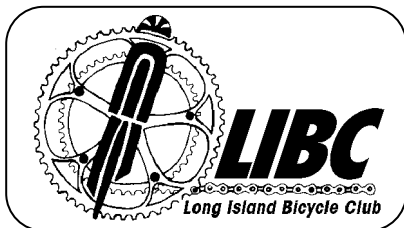


**JAN/FEB
2010**



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.

LIBC'S Scheduled Ride March-Nov 2010 LIBC Events Calendar

Jan - LIBC Holiday Party
March – Bike Season Begins
April – LIBC Lakeville, CT
May – LIBC Memorial Day Weekend
July – LIBC 4th of July Weekend
Sept – LIBC Labor Day Weekend

Welcome New Members

November 2009

Dale Collins, Great Neck

Glenda Cohen, Floral Park

Frank Ventur, Brooklyn

Thomas & Krusten Mohringer, Wantagh

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 January Thank You for 2009 LIBCers

By Bill Selsky, LIBC President

Once again, it's time to give a big LIBC thank you to everyone who contributed to LIBC's great 2009 riding year.

Let me begin with a Hi C! A lot was happening this past year, and much of it with the Cs, who doubled their offerings. How? Why with a C+, of course. Thanks to Maria Torres and Len Kirsch for working this out and meeting the club's growing demands. Let's name names: Along with Ride chair Len, and C+ ride mentor, Maria, C rides, including Easy Rider rides, were spearheaded by the following ride leaders, including Irma Klein, Debbie Gross, Gerry Regan, Clara Meyerson, Harvey Miller, Morris Getz, Gerri Lynn Verola, Jimmy Borneman, Barbara Bertner, Lynne Dinner, Elan Wurtzel, Mary Grady, Charles Meirdierks, Dominick Creaco, Al Rutsky, Jane Weller, Clare Schwartz, Erline & Bob Steiberg. C+ rides were led by Maria, Elan Wurtzel, Kenny Schack and Pat Mullen.

Next, though this is in no particular order, Kenny Schack and the B- group. Along with Ken, ride leaders included Glenn Abelson, Steve Klein, Mona Haas, Mark Blatt, Roy Roberts, Victor Urbach, Marty Unger, Bill Dinner, Marvin Bzura, Sid Alkon, Pat Mullen, Gary Rauch, Robert Brum, Gerald Widen and Andy Warhol.

Thank you also to Patrick Cuvilly and the B ride leaders: Rich Suttenger, Patrick Cuvilly, Hamid Alaie, Joel Gorinsky, Susan Mrwik, Martin Samson, Bill Dinner, Larry Levy, Daniel Goldschmidt, James Murray, Miguel Arroyo, Vin Rocchio, Geoff Radbill, Jayne Czik, Willow Belden, Gerry Widen, Jo Vlasaris, Bill Selsky, Eric Bertrand-Loesch.

Lastly, but not leastly, the fast guys (and Susan). Thanks to Phil Ayvazian and his A leaders: Jim Badia, Paul Block, Mike Friedlander, TJ Lepore, Chuck Gleason, Vin Rocchio, Susan Mrwik, and, of course, Mr. Ayvazian.

I want to also thank Phil for riding to the front when we had our lot controversy/dispute/conflict. Working with Charles Elioseff and Lyn Lettieri, he and they looked into what needed looking into, and Phil even got an okay for another ride location. We ended up back where we started, which is a good thing, but we all should appreciate what was done here. I know I do.

Thanks to Domenick Creaco and Clara Meyerson for coming up with Away-Weekends for us. Thanks to whoever that guy is who runs the Vermont and Lakeville, CT, weekend (details on that one elsewhere in the bulletin).

Thanks to George Cymbalsky, who runs the best picnic ever every year, with a little help from his friends and family.

Thanks to Walt Costanza for the club's web site and for emailing the bulletin each month.

Thanks to Maria Torres for being the VP of membership, okay, president of membership, and John Konz for being treasurer.

Thanks to Modesta Kraemer, who has the difficult task of getting the club newsletter together every month.

And thanks to all of you for making the club as great as it is by showing up to ride. 2009 was a great year, and because of all of you, 2010 will be even better.

See you at the club party January 9 at HR Singleton's (details elsewhere in the bulletin)

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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

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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.

Here are 11 tips for a better ride on the next windy day:

---**Get low.** Reduce your frontal area in a headwind by moving your hands to the drops and keeping your elbows bent and in line with your body.

---**Gear down.** Shift to a lower gear (larger cassette cog) so you can maintain a normal cadence against the wind. Yes, you'll go slower. But spinning is better for your head and knees than grinding with a slow rpm.

---**Gather a group.** It's a huge help on a windy day to ride with friends. You'll only need to bore into the headwind briefly before getting shelter in the paceline. Keep pulls short for maximum advantage.

---**Change course.** When the gale is blowing, choose a route that includes natural wind breaks such as woods, hedges, cornfields, houses, walls and so on. Make it a course with numerous turns so you're never straight into a headwind for long. If you're limited to an out-and-back route, start into the wind so it can blow you home during the second half.

---**Change clothes.** A blousy jacket will catch the air like a drogue chute and sound like a baseball card in the spokes. Wear form-fitting clothing on windy days, perhaps dressing in layers so you can leave your flappy jacket home.

---**Change the time.** When windy days are predicted, riding early or late may mean only battling breezes.

---**Stay loose.** Keep your shoulders and elbows relaxed to help your bike stay on course in a gusty wind.

---**Stay ready.** Anticipate places where the wind is likely to hit you harder. Example: when passing something that serves as a windbreak, or when vehicles pass you. A momentary lull in the crosswind could be followed by a strong blast that catches you off guard and pushes you off line.

---**Keep pedaling.** A bike is more stable if the rear wheel is receiving power. You don't need to pedal hard on a windy descent, but if you shift to a bigger gear and keep some force on the chain you'll feel the benefit.

---**Be wary of wheels.** Windy days are not the time for aero wheels with tall rims and bladed spokes. They present a larger surface for crosswinds to push against, making the bike unstable, especially on fast descents. Standard wheels with low, box-section rims and conventional spokes are much less susceptible.

---**Chant.** *The wind is my friend, the wind is my friend . . .* Like riding hills, riding in wind can make you stronger -- if you know the tricks to turn it into a training advantage. Next week we'll have some tips for doing that.

LIBC's Lakeville, CT, Weekend April 30-May 2

Our opening Away-Weekend event: only 100 miles (give or take) away, but a world away in rides. Don't miss being Bished & Bashed (it's a ride!), or cycling through colonial towns, past farm pastures and lots of rolling hills. Buffet dinner Friday & Saturday nights. Buffet breakfasts Saturday & Sunday mornings. We had over 40 people on this last year, all ride levels. Total cost: \$250 pp do (you share a room) or \$378 for singles-non-sharers. Make checks payable to Bill Selsky, 795 Truman Ave., East Meadow, NY 11554. (Directions: Hutch to 684 north to end (x10) to Route 22 North to Route 44. Rte 44 eventually turns right (44 East) and take right fork to Rte 112 & Lakeville and the Interlaken Inn. The inn will be on your right.)

PLEASE RENEW YOUR 2010 MEMBERSHIP

BICYCLING EVENTS CALENDAR

DECEMBER- LIBC MEMBERSHIP IS REQUIRED IN ORDER TO PARTICIPATE IN THE LIBC WEEKENDS.

JANUARY

9 LIBC'S ANNUAL SHINDIG (CLUB PARTY)

FEBRUARY

IF YOU FEEL THE NEED YOU MOST RIDE

MARCH

RIDING SEASON BEGINS

APRIL

LIBC LAKEVILLE, CT WEEKEND

MAY

31 LIBC MEMORIAL DAY WEEKEND

JUNE

4 SBRA BIKE BOAT BIKE

27 LIBC ALL CLUB RIDE

JULY

2 LIBC 4TH OF JULY WEEKEND

11 HBC GOLD COAST

AUGUST

MORE TO COME

SEPTEMBER

3 LIBC LONDENDERRY, VT WEEKEND

26 MPBC TOUR OF THE HAMPTON'S

OCTOBER

8 LIBC COLUMBUS DAY WEEKEND

NOVEMBER

MORE TO COME

DECEMBER

MORE TO COME

Make Interval Training Fun

Interval training? *Fun?* This could be the mother of all contradictions.

Interval training can be the most effective way to advance cycling fitness, but it isn't enjoyable for most riders. They hate working hard, especially by themselves, pushing their heart rates to 90% or more of maximum. But intense training is the most effective producer of improvement, and intervals are about as intense as training gets.

One saving grace is that intervals don't need to be solo. You can do them with a training partner even if your abilities aren't well matched. Here's how:

- Warm up and then draft your friend.
- Ease up to let her open a gap of 150-200 meters.
- While she keeps a steady, moderate pace, ride hard to catch her.
- After catching, spin easily in her draft for a minute to recover.
- Take the front position.
- She drops back and rides her hard interval like you just did.

What if your basic riding speeds are considerably different? Simply adjust the size of the gap. For example, if you're slower, start your chase when she's 100 meters ahead. Next, she can begin her chase after letting you open a gap of 300 meters.

The workout is over when you've each chased 5-8 times.

You'll find that these intervals are more fun than the solo kind because you have a "rabbit" to catch, motivation to keep the intensity high and someone to appreciate your effort.

LIBC's Annual Shindig (Club Party)

January 09, 2010

Again, at HR Singleton's, 6-10 pm, 150 Hicksville Road (Route 107 and Hempstead Turnpike).

Again, big eats: a buffet with unlimited everything, including rolls, salad, spinach salad, rosemary potatoes, penne and vodka, grilled vegetable lasagna, vegetable medley, chicken marsala, sliced London broil, seafood pasta, salmon, desert, soft drinks, coffee or tea, cash bar.

Once more: raffles, prizes, awards, what some call dancing (though not what my wife says about me).

Directions: LIE to exit 44 south (Route 135) to exit 7W (Route 24). Go 3 lights to Route 107 (Hicksville Road). Go right. Restaurant is first building on the right.

Or, Southern State to exit 29 (Hicksville Road, Route 107). Go north 3 miles to Route 24 (Hempstead Turnpike). Cross intersection. Restaurant is on the right.

Send a check for \$40, made out to LIBC, to Bill Selsky, 795 Truman Avenue, East Meadow, NY 11554,

TRY THIS ON YOUR NEXT RIDE

Ease Pedal Pressure to Shift Better

Above, Uncle Al chides poor defenseless Greg about learning to "improve your shifting technique." So what's the Unc have in mind?

The idea is to reduce the force on the chain just as you shift to a lower gear. Doing so helps the chain move quickly and smoothly to the larger cog (rear shift) or smaller chainring (front shift). Modern drivetrains do a good job of shifting under load, but you can give them a hand with this technique. Simply reduce pedaling pressure on the stroke during which the shift takes place, then pour on the coals again.

This is especially helpful (even necessary) for a front shift under stress.

If you're in the big or middle chainring on a climb and bogging down while pressing the pedals hard, there's a heavy load on the chain. You need a lower gear, but the chain may be so tight that the derailleur can't pull it over to the small ring. Or, as in Greg's situation, hard pedaling causes the chain to pull off the large ring with such force that it misses the small ring and dumps onto the bottom bracket.

To prevent it, try this:

Coordinate your left hand with your legs. As you move the gear lever, soft pedal for one stroke. That is, keep the crank turning but with less force. The chain will drop cleanly to the small ring. Then resume mashing.

Ideally, you'll anticipate shifts and make them before putting the chain under a heavy load. But when you goof, this technique will bail you out -- and keep the Unc off your back!

Tip! Practice this too: If you have a large difference between chainring sizes, say 39/53 teeth, shift to the next smaller cog just before you shift to the small chainring. This will reduce the difference in gear ratios so your pedal rpm doesn't skyrocket.

This "double shift" isn't always necessary, but realize it's possible and add it to your technique arsenal. Then use it depending on variables such as your cadence, pedal pressure, the grade you're on and the gear combo you happen to be in. The right choice comes with experience.

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: **FEBRUARY 15, 2009**

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 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.

___ 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