

NYCC Bulletin



*“Okay, let me see...that’s a double strong **A classic SIG** espresso with a shot of testosterone, a decaf cappuccino **A 19 SIG** with sugar and adrenaline, a strong mocha **B SIG 16** - shaken not stirred, a cafe au lait **B SIG 15** with cinnamon shavings, an iced coffee laté **B SIG 14**, a vanilla egg-cream **C SIG 14**, a Yoo-Hoo **C SIG 12**, and a skim milk **C SIG 10**.”*

May 2000

MONTAUK CENTURY

The first great century of the season

Sunday, May 21 (but register with 5BBC today!)

One of the great traditions of the New York Cycle Club is participating in the Montauk Century, an almost totally flat ride from Manhattan to the tip of Long Island, along the south shore. Even if you've never done a century before, or are just attaining your cycling fitness, this is the century to do!

We'll be using the transportation and support facilities of the 5BBC. Below are the instructions for registering. Unlike the 5BBC, though, we will be riding in groups, like our usual rides. We'll have several A and B groups. The ride is 130 miles, but, remember, it is almost entirely flat. The 5BBC provides food stops along the way. The organizers will also transport a bag to Montauk for you, if you want to have a change of clothes waiting for you. On the way back, your bikes will be transported by truck - you can even get your bike wrapped in bubble wrap for a small fee!

To accommodate riding as a group, you will not have to show up at the 5BBC registration desk on the morning of the ride, but rather should proceed directly to the NYCC meeting point at the Plaza Hotel. Please be sure to pre-register on-line or by mail, though, as soon as possible.

Here is what you need to do:

Today:

1. Register on-line at www.5bbc.org, or
2. Get a Montauk Century registration form
 - a. from your local bike shop, or
 - b. off the Web at www.5bbc.org, or
 - c. by calling (212) 932-2300 x139 and leaving your name and address.

Fill out and sign the registration form and mail it in with a check for \$56 (remember, that includes food, sag, return transportation, and bike transportation). You will receive an information packet giving all the necessary details.

Saturday, May 20:

3. If you want to have a bag containing a change of clothes and soap and shampoo (showers will be available) brought to Montauk, you can drop the bag off on Saturday May 20 at AYH (103rd St. and Amsterdam Ave.), Room 007, 10:30 a.m.-1:00 p.m. and 4:00 p.m.-5:00 p.m. You may include packing materials for your bike's return trip or purchase them from the 5BBC.

(continued on page 3)

Editor's note

Some of our members got their bulletin late in April. The materials got to the printer on time, but they just bought a new direct-to-plate machine so they ran behind by a day or two. My apologies for any inconvenience this may have caused. This new direct-to-plate machine will make the bulletin look a whole lot better. It also means they can receive a disk and then print the bulletins without first having to shoot film. Definitely a step in the right direction for Dandy and the NYCC.

Mike Samuel rocks! 'Nuf said. :-)

Renewal reminder: If you don't renew, you'll miss out!

Deadlines: In order to prevent delay, please get your materials to the appropriate person on time. For rides, contact your ride coordinator. The deadline for other materials is the second Tuesday of the month before going to press.

NYCC web page: Coming soon...revamped web page!

Don Montalvo, Bulletin Editor

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Subscriptions: Free to NYCC members. If you don't receive your Bulletin on time, have a change of address, or any other questions about your membership, email Laurie Nisco:

LKN8@columbia.edu

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

Cover illustration: Thanks to Mike Samuel for the way kewl cover illustration. Irv and Cristy will be proud!

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

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

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

Don Montalvo
747-10th Avenue, #28I
New York City, 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.

<http://www.nycc.org>

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Better yet, Recycle-A-Bicycle, a nonprofit \$10. Be sure to bring the luggage tag that you receive in your packet from 5BBC.

Sunday, May 21:

4. Get up early. Put on sunscreen (very important!).
5. Go directly to the NYCC meeting place at the corner of 59th Street

2000 USCF ESPOIR NATIONAL ROAD CHAMPIONSHIPS AWARDED TO NEW YORK CITY COLORADO SPRINGS, COLO. (Feb. 25, 2000)

The 2000 United States Cycling Federation (USCF) Espoir National Road Cycling Championships will be held in Staten Island, N.Y., it was announced Friday. The individual time trial is scheduled for June 16, while the road race is slated for June 18.

The espoir category includes cyclists between the ages of 19-22.

"We are excited about the opportunity to hold the espoir national championships in New York City. These cyclists are the future stars for the United States, both on an international and national level, and it is great to give them the opportunity to showcase their talents in front of the world's most exciting city," said USCF Managing Director Evan Call.

and 5th Avenue (by the Plaza Hotel) at the time specified below. You do NOT have to go to the 5BBC registration area outside Penn Station. Be sure to bring your number, which you received in the mail.

6. Have a GREAT ride!

Questions? Contact Ben Goldberg at (212) 982-4681 or goldberg@cs.nyu.edu.

"The Staten Island community is thrilled to be hosting this important event. We have a rich history of cycling and racing dating back to the 19th century. Staten Island is happy to begin the millennium with a race that represents the future of the sport of road racing, featuring the scenic and challenging terrain of our borough. The race will introduce many people to our cultural treasures, and will further Staten Island's role as the City's family-oriented recreational capital," said Staten Island resident John Luisi, Community Relations Director for the Borough of Staten Island.

"In my mind, the espoirs are the most important racing class in the United States. The development of this crucial link in our racing structure will provide the necessary forum for young adults to develop their talents and blossom into the champions of tomorrow. With the combined support of the Borough of Staten Island, New York and USA Cycling, this event champions the new era for cycling in the United States," says race organizer John Eustice.

USA Cycling is the national governing body for the sport of cycling in the United States, and has more than 90,000 members. The USCF is the road and track cycling association within USA Cycling.

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.)

GLUTEUS: An adhesive that binds you to your saddle.

GLUING: Sniffing out a race course.

HAIR NET: Generally half of hair gross.

HAMMER: A TV detective.

HANDLEBAR PLUGS: A toupee mustache; also, testimonials for 3TTT.

HANDLEBAR WRAP: Music by Puff Daddy.

HEADSET: Attitude.

HEIR RESISTANCE: The effect of the saddle on the perenium.

HELMET: A Schmidt Berger

HINCAPIE: The number of pedal strokes you use more than a pro to get to the top of the same hill.

HOODS: Punks.

HOOING: A quality-of-wife crime.

HOSHI: Swear words involuntarily uttered when crashing.

HOUSING: See

Indian's TPI.

INFIELD: The grouping of The Clique on The Hill.

INTERNAL CABLING: The operation that reverses a colostomy.

INTERVAL TRAINING: The name given to taking off many days between workouts; cf. Wait Training; Also: teaching intervals to do tricks.

INVESTMENT CAST: Michael Douglas.

ISHIWATA: A bottle filled in central France.

JERSEY: A flamboyantly dressed cow.

JOCKEY WHEEL: The chairman of the board of an underwear company.

KMS: Abbreviation of M&M

KEIRIN: A track event that is anything but Dullea.

KILO: A race around the DEA.

KLEIN: Eine grosse tubing.

LACTIC ACID: The milk suckled by the infant Don Rickles.

LEAD OUT: Paint removal.

LEGANO: An English truck. (10¢ if you get this one.)

LEMOND: A newspaper racers tuck inside their jerseys to keep warm while descending a cool col.

LINKS: A tactic used to cuff the French.

LOCKNUT: Asylum guard.

LOCKS: "Helmet hair" that looks like a fish.

LOST WAX: The result of an ontological cleaning.

LUBRICANT: Alcohol.

LUGS: Interior line-men.

MADISON: Slicks.

MAES: Corn. See TPI.

MASS START: The

opening bars of a requiem.

MASSEUR: A French honorific for the Directeur de Sanitation.

MICRO-ADJUSTERS: Insurance agents valuing your stolen bike for lock manufacturers

MILES: A man with an embouchure.

MINUTEMAN: A tiny colonist; a premature ejaculator.

MISS AND OUT: A pre-Steinem race to the altar.

MITERING: The installation of a cardinal.

MOTOCROSS: A Christian-influenced Japanese.

MOTORPACED: Heart patients.

MUDGUARD: A Raleigh.

MUSSETTE BAG: Being "into" small inspirations of dance, epic poetry, history, music, etc.

NISHIKI: Apparel worn by African riders.

OFF THE BACK:

Sleeping on your stomach to alleviate the pain of saddle sores.

OFF THE FRONT: Killing along the battle line.

ORTHOTICS: A product to give you a leg up on your lawn.

PACE LINE: Papal succession.

PACK: A conduit for political contributions; a gender-neutral video arcade game.

PARAMOUNT: To go Hollywood.

SHARE YOUR LOVE FOR THE OUTDOORS!

July 30 - August 6, 2000
Sherman, Pennsylvania

Be a guide to a visually impaired person while hiking, biking, swimming, canoeing, horseback riding and more. For information, contact Allison Holder (301) 515-0627 or e-mail: sports4health@aol.com





Ride Listings



Tuesday, May 2

A/B17+ 24 MI 10:00 AM

Morning Spring Training Series - Sky Miles

Leader: Joe Jaffe (212) 987-9585

From: The Boathouse

Now earn sky miles every Tuesday and Thursday mornings! Siberian Airways(TM) has teamed up with the NYCC to offer M.S.T.S. riders sky miles. For every lap completed in the park riders will receive 1 Siberian Airways sky mile. Sky Miles may be redeemed for one way travel from the fifty continental United States to Siberia. Cycling has its rewards!

A/B17+ 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

A19+ 60 MI 9:30 AM

Rockland Trainer

Leaders: Siddeeq (718) 519-7892 and Tony Monge (718) 652-7489

From: 178 St at Entrance to GW Bridge Ramp

A weekly training ride to Rockland Lake on a straight shot up and back by 9W. Stop in Nyack to refuel for the return. Rain cancels. Call leaders if in doubt before 8:30 a.m.

A-Minus 48-58 MI 8:00

AM Wednesday Morning Spin

From: Jeff Vogel (718) 275-6978

From: The benches across from the boathouse

Call in sick, take a mental health day, or play hooky and join us for a smooth, steady spin through Bergen and Rockland Counties. Group consensus determines the destination: Park Ridge, Montvale, Pearl River, Waldwick (where's that?), or Nyack. Participants in either A-SIG are more than welcome. Guaranteed return by 1:00 PM so you can have your afternoon free. Maybe you'll even go back to work.

B18 55 MI 10:00 AM

Nyack

Leader: Gay Shaheen (212) 452-1784

From: The Boathouse

Back by popular demand! The Wednesday Nyack ride. Prompt 10am departure, quick spin to and from Nyack, with a brief stop at the Runcible Spoon for your favorite snack.

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/B17+ 24 MI 10:00 AM

Morning Spring Training Series - Research Study

Leader: Joe Jaffe (212) 987-9585

From: The Boathouse

A leading major, New York based, university medical center will be conducting a controlled clinical research trial on M.S.T.S. riders Tuesday and Thursday Mornings. The study will investigate the effects of Viagra (TM) on cycling endurance and stamina. Riders are asked not to participate if they suffer from heart valve defects, leg stiffness, or are already receiving treatment for E.D.

Research participants will be compensated for their time with free T-shirts.

A/B17+ 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, May 5

B15/16 55 MI 9:15 AM

Long Beach

From: City Hall Park

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

Lets enjoy the Spring!!! Very flat ride total distance about 50 to 55 miles. Subway and LIRR bailout options.

ABC 2 MPH 3-4 Blocks 5:00 PM

Picnic at the Cloisters

Leader: Al Boland (212) 740-0700

From: The Cloisters

Any age allowed as long as you wear diapers. Babies on tricycles and parents on foot. Leader will provide food for a picnic. Please call leader for meeting place and to estimate amount of food.

Saturday, May 6

A-SIG Classic 85 MI 8:00 AM

Ride #11: Little Thor-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? We'll, 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.

A19 SIG 80 MI 8:00 A.M.

(New Start Time) Ride #10: Croton Dam

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

From: The Boathouse parking lot

A more beautiful ride won't be happening this day. As we disappear powerfully over Cat's Paw Hill, your leaders' hearts are pounding near their VO2max. Because today we practice hills. In SIG language, beautiful ride = hills. The ride to the dam has some nice climbing and beautiful, pastoral vistas. We'll see if the hill repeats we've been preaching to you really work. Note the 8:00 A.M. start time. Bring plenty of water, pocket food and determination. We might try a picnic this time. Helmets mandatory. Of course the skills you learned the past few weeks, especially working together, communicating and forming incredible pace lines are expected. The usual cancels.

A20 85 MI+/- 9:00 AM

Ride #10: This is Not a Hammerfest:

South Mountain Road Without Apples!

Leaders: Spencer Koromilas (212) 867-8678 or SpencerNYCC@Juno.com, and Hank Schiffman (212) 529-9082 or Schiffhank@aol.com

From: The Boathouse

Time to get some mileage, and speed . . . on our return to our glorious SIG form, and those smooth pace line days! So we will venture west, into lovely New Jersey, ride along Saddle River, South Mountain Road, Sicketown and then Strawtown, under trees in full foliage . . . see that smooth, impeccable, pace line flying by? Poetry in motion! Since this series is intended for ex-SIG graduates

or experienced A riders with the required group riding skills, the leaders reserve the right to restrict this ride to any rider(s) deemed unqualified. We need to all be on the same page. Cancels: Hank and I rode in freezing winter weather (ask Tom Lasky) . . . so we be riding!

B-SIG 16/17/18 75-90 MI 7:30 AM

Ride #9 Deepest Westchester

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

From: Grand Central Terminal lobby near ticket windows

Meet at Grand Central, buy your one way ticket to White Plains (Metro North pass required) and get your cup o, Joe. We'll take the 7:50 & 8:23, to White Plains to start out for parts unknown (train schedules changes, please arrive early not to miss the train). This is a beautiful ride through the farther reaches of Westchester, dipping into Connecticut for a few miles and passing through colorful villages like Bedford and Purdys Station. You can take the train back from Hastings after 75 miles or do the full 90 miles back into Manhattan (or hop the subway after 82 miles and the best carrot cake in New York). Bring pocket food and plenty of water it's a long ride with only a couple of food stops.

B15/16 9:00 AM 50+ MI

Destination - Somewhere

Leader: TBA

From: 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.

C14 SIG ??? MI 9:30 AM

Destination TBA

Leaders: Paul Hofherr (212) 737-1553 & Jim Janof

From: The Boathouse Parking Lot

This SIG is open only to previous participants - sorry, no exceptions. Destination and distance will be announced the day of the ride. Helmets required. Cancellation: wet roads, precipitation at starting time.

C12 SIG ??? MI 9:00 AM

Destination TBA

Leaders: TBA

From: GWB Bus Terminal

This SIG is open only to previous participants - sorry, no exceptions. Destination and distance will be announced the day of the ride. Helmets required. Cancellation: wet roads, precipitation at start time.

Sunday, May 7

A18 65 MI+/- 9:00/9:30 AM

The Connecticut Witches: Stan and Green

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

From: The Boathouse at 9:00 AM or from the Bronx

(Grand Concourse/Bedford) at 9:30 AM

Oooh those lovely, winding Westchester and Connecticut hills! The flowers are out and the trees are getting greener by the minute. It's time to get back to the best cycling around! We be goin' to where the rich people live, ridin' beemers with the pot belly and show them we're not made of jelly! So prepare yourselves for another epic ride to the New England charm that is Connecticut. Lunch stop in Greenwich, then train ride home via The New Haven Line into Grand Central Station. Required: Civilized cycling, and Train Pass. Cancels: Avalanche No, did that! Tidal Wave. No, did that! Dang . . . we ridin'!

A18 65 MI 9:15 AM

Nyack, The Recovery

Leader: Damon Hart (212) 753-0204 or hart@idt.net

From: The Boathouse

Roundabout route and a hilly approach to Nyack, eat, then straight home. Relaxed, but disciplined recovery ride, current A-SIGees welcome. Rain, slick roads, or A-SIG today (rain date) cancels this ride.

B15 35 MI 9:00 AM

Anybody for Art

Leader : Michael Di Cerbo (212) 645-1120

From : The Boathouse

A ride through the suburbs of Bergen County. Lunch at Milton Votte Park. After

lunch we'll visit a couple and see their outstanding collection of fine art prints before our return to the Boathouse.

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.

B14 43 MI 12 Noon

Armour Villais Chateaus + Tango Enchantment

Leader: Paul Rubenfarb (212) 740 9123

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

This archetypal Yonkers hamlet of vintage estates and hilly lanes exudes a bygone early century Eugene OIN@ like somnolence. 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.

Tuesday, May 9

A/B17+ 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. Cancels: Bad weather or rain.

Wednesday, May 10

A19+ 60 MI 9:30 AM

Rockland Trainer

Leaders: Siddeeq (718) 519-7892 and Tony Monge (718) 652-7489

From: 178 St at Entrance to GW Bridge Ramp

See May 3 description.

A-Minus 48-58 MI 8:00 AM

Wednesday Morning Spin

Leader: Jeff Vogel (718) 275-6978

From: The benches across from the boathouse

See May 3 description.

B18 55 MI 10:00 AM

Nyack

Leader: Gay Shaheen (212) 452- 1784

From: The Boathouse

Back by popular demand! The Wednesday Nyack ride. Prompt 10am departure, quick spin to and from Nyack, with a brief stop at the Runcible Spoon for your favorite snack.

B14/C14 40 MI 10:00 AM

Wednesday Is Sundayes

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 or bad weather cancel.

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, May 11

A/B17+ 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/B17+ 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 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, May 12

B15/16 45 MI 9:20 AM

Staten Island Loop

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

From : Ferry Terminal Manhattan

Leaving from the Staten Island ferry to Tottenville. A perfect time to take in the unique sights of Staten Island such as the Tibetan Museum. One climb, up Light House Hill, and a picnic at Tottenville on scenic Raritan Bay. Plus a round trip on the Staten Island Ferry.

ABC 2 MPH 3-4 Blocks 5:00 PM

Picnic at the Cloisters

Leader: Al Boland (212) 740-0700

From: The Cloisters

Any age allowed as long as you wear diapers. Babies on tricycles and parents on foot. Leader will provide food for a picnic. Please call leader for meeting place and to estimate amount of food.

Saturday, May 13

A-SIG Classic 70 MI 8:30 AM

Ride #12: Taper Ride To Rockland Lake: Invitation Ride

Leaders: The A-SIGees (and their SIG Leaders)

From: Parking Lot North of The Boathouse

This is the Pre-Graduation Taper Ride. Our SIGlets are going to lead us up to Rockland Lake and take us through those beautiful double, rotating pacelines. They're going to watch our spin, make sure we're working with our partners, and keeping it all together. This ride is open to the A-SIG participants and invited guests of their leaders. Next week we're partners.

A19 SIG 82 MI 8:00 AM

Ride #11: Bedford

Leaders: Douglas Riccardi (212) 228-9423 and

David Grogan (718) 875-1977

From: The Boathouse parking lot

For Mother's Day tomorrow, you'll be able to impress Mom with how well you did today. Another classic ride is about to happen. The quiet solitude of sleepy Bedford will evaporate as we explode onto the village green to slake our thirsts and sate our hunger. This is one mother of a ride. Today we'll practice a little of everything we've learned yea these past 10 weeks. You're all "A" riders now and we expect to be cruising at 19-20 mph on the flats and powering up and down the hills. This is the dress rehearsal for your formal graduation next week. Just because you're so good, doesn't mean you slack off on the workouts this week. Without two or three outings on your bike, you may have a little trouble keeping up with your vaunted leaders (or am I dreaming?). By this week, you should have all signed up to lead two rides. If you haven't, please see Ed before we depart this morning. The usual cancels, helmets and good humor mandatory.

A20+ 90 MI+/- 9:00 AM

Ride #11: This Is Not A Hammerfest-Spring Training For A Riders

Leaders: Hanna Robson (212) 544-9450 and Jaimie Epstein (212) 923-2616
From: The Hill across from the Boathouse

Join us on a mystery tour of Westchester. The mystery? Where we'll end up. But it'll be somewhere where the grass is money green and the horses cost more than our bikes, and we'll be galloping -- it's about time, isn't it? So know your limits and plan accordingly, packing that cell phone, train pass, global positioning thingy, or change of underwear. We shouldn't have to say it, but since someone actually showed up on a ride recently without enough water to get to Nyack (!), it seems the obvious isn't always obvious: paceline skills, helmets, and friendly cooperation mandatory.

A18 80 MI 8:30 AM

Byrom Lake-Armonk

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

From: The Boathouse

That old favorite, fast and flatter as Westchester rides go; no big climbs, just hills, rollers, hills, etc... We'll take the shore route out to New Rochelle, the up into the hills, through a bit of Greenwich, then that lovely swing around the lake to lunch Armonk. Return via Rt22. and Grassy Sprain and a Concourse-free return. Cancel conditions: The usual.

B-SIG 16/17/18 75-90 MI 7:30 AM

Graduation Ride thru West Point to Cold Spring

Leaders: Annaline Dinkelmann (212) 876-1344 and

Wayne Write (212) 873-7108

From: North side of Boathouse parking lot (note early start time)

This is the day you've trained for. We'll have several different options ranging from 75 to 90 miles. The routes up to West Point are very scenic. Refuel in Highland Falls (the little town at West Point) and then continue through the campus, up over Storm King Mountain, across the Beacon-Newburgh Bridge and down the east side of the Hudson to Cold Spring. There's time to eat at the old Station Café before catching the train back to Manhattan (Metronorth pass required). Or for the shorter option, after West Point, cross the Bear Mountain Bridge and ride up 9D to Cold Spring for the train ride home. Either way, bring pocket food and plenty of water. "Scenic" means very few food stops. No bonking allowed!

B15/16 9:00 AM 50+ MI

Destination - Somewhere

Leader: TBA

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.

C14 SIG ??? MI 9:30 AM

Destination TBA

Leaders: Paul Hofherr (212) 737-1553 & Jim Janof

From: The Boathouse Parking Lot

This SIG is open only to previous participants - sorry, no exceptions. Destination and distance will be announced the day of the ride. Helmets required. Cancellation: wet roads, precipitation at starting time.

C12 SIG ??? MI 9:00 AM

Destination TBA

Leaders: TBA

From: GWB Bus Terminal

This SIG is open only to previous participants - sorry, no exceptions. Destination and distance will be announced the day of the ride. Helmets required. Cancellation: wet roads, precipitation at start time.

C11/13 40 MI 8:30 AM

Sticky Buns Ride

Leaders: Glen Goldstein (212) 532-4376 and Laurie Nisco (212) 961-1129

From: The Boathouse

Join us for this joint 5BBC/NYCC venture in honor of bike month. We're going to stop at 5 different bakeries in 4 boroughs during our urban eating assault and continue to prove that age-old bicycle myth that calories don't count on a ride. Bring lock, \$, and a craving for sweets. Helmets required.

C11/13 30MI 8:30 AM

Wave Hill**Leader: Brian Hoberman 5BBC (718) 523-0367****From: The Boathouse**

Help us celebrate bike month as we join up with the Five Borough Bike Club. Ride through a number of parks to and from Wave Hill, an historic estate that overlooks the Hudson River and the Palisades. Admission is free before noon, but bring \$ for lunch which we'll pick up along the way. This is a bit hilly for a NYC ride, so remember those gearing skills. Helmets required.

Sunday, May 14**A18 65 MI 9:00 AM****Pleasantville, The Recovery****Leader: Damon Hart (212) 753-0204 or hart@idt.net****From: The Boathouse**

A reprise of this year's A-SIG route, with less hammering and more smelling the roses. Relaxed, but disciplined, recovery ride, current A-SIGees welcome. Rain, slick roads or A-SIG today (rain date) cancels this ride.

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

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

B16 24 - 40MI 9:30 AM**Recovery laps round the Park****Leaders Robert Dinkelmann (212) 876-1344****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.

B14 45 MI 12 Noon**Elizabethis Naughty Spas + Tango Interlude****Leader: Paul Rubenfarb (212) 740 9123.****From: Top WTC PATH escalators.**

The typical exhausted NYCCer finds a bad old cat house just the wellness clinic for tendonitis and bursitis, as young debutantes in the doorways of Elizabeth's old hotels beckon irresistibly. Rain or shine.

Tuesday, May 16**A/B17+ 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/B17+ 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 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, May 17**A19+ 60 MI 9:30 AM****Rockland Trainer****Leaders: Siddeeq (718) 519-7892 and Tony Monge (718) 652-7489****From: 178 St at Entrance to GW Bridge Ramp**

See May 3 description.

A-Minus 48-58 MI 8:00 AM**Wednesday Morning Spin****Leader: Jeff Vogel (718) 275-6978****From: The benches across from the boathouse**

See May 3 description.

B18 55 MI 10:00 AM**Nyack****Leader: Gay Shaheen (212) 452- 1784****From: The Boathouse**

Back by popular demand! The Wednesday Nyack ride. Prompt 10am departure, quick spin to and from Nyack, with a brief stop at the Runcible Spoon for your favorite snack.

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 18**A/B17+ 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/B17+ 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 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.

B16 12 MI 7:00 PM**Laps in Prospect Park - Week #1****Leaders: Suzanne Levin and Peter Morales (718) 398-2649****From: Grand Army Plaza**

Lets meet at the Grand Army Plaza entrance to Prospect Park, do a few laps and start to get in shape for summer. This is the beginning of a fun Thursday night ride series in Brooklyn. We know how competitive you cyclists are - if you miss the first ride there will always be others in the group who have been on more rides than you.

Friday, May 19**ABC 2 MPH 3-4 Blocks 5:00 PM****Picnic at the Cloisters****Leader: Al Boland (212) 740-0700****From: The Cloisters**

Any age allowed as long as you wear diapers. Babies on tricycles and parents on foot. Leader will provide food for a picnic. Please call leader for meeting place and to estimate amount of food.

Saturday, May 20**A-SIG Classic 100+ MI 7:00 AM****Graduation Ride****Leaders: The A-SIG Posse - you know them all by now!****From: Parking Lot North of the Boathouse**

See the A19, but we're not sittin' around-we take off at 7! Be at the parking lot, signed in, helmets on, bladders emptied, by 6:45.

A19-SIG 100+ MI 7:30 AM**Graduation Ride****Leaders: The gang's all here; you all know our numbers by now!****From: The Boathouse parking lot**

Congratulations!!! Here is the moment you've all been waiting for. Bring your caps and gowns, Polaroid and champagne. Today we'll finish off this puppy with a blast. We'll barrel north along the Hudson at breakneck speed (safely, of course, observing all the rules of the road and of good sportsmanship). We'll paceline into the mountains and up Perkins Drive near Bear Mountain. The ride will end in a celebratory party across the river (guess which bridge you'll cross)

at Christy and Jody's cozy cottage on the grassy knoll in Cold Spring. Warm and fuzzy, (but hopefully not too smelly), we'll return to NYC on Metro North. What a fabulous day!! Bring your train pass, pocket food, sun block and lot's of water. The usual cancels. Remember not to blow your wad completely, because tomorrow, we expect to see you on either the Bloomin Metric or the Montauk Century. Ask you leaders for details. How much will you miss us next week?

A17-22 250 MI TBD

Montauk Twin Century

Leader: Marty Wolf (212) 935-1460

From: Call

Call for costs, time, meeting place. In our version of the Montauk Century, we bike out on Saturday and return on Sunday, on the same road used by the one-way century riders. The rooms I've booked are limited and must be paid in full no later than Saturday, May 13 (which is also the cancellation date.)

B15/16 45 MI 9:00 AM

A Poetic Ride to Northvale

Leaders : Bernie Brandell (718) 633-1759 and Mystery Lacy

From: Call

The last vestiges of hibernation, is cleansed with April's flush. But May is full of promise in color-bursting blush. Fevered-tempo pressing pedal, the added bounce in saddle. A fluid motion to advance, a secret smile, and hint of a romance.

C14 SIG ??? MI 9:30 AM

Destination TBA

Leaders: Paul Hofherr(212) 737-1553 & Jim Janof

From: The Boathouse Parking Lot

This SIG is open only to previous participants - sorry, no exceptions. Destination and distance will be announced the day of the ride. Helmets required. Cancellation: wet roads, precipitation at starting time.

C12 SIG ??? MI 9:00 AM

Destination?

From: GWB Bus Terminal

Leaders: TBA

This SIG is open only to previous participants - sorry, no exceptions. Destination and distance will be announced the day of the ride. Helmets required. Cancellation: wet roads, precipitation at start time.

Sunday, May 21

See article on page 2 for more details on the Montauk Century

A20 130 MI 6:00 AM

This Was Not A Hammerfest! Grand Finale Of Spring Series For A Riders: Montauk

Leader: Jaimie Epstein (212) 923-2616

From: The Plaza Hotel

We've been working together to get in shape for twelve weeks now, and we are in shape (aren't we?), and a century (or century-plus, as the case may be) seemed an appropriate endnote, but I didn't have time to scout a route, and I figured, Why should I bother when the 5BBC does such a fine job for me? So here's the deal: You don't really need a leader -- a blind person could do this route thanks to the well-queued queue sheet (and the fact that there are, like, 1,000 other Montauk-bound riders on the road) - so we'll just coagulate into nice tidy groups of, say, eight or ten, which will make for nice tidy double pacelines, and hit the road as the sun comes up. If you don't come along, you're on your honor to ride a hundred on your own. See guidelines elsewhere regarding the Montauk Century -- and follow them!

B17 130 MI 5:30 AM

Montauk Century

Leader: TBA

From: The Plaza Hotel

We'll meet early enough to awaken the rooster and forge a path for the 1000+ riders behind us. The 5BBC has arranged pre registration, an earlier bus and baggage handling for us - see Montauk description in bulletin. We'll be able to take advantage of the designated food/pit stops while briskly spinning along the South Shore. Some members in the group may choose to stop at fifty miles to

refuel at the Diner and enjoy the most delicious banana nut pancakes within a 100 mile radius of New York City. More details will be posted via the NYCC email.

B18 65 MI 6:25 AM

23rd Annual Blooming Metric

Leaders : Spencer Koromilas (212-867-8678 & Bill Green (718) 832-6618

From: Grand Central Station

See next listing for details.

B16 65 MI 7:50 AM

23rd Annual Blooming Metric

Leaders: Carol Waaser (212) 581-0509 & Suzanne Levin (718) 398-2649

From: Grand Central Station

The Sound Cyclists Bicycle Club's 23rd Annual Blooming Metric bicycle tour tours along beautiful scenic roads of Fairfield County Connecticut. All riders receive a map and cue sheet. Route will be marked and patrolled with a sag wagon. Plenty of food, water and restrooms are available. There are two trains : The 6.40AM (B18 ride) and 8.07AM (B16 ride) Metro North to Westport, Connecticut. The fee to ride is \$15.00 (non-refundable & pre-registered by May 15, 2000. \$20.00 (after May 15, 2000). Their website, for download of registration forms and additional information is:

<http://www.soundcyclists.com/bloomin.htm>

B15 55 MI 9:00 AM

Picnic at Kensico Dam

Leader: Stan Oldak (212) 780-9950

From: The boathouse

A scenic ride through Westchester that will include waterfalls, streams, a lake or two, a path through woods, a highway section with no cars, and a picnic lunch at Kensico Dam Plaza. Come along for a leisurely B15 ride along a picturesque route through Westchester. Rain at start or 90% chance of for the day cancels.

B14 41 MI 12 Noon

Kafka's Art Deco Bronx + Tango Ecstasy

Leader: Paul Rubenfarb (212) 740 9123.

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

Franz Kafka was the renegade who exposed how middle-class society engineers, personalities, injection-molds life careers, pre-specifies 'meaningful' life incentives, while training establishment psychiatry to enforce 'sane' concepts of dissent and cog - Like mentality in the military-industrial machine by justifying regimentation and prozac lobotomization. While beguiling, the Bronx's vast art deco was the visual motif accompanying the interwar nativity of the middle-class totalitarian thought control Kafka prophesied. During intermission enjoy romantic tango dancing. Rain or shine.

C13 47 MI 9:15 AM

The Bloomin' Metric!

Leader: Maggie Clark (212) 567-8272

From: Westport, Conn., railroad station / Luciano Park

Terrain: rolling with some hills in the middle. This is a gorgeous ride in Connecticut, including some shoreline, some New England flavor with stone walls, horse farms, woods and white churches. It is an annual ride of the Sound Cyclists Bike Club. You can take Metro-North to the ride start; they are waiving the need for a Metro-North pass for this event. Take the 8:07 a.m. train from Grand Central Terminal to Westport arriving 9:12 a.m.) (\$8.75 one-way). This train also leaves Fordham Station in the Bronx at 8:25 a.m. (that's where I get on). A helmet is required for this ride. Pre-registration by May 15 costs \$15 and is non-refundable. There is free food and water, and restroom stops on the route. A Sag wagon is also available. You get a map, cue sheet and a chance at a raffle. The first 1,500 pre-registrants get the Bloomin' Metric T-shirt. You can sign up the day of the event if you wish (\$20). A registration form is obtainable from Sound Cyclists Bicycle Club, 1771 Post Rd East #338, Westport Ct. 06880 or at their Web site: <http://www.soundcyclists.com/register.htm>

C12 24 MI 9:30 AM

A pedal, a paddle, a sculptor and a skytram

Leader: Peter Hochstein (212) 427-1041

From: The Boathouse perimeter fence

Ride to the Hudson River bike path, then south. If it's open, we'll stop at the New

York Kayak School for a (free?) kayak ride in a sheltered Hudson River cove. Then up the East Side to 59th Street, over the bridge to Queens and a visit to the Socrates Sculpture Park. Then over another bridge to explore Roosevelt Island, and back to Manhattan via a spectacular ride on the Roosevelt Island aerial tram. Be prepared to carry lunch several miles. Have a subway token (Not a Metrocard) or crisp currency to operate the tramway token machine. Rain cancels.

Tuesday, May 23

A/B17+ 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/B17+ 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 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, May 24

A19+ 60 MI 9:30 AM Rockland Trainer

Leaders: Siddeeq (718) 519-7892 and Tony Monge (718) 652-7489

From: 178 St at Entrance to GW Bridge Ramp

See May 3 description.

B18 55 MI 10:00 AM

Nyack

Leader: Gay Shaheen (212) 452-1784

From: The Boathouse

Back by popular demand! The Wednesday Nyack ride. Prompt 10am departure, quick spin to and from Nyack, with a brief stop at the Runcible Spoon for your favorite snack.

B14/C14 40 MI 10:00 AM

Wednesdays Is Sundayes

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 Sundayes. Rain, snow and/or temps below 30.

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, May 25

A/B17+ 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.

B16 12 MI 7:00 PM

Laps in Prospect Park - Week #2

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

From: Grand Army Plaza

Lets meet at the Grand Army Plaza entrance to Prospect Park and do a few laps. I don,t know about the rest of you but I am more apt to ride if I know I am meeting friends.

Friday, May 26

A20 70 MI 9:30 AM

Lilacs And Lagers (Sheffield, MA)

Leader: Mark Martinez (212) 496-5518, or retrogrouch@my-deja.com

From: Grand Central Terminal

Memorial Day Weekend getaway ride from Brewster, NY to Sheffield, MA. Start the weekend right with a ride that just gets better and better as we head to the Club's weekend in the Berkshires. Meet near the GCT Info booth where we'll gather before boarding the 9:46 for Brewster. We'll keep a steady pace over rolling terrain that just gets better and better as we head North. We will celebrate our arrival in the outskirts of Sheffield with the traditional toast at the Stagecoach Inn where A, B, and C riders (and drivers!) converge to kick off the weekend. Required: Metro-North pass. Highly recommended: climbing gears, 2 water bottles, pocket food, and beer money. Rain does NOT cancel.

A 20+/- 65 MI 9:30 AM

Vogel Route To Sheffield

Leader: Jeff Vogel (718) 275-6978

From: Grand Central Terminal

This is the quintessential Vogel Route. There's incredible scenery and traffic-free roads. But of course it wouldn't be a Vogel Route without the obligatory unpaved road. Oh yeah, and a mountain or two to brag about over beers at the Stagecoach. We're on the 9:48 train to Brewster. Buy a ticket, meet on the train. Metro North pass required. Rain cancels this ride. If it does rain, go with Fred or Mark.

A18 65 MI TBA

Brewster-Sheffield

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

From Grand Central Terminal

We'll take the train to Brewster and then ride through the bucolic Putnam, Fairfield, and Litchfield counties to start our Memorial Day weekend in the beautiful Berkshires. I have a new route around infamous Skiff Mt. Rd, so overeating at lunch in Kent won't be as punishing as prior years. Ride terminates at the Stagecoach Inn in Sheffield for the start of the weekend's festivities. Call leader for train info and to confirm participation. Required: Metro North Bike Pass.

B16+/- 65 MI TBA

Berkshires Weekend/Brewster - Sheffield

Leaders: Robert Dinkelmann (212) 876-1344 and

Linda Wintner (212) 876-2978, Carol Waaser (212) 581-0509

From : Grand Central Terminal

We'll take the train to Brewster and ride to Sheffield for to start of our annual Memorial Day pilgrimage in the Berkshires. Lunch in Kent, Ct. Ride terminates at the Stagecoach Inn in Sheffield for the start of the weekend's festivities. Call leader for train info and to confirm participation. Required: Metro North Bikepass.

C13 35 MI TBA

Dover Plains to Sheffield, Mass.

Leaders: Paul Hofherr (212) 737-1553 and Maggie Clark (212) 567-8272

From: Dover Plains Metro-North (end of Harlem line) Station

Terrain: rolling to hilly (More uphill than down). This is a lovely, if somewhat demanding ride at times (but short) up to the club weekend in Sheffield in the Berkshires. After a few miles on Route 22 we take the backroads to Sharon, Conn., and then the roller coaster to Lakeville. You'll need a Metro-North pass (get it at Grand Central before the day of the ride to be sure). If you plan to come, please call me well in advance of the ride so we can get a head count and by that time I'll know which train we'll be taking (hopefully not too early!!). Helmets required.

Saturday, May 27

A18 60+/- MI 9:30 AM

Not Sheffield

Leader: Todd Brilliant (212) 274-9463

From: Benches across from the Boathouse

Sometimes the best time to be in the city is when everyone else leaves. No need to elbow your way through the masses en route to the store. No bumper-to-bumper traffic to maneuver your bike through. Join me for a mellow ride to Nyack and be home early enough to enjoy the empty city.

C14 45 MI 9:00 AM Mamaroneck

Leader: Scott Wasserman (914) 723-6607

From: The grass across the entrance path from the boathouse.

I was on a ride to the Harbor Park in March, and the winds off the water were a bit cold. By now it should be just fine for an outdoor lunch as reward for a few of those Westchester hills. Substantial rain makes the ride unlikely. Helmets required.

Sunday, May 28

B14 44 MI 12 Noon

Staten Isle's Village Schools + Tango Seduction

Leader: Paul Rubenfarb (212) 740 9123.

From: Behind Ray's Pizza in front of South Ferry (L or 9 train).

The Village School' by immortal poet J.G. Whittier, describes a tiny vine-clad relic of once rural America, before today's overpopulation and countryside congestion with mars and sprawl. Today's school is an ideological mill where loyalty to anthem, flag, stockmarket and mega-armament economy is inculcated, while the old individuality of open socratic questioning and Newton's free skeptical inquiry is belittled. Rain or Shine.

Monday, May 29

A20 60 MI 9:30 AM

Back From The Berkshires

Leader: Mark Martinez (212) 496-5518, or retrogrouch@my-deja.com

From: Sheffield, MA, Meeting Place

One last ride before we call it a weekend. A smooth and steady paceline will ease our well-used legs downhill toward Poughkeepsie in the Hudson River Valley. Brunch at the halfway point at the fabulous Crumpet Cafe in Pine Plains (which almost makes it worth riding in the rain!) Maps will be provided for those wishing to go off the front/back. Required: Metro-North pass and train fare. Highly recommended: 2 water bottles and pocket food. Rain does NOT cancel but may result in a diversion to Dover Plains train.

A18 58 MI 9:00 AM

Sheffield-Poughkeepsie

Leader: Fred Steinberg (212) 787-5204 (local Tel# will be provided)

From Sheffield Town Hall

The traditional return ride to the Poughkeepsie Metro North station through the Dutchess County countryside extends the weekend with another great day of riding. Lunch in Pine Plains.

A17 75 MI TBA Somerville Criterium

Leader: Marty Wolf (212) 935-1460

From: Call

As I write this, I'm not sure this annual event is scheduled for this Memorial Day. If it is, I'm thinking of taking the PATH to Newark and riding there. If interested, call me and we'll decide where and when to meet.

B16+ 58 MI 9:00 AM

Sheffield-Poughkeepsie

Leaders: Annaline & Robert Dinkelmann (212) 876-1344 and

Linda Wintner (212) 876-2978

From: Sheffield Town Hall

The traditional return ride to the Poughkeepsie Metro North station through the Dutchess County countryside extends the weekend with another great day of riding. Lunch in Pine Plains.

C13 35 MI TBA

Sheffield, Mass., to Dover Plains

Leaders: Maggie Clark (212) 567-8272 and Paul Hofherr (212) 737-1553

From: Sheffield, Mass.

Terrain: rolling to hilly (more downhill than up) This is a reverse of the Friday, May 26 ride, listed above. We have to be expeditious as the train in Dover Plains leaves around 2:25. Helmets required.

C12 25/15 MI 12:30 PM/1:30 PM

Y'ar Ole Salt

Leader: Terry Chin (718) 680-5227

From: City Hall, Manhattan; 2nd stop Picnic House, Prospect Park (2 blocks from 3rd St. entrance.)

The fleet is in! This midday departure to Sheepshead Bay gives us a chance to join in a flurry of activity at Brooklyn's Cape Cod. Bring your favorite fish tale to tell over clam chowder. Co-led with 5BBC. Bring lock and plastic bag for fish shopping.

Tuesday, May 30

A/B17+ 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.

Wednesday, May 31

A19+ 60 MI 9:30 AM

Rockland Trainer

Leaders: Siddeeq (718) 519-7892 and Tony Monge (718) 652-7489

From: 178 St at Entrance to GW Bridge Ramp

See May 3 description.

A-Minus 48-58 MI 8:00 AM

Wednesday Morning Spin

Leader: Jeff Vogel (718) 275-6978

From: The benches across from the boathouse

See May 3 description.

Thursday, June 1

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/B17+ 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 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.

B16 15 MI 7:00 PM

Laps in Prospect Park - Week #3

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

From: Grand Army Plaza

Lets meet at the Grand Army Plaza entrance to Prospect Park and try to do five laps. If you are like me, laps get really boring after three or four, but if the conversation is interesting maybe we can make it to five.

Friday, June 2

ABC 2 MPH 3-4 Blocks 5:00 PM

Picnic at the Cloisters

Leader: Al Boland (212) 740-0700

From: The Cloisters

Any age allowed as long as you wear diapers. Babies on tricycles and parents on foot. Leader will provide food for a picnic. Please call leader for meeting place and to estimate amount of food.

Saturday, June 3

B16/17 65+ MI 8:30 AM/9:30 AM

Destination - Long Island

Leader: TBA

From: 8:30 am Boathouse & 9:30 am Statue of Civic virtue

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. The ride is leaving from Central Park and going to Oyster Bay.

C13/14 40 MI 9:00 AM

Scarsdale**Leaders: Bernie Brandel (718) 633-1759 and****Norman Borden (212) 679-0609****From: The Boathouse**

So you want to be a millionaire. Come see how the other half lives, scenic views, grass, trees, birds and no hills! Bring lock, \$ for lunch. The usual cancels. Helmets required.

Sunday, June 4**A17;B16/15/14 65/55/50/45 MI 9:20AM****NEWCOMERS' RIDE****Leaders: To be announced in June Bulletin****From: Parking Lot north of the Boathouse****Coordinator: Irv Weisman (212) 567-9672**

These rides, open to all members, are designed to provide newer members with a worry-free introduction to NYCC riding. (See the article elsewhere in this issue on background and preparations for the ride.) Helmets required. 50% chance of rain cancels.

C13/12/11 40/35/30 miles 9:45AM**Leaders: To be announced in June Bulletin****From: Geo. Washington Br. Bus Terminal (178 St & Ft. Washington Ave.)**

Take the A train to 175 St., go north 1 block to 178 St.

A19+/- 75 MI 9:00 AM**Armonk-Mt. Kisco Loop****Leader: Tom Laskey (212) 961-1610****From: The Boathouse**

Yes cycling fans, it's the Spring classic once again. We'll make our way through The Bronx into Westchester, through White Plains on to Armonk, up, up and over the dreaded Whipperwill through Mt. Kisco and back down to Armonk for lunch at Schreifer's or, weather permitting, a bucolic setting on the town green. Recommended: Metro North pass, pocket food, and two water bottles. Required: Helmets and brains to put in them. The usual cancels.

B14/16 60 MI 9:00 AM**Lions and Rabbits and Bears, Oh My!****Leaders: Hindy and Irving Schachter (212) 758 5738****From: NW Corner First Avenue and E. 64 St.**

This ride starts as a one-group offering: over the GW bridge and through familiar Bergen and Rockland county roads. Midway through the ride we break into two groups: slow, ponderous lions who ride past Haverstraw, Stony Point and Tompkins Cove and inch up to the bear's toes, and fast, flexible rabbits who take a hillier route and zip up to the top of the bear's head. Return from the Garrison station so bring Metronorth pass either way.

B14 46 MI 12 Noon**Remembrance Of Things Past, Joisey's Mill Towns + Tango****Leader: Paul Rubenfarb (212) 740 9123****From: Top WTC PATH escalators.**

In Marcel Proust's trilogy 'Remembrance of Things Past', he showed that only by living in the past can one's creativity fructify. He extolled the sacred memory of our youth, when aspirations were green as saplings and idealism as unclouded as the spring sky. Newark, Passaic and Paterson's giant mills embody erstwhile adolescent America's now rusted and moved-to-Mexico industrial precocity. Requires B stamina. Rain or shine.

Tuesday, June 6**A/B17+ 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/B17+ 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 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 June 8**A/B17+ 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/B17+ 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 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.

B16 20 MI 7:00 PM**Break from Laps in Prospect Park - Week #4****Leaders: Suzanne Levin and Peter Morales (718) 398-2649****From: Grand Army Plaza**

Sick of laps yet? Lets meet at the Grand Army Plaza entrance to Prospect Park and ride down to Brighton Beach the somewhat scenic way (under the Verrazano Bridge) for dinner on the Boardwalk. Bring lights because we will be riding home in the dark.

Out of bounds...**Summer Rides in the Hamptons AB18**

As you look forward to extending those tan lines beyond your forearms and knees, don't forget that there are NYCC members searching out riding partners for Sat./Sun. rides in eastern Long Island. For more information, contact Bill Greene (bgreene@nac.net) or Melissa Butensky (melbutensky@yahoo.com) I look forward to hearing back from you.

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 of April bulletin!*

Saturday, May 6 16th Annual FarmLands Flat Tour

15/25/35/50/62/100 miles from Brookdale Community College, Lincroft, NJ. \$20 pre-reg by 4/22 with long sleeve t-shirt or \$15 with out. \$20 day of event registration with no t-shirt. All riders receive a 31-oz. water bottle. For more info phone 732-225-HUBS or e-mail: howie-g@juno.com

Sunday, May 21 Bloomin ' Metric 2000

Sound Cyclists Bicycle Club is staging the 23rd Annual Bicycle Tour -the Bloomin ' Metric 2000, in co-operation with Fairfield County SAFE KIDS. The Bloomin' Metric Bicycle Tour will take place on Sunday, May 21, 2000 rain or shine. The tour will start and finish at Luciano Park adjacent to the Metro-North parking lot in Westport, CT (Exit 17 off I-95). There will be sag wagons, prize drawings, refreshments and restrooms.

Registration for the event begins at 7:00 am until 9:30 am. The pre-registration fee is \$15.00 and the deadline for pre-registration is May 14, 2000. The first 1,500 cyclists that pre-register will receive a free Bloomin' Metric 2000 t-shirt. The registration fee after May 14th is \$20.00.

The bicycle tour routes will be 25 miles, 75 kilometers and 100 kilometers with Food Stops at Toth Park, Easton, Putnam Park in Redding and Bayberry Lane in Westport. The tour is self-paced and cyclists will travel on scenic back roads, through Westport, Fairfield, Easton, Redding, Bethel, Weston and Newtown.

Sound Cyclists will donate a portion of the proceeds to Fairfield County SAFE KIDS who will use the proceeds to purchase bicycle helmets for disadvantaged children, to help prevent accidental injuries. For further information or a registration form, please visit our website at: www.soundcyclists.com or mail a self-addressed, stamped envelope to: Bloomin' Metric 2000, Sound Cyclists Bicycle

Club 1771 Post Road East, #338, Westport, CT 06880

May 27-29 Memorial Day Weekend Berkshire Hills and Beyond

It's still time to make reservations for our weekend in the Berkshires. 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.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 - 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.

May 27-29 Bicycle Adventure Club

The Bicycle Adventure Club will be visiting our area over Memorial Day weekend, touring the mansions of the North Shore of Long Island: Guggenheim, Gould, Coe, Kahn, Roosevelt, and Vanderbilt. Rides will average between 40 and 50 miles long, taken at a C+ pace, starting at the Syosset Firehouse. These rides are not restricted to BAC members, but a \$1/person/day insurance fee is charged. Call Paul Minkoff for info at 718-672-9186.

June 2-5 League of American Bicyclists

A four-day cycling extravaganza based at Bloomsburg University in Bloomsburg, Penn. Explore rolling hills, soaring mountains, quiet country roads, and, of course, many of Columbia County's 22 covered bridges. Visit the state's oldest amusement park. Road rides ranging from 15-100 miles, mountain biking from novice to advanced, educational sessions, feature presentations, special guests from the world of bicycling, including Trek President John Burke, the Trek Demo Van, and Klein Bikes founder Gary Klein, ice cream social. Arrowed routes, maps & cue sheets, rides escorted or accompanied by roving sag. On-campus lodging and meal packages available. Cost varies based upon options selected. Hosted by the Susquehanna Bicycle Racing Team. Information: League of American Bicyclists, 202-822-1333; bikeleague@bikeleague.org; www.bikeleague.org. *Anyone planning to participate in the LAB rally in Bloomsburg, PA, June 2-5, especially those interested in riding to the rally. Please contact Paul Minkoff for info at (718) 672-9186.*

Saturday, June 3 Greg LeMond!

...will be in Somerville on June 3rd to do a 25 mile fund raiser ride for the U.S. Bicycling Hall of Fame. If you would like more info on that you can contact Louise Le Goff at llegoff@att.com and tell her that I sent you!

Sun. June 4 Newcomers' Ride (Rain Date: Sun. June 11)

The Newcomers' Ride, comprising several sections at different speeds, was originally conceived by Debbie Bell in the mid-80's in order to provide newcomers with a worry-free introduction to our Club riding, and to allay possible concerns about getting lost in suburbia and/or problems with mechanical breakdowns. It has been conducted annually by many volunteer leaders on routes laid out by Irv Weisman, and has proven popular with both newcomers and long term members alike.

This year we will have C, B, and A rides, with primary emphasis on easy-going, scenic, and sociable riding rather than high performance riding. The rides follow routes which have many sections in common so that those who fall behind, or realize that they have selected too strenuous a ride, can fall back and be swept up by a following slower group.

After a picnic lunch, from about 1:30 to 2:30, in Pascack Brook Park in

Rivervale, NJ, the A and B riders will return to the GW Br. encountering at least one steep hill on the way back, while the C riders will return via a series of switchbacks in order to climb to the top of the palisade more gradually. (It's OK to walk up steep hills!)

The meeting point for the A and all the B sections is the Parking Lot just north of the Central Park Boathouse on the East Drive of Central Park, just north of the 72 St crossover road at 9:20 AM. The C rides will meet at the George Washington Br. Bus Terminal at Ft. Washington Ave & 178 St., at 9:45 AM. (Take the A train to 175 St, and go north on Ft. Washington Ave to 178 St. Ask the booth attendant how to get your bike thru the Service Gate, do not try to lift your bike over the turnstile.) More ride and leader details will be published in the June Bulletin. Helmets required.

How should a Newcomer prepare for this ride? Please read the instructions in the Bulletin, "Before Your First Club Ride", and make every effort to do your Self-Classification Ride (4 laps around the park, check your time, find your Class in the chart.) so that you can choose your ride knowledgeably. For questions call Irv Weisman, Coordinator at 212-567-9672.

Saturday, June 10 New York to the Hamptons Challenge

The 3rd annual New York to the Hamptons Challenge - A 100 mile, fully supported bike ride - will be held on Saturday, June 10, 2000. Proceeds of the event will be used to fight HIV/AIDS and bias crimes. You can reach us on our web site at <http://www.bikechallenge.com> or e-mail to Juneride@aol.com for more information. The event will benefit the following: Long Island Association for AIDS Care, Inc. <http://www.liaac.org> (an affiliate of LINCS) BiasHELP of Long Island <http://www.biashelp.org> (an affiliate of LINCS) AIDS Service Center of Lower Manhattan.

Sunday, June 11 (Rain or Shine) 20th Annual Bike-Boat-Bike

Presented by the Suffolk Bicycle Riders Association (Bicycle Long Island). Visit the scenic eastern end of Long Island. Choose from 25, 50, 65, 100, and 125 mile routes. Maps, cue sheets, marked roads, rest stops and SAG wagon provided. Leaves from North Fork Bank Corp headquarters, Mattituck. Pre-registration fee postmarked before May 6th is \$15.00 to receive an event T-shirt, Registration after May 6th is \$15.00 (no T-shirt), day of event is \$20.00 (no T-shirt). Registration does not include \$4.00 ferry fare. (Exact change needed for ferry). Information voice mail: (516) 727-3992 or download application from website: www.bicyclelongisland.org/sbrafram.htm

Saturday, June 17

Longest Day & Lower Leg Rides. High Point to Cape May (200 miles) or Allentown to Cape May (100 miles). Must be a CJBC member and pre-reg no later than May 15th. For more info call Gerard Brew at 732-950-4506 or Steve Marinko at 908-889-4911 or e-mail: gbrew@mccarter.com or dianemarinko@home.com.

Sunday, June 25

Orange County Country Roads Bicycle Tour presented by the Orange County Bicycle Club - A Mardi Gras on Two Wheels - Sunday, June 25, 2000, with 10, 18, 25, 44 and 62 mile courses on scenic quiet roads (only one red light). Fanciful, themed rest stops - More food than at a wedding - Post-ride gourmet lunch (vegetarian available) - Serenaded by live band - Camels, elephants - Bike trade show - SAG support - Road arrows - Cue sheets/maps - T-shirt or custom socks - Incredible shwag bag of goodies for first 1000 pre-registrants - Raffles - Prizes. \$30 for pre-registration fee. Ride limited to 1500 cyclists. Proceeds benefit the Sanctuary for Animals and the Hospice of Orange and Sullivan Counties. For information/brochure: Call 914-457-6027 or email bigzip@pioneeris.net or visit our website www.sussexonline.com/ocbc/ (registration form will be available for downloading after May 1).

Recycling

Yellow Look Carbon Fiber bike complete, 52 cm center to center, 9 speed D.A., Mavic ceramic wheels, Victoria tires, Look P.D.'s, Ti bolt kit, Look Ti stem, only 840 miles...\$2400. call (212) 265-6330.

Carnac Legend shoes, size 43. Very good condition. Too wide for me. Includes Look or Speedplay adapter. \$75. OBO. **Early 90's Cinelli Supercorsa frameset** w/Campy Record headset 59cm (c-c). Bought NOS from Bicycle Classics. Less than 500 miles. Pearl White. \$750. **Fausto Coppi Neuron frameset**. New, never built up. 59cm (c-c). Very light,

very Red. \$900. Call Doug, 212.222.5660.

Mavic Cosmic Elite Wheelset For Sale: Aero SUP rim with profiled eyelets and UB Control sidewalls. Mavic hubs with "Annulaires" cartridge bearings! Barely used, mint condition \$250/Set (Perf. price: \$350) Contact Spencer Koromilas 212-867-8678 or SpencerNYCC@Juno.com

No Tech Tips

Braking Mythology, by Bob Moulder

Inspiration for this month's column arrived courtesy of NYCC member Tom Kelley, who reported hearing recently from a fairly experienced road cyclist that using the front brake alone will send you flying over the handlebars. Tom told me he asked a friend who used to race about this, did a little testing on his own and concluded that the front brake, when used properly, is the much more effective of the two. Based on this finding, he switched the brake cables on his new bike so that he activates the front brake with his right hand (Tom is right-handed) and the rear brake with his left hand. Tom said he feels this gives him more control with the front brake. I take this to mean that the "control" comes from greater hand strength and finer motor skills.

For starters, Tom is absolutely correct—with proper technique and a halfway decent riding surface, using the front brake alone won't flip you over the handlebars, even during very hard stops.

The front brake of a road bike is unequivocally the more efficient of the two brakes. Why? As we ride along, our weight is distributed between the wheels with roughly half the weight on the rear wheel and half on the front. Each and every time we brake there is a weight transfer to the front wheel as our bodies' and bikes' momentum continues forward, which creates as much as a 100% weight transfer to the front wheel during very abrupt, straight-line stops. Since a tire can only supply braking friction when there is weight pressing it into the road, the unweighted rear tire skids very easily and therefore provides little or no braking effect. Meanwhile, on a dry, smooth riding surface, friction between the front tire and the road actually increases the harder you brake.

Can the front brake flip you over the handlebars? I almost hate to admit it—okay... Yes! —but under conditions that occur well beyond the limits that a lot of people assume. Put simply, it ain't easy. You have to come up with a scenario where the front wheel's forward motion is stopped, or nearly so, as your body's momentum continues forward. These conditions are pretty rare, but some things that can cause this are braking hard while passing over potholes or very rough roads, grabby gunk on the rims, or very poor braking technique, including hard braking in the middle of a sharp turn.

Conversely, the front wheel is still prone to skidding and sliding out from under the bike on wet, oily roads, on gravel and sand, on wet steel plates and painted lane lines, and on other surfaces that typically cause braking problems with either front or rear brakes. But unlike a common rear wheel skid, a front wheel skid is just about always impossible to recover from. Sometimes we have to use a little common sense and tiptoe through these conditions, taking care to avoid situations that might require hard braking. If conditions are so slippery that the front wheel is likely to skid, slide some body weight to the rear and gingerly apply the rear brake only. Of course, in such conditions you should already be riding far less aggressively and more attentively, ever mindful of the need for much greater stopping distances.



Although I've used the phrase "poor braking technique" a couple of times, let's take a look at what constitutes good technique. As I've mentioned, the natural tendency (a physical law, actually!) under braking is for the body's momentum to continue forward, and we would all lurch over the handlebars every time we stop if we didn't use our arms to brace our upper bodies against the handlebars. Under very hard braking, this arm bracing technique must be employed quite aggressively and in a greatly exaggerated way—with the arms extended straight out toward the handlebars and held very stiffly, with hands in the drops, although it can work very well with the hands on the brake hoods as well. If this technique is used, a couple of other positive things result: 1) the upper body automatically gets lower, putting the chest closer to the bike's top tube, thereby lowering the center of gravity, and 2) the butt slides back, perhaps even past the saddle, transferring a significant percentage of body weight back onto the rear wheel. When done correctly, there is virtually zero chance that the rider will flip over the handlebars, no matter how severe the braking, and the additional weight on the rear wheel helps it contribute to the stopping force. The rear wheel will still have a strong propensity to skid, but this can be limited with skillful application of the rear brake. There is no way to come to a faster, safer stop.

This brings us to the issue of which hand controls which brake. I prefer the left-front/right-rear setup, for the following reasons:

If you are right handed, the right hand has more strength, but given the mechanical advantages of modern dual-pivot brake calipers it's certain that the average cyclist has more than enough strength in the left hand to brake safely all the time. This, in my view, negates the hand strength argument. As discussed above, if you employ good technique it is very difficult to "over brake" with the front wheel, which means that the front brake is not terribly sensitive to the gross application of power. To me, this nullifies the rationale that it is better to use the hand with finer motor skills for the front brake.

More importantly, keep in mind that even during a panic stop the rear brake can provide *some* stopping power when good technique is employed, although a rear wheel skid is never far away. This is where right-hand (or left-hand, if you're a southpaw) finesse is much more useful, because it gives a better feel for modulating the rear brake and coaxing at least a bit of stopping power from it. It might not be much, but in an emergency situation it might provide that teensy one-half percent that means the difference between a good scare and a good Cadillac tattoo on the forehead.

Probably much closer to the truth is that once you get used to either setup it doesn't make any difference at all. I'm sure there are plenty of lefties out there who have been doing just fine for many years, thank you, with the "traditional" left-front/right-rear setup. The only potentially serious problem with reversing dominant brake hands is the interim re-learning period during which good braking technique with the new setup has not yet become totally reflexive. Those first couple of panic stops could be quite exciting!

Feel free to send me your comments: bobmoulder@earthlink.net.

Bikeshop discounts

BICYCLE HABITAT, 244 LAFAYETTE STREET; (212)431-3315
cmcbike@aol.com; 15% off parts and accessories, 10% off bikes, no discounts on sale items, no double discounts

A BICYCLE SHOP, 345 WEST 14 TH STREET; (212)691-6149
www.a-bicycleshop.com; abikshp@aol.com; 10% non sale items not items already discounted

SID'S BIKE SHIP, 235 EAST 34 TH STREET; (212)213-8360
www.sidesbikes.com; 8% parts, accessories and, clothing

CNC BICYCLE WORKS, 1101 FIRST AVE; (212)230-1919
cncbicycleworks@juno.com; 8.25% accessories, repairs, rental and bikes

CONRAD'S BIKE SHOP, 25 TUDOR CITY PLACE; (212)697-6966
conradbike@aol.com; 8.25% everything

BICYCLE RENAISSANCE, 430 COLUMBUS AVE; (212)724-2350
10% off repairs, accessories (not on sales items and new bikes)

TOGA BIKE SHOP, 110 WEST END AVE; (212)799-9625
gotbik@aol.com; 10% parts, accessories, and repairs

GOTHAM BIKES, 112 WEST BROADWAY; (212)732-2453
gotbik@aol.com; 10% parts, accessories and repairs



Well, it seems like Irv Weisman is still at it. He reports that the woman whom he counseled to test her tires like she tested you know what on a man found his tire pressure advice very helpful. She reported to Irv that she was going to use her bike tire pressure to gauge which guys to go out with and Irv responded: "It is a pleasure to note how effectively some of my students pick up on the essentials of good riding. Your new found wisdom will give you many hours of happy riding - both day and night." Oh well, let's hope that this kind of humor isn't a sign of getting on in years.

Again, Irv Weisman spreads the word of Cycling regardless of any obstacles that may lay before him. While in the hospital last month following a mild stroke, he advised (confronted) his doctor as to proper gearing. Irv's sermon was further

elongated by the fact that he had only partial control of his speech. He acknowledged sympathy for his disciples as he realized "it took longer to say the same thing." We're happy to report that Irv Weisman's full speech has since returned and he continues on the path of safe, efficient and enjoyable cycling.

Gary McGraime, Rita Tellerman, Marie De Rosa and Carol Wasser all flew off to Majorca mid-February for a week at the Stephan Roche Cycling Camp. Marie looked great meandering obliviously through JFK while the absolutely-last-and-final-you-must-be-a-board announcement was being made for the flight. Gary and Carol physically stopped the attendant from shutting the door. When they arrived at the camp, Carol found there wasn't anything equivalent to a B group so she went off on her own. Gary hung in with the A19-20 group while Rita and Marie were kicking butt in the middle group. The only mishap was a fall by Rita (no serious damage to the bike) and they came back bragging about how they kept up.

Mindy Kaufman wrote a letter to the

New York Times that was accepted for publication - look for it.

On the "Body and Soul" ride that Wendy Cohen and Ben Goldberg lead a few Sundays ago, Mike Samuels (one of the A19 Sig leaders) was in a bad head on crash on the New Jersey side of the GWB with a non-NYCC rider. The crash was of such force that it broke Mike's frame. He was okay but apparently the other guy was bleeding profusely but rode away (a dopey thing to do). Wendy stayed with Mike the whole time to make sure everything was okay. Laura Matlow arrived and volunteered to go home to get her car and Wendy made certain that Mike got home in good shape. Ben advises that members should be extra careful on the NJ side of the bridge especially when the gate is opened. He opines that not everyone rides like he does.

[Herb Dershowitz reported tremors out on Long Island around the same time as Mike's crash. -Ed]

Keep the dish coming by sending it to Biker Babes at nycnews@yahoo.com and we are sure to put it in the column.

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

CRUISING SPEED	CENTRAL PARK SELF TEST FOUR LAP TIME
22+ mph	1:10 OR LESS
21	1:10 TO 1:13
20	1:13 TO 1:16
19	1:16 TO 1:20
18	1:20 TO 1:25
17	1:25 TO 1:30
16	1:30 TO 1:38
15	1:38 TO 1:48
14	1:48 TO 2:00
13	2:00 TO 2:14
12	2:14 TO 2:30
11	2:30 TO 2:50

Bike passes are always required. There are no Bike Trains on holidays. Refer to roster for restrictions which apply at other times. If you are leading a ride and absolutely require a Bike Train at another time, you must call NYCC's Metro North liaison, Jeff Vogel at (718) 275-6978 well in advance to try to arrange another train for your ride. Bike passes are available at Window 27 at Grand Central or by calling (212) 499-4398 for an application.

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

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

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

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

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

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

NYCC Jersey & Water Bottle Order Form

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

LONG SLEEVE @ \$57 (Unigender)

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

SHORT SLEEVE @ \$50

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

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

Make check payable to New York Cycle Club Total

Name _____
 Address _____
 City _____ State _____ Zip _____
 Tel.: Day _____ Eve. _____

For Matching Water Bottles
 Call (212) 371-4700 ~ Price: \$3.50

2000 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS



In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND 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

WHAT'S OUR LOCAL GOVERNMENT DOING FOR CYCLING?

Find out from
Adolfo Carrion Jr. (NYC Councilman)
&
Ellen MacNow (NYC Parks Department)
at our **May 9th Meeting**

Come find out about the latest plans to improve biking in NYC. Councilman Carrion will tell us about his bill before the City Council to allow bicycles in freight elevators of commercial buildings. Ellen MacNow will tell us about progress on the westside bike path and other traffic-free paths. In the future, we may be able to ride to work and bring our bikes inside with us - and travel the length of Manhattan car-free! Come join your fellow cyclists for an informative evening with camaraderie and good food at:

Annie Moore's Pub and Restaurant
50 East 43rd Street
(west of Grand Central Station)

There will be a salad and choice of 2 entrees plus coffee/tea
Cocktails 6-7pm, Dinner 7-8pm, and Program 8-9pm

Dated Material!

First Class Mail

