

March  
1979

# New York



# Cycle Club Inc.

March 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

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

- *The Rites of Spring --  
Rides, Rides, Rides.*
- *SPOKESONG --  
Bikes on Broadway Stage.*
- *5-Boro Bike Ride --  
April 22 -- Marshals  
and Helpers wanted.*

*Next Club Meeting  
Tuesday - Mar. 26  
Rinaldo's*

*Program: Club Auction  
6 PM - Rinaldo's  
Restaurant  
32 E. 32 St. (betw. Park  
and Mad.)*

## SPRING AUCTION

Lorraine Gewirtz, Program Veep

Come one, come all and recycle your cyclables at our March 20th meeting. Bring in your unwanted new or re-usable bike equipment and related items. We'll help you with your spring cleaning by finding buyers who crave your white elephants. All you have to do is tag each item with its name, your name, minimum acceptable bid, and note any peculiarity your gizzmo may have. If there's something special about the item note that too. Be specific, we don't want to "put one over" on our fellow bikers.

If you have salable equipment, like a bike, that you prefer not to bring in, write a brief description, give your name (this time include your address, telephone number and when you can be reached) all on a 3 x 5 card legibly printed and we'll announce your offering. (If you can't make the meeting mail this information to the writer at 406 E. 64th St., NYC 10021, for presentation.)

Last month's meeting, which featured the fantastic duo of Mike Fraysse and Dave Moulton, was terrific. If you missed it don't compound the loss by missing the Spring Auction. We're promised a fun-filled evening of biking bargains auctioned by the notorious, low-gearist, "Upright Irv". Join us and profit by your (and others) dust collectors while sharing in biking comradeship!

\* \* \* \* \*

### RACING CYCLISTS COME TO THE NYCC FOR AN EVENING

By Chris Mailing

## ***Renew - Renew - Renew !***

At the March 20th general membership meeting, the Club was privileged to have Mike Fraysse of the United States Cycling Federation and the United States Olympic Committee and Dave Moulton of frame building fame from Worcester, England.

Mike Fraysse talked of his family and personal background in bicycle racing, the relationship between racing and touring cyclists and the directions being taken by the U.S.C.F. toward further popularizing the sport in this country. He then answered questions about racing, ranging from equipment and clothing to training for competition. Club members were invited to take a tour of his cycling shop, Park Cycle in Ridgely Park, New Jersey, featuring a demonstration of custom frame building by Mr. Moulton.

Dave Moulton then took the podium and, in spite of a troublesome dry throat, added his own pointers on clothing and patiently answered all questions, on frame structure and design.

Lorraine Gewirtz received many compliments for her efforts in putting together the program. She announced that she will organize a group ride to Ridgely Park to take Mr. Fraysse up on his invitation.

\* \* \* \* \*

### **REMINDER: SPRING WEEKEND IN WASHINGTON, D.C., APRIL 27-29TH**

See writeup in last month's bulletin. Last call for registrations. Send check for \$55 payable to Lorraine Gewirtz, 406 East 64th St. New York, N.Y. 10021. Include self-addressed stamped envelope.

BOARD OF DIRECTORS MEETING 1/10/79

SUMMARY OF MINUTES (APPROVED)

By Chris Mailing, Secretary

1. The Board voted to ask Bill Knight, as Member at Large, to represent the N.Y.C.C. at an organizational meeting of a coalition of New York area cycling clubs.
2. The Board voted to allow leaders' expenses on weekend trips to be covered by the fees charged ride participants. It is hoped that this action will encourage more members to lead weekend rides.
3. The appointment of Ed Flowers as Vice President and Chairman of a new Rides Committee, also consisting of Gary Kryznovek (A rides), John Lorenz (B rides), and Tony Morano (C rides), was unanimously approved by the Board.
4. Suggestions are solicited on the following issues:
  - a) a new N.Y.C.C. logo and letterhead;
  - b) a new Manhattan restaraunt for club meetings;
  - c) an informative pamphlet for distribution to potential members.
5. Next Board meeting will be on February 14th, 1979.

Complete copies of approved minutes are available upon request from Chris Mailing, Secretary, after the following Board meeting.

*The Time is Now!*

BOARD OF DIRECTORS MEETING 2/14/79

SUMMARY OF MINUTES (UNAPPROVED)

By Chris Mailing, Secretary

- 1.) The Rides Committee is considering sponsorship of a 1979 patch ride similar to last year's. Volunteers and those with ideas should contact Ed Flowers, V.P. of Rides.
- 2.) Any members interested in touring Holland with International Bicycle Tours should contact the Rides Committee. A group of 15 riders will qualify for discounted rates.
- 3.) The March general membership meeting, to be held March 20th, will be followed by an open auction. Contact Lorraine Gewirtz, V.P. of Programs for details.
- 4.) A By-Laws Review Committee will be formed at the next Board meeting.
- 5.) The Club needs a volunteer to coordinate printing and sales of Club Tshirts.
- 6.) Next Board meeting will be held on March 14th, 1979.

Complete copies of approved minutes are available upon request from Chris Mailing, Secretary, after the following Board meeting.



## 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 V.P.-rides by Mar. 20th if you have not already handed it to the appropriate A, B, or C rides coordinator on the meeting date to get rides listed for April 15th-May 15th. Make your contact by mail or by phone, or no later than at the monthly meeting in person. For advanced planning refer to RIDE PREVIEWS to minimize conflict of dates with other events. If there's a ride you'd like to lead, see your coordinator.

Sunday - WEISMAN TRAINING RIDE SERIES, #3: 25 miles in 3 hrs.  
18 Mar Upright Irv leader. We will go 4 times around Central Park. The riders will try to keep together. The ride starts at the Central Park Boathouse\* at 10:00 A.M. Rain, or a high probability of rain will cause the brave leader to chicken out, so check with him on the day of the ride if there is any doubt. These rides are to get D.C. riders and B riders into good enough shape to do 25 miles in Central Park in 2½ hours by mid-April. home: L02-7298; work: 650-8075. NYCC ride.

Sunday - MAILING TRAINING RIDE SERIES, #3: Chris Mailing  
18 Mar leader. Departs at 9:00 A.M. from Central Park Boathouse\* then goes 47 miles to George Washington Bridge, Northern New Jersey and Rockland County, and return. Food stop in Park Ridge, N.J. These rides will start at the Central Park Boathouse\*. All participants should stay together, and plan on an 11 to 13 mph pace including stops. Rides may be cancelled due to cold (below 30°F) or rainy weather. Call leader ½ to 1 hour prior to scheduled departure time for verification, if in doubt. These rides are intended for last year's A riders who are out of condition after the winter break, and thus the emphasis will be on conditioning and endurance by increasing mileage without concern for speed, which can be developed later. NYCC ride. 876-6199.

Saturday- SPRING FEVER RIDE: 90 miles. Gary Krzynowek leader.  
24 Mar. Meet at 6:30 A.M. at Fordham Road and the Grand Concourse. This is a relaxing "A" ride to Bear Mountain. We will ride along the Hudson River taking in the view. Bring money for lunch or bring your own. NYCC ride. TY 3-5984.



- Saturday - BYWAYS & BIKEWAYS: 25 miles "C". Lorraine Gewirtz  
24 Mar and Sherman Cohen, co-leaders. Meet 9:30 A.M.  
5th Ave. & 72nd St. Begin the Spring biking season  
with a bird's eye view of the city from the World  
Trade Center's observation roof. Then, cycle on  
bike paths and lanes exploring Manhattan's eastside,  
westside and all around our town from Battery  
Park City and South Street to Riverside Drive  
Park and the East River Park. Bring bike lock,  
spare innertube, lunch or \$ and \$ for World Trade  
Center. Cancelled if rain or below 32°. Joint AMC  
ride. (212)832-9073.
- Sunday - BRONX TO BRIARCLIFF MANOR: 50 miles "B". Dave  
25 Mar Veder leader. Meet at 9:30 A.M. at Fordham Road  
and the Grand Concourse in the Bronx. Ride starts  
at 10 A.M. sharp. Rolling country with some medium  
hills. Bring necessary tools and repair items since  
leader may not be riding last. Maps will be pro-  
vided. Ride will be cancelled if temp. is below  
32° or wind exceeds 10 mph or there is a probability  
of rain or snow. Joint AYH ride. 379-0569.
- Sunday - WEISMAN TRAINING RIDE SERIES, #4: 25 miles in 3  
25 Mar minus hours. Irv Weisman leader. Same meeting  
time and place as Mar. 18th ride listed above.  
LO 2-7298; 650-8075. NYCC ride.
- Sunday - MAILING TRAINING RIDE SERIES, #4: Chris Mailing  
25 Mar leader. Departs at 9:00 A.M. from the Central  
Park Boathouse\*, then 60 miles to Geo. Washington  
Bridge, Northern New Jersey and  
Rockland County, and return. Food stop in Germonds,  
N.Y. (and Demarest, N.J. upon request). NYCC ride.  
897-6199.
- Sunday - WEISMAN TRAINING RIDE SERIES, #5: (Upright) Irv  
1 Apr. Weisman leader. 25 miles in 2½ hours (maybe).  
Same meeting time and place as Mar. 18th ride  
listed above. NYCC ride. LO 2-7298; 650-8075.
- Sunday - MAILING TRAINING RIDE SERIES, #5: Chris Mailing  
1 Apr leader. Departs at 8:00 A.M. from the Central  
Park Boathouse\*, then 75 miles to Whitehall Corners  
and return via Manor House Square, Sleepy Hollow,  
Maryknoll, Kitchawan, Mt. Kisco, Pleasantville  
and Pocantico Hills. Food stops at Maryknoll,  
Whitehall (and Tarrytown upon request). NYCC ride.  
897-6199.

(Cancelled)

*Important Message - Page 11.*

- Sunday - APRIL FOOL'S TOUR: 55 miles "B-". John Lorenz  
1 Apr leader. Lloyd Neck to Eaton's Neck, Suffolk  
County. Tourists only. Meet at Elm Street  
municipal lot, one block south of 25 A, on  
Route 110, at 9:30 A.M. Visits to natural and  
historic sights. Return to arrive back before  
sunset. Cancelled at 50% chance of rain or 25  
mph winds. NYCC ride. 833-2223.
- Sunday - MAILING TRAINING RIDE SERIES, #6: Chris Mailing  
8 Apr leader, Departs at 8:00 A.M. from the Central  
Park Boathouse\*, then 90 miles to Goldens Bridge  
and return via Manor House Square, Sleepy Hollow,  
Maryknoll, Kitchawan, Cross River, Bedford,  
Pleasantville and Pocantico Hills. Food stops  
at Maryknoll, Whitehall Corners and Mt. Kisco.  
NYCC ride. 897-6199.
- Sunday - THE HUDSON RIVER SCENIC ROUTE TO PIERMONT  
15 Apr (Weisman Training Ride Series, #6): 38 miles C+.  
Upright Irv leader. Meet at 8:30 A.M. at Grant's  
Tomb or 9:00 A.M. at Geo. Washington Bridge  
(178th St. and Fort Washington Ave.) Last chance  
to enjoy this beautiful river road before it  
reopens to autos. Warning--it has several long  
hills. We'll have lunch in a converted garage  
luncheonette in Piermont. Return by 3:30 P.M.  
NYCC ride. LO 2-7298; 650-8075.

*Don't Delay it! -- See Page 11.*

#### REGULAR RIDES -- LEADERLESS

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

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

PLEASE NOTE: Ride writeups should be submitted by mail to the ride coordinators as  
follows: A-Rides to: Gary Kryznovek, 1460 Bronx River Road, Bronx, N.Y. 10472;  
B-Rides to: John Lorenz, 459-100 St., Brooklyn, NY 11224  
C-Rides to: Tony Morano, 93 Bay 23 St., Brooklyn, NY 11224

#### NYCC CLASSIFIED

Summer shares available in terrific house in cool woods of Katonah, NY - July and  
August. Excellent for cycling, jogging, nearby pool, tennis courts, outdoor music  
festivl. Rate very reasonable, must commit soon. Call evenings: (212) 473-1729.

RIDE PREVIEW		D	C	B	A	FROM
APR	15	HALF-FAST CENTURY				100 QNS
"	22	CANTIAGUE-CAUMSETT STATE PARK (TENTATIVE)				35 L.I.
"	22	3RD ANNUAL FIVE BOROUGH RALLY				33 58 NYC
"	27	WASHINGTON D.C. CHERRY BLOSSOM FESTIVAL				!
"	29	5TH ANNUAL CHERRY BLOSSOM RIDE				40 " TRAIN TO D.C.
"	29	BEAR MOUNTAIN RALLY (TENTATIVE)				" " " N.J.
"	29	TH SEMI-ANNUAL RIVERHEAD METRIC CENTURY				100 "
MAY		3 WEEKS EUROPIAN TOUR (HOTELS)				65 L.I.-EAST
"	5	NATURALIST TOUR OF SUFFOLK				50/8Y WIENA-HUNGARY
"	5	MINI BIKE TRAIN # 1				33 L.I.
"	5	DELAWARE WATER GAP				! " -EAST
"	6	3RD ANNUAL ALLAMUCHY RIDE				60 N.J.
"	12	ELLIS ISLAND				40 70 "
"	12	BERGEN-PASSAIC LAKE TOUR				! NYC
"	12	HALF-FAST DOUBLE CENTURY				29 50 N.J.
"	12	TH TOSRV TWO DAYS EVENT				200 QNS
"	19	4TH ANNUAL TOES TWO DAYS EVENT				210 COLUMBUS, OHIO
"	20	ARBORETUM RIDE				110 L.I.-EAST
"	20	TH ANNUAL MONTAUK CENTURY				35 L.I.
"	26	8TH " PEPSI COLA 24 HRS BIKE MARATHON				115 QNS -TRAIN
"	26	10TH SEMI-ANNUAL TOHRV 3 DAYS EVENT				25 50 300 NYC
"	26	15TH GEAR " " "				405 " -MONTREAL
JUN	2	2ND ANNUAL BICYCLISTS DAY				25 50 100 HARRISONBURG, VA
"	11	2ND " CLUB PATCH RIDE				! ! ! NYC
"	16	FRUIT PICKER RIDE				25 50 100 " - N.J.
"	16	5TH ANNUAL STRAWBERRY FESTIVAL BY BIKE TRAIN				40 L.I.
"	16	4TH " BOSTON TWIN CENTURY				! ! ! " -EAST
"	16	FULTON FERRY MUSEUM, MANHATTAN BEACH				! QNS
"	24	4TH ANNUAL ALBANY RIDE				! NYC
"	24	PASSAIC TOUR				150 " -TRAIN
"	24	PORT JEFFERSON HILLY METRIC CENTURY				39 "
"	29	MILLERSVILLE WEEKEND TOUR, 3DYS				! 65 LI-EAST
"		TH ANNUAL DELAWARE DOUBLE CENTURY				! NYC-PA
"	30	MINI BIKE TRAIN # 2				207 NEWARK, DEL
JUL	8	TOUR OF MORRIS COUNTY				! ! L.I.-EAST
"		TH ANNUAL NEW HOPE DOUBLE METRIC CENTURY				30 N.J.
"		4TH " PHILADELPHIA DOUBLE CENTURY				120 " -PA
"		4TH " DANBURY CENTURY				209 S.I.
"		2ND IRONLES MILLENARY SERIES, TENTATIVE 10DYS EVENT				108 NYC
"		3 A.M. RIDE				1000 " -GA
"	14	MINI BIKE TRAIN # 3				! ! ! "
"	28	" " " # 4				! ! ! L.I.-EAST
"	28	SANDY HOOK WEEKEND				! ! ! " "
"	29	4TH ANNUAL PRINCETON CENTURY & HALF				! ! ! N.J.
AUG	5	ROAD RALLY				50 100 "
"		TH ONONDAGA 24 HRS TIME TRIAL				! ! L.I.
"		TRI STATE DOUBLE CENTURY				473 SYRACUSE, NY
"		RHINEBACK-HUDSON CENTURY (TENTATIVE)				200 CONN
"	18	TH ANNUAL BIG BIKE TRAIN & POLISH FESTIVAL				120 NYC
SEP	1	MINI BIKE TRAIN # 5				! ! ! L.I.-EAST
"		11TH SEMI-ANNUAL TOHRV 3 DAYS EVENT				! ! ! " "
"		TH PARIS-BREST-PARIS 90 HRS LIMIT				405 NYC-MONTREAL
"	9	FRUIT PICKER RIDE				756 FRANCE-PLANE
"	16	4TH ANNUAL HI-POINT 100 & DOUBLE METRIC				40 25 50 120 L.I.
"	29	3RD " MONTAUK DOUBLE CENTURY				200 "
"	30	ANCIENT MARINER CENTURY (SLOW)				100 "

C O N T I N U E D

OCT 6	10TH CAPITOL RUN (1 DAY)		250	NYC-WDC, TRAIN
"	TH FALL FOLIAGE RIDE	40	70	N.J.
" 14	TH SEMI-ANNUAL RIVERHEAD METRIC CENTURY		65	L.I.-EAST
" 14	POUND RIDGE RESERVATION		40	WESTCHESTER
"	BEAR MOUNTAIN RALLY (TENTATIVE)		100	N.Y.C.

PROJECTIONS FOR NEXT 7 MONTHS: RIDES		89 =	25	29	35
"	"	8475 =	414	1458	6603
"	"	812 =	85	547	180
"	"	518 =	193	150	175
"	"	9805 =	692	2155	6958

HAVING FULLFILLED MY PAST OBLIGATIONS AS FORMER RIDES CHAIRMAN ALSO BY ENSURING A SMOOTH TRANSITION FOR MY SUCCESSOR AND 3 OF HIS ASSISTANTS I FORSEE A CONTINUED GROWTH-RATE IN OUR RIDING SPECTRUM. OBVIOUSLY MORE RIDES WILL BE FORTHCOMING TO SUPERCEDE THIS PROJECTION ONCE THE RIDING SEASON BEGINS AND GAINS MOMENTUM. IN THAT VEIN I WILL REMAIN AS RIDE CO-ORDINATOR IN FACE OF DUAL MEMBERSHIP AMONG OTHER CLUBS, THAT THE EFFORT OF ONE SHOULDN'T NEGATE THE OTHER IN THE CONTINUED PLANNING OF FUTURE RIDES. THUS WE CAN ALL OPTIMIZE ON AN ALLREADY CONGESTED CALENDAR OF EVENTS, AND AVOID STEPPING ON ANYBODY'S TOES EVEN INADVERTLY. PLANNING IS ONLY THE FIRST STEP, THE RESULTS OF THEM I WILL KEEP TRACK OF FOR THE REMAINDER OF THE YEAR AS I PROMISED AT THE LAST NOMINATIONS. DURING THE YEAR I HOPE MY SUCCESSOR WILL ACQUIRE THE HABIT TO TAKE OVER FULLY SO I CAN MOVE ON TO GREENER PASTURES OR SHALL I SAY SMOOTHER ASPHALT?.

YOURS TRULY JIM REX

THOSE OF YOU WHO FIND THE LISTED RIDES NOT CHALLENGING ENOUGH I OFFER THE FOLLOWING. TRY A MILLENARY. JUST AS CENTURY DERIVED FROM LATIN STANDS FOR 100, SO DOES THIS ONE FOR 1000 MILES THAT IS. MORE PRECISELY TEN CENTURY RIDES IN 10 WEEKS OR LESS. DEPENDING ON HOW ADVANCED YOUR SADDLESORE IS TRY ONE OF THE FOLLOWING OPTIONS AS PER PAGES 4 & 5 OF MARCH 1975 BULLETIN REFERENCE, OR PAGE 10 OCT 1976

PHASE I = METRIC MILLENARY OF 1000 KM/621 MILES IN TEN SESSIONS AS SPRING TRAINING

" II = U.S.A. " 1000 " " " " " " CONDITIONER

" III = RANDEUR FREE LANGE HARD RIDING IN BIG EVENTS " " " " " " CONDITIONED

" IV = SUPER MILLENARY 10 CENTURIES ON ALTERNATING DAYS WITH RIDE & REST

" V = SPIRIT OF AMERICA 10 " " IN 10 DAYS, NO RESTING DAY BETWEEN

" VI = 10 DOUBLE CENTURIES IN ONE SEASON

" VII = 10 " " " 20 WEEKS WITH 10 CENTURIES

*Have you done it? see Page 11.*

# 1ST QUARTERLY RIDE RESULTS (1 Nov 78 - 31 JAN 79)

BY JIM REX  
RIDE CO-ORDINATOR

1979	SUBTOTALS	=	C	B	A
CANCELLED	7		3	2	2
LEADERS	11		6	2	3
TRIPS	14		9	3	2
" MILEAGE	518		193	150	175
RIDERS	137		100	21	16
" MILEAGE	4443		2168	975	1300

TO COMPARE WITH PREVIOUS YEARS REFER TO PAGE 3 OF MARCH 1978 BULLETIN.

RIDE RESULTS (CURRENT)	TRIP MILES	RIDERS	CLUB'S MILEAGE
JAN 28 BRONX-ARMONK	45	2	90
" " THAW RIDE (3RD TRY)	60	2	120
EB 18 CONNECTICUT CONNECTION (O & 13F)	60	0	0
" " ALL MONTH "B" RIDE	50	0	0
SUMMARY:	2 LEADERS HAD 105	4	210

AYH NEEDS ROAD MARSHALS FOR 5 BORO RIDE ON SUN. APR. 22, 1979

This AYH SPECTACULAR, coordinated by their Bike Committee, including especially Steve Bauman, Ken Abramson, and Elliot Winick of NYCC, is expected to attract between 5,000 and 10,000 riders. Aside from being an interesting tour of parts of the city rarely visited by us on our Sun. recreational rides, it will help to demonstrate that cyclists can use the roads, subways, trains, and ferries safely, expeditiously, and with no danger to others. It will, hopefully, persuade the authorities to permit more widespread use of those facilities in the future by the bicycling community.

Because of these implications, and because the AYH will mail out a follow-up letter containing information on the various bicycle clubs in the New York City area, this event is worthy of our support. You can help by being a road marshal or a helper at the several rest stops along the route. No cycling is called for in that latter function.

Irv Weisman is the NYCC coordinator for our volunteer effort in this event. Call him at 650-8075 or LO2-7298 (up to 11:30PM) to volunteer your help. If you cannot help, but want to register for the event, use the form included with this Bulletin, or call AYH, 431-7100 for a registration form and other details. Cost: \$1.

\* \* \* \* \*

NOW THROUGH MAY 20

# SPOKESONG

A NEW PLAY  
with  
MUSIC AND BICYCLES

**CIRCLE CHARGE: 212 581-0720**  
Charge your tickets on any major credit card

CIRCLE IN THE SQUARE 50th St. W. of B'way

SPOKESONG is set in a bicycle shop in Belfast, Ireland. It's an allegory, and the bicycle symbolizes the simple, sweet life, while the automobile is aggressive, a weapon of war. Intertwined is a love story between the shop owner and a young teacher who comes to have her bicycle repaired.

\* \* \* \* \*

Box Office Price is \$11.95 (One price only).  
For groups of 20 or more \$10.95.

NYCC flyers distributed at "Spokesong"

The management of Circle in the Square has kindly allowed New York area bike groups to distribute literature during intermission under the auspices of the New York Bike Council, of which NYCC is a member. The Bike Council is looking for volunteers to staff the booth in the theater's inner lobby. Intermission is at 9 pm Tues-Sat plus 3pm Sat & 4 pm Sunday, but it would be good to open the booth before curtain time to catch people as they arrive. Volunteers can expect to see the play on a standing-room basis. We suggest that you volunteer in conjunction with buying a regular ticket for a friend. To volunteer, call Jim Smith 732-8552. (Bicycle Commuters of New York office)

Clive Barnes of THE POST said: "A dazzling play. Combines warmth of sentiment with great emotional strength. It is a gorgeously rich play and very few things this season have given me as much pleasure and nothing has given me more.

\* \* \* \* \*

TA is having a benefit performance of SPOKESONG. Tickets are \$15. Telephone Harvey Kopel at 662-5272. Date is March 13, 8:00 PM.

\* \* \* \* \*

## NOTES ON LIFTING AND CARRYING A BIKE

Vinnie Fabucci

Altho the bicycle is a means of carrying one from here to there, there are times when it has to be carried and lifted. After witnessing a mob scene of A, B, and C riders lugging their bikes awkwardly up and down the steps of the G. W. Bridge, I decided to impart my findings in the hope of taking this bit of drudgery out of riding and thus making for a more complete enjoyment of our sport.

Since I live on the top floor of a three storey walk-up, I have had to devise the easiest and best way to carry my 25 lb. bike up and down the three flights, and to maneuver it in tight turns. My bike has dropped bars, does not have a bottle holder, and the pump is clamped to the seat tube.

When ascending or descending more than a few steps, I kick the left pedal around to the 9 o'clock position. With my left hand on the handlebar top, I reach down to a little below the center of the down tube, bring my right elbow through the frame, raise the bike to my shoulder, and grasp the back of the front wheel and the down tube with my right hand. I now release my left hand. In this position the bike is balanced and completely under control, while the left hand is free to hold onto the bannister. For making left turns in tight corners, just move the back of the front wheel outward with the right hand; for right turns the left hand does correspondingly. For lowering the bike, the left hand goes back up to the top of the handlebars, the right hand goes to the middle of the down tube while the elbow comes out of the diamond frame, and you just slide the bike from your shoulder to the ground. After getting used to this maneuver you can pick up the bike or put it down while walking without missing a beat. Holding the bike with one arm, by the way, allows me to take the garbage down at the same time.

For descending stairs outdoors, such as on bridges, leave the pedals in any position. With your left hand on the handlebar top, simply reach down to a little below the center of the down tube, lift the bike off the ground while keeping the right arm straight. In this position the nose of the saddle comes to rest against your shoulder. A little pressure with the left hand on the top of the handlebars causes the bike to tilt downward to assume the angle of the steps for descending. The beauty of this is its stark simplicity and the small effort involved.

For ascending just a few steps outdoors, place the left hand on the handlebar top while your right goes over the seat to the middle of the seat tube, lifting it slightly so the wheels clear the steps. For descending a few steps, the hold is the same, except the right hand is placed near the top of the seat tube and the bike is swung to the left a bit so that the rear wheel clears the steps.

For going thru subway turnstiles, first deposit the token. Stronger lifters reach down to the down tube with the right hand, and, with left hand on the handlebar top, raise and tilt the bike to almost horizontal with the ground, leaning the top tube against your upper arm. After passing thru the turnstile, the bike can be slid onto your shoulder, if necessary, for walking. Weaker lifters with heavier bikes can grasp the middle of the seat tube with the right hand and the fork blade with the left hand and lift straight up and over the turnstile.

All this may sound confusing. Try practicing the moves a few times, it will become clear and easy to do. I had trouble myself until it became second nature to me. I ride the Tri-Boro into the Bronx quite often, and it was there that I had enough practice to remember to put it on my shoulder when going up the steps and to just hold the down tube when going down the steps.

*Now is the time!*

Good luck, successful lifting, and happy biking.

MILLERSVILLE STATE COLLEGE, WE LOVE YOU TOO!

Did you spot that Letter to the Editor in the Feb. L.A.W. Bulletin from Millersville Collge (about 8 miles out of Lancaster, PA) heaping praise on the GEAR'78 attendees? They so loved us that they are sponsoring a bicycling weekend at the end of June, with both a short and long version. The short weekend, for \$45, runs from dinner on Fri. eve June 29 thru lunch on Mon. July 1. The longer weekend, for \$75, runs thru lunch on Wed. July 4. The rides will be those developed and mapped for GEAR'78. Evening bicycle entertainment is being planned, too. And because the college will be in session, the other recreational facilities - such as swimming pool and tennis courts - will be available, also.

Irv is planning to go to this event, and tentatively is dreaming of riding out there at a leisurely pace - probably three days. Interested? Get in touch with him; 650-8075 or LO2-7298 to 11PM. Do you, maybe, want to ride back, too?

\* \* \* \* \*

RENEW NOW!

REMAIN A MEMBER IN GOOD STANDING

RENEW NOW!

In order to facilitate the work of our hard working Circulation Manager, Mel Shleifer, our Treasurer, Al Goldberg, is preparing a current list of members for the 1979 mailing list and roster. If you do not renew before, or at, the March Club meeting, you will not be on the mailing list, and thus will not receive the forthcoming installments of the New York Cycle Club Bulletin. Can you afford this deprivation?

Do you want to risk missing Jimmy Rex's exploits of dropping and being dropped? Or miss reading how his bottom bracket fell out resulting in his balls running loose all over the roadway to the cheers of his "enemies" and the groans of his friends? Or risk missing even one installment of Irv's Low Gear exhortations? Or miss the advice of your fellow members on how to dress for cycling in all seasons? Or miss the next installment of the bicycle storming of Washington, DC in 24 hours or less? Or the harrowing details of the Pepsi marathon in Central Park? Or Chris Mailings' hoped-for report on the TOSRV Double Century thru hail and rain and the over-flowing banks of the Scioto River? And, especially, miss the monthly Schedule of Rides in the hills and valleys of NJ, Westchester, and LI presented for your weekend delectation by Ed Flowers (V.P.-Rides) and his Gang of Three (Gary Krzynowek - A rides; John Lorenz - B rides; Tony Morano - C rides)?

You can avoid such serious deprivations by the simple and immediate renewal of your membership in NYCC: \$9/individual or \$12/couple for the calendar year. Fill out the Application Form below, with your name listed as you would like it to appear in the forthcoming roster. And make out your check, payable to the New York Cycle Club, Inc., for the appropriate amount. Mail them to Al Goldberg 168 Washington St. Bloomfield, NJ 07003. Then lean back contentedly, knowing that you have done your part! NOTE: Registered mail is not really necessary; first class will do fine.

-----  
APPLICATION FOR MEMBERSHIP IN THE NEW YORK CYCLE CLUB Inc.

I understand that riding a bike on public roads may be hazardous. As a New York Cycle Club member and rides participant, I accept full personal responsibility for obeying traffic regulations and for my own riding safety. I will hold the Club, its officers, and the ride leaders blameless in case of mishap.

NAME(S) \_\_\_\_\_ PHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ APT. \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
DATE \_\_\_\_\_ AMOUNT OF CHECK \_\_\_\_\_ RENEWAL \_\_\_\_\_ NEW \_\_\_\_\_

MAPS  
TONY MORANO

Do you have a favorite ride that you feel other members of NYCC would enjoy? Did a day come along when there were 2,3, or even 4 new rides in the club bulletin that were of interest to you, but being only human you went on one ride and thought about the others? Or, did you go on a club ride a while back that you liked and wanted to do it again, but you don't quite remember the complete route?

If the answer to any one of the above questions was a "yes" then maybe what we need is a club map library system.

This is one way to build the system: as a ride leader rides, he makes notes as to how he can improve his route. His changes are incorporated into his route and then he makes a map for the NYCC. The map is submitted to someone who will be in charge of the maps (such as one of the ride coordinators or the ride's V.P. It MUST be someone who usually attends the meetings). If possible the submitted map should be on sheets of 8½ x 11 paper and 3 hole punched for binding purposes. Routes that require more space can be submitted on more than one sheet.

Now we have maps that can be photo copied by any member who wants to use it for a ride or for future ride planning.

What's your opinion, I'd like to know?

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



**FIRST CLASS**

MAPS: Hagstrom  
450 W. 33rd St.  
10001  
(212) 868-3420