

April
1980

April 1980

New York



Cycle Club Inc.

PRESIDENT & INFO

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

V.P. PROGRAMS

Ed Flowers
111-50, 76th Rd. (4L)
(212) 544-9168

V.P. RIDES

Irv Weisman
70 Marble Hill Ave.
Bronx, NY 10463
(212) 562-7298

TREASURER

Ken Abramson
37-32, 75th St.
Jackson Heights, NY 11372
(212) 672-9555

SECRETARY

Chris Mailing
324 East, 82nd St. (3C)
New York, NY 10028
(212) 879-6199

MEMBERSHIP CHRMN

Tony Morano
31-04, 32nd St. (6)
Astoria, NY 11102
(212) 278-7057

EDITOR

Jim Rex
20-44, 23rd St.
Astoria, NY 11105

CIRCULATION MGR.

Diana Bingham
30, 5th Ave (7G)
New York, NY 10011
(212) 260-2433

MEMBERS AT LARGE (Ride Co-ordinators)

?) Lorraine Gewirtz
C) Martha Ramos
A) Bill Yao

Come and bring a friend to our

MONTHLY MEETING

Rinaldo's Restaurant
32 East, 32nd Street
New York, NY

April 15th, Tuesday 6:00 P.M.

Hear Bill Hoffman, Regional L.A.W.
Vice President, National Secretary,
Effective Cycling Instructor,
Touring Expert on various aspects
of

CYCLING

PLANNING

EQUIPMENT

CONDITIONING

PERSONALITIES



REGULAR RIDES

CENTRAL PARK BOATHOUSE
SUNDAYS -- 10 AM

I.U. WILLETS SCHOOL
SUNDAYS -- 10 AM

MILKMAID DINER (West.)
SAT. -- 9 AM

If our Ride Co-ordinators don't call you soon, please volunteer to lead your favorite ride anyway - call them first.

"A": William Yao (749-1978) "B": Irv Weisman (LO2-7298) "C": Martha Ramos (858-9142)

"A" LEVEL TRAINING RIDES

All rides start at the Central Park Boathouse with alternate pickup points and times as indicated in the write-ups:

A: Geo. Washington Br., south walk ramp; meet 30 minutes later, deduct 13 miles.
B: Broadway Bridge (crossing Harlem River at 225 St.); 40 min. later, deduct 20 mi.
C: Fordham Rd. & Grand Concourse; 40 minutes later, deduct 21 miles.

Be prepared to ride at the advertised pace (in order to keep the group together). Rides may be delayed or cancelled due to cold (below 30°F) or rainy weather. Call Chris (879-6199) for more information or 45 min. prior to depart. time if weather doubtful.

SATUR. No.9 Meet 8:00 AM; 65 mi.; 15 mph. To West Nyack, Germonds, and Spring Valley.
5 Apr. Food stop in W. Nyack. Alternate pickup "A".

SUNDAY No.10 Meet 8:00 AM; 110 miles, 14 mph. To Tarrytown, Kitchawan, Somers, Ridge-
6 Apr. filed, Mt. Kisco. Food stops in Campwoods, Ridgefield, and Tarrytown. Alt. "B".

SATUR. No.11 Meet 7:30 AM; 65 miles, 15-16 mph. Mamaroneck, White Plains, Chappaqua,
12 Apr. Pocantico Hills, Tarrytown. Food stop in Chappaqua. Alt. pickup "C".

SUNDAY RAMAPO VALLEY TOUR A- 85 miles. Leader: William Yao (749-1978)
13 Apr. Meet 8:00 AM at Central Park Boathouse. Cross the G.W. Bridge, then north along our marked club route to Tappan, NY. Then, west, past Lake Tappan, thru Wood-cliff Lake, to Oakland. Loop north along the Ramapo River to Ladentown, NY, and sweep down again into NJ. Enjoy the delights of the Clinton Ave. climb back up to the top of the Palisades, thence to G.W. Br. Bring or buy lunch. NYCC

SUNDAY HIGH TOR MOUNTAIN SWEEP-BY A-, 90 miles. Leader: William Yao (749-1978)
20 Apr. Meet 8:00 AM at Central Pk. Boathouse. Cross the G.W. Bridge, then north to Tappan, along Lake DeForest to South Mountain Rd. Now a few hills, dales and some straightaways to good old Clinton Ave. Climb back to the G.W. Bring or buy lunch. NYCC Ride

FIVE BORO BIKE TOUR ORIENTATION RIDE FOR MARSHALS

The AYH needs the help of cyclists to act as Ride Marshals and other assistants. Call Ken Abramson (672-9555) to volunteer or for further information on how you can help with this event which thousands of New Yorkers enjoy so much. Or, call at the AYH office - 431-7100.

SUNDAY WESTCHESTER METRIC AND FULL CENTURY, B+ & A. Ldrs: Bill Baumgarten,
27 Apr. Chris Mailing, and William Yao.
Meet 8:00 AM at Central Park Boathouse or 9:00 AM at Manor House Square in Yonkers (Bill Baumgarten). Ride out on Broadway (Route 9) to North Tarrytown, Sleepy Hollow, Kitchawan, Goldens Bridge, Bedford Village, Mt. Kisco, Pleasantville, and return via Route 9. Food stops at Campwoods (Ossining), Whitehall Corners, and Mt. Kisco. WATCH OUT FOR DAYLIGHT SAVING TIME. NYCC Ride.

"B" AND "C" RIDES

- SUNDAY** **NORTH HUDSON PARK REVISITED** C-, 25 miles, Ldr: "Upright" Irv LO2-7298
 6 Apr. This was the first trip that Irv led for the club about 10 years ago - it did not require a car to get to the starting point. So gather up your matzohs and Easter goodies for a picnic in the park, and relive that historic trek westward across the Hudson River to NJ country. The ride itself is quite tame, no significant hills. The scenery is genteel urban and suburban. Bring lunch, but there may be some supermarkets open near the park. Return by 3 PM. NYCC Ride. Oops! Meet 9 AM at Central Park Boathouse, 9:30 at Grant's Tomb, or 9:45 at the G.W. Bus Terminal (Ft. Washington Ave. & 178 St.) Leave Terminal at 10:00.
- SUNDAY** **HENRY HUDSON DRIVE AND LUNCH IN A GARAGE** B-, 45 miles Ldr: "Upright" Irv
 13 Apr. Meet 8:30 AM at Central Pk. Boathouse, 9:00 at Grant's Tomb, 9:15 at G.W. Bus Term. Experience the burgeoning spring along the Henry Hudson Drive where William Yao was discovered moseying along in 1978. **WARNING:** There are some long steep hills as the price for your pleasures, so you must have low gears - very low 30s, or less. At Piermont we dine with the ghosts of departed trucks on truckdrivers' fare. Return to the G.W. Bridge by 3:30 PM via the relatively carfree roads of the southeast passage with its moderate (as opposed to strenuous) climbs. NYCC Ride
- SPRING SAFARI.** 25 miles, C ride. Ldrs: Lorraine Gewirtz & Sherman Cohen
 Meet 9 AM, 33 St. & Sixth Ave. (Gimbels). Visit Weehauken, site of the Hamilton/Burr duel, Liberty Park for a backside view of our Statue. Cycle over the world's longest steel-arch bridge to Staten Is. for a visit to the Institute of Arts & Sciences where art and Indian archeology meld. Ferry back to see where Hamilton is buried. Bring lock, inner tube, lunch, 30¢ for PATH. If weather is uncertain, confirm the night before - 332-1990. Joint AMC.
- SUNDAY** **FIVE BORO BIKE TOUR ORIENTATION RIDE FOR MARSHALS.** (See A rides listing for info.)
 20 Apr.
- FIFTH ANNUAL CHERRY BLOSSOM RIDE** C+, 38-45 miles Ldr: "Upright" Irv LO 2-7298
 Meet 9 AM at Columbus Circle in front of the Coliseum (Broadway & 60 St.) We may take PATH or go via G.W. Bridge if PATH not running. Head for Belleville Cherry Grove for a spectacular display of the tender blossoms. Bring lunch and drink - there is a store somewhere outside the park, too. We will all ride back to the G.W. Bridge by 4 PM. The steep hills near the end of the ride can be managed with your 24" gear (2 feet, get it?). NYCC ride
- SATUR.** **JAMAICA BAY WILDLIFE REFUGE RIDE** D, 20 miles. Ldr: Ken Abramson
 26 Apr. Meet 9:00 AM at Cunningham Pk. (Queens) parking lot on Union Turnpike between Francis Lewis Blvd. & 193 St. for an easy ride to NYC's Gateway National Recreation Area. At 2 PM, Ranger Don Riepe will give a presentation/walking tour on spring bird migrations. Picnic on grounds. Bring birdwatching equipt., lock, lunch or buy nearby. Joint AYH Ride
- SUNDAY** **BIKERS' SWEEP-UP-GLASS DAY.** Ldr: "Upswept" Irv
 27 Apr. Meet 10:00 AM at the G.W. Bridge Bus Terminal. Join the bikers from all clubs in cleaning up broken glass on popular bike routes. NYCC has taken on the G.W. Bridge ramps. We're trying to get the cooperation of the Bridge Authorities on this - to lend brooms, etc. After the clean-up, we'll go riding in NJ, about 30 miles of relatively easy riding. Please call Irv (LO2-7298) anytime before this great effort to let him know of your cooperation. He can't do it alone, and he has to let the Bridge people know much equipment to provide. Join in!

DAYLIGHT
 SAVING
 TIME

DELAWARE WATER GAP & ALLAMUCHY RIDES
WEEKEND OR ONE DAY OPTIONS

SATUR. Ldrs: Frank Sanchez (Sat.) & Harry Rutten (Sun.)
& Meet Sat. 9:30 AM at Delaware Water Gap Rec. Area Info Center of I-80, just before the Gap Toll Bridge; and Sun. at 9:15 -- I-80 to Rte 517 exit at Allamuchy.
SUNDAY Go into town, take left at General Store, 1/4 mile to school parking lot. Rides
3,4 May cancelled if 40% probability of rain. Allow 2 hrs driving time from NYC to DWG, and 1 1/2 hrs. to Allamuchy. B & C options available both days in this lovely rolling country. You have a choice of three overnight locations Sat. nite: Howard Johnson, off I-80, exit 53, PA side of Gap; Panther Valley Motor Inn near Allamuchy, NJ; AYH hostel in Bushkill, PA using our club pass. Reservations needed: Ho-Jo: 800-654-2000; Panther V.M.I.: 201-852-6000; AYH: \$5 to Irv Weisman by Apr.15 (club meeting). Sat. nite we'll eat out or cook in the hostel, depending upon preferences of the participants.

This is a great opportunity to enjoy two great rides which will be either marked or mapped. Members of the Bicycle Touring Club of North Jersey will be joining us at the hostel and the rides. C'mon out for good riding. (If you can offer rides, please let me know, I need one myself.)

L.A.W. CENTENNIEL CELEBRATION - KINGSTON, RI

The AYH is providing bus transportation for you and your bike to the event. Check with them at 431-7100. Steve Bauman is planning to bike both ways - one day up, one day back. David Miller has been planning to bike two days each way. Check with them if their madness appeals to you. (Amtrak goes to Kingston, but they do not drop off any baggage at Kingston. Amtrak is only interested in high volume business, they can't bother with service to the public as a primary consideration.) Can you offer a ride? Let me know.

G E A R '8 0

This event, a great rally, will be held over the July 4 weekend. Several members are planning to ride up, or back, or both. Marsha Taggart and John Hoffman, Jr. are planning to ride up. John Hoffman and I are planning to ride back. Interested? Call.

T I M E T R I A L S

The Time Trials, so dear to my quantifying heart, have been set aside for the time being. We'll have to determine our riding capabilities by riding with well-paced groups and see how we hold up. Many cyclists get a distinct pleasure from riding with a well matched pack which moves as a body, uniformly and smoothly. If it has been your style to straggle and dawdle behind the pack while you admire the scenery, give some thought to developing an alternative style for some of your rides. You may find that you, too, enjoy riding along with a well disciplined group. You will also be making your fellow riders happy by being right there with them rather than back somewhere, almost, or completely, out of sight. And listen, low gears are very helpful on the hills; they prevent you from dumping all your energy on the occasional taxing hill which you are bound to run across in this area. Lower your gears and enjoy carefree riding. If necessary, throw your Campy crankset away and ride anywhere, not just on level ground.

Interested in making some changes? I can send you copies of former articles of mine on the subject to get you thinking. Send me a stamped self-addressed envelope to get yourself started on happier cycling in the hills. I. Weisman 70 Marble Hill Av. Bx 10463.

GEAR FLASH! Esilda, my travel agent, is arranging special handling for you and your bike, from LaGuardia. Fare: \$84 rd. trp. \$12 for bike each way. Call her at 687-7186.

RIDE PREVIEW BY JIM REX ON REQUEST			C	B	A	FROM
MAY	3	DELAWARE WATER GAP (WEEKEND)	!	!		N.J.
"	4	FIVE BROO BIKE RALLY	35			NYC & S.I.
"	18	IRONLEG BIRTHDAY TREAT			200	QUEENS
"	10	TOSRV (WEEKEND)			215	OHIO
"	17	SATURDAY MORNING QUICKIE		50		NYC
"	18	ANNUAL MONTAUK CENTURY			115	QUEENS
"	18	HISTORICAL HOMES	25			NYC
"	23	L.A.W. CENTENNIAL WEEKEND	!	!	!	NYC-RHODE Is.
"	24	PEPSI COLA 24 HRS BIKE MARATHON	!	!	300	NYC
"	31	SKYLINE DRIVE (HILLY)			!	NYC
JUN	1	HI-TOUR STATE PARK			80	NYC
"	8	CLUB RIDES	!	!	!	NYC
"	8	PRINCETON CENTURY			100	NYC
"	14	STRAWBERRY FESTIVAL	!	!	!	MATTITUCK, LI
"	14	BOSTON TWIN CENTURY / 2 DAYS			225	QUEENS
"	22	NEW HOPE DOUBLE METRIC CENTURY			120	NEWARK, PATH
"	28	BEAUTIFUL BRONX	25			BRONX
"	29	ALBANY			150	NYC
JUL	4	GEAR	!	!	!	GENESEE, NY
"	13	SADDLE RIVER DOUBLE METRIC CENTURY			125	NYC
"	19	HARBOR HILL 100			100	QUEENS
"	20	DANBURY CENTURY			115	BRONX
"	26	TWIN CENTURY / 2 DAYS			200	?
"	27	PRINCETON CENTURY (LIBC)		50	100	N.J.
"	6	MAIN VACATION TRIP			!	NYC-MAINE
AUG	3	BREWSTER CENTURY			110	BRONX
"	9	SUNKEN MEADOW		75		L.I.
"	10	HECKSTER STATE PARK			100	QUEENS
"	10	"N"			!	N.J.
"	16	RIVERHEAD, POLISH FESTIVAL	!	!	!	L.I.
"	23	L.I. SWIMMING POOL RIDE			110	QUEENS
"	30	MONTREAL / 2-3 DAYS			400	NYC
"	30	LAKE TENANAH	!	!	!	CATSKILL, N.Y.
SEP	7	CLUB RIDES ?	!	!	!	NYC
"	7	CONNECTICUT CONNECTION			!	NYC
"	14	COLD SPRING BREAKFAST RIDE			110	NYC
"	21	HI-POINT 100	!	50	100	QUEENS
"	27	LONG ISLAND DOUBLE CENTURY			200	L.I.
OCT	4	RIDGEFIELD CENTURY			110	NYC
"	4	SCOR WEEKEND	!	!	!	CATSKILL, NY
"	11	11TH CAPITOL RUN			250	NYC
"	12	CLUB RIDES	!	!	!	NYC
"	19	SEVEN LAKE DRIVE			!	NYC
NOV	2	SADDLE RIVER DOUBLE METRIC CENTURY			120	NYC

PLAN YOUR RIDES EARLY, TWO MONTHS IN ADVANCE

AFTER THE RIDE SEND A NOTICE OF RESULTS TO RICH LEVIN
 35 SEACOAST TERRACE (6P)
 BROOKLYN, NY 11235

RIDE RESULTS (BY JIM REX)		TRIP MILES	RIDERS	CLUB'S MILEAGE
NOV 17	FIVE EAST RIVER BRIDGES	30	15	450
" 18	WESTCHESTER HILL CLIMBER	75	16	1,105
DEC 2	GROUP TOUR	?	CANCELLED	0
JAN 1	5TH "IRONLEG" NEW YEAR CENTURY	103	1	103
"	FOUR WEEKEND CONDITIONING SERIES	0	CANCELLED	0
" 26	SCAMPER TO SCARSDALE	(40)	CANCELLED	0
" 27	WINTER THAW TO WESTCHESTER	(40)	CANCELLED	0
FEB 2	STATEN ISLAND PHANTOM RIDE	(25)	CANCELLED	0
"	FOUR WEEKEND CONDITIONING SERIES	0	CANCELLED	0

NOTE: JANUARY AND FEBRUARY RESULTS WERE CONFIRMED BY V.P.-RIDES IRV WEISMAN AND RICH LEVIN. RAIN AND TEMPERATURE IN THE 20'S HAD IT'S EFFECT.

1ST QUARTERLY RIDE RESULTS OF 1980 (1 NOV 79 - 31 JAN 80)				BY JIM REX			
SUBTOTALS		=	C	B	A		
CANCELLED	11		1	10	0		
LEADERS	3		1	0	2		
TRIPS	3		1	0	2		
" MILEAGE	208		30	0	178		
RIDERS	32		15	0	17		
" MILEAGE	1658		450	0	1208		

PAST REFERENCES: P 3 MAR, P 5 JUN, P 4 OCT 1978,
P 3 JAN, P 8 MAR, P 6 JUN, P 9 OCT 1979

COMPARATIVE WINTER RIDE RESULTS (NOV, DEC, JAN)												BY JIM REX					
1ST QTR		SUBTOTALS				C				B				A			
YEAR	LEADER	TRIPS	MILES	RIDERS	MILE'S	TRIPS	MILES	RIDERS	MILE'S	TRIPS	MILES	RIDERS	MILE'S	TRIPS	MILES	RIDERS	MILE'S
1976	9	14	538	88	3719	4	111	24	997	10	477	64	2722	-	-	-	-
1977	14	14	487	106	3524	7	140	35	695	6	246	70	2728	1	101	1	101
1978	15	12	432	79	2898	5	100	33	695	7	332	46	2203	-	-	-	-
1979	11	14	518	137	4443	9	193	100	2168	3	150	21	975	2	175	16	1300
1980	3	3	208	32	1658	1	30	15	450	-	-	-	-	2	178	17	1208

PAST REFERENCES: COMPILED FROM THOSE OF ABOVE

MEMBERSHIP UPDATE as of 4 March, 1980: 44 paid up with renewals

1980-001	James A. Smith	New member
80-002	William A. Vojtezh	" "
80-003	Bogart Thompson	" "
80-004	Leon Dudley	" "
80-005	Mort Schneiderman	" "
80-006	Guy Flanders	" "
007	?	

ANNOUNCING THE EFFECTIVE CYCLING COURSE

by BILL HOFFMAN, Instructor

WHAT IS EFFECTIVE CYCLING?

This is the League of American Wheelmen-sponsored course to teach present and would-be cyclists the craft of cycling--the basic ability to consistently use a bicycle with confidence and competence for whatever purpose, under all conditions of climate, terrain, highway, and traffic.

WHAT DOES IT INCLUDE?

1. Selecting and fitting a bicycle to your needs. Learning how to maintain it. Understanding the mechanical principles of its design and operation.
2. Learning proper posture and pedaling technique for maximum efficiency. Learning the theory of physical conditioning for speed and endurance. Learning proper bike handling, both for normal conditions and for emergency situations.
3. Learning the driving skills that make cycling easier, safer, and more fun. Analyzing the basic principles of traffic law and highway design and how they affect cycling. Knowing how to adapt to all situations of traffic, highway, terrain, and weather.
4. Increasing your frequency and enjoyment of club riding, touring, utility cycling, time trialling, and if you so desire, racing.

The course consists of approximately 1/3 lecture and demonstration with hands-on practice, and 2/3 on-the-road training and practice.

WHEN CAN YOU TAKE THE COURSE?

The course begins Saturday, April 12, and meets Saturday mornings for 3 hours for 10 weeks, except for the last session which includes an all-day ride. Classes will not be held on holidays or when major biking events are scheduled, such as the L.A.W. Centennial Celebration on Memorial Day weekend.

ABOUT THE INSTRUCTOR...

I have been authorized by the L.A.W. Effective Cycling Committee to offer the course, having successfully completed the course itself and a rigorous instructors' qualifying exam that included a road test and a 3-hour written exam covering the course content and teaching techniques. Forgive me for bragging, but I am considered one of the most experienced and expert cyclists in the club, having ridden over 6,000 miles a year for the past 8 years, having led many rides for this and other clubs, having planned and led a one-week 25-person tour in addition to thousands of miles of solo touring in 27 states and 5 countries, having served as L.A.W. Regional VP for the past 6 years, in addition to holding office in other clubs and biking organizations.

WHERE DOES THE COURSE MEET?

I am planning to conduct the course at my house in New Rochelle. If enough people in the same area enroll, I am willing to come to them to teach, provided a suitable location for the indoor work can be found at little or no cost. Have bike, will travel. However, if this occurs I will have to add a surcharge to the fee to cover my additional travel time, the cost of the meeting room, if any, and the advance scouting of suitable routes in the new area. The amount of the surcharge will depend upon the location.

WHAT DOES IT COST?

The course will cost \$40 for L.A.W. members and \$50 for non-members. Non-members who join while enrolled in the class will have the extra \$10 applied toward the dues (information about L.A.W. and application forms will be available throughout the course). There will be a 15% discount for 2 members of the same family enrolling in the same class, and a 25% discount for 3 or more persons from the same family in the same class. Minimum age: 12. Payment is to be made in full at the time of enrollment, and a full refund will be made up

to and including the second session. After that, no refunds. Checks or money orders should be made payable to William N. Hoffman, 53 Claire Ave., New Rochelle, N.Y. 10804.

HOW LARGE WILL THE CLASS BE?

Minimum of 10, maximum of 15. Registration is on a first-come, first-served basis. If fewer than 10 people register, all fees will be refunded, and these registrants will be put on a preferred list for the next class. If more than 15 people register, registrants number 16 and up will be put on a waiting list, and if no vacancies occur, they will be put on the preferred list after numbers 1 through 9 for the next class (of course this situation won't happen with the first class, but could happen in subsequent classes). This may seem confusing, but I think it's fair.

PREREQUISITES.

Each student must have his/her own multi-gear, hand-braked bicycle, and be capable of balancing and steering smoothly at moderate speed. Some prior cycling experience is helpful but not mandatory. A 10-speed bike is recommended, but students may use a 3- or 5-speed bike. Dropped handlebars, a smooth saddle, and metal-treaded pedals are suggested. The textbook for the course (yes, there will be homework!) is Effective Cycling by John Forester. Copies can be obtained from me at or before the start of the class, at no advance in price, or directly from Forester at Custom Cycle Fitments, 782 Allen Ct., Palo Alto, Cal. 94303. Price: \$8 postpaid. Each student must have his/her own copy.

ARGUMENTS AGAINST TAKING EFFECTIVE CYCLING REFUTED.

1. "I already know how to ride--been doing it for years." Do you know?? You may not know that you don't know. Do you ride only under optimum conditions, or have you just been lucky that you've never had an accident? For instance, do you know what to do if an oncoming car turns left in front of you? Or how to deal with a right-turn-only lane if you want to go straight? Or why commuting cyclists prefer busy main roads to lightly trafficked side streets? If you can't answer these questions now, you will after you've taken the course.

2. "I can learn all that stuff on my own by reading the book." I doubt it. If you wanted to learn to swim, would you read a book or take swimming lessons? True, you might learn the concepts by reading the book, but you won't know if you can do the techniques properly without supervised practice.

3. "The price is too high." The cost of the course for a non-L.A.W. member is only \$1.50 per hour. When was the last time you hired any other kind of expert (doctor, plumber, lawyer, piano teacher) for \$1.50 an hour? And how much did you spend on your bike or equipment for it? Nuff said.

4. "Who needs Effective Cycling?" Most probably you do if this is your argument. You can always pay someone to fix your bike, but nobody else can learn for you the skills you need to stay alive on your bike.

EFFECTIVE CYCLING ENROLLMENT FORM

Use a separate form for each registrant. This form may be reproduced without permission.

Name _____ Date _____

Street Address _____ Age if under 18 _____

City, State, ZIP _____ Phone (____) _____

Signature _____
(Parent or Guardian's signature if registrant under 18 years)

Previous Experience: _____ years, or _____ miles Type _____
(commuting, club rides, touring, etc)

I prefer to take the course at _____ New Rochelle; other (specify) _____

Amt. Remitted: Fee: _____ (\$40, \$34, or \$30 for LAW; \$50, \$42.50, or \$37.50 non-LAW)
Books: _____ Qty. _____ @ \$8.00
Total: _____ Check or money order payable to William N. Hoffman

All registrants must sign a release at the first session.

**PEPSI MARATHON MAY 24-25 CENTRAL PARK NEW YORK CYCLE CLUB
AMERICAN YOUTH HOSTELS**

Objective:

- To establish NYCC Team Event for riders capable of 300 miles in a 24 hour period.
- To establish AYH Group Event for riders capable of 150 miles in a 24 hour period.
- To form groups of 5 riders with similar riding ability to ride in close formation throughout the event.
- To employ the group riding and support effort to win individual and group awards.

Selection:

- Performance on NYCC Training Rides (See attached schedule)
- Final selection on pre-trip ride to be held in Central Park May 10.

Support:

- Interface with organizers
- Experienced leaders and mechanics
- Van and tent site facilities
- Food and liquids for immediate access
- T-Shirt with organization logo (required by event)

Costs:

- | | |
|-----------------------------|------|
| NYCC Team - Club Membership | \$9 |
| Event expenses | \$15 |
| AYH Group - Membership | \$14 |
| Trip costs | \$15 |

Contact:

Kenneth Abramson
37-32 75 Street
Jackson Hts. N.Y. 11372
Phone: h. 672-9555
b. 757-7722

**300 miles/24 hours
May 24-25 Pepsi Marathon Weekend**



NEW YORK CYCLE CLUB
AND
AMERICAN YOUTH HOSTELS
24 HR. PEPSI MARATHON TEAM SURVEY

If you are interested in competing in the 1980 Marathon as a member of the N.Y.C.C. Team entry or the A.Y.H. Group entry, please fill out this survey and return it to Jim Rex at the address below.

- 1.) NAME _____
ADDRESS _____ PHONE _____
CITY/STATE/ZIP _____
 - 2.) How many years of serious riding experience have you had? _____
With which clubs/organizations? _____

 - 3.) Have you ever ridden a 24 hour marathon event before? _____
If so, how many miles did you cover? _____
In which year(s)? _____
 - 4.) What is your goal for the 1980 24 Hr. Pepsi Marathon? _____
 - 5.) What was your best time for 100 miles in 1979? _____ hrs _____ mins
 - 6.) What is your goal for 100 miles in 1980? _____ hrs _____ mins
 - 7.) What off-season conditioning have you been doing? _____

 - 8.) Do you feel comfortable riding in a close group formation?
Yes _____ No _____ Would like to _____
- For planning purposes....
- 9.) What type of rims/tires do you plan to ride? _____
 - 10.) What kinds of food would you prefer? _____

 - 11.) Are you interested in a patch or medal commemorating achievement of specified goals? _____

The New York Cycle Club Marathon Team and American Youth Hostel Group need riders who are willing to commit themselves to the development of a cohesive riding group with the speed, endurance, and riding skills required to win an award at the 1980 Pepsi Cola Marathon through participation in group training rides and the achievement of individual goals.

Return this form to: James C. Rex, Sr.
20-44 23rd Street
Astoria, N.Y. 11105

New York Cycle Club, Inc.
Statement of Income
for the period ending Dec. 31, 1979

Balance January 1, 1979:	Republic Nat. Bank	\$335.01
	Serial Fed. Savings	<u>412.16</u>
	total on hand	747.17
Revenues:		
Dues	1533.50	
Contributions	21.00	
Advertising in bulletin	31.50	
Sales of heat transfers	30.00	
Interest on savings	<u>47.91</u>	\$1663.91
Expenses and Disbursements:		
Bulletin-postage	332.90	
-printing	<u>768.08</u>	1100.98
Programs-dinners	56.95	
-misc.	<u>10.55</u>	67.50
Promotion & Sales		
-heat trans.	274.00	
-Spokesong	66.50	
-info. sheet	<u>8.20</u>	348.70
Club Memberships-AYH	55.50	
-LAW	<u>10.00</u>	65.50
Elections-(1979)	6.53	
-(1980)	<u>55.40</u>	61.93
(ballots, labels & postage)		
Miscellaneous		
-board (host)	18.00	
-postage	15.95	
-gifts	<u>14.69</u>	48.64
Bank Costs		
-print cks.	7.18	
-service chg.	18.51	
-debit memo	<u>6.00</u>	31.69
Deficit:		<u>1724.94</u> \$ 61.03
Balance December 31, 1979:	Republic Nat. Bank	25.77
(\$1.80 discrepancy	Serial Fed. Savings	<u>658.57</u>
unaccounted for debit)	total on hand	\$684.34

* WANT A COPY OF THE CLUB BYLAWS? CALL CHRIS MAILING: (212)879-6199 *

Critics Corner

In a conversation Mel Shleifer revealed to Jim Rex concerning his January Issue "diatribe", that his Board seniority views must stem from some antiquated Austro-Hungarian Hapsburg dominated dogma. Details of this response were not pried on either side, as the subject was dropped by the pursuit of loftier interests at the bike show.

Jim Rex noted on the other hand; that the bicycle toy syndrome mentality of our country not only exists, but inseparably promoted as such by the organizers of the retailing industry. Or they would have no reason to put on the New York Coliseum bill board at the entrance (year after year), "bicycle and toy exhibit". Biggest innovations were made in pedals and adjustable toe clips. Rear derailleurs have caught up in performance to 34 rear cluster and triple chainwheels, but one japanese firm couldn't leave it at that. They came out with 38 teeth version. Jim Rex still keeps looking for a Champion du Monde Super Leggere Seta coated tire iron in vain, consoling in the knowledge that smaller crowbars still work. They may even function with such rear cluster sizes too.

LETTER TO THE EDITOR:

Feb, 29, 1980

Dear Jim,

Hope all is well with you, and I enjoy your letters in the bulletin, in spite of their length. Would you please put this note as follows in the next bulletin.

Concerning the letter by John Lorenz in the March bulletin, I am left wondering who those 'High Priests' of cycling are that should be 'disavowed'. As for the the 'High Priest' he disavow, I predict that John Forester will become a divisive and controversial figure in the L.A.W.

Think back to the unity of support our former leader Jim Kehew was able to elicit from the membership - and that was during trying times. I suppose it comes down to a matter of personality - some have winning ways, and some do not.

As for pressure on cyclists, I have yet to meet a novice cyclist who did not aspire to become at least a 'B' rider.

Joe Wigodner

As for the length of Jim's letters: he finds it hard to make a long story short, sometimes he spends more time to give an account of a Century ride than it takes him to ride it. For the remainder, we will have to give John Lorenz the first opportunity of response, and hope he will.

Ian Hibel world reknown long distance touring cyclist was visiting our area, contacting a Long Island resident professor Thrawbridge for writing a book about his exploits. His schedule didn't allow to make him our guest of honor at the March club meeting, sad as it may be for some of us.

Vera and John Krausz also hard-work-putting a book of their own together in a lot better english version than this piece of information. Jim Rex flunked his interview with them when he got concious of the microphone used for taping. He's nowhere the celebrity some people would think. In fact as far as Chris Mailing is concerned, he's all washed up. Meanwhile Ken Abramson thinks he also has committed political suicide picking on the establishment as far as NYCC concerned.

THE DRIVE TO RIDE

It must have been March or earlier when the thought finally sunk in; I was not going to tour this summer. With this realization, a slowly conscious feeling of depression enveloped me. The realistic side of my mind convinced me that I could not afford a long tour this summer as an education course had to be completed for my certification requirements. This meant that there would be no six or seven weeks in the northwest to complete a tour that had begun last summer. There were a hundred valid reasons why I could not take a tour this year but valid reasons did not remove overwhelming feeling of disappointment which engulfed me at the thought of the dreary weeks ahead.

March moved into April and still I made no serious attempt to get myself in shape for a long tour. There was no reason, after all, circumstances decreed that my summer be spent in the Bronx completing course work and doing all the things I had never done before in this my adopted city. Among the options open to me were those of riding with the New York Cycle Club, something which I rarely had the time for in the past, and getting to establish some solid relationships with people in New York City. In short I could become part of New York.

Then the school year ended, not my course work, but my ten months in front of my classes and with its termination came a gnawing desire to ride. I HAD TO RIDE. Somehow, somewhere, I had to tour. Not just club rides although they are certainly pleasant, but to load up my bicycle and take off. There was no planned route and my only certainty was the final destination at which I planned to arrive.

This would not be like last year's trip which had included five month's planning for a cross country tour which was to include the entire western migration of America. On that occasion, limited time proved to be my undoing for I had to make a choice: Did I want to ride to get cross country or did I want to ride to see history? History won and the tour went uncompleted. What I did manage to accomplish was to see more history than I imagined possible. I also learned a unique if unwise lesson about touring. It is frequently better to rely on the local people than preplanned mapping, for places to see, and shorter more scenic routes to take. There knowledge of the local environment is better than any that a road map can convey.

In an effort to cure my depression over the curtailment of the summer's riding activities I have decided to use my limited time to accomplish these goals on a much shorter sortie. First to see as much American history as possible thus enriching my teaching of that subject. Second, it must help give me a better understanding of what makes this country function. Next, it must get me far away from congested areas, so I can clear my brain of its overcrowded state. Last and certainly not least, it must allow me to meet people, so that I can expand my ability to relate to my fellow man.

Maybe my criteria sounds a little bit philosophical but every rider who tours, does so for a particular reason. For me, besides accomplishing certain goals, it is a sanity measure. City-life and I are not always compatible, so in the country I must go to regain a certain touch of this country than from the seat of a bicycle. My first trip showed me the difference between screeching car brakes as their owners tried to stop and look at worthwhile sights and the leisurely pace of seeing all as one pedaled along at a slower pace able to see all there was to observe.

There is a certain unique ability for me to understand what I am teaching when I see things up close. The most reassuring part of travelling however is the people with whom you come in contact. I have never felt any hostility towards me on any of my trips. This may be because people sense in a touring cyclist, an essentially harmless person. After ten months living in New York or possibly any city, it is nice to be able to experience that feeling again of the trust people have for one another. The consideration I have experienced from total strangers is almost impossible to recount. Never in any of the fourteen states and three Canadian provinces I have ridden through have I been unable to find a friendly smile or a helping hand.

So when all of the touring for history, enjoying a scenery and experiencing America is over, the thing that remains is that intangible joy left to me by those many strangers. Although I shall probably never see or hear from any of these people again, all of them in their own way have touched me.

Why do I have this need to ride? It is very simple, I need that intangible to go on with my life. The knowledge and reassurance that people all over care about people. I am aware that there are other ways of obtaining this peace of mind, but for me it comes when I ride my bicycle.

Where will I go? I am not sure right now. I do know however, that by the time school starts in September I will be back in touch with myself and ready for another year of teaching.

John McGee

THE NEW COMMERCIAL ADVERTISING POLICY
(as approved by the Board of Directors February 12, 1980)

PRICING:	Full page advertisement	\$ 50.00
	Half page advertisement	30.00
	Quarter page advertisement	20.00
	Eighth page advertisement	15.00
	Per line advertisement	
	(minimum of three lines)	3.00

- Layout to be done by the Bulletin Editor
- Any member who has paid dues before Labor Day may advertise three lines for free until the following April 30.
- Any member who pays dues after Labor Day may advertise three lines for \$5.00 until the following April 30.
- Other clubs or organizations are not exempt from this policy unless the Board of Directors determines otherwise.
- The Bulletin Editor may reject unsuitable advertising, with appeals made to the Board of Directors.
- The Bulletin Editor may seek advertisers.
- The Bulletin Editor may induce the community at large to advertise in the Bulletin through Club flyers, mail, and phone contact.
- The Bulletin Editor may send complimentary copies of the Bulletin to prospective advertisers as a courtesy, at his discretion.
- All advertising must be labelled as such.
- Advertising rates will be published in each Bulletin.

FEBRUARY 12, 1980 BOARD OF DIRECTORS MEETING
SUMMARY OF MINUTES (UNAPPROVED)

- 1.) Irv Weisman has received survey responses from 22% of the Club membership, but has yet to calculate any results.
- 2.) The Board approved a new commercial advertising policy for the Club Bulletin. Prices range from \$9.00 for three lines to \$50.00 for a full page. The Bulletin Editor will be responsible for screening ads and the layout.
- 3.) Chris Mailing presented his plans for reviewing the Club bylaws in 1980. A Bylaws Review Committee will be formed at the February General Membership Meeting. (Details are elsewhere in this issue)
- 4.) Ken Abramson presented a new membership form he designed, and agreed to incorporate a means of allowing members to purchase a Club logo iron-on at the same time they renew (or join).
- 5.) Ken also presented a financial statement for 1979. (Included elsewhere in this issue)
- 6.) The Board decided to tag April Bulletins mailed to those members who have not renewed their membership as a reminder to do so.
- 7.) Irv Weisman has reserved two dates for All-Class Club Rides: June 8th and October 12, 1980.
- 8.) The next Board of Directors Meeting will be on Thursday, March 13, 1980.

Complete copies of approved minutes are available from Chris Mailing.
Phone (212)879-6199.

REVIEW OF THE CLUB BYLAWS

The Board of Directors has requested me to coordinate a review of the Club bylaws this year, in order to present proposals to the membership on the 1980 election ballot. I am proceeding on the following schedule:

- 1.) At the General Membership Meeting held Feb. 19th, a Bylaws Review Committee will be formed. (If you did not attend the meeting, and would like to join in the Committee's efforts, please call me at the number below)
- 2.) Any member who desires a copy of the present Bylaws should call ****
**** me, and I will send a copy by mail. ****
- 3.) Suggestions for amendments should be made in writing by May 1, 1980.
- 4.) The Bylaws Review Committee will review these suggestions, and present proposed amendments for comment by the membership in the August Bulletin.
- 5.) Comments on these proposed amendments should be made by the General Membership Meeting held September 16th.
- 6.) The Committee will review and refine the proposals in light of comments received, write position papers where necessary to explain the Committee's thinking, and place the finalized proposals on the ballot in the October Bulletin.

Correspondence regarding the Bylaws review should be sent to:

Christopher J. Mailing
NYCC Bylaws Review
324 E. 82nd St. Apt. 3C
New York, N.Y. 10028

or call (212)879-6199 before 11:00 pm in the evenings.

100% wool machine washable and machine dryable cycle-wear and active sports-wear. Best prices in town. Call Jerry Davis 516/536-4889.

APPLICATION FOR MEMBERSHIP IN THE NEW YORK CYCLE CLUB, INC.

NAME(S) _____ PHONE: H. _____
B. _____

ADDRESS _____ APT. _____

CITY _____ STATE _____ ZIP _____

WHERE DID YOU HEAR ABOUT NYCC? _____

_____ \$9.00 INDIVIDUAL DATE _____

_____ \$12.00 COUPLE (bulletin mailed to one address) RENEWAL _____

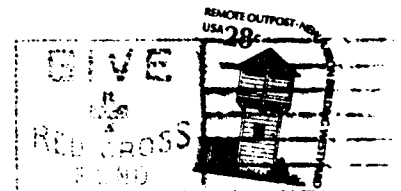
_____ \$4.50/\$6.00 HALF YEAR (if joining after Labor Day) NEW _____

Make your check payable to: NEW YORK CYCLE CLUB, INC.

Mail it to Treasurer: KENNETH ABRAMSON 37-32 75 ST. JACKSON HTS. N.Y. 1137.

NEW YORK CYCLE CLUB
c/o DIANA BINGHAM
30, 5th Ave., Apt. 7-G
New York, NY 10011

FIRST CLASS



Chris Mailing
324 E. 82nd St. #3C
New York, NY 10028