

March
1999

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NYCC Bulletin™



President's Message

by **BEN GOLDBERG**

Folks, it's SIG season! For those of you who don't know what that means, it means training, fitness, and fun. These special training series are some of the greatest benefits that the membership in the NYCC offers. No matter what kind of cyclist you are, from novice to experienced rider, you can benefit from a SIG. Please take a look at the SIG descriptions in this bulletin to figure out which is best for you.

Last month, I listed the top 10 ride leaders of 1998, in terms of number of rides led. Unfortunately, I made an error and left off two ride leaders who had earned their spot in the top 10. They are:

Maggie Clarke, 13 rides
Irv Weisman, 12 rides

Sorry about that, Irv and Maggie.

I'm happy to report the club has instituted an incentive program for ride leaders. In order to recognize the value to the club of our wonderful ride leaders, and to give prospective ride leaders an incentive to contribute to the single most important activity of the club, we are offering the following:

1. For leading three rides in a year, you will receive one of our new club water bottles.
2. For leading six rides in a year, you will be offered at a reduced price a special version of our short-sleeve club jersey that identifies the wearer as a leader.
3. For leading 12 rides in a year (or 50 rides in an unlimited period of time), you will receive a cycling vest featuring our "Statue of Liberty with a helmet" design and which identifies the wearer as a leader. There is no other way to get this vest!

Please, if you have been on a number of club rides and have a favorite route, volunteer to lead a ride. If you are still a little hesitant, why not co-lead a ride with a more experienced friend? It has certainly spurred me to make sure I lead enough rides this year to earn the vest (I'm leading two this month!).

Finally, I hope to see all of you on the road, now that the weather is getting better. Ride safely!

See you on the road!

A Night at the Theater

Wednesday, April 14 8:00pm

Join me to see "Stomp", the exciting Off-Broadway dance sensation at the Orpheum Theater (126 Second Avenue at 7th Street). I have reserved seats in the rear mezzanine (the view is excellent). Tickets are \$26.55 per person. Meet me in front of the Orpheum theater at 7:30pm. I have a limited number of tickets, so please call for availability (212-924-1549) before sending me your check. Make it out to the New York Cycle Club and send it to:

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

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

Club Rides

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

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

BE SMART - WEAR A HELMET; NO HEADPHONES.



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



Friday, March 5

B16	50+/- MI	???	T.G.I.F.
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Leader: Ron Grossberg (718) 369-2413 or Argee401@aol.com
Please call by Wednesday for details and to confirm.

Saturday March 6

A-SIG	24 MI	9:00 AM
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Leaders: See the list in the article on page 7 - there are a lot of them!
From: The Boathouse
The start of the 1999 A-SIG (see article elsewhere in the Bulletin). Sounds boring, four laps of Central Park, ugh! Don't be fooled. Meet your leaders, meet the people who you will 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 neither day is rideable, we will meet in the back of the Boathouse at 11:00 a.m. on Sunday to review the series.

A18	60 MI	9:30 AM	Spring Training 1999
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Leader: Todd Brilliant (212) 274-9463
From: The Boathouse
The exhibition baseball season starts this week. Join me for a mellow ride to Nyack, where you will be expected to know the difference between an ERA and an RBI. Met fans are strongly encouraged to come. The usual cancels.

B-SIG #1	40 MI	9:00 AM	Closter Classic
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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 across the GW Bridge to find out who's who and what's what and talk about what we're going to do over the next ten weeks. Emphasis on safe cycling skills and group riding etiquette. Cancellation: see "The B SIG"

B18	55 MI	9:30 AM	"Il Postino series" Pearl River Ride
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Leaders: Spencer Koromilas (212) 867-8678 and Robert Reimann (212) 206-3584
From: The Boathouse
"Nor rain, nor cold, nor snow, nor fog...shall cancel these programmed rides". So Rob "Rain Man" and I will probably ride alone, unless we can

drag Schwartz or some other committed (or to be committed) cyclists suffering from cabin fever. Cancels: What do you mean "Cancels???"

B16	50+/- MI	9:30 AM	Where Else But Nyack?
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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-SIG, 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 #1	24.1 MI	10:00 AM	Self-Classification Ride
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Leaders: Irv Weisman 212-567-9672 & Maggie Clarke 212-567-8272
From: Central Park East Drive & 72nd St. (Near Fifth Ave. entrance)
We'll ride 4 laps (or at least a minimum of 2) and be timed each lap. This ride will let you know your current riding ability and thus help you make appropriate choices for your club rides and/or which section of the C SIG you should join: C1 Group (4 laps under 2.5 hours) or C2 Group (at least 2 laps under 1.5 hours). Cancellation: See "C SIG REVISITED."

C 12	20 MI	9:30 AM	Bronx Zoo, Again
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Leader: Alfredo Garcia (212-802-2441) or ACGBB@cunym.cuny.edu
From: The Plaza Hotel, 59th and 5th Ave., near the Pulitzer Fountain
Dontcha miss that Sea Lion? Don't your heart ache for that Norway Rat? Let's ride in the borough of the NY Yankees. Bring good strong lock(s), money for lunch, admission (\$7.75) and possible souvenirs. Mostly flat with 2 bridges. Co-led with 5BBC.

Sunday, March 7

A18	50+/- MI	9:00 AM	Post-Race Spin (or Longer)?
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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.)

B17	60 MI	9:00 AM	The Path to Pearl River, Chapter 12
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Leader: Ira Mitchneck (212) 663-2997
From: The Boathouse
Colors blind the eye. Sounds deafen the ear. Flavors numb the taste. Thoughts weaken the mind. Desires wither the heart. The cyclist observes the world but trusts an inner vision, allowing things to come and go and come again with a heart as open as the sky. Spin with the wind. French toast with Lao-Tzu.

C12	25 MI	9:30 AM	A Brooklyn Residential Tour
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Leader: Terry Chin (718) 680-5227
From: The Picnic House, Prospect Park (2 blocks from the 3rd St. entrance)
Explore some of the quieter sections of Brooklyn. We'll ride through Borough Park, Bay Ridge, Brighton Beach, Sheepshead Bay, Midwood, Kensington, and others. Co-led with 5BBC. Bring lock, snack, or money for it.

C12	30 MI	10 AM	Over the River & Thru the Bronx
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Leader: Dick Goldberg (212) 874-2008
From: The Boathouse
A much-less-traveled route through the Upper West Side, Harlem, Washington Heights and Inwood through the Cloisters to Riverdale and

**C'MON ALREADY. RENEW YOUR MEMBERSHIP.
IT'S PAST DUE!**

into the Bronx. South through Fordham, Kingsbridge and University Heights to the North End of the South Bronx for lunch at a Dominican restaurant in Highbridge. Then mostly downhill home past Highbridge, the famed stunt bike course at Mulloly Park, Yankee Stadium and the Bronx Terminal Market. Home before 3PM. Temp below 30 at 9 AM, slick roads, or precipitation cancel.

Friday, March 12

B16 50+/- MI ??? T.G.I.F.

Leader: Ron Grossberg (718) 369-2413 or Argee401@aol.com
Please call by Wednesday for details and to confirm.

Saturday, March 13

A-SIG 46 MI 9:00 AM Northvale

Leaders: Christy Guzzetta (212) 595-3674 and Randy Taylor (212) 866-0462

From: The Boathouse

Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. We just want to get some miles in today, begin to build that base which will propel us up those mountains we are going to climb at those speeds we will attain. We are going to start practicing riding together, we'll start thinking about paceline formations, not too intense, just get a feeling. To breakfast at the diner in Northvale, N.J. Is your name on your helmet? On both front and back? In big letters so everyone can read it? Be sure it is! Raindate: Sunday, March 14.

A18 55+/- MI 9:00 AM Somewhere Between a Lion and a Lamb

Leader: Ben Goldberg (212) 982-4681

From: The Boathouse

We'll keep a relaxing pace to somewhere in Bergen County or perhaps Westchester. Come along! Temp below 25° at 8 a.m. cancels.

A18 80 MI 9:00 AM Lunch in Greenwich

Leader: Marty Wolf (212) 935-1460

From: The Boathouse

The title says it all. I'll be slow so if you want a faster pace, there will be cue sheets available. Raindate: Sun. 3/14 but call to check.

B-SIG 9:00 AM Pre-Ride Skills Session: Spinning

Leader: Mark Wolz

At: The Boathouse

Mark will teach the age-old, energy-saving technique of creating momentum by pedaling smoothly and effortlessly. The class will practice these techniques on the 9:45 SIG ride.

B-SIG #2 45+ MI 9:45 AM Scarsdale

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

From: The Boathouse

We'll focus on getting our legs and minds working in synch. More talk about safety and etiquette as we break-up into smaller groups. Cancellation: see "The B SIG."

C1-SIG #2 27 MI 10:00 AM Bergen Ramble

Leader: Maggie Clarke 212-567-8272

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

Flat to Rolling Terrain, one big hill at the end. For our first ride of the year we'll do Irv's 25-mile Club route through the lovely suburban residential areas of close-by Bergen County. We'll have lunch at the Cloister Diner. Cancellation: See "C SIG REVISITED."

C2-SIG #2 15 MI 10:00 AM Bergen Ramble

Leader: Irv Weisman 212-567-9672

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

On this ride we will remain atop the Englewood Cliffs plateau and practice skills including: 1) walking our bikes while steering from the saddle, 2) smooth starts and stops, 3) straight line riding, maintaining uniform

spacing of approximately 2 bike lengths. Lunch in a diner in Englewood Cliffs. Return to GW Bridge by 3:30pm. Cancellation: See "C SIG REVISITED."

Sunday, March 14

A20 55 MI 10:00 AM Nyack

Leader: Jim Modula (212) 663-1420

From: The Boathouse

From the "it's never too early to start working on your climbing" school of thought, a simple ride to Nyack with one or two hills thrown in, probably Bradley/Tweed. We'll save the "haute category" climbs for later. Temp below 32° at 9:00, wet roads, or crying sky all cancel.

A17 50+/- MI 9:00 AM Northvale: The Extended Route

Leader: Alison Holden (212) 688-1723

From: The Boathouse

Spring is in the air and team colors are bursting everywhere, but they won't be found on this ride. This ride is for congenial, cooperative A riders who want a reasonable workout during an early-season ride. Paceline experience a must, good manners a plus, and designer Lycra optional. Precipitation at start or forecasted high below 32° cancels.

B17 50+ MI 9:30 AM Was That a Tulip?

Leaders Wendy Cohen (212) 877-4803 and Henry Joseph (212) 989-8176

From: The Boathouse

"Doctor, my memory. I can't remember, recall or recollect." "Hmm. Wadayoumean? By the way, got any insurance? Hmm." "Doc, what's a Western Highway? Is Strawtown Road a fruit?" "Yes. This is a VERY sad case." WE know the cure: Rockland Lake State Park-the hard way. Crank it up. However, if the weather is uncooperative (below 40° or 45° - ish), expect a spin to Northvale or Nyack. Q sheet...what's that? Have you considered help?

C12 40 MI 9:30 AM Gateway Getaway: A Rockaway Greenway Excursion

Leader: Terry Chin (718) 680-5227

From: The Picnic House, Prospect Park (2 blocks from the 3rd St. entrance)

Explore the newly restored greenways to Canarsie Pier and historic Floyd Bennett Field. This airfield was NYC's first municipal airport and was the site of many aviation records. There are some great views of Jamaica Bay and the Manhattan skyline too. Co-led with 5BBC. Bring lock, snack, or money for it.

All Class ~5 MI 8:45 AM Cross Training: Times Square in Harriman State Park

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

From: 710 West End Ave @95th St. (#1,2,3 or 9 Train to 96th St.)

Shared van (~\$22/pp) to Lake Kanawake. We'll visit the Hogencamp and Pine Swamp iron mines - late 1700s - on the way to Times Square. Return is an easy hike over Hogencamp and Black Rock Mountains. Donuts and coffee on way home. Creepers (\$6-15 at sporting goods stores) are strongly recommended for safety. Wear boots and layered clothing, carry food and water. Expected high below 20°, rain, heavy snow or major snowfall the prior week cancel. MUST CALL LEADERS TO RESERVE SPOT IN VAN. P.S. We saw beavers at Pine Swamp on 97's hike.

Friday, March 19

B16 50+/- MI ??? T.G.I.F.

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

**NO, REALLY, I MEAN IT.
IT'S TIME TO RENEW YOUR MEMBERSHIP.**

Please call by Wednesday for details and to confirm.

Saturday, March 20

A-SIG 51 MI 9:00 AM White Plains

Leaders: Edward Fishkin (718) 633-3038 and Carolyn White (212) 666-0616

From: The Boathouse

Did you train during the week? If you didn't, don't bother coming out. Training during the week is a critical component to keeping up on A rides. Are we going to keep up! We will not get dropped. More miles today, more base, I'm already getting excited, and it's only week three. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly by 9:00 a.m. Helmets, with names on front and back, required. More practice riding together today. I'm getting to know my fellow SIG participants. Omigosh, next week we begin serious paceline training. Omigosh. Breakfast in White Plains. Raindate: Sunday, March 21.

A20 56 MI 9:00 AM Has Beens? Yes! Wannabes? No!

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

From: The Boathouse

I've been up since 5 a.m. and have chased a bunch of twenty-some-things around the park three or four times, so I don't need no stinkin' hammerheads today. I do need some steady-riding paceline buds so I don't have to pull all the way to brunch. Most likely Nyack.

A18 100 MI ????? Tomkins Cove - No 9W

Leader: Marty Wolf (212) 935-1460

From: The Boathouse

This will be a skimp 100 - we may have to do a little loop in NJ or a 1/2 lap on our return to the park. Expect to climb Little Tor - pretty ride though. If you want a faster speed, there'll be cue sheets so you can go ahead. Raindate: 3/21 but call to check.

B-SIG 9:00 AM Pre-Ride Skill Session: Bike Handling

Leader: Mark Wolz

At: The Boathouse

Mark will teach skills essential to looking good on a bike and riding safely: cornering, maneuvering around road hazards, etc. The class will practice these techniques on the 9:45 SIG ride.

B-SIG #3 50 MI 9:45 AM Ridgewood

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

From: The Boathouse

We'll start pushing the pace, on this relatively flat, New Jersey route. Emphasis on smooth spinning, bike handling, and holding our own in traffic. Cancellation: see "The B SIG."

C2-SIG #3 20 MI 10:00am ????

Leader: Irv Weisman 212-567-9672

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

We descend the Palisade cliff using Clinton Avenue for an exciting ride. Food Stop in Cresskill. Our skill practice includes: 1) one-handed steering, 2) pointing to road hazards, 3) checking over the shoulder for traffic, and 4) hand signals and turns. Return to GW Bridge by 3:30 p.m. Cancellation: See "C SIG REVISITED."

C13 40 MI 9:00 AM Winter in Piermont

Leader: David Hallerman (718) 499-4467

From: The Boathouse

Let's make the most of winter, because not long after you get home from this ride, I promise you: it will officially be spring. To stay warm, we'll take a relatively flat, inland route north and we'll minimize hill-climbing on our return journey south. That sentence is a non-sequitur, but "predicted high below 40 or rain cancels" is not. Helmets required, please. Out-of-shape B riders, such as me, are also invited.

Sunday, March 21

A18 50 MI 9:30 AM Spring Along the Hudson

Leader: Richard Rosenthal (212) 371-4700

From: The Boathouse

Laggards and sluggards with ultra-low mileage and who are really, really rotten uphillers to keep me company at the rear of the group on every incline to Piermont via gorgeous and untrafficked River Road.

B16 60 MI 9:30 AM I Love a Parade

Leader: Jay Jacobson (914) 359-6260.

From: The Boathouse

Coffee stop at mini bike museum. Dine on shepherd's pie or corned beef and cabbage at Gallagher's in Pearl River overlooking NY State's second biggest St. Patrick's Day parade. Return route specially planned to avoid drunk revellers.

C12 30 MI 9:00 AM Beautiful Brooklyn

Leader: Michael Di Cerbo (212) 645-1120

From: City Hall Park

We'll also pick up riders on the Brooklyn side of the bridge at end of ramp. Ride through interesting ethnic neighborhoods and return across the Williamsburg Bridge. Bring bike lock. Lunch in an ethnic restaurant. Predicted high below 40 degrees cancels.

Friday, March 26

B16 50+/- MI ??? T.G.I.F.

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

Please call by Wednesday for details and to confirm.

Saturday, March 27

A-SIG 54 MI 9:00 AM Nyack

Leaders: Frank Grazioli (212) 529-9462 and Rita Tellerman (212) 865-8489

From: The Boathouse

We'll journey to a place where all cyclists go - Nyack. And we'll do it in style - in a paceline. Whoa! Don't get nervous. This will be just a single paceline, no alternating the lead. The leaders will pull us all the way to Nyack and back. We are going to practice riding behind a wheel, knowing there is a bike on my rear wheel, riding steady, smooth, predictable. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. Helmets, with names on front and back, required. Practice, practice, practice. We're training during the week, we've got our names on our helmets, our adrenaline is pumping. Rain date: Sunday, March 28.

A18 50-60 MI 8:00 AM Early Bird, Meet the Worm

Leader: Beth Renaud (212) 274-9463

From: The Boathouse

Okay, the Siggies are going to Nyack. But we're getting an earlier start (due to the 6:30 race time), so we'll be in and out of there pronto and can wave to them on their way into town.

B-SIG 9:00 AM Pre-Ride Skills Session: Some New Skills

Leader: Gary McGraime

At: The Boathouse

Gary will teach the "Walden" technique of steering vs turning and other "tricks of the trade". The class will practice these techniques on the 9:45 SIG ride.

B-SIG #4 60+ MI 9:45 AM Mamaroneck

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

From: The Boathouse

We'll practice some new riding skills/techniques while slowly raising the pace. This beautiful route winds through corners of deepest Westchester. The further we go, the better it gets. Bring a Metro North

Pass in case we go too far and decide to bail. Cancellation: see "The B SIG."

B16 50 MI 9:00 AM Park Ridge

Leader: Ben Goldberg (212) 982-4681

From: The Boathouse

We'll take my favorite, easy route to my favorite diner. You can never have too much of a good thing. Temp below 30° at 8 am cancels.

C1-SIG #3 32 MI 10:00 AM Bronx River Ramble

Leader: Maggie Clarke 212-567-8272

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

Flat to rolling terrain. This is an easy ride through the lovely Westchester suburbs of Bronxville and Scarsdale, among others. Lunch is in White Plains. Cancellation: See "C SIG REVISITED."

C2-SIG #4 25MI 10:00 AM ????

Leader: Irv Weisman 212-567-9672

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

We extend our riding to the Closter Diner. Our skill practice includes: 1) review of previous work, 2) synchronized shift from one side of lane to the other, 3) emergency stop and resume, and 4) rock dodging. Return to GW Bridge by 3:30 pm. Cancellation: See "C SIG REVISITED."

Sunday, March 28

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

Leaders: Jeff Vogel (718) 275-6978, Ron Kahn (914) 698-6465, Chris Audley (201) 876-9231, and Dave Thomas (212) 799-1897

From: The Boathouse

Join us for this non-competitive ride with a probable destination of Nyack. You can help us revel in our victories or console us in our defeats. If you don't want to hear our war stories then this is the wrong ride for you. Paceline skills mandatory, social skills appreciated.

A18 50+/- MI 9:00 AM Park Ridge

Leader: Alison Holden (212) 688-1723

From: The Boathouse

Hopefully, the day will dawn sunny and warm. This is a ride for congenial, cooperative cyclists who want a reasonable workout during an early-season ride. Paceline experience a must, good manners a plus, and conversational skills optional. Precipitation at start or ridiculous winds cancel.

B16 60 MI 9:15 AM Surf's Up!

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

From: Statue of Civic Virtue

Hey dudes, wax your chain and slather-on some sunscreen. We're going to Jones Beach. Bathing suits optional.

B15-16 55+/- MI 9:30 AM Pearl River aka "The New Nyack"

Leaders: Laura Schwartz (212) 866-0209 & Suzanne Levin (718) 398-2649

From: The Boathouse

Last chance this month to do Pearl River. It's almost April - what are you waiting for? The usual cancels.

C12 25 MI 9:30 YaoHan

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

From: The Boathouse

A journey up Riverside Drive, across the GW Bridge and down to the Japanese Emporium, YaoHan. After enjoying tasty bean pastries and coffee or tea, we'll head south along the Jersey shore to a Ferry which will take us to midtown Manhattan where we can catch a subway or ride home. Bring money for the food and ferry. Temps below 32°, ice or precipitation cancel.

Saturday, April 3

A-SIG 55 MI 9:00 AM Pleasantville

Leaders: David Grogan (718) 875-1977 and Damon Hart (212) 753-0204

From: The Boathouse

Man, you are killing me! There are hills on this ride, we are riding in a single paceline and alternating the lead; I feel like I'm already an "A" rider. I'm glad I took your advice about training during the week. I would never have been able to keep up if I hadn't done that. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly at 9:00. Helmets, with names on front and back, required. Up Route 9 to Tarrytown, over a big hill to breakfast at the Thornwood Diner. Back home down Grassy Sprain. Do "A" riders really bomb down Grassy Sprain at 40-plus mph? Yes! Will I ever be able to go that fast? Yes! Not today, but soon. Rain date: Sunday, April 4.

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? (Rescheduled from March 6th.)

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

Leader: Mark Wolz

At: The Boathouse

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

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

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

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

From: The Boathouse

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

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

Leader: Maggie Clarke 212-567-8272

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

Flat to Rolling with one hill (Palisades). This week we'll follow Dave Miller's route via historic Rockleigh, the bike path through the backwoods of Tallman Park, and the scenic ride along the Hudson to Nyack. Since the bike path isn't paved, don't bring your narrowest racing wheels; 1 1/8" (28c) ought to be fine. Cancellation: See "C SIG REVISITED."

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

Leader: Irv Weisman 212-567-9672

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

We go again to the Closter Diner, but add a few more miles to the ride. Our skill practice includes: 1) review of previous skills, 2) fast turns, U-turns, emergency turns (car-avoidance). Return to GW Bridge by 3:30pm. Cancellation: See "C SIG REVISITED."

Sunday, April 4

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

Leaders: Todd Brilliant and Beth Renaud (212) 274-9463, Stephanie

Bleacher (212) 348-2661, and Kristi Roberts (212) 229-9804

From: The Boathouse

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

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

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

From: The Boathouse

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

B17+ 50 MI 9:00 AM Nyack

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

From: The Boathouse

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

C13 45 MI 9:00 AM Piermont

Leader: Bernie Brandell (718) 633-1759

From: The Boathouse

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

Any Rainy Day**A/B 10:00 AM "Rain Ride" Series**

Leader: Robert Reimann (212) 206-3584 or robertnyc@earthlink.net

From: The Boathouse

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

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

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

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

Out Of Bounds

June 14-29

Tour of White Mts, Winnepesaukee and Maine's Monhegan & Vinalhaven Isles

Approx 45 miles per day, accommodations mixing camping, hostels, and country inns. Board Amtrak at Penn Station, disembark train at Haverhill, Mass. Bike rural roads thru the White Mountains, then cycle by Lake Winnepesaukee's wild east shore. Bike rustic roads and villages past Maine's Lake Sebago to Boothbay Harbor. Then successive ferrys (alternating with quaint coastal road segments) to immortal Monhegan, Mantinicus, Vinalhaven and Deer Islands. Then bike the upper Maine coast to Campobello! Evenings to feature lovely tango dancing and marshmallows.

Please start looking at ultra-light tents/sleepbags/panniers. Each rider pays his or her own way (approx. \$50/day), including Amtrak tickets (approx. \$100). Call Paul Rubenfarb to confirm at (212) 740-9123.

Fast 40 Rides

If you are an A rider "wuzbe" or "wannabe" and you don't have all day to spend on your bike, (maybe you have a family or significant other who does not ride, or a job that cuts into your weekends), these rides may be for you.

I used to be an "A" rider, but little by little responsibilities and sloth have worked their way into my life. Now, I feel the need to get back in shape, so here is what I propose:

Ride length: approx 40 miles, to be done non-stop: Bring pocket food.

Start Time: Early 8:00 - 8:30 a.m.

Location: Flexible. Typical rides will be Nyack from the GWB via various routes, (this may change depending on what the group wishes). If my scheduling is tight, or weather is "iffy" it may be laps in Prospect Park. I'm also hoping to ride in Prospect Park at least one night each week, M-F, (15 - 20 miles). If the weather is bad, the ride is canceled.

Speed: Increasing it is the reason for riding. We will be starting @ approx. 17 mph on flat to rolling terrain. This means we should be back before noon!

Style: Since I don't like to start off drafting strangers, we will ease into tight group riding as we get comfortable with it. At first we will ride in pairs, side by side. Eventually people will draft their partners. Pairs will link up. Larger groups will form. Anyone not comfortable with drafting can hang off the back.

Schedule: I'm hoping to do one morning on the road each weekend, (40 or so miles), whichever day looks best as far as the weather is concerned. Due to an uncertain personal schedule, rides will be announced via e-mail, Thursday evening or you can call me. To get on the list, e-mail or call Bill Vojtech (718) 832-3588 or vojtech@erols.com.

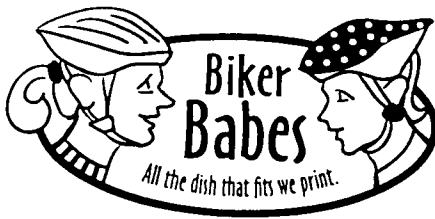
NYCC Welcomes 50 New Members

Marni Aaron
Mark Aaron
Chris Assing
Shawn Bandel
Geoffrey Berliner
Jane Betz
Jill Bressler
Robert Chodock
Jeff Chou
Rich Cohen
Robert Cohen
Yvonne Colliery

Lorin Crenshaw
Laurie Drucker
Steven Fee
Don Friedman
Randi Goldsmith
Lester Greenman
Robert Hedges
Robert Heisler
Paula Kahn
Ron Kahn
Joseph Kissner and
Deborah Steiner

Walter Klores and Emily White
Rosann and Arthur Levy
Michael Lin
Jen Mann
Suzanne Menghraj
Beth Meyers
Ted Nell
Margaret Neuer
Shula Neuman
Cynthia Owens
Lanfranco and Eudair Palman
Ingrid Pradel

Joshua Rubin
Victor Sava
Clinton Scarich
Arlene Shapiro
Jeanne Solomon
Chris Trivell
Darby Townsend
Gerald Van Loon
Carolyn White
Allan Wilson
Ralph Yozzo



A day without dish is like a day without sunshine. This past month has been very gray indeed. However, we managed to get some tidbits because we don't want to disappoint. Remember to email us at nycc-news@yahoo.com.

Our club will soon have a new generation of cyclists. **Catherine Chatham** and **Craig Spiegel** are expecting; so are **Bob** and **Shari Foss**, and **Dan Schwartzman** and **Julie Nives**. Now that Julie is pregnant, Dan has started cycling with the club again after a two-year hiatus (let him answer the questions).

The always charismatic **Christy Guzzetta** has been up to his usual

tricks. He and his wife **Jody Sayler** have just about moved into their new Cold Spring home (which Jody designed). Christy bought a miniature blimp, filled it with helium and kept it in the house. One day Christy kept the door to the deck open. The change in the air pressure produced by the mixture of warm and cold air forced the blimp out the door. At first, the blimp got stuck in the doorway because it is just as wide, but once freed, flew out over the Hudson River toward West Point. Christy is lucky that the M.P. (or for that matter, the entire Army) from West Point didn't shoot down the blimp and then hunt down its owner.

Special events coordinator **Anne Grossman** tells us she had an overwhelming response to her night at the ballet and kept herself busy returning checks. She filled the seats quickly and feels bad that she had to turn people away. But she promised us she will have another night at the ballet in June during the New York City

Ballet's spring season.

Overheard in the men's room at the Northvale diner: **Mark Martinez** saying, "Do these tights make my butt look....never mind." Mark, how could you doubt how great you look after the Biker Babes gave you the best-looking in Lycra award in January? How quickly we forget...

Ask **Alison Holden** how she crashed her Simoncini and taco'd her rear wheel - her bike rack fell over in her apartment!

And a wishes for a speedy recovery to **Keith Goldstein**. He recently had surgery on his knee and will be off the bike for a few weeks. Of course, the only thing he's really upset about is not being able to ride his new bike! Isn't that just like an "A" rider?

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

THE LAST SIG OF THE CENTURY

On Saturday, March 6, at the Boathouse in Central Park, the 1999 A-SIG series will begin. Since this is the last SIG of the 20th century, and of the millennium, it's one you will not want to miss. (Please see the ride listings for further details.) Following are the leaders for this year's SIG:

Edward Fishkin	(718) 633-3038
Frank Grazioli	(212) 529-9462
David Grogan	(718) 875-1977
Christy Guzzetta	(212) 595-3674
Damon Hart	(212) 753-0204
Ann Marie Miller	(212) 247-6531
Judy Morrill (Captain)	(212) 866-0462
Jody Sayler	(212) 799-8293
Craig Seitel	(212) 316-4130
Randy Taylor	(212) 866-0462
Rita Tellerman	(212) 865-8489
Carolyn White	(212) 666-0616

Yes, that's a lot of leaders, because we expect a lot of participants this year!

Twelve weeks after this first ride, we will complete a 100-

plus-mile ride to Bear Mountain. Each week, the rides will get longer and longer, faster and faster. Many of those who show up on that first ride will be there on May 22. They will talk about how the SIG changed their approach to cycling and made them better and more confident than they ever imagined. They will possess stellar paceline skills, they will know all about road etiquette, and they will be in the best cycling shape of their lives. They will talk about the thrill of riding at 22/23/24 mph in a smooth double paceline, listening to nothing but the "whiiiiiiiiiiiiiiii" of wheels and pedals, taking turns at the lead. They will have achieved never-before-imaginable speeds of 40-plus mph on the downhills. They will be undaunted by such hills as Little Tor and Perkins Drive. They will have been on some of the greatest rides in the area. Will you? Will you will be training during the week and showing up for every ride to ensure you'll be there on graduation day? If you want to be one of these people, please come to the first ride on Saturday, March 6. Follow the program. You, too, will be an "A" rider, and that's a promise.

If you have any questions, call one of the leaders listed above. See you soon!

RENEW, RENEW, RENEW, RENEW, RENEW!!!
(OR AM I BEING TOO SUBTLE?)

Take A Bite Of Lyme Disease

BY JAY B. ADLERSBERG, M.D.

It's time to break out the axle grease and remove the grit from your drive train, but while you're at it, check your supply of DEET and Skin-So-Soft. Because just as spring is coming, so are the hatching deer ticks that carry Lyme disease. This year, though, you may want to take advantage of the new FDA-approved Lyme disease vaccine called LYMERix that has just come to market.

Lyme disease begins as a bite by the nymph-stage deer tick, which unfortunately bites anything warm-blooded, including the feed mice that run over mowed grass and foliage next to highway shoulders...and humans. The ticks are smaller than a pinhead, but after about 36 hours, swell to a point at which they're easily visible, especially at the hairline, the armpits and the groin. This is the time when the Lyme germ called *Borrelia burgdorferi* spreads from the tick's gut into your bloodstream.

The first reaction is at about one to two days, a bullseye-type red rash at the bite site, a reaction absent in about 40% of victims. It will go away, but about a week later, a flu-like illness with aches and pains and fever sets in. This, too, will pass, but in several months, joint pain and swelling, heart-rhythm problems and nerve irritation can develop. None of this is fun, and if you don't remember to

use a tick repellant as you kneel in the grass along 9W to change a flat, you might become tick lunch.

The vaccine will prevent problems in about 80% of those who receive it, and especially those under 65, according to initial studies. It takes three shots, the first two a month apart, the last a year from the first. Reactions are redness at the shot site and perhaps muscle aches, with the first shot. The vaccine triggers the immune system to produce antibodies, which are taken into the tick's gut as it bites you. The antibodies kill the Lyme germ while it's still in the tick, before it can be transferred to you.

However, the FDA is concerned that unlike the persistent qualities of other vaccine-induced antibodies, such as those from flu vaccine, antibodies from the Lyme vaccine decay with time. That decay may mean a yearly booster is necessary.

Do you need the shot? That depends on how frequently you are in Westchester, New Jersey and Long Island, in a pair of Assos, sitting in the grass with your legs and arms exposed. Remember, at any stage of the illness, antibiotics such as tetracycline and a type of penicillin are effective in treating Lyme disease.

The next in a series

BEFORE THEY WERE NYCC MEMBERS...



Cheryl Daitch c. 1965

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

**This space could be yours!
Advertise in the NYCC Bulletin.**

**THIS IS YOUR LAST BULLETIN
IF YOU HAVEN'T RENEWED
RENEW NOW!!!**

Days Of Cycling Past

by BETH RENAUD

I recently came across a copy of "The Complete Book of Bicycling" by Eugene A. Sloane. It was first published in 1970, and it reveals how much and how little has changed in cycling in almost 30 years.

Sloane apparently considers himself an experienced cyclist (but it's never revealed what exactly he does for a living) and dispenses in a pedantic manner much advice for the beginning cyclist in regards to commuting, buying a bike, cycling safety, etc. The first chapter deals with the health benefits of cycling. Of course, any info on physiology (like calorie requirements) and various other topics deals with men only, reflecting a clear bias which has permeated the cycling world for quite a long time. The sexist comments aren't too numerous, but there are just enough of them to elicit a raised eyebrow (and/or a chuckle) from the distaff cyclist (Fair maidens, beware: The author warns that when filling one's tires at a gas station, "Don't let a service station attendant fill your tires. If you're a good-looking woman, he'll probably rush to help you, and is likely to blow your tire off the rim."). A Dr. Paul Dudley White, apparently a physician of President Eisenhower, was a great proponent of cycling, even suggesting that airlines install bike exercisers on planes in order for the pilot to stay "relatively immune from heart attacks, and keen and alert enough to meet emergencies" (listening to a pilot give the current altitude while huffing and puffing over a Lifecycle's hill program is not my idea of the friendly skies).

In the section on safety, he tells you to be cautious around "Sunday drivers" and suburban housewives and teens behind the wheel ("Women drivers in particular have a habit of shooting backward out of residential driveways into the middle of the street"). Two other curious safety tips are "Always ride with the traffic, never into the traffic, unless, as in some states, the laws require that you ride into traffic" (when is that ever legal?) and "Never ride on a city street where parking is not allowed." He also purports that a "reasonably skilled" cyclist should need only 30 inches between one's bike and a car to avoid getting doored (two and a half feet??no thank you). But one piece of advice he touts that you probably won't find in any other cycling safety book is "Use a truck or a bus to run interference for you" when riding through an extremely busy intersection. And, this back in the day of urban disintegration, he advises folks not to ride in city parks

at night, "especially in big cities like Chicago, New York, and San Francisco." He tells an interesting story about using a freon-powered boat horn to scare away "young hoodlums" about to jump him while he was riding in a lakeside park in Chicago, claiming that in any other circumstance, "my lung power [is] about as good a horn I need."

Of course, the prices of bikes and other accessories are amusing enough, with an ultra-spiffy racing bike ranging up to \$255. Mechanics are an outrageous \$7.50 an hour, too! When recommending to us that one buys a bike only from a bike shop, not a department or discount store, he says that, while describing the process of assembling a bike yourself, "I can work a bit faster on bikes than the average person; I have the correct tools, some experience, and a lot of interest." Quite a little chutzpah, it seems.

I can't speak to the accuracy of what he writes about bike repair and frame construction, but there is a handy chart in the back on tooth combinations in various gearings and detailed drawings of the parts in, for example, a Sturmey-Archer three-speed hub. He also provides detailed instructions on fixing a sew-up tires and recommends using kerosene to clean bike parts.

Some interesting terms are used, such as "breaking the wind," which doesn't refer to those first few embarrassing miles after the lunch stop. He also calls detritus that sticks to your tires "impedimenta," which doesn't really seem like the proper usage, but that's a nitpicker for you. Wheels that are not trued are deemed "out-of-round," and wheel-building is "lacing a wheel." A wheel that shakes when brakes are applied can be shuddering or "judering." Also, I wasn't aware that cyclo-cross existed at that time. Sloane, true to form, says it's "real he-man stuff."

The photos are also quite a hoot. There's a picture of dozens of parked bikes in Central Park near Bethesda Fountain, with the caption proudly declaring that the park is closed to cars on weekends and Tuesday evenings. And there's photos of the great Merckx with Felice Gimondi, and Ole Ritter. Another shot is at the 1964 National Championship at the track at Kissena (spelled "Kasina" here), showing Jim Rossi and Preston Handy crossing the line just after Bob Binetti, with scores of people looking on. It's nice to see that the track was in good condition at one time and that attendance was greater than can be fit on the puny bleacher there in recent years.

THE C SIG REVISITED

The C SIG will comprise two sections:

Maggie Clarke will lead a group starting at 12 mph cruising speed starting at 25 miles and working up to 62 miles, while Irv Weisman will lead a group starting at 10 mph cruising speed, working up from 15 miles to 50 miles. In April, both groups are expected to increase their speed by 1mph and in May, another 1 mph. If there is inclement weather, adjustments in distance for subsequent rides may need to be made.

The faster group will receive riding instruction during the course of their rides; the slower group will have approximately one hour of parking lot instruction and practice in such things as starting and stopping; looking over the shoulder, signalling and turning; emergency maneuvers for pot holes and traffic; practice in snappy gear shifting; adjustments of derailleurs and brakes; and wheel removal and flat fixing.

The rides during March will generally start at 10:00 am from the George Washington Bridge Bus Terminal at 178th St. and Ft. Washington Ave. (take the A train to 175 St. & Ft. Washington Ave.) and will go into New Jersey. The first ride is a self-classification ride on Sat. March 6, 10:00 am starting on the East Drive Central Park at 72nd St. (near the Fifth Ave. entrance). Candidates for the 12 mph group must be able to do the 4 laps (24.1 miles) in less than 2.5 hours. Those opting for the 10 mph group must be able to do at least 2 laps (12 miles) in less than 1.5 hours, but the more laps, the better.

Cancellation conditions: Starting temps below 35°, excessive windchill, icy streets, or prediction of precipitation of 50%. Call if in doubt. Rain date will be the next day (Sunday).

Riding the Wild West

BY PHIL STEIN

It used to be to conquer the West you needed a good horse and a covered wagon. Now it is possible to do this with an iron horse and sag wagon thanks to the Greater Arizona Bicycle Association.

GABA sponsors an annual trek in early October across the state of Arizona, from north to south. Although the route varies from year to year, for 1998 the route covered the full length of the state, from Wahweap Marina, north of Page, to Nogales, on the border with Mexico, for a total distance of approximately 520 miles. Having heard positive comments about this tour, I thought this was a good year to go for it.

The tour started with a motor coach ride from Phoenix to Page, approximately 350 miles. There were 125 participants from 26 states. I had shipped my camping gear ahead and brought my bike with me on the plane. All bikes were transported in a semi-tractor trailer, fully assembled, protected by moving blankets, which worked out well. It was a culture shock to finally arrive at Wahweap Marina, travelling from New York to one of the most remote places in the US. Tuning up the bike and putting up the tent in a dustbowl while the sun set on Lake Powell definitely got me in the spirit of the ride. Elevation at the marina is 4000 feet.

Day 1: Usually on these tours, the first day is short mileage to get the kinks out of the bike, riders and the staff. Not this time. We traveled from the marina to Gray Mountain, in the middle of the Navajo reservation. An acrophobic ride over the bridge crossing the environmentally infamous Glen Canyon Dam was a good wake up to the day. Most of the day was a spin through the desert, past geological wonders of the Vermillion Cliffs and a branch of the Grand Canyon, dodging periodic swirls of sand crossing the roadway. The continuous flow and silence was broken up by a variety of ripping shoulder cuts. At the end of the ride, my odometer showed 99.6 miles - I called it a century, especially since the last 8 miles were an uphill grind. A third water bottle came in handy to survive the afternoon sun. The choice of accommodations was easy: the Anasazi Inn, the only place in town. I carved out my spot in our tent city ringed by the motel rooms. Dinner was a Mexican buffet, and nearby was a pretty good selection of Navajo rugs for evening shopping. I met Dianne Hauck, of Brooklyn, the only other New Yorker on the ride.

Days 2 and 3: We headed to the oasis of Flagstaff, our first real civilization. We took a break from the highway by turning off at the Wupatki anasazi ruins and continue past lava fields and the Sunset Crater, a startling view of Arizona's geologically active past. This leg was 67 miles, and we had climbed to almost 7000 feet. The Ponderosa Pine forest was a contrast to the stark desert of the prior day's ride.

Flagstaff meant a layover day, leaving time to visit the Grand Canyon or the meteor crater near Winslow, ride out to Walnut Canyon National Monument, or hang around a

neat college town. The altitude was evident, though, as the overnight chill tested the temperature limit of my camping gear. Morning wakeup found my water bottles hard-ended with ice cubes, and in fact it was 22 degrees the night before. I noticed fewer tents around me the second day, as those of lesser character bailed out to the warmth of the Days Inn.

Day 4: Back on the road again, I was anxious to get moving because this time the cold morning air was testing the limits of my biking gear. I focused on keeping my toes moving as we reentered the Ponderosa forest and rode past the tranquility of Mormon Lake. We reached an elevation of about 7200 feet, which would turn out to be the highest of the trip. The second half of the ride was a start down the Mogollon Rim, the edge of the Colorado Plateau. This was the first of a set of screaming downhills as we headed towards the Sonoran desert. We had a nice snack stop at Strawberry, where we munched on pie of the same name. Our ultimate destination was Payson, 93 miles by my odometer, altitude 4700 feet. Dinner was a catered affair by the local masons, Salisbury steak and lasagna. Our visit was definitely the highlight of the day for the community.

Day 5: We were on our way to Miami, an old mining town. After a breakfast stop at the local bakery in Payson for excellent danish, we continued down the Rim, and we finally came out of the downhills to see our first saguaro cactus, sentinels of the desert. We rode through the classic Sonoran desert among the saguaro, prickly pear, cholla and ocotillo cactus, which were enough of a reminder to keep the water bottles full. This day's ride also featured a 10 mile 6-9 percent climb up from the Roosevelt Dam, while the temperature was about 100 degrees. We were a long way from Flagstaff.

Day 6: This day we headed for Tucson, another century ride. We had two long hills, the 10-mile climb from Mammoth to Oracle being a bit nasty, coming at 62 miles and in blazing heat. But the rest of the ride was a spin into Tucson, finally reaching civilization.

Day 7: Our final ride was to the border town of Nogales, straddling Arizona and Mexico. Most of the ride was along and on the interstate highway at a slight climb. The highlight of the day was a big Mexican buffet and a lot of farewells. The next day we loaded up the buses once again for the trip back to Phoenix.

If you want to emulate the western pioneers, and would like to stretch out the summer season, check out GABA. Some prior touring experience is recommended, as the sag and mechanic support, while enthusiastic, is limited. A triple ring is suggested, and it would be wise to be more conservative than I was on camping gear and clothing for cold weather. Camping grounds were adequate, from hotel grounds to football fields; however, there are also available motels for which you can make your own arrangements.

Archaeology 3000 A.D., or What Were These Structures Called Malls? or Who Worshipped Here?

by CARYL BARON

Sometime, when you're in the mood for science fiction, cycle west on Route 59 (Main St., Nyack). Though not a top choice in roads, it's not the world's worst, and there's a shoulder - 59 gets awful a bit further west because it's all strip malls. After about 2 to 2.5 miles you'll come to a huge concrete fortress: the mega-mall that is the object of all the protest signs around Nyack and Piermont (Stop Mall Spread).

We were helping my sister in Spring Valley decorate her room. We had purchased a lamp at a strip mall, but the mounting screws weren't included in the package. We needed four screws. There are, according to several sources of information, no hardware stores left in Rockland County. The only place to go was Home Depot, in the (gulp!) new mall.

With trepidation, we headed east on Route 59. Shortly after the PIP, we shot right past the mall entrance. It didn't say "New SOB of a Mall - Entrance," it said "Palisades Center Drive - Exit Only." We stopped in Dunkin' Donuts to reconnoiter and work out a strategy for crossing the road. Left turns were forbidden, so we got back on 59 and made a U-turn. Nothing said U-turns were prohibited. A few thousand yards down the road we found an entrance to the complex and turned in. Confronting us stood a concrete fortress ten stories high and about a half mile long, surrounded by a six-lane moat of encircling roadways. There was no visible entrance to the structure itself. This huge, forbidding, tomblike structure is bordered by four or more outdoor and indoor parking lots, a shuttle service from the overflow lots and signage like an airport.

Stymied by the multiple lists of possible retail destinations, we turned toward the wrong parking area and almost got swallowed up in the jaws of a whale of an indoor parking garage. Narrowly escaping an eternity in the belly of the whale, we circled around back on the six-lane drive and found Home Depot.

This was Jan. 3: heavy rains, fog, poor visibility, a day to stay home. The parking lot was almost full, but we eventually found a space. There was a loud speaker blaring something about lumber in the parking lot. We entered the store, feeling about as big as a mouse that's just entered a barn through a cat door. The ceiling was about five stories high, like an airplane hangar. Aisles like a football field. Dozens of rows of stuff, flags hanging down, labeling the rows. The aisle of fasteners was about a mile long and thirty feet high. Remember the old neighborhood hardware store, where you told the owner what you were doing and he went to a drawer and pulled out what you needed instantly? Well, here it's all hanging out and you're on your own, and you'd better not need advice. It took about ten minutes to find the right screws, which were fortunately near the front and fairly low near eye level. Steve wandered around in hardware heaven (he said he could have spent hundreds of \$\$\$). I staked out a place on the checkout line. A siren from a battery-driven alarm display on the counter blared in my ear until its battery finally gave out. The cashier didn't seem to notice. It took about another fifteen minutes to pay the \$1.70 for the four screws. Miraculously, we only made one wrong turn on the way out to Route 59. We did not visit JC Penney, Barnes & Noble, the Rainforest Cafe, Filene's, Imax (valet parking), Old Navy, Bed Bath & Beyond, etc., etc., etc., ad infinitum . . .

I felt like I'd been time-warped into a William Gibson novel. The mall appeared even more forbidding when we passed by at night (having missed the discreet little brown Palisades Parkway sign). This huge concrete fortress looms against a dark hillside of bare winter trees; like the brightly lit U.S. Army station on the river in "Apocalypse Now" (the movie). The sheer concrete wall is surreally lit, with scattered paintings of nostalgic scenes from old-time (1990?) towns and markets, totally out of scale with the wall, glowing like a malignant growth on the landscape, pulsating with artificial life.

People cycling around Rockland County are not likely to encounter it by accident. It simply isn't near any of the roads we ride on. It's between Rt. 303 and the PIP, on the north side of route 59. It's not on the roads we ride on, but the surrounding smaller roads we do use are sure to be more populated, more trafficked and therefore more dangerous as a result.

Bike (to work, play, movies, anywhere) Week '99 Invites your Participation and Help.

BY ISAAC BRUMER

Do you bike to work? Do you think of biking to work? Do you bike in the city? Bike Week '99, May 17-21 - a program of Transportation Alternatives - is a celebration of cycling in the city. Have you considered biking to work? Bike Week is your chance to try it. You'll find breakfast stops, cyclist convoys and encouragement from our Borough Presidents. Biking already? Join a night ride to Coney Island, a Shea Stadium outing, a picnic in Central Park, and other events now being planned.

Better yet, why not help make all this possible. Bike Week works because of volunteers like you and me. People are needed to help create events, develop contacts and sponsors, staff Bike Week functions, and much more.

Transportation Alternatives is a member-supported New York

City-area citizens' group working for better bicycling, walking, and public transit, and fewer cars.

If you'd like to join in and help, or for more information, contact Ruth Rosenthal or Susan Boyle at Transportation Alternatives (212) 629-8080.

EDITOR'S NOTE:

Due to a death in my family, this bulletin is a little late. My sincere apologies to anyone who didn't receive it by the first riding day of the month.

NEW YORK CYCLE CLUB SUGGESTED RIDE GUIDELINES

INTRODUCTION

New York Cycle Club (NYCC) rides are designed as a safe way to enjoy cycling. There is a lot each of us can do to minimize the risk of accidents and enjoy many seasons of injury-free riding. The NYCC encourages each rider to be responsible and respect the rights of pedestrians, motorists and fellow cyclists. This means being aware of and obeying the rules of the road.

The following are New York Cycle Club Suggested Guidelines for safe group riding. Please review them from time to time and share them with other riders. Do your part to make our rides as safe as they are fun. You'll be representing the New York Cycle Club and cycling in the best possible way.

SELECTING THE RIGHT RIDE

To help riders select appropriate rides the NYCC has developed a Ride Classification System, which is published monthly in the NYCC Bulletin.

Be conservative when determining what cruising speed is comfortable for you. It is better to under estimate your speed on a first ride than to struggle keeping up with your group. Getting dropped (left behind) on your first NYCC ride is not an enjoyable experience. We want you to enjoy it and come back. In other words, join a ride whose advertised speed and distance is slightly slower than you think you can do. Never hesitate to call a ride leader before the day of a ride to discuss whether a ride is appropriate for you.

BEFORE JOINING A RIDE

Before each NYCC ride, make sure your bike is in good working order. It helps to become knowledgeable about bike maintenance. Knowing how to make a minor adjustment can make the difference between staying home with a "broken" bike and getting out on a ride. Some bike shops and clubs offer bike maintenance workshops.

NOTE: The New York Cycle Club strongly urges all riders to wear helmets. If you don't have one, look for one that is SNELL or ANSI approved. They are the industry standards and will be indicated by a sticker inside the helmet. Studies have shown that bicycle helmets prevent 85% of head injuries.

RIDE LEADER RESPONSIBILITIES

Ride Leaders are volunteers who scout routes, prepare maps and/or cue sheets, and lead club rides. Their responsibilities include:

- Greeting the ride participants, explaining their ride policy, providing maps and/or cue sheets, and collecting the NYCC "release" form.*
- Maintaining the advertised pace as listed in the NYCC Bulletin.*
- Stopping the ride for flats and other mechanical problems ("mechanicals").*
- Enforcing good riding etiquette (i.e. no bunching up at lights, announcing road hazards, etc).*
- Making decisions in the event of deteriorating weather, accidents, and other unforeseen circumstances.*
- Exercising the right to request a rider leave the ride if the leader believes the individual may compromise the safety of the group.*

RIDER RESPONSIBILITIES

By choosing to go on a NYCC ride, each individual rider assumes responsibility for ensuring his or her own safety and agrees to ride cooperatively in a group under the direction of the leader. Other responsibilities include:

- Selecting rides appropriate to their abilities.*
- Riding a bike in good working order, including properly inflated tires.*
- Eating and drinking enough before the ride and bringing water and pocket food.*
- Riding predictably and staying aware of their physical relationship to other riders and traffic.*
- Calling out flats and "mechanicals" to the riders up front.*
- Alerting the leader if someone is falling off the back of the ride.*
- Cooperating with the leader's signals and instructions.*

SUMMARY

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

Next month: specific "Ride Conduct" will be discussed.

SEE YOU ON THE ROAD - ENJOY!

THE B SIG

The goal will be to improve our cycling skills for safer group riding and learn more advanced bike handling techniques for more efficient riding, while getting in shape and enjoying some of the most beautiful routes around.

We will progressively advance in skills, techniques, speed and distance. Therefore, continuity in attendance is highly recommended. Missing more than two sessions may be grounds for being dropped from the SIG in order to promote the safety of the group.

- Please wear a helmet
- The Pre-Ride Skills Sessions are optional, but HIGHLY recommended
- A Metro North Bike Pass will be required on some rides (when indicated in listing) and desirable on all other Westchester rides in case of bad weather, fatigue, etc.
- Cancellation policy: Extremely nasty weather or icy roads cancel. Call the leader if in doubt. Rain dates will be on the following day (Sunday).

Please read this before your first club ride:

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

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

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

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

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

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

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

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

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

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

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

NYCC Berkshires Weekend 1999 May 29-May 31

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

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.

WANTED:

Thule roof rack for 92 Honda Accord (50 inch load bars, foot pack #400, fit kit 117).
Tom Lowenthal 718 254-6558

SPONSORSHIP:

On June 6, 1999, NYCC member Alberto Zonca will take part in the America's Most Beautiful Bike Ride through the TEAM IN TRAINING program. This is a 94 mile hilly ride around Lake Tahoe in Nevada and California.

The New York City Chapter of the Leukemia Society has a goal of raising \$2,000,000 this year through TEAM IN TRAINING. Alberto's goal is to raise total donations of at least \$3,300, which will go to fight Leukemia.

If anyone wishes to help Alberto in his fundraising effort please contact him directly at (212) 325-9086 (daytime) or by e-mail at alberto.zonca@csfb.com.

**LET'S GO PEOPLE. SEE THAT FORM OPPOSITE THIS MESSAGE?
USE IT!
RENEW YOUR MEMBERSHIP ALREADY!**

ORDER YOUR NEW NYCC JERSEY TODAY!



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

SMALLER SIZES SOLD OUT!

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

NYCC

1999 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS

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

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

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

NAME: SIGNATURE:

NAME: SIGNATURE:

ADDRESS / APT

CITY STATE ZIP (REQUIRED)

DAY TEL NIGHT TEL E-MAIL

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

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

☐ Individual — \$21

☐ Couple residing at the same address — \$27

Come to the Meeting March 9 And Meet the Guys From Seven Cycles!

***They're coming from Boston to tell us the story of
establishing their own frame building business.***

In the 2 years they have been on their own they've caused quite a stir with their elegant, beautifully crafted frames. Perhaps they can explain why their bikes are so special, why everybody wants one, and why the small, but growing, collection of cyclists who ride them are so enthusiastic. They will present their premier frame of titanium and carbon-fiber, the "Odonata" (Latin for "dragonfly"). Please come and welcome Matt O'Keefe (and anyone else they can spare from their busy schedule of frame building).

New And Improved Seating Plan!!!

(and yes, Stephanie, now A/C as well!)

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.

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



DATED MATERIAL!

FIRST CLASS MAIL

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