

April
1999

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NYCC Bulletin

**GREAT NEW MEETING LOCATION!
SEE THE BACK COVER FOR DETAILS!**



President's Message

by BEN GOLDBERG

It's finally April, summer is in sight! I assume that at this point you've been on your bike - at least a little - and have an idea of what you'd like to accomplish this year. Is it a half-century? A metric century? A full century? Perhaps a double-century! The distance isn't important, it's achieving the goals you've set for yourself. Actually, achieving them is probably less important than the effort of trying. Keep in mind some of the opportunities for fulfilling your goals: the graduation ride of the SIG you've been attending (if that applies to you), the Montauk century in May, and our Escape From New York Century in October. Good luck to all of you!

Have you seen our club short-sleeve jersey and water bottles? They have the same great design as our long-sleeve jersey - Lady Liberty wearing a helmet. The water bottles are taking up lots of room in my office and apartment, so *please* purchase a bunch of them. They are only \$3 for a high-quality wide-mouth bottle made by Specialized. That's about half of what water bottles cost elsewhere. We'll be selling them at every club meeting.

Speaking of club meetings, have you been to one? They're entertaining, informative, and filling (yum)! Check the back cover of the Bulletin for more information.

Lastly, I'd like to talk about helmets. Every participant on every NYCC ride should wear a helmet. Please don't show up for a ride without one. Let's all use common sense, OK?

See you on the road!

NYCC Ride Leader of the Month

Stephanie Bleecher

Our ride leader of the month for April is Stephanie Bleecher, "A" ride leader, former board member, and the winner of our Most Improved Rider of 1998 award. Stephanie is one of many examples of riders who have used the club to develop exceptional riding strength, and who now races on a sponsored sub-team of the CRCA.

Stephanie has been a member of the NYCC since 1994, although she's been riding for nine years. She started by touring around San Francisco on an old yellow Raleigh Record (remember those!), managing to climb those hills through sheer persistence. She even took her clunker up Mount Tam!

Stephanie was born in Brooklyn, but grew up in Michigan. She holds a BA in English from the University of Michigan. After a four-year stint in the San Francisco Bay Area as an art dealer, Stephanie moved back to New York where in 1995 she completed an MBA at NYU's Stern School of Business. She currently works in marketing in the financial services area.

Stephanie likes to lead both fast and slow A rides. Her absolute favorite destination is Little Tor, the climb that most mortals find quite painful. She's also a fan of the club's Greenwich, Conn., ride, which involves lots of short climbs mixed with some rather tech-

nical descending.

Stephanie started racing last year (on her beloved new Seven bike) with the Conrad's/Ivan Pharmacy team, where her teammates were all NYCC members. This year, she'll be racing on the Bicycle Habitat/Setanta team. Her training is in full swing this year, after spending a week at Eddie B.'s training camp near San Diego.



Not only has the NYCC contributed to Stephanie's fitness and bike-handling skills, it has had a significant impact on her personal life. Stephanie met her fiancé, longtime member Rich Borow, on a club ride. In fact, Rich recruited Stephanie to lead her first "A" ride. They really got to know each other while working closely together on the NYCC board.

Each year, Rich and Stephanie co-lead a ride as "Boris and Natasha," of "Rocky and Bullwinkle" fame.

Despite having led "A" rides for several years, Stephanie feels that only in the past year has she improved to the point where she is happy with her strength and her skills. She says it's partly due to her telling herself "I'm nearing 40, it's now or never."

We recommend that all "A" riders join Stephanie on one of her rides. Perhaps her grit and determination is contagious!

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Deadline: All submissions and advertising are due the day of the Club meeting of the month prior to publication.

VISIT OUR WEB SITE:
<http://www.nycc.org>

Club Rides

RIDE LISTINGS: To lead a NYCC ride next month and list it in the bulletin, contact the Ride Coordinator (see page 2) for that ride class on or before this month's club meeting date.

BEFORE YOUR FIRST RIDE: Please read about club rides on page 10.

BE SMART - WEAR A HELMET; NO HEADPHONES.



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



Friday, April 2

A18+ 50+ MI 9:30 AM Nyack or Group's Choice

Leader: Peter Sekesan (718) 417-3510

From: The Boathouse

A quick ride up 9W to Nyack or Rockland Lake. We will be making a food stop and expect to be back by 1:45 p.m. Please call to confirm.

Saturday, April 3

A-SIG 55 MI 9:00 AM Pleasantville

Leaders: David Grogan (718) 875-1977 and Damon Hart (212) 753-0204
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 never have 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 Route 9 to Tarrytown, over a big hill to breakfast at the Thornwood Diner. Back home down Grassy Sprain. Do "A" riders really bomb down Grassy Sprain at 40-plus mph? Yes! Will I ever be able to go that fast? Yes! Not today, but soon. Rain date: Sunday, April 4.

**A20+/- 80+/- MI 9:00 AM "II Postino Series":
Greenwich Delivery**

Leader: Spencer Koromilas (212) 867-8678

From: The Boathouse

My February ride was graced with wet snow, March's ride featured heavy rain...no problem, my parcels were delivered anyway, and in record time..."II Postino rides again." This month should be a little longer, and faster if possible. Social skills and a good sense of humor required—as are paceline skills. Cancels: what do you mean cancels?

**A18-20 (depends) 50+/- MI (depends) 8:30 AM (definitely)
Park Ridge...mmmmmm...Maybe**

Leader: Keith Goldstein (212) 982-9461

From: You know where

Why say anything else? (Rescheduled from March 6th.)

**B-SIG 9:00AM Pre-Ride Skill Session:
Climbing**

Leader: Mark Wolz

At: The Boathouse

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

B-SIG #5 60+ MI 9:45 AM Nyack, the Hilly Way

Leaders: Karin Fantus (212) 873-5559 or BikeK@aol.com and Gary McGraime (212) 877-4257 or garynycc@aol.com

From: The Boathouse

This is the longer, prettier, and hillier way to Nyack. A fine day to work on climbing technique and to ride faster still. We'll start our climbing experience on River Road and proceed to climb Bradley Hill (and Tweed if you wish), before descending into Nyack for lunch after 30 miles. Please bring pocket food. Rain date: Sunday, April 4.

B16-18 50+/- MI 9:30 AM The Un-SIG

Leader: You decide

From: The Boathouse

Not doing the B-SIG? Got group riding envy? This will be a congenial pickup ride to a destination of your choice. Cheers!

**C1-SIG #4 C13 40 MI 10:00 AM Nyack,
the Pretty Way**

Leader: Maggie Clarke (212) 567-8272

From: GWB Bus Terminal, 178th St. and Ft. Washington Ave.

Terrain: Flat to rolling with one hill (Palisades). This week we'll follow Dave Miller's route via historic Rockleigh, the bike path through the backwoods of Tallman Park, and the scenic ride along the path through the backwoods of Tallman Park, and the path through the backwoods of Tallman Park, and don't bring your narrowest racing wheels; 1 1/8" (28c) ought to be fine. Helmets required. Cancellation conditions: Starting temps below 35°, excessive windchill, icy streets, or prediction of precipitation of 50%. Call if in doubt. Rain date will be the next day (Sunday).

C2-SIG #5 C11 30 MI 9:30AM ????

Leader: Irv Weisman 212-567-9672

From: GWB Bus Terminal, 178th St. & Ft. Washington Ave.

We go again to the Closter Diner, but add a few more miles to the ride. Our skill practice includes: 1) review of previous skills, 2) fast turns, U-turns, emergency turns (car-avoidance). Return to GWB by 3:30 PM. Cancellation conditions: Wet roads, predicted high temperature below 40°, predicted precipitation 50% or higher. Please check with Irv to be sure that this ride is happening as scheduled.


Sunday, April 4

**A20 +/- 52+/- MI 9:00 AM Team Setanta/Bicycle
Habitat Post Race Cool-
Down Ride**

Leaders: Todd Brilliant and Beth Renaud (212) 274-9463, Stephanie Blecher (212) 348-2661, and Kristi Roberts (212) 229-9804

From: The Boathouse

Come join the mighty green and white team as we do a recovery spin to Nyack. The pace will be determined by how hard we raced this weekend. Don't expect us to take long pulls! Paceline skills mandatory, social skills appreciated.



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A19 60 MI 9:00 AM Easter Parade (Bonnets Required)

Leaders: Dave Greenberg (718) 643-0839 & Rich Sporer (718) 522-4415
From: The Boathouse

The hour is early but it's a habit./Today we're out to hunt for rabbit./Hop on your rig and hit the trail./No joke, we cruise for cotton tail./Over Tweed or Crusher, nineteen's the goal./We'll catch the bunny still in his hole./If to the task we do not rise./It's to the "Spoon" for matzo bries.

B19 60+/- MI 9:00 AM "Il Postino Series": Oyster Bay Delivery

Leader: Spencer Koromilas (212) 867-8678

From: Tramway Plaza (Manhattan side of Queensboro Bridge)

Time to get back on the Island...thru Queens and into lovely rolling, but mostly flat, tree-lined roads...on our way to Oyster Bay. Last package to arrive at our destination shucks the oysters!!! Don't worry, I'll show you how!!! Social skills, spiffy cycling jersey, and good sense of humor required. Cancels: what do you mean cancels?

B15/16 55 MI 9:00 AM The "It's Not My Birthday" Ride

Leader: Ira Mitchneck (212) 663-2997

From: The Boathouse

For everyone who plans on having a birthday this year and especially for those who have recently had one, we will cycle to Park Ridge just like we did last month, except without snow and ice and high winds. Beautiful weather promised for your birthday.

B17+ 50 MI 9:00 AM Nyack

Leader: Laura Matlow (212) 665-5409 (before 10 PM)

From: The Boathouse

Quick ride with no stopping, unless necessary, and a possible race up Little Tor for a strong hill workout before we replace lost calories in Nyack. Rain cancels.

C13 20 MI 12:30 PM Hell Gate and the Three Islands

Leader: Terry Chin (718) 680-5227

From: C'N'C bike store at 60th St. and 1st Avenue

Our journey explores the environs of the East River with a tour of Wards, Randalls and Roosevelt Island. There will be options to visit the Noguchi Museum and Socrates Sculpture Garden in Astoria. Bring lock, snack, or money for it. Co-led with the 5BBC.

C12 30 MI 10:00 AM Over the River & Through the Bronx

Leader: Dick Goldberg (212) 874-2008

From: The Boathouse

A much-less-traveled route through the Upper West Side, Harlem, Washington Heights and Inwood through the Cloisters to Riverdale and into the Bronx. South through Fordham, Kingsbridge and University Heights to the north end of the South Bronx for lunch at a Dominican restaurant in Highbridge. Then mostly downhill home past Highbridge, the famed stunt bike course at Mulolly Park, Yankee Stadium and the

WARNING:

On Sunday, March 14th, there were at least two attempted bicycle thefts at the hairpin turn on the ramp to the GWB. Luckily, neither attempt was successful.

The perpetrator appears to be targeting women, threatening them with a broken bottle, and riding off with their bicycles. He is a black male, approximately 30 years old, about 5'8", 180 lbs. He was last seen wearing a grey canvas hooded jacket and black pants with running shoes. He has been reported to police, so hopefully they will have a higher profile on the bridge walkway.

Bronx Terminal Market. Home before 3 PM. Temp below 30° at 9 AM, slick roads, or precipitation cancels.

Wednesday, April 7

B17/18 60 MI 10:00 AM Nyack

Leader: Gay Shaheen (212) 452-1784

From: The Boathouse

Break up a dreary work week with a brisk, friendly ride to Nyack. Brief pit stop at the Runcible Spoon for a refueling, before returning to the city, in time to play some more hooky in the afternoon. Rain or temps below 35° at ride time mean I'll be heading off to the office instead of leading this ride!

Friday, April 9

A18+ 50+ MI 9:30 AM Nyack or Group's Choice

Leader: Peter Sekesan (718) 417-3510

From: The Boathouse

A quick ride up 9W to Nyack or Rockland Lake. We will be making a food stop and expect to be back by 1:45 p.m. Please call to confirm.

Saturday, April 10

A-SIG 61 MI 9:00 AM Rockland Lake

Leaders: Judy Morrill (212) 866-0462 and Craig Seitel (212) 316-4130

From: The Boathouse

Double paceline, no alternating the lead, to breakfast in Nyack. Eat heartily. We'll then head 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're bikes all around me. I am riding steady, predictable, I will not jam my brakes, I am 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 11.

A20 60+/- MI 9:15 AM Death, Taxes...and Nyack

Leader: Tom Laskey (212) 496-1636

From: The Boathouse

It's that time of year when the certainty of taxes is all too much a reality, but we in the NYCC know that as certain as death and taxes is Nyack, any time of year. Join me on a pleasant spin to this bucolic hamlet on the Hudson. I'm hoping the weather will cooperate so we can go the long way over hill and dale. If it's raining or below 30° at 8:00 a.m., we can all stay home and finish our taxes.

B-SIG #6 65 MI 9:00 AM Tarrytown and Beyond

Leaders: Karin Fantus (212) 873-5559 or BikeK@aol.com and Gary

McGraime (212) 877-4257 or garynycc@aol.com

From: The Boathouse

Some hills on the way to Tarrytown to practice last week's climbing drills and review previous skills/techniques covered during the series, before indulging in the B-SIG's SIGNature food: cheesecake. Another big hill after lunch, then lots of rolling terrain so we can pick up the pace. Bring pocket food. Rain date: Sunday, April 11.

B16-18 50+/- MI 9:30 AM The Un-SIG

Leader: You decide

From: The Boathouse

Not doing the B-SIG? Got group riding envy? This will be a congenial pickup ride to a destination of your choice. Cheers!

C13 52 MI 9:30 AM Park Ridge

Leader: Scott Wasserman (914) 723-6607

From: The Boathouse

This may seem like a long ride, especially for April, but what better way is there to spend a spring day than on a bicycle? We'll eat at the diner unless it's so warm we feel compelled to eat outdoors. The ride is canceled upon record snowfall for the day.

Sunday, April 11

A18+/- 50-60 MI 9:30 AM If at First You Don't Succeed...

Leader: Todd Brilliant (212) 274-9463

From: The Boathouse

When Beth accepted the position of A-Rides Coordinator, I promised her I'd lead at least one ride per month. As it's turned out so far this year, I have yet to actually do any of the rides I've submitted for 1999. I'm determined not to give up. Join me for a post-race cool-down ride to Nyack, Pearl River or Park Ridge. If there is a 100% chance of rain sometime during the morning, don't bother to show up because I won't. If the rain is supposed to hold off until the afternoon, I'll be there.

A17 25-60 MI 9:00 AM Recovery Ride

Leader: Damon Hart (212) 753-0204

From: The Boathouse

Slow-moving but disciplined A ride to Mamaroneck through southern Westchester County. Leader's aches dictate length, bring Metro-North pass and MetroCard for possible truncation. Current "A"-SIGees welcome. Temp below 30°, precipitation, slick roads or A-SIG today (rain date) cancels this ride.

B14/15 50+ MI 9:15 AM Won't Budge

Leaders: Henry Joseph (212) 989-8176 and Cathy Martone (212) 979-0969 or wwahp@aol.com

From: The Boathouse

Won't move. It's been three days. Nothing. I've tried everything. What'd I leave out? Cabbage, check. Shredded Wheat, yup. Yodels, uh huh. The doc said Yodels. Still stuck. Frozen Twinkies. No way, won't go there. I'm so embarrassed...and uncomfortable, as well. Hmm. Better go for a ride. That'll help. Do I need my tent? Nah. Air, ok. Chain lubed? Yessiree. Been so, so long since I've ridden a bike. Hmm. Pearl River, a B14 and B15, wow, 50 miles. Won't go, can't move. Gotta try. Comeonnow, we can do it. Rest assured.

B17 65 MI 9:00 AM Ramapo Reservation

Leader: Peter O'Reilly (212) 414-1937

From: The Boathouse

Come along and join me to explore some roads that are new to most NYCC veterans and the like. We will explore more westerly parts of suburban Bergen County - covering parts of the Ramapo Valley where Indians once roamed not too long ago. Lunch stop is at a diner in Mahwah, NJ. The route is modestly more hilly than an average B ride. Bring your NJ Transit rail pass for optional bailout.

C1-SIG #5 C13 40 MI 9:20 AM Cherry Blossomland to Little Falls

Leader: Maggie Clarke (212) 567-8272

From: The top of the PATH escalators at the World Trade Center, Concourse (basement) Level (enter at West Broadway and Vesey Street).

Terrain: Gently rolling with a few short hills. This is the umpteenth reprise of Irv's famous Cherry Blossom Ride. This year we'll enjoy the spectacular display of blossoms at their peak (we hope) on our way out to the Montclairs (and their beautiful estates) and our way back. Lunch will be in Little Falls, where we will take a few minutes to gaze upon the waters. Helmets required. Fare \$1 each way. Cancellation conditions: Starting temps below 35°, excessive windchill, icy streets, or prediction of precipitation of 50%. Call if in doubt.

C11 35 MI 9:20 AM 27th Annual Cherry Blossom Ride

Leader: Irv Weisman (212) 567-9672

From: The top of the PATH escalators at the World Trade Center.

Through Branch Brook Park in Newark to the lovely cherry blossom groves in Belleville, which should be in glorious bloom. Lunch in Upper Montclair. Return via PATH. Fare \$1 each way. Helmets required. Cancellation conditions: Wet roads, predicted high temperature below 40°, predicted precipitation 50% or higher. Please check with Irv to be sure that this ride is happening as scheduled.



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C12-14 30-40 MI 9:00 AM Welcome Ride

Leader: John W. Fullwood (212) 927-3278

From: The Boathouse at 9:00 AM, or GWB Bus Terminal at 9:30 AM

A shortened version of the Park Ridge Ride. We will cross the GWB and ride through Bergen County. We will have brunch at the IHOP (International House of Pancakes). One major hill at the end (Palisades), which we will climb a little at a time by using a very indirect route. This ride is geared to those who are new to the club or those who have not been on their bikes since last year. Rain cancels, but I will ride in the cold. If in doubt, call leader.

Wednesday, April 14

B17/18 60 MI 10:00 AM Nyack

Leader: Gay Shaheen (212) 452-1784

From: The Boathouse

The second in a series of Wednesdays in April rides. Note the 10 a.m. start time which will allow us some extra zzz's on a weekday! We'll be heading to the Runcible Spoon for coffee and bagels, then returning to the city, arriving in time for you to respond to those phone calls and faxes waiting at the office. Rain or temps below 35° at ride time cancel.

Friday, April 16

A18+ 50+ MI 9:30 AM Nyack or Group's Choice

Leader: Peter Sekesan (718) 417-3510

From: The Boathouse

A quick ride up 9W to Nyack or Rockland Lake. We will be making a food stop and expect to be back by 1:45 p.m. Please call to confirm.

Saturday, April 17

A-SIG 78 MI 8:30 AM Mt. Kisco

Leaders: Frank Grazioli (212) 529-9462 and Carolyn White (212) 666-0616

From: The Boathouse

We'll head to White Plains via Pelham Parkway and Shore Road. Then bomb up north on Route 22 to Route 120 north. Up, up, up Whippoorwill Road. We're climbing hills, doing miles, picking up the pace, riding pace-lines, 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 18.

A20+/- 55+/- MI 8:30 AM Team Setanta/Bicycle Habitat Post-Race Cool-Down Ride

Leaders: Jeff Vogel (718) 275-6978, Chris Audley (201) 876-9231, Conrad Meyer (914) 835-3171 and Stephanie Bleacher (212) 348-2661
From: The Boathouse

You don't need a license to ride with us. You just need paceline skills to go along with social skills. This will be a friendly, cooperative ride (you

pull, we cooperate). Maybe we'll throw in a sprint or two to make it exciting.

B-SIG #7 65 MI 8:00 AM Oyster Bay

Leaders: Karin Fantus (212) 873-5559 or BikeK@aol.com and Gary McGraime (212) 877-4257 or garynycc@aol.com

From: The Boathouse

Today we'll focus on "basic" paceline riding. We'll spin at a comfortable pace and leave plenty of room between bikes as we practice riding like the pros. We're leaving early to beat the traffic on Queens Blvd. Rain date: Sunday, April 18.

B16-18 50+/- MI 9:30 AM The Un-SIG

Leader: You decide

From: The Boathouse

Not doing the B-SIG? Got group riding envy? This will be a congenial pickup ride to a destination of your choice. Cheers!

C14 40 MI 9:00 AM I Cover the Waterfront

Leader: Ludwig Vogel (212) 838-0852

From: The Boathouse

Experience the most panoramic view of Manhattan. A loop across the GWB and south along the Hudson will bring us to Yaohan (Far East shopping mall) at 10:00 a.m. You can meet us there if you prefer. We may seek out the area's best Polish food for lunch. After our cultural experience, we'll head over the Bayonne Bridge to Staten Island where we'll circle around to the ferry for the best free lift back to Manhattan. Helmets required.

Sunday, April 18

A19 50+/- MI 9:00 AM White Plains

Leaders: Alison Holden (212) 688-1723 and Herb Dershowitz (212) 929-0787

From: The Boathouse

We're looking for congenial, cooperative cyclists who may be tired of going over the GW Bridge. Paceline experience a must, good manners would be nice, and heavy breathing is optional (although not for Alison). Precipitation at start cancels.

B16/17 50+/- MI 9:00 AM Park Ridge

Leaders: Bob Hancock (212) 496-4075 or rhancock@panix.com and...Madame X (!)

From: The Boathouse

We'll attempt to reach a consensus on whether to ride in order to eat, or eat to ride, as we chow down at one of the really great diners. Temp below 32° at 7:00 am cancels.

B/C14 33/46 MI 8:35 AM North County Trailway

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

From: Grand Central Information Booth for the 8:49 AM bike train to Croton Falls

The North County Trailway is Westchester County's newly completed paved rail-trail, running almost 25 miles from the Westchester/Putnam border to Tarrytown. For the most part, the trailway follows the roadbed of the discontinued Putnam Line, even crossing the Croton Reservoir on the reconstructed rail bridge. About eight miles and a hill or two to the trailhead. Metro North return from Tarrytown or add about 13 miles to the 1 train. Picnic lunch. C speed and terrain; B stopping conditions. Metro-North permit required.

C1-SIG #6 C13 45 MI 10:00 AM Silver Lake Loop

Leader: Maggie Clarke (212) 567-8272

From: GWB Bus Terminal, 178th St. and Ft. Washington Ave.

Terrain: Flat to rolling. On this visit to Westchester we'll take a different route through the manicured 'burbs, past colleges, countrified corporate headquarters, estates, a peak at Kensico Reservoir, and lunching at Silver Lake or White Plains. Helmets required. Cancellation conditions: Starting temps below 35°, excessive windchill, icy streets, or prediction of precipitation of 50%. Call if in doubt.

C2-SIG #6 C11 35 MI 9:30 AM ????

Leader: Irv Weisman (212) 567-9672

From: GWB Bus Terminal, 178th St. and Ft. Washington Ave.

We review our skills and may try to negotiate a traffic circle today. Return to GW Bridge at 4 pm. Helmets required. Cancellation conditions: Wet roads, predicted high temperature below 40°, predicted precipitation 50% or higher. Please check with Irv to be sure that this ride is happening as scheduled.

C12 30 MI 9:30 AM Yaohan/Liberty State Park

Leader: Peter O'Reilly (212) 414-1937

From: The Boathouse

Come along for a ride along the New Jersey waterfront. Along the way, we will stop at the Japanese emporium, Yaohan. The local patrons will be consumed with our "dohade" presence, and in turn, we will consume delicious fresh baked goods, hot coffee, many varieties of tea or my favorite carbo-replenishing Japanese junk food. Afterward, we'll continue to view the Manhattan skyline as we head south, passing through Hoboken, the home of baseball and Sinatra en route to Liberty State Park. Return via PATH train into Manhattan. Bring money for food and train. As an added incentive, lunch is on me for the first person who correctly identifies the Japanese meaning of "dohade."

Wednesday, April 21

B17/18 60 MI 10:00 AM Nyack

Leader: Gay Shaheen (212) 452-1784

From: The Boathouse

Think blue skies, fresh air, and an enjoyable spin to an early lunch at the Runcible Spoon. Possible envious stares from motorists. The spring bulbs should be well in bloom by now...April showers (at starting time) cancel.

Friday, April 23

A18+ 50+ MI 9:30 AM Nyack or Group's Choice

Leader: Peter Sekesan (718) 417-3510

From: The Boathouse

A quick ride up 9W to Nyack or Rockland Lake. We will be making a food stop and expect to be back by 1:45 p.m. Please call to confirm.

Saturday, April 24

A-SIG 8:30 AM 81 MI Saddle River

Leaders: Christy Guzzetta (212) 595-3674 and Ann Marie Miller (212) 247-6531

From: The Boathouse

Beautiful ride - tough ride. Saddle River Road north to Spring Valley and

WEEKEND VACATION

BIKE, BED & BBQ

The "best biking mile for mile in the United States". Lush forests, quiet back roads, rivers, waterfalls, majestic views. This is the lower Catskill Region, ideal for A, B, and C riders. ¶ Two hours from NYC, our farm house is located on secluded 6 acres with a stream and pond. ¶ Go for a great ride, relax under a tree, and refresh yourself in the hot tub. ¶ Weekend starts Friday night to Sunday lunch. Includes • 6 sumptuous meals • Rooms & cabins • Outdoor hot tub • 100's of miles of roads.

Call John for more info (718) 858-9466.

thru Monsey. Down spectacular South Mountain Road and then the long journey home. This is a turning point. Complete this ride with the group and you're knocking on the door of being an "A" rider. Many people won't come out next week. "A" rides are tough, they're fast, they are challenging. This ride is going to be tough, it's going to be fast, it is going to be challenging. Want to go on "A" rides? Complete this one and you are almost there. 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 25.

A18 60 MI 9:00 AM Bagels in Ridgewood

Leader: Ben Goldberg (212) 982-4681 or goldberg@cs.nyu.edu

From: The Boathouse

We'll travel to the most bike-friendly bagel shop in the area. Hopefully, it will be warm enough to sit outside on the lawn of the Ridgewood train station while we eat.

B-SIG #8 72 MI 8:00 AM Armonk

Leaders: Karin Fantus (212) 873-5559 or BikeK@aol.com and Gary McGraime (212) 877-4257 or garynycc@aol.com

From: The Boathouse

Today, you'll discover your three all-time favorite cycling roads in NY. Hilly, but not like next week. Quick snack stop in Scarsdale. During lunch in Armonk (40 miles), we'll discuss how to scout a route and read or create your own cue sheet. Ride ends at 242nd St. subway stop (1/9 trains). The truly macho can ride another 10 miles to the Boathouse. Rain date: Sunday, April 25.

B16-18 50+/- MI 9:30 AM The Un-SIG

Leader: You decide

From: The Boathouse

Not doing the B-SIG? Got group riding envy? This will be a congenial pickup ride to a destination of your choice. Cheers!

C13 45 MI 9:00 AM Piermont

Leader: Bernie Brandell (718) 633-1759

From: The Boathouse

Revisit a favorite destination. We'll be watching for signs of spring. Bring money for lunch.

Sunday, April 25

A20 60 MI 8:30 AM Up to Westchester

Leader: Stephanie Bleacher and Rich Borow (212) 348-2661

From: The Boathouse

Aren't you getting a bit tired of going to Nyack by now? How about a smooth post-race ride to Pleasantville? Plus, we have the option of a Metro-North bailout if the weather is not cooperative (so bring your Metro-North pass).

B17 60 MI 9:00 AM Pearl River

Leader: Tom Laskey (212) 496-1636

From: The Boathouse

It's time again to visit one of my favorite dining spots in the tri-state area, Ryan's Daughter. After all, where else can we get black puddings? I'm going to try to come up with a new route at least going out, coming back may still be the Rivervale gallop. Rain, snow, sleet will definitely stay this rider from his appointed rounds.

B14-16 50+/- MI 9:30 AM Piermont

Leaders: Hindy and Irving Schachter (212) 758-5738

From: First Ave and E. 64 St., NW corner

Another of our two-pronged journeys. Group goes together over the GW Bridge then splits into two subdivisions. Slower group has a relatively flat ride to Piermont. Faster group has enough hills to satisfy anyone except Pantani. Groups meet for lunch and conversation.

C1-SIG #7 C13 46 MI 9:30 AM Old Greenwich, CT

Leader: Maggie Clarke (212) 567-8272

From: GWB Bus Terminal, 178th St. and Ft. Washington Ave.

Terrain: Rolling to moderately hilly. Metro-North Pass is REQUIRED for

the return train trip. This is a gorgeous ride touching on the suburban neighborhoods of lower Westchester and the back roads of Greenwich, CT. After lunch in the backyard garden of a deli in Cos Cob, we do a six-mile loop on a peninsular park that juts out into Long Island Sound, allowing for spectacular views. Helmets required. Cancellation conditions: Starting temps below 35°, excessive windchill, icy streets, or prediction of precipitation of 50%. Call if in doubt.

C2-SIG #7 C11 40 MI 9:00 AM ????

Leader: Irv Weisman (212) 567-9672

From: GWB Bus Terminal, 178th St. and Ft. Washington Ave.

We extend our mileage with good riding form all the way. Return to GW Bridge at 4 PM. Helmets required. Cancellation conditions: Wet roads, predicted high temperature below 40°, predicted precipitation 50% or higher. Please check with Irv to be sure that this ride is happening as scheduled.

C13 25 MI 12:15 PM Gateway Getaway: A Great Kills Excursion

Leader: Terry Chin (718) 680-5227

From: Staten Island Ferry Terminal, pierside entrance

Enjoy the views of the Narrows and Lower N.Y. Bay with a tour of historic Fort Wadsworth, Miller Field and the natural habitats of the Great Kills National Park. We'll time our return bay-watching on the late-afternoon ferry. Bring bike light just in case, snack, and lock. Co-led with the 5BBC.

Wednesday, April 28

B17/18 60 MI 10:00 AM Nyack

Leader: Gay Shaheen (212) 452-1784

From: The Boathouse

This is your last chance to ride on a Wednesday in April this year (and this millennium!). Call in sick and tell your boss spring fever has struck you down. Join us for a brisk round trip to Nyack, with the obligatory stop at the Runcible Spoon to sample the soup du jour. Rain cancels.

Friday, April 30

A18+ 50+ MI 9:30 AM Nyack or Group's Choice

Leader: Peter Sekesan (718) 417-3510

From: The Boathouse

A quick ride up 9W to Nyack or Rockland Lake. We will be making a food stop and expect to be back by 1:45 p.m. Please call to confirm.

Saturday, May 1

A-SIG 8:30 AM 82 MI Croton Reservoir

Leaders: Edward Fishkin (718) 633-3038 and Damon Hart (212) 753-0204

From: The Boathouse

Route 9 North 35 hilly miles to the Highlands Diner in Ossining. Whew. Then it's nothing but beautiful riding over Quaker Ridge Road and to the dramatic Croton Dam. Around the reservoir, up long Seven Bridges Road, 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, May 2.

B-SIG #9 75/90 MI 7:00 AM Deepest Westchester

Leaders: Karin Fantus (212) 873-5559 or BikeK@aol.com and Gary McGraime (212) 877-4257 or garynycc@aol.com

From: The Boathouse

We'll take 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 miles (Tarrytown). Subway home at 90 miles (242nd St.—1/9 trains). Bring pocket food. Since there may be a Metro-North schedule change between this printing and then, PLEASE CONFIRM STARTING TIME WITH LEADER. METRO-NORTH PASS MANDATORY. Rain date, Sunday, May 2.

B16-18 50+/- MI 9:30 AM The Un-SIG*Leader: You decide**From: The Boathouse*

Not doing the B-SIG? Got group riding envy? This will be a congenial pickup ride to a destination of your choice. Cheers!

C14 50 MI 9:00 AM May Day Parade*Leader: Ira Mitchneck (212) 663-2997**From: The Boathouse*

Ride up to Piermont via Rockleigh and celebrate rites of spring. Red jersey optional.

Sunday, May 2**A20++ 70 MI 9:00 AM Don't Go There!***Leader: Mark Martinez (212) 496-5518 or retrogrouch@hotmail.com**From: Tavern on the Green*

"There" being the Boathouse or the Madison Avenue Bridge due to today's Bike New York ride. We won't. We'll sneak out the back, so to speak, and make our way to Armonk via Route 22 and Whippoorwill. The "++" is for a few short hammer zones for those so inclined—followed by a quick regrouping for the rest. My "Spring Classic." Bring pocket food and two water bottles as the deli stop is after 40 miles.

Saturday, May 8**A19+ 125 MI 8:45 AM Montauk***Leader: Peter Sekesan (718) 417-3510**From: The Boathouse*

Why wait till July? Join me for a cool spin to Montauk. No paceline skills required. Flat all the way. We will catch the 7:30 p.m. Long Island Railroad train. Back in Manhattan by 10:45 p.m. LIRR bike permit required. Track bikes are welcome. Please call to confirm.

Any Rainy Day**A/B 10:00 AM "Rain Ride" Series***Leader: Robert Reimann (212) 206-3584 or robertnyc@earthlink.net**From: The Boathouse*

When I lived in Germany, you either rode in the rain or you didn't ride much at all. I learned the hard way how to properly prepare and enjoy a day spent riding in wet weather. The sensation of conquering the elements and the freshness of rainy air makes for an exhilarating experience. I still ride on rainy days when regular NYCC rides are canceled and, recently, I've noticed other brave souls out on the road on these lonely days. So, for all those who still want to do a club ride when the weather is wet, I'm introducing the "Rain Ride".

Here's how it works: If, by Thursday, it looks as though the weekend will be rainy and rides are likely to be canceled, I will send an email to all NYCC members, announcing a possible Rain Ride. All NYCC members who do not have email access are encouraged to contact me for ride information a day or two before a rainy weekend. The ride will only take place if regularly scheduled rides are canceled. In other words, sunshine cancels!

We'll usually meet around 10:00 am and ride a moderate distance at a brisk, yet controlled, pace. We'll take breaks but they'll probably be more frequent and shorter than normal so we don't get too cold in our wet clothes. I'll usually ride my track bike (it's easier to clean) but all types of bikes and riders are welcome to join. The typical ride will probably be closest to a low A/high B ride but flexibility is the key and I'll make sure to adjust the ride for weather conditions and rider ability levels.

Get out that gear you've got sitting in your closet and put it to the test. Rainy days can actually be something to look forward to if you're properly prepared and enthusiastic. Besides, doing something most others aren't willing to do is always fun. If you have any questions or comments, please email me at robertnyc@earthlink.net or call at the above listed number.

Out Of Bounds

July 6-22

Alaska. Cipolla-Vogel Adventures goes North. We're looking for 1 or 2 people to complete our group. Anchorage-Glennallen-Fairbanks-Anchorage. July 6 to July 22. Longer extension to Kenai Peninsula, Kodiak Island and Prince William Sound possible. Average 70 miles per day with one day of 100 miles. Plenty of extra time for hiking. Motels and B&B's. No camping. This is a self supported trip; you carry your own stuff, you pay your own way. Call Jeff or Margaret at 718 275-6978

July 11

Country Roads Bicycle Tour presented by the Orange County Bicycle Club - A Mardi Gras on Two Wheels - July 11, with 10, 25, 44 and 62-mile courses on scenic quiet roads (only one stop light). Fanciful, themed rest stops - More food than at a wedding - Post-ride gourmet lunch (vegetarian available) - Serenaded by a Dixieland band (vegetarian available) - Camels, elephants (vegetarian) - Bike trade show - SAG support - Road arrows - Cue sheets/maps - T-shirt or custom socks - Incredible shwag bag of goodies for the first 1,000 pre-registrants. Pre-registration fee is \$30. Ride limited to 1,500 cyclists. Proceeds benefit the Sanctuary for Animals and the Hospice of Orange and Sullivan Counties. For information/brochure: Call (914) 457-6027 or e-mail bigzip@pioneeris.net or visit our Web site, www.sussexonline.com/ocbc/ (registration form will be available for downloading after May 1).

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Many thanks to all of you who emailed us dish at nyccnews@yahoo.com. Keep it coming! Sources tell us that several of our members are doing more interesting things than sitting on their saddles in the off-season (thank goodness because we have something to write about).

Caryl Baron has been doing some indoor cross training in rowing classes at the West Side Y. Each year, Concept 2, the manufacturer, holds an international competition and rating of 2,000 meter scores. So, on Feb. 13 at the NYAC's "St. Valentine's Day Massacre" at Travers Island, she won in her division (lightweight women in her age group). Then, on Feb. 21, at the C.R.A.S.H. Sprints World Championships in Boston she was second in her division. We're not surprised Caryl did so well; she excels in everything she does.

18 NYCCers had a great time skiing and skating in Londonderry, Vermont during the President's Day weekend NYCC ski

trip. **Charlie Katz's** and **Reyna Franco's** son **Marc** was the star of the weekend. **Gary Wendrovsky** taught **Jeannine Hartnett** and **Jane Kenyon** how to skate on skis. As soon as they mastered it, they started racing each other up hills (not unlike what they do on their bikes). **Sherry Gorelick** and **Karen Reich** were less athletic: they were spotted 7am in the lounge cramming to finish "King of the World", a biography of Muhammad Ali, for their bookclub. The ski weekend fell on Valentine's Day, so newlyweds **Sue Theilheimer** and **Alberto Zonca** escaped from the Sunday night group dinner and spent a romantic evening at the Swiss Chalet restaurant (how fitting because Alberto is Swiss).

Speaking of newlyweds, congratulations go to **Pat Thompson** and **Claudio Bisio** who got married March 6 in front of 50 of their friends and relatives at the Alger mansion in Greenwich Village. Pat and Claudio met on a Ciclismo Classico bike trip (Claudio was the tour leader). The bride looked beautiful in her mother's 1960's wedding dress. The guests included NYCCers and a group of very good-looking single Italian men who spoke no English. This was unfortunate for the single women at the wedding.

Last month we spoke about the next generation of NYCC cyclists. We have to

include **Ivo Varbanov** and **Louise Cayne** who are expecting a baby boy. Congratulations!

Overheard on 9W from a female cyclist: "I never used to wear a helmet, and never had an accident even though I rode a century every week. Then last spring I was riding in the park, and a couple of guys, racers, were fooling around. One guy was trying to pull the other guy's pants off. I was watching this and don't know what I hit. The next thing I remember I was lying on the road. The next day I went out and got a helmet." This has to be the strangest reason we have ever heard for deciding to wear a helmet.

Overheard on 6th Avenue: **Todd Brilliant** on his bike, being honked at by the driver of a charter bus. The bus driver yelled at him, "Federal law says I only have to honk twice." So after two honks, he now has the right to run Todd over?

And this month's Road Hero awards go to **Rich Borow**, **Phil "Oops, I'm broke, so you give him the 20 bucks" Simpson**, **Joanne Metushka**, and a couple other unnamed cyclists who helped prevent two thefts: **Regina Hammond's** bike on the morning of Sunday, March 14th, and **Sarah Gross's** bike on the very same afternoon. Thanks, folks.

Letters to the Editor

To the Editor,

On Saturday, March 13, I had a very productive meeting with Linda Dockeray (Park Administrator) and Bob Bealin (Forest Manager) of Van Cortlandt Park about mountain biking. While Parks Department policy is that there is no mountain biking in any city park, there are a few legal trails in Van Cortlandt Park. Any paved path or road (there are several through the woods adjacent to the highways) and the Putnam rail trail (which goes all the way to Westchester).

However, some riders have cut new and very stupid trails *straight* down forest hill-sides (causing severe erosion)—one of the new downhill trails runs adjacent to the oldest tree in the park. Some riders have even cut down trees to make jumps! If this abuse continues, those who dislike mountain biking will succeed in sustaining a ban permanently.

While the mountain biking prohibition is a citywide policy, Ms. Dockeray seems to be a very reasonable person, and is open to all possibilities—parks policies can, and do, change. Currently, there is a big battle raging in Staten Island over a proposed trail in the Greenbelt there, and she is closely following that situation. We should too, and we should get involved. If that effort succeeds, the city policy will change, and the door might open for legitimate trails in Van Cortlandt Park. If that effort fails, Van Cortlandt Park might become the next test case.

As a first step, I told Ms. Dockery I would gather and submit a list of names of mountain bikers who are interested in establishing legitimate trails in Van Cortlandt Park. So call all your mountain biking friends, gather up the information, and please send it to me as soon as possible (email is preferable).

For each person (including yourself),

please provide:

Name
Email (certainly my most preferable way of communication)
Fax Telephone
Voice Telephone
Mailing Address

I'm putting together a list and will send it off. Things can change, and this would be an excellent opportunity for all of us to have legitimate MTB trails in NYC!

Sincerely, John Huntington
Email: jchiii@mindspring.com
Voice: (212) 567-1641
Fax: (212) 567-5649

To the Editor,

Beth Renaud's review of a 1970 "Complete Book of Bicycling," from the (continued on page 11)

NEW YORK CYCLE CLUB SUGGESTED RIDE GUIDELINES

RIDE CONDUCT

(A) Riding in a Straight Line

Riding in a straight line, as far to the right as is safe and practical, is one way to be predictable to traffic coming from behind. "A" rides practice riding in single and double rotating pacelines while maintaining only a few inches ahead and behind each other. This is an advanced technique which is not advised without proper instruction and experience. Some "B" rides practice riding in single and double (non-rotating) pacelines with more room between each other. "C" rides are also encouraged to ride in a disciplined single or double line.

It is not necessary to ride close to the bike in front to achieve an orderly group. The important thing is to avoid having riders spread across the road. Single-file riding is as important on narrow rural roads as on busy ones, as cars approaching from front or back can come seemingly out of nowhere.

(B) Hand Signals/Verbal Signals

The majority of accidents can be avoided by riding predictably. One way to do this is to minimize sudden and unexpected movements while riding in a straight line. You can do this by alerting the cyclist behind you of road hazards which will potentially cause the bike/bikes in front to slow or change trajectory. Advance warning can eliminate many crashes due to surprise moves up ahead. Alert riders behind you by pointing or calling out:

When you are slowing or about to stop;
When there are hazards ahead or close on your left or right (pothole, railroad tracks, grate, broken glass, gravel, etc.);
When a car is coming from behind that may threaten other riders;
When a car door is or may be about to open into your lane, at an intersection when cars may be approaching from left, right, or turning into your lane;
When you see a dog, jogger, pedestrian, or another bicycle ahead of the group.

NOTE: You may choose to signal with hand signals, verbally, or both.

Hand Signals

Right turn: Right arm straight out to the right (palm forward);
Left turn or shifting to left side of the lane: Left arm straight out to the left (palm forward);
Slowing or Stopping: Left arm diagonally down (palm to the back).

NOTE: Never take your hand off the bars to signal if you feel it will threaten your stability on the bike.

Verbal Signals

"car up" = car approaching from opposite direction
"car back" = car approaching from back
"car right/left" = car approaching from right/left side
"hole right/left" (or glass, grate, gravel, car door, etc.)

NOTE: Do not indicate "all clear" when there appears to be no cross-traffic at an intersection. You may miss something or things may change in the time it takes the next bike to get to the intersection. It is essential everyone check for traffic independently before entering an intersection.

(C) Stopping

Cyclists are responsible for obeying the law. When stopping as a group, the single or double line should be maintained. This means suppressing the urge to pass other riders as they are slowing. Clustering at lights not only holds up traffic when the light changes, it's dangerous.

(D) Passing

On the Flats

Passing takes place on the left;
Passing should only be attempted when it is possible without interfering with other traffic;
Before passing, look over your shoulder to be sure no cars are coming.

NOTE: When passing, alert the slower cyclist by announcing, "on the left." In this way, the person being passed is reminded to stay straight or let the other cyclist know if they're about to make any sudden moves to avoid curbside hazards.

On Hills

The same rules apply, but hills tend to separate riders, as climbing ability varies dramatically among riders. In order to help keep the group together, faster riders might consider shifting to a lower gear, resulting in a slower speed.

Slower riders should be aware of the possibility of being passed and stay as far right as possible. The best case is to anticipate the hill and allow faster riders to pass before the climb.

(F) Pace Busting

Riders who choose to go faster than the advertised pace and pass the leader are on their own. The leader is not responsible for riders once they're "off the front." Alert the leader before taking-off so he/she is aware of your choice and won't worry.

(G) Getting Dropped

The "drop policy" on each NYCC ride is up to the discretion of each leader. If you are concerned about getting dropped from a NYCC ride, it is up to you to ask the leader, before the ride, about his/her drop policy. Please tell the Leader if you think you may be the slowest rider in the group and would be uncomfortable alone off the back. If the leader says he/she will wait for you, fine. If not, you may want to try a slower ride.

If you don't mind getting dropped, please let the leader know that, too. Otherwise, he/she may worry about you if you drop off the back. It is polite to call the leader when you get home, to let him/her know you're OK.

SUMMARY

These Guidelines are intended as an introduction to safe and enjoyable group riding. The "A", "B" and "C" SIGs, beginning the first Saturday in March, will offer training and practice in the group riding skills described above.

SEE YOU ON THE ROAD - ENJOY!

**CONGRATULATIONS! IF YOU ARE READING THIS YOU OBVIOUSLY
RENEWED YOUR MEMBERSHIP!**

(Letters, con't.)

advantaged view of 1999, was entertaining on the whole. However, in the course of shooting holes in some of the book's quainter language and notions, she fired several rather low-priced bullets.

In so doing, she demonstrated that context is everything, and that deconstructed history is simply another form of misinformation.

In particular, as a prehistoric relic and older cyclist, I take exception to her characterization of "A Dr. Paul Dudley White, apparently a physician of President Eisenhower," and his strange ways of showing he was "a great proponent of cycling." Beth, it's time for an older fat cyclist like me to straighten you out here.

In his day, Dr. White was one of the nation's most distinguished cardiologists. His most famous patient was President Dwight Eisenhower, who suffered from significant heart disease. When Dr. White's connection to the President attracted press attention, the good doctor used his moment in the spotlight as a bully pulpit that we cyclists benefit from even today.

It was Dr. White who first brought to national attention the notion that sitting on our automobile seats munching doughnuts was as American as dropping dead of a heart attack. We needed more exercise, he insisted, and he recommend commuting to work via bicycle as a way of traveling and unclogging our arteries at the same time.

Mind you, this was when the bicycle was almost universally regarded in the United States as a child's toy. The typical American two-wheeler was envied primarily by 11-year-olds. It had one gear, a coaster brake, and bar-end raccoon tails. Most Americans forswore bicycles as soon as they were old enough to legally borrow the keys to Dad's (yes, Dad's) car. Superhighways with names that began with the letter I were still on the drawing boards, while Congressmen (yes, they were all men) swapped pork barrels to cover more and more amber waves of grain with asphalt.

Into this era of interstate pork barreling and automotive tail fins came the distinguished-looking Dr. White — age 60-something, white haired, white mustached, with rimless eyeglasses. He not only recommended the bicycle as an adult vehicle, but regularly appeared before press cameras and the newsreels riding it to work — wearing a vested tweed suit, necktie, wing-tipped shoes and all. (To the best of my recall, "all" in those days did not, alas, include a helmet.)

Why, the press reported, Dr. White actually pedaled the five-mile distance to work — five miles! — every day! A 60-something-year-old man going five whole miles on a mere bicycle!

I believe Dr. White's bike was an English 3-speed, with a gear system whose inner workings elude some of us even to this day. This might be why the author of "The Complete Book of Bicycling" felt the need to diagram it in 1970, when it was a popular adult vehicle, thanks to a great extent to Dr. White.

In fact, it was in good part thanks to Dr. White that Americans first began taking cycling seriously and that serious people in Washington, Boston and the media began allowing as how the bicycle might be a vehicle that deserved adult consideration.

Why, Beth, if not for Dr. White, we might all be in The New York Motor Club, tootling up to Nyack in our plaid caps, Corvettes and T-Birds on lovely Sunday afternoons.

As for the sexist language of "The Complete Book of Bicycling," this, too, should be viewed in context. In 1970 when the book was first published, New York saw its first mass feminist demonstration since the 1919 victory that gave women the vote. So it is not surprising that the author naively used "sexist" language, probably believing wholeheartedly that he was being chivalrous and charming.

Sexism was an ism that had barely entered the English language. To jeer at its presence in the literature of 1970 is rather like jeering at Cro-Magnon — uh — man, because he wasn't cool enough to fire laser-guided missiles at raiding Neanderthals.

At the risk of sounding just as pedantic as you found the bicycling guide, Beth, I feel compelled to haul out the ancient saw that those who do not learn from history are destined to repeat it. So please, please learn to understand history in its context. I cannot bear the thought of history turning 'round again and once more forcing me to endure that infamous cigarette jingle, crafted at an early feminist advertising woman's own agency just about the time she married her trophy husband, "You've come a long way, Baby."

Peter Hochstein
Older Fat Guy and Level "C" Cyclist

Beth Responds:

Peter,

Your arguments demonstrate how little has changed since "Cycling" was written. Car-centric culture? We're still paving everything in sight. Sexism? It's still thriving. You decry deconstructionism. Apologizing for history seems far worse.

Beth Renaud

Bike Repair and Maintenance Course

Learn everything you need to know to keep your bike running like new

A six week course taught by the NYCC's own Ed Fishkin ("A" SIG Leader extraordinaire - just don't pull his finger!) will be starting Wednesday, April 14, meeting twice a month, and running through June.

Work on your own bike in a spacious bike shop just a few minutes from Manhattan by subway.

All proceeds benefit the youths of the North Brooklyn Recycle-A-Bicycle.

For more information, call Ed at (718) 633-3038 or Ira Perlson at (718) 789-1813.

MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING

Monday, January 4, 1999

Present Ben Goldberg, Anne Grossman, Geo Kaplan, Rob Kohn, Gary McGraime, Ira Mitchneck, Beth Renaud, Lynn Sarro, Jody Saylor, Gene Vezzani, Jeff Vogel

Absent: Karin Fantus, Laurie Nisco

The meeting commenced at 6:30 pm.

The Board appointed Jody Saylor to fill the vacant position of VP of Programs.

Beth disappeared under the table.

Jody reported on the new location for club meetings - Bar 54. The club guaranteed a minimum of 80 people for the January meeting. Jody distributed a handout describing her plans for programs for the year.

Gary reported on the ride leader standards prepared by Irv Weisman and Maggie Clarke, as approved at the November 1998 Board meeting. The Board discussed various ways to present this information but agreed not to decide until these standards were finalized.

Beth was found under the table again.

Lynn presented a report with statistics on renewals and new members. It was determined that Beth Renaud was the only Board member to renew. Rob arrived and reported on how Ben's kids' homework was progressing. The Board discussed possible membership pricing, re: renewals and members who join late in the year. The Board agreed to allow Lynn to use her discretion.

Gene reported on the status of the new long sleeve jerseys and plans for a new short sleeve jersey. He also reviewed plans for ride leader vests and club waterbottles. Jeff questioned whether we need another club jersey. It was determined we would go forward as planned. Geo suggested we redo business cards and brochures.

The annual club calendar was considered. The following events were proposed: two All-Class Rides, a barbeque, the holiday party and a ride

to Cold Spring with lunch and, a tour of Boscobel. The Board also approved reimbursing Anne for her purchase of a block of tickets for the NYC Ballet, including a backstage tour. Anne and Jeff agreed to investigate the possibility of a dinner cruise for February or March, 2000.

Anne also advised that she would like to do special group dinners. Gene suggest that there be a free dinner, lunch or barbeque for ride leaders, as the LIBC does. Jeff suggested it only be for prospective ride leaders who commit to lead rides in the future.

Jody was advised of the problem of the date of the October meeting. Since it is the day after Columbus Day, traditionally the meeting draws a very small crowd. Jody said she will plan accordingly.

Geo announced that he will lead his Connecticut Shore Ride on October 31. He also advised that he will attempt to publicize the SIG's and Newcomers Ride in Bicycling magazine. Gene suggested we publicize our events in local papers too.

Geo chastised Ben for being a bad shopper - the cups were too big. Hey, Ben's a big guy!

Rob stopped eating long enough to ask when the rosters were to be printed. The Board agreed that we would try for May and October. Rob then finished all the leftover Chinese food.

Gary revisited the annual calendar:

*SIG's - A, B & C;
Montauk Century - we agreed not to hire a bus this year and to use 5 BBC's services;
Newcomers Ride - Jeff requested that there be an 'A' group too;
West Point - July 4 weekend - if Hotel Thayer is open;
All Class BBQ - July 24;
Club Getaway Weekend - August weekend to be determined;
Two All Class Rides: Kingsland Point - June 20 and Oyster Bay - August 29;
Columbus Day Weekend in the Catskills;
Memorial Day Weekend - no one has volunteered to coordinate;
October - Irv's birthday ride;
Connecticut Shore Ride - October 31.*

Geo proposed we revise the club rule that requires helmets on all club rides. He said he did not object to wearing helmets; they should wear helmets. He stated that ride leaders cannot be policemen. He said the Bulletin should state "Helmets are strongly urged". Jody said we should not use the word "require", but state that our policy is to wear them. Rob said this is a legal issue and Geo agreed that it would increase our liability. Gene suggested we grandfather riders who have been members of the club for more than two years. He also suggested we hire a lawyer to sit at a Board meeting to answer our questions. The Board debated how to word the proposal to be voted upon. The final proposal was "To repeal the current helmet requirement". The vote was 5 to 5 with 1 abstention. Therefore, the proposal was not passed and helmets are still required. The Board also agreed that the matter would be discussed with an attorney to determine our legal liability. Ben advised us that he had an attorney he could discuss this with. The Board agreed to stand by the attorney's decision.

The NYCC Century was discussed. It was determined that as of this date there was no one to serve on an organizing committee. None of last years' organizers want to serve again this year and the Board knew of no one else who was interested. Ben will solicit volunteers at the January Club meeting and a notice will be put in the February Bulletin. It was agreed that if a committee was not in place by mid-February, the Century would be canceled.

The SIG coordinators were announced. The C-SIG is in need of leaders.

Ben was asked to endorse an Auto-Free Central Park proposal. It was agreed that we need to see the proposal before endorsing it.

Rob asked about copies and proofs from the printer. Gene clarified the issue.

The Board discussed when to hold the next meeting. The consensus was Tuesday, March 2.

The meeting adjourned at 9:50 pm.

again but the Board felt the present policy should not be changed.

The Board approved the purchase of a gift basket for Metro North's bicycle coordinator.

The Board approved the printing of a new card with application form included in an run of 2000.

The meeting adjourned at 7:15 PM.

Respectfully submitted

Conrad J. Obregon

MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING

Tuesday, December 1, 1998

Present: Gene Vezzani, Ben Goldberg, C.J. Obregon, Joel Englander, Anne Grossman, Gary McGraime, and Bernie Brandell.

Absent: Dona Kahn, Ludwig Vogel, Tom Laskey, Doug Riccardi and Charlie Katz.

Also present were the following board members-elect: Ira Mitchneck, Rob Kohn, Beth Renaud, Karin Fantus and Laurie Nisco. Also, Jody Saylor.

The minutes of the meeting of November 3,

1998 were accepted.

Gene reported there were 29 new members this month.

Anne reported that she had 59 reservations for the holiday party.

Gary discussed the subject of ride leaders vests as an incentive. It was agreed that the vest would be awarded to members listing 12 rides in a calendar year. Purchase of vests was authorized by the Board.

There was a discussion of a club water bottle.

The helmet policy of the club was discussed

Bike New York Marshal Madness

BY TED M. KUSHNER

The alarm clock buzzes noisily for the 20th time, and as I yawn and fumble my way toward my bike shorts, a special red T-shirt, bungee cords for the third or maybe fourth backpack to ever grace a rear bike rack, and — nowadays it's toll money — but back in 1979, a couple of subway tokens, to propel me to my destination: Battery Park and Bike New York: The Great Five Boro Bike Tour.

This year, on May 2, some 29,000 humans, and maybe even some space aliens, will participate in a journey, powered by their own legs and using contraptions using chains and gears, cables and leather. They will visit skyscraper canyons and historical neighborhoods. I used to be a willing participant in this great event, but for the past decade and a half I've been a willing volunteer marshal, eager to serve my community, scoop up lost children, or gaily announce "Only 20 miles to go!" to huffing and puffing yet very happy travelers. I'm proud to be a Bike New York marshal, and I do it because it's fun.

Even in my participant years, there was always a sense of awe and amazement, like seeing a circus for the first time or climbing the peak of a majestic snow-capped mountain. I can't even recall what I had for breakfast yesterday, but I'll never forget in 1979 cycling along Sixth Avenue in Manhattan, looking ahead of me and seeing one of the most respected thoroughfares in the world filled from curb to curb with bicyclists bobbing up and down. There were onlookers and pedestrians and even taxicab drivers cheering as we passed. And then sneaking a quick peek behind me and seeing a couple of other thousand more legs enjoying a rare Sunday event. We'd taken over the city, enduring potholes and rough roads, bridge repairs and occasional detours. Back then the ride was not always smooth and easy. Nowadays, the roads are smoother, cyclists are served fresh fruit and other snacks, and lines form at the Tour-ending festival for massage therapy. Hundreds of volunteers serve thousands of cyclists.

Marshals, the ones with the flags on our bikes, or maybe a walkie-talkie, are out there to direct traffic or inflate flat tires, to smile, to encourage, to help with first aid, or to provide advice and information on this 42-mile zigzag. Being a marshal is by definition a hell of a responsibility. It's being able to recognize potential disasters before they occur. It's being able to communicate with one rider or a massive crowd looking for a shortcut. It's dealing with the public at large, police officers, ambulance crews, sag support, media, sponsors, or even with New York City officials. It's using common sense blended with instinct and sensi-

tized by public safety and public enjoyment.

In 1989, as a newly promoted captain of a team of marshals, and with the gentle persuasion tactics of our co-captain, we actually stopped the front, the very front of the Five Boro Bike Tour in its tracks. Why? Because somehow the wrong section of the BQE had been blocked off, and car horns were beginning to blare. I could visualize the headlines: Bikers Cause Northeast Gridlock. We quickly, but very politely, asked the police sergeant to radio his officers to redirect traffic to exit off the highway. After 20 minutes of holding the Tour, the highway was clear, and the ride resumed. It wasn't just a job, it was an adventure!

Marshaling can take many strange and diverse forms. In those early years, I'd help load trucks, then I'd help with crowd control or distribute vests. One year I lost my wheel to a nail and jumped on a sag truck, to help others who might have experienced the same nail. Every year the Tour is the same, yet every year the Tour is different.

Oh, that special red T-shirt I mentioned? It's the very first marshal souvenir I ever earned. The year was 1985, and I still wear it every year under my marshal vest. It still fits me, too. And every year, as my hairline recedes, I wonder whether waking up so early in the morning is worth the relative insanity. After all these years, riding and marshaling is still fun. I can joke to myself that I do it for the T-shirt, the free lunch, the baseball cap. The truth is it's a sense of belonging, a sense of commitment, and a sense of loyalty to my fellow cyclists. I invite you to join me. For I know that on May 2, the excitement will be renewed and as-yet-unknown adventures will be shared. Sure hope it don't rain.

For a Bike New York Marshal Registration Form:

Call 932-BIKE ext. 128
e-mail: Info@bikenewyork.org
www.bikenewyork.org

NYCC Welcomes 42 New Members

David Aimen
Cyna Alderman
Albert Boardman
Carol Bryant
Britta Cabanos
Tracey Cleveland
Nancy Devlin
Timothy Eustis
Sandy Feldman

Eva Ford
Paul Frio
Rolf Goodman
Robert Gray
Sana Irfani
Barbara Isabella
Reem Jishi
Joe Keenan
Kyle Krall

Fidel Louis
Scott Malone
Ingrid Martinez
Maureen McCarthy
Mark Merchant
Brenda Murad
Susan Narod
Nathaniel Nichols
Fergal O'Halloran

Pamela Peters
William Rappaport
Lisa Ronco
Warren Scott
Dan Segal
Russel Shapiro
Ken Shidler
Shelly Smith
Kate Staples

Claire Steichen
Robert Summers
Laurie Tarkan
Stephen Taylor
Katharine Van Itallie

Please read this before your first club ride:

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

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

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

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

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

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

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

FROM GCT	TO/FROM	TO GCT
7:52 AM (HUDSON LINE)	POUGHKEEPSIE	4:25 PM
8:52 AM (HUDSON LINE)	POUGHKEEPSIE	5:25 PM
	POUGHKEEPSIE	6:13 PM
7:46 AM (HARLEM LINE)	BREWSTER No.	4:05 PM
8:46 AM (HARLEM LINE)	BREWSTER No.	5:05 PM
8:07 AM (NEW HAVEN LINE)	NEW HAVEN	3:57 PM
9:07 AM (NEW HAVEN LINE)	NEW HAVEN	9:57 PM

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

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

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

NYCC Berkshires Weekend 1999

May 29-May 31

Ride up or drive up on Friday, May 28. Rides meet in Sheffield, Mass., on Saturday, Sunday and Monday. A, B and C rides following a variety of of mountain and valley routes will be available. Rides pass through the scenic corner where New York, Connecticut and Massachusetts meet. At least one picnic ride is scheduled, and a private catered dinner will be held on Sunday night. Details of the club dinner will follow in the May Bulletin. Lodgings are in B&Bs and small hotels in Sheffield and nearby towns. We look forward to seeing you in the Berkshires. Join us for another great weekend of cycling with old and new friends.

Contact Ira Mitchneck at (212) 663 2997 or mitchneck@compuserve.com. Please leave fax number, if available, for general information and lodgings, or contact Fred Steinberg at (212) 752 5204 or fcs1@worldnet.att.net.

Centuryhurst	(413) 229-8131
Ivanhoe	(413) 229-2143
Staveleigh House	(413) 229-2129
1802 House	(413) 229-2612
Orchard Shade	(413) 229-8463
Ramblewood Inn	(413) 229-3363
Depot	(413) 229-8579
Baldwin Hill Farm	(413) 528-4092
Baldwin Grange Inn	(413) 528-2808

Other lodging options available as mentioned above or through the lodging division of the Great Barrington Chamber of Commerce at (413) 528-4006.

Re-Cycling

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

FOR SALE:

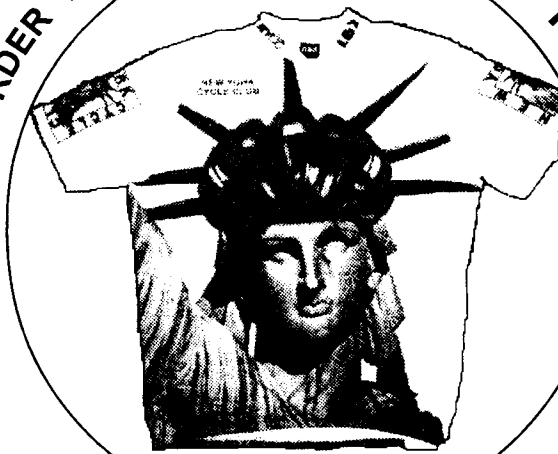
49cm Pro Miyata road bike (blue) 8 speed Ultegra & 105 Shimano groupo. Recently upgraded. Call

(201) 944-7074 and ask for Maria's Miyata. Asking \$350.

Lots of good, well priced bike stuff some new some not. I can fax /e-mail a complete list. Call James (516) 421-5826 or e-mail: synapsedj@juno.com

53cm Bianchi Campione D'Italia 1995 model, overhauled 1997. Campy 8spd Mirage Ergo group. Good condition; never raced, never crashed. Needs saddle. \$450 OBO. Call Tom 718-832-5064 or email: marg_tom@hotmail.com

ORDER YOUR NEW NYCC JERSEY TODAY!



Our magnificent new 1999 New York Cycle Club short sleeve jersey was designed by club member Richard Rosenthal, manufactured by Louis Garneau and is scheduled for delivery the second week in May. These jerseys are made of Micro-Airdry, a non-allergenic fiber with excellent wicking qualities, and they feature an extra-long 15 inch zipper plus three large rear pockets.

Our new jerseys are priced at only \$50 plus \$3.20 Priority Mail shipping.

Order early, we sold out of the long sleeve version of this jersey very quickly.

Complete the order form below and mail it with your check made payable to the New York Cycle Club to:

Gene Vezzani
35 West 64th Street, Apt. 9-H
New York, NY 10023

JERSEY SIZES:

MEN'S	chest	waist	hips
s	36	30	36
m	38	32	38
l	40	34	40
xl	42	36	42
xxl	44	38	44
xxxl	46	40	46
WOMEN'S	chest	waist	hips
xs	30	25	33
s	32	26	35
m	34	27	37
l	36	29	39
xl	38	30	41
xxl	40	32	43

OFFICIAL ORDER FORM

QUANTITY	SIZE(S)	UNIT PRICE	SHIPPING	TOTAL COST
		\$50/EA.	\$3.20/EA.	
		\$50/EA.	\$3.20/EA.	

CHECK NUMBER	TOTAL DUE:
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Please make checks payable to the New York Cycle Club.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAYTIME PHONE _____ EVENING PHONE _____

DO NOT FILL IN BELOW

PAYMENT RECEIVED BY _____ DATE _____

JERSEY(S) RECEIVED BY _____ DATE _____



1999 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS

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

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

PLEASE PRINT OR USE ADDRESS LABEL. ZIP CODE IS REQUIRED. Mail this application with a check made payable to the:
New York Cycle Club, P.O. Box 20541, Columbus Circle Station, New York, NY 10023.

NAME: _____ SIGNATURE: _____

NAME: _____ SIGNATURE: _____

ADDRESS / APT _____

CITY _____ STATE _____ ZIP (REQUIRED) _____

DAY TEL _____ NIGHT TEL _____ E-MAIL _____

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

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

☐ Individual — \$21

☐ Couple residing at the same address — \$27

**Come to the Meeting April 13
And Hear NYCC Member
Ann Marie Miller**

inspire us with her fitness and training tips just in time for the spring cycling season. Besides being a valued member of the NYCC and a SIG leader this year, Ann Marie is a sports fitness professional with New York Sports Club and travels all over the country giving seminars. She races with CRCA and was named Best Climber of 1998. If you have ridden with Ann Marie you know what a strong and enthusiastic rider she is. Come and listen, and maybe some of her energy will rub off on us. She is also offering door prizes, so save your dinner ticket stub.

NEW (OLD?) MEETING LOCATION!!!

ESTIA at 308 East 86th Street

**\$17 gets you a sit-down Greek dinner-your choice of three entrees.
If you are not staying for dinner, there is a cover charge of \$6;
that buys you a drink, the program, and an evening visiting with your friends.**

Cocktails at 6:00 - Dinner at 7:00 - Program at 8:00

EXTRA! EXTRA! EXTRA! PUT THIS ON YOUR CALENDAR FOR TUESDAY MAY 11! John Wilcockson, editor of Velo News and probably the most important reporter in our sport, is coming to speak to us. We will also present his new book, "World of Cycling," and have a book-signing party.

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



DATED MATERIAL!

FIRST CLASS MAIL

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



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