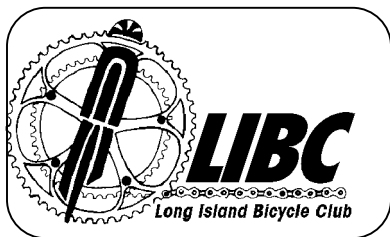


MAR  
2001



# GOLD COASTING

A monthly publication of the Long Island Bicycle Club

<http://www.bicyclelongisland.org/libc/>

## Meeting Place

Usually, meetings are held the first Thursday of each month at 7:30 p.m. at the **Averill Blvd. Park** in Franklin Square, 516-437-4070. Check the Bulletin for changes and details. Directions: Take Cross Island Pkwy. to Hempstead Ave. (Rt. 24) east to Covert Ave. (Mobil Station on corner, next to Stop 20 diner). Make a left on Covert and a right on Drew (just past a school) and follow to the park.

## Club Meeting

No meeting DUE TO LOW ATTENDANCE. See you on the road - The President

## LIBC on the Web

Want to access all the club information from the worldwide web? <http://www.bicyclelongisland.org/libc/>

## Club Roster

LIBC members can receive a copy of the club roster by sending a SASE to Mike Friedlander, 323 Frost Pond Road, Glen Head, NY 11545 (or email him at [MikeLIBC@aol.com](mailto:MikeLIBC@aol.com)).

## The Standard Ride

The standard ride takes place every Saturday, Sunday and holiday from the **Westbury HS**. Rides leave promptly at **9:30 a.m.** Directions: Take the Northern State Pkwy. to ex. 32 north. Go north on Post Ave. The school will be on your right just after Jericho Tpke. Park by the tennis courts. Riders will pause at the Syosset firehouse at about 10:15.

## Ho. Ho. Ho. Snow.

By Bill Selsky, LIBC president

What kind of winter will this be? Our first snow was a blizzard, occurring on a weekend, but keeping us off the roads for cycling for a number of weeks. On the plus side, it's nice to finally use the cross country skis I purchased after the last big storm, several years ago.

Can't ride? Go to Bethpage Golf Course and cross country, or Caumset, or Muttontown Preserve, or all three. Bethpage the day after big storm was great. Phil and I met and saw some other LIBCers, including Irma and Lee, who may be C-riders, but could very well be A cross country skiers.

The day after the big storm, the roads were still too messy to consider biking, so Phil, Maria (for the first time ever on cross country skis) and I went at it. I donned my yellow Gore Tex (there's no missing me), my EMS skis and set out again, trying to give Maria a few pointers. Despite Phil's and my coaching, Maria picked it up pretty easily and looked like a pro (to us anyway) by the end of our Nordic excursion. We probably persuaded some tri-athletes to join the LIBC. We didn't fall when they watched us head downhill, and we didn't laugh when some of them did.

The next weekend, warmer bikeable weather, but the roads were questionable. Now Glenn joined the three of us at a new spot for us, Muttontown Preserve. This is accessible off 106 and 25a in Oyster Bay, and provided us with a whole new experience. The paths are for the most part narrower with marked trails for Cross Country skiing. Also, the paths take you through a very woody setting. Very pleasant, and as we finished and were taking off our ski boots in the parking lot, Yvonne Konzet pulled up in the parking lot to begin.

For those of you who are not downhill skiers, or who just want to try something new, cross country skiing is fairly easy to pick up (and pick yourself up from) and less expensive than downhill. There are no lift tickets to bother with, and so no lift fees, and a ski package is less costly as well. Also, it's a sure cure for cabin fever.

I finally hit the pavement for the first time since the snow storm, finding the side roads carefully rideable. But, the road of choice is/was the Long Island Expressway Service Road. Like the LIE itself, the service road is likely to be plowed after a storm. Mike Friedlander called to try and convince me and others us to test the waters, so to speak, and ended up riding by himself to Commack. The following weekend, others followed him, and the day after that.

It looks like this will be a snowy winter. We have had so many over the past few years that were not, so we are overdue. Even so, there will be bikeable days and ski days. It won't be so bad. Before you know it, Lakeville!

**Congratulations to the Most Improved Riders** Plaques were presented at the club's Winter Party in January to the Most Improved Riders of 2000. They are John Howe, A; David Junowitz, B, and Joan Irwin, C, but in a class by herself. John led a few rides and lent a cheerful and occasionally draftable presence to all rides this year. John even put together a group for RAGBRAI. David Junowitz, continues to ride strongly and lead an inordinate number of rides. Well, maybe they are ordinate (is there such a word?) enough, but he is appreciated. Finally, Joan Irwin bicycled around the world, going everywhere and seeing everything for a year. She is the most improved C-rider ever (and maybe the most improved of all of us.)

## George & Nancy Go Overboard on LIBC Family Membership

**Gabrielle Marie Cymbalsky**- spun into the world in the morning hours of February 13. Nancy was actually due around the time of the Ride Leaders' Pizza Luncheon, but decided to hold off about a week so that she could continue the eating for two gig. Of course, this means we expect to see young Miss Cymbalsky leading a ride for the club when the season begins. George has already placed an order for and XXXsmall LIBC Jersey, though he didn't tell me whether it should say Ride Leader. Eight or more rides, George? Congrats!

### Web Site

**WEB-PAGE of bike rides in the NYC area, mostly L.I. Downloads are unrestricted. Uploads are welcome. Take a look...**  
[www.abelson.com/cuesheets.html](http://www.abelson.com/cuesheets.html)

### Club Jersey's for Sale

You may have seen some of your riding buddies in the club colors. Guess what! You can have one of your own to proudly show other cyclists that you are a member of the select who bike all over Long Island, Connecticut, Massachussets, Pennsylvania and (I have to say it) the world. Good for standing out at away-events like Bike-Boat-Bike and the Blooming Metric. Good for club rides. And, if you're good for \$45, you can purchase one from Bill Selsky. To reserve, call 516-379-4484; e-mail: [bselsky@cmp.com](mailto:bselsky@cmp.com), or tell him when you see him at the Westbury School Parking lot before or after your ride.

### FOR LIBC MEMBERS

#### Enjoy a 10% discount at these area bike shops

##### Bicycle Planet

Syosset, 516-364-4434

##### Cycles Plus

Huntington, 631-271-4242

##### Breaking Away Cycles

Williston Park, (516) 739-2525

##### Open Road Cycles

Brooklyn, 718-857-8557

##### Bikeworks

East Hills, 516-484-4422

##### Peckham Cycles, Ltd.

Wantagh, 516-785-3493

##### Brands

Wantagh, 516-781-6100

##### Port Washington Cyclery

Pt. Washington, 516-883-8243

##### Carl Hart Bicycles

Middle Island, 631-924-5850

##### Visentin

Oyster Bay, 516-922-2150

##### Danny's Bicycle Center

Levittown, 516-520-0707

##### Tulip Bike Shop

Floral Park, 516-775-7728

## Guidelines

Bicycle safety is promoted on all club rides, but riders must assume responsibility for their own personal safety. **The use of helmets is mandatory!** Club rides are graded according to the degree of difficulty. If you are in doubt about your cycling ability, try out a ride one class below the class that you are not sure about and work your way up. Riding classes are:

- A For very strong cyclists: 18-20 mph avg. speed, few stops, hills likely. Slower riders will be left behind.
- B For strong riders: 15-17 mph avg. speed, few stops, hills likely. Will try to wait for stragglers.
- C+ 13-14 mph avg. speed, stops as needed, hills likely. Ride leader will wait for stragglers.
- C 11-12 mph avg. speed, stops as needed, some hills to be expected. Group will wait for all stragglers and assists those having (non-major) mechanical problems.

## Rules To Ride By

1. Arrive 10-15 minutes early. Be ready to leave on time.
2. Make sure your bicycle is in proper working order.
3. Carry a spare tube, patch kit, pump and water bottle.
4. Practice safety and obey all N.Y. State traffic laws.
5. Leaders are not responsible for those who ride ahead of the group.

### LIBC

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# April Weekend in Lakeville, CT

*Will Elaine Hauser lead the Cs up Bish Bash again? Will the As and Bs ever stop climbing it? Will Patrick Cuvilly's son outdo us all on the road on his off-road bike? Will Irma Klein and Gallo train others to fix flats. Will George Cymbalsky and Phil Ayvazian ride a tandem together? Will Bill wolf down lunch and every other meal and snack? (Oh, yeah!)*

When:... ..Friday, April 20 - Sunday, April 22

Where:... ..Interlaken Inn, Lakeville, CT  
Do not contact the inn!

Cost:... .. \$179 per person. (\$219 single) Price includes 2 nights lodging, 4 meals and full use of facilities.

Rooms:... With 1 or 2 queen-sized beds.

Bikes:... ..Locked in storage overnight.

Food:... ..4 meals - Friday dinner, Saturday and Sunday buffet breakfasts, Saturday dinner (tell me if you vegetarian).

Soft drinks/alcoholic beverages, extra. The inn supplies these drinks.

Facilities... Heater/air conditioner, color TV and private bath. Tennis courts, own lakefront with rowboats and canoes, music after dinner, bar and lounge, fitness center with nautilus machines, men's and women's saunas, game room, ping pong and pool tables.

When to book: Before March 30.

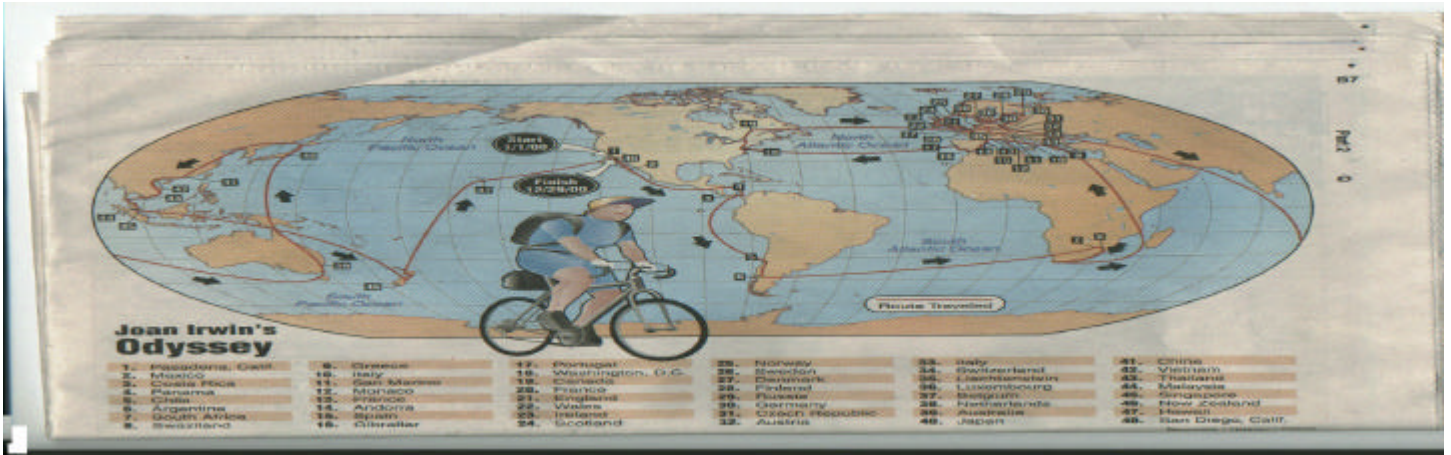
Don't wait until the last minute.

**Cue sheets for around the block to around the state.**

Checks payable to: William Selsky, 100 South Ocean Avenue, Apt. 3K, Freeport, NY 11520. Phone: 516-379-4484.

## OUR MEMBER JOAN ERWIN CYCLED THE WORLD IN 364 DAYS

This was the lead article about our LIBC member Joan Erwin in **NEWSDAY**, Tuesday January 30, 2001 "Life Cycling, by John Hanc, Section 2. The newspaper also had this map of Joan's journey, by Gustavo Pabon, and many pictures. After selling her home and most of her possessions, Joan Irwin, a retired school psychologist from Wantagh, spends a year bicycling around the world.



IT TOOK the intrepid English adventurer Phileas Fogg 80 days to go round the world. Joan Irwin, a grandmother from Wantagh, did it in a year.

Fogg was about 40 when- on a wager-he made his 1872 dash around the globe using trains and steamships as his primary modes of transportation. Irwin was 67 when she arrived back in the continental United States on Dec.29, 2000, after bicycling 12,000 miles through 43 countries and six continents.

So whose is the better story? Well, "Around the World in 80 Days" is a classic, and the movie version won the 1956 Academy Award for Best Picture. But there is an important difference: Fogg was a fictional character, the product of the rich imagination of writer Jules Verne. Irwin is a real person. And real people don't give up a career, sell their home and possessions to go traipsing around the globe... or do they? Irwin is a retired psychologist and-if you look at her early life-the last person on Earth you would have expected to pedal her way around the world. She grew up in Merrick, graduated from Mepham High School in 1950 and, after a brief stint in college, dropped out to marry and have children: three girls and a boy over the next 10 years (Jody, now 45, Susan, 42, Donald, 39, and Cindy, 35; there are now five grandchildren, as well).

Irwin was, by all appearances, the prototypical 1950s suburban mom. "We're kind of programmed to do certain things," she said. "And when I was growing up, I was programmed to be a wife and mother. I was not programmed to become a professional person." But she was not satisfied in the role she was expected to play in life.

Starting in 1965, Irwin began to attend Hofstra University part-time. It took her 10 years, but she finished her bachelor's degree and then went straight into the graduate program in psychology.

"I was always interested in personalities and what makes people tick," she said. An interesting question that could be applied to Irwin herself, given her late- blooming career. In 1980, at age 47, she got both her PhD in clinical psychology at Hofstra and a divorce. Irwin went on to become a psychologist at the Rosemary Kennedy School in North Wantagh-a school for the mentally handicapped-and also to counsel patients privately out of her home office in Wantagh.

"It was exactly the right thing for me to do," she said. "And I enjoyed it ...up to a point." That point was 1995, when she took a bike tour of France's Loire Valley. "I fell in love with the sport and with traveling around by bike," she said. She was back in Europe the next summer, 1996, for bike tours of Denmark and Holland. Along the way, an advertisement in a cycling magazine for something called "Odyssey 2000" caught her eye: Billed as "the first professionally organized mass-start bicycle tour of the globe," Odyssey was the brainchild of Tim Kneeland, a bicyclist and event organizer in Seattle. The idea was to take a group of bicyclists from California to California in one calendar year and in a zigzag pattern around the world, based on climate and seasons.

In his publicity materials, Kneeland (Tim Kneeland & Associates Inc.) promised to move "hundreds of people around the world to give them the best experience of their lives." Irwin needed to read no further. "I said, 'Here it is. This is what I'm looking for!'" The trip would cost her \$32,000 - less than \$100 a day, but still not an insignificant sum. After looking at the numbers, Irwin decided to make her dream a reality: Over the next three years, in preparation for the trip, she said, "I deconstructed my life." She retired from the Kennedy School, sold her house in Wantagh and either gave away or sold most of her possessions. "I was going to be living out of two duffel bags for a year," she said, "and I just wanted to get less material and be free not to have to worry about 'stuff.'" Sounds like something you'd expect from a (CONTINUED ON PG.5)

(FROM PG 4)

1960s college dropout, not a 65-year-old professional woman in the late 1990s. Although she says her children were "pretty calm" about mom's globetrotting plans, Irwin told as few people

as she could about her impending trip. "I decided to play it low-key," she said with a laugh. "People are going to say, 'Are you nuts?' And I didn't know if I was!" But she had to tell her colleagues at the Kennedy School. It certainly was not exactly the "I'm retiring and moving to West Palm Beach" announcement they might have expected. "I was amazed," recalled Mindy Davidson, a vocational rehabilitation counselor at the Kennedy School. "I thought it was an incredible undertaking. Even though I know many amazingly fit 60-and-over athletes, I was really blown away by the amount of cycling that she would be doing...and how she sold her house and embarked on this incredible journey." The journey began on Jan. 1, 2000, as the group of 250 riders and 30 support staff members headed south from Pasadena, Calif. "The idea was that we were going to follow the summer," said Irwin. The mistake in that plan became apparent within a few days of crossing the Mexican border. "In January," she said, "Mexico is cold at night, and in Chile it's raining." The riders soon fell into a Spartan daily regimen. Up before sunrise, quick breakfast at the campground or hotel, ride until sunset, set up tents, eat dinner, sleep. At first, Irwin had trouble dealing with the physical demands of the ride: Her feet ached from pedaling her customized Raleigh touring bike; her hands and wrists stiff from holding the handlebars all day. But that changed, surprisingly, as the days went on. "The more exercise you get, the better you feel," she said.

The cyclists ranged in age from 19 to 80 and came from 32 states and seven countries. Among them were three other local riders, Fred Drewes of Mount Sinai, Drew Berman of Queens Village and Al Levine of Centerport. They traveled with nine support vehicles, one that included portable showers and toilets. At the end of the daily ride-which averaged a grueling 85 miles a day-the bicyclists would line up to wait for one of the three showers. "One night I was about 99th on line," said Irwin. "I said, I'm either going to miss dinner or they're going to run out of water." She opted for dinner. "I learned to skip showers and rely on Baby Wipes to stay clean." Phileas Fogg took the most direct route possible to make it back to London in 80 days. In their first 80 days, the riders of Odyssey 2000 covered 10 countries: From the United States, they headed south through Mexico to Costa Rica, Panama, Chile and Argentina. From there, they flew to South Africa, rode up to Swaziland, then back to Cape Town, where they caught a plane to Athens, then rode through Greece into Italy.

Although Irwin would come home with rich and vivid memories of all continents, it was Southeast Asia- which they toured in the fall, during the last part of the trip-that seemed to captivate her most. She described China as "a country under construction. Everywhere, there was building going on." The people of Vietnam, she said, "were very friendly, but wouldn't leave you alone.

They were always trying to sell you something." In Malaysia, she said, "it rained a lot, but we were happy, because it was hot and we were cooled off. And the people treated us like

celebrities. There were banners at every hotel, and dignitaries would welcome us and there would be music and dancing." Irwin and her Odyssey companions enjoyed the sights, and endured the often-primitive conditions. "We used to sing a medley of parody songs," Irwin said, including "50 Ways to Flush a Toilet" to the tune of Paul Simon's "50 Ways to Leave Your Lover." In China, where they were impressed with the variety of ingredients used in local cooking, they sang "Cat's in the Kettle" to the tune of Harry Chapin's "Cat's in the Cradle." But while the riders were-for the most part - having fun, the tour organizers were having troubles. "They were overwhelmed," said Irwin. "No one had ever done a tour this big, this long, this many miles, this many people." Just before Thanksgiving, as the riders were entering Singapore, the organizers ran out of money. "Kneeland said, 'If you want to finish the tour, I'll need \$3,000 more from each of you,'" Irwin said. "Fifty-seven of us decided he was upfront and decided to do it. Others accused him of mismanaging the money, they didn't believe him. Those of us who went on had a great time and we're glad that we did it." Those last parts of the trip included New Zealand and Hawaii. "I had never been to either," Irwin said. "They were two of the places I most wanted to go to on Odyssey, and if I had quit in Singapore, I wouldn't have had that experience." Irwin and the remaining riders arrived back in California on Dec. 29. On New Year's Day, they cycled the Rose Bowl Parade route in Pasadena as an unofficial part of the procession. The next day, Irwin flew back to Long Island. A self-described "homeless" person, she is temporarily staying in East Northport with her son, Donald, his wife, Colleen, and their three children.

"I'm just in awe of her," said Colleen. "So many people go through life never fulfilling their dreams. She did it." As did Phileas Fogg-who won his 20,000-pound wager after all, even though he thought he'd lost when he arrived back in London on what he believed was the 81st day of his trip. He forgot to take into account that in circumnavigating the globe in an easterly direction, he had gained a day.

What has Joan Irwin gained? "I'm still trying to sort that out," she said three weeks after returning home. "Right now, I'm just kind of exploring ways to stay active." We resisted the temptation to remind her that in addition to "Around the World in 80 Days," Jules Verne wrote another adventure travel book-something about spending five weeks in a balloon.

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### Tour de Cure Looks for Marshalls, Riders

The American Diabetes Association will be running a Tour de Cure, with ride choices of 25K, 50K, 75K and 100K later this year. Bridgid-Ann Dibella, district manager for the Association, is looking for help with the tour in the form of Ride Marshall volunteers and, of course, fundraising rider participants. For more information, or to volunteer your time, contact Bridgid at the American Diabetes Association, 150 Motor Parkway, Hauppauge, NY 11788. Her phone number is 631-348-0422. Her e-mail address is [bdibella@diabetes.org](mailto:bdibella@diabetes.org).

# Cycling Calendar

## " A " Rides Schedule

Saturday, March 3

**Points Ride** Ernest Knox, 718-465-5996 "It all depends on the weather" says Sir Ernest. If the weather is nice, it will be his Points Ride, which hits all the North Shore point towns except for Port Jefferson and Port Montebellum. If it is a little nasty, he'll make something else up and if it is a lot nasty, he will retire to his basement to use his trainer. In that eventuality, he invites all of you to come over and arrange your trainers in a paceline and he'll tow the group around the basement. Has he spent too many hours in that basement?

Sunday March 4

**The El Jefe Ride** Bill Seksly, 516-379-4484 I hesitate to mention the W town, but he may be heading there, via Burrs Lane of course (just to torment some of our female riders).

Saturday March 10

**The Gabrielle Marie Ride** George (New Papa) Cymbalsky 631-757-0392 Yes, George and more importantly, Nancy had a little girl and George promises to tow her around for 50 hilly miles just to let her know what the future will bring. George will be smiling throughout and Nancy gets the day off. Mushroom soup for all, including the little one.

Sunday March 11

**The First Sabbatical Ride** (actually its 3) Phil Ayvazian 516-248-6639. He's been out training for this one so it will be tortuous. Actually it will be an easy ride doing Commack backwards with lunch someplace (Umberto's, Milleridge or Mario's). The local pizza places have missed us due to our non-stop winter jaunts so make your presence known-wet polypro, wet wool and drenched windbreakers.

Saturday March 17

**The Ides of March Ride** Mike Friedlander 516-676-7102 50 miles. Don't miss this timeless LIBC classic as we ride through Port Washington, Great Neck and King's Point. Lots of twists and turns. HILLS (including Beacon and Vista) and fantastic view. Togas required, daggers optional. Et tu Tankus. P.S. - If he does Vista more than once you know that he is preparing us for the dreaded Dibble.

Sunday March 18

**John Howe** 516-921-6266 John is starting to get in shape and promises to tow us from coffee establishment to coffee establishment while regaling us with tales of loose women, barroom brawls and opportunities untaken. Sound like Jordan? Where is Jordan? Imagine John and Jordan on a ride together!!

Saturday, March 24

**A Joint Debacle** The combined minds of several of our resident Magellan's will plot something, or El Jefe will again plot to take over some small Central American Country ( he never gives up!). All suggestions taken.

Sunday, March 25

**The Indian Food Ride** Phil.Ayvazian 516-248-6639 Well we know who won't be joining us for lunch, but they'll still be on the ride. Non-stop for about 50 miles and then lunch at Rangmahal. Marv, Munga-- if you read this,join us.

Saturday, March 31

At press time we couldn't come up with an official leader so I am nominating Ernest and putting the burden on him. If not Ernest then I.m sure the vacuum won't exist for long.

**Upcoming.....The Tri-County Ride Backwards,The Tri-County Ride Forwards & a new Westchester ride-hilly.**

## " B " Rides Schedule

Welcome back B riders! It's been a long winter of Snickers bars, Double fudge ice cream and brownies. But enough about me, I hope everyone's winter was healthy and fun. And in case no one else heard, George and Nancy Cymbalsky are the proud parents of Gabrielle Marie, born on 2/13 weighing in at 8 lbs. 15 ounces -- that's half a Litespeed! Since March will still be on the cold side, leader turnout is a little limited. But here we go:

Saturday March 3

**Maria Torres** (718-461-7594 ) takes the first turn with up to 42 miles depending on weather.

Sunday March 4

**No leader**

Saturday March10

**No leader**

Sunday March 11

**Rich Suttenberg** (516-624-3430) will tour around Old Bethpage/ Plainview for a flat ride. If it's really cold (use your judgment), I'm staying home.

Saturday March 17

**No leader**

Sunday March 18

**Maria Torres** (718-461-7594) will try again for her 42 miles, just in case the weather did not cooperate on the 3rd.

Saturday March 24

**Rich Suttenberg** (516-624-3430) will try to squeeze a ride in before his Gymboree appointment. Therefore, no lunch (at least for me).

Sunday March 25

**Dave Junowitz** (718-380-6843) comes through again. Up to 40 miles. Local roads.

# Cycling Calendar

## "C+" Rides Schedule

I would like to welcome LIBC'S C+ ride leaders and riders to the official start of the 2001 cycling season. Let us hope for a safe and fun filled season. March is my return to cycling after not having ridden since early June 2000. My two rides this month will be shorter and probably somewhat slower than what would normally be expected of a C+ ride leader. At this writing of the bulletin I am already 4 days past my expected due date of Feb. 7th!

Saturday March 3

**Charles Elioseff** 516-889-8527. Approx. 32-35 miles. Centre Island and lunch in Oyster Bay.

Sunday, March 4

**Modesta Kraemer** 718-445-7793. Approx. 30 miles. Bayville,

Saturday, March 10

**Kenny Schack** 516-921-3553. Approx. 30-35 miles. Bethpage.

Sunday, March 11

**Daniel Goldschmidt** Approx. 30=35 miles. Standard Bayville ride, lunch at Marios in Oyster Bay.

Sunday, March 18

**Morisa Selinger** 516-883-7360. 30 or so miles. Bayville???,lunch at Marios??

Saturday, March 24

**Nancy Cymbalsky** 631-757-0392. No more than 30 miles. Glen Head.

Sunday, March 25

**June Robins** 212-410-2438. No more than 30 miles. Destination open.

Saturday, March 31

**Nancy Cymbalsky** 631-757-0392. Approx. 30-32 miles. Oyster Bay.

## "C" Rides Schedule

Rise and shine everyone. If you have not done so already, get your bikes tuned up, the 2001 ride season is about to begin. We are starting a little late this season as I have no ride leaders for the first weekend of the schedule, but don't let that deter you, come out anyway if the weather permits and as usual there will be a ride and someone will step forward to lead. For those of you who have not been out for a ride with us, the start of the season is always the best time to start riding. Many of us have not been out for a ride since last October or November and it will take some time before we are back to where we were at the end of last season. As we gain strength so shall you.

Saturday March 3

Any volunteers?

Sunday, March 4

Roll your own or volunteer to lead.

Saturday, March 10

**Irma Klein** 718-261-8760. I confess, this will be my first ride of the season. Appropriate for the start of the season, we will keep to a moderate pace and I promise a true "C" ride.

Sunday, March 11

**Domenick Creaco** 516-488-5991. 25-30 miles. Easy does it not too flat, but not too hilly terrain along some familiar roads.

Saturday, March 17

**Al Rutsky** 516-627-7496. 35-40 miles. The Hides of March ride. For those pachyderms whose skins sclerosed because of the forbidding winter weather, start thinning your epidermis (and under flesh) with a starter ride around familiar, not too difficult terrain.

Sunday, March 18

**Bob Maziariski** 516-825-5787. The Ides of March ride. Unlike Caesar, you won't get stabbed in the back.

Saturday, March 24

**Irwin Koppel** 516-785-3729. 35-40 miles. Glen Cove and Locust Valley. Irwin says he will try to take it easy on us and will only do 2 hills this trip.

Sunday, March 25

**Clara Meyerson** 516-766-3813. We're not in full swing yet...but we're getting there. Let's go for a good ride and get re-acquainted with our favorite routes.

Saturday, March 31

**Barry Elberg** 516-496-0223. Are we ready for some hills yet? Definitely not Heartbreak today, but it's not the only hill in town.

# Memorial Day Weekend In Lenox, MA

**At The Cornell Inn: May 25 – 28**

**By Bill Selsky, President**

A new place, and possibly the nicest we have ever been in, this B&B is located right on Main Street in Lenox. The Cornell Inn includes three buildings dating back to 1777. The inn's Main House dates back to 1888. The Carriage House is circa 1889, and The MacDonald House was built in 1777. All rooms have private bathrooms, cable TV, telephone with digital voicemail and air conditioning. Some have whirlpool tubs, mini bars and decks.

Also part of the inn is Duffy's Pub: 21 varieties of beer, 12 wines, six vodkas, six gins, six cognacs and more.

Okay, so what's the cost? Nine rooms are \$250 each for the weekend, meaning \$125 per person double occupancy. Thirteen rooms are \$300 (so \$150 per person doubles occupancy). Six rooms are \$380, and these rooms are for four persons per room. So, the cost for these rooms per person for the three days is \$95 per person.

The inn includes breakfast. Dinner will be on our own. We will have a list of restaurants.

Oh, yeah, we'll bike too. The usual short and long distance routes from around town to up Greylock. A myriad of choices will be in your cue sheet packet.

The rooms will only be held through April 6, so don't delay. This weekend has always filled early, so book now. If you are looking for a roommate, call Bill Selsky at 516-379-4484 and he will see who wants to pare up.

**For reservations**, contact the Cornell Inn, 203 Main Street, Lenox, MA 01240.  
1-800-637-0562 or 413-637-0562. Fax: 413-637-0927.



## SIERRA –TO-THE –SEA BICYCLE TOUR

The Almaden Cycle Touring Club of San Jose, CA, invites members of your bicycle club to enjoy the 14th annual running of its 420-mile Sierra-to-the-Sea Bicycle Tour, June 16-23. This low cost tour passes through some of northern California's most scenic and historic areas, including the Mother Lode, the Napa Valley and the Sonoma Coast. Those interested are advised to apply early, as it usually fills quickly. For more information visit: <http://www.actc.org/s2s>.

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### LIBC Event Calendar

MAR 3, 2001- **BIKE SEASON BEGINS**—Coordinators-Ride Chairs-Phil Ayyazian, Rich Suttnerberg, Nancy Cymbalsky and Irma Klein.

APR. 20-22, 2001- **LAKEVILLE, CT., WEEKEND**-Coordinator Bill Selsky, LIBC President

MAY 25-28, 2001 – **LENOX, MA., WEEKEND**-Coordinator Bill Selsky, LIBC President

AUG. 31-SEPT. 3, 2001- **LONDENDERRY, VT. WEEKEND**-Coordinator Mona Hass

OCT. 5-8, 2001- **BRANDYWINE, PA., WEEKEND**-Coordinator Marv Strobing

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### ORANGE COUNTY COUNTRY ROADS TOUR

Presented by the Orange County Bicycle Club. A Mardi Gras on Two Wheels - Sunday, June 24, 2001, with 10, 18, 25, 44 and 62 mile courses on scenic quiet roads (only one red light). Fanciful, themed rest stops - More food than at a wedding - Post-ride gourmet lunch (vegetarian available) - Serenaded by live band - Camels, elephants - Bike trade show - SAG support - Road arrows - Cue sheets/maps - T-shirt or custom socks - Incredible shwag bag of goodies for first 1000 pre-registrants - Raffles - Prizes.

\$30 for pre-registration fee. Ride limited to 1500 cyclists. Proceeds benefits the Sanctuary for Animals and the Hospice of Orange and Sullivan Counties. For information/brochure: Call 845-457-6027 or email [bigzip@frontiernet.net](mailto:bigzip@frontiernet.net) or visit our website: [www.sussexonline.com/ocbc/](http://www.sussexonline.com/ocbc/) (registration form will be available for downloading after May 1).

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### LIBC'S EMAIL LIST

If you've been receiving emails about club events, then you're on the LIBC's Email List. If you haven't received any emails and you would like to, send a message to [MikeLIBC@aol.com](mailto:MikeLIBC@aol.com) (Mike Friedlander). The subject of the message should include your name and the words "Send LIBC Emails."

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### Shadow Cycle to Solve Autism

The Autism Society of America Foundation will be holding their first national event to raise awareness about autism and to raise \$10 million for research. The event is called Cycle USA (Cycle to Understand and Solve Autism). John Keating from Ontario, Canada, a police officer and parent of an autistic child, will ride from New York City's Rockefeller Center August 27 to San Diego, CA, by July 19, and would appreciate some accompaniment (Shadow Riders) for part of the tour. He also would appreciate donations to the foundation. For additional information contact: Debra Frey, Shadow Rider/Cycle Club Coordinator for Cycle-USA in New York at 631-588-4126. She also has an autistic child, and you can also write to Debra at 327 Victory Drive, Ronkonkoma, NY 11779.

## Club Parties & Destroys in Winter

By Bill Selsky, LIBC president

Okay, so riding this winter has been a little more difficult than in previous years. Something about all that snow and ice on the ground, not to mention the cold air, have knocked us off our bikes. Still, we partied at Louie's in Port Washington at the annual LIBC Winter Party, and we did the Ride Leader Pizza luncheon at Umberto's in February.

Some 60 brave souls ventured out on a snowy night on icy roads to join the buffet line and dance to Vinnie the DJ's music (Fat Cat Productions) in January. David "Speedy" Emanuel ran an excellent party, selling raffles, collecting and getting others to collect raffle prizes from bike shops, including some new ones, and somehow keeping to budget.

Participating bike shops included Bikeworks, Breaking Away, Port Washington Cyclery, Bicycle Planet, Visentin, Tulip Bike Shop, Carl Hart Bike Shop, Cycles Plus. Danny's Ride Away and Brand's.

Most Improved Rider Awards were presented to John Howe (A), David Junowitz (B) and Joan Irwin (C), though as I pointed out to the assembled, Joan is probably the most improved of us all. Very few, in fact, none of us have jumped from C rides to an around the world tour. A year on the bike and still ready for more. First, Long Island, then the world. What next? I wonder.

17 Jerseys were awarded to those who led eight or more rides. Many of the same folks showed up at the Ride Leader's luncheon to volunteer to lead rides again, and oh yeah, for the pizza. Among the volunteers were David Junowitz (8 rides pledged), Charles Elioseff (8), Ken Schack (12), Phil Ayyazian (46 and he's cutting back), Steve Siegel (6), Daniel Goldschmidt (8), Steve Goldman (2), Brenda Walker (8), Modesta "Gallo" Newsletter Editor Kraemer (8), Bob Maziariski (2), Irma Klein (8), Domenick Creaco (8), Joan Irwin (5), Al Rutsky (8), Clare Schwartz (8), Lee Wrubel (2), George Stafford (2), Clara Meyerson (4), Glenn Collins (4), John Howe (4), Maria Torres (4), Elaine Mangini (2), Nancy Cymbalsky (8), David Emanuel (4) and George Cymbalsky (as many as he can, though I suspect that when Nancy is leading her 8, George will be otherwise occupied). I hear some potential volunteers were away on a ski trip. They missed some great pizza. Another was very sorry to miss out.

Rich Suttnerberg, our esteemed B-Ride Chair, called me after the luncheon to apologize for not showing up. He pleaded temporary insanity (only a few years now) after destroying a new lap top computer he had just purchased. He said he was really looking forward to Bookmarking the LIBC web site, which he couldn't do since his computer was kaput, when he remembered the Ride Leader's luncheon. This is the first he has ever missed. It's okay, Rich, we ate your slices.

As always, club members made pies disappear as soon as they were put on or near the table. In fact, Umberto's lost one or two waiters who came too close to our ravenous bunch and were not fast enough in forking over the pies. We had to leave a bigger tip than usual because of this. Watch for some LIBC'er's to rival Hannibal the Cannibal in a coming sequel.

Information for the April 2001  
bulletin needed by Mar. 15th



Membership in the LIBC includes a 10% discount at selected bicycle shops, access to club rides and club meetings, and the monthly bulletin. The cost of membership is \$20. There is an additional cost of \$5 for each member of the household that wishes to join. Please fill out and mail, with check or money order, to:  
**LIBC, C/O Brenda Walker, 12 Park View Place, Elmont, NY 11003.**

LEAGUE OF AMERICAN BICYCLISTS ("LAB") LONG ISLAND BICYCLE CLUB ("LIBC") RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in Long Island Bicycle Club sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue 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 actions or inactions 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, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Long Island Bicycle Club, the LAB, their respective administrators, directors, agents, and employees, other participants, and sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity take 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. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT 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 LAB AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

FORM NO. A SIS-WR-LAW (4/92)

**(PLEASE PRINT CLEARLY)**

First Name(s) Last Name

Address

City State Zip

Phone

Email

I have read this release (each cyclist must read application, print name and sign below):