

**November  
1999**

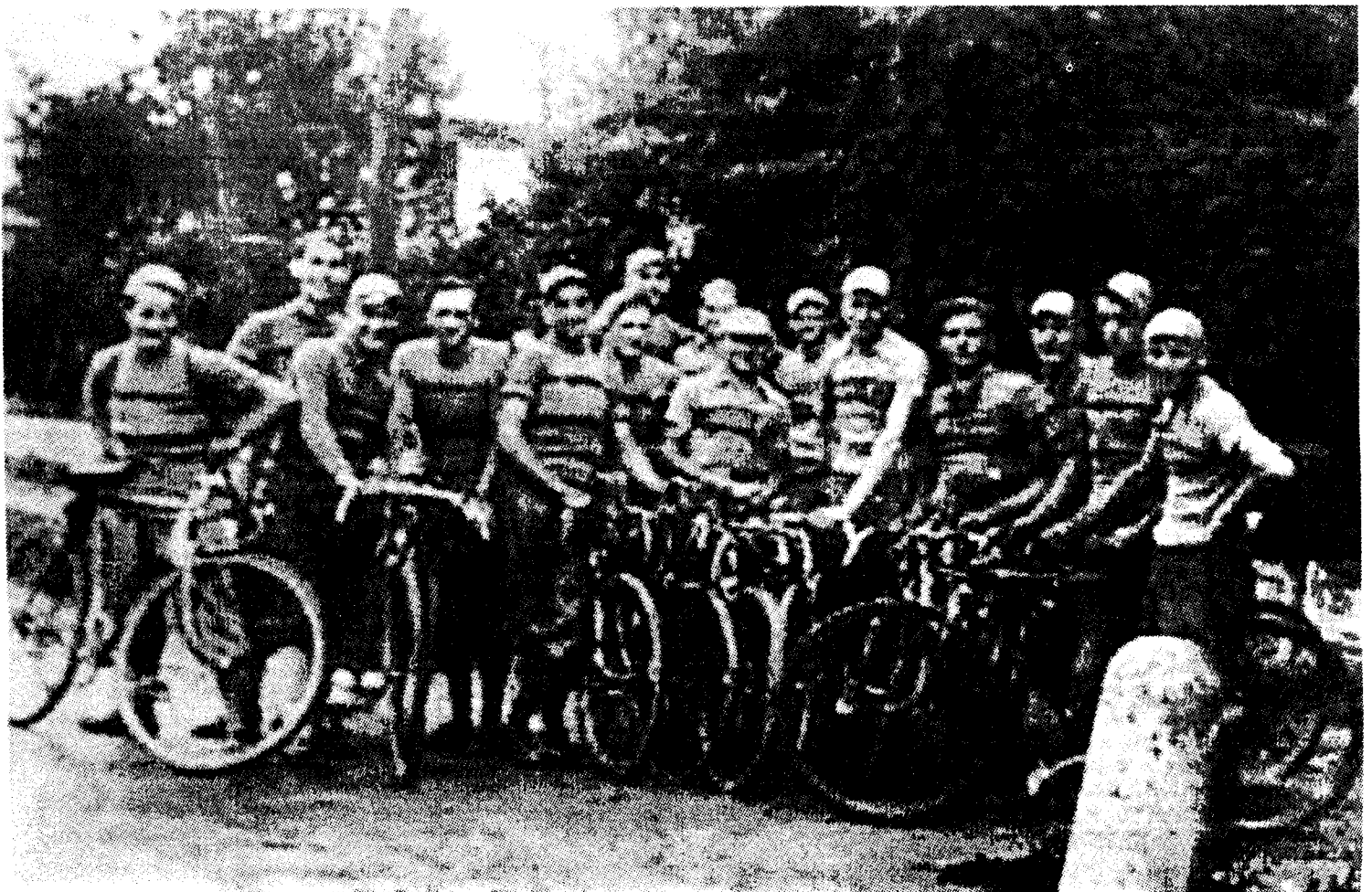
*November 1999*

# **NYCC<sup>✓</sup> Bulletin™**

**THEY'VE ALL CAST THEIR  
VOTES.**

**HAVE YOU ?**

**THE BALLOT IS ON PAGE 11.**



# **President's Message**

by **BEN GOLDBERG**

**D**espite the fact that cold weather is setting in, many of us will be riding throughout the winter. Like skiing and ice skating, cycling is a wonderful excuse to spend a winter's day outside. Dressed appropriately, we can stay surprisingly comfortable — once we've cycled a few minutes to warm up — in below-freezing weather. That said, winter is also a great time to cross-train, namely to participate in other activities that help maintain fitness. Cross country skiing, squash and racquetball, spin classes, basketball, aerobics — the list goes on and on. Before you know it, Spring will be here and you'll be glad that we haven't let our fitness disappear completely.

Don't forget to reserve your spot at our wonderful Holiday Party on Monday, December 6 (see the notice elsewhere in the bulletin). The venue, St. Maggie's Cafe, is a lovely spot with excellent food.

Just in time for the cold weather, we've received another order of our long-sleeve club jerseys, the ones with Lady Liberty in a helmet. Please use the order form in this bulletin to get a jersey for yourself. If you are particularly warm-blooded, you can order a short sleeve jersey as well.

I'd like to express my gratitude to the entire Escape from New York Century committee for doing such a fantastic job. If you didn't get a chance to ride the century (or the 62 mile or 50 mile routes), you missed something truly special. The routes were lovely and well marked, the food was outstanding, and the entire day was perfectly organized. Be sure not to miss it next year!

Finally, I'd like to draw your attention to our monthly club meetings. We've found a great new location, the Citrus Cafe on the Upper West Side, with good food and a nice atmosphere. Although attendance has been good, we'd love to see more of you coming out. It's a very nice way to spend a Tuesday evening!

See you on the road!

## **A Night at the Philharmonic Thursday, Nov. 18 8pm Avery Fisher Hall**

Did you know that one of our members is a flutist for the New York Philharmonic?

Join me to watch Mindy Kaufman perform Kancheli's World Premiere of "And farewell goes out sighing..." for Violin, Countertenor, and Orchestra with Gidon Kremer as violinist. Afterward, we will hear Bruckner's Symphony No. 7. Kurt Masur conducts. Tickets are \$18 per person for seats in the side third tier (Mindy claims the sound is better on the sides). Don't miss this special opportunity! I will organize dinner beforehand for those who are interested. Make your check out to the NYCC and send it to:

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**To publish an article:**

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New York, N.Y. 10024.

**E-MAIL: robk@dtsoft.com**

**E-MAIL IS PREFERABLE**

Submit copy via e-mail or 3.5 inch pc 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.*



## Wednesday, November 3

<b>B17+</b>	<b>12+ MI</b>	<b>7:15 PM</b>	<b>Wednesday Evenings in the Park</b>
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Leader: Jim Galante (212) 529-9627

From: The Boathouse

Come out and join us! Ride two or three laps in the park like you've never done before. Foul weather cancels.

## Thursday, November 4

<b>A18</b>	<b>60 MI</b>	<b>10:00 AM</b>	<b>Sick Day/Ride Day, Fall Series #5</b>
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From: The Boathouse

Leader: Jill Tucker (212) 431-3029; jill\_s\_tucker@hotmail.com

Save \$\$\$ riding your bicycle today! You don't have to go to work today! No dry cleaning. No subway fare. No power lunch. Come meet others who are getting rich ...by not working at all!

## Friday, November 5

<b>B16</b>	<b>45 MI</b>	<b>9:15 AM</b>	<b>Staten Island Loop</b>
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Leader: Ron Grossberg (718) 369-2413 or Argee401@aol.com

From: Staten Island Ferry

We'll take-in the unique sights of Staten Island such as the Tibetan Museum. One climb, up Light House Hill, and a picnic at Tottenville on lovely Raritan Bay. Plus (of course) a round trip on the Staten Island Ferry.

## Saturday, November 6

<b>A19</b>	<b>50+/- MI</b>	<b>9:00 AM</b>	<b>Pearl River Redux</b>
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Leader: Tom Laskey (212) 496-1636

From: The Boathouse

Journey with me to my favorite Irish Coffee Shop. Those black puddings beckon, along with my favorite pancakes. Depending on the weather, we'll take either the hilly, longer, not-so-direct route or the flatter (some hills) more-direct route. Either way, it's a scenic ride with opportunities for hammering and some climbing. Precipitation or temperatures below 35 degrees at 8:00 am cancel.

<b>A18</b>	<b>70 MI</b>	<b>8:45 AM</b>	<b>Christmas Bazaar at St. Paul's</b>
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Leaders: Marty Wolf (212) 935-1460 and Caryl Baron (212) 595-7010

From: The Boathouse

The goal is to reach St. Paul's in New City before the best handmade ornaments and gifts have been sold out. Church lunch of soup, sandwiches and home-baked desserts. Bring a carry-pack and cash for treasures. Note: We leave at 8:45am.

<b>A12</b>	<b>35+/- MI</b>	<b>9:30 AM</b>	<b>Urban Assault</b>
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Leaders: Rob Kohn (212) 787-9199 robk@dtsoft.com and Keith Goldstein (212) 982-9461 kbg32@aol.com

From: The Boathouse

Yep, you read it correctly. A12. **NO HAMMERING**, but "A" handling skills required at times. This is a cruiser, one-speed, beater, and commuter bike special. (Mountain and cyclocross bikes welcomed, but given wary glances.) Because we're hopping curbs and riding in dirt and gravel as well as on paths and roads as we circumnavigate the island of Manhattan, make sure your bike and tires can handle it. This also allows Keith his first recovery ride since his surgery in June. Rain stops both leaders, but drizzle only stops one of them. Call Rob by 8:30 if in doubt.

<b>B17</b>	<b>50 MI</b>	<b>9:00 AM</b>	<b>Park Ridge</b>
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Leaders: Carol Waaser (212) 581-0509 or biker-c@rcn.com and Bob Hancock (212) 496-4075

From: The Boathouse

A quick spin to the diner at Park Ridge. Need we say more?

<b>C14</b>	<b>40 MI</b>	<b>10:00 AM</b>	<b>Surprise Destination</b>
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Leaders: Suzanne Levin and Peter Morales (718) 398-2623

From: The north side of the Boathouse parking lot

Join us for a delightful autumn ride — destination TBA.

## Sunday, November 7

<b>A21</b>	<b>55 MI</b>	<b>9:30 AM</b>	<b>Bugle Boys &amp; Girls</b>
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Leader: Mark Martinez (212) 496-5518

From: The Boathouse

Third (or is it fourth?) annual ride to Company B's Pub in Orangeburg. Join us on a spirited ride, followed by good food, great brews and an easy cruise. Last year one of the participants (alright, it was Jeff) said we should do this ride every weekend. He later recanted after his pixilation passed — but once a year should be mandatory. Relaxed pace & short route for return. Rain at start changes the ride to a Manhattan brewpub excursion. Call leader on morning of ride for details of rain option.

<b>B14</b>	<b>44 MI</b>	<b>Noon</b>	<b>Douglaston's Manors + Tango Casbah</b>
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Leader: Paul Rubenfarb (212) 740-9123

From: The Boathouse

Estates, mansard roofs and abundant gardens articulate peninsular Douglaston manor as a rare remnant of old Queens before postwar sprawl, mega-malls, condos, and over development. During intermission enjoy dancing cheek-to-cheek tango. Rain or shine.

<b>C13</b>	<b>45+/- MI</b>	<b>9:30 AM</b>	<b>Scarsdale and Maybe Beyond</b>
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Leaders: Dick Goldberg (212-874-2008) and Linda Wintner (212-876-2798)

From: The Boathouse

Join us for a lovely, leisurely ride to one of our favorite coffee shops in Scarsdale (or, if the weather permits, perhaps another few miles to a biker-friendly diner in White Plains). We'll have one rest stop mid-way there to get a warm drink and snack etc. In case it's a cool day, there are plenty of bail-out options after lunch — either on Metro North or the subway in the Bronx. There are a few hills, but nothing too terrible. We emphasize safe, courteous riding on our rides (as well as having a good time) and we'll share some effective riding tips if you're interested. Please make sure (before the ride) that your bike is in good repair and your tires are properly inflated. Bring a spare tube, some snack food, and a Metro North pass (just in case). Helmet required. Cancellation: temperature below 35 at the start.

<b>C12</b>	<b>22 MI</b>	<b>9:00 AM</b>	<b>Wave Hill &amp; NY Botanical Garden</b>
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Leaders: Marilyn and Ken Weissman (212) 222-5527

From: 710 West End Ave. @ 95th St. (our home)

Two gardens and two greenhouses in one day. Lunch at the NYBG. Bring locks and about \$10-12 for admissions. Wear a helmet.

**Wednesday, November 10**

**B17+ 12+ MI 7:15 PM Wednesday Evenings In the Park**

Leader: Jim Galante 212-529-9627

From: The Boathouse

Come out and join us! Ride two or three laps in the park like you've never done before. Foul weather cancels.

**Thursday, November 11**

**A18 60 MI 10:00 AM Sick Day/Ride Day, Fall Series #6**

Leader: Jill Tucker (212)431-3029; jill\_s\_tucker@hotmail.com

From: The Boathouse

Being slighted by your employer? Not receiving adequate benefits? Take action by using a sick day to do a bike ride. All benefits go directly to you. Courtesy of the NYCC.

**Friday, November 12**

**B16 50-55 MI 9:15 AM Long Beach**

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

From: City Hall Park

It's a beautiful, flat spin to Long Beach for lunch on the boardwalk. Don't worry, if it's too cold for lunching al fresco, we'll find someplace warmer to eat.

**Saturday, November 13**

**A20 80+/- MI 8:00 AM Pound Ridge Re-Re-Visited**

Leaders: Spencer Koromilas (212) 867-8678 or SpencerNYCC@Juno.com and Frances Harrison (212) 586-0538 or Frances.Harrison@US.CIBC.com

From: The Boathouse

Back by popular demand (Frank: "it was my favorite ride this year"). I can promise you the same hilly, charming route thru Westchester and Connecticut, but probably not the amazing weather. Hopefully, we will see the last vestiges of fall foliage. Maybe Franco will remember the turn on Clapboard Ridge, and Basil will not be blazing ahead! Also possible: a Henry Joseph appearance (c'mon, Henry). Return from White Plains via Metro-North (bring bike pass). Required: Social skills and an appreciation for lovely, winding roads. Cancels: Volcanic eruption in ... Stanwich, Conn.

**A18 45+/- MI 8:30 AM Bike to Cyclocross**

Leaders: Jeff Vogel (718) 275-6978 and Beth Renaud (212) 274-9463

From: The Boathouse

Ever wanted to watch a cyclocross race? This is your chance. We'll cruise out to the Kissena velodrom to watch the races, which start at 10am, then make a short loop through the beautiful borough that is Queens. Dress so you're comfortable to stand in the cold for the races. Bring a small lock and dough for a probable diner stop.

**B16 55+ MI 10:00 AM Pearl River**

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

From: The Boathouse

What we had in mind: winding along scenic roads alive with the last dramatic burst of fall foliage on a crisp autumn day. What happened: Hurricane Floyd, summer drought, global warming. What's left: the scones and French toast at Ryan's daughter, possibility of brief reprieve from S.A.D. onset, camaraderie of fellow cyclists. Note civilized start time.

**B16 50 MI 9:00AM White Plains, Again**

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

From: The Boathouse

An easy ride around Saxon Woods Park and up to White Plains. The flat route home. Helmets Required. 50% or greater forecast of rain on 7:58 Weather Channel cancels.

**C13/14 50+ MI 9:00 AM New Jersey Loop**

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

From: The Boathouse

This ride was canceled in August due to the rain. Let try again to make it to the Northvale diner for an indoor meal. The ride is mostly flat to rolling hills, and a big hill on the way back. Precipitation at 7 AM or temps below 40 cancels.

**Sunday, November 14**

**A/B18 80+/- MI 9/9:45 AM Another Laura & Spencer Lobster Ride to Port Jeff, but with Jeff!**

Leader(s): Spencer Koromilas (212) 867-8678 SpencerNYCC@Juno.com, Laura Schwartz (212) 866-0209, and Jeff Vogel (718) 275-6978

From: Tramway Plaza (59th St. / Second Ave.) @ 9:00 AM and the Statue of Civic Virtue (Union Turnpike / Queens Blvd.) @ 9:45 AM

We will all meet up in Queens, where we will form two groups, chose your leader! Back to the North Shore for a quick, mostly flat ride ... until we reach San Remo (no ... not Italy!) then a few hills to hop over until we reach the beach! After a few deep breaths of invigorating "sea air," Jeff will show us a lovely route to Port Jeff ... where we will gorge ourselves to the point of ... damn, the Roman Empire is over, isn't it? Return on the 5:40 Long Island RR Bike Train (they assured me I was correct; they do allow more than the usual 2 bikes/car ... the conductor last time has been advised ... and is now on signal duty! No, Debbie, you still have to come, you have connections ... just in case!) Required: Group riding Skills, L.I.R.R. Bike Permit, (Lobster) bibs, a sense of humor. Cancels: Volvo station wagon stopping by with a litter of golden retriever pups!

**B17+ 55 MI 9:00 AM Nyack**

Leader: Jim Galante (212) 529-9627

From: The Boathouse

Over the river and thru the woods to the Runcible Spoon we go! Foul weather cancels.

**C13 34 MI 10:30 AM Winter Wind-Down Tune-Up**

Leader: Peter Hochstein (212) 427-1041

From: Just past the Boathouse perimeter gate

Hate the cold? Me too. Need to keep in shape anyway? Me too. So sleep late, and let's meet for a short, hilly ride up River Road, to the end. Coast back on 9W. Late diner lunch at the Royal Cliffs in Englewood. Precip, ice on ground, or temperature below 40 degrees one hour before start (on the weather channel) will cancel.

**Wednesday, November 17**

**B17+ 12+ MI 7:15 PM Wednesday Evenings In the Park**

Leader: Jim Galante (212) 529-9627

From: The Boathouse

Come out and join us! Ride two or three laps in the park like you've never done before. Foul weather cancels.

**Thursday, November 18**

**A18 60 MI 10:00 AM Sick Day/Ride Day, Fall Series #7**

Leader: Jill Tucker (212)431-3029; jill\_s\_tucker@hotmail.com

From: The Boathouse

Sixty miles today equals two extra slices of pumpkin pie with whipped cream next week. Come join others who are preparing for their holiday in advance. (Climbing Booth allows you to have an extra dollop of cranberry sauce).

**Saturday, November 20****A19 65+ MI 9:00 AM November Nirvana**

Leader: Frank Grazioli (212) 529-9462 or fgraziol@wiley.com

Leadrix: Robin Read (212) 627-0026 or robinr@echonyc.com

From: Hill across from the Boathouse

No, it's not Kurt and Courtney; rather, it's another stylish pair looking to lighten the spiritual load of the days ahead. Come relive spring dreams and summer memories on the country roads of Westchester or vistas along the Hudson. Think June, dress November; treasure July on the eve of December. Sense of humor and paceline and social skills keep spirits warm and tempers chilled. Bring MetroNorth pass. Temps below 35, wet roads at start, and likely rain cancels.

**A18 70+/- MI 9:00 AM Serendipitous Good Times**

Leader: Fred Steinberg (212) 787-5204 or fcs1@worldnet.att.net

From: Boathouse vicinity

Let's visit the diner in New City. Then, if the weather conditions permit, continue north for a chunk of South Mountain Rd. Otherwise, we'll ride straight home. The usual cancels.

**B16 60+ MI 9:00/10:00 AM Gold Coast Ride**

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

From: 90th and 5th Ave. at 9am sharp and the Statue of Civic Virtue (Union Turnpike & Queens Blvd.) at 10am

Join us for a ride along the Gold Coast. Mostly rolling hills, with a few long climbs. Today we are going to have our first ever indoor meal in Oyster Bay. Please bring pocket food and two waterbottles. Ride ends at the subway stops in Queens and if it's very cold, we might catch the train back from Oyster Bay. Please bring LIRR pass. Precipitation or temp below 40 at 7am cancels.

**B17 40 MI 9:00 AM I Cover the Waterfront**

Leader: Ludwig Vogel (212) 838-0852 or ludwig@bway.net

From: The Boathouse

A loop across the GWB and south brings us to a little bit of Japan, then we take in the million-dollar views of Manhattan, and, further south along the Jersey Coast, the area's best Polish food. After our multi-cultural experience in New Jersey, we'll head across the Bayonne Bridge to Staten Island, where we'll circle around to the ferry for a free ride home.

**C13/14 45 MI 9:00 AM Piermont Is Still There**

Leader: David Hallerman (718) 499-4467

From: The Boathouse parking lot

Someday I'll lead a C ride somewhere else other than scenic Piermont. Until that day, we'll take an easy cruise, using River Road as the main stretch going up, and using 501 as the main route coming home. Helmets required, please. And rain or predicted high below 40 cancels.

**Sunday, November 21****A19 45-60 MI 8:30 AM Last Ride Before the Holidays**

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

From: The benches across from the Boathouse

This is a very important ride, being the last weekend before the onslaught of turkey, corporate holiday parties, family gatherings, and millennium festivities. It'll be the ride you look back on and say, "I was in good shape then." If the temperature is above 40 degrees at 7:30 am, we'll do a 60-mile ride with a diner stop. If it's below 40 degrees at 7:30 am, we'll do a quick 45-mile ride with no stops (that's right, no stops). Below 30 degrees at 7:30 am, we stay home and start our feasting early.

**A18 65 MI 9:00 AM Rockland Lake**

Leader: Bob Nelson (212) 567-7160 or bob@nylink.com

From: The Boathouse

I'm trying out a route to the lake that I hadn't seen before; it's on the NYCC web site as "Rockland Lake, the hard way." I'm in the distinct minority that believes your best cycling takes place on an empty stomach, so if you want

chow, bring pocket food. Talk to me starting 7 a.m. the day of if it looks crummy. Co-listed with the Fast and Fabulous Cycling Club, the city's lesbian and gay cycling group.

**B16 50 +/- MI 9:00 AM Let the Weather Be Our Guide**

Leader: Ron Grossberg (718) 369-2413

From: The Boathouse

No sense trying to guess what the weather will be right now (when the Bulletin goes to print), so we're going to wait and check the temperature at ride time. We'll take our cue from the temp, and the warmer the weather, the farther we'll go.

**C14 50 MI 9:15 AM Park Ridge**

Leader: Scott Wasserman (914) 723-6607

From: The north side of the Boathouse parking lot

My first choice was to ride around and around the Boathouse in protest but the diner in Park Ridge is a good November destination.

**Friday, November 26****A20 55 MI 8:30 AM Post-Turkey Trot to Nyack**

Leader: Rich Sporer (718) 522-4415 or rsporer@exchange.ml.com

From: The Boathouse

Join us for our annual Post-Turkey Trot to Nyack. 505 up, 501 back, with a leisurely stop at the Runcible for fuel and schmoozing. Rain cancels.

**Saturday, November 27****A/B17 56 MI 9:00 AM Bicycle Christmas Shopping in Hicksville**

Leader: Marty Wolf (212) 935-1460

From: Tramway Plaza (2nd Avenue and 59th Street)

Objective: a Christmas sale of bike paraphernalia — books, posters, Christmas cards, jewelry, men's ties, scale models, etc. Bring LIRR bike pass if you want to return by train. Ride leaves at 9:00 am sharp. Cue sheets provided should you wish to ride faster or slower than the advertised pace. If it's a rainy day and you want to take the train, call the leader.

**C14 50 MI 9:00 AM sharp! Piermont**

From: The Parking Lot behind the Boathouse

Leader: Lynn Sarro (212) 722-8495

It's a serpentine route through the suburban backroads of New Jersey, to a familiar but nonetheless pleasant destination. Please remember to fully inflate those tires. Bring a spare and patch kit just in case. Helmets required.

**Sunday, November 28****A20+/- 65+/- MI 9:00+/- AM It's a Vogel Route**

Leader: Vogel (718) 275-6978

From: The bench across from the Boathouse

Not to be confused with any other Vogel Route, no first name is required. This is the one, and only, Vogel Route. What makes a route a Vogel Route? Is the incredible scenery, lack of traffic, or the complete and utter disregard for the condition of the road surface? Maybe it's all of the above. Pump up your tires and come explore Northern Westchester. There will be several sections of hard-packed dirt roads, so be forewarned. No whining. MetroNorth return — passes required.

**A18-24 75 MI 8:00 AM Gimbel's**

Leader: Todd Brilliant (212) 274-9463

From: The Boathouse

A few ride leaders have given this a try over the last couple of years, with varying levels of success. I'm not sure if I've tried yet. This ride will be both excruciatingly slow and exceedingly fast for an A ride, but I guarantee an interesting ride. Leader cannot wait for stragglers, flats, or mechanicals, but there will be a designated meeting spot. Maps will be provided.

**B15 40 MI 9:45 AM Scarsdale***Leaders: Hindy and Irving Schachter (212) 758 5738**From: First Avenue and E. 64 St., NW corner*

On Thanksgiving weekend let's give thanks that we'll start a little later than usual, wend our way through the Bronx and Lower Westchester and hit Scarsdale for our fix at the Coffee Tree. Extra thanks for our interesting route home.

**Wednesday, December 1****A/B/C 1+ MI 6:00 PM Snowkist Ice Skating + Cheek-to-Cheek Tango***Leader: Paul Snowman (212) 740-9123**From: Wollman Rink, one block north of Central Park South & 6th Ave.*

Join NYCCers for frosty gliding 'neath ice-tinseled willows and the Silhouette of the Plaza Hotel, doing the 'Last Skater's Waltz' (if they play it). Admission \$4, skate rental \$6. Please pin on your lapel a card reading 'NYCC' so we'll recognize each other. About 8pm we'll leave rink for a sensuous tango dance at the Flatiron district's Dance Manhattan Studio (39 West 19th St., 5th floor). No previous dancing experience necessary.

**Saturday, December 4****C13/14 45 MI 9:00 AM Pedaling to Piermont***Leaders: Dona Kahn (212) 399-9009 and Lynn Sarro (212) 722-8495**From: The Boathouse parking lot*

Experience beautiful Piermont in late fall, when a bit of a chill in the air will make that lunch stop all the more delicious! Our favorite cycling destination is well worth the trip any time of the year.

**Sunday, December 5****A18 70 MI 8:30 AM 1000 Years of Cycling Solitude***Leader: Drew Olewnick (212) 431-1952 drewo@interport.net**From: The Boathouse*

Before the first snows of winter blanket the northern tiers, we'll cycle up to Westchester for one final paean to the roads of the 20th century. Short, steep climbs will keep us warm, as will infrequent deli stops. Gravity will ultimately pull us to the river's edge for a return train home. Two water bottles recommended, MetroNorth pass required.

**B16 45-50 MI 9:15 AM Staten Island Loop***Leader: Ron Grossberg (718) 369-2413 or Argee401@aol.com**From: Staten Island Ferry*

If you couldn't make this ride earlier this month when I led it on a Friday, here's another chance. We'll take-in the unique sights of Staten Island such as the Tibetan Museum. One climb, up Light House Hill, and a picnic at Tottenville on scenic Raritan Bay. Plus (of course) a round trip on the Staten Island Ferry.

**C12 24 MI 9:00 AM Frostbite Ride Series #1: Ride to Pancakes***Leader: Ludwig Vogel 2120 838-0852 or ludwig@bway.net**From: City Hall*

Let's pedal to the Broadway diner, home of the world's finest pancakes via the Staten Island ferry and the Bayonne Bridge. We'll head to Liberty State Park and enjoy beautiful views. Bring a lock and money for lunch. Co-led with the 5BBC.

## Tango!

**BY PAUL RUBENFARB AS TOLD TO BEN GOLDBERG**

Since their launching in the spring of 1998, the cheek-to-cheek tango sessions conducted during the Saturday afternoon architectural bike rides have continued to entertain NYCCers. Bikers have found tango to be an excellent cross training activity, working many muscles in a supple, no-impact way.

Naturally, tango is also an excellent, if not unusual, way of meeting fellow club members. So often new members are too shy to introduce themselves and experienced members are too intent on their cycling to strike up a conversation. Tango, of course, is the perfect solution. Today's tango dates originated in the mountain villages in turn-of-the-century Argentina, where it was often used as a dance of seduction. Such a contrast to today's use of e-mail, voice-mail, and singles health clubs!

Bikers and others wishing to cultivate tango's passion should begin with a few lessons with one of New York's tango-holics, first and foremost to grasp the sinuous pelvic movement that is the main-spring of tango, as it is of most Latin dances. Acquiring this knack will enable one to slink leopard-like to, or away from, one's partner. This, in fact, is the foundation of tango far more than memorized textbook diagrams of left foot, right foot, etc. Two such tangophiles are Peter DiFalco of Dance New York Studios in the theatre district, (212) 246-5797, and Stanley McCalla at Fred Astaire Studios in the Village, (212) 475-7776.

Lucky for us, a century's worth of tango music has been reissued on CD. A good source is Tango Catalog of Boston (888) 382-6467, which also offers videos of historic tango. Some of these materials are also available in New York at Worldtone Music, 230 7th Avenue, (212) 691-1934.

## RESERVE NOW FOR THE NYCC HOLIDAY PARTY

**MONDAY, DECEMBER 6TH 7-10PM**

Don't miss the fun this year! This is the perfect opportunity to schmooze with all your cycling buddies and impress them with how great you look in nice clothes instead of the sweaty stuff they usually see you in. We're back at the elegant St. Maggie's Cafe, a hidden jewel in the heart of Wall Street. The restaurant is at 120 Wall Street (near South St.) and is 2 blocks east of the Wall Street subway stop for the #2 and #3 trains. Buffet dinner includes hors d'oeuvres, salad, bread, 4 entrees (including vegetarian), cake, and dessert. A cash bar is available. \$35 per person before November 30th. \$38 at the door. **Please make your check out to the NYCC (not Anne Grossman!)** and send it to:

**Anne Grossman**  
**205 West 15th St. #1P**  
**New York, NY 10011**



Happy fall — we haven't heard from many of you, so if you like reading this column, send us some dish at [nycnews@yahoo.com](mailto:nycnews@yahoo.com) and we will for sure print it.

Before we do, let us tell you about all the romantic news — **Peter Morales** and **Suzanne Levin** not only got married, but it was pronounced for the world to see and hear in the New York Times, with appropriate credit being given in the article to the fact that they met on a bike ride of the NYCC. **Rich Borow** and **Stephanie Blecher** also tied the knot, but went on the century just a week afterwards, possibly postponing the honeymoon not to disappoint the century committee. Notice that in the biker babes column we put the man's name first so as not to be accused of being off-the-wall feminists. And last but not least, we have the engagement of the year — **Anne Grossman** went to London and Paris with her beau, **Emil Freund**, who carried around the biggest diamond for a week before he popped the question at a romantic spot in the Latin Quarter overlooking Notre Dame. Needless to say, Anne said yes (she rates Emil a 10 on everything except his biking and there he is almost, but not quite as good as she is). A spring wedding in Vermont is in the works.

At the end of the club ride to Port Jefferson (aka "The Puppy Ride") eleven tired but happy cyclists were sitting on the LIRR at the beginning of the line, settled in for the ride home. The ride leaders had previously confirmed that they were on a bike train which accepted an unlimited number of bicycles. However, they found out there was a limit of 8 and the conductor came up and said, with conductor-like authority, "These bikes will have to go." **Debbie Rothschild**, one of the riders, heard the voice and asked: "David?" The conductor turned around and it was David [Tobachnik] from summer camp, 1967, brother of Debbie's best friend from camp. Hugs and kisses followed, a little talk and of course all bicycles and riders stayed on the train.

The century was a smashing success: the weather, routes, food, friendships etc. The arrows on the road took a beating when they were done because it was raining, but the cue sheets were so perfect, no one got lost (or at least no one told us about it). Unless you count the fact that **Jeff Vogel** waited at Piermont for his wife **Margaret Cipolla** while she waited at Rockland. They finally connected. When the members of the committee were painting the roads, a councilman of one of the towns accosted **Cathy Martone** and screamed at her to show him her permit to do what she was doing. She quickly told him that the permit was in the second car with someone else, but that it had been obtained through proper authorities. Of course, there was no second car, but the group continued in its task — and did a decent job in spite of the rain. As to the ride

itself, over 400 people took part in it, counting the marshals and volunteers. **Spencer Koromilas**, as usual, followed the young women, and found himself in Piermont when he had intended to do the century — so he had a few extra miles to do to catch up. Oh, well, we all know Spencer. There weren't any real serious accidents — a rider fell and could not continue riding — **Dan** and **Claire Maguire** stayed with the rider and helped her get home safely with her damaged bike — they were so comforting that the injured rider said she would do the ride next year without a second thought because of the support of the club members like the Maguires. It was also reported that **Jim** and **Alison Galante** stayed with an injured rider until help came. **Gary McGraime** blew out his knee just before the hill over the Palisades to the bridge and was thrilled to take a ride from the team sweeping that made a pass at the end with a car and a rack for two bikes — in fact they picked up another very, very exhausted rider (who wishes to remain anonymous) and delivered them both to their homes in the city. All in all, the ride was declared a success and next year should be bigger but can't be better, except to have more chicken wraps and less portobellos.

**Karin Fantus** continues to amaze us — she completed the Brest-Paris-Brest ride this year and did so well in her class that she (as are all of us) is thrilled with her performance. We always knew she could do it.

We need to hear from you with more to tell — so keep it coming.

## Letters to the Editor

To The Editor:

As much as I would like to take the credit you gave me for the October Bulletin cover, in fact, it is the work of another photographer. (And a very talented one, judging by the mastery of lighting, composition and expression displayed in the photo, *Jeune homme en soutien-gorge sur un bateau*.) I certainly do not blame you for the mix-up. **Spencer Koromilas's** publicist should have provided more accurate information.

Sincerely,  
Laura J. Schwartz

To The Editor:

This summer, a Westchester County cyclist was seriously injured when she hit a pothole on Lincoln Avenue where it goes under the Hutchinson River Parkway near Purchase. Country Cycling Club initiated an aggressive campaign to get the township (Rye?) to apply for readily available NY State funds dedicated to improving roads on cycling routes. This road, badly in need of repair for some years, is eligible for these

funds.

The town's ultimate decision was to decide against taking advantage of the funding, and at most to do a superficial patch job on the road. The township didn't want to have the road officially designated a bicycle route, feeling this would make them vulnerable and liable to future suits. They also cited the bad road behavior of cyclists in their decision. Cyclists who ride two or three abreast, who ride in the middle of the road instead of on the side, cyclists who make rude gestures at motorists. They didn't want to attract more cyclists.

It's not only CCC who rides in Westchester County. We all do, and probably we're all guilty of some or all of these offenses. This is an instance where bad cycling etiquette has had demonstrable consequences in the refusal of Rye to accept funding to improve the road.

It's something we should all keep in mind when we ride.

Caryl Baron  
New York, NY  
[baronny@rcn.com](mailto:baronny@rcn.com)

## 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:

FOR SALE: Adidas AdiStar cycling shoes. Size 45 (US size 11), yellow and black. New in box — never used. Hard to find in USA. \$150. Contact **David Newman** at [nycvelo@earthlink.net](mailto:nycvelo@earthlink.net) or 212-627-0899.

Beautiful bike for sale: 50cm Dean titanium frame, Kestrel EMS Carbon fork, full Campy Record Ergo groupo (8 speed), World Class bottom

bracket, 2 cog sets (12/21 and 12/23), Mavic rims on Campy Record hubs, TTT bar and stem, I'll include the Cateye Astrale computer (w/cadence) and your choice of saddle. A steal at \$1250. Also for sale: Ibis 13cm titanium stem, hardly used, \$150. Call **Jane**, 212-635-8076 (days) or email: [janebikes@hotmail.com](mailto:janebikes@hotmail.com).

Trek 470, Fast Track, Cromoly 44 cm. Perfect for person 5'-5'4". Large rear cog ideal for easy hill climbing. Women's liberator pro saddle. SPD pedals, 2 water cages, computer, clean and excellent condition, new tires. \$450. Trek 1440, 56cm Aluminum, Speedplay or Look pedals, 2 water cages, computer, frame pump, Specialized body geometry comp saddle. Excellent and clean condition. \$650. **Jim** 212 529-9627 or [jimgstudio@aol.com](mailto:jimgstudio@aol.com).

# Another Year, Another Century

BY TOM LASKEY

Is it possible that it's been ten months since we started planning this year's Escape From New York? It feels like either ten years or ten minutes, I can't decide which. I do remember a plea going out to the NYCC membership for potential organizers for the event to come to last January's club meeting to sign up. Since I was no longer on the NYCC board, I thought why not help out with the century? Little did I know I would be cajoled into actually chairing the committee.

A lot has happened between then and now and by all accounts, this year's ENY was a big success. Everyone seemed to like the route despite the fact that our friend Floyd had removed Bear Mountain from the itinerary. The food was plentiful and varied and for those who made it back to Sakura Park, there were plenty of raffle prizes and give-a-ways. Of course the fact that the weather made it a perfect cycling day didn't hurt either.

None of this would have been even remotely possible without the help of the dedicated committee members. Bob Hancock and Karin Fantus mapped out a great route and when Floyd's havoc became evident, Carol Waaser and Caryl Baron did a fantastic job at the very last minute to modify the route so as to avoid the trouble spots. We had an amazing amount of coverage in the local and national press due to the efforts of Joel Englander, and Cathy Martone made sure we were well represented in the bulletins of our brother and sister clubs throughout the tri-state area. Everyone got our colorful brochure designed by Mike Toomey who also created the new ENY logo, and if you look at the sponsor list both on the brochure and on the back of the t-shirts, you'll notice many names both familiar and new to ENY courtesy of Wendy Cohen and Anastasia Theodoropoulos. Did someone say T-shirts? Again thanks to Caryl Baron

for the design and Wendy Cohen not only for having them produced but for getting them donated gratis by Tommy Hilfiger! We've also managed to cull some interesting demographic information from the registration forms thanks to Robert Dinkelmann's marketing expertise that will be revealed in forthcoming bulletins. Then there's the food. One of my goals for this year's ENY was to improve the food for the 100 milers. Thanks to Dona Kahn, that goal was met, surpassed and a whole new standard set above and beyond my expectations. It goes without saying that the logistical issues involved in an event like this are a nightmare. Thanks to Carol Waaser and Analine Dinkelmann and their super organizational skills — not to mention the posse of volunteers Carol put together — the nightmare was more like a pleasant dream. Many people helped with marking the routes at great peril but Robert Dinkelmann and Jay Jacobson should be particularly thanked for going back over the route the day before the ride to add more marks to hard to find turns and to make sure none of the marks were washed away by the intervening rain.

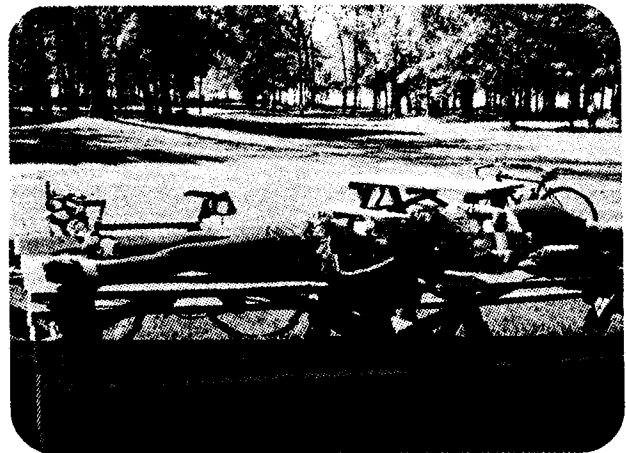
*Continued on Page 9*



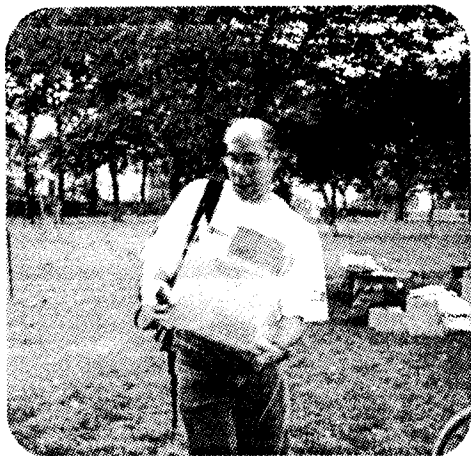
Can I see your meal sticker?



You mean we have to ride back!?



Does the club provide wake-up calls?



I know I had those Club Getaway certificates somewhere!



The New York Massage Club



Has anyone seen a route mark lately?



Partabello?!!

*More ENY Century photos on Page 10*

Of course there are many other people who helped out on the day of the event and are also responsible for the success of ENY:

**Volunteers:**

Sakura Park: Bill Strachan, Terry Chin, Dick Goldberg, Herb Dershowitz, Miro Bazac

Saddle River Rest Stop: Deborah Wetzel, Scott Wasserman

Piermont Lunch Stop: Bernie Brandel, Elena Acosta

Rockland Lunch Stop: Claire & Dan Maguire, Alinda Barth, Barbara Spandorf, Lita Beth Torres, Brenda Murad and of course, Debbie Rothschild

Teneffly Rest Stop: The staff of Bicycle Workshop

Sweep: Jim Babbitt

**Marshals:**

Century: Stephanie Blecher, Rich Borow, Gary McGraime, Jaimie Epstein, Ira Mitchneck, Fred Steinberg, Caroline Booher, Frances Harrison

Metric: Ben Goldberg, Beth Renaud, Hank Schiffman, Marilyn and Ken Weissman, Jim and Alison Galante, Larry Rutkowski, Mike Howard

Half: C J Obergon, Paul Hofherr, Karl Ditterbrandt, Bill Richards, Cathy Martone, Laura Matlow

**Ride Leaders:**

Century: Basil Ashmore, Mike Yesko, Mike Lin, Peter O'Reilly, Bill Greene

Metric: Karin Fantus, Linda Wintner

Half: David Hallerman, Judy Goldberg

It's not too early to start thinking about ENY Y2K, and if you enjoyed this year's ENY, think about volunteering for next year's organizing committee. It's work, it's a commitment, it's all that stuff, but it sure is fun when it goes off right!

**Sponsors:**

Sidewalk Cafe, Tom Cat Bakery, Runcible Spoon, Tommy Hilfiger, Bicycle Renaissance, Toga Bike Shop, Sid's Bicycle Shop, Balance Bar, Conrad's, Bicycle Workshop, Bicycle Habitat, City of New Parks and Recreation Department, New York State office of Parks, Recreation, Historic Preservation, Palisades Interstate Park Commission, Dandy Printing and Bicycling Magazine

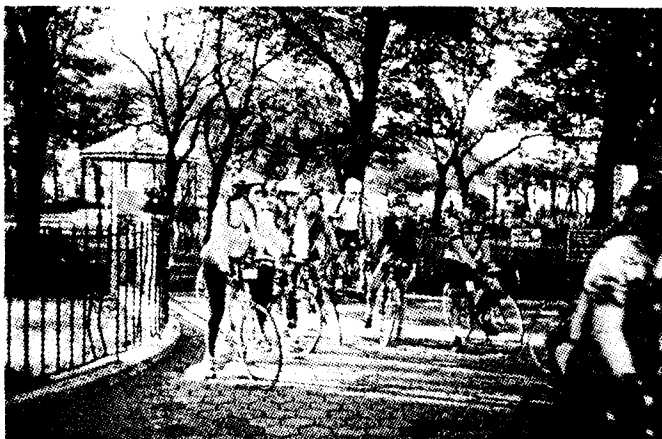
*More ENY Century photos*



Dawn at Sakura Park: Bob Hancock, Gary McGraime, Joel Englander and Caryl Baron.



Century Riders get their cue sheets in Sakura Park from Bob Hancock and Dona Kahn.



Karin Fantus prepares to lead her B group on the metric century.



The century registration desk is manned by Joel Englander, Cathy Martone, Dick Goldberg, Herb Dershowitz, and Liane Montesa.



The rest stop at The Bicycle Workshop (on the way home).



Bernie Brandell and Gloria Acosta made lunch for 300.

*Thanks to Tom Laskey, Debbie Rothschild, Wendy Cohen, Annaline Dinkelman, and Norman Borden for providing the photos.*

# Vote For Officers and Member Awards

<b>President:</b>	<b>Ben Goldberg</b>	<input type="checkbox"/>
<b>VP of Programs:</b>	<b>Cathy Martone</b>	<input type="checkbox"/>
<b>VP of Rides:</b>	<b>Gary McGraime</b>	<input type="checkbox"/>
<b>Secretary:</b>	<b>Jeff Vogel</b>	<input type="checkbox"/>
	<b>Irv Weisman</b>	<input type="checkbox"/>
<b>Treasurer:</b>	<b>Ira Mitchneck</b>	<input type="checkbox"/>
<b>PR Director:</b>	<b>Wendy Cohen</b>	<input type="checkbox"/>
<b>Bulletin Editor:</b>	<b>Don Montalvo</b>	<input type="checkbox"/>
	<b>Ludwig Vogel</b>	<input type="checkbox"/>
<b>Membership:</b>	<b>Laurie Nisco</b>	<input type="checkbox"/>
<b>Special Events:</b>	<b>Lynn Sarro</b>	<input type="checkbox"/>
<b>A-rides Coordinator:</b>	<b>Frank Grazioli</b>	<input type="checkbox"/>
<b>B-rides Coordinator:</b>	<b>Open Position</b>	
<b>C-rides Coordinator:</b>	<b>Paul Hofherr</b>	<input type="checkbox"/>

**Please Write in the Names of Your Choices  
for Member Awards in the Spaces Below.**

*Your choices may include any current NYCC members.*

\_\_\_\_\_  
Best Dressed Man

\_\_\_\_\_  
Best Dressed Woman

\_\_\_\_\_  
Most Improved Man

\_\_\_\_\_  
Most Improved Woman

\_\_\_\_\_  
Comeback Rider of the Year

\_\_\_\_\_  
Best Cycling Couple

\_\_\_\_\_  
Best Ride Leader

\_\_\_\_\_  
Best Diner/Food Destination

## Please Follow These Instructions To Cast Your Ballot By Mail:

You are encouraged to vote in person at our club meeting November 9. But if you cannot attend and wish to vote by mail, please select your choice of nominee for club office in the left-hand column, and write in your choice for member awards in the right-hand column. (You may write in the name of any NYCC member you please for the member awards in the right-hand column.)

Candidates in contested races have been given the opportunity to write 75-word statements, which are printed on the next page.

The position of B-Rides Coordinator remains open. No nominees have accepted as of press time.

Fill in your name, address, and signature in the signature lines on the other side of this page, detach, fold, and seal the ballot with tape. Do not use staples. Send ballots to the pre-printed address on the other side this page only. Ballots received at the NYCC PO Box cannot be counted. Remember to use a 33-cent stamp.

You may copy this form for use in multiple member households, but without a name, address, and signature on the bottom third of the reverse side your ballot cannot be counted. Ballots received after November 9 will be void.

**DON MONTALVO -- CANDIDATE FOR  
BULLETIN EDITOR:**

I have been in the publishing business for 16 years and own a complete publishing studio with high-end software, scanners, and printers. I am committed to having the bulletin in your mailbox by the first of each month; much of my business already comes from rush jobs — in by 6pm, done by 6am.

Prior to an injury several years ago, I frequently led NYCC rides. I'm riding again, and want to contribute to the club.

**LUDWIG VOGEL -- CANDIDATE FOR  
BULLETIN EDITOR:**

I intend to make the year 2000 Bulletin the best-looking Bulletin ever.

As a former Bulletin Editor, I have the requisite experience to make this happen, and also get the Bulletin out on time. I also intend to resume at least one feature that appeals to newer members.

Let's make the year 2000 Bulletin one that speaks for all the riders in the Club, and offers a more attractive invitation to newcomers as well.

**IRV WEISMAN -- CANDIDATE FOR SECRETARY:**

During my Club membership, since 1968, I've been President, VP-Programs, Editor; led B and C rides for 25 years; taught Introduction to Club Riding for 8 years; and was honored with Lifetime membership for service to the Club.

As Secretary, I'll work to:

- Re-instate monthly Board meetings and attend them all;
- Bring the Board's deliberations to the Club's attention within a month;
- Promote touring and recreational riding;
- Help develop more social interaction among the members.

.....  
Please detach this page, fold on the dotted lines, and tape shut.  
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\_\_\_\_\_  
Signature

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address / Apt.

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

**Place  
Stamp  
Here**

Mail this completed ballot to:

**Carol Waaser  
345 West 58th Street #14B  
New York, NY 10019**

re.: NYCC BALLOT

# The Catskill Weekend — Waterfalls and Blueberry Bagels

BY LOU S. POKES

A small (if 60 can be considered small) but select group braved the changeable Catskill weather and had a wonderful time on Columbus Day Weekend. The forecast was for dry but extremely cold weather. It turned out to be warm but extremely wet. So much for forecasts.

Of course, we need to thank the ride leaders for the weekend **Paul "Mr. Phoenicia" Hofherr**, **Fred "the MapMan" Steinberg**, **Margaret Cipolla** (who would never lead a ride if Jeff didn't make her do it, but then does a great job at leading) and **Jeff Vogel** who assumes no one cares about the terrain and road surface.

Saturday's featured ride was the ever-challenging "Vertical Loop" up Slide Mountain and returning over Peekamoose with an option to climb Samson Mountain too. Everyone spent Friday night and Saturday morning talking about and worrying about the terrain. "How hilly is it?" "Is it steep?" "Is it long?" "Will I be able to do it?" Eventually, everyone got on their bikes and did it. (Margaret and Jeff apologize for the confusion about the starting time and location.) It was 75 spectacular miles of deer, wild turkeys, ostriches and waterfalls. Even the wet roads and gray skies couldn't ruin the day for anyone. Well, anyone but **Ellen Medins**. She had an unavoidable, freak accident while climbing Slide Mountain. A small stick got stuck in her front wheel and when it jammed against her fork, it sent her over the handlebars. In a group effort, **Frances Harrison**, **Robin Read** and **Wendy Cohen** went searching for help in nearby homes (there aren't many), while **Lisa Lurie** flagged down a passing car. Eventually they got Ellen back to Phoenicia, where **Lauren MacBlaine** drove her to the hospital. It turns out that Ellen broke her arm (a good thing after all the trouble), but by the time you read this she will probably be back on her bike.

Sunday was even wetter than Saturday. In fact, it rained most of the day Sunday. Did that stop anyone from enjoying the day? Of course not! **Chris Audley**, **Fred Steinberg**, **Dave Duhan** and **John Handrakis** rode anyway. Others went sightseeing, antiquesing or shopping in Woodstock and Kingston. The rest went on a hike. The colors were spectacular — yellow, orange and blue. Blue!? It seems everyone went to the Phoenicia sporting goods store and bought their entire stock of rain ponchos. Yellow, orange and blue were the three choices. The four and a half mile round-trip hike went to Diamond Notch and West Kill Falls. After hiking through spruce and hemlock forests and across an old rockslide the group finally reached the falls. Waterfalls are still beautiful even in the rain. Typical of an NYCC "ride", suggestions that the hike continue beyond the stated destination were soundly vetoed. No one is sure who actually led this hike but we do know that **Gracie (Kristi Roberts' dog)** brought up the rear. She obviously learned to pace herself after her last NYCC hike. Maybe her NYCC friends should take lessons from her!

Sunday afternoon's drizzle didn't stop the barbeque and party at Al's Restaurant. This was no ordinary BBQ as they grilled an entire side of beef. And club members must have thought that Jed's Lemonade was an energy drink as they went through several cases of it. It seems to have provided enough energy to get many out on the dance floor. Or maybe it was the 5% alcohol content!

And the question after the BBQ was: Which of the eligible women in the club would **John Handrakis** be dating by next weekend?

Mondays long A ride was an unexpected new and longer route. It seems the paceline missed a turn, but the "new" road was so fabulous, no one wanted to stop. The beautiful, well paved, rolling road had several "truck on a triangle" signs, where the triangle was so steep, some thought it meant "Watch for falling trucks". Fortunately **Steve Britt** was there to lead a less hilly return to Woodstock. From there six riders, **Lynn Faulhaber**, **Lisa Lurie**, **Stephanie Bleacher**, **Rich Borow**, **Tom Comparato** and **Jeff Vogel**, opted for a new climb — up Mead Road and over Overlook Mountain. For those who haven't heard, it was unanimously agreed that it was the toughest climb of the weekend. It was so tough that Jeff's bike stopped rattling and just fell apart! Oh, Tom Comparato was first to the top.

Other random notes on the weekend: **Christy Guzzetta** and **Jody Saylor** drove up from their Cold Spring home on Sunday for the hike and shopping (Christy shopped, Jody hiked). They didn't need their cycling shoes. They drove home Sunday night and back to Phoenicia, Monday morning. Again without cycling shoes! Christy rode all day in sneakers while Jody borrowed a pair of cleated shoes from **Ira Mitchneck**. Two questions: First, can we expect all SIG riders will now be allowed to ride in sneakers? And, second, whose shoes did Ira wear?



The most embarrassing moment of the weekend was shared by **Rob Reimann** and **Simon Nadulek** who were riding their fully loaded touring bikes on Monday as they were continuing on their trip to Montreal. **Spencer Koromilas** wanted to get their picture as they were leaving town. They slowly rolled down Main Street, looked back for the camera and crashed into each other! I can't wait to see the picture. Fortunately, only their egos were bruised.

How is it that **Rob Kohn** knows so much about wild turkeys?

Was there anyone who didn't stuff themselves on the gargantuan breakfasts at Sweet Sue's? And how many people did NOT try the "very best ever, ever, ever bread pudding" at the Cafe Americana?

Oh, the blueberry bagels? We had the honeymooners with us. No, not Alice and Ralph Kramden. No, not Ross and Rachel either. **Stephanie Bleacher** and **Rich Borow** were married two weeks before and this was sort of their honeymoon. After Saturday's ride, Stephanie went to the convenience store at the Mobil Station to bring back bagels. A blue berry for her and an everything for Rich. By the time Stephanie got around to eating hers, there was only one bagel in the bag — an everything bagel. Stephanie was quite upset; she said she doesn't eat everything bagels; there was talk of divorce. You would have thought Rich had done something terrible, like dropping her, or refusing to change her flat. It wasn't even an H&H Bagel or an Ess-A-Bagel. It was a Mobil bagel! So what happened the next morning? Stephanie ate the everything bagel. So on Monday when Stephanie went back for more Mobil bagels, there was only one blueberry bagel left. This time they shared.

So was this only an A Rider weekend? No, **Judy Rabinowitz**, **Laura Schwartz**, **Linda Wintner**, **Jim** and **Patricia Janof**, **Lynn Sarro**, **John Eicholz**, and **Marion McCue** were all there and they had a great time. (**Jim** and **Alison Galante** were there, too, but they're A riders; they just don't know it yet.) Where were the rest of the B's and C's? Probably in Nyack. They missed a great weekend.

## 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

For the third season, North Brooklyn Recycle a Bicycle is offering our very popular bicycle maintenance and repair course for adults. The six session course is offered on the first Thursdays of each month and is repeated in a cycle throughout the school year (October through June). The final course is offered twice a month for three months. The first session will be held October 7. Classes are from 6:00 P.M. to 9:00 P.M. and are held in the fantastic shop at the 850 Grand St. campus of the old Eastern District High School. The school is a ten minute subway ride from Manhattan; the Grand Avenue stop on the "L" train.

The program is hands on with participants able to practice the skills they learn at each session. They are encouraged to bring their own bicycle to work on. Alternatively, there are bikes in the shop. A reading list and handouts are provided. The syllabus includes:

Bicycle anatomy;  
 Safety check;  
 The chain: lubrication, service, and replacement;  
 Selecting and adjusting your saddle and seatpost  
 Wheels and tires: selecting a rim, tires, spoke pattern, inspection, changing a flat, truing a wheel  
 Brake and Derailleur Cable: inspection and service, adjust-

ment and replacement

Derailleurs: how do they work, service and adjustment

Handlebars: adjustment and safety check, wrapping tape  
 Stem, Headset and Fork: adjustment, troubleshooting and lubrication

Cranks, Chainrings, Cogs and Cassettes: how to tell if rings are worn, changing cassettes and freewheels

Pedals

Bottom Bracket

Hubs: inspection and service

Evaluating the bike after a crash

The price for all six classes is \$100 (\$75 for NYCC members). The price for single classes is \$20 (\$15 for NYCC members). 100% of the fees go to supporting the youth who take part in the North Brooklyn Recycle a Bicycle activities.

Any questions please call:

Ed Fishkin (the instructor) (718) 963-8569 (office)  
 (718) 633-3038 (home)

or

Ira Perelson (director, NBRAB) (718) 789-1813



Our magnificent new 1999 New York Cycle Club long sleeve jersey was designed by club member Richard Rosenthal, manufactured by Louis Garneau and is scheduled for delivery October 18th. 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 \$57 plus \$3.20 Priority Mail shipping.

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

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:

UNISEX	chest	waist	hips
s	36	30	36
m	38	32	38
l	40	34	40
xl	42	36	42

### OFFICIAL ORDER FORM

QUANTITY	SIZE(S)	UNIT PRICE	SHIPPING	TOTAL COST
		\$57/EA.	\$3.20/EA.	

		\$57/EA.	\$3.20/EA.	
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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, 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 November 9  
for the  
NYCC Swap Meet  
and  
Ace McDade**

6PM to 7PM Swap Meet & Cocktail Hour

Bring all that cycling stuff in the back of your closet and drawers and see if anyone else could get some use out of it. Our entertainment for the evening will be a hysterical/historical review of the NYCC from the comedic mind of **ACE McDADE**, ex-messenger, long-time racer, and VeloNews writer.

***Downstairs at Citrus Bar and Grill  
320 Amsterdam Ave. @ 75th St.***

Sit Down Dinner with choice of choice of a great  
chicken or pasta dish.

Coffee or tea. Dinner is \$20

**Cash bar w/Free Chips and Dip at 6:00 - Sit Down Dinner at 7:00 - Program at 8:00**

1, 2, 3 and 9 to 72nd and Broadway; B and C to 72nd and Central Park West.

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

**A**

**FIRST CLASS MAIL  
DATED MATERIAL!**

PRESORTED  
FIRST CLASS  
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PAID  
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7288  
BKLYN, NY

**NYCC**

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