“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 latê B SIG 14, a vanilla
egg-cream C SIG 14, a Yoo-Hoo C SIG 12, and a skim milk C SIG 10.”
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 and soap 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.5bcc.org, or
2. Get a Montauk Century registration form
   a. from your local bike shop, or
   b. off the Web at www.5bcc.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
(continued from page 2)
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 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.

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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.

The 2000 United States Cycling Federation (USCF) Espoir National Road Championships will take place on Staten Island, N.Y., it was announced Friday. It will be held in June. It is the first time the USCF has held the championships in the city.

“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.

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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 perineum.
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.
HOOKING: 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 CABLE: 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 Dullee.
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.)
LEMON: 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.
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.
MINTERING: The installation of a cardiinal.
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.
**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 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

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 a 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

Let's 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 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 over Cat’s Paw Hill, your leaders’ hearts are pounding near their VO2max. 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.

A20 85 MI/+ 9:00 AM

Ride #10: This is Not a Hammerfest:
South Mountain Road Without Apples!
Leaders: Spencer Koromillas (212) 867-8678 or SpencerNYCC@Junoc.com, and Hank Schifflman (212) 529-9082 or Schifflhan@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, Sickletown 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 change, 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 Parking Lot

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 Boulevard 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 starting time.

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**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

Ooooh 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’ beamers 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.

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**Tuesday, May 9**

**A/B17+  24 MI  10:00 AM**

**Morning Spring Training Series**

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

**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.

**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 a the Runcible Spoon for your favorite snack.

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

**Wednesday Is Sundays**

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

**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.

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**Wednesday, May 10**

**A19+  60 MI  9:30 AM**

**Rockland Trainer**

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

**From:** New Jersey side of GW Bridge at Hudson Terrace

See May 3 description.

**A-Minus  48-58 MI  8:00 AM**

**Wednesday Morning Spin**

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

**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 a the Runcible Spoon for your favorite snack.

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

**Wednesday Is Sundays**

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

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

For those of us who have to work on Sunday, I’ve borrowed Tom Carvel’s slogan and promise a run ride and maybe some Sundays. Rain or bad weather cancel.
those who are interested may go out for pizza. Tail flasher strongly recommend-
ed 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 SIGets 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 keep 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 ye 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.

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 starting 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 SBC/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.
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 around 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 we’ll do 3-4 laps in the park. We’ll ride and get in shape.

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 a 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 starting 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 Vaaser (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 181st & Ft Washington Av (A train).
Franz Kafka was the renegade who exposed how middle-class society engi-neers,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 lobotomyization. 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 skyram
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 Cycle Club.
New York Cycle Club

May 2000

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 a the Runcible Spoon for your favorite snack.

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.

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 where A, B, and C riders (and drivers!) converge to kick off 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.

C13 35 MI TBA
Doover Plains to Sheffield, Mass.
Leaders: Paul Hohterr (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 mar and sprawl. Today's school is an ideological mill where loyalty to anthem, flag, stockmarket and mega-armorment economy is inculcated, while the old individuality of open socratic questioning and Newton's free sceptical 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
Let's 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
New York Cycle Club

May 2000

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
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 Whipporwill 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 Tappans 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.
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 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.

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 llogoff@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.iaiac.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/obaf.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 CJBBC 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 17
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 Fanciful, themed rest stops - More food than at a wedding - Post-ride gourmet lunch (vegetarian available) - Serenaded by live band - Camels, elephants - Bike

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.


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
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 cncbike@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; abikeshop@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 cncbicycletworks@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-aboard 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 nyccnews@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). 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:

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New York Cycle Club
New York Cycle Club

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

Also available: matching Specialized

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

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Women's

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

Make check payable to New York Cycle Club

Name

Address

City_______________ State____ Zip______

Tel.: ___________________ Eve. _______ ___ __ __ _

FOR MATCHING WATER BOTTLES

Call (212) 371-4700 – Price: $3.50

2000 Renewal / Membership Application / Change of Address

NYCC

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. 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 lessees 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 INDUCTION 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: ___________________________ Ridding Style: A ☐ B ☐ C ☐

NAME: ___________________________ SIGNATURE: ___________________________ Ridding 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

Check if applicable: ☐ Family (for a household of 3 or more persons) — $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