

New York



Cycle Club Inc.

JAN 1976

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MONTHLY MEETINGS -
2nd Tues. of *month*
month - MOLFETAS
RESTAURANT

307 W. 47 St., N.Y.C.
Green Room - 1 Fl. up
6 P.M., Jan. 13, 1976

Deadline for material
for next Bulletin -
Jan. 20, 1976

MONTHLY BULLETIN - JANUARY 1976

SECRETARY - MARIE

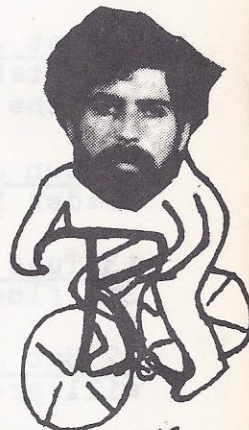
PRES.
IRV.



VICE
PRES.
BOB



TREASURER
SAM



RIDES
RON



EDITOR
LES

HAPPY NEW
YEAR & GOOD
CYCLING—

NY CC
1976 OFFICERS

MEMBERS AT LARGE



CIRCULATION
JERRY



GEORGE



AL



JOSE



Rides For The Month



1 Thu Jan NEW YEAR CENTURY 100 miles A ride. Leader "Ironleg" Jim Rex, starting from Columbus Square at Astoria Blvd, Queens, near the Triboro Bridge. Departure time up to registered riders. Call (212)967-7180 not later than 30 Dec Tuesday.

3 Sat Jan TOUR OF BEDFORD 50 miles B ride. Leader Ron Kahn making up for last month's rainout. Riding from Milkmaid Diner at 9:15 AM.

a) 4 Sun Jan TOUR OF THE HAMPTONS 46 miles B ride. Leader Peter Melo, Co-Leader George Fabian. Repeat of 7 Sept. and 30 Nov. Route is marked. By popular demand of area club members and riders, this is to be a new regular ride. Thanks to all those who made it possible. See regular rides for specifics.

b) 4 Sun Jan PHANTOM MILKMAID DINER TOUR 25-50 miles B ride. Leader Bill Hoffman, destination to be determined. Meet 9:30 to ride 10:00AM.

10 Sat Jan MILKMAID DINER 36 miles B ride. Leader Jerry Pellegrino will take the longer route to the Cider Mill via Whipoorwill Mt. Meet at the diner by 9:15 AM.

11 Sun Jan CENTRAL PARK CENTURY 100 miles or less A B C ride. Meet leader Ernie Lampeter at 8:00 AM. by the Boathouse.

13 Tues Jan MONTHLY MEETING at Molfeta's Greek Restaurant, "Green Room" 2nd floor. Located at 307W 47th Street, N.Y.C. (@8th Ave.).

17 Sat Jan TOUR OF LLOYD'S HARBOR 35-40 miles B ride. Leader Bill Reecht will provide maps and good cheer. Ride at 10:00AM. from I.U. Willets.

a) 24 Sat Jan CENTRAL PARK METRIC CENTURY 62.5 miles B ride. Leader "Leather Lungs" Ralph Irizarry rides from the Boathouse at 9:00 AM. Ralph would appreciate a call at (212)824-3235, by 23 Fri Jan.

b) 24 Sat Jan I.U. WILLETS 50-65 miles B ride. DIAL A RIDE with "Clineher Clineher" Josh Levin. Call Josh at (212)401-4906 if you'd like to go.

25 Sun Jan COMMUTERS HALF CENTURY 50 miles B ride. Leader Frank Gillette, will ride the Horace Harding Expressway all the way...and back. This is a popular route for Queens riders going out to I.U. Willets. Meet 9:00AM. at the Unisphere in Flushing Meadow's Park, Queens.

a) 31 Sat Jan CENTRAL PARK CENTURY 100 miles or less A B C ride. Leader "Ironleg" Jim Rex rides at 8:00 AM. from the Boathouse.

b) 31 Sat Jan I.U. WILLETS 50-65 miles B ride. DIAL A RIDE with "Clineher Clineher" Josh Levin. After lunch at Tides, there will be a phantom return ride of some 20 miles.

1 Sun Feb RIIS PARK ride with Leader Harry Laek. Details in Feb. bulletin.

REGULAR RIDES

I.U. WILLETS Rd. School, Sat & Sun 10:00AM. Directions: LIE exit 39 south, 1 mile ahead on Guinea Woods Rd. Pre ride breakfast 9:00AM. at Howard Johnson's by LIE exit 37, Saturdays. 1 hr. or less by car.

MILKMAID DINER Saturdays 9:15 AM. at Mamaroneck & Rosedale Avenues in White Plains. Take Hutchinson Pkwy. to Mamaroneck Ave. Go north about a mile. Free parking at the bank's lot across the avenue.

BEDFORD VILLAGE Sundays. Meet 9:45 to ride 10:00AM. from the Firehouse.

BRIDGEHAMPTON Sundays. Meet 9:30 to ride 10:00AM. Montauk Hwy (Rt 27) in Bridgehampton, L.I. Free parking at Grant's Shopping Center on the north side of the road. Allow 2 hrs. for driving if coming from the city.

WIND-CHILL INDEX

| Windspeed (mph) | Equivalent temperature (degrees F) | | | | | | | |
|--------------------|------------------------------------|----|----|-----|-----|-----|-----|-----|
| 0 | 50 | 40 | 30 | 20 | 10 | 0 | -10 | -20 |
| 5 | 48 | 37 | 27 | 16 | 6 | -5 | -15 | -26 |
| 10 | 40 | 28 | 16 | 4 | -9 | -21 | -33 | -46 |
| 15 | 36 | 22 | 9 | -5 | -18 | -36 | -45 | -58 |
| 20 | 32 | 18 | 4 | -10 | -25 | -39 | -53 | -67 |
| 25 | 30 | 16 | 0 | -15 | -29 | -44 | -59 | -74 |
| 30 | 28 | 13 | -2 | -18 | -33 | -48 | -63 | -79 |
| 35 | 27 | 11 | -4 | -20 | -35 | -49 | -67 | -82 |
| 40 | 26 | 10 | -6 | -21 | -37 | -53 | -69 | -85 |

In wet weather about twice as bad....

DUES ARE NOW DUE!

Please fill out form below
and enclose check for '76 Dues
\$5.00 - Individual
\$8.00 - couple

Mail to: Samuel Freedman
400 Central Park West
Apt. 8R
New York, N. Y. 10025

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____

Minutes Of Last Meeting

The December meeting was a very busy and exciting event. Bill Hoffman, Virginia Miller and Carl Schedwin formed the committee to count the election ballots received in the mail and at the meeting. The following officers were elected and comprise your Board of Directors for 1976:

| | | | |
|----------------|-------------------|------------------|--------------------|
| President | - Irving Weisman | Rides Chairman | - Ron Kahn |
| Vice President | - Bob Herzfelder | Circulation Mgr. | - Jerry Pellegrino |
| Treasurer | - Samuel Freedman | Members-At-Large | - George Borgida |
| Editor | - Les Bercow | | - Al Goldberg |
| Secretary | - Marie Caldiero | | - Josh Levin |

Changes in the By-Laws regarding dues and Members-At-Large were approved. Irv asked the Board to meet on the third Tuesday of each month to develop program plans for the coming season and to discuss several innovative ideas and suggestions which have been presented by the membership from time to time.

Al Goldberg reported on a meeting of cooperating clubs which is mapping routes and crossings for the bikecentennial extension. Irv mentioned the possibility of using these routes for a return trip to be added on to the fourth of July weekend for those who can take a week's vacation at that time. More details about this project later in the year.

Several members reported on their experiences carrying bikes into the subways. Regulations prohibit bikes, however, success or failure seems to be determined by the mood of the change clerks and patrolmen. If your bike seems "incapacitated", i.e., front wheel off, your chances are better.

Bill Hoffman, Regional Vice Pres. and Secretary of L.A.W. reported on administrative changes in the headquarters office. Phil Menninger, Pres. and Morgan Groves, Exec. Vice Pres. have resigned. Jim Kehew, Chicago's Regional Vice Pres. for Pa. and Delaware is Acting President and Phyllis Harmon, Bulletin Editor, is acting as Office Manager. The January L.A.W. bulletin may carry more information, but will probably be delayed.

Welcome back to Jack Hill who had a serious accident some months ago. Please read Jack's advice elsewhere. Jack was accompanied by Ted Wiener, President of Country Cycle Club in Armonk with whom we hope to collaborate for a trip later in the season.

GET UP 5 BIG WUNZ

Willie Yee showed two lighting systems of special interest - one a front headlight which throws a powerful beam using a bulb designed specially for bikes by G.E., and a rear taillight, 4 inches in diameter, which flashes an amber beam, creating the impression to the cars behind you that there is road construction danger ahead. You may write to Bicycle Lighting Systems, 6334 Crosswoods Drive, Falls Church, Virginia for exact specifications and price lists.

Francis Bollag auctioned a bottom bracket tool set, inner tubes, patch kits, etc. The meeting ended with a lovely film of an international bicycle race held in Ireland obtained by Jerry Koshar and Francis Bollag from Raleigh Industries.

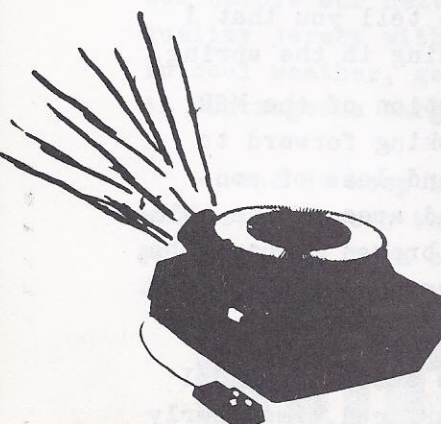
Sam Freedman reminds us to send him dues for 1976 - \$5 for individuals and \$8 per couple. If your address or phone number is different than that in the last roster, please send Sam a note to that effect.

See you all next year - safe and
happy riding in 1976

Marie

JANUARY ENTERTAINMENT

SLIDE SHOW
OF OUR
WESTERN TRIP
BY
STU & JERRY



The "Prez" Sez



ELECTION RESULTS AND UPCOMING PROGRAMS

Our recent elections were gratifying to me not only because I was re-elected, but because there were contests for several offices. This is a sign of increasing interest in the affairs of the club, and a desire on the part of many members to help devise, shape, and carry out a club program of rides and activities which will provide fun for all of us. My fellow officers are all good workers, and number among them several of the officers who helped establish the momentum of 1975. I'm looking forward to an exciting year of NYCC activities, and to a broadening of the leadership base.

Of the two other contenders for the presidency, I know that we are going to continue to enjoy and benefit from the enthusiasm of the irrepressible Jim Rex with his many ideas for training rides in Central Park and his "impossible" centuries and double centuries. He will be working with Ron Kahn, our new Rides Chairman, in the planning and scheduling of his favorite rides. How about you? Why don't you, too, get in touch with Ron Kahn - to lead or co-lead rides, to offer your backyard for picnic rides, or to suggest areas for possible routes to be scouted. Since Ron and the Board of Directors are planning an integrated series of rides for the season, this is a good time for your suggestions. Sing out now, we'll be so glad you did.

Francis Bollag, another contender for the presidency, has been contributing to our club program excitement recently with his auctions. We hope to be scheduling more of these events with his participation and that of Marv Reisman, Dan Henry, Bill Recht, and other "merchant princes" - maybe you? Bob Herzfelder is now planning a varied menu of monthly programs. Don't hesitate to answer his call for your participation with your slides of bike trips, auctionable material, talks, etc. And listen, don't be shy about speaking to the membership - we're all friends even if we do risk coronaries to "drop" one another on the hills. Friendly rivalry.

SAFETY

As you recall, Jack Hill had a very bad accident last season when he ran into a tree while cycling with the Country Cycle Club of Armonk. He is now recovering, and writes:

"My thanks to you and all of my fellow cyclists in the club who extended their good wishes after my accident. I am happy to tell you that I am recovering (too slowly), and that I look forward to riding in the spring.

"There is no doubt in my mind that without the protection of the MSR helmet I wore at the time of the crash, I would not be looking forward to riding again, ever! The impact resulted in a concussion and loss of consciousness. And the protective foam lining in the forehead area of the helmet was crushed. In view of the structural damage to my body (broken femur, ribs, and clavicle), I can't help but conclude that the helmet saved my life. Incidentally, it has been replaced free of charge by the MSR Company.

"I have had some time to think about the cause of the accident, and I pass this on for what it is worth. The road was poorly surfaced, improperly

banked, and the turns were treacherous (Bogstown Rd, South Salem). And maybe I should not have been riding at all that day. After an evening of entertainment, my reflexes were not what they should have been; I should have listened to my "body wisdom" and stayed in bed that Sunday morning.

"I look forward to riding with you all again next year."

Jack Hill

We all look forward to having Jack regain his health and rejoin us on our rides. Meanwhile, there are several lessons for us in Jack's experience. The first is: WEAR A HELMET! Jack is an experienced rider, yet he managed to have an accident which nearly cost him his life. The helmet saved him. The second is: Don't over-reach your capabilities of the moment. When you are tired, be aware that your reflexes slow down, that your body becomes less co-ordinated, and that your judgement can become faulty. You have to TELL yourself very insistently to be careful and alert for all possible hazards. If instead, you play "Eddy Merckx on the attack", you may very well end up with a case of "road rash" or much worse. So, when tired, let's just take it easy, and ride happily ever after.

Another word on helmets. I, at this time, can only endorse the MSR and Bell helmets. They are constructed with a rigid outer shell (like a construction worker's hard hat) and an inner lining of crushable, but very firm, energy absorbing plastic foam. Helmets which do not have these features do not meet my present criteria for safety even if they might provide a bit more ventilation. Be safe, not sorry.

CLUB JERSEYS

Several members have suggested that we design a cycling jersey which the membership can order. We had done so several years back, during the reign of the ever-popular Joe Randel, and quite a number of members did buy them. Unfortunately, the Spanish manufacturer, despite the specific sizing instructions he was given, managed to make most of the jerseys too small. But with resurgence of a strong club spirit, the acquisition of many new and enthusiastic members, and a desire for club identification on our weekend rides and especially at the larger rallies (such as GEAR and the upcoming L.A.W. national rally to be held in Carlisle, PA in July), the demand for a new jersey is being voiced more insistently. I have approached one manufacturer to explore the possibilities of buying his jerseys. Maybe some of you have other contacts or ideas - please share them with us so that we can move on this matter before our next big public event - GEAR'76. What we need, of course, is a high quality jersey with good cooling qualities in the warm weather, good heat retention in cool weather, good washability, good sizing and appearance, and a modest price. An "outrageous bargain" would be even better! Any suppliers out there?

And do keep in mind Les Berrow's artistic efforts at the club meetings. He will silk screen the words "New York Cycle Club" on your jacket or riding shirt if you bring it to a club meeting. Very nice effect - in black or orange lettering. So far no charge for this service.

DUES ARE DUE

7

Recent issues of the New York Cycle Club bulletin have indicated that its members are quite concerned about cardiovascular fitness and ways of combatting coronary heart disease. While the more dedicated riders like Dan Henry and Jim Rex probably have little or no coronary disease, those who do much less riding may be candidates for this scourge of our times. Not everyone can be a Dan Henry or a Jim Rex.

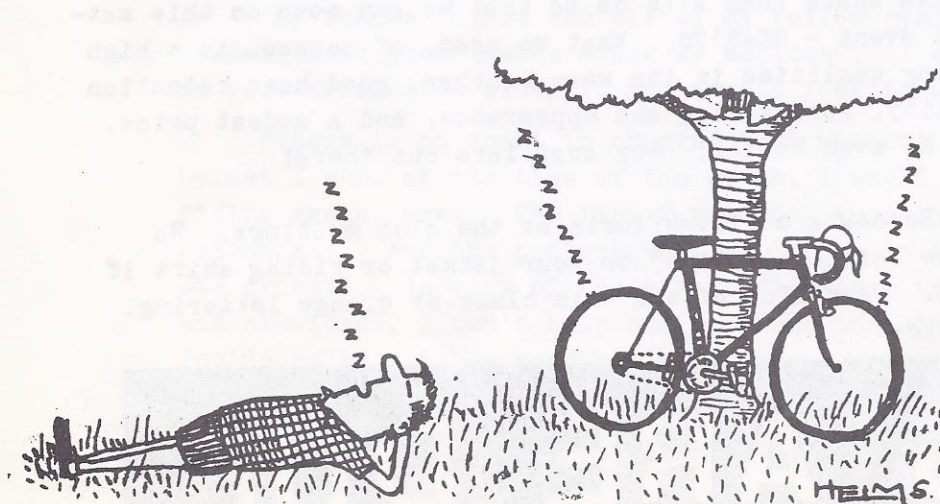
Accordingly, the Club members may be interested in a new approach to atherosclerosis. This involves simply supplementing breakfast with certain foods, minerals and vitamins which cooperate synergistically with one another in preventing, and possibly even reversing, the deposition of atheroma or cholesterol-containing plaque on the inner walls of the arteries, especially the coronary arteries which supply fresh blood to the heart for its pumping operation.

This new system is described in full detail in a small booklet entitled "Dietary Counterattack Against Atherosclerosis" (1975), available to anyone free on request of The New York Cardiac Center, 375 Sylvan Avenue, Englewood Cliffs, New Jersey 07632. It is described also, in somewhat different terms and with specific results of actual usages, in two articles by the originator, Dr. J. Rinse, published in "PREVENTION" magazine in November 1975 and December 1975. This magazine is published by Rodale Press, Emmaus, Penna. 18049. The December issue is on sale now in many health food stores.

The ingredients of the breakfast supplement are widely available. By exercising a little care in purchasing or in ordering from mail order houses, the total cost per person will probably not exceed twenty-five or thirty cents a day, less than the cost of a bottle of beer and much less than that of a pack of cigarettes.

The Rinse system cannot possibly be a racket because no one espousing it has anything to sell, either advisory services, a book or other publication, or the ingredients. The formula is not patented but has been fully published and is available for free use by everyone. All of the components have long been known and there is nothing secret about any of them. Dr. Rinse is a highly respected chemist who cured his own case of angina pectoris by experimenting on himself after much research.

If you believe, as many fitness enthusiasts do, that good health depends on both enough physical activity of the right kind and the right kind of food intake, you may find it profitable to investigate the Rinse regimen. What have you got to lose? Very possibly, only the dubious distinction of being another coronary death statistic.



League of American Wheelmen, Inc.

america's leading bicycle organization



MID-ATLANTIC REGION
NEW YORK & NEW JERSEY

WILLIAM N. HOFFMAN
REGIONAL VICE PRESIDENT
220 PELHAM ROAD
NEW ROCHELLE, N.Y. 10805
(914) NE 6-7597

December 5, 1975

For distribution or publication in next newsletter

On November 11, the State Legislature passed Bill # A-7489 (Chapter 860 of the Laws of 1975), which, among other things, requires bicyclists to drive on the shoulder of the road wherever one is present. The bill as originally written gave cyclists the option of using or not using the shoulder, but during the course of drafting the wording was changed, perhaps inadvertently.

Indications from the Assembly Committee on Transportation, which reported the bill to the floor, are that they will consider rewording the law to give cyclists this option. In order to encourage them to do so, they need an expression of support from the cycling public.

A letter to Chairman Frey of the Transportation Committee, outlining the reasons why the law should be revised, would be greatly appreciated. Some of the reasons you could cite are: 1) the law as presently written fails to provide necessary flexibility for action in given situations on the part of cyclists and motorists; 2) the law fails to take into account the many variables connected with the condition of the road and shoulder; and 3) it is impossible to write laws to cover all potential occurrences unless the wording is general enough to provide for on-the-spot decisions and at the same time maintain clear legal responsibility in case of violations or accidents.

Please address your letter to Chairman Frey of the Committee on Transportation, and send it to Patricia Gerfin, President, Mohawk-Hudson Wheelmen, 1087 Wendell Avenue, Schenectady, N. Y. 12308. The M-HW has a committee working with the Assembly on this bill. Thank you very much for your support.

Bill Hoffman
Bill Hoffman

CYCLING SHORTS

Repeat Performance --- At the next meeting I will bring the silk screen equipment and emblazon your shirts and jackets with, NEW YORK CYCLE CLUB, for instant identity.

Bob Herzfelder, our new "Veep" in charge of arranging the entertainment for the monthly meetings has jumped into Harry Lack's shoes with a bang. (Harry's fantastic job is a very tough act to follow.) For the January Meeting, Bob has programmed a very interesting slide show by Stu Shakman, of the Western trip recently taken by him and Jerry Koshar. These slides were very well received by the group which attended SCOR, and by the Long Island Club. Don't miss this one.....aaaaaand as an added attraction, Bob will conduct a White Elephant Auction.....sooooo, bring your old freewheels, chain rings, discarded clothing or anything else you may have cluttering up the closet.

George Borgida hit a rock in Prospect Park the day after Thanksgiving and went flying off his bike. He got pretty bruised and tore his jacket. (Too much Turkey, Etc. --- that Etc. will do it every time.)

Marie's answer to Susan Dubrowski (Re. - Dec. Cycling Shorts), "I invite you to join us on a ride and see for yourself."

Did you notice Irv's picture on the front cover? --- all that hair, --- no, no he didn't get a hair transplant, --- that's a copy of his Bar Mitzvah picture.

If you are ever stopped from entering a Subway or any other Public place because of your bicycle, simply tell the man that it is a musical instrument. Did you know??? --- PDQ Bach composed a piece, Pervertamento for Bicycle, Bag Pipes and Balloons. The Bicycle is used as a wind instrument in the second movement when the back wheel is elevated, hooked up to a siren and spun, and also by blowing through the handlebars. It is used as a percussion instrument in the last movement by putting playing cards into the spokes and rotating the wheel. (Enough of this Nonsense.)

I think we had a fairly interesting Bulletin this past year, due largely to the contributions of some of our members. To these people, I say ---

JOE R
M RETANDE
IT ROBERTSON
MEL FREEDMAN
SAM LARR
SCHLEIFEN
OSNEN
IRV WEISMAN
ILL HOFFMAN
LILLY CICHY
ART BYERS
OATERSO
MARVIN KOHN
RAUNE RS
ELLIO
PETER VON RAITS
FRANK SAGAL
MARIE CALDIERO
KAHN