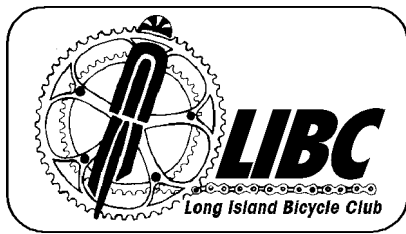


NOV/DEC
2004



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 at yahoo.com).

Email List

If you are not getting club emails, add your name to the email list by sending a message to MikeFriedlander1 at 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!

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

LIBC Events Calendar

Nov 25 - Phil's Thanksgiving Day Ride - page 3
Jan 15 - Holiday Party - page 4
Feb 25-27 - Ski Weekend in Vermont - page 4

Welcome New Members

Hamid Alaie - Forest Hills
Georgia Dakis - Franklin Square
Arlene Kane - Manhasset

Web Site of the Month

If you're interested in racing, SpokePost (www.spokepost.com) is the source for Northeast regional bicycle racing news and information. The site includes a road racing calendar, news articles, rider diaries, along with lots of racing pictures and useful links.

New Publicity Chair

Eric Bertrand-Loesch has volunteered to be the LIBC Publicity Chair. Thanks to Eric.

You can contact him at 631-422-2927 or embertrandloesch at juno.com.

Goodbye to an Old Friend

By Bill Selsky, LIBC President

Good-byes are always difficult, but never more so when they are to someone we love. Nancy Cymbalsky, long-time member of the LIBC, a past C+ Ride Chair and just good friend to many of us lost her battle with cancer, leaving behind a devoted husband, George, and loving daughter, Gabrielle.

Nancy has made so many friends in the bike club that a great number of us came to pay our respects at her wake and funeral. Many of us have deep memories of Nancy on rides and bike weekends.

I remember rides she and George led to Long Beach, with so many of us in tow, group dinners that they both attended. And Lakeville, wonderful Lakeville, one of my favorite weekends, made more so by Nancy's obvious enjoyment of it, even when she wasn't feeling so well, more recently.

I remember her riding the long hilly stretches and, more recently, walking from the Interlaken Inn in Lakeville to Salisbury, with Gabrielle in a stroller, a lengthy walk in any circumstances, and how she reveled in it and got others to join her.

Nancy loved the LIBC, and we loved her back. At the last club party, she expressed her thanks for all everyone had contributed to making her life a little happier in difficult times.

As a club we said our final good-byes in a memorial ride. Some 40 of us on a windy, cool October Saturday rode down roads Nancy had cycled with us to her house in East Northport and held a ceremony, with candles that stayed lit, despite the wind.

I have been very pleased and proud of my fellow club members for showing their appreciation of Nancy and of George and Gabrielle. A lot of crazy things can happen on rides over the years, but when it comes down to it, we are a club of individuals riding as a group because we enjoy the comradeship of each other. It is why there is an LIBC, I suppose.

I don't believe this could have been expressed any better than it was towards Nancy, and I believe she would have been pleased as well. If we continue to ride together over the years to come in safety and joy (especially at the top of hills), I think we will serve both Nancy and ourselves well.

Goodbye Nancy. We will miss you.

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

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

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.

Sunshine Corner

By Susan Abelson

We are a community. We are a community. Some our friends might think we have religion, considering the number of hours we devote to our sport.

We mourn the loss of one our members, Nancy Cymbalsky, who passed away Monday October 5th of cancer. Many members attended her memorial services.

You can send condolence cards to George (husband) at 7 Claudine Court, East Northport, NY 11731.

In addition, Beth Mohr has MS. She was Team Captain for Team LIBC on the MS Ride in NYC, October 17th. Please feel free to call her at 516-767-1358.

Larry Shoots has prostate cancer. He is recuperating from treatment. You can reach him at 646-522-0125. By the way, I understand Larry has another 'hobby' as a comedian!

We are a community. Every week we share a bike ride with others. During our rides, before and after our rides at 'the lot', at our breaks, at the picnic and New Year's Party, we share with each other. We talk about the 'rides', the gear, the weather and our lives.

We juggle many activities and roles in our week. We work to pay for our sport as well as our livelihood! We have husbands and wives, children and parents, sisters and brothers, and other family and friends that are part of our lives. Our bike-riding friends are part of our lives.

As a community, we need to share and be a friend to those around us. Let us support each other. Life is short. We can help the LIVING even if it is only a kind word, a phone call or a note or email. If you know a member is ill, pick up the phone or send a card! Let's 'LIVE STRONG'. Let's share the joys and sorrows together.

Please email me at susank@abelson.com. with information on significant events or illnesses of club members. . You can also call me at 516-766-6204. Make sure to leave a phone number or email where I can reach you to verify information.

Bucks County A Great Place To Ride

Thanks to our new Away-Weekend Planner, Domenick Creaco a completely gorgeous new fall weekend has come on the scene. Twenty-one B,C+ and C riders enjoyed the sights and scenery for three days. Most have plans to return next year as there is much to explore in the area.

While most of the leaves have not yet turned, the summer-like weather on Friday and Saturday enticed the C riders. Clara, Irma, Trina, Anne Marie, Al, Clare, Bob, Cindy, Lynn and Bill led by Domenick completed 42 miles of hilly, beautiful countryside featuring three covered bridges.

The C+ consisting of a group led by Glen and Susan, with Mona, Debbie and Susan M, made a 42-miles with cultural stops at Pearl Buck House. The fast five, Ross, Morissa, June, Doug and Roz rode the 52 miles recommended by the bike shop conveniently located adjacent to the hotel. With the cooperation of the weather, the inexpensive motel, historic Doylestown, New Hope and Lahaska nearby it turned into a great new venue for our club.

Our thanks to Mike Friedlander and Glenn Abelson for their hours of work on cue sheets so that we could start rides from the motel. Also, thanks to Clara Meyerson for finding a reasonable motel and helping with reservations.

Stolen Bike Alert

Last month, Chris Meyer's bike was stolen. It is a Dean El Diente brushed titanium road bike with Campy Chorus 10spd and Mavic Ksyrium SSC wheels. Please notify him at 914-584-5907 or execcm@yahoo.com if you see a bike that matches this description.

A Rides Schedule

An off-island ride is being scheduled for early this month. Hopefully weather will allow us to run it. If the 6th turns out to be cold or wet, then arrangements have been made to re-schedule it on another Saturday. Members will be notified.

Saturday, NOV 6

The Tri-County Ride (forwards) - 75 miles - Phil Ayvazian - 516-248-6639. We haven't run this one in the forwards direction in over a year, but it is still beautiful. Once again if you haven't done an off-island ride this could be a good start (or finish). No one is ever dropped. Cue sheets, but you won't need them. Exit 42 of the Merritt Pkwy. Make right and park at commuter parking lot on the left. **Meet 8:30 to leave at 9.**

Sunday, NOV 7

Surprise-You are Leading - 47 miles - Jo Vlastaris 516-676-0976. Jo always seems to find some hills in Glen Cove and Sea Cliff and will probably do the same this time. Join her if you have the legs.

Saturday, NOV 13

Stony Brook - 75 miles - Mike Friedlander - 516-676-7102 - This was a beautiful ride when we did it last month on a club away weekend, so we're doing it again. Very flat for the first 30 miles, then hilly for about 15 miles through Nissequogue and into Stony Brook. Then it's flat for the last 30 miles. See Cuesheet A010 at www.libike.org.

Sunday, NOV 14

John's Ride - 50 miles - John Howe 516-921-6266. John likes to lead to Northport and Eaton's Neck, but this time he has something new planned.

Saturday, NOV 20

Dr Jim's Ride - 52 miles - Jim Rand 516-621-9142. I always praise Jim's rides, but his ride in September was particularly good. He seems to set the right pace and makes people mind their manners (you can't drop this leader or predict where he is heading). A workout.

Sunday, NOV 21

Open date - Some potential leaders could not be contacted so someone will be drafted on this day. Beacon? Paul? maybe even Jerry.

THURSDAY, NOV 25

The Thanksgiving Ride - 40 miles non-stop - Phil Ayvazian 516-248-6639. Twice a year it happens. Watch the leader explode as he goes all out. This year there will be some surprises!! Not for the weak of heart or leg. Eat well.

Saturday, NOV 27

Another Dr. Jim Extravaganza - 51.87 miles - Jim Rand 516-621-9142. He's so good, we'll use him again.

Sunday, NOV 28

Either Phil or Mike will lead unless someone steps to the fore with a better alternative.

B Rides Schedule

Our last scheduled month offers all kinds of rides: Fast and not so fast, hilly and flat. I want to thank all the B riders for all your help in making 2004 a great cycling year. Remember that we continue to ride during the winter, weather permitting. Be in touch, check our libcB Yahoo group, email or call. See you at the lot!

Saturday, NOV 6

Rich Suttnerberg (516 624-3430). Miniature Gold Coast tour. If it's very cold, we will avoid the winds of Bayville. 45 miles. Lunch at newish deli in Oyster Bay (very good sandwiches!).

Sunday, NOV 7

Patrick Cuvilly (516 868-7513). We'll meander from Sea Cliff to Oyster Bay, where we'll have lunch. About 50 miles.

Saturday, NOV 13

Daniel Goldschmidt (516 933-1758). We are strong now: We will ride three or four leaflets of the clover, and then relax with lunch in Oyster Bay. About 50 miles.

Sunday, NOV 14

Eric Bertrand-Loesch (631 422-2927). Eric will lead us to Northport. Hills and some more hills are a must to keep the blood pumping!!! Lunch at Jimmy's Pizza. 55 miles. Easy on the way back!!! Really flat then.

Saturday, NOV 20

Jim Troise (718 397-7141). Jim will lead us on a mostly flat 55 mile ride to the Bayshore Marina, where we will have lunch.

Sunday, NOV 21

John Konz (516 775-1365). North shore ride to Glen Cove and Oyster Bay, with several lunch options. 50 miles.

Thursday, November 25

Daniel Goldschmidt (516 933-1758). Thanksgiving Day ride. We will go for a 35 mile ride so that later we can indulge in all that turkey and pie without any guilt.

Saturday, NOV 27

Howard Spergel (516 680-7085). To end the season on a high note, Howard will lead a ride through our Golden North Coast at a good B pace. Some hills, 50+ miles, lunch.

Sunday, NOV 28

Bill Dinner (516 944-9170). To end the season on a different note, Bill will lead a "time to move up to B's" so all those C+ can come on out of the closet and give it a try. 40 to 45 miles at slightly higher than a C+ pace. If the temperature is less than 40 the ride may be canceled - call ahead if it's close. Lunch.

LIBC Cuesheets Online

by Mike Friedlander

With the help of our LIBC webmaster, Walter Costanza, I have added cuesheets to our website (www.libike.org). Currently, there are about 20 cuesheets listed. If you have cuesheets that you want to add to the website, email them to me at MikeFriedlander1@yahoo.com or send them to 323 Frost Pond Road, Glen Head, NY 11545. Also, if you look at my November 13th ride in the A Rides Schedule, you'll see that the ride description includes the cuesheet number.

C+ Rides Schedule

Saturday, NOV 6

Peter Heller (516-312-4832) 40 miles. Destination to be determined by Peter at the lot.

Sunday, NOV 7

Mark Blatt (516-678-4918) 35-40 miles. Some hills. Lunch in Locust Valley.

Saturday, NOV 13

Bill Dinner (516-944-9170) 40-45 miles. The Pumpkin Ride

Sunday, NOV 14

Daniel Goldschmidt (516-933-1758) 45 miles. Lunch in Huntington.

Saturday, NOV 20

Glenn Abelson (516-766-6204) 35-40 miles. Locust Valley. If it's below 40 degrees call Glenn at his home phone or cell (516-524-2195) to see if he will be leading.

Sunday, NOV 21

Patrick Cuvilly (516-868-7513) 35-40 miles. Mystery ride.

Saturday, NOV 27

Steve Klein (516-671-9295) 50+ miles. **Steve's Birthday Ride.** Steve will attempt to ride a mile for each year, weather and legs permitting. Less than a century!

Sunday, NOV 28

Kenny Schack (516-921-3553) 45-50 miles. Tibet. We will end the season in a blaze of hill glory as we have the entire winter to recover.

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, 150 Hicksville Road (Route 107), Bethpage. It's on Hempstead Turnpike and Hicksville Road.

Send a check for \$39, **made out 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 (Route 135) to exit 7W (Route 24/Hempstead Turnpike). Go three lights to Route 107 (Hicksville Road). Make a right. Restaurant is 1st building on the right. Or, Southern State Parkway to exit 29 (Hicksville Road/Route 107). Go north 3 miles to Route 24 (Hempstead Turnpike). Cross intersection. Restaurant is on right.

C Rides Schedule

It is November and once again we have come to the end of our cycling season. I hope you have all enjoyed the riding experience. We will continue to ride past November 28, the last date on our official schedule. Whenever the weather permits, call or e-mail the people you ride with and get together for a ride or just come out to the lot and ride with others who are hoping to find someone to ride with.

I am listing the ride leaders for this month's rides and their phone numbers as usual, however I am not providing ride descriptions, the weather can sometimes be very cold and windy or it can be just another beautiful day to ride. Our leaders will be prepared to do either a regular ride of perhaps 40 miles or make it a 20-mile run to the bagel shop to get a hot cup of coffee. If the temperature is below 40° by our normal start time, we probably won't ride. Let's hope this November will bring more regular rides than coffee runs.

Saturday, NOV 6

Irma Klein (718) 261-8760.

Sunday, NOV 7

Al Rutsky (516) 627-7436

Saturday NOV 13

Domenick Creaco (516) 488-5991

Sunday, NOV 14

Clare Schwartz (516) 627-7436

Saturday, NOV 20

Debbie Gross (631) 491-0340

Sunday, NOV 21

Al Rutsky (516) 627-7436

Saturday, NOV 27

Clara Meyerson (516) 766-3813

Sunday, NOV 28

Susan Mrwik (516) 354-1834

LIBC February Vermont Ski Weekend

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

Where: The ever popular Blue Gentian Inn, 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 me at 516-489-3958 for more information.

Vienna – Prague By Bike a Success

This year's vacation for six from the 'C' Group was a trip to Vienna and Prague. Our travelers – Clara Meyerson, Lee Wrubel, Leonard Cohen, Trina Wishy, Fonda Charne and myself, Irma Klein. We spent two nights in Vienna taking in the sites and culture of the city, walking the famous cultural ring and attending a concert by the Wiener Residenzorchester. at the Palais Auersperg of Mozart and Strauss selections, visited the apartment where Mozart once lived and of course had to sample Viennese coffee and pastries.

After the ride we spent four wonderful nights in Prague, a city whose roots started prior to the tenth century and is rich in history and culture. It is a bustling, sprawling city with both ancient and more modern areas. The city abounds with museums, outdoor cafes, restaurants and inviting shops to explore. We walked until we couldn't walk another step, attended the puppet theatre presentation of Don Giovanni and then took tours (you can hear tour guides speaking every language). We took the Synagogue Tour, the Tour of Terezin (the Nazis used this camp as a model for visitors from the Red Cross etc to see) and a tour of the city that took us to Prague Castle, to learn and see more.

Below is a representative day of our bike journey, actually it was our first day, but pick any of the eight days and we will each say it was wonderful, adventurous and exciting.

Day 1 Schrick – Valtice

We were picked up from our hotel in Vienna by Vasek, our bike guide, to start our biking adventure with a 45 minute ride, in a Minivan through the Austrian countryside where we would meet Milos, our driver and pick up our bikes and trailer in the town of Schrick. We were each issued a bike, front bike bag with cue sheet holder and a folder of cue sheets, our pedals and seats were installed and adjustments made for each of us and we started out on our 8-day ride to Prague.

Our first day started out with mainly gently rolling terrain through fields already harvested or in the process, a good thing since these bikes were heavy 24 speed Sumava Alivio hybrid style bikes with suspension forks and it took some getting used to. As it turned out, this is the only type bike you will see on these roads, the ride was smooth and we barely felt the cobblestones, even the heavier grades were not a problem. We only saw 3 road bikes the whole trip. This is a country where everyone rides a bike, small children to quite elderly adults. No one wears anything special to ride and helmets are a rare sight.

We rode through towns with names like Prinzendorf, Groskrut, Ginzersdorf and Walterskirchen. The towns are small and the homes are modest and for the most part, more modern than we expected. The homes and yards are pristine and most homes have window boxes lush with flowers. Most towns have a town square, a church and a few shops, the older towns have cobbled roadways and narrow streets.

As we reach the Czech border the terrain gets more heavily rolling culminating with a never ending hill through the towns of Schratzenberg and Coll Cr Valtice to the Austrian Border Control where Fonda decided she needs a photo of the town sign and announcement of the border crossing ahead and down the

hill she rides to capture the moment and then back up the hill to cross to the Czech Border Control where we stopped for yet another memorable Kodak moment with photos being taken and passports being stamped.

We are then rewarded with a beautiful long downhill through more fields and since we are now in Moravia, it is mostly vineyards – beautiful clusters of grapes ripe for picking and eating. Another several miles along and we catch up with Milos with the van and trailer who is patiently waiting with a lunch table fit for a king, platters of cold cuts and cheeses, fresh salad, magnificent breads and rolls, fruit and cookies for deserts and fruit drinks to wash it all down with.

More pictures of the vineyards and close ups of the luscious grapes and we are back on the bikes heading for Valtice leaving Milos to clean up and repack the van. He soon rattles past us and we meet up with him once again patiently waiting several miles down the road in Valtice. We explored this ancient town with the cobbled streets and the aristocratic and ancient Lichtenstein Castle that dominates it. We are done riding for the day after only 36.6 km but it has been a long day as we head off to our hotel.

After checking in, we toured the winery built by the Templar Knights in 1248 and sampled all the wines kept there and then headed for dinner back at the hotel. Vasek explained the menu selections for us and noted what he thought was really good. There was a wedding reception taking place in the next room and the brides family sent out a tray of pastries for us to enjoy (the bride's family did all the baking – it's the custom). Thus ended our first day on the road.

Every day we explored another area, the longest ride was about 60 km on day 7 and the terrain ran the gamut of lightly rolling to a few days of long hills. We stayed in each area 2 nights biking to every UNESCO site in the area. We explored ancient towns, castles, monasteries, mausoleums, parklands and learned about the fascinating history of the areas we visited. Some of the towns were walled with huge doors that were once opened in the morning to admit the merchants and travelers in and then closed at night to keep the town safe. One town even had a moat surrounding it. We ate multi-course dinners in good restaurants, drank the good Czech wine and beer, lunch was mostly picnic style alongside the road, in a pine forest or on the shore of a lake, twice in a restaurant. Breakfasts were huge affairs, much like we had in Majorca with cold cuts, cheeses, breads, fruit, cereal and yes chocolate lovers, lots of Nutella with delicious coffee and tea to wash it all down with.

Our guides, Vasek and Milos (Romantic Tours) were wonderful, they made the trip memorable for us. At our farewell dinner we awarded Vasek a LIBC Jersey to remember us by (just happened to have an extra along) and he was happy to get it – said it was his first jersey ever. We hope one day to take another tour with Romantic Tours and would request that Vasek and Milos be our guides if they are still available. Romantic also does tours to Budapest and Venice – both starting out in Prague. We were a group of six but they can accommodate a much larger group.

So where do we go next year? Anyone with a yen to travel on a bike and someplace in mind to go, let Clara know. We are already thinking about next year's adventure.

Gear and Clothing in Las Vegas

By Kenny Schack

Once again the All You Can Eat Cycling Club (AYCECC – pronounced “ache”, which describes how we generally feel after eating or cycling) consisting of Steve, Ballard, Dave and Rick from Florida and Mark and Kenny from New York joined together for a road trip to ride and eat and ride and eat (and ride). The venue this time was Las Vegas and the raison de entree was the annual Interbike trade show which began on Monday, October 4th.

Arriving on Friday, October 1, we immediately segued into our vacation mode at an AYCE sushi restaurant at the Aladdin. We arrived early in order to give ourselves plenty of time to pace ourselves through the meal (attention to pace being one of many similarities between our two favorite pursuits). During our last road trip, in August, we had made the mistake of entering an AYCE sushi restaurant in Boonton, New Jersey 30 minutes before closing time which caused us to eat at a very high cadence - severely impacting our riding cadence the following day. During dinner we decided to change our riding plans for the next day. I had joined the Las Vegas Valley Bicycle Club and had planned for us to join their 7:00 A.M. Saturday club ride. We agreed that after a long day of travel it made no sense to wake up at 5:00 A.M. to ride. Instead, we decided to ride the bike club route later Saturday morning.

All of the club members had advised us to ride early in the day because of the heat, and on Saturday we attempted to get a reasonably early start. Unfortunately, between my early morning solo ride up and down The Strip, our AYCE breakfast at the Embassy Suites, loading the bikes in the cars and driving to a Starbucks where the ride begins (and, of course, stopping at Starbucks for a light snack) our start was anything but early. At 11:30 we rode out of town on Route 159 and soon found ourselves in the desert (*I know – but the similarities continue*) on a continuous climb of about 5 miles. We continued to ride for about 17 miles past beautiful vistas and wild burritos (*burros? They warned us about riding in the heat of the day.*) until Route 159 ended at the intersection of Route 160. We stopped at a gas station/grocery store to refuel and then headed back on Route 159. For the first part of the ride we rode relatively together. On the return my hamstrings began to ache and I fell further and further behind. I settled into a steady C pace and the only thing driving me forward was the knowledge that the last miles of the ride were downhill. When I finally arrived at Starbucks my physician friends told me that I was suffering from the effects of limited sleep and jet lag. Personally, I think that the previous evening's combination of Captain Morgan's and sake had more to do with my abysmal performance.

On Saturday night we went to Roy's restaurant and then to the Bellagio for the 10:30 performance of “O”. The show was fantastic although we all started to fade toward the end.

On Sunday we drove to Lake Mead National Park to ride the south Lakeshore Drive Loop. This turned out to be a beautiful ride along a hilly desert road looking down onto Lake Mead. The views down to the lake were breathtaking and there was one particularly exciting portion where the road turned and we rode downhill directly towards the lake. After approximately 18

miles the road ended and we had a choice of turning left for a 4-mile climb to Hoover Dam or turning right to complete the loop. We had previously been warned that the road to Hoover Dam was under construction, and dangerous for cyclists, so we made a right to complete the loop. We soon discovered that the price for the scenic ride down to the lake was a long and steep climb. After reaching the top of the climb we found ourselves riding on a busy commercial street which soon morphed into a freeway. Fortunately there was a wide shoulder, but we did have a few scary moments as we crossed over the exit lanes.

We ended the ride and drove back to the hotel where Steve and I went to a nearby spa for massages while the others opted to relax at the hotel. We all met at 7:00 P.M. for dinner at Commander's Palace which is a branch of the famous New Orleans restaurant. We had an excellent meal, went for a short walk and returned to the hotel to rest up for the next day's activities.

On Monday we woke up early, ate a quick AYCE breakfast and drove to Bootleg Canyon in Boulder City for the Outdoor Expo, which marked the first day of Interbike. We arrived at 9:15 and walked up a hill towards a plateau housing a large array of tents. Some of our group had expressed trepidation about the Outdoor Demo, but this was quickly dispelled as we neared the tents and got a sense of what was happening. There must have been over 100 tents, each of which housed a different manufacturer of bikes, helmets, lights, sunglasses, nutritional products, etc. Most of the bike manufacturers had a wide variety of their models in many different sizes. We had all brought a spare set of pedals with us so we were ready to ride.

The first tent I stopped at was Giant. I gave the mechanic my pedals and was soon speeding back down the hill on a 49cm OCR composite bike. At the bottom of the hill I made a turn and found myself on a closed course of approximately 2 miles set up specifically to test the bikes. I loved the bike. I have always felt that the Trek 5200 is the best dollar for dollar bike on the market. Although I did not ride a 5200, I now can't see how this Giant isn't the best buy out there. I rode back up the hill, returned the Giant, collected my pedals and proceeded to Specialized. In a few minutes I was flying down the hill again – this time on a carbon Robaix. Another terrific bike! And this is how my day went. I rode bike after bike among which were a Merlin Cielo, a Dahon folding bike, a Burley long wheel based recumbent and a Co-Motion tandem.

The tandem experience, with Steve, was very short lived. We seemed to be perfectly compatible tandem partners – we are approximately the same height and use the same pedals, meaning that we could switch positions between the captain and the stoker during the test ride. We walked the tandem from the tent to the road at the top of the hill to start our ride. At that moment I had a flash of intuition and suggested that rather than starting by barreling down the hill we should practice on the flat portion of the road which continued for another 50 yards in the opposite direction. This decision most likely saved numerous people, especially Steve and I, from injury and, perhaps, maiming. We turned the bike towards the flat section of the road and, with me as the captain and Steve as the stoker, counted to three and pushed off. Everything was fine until I realized that Steve was pedaling and my feet were still on the ground. I yelled and Steve quickly clipped out and steadied the bike by placing his feet on the ground. We both took this as a

momentary aberration and proceeded to once again count to three. It was not a momentary aberration. After meeting with similar results we decided to switch positions. We dismounted and this time with Steve as the captain and me as the stocker we again counted to three. Different positions – same results. By this time I realized that there was a greater possibility of my breaking my leg than of our riding this bike. Not being a big fan of rehab, I suggested to Steve that the smartest thing that we could do was to walk the bike back to the tent. I saw a sense of relief spread over his face as he immediately concurred. We walked the bike back to Co-Motion, thanked them and told them that the bike had handled wonderfully. And it had. I have never walked a tandem that handled so well. In retrospect they must have been very impressed with how quickly we got down the hill, rode the course and returned back up the hill.

A short time later Dave and Ballard were adjacent to the tents, walking their bikes back from a test ride, when they caught sight of a rider on a recumbent weaving dangerously out of control through the crowd. Fortunately they had time to jump aside as I rode past them. I returned to the Co-Motion tent before going downhill and gave the mechanic a piece of my mind for not tightening the handlebar - which was going up and down as I raised my hands. After he explained to me that the handlebar lifts so that you can get on and off the bike, I turned and headed for the course. I enjoyed riding the tandem and as I finished two loops of the course and turned to go back up the hill remembered the advice that the Co-Motion people had given me - to be in a very low gear because a tandem is very hard to restart on an uphill. I cruised up the first quarter of the hill easily and then slowed to look at some other tandems in a tent on the side of the road. That was a mistake, as I was unable to regain my momentum. Falling on a tandem isn't so bad. The bigger problem was when I stood up with the bike between my legs and tried to swing my leg over the seat. The seats on those recumbents are awfully high. This time when I got back up I raised the moveable handlebar (*now I get it*) and stepped out. By now the people from the tandem tent had surrounded me on the road – most likely so that my display of riding prowess would not impact on potential future sales. They pointed me back up the hill, explained how to grip the brake with my left hand to hold the bike in place and push off with my right foot to gain momentum before clipping in. Or was I supposed to grip the brake with my right hand and push off with my left foot? The walk from where I had fallen back up the remainder of the hill sucked.

The road bike course was only a small portion of the demo event. As a matter of fact, many people called this venue the Dirt Demo rather than the Outdoor Demo. At the top of the hill were entrances to cross country and downhill mountain bike courses, a cycle-cross trail and a BMX course. We left the Outdoor Demo at 3:30 and all agreed that this had been “Christmas in October”. What better way for a cyclist to spend a day than riding all of the new bikes?

Tuesday was to be our final day of riding and we had saved the best for last. After having our AYCE breakfast we drove to Red Rocks Canyon. This is a 13 mile loop, with traffic flowing in only one direction, which is the signature ride for road riders in Las Vegas. This was the nicest ride that we had done to date. When we were finished Rick, Steve and Ballard decided that this

was a perfect way of ending their riding experience in Las Vegas. Mark, Dave and myself decided that we wanted to have our final ride be up Mt. Potosi. We drove to the gas station/grocery store on Route 160, which is at the base of Mt. Potosi. Rick, Steve and Ballard drove to the top of Mt. Potosi and had lunch in a biker (as in Harley Davidson) bar.

The ride up Mt. Potosi is 10 miles of constant climbing with no flat stretches and no shade. Our timing for the start of the ride could not have been worse. We rode out of the gas station at 12:15 P.M. with Mark in the lead and he pulled us at a steady pace for the first 5 miles where the grades were 3-5%. After 5 miles when the grade kicked up to 8% Mark (who hadn't ridden nearly as much as the rest of us this season) decided to be smart by keeping his heart rate level and backed off a bit by shifting into his granny gear. This was not an option for Dave, who was riding a double. I, feeling that stupidity was the better part of valor, stayed in my middle ring and watched my heart rate rise and felt my left knee start to throb. Despite increasing pain in my knee, wanting to complete my riding in Las Vegas without ever using my granny gear, I continued for the next 5 miles with grades of 8% and greater in my middle ring. I finally reached the Fire House at the top and started down the back side of the mountain looking for the biker bar. After traveling for about a ¼ mile without finding the bar, I decided that there was no way I was going to go further and have to climb back out. I turned around, climbed the ¼ mile, and reached the top just as Dave was reaching the Fire House. We started back down together for what would be one of the most thrilling descents I have ever ridden. I have ridden faster (50+ mph in April in Georgia) but never anything like this. I rode the first 5 miles at between 30-40 mph without once turning the cranks. The ride which took me approximately 75 minutes going up took a fraction of that time going down.

That evening we had an early dinner at a French restaurant at the Paris Hotel and then went to see the show of We Will Rock You which is a musical based upon the music of Queen. This show is only for die hard fans of Queen. I love Queen's music but the story was inane, the acting mediocre and the choreography non-existent. No wonder the critics in London universally panned the show and no wonder the producers brought it directly to Las Vegas rather than to Broadway.

On Wednesday, after our AYCE breakfast, we walked to the Sands Convention Center for the indoor portion of Interbike. I was unprepared for the enormity of this show. There were beautiful bikes (so much carbon!), helmets, clothing, accessories, racks, nutritional products, etc. Aside from seeing all of the products, I met, got autographs from, and shook hands with numerous cycling personalities including Phil Liggett (“Ken is climbing like a rocket ship”), Bobby Julich and Eddy Merckx.

That night the AYCECC had its final dinner at an Italian restaurant at the Venetian. We offered a toast to our week and all agreed that we had seen the other side of Las Vegas. Who knows where we will go next? The 2005 Tour de Georgia? The 2005 Interbike? More likely it will be a new venue which we have never visited before. There are plenty of places to go with challenging roads and good food.

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

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Information for the next bulletin
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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.