

NEW YORK CYCLE CLUB INC.

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MONTHLY MEETING - JULY 1977

** NEXT MEETING **

Tuesday July 19, 1977



The Lion's Rock
316 E. 77th Street

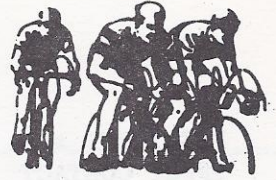
6 PM

Lex Local to 77 St; walk east

NOTE NEW
MEETING
PLACE



Rides For The Month



- Sunday 10 July** - See earlier listings in last bulletin also.
- Sunday 10 July** - RED BANK-er #1, 45 miles "B" (not fast). Henry Krumwiede, Leader. Meet 9:30 AM at the Red Bank N.J. Railroad Station for a leisurely paced round trip to Spring Lake. More details by Phone (201) 371-1046.
- Thursday 14 July** - HEALTHY PEDAL PUSHER 25 miles "C". Roger Bergman -leader, Three-speed Jesse assisting. Meet 10:30 AM at 328 E. 66th St. for an easy paced trip to Staten Island with two walk-up hills. Bring lunch for picnic on South Beach Boardwalk, and 25¢ for ferry or rubber raft. More info (212) 879-0740.
- Saturday 16 July** - KENSICO RESERVOIR 35 miles "B". Myrna Meyer, leader. Meet 9:00 AM at Milkmaid Diner for a Joint ride with Country Cycle Club.
- Sunday 17 July** - BEAR MOUNTAIN-er 85+ miles "A". Bill Cooper, leader. Meet 7:30 AM at Broadway & 178th St. (G.W. Bridge). Re-run of 24 Apr.
- Sunday 17 July** - STATEN ISLAND BIKE TRAIN #1, 25 miles "B-C". Eric & Gloria Carter, Co-leaders. Catch the 9:30 AM South Ferry in Manhattan, to meet on the Staten Island exit side. (25¢ fare)
Ride from St. George on the North Shore to Tottenville on the South. Along the way see one of the most spectacular views of New York harbour. Return to St. George by train. (\$1 fare)
Picnic in Wolf's Pond Park along the way, bring bag lunch.
More info: (212) 273-4704.
- Sunday 17 July** - RED BANK-er #2, 45 miles "B". Henry Krumwiede, leader. Repeat of 10 July.
- Saturday 23 July** - TOUR OF SOUTHAMPTON 55 miles "A-B". Jim Long, Leader. Meet 10:30 AM at Riverhead Municipal Parking Lot. Pre-ride breakfast at Howard Johnson's on the traffic circle. Allow 2 hrs of driving time from the city. Local weather (516) WE 6 - 1212. More info: (516) 928-0619. Repeat of 31 Oct. 76.
- Sunday 24 July** - DANBURY CENTURY 108 miles "A". An AYH joint ride with Steve Bauman, leader. 2nd Annual round trip to Connecticut from the Bronx will take you through dales and hills, probably in the company of strong riders. Mike Nelson holds the record time. More info: AYH (212) 431-7100.
- Sunday 24 July** - CLUB RIDE - A, B, C, - NORTHERN NEW JERSEY & ROCKLAND COUNTY
(See the write-up in Irv's column.) This is the club ride for everyone, Meet 8:30AM at Grant's Tomb, Riverside Drive & 121 St., or 9AM at George Washington Br. bus terminal, 178 St. & Ft. Washington Ave., or 9:20AM at NJ end of the G.W. Bridge pedestrian walk on Hudson Terrace.
Group A leaders: Phil Giles & Harry Rutten - 75 miles, brisk pace
Group B leaders: "Upright" Irv & **Chuck Loper** - 46 miles, moderate pace
Group C leaders: Mel Shleifer & Lucille Smith - 34 miles, easy pace

Saturday - TOUR OF LOWER WESTCHESTER 20 miles "B-C". Myrna Meyer, leader.
30 July Meet 9:00 AM at Milkmaid Diner. This ride sequels the "Easy Rider" spring series.

Sunday - TRICENTENNIAL OPENER 201 miles "AA". Frank Gileta, Leader.
31 July Jim Rex Celebrated the bicentennial with 10 double centuries last year. His 1st Lieutenant who helped him to become a champ, this year declared his own independence from Jim Rex and help Sandy Gross to beat Jim by one mile. Using his one more mile formula now he fills the belated 4th of July Double Century vacuum with opening our country's 3rd Century, on a bike pilgrimage to Philadelphia round trip. More info: (212) 381-7180.

Sunday - L.A.W. HALF-CENTURY PATCH RIDE (50 in 6) Ldr: "Upright" Irv
31 July If you've been on several 40 to 50 mile rides, you're ready for this L.A.W. Patch Ride and picnic. We'll ride as a group at a moderate 12 mph pace thru quiet northern NJ suburbs; there are some hills. Bring lunch or buy it near picnic area, but do bring water and energy snacks for the roads. Meet 9AM at the Geo. Washington Bridge, 178 St. & Ft. Washington Ave., or 9:20AM at the NJ end of the bridge, Hudson Terrace.

Saturday - BEARMOUNTAIN CENTURY 100 miles "A". Bob Perl, Leader. Meet
6 August 6:30 AM at Central Park's Boathouse.

Sunday - ANNUAL BIRTHDAY RIDE 72 miles "A". Henry Krumwiede, leader
7 August and former professional racer have come of age. He will ride one mile worth per each of his years, and invites company for the occasion to celebrate. A van with refreshments aboard will follow the expected group of riders.
 Meet 8:30 AM at the Red Bank N.J. Railroad Station. Ride will terminate at Michaels Restaurant on Ocean Ave., Ashbury Park, N.J., with a dinner.

REGULAR RIDES - LEADERLESS

CENTRAL PARK	-	9:00 a.m. Sat. & Sun.	from Boathouse
BEDFORD VILLAGE	-	9:15 ,, Sun. ,,	Firehouse
WESTCHESTER	-	9:15 ,, Sat. ,,	Milkmaid Diner
LONG ISLAND (Roslyn)	-	10:00 ,, Sat. & Sun. ,,	I.U. Willets School parking lot
EASTERN LONG ISLAND (Bridgehampton)	-	10:00 ,, Sun. ,,	Soporific Bike Shop Montauk Hwy (Rt. 27)

JULY

	73	74	75	76	77
AA	-	-	1	3	1
A+	-	-	-	1	-
A	2	1	5	2	5
B	2	3	6	5	6
C	2	1	-	-	4
D	-	-	-	-	-

JULY

	73	74	75	76	77
Saturday	-	-	3	4	4
Sunday	6	5	9	7	11
Other	-	-	-	-	1

Supplementary Data of Scheduled Rides

NOTICE! Ride leaders please send your material 2 wks prior or earlier to be scheduled in the next bulletins.

FROM THE VEEP'S DESK

Since there is a lot of material to cover I will get right down to business.

Since our regular meeting place, Rinaldo's will be closed for the month of July, the New York Cycle Club will hold its July meeting at a new location.

Date: Tuesday, July 19th

Place: The Lion's Rock

316 East 77th Street (2 blocks east of the East 77th Street station on the IRT Lexington Avenue line)

Please note: This is a local station. Also be advised that auto parking is difficult in this area.

Your officers and board of directors will be interested in your opinion of this new place at the close of the meeting as a potential permanent meeting place.

The meeting itself will feature a discussion with questions and answers. "You ask a simple question, and get complicated answers from our experts. All questions on cycling are welcome whether it has to do with frames, components, tires, seats, clothing, seat adjustments, pedaling style. Please - NO QUESTIONS ON MOPEDS!

Also perhaps we can have a "Show and Tell" segment. We hope to bring to the meeting the new Avocet touring saddles and Shimano Uni-Glide chain. Perhaps we may also show new bike lights from England. If you have some little discovery of your own that you feel might be of interest please bring it along.

In August we will be treated to a discussion of mapping by Bill Hoffman, our LAW Regional vice-president and Mel Schleifer. This meeting will be on August 16th, and will be followed by a club ride led by these same two stalwarts centering on the subject of mapping. More details about this in the next bulletin.

Plans have been made for the New York Cycle Club to spend the Labor Day weekend (Friday, September 2nd through Monday, September 5th) at the Tennanah Lake Shore Lodge in Roscoe, NY. This is a lovely country lodge and motel on the shores of beautiful Tennanah Lake on a high plateau above Roscoe. Those of us who were there last year or who have been to SCOR can attest to the wonderful times we have spent here.

The rates are \$75.00 per room, double occupancy, and \$81.50 for single occupancy. This is a package deal which includes the following:

Room for three nights (Friday, Saturday, and Sunday

8 meals starting with breakfast on Saturday and ending with an outdoor barbecue on Monday (weather permitting)

This includes bag lunches on Saturday and Sunday.

7 Per-cent tax and gratuities

Transportation up the long hill from Roscoe for bikers and bikes who feel this hill is too much of a challenge.

Besides the fine cycling in this area there is ideal swimming and boating on the lake. The lodge also has a new indoor heated pool and sauna bath.

Please send your reservations directly to me rather than directly to the

lodge, and get them in early so that we can get some idea how many we can expect there. There is a limit of fifty so that those who wait too long may be left "out in the cold!" There will be a cut-off date of August 16th at the August club meeting. Absolutely no reservations will be accepted beyond this date.

My address is on the front page of the bulletin. If you have any questions please write or call. I can be reached almost any evening after 7 PM.

Also included in the package rate quoted above is a small registration fee which will go to the New York Cycle Club ~~to~~ meet any expenses incurred with the planning of this weekend such as road marking, maps, correspondence etc. This fee amounts to \$1.50 per person.

Other up-coming events: On the weekend beginning Friday, October 1st the Catskill Wheelmen will be sponsoring SCOR '77 also at the Tennanah Lake Shore Lodge. On the weeked following which is the Columbus Day weekend, October 7th through 10th we hope to have a cycling weekend at Pakatakan Lodge in Arkville. We will have more details about these two events in the August bulletin.

Have a pleasant summer.

Bob Herzfelder

EDITOR'S DESK

As many of you already know, Irv is in Denver at the L.A.W. Convention. Because of this he was unable to get his column to me for this issue. Those of us who went to Delaware all had a great time. I served as ride leader for the first time ever when I took a group from the Wilmington train station to the Rally site on Friday. On the way back Monday morning we had a chance to sight-see in Wilmington. For those of you who have never served as leaders, it's one way of making sure there is a ride going where you want to go.

Speaking of LAW, no one has to have a pitch made about what a great group that is. I'm reproducing their membership application Every-one should join.

MIDTOWN BICYCLE PARKING is now available for those who commute. The address is 207 E. 52 St (off 3rd Ave). The charge is 50 cents per day or \$10 per month. The publicity flyer notes that they also repair, service, and sell bicycles, as well as carrying accessories. The possibility of Wall Street area parking is also being discussed.

Note the different meeting place on the cover for this month's meeting. If you go to the usual place you'll find it all locked up as the owners are on vacation. Bob's article gives subway directions. Parking is difficult, so taking the subway is just about a must unless you plan to cycle.

YOU CAN TAKE IT WITH YOU

Part 2 - Trains

by Bill Hoffman, L.A.W. Regional Vice President

Taking one's bike on a train is much less hassle than on a plane, but unfortunately, there aren't many trains left in this country, and many of those that remain don't have baggage cars and thus presumably won't carry bikes. The train service out of New York is better than anywhere else in the country, so take advantage of it while you can. It is possible to leave the city after work on Friday for a full weekend of cycling in up-state New York, far northern Vermont, or the Penna Dutch country, and return late Sunday evening or in time for work Monday morning. Unfortunately, schedules to Washington and points south are not as convenient. If you take the Montrealer to northern Vermont, you'll have only one night's motel bill--the other two nights you'll sleep on the train. (Pay the extra money for a Pullman berth--you'll need the sleep.)

If your train has a baggage car the bike will go with you; otherwise you'll probably have to ship it ahead. I don't advise this, even though I've never tried it. Amtrak schedules show which trains have baggage service, and which stations handle checked baggage. Bikes must be checked at least 1/2 hour before train time. Don't count on taking the bike on a train that has no baggage car. With some conductors it may work, but if it doesn't, your trip is ruined before it starts. The only preparation for shipping that Amtrak requires is removing all loose items, which you should do anyway. The charge is \$3 for distances of up to 500 miles, I believe. It's about \$5 for greater distances, but if you're going that far for just a weekend it's more efficient time-wise to fly.

I've found two exceptions to loading and unloading the bike at stations which the schedules say do not have checked baggage service. One is at Croton-Harmon, where all trains stop about 10 minutes to change engines. I loaded and unloaded my bike there with no problem, and with the high-level platform the bike can be wheeled right into the baggage car. The other exception was at Rye. When I used that station going to Vermont I had a Pullman ticket, so the conductor let me keep the bike in the sleeping car vestibule until we got to New Haven, where I moved it to the baggage car. On the return trip I reversed the procedure. I also convinced a conductor to have the baggage car opened for me at Stamford once (another no baggage station), even though, according to him, the train might have to stop twice to do it because it was too long for the platform.

If you're taking a train with unreserved seats, try to sit as close to the baggage car as possible. You may have to help load and unload the bike, so time is a factor. If the baggage agent does this for you, as usually happens at the larger stations, make sure you find out where the baggage car is before getting on the train. They're not always directly behind the engines as they used to be.

In spite of the relative ease with which bikes are handled by Amtrak, you may still encounter a ticket or baggage agent who will give you a hard time. Be prepared mentally for a confrontation. If nothing happens, you've gotten a pleasant surprise. Not long ago I went to Rochester on Amtrak with my bike. As I checked in for the return trip, the ticket agent said "we don't handle bicycles here." As he was telling me this, another agent was making out my baggage check. The latter said that I'd have to check the bike to Grand Central because checked bags aren't handled at Croton (the station to which I was ticketed). I relented and checked the bike to New York. He also told me that I'd have to help him load the bike. When the train pulled in he was nowhere in sight, so I had the privilege of doing that myself. After I was on the train I told the conductor that I'd like to take the bike off at Croton, expecting the same reply I got in Rochester. He said I'd have plenty of time while they changed engines. Sure enough, I did, and the man in the baggage car was very pleasant about the whole thing.

In England, where I took one trip by train, bike travel is much more routine. Virtually all trains have baggage cars. The charge is half the second-class fare, which for

most trips is more expensive than in the U.S. A 150-mile trip from London to Shrewsbury cost my bike the equivalent of about \$5.50. I haven't used trains in other European countries, but I'm told it's quite common to take bikes on them.

PRIMER FOR NEW RIDERS
PART III - Keep Riding Your Bicycle

By Bill Baumgarten

Those Club members who belong to L.A.W. may have read Robert E. Bond's article, The All American Diet, in the 4/77 L.A.W. Bulletin. This survey of diet, diseases, health and biking is interspersed with a single exhortation, keep riding your bicycle.

Dr. Bond's reminder occurred to me during the May 10th Board meeting which I attended for Jim Rex. The subject being discussed was the rating of rides in our Bulletin according to strenuousness; in particular the meaning of category "B". When I suggested that members on a "B" ride should be able to keep up with me when I lead at a pace of 15 mph over easy terrain, President Weisman responded, "But you train." Train? My neighbor, Irv, knows that I hold a fulltime job, but I try to ride my bike during the week, weather being favorable, in all seasons. Total weekly miles averages under 30, sometimes 40. Aside from the pleasure derived, I find these miles are necessary (at age 52) to prepare me for a club ride on Saturday or Sunday.

My "training" route climbs a few Bronx hills and follows the Henry Hudson Parkway service road. Each outing being brief, I will maintain a faster mph than I would on a club ride. On easy down grades I will sprint, rather than coast, keeping up with any motor traffic when possible. On short hills I will spin my 54 gear or push a higher gear. On long grades I will use the 54 gear at a slower cadence. On the level I will try to spin my 72 or 67 gears. The rides last $\frac{1}{2}$ hour to an hour.

In another recent article, Bicycling!, 10/76, a professional engineer, R. C. Dean, Jr., in explaining how he learned to ride at age 35 and 20 years an amputee with an above-the-knee prosthesis, wrote, "Eighty percent of the American populace choose to be slobbs; so you will have plenty of company if you go that way. But 20 percent of the people put themselves into excellent shape." My experience in Alpine and cross-country skiing, two other fad sports, leads me to the same conclusion. Most participants easily master novice skiing techniques then lose interest after a few seasons. Reason? Advanced skiing requires fitness and practice. Neither are acquired in the armchair or ski movie.

The NYCC recognizes this unfortunate state of affairs. In its new letter of greeting to prospective members, Pres. Weisman writes that the club rides require a capability to ride 25 miles in 3 hours. In the following paragraph the reader learns that most of our club rides are 35 - 60 miles in length over rolling terrain. We are saying that all are welcome but most of our rides are designed for the fit 20 percent. So, NEW RIDERS, prepare your own simple, fitness plans now if you would maximize the value of Club membership. KEEP RIDING YOUR BICYCLE!