

December
1982

DECEMBER
1982

NEW YORK CYCLE CLUB



*** ALIEN CREATURES SIGHTED IN N.J. PINE BARRENS ***
Story pg. 10

Ride Listings

GUIDELINES FOR CLUB RIDES

NYCC rides are intended to be friendly group rides; we don't like to "drop" or lose anyone. Riders whose physical or bicycle condition seem 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) Bring water, snacks, spare tube, patch kit, pump and lights for after dark.

RIDE CLASSIFICATIONS

	<u>Riding Pace</u>
"A+": ANIMALS: Anything goes. Eat up 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 bike and their bodies; training up to "C". Frequent stopping and regrouping. Do not believe reports of mere mortals riding 100 miles or more in a day.	less than 3 mph

Any member may lead a ride. See the respective Ride Coordinator to submit a Ride Listing form.

Central Park Boathouse phone numbers are: 650-9521, 744-9813, 744-9814.

Sat Dec 4
"A/B/C/D"
10.2 mi
9:30 am
TEN MILE TIME TRIAL Leader: Gloria Lasoff (879-6199). Meet at 9:30 am in Central Park by Tavern on the Green (69th St. and Central Park's West Drive) for the last of the four time trials to be held this year. The course will be six laps around the southern loop of Central Park for a total of 10.2 miles. After everyone has completed their time trial, hang around because we will do some laps around the park.

Sat Dec 4
"C" 30 mi
10:30 am
VAN CORTLANDT RAMBLE Leader: Maggie Clarke (home: 567-8272; work: 397-7043). After the time trials, meet at the northeast corner of Columbus Circle ("A", "D", "AA", or No. 1 trains) for a brisk scenic ride up to the wilds of Van Cortlandt Park, where we'll take a trail ride on horseback. Lunch in a warm diner/restaurant. Be prepared to ride in busy New York City streets (no sidewalk riding). Bring warm coat, lock, spare tube, \$12 for an hour on horseback and lunch money. Precipitation or temperatures below 32°F at the start of the ride cancels.

Dec 4,5,11,
12,18,19
"A"
"A" RIDES CLEARING HOUSE Leader: Ed Schweber (567-2661). During December, the weather precludes the advanced planning of rides. Ed Schweber will act as a clearing house for those people who want to ride. If, towards the end of the week, it looks as though the weather will be good, and you want to ride, call Ed at 567-2661 and he will put you in touch with the other callers.

1982 RIDE RESULTS

DATE	RIDE	LEADER/CLUB	CLASS	NO.	DIST.	CLUB MI
7/2-5	Shelter Island Weekend	Ramos	"B"	11	298 mi	2758
7/3-5	Bantam Lake Weekend	Vojtech	"A"	2	240 mi	620
7/4	Putnam County Scout	Schweber	"A"	cancelled		
7/10	Bayville, Long Island	Hultay	"A+"	5	75 mi	375
7/11	Spring Ride to Kingsland Point Park...Take Two	Clarke & Karrin	"C"	4	38 mi	152
7/11	Long Westbury Breeze	Flowers, Flowers, Gertner & Grieder	"B"	7	65 mi	455
7/11	Scenic Ride to Rockland Lake	Miller	"B"	9	75 mi	675
7/11	Century to New Hope, Pa.	Bauman/AYH	"A"	46	120 mi	5520
7/17	Croton Reservoir	Schweber	"A"	6	85 mi	455
7/18	The Mayor's Special	D'Agostino	"C"	cancelled		
7/18	Marked Club Route, Backwards	Miller	"B"	7	67 mi	469
7/18	Seven Lakes Drive	Krzynowek	"A"	8	110 mi	880
7/24	Three Reservoir Ride	Lenihan & Orentlicher	"A-"	15	85 mi	1275
7/25	All Class Club Ride	Weinstock	"C"	17	45 mi	765
7/25	All Class Club Ride/Long Westbury Breeze	Flowers, Flowers, Gertner & Grieder	"B"	21	55 mi	1155
7/25	All Class Club Ride	Lasoff	"A-"	7	100 mi	700
7/25	All Class Club Ride	DeLillo & Schneiderman	"A+"	15	100 mi	1500
7/31	Kensico Roundabout	Petralito & Schweber	"A-"	9	75 mi	675
8/1	Bear Mountain	Cooper	"B+/A-"	5	90 mi	450
8/1	Lake Hopatcong	Rex & Schweber	"A+"	7	134 mi	938
8/7	Newton-Sussex Bike Ride	Flanders/AMC	"C"	5	30 mi	150
8/7	What Happened to the Hills to High Tor?	Gelobter	"A-"	15	80 mi	1200
8/8	Eaton's Neck By Way of Westbury and Cold Spring Harbor	Flowers, Flowers, Gertner & Grieder	"B"	8	75 mi	600
8/8	Saddle River Express	Mailing	"A"	13	110 mi	1295
8/14	Eisenhower Park	April	"C"	5	25 mi	125
8/14-15	Delaware Water Gap	Mailing	"A+"	8	275 mi	2200
8/14-16	Pocono Mountain Peregrination	Schnepf	"A-"	cancelled		
8/15	Sunrise Semester Bike Ride	Lahti	"D"	4	30 mi	120
8/15	Marsha's House Revisited	Taggart	"B"	11	80 mi	880
8/15	Sunken Meadow State Park	Lubaszka/AYH	"A-"	30	85 mi	2550
8/21	Dix Hills	Ramos	"B+"	4	75 mi	300
8/21	Oyster Bay	Berger	"A-"	4	75 mi	300
8/21-22	600 Km Time Trial in Syracuse	Rex & Konski/Audax	"A+"	16	378 mi	6048
8/22	Pelham Park, City Island and Orchard Beach	Clarke & Shorter	"C"	15	33 mi	495
8/22	Eaton's Neck By Way of Westbury and Cold Spring Harbor	Flowers, Flowers, Gertner & Grieder	"B"	9	75 mi	675
8/22	Hecksher State Park Century Patch Ride	Lubaszka/AYH	"A"	20	110 mi	2200
8/22	Westchester Scout	Schweber	"A"	cancelled		
8/28	Vernon, New Jersey Ride	Flanders/AMC	"C"	10	30 mi	300
8/28	Old Westbury Gardens (Scottish Day Games)	Bates/AYH	"B"	11	35 mi	385
8/28	Mount Kisco	Schweber	"A"	4	85 mi	340
8/29	Great Neck	Moses	"C+"	12	35 mi	420

DATE	RIDE	LEADER/CLUB	CLASS	NO.	DIST.	CLUB MI
8/29	Greenwood Lake	Herbin & Schweber	"A"	10	110 mi	1100
9/4-5	New York to Montreal in 2 Days	Bauman/AYH	"A+"	12	375 mi	3685
9/4-6	Lambertville/New Hope Weekend	Ramos & Taggart	"B-/B+"	12	144 mi	1749
9/4-6	New Paltz Plus Bike Camping	Gelobter	"A-"	4	192 mi	768
9/11	Central Westchester Ramble	Petralito	"A-"	5	80 mi	400
9/12	Indian Summer Beach Fling	Antanis & Lehmann/AMC	"C"	14	35 mi	490
9/12	Bronx River Parkway/Kensico Dam	Soicher/AMC	"C"	11	40 mi	440
9/12	High Point Hundred	Paumonok Clubs	"A/B/C"	513	120 mi	51900
9/18	Staten Island Bike Ride	Friedberg	"C"	9	30 mi	270
9/18	Sagamore Hill	Mantione	"A-"	6	75 mi	435
9/19	City Island Bike Ride	Ferguson/AMC	"C"	19	35 mi	665
9/19	Golden Apple Century	Country Cycle Club	"A/B"	182	100 mi	14700
9/19	Bear Mountain Century	Lubaszka/AYH	"A"	15	100 mi	1500
9/25	Palisades Drive Bike Ride	Truncellito	"C"	no report		
9/25	Horsepower Measurement in Nyack	Mailing	"A"	8	50 mi	400
9/26	Lunch at Northport	S.Flowers	"B-"	5	60 mi	200
9/26	September LAW "B" Century Patch	Miller	"B"	6	100 mi	600
9/26	Hi-Tor Revisited	Blackburn	"A-"	4	85 mi	340

December Club Meeting Program

END OF YEAR CHEER

It is the season of cheer.....so let's cheer ourselves with a round of special awards. Get ready with your own nominations for our annual categories:

Rider of the Year
Ride of the Year
Rookie of the Year
Best-dressed Bicyclist
Club Smokestack
Best Couple
Animal of the Year
Program of the Year

If you have any Special Awards you would like to present....either as part of the competitive show or as a special to a special individual....please contact Sara Flowers (212-544-9168) prior to the meeting so she can put you or it on the agenda.

The program committee is also planning some special music and entertainment. If you would like to participate, please give Sara a call. She especially wants to know about any special entertainers that turned up on any ride you went on this year.

Come to Artemis for the fun starting at 6:00 on December 14. WE all gather at 76 Duane Street (just off Broadway, two blocks north of City Hall).

Sara Schell Flowers, Programs

Commercial Advertising Policy

- Pricing
- Full page advertisement \$40.00
 - 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 \$30.00 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

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636-6037

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Jim Rex, Sr. ✓
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ED SCHWEBER'S 2ND ANNUAL N.J. PINE BARRENS RIDE -- Saturday, October 23

6:30 AM -- 32nd & 7th -- God awful time to be up on a cold October Saturday morning. I was last to arrive -- my hands were cold, my ears were cold, my toes were cold and I'd only biked about 25 blocks. "If my bike doesn't fit on the rack," I said, "that's O.K. -- I'll just go on home." My bike fit -- 70 miles south we parked in Lumberton -- two cars, nine riders. The sun was now up -- on with the full fingered gloves. Paul had those wonderful warm looking blue booties -- must buy a pair. Martha, Claire & Paul on brand new bikes.

The day looks bright and clear, if a little chilly -- 45 degrees. A mile and a half outside Lumberton, Peter has a flat, the only one of the day -- not bad, 9 riders, 75 miles, 675 total rider miles and only that one stop. A pretty steady ride for 35 miles to, I think it was, Batsto -- we found a lunch place, a small bar -- seated at the bar a bunch of duck hunters in their speckled camouflage gear -- then there we were -- in helmets, jerseys, black tights and cycling shoes -- no one in the whole place was wearing conventional clothes!

Claire brought only cycling gloves -- made due with two sandwich baggies over her fingers (we pretended we didn't know her!)

Tony, as usual glorying in his America (most of the rest of us feel the same but he shows it best singing at the top of his lungs!).

Just past the lunch stop, a large German shepherd -- not on a leash so we decided to sacrifice Larry -- Larry declined. Peter biked ahead as a decoy; the rest of us walked our bikes for a couple of hundred yards.

The day was beautiful, the road smooth as glass -- no hills, some stiff winds but a mini draft line helped a lot. And once back in Lumberton, George and Marty officially signed up with Ed so as to be sure to be first on the list for Ed's Pine Barrens #3 ride in 1983!

Marty Wolf



-- Two Aspects of Cycling --

"You see things riding on a bicycle in a way that is completely different from any other. In a car you're always in a compartment, and because you're used to it you don't realize that through the car window everything you see is just more T.V. you're a passive observer and it is all moving by you boringly in a frame."

"On a bicycle the frame is gone. You're completely in contact with it all. You're in the scene, not just watching it anymore, and the sense of presence is overwhelming. The whole thing, the whole experience is never removed from immediate consciousness; as in early summer when everything is at its' alivest and every foot of earth is humming and cricking ~~and~~ ~~the~~ and buzzing and chirping, a whole community of millions of living things living out their lives in a kind of benign continuum"; herein I know the true joy of cycling.

But when you're involved in a group of more than two or three cyclists, the whole thing changes - there is the distraction of watching those on your left, right, front, or rear - or trafficky roads with the car-up and car-back; all this together creates erratic and unpredictable movements in the group and enters the aspect of a herd experience.

I have ridden with groups for over a decade, and by a refining or selective process one discovers the best way of doing or enjoying what one likes to do best; that is how I set My value on what to me is the best of cycling. I go on a group ride now and then, and was on one yesterday with fifteen good cyclists over the most beautiful area in New Jersey - which you could only see peripherally, and certainly not with the sense of awareness described above.

Are there any alert readers out there who know from where I inter~~pol~~olate the opening two paragraphs?

Joe Wigodner

TAKE IT FROM JOE

I have been telling female cyclists for years to use the wide saddle, and it recently occurred to me to try it for myself. I acquired the Avocet WI saddle, and as I thought, found it very comfortable indeed. And why not? Those of us with lean rumps who sit on the 'Ischial Tuberosities' with very little cushioning, do have some sore days. The wider saddle spreads to a larger area of support. I say: The female saddle is kind to every tush.

Joe Wigodner

Classified Ads

SERVICES AVAILABLE

Can you ride comfortably on all terrain without hurting your knees or busting your gut? If not, join more than 25 others of NYCC and get Irv, the Low Gear Maven, to design and install custom gearing to match your personal needs. Moderate cost. Tel. 562-7298

WANTED

Need used frame and fork size 22"-23" for 27" wheels.
European make, pref French and looking well worn, but sound.
Will consider complete bike. (212)928-3931 Bill Lenihan.

SCOR '83 - by Irene Walter

At least 144 people SCOR'ed at Tennanah Lake Shore Lodge in Roscoe, N.Y. over the recent Columbus Day weekend, a record surpassed only by Reverend Moon's group (what club is that again?).

Yes, the 11th annual Southern Catskill October Rally was held again, successfully, amid beautiful fall foliage, brisk and rainless weather, on relatively car-free (albeit some hilly, some would even say Alpian) roads.

From Friday afternoon, October 8, through Monday afternoon, October 11, cyclists from New York City, Westchester, Long Island, Mid-Hudson Valley, New Jersey, etc., rode centuries to Barryville and/or Pepacton Reservoir, metric centuries to Woodstock, half-centuries, 25-, 30- and 40-milers, and even a 10-miler around Tennanah Lake.

The NYCC was represented by Marian Bahensky, Fred Danishefsky, Roz Goldstein, Richard Hanak, Rich Herbin, Leo Hirsch, Bill Hoffman, Charles Morris, Irene Walter, Irv Weisman, and Barbara Wood, and some alumni like Dan Henry and Helen Bashkin.

After the challenge of the terrain, we frolicked in the Jacuzzi, sweated in the sauna, drank cocktails at 6, ate hearty dinners, and were entertained by the film "Breaking Away" and Irv Weisman, who spoke on optimum pedalling cadence.

If you want (or need) a cardio-pulmonary work-out and a really nice autumnal mini vacation, plan to go to the Catskills next Columbus Day weekend, and SCOR!



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 _____

1982 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



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