

# NYCC *Bulletin*



All photographs from Escape New York - September 29 by John Barnard

## President's Message

First thing's first, with more than 400 participants, the 2001 Escape New York Century was an unqualified success and possibly the most successful ENY ever! Special thanks go to Stan Oldak and the members of this year's ENY committee for all the hard work and planning that went into this great event. The really good news is that we are able to make a substantial contribution from the profits to various charities that have been set up to help the World Trade Center relief effort. Already, we have written a check for \$1,000 to the New York Times 9/11 Neediest Fund, another \$1,000 check is going out to the American Red Cross, and after the ENY finances are reviewed, the remainder of the profits will also be contributed to WTC relief efforts. Is it too soon to think about next year's ENY? No way! If you're interested in helping out, it's never too early to let Stan or me know.

In this bulletin, you'll find a ballot for the 2002 NYCC elections. Unfortunately, there are not as many contested races as we would have liked, but there are still some (one at least). There is also a proposal to raise the dues, but under this new scheme, we would offer the ability to offset the increase with a discount for online renewal or registration. Also, we have our annual club awards, such as best-dressed cyclist, best cycling couple, and most improved male and female cyclists. I'm sure you'll want to choose worthy recipients for these awards. Once you've filled out your ballot, you have the option of mailing it in or bringing it to the next club meeting, Tuesday, November, 13.

Finally, don't forget to make your reservation for our annual holiday party. We have a brand-new venue this year, Savore, at 200 Spring Street, at the corner of Sullivan Street. Forty dollars buys dinner including hors d'oeuvres, entree, dessert, and coffee, plus dancing and the warm camaraderie of your fellow NYCC members. We'll also be giving out an award to the League of American Bicyclists volunteer of the year, giving awards to ride leaders who have led five or more rides during the year, and announcing the winners of the NYCC awards mentioned above. It's an event you won't want to miss, a great way to usher in the holiday season and celebrate another great NYCC season. You'll find more information about the holiday party in this bulletin.

Even though it's getting colder, there is still plenty of great riding to be done. If you have the right clothes and the right attitude, winter riding can be as fun and exhilarating as any other time of year. Just remember to ride safe!

- Tom Laskey

## Editor's Note

Well!! I sit here trying to decide on the subject of a column as I did last month when the horrible events of September 11 happened. I pray that nothing like that happens again. In the aftermath of that event, we are all drawn closer, realizing that life can be snatched quickly, and that the really important things in life are family and friends. The rest comes and goes. I want to thank many of you who wrote me, expressing your appreciation for the cover of the September bulletin. Cycling is important to all of us but, even cycling falls into the background sometimes. Escape New York went off perfectly. The ice cream (supplied by Ben & Jerry's) was devoured heartily. Don't forget to check out the ad for the Christmas Party in the issue. Make your reservations early. Enjoy.

- David Getlen

Check out our fabulous web site:

<http://www.nycc.org>

Check out the new NYCC Message board:

[http://www.nycc.org/bb\\_frame.html](http://www.nycc.org/bb_frame.html)

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

**biker-c@rcn.com**

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

**Cover:** This month's cover is a series of photographs from Escape New York. All photographs by John Barnard.

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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. No exceptions.





## Out of Bounds

(Non-Club Events)

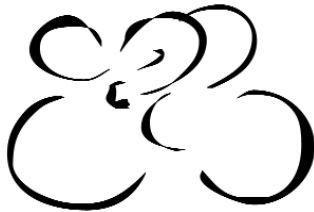


### Snowshoe Sig Coming This Winter

Too cold to bike? Don't like riding in snow? Favorite slope too far away for a day trip? Then the new NYCC Snowshoe SIG is the winter activity for you!

Starting late December, the SIG will traverse beautiful trails in Harriman, Bear Mountain, and other nearby parks: almost all located within an hour or midtown by bus, train or car. Not enough snow on the ground? How about hiking and climbing on many of the same exquisite trails.

More info coming in next month's Bulletin. Want to participate? Lead? Want to know what you'll need? Where to buy/rent snowshoes? Need boots? Clothes? Shoes? Contact Marilyn or Ken Weissman at (212) 222-5527 or e-mail at [mollynina@bikerider.com](mailto:mollynina@bikerider.com).



## Club Photos



Eagle Rock Ride, Sunday September 16 - Looking south to New York City. Smoke plume from World Trade Center tragedy is not visible.

## \*NYCC CHRISTMAS PARTY:\*

### \*A GREAT NIGHT OF DRINKS, DINNER AND DANCING\*

**It's party time!** The annual NYCC Christmas party will be held on December 11th at Savore Restaurant, 200 Spring Street. This great little Italian place is described in Zagat Survey as "a little piece of Tuscany in SoHo that manages to be European without pretense."

The evening will begin with a cocktail hour at 6:30pm followed by dinner at 8:00 PM. The \$40 cost for the evening will include cocktail light bites as well as the sitdown dinner. The dinner will offer a choice of appetizer, main course and dessert with coffee/tea. Some of the items on the menu will include fish, chicken, beef, linguine with lobster, Italian meats platter, risotto, vegetarian offerings, tiramisu. Drinks will be offered through a cash bar.

This is a new restaurant for the NYCC Christmas party and should be a great chance for all of us to get together, celebrate the holiday season and support the local economy! Dinner will be followed by dancing for anyone who hasn't stuffed themselves too much!

To join the holiday festivities, please send a check for \$40.00 per person, payable to the New York Cycle Club. If you are writing a check for more than one person, please include an attachment that lists the names of all people attending so that they can be included on the attendance list the evening of the party. Mail your checks to:

**Lauren Grushkin**  
115 Central Park West, 10H  
New York, NY 10023  
Attn: NYCC Xmas Party

Registration for the party is now open and will remain open until we go to capacity. So don't delay!

**P.S.** I am working on a very exciting door prize to be raffled at the Christmas party. More on that later via the website and weekly ride listings.

**P.P.S.** Stay posted for other upcoming special events in early 2002. On the horizon: ice skating, shabu-shabu dinner...anyone have any other great ideas? Please let me know.

**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
<b>A</b>	Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.
<b>B</b>	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
<b>C</b>	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, NOVEMBER 3**

**A17/18 60 +/- MI 9:00 AM**

**Clausland Mtn and Tweed**

**Leader: Russ Berman (212) 595-8834 rberman@klwhllp.com**

**From: The Boathouse**

Just to keep the blood circulating, we'll end a mostly flat and roundabout western way to Nyack with some low gear effort that will test whether we've got any of that mid-season muscle left. Quick stop for lunch in Nyack will be followed by quick return on 9W, aiming to be back in the City before 2:00 p.m. Helmets and paceline skills required. Good jokes, portable fluids and pocket food desirable. No stops before Nyack except by request or to wait for the leader. 50% risk of morning precip per Channel 1 or wind chill below 30 at 8:30 cancels.

**B16 52 MI 9:30 AM**

**White Plains**

**Leader: Carol Waaser (212) 581-0509 biker-c@rcn.com and Flo Grant (212) 861-7710 flogrant399@aol.com**

**From: Rambles Shed (next set of driveways north of Boathouse parking lot)**

Some familiar roads east of Scarsdale and then into White Plains for lunch at the Sea Star Diner. Nothing special - just an easy autumn ride. If it turns out to be a gorgeous day, we can extend the ride and cross over to Tarrytown before coming home. Metro North bailout options so bring your pass - also helmets, of course, and smiles. Cancels: 50% chance of rain, snow or sleet or temps below 37 at start (better not be!).

**C14 45 MI 9:30 AM**

**Bicycle Wheels on a Gravel Road**

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

**From: The Boathouse**

I'm looking for my annual "C" ride and one very little patch of New Jersey dirt road to take a cyclocross bike on. I promise to get us back before the first snowfall and maybe even while there are a few leaves left on the trees, using pavement the rest of the way. Almost nothing cancels as we ended up shopping for booties on this ride last year. This year, BYOB (Bring your own booties).

**C12 35 Urban MI 8:15 AM**

**Wheels of Industry**

**Leader: Alfredo Garcia (212) 802-2441 mailto:cyclistxxiii@yahoo.com and Carol Wood.**

**From: South Ferry (lower vehicle entrance)**

Ride to the post-World Trade Center era. See Staten Island locales linked to pencils, floating hulks, brownfields, soap, power stations and chocolates. Then over the Kull we go. Have lunch at Brady's Dock or Bayonne Diner. Garden State tour proceeds to Pt. Elizabeth, Port Liberte, Caven Point Pier and breathtaking Liberty State Park. Bring a lock, lunch or \$ for it, \$6 fare for NY Waterway ferry. Take a camera and lights as we'll return by dark. Co-listed with 5BBC. Wet weather at the start cancels. Note: this replaces Urban Absurdity Ride #1.

**SUNDAY, NOVEMBER 4**

**A19/21 70/80 MI 9:00 AM**

**South Mountain Road**

**Leaders: Doug Parent (718) 858-8046 dparent@mba1997.hbs.edu,**

**Midori Nakamura mnakamura@bn.com and**

**David Estrada**

## 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-rides co-ordinator = Jim Galante (212) 529-4300, [jim@jimgalante.com](mailto:jim@jimgalante.com)

B-rides co-ordinator = Annaline Dinkelmann (212) 207-8689, [dinkelmann@att.net](mailto:dinkelmann@att.net).

C-rides co-ordinator = Stan Oldak (212) 780-9950 [stanOnyc@aol.com](mailto:stanOnyc@aol.com)



### From: The Boathouse

Three A-19 SIG grads will lead you on a repeat of one of the best rides from the SIG. Stop for lunch included.

Required: helmets, pocket food, money for lunch, two full water bottles, etc. Rain cancels.

### A18/20 50+/- MI 9:15 AM Sharp Staten Island Loop

Leaders: Joe Irizarry (718) 230-0756; and Carolyn Booher (718) 636-0315 [cbooh@juno.com](mailto:cbooh@juno.com)

From: Staten Island Ferry

Meet us for the 9:30 ferry and a quick and easy spin around one of the City's lesser cycled boroughs. We'll lunch at Towne Pizza in Tottenville at mile 25 (or is it 30?). Expect to slow down at mile 45 to ogle the island's bathing beauties (bet there won't be many) from the boardwalk. The usual cancels.

### B17\* 50+/- MI 10:00 AM Audax Ride to Nyack (or someplace in that direction)

Leader: Karl Dittebrandt (212) 925-9854

From: the NJ side of the GW Bridge

This is your chance to learn what Audax riding is all about. Basically, it's about learning to maintain a steady pace in a group. And, it's fun. Any questions, please call. \*The average speed will be determined by the skill level of the group, but it will be at least 14 MPH.

### C13 40-50 MI 10:00 AM Fall Magical Mystery Tour

Leader: Larry Rutkowski (212) 304-8503

From: NJ side of George Washington Bridge

Join your friends for a mystery ride on the other side of the Hudson. North, south, east or west just don't know at press time. Fun is always guaranteed. Predicted rain, snow or temps below 30 degrees cancels.

## THURSDAY, NOVEMBER 8

### B17 18+/- MI 6:10 AM Training rides in Central Park Every Thursday

Leaders: Karl Dittebrandt (212) 925-9854 and Linda Wintner (212) 876-2798

From: Engineers Gate 5th Ave and 90th Street

Join us for three laps in an Audax training ride. Precipitation or temperature under 32 degrees cancels. Helmets required

## SATURDAY, NOVEMBER 10

### A19 75 MI +/- 9:00 AM Rooster to Bewster Ride

Leaders: Spencer Koromilas (646) 522-3559 [pencernycc@juno.com](mailto:pencernycc@juno.com) and Marie-Christine Bellon-Manzi (212) 662-0120

From: The Boathouse

Should be one of the last great weekends before the weather starts getting REALLY cold. A beautiful fall ride through Westchester "rollers" and "windmills" on our way to Bedford for a snack, and then off to the Titticus, and then a brewsky in Brewster for the Rooster! A gorgeous ride, and a great time! Return via Metro-North. Bring your favorite feathers! Re quired: warm clothing, in layers. Pace line skills. Metro-North Pass & a smile. Cancels: call leaders 30 minutes before start.

### KB18 40/50/60 MI 9:00 AM Bergen/Rockland - Killer B Frostbite #1

Leader: Michael Sopher (212) 873-7621 [msny98@yahoo.com](mailto:msny98@yahoo.com)

From: The Boathouse

Quick pancake run, destination to be determined by the weather. Total mileage will bear some relation to the temperature. We will break in Northvale, Piermont or Nyack for some food. If it's raining Saturday we will reschedule for Sunday. Spare tubes, gloves, booties, etc. recommended.

### C13 40/50 MI 10:00 AM Fall Magical Mystery Tour

Leader: Larry Rutkowski (212) 304-8503

From: NJ side of George Washington Bridge

Join your friends for a mystery ride on the other side of the Hudson. North, south, east or west just don't know at press time. Fun is always guaranteed. Predicted rain, snow, or temps below 30 degrees cancels.

## SUNDAY, NOVEMBER 11

### A19 50 MI 9:00 AM Ridgewood Express

Leader: Peter O'Reilly (212) 414-1937 [ptor@prodigy.net](mailto:ptor@prodigy.net)

From: The Boathouse

Join on a ride for a more westerly of Bergen county. The plan is to cruise on in, non-stop to a Pancake house in Ridgewood. If the line is out the door then we'll ride on and stop at a fab Diner in Westwood. Expected temp below 40 or wet weather/roads, call ride leader in advance.

(Continued on Page 6)

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

Check out the new NYCC Message Board: [http://www.nycc.org/bb\\_frame.html](http://www.nycc.org/bb_frame.html)

(Continued from Page 5)

**B17\* 100 MI 7:00 AM****Audax Century Newburgh****Leader: Karl Dittebrandt (212) 925-9854****From: the NY side of the GW Bridge**

This is your chance to try Audax-style riding on a century to see how it's really done. See description of Audax style in Nov. 4 listing. Please join me for a fun day. We'll be returning on the NY side of the Hudson, so there will be Metro North bailout options for anyone who wants to cut the ride short. Bring your Metro North pass. Any questions, please call. \*The average speed will be determined by the skill level of the group, but it will be at least 14 MPH. Precipitation or temperature below 32 degrees cancels. Helmets required.

**B15 30/35 Urban MI 8:30 AM****Cross County Cross Country****Leader: Jesse Brown (212) 632-8218****From: American Youth Hostels (103rd St. & Amsterdam Ave.)**

We're off to Lower Westchester for a quick spin, quick bite and maybe a quick shop at Cross Country Centre. Riding pace will be 15 mph on flat terrain. Bring a Metro North bike permit just in case. Co-listed with the 5BBC. Ice, rain, snow or another act of God cancels.

**C14 40+ MI 8:30 AM****Past Ridgefield, CT to Points Northeast****Leaders: Marilyn and Ken Weissman (212) 222-5527****From: GCT Info Booth for 8:48 AM Bike Train to Purdys**

Wow! Marilyn and I recently discovered a couple of the most beautiful roads we've ever biked in Westchester and Fairfield Counties. After gliding across the north side of the Titicus Reservoir, our "SEE" ride will pass through the outer "equestrian" reaches of NYCC-land, and straddle the NY/CT border to an indoor lunch in Ridgefield, CT. Then, look forward to mile-after-mile of lightly-traveled, tree-bordered lanes almost all the way to a Metro North return from East Norwalk, CT. Both morning and afternoon have 1/4 mile stretches of hard-packed dirt road, but fat tires aren't needed. If your NYCC experience is limited to Piermont and Nyack, you'll enjoy the change. Metro North pass and Helmet required. Rain, snow, expected high below 50, or gloom of night cancel.

**THURSDAY, NOVEMBER 15****B17 18+/- MI 6:10 AM****Training rides in Central Park every Thursday****Leaders: Karl Dittebrandt (212) 925-9854 and****Linda Wintner (212) 876-2798****From: Engineers Gate 5th Ave and 90th Street**

Join us for three laps in an Audax training ride. Precipitation or temperature under 32 degrees cancels. Helmets required

**SATURDAY, NOVEMBER 17****A20 55/60 MI 8:45 AM****Lunch in "The Bronx"****Leaders: John and Hanna Vazquez (212) 544-9450****john.vazquez@asbinc.com****From: Boathouse Parking Lot**

Lunch will certainly be more like dinner as we'll end our ride in one of restaurants on Arthur Ave. in the Belmont section of the Bx. We'll roll out no later than 9:00 a.m. and go NW out of the city into lower Westchester County without a lunch stop. We'll re-enter the city by heading SE by way of Shore Rd and onward through P.Bay Pk. connecting to local Bx. streets for the last 5 or so miles of the ride. Arrangements will be made in

advance of the ride for our bikes to be looked after by an attendant in a fence enclosed parking garage. Plan on spending approx. + or - \$20.00 for lunch. Return to Manhattan via various: subway lines (2, 5 or D) or you may elect to ride off some of the food and wine. Bring pocket snacks to hold you over to lunch. Usual cancels.

**B16/17 50 +/- MI 10:00 AM****No Cue Sheet Required: Nyack****Leader: Wayne Wright (212) 873-7103 writewayne@aol.com****From: The Boathouse**

Basic Nyack ride via River Road. Lunch indoors. Pace dependent on how outta shape we all are by then already. Precip, wet roads or temp < 32 on NY1 at 9:00 am cancels.

**B15/16 50 MI 9:00 AM****Northvale Diner****Leader: Bernie Brandell (718) 633-1759 and mystery Leader****From: The Boathouse**

I (Gary) saw Bernie at the October Meeting and said "Hey Bernie, Anneline is away and we can use some B rides for November" and Bernie replied "Why not, put me down for a B15/16 to the Northvale Diner." Enjoy the ride! The usual cancels.

**C13 40/50 MI 10:00 AM****Fall Magical Mystery Tour****Leader: Larry Rutkowski (212) 304-8503****From: NJ side of George Washington Bridge**

Join your friends for a mystery ride on the other side of the Hudson. North, south, east or west: just don't know at press time. Fun is always guaranteed. Predicted rain, snow or temps below 30 degrees cancels.

**SUNDAY, NOVEMBER 18****A17/18 50I+/- MI 10:00 AM****Rio Vista to Piermont Bike Shopping Spree****Leader: Bob Mirell (212) 734-6916 BobTMC@aol.com****From: The Boathouse**

Let's take a relaxing spin ("B" Sig Grads welcome) up to the Piermont bike shop and see if Glen got in any new riding stuff. Note the late start so it can warm up a bit. We'll get there thru Rio Vista to add a mile or two. Fill the Camelbacks and water bottles with hot chocolate and wear a helmet. Rain, snow and gloom of night cancels.

**A/B18+/- 40 +/- MI 9:00 AM****River Road Hill Repeats****Leader: Seth Prince (718) 422-0085 birdrider@mindspring.com****From: The Boathouse**

In anticipation of shorter and colder days my attention turns from the aesthetic to more utilitarian outings. We will start with an easy warm-up spin to River Rd. Ramp it up a little and then tear our legs off on Sherrif's Hill. Helmets Required. Personality: Jovial. Pacelines: who cares? Lunchstops: Are you NUTS? Cab fare from Sherrif's Hill: Highly suggested. Please call to confirm (or I won't be stopping at the Boathouse). Threat of wet conditions and/or temps below 5° F cancel, please call if in doubt.

**B17/18 80+ MI 8:30 AM****A Taste of Apples?****Leader: Russ Berman (212) 595-8334 rberman@klwhllp.com****From: The Boathouse**

We'll try one last long ride to the apple orchard on South Mountain Road, this time the uphill way to work up a sweat. The plan is to start promptly at 8:30, keep the pace and limit the stops to be back at a reasonable hour. (This is, however, a B ride, and the customary courtesies will be



observed.) Please be sure your bike is in good order and bring spare tubes, pocket food, plenty of fluids and a helmet. A couple of good jokes and a light heart will also be welcome. If Channel 1 says there's 50% or greater chance of rain at 7:30 or the 8:00 a.m., windchill is below 32, we'll stay home and get fat. The e-mail address works only through Friday afternoon, so call on Saturday if in doubt.

**B17\* 50+/- MI 10:00 AM**  
**Audax Ride to Nyack (or someplace in that direction)**

**Leader: Karl Dittebrandt (212) 925-9854**

**From: the NJ side of the GW Bridge**

This is your chance to learn what Audax riding is all about. Basically, it's about learning to maintain a steady pace in a group. And, it's fun. Any questions, please call. \*The average speed will be determined by the skill level of the group, but it will be at least 14 MPH.

**B15/16 35+ MI 10:00 A:M**  
**Hills of Riverdale**

**Leaders: Rick Braun (212) 477-2575 RBRAUN@court.state.ny.us and Jack Lehnert (718) 884-6437 JSL7@Georgetown.edu**

**From: The Boathouse**

A short ride which we can moderately lengthen if the weather is wonderful. We ride to the Hudson River Community of Riverdale, where we will climb a couple of short steep hills in the picturesque Wave Hill Community, roll through the wide private roads of Fieldston, and enjoy the dramatic view in Spuyten Duyvil of Inwood Hill Park and the origin of the Harlem River. The usual cancels, call if in doubt. If you have any questions my numbers are H (718) 884-6437 or W (718) 590-6358

**C14 45 MI 9:15 AM**  
**Scarsdale**

**Leader: Scott Wasserman (914) 723-6607 bicyclelife@cs.com**

**From: Near the Boathouse**

Haven't done much riding since 9/11 but I hope by this time I'll be back on a normal work schedule. Not a hilly ride and some fine scenery, at least once we leave the city. Rain cancels.

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## THURSDAY, NOVEMBER 22

### HAPPY THANKSGIVING

**B17 18+/- MI 6:10 AM**  
**Training rides in Central Park every Thursday**

**Leaders: Karl Dittebrandt (212) 925-9854 and Linda Wintner (212) 876-2798**

**From: Engineers Gate 5th Ave and 90th Street**

Join us for three laps in an Audax training ride. Precipitation or temperature under 32 degrees cancels. Helmets required

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## Friday, November 23

**A19 55+/- MI 9:00 AM**  
**The Tradition Continues**

**Leader: Tom Laskey (212) 961-1610 or tomoboe@mindspring.com**

**From The Boathouse**

For many years, this day after Thanksgiving ride was lead by the venerable El Jefe. Since he will be enjoying the bucolic surroundings of his Costa Rican domicile by this time, I've decided to carry on the tradition of this ride which traditionally has gone to one of my favorite destinations, Pearl River. If the weather cooperates and everyone feels strong, we'll take a slightly longer somewhat hillier route out. If participants are in a schmoozier mood we'll take an easier route. In either case we'll do

the largely downhill Rivervale return. Temps below 35, rain or forecast thereof cancels, call leader if in doubt.

**B15/16 55 MI 9:30 AM**  
**Ridgewood**

**Leader: Carol Waaser (212) 581-0509 biker-c@rcn.com and Mark Gelles (212) 689-1375 mgelles@okcom.net**

**From: Rambles Shed (next set of driveways north of Boathouse parking lot)**

Feeling overstuffed? Need to work off that those extra pounds? Here's a ride that'll work it off and let you put some right back on! We'll cruise out to Ridgewood to the famous Pancake House (this is the real thing - not an IHOP) for the largest assortment of scrumptious pancakes you've ever feasted on. Then you get to climb a hill or two! But don't worry - no hammering. Helmets and excellent social skills required. Cancels: 50% chance of rain, snow or sleet or temps below 37 at start.

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## SATURDAY, NOVEMBER 24

**A18/20 75 MI 8:30 AM**  
**Birthday Ride**

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

**From: The Boathouse**

Another jaunt up to Brewster, this time via White Plains for some indoor dining en route. Then it's a hardpack heaven, a lovely swing around Byram Lake and the trails through Bedford, Purdys and Croton Falls. But hand on for the full 75 to Brewster for real Mexican food and brew across from the station. Bring Metro North bike pass, \$\$\$ for the train and food.

**A19 50+/- MI 10:00 AM**  
**Nyack and back**

**Leader: Jack Lehnert (718) 884-6437 JSL7@Georgetown.edu**

**From: The Boathouse**

Quick out and back modeled on the wednesday morning series. Pacerline skills a must. Riders must know their way to Nyack and back. The usual cancels, call before 8:45, if in doubt.

**B16 50- MI 10:00 AM**  
**Northvale, Pearl River, Piermont?**

**Leader: TBA**

**From: The Boathouse**

It's a PERFECT day for a ride! The roads are quiet and inviting: the weather is refreshingly cool and that Thanksgiving dinner has left you with a pre winter Eskimo layer. Join some friends and pick a destination.

**C12 30/45 MI 9:00 AM**  
**NJ Bike Shop Tour: Bergen & Hudson Counties**

**Leader: Alfredo Garcia (212) 802-2441 mailto:cyclistxxiii@yahoo.com**  
**From: George Washington Bridge Bus Station**

Looking for a new bike or accessory? Then ride from Tenafly to Weehawken and check out several bike shops. Bring current Transportation Alternatives card for purchase discounts (don't expect to carry that new Litespeed home!) Lunch at Mitsuwa Marketplace. Ends with refreshing \$6 ferry back to Manhattan. Be prepared for hills. Co-listed with 5BBC. Rain, snow, ice and freezing temperatures 32 degrees Fahrenheit & below cancels. P.S. It's my birthday.

(Continued on Page 8)

(Continued from Page 7)

**SUNDAY, NOVEMBER 25**

**A/B18+/-**                      **40+/- MI**                      **9:00 AM**  
**River Road Hill Repeats**

**Leader:** Seth Prince (718) 422-0085 [birdrider@mindspring.com](mailto:birdrider@mindspring.com)  
**From:** The Boathouse

In anticipation of shorter and colder days my attention turns from the aesthetic to more utilitarian outings. Please See Description from 11/18.

**B17\***                              **50+/- MI**                      **10:00 AM**  
**Audax Ride to Nyack (or someplace in that direction)**

**Leader:** Karl Dittebrandt (212) 925-9854

**From:** the NJ side of the GW Bridge

This is your chance to learn what Audax riding is all about.

Basically, it's about learning to maintain a steady pace in a group.

And, it's fun. Any questions, please call. \*The average speed will be determined by the skill level of the group, but it will be at least 14 MPH.

**B15**                              **25/30 MI Rolling Hills**                      **8:30 AM**  
**City To City**

**Leader:** Jesse Brown (212) 632-8218

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

Tour of the Bronx takes us to some of the finest seafood to be had in New York City. City Island is a world unto itself. Savor it and the flavorful choices offered. Explore the bike paths (greenways), side streets and other interesting things. Will strictly maintain ride pace on flat terrain. Co-listed with 5BBC. Rain, snow, ice or an act of God cancels.

**THURSDAY, NOVEMBER 29**

**B17**                              **18+/- MI**                      **6:10 AM**  
**Training rides in Central Park every Thursday**

**Leaders:** Karl Dittebrandt (212) 925-9854 and Linda Wintner (212) 876-2798

**From:** Engineers Gate 5th Ave and 90th Street

Join us for three laps in an Audax training ride. Precipitation or temperature under 32 degrees cancels. Helmets required

**SATURDAY, DECEMBER 1**

**A19**                              **80+/- MI**                      **8:30 AM**  
**Whippoorwill / Roaring Brook**

**Leader:** Hank Schiffman (212) 529-9082 [schiffhank@aol.com](mailto:schiffhank@aol.com)

**From:** The Boathouse

2 hills and a sitdown lunch. If you bring a MetroNorth pass you can bail out early. Don't forget a helmet. Persistent precipitation scrubs the ride. If in doubt call at least by 8 AM.

**SUNDAY, DECEMBER 2**

**B17\***                              **50+/- MI**                      **10:00 AM**  
**Audax Ride to Nyack (or someplace in that direction)**

**Leader:** Karl Dittebrandt (212) 925-9854

**From:** the NJ side of the GW Bridge

This is your chance to learn what Audax riding is all about. Basically, it's about learning to maintain a steady pace in a group. And, it's fun. Any questions, please call. \*The average speed will be determined by the skill level of the group, but it will be at least 14 MPH.

**B15**                              **45 MI**

**SCARSDALE**

**Leaders:** Hindy and Irving Schachter (212) 758 5738

**From:** First Avenue and E. 64 St., NW corner

Time to start late and have warm coffee at the Coffee Tree in Scarsdale. We have an interesting route home. Snow, icy roads or high below 43 cancels.

**As part of an effort to make some room here are some frames for sale:**

Schwinn Paramount custom built frame 54cm red white fade paint SLX tubing built in 1988 for friend's father; has a Paramount labeled Stronglight hs and a Campy BB. Looks like new. **\$400**

Guerciotti labeled Alan frame. One tube was recently re-TIGed where it was previously screwed and glued. 56cm. **\$100**

ParkPre 55cm; Shaklee team bike circa 1990; unusual green/blue splatter paint job; marginal Ultegra hs and recent Shimano BB included. **\$135**

LeMond 55cm bike; Saturn team frame 55cm; DuraAce gruppo with Cane Creek deep dish carbon wheels, Ti spokes. Basically new. **\$2200.**

Raleigh early 1990s 753 Pro frame. 55cm. Re-Tigged BB shell at the chain stay. Looks good. **\$125.**

Zipp track disk just rebuilt by Zipp. **\$450.**

Holdsworth 531 road frame, 55cm, top tube jet added, bottle braze-ons added, paint by Joe Bell is ok, super commuter frame, **\$150.**

Syncros Titanium bottom bracket, 122.5mm. **\$40.**

Looking for all purpose track wheels or Campy/DuraAce/Track crankset 165mm; track cogs; Campy 8sp. carbon levers, real cheap track frame for a commuter bike and Hope disk brake parts.

Thanks,

John

[hartmans@ionet.net](mailto:hartmans@ionet.net)

**(Continued from Page 11) Interbike Trade Show**

**Litespeed** — Now showing aluminum frames too, for those who want a Litespeed but don't want to pony up the big bucks for titanium.

**MasterLock** — introduced a new lock to compete with the Kryptonite disk lock and chain. MasterLock's entree looks EXACTLY like a giant pair of handcuffs — one "cuff" goes around the bike; the other around a pole. One key works for both cuffs.

**Plus...** a new recumbent from Cannondale, new Cliff bars with extra caffeine, cardboard boxes designed just for shipping your bike (looks like an oversized blueprint tube from FedEx), all-wheel drive bikes from Jeep.... wheels with about 20 (???) thin flat strips of Kevlar instead of spokes... lots of electric bikes on display, but this just doesn't seem to have hit the big time yet.

Plenty of video highlights in the hard-core mountain bike booths, featuring activities such as indoor Roman Candle fights, and driving a junker car through an empty warehouse and down a flight of municipal steps. (Obviously my own misspent youth was not misspent enough).

I was there to plug my own cause — the New York City Bicycle Show, which WILL take place on May 2-4 in a NEW Manhattan location (we will not be back at the World Trade Center, I believe...)

Glen

[glengoldstein@mindspring.com](mailto:glengoldstein@mindspring.com)





# Official 2002 NYCC Election Ballot

## Vote for Officers and Member Awards

<b>President</b>	Tom Laskey	<input type="checkbox"/>
<b>VP Rides</b>	Fred Steinberg	<input type="checkbox"/>
<b>VP Programs</b>	(Open)	<input type="checkbox"/>
<b>Special Events Coordinator</b>	Lauren Grushkin	<input type="checkbox"/>
<b>Secretary</b>	Carol Waaser	<input type="checkbox"/>
<b>Membership Director</b>	Eileen Crowley	<input type="checkbox"/>
<b>Public Relations</b>	Cathy Martone	<input type="checkbox"/>
<b>Bulletin Editor</b>	David Getlen	<input type="checkbox"/>
<b>A Rides Coordinator</b>	John Vasquez	<input type="checkbox"/>
	Ralph Yozzo	<input type="checkbox"/>
<b>B Rides Coordinator</b>	Stan Oldak	<input type="checkbox"/>
<b>C Rides Coordinator</b>	(Open)	<input type="checkbox"/>
<b>Volunteer Coordinator</b>	(Open)	<input type="checkbox"/>

The board proposes to raise the yearly dues for single memberships to \$24.00 and couple memberships to \$30.00. The board further proposes to offer a discount of \$3.00 for single and couples memberships if they are registered via the internet using Active.com.

**Approve**  
 **Disapprove**

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Fold Here  
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### Please follow these instructions to cast your ballot by mail

You are encouraged to vote in person at our club meeting on November 13. If you can not attend and wish to vote by mail, please select your choice of nominee for club office in the left-hand column. You may write in the name of any NYCC member you please for the member award on the back side of this page.

Candidates in contested race have been given the opportunity to write 75-word statements which have been printed on the next page.

Fill in your name and signature on the signature lines on the other side of this page, detach, fold and seal the ballot with tape.

**DO NOT USE STAPLES.** Send ballots to the pre-printed address on the other side of this page only.

Ballots received at the NYCC PO Box cannot be counted. Remember to use a 34-cent stamp.

You may copy this form for use in multiple member households but without a name, address and signature on the bottom third of the reverse side your ballot cannot be counted. Ballots sent by mail must be post-marked by November 7. Ballots can also be cast in person at the November club meeting on November 13.

**Ralph Yozzo**

Candidate for A-Ride Coordinator

If elected, I would do my best to automate the task of generating "A" rides for each week. And also advertise selected rides to a wider audience. There should be a secure place on the NYCC website that allows members to see the current ride list. And in the future, ride leaders should be able to update their own rides.

This would make our lives easier and give up-to-date information to our members.

**John Vasquez**

Candidate for A-Ride Coordinator

I've been a member of the NYCC for nearly three years. I was introduced to the club in somewhat of an accidental manner. I was asked to accompany a few friends to the boathouse with bike in tow one Saturday in early March in the spring of 1999. Little did I know, I was about to embark on one of the more challenging experiences of my life, the A-SIG Classic.

In the three short years I've belonged to the club I'm pleased to say that I have met with a group of caring helpful people who exemplify their loyalty to the club. The level of enthusiasm displayed by the likes of Fred Steinberg, Ed Fishkin, Jeff Vogel and of course Spencer Koromilas (to name a few) whenever they're leading a ride gives me a sense of wanting to contribute to their noble ways. I feel as if I possess the responsibility that will allow me to follow in the footsteps of Jim Galante.

Fold Here

**Here's your chance to vote in the best of The Best Member Awards**

Best Dressed Man:

Best Dressed Woman:

Most Improved Man:

Most Improved Woman:

Comeback Rider of the Year:

Best Cycling Couple:

Best Ride Leader:

Best Diner/Food Destination:

Fastest Flat Fixer:

Most Shameless Gear Head:

Best Retrogrouch:

Best Wheel (To follow in a Paceline):

Best Schwebbers:

Signature

Name

Address / Apt. No.

City / State / ZIP

Place Stamp Here

**Geo Carl Kaplan  
18 West 16th Street  
New York, NY 10011**

# News from the Interbike Trade Show in Las Vegas

Here's all the latest news and scandal from the Interbike trade-only bike show in Las Vegas. (Sorry for the delay, I was out backpacking in Utah after the show, and just got back).

**Swift Folder** — STILL the very best way to get around Las Vegas. Everyone who saw it wanted to buy it. No airline fee — just put it in a cheap suitcase and check it like regular luggage. Had a minor difference of opinion when I had to out-pedal the Las Vegas police through the downtown Fremont Experience. Oops.

**Schwinn and GT** — as you probably know, they were in bankruptcy, and have been bought up by Pacific Cycles. I was somewhat shocked to see Schwinn/GT exhibiting at the show. They held several dealers-only meetings (which I was obviously not invited to...) but the gist of it seems to be that the new heads of the company want to sell to "big box" stores (Wall Mart, K-mart, Toys R Us, etc.) AND through IBDs (Independent Bike Dealers). The new owners said that while they would do much more volume through the big box stores, they make more money off of each bikes sold through an IBD, so retailers were still very important. They also said that they would change the requirements for dealers (how many bikes you have to buy, credit terms, etc.) and that not everyone would make the cut.

Some bewilderment over the display of "next year's models" from Schwinn and GT — would these ever be put on sale at normal prices, or scrapped in favor of new, cheaper models?

The Schwinn/GT dealer reaction I heard was mixed — some said that they would stick it out for awhile, others said that they would dump Schwinn/GT in favor of competing brands. (The salespeople I spoke to from other brands said that they were having a surprisingly profitable show, and some attributed it to people dropping Schwinn/GT and switching.

**Masi** — Yup, they're back! For those of you unfamiliar, Masi is NOT Italian for "front of the Five Boro Bike Tour". When I first became interested in "serious" cycling (???), Masi was the ultimate bike around — all Columbus tubing and full Campy Nuevo Record for about \$750. I swore I would NEVER pay that much for a bicycle! Well Masi is back... sort of. The distribution has been taken over by Haro (not too well known here in NYC, but famous for its BMX bicycles...). The bikes look great, but they bear no resemblance to the Masi of old. (Bring back those cool lugs!) Lots of new road bike companies on display too.

**Rivendell** — Live and well! Looking for retail dealers for its frames. No NYC dealer yet.

**The SUV bike lives!** — I saw this thing (the Xtracycle) again, and while you may not like the name, this IS the coolest bike around! You should have no trouble hauling six bags of groceries home from the supermarket, with no additional bungees needed. I ALMOST bought one on the spot at the special "bro" price, but didn't want to drag it home (already had there pieces of checked luggage!). Must get one ASAP though. (Besides, they were handing out free stickers with lovely thoughts such as "Honk if you're a wuss in an SUV" and "Trucks are Sissy".) Told them about "our" concerns about the name, and even though they are California based, they were already familiar with the flurry of email that went through Ebikes on this topic!

**Crank Brothers** — Besides being among the nicest people in the biz, they were showing their new Eggbeater mountain bike pedals, which look exactly like, well, egg beaters. The advantage is that they don't get clogged with mud or dirt, and you can clip in either toe-first or heel-first at any angle. Super light.

**Speedplay** — Showing new pedals for those who prefer LESS float — same basic design as the Speedplay X/1s (which I love!) but with the float intentionally limited. The X/1s still in production too.

(Continued on Page 8)

To all our sponsors, we at the New York Cycle Club say  
thank you for your help  
in making Escape New York 2001 such a huge success.

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THE ULTIMATE CYCLE TOUR  
THE NEW YORK CYCLE CLUB

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## Recovery for Endurance Cyclists

by Ed Burke, Ph.D. and John Hughes

Condensed from a two-part article, including examples, at [www.ultracycling.com/training/recovery\\_ld\\_cyclists\\_part1.html](http://www.ultracycling.com/training/recovery_ld_cyclists_part1.html)

Century riders and other cyclists place considerable stress on our bodies, resulting in fatigue and muscle soreness. One of the keys to our sport is effective recovery - getting over the "ouch". This article explains:

- a) what to eat and drink for optimal muscle recovery, and
- b) how to use stretching, massage, heat and ice to relieve muscle soreness.

### Sports Nutrition For Optimal Muscle Recovery

Extensive research with endurance athletes shows that nutrition during rides and afterwards for recovery has four components:

- 1) Replenishing fluids and replacing electrolytes
- 2) Replacing muscle glycogen
- 3) Rebuilding muscle protein
- 4) Reducing muscle and immune-system stress.

We'll start by reviewing the scientific recommendations for sports nutrition.

#### 1) Replenishing fluids and replacing electrolytes

Water is essential for regulating body temperature and cardiovascular function. As you sweat, you lose water and also electrolytes, especially sodium. Dehydration of as little as 2% of your body weight will impair your performance and may force you to stop riding. Studies show that drinking plain water is not as effective in maintaining fluid balance as drinking a sports drink. The carbohydrate and sodium in a sports drink work together to increase water absorption in the intestinal wall. Further, the addition of sodium to the drink stimulates thirst, so you drink more.

Fluid and electrolyte maintenance starts on the bike. During any ride of more than an hour, you should consume plenty of sports drink. A good sports drink contains 14 - 19 grams of carbs / 8 oz. (6-8% concentration) and at least 50 to 75 mg. of sodium / 8 oz. At a minimum, you should drink at least 8 oz. every 15 minutes during the ride, more if it's hot and/or you are riding hard. Which drink is best? The one that you like to drink, since most commercial drinks fall within these ranges for carbohydrate and sodium content.

During the ride, try to drink enough so that your body weight is stable. That may not be possible in hot conditions and/or if you are riding hard. After the ride consume enough fluid to restore your body weight. Because plain water will satisfy thirst before the body is fully hydrated, your favorite sports drink is also the beverage of choice after a ride. Avoid carbonated drinks when you are thirsty; they may cause you to feel prematurely full before you've drunk enough.

Endurance riders also need sodium. Each liter of sweat contains approximately one gram of sodium which must be replaced. Beverages with that much sodium taste awful, so you'll need to supplement from other sources. Good sources include tomato juice, salty (low-fat) crackers and adding salt to your meals.

#### 2) Replenishing muscle glycogen

In endurance events, the fuel and water available in your body are the factors that limit how fast you can ride. While some of the energy comes from fat, most of the energy comes from glucose circulating in the blood stream and glycogen stored in the liver and muscles. A rider can only store a few thousand calories of glycogen, which will be exhausted in a few hours. To prevent the bonk, endurance cyclists should consume at least 300 calories every hour, and 4-500 / hour if the rider is large and/or riding hard. When consuming this many calories while riding it should be in easily digestible foods: sports drinks, gels, bars, fruit, liquid meal replacements, etc. During long, hard rides it is difficult to eat enough on the bike to match the caloric expenditure. So it is important after the ride to replenish glycogen stores. Studies have shown that riders who consume carbohydrates within two hours after a ride replenish glycogen stored more completely. Consuming some protein with the carbohydrates can

increase glycogen replacement by 30%. The optimum muscle recovery ratio appears to be four grams of carbohydrate to one gram of protein. However, consuming too much protein will delay gastric emptying, as will eating fat.

During the first two hours after a ride, consuming one gram of carbohydrate / lb. of body weight and some protein in the 4:1 ratio will start the re-fueling process. Continue re-fueling with dinner, an evening snack and breakfast. These meals should provide 4 - 6 grams of carbohydrate / lb. of body weight.

Select carbohydrates with a high-glycemic index, which will cause your blood sugar to rise rapidly. Examples include bagels, baked potatoes, bread, crackers, glucose, honey, and sports drinks sweetened with sugar. Whether the carbohydrate is in solid or liquid form does not seem to be important for absorption.

#### 3) Rebuilding muscle protein

Rebuilding muscle protein is important for two reasons. First, hard training damages muscle cells. Protein is required for the growth, maintenance and repair of muscle cells. Second, during hard exercise if your glycogen stores fall too low, your body may derive up to 10% of its energy from protein. The branch chain amino acids (BCAAs) isoleucine, leucine, and valine can take the place of glucose in the production of energy. However, using protein for energy is not desirable because amino acids that would have been available for muscle repair are diverted for energy. Supplementing with BCAAs may improve performance.

Athletes in heavy training do not need great quantities of protein. Consuming 1.2 - 1.6 grams protein / day / lb. of body weight should meet cellular repair and energy needs.

#### 4) Reducing muscle and immune-system stress.

Free radicals are one of the sources of muscle soreness. A free radical is a highly unstable molecule that is short one electron. The harder and longer you exercise, the more you generate free radicals. Free radicals can damage muscle cells and mitochondria and are one of the causes of muscle inflammation and soreness. Research has shown that supplementing with vitamin C can reduce free-radical generation and help to prevent muscle and immune-system damage. Vitamin C also aids in the production of anti-stress hormones and is required for tissue growth and repair. Many researchers recommend 250 - 2500 mg /day. Both the natural and synthetic forms of vitamin C are easily absorbed.

Vitamin E prevents damage to cell membranes by inhibiting the oxidation of phospholipids. It also improves circulation, relaxes leg cramps and helps repair tissues. Although the optimum intake has not been determined, consuming up to 1200 IU / day may be helpful. Buy the natural form of vitamin E, which is absorbed twice as readily as the synthetic.

The amino acid glutamine is a source of energy for white blood cells and other immune cells. Glutamine is normally manufactured by the body; however, during heavy exercise (and other times of stress) glutamine concentrations in your body decrease significantly.

Glutamine is available in foods such as raw spinach and parsley; however, cooking destroys glutamine. Supplementing with glutamine may lessen the effects of overtraining. In order to be effective, the suggested dose is 8 to 20 grams / day. However, because glutamine is expensive some sports drinks only contain milligrams per serving.

Ciwujia (Siberian ginseng) is a Chinese herb that stimulates the immune system. Subjects who took ciwujia had few colds during the winter. Ciwujia also reduces heart rate during exercise. The reduction in heart rate means that at the same workload, muscle stress is reduced. Studies have also shown that taking ciwujia increases fat metabolism and spares muscle glycogen.

#### B) Treatment of Muscle Soreness

The primary causes of muscle soreness are:

Free-radical damage: As explained above free radicals are one of the sources of muscle soreness. Taking antioxidants such as Vitamin C and E

can help to reduce post-exercise muscle soreness.

**The cortisol response:** When the body is under stress, the adrenal glands release cortisol to help mobilize energy. When you train hard, cortisol will increase the rate at which protein in the muscles is broken down for energy. Cortisol will also impede the transport of amino acids to the muscles, instead the amino acids will go to the liver to be metabolized for energy. We recommend eating sufficient carbohydrates during and after exercise, which will stimulate the production of insulin and reduce the cortisol response.

**Mechanical damage:** When you overload your muscles, either by significantly increasing the amount you ride or by riding much harder, the result may be microscopic tears in your muscle fibers. Over the next 24 hours after the ride, the muscles may become inflamed. There may be increased blood flow to the muscles to help repair the damage.

Much of the muscle soreness can be relieved through gentle movement. The day after a hard ride, going for a 60 minute spin, swim or walk, will start to loosen tight muscles and improve the circulation. The healing process can be accelerated by more direct techniques such as stretching and massage.

### 1) Stretching

As we ride, our muscles tighten and then start to hurt. We can alleviate this by stretching before and/or after each ride. Stretching beforehand will start to warm the muscles, improve the circulation, and increase the supply of nutrients to the soon-to-be working muscles. Stretching afterwards helps to remove waste products and to speed the refueling of the muscles.

There are several types of stretching. A stretch held passively is called a static stretch and is more effective and safer than ballistic stretching, which uses a bouncing motion. You should stretch slowly and hold a stretch for 15 to 30 seconds. Remember to breathe. With each exhalation, relax and stretch more fully. Stretching is to increase flexibility. Don't stretch until it hurts; the pain will cause your muscles to tighten.

If you are pressed for time, stretching for as little as five minutes a day will yield much of the benefit of a longer session. If you can only stretch once, stretch after your workout, when your muscles are warm and more elastic.

Suggested stretches are explained in the on-line version of this article. An excellent reference work is Bob Anderson's book "Stretching", Shelter Publications, 1980

### 2) Massage

Dr. Andy Pruitt, director of the Boulder Center for Sports Medicine, recommends that serious cyclists receive massage at least every two weeks. Massage improves the circulation of bodily fluids and prevents blood from pooling in the muscles' capillaries. The improved circulation enhances the exchange of nutrients and waste products between the muscles and the blood. Massage reduces swelling and stretches sore muscles.

If a muscle is injured (rather than just sore), deep massage is not recommend for 48 - 72 hours. The signs of injury include deep muscle trauma, pain, road rash swelling and warmth, and tendinitis.

Self-massage is explained in the on-line article; see also Meagher, J. "Sports Massage", Station Hill Press, 1980

### 3) Heat

Gentle exercise, stretching and massage, are all active techniques to warm the muscles and increase the blood flow, which will speed the removal of waste products and the replenishing of nutrients. Applying heat is a passive technique to achieve some of the same benefits.

Soaking in a hot bath, sitting in a hot tub or relaxing in a sauna can help relieve tight muscles as well as relaxing you for a good night's sleep.

If you seek heat, take a water bottle with you; you don't want to get dehydrated! If you have inflammation (swelling), and not just sore legs, then heat is not recommended. It would increase the blood flow to the legs, rather than reducing swelling.

## Welcome to our Newest Members

Andersson, Carl	Glazer, Sarina	Parker, Ian
Arbas, Halil ( Richard)	Gluckin, Barry	Pattison, Douglas
Bania, Margaret	Gribbin, Aileen	Phillips, Scott
Bania, Merita	Gross, Peter	Pinkham, Lynn
Bear, Donald	Handfield, Jay	Pinsky, Charles
Bernstein, Ruth	Hanworth, Cynthia	Prevosti, Mary
Beyda, Ellen	Hanworth, Paul	Puma, Mark
Blumenthal, Aaron	Holler, Katie	Reichert, Sarig
Brodth, Gail	Irving, Jerome	Rizzo, Linda
Bruner, Rick	Kravitz, Michelle	Rhines, Jesse
Buchanan, Michael	Kulrsrud, Pamela	Sather, Kristin
Burns, Gregory	Kuo, Lisa	Scott, Sophronia
Call, Jacqueline	Kushner, Jennifer	Shultz, Dean
Cantor-Otunu, Abbe	Lebovitz, Jonathan	Silver, Ilene
Chaudhri, Asif	Lee, Elizabeth	Sitt, Sam
Chapman, Arlene	Lee, Kevin	Sitt, Viviane
Conley, Caroline	Lines, Dave	Smorol, Kristina
Corbin, Anne	Luoh, Jeannette	Sumner, Susan
Corbin, Richard	Lynch, Frances	Sun, Dongming
Deamer, Peggy	Madero, Caroline	Taylor, Mark
Delfosse, Olivier	Madrid, Michael	Tumelty, Nancy
Diner, Alan	Malhotra, Vikrant	Victor, Helene
Diver, Mary	Marx, Cornelius	Waldman, Bonnie
Emmer, Tara	Mason, Kelly	Wallace, Patricia
Erez, Orly	McKee, Christy	Watson, Karen
Falco, Adele	McKeough, Dolores	Wertheimer, Anne
Feld, Melissa	Million, J. Scott	Winter, Patricia
Fife, Steve	Million, Ruth	Wolf, Bill
Friedman, Carol	Ogawa, Takashi	Woloch, Michael
Friedman, Aaron	Orzolek, Tara	Yee, Mai

### 4) Icing

For inflammation, the most effective treatment is to apply ice to the affected body part for 15-20 minutes. If you apply ice for less time, you won't chill the area enough to reduce the inflammation. If you apply ice much longer, the body may send blood to the affected area to prevent freezing, which will increase rather than reduce the swelling.

Applying ice can reduce the risk of injury. If you have a history of knee problems, applying ice to your knees after each hard ride can reduce inflammation so that the knees move smoothly during the next ride, rather than grating and causing injury.

If you have an acute injury, Physical Therapist Lulu Weschler recommends applying ice up to three times a day: in the morning, in the afternoon (especially right after a ride), and before going to bed. She also suggest that alternating cold (<70 F) and heat (104-106F) may be effective. For example, you could ice your knees, then soak briefly in the hot tub, and then ice again. Or alternate applying an ice pack and a hot pad. Start and finish with cold; let your body be the guide to the duration of each cycle.

A physician may also recommend taking a non-steroidal anti-inflammatory drug (NSAID) such as ibuprofen to reduce inflammation. Achieving your peak performance requires pushing your body hard in training and competition and actively rebuilding energy stores and repairing muscle damage. Consuming enough water, carbohydrates, protein and electrolytes at the right time can rebuild your energy stores. Stretching, massage, heat and/or ice can reduce the "ouch factor" Do that you can continue to ride without whining!

For more information see Ed Burke's book "Optimal Muscle Recovery", Avery Publications, 1999. Copyright 2001 by the UltraMarathon Cycling Association, reprinted by permission. For more information about the UMCA go to [www.ultracycling.com](http://www.ultracycling.com)

## Old Glory Bike Gear

Lots of people are waving the American flag, whether it be from cars, homes, t-shirts, pins, tacks, etc. Did you know there are cycling items with stars and stripes and/or the red, white and blue motifs?

### Helmets:

\* Giro's "Boreas" and "Pneumo" limited edition US Postal Service models. Instead of Navy, the blue is more Royal (like the NY Mets color)

\* Schwinn has a "Thrasher" model with waving USA flag graphic, in true colors. Seen at Metro Bikes @ 47th St. & 9th Ave.

### Bandannas:

\* Seen cyclists wearing the flag design on a three point bandanna under their helmets. Sold by street vendors, not necessarily for bike use. Solid color or patterned bandannas are quite popular with the hip hop set.

\* "Flag Classics" made by Head Sweat. More than several flags in one, multitextured motif. Available @ Toga.

### Jerseys:

\* USCF blue jersey with star spangled motifs made by Pearl Izumi. Available @ 47th St. Metro shop.

\* Randonneurs USA jersey. Red collar, white body. RUSA emblem front and back. Emblem is a cyclist with bike that has one wheel with stars and the other with stripes. Navy blue sleeves with red band. Red waistline. Available on the <http://www.rusa.org> website.

\* There's a discontinued Mapei/USA jersey that's on <http://www.performancebike.com> website.

### Socks:

\* "Go USA" by Defeet. Nice and subtle. Top part of sock has stars and royal blue field, then alternate white and red bands. Rest of sock is white/blue specks then predominantly blue on toe & sole with "GO USA" stitched on.

Note: The "Go USA" sock is not on the <http://www.defeet.com> website. It may be discontinued, although you can find them in L and XL at Toga bike shop and maybe at the Sea Gull Century vending. However, on their website, DeFeet is offering two new flag-related designs: "God Bless America" and "UnitedWe Stand." Sales proceeds will go to the disaster effort.

### Fashion recommendation:

\* Just wear one star spangled article, otherwise it looks tacky and distracting. Follow 'two plains and a fancy' dress rule.

\* Good examples: I saw a cyclist wearing a USPS Boreas helmet with yellow t-shirt and blue shorts. Quite flattering. Another wore the RUSA jersey with black shorts and white helmet which stood out at the Central Park boathouse.

### On the bike itself:

\* Some have American flag decals either on tube or chain stays, like Litespeed and Trek.

### Alfredo

PS There are or probably will be more American flag related bike gear that I may not know about.



## 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-rides co-ordinator - Jim Galante (212) 529-4300, [jim@jimgalante.com](mailto:jim@jimgalante.com)

B-rides co-ordinator - Annaline Dinkelmann (212) 207-8689, [dinkelmann@att.net](mailto:dinkelmann@att.net).

C-rides co-ordinator - Stan Oldak (212) 780-9950 [stanOnyc@aol.com](mailto:stanOnyc@aol.com)



**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 a activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

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

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_ Riding Style: A B C

SIGNATURE: \_\_\_\_\_ DAY PHONE: \_\_\_\_\_ EXT: \_\_\_\_\_

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_ Riding Style: A B C

SIGNATURE: \_\_\_\_\_ DAY PHONE: \_\_\_\_\_ EXT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ APT. # \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP (required): \_\_\_\_\_

NIGHT TEL: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ Check, if applicable: \_\_\_\_\_

I do *not* want my  Address  Phone  Email published in the NYCC roster.

Partner does *not* want  Address  Phone  Email published in the NYCC roster.

Check if you want to receive monthly bulletin:  Online only (requires email address)  
 Via regular mail



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

Individual \$21 (\$10.50 after Labor Day 2001)  Couple residing at the same address \$27 (\$13.50 after Labor Day)

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 pur-  
chases over \$100.

http://www.nycc.org



**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!

### Join us at our November 13th meeting

**Erika Warmbrunn**

**Author of "Where the Pavement Ends: One Woman's Bike Trip Through Mongolia, China & Vietnam"**

Several years ago Erika had a short-term job in Siberia. It brought her close to her dream destination: Mongolia. So, with little preparation, she set out on her bike, Greene, to escape deep into parts of Asia not covered by tours and guidebooks. She found the invigorating, empowering sense of freedom that comes with abandoning yourself to the risks of the unknown. Come hear stories of her eight-month, 8,000-kilometer journey and see pictures of places few of us will ever see.

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 6:45 PM. Program at 8 PM. Take 4/5/6/7 to 42nd Street / Grand Central Station.

**Remember - This meeting is also the annual NYCC election meeting. Please attend.**

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