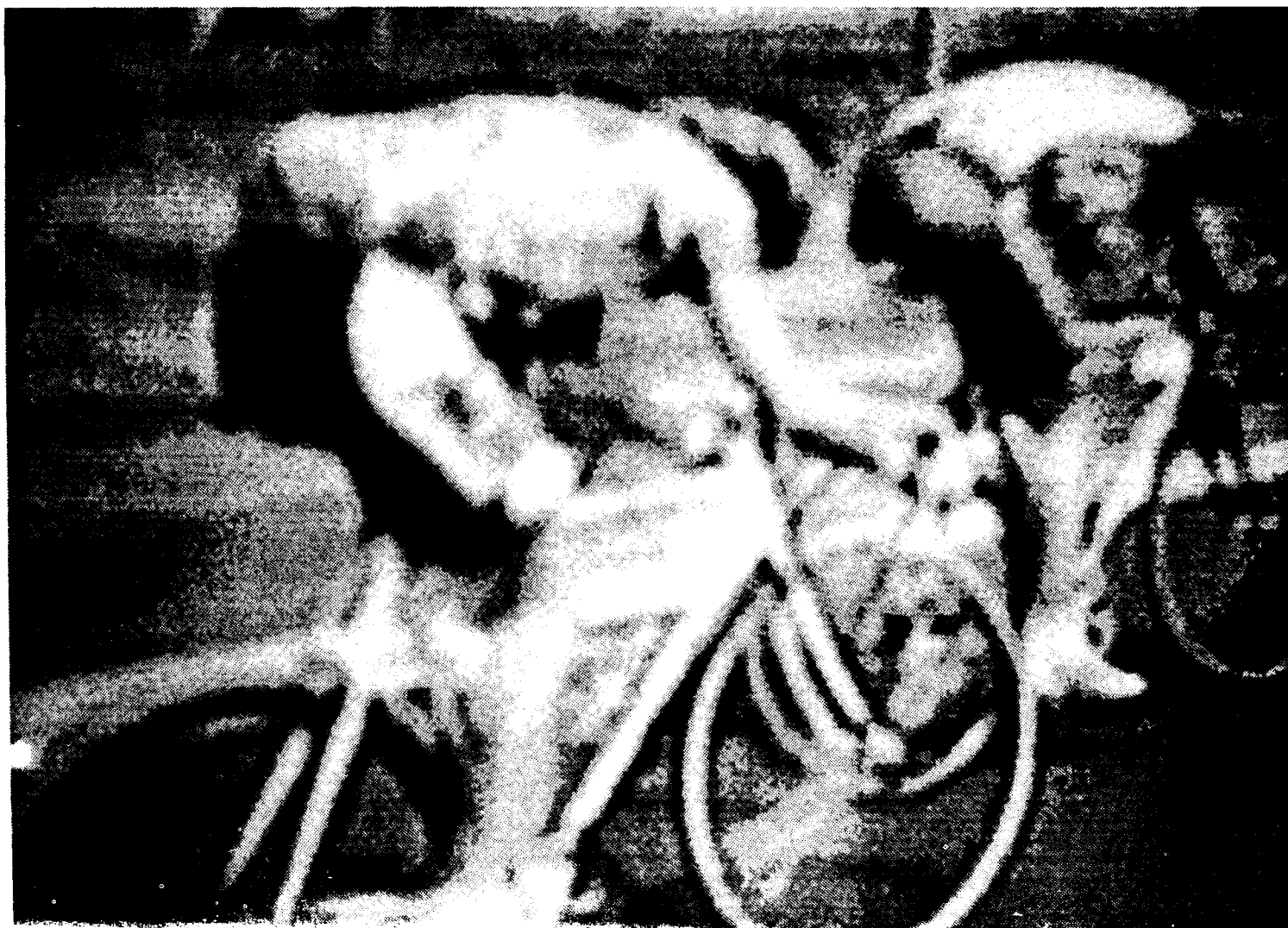


August
1999

August 1999

NYCC ^{NY}Bulletin™

**AND THEY'RE OFF!
RACING TO GET TO THE CLUB
MEETING TO HEAR THE REST OF
ED'S PROGRAM!**



President's Message

by **BEN GOLDBERG**

Each month, I am delighted by how many new members show up at our monthly club meeting. Many of these new members have never been on a club ride - in fact, a number of our new members don't own a bicycle yet! By joining our club, they are hoping to get the necessary information to wisely choose a bicycle and the encouragement to get on the bike and ride. To that end, I'd like to dispense to all of our new members the information and encouragement that I often give individually.

First, buying a bike. All of our A and B riders and about half of our C riders ride road bikes, with drop handlebars. The other half of our C riders ride hybrids, with upright handlebars. It is often the inclination of new cyclists to buy a hybrid or a mountain bike, but surprisingly, the drop handlebars offer several comfortable positions for your hands on the upper part of the bar. I recommend that you try out both kinds to see which you prefer. If you have aspirations to partake in our B or A rides, you should definitely go for a road bike.

Once you decide what kind of bike you want (road vs. hybrid), you should choose a bike using the following criteria, in order of importance:

1. Find a friendly local bike shop which appears to offer good selection and service. If you can't really tell, ask cyclists in your neighborhood. A good shop makes a big difference. Make sure they fit you to your bike, not just look at you from afar and then recommend a size.

2. Decide on a budget. Hybrids run in the \$200 - \$500 range. Decent quality road bikes run in the \$350-\$6000 range (yes, there are three zero's in that last figure!). I recommend that you pay no less than \$300 for a hybrid and \$450 for a road bike.

3. Good name brands for bicycles include (in no particular order) Specialized, Cannondale, Trek, Bianchi, Schwinn, and Giant. In the low-to-mid price range, they will probably all have comparable equipment, namely Shimano parts. Hopefully, your shop will let you ride a few bikes to see what feels best for you. One difference among the bikes will be the frame material. In the low-to-mid price range, your choices will be steel or aluminum, both good choices.

Make sure you also purchase spare tubes, a patch kit, a frame pump, tire levers, and a small seat bag for holding a tube and tire levers while you ride. Most important, don't forget a helmet!

Once you have a suitable bike, it's time to get ready to join us on a ride. Your first step, if you have never ridden with a bike club before, is to go for a ride in Central Park, or in some other lightly traveled area. Elsewhere in this bulletin is a "self-test" guide for determining what level of rides is best for you. The bottom line is that if you can do three or four loops (18-24 miles) in Central Park comfortably, you are ready for our C rides. Please don't wait until you see one of our "newcomers" rides listed - join any C ride listed with a pace and mileage that you can handle. New members are always welcome!

See you on the road!

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The NYCC Bulletin is published monthly by the New York Cycle Club. The opinions expressed are those of the authors and do not reflect the official position of the NYCC.

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Subscriptions: Free to members. If you don't receive your Bulletin by the first of the month, have a change of address, or have any other questions about your membership, contact **Lynn Sarro**. Please include your name and full address in your message.

Credits: Cover photo provided by **Keith Goldstein**. Printed at **Dandy Printing**, Bklyn, NY.

Display Advertising: Only bicycle-related advertising is accepted. Page size is 7.5 by 10 inches. Rates for camera-ready copy: Full page, \$250; Half-page, \$135; Quarter-page, \$75; Eighth-page, \$45; Bottom blurb, \$40. Frequency discounts are available.

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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.*



Saturday, July 31

A20 85+ MI 8:00 AM Upper Rockland

Leaders: Bo Arlander (212) 265-0726 and Damon Hart (212) 753-0204 or hart@idt.net

From: The Boathouse

After a great time co-leading an A-SIG Little Tor ride, we're up for an encore in the same area. Little Tor again? South Mountain? Saddle River Road? The route's not set in stone yet, but you get the idea - a quick-paced ride on which a few hills and lots of camaraderie can be anticipated. We will make two short deli stops to refuel (i.e., no hour-long lunch break), so plan accordingly. Good paceline and social skills required, rain cancels.

A20 85+/- MI 8:30 AM Pound Ridge Discovery

Leader: Spencer Koromilas (212) 867-8678

From: The Boathouse

Feel the rush of adrenaline go thru you as we climb, and then fly down, the countless hills of Westchester. We will ride into the charming, quaint town of Pound Ridge, before Bill and Hill relocate from Pennsylvania Avenue. As featured in all my Westchester rides, we will ride past countless horse farms, duck ponds, and tree lined streets (75%) where we will doubtless find some refreshing cool air! Return via Metro North from White Plains. Having returned from my Bike Tour of Colorado, where Henry and I did some serious climbing, expect some improvement! Required: A sense of humor, paceline as well as social skills, Metro-North Pass. Cancels: Sudden Anthrax Epidemic, Thermonuclear War.

B16 100+/- MI 8:00 AM Blue Food Century

Leaders: Mark Bernstein (718) 833-6648, Bob Hancock (212) 496-4075, Peter O'Reilly (212) 414-1937

From: The Boathouse

Tired of Nyack? Join us for a longer spin in Bergen and Rockland Counties, as we sample blue delicacies (Powerade, etc.) every 30 miles or so. Some hills and a picturesque return guaranteed. Bring lots of H2O and pocket food, and don't forget to tuck your brain inside your helmet. Drizzle @ 0630 cancels.

B16 65 MI 9:00 AM Still Looking for Good Times

Leader C.J. Obregon (212) 876-6614

From: The Boathouse

Up to New City the flat way. The diner's name has changed but they still have Jamaican pancakes. Helmets required. Cancellation: greater than 50% chance of rain according to 7:58AM Weather Channel forecast.

C13 40-50 MI 8:30/9:15 AM Piermont via River Road

Leader: Gary McGraime (212) 877-4257

From: The Boathouse @ 8:30 and GWB terminal @ 9:15

River Road is the ideal quick escape - shade, fantastic views, "rural" scenery galore, low traffic and a rest area with clean bathrooms and cold

water! Then onto Piermont for a deli stop with an early return home. Bring a spare tube/patch kit, water and your helmet of course. Please call if you have any questions.

Sunday, August 1

A21 65-70 MI 8:30 AM Rockland Loops

Leader: Craig Seitel (212) 875-9201

From: The Boathouse

Rockland Lake is the primary destination. Once there we'll get some double pace line practice as we hammer a few loops around the park. Breakfast at Nyack on way back (rice and beans for me, of course).

A18 60 MI 8:00 AM Setanta/Bicycle Habitat Post-Race Cool-Down Ride

Leaders: Dave Thomas (212) 799-1897 and Tom Kamber (718) 832-5064

From: The Boathouse

Let's welcome new team member Tom Kamber by making him ride after the race, instead of doing sprint workouts.

B14/15/16/17/18 55/75 MI 8:00/9:00 AM All B's All the Time to Oyster Bay

Leaders: Bob Hancock (212) 496-4075, Peter O'Reilly (212) 414-1937, Karin Fantus (212) 873-5559 or BikeK@aol.com, Linda Wintner (212) 876-2798

From: The Boathouse

This is like an "All Class Ride", but just for B's. Meet at the Boathouse at 7:50 AM and leave at approximately 8 AM to ride 10 miles to the Statue of Civic Virtue in Queens. Or, take the subway and meet us 9-ish at the Statue (Union Tpke subway stop on the E/F lines). This ride is one of our favorites, with some lovely shaded roads, some hills, but nothing horrendous. We'll ride in our respective groups and meet up for a brown bag lunch by the water. Emphasis on safe and courteous group riding techniques. Can end the ride at a subway stop in Queens (E/F train) by 4-4:30. Bring snacks, plenty of water, sunscreen and a spare tube. Helmets, PLEASE!

B16/C14 50/40 MI 9/10:00 AM Breezy Point Revisited

B-ride Leader: Spencer Koromilas (212) 867-8678

C-ride Leader: Suzanne Levin (718) 398-2649

From: 9:00 AM Manhattan side of Brooklyn Bridge (near City Hall) 9:30 Grand Army Plaza, Brooklyn

"Memories ... of the times we used to have!" Enjoy the lovely "undiscovered" sand dunes of Breezy Point. Visually, think of endless beaches and sand dunes ... like Holland, i.e. there will be sand for every one! A repeat of Spencer's first ride listing, last year's "Nude Bathing Ride." This year's event will feature the same lovely streets, and hopefully the same beach weather! Required: a sense of humor, bathing suit, beach towel ... sand shovel and rake. The B and C rides will start out together, divide into two groups at Grand Army Plaza, and then meet up at Breezy Point for summertime fun! Cancels: Meteors / Invasion from Mars or other Aliens.

C13 25 MI 12:45 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 NY 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 5BBC.

Tuesday, August 3

A19 35-40 MI 1:15PM Leave Work Early Series

Leader: Reyna Franco (212) 580-5695

From: The Boathouse

Excuse #14: Your boss must be getting very tired of all the excuses for leaving early on Tuesdays. So tell him this is the last excuse ride. Then run home, have a quick bite to eat, and meet us at the Boathouse for a

cruise across the GW bridge and beyond. We'll be back by 4:00 pm.

Wednesday, August 4

**A18 60 MI 10:00 AM Wednesday Matinee
Series: The Thin Red
State Line**

Leaders: Jill Tucker (212) 431-3029 and Beth Renaud (212) 274-9463
From: The Boathouse

Let's bring interstate bike travel into the debate between Govs. Whitman and Pataki, and try to finagle some tax breaks, by promising to bring business to one state over the other.

Saturday, August 7

**A19 100 MI 8:00 AM 'Tis The Gift To Be
Simple**

Leader: Tom Laskey (212) 496-1636
From: The Boathouse

Mileage, mileage, mileage, that's what we're going for today. A simple, uncomplicated route (not 9W but almost as direct) to Bear Mtn., up Perkins to the top and then back home. We'll take a few re-fueling breaks as needed but no protracted lunch stops, etc., hence, pocket food and two water bottles are a must. Metro-North pass highly recommended; the usual cancels.

**B16/17 60 MI 9:00 AM The Nice Way to Nyack-
Hilly but Shady**

Leaders: Anne Grossman (212) 924-1549 and Linda Wintner (212) 876-2798

From: Boathouse

This is our favorite way to Nyack—beautiful suburban roads with little traffic and lots of shade from the hot summer sun. The hard work is done before lunch in Nyack, then it's 501 back (we encourage B Siggies to paceline with us) and a climb up Walnut to see some glorious mansions (including Gloria Swanson's). Helmets required. Rain cancels.

B15/16 9:00 AM 55+/- MI Mamaroneck Harbor

Leaders: Carol Waaser (212) 581-0509 or biker-c@rcn.com and Annaline Dinkelmann (212) 876-1344

From: The Boathouse

A mid-summer picnic by the beach — but first we have to roll over a few modest hills in Westchester. I'll pick the route after I hear the weather forecast ... hot and muggy gets a shorter route, pleasant weather lets us meander a little. (Cue sheets will be provided so hammerheads can go off the front — the rest of us will stick to the announced pace.) Rain or predicted high above 93° cancels. Helmets required. Metro North pass for bailout options.

**B14/15 9:00AM 50-60 MI Fly Me to the Moon, or
Staten Island**

Leaders: Carolyn Booher (718) 636-0315 and Gay Shaheen (212) 452-1784

From: The Boathouse

Come join us for an easy spin to Staten Island via the New Jersey waterfront. We'll ride many roads today, including the lovely Frank Sinatra Drive which will take us along the Hoboken waterfront, before picnicking in Liberty State Park. Bring your lunch or buy it on the road, and be prepared for the inevitable climb or two. Ride ends at the Staten Island Ferry.

C12 50+/- MI 8:30 AM IRNTP O E M (scrambled)

Leader: Pam Schanupp (212) 580-3343

From: The Boathouse

Piermont, again! Scenic route, through Tallman on return. Over when it's over. Bring: helmets, lunch/\$ for it. Rain cancels.

Sunday, August 8

A19 9:00AM 65 MI The Summertime Blues

Leader: Somebody Anybody (646) ITS-YOU

From: The Boathouse

Watch the heat radiating from the asphalt. See the tire tread marks in the melting pavement. Feel the hot exhaust of thousands of air conditioners expelling directly toward you. Isn't August grand?

B18 8:00 AM 70+ MI Garrison

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

From: The Boathouse

Ride to Bear Mountain and over the bridge to Garrison via Harriman Park. Yup, this is last year's hilly but scenic route to West Point. Fireworks not included. Rain cancels. Bring Metro North pass for train ride home.

B16 65/70 MI 9:15AM Caumsett Park

Leader: Ron Grossberg (718) 369-2413 or Argee401@AOL.com

From: The Boathouse

A summer day, some quality miles and a waterfront picnic. It worked last month, so we're doing it again.

**B15 9:15AM 65 MI "Bradley's Shady and
Gentle Climbs"**

Leaders: Joan & Jay Jacobson (914) 359-6260 or joanandjay@aol.com

From: The Boathouse

Visit mini bike museum and take sylvan approach to Nyack with great rivus. Then on to Rockland's scenic interior! You won't believe you're within 20 miles of Manhattan!

**C13 25 MI 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 and its surrounding Islands. WHO WOULD HAVE THUNK IT? Bring or buy lunch.

**C13 30 MI 10:00 AM City Island and Orchard
Beach**

Leader: Maggie Clarke (212) 567-8272

From: Under the Giant Gingko tree on Broadway just above Isham St. (take "A" train to end of the line, 207th St. Exit to street is at back of train. Once on Broadway, walk north 1.5 blocks past Isham to Gingko on left).

This is a day to kick back and relax; we'll just cycle enough to keep the muscles from turning entirely to flab. Using the North Bronx Bikeway we'll take a scenic route to City Island, where we'll take the Gene V. tour of the island, and have a meal overlooking the harbor (or under the trees if it's hot). Then on to Orchard Beach, where some can swim (bring your frisbees), and maybe others will explore a nearby nature trail. BRING A CHAIN to lock your bike. Prediction of 50% chance of rain cancels, and

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if extremely hot weather is predicted, I may slow the pace. Helmets are required.

Monday, August 9

C12 30 MI 6:00 PM Dinner at City Island

Leader: Dick Goldberg (212) 874-2008 or Richsgold@aol.com

From: The Boathouse

It's simple. We ride to City Island; eat; then ride back. If you don't like riding at night, we drop you off at a subway.

Wednesday, August 11

A18 60 MI 10:00 AM Wednesday Matinee Series: The Little Bike Shop of Horrors

Leaders: Jill Tucker (212) 431-3029 and Beth Renaud (212) 274-9463

From: The Boathouse

A seemingly innocuous houseplant in the local shop develops a taste for aluminum, steel, and — gasp! — titanium. Impromptu breaking into song may occur.

Saturday, August 14

A19 60+ MI 8:45 AM Rockland Lake

Leader: Peter Sekesan (718) 417-3510

From: The Boathouse

9W to Rockland Lake and two laps around the lake. We will ride at least 30 miles before stopping in Nyack for lunch. Return: Group will decide, maybe 501, maybe some other way. Rain cancels. Feel free to call me if you have any questions.

B18 70 MI 8:30 AM Crossin' the border

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

From: The Boathouse

Come join us for a ride through the roads of northern New Jersey including such placid sights as W. Saddle River Rd. We'll grab lunch across the state border to picnic out in Airmont's town park under some well-shaded trees.

B 16/17 70 MI 9:00AM Mamaroneck Harbor

Leader: Ed Fishkin (718) 633-3038

From: The Boathouse

A new and interestingly beautiful way to Mamaroneck Harbor, where we'll enjoy cool waterfront breezes over lunch. The usual cancels.

C13 30 MI 9:30 AM Yaohan/Liberty State Park

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

From: The Boathouse

This ride has everything! OK, well not quite, but almost. Such a nice leisurely 30 mile ride includes scenic views of the Manhattan skyline, Jersey style brownstones, a close up view of the Statue of Liberty, a visit to the hometown of Sinatra and baseball, delicious Japanese food and a nice summer breeze laden ferry ride back to New York. Along the way, we will stop at the Japanese food emporium, Yaohan's. The ride will end in Battery Park City (lower Manhattan).

C12 20-25 MI 10:00 PM Manhattan Moonlight Bike Ride Part I

Leaders: Ethan Brook (201) 816-0815 and Richard Fine (201) 461-6959

From: Plaza Hotel Fountain 5th Ave. and 59th Street.

This will be the 1st of back to back FLAT moonlight rides. Part II next week. Enjoy the sights, sounds and scents of Manhattan from midtown to the upper east and west sides of the city. We'll bike around the inner and outer roads of Central Park and visit places you haven't seen or noticed before. We'll ride along the Hudson River, Riverside Park, Columbia University, Grants Tomb, Lincoln Center, and other sites in the Upper West Side. We'll ride around the New Times Square and cross over to the East Side and ride along the East River Bike path passing Gracie Mansion along the way. We'll stop at a local eatery along the

way. Bring or buy food. We'll be back by 2:00 AM. Please bring a bike in good working order. Helmets required.

Sunday, August 15

A19 55 MI 9:00 AM Lunch With the Ducks

Leader: Alison Holden (212) 688-1723

From: The Boathouse

We'll take the hills going out and the flatter route coming back. Picnic at the duck pond. Musette recommended. Good riding skills mandatory.

B16 70+ MI 8:00/9:00 AM Gold Coast

Leaders: Robert & Annaline Dinkelmann (212) 876-1344 or

Robert.Dinkelmann@chase.com

From: The Boathouse/Statue of Civic Virtue

Join us for a challenging, hilly ride along the Gold Coast. Mostly rolling hills, with a few long climbs. We are riding loops in the country lanes around Oyster Bay, Syosset and/or Cold Spring Harbor. Leaving from the Boathouse at 8am sharp and 9am at the Statue of Civic Virtue. Please bring pocket food and two waterbottles. Ride ends at a subway stop in Queens.

C13 40 MI 9:30 AM Westchester Bike Paths/Valhalla

Leader: Maggie Clarke (212) 567-8272

From: Under the Giant Gingko tree on Broadway just above Isham St.

(take "A" train to end of the line, 207th St. Exit to street is at back of train. Once on Broadway, walk north 1.5 blocks past Isham to Gingko on left).

This ride runs up the center of Westchester along the Bronx River, mostly on bike paths and maybe the Bronx River Parkway if it is open to cyclists. We usually see quite a variety of wildlife along the river. Picnic will be at the foot of the Kensico Dam in Valhalla, after we've climbed the dam to gaze upon the waters of the Kensico reservoir. Bring your Metro-North pass for emergencies. Prediction of 50% chance of rain cancels, and if extremely hot weather is predicted, I may slow the pace or shorten the ride. Call if in doubt. Helmets are required.

Wednesday, August 18

A18 60 MI 10:00 AM Wednesday Matinee Series: The Day My Bike Stood Still

Leaders: Jill Tucker (212) 431-3029 and Beth Renaud (212) 274-9463

From: The Boathouse

Beings from outer space preach world harmony and get into hot water when they try to tinker with the president's Seven. Klaatu no mess with that nine-speed Dura Ace!

Saturday, August 21

A19 60 MI 8:00 AM Beat the Heat, BABY

Leader: Gary McGraime (212) 877-4257

From: The Boathouse

We'll maintain a cool pace to Pearl River, enjoy a brief stop for a lite bite / beverage and proceed while the sun is still rising. Spinning and climbing along a shaded route with an early return (before the heat peaks), as it were - allowing plenty of time for your indoor (air-conditioned) activities or non-activities.

B17 50+/- MI 8:30 AM Out early, back early

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

From: The Boathouse

This is a reprise of a ride that I led early in the summer. We'll go to the bagel shop in Rivervale and be back around 1pm.

B15 60 MI 9:00 AM Kensico Dam

Leader: Carol Waaser (212) 581-0509 or biker-c@rcn.com

From: The Boathouse

A picnic at the Reservoir, then out past Kensico Cemetery (stop and see some of the famous gravestones: Rachmaninoff, Ziegfeld, Dorsey, Gehrig

and others, if you like). We'll cross over to Tarrytown and come home along the river. Stop for carrot cake (yum!) in the Bronx. Metro North pass for bailout option. Rain cancels. Helmets, please.

C14+ 50+ MI 9:00 AM New Jersey Loop

Leaders: Robert and Annaline Dinkelmann (212) 876-1344 or robert.dinkelmann@chase.com

From: The Boathouse

A few hills? Maybe not? Perhaps only one or two huge hills? Who cares? We are seeing trees, grass, getting out of the city. Riding to Northvale diner. Please bring snacks, two waterbottles, sunscreen and a spare tube. Helmets required. Rain or temps above 95° cancels.

C12 20-25 MI 10:00 PM Manhattan Moonlight Bike Ride Part II

Leaders: Ethan Brook (201) 816-0815 and Richard Fine (201) 461-6959

From: New start site: Meet at Madison Square Park on 23rd St. and 5th Ave. across from the Flatiron Building

Join us for a tour of lower Manhattan, including NOSH STOPS in Little Italy and Chinatown. We'll pedal through Chelsea, Chelsea Piers, the new bike paths along the Hudson River, Battery Park, Wall Street, Greenwich Village, South St. Seaport, and a bike ride across the Brooklyn Bridge, etc., etc., etc. AND, if time permits, a ride on the Staten Island Ferry so you can see one of the most spectacular views of Manhattan. Bring or buy food. We'll be back by 2:00 AM. A bike in good working order is a must. Helmets required.

Sunday, August 22

A21 115 MI 7:30 AM Il Buono, Il Brutto, Il Cattivo - Greenwood Lake

Leader: Mark Martinez (212) 496-5518

From: The Boathouse

The Long, the Hilly, the Classic. Make an appointment with your massage therapist for August 23rd - you'll get your money's worth. Beautiful roads. O.K., beautiful hilly roads, but you'd feel cheated if we found a flat way. You'll probably start to see spots even if you're not chasing a polka dot jersey. Is this fun or what! After a lakeside lunch, we head home via Skyline Drive. Pocket food, second water bottle and climbing gears highly recommended. Bring cell phone & instruction booklet for bailout.

B16 60 MI 8:00 AM Beat the Heat, Babe-B

Leader: TBA

From: The Boathouse

We'll maintain a cool pace, enjoy a brief stop for a lite bite / beverage and begin to move on while the sun is still rising - spinning and climbing along a shaded route with an early return - allowing plenty of time for your indoor (air conditioned) activities or non-activities.

C14 46/33 MI 7:40 AM North County Trailway

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

From: GCT Information Booth for 7:52 AM bike trail to Croton Falls

The North County Trailway is Westchester County's newly completed PAVED rail-trail, running about 25 pretty flat miles from the Westchester/Putnam border—trains don't climb hills—to Tarrytown. This mostly tree-shaded route predominantly uses the roadbed of Metro North's abandoned Putnam Line, even crossing the Croton Reservoir on a newly reconstructed rail bridge. The full route includes eight miles and a hill or two to the trailhead, plus about 13 miles to the #1 train from Tarrytown. Metro North bailout from Tarrytown. Picnic lunch in Millwood. Helmets and Metro North passes required.

Wednesday, August 25

A18 60 MI 10:00 AM Wednesday Matinee Series: B*I*K*E

Leaders: Jill Tucker (212) 431-3029 and Beth Renaud (212) 274-9463

From: The Boathouse

Your heroines brave the perils and idiocy of Manhattan's medical establishment with a quick joke and a bike at the ready. Not to be confused

with "Glueless Patch Adams."

Important Note:

On August 27, 28 and 29 (Fri., Sat. & Sun.) The first Avon Breast Cancer 3-Day will be making its way from Bear Mountain to Central Park. There will be some 2000+ walkers participating. The walk will leave the Bear Mountain area on Friday, August 27 and head towards Rockland Lake State Park. Saturday morning walkers will leave the park and walk through Nyack into Piermont and then to Englewood, NJ. Pit Stop 3 for the walk will be in Flywheel Park in Piermont right near the Piermont Bike Shop and gazebo area. On Sunday morning the walkers will begin to cross the GWB as early as 8 am.

It is suggested we avoid the whole Piermont/Nyack area on Saturday and any rides going over the bridge on Sunday should be over the bridge no later than 8 am to avoid being trampled by 2000+ walkers.

Saturday, August 28

A20+/- 50+/- MI 8:00 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 Ron Kahn (914) 698-6465.

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.

B16 65 +/- MI 9:00 AM Croton Reservoir Pressure Check

Leaders: Cathy Martone (212) 979-0969 and Wayne Wright (212) 873-7103

From: The Boathouse

It's been pretty hot and dry lately, and half the fire hydrants in the city are currently open. So, do your civic duty and help us check the water level at Croton Reservoir. Your neighbors will thank you, your dog will thank you, Rudy G - okay maybe not. Hilly but scenic ride - bring plenty of pocket food and plenty of water. Metro North return, helmets required.

B16 65 MI 9:00 AM No Golf on Whippoorwill

Leader: C.J. Obregon (212) 876-6614

From: The Boathouse

The usual flat way to White Plains followed by a climb over Whippoorwill Road. Helmets required. Precip forecast greater than 50% on 7:58AM Weather Channel forecast cancels. Excessive heat will shorten the ride.

B15+/- 60+/- MI 7:45 AM Bethel, CT

Leader: John Zap w/(212) 972-3339 or h/(203) 972-9339

From: Grand Central Station

Meet at Grand Central for 8:07am New Heaven train. Leader will meet you at Darien Station when train arrives (8:59am). Rolling/hilly, scenic route (same as Fall Foliage ride last year) up through Ridgefield, to Bethel for Homemade Ice Cream and Chocolate Factory, then down through Poverty Hollow (Blooming Metric Country) and beeline to Westport for Return Train 4:32pm or 5:32pm. Beach stop - time permit-

The New York Cycle Club is looking for a few good men and women for the 1999 Escape From New York Century.

This year's club century will take place on Saturday, Oct. 2. We need volunteers to marshal, to help with rest areas, to help set up and clean up, and various other tasks that make this the great event it is. For more information, please contact Carol Waaser either by e-mail at biker-c@rcn.com or by phone at (212) 581-0509.

ting.

C13 47 MI 9:30 AM Piermont Pool Bums

Leader: Peter Hochstein (212) 427-1041

From: The Boathouse

Salt water? Blecch! Instead of riding the broiling streets to a gritty beach in Brooklyn, we'll pedal under shady trees to a swimming pool at Tallman State Park. Long lunch hour to accommodate picnic-plus-swim. Get home about 5:15 p.m. Bring bathing suit, towel, lock, \$2 pool admission. Bring/buy lunch. Rain cancels.

Sunday, August 29

ALL-CLASS RIDE TO KINGSLAND PARK

A21, A19 80/70 MI 9:00 AM Westchester, What a Concept!

Leaders: A21 Beth Renaud (212) 274-9463 A19 Todd Brilliant (212) 274-9463

From: The Boathouse

Well, it's a good thing the all-class is in Tarrytown; with that charity walk coming across the bridge today, this is no day to head for Jersey. Hills and miles aplenty before the lunch stop in Tarrytown. This year, I'll try to not get a bee sting on my face in the middle of nowhere.

B17/18+, 15/16, 14/15 55/75 MI 9:00 AM Summer Bees

Leaders: B17/18+ Wendy Cohen (212) 532-4803, Jim Drazios (718) 225-1842, Peter O'Reilly (212) 414-1937, B15/16 Robert & Annaline Dinkelmänn (212) 876-1344 or Robert.Dinkelmänn@chase.com, Cathy Martone (212) 979-0969, B14/15 Hindy and Irv Schachter (212) 758-5738

From: The Boathouse

Kingsland Park has one of the prettiest views overlooking the Hudson and her natural beauty. The Westchester routes looping around to the All Class picnic are classics. Bring plenty of water, pocket food and a helmet please.

C13/14 55 MI 9:00 AM View of the Hudson's Splendor

Leaders: Marina Bekkerman (718) 783-5355 and Laurie Nisco (212) 961-1129

From: The Boathouse

Picnic on a grassy hill rolling down to the Hudson with a breathtaking view of nature's splendor while being warmed by the sun and caressed by the river valley's breeze. Gourmet delis and local pizza are conveniently located. Come and share the experience with fellow bicycling enthusiasts. Remember to bring water and your helmet, of course.

Wednesday, September 1

A18 60 MI 10:00 AM Wednesday Matinee Series: Das Bike

Leaders: Jill Tucker (212) 431-3029 and Beth Renaud (212) 274-9463

From: The Boathouse

If you're suffering from city-induced claustrophobia, this journey will alleviate symptoms caused by either tight living quarters or the shoulder-to-shoulder throngs on West Broadway.

Saturday, September 4

A19 60/70 MI 9:00AM Out Yonder I

Leader: TBA

From: The Boathouse

The summer heat is subsiding and century riding weather is coming our way. A snappy and orderly paeline in preparation for the BIG one.

B15/16 50+/- MI 9:00AM Custom Ride I

Leader: You Decide

From: The Boathouse

Enjoy Labor Day weekend with some of your soon-to-be closest riding buddies. Enjoy a low-impact pickup ride to the destination of your choice.

Sunday, September 5

A19 60/70 MI 9:00AM Out Yonder II

Leader: TBA

From: The Boathouse

The summer heat is subsiding and century riding weather is coming our way. A snappy and orderly paeline in preparation for the BIG one.

B15/16 50+/-MI 9:00AM Custom Ride II

Leader: You Decide

From: The Boathouse

Enjoy Labor Day weekend with more of your soon-to-be closest riding buddies. Ride fast or ride slow. Let the weather and your mood decide.

Monday, September 6

C12 25 MI 12:45 PM A Brooklyn Residential Tour

Leader: Terry Chin (718) 680-5227

From: Picnic House, Prospect Park (2 blocks from the Third St. entrance)

Explore some of the quieter sections of Brooklyn. We'll ride through Borough Park, Bay Ridge, Brighton Beach, Sheepshead Bay, Midwood, Kensington, and others. Co-led with 5BBc. Bring lock, snack, or money for it.

Out Of Bounds

C-SIG Revisited

Leader: Irv Weisman mclarke@shiva.hunter.cuny.edu

I'm prepared to lead another C SIG in August and part of September if I get enough respondents. The SIG will cover

- 1) aspects of bike handling
- 2) traffic safety, signalling, and group riding
- 3) roadside adjustments of brakes and derailleurs
- 4) fixing flats, and
- 5) effective use of gears and cadence

Let me know of your interest immediately, and the day you prefer to meet

— Saturday or Sunday. A textbook may be required. Please reply to:

mclarke@shiva.hunter.cuny.edu

Saturday, October 2

The South Branch Watershed Association is an environmental organization in central western New Jersey. Over the past forty years we have been active in this area, working to preserve water quality and open space. Every fall we hold a bicycle tour as a major fundraiser. We offer 10, 25, 50 and 100k routes. This year our tour is scheduled for Saturday, October 2. We welcome riders from all area clubs. Experienced bikers have planned the routes through some beautiful country; the terrain varies from flat riverbanks to moderate hills. Routes start, stop and share lunch in the same location — and we offer delicious lunches and snacks. Registration is \$10.00 for individuals; we ask each rider to raise \$100.00 in pledges. It's for a great cause, to preserve an area through which so many people love to bike.

If you would like more information or registration forms you can call our office at (908) 782-0422, e-mail us at SBWA@eclipse.net or write us at SBWA, 41 Lilac Drive, Flemington, New Jersey 08822. Our home page is at www.eclipse.net/~sbwa/

October 8 - 11

A/B/C Columbus Day Weekend

Leaders: Various

From: Phonecia, N.Y.

Enjoy Columbus Day Weekend in the Catskills. See Page 12 for details.

Hot Time At Club Getaway

By LOU S. POKES

It's time to stop thanking **Gerry Wendrovsky** for Sheffield. This month's hero is **Rich Borow**. When he volunteered to "help" **Christy Guzzetta** with the West Point weekend, Rich had no idea how much work he was in for. After collecting money from 90 people and answering hundreds of phone calls, he had to start all over again and contact every one of those people when the Hotel Thayer announced their reservations weren't complete and they wouldn't be ready for us on July 3rd.

50 e-mails, a dozen faxes, and another 200 phone calls later, Rich was still working on the details at 5:00 pm Friday afternoon, when many of us were already on our way to Club Getaway. Rich won't be volunteering for anything in the near future. Thank you, Rich!

And thanks to **Linda Wintner**, **Lynn Sarro**, **Margaret Cipolla**, **Suzanne Levin**, and **Jeff Vogel** for stepping up to lead rides.

Notice "The Weatherman" doesn't have a byline above. And well he shouldn't. He's been banished to Death Valley, the Sahara

Desert, or someplace else sizzling after putting us through the inferno at Club Getaway. The weekend started out well enough. Friday evening's showers brought the temperature down to a comfortable 70 degrees. Saturday afternoon though, it climbed to 92 degrees and it only got hotter and hotter after that, reaching triple digits by Monday afternoon.

Did the heat stop anyone from having a great time? Not this group. Rides were kept short so we could enjoy the lake and all the water sports (or rock climbing, or trapeze, or ...). **Ellen Medins** won the unofficial award for participating in the most activities in one day. She started the day off with a three mile run, then went rock climbing, followed by a kick boxing lesson, a wall climb, and finally the swimming race across the lake and back. How many miles did she squeeze in on her bike that day? None!

A close second in participating in activities which do not require a bicycle was **Basil Ashmore**, who had obviously been on water skis before. Even more impressive than his water skiing was how quickly he picked up on the trapeze. By the end of the weekend, he was participating in the trapeze demonstration with the regular staff! Rumor has it he's considering running away to join the circus. Of course there were some things Basil hasn't perfected. On Karaoke night we got to listen to him sing Sinatra's "My Way," his way. Stick to the trapeze, Basil.

Melanie Ashmore, Basil's sister, showed athleticism runs in the family as she did well on the trapeze and won Club Getaway's award for the best rock climber of the weekend (or was it wall climber - it was too hard to keep track). Fortunately, Melanie stayed away from the microphone.

Another notable accomplishment was **Hanna Robson's** win in the swimming race across the lake. Of course, we won't talk about **Simon Nadulek's** attempt at the trampoline. Nor will we discuss **Steve Tublin's** attempts at just sitting in a tube on the lake. It's amazing how something so seemingly simple can actually be so difficult.

And then there was **Henry Joseph**, whose accomplishment was doing repeats on I-684 while searching for his cycling shoes.

Being out in the country there were several wildlife reports (no, not about the "Club Getaway wildlife"). There were sightings of vultures, wild turkeys, and huge, furry dogs which were bigger than bears. There were also beavers. (No, this is not a "Club Getaway Wildlife Report.") **Laurie Nisco** took out a kayak for an early morning trip around the perimeter of the lake. The beaver, obviously unaccustomed to anyone being up that early, was startled. He (she? it?) poked his head up, took a look at Laurie, flapped his tail with a splash, dove underwater, and was not to be seen again. The real question is, how did Laurie get up so early? Usually she closed the bar, the last NYCC member to bed every night.

And then there was the deer which tried to interrupt **Lisa Lurie's** hill repeats. Lisa was so close to hitting the deer on one of her descents she needs to be tested for Lyme disease.

Of course, there was one "Club Getaway Wildlife" story to tell.

Everyone would be sitting around the lake relaxing, and someone (usually one of his friends) would call out "Spencer Alert!" All eyes would scan the waterfront and dock for the **Spencer** sighting.

(Apparently, this had something to do with Spencer's inability to enter the water without touching somebody, anybody. -ed.)

So, did any real riding take place? Of course. On Saturday most rides went to Litchfield. 55 miles with 5000 feet of climbing. When it was learned the gourmet deli, the usual lunch stop, was closed, **Alan Resnick** stopped at Dunkin Donuts and brought back donuts and munchkins for everyone. He also supplied us with Power Gels in the morning. Alan, eat some real food! Of course Alan was also dispensing his usual free cycling advice, whether you asked for it or not!

On Sunday morning, while all of us were waiting out the rain and rearranging our schedules so as to not ride in the afternoon heat, **Cliff Marbut** decided it was time to ride. Rain or shine, hot or hotter, he was doing the 60 mile unscouted loop around Candlewood Lake. His only complaint was the ride was shorter than advertised!

On Monday morning, Spencer, **Chris Goebel**, and **Rob Reinmann** decided to ride all the way back to New York City, all 85 miles in 101 degree heat. **Annette Dilorio** was going to go with them, but decided the lake was more appealing than the Grand Concourse. Smart woman. Spencer and friends haven't been heard from since.

And all weekend the talk on the road was of **Elizabeth Emery**. No, Elizabeth wasn't there but her look-alike **Robin Read** was. They look alike, sound alike, and both graduated from the A SIG, although eight years apart. Robin, I hope people don't expect you to ride like her, too. That will be quite a challenge. Good luck.

So, how much fun was this weekend? **Suzanne Levin** brought several books to read. She brought them home unread. I'm sure others did too. On all three nights at midnight there were still NYCC members in the bar, at the show, or just sitting around talking. The New York Cycle Club. Midnight. Wow! And according to Hanna Robson, "This is the best weekend since I've been here." When questioned further she said this was the most fun she's had anywhere since she arrived in the United States 18 months ago. If that's not enough to get Club Getaway on our annual calendar, I don't know what is.

"This is the best weekend since I've been here."



After our one-month hiatus, we are back! **Lou S. Pokes** has filled you in on the dish at the July 4th weekend; we're going to fill you in on how our club members are faring in the height of the racing season.

The first report is from the New York State Track Championships at the Kissena track on July 8, 9, and 10th in Kissena, Queens. **Karl Dittebrandt** crashed on the first night of the matched sprints, but managed to end up with a bronze medal in the 500 meters, silver in the 2000 meters, and gold in the Olympic sprint. **Mike Howard** (who is blond now - he was a stunning brunette) took bronze in the 2000 meters and silver in the points race, and in the process settled an old score. Karl says in his usual nonchalant way, "Old men can still medal." **David Copeland** took silver in the points race. We hear his wife **Jill Hamburg** is pregnant with their first child — two things to celebrate!

At the Masters Nationals in June in Frisco, Texas, everyone from New York medaled. **Karl Dittebrandt** and his team mates **Mike McDonald** and **Tim Carey** took 5th in the Olympic Sprint (last year, they were 11th — a big improvement). In order to qualify, their combined ages had to be 135 years or more. Well, they more than qualified: Karl and Mike are 58 and Tim is 51. The only gold medal winner from New York was **James Joseph** in the matched sprints. Other medalists included **Diedre Murphy**, **Tony Taylor**, and **Karl Whiteman**.

There's lots of news on the women's racing front. The successes of **Jamie Nicholson** (who has won lots of regional races and is now having top national

results as well), **Ann Marie Miller** (who took second overall at Fitchburg stage race cat 3), **Beth Renaud** (who took a fourth overall at Fitchburg cat 4), and **Stephanie Bleacher** (seventh overall at Fitchburg cat 4). Wow! We are really impressed.

Bo Arlander continues to impress us as well. On June 6th, she won her age group in the Blackwater Eagleman half Ironman qualifier and thereby secured herself a slot for the Ironman World Championship in Hawaii later this year. On June 27th, she did Ironman Europe and managed to win her age group with a time of 10:20:11. That time put her at 16th woman overall (including pros). Based on her result in Ironman Europe, the head coach of the Finnish Triathlon Association nominated her to the Finnish national team for the European Long-Course Championship which will take place in Almere, Holland in early September this year. Bo is very excited - not only will they be paying for all her travel expenses, but they will also supply her with the national team outfit. When does she relax?

One of our favorite riders, **Karin Fantus** (who gives so much to the club) has qualified for Paris-Brest-Paris this year. But how she did is a testament to her determination and perseverance and discipline. She returned to Syracuse, New York July 10th and 11th to redo a 600k brevet in order to qualify for PBP. Karin and a group of other NYCC members including **Art Crowley** and **Mike Yesko** went up over the July 4th weekend to ride the course. If the heat, which in case you don't remember was in the upper 90's with humidity to match, wasn't enough, they were also caught in a sudden thunder and lightning storm. They had already ridden 170 miles of the day's 225 when it struck, striking down trees and power lines. They took refuge on the porch of a welcoming resident until the storm spent itself. The next day, **Jim Konski**, head of the interna-

tional randonneurs, announced that anyone who wished to could return the next weekend to try it again. Undeterred, **Karin** drove to Syracuse on Friday after work and with just a couple hours of sleep, she launched her campaign. While the weather may have been more amenable, the hills and headwinds were not. Finishing the first of 2 loops, she grabbed a couple hours of sleep and went all out on the final 150 of the 375 miles. Most of the route was a reverse of the previous day, but that doesn't mean that she now had tail winds; no, they had altered the direction to insure a challenging ride. Finally finishing, her brevet card was reviewed for any inconsistencies. With none found, she was duly certified to start training for Paris. As is typical for the NYCC, present a challenge and its members will rise to the occasion. Bon courage **Karin a.k.a. "Never Give Up" Fantus!**

One more little tidbit, though it's not about winning medals but rather about winning people over. **Alfredo Garcia** was leading a joint NYCC/5BBC ride to Staten Island on June 26th. Getting on the ferry, he noticed two riders without helmets. One wore a baseball cap and the other kept barking about how nobody's going to kick him off the ride. The barker had a very expensive Global Positioning System unit on his handlebars - with the use of the US military satellite transmission links high in the sky, it functions like a regular cyclo-computer. With all his high-tech gadgets (he also had a portable phone powered by pedaling), too bad he wasn't down to earth about his protective headgear. Making his usual leader intro, **Alfredo** made a firm and uncompromised sermon about helmets being required on his bike ride. Two things happened: the GPS man shortly disappeared. The baseball cap fellow after the lunch stop went to a bike shop on Hylan Blvd. and purchased a colorful new helmet. So, you can have a rest stop, a food stop, a lunch stop, AND a helmet stop on a bike ride.

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NYCC Members Successful at CRCA Women's Clinic

'99 SIG Grad Faulhaber Takes 3rd Place

BY ANN MARIE MILLER

June 19th, 1999 was a giant leap for women's sports with a sell-out crowd jamming the Meadowlands for the opening round of the 1999 Women's Soccer World Cup. Across the Hudson, another small step for women's sports was made with the Team CRCA/Setanta Women's Racing Clinic.

The clinic was organized to promote women's racing and provide a "training race" to introduce new racers to the sport. Out of 21 women who showed up bright and early for the 5:30 registration and pre-race meeting, nine were NYCC Members. Team CRCA/Setanta members (many of whom belong to the NYCC themselves) provided race guidelines and helped with last-minute preparations. New racers learned age-old tips like removing frame pumps and seat packs when racing, and were initiated into the sacred order of racers with the official "pinning" of race numbers.

Excitement was high as the eager racers took their place at the start line and waited for the countdown. As they rolled out, the riders were held to a controlled pace on the first of four laps while Setanta team members and guest coach Mary Allen rode with the group giving instruction. The new racers had a chance to settle their nerves and get comfortable in the peloton on the first lap. When the control was lifted, the racers picked up the pace. The Setanta team shouted encouragement and tips on racing etiquette as the race unfolded. New racers learned concepts like "don't half-wheel the rider in front of you," "hold your line," "feather your brakes, don't slam on your brakes" and "relax, stay loose, don't stiffen up."

When riders lost the main group, a Setanta rider scooped them up and pulled them back to the field. The women raced with conviction and members of a strong lead group took turns pulling. These women were fierce and quickly started to pick up some racing skills and ride like pros.

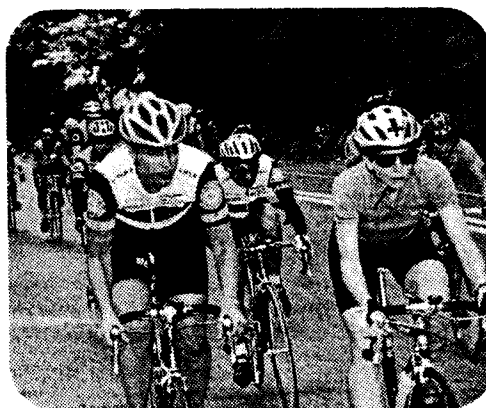
On the last lap, race strategy was demonstrated on the 110th St. hill, with three riders - Lauren Robertson and '99 SIG graduates Lynn Faulhaber and Regina Hammond - breaking away. At first, the break group was strung three abreast across the park drive, but Setanta coaches Ann Marie Miller and Stephanie Bleecher quickly organized the break into a rotating pace line. Not to be left behind, several ardent racers formed a chase group that caught the break on the south side of the park. Excitement grew as it looked like a sprint finish. Several riders looked strong coming around the carousel, but up Cat's Paw Hill, Andrea Grossman catapulted around Robertson and Faulhaber to finish first. As the racers crossed the line, there were smiles of jubilation and relief. They had done it - finished their first official bike race!

The celebration continued with an awards ceremony where goody bags courtesy of Women's Sports and Fitness Magazine and PowerBar were given to all participants and the three grand prizes were awarded. Andrea Grossman in first place won a cycling outfit by Psoas, Lauren Robertson in second won a free 3-month membership to NY Sports Club, and Lynn Faulhaber in third won a \$30 gift certificate from Bicycle Habitat. Setanta members who coordinated the event included Stephanie Bleecher, Sarah Chubb, Ann Marie Miller, Stephanie Gould, Beth Renaud, Jeff Vogel, Conrad Meyer and David Thomas. Kristi Roberts, who headed the Women's Clinic, proclaimed the event a success. "Everyone enjoyed the race, and we were happy with the turnout," Kristi commented. Thanks to the Setanta team for helping these new racers learn how to enjoy the sport safely.

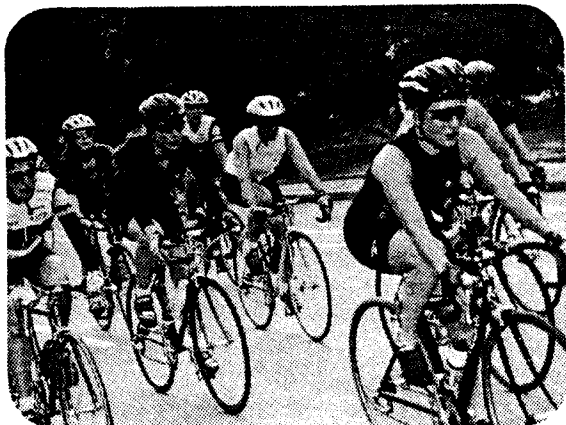
We'd like to recognize NYCC's 1999 Women's Clinic successful participants: Joanne Matuschka, Lynn Faulhaber, Wendy Cohen, Anastasia Theodoropoulos, Regina Hammond, Elle Schoenbaum, Robin Read, Ellen Meddins and Marie DeRosa.



High excitement at the start line, with Ellen Meddins mugging for the camera.



Kristi Roberts offers tips and encouragement as Lynn Faulhaber revs up to break on the 110th Street Hill.



Riders of the peloton Regina Hammond, Robin Read, Ellen Meddins and Wendy Cohen with Stephanie Bleecher and Kristi Roberts urging them on.



Wendy Cohen, Regina Hammond, Lynn Faulhaber and Robin Read check out their goody bags at the post race meeting.

All photos Marco Quezada Photography.

America's Most Beautiful Bike Ride Century on Lake Tahoe

\$2,500,000 Raised by 820 Cyclists for the Leukemia Society

BY ALBERTO ZONCA

The 8th annual America's Most Beautiful Bike Ride, a century around Lake Tahoe, took place on June 6, 1999. There were a total of 1,800 riders, of which 820 were riding for the Leukemia Society of America through the Team in Training program. As a member of the Team, I thought about sharing some information with my fellow NYCC members, since this may be a good complement to a trip out West.

I decided to attempt the challenge for several reasons, including (a) raising funds for a good cause such as the Leukemia Society, (b) completing a century in a place other than around New York, (c) riding a hilly course in the mountains, (d) visiting a beautiful location such as Lake Tahoe, and (e) spending the rest of the week in nearby Yosemite National Park. As you can see, there was no motivation driven by gambling in Nevada, although there were plenty of attractions. My wife Susan and I wasted only a few quarters in slot machines as part of the celebrations after the ride.

Lake Tahoe is located in the Sierra Nevada mountains at an altitude of 6,000 feet (1,800 m) above sea level on the border between California and Nevada. The surrounding landscape is awesome, with mountains that were still covered with some snow in early June! In fact, the skiing season had just ended and a few inches of snow fell a week before the ride.

On the day of the ride the weather was cool (35 degrees in the early morning, 50 the rest of the day) and sunny and the wind picked up in the afternoon. Even if the number of riders seems very high, I never had the impression that the ride was crowded, aside from the first few miles, as the cyclists were spread out by the open start (6:30 to 8:00 a.m.) and by the first climb a few miles into the ride. The ride started on the South shore and circumnavigated the lake clockwise. The actual circle around the lake is 72 miles long and represented the short option, too short

for us NYCC riders. For the actual century they added a route that leaves the Lake for about 14 miles and returned the same way, visiting historic Truckee, CA and Squaw Valley, home of the 1960 Winter Olympics, where the U.S. won their first Olympic hockey title. It seems that last year this additional stretch returned from Truckee to the lake through a different route which included a very steep and long hill. Most probably there had been some complaints by riders not accustomed to climbing (NYCC "A" riders would have loved the climb). Nevertheless, there remained plenty of hills. In fact, it included an 800-foot climb to a rest stop overlooking Emerald Bay and a 1,000-foot climb to the highest point, Spooner Summit, located at 7,044 feet (2,147 m) above sea level. The total combined gain in elevation of all the hills was about 2,700 feet (823 m). I think the climbing challenge was enough for an NYCC B rider like me.

I had the pleasure to take part in this experience with the New York chapter of the Leukemia Society of America, which brought 27 cyclists. The total funds raised through this event by the Leukemia Society nationwide were \$2,500,000. This is a remarkable achievement and will be a very important contribution towards the research bringing us closer to a cure for Leukemia. My performance was good and I was able to complete the century in 10 hours (including breaks) with a riding average of about 12 m/h (20 km/h). I had a personal "ammiraglia" driven by my wife Susan Theilheimer. She was a very good supporter and, as the car was very comfortable, it was difficult not to indulge in long breaks. I had a great time and I would like to do it again. As for any ride, the unsure factor is the weather, which was very good this year, but could be colder, wet or even snowier.

If anyone is interested to take part in this ride next year, information can be obtained at www.virtuallake.com/tgftbike or the Leukemia Society will be glad to assist anyone interested in participating in its fundraising efforts.

A little ditty presented to Irv Weisman, our leader, at the June monthly meeting, with love and affection from the 1999 C-Sig.

(To the tune of "Bye-bye Blackbird," with new lyrics by Susan Contento and Patricia Janof)

Pack up all your gearing woes
Here we come, riding slow
Straight up Linden

C-Sig is the name we bear,
Sweaty tights, helmet hair,
Fly down Clinton

Only Irv can love and understand us
Breakdowns are just lessons to expand us

So, pack those bags, load the bikes,
Fifty miles sounds 'bout right
C-Sig, RIDE ON!

Thanks for the rides, Irv!

Save This Date:

Saturday, October 2

For

The 1999 Escape From New York Century!!!!

Three destinations: Bear Mountain - 100 miles, Rockland State Park - 62 miles and Piermont - 50 miles. Think you've done this century before? Guess Again!!!

New route to Bear Mountain, additional rest stops, more support.

It's a whole new century!!!!!!

NYCC Columbus Day Weekend in the Catskills October 8-11

Spectacular fall foliage, delicious food, fun people, great rides: join us October 8-11 for a fabulous weekend in Ulster County.

Phoenicia, 25 miles west of Kingston on Route 28, in the heart of the Catskills, is the perfect location for our fall escape. Bed and breakfasts, inns, lodges, and motels abound, and we all know the riding is excellent. (People never get lost — they just wind up on the wrong beautiful road!) New Paltz is about 65 miles round trip by bike (with or without climbing Mohonk Mountain); Woodstock is 15 miles away, and it's just a short detour from there to Devils Kitchen. The notorious Peekamoose-Sampson-Slide-Mountain loop is a mere 70-mile ride, albeit most of it is vertical! And there are literally thousands of miles of other scenic roads to explore. All rides will start and end at the Phoenicia Elementary School on Route 214. And don't forget to bring your hiking boots — a number of people are planning to forgo a day in the saddle to take advantage of the area's bountiful hiking trails.

The group dinner on Sunday will be an all-you-can-eat, all-you-can-drink barbecue Sunday afternoon, outside at Als Restaurant in Phoenicia. The price is \$25 per person and must be paid in advance. Please send a check payable to Jeff Vogel, 102-10 66th Rd., Apt. 14E, Forest Hills, NY 11375, by September 15, 1999.

The following is a list of accommodations in the area. Please make your own reservations. Any questions, call Jeff Vogel, (718) 275-6978, after August 13.

Phoenicia

Cobblestone Motel: (914) 688-7871 (Inexpensive)
Phoenicia Motor Village: (914) 688-7772 (Inexpensive)

Chichester (2 miles from Phoenicia)

Maplewood Bed and Breakfast: (914) 688-5433 (Inexpensive)
Silver Creek Cottages: (914) 688-9912 (Inexpensive)

Mount Tremper (4 miles away)

La Duchesse Anne: (914) 688-5260 (Moderate)
Lodge at Catskill Corners: (914) 688-7900 (Moderate)

Shandaken (6 miles away)

Copper Hood Inn Spa: (914) 688-9962 (Expensive)
Lamplite Motor Lodge: (914) 688-7130 (Moderate)
Ramblebrook House Bed and Breakfast: (914) 688-5784 (Moderate)
Shandaken Inn: (914) 688-5100 (Expensive)

Boiceville (7 miles away)

Ontera Mountain House: (914) 657-6233 (Expensive)
Trail Motel: (914) 657-2552 (Moderate)

Hunter (13 miles away)

Heartbreak Hotel: (518) 263-5050 (Inexpensive)
Hunter Inn and Motel: (518) 263-3777 (Moderate to expensive)
Scribner Hollow Lodge: (518) 263-4211 (Expensive)
Terrace Garden Motel: (518) 263-4422 (Moderate)

Pine Hill (13 miles away)

Bellayre Youth Hostel: (914) 254-4200 (Cheap)
Pine Hill Arms: (914) 254-9811 or 254-4012 (Moderate)

Woodstock (13 miles away)

Twin Gables Guest House: (914) 679-9479 (Inexpensive to moderate)
Woodstock Inn: (914) 679-8211 or (800) 697-8211 (Moderate to expensive)

The next in a series

BEFORE THEY WERE NYCC MEMBERS...



Beth Renaud c. 1971

Send your submissions to the editor.
(Confidentiality assured for "surprise" submissions.)

Sidewalk Cafe

American
Continental
with ...



... A
Southwestern
Flair

Sizzling Fajitas - Vegetarian Dishes - Stir-Fries
Fresh Seafood - Sandwiches & Salads
Chicken & Ribs - Kid's Menu & Take-Out
12 oz Drafts - Bud & Sam Adams - Always \$1.00
Frozen Daquiris - Margaritas - Pina Coladas

Lunch Stop Sponsor for
New York Cycle Club's Century Ride,
Saturday, October 2, 1999

Reservations Accepted for Inside Dining
482 Piermont Ave Piermont, NY 10968
(914) 359-4439

Stop the Press!



The above is an ad which appeared in the Arkansas Democrat-Gazette on Thursday, June 17th. Action was taken to correct the unfortunate photographic illusion ... but not before the image was published.

Thanks to Richard Rosenthal for this memorable piece of advertising.

Escape from New York Century

Saturday, October 2ND 1999

Discover the thrill of riding scenic back roads across the George Washington Bridge on New York Cycle Club's fully supported rides. Choose from three clearly marked rides:

7:00 AM CENTURY (100 miles) — Bear Mountain Blast: a challenging, scenic new route to this classic Century destination.

8:00 AM METRIC CENTURY (62 miles) — Rockland Roll: a friendly ramble to serene Rockland Lake State Park.

9:00 AM HALF CENTURY (50 miles) — Piermont Pleasures: pedal to a charming and historic village on the Hudson.

Start/Finish at 122 St./Riverside Drive, opposite Grant's Tomb, Manhattan, NYC.

Cost: \$20 until September 24 (including T-shirt)
\$25 day of the event.



FOR ENTRY: download application from our website <http://www.nycc.org>

or send SASE to: ENY c/o New York Cycle Club, POB 20541, Columbus Circle Station, New York, NY 10023.

The Last Century of this Century — Don't miss it!

NYCC Ride Leader of the Month

Maggie Clarke

Maggie Clarke is our "Ride Leader of the Month". These days you can find her leading scenic, C13 rides, and occasionally slow B rides on backroads and in the 'burbs of Westchester, Bergen & Rockland, Essex and Passaic, Fairfield County, Connecticut, the lower Hudson Valley, Nassau County, and on Club events in the Berkshires, Catskills and Connecticut shoreline. Her philosophy is to choose routes to maximize great scenery with botanical and environmental interest, while minimizing heavily traveled roads. Being a Geography-Brain, she can memorize routes after doing them a couple of times; her rides often have dozens of turns. Her pet peeve is riders who disrupt rides by pushing the advertised pace or by not keeping a straight line.

Maggie hails from Miami, Florida, where at 18 months she used her keen sense of direction to help her geography-challenged mother get to her destination, and where, at age 9 (after 2 weeks of daily crashes), she taught herself to ride by coasting down an inclined driveway which ended in a 90 degree turn into a tight, circular court (Ouch!). Maggie began her adult riding by commuting to work in Washington, Boston/Cambridge and New York in the 1970s (it was faster and cheaper than taking mass transit!). She began longer distance riding after surviving the memorable, 12-hour (no Verrazano route, never to be repeated), second annual, Five Borough Bike Tour in 1978, and four 24-hour Pepsi Bike Marathons in Central Park, all accomplished on a three-speed.

She joined the Club at the Marathon in 1980, and began leading rides for the NYCC in 1981. A 3-week bike tour in China in 1981/82 sold her on the joys of bicycle touring. In 1983 she was

the Club's Secretary, during which time she sent dozens of letters on behalf of the Club to state legislators encouraging them to pass legislation requiring Metro-North to accept bicycles (they did), issued and compiled results of a Club questionnaire, and compiled a history of Club policies as voted by the board from 1978 to 1983. Also during 1983 she was the sole survivor of Irv Weisman's 6-month progressive training series, and completed her first century.



Over the years she has led many scores of B and C rides, and has frequently co-lead B and C spring training series with Irv Weisman, including this year's C-SIG. She has chronicled Club rides and tours in her photos (including the Club's Canadian Rockies tour in 1988), some of which have been shown at Club meetings and have recently appeared on the cover of the Bulletin. Maggie has recently co-authored and championed the Club's Rider Guidelines, which promotes safe and orderly group riding, as well as the Club's 1997 member opinion survey. Her favorite rides feature her most scenic routes: the lower Hudson Valley-Storm King ride, the Mianus/Old Greenwich Point Park ride, and the Montclair/Little Falls/Paterson Falls ride.

These days, in addition to her Club activities, Maggie has been finishing up a doctoral dissertation on waste prevention at CUNY's Earth & Environmental Sciences program, teaching courses in environment and geology at Hunter College and has recently accepted a full-time position teaching Geography at Rutgers University in the Fall. She is also founder and president of the Riverside-Inwood Neighborhood Garden, a triangular botanical garden passed regularly by Club rides, now under renovation and expansion, located just west of Broadway at Dyckman St. in upper Manhattan.

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

10th Annual

NYC CENTURY BIKE TOUR

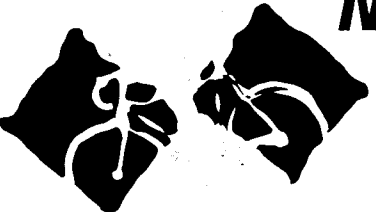
PRESENTED BY
TRANSPORTATION ALTERNATIVES

the city's advocates for better cycling and sensible transportation

Sunday September 12, 1999



rain or shine

Our apologies - the ride fell on a holiday and we were unable to reschedule.



Registration forms available at NY metro area bike shops or visit www.transalt.org

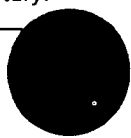
Thanks to our rest stop hosts:

Central Park start & finish → Four route choices → Multiple rest stops

All riders receive a commemorative 1999 NYC Century organic cotton t-shirt. Travel through parks, on greenways, and via neighborhood streets you've never seen before. The views are spectacular and the company is good too. Choose your route, choose your pace... just don't miss the NYC Century!

- Free massage at the finish, courtesy of FingerWorks!
- Even bigger rest stops - stocked to satisfy!
- New 35 & 50 mile routes, and improved 75 & 100 mile routes!



Experienced marshals and volunteers needed! Call Lisa at 212-629-8080 to sign up.



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: _____

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 NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

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

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

NAME: _____ SIGNATURE: _____

NAME: _____ SIGNATURE: _____

ADDRESS / APT _____

CITY _____ STATE _____ ZIP (REQUIRED) _____

DAY TEL _____ NIGHT TEL _____ E-MAIL _____

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

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

☐ Individual — \$21

☐ Couple residing at the same address — \$27

Too Good To Pass Up!
Come to the Meeting August 10
when we are going to give
Ed Fishkin

another chance to present the slide tour of his Northern Italian Ramble (cut short by our busy July meeting). It was a beautiful trip with great slides and better stories. This will also give him some more time to think of a clean joke. We know this will be a challenge for him.

Please come and bring a friend. Or why not "invite" a member you haven't seen at a meeting in a while?

O'HARA'S at 120 Cedar Street, 3rd floor
(1 block south of the World Trade Center, enter on Greenwich Street)

Salad, rolls, pasta buffet (veggie, meat, or chicken), and coffee - \$15

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

Indoor bike parking available.

1 and 9 or N and R to Cortland Street; 4 and 5 to Wall Street; E to World Trade Center.

|||||.....|||||.....|||||.....|||||.....
Chris Mailing
Arlene Brimer
2128 N Sedgwick St Apt 11
Chicago IL 60614-4674

A

FIRST CLASS MAIL
DATED MATERIAL!

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

NYCC

PRESORTED
FIRST CLASS
U.S. POSTAGE
PAID
PERMIT NO.
7288
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