

September
1978

New York



Cycle Club Inc.

PRESIDENT and
INFO. CONTACT

Bill Cooper
183 Wyckoff St.
Brooklyn, NY 11217
(212) 596-9537

SEPTEMBER 1978

V.P. - PROGRAMS

Bob Herzfelder
245 West 107 St.
New York, NY 10025
(212) AC2-0853
(after 7:30pm)

V.P. - RIDES

Jimmy Rex
17-14 Putnam Ave.
Ridgewood, NY 11227
(212) 381-7180

TREASURER

Robert Perl
505 East 82 St.
New York, NY 10028
(212) 988-2232

BULLETIN EDITOR

THIS ISSUE
BILL BAUMGARTEN

SECRETARY

Sara Flowers
111-50 76 Road #4L
Forest Hill, NY 11375
(212) 544-9168

CIRCULATION MGR.

Mel Shleifer

MEMBERS AT LARGE

Les Bercow
Phil Giles
Bill Baumgarten

PAST PRESIDENT

Irv Weisman
(212) LO2-7298
(212) 650-8075

1978
CLUB
ROSTER
AUCTION!
GOING,
GOING,
GONE.
FIRST
NOMINATIONS

Meeting: Tuesday, September 19th at Rinaldo's, 32 East 32 St.
Cocktails 6:00, Dinner 7:00

N Y C C Roster - 1978

The NYCC is an adult bicycle touring club affiliated with the League of American Wheelmen (L.A.W.), the national organization of bicyclists. Have you joined?

ABRAM, Mike & Rachel	One W. 85 St. #5D	New York	10024	212 682-6077
AVILES, Allan D.	248 W. 102 St. #3B	New York	10025	866-3461
BAHENSKY, Marion	87 Barrow St. #6B	New York	10014	242-7688
BAKER Douglas	180 Grove St.	Montclair,NJ	07042	201 746-8814
BARONE, Margaret	162-10 32 Ave.	Flushing	11358	212 939-6133
BASHKIN, Helen	457 FDR Drive	New York	10002	673-3596
BAUMAN, Steve	138-10 Flushing Ave.	Flushing	11355	359-7972
BAUMGARTEN, Bill	165 Seaman Ave.	New York	10034	567-4628
BERCOW, Les	75-12 170 St.	Flushing	11366	969-9571
BERGMAN, Roger	328 E. 66 St.	New York	10021	879-0740
BEZJAK, John Edward	310 Greenwich St. #13C	New York	10013	962-6181
BOBROW, Warren	736 West End Ave. #1A	New York	10025	663-9077
BODAK, Lew	9 Wellyn Road	Bronxville	10708	914 337-9460
BOECKMAN, Douglas A.	11 Riverside Dr. #1DW	New York	10023	212 873-8904
BORGIDA, George	1869 E. 32 St.	Brooklyn	11234	376-4587
BOYARTY, John & Marta	311 W. 21 St. #4E	New York	10011	
BROVER, Jack	6449 231 St.	Bayside	11364	423-0675
BROWN, Betty	208 W. 23 St.	New York	10011	
BURKHARDT, Louis	7712 Newkirk Ave.	No. Bergen,NJ	07047	201 869-2586
BERKHOUTS, Bicycling Blue	957 67 St. #D4	Brooklyn	11219	833-9054
CALDIERO, Marie C.	545 E. 14 St.	New York	10009	473-1729
CALLAHAN, Anne	645 Bainbridge Pl.	Phila., PA	19147	
CARBERRY, Jim	380 Riverside Dr. #7A	New York	10025	850-3791
CARROLL, Peter & Rita	348 Vomel Dr.	New Milford,NJ	07646	201 836-0457
CARTER, Eric	102 Hamilton Ave.	Staten Island	10301	273-4704
CARTIER, Ray	31 Wright Pl.	Scarsdale	10583	914 472-0216
CARVILLE, M./SILVA, C.	293 Ave. C	New York	10009	260-3576
CHICOREL, Marietta	275 Central Pk. W. #14D	New York	10024	787-0765
COBURN, Carol	20 Stuyvesant Oval #6A	New York	10009	533-3623
COHEN, Alan	1864 85 St.	Brooklyn	11214	236-6792
COHEN, Sherman	1245 Ave. X #6M	Brooklyn	11235	332-1990
COOPER, William	183 Wyckoff St.	Brooklyn	11217	596-9537
CORNFIELD, Robert	145 W. 79 St. #16C	New York	10024	799-1966
CORRELL, Johanna M.	315 E. 54 St. #2D	New York	10022	755-5149
CRIMMINS, Denis	213 W. 18 St. #3B	New York	10011	WA9-5062
DADE, Denslow M.	210 Martine Ave. #4L	White Plains	10601	914 949-1222
DALY, Michael J.	9615 Shore Rd. #2A	Brooklyn	11209	748-7796
DAVID, Caryl	24 Hilltop Acres	Yonkers	10704	914 476-1279
DE BIER, Marleen	400 E. 50 St. #6C	New York	10022	688-1982
DERSHOWITZ, Herb	435 E. 23 St. #6A	New York	10011	929-0787
DEZINA, Denise K.	330 E. 33 St. #3D	New York	10016	686-1702
DRESCHER, Robert	15 E. 199 St.	Bronx	10468	564-2353
DUBERSTEIN, Linda	1540 Pelham Pkwy	Bronx	10461	

EBEL, William G.	13 Emery Ave.	Mendham, NJ	07945	201 543-4312
EVERDELL, Josh	2 Montague Terr. #10A	Brooklyn	11202	596-9456
FABUCCI, Vincent	44 Clay St. #3R	Brooklyn	11222	383-3346
FAIRCLOTH, Jack&Sieglinda	150 Greenway Ter.	Forest Hills	11375	793-8841
FARLEY, Catherine	5353 207 St.	Bayside	11364	428-1734
FIALKOW, Lawrence	3840 Cannon Pl.	Bronx	10463	KI6-7593
FINKEL, Harold M.	458 Neptune Ave. #6G	Brooklyn	11224	373-9014
FIORE, Tony	1809 25 Road	Astoria	11102	RA8-4689
FISCHER, Max	9800 N. Hollywood Lake Dr.	Pembroke Pi.FL	33025	305 431-0173
FLASHMAN, Gilda	3411 Wayne Ave. #6E	Bronx	10467	655-3674
FLEISCHER, Stuart Dr.	200 East End Ave. #8M	New York	10028	427-6584
FLEMING, Rosemary J.	3404 Tibbet Ave.	Bronx	10463	548-2640
FLIMM, Carl	41 W. Union Square	New York	10003	
FLOWERS, Ed & Sara	111-50 76 Road #4L	Forest Hills	11375	544-9168
FRIEDMAN, Arnold	34-41 77 St. #523	Jackson Hts.	11372	TW9-6233
FRIEDMAN, Emil	35-14 155 St.	Flushing	11354	539-5837
FRIEND, Maurice Dr.	262 Central Pk. W. #14A	New York	10024	EN2-7541
GALAMBOS, Andrew	34-10 75 St. #2G	Jackson Hts.	11372	446-5431
GANES, Sol	61-25 97 St. #9N	Rego Park	11374	271-6212
GARDNER, Gregory	335 First Ave. #2R	New York	10003	
GERBER, Mike	2034 Cropsey Ave. #2B	Brooklyn	11214	CO6-8398
GEWIRTZ, Lorraine	330 E. 33 St.	New York	10021	832-9073
GIDDY, Ian	560 Riverside Dr. #17A	New York	10027	866-9661
GILES, Phil	400 Central Pk W. #11N	New York	10025	850-7143
GLUBOK, Norman	2 Teramar Way	White Plains	10605	914 761-7271
GOLD, Bernard	140 Riverside Dr. #3M	New York	10024	SU7-4485
GOLDBERG, Burton	3265 Johnson Ave.	Bronx	10463	549-9211
GOLDIN, Richard L.	108-50 66 Ave.	Forest Hills	11375	459-0423
GOLDMAN, Ben	49 Tarryhill Rd.	Tarrytown	10591	914 631-8367
GOLDSTEIN, Roslyn	10 West 16 St. #8LS	New York	10011	
GOTTFRIED, Claire	338 West 77 St. #2B	New York	10024	TR7-7890
GUTERDING, Art & Pamela	417 East 57 St.	New York	10022	838-7925
HAGEL, Philip	520 East 81 St. #14G	New York	10028	535-8288
HAHN, Frank & Phoebe	964 Mountain Ave.	Berkeley Hts, NJ	07922	201 464-7430
HALPERT, Bernard	325 East 79 St.	New York	10021	
HAMBORSKY, Jane	215 West 92 St. #2B	New York	10025	580-2815
HARMATZ, Ben	3206 Fairfield Ave.	Bronx	10463	796-6943
HERZ, Roger	308 East 79 St.	New York	10021	
HERZFELDER, Bob	245 West 107 St. #6A	New York	10025	222-0853
HILDEBRANDT, Charlotte M.	76 Remsen St. #1C	Brooklyn	11201	875-2965
HIRSCH, Leo	2575 Palisade Ave.	Riverdale	10463	884-5128
HIRSCHMANN, Hank	15 Cypress Peak Lane	Montvale, NJ	07645	201 391-6871
HOFFMAN, William				
HOLDEN, Robert E.	215 West 75 St.	New York	10023	799-8552
HOLLAND, Hannah	300 W. 106 St. #7	New York	10025	666-2162
HOLLAND, Philip J.	3312 Hull Ave. #2BN	Bronx	10467	OL2-8100
HOLLANDER, Leona R.	235 East 87 St. #11H	New York	10028	427-8460
HOUSTON, John	7434 64th Lane	Glendale		381-3711
HUBBARD, Roy	196-15 89 Ave.	Hollis	11423	751-3033

ITZKOWITZ, Harry	227-02 Stronghurst Ave.	Queens Vil.	11427	464-3312
JACKSON, Martha	13-06 34 Ave.	L.I.C.	11106	392-0161
JACKSON, Norris R.	18 St.Francis Pl	Brooklyn	11216	774-6191
JENNINGS Patrick	9014 Third Ave.	Brooklyn	11209	836-3855
JOYCE R. Terry				
KAMENER, Basil	4 Manor Rd.	Livingston,NJ	07039	201 994-1425
KIRBY, Jay R.	296 Prospect Ave.	Sea Cliff	11579	
KNIGHT, William F.	310 West 73 St.	New York	10023	595-0213
KOIZUMI, Constance	450 West 261 St.	Bronx	10471	884-1185
KOPINS, Mark S.	8 River St Ext.	Little FerryNJ	07643	
KRATKA, Irv	435 West 57 St.	New York	10019	765-1034
KRAUS, Vera	9 East 17 St.	New York	10003	989-1173
KRUMWIEDE, Henry P.	194 Eastern Pkwy	Newark, NJ	07106	201 371-1046
KRYZNOWEK Gary	1460 Bronx River Rd.	Bronx	10472	
LABUSH, Beth & Jerry	333 East 14 St. #15D	New York	10003	254-8759
LACK Harry	2885 West 12 St. #10L	Brooklyn	11224	H19-1814
LANG, Sid	65-90 160 St.	Flushing	11365	591-0764
LANGLEY, Jack	33-65 10 St.	L.I.C.	11106	545-5587
LAVERY, Tracy	216 Anadale Rd.	Scarsdale	10583	914 472-3048
LEE, Henry	283 Grand St. #5	New York	10002	
LEMLER, Joan	57 Joralemon St #2B	Brooklyn Hts.	11201	858-2508
LORENZ, John	459 100St.	Brooklyn	11209	833-2223
LEWIS, Sandy	50 East 8 St. #3-0	New York	10003	228-6309
LIGHT, Ann-Marie	12 West 96 St. #6C	New York	10025	866-7904
LIGHTER, Jeremiah B.	2 Stuyvesant Oval	New York	10009	CA8-9725
LOPER, Chuck	413 East 78 St. #4A	New York	10021	RE7-8570
LOVITCH, Norman	1625 Emmons Ave. #2R	Brooklyn	11235	769-5676
LOWENSTEIN, Lou	1 Foundation Sq.	Larchmont	10538	914 834-6173
LOWIN, Eric	60 East 9 St.	New York	10003	260-0379
McGEE, John C.	651 East 236 St. #5B	Bronx	10466	994-2047
MAGRABI, Vic G.	121 Erie St.	Dumont, NJ	07628	201 387-7646
MARSHALL, Joan	210 Sixth Ave. #6C	New York	10014	929-6227
MARTINEZ, Ben	464 60 St.	Brooklyn	11220	963-1833
MEEHAN, Eddie & Cathy	96-11 65 Road	Rego Park	11374	
MESSING, Joe	1 Sherman Sq.	New York	10023	787-4577
MEYER, Meg	53 Stephan St.	Stamford, CT	06902	203 327-9993
MILLET, Flora	155 East 4 St. #13B	New York	10009	228-2574
MINKOFF, Marsha	425 Neptune Ave.	Brooklyn	11224	
MORANO, Tony	93 Bay 23 St.	Brooklyn	11214	373-0776
MULLER, Carole A.	239 East 73 St. #5W	New York	10021	249-6922
MULVIHILL, Peter	410 West 22 St.	New York	10011	989-4202

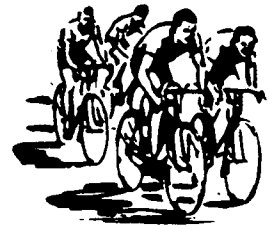
NESBITT, Judy	145 East 15 St.	New York	10007	OR3-6495
OPITZ, Edmund	137 Lonview Ave.	White Plains	10605	914 946-9079
OTTLEY, Amos	119-39 178 St.	St. Albans	11434	LA7-4462
PALTIEL, John L.	40 Clinton St. #7K	Brooklyn	11201	596-5283
PARK, Ernest	438 Ocean Pkwy #2J	Brooklyn	11218	287-5667
PERL, Robert M.	505 East 82 St. #1A	New York	10028	988-2232
PERRY, John W.	175 Ardmore Ave.	Staten Island	10314	
PETERSON, Gloria	115-15 131 St.	So. Ozone Pk.	11420	529-1076
PHELPS, Richard	21 Tunstall Rd.	Scarsdale	10583	914 723-3045
RADBELL, Joel	230 Juniper Circle	Lawrence	11559	516 239-2662
RANDEL, Joe	1625 Second Ave.	New York	10028	UN1-3930
RAUCH Joanne Lea	69-19 Springfield Blvd.	Bayside	11364	422-7237
RECHT, Bill	1183 Westside Ave.	Jersey City NJ	07306	201 792-6350
REED, David & Joan	202 Central Rd.	Middlebury, CT	06762	203 758-9389
REISMAN, Marvin & Sally	23 Pond Lane	Armonk	10504	914 273-9140
REYNOLDS, James A.	405 Oradell Ave.	Oradell, NJ	07649	
REX, James C.	1714 Putnam Ave.	Ridgewood, NY	11227	380-7180
ROBERTSON, Ethel	78-20 Kneeland Ave.	Elmhurst	11373	NE9-2377
RODRIGUEZ Miguel	220 East 18 St. #1N	Brooklyn	11226	427-2736
ROTH, Ernest	74-89 220 St.	Bayside	11364	H08-1247
RUBIN, Hugh	625 East 14 St. #10F	New York	10009	677-7295
RUSSWORM, Linda	16 Normandy Drive	Bethpage	11714	516 735-1906
RUTTEN, Harry N.	78 Elbert St.	Ramsey, NJ	07446	201 327-7197
SALTIEL, David	99-34 67 Road	Forest Hills	11375	459-5307
SANCHEZ, Frank	90-16 221 Street	Queens Village	11428	740-9271
SCHAEFER, Herb	601-A Surf Ave. #6H	Brooklyn	11224	373-5297
SCHAFER, Arthur	33-30 85 Street	Jackson Hts.	11372	TW9-7908
SCHEDWIN, Carl G.	84-45 Fleet Ct.	Middle Vill.	11379	894-2214
SCHNEIDER, Aaron	71 Thompson St. #D1	New York	10012	966-1359
SCHNEIDER, Nancy	248 West 102 St.	New York	10025	866-3461
SCHOENBAUM, Marian	9 Christopher St. #7	New York	10014	675-4909
SCHON, Steven G.	239 Central Pk. West #7B	New York	10024	787-4937
SCHNUTT, Gerald	114 Candlewood Dr.	Yonkers	10710	914 793-6365
SCHWARZ, Bill	1215 First Ave. #4A	New York	10021	288-7862
SCHUYLER, Mark	69-34 Woodhaven Blvd.	Rego Park	11374	897-3858
SCOTT, Warner	20 East 7 Street	Brooklyn	11218	TR1-1532
SEMEL, Kurt	135-30 Grand Central Pkwy.	Kew Gardens	11435	
SHAW Sherry	1492 Second Ave.	New York	10021	988-6343
SHEREFF, Jesse	185 West End Ave. #2F	New York	10023	873-2706
SHIKIAR, Dyanna	50 Riverside Drive #14E	New York	10024	595-9439
SHIVACK, Giselle	160 West End Ave. #28P	New York	10023	877-5299
SHLEIFER, Melvin	P.O. Box 1081	Mt. Vernon	10551	
SHLEIFER, Norman	P.O. Box 184	Flushing	11367	
SHORTER, Ann L.	512 West 169 Street	New York	10032	678-1702
SHROYER, Michael	1614 York Ave. #4A	New York	10028	988-4192

SHULMAN, Russel	240 West 98 St. #13H	New York	10025	865-0838
SILVERMAN, Leonard	208 First Ave.	New York	10009	260-3732
SINOPOLI, Theresa	520 East 81 St.	New York	10028	737-8946
SLOMA, Morris	33 Riverside Drive	New York	10023	787-9142
SMITH, Daniel G.	315 Ave. C #1E	New York	10009	533-3403
SMITH, Lucille	68 Greene Ave.	Brooklyn	11238	789-8102
SMUCKLER, Linda	150 East 93 St. #10A	New York	10028	860-2107
SQUIRES, Vern	225 West 23 St.	New York	10011	WA9-5147
STAHL, John	2049 Windsor Road	Baldwin	11510	516 223-5007
STANLEY, Joseph	90 Taymil Road	New Rochelle	10804	914 636-4125
STEIN, Irving	20 Sterling Drive	Livingston, NJ	07039	201 992-6715
STERN, Susan R.	50 West 96 St. #1B	New York	10025	865-1978
STOKES, Jim	319 East 24 St. #13E	New York	10010	532-1788
STRAUSS, Daniel & Bertha	850 West 176 St. #4B	New York	10033	WA3-5719
STRETTON, Ellen	24 Minetta Lane #5J	New York	10012	674-3596
TAGGART, Marsha	115 West 85 St. #2	New York	10024	724-6336
TANNER, Bill	USCG SPL? CTR 830 Third Ave.	Brooklyn	11232	688-4982
THOMPSON, Robert & Rosemary	580 Main ST. #170	Roosevelt Is.	10044	759-3450
THOMSON, Karen	118-66 Metropolitan Ave.	Kew Gardens	11415	
VEDER, David	100-10 Alcott Pl. #10E	Bronx	10475	379-0569
VICKERS, Maxim	27 West 85 St.	New York	10024	877-7397
WALTZ, John	36 Sickles St. #2E	New York	10040	942-3483
WATERS, James D.	270 Seaman Ave. #A2	New York	10034	L07-5869
WEISER, Seymour	792 Brighton Ave.	Staten Island	10301	981-5102
WEISMAN, Irv	70 Marble Hill Ave.	Bronx	10463	L02-7298
WELLS, Beverly	11 Riverside Dr. #6HW	New York	10023	873-3945
WEXLER, Philip	40 Clinton St. #6J	Brooklyn	11201	855-0190
WHEATON, Debbie	207 President St.	Brooklyn	11231	858-2148
WIESEN, Mayer	16 Marden Ave.	Sea Cliff	11579	OR1-2095
WIGODNER, Joe	94 West 55 St.	Bayonne, NJ	07002	201 436-2185
WISE, Robert/FRIEND, K.L.	233 East 69 St. #10N	New York	10021	472-9875
YOUNG, Nancy	1296 First Ave. #9	New York	10021	535-2362
ZIMMERMAN, Al & Gail	205 West End Ave. #1N	New York	10023	873-4319
ZUCKERMAN, Paula	175 West 93 St. #17J	New York	10025	850-5180

NOTE: Deborah Wheaton was Bulletin Editor from Jan. 1978 through July 1978.
 Dan Smith was Editor of the Aug. Bulletin.
 Bill Baumgarten is Editor for the Sept. Bulletin.



Rides For The Month



NO RIDE IS TOO SMALL OR TOO BIG, IF THERE IS A LEADER FOR IT!

Mail your ride information in advance to V.P.-Rides by 19 September for next October Bulletin period ending 12 November. Refer to the "Ride Previews" to minimize conflict of rides. Rides of later date to follow should be turned over to my successor yet to be nominated and elected.

I would like to remind those leaders who yet failed to mail me the ride turnout reports, to do so shortly!

- Saturday- CITY ISLAND 36 miles "B- & C" joint ride with ANC. Sherman Cohen
16 Sep & Lorraine Gewirtz Co-leaders. Meet 8:00 A.M. 72nd St & 5th Ave for a delightful day at a seafaring isle to sample seafood, sea-birds and sailing ships. Bring bike lock, binoculars, food or \$ for lunch.
- Sunday - 25 MILES IN 3 HOURS "C" joint patch ride. Mike Gerber, leader.
17 Sep Meet 9:30 A.M. at Flatbush & Nostrand Aves in Bklyn.
- Sunday - HI-POINT 100 patch ride. Registration fee \$3.00. Century record of
17 Sep 6:03 hrs set by Jim Rex & Co. last year. Start from Queens Community College, North parking lot on Stewart Ave of Garden City L.I. Starting times vary as distance warrants it.
100 miles "A" 6:30 A.M. (more info 516-541-0261)
75 ,, "A-" 8:00 ,,
50 ,, "B" 9:00 ,,
25 ,, "C" 10:00 ,,
- Sunday - HI-POINT EXTENDER 120-150 miles "A+" patch ride. Steve Bauman,
17 Sep leader. Meet 6:30 A.M. at 179th St & Hillside Ave near IND end station for a delayed arrival to start the above mentioned Century..... or be on time for the others.
- Sunday - YONKERS/WESTCHESTER CENTURY AND 65-miler.
24 Sep

CANCELLED

See P. 11 for a weekend event.

- Saturday -LONG ISLAND DOUBLE CENTURY 200 miles patch ride "AA". Steve Bau-
30 Sep man, leader. Attend 7:00 P.M. pre-trip meeting to get full particulars on Monday 25th at AY H - Metro 132 Spring St. N.Y.C.
- Sunday -25 MILES IN 3 HOURS "C" joint patch ride. Mike Gerber, leader.
1 Oct Meet 11:00 A.M. at Flatbush & Nostrand Aves for a repeat performance.



YOU GOT ONE MONTH LEFT TO FIND ANOTHER RIDES CHAIRMAN !

- Friday -BIKING & HIKING COLUMBUS DAY WEEKEND at Sacks Lodge with AMC. Reg-
6 Oct istration deadline Oct. 1. For complete information see detailed
article in this issue. Easy rides "C".
- Friday -SCOR WEEKEND IN CATSKILL N.Y. "A,B,C" rides. More details in sep-
6 Oct erate article elsewhere.
- Saturday-9th ANNUAL CAPITOL RUN 250 miles in 24 hrs from NYC to Washington
7 Oct D.C. Leader most likely be Steve Bauman, who's vacationing at press
time to squeeze the details out of him just now impossible. There
will be registration fee, return by AMTRAK, and must attend a pre-
trip meeting to have you screened for qualification to ride. Such
as last week's double century. More info 212-431-7100. "AA+"
- Sunday -TARRYTOWN $\frac{1}{2}$ CENTURY 50 miles "B". Dave Veder, leader. Will start
8 Oct from Bronx, but details mailed earlier to Jim Rex got lost while
he was snake charming in the desert. So for more details call Dave
212-379-0569.
- Saturday-ELLIS ISLAND & BROOKLYN HEIGHTS, 22 miles "C" joint ride with AMC.
14 Oct Lorraine Gewirtz & Sherman Cohen Co-leaders. Meet 8:30 A.M. Cent-
ral Park West & 72nd St. Cycle to Battery Park for boat trip to
hystoric immigration station for guided tour. Afterwards tour of
Brooklyn Heights. Bring bike lock, lunch, \$2.50 for boat ticket.
- Sunday - FALL FOLIAGE TOUR OF SUSSEX COUNTY N.J. 70 "A" & 40 "B- C+" miles.
15 Oct Harry Rutten & friends leaders. Pick your own ride and pace, ride
with a group from BTCNJ and Methuchen BC. Maps available. Glorious
fall color, traffic free roads.
Directions: GW Bridge, Rt 80 West to Hacketstown-Allamuchy
Exit Rt 517. Cross Rt 517 into Allamuchy, left at General store,
 $\frac{1}{2}$ mile to School parking lot. Allow $1\frac{1}{2}$ hrs driving time from the
bridge. Ride will be cancelled at 30% chance of rain. Otherwise
meet 9:00 A.M. to ride 9:30. More info (201) 327-7197.
- Sunday - RIVERHEAD METRIC CENTURY 65 miles "A,B" joint ride. Starts 9:00
15 Oct A.M. from Municipal Parking Lot (free), going North East out for
a loop around the Peconic Bay via Shelter Island by ferries. Pre-
ride breakfast at Howard Johnson on the Traffic Circle. The first
leg of $26\frac{1}{2}$ miles record time for the fall was set by the "Animals"
1:04 hrs in 1975.

REGULAR RIDES - LEADERLESS

CENTRAL PARK	10:00am	Sat & Sun	from Boathouse
BEDFORD PARK	9:15am	Sun	" Firehouse
WESTCHESTER	9:15am	Sat	" Milkmaid Diner
LONG ISLAND (Roslyn)	10:00am	Sat & Sun	" I.U. Willets School
EASTERN LONG ISLAND (Bridge Hampton)	10:00am	Sun	" Soporific Bike Shop Montauk Hwy (Rt. 27)

No change in RIDE PREVIEWS, see previous bulletin.

SEPTEMBER RIDES SUMMARY

	D	C	B	A	A+	AA	AA+	Total
Sat	-	4	1	1	-	1	1	= 8
Sun	-	5	4	5	2	-	-	= 16
Other	-	-	-	-	-	-	-	= -
	-	9	5	6	2	1	1	= 24

Recent Tribulations.

by Jim Rex

Still beset with same aches and pains of last two months that kept me from real serious riding, I showed up at the Onondaga 24 hr Time Trial for an exercise in futility and a lesson in the fallacy of hope. Mine that is!

To spare my shoulder from some road shock, I moved my saddle forward which is fine for shorter rides but only saddle sores on a long one unless you don't mind spending all the time in a sprinting position overloading the toes. Walking stairs in a normal manner produces 400 lbs per square inch pressure on the sole. Standing on pedals of less than $\frac{1}{3}$ of that area contacting, will more than double such pressure points. Hence the blue toe nail syndrome. The course is rated for 100 miles in 6 hours riding capacity with checkpoints along the way. During the night it is conducted on a 12 miles short loop. All the riders' time monitored by computer calculations from check point to check point, from referee to referee all very efficient of course.

With my prospect of doing 300 miles fading as my toes were failing, I was forced to take 20 minutes breaks just to get my shoes off. With the best possibility of 280 miles it would have been an investment of deminishing return to continue my agony, I quit within 18 hours at 219 miles.

Since cycling doesn't compare with other spectator sports, I was able to console myself in the knowledge of having had the "best seat in the house" as the cycling greats were grinding out their respective victories personal and otherwise. Jim Black our visiting hero was on hand to repeat his spectacular 466 mile ride the second time in 2½ months.

We missed vacationing Henry Gifford, who was sitting on his well earned new laurels after emerging with road savvy and speed, having placed 2nd or 3rd on the road race, and 1st on Time Trial of district Championship. So far he's been living proof of what a cyclist at his age can be, as I been when I was so young. Better yet, since Toga Bike Shop's Tempo team been coaching him. Every time I catchup reading my cycling papers I see he placed in one event or an other. Rumors have it he'll be attempting another 24 hrs marathon shortly in Orlando Florida.

The latest

Having received more of the "Running Commentary" from a few die hards who can't hang up their "hang ups", now I had been pointed out some of my shortcomings of linguistic proficiency. More than a decade ago I met a girl who spoke fluently four languages, but was dumb in every one of them. While a little knowledge can be dangerous, a lot can be very limiting. So it's trifling to live by words alone compared to all the action going on....

My articles do not compare with Ann Landers, Dear Abby et. al., but they're the ones who haven't got the savvy for Century rides not me. Even so it's limited to 1980 when we go metric. Having consulted with most of the living great cyclopaths e.g. E.-german Horscht, W.-german Fuchs, Czechoslovakian Berserko, Russian Bulchtszki, and Italian Bizzari - they have all confirmed what I know about the problem. It needs a solution so advanced it's simple. Just like breaking in tough saddles, you should SIT ON IT !

MESSAGE TO THE STOCKHOLDERS

There will not be a long report from the President this month. Dan Smith, our editor, has resigned and Bill Baumgarten has replaced him for the remainder of the year. We are looking for someone who would enjoy the job on a permanent basis.

At the September meeting nominations will be opened for the next year's officers. Nominations will be open again in October with voting in November and installation of officers in December.

I have received a letter from Ralph B. Hirsch, chairman, Committee of Legislation and Governmental Relations, League of American Wheelman, regarding the proposed Fulton St. mall in Brooklyn. There is a possibility that bicycles will not be allowed to use the mall, and he is seeking comments on this issue. If any member has any feelings about this please contact me. Thanks.

Bill Cooper

FROM THE VEEP'S DESK

Back on the job again after a beautiful two weeks in Bermuda. I strongly recommend it to anyone who plans a one or two week vacation, and would like to bike in a real cyclist's paradise.

I had the pleasure of riding with the local club, and found them most hospitable. Possibly at some future time a group from the NYCC might be interested in joining this Bermuda group for a long weekend or longer of cycling in this colorful group of islands.

The number of members who have registered for the Labor Day weekend at Tennenah Lake is very disappointing; in fact I would call it embarrassing. Twelve people have signed up.

The Columbus Day weekend which begins on Friday, October 6th and ends on Monday, October 9th (Columbus Day) will also provide another opportunity to bike in this beautiful area. This event is SCOR '78 and is hosted by the Catskill Wheelmen. The country side is at its most colorful around this time. Full information concerning SCOR may be found elsewhere in this bulletin.

On Tuesday, September 19th we will have our long awaited auction which had been postponed from the August meeting. Here is your chance to buy those bicycle parts, clothing, and other goodies you may have been looking for. Also at this meeting you will have your first opportunity to nominate those members whom you would like to see as officers and board members in 1979. Nominations for all officers and board members will take place at the September and October meetings. If you have someone whom you wish to nominate please be sure that he will accept the nomination.

Elections will be by mail ballot, and the results of the election will be announced at the November meeting. Installation of the new officers and board members will take place at the December meeting. There will be further information about this meeting in a later bulletin.

September is known among the cycling crowd as "Century Month" and the fall season is one of the most beautiful times to be out on the bike. Let's see a good show of members on our scheduled rides.

Bob Herzfelder

YOU CAN MAKE IT HAPPEN

On October 1, 1978, NEW YORK CITY WILL experience the GREAT-EST BIKE RACE ever held here, or perhaps anywhere - THE NEW YORK BIKE CLASSIC.

THE " APPLE LAP ", a 75 mile bike race through the five boroughs of the city, starting in STATEN ISLAND, over the VERRANZANO BRIDGE, to BELT PKWY., to VAN WYKE EXP., to LONG ISLAND EXP., to CLEARVIEW EXP., over the THROGGS NECK BRIDGE, to BRUCKNER BLVD., south to 138th. STREET and MAJOR DEEGAN EXP., over the THIRD AVE. BRIDGE to F.D.R. DRIVE south to 96th. STREET, west on 96th. ST. to FIFTH AVENUE and south to the FINISH AT 68th. STREET.

Starting at 8:00 A.M. and finishing at approx. 11:10 A.M.

POLICE ESCORT AND PROTECTION: - roadways closed.

Sounds great, but without volunteer road marshalls and flagmen, we could experience a serious incident or mishap; a wayward vehicle entering the course, spectators and non-competitive bike riders getting in the way, and other things that usually ruin a good race.

This event, like the road runners marathon has a good chance of becomming an annual event, a classic, growing in greatness each year, and building our sport in this city.

YES! you can make it happen. Your help on the road would assure us of a safe event as well as success in future events of this type.

WILL YOU GIVE CYCLING SOME OF YOUR TIME AND EFFORT?

We can arrange KEY POINTS on the road to be covered, that would be convenient to you.

IF YOU CARE! and want to help, please fill in the form below(and detach) and forward to:

AL TOEFIELD
87-66 256th. ST.
FLORAL PARK, N.Y.
11001
212-347-8195

NAME: _____ ADDRESS: _____

ZIP: _____

TEL#: _____ CLUB AFFILIATION: _____
(if any)

WILL YOU ATTEND MEETINGS:? _____

EFFECTIVE CYCLING COURSE beginning September 23, 1978.

Sharpen your skills in this college-level cycling course developed by cycling expert John Forester. The LAW certified instructor will be MYRNA MEYER. The course covers everything a proficient cyclist ought to know including bicycle mechanics and repair, cyclist physiology, cycling traffic and road skills and cycling technique for utility or enjoyment, touring and racing.

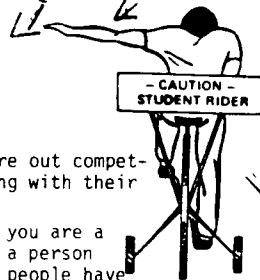
The class will meet 11 Saturday mornings from 9 AM to Noon except for one all day session. The course requires preparation for class through textbook reading assignments, bicycle maintenance, and conditioning and practice cycling. The all inclusive fee covering textbook, sessions and a handsome patch and certificate awarded to those who successfully complete the course is \$30 for CCC members and \$38 for non-members. Make-up sessions are free to previous students and special rates can be arranged for family groups.

Enrollment is limited. For further information and enrollment call MYRNA at 914-761-2511.

RE HILL CLIMBING

I object to the teasing at club meetings about people climbing hills on foot. I feel it causes people to strain not to, which could be dangerous. So I was glad to see the following article in LAW.

Dear Tilly -



Dear Tilly,

Why worry about walking that hill? Most bicyclists are out competing with themselves or enjoying the ride, not competing with their neighbor.

In the main, bicycling is an individual sport. Unless you are a racer, bicyclists compete with themselves. In tennis a person tries to beat the other person, but in bicycle riding people have their own equipment and their own ever-expanding goals.

Really, those super low gears sometimes just make one pedal faster to get to the top of the hill--while the bicycle proceeds at a walking pace. One will get to the top at about the same time whether walking or pedaling-like-mad-in-a-super-low gear.

Of course, it is gratifying to say, "I made it." And people like to face and struggle with a challenge. But tomorrow morning--who will care whether the hill was walked?--Or pedaled with gritted teeth? Why feel embarrassed?

Look at it this way: walking will give a change of pace, give a person a chance to stretch their legs, rest the seat and make one appreciate the bicycle a bit more when it is time to remount. And whether it took 3 minutes to ride the hill, or 5 minutes to walk it, will not be a world disaster as long as one reaches the top.

To face the challenge of a hill is good. It is also gratifying to know that, if the hill has to be walked, there will usually be some one at the top, taking a rest after the panting exertion of pedaling it. Whether one pedals to the top, or walks to the top, most people like to stop a moment to enjoy the view; this is the reward of hilly country.

Your unembarrassed hill-walking friend,

Monthly Series For Beginners
by C. Barret Caldwell, Deland, Fla.

Barrette

As a C++ rider I often have to climb hills on the Jersey club rides. whereas I dislike making people wait for me, I do not mind walking up the hills and hesitate changing to super-low gears which I will not need for my usual rides in Central Park. Also, once I get to the top I am ready to get going again, yet people seem to think that if you get off and walk it takes you longer to recover... which in any case you can do while coasting down the hill. So, while I am indeed grateful to my friends for waiting for me to catch up, please assume we can continue the ride once I get there and realize that if we don't I will suspect that pedalling has left you more out of breath than walking has left me!

Love, Vera Kraus

THE FUN YOU MISSED

by FRANK SANCHEZ

Family Bicycle Week at Harrisonburg, Va, 6-12 August 1978, proved to be one of those delightful cycling events which occur but once in a lifetime. Hosted by James Madison University, the people who brought ^{XOU}GEAR '77, everything was done to make the week a success. First and foremost was the fact that \$59 bought a week's lodging and 21 dining hall meals. That these meals quickly converted gourmets to gourmands can be attested to by several members of this club.

The riding itself ranged from rolling to hilly; with distances up to the century mark. Most rides consisted of five or six people, but there were occasional loners. One of these went out hunting dogs. His search, after only 16 miles, was productive, but at the cost of a demolished front wheel and assorted body and head bruises. On another day, having bagged his limit of dogs, the same chap, in a ferocious attack, bashed his rear wheel on the steel rail of a railroad crossing. What stout indifference to pain! Or was mortality being put to the test? After all, no one alive today has ever died...

Then, of course, there were the gallants who were all too willing to spring to the side of a demure damsel whose chain frequently slipped off while shifting gears on a hill. One chap became so proficient at this sport that he was awarded a James Madison tee shirt for his efforts.

Beyond the call of duty to ride and eat, there was the "happy hour". This convivial respite usually lasted from three to four hours in the dormitory lounge, and accounted for the draining of uncounted bottles of booze. Concurrently, bicycles were being repaired, rebuilt and defamed. Strange, none of these guys won a tee shirt!

In between these activities, there were the showers. Since the Shenandoah Valley temperature was high, relief was sought in the shower room. Many of us showered so much, and became so clean, we were in constant fear that our "animal" status would be revoked.

As departure day neared, we all would gladly have endured the heartbreak of psoriasis, or rampant acne, or both, just to remain within the cloistered bounds of Academe at James Madison University for one more week.

Included among those lucky enough to have taken advantage of a good thing like Family Bicycle Week were: Margaret Barrone, Paul Bauer, Jim Buchanan, Jerry Dandreaux, Jerry Pelligrino, Elane Punger, John Rubino and Frank Sanchez.

We all hope to see the rest of you folks at Family Bicycle Week next year.

A TWO DAY EXPLORATORY WEEKEND AT FOREST HOUSE, PURLING, NY - SEPT.23,24

Andy and Betty Valente, of Forest House, have invited us to enjoy their hospitality and the rural roads in their area of the Catskills. Irv has scouted some of the roads and has found them enticing. There are smooth secluded roads for 25 mile rides. Longer rides will use state roads which will be lightly travelled at this time and will provide some hills and exciting mountain views.

This will be a car ride; Amtrak is expensive and inconvenient. Drive up the Hudson to Catskill, then west to Cairo, then south to Purling. Leave NYC Sat. morning, arrive for brunch, ride, dinner, Sun. breakfast, ride, late lunch, then home. Cost: approx. \$30.

Interested? Get in touch immediately with Irv at LO2-7298 or 650-8075 to form a small group. Cars or car rentals will be needed. Your help will be needed with the cars.

LETTER FROM A MEMBER

Mr. Daniel G. Smith
315 Avenue C, Apt. 1E
New York, N.Y. 10009

Dear Dan,

My 15-year-old and I thoroughly enjoyed your August NYCC Bulletin, especially the edited version of Jim Rex's Desert Adventure.

I'd like to ask a favor. Would it be out of line to ask your readers if they saw a bike accident on First Avenue in April, 1977? My sister, who lives in Stuyvesant Town, used to cycle all over N.Y.C. in all kinds of weather. On April 7 she was riding to work shortly before 8 AM. She saw a bus bearing down on her and was unable to jump onto the sidewalk because there were so many people waiting for the bus. She was knocked from her bike and was able to roll clear except for her left arm. She told me the next day that the bus stopped while the rear wheels were on her arm. The driver got out, said "I didn't see her!" and then moved the bus so she could get out. She spent 2 nightmarish months in Bellevue and had further surgery in December 1977.

The driver has retired and recently acquired a new witness. My sister has none.

I'm also going to ask the LAW Bulletin editor to publicize this because there are now so many cycle clubs in the area.

I'd be glad to pay for this as an ad. If you can publish it, please feel free to edit it.

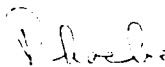
Did you see a bus - bicycle accident about 8 AM, Thurs., April 7, 1977, on First Avenue in the 50's? The cyclist is my sister. Her left arm was run over by the rear wheels of the bus. The driver has retired and recently acquired a new witness. My sister has none. I would very much appreciate an eye witness account of the accident. Can you help?

Phoebe Hahn, 964 Mountain Avenue, Berkeley Heights, N.J. 07922 201 464-7430

You probably don't know that Frank and I met when we joined the NYCC, and were married a year later. Since our daughter was born and we became homeowners we have had little time to ride, but we like to know what's going on. Please say hello to Bob Hertzfelder and Ethel Robertson and any others who remember us. And will you please give Upright Irv* a message - an apology - for me? He asked me about a valley route through our hills. I wish I knew one! I intended to call Norman Mastrup, a former member who lived in the Bound Brook area, but don't know where he is now. He and his son rode this entire area. Maybe Bob knows where he is and could ask him.

I'll be most grateful if you can do anything for me.

Sincerely,



Phoebe Hahn

*I was told I looked out of place, riding a Century with touring handlebars! Is Irv called Upright because of touring bars? (Yup. And he did a Westchester century on a three speed bike before he learned how "wrong" that was. He still rides upright, with wide range gears, and is not frightened by hilly country despite his lack of dropped bars and their presumed superiority for hill climbing. He admits that they do cut wind resistance at speeds over 12 mph or so, if the drops are used.)

SCOR CATSKILL WHEELMEN, INC.

(SULLIVAN COUNTY OCTOBER RALLY) Oct. 6-9, 1978

The Catskill Wheelmen are again hosting SCOR at Tennanah Lake Lodge near Roscoe, NY during the fall foliage season. The rides, along rural roads, vary from a short 5 miles to a very demanding Century which makes 2 climbs over 1000 ft. each. Ride all day Sat., Sun., and on Mon. morning. Evenings: Workshops, information-sharing, and social activities. Limited to 130 bikers.

The Lodge offers two plans:

- 1) Two overnights (Fri. and Sat.) and 6 meals starting with a late Fri. nite dinner and ending with Sun. noon lunch - \$46 per adult and \$35 per child under 12.
- 2) Three overnights (Fri., Sat., Sun.) and 9 meals starting with Fri. nite dinner and ending with Mon. noon lunch - \$66 per adult and \$45 per child under 12.

There is a non-refundable Registration Fee of \$5 per L.A.W. member and \$10 per non-member to cover the cost of an attractive patch, maps, and other expenses. (You can join L.A.W. at this time and get the reduced rate for this rally.) L.A.W. Century and Half-Century patches will also be available at \$1 each for L.A.W. members.

Send your applications and check, made out to CATSKILL WHEELMEN, to Warren Bergstrom RD2 Box 46M Monticello, NY 12701.

"SCOR" '78 Application

Name _____ #in group _____ LAW# _____

Address _____ Zip _____ Tel. # _____

() Oct. 6,7,8, \$51. () Oct. 6,7,8,9, \$71. () Non LAW \$5.

() LAW membership application & check enclosed

I prefer to be housed with _____

LAW Application

Name _____ Tel. # _____

Address _____ Zip _____

Occupation _____ Bike Club _____

Names & ages of children _____

() Individual \$10. () Family \$15. Check made out to League of American Wheelmen.

COLUMBUS DAY WEEKEND - BIKING & HIKING WITH THE AMC

We have been invited to join the Appalachian Mountain Club for a weekend of leisurely biking and hiking by David Stone, AMC Bicycle Committee Chairman.

Fri.-Mon., Oct. 6-9. Columbus Day. Biking & Hiking Weekend at Sacks Lodge, Saugerties, N.Y. (Ex. Bkg.* - 2B Hkg.**). Lovely modern lodge, quietly tucked away in lush Catskill foothills, approx. 100 mi. N.Y.C. offering varied hiking trails and biking roads. All-weather tennis courts, volley ball, eve. entertainment, nearby indoor pool and sauna available. Double occ. with bath. Special AMC rate including tips, tax, social hr.- Fri. nite to Mon., 2 or 3 days, 6 or 9 meals, \$61 or \$91. Send \$16 dep. ck. payable to Sacks Lodge to registrar, stating time of arrival and whether you need or can offer trans. Bikers indicate if need or can supply racks. Enclose stamped, self-addressed envelope. All this by Oct. 1.

Leader: David Stone, 410 E. 6th St., NYC. 212-982-9714.

Registrar: Bertha Korn, 1129 E. 27th St., Bklyn, NY 212-338-1791.

*Ex. Bkg. Leisurely rides, easy pace, with time for sight seeing.

**2B Hkg. Moderately fast pace - some altitude gain - little concentrated climbing but possibly going up and down all day - on trails or with some bushwhacking - generally few steep/rough sections. 8 to 9 miles.

Sherman Cohen and the writer have been leading joint NYCC/AMC trips. If you've been on any of our recent rides you've already met many AMCs, (4000 local members). Incidentally, several NYCCers are also AMCs.

Lorraine Gewirtz

NEW YORK CYCLE CLUB, Inc.
c/o Mel Shleifer
P.O. Box 1081
Mt. Vernon, N.Y. 10551

FIRST CLASS