


# ***NYCC Bulletin***



***Our Newest Lifetime Member!***

**March 2000**

## A Lifetime Membership for Jeff Vogel

I am pleased to announce that the NYCC board has awarded Jeff Vogel a lifetime club membership. This is a rare honor, bestowed on only a handful of members in the 61 year history of the club (current lifetime members include Irv Weisman, Christy Guzzetta, and Chris Mailing). Jeff has made countless contributions to the club in the nearly two decades that he has been a member and this recognition is very well deserved.

Have you ever been on a ride where a train was used to go home? Jeff probably made the arrangements with MetroNorth or the LIRR. Have you ever been on our Columbus day weekend in the Catskills? Jeff probably arranged that trip. Been with us to Club Getaway? Yup, Jeff again. Do you remember the monthly Lou S. Polks gossip column in the bulletin? Jeff was his primary source. Jeff has served on the board as club secretary several times and as A-rides coordinator. Jeff is also the one who discovered many of the interesting routes that are now part of the standard club repertoire. Those he didn't discover he helped to pass down to new generations of riders (if I'm making him sound old, he's not. He's 37, and has been that way for a while now). He's led hundreds of rides and has organized scores of events.

I know I'm leaving out at least half the ways that Jeff has contributed to the club, but perhaps the thing that Jeff is most famous for is his collection of "Vogel Routes". A Vogel Route is a ride to some unfamiliar destination or to a familiar destination via an unfamiliar route. However, what makes a Vogel Route special is that somewhere, perhaps when you least expect it, you will wind up on a surface that will test your courage, patience, or at least your tires. It might be dirt, gravel, mud, a thigh-deep stream to be waded across with your bike held high, or a wood-planked walkway with missing planks (this January in Queens). A Vogel Route is sometimes difficult, sometime challenging, but (generally in hindsight) thoroughly enjoyable - not completely unlike Jeff himself!

Please join me in congratulating Jeff for this award, which will be presented at the club meeting on Tuesday, March 14.

Congrats, Jeff!

Ben Goldberg, President

### Editor's note,

When I first joined the club about 10 years ago, Jeff was one of the first people who welcomed me to the club. I don't know why. I rode a klunker. I didn't race. Why was he being so friendly? It didn't take long before I realized why.

He needed a guinea pig.

Someone he would ride up Devil's Kitchen. Someone who would show up for his ride with 700x20 slicks, only to have to ride through craters and streams. Someone to ride with him on the Gimbles or Triangle rides... "it's fun!", he says.

Why I ever listened to him, I'll never know. It's his fault that I raced. His fault I climbed Devil's Kitchen (twice!). His fault I bought a mountain bike.

Hmmm...lifetime membership? It couldn't have happened to a nicer guy.

Don Montalvo, Editor

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

**Credits:** This month's portrait of Jeff Vogel, courtesy of Margret Vogel. It's so funny!

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

[dmjgraphics@earthlink.net](mailto: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. Sorry, no exceptions. Thanks.**

## The NYCC has many missions

We have great rides at many levels. We organize several excellent training programs that people throughout the city become involved with. We have monthly dinners and educational programs. We have social and cultural events, making this big city feel like a small town. We have weekend trips several times during the year to renew ourselves. We have a club century for our enjoyment and to introduce non-cyclists to cycling. We support bicycle advocacy to make the city a better place for ourselves and others.

Sometimes, though, we need to put ourselves entirely aside, to look around and beyond. The success of the 1999 Century gave the Club both that opportunity and that responsibility. Last year, "The Escape From New York" Century Committee organized a ride that was not only a success on the road, but was a financial success. In keeping with the stated goals of the NYCC Century and the cycling advocacy goals of the Club as a whole,

the Century Committee proposed and the NYCC Board approved several contributions. These include \$1000 to Recycle-a-Bike, an organization that involves New York City school children in repairing and riding old bicycles.

This organization was the subject of our July meeting moderated by Ed Fishkin and we would encourage anyone interested to call him to become involved with this fine organization. A contribution of \$500 was also made to Transportation Alternatives, a cycling advocacy organization that seeks to make the city a better place for all cyclists and counts many NYCC members amongst its membership. This is another organization we encourage you to become involved with.

Last, but not least, a contribution of \$200 was made to the National Diabetes Foundation in memory of Paul Sullivan. His passing was a loss to the entire New York cycling community. Once again, our thanks go out to all who made the 1999 Century a success in the fall and our best wishes to all who will benefit from the 1999 Century.

## Letters to the editor

Dear Editor,

Last week I attended a wonderful open house at North Brooklyn Recycle-A-Bicycle. The high schoolers and graduates involved in the program have developed a love of cycling, gained valuable mechanical and business skills, and learned about the environmental consequences of different human activities. I was very impressed with and moved by the many volunteers--students and adults--who make the program work with modest financial resources.

At the end of the evening there was an especially encouraging and thoughtful gesture: a donation of \$1,000 from NYCC! (The money represented the excess proceeds from the Escape from New York Century.) Thanks for making me proud to be an NYCC member.

Hannah Borgeson

Dear Editor,

I've registered our bikes with the NYPD. They set up in the lobby one evening, and I brought all the Baron bikes down to have the serial numbers engraved - the PD couldn't believe how many bikes we had.

My January American Express bill has a note on the back: Save 20% on Registration Fee with the National Bike Registry The National Bike Registry has been linking with police departments all over the US to return registered bikes that are stolen to their owners.

Until April 30, 2000, if you use your American Express card to register your bike for a 10-year period, it will cost \$8 instead of \$10. Visit their website at [www.Bicyclelink.com](http://www.Bicyclelink.com) and write AMEX where it says dealer code. You can do it by phone at 1-800-848-BIKE, but there's a \$2.95 charge for phone sales.

Caryl Baron

## B-SIG 2000

Do you want to learn good bike handling skills; improve your stamina, strength and speed; brush up on bike maintenance; get to know some of the great NYCC routes; learn how to ride safely in a group and work together with other riders to make the ride easier and more enjoyable? Then join our 10-week progressive training series this spring. The B-SIG will have three divisions. Group 1 will progress from a 14 pace and a 40 mile distance on the first day to a 16 pace and 85 miles in May; Group 2 will start at a 15 pace, 40 miles and work up to a 17 pace on the 85 mile graduation ride; and Group 3 will go from a 16 pace, 45 miles to an 18 pace and 85 miles. (Group 3 will do about 5 miles more than Groups 1 & 2 during each of the first five weeks of the series.)

While the B-SIG is not as rigorous as the A-SIG, we do require that you make a commitment to do each week of the series. We understand if you must miss a week, or possibly two, in the event of an emergency, but the SIG rides are not meant to be casual pick-up rides. In order for the whole group to progress safely to new skill levels, everyone in the group must learn and improve together each week. For the first seven

weeks we will have classes in various skills prior to starting our ride. The classes on March 4, March 11 and April 15 are required, while the classes on other weeks are optional. We have no requirement of week-day training; however, we believe you will accomplish more and have more fun doing it if you can do one or two midweek training rides. Even a spin class at the gym or two laps around Central Park twice each week will help you progress through the series.

All the SIGs stress safety, bike handling, equipment preparation and maintenance. But the B-SIG's "dirty little secret" is that we also put extra emphasis on making friends and eating great food. So bring your appetites and your social skills as well as your desire to become better all-around cyclists.

Coordinating the B-SIG this year will be Annaline Dinkelman (212) 876-1344 ([dinkelman@att.net](mailto:dinkelman@att.net)) and Carol Waaser (212) 581-0509 ([biker-c@rcn.com](mailto:biker-c@rcn.com)). Other ride leaders will include Beth Myers, Tom Strenk, David Hallerman and Linda Wintner. Guest leaders will include Ben Goldberg, Gary McGraime and CJ Obregon. Mark Wolz will return to teach several of the skills classes (Mark's classes were the hit of last year's SIG). Other surprise guests will appear from time to time.





# Ride Listings



## Friday, March 3

**A/B/C 2mph 3 - 4 Blocks 5:00 PM**

### Diaper Ride

**Leader:** Al Boland (212) 740-0700

**From:** 72nd and CPW Entrance

Any age allowed as long as you wear diapers. Babies on tricycles and parents on foot. We will follow paths to 68th St playground to visit swings.

## Saturday, March 4

**A-SIG Classic 46MI 8:30 AM**

### Ride #2: Northvale - Introduction to Cooperative Group Riding

**Leaders:** Judy Morrill and Randy Taylor (212) 866-0462

**From:** The Boathouse

Be at the Boathouse in Central Park by 8:15 so you can sign in and get your names on your helmets (front and back? so people can call you by name!). We want to be on the road PROMPTLY at 8:30 to avoid crowds and traffic. The purpose of today's ride is just to get some base mileage in, and to practice riding together. We will also start thinking about paceline formations and getting comfortable with the idea of riding on someone's wheel. Your fearless leaders will give you guidance on everything from road etiquette to proper bike fit (and Mr. Guzzetta may even show you how to deal with traffic police in the state of NJ.) We'll cruise to the Northvale Diner via 505, eat breakfast, and return to NYC on 501. Only one hill? Leader's choice: Closter Dock, Churchill, or Walnut. Helmets required, aerobars forbidden. Rain Date: Sunday, March 5.

**A19-SIG 24MI 9:00 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 Blackmar and Angel (papa Smirf) Rivera

**From:** The Boathouse

(Please see article in February bulletin for full description of A-19 SIG) Rain date Sunday, March 5, 2000 same time and place. If it rains Sunday, show up sans bicycle 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. We'll focus on group riding and just getting the winter cobwebs out of our legs. All "A19" siglets should be able to complete the four lops in under 1 hour 50 min. Each week hereafter, we'll go a little further and a little faster all the while learning what it takes to be a safe and elegant rider. Give us your next 12 Saturdays and you'll make history. All participants must wear helmets. Road bikes are preferred. Under no circumstances will bikes with aerobars be permitted.

**A18 45MI 9:30 AM**

### Ride #1 of the This-Is-Not-a-Hammerfest Spring Training Series for A-Riders

**Leaders:** Jaimie Epstein (212) 923-2616 and an assorted like-minded crew

**From:** The Hill Across from the Boathouse

Feeling out of shape despite all those wintry squats and spinning classes (or not), all those hours on rollers or wind trainers (or not)? Worried about getting pounded by this year's SIG graduates come May? Miss the Halcyon days of your own SIG? If you're an A-rider who wants to get in shape the sane way, it's time to crawl out of hibernation. March is not for hammering (there'll be plenty of summer months to do that once we've got some base); it's for slowly building strength and endurance and reliving the joys of working as a team. We all know what to do -- let's get out there and do it together. Today's ride will be an out-and-back with a diner stop at mile 35, then back on Route 9, so fill your water

bottles, empty your bladders and pack a Cliff bar or two. Helmets and paceline skills required, smiles a plus. Pace busters will be busted. Rain, snow, sleet date: March 5.

**B-SIG 24.4MI 9:00 AM**

### Ride # 1 Self Classification 4 Laps around Central Park

**Leaders:** Annaline Dinkelmann (212) 876-1344

and Carol Waaser (212) 581-0509 and the other B SIG leaders

**From:** North side of the parking lot at the Boathouse

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. Then we'll ride in groups out to an indoor venue in Long Island City for lunch and we'll have our first class. (You can take the subway out if necessary.) If you want to be in the SIG, you must attend this session. (Anyone wishing an exception to this must call Carol Waaser or Annaline Dinkelmann.) Rides canceled if roads are wet, or temp at am is below 35°. (Please note start time at 9 and NOT 10 as listed before) Rain date: Sunday March 5

**All C-SIG#1 24.4MI 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:** East Drive of Central Park near 72nd Street entrance on Fifth Ave.

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 35°. 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.

**A19 55+/-MI 9:00 AM**

### In Shape?

**Leader:** Tom Laskey (212) 496-1636

**From:** The Boathouse

It's February as I write this, only one month until the season starts. Maybe it won't be like the Arctic Circle next weekend, maybe if I do two spinning classes during the week, some weights, some cross-training I can ride hard on Saturday, do a recovery ride on Sunday, then next week, more spinning, weights, watch the tour videos, eat a few extra power bars, pour GU on my cereal, maybe I can be in shape by...by... If this is you, relax and enjoy a comfortable spin somewhere within a 50 - 60 mile radius of the boat house. If it's not you come anyway. Temps below 30° at 8:00 am cancels as does rain, sleet, snow, fog, sloop or a rise in George W. Bush's poll numbers.

**B15/16 40/45MI 9:30 AM**

### 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

### **B15/16                      45-55MI                      9:15 AM** **Long Beach and if weather permits Point Lookout**

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

**From:** City Hall Park

Very flat ride total distance about 50 to 55 miles. Cold weather does not cancel, rain or snow does. Subway and LIRR bailout options.

### **B15                              39MI+/-                      9:39 AM (really!)** **Piermont Express**

**Leader :** Isaac Brumer (212) 734 6039

**From:** NE Corner of 178th St. and Ft. Washington Ave. (GAB Bus Terminal)

Celebrate your faithful ride leader's 39th birthday with a brisk ride and picnic at the pier. Come early for coffee and doughnuts and leave on time. Have most of afternoon off. Frosting on roads or temperature below 39-7° (Channel 1 at 8:39+2) cancel.

### **B13-18                      24.4MI                      10:00 -10:30 AM** **Classification and Cyclocomputer Calibration Ride**

**Timekeepers:** Annaline Dinkelmann (212) 876-1344,

Paul Hofherr (212) 737-1553, Irv Weisman (212) 567-9672

**From:** The Boathouse

See description for Saturday. Self-classification rides continue.

### **All C SIG #1                      24.4MI                      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:** East Drive of Central Park near 72nd Street entrance on Fifth Ave. See description for Saturday, March 4th.

## **Tuesday, March 7**

### **A/B17+                      24MI                      7:15 PM**

#### **Evening Spring Training Series.....You know where!**

**Leader:** Jim Gallant (212) 529 9627

**From:** The Boathouse

Okay its SIG season, so get out and ride! Tuesday and Thursday Nights well do 3-4 laps in the park. This will help all of you sigsters keep up on Saturday. Extreme weather conditions cancel. Call if in doubt.

## **Wednesday, March 8**

### **B14/C14                      40MI                      10:00 AM**

#### **Wednesdays is Sundays**

**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 Caravels' slogan and promise a run ride and maybe some Sundays. Rain, snow and/or temps below 30°.

## **Thursday, March 9**

### **A/B17+                      24MI                      7:15 PM**

#### **Evening Spring Training Series.....You know where!**

**Leader:** Jim Gallant (212) 529 9627

**From:** The Boathouse

Okay its SIG season, so get out and ride! Tuesday and Thursday Nights well do 3-4 laps in the park. This will help all of you sigsters keep up on Saturday. Extreme weather conditions cancel. Call if in doubt.

## **Friday, March 10**

### **A/B/C 2mph                      3 - 4 Blocks                      5:00 PM**

#### **Diaper Ride**

**Leader:** Al Boland (212) 740-0700

**From:** 72nd and CPW Entrance

Any age allowed as long as you wear diapers. Babies on tricycles and parents on foot. We will follow paths to 68th St playground to visit swings.

## **Saturday, March 11**

### **A-SIG Classic                      50MI                      8:30 AM**

#### **Ride #3: Park Ridge--Introduction to Single,**

#### **Non-Rotating Paceline**

#### **(Last Day for New A-SIG Participants to Join)**

**Leaders:** Ann Marie Miller (212) 247-6531

and Robin Read (212) 627-0026

**From:** The Boathouse

Get to the Boathouse 15 minutes early to sign in, etc. You will also be expected to have trained during the week. Although today's pace will still be somewhat moderate, the distance is steadily increasing, and there will be some hill work involved. We don't want to lose anyone on a hill! We will begin to focus more on riding in a single pace line, too. A first taste of how cool it is to ride on someone's wheel and be pulled along in a draft. Better yet, the leaders are doing all the pulling! This is fun! Helmets required. Aerobars Verboten. Rain Date Sunday, March 12.

### **A-19 SIG                      40MI                      9:00 AM**

#### **Ride #2: Group Fun to Northvale**

**Leaders:** Anne Grossman (212) 924-1549

and Herb Dershowitz (212) 929-0787

**From:** The Boathouse

Our first ride out of Central Park. We'll have a group ride to the Northvale Diner for their great pancakes and French toast. Today we'll focus on safety and riding cooperatively as a group. The speed will be about 15 or 16 MPH so that we can focus on proper bike position, spinning, and comfort. No one gets dropped on the way back (unless you eat too many pancakes!).

### **A18                              Last week's +MI                      9:30 AM**

#### **Ride #2 of the This-Is-Not-a-Hammerfest**

#### **Spring Training Series for A-Riders**

**Leaders:** Richard Rosenthal (212) 371-4700

and Sid Daniels (917) 822-0819

**From:** The Hill Across from the Boathouse

See March 4 listing. This is a work in progress. We work, we progress. Call leaders for more info. Rain, snow, sleet date: March 12.

### **B-SIG 14,16                      42 - 47MI                      9:00 AM**

#### **Ride # 2 Northvale**

**Leaders :** David Hallerman (718) 499-4467

and Linda Wintner (212) 876-2798

**From:** North side of the parking lot at the Boathouse

We'll do a class on bike handling skills (cornering, braking, downhill riding . . . ) then cruise out to Northvale Diner for brunch. We'll split into 2 or 3 groups with the faster group doing a slightly longer ride. Rain date: Sunday March 12

### **B16+/-                              50+MI                      9:15 AM**

#### **Return of the Native**

**Leader:** Henry Joseph (212) 989-8176

**From:** The Boathouse

Ah, the joys of Spring. Flowas, sunni skies, rushing brooks, tweety birds, warma wetha... I must be dreaming. A deprivation induced state of allomorphic (not what you think) delusion (perhaps not what I think). It's cold, roadside littered with winter jetsam, too much winter, yearning for my cousin's house in Tuscon.

It's 80° in Tuscon. I'm loosing it. Too much winter. However, this is early February...the listed ride is scheduled for mid March...a mere ten days from the vernal equinox. My friend, Vernal...Dear Vernal, wish you were here...with me...and my friends. Care for a slice of pizza? Take your vitamins. Weather permitting...we'll ride the Nyack hills, backroads and bayous (it's New Jersey...there are swamps in New Jersey)...exploring spring...enjoying a beautiful day.

**C14 SIG #2                      30MI                      9:30 AM**  
**Bergen Ramble**

**Leader:** Paul Hofherr (212) 737-1553 & Jerome Janof

**From:** The Boathouse Parking Lot

We'll ride up to the GW Bridge where we'll join up with the other C SIG group for some basic bike work, then a jaunt across the bridge through Bergen County for some practical road work and lunch. Remember to keep your hands and toes warm! Helmets required. Starting temps below 35°, excessive windchill, icy streets or precip. Cancels. Rain date will be the next day. (Sunday)

**C10,12 SIG #2                      15MI                      10:00 AM**  
**Bergen Ramble**

**Leader:** Irv Weisman (212) 567-9672

**From:** GWB Bus Terminal @ 178th ST. & Ft. Washington Ave.

On this ride we will remain atop the Englewood Cliffs plateau and practice skills including: 1) walking our bikes while steering from the saddle, 2) smooth starts and stops, 3) straight line riding maintaining uniform spacing of approximately 2 bike lengths. Lunch in a diner in Englewood Cliffs. Return to GW Bridge by 4:00 PM. Starting temps below 35°, excessive windchill, icy streets or precip. Cancels. Rain date will be the next day. (Sunday) Helmets required.

**Sunday, March 12**

**A19+/-                      65MI                      9:00 AM**

**Dust Off That Bike Seat . . .**

**Leader:** Beth Renaud (212) 274-9463

**From:** The Boathouse

. . . it's time to get some miles in, and I don't mean "indoor miles." Whether we ride east or west of the Hudson depends on a variety of factors: my mood, the phase of the moon, the outcome in last week's primary, etc. The obvious cancels.

**B15                      35MI+/-                      9:30 AM Prompt!**  
**Express Freight**

**Leader:** Isaac Brumer (212) 734 6039

**From:** NE Corner of 178th St and Ft. Washington Ave (Outside GWB Bus Terminal)

Spring is almost here. Arrive early at the bus station for coffee and doughnuts then leave promptly for a scenic ride to the "My Garden (680 Main St-Rt 340, Sparkill. 914 365 6105.) Depot" in Sparkill for more coffee, doughnuts or juice. Early return and afternoon off for sunbathing. Precipitation or freezing temperature (according to "NY1" at 8:01 AM) derail.

**B15                      24MI                      9:30 AM**

**Laps around the Park**

**Leaders:** Robert Dinkelman (212) 876-1344 and Cathy Martone (212) 979-0969

**From:** The Boathouse

Any easy spin to warm up the legs. Get to the Boathouse early that we can leave promptly at 9.30. Ride cancels if Saturday was rainy and SIG rides go out on Sunday.

**B14/15                      40MI                      10:30 AM**

**Third Try 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 our-

selves with an interesting route home.

**C14                      45 gentle MI's                      10:00 AM**  
**Scarsdale (or something like it)**

**From:** The Boathouse Parking Lot

**Leaders:** Dick Goldberg richsgold@aol.com & Arlene Ellner

It's time to push past The Bronx-knees and the like permitting. This flat ride with Metro North bailouts will be geared for an easy good time with good riding form. Temps below 30° at 9 a.m., wet or icy roads or serious threat of same will cancel. Phone Dick at 212 874-2008 NO EARLIER THAN 9:00 AM if in doubt or in need of reassurance.

**Thursday, March 16**

**A/B17+                      24MI                      7:15 PM**

**Evening Spring Training Series.....You know where!**

**Leader:** Jim Galante (212) 529 9627

**From:** The Boathouse

Okay its SIG season, so get out and ride! Tuesday and Thursday Nights well do 3-4 laps in the park. This will help all of you sigsters keep up on Saturday. Extreme weather conditions cancel. Call if in doubt.

**Friday, March 17**

**A/B/C 2mph                      3 - 4 Blocks                      5:00 PM**

**Diaper Ride**

**Leader:** Al Boland (212) 740-0700

**From:** 72nd and CPW Entrance

Any age allowed as long as you wear diapers. Babies on tricycles and parents on foot. We will follow paths to 68th St playground to visit swings.

**Saturday, March 18**

**A-SIG Classic                      54MI                      8:30 AM**

**Ride #4: Nyack - Introduction to Single, Rotating Pace Line (Deadline for NYCC Membership)**

**Leaders:** Mark Murata (212) 721-5132 and Craig Seitel (212) 875-9201

**From:** The Boathouse

OK, yeah, you've been to Nyack. Or have you? Have you been there in STYLE? In a pace line? Have you shown up not as a stragglng wobbly single rider but in tight formation, obeying traffic rules and feeling awesome? Besides, who can resist a latte at the Runcible, anyway? We've already had a taste of pace line riding from last week. You are now getting to be a steady, smooth, PREDICTABLE rider. This week, more of the same, just getting comfortable with it. Ride out to Nyack on flat 505, and we'll eat breakfast at the Runcible or the Diner. On the way home on 9W, we will start rotating the lead. Cool! NO NEW SIG PARTICIPANTS WILL BE ACCEPTED TODAY. Get to the Boathouse by 8:15 to sign in, yadda, yadda, yadda. Helmets required. Aerobars? What are those? Rain Date Sunday, March 19.

**A-19 SIG                      50MI                      9:00 AM**

**Ride #3: White Plains**

**Leaders:** Ed Fishkin (718) 633-3038 and David Grogan (718) 875-1977

**From:** The Boathouse

Keeping the pace respectable, we'll focus on maintaining the discipline needed for excellent group riding. No one will be dropped. This is the last week you can participate without being a NYCC member. You'll feel the stirrings of muscle power developing after your last two weeks of training on your own. You'll have a fine (but nutritious) meal at the Sea Star and look fabulous as we roll in unison back into Central Park after completing 50 MI.

**A18                      Last week's +MI                      9:30 AM**

**Ride #3 of the This-Is-Not-a-Hammerfest Spring Training Series for A-Riders**



**Leaders:** Richard Rosenthal (212) 371-4700 and Sid Daniels (917) 822-0819

**From:** The Hill Across from the Boathouse

See March 4 listing. This is a work in progress. We work, we progress. Call leaders for more info. Rain, snow, sleet date: March 19.

**B-SIG 14,16                      47-52MI                      9:00 AM**

**Ride # 3 Scarsdale**

**(Last day to join the B SIG)**

**Leaders:** Beth Myers (718) 230-0742 and Tom Strenk (718) 486-6106

**From:** North side of the parking lot at the Boathouse

Our class will be about spinning and we'll get to practice all the way up through the Bronx and Westchester. Before you know it you'll have the smooth fast spin of a pro. Several choices for lunch before we head back to Manhattan. Rain date: Sunday March 19.

**B14/15                              45-50MI                      9:15 AM**

**Park Ridge**

**Leader:** Bernie Brandell (718) 633-1759 and Mystery Lady

**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.

**C14 SIG #3                      30MI                              9:30 AM**

**Jersey Escape**

**Leader:** Paul Hofherr (212) 737-1553 & Jerome Janof

**From:** The Boathouse Parking Lot

This week we'll review some basic turning and signaling along with some practical gear shifting tips, which might come in handy as we experience my favorite way back to the Palisades via Walnut hill. Cancellation: See C SIG #2, Saturday March 11th ride. Helmets required.

**C10,12 SIG #3                  20MI                              10:00 AM**

**Cresskill**

**Leader:** Irv Weisman (212) 567-9672

**From:** GWB Bus Terminal @ 178th ST. & Ft. Washington Ave.

We descend the Palisade cliff using Clinton Avenue for an exciting ride. Food stop in Cresskill. Our skill practice includes: 1) one-handed steering, 2) pointing to road hazards, 3) checking over the shoulder for traffic, and 4) hand signals and turns. Return to GW Bridge by 4:00 PM. Cancellation: See C SIG #2, Saturday March 11th ride. Helmets required.

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## Sunday, March 19

**A19                                  40/55MI                      9:30 AM**

**Whatever May Come**

**Leader:** Jim Modula (212) 663-1420

**From:** The Boathouse

If the weather cooperates, we'll be riding to Nyack, possibly with a hill thrown in. If it's cold but still rideable, we'll shorten the route and change the destination to the River Vale Bagel/Pizza shop, or maybe even a non-stop 40 mile loop (popular sentiment will prevail). Really nasty stuff (temp below 32° at 9:00 or precip of any kind) cancels altogether. Please note 9:30 start time.

**B16                                  60MI                              10:00 AM**

**I Love a Parade!**

**Leader:** Jay O'Jacobson (914) 359-6260 joanandjay@aol.com

**From:** The Boathouse

View NY State's 2nd biggest St. Patrick's parade in Pearl River, dine on corned beef & cabbage, etc. Wear a little green, shamrocks, etc.

**B15                                  24MI                              9:30 AM**

**Laps around the Park**

**Leaders:** Robert Dinkelmann (212) 876-1344 and Cathy Martone (212) 979-0969

**From:** The Boathouse

Any easy spin to warm up the legs. Get to the Boathouse early that we can leave promptly at 9:30. Ride cancels if Saturday was rainy and SIG rides go out on Sunday.

**C13                                  40MI                              9:30 AM**

**Saddle River Roundabout**

**Leader:** Alinda Barth (212) 928-5399

**From:** George Washington Bridge Bus Terminal, Ft. Washington Ave.

Yippee, it's not Piermont! We are riding farther west at a mellow late-winter pace, with just one big hill at the end. Starting temp below 32° and/or precip cancels. Call leader if in doubt.

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## Tuesday, March 21

**A/B17+                              24MI                              7:15 PM**

**Evening Spring Training Series.....You know where!**

**Leader:** Jim Galante (212) 529 9627

**From:** The Boathouse

Okay its SIG season, so get out and ride! Tuesday and Thursday Nights well do 3-4 laps in the park. This will help all of you sigsters keep up on Saturday. Extreme weather conditions cancel. Call if in doubt.

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## Wednesday, March 22

**B14/C14                              40MI                              10:00 AM**

**Wednesdays is Sundays**

**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°.

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## Thursday, March 23

**A/B17+                              24MI                              7:15 PM**

**Evening Spring Training Series.....You know where!**

**Leader:** Jim Galante (212) 529-9627

**From:** The Boathouse

Okay its SIG season, so get out and ride! Tuesday and Thursday Nights well do 3-4 laps in the park. This will help all of you sigsters keep up on Saturday. Extreme weather conditions cancel. Call if in doubt.

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## Friday, March 24

**A/B/C 2mph                      3 - 4 Blocks                  5:00 PM**

**Diaper Ride**

**Leader:** Al Boland (212) 740-0700

**From:** 72nd and CPW Entrance

Any age allowed as long as you wear diapers. Babies on tricycles and parents on foot. We will follow paths to 68th St playground to visit swings.

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## Saturday, March 25

**A-SIG Classic                      55MI                              8:30 AM**

**Ride #5: Pleasantville-- More Single, Rotating Pace Line (and if you're good we'll double up on the way home!)**

**Leaders:** Frank Grazioli (212) 529-9462

and Jack O'Connor (212) 799-7649

**From:** The Boathouse

Whoa! This ride is REALLY HILLY! Did you train during the week, maybe even do some hill repeats? You'll be glad if you did! Phew! Now you're getting really comfortable in that single pace line, and now there's more time for practice. Up to Tarrytown on Route 9 / a great place to practice rotating the lead. Over a big hill to the Thornwood Diner, returning via Grassy Sprain (now there is one fun downhill as your reward!). On the way home, if you're good (and we know you will be), we'll introduce you to a double pace line (non-rotating), so you'll be ahead of the game next week. You know the drill by now: get there 15 min. early, name on helmet, helmets on heads. We leave at 8:30 on the dot. You're getting to be a real A-Rider now. Rain Date Sunday, March 26.

**A-19 SIG                      50MI                      9:00 AM**  
**Ride #4: Nyack**

**Leaders:** Carolyn Blackmar (212) 666-0616  
 and Michael Samuel (212) 722-8125  
**From:** The Boathouse

This week, all of us are NYCC members and we've been training diligently to build endurance. No new riders accepted. Alright, it's starting for real. Today we'll cruise one of the classic routes to hallowed Nyack as we teach you the beauty and elegance of single paceline riding. Did you train this week? The speed will be held down a little to focus on safety and skills. This is called "holding the juices in." Note: this is the final week of the "No Drop Policy."

**A18                      Last week's +MI                      9:30 AM**  
**Ride #4 of the This-Is-Not-a-Hammerfest Spring Training Series for A-Riders**

**Leaders:** Jaimie Epstein (212) 923-2616 and hopefully someone else  
**From:** The Hill Across from the Boathouse  
 See March 4 listing. This is a work in progress. We work, we progress. Call leader for more info. Rain, snow, sleet date: March 26.

**A18                      60MI +/-                      9:00 AM**  
**Bring a Sandwich To Stanwich!**

**Leader:** Spencer Koromilas (212) 867-8678  
 or SpencerNYCC@Juno.com  
**From:** The Bench across from the Boathouse

The weather is getting warmer . . . the "snow and ice" excuses are over . . . it's time to hit those beautiful, meandering roads in Westchester, and Connecticut! Ok, there are hills too, but if I can do them . . . so can you! Same route as my 'often mentioned' Pound Ridge Ride, only shorter, as we will not take Farms, Erksine, the Shads, or Middle Patent Road, alas! . . . but there is still plenty to put between our teeth . . . remember Burying Hill? Return from White Plains via Metro North (bring your Train Pass) Required: As all A Rides; predictable, as well as steady group riding skills. Cancels: A broken leg on my ski trip! . . . an avalanche! . . . will they ever find the body?

**B-SIG 15,17                      52-57MI                      9:00 AM**  
**Ride # 4 Ridgewood**

**Leaders :** John Fullwood (212) 927-3278  
 and Annaline Dinkelmann (212) 876-1344  
**From:** North side of the parking lot at the Boathouse

By now we're looking good, riding as a group, everyone feeling easy on their bikes. Our class will be about gearing; you'll get to practice on the rolling terrain out to Ridgewood. And what would a B-ride be without a great food stop: the Pancake House is one of the best! (There's also a deli and a diner if you're not into pancakes & french toast.) Rain date: Sunday March 26.

**B16 between                      35 - 58MI                      9:00 AM**  
**Hicksville Mall or Oyster Bay if weather permits**

**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 if its cold. If its lovely spring weather, then we are going to extend the ride to Oyster Bay. If weather is below 30°, please call to confirm if ride is still going. Please bring lock.

**C14 SIG #4                      35MI                      9:30 AM**  
**Bronx River & Beyond**

**Leader:** Paul Hofherr (212) 737-1553 and Jerome Janof  
**From:** The Boathouse Parking Lot

An enjoyable ride up through the Bronx and then up toward the Westchester suburbs of Bronxville and maybe even Scarsdale. Our single line riding skills will be improving as we will feel like one well-oiled machine cruising safely and efficiently. Cancellation: See C SIG #2, Saturday March 11th ride. Helmets required.

**C10,12 #4                      25MI                      9:30 AM**  
**Closter**

**Leader:** Irv Weisman (212) 567-9672  
**From:** GWB Bus Terminal @ 178th ST. & Ft. Washington Ave.

We extend our riding to the Closter Diner. Our skill practice includes: 1) review of previous work, 2) synchronized shift from one side of lane to the other, 3) emergency stop and resume, and 4) rock dodging. Return to GW Bridge by 4:00 PM. Cancellation: See C SIG #2, Saturday March 11th ride. Helmets required.

**Sunday, March 26**

**KB18                      70+/-MI                      9:00 AM**  
**Nyack and the Lakes**

**Leader:** Spencer Koromilas (212) 867-8678  
 or SpencerNYCC@Juno.com  
**From:** The Boathouse

Back by popular demand . . . comments like "what a fantastique route to Nyack" . . . "it's all downhill to Nyack" . . . "what great views of the lakes" . . . and last but not least; "Killer hammer home" Okay I'm quoting Sylvie, Simon, Hank, and Robbie, but the route is spectacular, John and Hannah liked it too, so call them if you don't trust me! Would I ever tell a lie? Ok . . . fine, be like that . . . I was not under oath . . . go ahead, impeach me! Required: Smiley faces, red cheeks, eyes that sparkle! Cancels: The Republicans finally giving Bill some credit!

**B16                      45MI                      9:30 AM**  
**Body and Soul**

**Leaders:** Bob Hancock (212) 496-4075 or rhancock@bellatlantic.net  
 and Wendy Cohen (212) 532-4803  
**From:** The Boathouse

Riding at a gentle tempo the day after the SIG attends to the corporeal and listening to great music ameliorates the intangible. This is the ride that does both. We will take an easy pace into New Jersey and return in time to listen to the Greenwich Village Orchestra play the Mozart Symphony in G Minor, the Dvorak Sixth Symphony, and the Faure Pavane. On the ride, Bob will answer any musical questions you may have. Bring a helmet, a small lock, \$10.00 for the concert ticket, and good riding skills. Temperature 35° degrees or below, rain, or tritones at 8:00 A.M. cancels the ride, but not the concert. No hammerheads. No dodecaphonists.

**C12                      35MI                      9:00AM**  
**Beautiful Brooklyn**

**Leader:** Michael Di Cerbo (212) 645-1120  
**From:** The Boathouse

We'll also pick up riders at the Brooklyn side of the Brooklyn Bridge and then ride thru interesting ethnic neighborhoods. Some mild hills, return across the new path on the Williamsburg Bridge. If you have a bike lock, bring it. Lunch in an ethnic restaurant. Predicted high below 35° cancels.

**Tuesday, March. 28**

**A/B17+                      24MI                      7:15 PM**  
**Evening Spring Training Series.....You know where!**

**Leader:** Jim Galante (212) 529-9627  
**From:** The Boathouse



Okay its SIG season, so get out and ride! Tuesday and Thursday Nights well do 3-4 laps in the park. This will help all of you sigsters keep up on Saturday. Extreme weather conditions cancel. Call if in doubt.

## Thursday, March 30

A/B17+ 24MI 7:15 PM

### Evening Spring Training Series.....You know where!

**Leader:** Jim Galante (212) 529 9627

**From:** The Boathouse

Okay its SIG season, so get out and ride! Tuesday and Thursday Nights well do 3-4 laps in the park. This will help all of you sigsters keep up on Saturday. Extreme weather conditions cancel. Call if in doubt.

## Friday, March 31

A/B/C 2mph 3 - 4 Blocks 5:00 PM

### Diaper Ride

**Leader:** Al Boland (212) 740-0700

**From:** 72nd and CPW Entrance

Any age allowed as long as you wear diapers. Babies on tricycles and parents on foot. We will follow paths to 68th St playground to visit swings.

## Saturday, April 1

A-SIG Classic 161MI 8:30 AM

### Ride #6: Rockland Lake--Double,

### Rotating Pace Lines and Bike Handling Drills

**Leaders:** Lynn Faulhaber (212) 362-1342 and Paul Frio (212) 228-9123

**From:** The Boathouse

Hah! April Fools! It's really only 61 MI, but you don't want to miss this one. This is the turning point for the A-SIG, where the leaders teach you all kinds of cool stuff like different double pace line formations, bike handling skills, and major hills. Double, non-rotating pace line to Nyack for breakfast. (These leaders are SO NICE to pull us all the time!) Then a hilly 5 MI north to Rockland Lake Park, where we'll do loop after loop after loop of double, rotating pace lines, followed by bike handling drills on the grass (what do I do if someone knocks into me, or taps my back wheel?). On the way home, more rotating double AND single pace lines. And more HILLS. You're getting really good at this stuff now. In fact, you are wondering why you thought biking was fun before you learned about pace lines. If you haven't been riding consistently during the week, you would not have gotten this far. Congrats! The usual: 8:15 to sign in, butts in saddles at 8:30 SHARP, helmets mandatory. Rain Date Sunday, April 2.

A-19 SIG 65MI 9:00 AM

### Ride #4: Syosset

**Leaders:** Ed Fishkin (718) 633-3038 and John Vazquez (212) 544-9450

**From:** The Boathouse

Pay off begins. You're feeling stronger, muscles ripple a little. Heartbreak hill seemed a little easier this week (or is it your imagination?) This week there's only a small change in velocity, but you'll learn and practice single rotating pacelines. A more beautiful thing to behold you haven't seen. We'll cruise out along the scenic North Shore Long Island to Syosset and back merrily perfecting this critical "A" riding skill. If you haven't been training, this is the week you'll see the difference. We can no longer hold up the group for stragglers. Train harder!!! Who did 10 hill repeats? I hope you didn't see blood!

A18+ Last week's +MI 9:30 AM

### Ride #5 of the This-Is-Not-a-Hammerfest Spring Training Series for A-Riders

**Leaders:** Jaimie Epstein (212) 923-2616 and hopefully someone else

**From:** The Hill Across from the Boathouse

See March 4 listing. This is a work in progress. We work, we progress. Call leader for more info. Rain, snow, sleet date: April 2.

B-SIG 15,17 55 - 60MI 9:00AM

### Ride # 5 Mamaroneck Harbor

**Leaders:** Linda Wintner (212) 876-2798 and Carol Waaser (212) 581-0509

**From:** North side of the parking lot at the Boathouse

No pranks on the leaders, please! Class: riding in traffic. Then it's on to Westchester where we'll pick up a picnic lunch in Mamaroneck and ride down to the waterfront park to eat. If we're lucky, we'll get in some sunbathing before taking a pleasant route home. Rain date: Sunday April 2.

B17 50M 9:00 AM

### I Pick a Title, I Have the Destination (yes, that's the title)

**Leader:** Ira Mitchneck (212) 663-2997

**From:** The Boathouse

I have had a penchant for obscure ride titles and listings. I have sworn off of that for good or bad. Pick a title; April Fools Ride, Someone Else's Birthday Ride, or Last Ride Before Membership Renewal. It's still going to be the same destination, no matter what the title, a diner in Bergen County, seasonal cuisine at it's best. Breakfast for all on the leader if "Someone Else" shows up for the ride, but I'm no fool despite the date. REMEMBER TO RENEW YOUR MEMBERSHIP. Change in title cancels this ride.

C14 SIG #5 35MI 9:30 AM

### Riding and Dining in NJ, A Delicious Combo

**Leader:** Paul Hofherr (212) 737-1553 & Jerome Janof

**From:** The Boathouse Parking Lot

Perhaps a jaunt across the GW Bridge to the Closter Diner, with a few twists and turns thrown in for good measure. We'll be upping the pace a bit at this point, but I'm sure you'll be ready for it. Cancellation: See C SIG #2, Saturday March 11th ride. Helmets required.

C10,12 SIG #5 30MI 9:30 AM

### Closter

**Leader:** Irv Weisman (212) 567-9672

**From:** GWB Bus Terminal @ 178th ST. & Ft. Washington Ave.

We go again to the Closter Diner, but add a few more miles to the ride. Our skill practice includes: 1. review of previous skills, 2. fast turns, U-turns, emergency turns (car-avoidance). Return to GW Bridge by 4:00 PM. Cancellation: See C SIG #2, Saturday March 11th ride. Helmets required.

## Sunday, April 2

B15 24-40MI 9:30 AM

### Recovery Ride

**Leaders:** Robert Dinkelmann (212) 876-1344

and Cathy Martone (212) 979-0969

**From:** The Boathouse

Any easy spin. Distance and pace will be determined on how hard we rode the day before. Get to the Boathouse early that we can leave promptly at 9.30. Ride cancels if Saturday was rainy and SIG rides go out on Sunday.

C13/14 45MI 9:00 AM

### Piermont, the scenic way

**Leader:** Dona Kahn (212) 399-9009

**From:** The Boathouse

Start the Spring season with an old favorite on the back roads. If weather permits, perhaps lunch at the gazebo; if not well stay warm with a soup and sandwich. Under 40° at start or precip. cancels. Helmets required.

## Out of bounds...

### Saturday, March 25

### Swing dancing

Please join us for swing dancing at the 92nd street Y at Lexington Ave. on sat-

urday, 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 headcount.

## April 15

### Second Annual Blessing Of The Bikes

This event will take place April 15th at 2 pm at the Cathedral Church of St. John the Divine located on 110th and Amsterdam. Join your fellow cyclists in a moment of silence for cyclists who have passed away during the year. You may also want to take a moment to pray for no flats this season, sunny weather and a special prayer not to get dropped from a ride. Next month we will list A/B/C rides to meet at this event, keep this date open! What should I wear? Dress in your bicycle attire Where should we park our bikes? Bikes welcomed inside the church What if I am not observant? all faiths welcomed, this is a spiritual event. Glen Goldstein/president New York City Bicycle Show, Ltd. 513 Second Avenue o Fifth Floor New York, NY 10016

## May 4 - 6

### New York City Bicycle Show volunteers needed

The New York City Bicycle Show will be held May 4 - 6 at The World Trade Center. The New York Cycle Club will have a table set up and we will need volunteers to help promote our club. This event is going to be very BIG! Please contact Wendy Cohen - wcohen@tommy-usa.com or (212) 532-4803 - if you would like to volunteer your time on any of these days.

## May 27 - 29

### NYCC Memorial Day Weekend Berkshire Hills and Beyond

As sure as spring turns turn to summer, the swallows return to San Juan Capistrano and the SIG'S return to the Boathouse, The New York Cycle Club returns to the Berkshires and settle into Sheffield, Massachusetts for the holiday weekend. Join us for three days of riding at all levels, picnic lunches and beautiful scenery. We will be trying some new routes this year and revisiting some classic old ones. (Is it Bish Bash or Bash Bish?) After riding, we will have a dinner at one of the Southern Berkshire's nicest restaurants which will be ours for the evening. Though the snow is still on the ground, it's time to start making your plans. Check out the list of some of the some of the local b&b's below. For additional information, e-mail at NYccSheffield@cs.com or call Ira Mitchneck (lodging) at (212) 663-2997 or Fred Steinberg (Rides) at (212) 787-5204. This year, there are two wonderful websites with information on lodging - Southern Berkshire Chamber of Commerce ([www.greatbarrington.org](http://www.greatbarrington.org)) and The Lodging Guide to the Southern Berkshires ([www.berkshiredlodging.com](http://www.berkshiredlodging.com)). The Chamber of Commerce also has a great deal of additional information on the area while the Lodging Guide features photos of many B&B's.

A partial list - Berkshire 1802 House (413) 229-2612 Centuryhurst (413) 229-8131 Orchard Shade (413) 229-8463 Staveleigh House (413) 229-2129 Ramblewood Inn (800) 854-1862 Ivanhoe (413) 229-2143 Here "n" There (413) 229-8579 Stagecoach Hill Inn (413) 229-8585 Racebrook Lodge (413) 229-2916.

For More... Southern Berkshires Chamber of Commerce (413) 528-1510 South County Lodging Association (413) 528-4006.

## MINUTES OF THE NYCC BOARD MEETING DECEMBER 14, 1999

Present: Karin Fantus, Ben Goldberg, Anne Grossman, Rob Kohn, Gary McGraime, Ira Mitchneck, Laurie Nisco, Beth Renaud, Douglas Riccardi, Lynn Sarro, Gene Vezzani, Jeff Vogel

Absent: Jody Sayler

Also attending as guests: Wendy Cohen, Annaline Dinkleman, Paul Hofherr, Cathy Martone, Don Montalvo, Irv Weisman

The meeting commenced at 6:40 pm.

The minutes of the November meeting were approved as corrected.

As the next order of business, Ben attempted to have the Board appoint Annaline Dinkleman as B Rides Coordinator for 2000. It was determined that this cannot be done until the new Board meets in January.

Rob transferred his file of Bulletins and related material to Don Montalvo, the new editor, and noted that the file from previous years was incomplete.

Jeff Vogel gave incoming Secretary, Irv Weisman, two loose-leaf books of Club minutes going back to 1991. He requested that the Board witness the transfer. Irv said he would like to "reconstruct the history of the Club".

The Club web site and its maintenance was discussed.

Anne discussed the holiday party and said that if we wanted to book St. Maggie's Cafe for the December 2000 holiday party, we would need to give them a deposit in January.

Ira presented a preliminary financial statement. He agreed to investigate the discrepancy between the amounts collected and spent on club jerseys.

Lynn distributed membership statistics.

The Board discussed sending a mailing to all ENY Century participants who are not yet members of the Club. Annaline said her husband, Robert, already has mailing labels for the list. Irv suggested we send a letter to the one-third of membership who do not renew to find out why. It was also suggested that we send a membership packet to all new members.

Jeff suggested that to attract new/more/better leaders we should make maps an/or cue sheets mandato-

ry. Irv and Douglas said they believe maps and cue sheets should never be given out. The discussion ended with no consensus on the issue.

Irv suggested we create a SIG for ride leaders. A discussion ensued about Club riding style. There was no consensus on the issues.

Cathy Martone questioned the Club's policy on reimbursing expenses for speakers at Club meetings. Ben clarified the policy. The Board voted not to spend the \$500 to have a representative of the Carmichael Training System speak at a meeting.

Ben advised the Board that the the organizer of the upcoming NY Bike Show would like to exchange a table at the show in return for an ad in our Bulletin. The Board agreed.

After being approached by several club members, Cathy initiated a discussion of how club meetings could be made even more welcoming, especially for new members.

It as agreed that the next Board meeting will be held on Monday January 10, 2000.

The meeting adjourned at 8:59pm.

Respectfully submitted, Jeff Vogel

## Tips for girls

(You guys are too butch to need this stuff!)

1. VAR Bead Jack Tire Tool - available through Terry Precision Bicycles (1-800-289-8379). This tool makes it possible for those of us with little or no hand strength to get the tire back on the rim after changing a flat! It works a charm and won't damage the tube.

2. Topeak Combo Master Blaster pump This is the one that fits on your frame but converts to a "floor" pump - for those of us who can't get to 100lbs of pressure with a little hand pump, it's a life-saver.

3. How to reseat a thrown chain - and keep your hands clean! As soon as you know the chain has come off, stop pedaling. This trick only works if the chain is not tangled. While stopped, simply shift the front derailleur away from the side the chain has gone off. (If the chain is off to the outside of the big ring, downshift toward the small ring, and vice-versa.) Then pick up the back of the bike and turn the crank. The derailleur will pick up the chain and move it back onto the ring for you. (Nice to have a well-trained derailleur!) This also works while you're still rolling, as long as you stop pedaling so the chain doesn't jam. While coasting, shift as described above and then start pedaling slowly.

4. Bloo Goo - If you absolutely must get your hands dirty, this stuff takes the dirt and grease right off.

5. Purell hand sanitizer - or those pit stops that are less than AAA rated. Comes in a small squeeze bottle to fit in your fanny pack.

6. LensCrafters individually wrapped pre-moistened lens cleaners for when your shades get messy (believe it

or not, on one ride a bird got mine with a perfect bulls-eye).

7. Dickinson's individually wrapped pre-moistened witch hazel towelettes - very refreshing on a hot day.

8. Other little things to keep in your fanny pack so you can be a hero on that ride from hell where everything goes wrong for everyone: safety pin, rubber band, paper clip, twist ties, small amount of electrical or gaffer's tape, dollar bill (for tire booting - you wouldn't want to be stuck wasting a double sawbuck because you didn't have anything smaller!), eyeglass repair kit - in other words, all the stuff you carry in your purse every day anyway.

9. How to really show up the boys . . . buy a chain tool (they're not that expensive) and ask the bike shop to give you a length of old used chain. Take the chain home, clean it and then practice using the chain tool until you've got it down pat. On that one ride where someone's chain breaks you'll be the person who knows how to fix it. (Of course, their chain won't be spiffy clean like your practice chain, but that's what black shorts and bloo goo are for.)

10. Last resort when you get a flat or your bike breaks down - bat your baby blues and try the "I'm just a girl" thing . . . there's sure to be an Ed or a Spencer in the crowd who'll fix it for you.

But seriously, folks, everyone should know the basics, carry the right tools and know how to use them. If you're new to cycling, ask a ride leader for some pointers and/or attend the Club meeting where basic repairs are demonstrated.

Carol Waaserby

## How to get where you're going when you don't know how to get there

*The NYCC web site contains a library of favorite club rides. Many thousands of miles of riding experience on the part of many members went into creating those routes so that new riders can pedal a 50-mile radius of New York City without fear. But what happens if you're going somewhere uncharted, riding in new territory in the US or abroad? Don't be intimidated. Planning cycling routes is not so difficult, and the discovery of a wonderful road is really a big thrill. What's needed is a little knowledge of how to interpret maps to locate the best roads.*

### TUNE IN

The first resource, of course, is local knowledge, which you will probably be able to find online. All over the US and Europe, cycling clubs, organizations and shops have web sites that will connect you with routes and places to stay. But it's still fun to do it yourself.

### MACRO TO MICRO

Start with a general plan and a well-detailed road map. Make extra copies for marking up, and highlight your starting point and destination. Check the "Legend" so you can tell which route numbers represent Interstate, State, and County roads and whether the road is divided, major, primary, secondary, tertiary, or even unpaved (usually dotted lines). For cycling, you can use this information to prioritize your choice of roads, choosing less traveled county routes over busier state routes. And don't forget to check the scale, so you'll be able to measure your distance.

### Micro

The British have the advantage of 1:50,000 ordinance survey maps for every inch of England, Scotland, and Ireland. The French have Michellin. We're not so lucky in terms of consistency. When you've outlined your route on a state or area road map, you can then check it out on a more detailed county map, such as Hagstrom's or Visual Encyclopedia. This will clarify questionable intersections, provide smaller connecting roads that may not be on the less detailed map, and indicate which roads are the busier local ones (Hagstrom highlights these in yellow). Hagstrom's is only local, however, and there is no consistency between their maps, so the style and scale of two adjacent

(continued)



(continued from page 11)  
counties are guaranteed not to match.

## READING THE TERRAIN

It's nice to know how hilly your route is. If you look at a map of the eastern US showing elevation, you'll see that the Appalachian mountains run more or less north to south, paralleling the coast. So, you can figure that north-south roads will have gentler grades along the ridges and valleys. East-west roads will have steeper ascents and descents across the hills.

### Straight roads are flat roads

Hairpin turns and switch backs get us up and down mountains, while straight ones delineate the borders between flat fields. When it comes to water, however, a snaking river is one that meanders on a flat plain, while gravity cuts a straighter path downhill. But streams usually descend gradually, except for the occasional waterfall, so roads that parallel streams are normally a good bet. Of course, if you're traveling UPstream, you're also traveling UPhill.

## RIDING BETWEEN THE LINES

There are clues on maps that can help you find the most pleasant roads.

**Water:** Lakes, rivers, brooks and creeks usually provide a reasonably

flat and scenic route, and the roads alongside them often have fewer intersections.

**Greenery:** Frequently a synonym for scenery. Parks, nature preserves, country clubs, golf courses, college campuses, even cemeteries, make nicer routes than suburban strip malls.

**History:** The Northeast was settled a few hundred years ago, and New York City is surrounded by colonial routes between old towns, named for their destination. These are often dotted with old stone houses and historical markers that have prevented them from being ruined by modern development. Look for names that indicate this sort of road, like Lambert's Mill, Lee's Hill, Old Raritan, Pleasantville, Meyersville, King's Highway, Old Tappan, Pascack, Saddle River. Closter Dock road was once a major route for transporting goods and, during the Revolutionary War, artillery, between Bergen County and the dock at the Hudson River. Route 502 was the route of Washington's retreat. Broadway/Route 9 was the original road north in New York State.

**Money:** The prettiest views are usually in the best neighborhoods.

The New York area may have the greatest variety of roads of any part of the United States. We've got hills, rivers, charming towns, historic villages, and more great places to pig out where ever you stop than anywhere else I've been. Happy riding!

by Caryl Baron

## The C SIG, and bridging the gap to B riding

We plan to have 3 sections for the C SIG: C10, C12, and C14. The C14 SIG, led by Paul Hofherr, is designed to bridge the gap between the C SIG and the B SIG. The riders are not quite ready for the speed and distances of the B SIG, but would like to increase their endurance and bike handling skills so as to both "enjoy the scenery" and feel that they are having a good workout as well. The ultimate goal of the C14 SIG is 14 mph at a distance of 60 miles or so. Eligibility for the C14 SIG is the completion of the 4 laps of the Classification Ride, on March 4 or 5, in less than 2.5 hours.

The C10 and C12 SIGs, in addition to being slower, will also spend a bit more time in learning bike handling and traffic maneuvers in a schoolyard. They will have approximately one hour instruction and practice each week in: starting and stopping; checking for traffic by looking over a shoulder without wobbling; signalling and making turns; emergency maneuvers to avoid potholes and potentially dangerous traffic situations; practicing deft gear shifting; learning to adjust brakes and derailleurs; and the big bugaboo, fixing flats and replacing the wheels.

The rides involved in the C SIG are given in the ride write ups.

## Classification rides and computer calibrations

There have been complaints in past years that too many rides were not run at their advertised speeds, or that riders were pushing the pace or could not keep up. Much of this is due to riders not being quite aware of what their comfortable paces are, and due to leaders who allow fast riders to push the pace of a ride which is too slow for them. The Club is making a great effort to hold Classification rides on both Sat. and Sun, March 4 & 5, so that we can all determine what our comfortable pace is at the beginning of the season. Armed with this information, we can select a SIG appropriate for our capabilities, and choose rides on which we will be comfortable.

The Classification Ride is mandatory for those who want to join a B

or C SIG, and is highly recommended for all Club members so that they get a good idea of their comfortable riding speed.

The loop around Central Park, ridden more or less in the center lane, is 6.1 miles long; thus the 4 loops of the Classification Ride is 24.4 miles. If your computer gives you some other result, you can recalibrate your computer by modifying the number you put into the computer memory (which depends upon tire size and tire pressure, and is usually listed in a table provided by the computer manufacturer).

New (correct) number = Incorrect Number X 24.4 / Incorrect mileage. The assembly point for the Classification Ride is at E72 St on the East Drive of Central Park, near the Fifth Ave. & 2 St entrance. Riders will be sent off in small groups of about 5 riders as fast as they arrive in the park. And as they pass the entrance area on each of the successive laps around the park, their lap times will be recorded, and the total time for the 4 laps will be recorded. From this data, they can determine their classification, and how well they are able to pace themselves for the 4 laps.

Irv Weisman  
(212) 567-9672

### Read all about it!

"Should there be a law making it illegal for bike riders to ride on city streets? Do you think bike riders are hazardous to drivers and pedestrians on city streets?"

[http://www.oprah.com/tows/intheworks/tows\\_works\\_bike.html](http://www.oprah.com/tows/intheworks/tows_works_bike.html)

I found this little nugget on RBR. Please go to the Oprah Winfrey show's website and let them know how you feel. It would be awful if she were to air a show which took the wrong stance on this, given the size and loyalty of her viewership.

McNeil-PPC Inc, Ft Washington, Pa., manufacturers of Motrin (pain killer) is hereby awarded Five Flat Tires and Five Broken Spokes for its TV commercial featuring a woman and a man cyclist - both sans helmets!

## You Know You're a Biker When...

1. Any one of your bikes is worth more than your car.
2. You choose an apartment solely on the basis of whether or not it is flat enough to ride into and how close the good roads/trails are.
3. Your bike rack is worth more than your car.
4. Your legs are tan only to mid-thigh.
5. The first thing you ask when you regain consciousness is "How's my bike?"
6. You actually move farther from work so your bike commute will be longer.
7. You mentally log every meal as "good fuel" or "bad fuel."
8. You learn you have money left over after paying bills and the first thing you do is reach for the nearest bicycling catalog. (or you could log on to [www.bikenashbar.com](http://www.bikenashbar.com)).
9. 75% of the tools you own are from Park or Campagnolo.

10. You dream of winning the lottery, and the first thing you think of is "how many/which bikes can that money buy?"
11. You can tell your significant other with a straight face that it's too hot to mow the lawn, then take off and ride a century.
12. Someone in a car asks for directions and you accidentally give them a route that includes motor vehicle barriers or a route that bypasses all freeways/busy roads (or is very scenic etc.)
13. You buy a car based on whether or not a bike will fit in the trunk/back
14. You pull up hard on the steering wheel trying to jump your car over a pothole.
15. You know the distance of every point of interest within 20 miles of your house as well as the location of every pothole along the way.
16. You refuse to buy a couch because that patch of wall space is taken up by your bikes.

Original Author Unknown

## ROSENTHAL'S DEFINITIVE GLOSSARY OF ESSENTIAL CYCLING TERMS

*(Oh, OK, this is a game. These are puns or tongue and brain twisters. Figure 'em out.)*

**CARCASS:** The rear end of an automobile.

**CASATI:** Male sopranos singing of incorrect saddle angles.

**CASING:** Non-Imron.

**CASSETTE:** Eight velodromes; also, Drafting a small C rider. (You get the 8 tracks. The second part is C - ass - ette.)

**CATEGORIES:** Feline drawings used as Mystery Theater titles.

**CATS:** A differentiation in the riding abilities of Charles, Gary, and Roberta.

**CHAIN REMOVAL:** Divorce.

**CHAINRING:** A punk adornment.

**CHAINSTAY:** A command to your chain to remain where it is.

**CHAINWHEEL:** Tires used in Israeli ice racing.

**CHAMOIS:** A rider in the Rat Pack who was a chow biz grate.

**CHASE GROUP:** Water, soda, and sometimes beer. Also, the team of Martinéz, Steinberg, and retirees Bleacher and Kenyon. Not to be confused with Kaplan's Chubb Group.

**CHIEF REFEREE:** An Indian warrior.

**CLAUDE BUTLER:** A domestique with scratch marks.

**CLINCHER:** A lagniappe.

**COLD FORGE:** Signing someone else's signature to a race sign-in sheet without practicing; also, a winter training camp held outside Philadelphia.

**COLD SET:** Witch's bosom.

**COLUMBUS TUBING:** A form of recreation at a Genovese swimming hole.

**CONE:** Head members of the self-proclaimed Chosen Race.

**CORN COB:** A pipe dream of bees.

**COTTERLESS CRANK:** A late night phone call to John Travolta about his '70s TV show.

**CRITERIUM:** The standards by which riders are selected.

**CROSS THREADED:** Wearing cycling gear of the other gender; also, dressing for muddy terrain.

**CYCLO-CROSS:** Getting angry with your bike.

**CROSS-TRAINING:** Attending seminary.

**DERAILLEUR:** Blowing up trains.

**DIAMOND:** A bicycle frame you buy your gullible fiancée, persuading her it's a better investment than a ring.

**DIET:** The Japanese parliament.

**DISHING:** Gossiping about who's sleeping with whom in the club.

**DOPING:** Hincaping racers.

**DOMESTIQUE:** A Claude Butler frame.

**DOUBLE-BUTTED:** Being severely overweight.

**DRAFTING:** A method of team selection for the quadrennial War Games.

**DROPOUTS:** Team Leary.

**EDDY "B":** A lesser rider than Eddie "A."

**ELECTROLYTE:** The same great taste but with fewer calories than regular Electro.

**ERGO SHIFTERS:** Use of the word "therefore" as a bridge in a compound sentence.

**FARTLEK:** There you go, trying to make me be obvious again.

**FERRULE:** Raised in the wild. Pl., Just regulations.

**FILLET BRAZING:** Using fish innards to weld tubes.

**FIXED CUP:** A riding brassiere.

**FIXED GEAR:** A Be rider's spoke.

**FORCING THE PACE:** A millennial tactic of Team Vatican.

**FORK:** An essential part of every training table, placed near the TANG.

**FORK CROWN:** A dental alloy used by impoverished racers in lieu of amalgam or gold.

**FRAME:** Something capable of holding 531 Reynolds, or however many Sir Joshua painted.

**FREEWHEEL:** Something so out of date, it can only be given away

**FREJUS:** He who delivered the sermon on George Mount.

**FUJI:** To make a molehill out of a mountain.

**GEAR RATIO:** The relationship of how much you spend on your cycling wardrobe to what you spend on the rest of your clothing. Often expressed in inches, i.e. how many inches of closet space you give to jerseys and skinsuits compared to guernseys and sharkskin suits.

**GEOMETRY:** One cause leading to Dropouts.

**GENERAL CLASSIFICATION:** See Draft.

**GORE-TEX:** A meeting between a Democratic and a Republican candidate for president.

*...stay tuned for more*

### YOU BE THE LEXICOGRAPHER AND WIN A PRIZE

Write seemingly logical, but incorrect, definitions for the following, cycling-related words and win a tube:

**BRINELLING • BUNGEE • ELASTOMER • EPO • GEOMETRY  
MODULUS OF ELASTICITY • PATELLAR • SEW-UPS  
RAT TRAP**

Winners will be chosen on the basis of wittiness, imagination, and, however obscure, some (il)logic. E-mail your entry (one per word per entrant) to: [BikeAdman@aol.com](mailto:BikeAdman@aol.com), or mail to: Richard Rosenthal, 245 East 63rd St., NYC NY 10021. Be sure to include your name and number. All entries must be received by March 15th.

- Richard Rosenthal

**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.

Mail this application with a check made payable to: **New York Cycle Club, P.O. Box 20541, Columbus Circle Station, New York, NY 10023**

**PLEASE PRINT OR USE ADDRESS LABEL. ZIP CODE IS REQUIRED.**

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 (24.4 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 a breakfast consisting of carbohydrates and proteins.

**BRING:** spare tube, tire levers, patch kit, pump, water, snacks, money, medical ID, emergency phone numbers and rail pass. We also suggest that you bring a lock. 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.

Here is the schedule as of February 6th, 2000. **Contact Metro North for the most current schedule:**

OUTGOING FROM GCT		RETURNING TO GCT	
GCT>Poughkeepsie	7:43am (Hudson Line)	Poughkeepsie>GCT	3:40pm (Hudson Line)
GCT>Poughkeepsie	8:54am (Hudson Line)	Poughkeepsie>GCT	4:35pm (Hudson Line)
GCT>Brewster N.	7:48am (Harlem Line)	Poughkeepsie>GCT	5:40pm (Hudson Line)
GCT>Brewster N.	8:48am (Harlem Line)	Brewster N.>GCT	3:07pm (Harlem Line)
GCT>New Haven	8:07am (New Haven Line)	Brewster N.>GCT	4:07pm (Harlem Line)
GCT>New Haven	9:07am (New Haven Line)	Brewster N.>GCT	5:07pm (Harlem Line)
		New Haven>GCT	2:57pm (New Haven Line)
		New Haven>GCT	3:57pm (New Haven Line)
		New Haven>GCT	4:57pm (New Haven Line)

Riding Style	Description
<b>A</b>	Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.
<b>B</b>	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
<b>C</b>	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half-hour or so.
<b>ATB 1</b>	Hilly to mountainous and single track riding. Mountain bikes only.
<b>ATB 2</b>	Rolling to hilly with some single track & trail riding. Mountain and hybrid bikes.
<b>ATB 3</b>	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.



# Sample La Dolce Vita



*Bike Tuscany in the morning.  
Visit wine estates in the afternoon.*

## SPECIAL OFFER TO NYCC MEMBERS

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

As a special offer, NYCC members can sign up for **CHIANTI CLASSICO BY BIKE 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) 788-6365 or visit [www.dolcetours.com](http://www.dolcetours.com).

## Recycling...

Clean your closet, fill mine. Looking for the equivalent of Caryl's light weight fat tire bike. I'm about 5'8" tall. Steve Baron (212) 595-7010. [baronny@rcn.com](mailto:baronny@rcn.com).

Looking for a **female riding partner** who would like to share a tent at the Cycle Oregon 2000 ride from September 10-16. There will be about 5,000 riders. Registration has not been announced yet, but should be opening up soon. Call me at (212) 786-9708 if interested or write to me at [Bellabiker@aol.com](mailto:Bellabiker@aol.com)

Interested in selling a **\$500 credit** towards any Timberline Bike Tour. Will sell \$500 credit for \$300. Please call (914) 682-0739 in the evenings after 7 pm.

**19" FISHER ProCaliber MTB:** Prestige frame & fork, Mavic/greaseguard wheelset, Flite Ti saddle, Shimano XT 7spd index thumb shifters. A solid ride and it's a classic!: \$600. Unused Mavic M231 rims: \$50/pr. SIDI Genius 3 road shoes size 44.5(10.5), blk: \$90. Ken: (212) 213-2383, [kenfalton@mindspring.com](mailto:kenfalton@mindspring.com)

## Club members, here's your <sup>attention-getting</sup> 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](mailto: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	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 Monthly Meeting

Tuesday March 14, 2000

Glen Goldstein "A Solo Trip through Southeast Asia"

Join us at our March 14th Meeting where club member Glen Goldstein will show slides of his four-month solo bicycle trip through Southeast Asia. His 3,500 mile journey included cycling through major cities such as Bangkok and Singapore, visiting the beaches in Thailand, ferry trips to islands near Malaysia, and ascending the mountains of Sumatra, with unexpected stops at an Indonesian wedding, a cremation in Bali, and street-side noodle stands everywhere. Glen promises that the slides won't be boring! Come join Glen and other club members for a vicarious trip to Southeast Asia.

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

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