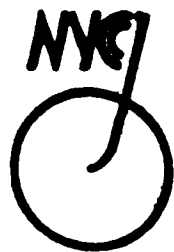


February
1979

New York



February 1979

Cycle Club Inc.

PRESIDENT and INFO. CONTACT

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

V.P. - PROGRAMS

Lorraine Gewirtz
406 East 64 St.
New York, NY 10021
832-9073

V.P. - RIDES

Ed Flowers
111-50 76 R. #4L
Forest Hills, NY 11375
544-9168

Coordinators

A - Gary Kryznowek
TY 3-5984
B - John Lorenz
833-2223
C - Tony Morano
373-0776

TREASURER

Al Goldberg
168 Washington St.
Bloomfield, NJ 07003
(201) 743-7045

BULLETIN EDITOR

Charlotte Hildebrandt
76 Remsen St.
Brooklyn, NY 11201
875-2965

SECRETARY

Chris Mailing
324 East 82 St.
New York, NY 10028
879-6199

CIRCULATION MGR.

Mel Shleifer

MEMBERS AT LARGE

Leona Hollander
Bill Knight
Jim Rex

• Winter Cycling
• Washington Weekend
• Trip

Note: New York Bicycle
Show - Coliseum
Feb. 18-20.

Next Club Meeting:
Tuesday - Feb. 20.
Rinaldo's

Program:
Racing and Frame
Building - Olympic Style

6 PM - Rinaldo's
Restaurant
32 E. 32 St. (bet. Park 2
Mad.)

FEBRUARY 20th PROGRAM, "OLYMPIC RACING AND FRAME BUILDING"

Lorraine Gewirtz, Program Veep

Mike Fraysse, First Vice-President of the United States Cycling Federation (USCF) which represents 400 bicycle clubs, and Dave Molten, frame builder par excellence of Worcester, England, promise us an exciting evening on February 20th. That is the last day of the New York Bicycle Show at the Coliseum, Feb. 18 - 20th.

Mike is the third generation of racing Fraysses. His grandfather, who was involved in the 1912 Olympics, began this worthy tradition. Mike's father followed suit in the 1928 and '32 Olympics. Mike picked up the gauntlet and managed the U.S. Olympic Cycling Games in 1976. For the past 7 out of 8 years he has also managed the Amateur World Championship Bicycle Races for the USCF. These races have kept Mike globehopping through Europe and to South America.

Dave Molten, one of the foremost frame builders in the world, was an amateur racer. For the past 20 odd years he has been building frames for both the U.S. and the U.K. Olympic team members. In addition, he does "specialty" work, like designing and building an 8 seater for a South African family with sextuplets. (He finished this oddity the day before he left England for his current U.S. visit.) Dave has published countless articles in French, British and American cycling papers and is a regular contributor to "Velo News".

Whatever your speed, both Mike and Dave, immersed in speed-cycling, offer the "un" and the "in"itiated a fascinating look at our beloved animals. I hope you can all join us for an evening of international cycling from Olympic frame building to racing.

* * * * *

SLIDES ON GEAR AND TENANNAH LAKE FOR APRIL PROGRAM

Bob Herzfelder, our erstwhile Veep, will be preparing April's program. He requests slides from members on any and all weekends from both GEAR and Tenannah Lake. Please bring your slides to the meeting on March 20th, or contact Bob (212) AC 2-0853. Proper credit will be given to all talented photographers and all slides will be returned after the evening's program.

Lorraine Gewirtz - Program Veep

* * * * *

PROGRAM COMING ATTRACTIONS

- MARCH: AUCTION - bring your excess bike valuables -- it's time for spring cleanup!
- APRIL: GEAR & TENANNAH LAKE with Bob Herzfelder & friends
- MAY/JUNE: ROLAND GEIST, author of "Bicycle People"
- MAY/JUNE: "CYCLING THROUGH CUBA", AYH's Elliot Winick

Interested in cycling and sightseeing in D.C. this April? We suggest you register early. Trip will be limited to 25 people and is being run jointly with the Appalachian Mountain Club - Bicycle Committee. Trip includes a visit to the White House, biking through Rock Creek Park to the National Zoological Society for a look at the Giant Chinese Pandas, biking to Mt. Vernon with a stop at Arlington National Cemetery, meeting with D.C. (L.A.W.) cyclists, a Saturday evening performance at the Kennedy Center and a stop at the Smithsonian. We're also planning to have dinner at the noted Blackie's House of Beef. Special discount rate of \$55 each will include passenger/bike transport via Amtrak, 2 overnights at the Franklin Park Hotel (International Youth Hostel) and theater ticket. Food costs are estimated at \$15 additional (including Blackie's). Registration deadline is March 7th. Don't be shut out. Deposits must be sent early to insure good room accommodations, train seats, and theater tickets. For registration/information send check for \$55 payable to Lorraine Gewirtz and include a self-addressed stamped envelope.

Leaders: Lorraine Gewirtz, 406 East 64th St., New York, NY 10021

Co-Leader: Sherman Cohen, 1245 Ave. X, B'klyn, NY 11235 (212) 332-1990 eves.

* * * * *

CYCLING IN HOLLAND

At the January Club Meeting, Frank Behrendt, Director of International Bicycle Tours presented a lively account of cycling in his native Holland. His talk was illustrated by beautiful slides, many of the interesting city of Amsterdam.

His 16-day trip thru Holland starts June 21 thru July 6, and repeats September 6 thru September 21. We will have more information about reservations in the next bulletin. The trip cost is \$750 per person.

* * * * *

INVITATION

The Bicycle Committee (David Stone, Chairman 982-9714) of the Appalachian Mountain Club (AMC) extends a cordial invitation to NYCC members to attend their cocktail party and dance on March 28 at 6:00 P.M. at the DownBeat Restaurant, 380 Lexington Avenue at 42nd St. Price will include hot hors d'oeuvres. AMC members and guest card holders \$2.50, guests \$3.00. Drinks at bar prices.



Rides For The Month



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

MAIL YOUR RIDE INFORMATION TO V.P.-RIDES BY 20 FEB FOR NEXT MARCH BULLETIN PERIOD
ENDING 8 APRIL. FOR ADVANCED PLANNING REFER TO RIDE PREVIEWS TO MINIMIZE CONFLICT OF DA-
 TES WITH OTHER EVENTS. HOWEVER IT'S LEAST LIKELY TO OCCUR BETWEEN C AND A RIDES AS DIS-
 TANCE WARRANTS DIFFERENT STARTING TIMES.

SUNDAY - CONNECTICUT CONNECTION ROLLING 60 MILES "B". LEADER, GARY KRZYNOWEK. MEET 8:30
 18 FEB A.M. TO RIDE 9:00 FROM FORDHAM RD. & GRAND CONCOURSE, BRONX. RIDE SUBJECT TO
 CANCELLATION IF TEMPERATURE IS 25 OR UNDER, WIND 10 MPH OR GREATER, ROAD SLIP-
 PERY OR WET.

SUNDAY - ALL MONTH "B" RIDER PROGRAM WITH ROLLING 50 MILE LOOP. LEADER, LEW BOBACK. MEET
 9:30 A.M. TO RIDE 10:00 FROM MILKMAID DINER. NO TEMPERATURE LIMIT. MORE INFO
 DAY = (212) 298-1800, NITE = (914) 337-9460.

REGULAR RIDES - LEADERLESS

1 CENTRAL PARK	10:00 A.M. SAT & SUN FROM BOATHOUSE
2 BEDFORD VILLAGE	10:00 " SUN " FIREHOUSE
3 WESTCHESTER	9:30 " SAT " MILKMAID DINER
4 ROSLYN L.I.	10:00 " SAT SUN " I.U. WILLETS SCHOOL
5 BRIDGEHAMPTON L.I. EAST	10:00 " SUN " SOPORIFIC BIKE SHOP, RT 27

DIRECTIONS TO ABOVE

1 EAST DRIVE @ 76TH STREET.
 2 ROUTE 684 TO EXIT 4, WEST ON RT 172, THEN LEFT ON RT 22 NORTH TO VILLAGE GREEN.
 3 MAMARONECK & ROSEDALE AVENUES IN WHITE PLAINS (PARK AT BANK'S LOT)
 4 1 MILE SOUTH OF LIE EXIT 39 OVER GUINEA WOODS ROAD
 5 MONTAUK HWY IS RT 27 ON SOUTH SHORE

RIDE RESULTS		TRIP MILES		RIDERS	
DEC 24	X-MAS CAROL	(RAINED)	10	3	60
JAN 1	NEW YEAR CENTURY	"	100	6	600
" 1	" " 3/4 CENTURY	"	(75)	CANCELLED	0
" 1	M.H. MEMORIAL	"	(20)	"	0
" 7	ROCKAWAY	(SLEETH)	(25)	"	0
" 14	THAW RIDE	(RAINED)	(65)	"	0
" 21	" "	"	"	"	0
SUMMARY: 5 CANCELLED, 1 LEADER HAD			110	9	660

RIDE RATINGS BASED ON 5 YEARS' DATA BY JIM REX WITH THE HELP OF IRV WEISMAN

RIDE RATINGS BASED ON 5 YEARS' DATA																									BY JIM REA WITH THE HELP OF TRV WEISMAN										***										
LEADER	TRAINER - CRUISER										*						**						***						****						*****						***				
RIDE	D					C					B					A					A+										AA					AA+					AAA				
TERRAIN	FLAT										ROLLING										HILLY																								
MILAGE	10	15	20	25	30	35	40	45	50	60	70	80	90	100	125	150	175	200	225	250	275	300	325																						
S "D"=	6-5 MPH																																												
P "C"=	10-7 MPH																																												
E "B"=											13-11 MPH																																		
E "A"=																					17-14 MPH																								
B "A"=	24	23	22	21	20		19				18	17		16	15		14		13	12	11		10	MPH	?																				

RIDES PREVIEW		D	C	B	A	FROM
MAR	24	BYWAYS AND BIKEWAYS	25			Bx
APR	7	WASHINGTON D.C. CHERRY BLOSSOM FESTIVAL	!			WDC BY TRAIN
"	8	HUDSON RIVER - PIERMONT	35			NYC - NJ
"		HUNTINGTON BAY		50		L.I.
"		RIVERHEAD (SEMI-ANNUAL)		65		L.I.-EAST
"		HALF-FAST CENTURY			100	QNS
"	22	3RD ANNUAL FIVE BOROUGH RALLY	33	58		NYC
"	28	POUND RIDGE RESERVATION				"
"	29	5TH ANNUAL CHERRYBLOSSOM RIDE	40			" - NJ
"	29	BEAR MOUNTAIN RALLY		!	100	"
"		3 WEEKS EUROPIAN BIKE TOUR (HOTELS)		50/DY		WIENA & HUNGARY
MAY		HALF-FAST DOUBLE CENTURY			200	QNS
"	12	LIBERTY PARK - ELLIS ISLAND	!			NYC
"	12	TOSRV (2 DYS EVENT)			215	OHIO
"	19	3RD ANNUAL TOES - 2 DAY EVENT		110		L.I.- EAST
"	20	ANNUAL MONTAUK CENTURY			115	QNS - TRAIN
"	26	10TH SEMI-ANNUAL TOHRV 3 DAY EVENT			405	NYC - MONTREAL
"	26	ANNUAL GEAR " " "	!	!	!	PENNSYLVANIA
"	26	8TH " 24 HR PEPSI COLA BIKE MARATHON	!	25	50	300 NYC
JUN	2	2ND " INTERNATIONAL BICYLISTS' DAY	!	!	!	"
"	11	2ND " CLUB PATCH RIDES		25	50	100 "
"	16	FULTON FERRY MUSEUM, MHTN BEACH, BKLN		!		"
"		BIKE TRAIN - STRAWBERRY FESTIVAL (5TH YR)	!	!	!	80 " - TRAIN
"		4TH ANNUAL BOSTON TWIN CENTURY 2 DY EVENT			220	QNS - TRAIN
"	24	" ALBANY RIDE			155	NYC - TRAIN
"		" DELAWARE DOUBLE CENTURY			207	DELAWARE
JUL		" NEW HOPE " METRIC CENTURY			120	NYC - NJ
"		" PHILADELPHIA DOUBLE CENTURY			209	STATEN ISLAND
"		4TH " DANBURY CENTURY			108	NYC
"		2ND IRONLES MILLENARY SERIES (10 CENTURIES/10 DYS)			1000	SUSPENDED
"	28	SANDY HOOK (WEEKEND)		!		NYC - NJ
AUG		ANNUAL ONONDAGA 24 HR TIME TRIAL			473	SYRACUSE, NY
"		TRI-STATE DOUBLE CENTURY			200	
"		RHINEBACK - HUDSON CENTURY			100	NYC
SEP		11TH SEMI-ANNUAL TOHRV & QUEBECK, 4 DYS EVENT			600	NYC - TRAIN
"		ANNUAL HI-POINT 100		25	50	100 L.I.
"		3RD " MONTAUK DOUBLE CENTURY			200	L.I.
"		PARIS-REST-PARIS 90 HR LIMIT TIME TRIAL			756	FRANCE
OCT		10TH ANNUAL CAPITOL RUN (TRAIN)			250	NYC-WDC
"		SEMI-ANNUAL RIVERHEAD RIDE		65		L.I.-EAST
"		ANNUAL FALL FOLIAGE TOUR				SUSSEX, NJ

NOTE: THE FUTURE DIAGNOSIS OF OUR RIDING SPECTRUM IS AS HEALTHY AS IN THE PAST, OUR GROWTH RATE IS MAINTAINED OVER THE PAST YEARS INSPIRE OF OUR CRITICS. THOSE WHO HAVE LEFT US DID AS BETTER RIDERS THEN, WHEN THEY JOINED IN THE FIRST PLACE.

SUPPLEMENTARY DATA

TRIP AVERAGES

MEMBERS/YEAR **	* LEADER	TRIP	MILES & RIDER	MILAGE @ RIDER & DISTANCE
1972	20	35		
1973	3 15	30	46	2580
201 1974	4 11	28	58	3188
227 1975	6 10	28	83	5414
244 1976	10 14	57	133	8382 1592 111092
223 1977	11 25	70	132	7347 1865 107161
239 1978	9 16	41	131	8931 5870 276457
				12 63
				14 56
				45 68

NEW YORK CYCLE CLUB RIDE LEADERS
(Nov 77 - Oct 78)

VICE PRESIDENT OF RIDES
1975-76-77-78

CLUB RIDES, PART I		RATING		SUBTOTALS				D & C				B				A & A+					
	RIDER	LEADER	# OF TRIPS	LEADER'S MILEAGE	# OF RIDERS	CLUB'S MILEAGE	# OF TRIPS	LEADER'S MILEAGE	# OF RIDERS	CLUB'S MILEAGE	# OF TRIPS	LEADER'S MILEAGE	# OF RIDERS	CLUB'S MILEAGE	# OF TRIPS	LEADER'S MILEAGE	# OF RIDERS	CLUB'S MILEAGE	RAINED OUT	CANCELLED	
BAUMGARTEN	BILL	A	3	130	10	555	1	15	1	15	2	115	9	540	1	170	5	850	2	7	
BERCOW	LES	A+	1	170	5	850													1	1	
BORGIDA	GEORGE	B	2	60	16	430	2	60	16	430									1	1	
CARTER	ERIC	A	3	52	22	493	3	52	22	493									1	1	
CARTER	GLORIA	A	4	82	32	793	4	82	32	793									1	1	
COOPER	BILL	A+	2	200	5	500													1	1	
DOBY	FRED	A	1	65	23	1495													1	1	
GIFFORD	HENRY	A+	1	435	16	2273													1	1	
GILES	PHIL	A	1	50	5	250													1	1	
KUHN	MARY	A	3	180	36	2040													1	1	
LONG	JIM	A	1	50	20	1000													1	1	
RADBELL	JOEL	A+	2	409	2	409													2	2	
REX	JIM	A+	-																-	10	
REYNOLDS	ANNE	B	1	34	4	136													-	-	
REYNOLDS	JIM	B	1	34	4	136													-	-	
RUBIN	HUGH	A	1	93	4	372													-	11	
SANCHEZ	FRANK	A	3	135	8	385													-	1	
SHLEIFER	MEL	A	1	75	1	75													-	-	
SHLEIFER	NORM	A	2	48	2	48													-	4	
SMITH	DAN	A+	2	160	10	880													-	9	
VICKERS	MAX	A+	8	807	34	3392													-	-	
WEISMAN	IRV	A	7	300	77	3780	1	35	14	490	6	265	63	3290	7	752	30	3172	1	-	
NYCC	TOTALS		50	3569	336	20292	13	292	87	2269	20	988	164	8707	17	2289	85	9316	9	48	
"	W/O OVERLAP		44	3368	267	17168	10	240	65	1776	17	839	117	6076	17	2289	85	9316			
OUTSTANDING SERVICE																					
1	COORDINATOR			1	WEISMAN	1	1	CARTER	G		1	WEISMAN	1	1	VICKERS	M			A		
6	**			2	VICKERS	M		2	CARTER	E		2	DOBY	F	2	GIFFORD	H		2	0	
9	*			3	KUHN	M		3	WEISMAN	I		3	KUHN & LONG		3	KUHN	M		2	5	
4	CRUISER			4	GIFFORD	H		4	BORGIDA	G		4	BAUMGARTEN	B	4	BERCOW	L		C		
2	TRAINER			5	DOBY	F		5	SHLEIFER	N		5	SANCHEZ	F	5	SMITH	D		1	2	

NOTE: MOST RIDE CANCELLATIONS OCCURRED DURING BAD WEATHER WINTER MONTHS, WHEN ONLY HARD RIDERS EXPECT EVEN TO TRY.
 "C" RIDES ARE INTENDED FOR CONDITIONING THE NOVICE CYCLISTS, REQUIRING MORE MANHOURL ATTENTION THAN THE OTHERS
 COMBINED. HENCE MORE THAN ONE LEADER ON SOME TRIPS. "B" RIDERS FARE BETTER WITH LESS PLANNING AND MORE SELF-SUFFICIENCY. THE "A" RIDER'S BETTER CRUISING RANGE CALLS FOR LESS PLANNING BUT 3 & 4 FOLD ENERGY REQUIREMENT.

JOINT RIDES, PART I

BAUMAN	STEVE	A+	****	20	1878	3897	146989	3	68	3457	92320	1	50	13	650	16	1760	427	54019	4
BERGMAN	ROGER	B	*	1	60	12	720					1	60	12	720					1
COHEN	SHERMAN	A	TRAINER	8	263	157	5485	5	140	90	2740	3	123	67	2745	1	75	14	1050	2
GALAMBOS	ANDY	A	TRAINER	10	345	421	13980	8	205	405	12800	1	65	2	130					1
GERBER	MIKE	A	CO-ORDINATOR	12	400	84	2809	8	200	57	1459	4	200	27	1350					2
GEWIRTZ	LORRAINE	A	CO-ORDINATOR	8	263	157	5485	5	140	90	2740	3	123	67	2745					1
HOFFMAN	BILL	A	CO-ORDINATOR	4	158	51	1980	1	25	22	550	4	158	51	1980					1
LUBASZKA	JOHN	A+	TRAINER	2	75	57	2300	1				1	50	35	1750	2	141	16	1127	10
RUTTEN	HARRY	A	*	4	221	22	1367					2	80	6	240	4	270	248	25296	1
SCHWARTZ	BILL	A+	**	8	353	3277	112796	4	83	3029	87500		168	47	2710					1
VEDER	DAVE	A+	*	4	201	3047	89710	1	33	3000	87000	3								1
WEISMAN	IRV	A	TRAINER	1	27	3000	81000	1	27	3000	81000									1
WOHL	VIVIAN	C	TRAINER	1	20	20	400	1	20	20	400									1
JOINT RIDE TOTAL				83	4264	14202	465021	37	941	13170	368509	23	1077	327	15020	23	2246	705	81492	18
" w/o OVERLAP				70	3771	4891	187206	28	688	4076	110689	20	952	260	12275	22	2131	555	64242	2

OUTSTANDING SERVICE: 1 BAUMAN, 2 SCHWARTZ, 3 VEDER, 4 WEISMAN, 5 GALAMBOS

NOTE: BIGGEST EVENT OF THE YEAR WAS THE "5 BOROUGH RALLY" PRE-EMPTED, EVEN RACERS JOINED IN TO REHEARSE FOR "APPLE LAP"

ASSOCIATED RIDES, PART III

BEARDS	ASHLEY	A+	**	2	150	398	34900					1	50	98	4900	1	100	300	30000	1
BOLLAG	FRANCIS	A+	*	1	115	150	17250					1				1	115	150	17250	1
BUNDAS	DAVE	A+	****	1	207	50	10350					1				1	207	50	10350	1
FARRENT	ELLEN	A	CO-ORDINATOR	6	348	3185	97455	2	58	3026	84250	2	115	47	2380	2	175	112	10825	1
GLICK	JERRY	A	*	3	175	205	13675	1	25	45	1125	1	50	69	3450	1	100	91	9100	1
JOCKEL	BONNIE	A	CO-ORDINATOR	1	63	19	1197					1	63	19	1197					1
MOFFIT	DON	A	*	2	110	136	7480					2	110	136	7480					1
ASSOCIATED TOTAL				16	1168	4143	182307	3	83	3071	85375	7	388	369	19407	6	697	703	77525	1
" w/o OVERLAP				14	1020	993	81057	2	50	71	1375	7	388	369	19407	5	582	553	60275	1

OUTSTANDING SERVICE: 1 FARRENT, 2 BEARDS, 3 BOLLAG, 4 GLICK, 5 MOFFIT

NOTE: BIGGEST EVENTS BESIDES "PEPSI COLA 24 HR MARATHON AND GEAR" WERE THE PRINCETON CENTURY, MONTAUK CENTURY, HIL-
POINT 100, FOR "ANIMALS" THE DELAWARE DOUBLE CENTURY, ONONDAGA 24 HR TIME TRIAL, LONG ISLAND DOUBLE CENTURY,
CAPTIOU RUN, BOSTON TWIN CENTURY, ALBANY 150, AND PREVIOUS YEARS INCLUDE TOHRV TO MONTREAL IN 3 DAYS.

COMBINED TOTALS I-III-III

w/o OVERLAP	128	8159	6151	285431	40	978	4212	113840	44	2179	746	37758	44	5002	1193	133833	27	50
TRIP																		
LEADER MILES	100	100	100	100	342	120	68.5	39.9	342	26.7	12J	13.2	342	61.3	19.4	46.9		
PARTICIPATION																		
CLUB MILEAGE																		

DRESSING FOR RECREATIONAL WINTER CYCLING

BILL BAUMGARTEN

In New York and environs the normal mean temperature during the coldest months ranges between 33° and 37° F. There are many sunny days when afternoon temperatures are between 25° and 45°; winds are light and pavements dry. Such days are ideal for cycling, and dress is simple.

When the temperature is above freezing I wear a sleeveless wool sweater as an undershirt beneath a long sleeved wool cycling jersey. Below the waist I wear cycling shorts, leg warmers and medium socks inside fleece-lined cycling shoes. A cycling helmet keeps my head warm. Gloves are thermal cotton-lined leather work gloves. I tie a light nylon cycling jacket around my waist to use when stopped, and for riding when the weather worsens.

When the temperature is between 32° and 25°, I replace my sleeveless sweater with a second cycling jersey. Under cycling shorts and leg warmers I wear a snug pair of wool long johns. I add a wool skier's ear band that fits around the forehead below the helmet, skier's gloves (not mitts) replace the work gloves.

Below 25° my riding is limited by cold feet. This winter I plan to try heavy socks and hope that the shoes will still fit. Topside, I put on the sleeveless sweater beneath the two cycling jerseys. Otherwise, the outfit is unchanged.

Of equal concern with keeping warm is the danger of overheating. The experienced cold season rider knows that overheating is easy when wearing multi-layered wool clothing. He makes every effort to avoid perspiring because dampness speeds chilling when off the bike or riding with the wind. To minimize the danger of overheating I prefer feeling somewhat cooler before starting a ride than I would be if dressed for a stroll. If you feel toasty warm as you prepare to mount your bike you are probably overdressed! Remove a layer. While riding be aware of your temperature. At the first sign of overheating slow down, or stop and remove your top layer.

WINTER CYCLING COMMENTS MADE AT DEC. 1978 MEETING

IRV WEISMAN, reporter

Bike: Winterize it with simonize or other good wax. Install mudguards. Avoid riding on ice-treacherous! Traction in snow is not bad even with smooth tires such as Michelin 50. Avoid extreme edge of road which has sand and salt accumulations. They will get into your bottom bracket thru the seat post hole and result in corroded and busted balls. Plug or cover the seat post hole.

Body Clothing: Thermal underwear is very popular. Some suggest Norse net underwear - a coarse weave which acts to form pockets of warm air between the skin and garments. Dress in layers which can be shed one at a time if necessary. A windbreaker which can "breathe" is recommended as the final layer. Wool sailor pants are warm; use velcro leg bands at the cuffs.

Gloves: Mittens are warmer than gloves. L.L. Bean makes a "rifle" mitten with the index finger separate. Convenient for shifting.

Feet: These are the biggest problem. Fleece lined shoes are used happily. Shoe covers are available. (Protex-Toe Co., 136 Terrace Place, Brooklyn, N.Y. 11218, Tel.: 854-0417 makes an acrylic cover). "Totes" are used by many over their regular shoes. Warm socks are a must, but shoes must not be too tight and impede circulation.

Ears: Don't forget your ears - take the pads out of your helmet if needed to fit in a stocking cap. Tape several holes shut on your helmet to cut down the draft. (Masking tape works well).

WINTER RIDING Comment by M. Shleifer -- It's probably academic at this time but a note on the Rex Winter Chart last month. Some of his choices are too cold for me. When using Chart ALWAYS assume a WIND AT LEAST 20 MPH and take into account WIND CHILL FACTOR. Below 30 degrees F if your feet fit into the same size toeclip as in Summer, the're not insulated enough. I use galoshes over shoes or boots. This season may be a wet one. I use rainchaps over regular pants,,wool sweater & cap, parka over it all. One of the most rotten riding conditions is freezing rain, try to keep dry as possible then.

Joan Marshall suggests: (1) Women's opaque panty hose (for both sexes), one or two pairs simultaneously. (2) Fur toe shoe liners (bought in dance equipment store) to keep toes warm inside shoes. (3) Little boots or plastic bags over shoes to keep feet warm.

* * * * *

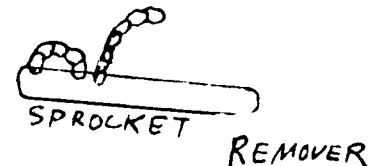
FOR SALE

Bicycle. Hetchins track frame - 20 inch. Campy cranks, pedals and chain ring. Clincher tires. Front hand brake, dropped handle bars. Contact: Toby Lemisch, 877-5513 or 877-7768

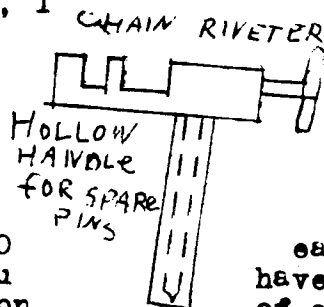
Irv's Touring Cluster - 16,19,22,27,34. Several are still available with metric threads for Peugeot bikes. Designed especially for use with 52/42, 52/40, or 52/39 chainrings. Climb hills with a smile instead of with grunts. \$15.

Long-sleeved, yellow wool jerseys - small sizes, suitable for chests up to 36". \$15. Available at next meeting, or call Irv at LO2-7298 or 650-8075.

AN ADVERTISEMENT-- After the recent low gear innundation you might want to try them. I offer two tools to make the job easier. The first is a **SPROCKET REMOVAL** tool, to unscrew the sprockets from the free-wheel block. You use two of them, to unscrew one cog against another, until all sprockets come off. I'll supply them with an **EXTRA LONG** handle if you need the extra leverage, normal length 12 inches. Price \$4.00 each for 12 inch. If you ride fixed, you use only one to change cogs on the hub. Also, if you want a special cutout at other end of lever, I can probably do it.



Once you change the chain length **TOOL** is what you **HOLLOW HANDLES**, Imagine, you are you're stranded feature! Price \$3.00 maybe later. If you \$1.00. Demonstration



the sprockets, you may have to change for it to work properly. A **CHAIN RIVET** need. I offer chain rivet tools with into which 2 spare pins can be placed. on a tour, in haste you ruin the pin; unless the pin is replaced. A convenience each with one pin, no spares at this time, have a chain tool already and want it drilled, of correct usage of chain rivet tool and

sprocket remover included. Contact Mel Shleifer at meeting or call 212-652 6176 (allow enough rings to get to phone) . ALSO WANTED-BICYCLING! JAN 1973; AMERICAN CYCLING MAR 64,65; JULY 64,65. Any other similar periodicals?

REPORT FROM THE SPECIAL COMMITTEE TO FIND A V.P.-RIDES

Lorraine Gewirtz, Jim Rex, Irv Weisman

The special committee has come up with a Rides Committee consisting initially of a V.P.-Rides and three co-ordinators for our A, B, and C rides. They are: V.P.-Rides: Ed Flowers (544-9168); A rides: Gary Krzynowek (TY3-5984); B rides: John Lorenz (833-2223); C rides : Tony Morano (373-0776).

The new Rides Committee met on Jan. 27 to start planning a program of rides for the season. In addition to the many club rides which have been developed during the past several years by different club leaders, the committee hopes to scout new rides in all categories, including some which start outside of the city. Obviously the help of club leaders is needed for all aspects of our program. And even if you have not been a club leader, the co-ordinators could probably use your help. Call the co-ordinator of your choice to volunteer your assistance.

Two training programs are being scheduled early in the season (they may not be listed in the Rides Schedule this month!). Chris Mailing, our Secretary, is anxious to get in shape for that mass self-flagellation event, TOSRV, which will be held in Ohio on May 12,13. That tour calls for 102 miles each day, part or all of which is done in the rain especially scheduled for the event. Thousands of bikers participate and more thousands are turned away each year. Can you just imagine the eating and toilet complications? So, for this madness, Chris is developing a program to get decrepit A & B riders back up to A condition by the end of April. The first two rides will be in Central Park. Then he will move on to the 25 and 50 mile marked routes, laid out by Bill Cooper and Irv Weisman last June, in northern NJ. Those of you who want to move far and fast early in the season, here is your chance to get started.

Irv is planning a more modest program to get D, C, and B riders who are in poor shape into good enough shape to do 25 miles in Central Park in 2 1/2 hours by mid-April and to move up to B level rides (45 - 60 miles) by mid-May. He cautions that his rides will be brisker this year than in the past, and with fewer stops. (There have been complaints about too frequent stopping and waiting for unprepared riders to catch up.) So start your training now and prepare yourself for a season of cycling pleasures.

Chris and Irv will start their programs on March 4, 10AM at the Central Park Boathouse, located on the East Drive, about 3 blocks north of the Fifth Ave. - 72 St. entrance. Rain, or a high probability of rain will cause these brave leaders to chicken out. So check with them on the day of the ride if there is any doubt. Chris: 879-6199, Irv: LO2-7298. Also, drop them a card now to let them know of your interest.

A final word of advice from Irv, on low gears, of course. Prepare your bike now, don't cuss the hills or the leaders later when you discover that you still really do need low gears for the NJ and Westchester hills despite your ability to ride the 110 St. hill in Central Park with your present gearing. Use the formula below to guide your choice.

Lowest Gear - for men = $\frac{1}{2}$ [110 - your age]. Ex. For age 40. L.G. = $\frac{1}{2}$ [110 - 40] = 35".

Lowest Gear - women = $\frac{1}{2}$ [100 - your age]. Ex. Age 35. L.G. = $\frac{1}{2}$ [100 - 35] = 32".

And the formula for Gear is: $27'' \times \frac{\text{No. of teeth on chainring (front)}}{\text{No. of teeth on sprocket (rear)}}$

Ex. A 52 tooth chainring and 20 tooth rear spkt: Gear = $27'' \times \frac{52}{20} = 70.2''$

SEARS, ROEBUCK & CO., (Incorporated), Cheapest Supply House on Earth, Chicago.

OUR SPECIAL \$24.95 1897 MODEL CENTS' BICYCLE.

Our Special Electric Wheel for \$24.95.

To meet a class of competition which is offering poor wheels at \$20.00 to \$40.00 we have arranged to supply this Special Electric for \$24.95. We offer the wheel in competition with all other low grade wheels, but do not feel safe in guaranteeing it. In fact, it is like all cheap wheels on the market, made to sell and not for service. If you want a cheap wheel we can furnish you this for \$24.95 with full assurance that it is as good a wheel as you can buy elsewhere at from \$20.00 to \$40.00.

It should be distinctly understood that we are under no obligations whatever, and for any defect in material or workmanship, for any breakage or accident that may occur from any cause, we are not to be held responsible.

DESCRIPTION.

FRAME is made of 1 1/4 inch tubing; 1/2 inch rear forks and stays.

HANDLE BARS are made of 1/2 inch tubing.

WHEELS are 28 inch; 28 and 36 spokes.

TIRES are single tube, pneumatic.

RIMS are wood of good quality.

HUBS are of the late tubular pattern.

SPOKES are nicked and a fair grade.

PEDALS are rat trap.

CHAIN, 1/2 inch, hardened cutters and cranks 5/8 inch.

BEARINGS, fair grade, case hardened.

TREAD, 6 inches.

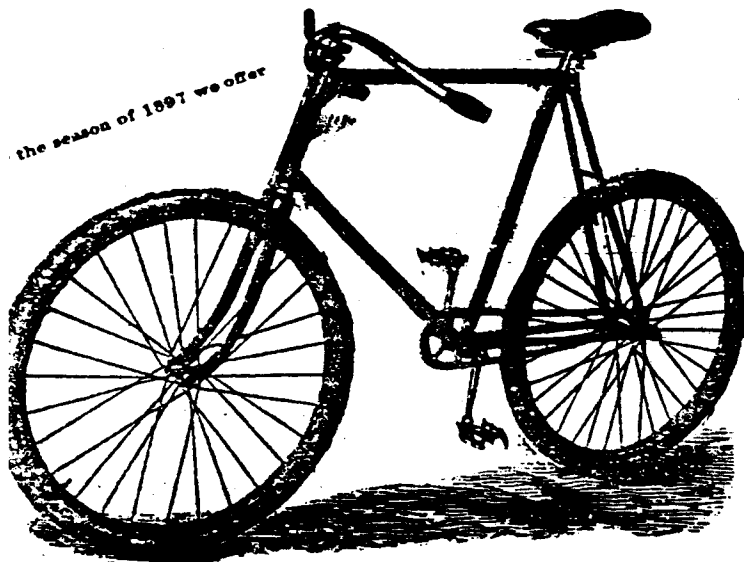
SPECKETS, nicked.

GEAR, 54, 65 or 72, as desired.

SADDLE, good fair quality, 1897 model.

WEIGHT, 28 lbs.

Each wheel furnished with tool bag complete. Furnished in black only. \$24.95 is our net cash with order price for this Special Electric wheel, and we will not send it C. O. D. subject to examination. In fact, we are not anxious to receive orders for this wheel, but feel compelled to offer it in order to meet competition which is offering the exact same wheels at various prices and under very lengthy guaranties. Do not ask us to send this wheel C. O. D., but if wanted enclose \$24.95 with your order and the wheel will be shipped to you by express at once.



TIME TO RENEW! TIME TO RENEW! TIME TO RENEW!

The dues increase was passed on the second referendum, and was reported at the last club meeting in Jan. Now is the time to renew for 1979 and thus keep the Bulletin coming to you without interruption. Early renewals will also enable us to get our club roster out early in the season. Along with your renewal check, please fill out the form below for our records. Write your name in the way that you would like it to appear in the annual roster. Thanks to those who have already paid, and thanks especially to those generous members who have made contributions to the treasury beyond the new club dues.

Membership dues are \$9/individual or \$12/ couple residing at the same address. Make checks payable to New York Cycle Club, Inc. Send them to our Treasurer:
Al Goldberg 168 Washington St. Bloomfield, NJ 07003

* * * IMPORTANT MESSAGE FROM CIRCULATION MANAGER * * * * *

The Bylaws state that you'll be dropped from the club if you're not renewed by Feb. membership meeting (see Dec referendum). In previous years some people let their membership lapse, then rejoined in the warmer months. If you're one of these people, here's why you should renew NOW, not later.

1. You won't miss any bulletins, which may have items of interest (rides, tips of sorts; etc).
2. This year we have a mild winter, warm weather could be anytime. You might miss an early start this season.
3. It's a nuisance for me to delete someone only to reinstate that name. Instead of looking for names to delete and then put back, I could be riding, or improving my bike etc.
4. If your name has a RED CIRCLE (below) this is your last issue. Charlie PRESS let us know you're alive and well. Other CLUBS let me know you're still there.

EDITOR'S NOTE: DEADLINE FOR ALL SUBMISSIONS FOR THE MARCH BULLETIN IS:
FEBRUARY 26, 1979

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

