August 1980
PRESIDENT
Bill Cooper
183 Wyckoff St
Brooklyn, NY 11217
596-9537

V.P. PROGRAMS
Ed Flowers
111-50, 76th Rd (4L)
Forrest Hills, NY 11375
544-9168

V.P. RIDES
IrV Weissman
70 Marble Hill Ave
Bronx, NY 10463
562-7298

TREASURER
Ken Abramson
37-32, 75th St
Jehan Hotel, NY 11372
672-9555

SECRETARY
Chris Mailing
324 E., 82nd St (3C)
New York 10028
879-6199

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

EDITOR
Jim Rex, Sr
20-44, 23rd St
Astoria, NY 11105
278-5562

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

MEMBERS AT LARGE
(Ride Co-ordinators)
Lorraine Gewirtz
A) Bill Yao 749-1978
B) Dave Miller 794-9365
C) Martha Ramos 858-9142

COME AND BRING A FRIEND TO OUR
NEW MONTHLY MEETING LOCATION

Artemis Restaurant of Greek Food
76 Duane Street & Broadway
August 12th, Tuesday 6:00 P.M.
PROPOSED CHANGE IN CLUB MEETING DATE

Several years ago the club used to meet on the second Tues. of each month, but we shifted to the third Tues. when we moved to Rinaldo's Restaurant because another organization met there on the second Tues. As a result, The Bulletin would arrive toward the middle of the following month. This upset many members despite the fact that the riding schedule was set up from the middle of one month to the middle of the next.

It is our expectation that the Artemis management, after the extensive coaching they received from Lorraine Gewirtz, Martha Ramos, and Irv Weisman, will serve us efficiently and that we decide to keep meeting there. If so, we have the option of meeting the second Tues. of the month. It will then again be possible to have the Bulletin carry late breaking news about cycling, along with reports and decisions made in the previous month (rather than two months previous, as is the case now). It will also enable our Ride Co-ordinators to ferret out last minute rides at the club meetings in time for the very next Bulletin. It will save them some time and phone bills.

So, please pay close attention to the Bulletin announcements of the date and place of future club meetings in order that you don't miss any changes which may be instituted.

* * *

NOTE FROM THE EDITOR!

At the well attended July General Membership Meeting polled by a show of hands, it was made clear that most everybody felt giving a break for the board members struggling with deadlines, moving the meeting date to second Tuesday of the month is now in effect.

* * *

RIDES RIDES RIDES RIDES RIDES RIDES RIDES

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

These classifications are more modest than some other clubs advocate, but my investigations and experience lead me (Irv W.) to conclude that they are proper for our club. Distance is not as significant as is the pace in bringing on fatigue and rubber legs. Newcomers to the club are advised to be modest in their selections at first. They will gradually discover leaders and the pace which is right for them. Rides last 5 - 8 hrs.

A+: ANIMALS: Anything goes. Eat up the roads, hills and all. No help needed.


B: TOURISTS: Moderate to brisk riding along scenic roads, including hills. Rest hourly or so. Can make roadside adjustments & repairs.

C: SIGHTSEEERS: Destination oriented; nature & historical. Do not ride long distances by themselves. Need help with adjustments & repairs.

D: BEGINNERS: Still discovering the bike and their bodies; sightseers; training up. Do not believe reports about mortals riding 100 miles or more in only one day.

EDITORIAL NOTE: THERE BEEN YEARS OF RESEARCH BY SOME OF US THAT INDICATES THE ABOVE APPROACH BEING THE MOST PRACTICAL.
"A" RIDE SCHEDULE FOR AUGUST

August 2, SYOSSET SATURDAY MORNING QUICKIE, 70 miles, A. Meet 7:30 am at Central Park Boathouse. Ride will go out along the service road of the Long Island Expressway, then through some nice areas on Long Island with a breakfast stop at the Friendly's in Syosset. Return via L.I.E. service road. Bob Friedman (724-4246) leader. Ride may be extended to 90 miles if all in the group agree and leader has time to scout a scenic 20 miles to add to the ride.

August 3, PRINCETON RIDE, 150 miles, A. Meet at 6:00am at Central Park Boathouse. Ride is a rerun of a June ride which was aborted due to weather and flat tires. Ride will be going out and returning via the G.W. bridge. Riding through City streets will be kept to a minimum. Much of the ride will be along scenic country between the Watchung Mountains and the Raritan-Dalaware canal. Ride is relatively flat but is extremely long. Estimated riding time without stops is 10 hours with three planned food stop. Bill Yao leader (749-1978).

August 10, BEAR MOUNTAIN REVISITED, 110 miles, A+. Meet at 7:30am at Central Park Boathouse to ride to Mamaroneck, the Croton reservoir and Dam, Peekskill and Bear Mountain. Return via New Jersey and George Washington Bridge. Food stop at Chappaqua, Bear Mountain (and Montvale on request.) Estimated riding time without stops is under 7 hours. Call Chris Mailing (879-6199) for further info. or between 6:30 and 7:00am if weather is doubtful.

August 16-17, DALWARE WATER GAP TWO-DAY TOUR, 260 miles, A+. Ride from New York city to Port Jarvis via Wanaque reservoir and Greenwood Lake, then down along the Dalaware river to Phillipsburg, NJ, where the group will stay overnight at Holiday Inn. Sunday, ride to New Hope for Brunch and return to New York city via Princeton and the G.W. bridge. Ride will feature segments of the Wanaque Reservoir Ride, the Dalaware Water Gap ride, the L.I.B. century ride, the Bill Yao's Princeton ride and some heretofore uncharted (by the leaders anyway) territories. Call Bill Yao (749-1978) or Chris Mailing (879-6199) for detail and reservation.

August 23-24, HIDDEN VALLEY LAKE YOUTH HOSTEL. This tour averages 100 miles per day over hilly terrain. Tour leader will be looking for good century riders. Sleeping bags, water bottles and lights will be required. Pre-trip meeting gathers at 7pm on Thursday, August 7th at AYH. Attendance is mandatory. Trip cost is $8, payable at the pre-trip meeting. Meals are not included in the trip cost. Space is limited so signup early at AYH, John Lubaszka leader.

August 24, LONG ISLAND RIDE AND SWIM CENTURY. 100 miles, A. Ride will be at a moderately fast pace so a couple of hours may be spent at a private swimming pool at Hauppauge. Number of people will be limited due to size of the pool. If interested, call Gary Kryznowek (931-5367) for starting time and meeting place. Call early!

August 31, MONTREAL RIDE, 400 miles A+ and A. Stève Bauman is organizing a group which will complete the ride in 40 hours. Those interested should contact Steve at AYH concerning qualification. On a more leisurely vein, NYCC is tentatively scheduling the more traditional Bill Cooper Montreal 3-day ride. Ride will go out if there is sufficient interest. Tentative plans are to leave the City on Friday, one day ahead of Steve Bauman and arrive at Montreal simultaneously Sunday night. We shall return with Steve on Monday. If interested, you must call Bill Yao (749-1978) or Chris Mailing (879-6199) before middle of August as it is necessary to make motel reservation in advance due to holiday weekend.
Saturday
August 2—B ride—42 miles. Meet your leader Margaret Barone at 9:30 AM at I.U. Willets Road and the Willets Road School parking lot. Come ride with Margaret and see Long Island's Gold Coast — Bayville and back. If coming by car: Northern State Parkway to exit 30, turn left and you are there. For details 939-5178. NYCC

Saturday
August 2nd—C ride. NASSAU-QUEENS 25 MILE PLUS PATCH RIDE. "Jamming over the north hills, sprinting down to the south shore, and getting lost on the way back."
That's the main idea of this patch ride. Meet your leader, John Lubaszka, At 9:30 AM at the Cunningham Park parking lot, on Union Turnpike (Between Francis Lewis Blvd and 193rd St) in Queens. Patches will be given to members who have their pass and complete the ride in 3 hours. Be sure to bring appropriate necessities. For details call John evens 523-2198. NYCC AYH

Sunday
August 3rd—B ride. ROBERT MOSES STATE PARK SERIES, TRIP NO. 6, JONES BEACH STATE PARK. "Soaking up the Sun, lying upon pure white sands, pina-colada, coconuts, crystal clear waters, gently lapping waves." We may not be going to Cuba, but we are going to Jones Beach State Park. The route will use the Wantagh State bikeway. Bring map, lunch, money, lock, swim wear, and other cycling gear. Meet at 8AM At Cunningham Park Parking Lot, on Union Turnpike (Between Francis Lewis Blvd and 193rd St.) in Queens. 60 miles. For details call John Lubaszka evens 523-2198. NYCC AYH

Saturday
August 9th—A ride. ROBERT MOSES STATE PARK SERIES, TRIP NO 4, SUNKEN MEADOW STATE PARK 75 MILE PATCH RIDE. Ride 75 challenging, but interesting, miles in North Shore hill country. This ride abounds with ups and downs, twists and turns, mixed traffic, stop signs, sand, junk food, good food, etc., etc., etc.... You should be a capable rider and a great tube patcher. Have food, money, AYH pass for patch, a big water bottle, and energy snacks so you won't bonk. Meet your leader John Lubaszka at 7:30 AM at Cunningham Park Parking Lot, ON Union Turnpike (Between Francis Lewis Blvd and 193rd St.) in Queens. For details call John evens 523-2198. NYCC AYH

Sunday
August 10th—A ride. ROBERT MOSES STATE PARK SERIES, TRIP NO. 5, HECKSCHER STATE PARK COUNTRY PATCH RIDE. Ride 100 miles in South Shore country. The better half of this ride is flat and straight-forward, but a few loops to boot. Bring lunch, money, AYH pass for patch (100 in 10), You must have a water bottle and patch kit.
Meet your leader John Lubaszka 6:00 AM at Cunningham Park Parking Lot, On union Turnpike (Between Francis Lewis Blvd and 193rd St.) in Queens. For details call John evens 523-2198. NYCC AYH

AUGUST 10, WESTCHESTER METRIC CENTURY 63 Miles. B. We will ride from Yonkers through the Hudson Valley around parts of the scenic Croton reservoir system. The leader expects the group to cover the circuit in 5 hours but maps will be distributed and the route is easy to follow if one must drop back. Riders should bring some food because only one scheduled store stop will be made near the midpoint. There is plenty of free parking at the meeting place, MANOR HOUSE SQ., Yonkers, where Warburton Ave., Nepperhan Ave. & Dock St. meet. This is about 3½ miles from the IRT 242 St. terminus of train #1, the Broadway local. Riders & drivers follow B'way through Yonkers to Main St., then left one block, then right one block to meeting place. Bill Baumgarten leader. Call 567-4628 before 10 PM, Aug. 9, for AM meeting time.
Aug 10—C - 30 to 36 miles. Dip in the Tottenville Pool, Staten Island. All riders of all classes invited, route given out before start. Meet Tony Morano 9:15 at South Ferry to catch the 9:30 ferry to my favorite riding place. Ride to the pool for 1 1/2 hour swim for those who want to cool off in the middle of the ride or on to Conference House for rest and picnic on the lawn. Bring money for ferry & pool, bring or buy food for lunch. Oh yes, lock and spares recommended call Tony night before at 278-7057 to confirm (swim suit optional).

Saturday
August 16 — Wave Hill and Riverdale. 45 mile C+ ride with some hills. Meet 8 A.M. on the Brooklyn side of the Brooklyn Bridge or 8:30 at the Washington Square Park Arch. Bring a lock, patch kit, lunch and money for admission ($1.00). Cancelled if 70% chance of rain. Rain date — Sunday August 17. Co leaders — Martha Ramos (858-9142) and Diana Bingham (260-2433).

Saturday
August 16th—(C+ B-) 35 Miles. ARCHITECTURAL GEMS AND MANHATTAN BRACH. Meet your leader Lorraine Gewirtz and Sherman Cohen at the Manhattan side of the Brooklyn Bridge at 9:00 AM or on the Brooklyn side at 9:30 AM. Stop at Brooklyn's Museum's Urban Garden to view unusual archeological preservations. Continue to the beach for a picnic and swim. Bring lock, spare tube, lunch or money for it, swim stuff. For details call Sherman ever before 9:00PM 332-1990. 50% chance of rain will cancel. NYCC AMC

Aug 17—C 15 MAX. miles - long way to the beach at Great Kills Park. Meet Tony Morano 9:15 at South Ferry to catch 9:30 ferry - trip around Island via Richmond Terrace, Clove Road along shore to Amboy Road to Park. I'm not swimmer, so I will watch the bikes. Bring ferry fare, lock, spares, food and swim suit (optional).

Saturday
August 23rd—(C- B) 50 Miles. BROOKLYN BIKE LANE BASH. Meet your leader Carol Chavanne at 9:00 AM in front of City Hall in Manhattan for a mostly flat tour of all the bike lanes in Brooklyn. From Prospect Park to Ocean and Shore Parkways. Enjoy stops at Sheepshead Bay, Plum Beach, and Gateway National Park. Bring lunch and a water bottle. For details call 222-8227 ever. NYCC AYH TA

Sunday
August 24th—C ride—30 miles. INSOMNIAC RIDE TO PLUMB BEACH. Who cares (except bike thieves) what you are doing out on your bike at 3 AM in the morning? Awake!! Your leader Ken Abramson cares. He's employed all his resources to provide you with full moon, bike route thru Brooklyn, and companionship with the High Rollers bike club. He'll even throw in Sheepshead Bay. So meet at 2: 30 AM (Sunday morning) at the tramway Plaza, 2nd Ave and 59th St. Bring swim wear, look, and food or money for it. If you really have chronic insomnia Ken's dynamic personality might just be the cure for you. For details call Ken at 672-9355. NYCC AYH

CONTINUED
Note: New York State Law requires you to have a working front headlight and a rear taillight for riding at night. You won't be allowed on this ride without them. Be safe, be seen, and stay alive. NYCC and AH rides obey all of the rules of the road and all LAWS pertaining to operating a vehicle on public roadways.

Sunday
August 31st—B4 to A ride. STATEN ISLAND HILL CLIMBER. Meet your leader Bill Vojtech at Boro Hall in Brooklyn at 7:00 AM to ride over the infamous Brooklyn Bridge mass to the S.I. ferry. Or meet at 8:00 AM at the ferry in Manhattan. (the muggers are most likely asleep in the morning but watch out coming back in the evening D.C.M.) This is a moderate to strenuously hilly ride in S.I. The distance will be determined by how many riders have the 24 inch (two feet) on the hills. Bring lunch of money for it. For details call Bill evens 339-1308. NYCC

ALL MONTH: Double Century on request, if you feel like riding two hundred miles a day just call "Ironleg" Rex before he gets rusty. Nites 278-5562.

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PRESIDENTIAL SPORT AWARD, PO BOX 5214 B.O.R. STATION, NEW YORK 10022

IDEAL PROGRAM FOR COMMUTERS AND BE REWARDED AT THE SAME TIME.

<table>
<thead>
<tr>
<th>RIDE PREVIEW (BY JIM REX ON REQUEST)</th>
<th>LEADER</th>
<th>C</th>
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<td>14 COLD SPRING BREAKFAST RIDE</td>
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<td>21 ANNUAL HI-POINT 100 PATCH RIDE</td>
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<td>12 CLUB RIDES</td>
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<td>19 SEVEN LAKE DRIVE</td>
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<td>NOV 2 SADDLE RIVER DOUBLE METRIC CENTURY</td>
<td>YAO</td>
<td>120</td>
<td>NYC</td>
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In the works at press time (mid July): "Upright" Iry is looking into a Labor Day weekend of cycling in the Catskills. During August check with him for details.

Daniels 650-8075, Nites 562-7298.

As Tony Morano says, be bold and lead a ride! When you do, how ever plan early.

September Bulletin Deadline will be 12th of August on the next Membership New Meeting Date.

If you been hampered by the lack of a 19" Raleigh bike frame, call Mr Sloma 787-9142. It's in good condition, well taken care of, and for sale at a reasonable price.

If you don't know it yet why Jim Rex only leads double Centuries: as a former V.P.-Rides he did plenty for years, that by 1975 he realized newer people should have the chance first from there after. To lead Double Centuries would allow others to do as he asked them, filling in the regular rides and put the icing on the cake so to speak afterwards.
**RIDE RESULTS (BY JIM REX)**

<table>
<thead>
<tr>
<th>Trip</th>
<th>Miles</th>
<th>Riders</th>
<th>Club's Mileage</th>
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<tbody>
<tr>
<td>Jun 14 Word of Mouth Ride #1</td>
<td>37</td>
<td>2</td>
<td>74</td>
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<tr>
<td>&quot; &quot; Strawberry Festival &quot;A&quot;</td>
<td>160</td>
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<td>15 Roosevelt Island #1</td>
<td>17</td>
<td>2</td>
<td>34</td>
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<td>&quot; &quot; #2</td>
<td>14</td>
<td>2</td>
<td>28</td>
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<tr>
<td>&quot; &quot; Raritan Valley Roundup (by NYCC)</td>
<td>25</td>
<td>2</td>
<td>50</td>
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<td>50</td>
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<td>150</td>
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<td>&quot; &quot; New Hope Double Metric Century</td>
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<td>25 Roosevelt Island #3</td>
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<td>28 Word of Mouth Ride #2</td>
<td>44</td>
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<td>&quot; &quot; Beautiful Bronx</td>
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<td>15</td>
<td>375</td>
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<td>&quot; &quot; Albany</td>
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<td>&quot; &quot; Gear NY</td>
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<td>&quot; &quot; &quot; &quot; Bantam Lake Con</td>
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<td>Cancelled</td>
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<tr>
<td>6 Westchester Patch Ride</td>
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<td>750</td>
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<td>12 Staten Islander</td>
<td>26</td>
<td>15</td>
<td>390</td>
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<td>&quot; &quot; Danbury Century</td>
<td>110</td>
<td>29</td>
<td>3,100</td>
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<tr>
<td>&quot; &quot; Dial a Double Century</td>
<td>200</td>
<td>No Takers</td>
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**MEMBERSHIP UPDATE**

As of 19 July 1980: About 165 paid up including 52 new ones. So far as the Editor can remember, it's about the same as last year in July.

1980-037 Frank Labb
038 Anne Saxon
039 Kathi Mathewson
040 Lianne Birkhold
041 Peter J. Bourke
042 Gail E. Gilday
043 Jerry Davis
044 Oliver Gray

1980-045 Nancy Klitsner
046 Steven Been
047 Kathryn Sheppard
048 Carole Chavanne
049 Margaret A. Munves
050 Louise B. Kahn (?)
051 Kenneth Goldberg
052 Alice Saint Andrea

**Our 1980 NYCC 24 Hour Bike Marathon Team's Results.**

1 Mary Gifford 337 miles
2 Barry Schwartz 325 "
3 Jim Rozar 325 "
4 Jim Rex 310 " (torn spokes, 22 cracked spoke holes and 2 wobbly wheels)
5 Chris Wailing 300 "
6 John Lubasza 300 "
7 Rich Levin 250 " (on borrowed heavy bike)
8 Jim Mulligan 250 " (met with accident)
9 Bob Perl 175 " (succumbed to 3rd knee injury flare-up)
10 Joe Barone 110 " (fell and hurt knee in an accident)

Team Totals 2,682 " with 6 out of ten breaking the 300 mark

Other NYCC members participating did well along with AYH.
Mark Miller 335 miles (should have been a team member)
Connie Orentlicher 200
Carol Chavanne 155
Alice St'Andrea 100
Charlotte Hildebrand 65 plus
Diana Bingham ?

**TRAINER - Chris Wailing, Assistant Bill Yao, Pacers - Bob Friedman & Friends**
**Mechanic - Harvey Koppel, Team Support - Dianna Bingham & Friends**
**Coach/Counsel - Jim Rex**, Organizer - Ken Abramson, Sponsor 3 - Tony Morano
CYCLING WEEKENDS
- Irene Walter Hanak

We had never been away on a cycling weekend before. Then, over the Memorial Day weekend, we joined 1,700 other cyclists from all over the United States, and Canada, England, the Netherlands, Mexico and Japan, to gather at the site of the founding of the League of American Wheelmen (LAW) in 1880 - Newport, Rhode Island - to celebrate LAW's 100th birthday. The League is the oldest national bicycling organization in the U.S.

Sunday was beautiful - clear and warm - when 1,500 bikes, including tandems, side-by-sides, and antiques, moved out over 20 scenic miles across two bridges to Newport, where a commemorative plaque was presented to the Mayor. This was followed by a parade of antique bikes - "bone shakers" - from which if you fell, you were considered lucky if you landed in the hospital!

Some of us visited the famous mansions on Bellevue Avenue, where there are bathtubs with four faucets - for hot and cold running fresh and salt water - in contrast to the park at which the ceremonies were held, which had absolutely no restrooms!

For the rest of the weekend, there were 20 other rides ranging from 14 to 100 miles available for touring, and after-ride activities, including more than 20 workshops and exhibitors' displays, square dancing, and folk and traditional music.

The cost of the weekend per person including room and board was about $75. We had bunkbeds (another type of experience!) but I am sure there were other types of rooms, and there was too much food! One morning we almost got chocolate chip pancakes.

Joining other cyclists in beautiful surroundings at rock-bottom prices was a wonderful experience, and addictive: For the July 4th weekend, we went to Millersville State College, Pa. Only a few hundred cyclists this time, but the ambiance was Pennsylvania Dutch country. Again the cost was low - lower than Rhode Island - and the amount of food available gluttonous. I remember seeing someone with four desserts!

I think we are hooked on cycling weekends.
JUNE 10, 1980 BOARD OF DIRECTORS MEETING
SUMMARY OF MINUTES (UNAPPROVED)

1.) Ken Abramson reported membership of 129; 58% of 1979 members have not renewed. Bill Cooper will send out renewal notices to them.
2.) "B" and "C" Rides Coordinators (Martha Ramos and Dave Miller) are looking for rides leaders.
3.) The Board voted to send a copy of the Club bulletin to the editor of the American Wheelman, L.A.W.'s national magazine.
4.) Diana Bingham will prepare a Club roster for inclusion in the August issue of the bulletin.
5.) The Editor (Jim Rex) will store bulletins received from other clubs. These will be available to any member who requests them.
6.) Bill Cooper is looking for a volunteer to help publicize and report on General Membership Meeting programs in the bulletin.
7.) Bill Yao, as "A" Rides Coordinator, is trying to cultivate interest in "A" level rides of 70 to 90 miles. He is looking for volunteers to lead such rides.
8.) Irv Weisman will invite Bill Recht to sell his old inventory of Club jerseys at the June General Membership Meeting. The Board also decided to buy a silk screen and application equipment from Les Bercow to enable members to print their own jerseys with the Club name.
9.) Irv has dropped the idea of organizing a L.A.W. invitational ride for lack of support.
10.) The next Board of Directors Meeting will be held on Wed., July 9th.

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

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OUR GOLDEN YELLOW CLUB JERSEYS ARE SELLING BRISKLY AT THE MEETINGS. YOU MAY PICK UP YOURS FOR $17, A PRICE HARD TO BEAT. PUT YOUR ADVANCE ORDER THROUGH DAVE MILLER SOON AS POSSIBLE, TO HAVE IT READY BY NEXT MEETING. DAVE 749-9365 OR IRV 562-7298.

JIM REX WEARS IT TO WORK EVERY DAY, WASHES IT BY HAND EVERY NIGHT (DRIP DRY).

CHRIS MAILING BEFORE RIDING HIS OWN BIKE.
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

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