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MONTHLY BULLETIN - MAY 1976




Our very special thanks to Marv Kuhn for the effort he put into marking the Shelter Island Ride, and for his Ride Report (page 4), and for the great cartoon on the cover. Speaking of the cover, you owe me an apology, Bill Recht!!!.......See, I really did have film in the camera. On second thought, don't bother apologizing, --- a new Masi will smooth things over just fine.

Dr. Cronkite reports that a cyclist riding a double century came to his office and complained that at the 150 mile point he began to suffer with leg cramps, saddle sores and numb hands. When the cyclist asked what he should do for this, Dr Cronkite replied, "See a Psychiatrist".

The New York City Bicycle Federation has undertaken the task of. restoring and repaving the Kissena Bicycle Track. Thus far this project is unfunded by the City or Parks Department, and contributions are sorely needed. Any contribution will help. Send to: New york Bicycling Federation, 163-09 32nd Ave., Flushing, N. Y. 11358.

My nomination for Miss Rheingold of 1976 is Marion Adikes, if she promises to wear her haie in pony tails as she did on the Huntington Harbor Ride, Sunday, April 18 th.

I am planning a ride to Boston on the 19 th and 20 th of June. We will ride out along the north shore of Long Island to Orient Point, where we will Ferry ( $1 \frac{1}{2}$ hour ride), over to New London. From New London we will ride 15 miles to North Stonington, where there is a motel and Restaurants available. Bright and early the next morning we will head northeast to Boston's Logan Airport, where they promised to have a whole fleet of planes at our disposal, that will take off hourly. The Ferry Ride is $\$ 3.50$, the Motel - about $\$ 10.00$ and Air Fare is $\$ 32.37$ plus $\$ 10.00$ for the bike. All the motels in the area are expecting a banner year due to the Bi-Centennial, so they are very difficult to deal with. The best I could do on any sort of reservations was, Full payment for the room beforehand that is non-refundable, so I will have to know as early as possible, if you plan on making the trip. This trip is to be a PLEASURE TRIP, it will not be a "Death March", and we aren't out to break any records. If interested give me a call, evenings ..... Les (212) 969-9571

To those of you whom didn't understand $\mathrm{Jim}^{\circ}$ s Millenary Chart in last month's Bulletin, $I$ offer this explanation:
"1@\#\$\%\&: :"*( $\left.\frac{1}{4}\right) *: \# \& \% \$ \# @!? "+!@ \# \$ \% \&: /: *\left(=\frac{1}{2}{ }^{\prime \prime} \ldots .\right.$. Is it all clear now???
For those who will not be going to GEAR, don't forget the big cycling event in the city, .....The Pepsi Cola Bike Marathon in Central park.

Did you hear about the man who asked the Doctor to put him on a program that would insure his living a long and healthy life. The Doc advised, "Give up smoking, drinking and sex. The man asked, "Will this make me live longer?" To which the good Doctor replied, "No, but it will seem much longer."

## 3ides 苗or $\mathbb{C h e}$ flonth

1 SAT MAY MILKMAID TO BRENSTER AND RETURN 80 miles，give or take a few．This is an A ride going over rolling terrain at a 15 mph pace．Leader Ron Kānn will try not to drop anyone．The ride leaves Milkmaid at 9：00AM，returning late afternoon．

## A note on Westchester regular rides：

THE MILKMAID REGULAR RIDE ON SATURDAY＇S WILL LEAVE AT 9：00AM， In Conjunction with art kagan＇s series，Whom we thank．

THE BEDFORD REGULAR RIDE WILL DEPART AT 8：30 ON SUNDAYS，UNTIL FURTHER NOIICE．PLEASE PARK YOU＇RE CAR BEHIND THE FIREHOUSE．

8 Sat May MILKMAID TO ARMONK AND RETURN $25-30$ miles，C ride．This is a 10 mph ride with Leader Jeff Freedman．This will be a leisurely ride in which we hope all beginners will participate．Jeff doesn＇t enjoy riding alone after all the strong riders have spun off，and ． urges you to attend．Leave Milkmaid at 9：30 AM．

2 Sun May BEDFORD ROUNDABOUT 40 miles C ride．Leader Joe Messing doesn＇t know this region very well．Yet，he likes what he＇s seen and has decided he wants other riders to see for themselves．Meet him at the Bedford Village Firehouse at $8: 30 \mathrm{AM}$ ．The pace is expected to be moderate．

15 Sat May SADDLE SORE DOUBLE CENTURY 200 miles A ride．Leader Jim Rex departs on a Long Island double century as pärt of his Millinary Series．Due to an understandible low participation in this series， future rides will not be listed．Contact Jim at 2129677180 for future rides．Leave at 2：00 AM from Soldier＇s Monument at Myrtle and Cypress Aves，queens．
16 Sun May TOUR OF THE SOUTH SHORE $30-50$ miles，depending on the attendees，$\frac{C}{}$ ride．Meet at the Rils Park parking lot at 9：00 to ride at 9：30̄M．Leader George Borgida will cycle through Far Rockaway， Atlantic Beach，Long Beach，and possibly more．This is a 10 mph ride，a leisurely pace．

16 Sun May JERSEY SHORE RIDE 45 miles C ride．Meet at Red Bank R．R． station at 9：30 AM．Leader Henry Krumwiede will cycle along the Shore to Spring Lake N．J．，and return．This is a moderate paced ride．
16 Sun May MONTAUK CENTURY 115 miles A ride．A joint ride with AYH． Francis Bollag is the leader．This is an easy ride．Meet at 5：30 AM at the Jamaica queens R．R．station，by Archer Ave and Sutphin Blvd。 Leave at 6：00AM sharp．W5 for return trip on LIRR。Contact AYH for ticket details．

23 Sun May WESTCHESTER RAMBOL with Irv Weisman. Please see the enclosed article for details. Sorry if I labeled it wrong Irv, but I'm sorta shook up.
29. 30 Sat May PEPSI COLA BICYCLE MARATHON An ideal test of endurance for those not attending GEAR. Register anytime, but ride starts on Sat at 12:00 noon. There are colorful patches (FREEI) for riding 25in2, 50in4, $100 i n 10$ 200in4. The ride begins at Central Park South at the 72 ST entrance.


31 Mon May ANNUAL TOUR OF SOMERVILLE RACE The race will start at 1:00PM. Leader Hemry Krumwiede will cycle over the course until: 12 noon. Have lunch and then see one of the Greatest cycling events in the country. Meet Henry in Sumerville at Main Street by the Courthouse at 9:30 AM.

5,6 , Sat, Sun, June As there are no volunteers, no rides will be listed. I guess its a regular rides weekend.

12 Sat June I U WILLETS CENTURY 100 miles A ride. First Annual Mass Participation Century with co-leaders Hubie Girard and Ron Kahn. A joint ride with the LIBC, a pace is not being promised. If you've ridden with us before, you know that we have lots of fun and don't try to have a speed contest. If you don't feel you can keep up, try; you can always turn around. The ride leaves I U Willets at 8:00AM.

13 Sun June PICNIC RIDE WITH THE GLUBOCKS See article for details. There will be at least 2 leaders, Bill Hoffman, and Ron Kahn. There will be at least two paces. There may be two distinct rides. Whatever, meet at Milkmaid Diner at 9:00 to ride at 9:30 AM. Neither ride will top 40 miles.

FROM NOW ON THE NEWSLETTERWILL LIST RIDES THROUGH THE FIRST WEEKEND OF THE FOLLOWING MONTH. THIS IS DUF TO OUR CHANGED MEETING DATE. WE NEED MORE TIME TO GET THE NEWSLETTEROUT. HENCE, IN FOLLOWDG MONTHS YOU WON'T RECEIVE IT TILI THE FIRST WEEK OF THE MONTH.

LEADERS OF NEW RIDES, WHERE ARE YOU?
OUR REGULAR RIDES ARE: I U WILLETS SAT AND SUN AT 10 AM.
MILKMA ID DINER AT 9:00AM SAT
BEDFORD VILIAGE AT 8:30 AM SUN
BRIDGEHAMPTON AT 10:00AM SUN CENTRAL PARK AT 10:00AM SAT AND SUN PLEASE SEE PREVIOUS NEWSLETER FOR DETAILS

SORRY FOR THE APPEARANCE OF THE PRINT, I'LLEXPLAIN
AT THE MEETING RON KAHN

A quick head count before the start showed close to 40 riders readying their machines for the 65 mile loop of Eastern Long Island's north and south forks this spring. This does a ride leaders heart some good, especially when the weather forecast is for posssible showers and headwinds for the return trip after lunch.

The marks had been reprinted by the Dan Henry bike method the Sunday before and were all intact, though I had one criticism of a somewhat crooked arrow at some intersection; must have been a dog on the other side of the spokes at the time.

A more or less free ride was had to Greenport theough the farm country of the North Fork with the lead group making it to the first Ferry ( 25 miles) in an hour and fifteen minutes. The ride is usually $A-B$ however and different pace groups were established soon after the start. We all however were able to have lunch together in Sag Harbor and reform into comparable ability groups for the work against the wind on the South Fork.

Contrary to some criticism of A rides. I noticed a puncture among the lead bunch and ALL riders stopped until the tire was changed. Of course with windy conditions some riders are bound to get dropped, but a good turn-out insures a variety of different pace riding and you are always in company if you wait for the next bunch.

From where I rode, the farm dogs were kind, no one got lost and there were only two of three punctures. Thanks to Ron Kahn for mostly pulling our group back to the barn and sympathy to Jim Long who got a late start and caught us just as we were leaving the lunch stop. He just skipped the food and kept riding. I noticed a full plate in front of him in Howard Johnson's, however, and Frank finished the First Place Trophy Sundae, which is a mystery after all that spinning.

Marvin Kuhn

## THE N Y C C BIKI TRAIN GAMBOL <br> by Irv Weisman

The club's first Westchester Bike Train will leave from Grand Central Station on Sun. May 23 at 9 AM . If all work well, it will inaugurate a series of monthly rides which should be especially attractive to NYC residents without cars who want to enjoy the rolling countryside of Westchester and Putnam counties.
We will ride in two groups. The first group, led by Bill Hoffman, will start at the North White Plains Station for a 45 mile tour at 10 AM . The second group led by me, will start its 35 mile tour from Mt. Kisco at $10: 20 \mathrm{AM}$. Both groups will return to the North White Plains Station at 3:45 PM for the train back to Grand Central Station.
Bill and I are scouting to find lunch tops and restaurants, dut for une wavo being plan to bring your own picnic lunch. Call later in May for latest details.
To avoid carrying your bike on the stairs of Grand Central Sta., enter at 42 St . and Vanderbilt Ave. (one block west of Lex. Ave., one block east of Madison Ave.), and take the ramp down to the Upper Level of Grand Central Sta. Meet near gate 40.
Since the railroad personnel want to know how many cyclists plan to be on the train and prefer that I arrange for the round trip tickets in advance, please send me your check, made out to Irv Weisman, to cover the round trip fare: $\$ 3$ for North White Plains, $\$ 3.50$ for Mt. Kisco. Get it to me by May 18.

A sad word of caution: If you have not get ridden much this eeason, this may not be the trip for you. We do not have sag wagons to get you to the train on time in case you poop out on the hills. You should have ridden at least an equivalent distance sometime earlier this season. So get ready, then come along.

## LEGISLATIVE CIRCUS

Some member may honestly ask，＂what has a bike club got to do with legislation？＂
Well，the answer is painful and simple．They＇ve caught on to us！
When America changed over from the horse and buggy to the horseless carriage， the sales figures and the accident rates got the solons to thinking．At one point，the horseless carriage was required to be preceeded by a walking man carrying a lighted red lantern！This nonsense was done away with，but we were soon set with a new bureaucracy and a new way of life．

Then came the discovery that the automobile polluted the air we breathe．Empha－： sis on all levels of government shifted to study ways to make existance healthful again．Various laws were enacted（＂Clean Air＂among them）and measures studied to con－ trol emissions and to find transportation alternạtives．

The bicycle is a transportation alternative of unique capability．With the em－ phasis on ecology and clean air，bike sales soared．The folks in Washington，D．C．， mindful of the sales figures and threat posed by all those millions of bikes on the road，began to think．They reviewed the statistics of the major European countries where bicycles are not just an alternative，but a necessity！Thinking produces reports． The latest state of the art，＂Pedestrian and Bicycle Safety Study－Highway Safety Act of 1973 （Section 214）March，1975＂is best summed up with，＂lets get this bike thing organized before we have a disaster on our hands！＂（Someone must have seen Central Park on a weekend．．．．）

The problem is complicated by the fact that some of the larger urban－industrial states don＇t speak to lower echelon D．C．folk－and some rural－agricultural states like－ wise．So，to compel response，our loyal Federal folk are going to slap hands and threaten to cut off highway funds to those who won＇t cooperate，i．e．you won＇t get the cash until you set standards for pedestrian and＂pedalcycle＂operation．

Now，this new word＂pedalcycle＂is semantically accurate but dangerous．There are birds that can fly and birds that can only walk．It is defined as，＂a vehicle oper－ ated solely by pedals and propelled by human power，including motor assisted pedacycles when the motor is not operating．＂They＇re not concerned with its inherent stability （walk）or unstability（fly）．They＇re only concerned that they cover the number of wheels．This writer was told by competent authority that because of the tremendous in－ crease in adult tricycles in retirement Florida，that they＇had＇to create a definition to include all，i．e．unicycles，bicycles，tricycles，quadracycles（？！），etc．This writer wrote and protested this dangerous and misleading definition．Obviously there are cir－ cumstances where the unstable bicycle must take prompt and prudent evasive action to avoid danger which would not affect the tricycle．The net effect of this catch－all word is to encourage our solons in their innocence to enact laws which make safe and prudent operation of the bicycle impossible．New York State，by the way，has done just that！

The current legislative scene is as follows：
Federal－Docket Section／National Highway Traffic Safety Administration／Room 5108／ 400 Seventh Ave．SW／Washington，D．C．20590．Re：Docket 74－35；Notice 31．Highway Safety Program Standards，Pedalcycle Safety．＂Specific comment is requested concerning the use of the term＇pedalcycle＇rather than＇bicycle＇to describe the class of vehicles reg－ ulated by this standard．＂This writer has already written and urges others to add their own comments without delay．The address is complete above．

In addition，the＇Proposed Rules＇also include＂an equipment program（which） shall review the effectiveness of requiring pedacycle and pedalcyclist equipment includ－ ing：非 Rear view mirror，非 2 Signal flags，非3 Reflectors，非 4 Vests of highly reflective materials，非5 Headgear，非6 Lights to be worn on the leg，arm or belt，非7 Cuff clips and similar protective devices．＂

Both the above Docket and Study，give emphasis to the problem of alcohol and drug abuse as a cause of bicycle accidents．In conclusion，it would seem that the bicycle is to become a＂vehicle＂，and the friendly traffic policeman will assist in adding you to the statistics in event．．．．

State - The remedial 'option to ride' bill ably described by Irv Weisman in the April BULLETIN has passed the New York State Assembly. It is now awaiting action by the Senate. Good advice has it that if you want it passed this session the following two people should be promptly written to. 非1 The Honorable Warren Anderson, New York State Senator/ Temporary President of the Senate/ Capitol Building/ Albany, N.Y. 12224. 非2 The Honorable Hugh Carey, Governor of the State of New York/ Executive Chamber/ Albany N.Y. 12224. We urge the prompt and favorable passage of amendment S.7351.

I regret that I have no information on the regressive proposal of Assemblyman Hochbruecker, Democrat, Suffolk (A.10033). This amemdment was also reported by Irv in April. The Assemblymans proposal to ride on the left side, against the traffic mearly points up the confusion of many regarding whether the bicycle is a 'pedestrian' or a 'vehicle'.
City - So much for the good news, now the bad. Commissioner Ameruso has replied to this writer regarding the proposed bike lane on the 59 th Street bridge as follows: "...please be advised that no bicycles are allowed on the bridge." His reason for this ruling is because of the 'hazard' posed by "...open gratings and the uneven expansion joints." As for these items, it would seem the Commissioner doesn't get around the city very much. There are few Manhattan streets that would pass muster. Bike riders for years have been learning to cope with pot holes, cracks, dangerous gratings of many kinds, to say nothing of the expansion joints of other bridges.

The Commissioner also states that because of increasing traffic patterns, the Department of Transportation (of which he is the Deputy Administrator and Commissioner) has 'requested' that the outer roadways be left open at all times! The net effect of this ruling is to make access to Long Island from Manhattan or vice versa, a gamble or a long detour. This closing is being vigorously opposed by the New York Cycle Club, Inc. and by other interested parties.
D. R. Baker

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MAY MEETING
3rd Tuesday
MAY 18th
RINALDO ${ }^{\circ}$ S
32 East 32nd St.
Gather at 6P.M.
Dinner at 7P.M.
Meeting - 8P.M.

## flinutes (1)f Iast fterting

With five guests, two new members, Bob Herzfelder's lovely bride-to-be, Janet Oppenheim, and an all-time record of 4 in 1 (i.e., 4 Manhattans in 1 hour) set by our usually dignified and reserved editor, the April meeting was especially lively and filled with fun. Sam's Presidential inauguration speech. "Think not what your Club can do for you but what you can do for your club" . . highlighted a campaign to substantially increase membership via personal contact, advertisement in various media and rides to suit everyone. Sam forgot to announce that the Board had elected Joe Messing as Treasurer, but remembered to announce that Irv Weisman had been appointed Delegate to LAW, other bike clubs and cycling organizations and that Don Baker was appointed Legislative Chairman. Sam emphasized the Club's ability to encompass cyclists of all riding abilities who can profit from Ron Kahn's exceptionally vigorous and energetic efforts to develop an outstanding ride program that can be enjoyed by all. Sam asked for greater participation by all members in the affairs and future projects of the club.

Ron Kahn, Irv Weisman, Harry Lack and Jimmy Rex reported on some interesting events that took place on last month's rides. Les Bercow revealed a delicious secret that you must keep confidential Jimmy Rex was caught dozing over breakfast at Friendly's several weeks ago! (I wonder if Jimmy had just arrived from one of his nocturnal centuries?)

Irv received a show of more than 20 hands from those interested in biking to Grand Central Station to board a train to Westchester for a Sunday ride, probably on May 23rd (see announcement elsewhere, I hope).

In an effort to solidify the Club's identity, a committee will decide, within the next few weeks, on a logo extolling the glories of the NYCC to be used on stationery, patches, decals, club jerseys and anywhere else you like. Don Baker and Bill Hoffman reported on their investigations and correspondence with State legislators concerning pending bills regarding left and right shoulders and the 59th St. Bridge. (I really don't understand it $2 l l$ but Don and Bill do and I know they have the best interests of cyclists, pedacyclists and cycloholics (that's us) at heart. You will just have to come to the meetings to hear more about these developments because I can't absorb it all).

Bill Hoffman reported on a meeting of the East Coast Bicycle Congress held in Philadelphia. The Congress is trying to establish a bike trail to serve the North Eastern corridor during the Bikecentennial. The Board voted to lend the organization $\$ 25.00$ to assist in its work. Bob Herzfelder announced that at the May meeting several members will show slides taken at the Homestead Winter Rendezvous in Florida and Joe (Dr. David Rubin) Messing will give a talk entitled "Everything you Always Wanted to Know About Bikes and Were Afraid to Ask" at the June meeting. Entertainment suggestions for future meetings should be sent to Bob .

Don't forget to jot the following on your social calendars:
$\frac{\text { Memorial Day Weekend }}{\text { (See GEAR ' } 76 \text { - Syracuse, New York }}$ (See April bulletin for reservation form)

Sunday, June 13th - After a 3 to 4 hour ride beginning at around $9: 30$ arm. from the Milkmaid Diner in White Plains, a picnic at the home of Marilyn and Norman Glubok, 2 blocks from the Diner. Everyone invited, wives, children, slowees, moderatees, fastees. Send check for $\$ 3.00$ to the order of New York Cycle Club to Joe Messing, 500 East 85 th Street, New York, New York 10028. First 50 reservations accepted. Watch for more specific details in June bulletin.

Fourth of July Weekend - Spokes and Sparklers Bicycle Rally, University of Delaware, Newark, Delaware, sponsored by the White Clay Bicycle Club. You will receive registration form soon detailing rates, etc. in a separate mailing.

After Inv received a loud round of applause in appreciation for his many efforts and contributions to the Club as past President, he shared with us slides taken on his trip to Wisconsin last summer. After more carousing, giggling and checking to make sure that L.B. was sober enough to find his way to Flushing, the meeting ended. That's all for now and certainly enough for now.

> Monarie

## FROM THE VEEP'S DESK

The entertainment for our May meeting is geared to those who prefer winter to the other seasons - Winter, Florida style.
The feature attraction will be a slide show presented by Frank Sanchez, Herb Schaefer, and yours truly of the Homestead, Florida Winter Rendezvous of 1976 plus other interesting scenes around the Sunshine State.
You won't want to miss this one on Tuesday, May 18th at our grand new meeting place, Rinaldo's Restaurant, 32 East 32nd Street (between Madis on \& Park Ave.) on the second floor. Join the festivities starting at 6 PM.
Received word recently of the passing of one of our long time members, Elton Fisher on February lGth. The older members of the club knew him, and enjoyed many rides. We will all mourn his loss. If you haven't already registered for GEAR '76, this is your last chance. Memorial Day is coming up fast. See April bulletin for details. Upcoming events of interest: July 4 th weekend. The New York Cycle Club has been invited to join the White Clay Bicycle Club for their gala Spokes and Sparklers get-tomgether at the University of Delaware in Newark, Delaware. Please see Sam Freedman, our president, for details and registration.
Also coming up in July is the LAW National convention in Carlyle, Pa. July 4 to 6 - Pre-convention tour of Lancaster County
July 8 to 11 - National convention - rides, workshops in all aspects of cycling.
July 11 to 14 - Post-convention tour of Lancaster County. See Irs Weisman for further information.
PS Harry Rutten - 78 Elbert St., Ramsey, NJ has room tor two passengers going to GEAR leaving Friday, May 28th about 1 PM. Leo Kirsch (212) 884-5128 has room for one passenger. Reminder: If you have any items to auction which may be of interest to your fellow club members, please let me know so that we can schedule you at a future meeting.

## More job advertising than any other newspaper HELP WANTED

The following positions are open in the leadership of the New York Cycle Club. The monetary compensations for these positions are sub-microscopic in character--but the knowledge that you helped build the New York Cycle Club to new and unparalled heights--what more could you ask for??

PUBLICITY CHAIRPERSON - To initiate and develop a campaign designed to bring bicycling and the name and image of the New York Cycle Club before the public through the use of radio, $T V$, and the newspapers of the metropolitan area. (We asked Barbara Walters to serve-but she had other commitments unfortunately.)

MEMBERSHIP CHAIRPERSON - To formulate a program of membership recruitment which will enable the NYCC to double its membership by the end of the summer. Among suggested activities are supervision of the placement of Club posters in bike shops, distribution of membership applications where cyclists congregate, etc. (Individual chosen must be creative, innovative, energetic, and ready to break with established traditions.)

SOCIAL ACTIVITIES CHAIRPERSON - TO plan a series of social activities through 1976 involving our members and friends. "Man and, woman does not live by bikes alone--a couple of Martinis will help." The June l3th Glubok bike trip cum picnic is typical of the events we have in mind.

HOSPITALITY CHAIRPERSON - To welcome new members and guests at our monthly meetings, answer their questions about the Club, and help break down the walls which normally separate our new members from the old timers. A warm, friendly, outgoing personality (like Marie Caldiero's) would be most helpful.

MAP COORDINATOR - To establish and develop a central depository for maps of bike trails to be available upon request to members of our own and other bike clubs traveling through the area.

Instead of the normal resume in quadruplicate, a telephone call to Sam Freedman at 866-1514 will suffice.

WE ARE AN EQUAL OPPORTUNITY EMPLOYER

## Jorsalr

For Sale---Masi like new-ridden fewer than 100 miles. All CampiList \$825-Will sell \$550-20 ${ }^{\frac{1}{2} " 1}-52 \mathrm{~cm}$ Marilyn Glubol 914-761-7271
'For Sale---Frejus Track Bike 21" with hand brake....\$200.
Call Janet (212) 463-3967.
For Sale---22" Dawes Touring bike, alloy frame, Huret derailer 52-40, 14-32, Weinmann brakes, clinchers, steel rims. Sacrifice. Call Leo Hirsch...(212)884-5128.

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