June
1979
Rides Galore! Come ride with me, in my automobile, first, -- may be! See Page 8

Next Club Meeting
Tuesday - June 19
Rinaldo's
Program:
Cuba Bike Tour
by Elliot Winick
6 P.M - Rinaldo's
Restaurant
32 E. 32 St.
(betw. Park and Mad.)
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.

A Rides to: Gary Kryznowek, 1460 Bronx River Road, Bronx, N.Y. 10472.
B Rides to: John Lorenz, 459-100 St., Brooklyn, N.Y. 11224.
C Rides to: Tony Morano, 93 Bay 23 St., Brooklyn, N.Y. 11224.

Or hand in your ride writeup to the coordinators at the monthly meeting. For advanced planning, refer to RIDE PREVIEWS to minimize conflict of dates with other events. If you want to lead a ride, discuss it with us. If you want to ride, come along!

Saturday 5th ANNUAL STRAWBERRY FESTIVAL: 90 miles, A ride. If you like strawberry shortcake, then join Ed Sobin and John Lubaszka for an enjoyable ride to Mattituck, L.I. We'll be taking a chartered bus back to N.Y.C. Get your ticket at AYH, 132 Spring Street, for the ride back. Meet at the Jamaica Queens, Station of the Long Island R.R. at Archer Ave. and Sutphin Blvd. at 5:45 A.M. Bring money for food and admission to fairgrounds. AYH ride.

Saturday BOSTON TWIN CENTURY: A ride, 2 days, 125 miles each day, 16 June 250 miles total. Les Berkow, leader. We will be staying at the New London Youth Hostel in Conn. Call Les at 969-9571 for details. NYCC ride.

Saturday FULTON FERRY MUSEUM/MANHATTAN BEACH BIKE TRIP: 35 miles, C ride. 16 June Lorraine Gewirtz, and Sherman Cohen, co-leaders. Meet 9:00 A.M. at City Hall. Cycle over Brooklyn Bridge for 9:30 merger with Brooklynites. First stop, quaint museum set between Brooklyn and Manhattan Bridges. Onward to beach for sunning, swimming and exploring Sheephed Bay area. Bring bike lock, inner tube, lunch/money, swim stuff. (212) 832-9073. Coordinated with AMC.


Sunday BIKE BROOKLYN BRIDGE TO NARROWS BRIDGE: about 15 miles, C ride. 17 June Ann Loeb, and Marion Bahensky, co-leaders. Meet 9:30 A.M. Habitat Bike Shop, 244 Lafayette St., Soho. Ride down East River Park to Brooklyn Bridge, meet Brooklyn group at 10:30 at Brooklyn Bridge footpath exit. Cycle through Brooklyn Heights and city streets to bike path along the bay. Picnic lunch and then return via same route. Bring lunch & lock. Rain will cancel. Renters call bike shop well in advance to reserve. (212) 431-3315. Loeb: (212) 289-0176; Bahensky: (212) 242-7688.
17 June  William Yao, leader. Meet at Grant's Tomb at 7:30 A.M. This ride follows the same route as the Ramapo River ride from Lake Tappan to Oakland. Then south to Pompton Lake before turning north along Wanaque Reservoir, Happy Valley to Sloatsburg. On into Harriman State Park, Lake Sebago and Lake Kanawauke. East on Rt. 210, pass Lake Welch to Willow Grove. South to Montvale along the Pascack River. Same route back to G.W. Food stops at Oakland and Montvale. 749-1978, NYCC ride. (Route may be changed if police do not allow cycles on Seven Lakes Drive).

Sunday  SUBURBAN N.J. FOR NON-MACHO RIDERS: 40 miles, C+. "Upright"
17 June  Irv Weisman, leader. Meet 9:00 A.M. at Central Park West and W 72nd St. In answer to Jim Rex's aspersions (ref. May '79) against upright bars, spring saddles, & low gears, Irv is offering another relatively easy ride in N.J. suburbs while using all three shameful accessories. He will show you a straightforward route to the Geo. Washington Bridge and then take you on well-paved, scenic roads in Northern N.J. at an easy to moderate pace. If you've been waiting to get started on long distance riding, get your easy start with this ride. (Then keep growing in ability with subsequent rides, leading to a half century or even a century by the end of the season.) And after you climb (or try to) the hills at the end of the return route, you'll listen eagerly to Irv's comments on low gears despite the jibes of the "animals" at such blatant evidence of "character deficiency" and disloyalty to macho-masochism. LO 2-7298; 650-8075, NYCC ride.

Saturday  4th ANNUAL DELAWARE DOUBLE CENTURY: 207 miles, A ride. In
23 June  Newark, Delaware. Dave Bundas, leader. Call (302) 738-7738 for info, or contact Jim Rex.

Saturday  CANTIAQUE TO CAUMSETT STATE PARK, NASSAU-SUFFOLK CO.: 35 mi.,
23 June  B-, John Lorenz, leader. Tel. 833-2223, Tourists only, Meet 9:00 A.M. at Cantiaque Park, Hicksville, entering from W. John St., just east of Cantiaque Rock Road. Look for copper Opel in parking lot. Bring camera, swimsuit, spare tube. Restrooms at parks OK for changing. Cancelled at 50% chance of rain. Van owners or renters please cooperate. I can give one person a ride.

Sunday  PORT JEFFERSON HILLY METRIC CENTURY: 65 mi. Call Barney (TOES)
24 June  at (516) 842-9088. Begins at Riverhead past Greenpoint.

Sunday  SLEEPY HOLLOW HILLY HALF-CENTURY: B+ ride. Bill Baumgarten,
24 June  leader. (212) 567-4628. Meet at Grant's Tomb at 7:45 A.M. Depart at 8. Return by 1 P.M. Bring water AND enough food for a hard morning's ride. The route follows the Hudson to N. Tarrytown, through Sleepy Hollow to US 9 near Scarborough. Then back--into NY 117, down NY 448 through Pocantico Hills to Tarrytown Reservoir to 9, down the Hudson Valley to NYC. NYCC ride.

Sunday  ALBANY RIDE: 150 miles, A+. Steve Bauman, leader. To come
24 June  on this ride, you must come to the pre-trip meeting at AYH.
Sunday  BIKE TWO BRIDGES TO BROOKLYN: C ride, about 10 flat, slow, miles. Marion Bahensky and Dolores Bock, co-leaders. Meet 10:00 A.M. Habitat Bike Shop, 244 LaFayette St., Soho. Travel to Battery via East River Park & So. St. Seaport. Tour financial district, then cross Brooklyn Bridge. Brief tour of Williamsburg and back across Williamsburg Bridge. Return to bike shop about 4 P.M. Rain will cancel. Renters call bike shop (431-3315) well in advance to reserve bike. Bahensky: (212) 242-7688; Bock: (212) 358-6266. NYCC ride.

Saturday  SATURDAY MORNING QUICKIE: 50 miles B+/A. Chris Mailing, leader. 30 June Will attempt to cover Irv Weisman's marked 50 mile patch ride route through Bergen and Rockland Counties in 3 hours. Meet at the New Jersey end of the George Washington Bridge and Hudson Terrace at 7:45 A.M. for an 8:00 A.M. SHARP start. This will be a fast paced ride intended for experienced riders who have other things to do on Saturday afternoons--so be prepared. Brief stop at a fruit stand near Germends, N.Y. Call Chris Mailing 879-6199 with questions or between 6:30 A.M. to 7:00 A.M. before the ride if weather is doubtful. NYCC ride.

Saturday  POUND RIDGE RESERVATION--WESTCHESTER CO.: 40 miles (+ or -), 30 June B- ride. Tourists only. John Lorenz, leader. 833-2223. Meet at last picnic area, (cross over stream) entering from west on Boutonville Rd., off Rte. 121. Car fee $2.00. Time 9:30 A.M., sharp. Picnic there or at historic and naturally beautiful spots. Low gears required. Maps. I can give one person a ride. Van owners or renters please cooperate. Cancelled at 50% chance of rain. NYCC ride.

Sunday  THE HOT DOG SPECIAL TO CONEY ISLAND: 35 miles, flat, C ride. 1 July Jesse Shereff, leader. Time permitting, we will also go to Sheepshead Bay. Meet at the Columbus Circle entrance to Central Park at 10:00 A.M. or at the Brooklyn side of the Brooklyn Bridge at 11:00 A.M. Joint Transportation Alternatives/ NYCC ride. (212) TR 3-2706.


anack Lake. A scenic route, passing lakes & river. Bring water, energy snacks, spare tube and pump. Requires low gears. Riders will remain as a single group, returning at mutually acceptable time. Cancelled at 50% chance of rain. NYCC ride.

Sunday  BIKE RIDE SHEEPSHEAD BAY TO BREEZY POINT: C ride, 20 flat 1 July miles. Marion Bahensky and Bertha Korn, co-leaders. See model airplanes at Gateway, fishing boats, picnic on beach. Meet 10:00 A.M. at the end of Fisherman's wharf, Knapp & Emmons (Exit 9A of Belt Parkway Eastbound). Bring lunch & lock. Rain will cancel. Bahensky: (212) 242-7688; Korn: (212) 338-1791. NYCC ride.

Sunday  MORRIS CO. TOUR: 30 miles, B- or 33 miles B; tourists only. 8 July John Lorenz, leader. Meet 9:30 A.M. at jct of Knoll & Vail Rds., north of Rtes. 46 and 80, at Parsippany High School parking lot. A scenic route, wooded, hilly suburbs, requiring low gears. Bring water, energy snacks, spare tube and pump. Route flexible to suit conditions, map for all. Cancelled at 50% chance of rain or high of 85% P. Tel. #833-2223. NYCC ride.
Saturday  4th ANNUAL PHILADELPHIA DOUBLE CENTURY: 209 miles from
14 July  Staten Island. Jimmy Rex, leader. Call Rex at 278-5562
        not later than Thursday preceding departure for details.
        NYCC ride.

Saturday  BERGEN PASSAIC LAKE TOUR OF N.J. SUBURBS: 29 miles, C+, or
14 July  50 miles, B-. Tourists only. (2 groups). John Lorenz, leader,
        Bridge pedestrian walk. Maps for all. Bring tube, water. Cancelled at
        50% chance of rain. Van owners or renters please cooperate in giving
        rides. I can give one person a ride. NYCC ride.

Sunday  110 MILES "A" TO DANBURY CONN.: Dave Veder (212-379-0569),
15 July  and John Lubaszka (212-523-2198), co-leaders. Meet at Ford-
        ham Rd. and Grand Concourse in the Bronx at 6:00 A.M., sharp.
        This will be a hilly and strenuous ride. Bring necessary repair items
        and tools since leaders may not be riding last. A water bottle is a
        necessity. Bring lunch or money for it. The lunch stop is at the 52
        mile point so have a good breakfast before the ride starts. Maps will
        be provided. Joint AYH ride.

Sunday  2nd ANNUAL NYCC ALL CLASS CLUB RIDE: B and C riders take
22 July  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 Kryznowek (A),
        John Lorenz (B), Tony Morano (C), and their cohorts. Rain date is
        July 28th, the weekend following. 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-
LONG ISLAND  10:00 A.M. Sat. & Sun. from I.U. Willets School Pkg. Lot:
(Eastern Long Island  10:00 A.M.  Sun. from Soporific Bike
      Bridgehampton)   )  I.U. Willets & Guinea Woods Rd.

*The Boathouse is located on the East Drive of Central
Park about 3 blocks north of the Fifth Ave. and 72nd St. entrance.
July 22 4th Annual Danbury Century
2nd Ironlegs Millenary Series CANCELLED
22 3 A.M. Ride by AYH
28 Sandy Hook Weekend
29 4th Annual Prin斯顿 Century
Mini Bike Trains #3 & #4, check with AYH 431-7100 to update on info
Aug 5 Road Rally
12 Four State Double Century
18 Big Bike Train - check with AYH 431-7100 to update on info (also #5)
Sep 3 11th Semi Annual TOHRV 3 days 596-9537
3 Paris-Brest-Paris 90 hrs limit
5 3 Weeks European Bike Tour (hotels) 446-5431
9 Fruit Picker Ride
16 4th Annual Double Metric & Hi-Point Century
29 3rd Montauk Double Century
30 Ancient Mariner Century (slow)
30 1st Annual Fall Club Ride
Oct 6 10th Annual Capitol Run I by
14 New Hampshire Cycle Tour
14 Pound Ridge Reservation

RIDE RESULTS (current)

<table>
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<tr>
<th>Trip Miles</th>
<th>Riders</th>
<th>Club’s Milage</th>
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<tbody>
<tr>
<td>28 Pound Ridge Park</td>
<td>36</td>
<td>2</td>
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<tr>
<td>26 WOC Weekend</td>
<td>25</td>
<td>29</td>
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<td>29 Cherry Blossom</td>
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<td>29 Riverhead</td>
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<td>29 Sunday Morning Quickie</td>
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<td>May 5 Naturalist Tour</td>
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<td>5 Mini Bike Train #1</td>
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<td>5 &quot; &quot; &quot; &quot; Chaser</td>
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<tr>
<td>5 Delaware Water Gap</td>
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<td>6 Allamuchy</td>
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<td>17</td>
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<tr>
<td>12 Half-Fast Double Century</td>
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<td>LEADER SICK</td>
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<td>12 Berger Passaic Lake (rained)</td>
<td>25</td>
<td>2</td>
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<tr>
<td>13 Bronx-Connecticut</td>
<td>(50)</td>
<td>RAINED OUT</td>
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CANCELLED 4 TRIPS, 11 LEADERS HAD 8 :
480 251 10,496

Apr 22 Five Boro Bike Tour (estimated)
   " " " " LAST YEAR 33 3,000 87,000

2nd Quarterly Ride Results of 1979 (1 Feb-30 Apr) by Jim Rex, the Original Ride Co-ordinator

Subtotals - C B A

| Cancelled Leaders Trips | 9 | 5 | 3 | 1 |
| - Milage | 957 | 305 | 297 | 355 |
| Riders | 21 | 11 | 6 | 4 |
| - Milage | 279 | 198 | 6305 | 2396 |

Note; For past references see p 3 Mar & p 5 Jun 1978; p 3 Jan & p 8 Mar 1979 Bulletins
TO CUBA WITH LOVE

Lorraine Gewirtz, Program Veep

Who was one of the 3* notorious conceivers of the Five Boro Bike Tour? And, who organized and led the first cross-country bicycle trip? And, who organized and led the first bicycle tour to Cuba, beating the Russians by more than a "century"? Who??? None other than Elliot Winick!!!

Elliot, immersed in cycling, is the Assistant Director of the American Youth Hostels. He's been with AYH for 9 years. Bicycling is Elliot's bag, with bicycle touring topping the list. Last December/January, Elliot led a group of 26 cyclists to and through Cuba. The adventures of these daring Americanistos, mainly from the New York area, have been featured in "Bicycling" and several Canadian publication.

Now, hold on to your helmets or grab onto your saddles! Elliot has graciously accepted our invitation to be our guest on Tuesday, June 19th. He'll give us the lowdown, firsthand, on the exploits of this first-ever, cycle tour of Castro's Cuba. We'll hear how our stalwart cyclists braved the headwinds and more on this West Indian Isle.

During the years Elliot has been involved with cycling, he's seen dramatic changes in attitudes towards biking and bikers. Today, what's accepted by the mainstream, even promoted by so staid an institution as Citibank (i.e., sponsor of the 1979 Five Boro Bike Tour), was very recently looked at askance by many more people than do now. Bikers have been considered to be on the outer fringes of society. Elliot Winick in no small measure has been, and continues to be, responsible for fostering a turnabout from anti to pro in cycling attitudes. We all owe him a debt of gratitude.

Acompananos el martes 19 de junio para una tarde excitante con un "Winick Winner".*

* Sol Cerami, AYH and Eric Praeger, Board of Ed.
**Come to the meeting on Tuesday, June 19th for an exact translation.

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CENTRAL PARK DRIVES

From May 1 to October 31 Central Park drives will be closed to motor vehicles from 10 AM to 3 PM Monday through Friday and from 7 PM through 10 PM Monday through Thursday. In addition, year round, Central Park drives will be closed to motor vehicles the entire weekend beginning at 7 PM Friday and ending at 6 AM Monday morning. Also year round, Central Park drives will be closed on holidays beginning at 7 PM the night before and ending at 6 AM the morning after the holiday.

Lorraine Gewirtz
CAR-TOPPING, ETC.
BY: JOHN R. LORENZ

Still stranded in the city on weekends, unable to get to the starting points of nice rides in the suburbs? I'm afraid this will continue unless incentives exist for vehicle owners/renters to share rides with others. That is, with members in general, not just close friends. Without honest cooperation, I will be unable to continue to offer scouted and mapped tours as I have been doing. This is not to say I'm dissatisfied with the turnouts, because they haven't been bad at all. I like riding with one other person as well as a larger group. What's sorely lacking is club spirit. After speaking to other clubs both inside and outside the city, I may be forced to go the way of so many others where one's efforts are appreciated, instead of watching the game of "dropping" and "drafting" as they call it. You'd think that given the problems of gas prices and shortages, we all would have worked out a plan to share rides. But it seems we have more than one "cynical cyclist", only the others are passively cynical and passive members. And sure enough, with the increase in dues came a decrease in membership and a decrease in active riders. Other clubs have $5 and $6 dues, and ride more. They also share car/van rides. So we've all proved that we're not cheap, and we can afford Rinaldo's prices, but complain that starting points are too distant, gas too high, bike racks take too long to set up, it's inconvenient to pick up others, and better yet, that my efforts are "not in the spirit of a club".

I need to know now from all of you (in writing) who will be able to offer rides regularly, who have roof top or bumper or trunk mounted carriers, who will be able to equip their vehicles with a carrier or additional "add-on" brackets, and who among you would pay for the installation of same on another member's vehicle. Please indicate if you will pay your equal share of gas and tolls. I will try to coordinate all this and submit it to our editor for publication in the next bulletin. The idea is to create a system of shares. Someone else also suggested a chain calling of members on the morning of the ride. I don't think that would be terribly costly, do you? The saying is: "Let your fingers do the walking".

I would like to hear especially from you if you are mechanically gifted, and if you need assistance in installing carriers.

Also, if you are interested in leading rides in the B and C class, or learning how to organize one which has "touring merits", please write me or call me so we can meet.

Finally, please submit any changes you would like to see in the by-laws. I will try to coordinate your suggestions. A package of options will then be submitted to both the board and the general membership, using our unlimited bulletin space. All of you will kindly remember to mail me your choice of the options listed, as they appear in the bulletin.

If the above two programs materialize and both membership and riding increase, then I will ask at that time to be nominated for the only office worth considering this year, that of PRESIDENT.
FOR SALE

Weyliss Rollers, complete with side platforms and speedometer. Great for indoor exercise on rainy days as well as in the winter. Price: $85.00

Y-Cycle, For those who prefer their indoor exercise without having to balance the bicycle. Makes your bike into an exercise bike by attaching to the frame and lifting the rear wheel off the ground. Price: $15.00

Camping Equipment, including screen house tent (12' by 12'). For details see the May bulletin. Price: $60.00 for complete gear.

Call Bob Herzfelder - 222-0853 evenings after 7 PM.

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TO FIND A SEAT!

There was a kind person who gave shelter to a leather bike seat left on a table at this year's club auction night. Please contact Leona Holland to arrange for its return.

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DEADLINE FOR SUBMISSIONS TO JULY BULLETIN: JUNE 20, 1979