

NYCC *Bulletin*



"Don't worry, I know a flatter route."

June 2000

President's note

Congratulations to all of our SIG graduates! You should be proud of yourselves for committing the time and energy to becoming better cyclists. For those of you who didn't participate in our SIG training programs, be sure to put it on your calendar for next Spring. In the meantime, have a wonderful summer and fall cycling with us at every opportunity.

In June, we have two special ride programs. Sunday, June 4 is our Newcomers Ride. If you are a new member and wanted an introduction to club rides, this is your opportunity. On the other hand, if you are a long-time member of the club and want to have a relaxing ride and meet new people, this is also your opportunity.

Our first All Class Ride of the year is Saturday, June 17. This is where riders of different abilities all get to meet up at the same location (Oyster Bay, in this case) for lunch. It's a chance to socialize with people that you usually don't see on rides. Our July All Class ride will end up at our wonderful third annual club picnic, so keep an eye out for it in our July bulletin.

Happy June, everyone.

Ben Goldberg, President

A big thanks to Jeff Vogel, C.P.A. for donating his services in preparing and filing the club's tax returns

Councilman Adolfo Carrion was unable to speak at our May meeting due to an emergency. He apologizes for any inconvenience this may have caused.

Farewell to Gino Bartali

On May 5, 2000 Gino Bartali died from a heart attack at his home near Firenze. He was 86 years old. He was one of the greatest cyclists of the last century. Most of us have heard his name at least a few times, usually in relation to the period 1935 - 1954.

Gino was born on July 18, 1914 at Ponte a Ema, near Firenze. His professional career started with the victory of the Italian championship in 1935 and lasted twenty years. He was also known for his rivalry with Fausto Coppi.

Among his long list of major victories we find two Tours de France (1938, 1948), three Giri d'Italia (1936, 1937 and 1946), four Milano-San Remo and two Tour de Suisse. He also won 12 stages of the Tour de France and 17 stages of the Giro d'Italia. Between 1931 and 1954 Gino participated in 988 races and won 184 of them.

May he win as many races in heaven and we are sure God loves cyclists.

Editor's note

Hey, I missed Irv's roast! I heard it was great. Good old Irv, taking it like a man. He's on the cover this month, and anyone who knows him will understand why. He knows the roads around here as well as anyone else. If anyone can find a flat route to the GW bridge, Irv can.

Hey, I'm looking for interesting articles for the bulletin. Any cycling related article will be considered. I started out with lots of stuff, but I've used most of it up. Now that we're totally digital we can include images with the articles, so start writing!

Don Montalvo, Editor

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

Cover illustration: Irv's routes are known to avoid excessive hills by meandering around them. On the cover, we see him and his route map for avoiding hills in the Alps.

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

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

Don Montalvo
747-10th Avenue, #281
New York City, New York
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(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.

Letters to the editor

Dear Editor,

Recently I've been subjected to e-mails characterized by breast-beating and pining for the old days when B rides were longer, faster C rides with fewer stops and content to be so. Enough! The concept of letter-designated rides is more than passe. It is dead. Rides are now designated by cruising speed and distance. This weekend alone the NYCC is offering an A ride for 70 miles and a B going 90 miles; a 40 mile C ride and a 24 mile B ride. Differences in style may be summed up as pace-lining or not pace-lining.

Maintaining the letter designations only serves to inflate the egos of those who choose to ride fast and have the ability to do so and to degrade those who choose to enjoy scenery and buy into second (third?) class citizenship by referring to themselves as "onlys." Those in the middle haven't a flying clue as to who they are, so they're currently trying to figure that out thru a profoundly Balkanized SIG (What? No B 15.35?) More power to them, if it gives them pleasure, and even more if it helps them decide whether or not they prefer pace-line riding.

Ride descriptions which indicate cruising speed and riding style without the confoundation of letter categories would make life not only simpler but clearly more peaceful.

Let's cut this foolishness short and go for a ride.

Dick Goldberg

Dear Editor,

I spent the last week of March visiting my son who is studying art (what else?) in Florence. Between spending a very enjoyable time with him and doing the museum and church thing, I did manage to get a day of bike riding in. I want to thank our fellow rider Claudio Bisio for the very helpful info he gave me. The destination he suggested, "Greve", a small town in the Chianti region south of Firenze, was an excellent choice. About a 70 km (43 mi) round trip through a most beautiful part of Italy. Rolling hills of vineyards, olive tree groves, hill-side villas, and quaint little villages, it is just too beautiful to describe.

I would also like to thank the people at "Florence by Bike". It is probably the only place in Florence where you can rent a good road bike. They had many of them and were able to pick the right frame size as well as fit the bike to me. They also put my own pedals on as well as giving me a spare tube, tire levers, and a pump, and would have given me a helmet, but I had my own. They also gave me a turn sheet to help me find my way out of Florence and a detailed road map on which they marked an excellent route to my destination and a different one back. I can't thank them enough for making my short bike experience in Italy an excellent one. They also run tours in Florence and the surrounding Tuscani area.

Check them out on the web - www.florencebybike.it And if you're ever in Florence, they're at Via San Zanobi, 120/122R - 50129, Firenze.

Ciao, Stan Oldak





Ride Listings



Note: All SIG graduation ceremonies will take place at the July 11th meeting.

Thursday, June 1

A18 24 MI 7:45 PM

Tues. and Thurs. Nights in the Park

Leader: Jim Galante (212) 529 9627

From: The Boathouse

Four laps, Double paceline skills required. PS. Note the later start time this month. PPS. I won't be here for the middle two weeks of June - guest leader welcome to take over.

A17+ 24 MI 10:00 AM

Morning Spring Training Series

Leader: Joe Jaffe (212) 987-9585

From: The Boathouse

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

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 entrance to Prospect Park

We'll 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

A19 75 MI 8:30 AM

Hello Pound Ridge...we're back!!!

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

From: The Boathouse

Frank, our A ride coordinator, called this one of his favorite rides last year—I think you will agree, if you are up to the task! Those greener Connecticut pastures are beckoning . . . hopefully it won't be 99 degrees in the shade . . . and there will be a lot of shade! And hills, plenty of rolling hills, and winding descents. We (I) should have acclimated to the heat by now! We will ride about 25 miles to our first water stop, and another 25 before lunch in Pound Ridge. The 25-mile return to Greenwich will be mostly down hill, featuring two of my favorite Westchester/Connecticut roads: Middle Patent, and Stanwich. Rail return from Greenwich, so bring your Metro-North Passes! Required: Pace-line and smooth riding skills; this is not a training ride. Cancels: None, unless I get heat stroke from working at the office on Friday.

B17 65/55 miles 9:00/9:45 AM

Oyster Bay

Leaders: C.J. Obregon (212) 876-6614 and Jim Drazios (718) 225-1842

From: The Boathouse (8:30 AM) and Civic Virtue (9:15 AM)

This is a pretty ride through horse country on the north shore of Long Island. Bring pocket food and two water bottles. Temps above 95 cancels (Check forecast on 1010 Wins)

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

NEWCOMERS' RIDE

NEWCOMERS' RIDES are intended to introduce newer members of the Club to our suburban riding areas in nearby Bergen and Rockland Counties. These are relaxed rather than high performance rides, with the groups staying together for reassurance. Come out to enjoy the suburban scenery and the company of like-minded companions, rather than to set a personal best of some kind. (If you've done the Central Park Self-Classification Ride, you have a good idea which ride class to choose, if not, be modest in your speed selection.)

All the NEWCOMERS' B and new A RIDE will start in Central Park, at the parking lot just north of the Boathouse. The C rides will start at the G.W. Bridge Bus Terminal.

A17 70 MI 9:00 AM Leader: TBA

B16 60 MI 9:15 AM Leader: Gary McGraime

B15 53 MI 9:30 AM Leaders: Ed Sobin & Richard Goldberg

B14 45 MI 9:45 AM Leaders: Lynn Sarro & Paul Hofherr

The NEWCOMERS' C RIDES will start from the G.W. Bridge Bus Terminal at Fort Washington Ave. & 178 St. (Take the "A" train to 175 St. & Ft. Washington Ave. Ride up to 178 St Bus Terminal)

C13 40 MI 9:45 AM Leaders: Maggie Clarke & Jim Janof

C11 30 MI 10:00 AM Leaders: Patricia Janof & Cynthia Aquila

Coordinator: Irv Weisman 212-567-9672

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 Whippoorwill 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.

B18 75+/- MI 9:00/9:45 AM

Caumsett Park . . . and fresh sea air!

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

From: Tramway Plaza (Second Ave. & 59 St.) @ 9:00 AM or The Statue Of Civic Virtue (Queens Blvd. and Union Turnpike) @ 9:45 AM

It's time to head away from New Jersey . . . eastward to relatively flat Long Island, and the Sound. Traditional route via L.I.E. service road, Wheatley, Brookville, Muttontown, etc. . . . and voila! we're in Caumsett Park, eating our lunches, overlooking the Long Island Sound . . . breathing that invigorating sea air . . . in . . . out! Similar return, but Subway from Jamaica Estates . . . unless you are dying to ride thru Queens in the afternoon . . . you choose! Required: Two full bottles of water/Sports drink, patch kit & pump. Social skills, humor! Cancels: Laura having a breakdown . . . may the Schwartz be with you!

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 Metro North pass either way.

B14 46 MI 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 an 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. During intermission entice that deliriously hard rippled centerfold dancing naughty tango. Requires B stamina. Rain or shine.

Tuesday, June 6

A18 24 MI 7:45 PM

Tues. and Thurs. Nights in the Park

Leader: Jim Galante (212) 529 9627

From: The Boathouse

See June 1st ride description

Wednesday, June 7

A19 55 MI 10:00 AM

Nyack

Leader: Gay Shaheen (212) 452-1784

From: The Boathouse

Take the day off and enjoy a quick spin to Nyack. Prompt departure and brief stop at the Runcible Spoon for your favorite snack. Rain cancels.

C14 18 MI 7:00 PM

Thrice Around the Park

Leader: Peter Hochstein (212) 427-1041

From: 5th Ave at 90th St. Central Park Entrance

With the days growing longer, so can our Wednesday nite tension-busting ride. And now that you're getting in shape, let's pick up the pace just a tad. Pizza afterward is always a possibility. Rain cancels.

Thursday, June 8

A18 24 MI 7:45 PM

Tues. and Thurs. Nights in the Park

Leader: Jim Galante (212) 529-9627

From: The Boathouse

See June 1st ride description

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 entrance to Prospect Park

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.

Friday, June 9

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.

Saturday, June 10

A18 100 MI 6:00 AM

Iron Man Training Ride (not Hammerfest) to Bear Mountain

Leaders: Andy McEntire (212) 362-4382 and Randy Taylor (212) 866-0462

From: The Boathouse

Wow, it's only 7 weeks to Lake Placid and you need a long ride? We will leave from the Boathouse at 6:00 am sharp. We will ride to the top of Bear Mountain at a reasonable pace (remember there will be no paeline and shouldn't leave your IronMan on 9W) and return WITHOUT any diner stops. We will stop to reload H2O, Power Bars, Doritos, etc. but we would like to be back by 2:00 pm at the latest for a 30-minute transition run. Mandatory: Helmets, strong bike handling skills (can't forget those just because you have aero bars) and a desire to finish the ride quickly (again, not too many stops). Cancellations:

Temperature below 32 (I wish) or heavy rain (at the discretion of the leaders). Please call Andy if you have questions.

A18 95 MI 8:00 AM

Made in the Shade

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

From: The Boathouse parking lot

By now, heat and humidity won't be a novelty but on this ride it shouldn't make too much of a difference. We'll loop Byram Lake, picnic in Mt. Kisco, hiding from the sun all the way to the Croton Dam and the return to Tarrytown (70 MI). There's some hardpack, one long climb and many of hills, most under cover. If it's cool/cloudy we'll stay on paved roads. Water stops as needed. Two (2) water bottles required. Last year we were well toasted by Tarrytown ('95 in the shade'), bring a Metro North pass just in case. Cancel conditions: The usual.

B15/16 45-50 MI 9:30 AM

Staten Island

Leaders: Carolyn Booher (718)636-0315 and Gay Shaheen (212) 452-1784

From: The Boathouse

A beautiful ride! We'll start the day heading over the GWB, cruise on to Liberty State Park for a scenic picnic (which you can buy along the way or bring your own), and then wind our way back to Manhattan via the Staten Island ferry. Ride skills appreciated, social skills required. Rain at 9 AM cancels. Rain date: Sunday 11th same time/place.

B15/16 30 MI 9:30 AM

Rockaway Beach

Leader: Peter Sekesan (917) 554-3229

From: The Boathouse

Join me on this ride to Rockaway Beach for some fun in the sun. Just imagine the ocean breeze, the ocean smell, the warm sun. Its wonderful to experience this again and again. That's exactly what the good doctor order. We will make our food stop Rockaway Beach or by group decision. Back to Central park by 2:30 PM. Rain cancels.

C13 35 MI 9:30 AM

Tallman Park Pride Ride, The Nice Way

Leader: Don Passantino (718) 446-9025 or groucho999@aol.com

From: GW Bridge Bus Terminal.

Paul Hofherr and others asked when I was going to run another Tallman Park ride and bring my homemade brownies. Join us for the semi-annual Pride Ride, celebrating Pride Month, on a fabulous route past large mansions and gardens. In honor of Bastille Day, we will discuss our gay bike tour in France during our picnic in the park. Everyone welcome whether you're gay, bi or straight, but not narrow. Joint ride with Fast & Fabulous Bike Club.

Sunday, June 11

A20 95 MI 8:00 AM

Giro di Croton

Leader: Mark Martinez (212) 496-5518

From: The Boathouse

A ride through central Westchester with the requisite scenic and rolling hills. Brunch in Thornwood, photo op on Croton Dam, one real hill before a quick pick-me-up at the Armonk Deli. Then we downshift to cruise mode for the mostly flat final leg home. A great tune-up for next weekend's Greenwood Lake ride!

A18 75 MI 8:30 AM

Ramapo

Leader: Peter O'Reilly (212) 414.1937

From: The Boathouse

Join me for a spin around Rockland and Bergen counties. This ride contains some scenic, less club-traveled, rolling hill roads. We will stop off at a deli and eat lunch in a town park. Pack extra water and pocket food for the road. Snooze, you lose. Leaves 8:30 sharp.

B15 57 MI 9:00 AM

Tarrytown

Leader: Stan Oldak (212) 780-9950

From: The Boathouse

You've tried Piermont. You've tried Nyack. You've tried Nyack! You've tried

Nyack!! Now try the "left" bank of the Hudson (or is it the right?). Whichever it is, we'll enjoy lunch in Kingsland Point Park on the eastern shore of the Hudson while waving to our friends across the river at the "Runcible". Join our B15 ride through Westchester. Rain at start or 90% chance of for the day cancels.

B14 **44 MI** **Noon**

Douglastonis Manors & Tango Casbah

Leader: Paul Rubenfarb (212) 740-9123

From: The Boathouse

Estates, mansard roofs and abundant gardens articulate peninsular Douglaston Manor as a rare remnant of old Queens before postwar desecration with free enterprises sprawl, mega-malls, condo cancer and overpopulation. During intermission embrace that hard centerfold dream dancing cheek-to-cheek tango. Rain or shine.

C13 **22 MI** **12:45 PM**

Tibetan Trek to Staten Island

Leader: Terry Chin (718) 680-5227

From: Staten Island Ferry Terminal, pierside

We'll improve our karma by taking the quieter and flatter routes of Staten Island to the Jacques Marchais Center of Tibetan Art. We'll make some stops at New Dorp and Miller Field for some great views of the Atlantic and lower N.Y. Bay. Co-led with 5BBC. Helmets are required. Rain cancels.

Tuesday, June 13

B16 **55 MI** **9:30 AM**

Nyack/Off from work on vacation

Leader: Peter Sekesan (917) 554-3229

From: The Boathouse

It's almost summer! Lets take a day vacation and ride. Prompt 9:30 AM departure, quick spin to Nyack and back. We are doing a snack stop in Nyack. Rain cancels.

Wednesday, June 14

A19 **55 MI** **10:00 AM**

Nyack

Leader: Gay Shaheen (212) 452-1784

From: The Boathouse

See June 7th ride description

C14 **18 MI** **7:00 PM**

Thrice Around the Park

Leader: Peter Hochstein (212) 427-1041

From: 5th Ave at 90th ST. Central Park Entrance

See June 7th ride description

Thursday, June 15

B16 **15 MI** **7:00 PM**

Laps in Prospect Park - Week #5

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

From: Grand Army Plaza

Let's meet at Grand Army Plaza for more laps in Prospect Park. Tonight we will be celebrating the riders who have made it all five Thursday nights. That may mean ending the ride at the Park Slope Brewing Company, who knows? Also, if you know any good jokes bring them along, laughing makes the laps go faster.

Saturday, June 17

OYSTER BAY ALL CLASS RIDE

Come join the NYCC on our first All Class ride of the year. Choose a ride that suits your abilities. All rides will meet at 12:30pm at Roosevelt Memorial Park in Oyster Bay. Buy your lunch in town, ride to the gazebo (just past Town Hall), turn right and cross the railroad tracks to enter the park. Our picnic location is to the right, near the rest rooms. Plan to spend an hour or so with your fellow club members before your return ride home.

A22+/- **75+/- MI** **9:15 AM**

21st Semi-Annual 37th Birthday Ride to Oyster Bay

Leader: Jeff Vogel (718) 275-6978

From: The Boathouse

No one knows how old I am anymore, least of all me! Maybe we'll find out on the back roads of Long Island. What we will certainly find are beautiful roads, a dead end or two, several hills, and the obligatory unpaved road. It's 47 nonstop miles to the 12:30 picnic, so 2 water bottles are absolutely necessary. Paseline skills are appreciated, social skills required, and please wear the appropriate party hat.

A Minus **70+/- MI** **9:00 AM**

All Class Ride / Oyster Bay

Leader: Margaret Cipolla (718) 275-6978

From: The Boathouse

Join us for a scenic ride to the all-class picnic. Please bring two water bottles and pocket food, as it's 42 miles to Oyster Bay.

B17 **65/55 MI** **9:00 AM/9:45 AM**

All Class Ride / Oyster Bay

Leaders: C.J. Obregon (212) 876-6614 and Jim Drazios (718) 225-1842, Judy Goldberg (212) 873-4104, Annaline Dinkelmann (212) 876-1344, Laurie Lopez (212) 780-9596

From: The Boathouse (9:00 AM) and The Statue of Civic Virtue (9:45 AM)

C13 **55/65 MI** **8/9:00 AM**

All Class Ride / Oyster Bay

Leaders: Lynn Sarro (212) 722-8495 and Paul Hofherr (212) 737-1553

From: The Boathouse at 8:00 AM or 9:00 AM at the Statue of Civic Virtue in Queens (Union Turnpike subway stop on the E/F lines)

This ride is one of our favorites, with some lovely shaded roads through quiet suburbs. The ride is a long one so if you haven't been on your bike much this season, take the subway to the statue and save yourself 10 miles. We'll do the ride at a nice, leisurely pace with several breaks along the way to re-hydrate and schmooze. Bring lunch or buy it in Oyster Bay, and we'll picnic with the A and B riders in a nice park at around 12:30. We hope to end the ride at one of the subway stops in Queens (E/F train) at approximately 5:30. Brings snacks, plenty of water, sunscreen, and a spare tube. Also before the ride, please make sure you have enough air in your tires and your bike is in good repair. Helmets required.

Sunday, June 18

A20 **112 MI** **7:30 AM**

What We Talk About When We Talk About Rides (Greenwood Lake)

Leader: Mark Martinez (212) 496-5518.

From: The Boathouse

The Classic. The stuff of legends. A woody roller-coaster ride through the lakes and woods of Harriman Park; a long grind up Hogback Mountain through Sterling Forest and then a nice long downhill into Greenwood Lake. After a lake-side lunch, we head home via Skyline Drive and a new, improved return route (shorter, flatter and fewer turns). Strong cooperative riders will enjoy this beautiful and challenging ride. Pocket food, second water bottle and climbing gears highly recommended.

A18 **85 MI** **8:00 AM**

Little Tor

Leaders: Michael Lin (212) 744-6174 and Randy Taylor (212) 866-0462

From: Parking Lot north of the Boathouse

Hill? What Hill? The 2000 A-SIG Varsity Team missed this one. Let's call it a make up ride, open to all, but with SIG rules in effect: working together, communicating, and all those things that Christy taught us. Mandatory: Helmets. Cooperative spirit. Cancels: If the world goes flat. If the moon is blue. If pigs fly.

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

Back to those darn Witches and Hills . . . in Connecticut!

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

From: The Boathouse @ 9:00 AM or from the Bronx (Grand Concourse/Bedford) @ 9:30 AM

Last time I tried to lead this ride was in May . . . 95 degrees . . . pollen . . . only one rider showed up . . . not being in the mood for hills, I talked him into riding to New Jersey with Damon (and me)! Things will be different this time; after Saturday's "hill-less" All Class ride, we (I) need some hill work, and there is nowhere better than Westchester and Connecticut! It's time to head for some of the best cycling around; so prepare yourselves for an epic ride to Connecticut,

and good ol' New England charm! Lunch stop in Greenwich, then train ride home via The New Haven Line into Grand Central Station. Required: Civilized cycling, and Train Pass. Cancels: If a qualified A rider shows up . . . we be ridin'!

B16 65/75 MI 8:15 AM /9:15 AM

Caumsett State Park

Leader: Ron Grossberg (718) 369 -2413 or ARGEE401@AOL.com
From: Grand Army Plaza at 8:15 AM or Statue of Civic virtue at 9:15 AM.
 Enjoy the beautiful view of Long Island Sound. Deli stop to pick up lunch and picnic in Caumsett State Park.

B15/16 40/45 MI 8:30 AM

Roundtrip to Scarsdale

Leaders: Valerie Martinez (212) 472-7949 and co-leader TBA
From: North side of the Boathouse parking lot
 Ride through the Bronx and Lower Westchester. Brunch in Scarsdale for early return to Manhattan. Rain or temps above 95 cancels (check 1010 Wins). Please bring two water bottles.

C14 45+/- MI 10:00 AM

Labyrinth

Leader: Dick Goldberg (212) 874-2008 or richgold@aol.com
From: The Boathouse
 This potentially mystical journey features a roundabout ride to Sparkill where we will visit the Dominican Sisters Convent and walk a labyrinth. Ride is limited to the first 15 people who register in advance.

Tuesday, June 20

B16 55 MI 9:30 AM

Nyack/Off from work on vacation

Leader: Peter Sekesan (917) 554-3229
From: The Boathouse
 See June 13th ride description

Wednesday, June 21

A19 55 MI 10:00 AM

Nyack

Leader: Gay Shaheen (212) 452-1784
From: The Boathouse
 See June 7th ride description

C14 18 MI 7:00 PM

Thrice Around the Park

Leader: Peter Hochstein (212) 427-1041
From: 5th Ave at 90th ST. Central Park Entrance
 See June 7th ride description

Thursday, June 22

B16 15 MI 7:00 PM

Laps in Prospect Park ? Week #6

Leaders: Suzanne Levin and Peter Morales (718) 398-2649
From: Grand Army Plaza entrance to Prospect Park
 While we actually cannot anticipate doing more than five laps, maybe inspiration will hit and we will just ride until we drop. Either that or someone will come up with a destination? All suggestions welcome.

Friday, June 23

B15 50 MI 9:15 AM

Both sides of the Hudson

Leader: Ron Grossberg (718) 369 -2413 or ARGEE401@AOL.com
From: City Hall Park
 Up the Hudson on the Manhattan side and then down on the Jersey side through Liberty State Park and over the Bayonne Bridge returning via the Staten Island Ferry terminal.

Note: All SIG graduation ceremonies will take place at the July 11th meeting.

Saturday, June 24

A20 60 MI 8:30 AM

Rockland Lake

Leader: Peter Sekesan (917) 554-3229
From: The Boathouse
 9W straight to Rockland Lake. Be prepared to ride 35 miles before food stop in Nyack. Back by 2:30 PM. Rain cancels.

A18 85 MI 8:00 AM

South Mountain Rd.

Leader: Fred Steinberg (212) 787-5204 or fcs1@worldnet.att.net
From: The Boathouse parking lot
 The best of Rockland County either way we do it- 'up' or 'down'. As always, the Orchard is the mid-point and from there on it's downhill most of the way. Water snack/stops as needed. Cancel conditions: The usual.

B16 60 MI 9:00 AM

Nyack the Back Way

Leaders: Judy Goldberg (212) 873-41404 and Liz Lager (212) 531-4086
From: North end of Boathouse parking lot
 We'll start from the Boathouse and go to Nyack the back way over Bradley and a few other hills and return up State Line. Bring pocket food? It's over 30 miles to the lunch stop (and what a lunch stop-your choice of the Runcible Spoon or the Skylark Café). Rain or temps above 95 cancel (Check 1010 Wins)

B16 55+ MI 8:00 AM

Spy Ride - Remembering Our Revolutionary War Soldiers

Leader: Diane Goodwin (212) 875-9547
From: North end of Boathouse parking lot
 Westchester County ride - not the usual route! Elmsford and Sleepy Hollow Cemeteries, place flags on the grave of Isaac Van Wart and others; Patriot's Park, see the bronze figure of John Paulding, one of three captors of British spy, Major John Andre, conspirator with Benedict Arnold. Visit Philipsburg Manor, an 18th century farm. Very Hilly - 55+ miles. Bring bike pass, just in case. Lunch at diner. Rain or predicted temps above 95 cancel. (Check 1010 Wins).

C/B14 40 MI 10:00/10:45 AM

Mermaid Day Parade

Leader: Ludwig Vogel (212) 838-0852 or ludwig@bway.net
From: The side of the Municipal Building nearest the Brooklyn Bride at 10:00 AM or the Prospect Park Picnic House at 10:45 AM.
 Travel through and beside Brooklyn's parks to the green waterside south of the harbor and along the Atlantic shore to Coney Island. Feel free to return home early if you must, but I propose pizza at Totonno's and then a visit to the Boardwalk to watch the Mermaid Day Parade, which steps off at 2:00 PM. Visit www.whirl-i-gig.com/mermaid.html for more information about this jollification of transcendental silliness. Swimsuits optional (bring chain, lock and sunscreen.) Sense of humor required.

C13/14 48 MI 9:00 AM

Pascack Brook Park

Leader: Dona Kahn (212) 399-9009
From: The Boathouse
 Tired of Piermont? How about a scenic ride through pretty suburbia where we'll pick up lunch at a delicious bagel place and having equally enjoyable outdoor lunch. Helmets required, rain at start cancels.

Sunday, June 25

A20+ 85 MI 8:30 AM

More Search for Moose and Squirrel in CT

Leaders: Boris Borow and Natasha Blecher (212) 348-2661
From: Benches across from the Boathouse
 Russian Night may be no more (after several NYCC'ers drank most of the Brighton Beach supply of vodka), but the infamous duo of hammering spies has decided to take a break from racing and nogoodnik activities to lead a ride to their favorite capitalistic destination of Old Greenwich for picnic lunch. While there are no major climbs like in Pottsylvania, we find roads that go up and down with lotsa twisty curves. Detailed cue sheet will be available for Mr. Peabody and Shermans choosing slower pace. We don't stop much, so bring water and

pocket food. Metro-North pass also suggested if Dudley Do-Right not available for rescue.

A19 115 MI 8:00 AM

Greenwood Lake

Leaders: Jeanine Hartnett (212) 827-7345 (w) or hartnj@tdusa.com

From: The Boathouse

Beautiful IronMan training ride. Long, hard climbs include Skyline Drive, Sterling Mtn, Harriman Park. Return via South Mtn. Ample pocket food and liquid fuel are essential. Two very short deli stops. Back in time for a mid-afternoon run. Rain cancels.

A19 75 MI 9:00 AM

Reservoir Route

Leaders: Sandy Tananbaum (212) 794-3837 and Damon Hart (212) 753-0204 or hart@idt.net

From: The Boathouse Parking Lot

Picturesque Westchester ride with a bit of Fairfield thrown in, lunching in Bedford and finishing in Croton Falls. Metro-North return (passes required). Option to extend to 95 miles (Coldspring). A/A19 SIG graduates only! Rain cancels.

B16 65 MI 9:00 AM

Croton Reservoir

Leaders: Wayne Wright (212) 873-7103 and Cathy Martone (212) 979-0969

From: The Boathouse

Salad lovers delight! Join us as we seek out the world's largest natural deposit of croutons . . . uh . . . oh . . . wait . . . it's the CROTON Reservoir . . . well ? scenic ride tho! Hilly, shady route, w/a late lunch stop. Bring plenty of pocket food, 2 water bottles, and Metro North pass for return from Croton/Harmon station.

B15/16 65/55 MI 9:00 AM/9:45 AM

Second chance for Oyster Bay

Leader: Laurie Nisco (212) 961-1129

From: The Boathouse (9:00 AM) and Statue of Civic Virtue (9:45 AM)

If you missed last weekend's All Class Ride, now is your chance to ride out to Oyster Bay. Enjoy this lovely ride through bucolic country side in quaint neighborhoods on the north shore of Long Island. Bring pocket food and two water bottles. Predicted temps above 95 cancels (Check forecast on 1010 Wins) Bring LIRR pass for bailout at Oyster Bay.

C13 55 MI 9:30 AM

Nyack Beach State Park

Leader: Peter Hochstein (212) 427-1041

From: Perimeter Fence of the Boathouse

Yeah yeah, it's a longish C ride, but the route is scenic and my shady picnic spot by the Hudson has some woodsy charm, and we'll travel at a gentle pace. Be prepared to carry lunch 1 mile over a dirt path. Handlebar or rack pack recommended. Rain cancels.

Tuesday, June 27

A18 24 MI 7:45 PM

Tues. and Thurs. Nights in the Park

Leader: Jim Galante (212) 529 9627

From: The Boathouse

See June 1st ride description.

B16 55 MI 9:30 AM

Nyack/Off from work on vacation

Leader: Peter Sekesan (917) 554-3229

From: The Boathouse

See June 13th ride description

Wednesday, June 28

A19 55 MI 10:00 AM

Nyack

Leader: Gay Shaheen (212) 452-1784

From: The Boathouse

See June 7th ride description

C14 18 MI 7:00 PM

Thrice Around the Park

Leader: Peter Hochstein (212) 427-1041

From: 5th Ave at 90th ST. Central Park Entrance

See June 7th ride description

Thursday, June 29

A18 24 MI 7:45 PM

Tues. and Thurs. Nights in the Park

Leader: Jim Galante (212) 529 9627

From: The Boathouse

See June 1st ride description.

B16 20 MI 7:00 PM

Break from Laps in Prospect Park - Week #7

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

From: Grand Army Plaza entrance to Prospect Park

Let's 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.

Saturday, July 1

B18 70/80 MI 8:30/9:15 AM

Real New Yorkers' Oyster Bay Ride

Leader: Scott Malone (718)783-7033 or malones123@aol.com

From: Grand Army Plaza at 8:30 AM and Statue of Civic Virtue at 9:15 AM

Real New Yorkers know that holiday weekends are the time to stay in town. Everyone else leaves and finally you have a little space. Real New Yorkers also know that there's no reason to go to New Jersey when you can possibly avoid it. So we'll forget the George Washington Bridge this weekend and head eastward, on a top-secret route that involves almost no time on Queens Boulevard. We'll pick up our lunches at a deli in the town of Oyster Bay and eat them in the lovely park overlooking said body of water. What more could you want?

C14 + 40 MI 9:00 AM

I Cover the Waterfront

Leader: Ludwig Vogel (212) 838-0852 or ludwig@bway.net

From: The Boathouse

A loop across the GWB and south brings us to a little bit of Japan. Then we take in the million-dollar views of Manhattan, and further south along the Jersey Coast, the area's best Polish food. After our multi-cultural experience in New Jersey, we'll head across the Bayonne Bridge to Staten Island where we'll circle around to the ferry for a free ride home. The usual cancels.

Sunday, July 2

C14 50 MI 9:30 AM

Oyster Bay

Leader: Scott Wasserman (914) 723-6607

From: The Statue of Civic Virtue (Queens)

My favorite destination with a health food store, a park to eat outdoors with a view of the sailboats on the water, a convenient train to take home. But who would rather ride a train or anything else rather than a bicycle? Expected heat index over 110 cancels.

Tuesday, July 4

C12 18 MI 12:45 PM

The Great Brooklyn-Manhattan Historical Tour

Leader: Terry Chin (718) 680-5227

From: Soldiers and Sailors Monument, Grand Army Plaza (Brooklyn)

A meandering exploration of the historical sites of Prospect Park, Brooklyn Heights, the Brooklyn Bridge, the African-American Cemetery, Trinity Church, Vietnam Veteran's Memorial and others. This tour has many, many, many stops. We'll conclude our ride with a late lunch at the South Street Seaport. Co-led with 5BBC. Helmets are required. Rain cancels.

Note: All SIG graduation ceremonies will take place at the July 11th meeting.

Wednesday, July 5**A19 55 MI 10:00 AM****Nyack****Leader:** Gay Shaheen (212) 452-1784**From:** The Boathouse

See June 7th ride description

C14 18 MI 7:00 PM**Thrice Around the Park****Leader:** Peter Hochstein (212) 427-1041**From:** 5th Ave at 90th ST. Central Park Entrance

See June 7th ride description.

Thursday, July 6**B16 15 MI 7:00 PM****Laps and Jokes in Prospect Park ? Week #8****Leaders:** Suzanne Levin and Peter Morales (718) 398-2649**From:** Grand Army Plaza

Let's meet at Grand Army Plaza for laps and jokes in Prospect Park. The funniest joker wins a prize. Can you believe we have been doing this for eight weeks straight? Give yourself a pat on the back and keep on spinning.

OUT OF BOUNDS**Saturday, June 3****South Jersey Wheelman**

Get Ready Metric Century 2-50km loops, 8 am, flat to rolling. Fort Mott State Park, Pennsville, NJ. South Jersey Wheelmen. \$14 pre-reg until 5/25 then \$17. Fee includes water bottle, cue sheet, route markings, SAG and lunch in the Pavilion with HOMEMADE goodies. Fort Mott is on the Delaware River and contains an old fortress to explore along with views of the river. Civil War Finns Point National Cemetery is a 5 minute bike ride away. SASE to South Jersey Wheelmen, PO Box 2705, Vineland, NJ 08362-2705, 609 848-6123 or www.sjwheelmen.org.

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

Sunday, June 11**8th Annual Hat City Cyclists CycleFest 2000**

This tour features 6 routes (5 mile, 12 mile, 50 mile, 78 mile, and a 103 mile) starting from Rogers Park Middle School, Danbury CT. The routes follow beautiful roads, past lakes, rivers and farms in rural CT and NY. The event will be a great tour with plenty of food and water at rest stops, cue sheets and well-marked routes, supported by sag wagons. The cost is \$13.00 with registrations received by May 30th (includes t-shirt). The cost on day-of-ride registrations and registrations received after May 30th is \$8 for children 12 and under and \$15 for all others (sorry, no t-shirt).

Registration forms may be downloaded from the HCC web site: <http://www.hatcitycyclists.org> or for snail mail: registration forms and information send SASE to Hat City Cyclists, P.O. Box 1034, Bethel, CT 06801.**June 30-July 3****Minnesota Lakes & Rivers Rally St. Paul, Minnesota**

Four-day cycling extravaganza based at the University of St. Thomas in St. Paul, Minn. Find out why Minnesota is called the Lane of 10,000 Lakes by cycling to 25 lakes in 35 miles; explore historic sites & fountains, rivers & bluffs, lakes & beaches, and gracious neighborhoods. Attend a "Mountain Biking for Absolute Beginners" Clinic, tour Quality Bicycle Products and visit the Mall of America. Arrowed routes, maps & cue sheets, rides escorted or accompanied by a roving



Women's Sports & Fitness
PRESENTS: CRCA Women's Bike Racing Clinic
Saturday • June 17 • Central Park, New York • Rambles Parking Lot

Here is an opportunity for all women riders
- both with and without US Cycling Federation licenses -
to join our team for a four-lap (24 mile) simulated race.
Experienced, friendly, local racers will ride with the field, providing coaching and advice.


EVENT SCHEDULE:
5:15 - 5:40 a.m. registration
5:40 - 6:00 a.m. pre-race meeting
7:15 a.m. post race analysis, Q&A, prizes

ENTRY FEE: \$5 preregistration at "A" Bike Shop, \$10 day of event.

DIRECTIONS: the Rambles Parking Lot is just north of the Central Park Boathouse on the East Drive. The closest entrance is 5th Ave.. at 72nd Street with street parking nearby.

PRE-REGISTRATION: "A" Bike Shop, 345 West 14th Street, New York. Saturday, June 10, 12 noon - 6PM. Preregistration is five dollars cheaper and includes a free gift.

FOR MORE INFORMATION: contact Beth Renaud (212) 274-9463 or bethrenaud@yahoo.com


sag. Road rides ranging from 15-100 miles, mountain biking from novice to advanced, educational sessions, feature presentations, special guests, including Interbike advocacy director Mike Greehan and U.S. Congressman James Oberstar; ice cream social. On-campus lodging and meal packages available. Cost varies with options selected. Hosted by the Twin Cities Bicycling Club. Information: League of American Bicyclists, 202-822-1333; bikeleague@bikeleague.org; www.bikeleague.org.**July 4th Weekend****West Point - All Class Club Weekend**

It is the annual July 4th NYCC All Class Club Weekend at West Point! We'll bicycle up to West Point from Central Park on Saturday, July 1st - rides for A, B, and C riders planned. And don't worry, a baggage shuttle will carry our clothes. We'll enjoy a fun and informative all class bicycle tour of the historic West Point campus on Saturday afternoon. We'll visit and learn about some of great highlights of this historic and beautiful campus. We'll have dinner in our own private dining room on Saturday night.

A, B, and C rides are planned for Sunday, July 2nd and Monday, July 3rd. There's also a swimming hole, Storm King Art Center, holiday celebrations in town, a museum, the campus - West Point is the greatest! Don't miss the dinner cruise aboard the historic M. V. Commander, chartered for our exclusive use. Tuesday, July 4th, wear your red white and blue for the bike ride home.

Four days, three nights at the historic Hotel Thayer, 3 full breakfasts, 3 dinners, baggage shuttle to carry our clothes, dinner cruise, bicycle tour of the campus, pretty much everything except lunch and drinks - all included. Reserve your space now. \$330.00 per person covers it all. Space is very limited for this long 4 day holiday weekend this year. Sign up now! Don't delay! We will send out an information packet answering all your questions shortly after you sign up. This will detail the schedule, departure times, places, etc.

Make your check out to Jody Saylor, 49 West 75th Street, New York, NY 10023. Shortly after receipt of your check, the information packet will sent to you. Questions? Jody Saylor, 212-799-8293. Accommodations; Jody Saylor (212) 799-8293; Events Planner, Christy Guzzetta (212) 595-3674

Saturday, July 29

Denver to Aspen Classic

Built on the tradition of Colorado's Triple Bypass Ride, the Rocky Mountain Cycling Club is pleased to offer the 6th annual DENVER to ASPEN CLASSIC! The D/A Classic again promises cycling thrills and an achievement you'll remember for a lifetime. This is a great ride for those century riders looking for a 'double dare' challenge. Volunteers staff aid stations at Pine Junction, Kenosha Pass, Fairplay, Buena Vista and Twin Lakes. Mechanical assistance provided. A forwarded day bag is available at Buena Vista to be used for the remaining part of the trip. All riders finishing within the 18hr qualifying time will receive a special award engraved with the rider's name and time. These and many other details are available by visiting the RMCC web sight at www.rmccrides.com or

dwslowey@aol.com for questions or app. (Ride is limited to 1st 200 registrants) 200 miles (or 142 mile option) Vertical climb 13,000' (10,000' on 142 mi option).

Summer Rides in the Hamptons

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. Rides are expected to leave from the Easthampton area and will cover the backroads of the north and south forks, as well as Shelter Island, single and double pacelines at a moderate rate (AB19). For more information, contact Melissa Butensky (melbutensky@yahoo.com) or Bill Greene (bgreene@nac.net).



The Old Crank

The old crank's new clunker: A review!

The word "clunker" is not in my unabridged dictionary, but you know what I mean.

I admit to being the happy current owner of two custom-frame road bikes, one non-custom that is parked overseas, and two city bikes. One city bike collects dust. Only the brand new clunker pisses me off. Anticipating some off paved-road biking in my future, I recently dropped \$1300 on the first part of my first mountain bike, believing that I was spending enough money to get a lot more than a lower middle-class clunker. Should you be curious, the bike is a Cannondale F700. I had expected to get a bike the equal of my "partner's" old, \$200 used Specialized. If you have thoughts of buying a new mountain bike, ride long and look carefully, and be prepared for some bitter disappointments, if your frame of reference (to pun) is a good road bike.

Lets move on: my clunker-bike is a beautiful, masculine matte black. It was the best looking bike I saw in a lot of shopping, and, if I was going to spend \$1,000, my bike was going to be handsome. It weights a full 28 pounds. I should have been suspicious when the salesman hefted the bike with one hand and pronounced "25 pounds." I hadn't thought to bring my bathroom scale when I went bike shopping. Cannondale (shame, shame) says nothing about bike weights in their catalog.

The F700 comes with very aggressive tires. Great for mud, I'm told. Very, very slow and noisy on the street. \$30 replaced them with less sluggish, quieter semi-slicks. But, there is noise competition for those original tires: the Cannondale freewheel is non-pareil for noise, unless you ride with playing cards in your spokes.

The Cannondale saddle was fine for a test ride down the block, but proved uncomfortable for a lap around the park. \$80 fixed this problem. The seat post is short, designed for riding over stumps or through the above-mentioned mud; it is too short for a road ride. The dealer recommended a \$70 replacement.

I was truly shocked to find that Cannondale's SPD pedals seem not to be SPD at all. My Dura Ace cleats don't fit. I imagine that Cannondale wanted to make a few extra bucks selling their own system, and didn't care if I need another pair of shoes, or replacement pedals. (Shame, shame again.) Another \$70 gone.

By my third lap around the park, my hands were pretty numb; I couldn't shift. New, longer bar ends (\$25) helped a lot, and although the thought embarrasses me, covering them with handlebar tape has made them really comfortable (\$15). Still, my road bikes have many more comfortable hand positions.

I have, of course, purchased a second water bottle and cage (\$15), and a small pump (\$20) that demands about 150 strokes to fill one tire. I haven't used CO2 and therefore don't trust it, yet.

That second water bottle is almost at the bottom of the down tube, where I must stop my bike to reach it. So much for alternating water and "fuel" on the fly. For a few hundred extra dollars Cannondale puts the bottle cage in a reachable location. A Sigma wireless computer tells me how slowly I'm riding. \$45.

It appears that the front fork is last year's model, although the salesman may tell you it is there so you can change the front disk brake to a cantilever brake. The back triangle may be next year's model; the rear brake can be switched from cantilever to disk. For less than \$500 you can switch both brakes to take advantage of Cannondale's foresight. Not for me, thanks.

If you haven't run the sum, my add-ons total \$400, and I haven't even purchased a lock and chain. MY F700 now looks almost like a \$2000 bike, at least based on its cost and attractiveness. My first custom made bike, with a Campy Anniversary gruppo, weighed 19 pounds, and cost \$1100.

In fairness, my new bike has some cool features:

The combination of rear cantilever brake (unbelievable gripping power) and front disk (great control) is the best braking idea I've seen, once I'd adjusted to the different finger pulls required.

Deore shifters work pretty well. Having gear selection indicators on the handle bar is a great asset. The shifters are almost always conveniently at my fingertips, even though upshifting the chain-wheel takes a long, slow, hard push.

The front fork, with its center compression, has an on-the-fly lock-out feature. Great. A one-quarter turn soaks up the bumps. Even without this feature, this bike has a surprisingly comfortable, shock absorbing ride.

The handlebar is an easy reach for my slightly short (32" sleeve) arms.

The brake cables are oil reservoirs; there should never be any rust inside.

Both wheels can be removed with ease, without having to let air out of the tires.

The bike has a good frame, but a whole set of poor Cannondale components, I think. I wrote about the problems to the president of Cannondale. I suppose he was too busy to answer. Perhaps he'll be less busy next year. Anyone have a Lightspeed they'd like to trade?

"The Old Crank"

Happy to say that the e-mail on nycnews@yahoo.com is starting to fill up - keep up the good work.

One of our A SIG leaders reported that on Sunday, May 7, 2000 **Karl Dittebrandt** officiated the first Audax brevet in the United States. He was the route captain of the 200k brevet (120 miles) from Central Park to Newberg, NY and back. Founded in 1904 in France, Audax organizes long-distance cooperative cycling, its first official ride being Paris-Brest-Paris in 1931. Karl kept the group on a strict timetable; they stopped every 20 miles for 20 minutes, except for lunch which was an hour. Whenever the group lost time, Karl picked up the pace to make up for it. Also officiating on the ride was **Mike Yesko** whose job in addition to Karl's was filling in the riders' Audax time cards. Unfortunately, Mike could not finish the ride because his rear derailleur broke while he was trying to shift before the long climb near Bear Mountain. He shortened his chain and rode in one gear to Peekskill to the train. The team included **Wendy Cohen, Regina Hammond, Anne Grossman, Alex Bekkerman, Larry Ksiez, Bill Richards, Mike Howard, Christopher Pile, and Gregg Schild**. It was an unusually hot 90 degrees for May, but that did not deter the group. Anne and Regina took the train home from Beacon. The rest rode back on the New York side and arrived back at Central Park 20 minutes ahead of schedule. Karl is sending the completed time cards back to France. Another first for NYCC members!

The roast for **Irv Weisman** was a smashing success and many thanks go to **Linda Wintner** and **Lynn Sarro**, who did all the arranging and cajoled over 60 people to come and pay their respects to Irv. Of course, most of the talk was about gearing, and the hit of the evening was **Paul Hofherr** who, imitating the Alcoholic Anonymous confessions, stated that his name was Paul and he was a gearaholic - he then did a great job doing a take-off on some really funny Irv stories. A good time was had



by all, and I think Irv was pleased as can be with all the attention (we know because it was hard to shut him up). The love and respect for Irv was apparent throughout the evening and we all toast him for the service he has rendered the club.

Who says A and B SIG riders only see the butt of the biker ahead in the pace line. **Mindy Kaufman** reports that she saw a red tailed hawk circling over the group, being hounded by some crows, the hawks natural enemy. She stopped the group to watch the hawk at Mindy's insistence and they were all happy for the experience.

Can you think of a good reason to get up at 4:00 a.m. On April 30 **Caryl Baron** did to run her first marathon in 16 years, the hilly Big Sur Marathon, alongside her husband Steve's son, Ken. With an early start in the redwoods and a glorious route north on a traffic-free Ca 101, it was all over just a little after noon. Meanwhile, Steve and Ken's girlfriend Debbie rode Monterey Peninsula's famous but not as hilly Seventeen Mile Drive on rented bikes to meet them at the finish. Those Barons are always on the road either biking, hiking or running - they come back to New York to rest between vacations.

Kudos to the Westchester Cycle Club (formerly Country Cycling Club) for adopting Anderson Hill Road from Purchase to King Streets. WCC has undertaken the responsibility of cleaning the sides of the road at least three times per year. We can also thank them for about 30 "Share the Road" signs being installed on roads through Westchester. WCC has been working with New York Bicycling Coalition to promote safety and pro-cycling legislation in New York State.

Let's hear from you about engagements, marriages, births, affairs, etc. The biker babes are the right-to-know committee, so keep the dish coming. Send all the news to nycnews@yahoo.com - if it fits, we print.

Helmets for 2000 Summary

Helmet lines for 2000 continue last year's trend to fewer new helmet designs, reflecting flat consumer demand and continued thin profit margins in the industry. We noted this year that big vents are still big, adversely impacting protection. Some of the new models are a little better rounded than last year, particularly those that eliminate the aero "shelf" projection in the rear. But squared-off lines still dominate. So far there have been no radically new materials introduced in the 2000 model year. One company, SportScope, has a new design that uses chunks of foam linked closely with an embedded mesh, permitting the chunks move enough to conform somewhat to an unusual head shape. That may improve the fit for some riders, but if the edges of the chunks hit your head in the wrong place it can literally be a headache. As reported in our last email Update, Gina Gallant of Prince George, B.C., Canada has designed a helmet that uses LED's to inform the wearer when it is fitted correctly.

All helmets manufactured for the US market after March 10, 1999 must meet the national CPSC standard, but a few of the older ones are still on sale at reduced prices.

We recommend looking for a helmet that:

1. Meets the CPSC standard
2. Fits you
3. Has a rounded, smooth exterior

4. Has no more vents than you need

A few of the better ones were identified in the 1999 Consumer Reports helmet article, but most models on the market this year were not tested for that article.

Details on our Web site: long article at <http://www.helmets.org/web-docs/helmet00.htm>

The Helmet Update - Bicycle Helmet Safety Institute

Randy Swart, Editor, update@helmets.org, <http://www.helmets.org>

Facts

1990-1996 NYC cycling fatalities rise 56%

1998-1999 NYC cycling fatalities rise 75%

Most common and deadly injury to cyclist: A door suddenly and unexpectedly opened directly into the path of a moving cyclist.

No one wants to kill or seriously injure a cyclist when they open a car door. Yet these types of accidents occur with such patterned regularity on New York City streets that cyclists have a name for it. They call it being "doored".

One simple way to reduce these types of deaths and injuries is to warn people to look out for cyclists before opening car doors--and this can be done by placing stickers like the one that can be seen by downloading solution 33 from our website.

(continued on page 12)

(continued from page 11)

The TLC has a fleet of 35,000 vehicles that are constantly on the streets picking up and dropping off people, which create the greatest danger to urban cyclists.

Citystreets petitioned the TLC in the interest of public safety to immediately place these stickers on all vehicles under their jurisdiction. We're still waiting for a response. Ironically Mayor Giuliani wrote us thanking us for the stickers and appreciation for our efforts to make NYC safer for cyclists. Go figure.

Since the TLC has not responded to our common sense safety petition, we're asking for people to take safety into their own hands in two ways.

1) We've already printed the stickers. If you regularly ride in taxis, we're asking that you carry these with you and put them on the windows. The stickers are free. Just send a self addressed stamped envelope to:

Citystreets/taxi stickers
P.O. box 1167
New York, NY 10013

2) Write a letter to the TLC telling them that you think this is a good idea and they should immediately put these stickers on all TLC licensed vehicles. Their address is:

Commissioner/Chairperson
New York City Taxi and Limousine Commission
40 Rector Street
New York, N.Y. 10006

For more info and to see what the stickers look like please download solution 33 from our website. which can be found at this location:

<http://www.citystreets.org/solution.html>

Late breaking good news / bad news

The good news - there is another place to eat in Saddle River. It's the Saddle River Market, with gourmet sandwiches and everything you'd expect in Saddle River. They were most friendly and let everyone use the bathroom. It's on the northeast corner of West Saddle River Road and

Allendale Road, around the corner from the aforementioned Colony Deli.

The bad news? - both the Saddle River Market and the Colony Deli are closed on Sunday. My only other suggestion is the HoHoKus bagel shop on Maple Avenue (West Saddle River Road) at Franklin Tpke, 2 3/4 miles south of Saddle River. If anyone has any other suggestions for avoiding Elmer's on Sunday, please pass them along.

The Century Road Club Association

needs you

Would you like to earn money while supporting bike riding and racing in Central Park? The Century Road Club runs races many Saturday mornings in Central Park and must have a minimum number of marshals. Marshaling is the duty of the member racer, but many CRCA members would prefer to race, and to pay someone else to cover their marshal duty. Marshaling involves getting to the Park early (often around 5:30 or 6:00 am), getting assigned to a specific location in the Park, and, using a whistle, warning runners, dog walkers, pedestrians, etc. that a bike race is using the roadway. You'll be done before 8:30, often before 8:00.

If you are interested, please call Jim Boyd at (212) 222-8062 for more information and to get your name on the list of "Marshals for Hire".

Riding partner needed

New member would like to ride in Prospect Park with other Club members, on weekdays and Sat. mornings. Pace: 13-14 mph. Contact: hwee hwee Tan at 718-852-0108.

Note: All SIG graduation ceremonies will take place at the July 11th meeting.

<p>Rosenthal's Definitions <i>(another installment)</i></p> <p>PAWL: An identity crisis.</p> <p>PEDAL: Selling yourself to a sponsor.</p> <p>PELTON: A two thousand pound statue to soccer.</p> <p>PENNY FARTHING: An inexpensive fartlek.</p> <p>POLKA DOTTED JERSEY: A Polish cow.</p> <p>POLYESTER: The Disney version of the biblical Queen of Persia.</p> <p>PRESTA: Pasta sauce.</p> <p>PRIME: Being overtaken right at the finish line after you've come up from your bars to give a victory wave; also, a beef made to the Chief Referee.</p> <p>PROTEIN: A racer who leaves the amateur ranks before his twentieth birth-</p>	<p>day.</p> <p>PUCH: A night in late June.</p> <p>PULL: The quality a racer must have to get named to a team if he doesn't have the talent. Also, nickname for Andrea Tafi.</p> <p>PUMP HEAD: A woman addicted to low-heeled shoes.</p> <p>PURSUIT: Drafting on a kilo track.</p> <p>QUADRICEPS: Four ideas for an answer on an essay exam.</p> <p>QUICK RELEASE: Penology practiced in the era of over-crowded prisons.</p> <p>RACE: A contest of speed from which competitors are disqualified for using speed; a highly polished surface but not a Miroir; the world championship stripes: black, white, red, and yellow.</p>	<p>RACING: A city in Wisconsin.</p> <p>RACK: A medieval torture device; a way of transporting a lamb to slaughter.</p> <p>RATCHET: Animal drop-pings. See BMX.</p> <p>REAR DROPOUTS: Quitting a race from off the back.</p> <p>REAR SUSPENSION: A girdle.</p> <p>RECUMBENT: Jeans.</p> <p>REEL IN: A square dance step.</p> <p>REGINA: See Crown.</p> <p>REPECHAGE: Getting your credit cards cancelled.</p> <p>RIDE LIEDERS: Wendy Sharp, Andrea Goodman.</p> <p>ROAD RACE: A group that is subject to terrible discrimination.</p> <p>ROLLING A TIRE: Cycle clothing; also, stealing</p>	<p>from derelict tires.</p> <p>ROLLING RESISTANCE: Marijuana busts.</p> <p>ROTATIONAL RESISTANCE: The Second Fignewtonian Law of Training that states a body at rest will stay at rest.</p> <p>SADDLE SORES: The revenge wreaked by angry cows.</p> <p>SAG WAGON: A truck that caters meals at movie sets.</p> <p>SETANTA: A rushin' doll-like club within a club.</p> <p>SATURN: Galactic acid.</p> <p>7-ELEVEN: The Model Penal Code's recommended sentence for sponsors who abandon teams.</p> <p>SEAT POST: The practice of using a sleazy newspaper as toilet paper.</p> <p>SIDEPULL BRAKES: Right wingnuts.</p>	<p>SIS: The sad phenomenon that too few bros ride.</p> <p>SILKS: Colorful jockey wheels.</p> <p>SITTING IN: A method of riders' protest.</p> <p>SIX DAY RACE: Israel vs. Egypt.</p> <p>SLICK: See VO2.</p> <p>SPECTRUM: Frames with snap, crackle, and pop.</p> <p>SPIN: The twist public relations people attach to an event.</p> <p>SPOKEHEAD: An addict who smokes spokes; also a director of communications.</p> <p>SPRING TRAINING: Obedience school for derailleurs.</p> <p>SPRINT GROUP: A short distance company. <i>(stay tuned for more...)</i></p>
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Please welcome our newest members!

Ester Araten	Catherine Crandall	Marshall P. Hayes	Fern Merenstein	Linda Siegel
Tricia Arnone	Gerrh De Jonge	Kim D. Hendrickson	Michael Mitchell	Igor Sluchevsky
Ilene Avery	Kathleen D. Domenico	Yona D. Hermann	Jacki Moline	Cheryl Smigelski
Jeffrey Axelrod	Lucinda G. Donaldson	Kurt Holm	Luis Anthony Monge	Gina Solomon
Elsa Banks	Anthony Donato	Jeff Jacobson	Gregory Mykiety	Ellen Stroud
Gaye Bassin	Beth Donnelly	Pamela F. Kaplan	Kim Nagle	Hwee Hwee Tan
Diana Basso	Amanda C. Dreyer	Rich Kassel	Georges Nasr	Connie Tobolsky
Catherine Bent	Aileen Epstein	Anita Kaufmann	James Neale	Steve Tobolsky
Ellen Bloom	Arlen Epstein	Mike Kaur	Nora O'Brien	Vivian Trimble
Tim Bloomquist	Marianne Fischer	Phil Kiracofe	Diane Paoletta	S. Vrondu
Marcy Bloomstein	Jacques G. Floyd	Mary Kirby	Doug Partrick	Andrew Waldorf
Ellen J. Borowka	Andrea Frank	Joan Klips	Kimberly Pastore	Charles Ward
Dean Brizel	Kathy Frank	Joyce Krawiecki	Margery Perlmutter	Lisa Warren
Stephanie Brown	George Friedman-Jimenez	Elizabeth Lazo	Lene Poulsen	Beth Waters
Nancy Bryson	Barbara Fuchs	David Leland	Gary Rancourt	Debra Weiner
Mary Pat Caldwell	Debi Gallo	Rachael Leland	Matthew Ray	Josh Weinstein
Clarissa Casanova	Janice W. Ginsberg	Linda Lichtman	Mary Raymond	Julie Wilcox
Robert O. Castro	Terri Gooch	Evan Lipman	Ken Rosenberg	Jay Wilker
Ron Castro	China Gordon	Tamara Loomis	Eliot Rosenthal	Willie F. Williams
Randy Cochran	Neil Grand	Lori Lopez	Susan Ruderman	Amy Wolf
Brett Cohen	Clifford A. Green	Leslie Mario	David J. Sabbarese	Tom Wolf
Heidi Cohen	Pam Grossman	Marcello Marvelli	Tara San Pietro	Nancy E. Woods
S. Comite	Marcus Grundahl	Akiko Matsui	Lissa Schavpp	H. John Wright
Carrie Contract	James Guarino	Anthony Mazzella	Lori Schechter	Patricia Young
Christine Corsini	Lynnette Hamaker	Timothy McCarthy	Paul D. Secor	Jennifer Zamkoff
María Cortez	Janice Hamann	Sharon Mc Nerney	Harith Siddeeq	Larry Zuckerman

NYCC Board Meeting Wed. April 5, 2000

Present: B. Goldberg, C. Martone, G. McGraine, I. Weisman, I. Mitchneck, W. Cohen, D. Montalvo, F. Grazioli, A. Dinkelman, P. Hofherr

Absent: L. Sarro, L. Nisco

The Bulletin was late for April because of printing and mailing delays

REPORTS BY RIDE COORDINATORS

.Leaders should be encouraged not to meet at the Boathouse proper, but rather in the nearby Parking Lot, or elsewhere.

Frank: the attrition rate in the A SIGs is very small A19 SIG has 70 participants, and holding, A Classic has 30 and holding.

Annaline: The B SIG has 50 riders in 3 speed groups. Many are new people who joined Club. Annaline announced that Jay Jacobson will host A/B and C rides at his home on July 16.

Paul: C SIG has 2 speed sections, the slowest, C10 was dropped.

Gary: We were approached by Metro Sports for articles for their paper. We will solicit writers in our Bulletin.

Frank: Put request for email updating on our membership form.

TAXES FOR 1999: Jeff Vogel will do our taxes.

REVISED WEB SITE: Extensive discussion by Robin Read, our new webmaster. Should we put our

current rides on the website? Ways of increasing the visibility of our web site were discussed. Robin Read gave her email contact as : Greenandread@earthlink.net

There was concern that non-members may not be able to keep up with our rides. Ben suggested that the new people, responding to our website notices, should first do the Self-Classification Ride in Central Park. Annaline suggested that Web Page responders should first ride as a separate group in an introductory ride.

BIKE SHOW IN MAY

Wendy reported that volunteers were needed for the Bike Show in May, and that we would need Bulletins and flyers to distribute to interested participants. \$250 was authorized for advance expenses.

Wendy also brought up the idea of Membership Cards which could be used for ID for discounts in Participating Bike Shops. We would also display our website URL in the shops.

Cathy suggested that the membership card could be part of the Bulletin.

SIG EXPENSES

Paul suggested that the Club defray the costs of SIG expenses, in particular the one time travel expenses for Irv to get to the meeting site where C SIG classes are held. The Board agreed.

The question of SIG participants contributing to the expenses of running the SIGs, in particular printing costs, was challenged by Frank because he felt that we were offering these SIGs by volunteers, and there should be no charges.

BULLETIN SIZE

Don pointed out that the limitation in the size of the Bulletin meant that many articles were being set aside for lack of space. Should the Bulletin be expanded to 18 or 20 Pages?

CENTRAL PARK SAFETY COM.

The Board discussed the Club's representation of the Central Park Safety Com.

RIDE LEADER TRAINING/GUIDELINES

A Bike Committee was set up consisting of Gary as Chair, the 3 Coordinators, and 2 more members for each Class, in order to develop Ride Guidelines and Ride Leader Guidelines.

LEADER VESTS

Irv wanted a brighter color for the rear panel of the vest in place of the present black panel, for improved visibility on the road.

RIDE ATTENDANCE SHEETS

He also suggested that the Sign In sheet be modified to eliminate the participant's address, and to provide more room for the Home Address, the Emergency Address, and possibly email address, and to eliminate the date entry for each participant. A legal check with C.J. Obregon would advise us whether a common date at the top of the form would be adequate. (He has since advised us that one date at top of the form is adequate.)

Next Board Mtg: May 2, at 6:30 PM at Ben's office.

Meeting adjourned: 9:45 PM

Submitted by Irv Weisman, Sec y.

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

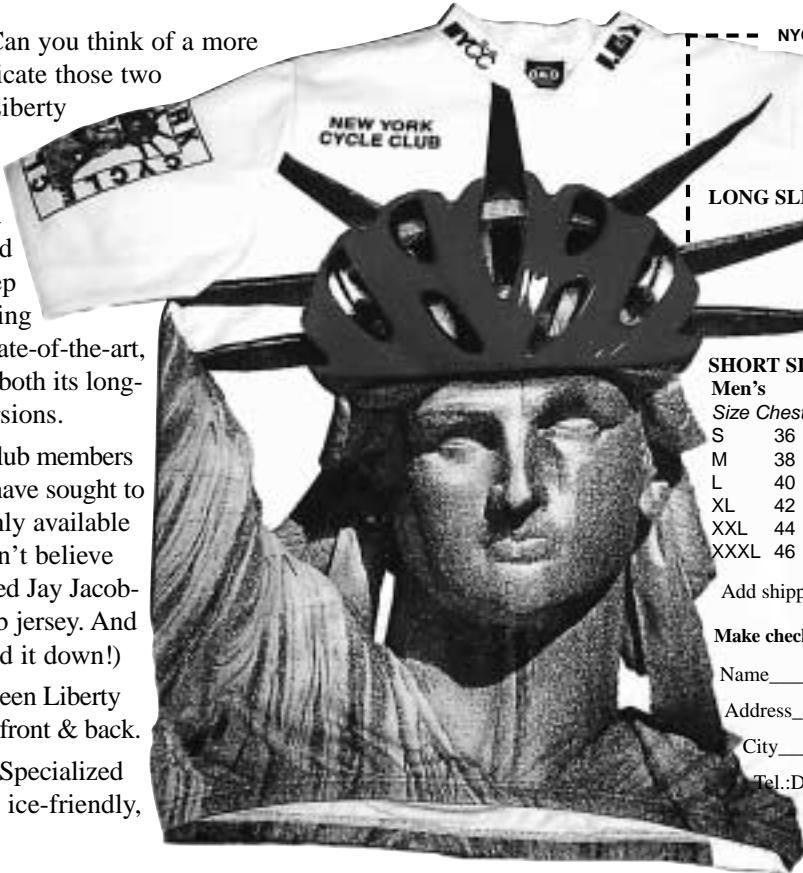
New York and cycling. Can you think of a more striking image to communicate those two things than the Statue of Liberty wearing a bicycle helmet?

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

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.

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.

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)

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.

Membership card! Cut me out!

MEMBERSHIP CARD

YEAR 2000




TM

Membership card! Cut me out!

Recycling

Cuevas track bike (1981 I'm the original owner) 22.5" frame, Campy components. Nisi rims, Campy hi-flange hubs, 3x Swiss DT spokes Asking price \$750 OBO. Call Rolando: 875-9721



Adventures in Elian's Homeland at our June 13th Meeting

Gary Wendrovsky, Karen Reich, Dona Kahn & others members on

CUBA BY BICYCLE

Gary, Karen, Dona and others will share their slides and stories of their recent bicycle trips to Cuba. From the city of Havana to the tobacco fields, from inland mountains to off-shore islands - Come hear about the culture, the cuisine, the music of this island so recently in the news.

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 between Madison & Vanderbilt Aves.) Buffet Dinner with choice of chicken or pasta dish and green salad. Coffee or tea. Dinner is \$20 (cash only). Cash bar at 6pm. Dinner at 7pm. Program at 8pm. Take 4/5/6/7 & S to 42nd Street/Grand Central Station.

"Bernice, stick it the box!" (Wendy)

First Class Mail
Dated Material!

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BKLYN, NY

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New York, NY 10023