

April  
1979

April 1979

New York



Cycle Club Inc.

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CIRCULATION MGR.

Mel Shleifer

MEMBERS AT LARGE

Leona Hollander  
Bill Knight

- Biking Weekend - Catskills
- Biking Vacation - Pa.
- Helen Bashkin:  
Cycling in Israel
- Bill Baumgarten:  
Vermont - Part II
- John Lorenz: Busy Man!

Next Club Meeting  
Tuesday - Apr. 17

Rinaldo's

Program: Slide Presentation  
by Bob Herzfelder

6:00 P.M.

Rinaldo's Restaurant  
32 E. 32 St. (betw. Park  
and Mad.)

APRIL 17th PROGRAM, "SLIDES ON GEAR AND TENANNAH LAKE"

Lorraine Gewirtz, Program Veep

This is our former Program Veep's show. Bob Herzfelder is preparing this program and requests slides from members on any and all weekends from both GEAR and Tenannah Lake. Please bring your slides to the meeting on April 17th, or contact Bob prior to meeting at (212) AC2-0853. Proper credit will be given to all photographers and all slides will be returned after the evening's program.

\* \* \* \* \*

SPOKESONG

There are some openings left for volunteers to distribute NYCC literature in the lobby booth of the Circle In The Square Theatre, 50th St. W. of Broadway for Thursday and Saturday night performances. Tangible reward: See a fine show, free, on standing-room basis. Contact: Carol Chavanne: 222-8227

\* \* \* \* \*

Anyone wishing to be on the By-Laws Revision Committee, contact John Lorenz: 833-2223

\* \* \* \* \*

Now is the time to write to Mayor Koch in support of a full-time permanent bike lane over the Queensboro Bridge. State whether you now use the bridge, or would like to use it and why.

\* \* \* \* \*

BOARD OF DIRECTORS MEETING 3/14/79

SUMMARY OF MINUTES

By Chris Mailing, Secretary

- 1.) A By-laws Review Committee will be formed at the 3/20 general membership meeting. The Board agreed to ask Mel Shleifer to chair the committee.
- 2.) Leona Hollander will fulfill the duties of treasurer while Al Goldberg remains in Boston for unanticipated family reasons.
- 3.) Bill Cooper agreed to investigate the details of two alternatives for club clothing: jerseys presently owned by Bill Recht; and Mike Fraysse's Tshirt transfer offer.
- 4.) At the 3/12/79 meeting of The Inter-Bike Club Council the Five Boro Bike Tour and the play Spokesong were discussed.
- 5.) The next Board meeting will be held on Tuesday, April 10, 1979.

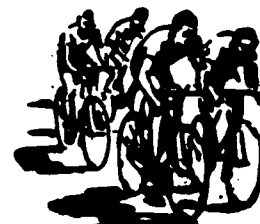
Complete copies of the minutes will be available upon request.

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COMING ATTRACTION: "The Transcendental Cyclist" by Ed B. Flowers.



## Rides For The Month



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

Mail your ride information to the ride coordinators.

A Rides to: Gary Kryznovek, 1460 Bronx River Road, Bronx, NY 10472.

B Rides to: John Lorenz, 459-100 St., Brooklyn, N.Y. 11224

C Rides to: Tony Morano, 93 Bay 23 St., Brooklyn, N.Y. 11224

Or hand in your ride writeup to the VPs at the monthly meeting.  
For advanced planning refer to RIDE PREVIEWS to minimize conflict  
of dates with other events.

Sunday - HALF FAST CENTURY: A ride. Leader Jim Rex. Meet at  
15 Apr 7:30 A.M. at the Central Park Boat House or at 8:00  
at Grant's Tomb. NYCC ride.

Saturday- NEW JERSEY TO PARK CYCLE SHOP: Upright Irv and Ed  
21 Apr Flowers, leaders. 20 miles C. Meet at 9:00 A.M. at  
Grant's Tomb (Riverside Drive at 120th St. in Man-  
hattan) for leisurely ride across Geo. Washington  
Bridge and through Bergen County to Mike Fraysse's  
cycling shop, Park Cycle. Participants will tour  
one of the country's leading racing cycle outfitters,  
complete with racing frame showroom, gymnasium, and  
frame building exhibition by Dave Moulton and more.  
LO 2-7298, 650-8075; 544-9168. NYCC ride.

Sunday - CITIBANK-AYH FIVE BORO BIKE TOUR: 36 mile tour of  
22 Apr New York city. 7:00 AM rain or shine. Send \$1.00 and  
your name and address to AYH, 132 Spring St., Room 5,  
New York, N.Y. 10012. For more information, call  
(212) 431-7100. AYH ride.

Sunday - CANTIAGUE TO CAUMSETT STATE PARK, Nassau Suffolk:  
22 Apr 35 miles C+. John Lorenz, leader. Tourists only.  
Meet 9:30 A.M. at Cantigue St. Park (west side), jct.  
of Cantigue Rd. and W. John St. Look for copper Opel  
with roof rack. Bring camera, energy snacks, spare tube  
and pump. No independent riders, please. Return to arrive  
back before sunset. Cancelled at 50% chance of rain.  
833-2223. NYCC ride.

Saturday- POUND RIDGE PARK-WESTCHESTER CO: 40 miles (+ or -),  
28 Apr B- ride. John Lorenz, leader. Tourists only. Meet at  
last picnic area (cross over stream), entering from  
west on Boutonville Rd., off Rte. 121. Car fee \$2.00.  
Time 9:30 A.M. Picnic there or on tour of historic and  
natural sights. Low gears rec. Return to arrive back  
before sunset. Cancelled at 50% chance of rain. 833-2223.  
NYCC ride.



- Sunday - SUNDAY MORNING QUICKIE ON STATEN ISLAND: C ride. Eric  
29 Apr and Gloria Carter, coleaders. Take the 9 O'Clock ferry  
leaving Manhattan, and meet the Carters on Staten Island.  
A moderate ride, paced to the needs of the group, to  
Tottenville (south end of the island). Then a brief  
lunch and return trip by train to the ferry. Arriving  
in Manhattan around 2 O'clock. The Sunday Morning Quickie  
will run on the following dates: Sundays, April 29,  
May 20, June 10. Any questions call 273-4704. NYCC ride.
- Sunday - 4th ANNUAL CHERRY BLOSSOM RIDE: B- (38mi.), D (20mi.)  
29 Apr "Upright" Irv, and Dave Veder, leaders. Meet 9AM  
at Columbus Circle (Coliseum), or 9:45 at City Hall  
Park. Take PATH to Newark. (30¢ in coin) then thru  
Branch Brook Pk to the Belleville cherry grove for a  
spectacular display--if the timing is right--of the  
blossoms and the many nostalgic Japanese who come to  
enjoy them, too. Bring lunch and drink. D riders return  
to PATH at 2:30 PM; B riders return to G.W. Bridge by  
4 PM in several groups at different paces. There are  
some steep hills; they can always be managed with your  
24" gear (2 feet). This is a joint ride with AYH and  
AMC. LO 2-7298, 650-8075; 379-0569.
- Sunday - RIVERHEAD RIDE: 65 mi., B+. Multiclub Event. Meet 9:00  
Apr 29 A.M. at Municipal Parking Lot at Riverhead. Preride  
Breakfast at Howard Johnson's on the traffic circle  
one block away.
- Saturday- NATURALISTS TOUR OF SUFFOLK CO: Nissequogue to Great  
5 May River. 33 miles C+. John Lorenz, leader. Tourists only.  
Meet at ~~junction~~ of Ill and 25, Smithtown, at 9:30 A.M. Look  
for copper Opel with roof rack. Tour of Bayard Arboretum;  
bring lock and camera and energy snacks. Spare tube and  
pump recommended. No independent riders, please. Return  
to arrive back before sunset. Cancelled at 50% chance  
of rain. 833-2223.
- Saturday- THIRD DELEWARE WATER GAP RIDE: (N.J. side) 60 miles B.  
5 May Frank Sanchez, leader. Ride starts 9 A.M. from Kittatinny  
Point Info. Station on I-80, just before Gap toll bridge.  
Ride cancelled in the event of rain. Motels recommended  
for overnight are: HO-JO, off I-80, exit 53, Penn. side  
of Gap, or Panther Valley Motor Inn, Allamuchy, N.J.,  
I-80, exit 517. Reservations for both: 800-654-2000,  
and 201-852-6000. See May 6 for Allamuchy ride. 740-9271.
- Saturday- BIKE TRAIN #1: A, B, or C ride depending on where you  
5 May get on the train to return. Meet at 6:30 AM at 5th  
Ave. & 59th St. Ride goes 90 miles to Port Jefferson.  
Return by train (about \$6.00 thru AYH in advance, \$9.00  
on the train). Call Chris Mailing (879-6199) for details,  
or AYH (431-7100).

Sunday - THIRD ALLAMUCHY, N.J. RIDE: 70 miles, A; 40 miles  
 6 May B-/C+. Frank Sanchez and Harry Rutten, co-leaders.  
 Meet 9:00 A.M. to ride 9:30. Take I-80 or I-280 west  
 to Rte. 517--Allamuchy exit into town, left at General  
 Store, quarter mile to school parking lot. Cancelled  
 at chance of rain. Allow 1½ hours driving time from N.Y.  
 (See D.W.G.5/5/79). Joint ride with Bicycle Touring  
 Club of North Jersey. 740-9271.

200  
 Saturday- HALF FAST DOUBLE CENTURY: AA ride. Jim Rex, leader.  
 12 May If you're going, call 278-5562 for details by phone--  
 by Friday at the latest.

Saturday- BERGEN-PASSAIC LAKE TOUR OF N.J. SUBURBS: 50 miles,  
 12 May B- or 29 miles C+. John Lorenz, leader. Tourists only.  
 Meet 9:00 A.M. at N.J. end of Geo. Washington Bridge  
 pedestrian walk. Variation of club patch rides. Picnic  
 at Woodcliff Lake or "pick-your-own" fruits/vegetables  
 at farms close by. Be prepared to carry or eat same.  
 Bring spare tube and pump. Return mid-afternoon.  
 Cancelled at 50% chance of rain. 833-2223.

Sunday - 50 MILES "B" TO WESTCHESTER & CONNECTICUT: Dave Veder,  
 13 May leader. Meet at Fordham Rd., and the Grand Concourse  
 in the Bronx at 9:30 A.M. Ride will start at 10 A.M.  
 sharp. Rolling country with some medium hills. Bring  
 necessary repair items and tools. Leader may not be  
 riding last. Maps will be provided. Bring lunch or  
 money for it. Joint AYH ride. 379-0569.

Sunday - 25 to 35 MILE PHANTOM RIDE, BRONX TO LOWER WESTCHESTER: C ride.  
 3 June Dave Veder, leader. Meet at 9:30 A.M. at Fordham Road  
 and Grand Concourse in the Bronx. Ride will leave at  
 10 A.M. and get out of city traffic as soon as possible.  
 We will ride some scenic roads with few hills. Length of  
 the ride will depend on ability and preference of the  
 group. Bring lunch or money for it. 379-0569.

Saturday- FRUIT AND VEGETABLE PICKER, SUFFOLK CO. TOUR: 40 miles,  
 16 June C+. John Lorenz, leader. Tourists only. Meet 9:30 A.M.  
 quarter mile south of Exit 51, L.I.E., on Rte. 231, at  
 Louie and Vinnie Farm. Pick-your-own farms checked out.  
 Be prepared to eat or carry produce. Carry spare tube  
 and pump. Return to arrive back before sunset. Cancelled  
 at 50% chance of rain. 833-2223.

#### REGULAR RIDES -- LEADERLESS

CENTRAL PARK . . . .	10:00 A.M. Sat. & Sun.	from Boathouse*
BEDFORD VILLAGE . . .	10:00 A.M. . . . .	Sun. from Firehouse.
WESTCHESTER . . . .	9:15 A.M. Sat. . . . .	from Milkmaid Diner.
LONG ISLAND . . . .	10:00 A.M. Sat. & Sun.	from I.U. Willets
EASTERN LONG ISLAND		School Parking Lot.
(Bridgehampton). . .	10:00 A.M. . . . .	Sun. from Soporific Bike
		Shop Montauk Hwy(Rte 27)

\*The Boathouse is located on the East Drive of Central  
 Park about 3 blocks north of the Fifth Ave. and 72nd St. entrance.

RIDE PREVIEW		C	B	A	FROM
MAY 19	4TH ANNUAL TOES / 2 DYS		110		L.I.-EAST
" 20	ARBORETUM RIDE	35			L.I.
" 20	SUNDAY MORNING QUICKIE #2	!			S.I.
" 20	TH ANNUAL MONTAUK CENTURY			115	QNS-TRAIN
" 26	8TH " PEPSI COLA 24 HRS BIKE MARATHON	25	50	300	NYC
" 26	10TH SEMI-ANNUAL TOHRV 3 DYS			405	" -MONTREAL
" 26	15TH GEAR " "	25	50	100	HARRISONBURG , VA
JUN 2	2ND ANNUAL INTERNATIONAL BICYCLISTS DAY	!	!	!	NYC
" 3	BRONX - LOWER WESTCHESTER	30			Bx
" 10	SUNDAY MORNING QUICKIE #3	!			S.I.
" 11	2ND ANNUAL SUMMER CLUB RIDE	25	50	100	NYC
" 16	FRUIT PICKER RIDE	40			L.I.
" 16	5TH ANNUAL STRAWBERRY FESTIVAL (TRAIN)	!	!	90	NYC - L.I.
" 16	4TH " BOSTON TWIN CENTURY 2 DYS			220	QNS
" 16	FULTON FERRY MUSEUM, MANHATTAN BEACH	!			NYC
" 24	4TH ANNUAL ALBANY RIDE			150	" - TRAIN
" 24	PASSAIC TOUR		39		NYC
" 24	PORT JEFFERSON HILLY METRIC CENTURY			65	L.I.- EAST
" 29	MILLERSVILLE WEEKEND TOUR 3DYS		!		NYC - PA
"	TH ANNUAL DELAWARE DOUBLE CENTURY			207	NEWARK, DEL
" 30	MINI BIKE TRAIN # 2	!	!	90	QNS
JUL 8	TOUR OF MORRIS COUNTY		30		N.J.
"	TH ANNUAL NEW HOPE DOUBLE METRIC CENTURY			120	N.J.- PA
"	4TH " PHILADELPHIA DOUBLE CENTURY			209	S.I.
"	4TH " DANBURY CENTURY			108	NYC
"	2ND IRONLEG MILLENARY SERIES 10 DYS (TENTATIVE)			1000	" - GA
"	3 A.M. RIDE	!			"
" 14	MINI BIKE TRAIN # 3	!	!	90	QNS
" 28	" " " # 4	!	!	100	"
" 28	SANDY HOOK WEEKEND		!		N.J.
" 29	4TH ANNUAL PRINCETON CENTURY, AND HALF CENTURY		50	100	"
AUG 5	ROAD RALLY		!	!	L.I.
"	TH ANNUAL ONONDAGA 24 HRS TIME TRIAL			473	SYRACUSE, NY
"	" TRI STATE DOUBLE CENTURY			200	CONN
"	2ND " RHINEBACK-HUDSON CENTURY (TENTATIVE)			120	NYC - TRAIN
" 18	TH " BIG BIKE TRAIN & POLISH FESTIVAL	!	!	!	L.I. "
SEP 1	MINI BIKE TRAIN # 5	!	!	!	" "
"	11TH SEMI ANNUAL TOHRV 3DYS EVENT			405	NYC-MONTREAL
" 3	TH PARIS-BREST-PARIS (10 HRS LIMIT)			756	FRANCE-PLANE
" 9	FRUIT PICKER RIDE	40			L.I.
" 16	4TH ANNUAL DOUBLE METRIC & HI-POINT	25	50	120	"
" 29	3RD " MONTAUK DOUBLE CENTURY			200	"
" 30	ANCIENT MARINER CENTURY (SLOW)			100	"
" 30	1ST ANNUAL FALL CLUB RIDE	25	50	100	NYC
OCT 6	10TH CAPITOL RUN			250	" - WDC, TRAIN
"	TH FALL FOLIAGE RIDE		40	70	N.J.
" 14	TH SEMI ANNUAL RIVERHEAD		65		L.I.-EAST
" 14	POUND RIDGE RESERVATION		40		WESTCHESTER
"	BEAR MOUNTAIN RALLY (TENTATIVE)			100	NYC

RIDE RESULTS				TRIP MILES	RIDERS	CLUB'S MILEAGE
FEB 25	ALL MONTH	"B"	RIDE	(50)	RAINED	0
MAR 4	"	"	"	(50)	NO REPORT	0
" 4	WEISMAN	TRAINING	RIDE # 1	(25)	RAINED OUT	0
" 4	MAILING	"	" # 1	25	4	100
" 11	"	"	" # 2	35	4	105
" 11	WEISMAN	"	" # 2	(25)	RAINED OUT	0
" 18	"	"	" # 3	(25)	BULLETIN LATE	0
" 18	MAILING	"	" # 3	50	3	150
" 24	SPRING FEVER	RIDE		(90)	RAINED OUT	0
" 24	BYWAYS & BIKEWAYS			25	10	250
" 25	BRIARCLIFF	MANOR		50	12	600
" 25	MAILING	TRAINING	RIDE # 4	60	6	360
" 25	WEISMAN	"	" # 4	25	6	150
CANCELLED 6 TRIPS, 4 LEADERS HAD 7:				270	45	1750

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#### A "B" RIDER CYCLES TO VERMONT (Part II)

By Bill Baumgarten

On July 20, 1978 I headed north from New York intending to reach Stowe, Vt. on the afternoon of the 22nd. At Stowe I was to join a Vermont Bicycle Touring group on the following evening for a 5-day tour of the northern counties. My schedule allowed for a day of rest following three consecutive century days or, alternatively, an extra riding day in case of trouble en route. The journey was mostly on NY 22 and VT 22A. This route was picked because it is relatively short, not heavily used (except on one stretch which I will describe later), fairly scenic and familiar to me. As old state highways go it is reasonably safe for cycling. Sight lines are good, permitting motorists to see cyclists around curves. The route has one other virtue. For much of the way it runs parallel to and just a few miles west of US 7, the main bus route to Burlington. If necessary, I could have ridden or hitched a ride to a bus stop town.

I am an impatient diarist, so no precise record of times and distances were kept. I left home between six and seven and followed the river to Tarrytown. The weather was very warm and the air hazy. At Tarrytown I turned east on 119 to follow a slightly longer way to 22 in order to avoid one long hill out of the Hudson Valley. I became caught up in the rush hour crush and was forced to pedal like hell in spots to avoid obstructing traffic. Such high speed cycling was not according to my plan to conserve strength. At 9A I turned north to 100. Within a few miles I was almost alone. Then I realized that the hot weather was not all bad. The wind was strong from the south and I was heading north! The following wind was with me throughout the ride.

My plan was to split the 320 miles into three equal riding days. I had made advance reservations at resorts near Hillsdale, NY and Lake St. Catherine, near Poultney, Vt. The second spot was a necessary compromise which added about a dozen miles to the trip. My riding strategy was simple. No pushing! No attacking upgrades; coasting as far as possible on downgrades. I approached each rise at normal speed rather than with acceleration. At the first feel of pedal resistance I downshifted to the gear appropriate to the grade and stayed in that gear to the top of the hill. My 42-30 (37.8") and 42-24 (47.3") combos bore the brunt of the climbing. At most I would downshift one more time during the climb, but usually I found the right combo at the base of the rise.

I planned never to fully empty my water bottle except when within sight of a water source. My diet consisted of large bananas. I never tire of this fruit which is so easily digestible and which replaces potassium lost in sweat. I planned no long, formal lunch stops because I wanted to reach each destination in time for a shower, a swim and an early supper. During the first day, however, I encountered an air conditioned gas station in Millerton, where it was 94 in the



## "B" Rider to VT (continued)

shade, and stayed put for a half-hour nursing a can of soda and nibbling cakes from the junk food machine. I was 23 miles from my destination, the Swiss Hutte in Hillsdale.

I appreciated the rest in Millerton because the stretch of 22 I had just traversed was the hazardous part of the route. For ten miles, US 44 shares the roadway with 22, and the traffic included frequent, heavy coal rigs moving rapidly. The pavement was broken and the shoulder unsafe. Leaving Millerton, I rode to Copake where I stopped for a last refill and bought the next day's bananas. My ride ended in an unexpected stiff climb to near the Berkshire crest. I had forgotten that the Swiss Hutte adjoins the Catamount ski area on the Massachusetts - New York line!

Day 2 started with a banana and hard rolls breakfast in my room because I was leaving long before the dining room opened. The weather was warm and hazy, and promised to become very hot. My friendly south wind pushed me along. Soon after my first refreshment stop I reached the point where 22 climbs out of the valley and crosses a long ridge to drop again into the valley occupied by the Berkshire section of the NY Thruway. This hill proved to be the toughest part of 22. Once, in an old Studebaker with a small, tired engine and an equally tired automatic transmission, a friend and I barely made it over the top, but my 42-20 sprocket combo took me up and over with plenty to spare. The rest of the day was uneventful. The thick haze obscured the mountains and deprived me of the anticipated views of southwestern Vermont.

The third morning found me cycling back into New York from Lake St. Catherine. I was looking forward to the 42-mile stretch between Fair Haven and Vergennes, Vt. It is mostly farm country in the fertile Champlain Valley. Addison Cty. calls itself the land of milk and honey. The visibility was much improved from the previous two days, and I enjoyed the easy pedaling and the distant views. Traffic was very light. Before completion of the Interstate highway in the Connecticut River Valley between Hartford, Conn. and White River Junction, Vt., 22A was the weekend skiers' express route from New York to Stowe, and I had logged more than my share of hours on 22A, mostly at night. Our goal then had been to cover the 42 miles in 42 minutes, weather permitting. Once we skidded into a snowbank, to be pulled out within three minutes by a snowplow operator. On another occasion, a friend who had once held motorboat speed records reported that while driving at 90 per he had barely avoided hitting a hay rig which was about to enter the roadway from a barnyard. By bike I used the better part of three hours and had no close encounters of any kind.

After a long lunch in Vergennes, I was ready for the last part of the journey. I followed US 7 north for a few miles, then turned off at E. Charlotte to head northeast out of the Champlain Valley across some Green Mountain foothills into the valley of the Winooski at Richmond. This river cuts through the main range of the Green Mountains east of Richmond. The E. Charlotte - Richmond leg, too, was a part of our old ski route to Stowe. It bypasses Burlington and saves maybe 15 minutes by car. The passage of time had dimmed my memory of these foothills. In the midday heat, this stretch proved to be the toughest part of my ride. But eventually Mt. Mansfield came into view, and it was all downhill to Richmond. One hour and a half later I pedalled into the driveway at the Lower Village Inn at Stowe. I unloaded and secured my bike, took a shower, and headed for the pool where I joined the owners' kids, their sitter and friends for a spirited game of swimming pool basketball. The third day, despite the hills, had been the easiest.

On Sunday, October 28, 1978 I arrived at Kennedy airport for a 4 P.M. flight to Ben Gurion airport, Tel Aviv, via El Al. My luggage comprised two pieces: a carton containing my disassembled bicycle and one small suitcase holding summer riding clothes. The carton would have been easily manageable with a wheel or a caster strapped to one corner. It was too heavy for me to carry so I just dragged it along.

The security check was very thorough. Our group watched with dismay as all the bicycle cartons were ripped open and their contents moved about. After the search, we were free to repack the bicycles and were even given a roll of sticky tape to seal the cartons again. The plane did not leave until 10 P.M., six hours after scheduled departure time. The other seven riders and I used the period of waiting to get acquainted and the time did not seem long. However, we arrived in Tel Aviv at 4 P.M. next day when darkness was fast gathering, and the bicycles had to be put together in a rush.

Our cycling route went north from Haifa along the Mediterranean coast to Rosh Ha Nikra on the Lebanese border, then eastward through the mountains of the upper Galilee. From the alpine town of Zefat we descended to Tiberias, crossed the lake by ferry, and cycled through the Golan Heights where the only traffic was an occasional army vehicle. Going west again, we made a steep climb of several hours to Belvoir to see the ruins of a 12th century crusader castle, returned to the coast at Caesarea, and rode south. On the plaza at Tel Aviv we stopped for a luach of pita bread, assorted fillings, beer and ice-cream, then rode through and around the artists' village of Yaffo nearby.

Continuing south, we reached Be'er Sheva, the entrance to the Negev; climbed to Mitzpah Ramon. While descending a steep black mountain, slippery with dew at 6:30 in the morning, I skidded, fell, twisting my right leg, which forced me to ride in the van for a day. At Eilat we visited the marvelous underwater observatory. Up and down the rugged hills of the Sinai peninsula we cycled, until we came to the resort of Neviot and swam in the warm waters of the gulf, looking across the water at Saudi Arabia. A 25-mile downhill coast to Dahab brought us to the southernmost point of our ride. Next day we rode north in the van, stopping for a tour at Massada and a swim in the Dead Sea. Our two weeks ended with three days of bicycling and sightseeing in Jerusalem and Bethlehem - so much to see in too few days.

We were most fortunate in having a young Israeli driver-guide who showed the utmost good nature and good humor in dealing with his unusual tourist group. He lectured us daily, in depth, on history ancient and modern, called our attention to every facet of existence for the different peoples of Israel, explained the principles of warfare which he knew first-hand, bought us cases of oranges and nuts and dried fruits, worried about getting us enough water, allowed the bus to be strewn about with laundry and bicycle parts, and in every way endeared himself to each one. We left Israel in sorrow to be parted from him.

The weather was quite perfect; bright sunshine, not too hot, two separate days of rain and a few sprinkles. We traveled on the main roads (there are no others), mingling with herds of sheep, camels, donkeys and stray goats, plus army tanks, diesel trucks, tourist buses, and small cars. At some distance from the towns the traffic became very light. Everywhere

## CYCLING IN ISRAEL - Cont'd

were armed soldiers; even the civilian buses carried guards. The Israelis were friendly. They appeared to be grimly determined and fatalistic rather than optimistic.

I am looking forward to a repeat bicycle tour of that truly thrilling country and a longer stay next time. My knee proved to have sustained a torn ligament which will take a few more months to heal, but a brace helps in walking. My bicycling capability is unaffected by the injury, so all is well.

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### A SPRING WEEKEND IN THE CATSKILLS, MAY 12-13

It is springtime, and the Catskills, dressed in their fresh new foliage, beckon the touring cyclists to their rolling countryside, fresh smells, and scenic vistas. There are short rides on level or moderately rolling terrain. But rides greater than 25 miles will encounter more severely rolling terrain and hills; low gears (in the very low 30s) are advised for carefree cycling.

Irv is now making arrangements for another 2 day weekend - arriving Sat. morning for brunch and leaving Sun. after a mid-afternoon dinner. In between there will be about 10 hours of riding and 2 additional hearty meals. Cost: approx. \$35.

It takes about 2 hours to drive to the motel in Purling, NY, near Cairo, about 8 miles west of the Catskill exit of the NY Thruway.

Call Irv (650-8075 or LO2-7298) before May 1 to let him know that you plan to join the group, or to get more information on it.

### MILLERSVILLE COLLEGE BIKE RALLY

The Pennsylvania Dutch Biking Vacation (see details elsewhere) is a great opportunity for an inexpensive club weekend/bicycling vacation. It offers good cycling, the company of other cycling enthusiasts, scouted and mapped routes used for GEAR'78, and plenty of good food. You shouldn't miss this one.

If you like a bargain, send in your reservations to Irv by May 1 so that you can get the benefit of both the "early bird" discount of \$3 and the club member discount of \$2. His address: Irv Weisman 70 Marble Hill Ave. Bronx, NY 10463.

After May 1, send your reservations directly to the college.

Irv is planning to cycle out to Millersville at a leisurely, sight-seeing pace; staying at motels and AYH hostels. If you are interested in the idea, get in touch with him, eves, at 650-8075 or LO2-7298. He may ride back, too. Check him out.

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### FOR SALE

Improve your endurance, cadence, and riding style with Weyless rollers, equipped with side platforms (easy to get on and off), and cyclometer/speedometer. Cost new: \$175. Asking: \$85. Call Bob Herzfelder, AC2-0853

White Peugeot, almost new, 21 inch mixte frame, upright bars, lady's seat, 14-34 cluster, 42-52 chainrings, steel cranks, Lyotard pedals, Mafac brakes, Hutchison 27 x 1 1/4 tires. Cost: \$100. Bob Herzfelder.

Y-cycle exercise attachment for rear wheel; no balancing act necessary. Cheap. Bob Herzfelder, AC2-0853.

Yellow wool jerseys, long sleeve, new. Sizes: 32-34, 34-36. Cost \$13. Call Irv, 650-8075 or LO2-7298 up to 11 PM.



# Pennsylvania Dutch Biking Vacation

June 29 - July 1 or June 29 - July 4

Welcome Back to the Site of Gear '78

Enjoy a complete biking weekend beginning with dinner on Friday, June 29 (serving line opens at 5 p.m. and closes at 7 p.m.) and ending with lunch on Sunday, July 1 for \$45 per person. Or celebrate the Fourth of July in historic Lancaster County by arriving on Friday evening and staying through lunch on Wednesday, July 4 for \$75 per person. Packets of GEAR '78 maps will be distributed to all participants. There are rides ranging from three to one hundred miles. Riders will be able to sightsee the traditional attractions in Lancaster County at their own pace or tour the lush Pennsylvania Dutch countryside. Recreational facilities on campus include an olympic-sized swimming pool, tennis courts, basketball courts, softball diamonds, a gymnasium and a student union with a coffee shop and a game room. Bring the whole family (no accommodations on campus for children under 10 years of age).

Make your vacation plans early! Our deadline for reservations is June 1 and there will be a \$3 per person discount for paid reservations received before May 15.

Any biking club members who send us ten or more paid reservations will receive an additional \$2 per person discount.

PLEASE NOTE: Space does not permit reprint of registration blank. Send postage-paid self-addressed envelope to Irv and he will mail one to you.

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## WELCOME TO OUR NEW MEMBERS

BY JOHN R. LORENZ

On March 25, 1979, Tony Morano, Margarita, and I spent two hours happily handing out NYCC membership applications on the Shore Road, Brooklyn bike path, under the Verazzano Bridge. The weather was perfect for such an event; many cyclists were trying out their machines and legs for the first time this season. We set up a table and taped information to it. A box contained a supply of NYCC applications and bike related matter. An old cork bulletin board was painted over and a wind proof sign created which attracted the attention of prospective members.

Just as expected, we had inquiries from many seriously interested singles and couples. Because we made the effort to be there that day, I would predict we can expect at least a dozen new members. One fellow who appeared to be a B rider, having enough energy and drive to become an A rider, will join us, and possibly five of his friends. He has a van in recent repair and could be approached for group van rides. He will also join L.A.W. and spread the good word about both of the clubs even further. He thanked us just for being there, because his own attempts at finding a club had been in vain. Other prospects include three young couples, a girl jogging, a middle-aged couple, and generally people who could benefit from the advice contained in our bulletins authored by our illustrious old timers. Then Sunday strollers stopped to look and study the possibilities, and to absorb the excitement generated by people showing a personal interest in fellow cyclists. This is the way we do things in Bay Ridge, Brooklyn. I hope the club will follow suit and get going under Bill Cooper on the spring membership drive.

In a later article I will discuss my proposal to reverse the A,B,C, designations in the absence of any viable formula based on aerobic demand. Hopefully, this will encourage our new Brooklyn membership to remain lifelong members, not having to concern themselves with mileage and/or time elapsed, because they will already be A riders just for having joined us in the first place. WELCOME.

## HOLLAND TOURS

Frank Behrendt, who recently provided the NYCC meeting with a slide show featuring cycling in Holland, is now forming tour groups for a 16 day adult cycling tour through Holland. Departure dates are (1) June 21- return July 6, 1979, and (2) September 6-return September 21, 1979. For further information contact Frank Behrendt, International Bicycle Tours, 12 Mid Place, Chappaqua, N.Y. 10514, (914) 238-4576, or Ed Flowers (212) 544-9168 (who has about 6 tour applications, and brochures. The brochure indicates that the 16 day tour cost is \$749.00, U.S. departure tax included.

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

**FIRST CLASS**