

NYCC Bulletin



NYCC Memorial Day weekend in Sharon, CT.

The group picture was taken at Sharon, CT on the NYCC Memorial Day weekend ride up to Sheffield. It was snapped just after ascending East Rd, a 4 mile climb from the Housatonic River at Rts 7 & 4 and descending the other side. The site is the junction of Sharon Mtn Rd, Jewitt Rd, Jackson Hill Rd, and Fairchild Rd.

From left to right: David Hassine, Rita Tellerman, David Spector, Fred Steinberg (leader), Spencer Koromilas (leaning on bike), and Simon Nadulek. All concerned agreed that Fred outdid himself on the route; it was one of the best rides we ever did. I'd ride with this group anywhere, they are great people and riders as well.

Hank Schiffman

President's Message

by Ben Goldberg

Thank you, Irv!

I'm sorry to say that our secretary and board member, Irv Weisman, has resigned citing health reasons. The board has selected Dona Kahn, a frequent board member and contributor to club activities, as Irv's replacement. I'd like to offer my profound thanks to Irv for the many ways he has contributed to the club over the years. He has been an outspoken advocate of our C rider community, of rider and leader education, and of the philosophy that cycling doesn't have to be fast to be enjoyable and healthy.

Nominations

Nominations are now open for the 2001 NYCC Board of Directors. See the blurb below. This is a great opportunity for you or a friend to influence club activities.

Long Sleeve Jerseys!

With cooler weather here, consider ordering a long-sleeve club jersey. See the order form on page 14 in the bulletin.

Great October Events

Be sure to participate in a very exciting NYCC October. Just a few of our notable events include:

Columbus Day Weekend in the Catskills, October 6-9
Zydeco Dancing, October 15
Sunday Singles Cycling Affair, October 22
Connecticut Shoreline Ride, October 29

See elsewhere in this bulletin for details.

Have a wonderful October!

Nominate someone for the NYCC Board!

Nominations are now open for the 2001 NYCC Board of Directors. If you are interested in serving, or know somebody who would make a great board member, contact Ben Goldberg at (212) 982-4681 or goldberg@cs.nyu.edu. The board positions are listed on the right side of this page. Nominations close at the October club meeting on Tuesday, October 10. Nominate now!

Editor's note

In reference to the cover of the September bulletin, the idea behind the illustration was to show that the printed bulletin and PDF can peacefully coexist. However, after receiving some negative feedback I understand how it may have been misinterpreted. I'd like to apologize to Irv and anyone who felt the September cover was inappropriate.

Well, I've received a lot of replies on the idea of offering a PDF bulletin option to our members. See page 3 for some of the opinions. I emailed a copy of the October 2000 PDF to everyone who responded to my poll. No hotlinks yet, but if this gets off the ground, expect that and more! Oh, did I mention that one of the perks for being a board member is having your mugshot in every bulletin? :-)

The NYCC By-Laws PDF is now up on the club's web site:

<http://www.nycc.org/images/bylaws.pdf>

Don Montalvo, Editor

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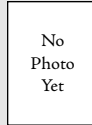
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The NYCC Bulletin is published monthly by the New York Cycle Club. The opinions expressed are those of the authors and do not reflect the official position of the NYCC.

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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: NYCC Memorial Day weekend in Sharon, CT. Photo by Hank Schiffman

Printing: Dandy Printing, Brooklyn, NY (718) 774-6837.

Mailer: NYC Institute for the Blind

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 disk; images should be flat art, photos, transparencies or negatives. *Please include a self-addressed, stamped envelope, and mail to:*

Don Montalvo
747-10th Avenue
Apt #28i
NY, NY 10019

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

dmjgraphics@earthlink.net

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

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

Letters to the Editor

Club meetings

Dear Editor,

I have to say the club meeting topic of bike messengers was probably one of the most interesting and certainly entertaining programs we have had since I joined the club. It was unfortunate to see such a low turnout of club members. These club meetings are a great way to socialize with fellow members off the saddle in addition to learning more about what is happening in the cycling community. I highly recommend for all members to come out and attend a meeting. Cathy has done a great job organizing topics of interest, so let's support her and the people who are volunteering their time to speak to us about their bicycling experiences.

Thank you, Wendy Cohen

Missing minutes

To the Board of Directors:

It is 30 days later yet there are still no Minutes from February, March or June; nor is there an explanation. Why?

Jeff Vogel

September misinterpretation

To The Editor,

I was dismayed and disheartened to receive the September Bulletin with its cover depicting a fight between the "old" and the "new." While I personally would enjoy being able to access the Bulletin online, I have major objections to the way in which this difference of opinion was played out.

For one, using a cover with Irv Weisman's likeness on it, and words such as "wrinkled old geezer", shows an incredible disrespect to someone who has made such an extraordinary contribution to the Club, who has served as an inspiration and mentor to so many of us. Secondly, if, as the cover implies, there was a difference of opinion between the editor of the Bulletin and Irv, using the cover as a forum for getting one's point across is unconscionable.

As a new member to the club who has been profoundly influenced by Irv and those whom he has taught and inspired, I wish to voice my indignation at such an inconsiderate and disrespectful act.

Sincerely, Ilene Avery

[The words "wrinkled old geezer" was a reference to the printed bulletin (take another look at the illustration). - Ed]

Dear Editor,

I was shocked and very saddened to see the cover of the September Bulletin. If there is a disagreement among the board members, which your "Editor's note" alludes to, then that disagreement should be resolved in a mature, adult manner. I do not think it is mature or adult to single out one particular individual in that dispute and publicly portray him in such a demeaning manner. The individual in question has devoted many, many years to this club and deserves respect even if some (or all) of the board members disagree with his position. I hope you will find it in your heart to apologize to him. Soon.

Linda Wintner

[I think you're misinterpreting the cover. Read my comments on page 2. - Ed]

PDF opinions

✓ PDF is a great idea, although you can't read it in the bathroom.

- **Ben Goldberg**

✓ Aye! - **Geo George Kaplan**

✓ I would be more than happy to receive the NYCC Bulletin by email in PDF form, assuming that, just like all PDFs, it is easily printable. I think the time and cost savings would be a benefit to the Club.

- **Jane Kenyon**

✓ A PDF print out would be fine. However, you give folks the choice of a direct mail piece, you cannot assume everyone would have a printer, much less a computer hooked up to the internet. Computer saviness should NOT be a prerequisite to belonging to a bicycle club.

- **Elizabeth Maas**

✓ I still would want a printed copy. - **Keith Goldstein**

✓ As long as there's a choice, PDF is fine. - **Herb Dershowitz**

✓ It just gets better and better! - **Mark Martinez**

✓ I think it's a good idea! - **Robin Read**

✓ I almost can't believe this is even up for discussion - of course we should have the option of an electronic version of the club bulletin.

- **Preston Niblack**

✓ FABULOUS!!! PDF: Good!!! Sign me up immediately for PDF delivery! - **Tom Laskey**

✓ I'd much rather have the bulletin through an email with attached PDF file. Definitely put me in the pro camp - how soon can I sign up for it? - **Scott Adams**

✓ I vote for the PDF option. - **Robert Hancock**

✓ I'll probably still go with paper myself, but I think offering the option is a good idea. I imagine it will cut down on costs for the club, and it'll give all of the techno-weenies the warm fuzzies every time they boot up their computers. - **Jim Modula**

✓ . . . While I personally would enjoy being able to access the Bulletin online, . . . - **Ilene Avery**

✓ I use PDF files all the time, and I think it would be great to have an e-newsletter. I'd also favor an on-line membership renewal option.

- **Harold Levine**

✓ Sounds good to me, but I've let my membership lapse, so maybe I don't count? - **Carlos Cardona**

✓ PDF sounds good to me. Can you display in color with it? It would be a real plus if photos could be displayed in color. - **Hank Schiffman**

✓ I think the PDF is a great idea. And perhaps one day I'll be able to let go of the bulletin. I'm just not ready yet. - **Cristy Guzzetta**

[The window is still open, folks! Let us know how you feel about the NYCC offering a PDF bulletin option to it's members. Thanks. - Ed.]

Suggestion Box

The Bulletin is YOUR forum. It's the place to express YOUR ideas, YOUR comments, YOUR questions, YOUR suggestions. You can write an article, you can write a letter to the Editor, or you can use this column. If you want to know how the Board is spending your money, ask. If you want to know what actions the Board has taken, ask. If you want to know why there were only nine A rides in August, ask (or volunteer to lead one), if we ride sloppily, rudely or dangerously, tell us. Your input will make our club better. I thank you for your support.

Compiled by Jeff Vogel
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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!



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 who 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/hubby/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 kitsch 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 Villa's Chateaus + Tango Enchantment

Leader: Paul Rubenfarb (212) 740 9123
From: NE corner 181 & Ft Washington Av(A train).

This archetypal Yonkers hamlet of vintage estates and hilly lanes exudes a bygone early century Eugene O'Neal-like somnolence. During intermission imbibe in 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.

Tuesday, October 3rd

A17+ **24 MI** **7:15 PM**
Evening Ride: Laps, laps, and more laps!

Leader: Jim Galante (212) 529-9627
From: The Boathouse

So it's fall, the nights are cool and the park is ours! Tuesday and Thursday nights we'll do 3 or 4 laps in the park. Rain cancels.

Thursday, October 5th

A17+ 24 MI 7:15 PM
Evening Ride: Laps, laps, and more laps!

Leader: Jim Galante (212) 529-9627

From: The Boathouse

See October 3rd ride.

Friday, October 6th

A18/20 50+/- MI 8:40 AM
Catskills Weekend

Leaders: Fred (Abbott) Steinberg (212) 787-5204
 and Jeff (Costello) Vogel (718) 275-6978

From: Grand Central Terminal

Maybe they're Laurel and Hardy or even Oscar and Felix (one more and they would be the Three Stooges), but this team of leaders will surely keep you entertained, as if the fall foliage and quiet country roads of Ulster County weren't enough. (You'll need those quiet roads after the train ride!) Meet on the platform for the 8:54 AM train to Poughkeepsie. Once off the train the two leaders will ride similar routes to Phoenicia, one mellow, the other mellow. Neither will be a hammerfest. Of course, there will be a hill or two. Social skills required - it's a long train ride! If you miss us on the ride, join us for breakfast Saturday morning at 7:30 at Sweet Sue's.

B16 45 MI 8:20 AM

Staten Island Perimeter Ride

Leader: Barbara Barrett (212) 786-9708

From: Lower level entrance to the Staten Island Ferry

Catch the 8:30 AM ferry to Staten Island, where we will enjoy a 45 mile flat ride with a few minor hills. We will enjoy a rest stop at a local bagel shop and then make a quick stop at the beach. Then on to catch the 1:00 PM ferry back to NYC. This is a perfect, very convenient ride for anyone who lives south of 23rd Street. The ferry ride is quick, easy and pleasant, and at this time on a weekday morning, there is little traffic to worry about on the island. Try this ride out if you are looking for a new riding alternative! Rain cancels. Call in advance.

Saturday, October 7th

B16 55 MI 9:00 AM

A Poetic ride to Park Ridge

Leaders. Bernie Brandell (718) 633-1759

and Mark Gelles (212) 689-1375

From: The Boathouse

Let's talk about wheels, chains, and spokes. Trade some friendly jokes. Old friendships to revive and keep camaraderie alive. We'll talk about the latest upgrade, is it U.S. or foreign made. In confirming that: "boys will be boys" - inspect each others toys. Therefore,--our motto and our song for the future sing along: - "we're heading to Park-Ridge--to span a social bridge. Rain cancels.

C14 40 MI 9:00 AM

Northvale spin (39x19)

Leader: Don Montalvo <dmjgraphics@earthlink.net>

From: The Boathouse

In order to race hard, you must have the DISCIPLINE to ride slow. This ride will separate the REAL racers from the WANNABES. Be prepared to ride non-stop to Northvale at a steady 14mph pace (slower

on the hills...remember, this is a C-ride!). Do you have what it takes to ride slow? Don't bother showing up if you don't. Recommended gear-ing: 39x19. Rain/temp below 40 degrees (NY1) cancels.

Sunday, October 8th

B18 45 MI 0900 (9:30 AM)

Beat Navy

Leaders : John Reid USCF Cat3 (ret), (h) (201) 933-7938

From: Deployment of riders from the WEST POINT THAYER FIELD parking lot will be at 0930 zulu time (9:30 AM for civilians).

We will circumvent both sides of the Hudson Valley for annual Fall foliage foray and bivouac for K-rations at Cold Springs. Questions on marching orders contact leader via email at john_reid@ml.com or telephone.

B15 50 MI 9:00 AM

Staten Island Ramble: More Beauty than Beast

Leaders: Michael Kuor (212) 699-3825 x5553 or

bikehikemike@bikerider.com and Bob Spieler (718) 287-5667

From: Manhattan Ferry Terminal @ 9:00 AM or

in S.I.: St. George Ferry Terminal @ 10:00 AM

We're introducing this ride to newcomers - of course all members are welcomed to share their experiences and support. Join us for a cruise down bucolic backroads, breezy boardwalks, kingly courtyards, with a few hills for fun. Being that this is a purely sociable, easy going excursion -- NO pace busting please. Hmmm, visions from rides of yore: tight cooperative pacelines, camaraderie, no worries of getting dropped or lost. Yes Maggie, we can make it happen again! So take a day off from stress and enjoy this idyllic "forgotten borough". Recommend: pocket food, bottles, spare tube + plenty of smiles. Raindate is the following Sunday. Helmets required.

C13 30 MI 9:25 AM

Eagle Rock

Leader: Maggie Clarke (212) 567-8272

From: The top of PATH Escalators, Concourse level, World Trade Center

We'll take the 9:40 AM PATH to Newark for a journey past Seton Hall to Millburn and finally up to Eagle Rock, so named because of the previous inhabitants. The view from there, a veritable cliff - the front of the Watchung ridge, is stupendous on a clear day. Straight out you see the Trade Center, to the left midtown and uptown, and to the right, Newark. We'll have our lunch up there, and come down through the Montclairs and Branch Brook Park back to Newark. Return via PATH and Newark. Bring money for lunch and \$1 fare, coins or bill for PATH. Helmets required. 60% chance of rain cancels.

Monday, October 9th

A19 100+ MI SUNRISE*

Yom Kippur Clipper/Go West Young Columbus

Leader: Hank Schiffman (212) 529-9082 or schiffhank@aol.com

From: The Boathouse

Go fast, no fast. Not for the faint at heart. We leave at sunrise (*please call me to confirm and get the exact start time), go west over Gate Hill, 17A, etc. then turn around and retrace our route east at the time which is halfway to sunset. Expect hills and a determined pace. Don't expect a real lunch stop, just quick delis. The ride's the thing. How far west can

we go? Pocket food and water bottles. A Metro pass if you must bail at Garrison. Persistent rain and other acts of god cancels.

C14 **35 MI** **9:30 AM**

New Jersey Ramble

Leader: Terry Chin (718) 680-5227

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

Let's celebrate Autumn with a scenic and hilly tour of Bergen County. There are many rolling hills to conquer with a hardy lunch stop in Tenefly. Co-led with 5BBC. Helmets required. Rain cancels.

Thursday, October 12th

A17+ **24 MI** **7:15 PM**

Evening Ride: Laps, laps, and more laps!

Leader: Jim Galante (212) 529-9627

From: The Boathouse

See October 3rd ride.

Friday, October 13th

B16 **50 MI** **9:15 AM**

Friday the Thirteenth Ride

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

From: City Hall Park

Join me a beautiful ride to a scary destination to be determined.

B16 **45 MI** **8:20 AM**

Staten Island Perimeter Ride

Leader: Barbara Barrett (212) 786-9708

From: Lower level entrance to the Staten Island Ferry

See description on Friday, October 6

A/B/C **15 +/- MI** **7:30 PM**

Dinner in Astoria - The Trifecta!

Leader: Spencer "Spyros" Koromilas (212) 867-8678 or

SpencerNYCC@Juno.com

From: Tramway Plaza (59th Street & Second Ave.) @ 7:00 PM OR @ Barba Yiorgos (Uncle George's) Broadway & 34th St. in Astoria @ 8:00 PM

Due to the unanimous decision "to repeat my Astoria ride" by all those in attendance last month . . . I thought, why not make it a trifecta? After all, where can one get good kokoretsi and retsina these days? Usual return via Roosevelt Island, and tram home. 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 "souvlaki and spanekopita" . . . humm!" PLEASE CALL ME TO CONFIRM / RESERVE SEATING. Required: An appetite and a smile. Locks, front and rear lights for those cycling there. Cancels: If heavy rain, we will simply meet at Uncle George @ 8:00 PM.

Saturday, October 14th

A19/21 **65 MI** **9:00 AM**

Fall Training Series #1: Rockland Lake

Leader: Todd Brilliant (212) 274-9463

From: Benches across from the Boathouse

I know what you're thinking... Training for what? With the racing season pretty much over it should be the time to think about doing other things, pursuing other passions, or maybe just taking some time off.

Hah! This is actually the time of year in which we can have the most fun doing what we enjoy most: just riding our bikes. The structure and discipline of the racing season is over (not that I was very structured anyway) and now we can do whatever we want, eat whatever we want, and ride as fast or as slow as we want. I will let group consensus decide the pace of this ride, but obviously paceline skills are required as this is an A ride. I haven't been to the Skylark Diner in a while, so that is our likely destination, but not until we do about 40 miles first. Please bring pocket food and enough water so that we don't have to stop prematurely. Rain cancels.

A19 **80 MI** **8:30 AM**

Sandwiches in Bedford, Fajitas in Brewster

Leaders: Spencer Koromilas (212) 867-8678 or

SpencerNYCC@juno.com,

and John Bundy (212) 932-1012 or JKBundy@prodigy.net

From: The Boathouse @ 8:30 AM & Bedford Park and the Grand Concourse @9:00 AM

Time to do one of Fred's classic rides, along Shore road to the winding roads of Westchester and Connecticut. First water stop at the Rosedale Deli (25-30 miles). Lunch to your hearts desire in the charming town of Bedford, then off to the Titicus Reservoir and some beautiful roads on our way to Brewster where we will gorge ourselves on Burritos and Fajitas. Who said cyclists don't like to eat . . . the more we ride, the more we eat! Return via Metro North (bring Metro-North Pass). Required: Pace line skills, fresh legs, and appreciation of fall foliage. Cancels: The collapse of our lovely Titicus Dam . . . the dark ages of New York!

B16 **75/55 MI** **7:15 AM**

B16 Fall Foliage Ride Series / West Point East: Putnam County

Leaders: Wayne Wright (212) 873-7103 and Co-leader TBD

From: Grand Central Terminal for 7:39 AM train to Garrison.

First of 3 scenic, challenging B rides. All rides include hard-packed dirt roads, plenty of foliage and lots of climbing. Rides will be all-day, challenging rides ^ so no B14 stragglers please . . . Good bike-handling skills are a must for these rides. Anthony's Nose, dirt road downhill, and a 15 mile spin around Croton Falls Reservoir, with plenty of climbing en route. Short option returns via train from Brewster North. Long option returns via more climbs, ending with a long downhill into Cold Spring for train return.

B16 **60 MI** **9:00 AM**

Connecticut Bethel Fall Foliage Ride (Rolling/Hilly)

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

From: Grand Central Station

Meet at Grand Central Station for the 9:07 AM New Haven train to Darien. Leader will meet group at Darien Train Station (arrive 09:59 AM). Scenic route up through Ridgefield to Bethel for homemade ice cream and Chocolate factory, then down through Poverty Hollow (Blooming Metric Country) and beeline to Westport for Return Train 4:35 or 5:35 depending on finish. Add. beach stop optional. Don't forget your Metro North Pass.

C13 **? MI** **9:30 AM**

Whopee, Yumyum, Huffpuff

Leader: Peter Hochstein (212) 427-1041

From: Perimeter fence of the Boathouse

So they've finished the first leg of a greenway that one day, probably decades after I'm dead, will stretch from Maine to Florida, and we're all

going to celebrate. First to the Bronx Zoo where they're holding the ceremony so that animals will learn what concerted lobbying can do. (Whoopee.) Then to City Island for lunch. (Yummy.) Then maybe to Westchester (huffpuff) depending on weather and whim of the group. Figure a minimum of 30, maximum of 45 miles. Bring a Metro North pass just in case you develop Westchester Cramps. Rain or predicted precip on the Weather Channel at 8:00 AM cancels. Bring your helmet, pump and a spare tire or patch kit.

Sunday, October 15th

A20 65 MI 9:00 AM

Hill Drill to Nyack

Leader: Jaimie Epstein (212) 923-2616 or jaimie@nytimes.com

From: The Boathouse

If it's Sunday, you're going to Nyack anyway, so you might as well earn your muffins for a change. If you were in Phoenicia last weekend, your legs are in true climbing form; if you weren't, your legs should be fresh and eager. Either way, no excuses will be tolerated -- you will climb, climb, climb, and just when you think you've had enough, you will beg for more. If you're good, another hill will be laid at your feet and you will be later rewarded with a morsel to chew on and a swallow of water. Your gratitude will be infinite. You will be so ecstatic, you won't want to stop climbing. But you'll have to -- too much fun will just spoil you. You will wear a helmet. You will bring the usual stuff. You will smile if told to do so. Remember: Pain is just weakness leaving your body.

A19 75 MI 8:30 AM

Cold Spring Harbor and Caumsett Park

Leaders: Spencer Koromilas (212) 867-8678

or SpencerNYCC@juno.com and John Vazquez (212) 544-9450

From: Tramway Plaza (59th street and 2nd. Avenue) @ 8:30 AM

AND The Statue of Civic Virtue (Queens Blvd. & Union Turnpike) @ 9:00 AM.

Those lovely winding Long Island roads, that fresh sea air, horses and ducks everywhere. Welcome to the Gold Coast! No monster hills to climb, but some short ones and lots of opportunities to hammer. We'll ride hard in a smooth pace line on the LIE service road in the morning. We'll eat lunch in Caumsett, overlooking the Sound, breathe in fresh sea air, feel the cool breeze, enjoy the lovely fall color mosaic, and then an invigorating ride home! Subway return from Jamaica Estates (F Train). Required: Smooth riding & pace line skills, appreciation of fall foliage. Cancels: "W" beating Al in a debate about . . . the environment!

B16/17 60/70 MI 8:15 AM or 9:15 AM

Caumsett State Park

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

From: Grand Army Plaza at 8:15 AM or Statue of Civic virtue at 9:15 AM

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

B15/16 60MI 8:45 AM

The Great Swamp

Leader: Dick Goldberg: (212) 874-2008, richsgold@aol.com

From: The PATH train, top of the escalators in the World Trade Center.

Ride quickly if leisurely (about 20 minutes worth) thru Newark, then follow suburban roads to The Great Swamp, national wildlife area, for a rolling ride. Possible guest: New Jersey's Masters Racing Champ. Continue thru Jockey Hollow Historic Park and Morristown. The

reliance on PATH makes this a full day's ride, returning to NYC between 4:30 and 6:00. Cruising speed 15 mph. Bring the usual plus \$2 for PATH fare. Rain at 8 a.m. or serious threat thereof cancels. Phone between 7:30 and 8 if in doubt.

B15 55 MI 9:00 AM

Ridgewood Ride

Leader : Carol Waaser (212) 581-0509 or e-mail (biker-c@rcn.com)

From: North end of Boathouse parking lot

This is a B ride, so you know there has to be a great food stop: the Pancake House in Ridgewood. One hundred varieties of pancakes, waffles and french toast -- the best! And, of course, a few hills after lunch to burn it all off. If we're lucky, a few leaves will be starting to turn, making our ride through wooded New Jersey that much prettier. Rain (60% chance or better) cancels.

B14 45 MI 12:00 PM

Elizabeth's Naughty Spas + Tango Interlude

Leader: Paul Rubenfarb (212) 740 9123.

From: Top WTC PATH escalators.

Rain or shine.

C14 37-55 MI 7:45 AM

CT Apple Picking Ride/Fall Foliage

Leader: 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 Haven train to South Norwalk. Leader will meet group- CALL BEFORE RIDE (Plans w/Metro North are still being worked out at time of publication). You will be able to transfer to the Wilton train at S. Norwalk to meet the other groups at the start or will have to bike 8 miles to start. Enjoy the colors of fall, great scenery and meet members from other clubs. Bring knapsacks to carry goodies back with you. We'll be leaving from Wilton train station and going up to Bethel to Blue Jay Orchards for a 1 x hour lunch stop to pick apples and shop for other goodies. This will be a flat to rolling ride. Arrangements for your bags to meet you back in Wilton or S. Norwalk will be made. Don't forget your Metro North pass. Joint ride with SCBC and WCC.

C14 50 MI 8:30 AM

Loop the Loop

Leader: Jesse Brown (718) 931-7283

From: American Youth Hostels, 103rd ST. & Amsterdam Ave.

Do laps of both Prospect and Central Parks, in one day. Use them or lose them. Enjoy this wonderful trip and the companionship of your fellow cyclists. Rain, snow or another act of God cancels. Co-led with 5BBC.

Tuesday, October 17th

A17+ 24 MI 7:15 PM

Evening Ride: Laps, laps, and more laps!

Jim Galante (212) 529-9627

From: The Boathouse

See October 3rd ride.

Check out our new web site!

<http://www.nycc.org>

Thursday, October 19th

A17+ 24 MI 7:15 PM
Evening Ride: Laps, laps, and more laps!

Leader: Jim Galante (212) 529-9627

From: The Boathouse

See October 3rd ride.

Friday, October 20th

B16 45 MI 8:20 AM
Staten Island Perimeter Ride

Leader: Barbara Barrett (212) 786-9708

From: Lower level entrance to the Staten Island Ferry

See description on Friday, October 6

Saturday, October 21st

A19 55 MI 10:00 AM (note time)
My Same, Ol' Gorgeous, Untrafficked Ride:
River Road-Tweed

Leader: Richard Rosenthal (212) 371-4700

From: The Boathouse

What school did the writer of "After the Fall" go to? First one to answer correctly wins a tube. So does the first one to answer why this title comes to mind. We'll vote whether or not to stop for lunch. I vote "no," but this is a democracy. Join me at the back of every uphill to give me your insights into the other election.

A19/21 55 MI 9:00 AM
Fall Training Series #2: Pearl River

Leader: Todd Brilliant (212) 274-9463

From: Benches across from the Boathouse

I haven't figured out what I'm training for yet, but I'm sure I could come up with something. There is a Bear Mountain ride/race on New Year's Day that I'd like to be in shape for. But now that I think about it, doing a schmoozy ride to Pearl River, feeding on bangers and mash, and then riding even easier on the way home isn't exactly training for a 100-mile nonstop hammerfest. Hopefully there will be some truth to this "muscle memory" thing people talk about, and my legs will remember what to do. See the listing for Ride #1 for details on pace, attitude, and what cancels.

B16 65 MI 9:00 AM
B16 Fall Foliage Ride Series / Croton Reservoir:
Westchester County

Leaders: Wayne Wright (212) 873-7103 and and Co-leader TBD

From: The Boathouse

See 10/14 listing for Fall Foliage Ride Series details. Rolling ride thru Westchester via the Sleepy Hollow roads Plenty of climbing. Ride ends with 15 mile spin around Croton Reservoir, largely on tree-lined dirt roads. Late lunch, bring plenty of pocket food. Train return from Croton-Harmon.

B15/16 45+ MI 8:30 AM

Leaders: Henry Wilson (914) 967-1108 and

Annaline Dinkelman (212) 876-1344

From: Grand Central Station

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. See of the

most beautiful homes, horse farms and country side in the area. Please bring pocket food, as there are not many deli's along the way. Rain or inclement weather cancels. If in doubt please call ride-leaders.

C14 55 MI 9:00 AM
A Poetic Ride to Mamaroneck

Leaders: Bernie Brandell (718) 633-1759 and

Jenny J. Jung (212) 957-0946

From: The Boathouse

There's a 'Neck for all occasions, for giraffe's of every size. From great'Neck to middle'Neck, - but mamaro'Neck takes the prize. A magic kingdom on the Bay, sparkling boats in gently sway, Enchanting you to sing and dance, and some have swooned into a trance. Rain cancels.

C14 40-45 MI 10:00 AM
Sedan Delivery - Sandy Hook

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

From: East 34th St. Ferry Landing (near FDR Drive)

A moderately paced ride, with very few stops. We will climb hills and ride to the rustic Henry Hudson rail trail, in search of brown wooden bridges, a red caboose car and orange Gatorade. We'll visit Navesink Twin Lights and Sandy Hook (for a photo stop). Headwinds guaranteed upon returning to the ferry. Bring strong riding stamina, patience, your own lunch, water, front & rear lights, maybe a camera and \$26 fare. Helmets required. Rain cancels. Co-led with 5BBC.

Sunday, October 22nd

A21 75 MI 8:00 AM
Punkin' Pickin' in Pomona

Leaders: Frank Grazioli (212) 529-9462 and

Rich Sporer (718) 522-4415

From: Benches across from the Boathouse

We'll hightail it up to the Orchard for some early tricks and treats then meander back to the Runcy for lunch. Costumes optional. Rain cancels.

B15 40 MI 9:00 AM
Eagle Rock Reservation

Leaders: Alinda Barth (212) 928-5399 and

Michael Di Cerbo, (212) 645-1120

From: Top of the PATH escalators at the World Trade Center.

Meet at 9:00 AM for the 9:20 AM train to Newark. From there we will ride to one of our favorite Fall destinations over gently rolling terrain with (of course) a few hills. We'll have an outdoor lunch in a great spot with a view. Rain cancels.

B15 75 MI 8:30 AM
Lottery Ride

Leader: Jesse Brown (718) 931-7283

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

Do you feel lucky? Could you be lucky riding in three states in our quest for millions. If not, just plain experience the joy of cycling on this unique trip. Co-led with 5BBC. Rain, snow or another act of God cancels. Route is mostly gentle rolling terrain.

Check out our new web site!

<http://www.nycc.org>

B15 50 MI 9:00 AM**Staten Island Reprise**

Leaders: Michael Kuor (212) 699-3825 x5553 or bikehikemike@bikerider.com and Bob Spieler (718) 287-5667
 From: Manhattan Ferry Terminal @ 9:00 AM or in S.I.: St. George Ferry Terminal @ 10:00 AM
 Please see Oct. 8th ride description.

B14 41 MI 12:00 PM**Kafka's Art Deco Bronx + Tango Ecstasy**

Leader: Paul Rubenfarb (212) 740-9123
 From: NE corner 181&Ft Washington Ave (A train).
 Franz Kafka was the renegade who exposed how middle-class society engineers, personalities, injection-molds life careers, pre-specifies 'meaningful' life incentives, while training establishment psychiatry to enforce 'sane' concepts of dissent and cog-like mentality in the military-industrial machine by justifying regimentation and prozac lobotomization. While beguiling, the Bronx's vast art deco was the visual motif accompanying the interwar nativity of the middle-class totalitarian thought control Kafka prophesied. During intermission enjoy romantic tango dancing. Rain or shine.

C13 45 MI 9:05 AM**Paterson Falls**

Leader: Maggie Clarke (212) 567-8272
 From: Leave from the top of PATH Escalators, Concourse level, World Trade Center for a 9:20 AM train.
 The fall colors are going to be fantastic this year due to the abundant rains and clear days. We'll take a tried and true route through the state-ly homes of the Montclairs through Little Falls to Paterson, the Niagara of New Jersey. We'll pick up some lunch and sit nearby the falls. Then back over the ridge to return via Newark and PATH. Bring money for lunch and \$1 fare, coins or bill for PATH. Helmets required. 60% chance of rain cancels.

Tuesday, October 24th**A17+** 24 MI 7:15 PM**Evening Ride: Laps, laps, and more laps!**

Leader: Jim Galante (212) 529-9627
 From: The Boathouse
 See October 3rd ride.

Thursday, October 26th**A17+** 24 MI 7:15 PM**Evening Ride: Laps, laps, and more laps!**

Leader: Jim Galante (212) 529 9627
 From: The Boathouse
 See October 3rd ride.

Friday, October 27th**B16** 50-55 MI 9:15 AM**Long Beach and Point Lookout**

Leader: Ron Grossberg (718) 369 -2413 or ARGEE401@AOL.com
 From: City Hall Park
 Take a day off work and join me on the lovely ride to Long Beach and Point Lookout.

B16 45 MI 8:20 AM**Staten Island Perimeter Ride**

Leader: Barbara Barrett (212) 786-9708
 From: Lower level entrance to the Staten Island Ferry
 See description on Friday, October 6

Saturday, October 28th**A-As-In-As You Like It**

40-60 MI 9:00 AM

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 November.

B16/17 50 MI 9:00 AM**A Few Hills to Nyack**

Leader: C.J. Obregon (212-876-6614)
 From: The Boathouse
 A spin down (and up and down and up) River Road and up Ash Street to Nyack with an just slightly faster return and that last big hill. Helmets required. Low gears recommended. 7:58 AM Weather Channel forecast of rain greater than 50% cancels

B16 75/60 MI 9:00 AM**B16 Fall Foliage Ride Series / George Bush's America: Fairfield County**

Leaders: Wayne Wright (212) 873-7103 and and Co-leader TBD
 From: The Boathouse
 See 10/14 listing for Fall Foliage Ride Series details. Hilly ride thru Westchester and Fairfield counties. Spectacular foliage, spectacular real estate. More hard-packed dirt roads. Late lunch, bring plenty of pocket food. Short option returns via downhill schmooze to Greenwich train station. Long option returns via hilly backroads to White Plains train station.

C14 53/40 MI 9:00/9:45 AM**Park Ridge**

Leader: Scott Wasserman (914) 723-6607 or bicyclelife@cs.com
 From: Near the Boathouse (9:00 AM) and NE corner 181st St. & Fort Washington Ave. (9:45 AM)
 It may be past peak for the leaves but predictions are that it will be a more colorful season than usual. As always for New Jersey rides, it's not too hilly except for the climb back to the GWB. Substantial rain cancels.

Sunday, October 29th**A19/21** 55 MI 9:00 AM**Fall Training Series #3: Montvale**

Leader: Todd Brilliant (212) 274-9463
 From: Benches across from the Boathouse
 See Rides #1 and #2 to get the idea. This time we ride to Montvale, just north of Park Ridge, for a diner destination that offers an all-you-can-eat breakfast buffet. For obvious reasons, this option shouldn't be explored on a regular basis, but I've been there only once this year and I think it was in late winter or early spring. Anyone in need of a bacon fix is encouraged to come along.

A/B/C 65/55/45 MI 7:30 AM

Clock back - extra hour sleep

Connecticut Shoreline Ride

Leaders: Gary McGraime (212) 877-4257, Frank Grazioli (212) 529-9462, Anneline Dinkelman (212) 876-1344, Paul Hofherr (212) 737-1553, Ben Goldberg (212) 982-4681, Roscoe George, Carol Waaser (212) 581-0509, Laurie Nisco (212) 961-1129 and Carol Wood (212) 683-0070

From: Grand Central Terminal

Bring Metro North Pass, money, water bottle, fingerfood, Times Magazine (pencil), apparel appropriate for the weather as reported on TWC, bungee or old tube to secure bike in bar car. Buy a round trip MetroNorth excursion-off peak ticket to New Haven and a bag of breakfast and board the bar car of the 8:07 train. You will get maps and cue sheets and ride organization on the train. At New Haven you can join a ride or go at your own pace. Be back at the station 2:15 PM for Ben Goldberg's tour of the campus, or be back at the station at 3:30 PM for 3:57 Train. Money will be collected on the ride up -\$5.00 +/- - for the pizza and soft drinks that Frank Pepe will deliver to the train. No Rain Date. We have always gone. Arrive GCT approximately 6:00PM. We will endeavor to arrange group rides home from the terminal.

B14 44 MI 12:00 PM

Staten Isle's Village Schools + Tango Seduction**Leader: Paul Rubenfarb (212) 740-9123.****From: Behind Ray's Pizza in front of South Ferry (1 or 9 train).**

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

Saturday, November 4th

A16/17 70 MI 8:45 AM

Christmas Bazaar at St. Paul's**Leader: Marty Wolf (212) 935-1460****From: The Boathouse**

The goal is to reach St. Paul's in New City before the best handmade ornaments and gifts have been sold out. Church lunch of soup, sandwiches, and home-baked desserts. Bring a small knapsack or large musette bag for your purchases. Note: we leave at 8:45 AM.

C14 48 MI 9:00 AM

Piermont**Leader: Lynn Sarro (212) 722-8495****From: The Boathouse**

We'll throw in a few twists and turns rather than take the conventional route to one of our favorite club destinations. Bring your own lunch or buy at the local market and then a quick ride to the Pier for dining and viewing the majestic Hudson. Bring a bike in good working order with fully inflated tires and a spare tube. Helmets required. Rain cancels.

Sunday, November 5th

C14 35 MI 9:30

River Road**Leader: Carol Wasser (212) 581-0509 or biker-c@rcn.com****From: Boathouse North Parking Lot**

Who says C-riders don't do hills! Join me for the joys of River Road, including the last climb to the Police Station (new bathrooms...nice). Then we'll go back 9W to the Royal Cliffs Diner for brunch. Bring snack food - it's 25 miles to the diner and you'll need a little refueling after the big hill. We'll stick to the pace getting to and from River Road, but everyone can take the RR hills at their own pace; we'll regroup at the police station. Helmets, please. Rain or temps below 35 (or above 90) cancel.

Out of Bounds**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.

Event Date: Sunday, October 8, 2000**Start:** Thompson Park, Jamesburg, New Jersey**Event Name:** Pumpkin Patch Pedal Ride**Start Time:** 100 mile: 7am, All other rides 8:30am Registration ends at

(continued on page 11)

Check out our new web site!

<http://www.nycc.org>

(continued from page 10)

10:30am. Optional Pasta Pig-Out will be served from 12-4pm

Start 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 Person: Barbara Barrett

Phone: Unlisted

Address: 380 Rector Place Apt. 8M New York, New York 10280

E-Mail Address: Bellabiker@aol.com

Web Page: SIBike.org

Sunday, October 22nd

Children's Hospital Challenge Ride

The purpose of the Children's Hospital Challenge Ride is to raise awareness and funds for the new Children's Hospital at Westchester Medical Center. The Maria Fareri Children's Hospital will open 2003 and will provide superior pediatric care in a child- and family-oriented, healing environment. Thanks to all of you, we will have a new "world class" children's hospital for the 1,000,000 children in our region.

Date: October 22nd, 2000

Registration: 7:00A.M.

Rides Start at: 8:00A.M.

Registration Fee: \$20 (\$25 Day of the event)

When The Sun Rises...Join us for a morning ride full of adventure and fun. Three rides 15 miles, 25 miles and 40 miles, will depart from Manhattanville College in Purchase, New York. Then travel the colorful hills, valleys and scenic back roads of Greenwich, Purchase and Armonk.

Help Us Reach The Stars... All riders are encouraged to seek sponsor-

ship from friends, family and others.

For More Information Please Call: Eileen Weiss at the Foundation office 914-493-7442 or E-Mail Avis Richards, Chairperson Avisrichards@hotmail.com

Sunday, October 22nd

The Sunday Singles Cycling Affair

A Special Free Bike Ride for Singles Only. This is a special ride for single cyclists only, brought to you by bike clubs throughout New York, New Jersey, and the Philadelphia area. Meet singles from other clubs and enjoy a leisurely ride, departing from the Princeton Junction train station, through the beautiful farmlands of central New Jersey along a mostly flat route. Choose a 25-mile or a 50-mile ride. The route will be marked with arrows, so you can choose your pace. All details, including FREE registration and FREE truck transportation for your bike while you comfortably ride the train to Princeton Junction, can be found on the web at <http://nycc.org/affair.html> or by contacting Ben Goldberg at (212) 982-4681 or goldberg@cs.nyu.edu (due to the popularity of this event already, space on the bike truck is running short).

Saturday, October 28th

Team RLX/POLO Presents The NYC Girlz' Ride

Come join the RLX Polo Sport Women's Cycling and Multi-sport team for an informative ride from NYC to Nyack, NY in Rockland County. On this 50-mile leisurely ride, you'll meet the team members, including a national champion, state champion and Hawaii IronMan triathletes.

When: 9:00am (rain date October 29th). To ride, all you need is a bike in good working condition (road bike preferred), bike pump, spare tube and water bottle. Snacks and refreshments will be provided. You should be in reasonably good shape (will be doing 50 miles!) and girls under 16 must be accompanied by an adult. For more information, contact Nina Strika at NYCGirlzRide2000@aol.com or call 212-696-9162

Special Events

Sunday, October 15th

Join our very own Zydeco Laura Selikson for ZYDECO SUNDAY at La Belle Epoque. Combine live Zydeco music and dancing with the distinctive Creole/Cajun cuisine of Louisiana at La Belle Epoque, 827 Broadway between 12th & 13th St, just south of Union Square (N, R, L 4, 5, 6 trains). We're steppin' out! Wear dressy clothes, bring your dancing shoes, your dancin' feet, and your appetite. Sure you can hammer, but can you Zydeco? Come and try it! A free lesson is included. \$25 reserves a spot at the NYCC table, and includes live music, a dancing lesson and a \$10 deposit toward dinner. If you're not eating, it's \$15 at the door for the dancing and music. Doors open at 5:30, dance workshop 6-7:00 pm, music 7:30-11:00, dinner served from 6:00 pm onward. For more info please contact Lynn Sarro, NYCC Special Events Coordinator at sarka@erols.com. Hope to see you all on the dance floor!

Monday, December 4th

Ho, ho, ho! Believe it nor not, it's time to start thinking about our NYCC Holiday Party! Join us for our annual bash at the fine downtown restaurant St. Maggie's Cafe on Monday, December 4. \$40 buys you a full dinner and cash bar, and the fabulous company of your fellow cyclists to share a bit of holiday cheer. For further info contact Lynn Sarro, Special Events Coordinator at sarka@erols.com, or mail checks to Lynn Sarro, 242 E 87th St. #3A, New York NY 10128, made out to the NYCC, not to me. -Lynn

Talking To Animals

Tell me, tell me, ceiling fly --- how you gravity defy?

Of work thou ant, --what recompense?

And bumblebee so labor intense.

Hummingbird, -- have you not heard? That rest and holiday been declared.

With heart racing top speed, -- will your body overheat?

Fish eagle, -- on reflection, -- how you recompense refraction?

Web-weaving ever wider? --- thou silken-robed window-spider.

Keen-eyed owl, -- of hearing precise, have you caught your share of mice?

While the cat would stalk and tarry, musing on it's next canary.

Bernie Brandell

Check out our new web site!

<http://www.nycc.org>

Minutes of the July 17, 2000 NYCC Board meeting

Meeting was called to order at 6:50 pm.

Present: Ben Goldberg, Cathy Martone, Gary McGraime, Frank Grazioli, Annaline Dinkelmann, Paul Hofherr, Irv Weisman, Ira Mitchneck, Don Montalvo, Laurie Nisco **Absent:** Lynn Sarro, Wendy Cohen

Reports from Board Members:

Cathy Martone: The Club's monthly meetings will be held at Annie Moore's for the remainder of the year.

Mailing Service: Laurie reports that the July bulletins were mailed apparently improperly by the mailing service, using an old membership list, not one supplied by Laurie to the mailer. We are investigating ways to improve the timely mailing of the bulletin.

Roster Availability: Laurie is running out of rosters for mailing to new members. It was decided not to print replacement rosters, since a new one will be issued in the winter. Roster updates will be sent to Don for the next roster.

Thanks to Gene Vezzani for his contributions to the Club. Laurie suggested that Gene be thanked for his contributions to the Club, especially his introduction of the weekly email listings.

Riding Matters: Frank inquired as to any progress on Ride Leader Guidelines while he was away on business. Actually there were no meetings of the Bike Committee since the assignment of drawing up tentative guidelines by Damon Hart. Meetings will resume shortly.

Annaline reported that Jay held a nice A/B/C picnic at his home. It was then followed by a viewing of local races around Park Ridge in Bergen County. It was a very nice event.

Paul Hofherr reported that Peter Hochstein has discontinued his evening riding series in Central Park for lack of adequate participation. A replacement has been found.

A discussion followed on our policy of not listing new rides on our weekly email ride listings.

All ride cancellations must have someone at the meeting point to announce a ride cancellation. Paul also suggested that for C rides in January and February, because the winter weather is unpredictable, rather than try to line up leaders for each weekend, riders should call into the coordinator to determine whether a ride will go out that weekend or not.

SIG Coordination: Irv suggested that up to now the SIGs were relatively independent of any Club control or coordination, but because we now have a wide spectrum of SIGs it would be advisable for the Club to coordinate the various SIG curricula so that each successive SIG is aware of the previous SIG's program and they could form a progressive training program over several years.

Irv brought up questions raised by Dick Goldberg and others about the appropriateness of our A, B, C ride designations. The B and C rides are now part of a continuum with the major difference being speed. The A rides require paceline skills.

It was decided that A rides definitely require paceline skills and can range from 17 mph and up.

B and C rides, for the convenience of the ride coordinators, will range as follows:

B rides will range from 15 mph to 18 mph overlapping A speeds, but will not require paceline skills.

C rides will range up to 14 mph, with no overlap with the B range.

Jersey Income: The treasurer reported that the 1999 jersey program has produced income for the club.

Leader Jerseys: Ben noted that jerseys are available from Ben to leaders of six rides in a calendar year at the club cost (\$40).

Next meeting is scheduled for Wednesday, September 6, 2000.

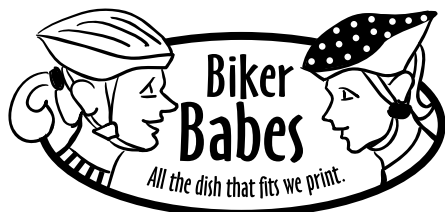
Meeting was adjourned at 9:40 pm.

Respectfully submitted,

Irving Weisman, with the assistance of Maggie Clarke

Please help us welcome our newest members!

Randy Abramson	John Dempsey	Aleksandar Kirovski	Tom Nicastrì	Hari Soetrisno
Benjamin Adria	Katie Dennis	Brian Kivlan	Neida Nieves	Esther Sokol
Caroline Bailey	Rosemary Desloge	Don Kozusko	Jenny Oh	Rory Stace
Dina Battipaglia	Jeff Diamond	Peter Krass	Gretchen Petrus	Ben Storch
Daniel Beller	Ana Y. Dia	Karl Kronebusch	Michael Pieck	Peter K. Storey
Phillip Bendenoun	David Dorsey	John Kuhn	David Pollack	Dongming Sun
Stephen Blacklocks	Andras Forgacs	Michael Lim	Eric Prosnier	Mikie Tajima
Rebecca Blake	Steve Gates	Paul B. Mader	Kelly Prosnier	Nancy Thalblum
Joyce Blint	Edward I. Geffner	Erica Marcus	Roy Roberts	Edward Thornborrow
Allyson Bratina	Joe Geller	Mark Mariaschin	Gerald Rolfe	Kwone Tong
Rick Braun	Greg Goldfarb	Steven Marks	Nicholas Rossi	Matthew Trotter
Eric Brooks	Trish Govoni	Erendira Matzumura	Sally Roth	Robert Welch
Michael Buesing	Tim Gray	Melissa Maxwell	Helen Salov	Matthew Wiener
Deirdre A. Carson	Molly Gurney	Angela McClenagan	Claire Sauerhoff	Lee Winter
Peter Chan	Antony G. Hacking	Megan McDonald	Sheldon Schwartz	Jason Woerner
Helen Chang	Tiffany Hall	David McInerney	Gail Seymour	Lisa Wolfe
Andrew Connolly	Susan Hansen	Debbie Melendez	Scott Seymour	Carolyn Yanik
Christopher Connolly	Sheri Hirsch	Nanci Anne Modica	Rati Sharma	Alyson Young
Lisa Coppa	Allan S. Horlick	Valerie Moore	Chris Shaw	
Joanne D'Allura	Simi Junior	Eileen Mund	Nancy Shore	



This month, the mail box was full - keep it coming - mail the dish to nyccnews@yahoo.com.

Bernie Brandell wrote in to say that Cloudio Medina was an exemplar coleader on his ride to Nyack, going out of his way in his ever cheerful style to sweep 25 riders, and then leading the troops up Bradley Hill and fixing a flat tire on the way. We need more leaders like him.

Yet another Spencer story. His new "Bonjour" jersey laid out the night before, all Spencer Koromilas had to do on Saturday morning, September 2, was slip out of bed into his bike togs and ride a mere four blocks to Grand Central to meet the gang for one of Fred Steinberg's legendary climbing expeditions in the Gunks. Seems he had a little trouble leaving home, and by the time he got to GC, there was nary a bike in sight. So, he raced to the ticket window to buy his roundtrip to Beacon (was he too cheap to just make a beeline to the track and pay the premium?), from which vantage point -- oh, lucky man -- he spied a female cyclist heading to Track 30. Spencer, never one to let a lone female get away, pursued, but found no familiar faces as he paced the platform. "Hmmm," he thought, "they must all be in the front cars." Oh, well, thinking quickly, he grabbed a seat near his soon-to-be new ladyfriend. After about a minute, he sprung his opening line (which doesn't work too well in bars): "Are you doing Fred's ride?" Her response: "Who's Fred?" About to panic, he asked if the train was going to Beacon. "No," she said, "this train is going to Brewster." Leaving romance behind, he raced out of the train before the doors closed, just missed the train to Beacon and ended up doing a sulking-all-the-way 100-mile solo ride in New Jersey. The question is: Was Spencer sulking because he missed an excellent Fred adventure or because he failed to get the gal cyclist's phone number?

Spencer was also reported to have ridden for four days with Simon Nedulek, from White Plains to Scroon Lake. Simon had a flat on day two, and then another, and another, all within five miles from Poughkeepsie, by the time he had his fourth, they had an assembly line going, Simon would change, Spencer would patch, then finally the coup de grace! Simon had broken the rear rim on his Rolf's . . . then came Simon's Guardian Angel . . . in the form of Regina Hammon's mother! She called a friend with a Cherokee, they threw the bike in the back, and they were off to the bike store . . . then presto, in less than two hours, they were back on the road! Simon now believes in Guardian Angels. When they arrived at Scroon Lake, they visited the Serrota Bike factory near Glenn Falls, where they received a fabulous tour given by Mr. Ben Serrota himself, who Simon had met a few days earlier at the Rotations Bike Club Party in the Hamptons!

Then there was Laura and Ray's Excellent Bike Adventure in the Adirondacks! Fifteen cyclists participated in the event, including Spence and Simon and other NYCC members; John Vazquez, Ron Grossberg, Marney, Debra Feiger, Connie McSeain, Mary Anne Cotter, and of course Ray and Laura. When they pulled into Long Lake, Simon's new Mavic Ksyrium rim goes out of true . . . presto the Guardian Angel reappeared . . . in the form of Laura Matlow this time, since she was going to drive the van the next day, she lent Simon her bike, after a few adjustments, Simon was on the road again! On day Seven they all camped at Westport and had a delicious barbecue orchestrated by Ron Grossberg and Marney! It was a great last dinner for the fourteen who participated in the first Bike Adventure in the Adirondacks. Laura and Ray did a fabulous job!

Spencer left the group, riding eastward to Lake Champlain and across anything that stood in the way . . . which was fine until he started to climb the Appalachian Trail Gap, and soon realized that these are the Green Mountains! But what great training! Then several days into New Hampshire and on day ten to his final des-

tinuation of Jackson, next to the base of Mount Washington - lunch with his parents. He then got to the Eagle Mountain House and in the lobby saw Gregg Cohen, and Paul Spraos, of the NYCC. and the three took off on Saturday for the race to climb Mt. Washington. Spencer did the climb under someone else's name, who couldn't do the ride - that person had done the ride in one hour and twenty minutes for fourteen straight years, Spencer ruined the guy's record since he did it in One Hour and fifty-eight minutes. Another NYCC member, Danny Giger did the race. Danny is the quite a hill climber. Mount Washington is no ordinary hill. It's a 12% grade for its full 8 mile length. Just think of River Road, but twice as steep and 10 times as long. Oh, and only two-thirds of it is paved. By the way, 581 racers started, including several pros. Danny finished in 30th place, and then two weeks later was in the top 10 who finished at the Killington Stage Race. His next race was the CRCA Club Championship at Harriman State Park - another hilly run. Danny will be riding with us again in the Catskills on Columbus Day weekend - get a good look at him in the parking lot at the start. You won't see him again once the climbing starts.

By the way, the crazy lady, Diane Hammond, (Regina Hammond's mother) describes the encounter of helping Simon a little differently. She was supposed to be away at a bridal shower but due to an emergency, was on her way to work, noticed the two strikingly handsome duo (Spencer and Simon) from a past biking engagement. Mrs. Hammond recognized Simon & Spencer from when she greeted them last year at the P-town train station with bagels and gatorade on their ride back from Sheffield. She met them again when she and her husband spent a night in Sheffield this past Memorial Day Weekend and met the group at dinner. But how could anyone forget such genial and handsome guys anyway? So she did a very illegal U-turn and hopped out of the car and asked if she knew them. Indeed she did. Not exactly sure which bike shop was closest in the city, she called a good friend

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(continued from page 13)

and bike enthusiast who drove over and took Simon to a shop in Pleasant Valley, NY with Diane and Spencer trailing behind. An hour and few hundred dollars later, Simon was set with a new, better Rim and everyone was ready for breakfast. Diane took Spencer & Simon to a local diner and fed their bottomless stomachs. But they couldn't leave without Spencer meeting another woman from Greece who was overjoyed to be able to speak to him in her native tongue. With full stomachs and rested legs the men were back on their bikes heading for their next destination. But the sweetest part was a few hours later when Mrs. Hammond received a beautiful bouquet of flowers as a sign of "Thanks" from Simon.--when her Mom called Regina later that day she was laughing so hard! It was such crazy timing, you couldn't help but wonder if it was all meant to be. Her parents like to give back what they can to the club since they are well aware of how much the A-SIG and supportive members have helped Regina since she joined, so she says.

News about the Adirondacks Park bicycle ride August 10-13: It was a great success. Blue skies, beautiful scenery, and great food. Only a few mishaps. Andy Leifer fell off his bike the first day, suffering minor scratches on his arm, and then got lost on the fourth day by taking a wrong turn. He was found 10 miles from Schroon Lake, by Laura Matlow and Debra Feiger, out on a "search patrol." Ron Grossberg, Marni Blum, and Debra Feiger made the trip fun by putting together a scrumptious salmon barbecue; Ray Goon-Pan had fun pacyling when he wasn't driving the big white van. After four days, John Vasquez finally decided that he liked camping.

It was an exciting biking summer for Joan and Jay Jacobson! They spent June in Europe, doing a tandem tour in Italy (Venice-Bologna) and Jay doing individual biking in Provence, the French Riviera and Corsica(where he claims the best bike route in the world is between Calvi and Galleria-a series of corniches with virtually no cars and in the AM the road is shaded from the heat by the mountains!)

On July 16, 5 NYCC rides converged on their house for a picnic lunch ...the weather turned out to be much better than forecasted and about 50 members came...Joan had to quickly arrange food for them..then they viewed their bike travel memorabilia collection which was enhanced a few days later at a Nike news conference, Jay obtained Lance Armstrong's autograph on a US Postal jersey to complement the LeMond autographed jersey they already have. About eight other NYCC members were also in attendance at NikeTown.

We already reported that Jay he fell while WALKING on a wet grassy slope in Nyack and tore his quadricep. He had surgery the following Monday and is now recovering in a large leg cast. He had planned a trip out west but the bike shop in Missoula, Montana which had just received and assembled his touring bike had to disassemble it and ship it back here.

Let's hear from you B and C riders - there are many of you on the road and we are sure there are items to be shared with the club. See you on the road, keep the dish coming.

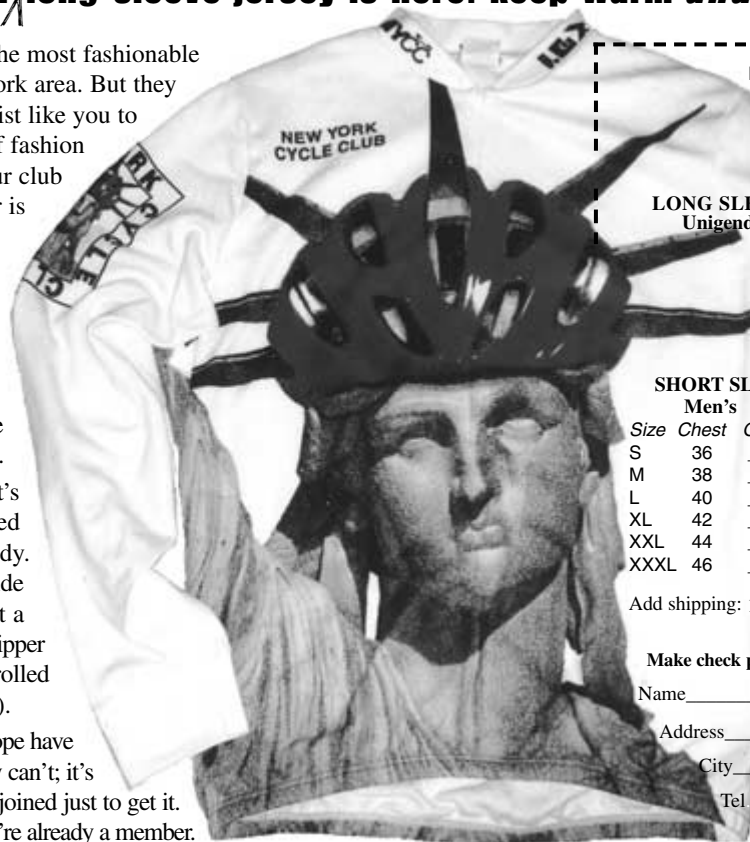
attention-getting
Club members, your long-sleeve jersey is here: keep warm *and* make a statement.

You've seen the NYCC jersey on the most fashionable roads throughout the entire New York area. But they had short sleeves. So what's a cyclist like you to do to remain on the cutting edge of fashion and make a proud statement of your club membership now that cold weather is here? Answer: Wear the new *long-sleeve* club jersey.

It has the same eye-popping graphic as the short-sleeve jersey: the Statue of Liberty wearing a helmet. The same designer: club member Richard Rosenthal. And the same manufacturer: Louis Garneau.

What's new is the Airdry® fabric. It's a 100% polyester microfiber, treated to keep moisture away from the body. It has the same rip-stop/waffle outside finish as the short-sleeve jersey, but a brushed inside surface. A deep, 15" zipper makes for easy on-and-off and controlled cooling (yes, useful even in winter).

Riders from around the U.S. & Europe have sought to buy the club jersey. But they can't; it's limited to club members. Some have joined just to get it. But, lucky you, you don't have to. You're already a member.



NYCC Jersey Order Form

Mail to:
 Ben Goldberg
 1 Washington Sq. Village, #5B
 New York, NY 10012
 goldberg@cs.nyu.edu

LONG SLEEVE @ \$57
 Unigender

Quantity	Size	Chest
_____	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

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

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

... nothing for sale this month!



**Membership card!
Cut me out!**



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-bicyclereshop.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

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, acces-
sories and repairs



What's happening at Cannondale?

Find out more at our October 10th meeting



William Sanado from Cannondale

Find out about the latest innovations from Cannondale Bicycles; next year's technology; who rode Cannondale in the Tour de France and what's new for road and urban riding. 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.



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