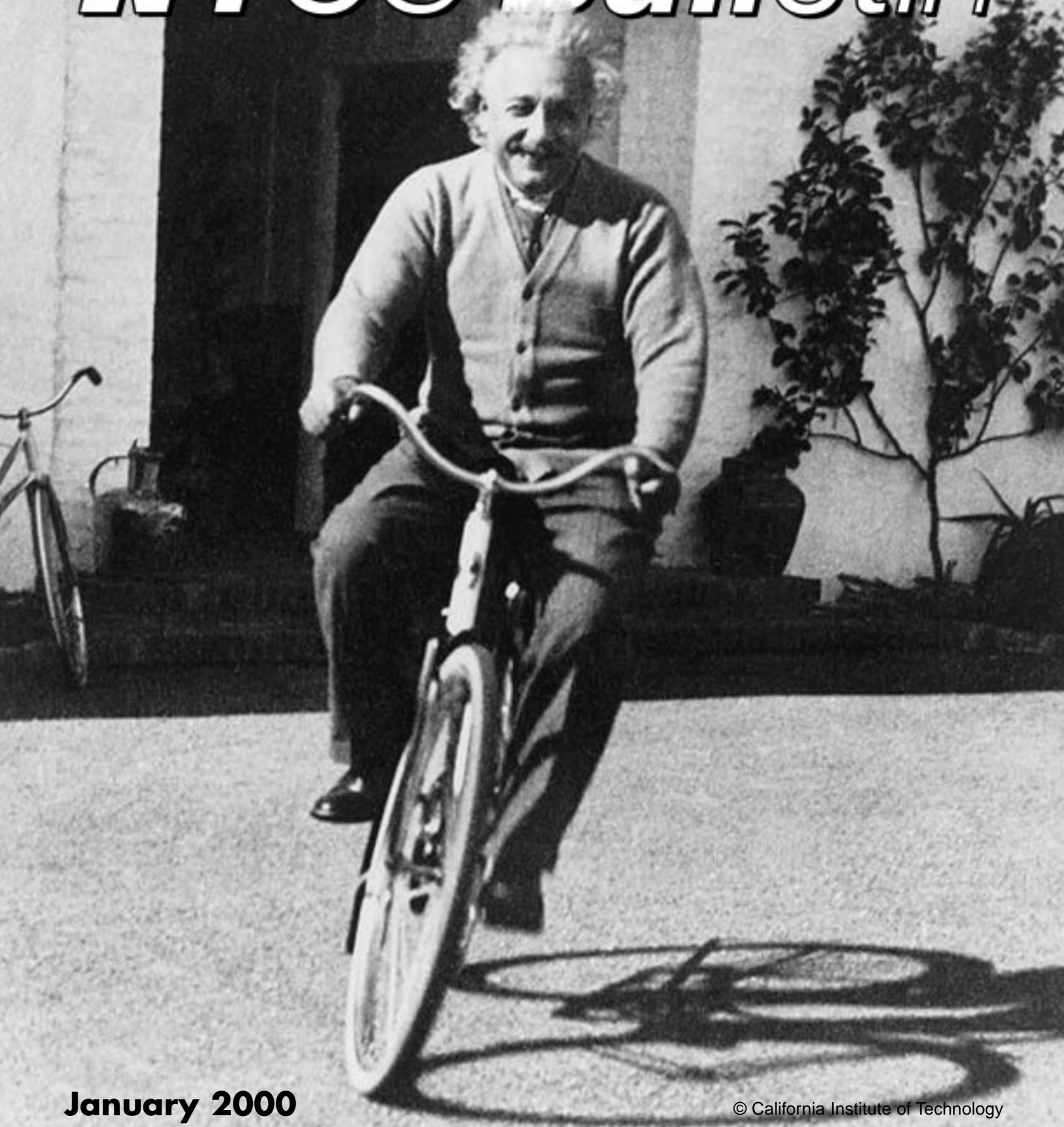


NYCC *Bulletin*



January 2000

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JUST DO IT

I often wonder why more NYCC members don't volunteer to lead rides, run for Board positions, or in some other way, make the NYCC the kind of Club they'd like it to be.

Yes, the NYCC is a grand organization the way it is. But since it's run by only a handful of its 1,500 or so members, this tiny minority shapes our Club's programs and progress. Nowhere is this more obvious, than in the short list of members who lead rides, month-after-month-after-month.

Haven't you ever wished there was a ride one Saturday or Sunday that was a little faster or slower than what the Bulletin offered? Or... maybe you're not crazy about the style of the leader who's ALWAYS leading on the days you're available to ride.

Fact is, ride leaders tend to lead the "flavor" of rides they enjoy. In other words: If you want to be sure there are rides offered at your pace, with like-minded people, LEAD A RIDE.

I know, I know, it's tough to commit several weeks in advance (in order to get it published in the Bulletin). But once you commit to a date, you'll be amazed how you manage to keep it. A hint: snagging a co-leader (aka "partner in crime") also makes the planning, scouting (if you choose to do it) and the ride itself more like fun than an obligation.

Here's my guarantee: once you lead a ride, committing to the next one - be it the next month, or the next year - isn't nearly as confronting. Furthermore, you'll want to lead another one. Trust me.

Like most volunteers, ride leaders get back much more than they give. Your riders' smiling faces and those "thank you's" at the end of the day feel very good. You've basically handed them a great day of cycling, which many of them wouldn't have had without you. And all you did, was to include others in a ride you wanted to do anyway.

Seriously folks, the NYCC needs your help. Our Club is no better or worse than the people who lead its rides. It's up to you.

Karin Fantus

(Karin is a former NYCC Board member who has led many rides in her "more than 15 years" in the Club.)

Happy New Year! Guess what? It's renewal time. Another year of great rides has just arrived. Don't wait. Fill out the membership renewal form on page 15 and mail it in today. Don't miss out in 2000. Being a member means you get a kewl new bulletin in your mailbox every month!

While you're at it, plan on leading a ride or two this year. Contact the appropriate ride coordinator to set things up. If you lead a slow to medium paced ride I'll probably be there...if you lead a fast ride I'll wave at you on your way back

Don Montalvo, Editor

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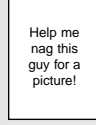
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Help me nag this guy for a picture!

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

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Subscriptions: Free to NYCC members. If you don't receive your Bulletin on time, have a change of address, or any other questions about your membership, email Dona Kahn <donaskahn@aol.com> or call at (212) 399-9009. Email is preferable. Please include your name and full address in your message.

Credits: Cover © Copyright California Institute of Technology.

Printing: Dandy Printing, Brooklyn, NY.

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

Submissions: There are two ways to send your materials to the editor:

(1) **Snail mail.** Mail your raw text files on a PC or Mac formatted Zip, Jaz or floppy disks; images should be flat art, photos, transparencies or negatives. Include a self-addressed, stamped envelope, and mail to:

Don Montalvo
747-10th Avenue, #28i
New York City, NY 10019

(2) **Email** your text in the body of an email message. Call before sending attachments! Email to:

dmjgraphics@earthlink.net

Material may be edited for brevity 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 (at the editor) by the second Tuesday of the month prior to publication.

Letters To The Editor

To the editor,

Just making this note regarding **Turning Tricks** in the **December 1999** edition. I don't know who wrote it, no byline except "Mr. Perfect", but these are not good tactics at all. The back right side of a car is putting you in the blind side of the car in front of you and to most of the traffic in an intersection.

I have been a bike messenger and a year round rider including snow, rain and heavy loads, heavy traffic in my time. I found that the best way to navigate left turns is to follow what is actually recommended for motorcyclists; line up off of the left side of the back of the car in front of you. It lines you up with the front car's rear view mirror and to some degree the inside rear view mirror. It allows you to see the traffic ahead and around you.

If you allow the car in front of you to pull out on the left turn that car can shield you from oncoming traffic and acts as a signal to force oncoming traffic to yield right of way. In an intersection, you must maximize your ability to see and be seen by all traffic. If you use the proper left handed (armed) signals that are in the DMV manuals instead of "bicycle signals" with the right, cars will be able to understand what you are doing. If you line up on the left side, you will be visible to oncoming traffic as well as traffic behind you. You will

communicate to drivers what you are doing and minimize the risk of getting hit.

When you are going through a "T" intersection coming from the left side of the right lane of the lower part of the "T" to the right side of the upper part of the "T", you should signal with your left arm where everyone can see it and then come straight across. Don't start turning left until you are almost all of the way to the right lane. The idea is to clear the intersection as soon as possible. That's where accidents occur.

Never ride in the center of a lane because if a car is following too closely behind you, you might get sandwiched between the cars. If you are on the left, the car behind you can still avoid you with plenty of room. I think cyclists in general communicate very poorly with motorists. If you make yourself visible and predictable, motorists have no problem granting your rights to the road.


Unfortunately, I haven't heard of John Forester; however, I am not impressed with his ideas. Anyone who puts a bicycle on the road must drive defensively and keep the thought process of a motorist in mind. Otherwise, more cyclists will be "sent to Jesus" by unwilling motorists who could not figure out the intentions of the cyclist.

Respectfully,
James W. Smith

Helpful Hints for New Ride Leaders - no need to do anything fancy; leading a ride to Nyack "the usual way" is just fine if that's what you're comfortable with; it will be appreciated - excellent cue sheets to many destinations are available on our Web site (<http://www.nycc.org>) - flatter a favorite ride leader by asking for a cue sheet from a favorite ride - ask your A/B/C Rides Coordinator to suggest destinations and possible co-leaders (you might even get them to help you write a snappy ride listing) - ask that same Rides Coordinator to put you on their monthly e-mail or phone list, so you'll be reminded of the due date for listing rides each month.

It's January 2000! Time to start getting ready for the Spring. Renew your membership for 2000! There's nothing like it! New York's premiere cycling club!

Great rides! Great people! Don't let the winter weather get you down! Renew today!



NYCC's January 2000 ride listings

Saturday, January 1

A17 55 MI 10:00 AM

Annual New Year's Day Ride

Leader: Marty Wolf (212) 935-1460

From: The Boathouse

The "start the new year (and the millennium) ride" classic ride. A chance to get off to an easy-paced start. Brunch in White Plains at the Sea Star Diner. The obvious cancels.

A16 35 MI 10:30 AM

Hot Knish, Cold Weather

Leaders: Beth Renaud and

Todd Brilliant (212) 274-9463

From: Broadway entrance to City Hall

Mrs. Stahl's doesn't have to worry about its wares being Y2K compliant, but let's head out to Brighton Beach for a tasting of their legendary knish (kasha or spinach? cheese or cherry? the choice is yours!). Temps below 25 degrees at 9:00 cancel. If you're set on going out there, we could have a subway option excursion, but bring your own token.

BCool ? MI 10:00 AM

Your Choice

Leader: T. B. A.

From: The Boathouse

What better way to start off your New Year than by leading a B or C ride. Precipitation cancels.

Sunday, January 2

A19 55 MI 8:30 AM

Millennium Schmillenium

Leader: Rich Sporer (718) 522-4415

(rsporer@exchange.ml.com)

From: The Boathouse

Nyack is still Nyack, and we're goin'. Mandatory stop at the Runcible. Wet roads cancels.

A18+ 60+/- MI 9:00/9:30 AM

Queens for a day

Leader: Jeff "the King of Queens aka the interrogator" Vogel (718) 275-6978

From: Tramway Plaza (60th St. and 2nd Ave). @ 9:00am, Queens Blvd. and Woodhaven Blvd. @ 9:30am.

This is guaranteed to be the best ride you've done this millennium. Unless you rode yesterday. Oft described as a curb-hopping expedition, this ride will offer several opportunities to dodge obstacles, ride down stairs and hop those curbs on this unique tour of Queens. They recently paved streets of West Hamilton Beach and Rambiersville, but don't worry, we'll still have a good time. Brunch at the 33 mile mark, will be at the one and only Flagship. A lap or two on the Kissena Velodrome completes our tour. This is still an A ride: pacerline skills appreciated, social skills are

mandatory.

A18 65 MI 9:00 AM

Millennial Yawn

Leaders: Paulette Meggoe (718) 293-0885 or

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

From: The Boathouse

Wake us for the next millennium -- this one was a dud. Paulette and Bob crank it up for some real millennial madness up Rockland Lake way. We will stop in Nyack on the way back. Co-listed with the Fast and Fabulous Cycling Club, New York's lesbian and gay bike club.

A18 40 MI 9:00 AM

Northvale Diner

Leaders: Andy McEntire (212) 902-9024 and

Randy Taylor (212) 866-0462

From: the Boathouse

Andy and Randy will unashamedly put on Lycra after the holiday season and lead a loosening up ride to the Northvale diner and back. Mandatory: helmets, pacerline skills (or a willingness to take instruction), cooperative spirit. Cancels: Precipitation. Uncleared Roads. Temp below 35 at 0800 on AOL.

C12 25 MI 10:30 AM

Frostbite Ride#5 York Botanical Gardens

Leader: Elly Spangenberg (212) 427-0764 and

Alfredo Garcia (212) 802-2442

From: Plaza Hotel, 59th St. & 5th Ave

Memories of green. Join Elly on her perennial trek to the Bronx. Take in sensual sights and floral aroma. Bring a lock, \$ for lunch, admission, (possible side trip to the renowned Hauptmann Conservatory) and souvenirs. If you did the Tour De Bronx last October, bring that special guest pass or Bronx Cultural Card, for a two-for-one discount admission with a buddy. Co-lead with 5BBC/TA. Note different start time. Helmets required, honey.

Wednesday, January 5

ABC 1+ MI 6:00 PM

Snowkist Ice-Skating + Tango Melancholy

Leader: Paul Snowman (212) 740-9123

From: Wollman Rink, walk one block N of Central Park South & 6th Ave.

Join NYCCers for frosty gliding neath ice-tinseled willows and Plaza Hotel Silhouette, doing "Last Skaters' Waltz" (if they play it). Admission \$4.00, skate rental \$6.00. Please pin on lapel card reading "NYCC" so we'll recognize each other. About 8:00 PM we'll leave rink for a sensuous tango dance at the flat iron district's Dance Manhattan Studio (39 W 19TH ST #5 FL.) perhaps landing that esculent long dreamed-for-boyfriend/girlfriend. No previous dancing necessary.

B14/C14 40MI 10:00 AM

Wednesday Is Sunday

Leader: Larry Rutkowski (212) 304-8503 (Eve)

From: New Jersey side of GW Bridge at Hudson Terrace

For those of us who have to work on Sunday, I've borrowed Tom Carvels' slogan and promise a run ride and maybe some Sundays. Rain, snow and/or temps below 30 cancels.

Saturday, January 8

A18-28 50/75 MI 8:15 AM

Gimbel's

Leaders: Jeff Vogel (718) 275-6978 and
Todd Brilliant (212) 274-9463

From: The Boathouse

Come join the Setanta Team on their weekly winter training rides. There is no better way to stay in shape, or train for the upcoming season, than by doing Gimbel's. The ride is as hard or as easy (within reason) as you want it to be. We all go easy until North White Plains. Then you either take your turn at the front and pull @ 25+, or stay on the back and sit in. It's your choice. Dress warmly, in layers. The long slow warm-up can be brutally cold. But once we get moving, it's Hot! Bring two water bottles and pocket food as the only stop is at 50 miles. From there it's another 25 miles home or Metro North return. We'll be doing Gimbel's every Saturday unless the roads are wet and it's bitterly cold. Call one of the leaders if in doubt.

A18 70 MI+/- 9:00 AM

Nyack and the Lakes

Leaders: Spencer Koromilas (212) 867-8678,
SpencerNYCC@juno.com and
Simon Nadulek (212)-685-5797

From: The Boathouse

A New Year, a new century, a new millennium . . . a new route to one of our favorite destinations! A relatively flat, scenic ride thru Rockland and Bergen counties. Lovely reservoirs, winding roads, screaming downhill . . . great winter riding! Choice of "Cubano or Runcible" lunch in Nyack We'll finish off with a hammer home on 9W. Either GWB and Riverside or optional ferry to Midtown! Required: Happy faces, red cheeks, and lots of layers. Cancels: Heatwave, temperatures above 100 degrees!

A18 - 48 MI 9:30 AM

Park Ridge for French Toast

Leader: Ben Goldberg (212) 982-4681

From: The benches across from the Boathouse.

I'll be slow after the holidays, so we'll be riding gently. There's nothing better than the Ridge Diner on a cold morning. Temp below 25 degrees at 8:30 cancels.

B 17+ 50 MI 9:45 AM

Piermont 2000 Resolution Ride

Leader: Jim Galante (212) 529-9227

From: The Boathouse.

The Top Ten New Years Resolutions. I will ride all winter. I will ride single file. I will not bunch up at lights, and will remember to stay in line. I will not block the pedestrian crosswalks. I will learn to fix my own flats. I will not only call out obstacles, but point to them so the person behind me knows where they are. I will not surround cars and cut them off at lights. I will not dan-

gerously blow thru red lights, even though half the group in front just did. I will not ride out in the center of a lane and prevent cars from passing me or expect traffic to cross over a double line to pass our group. I will become a better cyclist, and improve my form and style while riding. Temps below 30 at 9:00 am or precipitation cancels.

C13/14 45 MI 9:15 AM

Y2K to Piemont

Leader: Bernie Brandell (718) 633-1759

From: The Boathouse

Hopefully we're all recovered from last weekend and our bikes haven't developed any glitches while the road to Piermont is still smooth sailing to one of our favorite destinations. Bundle up (layers are recommended) and bring \$ for lunch, Helmets required. Temp below 38 at 8:00 cancels.

Sunday, January 9

A18+/- 46 MI 9:00 AM

Sunday with Wendy and Karl

Leaders: Wendy Cohen (212) 532-4803 and
Karl Dittebrandt (212) 477-1690

From: the Boathouse

Now that the holidays are over it is time to spin off those egg nogs and latke calories. Join us on a ride as we turn off of state line road thru the scenic historic streets of Rockleigh. Lunch stop will be at the Englewood Cliff diner in time to fuel up before crossing the GW bridge. Temps below 32 degrees cancel the ride.

B15 30 MI 9.30 AM

Express to New Jersey

Leader: Isaac Brumer (212) 734-6039

From: New Jersey side of the GW Bridge

This is a loop westward to Hackensack and back. Precipitation or temps below 32 degrees cancel.

C12 25 MI 9:00 AM

Frostbite Ride #6 - Staten Island - Giuseppe & Alice.

Leaders: Marina Bekkerman (718) 783-5355 and
Ed DeFreitas 212 946-3227 (5BBC)

From: City Hall

He was an exiled patriot from Europe, planning strategy to bring democracy to Italy. She was shooting historic photography. Pedal to their former residences at the Garibaldi-Meucci Museum and Alice Austen House, respectively. We'll lunch over for barbecued catfish and other Cajun fare or at Cargo's if closed. Veggies will be taken care of, nonetheless. Cruise on the SI Ferry, gratis. Bring \$ for possible museum admission(s), lunch, and a lock. Co-led with 5BBC/TA. Helmets required, graci.

Wednesday, January 12

ABC 1+ MI 6:00 PM

Snowkist Ice-Skating + Tango Seduction

Leader: Paul Snowman (212) 740-9123

From: Wollman Rink, walk one block N of Central Park South &

6th Ave.

Join NYCCers for frosty gliding neath ice-tinseled willows and Plaza Hotel Silhouette, doing "Last Skaters' Waltz" (if they play it). Admission \$4.00, skate rental \$6.00. Please pin on lapel card reading "NYCC" so we'll recognize each other. About 8:00 PM we'll leave rink for a sensuous tango dance at the flat iron district's Dance Manhattan Studio (39 W 19TH ST #5 FL.) perhaps landing that esculent long dreamed-for-boyfriend/girlfriend. No previous dancing necessary.

Saturday, January 15

A18-28 50/75 MI 8:15 AM

Gimbel's

Leaders: Jeff Vogel (718) 275-6978 and

Todd Brilliant (212) 274-9463

From: The Boathouse

Note: See January 8th ride description

A18 45 MI 9:00 AM

RILLY HILLY

Leaders: Judy Morrill and

Randy Taylor (212) 866-0462

From: 103rd St. & Riverside Drive

Fly up River Road, blast along 9W to Piermont for a snappy standup refueling stop, speed back along 501, bolt up Closter Dock, zoom back on 9W, buzz around The Cloisters and home. Mandatory: helmets, paceline skills, cooperative spirit. Cancels: Precipitation. Uncleared Roads. Temp below 35 at 0800 on AOL.

A18 50 +/- 9:00 AM

Somewhere dry and warm...

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

From: The Boathouse

Probably ones apartment. But let us pretend and venture into Bergen and perhaps Rockland as far as weather and road conditions permit. The usual selection of diners- Park Ridge, Pearl River, Blaauvelt, Nyack. 8AM NY1 temp below 30/winds above 25, cancels, as does precip, icy roads, etc. Call leader by 8AM if in doubt.

B14-15 45-50 MI 10:00 AM

Oyster Bay

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

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

Quick spin along the Gold Coast for brunch in an Oyster Bay diner. Bail-out option at Oyster Bay with the Long Island Railroad. Temps below 32, rain, snow or bad weather forecast for Long Island cancels. Remember train pass.

C13/14 45 MI 9:30 AM

Scarsdale

Leader: Scott Wasserman (914) 723-6607

From: Parking lot North of the boathouse.

Join me for a pleasant ride though lower Westchester and enjoy the sights and scenes of this suburban landscape. Even though the bagel shop there is just a memory, I'm sure we'll enjoy a hearty

lunch and good company. If you know me, snowdrifts cancel. Helmets are required, bring \$ and wear layers. (Don't forget good gloves and booties)

Sunday, January 16

A19 32 MI 10:30 AM

A year to go before some major swearing

Leader: Richard Rosenthal (212) 371-4700.

From: The Boathouse.

This ride is short unless it's unseasonably warm, in which case we may extend it. Up gorgeous, challenging, and untrafficked River Road with the Hudson in full view through the bare trees, and straight back without a meal stop. Note late starting time to let the day warm up. Temp. below 30? at start or slop cancels.

C12 25 MI 9:00 AM

Frostbite Ride #7-Coney Island Dreamin' On Such A Winter's Day

Leader: TBA, with Ed DeFreitas (718) 946-3227 (5BBC)

From: City Hall

A relaxing bike trek on Brooklyn's Bay Shore greenway. See the breathtaking "Narrows" and the Verrazano Bridge. Lunch at Totonno's, feast on the famed pizza. Then maybe to Nathan's and Mrs. Stahl's for seconds. It might be lukewarm and could see Brooklynites hanging out on the boardwalk, like we did several years ago. Bring \$ for lunch and a lock. Co-led with 5BBC/TA. Helmets required, least you'll dream a little dream of Mama Cass Elliot.

Wednesday, January 19

ABC 1+ MI 6:00 PM

Snowkist Ice-Skating + Tango Ardor

Leader: Paul Snowman (212) 740-9123

From: Wollman Rink, walk one block N of Central Park South & 6th Ave.

Join NYCCers for frosty gliding neath ice-tinseled willows and Plaza Hotel Silhouette, doing "Last Skaters' Waltz" (if they play it). Admission \$4.00, skate rental \$6.00. Please pin on lapel card reading "NYCC" so we'll recognize each other. About 8:00 PM we'll leave rink for a sensuous tango dance at the flat iron district's Dance Manhattan Studio (39 W 19TH ST. #5 FL.) perhaps landing that esculent long dreamed-for-boyfriend/girlfriend. No previous dancing necessary.

Saturday, January 22

A18-28 50/75 MI 8:15 AM

Gimbel's

Leaders: Jeff Vogel (718) 275-6978 and

Todd Brilliant (212) 274-9463

From: The Boathouse

Note: See January 8th ride description

A18 50 MI +/- 9:00 AM

Taking the Ridge

Leader: Tom Laskey (212) 496-1636

From: The Boathouse

Will this be a mild winter like last year or a return to the harsh winters of yore? Either way, we're going to Park Ridge to sample the breakfast delights at the Ridge Diner. You may need fleece, booties and other warm stuff but you will definitely need good riding and social skills. Temps below 30 or precipitation at 8:00 am cancel.

B16 30-35MI 9.30 AM**Hicksville Mall**

Leader: Jim Drazios (718) 225-1842

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

Quick ride to Hicksville Mall for hot chocolate to warm up for the ride back to the Statue. If weather is below 30, please call to confirm if ride is still going. Please bring lock.

C13/14 40/45 MI 9:30 AM**Scarsdale**

Leaders: Robert & Annaline Dinkelmann

(212) 876-1344

From: The Boathouse

A quick ride to a diner in Scarsdale for bagels and hot chocolate. Rain, snow or temps at 8am below 35 cancels.

Sunday, January 23**A18 50 MI 9:00/9:30 AM****Back by One**

Leader: Gary McGraime (212) 877-4257

From: Starbucks (86th and Columbus)

9:00 for the schmoozers and coffee drinkers and 9:30 for those who just want to get going. A steady pace somewhere through New Jersey. No long stops to insure an early return. Helmets please. Burnt coffee, hard bagels and wet conditions cancel.

B16 45-50 MI 9:15 AM**Staten Island Loop**

Leader:

Ron Grossberg (718) 369-2413, Argree@aol.com

From: Staten Island Ferry

Leaving from the Staten Island ferry to Tottenville. If you could not make the ride in December, now is the perfect time to take in the unique sights of Staten Island such as the Tibetan Museum. One climb, up Light House Hill, and a picnic at Tottenville on scenic Raritan Bay. Plus a round trip on the Staten Island Ferry. Cold weather does not cancel, rain or snow does. As in December we made the 1:30 ferry back, we will try to do the same

C12 25 MI 9:00 AM**Frostbite Ride #8-Under & Over The Hudson**

Leader: Paul Hofherr (212) 737-1553 and

Ed DeFreitas (718) 946-3227 (5BBC)

From: City Hall

First we'll catch a Trans-Hudson train, then head north on flat and

hilly NJ roads. After crossing the GWB back to Manhattan, go south for more riding, go past that "Seinfeld" place and then have a sit-down hot meal. Bring \$ for lunch, a dollar bill for the PATH and a lock. Co-led with 5BBC/TA. Helmets required, baby and that ain't nothing.

Wednesday, January 26**ABC 1+ MI 6:00 PM****Snowkist Ice-Skating + Tango Ecstasy**

Leader: Paul Snowman (212) 740-9123

From: Wollman Rink, walk one block N of Central Park South & 6th Ave.

Join NYCCers for frosty gliding neath ice-tinseled willows and Plaza Hotel Silhouette, doing "Last Skaters' Waltz" (if they play it). Admission \$4.00, skate rental \$6.00. Please pin on lapel card reading "NYCC" so we'll recognize each other. About 8:00 PM we'll leave rink for a sensuous tango dance at the flat iron district's Dance Manhattan Studio (39 W 19TH ST #5 FL.) perhaps landing that esculent long dreamed-for-boyfriend/girlfriend. No previous dancing necessary.

Saturday, January 29**A18-28 50/75 MI 8:15 AM****Gimbel's**

Leaders: Jeff Vogel (718) 275-6978 and

Todd Brilliant (212) 274-9463

From: The Boathouse

Note: See January 8th ride description

A20 48 MI 10:00 AM (or Noon)**Park Ridge or Brooklyn Brewery Tour**

Leader: Mark Martinez (212) 496-5518,

retrogrouch@my-Deja.com.

From: The Boathouse (or 14th St. & 7th Ave.)

One way or the other we will get together to lift our spirits with endorphins or not. Fair weather means we head to the Ridge Diner for brunch. If it's wet or icy we take the "L" train to the first stop in Brooklyn for a tour of the Brooklyn Brewery followed by brunch at in the now trendy Williamsburg nabe. (Meet me at noon at the front car of the Brooklyn bound "L" at 14th St and 7th Ave or call the brewery (718) 486-7422 for directions or www.brooklynbrewery.com). Pray to Bacchus for snow or the Madonna del Ghisallo for sun.

A19 55 MI 10:00 AM**Almost Nyack, Almost Rockland Lake, maybe I should move here**

Leaders: Jeff Bernstein (212) 721-3068 and

Randy Taylor (212) 866-0462.

From: The Boathouse

Sorry Runcible Spoon junkies, this is a NON-STOP 55 miler that will take us on a tour of Englewood Heights (from a real estate perspective that is - encourage Jeff to talk property values) and then almost hits Nyack, but misses, and then almost all the way to Rockland Lake Park, but misses that too. So.....come prepared.

Leaving at a civilized 10:00am. Mandatory: Helmets, paceline skills, cooperative spirit. Cancels: precipitation. uncleared roads, Temps below 35 at 0800 on AOL.

B14-15 40 MI 9:30 AM

Northvale

Leader: Carol Waaser (212) 581-0509, biker-c@rcn.com

From: Boathouse

It's now officially winter and the sap is not running in my veins, so we'll just go to the Northvale Diner - a pretty direct route, but just enough riding to justify the pancakes and hot chocolate. Rain, snow or temps below 32 at start cancel. Helmets and good social skills, please.

C13 30+ MI 10:00/10:30 AM

Hudson River Loop

Leader: Gary McGraime (212) 877-4257

From: Starbucks (87th and Broadway)

10:00 for the schmoozers and coffee drinkers and 10:30 for those who just want to get going. We'll take Riverside Drive, cross the GW Bridge and take River Road north to the Police Station (rest stop), before looping around to head south to Yoahans where we may warm up with a Japanese soup or pastry overlooking Manhattan's west shore line. Once sufficiently gratified, we will proceed south to take one of the private hydro-ferris back to midtown. From there we'll head east and then north toward the park where the ride concludes. Nasty weather or slick roads cancel. If in doubt, call me by 9:30 AM. Bring a helmet and \$s for the snack/ferry.

Sunday, January 30

A18 55 MI+/- 9:30 AM

Somewhere Scenic

Leaders: Robin Read (212)627-0026, robinr@echonyc.com and Jaimie Epstein (212)923-2616, jaimie@nytimes.com

From: The Boathouse

We'll go somewhere scenic, we'll eat something warm; it's January, so we want to have some fun with our pacelines. Good humor and helmets required on this ride. Call us for destination and details. Temps below 30 degrees and precipitation at start cancels.

B16 45 MI 9:30/10:00 AM

Back by Two

Leader: Gary McGraime (212) 877-4257

From: Starbucks (67th and Columbus)

9:30 for the schmoozers and coffee drinkers and 10:00 for those who just want to get going. A steady pace somewhere through New Jersey. No long stops to insure an early return. Really? Helmets please. Burnt coffee, hard bagels and wet conditions cancel.

C12 25 MI 9:00 AM

Frostbite Ride #9-Sheepshead Bay And Beyond

Leader: TBA, with Ed Defreitas (718) 946-3227 (5BBC)

From: City Hall

Ride through quiet Brooklyn neighborhoods in the year 2000 and head to a fisherman's marina. Lunch at Sheepshead Bay. If the weather muses are kind to us, we will bike the Floyd Bennett Field greenway. Bring \$ for lunch and a lock. Co-lead with 5BBC/TA Helmets required, please.

Wednesday, February 2

ABC 1+ MI 6:00 PM

Snowkist Ice-Skating + Tango Enchantment

Leader: Paul Snowman (212) 740-9123

From: Wollman Rink, walk one block N of Central Park South & 6th Ave.

Join NYCCers for frosty gliding neath ice-tinseled willows and Plaza Hotel Silhouette, doing "Last Skaters' Waltz" (if they play it). Admission \$4.00, skate rental \$6.00. Please pin on lapel card reading "NYCC" so we'll recognize each other. About 8:00 PM we'll leave rink for a sensuous tango dance at the flat iron district's Dance Manhattan Studio (39 W 19TH ST #5 FL.) perhaps landing that esculent long dreamed-for-boyfriend/girlfriend. No previous dancing necessary.

Saturday, February 5

A18 70 MI+/- 9:00 AM

Headlessly Sleepy Hollow

Leader: Spencer Koromilas (212) 867-8678,

SpencerNYCC@Juno.com.

From: The Boathouse

What's all this headless riding about? . . . sounds like sloppy riding to me . . . must be the endorphins kicking in? We'll ride thru Westchester County, thru lovely parks and reservoirs en route to yesteryear . . . back when people rode horses instead of bikes! Lunch stop in Briarcliff Manor and last minute preparations before entering the scene of the crime! Return via Sprain & Grassy Sprain, and subway from the Grand Concourse. Required: "head on shoulders" (i.e. headless riding prohibited . . . see the movie! Cancels: The kiwis winning a non sailing event for a change . . . hmm .

B14-15 45/50 MI 9:15 AM

Park Ridge

Leaders: Bernie Brandell (718) 633-1759 and

Elena Acosta (718) 361-8382

From: Boathouse

We are taking a pretty scenic route to the Parkridge Diner for warm food and hot chocolate. Snow or temps below 35 at start cancel. Helmets and good attitude please.

C/B/14 45 MI 9:30 AM

Rivervale Diner or I Ride to Eat

Leader: Paul Hofherr (212) 737-1553

From: The boathouse

What could get me out of my warm bed on a winter's day you ask? Take this simple quiz: A. good route, B. Good riding company, C. Pancakes, E. Insanity, or D. All of the above? Hint; answer will be given at lunch. Temp below 38 at 9A.M cancels as does rain,

snow, sleet or plagues. Bring lock and \$ for lunch. Helmets required.

Sunday, February 6

A18 55 MI 9:30 AM

It's My Party

Leader: Frank Grazioli (212) 529-9462

From: Hill across from the Boathouse

And I'll ride if I want to! Let's take a comfy spin up to the Runcible for coffee and muffins. We'll wave to Tenafly, the hometown of Leslie Gore, on our return down 501. Did I mention my big 39 this weekend? "You would ride too, if it happened to you!" Helmets and paceline/social skills in lieu of presents or other surprises. Wet roads or temps below 32 cancel.

B17 50+/- MI 9:00 AM

Spin and Symphony Ride

Leader: Wendy Cohen (212) 532-4803 and

Bob Hancock (212) 496-4075

We will spin to an unknown destination in time to return back to Manhattan to hear Tom Laskey perform with the Greenwich Village Orchestra at 3:00 pm @ Washington Irvine Place High School (40 Irvine Place betw 16/17th - one block east of Union Square. If you can't make the ride, join us for the performance. Tickets are available at the door for \$10.00. The usual cancels - meet for the performance either way.

C12 25 MI 9:00 AM

Frostbite Ride #10-Uncle George's Cuisine

Leader: Scott Wasserman (914) 723-6607 and

Ed DeFreitas (718) 946-3227 (5BBC)

From: City Hall

It's all Greek to us. After traversing the Brooklyn Bridge, we'll go up the (East) river to the Queens community of Astoria. Feast on tasty Balkan fare. Bring \$ for lunch and a lock. Co-led with 5BBC/TA Helmets required and we'll make you say "Uncle."

Wednesday, February 9

ABC 1+ MI 6:00 PM

Snowkist Ice-Skating + Tango Interlude

Leader: Paul Snowman (212) 740-9123

From: Wollman Rink, walk one block N of Central Park South & 6th Ave.

Join NYCCers for frosty gliding neath ice-tinseled willows and Plaza Hotel Silhouette, doing "Last Skaters' Waltz" (if they play it). Admission \$4.00, skate rental \$6.00. Please pin on lapel card reading "NYCC" so we'll recognize each other. About 8:00 PM we'll leave rink for a sensuous tango dance at the flat iron district's Dance Manhattan Studio (39 W 19TH ST #5 FL.) perhaps landing that esculent long dreamed-for-boyfriend/girlfriend. No previous dancing necessary.

Don't wait! Renew now!

LOOK GREAT!

Feel good!

Don't waste away this winter!

Ride in the winter and rock and roll in the spring!

Ride with friends!

The following names were accidentally omitted from the December 1999 membership roster:

Ashmore, Basil

366 W. 11th St. #10B
New York, NY, 10014
212-206-7864
bashmore@ix.netcom.com

Ashmore, Mary

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212-206-7864
bashmore@ix.netcom.com

Berg, Matthew

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Borow, Richard

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richard_borow@mastercard.com

Cabanos, Greg

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Cohen, Rich

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Daney, Maureen

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Danford, Natalie

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Teaneck, NJ, 07666

Eldridge, Lester

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Elizabeth, Frank

(c/o Heller Ehrman White & McAuliffe)
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Goetz, Gordon

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Goldberg, Andrew

Guinand, Armando

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718-899-0706

Heisler, Robert

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Jacobs, Terry

nutst@worldnet.att.net

Kaufman, Mindy

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212-749-0156

Krembs, David

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212-924-8387

Leutzinger, Karl

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Patri, Lilan

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grovergirl@mindspring.com

Patricia, Patricia

Porto, Linda

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Rosenbaum, Joshua

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Storch, Julie

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Timmer, John

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jtimmer@tuna.net

Titus, Peter

38 Ross Ave.
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vojtech@erols.com

Whitlock, Isiah

359 W. 18th St. #2
New York, NY, 10011
212-924-2097



NO TECH TIPS

For those of you relatively new to the New York Cycle Club, a few years ago I wrote a monthly column by the same name that sits atop this one. It offered simple technical tips on bike repair and maintenance, some bike fit, training and riding tips, a debunked myth here and there, and the rare rant about the state of cycling in the NYCC. It appeared every month for about six years, until I ran out of ideas and started repeating myself, much the same as Bicycling magazine does on an annual basis. No good.

So why did I decide to give it another go? You can thank former editor Rob Kohn for planting the seed and current editor Don Montalvo for egging me on. Most recently, I ran into a lot of you I hadn't seen for quite a while at Jody and Christy's beautiful new home in Cold Spring. Several of you also encouraged a reprise of the column, including the great gentleman I consider the Dean of the NYCC, Irv Weisman. Don promised, as did Rob before him, that I won't have to come up with a column every month, so one of my primary excuses evaporated. Also, in the intervening years I have taken up mountain biking, which has inspired a couple of new thoughts, and road machines have undergone enough evolution to merit another look. Much of what I wrote before is still valid, so don't be surprised if plunder the archives and plagiarize myself from time to time. So much for history. Let's look at this month's tip.

Super Cleaning Solvent

There are several bike cleaning solvents on the market, most of which are citrus-based concoctions that in my experience don't work very well. My previous favorite was-and, for some purposes, still is-turpentine. However, while doing a big overhaul a few weeks ago I was forced to dive under the kitchen sink to find an alternative when I discovered to my horror that I had run out of everything else. What emerged from the clutter of household cleaning fluids turned out to be a true gem: GoJo[®] Creme Hand Cleaner.

Although I had used GoJo[®] many, many times in the aftermath of mechanical muckery, I had never thought to use it to clean bike parts. But what a wonderful solvent it is for that purpose. It cuts heavy grease (including paraffin-based gunk such as White Lightning) about as well as anything I've ever used, and it has a cloying clinginess that makes it perfect for cleaning parts such as chainrings and derailleurs. An old toothbrush is a good companion to GoJo[®]. After GoJo[®] has worked its magic, simply rinse the part with warm water and dry with a paper towel, blowing the remaining water out of cracks and crevices by mouth, or with a handheld hair dryer. One of the cheapest cleaners around, GoJo[®] is available at hardware stores everywhere.

In my view, a liquid solvent such as turpentine is still the best for cleaning chains. Remove the chain from the bike and slosh it around with turpentine in a container. Old plastic milk jugs or bleach bottles are perfect for this.

Comments and suggestions are welcome!

Bob Moulder

E-mail me at bobmoulder@earthlink.net.

LOOK GREAT!

Feel good!

Don't wait! Renew now!

Ride with friends!
Don't waste away this winter!



Happy New Year - looks like we made it through the whole Y2K problem, but we are only hearing from a few of you, so there's no excuse. So, get us some dish at:

nycnews@yahoo.com

Robert Hancock and **Carol Waaser** led a B-17 ride in November. They split into two groups with Bob showing off by taking the faster of the two. Most of the riders were quite strong so they pushed the pace a bit, but Bob was also pushing the pace a bit too much. When he was far ahead, he decided to wait at a corner for the group to catch up. When the group arrived, **C.J. Obregon** said: "What is this? You were doing 23 on the flats - this was advertised as a B-17" - Before Bob could respond, **Jay Jacobson** turned to C.J. and said, "Oh shut up, you sound like you're getting old." Who's calling the kettle black? You tell them C.J. - truth in advertising should be the motto of the ride leaders in the new year.

Too bad for those of you who were spooked by an early rain on Saturday, December 5, 1999. The day turned out beautifully, with highs around 60 degrees. Too bad for **Carol Waaser**, leader for the B15 "Roundabout to Northvale". She got her ride started in a paceline (way to go, Carol!), but had to turn back. The remaining 6 had a great ride except for **Elena Acosta** who ended up with a 9-inch steel pretzel-like contraption stuck in her spokes in Englewood Cliffs (are they laying anti-bike land mines?) **Isaac Brumer** decided to keep it as a souvenir and hung it from his hydration pack. He says it's yours if you can identify it (Englewood Cliffs Police Department, are you reading?). Coming back from Northvale, Elena was blessed with 4 flats. Thanks to the industrious **Bernie Brandell**, the flats were fixed in no time. Overall, the ride

was a success. We hope Elena's streak has ended.

The holiday party held at St. Maggie's Cafe on December 6th (our third year there) was a smashing success, thanks to the planning of **Anne Grossman**. She was worried that there would be a low turnout because only 54 people prepaid, but it seems that spending the extra \$3.00 penalty for paying at the door didn't dissuade our members and we had over 85 attending. For the third year in a row, our solid, steady (on and off the bike) **Marty Wolf** was the gatekeeper extraordinaire. She loves mostly the fact that she gets to meet and greet everyone. She even went so far as to introduce new faces to the oldies at the bar so no one felt left out. Once again the food was delicious and plentiful.

Ben Goldberg raffled off 2 free weekends for two at Club Getaway - and the winners were **Henry Joseph** and **Wendy Cohen**, both of whom also won the awards for Most Improved Riders. Sounds fishy to us. The awards you didn't hear about are the Biker Babes annual best of awards:

Best kibitzer on the bike - tied are **Fred Steinberg** and **Mike DiCerbo**

Best eyewear - **Bob Hancock**, who sported Rudy Project prescription sunglasses during the entire B SIG (hey, Bob where can we buy them?)

Best eater - tied are **Karl Dittebrandt** and **Bo Arlander**

Best thighs - **Wendy Cohen**

Best route to Piermont - **Paul Hofherr**

Best new couple in the club - **Pat** and **Jim Janof**

Best attitude - tied are **Gary McGraime**, **Karin Fantus**, **Lynn Sarro** and **Laurie Nisco**

Fastest flat-fixer in the east - tied are **Ed Fiskin** and **Alinda Barth**

Best accent - **Annaline** and **Robert Dinkelmann**

That's all folks - keep the dish coming and let's hear about the romances, engagements, births, accomplishments and just little stories about the rides.

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.

OUTGOING FROM GCT		RETURNING TO GCT	
GCT > Poughkeepsie	7:52am (Hudson Line)	POUGHKEEPSIE > GCT	4:25 PM
GCT > Poughkeepsie	8:52am (Hudson Line)	POUGHKEEPSIE > GCT	5:25 PM
GCT > Brewster N.	7:46am (Harlem Line)	POUGHKEEPSIE > GCT	6:13 PM
GCT > Brewster N.	8:46am (Harlem Line)	BREWSTER N. > GCT	4:05 PM
GCT > New Haven	8:07am (New Haven Line)	BREWSTER N. > GCT	5:05 PM
GCT > New Haven	9:07am (New Haven Line)	NEW HAVEN > GCT	3:57 PM
		NEW HAVEN > GCT	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 & 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

Recycling

For Sale: Rhode Gear Super Shuttle Bike Rack; individual, adjustable cradles strap-in two bikes, fits virtually any vehicle; Performance Traveltrac trainer; attaches to rear wheel, adjustable tension, folds nearly flat for easy storage. Both in excellent condition. Best offer over \$25.00 for each item. Bob Heisler: (212) 946-2725 or rheisler@quicklink.com.

LOVE FOR SALE: 1999 Landshark. Frameset Reynolds 853. Sizing: 59cm (c-t) seat tube / 58cm (c-c) top tube (I am 6 ft). Full 1999 Dura-Ace 9 speed STI. Speedplay ti X1 pedals. Wound-Up carbon fork. Helium wheelset. Red /White. I love this bike, but I am afraid to ride it (Oh, oh, I don't want to ding the paint job; Oh, oh it might rain; Oh, oh I am afraid to crash it--ridiculous, a bike is a utilitarian piece of sporting equipment right?). **IMMACULATE.** \$1200. Randy Taylor 212-866-0462, redbikes@aol.com

North Bklyn Recycle-a-Bicycle: Bicycles for sale on Saturdays from 10-2 PM at our workshop. also repairs and overhauls. NB-RAB is located at 850 Grand St. HS. @ Bushwick Ave. L. train stops in front of High School. Bike repair classes by Ed Fishkin: first Thurs. of the month. Inquire if you want to work on your bike and use our tools 718-789-1813 or 718-852-5668.

Are you sitting in front of your television...sipping on a Bud and munching away on a couple of slices of pizza? Are you afraid of putting on those winter pounds and losing your 1999 fitness?

You should be riding your bike!

Why not take a couple of minutes and fill out the NYCC membership renewal form on the next page? Start getting in shape now for 2000. Hit the gym. Watch what you eat. Ride your bike!

<http://www.nycc.org/>

attention-getting

Club members, here's your club jersey.

New York and cycling. Can you think of a more striking image to communicate those two things than the Statue of Liberty wearing a bicycle helmet?

Our club jersey, designed by NYCC member Richard Rosenthal and manufactured by Louis Garneau, has deep zippers for controlled cooling and easy on-and-off, and state-of-the-art, super-wicking materials in both its long-sleeve and short-sleeve versions.

It's so stunning that non-club members from California to Europe have sought to buy it. But they can't; it's only available to club members. (You won't believe what someone in Bali offered Jay Jacobson in exchange for his club jersey. And you won't believe he turned it down!)

White, with black type, green Liberty and red helmet. Graphic on front & back.

Also available: matching Specialized 21 oz. water bottle with an ice-friendly, wide-mouth, screw-on top.

NYCC Jersey & Water Bottle Order Form

Mail to: Gene Vezzani
35 W. 64th St., #9H
NYC 10023
E-mail: genev@pipeline.com

LONG SLEEVE @ \$57 (Unigender)

Size	Chest	Quantity
S	36	_____
M	38	_____
L	40	_____
XL	42	_____
XXL	44	_____

SHORT SLEEVE @ \$50

Men's			Women's		
Size	Chest	Quantity	Size	Chest	Quantity
S	36	_____	XS	30	_____
M	38	_____	S	32	_____
L	40	_____	M	34	_____
XL	42	_____	L	36	_____
XXL	44	_____	XL	38	_____
XXXL	46	_____	XXL	40	_____

WATER BOTTLE @ 3.50 Quantity _____

Shipping Charges: **Total**

1-2 jersey(s): \$3.20; 3 or more: \$6.40

1-2 bottle(s): \$3.20; 3 or more: \$6.40

Make check payable to New York Cycle Club

Name _____

Address _____

City _____ State _____ Zip _____

Tel. (Day) _____ Eve. _____

2000 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 ALL 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: _____ EMAIL: _____

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

ANNUAL MEMBERSHIP: Jan. 1 - Dec. 31, 2000. Please check the appropriate box:

Individual — \$21 Couple residing at the same address — \$27

Wondering what to do when it's too cold or wet to ride this winter?

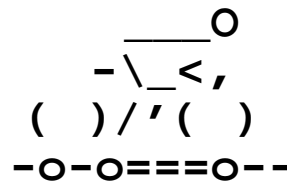
Come to the January 11th Meeting where **David Bell** of **Bicycle Workshop**, Tenafly, NJ (the last rest stop on the 1999 Escape from NY Century) will tell us how to train indoors - without ever leaving the warmth of home. He will demonstrate the use of trainers and rollers. He'll also explain exercises to do without equipment. This is for beginning as well as advanced riders.

Downstairs at Citrus Bar and Grill , 320 Amsterdam Avenue (75th Street)

Sit Down Dinner with choice of a great chicken or pasta dish. Coffee or tea. Dinner is \$20. Cash bar with free chips and dip at 6pm. Sit Down Dinner at 7pm. Program at 8pm. Take the 1/2/3 & 9 to 72nd and Broadway; B&C to 72nd and Central Park West.



Summer



Winter

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