

May
1999

May 1999

NYCC *Bulletin*[™]

Maggie Clark's "Cherry Blossomland" ride



Greg Lemond (in an NYCC jacket!) and Joan Jacobson



Greg and Jay Jacobson



OK, does anyone know what this sign means?

President's Message

by **BEN GOLDBERG**

May is an exciting month in the New York Cycle Club. All of our SIGs finish up with graduation rides; congratulations to all of you who have persevered! To those of you who dropped out, there's always next year. In the meantime, enjoy the club rides at the level you find comfortable.

The beginning of June marks our first Newcomers' Ride of 1999. Those of you who have delayed riding with the club have no more excuses. See details in the "Out of Bounds" section of this bulletin and in the June bulletin.

May is also Montauk month, when more than 500 5BBC'ers (that's the Five Boro Bike Club) and NYCC'ers ride to the tip of Long Island. It's the easiest 130 miles you'll ever do. There's more information about Montauk elsewhere in this bulletin.

Our new NYCC water bottles have arrived and they are gorgeous! They have the same design as our long-sleeve and (newly arrived) short-sleeve jerseys: Lady Liberty in a helmet. We're selling them for \$3.00 each at our club meetings. If you can't make a club meeting and would like some bottles, contact me at goldberg@cs.nyu.edu or (212) 982-4681 to arrange pickup in Greenwich Village. I can't mail bottles individually.

Speaking of our new short-sleeve jerseys - if you want one, order now! They were already almost 60% sold out before they even arrived. I'm looking forward to the day when entire groups of NYCC riders are wearing the jersey. See the order form elsewhere in this bulletin.

Finally, it's my usual call for leaders. If you've been on a number of club rides and are comfortable with a route, please volunteer to lead a ride. If you don't volunteer, who will? Besides, we have nice leader incentives: Three rides gets you a free water bottle, six rides allows you to buy a special leader's version of our short-sleeve jersey at a reduced price, and 12 rides gets you a unique NYCC leader's vest that is not available to anyone else. Contact your ride coordinator now!

See you on the road!

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:

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

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

Credits: Cover photos provided by various NYCC members. Copy editing by **Beth Renaud**. Printed at **Dandy Printing**, Bklyn, NY.

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

To publish an article:

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

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

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

Club Rides

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

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

BE SMART - WEAR A HELMET; NO HEADPHONES.



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



Saturday, May 1

A-SIG 82 MI 8:30 AM Croton Reservoir

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

From: The Boathouse

Route 9 north 35 hilly miles to the Highlands Diner in Ossining. Whew. Then it's nothing but beautiful riding over Quaker Ridge Road and to the dramatic Croton Dam. Around the reservoir, up long Seven Bridges Road, down a fast Grassy Sprain. It's warm by now. Some of us have shorts on. We're loose. We're getting fast. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly by 8:30 a.m. Helmets, with names on front and back, required. Rain date: Sunday, May 2.

B-SIG 75-90 MI 7:30 AM B-SIG #9: Deepest Westchester

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

From: Grand Central

An adventure in Westchester's outer reaches. Spectacular scenery will make each and every hill worthwhile. Express train to White Plains. Lunch in Bedford. Metro-North Pass and pocket food are mandatory. Call/e-mail leader close to ride date for late-breaking news.

C14 50 MI 9:00 AM May Day Parade

Leader: Ira Mitchneck (212) 663-2997

From: The Boathouse

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

Sunday, May 2

A20++ 70 MI 9:00 AM Don't Go There!

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

From: Tavern on the Green

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

B17 65+/- MI 9:00 AM Oyster Bay "Deja Vu"

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

From: Tramway Plaza (59th Street/Second Avenue)

Due to the overwhelming turnout for my last month's O.B. Ride, I promised to repeat this lovely ride for those who were unable to attend. Again, we will ride through Long Island's "gold coast." Therefore, expect "deja vu" of tree-lined rolling hills and the horse farms of Brookville and

Muttontown. Lunch on the bay, oysters, anyone? Social skills and a good sense of humor required. Cancels: What do you mean cancels?

C1-SIG C13 50 MI 9:30 AM C1-SIG #8: Oyster Bay

Leader: Maggie Clarke (212) 567-8272

From: Statue of Civic Virtue, Queens Blvd. and Union Turnpike (E, F train to Union Turnpike)

Terrain: rolling. In our first foray into Long Island, we'll tackle the terminal moraine that the last glacier left (the north shore) and head for the beach. Oyster Bay harbor is gorgeous, and we'll eat out on the sea wall amongst the seagulls watching the boats go by. Helmets required. Cancellation conditions: starting temps below 35°, excessive wind-chill, icy streets, or prediction of precipitation of 50%. Call if in doubt.

C2-SIG #8 C11 ??? MI 9:00 AM ?????

Leader: Irv Weisman (212) 567-9672

From: G.W. Bridge Bus Terminal, 178th St. and Ft. Washington Ave.

This month's C2 SIG rides are for previous participants of the SIG.

Exercises and distances will be established the day of the ride.

Cancellation conditions: wet roads, predicted high temp. below 40°, predicted precip 50% or greater. Please check with Irv that this ride is going as scheduled — he may be sick from his chemotherapy.

Tuesday, May 4

A19 35 MI 1:15 PM Leave Work Early Series

Leader: Reyna Franco (212) 580-5695

From: The Boathouse

Excuse #1: In a hoarse, whiny voice with a few coughs, tell your boss: "I'm not feeling well - I can't concentrate - I have to go home." Then go home, have a quick bite and meet us for an afternoon ride to River Road. As long as I am on time (I could be late if my babysitter is late), we will leave at 1:20. I have to be back by 4:00.

Friday, May 7

A19+ 30 MI 9:30 AM Five Laps Around the Park

Leader: Peter Sekesan (718) 417-3510

From: The benches across from the Boathouse

Please join me every Friday morning during the month of May, and we will practice paceline skills. Please call to confirm.

B15/16 50+/- MI ??? Jersey Shore Cartop Ride

Leader: Ron Grossberg (718) 369-2413

Call leader for details. Why wait for summer? Play hooky now. If you're interested, call leader by Wednesday. He'll tell you about start time, transportation and everything else.

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A/B/C 9-12 MI 7:00 PM TGIF!/Baby Getaway

Leader: Al Boland (212) 740-0700

From: The Boathouse

Bring baby for buggy ride. Two loops. Just the right pace.

Saturday, May 8**A-SIG 86 MI 8:00 AM Bedford**

Leaders: David Grogan (718) 875-1977 and Judy Morrill (212) 866-0462

From: The Boathouse

8:00 a.m.? Why so early? Be there! The rides don't get any nicer than this one. We've got to start firing on all cylinders. There's only one more tune-up ride after this before the big one! We should be smooth by now, in shape, ready. There's big hills, beautiful roads, lots of miles on our way to Bedford. Eat a hearty breakfast, bring pocket food; there's about 40 miles before a picnic on the green in Bedford. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly by 8:00 a.m. Helmets, with names on front and back, required. Rain date: Sunday, May 9.

A19+ 125 MI 8:45 AM Montauk

Leader: Peter Sekesan (718) 417-3510

From: The Boathouse

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

A18+ 75 MI 9:00 AM For Burned-Out Racers...

Leader: Fred Steinberg (212) 787-5204

From: The Boathouse

...Go to Nyack for the 257th time! I'm going to Armonk! The shore route, then a touch of Connecticut, maybe even a loop around Byram Lake, before lunch. Route 22/Grassy Sprain return. Rain cancels, drizzle doesn't; call leader before 8:30 if in doubt. Rain date: Sunday, May 2; call leader to confirm.

A/KB19 75-80 MI 8:00 AM "Il Postino" Brewster Ride

Leader: Spencer Koromilas (212) 867-8678 and Robert Reimann (212) 206-3584

From: The Boathouse

Retreat to one of the most beautiful rides in the NYC region. Ride thru Bedford's horse country, past the Titicus Reservoir, and over nameless hills. "How you say magnifico?" Return via Metro-North (arrive at Grand Central at 5:30 p.m.). Good sense of humor and paceline skills required, as well as Metro-North pass. Cancels: What do you mean cancels?

B-SIG 85 MI 8:00 AM B-SIG #10: Grand Finale Ride/West Point Preview

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



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From: The Boathouse

Why wait till July 4th? We'll head north on the N.J. side of the Hudson, cruise by Bear Mountain, meander through West Point, power up Storm King, over the Beacon-Newburgh Bridge, then south to Cold Spring for celebratory eating/rehydrating before taking a late bike train home. METRO-NORTH PASS MANDATORY. Don't forget that pocket food. Montauk will be a piece o' cake after this one.

B15 55 MI 9:00 AM Mamaroneck

Leaders: Suzanne Levin and Peter Morales (718) 398-2649

From: The Boathouse

This is that beautiful route that goes via Rye before heading to the coast and a waterfront picnic at Mamaroneck Harbor. If you did this ride with the B-SIG when it was a little chilly for eating al fresco, don't worry - it should be a lot warmer today. Pocket food advisable. Bring your Metro-North pass if you think you'll want to train home.

C14 22 MI 10:00 AM Wave Hill

Leader: Ludwig Vogel (212) 838-0852

From: The Boathouse

Come see the last blooms of spring at New York's most beautiful river-front garden. The route will take you through a section of Riverdale so bucolic you will marvel that you are still in the city.

Sunday, May 9**A18 65-70 MI 9:00 AM Rockland Ramble**

Leader: Damon Hart (212) 753-0204 or hart@idt.net

From: The Boathouse

DeForest Lake loop is the goal, conditions permitting. Some hills. Current A-SIGees welcome. Good cooperative riding required; precipitation, slick roads or A-SIG today (rain date) cancels this ride.

B18 50 MI 8:00 AM Ridgewood Express

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

From: The Boathouse

Join us on a nice alternative to Nyack as we ride through the 'burbs of N.J. Barring flats or other mechanical problems, we spin our way non-stop to downtown Ridgewood. Early to start, early to return is the expectation so you can catch that afternoon movie or ballgame.

B16 50 MI 9:30 AM White Plains With a Hill

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

From: The Boathouse

The flat route to White Plains for pancakes or whatever, then a short, very steep climb and return on Grassy Sprain. Helmets required. Low gears suggested. Precipitation forecast greater than 50% on 7:58 Weather Channel broadcast cancels.

C1-SIG C13 52 MI 9:30 AM C1-SIG #9: Irv's 50-Miler, With a Tweak

Leader: Maggie Clarke (212) 567-8272

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

Terrain: rolling with a few hills. We'll enjoy the Bergen and Rockland sub-urbs on Irv's famous route, via historic villages like Tappan, and the Pascack valley; we'll lunch at the Park Ridge Diner before heading home. Helmets required. Cancellation conditions: starting temps below 35°, excessive wind-chill, icy streets, or prediction of precipitation of 50%. Call if in doubt.

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

See write-up for Sunday, May 2.

C12 25 MI 9:30 AM Mother's Day Meander

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

From: The Boathouse

Flat ride through the parks and new bikeways of Manhattan, including an almost car-free stretch from the Upper West Side to Battery Park. If you're joining Mom in the P.M., join us in the A.M. for a loop around New

York. Joint with Bicycle Touring Club of North Jersey. Bring or buy lunch.

Tuesday, May 11

A19 35 MI 1:15 PM Leave Work Early Series

Leader: Reyna Franco (212) 580-5695

From: The Boathouse

Excuse #2: In a sad voice, tell your boss: "My pet is sick and I have to bring him to the vet." Then go home, have a quick bite and meet us for an afternoon ride to River Road. As long as I am on time (I could be late if my babysitter is late), we will leave at 1:20. I have to be back by 4:00.

Wednesday, May 12

A19 60-65 MI TBA Drill Sergeant

Leader: Damon Hart (212) 753-0204 or hart@idt.net

From: TBA

You're in the Army now. Nothin' but hills to Nyack, nothin' but hills home, under the whip the whole way. Inductees should contact their draft board (leader) for meeting time and place (reveille comes early). Current boot camp (A-SIG) cadets welcome. Precipitation or slick roads cancel (after all, we're not masochists!).

Thursday, May 13

A/B/C 10-15 MI 7:00 PM Dinner in Greece aka Astoria

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

From: Tramway Plaza (59th Street/Second Avenue)

Time to go visit good ol' "Uncle George" for some "authentic" Greek food. Last one to Unc's gets to eat some of my kokoretsi (les abats). Digestive return through Roosevelt Island. Remember to bring locks and night lights. Leave your Turkish flags home.

Friday, May 14

A19+ 30 MI 9:30 AM Five Laps Around the Park

Leader: Peter Sekesan (718) 417-3510

From: The benches across from the Boathouse

Please join me every Friday morning during the month of May, and we will practice paceline skills. Please call to confirm.

A/B/C 9-12 MI 7:00 PM TGIF!/Baby Getaway

Leader: Al Boland (212) 740-0700

From: The Boathouse

Bring baby for buggy ride. Two loops. Just the right pace.

Saturday, May 15

A-SIG 91 MI 8:00 AM Little Tor

Leaders: Craig Seitel (212) 316-4130 and Mark Murata (212) 595-8941

From: The Boathouse

Little Tor, Big Hill, Big Ride. Hills, miles, pacelines, speed, team, endurance, A ride! This is a dress rehearsal. We've been at this since back in early March. We've been riding, pushing, practicing, hurting. Next week, we're going on the BIG A ride. We are ready. Get to the Boathouse 15 minutes early so we can get signed up and on the road promptly by 8:00 a.m. Helmets, with names on front and back, required. Rain date: Sunday, May 16.

A18-22 250 MI TBA Montauk Twin Century

Leader: Marty Wolf (212) 935-1460

From: Call leader

In our version of the Montauk Century, we bike out on Saturday and return home on Sunday (on the same road by the one-way century riders). The rooms I've booked are limited and must be paid in full no later than Saturday, May 8 (which is also the cancellation date). Don't plan on calling me after that - I'll be out of town the entire week prior to the ride. Ride happens rain or shine. Call leader for cost, time, and meeting

place.

A19 60+/- MI 9:00 AM Ides of May?

Leader: Tom Laskey (212) 496-1636

From: The Boathouse

Okay, so there is no Ides of May, there is Pearl River and that's where we're going. Trees, reservoirs and other bodies of water, not to mention black pudding, yummmmmmm! We'll keep it kind of leisurely on the way out; coming back on Rivervale may be a hammer-fest - be prepared! The usual cancels.

B16 50 MI 9 AM Felix the Cat Saves the Day

Leader: Ira Mitchneck (212) 663-2997

From: The Boathouse

I've tried this ride twice already this year, and every time the weather intervenes. This month, Felix will pull a bright red bicycle out of his bag of tricks and whatever else we need to finish this ride to Park Ridge. If you sing Felix's entire theme song (Felix the cat, the wonderful, wonderful cat...) at full volume, I promise you will coast up Churchill and will be in the bulletin as well. As usual, rain cancels. Bring bag of tricks in case.

All Class / All Club 2:00 PM Blessing of the Bikes

Leader: The Honorable Rev. Dean Harry Pritchett Jr.

From: St. John the Divine Cathedral

Walking shoes or cleat covers required or you will be asked to leave shoes at the door. Conservative cycling wear requested. (See description elsewhere in bulletin.)

C13 50 MI 9:15 AM Piermont

Leader: Dona Kahn (212) 399-9009

From: The Boathouse

Take a leisurely ride to our old favorite, with lunch on the water. Helmets required; rain cancels.

Sunday, May 16

Montauk Century by 5BBC (see listing in bulletin)

A 20+ TBA - 6:00 AM - From Plaza

A19 Robert Reimann (212) 206-3584 - 5:30 AM- From Plaza

B18 Peter O'Reilly (212) 414-1937 - 5:30 AM- From Plaza

B17 Linda Wintner (212) 876-2798 - 5:00 AM- From Plaza

A20 65 MI 8:30 AM Up Up and Away

Leader: Phil Simpson (718) 639-6264

From: The Boathouse

My resolution this year is to do more hills. Come do some with me in Rockland County. We'll probably have lunch in Nyack and have an interesting time getting there. Helmets required. Rain at 8:00 a.m. cancels.

A18 55 MI 9:00 AM Tarrytown

Leader: Marten denBoer (212) 327-1728 or mdenboer@hunter.cuny.edu

From: The Boathouse

We ride to Tarrytown via the Deco canyons of the Bronx and the leafy lanes of Scarsdale. Depending on riders' preferences, we'll visit either the 20th century, a Rockefeller-funded church with Chagall windows, or the 18th, Sleepy Hollow of Rip van Winkle fame, before lunch in Tarrytown, and a return along the scenic Hudson River. Co-led with the Fast and Fabulous Cycling Club.

B17-18 ??? MI 9:00 AM Bergen

Leaders: Wendy Cohn (212) 532-4803 and Bob Hancock (212) 496-4075

From: The Boathouse

Arrive 15 minutes early so we can leave on time. The usual will cancel. Helmets required on this ride. No hammerheads, airheads, or stalkers. Anyone arriving without good bike-handling skills or a brain will be forced to wear a pointed helmet and ride in the corner. Single straight men will be welcomed, but only if they are willing to commit to ride the entire distance and promise to talk about something besides bike parts, saddles that prevent impotence, their last "psycho" girlfriend, chamois shapes, the length of their stem, or why Camelbak really invented the Big Bite Valve. Single straight women will be welcomed as long as they do not discuss

chocolate as one of the essential food groups, shopping at the Piermont Bike Connection, their last "wimpy" boyfriend, chamois shapes, the insignificance of stem length (it's all in the top tube), or why no one ever calls on Monday to say they enjoyed the ride.

B17 75 MI 8:30 AM Caumsett Park

Leader: Jim Drazios (718) 225-1842

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

Come join a quality ride where you can experience speed on the L.I.E., beauty through Cold Springs and hills at Lloyd's Neck Harbor. The option is a century through Oyster Bay.

C13 50 MI 9:15 AM The Bloomin' Metric!

Leader: Maggie Clarke (212) 567-8272

From: Westport, Conn., railroad station / Luciano Park

Terrain: rolling with some hills in the middle. This is a gorgeous ride in Connecticut, including some shoreline, some New England flavor with stone walls, horse farms, woods and white churches. It is an annual ride of the Sound Cyclists Bicycle Club. You can take Metro-North to the ride start; they are waiving the need for a Metro-North pass for this event. Take the 8:07 a.m. train from Grand Central Terminal to Westport (arriving 9:14 a.m.) (\$8.75 one-way). This train also leaves Fordham Station in the Bronx at 8:25 a.m. (that's where I get on). A helmet is required for this ride. Pre-registration by May 10 costs \$15. There is free food and water, and restroom stops on the route. You get a map and cue sheet and a chance at the raffle. The first 1,500 pre-registrants get the Bloomin' Metric '99 T-shirt. You can sign up the day of the event if you wish (\$20). Registration form is obtainable from Sound Cyclists Bicycle Club, 65 High Ridge Road, Suite 322, Stamford, Conn. 06905 or at their Web site: <http://www.soundcyclists.com/register.htm>

C2-SIG #10C11 ??? MI 9:00 AM ???

See write-up for Sunday, May 2.

Tuesday, May 18

A19 45 MI 1:15 PM Leave Work Early Series

Leader: Reyna Franco (212) 580-5695

From: The Boathouse

Excuse #3: In a happy but concerned voice, tell your boss: "My sister/friend/pet just had a baby and she needs my help." Then go home, have a quick bite and meet us for an afternoon ride to somewhere over the GW Bridge (maybe Piermont or Northvale). As long as I am on time (I could be late if my babysitter is late), we will leave at 1:20. I have to be back by 4:00.

Friday, May 21

A19+ 30 MI 9:30 AM Five Laps Around the Park

Leader: Peter Sekesan (718) 417-3510

From: The benches across from the Boathouse

Please join me every Friday morning during the month of May, and we will practice paceline skills. Please call to confirm.

B15/16 50+/- MI ???AM Wait-and-See

Leader: Ron Grossberg (718) 369-2413

From: TBA

Call leader by Wednesday for details including start time, destination and other good stuff.

A/B/C 9-12 MI 7:00 PM TGIF!/Baby Getaway

Leader: Al Boland (212) 740-0700

From: The Boathouse

Bring baby for buggy ride. Two loops. Just the right pace.

Saturday, May 22

A-SIG 106 MI 7:00 AM Bear Mountain

Leaders: You know them all by now!

From: The Boathouse

A long, challenging, beautiful, BIG A ride. Straight up 9W to breakfast in Stony Point. Then, up, up, up Perkins Drive to the very top of Bear Mountain. We'll cruise along spectacular Seven Lakes Drive. Then, through Saddle River on our way back to the Boathouse. When we get there, we will be A riders. There will be a champagne toast at the Hill - congratulations! Helmets required. Rain date: Sunday, May 23.

A18+/- 50+/- MI 9:00 AM Whatever! Post-Surgery Ride

Leader: Keith Goldstein (212) 982-9461

From: The Boathouse

Due to April's setback, I'll see what I can do. Ride destination to be determined that morning. It will be something nice. The usual crap cancels.

KB18 75 MI 8:00 AM Ramapo Reservation

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

From: The Boathouse

The Killer Bees will lurk in the hills of western N.J. You know, the sting feeling in your legs as we climb some hills. Not to despair, as you will be completely overcome by a sense of adventure as you discover a new club route and learn to love hill climbing. Okay, maybe I am exaggerating, but you may enjoy riding along some scenic roads. Maybe we will spot some roaming deer or see some folks fly fishing along the Ramapo River. Lunch stop is at a diner. Bring pocket food and your NJ Transit pass for an optional bailout. Note the early start time.

C14 40-45 MI 9:30 AM Piermont

Leader: Mindy Kaufman (212) 749-0156

From: The Boathouse

Sleep late then join me on a ride to lovely Piermont. As you can see, I'm starting my riding earlier this year. The usual cancels.

C13/14 30-35 MI 10:00 AM Little Odessa

Leader: Marina Bekkerman (718) 851-1527

From: City Hall

Here's your rare opportunity to go to Little Odessa with a leader from Big Odessa. We'll take the long way to Coney Island and from there Proceed to Coney Island Ave. for Mrs. Stahl's knishes.

Sunday, May 23

A21 95 MI 8:00 AM Get on the Train

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

From: The Boathouse

A fast-paced ride up the east side of the river toward the Hudson Valley. We'll make quick stops to enjoy the sights and to grab some deli grub. Bail out back to the city on Metro-North somewhere between Cold Spring and Po-keepsie. Paceline skills required where the road allows. Metro-North pass required; pocket food and two water bottles recommended.

WEEKEND VACATION

BIKE, BED & BBQ

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

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

A19 95 MI 8:00 AM Croton Classic

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

A hard ride with an easy finish. This ride is my second-favorite route (even with the hills). White Plains, Thornwood (diner), Croton Reservoir (pause for view and photo op), Mount Kisco, Armonk (deli), White Plains. We put the nasty hills behind us by the time we make our second stop in Armonk. Two stops, long and short. Strongly suggested: pocket food, two water bottles, and Metro-North pass for bailout.

B16/17 60 MI 9:30 AM Looking for a Green Light

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

We'll ride the north shore of Long Island looking for Jay and Daisy's haunts. No Zeldas permitted. Helmets required. Precipitation forecast greater than 50% on 7:58 Weather Channel broadcast cancels.

B15/17 65 MI 9:00 AM Oyster Bay

Leaders: Robert and Annaline Dinkelmann (212) 876-1344 or Robert.Dinkelmann@chase.com
 From: The Boathouse

Beautiful, mostly flat ride to Oyster Bay. Enjoy cycling through the lush wooded north shore on a fine spring day. Rain at 7:00 AM cancels.

B15 55 MI+/- 7:45 AM Not for the Vertically Challenged

Leaders: Marilyn and Ken Weissman (212) 222-5527
 From: Grand Central Info Booth for 8:05 AM Bike Train to Stamford, Conn.

A beautiful tree-shaded "see" ride on lightly traveled, almost-rural roads. We'll pretend we're Romans: up and over everything between Stamford and the Mianus River Gorge. Then, down to Bedford, up again to lunch in Banksville, then down and up and down and up, etc. until we get back to the #2 subway. Helmets and Metro-North passes required.

C1-SIG C13 57 MI 9:30 AM C1-SIG #10: Armonk

Leader: Maggie Clarke (212) 567-8272
 From: Broadway and Isham (last stop on the A train, 207th St., forward end to the left), under the giant ginkgo tree on Broadway.
 Terrain: rolling. We'll explore the Westchester 'burbs again and this time take in a lovely corner of Greenwich on our way to Armonk. There's a lovely duck pond for a picnic. On our way back we'll stop to gaze at the Kensico Reservoir/Dam. Helmets required. Cancellation conditions: starting temps below 35°, excessive wind-chill, icy streets, or prediction of precipitation of 50%. Call if in doubt.

C2-SIG #11C11 ??? MI 9:00 AM ???

See write-up for Sunday, May 2.

C12 25 MI 12:45 PM A Brooklyn Residential Tour

Leader: Terry Chin (718) 680-5227
 From: Picnic House, Prospect Park (two 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 other neighborhoods. Co-led with 5BBC. Bring lock, snack, or money for it.

ATB1 8:30 AM ???MI Mountain Biking at Blue Mountain Reservation

Leader: Cliff Marbut (212) 737-2675
 From: Grand Central Station
 Leave your road bike at home and explore the carriage roads, double-track and single-track at Westchester County's premiere mountain bike park. Blue Mountain Reservation is only one mile outside of Peekskill and offers hilly, scenic (lunch at a pond) - but in general not-too-technical riding (an extra challenging single-track is an option for those who want a bit more). Mountain bikes only (no hybrids). Call with any questions.

Tuesday, May 25**A19 45 MI 1:15 PM Leave Work Early Series**

Leader: Reyna Franco (212) 580-5695
 From: The Boathouse
 Excuse #4: In an annoyed tone, tell your boss: "I am having a furniture delivery and they told me it will be at my home sometime between 12 and 4 p.m." Then go home, have a quick bite and meet us for an afternoon ride to somewhere over the GW Bridge. Today we will concentrate on hills in anticipation of the Berkshire hills this weekend. As long as I am on time (I could be late if my babysitter is late), we will leave at 1:20. I have to be back by 4:00.

Friday, May 28**A20 70 MI TBA Train to the Paceline to the Stagecoach**

Leader: Mark Martinez (212) 496-5518 or retrogrouch@hotmail.com
 From: Grand Central Terminal
 Memorial Day weekend getaway ride from Brewster, N.Y., to Sheffield, Mass. Meet near the GCT info booth, where we'll gather before boarding the train. We'll keep a steady pace over rolling terrain that just gets better and better as we head north. Our arrival in the outskirts of Sheffield will be celebrated by the traditional toast at the Stagecoach Inn, where A, B, and C riders (as well as support drivers) converge to kick off the weekend. Required: Metro-North pass. Highly recommended: climbing gears, two water bottles, pocket food, and beer money (to purchase beer for leader). Rain does NOT cancel. Please call leader for meeting time.

A19+ 30 MI 9:30 AM Five Laps Around the Park

Leader: Peter Sekesan (718) 417-3510
 From: The benches across from the Boathouse
 Please join me every Friday morning during the month of May, and we will practice paceline skills. Please call to confirm.

A18+ 65+ MI TBA Brewster-Sheffield

Leader: Fred Steinberg (212) 787-5204
 From: Grand Central Terminal
 A lovely ride up to Sheffield, Mass., to start our Memorial Day weekend in the Berkshires. We will not break any speed records but will find scenic backroads and seek to avoid the usual headwinds. Lunch in Kent, Conn. The ride will terminate at the Stagecoach Inn for the usual post-ride libations. Be prepared for hills, rain, wind. Pocket food, two water bottles suggested. A helmet if you're sane. Please call leader for meeting time, cancellation conditions, and information about other rides to Sheffield. Leader will be leading return ride from Sheffield to Poughkeepsie on May 31.

C13 35 MI TBA Dover Plains to Sheffield, Mass.

Leader: Maggie Clarke (212) 567-8272
 From: Dover Plains Metro-North (end of Harlem line) station
 Terrain: rolling to hilly (more uphill than down). This is a gorgeous, if somewhat demanding ride at times (but short) up to the club weekend in Sheffield in the lovely Berkshires. After a few miles on Route 22 we take the backroads to Sharon, Conn., and then the roller coaster to Lakeville. You'll need a Metro-North pass (get it at Grand Central before the day of the ride to be sure). If you plan to come, please call me well in advance of the ride so we can get a head count and by that time I'll know which train we'll be taking (hopefully not too early!!). Helmets required.

Saturday, May 29**A19+/- 50 MI 10:00 AM No Paceline Skills Required**

Leader: Todd Brilliant (212) 274-9463
 From: The Boathouse
 Even though I've been up since godknowswhen, the lure of baked goods in Rockland County is proving too great to resist, even from Brooklyn.

Like-minded Runcibians are invited to accompany me. Note the late starting time.

Sunday, May 30

A18 50 MI 9:00 AM Where Is Everybody?!

Leader: Beth Renaud (212) 274-9463

From: The Boathouse

It would be nice if you could stand in the middle of the street and holler that at the top of your lungs, but the inbound floodgates at the bridges and tunnels will doubtlessly be open this weekend. If you're not in the 'Shires and would appreciate a casual, non-hammer-type ride, come on by and we'll get out of town ourselves.

Monday, May 31

A20 60 MI 9:30 AM Back From the Berkshires

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

From: Sheffield meeting place

One last ride before we call it a weekend. A smooth and steady pacerline will ease our well-used legs downhill to the train from Poughkeepsie to NYC along the scenic Hudson River Valley. We'll reserve a slightly later train (3:21 p.m.) than last year to allow for a congenial ride and a relaxed lunch. Maps will be provided for those wishing to go off the front/back. Required: Metro-North pass and train fare. Highly recommended: two water bottles and pocket food. Rain does NOT cancel but may result in a diversion to Dover Plains train.

A18+ 60+ MI 9:30 AM A New Way to Poughkeepsie

Leader: Fred Steinberg (Orchid Shade)

From: Town Hall parking lot, Sheffield

Since Mark was nice enough to schedule a later train, let's take the opportunity to take a longer loop through lovely Dutchess County. We will brunch in Pine Plains as usual and then either ride to Rhinebeck and Rhinecliff (70+/- miles) or take the prettier back roads from Clinton Corners to Poughkeepsie (65+/- miles). The route will depend on the weather and the physical condition of the ride leader. This is rolling to hilly country, be prepared. If the weather sucks, we'll try to squeeze onto the train at Dover Plains (35-40 mi).

A18 75 MI TBA Tour de Somerville

Leader: Marty Wolf (212) 935-1460

From: Call leader

I'm thinking of biking to Somerville, N.J., for the races, probably taking the PATH to Newark and riding from there. If interested, call me and we'll decide where and when to meet.

C14+ 55 MI 9:30 AM Bayville

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

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

Through horse country and great views of the Long Island Sound to lunch near the beach at Bayville.

C13 35 MI Sheffield, Mass., to Dover Plains

Leader: Maggie Clarke (212) 567-8272

From: Sheffield, Mass.

Terrain: rolling to hilly (more downhill than up). This is a reverse of the Friday, May 28 ride, listed above. We have to be expeditious as the train in Dover Plains usually leaves around 1:30. Helmets required.

C13 33 MI 12:45 PM Captain Kidd and the Lost Treasures of the East River

Leader: Terry Chin (718) 680-5227

From: American Youth Hostel, Amsterdam Ave. at 103rd St.

His treasure's long gone, but we'll scour the Queens/Brooklyn shoreline from Astoria to Red Hook, from the Hell Gate to Buttermilk Channel for some lost tales of the East River. (This ride will cycle across the Triborough Bridge and will end at the Brooklyn Bridge.) Co-led with the 5BBC. Bring lock and snack.

Wednesday, June 2

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 9:30 AM Five Laps Around the Park

Leader: Peter Sekesan (718) 417-3510

From: The benches across from the Boathouse

Please join me every Friday morning during the month of May, and we will practice pacerline skills. Please call to confirm.

Saturday, June 5

B18 70 MI 8:30 AM 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.

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317 West 54th Street NYC

212.713.0180

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

B16 65/70 MI 9:15 AM Caumsett Park

Leader: Ron Grossberg (718) 369-2413 or ARGEE410@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.

B14/16 45/55 MI 9:00 AM Newcomers' Ride

See the Newcomers' Ride write-up in the bulletin. Leader details will be listed in the June bulletin.

C11/12/13 30/35/40 MI 9:45 AM Newcomers' Ride

See the Newcomers' Ride write-up in the bulletin. Leader details will be listed in the June bulletin.

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.

Wednesday, June 9

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.

Out Of Bounds

Saturday May 15

The Blessing of the Bikes

Riders of all faiths are welcome to bring their bikes to the Cathedral Church of St. John the Divine at 2 p.m. on Saturday, May 15 for the first Blessing of the Bikes. Why have your bike blessed? Regardless of your beliefs, it never hurts to have a guiding hand when you're riding down Fifth Avenue in the rain during rush hour.

At the ceremony, the Honorable Rev. Dean Harry Pritchett Jr., will say a few words and then walk among us, sprinkling holy water on our bikes.

Bring your bike inside, and feel free to wear your usual cycle clothing with two exceptions:

(1) If you have cycle shoes with exposed cleats (and you don't own rubber cleat covers) please remove them and leave them at the door, so you don't scratch up the cathedral's floors. Someone will keep an eye on your shoes.

(2) Out of respect for the church, this is probably the wrong day to wear your #@!%\$ Cars T-shirt.

This event is free, although we will pass the hat around for donations for the cathedral, which does great work for the homeless in the neighborhood and is not charging us for this event. All contributions will go to the cathedral.

If anyone would like to sing or play an instrument during the ceremony, please contact me. (We have access to a piano, but not the giant church organ!)

The Blessing of the Bikes is a joint effort of the New York Cycle Club and the Five Borough Bicycle Club.

Meet at:

Cathedral Church of St. John the Divine
 1047 Amsterdam Avenue @ 112th Street
 Saturday, May 15,
 2:00 PM

For more information:

Glen Goldstein
 (212) 686-7020 or glengoldstein@mindspring.com

June 6

Newcomers' Ride

The Newcomers' Ride, being held on June 6, was originally in the '80s to allay the concerns of newcomers both about getting lost in unfamiliar territory and about dealing with possible mechanical breakdowns.

The rides are intended primarily for C and B riders and the emphasis is easy-going, scenic, social rides. This year the top speed will be B16. The Newcomers' Rides follow routes that overlap considerably, so that those who fall behind, or realize that they have selected too strenuous a ride, can fall back and be swept up by a following slower group. The leaders will point out "branch points," where tiring riders have their last chance to wait for a slower section. After a picnic lunch in Pascack Brook Park, the B riders will encounter at least one steep hill (Churchill), while the C riders will return via a series of switchbacks in order to climb to the top of the Palisade more gradually.

The meeting point for all the B rides is the Boathouse in Central Park at 9:15AM. The C rides will meet at the George Washington Bridge Bus Terminal, 178 Street and Fort Washington Ave., at 9:45 AM (take the A train to 175 St station). More ride and leader details will be published in the June bulletin.

How should a newcomer select the ride section appropriate for his/her current performance level? Before the ride, please read "Before Your First Club Ride" in the back of the bulletin.

June 18-21

NYCC's Third Annual League of American Bicyclists Springs, Spokes and Saddles Rally
 Saratoga Springs, N.Y.
 Coordinated by: Marilyn and Ken Weissman (212) 222-5527

Renowned for its mineral springs and thoroughbred racing, Saratoga Springs combines turn-of-the-century charm with a vast network of scenic, lightly traveled roads. The terrain beckons A, B and C cyclists as it changes from flatlands along the Hudson and Mohawk Rivers to rolling hills around inland lakes, to short, steep climbs in the Adirondack foothills.

NYCC riders will find more than 30 rides, from 12 to 250+ miles, each designed by the Mohawk-Hudson Cycling Club. Want to ride on your own? There are maps and marked routes. Want support? Many rides have escorts and/or roving sag wagons. There are rides to the Susan B. Anthony House, the Norman Rockwell Museum and the Erie Canal. You can cycle-tour the Revolutionary War battlefields of Saratoga National Historical Park or visit Saratoga Springs' 19 mineral springs, or spin out to the quaint village of Round Lake to see - and perhaps hear - the oldest and largest pipe organ in the United States. Rallygoers are invited to an open house at the Serotta factory. Watch them build your next frame!

Want to mountain bike? There are easy gravel roads as well as chal-

linging rocky single-track, mudholes, rock ledges and severe climbs and descents.

Mohawk-Hudson club members will be leading adventurous rides through the Hudson River Recreation Area and the forests around Lake George.

Saratoga Springs is about 40 minutes north of Albany and 40 minutes from an Amtrak station. Unboxed bicycles are permitted on many trains. There's also a shuttle service from Albany.

Registration is \$85.00 until May 14, \$105.00 thereafter, slightly more if you're not an LAB member. In addition to the rides, the weekend also includes:

Exciting, informative workshops: Experts share their knowledge on a wide range of topics, such as bicycle touring, bike fit, bike maintenance, nutrition, injury prevention, bicycle commuting, living a car-free life, and working to make our corner of the world a more bicycle-friendly place.

Fabulous presentations: Past rallies have featured Tom Snyders, the bicycling comedian; Willie Weir, world bicycle traveler, author and NPR commentator; and Paul Curley and Rory McCarthy, core cyclists from World T.E.A.M. Sports' World Ride '95 and the 1998 Vietnam Challenge.

Special guests: The LAB welcomes the big names in cycling, like Mike Greehan, publisher of Bicycling magazine, and Rep. James L. Oberstar (D-Minn.), bicycling's voice on Capitol Hill.

Shopping: Many vendors will be displaying an array of bicycling merchandise and services, including tours, frames, clothing, accessories, books, and trinkets!

Socializing: From the rides themselves to the nightly gatherings to other activities, League rallies are filled with opportunities to meet and swap stories with fellow cyclists. The tradition of the Friday-night ice cream social continues.

The center of the action is the Skidmore College dorms. Skidmore's lovely wooded campus is on the edge of Saratoga Springs, a mile from downtown. Singles (\$155) and doubles (\$35 per person) are available; all linens included. Most rooms are air-conditioned. Extra nights and meals are available.

We'll enjoy the camaraderie of meals in the college dining hall: breakfast and dinners are cafeteria-style. Take-along lunches include sandwiches, drinks, energy bars, cookies, trail mix, and fruit. The meal package

includes three breakfasts (Saturday-Monday), two lunches (Saturday-Sunday) and two dinners (Saturday-Sunday). An optional dinner is available Friday night.

Reserve early! On-campus housing is limited, and housing assignments are made on a first-come, first-served basis. Contact Ken or Marilyn (212) 222-5527/e-mail: mollynina@yahoo.com or contact the LAB directly at (202) 822-1333 or <http://www.bikeleague.org/events2/events.htm> for details.

June 21-24

B/Touring 225+/- MI Saratoga Springs to NYC

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

Join us on a pre-scouted, three- to four-day self-contained tour back to NYC from the LAB rally. Preliminary routing: Day 1, Saratoga to Albany; Day 2, Hudson/Red Hook; Day 3, Poughkeepsie or Dover Plains (rail to NYC); Day 4, Cold Spring/Bear Mountain (rail to NYC); Optional Day 5, ride back to Manhattan. We'll ride with panniers, rain or shine, averaging 50-60 miles/day, staying in inns, B&Bs, etc. Helmets required.

June 25-27

NYCC All Sports Weekend at Club Getaway.

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.

NYCC Berkshires Weekend 1999 May 29-May 31

Ride up or drive up on Friday, May 28 (see ride listings for details and leaders). A, B and C rides following a variety of mountain and valley routes start at the Sheffield town hall behind the Mobil station on Saturday and Sunday at 9:00 a.m. Monday's ride location will be announced on Sunday. Rides pass through the scenic corner where New York, Connecticut and Massachusetts meet. A catered picnic ride is scheduled for Sunday, and a private catered dinner will be held on Sunday night. The picnic lunch is \$10 and the catered dinner is \$30. If interested, bring the money to the start of Saturday's ride and pay either Jeff Vogel or Sue Theilheimer.

We look forward to seeing you in the Berkshires. Join us for another great weekend of cycling with old and new friends.

For more information, please contact Ira Mitchneck at (212) 663 2997 or mitchneck@compuserve.com.

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

Many of these B&B's may be full, so also try the lodging division of the Great Barrington Chamber of Commerce at (413) 528-4006.

The next in a series

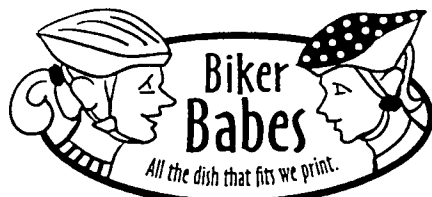
BEFORE THEY WERE NYCC MEMBERS...



The editor (and his sister) c. 1966

Send your submissions to the editor.

(Confidentiality assured for "surprise" submissions.)



Wow! We received so much dish at nycc-news@yahoo.com that we are kvelling. Thanks so much! Keep it coming!

More information on the bike thefts we mentioned last month: We have received several reports about bikes being stolen from lone female riders on the ramp to the George Washington Bridge on the New York side. A black man in his thirties, about 5'8", 180 lbs. in a gray hooded sweatshirt, black pants, and running shoes threatened women with a broken bottle and demanded their bikes. He has been reported to police, and they arrested one man (it might or might not be the man described above).

We know of at least two attacks. He did assault a woman who attempted to intercede on her friend's behalf to recover the bike, so he should be considered dangerous. The good news is that in both cases, he was chased by other cyclists and the bikes were recovered.

In one instance Phil Simpson paid \$20 for the stolen Cannondale and was able to return it to its owner. This is how it happened. Stephanie Gould, Stephanie Blecher, Rich Borow, and Phil Simpson were returning from their ride across the GWB. They noticed a lone man sitting on the rail of the bike ramp in the area of the hairpin turn. They rode past him without incident. Suddenly, Stephanie Blecher and Rich Borow recognized him: Rich had chased this man in the hooded sweatshirt earlier in the morning and retrieved a stolen bike from him. They now noticed that the man had another bike, apparently not his. Rich went to get the police while Phil and Stephanie Gould started

chasing him. They caught up to him (he had difficulty riding because of the clipless pedals). Phil offered him \$20 for the bike, the man took it, and ran off. They ran into Stephanie Blecher and a police car at 175th Street and Fort Washington with Sarah Gross in the police car. It was her bike that was stolen; she was relieved to see her Cannondale again. Phil Simpson, Rich Borow, Stephanie Blecher, and Stephanie Gould receive our first of two April Ride Hero awards again this month for their tenacity and bravery.

Our second April Ride Hero award goes to John Tsang of Conrad's Bike shop who went way beyond the call of duty to help Stephanie Blecher recover her stolen bike. She was heartbroken when her beloved Seven bicycle (Sven) disappeared during a post-race coffee break in Brooklyn. However, the top-notch investigative crew sprung into action when the bikenapper, a man with the nickname Garlic, called the shop (because of the Conrad's decal on the bike). John recognized that the bike Garlic was describing was Stephanie's and accompanied her to Brooklyn to a bike shop where she paid the hefty ransom for bring Sven home.

This sounds mighty suspicious. A warning to everyone: This might be part of a ring of stealing expensive bikes and then selling them back to their owners. Watch your bikes parked outside!

Three of our members have been in the media recently. Marilyn and Ken Weissman were interviewed March 23 on NPR's "Morning Edition" about unleashed dogs in New York City's parks. (They are against dogs running free in the park.)

Richard Rosenthal wrote the column At the Back in the April Velo News. He described the difficulty dealing with the NYC Dept. of Transportation when he created the 1998 Bike to Work Week ad campaign, which they are reusing this year. Richard wanted to mention

politicians who bike to work like Democrats Ruth Messinger and John F. Kennedy Jr. The NYCDOT said it couldn't use the names of Democrats. Too political.

Alberto Zonca wrote a letter to the Italian magazine Ciclismo, and they published it. They were thrilled to know that the magazine makes it across the ocean and that people actually read it in the United States.

We haven't seen Tony Nappi lately on the road (aka Tony "Off Road" Nappi). Well, first he recovered from getting pretty in Costa Rica. No exercise, no cycling, no nothing for a month. Next, he received four stitches in his finger while cutting open the cannoli box string on Christmas day. No exercise, no cycling. Then, having returned to the gym circuit, his knee was badly gashed by a pedal on a spinning bike while trying to make an adjustment for his wife, Linda Nappi. After five hours in the Bellevue emergency room, he received many stitches and staples and a pair of crutches. Now he has an incredible scar and a tattoo of a cyclist on his left calf (well, he needed something to do). He made one more visit to the emergency room for what turned out to be a kidney stone. After some more recovery, Tony is looking forward to riding his new Seven bike, which he purchased before his trip to Costa Rica.

Ever notice how sparkling clean Ann Marie Miller's bike is? Ever wonder how she manages to train as hard as she does and still make time to keep that bike spotless? There's a simple answer: her cleaning lady. Now all Ann Marie has to do is train her to lube her chain, adjust her brakes...Hey, can we get her phone number?

Overheard at a downtown watering hole: Ed Fishkin describing to other NYCCers how much he likes his '99 Campy Record carbon fiber shifters: "Every time I shift, it's like a little orgasm." We'd like to be around you, Ed, the next time you shift. (Are you sure about that? I certainly don't! -ed.)

NYCC Welcomes 85(!!) New Members

William Alvarado
Celia Asprea
Michi Barall
Marjorie Belson
Louisa Bishop
Helen Brand
Mary Brown
Aldo Bruschi
Melissa Butensky
Laurie Campbell
Devon Carranza
Jeff Chapski
D. Crammond
Philip Criscuolo
David Crook
Catherine Dabney
Keith Danish

Roger Deakins
Marie DeRosa
Audra Farrell
Eve Featherman
Darrell Fields
Elizabeth Frank
Gloria Guman
Delia Hammock
Paul Hershenson
Christine Hinz
Ruth Janson
Robert Johnson
Diane Kee
Patrick Keifer
Evelyn Konrad
Louis Lazar
Mindy Lee

Jack Lehnert
Kim Liou
Alison Lonshein
Angela Madden
Jean McConney
Brian McFarland
Shea McManus
Barbara McNamara
Darmon Meader
Bryn Meehan
David Meyer
Larry Miller
Steve Moses
Nicole Mull
David Nadel
Preston Niblack
Bruce Nichol

Andrea Partland
Gwen Perlman
Elizabeth Ramos
Michael Reichler
Edie Robbins
Hanna Robson
Nancy Rosen
Stephen Rosenthal
Steven Rudder
Larry Rutkowski
Emily Sacher
Elle Schoenbaum
Marina Schreiber
Caroline Schwarz
Andy Seibert
Dan Shefter
John Siemen

Chip Sleeper
Julian Sosner
Samuel Soto
Elizabeth Starkman
Anthony Steele
Julie Storch
Robert Sundeen
Margo Susan
Eric Tonghini
Natalie Trojan
John Vasquez
Tom Vayda
Peter Walker
Gary Weiss
Richard Williams
Scott Wilson
Mark Young

A Few Weeks in the Life of "A" SIGgy

BY JAIMIE EPSTEIN

March 5: The A SIG starts tomorrow. I have been anticipating the event with queasy trepidation-excitement for several months now; that is, since the last time I got on my bike. My tires are as pumped as I am, there's a brand-new king-size tube of A&D in my medicine chest dying for the big squeeze, but the weather threatens. I dream torrents of rain.

March 6: The roads are dry. The weather radio robot has doomed the weekend, but we may be gifted with time window enough for our "easy" four laps of the park. It takes me a half-hour to compose layers without feeling/looking like an overstuffed sausage. I err on the side of warmth, and once outside am quite pleased with my toasty immunity to the 35-degree temp. I ride w/saddle-free Al along 72nd into the park and he offers SIG support and encouragement.

The Boathouse is flooded with so many SIGsters, you'd think they were giving away Litespeeds. We divide into four groups. My buddy Robin (who got me into this) and I get in Judy and Randy's group. They stress friendliness, riding together. It's not a race, they say. Even with all the "hill work" I've done all winter in spinning classes, the 110th St. hill, which used to feel like a molehill, feels like a mountain. I fall behind on the climb. Not a good omen, I think. By mid lap two I am still keeping pace, but then a triathlete named Katie gets friendly. I get friendly back. The pack vanishes. If we were on the road, I would have been dropped. Not a good omen. I vow to save the friendly stuff for diners and power ahead as soon as conversation lulls, which, thanks to my conversational skills it quickly does. Judy's blazing orange sleeves come into sight and I keep them there. I shrug off the fourth go at 110th, but my glutes feel like cement. Maybe it wasn't such a good idea to spin yesterday with an instructor whose motto is "Anaerobic or Bust." "Easy" is not what I'd call the four laps. Ironmen and -women abound, as do thighs muscled into Himalayan masses. Call me alumino-gal.

Back at the Boathouse for the powwow, I finally get to blow my nose. I discover Judy has red sleeves, it was Jody (another group leader — two groups merged) in orange. It starts to rain. Ann Marie talks about a couple weight-training sessions a week being O.K., but says spinning classes are no replacement for road miles. So much for my training plan. Rita talks eating and drinking: if your pee is clear by bedtime, you're hydrated enough. Ah, something I'm doing right. I down so much water my pee looks like Poland Spring by noon.

At home, as peaceful-sleepy as I am after a 70-mile ride, I make some coffee and read the training handout. We're supposed to ride Tues., Weds., Thurs., Sat. and Sun., no big gears. When, exactly, would there be time for weight training? For my thrice-weekly yoga classes? Do these people work? I have to rethink my commitment to the SIG. Why am I doing it? What am I willing to do to get there?

Mon.: Give the SIG at least 100 percent or don't bother, I tell myself. Decide to go for it. I figure I can keep to the training sched (except for Weds., when I'll have to spin — shhhhhh, don't tell anyone) so long as I don't wash bike clothes. Apologies to road mates. May the wind be with us.

Tues.: On the road before work, blinky light blinking away, Patagoniaed up the whazoo. 21 degrees. It's not the wind and cold — it's the frozen water bottles, stupid! Not another cyclofiend in sight. Wonder why?

Thurs.: A "balmy" 26 degrees this a.m. What's a big chain ring? I am spinning spinning spinning. I could get used to this. Who needs the gym?

March 13: SIG to Northvale. 32 degrees: it's summer — get out the sunscreen! Go to the bathroom, sign in, put your name on your helmet, hurry hurry hurry. Don't get dropped before you're out of the park. Zipping up St. Nicholas, a rider downed by a walker at 125th. The rider gets a stitch-worthy eye gash and goes home, the walker wants money. On our way again. Then, PSHAWWWWWW. It finally happens to me. A flat. Few blocks from the bridge. No one says, "Die, bitch" or, "See ya." Christy gallantly does the quick change when I tell him I've never actually

changed a tire, tho I do know how, in theory. My never-used spare looks as if some small critter has been midnight-snacking on it! Why didn't I bring the other tube I just bought?! Christy donates one to the cause. I promise to practice changing a tire this week.

O.K., we're spinning along 505. We're in a ... yes ... it must be ... a double paceline. Judy tells me to hug her tire. I want to hug Judy. The leaders are terrific. Wheeeeeeeeeeee, this is fun. Uh-oh: Could that siren be for us? Yes. A cop pulls us over, waddles out of his car and threatens the lot of us with \$184 tickets (4 pts on a NY license — oooh, very scary), blah blah blah, for doing our thing. Makes us promise to single up. Some people just can't stand other people having fun.

The only drama post-diner is the group panting and gasping up Walnut St. hill in NJ. Even Judy does her share. Much more satisfying than solo panting and gasping.

When do they teach us snot rockets?

Sun.: "Recovery" (???) ride to Nyack via River Rd. w/bike bud Robin & four clubbies: Wendy, Mike, Henry, Karl. Karl (yes, that Karl) puts us through our paceline paces. Tricks me into pulling. I pull! "Nice pull," say all. Walnut St. redux. Perhaps I ought to just sleep in my bike clothes. ... Speaking of sleep: I seem to need a lot more of it lately.

Tues.: Bike-thief alert on the GW has me carrying Binaca (couldn't get mace or pepper spray), but I figure he's too lazy to be out at 6 a.m., which is a good thing cause lobster gloves make a quick draw on the Binaca impossible.

Thurs.: 56 degrees at 6 a.m.! What's a day without lobster gloves? A day without booties, two shirts, jacket sleeves. And a day with come-out-of-hibernation fellow riders on 9W. Where they been?

March 20: SIG to White Plains. Rumor has it that tho the numbers have been shrinking, it's the males who have been whimpering out. Nonstop coaching from Mike. He gets me out of the back of the line where I'm comfy — if your testosterone drives you forward, go, I say. Lessons of the day: 1. Conserve energy by a) not falling behind so you don't have to sprint to catch up and b) microshifting microshifting microshifting. 2. Being smooth. Found my goal: To be smoooooooooooooooooth. Smooth as Mike says Diane is. So smooth anyone will follow me anywhere.

When pancakes are gone, Mike demos snot rockets. A question is raised about impotence and saddles. Ann Marie, who admits to having put myriad bike studs to bed in her stable, says it ain't so.

Sun.: To "mini bike museum," which turns out to be in Jay's Orangeburg basement and quite splendid. There is no admission, but there is an exit requirement: you can't leave until you load up on buffet of gorp and bagels. This was NOT a B16. So much for recovery rides. An A-ride leader, who shall remain nameless, says the ride was a "humbling experience." Hill-climbing much more consistent — I did not fall behind! 167 miles this week: Am I overdoing it? Zzzzzzzzzzzzzzz.

Tues.: Can I just say my butt is so sore it hurts to sit?

Thurs.: While my thighs feel and are beginning to look like they've been through the trash compactor, my appetite has definitely gone through the expander. Can't stop riding now.

Fri.: An A rider tells me snot rockets in the paceline are not cool. I promise not to snot-rocket in line, will you?

Sat., March 27: SIG to Nyack. Ed gives us a wind advisory: avoid air-born plastic bags — if they get caught in your wheels, say goodbye to your derailleur. We divide and subdivide. Drop a few (thankfully, I'm not among them). And then there are five and we're chugging along in a tight rotating paceline, chuga-chuga-chuga-chuga. My turn to pull. My odometer is on the blink: am I going too fast? Highly unlikely. Too slow?

After breakfast, Randy decides we need a little hill thrill to get our hearts pumping, so we pedal over to Fifth Ave. My heart puts its tail between its legs. This is the Matterhorn: I did not bring pitons and ropes. I take a deep breath and crawl up it. "Hill" takes on a whole new meaning. As a reward, we get a panoramic view of the Hudson and Randy pulls us all the way home on 501 (save up Booth) and we cruise along at 20-21. A new trick to master: drinking while pacelining.

Tues.: The bicycle gods take me to task for not practicing tire-changing, wake me up to a flat. I deal, slowly and calmly, sacrificing one fingernail, a piece of skin and about five miles' worth of riding time. The gods were kind enough to let it happen at home, near my floor pump: I couldn't blow out the candles on a Lilliputian b-day cake with my mini pump.

Sat., April 3: And then there were 40. SIG to Pleasantville. You would have thought Thursday's Piermont ride would have put me in good stead for today, but, no, I feel positively asthmatic when we hit the first hills. You don't have to go 18 uphill, Frank finally says. Whew! Single rotating paceline — on the flats, uphill, downhill. It's like a ballet, says Frank. Nice pull, he says. We all say. Who knows if it's true? Who cares? It makes you feel good. Ooh, there's some horses, lush rich-people acres. Don't look. Can't look. Watch the rider in front, think about the rider behind. Call out obstacles. The mental intensity equals the physical. Ann Marie dive-bombs down Grassy Sprain and I work like crazy to stay on her tail. Next week is supposed to make ya or break ya, but if today was any faster, harder, longer, I would have been left in pieces along some tree-lined Westchester road. This is getting really really tough. Double rotating paceline down Bronxville Rd., all the way down Grand Concourse. Very cool. It's like ballet.

Sun.: I'm concerned about what my just-keeping-up yesterday bodes for next week. What was my problem — not enough miles last week? my little illness? Maybe I just don't have the stuff. Help!!! What can I do? Train harder. Make it hurt. Don't let up. I do 25-miles' worth of feeble "pain" sprints this morning — I seem to be better at emotional anguish than physical. Bump into Wendy on the GW. She's glowing as if she spent Saturday relaxing at the beach. "Yeah, yesterday was really challenging, wasn't it?" she says smiling, riding off with Karl. I want to collapse. I want to know what she eats for breakfast. (Rumor has it that whoever rides with Karl becomes a bike animal by the end of the sum-

mer: Wendy will be a tiger and I'll be road kill.)

Tues.: It's hurtin'. I'm workin'. I shave 15 (!!!) minutes off my GW-to-Piermont round-trip time. What've I been doin' — snoozin' on the road? My new motto: "No Cruising, All the Time."

Thurs.: Forget the motto. We have reached the post-verbal stage — cavewomanly grunts groans screams keep me pounding. Can I go back to bed now?

Sat., April 10: SIG make-it-or-break-it to Rockland Lake. I've got stage fright. Did I train hard enough this week? Will my new antioxidants do the trick? Who could've imagined the SIG was gonna be so damn hard? Why am I doing it, again? Who's making me? Heels down, relax your shoulders, bend your elbows, your arms are your shock absorbers, Carolyn mantras to me. By body's a laptop without a Pentium chip, slow to compute all the info. I am trying, I want to yell. Thighs pumping, brain pumping. Another hill. Is there a conspiracy, or is it just dumb luck that a hill sprouts as soon as it's my turn to pull? Damon has ESP. You own the hill, he comforts, take it at your speed. O.K., you guys, nap time! We're de-pacelined for the last climb, then it's Hello, Big Chain Ring (where were you on Grassy Sprain when I needed ya?) for the downhill to the lake. The second lap around the lake (double rotating is a given) the tendon behind my knee that's been bugging me all day feels like it's gonna pop. Should I stop? Am I whimpering out? Can't stop, gotta do this, if it pops, it pops.

Chuga-chuga-chuga-chuga. Uh-oh, what's that abyss yawning before me? I'll close it up, says Damon. Thanks, pal. I'm the last bit of dust on this comet's tail, out of rotation, but I'm not vapor yet. Now we're hitting 23, 24. I'm back in the game. Chuga-chuga-chuga-chuga, this train is goin' express. We're done. We did it. I'm still in one piece. The sun is shining. The grass is green. Excellent, excellent, excellent, goes the leader chorus. I go into the bathroom and cry my relief away, tank up on Rebound and cappuccino in Nyack to fly me home. After dinner, Pistachio Pistachio Ben & Jerry's as a reward, two helpings (I've earned it!) and more ice on my behind-the-knee.

Sun.: Too exhausted to sleep last night and my tendon or whatever it is still hurts, so I'm giving us a vacation day — we've earned it.

Montauk: The first great century of the season

Sunday, May 16

One of the great traditions of the New York Cycle Club is participating in the Montauk Century, an almost totally flat ride from Manhattan to the tip of Long Island, along the south shore. Even if you've never done a century before, or are just attaining your cycling fitness, this is the century to do!

This year, we'll be using the buses and support facilities of the 5BBC. Below are the instructions for registering. Unlike the 5BBC, though, we will be riding in groups, like our usual rides. We'll have several A and B groups. The full ride is 130 miles (remember, it's almost entirely flat!), but you can choose a 65-mile ride instead. The 5BBC provides food stops along the way. The organizers will also transport a bag to Montauk for you, if you want to have a change of clothes waiting for you. On the way back, your bikes will be transported by truck - you can even get your bike wrapped in bubble wrap for a small fee!

To accommodate riding as a group, you will not have to show up at the 5BBC registration desk on the morning of the ride, but rather should proceed directly to the NYCC meeting point at the Plaza Hotel. Please be sure to pre-register by mail, though, as soon as possible.

Here is what you need to do:

Today:

1. Get a Montauk Century registration form
 - a. from your local bike shop, or
 - b. off the Web at www.5bbc.org, or
 - c. by calling (212) 932-2300 x39 and leaving your name and address.

2. Fill out and sign the registration form and mail it in with a check for \$49 (remember, that includes food, sag, bus, and bike transportation). You will receive an information packet giving all the necessary details.

Saturday, May 15:

3. If you want to have a bag containing a change of clothes and soap and shampoo (showers will be available) brought to Montauk, you can drop the bag off on Saturday May 15 at AYH (103rd St. and Amsterdam Ave.), Room 007, 10:30 a.m.-1:00 p.m. and 4:00 p.m.-5:00 p.m. You may include packing materials for your bike's return trip or purchase them from the 5BBC. Better yet, Recycle-A-Bicycle, a non-profit organization, will protect your bike with bubble wrap for \$10. Be sure to bring the luggage tag that you receive in your packet from 5BBC.

Sunday, May 16:

4. Get up early. Put on sunscreen (very important!).
5. Go directly to the NYCC meeting place at the corner of 59th Street and 5th Avenue (by the Plaza Hotel) at the time specified below. You do NOT have to go to the 5BBC registration area outside Penn Station. Be sure to bring your number, which you received in the mail.
6. Have a GREAT ride!

Questions? Contact Ben Goldberg at (212) 982-4681 or goldberg@cs.nyu.edu.

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

July 4th Weekend at West Point

The annual July 4th New York Cycle Club All Class Club Weekend at West Point is in the works. 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. Don't miss it this year.

Overnight accommodations at the Hotel Thayer (three days, two nights), breakfasts, 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.

Make your check out to Richard Borow, 201 East 87th Street, #7S, New York, NY 10128. Shortly after receipt of your check, an information packet answering all your questions (schedule of events, departure times, places, etc.) will be sent to you.

Questions? Call Rich Borow and/or Stephanie Blecher.

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

Look for more info in the June Bulletin!

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:

Trek 2300 (composite-carbon fiber and aluminum frame) 47 cm frame only (sans fork), grey and purple, like new, includes assorted parts: Terry grey leather seat, Specialized speedometer, Continental tires (no wheels) Shimano Ultegra rear and front derailleur, crank

set and brakes, saddle bag. Contact Amy at 718 896 2219/3532 in evenings, or email at amyss@us.ibm.com \$250 firm

Time 'Criterium' Carbon Fiber Fork. 4.5 rake, 180mm steer tube. Very quick & stable. Used 1 season, 5000mi never raced or crashed. Best offer or trade for slower/longer, curved blade, C/F fork. Call Fred 212 787-5204 or Email fcs1@worldnet.att.net

Gary Fisher Sphinx Hybrid, beautiful green and yellow, Shimano Deore LX 21 speed triple, Avocet cross tires, Araya rims, drop handle bars, Shimano brakes. Like new. Asking \$300. Mitch 212.741.3918, 718.261.2447, may@aol.com.

ORDER YOUR NEW NYCC JERSEY TODAY!



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

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

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

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

Gene Vezzani

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

JERSEY SIZES:

MEN'S	chest	waist	hips
s	36	30	36
m	38	32	38
l	40	34	40
xl	42	36	42
xxl	44	38	44
xxxl	46	40	46

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

OFFICIAL ORDER FORM

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

CHECK NUMBER

TOTAL DUE:

Please make checks payable to the New York Cycle Club.

NAME

ADDRESS

CITY,

STATE,

ZIP

DAYTIME PHONE

EVENING PHONE

DO NOT FILL IN BELOW

PAYMENT RECEIVED BY

DATE

JERSEY(S) RECEIVED BY

DATE



1999 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS

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

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

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

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

NAME: _____ SIGNATURE: _____

NAME: _____ SIGNATURE: _____

ADDRESS / APT _____

CITY _____ STATE _____ ZIP (REQUIRED) _____

DAY TEL _____ NIGHT TEL _____ E-MAIL _____

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

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

☐ Individual — \$21

☐ Couple residing at the same address — \$27

As the editor of VeloNews for the past decade, he has covered practically every major bike race, both road and mountain, around the world over the last 30 years — including the Tour de France, Giro d'Italia, Vuelta a Espana, the Paris-Roubaix spring classic, as well as the World Championships and Olympic Road Races. His new book, "John Wilcockson's World of Cycling," features stories about all these events, along with race accounts that feature cycling stars such as Greg LeMond, Lance Armstrong, Andy Hampsten, Ned Overend, Jacques Anquetil, Eddy Merckx, Bernard Hinault, Miguel Indurain, Francesco Moser and Sean Kelly. The book has already received excellent press reviews in the Colorado press.

John will present a slide show and talk, and will then answer any of our questions. John has agreed to a book-signing party, and his book "John Wilcockson's World of Cycling" will be available at the May meeting to us for a special price of \$20. **We have also invited the CRCA join us.**

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

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

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