

# New York



# Cycle Club Inc.

SEP. '76

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MONTHLY BULLETIN - SEPTEMBER 1976

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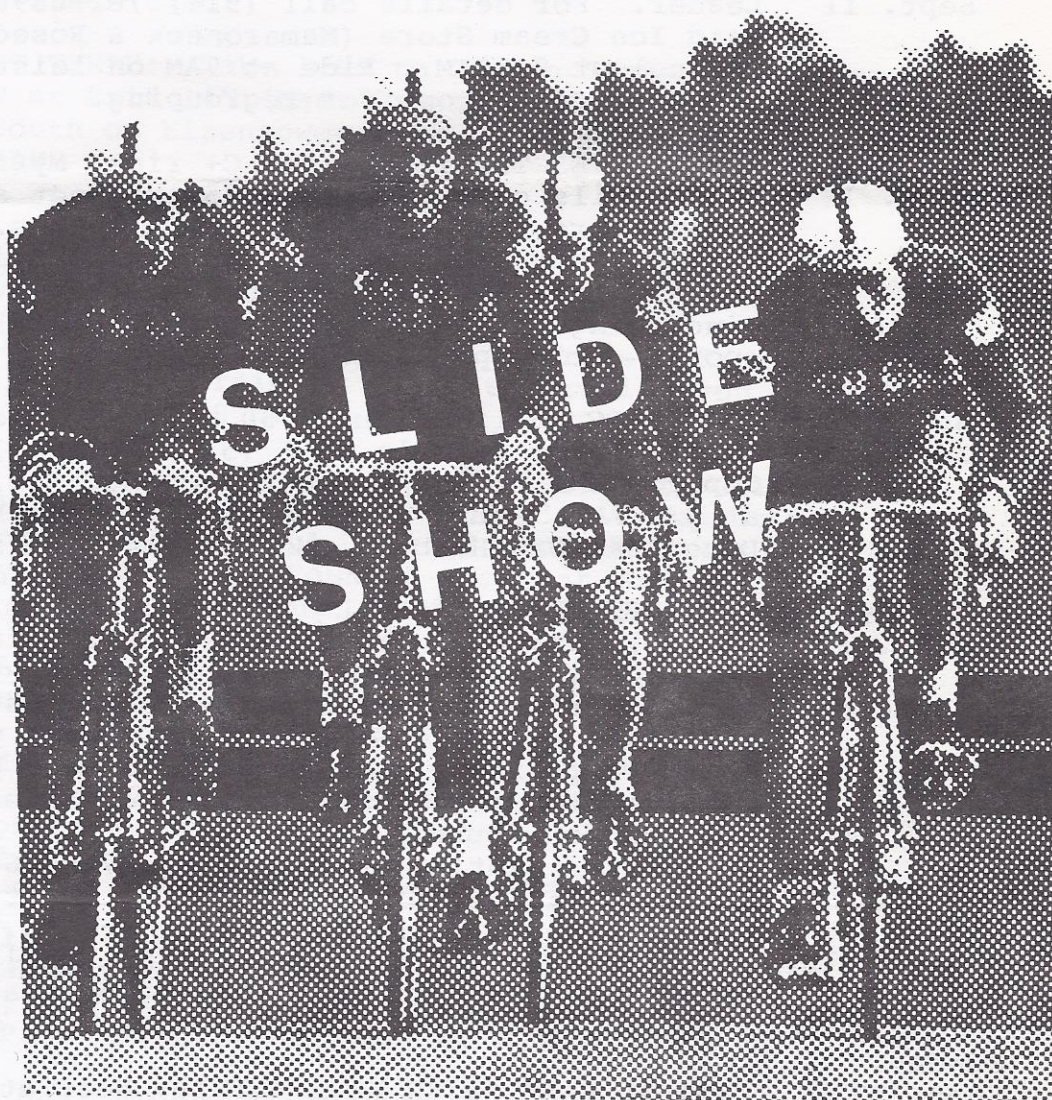
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The New York Cycle Club meets the 3rd Tuesday of each month, at Rinaldo's, 32 East 32nd St. N.Y.C. Come to the next meeting September 21st. Cocktails at 6 P.M. - Dinner at 7 P.M. - Meeting at 8 P.M. The special entertainment for the meeting will consist of a Slide Show of past cycling events, (Last Labor Day, GEAR, Spokes and Sparklers, and the LAW Rally at Carlisle), photographed by two of our ACE PHOTOGRAPHERS, Bob Herzfelder and Frank Sanchez. There is a Cast of Hundreds. Come and see, you may be the STAR.



## For Sale Or Trade

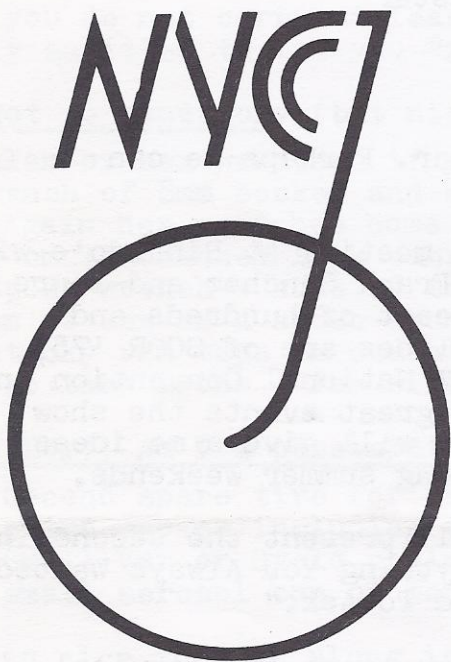
FOR SALE - Raleigh International--24½". All Campy except brakes. New tubular wheels, perfect condition. Picture on request. Contact Harry Rutten, 78 Elbert Street, Ramsey, NJ 07446, (201) 327-7197.

FOR SALE - Gitane Tandem--Men, 23", ladies, miste 21". Very good condition. 1 caliper brakes, 1 hub brake. Wired-ons, 27x1½ tires. \$300 (New Gitane is now \$700.) Contact Mel Silvers, 287-7546

FOR SALE - Frejus--23". Needs work and refinishing but has Campy cranks, rings, pedals, rear hub with new spokes and rims, has handle bar shifters. Lacks brakes, tires, and front wheel skewer. \$50.  
Contact Mel Silvers, 287-7545

FOR SALE  
Various accessories including new Campy seat post.  
Contact Mel Silvers, 287-7545

FOR SALE - 22½" Classic PX-10 Peugeot frame set, 531 Reynolds double butted tubing through out including fork tubes. Nervex legs, Stronglite headset. Includes #93 Stronglite crankset, 42-52. Also good as new Campy Nuevo derailleur.....All for \$175.  
Contact Joe Wigodner, (201) 436-2185



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

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

There is still time to get  
your East Coast Bicycle Trail  
Guidebook at a discount price,  
(Regular price \$4.95, N.Y.C.C.  
price \$3.95).

Send \$3.95 each, payable to  
New York Cycle Club, to Samuel  
Freedman, 400 Central Park W.,  
N.Y., N.Y..10025.

### MAILING LABEL:

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE, ZIP \_\_\_\_\_





## Rides For The Month



Saturday - LEATHER LUNG, Double Century, 200 miles AA ride, Ralph  
Sept. 11 Irizarry, Leader. For details call (212) 824-3235.

Saturday - WESTCHESTER AIRPORT CRUISE, 17 miles C ride, Linda Kagan,  
Sept. 11 Leader. For details call (914) 761-0896. Meet at Milk-  
Maid Ice Cream Store (Mamaroneck & Rosedale Aves., White  
Plains) at 8:30AM. Ride at 9AM on leisurely paced event  
with periodic stops for regrouping.

Sunday - WESTCHESTER TOUR, 30 miles C+ ride, Myrna Meyer, Leader.  
Sept. 12 For details call (914) 761-2511. Meet at MilkMaid Ice  
Cream Store (Mamaroneck & Rosedale Aves., White Plains)  
at 9AM. Moderately hilly terrain. Visit S.U.N.Y. cam-  
pus and its Neuberger Museum, Manhattanville College  
(including the magnificent Reid Mansion) and other high  
spots. Bring picnic lunch.

Sunday - SOPORIFIC, Half Century, 50 miles B ride, Marvin Kuhn,  
Sept. 12 Leader. For details call (516) AM 7-3073. Meet at  
Soporific Bike Shop, located on Rte. 27, Bridgehampton  
at 9:30AM. Route will be marked. Lunch at "Paradise  
Diner" at Sag Harbor. Mostly flat and scenic.

✓ Sunday - NORTHERN NEW JERSEY, Half Century, 50 miles in 6 hrs.,  
Sept. 12 B ride, "Upright" Irv, Leader. For details call (212)  
LO 2-7298.

If you've ridden at least 200 miles this season,  
including several 40 mile rides, check yourself out and  
patch yourself up (L.A.W. Half-Century patch - optional  
at \$1.15) on this moderate ride designed to show you what  
you can do if the pace is right.

Meet: Central Park West and 72nd St. at 8:30AM,  
leave at 8:45AM, or at 178th St. and Ft. Washington Ave.  
(bus terminal) at 9:30AM, leave 9:45AM. Timing begins  
on NJ side of the bridge at 10AM. We'll ride as a group.  
Bring lunch, snacks, water, and low gears for occasional use.

Sunday,  
Sept. 12

CENTRAL PARK "BIKE KLUB KLINI~~K~~" Meet at the Boathouse from  
9 AM to Noon. We'll have experienced Club members check your  
bike, and show you whether your seat is too high or too  
low, whether your handle bars are properly positioned, etc.  
We'll also show you how to fix a flat in five minutes or  
less.

We'll talk about pedals, derailleurs, headsets, and stuff,  
and we'll circle the park a couple of times just to keep  
in trim. This will be a good opportunity for the Manhattan-  
ites ( and others) to get to know each other. Join us for a  
pleasant morning. For details, call Sam Freedman (212) 866-1514





- Saturday - CIDER MILL CRUISE, 23 miles C ride, Linda Kagan, Leader.  
Sept. 18 For details call (914) 761-0896. Meet at MilkMaid Ice Cream Store (see above) for a variation on the 9/11 theme.
- Sunday - DANBURY CENTURY, 100 miles A ride, Steve Bauman, Leader.  
Sept. 19 Sponsored jointly with AYH. For details call Metro AYH (212) 431-7100.
- Sunday - CHATHAM EASY RIDER, 26-40 miles B-C ride, Al Goldberg & Biz Kamener, Co-Leaders. For details call (201) 994-1425 or (201) 743-7045. Meet at 8:30AM at Sears End of Livingston Mall, upper level. Bring picnic lunch or buy sandwiches at lunch time.
- HOW TO GET THERE: Take I-80 to Garden State Parkway south. Leave GSP at Exit 145 (East Orange). Take I-280 West to Exit 4A South on Eisenhower Parkway to Livingston Mall (6miles). Ride at 9AM.
- Sunday - Repeat performance. Central Park "BIKE KLUB KLINIC."  
Sept. 19 Meet at the Boathouse from 9AM to noon. See 9/12 for details.
- Saturday - CENTRAL PARK PRIMER, 50-100 miles A-B ride. Ernie Lampeter, Leader. Ernie is ready to provide you with a ride from 50 to 100 miles. Meet at Boathouse at 8AM.
- Saturday - PALISADES HALF CENTURY, 55 miles B ride, Phil Giles, Leader. For details call (212) 850-7143. Repeat performance of the delightful July 17 ride into Northern New Jersey and Rockland County. Meet at Grant's Tomb, at 9:15 AM 122nd At. & Riverside Drive. Group will remain together.
- Sunday - TOUR OF EASTERN LONG ISLAND HARBORS, 60 miles A-B ride, hilly terrain, Jim Long, Leader. For details call (516) 928-0619. Meet at A&P parking lot, Route 25A & Miller Place Road. Pre-ride breakfast at Rocky Point Pancake Cottage on Rte. 25A. Ride at 9:30AM. Directions: Long Island Expressway to Rte 25A, then turn right for mile and a half.
- Friday, - SCOR (Sullivan County Bicycle Rally) sponsored by the  
Sat, Sun, Catskill Wheelmen at Lake Tannanah, Lake Shore Lodge  
Oct. 1-3 in Roscoe, NY. For reservation and information, write to SCOR, P.O. Box 552, Monticello, N.Y. 12701.
- Sunday - MANHATTAN EASY RIDER, C ride, Ralph Irizarri, Leader.  
Oct. 3 Ride to Staten Island at a leisurely pace. Meet at Central Park Boathouse at 8:30AM, ride at 9AM. Group will remain together.
- Sunday - QUEENS CENTURION, 100 miles A ride, Frank Gileta, Leader.  
Oct. 3 Starts at 8AM from Main Street & Long Island Expressway going East 50 miles, and then back.
- Saturday - STATEN ISLAND, 25 miles C ride, Joe Messing, Leader.  
Oct. 9 For details call (212) 288-9085. Meet at Central Park Boathouse at 9AM, ride at 9:30AM. A look at another part of Staten Island.



Sunday - CAPITOL RUN, 250 miles in 24 hours, AA½. "Animal Tamer"  
Oct. 10 ride from NYC to Washington, D.C. Jointly sponsored  
with Metro AYH, Steve Bauman, Leader. For details call  
(212) 431-7100.



Sunday - SHELTER ISLAND, Semi-Annual Metric Century, 65 miles  
Oct. 10 A-B multi-club event, Marvin Kuhn, Leader. For details  
call (516) AM 7-3073. Meet at 9AM at Riverhead Municipal  
Parking Lot. Pre-ride breakfast at Howard Johnson at the  
traffic circle. Allow 2 hours for driving from NYC.  
Local Weather(516) WE6-1212.

Sunday - FALL FOLIAGE TOUR, 60 miles B ride, Harry Rutten, Leader.  
Oct. 10 For details call (201) 327-7197. Will take you through  
the beautiful farmlands of Sussex County on traffic  
free roads at a moderate pace. Meet at Allamauchy General  
Store to ride at 10AM. Directions: from GW Bridge, take  
#80 West to exit "Hackettstown" Allamuchy, Rte. 517" where  
you turn right and cross Rte 517, then proceed. Allow  
1½ hours driving time from the Bridge.

SUNDAY - THIRD WESTCHESTER BIKE-TRAIN. THIS WILL BE THE BEST.  
OCT. 17



#### MANHATTAN MEMBERS ORGANIZE AUXILIARY RIDES COMMITTEE

By Roger Bergman

More than 15 members of the NYCC met on Thursday evening, August 26th at Sam Freedman's apartment to develop a Manhattan rides program for each weekend. Several routes, destinations, and distances were broached in all directions from Manhattan including New Jersey, Staten Island, Queens, and the Bronx. In addition, Sam proposed, and the group enthusiastically supported, a "Bike Repair and Adjustment Clinic" with experienced Club riders and mechanics planned for September 12 and 19th from 9AM to noon. It will be held in Central Park just across the drive from the Boathouse.

Another Bike-Train to Westchester is planned for Sunday, October 17th, an activity which will be of great value to those of us who don't have cars, and would like to get into the rolling hills of Westchester. In addition, the Manhattan Rides Committee set itself the goal of developing new ride leaders from among the newer members of the NYCC.

Anne Callahan, and Susan Freireich volunteered to join with me in leading the Manhattan Rides Committee, and you will be hearing from us regularly in the New York Cycle Club newsletter as well as when we call you to help develop ride leaders and to lead them yourselves. You may contact us with your idea, suggestions and assistance as follows:

Roger Bergman  
328 E. 66th St.  
NYC 10021  
879-0740 (7 days)

Anne Callahan  
70 Haven Ave.  
NYC 10032  
923-5092

Susan Freireich  
45 E. End Ave., NYC 10028  
737-7249 (resident)  
758-6200 Ext. 3657 (office)



In the last four months, more than 75 cyclists have joined the New York Cycle Club, and our membership is now approaching the 300 mark. They come from all over the Greater New York Area with a substantial number living in Manhattan, and with a good representation from Brooklyn, Queens, Westchester and New Jersey.

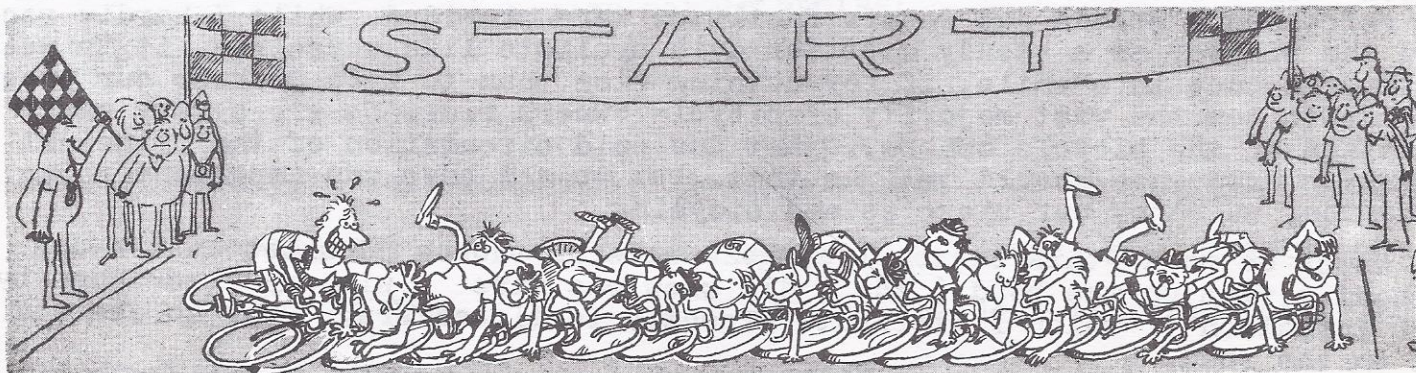
To answer the needs of these new members, we have expanded our Rides Program considerably, extending it to all categories of riders, and to all sections of the City. In addition, the newly established Manhattan Rides Committee (see separate story) will be setting up a program of rides starting from points in Manhattan, geared expressly for those members who do not have cars.

You will note that there is much more information available about each ride than there has been in the past. In addition, you have the name and phone number of each Ride Leader. If you have some questions or some doubts about your ability to do the particular ride, I urge you to call the Ride Leader before the ride, and talk with him/her about it. Is it too hilly for me? Will the pace be too fast, and will I therefore be a drag on the rest of the group? Is the distance a little too much for this trip? These are some of the questions that you might kick around with the Leader before the trip.

I was quite disturbed to find that many of the newer members who came along on the Westchester Bike-Train came without spare inner tubes, tools, a water bottle, and other necessary items for any trip (with the possible exception of one lap around Central Park, and even there a spare comes in handy.) I suggest strongly that they come down to the KLUB KLINIC on Sunday, September 12th at the Central Park Boathouse from 9AM to noon, and ask lots of questions about their bikes, their equipment, (or lack of it), and anything else they have in mind. No questions on sex, please. Save those for Dr. Reuben or Dr. Comfort.

Samuel Freedman

# THE DOMINO THEORY





## NEWS AND VIEWS - mostly views from Art Byers

Motivated by curiosity and catalyzed into action by a recent article in Bicycling, I attached a Stewart Warner speedometer on my bicycle for a few rides. After making a few simple tests, I was satisfied that the trip meter (resettable) showing accumulated mileage was very accurate and that the speedometer was acceptably accurate for my purposes. For what it is worth, here are some of my conclusions:

Apparently I've been underestimating distances on bike trips,-- probably because the oil company maps used for planning only show mileage on main roads or major arteries. Bicyclists tend to seek out paved secondary roads to avoid traffic and have to guesstimate miles. One favorite trip I have taken for years and always thought was about 40 miles, turned out to be almost 45--more than a 10% difference. Since my actual time riding ( not counting snack time and other stops etc ) was about three hours, I had thought for years that my average cycling speed was about 13 mph-- the meters proved it was nearer 15.

Next, I discovered downhill speeds to be much higher than I believed. On smooth paved roads, unbraked coasting down hills, I reached speeds of almost 40 mph. Even on bumpy descents where judicious braking was required, 20 or 25 mph was not unusual. I'M not too sure if this is a tribute to the stability and good design of my bicycle,-- or to my manic style of riding downhill. Based on this experience, I can easily believe that a tandem with more weight but the same wind resistance could coast at 50 mph. I view claims of 60 mph down hill by both singles and tandem riders with considerable skepticism. Maybe falling off the edge of a cliff they'll reach 60!!!

On the other hand, uphill speeds were substantially lower than I expected, and tough hills ( such as Whipporwill north to south, North Porchuck, or Bear Ridge West to East) were ground out in my low low 35" gear at a painful 4 to 5 mph. On the flat without adverse winds, it is easy to cruise along at about 20 mph in a 79" or 83" gear, without undue strain, carrying on a conversation and taking in the scenery.. however my normal relaxed touring speed seemed to be about 15 to 17 mph. When this was figured into the considerably slower upgrade and uphill times, many trips averaged a typical "B" rider's pace of 13 mph. It is obvious that those "A" riders who leave me so far behind are doing most of it by charging up the hills in high, cardiac arrest, gears. If I ever want to be in the "A" class, I've got to learn to climb much better.--Maybe next year or even the year after!!!

One day, not too long ago, a few of us NYCC braved the crowds on the Sunday Bronx River Parkway Bikeway - as I've reported, Westchester closes a five mile stretch of highway from 10 am to 2 pm every Sunday and reserves it for bicycling - . The overall impression received is that the crowds were having great fun. Some groups would ride a hard four miles at a blistering 7 mph and then stop to rest on the grassy mall at the roadside for a picnic before riding home. At times I even saw parents carefully shepharding children on tricycles for a short distance..The people were orderly, the route well policed, and refreshment stands and repair facilites were provided. While I hardly recommend the bikeway as a steady diet for avid cyclists like ourselves, it is well worthwhile once in a while, if for nothing else than to help us keep our prospective as to how the vast majority of bicycle owners ride. We are a very small percentage of the bicycle owners.. just the paid circulation of the principal bicycling magazines should tell us that..but we all have one important thing in common, we enjoy our bicycles and bicycling.

Knock on wood--this season I've gone several thousand miles on sew-ups without a flat on the road ( tho I did blow one tire with my floor pump by over inflation ) which I attribute directly to tiresavers.. Hope to see you all on the road.



## Some Comments on Gears and Other Stuff

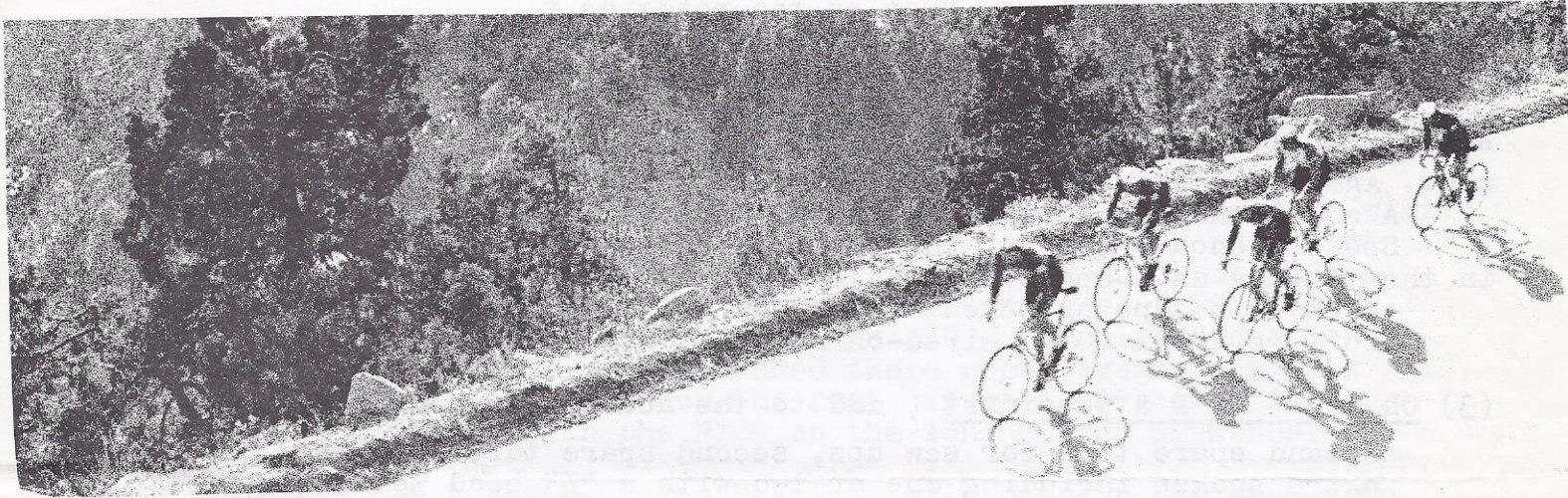
by Harry Rutten

On June 27, I had the pleasure of riding Duane Thompson's Candlewood Lake Century. It was, with question, the most demanding 100 miles I ever put wheels to. Beautiful country, but the price for the views was paid with hills, and hills, and hills, ad infinitum.

After climbing several, I took note of the strong riders, busting and honking in 50's and 60's whilst I busted in 30's. We all had pains, but I had less. Am I glad I listened to my "Uncle Irving," who taught me, at not so young an age, that low gears are nice to have when you need them. I didn't walk, and I was back with the pack, and 30 is a nice number.

During the ride, I watched 2 Del Mondos destroy themselves, and several other less expensive of the species. I rolled on with Schwinn Super Record clinchers (the best for \$10), as I have for a while. I have tubulars and I do ride them, but not for long distance touring and in unknown territory----which leads me to the point.....

"The pleasures of cycling are best enjoyed by making the difficult as easy as possible and by eliminating as many potential problem areas as you can."



2 cups oats

1 cup wheat germ

7 ob. package coconut

1 cup sunflower seeds (hulled)

1/2 cup sesame seeds (optional)

1/3 cup safflower oil

2 table spoons honey

1/2 cup slivered almonds

Get an instant jolt of energy  
with JANE DOBY'S RECIPE:

-----  
Bake at 300° for 30 minutes, turning  
every 10 minutes. When cooking has  
completed, add 1 large box of yellow  
raisins.



NO BODY ASKED ME BUT----- By Art Byers

It is time for the annual tirade against those club members who bicycle without tools, depending on others to rescue them from trouble, often trouble that two turns of a screwdriver on a derailleur set screw could cure. More than one veteran NYCC club member has advise me to "let them rot by the roadside, that's the only way they learn!!" Because of my inherant nobility, I haven't gone that far as yet, but by the time the disaster victim has had to listen to my pompous learned discourse on carrying tools, maybe they wish that I had. Here are three stages of tools you may want to carry for a day's trip:

(1) mandatory minimum

A spare tire if you have sewups, a spare tube if you have wired-on or as a not-so-satisfactory alternate, a tube patch kit.

A GOOD QUALITY pump with a head that fits your type of tire valve. This means at least a \$10.00 to \$14.00 investment in a Silca or Zefal. If you tote a \$2.49 discount store special, you deserve what will surely happen to you one day.

A Small screwdriver-- some come with a hollow handle in which you can store various blades such as cross point, regular, etc.

A 6" or 8" crescent wrench, or a heavy sheet metal wrench such as supplied by Brooks or Raleigh but make sure it fits ALL the important bolts on your bicycle or a "dog bone" wrench-- again take care as they come in English and Metric so be sure your choice fits .

two or three dimes for the phone booth for emergency calls

IF you do not carry at least the above, we veteran know-it-alls are now legally entitled to let you "rot by the roadside."

(2) Not so mandatory, (but nice to have added to the minimum )

Alan or hex wrenches if your bicycle requires them, or a campy type "T" wrench of 8mm socket and alan wrench if you are heavy on Campy equipment. Again hex wrenches come in metric and english--get the right ones.

A small channel lock pump pliers, under 6" in length.

Spoke wrench-- some of the sheet metal wrenches mentioned have a notch in them to use as a spoke wrench.

sticky rim tape or cement ( for sew up tires only )

two tire irons ( for wired-on only )

(3) Oh Boy!! Am I a pessimist ( add to the above) not really needed.

Second spare tire for sew ups, second spare tube for wired on  
extra spokes including one or two with a "Z" bend to use temporarily on the cluster side  
Small Var or Cyclo chain rivet tool  
small aerosol can of penetrating oil such as WD-40

Also nice to have along is a clean soft rag, to clean your hands on in case you throw the chain. (I always felt cycling shorts are black so you can wipe your hands on them and no one will notice.) However, a clean rag is not really a tool, just a convenience.

New Subject: In talking to two or three of my favorite bicycile retailers these little tibits of information, worth passing on, were mentioned:

Some brands of imported tubes are made of a new compound to which the tube patches WILL NOT STICK no matter what.

Stelber Ind. is out of business ( Iverson ) so if you buy one for your child at a discount store, remember there is no manufacturer to back it up.



## FROM THE VEEP'S DESK

Here it is the middle of August, and Labor Day is just around the corner. As of this writing only nine people have registered for the Labor Day Weekend at the Tennanah Lake Shore Lodge. This is a very poor showing; and I can assure you that if there is not considerable improvement we will be unwelcome there in the future.

Over the past year or two I have been approached by a number of members who have attended the big weekends at Pakatakan Lodge requesting that the club find a new place. Your officers have done just that, and have come up with what we feel is an ideal place. The people at Tennanah Lake are "Gung Ho" for our club to spend the Labor Day Weekend with them, and have helped us plan a fine gala weekend of activities. Taking all of this into consideration the response to our efforts is to say the least outrageous. This is your club and deserves your support.

The club will have another chance to show its support on the first weekend in October at the SCOR '76 rally also at the Tennanah Lake Shore Lodge. This rally is hosted and sponsored by the Catskill Wheelmen, and will run from October 2nd through the 4th. You may consult your club officers or write directly as follows:

Warren H. Bergstrom, Rally Master  
SCOR '76, Catskill Wheelmen  
PO Box 552  
Monticello, NY 12701.

The NYCC had a good showing there last year. Perhaps we can duplicate it.

Other upcoming events: The September 21st meeting at Rinaldo's will feature a slide show presented jointly by Frank Sanchez and Yours Truly entitled "The Long Weekends" with a cast of hundreds and featuring the New York Cycle Club. The slides are of SCOR '75, GEAR '76, Spokes and Sparklers, and the LAW National Convention in Carlisle, Pa. For those who attended these great events the show will bring back memories. For the rest, it will give some ideas as to what happens with the NYCC on the long summer weekends.

In October, our treasurer, Joe Messing, will present the second in his fine stimulating series entitled "Everything You Always Wanted To Know About Your Bicycle, But Were Afraid To Ask."

If anyone has slides or movies, items for auction, or technical knowledge which might be of interest to the club, we again urge you to step forward so that we can put you on at a future meeting.

Again let's remember that this is YOUR club. Let's get behind it and support it all the way.

Bob Herzfelder