

July
1979

New York



Cycle Club Inc.

July 1979

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 Kryznovek
TY 3-5984
B - John Lorenz
833-2223
C - Tony Morano
373-0776

TREASURER

Leona Hollander
235 East 87th St.
New York, N.Y. 10028
(212) 427-8460

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

Flash

Queensborough
Bridge to open
July 3, 1979 for full-
time bicycle use.

Come -- for a ride
Over the bridge, and
come -- to the

Next Club Meeting
Tuesday-July 17 at

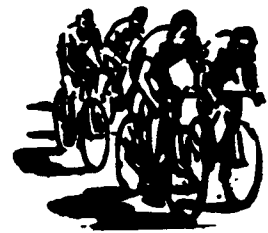
Cabana
Carioca
Restaurant

123 West 45th Street
(6th & 7th Aves.)

Program: See Page 4



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.

Sunday, JULY 15th. CENTURY PATCH RIDE TO DANBURY CONN., Meet at Fordham Road and the Grand Concourse in the Bronx at 6:30 a.m. SHARP! This is a hilly and strenuous ride of about 110 miles. You must have earned at least a 75 mile patch in 1979 to come on this ride. To earn a patch you must finish in 11 hours and have your current AYH pass with you. The lunch stop is after about 52 miles, so have a good breakfast before the ride. Bring lunch, or money for it, and YOU MUST HAVE A WATER BOTTLE. Bring necessary tools pump, and repair items, since leaders may not be riding last. Leaders will be Dave Veder and John Lubaska. AYH Ride.

SATURDAY JULY 21. SATURDAY MORNING QUICKIE. (FOR MACHO RIDERS) 50 miles B+ Chris Mailing Leader. Will cover Irv Weisman's route that was marked for a 50 mile patch ride through Bergen and Rockland Counties in 3 hours. Meet at the N.J. end of the G.W. Bridge and Hudson Terr. at 7:15 a.m. for a 7:30 a.m. start. Call Chris at 879-6199 with questions or between 6:00 a.m. and 6:30 a.m. before the ride if weather is doubtful. NYCC Ride.

Sunday
22 July

2nd ANNUAL NYCC ALL CLASS CLUB RIDE: B and C riders take the 9:00 A.M. ferry to Staten Island. A riders meet 7:30 A.M. to leave 8:00 A.M. from Grand Army Plaza at 59th St. and 5th Avenue. Bring swim suit, lock, and lunch or money for it (various deli's are available). First stop at the Conference House to regroup, then from there go to the Tottenville Pool for a swim and on to Wolf Pond Park for a club picnic lunch. Depart from Wolf Pond Park at about 1:30 P.M. for return leg of the ride. A riders will tour some of the high spots of Staten Island (The Lighthouse, Todt Hill Rd., etc.). Everybody will be back at Battery Park by 3:30 P.M. Leaders will be Gary Kryznovek (A), John Lorenz (B), Tony Morano (C), and their cohorts. Rain date is July 28th, the weekend following. NYCC ride.

SUNDAY, JULY 29. BREEZY POINT EASY C. C Ride consisting of 15 to 20 miles of flat roads to one of the coolest spots in New York City. Meet Tony Morano at 9:00 A.M. in front of the Brooklyn Savings Bank, Bay Parkway and the Belt Parkway in Brooklyn. Roll out at 9:15. Please confirm in advance 373-0776. Lock and swim suit suggested.

SUNDAY JULY 29. CROTON RESERVOIR CENTURY. 110 miles "A" ride. Chris Mailing and Bill Yao co-herds. We will meet at the boathouse at 7:45 am for a 8:00 am sharp start. This ride will follow the Hudson up to Ossining Before turning along the Croton River to the Croton Dam. We shall ride NW along the reservoir to Middle Branch Res. and return to Ossining via Lindendale, Amawalk Res., Mohansic Park and Croton Dam. Same route back to city. NYCC Ride. 749-1978 OR 879-6199 for questions.

Sunday - 50 MILES "B" TO WESTCHESTER & CONNECTICUT: Dave Veder,
5 August 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 Aug. 5. SADDLE RIVER CENTURY. 110 miles A Ride. Chris Mailing
and Bill Yao co-leaders. This ride inspired by favorable comments of
participants on the Ramapo River Ride on June 2.

On that ride, there was a 30 mile stretch
where one ran in high gear "TOSRV" Style. So the idea of this ride will
be to string together as long a stretch of such roads as possible for a
50 mile speed orgy! This ride will meet at 7:45 am at the boathouse for
a 8:00 am sharp start and will go from the G.W., TO Lake Tappan and
Lake Deforest to S.Mount.Rd. There are some spectacular views of the
Pal isades on S. Mountain Road. The ride then turns West on South Mountain
Road and S. ON E. Saddle River Rd. to Allendale. It then goes west thru
Wyckoff to Oakland and north on Ramapo River Rd, then south on West Saddle
River Rd. (yes, again)to Ridgewood. Return via Linwood, Madison and
East Clinton. NYCC Ride. 749-1978 or 879-6199.

SATURDAY AUG. 11. SATURDAY MORNING QUICKIE. See July 21 for details.

SUNDAY AUG. 12. HAUPPAGE CENTURY CYCLE AND SWIM. 100 miles "A" ride.
Gary Krzynowek leader. Meet at the Sutphin St. of the L.I.R.R. in Jamaica
Queens., at 6:00 am. 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 AUG. 19. WESTCHESTER CRUISE"90". 90 miles :A: Chris Mailing, Leader.
We will repeat the April 8 training ride #6 to Maryknoll, Kitchawan,
Goldens Bridge, Bedford Village, Mt. Kisco and Pocantico Hills. Meet at
Central park Boathouse at 7:15am for a 7:30 SHARP start. Call Chris
Mailing 879-6199 with questions or between 6:30 and 7:00am before the
ride if weather is doubtful. 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 Rose- dale & Marmaronack.
LONG ISLAND	10:00 A.M. Sat. & Sun.	from I.U. Willets School Pkg.Lot: I.U. Willets & Guinea Woods 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.



"SHARING", the Theme for July's Meeting

Lorraine Gewirtz, Program Veep

With Rinaldo's closing for vacation this month we'll dine at the incomparable Cabana Carioca in their newly renovated private dining room, with recently installed central air-conditioning. Our feast will be served family style and we'll be treated to a delicious Portuguese fare of roast pork, beef pot roast and paella (chicken & seafood with rice). The pre-inflation, unbelievable price of \$5.50 includes entre, coffee/tea and tip. Wine, beer and cocktails also available.

To enhance our communal spirit the program will also be a shared one. With the heart of the biking and vacation season upon us we can anticipate all kinds of exciting experiences and undoubtedly a few we would prefer to avoid. In order to have our biking ventures as trouble free as possible we'll share touring techniques and technologies. "Be prepared" will be our focus for the evening.

Simple and more complex cycling situations will be discussed with unique solutions proposed. For instance, how can one, though not Charles Atlas, effortlessly carry a bike up a flight of stairs. What can you do if you're streaking along doing a "Henry Gifford"* and suddenly you have to brake but the cable snaps? Or, suppose you have to cope with one inoperable pedal, a ripped tire, a cracked rim, a broken bottom bracket and you're miles from a bike shop.

For ingenious solutions to these and other potential problems and to insure a most memorable Summer of '79, join us on Tuesday, July 17th, 2 flights up at the Cabana Carioca, 123 West 45th Street (between 6-7th Aves We hope to see you there.

*Winner of 1979 PepsiCola Marathon.

PREVIFWS

Our program for August will feature Frank Hynes of the Automobile Association of America with the prize winning film, "Only One Road".

* * * * *

The Queensborough Bridge Bike Lane will open on July 3, 1979 on a trial basis. The city has noted the importance of cycling as part of the total transportation system. Usage of the lane will be monitored and all of us hope that the lane will be made extensive use of. The bridge should be entered at 59th Street and Second Avenue.

Lorraine Gewirtz

I ♥ New York, but I ♥ the Suburbs More?

by Ed B. Flowers

An increasing number of NYCC members have expressed an interest in exploring the outer reaches of the New York Metropolitan Area (Westchester, Long Island, and New Jersey) by packing their bicycles by car or van and beginning the ride from a remote location. Among those interested in doing this are Lorraine Gewirtz and John Lorenz, two of our most energetic ride organizers. Lorraine is interested in New Jersey, and John primarily in Long Island.

Perhaps now is the time for the club to rediscover the knack for getting together to pack their bicycles by car or van, even as we enter the era of scarce gasoline. The club began by cycling the remote areas, although recently, the membership has become more heavily Manhattanite, with the good sense not to own a car, and has tended to cycle to Manhattan jumping off points for rides closer to the City.

Nobody who offers a ride to a buddy and his bicycle should feel shy about asking for a pro rata share of the gasoline cost from his guests. Since cars come in large and small sizes, and gasoline prices vary along with distances travelled, there is probably no easy "fixed fee" system that would work for long, although John Lorenz is currently organizing a bike-packing coop. In a more informal vein, however, friends will continue to ride together in groups that agree on favorite areas, pace, gears, etc., etc., so sharing of gasoline cost would merely be another of these easy agreements. In practical terms, this probably means that you need to know a bicycling friend with a car that you can easily talk into a Saturday ride on Thursday evening when you've decided the weather will remain clear. To play safe, you should probably have two friends like this. Bill Knight claims that he has never gotten stuck with the gas bill with his friends (well, maybe once).

Bill also says that Alexander's offers the cheapest van rental rates. Vans are surprisingly cheap when shared four ways. Wrap your bicycle in a blanket if it bleeds or bruises.

**)

EDITOR'S NOTE: Club etiquette will not be violated if rides are offered to female members. They may also be asked for a pro-rata share of expenses.

DOG CHASING YOU? DON'T RUN.
TRY THIS → Says Mel Shleifer.

DECEMBER, 1978/MONEYSWORTH (17)

FOLKS IN BAGUIO LOVE DOGS AND EAT THEM WITH RELISH

BY FERNANDO del MUNDO

BAGUIO, PHILIPPINES—Dog lovers don't have to worry about cleaning up after canines in the mountain resort of Baguio—except for the bones, of course.

Baguio, 120 miles north of Manila, is the dog-eating capital of the Philippines. The slaughterhouse and market in the center of the city of 100,000 prominently features dogs along with pigs, goats, cows and chickens.

SEVERED HEADS

You can forget the old fable about unscrupulous chefs substituting dog for the more expensive cuts. Dog is a delicacy and as such is highly prized; it sells for about 82 cents a pound, almost twice as

much as pork.

Severed dog heads adorn the stalls in the public market to display the breeds available on a given day. Small black mongrels are a local favorite.

Many Filipinos believe dog's blood has medicinal value. Tuberculosis and asthma sufferers drink it straight, and others use it to make soup.

But Filipinos—as well as Chinese and Vietnamese—mostly eat dog because they say it tastes good.

Dogs for slaughter are sold by lowland villagers, who truck the pups up the snaking mountain highway to Baguio in lots of at least 50 at a time.

On the paw, so to speak, dogs fetch \$7 to \$14 apiece.

The slaughterhouse's "matedero" knocks each dog senseless with a bludgeon, then bleeds the canine like a pig. Fur is seared off with a flame.

OOZING FAT

Filipinos have two favorite ways of cooking dog meat—adobo and caldereta.

In adobo style, the meat is marinated in vinegar, soy sauce, garlic, pepper and citrus juice, mainly lime. It is boiled until tender, when the fat oozes out.

Caldereta is preferred by beer drinkers. This style demands the meat be cut into fairly small pieces, then sautéed with garlic, pineapple juice, tomato sauce, potato cubes and a healthy dose of small, mouth-searing green chili peppers.

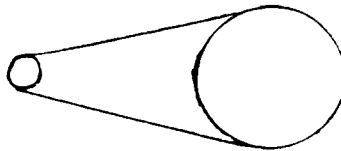
MEMBERSHIP SCREENING

by Chris Mailing

I have observed a growing controversy among certain Club members regarding the selection of gear ratios. Indeed, several cyclists have espoused varying theories on this subject in recent issues of the bulletin.

In order to maintain a healthy balance between opposing factions and to ascertain any preexisting biases in new members, I propose the administration of the following psychological test to every prospective member:

WHICH END SHOULD THE CRANKS GO ON?



The degree to which an individual's application for membership may be affected by an incorrect response (whatever that may be) remains to be determined.

Biking Togetherness

Reprint from CUE Magazine
(early June 1979)

New York City can satisfy every bike interest—from political activism to easy Sunday jaunts, bike touring, serious cycling, and competitive racing. Clubs offer the additional advantages of special discounts or buys on equipment and trips at a lower cost than for an individual. Bikers are a very friendly lot and all of the not-for-profit organizations below welcome new cyclists. Membership fees are nominal.

You don't have to be a member to go day-tripping with AMERICAN YOUTH HOSTELS (132 Spring St., 431-7100), an educational and service organization for all ages. In addition to year-round day and weekend trips, AYH offers an outstanding program for teens and adults of more than 150 national and international summer trips, 1-10 weeks in length. Among other services for bike enthusiasts are workshops on bike repair, a class on buying and fitting a bike, advice on planning your own trip, and travel information for low-cost transportation and accommodations. AYH's excellent and reasonably priced outdoor equipment store sells bike parts and accessories (but not bikes). Activities are listed in a monthly newsletter. This year AYH's annual Five Boro Bike Ride, sponsored by Citibank, attracted 10,000 riders.

The bike committee of the APPALACHIAN MOUNTAIN CLUB serves

about 200 active cyclists in the New York chapter of this national group. Members can choose from more than 15 rides per month, 5-60 miles long, with selections for hardy riders as well as beginners. Many of the rides start at bike rental shops to entice new bikeless riders. Membership includes year-round outings, excursions, and social events. Contact Marion Bahensky, 87 Barrow St., NYC 10014.

"Getting to work is half the fun," says BICYCLE COMMUTERS OF NEW YORK, a new political organization which is mainly education and publication oriented. BCNY has sponsored rallies, demonstrations, and advertising campaigns aimed at promoting and improving bike commuting in New York and has gathered information on bike parking systems for distribution to building managers, employers, and garage operators to encourage more secure parking for bike commuters. Membership supports these educational activities. Contact Jim Smith, 5 Beekman St., Room 404, NYC 10038, 732-8552.

A national organization of over 13,000 cyclists, the LEAGUE OF AMERICAN WHEELMEN is the leading advocacy group on the federal level, and has a representative in each Congressional district to mobilize area cyclists. Membership in this century-old organization offers the L.A.W.

monthly magazine with national calendar and news, and large countrywide rallies, tours, and educational programs for cycling. Rides are planned in New York City by L.A.W. affiliated groups—the New York Cycle Club and Transportation Alternatives. Write to League of American Wheelmen, 19 South Bothwell, Palatine, Ill. 60067.

Founded over 25 years ago, the NEW YORK CYCLE CLUB includes over 250 men and women. The 6 to 7 rides offered each weekend range from 25 to 100 miles and vary in difficulty. The club's emphasis is on day and weekend touring, physical fitness, and increasing bicycle skills and enjoyment. NYCC has a monthly newsletter and dinner meetings with guest speakers. Contact Bill Cooper, 183 Wyckoff St., Brooklyn 11217.

Since 1973 TRANSPORTATION ALTERNATIVES has concentrated most of its efforts on working to "create an environment where cyclists can encourage cyclists to ride for transportation." In addition to consciousness-raising events and political activism, TA plans recreational rides for its members, ranging from 5 to 100 miles. Membership includes a newsletter and monthly get-togethers (open to the public) with speakers on a variety of bike-related topics. Call 874-2862 or write c/o Kopel, 350 Central Park West, NYC 10025.

components. Bicycles, though priced differently, may be almost identical because they are made from the same "ingredients," so compare components, not brand names. Many American manufacturers still treat the bicycle as a toy, which is why you'll find imported bikes dominating the better adult bike market.

Parking in the City

The best lock for your bike is your eye. But, of course, such constant companionship is not always possible. A good cable (at least 3/8" thick) will deter thieves, but a cheap lock is easy prey to a thief with a boltcutter in his gym bag. The manufacturers of two high-security locks on the market, the Citadel lock and the Kryptonite lock (about \$22-\$25), are so confident of their locks' ability to resist a thief's boltcutters or hacksaw that they offer a one-year guarantee.

It is better to lock your bike in a visible place than a deserted or dark alley. Bike racks, when available, help insure safety because other owners also have an eye on the rack. If you use a chain, don't hook it around a short sign or meter—the whole bike can be lifted over it. You might wish to register your

bike with the police. Many bikes recovered after theft are not returned because owners don't claim them.

Three municipal garages in Manhattan now offer free bike parking at racks set up in full view of the attendants (in midtown at Eighth Ave. and 53 St., at Delancey and Essex St. garage, and downtown at the Police Plaza garage behind the Municipal Bldg.).

Safe City Cycling

Cyclists are subject to all vehicle traffic laws and regulations. Keep to the right, *with* traffic, except on one-way streets where you should ride on the left, to avoid buses. Watch out for parallel sewer grates, potholes, broken glass, double-parked cars, opening car doors. Be visible—wear bright clothing or sport a cycling flag. At night, the law requires a white headlight, red rear reflector, and side reflectors. Reflective leg bands or vest are also recommended. A new product on the market is a type of reflective trim or whole garment that looks like regular fabric by daylight, but glows brilliantly after dark. City law also requires a bell or horn (whistles are illegal). Trouser clips will keep cuffs clear of the bike

chain. A helmet is a wise investment for your protection and visibility.

Bike Stores

Almost all of the bike stores in the city also rent 3-speeds by the hour or day. For 10-speed rentals go to Bicycle Renaissance (below) or Pedal Pusher (also excellent for repairs and bike riding lessons), 328 E. 66 St., 879-0740. Some of the better-known shops: Angelo's Bicycle Service, 487 Columbus Ave., 662-2525; Bicycle Habitat, 244 Lafayette, 431-3315; Bicycle Renaissance, 505 Columbus Ave., 724-2350; Canal Street Bicycles, 131 Canal St., 966-4810; Conrad's, 232 E. 47 St., 753-0092 (Specializes in top-line equipment); 14th Street Bicycles, 351 E. 14 St., 228-4344; Frank's Bike Shop, 553 Grand St., 533-6332; Gene's Discount Bicycles, 300 E. 77 St., 249-9218; Stuyvesant Bicycle, 349 W. 14 St., 675-2161; Toga Bike Shop, 229 Ave. B, 777-9045 (Known for racing bikes)

✓ Wise Words

Having always had (a) mild mania for flying, I was much impressed a few years ago when someone said to me: "If you want to come as near flying as we are likely in this generation, learn to ride a pneumatic bicycle." Then I began for the first time to take a serious interest in the bicycle upon which my eldest boy was so fond of scurrying around the country; and today I am only too willing to say all that I can in its favor.



Correct Position—Man.

When one begins to tell why the bicycle is one of the great inventions of the century, it is hard to begin, because there is so much to say. A bicycle is better than a horse to ninety-nine men and women out of a hundred, because it costs almost nothing to keep, and it is never tired. It will take one three times as far as a horse in the same number of days or weeks. In touring with a bicycle I can make fifty miles a day as comfortably as twenty miles on foot, and I can carry all the clothing I need, besides a camera and other traps. The exercise is as invigorating as walking, or more so, with

the great advantage that you can get over uninteresting tracts of country twice as fast as on foot. In fact, as any bicyclist knows, walking seems intolerably slow after the wheel; even easy-going tourists, with women in the party, can make forty miles a day and find it play.

Perhaps even greater and more important than its use as a touring machine is the bicycle as an everyday help to mechanics, factory hands, clerks, and all people who live in or near small towns. Thanks to this modern wonder, they can live several miles away from their work, thus getting cheaper rents and better surroundings for their children; they can save car fares and get healthful exercise. For the unfortunate dwellers of the cities it offers recreation after working hours and induces thousands who would never walk to get out into the air and find out for themselves that life without out-door exercise is not living. - Philip J. Hubert, Jr. from Scribner's Magazine, June 1895.

Reprint from LAW Membership Scoreboard -
Courtesy of Irv Weisman.

ENTHUSIASM

An endearing quality, an asset, a virtue, a must for leadership! Marty Greggo of Youngstown, Ohio has it and then some! For what? We never found out for what NOT, during the week we spent with him and his wife at GEAR '79.

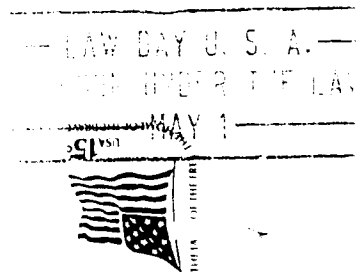
Marty is a big man. When he talked about his bicycle club, the OUTSPOKIN' WHEELMEN of Youngstown, he appeared even bigger. We were caught in the grip of his enthusiasm and it felt good.

Two days after we were home we received a piece of mail from Marty. It was a large picture poster announcement for the OUTSPOKIN' WHEELMEN'S upcoming Creek Park Tour Weekend. There was a detailed map and all sorts of information. Marty's name wasn't even on the piece!

This is our "Tribute to Marty" page. We'll send him a copy!

Charlotte Hillebrandt

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



FIRST CLASS