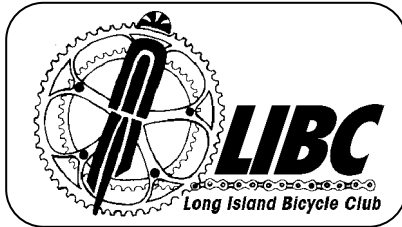


**MARCH
2010**



GOLD COASTING

A monthly publication of the Long Island Bicycle Club

www.libike.org

Club Roster

Members can receive a copy of the club roster by sending a SASE to Maria Torres, 5-14C 115 Street, College Point, NY 11356 (or email her at torresm@coned.com).

Email List

If you are not getting club emails, add your name to the email list by sending a message to torresm@coned.com

The Standard Ride

The club rides every Saturday, Sunday and holiday throughout the year from **Westbury High School**. **Between March-May rides leave promptly at 9:30 a.m.**, and **between June – September rides leave promptly at 9:00 a.m.** Directions: Take the Northern State Parkway to exit 32 north. Go north on Post Ave. The school is on the right just after Jericho Turnpike. Park by the tennis courts.

Club Jerseys!

To buy one, contact Bill Selsky at 516-489-3958 or bselsky@juno.com or see him at the lot.

LIBC Events Calendar 2010

March – LIBC 's Bike Season Begins
April – LIBC's Lakeville,CT
May – LIBC's Memorial Day Weekend
July – LIBC's 4th of July Weekend
Sept – LIBC's Labor Day , Weekend
Oct - LIBC's Columbus Day, Weekend

Welcome New Members

JAN/FEB 2010

Kirk, Brandon, East Meadow, NY

Friedman, Allan, Huntington, NY

Olsen, Donna & Claudia, Westbury, NY

Intonato, Meri, Ben, Bud, Syosset, NY

New Members / Renewals

Membership dues are \$20.00 for an individual, or \$25.00 for a family. If you haven't all ready, it's time to renew! Members receive our monthly newsletter, which includes detailed information on all upcoming rides and club activities, along with articles of interest to Long Island cyclists and discounts from bike shops. Mail the completed application located on the back of the Newsletter to the address indicated on the form, with your check. If you experience difficulty printing the application, please send an e-mail to: **Maria Torres-718-461-7594 / torresm@coned.com**

LIBC Party Animals Show

How They Earned the Designation

By Bill Selsky, LIBC President

The Singleton's folks were amazed. At the LIBC Annual Party in January, we went through everything. Singleton's is the name of the place where we hold the party, and the eats, as always, were served buffet style. Lots of choices, and soon after they put it all out, it would need to be refilled again. I am so proud of us, though you would think that with many of us not riding in January, our appetites would be less. Nope!

Sixty-six of us arrived and conquered the place, and there also was dancing (though if you watch everyone really closely, you might call it something else—Charles Elioseff said if I had guts enough to do it, so would he). Awards were presented, and a bike and bike-related stuff, raffled off.

If you haven't already, go ahead and congratulate the award recipients. Susan Mrwik was awarded the Most-Improved A Rider Plaque. Larry Levy was presented with the award for the Most Improved B rider; Michael Zerner, the B- award; Gerri Lynn Verola, the C award; Lynne Dinner, the C+ Award. The award is given for more than just great bicycling. Recipients inspire their enthusiasm for cycling within their groups, and they also lead rides. Congrats and thanks to all. Watch the libike.org site for photos (Susan!).

Maria Torres also received a plaque, thanking her for Mentoring the C+ group. Though others certainly played a part in this, Maria's role was prominent and inspired and helped grow the group. Thanks, Maria!

At each party, the bike shops listed in our bulletin also present us with things to raffle off. This year, one of them, Peak Cycles, gave us a bicycle. It was won by Roz Kaufman, though a number of us offered to help put it away (in my basement). RoadWorx offered a \$250 gift certificate. Brands gave a helmet and enough tubes for almost everyone at the party. Visentin, Tulip, Bicycle Planet, Visentin, Bikeworks, all gave certificates and/or products to make for a bunch of happy LIBCers. Whether you attended the party or not, you can show your thanks and support by frequenting these shops. They each give discounts to club members.

Now on to the rest of the year: and if it is warm enough and stops snowing, we might get a few rides in before the official ride starts in March. Watch your Yahoo sites (and the thermometer). I also have begun receiving checks for the club's opening season away weekend in Lakeville, CT, April 30-May 2. Some gave me checks at the party. Details on the weekend are on Page 5 in this bulletin.

See you on the road!

RENEW YOUR 2010 MEMBERSHIP

YOU MUST BE A MEMBER OF LIBC TO PARTICIPATES IN OUR WEEKEND TRIPS

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10% Discount for Members At:

Bicycle Planet – Syosset – 516-364-4434

Bikeworks – Greenvale – 516-484-4422

Brands – Wantagh – 516-781-6100

Carl Hart – Middle Island – 631-924-5850

Cycles Plus – Huntington – 631-271-4242

Mineola Bike - 516-742-5253

Peak Cycles – Douglaston – 718-225-5119

Pt Washington Cycles – 516-883-8243

RoadWorx – Syosset -- 516-558-7841

Tulip Bikes – Floral Park – 516-775-7728

Visentin – Oyster Bay – 516-922-2150

Guidelines

Bicycle Safety is promoted on all club rides, but riders must assume responsibility for their own personal safety. **HELMETS ARE REQUIRED!** Club rides are graded according to the degree of difficulty:

- A** For very strong cyclists, 18-20 mph avg, 40-100 miles, few stops, hills likely.
- B** For strong riders, 15-17 mph avg, 40-100 miles, few stops, hills likely. The group will try to wait for slower riders.
- B-** 13-14 mph avg, 30-55 miles, stops as needed, hills likely. The group will try to wait for slower riders.
- C+** 13-14 mph avg, 30-50 miles, stops as needed, hills likely. The group will wait for slower riders
- C** 11-12 mph avg, 25-40 miles, stops as needed, some hills to be expected. The group will wait for slower riders and assist those having minor mechanical problems

If you are in doubt, try out a ride with a slower group and work your way up.

Rules to Ride By

1. Arrive 15 minutes early and be ready to leave on time.
2. Make sure your bike is in good working order.
3. Carry a spare tube, patch kit, pump, and water bottle.
4. Practice safety and obey all traffic laws.
5. Leaders are not responsible for those who ride ahead of the group.

A Rides Schedule

Ride Schedule time is 9:30 from October - May and 9:00 from June - September from the Westbury High School Parking Lot.

A new season and maybe some new leaders. Dr E. is being groomed, Susan is certified (as what?) and maybe Vinnie will think that Long Island is part of the New Paltz area and will lead us. Paul actually knows the roads and of course there are the off-island rides led by Mike and myself.

Saturday, MARCH 6

The Grooming Ride-54 miles-Dr E and Phil. So we know that Dr E. is strong and he has actually shown signs of knowing where he is on Long Island so he will co-lead a ride. He will have to do the dirty work. I will tell him where we are going if he isn't sure and he will have to stay at the front to do all the pulling. My type of ride. At the end when he is thoroughly exhausted the plan is to drop him and leave him for dead. A kinder and gentler cycling season.

Sunday, MARCH 7

A Several Idiots Ride-53 miles-Several Idiots. The idiot concept works well and there have been additions to the roster of idiots so the contributions will be varied and maybe productive.

Saturday, MARCH 13

Dr X's Ride-60 miles-Jim Badia 917 414-5179. Jim has been training at the gym this winter and is probably in better shape this year than any other year. Steady pace and good roads. Nothing nasty to say?

Sunday, MARCH 14

The Ides of March Mystery Ride-50 miles/hilly-Mike Friedlander 676-7102. "Beware of the ides of March"-Shakespeare, Julius Caesar, Act 1, Scene 2- Join Mike, Brutus and Cassius on this ride through Port Washington and Great Neck. Togas mandatory, daggers optional. ET tu strong B's?

Saturday, MARCH 20

Paul's Ride-60 miles-Paul Block 785-3609. I hate to admit it, but Paul is learning the roads. From truly geographically challenged - - - he has graduated to picking good routes and setting a nice pace.

Sunday, MARCH 21

Phil's Commack Ride-58 miles-Phil. Nothing real special and can be pre-empted by anything including New Paltz.

Saturday, MARCH 27

Susan's Ride-57 miles-Susan Mrwik -354-1834. Susan may lead this to Target Rock or it may be one of her longer rides. Definitely a coffee stop and of course, Susan will be paying. Strong B's definitely invited.

Sunday, MARCH 28

The Indian Food Ride-50 miles-non-stop-Jim Badia. Jim will be leading a ride that will get back to the lot around 12:45, in time to meet the C+ group (led by Maria and Phil) who will also be going for Indian food. Bring some clothes to change into or to put over the cycling duds. We will choose a restaurant, probably in Hicksville and then put it on the All Groups website. Should be fun and anyone from any other group is invited.

Rides leave promptly at 9:30 A. M.

Rides Schedule time is 9:30 from October - May and 9:00 from June - September from the Westbury High School Parking Lot.

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B Rides Schedule

Ride Schedule time is 9:30 from October - May and 9:00 from June - September from the Westbury High School Parking Lot.

Saturday, MARCH 6

Geff Radbill, (917) 881-4396. This year's season opener is not a home game. Ride leaves Manhattan (122nd St. & Riverside Drive) at 9:30 AM, heading for Nyack and returning to starting point, depending on pace, in about 5 hours. 50-55 scenic miles, away from Route 9W. Don't miss it.

Sunday, MARCH 7

Bill Selsky, (516) 489-3958. Destination and lunch stop to be determined. Probably around 50 miles.

Saturday, MARCH 13

A Joel Gorinsky Special.

Sunday, MARCH 14

Patrick Cuvilly, (917) 775-6446. Go West, Young Man, at least at the start of the ride. Douglaston, Port Washington, Sands Point, lunch in Roslyn. Mileage in the low 50's.

Saturday, MARCH 20

Susan Mrwik, (516) 244-6174. She plans on taking us either to Northport or San Remo.

Sunday, MARCH 21

Daniel Goldschmidt, (516) 633-0420. Weather permitting, Kings Park will be the destination. About 55 miles.

Saturday, MARCH 27

Rich Suttnerberg, (516) 526- 8936. A slow B pace, no more than 45 miles around the Oyster Bay/Bayville area. Lunch probably in Oyster Bay.

Sunday, MARCH 28

Hamid Alaie, (718) 541-3664. He's headed towards Northport. That means he's got the Danish bakery on his mind.

LIBC Summary: 2009 Receipts/ Disbursements

Receipts: Dues: \$3,790, Winter Party: \$2,260, Jersey Sales: \$137, Total: \$6,215

Disbursements: Winter Party: \$2702, Summer Picnic: \$1551, Liability Insurance: \$298, Plaques: \$311, Bank charges: \$70, Dues: \$65. Total: \$4997.

Excess of Receipts over Disbursements: \$1218

**YOU MUST BE A MEMBER OF LIBC TO PARTICIPATE
IN OUR WEEKEND TRIPS**

B- Rides Schedule

Ride Schedule time is 9:30 from October - May and 9:00 from June - September from the Westbury High School Parking Lot.

Welcome back to all B- riders. As in previous seasons, we will start off with shorter flat rides and then gradually build up to longer rides with ELEVATION. If it's too cold on certain rides this month we will not stop for lunch, but we should all have lunch together afterwards to complain and make fun of those who did not ride in the cold weather (*as opposed to those who did ride in warmer weather*).

Saturday, MARCH 6

Mark Blatt (516-678-4918) 35-40 miles. Destination to be determined. A slow B- pace with a couple of rest breaks and natural breaks but no lunch.

Sunday, MARCH 7

Sid Alkon (516-869-8710) 40 miles. Commack. Easy start of the season.

Saturday, MARCH 13

Bill Dinner (516-944-9170) 35-40 or so miles. A slowish warm up ride meandering in the hills north of the lot. Berry and other of that ilk are likely. No lunch if chilly.

Sunday, MARCH 14

Marty Unger (516-869-8622) 35 miles. Cold Spring Harbor.

Saturday, MARCH 20

Marin Bzura (516-448-7633) 35-40 miles. Gold Coast.

Sunday, MARCH 21

Steve Klein (516-671-9295) 33.3 miles. Bethpage . Only a little hillier than an LP with a quick stop for hot chocolate.

Saturday, MARCH 27

Mike Zerner (917-545-1474) Approximately 40 miles. A moderately paced early Spring cruise to East Island, Mill Neck, and Oyster Bay (with a slice at Mario's).

Sunday, MARCH 28

Harvey Miller (516-794-7059) 43 miles. Bayville. Two Hills Backwards Ride.

Saturday, Feb 27 – Super Cycling Saturday

9-5 @ New Village Community Center, 20 Wireless Road,
Centereach, NY

Seminars on Leading Rides & Group Riding, Bike
Mechanics Repair, Raffles, Breakfast & Lunch (free)

Email: info@sbrweb.org

C+ Rides Schedule New Group

Ride Schedule time is 9:30 from October - May and 9:00 from June - September from the Westbury High School Parking Lot.

The new C+ Group will make every effort to ride at least once if not twice every weekend during the 2010 ride season. The C+ speed will average somewhere between 12.5-14 mph with hills. While no one will be left behind, those unable to keep up will be encouraged to ride with the C's. Good group riding technique will be encouraged.

Saturday, MARCH 6

Bill Dinner (917) 664-5044 will start the season at an easy C+ pace - 30 to 35 miles. No lunch stop if it is too chilly, so bring snacks.

Sunday, MARCH 7

Roll your own or ride leader to be determined at the lot.

Saturday, MARCH 13

Roll your own or ride leader to be determined at the lot.

Sunday, MARCH 14

Roll your own or ride leader to be determined at the lot.

Saturday, MARCH 20

Join with the C's as Maria Torres 718 461-7594 is leading the C ride.

Sunday, MARCH 21

Lynn Diner (917) 664-5044 Familiar roads with no extra charge for hills.

Saturday, MARCH 27

Elan Wurtzel 516 822-7866. Elan will lead a C+ pace heading to ride to Jones Beach via Bethpage State Park. Remote start in Syosset.

Sunday, MARCH 28

Maria Torres 718 461-7594- The Indian Food Ride-40 miles-Maria Torres and Phil Ayvazian. This ride will probably be flat so that everyone can hang in and will go towards Bethpage. There will be minimal stops so that we can get back by 12:30-1 P.M. to go to an Indian buffet. **The A's are going to meet us at the end to join us for Indian food (They will not be on the ride.) Bring clothes to put over your cycling clothes or to change into. Should be fun**

RENEW YOUR 2010 MEMBERSHIP

C Rides Schedule

Ride Schedule time is 9:30 from October - May and 9:00 from June - September from the Westbury High School Parking Lot.

Welcome to the 2010 ride season. We have only 1 ride this month without a designated leader. Cooperation and participation are the names of this game for a successful season. The season has just begun and hopefully we will start filling every ride. I am hoping for regular C rides, no pressure on the leaders to go faster, no riding ahead of the leader, everyone aware if someone is falling behind so they can be located. I am looking forward to some really imaginative rides that we will all enjoy as well as the old standards that we haven't seen for a while.

Saturday, MARCH 6

Roll your own or ride leader to be determined at the lot.

Sunday, MARCH 7

Charles Elioseff (516) 334-1837. Oyster Bay via the firehouse; an easy pace as befits a leader who rides laid-back. 35miles.

Saturday, MARCH 13

Bob Steinberg (516) 466-4090. Seeking flat roads; if they are out there we will find them. About 30 miles.

Sunday, MARCH 14

Mary Grady (516) 437-5311. Northport via the least hilly means. 35-40 miles.

Saturday, MARCH 20

Maria Torres (347) 612-2354. Bethpage on mostly flat roads. If the temperature is too cold there will be no lunch break however, we will make a short one if needed. About 33 miles.

Sunday, MARCH 21

Irma Klein (718) 261-8760. Local area ramble. A ride for those who have spent most of the winter months indoors. 30-35 miles.

Saturday, MARCH 27

Clare Schwartz (516) 627-7496. Clare's Cream of the Berries' ride 30+ miles. Clare is ready to 'dish out' a serving of her delightful Berries offering. So good, you'll want a second helping.

Saturday, MARCH 28

Gerry Reagan (917)-741-9501. Ides of March: offering glimpses into the hidden history and heritage of Nassau and western Queens. Be ready to come to grips with Long Island's past in this introduction to Ger's series of suburban-archaeology rides. 35-mile ride .

Easy Rider Group

Once again, depending on weather conditions, for the month of March, we will have an Easy Ride on most weekends led by **Al Rutsky (516) 627-7496.** If you haven't been riding with a group, Al's mentoring will bring you to the point where you will comfortably be able to ride with whatever group you are capable of riding with. We encourage new riders who have not ridden at least 25 miles at a steady pace to join an Easy Ride during your first club experience.

BICYCLING EVENTS CALENDAR

LIBC MEMBERSHIP IS REQUIRED IN ORDER TO PARTICIPATE IN THE LIBC WEEKENDS.

MARCH

RIDING SEASON BEGINS

APRIL

30 LIBC's LAKEVILLE, CT WEEKEND

MAY

23 Wounded Warrior Ride-info(@)ridetoheal.org

31 LIBC's MEMORIAL DAY WEEKEND

JUNE

4 SBRA's BIKE BOAT BIKE

27 LIBC's ALL CLUB RIDE

JULY

2 LIBC's 4TH OF JULY WEEKEND

11 HBC GOLD COAST

18 BikeBoatBike- SBRA

16-18 HIV/AIDS Services Ride - info (@) ridetoheal.org

25 MPBC Multi-Club Ride

AUGUST - More to come

SEPTEMBER

3 LIBC's LONDENDERRY, VT WEEKEND

19 Hunger Relief/Project H.O.P.E. Ride-
info (@) ridetoheal.org

26 MPBC's TOUR OF THE HAMPTON'S

OCTOBER

8 LIBC's COLUMBUS DAY WEEKEND

NOVEMBER - More to come

DECEMBER

LIBC's Lakeville, CT Weekend

April 30 - May 2, 2010

LIBC MEMBERS ONLY

Our opening Away-Weekend event: only 100 miles (give or take) away, but a world away in rides. Don't miss being Bished & Bashed (it's a ride!), or cycling through colonial towns, past farm pastures and lots of rolling hills.

Buffet dinner Friday & Saturday nights. Buffet breakfasts Saturday & Sunday mornings.

We had over 40 people on this last years, all ride levels.

Total cost: \$250 pp do (you share a room) or \$378 for singles-non-sharers. Make checks payable to Bill Selsky, 795 Truman Ave., East Meadow, NY 11554.

(Directions: Hutch to 684 North to end (x10) to Route 22 North to Route 44. Rte 44 eventually turns right (44 East) and take right fork to Rte 112 & Lakeville and the Interlaken Inn. The inn will be on your right.)

TRY THIS ON YOUR NEXT RIDE

Pick the Proper Pack

Early-season group rides are already taking place in the Sunbelt states, and the rest of us won't be too far behind. These rides are where we meet friends, do some miles and test our sprint for road signs. They're the basis of roadie culture.

There's one catch: To enjoy a group ride, you need to have a good group.

It's no fun to hang on for 30 minutes only to get shelled on the first hill and spend the rest of the miles alone. But if you're a stronger rider it's tedious to pedal slowly just to keep everyone together.

Here are 5 pointers for group rides, the goals being (a) no one gets dropped, and (b) everyone has fun.

---**Find the right group.** Ideally, it won't be more than 15% too fast or too slow for the members' fitness. A big bunch may need to be split into 2 or 3 smaller ones to accommodate everyone. Pro teams routinely do this in early-season training. The faster group contains riders targeting the spring classics; the slower one is looking at races later in the season.

---**Follow the leader.** Every pack needs a rider who sets the rules and politely sees that they're followed. Here's a key one: "No one will be dropped except on hills, and then we'll ride easy till everyone is back on."

---**Designate the tow trucks.** The strongest riders should pull the group together if it splits. For instance, after rounding a bend there's a headwind and eventually 3 riders are dangling at 50 meters. The group slows and 2 strong guys drop back to pace the dropped riders into contact.

---**Do more work.** If you're a relatively strong rider, get a better workout and give others a helpful draft by spending more time at the front setting a manageable pace. Or, ride to the side of the pack in the wind instead of drafting. Assist weaker riders up a tough hill with a hand on the small of their back -- if you have the skill and they acknowledge they'd like your help.

---**Do less work.** If you're concerned about your ability to handle the ride's speed or distance, don't pull at the front. Or if you do, take very short turns and return to the draft. Climb at your own pace on hills. You don't have to go to your redline trying to stay in contact when you can trust the group to slow after the crest or provide a tow.

Long Island Bicycle Club
5-14C 115 Street
College Point, NY 11356

**First Class Mail
Forwarding and Address
Correction Requested**

Information for the next bulletin needed by: **MARCH 15, 2010**

HAVE YOU RENEWED YOUR MEMBERSHIP
LONG ISLAND BICYCLE CLUB MEMBERSHIP APPLICATION

Membership in the LIBC includes a 10% discount at selected bicycle shops, access to club rides and events, and the monthly bulletin. The cost of membership is \$20. Each additional member of the household can join for \$5.

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Email: _____

Please print your email address very carefully

Signature(s): _____

Each member must sign

LIBC membership: **\$20.00** _____

_____ additional members @ 5.00 each: _____

Total amount enclosed: _____

Make check payable to:
Long Island Bicycle Club

Send this form and your payment to:
LIBC, c/o Maria Torres
5-14C 115 Street
College Point, NY 11356

In signing this release for myself or a member of my family who is under the age of 18, I acknowledge that I understand the intent hereof, and I hereby agree to and will absolve and hold harmless the Long Island Bicycle Club and its officers and members and any other parties connected with club-sponsored rides or activities associated herewith. I also consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and practice courtesy and safe cycling. I also understand that the Long Island Bicycle Club requires the use of helmets when participating in all club rides.