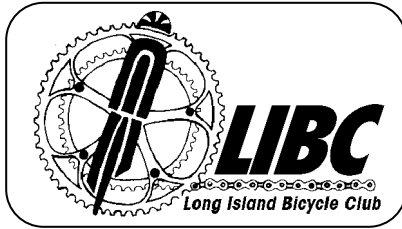


**MARCH
2008**



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.

2008 LIBC Events Calendar

Apr 25-27 - LIBC Lakeville,CT Weekend
May 23-26 - LIBC Memorial Day Weekend
June 29- LIBC-Multiclub Ride
Aug 29-Sept 1 - LIBC VT Weekend
Oct 10-13 - LIBC Columbus Day Weekend

Welcome New Members

2008 JAN/FEB

Archin, Josette, Great Neck, NY
Barlow, Denise & Carl Cohen, New York, NY
Capetandes, Anthony, West Hempstead, NY
Cortiglia, Robert, Garden City, NY
Gray, Philippe, Port Washington, NY
Graziose, Cynthia, Hicksville, NY
Heuser, Karin, Franklin Square, NY
Larosa, Arlene & Mario, East Norwich, NY
Schoppmann, Jodie, Levittown, NY
Sloben, Hadley, Syosset, NY
Vulcano, Maria & Paula Deblasio, Valley Stream, 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's Party: Those Dancing Feet

By Bill Selsky, LIBC President

At the LIBC January party, some brought a friend or two, and Andre danced us all to shame, not that there's anything new there. Some 67 LIBCers came out of bike costume, mostly, and were almost unrecognizable, with helmets off and hair down (where there was hair). Anytime there's a buffet and music, well, a buffet, anyway, lots of us show up. Before the dj got some of us up to dance, the buffet table got all of us on our feet. All that was left at the end of the evening was a bit of cake. The cake had a bicycle engraved into the icing and this stopped some people, or they were so stuffed there was no room left.

The first most improved rider to be announced was from the B group. Jodie Schoppmann had a prior engagement and came to say hello, give Daniel her raffle ticket, collect her award and head off to the next party. Of course, the most improved rider awards are coveted by all the best riders. They are given not just for speed on the bike (though Jodie certainly deserved it for that), but also for everything else contributed to the club and rides. We recognize those who lead rides, those who pick up stragglers and/or a lunch tab. Jim (Dr. X) Badia was the most improved A rider recipient. He was phoned live from the party by the proud A- chairman as the award was being given. Mark Blatt was the recipient of the Most Improved B-award. Mark rides every weekend, leads rides and then reports on them on the B-Yahoo site. Morris Getz was awarded the Most Improved C Rider plaque, acknowledging the honor by saying he deserved it.

We also held our annual raffle of donated bike stuff from the bike shops listed on page 2 of our bulletin. For the first time ever, I won something, a Mavic bike computer donated by Bob Harris/Bikeworks. Brands, Babylon Bicycle Shop, Carl Hart, Cycles Plus, Mineola Bike, Tulip Bikes and Visentin all provided either donations or gift certificates, sometimes several. Once again, Will Pennino of Roadworx, donated a wheel set, won again by a representative from the C Group. Now Al Rutsky will be riding rings around whoever he wants to ride rings around, maybe while he's trying to get his musical cycling orchestra to play in tune. You should hear these guys, and maybe someday you will.

Eric Bertrand Loesch dropped off a gaggle of t-shirts, which I raffled off last. It was suggested by some that maybe next year, if Will donates a wheel set again, I raffle it off last to build on raffled excitement. I'll see. I mean, heck, it's just your run-of-the-mill \$500-plus wheel set. What's to be excited about?

I need to say a few words about the dancing. If we had a dance competition, it would be a pretty small field. There are women who know how to dance, the Bruces (Bob and Diane) and Andre. No one had ever seen moves like Andre's, except maybe in competitions. It was a sight to behold, really an amazing display that shamed all the other men. So, we may not allow Andre to come to any more parties with dancing. Of course, my wife missed most of his moves, because when we dance she closes her eyes to avoid my distraction. In any event, a good time was had by all, and we will do it again in Jan. 2009!

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

LIBC

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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

Cuevas Bicycles-15% - E Elmhurst – 718-396-0546

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 – 516-496-7638

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.

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.

Cycling the Erie Canal

July 6-13 2008

Join people, of all ages and from all over the country on July 6-13, 2008 for the **10th Annual, 8-day, 400-mile, Cycling the Erie Canal bike tour across New York State along the scenic and historic Erie Canal**, named a National Heritage Corridor, and enjoy great scenery, interesting history, and unparalleled cycling. You'll experience the canal and enjoy canal historians' stories about the people, places and things that made life along the Erie Canal so unique in its day and so important to the history of New York State and the country. More information at <http://ptny.org/canaltour/>

Great Hudson Valley Pedal

August 12-17, 2008

Join cyclists from all over the country for the 4th annual **6-day, 200-mile, Great Hudson Valley Pedal on August 12-17, 2008** through the picturesque and historic Hudson Valley. The Hudson River Valley has long been celebrated as one of the most picturesque river valleys in the world! More information at <http://ptny.org/canaltour/>

TRY THIS ON YOUR NEXT RIDE

Gauge the Slickness of a Wet Road

Wet roads can be tricky. Even the best tires can lose adhesion in a painful instant.

Here's a checklist to help you get a grip on this challenge:

- **When did it start raining?** Pavement is usually slickest just after becoming wet. Traction improves after it has rained enough to wash away the oily and dusty topcoat.
- **What's the pavement type?** Well-aged blacktop or concrete generally means reliable traction. Chip and seal should be no problem because tires can grip the rough surface. Smooth, new asphalt poses a risk because it releases oil when wet. On any surface, beware of sandy corners, spilled oil, sealing tar, metal plates, leaves and painted lines. When wet, these can be like ice patches. Railroad tracks, too.
- **What's your tire pressure?** Generally, reducing inflation by 10-15 psi improves traction. The rule for rain: Run the lowest pressure you can without causing squirmy handling or pinch flats.
- **Is there slipping when you stand?** Climbing or accelerating out of the saddle is a relatively safe way to test traction. If your rear wheel slips, ride gingerly.

A Rides Schedule

Another year and a year without one of our steady leaders. One less leader means that we will have to find someone to replace Jo. That means Paul will have to start thinking North Shore instead of that other shore. Mike will be there to help, so Paul-be ready. As far as Jo, we will miss her. She is going to the land of cows, chickens and electrical generators. Jo always pitched in in a pinch and led some good rides. We will miss the noise from the back (we really couldn't understand you Jo) and she will miss the constant abuse that was heaped upon her. We wish her and the Saint (Mark) good luck.

Saturday, MARCH 1

Dr X's Tour of Historic Huntington-56 miles-Jim Badia 917-414-5174. Jim knows roads that even Mike doesn't know. He plans on taking us through the fields where he was forced to pick strawberries (or was it okra) for pennies a pint, childhood homes, early marriage homes and some seamier venues. Should be interesting.

Sunday, MARCH 2

Jo's Farewell-48 miles-Jo Vlastaris 676-0976. This may be Jo's final lead on Long Island so we will all be nice to her. This may require a muzzle for some people, but we will try.

Saturday, MARCH 8

Dr Jim's Ride-58 miles-Jim Rand 621-9142. Jim has been wanting to do his tour of Great Neck all winter so now he gets his chance. A stalwart leader with a good pace.

Sunday, MARCH 9

The Beacon Remains Our Guiding Light Ride-54 miles- Chuck Gleason 455-5131. The Beacon has been running this winter and getting faster. What does that have to do with his cycling? No injuries this year and he is in shape.

Saturday, MARCH 15

The Ides of March Mystery Ride-55 miles-Mike "Garmin" Friedlander 676-7102. Something about falling on swords and assassinations and a few steep hills. Someone gave Mike the nickname of Garmin and I really think that there is a GPS unit in his head.

Sunday, MARCH 16

Dr. X Leads Again-57 miles-Jim Badia. Well Jim has become a interesting leader and on this ride he has promises to give Paul a tutorial on new roads, Paul and his negative weight bike will learn something on this ride for his time is coming. Jim also will give a verbal history of Huntington. Do you really want to go on this ride?

Saturday, MARCH 22

A Westchester Ride- It will be posted in the all groups forum. I will lead it at a very moderate, controlled pace. I mention this because there are several B riders who would have no trouble at all. As long as people stay with the leader and refrain from going off the front they should be very comfortable. Susan, Jody, Hamid and anyone else who I forgot you are invited. Good preparation for Lakeville.

Sunday, MARCH 23

The Beacon Helps Us Recover Ride-44 miles-Chuck Gleason. The Beacon will lead an easy recovery ride for those who went on the Westchester ride. For those of you who didn't, keep your fresh legs in check.

Saturday, MARCH 29

Dr Jim Leads Centre Island-59 miles-Jim Rand. Jim has a ride that goes to Bayville, Centre Island, Oyster Bay and Bucks County.. Few turns (who is that complainer?).

Sunday, MARCH 30

A Long Ride to Somewhere-65-70 miles-Mike Friedlander. Mike will lead us on a long ride probably to Stony Brook or the Sunken Meadow area.

Upcoming: Indian restaurant with an extensive Sunday buffet lunch. I'll probably list a date in the all groups forum. It may even be this month.

B Rides Schedule

Rides Schedules time is 9:30 from March – May and 9:00 from June - September.

Thanks to the lack of snow, winter did not hamper riding as much as in years past, so let's get the season off to a roaring start !

Saturday, MARCH 1

Joel Gorinsky graciously volunteered to fill in for Gerald Widen, who was scheduled to lead, but can't. This will be a great way to start off the riding season (for those of us who took a winter break). Gerry leads great rides, but so does Joel. Destination TBD, but t should be fun..

Sunday, MARCH 2

Patrick Cuvilly, (516) 868-7513. To Bethpage and Wyandanch, with a lunch stop in Cold Spring Harbor. About 50 miles

Saturday, MARCH 8

Susan Mrwik, (516) 345-1834. She's kept her intended destination to herself. Everything should be just fine, as long as no one sprints ahead of her.

Sunday, MARCH 9

Patrick Grehan, pgrehan@optonline.net . 55 miles of rolling terrain in Cold Spring Harbor, Oyster Bay, Lattingtown, and Old Brookville. The bad : Moore's Hill. The good : the ride flattens out afterwards. We will stop for lunch, weather permitting.

Saturday, MARCH 15

Hamid Alaie, (718) 541-3664. Our Monthly Mystery Ride Special : show up and hammer !

Sunday, MARCH 16

Rich Suttentberg, (516) 624-3430. Only 45 miles, but hilly. Lunch ? At the summit of one of the hills, of course.

Saturday, MARCH 22

Eric Bertrand-Loesch, (516) 526-0016. 40 miles, all downhill, according to the designated leader. Bring skis.

Sunday, MARCH 23

Daniel Goldschmidt, (516) 933-1758. To Northport for our Easter Egg Hunt. Mileage : 50 +. Lunch stop optional, depending on the participants' après-ride plans.

Saturday, MARCH 29

Joel Gorinsky. First through Roslyn, then south to Oceanside and Merrick, and finally north again. Lots of back roads. Mileage in the low 50's.

Sunday, MARCH 30

Ross Selinger, (516) 459-6066. Destination : Jones Beach, if we can ride through, and lunch on the Boardwalk. No hills, but with a stiff breeze on the way back. About 50 miles.

A, B, C+ C & ... Easy-Rider Leaders Wanted

That last one is the introductory ride group for those new to cycling. The people who usually lead them are on the next page. Let's add some new faces and grow the club!!! Contact Irma Klein to volunteer or for more info.

B- Rides Schedule

Rides Schedule time is 9:30 from March – 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 1

Sid Alkon (516-869-8710) 40 miles. Dix Hills.

Sunday, MARCH 2

Marty Unger (516-869-8622) About 35 miles. Sea Cliff and East Island.

Saturday, MARCH 8

Steve Klein (516-671-9295) 35-40 miles. Bethpage.

Sunday, MARCH 9

Mark Mandell (718-464-3033) 38 miles. East Island/Bayville.

Saturday, MARCH 15

Mark Blatt (516-678-4918) 35-45 miles. If the weather is below 47 degrees Fahrenheit then the ride will be at a C+ pace for 35-40 miles. If the weather is above 47 degrees Fahrenheit then the ride will be at a B- pace for 40-45 miles. Either way no lunch stop - just a couple of Cliff Bar breaks.

Sunday, MARCH 16

Bill Dinner (516-944-9170) 35 miles. Port Washington. Lots of short hills, twists and turns. Lunch at Mediterranean Market.

Saturday, MARCH 22

Marin Bzura (516-448-7633) 35-40 miles. Center Island.

Sunday, MARCH 23

Mona Haas (718-463-4516) 35-40 miles. Bayville.

Saturday, MARCH 29

Mark Mandell (718-464-3033) 30 miles. Bethpage.

Sunday, MARCH 30

Harvey Miller (516-794-7059) 37 miles. East Meadow with lunch at Best Shishkabob.

C Rides Schedule

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

We're Back - and welcome to the 2008 Ride Season. For most of us it has been a long winter but I know that many of you have been out there riding regardless of the weather. It is too much to believe that come March 1st the weather will be fair and mild – but then again you never know. Facing the possibility of a cold and windy March, I am only listing ride leaders for the month and if we have mild days on those days without a scheduled ride leader, show up and someone will lead the way. I, like all of you, am looking forward to some great riding this season.

Saturday, MARCH 1

Roll your own - Volunteers always welcome.

Sunday, MARCH 2

George Cutler (516) 829-1924.

Saturday, MARCH 8

Roll your own - Volunteers always welcome

Sunday, MARCH 9

Mary Grady (516) 437-531

Saturday, MARCH 15

Roll your own - Volunteers always welcome

Sunday, MARCH 16

Gerry Reagan (917)-741-9501

Saturday, MARCH 22

Len Kirsch (516) 318-5991

Sunday, MARCH 23

Morris Getz (516) 708-1591

Saturday, MARCH 29

Charles Meierdiercks (516) 381-2856

Sunday, MARCH 30

Al Rutsky (516)-627-7496

“Easy Rider” Schedule

I know it is early in the season for the Easy Rider Group to start on their appointed rides, but if you have the will, we have the rides. I am not listing actual rides for March, only ride leaders. If the weather is warm we will do some nice rides, the warmer the weather, the longer and more pleasurable the ride.

Sunday, MARCH 23

Clare Schwartz (516) 627-7496.

Saturday, MARCH 29

Al Rutsky (516) 627-7496

Sunday, MARCH 30

Irma Klein (718) 261-8760

BICYCLING EVENTS CALENDAR

MAY

- NYC –BICYCLE SHOW – www.nycbicycleshow.com
- 6 Bike NY (5 Borough Bike Tour) – www.bikeweb.org
- Montauk Century – 5 Borough Bike Club—www.5bbc.org
- Great Neck Challenge
- NY City Bicycle Show—www.nycbicycleshow.com
- Volvo Hyannis Port Challenge-JFK Library to Kennedy Compound –www.VolvoHyannisPortChallenge.org
- 20 Bloomin Metric – Sound Cyclists Bicycle Club – Norwalk, www.soundcyclists.com/Bloomin
- Blessing of the Bikes –Hauppauge – www.bethchai.us/Bikes.htm

JUNE

- Bike –Boat-Bike – Suffolk Bicycle Riders – www.sbrweb.org
- 3 SBRA Bike boat bike-www.sbrweb.org
- 29 LIBC Multiclub ride
- Tour De Cure Westchester www.diabetes.org/tour
- Good Sam Ice Cream Ride-www.goodsamhosp.org
- Get Your Guts in Gear-NYC to Saratoga Springs – www.ibdrive.org
- Hat City Cyclists Cyclefest – www.hatcitycyclists.org
- Tour De Cure Riverhead – www.diabetes.org/tour
- Tour de Cure NY City – www.diabetes.org/tour
- Manssion Ride – www.mansionride.com

JULY

- 13 Go Id Coast Tour – www.huntingtonbicycleclub.org
- Cycling the Erie Canal - www.ptny.org
- Tour de Lance Bike-a-Thon and Barbeque-Lime Rock,CT www.tourdelance.com
- 20 MPBC-Multi-Club Ride
- Great Big FANY Ride-across NY State – www.fanyride.com
- Harlem Valley Rail Ride – www.bikeweb.org
- NY City Cycling Championship-www.procyclingtour.com

AUGUST

- Eastern Tandem Rally – www.easterntandemrally.org
- SBRA Multi Club Ride – Riverhead Court Complex,9:30
- EmpireState AIDS Ride – Niagara Falls to NY City www.empirestateaidsride.org
- Great Hudson Valley Pedal – www.ptny.org
- Ramapo Rally – www.btcnj.com
- 17 Tour of the Hamptons – www.massparkbikeclub.org
- North Fork Century– www.northforkcentury.org
- 30 LIBC Vermont Labor Day Weekend

SEPTEMBER

- LAB National Rally – Oregon –www.Bikeleague.org
- NY City Bike Tour – www.NYCentury.org
- EscapeNewYork – NY Cycle Club -www.nycc.org
- Harvest Ride – SoundCyclists-www.soundcyclists.com
- MS Tour for a Cure – Long Island – www.nmssli.org
- Second Siught Biuke-A-Thon – www.sbrweb.org
- Great Big FANY Ride – www.sbrweb.org
- CLIMB Multi –Club Ride – starting point TBA
- Twin Lights Ride – NJ – www.bikeweb.org
- Golden Apple – www.westchestercycleclub.org

OCTOBER

- Miles For Smiles- www.cooleymilesforsmiles.com
- Pumkin Patch Pedal-Staten Island- www.sibike.org
- Tour de Bronx – www.toirdebronx.com
- HBC Multi-Club Ride – Greenlawn LIRR Station, 9:00

Lakeville, CT, April 25-27

The club's opening away-weekend at the Interlaken Inn in the Berkshires. Beautiful grounds and, okay, maybe a hill or two or three on the bike, but you'll love it. Cue sheets for short and long distances and dinners (Friday and Saturday) and breakfasts (Saturday and Sunday) included. 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 25– Sunday, April 27

Where: Interlaken Inn, Lakeville, CT

Cost (per person): \$222.68 per person double occupancy (meaning you share the room with someone) or \$326.16 if you hate company while you sleep.

Facilities: Heater/air conditioner, color TV and private bath, tennis courts, lakefront with rowboats and canoes, music after dinner, bar and lunge, 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 (and many are already), you're out.

Send a check to: Bill 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@juno.com.

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

Bike Florida's Flat Roads March 30- April 15, 2008

Mona Haas, a member of LIBC, also belongs to BCNJ (Bicycle Club of New Jersey) and submitted this. BCNJ is running a tour averaging 50 miles or less a day, starting in Jacksonville and ending in Melbourne. Total mileage is 260 over six days. The tour is sagged, generally at a C pace, though faster cyclists are welcome. Estimated cost \$1500, including airfare. You also have to pay a membership fee (\$20). More info: [Ted Semegran@hotmail.com](mailto:TedSemegran@hotmail.com), 201-387-0136 or Bill Maysen, wgmjr2001@yahoo.com, 201-387-7766.

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 **APRIL 15**

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.