

NYCC *Bulletin*

Kissena Velodrome



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February 2000

Editor's note

Whew! January was tough. Don't let anyone fool you, putting out a bulletin is hard work. Laying it all out is easy. The hard part is getting enough material to fill a bulletin and catching all the typos. Well, I asked for it so I shouldn't whine...in fact, I kind of like it! Reminds me of my days in the service bureau. Long hours, tight deadlines, and at the end, immense satisfaction.

Thanks to some great input from our board members, the bulletin layout will get tweaked each month to make it better looking and easier on the eyes. The images in January's bulletin didn't come out as clear as I wanted them to, but that was my fault for not researching the linescreen issue before submitting hard copy to the printer. The images should look a lot better this month.

Thanks to Kevin Wick we have a beautiful photo montage of the Kissena Velodrome for February's cover. Richard Rosenthal did a wonderful job reworking the NYCC jersey ad while Caryl Baron designed the great mileage chart in last month's bulletin. Bob Moulder submitted his No Tech Tips article, back by popular demand. Now if I can only get Mike Samuel to contribute a cartoon or two...

The monthly bulletin is one of the benefits of being a member of the New York Cycle Club. Another benefit is a great schedule of rides. In addition to soliciting our members, our ride coordinators have to meet a deadline that's even tighter than the one for members' articles and ads.

In order to get the bulletin out on time, our members are asked to get their materials to the editor early enough to allow enough time to lay things out and get it all to the printer, allowing the printer ten working days to process the order and get it all to the shippers who have their own deadline to meet. If all goes as planned, a new bulletin will arrive in your mailbox by the first of the month.

Well, I asked for it, and although I was warned that it would be hard work, it's proven to be a great experience for me. For this reason I'd like to thank all the people who took the time to write articles, all the great folks who decided to give it a go and lead a ride or two and all the members who helped nag Frank for his mug shot.

Keep 'em coming.

-Don Montalvo, Editor

Sample La Dolce Vita



Bike in the morning.

*Visit wine estates
in the afternoon.*

Special offer to NYCC members.

La Dolce Vita Wine Tours is a new Italian tour co. specializing in **wine education**. Cofounded by Claudio Bisio (formerly of Ciclismo Classico) & Pat Thomson (NYCC member since 1987), it also offers **active trips for bikers and hikers**.

NYCC members can sign up for a special **Welcome Tour in Tuscany at a 33% discount**.
When: June 18-24 (7 days/6 nights).
Cost: \$1,495 or \$1,395 before March 30.
Limited space avail. For info: (718) 499-2618 or visit www.dolcetours.com after mid-February.

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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 Laurie Nisco:

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or call at (212) 961-1129. Email is preferable. Please include your name and full address in your message.

Credits: This month's fantastic photo of the Kissena Velodrome was contributed by Kevin Wick. ©1999 Kevin Wick

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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, NY 10019

(2) **Email** your text in the body of a 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.

THE 2000 A-SIG WANTS YOU!

On Saturday, February 26th at 8:30 AM at the Boathouse in Central Park, the traditional A-SIG series of the 2000 season will begin. The leaders for 2000 are:

Judy Morrill, Captain
(212)866-0462 judymorr@hotmail.com

Lynn Faulhaber	Paul Frio
Frank Grazioli	Christy Guzzetta
Damon Hart	Ann Marie Miller
Mark Murata	Jack O'Connor
Robin Reade	Craig Seitel
Richard Sporer	Randy Taylor
Rita Tellerman	

We begin our series a week earlier than the others to insure that each SIG series has freedom of movement on the popular routes we will be riding.

FEBRUARY? Well, it's ALMOST spring! The series begins with 4 loops of Central Park on that cold day (see ride listings). We will gradually increase the distances and pace over the next 12 weeks as we ride on some of the most beautiful roads in the tri-state area, finishing with a 110 mile ride to Bear Mountain in May. We will attain average cruising speeds of 21+mph AFTER everyone has the experience and bike handling skills necessary to ride safely at that speed. We will teach you how to take care of your bike and yourself on the road. You will be encouraged

to join the A19 SIG participants in bike mechanic and first aid instruction. Our goal is to make safe, skilled, strong, confident, self-reliant cyclists and future A Ride leaders out of each and every SIG graduate.

Ask any one of last year's 30 A SIG graduates about how much fun the SIG was, how it changed their approach to cycling and made them stronger and more confident cyclists than they ever imagined. They will tell you about the thrill of riding in a smooth double paceline, listening to the "whiiiiiiiiiiii" of wheels and pedals, taking turns at the lead. They will talk of being undaunted by such hills as Whippoorwill, Little Tor, or Perkins Drive, followed by the thrill of cruising back down the other side knowing they could handle their bike at any pace. They will talk of the incredible feeling of accomplishment at having established a goal and met a challenge.

If you are an able-bodied cyclist with at least 2 solid years of cycling under your belt, you have a willingness to be coached and instructed, and you are willing to commit to the time and training this involves, we look forward to seeing on the 26th.

A few ground rules follow:

All A-SIG participants must be NYCC members within the first 3 weeks of the series. All graduates will be expected to lead a NYCC A ride after the series ends. Helmets REQUIRED, No aerobars, No mountain or hybrid bikes, NO exceptions.

-Judy Morrill

B AND C SIG's FOR SPRING 2000

The B SIG plans to have several sections which will travel at different speeds and will ride distances proportional to the speeds. The shortest distance will be the mandatory Classification Ride of 24.4 miles on the weekend of March 4&5, after that the mileages will increase in comfortable steps for the various speed sections; we plan to have 3 sections.

The B SIG, as will all the other SIG's, emphasize riding in straight lines so that we are predictable to our fellow cyclists and to auto traffic, but we will not be as closely spaced as the pacelined A SIG riders will be. The B riders are primarily scenery watchers, who like to ride and ride, without stopping too often. The SIG will emphasize safe traffic practices, intelligent use of your gears (preferably wide range with a triple chainring crankset), and other tricks of smart riding. Road bikes and light to mid-weight hybrids can be used successfully, but mountain bikes with their heavier frames and wide, heavy tires are not suitable for the faster sections, i.e above 15mph.

The C SIG, will also have several speed sections, from a low of 10 mph to 14 mph, with actual training distances varying from 15 mi. to 50 mi, except for the first mandatory Classification Ride of 24.4 mi. in Central Park the weekend of March 4&5. More time will be spent in tutorial fashion on bike fit, practice riding techniques in a parking lot, practice traffic maneuvers, understanding gearing and how to get the best out of them, simple roadside adjustments of derailleurs and brakes, and that big bugaboo, removing the wheels, fixing flats, and replacing

the wheels.

What is the price for all this wonderful training? Not much in money, but we do expect a commitment of your time by regular attendance, week after week, until mid-May. These are training rides which build from week to week, these are not the usual casual Club rides for occasional attendance as the mood strikes you.

And there is one more price we would like you to consider, best expressed by our VP-Rides, Gary McGraine, when he first ran for B Rides Coordinator. "Well, Irv", he said, "it's now payback time for all the enjoyment and good times I've gotten from the Club." That is the appreciative spirit which keeps our Club going for so many years. Some of you will be asked to consider co-leading with experienced leaders after your SIG training, and to become another link in that payback chain extending back now for 65 years. Leading is fun, educational, satisfying, and so very helpful to your clubmates - give it a try after the SIG's are completed.

- Irv Weisman (212) 567-9672

This just in...

WHEELSET FOR SALE: Mavic Ceramic Rims, Ti Spokes, Dura-Ace hubs...Super light, super comfy, surprisingly stiff. Built by the best--Conrads. Very low miles, great shape. Included: Dura-Ace13-23. A steal at \$300! Call Marc at (212) 749-2685 or email marcm@firstrunfeatures.com

Ride Listings

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: The 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 cancels. 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 cancels. 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 cancels.

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 Enhancement

Leader: Paul "Snowman" Rubenfarb (212) 740-9123

From: Wollman Rink, walk one block N of Central Park South & 6th Ave. Join NYCC'ers 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.). No previous dancing necessary.

B14 **12/18 MI** **7:00 PM**

Downtowner's Delight

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

From: SW Corner of Bleeker & Christopher St. (1 block from 1/9 and PATH trains' Christopher stops)

Hey, it's the middle of winter. You may think it is too cold and dark to venture outside to ride your bike, but haven't you had enough of the rollers or bucking among other gym members for time on the Life Cycle? What better time than now to go for a nice scenic midweek ride with your clubmates alongside Manhattan's skyline and waterway. We will ride 2 or 3 laps along the bicycle paths of Hudson River and Battery Parks. The route is flat and

modestly challenging - providing the opportunity to improve one's bike handling skills in a traffic free environment. Wet roads cancels. LED lights appreciated; paper boy route bikes A+.

B14/C14 40 MI 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, February 5

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

Headlessly Sleepy Hollow

Leader: Spencer Koromilas (212) 867-8678

or 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 yesterday . . . 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 . . . hmmm .

A/B18 45 MI 9:00 AM

A Rude Classless Ride

Leaders: Craig Seitel 212-875-9201 and

Randy Taylor 212-866-0462

From: 72nd and Riverside

Just to remind us what a pleasure it is to ride in the NYCC, and what the SIG's are for. This will take us all back to our early days, when no one waited at the start, did not stop for flats or mechanicals or potty breaks or food. We'll probably get lost too, and not have a map. 9W, 501, maybe. With a hill thrown in. When my watch (forget yours) is at 08:59:59 butts will be in saddles ready to shove off. Mandatory: hard shell helmets. Sneakers, T-shirts, OK. Bring your own map of the entire state of New Jersey (New York State might be a good idea too). Cancels: 1. Lack of interest and no one shows up 2. If we go out boozing the night before and Craig gets lucky. 3. If George W. Bush goes up the polls 4. Rain, snow, temps below 35.

B14-15 45/50 MI 9:15 AM

Park Ridge

Leaders: Bernie Brandell (718) 633-1759

and Elena Acosta (718)361-8382

From: The 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 cancels. Helmets and good attitude please.

C/B14 45 MI 9:30 AM

Rivervale Diner or I Ride to Eat

Leaders: Paul Hofherr (212) 737-1553

Co-led with Linda Wintner (212) 876-2798

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 32 at 9A.M. cancels, as does rain, snow, sleet or plagues. Bring lock and \$ for lunch. Remember to keep toes and hands warm. 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 cancels.

B17 50 +/- MI 9:00 AM

Spin and Symphony Ride

Leader: Wendy Cohen (212) 532-4803 and

Bob Hancock (212) 496-4075

From: The Boathouse

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.

B15 40 MI 10:30 AM

Back to Scarsdale

Leaders: Hindy and Irving Schachter(212) 758 5738

From: NW corner First Avenue and E. 64 St

Later than ever we start for Scarsdale and the Coffee Tree. Temperature below 35 at start cancels.Fierce, growly winds cancels. Rain or snow cancels. Otherwise we ride through the Bronx and Lower Westchester and enjoy ourselves with an interesting route home.

C12 25 MI 9:00 AM

Frostbite Ride # 10 - Uncle George's Cuisine

Leaders: Scott Wasserman (914) 723-6607 and

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

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 Enchantment

Leader: Paul "Snowman" Rubenfarb (212) 740-9123
From: Wollman Rink, walk one block N of Central Park South & 6th Ave Join NYCC'ers 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.). No previous dancing necessary.

B14 12/18 MI 7:00 PM Downtowner's Delight

Leader: Peter O'Reilly (212) 414-1937 **From:** SW Corner of Bleeker & Christopher St. (1 block from 1/9 and PATH trains' Christopher stop) Weather conditions dictating, we will ride 2 or 3 laps along the bicycle paths of Hudson River and Battery Parks. The route is scenic, flat and mostly challenging - providing the opportunity to improve one's bike handling skills in a traffic free environment. Wet roads cancels. Please dress for windy (riverside) conditions. LED lights appreciated; paper boy route bikes A+.

Saturday, February 12

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 February 5th ride description or call leaders.

A18 +/- 75 MI 9:00 AM Saddle Up to Upper Saddle . . . River that is!

Leader: Spencer Koromilas (212) 867-8678 or SpencerNYCC@juno.com

From: The Boathouse

Yes . . . a new route, what do you want from me? The weather was good. . . I was out scouting again with Sylvie and Simon! We will go further west this time, past Pearl River, to lovely Saddle and Upper Saddle River, where Tricky Dick once roamed! He chose well . . . yet the pluming leaves a lot to be desired! We will climb numerous rolling hills, and ride along horse farms along Saddle River, up to Chestnut Ridge, down and up to Pearl River, then down to Closter, and back to our beloved 501. Invigorated yet . . . you will be! Required: Technique: good group riding skills, steady, predictable. . . this is an A ride! Cancels: No cancels, but possible deviation to Pearl River (60 miles)

A/B15-18 35 MI 10:00 AM Franks at Nathan's

Leader: Herb Dershowitz (212) 929-0787

From: The Boathouse

A friendly ride to Nathan's in Coney Island. Vegetarian's and mountain bikes welcome. Weather problems postpones the ride to Sunday.

B15/16 40/45 MI 10:00AM

New Jersey or Westchester Loop

Leaders: Robert Dinkelmann (212)876 1344 and Linda Wintner (212)876-2798

From: The Boathouse Lunch stop and destination not yet determined, but we are going out for any easy spin and a few hills. Rain, bad weather and/or extreme cold cancels. If in doubt, please call leaders by 9am.

C13/14 40-45 MI 9:30 AM

New Jersey

Leader: Annaline Dinkelmann (212) 876-1344

From: The Boathouse

Not sure where we are heading, but definitely one hill, easy spinning and fresh air. 8AM temp below 35/winds above 25, cancels, as does precip, icy roads, etc. Call leader by 8.30AM if in doubt.

Sunday, February 13

A18 65 MI +/- 9:00 AM

Valentine's Day Eve Ride

Leaders: Frances Harrison (212) 586-0538 and James Oszlak (516) 421-5826

From: The Boathouse

Jamie and Robin have kindly lent us their beautiful meandering route to Nyack. The scenery comes at a price though - there's the odd whoppa hill thrown in there. Great opportunity to show off your hill climbing prowess to your valentine. If you haven't got a valentine, don't worry --you'll be too knackered (kiwi speak for really tired) to notice! Bring your heart on your sleeve, good pace, Warm cloths, happy smiley faces, red cheeks, eyes that sparkle! Cancels: Man climbed Everest, crossed both Poles (ask Laura) . . . we will ride to Pearl

A18 65 MI 9:00 AM

Backwards to the Dam

Leader: Bob Nelson (212) 567-7150 or bob@nylink.com

From: The Boathouse

Apparently if you do the ride to Kensico Dam backwards -- i.e., via Grassy Sprain and Rt. 100A, approaching the dam from the west rather than the east, it's a bit easier on those major muscle groups. There's a cue sheet for the non-believers. We'll ride if it's freezing, but not if it's wet. Co-listed with the Fast and Fabulous Cycling Club, New York's lesbian and gay bike club, which does require helmets.

All Class ~8MI 9:00AM

Cross Training: The Fifth Annual "Great Frozen Foot Expedition"

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

From: Meet for breakfast between 9:00-9:30 a.m. at Zaro's Breadbasket in Penn Stations main rotunda (the Zaro's with round tables).

Starting at 9:30, we'll hoof it south, visiting Chelsea Market, the West Village and SoHo, then east to Orchard Street to taste freshly baked bialys, then over the Brooklyn Bridge, maybe ending a Junior's for a late lunch.Plenty of bail out points. It it's very cold, snowing or there's snow on the ground, great! More reasons to stop for coffee, etc on the route: walk goes in anything but rain.

B-18 65 +/- MI 9:00 AM

Brunch in Pearl River

Leader: Spencer Koromilas (212)867-8678

spencerNYCC@Juno.com

From: The Boathouse

What time is it? . . . why, time for brunch in Pearl! Well not yet, we'll have to ride there first, of course! Come to the town Karen Fantus is rumored to have called "The New Nyack", and why not? An absolutely lovely town with a few rolling hills . . . nothing crazy, promise! Delicious brunch over cotton table cloths. We will scream down Blauvelt, ride by Lake Tappan, into Closter, very much a repeat of my Feb. 12 ride, but less distance & hills! Required: Warm cloths, happy smiley faces, red cheeks, eyes that sparkle! Cancels: Man climbed Everest, crossed both Poles (ask Laura) . . . we will ride to Pearl

C12 25 MI 9:00 AM

Frostbite Ride # 11 - Staten Island - Giuseppi & Alice -- Why not

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

From: City Hall

Because of Italian democracy and Kodak film. Let's visit their residences, now historical museums. Antonio Meucci, inventor of the first working telephone, took in his exiled patriot friend Giuseppi Barabaldi. Photographer Alice Austen has a cute cottage, laden with her photographs, with white fences and overlooking Lower New York Bay. Bring \$ for possible museum admission(s), lunch and a lock. We'll lunch over barbecued Catfish and other Cajun fare or head to Cargo's if closed. Voyage on the SI Ferry, gratis. Co-led with 5BBC/TA. Helmets required, graci.

Wednesday, February 16

B14/C14 40 MI 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.

B14 12/18 MI 7:00 PM

Downtowner's Delight

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

From: SW Corner of Bleeker & Christopher St. (1 block from 1/9 and PATH trains' Christopher stops)

Weather conditions dictating, we will ride 2 or 3 laps along the bicycle paths of Hudson River and Battery Parks. The route is scenic, flat and modestly challenging - providing the opportunity to improve one's bike handling skills in a traffic free environment. Wet roads cancels. Please dress for windy (riverside) conditions. LED lights appreciated; paper boy route bikes A+.

ABC 1 + MI 6:00 PM

Snowkist Ice - skating + Tango Enchantment

Leader: Paul "Snowman" Rubenfarb (212) 740-9123

From: Wollman Rink, walk one block N of Central Park South & 6th Ave Join NYCC'ers 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.). No previous dancing necessary.

Saturday, February 19

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 February 5th ride description or call leaders.

A18 50 +/- MI 9:00 AM

Somewhere dry and warm...

Leader: Fred Steinberg (212) 787-5204 fcs1@worldnet.att.net **From:** The Boathouse

We'll venture into Bergen and perhaps Rockland as far as weather and road conditions permit. The usual selection of diners: Park Ridge, Pearl River, Blauvelt, Nyack. 8 AM NY1 temp. below 28 and winds above 25, cancels, as does precip, icy roads, etc. Call leader by 8AM if in doubt.

B 17+ 45 MI 10:00 AM

Wax on Wax off

Leader: Jim Galante 212 529 9627

From: The Boathouse

Remember it's not the destination, it's the journey. Be the wind, be the road, be warm, be cool. Be all that you can be! Learn Zen and the art of cycling for pancakes. Temps below 30 at 9:15 , High winds or low visibility may cancels.

C13/14 45 MI 9:15AM

Piermont

Leader: Scott Wasserman (914) 723-6607

From: The grass north of the Boathouse

It's only a month until Spring and considering there have been more days in the 50's than the 20's this winter, it isn't too hard to think of this as an April ride. So if I say frozen precipitation or temperatures below 28 at the start cancels, you'll understand that as just a formality

Sunday, February 20

A19 55 MI 8:00 AM

KISS Ride to Nyack

Leader: Rich Sporer (718)522-4415

From: The Boathouse

Spring is right around the corner and so is Nyack, so, we're going. Remember, the early birds get the worms and today they'll get kisses too. Wet roads or temp below 20 at 7:00 cancels.

B16 50 MI 10:00 AM

Destination Unknown

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

From: The Boathouse

Destination Undecided. We'll see what the weather is like and decide that day. Bad weather cancels.

C12 25 MI 9:00 AM

Frostbite # 12 - Coney Island Dreamin' On Such A Winter's Day

Leaders: Alfredo Garcia (212) 802-2441

and Ed Defreitas (718) 946-3227 (5BBC/TA)

From: City Hall

A cruise down Brooklyn's lovely Bay Shore, crossing under the Verrazano. Visit Totonno's for mouth-watering pizza. Possible encore snacks at Nathan's and Mrs. Stahl's. The weather could get mild enough to see people stretching out on the boardwalk. Bring \$ for lunch and lock. Polar Bear Club membership not required (swimming is optional). Co-led with 5BBC/TA. Helmets required darlin'.

Monday, February 21

A16 45 +/- MI 10:00 AM

George Washington slept...

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

From: The Boathouse

Just about everywhere, but lucky for us less than mile from the Northvale Diner. Which is a heck of a lot better than West Point or Morristown this time of the year. 9AM NY1 temp below 28/ winds above 30, cancels, as does precip, icy roads, etc. Call leader by 9:00 AM if in doubt.

Wednesday, February 23

B14 12/18 MI 7:00 PM

Downtowner's Delight

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

From: SW Corner of Bleeker & Christopher St. (1 block from 1/9 and PATH trains' Christopher stops)

Weather conditions dictating, we will ride 2 or 3 laps along the bicycle paths of Hudson River and Battery Parks. The route is scenic, flat and modestly challenging - providing the opportunity to improve one's bike handling skills in a traffic free environment. Wet roads cancels. Please dress for windy (riverside) conditions. LED lights appreciated; paper boy route bikes A+.

ABC 1 + MI 6:00 PM

Snowkist Ice - Skating + Tango Enchantment

Leader: Paul "Snowman" Rubenfarb (212) 740-9123

From: Wollman Rink, walk one block N of Central Park South & 6th Ave Join NYCC'ers 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.). No previous dancing necessary.

Saturday, February 26

A-SIG 24 MI 8:30 AM

Ride # 1 Laps in Central Park

Leaders: Judy Morrill (212)866-0462

and the 2000 A-SIG Posse

From: The Boathouse

Give us the next 12 Saturdays, and we'll change your life. The A-SIG kicks off at the Boathouse in Central Park at 8:30. If you can complete 4 loops in 1hr. 35 min. or better, then this is your training series. The A-SIG aims to make safe, skilled, strong A-riders, and leaders, out of YOU! Be prepared to stick around for some very important instructions and introductions. Helmets required. NO aerobars, NO hybrid or mountain bikes. NO exceptions. ROAD BIKES ONLY. Rain Date: Sunday, March 5th. If it rains both days, meet at the Boathouse on Sunday at 8:30 anyway for the intro.

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 February 5th ride description or call leaders.

A19 60 +/- MI 9:00 AM

Base Miles in Rockland

Leaders: Rich Borow and Stephanie Bleecher (212) 348-2661

From: Benches across from Boathouse

It's too early to start hammering, so let's keep it nice and steady on a tempo ride through Rockland County. Obviously a lot depends on the weather, but if the conditions are (relatively) good, we'll be keeping stops to a minimum and making them short, so bring water bottles and pocket food. (Oh, and although this isn't an official "oy" ride, everyone will be permitted one "oy, I'm sooo out of shape" on the hill of their choice -- but only one!) Extremely cold conditions and we will shorten distance; ridiculously frigid conditions, sloppy roads, etc. -- we're in the gym.

B15 30 + MI 10:00 AM

Riverdale

Leaders: Jack Lehnert (718) 884-6437

and Gary McGraine (212) 877-4257

From: The Boathouse

We will cross the Broadway Bridge and head west for the hills of Riverdale. After looping through Fieldston we will head over to Wave Hill. There is a brief scenic stop at Half Moon Overlook to view the juncture of the Harlem and Hudson Rivers. We will lunch on Johnson Avenue in "downtown" Riverdale but not before we rumble with a short formidable hill - (bypass available). Escape of animals from the Bronx Zoo or wet conditions cancels.

C13/14 40 MI 10:00 AM

Saddle River local

Leader: Larry Rutkowski (212) 304-8503

From: NJ Side of G.W. Bridge at Hudson Terrace

Come out for a leisurely ride to Saddle River. Will try for an indoor lunch stop. Bring snackfood. Rain, snow or temps below 30 at 9A.M. cancels.

Sunday, February 27

A20 52 MI 9:30 AM

The Lost Diner

Leader: Mark Martinez (212) 496-5518

From: The Boathouse

Let's give our Nyack Clubhouse a break and visit the unjustly neglected Blauvelt Coach Diner. We'll save our legs by cruising easily up to Rockland where we'll earn our brunch climbing the hills of beautiful Blauvelt State Park. The good news--the roads have been freshly paved and we do most of the climbing and more of the miles before brunch. The not as good news - ya still gotta climb. Marginal winter weather shortens ride to a cozy Bergen Co. diner destination.

B15 25 MI 9:30 AM Prompt

Ski the Palisades

Leader: Isaac Brumer 212 734 6039

From: Outside GWB Bus Terminal N.E. Corner, 178th St. and Ft. Washington Ave

Take advantage of the cool weather and practice up and downhills on the Palisades and shape up for spring. Arrive early at the station for cafe con leche and leave promptly for a warm-up ride to Demarest, then spend the morning tackling the hills. We'll go up Churchill, down Palisade, perhaps vice-versa. We'll do it "Irv's way." We'll do it your way. Stop in picturesque Tenafly Village for R&R, hot chocolate and other snacks, then "ski" some more. Afternoon off for other pursuits. Precipitation, lousy surface or freezing temperature (according to "NY1" at 8:01 AM) cancels.

C12 30 +/- MI 10:00 AM

Over the river and thru the Bronx

Leader: Dick Goldberg (212)874-2008 richsgold@aol.com

From: The Boathouse parking lot

Another northern Manhattan/Bronx neighborhood exploration ride. Ideal for commuter bikes and fans of Dominican food. Temperature below 30 or wetness at nine o'clock cancels.

C12 25 MI 9:00 AM

Frostbite Ride # 13 - Ride to Pancakes

Leader: TBA With Ed Defreitas (718) 946-3227 (5BBC/TA)

From: City Hall

Series finale and repeat of the first. Get on the ferry, gratis. Ride Staten Island, the Bayonne Bridge & over the Kill Van Kull, to New Jersey. Feast on hotcakes for brunch. Then pedal further to Liberty State Park. Bring \$ for lunch at the Broadway Diner, a lock and a dollar bill for PATH train return. Co-led with NYCC/TA. Helmets required, love.

Saturday, March 4

A-SIG 40 MI 8:30 AM

Ride # 2 Northvale

Leaders: Judy Morrill (212)866-0462 and the 2000 A-SIG Posse

From: The Boathouse

Introduction to single, non-rotating paceline riding. On this leisurely ride to Northvale via 505, we will introduce you to cooperative group riding and we'll begin to form pacelines. Speeds will be moderate, and strictly enforced. We will focus on riding in traffic and communicating with your fellow riders, as well as the basics of paceline riding: feathering brakes; being alert to the wheel in front of you and those riders behind you; not riding off the front or jumping out of line: Staying together. After a breakfast stop at the Northvale Diner, we will return to NYC via 501. Helmets required. Rain Date: Sunday March 5.

A-19-SIG 24 MI 9:15 AM

Introductory Session: "Shake your booties"

Co-captains: Ed Fishkin (718) 633-3038 and Douglas Riccardi (212)228-9423

Ride leaders: David Grogan, Herb (Hubs) Dershowitz, Mike Samuel, Jody Sayler, Ann Grossman, John Vasquez, Carolyn White and Angel Rivera

From: The Boathouse

(Please see the article in this month's bulletin for more details) Rain date Sunday, March 5, 2000 same time and place. If it rains on Sunday, show up without your bike for your introduction to the SIG and your leaders. After a brief hello, with your leaders, you'll take a 4 loop shakedown cruise in Central Park. All "A"-19 siglets should be able to complete the 4 loops in under 1h 50m. From then on, you'll be making history.

B-SIG 24.4 MI 10:00 AM

B Training Series # 1 : Self - Classification Ride

Leaders: Annaline Dinkelmann (212) 876-1344

and the entire 2000 B-SIG leaders team

From: The Boathouse

B-SIG series start. Meet your leaders, meet the people you'll be riding with for the next 10 weeks, learn what the B-SIG is all about. A shakedown ride to find out who's who and set goals for the ten-week progressive B SIG Training Series. Safe cycling skills and group riding etiquette will be the order of the day. Each person planning to participate in the B-SIG do four timed laps around the park. At the end of the four laps, you'll have your total time from which you can determine your cruising speed. Rain date : Sunday March 7. If both days are not rideable, we will meet Saturday, March 11. Helmets required, cyclocomputers not required. Cancelled if roads are wet, or temp at 9am is below 40

All C SIG 24.4 mi 10:00 - 10:30 AM

Classification and Cycle computer ride

Leaders/Timekeepers: Irv Weisman (212)567-9672, Paul Hofherr (212)737-1553 and Annaline Dinkelmann (212)876-1344

From: The Boathouse Parking lot

Everyone is welcome to participate, but for the B & C SIG participants this is their first ride. (An identical ride will be held on Sunday March 5 so that all who want to do this ride have a chance to do so.) See ride description elsewhere in the Bulletin. After the ride, B & C SIG participants will have a chance to learn more about the SIG series. Helmets required, cycle computers not required. Cancelled if roads are wet, or temp at 9am is below 40. Rain date is Sunday March 5th.

Sunday, March 5

A19 60 +/- MI 9:00 AM

Somewhere New?

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

From: The Boathouse parking lot, just north of the Boathouse. Perhaps I'll have found a new destination, somewhere over the GWB. Perhaps not.

B13-18 24.4 MI 10:00 -10:30 AM

Classification and Cyclocomputer Calibration Ride

Timekeepers: Annaline Dinkelmann (212) 876-1344, Paul Hofherr (212) 737-1553, Irv Wiseman (212) 567-9672

From: The Boathouse

See description for Saturday. Self-classification rides continue.

Sunday March 5

B15/16 40/45 MI 9.30AM

Post B-SIG Start Ride

Leader: TBA

From: The Boathouse

Lets assume the weather on Saturday was fine and the B-SIG did start, everybody completed their 4 four laps around the park and is ready for a spin in New Jersey. It's a pickup ride from the Boathouse. Que sheets will be provided

All C SIG 24.4 MI 10:00 -10:30 AM

Classification and Cycle computer ride

Leaders/Timekeepers: Irv Weisman 567-9672, Paul Hofherr (212) 737-1553 and Annaline Dinkelmann (212) 876-1344

From: The Boathouse Parking lot

See description for Saturday, March 4th.

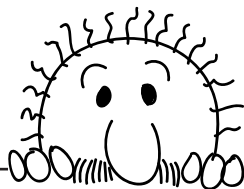
Out of Bounds

FOOD! (calm down, Herb)

Sunday, February 27th, Hot Chocolate OPEN HOUSE PARTY 11AM to 4PM at Christy and Jody's house in Cold Spring With bagels, Oklahoma cornbread, etc. and the Tour de France Bike Race tape playing and the fire place roaring.

Get here any way you wish train from Grand Central Station, Hudson line at 9:54 and every hour on the 54s until 1:54. Or take the Harlem line to White Plains for 35 mile ride or for the really brave, leave from the boat house go up 9W, cross the Bear Mountain Bridge, turn left onto 9D, North 9 miles to Rt. 301, turn left, that's Main Street, Cold Spring. Go down Main Street, don't forget to look at the mountains and the River almost to the Rail Road track, turn right on Stone Street, Up the hill bear left then turn left at the top of the hill. It's the white and gray house with the porch at the end of the block. 3 Northern Gate (914)265-7210. Walk off the train, go up Main Street (no tunnel or bridge) and Stone street will be on your left. People with cars and families are also invited. All new A 'Siggies' are invited. Trains leave for Grand Central every hour, 5 minutes after the hour. The 4:05 will be a bike train.

Call us (212)799-8295 if you would like to lead a ride to the Open House or if you have any other questions. Please come, we will have a roaring, warming good time!



CLASSIFICATION AND CYCLOCOMPUTER CALIBRATION RIDE

All Club members are invited to participate in this ride, scheduled for both days of the first weekend in March, because the Leaders/Timers, Irv Weisman, Annaline Dinkelmann, and Paul Hofherr consider this ride and its feedback to you to be very important for your cycling happiness, and for the smooth running of our Club rides. The ride, optional for all Club members, is the mandatory first ride for those who want to participate in the B or C SIGs.

The primary purpose of the ride is to enable you to determine your "all day comfortable pace" rather than the "best you can do in an all out effort", so try to control your urge to compete. By timing you, lap by lap, we'll give you feedback on how well you paced yourself; your overall time and speed will advise you of your most comfortable class. (When riders of similar ability ride together as a unified group, without stragglers or pace pushers, they experience a heightened satisfaction to the ride. I'd love to hear your theories as to why this is so!). In addition, the classifications will help the SIG leaders advise

Escape From New York

It's time once again to ask not what The Escape From New York can do for you, but what you can do for The Escape From New York.

This year's Escape From New York will take place on September 23rd. For those who have participated in this event in the past, you know this is one of the great cycling events of the year in the New York City area. The new organizing committee is forming now. If you're interested in offering your time and organizational skills to help plan and execute this year's ride, come to the February club meeting to volunteer.

NYC Ballet

Please join us for the first NYCC Special Event of the new millennium! On Friday, February 25 at 5:45 pm we will attend a private, exclusive backstage tour of the NYC Ballet led by a member of the troupe. The tour is followed by a performance at 8 pm. Tickets are \$20 for both the tour and the performance. For further info, please contact Lynn Sarro at (212)722-8495 or sarka@erols.com. Send checks (made out to the NYCC) to Lynn Sarro 242 E 87th St. #3A New York, NY 10128.

Swing dancing

Please join the us for Swing dancing at the 92nd St. Y at Lexington Ave. on Saturday, March 25 at 7 pm. \$15 includes a one hour lesson by the Sandra Cameron Dance Studio followed by dancing till dawn! Well, till 11 (just as well since you have to ride on Sunday anyway). Tickets are at the door, but please contact Lynn Sarro at (212)722-8495 or sarka@erols.com so we can get a head count.

you as to the most appropriate sections of the SIGs to join for maximum comfort and satisfaction.

On the basis of new information, we are designating the length of the complete loop around the park, in the center lane, as 6.1 miles in length, and the 4 complete laps as 24.4 miles. But we will still use the Time Chart, in The Bulletin, as the basis of Classifications.

The start location is on the East Drive of Central Park, near the 72St entrance on Fifth Ave. (not at the Boathouse!). Arrive between 10:00 and 10:30 AM, on Sat. or Sun. You will be given an ID No. to pin on your chest so that as you come by the Timing Point on each lap we can record your time. This not going to be a mass start or a group ride. You'll be sent out in groups of 5 or so, and will each do your own ride. To calibrate your cyclocomputer, you will reset your computer to zero and find how close you are to 24.4 miles at the end. I'll give you an appropriate correction factor, if needed. Irv Weisman 212-567-9672

- Irv Weisman

ROSENTHAL'S DEFINITIVE GLOSSARY OF ESSENTIAL CYCLING TERMS

AEROBIC: A pen, lighter, or razor designed to cut the wind

AIR CHUCK: Someone who inherits his cheap meat

ALIGNMENT: How the nations of the world divide between the two great superpowers, France and Italy

ALLOY NIPPLE: A surrogate mother

AMBULANCE: A leading racer who chooses to walk instead of ride

ARC WELDING: The method of manufacturing the tandems in the Tour d'Ararat

ATTACK: An object that makes you flat; the effect on one's stomach of repeatedly eating at fast food diners while on the race circuit

ATTIRE: A circular rubber object

BAGS: Sagging

BASSO: Profundo

BALL BEARING: A method for determining the proper angle of a saddle

BEARING SEALS: Birthing amphibians

(continued)

BIANCHI: A dropout from Team Jagger	BODY FAT: A winter training meal served in the Andes and Sierras	BRAKE BRIDGE: A sign warning you to slow down: steel roadway and water ahead	BUSHINGS: Groups being taken for a ride by a presidential contender
BICYCLE CAMPING: Affecting outlandish behavior on wheels	BONK: A sudden, sharp, loud sound you make if you love Frejus	BRAKE PADS: Where brakes live	CADENCE: Using computer aided design to put dings in your frame
BICYCLE CLUBS: Frame pumps swung at charging dogs	BOOTIES: Winter treasure	BRAZE-ON: Bold, shameless, impudent	CAMPAGNOLO: Mano-a-Shimano
BLOCKING: Forgetting your sponsor's name	BOSS: Two S-names, one an OK NJ rocker, the other a Tampa-Cleveland-Bronx-based rooker	BREAKING AWAY: A mid-western	CANTILEVER: Singing the praise of cleansers
BLOW-UP: A strategy used by terrorist racers	BOTTOM BRACKET: Cat. IV income tax	BREAKING THE WIND: Don't make me be obvious	<i>...stay tuned for more</i>
BMX: Spot marked by child raised in the wild; see Ferrule	BOXING: Christmas season employment	BRIDGE: Dentistry for masters	

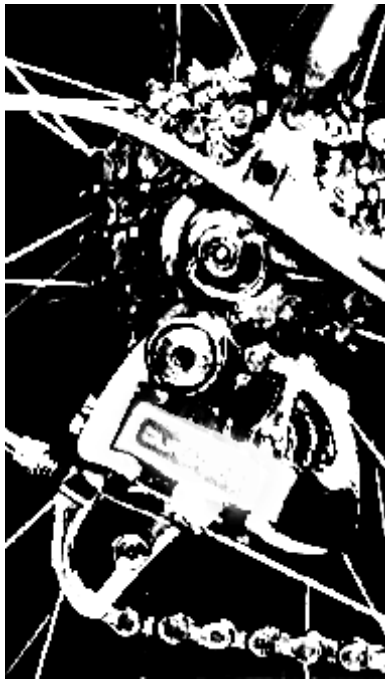
NO TECH TIPS

Back on the chain gang

I got a great email in response to last month's column from Evan Marks, although it was not about my solvent suggestion. It concerned my brief mention near the end about using turpentine to clean chains.

Evan brought up some interesting points that I will pass along, which in the interests of brevity I'll try to condense while relating his ideas accurately: 1) Removing chains weakens them unless a special removable link, such as Powerlink or Superlink, is used; 2) Ergo and STI make full-power shifting while standing possible, which has led to more chain breakage, which is also made worse by narrow chains; and 3) most cyclists simply don't have the expertise, or perhaps the inclination, to remove a chain to clean it. He suggests leaving the chain on the bike and using a product called Pro-Link, a dry lube that performs a remarkable feat by cleaning and lubricating in one step. Might sound too good to be true, but Evan has used it extensively and says it's better than any of the others in the bevy of products he's tried. He also recommends replacing the chain every 5,000 miles, long before it reaches the point where breakage is likely.

As I mentioned in my email response to Evan, I agree that for occasional bike cleaning it is best to leave the chain on the bike and to save the thorough cleaning for those times when the chain would be off the bike anyway, as during the overhaul I alluded to in my column. In fact, I started using White Lightning (a paraffin-based lube) a couple of years ago at the behest of a mountain biking buddy, Greg Murray, and I've got to say that it has kept the chain relatively clean through many a slimefest. I started using it on the road bike, as well, and it works just fine there - the excess lubricant seems to just gob up into little dry wax balls that slough off by themselves. Now, however, I'll have to try Pro-Link after Evan's enthusiastic endorsement.



Evan might be correct about the Ergo/STI connection to the problem of chain breakage. However, I will stick with an assertion I made several years ago, that the problem is caused chiefly by Shimano's "Special Connecting Pins" (SCP's) that were supposed to make chain installation so much easier. The SCP problem is, in my view, exacerbated by the ever-increasing chain deflection as Shimano and Campagnolo struggle mightily to see who can cram more cogs into the rear cluster.

If you've ever installed a Shimano chain following the manufacturer's directions, you will notice that the SCP is made from a weak, brittle metal, which is why the "handling extension" breaks off so easily. A stronger, more malleable material is used for the regular pins in the rest of the chain. The brittle SCP is more prone to failure from both shock loading-as in Evan's standing-while-shifting scenario - and from the thousands-upon-thousands of little fatigue cycles on the tip of the SCP as we pedal in big-big and little-little combinations of chainrings and cogs. This is where the increased chain deflection of 8- and 9-speed drives makes the problem worse. Of course, breaks still occur from normal wear, funky gear shifts and incorrect installation, but the phenomenal rash of chain breakage since the advent of SCP's is not at all coincidental.

The answer, I think, is to make a giant leap forward into the past, and that is what I'll address next month. I'll pass along some tips to make chain installation, removal and re-installation easier, and I'll offer my radical suggestions for chain and cog longevity.

Comments or suggestions?

E-mail me at bobmoulder@earthlink.net

- Bob Moulder

The Babes have learned that there are more and more babies out there as potential members of the NYCC. **Basil Ashmore** reported that although his recently arrived daughter, **Maevie Emily**, now over three months old, has ridden in a car, taxi, train, subway, and stroller, she still hasn't tried a bike. When she is ready, she can join the Baby SIG being started by **Judy and Conrad Meyer** and **David Thompson** and his wife, who were spotted at **Jane Kenyon's** party over the holidays with their babies, plotting how early they could start their children on bicycles.

Congratulations to **Karl Dittebrandt** and **Regina Hammond** who won silver medals in their divisions at the New York State Champion Cyclecross races held at Kissena Park on December 18. Both Karl and Regina persevered on this grueling course jumping barriers, running up stairs and pedaling through mud fields. Kudos to our dirty champs.

Congratulations also to **Jordan Copeland** who participated in the State Champion event this time riding on knobby tires. Jordan came out a few weeks ago on a NYCC club ride to support several of our NYCC members who were racing in the cyclecross series held at Kissena Park. Jordan couldn't resist the challenge and raced on his fixed gear bike. Way to go Jordan!

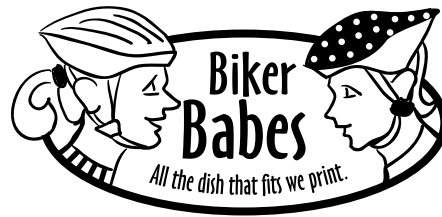
We have heard all kinds of excuses about why riders get dropped or fall far behind the crowd, but recently we heard a real whopper. **Ben Goldberg** was dropped on a recent trip and when asked to explain his lagging behind, blamed a glacier from the last Ice Age. Apparently, on **Jeff Vogel's** Queens for a

Day ride, **Margaret Cipolla** was pointing out the southernmost advance of the glacier in Forest Park, Queens, and Ben stopped to get a better look. The rest of the group sped away, up the hill created by the very same glacier, and Ben never caught up.

At the well attended monthly meeting of the Club, held at Citrus in January, the speaker, **David Bell**, of Bicycle Workshop in Tenefly, New Jersey, was demonstrating on his Francesco Moser steel bike, on how to train on rollers. He was showing off his balance and in answer to a challenge to remove his shirt with both hands while riding the rollers, he did so to the cheers of the crowd. It was reported that the meeting place (food, service and privacy) is really quite satisfactory and certainly better than some of the dumps which we tried over the past few years. So why not try to get to some of the meetings.

At the meeting, the Babes learned that one of our own members, **Pat Thompson** and her husband, **Claudio Bisio**, are starting La Dolce Vita Wine Tours, a new touring company, taking advantage of Claudio's Italian background. The trips are to Italy to learn lots about Italian wine, which Claudia thinks outshines the French. Of course, there will be biking and hiking thrown in. Pat and Claudio are running two "guinea pig" tours in Tuscany this June at deeply discounted rates and hope some NYCC'ers will be with them at the start.

Well, there is no more dish this month so if you want to hear more, please send in every little tidbit you can think of to nycnews@yahoo.com. We anxiously open our mail box each month and depend on you all for material. Keep it coming.



THE A19 SIG

This program is dedicated to Christy Guzzetta, whose endless generosity to the NYCC has been a treasured gift to hundreds of cyclists over the years and without whom, there would be emptiness in springtime because the A, B, C and now the A19 SIG would not exist.

Are you ready to begin the 21st Century with one of the most thrilling experiences of your life? Do you want to feel exhilarated every Saturday afternoon? Are you prepared to embark upon a three month journey that will challenge you physically and mentally? Are you ready for an intense camaraderie born of the extremes of physical endurance matched to weather, unexplored terrain and the privation of life's luxuries (temporary of course)? If reading this makes you salivate for more, maybe you're the type of person we need to kick off the brand new A19 SIG.

This program was carefully designed for serious riders interested in improving their cycling skills and physical capabilities. Each week, under the careful tutelage of our fantastic team of leaders, you'll ride a little further, a little faster, and a lot more confidently because you'll be learning all the skills needed by A riders. You'll also look incredible on your two wheeled weapon of choice.

Rider and group safety is the focal point of this program at all times. You'll become comfortably expert at riding single and double rotating pacelines, hill climbing, shifting, braking, and communicating while riding. You'll learn how to train, eat, dress and prepare for cycling success. You'll become familiar with the essentials of bike maintenance. Your leaders will make you ready to enter the cycling season as a capable ride leader, and an enthusiastic supporter of the NYCC. Sound a lot like the A SIG? Well it should. All the leaders of the A19 SIG are either seasoned A SIG leaders or graduates. Both A SIG's are coordinated together and there is an opportunity to change groups during the first few weeks of the program if you feel you made the wrong choice at the outset.

The main difference between the two programs is the target cruising speed. For the A19 SIG, we aim to achieve a target flat terrain cruising speed of 19 mph during the last few weeks. The venerable A SIG graduates are expected to cruise at faster speeds.

What do I have to do to participate and graduate? There still is no such thing as a free lunch. We expect all participants to

take this program very seriously. From the first ride on March 4th, to the graduation ride 11 weeks later, we own your Saturdays. You should attend all sessions. We expect you to be

(continued)

self motivated and to train several times a week on your own or in small groups. No one with more than two unexcused absences will be permitted to continue. Everyone must become a member of the NYCC by the third week, sign up with us to lead two non-SIG rides, participate in the leadership seminar we offer and to take our cyclist's first aid course. You are expected to show up on time, with your road bike ready to go. Mountain bikes are not encouraged; bikes with aero/tri bars and riders without helmets will not be permitted.

There it is in a nut shell. We will nurture you while we beat you into shape. Some of you will love us; others will hate us, but all of you will thank us for the great experience that will

be the A19 SIG. You will be so proud of yourself!

If you have any questions, please contact one of the A19 SIG captains: Ed Fishkin (718) 633-3038 or Douglas Riccardi (212) 228-9423. The other members of the leaders team are: David Grogan, Herb (Hubs) Dershowitz, Mike Samuels, Jody Saylor, Ann Grossman, John Vasquez, Carolyn White, and the legendary Angel Rivera.

We look forward to seeing you. Check out the March ride schedule this month and the March Bulletin for more details.

-Ed Fishkin

MINUTES NEW YORK CYCLE CLUB BOARD MEETING NOVEMBER 2ND, 1999

Present: Karin Fantus, Ben Goldberg, Anne Grossman, Rob Kohn, Gary McGraime, Laurie Nisco, Beth Renaud, Jody Saylor, Gene Vezzani and Jeff Vogel

Absent: Ira Mitchneck, Douglas Riccardi and Lynn Sarro

The meeting commenced at 6:40 pm.

Each board member reported on issues affecting their position. Gary advised on a "SIG Lite" to be led by Ed Fishkin in 2000. Anne reported on an evening at the Philharmonic and the Holiday Party. Ben advised that the Connecticut Shore Ride was a big success (even though there wasn't enough pizza for Gary), with about 55 riders participating. There was \$67.00 left over which is being turned over to the club.

We then discussed the similarities between Geo Kaplan and Yankee coach Don Zimmer. The similarities extend beyond their knee problems.

Laurie requested that the Board do something to welcome new board members at the December Board meeting. It was agreed we would order pizza. From John's? From Patsy's? From Frank Pepe's in New Haven? Who has the best pizza? Would there be enough for Gary? This is what goes on at Board meetings.

Jeff announced that he had completed the club's tax return and agreed to sign it as a Club officer. Copies will be retained in the minutes and with the Treasurer's permanent file.

The Board agreed to raffle off two Club Getaway weekend certificates at the Holiday Party and to raffle off two more certificates to be chosen randomly among all leaders who led six or more rides in 1999.

The Board discussed where to hold the July

Fourth weekend. The consensus was to go back to West Point if Christy Guzzetta and Jody could negotiate an acceptable price with the hotel.

Rob advised that the mailing service was going to be closed for vacation Thanksgiving week. The Board agreed to get all information to him by Thursday November 11 at 5:00pm so that the Bulletin could go out on time. Beth suggested that we switch from the current mailing service to doing it ourselves via a "mailing party". The consensus was to continue with the current system.

The minutes of the September meeting were approved as corrected. The Board requested that Rob not print certain items from those minutes in the Bulletin.

Rob asked Ben to clarify how Ludwig Vogel's name came to appear on the ballot as a nominee for Editor. Ben agreed that Ludwig had missed the deadline to accept the nomination. Ludwig claimed he misunderstood, so Ben allowed him to run. The Board agreed that the ballot will stand as is.

Laurie initiated a discussion of Ride Leader Training Programs.

Ben handed out a list of suggestions from Maggie Clarke regarding 1) how to retain C riders, 2) how to train better leaders, and 3) group riding behavior. Laurie, the Membership Director next year, will speak to Lynn about the possibility of distributing a welcome packet and a Rider guidelines to new members, and will report back to the Board at the next meeting. The discussion continued about the expectations of C riders in the Club and whether we are meeting their needs. Anne said when she first joined the club as a C rider, Jeff was the first A rider to talk to her. Beth countered with "But Jeff will talk to any woman!"

As to why C Riders don't come to meetings, Beth answered "Club meetings are boring as hell." I'm not sure what her basis for comparison is; she hasn't been to any club meetings.

Jeff reported that the Catskill weekend went very well, but expressed concern over the lack of B and C riders. It was suggested that next year there should be a B/C coordinator for the weekend.

Ride leader awards were discussed. It was agreed that the current rewards (vests, jerseys, Club Getaway certificates) were sufficient and that additional awards would not attract more leaders. The Board also considered awarding vests to other members who have served the Club and agreed to award vests when appropriate.

Jeff asked for clarification as to who gets complimentary copies of the Bulletin, and why. Gene responded that he supplied a list to the Membership Director and that the list included area bike clubs and various public officials in New York City, Bergen and Rockland Counties. He said these were a valuable resource to the Club. It was agreed that the list would be supplied to the Board every January for review.

Jeff questioned Gene's role on the Central Park Safety Committee and at Central Park Conservancy meetings. The Board requested that it receive updates after each meeting.

Jeff initiated a brief discussion on mandatory cue sheets and/or maps for all rides. It was agreed to table the issue until the next meeting.

Jeff also requested that the Board discuss changing the current ride classification system. Everyone groaned. The issue was tabled until the next meeting.

Jody was concerned that the back cover of the Bulletin didn't give enough information about the November program. Rob apologized for screwing up. More details will go out on the weekly email.

Ben called the next Board meeting for Tuesday, December 14, 1999 at 6:30pm.

The meeting adjourned at 9:14pm.

Respectfully submitted

Jeff Vogel

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 NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

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

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

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

NAME: _____ SIGNATURE: _____ RIDING STYLE: A B C

NAME: _____ SIGNATURE: _____ RIDING STYLE: A B C

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

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

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

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.

attention-getting
Club members, here's your club jersey.

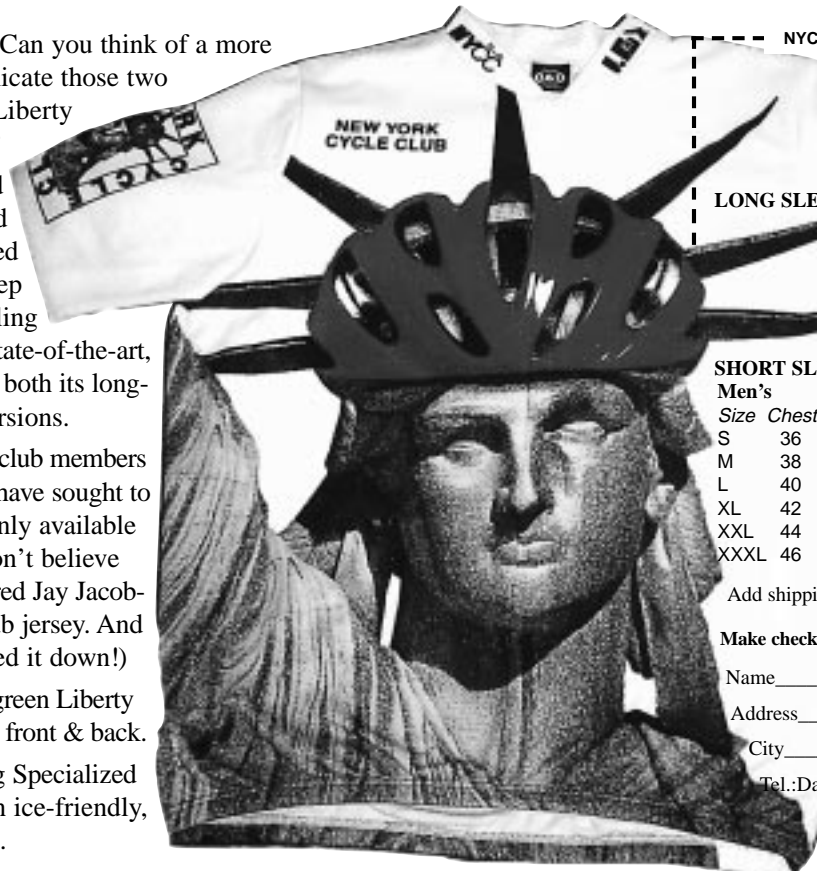
New York and cycling. Can you think of a more striking image to communicate those two things than the Statue of Liberty wearing a bicycle helmet?

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	_____

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

Make check payable to **New York Cycle Club** Total

Name _____

Address _____

City _____ State _____ Zip _____

Tel.: Day _____ Eve. _____

For Matching Water Bottles

Call (212) 371-4700 ~ Price: \$3.50

NYCC SHEFFIELD WEEKEND

Memorial Day Weekend May 27 -29, 2000

It's never too early, though sometimes it's too late, to think of the start of summer. While I'm writing this and we haven't had our first snowfall yet, start planning for NYCC's annual weekend in Sheffield for a weekend of beautiful countryside, new routes, new friends, (old friends, too) and club dinner.

Rides are planned for A, B, and C levels.

General information and lodging will be available after February 10 at NYccSheffield@CS.Com or call Ira Mitchneck at 212-663-2997. Rides are being developed by Fred Steinberg and will be scouted once the snow drifts clear from the Berkshires. We are developing a luggage shuttle for those who ride up. See you soon in where Massachusetts meets Connecticut, New York and the New York Cycle Club.


For Sale

Mavic Cosmic Carbone wheels. 2 years old. Raced in a dozen short races; plus only a few long training rides. Excellent condition. Asking \$350. Contact: Chris at (212) 696-6122 or cgoebel99@yahoo.com.

DuraAce hubs. I've got a pair of hubs that have very little mileage on them (used mostly for Jeff Vogel's now defunct Devil's Kitchen ride). They're laced up

to a pair of clincher rims that aren't worth a whole lot (I'm too lazy to cut the DT 15/16 spokes off so I'll throw them in for free). Asking \$75 (OBO). Email: dmjgraphics@earthlink.net

57 cm Pink Look ONCE Team bike excellent condition 1999 speed Dura Ace STI Mavic wheels/carbon fiber 18.5 lbs \$2500. Other Misc. stems and clothing at great prices Call Sky Matuschka at (212) 722.2131 or Matushka@concentric.net



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KIRK WHITEMAN

3 time World track champion, 2 time National track champion and US Olympic contender will be our guest speaker February 8th. Kirk will share his enthusiasm for the sport of cycling - how he became interested in racing, how he trains, and how he stays motivated. Come meet Kirk and hear what he has to say about his amazing accomplishments and commitment to training.

Citrus Bar and Grill (Downstairs)

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.



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