

September
1999

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NYCC Bulletin™

**GREAT NEW MEETING LOCATION!
SEE THE BACK COVER FOR DETAILS!**

Our "CoverGirl" this month -

Bernie Brandell

(see more of him on page 8)



President's Message

by **BEN GOLDBERG**

Welcome to what I feel is the nicest cycling season, autumn. Although some folks might think of the end of summer as a signal to reduce their cycling activities, Autumn presents the opportunity to enjoy cooler weather and lovely foliage. It is also a time to reap the fitness benefits of a summer spent cycling. In particular, our Escape from New York Century on October 2nd, the crowning event of the NYCC year, is a perfect way to measure the progress you've made over the summer by riding our lovely half-century, metric century, or full century routes. Don't miss it!

I've just returned from the Lars Andersen Bike Show in Boston, held each August, where vintage bike enthusiasts come to drool over gorgeous classic racing bikes (and other categories of bikes, too) and to peruse the bike flea market for those esoteric parts they can't live without. Some of my favorite bikes to see included a 1950 Bianchi with rod-operated derailleurs, a 1960's Hetchins with fancy chrome lugs that look like they're made of lace, and an extremely rare 1940's Rene Herse racing bike. I brought one of my classic bikes to show also, a 1975 Witcomb/USA racing bike, but it didn't attract the kind of attention that these other bikes did. My only consolation was that I spent every last dollar in my wallet on a bunch of goodies, including what I think is the most beautiful hubset ever made, the Campagnolo C-Record track hubset. I came home happy and tired. What other sport provides such a wonderful combination of cardiovascular health, stress relief, the use of modern technology, and an appreciation for the beauty of artistic design and hand crafting?

Enjoy autumn, everyone!

See you on the road!

**Save This Date:
Saturday, October 2**

For

The 1999 Escape From New York Century!!!!

Three destinations: Bear Mountain - 100 miles, Rockland State Park - 62 miles and Piermont - 50 miles. Think you've done this century before? Guess Again!!!

New route to Bear Mountain, additional rest stops, more support.

It's a whole new century!!!!

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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, September 1

A18	60 MI	10:00 AM	Jill and Beth's Wednesday Matinee Series: Das Bike
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Leaders: Jill Tucker (212) 431-3029 and Beth Renaud (212) 274-9463

From: The Boathouse

If you're suffering from city-induced claustrophobia, this journey will alleviate symptoms caused by either tight living quarters or the shoulder-to-shoulder throngs on West Broadway.

Friday, September 3

A19/20	55 MI	6:00 PM	Nighttime in Nyack
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Leader: (The Rider Formerly Known As) Steve Ullmann

From: The Boathouse

For those souls not hassling the holiday weekend travel madness as I am not, this ride is not as insane as it sounds. All the roads used are well lighted, smooth, and lightly trafficked as possible (no 9W). We ride up before dark, dinner in bustling Nyack, and then back through quiet Englewood. If you haven't seen it, the view from the GWB at night is awesome. Wake up Saturday and have your miles done already! A small adventure. Bring front and rear flashers, and the other necessary stuff. Call to confirm by 5 p.m. Friday. The usual cancels. Note: If the bulletins haven't arrived by this date, then this ride will be rescheduled to Friday, September 10.

Saturday, September 4

A19	65+/- MI	9:00 AM	Rockland Lake
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Leader: Basil Ashmore (212) 206 7864 or bashmore@ix.netcom.com

From: The Boathouse

Rockland ramble with a virgin leader. Relive (or is it now relieve?) the pain of that tortuous midterm SIG ride. We'll get there via 501 through Piermont to Rockland Lake, do 2-3 fast loops of the park, regroup and, depending on the group's preference, lunch on the green in Piermont on the way back. Paceline skills mandatory. Rain cancels.

A18	90+/- MI	7:30 AM	Gunkorama 5
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Leader: Fred Steinberg (212) 787-5204 or fcs1@worldnet.att.net

From: Grand Central Station

Fourth annual Labor Day loop thru the 'Gunks — the northern portion. Meet at GCT for the 7:50 bike train to Beacon. We'll climb Clove Valley/Minnewaska and Mohonk, break in New Paltz. Return to Beacon or Cold Spring for a late bike train. Bring a hill-worthy bicycle, Metro-North pass. Pocket food, 2 water bottles a must! \$\$ for food/trainfare. Call leader to confirm participation, cancel conditions, etc. Rain date: 9/5. Call leader to confirm.

B16	50 MI	9:00 AM	Creative Routing
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Leader: Carol Waaser (212) 581-0509 or biker-c@rcn.com

From: The Boathouse

We'll go out River Road, up the last hill, out 9W, but not all the way to Piermont, circle back to the Northvale Diner for a quick brunch and then take 505 back and climb the hill through Fort Lee. (If River Road is still closed, we'll get creative some other way.) If folks are interested, we stop at the Actors' Home and say hello to a few old-timers who still like to belt out a Broadway tune. Rain or predicted high above 95 cancels. Helmets, please.

B16	60 MI	9:30 AM	Oyster Bay the Pretty Way
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Leaders: Suzanne Levin (718) 398-2649 and Laura Schwartz (212) 866-0209

From: The Statue of Civic Virtue (Union Turnpike/Queens Blvd E/F Train)
Haven't been to Oyster Bay in a while? Miss Long Island? Looking for a mellow ride? Join us for a scenic ride and picnic near the beach.

Tuesday, September 7

A18	60 MI	10:00 AM	Jill and Beth's Tuesday (Yes, That's Tuesday) Matinee Series: True Chain Grit
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Leaders: Jill Tucker (212) 431-3029 and Beth Renaud (212) 274-9463

From: The Boathouse

Well, Pilgrim, this here ride series is getting herded to Tuesdays and I don't wanna hear no belly-aching from any of you. Grub at the usual watering hole.

Friday, September 10th

A/B/C	10+/-	7:30 AM	Return to Our Cultural Roots (AKA Astoria Revisited)
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Leader: Spencer Koromilas (212) 867-8678

From: Tramway Plaza (59th St. and Second Ave.)

OK, you didn't see the Acropolis last time...fine! But does my favorite uncle know how to grill? Red snapper, pork, lamb, Kokoret(s), Choriatiiki salata with huge blocks of feta, then our favorite Retsina to wash it down. Welcome to Greece! Return via Roosevelt Island, a little quiet meditation by the lighthouse (hint Ira) then the tram back to reality. Where did we go wrong? We can always blame the Spartans! Required: Social skills, appetite, nightlight and lock. Cancels: The fall of Athens, ok. The renaming of Istanbul...Constantinople!

Saturday, September 11

A21	70 MI	8:30 AM	Upper Saddle River
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Leader: Jim Modula (212) 663-1420

From: The Boathouse

The route is still up in the air, but one way or another we're going to end up at Elmer's on Saddle River Road for a bite to eat. The usual nastiness cancels.

A20	80+/- MI	8:30 AM	Get Pounded on the Ridge: Pound Ridge Revisited
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Leader: Spencer Koromilas (212) 867-8678

From: The Boathouse

The weather is getting cooler, hopefully no more 99 degrees and 95% humidity like last time! On our way to Pound Ridge, we'll ride into lovely Westchester, then Connecticut, then back into Westchester, tackling countless climbs and, of course, we will fly down beautiful, meandering, tree-lined streets. Unfortunately, I cannot promise Francis that the doe and fawn will still be wandering by Middle Patent Road (my favorite Westchester road), but only time will tell. Perhaps another bee for Chris Goebel? Return from White Plains via Metro-North. Required: Paceline and social skills, as

well as your Metro-North pass.

B16 65 MI 9:00AM In Search of Good Times, (Again!)

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

From: The Boathouse

It'll be almost flat all the way to New City (except for that last little climb). Western Highway for some rolling hills, and then a final climb up the Palisades. Helmets required. Cancellation: greater than 50% chance of rain at 7:58AM on the Weather Channel.

Sunday, September 12

A19 70+/- MI 9:00 AM Armonk/Mt. Kisco Loop

Leader: Tom Laskey (212) 496-1636

From: The Boathouse

I had listed this ride in June but had to cancel. The ride went off without me; however, mishaps ensued. Have no fear, I'll be there this time to ensure a crash-free, not to mention fun and entertaining, ride. Yes, we will do Whipperwill, just remember to wait for me at the top. Two water bottles recommended, the usual cancels.

B18 80+/- MI 8:30/9 AM Laura and Spencer's Port Jeff Beach & Lobster Ride

Leader(s): Spencer Koromilas (212) 867-8678 and Laura Schwartz (unless lobstering in Maine)

From: 8:30AM from Tramway Plaza (59th / Second Ave)

@ 9:00AM from The Statue of Civic Virtue (Union Turnpike/Queens Blvd) E/F Train

September is ... beach and lobster time! A repeat of one of my favorite events; we will ride along the North Shore's generally flat, tree lined streets, along horse farms and duck ponds (required) for a little beach time! After a relaxing swim and sun bathe, we will raid one of my favorite "Lobster Pots" in Port Jefferson ... and do some serious "manga"ing at digestive prices! Return home via Long Island RR. Required: Social graces, bathing suit, nutcrackers and (lobster) bibs. Cancels: The H.M.S. Titanic's (endlessly delayed) arrival into NY harbor.

B15 65+/- MI 7:50/8:53 AM CT - Upper Westchester Amawalk

Leader: John Zap wk: (212) 219-3339 or hm: (203) 972-9339

From: Grand Central for 7:50 AM Harlem Line train/8:53 AM at Katonah Station

Meet leader in Katonah. Do not miss this one. Very scenic, rolling/hilly route mostly shaded through back roads of Bedford, New Canaan, Ridgefield, up to North Salem and down around Titcus Reservoir then back to Katonah for Return train 4:26 PM or 5:26 PM. Joint with Country Cycle Club.

B14 40 MI 12:00 PM Rivertown Hastings

Leader: Paul Rubenfarb (212) 740-9123

From: NE Corner W. 181/Ft. Washington Ave. (A train)

Hastings' serpentine streets, rising up from the Hudson, evoke a quaint nostalgia of Hastings' small town life, with turn-of-the-century storefronts and grand marnsardic homes. It's a solid B ride. Rain or shine.

Tuesday, September 14

A18 60 MI 10:00 AM Jill and Beth's Tuesday Matinee Series: James and the Giant Peach Jersey

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

From: The Boathouse

A small boy is being raised negligently by his two dour aunts. One day he makes his escape from their house and happens upon an XXL peach wool jersey, which gets him into all sorts of adventures.

Saturday, September 18

A18 95+/- MI 8:00 AM Mott Farm Road

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

From: The Boathouse

A hilly almost-century to tune up your legs for the Escape From NY Century in two weeks. A scenic, rolling route to Stony Point, the hills (Mott Farm/Gate Hill) in the middle — then a new route to Saddle River as pretty and fast as ever. Pocket food, 2 water bottles a must! Rain date: 9/19. Call leader to confirm.

B14/13 45+ MI 9:30 AM Point to Point

Leaders: Larry Rutkowski (Wk) (212) 799-9625 and Patty Perlo (Hm) (212) 979-1197, email <pperlo@ix.netcom.com

From: The Statue of Civic Virtue

Kings Point to Sands Point along the North Shore of Long Island. Lunch stop at a deli or bring your own. Helmets are required. Bring a spare tube or patch kit. Social skills are required. Rain cancels. Call the leaders with any questions.

B/C14 40-60 MI 7:25 AM Ridgefield, CT and Points Northeast

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

From: GCT Info Booth for 7:46 AM Bike Train to Purdys

A "SEE" paced ride through the outer reaches of NYCC-land that includes a bit of everything from tree-covered country lanes to lightly-traveled suburban roads, from a couple of suburban towns to a few hills: even a bit of hardpack. Generally "C" conditions except "B" for stops. If your NYCC experience has been limited to back and forth on the Nyack, etc. run, you'll really enjoy the change. Indoor lunch in Ridgefield of New Caanan. Metro North passes and Helmets required.

Sunday, September 19

ALL CLASS RIDE to COLD SPRING

A19/20 65 MI 9:00 AM Picnic in Cold Spring

Leaders: Jody Saylor (212-799-8293), Frank Grazioli (212-529-9462), Christy Guzzetta (212-595-3674)

From: The Boathouse

We're going to Jody and Christy's place in Cold Spring for lunch. There are also B and C rides planned for the event. The whole Club will be there! Special Metro North train to return all to NYC after the party. Train leaves Cold Spring at 4:48 PM and arrives at Grand Central at 6:12 PM. If you need to take an earlier train, we can make those arrangements. This is an all class club party - all are invited, all are welcome. Important bad weather info: if it rains, be a "civilian" and take the 10:54 AM train from Grand Central to Cold Spring. This party happens rain or shine. After all, someone has to eat all that food. Metro North train pass required.

R16/17 85 MI 7:00 AM Picnic in Cold Spring

Leaders: Karin Fantus (212-873-5559 or BikeK@aol.com) and Mike Yesko (212-533-2409 or MAYPFA@aol.com)

From: The Boathouse

Don't know what an "R" ride is? We'll give you 85 miles to figure it out as we ride to picturesque China Pond in Putnam County before heading to C&J's. Some big hills, but it's scenic so who cares. ("Hint, can you say "randonneur"?")

B16 60 MI 9:00 AM Picnic in Cold Spring

Leader: Gary McGraime (212-877-4257)

From: The Boathouse

This is an all class club party - all are invited, all are welcome. We're going to Jody and Christy's place in Cold Spring for lunch. See the "A" listing for details. Bring your Metro North train pass, two water bottles and a helmet.

C/B14/15 47 MI 9:00 AM Picnic in Cold Spring

Leaders: Suzanne Levin (718-398-2649) and Peter Morales (718-398-2623)

From: The New York City side of the George Washington Bridge.

We'll be heading north to Jody and Christy's place in Cold Spring for lunch.

There are also A and other B and C rides planned for the event. See the "A" ride listing for details. Metro North train pass required.

C12/13 22 MI 8:30 AM Picnic in Cold Spring

Leader: Maggie Clarke 212-567-8272

From: The information booth at Grand Central.

We'll be boarding the 8:54 AM train to New Hamburg. Once there, we'll ride mostly along the Hudson River to Jody and Christy's place in Cold Spring for lunch. There are also A and B rides planned for the event. See the "A" ride listing for details. Metro North train pass required.

Tuesday, September 21

A18 60 MI 10:00 AM Jill and Beth's Tuesday Matinee Series: Fear and Loathing in Rockland County

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

From: The Boathouse

Gonzo cycling at its finest.

Saturday, September 25

B16 50+/- MI 8:00 AM Out Early, Back Early III

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

From: The Boathouse

There's nothing like finishing a ride early in the day. We'll start at 8am and be back around 12:30. Our destination will be somewhere in Bergen or Rockland.

B16 65/55 MI 9/9:45AM Fitzgerald's Gatsby, not Horodotus' Book VI

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

From: The Boathouse/Civic Virtue

So far I've canceled because of rain and heat, but we'll try again to find Jay's place on Long Island. Helmet's required. And just in case, cancellation: greater than 50% chance of rain, winds above 20 mph., heat index over 95 degrees, snow of more than one inch or eclipse predicted at 7:58AM on the Weather Channel.

C14 50 MI Passport to Piermont

Leader: Lynn Sarro 212-722-8495

A lovely, shaded, almost rural route to an unheard of destination: "Piermont." It's been done before, but ne'er as well as this! At lunch we'll stop in one of the world's most colorful local markets (the bike shop in Piermont) to buy mementos of our trip. Don't forget your camera! Please remember to fully inflate those tires. Bring a spare and patch kit just in case. Helmets are required.

Sunday, September 26

A18 55 MI 9:00 AM River Road, Bradley, Tweed

Leader: Richard Rosenthal (212) 371-4700

From: The Boathouse

I think maybe I've done Bradley and Tweed once this year. This will make it twice. Or, if I haven't, once. As usual, I'll lead all the climbs from the rear.

B14 41 MI 12:00 PM Williamsburgh & Crown Heights

Leader: Paul Rubenfarb (212) 740-9123

From: The Boathouse

Seventeenth century founded Williamsburgh exudes many quaint moments of olde Brooklyn, including cast iron lofts and ornate proletarian apartment blocks. Vast Edwardian Crown Heights was the ornate extravagance of Brooklyn's turn-of-the-century gilded age. It's a solid B ride. Rain or shine.

C13 55 MI 9:15 AM Bridges, Bays, Rivers, Breakers and Beaches

Leader: Peter Hochstein (212) 427-1041

From: The Boathouse

Sure, it's long for a C-ride, but except for the bridge approaches, it's flat as a board. Easy riding through Queens, Brooklyn and Manhattan. In sight of water, over water, alongside water. You'll go over the 59th Street Bridge, the Marine Parkway Bridge, the Brooklyn Bridge and two other bridges. Beach picnic or diner lunch depending on whim and weather. Bring spare inner tube, pump, helmet, lunch money. Rain cancels.

Tuesday, September 28

A18 60 MI 10:00 AM Jill and Beth's Tuesday Matinee Series: Men in Black Shorts

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

From: The Boathouse

No aliens or all-star casts here, with product placement galore. Just a few pairs of shorts starring the quads of your fellow clubmates.

Saturday, October 2

ESCAPE FROM NEW YORK CENTURY

The NYCC will introduce a new concept for 1999. Participants will have the options of riding in an organized group with a leader OR riding at their own pace with the cue sheet provided. Either way, you'll enjoy some of the most beautiful routes outside New York City with the support of ride marshalls to help with directions, mechanicals or accidents and planned rest stops. We ride rain or shine Start/Finish from Sakura Park at 122nd St. and Riverside Drive in NYC, not far from the George Washington Bridge. The cost the day of the event is \$25.00. A portion of the proceeds will be donated to environmental and bicycle related organizations.

The three destinations start at the following times:

A19 100 MI 7:00 AM Bear Mountain Blast (NEW ROUTE)

Leader: TBA

B17/16 100 MI 7:00 AM Bear Mountain Blast 2

Leader: TBA

B15/14 62 MI 8:00 AM Rockland Roll (metric century)

Leader: TBA

C13 62 MI 8:00 AM Rockland Roll 2

Leader: TBA

C12 50 MI 9:00 AM Piermont Pleasures (Half Century)

Leader: TBA

Sunday, October 3

KB17+ 100 MI 8:00 AM Eighth Annual Long Island Century

Leader: Buzz (212) 288-6324

From: The Tram Plaza @ 59th St. and 2nd Ave.

For those who missed out on the best century of the year yesterday or those who didn't and think they're up for a twin-century weekend. This is a fun day in the saddle. We'll warm up riding the flats of the South Shore to Bethpage State Park. After lunch we'll find some North Shore hills for our scenic return. Be prepared for a full day of fun with 2 water bottles and pocket food. Sociable "A's" are welcome.

B16 70 MI 9:15 AM Caumsett Park
 Leader: Ron Grossberg (718)369-2413 or Argee401@AOL.com
 From: Statue of Civic Virtue, Queens (F Train)
 This ride was rained-out in August, but it's too good a route to waste. Beautiful, scenic roads and a picnic lunch in the park. Now that it's October, maybe we'll get Fall foliage. Not to be missed.

B14 43 MI 12:00 PM Armour Villa's Chateaux
 Leader: Paul Rubenfarb (212) 740-9123
 From: NE Corner W. 181/Ft. Washington (A train)
 This archetypal Yonkers hamlet of vintage estates and hilly lanes exudes a bygone early century Eugene O'Neal-like somnolence. Solid B ride. Rain or shine.

C14 55 MI 9:30 AM Nyack Beach
 Leader: Fred Steinberg: (212) 787-5204 or fcs1@worldnet.att.net
 From: The Boathouse
 Recovery ride for those who need it and a nice ride for everyone else. We'll strive to reach the north beach of Nyack. If the leader is really toasted, we'll go to the dock in Piermont. The usual cancels.

Out Of Bounds

Sunday, September 19

Central Jersey Bicycle Club

Join the strongest riders from 7 states in the toughest 100 miles you'll ever cycle (~10,000 + feet of vertical gain); test yourself on the metric or try the 35 miles of the Belvidere Boogie. It's a beautiful ride in the hills and mountains of northwest NJ

Time Trial: Individual & Team

We offer a century "time trial". Winner's jerseys are awarded for men's and women's age groups. Time checks and sign in at three intermediate checkpoints.

CASH PRIZES FOR TOP PLACES
 (MEN - TOP 10) & (WOMEN -TOP 3)
 (3 MEMBER TEAMS -TBD)

START TIME FOR EVERYONE: 8:00 a.m.

Ride Support

Roads marked with distinctive arrows, cue sheets provided. Rest stops with snacks, fruit and water on the Metric & Century.

RIDE SUPPORT ENDS AT 5:00

START/FINISH CLOSES AT 6:00

Fee

Pre-reg. \$25 per person.

Pre-registration closes September 10.

Day of event \$30.

Boogie \$15 with century time trial entry, otherwise \$20

Location & Times

Camp Bernie - YMCA, Route 57, Washington, NJ. START TIME: 8:00 AM.
 REGISTRATION: 7:00 AM.

For Additional Info Contact:

Kyle Chu

E-mail kchu1@hotmail.com

Phone 732-225-HUBS

Download entry form from www.truesport.com/Bike/1999/belvidere.htm

Sunday, September 26

Country Cycle Club Golden Apple Rides '99

Presenting our 18th Annual Golden Apple '99 Bicycle Tours Sunday, September 26th. Katonah, NY. Rides Start at Woodsbridge Road, just off Route 35.

Starting Times: Distance (Miles)	Start Time (AM)
125	7:00-8:00
100	7:00-9:00
75	7:00-9:00
50	9:00-10:30
25	9:00-10:30

Costs: \$15 pre-registration Fee, Until September 20, or \$20 day of the event. First 300 pre-registrants will get a free gift. Part of our proceeds go to Friends of Karen, a local charity, and to bicycling advocacy. Visit our Web page at <http://www.countrycycle.com/goldenapple.html>

There will be food stops for every route with plenty to eat. Every turn is clearly marked. Join in the fun, ride our uncrowded roads. There is something here for everyone in the beautiful Northern Westchester countryside. More Questions? Call Toll Free 1-888-777-8229

Bicycle Touring Club of North Jersey Ramapo Rally

The Bicycle Touring Club of North Jersey's 22nd Annual Ramapo Rally will be held rain or shine Sunday, September 26. The start, the Center for Family Resources in Ringwood, New Jersey, is in the scenic Ramapo Valley a short drive from either Route 17 or Interstate 287. The '99 Ramapo Rally features a choice of five new routes (20,30,50,62 and 100 miles) including the new friendly 50. Rides are geared for all levels of cyclists.

Pre-registration (post- marked before Sept. 1) is \$18 and includes a long sleeve Ramapo Rally T- shirt. Day-of-event registration will be \$20 and will not include the T- shirt premium, so register early. Registration on Rally Day will be from 7 - 10 a.m. at the Ringwood Center for Family Resources.

This year, in addition to the well supplied food/rest stops, an optional post rally pasta dinner will be available for \$5, payable at the door. Expect the well-respected BTCNJ cue sheets, route markings and sag wagons for every route.

For more information call Bette Bigonzi at (973) 744-5924 or Dan O'Rourke at (914) 268-0391 or write Bicycle Touring Club of North Jersey, PO Box 839, Mahwah, NJ 07430.

Clarifications

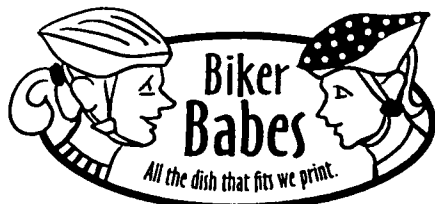
Last month's Bulletin reproduced a bike ad that appeared in an Arkansas newspaper, under which we printed "Thanks to Richard Rosenthal for this memorable piece of advertising."

We would like to make clear that this ad was NOT created by Richard Rosenthal nor was it submitted for publication in the Bulletin by Richard.

-The Editor

The New York Cycle Club is looking for a few good men and women for the 1999 Escape From New York Century.

This year's club century will take place on Saturday, Oct. 2. We need volunteers to marshal, to help with rest areas, to help set up and clean up, and various other tasks that make this the great event it is. For more information, please contact Carol Waaser either by e-mail at biker-c@rcn.com or by phone at (212) 581-0509.



How did you all survive the hottest July in New York history? We survived quite well by riding early in the morning (even then it was 80 degrees).

The hot weather did not dampen the fun of the All-Class Picnic July 24 at Fort Tryon Park near the Cloisters. **Dona Kahn** counted 168 cyclists at the boathouse that Saturday morning, and **Anne Grossman**, who had ordered enough food for 100 from Fairway, ordered more at 11am. They estimate that about 120-150 cyclists showed up and almost all the food disappeared. **Ed Fishkin** came with young cyclists from Recycle-A-Bicycle, one who had never done a 50-mile ride before. **George Kaplan**, **Dona Kahn**, and **Carol Waaser** were indispensable in helping Anne make the picnic

a success. Anne and Dona thought that in such hot weather, cyclists would eat less. Not our club.

In the sweltering weather on July 18, **Ken** (62) and **Marilyn** (56) **Weissman** led 5 overheated seniors **Robert Gray** (57), **Dick Goldberg** (57), **Robert Gelerter** (56), **Norman Borden** (55), and the baby of the group, **Andres Corrillo** (53) over a particularly beautiful 68-mile ride in Fairfield and Westchester counties from east to west from Noroton Heights up to the Cross River Reservoir and down to Tarrytown. Wisdom doesn't necessarily come with age.

Following up on our article last month about **Karin Fantus** preparing for Paris-Brest-Paris, we'd like to report on the other club members who have also qualified for PBP by completing a 200k, 300k, 400k, and 600k event within a designated time. They are: **Debra Feiger**, **Michael Yesko**, **Art Crowley**, and **Bill Strachan**. PBP has been run just about every 4 years for over 100 years. It attracts people from all over the world, and is as close as some get to feeling like they are in the Olympics. The

distance is 1200k (750 miles) to be completed within 90 hours (including sleep!). It begins this year on August 23 outside Paris. We wish them luck and happy snoozing (the little that they will get).

Having just completed 450 miles of cycling through the San Juan Mountains in Colorado (during the Bike of Colorado tour), **Henry Joseph** and **Spencer Koromilas** were doing the return drive from Telluride to Santa Fe, New Mexico. After 15 minutes, Henry's driving had taken a turn for the worse. He was all over the road, pumping his brakes unnecessarily. He caused a traffic jam going 15 miles an hour through Ridgeway (pop. 1,000) because he thought the "school is in progress" light was in effect (on a Saturday in July). As can be expected, they soon heard a police siren. Henry pulled over and put his hands out the window! The sheriff thought Henry was drunk, but since he was entirely sober, the charge was "Impersonating a drunk". So poor Spencer did the 7 out of almost 8 hours of driving back. So the nickname of the month goes to Henry "Sober" Joseph.

NYCC Columbus Day Weekend in the Catskills October 8-11

Spectacular fall foliage, delicious food, fun people, great rides: join us October 8-11 for a fabulous weekend in Ulster County.

Phoenicia, 25 miles west of Kingston on Route 28, in the heart of the Catskills, is the perfect location for our fall escape. Bed and breakfasts, inns, lodges, and motels abound, and we all know the riding is excellent. (People never get lost — they just wind up on the wrong beautiful road!) New Paltz is about 65 miles round trip by bike (with or without climbing Mohonk Mountain); Woodstock is 15 miles away, and it's just a short detour from there to Devils Kitchen. The notorious Peekamoose-Sampson-Slide-Mountain loop is a mere 70-mile ride, albeit most of it is vertical! And there are literally thousands of miles of other scenic roads to explore. All rides will start and end at the Phoenicia Elementary School on Route 214. And don't forget to bring your hiking boots — a number of people are planning to forgo a day in the saddle to take advantage of the area's bountiful hiking trails.

The group dinner on Sunday will be an all-you-can-eat, all-you-can-drink barbecue Sunday afternoon, outside at Als Restaurant in Phoenicia. The price is \$25 per person and must be paid in advance. Please

send a check payable to Jeff Vogel, 102-10 66th Rd., Apt. 14E, Forest Hills, NY 11375, by September 15, 1999.

The following is a list of accommodations in the area. Please make your own reservations. Any questions, call Jeff Vogel, (718) 275-6978, after August 13.

Phoenicia

Cobblestone Motel: (914) 688-7871 (Inexpensive)
Phoenicia Motor Village: (914) 688-7772 (Inexpensive)

Chichester (2 miles from Phoenicia)

Maplewood Bed and Breakfast: (914) 688-5433 (Inexpensive)
Silver Creek Cottages: (914) 688-9912 (Inexpensive)

Mount Tremper (4 miles away)

La Duchesse Anne: (914) 688-5260 (Moderate)
Lodge at Catskill Corners: (914) 688-7900 (Moderate)

Shandaken (6 miles away)

Copper Hood Inn Spa: (914) 688-9962 (Expensive)
Lamplite Motor Lodge: (914) 688-7130 (Moderate)

Ramblebrook House Bed and Breakfast: (914) 688-5784 (Moderate)
Shandaken Inn: (914) 688-5100 (Expensive)

Boiceville (7 miles away)

Onteora Mountain House: (914) 657-6233 (Expensive)
Trail Motel: (914) 657-2552 (Moderate)

Hunter (13 miles away)

Heartbreak Hotel: (518) 263-5050 (Inexpensive)
Hunter Inn and Motel: (518) 263-3777 (Moderate to expensive)
Scribner Hollow Lodge: (518) 263-4211 (Expensive)
Terrace Garden Motel: (518) 263-4422 (Moderate)

Pine Hill (13 miles away)

Bellayre Youth Hostel: (914) 254-4200 (Cheap)
Pine Hill Arms: (914) 254-9811 or 254-4012 (Moderate)

Woodstock (13 miles away)

Twin Gables Guest House: (914) 679-9479 (Inexpensive to moderate)
Woodstock Inn: (914) 679-8211 or (800) 697-8211 (Moderate to expensive)

SPORTS MEDICINE Dr. Russell B. Cohen

Board Certified Chiropractic Sports Practitioner

Conservative treatment for athletic & dance related conditions involving the neck, back & extremities.

- Sports Massage
- Physiotherapy
- Biomechanical Bike Fits
- Custom Orthotics
- USCF CAT 3 Racer
- Doctor to Metro, Breakaway & Setanta Bike Racing Teams
- Member NYCC & CRCA
- Member American College of Sports Medicine
- Insurance Plans Accepted

317 West 54th Street NYC

212-713-0180

Hello Out There, Anybody Home? or Where Are All the Rides This Month?

BY GARY MCGRAIME

It seems that more and more people are on vacation when it comes to leading a ride. Interesting that we've seen so few "new" ride leaders getting involved. Meanwhile, our active ride leaders are turning into crispy critters. They're rapidly getting burned out from leading more than their share of rides and are subsequently being wheeled off to the home in droves.

Ride leaders (CONTRIBUTING members) are the lifeblood of our club. The NYCC is supported solely by fellow members like you and I who care enough to get involved. Obviously, we depend on the participation of our members to make this a GREAT bike club, which it is, but we can't afford to rest on our laurels. That has been the downfall to many a successful club or organization.

The NYCC has grown to almost 1500 members, yes, FIFTEEN HUNDRED! What is the attraction? I would venture to say it's our RIDES. Not many clubs offer such a wide variety of rides, special social events, the SIGs and weekend getaways. In fact, I can't think of any.

Leading a ride may seem like a daunting task, but it really doesn't require any special talents. It does require being responsible and riding safely while using your own common sense. The route does not have to be complicated or original. Our website (<http://www.nycc.org>) or cue sheets from rides you've done are a good source. If you would prefer co-leading a ride, call your ride coordinator and let her know. She will match you up to a

ride or leader of your preference. Leading only one ride a year can make a difference. Give it a try, you'll feel good about it. I guarantee it.

Speaking of getting involved:

Christy Guzzetta and Jody Saylor are inviting the entire club to their home in Cold Spring for lunch on September 19th. Is that love? They have even made arrangements for a special return bike train to Grand Central Station. Fantastic!

We salute Spencer Koromilas as September's "Ride Leader of the Month". He is not only charming, energetic and quite colorful, but very giving as well. You can find Spencer often leading A, B and C rides. He's incredible!

The Century Committee has put together an all new route for our Escape from New York Century on October 2nd. They've worked together over the last several months to produce what should prove to be our best century ever including better food and more rest stops. Impressive!

So don't just sit there. Call me or your ride coordinator if you'd like to try leading or co-leading a ride. If that's not your cup of tea, you can volunteer to help on the day of our ENY Century and still ride if you like.

Gary McGraime
V.P. RIDES
Phone: (212) 877-4257 email: garynycc@aol.com

NYCC Ride Leader of the Month

Spencer Koromilas

I was born in Washington D. C., the son of a Greek-American diplomat, and a French mother and lived abroad, especially Greece, till fifteen.

I started cycling on my tricycle, all the way down the front steps of our house in Athens, Greece and by fourteen had built my first bike, which was promptly stolen in College. I fell in love with cycling while doing two day 150 mile rides (with panniers) thru the dunes of Holland, diving into the North Sea to cool off. It was the perfect way to relax and take away the pressures of Grad. School. Cycling was a time to reflect, and of course the ideal way to coexist with my environment.

I used to ride almost exclusively by myself until three years ago when I became a member of the NYCC. The first member I met was Ed Fishkin, we were dating two cyclists, who were friends. I joined after realizing the benefits of group riding, while drafting Ben Goldberg, during the Montauk Century.

I usually lead dinner C rides to Astoria, or for sushi, on Fridays. Saturdays I lead A rides to Westchester and Sundays I do B

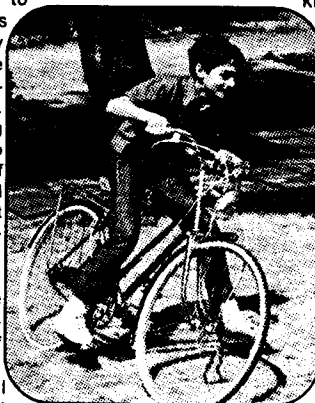
rides to either Westchester or to the beaches of Long Island and Brooklyn.

My favorite ride: no question, in Westchester it's Pound Ridge, which I discovered with Chris Goebel, and on Long Island, Port Jefferson, which I discovered with Laura Schwartz (I'm leading both rides this month).

I have been working in Commodities for the past 12 years, where my knowledge of French, Greek, and Spanish have been a great asset. My other activities, skiing (downhill and cross country), horseback riding, sailing, scuba diving, snorkeling, climbing and kayaking. I also like camping, hiking, and fly fishing ... basically anything outdoors.

Ride philosophy: I expect all riders to be safe, predicable, and courteous. Defensive riding is encouraged; I criticize unnecessary or stupid riding. After the numerous accidents I have either witnessed or been involved with, I do not underestimate our vulnerability.

Off the bike; I believe in having fun, I like to kid around ... I am guilty of pulling pranks, and occasionally throwing my friends into bushes, the water ... but innocent on all other charges.



More of Bernie from Suzanne Levin's
July 18th Beach Ride.



Sidewalk Cafe

American
Continental
with ...



... A
Southwestern
Flair

Sizzling Fajitas - Vegetarian Dishes - Stir-Fries
Fresh Seafood - Sandwiches & Salads
Chicken & Ribs - Kid's Menu & Take-Out
12 oz Drafts - Bud & Sam Adams - Always 4.00
Frozen Daquiris - Margaritas - Pine Coladas

Lunch Stop Sponsor for
New York Cycle Club's Century Ride,
Saturday, October 2, 1999

Reservations Accepted for Inside Dining
482 Piermont Ave Piermont, NY 10968
(914) 359-4439



The 5th Annual Escape from New York Century

Saturday, October 2ND 1999

Discover the thrill of riding scenic back roads across the George Washington Bridge on NEW YORK CYCLE CLUB'S fully supported rides. Choose from three clearly marked routes:

7:00 AM CENTURY (100 miles) — Bear Mountain Blast: a challenging, scenic new route to this classic Century destination.

8:00 AM METRIC CENTURY (62 miles) — Rockland Roll: a friendly ramble to serene Rockland Lake State Park.

9:00 AM HALF CENTURY (50 miles) — Piermont Pleasures: pedal to a charming and historic village on the Hudson.

Start/Finish at 122 St./Riverside Drive, opposite Grant's Tomb, Manhattan, NYC.

Cost : \$20 until September 24 (including T-shirt)
\$25 day of the event (not including T-shirt)



Gear Up for the Next Century – Ride it with us!

NYCC

Registration Form

Make checks payable to: New York Cycle Club

Please mail check and registration form to: NYCC/ENY

P.O. BOX 2054 COLUMBUS CIRCLE STATION NEW YORK, NY 10023

PLEASE PRINT:

Name _____

Address _____

City _____ State _____ Zip Code _____

Telephone _____ Emergency Phone _____ email address _____

NYCC Member? ☐ Yes ☐ No

Registration Fee: ☐ \$20 before September 14th ☐ \$25 day of event

I plan to ride: ☐ century ☐ half-century ☐ metric-century

Where did you find out about ENY? ☐ Internet ☐ Bike Shop ☐ Newsletter ☐ Other _____

How many miles do you ride per week in season? ☐ 0-50 ☐ 50-100 ☐ 100+

Your age (to nearest decade) _____

Please check here if you do not wish your name to be released to sponsors ☐

Signature Required. One person per form (may be duplicated).

Signature of Rider _____

Signature of Guardian (If under 18) _____

Be advised to wear a helmet for your own safety and as required by Rockland County.

There will be NO Rain Date!

Note: Save this brochure. No confirmation or additional materials will be mailed to you prior to the ride. Route sheets will be available at the start.

KNOW BEFORE YOU GO: 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 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 inaction, 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 OPERATION, 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 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.

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

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:

Hed Jet wheels front and rear w/Shimano 8 speed free wheel and Continental tires. Also velo wheel safe: \$400. Please contact **Howard Turoff**: wheels@lacorsa.com or call 212-778-2366 from 8:30am-5pm M-F

(1) Bridgestone 400 bike, 58cm (23"), 18-speed, all parts upgraded or overhauled, makes a great beater. \$150 OBO. (2) Mavic Classics Pro wheelset, 700c clincher, NEW with skewers. \$275 Firm. (3) Performance trainer. Ain't cold now, but you'll be ready. \$65 OBO. Call **David**, 718-499-4467.

47cm Trek 2120 (carbon fiber) with Shimano 105 components, triple plus 11-28 cassette, Mavic rims, Sigma computer, w/ or w/o SPD pedals. Well maintained, never crashed. Great bike for someone 5'4" or under. \$700. Call **Carol** (212) 581-0509 or email: biker-c@rcn.com

51CM Colnago Bititan frame, new 170 Record cranks/rings and bottom bracket, dual pivot caliper breaks and 8-speed ergo levers, 12-21 and 12-23 cog sets, TTT Prima 220 42" handlebars, Stonglight headset and TTT 10CM stem (this is optional). Also have Blue Look 256 pedals, Mavic CXP-30 rear wheel and a CXP-30 and Sup rims for front wheels. Call or email if interested in all or parts and to discuss prices. **Dan O'Brasky** 212-752-0869, or email: d.obrasky@worldnet.att.net.

Cannondale Track frame/fork, 56.5cm c-to-c, (58 to top of top tube) nice blue color, excellent condition. Includes Ultegra HS, Suntour Superbe Pro Bottom Bracket & Track Cranks 167.5 w/ 49 ring; extra road fork (alum, drilled for brake). \$500. Track

Wheels: American Classic hubs w/Mavic SUP 28h clincher rims and 15 cog, Michelin 23mm HD Supercomps, light & strong. \$150. White perf Rolls saddle & Control Tech post 27.2 for above: \$15 each or both for \$25. Salsa Track stem, beefy 13cm, with +5 rise and 25.4 clamp: \$30. Suntour Superbe Pro Track Bottom Bracket & Track Cranks, 170, no rings: \$125. **Antonio Tatum**, 212/353-3805 or email: ALT1001@aol.com

Sidi Genius 3, Millenium sole -1999-530gr., size 42.5 (a little too big for me). New (321 miles). \$130.00 (list \$179. Call **Bud** (212) 677-1677 or leave message.

BikePro USA Race Case. Too small for my new bike! Standard size. Up to 56cm road frame. Protects bike w/dense foam and impact resistant side panels. Comes w/wheel bags, small duffel and frame padding. Much easier to load and move than a hard case. Rolls easily, keeping hands free for other bags. \$400 new, used 5 times - best offer owns it. **Fred** (212) 787-5204



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

Come to the Meeting September 14 when **Stephanie Bleecher** **Tells All!**

(About how to get started and be a cool racer and have fun.) This is Stephanie's first year in racing. She's come a long way from an "A" rider in the club to CRCA races, leaving the familiarity of the New York Parks racing circuit with her Setanta/Bicycle Habitat team to race across the country in places like Fitchburg (where she took 7th). She has road and "life in the pack" stories to tell. She will also be handing out a Women's Compendium of racing she researched which includes a list of training camps, book, web sites, organizations, publications, helpful tips, etc. It's the "Go For It!" attitude we really love about Stephanie. Come and let's cheer her on.

NEW MEETING LOCATION!!!

Citrus Bar and Grill 320 Amsterdam Ave. @ 75th St.
(Downstairs in a Private Room)

Sit Down Dinner with choice of:

Margarita Breast of Free-Range Chicken, Cheddar Mashed Potatoes and Smoked Corn Salsa
or Penne Pasta w/Chipotle Tomato Sauce, Asiago Cheese and Fresh Herbs
and coffee - \$20

Cash bar w/Free Chips and Dip at 6:00 - 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
Arlene Brimer
2128 N Sedgwick St Apt 11
Chicago IL 60614 4674



DATED MATERIAL!

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