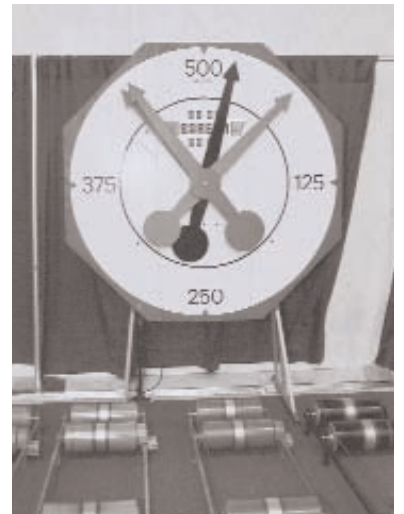


NYCC *Bulletin*



New York Bike Show, May 3 - 5 at the World Trade Center

Photographs by David Getlen

President's Message

If you made it to the World Trade Center last month for the New York Bike Show, you saw the club well represented at our booth with water bottles, t-shirts and memberships going like hot cakes. If you didn't make it, check out David Getlen's awesome photos on the cover of this issue. Many club members helped out by transporting items to the show, working the booth and getting items to their next destination. Big thanks to all who helped out including Rita Tellerman who made the initial arrangements and to Carol Wood for taking over the coordination of volunteers and for making sure everything got where it was supposed to go when it was supposed to be there. You all did a fantastic job!

With cycling season in full bloom, it's time to give extra attention to community relations. Some club members may have received an email telling the story of two cyclists who were ticketed for riding double file on Broadway in Nyack even though the law states it is perfectly legal in most situations. While it may be true that such riding is lawful and that the riders in question might be able to get their tickets overturned, the event shows that the relationship between residents and cyclists is a little tense. It may seem unfair to most cyclists, but try to look at it from the perspective of the people whose town we invade every weekend. We should all remember we are guests in Nyack as well as the other communities we cycle through and we should try to be as considerate as we can of the residents of those communities. The town of Nyack has requested that when possible we avoid Broadway by taking Piermont Ave, a parallel route one block east. Also, we shouldn't treat the street outside the Runcible Spoon where the bike racks are as though it were our own personal driveway. There is a good amount of traffic on that block and it doesn't help biker/driver relations if bikers wandering around in the middle of the street hold up traffic. Of course it does help to know the law, and our website: www.nycc.org has been updated with links to pages containing the bicycling and pedestrian laws of New York and New Jersey. Check it out to learn the official dos and don'ts of cycling in our area.

Another subject everyone loves is pace busting. If there is anything that ruins my day, it's an email from a new member complaining that they were dropped on their first ride. It's an uncommon occurrence, but even rarely is too often. I know, it's hard to stick to a given pace for an entire ride. But just think of the new members in your group - a little nervous because they haven't done much group riding, a little unsure of their abilities, counting on the ride leader to guide them safely to their destination and judging the club by the quality of their first club ride. All of a sudden they're dropped in a place they've never been before. Maybe they have a cue sheet, but for any rider, new or experienced, getting dropped is not a pleasant experience. Ride leaders and seasoned riders should be more aware of those in the group who may be less experienced and new riders can help by introducing themselves to the ride leader at the start of a ride. Rather than trying to impress the neophytes with speed and strength, why not impress them with consideration and encouragement? The club will be much better for it.

Sermon's over, everyone have a great June!!!

- Tom Laskey

Editor's Note

Well! A busy month has just ended. What with the New York Bike Show and Bike New York, the Montauk Century and, lest we forget - The end of the SIG's for 2001, it has been a very busy month. Speaking of the SIG's, don't forget to come to the June 12th meeting at Annie Moore's Pub and Restaurant for the SIG graduation. As busy as May has been, we have a full schedule for June and looking forward to good weather. Take advantage of our schedule and enjoy biking.

David Getlen

Check out our fabulous web site:

<http://www.nycc.org>

Check out the new NYCC Message board:

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biker-c@rcn.com

... or call (212) 581-0509. Email is preferable. Please include your name and full address in your message.

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

David Getlen
60 Gramercy Park North
New York, NY 10010

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

dgetlen@aol.com

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 to the editor by the second Tuesday of each month prior to publication. Sorry.

<http://www.nycc.org>

BikeFest 2001 Altoona, PA August 3 - 5

By Maggie Clarke

Is there more to Club riding than a Sunday ride in the nearby suburbs? You bet there is!

Once a year the League of American Bicyclists puts on an annual bike rally attracting thousands of cyclists from all over the US and Canada. It's really a long weekend chock full of rides of every description every day, followed by social events and entertainment, educational workshops on bike maintenance, repairs, and nutrition, an exhibit area, and much more. This year, since the rally is held in Altoona, Pennsylvania, the riding includes flat farmlands and mountains, and the opportunity to ride the criterium and road course of the 'Tour de Toona' before the racers do. Marked routes range from 15 to 100 miles with maps and cue sheets, accompanied by SAG wagon. Some rides are led by former professional cyclists and celebrities like Lance Armstrong's coach. Explore the famous Altoona Horseshoe curve; get 30% off on mountain biking at nearby Blue Knob ski resort; test ride Trek bikes. Since the headquarters for the rally is Pennsylvania State University, we get free access to its Fitness Center and swimming pool.

In years past Irv and the gang would take the train and/or ride to these bike rallies. Irv would speak on gearing and I'd sometimes show slides of the NYCC's '88 Canadian Rockies trip. This year the LAB is offering group discounts for groups of nine or more, and there are prizes for members of the biggest group attending. It's easy for us to go since there will be BikeFest Amtrak trains (discounted yet!) that we can take directly to Altoona! Even the train ride is scenic!

Interested in going to BikeFest 2001? I'll put our group together so that we can get the discount and be housed together, so please contact me at mclarke@shiva.hunter.cuny.edu or give me a call (212-567-8272). Basic registration with meals and dorm housing for the rally is \$210 if you're an LAB member, double-occupancy, if we get the group together before July 1, so please contact me by June 24 so that I'll have time to get the forms in. There are options for suite-style rooms with a/c, and an extra night for those who desire it. Let's make this a summer to remember. If you have any questions, or would like to register, please give me a holler!



OOPS! We Goofed

On the May issue cover and the comments on page 2, we said that the photo was of the Stephen Roche Cycling Camp in Majorca. OUCH!! The photo is actually of the Swiss Bicycle Team Max Huerzeler Cycling Camp. The photo is by Hans-Josef (Hajo) Thiele. For further information on the Swiss Bicycle Team Max Huerzeler Cycling Camp, please visit the website at -

<http://tour.majorca.home.mindspring.com>

Our apologies for the inadvertent error.

<http://www.nycc.org>



Out of Bounds (Unofficial Club Events)



Hat City Cyclists CycleFest 2001

On Sunday, June 10, 2001, the Hat City Bicycle Club will host their 9th annual CycleFest. This tour features 6 routes (5 mile, 12 mile, 25 mile, 50 mile, 78 mile and 103 mile) starting from Rogers Park Middle School, Danbury, CT. The routes follow beautiful roads, past lakes, rivers and farms in rural CT and NY. The event will be a great tour with plenty of food and water at rest stops, cue sheets and well-marked routes, supported by sag wagons. The cost is \$13.00 with registrations received by May 26th (includes T-shirt); after May 26th, \$8 for children 12 and under and \$15 for all others (no T-shirt). Registration form may be downloaded from www.hatcitycyclists.org or for snail mail, send SASE to Hat City Cyclists, PO Box 1034, Bethel, CT 06801.

AUG. 4 - SAT. — 21st ANNUAL PRINCETON FREE WHEELERS BICYCLING EVENT

Tours range from an easy 16 miles to a scenic 100 miles, from mostly flat to mostly hilly. Price: \$20 (\$10 for 16 and under) regardless of when you register. Register by July 16 to get a free event T-shirt. All routes are marked, also cue sheets, rest stops with snacks, and sags for the sagging.

For more information, phone: (609) 882-4739; E-mail: webguy@princetonfreewheelers.com; web: <http://princetonfreewheelers.com>.

For application, send SASE to
P.O. Box 1204, Princeton, NJ 08542-1204.

VERMONT LABOR DAY WEEKEND.5 DAYS 4 NIGHTS \$185.00.AUG31-SEP.4.2001

NYCC member is renting a luxurious home in southern Vermont with indoor pool, suana, jacuzzi, exercise room, and outdoor tennis and volleyball courts. Organized bike rides & hikes. limited to 24 fun people. 2 to a room with private bath. contact bruce at bigbkirsch@home.com for more info



Bianchi Booth at the New York Bike Show

Photograph by David Getlen

Please read this before your first club ride

NYCC RIDES are led by volunteer leaders who plan the route and maintain the listed speed (eg. B15 = B Style / 15 mph cruising speed - see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

RIDE STYLE indicates the type of riding. See chart at right. **CRUISING SPEED** indicates the ride's speed on flat terrain. **AVERAGE RIDING SPEED** over rolling terrain is 3 mph less than cruising speed. This will vary plus or minus 1 mph, according to terrain. **OVERALL SPEED**, including all rest and food stops, is about 3 mph less than average riding speed.

SELF-TEST: Assess your personal cruising speed by riding 4 laps (24.4 miles) around Central Park at a comfortable pace and matching your time with the chart. **NOTE:** Riding fewer than 4 laps will give you a false assessment. *The northern end of the park can be dangerous; ride with other cyclists.*

YOUR FIRST NYCC RIDE: Be conservative. Choose a ride easier and shorter than you think you can ultimately handle. You won't enjoy struggling to keep up with a ride that's too fast for you, nor will the group enjoy waiting for you. It's a good idea to call the leader a day or so before the ride, and introduce yourself when signing up at the start.

BEFORE ANY RIDE: Check that your bike is in good riding condition: brakes and derailleurs working well, tires pumped to the pressure specified on the sidewall. Eat a breakfast consisting of carbohydrates and proteins.

BRING: spare tube, tire levers, patch kit, pump, water, snacks, money, medical ID, emergency phone numbers and rail pass. We also suggest that you bring a lock. Leaders may specify other items in their ride listings.

BIKE TRAINS: On Saturdays and Sundays, MetroNorth has scheduled specific trains to/from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the MetroNorth timetable. Schedules change frequently.

SCHEDULE: Here is the schedule as of February 6th, 2000. *Contact Metro North for the most current schedule:*
Bike passes are always required. There are no Bike Trains on holidays. Refer to roster for restrictions which apply at other times. If you are leading a ride and absolutely require a Bike Train at another time, you must call NYCC's Metro North liaison, George Kaplan at (212) 989-0883 well in advance to try to arrange another train for your ride. Bike passes are available at Window 27 at Grand Central or by calling (212) 499-4398 for an application.

| Riding | Description |
|----------|---|
| A | Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so. |
| B | Moderate to brisk riding with more attention to scenery. Stops every hour or so. |
| C | Leisurely to moderate riding, sightseeing and destination oriented. Stops every half-hour or so. |

| Cruising Speed | Central Park Self Test |
|----------------|------------------------|
| 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, JUNE 2

A 20 90 +/- MI 9:00 AM

Necking on Long Island

Leaders: Timothy McCarthy (718) 204-7484,

Ron Roth (212) 875-0905

From: Boathouse parking lot

OK. Fess up. What were you thinking? Naughty, naughty!! Actually, we will make a bee-line for Oyster Bay, then meander our way back through the various scenic Necks of Long Island. A deli stop in Oyster Bay will lead to a picnic lunch on the beach in Bayville. Expect some hills, though nothing too challenging, and plenty of splendid mansions with enviable water views. Rain cancels. Call if in doubt.

A19 80 MI 8:15 AM @ GCT

Croton, Yorktown Heights, North Salem, Katonah, Croton

Leader: Peter Walker (212) 831 4418, peter.walker@gs.com

From: Grand Central @ 8:49, 125th @ 9:00 to Croton Harmon.

Join us as we do a loop around upper Westchester's most beautiful roads. Single/Double paceline skills essential. Bring MetroNorth pass. Outward and return is via Metro North. As always, helmets required. The usual cancels, call the leader if in doubt.

A18+/- and B16 50 +/- MI 7:00 AM @ GCT

Northern Westchester's lakes and horse country

Leader: Colleen Kelly (914) 762-9372

From: GCT 7:18 Train to Katonah

From: Katonah RR station @ 8:51

This ride is being lead by three newly graduated Siggies...so be nice! We'll split the groups and liaison at lunch. Immerse yourselves in the beauty of Northern Westchester's lakes and horse country. There will be a few tough hills, but a great descent to finish out the day. After the ride

we'll stop in Katonah and have a rootbeer float while we wait for the train. Remember your Metro North Bike Pass. Take the 7:18 train from GCT (Harlem Line) and arrive in Katonah at 8:51. Ride will start from the RR parking lot shortly after. The return train will be at 4:27 getting everyone back to GCT by 5:33.

B16/17 60 MI 9:00 AM

West to Nyack

Leaders: David Hallerman (718) 499-4467, cycleman5@usa.net,

Eva Wirth (212) 477-9322, ewirth@yahoo.com

From: The Boathouse

Before we bop over Bradley Hill and descend into Nyack, we'll go deep into New Jersey, first West, then North, on scenic root. Good bike handling and social skills wanted. Helmet required. If rain threatens, call leaders.

B16 50 +/- MI 7:00 AM @ GCT

Northern Westchester's lakes and horse country

Leaders: Rachel Diamond (718) 515-6992 and Tonya Harroun.

From: GCT @ 7:18 Train to Katonah

From: Katonah RR station @ 8:51

See A18 ride description (above)

B14 45 MI 9:00 AM

Westchester Picnic

Leaders: Mark Gelles mgelles@okcom.net (212) 689-1375

From: 242nd Street & Broadway (1 & 9 Train's last stop)

Route is scenic hilly ramble from Van Cortland Pk. to Pocantico Hills horse country & lunch @ Kingland Pt., lots to look at! Bring something to carry lunch 2 miles from deli stop to park. The usual cancels.

B/C14 20+ MI 9:00 AM
Bronx Zoo/Bronx River Parkway - Bike Path Dedication

Lead A Ride

Pick a date, pick a pace, pick a destination, pick a route, write it all up and submit to the appropriate ride coordinator by the second Tuesday of the month before you want to lead your ride. Lead enough rides during the year and you qualify for a special prize:

5 Rides - **FREE NYCC Water Bottle**

12 more more Rides - **FREE NYCC Ride leaders Vest** (You can't buy one of these, you can only get one by leading 12 or more rides)

Ride leader incentives are given out in December. Leaders who lead 12 or more rides will receive the vest only. Leaders will only receive the vest for one year's rides.

A Ride Coordinator - Jim Galante / (212) 529-9627 / E-mail: jim@jimgalante.com

B Ride Coordinator - Anneline Dinkelman / (212) 207-8689 / E-mail: dinkelman@att.net

C Ride Coordinator - Stan Oldak / (212) 780-9950 / E-mail: stanOnyc@aol.com



Leaders: Annaline Dinkelman (212) 207-8689 and Cathy Martone (212) 979-0969

From: North side of the Boathouse parking lot

This ride is not about speed or distance. Its to show support and thanks to the City of adding another few miles of bike path. The dedication is scheduled for 11 AM, and will be held at one of two sites where the Bronx Zoo meets the Bronx River Parkway. The dedication will take about 20 minutes. Once the dedication is over, will head to City Island or Westchester for lunch and then head back to Manhattan (the Boathouse).

C13 45 MI 9:00 AM

A Bring Your Own Poem Ride To Piermont

Leader: Bernie Brandell (718) 633-1759 & mystery Leader

From: The Boathouse

A picnic at the Pier, with a panoramic view of the Hudson with it's billowing sailboats. Rain or severe winds cancels.

SUNDAY, JUNE 3

A/B/C Newcomers Ride

• New to the NYCC? • Not a member but want to find out what it's like to ride with our club? • Already a member and would like to schmooze with other cycling enthusiasts? • If you said yes to any of the above, join us for the annual Newcomers Ride.

You may choose a group with a pace and riding style that best suits you (see "before your first club ride" in our bulletin or website) for an enjoyable and safe ride. We ride for fun, fitness and food - not necessarily in that order.

The rides will explore some of the great back roads of Bergen and Rockland Counties and will rendezvous @ 1:00 PM at Pascack Brook Park to savor an outdoor lunch, swap stories and raffle several free gifts (not just club waterbottles)! We'll return home mid-afternoon.

Please make sure your bike is in good working order and remember to bring water, a spare tube, "deli" money for lunch and a helmet. 60% chance of rain or rain at start cancels.

For more details or if you have any questions, call your ride leader:

A18 65 MI 9:30 AM

Leaders: Alison and Jim Galante (212) 529 9627

From: The Boathouse parking lot

B17 65 MI 9:00 AM

Leader: Carol Waaser (212) 581-0509,

David Hallerman (718) 499-4467

From: The Boathouse parking lot

B15/16 50 MI 9:30 AM

Leaders: Linda Wintner (212) 876-2798,

Robert Dinkelman (212) 207-8689

From: The Boathouse parking lot

C14 45 MI 9:30 AM

Leaders: Maggie Clarke (212) 567-8272,

Gary McGraime (212) 877-4257

From: George Washington Bridge bus terminal, Ft. Washington & 178th St ("A" train to 175th St)

C12 40 MI 9:00 AM

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

From: The Boathouse parking lot

A19 55 MI 9:00 AM

Park Ridge

Leader: Sue Foster (212) 874-1388 Sue.Foster@dowjones.com

Co-leader : Janet Klutch (212) 724-8690 JKlutch@bethisraelny.org

From: The Boathouse

We'll breeze along this classic course to Park Ridge NJ. Good chance for us A-19 SIG grads to keep in touch with our newly-acquired pace-line skills. Lunch at the diner. Rain cancels.

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

Caumsett St Park

Leader: Ron Grossberg (718) 369-2413, Argee401@aol.com

From: Grand Army Plaza Bklyn

An 8:15 am start from Brooklyn Grand Army Plaza and 9:15am meet at Statue of Civic Virtue Queens. Picnic lunch overlooking Long Island Sound at Caumsett State Park. Buy lunch in Cold Spring harbor

B15 50 MI 9:00/9:30/10:00AM

B-Rider Hill Training Ride (Staten Island)

Leaders: Mike Kuor (212) 699-3825 x 5553, bikehikemike@bikerider.com, Bob Spieler (718) BUS-LOOP

From: Manhattan Ferry Terminal at 9:30AM or St. George Terminal (S.I.) at 10:00AM

Let's do a nice relaxing loop around the island. We'll visit the boardwalk, Fort Wadsworth, Lighthouse Hill, Mercer Complex, Clove & Silver Lake Parks. Sounds interesting? There is so much beauty all around that you won't believe your eyes. Come check out the new and improved S.I. (even Freshkills smells fresher), since NYC's only landfill is closed once & for all. We'll take the ferry across for a quick spin, quick deli stop, and a speedy return home. All B-riders/ Sig Grads (Congrats) welcomed. Helmets and pocket food rec., the usual cancels.

(Rides continued from Page 5)

Check out our fabulous web site: <http://www.nycc.org>

Check out the new NYCC Message Board: http://www.nycc.org/bb_frame.html

TUESDAY, JUNE 5

A19 **20+/- MI** **6:00 AM**
Training rides in Central Park Tuesday and Thursday mornings

Leaders: Cathy Martone (212) 979-0969 and Linda Wintner (212) 876-2798

From: 60th Street and Fifth Ave. at Park entrance at 6:00 AM or 90th Street and Fifth Ave. at 6:10 AM

We've finished the SIG but we still love to train. So, please join us for hill repeats, interval training, sprints, and laps around the park in a paceline. Rain cancels."

WEDNESDAY, JUNE 6

A21 **42 MI** **9:00 AM**
Staten Island Perimeter ride

Leader: Erik Morr (718) 966-5217 emorr@gis.net

From: S.I. Borough Hall across from the Staten Island side of the S.I. Ferry Take the S.I. Ferry from Manhattan at 8:30 AM. Rolling terrain ride along the edges of the island. Should be completed in 2 hours (no stops).

Opportunity to practice your single/double rotating paceline, top cruising speed and hill sprints on long stretches of deserted roads. All A riders/Siggies welcome. Helmets. Morning rain cancels. Call until 9:00 AM if the boat is delayed.

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

Leaders: Herb Dershowitz (212) 929-0787 and Gay Shaheen (212) 452-1784

From: the Boathouse

Job? What Job? Come join retirees, the underemployed, and those who still

play hooky. Paceline skills and a pleasant personality are a must. Quick ride to Nyack with a brief stop at the Runcible Spoon for coffee, etc.

Prompt departure from the Boathouse. Rain or forecast of rain cancels.

No cue sheets or o-drop policy, so everyone who shows up is assumed to know how to get to and from Nyack.

C 12/14 **18 MI** **7:00 PM Sharp**
Wednesday Night Stressbuster Series

Leaders: Peter Hochstein (212) 427-1041 and David Sabbarese DSabbarese@firstmanhattan.com

From: 90th Street & 5th Avenue Central Park Entrance

Reduce tension, elevate your heart rate and improve your social skills.

Sprint 3 laps around the park at your own C pace. We compress after each lap to schmooze for a few minutes and wait for the slower riders before we start again. Piazza afterwards is always a possibility. Join us solo or bring a cycling partner.

THURSDAY, JUNE 7

A19 **20+/- MI** **6:00 AM**
Training rides in Central Park Tuesday and Thursday mornings

Leaders: Cathy Martone (212) 979-0969 and Linda Wintner (212) 876-2798

From: 60th Street and Fifth Ave. at Park entrance at 6:00 AM or 90th Street and Fifth Ave. at 6:10 AM

See June 6 listing

FRIDAY, JUNE 8

B16 **50 MI** **9:15 AM**
Both sides of the Hudson

Leader: Ron Grossberg (718) 3692413, email: Argee401@aol.com

From: City Hall Park

Over the GW bridge and then along the Jersey side of the Hudson through Liberty State Park and Bayonne Bridge back vis Staten Island Ferry

SATURDAY, JUNE 9

A19 **115+ MI** **8:00 AM**
Greenwood Lake

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

From: The Boathouse

Mileage aside, this is a challenging ride as it contains several mile+ climbs. In turn you will be duly rewarded with many scenic stretches along the way. Plan on making a few quick stops in lieu of the usual lunch stop. A bike in good working order, extra pocket food and water is highly recommended. Bring a MetroNorth pass for a possible bailout in Garrison. Wet weather cancels. Rain date: Sunday (next day). Call leader if in doubt of ride/weather forecast.

A18/20 **95 MI** **8:00 AM**
Made in the Shade

Leaders: Fred Steinberg (212) 787-5204 fsteinberg@nyc.rr.com,

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

From: Boathouse parking lot

A-SIG graduates only! By now, heat and humidity won't be a novelty, but on this ride it shouldn't make too much of a difference. We'll loop Byram Lake, picnic in Mt.Kisco, hiding from the sun most of the way to the Croton Dam and the return to Tarrytown (70mi).

There's some hardpack, one long climb and many hills, most under cover. If its cool/cloudy we'll stay on paved roads.

Water stops as needed. Two (2) water bottles required.

Please be sure you have good tires on your bike.

Metro North pass just in case.

Cancel conditions: The usual.

Rain date: Sunday 6/10. Confirm w/Fred.

A17 **65 MI** **8:30 AM**
Kingsland State Park

Leaders: Bob Mirell (212) 734-6916 BobTMC@aol.com, Russ

Berman (212) 595-8834 rberman@klwhllp.com

From: The Boathouse

Let's revisit last year's "All Class" ride to Tarrytown and have a picnic.

There's a wonderful view of the Hudson and if your eyes are good enough, you can see Nyack across the river and wave to the crowds at the Runcible Spoon. Bring pocket food as it's 39 miles to lunch. 50% chance of rain cancels and if it's 85 degrees or higher we'll slow the ride. Helmet, pace line skills, a good appetite, and warm smiles required.

B17 **65 MI** **9:00 AM**
New City - Good Times & Good Earth

Leaders: Michael Sopher (212) 873-7621 Msny98@yahoo.com,

David Smith (212) 838-3709

From: The Boathouse

New City via West Nyack. A fun, relatively flat, picturesque and friendly ride up to New City. Lunch at the Good Times Diner or The Good

Earth Health Food Cafe (one of the best). Social skills, tubes, water, pocket food. Usual cancels

B16 50 MI 8:00 AM
Nyack
 Leaders: Mary Soley (212) 877-6546, mesoley@worldnet.att.net,
 Ray Lafontant (212) 877-6546, RAYMOZET@aol.com
 From: The Boathouse

Let's ride to a familiar destination with a quick stop at the Runcible and back in time to get those Saturday errands done. Helmets required. Rain cancels.

B15 45 MI 9:30 AM
Picnic in Piermont
 Leader: David Hallerman (718) 499-4467, cycleman5@usa.net,
 Wayne Write

From : The Boathouse
 Easy pace up River Road and 9W to get there. Lunch al fresco on the Pier. Helmet required. Rain cancels.

C14 50 MI 9:00 AM
Ridgewood, New Jersey and Radburn, an academic treasure from the 1920's
 Leader: Robert Gray (212) 593-0986 nyarchitect@email.msn.com
 From: The Boathouse

Englewood, Haworth, Oradel, Ridgewood and more of the older and near New Jersey suburbs on the way back. A quick look at Radburn, the famous greenway planned community. Only two notable hills, the climb to the GW bridge through upper Manhattan and the palisades on the way back to the bridge. The terrain is somewhat rolling, a little more so than the typical trip to the north toward Piermont. Lunch in Ridgewood at the halfway point. Please expect to keep moving at the rated pace, bring an extra tube, 2 water bottles, and expect to be back by about 3 PM. Email me and I will send you the route and short articles about Radburn. Strong forecast for rain cancels.

SUNDAY, JUNE 10

A17/18 50 MI 8:30 AM
Piermont Back by 12:00
 Leader: Greg Bonsignore (212) 945 0655 or gbthdg@earthlink.net
 From: The Boathouse

Are you like me? Think you're tough, but your not. Then join me, and someother big sissies, for a hilly spin up to Piermont. On the way up we willtake River Road to 9w, always an exhilarating cardio experience. After a short stop in town we will head back via 9w. Yup - that means State Line. Expect to hold a relative pace. Excellent Paceline and social skills required. Rain, or possibility of rain at 7AM, cancels.

A19 65 MI 10:00 AM
Nyack
 Leader: Doug Paren (718) 858-8046 dparent@mba1997.hbs.edu,
 Kal Bittianda (718) 858-8046 kbittianda@mba1997.hbs.edu
 From: NY Side of GWB

We will head up to Nyack via River Road and Piermont, with lunch at the Runcible and a visit to Piermont Bike Shop. The usual cancels.

B15/16 50+MI 9:30 AM
Beauty and the Bronx
 Leader: Julia Lobbia (212) 334-9230
 From: The Boathouse

Well go through some industrial neighborhoods along Bruckner boulevard and Hunt's point, then to waterfront paths in Soundview, through Pelham Bay, up to City Island (lunch stop) and Orchard Beach, and end with a trek on Shore Road. Some of it is on-road, some on a bike path. All is paved. People can ride back or catch the #6 subway at Pelham Bay Park. MUST HAVE SPARE AND PATCH since this is an urban ride.

B15 Flat/Rolling 50 Mi +/-MI 9:00 AM
Darien to Bethel
 Leader: John Zap Day (212) 219-3339, Eve (203) 972-9339
 From : Meet at Grand Central Station for the 9:07 AM New Haven train to Darien

Leader will meet group at Darien Train Station arrive 9:59 AM Beautiful ride through backwoods of Darien, Silvermine, Wilton, Georgetown and Redding to Bethel. I'll take one of the flattest ways up to Bethel then a return down through Poverty Hollow (Blooming Metric County) for return from Westport. 3:35 pm or 4:35 pm train depending of finish time.

B14/16 60 + MI 9:00 AM
Bear Mountain

Leaders: Hindy and Irving Schachter (212) 758 5738
 From: First Avenue and E. 64 St., NW corner

We are going to visit a bear. The group heads over the George Washington bridge to Bergen and Rockland County. Midway to our destination, the group splits in two. A slower subgroup heads through Haverstraw and points north to count the bear's toes. A faster subgroup gets to tickle the bear's nose. Everyone returns from Garrison. MetroNorth pass required. Rain cancels.

C12 20 MI 12:45 PM
Brooklyn Queens Mosaic
 Leader: Terry Chin (718) 680-5227

From: 60th St. & 1st Ave/ Food Emporium

From borscht to arroz con pollo, we'll tour some interesting neighborhoods: L.I.C., Greenpoint, Williamsburg, Fort Greene, the waterfront and Brooklyn Heights. Mostly flat with a few steep hills. This tour ends with lunch on the Brooklyn Promenade, several blocks from the Brooklyn Bridge. Co-led with the 5BBC. Bring lock, lunch or \$ for it. Helmets are required. Rain cancels.

TUESDAY, JUNE 12

A19 20+/- MI 6:00 AM
Training rides in Central Park Tuesday and Thursday mornings

Leaders: Cathy Martone (212) 979-0969 and
 Linda Wintner (212) 876-2798

From: 60th Street and Fifth Ave. at Park entrance at 6:00 AM or 90th Street and Fifth Ave. at 6:10 AM

See June 6 listing

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**Order from - Geo. Carl Kaplan
 18 West 16th Street, New York, NY 10011**

(Continued from Page 7)

WEDNESDAY, JUNE 13

A21 42 MI 9:00 AM
Staten Island Perimeter ride
 Leader: Erik Morr (718)966-5217 emorr@gis.net
 From: S.I. Borough Hall across from the Staten Island side of the S.I. Ferry
 see June 6 listing

A19 55 MI 10:00 AM
Nyack
 Leaders: Herb Dershowitz (212) 929-0787 and Gay Shaheen (212) 452-1784
 From: the Boathouse
 See June 6 listing

C 12/14 18 MI 7:00 PM Sharp
Wednesday Night Stressbuster Series
 Leaders: Peter Hochstein (212) 427-1041 and David Sabbarese DSabbarese@firstmanhattan.com
 From: 90th Street & 5th Avenue Central Park Entrance
 See June 6 description

THURSDAY, JUNE 14

A19 20+/- MI 6:00 AM
Training rides in Central Park Tuesday and Thursday mornings
 Leaders: Cathy Martone (212) 979-0969 and Linda Wintner (212) 876-2798
 From: 60th Street and Fifth Ave. at Park entrance at 6:00 AM or 90th Street and Fifth Ave. at 6:10 AM
 See June 6 listing

FRIDAY, JUNE 15

B16 50 MI 9:15 AM
Long Beach
 Leader: Ron Grossberg (718) 369-2413, email: Argee401@aol.com
 From: City Hall Park
 Picnic lunch on the Boardwalk in Long Beach

SATURDAY, JUNE 16

A20 125 MI 7:00 AM
Montauk
 Leader: Lawrence Ksiez (718) 478-0644 atlasml@yahoo.com
 From: Boathouse and other
 This is my yearly (bi, tri, quad, etc. etc) trip to Montauk. We'll leave early from the boathouse and pick up anyone who is in Queens at Yellowstone and Queens Blvd. at 7:30 AM. Then it's off to Suffolk County and all it's long flat roads. I may throw in Dix Hills just to get some climbing in, depends on the time.
 Downpour cancels, call leader if anything else happens. **LIRR train pass required** (and \$10.25 for the fare). Bring pocket food, two water bottles and helmets.

A19 65 +/-MI 9:00 AM
A Reservoir, Rollers, and a Dog!?!?! - Briarcliff Manor
 Leaders: Brian Kirk (212) 396-0299
 bwk2001@med.cornell.edu, Brian Cameron (212) 446-4997
 From: The Boathouse
 Description: Feel like liquid sunshine as we spin over rollers and take in the surroundings of scenic Westchester County. On the way out we'll pass through Sleepy Hollow and break for eats in Briarcliff. On the return we'll cohort with the Secret Service in Chappaqua and reflect upon the experience with a luxurious ride by Kensico Reservoir. And best of all, the climb up Whipporwill will be rewarded with a descent more euphoric than a dog sticking its head out the window of a moving car. Bring: some pocket food, two bottles of water (it's hot now), spare tubes, of course a helmet, and friends. Rain cancels, call if in doubt.

B15/16 65-/+ MI 9:05 AM
Ridgewood +
 Leader: Charles Lam (212) 875-8572: cl289@columbia.edu
 From: Eleanor Roosevelt Statue at w. 72nd & Riverside Dr.
 A moderately paced ride through beautiful Bergen County on a nyarchitect route. Lunch stop in Ridgewood, a few climbs and a quick stop before return on 501. Bring good cheers and whatever else you need to ride 65 miles safely.

B15 Rolling/Hilly 50 Mi 9:00 AM
New Canaan Round-about to Ridgefield
 Leader: John Zap Day 212-219-3339, Eve 203-972-9339
 From : Meet at Grand Central Station for the 9:07 AM New Haven train to Darien.
 Leader will meet group at Darien Train Station arrive 09:59AM
 Beautiful ride through back roads of Darien, Silvermine, Wilton, Ridgefield, Pound Ridge, and Stamford. Lunch in Ridgefield. Return from Darien approx. 3:45pm or 4:45pm train depending of finish time.

C13 34/56/65 MI 7:40 AM
IT SURE FEELS LIKE A CENTURY
 Leaders: Marilyn and Ken Weissman (212) 222-5527
 From: GCT Info Booth for 8:07 Bike Train to Noroton Heights.
 An almost totally-tree-shaded "SEE" route, winding through Darien, New Canaan, Pound Ridge, Bedford, Katonah, Kitchawan, Yorktown Heights, Teatown, Ossining and Briarcliffe Manor to a Metro North return from Tarrytown. With over 70 turns (cue sheet provided,) this is one of NYCC's most scenic rides. There are 6-7 miles of hardpacked-dirt road, but fat tires are not needed. Visit the Nature Conservancy's first-ever property in the Mianus River George—refill your water bottle from a hand pump—as well as glide serenely along the Cross River and Croton Reservoirs on virtually-car-free fishing-access lanes. Late lunch and 34-mi return from Katonah: 56-mi return from Ossining. As the route passes very few stores; bring snacks. Helmets and Metro North passes required.

SUNDAY, JUNE 17

Everyone, come out for one of the prettiest routes in Westchester. It's the ALL CLASS ride to the Kensico Dam.....Wow!!!

Ride wooded back roads, pass hidden estates and lavishly landscaped corporate headquarters, cycle over the dam and enter the beautiful Kensico reservoir to rendezvous with the other groups @ 1:30 PM. Enjoy an outdoor lunch, socialize and receive raffles for free prizes.

Be sure to bring your Metro North bike pass for a bail out option or emergency. 60% chance of rain or rain at start cancels.

The following groups are:

A19 65 MI 9:00 AM
Leaders: Joe Kissner (212) 663 4806 silverwhiting7@hotmail.com
From: The Boathouse parking lot

A18 50 miles 9:30AM
Leader: Evan Marks (212) 737-7501 (prcrstn8@earthlink.net)
From: The Boathouse parking lot
 NO COASTING. Fixed Gear ride to the all-class picnic at Kensico Dam. Dust off your old single speeds, oil up your creaky old knees, leave your HRM's and cyclocomputers at home - back to basics. We'll try to find the flattest route in Westchester. Helmets required, woolies optional, multi-geared bikes permitted but may be looked down upon

B17 65 MI 8:30 AM
Leaders: Linda Wintner (212) 876-2798,
 Robert Dinkelman (212) 207-8689
From: The Boathouse parking lot

B15/16 55 MI 9:00 AM
Leaders: Laurie Nisco (212) 961-1129, Stan Oldak (212) 780-9950
From: The Boathouse parking lot

C14 52 MI 9:00 AM
Leader: Maggie Clarke mclarke@shiva.hunter.cuny.edu
 (212) 567-8272
From: 2 meeting points: Leave 9:30 am Broadway and Isham Park benches in upper Manhattan (1.5 blocks north of 207th St on Broadway — take "A" train to its northern terminus at 207th St, exit and walk north); Leave 10:00 am Jerome Ave and Bainbridge in the Bronx (benches just north of "4" train, northern Terminus at Woodlawn).

TUESDAY, JUNE 19

A19 20+/- MI 6:00 AM
Training rides in Central Park Tuesday and Thursday mornings
Leaders: Cathy Martone (212) 979-0969 and
 Linda Wintner (212) 876-2798
From: 60th Street and Fifth Ave. at Park entrance at 6:00 AM or 90th Street and Fifth Ave. at 6:10 AM
 See June 6 listing

WEDNESDAY, JUNE 20

A21 42 MI 9:00 AM
Staten Island Perimeter ride
Leader: Erik Morr (718)966-5217 emorr@gis.net
From: S.I. Borough Hall across from the Staten Island side of the S.I. Ferry
 see June 6 listing

A19 55MI 10AM

Nyack

Leaders: Herb Dershowitz (212) 929-0787
From: The Boathouse
 See June 6 listing

C 12/14 18 MI 7:00 PM Sharp
Wednesday Night Stressbuster Series
Leaders: Peter Hochstein (212) 427-1041 and David Sabbarese
 DSabbarese@firstmanhattan.com
From: 90th Street & 5th Avenue Central Park Entrance
 See June 6 description

THURSDAY, JUNE 21

A19 20+/- MI 6:00 AM
Training rides in Central Park Tuesday and Thursday mornings
Leaders: Cathy Martone (212) 979-0969 and
 Linda Wintner (212) 876-2798
From: 60th Street and Fifth Ave. at Park entrance at 6:00 AM or 90th Street and Fifth Ave. at 6:10 AM
 See June 6 listing

SATURDAY, JUNE 23

A-20 82 /90MI 8:30 /9:30 AM
YORKTOWN HEIGHTS REVISITED!
Leaders: Spencer Koromilas (867) 8678, (646) 522-3559,
 John Vazquez 544-9450
From: the Central Park Boathouse @ 8:30 AM
 or from Broadway and 215th Street @ 9:30 AM
 The SIG is finally over, and John is back in the saddle . . . therefore it's time to do our "Heights" ride; up Broadway where we will pick up all the donut eaters, then up route 9 to Tarrytown for a water/restroom stop (23 miles). Then into Sleepy Hollow, the Croton Dam, and lunch in Yorktown Heights. Return for 7 miles on the rails-to-trails bike path, then Hardscrabble to Pleasantville, then the Sprains to the Bronx. Subway return (4/5) from Bedford Park and the Grand Concourse; optional 8 miles back into the city for those interested. Required: Smooth and predictable cycling skills. Single and double pace line skills. Helmets. Cancels: call leaders half hour before start time.

A 19/20 75 +/- 7:30 am SHARP @ GCT
Bedford & Beyond #2

Leader: Seth Prince (718) 422-0085 or birdrider@mindspring.com
From: G.C.T. to catch the 7:40 train to Mamaroneck (Please bring bike pass).

Tired of doing the same old rte 9w to Nyack? Are you craving rolling, tree-lined country roads? Want to go somewhere you've never been before? Then join me on my old (pedal) stomping grounds of upper Westchester Cnty. This ride will be somewhat reminiscent of B&B #1. No formal lunch stop; delis, cafes as needed, maybe casual picnic in Ward Pound Ridge (bring pocket food). Single and double pace-line skills highly recommended, helmets (and if the pool is open, bathing suit) required. Rain Cancels (if in doubt call the evening before).

Ride Safely! Wear Your Helmet!
Carry A Spare Tube!
Obey the Road Rules!

(Rides Continued on Page 10)

(Rides Continued from Page 9)

A 19 100+MI 7:30 AM @ GCT**Garrison - Port Jerivs - Beacon****Leader: Hank Schiffman (212) 529-9082 schiffhank@aol.com****From: Grand Central Station Train leaves at 7:49**

Vertical and mileage, train to train. No easy bailout on this route. 7 Lakes Dr, Hogback, Mt Peter, Warwick, Sarah Wells Trail. MetroNorth Passes, paceline skills, helmets, waterbottles, spare tubes, intact tires. Forecast of consistent rain cancels.

A19 65 MI 9:00 AM**Nyack and the Lakes Birthday Ride****Leader: Marcy Bloomstein Marcy.Bloomstein@djknight.com****212 243 0911****Co leaders Simon Nadulek 685-5797 and Maryanne Cotter****From The Boathouse**

Come celebrate w/Simon and have a B'day muffin at the Spoon. Good conversation, good attitude and pace line skills required.

A19 50 MI 7:15 AM @ GCT**Chappaqua and points North****Leader: Colleen Kelly (914) 762-9372 McG00fy@yahoo.com****From: Grand Central Terminal**

This is an open invitation to all the new A19 siggies to join me on a ride 'round Northern Westchester - my stomping grounds. The traffic is minimal and the scenery is spectacular. We'll have enough time to stop for ice cream in town Chappaqua before your train ride home. Dont forget your Metro North pass. Take the 7:48 train out of GCT (Harlem Line) to, Chappaqua at 8:39. We'll meet in the parking lot. The return train is at 3:40 arriving at GCT at 4:33.

SATURDAY, JUNE 23**B18 75+/- MI 9:00 AM****Armonk/Kensico Reservoir****Leaders: Wayne Wright (212) 873-7103 writewayne@aol.com,****Steve Sears (212) 987 6127 production@monacellipress.com**

A classic Westchester ride with nice scenery, some hill climbing, and who knows - perhaps a quick stop to visit Bill and Hillary as we pass thru Chappaqua on the way home. Rain at start cancels. Helmets please. Bring Metro North pass; there are several bail-out options if necessary.

B17 65 MI 9:00 AM**New City - Good Times & Good Earth****Leader: Michael Sopher (212)-873-7621, Msny98@yahoo.com****From: The Boathouse**

A new route to New City on some of the backroads of my youth. Few hills on the way out. Helmets, tubes, good stories, water and pocket food required. Rain at 8:00AM or serious chances cancels

B16 65+MI 7:45 AM**Scenic Connecticut****Leaders: John Eichholz (212) 640-7398 (24/7) and****Linda Wintner (212) 876-2798.****From: Grand Central Station**

Join us on what will be a terrific ride through beautiful, somewhat hilly Connecticut. We'll be following the Blooming Metric route, which goes past some bucolic streams, forests, and charming towns and then picnicking next to the Dodington Market (deli) in Newton. Meet us at the information booth at 7:45 at Grand Central Terminal for the 8:07 bike train to Westport, CT. Bring a Metro-North train pass, two water bottles, and pocket food. The fun starts as soon as the train departs from the sta-

tion! Starting at 9pm Friday night, John will leave an outgoing message on his voice mail with the latest and greatest update, so be sure to call to confirm.

B15 Flat 50 MI 9:00 AM**CT Gold Coast Ride Upper Section****Leader: John Zap Day 212-219-3339, Eve 203-972-9339****From : Meet at Grand Central Station for the 9:07 AM New Haven train to Fairfield. Leader will meet group at Darien Train Station arrive 10:17AM**

A leisurely scenic ride along Fairfield County's coastline from Fairfield to New Haven. Last month we did the lower half, this month the upper and next month the entire 73 miles from Darien to New Haven.

Ride will travel through Bridgeport's Captain's Cove, Lordship, Millford and up to New Haven. There is a big culture fest happening in New Haven Check it out (www.artidea.org) for events. Return from New Haven approx. 3:55pm, 4:55pm depending on finish time or later if you want to enjoy the festival.

C14 50MI 9:00 AM**Oyster Bay****Leader: Scott Wasserman (914) 723-6607 bicyclelife@cs.com****From: Statue of Civic Virtue**

Always my favorite place to lead a ride, where we eat in the park on the water and if you feel adventurous you can take a dip in the water at the beach. There's also a train station next to the park if your energy level isn't up to the return ride. Substantial rain cancels.

SUNDAY, JUNE 24**A19 75 MI 9:00 AM****EATON'S NECK SUNBATHE AND SWIM****Leaders: Marie Christine Bellon-Manzi (tel: 662-0120)****Spencer Koromilas (tel: 867-8678 / 646-522-3559)****From: The Statue of Civic Virtue (Union Turnpike & Queens Blvd.)**

Recovery ride to a lovely beach on the Long Island Sound!!! We will ride from the Statue to avoid the Queens Boulevard potholes! Traditional North Shore route; LIE service road to Wheatley, to the beach where we will lunch and bathe in the Sound. Warning: no nude bathing permitted; so BRING YOUR BATHING SUITS
Subway return (F) from Jamaica, Queens. We expect to spend about 2-3 hours on the beach!!! Required: Smooth cycling skills. Single and double pace line skills. Helmets. SUN SHINE!Cancels: call leaders half hour before start time.

A19 75 MI 9:00 AM**Armonk****Leader: Tom Laskey (212) 961-1610 tomoboe@mindspring.com****From: The Boathouse**

The Spring Classic, a few days late. Urban cycling pleasures abound to White Plains, After that - trees, reservoirs and everyone's favorite Westchester Hill that runs through a Golf Course off of Rt. 120: Whipoorwill Rd! Lunch at Schreiber's and then the direct route home. Helmets required, two water bottles, pocket food and metro-north pass suggested. Rain at start cancels.

**Ride Safely! Wear A Helmet!
Obey the Road Rules!**

A19 45 MI 9:00/9:30/10:00AM**A-Rider Supplemental Hill Training (Staten Island)**

Leader: Mike Kuor (212)699-3825 x 5553 or

bikehikemike@bikerider.com

From: The Boathouse at 9:00AM SHARP!

Manhattan Ferry Terminal at 9:30AM or St. George Terminal (S.I.) at 10:00AM This ride is for all you animals who didn't get enough vertical mileage on Saturday. We'll offer guidance to help improve your climbing skills and

strength. Scenic hills o' plenty with gradients ranging from 4% to 16%, who needs Westchester?

We'll take the ferry across for a quick climb, quick deli stop, and a speedy return home. Warning: This

ride includes rolling hills and several steep climbs, please select proper gearing. Don't Miss This One! All A-riders/ Sig Grads (Congrats) welcomed. Helmets and pocket food rec., the usual cancels.

B18 55 MI 8:40 AM**Piermont, NY**

Leaders: Jeff Terosky (212) 956-6732, Jeff@psualum.com and

Brian Cameron, brian_cameron@ny.kirkland.com

From: Boathouse Parking Area

We're planning the classic Piermont ride route - going via 9W, and returning via 501 (no State Line hills!). Be sure to bring your helmet, 2 water bottles, and cash for lunch - to be eaten at the waterfront gazebo in

Piermont. Cue sheets will be provided. Rain cancels.

B/C15 55 MI 9:00 AM**Silver Lake**

Leader: Dick Goldberg (212) 874-2008

From: The Boathouse

Picnic by the lake, some pretty roads, some hills and the ride back is shorter than the ride there...some fun!

C13 53 MI 9:15 AM**Nyack Beach State Park**

Leader: Peter Hochstein (212) 427-1041

From: The Boathouse Perimeter Fence

This is a long, but beautiful C-ride, ending in a picnic at a rustic river-edge park in Nyack. Yes, a few hills. Yes, you'll have to carry lunch a mile, part of it on a dirt path. Worth it, absolutely, positively worth it, for the woods, views, and charm. C-13 up. Somewhat slower pace back.

Return across the GW bridge, blissed out, by about 4:30 p.m.

TUESDAY, JUNE 26**A19 20+/- MI 6:00 AM****Training rides in Central Park Tuesday and Thursday mornings**

Leaders: Cathy Martone (212) 979-0969 and

Linda Wintner (212) 876-2798

From: 60th Street and Fifth Ave. at Park entrance at 6:00 AM or 90th Street and Fifth Ave. at 6:10 AM

See June 6 listing

WEDNESDAY, JUNE 27**A21 42 MI 9:00 AM****Staten Island Perimeter ride**

Leader: Erik Morr (718)966-5217 emorr@gis.net

From: S.I. Borough Hall across from the Staten Island side of the S.I. Ferry

see June 6 listing

<http://www.nycc.org>

A19 55 MI**Nyack**

Leaders: Herb Dershowitz (212) 929-0787 and

Gay Shaheen (212) 452-1784

From: the Boathouse

see June 6 listing

C 12/14 18 MI 7:00 PM Sharp**Wednesday Night Stressbuster Series**

Leaders: Peter Hochstein (212) 427-1041 and David Sabbarese

DSabbarese@firstmanhattan.com

From: 90th Street & 5th Avenue Central Park Entrance

See June 6 description

THURSDAY, JUNE 28**A19 20+/- MI 6:00 AM****Training rides in Central Park Tuesday and Thursday mornings**

Leaders: Cathy Martone (212) 979-0969 and

Linda Wintner (212) 876-2798

From: 60th Street and Fifth Ave. at Park entrance at 6:00 AM or 90th Street and Fifth Ave. at 6:10 AM

See June 6 listing

SATURDAY, JUNE 30**A20 79 MI 9:00 AM****Picnic Dinner Ride**

Leader 1: Christy Guzzetta (212) 595-3674 (212) 799-8293

Christy.Guzzetta@GESServices.com

Leader 2: Jody Saylor (212) 595-3674 (212) 799-8293

JSaylor@aol.com

From: The Boathouse parking lot

Description: It's a long 39 miles along Strawtown, up Little Tor to breakfast at the Mt. Ivy diner. Back along West Saddle River road to The Hill in Central Park. After the hill, go home, clean up, and return for a lovely picnic dinner in the Park. You must (1) come on the ride, (2) meet us on The Hill after the ride or (3) call one of the leaders before hand in order to come to the picnic. All are welcome. It's pot luck, the leaders will make suggestions on what to bring. Sounds like fun, hope you can make it. Non-picnic weather cancels.

A18/20 90+/- MI 7:30 AM @ GCT**Holiday on Ice (Caves)**

Leaders: Fred Steinberg 212 787-5204 fsteinberg@nyc.rr.com, Hank Schiffman (212) 529-9082 schiffhank@aol.com

From: Grand Central Terminal -buy a Metro North pass if you don't have one

A-SIG graduates only! No July 4th weekend this year? Here's a day trip with weekend's worth of climbing as compensation. We'll take the 7:49am Bike Train to Poughkeepsie (arr 9:43), cross the Hudson and make a roller coaster tour of the Shwanguks: Minnewaska, Cragmere/Ice caves and Mohonk, (not necessarily in that order), returning to Poughkeepsie via New Paltz. Be warned, there might be some hard pack, but it's worth it. There are few delis for water/food stops, bring at least two (2) water bottles and pocket food. Please be sure you have good tires on your bike. Cancel conditions: threatening weather forecast for Mid- Hudson Valley. Please confirm participation w/Fred, either day. Rain date: Sunday 7/1.

(Rides Continued on Page 13)

My First Bike Crash

By Carol A. Wood

Saturday, March 24, 2001

A training ride in New Jersey with the New York Cycle Club. We're just starting to ride in a close-together paceline formation on busy Route 9W, when the line slows suddenly. The guy in front of me says "slowing" but it's too late. My front tire hits his several times before I fall to the left. My head and brow hit the pavement, eyeglasses scatter, and I'm lying in the traffic lane.

But not for nothing do we have preservation instincts: A genie inhabiting my body instantaneously frees my feet from the clipless pedals, pulls me upright, and pushes me and my bike to the side of the road. Where I lean against the rail and prepare to faint.

As I head for the ground, the good Dr. Ed Fishkin appears as if in a dream. He is holding my hand, for comfort I think, though he's really checking my pulse. I'm on my back and road dirt is whipping all around. A bunch of people are hovering about and I sense they know what they're doing (the advantage of riding with a club). A first aid kit is brought out and Ed is cleaning my bloody forehead, I lie there passively and let everyone take care of me, loving them all. I am cold and shaky but bathed in good feelings.

I try to remove my helmet, but Ed stops me. He runs his hand along the back of my neck and asks if it hurts; no, fortunately. Then he asks me what day it is and if I know what was the latest bill that George Bush tried to pass. I ask if he means the tax cut or the rollback in arsenic regulations. A Samaritan in a minivan stops and offers to drive me home. Someone finds the various parts of my glasses and puts them in my Camelbak. Four cops arrive and ask if I was hit by a car. They pull out a first aid kit and offer to take me to a hospital. I just want to go home.

The cyclist in front of me asks if I'm all right and says he's sorry. I told him it's not his fault. "But I feel bad," he said. "Not as bad as I do," I replied. He laughed.

The Samaritan, Craig, with his three-year-old daughter Emma, and one of the ride leaders, Greg, drive me home where I am safe and sound. Though I won't get to ride again for a few days, I'll start thinking about what style of eyeglasses to get next. And I get to see how I look with a prominent brow.

Another cranium saved by the helmet.



Volunteers Needed

Volunteers from NYCC are needed to man our table at the Wheel Fun Challenge at Central Park, Saturday, June 9, 2001, 11 AM to 4 PM. The NYCC is manning a table - one of five - on the park drive at 110th Street and Lenox Ave. We need people who will inspect bikes and make MINOR repairs.

Those with major problems will be referred to a bike shop. The people participating in the Wheel Fun Challenge will also visit four other tables throughout the park, and those who visit all five tables will be eligible for prizes. Other tables in the park will deal with safety, cooperation, etc.

Please have volunteers call me -
 Geo Carl Kaplan
 (212) 989 0883
 geocarl@juno.com

Wheel Fun Safety Challenge

Saturday
June 9 - 11 AM to 4 PM
 (rain date -Saturday / June 16)

**Qualify for a raffle of Bikes
and other prizes.**

**Visit the information tables of
various NYC safety groups around
the park. Get your "Passport"
stamped. Raffle to be held at
102nd Street and Park Drive at
3:45 PM**

Show up for Safety Day

(Rides Continued from Page 11)

B15 50 MI 9:00 AM**“Ling Yang”**

Leaders: Mark Gelles (mgelles@okcom.net) (212) 689 1375 & Bernie Brandell (718) 633 1759

From: The Boathouse

We will take the esoteric route in search of primordial forests and WWII submarines? Spin through Jersey burbs, onto Tallman bike path (dirt), meandering south to picnic lunch stop @ USS Ling SS 297 (www.njnm.com). Tour the ship, AHOOGA, AHOOGA surface for home. Official end of ride is the Manhattan side of GWB. Bring pocket food (late lunch @ 40 miles), a few bucks for lunch /optional sub tour, & a smile. The usual cancels.

B/C14.5 35 MI 10/11:00 AM
4th MERMAID PARADE RIDE**Leader:** Ludwig Vogel (212) 838-0852 or ludwig@bway.net

From: The subway elevator between City Hall and the Brooklyn Bridge bikeway at 10:00 AM. In front of the Picnic House in Prospect Park at 11:00 AM.

Travel through Brooklyn's parks and shady streets to the green waterside south of the harbor and on to pizza on Coney Island. Feel free to return home early if you must, but I intend to stay and watch the Mermaid Parade, which steps off at 2:00 PM from the new stadium by the Parachute. Visit www.coneyisland.com/mermaid.shtml for more information on this jollification of transcendental silliness. Swimsuits optional. Bring lock, towel and sense of humor.

C14 35 MI 9:30 AM**Central Park to Propect Park****Leader:** Robert Gray (212) 593-0986 nyarchitect@email.msn.com**From:** The Boathouse

Cross the river twice and explore Manhattan's other island, Queens and Brooklyn. Rich and poor, industrial and residential, low and high, new and old, banal and historic. Roosevelt Island, Long Island City, Gantry Park, Green point, Williamsburg, Fort Greene, Prospect Park, Park slope, Carroll Gardens, Brooklyn Heights, Brooklyn Bridge, return up East side to start. A few hills and two large bridges with bike paths. Stops for refreshments as required and for a modest deli lunch in Carroll Gardens. Not really a leisurely ride, we do some climbing and keep moving at the rated pace. Rain cancels. Email me and I will send you the route.

SUNDAY, JULY 1**A18** 60+ MI 9:00 AM**North Bergen Express****Leader:** Robert Gray (212) 593-0986 nyarchitect@email.msn.com**From:** The Boathouse

A disciplined pace A ride around Bergen county starting in Englewood and continuing west through some of Bergen's best burbs to Ridgewood for a break, up the Saddle River north to Upper Saddle River, east to Montvale, down south to River Vale, The Tappans, and then a group decision to return on 9W or one of the lower routes. A lot of scenic roads with a consistent 18 pace. Just right for new A riders and those recovering from that gung-ho ride yesterday. Cooperative paceline skills required and we will not ride if it rains.

C14 50 MI 9:30 AM**The Easy Way to Oyster Bay**

Leader: Maggie Clarke mclarke@shiva.hunter.cuny.edu (212-567-8272)

From: Statue of Civic Virtue — “E” or “F” to Union Turnpike station in Queens, exit at northeastern end of station (forward left heading out of Manhattan).

This ride leaves from Queens to save us lots of ugly miles on Queens Blvd. It takes us on bike paths and trails through the woods out to the terminal moraines of northern Nassau County and past the lovely homes and woodlands that are still plentiful along our route. We will picnic on the seawall looking out over the wide, sheltered harbor and marina of Oyster Bay. We'll take the easy way back (avoiding some of the killer hills in the area). Be sure to bring your Metro North - LIRR bike pass for emergencies, or in case we want to explore the Oyster Bay area and take the train back. Helmets are required. Cancellation condition: 60% chance of rain or rain at start cancels.

WEDNESDAY, JULY 4**C12** 25/30 MI 8:15 AM**Wheels of Industry Tour**

Leaders: Alfredo Garcia (212) 802-2441, Carol Wood (212) 683-0070, with special guests David Poleshuck & Denton Taylor (718) 788-5922.

From: South Ferry, vehicle entrance (near 1/9 train)

Got an industrial complex? Then this ride's for you! Come pay homage to past and present palaces of labor that made our country strong and our landfills overflow. Staten Island stops include Port Ivory (where P&G once made its famous soap), various brownfields (such as George W. Bush envisions as sites of future economic growth), and the Fresh Kills landfill (whose regal hillsides will be ceremoniously decommissioned on this very patriotic day). We'll then roll into the (cough!) Garden State to ogle yet more earthly splendors, including Port Elizabeth and other marine terminals. Our mostly flat tour will end with a visit to working factory in Chelsea, courtesy proprietor Denton Taylor. Please pack a lunch and water bottle, sunglasses, and sunscreen. Bring \$3.00 for NYC return via NY Waterways. Helmets, required, radiation suit recommended. Colisted with 5BBC. Wet weather at the start cancels.



Jamies Bicycle Booth at The New York Bicycle Show
Photograph by David Getlen

Ride Safely! Obey the Road Rules!

mWe don't know about you, but we were raised on Nancy Drew and 007, not to mention Maxwell Smart (for vanity's sake, we won't say whether first-runs or on Nickelodeon). We love hiding in closets and whispering into phones, scribbling secret messages on chemically treated paper with invisible ink. We thought everyone loved being a spy. Or maybe everyone just loves a spy? Well, either way, we could use a whole lot more sleuthing around her and a whole lot less slothing when it comes to getting the scoop. We can't be everywhere! Sooooo, get to work. You've got our address. And maybe John Le Carré'll even write a best-seller about ya. We promise to lobby for your presidential pardon if necessary.

NOT LIKE CLOCKWORK Seems that on the April 28 A-19 SIG ride to South Mountain Road

there was (as there always is, always will be) some dispute about which route to take – and, imagine, neither **Fred Steinberg** nor **Jeff Vogel** were involved. **Spencer Koromilas** (Did you miss him?) favors going clockwise, that is *down* South Mountain (obviously, one broken collarbone from a fast descent last summer, on a Connecticut road, just isn't enough for him, or maybe he's saving his knees – but for what, we wonder?), and he'd convinced Captain **Ed Fishkin** and fellow leader **Reem Jishi** of the wisdom of his ways. But it seems that other leaders had the other idea about which way was best. So wha' happened? Half the A-19 Siggies went one way, half the other. Hey, leaders, what example are you setting?

AMERICA THE BEAUTIFUL Consummate A-SIG leader and nutrition goddess **Rita Tellerman** decided SIG rides were too short and too infrequent – she just wasn't racking up enough mileage. So at the end of April, she flew out to Irvine, Calif., to meet up with a bunch of like-minded folks, and by the time you read this she will have traversed the country, 100-mile day (with a 146-miler to Albuquerque) at a time, in 29 days! Rita got herself in such amazing shape (she even broke down and got an indoor trainer when winter seemed as if it would never end) that we know the mileage won't be such a challenge. What will be a challenge is having to find healthful veggie fare in the Dennys and Sizzlers along the way. Oh, yeah, and then there's the matter of whose going to fix her flats since she left bike mate and flat-fixer-extraordinaire **Christy Guzzetta** (who continues to give fellow SIG leader **Diane Kee** the big-tongue treatment) at home with his wife **Jody Saylor** (Yes, she knows).

A RIDE TO THE DEATH Speaking of challenges, the A-SIG Classic went so swimmingly this year, there weren't enough near-death experiences for one Siggie. **Chris Shaw**, who is reputed to have been a holy terror and the hands-down best climber this year, is going to do this year's Death Ride on July 14 in Markleeville, Calif. (just a hop, skip and a jump south of Lake Tahoe). The 129-mile endurance event includes (getting up very early in the morning and) five mountain passes, with "16,000 feet of lung busting climbing," according to its Web site (check it out at www.deathride.com). SIG leader and veteran Death Rider **Timothy McCarthy** is initiating his pal **Ron Roth** (a graduate of the A-SIG Classic 2001), and **Jack Lehnert** will test himself with some friends in tow (or maybe he'll be in tow). O.K., guys, you know where to send your scoop as soon as you get back!

IRV WOULD'VE BEEN WAY OVERWHELMED By the response to this year's C-SIG. By early May, there were two solid contingents riding at C13 and C15, which was great considering that there'd only been three rides by then thanks to inhospitable weather. Skills drills had covered sustained hand signalling and turning, figure eights, U-turns and looking back. The "rock dodge" was still to come. (Hey, we just learned how to bunny hop, sort of!) The 55 riders have whittled themselves down to 27, and the Caribbean and the Mediterranean C's are now one sea; the Baltics remain very Baltic. ... The Cherry Blossom ride on Sunday, April 15, to Little Falls was a success despite the summerish temps. The second round of blossoms, from the later-blooming Kwanzaa cherries, were in full bloom, and the Little Falls were falling. ... So far, nine of this year's C-



Siggies are planning to do the Memorial Day Berkshires tour – 40 miles up and back with 35- and 50-mile rides up there. The more the merrier is what we say!

THE BIG BOOSTER Back in the fall, **Steve Tublin** was shopping for a bike to replace the one he'd crashed, and he decided on a Calfee but couldn't decide on wheels. So he called up good buddy **Rich Borow**, who is never shy about offering his opinions and always has lots of them, for advice. Forget the racing wheels, he said oh-supportively. You'll never need them. Well, to make a long story short, Steve saved a few bucks by not going light and aero, and then decided to jump into a Prospect Park race in April just for the heck of it. He came in seventh! It's not the first

time Rich has been wrong.

PRESIDENTIAL POWERS It was a Sunday-morning CRCA race in Central Park, and NYCC prez **Tom Laskey**, keeping an eagle eye on his flock, was on newbie racer (and Web mistress to beat all Web mistresses – and masters, for that matter – can we all get down on our knees together for one moment to show our appreciation?) **Robin Read's** wheel as the pack hammered up Harlem Hill for the third (can I get some air, please?) time. Rounding the bend, another newbie racer (but one without Robin's grace and bike etiquette) yelled "Watch out" as she proceeded to barrel right through the tight middle. Like what did she think, she was Moses parting the Red Sea? Who taught her that "aggressive" meant make sure you're the last bike standing? Anyway, Robin got bumped by this, um, gal – it was a handlebar thang – and, startled but in control, nearly went down but managed to right herself. We're glad she stayed up, but what we'd like to know is whether it was a result of her skill or what was later reported to be the Zen-like chanting of "Don't crash, don't crash" coming from Tom's direction? Moral of the story: It never hurts to be friends with the president.

OH, JIMINY! Maybe it was all the volcanoes **Jeff Vogel** had been climbing during his winter sojourn in Costa Rica. Maybe it was the fact that he was finally old enough to race with *los viejos* (the 45+'s). Personally, we think it was the three ounces he shaved off his bike when he ditched his computer right before the race. But whatever it was, in a field of 73 riders contesting the 55 miles of the Jiminy Peak Road Race on May 5, he placed fifth. Yes, you heard us, fifth! And **Frances Harrison**, a C only a few years back but now riding on the Women's Sports & Fitness/Setanta team, who loves to sandbag her competitors by telling them she can't sprint worth a ... sprinted uphill into fourth place at Jiminy in the women's cat 4 field. Yes, you heard us, fourth. And that's after placing second two days in a row at road races the weekend before). At the rate she's going this season, she'll be a cat 3 in no time.

STOP 'N' SMELL THE FLOWERS Renaissance teammates **Jaimie Epstein** and **Lynn Faulhaber** were out for an e-z spin one heavenly Sunday. Lynn was recovering from her Jiminy glory (she had taken 9th in the women's cat 4 field the day before), Jaimie from her broken collarbone (no, she and Spencer and NOT related!). It was only Jaimie's second day back on her bike, and wouldntcha know she got a flat right on 9W? Well, she was still in no shape to fix a flat on the road, so Lynn offered to do the honors, but she couldn't open the quick release because Jaimie, dreading another accident, had had the mechanic tight tight tighten it. What to do? Flag down a pair of older Italian cyclists, of course. The gallant duo (you know the type: no helmets, bellies exhibiting years of pasta extravagance, racing since they could ride no doubt) gallantly got Jaimie in motion again, but Italians being Italian, and Italy being for lovers (or so they say), one of them felt compelled to wander into the woods to fetch jersey-pocket-size bouquets of lilies of the valley for the gals (which amazingly made it to and fro Nyack)!

OFF THE GRID On what was at that point in the season, The Most Glorious Day for Riding, **Lisa Lurie**, **Greg Cohen** and the aforementioned **Timothy McCarthy** and **Ron Roth** were out to explore the unexplored. Hills that is. Hills that connect 9W. Based on Timothy's scrutinizing (and you know how he can scrutinize) his Bergen County Hagstrom's. Greg rolled up on his never-been-ridden before Raleigh (Columbus Altec tubing, Campy Chorus 2001) with 20-mm tires. Lisa (tsk! tsk!) rolled up with a tire bare to the point of large patches of casing showing. Timothy quickly booted it and as soon as they'd done River Road got Lisa to a bike shop for a new tire purchase. (Course, everyone had to buy something.) Anyway, the point is, eventually they got to Ruckman Road, which as far as the map is concerned connects 501 and 9W. After a few blocks, however, the team found that the road ended. Well, not ended, exactly, but became, uh, sort of dirt with hay bales strewn across it. Lisa and Timothy went to investigate and reported back to Greg and Ron that although there was a bit of a bad stretch, the road was indeed rideable. Greg and Ron put their trust in Lisa and Timothy, and away they went. All was well for a while. Then the road turned into a rocky path with bushes encroaching from the sides. Then all was well for a very short while. Then sandy patches made wheels swim about. It was a challenge to stay upright. Eventually the road became asphalt again. Ron was fuming. This wasn't what he'd had in mind for a recovery ride. Greg took to his feet — he had fallen twice. ... At their lunch stop in Piermont, it became obvious (under some of that close scrutiny) that the brand-new rim of Greg's brand-new front wheel had a rock scratch, which the Piermont bike shop filed down. All fixed, right? Well, not quite. On Monday, Greg went for a ride and put the chain into the spokes, snapping the derailleur hanger as well as wrecking the derailleur — could be that his two Ruckman falls knocked something out of alignment. It's a good thing he still had his old bicycle. And it's a good thing he's got such a positive philosophical outlook on life: he's actually still talking to Timothy. The moral of this tale? You are your own Hagstrom's. P.S. If they'd taken Ruckman from the 9W side of the world, they would've come across the sign, as we have, that says "DEAD END." Apparently, for very good reason. Until next month ...

SPECIAL EVENTS IN JUNE

June 7 6:15 pm-9:30 pm GREENWICH VILLAGE ORCHESTRA (GVO) CONCERT AND DINNER

Come out for a night of music under the stars followed by dinner at one of New York's landmark restaurants. The GVO will be hosting their 8th Annual Outdoor Concert in lovely Gramercy Park where we can enjoy great music in a beautiful setting. After the concert, we will head over to Pete's Tavern for an informal dinner. Pete's, open since 1864, offers Italian-American cuisine in the setting of a quintessential old New York tavern. If you haven't been there before, it is a "must" on the New York dining scene. If you have already been there, time for a return visit!

We will meet at 6:15pm on the corner of Irving Place & Gramercy Park South and head over as a group to the concert. This will be a pay-as-you-go event, so no need to send any money in advance. However, I will need to know who is attending so that I can look for you before the concert and also make a reservation at Pete's. Please contact me via email at LGrushkin@aol.com to let me know you plan to attend. Should be a terrific, relaxing evening to kick off the summer fun!

Need more information? Check out the GVO on their website, WWW.GVO.ORG, for details on musical selections, musicians and the concert schedule.

Oh, and did I also mention that the principal oboe player in the orchestra is our very own NYCC President, Tom Laskey?

June 9 11:00am-4:00pm WHEEL FUN SAFETY CHALLENGE: Volunteers needed to have a fun day

This great event is a community service geared toward providing information and expertise to the public about biking, running and skating safety in New York. The NYCC has been asked to participate along with the CRCA, New York Road Runners Club, In Line Skaters, Dance Skaters, NYC Department of Transportation and the Central Park Police Precinct.

We will need to staff one of the cycling tables from 11am-4pm at 110th Street and Lenox Avenue. We can break the day into two time slots, 11am-1:30pm and 1:30pm-4:00pm with six people working the table during each time slot. This should be a great day to be outside, enjoy the good weather and help cyclists learn more about how not to get "doored". Including myself, I need 11 other people to come out and support the cause. If you can be a part of this, please contact me via email at LGrushkin@aol.com and tell me your name and what time slot you are able to work. I'll bring the cool drinks and snacks if you'll come keep me company! Please contact me by June 1.

June 20 7:30pm-? JAZZ AND DINNER AT CLEOPATRA'S NEEDLE

Join your fellow cyclists and other just fun-minded people for a night of cool jazz and delicious Middle Eastern food. Cleopatra's Needle, located on Broadway between 92nd and 93rd, will host the jazz quartet "People Like Us" on June 20th at 9:00pm. The pianist in the quartet, Joel Forrester, may be known to many of you from his turn on NPR's "Fresh Air".

The deal is that the club does not impose a cover charge but does have a \$10 minimum. So if we go a bit earlier for dinner and stay to listen to the music, we'll have no problem making the minimum. I suggest we meet at 7:30pm, have some drinks and food, catch the first set at 9:00pm which will go until 10:00pm. For those inclined, the next set will begin at 10:30pm.

Cleopatra's Needle is a great place to have a bite, listen to some music and enjoy the end of the day. Again, this is a pay-as-you-go event but I will need people to RSVP to me so that I can make the booking with the club. Please contact me via email at LGrushkin@aol.com to let me know you would like to attend. I would need to have a good idea of the total number of people attending by no later than June 15th.

GENERAL INFORMATION

1. If you have any questions about any of these events or need more information, please contact me on email or call me, (212) 501-7652.
2. All of these events are open to NYCC members and non-members alike. If you have friends to bring along who are not members, please feel free!
3. If you have an idea for a special event, please contact me and give me the details. I am open to all suggestions of events including cultural, sports, dining, entertainment...whatever sounds fun and interesting!



EMERGENCY FIRST AID FOR CYCLISTS

Presentation by Dr. Ed Fishkin, Medical Director,
Woodhull Medical Center, Brooklyn April 16, 2001
Transcribed by Carol A. Wood

The physician's creed is "Above all, do no harm." As cyclists, there's no reason we shouldn't follow this good advice, too. For that reason, one of our members who actually IS a physician (he doesn't just play one on TV) devoted an April evening to explaining to about 60 Siggies the important basic facts about caring for injuries on the road. Because these facts are so important, we're reproducing them here. So read up: the life you save could be that of your favorite cycling pal — or your own.

WHAT IS TRAUMA?

Trauma is a wound or injury inflicted by a physical agent. For people up to age 40, it's the leading cause of death. After 40, only cancer and heart attacks exceed trauma as a cause of death.

Knowing how to administer first aid - and how to seek proper follow up care - can help prevent a trivial injury from becoming a catastrophic one.

Deaths due to trauma occur in three peak periods: Within seconds or minutes of the accident, usually due to laceration to heart, lungs, etc.? Within one hour of the accident. This is known as the "golden hour," when proper care can prevent catastrophe.? Within weeks to a couple of months — usually due to infections or multiple systems failure.

In bicycle accidents, 80% of deaths are due to head and neck injuries.

TEAMWORK IS CRITICAL

When you're on a ride and an accident occurs, teamwork is critical.

- One person should take charge of the victim (usually a leader).

Other individuals should:

- Direct traffic around the site
- Get all cyclists off the road
- Call 911 on their cell phone or flag down a passing car.
- Write down the details of what happened. Record the victim's reactions; this could be critical to emergency personnel. Write it down—it's easy to forget the details.

(New leaders should orchestrate a trial run of a team response before heading out on the road.)

1. Secure the victim's head and neck.

This takes 30 seconds. If necessary, one person should sit there to keep the victim's head and neck stable.

NEVER TAKE THE VICTIM'S HELMET OFF. If the neck is injured, moving it can lacerate the spine and possibly cause paralysis. Until proven otherwise, assume that such an injury is possible.

DON'T move the victim until their condition has been assessed.

DON'T give them food or water. (Remember the cookie scene in "Seinfeld"?)

TRY NOT TO MOVE THE VICTIM. If necessary, use the "logrolling technique."

2. Recite your ABC's (airways, breathing, circulation)

Once the neck and head are stabilized, check the victim's Airways and Breathing — Are they breathing and talking? Then this is okay.

Circulation — Are they bleeding? Gently palpate their limbs for signs of wetness and blood.

3. Communicate

Ask the patient questions to determine their condition. TELL THEM NOT

TO NOD THEIR HEAD but to respond in words or with their hands.

? Does your neck or head hurt? If yes, don't do anything more.

? Did you black out?

? Do you hurt anywhere?

? What day is it?

? Who is the president?

The record-keeper should note whether the victim:

? Demonstrates change in mental status — loss of consciousness, confusion, irritability, amnesia

? Throws up

? Other reactions

They should write this information down and relay it to the emergency personnel.

CONCUSSIONS

Concussions are very common injuries. They occur when the brain hits the skull due to an accelerating or decelerating injury. The impact disturbs delicate electrochemical processes.

If not properly cared for, a concussion can lead to the "second impact syndrome." This occurs when an area is hypersensitive due to an injury — even if it was trivial — can cause severe fluid leakage and lead to death!

There are three grades of concussion, according to the Colorado Grading System. All people suspected of having a concussion should be examined by a physician.

Grade 1 — Mild concussion. Patient is confused, but has no amnesia or loss of consciousness. Treatment should include hospital triage in "urgent" area. Should be evaluated every 15 minutes or so, until has been "normal" for one hour, when can be discharged. Can cycle home if necessary, though a taxi or other transport are preferable.

Grade 2 — Patient is confused, some amnesia around events, no loss of consciousness. No biling home for this puppy. Treatment should include a CAT scan, close observation to see if pupils become unequal, if becomes drowsy or starts crying. If patient starts to deteriorate, he or she should have another CAT scan in trauma care. After recovery, can bike again after one week has gone by with no symptoms.

Grade 3 — Loss of consciousness, even if for just a second. Patient requires hospital evaluation. If released from hospital, someone should stay with them to monitor their condition for any signs of degradation. If no one can stay with them, they should remain in hospital. After recovery, they should wait one month before cycling again — and they should be symptom-free for two weeks before they do.

HEAT INJURIES

Heat stroke is also a serious injury. In fact, it's the No. 1 cause of death for high school athletes.

When our body generates excess heat, it rids itself of it in four ways:

Sweating

Evaporation

Convection (Blood vessels near the skin dilate)

Conduction (Deep blood vessels carry heat out of body)

The human body may generate more heat than it can expel due to:

High heat and humidity (e.g., 95 degree temperatures)

Excess exertion Dehydration — even relative dehydration

Daily cycling without drinking sufficiently.

Unfortunately for our species, our thirst mechanism doesn't kick in soon enough to prevent dehydration from occurring. This is why you need to keep drinking BEFORE you get thirsty.

Heat stroke

Heat stroke is extremely serious — and it can happen very quickly, with little warning. The skin may or may not be hot and dry, for instance.

Other signs to look for the person starting to slow down or becoming irrational.

When the body's temperature rises above 105 degrees, its systems go into shock and begin to shut down. This is a **MEDICAL EMERGENCY**.

If someone in your group suffers a heat stroke, a team should form as above. Get the victim into shade, call for help immediately, and remove the person's clothing. Spritzing them with water and mechanical fanning help to keep them alive until the ambulance arrives, at which point more drastic measures will be taken.

Heat cramps

Heat cramps occur when the body's core temperature rises but does not exceed 104.9 degrees. They are much less severe than heat stroke, though if left untreated they can progress to a more serious condition. For this reason they must be treated as well! Get the victim's clothing off, wet them down, and get them to the intensive care unit of a hospital.

Prevention

- Drink lots of water. Wear protective clothing in the sun. (Avoid wearing tank tops!)
 - Wear sun block. Drink lots of water.
- If it's really hot out, think about doing something besides cycling that day. Drink lots of water.

ABRASIONS, ROAD RASH

After checking for head and neck injuries, and reciting your ABCs., look the victim over for signs of obvious bruises. Gently palpate the limbs and ask them if they hurt. Feel for wetness/signs of bleeding. Injuries usually occur on our "tips"

Just because a bone doesn't hurt, or doesn't feel broken, doesn't mean it isn't. Get an x-ray.

To treat road rash, first remove dirt, glass, other debris gently from the wound. Pick it off (wearing a latex glove to prevent introducing bacteria) or wash it off with water. Add antibiotic ointment. Apply a bandage if you have one, otherwise leave it alone — don't wrap a greasy jersey around it, it's better to let it air dry. When you get to a place where there's running water, clean the wound thoroughly. Don't use alcohol — peroxide is okay.

Lacerations: If a wound is gushing blood, apply direct pressure with a jersey or glove. Note that it takes around 15 to 20 minutes for a blood clot to form.

A deep wound should be evaluated by a physician. The general rule concerning stitches is that you need 'em if a wound is more than 1/4 inch deep, 1/2 inch in length, on or near a joint, eye or eyelid, or if you see bone or muscle.

"An ounce of prevention?"

- Take a CPR course. They're free, and available all over the city.
- If you disagree with the hospital's decision to release the patient, ask to speak to the patient ombudsman or senior medical personnel. They can explain the decision to you. If you still disagree, you can demand that they keep the patient. However, if this turns out to not be necessary, the patient will be charged for?.

- Ride predictably and responsibly on group rides.

- Carry first aid items in your saddle bag. Here's what Dr. Ed's contains. — Note that these items add very little weight and bulk.

- Latex glove
- Band-Aids
- Neosporin or other antibiotic ointment
- Health insurance card
- Advil and aspirin
- Gauze pads
- Chapstick with sunblock
- A cell phone

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: George Carl Kaplam
18 West 16th Street
New York, NY 10011

Email: geocarl@juno.com

LONG SLEEVE @ \$57 (Unigender)

| Size | Chest | Quantity |
|------|-----------------|----------|
| S | SOLD OUT | |
| M | 38 | |
| L | 40 | |
| XL | SOLD OUT | |

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 | SOLD OUT | XL | 38 | |
| | | | XXL | 40 | |

Add shipping: 1-2 jersey(s): \$3.50; 3 or more: \$7.00

Make check payable to **New York Cycle Club** Total

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

For Matching Water Bottles
Price: \$3.50

Irv's Memorial Celebration

By Maggie Clarke

Irv wanted his friends to celebrate his life in a gathering a few months after he died. This was one of those things we were able to plan with him in some detail.

So after months of preparation by Irv's chosen Memorial committee, Dick Goldberg, Lynn Sarro, Geo Kaplan, and myself, the event began around dinnertime on Monday, April 30 at Hunter College, where Irv had taught his effective cycling classes in past years. The evening began with a schmoozing period during which Irv's favorite classical composer, Vivaldi (4 Seasons), was played. Long-lost Club members from 20 years ago mingled with those who had known Irv only a few years; maybe 60 or so came. Louis Berardinucci was the oldest NYCC member who came. The evening began with a showing of many rare old and new slides of Irv on and off the bike (even one of him in full lotus position), and a few of the slides that Irv had taken over the decades. Then Dick Goldberg (master of ceremonies) started off the formal part of the evening reading tributes from friends who could not attend. This was followed by quite a number of moving tributes, including one from Irv's oncologist, Susan Slovin, who had a unique perspective. She told the story of how she brought the director of Memorial Sloan-Kettering, also a Nobel laureate, in to see Irv last December, and how to her eternal mortification, Irv told him how to run the hospital and all that was wrong with his bike. Club members and friends one after another recalled old times, most of the stories quite humorous. These were interspersed with musical interludes, Moody Blues songs performed live with guitar, flute and voice that Irv had heard me practice numerous times with my bandmate, Betsy Kishlansky, one of which Irv chose specifically for the occasion. Special moments in the evening came when an audio of Irv, roasting a fellow scientist at Mt. Sinai, and video snippets from Irv's own NYCC-sponsored roast from last May 1 were played. People laughed at Irv's antics and ribald jokes; others found hearing his voice and seeing him in the videos to be a poignant part of the evening. Most of the memorial was videotaped.

In my talk I recalled that Irv was a caring curmudgeon who prioritized helping people. He would have wanted to leave a legacy where people would remember and honor him by:

- Emphasizing orderliness, predictability, and safety as top priority on all rides
- Honoring his Classification System, by leading and riding according to advertised pace
- Continuing to hold C SIG and effective cycling classes every spring
- Remembering the touring ethic that was so strong in the NYCC in years past
- Using low gears and spinning to spare your knees

As I was about as nervous and drained as could be that night, I never announced that, in addition to the food that many had generously brought to share, there were two tables in the back of the room of note. One had a small sampling of Irv's things, meant to be taken by those who would cherish and use them, directly in back. The other table, with Irv's awards, a photo album, and a stack of old NYCC Bulletins that Bill Hoffman had brought, which was near the entrance to the room, was for looking, admiring, but not taking. The Bulletins were on loan to me from Bill Hoffman, and the photos (even those not in the album) were originals that had been given to me or were mine or Irv's from his collection. There was one photo and newspaper clipping of Irv leading a group of teenagers on balloon tires on an American Youth Hostels trip from Niagara Falls through Toronto to Algonquin Park in Canada in 1950! Unfortunately, after the evening was over, I noticed that some photos were missing, and now fear that some Bulletins might also have been mistakenly removed. If anyone knows if any materials were taken from this table, I would be grateful to get them returned.

We set up the table in the back because Irv very much wanted his personal belongings to go to his friends and family, first and foremost — particularly anything related to bicycling. As of this writing some of Irv's bike stuff is still available (everything from chainrings and cogs to derailleurs, hubs, chains, clothing, books and accessories). If anyone would want to cherish and use any of Irv's things, please email me (mclarke@shiva.hunter.cuny.edu) or call me at (212) 567-8272.



On May 5, 2001 at 10 AM, a six-foot weeping cherry tree was dedicated at the Riverside-Inwood Neighborhood Garden in Irv's honor. Maggie Clarke scattered some of Irv's ashes underneath the tree as it was planted. Irv had been instrumental in designing the garden's solar-powered waterfalls.



2001 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS



In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Cycling 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 Cycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. 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.

New Renew Change of Address Date: _____ Check Amount: _____

PLEASE PRINT OR USE ADDRESS LABEL. ZIP CODE IS REQUIRED. Mail this application with a check made payable to the:

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

NAME: _____ SIGNATURE: _____
 NAME: _____ SIGNATURE: _____
 ADDRESS / APT: _____
 CITY: _____ STATE: _____ ZIP (REQUIRED): _____
 DAY TEL: _____ NIGHT TEL: _____ EMAIL: _____

Check, if applicable: I do not want my Address Phone Email published in the NYCC semi-annual roster.

ANNUAL MEMBERSHIP: Jan. 1 - Dec. 31, 2001. Please check the appropriate box:

Individual — \$21 Couple residing at the same address — \$27



Re-cycle
17" Trek 520 for Sale - An excellent touring bike, this 1996 model has STI shifters. It looks a little beat up but works perfectly. Asking price, including a computer, and a front and back rack is \$450. Call 718 783-5355 or e-mail marinab@mindspring.com

Don't forget to renew! Don't miss out on all the great rides, parties and club meetings in 2001. Fill out the membership application above and send it in today.

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-bicycleshop.com; abikshp@aol.com; 10% off non-sale items (not items already discounted).

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

PIERMONT BICYCLE CONNECTION
 215 Ash Street, Piermont, NY 10968 (845) 365-0900
 4 Washington Street, Tenafly, NJ 07670 (201) 227-8211
 www.piermontbike.com
 10% off EVERYTHING including bicycles. FREE SHIPPING on purchases over \$100.



← Membership card.
 Cut me out.

CONRAD'S BIKE SHOP
 25 Tudor City Place
 (212) 697-6966 or conradbike@aol.com; 8.25% off parts, accessories and repairs.

BICYCLE RENAISSANCE
 430 Columbus Avenue
 (212) 724-2350. 10% off repairs and accessories (not on sale items and new bikes).

TOGA BIKE SHOP
 110 West End Avenue
 (212) 799-9625 or gotbik@aol.com;
 10% off parts, accessories and repairs.

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

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



Don't Miss the Next Club Meeting!

They've done it - Congratulations!

Come to our **June 12th** meeting for the **SIG Graduation** -

Let's celebrate the successful completion of the SIGs with the A Classic, A-19, B and C graduates and leaders. 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 6 PM. Dinner at 7 PM. Program at 8 PM. Take 4/5/6/7 to 42nd Street / Grand Central Station.

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