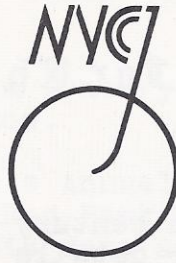


New York



Cycle Club Inc.

JULY '76

MONTHLY BULLETIN - JULY 1976

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MONTHLY MEETING - 3rd TUESDAY

AT

*Rinaldo's*

*32 EAST 32<sup>ND</sup> ST.*

NEXT MEETING - TUESDAY JULY 20

COCKTAILS 6 P.M. - DINNER 7 P.M. - MEETING 8 P.M.





## Rides For The Month



- Saturday July 3** Bicentennial double century to Philadelphia and back. Contact Jim Rex for details - 967-7180.
- Sunday July 11** Meet at Red Bank R.R. Station at 9:30 A.M. Leader Henry Krumwiede will cycle along the Jersey Shore to Spring Lake and return. Moderate paced ride.
- Sunday July 11** Bear Mountain Century. This one is not a race but a joint ride with AYN and leader Steve Bauman. Meet at 59th St. and 5th Ave., Manhattan for this traditional ride at 6:30 A.M.
- Saturday July 17** Bridgehampton double century. Contact Jim Rex for details. - 967-7180.
- Saturday July 17** Meet Phil Giles at Grant's Tomb, 122 St. & Riverside Drive. Cross the George Washington Bridge, ride along the Palisades through lovely villages and small towns to Rockland Lake near Nyack. Bring lunch to picnic enroute. Return along the Hudson River and through Palisades Park. Round trip approximately 55 miles, B-ride. Group will remain together and experienced riders will bring up the rear.
- Sunday July 18** Meet Joe Wiggodner at Court House, Sommerville, New Jersey for a 100 mile, hilly ride. Departure time 7:30 A.M.. Scenic, no traffic, bring lunch. Ride is cancelled if weather is questionable as terrain is hazardous when wet.
- ✓ **Sunday July 18** Rockland County Ramble - 50 mile B ride, 12 miles per hour, some hills, through scenic North Bergen and Rockland County to Rockland Lake. Leaders Harry Rutten and Hank Hirschman will leave from Foodtown Super Market, Interstate Shopping Center on Rt. 17 Southbound, Ramsey, New Jersey at 9:30 A.M., 30 min. from George Wash. Bridge. Bring picnic lunch.
- Sunday July 18** Double metric century to New Hope, Penn. Meet at N. Y. City Hall at 6:30 a.m. for 126 mile, A ride via Princeton and Washington Crossing. Bring 60¢ in change for PATH and \$10 if you want to bail out in Trenton. AYN century patches given out to survivors. Leader Steve Bauman
- Sunday July 25** Meet George Borgida at 9:30 at I. U. Willets for a leisurely paced, 35-40 mile ride. No one will be dropped. Eat at The Tides or brown-bag it.
- ? **Sunday July 25** Henry Krumwiede will leave the Red Bank R.R. Station at 9:30 A.M. for a 50 mile (round-trip) ride to Pt. Pleasant. This will be a warm-up for Henry's annual birthday ride on Sunday, August 8th.

Aelen Bashkin?



Saturday July 31 Blazing Saddles Double Century. Contact Jim Rex - 967-7180.

Saturday August 7 Hot Gears Double Century. Contact Jim Rex you know the number by now.

✓ Sunday August 8 Henry Krumwiede's Annual Birthday Ride. Leave 9 A.M. sharp from the Red Bank R.R. Station. Henry will be 71 years old on this date and, therefore, intends to ride 71 miles. A station wagon will sag all the way. On the return trip we will stop for dinner at Michael's Restaurant in Asbury Park. Everyone is invited - the more the merrier to celebrate Henry's birthday.

Bill Hoffman?

#### Special Events During July

July 2 thru 5 Spokes and Sparklers - Newark, Delaware

July 8 thru 11 L.A.W. Rally in Carlyle, Pennsylvania.

#### Regular Weekend Rides

Sat. & Sun. I. U. Willets, leave 10 A.M.

Sat. Milkmaid Diner, White Plains, leave at 9 Sharp.

Sun. Bedford Village, leave at 8:30 A.M.

Sat. & Sun. Central Park, leave from Boathouse at 10 A.M.

Sun. Bridgehampton, L.I., leave Soporific Bike Shop 10 A.M.

PEPSE COLA BIKE MARATHON results: our members survived in spite of the over 7100 participants and 8 hrs. nonstop rain.

Jim Rex	342	Stu Shakman	175	Biz Kamener	100
Jerry Koshar	255	Frank Gillette	125	Efraim Gonzalez	50
Ralph Irrizary	200	Ernie Lampeter	110	Frank Mendez	40

Jim's effort made him a Champ with two medals; one for 3rd place over all, and the other for 1st place in his age group.

Modestly yours,

Guess Who?  
(You're right J.R.)





## PICNIC RIDE

The Gluboks -- Norman & Marilyn -- have started what is hoped will become an annual event - The Glubok Picnic. Everyone who attended the event on Sunday, June 13th agreed it was one of the most enjoyable post-bicycle ride get-togethers held in recent memory.

Thanks to excellent planning by various club members, there were trips for every type of rider: Ray Cartier (with John McMorro) on his tandem led the "animal" pack; Bill Hoffman led a somewhat slower group who didn't want to take the loop around the reverse side of Whipporwill (for those who haven't made the trip, it's a helluva climb up the back-side of the range of hills, but a far, far better ride down since the roads are in better shape); and Myrna Meyer led a group for a shorter ride.

Word has it that the "animal" pack did a lot of panting to keep up the pace set by the tandem due. Considerable cursing and swearing was heard at the tail-end of the pack. All three groups of riders had a great time - one that provided the topic of conversation at the picnic.

While everyone was riding, Marilyn Glubok prepared lunch for more than 50 hungry and thirsty riders. Thanks to smooth organization and days of pre-preparation by Marilyn, a mass-produced food line was set up to make Heros, soda was stashed in ice, tables for serving were set up on the lawn, salad, fruit, and other goodies were laid out, lawn furniture was arranged and all the other details were arranged.

A special Club "thanks" goes to Marie and Pat, Jean Bercow and Shirley Freedman. Word has it that, as Club President, Sam issued an executive order for Shirley to be on hand.

The climax of the day was, of course, sitting on the lawn chatting about the day's events, discussing previous and future trips (seems most everyone is going to Spokes & Sparklers over the July 4th weekend). The special treat of ice cream, cake and coffee ended a truly splendid day that, most fortunately, didn't end in rain for the three hearty souls who rode from Manhattan just for the picnic.

We are all deeply grateful to Marilyn and Norman for their hard work, hospitality and graciousness which made an exceptionally pleasant day possible.

Fred Doby



FROM THE VEEP'S DESK

Approximately 30 members of the New York Cycle Club participated in GEAR '76 in Syracuse, NY over the Memorial Day Weekend, and a good time was had by all despite the damp drizzly weather. There were about 850 cyclists attending, and over five hundred took part in the Syracuse to Rome Erie Canal ride. Well over one hundred made the round trip or century including the majority of the New York Cycle Club members who were there.

I sincerely hope that the NYCC shows even a better turn out for our next big event at Newark, Delaware on the July 4th weekend. If you have not yet made your reservation for this event you may do so by contacting Sam Freedman.

Up and coming events: The highlight of the monthly meeting on Tuesday, July 20th will be a "White Elephant Auction Sale!" Any club member who has anything to sell whether it is bicycle parts, tires, complete bicycles or articles of clothing, and they are in good condition; here is your chance to unload and perhaps make a "few pennies!" Auctions have been a wonderful source of entertainment over the years. If you plan to participate and have items to auction off, please contact me prior to the July meeting so that I can get some idea as to how many people plan to take part. Don't be bashful. This is a good time to clean your closets.

Looking ahead to the Labor Day Weekend, September 4th through 6th, arrangements are being made for a get-together at the Tennanah Lake Shore Lodge in Roscoe, NY. The management of this lovely resort located right on beautiful Tennanah Lake can accommodate 50 members of the NYCC double occupancy. The rate for the complete package is \$70.00 per person, and includes the following:

- Room for three nights - (Friday, Saturday & Sunday)
- Meals - Breakfast for Saturday, Sunday and Monday
- Bag Lunch - Saturday and Sunday
- Dinner - Saturday and Sunday
- Outdoor Barbecue (weather permitting) - Monday early afternoon.
- Tax and Gratuity

- Truck service for 1½ hours a day to transport bikers and bikes up the long hill to the lodge at the end of the rides. (This hill is long and rather steep. Strictly for A riders.

The truck will be on hand for those who so desire.)

There will be a registration fee of \$5.00 to the club to cover such expenses as route marking, and mainly reimbursing the truck driver whose services are being furnished by the hotel management.

Please make checks payable to Tennanah Lake Shore Lodge; but mail with your reservation to me.

Remember, only 50 members can be accommodated. Reservations will be on a first come first serve basis. Don't procrastinate. There will be more details as time goes on.

Will see you at Rinaldo's on July 20th.

Bob Herzfelder



## LEGISLATIVE CIRCUS

There are a number of stages in every cyclist's life. Call them 'early' when he's bought his first machine and full of joy and uncertainty, he accumulates all manner of tools, clothing, accessories and gadgets. Then comes 'middle' when the rider has had a bit of road experience, a few bumps and begins to be selective in what equipment he carries. It dawns on him that his is a man-powered machine and that 'great idea' of the day-before-yesterday, is just a drag today. He will also begin to appreciate that 'safety' is a state of mind and relative - as it must ever be so. I don't know if 'late' is an adequate description of that sublime state of grace possessed by a few of the 'greats', but to tool down the road for a 1,000 miles with only a few spares takes something! This writer will probably never reach that stage, but it does serve to point up the fact that what constitutes minimum road equipment is a matter of opinion, and the serious question of whether the cyclist shall determine his needs or shall monolithic, slow-moving government? To this end, I believe that responsible cyclists should advise the government rather than the government requiring us to buy some timely gadget or adopt a faulty procedure.

The current New York State Legislative scene is as follows:

- a. Require use of BIKE FLAG. Flag to be triangular, orange reflective material and hung on a six foot plexiglass staff! Choice of imprint design and cost....  
[S.4688-A Patterson, Mar.18,1975 COTransp]
- b. Required equipment for NIGHT RIDING (latest edition). White lamp front, red reflector rear and "a red lamp may be used in addition."  
[A.10782-A Frey, Mar.2,1976 for assembly action, call #1210]
- c. Require RIDING IN A SINGLE FILE. The only exceptions are in passing or when riding on a bike path or part of a roadway set aside for exclusive use of bicycles.  
[A.10782 Frey, Mar.2,1976 COTransp]
- d. Require BIKE I.D.NUMBER ENGRAVED INTO FRAME.  
[S.4167-A Johnson, COConsumerProtection; A.5469-A O'Neil COCommerce, I & ED, Mar.4, 1975] The kicker on this one is the vendor has to keep log with name and address of customer.
- e. Permit counties to impose LOCAL REGISTRATION OF BICYCLES. Applicable to machines owned and operated in county. [S.1420 Warder, Jan.23,1975 COLocGov]
- f. Require attendance COURSES IN BICYCLE SAFETY grades 1 through 10. Kindergarden is optional.... [S.6101 Levy, May12,1975 COEducation]
- g. Require vendor sell only NEW YORK STATE APPROVED bicycles and accessories.  
[A.10372 Schmidt, Feb.26,1976 COTransp]
- h. Provide commuter, intercity rail, carpool and BICYCLE PARKING FACILITIES INCLUDING LOCKERS! [A.11862 Yevoli(and a lot of others)Mar.30, 1976 COTransp]

I won't comment further on the above except to request YOUR opinion. What do you think of this crop? Naturally, I've summerized, but apart from the boiler plate (in some instances quite thin), this is the gist.

D.R.Baker



## NEW BIKE-TRAIN TRIPS PLANNED

As a result of the outstanding success of the last ConRail bike-train to Westchester, we have begun to plan for two more such trips. Jon Blankley, the ConRail Passenger Service Representative, has been contacted, and has agreed to tentatively schedule bike-trains on Sunday, August 22nd, and Sunday, September 12th.

Final confirmation must wait until the new schedules for the Harlem Division are issued on June 30th, but meanwhile the NYCC is putting together a comprehensive plan of routes, ride leaders, sag wagons (hopefully), luncheon stops (if necessary), and all the other ingredients for a successful day in Westchester.

Bill Hoffman, our ride leader "par excellence," has already agreed to lead a B or C+ ride on Sunday, August 22, and other experienced riders are asked to volunteer their services on either of those two days. Please check with Sam Freedman for details.

Furthur information on routes, fares, maps, and leaders will be in the August and September issues. In the meantime, reserve those two days, and tell all your cycling friends about them (especially those who are Manhattan-bound because of lack of a car. There will be newspaper stories, a television crew on hand at Grand Central Station, and we're looking forward to a big turnout.

JERRY PELLEGRINO UNDERGOES  
MINOR SURGERY.

Letters and get-well cards will reach him at 500 East 116 Street, New York, N.Y. 10035 or you can call him at 831-8146.

BE AN "OUTSTANDING" MEMBER OF THE CLUB.

ORDER YOUR NYCC T-SHIRT TODAY!

The T-shirts with the new logo which we have ordered will be ready for delivery at the end of June. They will be white with the logo imprinted in red, 50% polyester/50% cotton, w/extra long body. The chest will have "New York Cycle Club," the back will have the new logo.

Please fill out the order blank below and mail it WITH YOUR CHECK today.



New York Cycle Club, Inc.  
400 Central Park West, Apt. 8R  
New York, New York 10025

Please send me .....NYCC T-shirts  
in the following sizes.

<u>Size</u>	<u>Number</u>
Small	_____
Medium	_____
Large	_____
Extra-Large	_____

The price is \$3.50 per shirt plus  
applicable sales taxes. Make your  
check payable to "New York Cycle Club."



--- CHOOSE YOUR POISON ---

Art Kagan offers this old family recipe, which has been handed down from father to son for generations. He guarantees that one bite of this "Goodie" will give you a jolt of energy, that will flatten every hill in sight.

An excellent cycling snack is home-made peanut butter fudge. It is easy to make, nutritious, extremely delicious and gives a fast pick-up that lasts for hours. The recipe follows below:

1/2 cup peanut butter  
1/2 cup honey  
1 quart packet of non-fat dry milk.

Mix the peanut butter and honey together in a bowl, and then add the dry milk. Knead thoroughly until the mixture becomes a homogenous mass. Shape into a bar, let stand overnight to harden, then cut into pieces of desired size.

--- OR ---

Try Bill Cooper's diet. On the Boston trip, Bill ordered a double-dinner. The single portion of Prime Ribs covered the whole plate and was over an inch and a half thick. The double-dinner looked like a meal set out for King Henry the Eighth, but nevertheless, Bill did it justice, right down to the Parfait. Needless to say, he rode like Eddy Merckx the following day.

---From The Inquiring Photographer---

CARELESS RIDERS

Manhattan: Something has got to be done about disorderly bicyclists. I recently saw a woman almost run down by one of these nuts on wheels. Too many cyclists are breaking every traffic law in the books.

Joseph Andrews

(He's right, and this is very bad for our image.)

## A Committee's Needed To Get This Moving

COPENHAGEN — Danish bicycle merchant Agner Vestergaard always wanted to "set some kind of a world record," as he put it yesterday, so he built a bicycle designed to carry 34 people.

He says he thinks his 72-foot-long bike will find its way into a record book somewhere in the world.

The Koege businessman is training a team of 34 to pedal his creation in unison, but he notes that he will have to get police permission before he can put the long two-wheeler on Danish roads. It weighs a ton-and-a-half and rolls on automobile tires.

AGENCE FRANCE-PRESSE

