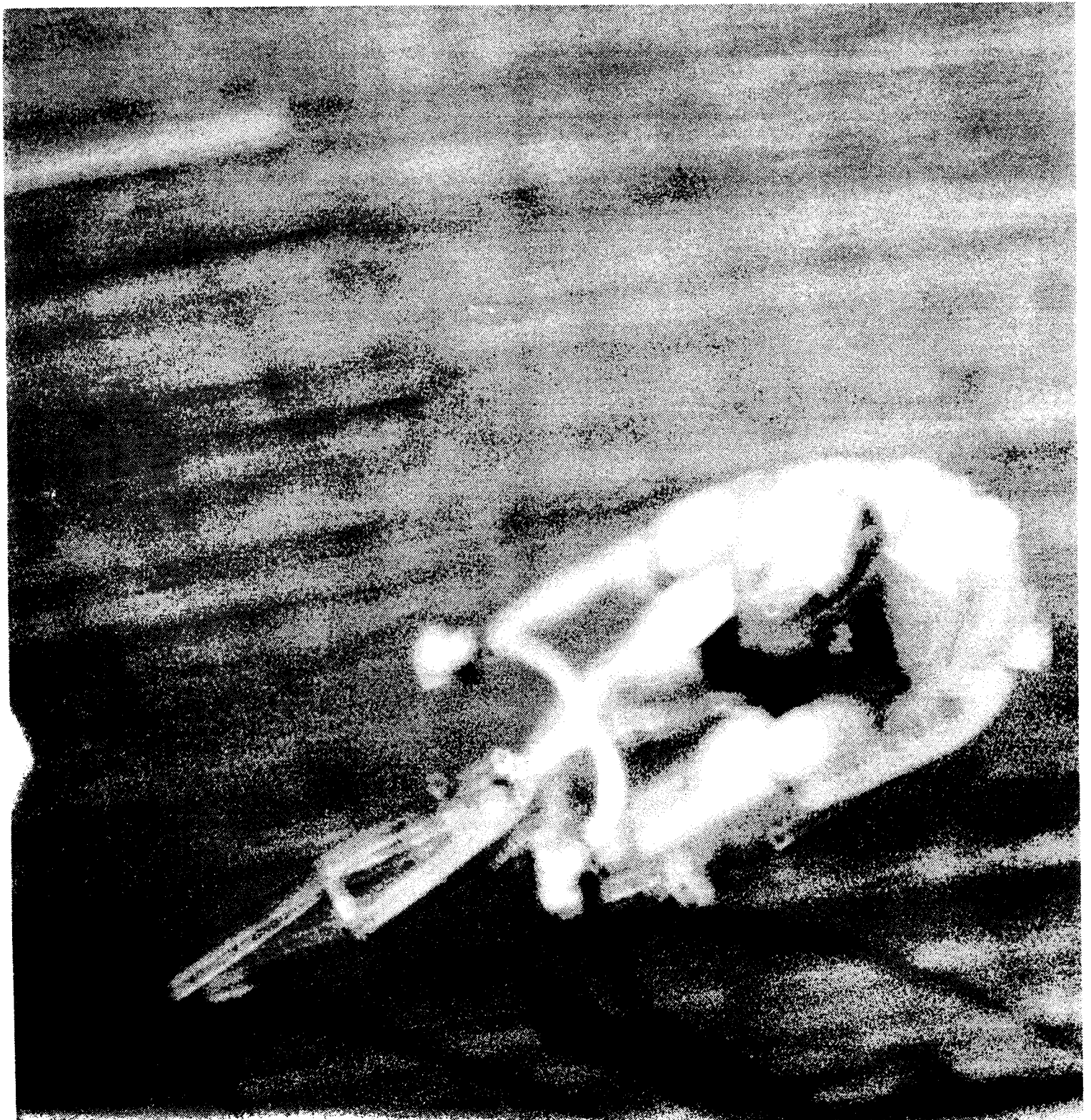


February
1999

February 1999

NYCC *Bulletin*[™]



President's Message

by **BEN GOLDBERG**

I'm happy to say the year has started off well for the club. Our January club meeting at Bar 54 was a great success, with the highest January attendance in recent memory. Happy Friedman and Dr. Rock Positano gave a great presentation on the biomechanics of cycling. The food was good and plentiful, and everyone seemed to have a good time.

I'm especially excited about the speaker for the February club meeting. John Eustice is a former professional racer, having twice won the U.S. Professional Championship and having ridden with European teams in some important European races. He has the ability to recount the tales of the road in a way which keeps you on the edge of your seat. I used to attend some of his CRCA training sessions, and listening to him talk (while doing 25 mph) helped me forget how my legs and lungs were burning. Each year, he provides expertise and commentary for ESPN's coverage of the Tour de France. Don't miss hearing John at the February club meeting.

As you all know, the primary purpose of our club is to organize rides. Without ride leaders, this would not happen. Thus, I'd like to recognize and thank our top 10 ride leaders of 1998, in terms of the number of rides led:

1. Gary McGraime 29
2. Jill Tucker 21
Paul Rubenfarb 21
4. Ron Grossberg 19
5. Terry Chin 18
6. Tom Laskey 16
7. Bernie Brandell 14
8. Irving Schachter 13
9. Hindy Schachter 12
10. Karin Fantus 11

Next year, perhaps you can be part of this list. PLEASE, volunteer to lead a ride!

See you on the road!

A Night at the Ballet

Friday, February 19 6:30pm

Join me for a special evening at the New York City Ballet. We will be seeing "Jewels", 3 wonderful ballets by Balanchine ("Rubies", "Emeralds", and "Diamonds"). I have arranged for us to meet one of the NYC Ballet dancers and have a brief tour backstage at 6:30pm before the 8pm curtain call. Seating is in the Fourth Ring (meaning we're in the peanut gallery but the view is still excellent). Meet me at 6:15pm in the lobby of the New York State Theater in Lincoln Center. Be on time! Latecomers will miss the tour. I have a limited number of tickets, so reserve ASAP by sending a check made out to NYCC for \$20 per person to:

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Submit copy via e-mail or 3.5 inch diskette plus hard copy. Advise operating system, software, phone number, and email. Material may be edited for length and clarity. A full page of text is 750 to 1,090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

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

VISIT OUR WEB SITE:
<http://www.wnyc.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, February 6

A19 50-60 MI 9:00 AM Northvale or Beyond

Leader: Phil Simpson (718) 639-6264

From: The Boathouse

Mid-winter ride to keep the legs moving. Northvale Diner if the temp. is below 40° or if I haven't ridden in the last two weeks. Otherwise, we'll go a few miles beyond. At this time of year, we'll expect to ride together to keep warm, and anyone who wants to hammer is welcome to go off the front. Temp below 30°, gale force winds, or gunky road conditions cancel.

B17 50 MI 9:30 AM Somewhere, It's Summer

Leaders: Wendy Cohen (212) 532-4803 and Henry Joseph (212) 989-8176

From: The Boathouse

Remember warm weather? Hold that thought as we cruise up to Northvale. The usual cancels.

C13 30-40 MI 9/10:00 AM I Cover the Waterfront

Leaders: Gary McGraime (212) 877-4257 and Ludwig Vogel (212) 838-0852

From: The Boathouse at 9:00 a.m. and the GWB Terminal at 10 a.m.

A moderately flat ride along the New Jersey coast with fantastic views of Manhattan. We'll stop at the Yaohan Japanese Food Emporium for coffee or tea and bean pastries before proceeding south to experience the striking contrasts between urban sprawl and the natural meadowlands. Our group may stop for a photo opportunity before crossing the Bayonne Bridge to Staten Island. We'll follow the coastal road to the ferry terminal where we'll find a selection of food to bring on our "free cruise" to New York. Wet, ice, or high winds cancel. Helmets required.

10:00 AM Intro. to Club Riding & Effective Cycling #3

Leaders: Irv Weisman (212) 567-9672 and Maggie Clarke

Course topics include: Bike fit and adjustments, roadside repairs, traffic skills, clothing, map reading, gearing and cadence, and nutrition. Call Irv for the location of this indoor class.

Sunday, February 7

A19 60 MI 9:00 AM Beyond White Plains

Leader: Gary McGraime (212) 877-4257

From: The Boathouse

A steady spin and scenic miles deep into Westchester. It's a great time to invest, pending the weather, in exploring new routes for the spring. If we go too far, we'll return via train, so bring your Metro-North pass. Wet, ice, or strong winds cancel. Helmets required.

B17 60+/- MI 9:00 AM Nude/Non-Nude Nyack

Leader: Spencer Koromilas (212) 867-8678

From: The Boathouse

Maybe River Road, maybe a little 501. We'll see. Nude bathing at the leader's discretion. The usual cancels.

B15 40 MI 10:00 AM Scarsdale

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

From: First Avenue and E. 64th St.

At this time of year, a little later means a little warmer. We are heading for a warm cup of coffee anyway at the Coffee Tree in Scarsdale. We have an interesting route home. Please note that an expected high below 45°, rain or snow gently (or not so gently) falling, or ice and snow on the ground all mean that we sip caffeine at home.

C13 25 MI 10:00 AM Frostbite #10: Ethnic Food in Astoria, Queens

Leaders: Alfredo Garcia (212) 802-2441 and Ed DeFreitas (5BBC) (718) 946-3227

From: City Hall

We'll convene in Queens for supreme cuisine. Our Greek repast will be served at Uncle George's. We'll enjoy some outdoor museums alongside the waterfront before heading to Roosevelt Island. We'll take the tram back. Predicted high below 30° cancels. Co-led with 5BBC.

Saturday, February 13

A18 50-70 MI 9:00 AM Pray for Sun

Leader: Fred Steinberg (212) 787-5204

From: The Boathouse

Today, I'm going as far as I can, based on weather, road conditions, etc. Northvale? Nyack? Fort Lee? Twin Donuts? You name it. Temperatures below 20°, wind over 20 mph, rain, snow, icy roads cancel. Call leader by 8:45 if in doubt.

A/B 40 MI 10:00 AM The Nathan's Expedition

Leader: Herb Dershowitz (212) 929-0787

From: The Boathouse

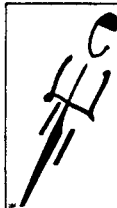
Annual ride to Nathan's in Coney Island. Dogs and fries. Vegetarians and mountain bikes welcome.

B16 50-70 MI 9:30 AM Cheesecake, Most Any Way You Want It

Leader: Karin Fantus (212) 873-5559 or BikeK@aol.com

From: The Boathouse

You can (A) ride to Tarrytown, do cheesecake, ride straight back. Or, (B) utilize every last calorie and enjoy the scenic route home via White Plains. Extra hills will be provided to keep us warm. High temp below 30° cancels.



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C12 25 MI 10:00 AM Yaohan Plaza, Again.*Leader: Alfredo Garcia (212) 802-2441**From: City Hall*

It was wet and messy in January, but the Far East shopping mall in Edgewater, NJ, still awaits us. Green tea ice cream, sumo wrestling trading cards and other good things Japanese are available. Bring strong lock(s) to secure bike to greenway railing on the Hudson. We will ride to a Waterways ferry in Hoboken back to Manhattan. Co-led with 5BBC.

10:00 AM Intro. to Club Riding & Effective Cycling #4*See Feb. 6 listing for details.***Sunday, February 14****A18 50 MI 10:00 AM St. Valentine's Day Massacre on River Road***Leader: Richard Rosenthal (212) 371-4700**From: The Boathouse*

The reason you won't be able to watch me getting massacred by the climbs along River Road en route to Piermont is you'll be ahead of me as I once again, and more than ever, lead from the rear. Snow and/or temp. below 32° at start cancels.

B17 50 MI 9:00 AM White Plains Valentine Express*Leader: Mark Bernstein (718) 833-6648**From: The Boathouse*

This is a great ride, even when it's really cold, as we found out last month. So we'll do it again, sans the big hill at the end. Back by 2:30. Temp. below 32°/rain at 0700 cancels. No silly calls the night before, please.

C13 30 MI 10:00 AM Frostbite #11: Flat Rock Brook Nature Preserve*Leaders: Arlene Ellner (NYCC) (212) 677-3306 and Ed DeFreitas (5BBC) (718) 946-3227**From: City Hall*

Attention valentines: Before killing yourself trying to get reservations at Balthazar, why not invite him/her on this bike-and-hike adventure instead? Remember, nothing quickens the romantic pulse like nature (except maybe chocolate). Bring a lock, money for lunch and park contribution, and a Hershey's for your sweetheart. Predicted high below 30° cancels. Co-led with 5BBC.

New York Cycle Club Ski Weekend February 12-15, 1999

Attention to everyone who is tired of going to the gym or sprinting on the trainer - go skiing. The annual NYCC ski trip is the perfect cross training opportunity. This year, we are going to Londonderry, Vermont. It is very convenient to both downhill and cross country skiing:

- * 2 miles to cross country (Viking) and close to several other areas
- * 9 miles to Bromley
- * 14 miles to Stratton
- * 19 miles to Okemo

We are staying at Dostal's Resort Lodge; a full service hotel with a heated indoor pool, whirlpools, game room, lounge, bar and restaurant. The cost is \$259 per person (double occupancy). This includes 3 nights lodging, 3 full breakfasts and 2 dinners. Although the trip has been officially closed out, there is always someone who cancels at the last minute. So if you are interested, call Reyna Franco at 212-580-5695 to find out if there any room.

Monday, February 15**A20+/- 60+/- MI 9:00 AM Helmets?***Leader: Jeff Vogel (718) 275-6978**From: The Boathouse*

Let's just ride our bikes.

B16 45+ MI 9:00 AM Happy 267th!*Leader: Fred Steinberg (212) 787-5204**From: The Boathouse*

We'll observe George Washington's birthday by visiting some of George's haunts in Bergen and Rockland counties. Lunch/brunch in Northvale.

Saturday, February 20**A18-20 45-55 MI 10:00 AM Reasons to Be Cheerful***Leader: Mark Martinez (212) 496-5518**From: The Boathouse*

Part 1: It's 28° or warmer at 9:00 a.m. (according to NY1), and the roads are mostly free of melting slush - we're riding at 10:00.

Part 2: It's under 28° at 9:00 a.m., but the roads are free of frozen crud - we're skating (in-line) at 10:00.

Part 3: It's raining, sleeting, snowing or the streets are big-time slick - reset your alarm, turn off your phone (I already have), and get back into bed. (You truly compulsive types can go spinning - just don't tell the rest of us.)

A18-19 50-55 MI 9:15 AM The Ego-alter-ego, He Said, She Said 9:15 Compromise to Nyack Ride*Leaders: Frank Grazioli (212) 529-9462 and Rita Tellerman (212) 865-8489**From: The Boathouse*

"Nyack," he said. Said she, "You were expecting more?" Help us dust the snow off our winter legs and get prepped for the new SIG season by making a coffee and muffin run to the Runcible Spoon. 501? 505? 9W? "I'll go with group choice," he said. Said she, "Choice? Hah." Take advantage of this rare opportunity - it won't last. Paceline skills, patience for possible headwinds requested. Company of former SIG-mates hoped for. Rain, snow, temps below 32° ("as per NY1," she said!) at 8:30, and/or conflict of egos or overly fabulous turnout may result in two rides, different routes. Or no ride at all.

B16 45 MI 9:00 AM I Cover the Waterfront*Leader: Ludwig Vogel (212) 838-0852 or ludwig@bway.net**From: The Boathouse*

Experience the most panoramic view of Manhattan. A loop across the GVB and south along the Hudson will bring us to the area's best Polish food. 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.

C14 30-35 MI 10:00 AM King's Point*Leader: Jim Drazios (718) 225-1842**From: The Statue of Civic Virtue (E/F train to Union Turnpike)*

A quick ride to King's Point. Hot chocolate or a coffee at Starbucks, and an optional deli stop. Return by 2:00. Temps less than 32° cancel.

10:00 AM Intro. to Club Riding & Effective Cycling #5*See Feb. 6 listing for details***All Class 2:00 PM Cross Training: Skating in Central Park***Leaders: Laura Schwartz (212) 866-0209 and Suzanne Levin (718) 398-2649**From: Wollman Rink, Central Park*

Meet inside Skatehouse by Wollman Cafe sign. Skate and be happy, no

matter what the weather. It costs less than a movie, and you get a good workout. Admission: \$7.00. Bring your own skates or rent a pair for \$3.50. Special apres-skate hot chocolate treat at nearby cafe.

Sunday, February 21

A20 60 MI 9:00 AM Back Door to Nyack

Leader: Marc Mauceri (212) 749-2685

From: The Boathouse

Instead of utilizing the traditional 9W/Piermont strategy, we'll approach from the west, over the ridge, and take the populace by complete surprise.

B15 50 MI 9:30 AM Haven't-Been-on-a-Bike-Since-October Ridgewood Ramble

Leaders: Kim Keleher (212) 867-7188 and Douglas Riccardi (212) 228-9423

From: The Boathouse

Join us, as we get reacquainted (with our bikes, that is) in the Jersey 'burbs. The usual cancels.

C13 30 MI 10:00 AM Frostbite #12: Coney Island Dreaming

Leaders: Scott Wasserman (NYCC) (914) 723-6607 and Ed DeFreitas (5BBC) (718) 946-3227

From: City Hall

We'll ride out to Coney Island on a quest for Totonno's Pizza, rated the world's greatest. Predicted high below 30° cancels. Co-led with 5BBC.

All Class ~8 MI 9:30 AM Cross Training: The Great Annual Frozen Foot Expedition

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

Meet for breakfast between 9:00-9:30 a.m. at Zaro's Breadbasket in Penn Station's main passenger terminal (the Zaro's with round tables). We'll hoof it south, visiting Chelsea Market, the West Village and SoHo, then east to Orchard Street (have you ever tasted a freshly baked bialy?) and Chinatown, then over the Brooklyn Bridge, maybe ending at Junior's for a late lunch. Plenty of bail-out points. We go in anything but rain.

Saturday, February 27

A19 50+/- MI 9:30 AM Park Ridge? Pearl River? or Even (Dare I Say) Nyack?

Leader: Tom Laskey (212) 496-1636

From: The Boathouse

If the weather keeps up the way it was in early January we'll be sleeping in today. On the off chance it's actually rideable, we'll head out for a friendly and modestly challenging ride to one of the above destinations. Let's be brave, temps below 25° (brrrrrr), or precipitation of any stripe cancels.

B16 40 MI 10:00 AM Syosset

Leader: Jim Drazios (718) 225-1842

From: The Statue of Civic Virtue (E/F train to Union Turnpike)

Like last month, we'll play it by ear and see how far we want to go. Syosset Diner is a great warm-up spot and is strategically located for easy access to beautiful routes. Early return. Below 32° cancels.

B14 35 MI 10/10:45 AM Over the River and Into the Woods

Leader: Alinda Barth (212) 928-5399

From: The Boathouse/GWB Bus Terminal

A ride along River Road, for those of us who like a later start. We'll

return along 9W and have a late lunch at a diner. Poor weather and/or road conditions cancel.

C12 20 MI 10:00 AM Brooklyn Residential Tour

Leader: Terry Chin (718) 680-5227

From: The Picnic House, Prospect Park (near the 3rd Street entrance)
Tour the quieter sections of such Brooklyn neighborhoods as Borough Park, Bay Ridge, Sheepshead Bay, and Midwood. Co-led with 5BBC.

10:00 AM Intro. to Club Riding & Effective Cycling #6

See Feb. 6 listing for details.

Sunday, February 28

A19-21 60 MI 9:00 AM One More Week to Go

Leader: Todd Brilliant (212) 274-9463

From: The Boathouse

After a full winter of pounding over Westchester hills and gym sessions destroying the Lifecycles there, I'm ready. Yes, that's right, I was that guy mashing his big ring in December and January, when everybody was saying that those are the months to work on your spin. Now it's almost the time to see if my plan is going to work - that is, to see if I can kick butt this spring. If I don't burn out, wreck my knees, or just plain drop dead, maybe I'll write a book about it. At the very least, this is the first winter I've actually lost weight. Join me for a ride to Nyack, with the hardness of the ride dependent on what I did the day before. Precip or temps below 30° at start cancel.

B16-17 50+/- MI 9:30 AM Park Ridge

Leaders: Bob Hancock (212) 496-4075 or rhancock@panix.com and Carol Waaser (212) 581-0509 or waaser@aol.com

From: The Boathouse

We'll attempt to reach 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 a.m. cancels.

B16 60+/- MI 9:00 AM Bluebird of Happiness

Leader: Caryl Baron (212) 595-7010 or baronny@aol.com

From: The Boathouse

Of course, you don't just find happiness; you have to work for it. There just isn't a flat route to the Anderson Hill entrance of SUNY Purchase, and no guarantee the bluebird will still be there. But is happiness a bluebird, or a day of riding? Helmets required, mini binoculars recommended. Bring Metro-North pass for optional White Plains bailout. Temp below 34° cancels.


C13 25 MI 10:00 AM The Frostbite Finale: Bayonne for Pancakes

Leaders: Marina Bekkerman (NYCC) (718) 851-1527 and Ed DeFreitas (5BBC) (718) 946-3227

From: City Hall

We'll take the ferry to Staten Island and then ride to Jersey, where we'll replenish ourselves with plates of delicious hot cakes. We'll also visit Liberty State Park. Predicted high below 30° cancels. Co-led with 5BBC.

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Saturday March 6**A-SIG 24 MI 9:00 AM The Fun Begins**

Leaders: Judy Morrill (212) 866-0462 and the entire 1999 SIG leaders team

From: The Boathouse

The start of the 1999 A-SIG series (see article elsewhere in the Bulletin). Sounds boring, four laps of Central Park, ugh! Don't be fooled. Meet your leaders, meet the people you'll be riding with for the next 12 weeks, learn what this is all about. Plan to ride the four laps in 1 hour, 35 minutes. Then, we'll meet in the Boathouse for some introductions. Look around, many of these faces will not be there come the graduation ride on May 12. Will you? Helmets required. Aero bars prohibited. Mountain bikes not allowed. Rain date: Sunday, March 7. If both days are not rideable, we will meet in the back of the Boathouse at 11:00 a.m. on Sunday to review the series.

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

Leader: Keith Goldstein (212) 982-9461

From: You know where

Why say anything else?

B-SIG 45+/- MI 9:00 AM B Training Series #1: Beyond the Bridge to Closter

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

From: The Boathouse

A shakedown ride to find out who's who and set goals for the ten-week progressive B Training Series. Safe cycling skills and group riding etiquette will be the order of the day.

B16 50+/- MI 9:30 AM Where Else But Nyack?

Leader: Tom Laskey (212) 496-1636

From: The Boathouse

Today is the official start of the 1999 cycling season, so if you're not doing the B Training Series, join me for a pleasant jaunt to our favorite destination along the Hudson. If the weather is agreeable, perhaps we'll add a few miles, if it's not, we won't. Please note later starting time, temps below 30°, or any type of precipitation cancels.

C-SIG 24.1 MI 10:00AM C SIG #1 Self-Classification Ride

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

Meet at Central Park's East Drive at 72nd Street near 5th Avenue entrance - NOT at the Boathouse. This is the first C SIG ride, but other club members are encouraged to participate in this timing and self-classification. Future rides in this series will emphasize bike handling, group riding, traffic skills, and touring - not racing skills. Wet roads or temperatures below 40° cancels. Rain date is Sunday, March 7.

Sunday, March 7**A18 50+/- MI 9:00 AM Post-Race Spin (or Longer)?**

Leader: Rich Borow (212) 348-2661

From: The Boathouse

Since I'm writing this listing almost two months in advance, I'm leaving my options open on this one. Assuming the Spring Series begins today with a race in Central Park, this is going to be an easy post-race spin to one of our usual destinations. However, if there's no race and nice weather, I expect to be much more ambitious in terms of distance, so be prepared. If the weather's lousy - or the Spring Series starts in Prospect Park - don't wait for me at the Boathouse. (Leader reserves the right to make his own determination as to who is appropriately outfitted to participate in this ride.)

B 35 300 MI 5:00 AM "B" Serious

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

From: Gary's House

Albany for breakfast. Return by 4:30 PM. Since we'll be riding fast, it won't matter how cold it is. Pocket food and thermos suggested. Please note we may not hold the advertised pace and mileage. Alternative - B16, 55 mi, 9:00 a.m., from the Boathouse.

C 12 30 MI 10:00 AM Over the River & Thru the Bronx

Leader: Dick Goldberg (212) 874-2008

From: The Boathouse

A much-less-traveled route thru the Upper West Side, Harlem, Washington Heights and Inwood thru the Cloisters to Riverdale and into the Bronx. South thru 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 Bronx Terminal Market. Home before 3 pm. Temp below 30° at 9 a.m., slick roads or precip cancels.

Sunday, March 14 to Saturday, March 20**A17-21 250-300 MI The Walden School of Cycling**

Leader: Chris Mailing (773) 665-0401, abcmailing@earthlink.net

From: The Orlando airport

Join me in sunny Florida for a week of cycling, coaching, and seminars at the Walden School of Cycling in Sorrento, Fla. While the school is designed to teach A riders what they need to begin bicycle racing, many experienced racers return each year to refresh fundamental cycling skills. Practice advanced pacelines, cornering skills, time-trial starts and turn-arounds, sprint finishes, and hill-climbing techniques in groups suited to each rider's ability. Evening seminars include training program design, nutrition, and bike fit. Tuesday and Thursday afternoons and evenings are free time for relaxing or going to the beach. Director Dale Hughes advertises six nights' lodging, 17 meals, and all coaching programs for \$589, but will give the NYCC a group rate for signing up together. E-mail or call me by Feb. 14 - I'll answer your questions and include you in the NYCC group going down to Florida.

**A FINAL THANK YOU...**

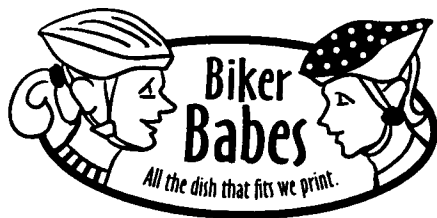
...to the founders of the New York Cycle Club's Escape From New York Century - the original steering committee of Steve Britt, Reyna Franco, George Kaplan, Jane Kenyon, and Mitch Yarvin. And a very special thank you to Judy Meyer (Conrad, too) for her invaluable contributions above and beyond the call of duty.

This year's planning committee is Tom Laskey, Caryl Baron, Carol Waaser, Bob Hancock, Dona Kahn, Cathy Martone, Annaline & Bob Dinkelmann, Wendy Cohen, and Karin Fantus.

We need volunteers! If you would like to volunteer, contact Carol Waaser at (212) 581-0509.

NYCC Self-Classification Rides

On Saturday, March 6, Irv Weisman has scheduled a Self-Classification Ride in Central Park for the C SIG, but would be happy to include any other club members. Each person does the four laps while Irv times him or her lap by lap. At the end of the four laps, you'll have your total time from which you can determine your cruising speed. Riders who cannot complete the four laps will still learn a great deal about their ability, so come out and do it.



Not much dish to deliver this month, we're sorry to say. Remember to e-mail us at nyccnews@yahoo.com.

At the annual CRCA holiday party in January, two of our members won awards. **Ann Marie Miller**, a former A SIG leader, won Best Climber. We're not surprised. She makes the hills look like they don't exist. Remember that she beat everyone to the top of Mount Greylock during the Berkshires weekend '98 (and that ride included LIBC members). **Jamie Nicholson** won two awards: Best All-Around Woman Rider and Member of the Winning Women's Team. Congratulations!

One of the Babes received a 1999 Bike Riders catalogue in the mail. Bike Riders offers some of the most expensive bike tours around. And whom do we find inside? The NYCC's very own globe-trotting **Jay Jacobson** in a matching Mercatone Uno outfit. His photo was fea-

tured on the alumni page. Now Jay, what bike tour company haven't you tried?

The fabulous and infatigable **Christy Guzzetta**, head of the A SIG for more than 10 years, chose **Judy Morrill** to be the new A SIG captain for 1999. After Christy told Judy the good news, Christy's first question to the new A SIG captain was, "Can I be a leader?" Judy, who took the A SIG in 1997 and was a leader in 1998, is an accomplished athlete and a big proponent of women in sports. She played soccer at Hollins College, has run 12 marathons, and completed the Vineman Ironman in 1998 in California wine country. She swims, bikes, and runs all year round and can be spotted at 6 a.m. in Central Park running with her husband, **Randy Taylor** (who has also been an A SIG leader). Judy was head of a committee which succeeded in bringing back the Women's Half-Marathon to Manhattan, the only half-marathon for women in the country. She is very excited to be captain this year, and we think that with all of her accomplishments and enthusiasm Judy will do an outstanding job.

Linda Wintner just returned from a Backroads trip to New Zealand, and she

was the only rider of the group who rode every mile of the route each day, in spite of horrendous hills and 80-plus miles a day, with strong headwinds. Every other rider hitched a ride in the van for at least part of the route, but not our Linda. And she did it on a rented mountain bike and not on her new Merlin, which she reluctantly left at home. Also on the trip, taking the place of **Dona Kahn**, who was still nursing a broken arm, was **Becky Hrdy**, who represented the estrogen set when she was the only woman who volunteered to bungy jump (as did five men) out of a group of 23 cyclists. When it was her turn, she leapt off the platform without a moment's hesitation and her performance was flawless. She was such an inspiration that another woman in the group later decided to jump as well. So, who needs testosterone?

Let's welcome to the world, **Julian**, newborn son of **Al Boland** and **Sarah Oppenheim**, who started off his first month doing the right thing, attending a New York Cycle Club monthly meeting. It's a good thing he looks like his mom; he's really cute.

That's all for this month - please, please send us some dish for the next column.

NYCC Ride Leader of the Month

Scott Wasserman

Our ride leader of the month for February is Scott Wasserman of Scarsdale, N.Y. Scott was chosen for this recognition because of the wonderful series of C rides he leads for the NYCC, even though he is a fast B rider. It turns out, however, Scott is even more interesting for his phenomenal dedication to cycling - read on!

Scott has been cycling for 10 years and has been a member of the NYCC for roughly the same length of time. He is also a member of the 5BBC and the Cycle Club of Westchester. He leads rides for all three clubs. In each of the past five years, he has ridden - get ready for this - between 14,000 and 17,000 miles. That works out to 270-330 miles per week, every week of the year! Scott works full time as a computer systems support staff member for the Bank of New York (he holds a computer science degree from RPI), but he gets up every morning and hits the road at around 4:15 a.m. to ride between 30 and 50 miles before returning home and getting ready for work. On both weekend days, he rides with a club. When he leads a

C ride for the NYCC, or goes one of our B16/17 rides, he rides the 23 miles from Scarsdale to Central Park, does the club ride, and then rides home again, for a total of 90-plus miles. The furthest he's ever cycled in one day was 196 miles from Seattle to Portland, which he completed despite suffering from an Achilles' tendon injury.



Since he rides so much in Westchester, some of Scott's favorite NYCC destinations are on Long Island. He particularly enjoys rides to Oyster Bay and other towns on the North Shore. Scott also likes to cycle in foreign countries, having recently returned from a tour of New Zealand with Backroads.

Last month, Scott got rid of his car, which was 12 years old but had only 35,000 miles on it. His bike is his primary mode of transportation for shopping and running errands in Scarsdale.

Scott, the NYCC salutes you for your contributions to our ride program and for your sheer dedication to cycling.

And The Winner Is...

by GENE VEZZANI

Remember all of those "Fun Categories" which you voted for on the November ballot? The winners were announced and certificates were presented at the December 15th NYCC Holiday Party. Congratulations to all of our winners!

Best Dressed Man:	Tony Nappi
Best Dressed Woman:	Linda Nappi
Most Improved Man:	Henry Joseph
Most Improved Woman:	Stephanie Bleecher
Comeback Rider of the Year:	Irv Weisman and Barbara Shweky
(TIE)	Beth Renaud and Todd Brilliant
Best Couple:	Gary McGraine
Best Ride Leader:	Runcible Spoon
Best Diner:	

Special Award:

A special presentation was also made at the holiday party honoring **Karin Fantus** as the 1998 L.A.B. Volunteer of the Year for the New York Cycle Club.

NYCC Berkshires Weekend 1999 May 29-May 31

It's not too early to make your B&B reservations for the Memorial Day Weekend in the Berkshires. Rooms go fast. Here is a list of B&Bs in Sheffield and nearby towns:

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

Helpful Tips for February Riding

by **STEPHANIE BLEECHER**

Are you feeling chubby and irritable? Has your bike become a laundry rack? Here are a few suggestions for folks who want to pick up their riding in February so they are in great shape by the time it really counts.

Indoor Training

With short days and sloppy weather, this is a time of year when indoor training can be a big part of your saddle time. I guarantee you will see the difference in your riding if you use your wind trainer once or twice a week for up to an hour per session in February and March.

Pluses: A wind trainer can be great for working on your spin (pedaling smoothly with quick cadence) or for longer tempo workouts (steady pedaling while holding your heart rate within a constant range for increasing periods of time, recommended to start at 20 minutes). You can also practice one-legged pedaling in smooth circles to improve your stroke. While on your trainer, it is also a good time to think about relaxing your upper body, keeping your elbows bent and not having a death grip on the handlebars. Every now and again, it's good to wriggle your fingers and pretend you're playing the piano.

Minuses: Wind-trainer workouts can be so boring. I always keep these supplies within reach - the remote for the TV, a small towel, and a big bottle of water. Remember to turn on the fan before you start. CNN goes well with wind-trainer workouts, and cycling videos are also fun. You can mimic the pros' good form or even imagine that you are in the race, too. The towel and water are needed because you sweat like a pig and get extremely thirsty. Another wind-trainer essential is a fiancé/domestique for the times you forget to put on the fan, need a water bottle refill or get phone calls during workouts.

Cold-Weather Riding

You have probably taken some time off the bike by now because of a busy work schedule, the holidays or lousy weather. Don't feel guilty

about that, but think about it as a positive. Rest is good for the body, and enthusiasm for cycling can be renewed after a break. After weeks or months off the bike, however, be careful not to push too hard too soon. This is not a time to stress your body, but to ride within your limits and focus on your bike-handling skills. This is a great opportunity, as it is hard to focus on your form when you are fighting like anything to keep up with the group. There will be enough for that later in the year. In general, ride in the small chain ring throughout February, and build up to harder rides gradually.

What to Wear in the Cold

Layers are always good, and be sure to get synthetics which wick sweat away. Silk stuff is nice and light and works well enough, but it gets clammy, which is disgusting. For the top, start with thermal long underwear under a thick woolly or fleecy thing and then an old jersey on top so you have pockets. On the outside, wear a windbreaker or thermal-type jacket which breathes. For the bottom, normal tights are almost always fine, except when it's less than 25 degrees, when you can wear long underwear bottoms under your tights. Some people love their thermal tights, but long underwear with regular tights works just fine for me.

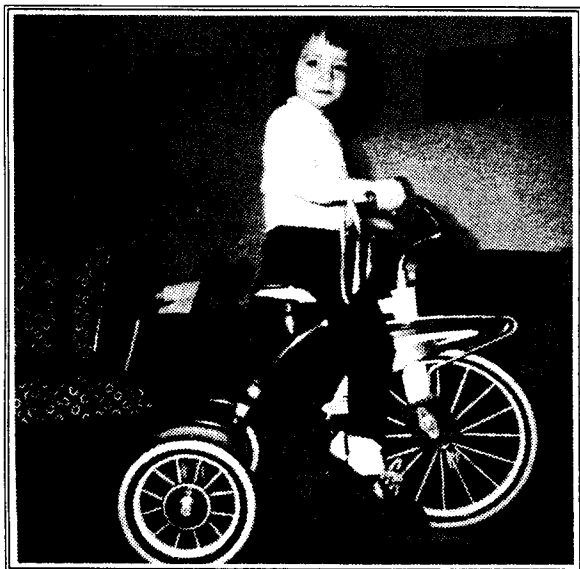
Protecting your extremities is key. Be careful not to wear socks which are so thick the circulation gets cut off in your feet because your shoes are too tight. Performance booties are great, and they are almost always on sale at this time of year. There are lots of warm gloves on sale at this time of year, too. For me, glove liners are essential. Same principle: Layers are key. I prefer a headband to keep my ears warm, but on extremely cold days I wear a balaclava (no one is telling you to put Greek pastry on your head), though it can make my helmet fit too tightly and cause a headache.

Don't worry too much about being coordinated here; you will be sorry if you sacrifice a layer just to look cool. However, remember it is always more fun to ride with people who are well put together.

So there you go, this should get you started. The main thing is actually riding - outdoors, on the wind trainer, whatever - as opposed to not riding.

The first in a series (hopefully)

BEFORE THEY WERE AN NYCC MEMBER...



Margaret Cipolla c. 1963

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

THE C SIG

The C SIG, coordinated by Irv Weisman and Maggie Clarke, will start on Saturday, March 6 with a self-classification ride around Central Park. The SIG will run through Saturday, May 22 (see ride listings).

This year's C SIG will be a follow-up to the course "Introduction to Club Riding and Effective Cycling," but is independent of participation in that course. (You can get in on the four remaining February sessions. See write-up elsewhere in the Bulletin or call Irv Weisman at 212-567-9672.)

The SIG will comprise C-paced rides of increasing distance and speed. During the course of the SIG, we will do exercises to enhance our traffic and bike-handling skills and will learn and practice other skills to deal with roadside repairs and adjustments.

The rides will generally start from the George Washington Bridge Bus Terminal. Initially, the distance of the rides will be short, approximately 20 miles at 10 mph cruising speed, and will conclude with a 50-mile ride at a faster pace. With the help of guest leaders, we plan for additional loops on many of the rides so that stronger and faster riders can stretch their legs, so to speak.

If you have touring goals for this summer, this SIG will give you a structured training program to help you accomplish your dreams. Join us on our first ride, even if you can't do more than two laps around the park, and get started toward your goal.

The Gran Fondo - otherwise known as the Big End

by LORI TUROFF, DIRECTOR OF LA CORSA TOURS

You fill out the entry form, send it in with your fee, plan a training schedule and do your best to stick to it. After many miles in the saddle, the big day arrives. You check in at the official race hotel in time to enjoy a hearty pasta dinner with friends. After a fitful night of sleep, you awake at 4 a.m., ready to slip into workout gear carefully laid out the night before. The usual routine of concocting a special energy formula to fill your water bottles and pumping your tires to just the right pressure begins. The bike is checked out and ready to go; everything is in order. It's still dark outside as you leave your hotel room and head downstairs for some breakfast. Instead of the usual pancakes and waffles, plates are piled high with pasta. The dreaded, industrial-blend cafeteria coffee is replaced with a strong shot of properly brewed espresso.

You roll out to the race starting point, another bright speck mixed into the forming sea of color. Despite the familiar sense of excitement in the air, this is not your typical triathlon or century ride. This is the start of the Nove Colli Gran Fondo in Cesenatico, Italy. And today you will ride on the roads in the area Marco Pantani calls home. After the usual pre-race confusion, the starting gun sounds, the adrenaline starts pumping and you make your way across the start line. You've got 129 miles and nine significant climbs ahead of you. Pacing is everything. As the initial excitement dies down, the crowd begins to thin and you find your spot in the ever-lengthening chain of cyclists strung out along curving roads.

At well-placed intervals along the course you come to tables filled with cut fruit, cookies and energy drinks, manned by well-meaning locals who urge you on. More than half way through, determination kicks in to take up the slack of what is never quite enough preparation. After the three-quarter mark, without ever having said as much, you find yourself riding along with a small group, slowing down almost imperceptibly to wait for last guy in your group to make it up the hill. You chose the official timed option when you entered the Nove Colli, and a wristband which clocks your time. But you, like most riders, are really in it to complete the distance.

Toward the end of the day, your final position becomes even more insignificant. You entered one of the most historic but also most grueling, early-season Gran Fondos. You push on just to get through it. More than eight hours later, you're headed back to the Cesenatico seaport where it all began and the finish line is finally in sight. Long after your final time is forgotten, you will continue to wear the beautiful jersey you receive for entering the event with great pride.

Gran Fondo events take place in Italy and around Europe throughout the cycling season. A turnout in the thousands is common. The Nove Colli, or nine hills, is one of the most prestigious and popular Gran Fondos. The course travels through countryside and small towns of the region of Emilia Romagna. When the crowd of participants is still thick, getting through the narrow streets of the ancient cities can be a challenge. From Cesenatico, the full event or Gran Fondo covers more than 129 mi/205 kms and 3220 meters of cumulative climbing. Il Barbotto

is considered by many the toughest and steepest of the nine hills. The average number of miles ridden by the participants before the race is 1,500. More than 40% of the riders say they do hill repeats to prepare. Even so, the local bike shops say that just before the event, the most requested work is the addition of a 28-tooth cog and a triple chain ring. The frame of choice among the predominantly Italian participants is steel, with Colnago followed by Moser and Pinarello. Along the course are mechanical aid stations set up by local shops, as well as the big names in cycling, like Sachs. The front line is reserved for those who have qualified in other events. These participants enter to compete and the rivalry at the front can be intense. Pantani himself competed in the Nove Colli in his early riding days. Several of the winners have gone on to professional cycling careers. For the vast majority of recreational riders making up the remainder of the pack, to complete the full Gran Fondo is indeed to win. Every finisher receives a medal and a kiss on the cheek, or baci from the official baci girls.

Other important events during the season include the Campagnolo Gran Fondo sponsored by the famous component maker. From the Italian town of Feltre, the full 206-km course includes the climb up the Croce d'Aune. It was on this very hill Tulio Campagnolo was changing a wheel to climb in an easier gear during a race. His hands were freezing in the cold and led him to come up with the idea of the now ubiquitous quick release. On June 3, in stage 19 of the Giro d'Italia, the pros will battle for position on the same Cima Campo and Passo Manghen climbs that are part of the Campagnolo Gran Fondo course. Participants in the June 21 Gran Fondo event are likely to see the roads covered with the names of Pantani, Ullrich, and America's own Bobby Julich, painted by adoring fans when they ride over the same roads just after the Giro has passed through.

Gran Fondos come in many varieties, each with its own personality. While women are invited to enter any Gran Fondo, in 1998 the first women's-only Gran Fondo was held in the Veneto region of Italy. The Gino Bartoli, named after the cycling legend, takes place on the unpaved white roads of Tuscany where the likes of Coppi and Bartoli rode in the Giro d'Italia and other great cycling races in the old days. Some Gran Fondo events are more like a stage race. The Gran Fondo di Sardinia is a week-long event. The week begins with a traditional Gran Fondo race from Cagliari, the main town on the southern tip of the Mediterranean island, and each day another stage brings the peloton north along the shore, providing breathtaking views along the way. The stages include a timed hill climb and an individual time trial, as well as the more traditional road race. The closing event is another Gran Fondo, this one along what is called the Emerald Coast, so named for the iridescent blue-green waters seen from the rocky cliffs.

Most Gran Fondo events include one or even two shorter course options, and cyclists choose to participate in the distance best suited to their own experience level. In addition, for a reduced entry fee, riders may choose to participate as "cyclotourists" and not be timed at all. They do, however, receive complete on-route support, mechanical assistance, and participants' jersey. More important, the chance to test one's mettle, the opportunity to experience the camaraderie to be found at a Gran Fondo, and the memories to be gained from participating in such an event are unforgettable.

(La Corsa offers European bicycle vacations, several of which include the opportunity to ride in a Gran Fondo.)

**WHERE, OH WHERE, IS THE NYCC BANNER?
IF YOU'VE SEEN IT, OR EVEN VAGUELY REMEMBER SEEING IT
PLEASE CALL TOM LASKEY: (212) 496-1636.**

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
7:54 AM (HUDSON LINE)	POUGHKEEPSIE	4:12 PM
8:58 AM (HUDSON LINE)	POUGHKEEPSIE	5:12 PM
	POUGHKEEPSIE	6:12 PM
8:49 AM (HARLEM LINE)	BREWSTER NO.	4:08 PM
8:07 AM (NEW HAVEN LINE)	NEW HAVEN	3:57 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

THE LAST SIG OF THE CENTURY

1999, the last A-SIG of the 20th Century - here it comes. One more time, the A-SIG. Better and more exciting than any in the entire century. So much has happened during these annual rites of spring. Great riders have been born during this series, great friendships formed, tremendous accomplishment, heart-wrenching disappointments, life-changing experiences.

The SIG has a history; it has become a legend in the New York Cycle Club. The 1999 SIG will become part of this lore. And the legend of '99 will begin at the Boathouse in Central Park at 9:00 AM on Saturday, March 6. Nothing fancy on day #1, four laps of the park. The first day will be an easy 24 miles and then a brief get-together immediately following the ride. How many people will show up on that Saturday? If the weather is nice, perhaps 50 or 60. If the weather is cold, wet, ugly - there may only be 30 or 40 faces. Shortly thereafter, 12 weeks later, on Saturday, May 22, we are going to rip off 100-plus miles on the graduation ride. Many of those miles will be ridden in a paceline, many of them will be ridden climbing some of the biggest hills around, some of those miles at speeds greater than 24-25 mph on the flats, 40 mph down the hills. It's a long ride from Central Park in March to the top of Bear Mountain in May. And a lot is going to happen along the way. Would you like to be a part of the SIG of '99 - the last SIG of the 20th century?

Start working out - NOW! - right this very minute! It is a mistake to think you can get in shape during this series. You need to start it in shape. You should be ready to do 50 miles, a ride to Nyack in good form, before that first Saturday in March. This series is for "intermediate" cyclists, strong B riders - and stronger - who want to learn how to ride fast, real fast. The Bulletin says strong B riders can ride four uninterrupted laps of Central Park in less than 1 hour, 35 minutes. You'll be "cut" from the team if you can't do the first ride, the four laps in the Park, in under 1 hour, 35 minutes. Get in shape NOW because if you can do the four laps in time, and you participate in this the last SIG of the 20th century, you will have one of the great cycling experiences of your life. And...you will become an A rider! Promise.

Get your calendar out, check the dates off now. There will be a ride scheduled every Saturday. We schedule the rides on Saturday so in the event of bad weather, we can make it up on Sunday. Get in shape - good shape. We are going to work hard, ride hard, and play hard.

See the March Bulletin and the March ride listing for more and more and more details. I've already been going to the gym. I'm getting ready. I'm getting excited. I'm not going to get dropped. You should be getting ready as well. You don't want to get dropped either.

Questions? Show up Saturday, March 6, and they will all be answered. Or call Judy Morrill, SIG Captain, 212-866-0462.



Gear up for cooler weather with this stylish, comfortable jersey from designed by NYCC member Richard Rosenthal, manufactured by Louis GARNEAU SPORTS.

Our new club jerseys are available in 6 unisex sizes: XS, S, M, L, XL and XXL (refer to the chart below for size specifications). The new NYCC jerseys are made of Micro-Ex, which combines a smooth, wind resistant outside with a soft, fleecy inside that helps keeps you dry by wicking perspiration away. Jerseys feature a 15-inch invisible zipper and three rear pockets and cost only \$57 each plus \$3 shipping per jersey (Priority Mail).

COMPLETE the order form below, make out a check payable to the **NEW YORK CYCLE CLUB**, and mail to:

GENE VEZZANI
35 West 64th St, Apt 9-H
New York, NY 10023
Delivery time: 4 to 6 weeks.

JERSEY SIZES:

SIZE	CHEST	WAIST	HIP
Extra Small	34	28	34
Small	36	30	36
Medium	38	32	38
Large	40	34	40
Extra Large	42	36	42
X-Extra Large	44	38	44

OFFICIAL ORDER FORM

QUANTITY	SIZE(S)	UNIT PRICE	SHIPPING	TOTAL COST
		\$57	\$3/EA.	\$60
		\$57	\$3/EA.	\$60

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 reactions, 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

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History of the CRCA and Tour de France Dirt!
Come to the Meeting February 9

John Eustice

***2 time U.S. cycling champion,
Tour de France Commentator for ABC/ESPN,
President of CRCA, and very entertaining guy***

will talk to us about the fascinating 100+ year history of the Century Road Club Association (the country's oldest bike racing organization) and give us the inside story on the Tour de France - just in time to inspire us for next spring's cycling season. Get ready for a fascinating and fun evening.

New And Improved Seating Plan!!!

Bar 54 - 1701 Broadway (54th & B'way)

\$15 gets you a buffet with a choice of chicken or vegetarian pastas,
salad, bread and rolls, and coffee.

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

Near the A&C train 50th Street stop, the 1&9 50th Street stop, the B,D&E 7th Ave. stop, and the N&R 57th Street stop.

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