January 1999
He's Racing To Renew His Membership - Have You Renewed Yours?
**President’s Message**

by Ben Goldberg

To tell the truth, it is with substantial trepidation I assume the role of club president. I have a demanding job, a wife and three children, and five bikes to care for. Why am I doing it? Well, the club has given me such pleasure in the 5 years I’ve been a member and I’ve so enjoyed the two years I’ve been on the board, continuing to be involved in the operation of the club seems the right thing to do. We’ll see how it goes!

I’d be remiss if I didn’t thank our departing board members for the wonderful job they’ve done. During the tenure of Dona Kahn and Joel Englebard as directors of membership and programs, our roster expanded to over 1400 members - an all-time high. My thanks also go to Ludwig Vogel for performing the Herculean task of bulletin editor. Charlie Katz for handling the club finances and providing consistently good advice to the board, Tom Laskey and Bernie Brandell for the thankless but crucial job of finding ride leaders each month, and Douglas Riccardi, who survived several years as bulletin editor and was still willing to stay on the board as director of public relations. Finally, a special note of thanks goes to C.J. Obregon, our secretary, and by far our longest serving board member.

It’s my great fortune that Gene Vezzani, who did an absolutely fantastic job as president for the last three years, will continue to serve on the board in the ex-officio position of Past President. I cannot possibly hope to match his dedication of time and energy to the club. I can only try to match his dedication of spirit.

The new board will be great as well. There’s a wealth of club experience, epitomized by long-time club and former board members Geo Kaplan, Jeff Vogel, Jody Sayer, and Karin Fantus. There’s also fresh new blood on the board in Laurie Nisco, Ira Mitchneck, Rob Kohn, Beth Renaud, and Lynn Sarro. I’m delighted and thankful two hard-working members of last year’s board, Gary McGraime and Anne Grossman, have been kind enough to serve on the new board.

If there’s any single aspect of the club I would like to focus on, it’s in promoting among our members the simple act of getting on a bike and riding. We need a larger pool of dedicated ride leaders and, to be honest, more of our membership to turn out for club rides on a regular basis. Gene and the old board had taken a number of steps in that direction with great leader incentives (stay tuned) and ride listings by email. We’ll keep working to make rides more attractive and interesting to our members so our ridership grows even faster than our membership.

Finally, I’m looking for good ideas from everyone in the club. Please feel free to call me or, even better, contact me by email (goldberg@cs.nyu.edu).

See you on the road!

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**Joseph Mendez**

Long time members of the New York Cycle Club (anyone who was riding before 1997) will remember Joey Mendez. Everyone knew him as “Joey with the mountain bike.” Joey was a long-time member of the NYCC and a well-respected member of the cycling community. He died on November 24, 1998.

Let’s honor Joey’s memory by bringing to every club ride at least one of the characteristics for which we’ll all remember him: his ability to always keep up on a mountain bike no matter how fast the A-Ride went, his bulging biceps, his gap-toothed smile, or his impeccable riding skills and gentlemanly demeanor.

The NYCC sends its deepest sympathy to his family and friends. Joey, we’ll miss you.

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EMAIL IS PREFERABLE.

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

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

Visit Our Web Site:

http://www.wnyc.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 11.

ALWAYS WEAR YOUR HELMET. NO HEADPHONES.

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

Friday, January 1

A19 100 MI 9:00 AM New Year’s Century
Leader: (The rider formally known as) Steve Ullmann (212) 473-1897.
From: The Boathouse.
This will be a moderately paced ride to Bear Mountain, via some back roads up, and 9W back. Start your new year off with a nice round number on the odometer. Roads must be dry, temperatures above 30 degrees, wind manageable. Call leader to confirm up to 8 a.m. the morning of the ride. Bring what will be necessary to sustain you.

A18 55 mi 10:00 am Annual New Year’s Day Ride
Leader: Marty Wolf (212) 935-1460.
From: The Boathouse.
"Start the New Year Right" classic ride. A chance to get off to an easy paced start. Brunch in White Plains at the Sea Star Diner. The obvious cancels.

B16 30 MI 10:00am Annual Knish Special
Leader: Beth Renaud (212) 274-9463.
From: City Hall.
Once again, it’s time for the annual ride to Brighton Beach to stuff knishes down your gullet. With some luck, temps will be over 20 degrees (last year) so come ready to cruise through Brooklyn at a moderate pace and dress warmly enough to sit on the boardwalk for at least five minutes. 9:00 AM temps below 30 degrees cancel.

Saturday, January 2

A19+ 70 MI 9:00 AM Winter Stay Fit Series #2
Leader: Peter Sekesan (718) 417-3510.
From: The Boathouse.
Come out every Saturday and help me stay in shape through the winter weeks.
We’ll be riding 9W to Rockland Lake and back to Nyack for lunch. 9W is a great workout. Rain, snow and temp below 250 cancel.

B17+ 40+/- MI 10:00 AM Ten-To-One Express
Leader: Karl Dittebrandt (212) 925-9854.
From: The Boathouse.
Leave late, get home early. Twenty miles north into N.J. then back to Englewood. All before a dinner stop at the Cliffside. Fixed gear bikes encouraged. If you’re late, you lose. Temp below 32 cancels.

B16 45 MI 9:00 AM I Cover the Waterfront
Leader: Ludwig Vogel (212) 838-0852 or ludwig@bway.net.
From: The Boathouse.
Experience the most panoramic view of Manhattan. A loop across the GWB and south along the Jersey Coast will bring us to the area’s best Polish food. After our cultural experience, we’ll head over the Bayonne Bridge to Staten Island where we’ll circle around to the ferry for the best free lift back to Manhattan. Helmets required.

C13 30-35 MI 9:15 AM Coney Island
Leader: Scott Wasserman (914) 723-6607.
From: The Boathouse.
The past two New Years were too cold to ride so maybe global warming will show itself this weekend and it’ll reach 70 degrees. The food stop will be Nathan’s but I’ll wait until Mrs. Stahl’s for some knishes - much healthier than hot dogs. Precipitation or temps below 30 degrees at the start cancels.

C12 25 MI 9:00 AM Fauna/Flora Tour, Part. 1 of 2: Bronx Zoo
Leader: Alfredo Garcia (212) 802-2441.
From: Plaza Hotel, 59th St. & 5th Ave.
Most animals have some sense of the millennium but don’t really care. They believe in the present and look forward to your visit. Recall good times with an Elephant. Match strides with a Walking Stick. Hitch your bike to a Starfish). Bring bike lock, money for admission, snacks, souvenirs etc. Make sure your bike is in good working order and dress warmly for the season. Helmets required. Bad weather cancels. Co-led with 5BBC.

Sunday, January 3

A18 50+/- MI 9:00 AM Only 141 Days until the Montauk Century!
Leader: Ben Goldberg (212) 982-4581.
From: The Boathouse.
In our minds, we’ll be cruising along the Montauk Highway, wind at our back, 70 degrees and sunny. Perhaps we won’t even notice that we’re actually in Bergen County and our sensitive parts have frozen to our saddles! Temp below 25 degrees at 8am cancels.

B15 50 MI 9:30 AM Winter Thaw Pt. 1
Leader: By mutual consent.
From: The Boathouse.
Show up and elect a leader. May the best route win.

C12 25 MI 10:00 AM Frostbite #5: Fauna/Flora Tour, Part 2 of 2: NY Botanical Gardens.
Leaders: Ely Spangelberg (212) 349-0406 and Alfredo Garcia (212) 802-2441.
From: Plaza Hotel, 59th St. & 5th Ave.
Memories of green. Join us on Ely’s perennial trek to see robust and delicate trees, flowers and other plants. Smell the sweet aromas of spring (which is months away). Possible visits to Snuff Mill Cafe and renowned Haupt Conservatory. Take along a bike lock, have money for admission, lunch, gifts. Make sure your bike is in good working order and dress appropriately for the season. Helmets required. Lousy weather cancels. Co-led with 5BBC.

PEDAL PENNSYLVANIA

The Great Northern Crossing
Erie to Philadelphia • July 17-25
Fifth year • Fully supported • College dorms and school camping • Optional B&B’s/motels • Half day ride, half day sightsee option • Optional trail rides with Rails-to-Trails Conservancy.
On the Web: www педал-па.ком

BROCHURE: Bob Ingerson
1914 Brandywine St., Philadelphia, PA 19130
Tel: (215) 561-9679 — E-mail (bobi@pedal-pa.com)
C12 10 MI 12:00 PM Transit Museum
Leader: Don Passantino (718) 446-9025.
From: The Plaza Hotel (59th St and 5th Ave.)
Catch all the trains you missed. Annual trip to NY Transit Museum to see vintage subway trains and exhibits. If the temperature is below 40 degrees, just meet at the Museum (indoors - it opens at 1:00) at Boerum Place and Fulton Street. Admission is $3.

Thursday, January 7

A18 55+/- MI 10:00 AM Sick Day, Ride Day Winter Series #1
Leader: Jill Tucker (212) 431-3029
From: The Boathouse
Was your winter resolution 'I will call in sick more often?' If so, the Winter Series is for you. If not, I will help you develop new and creative excuses which will make you unavailable for work. Call after 8:30 am if weather appears inhospitable.

Saturday, January 9

A20 40-50 MI 9:30 AM Rivervale or Beyond
Leader: Jim Modula (212) 663-1420.
From: The Boathouse.
Typical January weather means a little winter spin out to Rivervale to the bagel/pizza shop, warm temps will extend to Park Ridge. Please note 9:30 start time. The usual nastiness or temp below 35 degrees at 9:00 cancels.

B17+ 40+/- MI 10:00 AM Ten-To-One Express
Leader: Karl Dittebrandt (212) 925-9854.
From: The Boathouse.
Leave late, get home early. Twenty miles north into NJ, then back to Englewood. All before a dinner stop at the Cliffside. Fixed gear bikes encouraged. If you’re late, you lose. Temp below 32 degrees cancels.

B16 40 MI 10:00 AM Syosset
Leader: Jim Drazios (718) 225-1842.
From: The Statue of Civic Virtue (Union Turnpike & Queens Blvd - E/F trains).
Like last month, we’ll play it by ear and see how far we want to go. Syosset Diner is a great warm-up spot and is strategically located for easy access to beautiful routes. Early return. Below 32 degrees cancels.

C13 20 MI 11:00 AM Over the River and Into the Woods
Leader: Alinda Barth (212) 928-5399.
From: The GW Bridge Bus Terminal.
A ride along River Road, for those of us who like a late start. We’ll go back along 9W and have a late lunch at a diner. Poor weather and/or road conditions cancels.

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### Introduction to Club Riding and Effective Cycling Class Forming

Early next year, Irv Weisman will offer his traditional course for members who are relatively new to our sport and for those who want to increase their bicycling savvy, improve their traffic skills, and learn roadside adjustments and repairs.

He’ll start with indoor presentations and discussions in early ‘99, and do our riding in April and May, after the winter niteness abates.

The riding part of the program will emphasize bike handling, group riding, traffic skills, and touring - not racing skills.

Are you getting excited? Call Irv, the sooner the better, so he becomes aware of your interest and gets excited too. Irv can be reached at (212) 567-9672.

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Sunday, January 10

A21 45 MI 9:30 AM One Way to Skin a Cat
Leader: David Thomas (212) 799-1897.
From: The Boathouse.
Let’s try an experiment - a ride with no stops. A two-hour loop of Bergen County, then breakfast at a bagel shop at around Broadway and 110th Street. Temp below 35 degrees and/or helmet law controversy cancels ride.

A/B 40 MI 10:00 AM The Nathan’s Expedition
Leader: Herb Dershowitz (212) 929-0787.
From: The Boathouse.
Annual ride to Nathan’s in Coney Island. Dogs and fries. Vegetarians and mountain bikes welcome.

B17 50 MI 9:00 AM White Plains Express
Leader: Mark Bernstein (718) 833-6648.
From: The Boathouse.
This simple ride was enjoyed by all last time so we’ll do it again, sans the big hill at the end. Back by 2:30. Temp. below 35 / rain at 0700 cancels. No silly calls the night before, please.

B15 40 MI 10:00 AM Scarsdale
Leaders: Hindy and Irving Schachter (212) 758-5738.
From: First Avenue and E. 64th St.
At this time of the year, a little later means a little warmer. We are heading for a warm cup of coffee anyway at the Coffee Tree in Scarsdale. We have an interesting route home. Please note that expected high below 45, rain or snow gently (or not so gently) falling, or ice and snow on the ground all mean that we sip caffeine at home.

C13 25-30 MI 10:00 AM Frostbite #8: Sheepsherd Bay and Beyond
Leaders: Dick Goldberg (212) 874-2008 and Ed DeFreitas (58BC) (718) 946-3227.
From: City Hall.
Enjoy lunch in Sheepsherd Bay. Weather permitting, we may go as far as Floyd Bennett Field. Co-led with 58BC.

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Thursday, January 14

A18 55+/- MI 10:00 AM Sick Day, Ride Day Winter Series #2
Leader: Jill Tucker (212) 431-3029
From: The Boathouse.
Who’s the toughest rider in the club? The leader requests you: 1) ride in the dead of winter; 2) use a sick day immediately after the New Year; 3) blow your nose without soiling others. Temp above 50 degrees cancels.

Saturday, January 16

A19 50 MI 9:30 AM Heads Required
Leader: Mark Martinez (212) 496-5518.
From: The Boathouse.
No headless riders will be permitted on this ride. Period. Anyone leaving their head at home will be asked to leave this ride. We'll enjoy the Hudson River views from the top of Tweed before descending to the Blauvelt Coach for lunch.

B17+ 40+/- MI 10:00 AM Ten-To-One Express
Leader: Karl Dittebrandt (212) 925-9854.
From: The Boathouse.
Leave late, get home early. Twenty miles north into NJ, then back to Englewood. All before a dinner stop at the Cliffside. Fixed gear bikes encouraged. If you’re late, you lose. Temp below 32 degrees cancels.

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**Have you renewed yet? What are you waiting for?**
January 1999

B16  50+ MI  9:30 AM  Pearl River
Leaders: Laura Schwartz (212) 866-0209 and Suzanne Levin (718) 398-2649.
From: The Boathouse.
“I mean it—you’re really going to ride all winter long.” “As long as I keep moving, I don’t even notice the cold.” “It’s depressing to sleep all morning.” Bring your own well-intentioned lies to our group exercise in denial. Note civilized start time.

C14  30-35 MI  10:00 AM  King’s Point
Leader: Jim Drazios (718) 225-1842.
From: The Statue of Civic Virtue (E/F train to Union Turnpike).
A quick ride to King’s Point. Hot chocolate or a coffee at Starbucks’ and an optional deli stop. Return by 2:00. Temps under 32 degrees cancels.

Sunday, January 17

A19  60 MI  9:00 AM  Only the Shadow Knows
Leader: BYO.
From: The Boathouse.
And the shadows are long ones at this time of year, so follow them, and you’re sure to end up somewhere. If the skies are threatening, they’ll probably point back to your cozy abode.

B16  50+ MI  9:00 AM  Not the Seven Delis Ride
Leader: Gary McGraine (212) 877-4257.
From: The Boathouse.
We’ll take a direct route into Westchester and stop at White Plains for brunch. If the weather says yes, we’ll head further north and explore the most rural roads and return via train. Bring pocket food and a Metro North pass. Helmets Required.

C13  25 MI  10:00 AM  Frostbite #7: Alice Austen Museum in Staten Island
Leaders: Jose Diaz (718) 963-3781 and Ed DeFreitas (5BBC) (718) 946-3227.
From: City Hall.
Lovely historic house facing lower New York Bay. Mostly flat, some hills. Co-led with 5BBC.

All Class ~5 MI  7:40 AM  Cross Training: Climbing Mount Taurus
Leaders: Marilyn and Ken Weissman (212) 222-5527.
From: Main Information Booth, Grand Central Station, for 8:00 AM train to Cold Spring.
Get R/T ticket. A non-technical climb—a steep footpath — to the summit of Taurus for fantastic views from South of the Bear Mountain Bridge to North of the Beacon Bridge. You’re higher than Storm King and Breakneck Ridge. If there’s snow on the ground or freezing temps, you may need crampons—about $6-10 (call for info)—to safely negotiate the summit and some steep downhill. Wear boots and layered clothing. Carry water and food. Expected high below 20, rain, heavy snow or major snowfall the week before. Back in NYC around 5 PM.

Monday, January 18

A19+/-  50+/- MI  9:00 AM  I Have a Dream
Leader: Jeff Vogel (718) 275-6978.
From: The Boathouse.
I have a dream. It’s 70 degrees and sunny. We’re riding along a beautiful mountain/country/river road (you choose, it’s a group dream). We’re in a perfect peloton. We’re sailing along with the wind at our backs, on our way to a gourmet lunch. Reality: It’s an overcast 30 degree day. We’re riding the same ratty peloton. We’re fighting a head wind all the way to Nyack. After breakfast at the Skylark, the wind will surely turn around. Maybe we should keep dreaming.

Tuesday, January 21

A18  50 MI  10:00 AM  New Year, Same Ol’ Gorgeous Ride
Leader: Richard Rosenthal (212) 371-4700.
From: The Boathouse.
Up gorgeous and untrafficked River Road to Piemont. No Bradley, no Claesland, no Tweed today. Come prepared to discuss the State of the Union. Temperature below 32 degrees, snow, or rain at 9:30 cancels.

B17+  40+/- MI  10:00 AM  Ten-To-One Express
Leader: Karin Dittbrand (212) 925-9555.
From: The Boathouse.
Leave late, get home early. Twenty miles north into NJ, then back to Englewood. All before a dinner stop at the Cliffside. Fixed gear bikes encouraged. If you’re late, you lose. Temp below 32 cancels.

B16  60+/- MI  9:30 AM  Tour de Reservoir
Leader: Karin Fantus (212) 873-5559 BikeK@aol.com
From: The Boathouse.
A perfectly beautiful time of year to circumnavigate a frozen Westchester reservoir or two. Weather permitting, we’ll just eat cheesecake and take the train home from Tarrytown. Don’t you just love winter? Metro North passes, please.

C13  26 MI  10:00 AM  City Island Tour
Leaders: Maggie Clarke (212) 567-8272, Alinda Barth (212) 928-5399.
Meeting Place: GW Bridge Bus Terminal - 178th St & Ft. Washington. City Island is like a New England fishing village tacked on to the east end of the Bronx. We’ll get there via the flat, park-lined route, the North Bronx Bikeway, which has been around for about 20 years. Points of interest along the way: Bronx River Park, Pelham Bay (and the landfill), ending with a mini-tour of City Island itself. We’ll eat lunch in one of the many nice restaurants, so bring money and a good lock. Cancellation conditions: starting temp below 35 degrees, excessive wind-chill, icy roads, or 50% chance of precipitation. Call the morning of the ride if in doubt.

New York Cycle Club Ski Weekend
February 12-15, 1999

It has been a warm fall, but heavy snowfalls are predicted for this winter. By February, you’ll want to get off your trainer and onto skis. So sign up for the annual Presidents Day ski weekend. This year we’ll be staying in Londonderry, Vermont. We’ll be very close to both downhill and cross country skiing:
* 2 miles to cross country (Viking) and close to several other areas
* 9 miles to Bromley
* 14 miles to Stratton
* 19 miles to Okemo

We are staying at Dosta’s Resort Lodge; a full service hotel with a heated indoor pool, whirlpools, game room, lounge, bar and restaurant. The cost is $259 per person (double occupancy). This includes 3 nights lodging, 3 full breakfasts and 2 dinners. You must provide your own transportation. If you are interested, call Reyna Franco at 212-580-5695. SPACE IS LIMITED so call today.

No, Really, I Mean It.
It’s Time To Renew Your Membership.
Sunday, January 24

**A20** 65 MI 9:00 AM Springtime Sally
Leader: Chris Audley (201) 876-9231
From: The Boathouse.
This was supposed to be the fierce winter after the mild perpetual fall of El Niño. Well, mid-December is not looking so tough. Get on your bikes and enjoy what I predict will be a mild January. We’ll charge to Park Ridge and dine (al fresco?) on pancakes and sausage. Temps below 25 or snow (yeah, right) cancels.

**A18+//-** 50 MI 9:00 AM Anywhere But Here
Leader: Todd Brilliant (212) 274-9463.
From: The Boathouse.
During this time of year, we should be happy to just get out of the city. Therefore, expect a slow spin to either Northvale or White Plains. The former, if it’s sunny and the latter, if the weather is iffy. Bring your Metro North pass. if you’ve got one.

**B16** 50+/- MI 9:00 AM Microsoft Ride
Leader: Caryl Baron (212) 595-7010 or baronny@aol.com.
From: The Boathouse.
Where do you want to go today? A January thaw, and it will be over the river and through the woods to our usual haunts. A chance day, and we’ll stay within Metro North bailout distance and head for french toast in White Plains. Below 35”, stow the wheels and join me for a run.

**C13** 30 MI 10:00 AM Frostbite #8: Coney Island Dreaming
Leaders: Alfredo Garcia (212) 802-2441 and Ed DeFreitas (5BBC) (718) 946-3227.
From: City Hall.
In search of food, probably Tortoni’s Pizza, rated the world’s greatest. Co-led with 5BBC.

Thursday, January 28

**A18** 55+/- MI 10:00 AM Sick Day, Ride Day Winter Series #4
Leader: Jill Tucker (212) 431-3029
From: The Boathouse.
What good reasons can there be to cycle in the middle of winter? Perhaps less roadkill to impede your progress? Fewer muggers waiting to relieve you of your bike? Temps so low as to ensure you to the aches and pains of cycling? Remember, there are no right answers, any answer will do. Call after 8:30 am to question the weather.

Saturday, January 30

**A18** 50-70 MI 9:00 AM Pray for Sun
Leader: Fred Steinberg (212) 787-5204.
From: The Boathouse.
Today, I’m going as far as I can based on weather, road conditions, etc. Northvale? Nyack? Fort Lee? Twin Donuts? You name it. Temperatures below 20 degrees, wind over 20 mph, rain, snow, icy roads cancel. Call leader by 8:45 if in doubt.

**B17+** 40+/- MI 10:00 AM Ten-To-One Express
Leader: Karl Dittebrandt (212) 925-9854.
From: The Boathouse.
Leave late, get home early. Twenty miles north into NJ, then back to Englewood. All before a diner stop at the Cliffside. Fixed gear bikes encouraged. If you’re late, you lose. Temp below 32 cancels.

**B17** 40-65 MI 9:30 AM Do We Still Have Legs...?
Leader: Moira McFadden (212) 721-5003.
From: The Boathouse.
...let’s go find out. Route depends on the weather, but a location with an indoor lunch will be provided. Rain/snow or temps below 40 at 9:00 AM cancels.

**C13** 40 MI 9:00 AM Why Brooklyn??
Leader: David Hallemann (718) 499-4467.
From: City Hall.
Why not? This basically hill-free cruise through quiet side streets and borough byways will take us south to the ocean, where we will probably not go swimming. Predicted high below 35 or rain cancels.

Sunday, January 31

**A19** 55-60 MI 9:00 AM Wherever You Go, There You Are
Leaders: Penny Pindy and Perfect Tommy (800) YOYODYNE.
From: The Boathouse.
Now Buckaroo Banzai never did any crime-fighting on a bike, as far as we know, but he probably hasn’t realized the cool factor of the sport’s clothing and accessories. We’ll rendezvous with Buckaroo and some of the Hong Kong Cavaliers out in New Jersey (perhaps near Grovers Mill?) to combat the evil Lectroids from Planet Ten and then eat pancakes and waffles. Oscillation overthrust optional.

**B14/15** 45+/- MI 9:15 AM Staten Island: Tottenville
Leader: Ron Grossberg (718) 359-2413 argee401@aol.com.
From: City Hall Park.
The Staten Island Ferry...one big hill...a warm place for lunch. What more could you ask for? Be there.

**C13** 21 MI 10:00 AM Frostbite #9: Under and Over the Hudson
Leaders: Alfredo Garcia (212) 802-2441 and Ed DeFreitas (5BBC) (718) 946-3227.
From: City Hall.
Take the PATH to New Jersey, then over the GWB for a ride along the shorelines. Lunch in the Upper West Side. Co-led with 5BBC.

Saturday, February 6

**C13** 30/40 MI 9/10 AM I Cover The Waterfront
Leader: Gary McGraime (212) 877-4257 and Ludwig Vogel (212) 838-0852.
From: The Boathouse @ 9:00 AM and the GWB Terminal @ 10:00 AM.
A moderately flat ride along the New Jersey coast with fantastic views of Manhattan. We’ll stop at the Yoohan Japanese Food Emporium for coffee or tea and bean pastries before proceeding south to experience the striking contrasts between urban sprawl and the natural meadowlands. Our group may stop for a photo opportunity before crossing the Bayonne Bridge to Staten Island. We’ll follow the coastal road to the ferry terminal where we’ll find a selection of food to bring on our “free cruise” to New York. Wet, ice or high winds cancel. Helmets required.

Sunday, February 7

**A19** 60 MI 9:00 AM Beyond White Plains
Leader: Gary McGraime (212) 877-4257.
From: The Boathouse.
A steady spin and scenic miles deep into Westchester. It’s a great time to invest, pending the weather, in exploring new routes for the spring. If we go too far, we’ll return via train, so bring your Metro-North pass. Wet, ice, or strong winds cancel. Helmets required.

**C13** 25 MI 10:00 AM Frostbite #10: Ethnic Food in Astoria, Queens
Leaders: Alfredo Garcia (212) 802-2441 and Ed DeFreitas (5BBC) (718) 946-3227.
From: City Hall.
Ride out to Astoria to dine at Uncle George’s Greek restaurant. We’ll enjoy some outdoor museums alongside the waterfront before heading to Roosevelt Island. We’ll take the tram back. Predicted high below 30 cancels. Co-led with 5BBC.
Awards for the best of... were announced at the holiday party - however, we think a few were left out and are a hell of a lot more interesting. So here is our list of the 'best of' for 1998...

1. Leader who finds the best lunch spots: Jeff Vogel
2. Best-looking male after a long ride: Doug Fremuth
   Best-looking female after a long ride: Alinda Barth
3. Best rider to have on your ride for any type of emergency: Ed Fishkin
4. Best legs - male: Richard Song
   Best legs - female: Reyna Franco
5. Nicest butt to look at on a long ride - male: John Eichholz
   Nicest butt to look at on a long ride - female: Suzanne Levin
6. Leaders most sensitive to bladder demands: Keith Goldstein and Anne Grossman
7. Woman who can pee in the woods without getting shoes and socks wet: Dona Kahn
8. Most likely to kick your butt up the hill when you least expect it - female: Kim Keleher
   Most likely to kick your butt up the hill when you least expect it - male: Karl Dittebrandt
9. Leader with the best sense of direction: Karin Fantus
10. Leader with the worst sense of direction: Conrad Meyer
11. Heartiest eater at lunch: Lynn Sarro
12. Most likely to covet the unfinished food on your plate: Linda Wintner
13. Best kvetcher - male: Douglas Riccardi
    Best kvetcher - female: Ellen Medins
14. Best helmet hair - male: Ed Sobin
    Best helmet hair - female: Pat Thompson
15. Best coordinated with bike: Gary McGraime
16. Cleanest bike: Robert Colon
17. Most flats on a ride: Mark Bernstein
18. Best manicure - female: Lori Turoff
    Best manicure - male: Tony Nappi
    Best looking in lycra - male: Mark Martinez
20. Chatiest on a ride: Fred Steinberg and Mike Di Cerbo
21. Chatiest about body parts (his and yours): Irv Weisman
22. Most laps in the park: Alan Geiger
23. Female rider who only gets better as she gets older: Marty Wolf
    Male rider who only gets better as he gets older: Tim Andon

---

Isle of Majorca, Spain

The Mediterranean Cycling Paradise is now also in your reach just in time for your spring training/touring at affordable prices.

- Spend a week or as long as you want riding in splendid weather, on lightly traveled, perfect roads. Choose from long flat or rolling stretches, to long climbs.
- Join organized group rides four times weekly at a nominal charge, or discover the beautiful island on your own or with your own group.
- Benefit from the infrastructure and services provided by the industry leader for cycling vacations on the Isle of Majorca, the "Swiss Bicycle Team Max Huerzeler".
- Stay in a good middle-class hotel located on a long sandy beach; enjoy buffet style healthy meals for breakfast/dinner; and relax in the sauna, whirlpool and indoor pool.

At this time, two one-week periods will be offered: 3/27 to 4/3, and 4/3 to 4/10. The following prices are based on per person/per first week:

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<th>Week from</th>
<th>3/27 to 4/3</th>
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<tr>
<td>double/single occupancy</td>
<td>$559/$669</td>
<td>$589/$699</td>
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<td>any additional day</td>
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<td>double/single occupancy</td>
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Apartments for two to four people are also available, at slightly lower prices.

The above prices include the following:
- round-trip for you and your bicycle to/from hotel to Palma de Majorca airport
- seven nights in a good middle-class hotel with buffet style breakfast and dinner
- cycling related infrastructure (mechanic support, bicycle storage, etc.)
- Majorca road map with suggested routes including distance / vertical meter climbing
- headband or cycling cap, water bottle, and quality cycling jersey.

Whenever you travel to the Isle of Majorca, you will find perfect cycling weather: average daily high/low (in F) for February (64/49), March (70/53), April (73/56).

During the above-referenced periods, I will be there to personally attend to your needs, and to ensure that you will have a fabulous cycling experience.

If you have any questions, please feel free to call: Hans-Josef (Hajo) Thiele at (914) 833 1456 (from 7 PM to 10 PM weekdays, all day weekends), or contact me by e-mail at: hans-josef.thiele@db.com
Welcome a New Year and a New Challenge!

by GARY McGRAIME  V.P. RIDES

I look forward to the challenge of serving as V.P. Rides and the opportunity to initiate or support changes which will enhance club rides. It’s amazing what our bike club offers thanks to the effort and input of our members.

The New York Cycle Club has developed a calendar of rides and events for ALL cyclists to enjoy. They include an A, B and C Training Series (SIGs) in the early spring, a Newcomers’ Ride, All Class Rides, Classic Weekend Getaways, the “Escape From New York Century”, special social events, and a Basic Bike Maintenance/Repair Clinic.

Club members receive a monthly NYCC Bulletin containing a ride schedule, upcoming events, the Biker Babes column, and bike-worthy news. We even have a web site (http://www.nycc.org) with a library of over one hundred rides for you to explore or even lead if you like.

Our General Meeting is on the second Tuesday of every month. Dinner is served, followed by a presentation by guest speakers, e.g. authors, racers, frame builders, bike advocacy groups, tourists, nutritionists, and fellow members.

We have added a handy perk for members who have access to email. An updated ride listing every week which includes additional rides, last minute changes or ride cancellations and hot Club news. Email Gene Vezzani to be included on the list (genev@pipeline.com).

Pretty impressive, huh?

So how can we improve our club rides? Here are a few ideas:

* PROVIDE BETTER RIDES
Establish a committee to educate ride leaders and members on safety and the basics of leading a club ride. This is a broad subject we will pursue in the next bulletin.

* OFFER MORE RIDES AND ACTIVITIES
Encourage member participation and reward ride leaders with specific gifts displaying our NYCC logo.

* PRACTICE LOOKING GOOD
Both cyclists AND motorists have a right to the road so be considerate and be predictable. Your good example will help promote cycling.

* INTER-CLUB PARTICIPATION
Support other clubs and bike advocacy groups

* OTHER SUGGESTIONS?
I’d like to hear your suggestions for providing better and more diverse rides. Please call or email me at:

  Gary McGraime  
  Phone: (212) 877-4257
  Email: garynycc@aol.com

WELCOME TO THE 1999 ‘B’ TRAINING SERIES

We thought we’d start planning the Series early for ’99, since the number of participants seems to double every year and we want to be ready.

As before, we’ll ride Saturdays in March, April, and the beginning of May. It’s a progressive series, designed for B Riders and B-rider wannabes, who want to ride faster, better, and with a greater sense of adventure. We begin with a 45-mile ride, and graduate up to 100 miles.

Again, we’ll be offering skills sessions preceding many rides and individual coaching during rides. We’re also booking a few evening seminars to focus on health of body and bike.

This program is just as much for riders who’ve completed the Series once or twice as it is for those learning group riding skills for the first time. In general, we aim to offer the best riding experience to the most people we can. We’ve devised some new ways to do this, which we’ll tell you more about as March approaches. Stay tuned.

Karin Fantus  
Gary McGraime

Cadence Study Subjects Needed

Irv Weisman’s studies challenge the value of cadences over 90 r.p.m. for almost every cyclist. He wants to collect more data to verify, or to challenge, his assertions. All classes of cyclists are needed, not just high-performance athletes.

Let Irv know if you are interested - he’d like to work with you. You’ll be very surprised at what your own body will tell you.

Irv Weisman - (212) 567-9672.

NYCC Welcomes 21 New Members

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<thead>
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<th>Calcafnri, Michael</th>
<th>Miller, Robert</th>
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<td>Haladey, Diana</td>
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<td>Jacobs, Andres</td>
<td>Ramirez, Francisco</td>
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Here it is - the annual NYCC Mileage chart!

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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. Bikes train are indicated by a bicycle symbol on the MetroNorth timetable. Schedules change frequently. The following is the most current one available:

<table>
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<tr>
<th>FROM GCT</th>
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<tr>
<td>7:54 AM (HUDSON LINE)</td>
<td>POUGHKEEPSIE</td>
<td>4:12 PM</td>
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<tr>
<td>8:55 AM (HUDSON LINE)</td>
<td>POUGHKEEPSIE</td>
<td>5:12 PM</td>
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<tr>
<td>8:49 AM (HARLEM LINE)</td>
<td>BREWSTER NO.</td>
<td>4:08 PM</td>
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<td>8:07 AM (NEW HAVEN LINE)</td>
<td>NEW HAVEN</td>
<td>3:57 PM</td>
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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 MetroNorth liaison, Jeff Vogel at (718) 275-6978 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.

MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING OF TUESDAY, NOVEMBER 3, 1998


Absent: Ben Goldberg, Doug Riccardi and Charlie Katz

The minutes of the meeting of October 6, 1998 were approved.

Joel discussed the upcoming program.

Dona reported that the club had 1408 members, an all-time high for this date. She also expressed concern that the membership application in the Bulletin might be misleading as to the membership dues for people joining the club after Labor Day. It was agreed that the matter should be clarified.

Anne reported on the "Chelsea Chowdown".

Gene advised the board that vests had been ordered as a ride leader incentive. Tom, Gary and Bernie will meet to discuss other incentives.

Gary led a discussion of ride safety and ride leader standards. Bernie worried that a coordinator would knowingly select an unsafe leader. Gary felt adopting standards would make it easier for ride coordinators. Gary will chair a committee to draft such standards with a goal of having them adopted by February.

With regard to the new jerseys, it was agreed to reimburse Richard Rosenthal up to $500 for expenses. The board agreed to order 100 of the new jerseys, and to sell them for $57 each plus $3 for mailing.

The board considered the question of helmets and voted to require them on all club rides.

The meeting adjourned at 7:30 PM.

Respectfully submitted

Conrad J. Obregon

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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 | Leisurably to moderate riding, sightseeing and destination oriented. Stops every half-hour or so.

ATB 1 | Hilly to mountainous and single track riding.
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 classifications 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:

Due to winter road shoes. Men’s size 8 1/2. Insulated, above-the-ankle height. Look adapter. Used one season, just don’t fit my feet properly. Originally $150, now $75 or best offer.

Evan Marks 212-751-5683

Specialized MTB New $649. Sell

$299. Negotiable Excellent condition. Plus lots of other bike stuff. I can faxOwnProperty list complete list.

James (516) 421-5826 synapsed@juno.com

Maroon Specialized Stumpjumper (93 or 94 model), 16 1/2” frame. Deore LX components, excellent condition. No suspension.$225.

Call Jeanine. Weekday (212) 827-7345 or e-mail: harty@tdusa.com

Orion 52cm EL-OS Beautiful custom Orion frame and fork, built in Queens, NY. Gorgeous red-orange paint by Fresh Frames. 52c-c, 54t, straight fork with stainless steel crown. Chris King headset, and 10cm Profile stem. Must sell. One year old. Low miles. Never raced or crashed. $525.00. Call 212-982-9461
ORDER YOUR NEW NYCC JERSEY TODAY!!

Gear up for cooler weather with this stylish, comfortable jersey from designed by NYCC member Richard Rosenthal, manufactured by Louis Garneau Sports.

Our new club jerseys are available in 6 unisex sizes: XS, S, M, L, XL and XXL (refer to the chart below for size specifications). The new NYCC jerseys are made of Micro-Ex, which combines a smooth, wind resistant outside with a soft, fleecey inside that helps keep you dry by wicking perspiration away. Jerseys feature a 15-inch invisible zipper and three rear pockets and cost only $57 each plus $3 shipping per jersey (Priority Mail).

COMPLETE the order form below, make out a check payable to the New York Cycle Club, and mail to:

**Gene Vezzani**
35 West 64th St, Apt 9-H
New York, NY 10023

Delivery time: 4 to 6 weeks.

OFFICIAL ORDER FORM

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CHECK NUMBER: 

Please make checks payable to the New York Cycle Club.

NAME

ADDRESS

DAYTIME PHONE: 

EVENING PHONE: 

PAYMENT RECEIVED BY 

Jersey(s) received by 

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 ("Activities") for myself, my personal representatives, assigns, heirs, and next of kin, I 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 Activities. I furthermore 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. I FULLY UNDERSTAND that the BICYCLING ACTIVITY INVOLVES INHERENT DANGERS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"). IN THE RISKS AND DANGERS MAY BE CAUSED BY MY OWN ACTIONS OR INactions; THE ACTIONS OR INactions OF OTHERS PARTICIPATING IN THE Activity; THE CONDITION IN WHICH THE Activity TAKES PLACE; OR THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW. THERE MAY BE OTHER RISKS AND DANGERS OF WHICH I AM NOT AWARE OR WHICH I HAVE NOT CONSIDERED. I FULLY ACKNOWLEDGE AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. I HEREBY RELEASE, DISCHARGE, Composition, NOT TO BE LIABE TO THE Club, INC., their respective administrators, executives, agents, employees, other participants, any sponsors, advertisers, and all applicable owners and lessees of premises on which the Activity takes place, from all liability, claims, demands, losses, or damages in any form caused or alleged to be caused in whole or in part by the NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RECOVERY OPERATIONS. AND I FURTHER AGREE THAT I HAVE ADEQUATELY INFORMED AND UNDERSTAND THE RISKS AND DANGERS TO WHICH I MAY BE EXPOSED.

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: 

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 — $27
- Couple residing at the same address — $27
Bio-Mechanics and Sports Medicine for Cyclists!
Come to the Meeting January 12

Dr. Rock Positano
&
Happy Friedman

will talk to us about bio-mechanics and sports medicine as it applies to cycling. Dr Positano works with pro teams like the Yankees, Giants, Jets, and Packers, even Steinbrenner returns his phone calls! Happy is a long time friend of the NYCC and a trainer and coach. They currently teach this course at Cooper Union to engineering students. We understand they put on a great show! Come welcome this dynamic duo and bring your questions!

New Meeting Location!!!

Bar 54 - 1701 Broadway (54th & B'way)

$15 gets you a buffet with a choice of chicken or vegetarian pastas, salad, bread and rolls, and coffee.

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

Near the A&C train 50th Street stop, the 1&9 50th Street stop, the B,D&E 7th Ave. stop, and the N&R 49th Street stop.