

August
1979

New York Cycle Club

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183 Wickoff St.
Brooklyn, N.Y. 11217

V.P. Programs:

Lorraine Gewirtz
406 East 64th St.
New York, N.Y. 10021

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Ed Flowers
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Forest Hills, N.Y. 11375

Ride Coordinators:

A-Gary Kryznovek
Ty 3-5984

B-John Lorenz
833-2223

C-Tony Morano
373-0776

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Bill Knight
Gary Kryznovek
Jim Rex

Next Meeting

Rinaldo's Resturant
32 East 32nd Street
Tuesday August 21st
6:00PM
Bring A friend!



Photo L. Gewirtz

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

Everyone is a potential ride leader. Mail your ride information to the ride coordinators.

A Rides to: Gary Kryznovek, 1460 Bronx River Road, Bronx, N.Y. 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.

Your rides must be handed by the time of the monthly meeting.

Saturday SATURDAY MORNING QUICKIE: See July 21 Bulletin for
Aug. 11 details.

Sunday HAUPPAGE CENTURY CYCLE AND SWIM: 100 miles "A" ride.
Aug. 12 Gary Kryznovek, leader. Meet at the Sutphin St. of the
 L.I.R.R. in Jamaica, Queens, at 6:00 A.M. for a 6:30
not too sharp start. We will be following the service road of the
LIE. to Hauppauge, L.I., for a swim or just to stuff your face with
food. Due to some special arrangements for this trip, you MUST call
beforehand to let me know if you are coming! The number of people
will necessarily be limited to a small group. Bring a swim suit and
money. Please call 893-5984 after 6 P.M. NYCC ride.

Sunday BROOKLYN BRIDGE TO JONES BEACH: 60 miles, "C" ride.
Aug. 12 Sherman Cohen and Martha Ramos, leaders. 60 miles round
 trip. 8:00 A.M. from the Brooklyn side of the Brooklyn
Bridge. Bring lock, lunch and bathing suit. Sherham Cohen, 332-1990;
Martha Ramos, 858-9142. NYCC ride.

Friday -BRIDGE PARTY. 59th St. Bridge Bike/Pedestrian Lane Celebration.
17 Aug Non-denominational. All invited. If you can't bike, join
 us anyhow and walk across. Lorraine Gewirtz, leader.
 Meet 6:45 PM 59th St. bet. 1st & 2nd Aves. Cycle/walk to
 Roosevelt Island for picnic supper. Bring food or \$. After
 dinner choice: ride, swim (bring \$1.50, suit, towel, lock
 for locker) or theater (perf. info not avail. at press time).
 Bring bike lock, light, innertube, \$, appetite. Return via
 tramway (50¢). NYCC trip. Rain Date: Friday, Aug. 24th.

Sunday WESTCHESTER CRUISE "90": 90 miles, "A" ride. Chris Mailing,
Aug. 19 leader. We will repeat the April 8 training ride #6 to Mary-
 knoll, Kitchawan, Goldens Bridge, Bedford Village, Mt. Kisco
and Pocantico Hills. Meet at Central Park Boathouse at 7:15 A.M. for a
7:30 SHARP start. Call Chris Mailing at 879-6199 with questions or
between 6:30 and 7:00 A.M., before the ride if weather is doubtful.
879-6199. NYCC ride.

Sunday NORTHERN N.J. & ROCKLAND CNTY. LOOP: 65 mi., "B+" (10-13
Aug. 19 mph). Upright Irv, leader. Ride 8 A.M. from Central Park
West & W 72nd St., or 8:15 from Grant's Tomb (Riverside Dr.
& 122nd St.), or 8:40 from G.W. Bridge bus terminal (178 St. & Ft.
Wash. Rd.) or 9:A.M. from N.J. end of the G.W. Bridge South pedestrian
walk. This is the 50 mi. marked route. Low traffic roads ending
with the newly developed "Southeast passage" back to the G. W. Br.--
the hills are easier than Clinton Ave. A good familiarization run
for your Half Century Patch qualification ride (50 mile) in Sept.
Picnic lunch (bring or buy) in park, enroute. Return to G.W. Br. by
4 PM. For further info: L02-7298. NYCC ride.

September LABOR DAY 3-DAY HOSTELING WEEKEND: 300+ miles/3 days, "A"
1 - 3 ride. Bill Yao, leader. Ride will meet at G.W. bridge for
7:00 AM sharp start. We shall go out past Oakland Green-
wood Lake out to the Delaware Water Gap. We shall stay the first
night at the Layton Youth Hostel. Day two will be spent riding along
the Kittatinny and Shawangunk Mtn. up to the catskills. Night two
is at the Mt. Tremper Youth Hostel. We shall return via the coastal
route to the G.W. on Day three. Most of this route will be un-scouted
and we should rely on topographical maps to avoid the worst of the
hills. You must be an NYCC or AYH member to come on this ride. Please
call 749-1978 if you are interested. NYCC ride.

Saturday -BROOKLYN RENAISSANCE. 25 miles, C ride. Leaders: Lorraine
8 Sept. Gewirtz, Sherman Cohen. Meet 9 a.m. 5th Ave. & 72nd St.,
10 a.m. pedestrian exit of Bklyn Bridge on Bklyn side. Ex-
plore Bklyn Hgts, Boerum Hill, Ft. Greene. Visit remodeled
home, historic church with Tiffany windows and Lincoln memo-
rabilia. Lunch in choice of historic Montague St. ethnic
restaurants. Bring bike lock, innertube, hearty appetite,
\$. (Small donation to non-profit org. for special guide).
Joint AMC.

Sunday COLD SPRINGS BREAKFAST RIDE: 110 miles, "A" ride. Chris
Sep. 9 Mailing, leader. Meet at the Central Park Boathouse at
6:15 AM for a 6:30 SHARP start up the east bank of the
Hudson River (Route 9) to the Cold Springs Fire Hall for a hearty
breakfast at a bargain price. Return via Bear Mountain State Park,
through Rockland and Bergen Counties, with a second food stop in
Montvale, N.J. Call Chris Mailing at 879-6199 for further details or
between 5:30 AM and 6:00 AM on the morning of the ride if weather is
doubtful. NYCC ride.

Sunday 50 MILE LAW PATCH RIDE: 50 miles, "B" ride. Upright Irv,
Sep. 9 leader. We will ride as a group. Here is your chance to
see how easy it is to do 50 miles when properly paced by
a non-macho rider. Same route & meeting details as for the Aug. 19,
Northern N.J. & Rockland County Ride. L02-7298. NYCC ride.

Saturday SATURDAY MORNING QUICKIE (FOR GOOD RIDERS): 50 miles, "B+"
Sept. 15 ride. Chris Mailing, leader. Will cover Irv Weisman's marked
50 mile patch ride route through Bergen and Rockland
Counties in 3 hours. Meet at the New Jersey end of the George Wash-
ington Bridge and Hudson Terrace at 7:15 AM for a 7:30 AM SHARP start.
Call Chris at 879-6199 for further details or between 6:00 AM and
6:30 AM before the ride if the weather is doubtful. NYCC ride.

(continued)

Sat.-Sun. -INDIAN SUMMER WEEKEND IN MONMOUTH COUNTY. Leaders: Lorraine
20-21 Oct. Gewirtz, Sherman Cohen. Cycling sightseeing, seafaring.
Visit historic twin lights in Highlands, Sandy Hook's 1792
lighthouse, Gateway and Holmdel Park. Car transportation
needed. Drive down Sat. a.m. for joint ride with AMC and
Atlantic Bicycle Club. Group limited. Registration dead-
line Sept. 20th. Overnight at motel. Rates: \$17 single,
\$10 each dbl. occup., \$9 each 3 in room, \$7 for 4 in room
(2 dbl. beds in each room). Registration and further info,
send self-addressed stamped envelope for full amount payable
to Sherman Cohen. Include if you can supply transportation.
Sherman Cohen, 1245 Ave. X, Bklyn, NY 11235 (212) 332-1990.

Sunday DANBURY STATE FAIR RIDE: 100 miles, "A" ride. Gary
Sep. 30 Kryznovek, leader. Meet 6:00 AM for 6:30 AM start at
Fordham Rd. at the Grand Concourse. This will be an easier
version of the Annual Danbury Ride in order for people to spend a
little time at the fair. However, it will still contain a few good
climbs going and returning. Be sure to bring a lock & chain for your
bike, tools for repair of your bike, and money for the fair. Phone
893-5984, Mon-Fri, 6 PM - 11:30 PM for questions. NYCC ride.

REGULAR RIDES -- LEADERLESS

CENTRAL PARK	10:00 A.M. Sat. & Sun.	from Boathouse*
BEDFORD VILLAGE	10:00 A.M.	Sun. from Firehouse.
WHITE PLAINS	9:15 A.M. Sat.	from Milkmaid Diner: at Rosedale & Marmaronack.
LONG ISLAND	10:00 A.M. Sat. & Sun.	from I.U. Willets School Pkg. Lot: I.U. Willets & Gna. Wds.Rd
EASTERN LONG ISLAND (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.

TRANSPORTATION ALTERNATIVES: Happy 1st Anniversary for Bike Lanes!?!

5:30 <u>Columbus Circle</u> Rally for improved maintenance & regu- lation of our space.	6:00 <u>Ride Down Broadway</u> --a funeral process- ion for our late Bdwy. bike lane-- across 25th to 6th Ave. and up to ...	6:30 <u>Herald Sqr.</u> Where we'll cut the cake and cele- brate!
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TOHRV: Tour of the Hudson River Valley. Labor day weekend 1979 Three
days New York City to Montreal, A very long "C" ride. Reservations
must be made well in advance, and the tour will go only if there is
enough interest. Please contact Bill Cooper no later than August 15th.

WANTED: Used child's single speed, coaster brake, bike for 10-12 yr old.
Call evenings till 9 pm. (212) 777-6927.

PROGRAMS, ETC.

Lorraine Gewirtz

We did it! It took about two years but we finally, did it! We got a full time bicycle/pedestrian lane on the Queensborough Bridge. In appreciation why not drop a note of thanks to:

Mayor Ed Koch
City Hall
New York, NY 10007

Now, all we have to do is use it. The Department of Transportation is taking counts. They want at least 500 users daily. So, come and celebrate with us at our BRIDGE PARTY, Friday evening, August 17th. (See "Rides" for details).

Henry Gifford (see cover), winner of the 1979 Pepsicola Marathon with 405 miles, on one of the windiest days of the year, was our surprise guest at the July meeting. Henry now rides with the Tempo Bike Club sponsored by Toga Bike Shop. About 3 years ago Henry was a member of NYCC. On the writer's first bike trip, which she intended to lead to 3 islands in the East River, Henry appeared. He joined Flora Millet and the writer on their winter ride. We made it through Central Park and over the foot bridge to Ward's Island. Here we were thwarted by ice and snow and the frigid temperatures. What could we do but seek shelter and thaw out. The only building we could find was Manhattan State Hospital. Needless to say, we had no trouble getting in. After our warm-up period we bid adieu to the friendly patients, aborted the rest of the cycle trip and enjoyed the indoor facilities of a local health club, sauna, whirlpool and all.

Frank Hynes, Field Representative for the Auto Club of New York, (local AAA affiliate) will be our August 21st guest. Mr. Hynes lectures on road safety at schools, police departments, service clubs and adult groups. He'll show us a critically acclaimed 25 minute film, "Only One Road". The film clarifies laws from the standpoint of the motorist and cyclist, stressing that the bicycle is another road vehicle. This promises to be another exciting evening. We hope to see you then.

RIDE PREVIEW				C	B	A	FROM
SEP	16	4TH ANNUAL HI-POINT & DOUBLE METRIC CENTURY		25	50	120	L.I.
"	29	3RD " MONTAUK DOUBLE CENTURY				200	" "
"	30	ANCIENT MARINER CENTURY (SLOW)				100	" "
"	30	DANBURY FAIR CENTURY (")				100	Bx
"	30	1ST ANNUAL FALL CLUB RIDE		25	50	100	NYC
OCT	6	10TH " CAPITOL RUN / 1 DAY				250	" - WDC
"		TH " FALL FOLIAGE RIDE			40	70	N.J.
"	14	TH SEMI-ANNUAL RIVERHEAD RIDE			65		L.I.- EAST
"	14	POUND RIDGE RESERVATION (TENTATIVE)			40		L.I.
"		BEAR MOUNTAIN RALLY (")				100	NYC

RIDE RESULTS			TRIP MILES	RIDERS	CLUB'S MILEAGE
APR	29	BEAR MOUNTAIN CENTURY	100	9	900
MAY	5	DELAWARE WATERGAP	60	1	60
"	6	LOWER MANHATTAN	10	9	90
"	12	HALF-FAST DOUBLE CENTURY	(200)	LEADER SICK	0
"	12	ELLIS ISLAND	15	16	240
"	13	EAST RIVER ISLAND HOPPING	15	16	240
"	20	MONTAUK CENTURY	115	100	11,500
"	20	PLANTING FIELDS	37	4	148
"	20	T O E S	210	75	15,750
"	20	SUNDAY MORNING QUICKIE #1	(20)	0	0
"	26	PEPSI COLA MARATHON	435	THOUSANDS	?
"	"	" " " NYCC-AYH TASK FORCE TOP		12	3,500
"	30	GRACIE MANSION	15	4	60
JUN	2	RAMPO RIVER VALLEY	85	6	531
"	1	DUTCH WEEKEND IN PENNSYLVANIA	120	12	720
"	1	CEDAR CREST COLLEGE PA.	(50)	?	?
"	8	" " " "	"	"	"
"	9	PRINCETON TRAINING CENTURY	100	6	600
"	9	QUEENS PARK	25	14	350
"	10	SUNDAY MORNING QUICKIE #2	(20)	0	0
"	10	BROOKLYN BRIDGE	15	6	90
"	16	STRAWBERRY FESTIVAL C & B	CANCELLED	0	0
"	16	" ALTERNATE #1 & 2	115	6	660
"	16	BOSTON TWIN CENTURY	250	3	750
"	16	FULTON FERRY MUSEUM	35	17	459
"	16	FRUIT PICKER	40	3	120
"	17	VANASQUE RESERVOIR	110	6	660
"	17	BKLYN BRIDGE VERREZANO BRDG	15	12	200
"	17	SUBURBAN N.J.	40	16	640
"	23	DELAWARE DOUBLE CENTURY	(200)	?	?
"	23	CANTIAQUE-CAUMSETT	(35)	NO GASOLINE	0
"	24	SLEEPY HOLLOW	50	3	155
"	24	PORT JEFFERSON METRIC CENTURY	(65)	?	?
"	24	4TH ANNUAL ALBANY RIDE	150	33	4,340
"	24	BIKE TWO BRIDGES	(10)	?	?
"	30	SATURDAY MORNING QUICKIE #1	50/3:05 HRS	1	50
"	30	POUND RIDGE RESERVATION	(40)	NO GASOLINE	0
JUL	1	PASSAIC CO. TOUR	(39)	NO GASOLINE	0
"	1	SHEEPSHEAD BAY	(20)	?	?
"	4	ATTEMPTED CENTURY	85	3	265
"	8	MORRIS CO. TOUR	(30)	NO GASOLINE	0
"	8	NEW HOPE DOUBLE METRIC CENTURY	120	66	6,600
"	14	4TH ANNUAL DOUBLE CENTURY	(200)	LEADER INJURED	0
"	14	PASSAIC LAKE	(29)	NO GASOLINE	0
"	15	DANBURY CENTURY	110	27	2,930

RESERVED FOR
YOUR ARTICLE
SINIKAL SIKLIST

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

FIRST CLASS