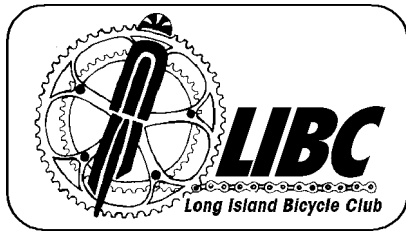


Sept
2002



GOLD COASTING

A monthly publication of the Long Island Bicycle Club

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

LIBC on the Web

For club information on the Internet, visit:
<http://www.bicyclelongisland.org/libc>

Club Roster

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 MikeFriedlander@hotmail.com).

Email List

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

The Standard Ride

The club rides every Saturday, Sunday and holiday throughout the year from the **Westbury High School**. Rides leave promptly at 9:30 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. Rides usually pause at the Syosset firehouse at about 10:15.

New Club Jerseys!

The LIBC has newly designed jerseys this year. To buy one, contact Bill Selsky at 516-379-4484 or bselsky@cmp.com or see him at the lot.

2002 Events Calendar

LIBC Away Weekends

Oct. 11-14: Brandywine, PA

Other Events

Sept. 22: Golden Apple Tour
Sept. 29: Ramapo Rally

Sawtooth and Nail

By Bill Selsky, LIBC President

We arrived in Boise, ID, ready to see the state by bicycle, again with Colorado Heart Cycles. We included Phil, Maria and me and over thirty others. Phil, Maria and I had one slight problem: America West had misplaced our bikes. We were told that somewhere between the Phoenix transfer and Boise, our bike cases had been taken off the plane to make way for fire equipment. Fires were raging in the mountains around 60 miles from Boise.

America West said we could rent bikes and they would be paid for, but not helmets or bike shoes or special pedals. I had all my bike gear in my bike case. If I rented, it would have meant cycling in hiking shoes on pedals with toe straps. But the worst part of it was that America West couldn't locate the bikes. It was a guess that they had been pulled off in Phoenix. Maybe they were shipped to some other "B" city, they guessed. The next morning, as the bike tour left at 7 a.m. without us, we received a call from America West that the bikes had been found and would be shortly delivered to our hotel. Sometime after 9, the bikes were delivered. We assembled them and rode to a nearby bike shop to deal with a problem with Maria's seat post. Somewhere between 10 and 10:30 we hit the bike path for the ride out of Boise. Around 3 miles later, we discovered we were heading in the wrong direction.

We would go from Boise to Lowman and doing three serious climbs in the Sawtooth Mountains. We went from around 2800 feet in Boise to 6,118 feet at the highest point and covering roughly 80 miles.

Once we arrived at our respective hotels, things got better - really. We had ice chests full of beer, soft drinks and snacks. I was a little concerned when Polly Lestikow, our tour leader, said she chose beers based on the color of the boxes. But it turned out to be a nice selection, well worth the charge of \$20 for the week for those who wanted to participate, (everybody).

Day two, we cycled between 53 and 61 miles from 3,820 feet to 7,200 feet to Stanley and finally Redfish Lake. This was a day we could cycle with everyone else and really appreciate the sag stops and drivers, Jack Holley and Ken Niles. The two 70-plus year-olds kept us well fed at all the stops, insisted on loading the luggage and day bags on their own, and when necessary drove us to dinner at night. I roomed with them at Redfish, while my roommate, Gary Sammonds, shared an adjoining cabin with two women. Jack offered to wake me up in the morning, but I don't know if Sharon and Jean proposed anything to Gary.

From Redfish, we rode to Ketcham, going from 6,500 feet to 8,701 feet at Galena Summit before heading down to 5,750 feet and our rest day. Ketcham was a town of beautiful people. Gary wondered if people were bussed in for the day to give the town a certain mystique. We all did various activities on our off day. Phil, Gary and I rode 9 miles to view an Ernest Hemingway monument. It was difficult to find because the sign pointing to Hemingway's bust overlooking a golf course, had been stolen. After, back in town, we went to every bike shop there was (30, only one with road bikes). Phil and Maria made a killing in shopping deals. I did okay myself with some jerseys. We had pasta one night and Thai food the next, and saw the "Road to Perdition," the movie, not the bike path. We also went to a music-in-the-park festival and were awed again by beautiful people, now hugging each other.

(CONTINUED ON PAGE 5)

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Bicycle Planet – Syosset – 516-364-4434

Bikeworks – Greenvale – 516-484-4422

Brands – Wantagh – 516-781-6100

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Cycles Plus – Huntington – 631-271-4242

Danny's – Levittown – 516-520-0707

Peak Cycles – Douglaston – 718-225-5119

Peckham Cycles – Wantagh – 516-785-3493

Pt Washington Cycles – 516-883-8243

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. **The use of helmets is mandatory!** 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. Ride leader will try to wait for slower riders.
- C+** 13-14 mph avg, 30-50 miles, stops as needed, hills likely. Ride leader 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 Little More on the Picnic

By Bill Selsky

George Cymbalsky set up this year's club picnic at 7 a.m. He had help, most of whom will remain nameless, because, except for Nancy, Irwin, and his friend Jimmy, a non-rider, I'm not sure who helped.

However, the A-Ride began 9 a.m. sharp from field 5 in Eisenhower. Phil had written that he would lead it in a take no prisoners style, and when my Third Eye mirror flew off, I thought I would ride alone. As I pulled out of Eisenhower onto Merrick Avenue, Jo, Alan, Glenn, Arnie, Barbara, McGhie, John and Mike were there, waiting. And, Phil and Dan were at a light just up the road. Phil announced that would be it on the waiting.

We rode to the firehouse and down Stilwell to Harbor Road and 108 and up Fish Hatchery to Cove, and as I approached O.B., Phil and the gang turned around. I jumped on with some others and wound up on Berry Hill and back by the firehouse. Phil et. al took the Seven Hills back to the picnic, doing around 30 miles and arriving at 11. Arnie, Barbara and I decided we would be back too soon if we did that (plus, they were out of sight). So we went to Bethpage and Round Swamp, with a fluid stop at the deli in the Umberto's strip mall and arrived back at the park around 12:10, running into the B-ride as we wound down Post to Merrick Ave. We did 55 miles; the Bs & C+'s, 40 something. I don't know about the C.

At the picnic sight, I drank a gallon of soda, ice tea and a beer or two and joined others in eating my way through burgers (with cheese and bacon), franks, veggie burgers, corn on the cob, salads, water melon and carrot cake, making two or three trips.

George's potato sack and water balloon toss contests went on as usual. Barbara and I came very close to winning the water balloon contest. I was distracted by a sudden need for cake, and dropped my balloon, making the Alan Tankoos team the winner. Next year a rematch! Thanks George! Great job!

TRY THIS ON YOUR NEXT RIDE

Previously, we gave you ex-pro Davis Phinney's tips for fast accelerations. Mainly, his advice is to hold the bike steady and vertical as you launch your sprint.

One problem you may encounter is the rear wheel breaking traction or hopping sideways when you give it the juice. If this is happening, here's how Davis says to remedy it.

Don't lean so far forward. Traction disappears when too much body weight leaves the rear wheel. It becomes so light that strong strokes make it slip or jump. (This is especially true on wet roads!) Losing traction is an unnerving experience and can even cause you to crash. At the very least, it'll interrupt your concentration and effort so you lose significant speed.

On your next ride, try sprinting with your hips farther to the rear. Here are two keys to help you know that your body is properly positioned:

- ◆ Your shoulders won't be ahead of a vertical line extending from the front hub.
- ◆ The tip of the saddle will be between your legs where your upper thighs can brush it. This reassuring touch signals that your body is in the right place and your weight is well distributed.

A Rides Schedule

Sunday, Sept 1

Labor Day at the Blue Gentian Lodge in Londonderry, Vermont. For those not going to Vermont there will be rides from the lot. Follow Allen T. or anyone else who has some geographical common sense.

Saturday, Sept 7

The Back to Work Ride - 56 miles - Phil Ayvazian - 516 248-6639. Another sad September, but probably the last, so this ride will not have the dirge-like quality of past rides bearing its name. Probably hilly, probably fast, but everyone is in shape, so join in.

Sunday, Sept 8

Pick a Leader Ride - 50-60 miles. Some of our leaders are off riding in the desert and others are observing holidays, but some will be at the lot. I think we'll have to draft Dan. Will Raymond be there?

Saturday, Sept 14

The Two Eggs East and West Ride - 55 miles - Jim Rand 516 621- 9142. Jim is making some sort of literary allusion to Hemingway, but he is also threatening to throw in a little bacon (road that is). Has he lost it? Hard to say, but his ride last month was a real winner (reports sent to Idaho) so join him. Expect hills, speed and a high level of fatigue. A perfect ride!

Sunday, Sept 15

The Commack Ride - 58 miles - Phil Ayvazian - 516 248-6639. I wasn't planning on leading this one and hopefully I won't have to if a strong rider steps to the fore. Gladly relinquished to George, Allen, Dan or anyone who can tow the group around.

Saturday, Sept 21

Pass Him if You Dare Ride - 58 miles - Mike Friedlander - 516 676-7102. Will it be Krispy Kremes or some other weird destination? Passing him wouldn't be advisable for then you will be lost in the hinterlands of Long Island. Mike will definitely be back to full strength by this time and he has built (with his own hands) some new roads just for this ride.

Sunday, Sept 22

The Ersatz Desert Ride - John Howe - 516 921-6266. John has returned from Utah and will be carrying a wagon full of water bottles because that is what he did while passing through those hot National Parks. He knows Northport really well so that is where he is going. Lunch by the water.

Saturday, Sept 28

The Uh-Oh Ride Reprised - Andrew Cohen - 516 297-4321. Andrew strikes fear in the hearts of most of us oldsters, but we can still get him tired! Pull Andrew, pull. A good leader, even if he is a little on the young side. Happy 23rd.

Sunday, Sept 29

The Well Planned Ride -57.547 miles - Dan Lorey - 516 437-1853. Dan led a really good ride last month also and he now has some fancy new equipment that got his bike down to 8180.5 grams. Do the math and then you'll also know the average speed. A good leader and getting stronger (He hates when I say that!).

B Rides Schedule

Sunday, Sept 1

Labor Day weekend. If you're in town, show up. We'll ride out, we'll ride back..

Monday, Sept 2

Special EARLY START ride, lead by Bill Dinner (516-944-9170). 8:00 AM start -- about 45 miles with few to no stops. Back to the lot by 11:30 AM.

Saturday, Sept 7

Greg Booth (718-897-8737) is pioneering the Hills You Love to Hate ride. He says."Early on we all learn biking is somewhat different from other sports and the principles other aspects of our lives follow. Most children know 'what goes up must come down'...more time on their bikes will change that thinking. For cyclists, 'what goes down must go up.' The Hills You Love to Hate Ride will be a dedication to this concept and is being brought to you by some of the great (read crazy, obsessive,etc...) minds of the LIBC -- Daniel, Kenny & Greg. We will do about 50 miles so somewhere with a focus on finishing the ride at a moderate C+/B pace." Intrigued? I know I am. See you there

Sunday, Sept 8

Bill Dinner (516-944-9170) -- about 45 miles. Based on what we saw on Dune Road in Westhampton Beach, I'd say Bill's warmed up by now. Hang on.

Saturday, Sept 14

Patrick Cuvilly (516-538-1963). I have no idea where he's going. But then again, I never asked.

Sunday, Sept 15

David Junowitz (718-380-6843). What comment can I make at David's expense that hasn't already been made? I'm serious....I really can't think of anything. Please send suggestions. By the way, David will lead for about 50 miles at 16MPH, give or take.

Saturday, Sept 21

Rich Suttenger (516-624-3430). North shore, hills in Sea Cliff -- flats in Bayville. Bad jokes throughout. 50 miles.

Sunday, Sept 22

Daniel Goldschmidt (516-933-1758) will lead the B's on the Golden Apple -- see details in bulletin. This is one of the better off-island rides.

Saturday, Sept 28

Roll your own. If I'm out, I'll lead a quick, no-lunch ride somewhere.

Sunday, Sept 29

Daniel Goldschmidt (516-933-1758) will climb HILLS. If we're not ready for hills by now, we never will be. Standing is not allowed.

C+ Rides Schedule

Sunday, Sept 1

Steve Klein (516-671-9292) 35-40 miles. Our destination will be Sand's Point via the least congested route, be it tunnel, bridge or Beacon Hill. Wear your favorite summer Jersey, for a group and individual picture.

Monday, Sept 2

Kenny Schack (516-921-3553) 45 miles. Crab Meadow. **THIS IS A REMOTE START LEAVING FROM THE SYOSSET FIRE HOUSE AT 9:30.**

Saturday, Sept 7

Greg Booth (718-897-8737) 50 miles. No one volunteered to lead a C+ ride today but Greg says that his ride will be "at a moderate C+/B pace". (See the B ride schedule). Since I am a contributor to this route I will add 1 or 2 hills that you've never seen (and maybe add North Street too!). This ride will not be for the faint of heart (or the short of breath).

Sunday, Sept 8

Patrick Cuvilly (516-868-7513) 45 miles along the shore from Oyster Bay to Bayville, with lunch somewhere along the way, depending on how hungry Patrick gets.

Saturday, Sept 14

Mona Haas (718-463-4516) 40 miles. Bayville.

Sunday, Sept 15

Bill Dinner (516-944-9170) 40-45 miles with hills likely. No stop at Firehouse. Early lunch so as to try to be back at lot by 1:30 P.M.

Saturday, Sept 21

June Robins (212-410-2438) 40-45 miles. Piermont. June will lead a ride from the Upper West Side of Manhattan going over the George Washington Bridge and heading up River Road. **THIS IS A REMOTE START LEAVING FROM THE UPPER WEST SIDE OF MANHATTAN AT 9:30. IF YOU PLAN TO ATTEND CALL JUNE AT (212) 410-2438 TO CONFIRM YOUR ATTENDANCE AND SET-UP THE MEETING PLACE.**

Sunday, Sept 22

The Golden Apple (See details in the Bulletin). Roll your own at the lot.

Saturday, Sept 28

Kenny Schack (516-921-3553) 50 miles. Dix Hills. This is a new route without a lot of hills.

Sunday, Sept 29

The Ramapo Rally. Roll your own at the lot.

Harvest Rides 2002 Bicycle Tour and Dinner Sunday, October 12 and 13th, 2002 Westport, Ct

Sound Cyclists Bicycle Club announces the Harvest Rides 2002, Bike Tour, to be held Sunday, October 13, 2002!! The ride is being run in the same beautiful area enjoyed by our Bloomin Metric riders over the last 25 years. The most recent edition of the Bloomin Metric drew over 2,400 participants from several states. Register online at www.soundcyclists.com/Harvest

C Rides Schedule

Sunday, Sept 1

Barry Elberg (516) 496-0223. Perhaps this month we'll find Lloyd's Neck.

Saturday, Sept 7

Modesta Kraemer (718) 445-7793. Modesta will keep trying until she comes up with a route that she can do all by herself. If at first you don't succeed, try and then try again – Look Ma – no cue sheet this time.

Sunday, Sept 8

Rose Fishbein (718) 225-2326. Rose hasn't mapped out the route yet but says to expect this ride to have an accelerated pace for 35-40 miles. C+ riders are welcome to join us today.

Saturday, Sept 14

Irma Klein (718) 261-8760. One of my favorite rides, so follow me...up Apple Green and over to Roslyn, then 23'll go to East Island and Sea Cliff then back through Roslyn Harbor and have lunch in Glen Head.

Sunday, Sept 15

Maria Altamuro (516) 747-5509. Back to standard routes and old favorites and you just can't go wrong. Come along and enjoy.

Saturday, Sept 21

Mike Woloch (718) 268-7732. Did I hear anyone say Heartbreak yet this season? There you have it, let's go to Heartbreak and see what else we can come up with just for fun.

Sunday, Sept 22

Larry Shoots (718) 327-4569. We'll start at the lot and then... we'll do a great ride. Today's route is undeclared but there will definitely be a ride and I hope you will enjoy it.

Saturday, Sept 28

Al Rutsky (516) 627-7496. Postponed from last month, we will do the 'don't ask, don't tell' ride, 40+ miles. A word to the wise is sufficient. This route will be kept a surprise. Of course if you're prescient or omniscient, there's really no need to apprise.

Sunday, Sept 29

Irwin Koppel (516) 785-3729. This is the time of year when we start hunting for signs of the Fall Season. Irwin will take us on a tour of those places on the North Shore that will give us the best views.

Easy Rider Schedule

Easy Rider group travels at a slightly slower pace (10-11 mph) than the "C" group and the mileage is also slightly reduced, usually in the 25-30 mile range. These rides are geared toward those riders who prefer to smell the flowers and enjoy the scenery and enjoy the day. If you are new to group riding or just want to ride at your own pace, this is the group for you.

Sunday, September 1

Debbie Gross (631) 491-0340. Oyster Bay and environs. A worthy ride to please any level of rider.

Saturday, September 14

George Stafford (516) 766-3813. 30 something miles with lunch in Glen Head.

Sunday, September 15

Clare Schwartz (516) 627-7496. This is the time of year when riding anywhere is a pleasure. We'll pick some lovely tree-shaded lanes with not too much traffic and we will have a ride worth remembering.

(continued from front page)

Sawtooth and Nail, By Bill Selsky, LIBC

President

From Ketcham we went to Arco, a flat to downhill day of 83.5 miles, unless you did the option with a thousand foot climb to see the volcanic remnants called Craters of the Moon. This made it 90 miles. Phil and I showed off our Performance shoes, which allowed us to hike up a big rock (pebbly) pile of a mountain. I attended the first of my wine tastings, put on by fellow rider Don Stevens. He told us all about the wines, texture, bouquet, price, while we got drunk (we being me). Phil and Maria stuck to beer.

From Arco we went to Challis, now picking up Route 93, an 80-mile day that included a brief but memorable climb that went down through Grandview Canyon, spectacular, but short. It looked like rain most of the day, but was sunny by the time we finished.

Day seven we went to Stanley, getting on Route 75 again and then 21, a 57.8 mile ride pretty much flat to downhill. We dropped about a thousand feet. Our group was split into two, staying at adjoining properties. There was another wine tasting, with predictable results.

Day eight, from Stanley to Garden Valley was another 80-mile day, but for the most part fairly easy terrain, with the climb (and ever-present afternoon headwinds) towards the end of the ride, after lunch. We lunched near a hot spring, and some polluted the waters. I admired the scenery, but took off on my own, stopping to watch two mountain (or hot spring) goats, run from the springs to the mountains and climb. It was at our final hotel that we could appreciate the need for fire equipment. The mountains would as the afternoon and evening wore on become shrouded in smoke.

By the next morning, it seemed to dissipate, as we made our way back to Boise, around 55.6 miles. This was a day with one climb and then pretty much a downhill ride for a long ways back to Boise. Then, it was time to face the terror again, as we took to the bike path to go back to where the tour began. I read the cue sheet very carefully, and we asked directions when we weren't sure. I can say, proudly, we redeemed ourselves, and so did America West on the flight home. Our bikes were with us when we landed.

LIBC Weeknd in Brandywine, PA

The traditional club cycling weekend in Brandywine, PA continues this coming Columbus Day Weekend, October 11-14.

Our accommodations will be for Friday, Saturday and Sunday night, with a complete continental breakfast for Saturday, Sunday and Monday. There are other breakfast places within walking distance. There will be a group dinner on Saturday night. We will be staying at what was the Chadd's Ford Ramada Inn - it has new owners and has been completely renovated.

The ride choices range from 14 to 100 miles. The area offers beautiful country riding as well as non-riding activities such as Longwood Gardens (a world-class garden), Brandywine River Museum (world's largest Wyeth collection), the Brandywine Winery and the Winterthur Museum and Garden.

The cost is \$95 per night/per room (double occupancy) excluding Saturday night dinner.

INTERESTED : PLEASE CONTACT : MARV STROBING, NO LATER THAN SEPT. 20 AT 718-969-3576 or email him at strobing@spininternet.com.

Golden Apple Cycle Tour - Sept 22

Over a thousand cyclists at the 21st annual Golden Apple Bicycle Tour will enjoy Northern Westchester's scenic beauty on Sept 22. Featuring 25, 50, 75, 100 or 125 miles courses on scenic, uncrowded roads, food stops, cue sheets and maps.

Directions: All rides start at the Katonah Commuter Parking Lot on woodsbridge Rd. Take I-684 to Exit 6 Route 35, Kathonah-Cross River). Left at light at end of ramp. Left at 2nd traffic light onto Woodbridge Rd. Golden Apple start is 1/4 mile on right.

Cost: \$20 until Sept 14 and \$25 after. The first 500 registrants will receive a free gift. Proceeds benefit Friends of Karen, which helps local children with serious illnesses and advocacy for safer roads for Westchester's cyclists.

For more information and to register use the Club's Web site (www.westchestercycleclub.org) or call 1-888-777-8229.

Montauk B Ride -- It's not "The End"

Most people know that Montauk is often referred to as "The End" because of its location at the eastern tip of Long Island. But having completed the 1st Annual B Montauk Ride on August 3, I can assure you that this is not the end of this ride. We are already talking about next year.

Nine riders assembled at the Syosset train station on Saturday morning - Daniel, Caroline, Barbara, Briggs, Bill, Howard, Patrick, Martin and me. Kenny Schack also joined us for the 1st two hours until he had to turn around for a wedding (not his). So he gets partial credit.

In short, the ride was a fantastic success. Everybody finished, and we mostly rode together as a group. The mileage was about 106. One highlight was the 8+ mile stretch down Dune Road in Westhampton Beach. This is a flat, straight stretch with spectacular scenery and no stops at all. Barbara earns special mention for pulling her share of the pace line at 27 MPH.

We also toured some beautiful back roads around East Hampton thanks to Martin's directions that took us off the glitter and congestion of Montauk Highway and showed us some great wide open spaces and unbelievable houses. When we ended up back on Montauk Highway, it was rewarding to pass all of the glamour-types as they sat stuck in traffic.

We witnessed an interesting site coming out of Southampton when we were passed by about 25 Ferrari's virtually single-file. We assumed there was a car show of some sort, but it also could have been mere statistical probability of riding in the Hamptons.

We had great weather and good wind conditions, which accounted for our high average speed - most of us finished above 16.5 MPH. We also learned that you cannot ride a bicycle through the village of Southampton, so if you are considering buying your summer house there, be warned.

We lucked out that Howard's wife drove out to meet him at the lighthouse (Howard is a new rider with LIBC, and we hope he comes out regularly). He and his wife drove Daniel and I back to where the cars were parked from the previous night 10 miles west of the Point. Daniel got a hold of a friend with a house directly on Montauk Beach, so most of us went for a swim in the ocean. After the requisite schmoozing, we headed out for dinner by 8PM in Montauk, and had a delicious meal.

Special mention to Bill for changing my flat, which meant we stopped for 15 minutes instead of an hour.

We finally headed back around 10PM and got back to Syosset at midnight. A late night, but I don't think anyone was really tired.

Same time next year?

Long Island Bicycle Club
24 Florence Avenue #28B
Freeport, NY 11520

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

Information for the next bulletin
needed by **Sept 15th**.

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 Elaine Mangini
24 Florence Ave #28B
Freeport, NY 11520**

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.