

June  
1981

# NEW YORK CYCLE CLUB

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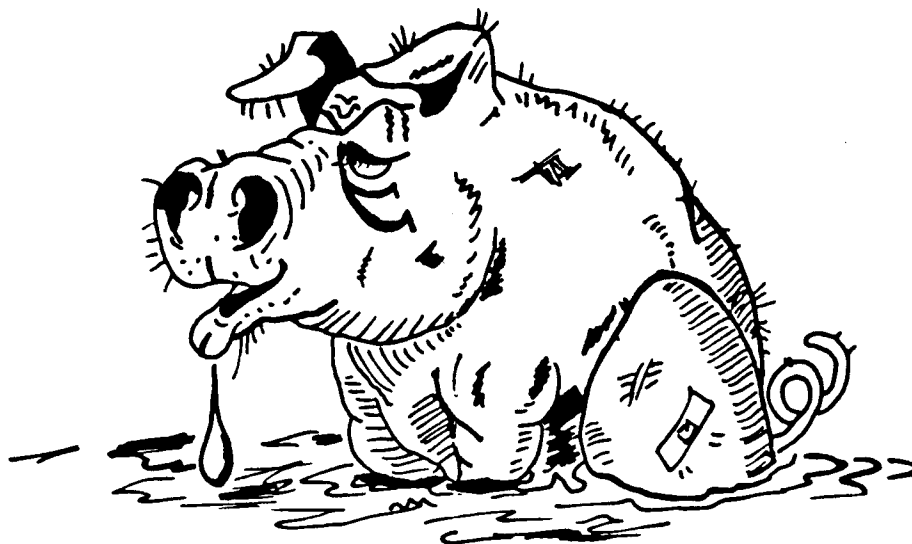
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## Taking the ANIMAL



## Out of "A" Rides

See Page 7

# Ride Listings

## GUIDELINES FOR CLUB RIDERS

NYCC rides are intended to be friendly group rides; we don't like to "drop" or lose anyone. Riders whose personal or bicycle condition seems inadequate for the ride are to be turned back by the leader. Our leaders are truly reluctant to do this, so please cooperate with them:

- 1) Select rides within your capabilities--avoid downgrading the ride for your fellow riders and stressing yourself "trying to keep up"; or, conversely, demanding a faster pace than advertised.
- 2) Be on time or a bit early. Rides will leave promptly.
- 3) Have your bike in good condition: both brakes working, properly inflated tires, adjusted derailleurs, no loose parts.
- 4) Eat a good breakfast; bring water, snacks, spare tube, patch kit, pump; and lights for dark.

## RIDE AND RIDER CLASSIFICATIONS

(See, also, the detailed classification graph in the Feb 1981 Bulletin)

	Riding pace
A+: ANIMALS: Anything goes. Eat up the roads, hills and all.	17+ mph
A: SPORTS(WO)MEN: Vigorous riding over hill and dale. High regard for good riding style. Can take care of themselves anywhere. Stops every two hours or so.	14-17 mph
B: TOURISTS: Moderate to brisk riding along scenic roads, including hills; destination not so important. Stops every hour or two.	11-14 mph
C: SIGHTSEERS: Leisurely to moderate riding. Destination oriented: nature, historical, cultural. Stops every half to one hour.	8-11 mph
D: BEGINNERS: Very leisurely sightseeing. Discovering the bike and their bodies; training up to C. Frequent stopping and regrouping. Do not believe reports about mere mortals riding 100 miles or more in only one day.	Less than 8 mph

Saturday, June 6th and 20th. Sunday June 28th, 1981.

LEADERLESS RIDES. 50-70 miles. 'A' ride. Meet at 8:15 AM at the Central Park Boathouse. Destination to be decided by the riders who show up.

Saturday June 6th, 1981.

NYACK CIRCULAR. 50 miles. 'B' ride. Come along with your leaders Ione Olman and Gerry Scher for a rolling ride to Nyack and Tappan. Lunch will be in Nyack. Meet at the Central Park Boat House at 8:30 AM or on the Jersey side of the GW Bridge at 9:30 AM. We should return by 3:30 PM. For more information call Ione At 673-5826.

Saturday, June 6th WORLD BIKE DAY Join cyclists in cities around the world in celebration of the bicycle. Meet at 9:00 a.m. at Dag Hammarskjold Plaza, Second Avenue and 47th Street in Manhattan for an easy ride of 15 miles. We will cross the East River for a panoramic view of the United Nations. The ride will end at the United Nations where we can lunch and sightsee. Bring lock, and lunch or money for it. Leader: Ken Abramson.

Saturday June 6th, 1981.

WAVEHILL AND RIVERDALE. 45 miles. Some hills. 'C' ride. Meet Sherman Cohen and Martha Ramos at 9:00AM on the Brooklyn side of the Brooklyn Bridge or at 9:30 AM at the Washington Square Arch. Bring money for admission (\$1.00). Cancelled if forecast is for rain. Additional information 332-1990 or 858-9142.

Sunday June 7th, 1981.

NORTH SHORE CENTURY. 100 Miles. 'A' ride. Meet 7:30 AM at the Central Park Boat House or at 8:10 AM at Kissena Blvd and the Eastbound service road of the LIE (Deduct 20 miles), for a ride to Syosset, Northport, Oyster Bay, Glen Cove, Port Washington And Great Neck.

Breakfast stop in Syosset and at least one other food stop. Terrain: rolling with several hills. Estimated riding time ( not including stops ) 7 hours. Leader: Bob Friedman 724-4246.

Sunday June 7th, 1981.

ROCKLAND LAKE. THE SENIC ROUTE. 'B' ride. Meet leaders Peg Munves and MOY WONG at 165th St and Riverside Dr in Manhattan at 8:30 AM for a 65 mile, hilly ride across the GW Bridge, up the Palisades Cliff, through an interesting trail in Tallman Park and then up 9W to Nyack. Food is available along the way. For more information call Moy at 595-5239. T A Ride.

Sunday June 7th, 1981.

REPENTENT SINNERS ORIENTATION RIDE. 'B-' ride. 50 miles. This is the first of a proposed series of monthly rides for repentent sinners, sloths, decrepits, and degenerates. See notice in the Bullitin for further clarification and inspiration. Call "Upright" Irv Weisman, LO2-7298, on, or before Friday June 5th for time and place of the repentence jumping off point.

Sunday June 7th, 1981.

NEW YORK-NEW JERSEY ROUND TRIPPER. 30 miles with some hills. 'C' ride. Meet Mike Antanis at 9:30AM in front of the Seaman's Church ( 15 State St ) 1½ blocks north of the Staten Island Ferry Terminal, Manhattan side. Uptown to Central Park, though Riverside Park to the G.W. Bridge and then south along the river for some fine Manhattan views. Historic descriptions of points of interest to the Bayonne Bridge. Return by way of the S.I. Ferry. Bring lunch. Rain or collapse of the G.W. Bridge cancels ride. Information (201)420-6232 after 5:00PM weekdays. NYCC AMC

Saturday June 13th, 1981.

SATURDAY MORNING QUICKIE TO GREENWICH, CONN. 60 miles. 'A' ride. Meet at the C.P. Boathouse at 8:15AM for a ride to White Plains for breakfast and then into Greenwich for a downhill run that comares with the Saddle River Valley. Estimated riding time: 4 hours ( not including stops ). Call Chris Mailing 879-6199 for further information or around 7:30AM the morning of the ride if the weather is doubtful.

Sunday June 14th, 1981.

NEW HOPE CENTURY. 120 miles. 'A to A-' ride. Meet your leader Steve Bauman at 6:30 AM at City Hall in Manhattan for a ride to one of the most picturesque towns in the east. All riders must bring 80¢ in change for the PATH and money for emergency transportation and lunch. You must complete the ride in 12 hours and have your current AYH pass to earn a patch. Information call Steve at 359-7972. NYCC AYH

Sunday June 14th, 1981.

SENIC RIDE ACROSS LAKE DE FOREST. 68 miles. 'B' ride with 'B+' hills. This is a very senic ride to Piermont, Grand View on the Hudson, Nyack, on around Congers Lake where the lunch stop will be. Then across Lake De Forest, we don't have to swim there is a bridge, to Lake Tappan. The hills make this a challenging 'B' ride for those with hill legs. Low gears are needed to ride over the hills without pain or walking. Information call 'Country Boy' Dave Miller 886-2000 days 794-9365 eves. We will meet at the C.P. Boathouse at ( 9:00 AM and return by 5:00PM)

Saturday June 20th, 1981.

FORT LEE. 25-30 miles 'C' ride. Meet Sherman Cohen and Martha Ramos at 10:00AM on the Brooklyn side of the Brooklyn Bridge or at 10:30AM at Washington Square ( under the arch ). We will ride along Riverside Dr, so ge prepared for a few hills (?). Lunch will be at historic Fort Lee Park. Forecast of rain cancels. Information 332-1990 or 858-9142.

Sunday June 21st, 1981.

RIDGEFIELD CENTURY. 110 miles. 'A' ride. This ride is rescheduled from the spring training series (Ride #1), which was rained out. Meet 7:30 AM at the C.P. Boathouse or 8:30 AM at the Broadway Bridge (over the Harlem River - deduct 20 miles ) for a ride to Ossining, Ridgefield and Mt

Kisco. Food stops in Ossining, Ridgefield, and Chappaqua. Terrain : hilly. Estimated riding time ( not including stops ): 7 hours. Leader Chris Mailing 879-6199.

Sunday June 21st, 1981.

PATERSON WATERFALLS. 57 miles. 'B-' ride. Rolling terrain with some hills. Al Goldberg's ride ( slightly modified ) to the Paterson Waterfalls. Meet "Upright Irv" L02-7298 at the Central Park Boathouse to ride down 9th Ave and 7th Ave to the World Trade Center for the 8:58AM PATH train to Newark. Bring 30¢ in change. Ride up Branch Brook Park and through lovely New Jersey suburoia to the Paterson Falls for a picnic lunch. Bring lunch. Maybe a quick side trip to Grand Mountain Reservation. Return to G.W. Bridge before 4:00PM via the impossible (ie demanding ) Fort Lee hill.

Sunday, June 21st BROOKLYN BIKE PATHS BIRTHDAY RIDE

Manhattanites meet 8:00 a.m. at The Tramway Plaza, Second Avenue and 59th Street in Manhattan for a ride of 40 miles. Brooklynites meet at 9:00 a.m. in front of Brooklyn Borough Hall, Court Street and Fulton Street in Brooklyn for a ride of 25 miles. You are invited on a tour in celebration of two of the oldest continuously used bicycle paths in the nation. We will ride on the recently rebuilt Ocean Parkway Bike Path opened on June 15, 1895, and the poorly maintained Shore Parkway Bike Path opened June 21, 1941. Of course you will be experiencing the usual Brooklyn favorites: The Brooklyn Bike Lane, Prospect Park, and lunch along Sheepshead Bay. History of the paths will be presented during the ride. Bring lock, lunch or money for it, patch kit, pump, and spare tube. Leaders: Steve Faust and Ken Abramson.

Saturday June 27th, 1981.

STRAWBERRY FESTIVAL. 100 miles. 'B' ride. Or take the mini Bike Train to Mattituck and choose from a varitey of rides when you arrive. The trip leave from Penn Station. You must sign up at AYH, the cost is \$9 for the train back. Be prepared to safely carry the strawberries you pick.

Saturday June 27th and Sunday June 28th, 1981.

BOSTON TWIN CENTURY. 220 miles. 'A' ride. This is a tourists twin century. Among the featured stops is the Strawberry Festival at Mattituch L.I. Overnight is at a motel in Groton, Conn, and return is via the Eastern Shuttle to LaGuardia Airport. Estimated cost is about \$120 for the voyage. Contact Steve Bauman at 359-7972 for further information.

Saturday June 27th, 1981.

NEW JERSEY LOOP. 25 miles. 'C' ride. Meet Martha Ramos at 10:00 AM on the Manhattan side of the G.W. Bridge. We will do the marked loop. Lunch will be at the Duck Pond in Demerest. Bring lunch or buy it there. Forcast of rain cancels. Additional information call Martha at 858-9142.

Sunday June 28th, 1981.

CLOISTERS. 20 miles. 'C' ride. Meet Martha Ramos at 10:30 AM at 72nd St and Central Park West. Come and joust with some ancient knights. Bring money for admission. Bring lunch or buy there. Forcast of rain cancels. Additional information 858-9142.

Sunday June 28th, 1981.

WESTCHESTER RAMBLE. 60 miles. 'B+' ride. Meet Bill Baumgarten at 7:30 AM at the CP Boat-house for a ride to Pleasantville via Yonkers along the Hudson through Pocantico Hills and Sleeply Hallow. You can also meet Bill at 225th St and Broadway at 8:15 AM. Details call Bill before 9:30 PM 567-4628.

Sunday, June 28th, 1981

LEADERLESS RIDE. 50-70 miles. 'A' ride. Meet at 8:15 AM at the Central Park Boat House. Destination to be decided by the riders who show up.

Tuesday June 30th, 1981.

"BEE" RIDE TO APIARY IN SADDLE RIVER, NEW JERSEY. 75 miles. 'B' ride. Bestride your bike, betake your beloved to Pedal Pusher Bike Shop, 328 E. 66th St, NYC, between 1st and 2nd aves, where trip begins at 9:15 AM. Belated arivals will bemoan missing our departure, because you will be left behind. The beguiling beauty of the Palisades Park beckons below the GW Bridge. Beyond in Saddle River, we believe you can buy honey. It would behoove you to bring lunch. Ride cancelled if 41% chance of rain or winds more than 21 MPH. Information call the leader Roger Bergman 879-0740. NYCC LIBC AYH CCC BTCNJ PPI

## Ride Previews

<u>Date</u>	<u>Ride</u>	<u>Leader</u>	<u>Class</u>	<u>Miles</u>	<u>Starting Point</u>
July 4	Picnic under the Bridge	Ramos	C	30	NYC
July 5	Bike and Eat #2	Ramos	C	40	NYC
July 12	Albany Ride	Bauman	A	150	NYC
July 12	Cast Iron Classics	Abramson	D	25	NYC
July 19	All Club Ride	NYCC	ABC	25-100	NYC
July 26	Danbury Ride	Veder	A	110	Bronx
July 26	Hoboken	Abramson	C	25	NYC
July 26-Aug 1	RAGBRAI		A-B	490	Iowa
August 1-2	Centurion-velopus	Lubaszka	A	220	NYC
August 15-16	Delaware Water Gap	Mailing	A	280	NYC
August 16	Brooklyn Ramble	Antanis	C	15	Brooklyn
Sept 5-7	Montreal Ride	Bauman	A	375	NYC

Saturday July 18th and Sunday July 19th, 1981.

Round trip ride N.Y.C. to the Old Mine Youth Hostel, located on the Delaware River in Northern New Jersey. See next mounths Bulletin for more details. Leaders Barbara Silverstein 658-2714 and Barbara Bates 932-6334. Advance sign up is required.

The Association of Pennsylvania State College and University Faculties (APSCUF) will be running its sixth annual Trans-Pennsylvania Bike Tour on Aug. 2-14, 1981. The tour starts in the northwest corner of the state and wends its way south and east to Philadelphia. There will be two nights of camping (sleeping bags needed), but the other nights will be spent at the various state colleges along the way. Distances will generally be less than 50 miles per day (but longer improvisations are surely possible).

We can get to Harrisburg by Amtrak (if Pres. Reagan's team has not dismembered it by then), and from there the tour directors will get us up to the starting point at Edinboro State College in the north.

The cost of the tour is \$115 registration, plustransportation and lunches on the road. For further information, write to PSCU Bike Tour, Box 787, Harrisburg, PA 17108, or call 1-717-236-7486 between 9 AM and 4:30 PM on weekdays. Tell them you read about it in our Bulletin. Also, let Irv Weisman (LO2-7298) know of your interest; he's thinking of going, but is not certain that he can get away then.

## RIDE REVIEWS

### Apr. 19 SIXTH ANNUAL CHERRY BLOSSOM RIDE (by Irv Weisman)

Fifty NYCC and AYH riders met at the Coliseum and City Hall Park for the ride to Branch Brook and Belleville Parks where the cherry blossoms were scheduled to be at their peak. Unfortunately, the cherry trees did not read the Bulletin, and because of the unusually warm spells just prior to their scheduled blooming, they got fooled into blooming prematurely. So, we saw them just past their peak.

The ride itself was one of the most delightful mass leading experiences I have had - thanks to the excellent co-leading of John Lubaszka, Martha Ramos, and Bill Vojtech, and also to my "tyrannical" control during much of the ride. To wit: "Nobody may pass me!" "Observe traffic regulations and stop lights." "Occupy only one lane of traffic."

The mixed group of riders was beautifully disciplined and were a pleasure to behold in my rear-view (Big Brother is watching) mirror. I think they were a credit to organized bike riding. Incidentally, for all you hot-under-the collar anti-authority types, I got several compliments from both experienced and inexperienced riders who enjoyed having the group stay together during the ride.

This ride, as others in the past, was made possible by the cooperation of PATH which assigned 3 cars for our use, and expedited our loading by opening a special gate through which we pushed our bikes instead of having to lift them over the turnstiles. Our sincere thanks to Mr. Donald Roberts who arranged the necessary coordination within PATH, and to Mr. Sullivan who was so helpful on the day of the ride.

### Apr. 26 NYCC SELF-CLASSIFICATION RIDES (by Irv Weisman)

Riders from the Bicycle Touring Club of North Jersey (8), the Central Jersey B.C. (5), NYCC (12), and unaffiliated (9) rode the 25 and 50 mile marked routes. The participation of our neighboring clubs was most appreciated and helpful - in both cases they were represented by several officers. Our own club was disappointingly under-represented, especially by C riders for whom the problem of classification is very uncertain. (AYH held its Five Boro Bicycle Tour Marshal's ride that day.)

From the Questionnaire and ride results, I noted that many riders are well aware of their average riding speed, while a few, especially younger or less experienced riders, have inflated notions of their riding speeds. The BTCNJ identifies 15 mph running speed as a B- level, whereas we tend to classify that a B+ or A- level. I think that BTCNJ is too modest in its classifications.

Additional classification rides, and reports of ride results during the season, may enable us to develop a common classification agreed to by the various clubs in our area. But at this time, the data is inadequate for making any modifications in the Proposed Ride Classification graph which was published in the Feb. 1981 Bulletin.

Martin Karrin's help in putting on this ride was extremely helpful. Thanks, Martin.

## June Club Meeting Program

Knees!!! To push or not to push, that is the question. And for that matter what is pushing? Nobody wants to give up too soon, but we all know somebody who didn't give up soon enough. Bill Knight, Martin Karrin, and Gerry Scher will tell us about some of their knee and neck problems: what they did wrong, how they would do it differently, what their doctors said, what conclusions their own research led them to, and when will they ride their bikes again.

Come to the June 8 meeting at Artemis Restaurant, 76 Duane street and Broadway, drinks at 6 and diner at 7. Knee and other injuries: how to avoid and how to cope..... that will be our topic.

Sara S. Flowers, Programs

## "DE-ANIMALIZING THE ANIMALS"

After having ridden on all the "A" for "Animals" training rides, I was approached by our "illustrious" editor asking if I would write an article about my experience. You see, I have ridden on all the "A" rides (excluding one due to illness), I am almost an "A" rider, yet I do not consider myself now, nor will I ever consider myself an "Animal". In a sense I would like to make an attempt to "de-animalize the animals".

During the winter I attended a couple of NYCC meetings, spent some time riding in Central Park and had the opportunity to meet alot of nice people, most of whom were "A" riders. They were helpful, encouraging and supportive. I got to know them and decided I would like to ride with them once the season began and was very excited about having found a nice group of people to ride with.

This excitement quickly waned and apprehension took its place as I was told over and over I would be able to keep up "only if they let me". I heard this from just about everyone I met. Needless to say by the time I found out about the training rides I was convinced and thoroughly discouraged and would not consider riding an "A" training ride.

Sometime in February, I began to tell Chris Mailing my "tale of woe". As leader of the rides he could guarantee I would be able to keep up on the first ride so I should definitely come out. I did go out, I loved it and did better than I expected (I even got a "you did well today" from Bob Friedman!). Even with this positive experience, I was still quite apprehensive about going on the rides but with Chris and Bob's, I must add constant help and encouragement, I stuck the training rides out.

Well, the training rides are over and I have come a long way in my riding abilities (I even just bought a pair of cleats). It is true that sometimes the group has to wait for me and more often than not I get dropped on the big hills but it is equally true I can often sit in with the pack and experience the excitement it offers.

I have had to work hard these past seven weeks but have had alot of fun doing it and the work has paid off. The "Animals" are not really "Animals" at all. They are club members who enjoy riding, socializing (eating!) just like the rest of us and will encourage and support people interested in riding with them.

It is now unclear to me why the "A" riders have been dubbed "Animals" but I have had to learn this through my own personal experience. I would encourage club members to give the, I hope, "De-animalized Animals" a try.

Gloria Lasoff

P.S. Although I have enjoyed being only one of two women on the training rides I would love to see other women on some "A" rides. It's alot of fun!



# May Board of Directors Meeting

## SUMMARY OF MINUTES (UNAPPROVED):

1. There are 140 paid 1981 memberships to date, including 41 new members since 1/1/81.
2. Ken Abramson reported on plans and preparations for the Pepsi Marathon. The group discussed group vs. team participation.
3. Martha Ramos reported on her membership push at the EPA and 5BBT events and the Cherry Blossom ride, etc. The EPA Exhibit resulted in 200 requests for information as well as several inquiries resulting from mention of the NYCC in the New York Post's write-up of the Exhibit.
4. Martha expressed her deep gratitude to Ken Abramson, Bill Vojtech, and Paul Grieder for their help with the table at the 5BBT.
5. Chris Mailing reported that the business cards are at the printer's. He ordered 2,000 and will distribute some at the May General Membership meeting.
6. Jim Rex gave Irene Walter the AYH Charter Membership certificate. Dave Miller has the AYH Pass.
7. Irene Walter suggested, and the Board approved, writing the Mayor commending his favorable stand on the New York State Bottle Bill. Irene will send copies to the Governor, Senate Majority Leader, and Assembly Speaker.
8. The Board discussed whether to include non-Club members' rides in the bulletin, and decided affirmatively.
9. The next meeting will be held on Tuesday, June 2, 1981.

Copies of complete approved minutes are available from Irene Walter.

## BOTTLE BILL FOR NEW YORK STATE

At its last meeting, the Board of Directors of NYCC directed the Secretary to write to Mayor Koch commending him on his favorable stand on the bottle bill for New York State. This was done, with copies sent to Governor Carey, Senate Majority Leader Anderson, Assembly Speaker Fink, and Assemblyman Oliver Koppell of the Bronx, the originator of the bill.

The bill is still in committee in the Assembly, but as soon as the State budget crisis is resolved, this will become a hot issue. The benefit to cyclists of a bottle bill is obvious to anyone who has suffered a punctured tire. The bottle bill would also avoid wasted energy by recycling containers rather than throwing them away; reduce the garbage collection burden; put the burden of any increased cost on the specific consumer of the container; and generate low-skill jobs ideal for teen-agers, who have a high unemployment rate.

If you would like to see this bottle bill passed, write to your state senator and assemblyman, with a copy to the legislative leadership and the Governor, if possible. To get the name and address of your legislators, call the League of Women Voters (677-5050) or me (937-2637). Letters get counted, and count! We need a bottle bill in New York State!

Irene Walter

## Membership Update

Club membership stands at 178 for 1981. The following members joined since mid-April:

Bill Ashley	147 Pacific St. #1E	Brooklyn, NY	11201	852-5422
Sherry Bellovin	1492 Second Ave. #1E	New York, NY	10021	988-6343
Diana Bingham	30 Fifth Ave. #7G	New York, NY	10011	260-2433
Douglas Boeckman	11 Riverside Dr.	New York, NY	10023	873-8904
George Borgida	1869 E. 32nd St.	Brooklyn, NY	11234	376-4587
Manuel Cords	170 E. 77th St. #8F	New York, NY	10021	879-2225
Jerry Davis	3256 Perry Ave.	Oceanside, NY	11572 (516)	536-4889
Aron Eisenpress	235 West End Ave.	New York, NY	10023	724-5620
Steven Ellner	12 Fifth Ave. #72	New York, NY	10011	533-3297
Charles Evans	40 E. 88th St.	New York, NY	10028	534-7957
Travers Evans	40 E. 88th St.	New York, NY	10028	534-7957
Larry Fialkow	3840 Cannon Pl.	Bronx, NY	10463	548-7593
Eric Gertner	262 W. 12th St.	New York, NY	10014	989-1176
Joanne Hayes	320 E. 25th St. #8CC	New York, NY	10010	889-4155
Tom Hayes	320 E. 25th St. #8CC	New York, NY	10010	889-4155
Charlotte Hildebrandt				
	76 Remsen St.	Brooklyn, NY	11201	875-2965
Richard Kahan	201 W. 92nd St. #4F	New York, NY	10025	382-3884
Steven Kalka	1527 E. 59th St.	Brooklyn, NY	11234	251-8115
W. Michael Keenan	233 E. 69th St. #9A	New York, NY	10021	734-8809
Patricia Kelly	30 Daniel Low Terr.	Staten Island, NY	10301	727-6348
Bill Knight	310 W. 73rd St. #2A	New York, NY	10023	595-0213
Barbara Koeth	143 Sullivan St.	New York, NY	10012	533-4098
Sandy Kraus	223 Slater Blvd.	Staten Island, NY	10305	979-3761
Alan Krzynowek	2040 Bronxdale Ave.	Bronx, NY	10462	931-5367
Sidney Lang	65-90 160th St. #2L	Flushing, NY	11365	591-0764
Joan Lemler	57 Joralemon St. #2B	Brooklyn, NY	11201	858-2508
Tim Loughman	325 Riverside Dr.	New York, NY	10025	749-5159
Christine Martell	330 W. 56th St. #10P	New York, NY	10019	582-9381
David Mayer	415 E. 80th St. #5J	New York, NY	10021	772-9294
Deborah McMann	221 Warren St.	Brooklyn, NY	11201	852-7838
Mark Miller	1172 Park Ave.	New York, NY	10028	427-3546
Peg Munves	250 W. 85th St. #7H	New York, NY	10024	595-5239
Gloria M. Peterson	115-15 131st St.	So. Ozone Pk., NY	11420	529-1076
Vincent Pisano	330 W. 56th St. #10P	New York, NY	10019	582-9381
Mort Schneiderman	90-60 Union Tpke.	Glendale, NY	11385	846-5960
Jessie Shereff	185 West End Ave.	New York, NY	10023	873-2706
Lucille Smith	68 Greene Ave.	Brooklyn, NY	11238	789-8120
Moy Wong	250 W. 85th St. #7H	New York, NY	10024	595-5239

Also, the following errata from the roster published in the May Bulletin: missing were:

Bob Herzfelder	Century Village W.	Boca Raton, FL	33434
Charles Press	12927 Sunburst St.	Pacoima, CA	91331

corrections:

Carole Chavanne's zip code should be:	10025
James Ver Eecke's zip code should be:	10025

# The Editor's Corner

## IMPLEMENTING (YOUR) IDEAS

Unlike many organizations, the New York Cycle Club's greatest need is for people who are willing to make things happen. Since no one in the Club is in a position to demand (or expect) any other member to perform any function, the old adage "if you want something done, do it yourself" takes on particular relevance to Club functions. **If an idea is not worth it's proponents' time and energy, is it any wonder that no one else will undertake it's implementation?** The Club is constituted entirely of volunteers, and as such, nothing will happen if no one is personally motivated to make it happen.

However, while the responsibility for implementing one's own ideas falls squarely on one's shoulders, the license to do so is available within this Club as it is in few others. There are no rigorous requirements to be met or maintained to qualify as a ride leader. A member can plan and execute almost any event or program of his choosing (even ice skating or other non-cycling activities).

Examples abound: Irv Weisman is uniquely interested in the thorny semantic issue of quantitatively defining ride classifications, and Jimmy Rex has pursued his interests in statistical analyses for years. Many excellent Club rides have been developed solely because a member was interested in leading a new kind of ride, differentiated by its style, destination, speed, or concept.

The Club's officers are responsible for only one concern: the maintenance of the mechanism by which any member can execute any ride or program of his choosing. This mechanism consists of rides coordination, information dissemination, and a forum in which ideas and policy can be discussed and developed. Club officers implicitly commit themselves to performing the duties of their office as they accept a nomination.

Unlike other cycling organizations, the Board is not directly responsible for the execution of specific events. If a member desires to participate in an event of a particular kind, it is up to him to (help) arrange it. If no one volunteers to lead a ride, it will never take place.

## TAMING THE "ANIMALS"

It is commonly heard that "A" rides are for "Animals", and Club folklore abounds with stories of ruthless barbarians taking fiendish delight in "dropping" other riders, never to be seen again, even at the expense of great pain and suffering. After hearing such tales "ad nauseum", it is little wonder that some members start to believe them.

These stories may have some marginally factual basis in historical events, and it is true that "A" rides are faster than their "B" counterparts. However, **"A" rides are not antisocial events.**

Some "B" riders have expressed amazement upon hearing that "A" rides are ideally group rides, in which everyone travels together. As regular participants on "A" rides will confirm, the leaders usually "regroup" (i.e. wait for slower riders) after a hill or fast stretch in which the participants become strung out. The best "A" riding takes place when a pack is formed (as described in this writer's article on group riding techniques in the April issue) and the whole group rides together efficiently and easily, at fast clip. The "drop or be dropped" mentality has no place among a group riding together.

Gloria Lasoff's article, printed elsewhere in this issue, points out that one of the biggest hurdles for many new participants on "A" rides is overcoming the fear of what "A" rides are often alleged to be. This is unfortunate, because although "A" rides do require frequent participation in order to maintain the requisite physical condition, they are well within the reach of anyone who is willing to try, and very enjoyable, not only as a good workout, but socially, too.

--- Chris Mailing, Editor

## SINNERS, REPENT!

Friends, have you been sinning? Have you been neglecting the temple of your soul? Have you allowed yourself to degenerate and now find that you have a shamefully sagging butt; that your belly carries a spare tire which you can't use at all on your new, fancy lightweight, narrow rims; and that with merely mild exertion ( such as climbing the Clinton Ave. hill) your breath comes in short, hot pants?

Despite the lateness of the hour and the depth of your sins, there may still be hope for you and that other great sinner, "Upright" Irv, who was not so upright this past winter. His repentance is leading him to plan a series of "Dammit, I gotta get back in shape!" rides which will take almost all season to complete. His modest aim is to lead an L.A.W. Century Ride this coming Sept.

If you want to improve your own shamefully degenerate condition, and are prepared to devote one ride a month to a series of carefully escalated training rides - primarily extended distances at a B+ pace - let Irv know now. Although he hopes to lead other rides for the club, the training rides will be for committed riders who want to improve their performances during the season and are prepared to exert themselves to that end. They may also have to change the abominable gearing on their stock bikes so that they can ride fearlessly in all kinds of terrain instead of dying on the hills. Irv can advise, at great length.

An orientation 50 mile ride (over the marked club route) is planned for Sun. June 7 to find out who's who and what's what. Call Irv on, or before Fri. June 5 for time and meeting place: LO2-7298.

## Cycling Shorts

As many of you know Margaret Shugar, she legally changed her name to Margaret Valliere, is alive and doing very well in San Francisco. I talked with her on the telephone about a week ago. She was glad to hear from a NYCC friend. She said she hasn't been out biking yet, to busy getting settled, but within the next couple of days she would get out and tackle the hills.

She would like to hear from her NYCC friends, You can call her after 11:00PM EST ( 8:00PM Pacific Time ) after the rates go down here for 10 minutes for \$1.66. Call her she would love to here from her NYCC friends.

Margaret Valliere  
1126 Bush Street #603  
San Francisco, California 94109  
415-474-0426

David C. Miller VP Rides

## Classified Ads

Put "New York Cycle Club" on your back: Bring any jersey, T-shirt, sweatshirt, etc. and one dollar to the June 9th Club meeting, and it will be returned at the July meeting with "New York Cycle Club" silk screened in black on the back. For further information, call Barbara Silverstein at 685-2714.

For sale: Protogs wool tights (small), wool shirt (42), acrylic yellow shirt. Worn twice. All three for \$25. Call Morris Sloma at 787-9142.

### Commercial Advertising Policy

Pricing	Full page advertisement	\$50.00
	Half page advertisement	30.00
	Quarter page advertisement	20.00
	Eighth page advertisement	15.00
	Per line (min. three lines)	3.00

- Placement 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

APPLICATION FOR MEMBERSHIP IN THE NEW YORK CYCLE CLUB

As a N.Y.C.C. member, I accept full personal responsibility for obeying all traffic regulations and for my own safety on the road. I will hold the Club, it's officers and ride leaders blameless in case of accident.

NAME(S) \_\_\_\_\_ PHONE H. \_\_\_\_\_

\_\_\_\_\_ B. \_\_\_\_\_

ADDRESS \_\_\_\_\_ APT. \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DATE \_\_\_\_\_ AMT. OF CHECK \_\_\_\_\_ NEW \_\_\_\_\_ RENEWAL \_\_\_\_\_

WHERE DID YOU HEAR OF N.Y.C.C.? \_\_\_\_\_

OTHER CYCLING CLUB MEMBERSHIPS \_\_\_\_\_

1981 membership dues are \$11.00 per individual, \$14.00 per couple residing at the same address and receiving only one newsletter. Mail this application, with your check, to:

The New York Cycle Club, Inc.  
P.O. Box 877  
Brooklyn, N.Y. 11202

New York Cycle Club, Inc.  
c/o Alice St. Andrea  
43 Fifth Ave. #1D  
New York, N.Y. 10003

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