

NYCC *Bulletin*



Congratulations to all our SIG graduates!

Escape from New York 2000 Needs You!!

This year's annual Escape from New York Century will take place on Saturday, September 23rd. 3 distances, 3 routes: century, metric century and half century. Registration fee is \$20 in advance, \$25 the day of, full support, food, drinks, organized rides, cue-sheets, t-shirts, all included. Look for more information in future bulletins. We need volunteers to help out with everything from marking the routes to making sandwiches and more. If you're interested in helping out with this great event, please contact Tom Laskey, 212-961-1610 or by email at tomoboe@mindspring.com.

Please welcome our newest members!

| | | | |
|------------------|--------------------|------------------------|----------------------|
| Douglas Achan | Danielle Dinse | Dan Holland | Wendy Pierce |
| Joseph Ahearn | Lynn Duddy | Iqbal Jedly | Lani Pierre |
| Greg Ahlquist | Clifford DuPree | Amy Jewel | Michael Port |
| Tom Amico | Janet Echelman | Jenny Jung | Seth Prince |
| Kamil Atta | Laura Favin | Gregory S. Kolton | Kathleen Raub |
| Julie Bechtel | Steven Feder | Deborah Koncan | Bruce Richbourg |
| Russell Berman | Susan Feitelberg | James L. Kreindler | Patricia Rohrer |
| Meredith Berman | David Feldman | Lizzy LeBlanc | Kevin Ryan |
| Jaclyn Bovarnick | Durward Franklin | Andy Liefer | Flora Saltiel |
| Susan Brooks | Gallia Freidfertig | Marie-Christine Manzi | Salvatore Serravillo |
| Paulette Brunk | Lucy Fremont | Franklin D. Mayers Jr. | Brad Simon |
| Cheryl Cadet | Ellena C. Friedman | J. Andrew McEntire | Lauren Smith |
| Jacqui Comiskey | Jerry Fuentes | Bernadette McLaughlin | Ronald Smith |
| Susan L. Conner | Stacey Funt | Edgar Mercado | Amy Sternhell |
| Angelo Correa | Anthony Gallucci | Daniel Minus | Vivian Teran |
| Enrique Cubillo | Monica Glogacua | Bob Mirell | Julie Van Dore |
| John Czarecki | Ellen Goldstein | Tony Mortimer | Julie Walsh |
| Charles Davis | Florence Grant | Victor Neary | David Yang |
| Claudia M. Davis | Laura Groman | Karin Pekarchik | |
| Francine DeCicco | Lisa Hankin | Nicholas Perez | |
| Margery Deibler | Steven Hankin | Frederic Pichon | |

Editor's note

I wanted to have a SIG graduation centerfold, but I didn't plan it well. Thanks to some fancy footwork by our own Henry Joseph we were able to get something in time to go to press...but I screwed up for not asking the board members for all the names ahead of time. I won't be able to get the complete list of names into the bulletin until next month. I hope to have an interesting article to go along with all the names. Sorry for my screwup.

Some of us who were stopped on 9W and ticketed had our court date, but since some of us haven't been to court yet so I won't be able to give you the details right now. Let's just say the officer who cited us turned out to be a real gentleman who has a genuine concern for the safety of all cyclists and motorists who travel through his area. Nuf' said for now. Maybe after all this is over we can convince him to come talk to the club at a future meeting.

Fonts, fonts, fonts. What's the big deal about fonts? I decided to standardize the fonts in the NYCC bulletin. I can easily use cruddy fonts like Times and Arial for the bulletin, but that would make the bulletin look like any old newsletter. I want the bulletin to have it's own look to go with all the new images. Font choice is an important component of good design. I decided on the **Bodega Sans** (by Greg Thompson) font for headers, **Adobe Jenson MM** for body and **Adobe Myriad MM** for miscellaneous stuff. A lot of thought went into this decision. I hope you like the new look. I'll keep tweaking the size, weight and spacing with each issue.

A word on bulletin delays. A lot of work goes into getting the bulletin out on time. The board members put in late nights, make scores of telephone calls and do lots of footwork to make sure that all materials get in on time so it can all be put together and sent to the printers who do their thing, then pass it along to the mailer to ship to you, the members. We're concerned about the recent problems we've been having and are trying to get to the bottom of it. Thanks for your patience while we wrestle down this problem.

Don Montalvo, Editor

New York Cycle Club

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

(212) 828-5711



President

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



V.P. Programs

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



V.P. Rides

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



Secretary

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



Treasurer

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



Public Relations

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



Membership

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



Special Events

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



Bulletin Editor

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



A-Rides Coordinator

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



B-Rides Coordinator

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



C-Rides Coordinator

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

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

LKN8@columbia.edu

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

Cover illustration: Thanks to Henry Joseph for the great SIG graduation photos on our cover. I hope to get the names of all the graduates into the next bulletin.

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

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

(1) **Snail mail.** Mail your 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
Apt #28i
New York, NY 10019

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

dmjgraphics@earthlink.net

Material may be edited for brevity and clarity. A full page of text is 750 to 1,090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

Deadline: All submissions and advertising are due at the editor by the second Tuesday of the month prior to publication. Sorry, no exceptions. Thanks.

<http://www.nycc.org>

There has been a rebuttal received about something said in last month's column covering the weekend at the Berkshires. **Ira Mitchneck** was said to have lost the megaphone - but there was a protest lodged that the megaphone was drop kicked by someone racing to get onto a subway and was not lost by Ira. Also left out of last month's column (not the fault of bikerbabes) was the account of the iced tea ride that **Karen Reich** and **Gary Wendrowsky** sponsor every year on the last day of the weekend at the Berkshires - only this year those who started out were too pooped from the hilly rides, they never made it to the iced tea. But the weekend was still a smashing success, in large part to the great job Karen and Gary do, not only scouting the routes, but road testing them and giving everyone a choice of routes. This year was a bit hilly and Karen and Gary promise they will provide some less hilly alternatives next year and a place to picnic that isn't below freezing. Many thanks again to all those who helped make the weekend one of the best outings of the year.

Veteran ultra-distance cyclists **Mike Yesko**, **Art Crowley** and **Alex Bekkerman** spent July 9-12 riding 1000k (600mi) from Paris to Nice, "Audax-style." This is a typically French style of riding where the group - in this case 200 riders (mostly French) - stick together, uphill and down, at a predetermined pace with predetermined stops. Word is the French riders are treating the American trio like celebrities. The guys reported having a blast - in spite of a 170-mi first day of rain and headwinds, with more rain for the 200-mi day #2. Vive la France!

Wendy Cohen raced NY State at Kissena. Her best event was the 2000 meter where she placed second behind a cat 1 RLX racer. She also raced the Olympic sprint with **Karl Dittebrandt** and **Mike Howard** in the 35+ age group. They won the gold medal too! Wendy lead out the first lap, Mike the second and Karl finished the event.

It's safe to say the 200k audax brevet was a success despite temperatures well into the 90s. There were 12 good starters, who picked up a few friends along the way for part of the ride. With Rt. 218 (Storm King Hwy) under construction, the worst part of the day was the long hot

climb on Rt. 9W above West Point. **Bob Hancock** dropped his chain and ruined his rear derailleur on the Bear Mountain climb, so he converted to a fixed gear and pedaled across the bridge to pick up Metro North at Garrison. **Dave Obelkovich** cut back early and **Anne Grossman** and **Regina Hammond** caught the train in Beacon after lunch at the Lexus Diner in Newburgh. That left eight (Alex Bekkerman, Wendy Cohen, Karl Dittebrandt, Mike Howard, **Larry Ksiez**, **Chris Pile**, **Bill Richards** and **Greg Schild**) who finished about 20min ahead of the 12hr audax schedule. It was the first Audax brevet ever in the USA.

The only one who had a good reason for dropping out a little early (she did 135 k) was **Anne Grossman**, who was getting married a week later. Her father begged her not to do the ride, thinking of the possibility of walking a bride with a limb in a cast down the aisle. But all turned out to be a fairy tale wedding weekend, with a few bike club friends joining the party, and the bride was gorgeous in a custom made gown, looking as if she had been prettying up for the walk down the aisle instead of training for and doing the 200k.

Spotted in Phoenicia a few weeks ago were **Keith Burton** and **Lucie Gelinias** with their not so new born son, Adam (about 10 months old now). Adam was reported to have inherited the best of his parents' looks and is looking around at some of the daughters of his parents' friends. There are certainly enough offspring from our members to start a racing team in a few years from now.

The West Point Weekend was according to all reports one of the nicest. Asking around for gossip produced nothing. It seems everyone got along, The "A"s, "B"s and "C"s mixed more than usual and although there were some signs of the renovation of the Thayer hotel, it was pretty much the same old hotel with all of the tradition which is fine for the 4th of July and the rides were as good as ever. The only regret is that the 4th was the day to ride back to NYC so that the concert by the Army band had to be missed, which is a highlight of the weekends when the 4th falls in the middle of the weekend.



From US Postal rider Tyler Hamilton's website, Top 20 Stupid Questions people ask his wife:

1. "But what does he do for a living?"
2. "Does he get paid for that?"
3. "Does he live off a trust fund?"
4. "Are you riding the Tour of France with him?"
5. "How many thousands of cyclists sign up for the Tour de France?"
6. "What cause does the Tour de France raise money for?"
7. "Do you really think cycling is a team sport?"
8. "How much longer is he going to ride his bike around Europe before getting a job?"
9. "Does he do a lot of sight seeing in Europe?"
10. "Are there port-a-potties along the race routes?"
11. "What is that thing on his head? (during time trials)"
12. "Do you miss him when he's away?"
13. "If he burns 5,000 calories a day riding, can he eat a whole pizza for dinner?"
14. "If he travels all the time, why hasn't he taken you on a honeymoon yet?"
15. "Do you train with him?"
16. "Does he know that Lance Armstrong guy?"
17. "If the Tour de France is only three weeks long, what does he do for the rest of the year?"
18. "Do his legs get tired doing that?"
19. "Does he have to ride his bike every day?"
20. "Does he eat a lot of pasta?"

Sharing the drives

Following are some guidelines for sharing the drives in Central Park - as promulgated by the Central Park Conservancy:

- At crosswalks, slow down, yield, and then proceed cautiously.
- Traveling in groups can be harmful to you and others. Do not skate, run, or bike in large groups.
- All cyclists and skaters are strongly encouraged to wear protective equipment, including a helmet. Helmets are required for children 14 and under.
- Do not wear headphones. Your safety may depend on hearing a warning.
- Pass others carefully and at a safe distance.
- Remember to look and signal when turning.
- Speed limits pertain to all wheeled vehicles; 30 mph for automobiles and 15 mph for bicycles.
- Roller hockey is only allowed at Wollman Rink.
- Skating and cycling are allowed on the drive only.

SOURCE: Central Park Views, Summer 2000, back page.

Have a good day

Regards, Geo Carl Kaplan



Rides List



Wednesday, August 2nd

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

Leader: Gay Shaheen (212) 452-1784

From: Benches across from the Boathouse

Off to Nyack again and perhaps we'll add in a few hills this week if we're feeling strong. Rain cancels, forecasted highs above 90F may cancel or shorten ride. Call leader if in doubt.

Thursday, August 3rd

B16 **40 MI** **7:00 PM**
Laps in Prospect Park - Week #12

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. We can't possibly do 40 miles in the Park without going crazy, but let's see how many we can do. I know that laps can get tedious but good conversation and gossip will keep us going. (If you don't show up we may have to gossip about you).

Friday, August 4th

A/B/C **15-20 MI** **7:30 PM**
Dinner in Astoria

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

From: Tramway Plaza, 59th Street and Second Avenue

Enough kvetching about "I want to go to Astoria, I wanna eat some kokoretsi" . . . and don't tell me you forgot everything I taught you last year (ask Laura about "les abats"). Therefore we meet as we did last year, for a short ride to Astoria, where men are men and sheep are? . . .ask Ed! We will visit my favorite Uncle (Barba Yorgos), and eat and drink, and then kick ourselves (and possibly each other) in the butt for not coming here more often! Return via Roosevelt where we might per chance say hello to the dynamic duo . . . no you idiot; Batman and Robin did not move to Roosevelt Island! Required: An open mind . . . this isn't exactly kosher . . . and an appetite, because it's good. CALL TO CONFIRM! Cancels: A torrential downpour . . . waves as tall as buildings . . . a perfect storm!

ABC **2mph 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, August 5th

A19+ **100+ MI** **7:43 AM**
Rhinebeck and Beyond Century+: The 4 County Tour

Leaders: Kimberly Sorrell (212) 691-4236,

Shelly J. Smith (914) 737-7613 and Stev Taylor (212) 206-7413

From: Grand Central Terminal/9:00 AM Peekskill

Train Station Meet to depart on 7:43am Hudson Green Line train from Grand Central Terminal to Peekskill Train Station (appears on electronic schedule as "Poughkeepsie" train). Actual ride departure is 9:00 am from the Peekskill Train Station. The route begins climbing out of Westchester and into Putnam Co., follows rolling stretches along the Hudson into Dutchess Co., around Vassar, and up 9 North to Rhinebeck for lunch. The route continues with a hilly loop North into Columbia County, and back to Rhinebeck, then to Poughkeepsie for the 6:35 PM train back to Peekskill and on to NYC. Metro North bike pass, pocket food, \$ for lunch, helmets, paceline and social skills required. Those hot-dogger/hammerheads desperate for attention won't be tolerated, so pick another

ride. Though the route is spectacular, the day is long, and the pace will be monitored to keep the group together! RSVP absolutely required if you plan on attending this ride, and rain cancels.

A19 **85+/- MI** **8:00 AM**
Byram Lake . . . because it's there!

Leaders: Spencer "B.C.B.C." Koromilas (212) 867-8678 or

SpencerNYCC@Juno.com and Kelleigh Dulany (212) 932-0171

From: Across the Boathouse

August in the city . . . it's time to get out, and you know where! I'm not talking beaches, that's where the crowds go. I'm talking about cooling off in the saddle! You know, the tree lined streets of Connecticut and Westchester, where the grass is greener, which shouldn't be too difficult! This is an epic "Fred" ride, we will be taking the flattest route to beautiful Byram Lake, ride on a short segment of "hard pack" then climb a steep, but short, hill . . . you know . . . we'll work up an appetite prior to lunch in Armonk. As always, expect some great scenery; you may need to be slapped a few times . . . "No this is not Kansas." Return via the cemetery, Sprain and Grassy Sprain, and subway to Manhattan from Bedford Park, unless you want to ride on the Grand Concourse, in August . . . I'll point you in the right direction! Required: Respect for your elders, maybe not, but good riding skills a must, as well as two water bottles & Metro North Pass if you can't hack it! As to be expected, laggards will be whipped, whiners spanked mercilessly . . . ask Kell! Cancels: You must be kidding!

B17 **55 MI** **8:00 AM**
Pearl River

Leader: Gary McGraime (212) 877-4257

From: The Boathouse

Scenic rolling roads, several lakes (reservoirs) and great pancakes! Italy? No. Costa Rica? No...how about Pearl River? We should be back in Central Park between 1:00 and 2:00 PM in case you have plans for the afternoon.

B15/16 **55+ MI** **8:30 AM**
Barbecue in Rye

Leader: Henry Wilson (914) 967-1108

From: Grand Central Station

A special invitation to all B Sig participants to come and see my new house. Meet at 8:30 AM at Grand Central to catch the 8:48 AM train for a beautiful ride from White Plains to Bedford, Armonk, Rye. We will have a fabulous barbecue in my backyard and ride back the six miles to White Plains to catch the 3:58 or 4:58 train back to NY. Please call leader to confirm the numbers for lunch. Rain cancels.

C14 **47 MI** **9:00 AM**
Mamaroneck

Leader: Scott Wasserman

From: Boathouse parking lot

Eating outdoors at the harbor always feels 10-15 degrees cooler. Not such an advantage when it's 65 but when it 90, ahhhh. Expected high below 70 just might change the destination.

Sunday, August 6th

A19 **55 MI** **7:00 AM**
Back by Noon

Leader: Gary McGraime (212) 877-4257

From: The Boathouse

Just one of those summers - got no time. Wanna make the time that you have count? Join us on an early morning, smooth and brisk group spin into Westchester or New Jersey. We'll be returning to Manhattan in the morning while most cyclists are just beginning to head out. No snotty grins please.

B17 **60+ MI** **9:15 AM****Rockland County/South Mountain Road****Leader:** Ron Grossberg (718) 369 -2413 or ARGEE401@AOL.com**From:** The Boathouse

Up the Hudson on the Manhattan side and then further north on the Jersey side of the Hudson, winding through Rockland Country, South Mountain and a few familiar names. Rain, bad weather or temps above 95 cancels. Please bring pocket food and two water bottles.

B15/16 **50+ MI** **9:00 AM****Destination - Somewhere****Leader:** You decide**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.

C12 **25 MI** **12:45 PM****A Brooklyn Residential tour****Leader:** Terry Chin (718) 680-5227**From:** Picnic House, Prospect Park, (2 blocks from the 3rd St. entrance.)

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

C12 **25 MI** **10:00 AM****Tour de Roosevelt, Wards, Randalls, and Manhattan Islands.****Leaders:** Richard Fine (201) 461-6959 and Ethan Brook (201) 816-0815**From:** Central Park Boathouse, near 72nd Street

Lighthouses, Sculpture Gardens, European Gardens, Lakes, Waterfalls, Tram Rides, and more. All in New York City. WHO WOULD HAVE THUNK IT??? Bring or buy lunch.

ATB 3 **45-50 MI** **8:30 AM****Tarrytown Tryst****Leader:** Jesse Brown (917) 578-2244**From:** HI-AYH 103rd St. & Amsterdam Ave.

Off-road adventure to an extraordinary International deli on the Hudson in lovely Lower Westchester county. No disappointment here. Bring Metro North bike permit, lunch or \$ for it. We'll have great fun. Co-listed with 5BBC. Generally flat to slightly rolling terrain. Rain or another acts of God cancels.

Wednesday, August 9th**A19** **55 MI** **10:00 AM****Nyack** (See August 2 description)**B14/C14** **40 MI** **10:00 AM****Wednesdays Is Sundayes****Leader:** Larry Rutkowski (212) 304-8503 (Eve)**From:** New Jersey side of GW Bridge at Hudson Terrace

For those of us who have to work on Sunday, I've borrowed Tom Carvels' slogan and promise a fun ride and maybe some Sundayes. Rain or bad weather (predicted temps about 95) cancel.

Thursday, August 10th**B16** **15 MI** **7:00 PM****Laps in Prospect Park - Week #13****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 to at least 10 of the 13 Thursday nights. That may mean ending the ride at the Park Slope Brewing Company, who knows?

Friday, August 11th**ABC 2mph** **3-4 Blocks** **5:00 PM****Picnic at the Cloisters** (See description on August 4)**Saturday, August 12th****A19** **90+/- MI** **9:00 AM****Westchester Wandering****Leader:** Tom Laskey (212) 961-1610**From:** The parking lot north of the Boathouse.

At this writing, I'm not sure where we'll be going, Bedford? Mt. Kisco? Maybe even Greenwich. Who knows. What I do know is we're going to have fun or bonk trying! I also know you'll need two water bottles, pocket food, Metro-North pass and helmets. The usual cancels.

A19+/- **60 MI** **9:00 AM****Less Gears, More Beers! (or "one speed is all you need")****Leaders:** Keith Goldstein (212) 982-9461 and Rob Kohn (212) 787-9199**From:** The hill across from the Boathouse

The next in our single-speed series, only this time it's on the road! We're going to Pearl River for pancakes, and anyone with a single-speed (and yes, track bikes count) is welcome to join us. (Just so you can get an idea of the gearing, Keith and I are both riding 42/17 on 700c wheels.) This is not a hammerfest; no one should get dropped (unless they are severely under-g geared). The usual mess cancels, but if it's only drizzling, I (Rob) might decide to go out anyway. And, sorry, but no geared bikes, please.

B15/16/17/18 **50+ MI** **9:00 AM****All B'S All the Way to New Jersey****Leaders:** Neil Botwinoff (212) 535-7951, Linda Wintner (212) 876-2798,

Annaline Dinkelmann (212) 876-1344 and David Hallerman (718) 499-4467

From: North side of the parking lot at the Boathouse

By now we're looking good, riding in our different groups/speeds, everyone feeling easy on their bikes. We are doing three different rides, but what would a B-ride be without a great food stop: All the rides are meeting for lunch. Please bring pocket food and two water bottles.

B15 **50+ MI** **8:40 AM****Katonah/ New Canaan (Rolling/Hilly)****Leader:** John Zap Day (212) 219-3339, Eve (203) 972-9339**From:** Grand Central Terminal

Meet at Grand Central Station for the 8:48 AM Brewster North train to Katonah. Leader will meet group at Katonah train Station arrive 9:51 AM. Backroads from Katonah, Bedford, Stamford Reservoirs, New Canaan, Darien, and Pound Ridge. Return approx. 3:27pm or 4:27pm train depending of finish time. Joint WCC.

C13 **56 MI** **9:30 AM****Nyack Beach (again!)****Leader:** Peter Hochstein (212) 427-1041**From:** The Boathouse

One of the most extraordinarily beautiful miles of cycling on the planet is just north of Nyack, along a cinder path that follows the shaded Hudson River shoreline. We'll picnic under a leafy grove of trees by a cove in the river, and since we'll be going slowly, you CAN do this long C ride with only a few hills. You can also wade in the Hudson with me if you bring flip-flops or water shoes. Required: helmet, pump, spare inner tube. Plus a handlebar bag, rack bag, or musette bag to carry your lunch for a mile or so.

C12 **25 MI** **9:30 AM****Bike N'Tube N'Float N'Splash (Flat to some rolling)****Leaders:** Richard Fine (201) 461-6959 and Ethan Brook (201) 816-0815**From:** Bucks county River Country, in Pt. Pleasant, Pa.

Directions: Rte 78 West to Rte 287 South to Rte 202 South. Cross into Pa. Follow Rte.32 North approx 8 miles to Pt. Pleasant. Bike beautiful scenic roads along and near the Delaware River followed by a picnic lunch and a 3-4 hour tubing trip down the Delaware River. In the evening you will have the option

to dine in quaint New Hope, Pa. and if time permits see a play at the Bucks County Playhouse, or just stroll the streets of this interesting town. Bring \$ to buy lunch, lock, bathing suit, towel, sunscreen, and some sort of water shoes. Approx cost \$15.00.

Sunday, August 13th

A19+/- **50 MI+/-** **8:30 AM**

Destination Unknown

Leaders: Jeff Vogel and Margaret Cipolla (718) 275-6978

From: The Boathouse

Take part in our social experiment: Is it the destination that is most important or is it the leaders and the group that brings you out? We don't know where we are going yet; we'll pick a nearby destination that we haven't been to in a while. It may even be Nyack, though Pearl River, Blauvelt, Park Ridge or Waldwick are more likely. We'll also split the group in two if size warrants (hence the "+/-") and regroup at brunch. Appropriate group riding skills are required, as are social skills.

KB18+ **55 MI** **9:00 AM**

Climbfest 2000 #2

Leader: Michael Kuor bikehikemike@onebox.com - email (212) 699-3825 x5553 - voicemail/fax

From: Manhattan Ferry Terminal (In back of Dave's Pizza)

Did you miss last month's torturous climbfest? Well, break out the Ben Gay 'cause we're at it once more... this summers' heatin up! More of the same gut bustin, leg crampin climbs but with a surprise twist. Yeah it sounds like WORK, but come anyway and enjoy the ferry ride to Staten Island... I promise it will be fun. This scenic course includes Grymes Hill (16% grade), Todt Hill (1mi. climb), and many more! Warning: Very Hilly, please select proper gears. For all A/B mountain goats... check it out!! Helmets mandatory, saddles optional.

B17/18 **60+ MI** **9:00 AM**

North Bergen Tour

Leader: Robert Gray (212) 593-0986 nyarchitect@email.msn.com

From: The Boathouse parking lot

An energetic B ride starting in Englewood and continuing west through some of Bergen's best burbs to Ridgewood for a break. Rolling terrain but not difficult. From there, we follow the Saddle River north to Upper Saddle River, turn east to Montvale and get glimpses of the Manhattan Skyline. Yes, that means some hills, but they will not be terribly steep. On down south to Rivervale, The Tappans, another break and then a group decision to return on 9W or one of the lower routes. A lot of scenic roads and a bit of work but this is a B ride. Two water bottles as always to mind our hydration.

B15/16 **50+ MI** **9:00 AM**

By Group Decision

Leader: By group decision

From: Boathouse

For all of us who are not hammerheads or mountain goats, meet for a pickup ride at a leisurely pace. Enjoy a low-impact ride to the destination of your choice.

C/B14/15 **50 MI** **9:00 AM**

Labyrinth

Leader: Dick Goldberg (212) 874-2008 or Richsgold@aol.com

From: The Boathouse

Advance registration is required for this visit to the Dominican Sisters Convent in Sparkill. There we'll walk a labyrinth, a peaceful path into the self.

Wednesday, August 16th

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

Nyack (See August 2 description)

Thursday, August 17th

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

Laps and Gossip in Prospect Park - Week #14

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. We will spin till we drop. And he (or she) who has the best piece of gossip can draft the longest.

Friday, August 18th

ABC 2mph **3-4 Blocks** **5:00 PM**

Picnic at the Cloisters (See description on August 4)

Saturday, August 19th

A19 **85 MI** **8:30 AM**

Little Tor

Leaders: Michael Lin (212) 744-6174 or mtjLin@msn.com and Phil Kiracofe (917) 941-9449 or pkiracofe@bigfoot.com

From: Parking lot north of the Boathouse

"Why?" "Because it's there!" We'll approach the southern aspect of the hill via South Mountain Road, snack at the Mt Ivy Diner (note strategic placement after the climb), and then enjoy the long, slightly downhill return via Spook Rock-Cherry Lane-Saddle River. Required: helmets, cooperative riding skills, friendly demeanor. Cancels: >70% chance of rain, or heat index >95 F.

B18 **70 MI** **8:30 AM**

Armonk

Leader: Ray Thomas (212) 280-3416

From: The Boathouse

One of my favorite routes, as I rarely get lost on it! I'm envisioning a ride with "A" paceline skills and "B" social camaraderie. There will be the usual deli stop in Armonk, but bring 2 water bottles as it will probably be a warm day. Pace as listed! Stragglers will be dropped and "off-the-fronters" will be reigned in! Finely skilled riding at the designated pace means good times and great fun for all. Prompt departure. Helmets required. Rain cancels.

B15 **30+/- MI** **9:00 AM (Prompt)**

Express Freight

Leader: Isaac Brumer (212) 734 6039

From: NE corner Ft. Washington Ave and 178th St. (GWB Bus Terminal)

Arrive early for customary coffee and donuts, a scenic, moderate ride to the old freight station in Sparkill (more coffee and...) then an early return. Rain or temperature over 95 (actual or forecast) derail.

C13 **35 MI** **9:15 AM**

Coney Island

Leader: Scott Wasserman (914) 723-6607

From: Near the Boathouse

I've only ridden to Coney Island in the winter so I thought I'd try it in warm weather. We'll make the mandatory stop at Nathan's (but no one would actually eat a hot dog) and another at Mrs. Stohl's Knishes (with that great variety). Those who eat only health food are invited to watch.

C12 **25 MI** **10:00 PM**

Moonlight Bike Ride (Flat)

Leaders: Richard Fine (201) 461-6959 and Ethan Brook (201) 816-0815

From: Plaza Hotel fountain, 5th Ave. and 59th St.

Approximately a 4-5 hour ride. 10th annual flat safe meandering ride through the streets of Manhattan. Enjoy the sights, sounds, and smells of New York as we travel through Central Park, East River and Hudson River bike paths, visit Columbia University, Grants Tomb, Lincoln Center, the new Times Square, pass Gracie Mansion, Greenwich Village, Chelsea Piers and much much more,

and still get home for a good night's sleep. Bring or buy food. Bring a bike in good working order, helmet, and a spare tube. Cue sheets and bananas supplied.

Sunday, August 20th

A19 **65 MI** **9:00 AM**

Kingsland Park - ALL CLASS A RIDE

Leaders: Jim Galante (212) 529-9627 and Gary McGraine (212) 877-4257

From: The Boathouse

King Park is a favorite of the all class destinations...a sprawling green lawn and towering weeping willows overlooking the Hudson River with it's wind surfers and kyakers at play. Getting there is even better. We're going to take a back roads route (a Karin Fantus classic) providing shade and enough hills to keep everyone smiling, or grinning, as it were. Perhaps if Karin and Allison show, we can break into two groups and rendezvous at the Park together. We're flexible with ideas, but require paceline skills and safe group riding. Remember, "when your group looks good, you feel good" (Zen 101). Bring two waterbottles, pocket food and sunscreen.

B15/16/17/18 **55+ MI** **9:00 AM**

Kingsland Park - ALL CLASS B RIDES

Leaders: Anthony Ricupero (212) 673-1683,

Marcie Bloomstein (212) 367-0407, Linda Wintner (212) 876-2798 and

Annaline Dinkelmann (212) 876-1344

From: The Boathouse

Kingsland Park has one of the prettiest views overlooking the Hudson and her natural beauty. The Westchester routes looping around to the All Class picnic are classics. Bring plenty of water, pocket and a helmet please.

C14 **45 MI** **9:30 AM**

Kingsland Park - All Class Ride

Leaders: Maggie Clarke, 567-8272, Arlene Ellner, 677-3306

From: 242nd St and Broadway, Bronx, end of the #1 and #9 trains

So that we can enjoy a loop through the Pocantico Hills (near Rockefeller's Estate), and deep down in Sleepy Hollow, we leave from the edge of the City, as we used to in years past. On the way there, we'll take the Croton Aqueduct off-road path (the FLAT, no-traffic way through Westchester) with views of the Hudson -- tire widths down to 28x700 or 1 1/4 have always done OK. Picnic in a park on the Hudson. We'll enjoy an orderly ride on roads along the Hudson back to the City. If Heat Index is over 90, I'll slow the ride. Helmets required. Cancellation: Predicted Heat Index over 105, or 60% rain (please call if in doubt). Bring Metro-North Pass for emergencies.

Wednesday, August 23th

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

Nyack (See August 2 description)

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 or bad weather (predicted temps about 95) cancel.

Thursday, August 24th

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

Last Laps in Prospect Park - Week #15

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

From: Grand Army Plaza

Let's meet at Grand Army Plaza for our last laps around the park as a group.

Friday, August 25th

ABC 2 mph **3-4 Blocks** **5:00 PM**

Picnic at the Cloisters (See description on August 4)

Saturday, August 26th

A18 **115 MI** **7:30 AM**

Greenwood Lake

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

and Hank Schiffman (212) 529-9082 (schiffhank@aol.com)

From: The Boathouse

This is the "tinhorn" version of the Ironman/woman's training ride classic: Skyline Drive first, brunch at the Lakeside Cafe, then that great climb up to Welch Lake and home via S. Mtn. Road. Be prepared for several extended climbs, occasional rough roads and one of the most beautiful "out and backs" in the NYCC repertoire. Extended break at 50 miles, other water/food stops as required. Bring at least two (2) water bottles and pocket food. Metro North pass for 85 mi bailout to Garrison. Cancel conditions: the usual. Fog/drizzle w/a promising forecast- check w/leaders after 6:30 AM.

B17 **65 MI** **9:00 AM**

New City Without (Many) Hills

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

From: The Boathouse

A ride through Northern New Jersey and Rockland County. A chance for Jamaican pancakes at lunch. Helmets required. Chance of rain greater than 50% or predicted temperature greater than 95 degrees on the 7:58 AM Weather Channel forecast cancels.

B16 **70 MI** **8:00 AM**

CT Gold Coast Ride (Flat)

Leaders: John Zap Day (212) 219-3339, Eve (203) 972-9339

From: Grand Central Station

Meet at Grand Central Station for the 8:07 AM New Heaven train to Darien. Leader will meet group at Darien Train Station arrive 9:01 AM. Set your bike on auto cruise and ride the southern coast of CT all the way to New Haven. Few stops, leisurely pace, stick together ride. Lots of coastline, beaches, marshes, nice neighborhoods and a few dingy city blocks thrown in for variety. An extended version of the Gold Coast Ride. Return 4:55 pm from New Haven.

B15 **57+ MI** **8:30 AM**

Nyack the Hilly Way

Leaders: Becky Hrdy (533-3288) and Linda Wintner (876-2798)

From: The parking lot just north of the Boathouse

Join us for a lovely ride through the suburbs of NJ and NY to Nyack. There are some hills, especially a big hill before lunch (Bradley) and a big hill after lunch (Churchill). But, there are plenty of nice flats also. We'll have lunch at everyone's favorite - the Runcible Spoon in Nyack - where lots of bikers congregate. We will cruise at 15 MPH which means that our average speed will be between 12 to 13 MPH over the course of the day. If this is too slow or too fast for you, you're welcome to take a cue sheet and meet us at lunch. We emphasize safe, orderly, predictable riding skills on our rides (e.g., staying behind the leader and riding in a line), and we're more than happy to teach you how to ride that way if you don't already know how. Please bring plenty of water, a few snacks, sunscreen, a spare tube, and good cheer. Helmets required. Precipitation or temperature over 95 degrees cancels.

C13/14 **50 MI** **9:00 AM**

Ridgewood New Jersey, a charming town in a charming neighborhood

Leader: Robert Gray (212) 593-0986 or nyarchitect@email.msn.com

From: The Boathouse parking lot

Englewood, Haworth, Oradel, Ridgewood and more of the older and near New Jersey suburbs on the way back. Maybe a quick look at Radburn, the famous greenway planned community, if the group is interested. Only two notable hills, the climb to the GW bridge through upper Manhattan and the palisades on the way back to the bridge. We will take the easiest route for both those hills. The

terrain is somewhat rolling, a little more so than the typical trip to the North toward Piermont. Lunch in Ridgewood at the halfway point. Please expect to keep moving at the rated pace, after all this is really about exercise. Bring an extra tube, 2 water bottles, and expect to be back by about 3 PM.

Sunday, August 27th

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

The Roads Are Your Oyster

Leader: Anyone

From: The Boathouse

Everyone's abandoned town, it seems. We'll take advantage of the new open spaces: Show up and lead us somewhere peaceful. A great opportunity for scouting routes to new destinations. Game?

KB17/18 **65+ MI** **9:00 AM**

Lunch at Mount Ivy Diner

Leader: Jack Lehnert (718) 884-6437 or lehtiger@aol.com

From: The Boathouse

As we work our way up South Mountain Road, think about the lunch and not the hills. We will work up a good appetite as we work our way up to the Mount Ivy Diner. Rain, bad weather or temps above 95 cancels. Please bring pocket food and two water bottles.

B15 **58 MI** **9:00 AM**

Mt. Kisco for Sushi

Leaders: Stan Oldak (212) 780-9950, Carol Wood (212) 683-0070

From: The Bronx. Take the # 4 train (front car) to the last stop (Woodlawn Station). After exiting the station, use the right stairs and meet at the bottom on Jerome Ave.

We'll ride through picturesque Westchester on our way to Mt. Kisco, where the local market makes sushi-to-order. Or if you're so inclined there is a Kosher deli down the block, a Starbucks, etc. Some beautiful scenery on this ride as we get into the real suburbia of Westchester. P.S. - This ride is hilly - not for the flat-of-heart! Rain or temps above 94 cancels.

C14 **55 MI** **9:30/10:00 AM**

Rye Beach Ball

Leader: Maggie Clarke, 567-8272

From: 2 meeting points: #1: Dyckman St. & Broadway, ("A" train - Dyckman / 200th St stop) at the Triangle garden: 9:30 AM, #2: End of #4 line (Woodlawn, Bronx) 10:00 AM -- meet on benches in park.

So that we can enjoy a loop through Connecticut at the far end of the ride, we leave from the edge of the City as we did in years past. Our orderly ride through the lush, well-manicured gardens of lower Westchester -- ride in Greenwich, CT for a short while, and return back towards Rye for lunch in Town Park overlooking the LI Sound. If time permits, we'll zip over to Glen Island on the way back. We'll return on roads along the LI Sound and the North Bronx Bikeway back to the City. Bring Metro-North Pass for emergencies and a small bike lock. If Heat Index is over 90, I'll slow the ride. Helmets required. Cancellation: Predicted Heat Index over 105, or 60% rain (please call if in doubt).

C12 **30 MI** **10:00 AM**

Central Jersey Horse Country Bike Ride (Flat to rolling)

Leaders: Richard Fine (201) 461-6959 and Ethan Brook (201) 816-0815

From: Meet at Bedminster 1 Office Park Pluckeman, N.J. on route 202 and Burnt Mills Road off of Rte. 287. Directions: Rte 78 West to Rte 287N to 1st exit Rtes 202-206 South. Follow road to Gulf Station. Right on Burnt Mills Rd. App. 500 feet to bank building on left. Left into parking lot.

Pedal through small towns in Central Jersey's horse country. Bike on back roads and enjoy the foliage and changing scenery. We will stop for lunch at the Oldwick Country Store, located in quaint Oldwick. Bring or buy lunch. Bring a bike in good working condition, helmet and spare tube.

Wednesday, August 30th

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

Nyack (See August 2 description)

Thursday, August 31st

B16 **20 MI** **7:00 PM**

The Grand Finale - Week #16

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

From: Grand Army Plaza entrance

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, September 2nd

A19 **60+ MI** **9:00 AM**

Neat Spin

Leader: TBD

From: The Boathouse

Pick a route with others and enjoy the quiet, low traffic, "have it your way" weekend.

B15/16/17 **50+ MI** **9:00 AM**

Out Yonder I

Leader: You decide

From: The Boathouse

The summer heat is subsiding and the century riding weather is coming our way. Meet your buddies for either a brisk or low-impact ride to a destination by group decision.

Sunday, September 3rd

A19 **60+ MI** **9:00 AM**

Neat Spin

Leader: TBD

From: The Boathouse

Pick a route with others and enjoy the quiet, low traffic, "have it your way" weekend.

B15/16/17 **50+ MI** **9:00 AM**

Out Yonder II

Leader: You decide

From: The Boathouse

The summer heat is subsiding and the century riding weather is coming our way. Meet your buddies for either a brisk or low-impact ride to a destination by group decision.

C12 **23 MI** **8:30 AM**

Sandy Hook (vis a vis NY Waterways)

Leader: Alfredo Garcia (212) 802-2441, acgbb@cunyvm.cuny.edu

From: NY Waterways Terminal, Pier 78, 38th St., 12th Ave.

Let's go to the Hook from the Hudson. Bring a towel, lock, \$ for lunch, be sun smart and \$25 roundtrip fare. We'll visit this Gateway Park with a visitor center, Ft. Hancock Museum and get beach time. Possible visits to the Mt. Mitchell Lookout & Navesink Twin Lights. Some hills. Co-led with 5BBC. Ferry leaves 9 AM. Rain cancels.

Check out our new website: <http://www.nycc.org>

Monday, September 4th

C12 40/30 MI 9:00/10:00 AM

Gateway Getaway: A Rockaway Greenway Excursion

Leader: Terry Chin (718) 680-5227

From: City Hall, Manhattan 9:00 AM; or Picnic House, Prospect Park (2 blks from 3rd St. entrance) at 10:00 AM.

Explore the newly restored greenways to Canarsie Pier and historic Floyd Bennett Field. This airfield was N.Y.C.'s 1st municipal airport and was the site of many aviation records. There are some great views of Jamaica Bay and the Manhattan skyline, too. Co-led with 5BBC. Bring lock, lunch or \$ for it. Helmets are required. Rain cancels.

Heads up!

Saturday, September 23rd - Escape from New York

NYCC/New York Cycle Club's 6th Annual Century Rides. Rain or Shine Starts at Sakura Park, Manhattan, NYC at 122 St./ Riverside Drive (opposite the East side of Grant's Tomb). Picture-postcard views of the Hudson River and Palisades as you cross the George Washington Bridge. Choice of three routes through Rockland and Bergen Counties:

7:30 am Century Challenge (100 miles)

8:00 am Rockland Roll Metric (62 miles)

9:00 am Piermont Pleasures (50 miles)

Clearly marked routes, cue sheets, safety marshals, NYCC ride leaders, lots of food and liquid, scenic lunch sites. A portion of the proceeds will be donated to environmental and bicycle-related organizations. \$20 before September 8th; \$25 after. Send SASE to NYCC/ENY POB 2054 Columbus Circle Station, New York, NY 10023 or check our web site <http://www.nycc.org>

October 6-9th - NYCC Columbus Day Weekend in the Catskills

The calendar may say August but it's time to start thinking about Columbus Day. Last year rooms sold out fast. Don't be left home alone.

The weekend features spectacular fall foliage, delicious food, fun people and great rides. Join us October 6-9 for a fabulous weekend in Ulster County.

Phoenicia, 25 miles west of Kingston on Route 28, in the heart of the Catskills, is the perfect location for our fall escape. Bed and breakfasts, inns, lodges, and motels abound, and we all know the riding is excellent. (People never get lost - they just wind up on the wrong beautiful road!) New Paltz is about 70 miles round trip by bike (with or without climbing Mohonk Mountain); Woodstock is 15 miles away, and it's just a short detour from there to Devils Kitchen. The notorious Peekamoose-Samson-Slide Mountain loop is a mere 75 mile ride, albeit most of it is vertical! And there are literally thousands of miles of other scenic roads to explore.

Fred Steinberg, Paul Hofherr, Margaret Cipolla and Jeff Vogel will lead A rides. Paul Hofherr will lead C rides. Hopefully, more leaders will volunteer. All rides will start and end at the Phoenicia Elementary School on Route 214. On Friday morning October 6th, Fred Steinberg and Jeff Vogel will lead 45-50 mile rides from the Poughkeepsie Metro North Station.

And don't forget to bring your hiking boots - you may want to forgo a day in the saddle to take advantage of the area's many hiking trails. Or, stay over on Monday night to hike Slide Mountain with Margaret and Jeff on Tuesday.

The group dinner on Sunday will be an all-you-can-eat, all-you-can-drink barbecue Sunday afternoon, outside at Al's Restaurant in Phoenicia. There will be barbecued chicken and more vegetarian options, in addition to everything else served in the past. The price is \$25 per person and must be paid in advance. Please send a check payable to Jeff Vogel, 102-10 66th Rd., Apt. 14E, Forest Hills, NY 11375, by September 15.

For those of you who haven't checked your calendar, Sunday night/Monday, October 8-9 is Yom Kippur. Plan accordingly.

The following is a list of accommodations in the area. Please make your own reservations (all are in area code 914). Most towns in the Catskills are served by Trailways 800-858-8555. The one way fare is \$27.00. Bikes are free, but must be boxed. Any questions, call Jeff Vogel, (718) 275-6978

Phoenicia

Cobblestone Motel: 688-7871 (Inexpensive)

Phoenicia Motor Village: 688-7772 (Inexpensive)

Rays Cabins: 688-5410 (Inexpensive)

Claudes B&B: 688-2561 (Inexpensive)

Mount Tremper (4 miles away)

La Duchesse Anne: 688-5260 (Moderate)

Lodge at Catskill Corners: 688-7900 (Moderate)

The Emerson: 688-2828 (Very expensive)

Fatima's B&B: 425-4793

Chichester (2 miles away)

Maplewood B&B: 688-5433 (Inexpensive)

Silver Creek Cottages: 688-9912 (Inexpensive)

Shandaken (6 miles away)

Copper Hood Inn & Spa: 688-9962 (Very expensive)

Lamplite Motor Lodge: 688-7130 (Moderate)

Ramblebrook House B&B: 688-5784 (Moderate)

Shandaken Inn: 688-5100 (Expensive)

Out of Bounds

Saturday, August 5th - Bike Along the Sound

St. Vincent's Medical Center sponsors a "Bike Along the Sound" event in association with the "Swim Across the Sound" to raise money for Cancer Services. Please join us at Captain's Cove in Bridgeport. For more information please contact the St. Vincent's Foundation office at 203-576-5451.

Saturday, August 5th - 20th Annual Princeton Bicycle Touring Extravaganza

Sponsored by the Princeton Freewheelers. Tour the beautiful countryside around Princeton and central New Jersey with cyclists from all over the eastern U.S. Tours range from an easy 16-mile ride to a challenging century, from flats to rugged hills. The price is the same regardless of when you register. ALL registrants are welcome to a post-ride meal and rest stop snacks. Flat: 50, 65, 100 miles; Flat/Rolling: 16, 25, 35 miles; Hilly: 62 miles. Cue sheets & road markings. Water & snacks provided at start and rest stops along each route. Bring water bottles. Rest stops with snacks are noted on cue sheets. Free bicycle adjustments, safety inspection & fitting. Mobile phone sag service will assist riders with any difficulties throughout the day. All routes start & end at Rider University. MEAL PROVIDED upon return to Rider Univ! REGISTRATION FEE: \$22; DATE: Saturday, August 5, 2000 (no rain date) For additional information or to request a registration form by E-Mail: WebGuy@PrincetonFreeWheelers.com or Call: 609-882-4PFW (4739)

Sunday, August 6th - Tour de Torrington

This year's Tour de Torrington will be held . The Tour is a fundraiser for the American Cancer Society. There are 12, 30, 50 and 65 mile routes. The tour starts in Torrington, Connecticut and goes through scenic Northwestern Connecticut towns like Litchfield, Norfolk, Warren, and Cornwall. This will be the Tour's eleventh year. The 65 mile route has exactly two left-hand turns. Near the end is a nine mile run that has no stop lights or traffic signs, is mostly down hill and was repaved last year. There is four mile down hill on Route 45 where if you don't go over 35mph it is because you are squeezing the brakes too hard. The ride is fully supported. All riders get a free T-shirt and a water bottle. There is also a picnic after the ride. For a registration form, call Tommy's Bike Shop 860-482-3571. Or e-mail demcguinness@snet.net.

Thursday, August 10-13th - Bicycle Tour of Adirondack Park

Van-supported four day tour of Adirondacks, begins and ends at Schroon Lake, four hours north of NYC at Exit 27 of I-87. Shuttle pick up available on request from Amtrak station in Ticonderoga. Tour includes accommodation at campgrounds and one day in hotel, breakfasts, cue sheets, and luggage transport. For more information contact NYCC members Laura Matlow and Ray Goon-Pan at 212-665-5409 or Lmatlow@aol.com.

Saturday, August 12th - Bridgeton Zoo Ride

25/50/100 miles, flat to rolling, 8 am. Schalick High School, Centerton, NJ. South Jersey Wheelmen. \$14 pre-reg until 7/27 then \$17. Fee includes water

bottle, cue sheet, route markings, water & banana stop, SAG and a lunch coupon for Anderson's Deli. Both the first 50 and the 25 mile loops pass thru the FREE Bridgeton Zoo. This makes it a great regrouping spot for different level riders. SASE to South Jersey Wheelmen, PO Box 2705, Vineland, NJ 08362-2705, 609 848-6123 or www.sjwheelmen.org.

August 13-20th - Eighth Wonder of the World

The New York Parks and Conservation Association invites you to join us for 8 days, August 13-20, for a fully supported bike ride along the canalway trail. Celebrate the 175 anniversary of the Eighth Wonder of the World, the Erie Canal (1825-2000). On and off road cycling, tent camping, luggage transport and more. See our Web Site: www.nypca.org/canal-tour. For questions contact: Suzanne Toomey Spinks, Ride Director at suzanne147@juno.com or canal-tour@nypca.org

August 18-21st - Cascades to the Coast Rally

Four-day cycling extravaganza based at Western Washington University in Bellingham, Washington. Pedal through miles and miles of spectacular scenery under the watchful eye of snow-capped Mount Baker. Routes will lead to the Dutch farm community of Lynden, the coastal town of LaConner, the pioneer heritage sites of Ferndale, and scenic Chuckanut Drive. Road rides ranging from 15-100 miles, mountain biking from novice to advanced, educational sessions, feature presentations, including adventure cyclist Willie Weir; special guests from the world of bicycling, including 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 with options selected. Hosted by the Mt. Baker and Skagit Bicycle Clubs. Information: 202-822-1333; bikeleague@bikeleague.org; www.bikeleague.org. Contact: League of American Bicyclists 1612 K Street NW, Suite 401, Washington DC 20006. 202-822-1333. Fax 202-822-1334. bikeleague@bikeleague.org. www.bikeleague.org.

Sunday, August 20th - Covered Bridge Metric

Lancaster Bicycle Club's annual tour, 2000. These 100, 50 and 25 kilometer (62, 31 & 15 mile) rides wind their way through some of Pennsylvania's most famous rural scenery, including seven covered bridges. The terrain is gently rolling with a few small hills and the rewards are stunning vistas of the richest farmland in America.

Sunday, August 20th - 2000 Tour of the Hamptons

Sponsored by the Massapequa Park Bicycle Club The 2000 Tour of the Hamptons begins at the Southampton High School, Southampton at staggered times depending on the route distance you choose. It travels through mostly flat terrain and rolling hills on the South Fork, passing farmland, beaches, mansions and historic towns, such as East Hampton, Amagansett and on to Montauk before returning to Southampton. The tour has routes of 25, 50, 65 and 100 miles. A portion of the proceeds will be contributed to the Make-A-Wish Foundation. Support. SAG wagon, route sheets, road markings and rest stops with refreshments for all routes. Information: www.massparkbikeclub.org. Our registration fee covers lunch, water stops, sag wagons, Q-sheets, road markings, ice cream and a general good time. Additionally, a commemorative tee shirt can be purchased. Registration is open from 7:30 AM - 10:30 AM. The course closes at 4:30 PM. Information: The Lancaster Bicycle Club, PO Box 535, Lancaster, Pa. 17608

Sunday, August 27th - 2000 Tour de Putnam

Experience the picturesque countryside and a piece of history. Travel the roads made famous by the Revolutionary War. See the western hemisphere's largest Buddha. Choose from 15, 30, 50, 100 mile routes as well as mountain bike loops. Maps, cue sheets, marked roads, rest stops, SAG wagon, mechanics, message for every rider. Leaves from Carmel, NY. E-mail for more information: tourism@visitPutnam.org

September 1-4th - Biking and Hiking in Vermont

Labor Day Weekend. 5 days - 4 nights \$175.00. I have rented a house in southern Vermont with 12 bedrooms, 14 bathrooms to accommodate 24 fun people. Indoors there is a pool, sauna, jacuzzi, exercise room, simulated golf course & movie theatre. Outside we have our own tennis court with ball machine and vol-

leyball court. bike rides are rolling with hilly options hikes range from 3-6 miles. Contact Bruce Kirschner at 212-351-2537 or E-mail bigbkirsc@aol.com.

Sunday, September 10th - Golden Apple Bicycle Tour

Westchester Cycle Club. Sunday, Sept. 10, Rain or Shine. Rides of 25, 50, 75, 100, and 125 miles leaving between 7:00 and 10:30 from the Metro North Commuter Parking lot, Woodsbridge Road, Katonah. On day of event, Metro North will suspend pass requirements for bicycles between NYC and Katonah. Marked routes and cue sheets, safety marshals, toll-free number for emergencies, SAG wagons, plenty of food and drink, free gifts for early registrants. Part of proceeds go to Friends of Karen, a local charity. \$18 before August 31, \$23 after. For more information call 1-888-777-8229, or visit the WCC website at www.westchestercycleclub.org

September 15-17th - Trek 2000: Autumn Escape Bike Trek

Go for a Tour of Cape Cod AND feel like Mother Teresa! The American Lung Association is running a bike tour - "Trek 2000: Autumn Escape Bike Trek", which is a 3 day, 160 mile tour of Cape Cod, from Plymouth to Provincetown. You only have to raise \$400, and this includes accommodation, food, SAG van support, and even massages. You can also do a 2 day ride, with a minimum pledge of \$300. Lung disease is growing faster than any other major illness, and is the third leading cause of death in the US. Many riders have a lung disease or ride in support of a loved one. If you're interested, either to join the ride or help with fund-raising, please contact Hwee Hwee Tan at 718 852 0108 (home), 718 809 4183 (cell) or email: h.tan.1@alumny.nyu.edu

September 22-24th - Catskill Foliage Rides

Gala Weekend at Raleigh Hotel outside Monticello, N.Y. \$148 per person Ranch double occupancy - (including taxes). \$160 per person Main Building. TV - Private Bath. 6 scrumptious meals--from Dinner Fri. thru Lunch Sun. Lavish Smorgasbord - Open bar cocktail party - 4 nite club shows (Two new and exiting shows each nite) - dancing - indoor pool and ice skating - sauna - etc. Leader-led or Q sheets with maps on 3 days. Full program of activities for biking and non-biking quests. LIMITED ROOMS--EARLY RESERVATIONS WITH \$25/PERSON DEPOSIT A MUST. 1st child in room free (Call Ed for special Children Rates). Raleigh Hotel, So. Fallsburg, NY (Outside Monticello, NY). Edward Miller, 1025 Byron Avenue, Elizabeth, NJ 07208 (908) 351-9321. Call Ed "WHEELS" Miller 908-351-9321 or email: edwheels1@PRODIGY.NET for further details

Saturday, September 23rd - 10th Annual Adams Apple Ride

Cyclists of all ages and skill levels are welcomed to this autumn ride, which will tour Pennsylvania. Routes will take you through the historic Gettysburg Battlefield and the beautiful Adams County Countryside. Rides will be 25, 50, and 100 miles in length. There will be two 50 mile loops including one through the famous orchard areas of Upper Adams County and one through the farmlands of Southern Adams County. Registration begins at 7 a.m. on Sept. 23, rain or shine. Cost is \$10 before Sept. 10 and \$15 thereafter for individual riders. For more info: Gettysburg-Adams County Area Chamber of Commerce, (717) 334-8151, e-mail: info@gettysburg-chamber.org, web site: www.gettysburg-chamber.org

Sunday, September 24th - Ramapo Rally

The Bicycle Touring Club of North Jersey's 23rd annual event will be held rain or shine on Sunday, September 24, 2000. The start site at the Center For Family Resources in Ringwood, New Jersey is in the scenic Ramapo Valley, a short drive from either route 17 or 287. It offers a choice of 5 routes of 20/30/50/62/100 miles. Rides are geared for all levels of cyclists. The pre-registration fee postmarked before September 1, 2000 is \$20.00 and includes a designer baseball cap. Day of event registration will be \$20.00 but will not include the cap, and will take place from 7:00 A.M.-10:00 A.M. An optional post rally pasta dinner will be available for \$5.00, payable at the door. Food stops, cue sheets, route markings, and sag wagons will be provided. For more information and applications please call: Bette Bigonzi at 973-744-5924 or Dan O'Rourke at 914-268-0391, or write to BTCNJ, P.O. Box 839, Mahwah, N.J. 07430, or use our website at www.btcnj.org

Sunday, October 1st - 13th Annual Tony Fenton Bike Tour for Cystic Fibrosis

Cyclists from all over the tri-state area will be riding for a cure for cystic fibrosis. The tour will take place at Sherwood Island State Park in Westport, CT, rain or shine. There is a choice of 1, 7, 15, 35, or Metric Century routes, departing at varying times. Registration begins at 8:00 a.m. The cost of advance registration (before Sept. 25) is \$50, and \$65 thereafter. For more info, please contact LuAnn Leclerc at (800) 841-2828 or e-mail us at conn@cff.org.

November 2-5th - Death Valley Century Ride Challenge

This ride will benefit the Juvenile Diabetes Foundation. It will take place in Death Valley, CA, the lowest point in the Western Hemisphere. There is a choice of the Century, the Metric Century, and a 34 mile route which encom-

pass miles of desert. Once you've raised the minimum \$3000, all expenses are paid by JDF. For more info, contact JDF Century Bike Hotline: (631) 951-9769, or online at www.jdf.org.

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

Suggestion Box

So here it is! - Your chance to gripe, complain, whine and, hopefully, make some valuable suggestions. Please feel free to contact me with your suggestions via telephone or fax at 718-275-6978 or via email at cpacycles@aol.com. There is no guarantee that anything will be done about any of the items suggested here. In fact, you may even disagree with some of them. But then, a little controversy never hurts. Remember, the goal is to make a good thing better.

Anything that goes on in our club is fair game: riding style, club meetings, even diner etiquette. Some suggestions may not pertain to everybody; they may only pertain to A Riders, or C Leaders, or the Board of Directors. Hopefully, somebody will listen!

Here we go -

Suggestion 1 - If you say you're going to lead a ride, you should show up to lead it. Of course, unforeseen circumstances may occasionally come up to make it impossible for you to lead your ride. In that case, you should inform our email service (currently Ben Goldberg) by the Wednesday evening prior to the ride so as many people as possible can be notified. You should still try to have someone show up at the start location(s) to inform anyone who did not receive the email announcement. If you bring a cue sheet and map someone will probably lead it for you.

And just as importantly, if you say or imply "nothing cancels" your ride, you should certainly show up, rain or shine. When a listing says "cancels: if the moon is blue, if pigs fly", a morning rain shower means the leader will be there.

In fact, nothing short of airborne swine should stop you. You would be surprised at how many riders will show up for a good ride even if it's raining.

Suggestion 2 - Never, ever pull out of a paceline when you are second in line. I'm sure you didn't learn this in the SIG! This always disrupts the rhythm of the ride. It forces the person who was behind you to pick up the pace to close the gap you just created. Then that same person is going to be the next one to take a pull at the front, in effect taking a double pull. A better way to handle the situation would be to take a very short pull when your turn comes. Three seconds, five pedal strokes at the front is all it takes. There's nothing wrong with taking a short pull. In fact, it's more efficient and is the best way to even out a paceline; take a long pull when you are felling strong, a short one at other times.

Suggestion 3 - This may also pertain only to A Riders. If you plan on showing up for a ride with anything other than a standard multi-speed road bike, please call and discuss it with the leader beforehand. This includes track bikes, tandems, recumbents, unicycles and scooters. It doesn't matter that you have the ability to keep up. If you didn't, you certainly don't belong on the ride. A good A Ride is dependent upon a smooth, cooperative effort by all participants. Some bikes have obvious limitations, some not so obvious. In theory, having a tandem on our rides, with flat to rolling terrain, should be an advantage. But we rarely ride with tandems. The only recent time I remember a tandem on an NYCC A Ride, it was a disaster. And, it wasn't the tandem's fault. Call first.

As soon as we all agree that the Club is perfect, the suggestions will end. Let's hear your suggestions next month.

Compiled by Jeff Vogel

Are We Tarnishing Our Own Image?

In the late 1970s, NYCC produced its first club jersey; "New York Cycle Club" on an orange colored jersey, stenciled by volunteers. Since then we have had many more jerseys, which we have worn proudly as indications of our affiliation with NYCC and the high level of our club riding style.

But recent events make me wonder how well we are doing as examples of good riding style, and whether we have unwittingly become our own worst enemies.

Consider the recent Memorial Day Weekend in Sheffield, MA. The Mobil Service station closed its toilet facilities to us, presumably because we trashed the restroom. And the Town Hall was also closed to us. So, some of our stalwarts used nearby building exteriors as urinals; to the consternation and anger of the local citizens.

In nearby Englewood Cliffs, the police have their eyes on cyclists. They want us all to ride single file at all times, on all their roads. They especially try to catch us riding double when we turn onto Rte 9W from Palisade Ave. About a month or so ago, the head end of a ride was riding double or more, but the police did not chase after them. Instead, they issued summonses to several riders who, in fact, were riding single file at the tail end of the group. The case was fought and won, but meanwhile the riders had to appear in court to defend themselves. What a waste of time and adrenaline!

The town of Nyack is holding meetings to prohibit bicycles from their main street because bicycles are screwing up traffic. And Piermont is getting tough with bicyclists who do not ride to the right on the narrow road from Piermont to Nyack.

In Hank Schiffman's article, "Because It's The Right Thing To Do", we note how even highly competent riders can lose their concentration and commit blunders which can have very serious consequences.

But a new problem is showing up on some of our rides: riders who think that they are so good that no rules of the road apply to them, and that the Leader has nothing to say to them about their conduct. On a recent Newcomers' Ride, one rider refused to abide by the Leader's admonition to ride in a single file because he was obstructing traffic. He assured the leader that "he was a highly competent rider and can take care of himself."

But his "taking care of himself" was fouling up traffic and giving us a bad reputation as inconsiderate users of the road. This should not be acceptable to the Club.

The important point is that we seem to have become "public enemies" rather than well-behaved users of the road. We have to raise our consciousness about proper Club riding etiquette in order to protect our long term access to public roads. As Karin Fantus put it a long time ago: "We are ambassadors of bicycling", and in the long run it will affect how we can use the roads.

Irv Weisman, 212-567-9672

Because It's The "Right" Thing To Do

Keeping right, that is. First allow me to say that I am a sinner, and come to you repentant, on bended knee. Here follows two accounts of actual NYCC rides this Spring.

1) We were on Sleepy Hollow Road returning from Fred's "Made in the Shade" ride with a good 70 miles under our wheels. The ride was strung out like hot Turkish Taffy. Everyone was pretty beat. There wasn't much conversation: we were in our own heads, pressing on. The road was two lanes, with no passing, as it was winding and heavily treed. The shoulder was sketchy but doable. There was not a lot of traffic: a few cars would come up from behind every minute or so. We were single file, not exactly a paceline. We were not keeping right far enough so cars could pass us. I watched as one frustrated driver, after hanging back, pulled into the oncoming lane, around a blind curve, to give us a wide berth, and passed the line of us. If and oncoming car had appeared around that bend, the impact of the collision would have bowled us all down like ten pins. That's not exactly how I want to make the newspapers. I was shocked anew when the same scenario played itself out minutes later. Again we were spared tragedy.

Some drivers are very intimidated by bicycles. Either they don't understand cyclists, or have poor driving skills. When I remarked to a close by rider how bad the drivers were, he said that we had to share the blame for not keeping right. He was spot on. Sometimes the shoulder on a narrow road is too bad to ride on without constantly swerving back to the road, unnerving drivers; then it is safer to take the whole lane. But here we could have managed to stay on the

shoulder and not given the driver the opportunity to put us in harm's way, but we didn't do so.

2) We were on the return from Spencer's Saddle River "Not a Hammerfest" ride. We were outside of Tenafly, on Dean St.; strong riders were still charged. We were going into the wind in a paceline at about 19 mph. I was at the head, and the line was pretty tight. It was a single paceline, but I had that feeling that I was the head car of a train. You don't feel like an individual: you are a part of a whole.

I pulled off **without looking back**: a major gaffe, cutting off a line of cars just passing on our left. Not just a dumb move. A rude and dangerous move. Cars honking, shouting drivers and angry stares. They were right! I had become totally self-absorbed in my endorphin-induced high, and unthinkingly flirted with disaster, as if we were the only occupants of the road.

Those drivers will now think less of cyclists, and I could have severely tested one of my insurance policies. I could have bounced off a passing car into the paceline. This is not what Christy taught us. Some riders, like Ed Fishkin and Irv Weisman, wear rearview mirrors making it a simple glance to check to the rear. The rest of us have to use major muscle groups to achieve the same result. But really, **I must turn my head before I pull off**. I cannot allow myself to be off my game just because the situation feels good and safe. (Even if I feel that I am part of a train!) If I don't look back, I'm as culpable and unthinking as those drivers who passed us on the blind curve.

And so boys and girls, **keep right, look back**, and ride another day.

by Hank Schiffman

"You Never Know..."

"When are you ever going to need to sprint?" my friend Steve said on a Tuesday night as we walked into Film Center Cafe for dinner. We'd been discussing — what else? — cycling, in particular my training regime, which now included one day each of CRCA workout, hill repeats and sprints. He thought I was overdoing it, that the sprint workouts could go. He wasn't being intentionally unkind (he didn't really want to eat alone), just constructively critical. After all, how many times has he had to offer me his wheel or seen me fall off the back of fast A rides? When would I actually ever be a contender in a race, if indeed I ever got up the nerve to get myself to the starting line in the first place? Still, his comment was a gauntlet tossed at my feet.

For the rest of the week, "I'm gonna show him" was the mantra I chanted (though I had more than reasonable doubts that I could). That coming Saturday, June 17, was the Women's Sports & Fitness Women's Bike Racing Clinic in Central Park, which I'd been planning to attend. I wasn't sure if I wanted to race, or could, but I wanted more information. Though several of my friends race and their enthusiasm is palpable, I'd been put off by, among other things: fear (of pack closeness, of a squirrely rider making me crash), cluelessness (what's a tactic? what means "working together"? and physical ineptitude (is racing fun if you're always last?).

Friday night, worried about oversleeping, I woke nearly every hour, dreamed I thought the race started at 8. In a fog Saturday morning, I hadn't the

foggiest idea what to expect or what I could do, but I certainly didn't think it was the day to make Steve eat his words. Meanwhile, it was fun signing in, seeing some familiar faces. All the teams swarming about in their uniforms, the sun barely up, reminded me of the first time I went skiing — it was like visiting an alien world, like seeing fireworks for the first time. At 6 a.m. our field was off [cue gunshot]. The first lap was slow and controlled, with the WS&F gals coaching us along. We picked up speed on the next laps, and there were efforts to break away inspired by the pack's disintegration on Car's Paw, but no one seemed to want to work very hard or knew how to. "Get on a wheel," "Don't let them get away," went Stephanie Bleicher, went Sarah Chubb. In the second and third laps, there were sprint primes. I'm gonna see if I can get me one, I thought. Why not? By the time we hit the bottom of Car's Paw on the second lap, I was raring to go, having figured out that (who knew?) I was among the strongest riders and had a chance. I went elbow to elbow with Sheley, a triathlete — "Go, Jaimie, go," urged Rich Borow, who was just ahead playing "motorcycle" — but she beat me by a nose plus (winning an outfit from Psoas). Damn. "Don't slow down, keep going," Rich coaxed. (Hey, during sprint workouts at least you get to recover!)

I tried again on the third lap, but a gal named Sue dusted me by way more than a bike length (another Psoas outfit). O.K., I knew what was wrong: Everyone went too hard too early in the sprint and ran out of gas, and I, worried about being left behind, followed suit ... and ran out of gas. One more lap to go. Did I have enough left? With half a lap to go, Diane Kee (a SIG '99 buddy), who hadn't been riding much of late and thus wasn't feeling as if she had a shot at the gold, offered to pull me for a while so I could rest up for the last sprint. So thoughtful, so self-sacrificial, so *teamly* (even though we weren't on a team) — Oh, so that's what "working together" is all about.

Ease up, I said to myself. Just relax. I drifted back a bit, but not too far back, letting the rest of the gals work as hard as they wanted to, keeping an

(continued on page 13)



(continued from page 12)

eye on who I'd have to pass to get back up front when I needed to (a tactic!). With an eighth of the lap to go, I began to snake my way into position, so that as we hit the bottom of Cat's Paw I was, amazingly, right where I wanted to be — on Sue's wheel. (Sheley got a flat before Tavern — Minus one threat, I couldn't help thinking.) As we rounded the bend, as if on cue, Sue started to flag, and I jumped out of my saddle, moved to her right and went for it (another tactic!) — Go, go, go, go, go, I grunted under what breath I had, not sure if I was in the clear or not — and actually crossed the finish line before anyone else. I won! Me! I really did it! I couldn't believe it. (And who else would?) Now what? I just kept pedaling, and gasping for air, waiting for someone to tell me. Beth Renaud rode alongside and gave me a thumbs-up smile and pat on the back. Regina Hammond (another SIG '99 pal, who placed third, winning a three-month membership to a New York Sports Club) rode beside me until

Rich told us we should turn around for the post-race analysis with CRCA coach Dave Jordan et al. (Sue got second and a \$50 gift certificate to "A" Bike Shop). When Stephanie, with whom I've ridden socially (a recovery ride for her equals a challenge for me), found out I'd won, she said: "No way! No way, no way, no way!" Jeez, Steph, did you have to be sooooo surprised?

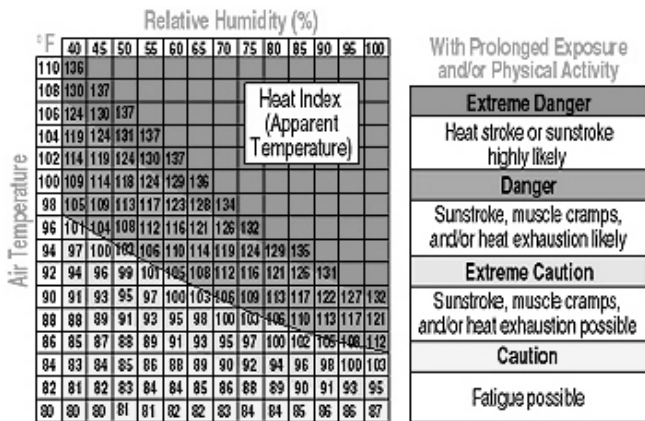
Am I now ready to go elbow to elbow with the Big Girls? Am I ready for utter humiliation after what was undoubtedly the one sweet victory I'll ever have to hold on to? Maybe. What I am definitely ready for is my one-hour coaching session with John Tomlinson (the WS&F team coach), which was the first-place prize. Because, as my friend Robin (who did the clinic last year and whose glowing face afterward was my inspiration this year) says, "You never know what someone can do." Hear that, Steve?

— Jaimie Epstein

Heat Index: What does it mean to cyclists?

The Heat Index is an accurate measure of how hot it really feels when the relative humidity is added to the actual air temperature. But more than just an interesting fact, knowing the heat index and adjusting your summer cycling accordingly, can mean the difference between life and death.

To find the Heat Index, look at the Heat Index Chart. As an example, if the air temperature is 95°F (found on the left side of the table), and the relative humidity is 55% (found at the top of the table), the Heat Index — or how hot it really feels — is 110°F. This is at the intersection of the 95° row and the 55% column. How can you tell if it's high humidity? It's high if a cloudless sky is whitish, not blue.



U.S. National Weather Service

Important: Since Heat Index values were devised for shady, light wind conditions, exposure to full sunshine can increase Heat Index values by up to 15°F. Also, strong winds, particularly with very hot, dry air, can be extremely hazardous. Just by riding our bikes in hot weather, we are creating "strong hot winds", and we often ride in exposed areas, so there are 2 arguments for raising the Heat Index of any given temp/humidity pair. Doing this brings the "Danger" zone down to the "Extreme Caution" zone on the chart (beginning at 90°F Heat Index), and the "Extreme Danger" zone begins at 105°F Heat Index. We often have heat indices in the danger zones, even with actual temperatures

in the high 80's (see 88 degrees and 85% humidity). Smog alerts add to the danger.

Heat Illnesses Heat disorders generally have to do with a reduction or collapse of the body's ability to shed heat by circulatory changes and sweating, or a chemical (salt) imbalance caused by too much sweating. When heat gain exceeds the level the body can remove, or when the body cannot compensate for fluids and salt lost through perspiration, the temperature of the body's inner core begins to rise and heat-related illness may develop.

What is heat exhaustion? Heavy sweating, weakness, skin cold, pale and clammy. Pulse weak and shallow. Normal temperature possible. Fainting and vomiting. I've experienced this on rides — you can actually have goosebumps! What do you do in this instance? Get out of the sun. Lay down and loosen clothing. Apply cool wet cloths. Fan or move victim to air-conditioned room. Give sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention.

What is heat stroke? High body temperature (106°F, or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness. Heat stroke is a severe medical emergency. Summon medical assistance or get the victim to a hospital immediately. Delay can be fatal. Meanwhile, move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. Do not give fluids.

Studies indicate that, other things being equal, the severity of heat disorders tend to increase with age — heat cramps in a 17-year-old may be heat exhaustion in someone 40, and heat stroke in a person over 60.

So what can we do to prevent heat illness? It may seem anathema or sacrilegious to us die-hard cyclists, but when the heat index is predicted to rise to 90 or above, taking shade and wind into account, it is advisable to slow down. Translation: Start the ride earlier, cut it short, reduce the speed or strenuousity, increase water breaks in cool places, choose less strenuous routes, stay out of the sun. Sunburn makes the job of heat dissipation that much more difficult. Wear white, light-weight, loose clothing. Ride leaders have already started to list ride cancellation provisions using the Heat Index. It might be a wise move for more of us to do so. Let's pay attention to both predicted temperature and humidity in the weather forecast. Let's all ride safe this summer.

Thanks to the National Weather Service website for much of the above information.

By Maggie Clarke

| Heat Index / Heat Disorders | |
|-----------------------------|---|
| Heat Index (in shade) | Possible heat disorders for people in higher risk groups |
| 130°F or higher | Heatstroke/sunstroke highly likely with continued exposure. |
| 105° - 130°F | Sunstroke, heat cramps or heat exhaustion likely, and heatstroke possible with prolonged exposure and/or physical activity. |
| 90° - 105°F | Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity. |
| 80° - 90°F | Fatigue possible with prolonged exposure and/or physical activity. |

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: January 1st - December 31st, 2000. Please check the appropriate box:

Individual — \$21 (\$10.50 after Labor Day) Couple residing at the same address — \$27 (\$13.50 after Labor Day)

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

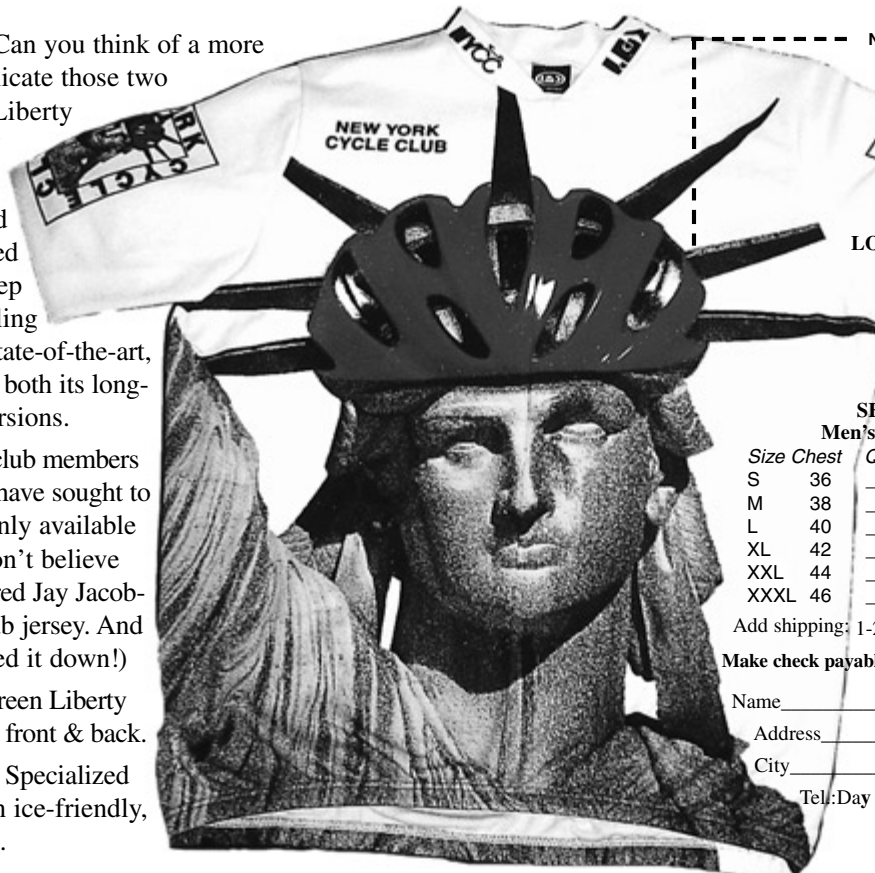
New York and cycling. Can you think of a more striking image to communicate those two things than the Statue of Liberty wearing a bicycle helmet?

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 Form

Mail to: Ben Goldberg
1 Washington Square
Building #5B
NYC 10012

Email:
goldberg@cs.nyu.edu

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

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.

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

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, George Kaplan at (212) 989-0883 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.

| 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. |

| 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 |

| 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 North 7:48am (Harlem Line) | Poughkeepsie>GCT 5:40pm (Hudson Line) |
| GCT>Brewster North 8:48am (Harlem Line) | Brewster North>GCT 3:07pm (Harlem Line) |
| GCT>New Haven 8:07am (New Haven Line) | Brewster North>GCT 4:07pm (Harlem Line) |
| GCT>New Haven 9:07am (New Haven Line) | Brewster North>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) |

Hello, NYCC Club Members!

I will be riding in the Boston - NY AIDS Ride in mid-September. It's approximately 275 miles over 3 days and goes from Boston to NY. I need to collect a minimum of \$1700 to participate, so I am asking you to sponsor me. Any pledge would be greatly appreciated! Please find it in your heart to contribute to this great cause. Make your check out to "Boston-NY AIDS Ride" and send to: Jill Savitzky, 1601 Third Avenue #26D, New York, NY 10128. Thanks fellow peddlers! See you on our weekend rides!



Recycle

Seven Axiom bicycle. 51 cm. Wound up fork. DuraAce components. 1 year old. Great condition. \$3200. Stephanie Gould. (212) 288-9568. Stephanie.Gould@msdw.com

Bike shop discounts

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

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

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

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

CONRAD'S BIKE SHOP, 25 TUDOR CITY PLACE
(212)697-6966 or 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 or gotbik@aol.com; 10% parts, accessories, and repairs

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

Flat tire! Broken derailleur! And you're miles from home!

So what are you gonna do? Find out at the August 8th meeting

Shane Hall

(formerly of Toga Bike Shop)

Emergency Road Repairs

Shane will show us how to make those repairs. How to patch broken parts temporarily until we can get to a bike shop. He'll explain what tools and supplies we should be carrying with us. Come find out what to do so you'll never get stranded. Join your fellow members for an evening of 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 chicken marsala with rice, pasta primavera and green salad. Coffee or tea. Dinner is \$20 (cash only, includes tax and tip). Social hour with 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 in the box!" (Wendy)

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