June
1998
Bulletin Board

JUNE OPPORTUNITIES
FROM THE PRESIDENT — GENE VEZZANI

Opportunity #1 — Now We’re Cooking!
Cycle with us on the July 25 all-class ride and you’re in for a real treat. The NYCC Board will prepare and serve you a real down-home-style BBQ lunch. Mark the date on your calendar today and get ready for the best free lunch you’ll ever have on two wheels. Watch the July Bulletin for all of the details.

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

Opportunity #2 — Where Do We Go From Here?
There is an enormous pool of talent in the New York Cycle Club, and one of the best untapped resources for critiquing our organization is our past presidents. Four of our past presidents and I got together on April 26 and spend the evening discussing the topic, “Where do we go from here?” We had an extremely productive exchange of ideas focusing on the future of the club. My thanks to Irv, Richard, Christy, and George for the time and energy that they invested in the first annual Past President’s meeting.

Opportunity #3 — Department of City Planning Technical Advisory Committee
The Department of City Planning (DCP) has received federal funding for two new bicycle planning projects:
- The first project, “Making Streets Safe for Cycling,” will make recommendations for the implementation of on-street cycling facilities (Class II bike lanes). The project aims to complement the cycling network recommended in the New York Bicycle Master Plan by:
  - implementing safe and convenient facilities
  - making recommendations for public awareness and enforcement of clear bike lanes.
The scope of this year-long project focuses on Manhattan and its connections to other boroughs. Additional DCP projects to study other boroughs is a future goal.

Opportunity #4 — New Members’ Class, New Monthly Meeting Place
Attention all new members! Ever wonder how to get started now that you’ve joined the New York Cycle Club? How do you meet people? Which rides are right for you? What should you wear? What should you take with you on a ride? Learn the answers to all of these questions and many more by attending the New Members’ Class scheduled to take place during the June 9th monthly club meeting. The New Members’ Class begins promptly at 6:15 pm.

(Continued on page 9)
Club Rides

RIDE LISTINGS: To lead a NYCC ride next month and list it in the Bulletin, contact the Ride Coordinator (see page 2) for that ride class on or before this month's club meeting date. BEFORE YOUR FIRST CLUB RIDE: Please read about club rides on page 11. ALWAYS WEAR YOUR HELMET. NO HEADPHONES.

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

Saturday, May 30

A17 125 MI 8:00 AM Fairfield of Double-Century Dreams
Leader: Drew Olewinkle (718) 398-7252 or drewo@interport.net.
From: The Boathouse.
The fifth ride on the "Double Your Pleasure Century" series. We'll cross state lines and sneak into Connecticut and straddle the border, eluding those authorities that would deny us our right to bicycle 125 miles. Pretty roads, lots of hills and food for those who are hungry. This will be a round trip that will take us back to the city by late afternoon via Pelham/Fordham Road. Two water bottles, pocket food recommended.

B16/17 70 MI 8:30 AM Caumsett State Park
Leader: Jim Drazios (718) 225-1842.
From: The Statue of Civic Virtue (Union Turnpike and Queens Blvd., E/F train).
North Shore of Long Island. One big hill (Snake Hill) and lunch in Cold Spring Harbor.

B16 45 MI 9:30 AM Sea Breezes to Steeplechase Pier
Leader: Bill Schwart (212) 288-7662.
Travel through and beside Brooklyn's parks to the green waterside south of the harbor, along the inlet, under the Verrazano Bridge, then along the Atlantic shore to Coney Island, where we will see what lunch we can. Hypercholesterolemia alert! Low-fat, low-salt and vegetarian riders advised to BYO. No diving off the pier! Return through Little O dessa, unless we feel inspired to return the way we came.

B13 41 MI 12:00 PM Bawdy House Architecture of West New York and Romantic Tango
Leader: Paul Rubenfarb (212) 740-9123.
From: NE corner 61st St. and Ft. Washington Ave. (A train).
Bikers and passersby admire the beckoning smiles from tender sucrates of West New York's bawdy house strand, a last refuge of the old Clinton-like carefree virility. During intermission, dance to boom box playing naughty rhythmed tango gems. Rain or shine.

C13 50 MI 9:15 AM We Remember
Leader: Scott Wasserman (914) 723-6607.
From: The Statue of Civic Virtue (E, F train to Union Turnpike and Queens Blvd.)
Never mind those fake holidays, this is the real Memorial Day. We'll go to that favorite NYCC destination, judging by the number of cue sheets in the rides library, Oyster Bay. For those of us who are memory challenged, this is a day to practice remembering. Significant rain cancels.

Sunday, May 31

A19/21* 80 MI 9:00 AM Greenwich Gambol
Leaders: Stephanie Bleacher and Rich Borow (212) 348-2661.
From: The Boathouse.
Join us for a spirited, post-Sheffield ride to Greenwich, CT. This is one of our favorites, with small hills that just keep coming at you amidst shady, twisting roads. Weather permitting, we plan a picnic lunch at a gazebo in the park before turning back to Manhattan. Pocket food is recommended, as is a Metro-North pass in case of train return.

B15 55 MI 9:00 AM Kensico Dam
Leaders: Bernie Brandell (718) 633-1759 and Marina Bekkerman (718) 851-1527.
From: The Boathouse.
We'll ride via bike path along Bronx River Parkway. Greet ducks along the stream and pond (yes, quacking in response is allowed) and climb for the adventurous to the top of the dam (but I will cheer them from below), where we'll picnic for lunch. Rain or high winds cancel.

C Slow 30 MI 9:00 AM Kiddie Ride to Coney Island
Leaders: Linda Wintner (212) 876-2798 and Michael Yesko (212) 533-2409.
From: The steps in front of City Hall.
We'll take a scenic route over Brooklyn Bridge, through Prospect Park and along Ocean Pkwy. to the "beach of all beaches." Lunch at Nathan's or perhaps in Brighton Beach. Bring water, pocket food, locks, Speedos, sunscreen. We'll return along Gravesend Bay, or if we dawdle, we can take the subway back. Children must be accompanied by an adult, although adults without kids are welcome or you could borrow someone else's kid.

Saturday, June 6

B17/14/60/53/48/43 MI 9:15 AM Newcomers' Ride!
C13/11/40/35/30 MI 9:45 AM
Coordinator: Irwin Weisman (212) 567-9672. B Rides start from the Boathouse, C Rides start from the GW Bridge Bus Terminal (A train to 175th St.)
Specially designed routes for people new to our club, but everyone is welcome. (See the full writeup on page 7.) Rain date: Sunday, June 7.

A20 65 MI 9:00 AM D-Day in Rockland Lake
Leader: Tom Laskey (212) 496-1636.
From: The Boathouse.
After my embarrassing showing in March (if you weren't there, don't ask), I'm determined to do it right this time. We'll take the scenic route up, a lap around the lake, deli stop and picnic at the lake.

B/A*17* 40*/- MI 8:00 AM Fast Forty
Leader: Bill Wojtach (718) 832-3388. From: New Jersey side of the G.W.B.
The objective is to do 40 continuous miles with no stops (except for mechanicals and H2O). *The pace is a bit tricky. I've been cruising at 19 mph or so on flat ground but we'll be doing hills, so I don't know exactly how fast we'll be going. As we'll be riding hills, we won't be doing much paceline riding.

B15 50 MI 9:00 AM Group Vote
Leader: TBD.
From: The Boathouse.
We'll meet at the boathouse and pick a destination unless we have a leader listed in the June Bulletin. Otherwise, we'll play it by ear.

B13 45 MI 12:00 PM Closter Landing, Victorian Oradell & Intimate Tango
Leader: Paul Rubenfarb (212) 740-9123.
From: NE corner of 181st St. and Ft. Washington Ave. (A Train).
Oradell is the habitual setting for Tide ads, epitomizing the seldom-realized American materialist dream of vast elegant homes on huge plots under towering beech and elm in a quiet prosperous gilded-age town.
During intermission, hear boombox play and explore the sensuousity of tango dancing in June. Rain or shine.

C13 38 MI 9:00 AM Staten Island Ramble
Leader: Bernie Brandell (718) 633-1759.
From: The Staten Island Ferry, Manhattan vehicular entrance.
Let's skip Manhattan potholes and meet at the ferry. Our route has a sea breeze and a bike path. Our destination: the historic Conference House Park for a picnic (we may watch a sailboat race from the shore). Rain, high winds, or my winning the Lottery cancels.

Sunday, June 7

A20 55 MI 8:00 AM New Parents' Ride/Back By Noon
Leaders: Noah's dad, aka Michael Knopf (212) 678-7883 and Nathanial's dad, aka Doug Bixby (212) 222-5660. From: 110th and 7th Avenue (top of Central Park).
Are you having trouble balancing your riding with your new family responsibilities? Are you amazed at how many coffee refills a group of cyclists can go through at a dinner stop? Just wanna get your riding with early? Then join us and other parents for a ride to Nyack/Rockland Lake and a quick coffee stop. Note early start time (you know you are going to be up that early anyway) and non-Boathouse meeting place.

A20 70 MI 9:00 AM Cold Spring
Leader: Jody Sayler (212) 799-8293. From: The Boathouse.
Let's see how much is done on the new house. Breezy spin up to the Hill in Cold Spring via new Westchester route, picnic at the new house site (weather permitting), train return option (It'll be a long ride for those who want to spin home). Metro-North Pass mandatory.

B15 55 MI 9:00 AM Scenic Spin to Nyack
Leader: Tom Loskey (212) 206-6574. From: The Boathouse.
We'll rendezvous with other hungry cyclists at the Runcible Spoon for breakfast. Good table manners are required. Maybe some hills on the way home.

B14/16 55-80 MI 8:30 AM Over Bear Mountain Bridge
Leaders: Hindy and Irving Schachter (212) 758-5738. From: 1st Ave. and 46th St.
Group rides together through Bergen and Rockland counties until they hit a snack stop in W. Nyack. After that members split into two contingents. Faster group members should bring an extra pair of lungs as they will ascend Gatehill, Seven Lakes and Perkins as well as Storm King Mountain on their trip to Beacon. Slower group has one hill (Dunderberg) on its shorter jaunt to Garrison. Both groups return by Metro-North: passes required. Great scenery either way.

C13/14 45-50 MI 9:30 AM Far Rockaway or Closer
Leader: Marina Bekkerman (718) 851-1527. From City Hall Park.
It's warm enough, we'll go to the beach. If it's not beach weather, we'll have lunch on the boardwalk and head back. And if the weather is really iffy, we'll just go to Mrs. Stahl's for knishis. A completely flat and completely fun ride.

C13 25 MI (FLAT) 10:00 AM Tour de Roosevelt Island and Beyond
Leaders: Ethan Brook (201) 816-0815 and Richard Fine (201) 461-6959. From: The Boathouse.
Lighthouses, sculpture gardens, European gardens, lakes, waterfalls, tram rides, and more. All in New York City??? Who would have thunk it??? Bring or buy lunch, joint ride with the Bicycle Touring Club of North Jersey and the Country Cycle Club of Westchester.

Tuesday, June 9

A21 55-60 MI 8:00 AM Tuesday Morning Spin
Leader: Jeff Vogel (718) 275-6978. From: The bench across from the Boathouse.
Call in sick, play hooky, or take a mental health day and join us for a spin through Bergen and Rockland Counties. Guaranteed return by 1:00 pm.

Friday, June 12

B14 45 MI 9:10 AM Friday Morning Series 05
Leader: Ron Grossberg (718) 369-2413. From: City Hall Park.
Our destination will be determined by group vote. Call to confirm. Poor weather cancels.

Saturday, June 13

A17 150 MI 7:00 AM Drawn and Three-Quartered
Leader: Drew Olewinnick (718) 398-7252 or drewo@interport.net. From: The Boathouse.
The sixth ride on the “Double Your Century” training series. We will head north, in search of enough road to fulfill our mission. Around West Point and past Stewart Airport, we'll head to New Paltz before weaving through the apple orchards and across the bridge to catch the train in Poughkeepsie. Miles of quiet, pretty roads that you can only find by leaving the city far behind. Two water bottles and pocket food recommended. Metro-North pass required.

A20 60 MI 8:00 AM Recovery Spin
Leader: Beth Renaud (212) 274-6463. From: The Boathouse.
Post-race, small-ring, hill-eschewing excursion to Nyack or someplace else (suggestions taken, but not necessarily heeded). Practiced paceline skills appreciated. SIG graduates requested — now that you’ve finished the series, don’t do a disappearing act!

B16/17 55-65 MI 10:00 AM Oyster Bay and Maybe Sagamore Hill
Leader: Carolyn Booher (718) 636-0315. From: The statue of Civic Virtue at Queens Blvd and Union Turnpike (E or F train to Union Turnpike Station). It's your lucky day because we are stopping at Young's Farms on the way — better bring that muette or expandable wedge pack for homemade almond butter cookies, fudge and fresh fruit. Then we're off again in search of lunch and the good life. Ride ends at the Statue of Civic Virtue.

B13 46 MI 12:00 PM Bronx's Sinful Spas & Cheek-to-Cheek Tango
The Bronx's naughty but widespread bawdy-houses are punctuated by the Bronx's famed art deco architecture unfolding resplendent in all directions. Then, an exploration of Bronx's picturesque Long Island Sound parks. During intermission, dance to boombox playing sensuous tango gems. Rain or shine.

C13 43 MI 10:00 AM Anything for Art?
Leaders: Michael Di Cerbo (212) 645-1120 and Jan Chenoweth (212) 721-8258. From: The Boathouse.
A ride to the suburbs of Northern New Jersey. Lunch at a beautiful park. After lunch we'll go to the opening of an art exhibition at the Art center of Northern New Jersey before our return to NYC.

C13 20 MI 12:30 PM Brooklyn-Queens Mosaic
Leader: Terry Chin (718) 680-5227. From: 59th St., and 2nd Ave. (next to Roosevelt Is. tramway).
From borscht to arroz con pollo, we'll tour some ethnic neighborhoods.

Why Don't You Try Co-Leading a Ride This Summer?
Call Your Ride Coordinator to Find Out How.
LIC, Greenpoint, Williamsburg, Fort Greene, the Waterfront and Brooklyn Heights. Mostly flat with a few steep hills. The tour ends with a snack on the Brooklyn Promenade. Co-led with 5BBC.

**Sunday, June 14**

**A23** 65 MI 7:15 AM **Nyack Race Ride**

**Leader:** Steve Ullman (212) 473-1897. From: Grant’s Tomb Park, RSD.

We do a warm-up ride to the Runcible and then turn around and run with the pack leaving at 9:00, headed south into Englewood, and then hop home. Great ride if you want to get home early and get on the barbecue. Helmets, water bottles, spares, and advanced handling skills suggested. Heavy rain or wind cancels. Call leader to confirm Saturday night.

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

**Leader:** Mark Martinez (212) 496-5518. From: The Boathouse.

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

**B17** 48 MI 9:00 AM **Flagship Revisited**

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

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

**Leader:** Ron Grossberg (718) 369-2413. From: The statue of Civic Virtue at Queens Blvd and Union Turnpike (E or F train to Union Turnpike Station).

We’ll ride beyond Oyster Bay and roll down into Cold Spring on LI Sound. Plenty of scenic roads. Rain/slick roads cancel.

**C13** 55 MI 9:10 AM **Nyack**

**Leader:** Peter Hochstein (212) 427-1041. From: The Boathouse.

Bored with Piermont already? Pass through it on the way to Nyack. Easiest route possible (but a few hills). Relaxed C-1 pace. (Pacebusters not welcome.) Lunch by the river. Get home around 5 p.m. Bring helmet, pump, lunch money, spirit of fun. Sorry, no sensuous taco lessons.

**Friday, June 19**

**B14** 45 MI 9:10 AM **Friday Morning Series 06**

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

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

**Saturday, June 20**

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

**Leader:** Anne Grossman (212) 924-1549. From: Brooklyn Museum of Art.

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

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

**From:** The Boathouse.

**Leader:** Jeff Vogel (718) 275-6978.

I’m confused too. The tradition is that we celebrate my birthday every weekend, all summer long. Summer starts tomorrow. Let’s practice today. If anyone knows how old I really am, they can pick the destination. If not, we’ll just wander around Bergen and Rockland Counties. So start the birthday season and the summer off right on this fun ride. Social skills are mandatory. Leave the candles home.

**B17** 18-50 MI 9:00 AM **Pearl River**

**Leaders:** Gay Shaheen (212) 452-1784 and Ray Thomas (212) 280-3416. From: The Boathouse.

A friendly ride taking a beautiful and mostly flat route to one of our favorite destinations. Rain cancels.

**B14** 55 MI 9:00 AM **Northvale Diner Revisited**

**Leader:** Bernie Brandell (718) 633-1759. From: The Boathouse.

Did the drenching weekends stop you from getting to your favorite pancakes? No worry, pancakes and waffle lovers unite this ride to storm the Diner and make up for lost time. Onward to Northvale the Scenic route.

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

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

19th Century brewers built effluent mansions on serpentine shady lanes bedecking Staten Island’s undulating hills, affording pulchritudinous views over NY harbor. We’ll cycle the island’s hilly spine southward and later imbibe much of the harborside. During intermission, hear boombox play and enjoy seductive tango dancing. Rain or shine.

**C13** 40+/- MI 9:30 AM **Laura and Suzanne’s Brighton Beach Adventure**

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

**Sunday, June 21**

**A22** 65 MI 9:00 AM **Take No Prisoners**

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

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

**A19** 70 MI 9:00 AM **Not Just Nyack**

**Leader:** David Newman 212-627-0899 or dnewman@data.com. From: The Boathouse.

Bored by the old 9W-Nyack-9W routine? This ride will spice up the old
route with a few additions — like some climbing up to Rockland State Park (including everyone's favorite, Clausnacle Mountain), a lap around Rockland Lake before returning to the Ruplson Sponge, and a few (but not many) more hills on the return. There will be multiple banquets en route.

**B17 65 MI 9:00 AM** Purdy's Express
**Leader:** Steve Ullmann (212) 427-8997. From: The Boathouse
Thanks out to IV for mapping this ride — one of the most beautiful I have ever done with this club. Food stop in White Plains, then great roads (including some packed dirt) to the top of Westchester, where we hop the train with some lunch, bound for Grand Central. Helmets, water bottles and advanced "B" handling skills suggested. Heavy rain or wind cancels.

**C13 50 MI 9:10 AM** Fifty Ways to Plermont
**Ira Mitchneck (212) 663-2977.** From: The Boathouse
We will choose one to celebrate the start of the summer season. We'll catch a duck pond, historic district, and parts of the other 49 routes on our way to this well known destination.

**Friday, June 26**

**B14 45 MI 9:10 AM** Friday Morning Series 07
**Leader:** Ron Grossberg (718) 369-2413. From: City Hall Park.
Our destination will be determined by group vote. Call to confirm. Poor weather cancels.

**Saturday, June 27**

**A21 80 MI 9:00 AM** A Little Tor(ture)
**Leader:** Oliver Garcia (212) 724-4927. From: The Boathouse
This ride gets its name from what a fellow cyclist told me Little Tor is renamed a while back. We'll spin through Rockland County and up Little Tor with a lunch stop at Patsy's. After lunch we'll climb a few more hills and return via Saddle River. Don't let the title scare you. Most of the ride is quite scenic, flat, and fast making for harmonious pacelines.

**A17 200 MI 6:00 AM** Double Century
**Leader:** Drew Olenick (718) 398-7252 or drewo@interport.net. From: The Boathouse
A 200 mile round-trip ride that will get you back to the city by nightfall. We'll stay east of the Hudson and cruise through Westchester and Putnam and into southern Dutchess County. After a quick bite, we'll turn around and head back over the Taconic Hills, around Fahnstock State Park and through reservoir country. Optional train bailout points if we run out of daylight. Two water bottles and pocket food required. *Metro-North pass recommended*.

**B16 45 MI 9:30 AM** Steeplechase Pier/ Mermaid Day Parade
**Leader:** Ludwig Vogel (212) 816-0252 or ludwig@bayway.net. From: The parking lot by Tavern on the Green (near CPW and 67th St.) Travel through and beyond Brooklyn's parks to the green waterside south of the harbor and along the Atlantic shore to Coney Island. Feel free to return home early if you must. I propose to visit the Aquarium and then watch the 1998 Mermaid Day Parade, which steps off at 2:00 pm. Visit http://www.whirl-i-gig.com/mermaid.html for more information about this event of transcendental silliness. Swimsuits optional.

**B13 43 MI 12:00 PM** Bayonne, A Poetic Small U.S. City and Cheek-to-Cheek Tango
**Leader:** Paul Rubenfarb (212) 720-9223. From: Top of WTC PATH escalators. Bayonne articulates the classic American small city that has largely escaped postwar diminution of architectural heritage. Its abutment on three sides by vast bays and harbors imbues it with the landscape painter's cherished aqueous-toned skies. During intermission, hear boom-box for evocative tango dancing. Rain or shine.

**C13 55 MI 9:00 AM** Long Beach
**Leader:** Jim Drazios (718) 254-1852. From: The statue of Civic Virtue at Queens Blvd and Union Twpk (E or F train to Union Twpk Station). Remember those endless rainy days when you thought the clouds would never vanish? Well, say good-by to the doldrums and hello to the breeze. We'll head to a sunny beach to catch the rays, exhale, and relax at lunch. Tomorrow will take care of itself.

**C12 30 MI 9:30 AM** Alpine The Easy Way
**Leaders:** Joanna Lee and Gene Vezzani (212) 875-1615. From: The parking lot in front of Tavern on the Green (near CPW and 67th St.) Looking for a safe and comfortable way to get started riding with the club? Then this is the perfect ride for you. They just don't get any easier than this one. No hills, a slow and easy pace, and only 30 miles. Bring pocket food, and give us a call if you have any questions. You'll be back in Central Park before 1:00 pm.

**Sunday, June 28**

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

**A21 80 MI 8:00 AM** Saddle River to Tallman Park
**Leader:** Chris Audley (201-876-9231). From: The Boathouse.
Saddle River, one way or the other, and then on to rendezvous with our fellow club members at Tallman Park. It's about 60 miles before lunch so two water bottles and pocket food are highly recommended.

**B15 55/- MI 9:00 AM** All-class to Tallman Park
**Leader:** Peter Morales (718) 833-4370. From: The Boathouse.
Join us for this fun ride to Tallman.

**C13 45 MI 10:00 AM** Pride Ride To Tallman Park
**Leader:** Don Passantino (718) 446-9025. From: GWB Bus Terminal (179th St. and Ft. Washington Ave.)
Escape the crowds and enjoy a colorful ride by new mansions in the Garden State as we have our annual Pride Ride to Tallman State Park for a picnic. Bring or buy food, I'll bring a tablecloth and home-made brownies. Everyone welcome whether you're gay, bi-, straight but not narrow. Listed with NYC and Fast & Fabulous.

**Friday, July 3**

**A20 100/- 8:00 AM** Goshen and West Point
**Leader:** Jeff Vogel (718) 275-6978. From: 72nd Street and 5th Ave. Join us for this classic ride as we climb Skyline Drive and pump the beautiful Greenwood Lake and historic Goshen. From Goshen to West Point, we'll follow the traditional scenic route. There will be two very brief stops so we can make it to West Point in plenty of time for the historic tour of the campus. Two water bottles are required. *Remember your Metro-North pass if you're not staying for the weekend* — this ride ends at West Point.

**Saturday, July 4**

**A/B/C: 9:00 AM** Rides In West Point
**Leaders:** TBD. From: The Thayer Hotel.
Unable to join us for the full West Point weekend? (See details on page 7.) You're welcome to join us for the various rides during the day. Note that
helmets are required on the West Point campus (otherwise you end up in the stockade!)

**A20 60 MI 9:00 AM**  
*The Civilian Ride*  
**Leader:** TBD  
*From: The Boathouse.*

If you're not going to West Point this weekend, come out to the Boathouse for a pick-up ride.

**B16 50 MI 9:00 AM**  
*Stars and Stripes*  
**Leader:** TBD  
*From: The Boathouse.*

Wear your most patriotic colors!

**C13 18 MI 9:00 AM**  
*Stars and Bikes Forever*  
**Leader:** Terry Chin (718) 680-5237  
*From: AYH, 103rd St. and Amsterdam Ave.*

Show your primary colors with a tour of NYC's National Landmarks. We'll explore the West side from Grant's Tomb to the Battery. Lunch at the South Street Seaport, Pier 17. Bring snack, or money, and lock. Co-led with 5BCB.

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**Sunday, July 5**

**A20 60 MI 9:00 AM**  
*Democracy in Action*  
**Leader:** TBD  
*From: The Boathouse.*

Celebrate our nation's birth by taking part in a pick-up ride where destination and pace are determined solely by group vote.

**B14-16 60-65 MI 9:30 AM**  
*Nyack*  
**Leaders:** Hindy and Irving Schachter (212) 758-5738  
*From: First Avenue and East 64th Street – NW corner.*

Once again we break into two groups after crossing the GWB and meet for coffee at the Runcible Spoon. (Our April try failed due to hard, thick rain). The slower group has a relatively flat jaunt through Piermont and the appropriately named Grandview on Hudson. Members of the faster group had better like hills because they will see plenty of them.

**C14 45-50 MI 9:10 AM**  
*Mamaroneck*  
**Leader:** Scott Wasserman (914) 723-6607  
*From: The Boathouse.*

In contrast to the previous day, this will be a quiet ride to the harbor park so don't bring your leftover fireworks. If the summer follows last winter's pattern it will be a fine day for riding, for those who like heat. THI over 125° cancels.

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**July 4 Weekend, West Point — Happy Birthday, America**

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

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

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

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

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

**Weekend planners:**

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

Accommodations: Jeff Vogel (718) 275-6978.

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

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**About The Newcomers’ Ride**  
**By Maggie Clark**

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

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

All the B sections (B17 mph/60 mi, B16/53, B15/48, B14/43) will meet at 9:15 am at the Boathouse, on the East Drive of Central Park, north of 72 St., and will be coordinated by our president, Gene Vezzani. All C sections (C13/40, C12/35, C11/90) will meet at 9:45 am at the G.W. Bridge Bus Terminal on Ft. Washington Ave. bet. 178 St. & 179 St. (toilets and food available.), and will be coordinated by Irv Weisman. The bus terminal can be reached by the A train to 175 St. (where there is an elevator to get you and your bike to the surface at 177 St.).

How should a newcomer choose his/her ride class? Please consult the Ride Classification chart on p. 11 of the Bulletin to learn how NYCC grades rides. Do try to classify yourself before the event by riding 4 complete circuits (24.1 mi) around Central Park, or 7 circuits in Prospect Park, then check your elapsed time against the chart on p.11. The 1 mph between classes may not seem like very much to you, but on rides of any duration, each additional mph of average speed gets harder and harder to sustain. So be modest in choosing your ride section: don't overextend yourself on this ride. You'll have opportunity enough to knock yourself out later this season.
Saturday July 25

C13  25 mi (FLAT)  9:30 AM  Bike n'Tube n'Float n'Splash
Leaders: Ethan Brook 201-816-0815 and Richard Fine 201-461-6959.
Bike the scenic path along the Delaware River. Then float 3–4 hours down
the Delaware River. Meet 9:30 am at Bucks County River Country, Pt.
Pleasant Pa. Directions: 78 West to 287 South to 202 South. Cross into
Pa. and follow 32 North approx. 8 miles to Bucks County River Country.
Approx. Cost $15.00 Bring or buy lunch, lock, bathing suit, towel, sun-
screen and bathing shoes. Joint effort with Bicycle Touring Club of New
Jersey, NYCC, AMC, Country Cycle Club, and Transportation Alternatives.

Saturday, August 1

C13  25 mi (FLAT)  10:00 PM  Manhattan Moonlight Ride
Leaders: Ethan Brook (201) 816-0815 and Richard Fine (201) 461-6959.
From: The Plaza Hotel Fountain at 59th St. and 5th Ave.
Experience a safe 4½ hours of meandering through the streets of
Manhattan and still have time for a good nights sleep.

Out of Bounds

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

8th Annual Princeton Bicycling Event, Saturday, August 1. 16–100 mile
rides. Princeton Free Wheelers, P.O. Box 1204, Princeton, NJ 08542-1204.
(609) 882-4FPW. Pre-registration $22 before 7/17 includes T-shirt.

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

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

NYCC members at GEAR/North + Summer Vacation, August 14-21.
Marilyn and Ken Weissman will be wearing NYCC colors at GEAR/North (see
item above), then riding back to NYC. We’ll use Adventure Cycling’s
route to Putnam County, then Ken’s route home. Self-contained touring:
B&B/hotel/motel. Want to join us? (212) 222-5532 or e-mail
mollymna@yahoo.com.

Ride with BAC van support to GEAR/North, August 14. (If enough are
interested, can become a round trip, with return-only option.) Trip may be
joined, with baggage pickup, in New Haven, Hartford, or New London.
Baggage carried by van, with a limit of two panniers or one large suitcase
per participant, plus camping equipment for those choosing that option.
Choice of two routes, and 50, 75 or 100 miles per day. B&B overnight.
Ride sponsored by Bicycle Adventure Club, but open to all. “This is a fun-
raiser, not a fund raiser.” For more information, please contact Paul
Minkoff, 52-40 39th Ave., Woodside, NY 11377. (718) 672-1865.

Central Italy: Abruzzi Mountains; first week of September, 1998.
NYCC member looking for a few strong riders interested a well organized,
inexpensive tour through the Abruzzi mountains of central Italy. The ride
will be lead by bilingual, native cyclist through uncrowded roads and
beautiful small villages. If interested, please contact: Jeff Mechanic at
jeffmech@pipeline.com or (718) 548-6418.

Five Points of Life Ride: Los Angeles, Ca., to St. Augustine, Fla.,
Sept. 5-Oct. 18, 1998. Cyclists are needed to join a six-week, cross-country
bike ride to raise awareness for the Five Points of Life. Riders should be
amateurs with a personal connection to one of the five points: blood,
apheresis, bone marrow, organ and tissue, and umbilical cord blood dona-
tions. Riders are asked to volunteer to ride from Los Angeles, Ca., to St.
Augustine, Fla., from Sept. 5 – Oct. 18, 1998 to share their personal stories
to communities along the way. Equipment, travel, uniforms, food and
lodging are covered by the Five Points of Life, a special program of
LifeSouth Community Blood Centers based in Gainesville, Fl. Interested
applicants can fax or mail a one- to two-page summary detailing their
personal connection to the Five Points of Life, and include information
about why they want to participate, their fitness level, and ability to com-
plete the ride. Mail to: Five Points of Life: LifeSouth Community Blood
Centers, 1221 NW 13th St., Gainesville, FL 32601. Fax to: (352) 344-1066.
E-mail to: guidelifeth south.org.

NYCC Welcomes 88 New Members

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

By Caryl Baron

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

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

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

They acquired their bright red Look tandem recently, along with panniers and clothing, from Decathlon, the French-based European sports superstores. They had only ridden about 3000 miles tandem, though they both also ride single. Of similar size, the sharecaptaining. Fabienne is more of a runner, and says next time she comes back to NY, it will be to run the marathon.

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

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

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

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

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

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

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

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

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

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

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

Bulletin Board

(Continued from page 2)

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

Opportunity #5 – NYCC Jerseys

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

Opportunity #6 – E-Mail Updates

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

Annual Rides
For 1998

300K Brevet May 23
400K Brevet June 20
600K Brevet July 18
Escape from New York Century September 26
Before we disperse the dish, we have to address the photo of the chick in the hot pants in the last issue. We saw it the same time you did (ugh!) We received some mail saying the photo was sexist. We agree. So, in this issue we debut our official logo. We commissioned a NYCC member to design it (we love it).

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

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

Speaking of ultra-marathon rides, 4 club members including [Tony Squire](#), [Peter](#) and [Ezra Dottino](#) will be competing in Team RAAM in late July. This is a bike race from California to Georgia. They will be raising money for a transplant and cancer foundation. "hey welcome technical advice from past competitors (E0donn2236@aol.com).

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

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

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

Our mothers also told us something else:

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

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

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

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

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

Don’t forget, keep the dish coming to nyccnews@yahoo.com. Don’t worry, we’re not The New York Times. We don’t need corroboratation for our stories. That’s all for now. Remember, all the dish that fits we print.

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**Thank You, Thank You**

*To John Tsang of Conrad’s Bike Shop*

*and Randy Taylor and Richard Newman of Toga Bike Shop:*

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

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

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

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

Gary McGraime and Joel Englander

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**Re-Cycling**

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

**FOR SALE:**

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

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

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**CHIP ON SHOULDER**
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. B5 = 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 a lap (24.08 miles) around Central Park at a comfortable pace and matching your time with the chart. NOTE: Riding fewer than a lap will give you a false assessment. (The northern end of the park can be dangerous; ride with other cyclists, and mind the radar-enforced speed limit.)

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

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

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

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

<table>
<thead>
<tr>
<th>Time</th>
<th>From</th>
<th>To</th>
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<tr>
<td>7:54 AM</td>
<td>Hudson Line</td>
<td>4:12 PM</td>
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<tr>
<td>8:58 AM</td>
<td>Hudson Line</td>
<td>5:12 PM</td>
</tr>
<tr>
<td>8:49 AM</td>
<td>HARLEM LINE</td>
<td>6:12 PM</td>
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<tr>
<td>8:07 AM</td>
<td>New Haven Line</td>
<td>4:08 PM</td>
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<tr>
<td></td>
<td></td>
<td>3:57 PM</td>
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Bike passes are always required. There are no Bike Trains on holidays. Refer to roster for restrictions which apply at other times. If you are leading a ride and absolutely require a bike train at another time, you must call NYCC’s Metro-North liaison, Jeff Vogel at (212) 725-6978 well in advance to try to arrange another train for your ride. Bike passes are available at Window 27 at Grand Central or by calling (212) 499-4398 for an application.

Cruising Speed | Central Park Self Test Four Lap Time
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<tr>
<td>22+ MPH</td>
<td>1:10 OR LESS</td>
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<tr>
<td>21</td>
<td>1:10 TO 1:13</td>
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<td>20</td>
<td>1:13 TO 1:16</td>
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<td>19</td>
<td>1:16 TO 1:20</td>
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<td>18</td>
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<td>17</td>
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<td>15</td>
<td>1:38 TO 1:48</td>
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<td>14</td>
<td>1:48 TO 2:00</td>
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<td>12</td>
<td>2:14 TO 2:30</td>
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<td>11</td>
<td>2:30 TO 2:50</td>
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1998 Renewal / Membership Application / Change of Address

In consideration of being permitted to participate in any way in New York (sake Club ("Club") sponsored Cycling 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 Cycling 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 traffic are to be expected. I further agree and warrant that if at any time before conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that all Cycling Activities INVOLVE RISKS AND DANGERS OF SERIOUS BODY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"). 3. I agree to hold harmless the NYCC, all sponsors, organizers, and all participants. 4. I ACKNOWLEDGE the risks and dangers may be caused by my own actions, or inaction, the actions or inaction of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "RELEASEES" NAMED BELOW. I agree to hold harmless, and indemnify SHELBY OF THE "RELEASEES" OR ANY OTHERS INCLUDING NEGLIGENCE, OR INJURY TO ME, OR IN ANY WAY CAUSING THE Activity TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF "RELEASEES" or otherwise, INCLUDING INJURY TO OTHERS AND TO THE GREAT EXTENT ALLOWED BY LAW AND AGREE THAT ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

New Renew Change of Address Date Check Amount

Please print or use address label. Zip code is required. Mail this application with a check made payable to the:
New York Cycle Club, P.O. Box 20541, Columbus Circle Station, New York, NY 10023.

Name: Signature:
Name: Signature:
Address/ Apt:
City State Zip (Required):
Day Tel: Night Tel: E-mail:

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

Annual Membership: Jan. 1 – Dec. 31, 1998. Please check the appropriate ring:

Individual – $21 Couple residing at the same address – $27
World Class Marathoner and International Yoga Instructor

Thom Birch:
Yoga Can Help Your Cycling
Come to Our Meeting June 9

Hear:

Astanga Yoga and How It Will Help Improve Your Cycling

You Are Always Welcome, But Please Help Us Estimate How Many People Are Coming:
Please Call or E-Mail Joel Englander or Anne Grossman if You Plan to Attend

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

We will have our own private room, and great food.
New Menu, New Prices:
Half Rotisserie Chicken With Salad $12.00
Vegetable Tempura With Salad 12.00
Large Dinner Caesar Salad 12.00
Chicken & Rib Combination With Salad 17.00

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

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

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

Take the 1, 2, 3, or 9 to 72nd St., and walk two blocks east, or take the B or C to 72nd St. and walk 1/4 block west.
Sorry, no indoor bike parking.