April
1998
April is the Cruelest Month...

MEMBER SURVEY RESULTS p. 8 & 9

A SCORCHER FEELS THE STRONG ARM OF THE LAW 1890

Police Commissioner Theodore Roosevelt formed the "Scorcher Squad" in 1890 to enforce the New York City speed limit of 8 mph for all vehicles.
Bulletin Board

APRIL OPPORTUNITIES
FROM THE PRESIDENT — GENE VEZZANI

Opportunity #1 — Calling All Graphic Artists, Designers, And Creative Cyclists

How would you like to be the person who designs the New York Cycle Club jersey that takes us into the next century? You can! Now is your chance to create a full color drawing, front and back, of a new design for the club jersey. Simply call me, Gene 212-875-1615, for all of the details, and you’ll receive a blank template to use when submitting your design idea.

The deadline for submitting your design for a new jersey is Monday, June 1, 1998. The board will then review all designs on Tuesday, June 2nd. Don’t miss this once in a lifetime chance to have one of your ideas displayed by cyclists around the world from one century to the next. Carpe diem.

Opportunity #2 — New Members’ Class, New Monthly Meeting Place

Attention all new members! Ever wonder how to get started now that you’ve joined the New York Cycle Club? How do you meet people? Which rides are right for you? What should you wear? What should you take with you on a ride? Learn the answers to all of these questions and many more by attending the New Members’ Class scheduled to take place during the April 14th monthly club meeting. The New Members’ Class begins promptly at 6:15PM.

This April, the club will meet in a private room in Annie Moore’s Restaurant, 50 East 43 St. (1/2 block west of Grand Central Station.) Details are presented on the back cover of this Bulletin. We hope to see all of our new members plus anyone who has never attended one of our club meetings before.

Opportunity #3 — NYCC Bus to the Montauk Century with Queens Stop

If you wish to avoid the crowding and waiting time at the end of the Montauk Century, this year NYCC will offer a bus back to Manhattan, with a stop in Queens, probably by the Stern’s on Northern Boulevard. You will be able to stow your bikes in the cargo bays on board the bus, which will leave from a less congested spot by Montauk Town Square than the other buses. For more information and to reserve a spot, call Anne Grossman at (212) 924-1549 or e-mail her at annesg@mail.idt.net. For more information about the Montauk century, contact 5BBC at (212) 932-2300.

Opportunity #4 — Thank You, and Won't You Try Something New?

Thank you for renewing your NYCC membership. You belong to one of the greatest cycling clubs in the world! This year consider setting a new goal for yourself, whether it be participating in our non-cycling special events, attending our club meetings, or leading at least one ride to your favorite destination. You can ride your bicycle anywhere, but with the NYCC, you belong.

NYCC WELCOMES 37 NEW MEMBERS

| Madeline Abo | Alfredo Garcia | Damien O’Leary |
| James Bernard | Steven Gold | David Oppenheimer |
| Kathy Bolner | Sheryl B. Goldstein | Sheila Quinn |
| Mike Bolner | Leslie Hansen | Michael Ravitch |
| Stacey J. Bonett | Tara Herlocher | Bea Seravello |
| Andrew Boreland | Dennis Jameson | Janet Silverman |
| Carol J. Bryant | Corine Karlin | Rich Sporer |
| Linda E. Colabella | Scott A. Klon | Michael Sullivan |
| Steve Colon | Stuart Krasna | Grace Tehranian |
| Anna Csillag | John Krauss | Beth Thompson |
| Zolton Csillag | John Lindsay | John Tom |
| Crist Dixon | Donna LoPiccolo | Beale Wolff |
| Ariella Evenzahav | Blanton Neill | |

NEW YORK CYCLE CLUB
Columbus Circle Station,
P.O. Box 20541
New York, NY 10023
212-886-4545

PRESIDENT
Gene Vezzani
212-875-1615
genev@pipeline.com

V.P. PROGRAMS
Joel Englelander
212-580-1861
merlinmj@juno.com

V.P. RIDES
Ben Goldberg
212-982-4681
goldberg@cs.nyu.edu

SECRETARY
C.J. Obregon
212-876-6614
obregon@lou.fordham.edu

TREASURER
Charlie Katz
212-529-6717
charles.katz@citcorp.com

PUBLIC RELATIONS
Douglas Riccardi
212-388-9758
memory@aol.com

MEMBERSHIP
Dona Kahn
212-399-9009
donaskahn@aol.com

SPECIAL EVENTS
Anne Grossman
212-924-1549
annesg@mail.idt.net

BULLETIN EDITOR
Ludwig Vogel
212-838-0852
ludwig@bway.net

A-RIDES COORDINATOR
Tom Laskey
212-496-1636
tom_laskey@sonymusic.com

B-RIDES COORDINATOR
Gary McGraime
212-877-4257
garynycc@aol.com

C-RIDES COORDINATOR
Bernie Brandell
718-633-1759
brande@cooper.edu

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To publish an article:
Contact:
Ludwig Vogel
141 East 56 Street
New York, NY 10022
TEL: 212-838-0852
FAX: 212-752-4951
E-MAIL: ludwig@bway.net
Submit 3.5 inch diskette plus hard copy. Advise operating system, software, phone number. Material may be edited for length and clarity. A full page of text is 750 to 1000 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor’s warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

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

Web Page:
http://www.nycc.org

RIDE SAFELY
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, April 3

B14 45 MI 9:15 AM Friday Morning Series #5 (Back by popular demand)

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

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

Saturday, April 4

A20 55 MI 9:00 AM A Training Series #5

Leader: Alan Resnick (212) 794-1109. From: The Boathouse.

Shorter but faster, that's the slogan for this training ride. Anyone not wishing to receive instruction may affix tape to the back of their helmet with the word "NO" written on it. Temp below 32° or better than 30% chance of rain cancels.

A19 65 MI 9:30 AM One Third A Double

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

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

SIG-A 55 MI 9:00 AM Pleasantville

Leaders: David Thomas (212) 675-6591 and Gabriella Clapp (212) 724-5633. From: The Boathouse.

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

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

Mark Wolz will teach how to use less whining and more technique to assault those pesky hills. At the Boathouse.

B15/18 60+ MI 9:45 AM Progressive B Series #5: Not the Usual Nyack


This is Nyack, the longer, prettier and hillier way. A fine day to work on climbing technique to ride faster still. We'll ascend Bradley Hill (and Tweed if you wish) before descending into Nyack for lunch after 30 miles. Please bring pocket food.

B13 40 MI 12:00 PM Historic Harrison NJ & Seductive Tango

Leader: Paul Rubenfarb (212) 740-9112. From: Top of WTC PATH escalators. Harrison charms with an "Our Town" like Main Street and neighborhoods. During ride intermission, we'll turn on the boom box for mini Tango lessons, followed by dancing to irresistibly sensuous tango melodies. Rain or shine.

C14 45 MI 9:15 AM Going Home


We’ll ride through the beautiful Bronx (where I used to live) to highly taxed Scarsdale (where I now live). Cancelled only if I haven't done my taxes by then.

C-SIG 15 MI 10:00 AM C-SIG #6 (Ride!)

Leaders: Geo Kaplan (212) 989-0883 and Irv Weisman (212) 567-9672. From: The G.W. Bridge Bus Terminal, Fort Washington Ave. and 178 St., (A train to 175 St. stop or the 1 and 9 to 181 St. stop).

Meet inside the bus terminal. Ride description, etc., at that point. Prior attendance required. Precipitation or starting temperature below 35° degrees cancel. Call if in doubt.

Sunday, April 5

A20 70 MI 9:00 AM I Never Go To Westchester

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

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

B16/17 50-60 MI 9:00 AM Anywhere But Here

Leader: Carolyn Booker (218) 636-0315. From: The Boathouse.

We'll ride to someplace in NY or NJ, maybe we'll be democratic and take a vote at the Boathouse or maybe I'll have figured something out by then. Unless I'm in a really good mood, I'll drop people as I don't want to be out all day — who knows, maybe you'll drop me.

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

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

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

C14 50 MI 9:00 AM To Piermont, No Hills

Leader: Jay Jacobson (914) 359-6260. From: The Boathouse.

Sorry, we have few hills on the way home. (We asked for Gov. Whitman to smooth them out, but budget constraints precluded this.)

Why Don't You Lead a Ride This Spring?

Call Your Ride Coordinator to Find Out How.
**Saturday, April 11**

**A20 70+/- MI 8:30 AM** Training Ride #6: The Orchards (a.k.a. South Mountain)

Leader: Phil Simpson (718) 639-6264.
From: The Boathouse.
An energetic — not to mention scenic — ride increasing speed and mileage as we continue the training series. Temps below 32, rain and/or bad roads cancel.

**A19 80 MI 9:30 AM** Seconds Out

Leader: Drew Olweck (718) 398-7252.
From: The Boathouse.
Ride 2 on our march to 200 miles. Another visit to Westchester with a diner stop at 35 miles. Lots of hills, pretty roads and a tough eighty miles to lay the foundation for a double century in June. Two water bottles, pocket food recommended.

**SIG-A 61 MI 9:00 AM** Rockland Lake

Leaders: Randy Taylor (212) 866-0462 and Christy Guzzetta (212) 595-3674.
From: The Boathouse.
Double paceline, no alternating the lead, to breakfast in Nyack. Eat heartily. We’ll then head on North to Rockland Lake. We’ll do laps of Rockland Lake, lots of laps. We’ll do it in double paceline formation, and we will indeed alternate the lead. Lap after lap, “Pulling off”, we’ll call it out, we’ll hear it. Short pulls, alternate the lead, keep the pace steady. Today, there is a bike inches off my front wheel, another inches off my rear wheel, another inches off to my side. Heck, there’s bikes all around me. I am riding steady, predictable, I will not jam my brakes, I’m smooth, this is getting easy. Get to the boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. Helmets with names on front and back, required. Rain date, Sunday, April 12th.

**B15/18 65 MI 9:00 AM** Progressive B Series #6: Tarrytown and Beyond

Leaders: Karin Fantus (212) 873-5559 and Gary McGauley (212) 877-4257.
From: The Boathouse.
There really is a scenic route through the Bronx and Yonkers, and this is it. Lunch in Tarrytown or Pleasantville (25-30 mi). It will be a good day to pick up the pace. Bring pocket food and Metro North pass for possible train return.

**B16 55 MI 9:00 AM** Four Questions or an Easter Egg Hunt

Leader: Ira Mitchell (212) 663-2997.
From: The Boathouse.
Westchester or New Jersey, uphill or downhill, french toast or pancakes, Campagnolo or Shimano. The questions of the ages will be reflected upon as we celebrate this early Spring weekend and return in time for all the holidays. Bring your rabbit. Falling Manna cancels.

**B13 42 MI 12:00 PM** Historic Cypress Hills B’kln and Sensuous Tango

Leader: Paul Rubenfarb (212) 740-9123.
From: City Hall.
We’ll tour the quaint Victorian streets of Cypress Hills and Richmond Hill which slopes upwards towards Brooklyn’s North Ridge. During ride intermission, enjoy boom box and mini tango lesson, then dance to subtle tango rhythms. Rain or shine.

**C-14 45 MI 9:30 AM** Syosset

Leader: Jim Drazios (718) 225-1842.
From: The Statue of Civic Virtue (E, F train to Union Tunnipe and Queens Blvd).
Phil the groundhog says spring is just around the corner. El Niño seconds it. So don’t be shy, boys and girls. Step out of hibernation and start pumping up those lethargic muscles, a scenic destination is its own reward. Temperature below 35ø cancels.

**C-SIG 20 MI 10:00 AM** C-SIG #7 (Ride!)

Leaders: Geo Kaplan (212) 989-0883 and Irv Weisman (212) 567-9672.
From: The G.W. Bridge Bus Terminal, Fort Washington Ave. and 178 St., (A train to 175 St. stop or the 1 and 9 to 181 St. stop).
Meet inside the bus terminal. Ride description, etc., at that point. Prior attendance required. Precipitation and starting temperature below 35 degrees cancel. Call if in doubt.

**Sunday, April 12**

**A20 60-70 MI 9:00 AM** Recovery or Not, Here I Come

Leader: Beth Renaud (212) 274-9463.
From: The Boathouse.
The speed and destination of this ride depend on whether or not I have raced Saturday. If I have, the ride will be slower and/or shorter. Pace-busters will be dealt with severely. Destination depends on how sick everyone is of Nyack. Is it time to put away the cold-weather gear yet?

**A19 55 MI 9:30 AM** Jeff Says This Ride Doesn’t Need a Leader. He’s Right.

(Hereafter and forevermore called JSTRDMAL-HR)
Leader: Richard Rosenthal (212) 377-4700.
From: The Boathouse.
As Shakespeare’s King Henry almost said in “Henry V,” (Act 3, Sc. i) “Once more, unto the bitches.” That is to say, up the river (River Road) and over the hills (Bradley/Tweed). To me, there isn’t an uphill that isn’t a mountain so I’ll be behind you up speed bumps, driveways, and all other such monster climbs.

**B15/16 55 MI 9:00 AM** Pearl River

Leader: Tom Laskey (212) 206-6574.
From: The Boathouse.
Perhaps I should vary my itinerary a bit but hey, as the saying goes, when something works, you stick with it! And I’m hooked on those Pearl River Pancakes, the atmosphere at the coffee shop, the absence of large hills, not to mention the blazing return on Rivervale. Rain, icy temps or roads, excessive use of syrup cancel.

**B13 45 MI 9:20 AM** Get In Shape for Touring #7: Cherry Blossoms Ride/Paterson Waterfalls

Leader: Maggie Clarke (212) 567-8272.
From: WTC at top of PATH escalator.
If our timing is right, we should enjoy a spectacular display of cherry blossoms and the many Japanese families who come to enjoy them. Then we enjoy the waterfalls with lunch in Little Falls. Terrain rolling to hilly. Cancellation conditions: starting temps below 35 degrees, excessive wind chill or prediction of significant precipitation. Call if in doubt!

**C-14 30 MI 9:30 AM** New Jersey Ramble

Leader: Terry Chin (718) 680-5227.
From: A.Y.H., 103 St. and Amsterdam Ave.
We’ll tour through scenic Bergen County. There are some exhilarating downhills with some difficult uphill. We’ll stop for a hearty lunch in Tenafly.

**Friday, April 17**

**B14 45 MI 9:15 AM** Friday Morning Series #2

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

**A/B/C 0 MI 6:30 PM** Culture and Cocktails III

Leader: Anne Grassman (212-924-1549).
Museum of Modern Art, 11 W. 53 St.
Enough already with museum mile. We’ve done the Met; we’ve done the Guggenheim. Kulta also thrives in midtown. Meet me in the lobby. For those of you who don’t know me, I will be wearing a red beret. Dinner afterward.
Saturday, April 18

A20 70 MI 9:00 AM A Training Series #7: Armonk
Leader: Chris Audley (201) 876-9231. From: The Boathouse.
The Penultimate A Training ride. Lunch on the green, weather permitting.
Temps below 32°, rain, or bad roads cancel.

A19 50/60 MI 9:15 AM No more taxes! (for now)
Leader: Jack O’Conner (212) 799-7649. From: The Boathouse.
Now that tax season is over, you can relax and join me for a nice and
steady ride through Bergen or Rockland, destination still to be deter-
mined.

SIG-A 78 MI 8:30 AM Mt. Kisco
Leaders: Carolyn White (212) 666-0616 and Paul Leibowitz (718) 858-9742.
From: The Boathouse.
We'll head to White Plains via Pelham Parkway and Shore Road.
Then bomb up north on Rt. 22 to Rt. 120 north. Up, up, Whippoorwill road.
We're climbing hills, doing miles, picking up the pace, riding pacelines,
almost A riders. Get to the boathouse 15 minutes early so we can get
signed up and on the road promptly by 8:30 AM. Helmets, with names on
front and back, required. Rain date, Sunday, April 19.

B16/18 65 MI 8:00 AM Progressive B Series #7:
Oyster Bay
Leaders: Karin Fantus (212) 873-5559 and Gary McGraime (212) 877-4257.
From: The Boathouse.
Time for some salt air, a sea breeze and some serious spinning, n’est-ce
pas? We’re leaving early so we can beat the traffic on Queens Blvd. and
have time for a bakery stop (if Karin can find it this time).

B16 65 MI 9:15 AM Long Beach, The Long Way
Leaders: Mark Bernstein (718) 833-6648 and Moira McFadden (212) 721-5003.
From: The steps in front of City Hall.
Join us for a totally flat, peaceful ride as we follow the ocean through
two counties. Dress kinda warm as headwinds can be expected. Temp.
below 40° and any precipitation cancels. Hope for an early return.

B13 41 MI 12:00 PM Architecturally Stunning
Jersey City and Tango Ecstasy
Leader: Paul Rubenfarb (212) 740-9123. From: Top of WTC PATH escalator.
Jersey City and adjacent Bayonne charm in comprising a peninsula sur-
rrounded by silvery harbors and boasting prodigious art deco archi-
tecture. During ride intermission, enjoy boom box and mini tango lesson.
Then dance to sinfully libidinous tango vocal masterpieces. Rain or shine.

C13 45 MI 9:00 AM Piermont
Leader: Dona Kahn (212) 399-9009. From: The Boathouse.
We’ll take the most scenic back country roads for a refreshing urban get-
away. Rain or temperature below 35° cancels.

C-SIG 25 MI 10:00 AM C-SIG #8 (Ride!) Leaders: Geo Kaplan (212) 989-0883 and Irv Weisman (212) 567-9672.
From: The G.W. Bridge Bus Terminal, Fort Washington Ave. and 178 St.
(A train to 175 St. stop or the 1 or 9 train to 181 St. stop).
Meet inside the bus terminal. Ride description, etc., at that point. Prior
attendance required. Precipitation or starting temperature below 35° can-
cels. Call if in doubt.

Sunday, April 19

A20 65+ MI 9:00 AM Cold Spring
Leader: Jody Sayler (212) 799-8293. From: The Boathouse.
Breezy spin up to The Hill in Cold Spring, picnic at the new house site
(weather permitting), train return option (it’ll be a long ride for those who
want to spin home). Metro North Pass mandatory. Temps below 32° at
8:00 am, rain or bad roads cancels.

B16 60 MI+ - 9:30 AM 3rd Annual Abe Simpson Ride
Leaders: Dick Goldberg (212) 874-2008 and Tony Dean (718) 852-4275.
From: The Boathouse.
When I was a lad, they told me to get lost. I can do that! — and you can
come along. We don't ride in the rain.

B13 50 MI 9:00 AM Get In Shape for Touring #8:
Irv's 50-mi Club Route: Bergen/Rockland
Leaders: Dorothy Fong (718) 556-1967 and Mike DiCerbo (212) 645-1120.
Meet at GWB Bus Terminal (178 St. and Ft. Washington Ave.).
We'll show you Bergen and Rockland suburbs through generally rolling terrain.
We'll picnic or eat in a restaurant depending on weather. On our return we
climb the Palisades in carefully selected increments. Starting temp below
35°, excessive windchill or prediction of significant precipitation cancels.
Call if in doubt!

C12 30 MI 10:00 AM Tallman State Park —
The Nice Way
Leader: Don Passantino (718) 446-9025 From: G.W. Bus Terminal (178 St.
and Ft. Washington Ave.).
The flowers will be blooming in the Garden State as we ride a nice scenic
route to Tallman State Park for a picnic. Bring or buy food, I'll bring a
tablecloth and brownies for dessert, to celebrate my 50th birthday.
Newcomers encouraged.

Saturday, April 25

A20/21 80 MI 9:00 AM A Training Series #8: The Finale
Leaders: Stephanie Bleecher and Rich Borow (212) 348-2661.
From: The Boathouse.
To cap off the A training series we will make our way up the infamous Little
For to a lunch stop at Patsy's, home of gazpacho, pasta and cartoon tatt-
tos. After our tattoos are in place, we head back via Saddle River with a final
stop at: the Hill! Now we can stop training and just schmooze.

A19+ 50-60 MI 8:00 AM Back by Noon
Leader: Tom Laskey (212) 496-1536. From: The Boathouse.
Prior commitments make it essential that I return by 12:00 pm but I still
want to get in as many miles as possible. Join me for a quick spin on W3
or Rt. 501, maybe to Piermont, Nyack if we're really moving. The usual
cancels.

SIG-A 82 MI 8:30 AM Croton Reservoir
Leaders: Nora Salazar (212) 725-1361 and David Grogan (718) 875-1977.
From: The Boathouse.
Rt. 9 north 35 hilly miles to the Highlands Diner in Ossining. Whee! Then
it's nothing but beautiful riding over Quaker Ridge Rd. and to the dramatic
Croton Dam. Around the reservoir, up long Seven Bridges Rd., down a fast
Grassy Sprain. It's warm by now. Some of us have shorts on. We're loose.
We're getting fast. Get to the boathouse 15 minutes early so we can get
signed up and on the road promptly by 8:30 am. Helmets, with names on
front and back, required. Rain date, Sunday, April 26.

B16/18 72 MI 8:00 AM Progressive B Series #8:
Armonk
Leaders: Karin Fantus (212) 873-5559 and Gary McGraime (212) 877-4257.
From: The Boathouse.
Today, you'll discover your 3 all-time favorite cycling roads in NY. Hilly, but
not like next week. Quick snack stop in Scarsdale. Lunch in Armonk at 40
mi. Ride ends at 242nd St. Subway stop (1/9 trains). The truly macho can
ride another 10 mi. to The Boathouse.
Lost Viet Generation Tours, Antique S.I. and Risque Tango

Leader: Paul Rubenfarb (212) 740-9123.
From: Behind Ray's Pizza outside South Ferry.

Traumatized by 15 years of napalm and slaughter, the Vietnam generation consists of males robbed of their youth, now tranquilized relics of their former selves, sitting in Starbucks or on park benches. Historic New Brighton S.I. blossomed before the Roosevelt’s age of militarism. During intermission get mini tango lesson — then dance to tango’s seductive rhythms. Rain or shine.

C13 22 MI 12:15 PM
Tibetan Trek to Staten Is.

Leader: Terry Chin (718) 680-5227.
From: Staten Island Ferry Terminal, auto entrance, pier side.

We’ll improve our karma by biking the flatter parts of Staten Island to the Jacques Marchais Center of Tibetan Art (suggested donation: $3). It contains the largest privately owned collection outside of Tibet. We’ll ride the boardwalk along Miller Field and New Dorp for some great views of the Atlantic. Modest terrain with 1 difficult hill.

C-SIG 30 MI 10:00 AM
C-SIG #9 (Ride)

Leaders: Geo Kaplan (212) 989-0883 and Irw Weissman (212) 567-9672.
From: The G.W. Bridge Bus Terminal, Fort Washington Ave. and 178 St. (A train to 175 St. stop or the 1 or 9 train to 181 St. stop).

Meet inside the bus terminal. Ride description, etc., at that point. Prior attendance required. Precipitation or starting temperature below 35° cancels. Call in doubt.

Sunday, April 26

A21 90 MI 9:00 AM
Bear Mountain

Leader: Tod Brilliant (212) 274-9462.
From: The Boathouse.
I always feel ambitious when I write these things. Let’s do a fast “out and back”, Bear Mountain via 9W before the A SIGs do it. Bring pocket food since there will be no extended stops.

A19 60 MI 9:15 AM
Nyack Rendezvous

Leader: Gary McGraime (212) 877-4257.
From: The Boathouse.
We’ll do a smooth spin (hiding the pace) up toward Rockland Lake and roll down into Nyack for the north rendezvous with other outdoor worshipping cyclists. Coffee, health food, syrup-laden pancakes? The Skylark is the limit. We’ll then make an attempt at looking as good on the way back.

B14/16 57/65 MI 9:30 AM
Nyack

Leaders: Hindy and Irving Schachtler (212) 758-5738.
From: First Ave. and 64 St. Once again we break into two groups after crossing the G.W. Bridge and meet for coffee at the Runcible Spoon. The slower group has a splendid, relatively flat jaunt via Grandview-on-Hudson. The fast group members had better like hills as they ascend Crusher Road and other vertical challenges as they proceed on their pre-lunch travels through Orangeburg and West Nyack before joining the others in Nyack. Bring or buy lunch. Rain cancels.

B13 55 MI 9:00 AM
Get In Shape for Touring #9: Beach Ball

Leader: Maggie Clarke (212) 667-8272.
From: Under the gigantic Ginkgo tree on Broadway, north of Isham St (207 St). Stop on A Train — from north end of station, exit left and walk north on Broadway to bench under tree. Rolling terrain through Westchester to Rye Beach. Starting temp below 35°, excessive wind chill or prediction of significant precipitation cancels. Call if in doubt.

C11 38 MI 10:00 AM
Sheepshead Bay, no clams

Leader: Peter Hochstein (212) 427-1041.
From: The Boathouse.
Our last ride to Sheepshead Bay ended up a $25 Lundy’s seafood orgy. Yummy, but cruel to budgets. So this time we’ll have a picnic or diner lunch. Slow pedaling, because I am way out of shape. Out via 4th Ave. toward Belt Parkway bike path. Home via Ocean Parkway, Prospect Park. Bring helmet, pump, lock, lunch money.

Saturday, May 2

A18 92 MI 9:00 AM
92° in the Sun

Third ride on the “End of the Century Double” series. Ride to Westchester and add another dozen miles more of hills and scenic reservoir roads. Diner stop and deli stops. We’ll break the century mark if we’re so inclined.

S1G-A 86 MI 8:00 AM
Bedford

Leaders: Judy Morrill (212) 866-0442 and Edward Fishkin (718) 633-3038.
From: The Boathouse.
Why so early? Be there! The rides don’t get any nicer than this one. We’ve got to start firing on all cylinders. There’s only one more tune up ride after this before the big one! We should be smooth by now, in shape, ready. There’s big hills, beautiful roads, lots of miles on our way to Bedford. Eat a hearty breakfast, bring pocket foods, there’s about 40 miles before a picnic on the Green in Bedford. Get to the boathouse 15 minutes early so we can get signed up and on the road promptly by 8:00 am. Helmets, with names on front and back, required. Rain date, Sunday, May 3.

B16/18 75-90 MI 7:00 AM
Progressive B Series #9: Deepest Westchester

Leaders: Karin Fantus (212) 873-5559 and Gary McGraime (212) 877-4257.
Meet at Grand Central Terminal information booth.

Seen enough of the Bronx this month? Us, too. So it’s the early bike train to White Plains to launch our adventure in Westchester’s outer reaches. Spectacular scenery will make each and every hill worthwhile. Lunch in Bedford. Metro North home at 75 mi. (Tarrytown). Subway home at 90 mi. (242nd St. — 1/9 trains). Bring pocket food. As there will be a MetroNorth schedule change between this printing and then, please confirm starting time with leader. MetroNorth pass mandatory.

B13 42 MI 12:00 PM
Architecturally Rich Jersey Port District and Evocative Tango

Leader: Paul Rubenfarb (212) 740-9123.
From: Top of WTC PATH escalators. The ‘dem-1111111 and ‘dose-speaking Jersey port zone pulses with cranes and industrial charm. During intermission, hear boom box for mini tango lesson, followed by dancing amidst tango’s intimate dalliance and allure. Rain or shine.

C13 40 MI 9:30 AM
Over the Bridge and Through the Woods

Leader: TBD. From: The Boathouse.
We’ll go over the bridge and then either West or North over some lovely roads.

C-SIG 35 MI 10:00 AM
C-SIG #10 (Ride)

Leaders: Geo Kaplan (212) 989-0883 and Irw Weissman (212) 567-9672.
From: The G.W. Bridge Bus Terminal, Fort Washington Ave. and 178 St. (A train to 175 St. stop, or the 1 or 9 train to 181 St. stop).
Meet inside the bus terminal. Ride description, etc., at that point. Prior attendance required. Precipitation and starting temperature below 35 degrees cancel. Call if in doubt.

Sunday, May 3

A21 70 MI 8:30 AM
Tenzing Norgay Memorial Ride

Leader: Chris Audley (205) 876-9231. From: The Boathouse.
April showers bring May flowers? Lets go find out. I’ll be your sherpa as we climb Perkins for a view from Bear Mtn. Plenty of other hills will help us warm up on the way. From there we’ll coast downhill into Garrison for the train home — unless anyone wants to bike back. Metro North pass, pocket food and two water bottles advised.
A19  60+/ 9:00 AM  Ridgewood
Leader: Ben Goldberg (212) 982-4681. From: The Boathouse.
This is an old standby for me. I'm sure you'll like it. We'll ride to the most
bike-friendly bagel shop around.

B16  55+/ 9:15 AM  Cold Spring Harbor
Leader: Ron Grossberg (718) 625-0183. From: Statue of Civic Virtue.
(Union Turnpike and Queens Blvd – E/F train.)
We'll ride beyond Oyster Bay and roll down into Cold Spring on L.I. Sound.
Plenty of scenic roads. Rain/slick roads cancel.

B14  57 MI  9:00 AM  Get In Shape for Touring #50:
Armonk
Leader: Maggie Clarke (212) 567-8272. From: Under the giant ginkgo tree
on Broadway, north of Isham St. (207 St. stop on A Train — from north
end of station, exit left and walk north on Broadway to bench under tree.)
Visit Armonk and view the Kensico Reservoir on our way home. Starting
temp below 35º, excessive windchill or prediction of significant precipita-
tion cancels. Call if in doubt!

C13  40 MI  9:30 AM  Bergen Ramble
Leader: TBD. From: The Boathouse.
We'll go over the bridge and then either West or North over some lovely
roads.

Saturday, May 9
SIG-A  91 MI  8:00 AM  Little Tor
Leaders: David Thomas (212) 675-6191 and Carolyn White (212) 666-0616.
From: The Boathouse.
Little Tor, Big Hill, Big Ride. Hills, miles, pacelines, speed, team,
endurance, “A” ride! This is a dress rehearsal. We've been at this since
back in early March. We've been riding, pushing, practicing, hurting. Next
week, we're going on the BIG A ride. We are ready. Get to the boathouse
15 minutes early so we can get signed up and on the road promptly by
8:00 am. Helmets, with names on front and back, required. Rain date,
Sunday, May 10.

Saturday, May 16 - Sunday, May 17
A18-22  250 MI  TIME TBD  Montauk Twin Century
Leader: Marty Wolf (212) 935-1460. Call for starting point.
In our version of the Montauk Century, we bike out on Saturday and
return home on Sunday (on the same road used by the one-way century
riders.) We can wave at our friends who will return later on the NYCC bus,
(see below). Call for more info re starting time and place. The sooner you
call, the better because the motel may sell out. Ride goes rain or shine
as room deposits are not refundable after May 9.

Out of Bounds
NYCC Bus to the 5BBC Montauk Century Sunday, May 17. NYCC will offer
a bus back to Manhattan with a stop in Queens. Bikes can be carried on
board the bus, which will leave from a less congested spot in Montauk
Town Square. For more information and to reserve a spot, call Anne
Grossman at (212) 924-1549 or e-mail her at anneg@mail.idt.net. For more
information about the Montauk Century, contact 5BBC at (212) 932-2300.

MDM+98: Memorial Day Dash to Montreal May 21-25, 1998 — 14th
annual edition of a classic New England tour. We will cycle north from
the Montpelier-Waterbury area of Vermont through the Lake Champlain
Islands to Montreal, where we will spend the weekend, returning to the
New York side of the lake Monday. This can be a tough ride due to strong
headwinds. $145 trip fee includes 4 nights lodging, 4 meals, sag support,
tour T-shirt and extensive literature. For more info, or to register, call:
Charles Hansen (h): (617) 734-0720, (w): (617) 572-0277, e-mail:
chansEn@jhancock.com

IR798: 2nd International Cycling Event May 21-25. The Miesbach
Chapter of the Allgemeiner Deutscher Fahrrad-Club (Bicycling Club of
Germany) will hold an international cycling event from Holzkirchen
through the foothills of the Bavarian Alps. Early registration highly recom-
manded due to limited hotel space. For more information, visit
http://www/ir798.AlpSys.de, or contact Klaus Offermann, IRT-Coordinator
ADFC, Kreisverband Miesbach, Tegernseerstrasse 48, 86367 Holzkirchen,
Germany. Tel: +49-8024-1075, Fax: +49-8024-489839, e-mail:
klaus@AlpSys.de.

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

Circumnavigate Lake Champlain, with two nights in downtown Montreal.
Starting from Whitehall, NY, we will cycle north on the Vermont side of
Lake Champlain, take a free day in Montreal, and return south along the
New York shore, with two days riding the Adirondacks and a night in Lake
Placid. Cost of $700 includes hotel and motel lodging, sag van, road
lunches, some breakfasts, and tour literature. Leader: Charles Hansen Tel:
(h): (617) 734-0720 (w): (617) 572-0277 E-mail: chansEn@jhancock.com

Vogel-Cipolla Third World Adventures: Estonia, Latvia, and Lithuania;
maybe Finland and St. Petersburg, too. Late July. Self-sufficient. A-pace.
Call Margaret and Jeff at (718) 275-6978.

NYCC Annual Holiday Party, Tuesday, December 15 at St. Maggie's Cafe.
More information will appear later in the year.
Members’ Survey Summary And Conclusions

by Gary McGraime

The purpose of the questionnaire is to better understand what our members want in order to help us articulate those desires as club goals. It appears that we are a healthy and growing club with thirteen hundred members of diverse abilities and interests.

One hundred and thirty two members (10%+ NYCC membership) responded to the questionnaire. Maggie Clarke compiled and tabulated the data. I think you’ll find the results interesting. (Complete results, p. 9.)

Maggie also provided cross tabulations to help determine what speeds and distances A, B and C riders prefer. The results are:

Speed in (mph) and percentage of riders preferring that speed:
- A Riders: (9-21) 69% (22+) 14%
- B Riders: (17-35) 65% (41-60) 90%
- C Riders: (12-14) 65% (10-16) 90%

Distance in (miles) and Percentage of riders preferring that distance:
- A Riders: (<50) 45% (51-65) 44% (66-80) 33% (81+) 13%
- B Riders: (36-50) 30% (51-65) 50% (66-80) 12% (81+) 3%
- C Riders: (<20) 10% (21-35) 25% (36-50) 35% (51-65) 30%

Some other interesting findings indicate that:
- 50% of the respondents have been NYCC members for at least three years.
- 55% of our members are B riders, 23% are A riders, and 22% are C riders.
- 95% of our members plan to renew their membership.

Additional analysis and cross tabulations indicate a desire for:
- More rides, especially C rides — Solution: More members should become involved in leading rides!
- Rides should hold the advertised pace — Solution: Leaders should pay more heed to their speeds and their groups’ needs.
- Emphasis on ride safety — Solution: Build road skills, encourage courtesy and obey the traffic laws.
- More friendliness/less competitiveness — Remember: “The journey is as important as the destination”.

If you are interested in further cross tabulations or have any suggestions, please e-mail either Maggie Clarke (mclarke@shiva.hunter.cuny.edu) or Gary McGraime (garynycc@aol.com).

Many thanks to Maggie Clarke who invested many hours compiling and tabulating the results, Irv Weisman for encouraging a questionnaire, Gene Vezzani and the NYCC Board for supporting the idea.

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**Memorial Day Update**

If you haven’t already, make your B&B reservations today for this year’s club weekend in the Berkshires, Friday, May 22 to Monday, May 25.

Normally, 50 to 80 people attend our Memorial Day Weekend in and around Sheffield, Massachusetts. This year, spaces are going fast.

Call me or e-mail me for names of available B&Bs. If you are driving up or if you can lead a ride any of the 3 days, please call me. Leave Sunday night open for the club dinner (details in the May bulletin). This will be a great weekend — don’t miss out! Hope to see you in Sheffield.

— Anne Grossman: (212) 924-1549 or annesg@mail.idt.net.

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**Basic Bike Maintenance and On-the-Road Repair Clinic**

**JOIN US FOR HANDS-ON DEMONSTRATIONS AT TWO OF NEW YORK’S PREMIER BIKE SHOPS:**

**Part I: Basic Bike Maintenance** —
April 21, 7:00 pm at Conrad’s Bike Shop, 25 Tudor City Place at E.41 St. (212) 697-6966.
- Cleaning and lubricating your bike and the latest products to make it easy
- Tire inspection and proper air pressure
- Adjusting your brakes and derailiers
- How to disassemble, pack and reassemble your bike when traveling
- Q & A

**Part II: On-the-Road Repair** —
April 28, 7:00 pm at Toga Bike Shop, 110 West End Avenue at 64 St. (212) 799-2834.
- Methods of repairing a flat
- Removing and reinstalling a broken chain
- Truing a bent rim well enough to ride home
- Essential tools and the latest gizmos to carry on the road
- Q & A

Please call or e-mail for reservations —
Gary McGraime (212) 877-4257, e-mail garynycc@aol.com or Joel Englelander (212) 580-1861 (merlinmj@juno.com).

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**FREE MEMBERSHIPS! – April Drawing**

The names of three lucky members who responded to the 1997 Questionnaire will be drawn at random during the April meeting and will be given a one-year NYCC membership extension.

This is our way of saying “thank you” for your input.

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**Annual Rides For 1998**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>200K Brevet</td>
<td>April 25</td>
</tr>
<tr>
<td>300K Brevet</td>
<td>May 23</td>
</tr>
<tr>
<td>400K Brevet</td>
<td>June 20</td>
</tr>
<tr>
<td>600K Brevet</td>
<td>July 18</td>
</tr>
<tr>
<td>Escape from New York Century</td>
<td>September 26</td>
</tr>
</tbody>
</table>

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**Thank you, Lori and Howard**

I would like to give a big thank-you to Lori and Howard of La Corsa Tours. Under some difficult circumstances, they gave a talk that was most informative and entertaining. We now know what questions to ask when we wish to find out whether a tour or tour company is right for us.

If you missed this presentation you missed a good one. You may have to wait another year to hear this dynamic duo.

— Again, Many Thanks, Joel Englelander
Results of the 1997 NYCC Membership Questionnaire

Membership/Rider Profile

1. Male [59.1%] Female [40.9%]
2. I have been a NYCC member for:
3. I consider my ride classification to be:
   [C class] 21.6% [B class] 55.2% [A – paceline skills] 23.1%
4. On the average, how many NYCC rides per month do you ride?
   [0] 22.8% [1-2] 46.3% [3-5] 29.4% [6+] 1.5%
5. How many NYCC rides do you lead/co-lead a year?
   [0] 64.4% [1-4] 23.7% [5-10] 6.7% [11+] 5.2%

Rider Preferences

6. My preferred cruising speed over flat terrain (mph) is:
7. How long is your preferred ride (in miles)?
   [<20] 4.4% [21-35] 8.1% [36-50] 24.4% [51-65] 44.4% [66-80] 14.1% [81-100] 3.0% [100+] 1.5%
8. Are there enough rides in your speed?
   [yes] 56.5% [no] 43.5%
   In your distance?
   [yes] 60.5% [no] 39.5%
9. How often have you been on NYCC rides this year that:
   • Went faster than advertised?
   • Got lost?
     [none] 66.9% [1 of 5] 24.4% [2 of 5] 6.3% [3 of 5] 1.6% [4 of 5] 0.0% [5 of 5] 0.8%
   • Had disorderly riders?
10. I prefer to start rides at:
    [before 7:30 am] 2.3% [7:30-8:30 am] 25.0% [8:30-9:30 am] 59.8% [after 9:30 am] 12.1%
11. I prefer to end rides:
    [by noon] 5.3% [by 1 pm] 10.7% [by 2 pm] 19.1% [by 3 pm] 29.0% [by 4 pm] 17.6% [by 5 pm] 13.0% [by 6pm] 5.3%
12. Which ride starting points do you prefer?*
    [Central Park Boathouse] 89.9% [GW Bridge] 23.0% [Prospect Park] 17.0% [Statue of Civic Virtue] 20.7% [City Hall] 28.9% [Jewel & Queens Blvd] 1.5% [Roosevelt Is. Tramway Plaza/59th St.] 4.4% [#4 Train end Woodlawn, Bronx] 2.2% [Grand Central] 1.5%
    * A sum greater than 100% is the result of multiple selections.
13. I would go on rides using:
    Commuter Trains:
    [never] 7.5% [occasionally] 82.1% [often] 10.4%
14. If offered, I would go on NYCC weekend rides using:
    [bikes only] 65.4% [trains] 63.2% [member's car] 50.4% [chartered bus] 49.6% [public bus] 21.8%
14a. Weekend preference(s):
    [Spring-2 days] 47.9% [Spring-3 days] 37.6% [Summer-2 days] 35.8% [Summer-3 days] 46.7% [Fall-2 days] 44.5% [Fall-3 days] 36.1%
15. To improve my riding capability, I would take part in:
    [Early Season SIG (Special Interest Group)] 52.6% [Early Season Get-Back-In-Shape series] 67.6% [Season-long Progressive training series] 42.9%
15a. The ride level I'd like to achieve is:
    [high A] 17.6% [mid A] 13.6% [low A] 20.8% [high B] 18.4% [mid B] 16.8% [low B] 7.2% [high C] 5.6%
16. I plan to renew my membership next year?
    [yes] 95.2% [no] 4.8%
    If not why?
    Lack of C Rides/Poor Attitudes
    (4.4% of all respondents, and almost all of those who didn’t renew)

Monthly Meeting Preferences

17. How many times during the year do you attend the monthly meetings?
   [0] 38.2% [1-2] 22.1% [2-5] 20.6% [6-9] 11.5% [10-12] 7.6%
18. I would attend more meetings if:
    [Better meals] 17.5% [Cheaper meals] 10.2% [Member slide shows/videos of tours] 19.7% [Racing videos] 7.3% [Health/fitness talks] 9.0% [Social events] 19.0% [Auctions] 2.9% [Technical presentations] 24.8% [Tour presentations] 21.2% [Equipment presentations] 12.4% [Different location] 8.0% [Different time] 2.9% [Different day] 7.3% [Bike Advocacy] 1.5%

Other Preferences

19. The NYCC should offer:
    [ride leader training] 55.6% [repair seminars] 72.6% [effective cycling training] 70.7% [none] 7.9%

20. If the NYCC were to offer social events, which activities would you participate in?
    [bowling] 21.3% [hiking] 48.8% [ice skating] 28.3% [cross-country skiing] 40.2% [concerts] 28.3% [roller-blading] 18.1% [downhill skiing] 2.2% [dancing] 3.7% [parties] 2.2%

21. Membership dues
    [are just right] 89.9% [should decrease/Club economize] 1.6% [should increase/more services] 8.5%

Most Frequent Requests

22. I would like the NYCC to:
    (1) Offer more quality and variety of rides.
    (2) Increase enjoyment and friendliness
        and decrease competitiveness.
    (3) Show more respect for and provide more
        rides for slow riders.
    (4) Advertise the Clubs’ rides more.
    (5) Improve the emphasis on ride safety.
BIKE SCHOOL®

HELPFUL HINTS – Keep your knees very close to the frame. Some climbers even bring their knees across the center line at the top of the stroke.

HINT #2 – While stopped, you should be able to sit on the seat, supporting yourself without holding the bars & with a toe on the ground. If you can’t, your seat is too high. Lower it & gain balance & power.

HINT #3 – Don’t flex your ankle. Always keep your toe lower than your heel. Get a friend to spot you until you get the feel of this position. It gives you a smooth stroke & distributes muscle load for effective climbing & power. If your knees bother you in this position, your cleats are too far back.

WANT MORE HELP? – Two hr classes – $30
Information • (212)755-3418 • Michael

MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING OF TUESDAY, JAN. 6, 1998


The meeting began with a report from Maggie Clarke on the preliminary data from the club survey. It was agreed that analysis of the data was required.

The minutes of the meeting of December 9, 1997 were approved.

Charlie presented the budget report, reviewing 1997 execution and presenting a draft 1998 budget for discussion at the next meeting.

It was agreed that the club would investigate whether the club was required to file for recognition of its I.R.C. Section 501(c)(7) status.

There was a lengthy discussion of the problems encountered mailing the January Bulletin. It was agreed that a postcard would be mailed to members concerning the monthly meeting, advising members to contact the club telephone and web site for a ride listing.

Joel discussed the upcoming programs and Dona gave a membership report.

Anne reported that a barbecue at the boathouse for a possible summer cookout would cost $65 a person. She indicated she would explore the use of barbecue pits on Roosevelt Island.

Gary indicated he was putting together maintenance and repair clinics for March.

The subject of ride safety was discussed and Gene agreed to talk to a member about whom complaints had been made.

The meeting adjourned at 8:00 pm.
Respectfully submitted
Conrad J. Obregon

Re-Cycling

Two classifieds per member per year are free on 6 lines. Additional ads $1.00 per 50-character line. Please send classified listings to the Bulletin Editor.

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

FOR SALE:
Kestrel 1000, 53cm, Black, 53cm (21") frame, 700 cc wheels. Shimano Dura-Ace components. Excellent condition — hardly used. $600. CALL STUART at (718) 428-7053 (home) or (718) 969-1755
Bottecchia, "SPAGO" model. 56cm, clean, Campagnolo 8-sp Athena group with Ergo shifters. $900 — CALL DON at (212) 755-3418.
1997 Carnac Diagonal road shoes size 44 (fits men’s 10-10.5) Look System. Almost new. I bought a new pair 1/2 size larger and can’t return these! Purchased for $240, asking $120. CALL OLIVER at (212) 734-9277.
All in good condition. Also: like new size 4.5 Carnac Legend shoes. CALL RICH at (212) 368-2665 (after April 6).

CITYRACKS: COMING SOON TO A SIDEWALK NEAR YOU?

WHERE ARE CITYRACKS INSTALLED?
CityRacks are installed on City-owned property. The siting criteria for CityRacks are as follows:
- City-owned property
- Wide sidewalks (minimum sidewalk width 12")
- Removed from the natural flow of pedestrians, usually at the curb and always away from crosswalks
- Usually a minimum of 6' from other street furniture (e.g., street signs, mailboxes, benches, telephones)
- Greater distances from certain features (e.g., up to 13' from fire hydrants and 15' from bus shelters or newstands)

HOW ARE CITYRACKS INSTALLED?
CityRacks are installed at sites requested by businesses, local groups, City agencies, and private citizens. After installation, the CityRacks remain the property of the City of New York. The City assumes responsibility for the racks but not the bicycles parked on them.

HOW TO REQUEST CITYRACKS...
Fill out the request form at right and mail to: CityRacks, NYC DOT, 40 Worth Street, Rm. 2029, New York 10003.
Appropriate sites will receive racks, at no charge, on a first-come, first-served basis.
For more information about CityRacks or other bicycle programs call 212/442-7705.
For additional brochures please call 212/ or 718/ Call-DOT.
Before your first club ride, please read this:

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

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

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

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

**BEFORE ANY RIDE:** Check that your bike is in good riding condition: brakes and derailleur working well, tires pumped to the pressure specified on the sidewall. Eat breakfast. **BRING:** helmet, spare tube, tire levers, patch kit pump, water, snacks, money, medical ID, emergency phone numbers. **We also suggest:** lock, rail pass. Leaders may specify other items in their ride listings.

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

<table>
<thead>
<tr>
<th>From GCT</th>
<th>To/From</th>
<th>To GCT</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:54 AM (Hudson Line)</td>
<td>Poughkeepsie</td>
<td>4:12 PM</td>
</tr>
<tr>
<td>8:58 AM (Hudson Line)</td>
<td>Poughkeepsie</td>
<td>5:12 PM</td>
</tr>
<tr>
<td>8:49 AM (Harlem Line)</td>
<td>Brewster No.</td>
<td>4:08 PM</td>
</tr>
<tr>
<td>8:07 AM (New Haven Line)</td>
<td>New Haven</td>
<td>3:57 PM</td>
</tr>
</tbody>
</table>

**Bike passes are always required. There are no Bike Trains on holidays. Refer to roster for restrictions** which apply at other times. If you are leading a ride and absolutely require a Bike Train at another time, you must call NYCC’s MetroNorth liaison, Jeff Vogel at (212) 275-9766 for advance try to arrange another train for your ride. Bike passes are available at Window 27 at Grand Central or by calling (212) 699-4398 for an application.

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**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”) for myself, my personal representatives, assigns, heirs, and next of kin, I 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. I 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 acts, or inactions, the act 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 (“Other Risks and Social and Economic Losses”) other than the RISKS; (d) 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; (e) THE RELEASE OF THE “RELEASEES” HEREIN FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENCE OF RESCUE OPERATIONS, AND I FURTHER AGREE THAT IF, DESPITE THE RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, 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 TANGIBLE EXPENSES, attorney fees, loss, liability, damage, or cost which may result 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:

New York Cycle Club, P.O. Box 20545, Columbus Circle Station, New York, NY 10023.

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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
Want to Travel
Or
Go to a Training Camp?
Not Sure?

Would you like to train with the pros, or just travel to some exotic country and pedal a few miles?

Come to Our Meeting April 14
And Hear From Fellow NYCC Members,
Gary McGraime, Steve Ullmann and Jay Jacobson
On Travel and Training Camps.

COME TO ANNIE MOORE'S RESTAURANT
50 East 43rd St. (1/2 Block West of Grand Central Station)
212-986-7826

We will have our own private room, great food and ambiance.
Menu: Chicken Marsala, Shepherd's Pie, Pasta, Salad, Bread, Coffee or Tea.
Meet at 6:00 pm — Dinner at 6:30 — Program at 8:00.

Admission Between 6:00 and 8:00 pm — $17.
(Includes dinner, tax, gratuity and the program.)
Admission after 8:00 pm (program only) — Free

Take any train or bus to Grand Central Station and walk 1/2 block west to 50 East 43st.
Sorry, no indoor bike parking.