

March
1980

New York



March 1980

Cycle Club Inc.

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MEMBERS AT LARGE

(Ride Co-Ordinators)
Lorraine Gewirtz

C) Martha Ramos - (212) 858-9142
A) Bill Yao - (212) 749-1978

Come and bring a friend to our

MONTHLY MEETING

Rinaldo's Restaurant
32 East 32nd Street

March 18th, Tuesday 6:00 P.M.

With the coming of spring as the cycling season begins in earnest, listen to a panel of active experts;

Chris Mailing

Ken Abramson

Bill Yao

Martha Ramos

exploring the goals, habits, specifications and conditioning necessary to enjoy C, B, A, A+ type riding.

The presentation will be followed with question and answer discussions.



Rides For The Month

Several NYCC members have been riding throughout the winter. Art Guterding has been leading Central Park 30 mile "keep in condition" rides during Feb. He may continue them thru March. Check with him at 861-6224.

With the arrival of March, the hibernators come out of the woodwork and will be greeted by "A" level training rides planned by Chris Mailing and Bill Yao, and by more modest conditioning rides for B and C riders in Central Park, Prospect Park, and Flushing Meadows Park. So get yourself to one of these areas and start preparing for the coming season.

We get moving at a gentle pace, and gradually increase the pace and distance. If the interest is there, the leaders will show you how to get to some of the other meeting points and ports of exit, such as Brooklyn Bridge - City Hall Park, PATH terminal at the World Trade Center, Staten Island Ferry, G.W. Bridge, etc.

In early April we'll have our "time trials" which are really self-calibrating rides to determine, quantitatively, the pace we can hold for a distance of 25 miles. This will enable us to choose club rides suitable to our riding preferences and abilities.

"A" LEVEL TRAINING RIDES

All rides will start at the Central Park Boathouse with alternate pick-up points as indicated in the ride write-ups:

- A: Geo. Washington Bridge south walk ramp; meet 30 minutes after scheduled departure time; deduct 13 miles.
- B: Broadway Bridge (over the Harlem River); meet 40 min. after; deduct 20 miles.
- C: Fordham Rd. at Grand Concourse; meet 40 minutes after; deduct 21 miles.

SUNDAY No. 1 Meet 10:00 AM, 40 mi. To Oradell Reservoir in NJ. Food stop in Demarest.
2 March Pace: 12 mph. Alternate pick-up "A".

SUNDAY No.2 Meet 10:00 AM, 52 mi. To Orangeburg, NY and Montvale, NJ. Food stop in
9 March Montvale. Pace: 12 mph. Alternate pick-up "A".

SAT. No.3 Meet 9:00 AM, 40 mi. To Oradell Reservoir. Food stop in Demarest.
15 Mar. Pace: 13 mph. Alternate pick-up "A".

SUNDAY No.4 Meet 9:00 AM, 65 mi. To Mamaroneck, White Plains, Chappaqua, Tarrytown.
16 Mar. Food stops in White Plains and Tarrytown. Pace: 12-13 mph. Alternate "C".

SATUR No.5 Meet 9:00 AM, 65 mi., 13-14 mph. To West Nyack, Germonds, Spring Valley.
22 Mar. Food stops in Tappan and Montvale. Alternate pick-up "A".

SUNDAY No.6 Meet 9:00 AM, 75 mi., 13 mph. To Tarrytown, Whitehall Corners, Mt. Kisco,
23 Mar. Pocantico Hills. Food stops in Tarrytown, Whitehall Crnrs, Chappaqua. Alt. "B".

SATUR No.7 Meet 8:00 AM, 65 mi., 14-15 mph. To Mamaroneck, White Plains, Chappaqua,
29 Mar. Tarrytown. Food stop in Chappaqua. Alternate Pick-up "C".

SUNDAY No.8 Meet 8:00 AM, 90 mi., 14 mph. To Tarrytown, Kitchawan, Goldens Bridge,
30 Mar. Mt. Kisco, Pocantico Hills. Food stops in Tarrytown, Whitehall Crnrs., Mt. Kisco.
Alternate pick-up "B".

Maps will be available. Be prepared to ride at indicated pace in order to keep the group together. Rides may be delayed or cancelled due to cold (below 30°F) or rain. Check with Chris at 879-6199 45 minutes before departure time if weather is doubtful.

"B" AND "C" LEVEL TRAINING RIDES

3

NOTE: Rides cancelled if, at 8 AM, the predicted high temperature is less than 40°F, winds are greater than 15 mph, probability of precipitation is greater than 35%, or streets are not dry.

CENTRAL PARK

SUNDAYS
in March Meet 9:45 AM at the Boathouse, ride at 10 AM. If we manage to stay in groups, we'll include the 110 St. hill as part of the ride. (Not to include it is practically criminal negligence on a training ride.)
Leaders: "Upright" Irv (LO2-7298) and Leona Hollander (427-8460)

PROSPECT PARK

Meet 9:15 AM in the parking lot near the skating rink; ride at 9:30 AM.
Leaders: 3/2 & 3/16 Harry Lack - The Tall One; Martha Ramos on 3/9. The early participants will keep the group going for the other weeks.

FLUSHING MEADOWS PARK

SATURDAYS
Mar. 1, 15, 29 Meet 9:45 AM at the Unisphere, ride at 10 AM. Alternate days permit training by those who can't make it on one or the other day.
SUNDAYS
Mar. 2, 16, 30 Leaders: Tony Morano (278-7057) and Ed Flowers (544-9168)

SUNDAY
23 Mar. A DAY AT THE RACES. 30 miles, C+ ride. Ldrs: Lorraine Gewirtz, Sherman Cohen
Meet 9 AM, Queensboro Bridge, 59th St. between 1st & 2nd Aves. Today, the "Bay Shore" for 3 yr. olds at the "Big A", where magnificent thoroughbreds and outstanding jockeys vie for big-money purses in electrified competition. Bring lock, innertube, \$3.50 admission, \$ for lunch, etc. If weather uncertain, confirm night before. (212) 332-1990. Joint AMC.

SUNDAY
30 Mar. LONG ISLAND NORTH SHORE. 42 miles, B pace. Ldr: George Borgida
Come out by car to the I.U. Willets School parking lot at 9:30 AM, ride 10 AM sharp. This is a lovely traditional club ride which has been neglected by us for too long. (So how many cars are left?) It should be enjoyed by more club members. There are some hills. Lunch indoors.
For info and directions call George, 376-4587.

WEEKENDS

We plan to have more weekends away than in the past. Frank Sanchez and Harry Rutten are making the first one possible. Our AYH Organization Pass will help on the costs.

On May 3,4 a cooperative weekend is in the making with Frank Sanchez's ride on Sat. along the scenic Delaware River, going north on NJ roads from the Delaware Water Gap Recreation Area (just off Interstate 80) to Layton or Hainesville and back. On Sunday we have Harry's traditional spring Allamuchy rides - a longer 65 miler along the ridges, and a shorter 40 miler with no significant hills.

Sat. nite you can stay at either the Howard Johnson Motel in Del. Water Gap (PA) [800-654-2000] or the Panther Valley Inn near Allamuchy [201-852-6100]. If you are inclined to save a buck and enjoy the company of fellow cyclists, you may want to join some of us in the Bushkill hostel in PA, several miles north of the Route 80 crossing into PA. We'll use our AYH Organization Pass, and will share the hostel with members of the Bicycle Touring Club of North Jersey. Interested? Send \$3.50 reservation to Irv.

RIDE PREVIEW 1980 BY JIM REX (ON REQUEST)

		D	C	B	A	FROM
APR	5		!	!	!	NYC, BKLN, QNS
"	5			65		"
"	6				110	"
"	12			65		"
"	13				90	"
"	13			40		"
"	13		25			"
"	20		!	40		" - PATH
"	20				100	QNS
"	26			62		NYC
"	27				125	"
MAY	4		35			STATEN ISLAND
"	10				200	QNS
"	10				215	OHIO
"	18		25			NYC
"	18				115	QNS
"	23		!	!	!	RHODE ISLAND
"	24		!	!	300	NYC
JUN	1				80	"
"	8				100	"
"	14		!	!	!	MATTITUCK, LI
"	14				225	QNS
"	22				120	NEWARK - PATH
"	28		25			BRX
"	29				150	NYC
JUL	4		!	!	!	GENESSEE, NY
"	4				209	STATEN ISLAND
"	20				115	BRONX
"	26		20	40		S.I.
"	27			50	100	N.J.
"	26				200	NYC
AUG	3				110	BRONX
"	9			75		L.I.
"	10				100	QNS
"	16		!	!	!	NYC - LIRR
"	23				110	QNS
"	30				405	NYC
"	30		!	!	!	CATSKILL, NY
SEP	7		!	50	100	NYC-NJ
"	14				110	"
"	21			50	125	L.I.
"	27				200	L.I.
OCT			!	!	!	CATSKILL, NY
"	11				250	NYC - TRAIN
"	5				110	"
"	19				120	"

ALL YEAR, WHEN YOU READY FOR EVERYTHING THEY CAN THROW AT YOU - TRY A MILLENARY SERIES
 IRONLEG BUILDER OR BREAKER.
 10 CENTURIES IN TEN WEEKEND DAYS
 10 " " 19 DAYS ONE "ON" AND ONE "OFF" VACATION KILLER
 10 " " 10 " NO REST DAYS " "
 AND SO ON. CONTACT JIM REX FOR DETAILS (212) 278-5562

PRESIDENTIAL SPORT AWARD: 1 HR REGULAR DAILY EXERCISE PROGRAM, 4 MONTHS LIMIT

NOTE: IT IS THE CONSENSUS OF THE NEW BOARD TO HELP THE TRANSITION TO 1981, AND HAVE RIDE
 4 PREVIEW INFORMATION AT THE END OF THIS SEASON PREPARED AND PUBLISHED.

JANUARY 10, 1980 BOARD OF DIRECTORS MEETING
SUMMARY OF MINUTES (UNAPPROVED)

- 1.) Irv Weisman is looking for someone to coordinate "B" rides for the Rides Committee. Bill Yao will be coordinating "A" rides and Martha Ramos will coordinate "C" rides.
- 2.) The Rides Committee will investigate the organization of weekend trips, the purchase of a bike rack or trailer for Club use, and organized van rentals, based on the results of the survey in the January/February Bulletin.
- 3.) The Board passed a motion requiring all claims for reimbursements from the Club treasury be submitted to the Treasurer within 30 days from the end of each calendar quarter.
- 4.) Chris Mailing will coordinate a review of the Club by-laws in 1980, with a view toward obtaining membership acceptance of any proposed amendments on the 1980 election ballot.
- 5.) The Board passed a motion requiring the Rides Committee to reserve two or three dates for All-Class Club rides in the following year for planning purposes.
- 6.) Irv Weisman will serve as the Club's representative to A.M.C.'s Glass Sweep, scheduled for April 27, by coordinating efforts to sweep the George Washington Bridge pedestrian walk.
- 7.) This year, ride listings will be grouped by calendar month in the Bulletin mailed early the previous month. Members' rides should be submitted to the appropriate Rides Coordinator at the General Membership Meeting two months earlier. (Example: Rides to be held between April 1 and April 30 should be submitted to the Rides Coordinator by (or at) the February General Membership Meeting, scheduled for February 19, so that they will be published in the March Bulletin received by the membership the second week of March.)
- 8.) Diana Bingham will use photocopied Avery address labels for the Bulletin until a mechanical means of addressing the Bulletin can be acquired.
- 9.) The Board has nominated Tony Morano for the newly created position of Membership Chairman.
- 10.) The next Board of Directors Meeting will be held on Tuesday, February 12, 1980.

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

CRITIC'S CORNER

A segment dedicated to people who have gripes to get off their chest. This one refers to page 7 article in the December bulletin, handed in hand-script as best as this editor can make out.

"Jimmy - Some speake perfect English but make sence. You butcher the language but make sence. there is no excuse however for not cleaning your typewriter. Pardon the punn but this is the filthyiest thing I have ever had the pleasure of Reading

W C "

I failed to ask if I could reveal the source of this commentary, but I can assure you it wasn't coming from the Water Closet. Also if imitations are complimentary, I thank you for your effort. (Jim Rex)

Les Bercow, former NYCC Bulletin editor and convivial cycling companion, is retiring from his work as a photo-engraver, and is planning to move to Florida in the near future.

Unfortunately, his retirement is due to damage to his lungs from the chemicals he was exposed to over the years - acetone, xylol, hydrochloric acid, and others. The damage has reduced the ability of his lungs to transfer oxygen into his blood and to remove carbon dioxide from the blood. The net result is loss of energy, weakness, and plain no good. Les fears he may have to severely curtail, or entirely eliminate cycling from his retirement activities - what a loss!

He is home from the hospital now and is awaiting words of medical wisdom from his doctor. We sure hope that his condition is not as bad as it sounds, and that he will still be able to enjoy his sport activities in some good measure. Good luck, Les.

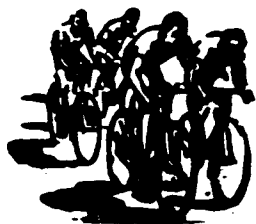
INCREASED SEXUAL VIGOR LINKED TO CYCLING

Yet another health benefit has been found that derives from cycling.

Dr. Rokuro Koike, a medical authority and professor of urology at Kyorin University in Tokyo, urges people to commute long distances by bicycle daily because it is rejuvenating and greatly increases sexual vigor.

According to the Japan Bicycle Promotion Institute Bulletin, Dr. Koike says that one reason bike riding is better for sexual activity in males, as compared, say, to jogging or swimming, is that the bicycle saddle has an additional role of massage. It serves to stimulate Cowper's Gland, which functions during erection.

Riding with the hips up from the saddle also stimulates Cowper's Gland. Also indirectly massaged during cycling is the prostate, which, Dr. Koike says, also has a close relationship with erection. This activation of the organ further strengthens sexual activity.



HOW I USE THE DIRECTORY

I have found the L.A.W. *Directory* of great value. I not only hope but expect and really need to have this great directory of bikers in the U.S. sent to me each year. I had the need to use it a few times this year. They are as follows:

1. I didn't receive my confirmed reservations for GEAR. I got the telephone numbers of the GEAR people and called them and was confirmed on the phone.

2. I wanted to buy a "bike bag" that I saw at GEAR for my bike trip. I wanted to know if they were in stock and if I could get one in three weeks time. Sure enough the person that makes them is a L.A.W. member and his number was in the *Directory*. I called him, everything was O.K., and I received the bike bag in plenty of time for my trip.

3. To go on RAGBRAE I had to fly to Sioux Falls, S.D., which was the closest airport to Rock Rapids, Iowa, the start of the ride. It was 35 miles to Rock Rapids. I had never been to that part of the country before and needed help. I looked in the *Directory* and found a lot of L.A.W. members in Sioux Falls, S.D. I called one of them and explained that I needed a route to Rock Rapids. He said he would send me a map. He did and much to my surprise he hand drew it with great detail and very complete instructions. I arrived at the start of RAGBRAE safe and sound, rode a good route for bikes, and with this map led four other cyclists to Rock Rapids.

I have only been an L.A.W. member for one year. I have found the *Directory* invaluable in planning my bike trips. I really need to have it and be able to get in touch with other bikers wherever they may be.

I have found that cyclists are really good and friendly people. I rode with 6000 of them for a week this summer. Really nice people.

If there is a listing of Great American People I think it must be the L.A.W. members in the L.A.W. *Directory*.

David C. Miller
New York, NY

'HIGH PRIESTS'

Congratulations to John Forester, our new president, for his straightforward approach to cycling matters. His ability to penetrate to the heart of any subject and to draw the logic of the issue at hand is encouraging. I agree with John when he says we should disavow so called supporters of cycling who manage to accomplish only greater antagonism from the public by their erroneous or illogical suppositions, or their hidden prejudices. Consider the cost we all bear by supporting those elements who can see only bicycles in the transportation picture, rejecting the auto "on principle." If we really use our intelligence courageously as John does, we will not be seduced by persons or organizations which on the surface seem to support cycling and cyclists' rights, but are actually using us to flatter their egos, by our unwitting support.

In the New York City area, I must report that there is more riding done outside of the few clubs that exist than within. In my judgment, there has to be something wrong when out of a population of nearly eight million, only a thousand or so belong to bike clubs. Disenchantment and a high turnover is the rule. Perhaps those long entrenched "high priests" of cycling we look up to for guidance are not really steering us in the right direction, and should be summarily disavowed. They are both arousing the antagonism of the general public in the name of cycling and institutionalizing a state of inferiority in the cycling population by their insistence on "training up" and being "properly paced." There can be no fun when hundreds are locked out of what they would prefer to do in cycling by social pressures emanating from the old experts who want to leave no room on the road for anyone but themselves.

John R. Lorenz
District Legislative Coordinator
Bay Ridge, Brooklyn, NY
Acting President
Verazzano Bicycle Club

In contrast to my versatile earlier exploits referred to on p. 6 Feb 77 and p. 4 Aug 78, plus the rest; between freezing local or midsummer desert rides in 7% humidity and 136F (58C) ground temperatures, the 1979 New Year Day's ride seemed different by fog of 90% humidity and all day pouring rain. Soaked to the skin and wearing rubber boots for warmth that served as portable catch basin, reducing my edible food supply to fruits; automobiles splashing dirt in my eyes and components, did not prevent a broken spoke and 3 flats that I had to fix with numb muddied wet hands while the patches would not even stick. Adding to my misery with 30 miles remaining, two guys from CRCA had passed me. I was lucky just to finish within 10 hrs by darkness, and not get hurt beyond a cold.

Unlike me, John Lubaszka, Ken Abramson, and Joe Hulbert who begun to ride just after midnight nice and easy - managed to finish comfortably early in spite of 14 hrs elapsed time.

As a spin off interest, Connie Orentlicher who's been toying with the winter riding idea, prompted me to put together a "clothes chart" listed on p. 4 Jan 79 bulletin. By now even she was considering to go along with Ken & Co.'s 1980 New Year Day ride as early as midnight. But with temperature in the 20's she thought better, and the guys left without her.

Hardly did they go 15 miles, passing a bus stop met Mary Gifford heading home from one party to another who invited them along in turn. Herself a notable rider of 250 miles on the last marathon as well as district Time Trial Champion. She also happens to be the sister of "Wunder Kind" Henry who made his 1977 debut wearing his bike to shreds and go on to be Jr Champion of 1978 with 435 miles, and win the last marathon with 405 in spite of two spills and an injury to celebrate turning senior. You can get a picture of him with yours truly on the Aug 79 cover, and with his sister on p. 22 of the last bulletin riding a ten seater bike he built as a hobby that he started with a modest track frame project back a few years ago.

With Mary's clout, the guys succumbed to her hospitality in no time. They must had a good time, because they forgot about the rest of the ride. I liked that girl already, but now I'm practically indebted to her since I couldn't have hired Delilah coming to my aid more effectively.

There was one draw back though, I knew nothing about it for days afterward. So I spent a great deal of time contemplating some good excuses not to go either. Being down with flu preliminaries for weeks, not much able to eat or sleep well either, I was really looking forward to a miserable weather making it impossible even to try. No such luck, since it only happens when one wants to avoid it. With a clear sky and full moon to make visibility for an early start easier, I listened to the weather forecast with disgust. "Expected high in the 30's".....

Now I'm really going to look stupid staying home, considering my past exploits. Compounding this by the fact I haven't sit on a bike the last 2½ months either, a solo freezing 100 mile ride didn't strike me like fun just off hand. There must be better opportunity for performing my 140th Century (5th New Year), that amounts to less than 3/4 of total difference without even counting my "big" rides. I was rather inclined to sleep late and enjoy the luxury of watching the late show on TV as well, with a record turnout at Times Square judging from the telecast. I dove off sympathizing with athletes who retire at the peak of their "chore vary" careers, rather than keep on tiring themselves with having constantly to live up to a reputation.

Nevertheless after 4 hrs sleep I got up 6 A.M. Consulting my "clothes chart" with bemusement remembering Lorraine Gewirtz's December meeting striptease demonstration of a similar reference. Being of different mind and body requiring my own clothes; I read on to make choice with a self doubt if that chart is reliable, as I forgot how it feels since I was riding in freezing weather the last time. (continued on page 14)

Sporting two days old whiskers covered with vaseline against windchill just as some skiers would do; on the strength of a cup of tea I make the famous and profound statement "Here goes nothing", and start riding 7 A.M. armed with 5 bananas, nuts, apples, dried figs, tissues and chapstick.

Hoping to finish at an easy pace within seven hours, but 18 mph in 51" gear where I left off last October gives me knee aches the first $\frac{1}{2}$ hour. Partly because I'm so bundled up I can't "feel with my skin", and trees barren of leaves give no visual clues either. Only when my eyes tear I'm sure of riding into stiff headwind, confirmed at 30 miles out by small plastic flags strung out across a car dealer's lot, flying horizontal with the ground where it should have been hanging instead.

After 1 hr riding numbed by cold from head to toe; I know from past experiences that by now I may not even feel knee aches if I keep riding the wrong gear, until thawed out the next day. Cold actually minimizes pain but not the cause, so get down to 73" gear by now. I take breaks to get some feeling into my toes and fingers while I munch too, but not exactly feeling well I have no appetite.

Eventually Sun gets high enough to make it's presence felt, and as a gesture of warmth, I peel off a sweater. Traffic still scarce I reach half point, Jericho Tpk & Rt 347 by 10:20 AM. I almost waste a $\frac{1}{2}$ hour at the local restaurant; making a phone call, refill my bottle, and the rest goes into rationalizing my "funny clothes" to a giggling young waitress, who haven't sobered up yet from last night's celebration.

On the return leg I was sweating over dressed for 35 F degrees, restoring faith in my own "chart". Gauging my body responses felt like I have lost about two pounds at this point.

By noon with 30 miles remaining my neck was getting stiff, and old injury aching I noticed traffic was thick. Slowing me to a stop almost every red light and every corner. By the time I reached city limits it became almost stop and go for me. Being passed by a CRCA rider at Westbury 12:36 PM, the rest went almost uneventful.

By now I had time to realize that getting on the bike only at 2 $\frac{1}{2}$ month intervals, with five rides a year I couldn't be riding Centuries too long. Let alone Doubles, while 300 miles marathons can't be ignored either. So I must train.

Middle of this introspective speculation to keep mind from idling, I reached the Douglaston Hill and committed a grave technical error. To minimize hard breathing, I intended to use 51" gear that calls for double shifting and a third chainwheel. My rear overshifted to a 47" instead that I could gauge instantly, but not correct while climbing. Finding myself in such incriminating situation, I feared being spotted by some hernia enthusiast high gear authority; like Bill Cooper and Norm Schleifer, each equipped with such heavy artillery items as 66 and 65 teeth chainwheel respectively, and accuse me of having joined the secret organization of some subversive low gear delinquents.

Without justification for my dilemma, searching earnestly for precedent in my defense: I just realized that former Circulation Mgr Mel Schleifer, who used to carry more than his weight's worth of bulletins by the thousands during the past 3 years, which he just simply referred to as "lot of bul." (see page 10 of March 1978), also managed to wreck his rear carrier in the process. After which he was left to his own devices to make amends, and such he was experimenting with unauthorized gear ratios by using 42 rear cog too. I think this would be found uncanonified the least, if not down right blasphemous even by our highly recognized low gear prophet "Upright" Irv, who himself never promised salvation by any means greater than 34 cogs. Since most people use 42 on the front, I regard this as the reversal of natural cycling tendencies.

He even lead me unsuspecting 2 years ago on a 34 miles trip. I should have been suspicious by the time I got hungry, for we were only at midway. Only too late have I realized he set a trap for my pure and simple 13-17 rear cluster naivitee on a deceivingly short but steep hill. Short in the sense that I could see the top from bottoms up; but only half into the climb when spinning came to a merciless crawl, have I realized the obvious gravity of the situation. The mental anguish of having recalled earlier occasions of similiar nature, breaking a seat one time and handlebar another; that I may get my cluster busted, break a chain, rip my cleats and cause a disarray to my Bill Blass handlebar tapes leaving undeniable tell tale signs for the world to see - as it would cause me to fly over the handle bar in an instant.

The patron saint of component manufacturers must have been watching over me that day, even though emotionally scarred for life, I survived THE hill with one bent Campagnolo pedal axle. While I have a side of forgiving nature, still I can't forget.

Less scrupulous editors than me would use this opportunity to black-mail him into writing at least one technical article a year. Still he goes on practically unnoticed and addicted to low gear over use. Certainly not a legitimate prescription for hill climbing, judging from what I have seen so far....

If I ever get confronted with high gear authority liabilities, I'm seriously considering to turn state's evidence and fink on him just to save my hide. I may even resort to more frequent use of under 60" gears to prevent my toenails from turning blue. They still are from last season...

Regardless, I finished the 1980 New Year Century in 7:20 hrs riding alone. This includes the 50 minutes I used for breaks. I lost 3½ lbs in the process. The after effects were no different from previous years; except I noticed that my eye balls (definitely of the eye) got so chilled in the head wind, that when at night laid on my back with lids shut over them that were warmer - I could feel the difference. Rolling them up in the socket to wich it felt like putting cold fingers under your armpits to warm them by comparison. I wonder if cornea transplants experience something similiar? But at first it struck so weird; as if my eyes just been returned from the grave, or like similiar alien object that may fit but not naturally belong in terms of feeling.

My feet played a more familiar role. They were cold and chilly for nearly two days afterward. Meanwhile I wonder if people could recall their own birth experiences and put them into understable terms, how weird would that be compared with what we are now accustomed to. It can be easily inferred that for a fetus to be born from it's accustomed mileau into our world of norms can be quite frightening, just as for us maybe traumatic to face the end of our existance as we are aware of it in terms of dying.

So much for a trip from cold feet to methaphysics.....

I guess my next New Year century attempts will be aimed toward having been stopped by a girl, who will invite me to her party too. If other guys can do it, so should I. I may even start practicing sooner.

REGULAR RIDES

CENTRAL PARK	10:00 A.M. Sat. & Sun.	from Boathouse*	15
BEDFORD VILLAGE	10:00 A.M.	Sun. from Firehouse.	
WHITE PLAINS	9:15 A.M. Sat.	from Milkmaid Diner: at	
		Rosedale & Marmaronack.	
LONG ISLAND	10:00 A.M. Sat. & Sun.	from I.U. Willets School Pkg.	
		lot: I.U. Willets & Gna.Wds.	
EASTERN LONG ISLAND (Bridgehampton)	10:00 A.M.	Sun. from Soporific Bike Shop, Montauk Hwy. (Rte. 27)	

FOR SALE

FUJI FINEST 23" bike. 27" wheels - Phil Wood sealed bearing hubs, crank spindle & pedals - Sun Tour cyclone derailleurs & shifters - Campy right crank arm and 42/45 chain rings - frame eyelets for mounting racks. Bill Baumgarten, 212-567-4628. \$350.

APPLICATION FOR MEMBERSHIP IN THE NEW YORK CYCLE CLUB INC.

Mail to Treas. Kenneth Abramson 37-32, 75th St., Jackson Hts
NY 11372

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

ADDRESS _____ APT. _____

CITY _____ STATE _____ ZIP _____

WHERE DID YOU HEAR ABOUT NYCC? _____

DATE _____ AMT OF CHECK _____ RENEWAL _____ NEW _____

Renewal deadline April 30 at \$ 9.00 per single, \$ 12.00 per couple residing at same address and receiving only one newsletter.

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

FIRST CLASS

Chris Mailing
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