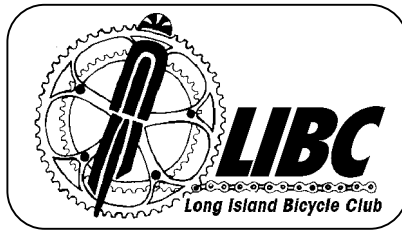


JAN/FEB
2005



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 Mike Friedlander, 323 Frost Pond Road, Glen Head, NY 11545 (or email him at MikeFriedlander1@yahoo.com).

Email List

If you are not getting club emails, add your name to the email list by sending a message to MikeFriedlander1@hotmail.com.

The Standard Ride

The club rides every Saturday, Sunday and holiday throughout the year from **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.

Club Jerseys!

Contact Bill Selsky at 516-489-3958 or bselsky@juno.com or see him at the lot.

LIBC Events Calendar

Jan 15 - Holiday Party - page 2
Feb 25-27 - Ski Trip in Vermont - page 3
April 15-17-Lakeville,CT Trip - page 3
May 27-30 - Memorial Day Trip

Welcome New Members

Jim Ferguson - Plainview
Sean & Eric Lee - Rego Park
Robert List - Valley Stream
Steven Suarez - Maspeth

Web Site of the Month

If you're riding this winter, check out Ice Bike at www.icebike.com. There's lots of good information about fabrics, clothing, maintenance, winter hydration, and techniques such as riding on black ice.

It's Time to Renew

If you haven't renewed your LIBC membership yet, please mail the enclosed renewal form (or emailed form) with your 2005 LIBC dues as soon as possible.

Westbury HS Security Alert

On December 17, Chuck Gleason had credit cards stolen from his wallet, which he had left in his car at the lot. The thieves were able to charge thousand of dollars. Be careful!

Thank You LIBC

By Bill Selsky, LIBC President

Well, the miles have added up and another year has passed. Ahead, besides the 2005 riding season, sooner rather than later, weather permitting, and tours and new bike toys and away weekends, we have the Club Party January 15 at Singleton's. In 2004, 70 people appearing much different without bike shorts, tights, and helmets, said it was the best party ever. I'm sure it will be again in 2005. Then in February, we have the club's ski weekend in Vermont. Whether you are a downhill, cross country or snowshoe kind of person, I look forward to seeing you again at the Blue Gentian Inn in Vermont (see page 3).

Before I get too heavily into 2005, I have to offer my appreciation for everyone's efforts (and successes) in making LIBC the best bike club around. Let me start with the Irma Klein's Cs. Let me thank Irma and all her ride leaders for taking large groups of people all over Long Island and elsewhere. Thank you Irma Klein, Larry Shoots, Joan Irwin, Clara Meyerson, Domenick Creaco, Irwin Koppell, Jane Weiler, Susan Mrwik, Claire Schwartz, Al Rutsky, George Stafford, Rose Fishbein-Brum, George Cutler, Maria Altamuro, Debbie Gross and Mike Woloch.

I also want to thank some of the same people for leading Easy Rider rides. These are rides for people new to the club and new to cycling. Ride leaders include Dan Mussler, Claire Schwartz, Joan Irwin, Debbie Gross, Al Rutsky and Irma Klein.

Let me also thank Kenny Schack's C+ ride leaders: Kenny Schack, Steve Klein, Bill Dinner, Charles Elioseff, Glenn Abelson, Sue Abelson, Marvin Bzura, Patrick Cuvilly, David Emanuel, Mark Mandell, Daniel Goldschmidt, June Robbins, Mona Haas, John Konz, Roy Roberts, Gary Raunch, Burt Weston, Pat Mullen, Mark Blatt, Marv Strobing and Pete Heller.

Daniel Goldschmidt's B ride leaders deserve thanks. Thank you Daniel, Howard Spergel, David Emanuel, Eric Bertrand Loesch, Patrick Cuvilly, Ross Selinger, Rich Suttenger, Bill Dinner, Jim Troise, Maria Torres, Phil Ayavazian, David Junowitz, John Konz, Caroline Berry, Kenny Schack, Beth Mohr and Jim Troise.

The ride leaders under Phil Ayvazian's long-time leadership deserve thanks. Thanks Phil, Mike Friedlander, Jo Vlastaris, Jim Rand, John Howe, Haroldo Hahn, Chuck Gleason, Dave Berghius and Paul Bilski.

I want to thank our away weekend organizers: Domenick Creaco, Clara Meyerson and Bill Selsky (who's he?). Domenick is officially a club officer in charge of all this now, and I am looking forward to what he comes up with for 2005. Thank you also to Glenn Abelson and Mike Friedlander for collecting readable and rideable cue sheets for some of the away and not-away weekends.

Others to be thanked include Mike Friedlander, the club VP, helpful newsletter folder, stapler, mailer, proofreader and roster keeper; Maria Torres, membership chair; Elaine Mangini, former membership chair; Glenn Collins, treasurer; Walter Costanza, web page editor; Sue Abelson, Sunshine Corner editor; Modesta Kraemer, newsletter editor; and picnic planner without peer, George Cymbalsky along with Nancy and Gabrielle and everyone who volunteered to help them.

Lastly, I want to thank everyone who shows up to ride. What makes the LIBC fun year after year is all its members. And I'm looking forward to seeing everyone in 2005!

LIBC

President Bill Selsky

516-489-3958/ bselsky at juno.com

Vice President Mike Friedlander

516-676-7102/ MikeFriedlander1 at yahoo.com

Treasurer Glenn Collins

516-378-2237 /AverageJoe61 at aol.com

Membership Maria Torres

718-461-7594 / torresm at coned.com

Publicity Eric Bertrand-Loesch

631-422-2927 / embertrandloesch at juno.com

Recording Secretary Patrick Cuvilly

516-868-7513 / patrickcuvilly at yahoo.com

Away Weekend Planner Domenick Creaco

516-488-5991 / dcreaco at ix.netcom.com

A Ride Chair Phil Ayvazian

516-248-6639 / bike74 at surfbest.net

B Ride Chair Daniel Goldschmidt

516-933-1758 / dgp51 at yahoo.com

C+ Ride Chair Ken Schack

516-921-3553 / ken at schackre.com

C Ride Chair Irma Klein

718-261-8760 ijklein8760 at verizon.net

Bulletin Editor Modesta Kraemer

121-63 6th Ave College Point, NY 11356

718-445-7793 / Msuardy at aol.com

Web Page Editor Walter Costanza

516-887-1103 / wjc at retsambew.com

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

Danny's – Levittown – 516-520-0707

Mineola Bike - 516-742-5253

Peak Cycles – Douglaston – 718-225-5119

Pt Washington Cycles – 516-883-8243

Tulip Bikes – Floral Park – 516-775-7728

Visentini – 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.

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.

I Remember

By Daniel Goldschmidt

It was one of my first C+ rides, a few months after joining the club. We had finished lunch, and being slow to start, I could barely see the large group disappearing far down the road. I pedaled as fast as I could, worried of being left alone. A few turns later I saw the end of the group take off and turn left at the end of the road, where I soon had to stop. I could not see the group anymore. I know now that we had left Umberto's and that I was at Woodbury Road, but at the time I had no clue where I was. I had never been there before. I had been dropped, alone, in unknown territory.

But my mood changed when I noticed a rider waiting for me at the other side of the road. I knew they had seen me, but only that one woman decided to wait and not let me drop. As we turned right into 108 we caught up with two more dropped riders. No one knew whether the group had gone straight or made a left, but the woman decided to make a left into Stillwell. As I was slowly going up I couldn't understand why we turned up when the other way seemed to go down. At the top the woman and the other two waited for me, and she led us back to the lot. That is my oldest memory of Nancy.

I can remember other rides with her, like when we got lost at a club weekend away and had to figure out the way back and help other riders that were getting very tired. And I remember how she would work to fill up the C+ ride schedule in the times before email. And her contagious enthusiasms at all ride and club activities. We will all miss her.

Club Party – January 15

The 2004 party was the best ever, everyone said. So, mark your calendar for January 15, again from 6-10 pm at HR Singleton's.

Send a check for \$39, payable to the LIBC, to Bill Selsky, 795 Truman Avenue, East Meadow, NY 11554.

In return, you will get tons of food, as much as you want (most of you) of rolls, salad, spinach salad, rosemary potatoes, penne ala vodka, grilled vegetable lasagna, vegetable medley, chicken marsala, sliced London broil, seafood pasta, fish, desert, soft drinks, coffee or tea, cash bar. Raffles, prizes, awards, what some call dancing.

Directions: LIE to exit 44 south (Rt 135) to exit 7W (Rt 24/Hempstead Tpke. Go 3 lights to Rt 107 (Hicksville Rd). Make a right. Restaurant is 1st building on right. Or, Southern State Pkwy to exit 29 (Hicksville Rd/Rt 107). Go north 3 miles to Rt 24 (Hempstead Tpke). Cross intersection. Restaurant is on right.

Over 25° – Meet at the Lot - We're Cycling

By Mike Friedlander

It's December, and a lot of LIBC members have begun their long winter hibernation. Yes, some of you ski, work out or do some form of physical activity. But you're probably not doing as much as you were during the summer. When spring arrives, you'll have to work to get back into condition for cycling.

There's a simple and enjoyable solution to not riding in the winter, which is - **RIDE IN THE WINTER.** I'm not saying that you should ride when it's 20° or when there's snow and ice covering the roads. But looking back through my training logs, there hasn't been a winter month where I haven't ridden at least once.

The most important factor to consider is the condition of the roads. Luckily, the LIE service road is usually rideable. The next factor is the temperature. If it's sunny, temperatures at the start of the ride in the mid 20's are fine – for cloudy weather, add 5 degrees. However, if it's very windy, you might be better off putting mileage on your trainer.

Once you've decided that the roads and weather are OK, it's time to get dressed. Here are my recommendations for the coldest days. I like to be warm, so adjust your clothing accordingly.

Head: Wear a fleece balaklava under your helmet. **Body:** Three layers of polypro or other fabric that's with good wicking properties along with a well vented jacket with panels in front to block the wind. **Hands:** Thick, warm gloves (optionally, add liners). **Legs:** Heavy tights, or two pairs of light tights. Also consider long underwear (not cotton) and wind tights. **Feet:** Two pairs of socks and boot covers. Also highly recommended are heating packets such as Hot Hands inside your shoes. Some riders also recommend plastic bags to block the cold and anti-perspirant deodorant to keep your feet dry.

Bee Talk

As 2004 comes to its end, I would like to thank all the B riders, and really all the LIBC riders, for providing company for most of my bike rides. 2004 was a very good cycling year for me, in great measure thanks to you. I really enjoy riding with all of you, and for that reason I will not name any names. You know who you are.

We started the year with a small group riding whenever possible in the winter, and then steadily from the end of February. When we could not ride (due to that white stuff on the ground) we went hiking, and we also had dinners.

By March the group grew, and old and new people joined us. Some lasted only a couple of months with us, and then to the A's they went. Over the years some people have left and more people have joined, and the group keeps getting stronger. Some of those that have left the area, or that temporarily cannot ride, keep in touch using our web group, libcB at Yahoo! Groups.

It was good to see that many people greatly improved their riding skills during the year. That was one of our 2004 objectives. First of all: Safety. We rode the whole year without any major accident (touch wood), sometimes in a large group. We became fairly good at keeping to the right of the road, passing only on the left, not overlapping wheels, calling out holes, and so on. We also gained other skills. Many people became much stronger, and can now keep up when the hills come. Almost everyone can be part of a paceline efficiently. Some learned to drink and eat better on rides. Some learned to take better care of the bike. We gained several new ride leaders. And all of us became better riders and, maybe, better persons.

We participated in several charity rides as a group, including the Diabetes ride to Orient Point and the MS ride from Manhattan. We had the third edition of our own Century, this time to Orient Point. And we participated in other organized rides, most recently the Ramapo Rally and the Golden Apple. A great new group experience was being front ride marshals at Bike NY.

We also had social rides, where we started or ended, or both, at a member's house, including one with a great barbecue and swimming pool on a beautiful sunny day (I am trying hard to keep to my promise not to spell out any names).

We had rides when it was too hot, rides when it was too cold, or too windy, or too rainy. And they were all good rides.

2005 starts, as all years do here, with the winter. And we will keep riding. It is just a matter of being dressed properly. Some of the winter rides are shorter and slower, and many times we need last moment reassurance that they will take place. Unless there is extreme cold (not well defined), or the danger of ice on the road, chances are we will be out. We use our libcB Yahoo group for coordination. If you cannot get on it, send me an email at dgp51@yahoo.com and I will show you how.

By March, we will have a monthly schedule again, and new plans for the year.

Thank you all, have a Happy New Year, and see you on the road, soon.

Daniel

Lakeville, CT Weekend - April 15-17

The club's opening away-weekend at the beautiful Interlaken Inn. The grounds are pretty. The rides are as challenging as you want to make them. The cue sheets offer short and long choices and spectacular scenery. Some of us take off Friday to soak it in a little more, and it is only about 2 hours away. It doesn't get any better than this, at least until the next away-weekend.

When: Friday, April 15 – Sunday, April 17

Where: Interlaken Inn, Lakeville, CT

Cost: \$144.76 – singles, \$98.84 per person if you share a room, Triples at \$83.53 per person. (Cots @ \$15 + tax per night). Rates are per person and per night.

Food: 4 meals – Friday dinner, Saturday and Sunday buffet breakfasts, Saturday dinner. Soft drink, coffee included. Alcoholic beverages extra.

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

When to book: You snooze, you lose. Don't wait. When the rooms are gone, you're out.

Send a check to: William Selsky, 795 Truman Avenue, East Meadow, NY 11554. If you need a roommate, I'll do my best. Call 516-489-3958 or e-mail bselsky@cmp.com.

Directions: Whitestone or Throgs Neck to Hutchinson Pkwy north. Then merge on Rt 684 north. Take Rt 684 to the end. Immediately after Rt 684 exit 10, take Rt 22 north. It runs into Rt 44, eventually. Continue north on Rt 44 to Millerton, where Rt 44 turns right. Drive east on Rt 44 for 2 miles. Take the right fork into Rt 112. Drive 1.4 miles east on Rt 112. Interlaken Inn will be on your right.

Vermont Ski Weekend – Feb 25-27

Third time running, time to hit the slopes or snowshoe, or cross-country. Friday night, February 25 and checkout Sunday morning, February 27. Includes dinner on Saturday.

Where: The ever popular Blue Gentian Inn, 289 Magic Mountain Road, off Route 11 in Londonderry, VT. Cross-Country skiing is just up the road and within driving distance everywhere. You can walk to Magic Mountain and are very close to Stratton, Bromley and Okemo.

Price: \$125.35 per person double occupancy. In any of the double rooms a third person can stay for an additional \$61.04.

The Blue Gentian is very popular for bike weekends and ski weekends, so if you are going, mail your check payable to William Selsky, 795 Truman Ave., East Meadow, NY 11554, or call him at 516-489-3958 for more information.

Directions: 95 North to 91 North to US-5 (exit 6)-becomes VT-103. Stay straight to go onto South Main Street/VT-11. Turn left on Magic Mountain Access Road.

Support Florida Cyclists

The Florida Dept. of Transportation is about to rebuild Route A1A and is being lobbied to ignore state standards that would ensure that sidewalks and bike lanes are part of the project. Please visit www.bikeleague.org/educenter/palmbeach.html to view a petition asking FDOT to stick to its standards. Failure to do so would set a bad precedent in Florida and for other State DOTs.

Long Island Bicycle Club
323 Frost Pond Road
Glen Head, NY 11545

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

Information for the next bulletin
needed by **FEB 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 Mike Friedlander
323 Frost Pond Road
Glen Head, NY 11545**

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.