

October
1980

NEW YORK CYCLE CLUB



Please submit your rides to the Ride Co-ordinators at least one month in advance.

"A": Bill Yao (749-1978) "B": David Miller (794-9365) "C&D": Martha Ramos (858-9142)

RIDE AND RIDER CLASSIFICATIONS

In order to avoid the painful problems of "trying to keep up", and the corresponding problem of holding back your fellow riders, you are strongly urged to select your rides conservatively until you gradually learn which ride category and which leaders fit you. Distance is not as significant as is the pace in bringing on fatigue and "rubber legs".

- A+: ANIMALS: Anything goes. Eat up the roads, hills and all. 17mph +
 A: SPORTS(WO)MEN: Vigorous riding over hill and dale. High regard for good 15mph \pm 1 1/2
 riding style. Can take care of themselves anywhere.
 B: TOURISTS: Moderate to brisk riding along scenic roads, including hills. 12mph \pm 1 1/2
 Rest hourly or so. Can make roadside adjustments & repairs.
 C: SIGHTSEERS: Destination oriented; nature and historical. Do not ride long 9mph \pm 1 1/2
 distances by themselves. Need help with adjustments & repairs.
 D: BEGINNERS: Discovering the bike and their bodies; sightseeing, training up Less than
 to C. Do not believe reports about mortals riding 100 miles in 8 mph
 one day.

An interesting spin-off of the Sept. Club Ride was its confirmation of our Rides Classifications. The chart below shows mileages for which data was obtained, their associated riding times and overall times (including rest stops), and the corresponding velocities. The A group, **taking turns leading**, maintained the A pace of 15 mph \pm 1 1/2. The two B groups met their criterion of 12 mph \pm 1 1/2. David's group rode a hillier course than Irv's did for part of the distance in Rockland County, otherwise they would have ridden 12 mph or faster. We do not yet have direct confirmation of our published C & D classifications, but we are now quite confident that they, too, will stand scrutiny.

GROUP	TERRAIN	DISTANCE	R I D I N G		O V E R A L L	
			TIME	SPEED	TIME	SPEED
A	Rolling, hills	71.0	4:37	15.4 mph	5:50	12.2
B (David)	Rolling, hills	52.0	4:45	11.0	5:45	9.0
B (Irv)	Rolling	44.5	3:50	11.6	4:10	10.7
		62.5	5:30	11.4	7:00	8.9

The overall speed for all the categories, when the ride is over 5 hours long and includes food stops, seems to be 80% of the riding speed. When Irv's group did only 44.5 miles in 3 1/2 hrs, with only short snack breaks, their overall speed was 10.7 mph. But when they included their lunch break in the 62.5 miles, their overall speed fell to 8.9 mph.

For the Oct. rides we are using several of the Sept. Club Ride routes in an escalating sequence, beginning with the 50 mile faded arrow marked route led by Martha Ramos, followed on Oct. 12 by the 63 mile Metric Century route, and ending on Oct. 19 with David Miller's new, hillier, scenic route in Rockland County. We'll end the Oct. B rides with Al Goldberg's (former NYCC Treasurer, now L.A.W. Area Rep. in Boston) route from Newark to Paterson to see the Passaic Falls. These falls were the site of a large silk mill, many of whose buildings are still standing there. A bitter strike in the 1920s killed the industry, thus making the "oppressed" workers very happy, albeit somewhat hungry.

TRANSPORTATION NOTE: On Sunday mornings, bicyclists seem able to use the subways without hassle. It is best to have your token ready and just go in. (Getting your bike thru the gate or over the turnstile is left as an exercise for your ingenuity and muscle.) Minimize interference with other passengers by sitting or standing with your bike near the end of the car. For the G.W. Bridge, use IND A train to 175 St. station. Exit thru the bus terminal at the north end of the station, on the Fort Washington Ave. side.

Saturday

October 4th--NYACK QUICKIE. 50 Miles 'A'. Bob Friedman leader. Meet at C.P. Boathouse at 8:00 AM for a quick ride up 9W to Nyack and back along 501 and up Palisades Ave. back to the G.W. Bridge. Estimated riding time 3 hours. Call Bob at 724-4246 for further information or if weather is doubtful.

Saturday

October 4th--45 Miles 'C'. GREAT NECK BREAK. Meet your leaders, Ed and Sara Flowers, in front of their apartment house at 111-50 76th Rd., Forest Hills (easily accessible via the 'E' or 'F' trains), at 9:00 AM for a leisurely 10 mph paced ride beginning in Forest Hills and looping out through Great Neck. This ride swoops out through the lush suburbs of Kings Point. Bring lunch or money for it. Ed And Sara 544-9168.

Saturday

October 4th--HISTERICAL TOUR OF LOWER MANHATTAN. Saturday morning, when all the real estate agents are away in Scarsdale, is a great time to move property on unwary cycle tourists. Your leaders Ken Abramson and Ellen Farrant hope to make a few swift deals on some very prime real estate. Unfortunately NYCC custom prevents them from trading for your bike, lock, lunch or money for it. However, the tourist who tenders the cleverest remarks on each of the famous landmarks up for sale will not go home empty handed. So brush up on your streets paved with gold and meet at 9:00 AM in front of the Flatiron Building at Broadway and 23rd Street for some 20 miles of easy riding and some pretty fast talking. For more information call Ken at 672-9555.

Sunday

October 5th--SADDLE RIVER SPEED CENTURY. 110 Miles 'A+'. Chris Mailing leader. Meet at the C.P. Boathouse at 8:00AM for a ride over Bill Yao's famed route, which includes 50 miles of downhill riding (and a minimum of hill climbing) in Rockland County and Northern N.J. Food stops in W. Nyack, Wyckoff, and New Milford. Estimated riding time: under 7 hours. Call Chris at 879-6199 for further information or after 7:00 AM on the morning of the ride if weather is doubtful.

Sunday

October 5th--STATEN ISLAND CLUSTER BUSTER. Meet your leader Bill Vojech 7:00AM at the S.I. Ferry in the Battery for a very steep and hilly 25 Mile ride on which your low gears will count for more than your A or B ride status. Road conditions will dictate a moderate pace. Call Bill 768-8900 ex 555 work or 339-1308 home for more information.

Sunday

October 5th--THE PATCHLESS RIDE REVISITED. 50 miles 'B-'. Meet Martha Ramos at 8:15 AM on the Manhattan side of the G.W. Bridge. If you enjoyed (?) our loop through N.J. on Sept 7th you will love this ride. Even if you weren't on the original ride come join us and enjoy the thrill of discovering how many PASCACK Roads exist in N.J. Canceled if 70% chance of rain. Bring lunch or money for it. You must have a water bottle for this ride!! For more information call Martha at 858-9142. (The maps by Dave Miller will be provided).

SUNDAY NORTHERN NJ & ROCKLAND METRIC CENTURY LOOP, B 63 mi. Ldr: "Upright" Irv
Oct. 12 Depart 8:30 AM from Geo. Washington Bridge Bus Plaza (Ft. Washington Ave. & 178 St.) to follow Irv's new Metric Century route with its twists and turns over lightly travelled roads thru the fall foliage of scenic suburbia. Bring/buy lunch, carry water, snacks, and spare tube. Return to G.W. Bridge via the "southeast passage" (easier than the Clinton Ave. hill) by 4:30 PM. Info: LO2-7298

Sunday

October 19th--FALL FOLIAGE TOUR TO LAKE DE FOREST. 75 Miles 'B' ride. Meet your leader David Miller 8:30 AM at the C.P. Boathouse or 9:30 AM on the Jersey side of the G.W. Bridge for a very scenic ride of Northern N.J. and Rockland County. Please bring your camera to photograph the fall leaves of this area. This ride is flat with very steep hills. If you are in shape for some steep hills and a 10-12 mph pace you will enjoy this very scenic ride. We will take a break about every 10-15 miles. (I don't want to wear you out) with the lunch stop at Congers Lake. We will return via the Southeast passage up the Fort Lee hill. For more information call Dave 794-9365 evens.

Sunday

October 19th--RIDGEFIELD, CONNECTICUT RIDE. 110 Miles 'A'. Chris Mailing leader. Meet at the C.P. Boathouse at 8:00AM for a ride along the Croton and Titicus Reservoirs to Ridgefield (check out the fall foliage!). Return via Mt. Kissico and Pocantico Hills. Food stops in Ossining, Ridgefield, and Tarrytown. Estimated riding time: 7½ hours. Call Chris at 879-6199 for further information or after 7:00 AM on the morning of the ride if weather is doubtful.

Saturday

October 25th--TALE OF TWO MANSIONS. 'C' ride. Meet leader Carole Chavanne at 9:00 AM at the Columbus Circle entrance to C.P. for a 22 mile round trip with hills and two revolutionary mansions. Our first stop, Morris-Jumel Mansion which served for a time as George Washington's headquarters during the War of Independence. Bring your lunch for picnicking in the Jumel Garden. After lunch its off to Van Courtlandt Mansion, a carefully preserved field stone country house dating back to 1748 where we will view a slide presentation of the history of the house, and then be free to wander on our own. Bike parking space at both stops will be provided, but trippers may have to volunteer to stand watch. Bring \$1.25 for mansion fees, and don't forget to bring your lunch. For more information call Carole 222-8227.

Saturday

October 25th--BIKEWAYS, BYWAYS, AND HISTORICAL HOMES. 25 miles 'C' ride. Leaders are Sherman Cohen and Lorraine Gewirtz. First we were blown out, then we were rained out. We try again for the 3rd time! Meet 9:00 AM at 72nd street and 5th Ave. Cycle eastside, westside, and all around our town. Traverse the shores. Visit 18th century homes Dyckman House and Morris Jumel Mansion (50¢). Do an inside "George Willig" at the WTC. Bring lock, spare tube, lunch and money for The World Trade Center observation tower. Any questions call Sherman before 10:00 PM at 332-1990. 50% chance of rain cancels.

Sunday

October 26th--WESTCHESTER HILL CLIMBER. 75 mile 'A'. Meet at Fordham Road and the Grand Concourse at 8:30 AM for a 9:00 AM sharp start. This is a hilly and strenuous ride, including some of Westchester's most challenging hills. Maps will be provided. Joint ride with AYH. For further information call leader Dave Veder at 379-0569.

Sunday

October 26th--WANAGUE RESERVIOR AND SEVEN LAKE DRIVE. 100 miles 'A'. Bill Yao leader. Leave 8:00AM from the Jersey side of the G.W. Bridge. Ride will pass through Cresskill, Oradell, Waldwick, Franklin Lake, Oakland and along Wanague Reservoir to Suffern. We shall ride up Seven Lake Drive to Tiorati Lake before return along Saddle River. Usual routing back to the G.W. For more information call Bill at 749-1978.

Joe Weiss	79-25 150 St. #27c	Flushing, NY 11367	330-5841
✓Norman Wesler	14 Essington Dr.	Dix Hills, NY 11746	516-643-8639
✓Joseph Wigodner	94 W. 55 St.	Bayonne, NJ 07002	201-436-2185
Robert G. Wise	233 E. 69 St. #10K	New York, NY 10021	472-9875
✓Barbara L. Wood	91 Van Cortland Ave. /	Bronx, NY 10462	419-6016
William Yao	700 West End Ave. #4L	New York, NY 10025	749-1973

MEMBERSHIP REGIONAL DISTRIBUTION			MALE	FEMALE	COUPLES	NEW
86	MANHATTAN	= 50.0 %	49 = 28.6 %	37 = 21.4 %	8	32
29	QUEENS	= 16.7 %	19 = 11.1 %	10 = 5.6 %	2	8
26	BROOKLYN	= 15.0 %	21 = 12.2 %	5 = 2.8 %	1	6
12	BRONX	= 6.7 %	7 = 4.0 %	5 = 2.8 %	1	4
2	STATEN ISLAND	= .8 %	1 = .4 %	1 = .4 %	0	0
4	LONG ISLAND	= 2.2 %	4 = 2.2 %	0 = . %	0	1
3	WESTCHESTER	= 1.6 %	3 = 1.6 %	0 = . %	0	0
5	NEW JERSEY	= 2.7 %	4 = 2.3 %	1 = .4 %	1	1
9	OTHER	= 4.3 %	6 = 1.7 %	3 = 1.5 %	1	1
171	TOTAL/20 SEP 80	= 100.0 %	112 = 65.0 %	59 = 35.0 %	16	53

STATISTICS BY JIM REX BASED ON ROSTER AS PER TONY MORANO AND EARLIER BULLETINS

ELECTION OF OFFICERS

At the September Membership Meeting, nominations of members to be placed on the November election ballot were taken. The following members were nominated:

<u>Office</u>	<u>Nominee(s)</u>
President	Jim Rex, Lorraine Gewirtz
Vice President of Programs	none
Vice President of Rides	Dave Miller
Treasurer	Ken Abramson
Secretary	Chris Mailing
Editor	Diana Bingham
Membership Chairman	Martha Ramos
Circulation Manager	Alice St. Andrea
Member-At-Large(A)*	Bob Friedman
Member-At-Large(B)*	Barbara Silverstein
Member-At-Large(C)*	Tony Morano

* Note that Members-At-Large will serve as Rides Coordinators if the proposed By-Laws (presently in committee) are ratified in November.

The election and installation of officers will take place on the following schedule:

Further nominations:	October Membership Meeting (10/14)
Ballots mailed out:	Third week of October (in the November Bulletin)
Ballots counted and results announced:	November Membership Meeting (11/11)
Officers installed:	December Membership Meeting (12/9)

AUGUST 5, 1980 BOARD OF DIRECTORS MEETING
SUMMARY OF MINUTES (UNAPPROVED)

- 1.) The By-laws Review Committee presented their proposed By-laws to the Board (see text of proposal elsewhere in this issue) and the major changes were discussed. Any comments received by the Committee before October 1 will be reviewed prior to final drafting. The finalized proposal will be presented in the November Bulletin for ratification by the membership on the election ballot.
- 2.) Tony Morano will type the membership roster for inclusion in the October Bulletin.
- 3.) Ed Flowers is going to ask Larry Riley, of the City's Department of Transportation, to the September Membership Meeting to discuss the City's bicycle safety program.
- 4.) Tony Morano and Ed Flowers will draft text for a business card to be handed out by members to anyone interested in joining the Club.
- 5.) Ken Abramson reported that the Club's cash position was deteriorating quickly. Calculations showed that Bulletin printing and postage now cost \$7.80 per member per year, leaving just \$1.20 per member for all the Club's other expenses. Chris Mailing noted that postage is expected to increase to 20 cents January 1. Ken will present a detailed analysis at the August Membership Meeting.
- 6.) Irv Weisman and Dave Miller are working on a rides policy statement for presentation early next year.
- 7.) Martha Ramos reported on the meeting of the Bicycle Advisory Committee held at City Hall on July 24, at which bicycle registration and bike lanes were discussed. Martha agreed to represent the Club at future meetings of the Committee.
- 8.) Irv Weisman will ask Les Bercow to demonstrate the use of the Club's silk screen at a membership meeting.
- 9.) The next Board meeting will be held Thursday, September 4.

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

DELAWARE WATERGAP.

BY JIM REX

FIRST DAY STARTED OUT CHILLY INTO HEADWIND. VIA G.W. BRIDGE INTO JERSEY, PASSING LAKES, THE APPALACHIAN TRAIL FOLLOWED BY MORE HILLS AND BLACK SOIL ONION FIELDS UP TO PORT JARVIS, BEFORE CROSSING OVER TO PENNSILVANIA. SUNSET HAS COUGHT US BEFORE WE ARRIVED AT EAST STROUD BURG FOR A WELL DESERVED SUPPER AND 5 HRS SLEEP.

AFTER AN EARLY RISE AND B's BREAKFAST NEXT DAY, GARRY KRYZNOVAK REARRANGED THE BILLBOARD FRONT OF THE MOTEL TO HIGH LIGHT OUR NYCC PRESENCE. THE REST OF THE DAY HE SPENT PEACEFULLY FLATTING TIRES, AS A MODE OF ATONEMENT. AT ONE POINT WE WERE PASSING A CORNFIELD WITH 3 MILE ISLAND NUCLEAR PLANT IN THE BACK GROUND. PASSING THE TOWN OF NEW HOPE (POPULATION 923) FOR AN INTENDED LATE LUNCH AT "FIFE AND DRUMS" WHICH WAS SO PACKED ALREADY, THAT WE HAD TO CULTIVATE NEW HOPES OF EATING IN JERSEY AFTER THE "WASHINGTON CROSSING" DELI.

YOURS TRULY BRAVING A HERO SANDWICH AND A QUART OF PEPSI COLA AT THE STATE PARK: WHERE WASHINGTON USING UP THE LAST DOLLAR OF HIS EMERGENCY FUND BY THROWING IT ACROSS THE RIVER, WITH DRASTIC DEPARTURE FROM FORMAL STRATEGY THAT HAS BUFFLED PEOPLE MORE THAN ANYTHING SINCE THE TROJAN HORSE. SOME SOLDIERS HAVE MISTAKEN HIS ACTION FOR THE ADVENT OF GOVERNMENTAL WASTE OF FUNDS, OTHERS CONSIDERED IT A LONG TERM INVESTMENT. CRITICS CLAIM SINCE THAT DAY AMERICANS DO ANYTHING FOR A BUCK, WHILE ECONOMISTS ACKNOWLEDGE THAT YANKEE INGENUITY CAUSED THE DOLLAR'S SIGNIFICANCE RISE BEATING THE ENGLISH POUND IN IT'S WAKE. THUS OUR GEORGE HAS REVISED MILITARY STRATEGY AND ECONOMY IN ONE SHOT BY KNOWING HOW TO STRECH A DOLLAR AS MUCH AS I BEEN ACCUSED OF STRETCHING THIS STORY.

(DUE TO OUR "ROSTER" PAGES TAKING UP INTENDED SPACE FOR THE STORY) TO BE CONTINUED....

SEPTEMBER 4, 1980 BOARD OF DIRECTORS MEETING
SUMMARY OF MINUTES (UNAPPROVED)

- 1.) Lorraine Gewirtz will coordinate menu offerings for Club meetings at Artemis from the 25 membership survey responses she received.
- 2.) Nominations of candidates for office will be taken at the September and October Club meetings, the ballot will be included in the November issue of the Bulletin (to be mailed mid-October), and the election results will be compiled at the November Club meeting. The new slate of officers will be installed at the December Club meeting.
- 3.) Irv Weisman agreed to talk to Dave Miller about the problems some ride leaders are having with the editing of ride write-ups for the Bulletin.
- 4.) Lorraine Gewirtz proposed purchasing Tshirts, ironing on N.Y.C.C. Tshirt transfers, and selling completed Tshirts to Club members. The idea will be discussed further.
- 5.) The Rides Committee will decide on dates for 1981 All Class Club Rides at the September Club meeting, so that ride leaders can plan around them. The Committee will also start generating plans for long weekends in 1981.
- 6.) Special (mock) awards will be presented at the December Club meeting as a part of the meeting program. Ideas should be coordinated with the Board of Directors.
- 7.) The Board will discuss a dues increase proposal at their October meeting for possible inclusion on the November ballot. The Club's current financial status will be presented at the September Club meeting.
- 8.) Martha Ramos has a copy of the City's report to Mayor Koch on bicycle safety which is available for Club members' perusal on request.
- 9.) The Board discussed possibilities for a Club sponsored safety program: either distribution of a flyer or public service advertising.
- 10.) The next Board meeting will be held on Wednesday, October 8th.

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

RESULTS OF THE SEPT. COMBINED L.A.W. PATCH & N Y C C CLUB RIDES

The five groups held together very nicely as they each rode along, and demonstrated that patch rides can be run as group rides rather than as a race. Actually, one group did fall apart, and was delayed in reaching the picnic area because a rider decided to turn back without informing the Leader, Martha Ramos, who then backtracked and searched in vain, while the other members of her group rode off into the untracked wilds of suburbia, getting thoroly lost in the process. The other four groups reached the picnic area between 1:15 and 1:45, neatly straddling the target time of 1:30.

We lunched and conversed in leisurely fashion, then after an hour, Irv's Metric Century group took off. Somewhat later, the A group followed suit. Because the two return routes diverged about 2/3 of the way back to the bridge, with the A group preferring a short hard climb to the top of the palisades, while the B groups prefer a longer, more gradual climb using the "southeast passage", Irv's group managed to get past the point of divergence before being overtaken. Thru a side street, they saw the A riders churning by a block away in apparent hot pursuit of a now phantom group of B riders which, to their surprise, they were never able to overtake. The A's cleared the G.W. Bridge and were on their way back to Central Park before Irv's B group made it to the bridge.

Except for those who got lost and delayed, the various groups thoroly enjoyed riding with well-matched companions. Next year we'll include a 35 mile loop for our C riders so that even more members can participate in this fun "gathering of the clan". And we'll try to have maps and even mark the routes. Can you lend a hand? Let **Irv know**.

As a NYCC member, I accept full personal responsibility for obeying all traffic regulations and for my own safety on the road. I will hold the club, its officers, and ride leaders blameless in case of accident.

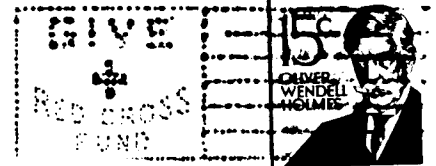
APPLICATION FOR MEMBERSHIP IN THE NEW YORK CYCLE CLUB INC.

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