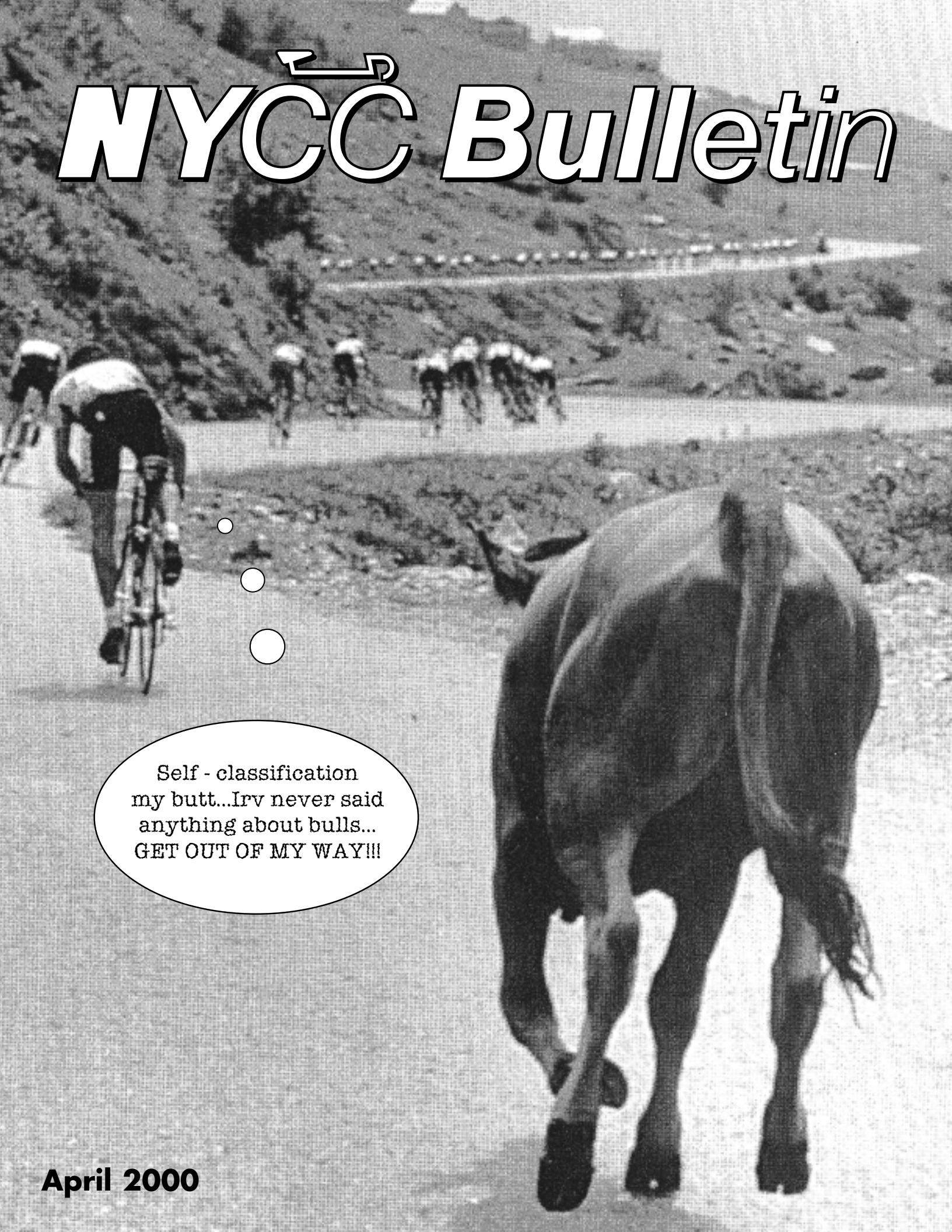


# NYCC *Bulletin*



Self - classification  
my butt...Irv never said  
anything about bulls...  
GET OUT OF MY WAY!!!

April 2000

## LAP BY LAP TIMING OF THE CLASSIFICATION RIDE

By Irv Weisman

Over the years many bicycling innovations have enhanced our ability to go faster, more comfortably, with greater control, and increased enjoyment. Some of the more significant innovations involved the development of multi-speed gearing, which was further enhanced by Shimano with indexed shifting. At which point the great Campagnolo found itself playing "catch up" to develop an indexed shifting system of its own. More recently saddles were developed, for both men and women, to be considerate of our sitting department and our after-hours sexual activity. This is a departure from the male love of "no pain no gain", and other forms of masochistic delight.

While these innovations were going on, bicycle clubs were also trying to make club riding more enjoyable by categorizing rides in some way so that club members could make intelligent choices about rides appropriate for their abilities. Many clubs use some variation of A, B, C, etc. rides to help their members make good choices for maximum enjoyment of a day on the bike.

NYCC, and in particular this writer, decided that it should be possible to quantify one's riding ability, at least in a particular geographic area where the terrain does not vary appreciably. Sometime in the early '80s, I devised a chart of times for doing laps in Central Park which I thought would be helpful in determining which rides would be suitable for differing levels of ability. Those who have used the 4 lap Self-Classification Ride, do report that it is a helpful guide for their ride choices.

Some years ago, the A SIG used the chart to determine which riders had a good chance of completing the SIG, and this year all the SIGs made use of the 4 lap timing (24.4 mi.) to sort out their riders into appropriate speed groupings. However, only the C SIG timed its riders, not just for the total time to do the 4 laps, but also timed them lap-by-lap to find other information hidden in their individual performances.

We wanted to answer such questions as:

- 1) How well did the rider pace him/herself? Are the lap times equal?
- 2) Are the lap times fairly constant for the first 2 or 3 laps, and then begin to rise? What might that imply?

(continued on page 3)

### Corrections

In last month's bulletin we stated that a contribution of \$200 was made by the NYCC to the "National Diabetes Foundation" in memory of Paul Sullivan. The correct name of the organization is the "American Diabetes Association."

### Am I dreaming?

Mike Samuel called me to ask about the deadline for the April bulletin cover...it was too late, but I hope he plans something for May.

Oh, before I forget...Renew! Renew! Renew! Renew! Renew!

:-)

Don Montalvo, Editor

## New York Cycle Club

Columbus Circle Station  
P.O. Box 20541  
New York, N.Y. 10023

(212) 828-5711



### President

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



### V.P. Programs

Cathy Martone  
(212) 979-0969  
cmfmartone@aol.com



### V.P. Rides

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



### Secretary

Irv Weisman  
(212) 567-9672  
irvweisman@mindspring.com



### Treasurer

Ira Mitchneck  
(212) 663-2997  
imitchneck@cs.com



### Public Relations

Wendy Cohen  
(212) 877-4803  
wcohen@tommy-usa.com



### Membership

Laurie Nisco  
(212) 961-1129  
LKN8@columbia.edu



### Special Events

Lynn Sarro  
(212) 722-8495  
sarka@erols.com



### Bulletin Editor

Don Montalvo  
(212) 307-7753  
dmjgraphics@earthlink.net



### A-Rides Coordinator

Frank Grazioli  
(212) 529-9462  
fgrazioli@wiley.com



### B-Rides Coordinator

Anneline Dinkelmann  
(212) 876-1344  
dinkelmann@att.net



### C-Rides Coordinator

Paul Hofner  
(212) 737-1553  
Bikeman999@aol.com

<http://www.nycc.org>

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LKN8@columbia.edu

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

**Cover photo:** Our own Angel (Papa Smurf) Rivera being chased up the North End during Irv's Self-classification ride.

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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, #281  
New York City, New York  
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. Sorry, no exceptions. Thanks.

(continued from page 2)

3) Do the lap times steadily increase? What might that imply?

Below are the results of some of the C SIG performances identified by ID numbers.

ID No.	Lap1	Lap2	Lap3	Lap4	Total
12	27:50	28:19	28:06	29:00	1:53:15
11	31:25	31:23	32:30	35:35	2:10:53
10	29:35	30:56	32:20	33:23	2:06:14
18	32:36	32:19	33:50	34:35	2:13:20
16	28:46	28:59	28:12	27:46	1:53:43
17	28:46	28:59	29:11	31:59	1:58:55
19	27:54	27:59	28:07	31:35	1:55:35
22	24:35	27:35	27:22	27:48	1:47:20
24	28:33	28:31	30:12	31:09	1:58:25
25	27:50	28:40	30:49	31:06	1:58:25
33	28:33	32:09	36:57	---	
36	30:20	33:10	38:25	---	
39	36:00	40:32	43:23	---	

We note the following highlights:

#12, who finished in less than 2 hours, had only a slow increase in lap times. Good pacing, good fitness.

#10, fairly consistent pacing, but a slow increase in lap times.

#11, good consistency for the first 3 laps, then a 3 minute increase. This may be due to reaching a limit in stamina, and is the reason for using 4 laps in this classification ride.

#18, may have been pushing a bit too hard and could not sus-

tain the pace.

#16 & #17 show an interesting effect. #16 (the stronger rider of the pair), held back to stay with #17 for 2 laps until #17 was having difficulty and turned #16 loose. At that point #16 reduced his lap times, while #17 gradually increased his lap times because of increasing fatigue. By riding the first 2 laps together, #16 did not get a true picture of his pacing which could have been somewhat faster.

#19, #22, #24, #25 show good pacing, with only modest increase in lap times.

#33, #36, #39 show the effect of winter deconditioning, or just being weaker riders who pushed a bit too hard. For one, they could not do the 4 laps, not so surprising for slow C riders. But their lack of conditioning, and poor pacing shows up in the consistent increase in the time to do each lap.

I think that it is worthwhile to learn how your body functions and feels; the lap-by-lap timing helps provide that feedback to you. Maybe we'll hold another such timing event in the fall, at which time you can learn how well you perform, and how well you judge your pace.

I plan to propose to The Board that we shift from listing the Cruising Speed for our rides to the Average Riding Speed. The Average Speed shows up on most cycle computers, and is also the speed which many other clubs in the area use for characterizing their rides. What do you think? Let me know. My email address is: IrvWeisman@mindspring.com, or call me at (212) 567-9672. Your comments will be helpful.



## Ride Listings



**Saturday, April 1**

**(\*\*Daylight Savings Time!\*\*)**

**A-SIG Classic 161 MI \*\*\*8:30 AM\*\*\***

**Ride #6: Rockland Lake -- Double, Rotating Pacelines and Bike Handling Drills**

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

**From: Parking Lot North of the Boathouse**

Hah! April Fools! It's really only 61 miles, but you don't want to miss this one. This is the turning point for the A-SIG, where the leaders teach you all about alternating the lead on a double-paceline, some important bike handling skills, and major hills. Double, non-rotating paceline to Nyack for breakfast. (These leaders are SO NICE to pull us all the time!) Then a hilly 5 miles north to Rockland Lake Park, where we'll do loop after loop after loop of double, rotating pacelines (all kinds!), 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 pacelines. 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 pacelines. 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. (Daylight Saving Time!) Rain Date: Sunday.

**A-19 SIG 65 MI \*\*\*9:00 AM\*\*\***

**Week 5: Syosset**

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

**From: The Boathouse parking lot**

You are looking so fine! The pacelining you learned will evolve into a thing of beauty this morning. We'll begin rotating the line in order to take advantage of the wind breaking effect of the front riders. This will enable us to keep the speed up and preserve our energy. You'll make short work of the Long Island Expressway as we steam out to Syosset in record time. You won't believe how training pays off. Today, the hills

will flatten out before your very eyes. Don't forget group dynamics building on the hill when we get back to the park. (Daylight Saving Time!) Rain date Sunday; helmets mandatory as usual.

**A19 65+/-MI \*\*\*9:30 AM\*\*\***

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

**Leaders: Hanna Robson (212) 544-9450 and Steve Tublin (718) 522-4986**

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

Where Hanna leads, Steve will follow--and so will you. But you'd better pay attention, cause Hanna's had (maybe too much) time on her hands of late and is probably at this very moment uncovering a road to some lost civilization unknown to bicycle-kind. But don't despair. Steve will analyze the situation and prescribe an easy-to-swallow cure (stay tuned to find out if it'll be for Hanna or for us). What's a pace buster? Helmets and paceline skills required. (Daylight Saving Time!) Icky weather date: Tomorrow.

**B-SIG 53/58 MI \*\*\*9:00 AM\*\*\***

**Ride #4 Ridgewood**

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

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

Previously listed on March 25, but rain cancellations pushed all the rides a week forward. No pranks on the leaders, please! 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. (Daylight Saving Time!) Rain date: Sunday.

**B17 50 MI \*\*\*9:00 AM\*\*\***

**Pick a Title, I Have the Destination**



**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. (Daylight Saving Time!) Change in title cancels this ride.

**C14 SIG #4                      35 MI                      \*\*\*9:30 AM\*\*\***

### **Bronx River & Beyond**

**Leader: Paul Hofherr (212) 737-1553 and Jim Janof**

**From: The Boathouse Parking Lot**

This SIG is now open only to previous participants. This is SIG #4 as we lost 1 week in March. 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: Starting temps below 35°, excessive windchill, icy streets or precip. Cancels. Call me if in doubt. Rain date will be the next day. (Sunday: Daylight Saving Time, Spring ahead!) Helmets required.

**C11/12 SIG #4                      25 MI                      \*\*\*9:30 AM\*\*\***

### **Closter Diner**

**Leaders: Irv Weisman (212) 567-9672, Maggie Clarke (212) 567-8272,**

**Arlene Ellner (212) 677-3306 and Dona Kahn (212) 399-9009**

**From: GWB Bus Terminal**

This SIG is now open only to previous participants. This is SIG #4 as we lost 1 week in March. Meet at the GW Bridge Bus Terminal. Review of one-handed steering, looking back over shoulder, hand signals & turns, synchronized shift across lane. Lunch in Closter, return to GWB by 4 PM... Helmets required. Cancellation: starting temp below 40°, wind chill below 25°, 50% chance of precipitation Rain date: Sunday. (Daylight Saving Time!)

## **Sunday, April 2**

**A19                      50 MI                      9:00 AM**

### **Exploration**

**Leader: T.B.A.**

**From: The Boathouse**

Someone who did not have the opportunity to make a previous commitment to lead this ride will rise to the occasion and lead the group at their own pace and choice of destination. We won't guarantee that they'll be treated to a latte at the Spoon, pancakes at the Park Ridge or cheese cake at the Horseman, but what the heck. Isn't a good ride a reward in itself? Author has shovel in hand and would like to remain anonymous

**B15                      24 - 40 MI                      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                      45 MI                      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.

## **Tuesday, April 4**

**A/B 17+                      24 MI                      10:00 AM**

## **Morning Spring Training Series**

**Leader: Joe Jaffe (212) 987-9585**

**From: The Boathouse**

Tuesday and Thursday Mornings we'll do 3-4 laps in the park. We'll ride and get in shape. But more important with each lap you ride you'll be helping to raise thousands of dollars to retrofit the squirrels of Central Park with badly needed safety equipment: helmets, reflective safety vests, and athletic cups. Ride a bike, save a squirrel. Cancels: Ride leader has hot and heavy date with Weight Watchers spokesmodel the night before.

**A/B 17+                      24 MI                      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 we'll 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, April 5**

**C13                      12 MI                      7:00 PM**

### **Twice Around the Park**

**Leader: Peter Hochstein (212) 427-1041**

**From: Central Park Entrance, 90th Street & Fifth Avenue**

Work off that mid-week stress. We'll ride twice around the park. Afterwards, those who are interested may go out for pizza. Tail flasher strongly recommended during April, early May rides. Bring a lock if you plan on the pizza. Rain cancels.

## **Thursday, April 6**

**A/B 17+                      24 MI                      10:00 AM**

### **Morning Spring Training Series**

**Leader: Joe Jaffe (212) 987-9585**

**From: The Boathouse**

Tuesday and Thursday Mornings we'll do 3-4 laps in the park. We'll ride and get in shape.

**A/B 17 +                      24 MI                      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 we'll 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.

## **Saturday, April 8**

**A-SIG Classic                      78 MI                      8:30 AM**

### **Ride #7: MT. Kisco -- Practice Makes Perfect... and Hills Make Us Strong**

**Leaders: Rich Sporer (718) 522-4415 and**

**Rita Tellerman (212) 865-8489**

**From: Parking Lot North of the Boathouse**

Now we have a chance to test our mettle. The leaders aren't pulling us all the time anymore. We'll ride up to White Plains via Pelham Parkway and Shore Road. Then we'll cruise up Route 22 to Route 120 North. A FANTASTIC place to hone those newly acquired double rotating paceline skills. The big challenge today: Whippoorwill. This is the longest climb we've had so far, and it is a beauty. We will focus on hill climbing skills, pacing and endurance, as well as the all-important, and often forgotten, downhill bike-handling skills. On the way home, we'll make a deli stop in Mt. Kisco. Hopefully Damon won't map out the hilliest route home like he did last year. We're getting stronger by the minute. The rides are getting longer, the pace is getting faster and steadier. We even know how to get home from Westchester now! Feeling like A-Riders yet? You sure are starting to look it! Be at the parking lot north of the Boathouse by 8:15, sign in, and be on your bike by 8:30. Helmets, names, pocket food, water, Metro North Pass in case it rains.

**A-19 SIG 65 MI 9:00 AM****Week 6: Thornwood****Leaders:** Angel Rivera (212) 889-9346, Jody Saylor (212) 799-8293 and Ed Fishkin (718) 633-3038**From:** The Boathouse parking lot

This will be a glorious day. The elegance of a single paceline will evolve into the breathtaking tour de force of a double paceline. If you guys continue on the rapid learning curve we've seen so far, we may even try rotating the double paceline after lunch. Your weekday training has finally paid off; you're feeling so strong. It's a good thing too, because today we pick up the pace a little and end the "no drop policy." You must be able to keep up with your group. Savor the moment when we cruise back to the hill.

**A19 60+/- MI 9:30 AM****Ride #6 of the This-Is-Not-a-Hammerfest****Spring Training Series for A-Riders****("And in this corner . . . da Crusher!")****Leader:** Rob Kohn (212) 787-9199**From:** The Hill across from the Boathouse

Join me on a "Vogel Rides Council Approved route" to everyone's favorite destination: Nyack. Some climbing, some pretty roads, a gravel quarry, Runcible Spoon muffins (or rice and beans for those who go that way)-what more could you want? Hammerheads and pace busters, please note: The moment you pick up the pace, I'll take an unlisted turn and the ride will leave you to wallow in your own dust. You have been warned. Iffy weather (determined by consensus) shortens the ride to my favorite short Vogel-approved route to Nyack. Helmets and paceline skills required. Crappy weather date: Tomorrow.

**B-SIG 56/61 MI 9:00 AM****Ride #5 Mamaroneck Harbor****Leaders:** David Hallerman (718) 499-4467 and Linda Wintner (212) 876-2798**From:** North side of the parking lot at the Boathouse

Previously listed on April 1, but rain cancellations pushed all the rides a week forward. 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 9.

**B16 55 MI 9:00 AM****Oyster Bay****Leader:** Jim Drazios (718) 225-1842**From:** Statue of Civic Virtue (Queens Blvd and Union Turnpike)

Lets go for an easy spin to enjoy the spring weather and a picnic in Oyster Bay. Rain or bad weather cancels. If in doubt, please call to confirm if ride is still going.

**C14 SIG #5 35 MI 9:30 AM****Hills R Us!****Leader:** Paul Hofherr (212) 737-1553 & Jim Janof**From:** The Boathouse Parking Lot

This SIG is now open only to previous participants. Over and under the GW Bridge down scenic River Road practicing gearing techniques we so love to talk about. Eat hearty in the morning!! Cancellation: See Sat. April 1st C/14 SIG Ride. Rain date: next day, (Sunday). Helmets required.

**C11/12 SIG #5 30 MI 9:30 AM****Closter Diner****Leaders:** Irv Weisman (212) 567-9672, Arlene Ellner (212) 677-3306, Cynthia Aquila (718) 858-9279, Pat Janof (212) 737-1668 and Dona Kahn (212) 399-9009**From:** GWB Bus Terminal

This SIG is now open only to previous participants. From: GWB Bus Terminal. Review previous work, practice faster turns, U-turns. Lunch in Kloster Diner, return to GWB by 4 PM. Helmets. Cancellation: See Sat. Apr. 1. Rain date: Sun. Apr. 9.

**Sunday, April 9****A19 50 MI 9:00 AM****Exploration****Leader:** T.B.A.**From:** The Boathouse

Someone who did not have the opportunity to make a previous commitment to lead this ride will rise to the occasion and lead the group at their own pace and choice of destination. We won't guarantee that they'll be treated to a latte at the Spoon, pancakes at the Park Ridge or cheese cake at the Horseman, but what the heck. Isn't a good ride a reward in itself? Author has shovel in hand and would like to remain anonymous.

**B16 24 - 40 MI 9:30 AM****Recovery laps round the Park****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.

**B16 65/75 MI 8:15/9:15 AM****Caumsett State Park****Leader:** Ron Grossberg (718) 369-2413 or ARGEE401@AOL.com**From:** Grand Army Plaza at 8:15 am or Statue of Civic virtue at 9:15 am

Beautiful, scenic roads and a picnic in Caumsett State Park.

**B15 40 MI 10:00 AM****Fourth Try at Scarsdale****Leaders:** Hindy and Irv Schachter (212) 758-5738**From:** First Avenue and E. 64 St. (NW corner)

January, February, March--three tries to go to Scarsdale and each time rain or snow ended the attempt. Do we despair? No sir!!! Eternally optimistic, we plan another assault on Scarsdale in April with an interesting route home. Coffee at the Coffee Tree.

**C14 40 MI 9:00 AM****Not Piermont or Park Ridge****Leader:** Michael DiCerbo (212) 645-1120**From:** The Boathouse

A ride through the suburbs of northern New Jersey on a different route. Lunch at a beautiful park. Call if in doubt about cancellation.

**Tuesday, April 11****A/B 17+ 24 MI 10:00 AM****Morning Spring Training Series****Leader:** Joe Jaffe (212) 987-9585**From:** The Boathouse

Tuesday and Thursday Mornings we'll do 3-4 laps in the park. We'll ride and get in shape. But more important with each lap you ride you'll be helping to raise thousands of dollars to retrofit the squirrels of Central Park with badly needed safety equipment: helmets, reflective safety vests, and athletic cups. Ride a bike, save a squirrel. Cancels: Ride leader has hot and heavy date with Weight Watchers spokesmodel the night before.

**A/B 17+ 24 MI 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 we'll 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, April 12****B14/C14 40 MI 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°.

**C/13 12 MI 7:00 PM**

## Twice Around the Park

**Leader:** Peter Hochstein (212) 427-1041

**From:** Central Park Entrance, 90th Street & Fifth Avenue

Work off that mid-week stress. We'll ride twice around the park. Afterwards, those who are interested may go out for pizza. Tail flasher strongly recommended during April, early May rides. Bring a lock if you plan on the pizza. Rain cancels.

## Thursday, April 13

**A/B 17+ 24 MI 10:00 AM**

## Morning Spring Training Series

**Leader:** Joe Jaffe (212) 987-9585

**From:** The Boathouse

Tuesday and Thursday Mornings we'll do 3-4 laps in the park. We'll ride and get in shape.

**A/B 17+ 24 MI 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 we'll 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, April 14

**B15 50 MI 9:15 AM**

## Both sides of the Hudson

**Leader:** Ron Grossberg (718) 369 -2413 or ARGEE401@AOL.com

**From :** City Hall Park

Up the Hudson on the Manhattan side and then down on the Jersey side through Liberty State Park and over the Bayonne Bridge returning via the Staten Island Ferry terminal

## Saturday, April 15

**A/B/C ? MI 2 - 3 PM**

## Second Annual Blessing of the Bikes

**Leader:** ???

**From:** Cathedral Church of St. John the Divine  
(1047 Amsterdam Ave @ 112th Street)

Wear your regular cycling clothes, and bring your bicycle INSIDE the spectacular Cathedral Church of St. John the Divine for this special event. There will be music, a moment of silence for cyclists who have passed away during the year, and the Very Reverend Harry H. Pritchett, Jr. will anoint your bike with Holy Water. All faiths welcome. There is no fee for this event, although we will pass the plate and ask for donations to help the cathedral with the good work they do in the neighborhood, especially for the homeless. Joint event with the Five Borough Bicycle Club and the New York Cycle Club.

**A-SIG Classic 81 MI 8:30 AM**

## RIDE #8: Saddle River --

## Endurance, Endurance, Endurance

**Leaders:** Damon Hart (212) 753-0204 and

Christy Guzzetta (212) 799-8293

**From:** Parking Lot North of the Boathouse

This is one of the best rides of the SIG...and one of the toughest. It involves pacing yourself for the long day ahead, working together with the group as a team versus

blowing up on the way out only to find you have nothing left at the end. We'll take Saddle River Road north to Spring Valley for a stop at the newly discovered Mt. Ivy Diner. On the way home, your reward: South Mountain Road. This is a turning point for many riders, and a taste of things to come. We're picking up the pace, achieving that targeted 21-22mph on the flats. This is what an A-Ride is like: challenging, long, fast. We've been working together for weeks now, training hard during the week so we can make it through rides like this. If you finish this ride, you're almost there. Departure at 8:30 SHARP. The usual applies: helmets, names, pocket food, water, and a strong spirit.

**A-19 SIG 65-70 MI 9:00 AM**

## Week 7: Rockland Lake Fandango

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

Michael Samuel (212) 722-8125

**From:** The Boathouse parking lot

Do you miss your leaders during the week? You won't after today. The moment you've been waiting for has arrived. We'll power up to Rockland Lake State Park (the muscles will be quivering in anticipation of a full throttle workout). Once in the park, your group will double rotate the paceline for three or four loops looking phenomenating the whole time. You won't believe how Tour de France you'll look. Communicating perfectly all the way, you'll feel the "G" spot of cycling. Topping it off with lunch at the Runcible, we'll glow all the way home and recap it all on the hill.

**A19 65 MI 9:00 AM**

## Ride #7 of the This-Is-Not-a-Hammerfest

## Spring Training Series for A-Riders

**Leader:** Mark Posey (212) 568-6033

**From:** The Joisey side of the GW

Mark's arm was so sore from the twisting it got to get him to lead this ride that he couldn't write up a listing, but don't worry, he'll be all healed by start time Saturday, and you'll be glad, cause a Boy Scout couldn't have scouted this route more conscientiously. He'll weave us through Bergen and Rockland Counties along some familiar roads to one of his favorite SIG destinations, South Mountain Road, then on to Nyack for some well-needed refueling before heading home. Pace busting equals three points on your driver's license. Helmets and paceline skills required. Please note start time and place and that the mileage is to and from the GW. Icky weather date: Tomorra.

**B-SIG 15/17 60 MI 8:30 AM**

## Ride #6 Nyack the Hilly Way and

## Blessing of the Bikes

**Leaders:** Leaders : Beth Myers (718) 230-0742 and

Tom Strenk (718) 486-6106

**From:** North end of Boathouse parking lot

We'll start the day with Mark Wolz's famous and popular class on climbing and then get lots of practice going to Nyack the back way over Bradley Hill and return up State Line. The faster groups will get a little extra climbing outbound on River Road. Bring pocket food (it's over 30 miles to the lunch stop (and what a lunch stop) your choice of the Runcible Spoon or the Skylark Café). Please note - no flat tires allowed as we have to back at 2 pm for the 2nd Annual Blessing of the Bikes. Rain date: Sunday April 16.

**B16 50 MI 9:00 AM**

## The Almost Very Usual

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

**From:** The Boathouse

The usual ride to White Plains with a slightly hilly return via Ridge Road Helmets required. Precipitation forecast 50% or greater at 7:58 AM on the Weather Channel cancels

**C14 SIG #6 40 MI 9:30 AM**

## Riding and Dining in NJ, a delicious combo

**Leader:** Paul Hofherr (212) 737-1553 and Jim Janof

**From:** The Boathouse Parking Lot

This SIG is now open only to previous participants. 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 Sat. April 1st C/14 SIG Ride. Rain date: next day, (Sunday), Go on



Cherry Blossom Ride tomorrow instead. Helmets required.

## C11/12 SIG #6 25 MI 9:30 AM

### Bergen County Somewhere

**Leaders:** Irv Weisman (212) 567-9672, Arlene Ellner, Cynthia Aquila,

**Pat Janof (212) 737-1668 and Dona Kahn**

**From:** GWB Bus Terminal

This SIG is now open only to previous participants. Our road practice will be negotiating a traffic circle. Return to GWB by 4 PM. Helmets. Cancellation: See Apr. 1. Rain date: Go on Cherry Blossom Ride tomorrow instead.

## Sunday, April 16

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

#### River Vale

**Leader:** Keith Goldstein (212) 982-9461

**From:** The Boathouse

Let's hope the good weather keeps getting better. Nice, cooperative out and back to the bagel shop. Usual nastiness cancels.

### A18 60 MI 9:15 AM

#### TBD

**Leader:** Regina Hammond (212) 424-2764

**From:** Benches across from the Boathouse

Ride destination still to be determined. Freezing rain and temps below 30° cancels, but a little drizzle at 9 a.m. just means we'll do some laps in the park instead.

### B16 30 MI 9:30 AM

#### Recovery Ride

**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.

### B15 30 MI 9:00 AM (!)

#### Pretend We're in Vermont Express

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

**From :** NE Corner, Ft. Washington Ave. & 178 St. (GWB Bus Terminal)

Join us early for coffee and donuts. Leave on time at 9 and head west. Meander along the scenic (really!) Hackensack River to the Oradell Reservoir. Cross a "new bridge" that's over 200 years old. See charming villages, quaint railroad stations and country churches (OK so it's not Vermont, but can't we pretend?) Early return and afternoon off for antiquing or what-not. Inclement weather or IRS raid cancel.

### B14 42 MI 9:00 AM

#### Cherry Blossomland to Little Falls

**Leaders:** Alinda Barth (212) 928-5399 and

**Michael DiCerbo (212) 645-1120**

**From:** the top of the PATH escalators at the World Trade Center

Meet at 9:00 for the 9:20 train. This is the umpteenth reprise of Irv Weisman's famous Cherry Blossom Ride. We'll pause to enjoy the spectacular display of blossoms at their peak (we hope) on our way out past the Montclairs (and their beautiful estates). Terrain: Gently rolling with a few short hills. Lunch will be in Little Falls, where we will take a few minutes to gaze upon the waters. Rain or prediction of precipitation of more than 50% cancels the ride. Call leaders if in doubt. Bring \$2 for PATH.

### B14 40 MI Noon

#### Rivertown Hastings + Tango Interlude

**Leader:** Paul Rubenfarb (212) 740 9123.

**From:** NE corner 181 & Ft. Washington Ave (A train).

Hastings' serpentine streets, rising up from the Hudson, evoke a quaint nostalgia of small town life, with turn-of-century storefronts and grand mansardic homes. During intermission savor that hard muscular centerfold dancing cheek-to-cheek tango. Rain or shine.

### C12/13 40 MI 9:00 AM

#### Cherry Blossomland to Little Falls

**Leader:** Maggie Clarke (212) 567-8272

**From:** The top of the PATH escalators at the World Trade Center,

**Concourse (basement) Level (enter on West Broadway and Vesey Street)**

Meet at 9:00 for the 9:20 train. Terrain: Gently Rolling with a few short hills. This is the umpteenth reprise of Irv's famous Cherry Blossom Ride. This year we'll pause to enjoy the spectacular display of blossoms at their peak (we hope) on our way out past the Montclairs (and their beautiful estates) and on our way back. (Bring your cameras!) Lunch will be in Little Falls, where we will take a few minutes to gaze upon the waters. Cancellation Conditions: Starting temps below 35°, excessive windchill, icy streets, or prediction of precipitation of 50%. Call if in doubt. Bring \$2 for PATH.

### C12 20 MI 12:45 PM

#### Brooklyn Queens Mosaic

**Leader:** Terry Chin (718) 680-5227

**From:** 59th St. and 2nd Ave at the Roosevelt Island Tramway

From borscht to arroz con pollo, we'll tour some interesting neighborhoods: L.I.C., Greenpoint, Williamsburgh, Fort Greene, the Waterfront and Brooklyn Heights. Mostly flat with a few steep hills. This tour ends with a snack on the Brooklyn Promenade, several blocks from the Brooklyn Bridge. Co-led with 5BBC. Bring lock, snack or \$ for it.

## Tuesday April 18

### A/B 17+ 24 MI 10:00 AM

#### Morning Spring Training Series

**Leader:** Joe Jaffe (212) 987-9585

**From:** The Boathouse

Tuesday and Thursday Mornings we'll do 3-4 laps in the park. We'll ride and get in shape.

### A/B 17+ 24 MI 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 we'll 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, April 19

### C/13 12 MI 7:00PM

#### Twice Around the Park

**Leader:** Peter Hochstein (212) 427-1041

**From:** Central Park Entrance, 90th Street & Fifth Avenue

Work off that mid-week stress. We'll ride twice around the park. Afterwards, those who are interested may go out for pizza. Tail flasher strongly recommended during April, early May rides. Bring a lock if you plan on the pizza. Rain cancels.

## Thursday, April 20

### A/B 17+ 24 MI 10:00 AM

#### Morning Spring Training Series

**Leader:** Joe Jaffe (212) 987-9585

**From:** The Boathouse

Tuesday and Thursday Mornings we'll do 3-4 laps in the park. We'll ride and get in shape.

### A/B 17+ 24 MI 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 we'll 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, April 21**

**B15 45 MI 9:15 AM**  
**Staten Island**

**Leader:** Ron Grossberg (718) 369-2413 or ARGEE401@AOL.com

**From:** Staten Island Ferry Terminal  
 Loop of Staten Island to Tottenville and back.

**Saturday, April 22**

**A-SIG Classic 82 MI 8:15 AM (!)**  
**Ride #9: Croton Reservoir --**  
**More Endurance, and Map-Reading Skills**

**Leaders:** Mark Murata (212) 721-5132 and Jack O'Connor (212) 799-7649  
**From:** Parking Lot North of the Boathouse

An earlier start because it's a longer ride and we want to get moving before the traffic hits. Up beautiful Route 9 North along the Hudson--35 hilly, smooth miles to the diner in Ossining (you'll feel like you're in a time warp in this place!). Don't eat too much or you'll never make it up the hills required to get you to the Croton Dam..."well worth the price of admission" to quote a '99 SIG grad. What a view! Around the reservoir to Seven Bridges Road if it isn't still washed out (or we'll take an alternate route). Down Grassy Sprain again on the way home...remember that? Now you can really fly down that thing! We are getting so good at this. Consistent, predictable, working together as a team, strong. You may even be dropping some of the leaders by now...we'll see! Get to the parking lot north of the Boathouse by 8:00, sign in, helmets, 2 water bottles, and Metro North Pass.

**A-19 SIG 72 MI 9:00 AM**

**Week 8: Whippoorwill / Chappaqua**

**Leaders:** Douglas Riccardi: (212) 228-9423 and  
**Hubs Dershowitz (212) 929-0787**

**From:** The Boathouse parking lot

This coming Wednesday, April 26, 6:30--8:00 P.M. all A-19 siglets who wish to graduate must take the First Aid Course. Directions will be handed out this morning. Speak to Ed if you have any questions. You've got the form down. You're looking great, feel strong, riding faster, couldn't believe this was so easy. Hills? You forgot about hills. We didn't. Today your leaders will show you the secrets of hill climbing. You will learn the concept of "hungness," or how to get to the top of the killer hill without really trying (it looks like your not trying but your lungs are making you taste blood). No smiles today. Anyone who hasn't trained this week (intervals and hill repeats) will ... Let's see who returns to the hill with a smile on their face. Don't forget pocket food; the usual cancels.

**A19 75+/-MI 9:30 AM**

**Ride #8 of the This-Is-Not-a-Hammerfest Spring Training Series for A-Riders:****Saddles, Chestnuts, and Pearls**

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

Yes, a repeat of the glorious ride Tom and I had in freezing February weather! Since most of you were probably "nice and toasty" that memorable day, here is your chance to ride on my route to charming Saddle River, Chestnut Ridge, and Pearl River ... unless the weather is hideous, in which case we will cut it short ... to Pearl ... again! Therefore, dust off those lovely flying machines, and we'll do a spirited ride to the lovely hills of New Jersey! Prepare yourselves for the possible reappearance of the Gobel Meister! Required: Helmets and smooth, predictable, group-riding and pace-line skills, as on all A rides. Cancels: "The Pope walking on the moon" ... nada ... niente ... tipota ... we be riding!

**B-SIG 16/18 65 MI 8:30 AM**

**Ride #7 Oyster Bay**

**Leaders:** Annaline Dinkelmann (212) 876-1344 and  
**Michael Allison (212) 755-3418**

**From:** North end of Boathouse parking lot

Today will be our last class: an introduction to paceline riding. We'll practice on the long, straight LIE Service Road. This is a pretty ride through horse country on the

north shore of Long Island. Bring pocket food (once again, you have to work before lunch). If the weather's nice, we can picnic by Long Island Sound. Metro North / LIRR train pass for bailout. Rain date: Sunday April 23.

**C14 SIG #7 43 MI 9:30 AM**  
**Pascack Brook Park**

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

This SIG is now open only to previous participants. Let's enjoy the sights along the way and meet up with Irv and the other C SIG participants and exchange stories about gearing! Either way you can't lose. Cancellation See Sat. April 1st C/14 SIG Ride. Rain date: next day, (Sunday), Helmets required.

**C11/12 SIG #7 35 MI 9:00 AM**  
**Pascack Brook Park**

**Leaders:** Irv Weisman (212) 567-9672, Pat Janof (212) 737-1668, Dona Kahn, Cynthia Aquila, Maggie Clarke and Arlene Ellner  
**From:** GWB Bus Terminal

This SIG is now open only to previous participants. We extend our mileage through pretty suburbia to a popular lunch stop. Return to GWB by 4 PM. Cancellation: See Apr. 1. Rain date tomorrow.

**Sunday, April 23**

**A19 50 MI 9:00 AM**

**Exploration**

**Leader:** T.B.A.  
**From:** The Boathouse

Someone who did not have the opportunity to make a previous commitment to lead this ride will rise to the occasion and lead the group at their own pace and choice of destination. We won't guarantee that they'll be treated to a latte at the Spoon, pancakes at the Park Ridge or cheese cake at the Horseman, but what the heck. Isn't a good ride a reward in itself? Author has shovel in hand and would like to remain anonymous

**KB-18 70+/- MI 9:00 AM**

**Headlessly Sleepy Hollow**

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

Never got to Pearl in February, we ended up in Saddle River ... my compass was frozen! This time the weather should be more cooperative, so we should not have to cross the Hudson for a change of scenery ... hello Westchester! By the way, the best rides are in Westchester, ask Fred, he knows ... Jeff will also agree, but you may have to apply torture! Plenty of lovely winding roads, parks, and especially reservoirs ... and ducks! Required: strong legs, social skills, good humour ... are we having fun yet? Cancels: The collapse of the Western World, as we know it! No ... that's a reason to ride!

**B16 30 MI 9:30 AM**

**Recovery Ride**

**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.

**B14 42 MI Noon**  
**Bronx's Redlight Surrogates + Tango Casbah**

**Leader:** Paul Rubenfarb (212) 740 9123.

**From:** NE corner 181 & Ft. Washington Ave (A train)

The Bronx's naughty but widespread bawdy house strips sparkle with touch & squeeze parlors (udder sin), supersoaker delilahs and tabu harems, embraced by famed art deco boulevards. During intermission, land that esculent boyfriend/girlfriend dancing cheek-to-cheek tango.

**C12 25 MI 12:45 PM**  
**A Brooklyn Residential Tour**



**Leader: Terry Chin (718) 680-5227**

**From: Picnic House, Prospect Park, (2 blocks from the 3rd St. entrance)**

Explore some of the quieter sections of Brooklyn. We'll ride through Borough Park, Bay Ridge, Brighton Beach, Sheepshead Bay, Midwood, Kensington, and others. Co-led with 5BBC. Bring lock, snack or \$ for it.

## Tuesday, April 25

**A/B 17+ 24 MI 10:00 AM**

### Morning Spring Training Series

**Leader: Joe Jaffe (212) 987-9585**

**From: The Boathouse**

Tuesday and Thursday Mornings we'll do 3-4 laps in the park. We'll ride and get in shape.

**A/B 17+ 24 MI 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 we'll 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, April 26

**B14/C14 40 MI 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°.

**C/13 12 MI 7:00 PM**

### Twice Around the Park

**Leader: Peter Hochstein (212) 427-1041**

**From: Central Park Entrance, 90th Street & Fifth Avenue**

Work off that mid-week stress. We'll ride twice around the park. Afterwards, those who are interested may go out for pizza. Tail flasher strongly recommended during April, early May rides. Bring a lock if you plan on the pizza. Rain cancels.

## Thursday April 27

**A/B 17+ 24 MI 10:00 AM**

### Morning Spring Training Series

**Leader: Joe Jaffe (212) 987-9585**

**From: The Boathouse**

Tuesday and Thursday Mornings we'll do 3-4 laps in the park. We'll ride and get in shape.

**A/B 17+ 24 MI 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 we'll 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.

## Saturday, April 29

**A-SIG Classic 90 MI 8:00 AM (!)**

### Ride #10: Bedford -- Putting It All Together

**Leaders: Mark Murata (212) 721-5132 and**

**Jack O'Connor (212) 799-7649**

**From: Parking Log North of the Boathouse**

An even earlier start time so we can really enjoy this long, gorgeous ride. This ride is

bar none the most beautiful ride of the SIG. Don't miss it! Now we have it all: skills, teamwork, predictability, endurance, and speed. Let's put this all together and see if we can operate on all cylinders. Eat a good breakfast and bring pocket food and 2 water bottles, because we're not stopping until we hit the 40-mile mark. We'll ride through Southern Westchester, Greenwich CT past Leona Helmesly's Estate, and up hilly roads to the idyllic town of Bedford for a picnic on the town green. On the way home, a beautiful, fast, downhill route. It's not long until Graduation Day. You're going to make it! Be at the parking lot north of the Boathouse by 7:45 to sign in, as we're leaving at 8:00 SHARP. Helmets, names, Metro North pass, you know the drill.

**A-19 SIG 75 MI 8:30 AM (!)**

### Week 9: Saddle River

**Leaders: Angel Rivera (212) 889-9346 and Michael Samuel (212) 722-8125**

**From: The Boathouse parking lot**

Note the earlier start time: arrive a few minutes before 8:30. You thought last week was tough? More hills today, practice makes perfect. Maybe you'll see Nixon's ghost or are you just hallucinating from the oxygen debt? Today your group will attack hill climbing again. By the time we finish with this ride, you will be repeating the mantra, "I love hills, I love hills... I hate Ed, I hate Ed...". The payoff comes at the end. We sail into the park and cruise to the hill with the audience standing and screaming at our arrival. Don't forget pocket food. You won't believe how great you look and feel. Save a few smiles for the post ride social on the hill.

**A19+ 80+ MI 9:30 AM**

### Ride #9 of the This-Is-Not-a-Hammerfest

### Spring Training Series for A-Riders

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

**Mary Ann Cotter (718) 624-0326**

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

It's time to go over a different river (we think--anyone gotta map?) and through some different woods (guaranteed), but we won't be going to grandmother's house. Hey, wasn't that a book? We're heading ... hmmm ... west? east? north by northwest? hey, wasn't that a movie? Well, anyway, we'll figure out which way Westchester is and spin the roulette wheel on a destination and then we'll take you there. Hey, wasn't that a song? Though we've been picking up the speed, the hammerhead police are still on duty and won't be bashful about filling their ticket quotas. Helmets and paceline skills required (as if we should have to say so). Icky weather date: Tomorrow.

**B-SIG 16/18 72/82 MI 8:30 AM**

### Ride #8 Armonk

**Leaders: Carol Waaser (212) 581-0509 and Wayne Write (212) 873-7108**

**From: North end of Boathouse parking lot**

We're cranking up the miles and you're really lookin' smooth. Yup, you gotta bring the pocket food again today. Lunch on the lawn of Schreifer's Deli in Armonk. We'll come home through Tarrytown and down Rt. 9, which means you can stop for carrot cake (the best!) just before the subway bail out at 72 miles. If you're still game for more miles, you can ride all the way back in to Manhattan. Metro North pass for bailout in Tarrytown. Rain date: Sunday April 30.

**C14 SIG #8 45 MI 9:30 AM**

### Northvale Diner

**Leader: Paul Hofherr (212) 737-1553 and Jim Janof**

**From: The Boathouse Parking Lot**

This SIG is now open only to previous participants. One of my favorite destinations, but by now you probably figured out that I was originally going to call this training series, "We ride to eat SIG". Cancellation See Sat. April 1st C/14 SIG Ride. Rain date: next day (Sunday).

**C11/12 SIG #8 40 MI 9:00 AM**

### Pascack Brook Park via Tappan

**Leaders: Irv Weisman (212) 567-9672, Pat Janof (212) 737-1668,**

**Dona Kahn, Cynthia Aquila and Arlene Ellner**

**From: GWB Bus Terminal**

This SIG is now open only to previous participants. We extend our distance and speed while practicing all that we learned. Return to GWB. By 4:30 PM. Cancellation: See Apr. 1. Rain date: tomorrow.

## Sunday, April 30

**A19 50 MI 9:00 AM**

### Exploration

**Leader: T.B.A.**

**From: The Boathouse**

Someone who did not have the opportunity to make a previous commitment to lead this ride will rise to the occasion and lead the group at their own pace and choice of destination. We won't guarantee that they'll be treated to a latte at the Spoon, pancakes at the Park Ridge or cheese cake at the Horseman, but what the heck. Isn't a good ride a reward in itself? Author has shovel in hand and would like to remain anonymous

**B14 41MI Noon**  
**Williamsburg & Crown Heights + Tango Ecstasy**

**Leader: Paul Rubenfarb (212) 740-9123**

**From: The boathouse**

Seventeenth century founded Williamsburgh exudes many quaint mementos of olde Brooklyn, including cast iron lofts and ornate proletarian apartment blocks. Vast Edwardian Crown Heights was the ornate extravagance of Brooklyn's turn-of-century gilded age. During intermission land that divinely hard rippled centerfold dancing intimate. Rain or shine.

**C14 45 (easy) MI 10:00 AM**  
**Scarsdale (or something like it)**

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

**From: The Boathouse**

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.

## Tuesday, May 2

**A/B 17+ 24 MI 10:00 AM**

### Morning Spring Training Series

**Leader: Joe Jaffe (212) 987-9585**

**From: The Boathouse**

Tuesday and Thursday Mornings we'll do 3-4 laps in the park. We'll ride and get in shape.

**A/B 17+ 24 MI 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 we'll 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, May 3

**C/13 12 MI 7:00 PM**

### Twice Around the Park

**Leader: Peter Hochstein (212) 427-1041**

**From: Central Park Entrance, 90th Street & Fifth Avenue**

Work off that mid-week stress. We'll ride twice around the park. Afterwards, those who are interested may go out for pizza. Tail flasher strongly recommended during April, early May rides. Bring a lock if you plan on the pizza. Rain cancels.

## Thursday, May 4

**A/B 17+ 24 MI 10:00 AM**

### Morning Spring Training Series

**Leader: Joe Jaffe (212) 987-9585**

**From: The Boathouse**

Tuesday and Thursday Mornings we'll do 3-4 laps in the park. We'll ride and get in shape.

**A/B 17+ 24 MI 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 we'll 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.

## Saturday, May 6

**A-SIG Classic 85 MI 8:00 AM**

### Ride #11: Little Tor--Whoa!

### This Is ONE BIG HILL!

**Leaders: Paul Frio (212) 228-9123 and Robin Read (212) 627-0026**

**From: Parking Lot North of the Boathouse**

Ok, so the mileage is lower than last week. What gives? Have YOU ever ridden up Little Tor? Well, once you have, you'll understand. We'll ride out in perfect formation, with whirring wheels and good communication at a strong, steady pace. Then, get into the right gear, and pace yourself. This thing is steep and long. On this ride, leaders often do get dropped because they've created monsters out of all you cycling Gods and Goddesses! The reward, again, is that we get to ride down South Mountain Road on the way home. You are almost ready for the big one, and you are almost ready to lead an A-Ride yourself. Be at the parking lot north of the Boathouse by 7:45. Helmets, pocket food, and 2 water bottles required.

**A-19 SIG 80 MI 8:00 AM (!)**

### Week 10: Croton Dam

**Leaders: Anne Grossman (212) 924-1549 and John Vazquez (212) 544-9450**

**From: The Boathouse parking lot**

Note the earlier start time. Everyone should have signed up to lead two rides by this week (some of you may have already lead one with Recycle a Bicycle: Thanks). Please arrive to boathouse at least 15 min. early. We want enough time to revel in the sunlight on our return to the hill after practicing hills once again. By the end of today's ride, with your rigorous training schedules, the graduation ride is in sight. You're feeling svelte, shifting like Indurain and flying up the hills effortlessly like Pantani. We are the A-19 SIG and the thought of waking up on a post SIG Saturday morning stirs a little anxiety. Don't worry about it. We're still here.

**B-SIG 16/18 MI 75-90 MI**

### Ride #9 Deepest Westchester

**Leaders: Linda Wintner (212) 876-2798 and**

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

**From: Grand Central Station**

We'll meet by the ticket booths in the main concourse at Grand Central in time to buy tickets and coffee before catching the \_\_\_\_ a.m. train to White Plains. From there we'll take a beautiful ride through upper Westchester, stopping for lunch on the Bedford Green. It's another long ride, so bring the pocket food. You can take the train home from Tarrytown (75 miles) or ride all the way back into Manhattan. Metro North pass required. Rain date: Sunday May 7.

**C14 SIG #9 50 MI 9:30 AM**

### Park Ridge

**Leader: Paul Hofherr (212) 737-1553 and Jim Janof**

**From: The Boathouse Parking Lot**

This SIG is now open only to previous participants. We're kicking it up a notch to borrow a phrase from that Chef guy. Bring extra water and snacks as we'll be goin' a little longer than we've been used to. Cancellation See Sat. April 1st C/14 SIG Ride. Rain date: next day, (Sunday).

**C11/12 SIG #9 ? MI 9:00 AM**

### TBD

**Leaders: Irv Weisman (212) 567-9672, Pat Janof (212) 737-1668,**

**Dona Kahn, Cynthia Aquila and Arlene Ellner**

**From: GWB Bus Terminal.**

This SIG is now open only to previous participants. Exercises and distances will be established the day of the ride. Cancellation: See Apr. 1. Rain date: tomorrow.

## Sunday, May 7

**A19 50 MI 9:00 AM**

### Exploration

**Leader: T.B.A.**

**From: The Boathouse**

Someone who did not have the opportunity to make a previous commitment to lead this ride will rise to the occasion and lead the group at their own pace and choice of destination. We won't guarantee that they'll be treated to a latte at the Spoon, pancakes at the Park Ridge or cheese cake at the Horseman, but what the heck. Isn't a good ride a reward in itself? Author has shovel in hand and would like to remain anonymous

**B16 40 MI 9:30 AM**

### Recovery Ride

**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.

**B14 43 MI Noon**

### Armour Villias Chateaus + Tango Enchantment

**Leader: Paul Rubenfarb (212) 740-9123**

**From: NE corner 181 & Ft. Washington Ave (A train)**

This archtypal Yonkers hamlet of vintage estates and hilly lanes exudes a bygone early century Eugene O'Neil like somnolence. During intermission imbibe the touch of that irresistibly hard muscular centerfold dancing maylike tango. Rain or shine.

**C12-14 32 MI 10:30 AM**

### Hillwork 101

**Leader: Peter Hochstein (212) 427-1041**

**From: The Boathouse**

Out of shape after a long winter? Me too. Like to sleep late? Me too. So sleep in a little and then let's do a rustic River Road, a short-ish ride with lots of hill climbing practice. Everyone can do the Road at his/her own speed. (We'll wait for you at the end. Or maybe you'll have to wait for me.) Coast home on mainly flat or downhill 9W. Late lunch at the Royal Cliffs diner in Englewood Cliffs. Bring lock, helmet, lunch money.

## Out of bounds...

### Saturday, 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

### Friday, April 28

#### Space Show

Please join us for one of the hottest tickets in town: on Friday, April 28 at 7:30 pm we

will attend the newly renovated Rose Space Center Space Center's Space Show at the American Museum of Natural History on 81st St and Central Park West. The show is a half an hour long, and leaves time afterward for a quick tour of the museum, which closes at 8:45 pm. We may meet beforehand for dinner unless participants would rather spend the time in the museum, so feedback is appreciated. Dinner? Or Dinosaurs? Let me know. Tickets are \$17 for both the Space Show and the museum. I expect this one to fill up quick, so get 'em while they're hot! For further info, please contact Lynn Sarro at (212) 722-8495 or sarka@erols.com. Send checks (addressed to the NYCC) to Lynn Sarro 242 E 87th St. #3A New York, NY 10128.

### 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. \*\*\* Discount ticket on page 15!!! \*\*\*

### 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) and The Lodging Guide to the Southern Berkshires (www.berkshirelodging.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 - Orchard Shade (413) 229-8463; 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.

### Sunday, April 30th

#### Kick off May as National Bicycling Month

Long Island's five major bicycling clubs will again sponsor Bicycle Long Island on Sunday, April 30th, 2000 to kick off May as National Bicycling Month. This annual rally of bicyclists will start at 8 a.m. and run to Noon - rain or shine. It is designed to heighten public awareness of bicycling activities, welcome potential new cyclists and to encourage both new and experienced cyclists to take to the roads together in celebration of Bike Month. There is no cost to participate.

The Nassau County starting point will be at the Farmingdale LIRR station south lot and the Suffolk County starting point will be at the Ronkonkoma LIRR station north lot. Hourly train service will accommodate bicyclists who choose to visit us from the city or for those that may wish to try a one way ride. A permit must be obtained in advance to board the train with a bicycle.

Paumonok will provide safety information, route maps, cue sheets and other valuable information on how to get involved in this popular activity. Each member club will lead a variety of rides for bicyclists of all ability levels, provide membership applications and information on other special bicycling events that will take place this year. All riders are expected to be self sufficient as there will be no other support services provided. Mark Sunday, April 30 on your calendar as the time to Bicycle Long Island.

## Please help welcome our newest members!

Craig Abel  
Rachelle Abrahami  
Shirley Alves  
Nancy Asquith  
Lawrence Bailey  
Stephanie Bailey  
Ted Beck

Eve Bender  
Kristina Bilello  
Ronald Blumenthal  
James Bodnar  
Scott Boehm  
Julian Boland  
Gregory Bonsignore

Michele Bordonaro  
Terry Bowman  
Bill Brady  
Daniel Brodney  
Daniel J. Burke  
Erick Chanax  
Mickey Cohen

Gregory Cohen  
**Noel Comess**  
Laura Cooper  
Manon Couture  
Margaret Daly  
William Day  
Ariette Dekker

Ellen Dickert  
Kelleigh Dulany  
Tara L. Eirich  
John Falk  
Cory P. Frank  
David French

(continued on page 12)



(continued from page 11)

**Rikki Furman**

Jim Furst  
Karen Furst  
Bruce Gaskey  
Diana Gavales  
Judith Gelfond  
Allison Gold  
Leslie Goldstein  
Diane Goodwin  
Lee Gorman  
Marianne Gouras  
Gretchen Grant  
Chris Hall  
Steve Halterman  
Eileen Harrington  
Karin Hensel  
Joyce L. Hinote  
Marion A. Hofmann

Bruce Hotaling  
June Hotaling  
William James  
Karl Kahandaliyanage  
Howard Karloff  
Richard Kaufman  
Tom Kelley  
Patricia A. Kelly  
Maura Kiernan  
Michael Labriola  
Rick Lawlor  
Lorenzo Lentini  
Vivian Lentini  
Beth Levine  
Margaret Lewin  
J. A. Lobbia  
Susan Magnus  
Heather Malloy

Tony Mantione  
Melvin M. Marizan  
Claude Martel  
Jay Mazur  
Brian McCaffrey  
Helen R. McGowan  
Abdias Mendez  
Steve Metcalf  
John R. Moore  
Franklin Mosley  
Eisuke Murakami  
Kensuke Murakami  
Kim Murphy  
Pamela Nelson  
**Cathe Neukum**  
Maria N. Nicolaidis  
Robert Novo  
Joseph Osha

Dann Passoja  
Jacqueline Payson  
John Petrocelli  
Dawn Philcox  
Themis Pountzas  
Frank Powell  
Raghu Ramachandran  
Richard Ramon  
Anthony Ricupero  
Alec Rill  
Ron Roth  
John Russell  
Logan Sanders  
Joette Smith  
Donald G. Smith  
Alysse Soll  
David J. Spector  
Timothy Spence

Glendoval J. Stephens  
**Maynard Switzer**  
Nancy Tammi  
Morris Taub  
Stev Taylor  
Joshua Thomas  
Ray Thomas  
Amiel Times  
Lisa Torrance  
Brigitte Vanthuyne  
Christine Walsh  
Fredric Wessler  
Noah Wildman  
Paul Williams  
Henry H. Wilson  
Nathalie Winkler  
Carol A. Young  
Frank E. Young

## MINUTES OF NYCC BOARD MEETING JANUARY 10, 2000

PRESENT: Ben Goldberg, Gary McGraime, Irv Weisman, Ira Mitchneck, Wendy Cohen, Lynn Sarro, Don Montalvo, Frank Grazioli, Annaline Dinkelmann, Paul Hofherr

ABSENT: Cathy Martone

The Meeting was called to order by Ben Goldberg at 6:40PM.

Annaline Dinkelmann was proposed as the B Rides Coordinator by Ben Goldberg. She was approved unanimously by the Board.

In response to Cathy Martone's observation at the Dec.99 meeting that the monthly Club meetings were not friendly to new members, Ben said that he would direct new members to appropriate officers or established members at the monthly meetings.

Paul Hofherr reported that he had received many C rides for Jan., but that most of the Leaders were not C riders.

Frank Grazioli reported that he expected a good turnout for the new A19 SIG under Ed Fishkin and Doug Riccardi. The traditional A SIG, under the direction of Judy Morrill, will de-emphasize "hammering" in favor of skill building and safety. Toward the end of the A SIGs, a strong attempt will be made to team up experienced A leaders with the new SIG graduates so as to increase the pool of A ride leaders.

A discussion followed re; dropping riders who can't keep up on a ride. The Board consensus was that all riders should know their own capabilities as determined by prior self-classification in Central Park, and should choose their rides accordingly. And leaders have the corresponding responsibility of maintaining the advertised pace and to avoid pushing the pace, or allowing the pace to be pushed by others. Also, if it is clear to

the leaders that a rider will not be able to stay comfortably with the ride, the leader should turn the rider back at the GW Bridge. Ben observed that the Charles River Wheelmen do not have leaders who stay with the group. Rather they mark the route with arrows, and their club members ride at their own paces with whatever companions they arrange on their own.

Wendy Cohen reported that she had contacted Metro Sports and given them the date of Sept.23 for the Escape New York Century. She also reported that Robin Reed is going to be our new website master.

Ben requested that the ENY committee keep the Board informed as to their monthly progress.

Lynn Sarro reported on a ballet night as a Special Event. Ben advised that the Club would advance money for the purchase of 20 tickets for resale to the event participants. Ira proposed a blanket authority of \$500 for special events; this was approved unanimously.

Ride Calendar for 2000

Newcomers' Ride: Sun. June 4

All-Class Rides:

Sat. June 17 Oyster Bay  
Sat. July 22 Cloisters - Club Picnic  
(Sun. July 23 Rain date for above)  
(Get permit for both days)  
Sun. Aug 20 Kingsland Park

Note: Other rides may be scheduled on day of Newcomers' Ride, but no other rides are to be scheduled on days of All Class Rides.

Escape NY Sat. Sept.23

Weekends

July 4 weekend at West Point? Not settled yet.

Memorial Day Weekend May 26 - May 29 Sheffield

Ira brought up the question of expenses for

the weekend, including the costs of luggage shuttle van, printing cue sheets, list of B&Bs.

Annual Meeting at Maggie's Restaurant, Tuesday December 5th, to be reserved now.

Tom Laskey gave a report on the disbursements of excess funds from ENY. He also reported that Carol Waaser, who coordinated the ride leaders and marshals for ENY 1999, would not be able to do that job in 2000. He is ready to work with the new ENY Committee, and suggested that the ENY Com. give periodic progress reports to NYCC Board.

Tom suggested that \$4000 advance seed money for the committee is advisable. This was voted unanimously by the Board.

Don Montalvo requested another \$43/month be allocated for the cost of linos for pages 1,2,15 and 16 of the Bulletin. Approved unanimously.

Wendy proposed developing a Discount Membership card for use at Bike shops. Approved.

Gary reported that B SIG leaders have met to plan the SIG program, additional meetings will be held.

Frank advised that Ed Fishkin and Judy Morrill are working together to develop their respective SIGs which will have some joint meetings.

A discussion followed in which it was generally agreed that Ride Leader Guidelines should be developed, along with Ride Guidelines for our riders. In addition, diagrams for some standard intersections and detours should be developed and included in our Guidelines.

The next Board meeting was scheduled for Tues. Feb.1, 2000.

The meeting ended at 9:30PM.

Respectfully submitted

Irv Weisman, Secretary

## Back on the chain gang, Part 2

Sorry to leave you dangling last month, but the Editor was kind enough to give me a bye round so I could enjoy some snowshoeing and camping in the white world this oh-so-brief winter. The last few "fourth" seasons have demonstrated that you've got to get it while you can, and this one was no exception!

To summarize the February column, my view is that the chief causes of bike chain breakage are the weak, brittle metal used in Shimano's Special Connecting Pins (SCP's), and incorrect chain installation, regardless of chain brand. Evan Marks and others (yes, thanks, I got additional e-mails and phone messages!) pointed out that the advent of brake lever shifters that permit shifting while standing have led to increased chain breakage, as have ever-narrowing chains that accommodate 8- and 9-speed gear clusters. However, I doggedly insisted that although the latter might be contributing factors, they are relatively minor when compared to the primary culprits. And did I mention something about radical ways of approaching the chain issue?

Consider, if you will, an altogether different way of looking at the chain question. I know the well-worn official line where chains are concerned: use a ruler-type gauge to check for chain stretch and replace the chain when it reaches a certain point. However, even if you religiously follow the recommended schedule, after three or four chains you will encounter an annoying chain skip which arises from the mismatch between worn cogs and new chain. And this doesn't take into account the annoyance of shelling out cash for new chains and cogs every few thousand miles.

How to deal with this? Don't replace your chain if you're not having any problems! Think of your chain and cogs as a matched set that remains together until you start noticing problems such as pesky chain skip, weird shifting not traceable to anything else, or funky sensations transmitted to your feet through the drive train. Then, when one of those definite signs appears, get both a new chain and cog set that will, like wood ducks, carry on a life-long monogamous relationship. You will find that chains and cogs wear together and "get used to each other," so they last much longer than the official line dictates, without chain skip or other problems. And so what if the cogs are worn or the chain is stretched as long as performance isn't compromised?

But eventually you will need to replace chains and gear clusters. I don't have space here for a primer on chain installation (get a good repair manual!), but here are some tips for getting around SCP's, and for making chain installation easier.

First, you'll need a proper chain tool. For many years I used my trusty old Ciclo Rivoli, which for decades was the industry standard. However, that

old tool, I must admit, is no longer the best for the job due to the evolution of bulging, shaped chain side plates that don't nestle properly in the tool. While the Ciclo Rivoli will do in a pinch—as will most of the mini-multi-tools such as Ritchey CPR's—it is better to use a Shimano, Park or other tool recommended by your chain's manufacturer. The key concept to keep in mind is that the brand of chain and tool are practically unimportant; what you're looking for is a broad contact area between the tool and the chain side plates.

Next, pretend that there is not, and never was, such a thing as an SCP, and if you see one throw it away. Believe it or not, chains can still be installed as they were in ye olde dayes, using any of the regular pins that make up the rest of the chain.

Obviously, once you've determined proper chain length (following the manufacturer's instructions or your manual), you'll need to push out one of the link pins with your chain tool. The secret of easy, successful, stress-free, repeatable chain installation is NOT to push the pin out too far. You want to leave a tiny bit of the link pin showing on the inside of the side plate to serve as a rock-solid alignment guide when you push the pin back in. When the proper amount of pin remains in the side plate, you'll have to bend the chain a little (parallel to the side plates) to separate it, and you'll have to have to angle the roller section in between the side plates and manipulate it a bit to get it back in. But when it's aligned correctly there's a pleasant little snap that assures you all is well.

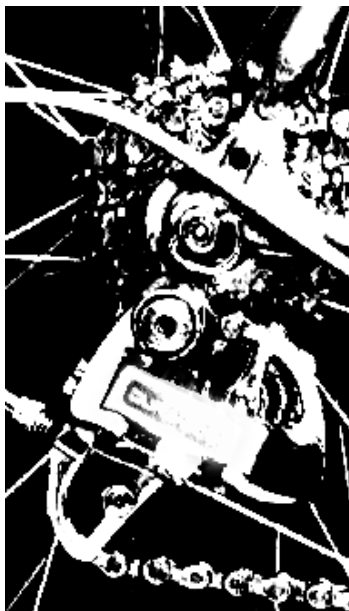
Once you have figured out how much of the link pin should show inside the side plate, you can get remarkable consistency by doing a little test with your tool and your chain. The idea is to count the number of turns of the tool needed to achieve the desired results. This will vary from chain to chain and tool to tool, but for my Shimano HG tool and an IG90 chain, it takes between


4-1/2 and 4-3/4 turns to do the deed. Next time you install a chain, practice on the excess links to see how many turns your particular chain and tool combination requires. It takes a wee bit of experience to get a feel for when the tool is fully seated and it's time to start counting turns.

It is not at all uncommon to experience a bit of binding in the link that was used for re-installation. Binding can be minimized by checking the symmetry of the installation; this involves nothing more than looking to see if the link pin shows evenly on each side of the chain, then adjusting accordingly. It also helps to bend the chain back and forth by hand in the area of the binding link. If this doesn't work, it may be necessary to spread the side plates apart slightly with the chain tool. Most of the chain-specific tools have a secondary raised flange specifically for this purpose, whereas many of the multi-mini-tools don't have it.

Feel free to send me your comments: [bobmoulder@earthlink.net](mailto:bobmoulder@earthlink.net).

Bob Moulder





### PEDAL PA in Y2K

**"Source of the Delaware"**  
Albany, NY to Philadelphia, July 8-15

- Cycle the Scenic Delaware River
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## Recycling...

**Mountain Bike - Rocky Mountain:** White, 16.5", XT components, 21 sd, Mavic 217 rims 32 H, rear rack, Ritchey handlebar, incl pump - \$ 450. **Road Bike - Classic Moser:** Blue, 54 cm, Campy components, new Mavic Reflex rims, 32H, 12 sd, chrome fork and stays, Silca pump, white Regal seat, Fortessa tires - \$ 500. **Track Bike:** Red, 54 cm, T.I.Raleigh, Campy Super Rec. components - \$ 900...Contact *JohnBarnard* (718) 858-9466, [john-wide@mind-spring.com](mailto:john-wide@mind-spring.com)

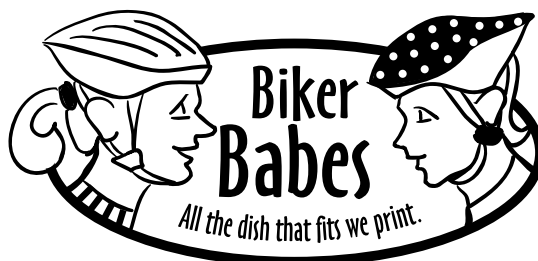
It's a slow month for news since no one seems to send in tidbits to [nyccnews@yahoo.com](mailto:nyccnews@yahoo.com), yet we have heard that for some of you, this column is the first thing you read when you get your bulletin. So, please, send in some dish.

We have been neglectful in keeping up with the newly born members. Margaret Nelson and hubby, Tom Cambor, had a baby girl, Abigail, who is now almost ready for her first bike. On the subject of little ones, there is a correction to the story of the NYCC parent and kids "baby pre-party," which also included Dave Copelan and Jill Hamburg with Kenny, the youngest at 5 weeks, and Amy and Steve Britt with Julie and Michelle, Reyna Franco and Charlie Katz with Mark and Judy and Conrad Meyer with Alexandra. Sorry we left so many partygoers out.

One of our talented members, Michael DiCerbo, who is one of those rare artists who both chronicles and interprets the city in his prints and paintings, is having a show entitled City Lights at the Old Print Shop, 150 Lexington Ave., (30th st.) April 29 to June 2 - why not stop by. Did anyone notice that Noel Comess

(donator of all that great bread for the century) not only ran an excellent 2:51:12 in his first NYC Marathon, but he won \$500 (third prize with partner Amanda Hesser - a NY Times food writer) for their costumes at the Midnight Run. They went disguised as a champagne bottle and flute.

Gary McGraime reports that Irv



Weisman is still young at heart - recently overheard by him at the C-SIG classification ride - Players: A woman participant in the C-SIG; Paul Hoffer and Irv. After inspection, Irv noticed that her tires were too soft and instructed the young woman on how to squeeze her tires to see if they were inflated enough and caringly told her it should feel like "a young man's you know what." Without batting an eye, the woman turned to Paul and asked him how old he was. We will let you guess

what the look on his face was.

Lynn Sarro and Dona Kahn returned safely from their bicycling in Cuba, loaded with all kinds of souvenirs, including a poster seeking the return of the now famous six year old, and cigars for Dona's hubby. There was no problem with customs, since Dona's Mets baseball cap got her a cheer and waive right past customs. They debriefed their trip with Karen Reich and Gary Wendrovsky, who are biking there as we write this column, and also shared some tips with Karl Ditterbrandt who is about to go to Cuba with friends, on their own without anything but a little knowledge of Spanish. Which brings up a new feature of the BikerBabes column - one of our members wants a forum to hear about touring groups (what is the level of difficulty; are there fast, slow, long or short options; are the tours well organized, worth the price, etc.) So from now on, anyone who goes off around the world with one of the now dozens of touring companies, let us know and we will include your views in our column and once a year review all the reviews.

Unfortunately, there is no more news to share. See you on the roads or on the SIGS.

#### 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 "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



Come join and have fun on May 4 - 6!

## SPECIAL DISCOUNT FOR NYCC MEMBERS

### FREE ADMISSION

WITH THIS PASS  
Thursday, May 4th,  
5 p.m. - 8 p.m.



### HALF PRICE

WITH THIS PASS  
Friday, May 5th,  
Noon to 7 p.m.

### ADMIT ONE

Regular Admission  
Price Per Day

## \$10

### ADMIT ONE

• AND •

Saturday,  
May 6th,  
Noon to 8 p.m.

TAKE THE A, C, N, R, 1, 2, 3, 9 SUBWAYS, OR THE PATH TRAIN TO:

**WORLD TRADE CENTER • NYC • TOWER 1 • MEZZANINE**

www.nycbicycleshow.com

The New York City Bicycle Show 2000!

## Club members, here's your <sup>attention-getting</sup> club jersey.

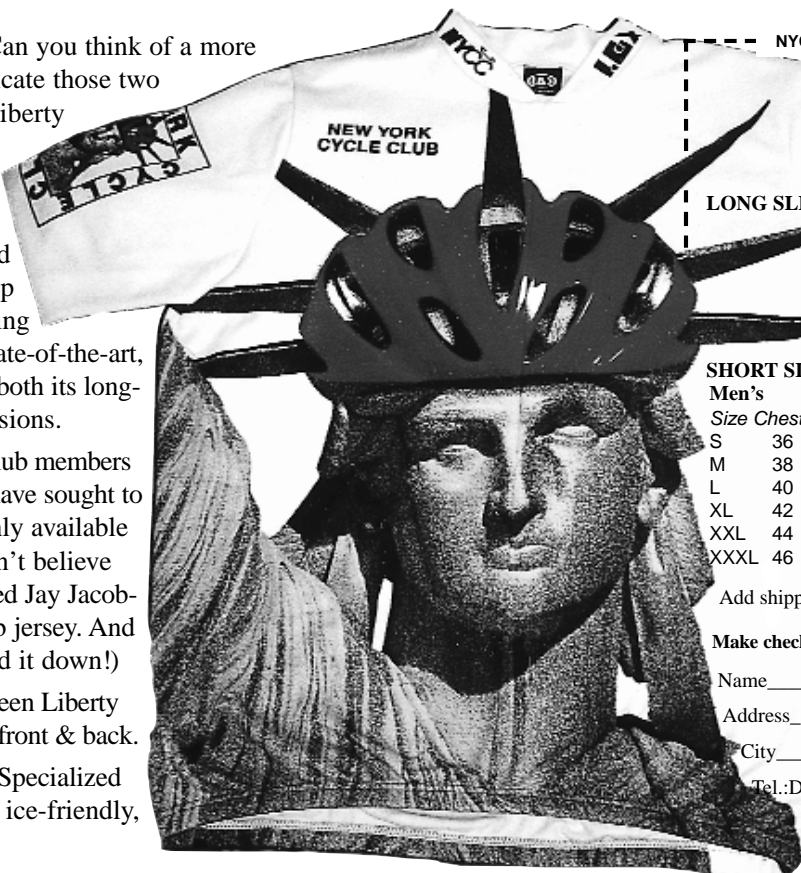
New York and cycling. Can you think of a more striking image to communicate those two things than the Statue of Liberty wearing a bicycle helmet?

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

<b>LONG SLEEVE @ \$57 (Unigender)</b>					
Size	Chest	Quantity			
S	36				
M	38				
L	40				
XL	42				
XXL	44				
<b>SHORT SLEEVE @ \$50</b>					
<b>Men's</b>			<b>Women's</b>		
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

# BONKED AGAIN??!

Find out how to prevent it at our April 11th Meeting

## JACKIE STORM

Nutritionist

**NUTRITION FOR THE ENDURANCE ATHLETE**

(That's You, In Case You Didn't Know)

Jackie will tell us about the latest research on nutrition for athletes. Confused about appropriate combinations of carbohydrates, protein and fat for cyclists? Jackie will explain it to us in terms of real food not just percentages. So, come find out what to eat before, during and after riding. Come join your fellow cyclists for an evening of camaraderie and good food at:

**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

**Dated Material!**

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**NYCC**

New York Cycle Club  
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Columbus Circle Station  
New York, NY 10023