B14 50 MI 9:00AM

Leaders: Alinda Barth (212) 928-5399 and Anne Grossman (212) 924-1549.
From: GW Bridge Bus Terminal

C12 40 MI 9:30AM

Leaders: Maggie Clarke (212) 567-8272 and Irv Weisman (212) 567-9672.
From: GW Bridge Bus Terminal.

Thursday, October 8

A19 65+/- MI 10:00 AM Sick Day, Ride Day — Fall series #2

Leader: Jill Tucker (212) 431-3029 From: The Boathouse.
All that cycling keeping you too healthy? Never got to use those sick days this summer? Have no fear, fall is here. Come on out and get sick on nature.

Saturday, October 10

A?? ?? MI 9:00 AM Columbus Ride

Leader: Spirit of Columbus From: The Boathouse.
Back in 1492 they didn't have *Bulletins*, most likely Chris told a bunch of guys, "Hey, we're sailing east" and a whole bunch of seaworthy mates showed up and off they went to find America. If you show up, maybe you, too, will discover America — or at least Rockland or Westchester Counties.

8:15 AM TO 9:00 AM B-Plus Training Series: Spin, Spin, Spin

Leader: Mark Wolz (212) 586-7424. At: The Boathouse.
Spin, spin, spin — to ride smoothly and ride predictably. You will have time to pick up a 9:00 am ride.

B16 65 MI 9:00 AM Rockland Lake

Leader: TBD. From: The Boathouse.
Rendezvous at The Boathouse where you'll find others longing for a spin up to Rockland and "the Spoon".

B13 60 MI 12:00PM Pocantico Hills and Cheek to Cheek Tango

Leader: Paul Rubenfarb (212) 740-9123.
From: NE corner of 181st St and Fort Washington Ave.
Challenging, low-traffic, undulating, climbing route to Westchester's peaks towering above the Hudson, lauded in Washington Irving's tales. Wheat germ mandatory morning of ride, Metro-North bailout for softies. During intermission land that magnetic boyfriend/girlfriend dancing ardent tango. Rain or shine.

C12 30 MI 12:45PM Gateway Getaway: Ride the Rockaway Greenway

Leader: Terry Chin (718) 680-5227. From: The Prospect Park Picnic House.
Explore the newly restored greenways to Canarsie Pier and historic Floyd Bennett Field. This airfield was N.Y.C.'s first municipal airport and was the site of many aviation records. There are some great views of Jamaica Bay and the Manhattan skyline, too. Co-led with 5 BBC.

Sunday, October 11

A20 53 MI 9:00 AM Gorgeous River Road, Challenging Clausland-Tweed

Leader (in name only, especially on the hills): Richard Rosenthal (212) 371-4700. From The Boathouse.

B13 50+ MI 9:00 AM Piermont

Leader: Dona Kahn (212) 399-9009. From: The Boathouse.
A B13 is not an oxymoron — it is a B minus ride to our old favorite, arriving in Piermont by way of the bike path in Tallman Park. We will eat at the gazebo and come home a new way.

C13 45 MI 9:30AM Tallman Park The Nice Way

Leader: Don Passantino (718) 446-9025. From: The Boathouse
Last chance this year to see all the new "mansions" as we ride through the beautiful Garden State suburbs to a picnic in Tallman Park, with a tablecloth and brownies. If it's too cold, we'll eat indoors in Piermont. My new route has better scenery and avoids the 9W hills.

Monday, October 12 (Columbus Day)

C12 35 MI 9:30 AM New Jersey Ramble

Leader: Terry Chin (718) 680-5227.
From: AYH Hostel (Amsterdam & 103rd St).
We'll celebrate Columbus Day with a tour through a scenic Bergen County. There are some exhilarating downhills with difficult uphill. We'll stop for a hearty lunch in Tenaflly. Hilly. Co-led with 5BBC.

Thursday, October 15

A19 65+/- MI 10:00 AM Sick Day, Ride Day — Fall series #3

Leader: Jill Tucker (212) 431-3029 From: The Boathouse.
Still thinking about coming out on Thursdays to ride? Ever wonder who forfeits work to ride on a weekday? Show up and find out what you've been missing. Possible celebrity appearance.

Saturday, October 17

A18 80 MI 7:30 AM Crossing The Divide

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

From: Grand Central Station information booth.

Strung along the border of Putnam and Dutchess counties is a small range of low level mountains called the Taconic Hills. We will take Metro-North to Garrison and travel to East Mountain Rd, which cuts into the heart of this beast. In the waning light of autumn we will climb a winding mountain road as new wonders reveal themselves at every turn. Then we'll go down the other side and zip along some pretty roads in southern Dutchess County. Train return on Metro-North. Two water bottles recommended. **Metro-North pass required.**

8:15 AM TO 9:00 AM B-Plus Training Series: You Go Where You Look

Leader: Mark Wolz (212) 586-7424.

At: The Boathouse.

You go where you look — cornering... made easy. You will have time to pick up a 9:00 am ride.

B15 55+/- MI 7:45 AM Fall Foliage in CT

Leader: John Zap (212) 219-3339 (wk) and (203) 972-9339.

From: Grand Central Terminal. (8:05 am departure to Darien, CT.)

Leave GCT on the New Haven Line's 8:05 am train to Darien CT. John Zap will meet the group at the Darien train station. We'll ride up through New Canaan, Wilton, Ridgefield to Bethel for lunch. (Dr. Java's coffee, Dr. Mike's homemade ice cream, the Chocolate Store or the health food store). Then down along the reservoir and back to the train in Westport. Call for info. **Metro-North Pass required.**

B/C14 60 MI 9:00 AM Nyack

Leader: Isaac Brumer (212) 734-6039. From: The Boathouse.

Co-leaders will be welcomed. We'll enjoy a pleasant and colorful ride across the GWB and up to Nyack. The weather and scenery should be perfect for cycling. Bring water and a helmet. Rain cancels.

B13 45 MI 12:00PM Bronx's Deco, Shore Parks and Cheek-to-Cheek Tango

Leader: Paul Rubenfarb (212) 740-9123.

From: NE corner of 181st St and Fort Washington Ave.

Morris Winchevsky, Manny Lieb and other Yiddish bards and playwrights blossomed in the Bronx's famed Art Deco neighborhoods. After this Yiddish nostalgia, we'll explore the verdant Bronx, L.I. Sound Parks. During intermission, land that longed-for boyfriend/girlfriend dancing sensual tango. Rain or shine.

C14 45 MI 9:00 AM The Northvale Diner

Leader: Phil Simpson (718) 639-6264. From: The Boathouse.

A color riot of foliage will greet you and you'll be rewarded at lunchtime with the greatest pancakes in New Jersey. 60% chance of rain cancels.

Sunday, October 18

A21 80 MI 9:00 AM Beeline for Brewster

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

Due to the "ick" factor of late August weather, my ride to the Orchard was shortened. So while I'm tempted to go there, the lure of Brewster is proving to be the greater siren song. Last year, the leaves were simply gorgeous, but the rider turnout was sparse. Lunch in Bedford. **Bring your Metro-North pass.**

B17+ 74 MI 7:40 AM Minnewaska: The shorter, steeper way

Leader: Karin Fantus (212) 873-5559 (BikeK@aol.com). From: Grand Central Terminal in time for 7:57 am Metro-North to Beacon

A guaranteed one-day vacation. Indescribably beautiful. It's the Catskills. It's rural. Can you spell f-o-l-l-i-a-g-e? Via 7:57 am Metro-North to Beacon, then quick stops in New Paltz, High Falls and the deli after the screaming downhill on Rte. 44/55. A-Riders and faster B-Riders are invited to grab cue sheets and attack the hills; wait-up at refueling stops or hammer to catch an earlier train home. Your choice. **Bring Metro-North Pass** and pocket food. It'll be a long, satisfying day. Please call with questions.

B13 58 MI 8:45 AM Not for the Vertically Challenged

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

From: GCT Info Booth for 9:07 am bike train to Stamford.

A hilly-half-hundred, via Stanwich, Taconic, East Middle Patent and Mianus River to the Mianus River Gorge. After a snack on the Bedford town green, back over the hills via Bedford/Banksville, Upper or Lower Cross, maybe Close, then Round Hill, Pecksland and home via the #2 or #1 train. **Metro-North Pass required.**

C12 40 MI 9:25 AM Fine Houses and Fall Foliage

Leader: Irv Weisman (212) 567-9672 and Maggie Clarke (212) 567-8272.

Meet at the top of PATH escalators in the WTC for the 9:40 train to Newark. We'll wind our way through the Montclair Estates, which should be surrounded by 'Flaming Fall Foliage'. Lunch in Little Falls then return to Newark PATH. There are some steep hills, so bring low gears. Fare \$1 each way (in coin and bill). Helmets required. 60% or greater chance of rain cancels.

C13/14 45 MI 9:00 AM Moira's Little Ride

Leader: Moira Mcfadden (212) 721-5003. From: The Boathouse.

Join me for a "jaunt" to the wilds of New Jersey via scenic backroads.

Thursday, October 22

A19 65+/- MI 10:00 AM Sick Day, Ride Day — Fall Series #4

Leader: Jill Tucker (212) 431-3029

From: The Boathouse.

Seasonal affective disorder getting you down? Time to dust off autumnal blues. Put on your shades and we'll find some sun. Remember endorphins are your friends. Zzzzz...

Saturday, October 24

A18 85 MI 8:00 AM Cold Spring

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

Last year we were too early for the full Autumn splendor of the Hudson Valley and too tardy to reach our intended destination. This year's timing is better-as late in the season as possible, plus an earlier departure (**EST starts tomorrow, in case you forgot**). The usual hilly route: Little Tor, Gate Hill Road, Seven Lakes Drive, Mine Road and Storm King, over the Beacon-Newburgh Bridge for a Metro-North return from Cold Spring. Note the 8:00 amstart! **Bring Metro-North Pass**, two water bottles & pocket food — deli stops are scarce. Lunch after Little Tor (40 miles). Bailout possible at 65 miles via Bear Mtn Bridge/Garrison Metro-North. Rain cancels, drizzle doesn't. Call leader if unsure 'til 7:45 am the morning of the ride.

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

B16 65+/- MI 9:30 AM A Chowder Ride

Leaders: Suzanne Levin (718) 398-2649 and Laura Schwartz (212) 907-0755.
From: The Boathouse.

We're riding to Ed's for chowder. Ed makes manhattan and new england clam chowder that's to die for as well as fish stew and crab cakes. If you like the Club's route to Rockland Lake, you will enjoy this ride. Also, if you're planning to attend our Chowder Ride, give us a call during the week so we can call Ed and give him an idea of how many of us to expect. Thanks.

B14 50 MI 9:00 AM Foliage Ride in New Jersey

Leader: Annaline Dinkelmann (212) 906-0014. From: The Boathouse.
We'll cross the GW Bridge and go in search of the most beautiful fall foliage. Not too many hills, and we'll totally avoid 9W. Rain or temps below 40° cancels.

B13 41 MI 12:00PM Cypress Hills Mansions and Cheek-to-Cheek Tango

Leader: Paul Rubenfarb (212) 740-9123. From: The Boathouse.
Those curious to comprehend the majestic forest that formerly covered Queens but ultimately expired to the bulldozers of Postwar developers' greed and overpopulation, should see Forest Park. Tucked into a cleft in this park are the mansions of Cypress Hills. Also see adjacent elegant Richmond Hill. During intermission, land that boyfriend/girlfriend dancing alluring tango. Rain or shine.

C13/14 45 MI 9:00 AM Northvale Diner (Back by Popular Demand)

Leader: Larry Ach (212) 288-2663. From: The Boathouse.
This is a pleasant route, touching a bit of scenic New Jersey, and stopping for a superior snack. After mooching off other leaders for the past three years, I decided to finally lead my own ride. Please join us for an enjoyable, non-competitive ride. **Helmets and water mandatory.** Horrible weather cancels.

Sunday, October 25**A/B/C 35/45/60 MI 7:30 AM Geo. Kaplan's Connecticut Shoreline Ride**

Coordinator: Geo Kaplan (212) 989-0982.
From: Grand Central Terminal, Track 34 (8:07 am departure).
Once more, ride the Connecticut shoreline along Long Island Sound east of New Haven, amidst the changing colors of the fall foliage. When you get to GCT (bring your Metro-North Bike Pass — or get one at window #27), buy a round trip off-peak ticket to New Haven and get a bag of breakfast at Zaro's. We take the 8:07 am New Haven train from Track 34. Park your bikes in the bar car and sit in the adjacent car. Get your route... 35/45/60 mi... and plot your rides. Ben Goldberg will lead his famous tour of the Yale Campus at 2:45 pm. You will have time to get back to the train. Bring money for lunch and Pepe's Pizza delivered to the return train at 3:57 pm for the ride home. Arrive GCT at approximately 6:00 pm. Wear clothing appropriate to the season and weather and bring your helmet. Rain in New Haven cancels.

A?? ?? MI 9:00 AM If You Lead It, They Will Come

Leader: ?? From: The Boathouse.
Couldn't think of any fancy verbiage for this ride so show up at 9:00 for a ride to who-knows-where with who-knows-whom.

Time to Set Your Clocks Back: Saturday Night, Oct. 24

C13 45 MI 9:00 AM Piermont — The Mystery Route

Leader: Dona Kahn (212) 399-9009. From: The Boathouse.
Take advantage of autumn, the most pleasant riding season.

Thursday, October 29**A19 65+/- MI 10:00 AM Sick Day, Ride Day — Fall Series #5**

Leader: Jill Tucker (212) 431-3029 From: The Boathouse.
Don't want to go as a pumpkin to this year's Halloween party? Get out and exercise those demons. This ride will make room for new costume possibilities.

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 TBD Halloween Haunts

Leader: Douglas Riccardi (212) 228-9423. From: TBD
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 liesurely 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 and 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.

Saturday, November 7

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

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 30mi, stronger C riders can finish. Metro-North pass required.

Club Calendar

Chowdown in Chelsea, Wednesday, October 28, 1998, starting 7:00 pm. Cafe Riazor (16th Street between 7th & 8th Avenues). The colder weather is upon us, and that means one thing: hearty food. Come join me at my favorite Spanish restaurant for some Iberian specialties, large portions, great fries, and good sangria. You must RSVP by Monday, October 26th, to Anne Grossman at (212) 924-1549

It's time to start thinking about the **NYCC Annual Party!**
Reserve now for the 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

Fourth Annual Tour de Bronx, Sunday, October 4, 1998, starting from the Metro-North Station at the New York Botanical Garden (10:00 am check-in) or from the Bronx County Building at 161st Street (11:00 am check-in). At either starting location, riders may choose the 25-mile ride, or the 40-mile ride. The 25-mile ride is described as great for every age and skill level, and features a "safety cell" of both ride marshals and a police escort to protect riders from traffic. The 40-mile ride is described as significantly faster, because it travels farther, to City Island and SUNY Maritime College, in the same amount of time and has no "safety cell." For more information or to register for the event, please call the Bronx Borough President's Office, (718) 590-BRONX or (718) 653-2203. Rain date is Sunday, October 18. Tune to CD 101.9 the morning of October 4 for information about the tour start. Free.

Staten Island Bicycling Association Pumpkin Patch Pedal Ride, Sunday, October 11, 1998, starting from Thompson Park, Jamesburg, New Jersey. Rides are for 25, 50, 62 and 100 miles. New for this year, Autumn fantasy rest stops. Home cooked pasta buffet will be served after the ride for \$8. Breakfast, fully stocked rest stops, our apple and pumpkin pie, and a great ride is \$22. Call (718) 815-9290 for a brochure/application.

Steve Britt Injured, and Now Home Recovering

NYCC member Steve Britt suffered a serious accident Sunday, September 13, on the NYCC All-Class Ride.

Steve rode out with the faster A group, but left early with a slower A group, which was fairly large and reportedly not very well organized. Some people ahead braked sharply, and Steve was left with no place to go but over the guard rail on the service road of the LIE.

Because Steve got cut up on his arms and side, he was taken to North Shore hospital in Manhasset by ambulance.

At the hospital, doctors discovered Steve had fractured a kidney. After spending the day in the ICU, his doctors concluded that surgery would not be necessary. Steve was transferred to a nursing unit, then discharged 5 days later, and is now home.

Steve wished to thank all the NYCC members who called and visited for their good wishes and support. He hopes to return to cycling this coming Spring.

— ed.

I've Got a Little List...

— Benjamin Goldberg

You asked for it, and now you're getting it. Here is a list of the number of times each NYCC member has lead a ride, in decreasing order, followed by the list in alphabetical order. Enjoy!

Gary McGraime 20
Al Boland 16
Ron Grossberg 15
Terry Chin 13
Tom Laskey 12
Paul Rubenfarb 12
Karin Fantus 11
Bernie Brandell 10
Jill Tucker 10
Todd Brilliant 9
Drew Olewnick 9
Maggie Clarke 8
Rich Borow 7
Stephanie Bleacher 7
Irv Weisman 7
Hindy Schachter 7
Irv Schachter 7
Geo Kaplan 7
Jeff Vogel 6
Jim Drazios 6
Ed Fishkin 6
Mark Martinez 6
Lori Turoff 6
Suzanne Levin 6
Fred Steinberg 6
Richard Rosenthal 6
Beth Renaud 6
Ben Goldberg 6
Mark Bernstein 5
Marina Bekkerman 5
Dick Goldberg 5
Larry Rutkowski 5
Peter O'Reilly 5
Chris Audley 5
Carolyn White 4
Judy Morrill 4
Ludwig Vogel 4
David Thomas 4
Christy Guzzetta 4
Scott Wasserman 4
Michael DiCerro 4
Steve Ullman 4
Arlene Ellner 3
Ken Weissman 3
Marilyn Weissman 3
Linda Wintner 3
Lynn Sarro 3
Dorothy Fong 3
Peter Morales 3
Jan Chenoweth 3
Carolyn Booher 3
Dona Kahn 3
Phil Simpson 3
Herb Dershowitz 3
Don Passantino 3
Peter Hochstein 3
C.J. Obregon 3

Henry Joseph 3
Jeanine Hartnett 3
Marty Wolf 3
David Grogan 2
Nora Salazar 2
Paul Leibowitz 2
Gabriella Clapp 2
Ray Thomas 2
Gay Shaheen 2
Richard Fine 2
Ethan Brook 2
Moira Mcfadden 2
Annaline Dinkelmann 2
Robert Dinkelmann 2
Oliver Garcia 2
Jody Saylor 2
Richard Kaufman 2
Michael Knopf 2
Gene Vezzani 2
Alinda Barth 2
Abe Karron 2
David Newman 2
Anne Grossman 2
Ed Sobin 2
Karl Dittebrant 2
Bill Richards 1
Bill Schwarz 1
Randy Taylor 1
Keith Goldstein 1
Jim Modula 1
Joanna Lee 1
Laura Schwartz 1
Doug Bixby 1
Laura Matlow 1
John Eichholz 1
Damon Hart 1
John Zap 1
Margaret Cipolla 1
Spencer Koromilas 1
John Fullwood 1
Charlie Katz 1
Bill Vojtech 1
Jose Diaz 1
Dave Younglove 1
Jim Green 1
Tom Strenk 1
Connie Pagano 1
Diane Hauck 1
Harold Aronowitz 1
Ira Mitchneck 1
Hindy Schachter 7
Irv Schachter 7
Laura Schwartz 1
Bill Schwarz 1
Gay Shaheen 2
Phil Simpson 3
Ed Sobin 2

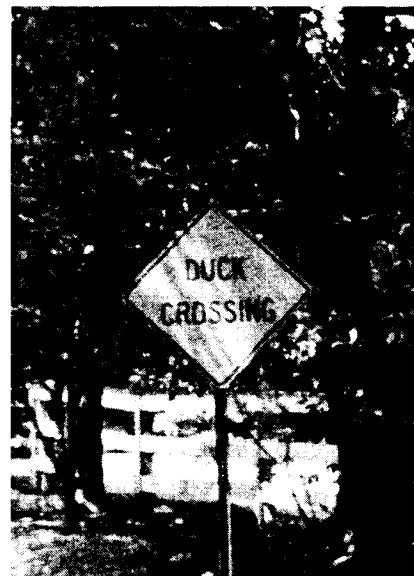
Fred Steinberg 6
Tom Strenk 1
Randy Taylor 1
David Thomas 4
Ray Thomas 2
Jill Tucker 10
Lori Turoff 6
Steve Ullman 4
Gene Vezzani 2
Jeff Vogel 6
Ludwig Vogel 4
Bill Vojtech 1
Scott Wasserman 4
Irv Weisman 7
Ken Weissman 3
Marilyn Weissman 3
Carolyn White 4
Linda Wintner 3
Marty Wolf 3
Dave Younglove 1
John Zap 1

— Alphabetically —

Harold Aronowitz 1
Chris Audley 5
Alinda Barth 2
Marina Bekkerman 5
Mark Bernstein 5
Doug Bixby 1
Stephanie Bleacher 7
Al Boland 16
Carolyn Booher 3
Rich Borow 7
Bernie Brandell 10
Todd Brilliant 9
Ethan Brook 2
Jan Chenoweth 3
Terry Chin 13
Margaret Cipolla 1
Gabriella Clapp 2
Maggie Clarke 8
Herb Dershowitz 3
Jose Diaz 1
Michael DiCerro 4
Annaline Dinkelmann 2
Robert Dinkelmann 2
Karl Dittebrant 2
Jim Drazios 6
John Eichholz 1
Arlene Ellner 3
Karin Fantus 11
Richard Fine 2
Ed Fishkin 6
Dorothy Fong 3
John Fullwood 1
Oliver Garcia 2
Ben Goldberg 6
Dick Goldberg 5
Keith Goldstein 1
Jim Green 1
David Grogan 2
Ron Grossberg 15
Anne Grossman 2
Christy Guzzetta 4
Damon Hart 1

Connecticut Road Hazard

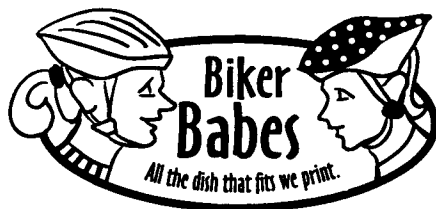
— Sighted on Bloomin' Metric Ride



Jeanine Hartnett 3
Diane Hauck 1
Peter Hochstein 3
Henry Joseph 3
Dona Kahn 3
Geo Kaplan 7
Abe Karron 2
Charlie Katz 1
Richard Kaufman 2
Michael Knopf 2
Spencer Koromilas 1
Tom Laskey 12
Joanna Lee 1
Paul Leibowitz 2
Suzanne Levin 6
Mark Martinez 6
Laura Matlow 1
Moira Mcfadden 2
Gary McGraime 20
Ira Mitchneck 1
Jim Modula 1
Peter Morales 3
Judy Morrill 4
David Newman 2
Peter O'Reilly 5
C.J. Obregon 3
Drew Olewnick 9
Connie Pagano 1
Don Passantino 3
Beth Renaud 6
Bill Richards 1
Richard Rosenthal 6
Paul Rubenfarb 12
Larry Rutkowski 5

Nora Salazar 2
Lynn Sarro 3
Jody Saylor 2
Hindy Schachter 7
Irv Schachter 7
Laura Schwartz 1
Bill Schwarz 1
Gay Shaheen 2
Phil Simpson 3
Ed Sobin 2
Fred Steinberg 6
Tom Strenk 1
Randy Taylor 1
David Thomas 4
Ray Thomas 2
Jill Tucker 10
Lori Turoff 6
Steve Ullman 4
Gene Vezzani 2
Jeff Vogel 6
Ludwig Vogel 4
Bill Vojtech 1
Scott Wasserman 4
Irv Weisman 7
Ken Weissman 3
Marilyn Weissman 3
Carolyn White 4
Linda Wintner 3
Marty Wolf 3
Dave Younglove 1
John Zap 1

RIDE SAFELY



The two biker babes are back in town, but where is the dish on e-mail (NYCCnews@yahoo.com)? We want to hear from more of you B and C riders — we know you are out on the road in record numbers — there must be some stories to report.

If you missed the meeting last month, you missed a good old-fashioned roast of **Irv Weisman** in celebration of his 75th birthday—even if you weren't there you know that most of the jokes involved talk of gearing. People shared their personal Irv stories, and Irv responded with his special brand of schtick and sharp wit. We noticed that the cake was appropriately decorated with a bike with a triple crank. **Happy Birthday Irv.**

Speaking of getting up there in age, **George Kaplan** called and said that he is a grandpa. His daughter just gave birth to her second child, Daniel Alexander Spar on August 26th. This makes grandchild #4 for George. It is rumored that he is shopping for a tricycle.

We have had a record number of new members joining our club rides and one of them, **Frances Harrison**, on her very first ride (to Nyack) took a spill that required stitches on her chin and the replacement of some teeth. If it hadn't been for old hand **Ernie Pomerantz**, she might not have come on another ride. Ernie went to the hospital to check on her, then circled back to New York City on his bike and returned with his car and bike rack to take Frances home. It was reported that Frances is back on the road and riding with the club. We promise that this is not the usual welcome to a new member.

Jeff Vogel is known within the club as one of our better A riders, but sometimes even the best

riders can make the most basic mistakes. On his recent tour of Hungary and Austria with his wife, **Margaret Cipolla** and **Judy and Conrad Meyer** and **Mike De Lillo**, he was crossing the border from Slovakia into Austria. After the usual border crossing guards, the group rode along a bike path and came upon a small outpost with two Austrian soldiers, whose purpose was not readily apparent. Jeff hoped that they were not looking for errant cyclists, but then was relieved to see some of the soldiers wave. Judy Meyer waved back. Jeff then waved, but failed to notice one of the recurring poles in the middle of the path. He ran squarely into the 3-inch pole which sent him over the bars. Mike De Lillo was following closely behind and warned Jeff about the pole, but it was too late! Although Mike ran him over, both Jeff and Mike were unhurt. Jeff's bike was another story. The accident put a healthy bend in the frame, increasing the steering angle to about 80 degrees. Jeff demonstrated his continued prowess on the bike by riding it another 500 miles, especially after half a liter of beer and with no hands.

Congratulations go to **Jim Greene**, **Kristi Roberts**, and **Karl Dittebrandt** for their fine performances in August. Jim Greene placed second out of 97 riders in the 750-mile Boston-Montreal-Boston race with a time of 56 hours and 48 minutes. He hallucinated on the 2nd night and couldn't figure out what kind of machine he was on or why. He imagined that he was making a delivery, but couldn't figure out what he was supposed to deliver, let alone if he had it with him. Luckily, he had enough wits about him to finish the race in remarkable time. Kristi Roberts and Karl Dittebrandt competed in the Nike World Games in Portland, Oregon in August. Kristi Roberts came in 3rd in the time trial in her age group. Karl did well in all the track events he entered, considering the fact that he was riding on one of the steepest tracks in the world. Even more impressively, Karl medaled 5th place in his age group in the National Track Championships in Redmond, Washington.

Several of our members joined the LIBC's weekend trip to Londonderry, Vermont during the Labor Day weekend. We heard the riding was beautiful, the weather perfect, and the food good (what more can you ask for?). Our own **Mindy Kaufman** brought her flute to practice (She's is a flute player for the New York Philharmonic). When cyclists heard her doing scales in her room, they asked her to play for them. After some serious prodding, she played some Debussy, much to the delight of all. Which brings us to our nickname of the month: Mindy "gotta practice" Kaufman (applies to flute playing, not cycling).

Moira McFadden, **Fred Cohen**, **Andreas Carillo**, and **Arthur White** completed GTE: The Big Ride Across America from June 15 to August 1 to raise money for the America Lung Association. 732 cyclists started in Seattle, WA and considerably fewer finished 48 days later in Washington, D.C. The average mileage was 85 miles a day. The organizers, Palotta Teamworks, who also organize all the big AIDS rides, did such a terrible job (out of inexperience) that they made the ride a nightmare for the cyclists. Moira said the cyclists bonded quickly because of the chaos; the best part of the ride was the camaraderie that developed between the riders. Another highlight was eating at every Dairy Queen they found. "I didn't know there were so many out there," says Moira. They ate **8 meals a day and lost weight** (our kind of trip). Moira was briefly hospitalized after a 117-mile ride in Gillette, Wyoming and managed to miss golfball-sized hail that made the police evacuate cyclists from their tents. Another day they had to be evacuated by the Red Cross during a snow storm in one of the passes. Notwithstanding one horror tale after another, Moira reported to the meeting last month that she had a great time and would do it again, but only if another group organizes it. We might join her, too—all those Dairy Queens sound tempting.

That's all the dish for today — keep the net filled and e-mail in your items. We will print all the dish that fits.

Irv's Birthday Toast 'n Roast

(continued from the September meeting)

— by Dorothy Fong

"The Dragon Lady" is how Irv addressed me when we first met in an Effective Cycling class he was conducting in Brooklyn Heights a decade ago. I thought, "Do I need this?"

Many years and innumerable lessons later, I can thank the workings of the cosmos for putting us both together in the same city, same sport, and the same time frame. Through perseverance, patience, wisdom and experience, Irv has helped guide me along a journey that changed my life. He taught me the joy of bicycle touring.

In order to fully enjoy such an ambitious activity, I had to heed his initial words of advice: "Change your gears!" I learned about cogs and sprockets, chainrings, derailleurs, chainstays. Then came saddle adjustments, barrel adjustments, short stems, smooth cadence, consistency of pedaling motion, and the famous mantra which I continue to use to this day: "Save your cookies". To be avoided at all costs were the mistakes of the "hotshots" who suffered from that mysterious malady that sent a whole generation of bicyclists on a path of self-destruction, or at the very least, developing knees that would eventually implode from attacking hills in high gear.

We have travelled many miles together since those early months and years, and and I have wonderful memories of the trips we took through upstate New York, New Jersey and Pennsylvania. He encouraged and continues to nurture my love affair with bicycling and long-distance touring

A Very Happy Birthday, Irv, from a grateful Dragon Lady.

NYCC WELCOMES 70 NEW MEMBERS

Allen, Jonathan	Greenstein, Ruth	Nislick, Barbara
Arpels-Josiah, Ranjit	Guinaud, Armando	Okner, Arthur
Arpels-Josiah, Ariane	Hammann, Sarah	O'Brosky, Dan
Baranoff, Liat	Heitmann, Marlies	Pavalon, Lynn
Berg, Mathew	Hirsh, Ron	Peet, Kae
Bort, Ina	Howard, Esme	Perry, Steve
Bregoli, William	Johnstone, Katina	Rayone, Ragina
Brioda, Marna	Kaplan, Ross	Rosenstein,
Bryant, Juliet	Katz, Rachelle	Beth Amanda
Burkhardt, Marianne	Kent, Lauren	Rosenthal, Mathew
Burns, Jeremy	Lewin, Milton	Royal, Wendi
Carro, Carl	Link, Anna	Shachter, Daniella
Chandler, Sarah	Loggy, Brandi	Shapiro, Lara
Courtney, Susan	Lu, Charles	Spieler, Bob
Dupont, Ida	MacBlane, Lauren	Stein, Bob
D'Ablemont, Chris	MacBlane, David	Steinhacker, Mickey
Ekelchik, Shari	Mariaschin, Mark	Tanzman, Barbara
Ellis, Bill	Mariaschin, Karen	Thompson, Christina
Elowitz, Laura	Martin, Elizabeth	Velez, Benjamin
Epp-Rosenthal, Janet	McGarr, Jennifer	Wagner, Christofer
Faulhaber, Lynn	McHugh, Charles	Watts, Artemis
Gerlach, Linda	Menkes, Sheryl	Weiss, Ian
Goodstein, Renee	Mottus, Maya	Williams, Marilyn
Greaker, Allison	Mykietyn, Gregory	◇ ◇ ◇ ◇

Thank You, Ernie Pomerantz

At about noon on Sunday, July 12th, during my C14 ride to Nyack, new NYCC member Frances Harrison suffered a small accident whe she lost control of her bike in rocks on the intersection across from the Sparkill fire station about one mile from Piermont.

Frances needed a few stiches to her chin at the Nyack hospital. She reacted bravely and was an excellent patient throughout her trial.

Peter Hochstien and Mike Dicerbo were delegated responsibility to finish leading the ride to Nyack while a quick-arriving ambulance took patient and accompanying ride leader to the hospital.

The cooperation and helpfulness of the ride members was excellent, but Ernie Pomerantz set an example to us all by first biking to Nyack's hospital to check on Frances' condition, then going off to the City to bring his car (and bike rack) to drive Ms. Harrison and myself home, bikes and all.

— Bernie Brandel

Bouquets & Brickbats...

Selected Letters to the Bulletin

BON TON ROULET TOUR

On Saturday, July 25, 1998 I joined about 300 riders for Bon Ton Roulet, hosted by the Auburn and Cortland YMCAs, which ran through the Finger Lake district in New York until Saturday, August 1.

Most riders camped out on school grounds, although there were motel options for those who did not want to camp. Gear was transported in two large Ryder trucks so one could bike with as much or as little as one wanted to carry. The tour fee of \$300 included camping costs, breakfast and dinner each day, a couple of daily rest stops with refreshments, and night-ly entertainment (great bands!)

The very first day I hit some gravel and spent the rest of the day in the emergency room (mostly waiting), but thanks to a couple of wonderful volunteers even this inauspicious start did not in any way spoil a fantastic week — I just had to ride on my aerobars slightly differently because of the stitches in my elbow!

I met great people on the tour, we had wonderful weather, the volunteers were just great, and the food was surprisingly good. People were able to visit the local wineries (I spotted many a bottle cage sporting a wine bottle in lieu of a plastic water bottle!) and order wine that they could pick up at the evening's destination, as well as do some sight seeing at Watkins Glen and Letchworth State Park.

Riders could ride considerably more or fewer miles than the nominal distance. The tour was billed as 385 miles, but I actually clocked 465, with the help of the optional century and some split time misad-dition. I had a really great time and wholeheartedly recommend this tour for a fun, fairly low key biking vacation.

I called Al Hastings of the Cortland YMCA at (607) 756-2893 and he tells me there is no web site at this time but they hope to have one by next year.

Judith Tripp,
August 6, 1998

CAN YOU PUT CITYRACKS IN PRIVATE GARAGES?

We have had a number of inquiries from cyclists who would like obtain a city owned bike rack for a garage at their place of work. Here is the deal:

The state DOT and FHWA have agreed that the City can provide a federally funded rack to a private garage under three conditions:

1. The rack is accessible to the public at all reasonable hours.
2. The garage owner assumes all liability for rack and its use.
3. The garage owner maintains the rack.

All this is codified in an April 7, 1998 letter from Robert Laravie at NY State DOT to Luiz Aragao at NYC DOT, which was copied to T.A. by the State DOT. You can cite this letter if you request a CityRack for public parking at your place of work. CityRacks is (212) 442-7705, fax: (212) 442-7823.

To date, T.A. has not succeeded in getting a Cityrack installed in a private garage, but you might.

John Kaehny
Transportation Alternatives
September 2, 1998

Re-Cycling

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

FOR SALE:

49cm **Bianchi Eros**, 24-speed Campy Mirage components. Burgundy. Perfect condition. \$550. **Call Gay** at (212) 452-1784 or e-mail mgs16@compuserve.com
Vitus 979 (51 cmc-c) 20.5 lbs. Famous French classic racer. Super responsive. Black-anodized Vitus dural frame/fork with Dura-Ace group+ extras (Carmichael pulleys, Mavic MA40 rims, new Michelin tires and Ultegra clipless pedals. \$695. **Call Jed** at (212) 873-2390.

Assorted Gear. General Closet Cleaning: 5 saddles, 4 stems, Dura-Ace seat post, Scott bars, Specialized alloy headset and 700 x 35 Tri-Cross tires. **Call Jed** at (212) 873-2390.

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.

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

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

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

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

BRING: helmet, spare tube, tire levers, patch kit, pump, water, snacks, money, medical ID, emergency phone numbers. **We also suggest:** lock, 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.

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

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



1998 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS

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

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

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

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

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

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

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

☐ Individual — \$21

☐ Couple residing at the same address — \$27



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

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BKLYN, NY

FIRST CLASS MAIL DATED MATERIAL!

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

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.

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) — Fre.

Dallas BBQ
27 West 72nd St (between Columbus Ave. and Central Park West)
212-873-2004



Come to Our Meeting October 13
A stimulating and informative program that will whet your cycling
appetite. (Ask Dona Kahn, she tried Crossroads this year.)

Ride Through Our Beautiful Country
WITH
CROSSROADS
VIA SLIDE SHOW