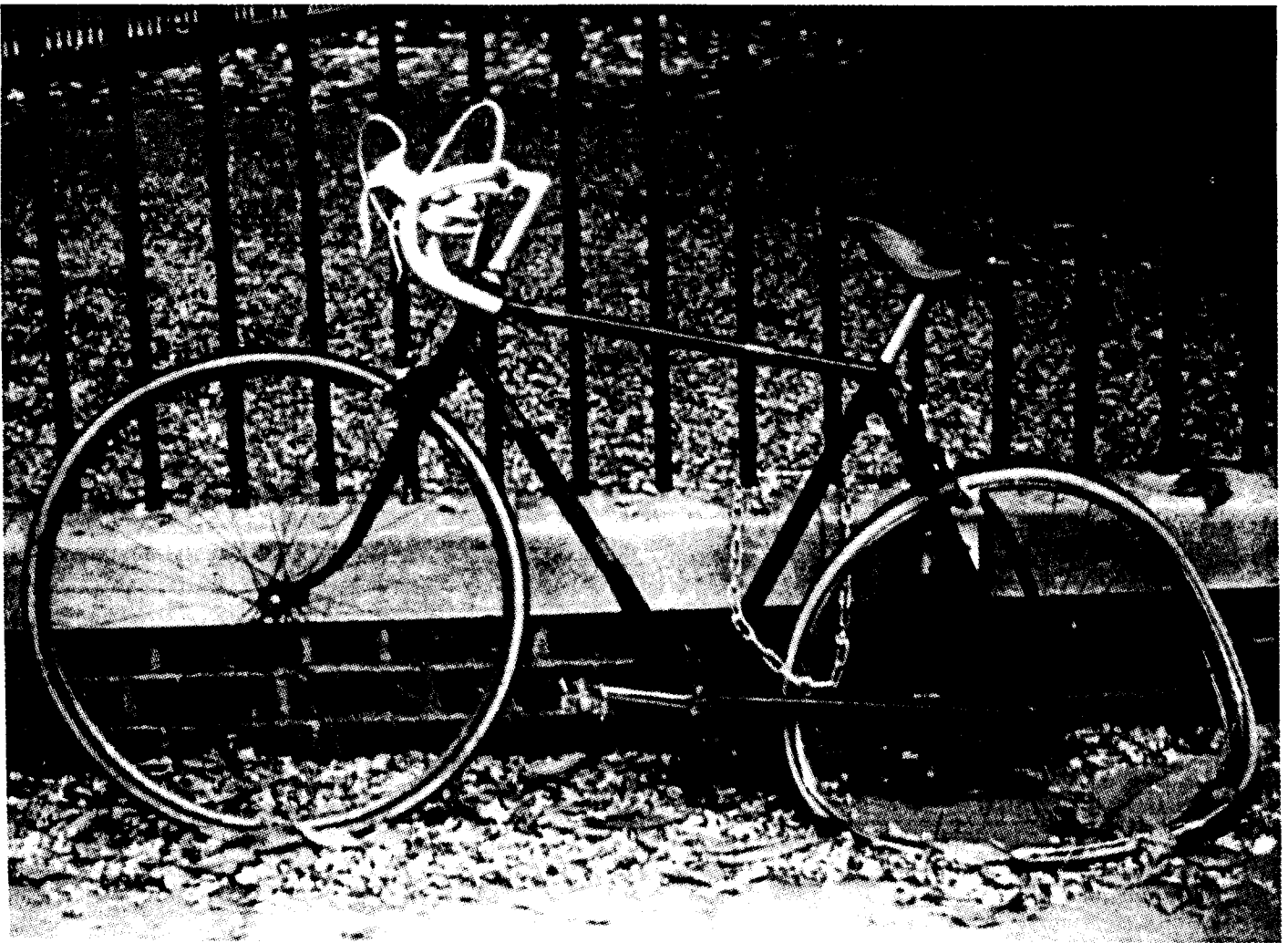


June
1999

June 1999

NYCC[↵] Bulletin™

***THIS DOESN'T HAVE TO HAPPEN TO YOU
AT THE CLUB MEETING! WE'RE BACK AT
O'HARA'S WITH INDOOR BIKE PARKING!
SEE BACK COVER FOR DETAILS.***



President's Message

by **BEN GOLDBERG**

I am writing this column from Jerusalem, where I'm spending 10 days on business. It's a lovely and interesting city, but I'm bikeless. We all have obligations that prevent us from riding for extended periods of time, even during peak riding season. Many of us worry about losing fitness; many of us don't even give it a second thought. I'm somewhere in between.

When I travel, I am generally struck by how good the cycling is in the New York area compared to the cities I visit and how easy it is, considering the size of New York City, to get to quiet suburban - and ultimately rural - roads. Furthermore, Central Park, in the early mornings and on weekdays, is unique among the major cities of the world as a resource for cyclists.

In June, we have some special ride programs starting. Sunday, June 6 is our first Newcomers' Ride of 1999. If you are a new member and want a gentle introduction to the club, this is your opportunity. On the other hand, if you are a longtime member of the club and want to have a relaxing ride and meet new people, this is also an opportunity for you.

Our first All Class Ride of the year is June 20. This is where riders of different abilities all get to gather at the same location (Oyster Bay, in this case) for lunch. It's a chance to socialize with people who you usually don't see on rides. Our July All Class ride will end up at our wonderful club barbecue, so keep an eye out for it in our July bulletin.

See you on the road!

NYCC All Sports Weekend at Club Getaway June 25- June 27

Can you do more than just ride a bike? If so, then join us for another fabulous weekend in the Berkshires; this time in Litchfield County, Connecticut (near Kent), at Club Getaway, Friday night June 25th through Sunday afternoon June 27th.

There will be A, B, and C rides led by NYCC and LIBC leaders in the beautiful, rolling countryside. Rides will return early in the afternoon to take advantage of the club's many wonderful facilities, including a lake for water skiing, sailing, kayaking and windsurfing; as well as volleyball, basketball, in-line skating, tennis, hiking, wall climbing, trapeze, mountain biking, softball, aerobics classes, golf driving range, massage classes, arts and crafts, dance classes, amateur shows and dancing at night for those who can stay awake. The food is amazingly good and there is free wine at dinner. Best of all, if we get our rides right, it's possible to have five meals on Saturday.

Call Club Getaway at (800) 6-GETAWAY and mention the New York Cycle Club to get our special discounted weekend rate of \$199 per person. Bus transportation for you and your bike from Manhattan available for an additional charge of \$35 roundtrip.

For more information, please call **Jeff Vogel** at (718) 275-6978.

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E-MAIL IS PREFERABLE

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.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.*



Tuesday, June 1

A19 35-45 MI 1:15 PM Leave Work Early Series

Leader: Reyna Franco (212) 580-5695

From: The Boathouse

Excuse #5: Tell your boss, "My great aunt is arriving in JFK this afternoon and I have to escort her into the city." Then go home, have a quick bite, and meet us at the Boathouse for a ride over the GW Bridge. We'll leave by 1:20 (as long as the leader is not late) and we'll be back before 4 p.m.

Wednesday, June 2

A19 60 MI 10:00 AM Wednesday Matinee Series: Beth and Jill's Excellent Adventures

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

From: The Boathouse

This week's feature: "Beth and Jill's Excellent Adventures" finds our heroines casting off the shackles of workaday life to lead a ragtag band of cyclists down the road to spiritual and physical enlightenment.

B17/18 60 MI 10:00 AM Nyack

Leader: Gay Shaheen (212) 452-1784

From: The Boathouse

For those of you who made the Wednesday April rides such a success, you know the drill: a brisk, friendly ride to Nyack for a refueling stop at the Runcible Spoon. The hilly way or the flat way - it's your choice! See you there. Rain at ride time cancels.

Friday, June 4

A19+ 30 MI 10:00 AM Five Laps Around the Park

Leader: Peter Sekesan (718) 417-3510

From: The Boathouse

Join me so we can practice paceline skills.

Saturday, June 5

A20 108 MI 7:00 AM I Got My Education!

Leader: Frank Grazioli (212) 529-9462

From: Call leader for meeting place.

Didn't graduate from the A-SIG because you skipped the final exam? Hooked it for a recess at the Columbia Triathlon? Or a field trip to Italy? Redeem your demerits. Feel whole, feel satisfied, and act on your desire to make all that work really final and ride with me on my summer school make-up session. Recent A-SIG candidates and past-but-still-practicing A-SIGgers welcome! Pocket food and two water bottles recommended. Deli stops in Haverstraw and Slootsburg. Bring a smile and common sense. Note: It's an A20 — paceline skills mandatory. You'll get no

remedial tutoring, but loads of encouragement and the opportunity to shout from the top of Bear Mountain, "I'm graduating!" The usual cancels.

A20+/- 55+/- MI 8:00 AM Team Setanta/Bicycle Habitat Post-Race, Cool-Down Ride

Leaders: Jeff Vogel (718) 275-6978, Ron Kahn (914) 698-6465, Todd Brilliant, and Beth Renaud (212) 274-9463

From: The Boathouse

Did we win? Did we lose? You know we raced hard. Come find out the results on this cooperative ride (you pull, we cooperate). And remember, this is our cool-down ride. If you've got a USCF license, get up early and race. Don't race on our ride.

B18 70 MI 8:30AM Suffern Succotash

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

From: The Boathouse

Feedback from this ride received favorable comments the couple of times I led it last year, so why not do it again! If you like to ride not-so-common roads, ride long stretches of road without stopping for lights, pedestrians, cabs, etc.; don't mind a few rolling hills; or have a strong anthropological curiosity for N.J. suburban living, this ride may be for you. Bring pocket food, extra water and your NJ Transit bike pass for optional bailout.

B16 60 MI 9:00AM Was It Uta's Grandma or Her Childhood Nurse?

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

From: The Boathouse

Up into Westchester by way of White Plains. We'll go over Nanny Hagen, so bring those low gears. Vote on lunch in White Plains or Thornwood. Helmets required. 7:55 AM Weather Channel forecast for rain greater than 50% cancels.

B15 45 MI 8:30 AM Out Early, Back Early

Leader: Ben Goldberg (212) 982-4681

From: The Boathouse

Let's not tie up our whole day with a ride. We will make a very quick stop and try to be back before 1 PM.

C13 45 MI 9:00 AM Connie and Nan's Urban Getaway

Leaders: Connie Pagano (212) 787-8801 and Nan Turner (973) 338-5781

From: The Boathouse

Join us for a ride to Piermont by way of a prettier route through Palisades Park. Besides the few hills to climb, there will be mostly flat to rolling terrain. Bring or buy lunch, and we'll picnic by the water at the gazebo. Please check your tire pressure and bring a spare tube.

Sunday, June 6

A21 80 MI 8:30 AM Lake Wobegon Days

Leader: Mark Martinez (212) 496-5518 or retrogrouch@hotmail.com

From: The Boathouse

A ride for strong women and good-looking men who have above-average riding and social skills. South Mountain Road (up the hill). Two water bottles and pocket food recommended.

B16 65/70 MI 9:15 AM Caumsett Park

Leader: Ron Grossberg (718) 369-2413 or ARGE401@aol.com

From: Statue of Civic Virtue (Queens Blvd. and Union Turnpike)

A spring day, some quality miles and a waterfront picnic. Any questions? Didn't think so.

C14 47 MI 9:00 AM Mamaroneck

Leader: Scott Wasserman (914) 723-6607

From: The Boathouse

I was on a ride to the harbor park in March and the winds off the water were a bit cold. By now it should be perfect for an outdoor lunch as a reward for a few of those Westchester hills. Substantial rain makes the ride unlikely.

C13 22 MI 12:15 PM Tibetan Trek to Staten Island

Leader: Terry Chin (718) 680-5227

From: Staten Island Ferry Terminal, pierside

We'll improve our karma by taking the quieter and flatter routes of Staten Island to the Jacques Marchais Center of Tibetan Art. We'll make some stops at New Dorp and Miller Field for some great views of the Atlantic and lower NY Bay. Co-led with 5BBC.

B/C (see below) Newcomers' Rides

Coordinator: Irv Weisman (212) 567-9672

These rides, open to all members, are designed to provide newer members with a worry-free introduction to club riding. See the notice on Newcomers' Rides in the May Bulletin. Refer, also, to the instructions, "Please read this before your first club ride," which appears in the back of each Bulletin. Helmets required. Fifty percent chance of rain cancels.

B16/15/14 55/50/45 MI 9:15 AM

B16 — Gary McGraime, Damon Hart, Douglas Riccardi

B15 — Ed Sobin, Richard Goldberg

B14 — Lynn Sarro, Linda Wintner

From: The Boathouse

C13/12/11 40/35/30 MI 9:45AM

C13 — Maggie Clarke, Jim Janof

C12 — Cynthia Aquilla, Pat Janof

C11 — Susan Contento, Irv Weisman

From: The GW Bridge Bus Terminal, Ft. Washington Ave. & 178th St (take the A train to 175th St. and Ft. Washington Ave.)

Tuesday, June 8

A19 35-45 MI 1:15 PM Leave Work Early Series

Leader: Reyna Franco (212) 580-5695

From: The Boathouse

Excuse #6: Tell your boss, "My great aunt is going back to Florida today and I need to take her to the airport." Then go home, have a quick bite, and meet us at the Boathouse for a ride over the GW Bridge. We'll leave by 1:20 (as long as the leader is not late) and we'll be back before 4 p.m.

Wednesday, June 9

A19 60 MI 10:00 AM Wednesday Matinee Series: Blazing Bicycle Saddles

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

From: The Boathouse

When we last saw our explorers, they were searching for the perfect rice'n'beans grub. The secret source in Wyoming referred them to an obscure town on the eastern seaboard called Nyack. Come join them.

B17/18 60 MI 10:00 AM Nyack

Leader: Gay Shaheen (212) 452-1784

From: The Boathouse

Let's leave the noise and crowds of the city behind as we catch a cool breeze on the GWB and head to the 'burbs. I can promise trees, grass, flowers, chirping birds — the works! And I haven't had coffee and cookies at the Runcible Spoon since last Wednesday. Rain at ride time cancels.

Friday, June 11

A19+ 30 MI 10:00 AM Five Laps Around the Park

Leader: Peter Sekesan (718) 417-3510

From: The Boathouse

Join me so we can practice paceline skills.

Saturday, June 12

A20 90+/- MI 8:30 AM Rambling to Mount Kisco

Leaders: Spencer Koromilas (212) 867-8678 and Rob Reimann (212) 206-ELVI(S)

From: The Boathouse

"On the horizon I see a plateau covered with thick, green grass, then a large horse farm surrounded by white picket fences." Join us for an energetic meander thru picturesque Westchester and Connecticut. We will climb up and fly down incessant hills, and of course expect the occasional hammer. Bad riders will be disciplined, laggards dropped mercilessly, humorless riders spanked silly. Required: paceline skills, Metro-North pass (in case). Cancels: Are you kidding?

A18+ 60 MI 8:30 AM Oyster Bay Watch

Leader: Todd Brilliant (212) 274-9463

From: The Boathouse

Since we've had several weeks to work on our tan lines, it's time for the NYCC's first beach ride of the season. North shore Long Island beaches pale in comparison with those of the south shore, but Oyster Bay is more fun to ride to, and we won't have to deal with the headwinds and traffic on the south shore going to Jones Beach. The only catch at Oyster Bay is that we have to get past the rent-a-cops to enter the beach and park area. All those experienced in the fine art of finagling are encouraged to come along. Plenty of water, sunscreen, and skimpy bikinis are recommended.

B17 85+/- MI 9:00AM South Mountain Road

Leader: Abe Karron (212) 663-2562

From: The Boathouse

A beautiful romp through the wilds of NJ. Be prepared for a long day. Two rest stops, but it won't hurt to bring plenty of water and pocket food. Paceline skills appreciated.

B17 75 MI 8:30 AM Caumsett Park

Leader: Jim Drazios (718) 225-1842

From: Statue of Civic Virtue (Queens Blvd. and Union Turnpike)

Let's do it again: a quality ride where you can get a speed fix on the LIE, all the beauty you can stand riding through Cold Spring, and a dose of hills at Lloyd's Neck Harbor. Or we can do a century through Oyster Bay.

Sunday, June 13

A21+ 90 MI 8:30 AM Our Favorite Ride

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

From: The Boathouse

A rolling ride to some of the most scenic and winding roads in the area. No extended climbs but lots of up and downs, lefts and rights. Picnic lunch is in a park in Old Greenwich. Then we head back on a different set of windy, scenic roads. A Metro-North pass is recommended for possible bailout in case of uncooperative legs or weather.

A20 92 MI 8:00 AM A Really Steep Hill

Leader: Drew Olewnick (718) 398-7252 or drewo@interport.net

From: The Boathouse

Many years ago there was constructed a road that traverses the Taconic Hills ridge line in Putnam County. Tinker Hill Road, as it is called, travels straight up and over a small mountain, defying basic engineering principals such as gradual grade change, switchbacks, or gravity. We will pass our bicycles over this thoroughfare. After slaying the beast, we will attack the equally sublime, but more labyrinthine Downsville Road. Emerging in Fahnestock, we'll follow the sun into Cold Spring for a train ride home. Two water bottles recommended. Metro-North pass required.

B17 75+/- MI 9:00 AM Pleasantly Pleasantville

Leaders: Spencer Koromilas (212) 867-8678 and Laura Schwartz (212) 866-0209

From: The Boathouse

A lovely recovery ride for those who rode with me Saturday. A meander thru Westchester's grassy hills (Mount Pleasant), horse farms (Sleepy Hollow), reservoirs (Kensico/Tarrytown), and duck ponds (here a canvas-

back, there a pintail, everywhere a mallard . . .). One of the leaders will carry a hammer, the other a broom!!! Bring Metro-North pass (au cas ou). Required: pleasant demeanor, social skills, spare tube, pump. Cancels: earthquakes, volcanoes, meteors!!!

B17 60+ MI 9:00 AM Rockland Lake Express

Leaders: Tom Laskey and Debra Rothschild (212) 496-1636

From: The Boathouse

A backroads Rockland Lake excursion, 505 etc. up, a lap around the lake, the all-important deli stop, picnic at the lake and then home through Nyack to 501. Burned-out hammer-heads welcome only if you adhere to the listed pace. Rain or 70% chance thereof at 8:00 am cancels.

C13 35 MI 8:15 AM West Point Roundabout

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

From: 8:54 AM Metro-North Hudson line from Grand Central Terminal, or 9:13 from Marble Hill Station

This is a spectacular ride overlooking some of the most scenic parts of the Hudson River. We leave from Garrison, cross the Bear Mountain Bridge, picnic at West Point, ascend Storm King Mountain, overlooking the Hudson, snack in Cornwall-on-Hudson and cross the Beacon-Newburgh bridge and board the bike train home from Beacon. There are some hills here, so bring your low gears (as well as your Metro-North pass and enough money for train fare). Helmets required. Cancellation condition: A prediction of 50% chance of precipitation.

C12 47 MI 9:30 AM Piermont à la Francais

Leader: Pierre Hochstein (212) 427-1041

From: The Boathouse

Alors! Does not the community market have the brie cheese and the French bread? And does not Piermont find itself situated on a river just like Paris? And is not tomorrow Bastille Day? What more can you ask? Slow but hilly pace up, in l'ombrage of River Road and la foret dirt path through Tallman. 501 home. Pacebusters? Let them eat cake! Precip serieux causes the cancellation.

C12 25/15 MI 12:30/1:30 PM Y'Ar Ole Salt

Leader: Terry Chin (718) 680-5227

From: City Hall, Manhattan at 12:30 PM for the 25-mile ride OR Picnic House, Prospect Park (two blocks from 3rd St. entrance) at 1:30 PM for the 15-mile ride.

The fleet is in! This midday departure to Sheepshead Bay gives us a chance to join in a flurry of activity at Brooklyn's Cape Cod. Bring your favorite fish tale to tell over clam chowder. Bring lock and plastic bag for fish shopping. Co-led with 5BBC.

Tuesday, June 15

A19 35-45 MI 1:15 PM Leave Work Early Series

Leader: Reyna Franco (212) 580-5695

From: The Boathouse

Excuse #7: Tell your boss the truth for a change. He or she should know that you're an avid cyclist and spend your non-working thoughts on cycling. Go ahead - it's a beautiful day and you deserve a mental health

break. Run home, have a quick bite, and meet us at the Boathouse for a ride over the GW Bridge. We'll leave by 1:20 (as long as the leader is not late) and we'll be back before 4 p.m.

Wednesday, June 16

**A19 60 MI 10:00 AM Wednesday Matinee
Series: The Gear Hunter**

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

From: The Boathouse

Who are they and what do they seek? Is it asking too much to want what you don't have? To fulfill your curiosity, come meet our hunters as they search for the perfect gear ratio.

Friday, June 18

**A19+ 30 MI 10:00 AM Five Laps Around the
Park**

Leader: Peter Sekesan (718) 417-3510

From: The Boathouse

Join me so we can practice paceline skills.

Saturday, June 19

A20+ 125 MI 8:30 AM Montauk

Leader: Peter Sekesan (718) 417-3510

From: The Boathouse

Flat all the way. Track bikes welcome. Bring pocket food and plenty of water. We will make two stops, maybe three. In Montauk by 4:30. We will catch the 7:30 train and be back in New York by 10:40 p.m. LIRR bike pass required. Please call me to confirm. Rain at start cancels. Rain date: Saturday, June 26.

A19 70+ MI 8:30 AM Armonk Express

Leader: Tom Laskey (212) 496-1636

From: The Boathouse

A tried-and-true route that takes us through the Bronx, White Plains, around a big loop that includes Whippoorwill Road and on to Schriefer's Deli for refueling. It's 40-plus miles to lunch, so pocket food and two water bottles are recommended. The usual cancels.

A18 60 MI 9:00 AM Ridgewood

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

From: The Boathouse

Injury forced me to cancel my April Ridgewood ride, so I'm making up for it in June. We'll go to the friendliest bagel shop in the area, and picnic on the lawn of the Ridgewood train station across the street.

**B17 75 MI 9:00 AM Up South Mountain
Road**

Leader: Fred Steinberg (212) 787-5204

From: The Boathouse

An old-time favorite with some new wrinkles (roads) thrown in. No real

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mountains, but lots of hills. Be prepared. Rain cancels, drizzle with promising forecast doesn't.

B16 65 MI 9:00 AM Pearls before Bikers

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

From: The Boathouse

We'll ride out to Oyster Bay. We'll practice our pace lining on the LIE service road. Maybe we'll picnic out at TR's place. Helmets required. 7:58AM weather channel forecast for rain greater than 50% cancels.

C14 45 MI 9:00 AM Oyster Bay

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

Robert.Dinkelmann@chase.com

From: Statue of Civic Virtue (Queens Blvd. and Union Turnpike)

Join us for a beautiful, mostly flat ride through the lush, wooded north shore. Rain at 7 AM cancels.

Sunday, June 20

ALL CLASS RIDES TO OYSTER BAY

A22+/- 75+/- MI 9:30 AM 21st Semi-Annual 37th Birthday Ride

Leader: Jeff Vogel (718) 275-6978

From: Tramway Plaza (2nd Avenue and 60th Street)

Even I don't know how old I am anymore! Maybe we'll find the answer on the backroads of Long Island. Then again, maybe not. We are guaranteed to find beautiful roads, a dead end or two and the obligatory dirt road. It's 48 nonstop miles to the 12:30 picnic, so two water bottles are mandatory. Pacerline skills are required, social skills appreciated, and please wear the appropriate party hat.

A19 70+/- MI 9:00 AM Oyster Bay All-Class

Leaders: Margaret Cipolla (718) 275-6978 and Mike DeLillo (718) 456-8742

From: Tramway Plaza (2nd Avenue and 60th Street)

Scenic ride to the all-class picnic. Please bring two water bottles and pocket food, as it's 42 miles to Oyster Bay.

B17/18 65/75 MI 8/9:00 AM Oyster Bay All-Class

Leaders: Bob Hancock (212) 496-4075, Wayne Wright (212) 873-7103,

Annaline Dinkelmann (212), and Cathy Martone (212) 979-0969

From: The Boathouse/Statue of Civic Virtue

C13 55/65 MI 8/9:00 AM Oyster Bay All-Class

Leaders: Linda Winter (212) 876-2798 and Herb Dershowitz (212) 929-0787

From: The Boathouse at 8 a.m. or 9 a.m. at the Statue of Civic Virtue (Union Turnpike subway stop on the E/F lines).

This ride is one of our favorites, with some lovely shaded roads through quiet suburbs. The ride has some hills, though, and it's a long one. So, if you haven't been on your bike much this season, take the subway to the statue and save yourself 10 miles. We'll do the ride at a nice, leisurely pace, with several breaks along the way to re-hydrate and schmooze. We'll also provide a lesson in group riding techniques as we go (emphasizing safety and courtesy). Bring lunch or buy it in Oyster Bay, and we'll picnic with the A and B riders in a nice park at 12:30. We hope to end the ride at one of the subway stops in Queens (E/F train) at approximately 5:30. Bring snacks, plenty of water, sunscreen, and a spare tube. Also, before the ride, please make sure you have enough air in your tires and your bike is in good repair. Helmets required.

Tuesday, June 22

A19 35-45 MI 1:15 PM Leave Work Early Series

Leader: Reyna Franco (212) 580-5695

From: The Boathouse

Excuse #8: Tell your boss, "I have guests in town from Europe, and this afternoon I am going to guide them around the city." Then go home, have a quick bite, and meet us at the Boathouse for a ride over the GW Bridge. We'll leave by 1:20 (as long as the leader is not late) and we'll

be back before 4 p.m.

Wednesday, June 23

A19 60 MI 10:00 AM Wednesday Matinee Series: High Cadence Anxiety

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

From: The Boathouse

Spinning, spinning, spinning... It's making my feet dizzy, my legs crazy, and just the other day, somebody tried to stab me with a newspaper while I was taking a shower. I think I need therapy or at least a relaxing ride to the usual spot.

Friday, June 25

A19+ 30 MI 10:00 AM Five Laps Around the Park

Leader: Peter Sekesan (718) 417-3510

From: The Boathouse

Join me so we can practice pacerline skills.

Saturday, June 26

A20+ 80 MI 8:30 AM Little Tor

Leader: Rich Borow (212) 348-2661

From: The Boathouse

I have to marshal this morning, so want to go a bit further than Nyack after the CRCA race. I was going to just go to South Mountain Road and leave it at that, but since Jim is going to South Mountain tomorrow, I'll detour to go up Little Tor instead. Then a chance to fly back down Saddle River Road (hence the "plus"), traverse the three bumps, and hang out at the hill. Note that if I'm standing in wet, crummy weather for 2 hours that morning you're on your own.

A18+ 80+/- MI 8:30 AM Byram Lake/Armonk

Leader: Fred Steinberg (212) 787-5204

From: The Boathouse

Let's go to Armonk! The shore route, then a touch of Connecticut, a loop around Byram Lake, before lunch. Route 22/Grassy Sprain return.

Cancel conditions: rain or drizzle with an ambiguous forecast; call leader before 8:00 if in doubt. Rain date: Sunday, June 27; call leader to confirm.

B17 70+ MI 9:00AM B-SIG Revisited: Armonk

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

From: The Boathouse

We missed a few Westchester roads during the B-SIG, so today, we're going to make up for lost miles. We'll practice those pacerline skills on a few stretches at a sensible pace. Some of these roads will become your favorites, if they're not already. Be prepared to speak Italian with one of the leaders, who spent the last two weeks in Italy. Rain cancels. Helmets required. Andiamo!

B15 55 MI 7:50 AM Tour de Connecticut: Darien, New Canaan, Ridgefield, Scotts Corners

Leader: John Zap (212) 219-3339 (work) or (203) 972-9339 (home)

From: Grand Central Terminal

Via Metro-North New Haven line, take 8:07 AM bike train for one-hour ride to Darien. (Please board at least 10 minutes before departure; use bike car at far end of train.) Leader will meet you at Darien station. Mostly shaded back roads up to Ridgefield around to Scotts Corners and down through North Stamford, all the way to the coast (time permitting). This will be one of the most beautiful rides you've done this year. 4:44 or 5:44 PM train back to NYC. Metro-North pass mandatory.

**B/C14.5 40 MI 10/10:45 AM Steeplechase Pier/
Mermaid Day Parade**

Leader: Ludwig Vogel (212) 838-0852 or ludwig@bway.net
From: The side of the Municipal Building nearest the Brooklyn Bridge at 10:00 or the Prospect Park Picnic House at 10:45
 Travel through and beside Brooklyn's parks to the green waterside south of the harbor and along the Atlantic shore to Coney Island. Feel free to return home early if you must, but I propose pizza at Totunno's and then a visit to the boardwalk to watch the Mermaid Day Parade, which steps off at 2:00 pm. Visit www.whirl-i-gig.com/mermaid.html for more information about this jollification of transcendental silliness. Swimsuits optional (bring chain, lock, and sunscreen). Sense of humor required.

C12 42 MI 8:00 AM Staten Island Perimeter

Leader: Alfredo Garcia (212) 802-2441 or acgbb@cunym.cuny.edu
From: The Manhattan side of the Staten Island ferry, in the auto lane
 A coastal ride around this fine NYC borough. Greenways abound on this mostly flat route. Lunch at Conference House Park. Climb and see the "Narrows" at Ft. Wadsworth before returning to the city. Meet at 8 AM to take the 8:30 AM ferry. Co-led with 5BBC and T.A.

Sunday, June 27**A21 80 MI 8:30 AM South Mountain**

Leader: Jim Modula (212) 663-1420
From: The Boathouse
 Standard route up Western Highway and Strawtown, up and over South Mountain, and a hammer-fest down Saddle River Road. Two stops only: West Nyack and Elmer's in Saddle River, so don't get too cozy at the orchard if you're the first one up the hill. Two water bottles and pocket food are highly recommended. The usual nastiness cancels.

A20 100+/- MI 8:00 AM Russian Express

Leader: Alex Bekkerman (212) 686-3018
From: The Boathouse
 We liked it here so much, we stayed for 20 years. Please join the brother/sister Bekkerman team for a moderately hilly ride up to Rockland County with a picnic to celebrate our 20th anniversary in the USA. Our destination is Russian-flavored - the Tolstoy Foundation Grounds. A complimentary Russian chachka for the first 20 riders. We'll try to arrange for Russian food as well. (Sorry, you'll have to pay.) The two groups will converge at the lunch destination by about 1:30 PM. Please be prepared to climb some hills and to have fun.

**B16 65+/- MI 9:30 AM Ed's Chowder House
Express**

Leaders: Suzanne Levin (718) 398-2649 and Laura Schwartz (212) 866-0209
From: The Boathouse
 Soup's on. You liked it so much last year, we're doing it again: Ed's Chowder House, near Rockland Lake State Park. Bring oyster crackers.

B14/16 60 MI 8:30 AM Bear Mountain

Leaders: Hindy and Irving Schachter (212) 758-5738
From: First Ave. and E. 64 St.
 There are many ways to meet a bear—some more pleasant than others. This ride breaks into two groups about halfway to our bear meeting. The fast and hilly group gets to stand on the bear's head. The slow group has a little more respect and simply comes real close to the mighty paw. Train return from Garrison. Metro-North pass required.

**B14/15+/- 60 MI 9:30 AM Russian Express (and
Local, Too)**

Leaders: Marina Bekkerman (718) 783-5355 and Dick Goldberg (212) 874-2008
From: The NY side of the GWB
 We liked it here so much, we stayed for 20 years. Please join the brother/sister Bekkerman team for a moderately hilly ride up to Rockland County with a picnic to celebrate our 20th anniversary in the USA. Our destination is Russian-flavored - the Tolstoy Foundation Grounds. A complimentary Russian chachka for the first 20 riders. We'll try to

arrange for Russian food as well. (Sorry, you'll have to pay.) The two groups will converge at the lunch destination by about 1:30 PM. Please be prepared to climb some hills and to have fun.

C13/14 45 MI 9:30 AM Piermont—Such a Deal

Leaders: Paul Hofherr (212) 737-1553 and Donna Kahn (212) 399-9009
From: The Boathouse
 What else could you want: good company, an appealing route, lunch with a view from our favorite gazebo — and if all that wasn't enough, we'll actually ride at the advertised pace. Amazing! In addition, as a special bonus we'll avoid Route 9W entirely. So act now and circle that date today. This offer is void where prohibited if helmets are omitted or it's raining at 9:30.

Tuesday, June 29**A19 35-45 MI 1:15 PM Leave Work Early Series**

Leader: Reyna Franco (212) 580-5695
From: The Boathouse
 Excuse #9: Tell your boss, "I have a furniture delivery sometime between 12 and 4 today." Then go home, have a quick bite, and meet us at the Boathouse for a ride over the GW Bridge. We'll leave by 1:20 (as long as the leader is not late) and we'll be back before 4 p.m.

Wednesday, June 30**A19 60 MI 10:00 AM Wednesday Matinee
Series: A GW Bridge Too
Far**

Leaders: Jill Tucker (212) 431-3029 and Beth Renaud (212) 274-9463
From: The Boathouse
 "Why does Manhattan have to be such a long island?" pondered the general with a scowl. "We'll never take the bridge by nightfall!" Morning and afternoon skirmishes are in the battle plan; the troops, in perfect double paceline formation, should refortify themselves in between with MREs or Powerbars, whatever suits.

Saturday, July 3**A20 50 MI 9:00 AM If You're Reading This
Today...**

Leader: Red W. Blue (212) STRIPES
From: The Boathouse
 ...You must be the only person in town this weekend. Get out there and treat yourself to a solo ride and enjoy the wide-open spaces.

B15/16 50+/- MI 9:00 AM ????

Leader: You decide
From: The Boathouse
 Ah, the beginning of a long weekend. Make this a low-impact pickup ride, as you head for a destination of your choice.

WEIGH YOUR GEAR**BUY A SCALE****IT'S A SCALE TO WEIGH YOUR STUFF****UP TO 5 POUNDS (2.2KG) IN OZS AND GRAMS****IT'S ACCURATE IT'S EASY**

SEND \$19.95 PLUS \$4.95 S&H
 NY RESIDENTS ADD SALES TAX

ALIMAX
 PO BOX 1110
 HUNTINGTON, NY 11743
 516 423-8836

Sunday, July 4

A19	50 MI	9:00 AM	Stars and Stripes Forever
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Leader: John Philip Sousa (212) MARCHES

From: The Boathouse

It's mighty hard to ride a bike and play the sousaphone at the same time, but a kazoo would be just as effective. Marvel at the big flag hanging from the GW Bridge. Enjoy the fireworks for all of us who are elsewhere.

B 15/16	50 MI	9:00 AM	Pre-Fireworks Excursion
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Leader: You decide

From: The Boathouse

Assert your independence by joining this pickup ride to your favorite lunch spot, about 25 miles from Central Park. Nyack? White Plains? Lexington? Concord?

Monday, July 5

A20	50 MI	9:00 AM	Everybody's Free (To Wear Sunscreen)
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Leader: Kurt Vonnegut (212) IT-WASN'T-ME

From: The Boathouse

Okay, he didn't write those inane sentiments that pass for lyrics. It was a columnist for a Chicago newspaper. However, the point in the title remains relevant, especially as the summer reaches the broiling point. If you have no idea what I'm talking about, you're not missing anything. How come you're not riding on your day off?

C12	20 MI	12:45 PM	The Great Brooklyn-Manhattan Historical Tour
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Leader: Terry Chin (718) 680-5227

From: Soldiers and Sailors Monument, Grand Army Plaza

A meandering exploration of the historical sites of Prospect Park, Brooklyn Heights, the Brooklyn Bridge, the African-American Cemetery, Trinity Church, Vietnam Veteran's Memorial, and others. This tour has many, many, many, many stops. We'll conclude our ride with a late snack at the South Street Seaport.

Out Of Bounds**June 18 - 21**

All Class	35-700 MI	League of American Bicyclists National Rally
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Leaders: Marilyn & Ken Weissman (212) 222-5527 or

mollynina@yahoo.com

Join us for a great weekend at this year's LAB rally in Saratoga Springs.

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Celebration of '99's Successful SIGs

Congratulations to everyone involved in the '99 SIG program, participants and leaders alike. It was a learning experience, from practicing the ABC's of safe cycling to the honing of advanced technical skills. Karin Fantus and I were impressed with the progressive improvement of our group's (the B-SIG) discipline and riding techniques. Mark Wolz, Bob Hancock, Anne Grossman, and several other experienced A and B riders demonstrated various techniques from spinning to basic pace-line skills.

At the beginning, there were people all over the. By the sixth week, we were riding in an organized, predictable single or double line, which is a beautiful sight to behold. By week eight, individuals were following their cue sheets and able to correct the leaders, just checking, when they went astray. Even more impressive was their ability to scout or create a new route when there was an error, born ride leaders (hint!).

NY. We're taking our bikes (unboxed) on AMTRAK and staying/eating at Skidmore College. For more info on this great weekend—including over 30 great rides and entertainments (even a visit to the Serotta factory)—call or e-mail us, or contact the LAB at (202)822-1333 or at their Web site: <http://www.bikeleague.org/events2/events/htm>

June 21 - 24

B/Touring 225+/-MI	Saratoga Springs to NYC
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Leaders: Marilyn & Ken Weissman (212)222-5527 or

mollynina@yahoo.com

Join our pre-scouted, 3-4 day tour back to NYC from the LAB Rally. Day 1 - Saratoga to Albany; Day 2 - Hudson/Red Hook, NY; Day 3 - Poughkeepsie/Dover Plains (rail to NYC); Optional Day 4 - Cold Spring/Bear Mountain (rail to NYC); Optional Day 5 - back to Manhattan. We'll use panniers, ride rain or shine, average 50-60 miles/day and stay at Inns, B&B's, etc. Helmets required. Call for more details.

June 25-27

A/B/C	20-60 MI	Club Getaway Weekend
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Join us for beautiful riding and more. See write-up in the bulletin. Call Jeff Vogel (718) 275-6978 for more details.

June 27

B16/14	68 MI	Joint NYCC/LIBC Ride to the Castle
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The Long Island Bicycle Club is coordinating a ride to Oheka Castle on Sunday, June 27. Oheka Castle, located in Huntington, is the second-largest home in the U.S. and was the inspiration for Xanadu in "Citizen Kane." LIBC member Paul Minkoff has invited NYCC members to take part in the ride, either by joining the LIBC group at its starting point or leading a separate NYCC group to the destination. Total mileage: 55-70 miles. There is an \$18 tour of the castle, and riders are asked to have soft-soled shoes to wear inside the building. Contact Paul for more information at (718) 672-9186. For more information on Oheka Castle, the Web site is www.oheka-castle.com.

Sept. 3-7

A/B/C	Vermont Labor Day Weekend
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Spend 5 Days, 4 nights with 24 fun people in luxurious home near Mt. Snow. \$170.00 per person includes 2 people to room with pvt. bath. Enjoy the indoor pool, Jacuzzi, Ping-Pong tables, tennis, and volleyball courts. Organized bike rides and hikes, or rest, relax and do nothing on the 3 outdoor patios. There is only room for eight more people. Contact Bruce Kirschner at (212) 351-2537 or E-mail bigbkirsch@aol.com.

At the end, everyone participating in the SIG demonstrated great improvement. For me, it was an extremely rewarding experience.

The B SIG will not award diplomas at the June club meeting, but we will present a booklet to the participants outlining techniques we practiced. We will also give out cue sheets for some of those beautiful routes discovered by Karin and others.

Christy Guzzetta and Irv Weisman will present awards to their graduates in the A-SIG and C-SIG, respectively. The June meeting will be a great celebration of our accomplishments and signify the beginning of a new riding season.

See ya there!

Gary McGraime
VP Rides



Hello again! Thanks to B riders for finally sending us some dish (we usually only hear from A riders — guess they gossip more). Remember, our e-mail address is nycnews@yahoo.com. You send it, we print it.

More news on engagements and expecting parents (we always love to print such happy news). Liane Montesa and Herb Dershowitz are officially engaged after living together for more than seven years. They had planned to marry in 2000, but Liane's brother is getting married then, and according to Filipino tradition, it is bad luck for two siblings to marry in the same year. So Liane and Herb will marry in 2001. What a nice sister. Adorable little Julia Britt will soon have a sibling. Her parents, Amy Hanowitz-Britt and Steve Britt, are expecting their second child in July. And finally, Sherri Gorelick and Don Mikkelsen are expecting their first child.

We like passing along the triumphs of female racers in the club as much as reporting about engagements and births. A-SIG leader Ann Marie Miller, whose bike is always clean (thanks to her cleaning lady — see May's Biker Babes) won the CRCA women's race on Saturday, May 8 and the Cat 4 women's Race at Harriman on Sunday, May 9. After her win

on Sunday, she was upgraded to Cat 3. A riders beware: Stephanie Bleacher is contemplating quitting her day job in order to train more after placing third in the women's Cat 4 field at the Jiminy Peak Road Race in the Berkshires. Her winnings? A coffee mug from Sheffield Pottery.

On-again/off-again club member Cathie Nuekum, who lives in Atlanta, wrote, produced, and directed "Wild City," a movie for TBS that aired May 19. Isabella Rossellini leads viewers on a safari of wild life in Central Park. Two club members, Kristi Roberts and Ellen Richard, have cameo appearances (you can certainly hear Ellen's distinctive laugh in the background). Now, what we want to know is, are cyclists part of the wild life in Central Park?

Witnessed on the B-SIG ride to Oyster Bay April 17: a cell phone conversation between Claire Wyckoff and Dan McGuire. At a rest stop on the LIE service road, Dan went into the Mobil mini-mart to buy Gatorade when his cell phone rang. His wife, Claire, who was at the rest stop but hadn't seen Dan pull in, was outside the mini-mart, screaming into her cell phone, "Are you all right? Where are you? I can't hear you. What? I don't know where I am." At the same time, Dan, who was about five feet away, was screaming into his cell phone, "I can't hear you either. Where are you?" It's a good thing they had cell phones for this kind of emergency.

The B-SIG ended their successful 10-week training series on Sunday, May 9 with a glorious 80-mile ride to Cold Spring via West Point

and the Beacon/Newburgh bridge. Even though only 18 riders showed up (it was Mother's Day after all), the Siggies had quite an adventure. Leader Anne Grossman promptly got the group lost by heading out on 505 instead of 501, only to have a police car pull the group over for riding double file. She politely told the policeman she was riding single file and doubled up only at the intersection. She used all her charms to calm him down and then asked for directions to 501. Strangely, he didn't know (501 is a major road). He then proceeded to escort the group through Closter and Norwood to make sure they knew where they were going (and that they were riding single file). After seeing Anne go the wrong way, Karin Fantus commented, "It's okay if they get lost because it's so pretty today." Half the group reached Cold Spring in time to take the 4:48 train home but were not allowed on the train. "You all signed your Metro-North bike passes, didn't you?" hissed the conductor. "Well, if you ever bothered to read it, you would know that Mother's Day is a blackout day. No bikes allowed." Not wanting to assume that the next conductor would allow everybody to board, Dan McGuire and Claire Wyckoff (the cell phone couple) called a taxi service advertised on the train platform and arranged for a van to transport the bikes home. Gary McGraine even called Christy Guzzetta, who has a home in Cold Spring, to ask if they could store their bikes in the basement. Christy said they could and extended an invitation to have cake at his Mother's Day party. Luckily, the next conductor allowed everyone on board with their bikes. Who knew that Metro-North considers Mother's Day a holiday? Read your bike passes!

A Few More Weeks in the Life of "A" SIGgy

BY JAIMIE EPSTEIN

Mon., April 12: I e-mail Rob my SIG diary to date for the Bulletin and he, semi-surprised I haven't been dropped yet, e-mails back asking if I'm still enjoying the program. STILL? ENJOYING? Well, I am enjoying watching my jeans do the hula around my thighs, being able to feed like a pig at a trough with no ill effects for once in my life. I am enjoying the camaraderie of fellow SIGlets, and being continually buoyed by, and grateful for, the leaders' encouragement and coaching — it seems they really want us to succeed, work hard not to drop anyone, why I don't know. But the SIG is only slightly less stressful than performing brain surgery on a preemie in the cab of a four-ton pickup barreling down Whippoorwill. Only slightly less painful than root canal without anesthesia. But we are fortunate. There are places in New York where people have to dress up in stranger costumes than ours and pay big bucks to be hurt and humiliated in the dark recesses of the night. We get it free, and in the light of day!

Tues.: Heels down, heels down, heels down. Bend your elbows, bend your elbows, bend your elbows.

Weds.: I have discovered a serious bike-character flaw: I cannot snot-rocket to save my bike jersey, solo or en masse.

Sat., April 17: SIG 85-miler to Mt. Kisco. We now form naturally into a double paceline as soon as wheels start spinning. The morning feels like a ride-ride, not a boot-camp ride. It's a (relative)

breeze, despite getting rained on pre-Whippoorwill (where we practice whizzing-downhill technique) and the few scary moments of not-being-able-to-see that entailed. But something happens after our deli sit-down. Major lactic-acid buildup. My quads-glutes-hams go on strike as we hit the first hill. Hello, guys, anybody home? We're wet, we're cold, we need a massage, they holler, and I fall behind, then have to crank like crazy to catch up, which I do thanks only to a red light. I now have some inkling of what being paralyzed below the waist might be like. This scenario recurs a la "Groundhog Day." Then a miscommunication about yet another mechanical, and while I slow down, the riders ahead do not, and they're gone and I know I'm not gonna catch them (though Diane, who hasn't ridden all week, does), but I try. Somewhere along Ridge or Sprain, I just give up. I know when I'm beat. Wendy rides up and we decide to go it alone (as if we have any choice), and I for one am relieved. At lunch, all the talk was of biathlons and triathlons. These people finish all-day rides and go swim laps or run miles. They do 55-kilometer cross-country-ski races. They complain about lactic-acid buildup but pound away nonetheless. They don't train and dust me. Who do I think I'm kidding trying to keep up? Who needs this? Then, at Jackson Ave., there they are. Waiting, but not for us (for Randy, the always Boy Scout, who went back for yet other stragglers, the ones who stopped for the mechanical). Gee, thanks a lot guys, couldn't you

Continued on Page 10

Sig Dairy (from page 9)

have just dropped me and let me die happy? I have no choice but to climb back on board, and once on am blanketed by the comfort and security of the double paceline. I'm glad to be riding the train again, screaming and chugging away the last 20-ish homeward-bound miles.

Sun.: Last night I dreamed some gal had such a rough pregnancy with her triplets, she had to give birth through her drivetrain.

Thurs.: Light rain and I've got a cold, so I'm not going to chance riding, head to the gym for weight training instead. Resistance work to condition those fast-twitching power-sustaining muscle fibers (every little bit helps, no?) goes the theory. Cross-training is a good thing goes another theory. Running is bad. There are as many training theories as riders, and who knows what really works? I'm in the kitchen winging it without a recipe, throwing in a cup of this, a pinch of that, hoping to produce something edible.

Fri.: Home sick. Massive doses of Echinacea, zinc, vitamin C so I can be well enough for tomorrow. It's the "turning point" ride. Hey, no fair, I thought I was home free after the Rockland "make it or break it." I made it, I didn't break it, and here's yet another test. As if last Saturday were an exam I passed with flying colors! Maybe my devolution wasn't lactic-acid buildup. Maybe I hit my wall, reached my muscular limit. Maybe missing a training ride this week will set me back even further. Well, I'm not going to let it keep me up. After eight weeks, it is no longer easy to maintain my high standard of anxiety the night before SIG day. Let the bike gods do with me what they will.

Sat., April 24: 81-mile SIG to Saddle River and beyond. A beautiful day. I seem to be feeling O.K. I definitely want to ride. If I can't hack it, I can always blame my cold. If I hack it, I can thank the daily 20,000 mg of vitamin C, etc., hard work in itself — have you ever tried to swallow 20 horse-size pills in one day? We divide into groups, and I immediately realize there's an angel on my shoulder: only one biathlete in mine, not a hammerhead in paceline sight. It's a cruise (a nice change for the ego) and a guest of Carolyn's turns out to be our cruise director. Who needs G.P.S.? We have G.P.R.: Global Positioning Robert. He's got a road atlas in his head and considerably calls out turns in plenty of time to make them. And he's got a nice smile. Carolyn sure knows how to pick her guests! I get some nitty-gritty hill-climbing coaching from Mark — back in the saddle, chest up, relaxed upper body, power through heels — and I feel the diff, but he ditches us after lunch, probably because we weren't hammering. Though having an easy day was good for my head, I worry that the non-pounder may lull me into a sense of complacency, dull further my butter-knife-dull competitive edge. Well, only four weeks to go.

Tues.: Bump into a SIGgy and ex-SIGgy on the GW and we mini-paceline up 9W, down 501. Nice break from my hard-to-break routine. Soothes my 6-a.m.-Tavern-on-the-Green-pickup-paceline envy. The ex-SIGgy reminds me how precarious the SIG game is. Our dwindling numbers are a result not just of uncooperative muscles and lack of heart but also bike- and rider-disabling accidents/illnesses. The now ex missed two weeks of training because of wicked flu or somesuch and, knowing how crucial two weeks are, has taken himself out of play. Hey, he could be me or you. Some of it is just out of our control.

Weds.: Today's goal is morning ride (get that HR up and keep it there!) plus weights at lunch. We'll see if I can walk, let alone ride tomorrow.

Thurs.: Took me one and a half sets to realize I'd put twice as much weight on the hack squat as I should have. (It's been a while.) I convince myself that riding through the pain will ease it. (As my bike bud Robin says, the difference eight weeks of training makes is that now, although you still feel the pain, you can with stand it, grimace through it.) On the way to Piermont my HR stays more consistently high. Weight training is a good thing, I think. Then I head home. Uh-oh, it feels as if my rear wheel is in a vise on these hills I've been whizzing (not wheezing) up in not my easiest gears. Anyone hearing me climb state line would think I was being murdered, call 911. 9W does not love me anymore! I crawl to work. Stairs will not be problem — I can't walk to 'em. For once I wish I were a guy so I wouldn't have to sit down to pee.

Sat., May 1: SIG to Croton Dam. What can I say? — it's one of those days. Which starts with my flat on the way to the park, proceeds with Robin's on the road (the first time we've been grouped together since Day 1). Then we're cool double-pacelining surrounded by tall, woody green things. A brick or rock or something. We call it. Then heavy metal, crashing bikes. The sound makes me as queasy as nails on chalkboard. Three riders down thanks to a fat iron rod no one saw. It's a good thing Dr. Ed is on duty. A good thing it's a road well-traveled by speedsters, for the cops are parked nearby, bring over their box of medical tricks. We all feel sick. Amie and Steve are scraped up (may have an excuse to buy new bike threads) but O.K., David took a long slide on his head but insists he's fine. Ed attends to the injured and then he and Randy check out bikes, and we don't hammer to the diner, chastened by the accident. Sylvie takes a spill, and her already damaged derailleur is history. The train station is around the corner. David feels woozy in Ossining, takes the train home after breakfast. (He's up and riding again Sunday.) The dam is damn gorgeous, but then there are HILLS. Flying down one, we miss Hardscrabble Rd. In Pleasantville (weird to think that just a few weeks ago this was our turnaround, now it's merely a landmark on our return from much netherer realms), a wrong turn thanks to misread cue sheet. We ditch the cue sheet and take Route 100 back to the city. Judy (we've managed to misplace Ed and Randy by now) admits she's a jinx, but she's not — she's just as hard on herself as the rest of us, maybe a tad more so, which is, I suppose, why she's a leader and we're all here. I get home at 5:45!

Sun.: A trainer friend tells me to lose the lower-body weights until I finish the SIG, then offers the number of a really expensive sports-specific trainer — I'm probably beyond help anyway. If only I could've made Ann Marie's lecture.

Tues.: I used to love being wakened by rain in the middle of the night, feeling the pulse of nature so close. Now I wake and fret semi-consciously till dawn: Will it stop so I can ride in the morning? Today it doesn't.

Fan e-mail re last month's diary from a triathlete who was already "signed up in master's swim class, preparing for the Chesapeake Bay swim" and "the Jersey Shore marathon" and opted out of the SIG after the first day cause, jeez, she didn't think she'd have time to train (!). I tell her I'm glad she wasn't a SIGgy this year — there are enough bi's and tri's blowing smoke in my face, thank you! I know bi's and tri's are supposed to have a weak event, but either biking isn't it for the SIGgies or they do a good job of faking it. As Robin says, "Who knew these people existed?"

Weds.: Whaaaaa, it's wet again. No way am I going to the gym this morn, no way am I missing another day's ride. If it were really

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Back From Italy

BY STEVE AND CAROL BARON

Despite its reputation for hills, Italy can be as great a destination for C-riders as Holland, with some of the best Italian cuisine along the way. The river Po has, over time, created a floodplain stretching from Torino at the foot of the Alps in the west, all the way across northern Italy to the Adriatic. It is possible to cross this entire distance without ever encountering a major hill. Piemonte, Lombardia, Emilia-Romagna: A map of Italy reveals a straight line of autostrada across from Milano, Pavia, Piacenza, Parma, Modena, and Bologna to the coast at Rimini. The Apennines are south of this line, and of course, to the north lie the Alps and Dolomiti. In between, it's flat. Well-paved local roads link towns throughout the delta. At the edge of the Adriatic, the Lidos are beach towns that come alive only in summer.

Along the Adriatic coast between Venezia (Venice) and Ravenna, even to Rimini, there are lightly trafficked roads through pine forests and along valli, the dikes that control the waters all along the Po plain. It is possible to cycle on top of the dikes, which have been built and rebuilt over thousands of years, out into the middle of the lagoons, where egrets, cormorants, coots, geese, herons and ducks abound. The area is rich in art and history, particularly early Christian churches built in the fifth and sixth centuries with rich mosaics and frescos. Ravenna, established by the Etruscans, was the capitol of the Roman Empire at that time and a major naval and military base. Today it is a lovely, manageable city with residents who cycle everywhere on the narrow streets, where maneuvering a car is difficult and parking is scarce. The frescoed basilicas of St. Apollinare in Classe and the Abbey of Pomposa, the pineta, or pine forests, the fishing city of Comacchio, with its triple-bridged canals, and the Este hunting lodge at Mesola are all within easy day-touring distance by bicycle.

There are agriturismo establishments in the country, which are the Italian equivalent of English farm holidays. Information on these may be had from the Italian tourist office. There are also

many lovely natural areas in the Delta della Po National Park that are easily seen by bicycle. European national parks are not like ours. They are large areas where an effort is made to preserve nature, not site-based theme parks. I found a lot of good information through three Web sites, none bicycle-related.

1. Il Birdwatching Italiano at:
http://www.freeweb.org/animali/EBN_Italia/
2. A personal site about Verona with links to all of Italy at:
<http://yi.com/home/SigheleMaurizio/>
3. European Bird Network at:
http://www.aspide.it/freeweb/EBN_Italia/

These sites open up access to natural areas and historical sites all over Italy that are not in the guidebooks at Barnes & Noble. And by the way, I always carry my mini-binoculars. They're great not only for spotting birds, but also for viewing the details of frescos and mosaics on high ceilings in dim light, or distant road signs.

I was pleasantly surprised by Ferrara, which promotes itself as a bicycle-friendly city. Everyone there seems to travel by bicycle, and often it seems that there are more bikes than pedestrians. Women do their marketing; shops make deliveries; students get to school. Many of the city's hotels have bicycles to loan to guests. Ferrara is easily navigable, and the Emilia-Romagna cuisine is unbeatable.

The Po flows through the richest farmland of Italy. It was the major artery feeding the wealthy and powerful city-states of Renaissance times and now Italy's major modern industrial cities. This isn't the precipitous Italy of the Madonna del Ghisallo and the Giro de Italia, but the gentle Italy where ordinary people use bicycles because it makes their life easier. If you're not eager to climb to the Tuscan hill towns or tackle the Alpine passes, consider a leisurely, level roll through Emilia-Romagna.

Sig Dairy (from page 10)

verboden to ride in the rain, why would they make rain gear?

You know why it's not such a good idea to ride in the rain? Because maybe when you're turning a tight corner around a station on the GW, even tho you're being your usual cautious self, your bike just might slip out from under you on one of those damn metal plates, you might go down on your side, whack your right brake hood good and hard and get a flat to boot! I figure it will take as long to change the flat as it will to walk home. So I walk, pleased at least to have got my ride in. I'll change the filthy flat after work. Not enough time to properly ice bruises, but I haven't worn a bikini in years anyway.

Thurs.: My rear wheel is as untrue as a long-ago boyfriend I dumped for that very reason. I find my spoke wrench, but five minutes later admit defeat. I have a feeling truing a wheel is a Zen art. I can't afford to not ride, so I (possibly foolishly — maybe I'm on a roll — hey, I'm still an ignorant not-A rider!) open my brakes wide and go. 9W and I are friends again! I think maybe I'm not gonna win the Worst Hill Climber Award, but I definitely need to work on not easing up (pant, pant) at the top. What I can't figure

out is how to push my HR over the edge without being in a higher gear, and (perhaps) sacrificing my knees,

My bike will be ready tomorrow (Phew! My friend's Litespeed, which I'd hoped to borrow for Saturday, hasn't been to the bike doc since she crashed last year), and as long as it's in the shop I'm getting a new computer, one whose cadence hasn't sprouted weeds it's been dead so long.

Sat., May 8: 90-ish-mile SIG to Bedford gets rained out. The weather was so uncooperative last year, there were only eight SIG rides: I can't imagine having "graduated" two rides ago.

Sun.: A flock of 14 orphaned SIGlets and leaders spend Mom's Day riding to Bedford. Sorry you couldn't be there, but Rich (Richie?), brought along as guest leader and to replace Frank (sorry, Frank, you're irreplaceable) when Frank and one of his bikes go off to Italy this week, took pix and maybe he'll show 'em to you. This is arguably the cream of the SIG season. Meandering (up and down) country roads, sunshine (look, Ma, no sleeves, no leg warmers), cozy group that's all together all the time, plenty of

Continued on Page 14

July 4th Weekend, West Point Happy Birthday America

Happy Birthday to you, Happy Birthday to you, Happy Birthday dear America, Happy Birthday to you!

The annual July 4th New York Cycle Club All Class Club Weekend at West Point - we saved it for 1999! Hooray!!!! This is a patriotic, rah-rah, wonderful weekend for A riders, B riders, and C riders. Perhaps the most popular club weekend on our calendar, more than 90 people came last year - and we were sold out and had to turn people away. This could be the last time we go to West Point. They have renovated the hotel, raised the prices dramatically, and may have put it out of reach for many of our members. But not this year. We were able to enlist the good people at the Hotel Thayer to help make this weekend happen one more time for the New York Cycle Club. Don't miss it!

Three days, two nights, the historic Hotel Thayer right smack dab in the middle of the West Point Campus. We'll bicycle up to West Point from New York City on Saturday, July 3rd - rides for A, B, and C riders planned. And don't worry, a baggage shuttle will carry your clothes. We'll enjoy a fun and informative all class bicycle tour of the historic West Point campus on Friday afternoon. The tour will be conducted by an acclaimed historian of West Point and is always fun. We'll visit and learn about some of great highlights of this historic and beautiful campus, the place General Ulysses S. Grant called "The most beautiful spot on Earth". We'll plan for A, B, and C rides on Saturday, July 4th. Or, if you're in the mood, visit the swimming hole, visit Storm King Art Center, visit the holiday celebrations in town, visit the museum, see the campus - West Point is the greatest!

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

Overnight accommodations at the Hotel Thayer, 2 full breakfasts, 2 dinners, baggage shuttle to carry our clothes, July 4th dinner cruise, bicycle tour of the campus, pretty much everything except lunch and drinks - all included. Reserve your space now. \$240.00 covers it all. In early/mid June, an information packet answering all your questions will be sent out to all who have signed up. This will detail the schedule, departure times, places, etc.

Make your check out to Richard Borow, 201 East 87th Street, #7S, New York, NY 10128. Shortly after receipt of your check, the information packet will sent to you.

Questions? Rich Borow and/or Stephanie Blecher (212-348-2661).

Accommodations:	Rich Borow	(212-348-2661)
	Stephanie Blecher	(212-348-2661)
Rides Coordinator:	Jeff Vogel	(718-275-6978)
Events Planner:	Christy Guzzetta	(212-595-3674)

A Midsummer Night at the Ballet

Thursday, June 24 5 pm/6:30pm

The first ballet event in February was such a success that I am offering another. This time we will see "A Midsummer Night's Dream," based on William Shakespeare's comedy, with music by Mendelssohn and choreography by Balanchine. This ballet is not to be missed. Meet me at 5 p.m. for an inexpensive catered dinner at Dona Kahn's apartment near Lincoln Center (call me for info). From there, we will walk to the New York State Theater for a behind-the-scenes tour at 6:30 p.m. with one of the NYC Ballet dancers (this was a big hit last time). The ballet begins at 8 p.m. Seating is in the fourth ring—excellent view but bring the binoculars. Tickets are \$20/person, which includes the tour. Please call for availability before sending your check. Make it out to the New York Cycle Club and send it to:

Anne Grossman
212-924-1549
205 West 15th St. #1P
New York NY 10011

Re-Cycling

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

FOR SALE:

Cannondale H500 (hybrid), black. Frame: 18". Comes with attached cyclocomputer. Less than a year old and barely used. \$425. **Laura (212) 665-5409**

For guy 6' 3" or over. Rare 25" frame - all chrome 12-speed Panosonic touring bike. Excellent condition. \$125.00. **Ken (212) 595-5133.**

Ritchey Logic SPD pedal, brand new, still in shrink-wrap.

Asking \$36. Call April (212)765-5302 or e-mail tama@cowen.com

New, blue, 55 cm Basso Titanium built by Litespeed, INTERNAL brake cable, \$1495; new, yellow, 54 cm. Pro team issue Basso Viper, Dedacciai steel, \$675; 58 cm. Rossin, blue, Columbus steel, cut out chrome lugs Pantographed, \$290; new Carnac Lemond, Shimano, and Look shoes, size 10: **Richard (212) 371-4700.**

The New Specialized Body Geometry Comp Saddle; used one afternoon; new \$95, one day old \$65 - **Ron (212) 517-5458.**

OTHER:

69 year old 'C' level rider with car wants to escape city one weekday each week during the season to ride 50-60 miles and return. Interested parties please leave message for Don at (212) 532-3304.

Time Travel to Cuba

BY TOM STRENK

In the colonial port of Havana, vintage 50s Chevys and Studebakers still ply the narrow streets—although bicycles and foot are the main method of transportation outside the capital; however, the roads are largely free of automotive traffic. And that's what makes this tropical isle a cycling paradise.

Since traveling to Cuba is technically illegal for U.S. citizens, I contracted with the Canadian-based bike touring company MacQueen's, which made the arrangements, including hotels, virtually all meals, and the charter flight from Toronto (the usual clandestine route from the States). A-riders take note: This tour is more sightseeing, with some biking, rather than a marathon; we rode only 55 kilometers (34 miles) a day, but there are some killer hills involved and challenging options are offered. Rather than the impossible task of shipping our own, we rented bikes, dependable Canadian-built hybrid and mountain bikes. The road surface varied from smooth to 9W bumpy to occasional patches of hard-packed dirt.

The first day we took a commuter bike-bus from our hotel on the coast, which was a great way to literally rub elbows with the natives, and rode along the pastel-hued promenade along the seaside and then into downtown Havana—a great way to see this grand old city. A highlight was the Cristobal Colon cemetery with its memorable architecture.

The next day we ventured out on the only highway, virtually empty of traffic, and then into the rural countryside, where we would ride for hours without encountering a single motor vehicle. We shared the road with horses, ox carts, and other bicycles (one Cuban cyclist had a live goat strapped to the back rack). The tour cruised along the azure seacoast, through fields of verdant tobacco, sugarcane, coffee and pineapple and climbed the Sierra Maestre mountains.

A van ferried the luggage and was available for sag. Our group comprised just ten cyclists (plus two guides and a driver), and we all rode at our own pace. The hotels were all more than adequate: the first, just outside Havana, once quartered athletes for the Pan-American Games (with a velodrome nearby); another was nestled in a flower-filled valley and consisted of small cottages; the last was reached via a long climb and there the rooms' balconies afforded tremendous views. We ate most meals at the government-run hotels (free enterprise is frowned upon in this socialist system), and the food was plain but bountiful, served buffet style: tropical fruits, all types of salads, and plenty of pork, chicken and

fish. As a treat, we dined at La Terraza, a restaurant once frequented by Ernest Hemingway, where the first course was a plateful of tiny fish deep-fried whole—delicious doused with lime and salt. On another occasion, we dined royally on fresh grilled lobster at a palador, a private house where they locked the door behind us to keep the quasi-legal meal a

secret. Local beers are drinkable, and cool rum cocktails were Hemingway's favorite, the daiquiri and the mojito, a concoction of lime, rum and mint.

Ironically, the accepted currency in Cuba is the U.S. dollar. Take plenty of small bills—travelers checks and credit cards don't work there. MacQueen's has two other tours: one that covers the central region, and another that starts in Santiago and winds around the eastern end of the island.

Check out the company's Web site at www.peisland.com/macbike/main-page.htm.

Cuba is a country lost in time, or rather, time has effectively stopped in this country since the 1950s. That's the way it seems from the still-running and impeccably kept-up vintage American cars on the streets of Havana. Outside the big city, time seems even further retarded, with horses and ox carts replacing automobiles due to the chronic lack of gasoline.

Although Cuba is desperately poor, things haven't descended into squalor like many third-world countries. The people have pride and work hard to do the best they can with what they have. One day we cycled to the end of a dirt road and enjoyed the hospitality of a Cubana who graciously invited us into her home. We had to walk in on a dirt path through tobacco fields. The thatched roof made the house wonderfully cool. The boxy house was divided by lashed-pole walls into a main room and a smaller bedroom and bath. Floors were packed dirt. The main room had a table for eating and a few ironwork chairs, but the main feature was a large filter setup: river water drips slowly through it to supply household needs. The only decoration was a few photos and some plastic toy cars. The so-called bathroom had a stridable

trough that slopes to a corner and then outside, with a pitcher of river water to sluice it down. The kitchen was outside, an open thatched area with pots dangling from hooks, a simple sink and a propane-fueled range. All the neighborhood kids came to shyly gawk at the gringos—the only excitement around. A man hacked down a cluster of coconuts with a machete and cut away their husks, making a small hole to suck out the milk.



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

Sig Dairy (from page 11)

morale-boosting and constructive-criticizing from the leaders (David, who always seems ready to get down on his knees and thank someone/thing for being alive to ride another day, and Damon, who can spot your mechanical before you know you're having one, are spotless today too) — it doesn't get much better. In fact, it's sooooo good, Hanna and I — way-uptown grrls — don't jump off at Fordham Rd. so close to home. The only negative (besides the requisite potholes and sometimes rough, narrow shoulders) is that a behind-the-knee tendon is bugging me, this time on the right side. I know I need a longer stem to get me more stretched out, but now I think I might also need a new saddle so I can get my butt farther back and thus more leg extension (read: more-efficient power, no tendon tenderness). When, oh, when will I find time to get back to Bicycle Renaissance and have them check it out?

Mon.: This is the point in the SIG when you have photo recall of every page of the Performance catalog, when, as effortlessly demonstrated by Hanna, the bulk of your credit-card charges are to bike shops, when Mary Anne is about due for another (that would be her fourth!) saddle. Two weeks till graduation. We're (dare I say it?) in the homestretch, but Little Tor still looms: I've eyeballed it, and calling it "little" is like calling the Jolly Green Giant "tiny."

It's A PBP Year!

With the new rules in place you need only do this year's series to qualify to do Paris-Brest-Paris this August.

The last brevet is the 600K on June 19 with a 4am start.

We also need volunteers to help out on the longer rides. It involves manning checkpoints on the course while taking in great scenery and getting a taste of long distance cycling without getting sore.

If you have questions or if you would like to volunteer, call Steve Britt at (212) 288-6324.

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.

ORDER YOUR NEW NYCC JERSEY TODAY!



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

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

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

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

Gene Vezzani

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

JERSEY SIZES:

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

OFFICIAL ORDER FORM

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

CHECK NUMBER TOTAL DUE:

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 AS SURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

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

PLEASE PRINT OR USE ADDRESS LABEL. ZIP CODE IS REQUIRED. Mail this application with a check made payable to the:

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

NAME: SIGNATURE:

NAME: SIGNATURE:

ADDRESS / APT

CITY STATE ZIP (REQUIRED)

DAY TEL NIGHT TEL E-MAIL

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

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

☐ Individual — \$21

☐ Couple residing at the same address — \$27

**Come to the Meeting June 8
for the big
Ice Cream Social
and Graduation Day
celebration!**

The A, B and C SIG MEMBERS will be honored and feted with this special summer treat. Come and meet all your new riding friends!

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.

|||||||
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