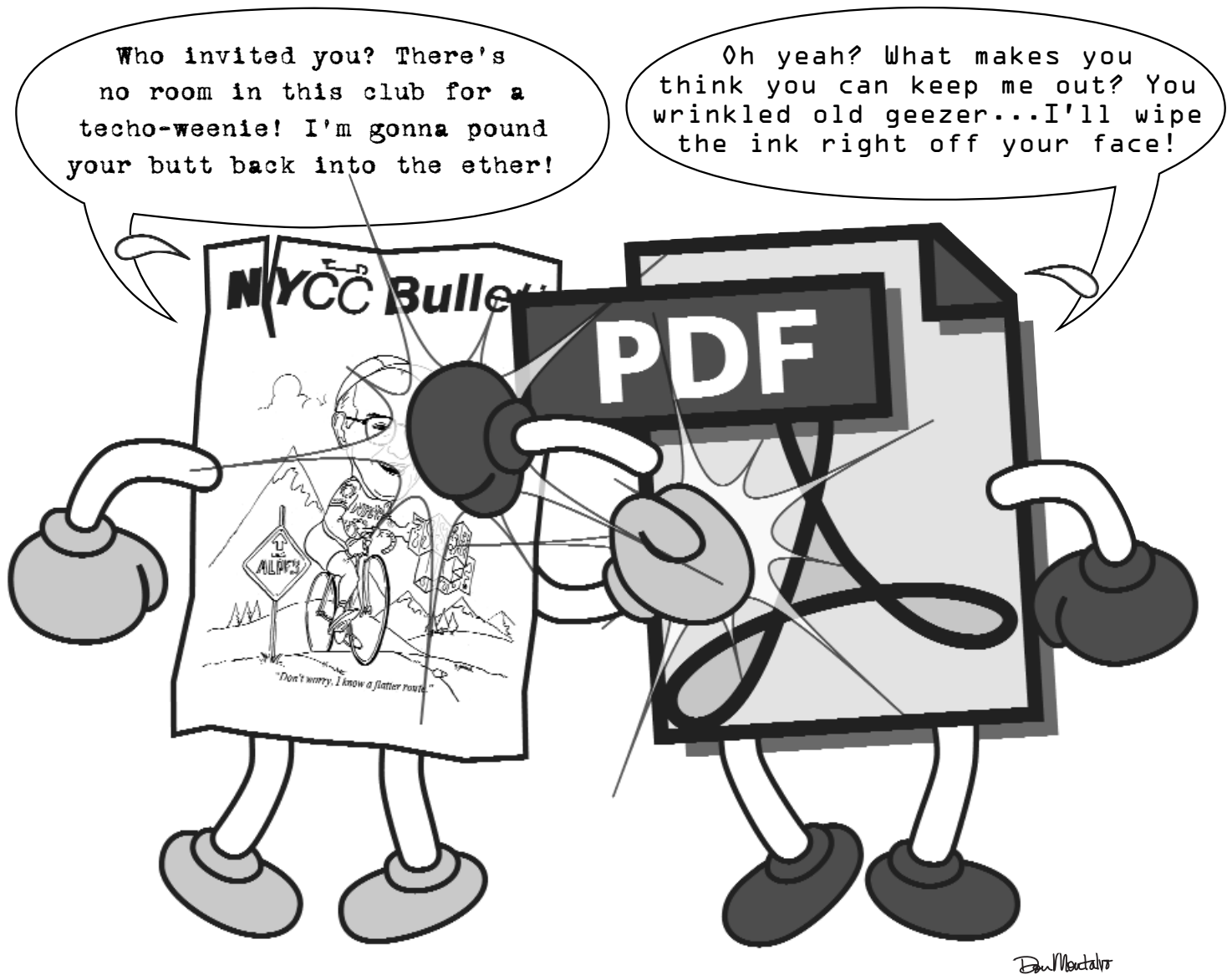


NYCC *Bulletin*



Hey, guys...there's no need to fight.
There's enough room here for both of you!

Editor's note

What's the world coming to?

This morning I got my weekly email message from The Empire Skate Club. It gave me goose bumps. Empire decided it's finally time to offer an e-Membership option. Instead of a printed bulletin, members can choose to receive a Portable Document Format (PDF) instead of a printed bulletin.

Since January, I've been trying to convince our board that we should offer a PDF bulletin and integrate it with our new web site. The Empire Skate Club has been offering online membership and renewal for some time now. I have to admit that I'd much rather renew online than have to take the time to fill out a renewal form, stick it in an envelope, lick the envelope and the stamp and finally walk over to a mailbox to send it off...call me lazy.

Aside from saving a few trees, there are many reasons for considering the option of getting a PDF bulletin:

Convenience. No more delays! Get it delivered to you by email or surf over to the NYCC web site where you can pick it up at your leisure.

Cost. Opting for a PDF bulletin will save you (and the club) money. You can print out the bulletin if you need a hard copy (PDF's always print correctly on any printing device).

Hyperlinks. Click on an email address and your email application launches a pre-addressed message. Click on a web address (URL) and your browser takes you to the appropriate web page.

Archiving. You can fit 8 years worth of bulletins onto one Zip disk. Our web site can offer a complete archive of all previous bulletins starting with January 2000.

Queries. Need to look for a specific article or ride leader? Need to find a name in the Roster? Acrobat Reader offers a fantastic "Find" feature. Not to mention you can zoom in to take a closer look.

Compatibility. PDF is platform independent. PDF's display and print the same on any computer or printer. Every new PC, Mac and Unix computer comes with Adobe Acrobat Reader...you can also download it for free from the Adobe site (<http://www.adobe.com/products/acrobat/readstep.html>).

Support. Adobe invented the PDF. It started out as a web thing. Now it's sweeping the publishing industry. Postscript was the standard for many years but PDF is rapidly replacing it...count on it being around for a long time.

Offering a PDF bulletin option *would not eliminate the current option* of getting a printed bulletin. *You* decide which is best for you. The PDF bulletin is created directly from the same file used to create the printed bulletin so you won't miss anything...however, the PDF will offer features not possible in the printed bulletin. Are you getting goosebumps too? The board is considering it. Now is your chance to voice your opinion.

Let me know what you think: dmjgraphics@earthlink.net.

Don Montalvo, NYCC Editor

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LKN8@columbia.edu

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

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dmjgraphics@earthlink.net

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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 #281
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.

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. 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.

(See details on pages 7, 8 and 13)

<http://www.nycc.org>

Letters to the Editor

By-Laws Violation

To the Board of Directors,

According to Section 5, Paragraph (g): "The Editor shall be responsible for composition and production of the Bulletin, which shall include a list of all Club events, a summary of the proceedings of Board of Directors' meetings,..."

Only the January, April and May minutes have been printed. I assume June is just late. But what happened to the minutes from the February and March meetings?!

To the best of my knowledge (I served four terms on the Board, three as Secretary), we have printed a summary of the minutes of every monthly board meeting since 1985, maybe even earlier. It is a clear violation of the By-Laws to omit such summaries. Let's rectify this problem as soon as possible.

Jeff Vogel

[We are all waiting for the minutes. - Ed.]

Formatting

Dear Editor,

Just wanted to say what a great newsletter you put out this month -- and I'm not saying that just because you ran my piece without touching one eensy little word! What Hank wrote needed to be put out in the open (not that we aren't all hypocrites some of the time). Maggie's piece on heat index was informative and helpful, as were all those Out of Bounds listings. The newsletter seems to have been a work in progress the past few months, but I think you've finally hit the target graphically and otherwise. Congrats! And thanks for all your efforts -- I know it's a HUGE job.

Best, Jaimie Epstein

Dear Editor,

Got my August bulletin w/the ENY insert!! - thanks so much for helping out with this. Also thanks for including the ENY announcements in the bulletin proper. By the way, do I detect new fonts and subtle layout changes to the bulletin? Definitely an improvement!!!

Thanks again, Tom

[Thanks for noticing, guys! -Ed.]

Rabbits, Squirrels and Chipmunks

Dear Editor,

From time to time members of the NYCC become dissatisfied with the nomenclature or identification of the rides listed in the bulletin. There is a feeling that the nomenclature or label used is not truly descriptive of the pace and other matters (pace line, etc.). I believe that the problem is not the label and/or nomenclature, but rather the failure or inability of leaders to stick to the advertised pace. They. (the leaders) tend, sometimes, to go faster than advertised, to the discomfort of some or most of the participants. Sometimes other leaders fail to maintain the advertised pace, to the displeasure of participants.

Now, whether the ride listing shows pace, average speed, cruising speed, fastest speed - what have you - we will never satisfy all - and, it doesn't make any difference - it all comes out in the wash that the ride is either

fast or faster - moderate or more or less - or slow or slower - c'est la guerre!

Experienced riders know what to expect from various leaders - inexperienced riders soon become experienced riders through on the road training. In the interest of a ride listing nomenclature that should appeal to some. I suggest:

RABBITS - In excess of 18 mph

SQUIRRELS - 14 - 17 mph

CHIPMUNKS - Less than 14 mph

Selah! Have a good day, regards, Geo Carl Kaplan

Counterpoint:

Why We Need to Use the Ride Classification System

Dear Editor,

My most recent Club ride, a B14, underscores my experience over the last 10 of my 20 years in the Club, that our ride classification system is broken. In the first mile north from the GW Bridge, my average speed was 12 (which translates to cruising 15, according to Irv Weisman's benchmarks). But instead of pace-busting, I was left behind! I protested and was promised the ride would be 14. Once on a flat stretch, the leader zoomed by though I was cruising at 14. My Average Speed to lunch, including the Palisade downhill, was 13.2 (16 mph cruising) though I was always dropped quickly after regrouping. At lunch I asked about the average speed and was shown 11:35 (this was Eastern Standard TIME!) Returning to the bottom of the Palisades, I maintained a 12.5 average while the rest of the ride was out of sight. I came back from this ride like a ZOMBIE.

Some leaders clearly don't know how to hold the pace they advertised, or their own strength, or possibly what FLAT means, or that Riding Average is 3 mph less than Cruising. As Irv Weisman's engineering charts show, in this speed range, an increase of 1 mph requires a 25% increase in effort, so it is critical that leaders adhere to their listings. Irv's Gearing talk has a curve indicating just how fast one drops speed with increased percentage grade. Assuming Constant Effort, 1% grade results in a 3 mph drop in speed. Most leaders and riders don't know this, and I hear that many leaders barrel up hills without slowing speed, or in some cases don't increase speed proportionately downhill, not realizing adjustments to advertised cruising pace is expected for hills and winds. If the leader cannot calculate Average speed, or too crudely estimates what is flat, errors can easily be made.

Can you imagine what goes through the minds of those new to the Club (and get dropped in unfamiliar territory)? During my first decade riding with the NYCC, B14 (B-) was ALWAYS a riding average of 11+ mph. Really!! In recent years I've watched as leaders misused the classification system, and now, riders are often unable to use the system to ride with unfamiliar leaders. Allowing misuse of the classification system over long periods of time has made it difficult for newcomers (or even this old-timer) to select appropriate rides. If enough leaders don't adhere to advertised ride speed, managing to underestimate actual ride speed, and do it consistently enough, then riders learn to ignore classification numbers as well as ride listings, and choose rides based on who is leading.

Do we want to save the classification system, or alternatively, require that riders be familiar with every leader's fitness level to choose the correct ride? If so, then we'll need a new monthly column in the Bulletin

(continued on page 13)

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.

RISE 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.
ATB 1	Hilly to mountainous and single track riding. Mountain bikes only.
ATB 2	Rolling to hilly with some single track & trail riding. Mountain and hybrid bikes.
ATB 3	Flat to rolling, trails and road riding. Mountain and hybrid bikes.

Cruising Speed	Central Park Self Test Four Lap Time
22+ mph	1'10" or less
21	1'10" to 1'13
20	1'13" to 1'16
19	1'16" to 1'20
18	1'20" to 1'25
17	1'25" to 1'30
16	1'30" to 1'38
15	1'38" to 1'48
14	1'48" to 2'00
13	2'00" to 2'14
12	2'14" to 2'30
11	2'30" to 2'50

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)

Rides List

Always wear your helmet!



Saturday, September 2nd

A19 65 MI 8:00 AM

Nyack: Back by Noon

Leader: Greg Bonsignore (212) 945-0655

From: The Boathouse

If you have to be in the city this weekend why not have some fun. Join me for a quick spin up to Nyack. We will have a short stop at the Runcible Spoon, then head back via 9W. Yup, that means State Line-- what the hey. Paceline skills required. Rain, or possibility of rain, at 7AM cancels.

A18 90 MI +/- 7:39 AM

Holiday on Ice (Caves) II

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

From: Grand Central Terminal 7:39 AM Metro North train

Another expedition into the fabled Shawangunks, more of less reversing the July route. The route is less ambitious, though the climbs will be tougher; Mohonk first, Cragsmoor last and a new route up Minnewaska in between. (It might not be completely paved). Beacon is the start/end point. We will make the last bike train home. Meet at GCT to take the AM bike train. As before, there are few delis for water/food stops, bring at least two (2) water bottles and pocket food, etc. (If you want hot food bring it 'n cook it yourself). Cancel conditions: threatening weather forecast for Mid-Hudson Valley, Ragweed-bearing West Nile 'skeeters w/Lyme disease tics, etc. Rain date: Sunday 9/3. Please confirm participation w/leader.

B15/16- 50+MI 9:00AM

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.

C13 48 MI 9:00 AM

Pascack Park:

Labor Day weekend, who else is around?

Leaders: Patricia and Jim Janof (212) 737-1668

From: The Boathouse parking lot

Nice scenic tour through New Jersey. Bring \$ for lunch; we'll picnic in the park. Helmet and spare tube required. Good riding etiquette appreciated. Rain cancels.

Sunday, September 3rd

A19 55 MI 9:00 AM

Clear Sailing

Leader: TBA

From: The Boathouse parking lot

The city is quiet and the roads are clear. Perfect for a quick spin with fellow members who didn't follow the crowds out to the Hamptons for the summer's last Hu rah. Rather, celebrate the beginning of a new riding season!

B14-/16+ 60 MI 8:30 AM**Nyack****Leaders: Hindy and Irving Schachter (212) 758 5738****From: First Avenue and E. 64 St. NW corner**

Let's go have coffee at the Runcible Spoon! Shortly after the GW bridge we break into two groups. The slow group has a relatively flat route through the appropriately named Grandview on Hudson. The fast group takes the back way to Nyack which means heap plenty of hills.

C12 23 MI 8:30 AM**Sandy Hook (vis a vis NY Waterways)****Leader: Alfredo Garcia (212) 802-2441 or acgbb@cunyv.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. Mitchill Lookout & Navesink Twin Lights. Some hills. Co-led with 5BBC. Ferry leaves 9:00 AM. Rain cancels.

C12 25/15 MI 12:45/1:45 PM**Y'ar Ole Salt****Leader: Terry Chin (718) 680-5227****From: City Hall, Manhattan, 12:45 PM and Picnic House,****Prospect Park (2 blocks from 3rd St. entrance, 1:45PM)**

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

Monday, September 4th**C13 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 blocks from 3rd St. entrance.) 10:00AM**

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.

Wednesday, September 6th**C14 18-24 MI 7:00 PM****Mid-week Stress Buster****Leader: Dave Sabbarese (212) 529-3230 or****Dsabbare@firstmanhattan.com****From: 5th Ave and 90th St. Central Park Entrance**

Let's work off that middle-of-the-week stress and keep tuned for those longer weekend rides. We'll do three (or four) laps with an emphasis on keeping a moderate (14 mph) pace. All newer NYCC members especially welcome. Helmets absolutely mandatory (if you don't think so ask me about my encounter with a van on First Avenue), Christmas blinking lights a good idea (the days are getting shorter) as is a sturdy lock as we have been known to have a libation or two afterwards. Rain or chance thereof means all bets are off.

Friday, September 8th**A/B/C 15-20 MI 7:30 PM****Dinner in Astoria - because it's good!****Leader: Spencer "Spyros" Koromilas (212) 867-8678****or SpencerNYCC@Juno.com****From: Tramway Plaza (59th Street & Second Ave.) or @****Barba Yiorgos (Uncle George's) Broadway & 34th. Street. in Astoria @ 8:00 PM**

Due to all the happy faces on my "Dinner in Astoria Ride" last month . . . I thought, why not do it again? The food is "authentic Greek" as well as the table clothes, waiters . . . doesn't make sense to go to Greece anymore . . . stay here, go to Astoria! They have enough tourists going to Greece anyway! If cycling after work isn't your style, or you can't make it . . . take the N train to Broadway, Uncle George is only a few blocks away, just follow the aroma of "kokoretsi . . . hmmm!" PLEASE CALL ME TO CONFIRM / RESERVE SEATING. Required: An appetite and a smile. Locks and rear lights for those cycling there. Cancels: The Greek Central Bank switching currencies from the Drachma . . . to the Olive!

ABC 2mph 3-4 Blocks 5:00 PM**Diaper Ride****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 time.

Saturday, September 9th**A20 80 MI 8:00 AM****Pound Ridge . . . Please!****Leaders: Spencer Koromilas (212) 867-8678 or****SpencerNYCC@Juno.com and Jack Lehnert (718) 884-643****or lehtiger@aol.com****From: The parking area near the Boathouse at 8 AM, or in the****Bronx: The Grand Concourse & Bedford Park Street at 8:45 AM**

This is getting ridiculous . . . I just can't get to Pound Ridge this year! The first time, only one rider showed up . . . due to heat and humidity, we did a shorter ride to Nyack instead. Then I decided to get carried away . . . into an ambulance, something about a broken collar! Finally in July . . . a torrential downpour, what next? So, fingers crossed, we will finally do my favorite ride, to those lovely Connecticut winding roads that we love so much, hmmm . . . sometimes too much! Roller coaster riding at it's best, and please remember to watch out on Farms road (I will too)! Return via Metro North from White Plains so bring Metro-North Card. Required: Smooth paceline skills, fresh legs (we've got hills to climb!) HELLO SIGGIES Cancels: Enough is enough, we are going to Pound Ridge . . . kapeesh?!

A19 65 MI 9:00 AM**Lap around Rockland Lake****From: Meet at steps to Grant's Tomb (Riverside Drive at 122 St.)****Leader: Laura Matlow (212) 665-5409 or lmatlow@aol.com**

Hill practice! This ride will go straight up 9W to Rockland Lake, at least one lap around the lake in double rotating pacelines, in memory of the rained-out A19 SIG ride. Lunch will be in Nyack or wherever we are when stomachs rumble. Note starting location.

B16 **60 MI** **9:00 AM****A poetic ride to Nyack**

Leaders : Bernie Brandell (718) 633-1759 &
 Claudio Medina (718) 847-2808

From: The Boathouse

You can go to Nyack by kayak and be off-course windblown. Loose the sense of direction, then you are on your own! You can go to Nyack by car but you won't get very far. As you go for a drive there is a call from you wife! Would you pick up some milk? Says a tone smooth as silk for our son a birthday gift and Aunt Tilly to airport a lift. Temps above 90 or rain cancels.

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

Leader: Henry Wilson (914) 967-1108

From: Grand Central Station

I had tendonitis and the ride was cancelled in August. This is 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 ride leader to confirm the numbers for lunch. Rain cancels.

C13 **25 MI** **9:30 AM****A Pedal, A Paddle, A Sculpture And A Tram**

Leader: Peter Hochstein (212) 427-1041

From: Perimeter fence of the boathouse

This ride, listed for last spring, was cancelled by rain. Now we'll try again. Down the Hudson bike path to the New York Kayak School, where you may get to paddle around free in a Hudson River cove. (On the other hand, maybe not.) Then around the bottom of Manhattan and up the East River to the 59th Street Bridge for a visit to the Socrates Sculpture Park in Queens. Thence to Roosevelt Island for a spin around the island and a tramride home. Bring helmet, pump, spare inner tube, lunch money and tokens or crisp bills for Tramway token machine. (Your metrocard is no good.) Rain again cancels again.

Sunday, September 10th**A19/B-17** **80 MI +/-** **9:00 AM****Port Jefferson Beach & Lobster Ride**

Leaders: Spencer Koromilas (212) 867-8678 or
 SpencerNYCC@Juno.com and Laura Schwartz (212) 866-0209
 or laschwartz@mindspring.com

From: Tramway Plaza (59th Street & Second Ave.) @ 9:00 AM
 or The Statue of Civic Virtue (Queens Blvd. & Union Trnpke)
 @ 9:45 AM

Fine . . . you heard the lobsters are not biting this year! Something about them turning blue from all those infected mosquitoes they're eatin' . . . damn lobsters get no respect! A lovely ride on the north shore, a.k.a. the 'Gold Coast', all the way to one of my favorite little beaches near St. James, then off to Port Jeff, where we will feast on fresh seafood, and possibly . . . dare I say . . . lobster! Ed's safe, he'll have a burger! Laura will have steamers! Return from Port Jeff via rail, hopefully on a new Double Decker . . . heaven! Due to limited space returning on LIRR, please call leader to confirm space availability. Required: Bikini/bathing suit . . . Speedos if can swim! Metro North/LIRR Pass.

A18 **90+ MI** **8:00 AM****Tour Of Rockland**

Leader: Peter O'Reilly (212) 414-1937

From: The Boathouse

Here is a good tune up ride for the ENY century. We'll spin through Bergen and across Rockland county, making a couple of deli stops. Please bring 2+ H2O bottles and pocket food. Good group and road riding skills are appreciated. Rain or high probability of rain cancels. Fog/drizzle w/promising forecast - call me after 6:30 AM.

B14 **40 MI** **Noon****Rivertown Hastings + Tango Interlude**

Leader: Paul Rubenfarb (212) 740 9123.

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

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

C14 **42 MI** **9:00 AM****Oradell**

Leaders: Mike DiCerbo (212) 645-1120

and Alinda Barth (212) 928-5399

From: The Boathouse

Ride through the suburbs of northern New Jersey and lunch at a beautiful park. Rain cancels at start. Helmets required.

Wednesday, September 13th**B14/C14** **40 MI** **10:00 AM****Wednesday 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.

C14 **18-24 MI** **7:00 PM****Mid-week Stress Buster**

See September 6th ride description

Friday, September 15th**ABC 2mph** **3-4 Blocks** **5:00 PM****Diaper Ride**

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 time.

On the weight of mini tools:

**"I carry a heavy tool. Look at me:
 what's another four ounces?"**

-Ben Goldberg, at the August meeting

Saturday, September 16th**A19 87 MI 8:30 AM****Lunch at Carolyn's in Greenwich**

Leaders: David Grogan (718)-875-1977,
Rita Tellerman (212)-865-8489, Christy Guzzetta (212)-595-3674
and Jody Saylor (212)-799-8293

From: Parking lot adjacent to the Boathouse

Lovely ride through Scarsdale, White Plains, Rye, to Carolyn Blackmar's new home in Old Greenwich. We'll make a deli stop in Old Greenwich, pick up food, and lounge around Carolyn's for lunch. Have a hearty breakfast, bring pocket food - only one 10 minute water stop before lunch in Greenwich. Metro North pass required. Bad weather cancels.

B16 65 MI 9:00 AM**New City With Hills**

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

From: the Boathouse

A ride through Northern New Jersey and Rockland County. River Road and Ash Street, among others hills. A Diner stop. Helmets required. Low Gears recommended. Chance of rain greater than 50% or predicted temperature greater than 95 degrees on the 7:58 AM Weather. Channel forecast cancels.

B15 65 MI 9:00 AM**A tribute to Lee Gelobter, a Bayville Ride.**

Leader: Larry Rutkowski (212) 304-8503

From: The Statue of Civic Virtue,

A year ago a fellow cyclist and past president of the NYCC passed away and, as a tribute to him, I want to do his favorite ride to Bayville. Rain cancels. The ride start at the Statue of Civic Virtue, but if you plan to ride from Manhattan, meet at the Boathouse at 8.15 for a pick ride to the Statue.

C14 48 MI 9:00 AM**Park Ridge**

Leader: Dona Kahn (212) 399-9009

From: The boathouse

Believe it or not, our destination is not Piermont. A leisurely ride to eat in. Helmets required. Rain cancels.

Sunday, September 17th**A21 55 MI 8:30 AM****See Todd Race!**

Leader: Beth Renaud (212) 274-9463

From: The Boathouse

Todd's racing season is about to peak. He's been training for this event for months. All the miles and hours are about to pay off. Come out to the Tour de Parc and watch him decimate the field and slaughter the competition. We'll take a longer, more scenic route to this crit in Wantagh, on Long Island, and pick up lunch so we can eat while Todd gets anaerobic. You could even meet his parents! After his race, watch the big boys crank it up in the pro 1/2/3 field. Recommended: A musette, to carry your food to the race, and your LIRR bike pass, in case of a train return. Rain cancels.

A19 60 MI 9:00 AM**Nyack North by Northwest**

Leaders: Joe Kissner (212) 663-4806 and
Jack Lehnert (718) 884-6437

From: Boathouse Parking Lot

To Nyack by way of a circuitous route West and northwest of Nyack that includes such ominous sounding roads as Snake Hill, Crusher, and Storm. After a repast and a social time at bicycle Mecca, (the Runcible Spoon) we will head south for the City. The usual cancels; call a leader if in doubt.

B16 50 MI 6:30 AM**Back by High Noon**

Leader : Michael Di Cerbo (212) 645-1120

From : The Century Building, Central Park West
between 62 and 63

A ride through the suburbs of Bergen County. Please bring pocketfood and 2 waterbottles.

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

Leader: Paul Rubenfarb (212) 740 9123

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

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

C14 50 MI 8:30 AM**Rye Play Adventures**

Leader: Jesse Brown (718) 931-7283

From: American Youth Hostels (103rd St. & Amsterdam Ave.)

Journey to a unique environment for a country interlude. New York can be a small town in Westchester County. Come experience a surprise or two in addition to being with your fellow cyclists. Co-led with 5BBC. Rain, snow, below 32 degree Fahrenheit or an act of God will cancel. Helmets required.

Friday, September 22nd**ABC 2mph 3-4 Blocks 5:00 PM****Diaper Ride**

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 time.

C14 18-24 MI 7:00 PM**Mid-week Stress Buster**

See September 6th ride description

Saturday, September 23th**Escape New York Century 2000**

Escape New York on your bike to discover some of the prettiest routes you've ever seen - right outside Manhattan. You can go it alone with a cue sheet, food/pit stops and plenty of support OR you may choose to ride with a group. It's your choice. Details below...ALSO, SEE ENY CENTURY DESCRIPTION ON PAGE 13!

(continued on page 8)

(continued from page 7)

CENTURY CHALLENGE @ 7:30 AM (100 Miles)

A21: Very fast and very hard. Superior advanced bike handling skills required. If you have any doubts, this is not the ride for you. No poseurs.

A20/19: Fast and hard. Single and double pace line skills required. This ride does not slow up on the hills. Everyone is expected to pull at one point. No wimps or whiners.

A18: Fast. Single and double pace line skills required. Social skills are just as important. Hills will be respected and conquered. Perfect for those who are tapering. No hammerheads.

B17/16: Brisk. Excellent group riding skills required. You're a strong rider who may or may not have done a century and want a challenge. Hills? We'll get over them together.

ROCKLAND ROLL METRIC CENTURY @ 8:00 AM (62 Miles)

A18: Single and double pace line skills required. Who wants to ride a century today? I want a challenging ride, but I want to be able to go out tonight.

B17/16: Excellent group riding skills required. A challenging ride at a brisk pace. Time to notice the scenery.

C14/13: I don't need no stinkin' pacelines. A long rolling route with stops along the way. Group riding at its best.

PIERMONT PLEASURES @ 9:00 AM (50 Miles)

B16/15: Excellent group riding skills required. This is the ride the smart people take. Everyone knows the best food and views are in Piermont.

C13/12: Nice shaded roads and great food. What else could you want?

Sunday, September 24th

A? 40-60 MI 9:00 AM

As You Like It

Leader: Step Forward

From: Parking Lot north of the Boathouse

Escape from New York was not rained out, and you haven't had enough. See who shows, and scout something new for us. We'll look for the write up in October.

B14 41 MI Noon

Williamsburg & Crown Heights + Tango Ecstasy

Leader: Paul Rubenfarb (212) 740 9123

From: The Boathouse

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

B15/C13 35/48/50/63/62/75 MI
8:00/8:20/8:30/9:00/9:40 AM

IRV'S "ALMOST" BIRTHDAY RIDES

Leaders: see description below

From: see description below

No more 1 mi. for each year. Instead we'll use several of Irv's favorite rides in NJ and Rockland, going as far north as South Mountain

Rd. before heading south. The rides have plenty of twists and turns in accordance with Mike Samuel's caricature on the June Bulletin showing Irv zigging and zagging in order to "find a flatter route", but there is at least one hill where all conversation stops! Each of the 3 rides will have 2 meeting places, 1) Central Park, on the hill across from the Boathouse, 2) GWB Bus Terminal, 178 St & Ft. Washington Ave. (Take A train to 175 St. station and ride north 1 block). If you have any questions call Irv Weisman (212) 567-9672.

B15 75 MI 8:00 AM

Leader: Richard Goldberg (212) 874-2008

From: the hill across from the Boathouse

B15 62 MI 8:30 AM

Leader: Ed Sobin (718) 625-7452

From: GWB Bus Terminal

B14 63 MI 8:20 AM

Leader: Linda Wintner (212) 876-2798

From: the hill across from the Boathouse

B14 50 MI 9:00 AM

Leader: Lynn Sarro (212) 722-8495

From: GWB Bus Terminal

C13 48 MI 9:00 AM

Leader: Patricia Janof (212) 737-1668

From: the hill across from Boathouse

C13 35 MI 9:40 AM

Leader: Maggie Clarke (212) 567-8272

and Mindy Lee

From: GWB Bus Terminal

Wednesday, September 27th

C14 18-24 MI 7:00 PM

Mid-week Stress Buster

See September 6th ride description

Friday, September 29th

ABC 2mph 3-4 Blocks 5:00 PM

Diaper Ride

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 time.

On frame pumps:

"Get a full size pump and ask your mechanic where you should put it."

-Ben Goldberg, at the August meeting

Saturday, September 30th**A21+ 75 MI +/- 9:00 AM****Climbing is FunDaMental...Really!****Leaders: Michael Kuor (212) 699-3825 x5553 or bikehikemike@onebox.com and****Greg Cohen (212) 749-5163 or mrlovely@earthlink.net****From: Manhattan Ferry Terminal**

Do 'A' riders make better climbers? Is this some kinda Zen Koan? Who knows? The fact is, last July, I've posted this ride as a KILLER B18+... but only 'A's showed. Where did all the 'B's buzz off to? Let's explore the mysteries of Staten Island. This scenic route includes Grymes Hill Complex (16% grades), Todt Hill (1 mi climb), Lighthouse Hill (mystical), plus much more. Warning: This ride is so strenuously hilly, a rider opined that bailout should be posted at mile 4! Please don't despair, do the entire ride and receive my personalized certificate of completion! Come check out the action, survive the initiation, and be apart of the mountain goat club. Pocket food + 2 bottles required. Helmets mandatory, saddles optional (I'm kidding).

A20 65 MI 8:30 AM**Stitch and Bitch Again****Leader: Robin Read (212) 627-0026 or****greenandread@earthlink.net****From: The Boathouse**

That's what my mother would call it when she'd get her ladies' quilting group together. I'd always thought it was just this quaint collective interest in home crafts, but it turns out there was another, perhaps more pressing agenda: getting together with "the girls." A few hours of chatting, laughing, eating (and maybe even a little stitching) put my mom in a good mood for the rest of the week. I don't have the patience for fine needlework, but I sure do enjoy the camaraderie that results from sharing a passion with other like-minded gals. So how 'bout it-- let's bond, paceline-style, to and from the Orchard, via South Mountain Rd. Please bring: 2 water bottles, pocket food, spare tube, sense of humor. Please wear: helmet, your best jersey. All A-SIG "Classic" and "19" graduate women are encouraged to join this ride.

B16 Hilly/Flat 50 MI 9:00 AM**Katonah, to Mahopac Lake & N County Bike Trial****Leaders: John Zap Day 212-219-3339, Eve 203-972-9339 and Annaline Dinkelmann (212) 876-1344****From: Grand Central Station at 8.30 for 8:48 AM Brewster North train to Katonah Meet Annaline at GC and John at Katonah train station.**

A hilly ride around Titicus Reservoir up through north Salem to Brewster and over to Mahopac Lake for lunch on the water (mile 30) Remaining 20 miles back Flat - 10 miles on the N County Bike Trail and mostly flat back around Croton Reservoir. Return approx. 4:25 pm or 5:25 pm train.

C14 50+/- MI 9:00 AM**Mamaroneck****Leader: Cathy Martone (212) 979-0969****From: The Boathouse**

We'll ride through scenic Westchester looking for the start of the Fall foliage. It should still be warm enough for lunch at the water's edge, but bring a windbreaker and your MetroNorth pass (just in case).

C12 23 MI 9:15 AM**Chinese Scholar's Garden****Leader: Alfredo Garcia (212) 802-2441 or acgbb@cunyvm.cuny.edu**
From: South Ferry (ground level, near #1 Subway station)

We'll ride at a steady pace, taking in scenic greenways & quiet roads. Then get lunch and carry it to the serene Chinese Scholar's Garden, which was built without glue or nails! See several of the life-size terracotta soldiers that were unearthed from the tomb of Qin monarch Ying Zheng. If you've watched the film, "The Emperor and The Assassin," Ying was the first to unite Ancient China, in 221 BC. It's also the last weekend of the Ancient China Arts & Sciences exhibit. Co-led with 5BBC. Bring a lock, food or \$ for it and \$7.50 admission (if we are 15 or more, \$5). Rain cancels. Helmets required.

Sunday, October 1st**A18 55 MI 10:30 AM****Slack Attack****Leader: Peter O'Reilly (212) 414-1937****From: The Boathouse**

Maybe you did the club century last week. No century? At this point can you bear the sight of another Power Bar? Maybe you are one of those blokes like me which have been waking up early, summer long on the weekends and putting on those funny looking shoes and spandex to head out to the boathouse while your wife/hubbie/friends, etc. is catching some more Zzzzzz. Now is a good time to indulge a little. Don't you agree? This is definitely a ride-to-eat ride. We'll take a leisurely paced ride up to one of my favorite kitschy restaurants for some distinct thin crust pizza at one of Rockland's landmark establishments. Good group and road riding skills are appreciated. Rain or high prob. of rain cancels. Fog/drizzle w/ promising forecast - call me after 8:30 AM. Please note the sleep friendly start time.

B14 43 MI Noon**Armour Villais Chateaus + Tango Enchantment****Leader: Paul Rubenfarb (212) 740 9123.****From: NE corner 181 & Ft Washington Ave (A train).**

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

C14 50 MI 9:15 AM**Oyster Bay****Leader: Scott Wasserman (914) 723-6607****From: The Statue of Civic Virtue (Queens)**

It's getting late in the year already so this may be my last chance to ride to the park in Oyster Bay and eat lunch by the water. As always there's the train option going back. Likely rain cancels.

ATB-3 50 MI 8:30 AM**Tarrytown Tryst****Leader: Jesse Brown (718) 931-7283****From: American Youth Hostels (103rd St. & Amsterdam Ave.)**

Ride off-road to one of the best international delis for lunch, in Westchester County. This trip is suitable for mountain bikes and hybrids with heart. Route is primarily flat with a few hills. Rain, snow or another act of God cancels. Co-led with 5BBC. Helmets required.

On using quick-releases:

"There's no screwing involved."

-Ben Goldberg, at the August meeting

Out Of Bounds

September 1 - 4 Labor Day weekend

Biking and Hiking in Vermont

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 volleyball court. Bike rides are rolling with hilly options hikes range from 3-6 miles. 5 days-4 nights \$175.00. Contact Bruce Kirschner at 212-351-2537 or e-mail bigbkirsc@aol.com

Sunday, September 10th

8th Annual Wheels 4 Anne Tour

Sponsored by CJBC to help injured cyclists with rehab expenses. Named in honor of Anne Kruimer, T 6-7 Paraplegic from a bicycle/car accident in '92. 100/62/50/35/25 mile rides starting from the Millstone Valley Fire House on Amwell Road, Franklin Twp, NJ. For more info call 732-225-HUBS or e-mail: howie-g@juno.com or SASE to Howie Glick, 3 Tracy Drive, Fords NJ 08863

Sunday, September 10th (Rain or Shine)

Golden Apple Bicycle Tour, Westchester Cycle Club

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

Saturday, September 16th

Jersey Devil Century

25/50/75/100/125 miles, flat to rolling, 8 am. Parvin State Park, Centerton, NJ. South Jersey Wheelmen. \$14 pre-reg until 9/8 then \$17. Fee includes water bottle, cue sheet, route markings, water & banana stop, SAG, and a hamburger/hot dog lunch with HOMEMADE goodies. The ride starts at the Park and wanders thru 3 South Jersey counties on its way back. The Park offers great hiking and fishing for the non-cyclist. This is our most popular ride of the year. SASE to South Jersey Wheelmen, PO Box 2705, Vineland, NJ 08362-2705, 609 848-6123 or www.sjwheelmen.org.

Sunday, September 17th

3rd Annual Habitat for Humanity of Middlesex County Bicycle Tour

Starting from Thompson Park, Jamesburg. For more info call Holy Ely at 973-765-3008 or e-mail: hjely@fpe.erenj.com

Sunday, September 24th

Hillier Than Thou Century

With 10,000 feet of climbing with time trial option. Also 62 and 40 mile rides. Proceeds will benefit the U.S. Bicycling Hall of Fame in Somerville, NJ. For more info call Phil Apruzzese at 732-873-3987 or e-mail kchu1@hotmail.com

Saturday, October 7th

Mt. Greylock Challenge

The Central New England Chapter of the National Multiple Sclerosis Society will be holding a bike tour in the Berkshires on Saturday, October 7, 2000 starting at Butternut Basin Ski Resort in Gt. Barrington. The tour has 2 routes, the 100 mile Mt. Greylock Challenge

(which by its name you can guess that it is a very challenging ride) and a scenic 50 mile route. We provide several rest stops along both routes with sacks, water, restrooms, etc. and we also have both technical and medical support along the routes. When cyclists finish the ride(s), dinner will be waiting for them back at Butternut Basin. Cyclists riding the Mt. Greylock Challenge will also be getting lunch at the Summit of Mt. Greylock. The registration fee for this Tour is \$50 with a minimum fund raising requirement of \$150. For more information about the MS Society, our Cycling Series or to register on-line, check out our website at www.msnewengland.org

Sunday, October 8th

Pumpkin Patch Pedal Ride sponsored by The Staten Island Bicycling Association!!!!

This is the best ride to finish off your cycling season! All rides wind through the scenic, rolling farmlands of central New Jersey during the peak of the harvest season. This is one of the friendliest and best supported cycling events in the Northeast. You will be greeted by our friendly volunteers and invited to enjoy a catered pre-ride breakfast of freshly baked goods and fruits. Each of the courses is marked with distinctive pumpkin arrows. You'll also get a cue sheet. Each route will be supported by sag and mechanical support. Along the way, you'll be able to stop, rest and munch at our fabulous fantasy rest stops! All fantasy rest stops are stocked with fresh fruit and baked goodies - cookies, pumpkin and apple pie. After your ride, slip into your new long-sleeve T-shirt and celebrate with our "Taste of Italy" pasta pig-out buffet! We'll have heaps of fresh cooked pasta, choice of sauces, a fresh tossed salad, Italian bread, dessert and iced tea. All riders who register by September 15, 2000 will receive one of our special long-sleeve T-shirts. First 300 riders to pre-register will receive a custom printed SIBA event water bottle. All riders will receive free give aways from our event sponsors. **Name:** Pumpkin Patch Pedal Ride. **Time:** 100 mile: 7am, All other rides 8:30am Registration ends at 10:30am. Optional Pasta Pig-Out will be served from 12-4pm. **Place:** Thompson Park, Jamesburg, New Jersey. **Distance:** 100, 62, 50, 25 miles. **Terrain:** Options: Flat, Rolling, Moderately Hilly, Very Hilly. **Fee:** \$25. Club Name: Staten Island Bicycling Association. **Contact:** Barbara Barrett. **Phone:** Unlisted. **Address:** 380 Rector Place Apt. 8M New York, New York 10280. **Email:** Bellabiker@aol.com. **URL:** SIBike.org

Sunday, October 29th

Connecticut Shoreline Ride

Once more - on Sunday, October 29th - we will be venturing past New Haven on the fabulous Connecticut Shoreline Ride. Train to New Haven - buy a bag of breakfast at GCT - select one of three great shoreline routes - 65,55,40 miles (I think?) - Lunch at any of the great country restaurants surrounding the village greens. Return to New Haven for Ben Goldberg's tour of the Yale Campus, or dawdle at one of the historical sites or antique shops so long as you get back in time for the Frank Pepe's pizza and sensational Birch Beer on the train ride home. See October ride listing for details.

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) http://www.msnewengland.org

BALL, PIN, DRIVEWAY

A review of Lance Armstrong's memoir

In the cycling cult film *Breaking Away*, the hero reads a magazine advertisement announcing, "Team Cinzano to race in Indianapolis." That city must be a fated destination for cyclist, because that's where 1999 Tour de France winner Lance Armstrong found sympathetic doctors to treat his testicular cancer.

In his autobiographical book, *It's not about the bike*, Armstrong writes engagingly about his youth, his early love for competitive sports, and about the gnawing rage that compelled him to win. The book is well paced, moving back and forth between his cancer treatment, personal details, and his bike racing career. Propelled by cyclists and cancer patients across the country, the book raised to the high-water mark of eighth on the New York Times Book Review best sellers list.

Armstrong credits his doctors at the University of Indiana medical center for saving his career. They were cycling enthusiasts familiar with his accomplishments, and they tailored the treatments to the needs of the professional athlete. He had surgery on the brain lesions because the normal regime of radiation would have effected his balance. The chemo formula was altered, too, because the standard prescription would effect his lungs and breathing.

Before the surgery to remove the tumors on his brain, Armstrong was given a memory test. He had to memorize three words: "ball, pin, driveway," and told he would be asked those words at a later time. Shortly before the operation, a doctor asked him to recall the words. "Ball, pin, driveway," he shot back without hesitation. The brain surgery turned out to be a great success.

Though his body was hurting, Armstrong's aggression remained unscathed. In the semi-consciousness of post-surgery, he was asked his name. "Lance Armstrong," he told the doctor. "And I can kick your ass



on a bike any day." Hours later, in the ICU, a nurse gave him a lung capacity test to determine the effects of the anesthesia. Armstrong grabbed the device from the nurse. "Lady, I do this for a living." When he breathed into the tube, the ball shot straight to the top. "If it had a bell," he says, "it would have gone PING.

It is startling to learn that while Armstrong's sponsors, Oakley, Nike and Giro paid his endorsement fees during his illness, he initially underwent cancer treatments without health insurance. Ultimately, the

CEO of Oakley sunglasses intimidated the companies' insurance provider into covering his "preexisting condition."

Armstrong writes about the many supporters in his career and cancer recovery. But the singular champion of his life and this book is a five-foot-three, one hundred and three pound woman—Linda Mooneyham—his mother. From the earliest time, she understood her son's needs and celebrated them, despite the hectic, difficult life of a single mother. When he was ill, she was there for him with unwavering support and determination that he would get well. He met his other major supporter, his wife Kristin, a month after completing chemotherapy, at a press conference announcing his cancer foundation.

Near the end of *Breaking Away*, the film's hero discovers a profound human truth: "everybody cheats." Through an unknown formula of determination, rage, and fate,

Armstrong cheated death. Long after he was well, his doctors told him that he actually had less than a three percent chance of survival. Armstrong writes, "If you asked me to choose between winning the Tour de France and cancer, I would choose cancer. Odd as it sounds, I would rather have the title of cancer survivor than winner of the Tour, because of what it has done for me as a human being. . . ."

by Michael Allison

BIKER BABES

The bikerbabes are on vacation this month but want to remind you that you need to send dish for their column to nycnews@yahoo.com - the box is empty these days. They also want to send their best wishes to **Jay Jacobson**, who has survived thousands of miles of biking around the world, but slipped on some wet grass (not cycling) and tore his quadricep muscle, which required surgery and a cast and a brace to boot - putting him and his cycling plans out of commission.

There is a correction to last month's column - it was **Mike Yesko** who broke his derailleur on the 200K and had to ride back with a single gear and not **Robert Hancock** - but its easy to be confused since Robert broke two rear derailleurs, a seatpost and a bottom bracket, but amazingly still made it through.



If you missed the last monthly meeting, at which **Ben Goldberg** filled in for the guest speaker who had a family emergency, you would have been very impressed with Ben's knowledge of the mechanics of on-the-road repair - he also turned out to be somewhat of a stand-up comic, e.g., on the weight of mini tools to carry "I carry a heavy tool.

Look at me: what's another four ounces?" or on frame pumps: "Get a full size pump and ask your mechanic where you should put it" or on using quick releases: "There's no screwing involved." He had everyone impressed with his overall skills and persuaded some of us that he was the guy to have on our rides anytime.

Please help us babes fill the next column when we return from our holiday. Just send your items to nycnews@yahoo.com and see your comments in print.

SUGGESTION BOX

Here are two suggestions for this month. One was mentioned at last month's club meeting about Emergency Road Repairs; the other should have been.

First, carry a full-sized pump. They work better than mini pumps and there is a place on almost every frame where they will fit. If you still choose to carry a mini pump, then use it! Don't keep asking to borrow your friends' full-sized pumps. They don't ask you to carry their waterbottles, do they?

Second, a dropped chain is NOT a mechanical problem! It's a sign of a poorly maintained bicycle. If it happens once, it will happen again and again. And, it always happens at the start of a climb as you shift from the big chainring to the small ring. Some one yells "Mechanical!!" and everyone is forced to stop in the middle of a hill. If you drop your chain, it would be better to quietly tell a rider who passes you to ask the group to "roll slow" and/or "wait at the next turn". It should only take a minute or so to put your chain back on. When you rejoin the group, apologize profusely. You could even ask one of the more mechanically inclined in the group if they could look at your derailleur at the next stop. All it usually takes is a minor adjustment to the limit screws. If no one is able to fix the problem, promise you will take your bike to your local shop before your next ride.

By showing up with a poorly adjusted bike you are being inconsiderate to your fellow club members.

compiled by Jeff Vogel

From the Home Office in Wahoo, Nebraska... it's the Top Ten List for July 20, 2000

Top Ten Ways To Make The Tour de France More Exciting

10. Let spectators vote to "banish" competitor with sissiest shorts
9. Only one bicycle: fight over who gets to ride it
8. Place last in Stage 12, must ride Stage 13 without bicycle seat
7. Day 3 -- release the dobermans!
6. Goodbye Gatorade, hello Jack and Coke
5. No finish line -- winner is last guy to collapse from exhaustion
4. Move it to that Navy bombing range in Puerto Rico
3. Make 'em take enough steroids to ride 500 miles an hour
2. Here's all you need to make it exciting: Anna Kournikova
1. Make it the Tour de South Bronx

The following is the list of names for the SIG Class of 2000. My apologies for not getting these names into the last bulletin. Thanks again to Henry Joseph for the great photos he took for the August bulletin cover!

-Ed.

Sig Class of 2000

A Classic SIG

Grads:

Tad Beck
Jay Borok
Greg Cohen
Amanda Dreyer
Sue Feitelberg
Bill Greene
Bob Hancock
Phil Kiracofe
Joe Kissner
Jack Lehnert
Michael Lin
Claude Martel
Timothy McCarthy
Mike Mitchell
Julienne Pollitt
Rich Ramon
Ron Roth
Kim Sorrell
David Spector
Shelly Smith

Stev Taylor
Peter Walker

Leaders:

Lynn Faulhaber
Paul Frio
Frank Grazioli
Christy Guzzetta
Damon Hart
Ann Marie Miller
Judy Morrill
Mark Murata
Jack O'Connor
Robin Read
Craig Seitel
Rich Sporer
Randy Taylor
Rita Tellerman

A19 SIG

Grads:

Eve Bender
Gregg Buonsignore
John Bundy
Patrick Colimon
David Crook
Robert Dinkelmann

Kelleigh Dulany
Karin Fantus
Doug Ferguson
Jim Galante
Allison "Big Chain"
Galante

Chris Green
Terri Gooch
Ray Goon-Pan
Robert Gray
Reem Jishi
Kim Keleher
Tom Kelley
Marjorie Kim
Charles Lam
Heather Malloy
Scott Malone
Laura Matlow
Liane Montesa
Rosemary Moukad
Cathy Martone
Liz Pagan
Kim Pastore
Dawn Philcox
Victor Sava
Laura Schwartz
Paul Secor
Gay Shaheen
Stephanie Shapiro
Barbara Spandorf
Ray Thomas
Virginia Thomas
Beth Thompson
Nathalie Winkler

Eva Wirth

Leaders:

Ed Fishkin
Doug Riccardi
John Vazquez
Herb "Hubs" Dershowitz
Michael Samuel
Jody Saylor
Anne Grossman
Angel Rivera
David Grogan
Carolyn Blackmar
Tony Monge Sideeq

B SIG

Grads:

Jeff Axelrod
Julie Lobbia
Marcy Bloomstein
Cliff Marbut
Carol Wood
John Tom
Lisa Torrance
Anthony Ricupero
Valerie Martinez
Catherine Bent
Lisa Lager
Judy Goldberg
Bill Strachan
Lori Lopez
Walt Klores
Becky Hrdy
Henry Wilson
Neil Botwinoff

Leaders:

Annaline Dinkelmann
Carol Waaser
Linda Wintner
Beth Meyers
Tom Strenk
Wayne Wright
David Hallerman
C.J. Obregon
Gary McGraime
Guest Lecturers:
Mark Wolz
Michael Allison

C SIG

Grads:

Ilene Avery
Eileen Baiera
Sewit Boccesion
Sana Irfani
Jay Mazur
Brenda Murad
Mindy Lee
Gen Sano
Raghu Ramachandra
Leaders:
"Big Mouth" Irv Weisman
Paul Hofherr
Jim Janof
Maggie Clarke
Patricia Janof
Dona Kahn
Cynthia Aquila
Arlene Ellner

(continued from page 3)

with average ACTUAL speeds for every ride the previous month, so that riders might assess the current fitness of ride leaders and choose accordingly. All leaders would have to report average speed for every ride. But in this system leaders could only lead at one level, or it would introduce further confusion. Do we want this? I don't think so.

If we want to save the ride classification system (as I hope we do, to keep the NYCC a fairly unique club that emphasizes cohesiveness on rides), we MUST start training the leaders NOW and keep at it. We must emphasize the differences between Cruising Speed and Average Riding Speed. Leaders and riders must learn that speed drops on even slight uphill and increases on downhill, and that winds also account for changes in speed for the same level of effort. Leaders should monitor their speed relative to conditions frequently. Once all the leaders are reading from the same book, the rides should be more predictable, and the riders should be able to choose rides more appropriate to their comfortable riding level, rides should consist of more evenly matched participants, and it will be easier to keep rides together, and more enjoyable. It has been done before! We can do it again. Really!!

By Maggie Clarke

[I know exactly what you mean. I got dropped on my first few rides with the club. I read the listings carefully and always chose a ride I thought I'd be able to keep up with. More often than not, I'd get dropped because either the ride leader pushed the pace or because a few people went off the front and the ride leader felt compelled to keep up with them. It's no fun being dropped in the middle of nowhere. -Ed]

**Check out our web page:
<http://www.nycc.org>**

NYCC *Escape from* New York Century

Saturday, September 23rd, 2000

Discover the thrill of riding scenic back roads across the George Washington Bridge on New York Cycle Club's fully supported rides. Choose from three clearly marked rides:

7:30 AM CENTURY CHALLENGE(100 miles) — a rolling Full Century through Bergen and Rockland.

8:00 AM METRIC CENTURY (62 miles) — Rockland Roll: a friendly ramble to serene Rockland Lake State Park.

9:00 AM HALF CENTURY (50 miles) — Piermont Pleasures: pedal to a charming and historic village on the Hudson.

Start/Finish at 122 St./Riverside Drive, opposite Grant's Tomb, Manhattan, NYC.

Cost : \$20 until September 8
\$25 day of the event.



FOR ENTRY: download application from our website <http://www.nycc.org>

or send SASE to: **ENY c/o New York Cycle Club, POB 20541, Columbus Circle Station, New York, NY 10023.**

The Best Century of Fall – Ride it with us!



11th Annual NYC CENTURY BIKE TOUR

PRESENTED BY
TRANSPORTATION ALTERNATIVES
the city's advocates for better cycling and sensible transportation

Sunday September 10, 2000
rain or shine

Before you ESCAPE, explore NEW YORK in a whole new way.

Registration forms
available at NY
metro area bike
shops or visit
www.NYCCenturyBikeTour.com

Central Park start & finish → Four route choices → Multiple rest stops
All riders receive a commemorative 2000 NYC Century cotton t-shirt.
Travel through parks, on greenways, and via neighborhood streets you've
never seen before. The views are spectacular and the company is good too.
Choose your distance, ride your pace...see you at the NYC Century!

Thanks to our rest stop hosts:



- Free massage at the finish, courtesy of FingerWorks!
- Even bigger rest stops – stocked to satisfy!
- New 35 & 50 mile routes, and improved 75 & 100 mile routes!

Experienced marshals and volunteers needed! Call Alicia at 212-629-8080 to sign up.

New
in
'00!

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

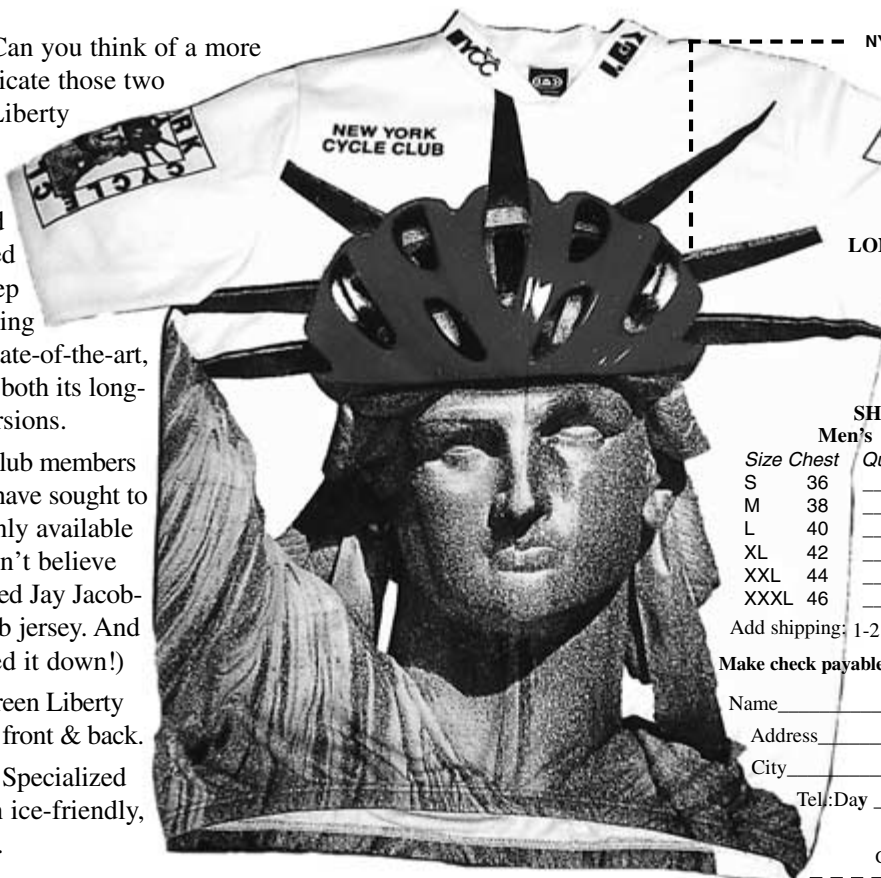
New York and cycling. Can you think of a more striking image to communicate those two things than the Statue of Liberty wearing a bicycle helmet?

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
 Apt #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

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 you'll have to carry a passport.**

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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)

RECYCLE

Bikes For Sale: Cannondale R500 road bike circa 1993 with Shimano 105 triple. This 63-cm. frame with down-tube shifters has Campagnola aero-wheels, Look pedals, Avocet computer. Bimini blue. \$250 obo. Also, 61-cm. Gilmore track bike, complete with hand brake. Lavender with blue speckle. Not sure if it's a gem or an eyesore, but will get you on the track at T-Town for only \$400 obo.
Contact:
 christine_hinz@yahoo.com or 718-857-9881.

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 14th Street
 (212) 691-6149 or www.a-bicycleshop.com; abikshp@aol.com; 10% non sale items not items already discounted

SID'S BIKE SHIP, 235 East 34th Street
 (212) 213-8360 or www.sidesbikes.com; 8% parts, accessories and clothing

CNC BICYCLE WORKS, 1101-1st Ave (212) 230-1919 or cncbicycleworks@juno.com; 8.25% accessories, repairs, rental and bikes

Pairs For Sale: Diadora Euro road shoes, 2 buckles + 1 velcro strap, size 41, includes red Look cleats, barely used, not right shape for my feet...\$75. Sidi Genius 3, silver/blue with yellow logos, size 40, used twice, don't fit either, \$179 new, a steal at \$90. Speedplay pedals, used but in excellent condition: 1 pair Titanium X-1, \$125; 1 pair steel X-2, \$75; 1 pair new cleats, \$20. Rollerblades, Lightning TRS., great for a spin around the Park after a ride!! Fits women's size 8 1/2, \$25. Please email janebikes@aol.com or call 212-662-1935.



Membership card!
Cut me out!



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



MONTHLY MEETING ANNOUNCEMENT

What's it like to be a bike messenger?

Find out more at our September 12th meeting

Kevin "Squid" Bolger & Amy Gibbs, Bike Messengers

Imagine getting paid to ride a bike! Kevin and Amy will tell us why they love it. They'll tell us about the bike messenger races, METROPOLOCO, held recently in NYC. Come find out what type of bikes they ride, what they think of NYC traffic. As Kevin describes it: "I can't believe the speed and fluidity of life on the street - at best I'm positively centered, untouchable. The traffic on the avenues flows like a river sometimes choking to a standstill but not for long; the cyclist fits between the lanes of traffic - a rabbit among cows."

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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