

January
1979

JAN 1979

New York



Cycle Club Inc.

PRESIDENT and
INFO. CONTACT

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

V.P. - RIDES

Currently Vacant

TREASURER

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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

Next Club Meeting

Tues. - Jan. 16

Rinaldo's

- Bike Touring in
Holland

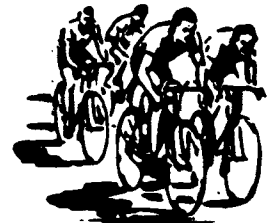
- NYCC History of
Rides 1972/1978

- Referendum on
Does Change !!!

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



Rides For The Month



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

MAIL YOUR RIDE INFORMATION TO FORMER V.P.-RIDES BY 16 JAN FOR NEXT FEBRUARY BULLETIN PERIOD ENDING 11 MARCH. FOR ADVANCED PLANNING REFER TO RIDE PREVIEWS TO MINIMIZE CONFLICT OF DATES WITH OTHER EVENTS. AFTERWARDS LET HIM KNOW ABOUT THE TURNOUT RESULTS.

SUNDAY - BRONX - ARMONK 45 MILES ROLLING "B". GARY KRZYNOWEK, LEADER. MEET 8:30 A.M. TO 28 JAN RIDE BY 9:00 FROM FORDHAM RD & GRAND CONCOURSE. RIDE DUE TO CANCELLATION IF ROAD IS WET, SLIPPERY, WIND IS 10 MPH OR MORE, TEMPERATURE 25 OR UNDER.

REGULAR RIDES - LEADERLESS

CENTRAL PARK	10:00 A.M.	SAT. & SUN.	FROM BOATHOUSE
BEDFORD VILLAGE	10:00	,, SUN.	,, FIREHOUSE
WESTCHESTER	9:15	,, SAT.	,, MILKMAID DINER
ROSLYN, L.I.	10:00	,, SAT. & SUN.	,, I.U. WILLETS SCHOOL
BRIDGEHAMPTON, L.I. EAST	10:00	,, SUN.	,, SOPORIFIC BIKE SHOP, RT 27

RIDES PREVIEW		D	C	B	A	FROM
FEB 18	CONNECTICUT CONNECTION			60		Bx
MAR 24	BYWAYS AND BIKEWAYS		25			NYC
APR 1	ELLIS ISLAND & BKLYN HGHTS		22			"
" 7	WASHINGTON D.C. CHERRY BLOSSOM FESTIVAL		!			WDC BY TRAIN
"	HUNTINGTON BAY			50		L.I.
" 8	HUDSON RIVER - PIERMONT		35			NYC - NJ
"	RIVERHEAD (SEMI ANNUAL)			65	!	LI - EAST
"	HALF-FAST CENTURY				100	QNS
"	BEAR MOUNTAIN RALLY			!	100	NYC, NJ, Wschtr
" 22	5TH ANNUAL CHERRYBLOSSOM RIDE		40			" "
"	" 5 BOROUGH RALLY		33	58		"
" 29	POUND RIDGE RESERVATION			40		"
"	3 WEEKS EUROPIAN BIKE TOUR			50/dy		WIENA BY PLANE
MAY	HALF-FAST DOUBLE CENTURY				200	QNS
" 12	LIBERTY PK - ELLIS ISLAND		!			NYC
"	TOSRV 2 DYS EVENT				215	OHIO
" 19	TOES " " "			110		LI-EAST
" 26	3TH ANNUAL 24 HRS PEPSI COLA BIKE MARATHON		!	!	300	NYC
"	10TH SEMI-ANNUAL TOHRV 3 DYS EVENT				405	" -MONTREAL
"	GEAR ANNUAL 3 DYS EVENT		!	!	!	PA.
JUN 2	2ND " INTERNATIONAL BICYCLISTS DAY		!	!	!	NYC
" 11	2ND " CLUB PATCH RIDES		25	50	100	" - NJ
" 16	FULTON FERRY MUSEUM		!			"
JUL 28	SANDY HOOK			!		" NJ
"	PHILADELPHIA DOUBLE CENTURY (ROUNDTRIP)				209	SI
"	IRONLEG MILLENARY SERIES (10 CENTURIES/10 DYS)				1000	NYC- GA

LETS GET A RIDES CHAIRMAN!



ANNUAL RIDE TURNOUTS

BY JIM REX

JAN - DEC 1972		SUBTOTALS	=	D & C	B	A & A
LEADERS	20					
TRIPS	35					

JAN - DEC 1973						
LEADERS	30		5	16	9	
TRIPS	46		7	27	12	
" MILES	2580		185	1402	993	

NOV 73 - OCT 74						
LEADERS	28		6	11	11	
TRIPS	58		17	24	17	
" MILES	3188		467	1087	1634	

NOV 74 - OCT 75						
LEADERS	28		10	10	8	
CANCELLED	5		2	2	1	
TRIPS	83		18	40	25	
" MILES	5414		467	2043	2904	

NOV 75 - OCT 76						
LEADERS	57		15	28	14	
CANCELLED	43		13	18	12	
TRIPS	133		34	70	29	
" MILES	8382		813	3739	3830	
RIDERS	1592		310	861	421	
" MILES	111092		9217	40138	61737	

NOV 76 - OCT 77						
LEADERS	70		25	23	22	
CANCELLED	47		15	20	12	
TRIPS	132		56	44	32	
" MILES	7347		1265	1995	4087	
RIDERS	1865		578	763	524	
" MILES	107161		12702	36597	57862	

NOV 77 - OCT 78						
LEADERS	41		8	19	14	
CANCELLED	35		15	11	9	
TRIPS	131		42	38	51	
" MILES	8931		1059	1918	5954	
RIDERS	5870		4144	603	1123	
" MILES	276457		114796	34100	127561	

THE TOTAL NUMBER OF RIDERS FOR ANY GIVEN YEAR DO NOT MEAN SO MANY DIFFERENT INDIVIDUALS WHO ONLY RODE ONCE ALL YEAR, BUT A MORE REGULAR FOLLOWING BY REPEATERS.

GIVEN THE IDEAL 84 F BASIC METABOLIC RATE OF THE HUMAN BODY, TOLERANCE WILL VARY AS ONE IS FORCED TO ADJUST TO HEAT OR OFF SEASON COLD. AN "A" RIDER WILL CUT BACK TO "B" RIDES, AS THE "B" WILL TAKE THE "C" ONES, AS THE REGULAR "C" RIDER PUTS AWAY THE BIKE. EVENTUALLY THE PROCESS REPEATS ITSELF TO THE POINT THAT THE HIGHSEASON "A" RIDER MERELY TRIES TO STAY IN SHAPE WITH JUST "C" RIDES, BECAUSE EVEN THE "B" RIDERS GO HIBERNATING OR SKIING. THE PROCESS REPEATS ITSELF IN REVERSE WHEN SPRING COMES: SO LOT OF "C" RIDES OF MODERATE DISTANCE HAVE ACTUALLY BEEN PERFORMED BY "B" AND "A" RIDERS LENDING THEM FALSE CREDIT AND NEGATING THEIR OWN WITH A DOUBLE EFFECT. THOSE WHO ARE INTERESTED IN NOVICE RIDER DEVELOPMENT PROGRAMS SHOULD BEAR THIS IN MIND AS NUMBERS DO NOT TELL THE WHOLE STORY.

RIDE RESULTS		TRIP MILES	RIDERS	CLUB'S MILEAGE
NOV 26	25/3	30	12	360
DEC 3	N.J. RAMBLE	(35)	0	0
" "	ROOSEVELT ISLAND	10	5	50
" 10	BEAR MOUNTAIN	(80)	BULLETIN LATE	0
" 17	PHANTOM PARK RIDE (47MPH WIND)	16	12	192
" 24	X-MAS CAROL RIDE	(10)	RAINED OUT	0
SUMMARY: 3 CANCELLED, 2 LEADERS HAD		56	29	602

WEATHER WARE

BY JIM REX

	WINTER										SPRING & FALL										SUMMER									
TEMPERATURE F	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115						
HEAD: BARE									!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!						
COTTON CAP									!	!	!													!	!					
WOOL "	!	!	!	!	!	!	!	!																						
SKI MASK	!	!	?																											
SHIRT: SHORT								!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!
ARM WARMERS																														
LONG SLEEVE	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!														
LONG JOHN	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!														
WINDBREAKER									!	!	!																			
WOOL JACKET	!	!	!	!	!	!	!	!																						
HOODED "	!	!	!	!	!	!	!	!																						
PANTS: SHORT	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!
LEG WARMERS																														
LONG PANTS	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!														
LONG JOHN	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!														
LONG JOGGING	!	!	!	!	!	?																								
SHOES: VENTILATED								!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!
WINTER	!	!	!	!	!	!	!	!																						
BOOTIES	!	!	!	!	!	!	!	?																						
PEDAL COVERS	!	!	!	!	!	!	!	!																						
FEET: BARE																?	!	!	!	!	!	!	!	!	!	!	!	!	!	!
COTTON SOCKS						!		!				!	!	!	!	!														
WOOL "	!	!	!	!	!			!	!	!																				
" HEAVY "	!	!	!	!	!	!	!																							
PLASTIC BAGS	!	!	!	!	!	?																								
GLOVES: RIDING								!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!
LONG								!	!	!	!	!	!	!	!	!														
MITTENS	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!	!														

WIND-CHILL INDEX

Windspeed (mph)	Equivalent temperature (degrees F)							
0	50	40	30	20	10	0	-10	-20
5	48	37	27	16	6	-5	-15	-26
10	40	28	16	4	-9	-21	-33	-46
15	36	22	9	-5	-18	-36	-45	-58
20	32	18	4	-10	-25	-39	-53	-67
25	30	16	0	-15	-29	-44	-59	-74
30	28	13	-2	-18	-33	-48	-63	-79
35	27	11	-4	-20	-35	-49	-67	-82
40	26	10	-6	-21	-37	-53	-69	-85

HIGHER WINDS MAKE RIDING LESS THAN SAFE

THIS ESTIMATE IS 85-90% ACCURATE BETWEEN SUNNY AND CLOUDY DAYS NOT COUNTING WIND-CHILL, OR HARD RIDING THAT GENERATES MORE BODY HEAT. I HAD OCCASSION TO SWEAT RIDING 20+ MPH IN 9F (-13 C) WITH THE LI "ANIMALS" AS THE CONDENSATION OF MY BREATH FORMED ICICLES ON MY MUSTACHE. TO STAVE OFF SUDDEN CHILLS, I SLOW DOWN 20 MINUTES BEFORE STOPPING TO COOL OFF GRADUALLY. THIS MAY NOT BE POSSIBLE IF ONE GETS A FLAT TIRE. MY NEXT CHART WILL BE ABOUT CAMPING GEAR.

Memo To The Stockholders

The December meeting in Rinaldo's Penthouse was a real change of pace. We had a good time and lots to eat.

As President I have been presented with a petition to again bring the issue of a dues increase to the members for a vote. In the belief that the club's bylaws are being followed, I have instructed our Editor to include a new ballot in this bulletin.

Our new treasurer, Al Goldberg, has included in this issue a budget for the next fiscal year. I believe that it fairly reflects the future expenses of the club.

There are those who argue that a dues increase is not needed based upon last year's income and expenses. As a new president I did not want to bring up this always emotional issue. What I did instead is pay for all the club postage, telephone, tolls, ect. out of my own pocket. Other board members did not put in all of their expense vouchers as well. Why? To keep the Club solvent, to avoid a mid-year dues increase, and to allow a little buffer in the treasury.

Some will surely say that our expenses will grow to meet the income. I think it is about time for the income to meet the expenses.

I request that all members return their ballots as quickly as possible, so that at the January meeting we will be able to resolve the issue and get on with BICYCLING.

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CORRECTIONS & ADDITIONS TO THE ROSTER

CALLAHAN, Anne	645 Bainbridge St.	Phila., PA	19147	(215)625-0286
GEWIRTZ, Lorraine	406 East 64 St.	New York	10021	832-9073
GOLDBERG, Al	168 Washington St.	Bloomfield, NJ	07003	(201)743-7045
HOFFMAN, Bill	53 Claire Ave.	New Rochelle, NY	10804	(914)NE6-7597
KRZYNOWEK Gary	1460 Bronx River Rd.	Bronx	10472	TY3-5984
MAILING, Chris	324 East 82 St.	New York	10028	879-6199
ORENTLICHER, Connie	245 Ft. Washington Ave.	New York		928-3931
REX, Jim	1714 Putnam Ave.	Ridgewood, NY	11227	381-7180
REYNOLDS, Jim/Anne	405 Oradell Ave.	Oradell, NJ	07649	(201)262-8181
ROBERTSON, Ethel	78-20 Kneeland Ave.	Elmhurst	11373	NE9-2577
WATERS, James	68 Greenridge Ave.	White Plains	10605	(914)948-1366

Please send any additional corrections or additions for the roster to the Editor: Charlotte Hildebrandt 76 Remsen St. Brooklyn, NY 11201 875-2965.
Rosters available (for members) from Irv Weisman 70 Marble Hill Bronx 10463 (15¢)

FOR SALE - First class lively club bike, hardly used. - FOR SALE
FRAME: Jim Redcay (Lambertville, NJ) - 21", Reynolds 531 DB tubing, beautifully filed lugwork, wine color. FORK: Super Vitus.
CAMPY COMPONENTS: Headset, brakes, derailleurs, large flange hubs.
CRANKSET: Stronglight #105; 50/40 chainrings - drilled out.
WHEELS: Tubulars. Spokes tied and soldered.
COST: \$600. Call Ben Goldman (914) 631-8367(eves), or (914) 631-4824(days)

MONTHLY PROGRAM/ENTERTAINMENT

Lorraine Gewirtz
VP - Programs

What kind of program entertainment would you like at our monthly meetings? Are you interested in the technical aspects of biking? Or, are slide talks of trips your bag? Would you like to know what bike racing is about, how a magazine publisher gets his biking information together, what trips you've missed were like? Whatever your interests, please let me know. This is your club and the monthly meeting is a forum for your interests and views. And, if you have something you'd like to present or know someone who's into something that would make an interesting program, let me know that too. Our club is as exciting as we make it, each one of us.

Drop me a note, or call me (832-9073) with your suggestions. I'm looking forward to hearing from you.

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FROM NEW AMSTERDAM TO OLD AMSTERDAM

At our January 16th meeting Frank Behrendt, native of Holland and director of International Bicycle Tours will show and tell us all about his bicycle-tour offering of Holland.

Mr. Behrendt born in Amsterdam, lived in England and on an Israeli kibbutz. He has led countless biking and hiking tours through Europe and promises to take us on an exciting journey through Holland, perhaps showing us Rembrandt's House, the Anne Frank Museum, Alkmaar's cheese market. Maybe we'll even get to see Terschelling, an island created sometime between 200-300 A.D. when the North Sea invaded the land.

From Peter Minuit, credited with "purchasing" Manhattan from the Indians, to today's Park Avenue spring tulips, the Dutch have influenced our lives. Masters at rescuing land from the sea, the Dutch literally changed the shape of Manhattan, extending it from the original Pearl Street to South Street. We continue to use their expert landrill techniques to further expand our shoreline (e.g., Battery Park City).

One striking difference however, between the "Old" and "New" Amsterdams is bicycling. While we struggle to maintain cycling rights, in Holland the bicycle is a respected, legitimate and favored form of transportation with special roads and conditions. Had the bicycle been invented when the Dutch first settled here (it came 200+ years later), I believe Big Apple attitudes today would favor the non-polluting, energy-saving, two-wheeler. Our Dutch ancestors would have made certain of this.

Our guest's background includes teaching folk dancing, guitar, and magic (which, if we ask him to, he may demonstrate). Frank Behrendt promises us a pleasurable evening and we hope you will be able to join in and enjoy it with us.

Lorraine Gewirtz
VP Programs

THE DUES INCREASE

Al Goldberg

On the November elections the only issue that received a close vote was for the increase in dues from the present \$7 to \$9 per year. There was some question over the accuracy of the roster, and since the vote could have been decided by only a few ballots it is the recommendation of the Board of Directors that a new vote be taken on this one issue. A list of signatures requesting this action has been accumulated, thus satisfying a requirement that 10% of the membership approve the new vote. A ballot is printed below. Please read the directions for voting.

Reasons for the dues increase are that the club officers are no longer willing to subsidize the club for their out-of-pocket expenses for phone calls and postage, a slightly larger budget will save endless haggling by the Board of Directors over money, our new V.P. of Programs wants to be able to invite more outside speakers to our dinner-meetings, and finally, we can expect increases in costs this year for the Bulletin which is our single largest item of expense. The table below summarizes all of this.

	1978 Summary (12/78 Treas. Report) \$7 Membership	Estimated 1979 Budget \$9 Membership	1979 Increases
Income			
dues	\$1603.00	\$2060	\$457
activities	95.73	96	-
	<u>1698.73</u>	<u>2156</u>	<u>457</u>
Expenses			
Bulletin	1292.86	1420	127 (10%)
memberships	35.00	50	15
guest speakers	19.50	50	30
misc.	30.70	60	29
President	-	100	100
V.P. Rides	-	75	75
long weekends	-	25	25
	<u>1378.06</u>	<u>1780</u>	<u>401</u>
Surplus	320.67	376	55

Mail your ballot to Bill Hoffman, 53 Claire Ave., New Rochelle, N.Y. 10804 before the January 16 club meeting, or bring it to that meeting. In either case your name must appear on the ballot envelope (please print) so that it can be checked against the roster.

FROM THE VEEP'S DESK

Bob Herzfelder

By the time you read this column I will have become the "ex-veep" or to put it more formally, vice-president in charge of programs ereritus.

It has been a pleasure serving you as an officer these past three years; and I want to express my sincere thanks to those who have assisted me in the planning of the monthly programs, and also the long weekends at Pakatakan Lodge and later at Tennanah Lake.

As many of you already know Janet and I are planning to settle in Florida. We expect to be quite busy looking for a condominium there and making all of the necessary arrangements. We expect to be in Florida for a couple of months early this year during which we plan to participate in the Wheelman's Winter Rendezvous in Homestead, Fla. I recommend this event to anyone who has the time. The rendezvous runs from Sunday, March 4th until Friday, March 9th.

Starting January 1st the NYCC will have a new vice-president in charge of programs, Lorraine Gerwitz. She is well known as our #1 leader of C rides; and in the past she has been most helpful in getting some of our outstanding guest speakers. Lorraine has vast resources to tap for entertainment during the coming year. We can look forward to many interesting and exciting programs.

Elsewhere in this bulletin Lorraine will tell you what she has planned for the January meeting. Let's show a big turnout for this meeting, and start the new year with a bang (not a flat tire). This will be your first opportunity to really get to know your new administration.

Best wishes to each and everyone for the holidays and the new year.

* * * * *

COMMENTARY ON DUES - By Harry Rutton

It is almost incomprehensible to me that the request for a dues increase should have been defeated. Our Board documented the need; the increase was not excessive; and still the membership failed to support the Board. For shame...

We piss away more money on trivia and never blink an eye. God forbid our bike should need a part, or a new gee-gaw appears on the market -- out we rush to buy it. Not to support our club's needs? For shame.

To ask the VP - Rides to spend only \$5 on telephone calls is a joke. And to have the officers expend personal funds is obscene. What are the officers - our servants and our bankers?

I calculate that a NYCC ride costs me about 70¢ per ride. In this day and

COMMENTARY ON DUES (Cont'd)

By: John R. Lorenz

No, there shall not be a dues increase. Taxation without representation is tyranny. Why were the Club's by-laws withheld from our board members? Certainly not printing costs again. Yes, there are advantages to having a small or medium size club such as ours continue to flourish, but should it exist for the aggrandizement of a few? With all due respect to those who have offered ideas for expanding rides and activities, I doubt seriously that anyone would ever be able to organize an "office staff", except individually and at personal expense. Such expenses incurred in scouting, etc., should be borne by the person with the "promising idea", and not by the rest of the Club. Remember the old saying: "If you want something done right, do it yourself". If those who suggest great plans cannot follow through on their own power, then certainly they cannot be redeemed by anonymous and unwitting support from the general membership. We won't let them. Besides, true leaders derive their rewards from the personal satisfaction in seeing others have a good time. Leaders don't need "money reimbursement" as a credit to their self-worth. By bringing the issue of a dues increase proposal to the membership, embarrassment has been brought on all, both to those who recognize the reasons and those who don't. Mel Shleifer cited various examples of waste of dues money in the November bulletin, and Jim Rex hinted at desirable changes in the by-laws (quote: "til the by-laws catch up to reality in this respect"). He commendably promised to rectify this, so the board may "function as flawlessly as possible". Do you detect some flaws, now? Yes, money should be spent in accordance with the by-laws, but the by-laws should not hamper the progress of the club and its promising leaders. I ask again: why were the Club's by-laws withheld from our board members? And why can't anyone get a copy upon request?

By: Mel Shleifer

Another dues vote! The spendocrats never stop. I've made my case AGAINST a dues increase in the Nov Bulletin (Commentary by Mel Shleifer). Note also the use of SUBLIMINAL PENETRATION Technique to obtain positive votes on the cover of Nov 1978; 1979 appears. Although Irv called for a dues increase in Oct Ride Chairman article, there's no justification for it by any of his 8 points. Seven require volunteers, leaders; one needs letter writing. Did he have in mind hiring mercenary ride leaders since there are so few club ride leaders? I take a dim view of Lorraine's budget proposal to have a guest speaker every month since one of them awhile ago was disliked. Irv's TEMPER DISPLAY after the last vote leaves something to be desired, in effect blaming me for its loss because I read a bylaws paragraph. Game rules apply to everyone equally. Our club events function because - Y O U - volunteer to lead them, not because the treasury has \$2 more. Is Tom Jefferson a ride leader? In several bulletins there is a statement of Club Officers subsidizing club. If these are LEGITIMATE expenses, they should've been presented to Treasurer. Not having seen everything the proponents claim, I can't comment but IF YOU THINK IT SHOULD BE BURIED AND FINISHED; VOTE NO. A NO vote requires 2 yes votes to overcome it so don't hesitate, YOUR vote counts heavily. Should this increase pass, it means the club Dues have gone up at a higher rate of inflation than other prices. Lastly, by having the vote at this time you the membership are prevented from commenting publicly on the issue as presented here. Bylaw Art V sect 6 states, "All issues ---, must be brought to the attention of the membership in at least one issue of the Bulletin". I spoke to Bill Cooper about this, he claims it's mentioned in his Dec Stockholders Memo. I disagree because specific points the proponents make can't be dissected in time in print.

COMMENTARY ON DUES (Cont'd)

By: Ellen Stretton

My first, strong reaction to the announcement of another increase of dues was, to discontinue my membership, if it is to be carried through, for I cannot visualize any valid reasons, except the urge of NYCC to keep in step with the fashionable race for higher prices, thereby ignoring President Carter's plea for stabilization!

By: John Lubaszka

Your \$2.00 per year represents approximately \$500.00 for your Board to work with - the power of mass purchasing!" (Memo to the Stockholders - November Issue). The year-end Treasurer's Report stated a surplus for the year of \$320.67 (this can account for approximately \$1.25 of the proposed dues increase). Why not use the surplus and ask for a dues increase of only 75 cents? Dues increases are warranted if the necessary conditions can be shown in the balance sheet. Vote NO on the \$2.00 per year increase in dues. Say YES to increased accountability of current funds.

By: Jim Rex - VOTE FOR RIDING

As soon as I saw the proposed 1979 Budget (elsewhere in this issue), I was opposed to it and to the dues increase. For four years, I been busting my chops to develop a good rides program, and with the help of the many ride leaders the program is coming along, (see the summary in the rides section). But it was only last year that the Board authorized \$5.00 per month for my phone bill on club ride business even though it cost me more than that.

In November, the Board proposed a dues increase referendum for expanded 1979 activities. Irv had outlined a program of ride activities (October 1978 Bulletin) should he take over as V.P.-Rides. He felt it would cost more to do because of the additional ride coordinators he wanted for the A,B, and C rides, and for other communication expenses. When the Club didn't approve the \$2.00 increase, he felt the program wasn't worth his time and effort either. Suddenly - no V.P.-Rides for the Club.

The proposed 1979 budget only allocates \$60.00 per year for the V.P.-Rides' phone bill. Meanwhile, additional money is to go for other ideas - mainly monthly programs. I thought, "the heck with that. No dues increase for me!" Then I thought, "if no dues increase, than surely no expanded rides programs and the present program might be hampered too. But that's not what I'm trying to accomplish all these years!"

In fact, Irv, Lorraine and I are a committee to find a new V.P.-Rides and Ride Coordinators. We have candidates, but I want to be sure that they have some expense money - not like me for three years picking up the whole tab.

SO I SAY VOTE FOR THE \$2.00 DUES INCREASE. It is really peanuts as far as your bicycle expenses go. And since I'm still on the Board (Member at Large), I will speak up for a strong rides program, because that is what this Club should be all about. And we may also be able to afford an expanded bulletin from time to time to make room for a "Listening Post" column, so that members can express themselves before we get into a crisis situation.

THE LOW GEAR FORMULA EXPLAINED BY MEL SHLEIFER

In the Dec 78 NYCC bulletin Irv Weisman mentioned a formula: Lowest Gear equals $\frac{1}{2}(110 - \text{your age})$. It is derived as follows. A few years ago Irv and I were discussing Great discoveries of Physics and their chance discovery. Gravity, being present all the time, required an apple to knock Newton in order for him to come up with his physical laws. We discussed how some laws were arrived at purely by chance, the talk went to gearing. Suddenly I announced,

"(100 - age) divided by 2 equals low gear ".

Irv thought awhile and exclaimed, " YEAH"! We went thru some sample gears vs. age. The intent of the formula is (was) for a BEGINNING UNTRAINED Rider's Ultimate Low Gear to handle typical NJ- estchester terrain; how their first bike should be geared. The first

bike gearset is NEVER PROPERLY GEARED to one's physiology. That is your TEST BIKE to see where you're at, then subsequent gearsets are selected to match you better. Irv's version using 110 causes the gear to be 5 inches higher than my version using 100. Having the extra 5 in. lower may be a good safety margin especially for the older beginner. Also 100 is a very easy number to remember. The chart compares versions of the formula. Notice that

AGE	LOW GEAR USING		EXTRA EFFORT REQUIRED	
	110- age ÷ 2	100- age ÷ 2	USING 110 instead of 100	
20	45	40	1.135 or 13.5%	
30	40	35	1.142 " 14.2%	
40	35	30	1.167 " 16.7%	
50	30	25	1.20 " 20%	
60	25	20	1.25 " 25%	
65	22.5	17.5	1.285 " 28.5%	
70	20	15	1.333 " 33.3%	

more effort percentagewise is required the older the person is; when that person needs MORE mechanical aid than a younger person. Therefore I advise 100.

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At the November meeting, some people claimed that they didn't receive the November Bulletin. A public apology to those I overlooked, namely C. Orentlicher, M. Harvest, J. Lubaszka, K. Abramson, H. Gifford, A. Goldberg.

Mel Shleifer

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MORE ON WINTER CYCLING IN NEXT ISSUE OF THE BULLETIN

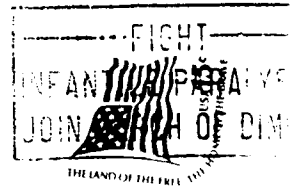
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SPECIAL NOTICE

Renewal notices are held up until the dues issue is resolved.

Contributions to the Bulletin are always welcome. Please submit your texts in typewritten form, single-spaced. Leave top and side margins of one-half inch, bottom margin of from one-half to one inch. Center your title in CAPS with author's name one-half inch below. Bring your submissions to the monthly meeting or mail no later than during week of monthly meeting. YOUR NEW EDITOR NEEDS ALL THE HELP SHE CAN GET. Thank you!

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FIRST CLASS