
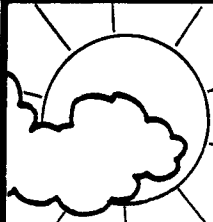
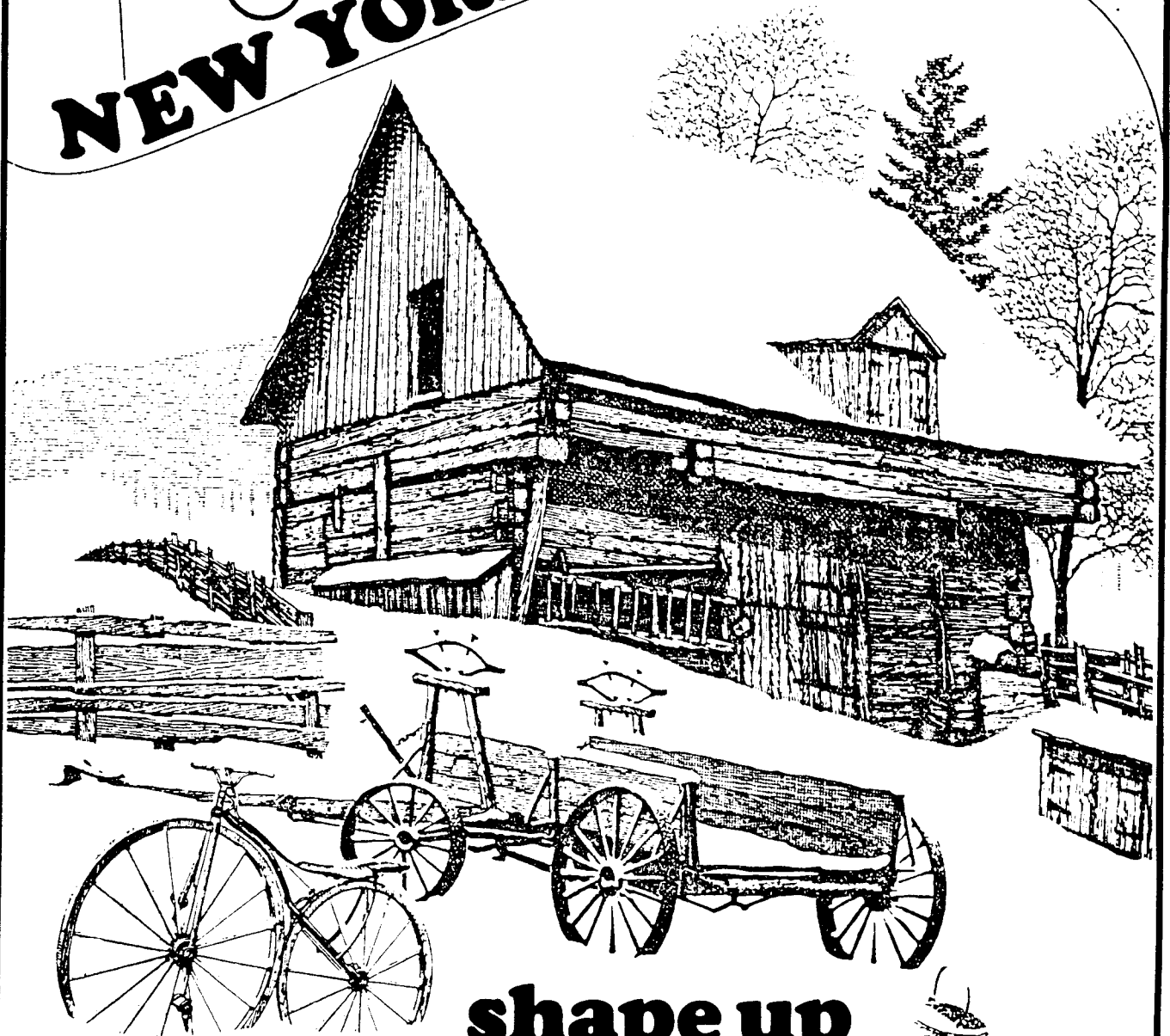



February
1982



NEW YORK CYCLE CLUB



Feb.

**shape up
before
spring!**

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

Sat/Sun Feb 6,7,13, 14,20,21, 27
"B" 40mi
10:30 am
FEBRUARY DIAL-A-RIDE Leader: Marsha Taggart (724-6336). If the temperature is 40° and sunny or 45° if cloudy at 10:00 am with no forecast of precipitation, no snow on the roads, and winds less than 15 miles per hour, the ride will go to either Nyack or Scarsdale. Please check the weather and do not call if the criteria is not met. Meeting will be in Manhattan.

Sun Feb 28
"B" 40mi
10:00 am
"A" TRAINING RIDE NUMBER 1 Leader: Chris Mailing (879-6199). Meet at the Central Park Boathouse at 10:00 am for a ride to the Oradell Reservoir in New Jersey. Food stop in Closter; estimated riding time: 3 1/4 hours. The ride will be a group ride, with maps available, and may be cancelled due to cold (below 32°F) or wet weather.

Central Park Boathouse phone numbers are: 650-0581, 744-9815, 744-9814.

SAVE THIS WEEKEND!

GEAR-UP 82

June 4-6, 1982

Shippensburg (Pa.) State College

(35 miles southwest of Harrisburg off Pa. Turnpike and I-81)

Your host: Harrisburg Bicycle Club

(the folks who brought you GEAR 72 and the 1976 LAW Convention)

To get on mailing list:

GEAR-UP 82, 413 Appletree Rd., Camp Hill, PA 17011 (717/761-3388)

Ride Results Barbara Silverstein

Date	Leader(s)	Class	Riders	Trip Miles	Club Miles
9/5	Ramos	C+	7	35	245
9/6	Schweber	F+	6	80	480
9/7	Ramos	C+	5	35	175
9/12	Leaderless	A	5	52	254
9/12	Gelobter	B	5	85	425
9/12	Taggart	B	6	65	390
9/12	Ramos	C+	9	40	360
9/13	Lubaszka	A	40	100	4000
9/13	Weisman	B	9	63	567
9/13	Weisman	B	5	50	250
9/19	Silverstein	A	12	85	1020
9/20	Schweber	B+	4	75	300
9/20	Flowers	C	7	40	280
9/26	Mailing	A	3	110	330
9/26	Flowers	B+	6	45	270
9/26-27	Ramos	A	5	200	1000
9/27	Miller	B+	3	100	300
9/27	Lehran	C+	26	65	1690
10/3	Bauman	A+	13	200	2600
10/4	Mailing	A	11	100	1100
10/4	Miller	B	15	60	900
10/4	Ramos	C+	6	42	252
10/4	Lehman	C	10	30	300
10/4	Antanis	C	19	25	475
10/10-12	Bauman	A+	13	250	3250
10/10	Gelobter	B	9	70	630
10/17	Bauman	A	19	75	1425
10/17	Schweber	B+	4	70	280
10/18	Mailing	A	4	110	440
10/18	Guterdina	B	3	32	96
10/18	Stevenson	C	5	25	125
10/24	Flowers	B	7	50	350
10/25	Leaderless	A	5	50	250
10/25	Weisman	B	7	55	385
10/25	Flowers	C	3	30	90
10/31	Leaderless	A	7	55	385
10/31	Abramson	C	14	10	140
11/1	Friedman	A	17	65	1105
11/1	Antanis	C	18	30	540
11/7	Schweber	C+	8	40	320
11/8	Kass	A	4	49	196
11/8	Miller	C	4	31	124
11/8	Antanis	C	11	30	330
11/11	Mailing	A	3	65	195
11/11	Bahensky	C	5	30	150
11/14	Bahensky	C	16	30	480
11/22	Leaderless	A	2	60	120
11/26-29	VerEecke	F	13		685

"A" Miles=17,670 "B" Miles=6,308 "C" Miles=6,076 Total Miles=30,054

Number of rides cancelled=17

STAYING (or getting) IN SHAPE FOR SPRING

This winter I was going to stay in shape by riding all the way thru to spring. Several things have stopped me:

- 1) it's dark AND cold in the evenings.
- 2) lack of club "A" rides.
- 3) this is my first winter of subway commuting, and I seem to pick up a new cold virus every week. What a health hazard! I'm thinking of riding between the cars to avoid the germs.

Even while sick, I can work out indoors . For the remaining cold weather I'm going to get rollers or a Racer-Mate, and use them.

In addition to roller riding I'm going to continue my daily stair climbing at work. I run down from the 17th floor to the 1st, and then run back up. My best time for the round trip is 4:25.

The following are some other cyclists methods for staying in shape:

OLIVER MARTINS' RACER-MATE WORKOUT

RPM	CHAINWHEEL x	FREEWHEEL	GEAR"	MIN. IN GEAR
80	42	16	69.2	15
	53	18	79.5	5
	53	17	84.2	5
	53	16	89.4	5
	53	15	95.4	5
	53	14	102.2	5
	42	16	69.2	5
	53	18	79.5	2
	53	17	84.2	2
	53	16	89.4	2
	53	15	95.4	2
	53	14	102.2	2
	42	16	69.2	cool down

NOTE: MR. Martin is a very strong racing cyclist and coach. It is not suggested that you use his exact formula, but it may be usefull in devising your own regimen of a less brutal nature.

ONE OF OUR OWN

Jim (Iron Legs) Rex starts the New Year off right, he does a century ride. He did this years in the rain. He did not catch a cold. He stayed off the subway.

New Years Century '83?



news item:
man found frozen
to bicycle.
should thaw by March.

February Club Meeting Program

Knees--the Bad and the Beautiful

Are some of your old injuries 'telling' you about the cold weather? Are you perhaps still wondering how to keep or get yourself into shape so you can avoid new sports injuries? Or have you ever simply wondered how that all-important area--the knee--is put together, and how you can make it function more efficiently?

In February we will have an expert, Roslyn Sofer, of Community Physical Therapy, zero in on the knee. Ms. Sofer, who is in private practice and teaches physical therapy at Down State Medical Center, is a specialist in musculoskeletal dysfunctions. She will consider the structure and function of the knee; discuss with us the best way to avoid knee injuries from cycling; and suggest ways to approach chronic and acute knee problems.

Come to listen; come to question; come to share your experiences--at 6:00 PM, February 9 at Artemis Restaurant, 76 Duane Street (just off Broadway, two blocks north of City Hall).

Sara Schell Flowers, Programs

Membership Update

Jean Lenton	1230 Amsterdam Ave. #221,	N.Y. 10027	662-4772
Brian Buchbinder	9 E. 17 St. #4F	N.Y. 10003	675-8414
Alyse S. Cohen	300 18th Ave. #3N	B'klyn 11215	409-8856
Max Fischer	2511 N. Lake, Hollybrook Dr. #302	Pembroke, Fla. 33025	
Susan Friedberg	30 Lincoln Plaza #14A	L.I. 10023	757-8679
Roseann Korsa	2807 Claflin Ave. #35	Bronx 10468	549-2034
Linda Levine	2710 Ave. K	B'klyn 11236	763-6314
Charles Morris	101 E. 16 St. #1G	N.Y. 10003	477-3281
Thomas F. Lumbo	Studor City Place #716	N.Y. 10017	697-0542
Barbara Remington	9 E. 17 St. #4F	N.Y. 10003	675-8418
Sara Shown	1947 Ocean Ave.	B'klyn 11230	951-8017
Rudy Vincent	207A Fuller Dr.	N. Milford, N.J. 07646	
	<u>CHANGE OF ADDRESS</u>		
Frank Laub	2621 Palisade Ave. #15T	Riverdale 10463	

URGENT

BRIDGING THE GAPS

Issues related to the Queensboro and Brooklyn Bridges have recently been under discussion by the N.Y.C. and N.Y.S. Departments of Transportation.

- 1) Queensboro Bridge - The city D.O.T. has let it be known that the State D.O.T. is applying strong pressure for the closing of the bike lane on this bridge. People to contact include:
 - a) Donald Mannis, Queens Boro Pres. - 125-55 Queens Blvd., Kew Gardens, Queens 11424
 - b) Wm. Hennessey, Commissioner N.Y.S.D.O.T., 1220 Washington Ave., State Campus, Albany 1220
 - c) John Marino, Asst. Commissioner, N.Y.S.D.O.T., N.Y.C. Affairs, 2 World Trade Center, N.Y. 10047
 - d) Andrew Stein, Manhattan Boro President, 2050 Municipal Bldg., N.Y. 10017
 - e) Ed Koch, Mayor, City of N.Y., City Hall
- 2) Brooklyn Bridge - The original plans to totally ramp the bridge in time for the centennial have apparently been altered. It now appears that only a partial restoration is planned, with most of the multiple step system that currently exists remaining in place. Brooklyn/Manhattan access during the 9 month plus renovation is to be over the Williamsburg Bridge. In future bulletins I will update this issue, as this represents the most current information available as we go to press

Martha Ramos

Ride Previews

1982 RIDING SCHEDULE

DATE	RIDE	LEADER/CLUB	CLASS	DISTANCE
2/21-23	The annual Bike Show at N.Y. Coliseum			
3/7	"A" Training Ride Number 2/Orangeburg	Mailing	B	52 mi
3/7	"B" Training Ride/Orangeburg	Ramos	B	40 mi
3/14	"A" Training Ride Number 3/Syosset	Mailing	B	60 mi
3/14	"B" Training Ride/Syosset		B	40 mi
3/20	"A" Training Ride Number 4/Nyack	Mailing	B+	50 mi
3/20	"B" Training Ride/Nyack		B	40 mi
3/21	"A" Training Ride Number 5/Chappaqua	Mailing	B+	70 mi
3/21	"B" Training Ride/Westchester		B	55 mi
3/27	"A" Training Ride Number 6/Woodbury	Mailing	A-	68 mi
3/27	"B" Training Ride/Woodbury		B	50 mi
3/28	"A" Training Ride Number 7/Croton Res.	Mailing	A-	80 mi
3/28	Sunday in the Parks I	Ramos & Lehmann	C	?
4/2-4	Bicycle Through the Blossoms(Wash.D.C.)	Silverstein & DeRose	A-/B+	N/A
4/2	"A" Training Ride Number 8/Germonds	Mailing	A-	65 mi
4/3	"B" Training Ride/Spring Valley		B	55 mi
4/4	"A" Training Ride Number 9/Goldens Br.	Mailing	A	95 mi
4/4	Sunday in the Parks II	Ramos & Lehmann	C	?
4/10	"A" Training Ride Number 10/Woodbury	Mailing	A	68 mi
4/10	"B" Training Ride/Long Island		B	45 mi
4/11	"A" Training Ride Number 11/Ridgefield	Mailing	A	110 mi
4/17	"A" Training Ride Number 12/Chappaqua	Mailing	A	70 mi
4/17	"B" Training Ride/Pocantico Hills		B	60 mi
4/18	Seventh Annual Cherry Blossom Ride	Weisman	B	42 mi
4/18	Marshall's Ride Citibank/AYH Five Boro	Bauman/AYH	C	36 mi
4/25	Citibank/AYH Five Boro Bike Ride	Bauman/AYH	C	36 mi
5/8-9	Tour of the Scioto River Valley (TOSRV)	Columbus, Ohio AYH	A/A-	210 mi
5/16	Montauk Century	Bollog/AYH	A/A-	110 mi
5/23	All Class Club Ride/Tallman Park	Rides Committee	A/B/C	
5/29-30	Pepsi Marathon	Toefield/KCC	A/B/C	
6/4-6	Great Eastern Rally (GEAR)	Harrisburg, Pa. LAW	A/B/C	
7/1-5	LAW National Convention	Dayton, Ohio LAW	A/B/C	
7/25	All Class Club Ride/Long Island	Rides Committee	A/B/C	
10/3	Second Annual Bill Baumgarten Memorial			
	All Class Club Ride/Kingsland Pt.Pk.	Rides Committee	A/B/C	

"B" and "C" Ride Details

Yes, gals and guys, it's that time of year again. After all, why else did you spend good money to join the club? (It certainly can't be for the food at Artemis... or can it?)

In keeping with the long established traditions of the N.Y.C.C. (we started last year), the "B" and "C" ride coordinators anxiously announce this year's training rides schedule.

"B" Rides: As with last year, the "B" rides will cover the same basic routes as the "A" rides but at a more sensible pace. The major difference this year will be the starting points. Check this month's rides schedule for locations and starting times. Any additional questions should be directed to the various ride leaders.

"C" Rides: This year, in order to improve attendance (since no one showed up last year), we will double our efforts. There will be two locations this year. Phyllis Lehmann will work with riders in Prospect Park and Partha Ramos will meet riders at the Central Park Boat House. We will also conduct a series of link-up rides between the two groups. Watch for additional information in next month's bulletin.

NYCC BULLETIN PUBLICATION SCHEDULE

CLUB MEETING- Try to have articles ready, typed 7 1/4" wide. Be able to give an estimate on the length of material to come.

2nd
TUES

Editor works on parts of bulletin,
Receives final pieces in mail.

WED-
FRI

Editor RIDES, and does NO WORK on
bulletin!!!!

SAT &
SUN

AYH Bike Committee meeting; last
chance to give editor material
for bulletin.

MON

FINISH BULLETIN!!!!

3rd
TUES

Take bulletin to printer.

WED

LEAGUE OF AMERICAN WHEELMEN

MEMBERSHIP APPLICATION

(Please print or type)

☐ New ☐ Renewal

NAME(S) _____

ADDRESS _____

CITY _____

STATE, ZIP _____

TELEPHONE _____

Check type of membership desired:

☐ Sustaining: \$35

☐ Individual: \$15

☐ Family: \$20 (Two adults and unmarried children to age 21 living at same address)

☐ Life Membership: \$250 (installment: \$37.50 every 3 months)

☐ Public or School Library: \$10

Note: Foreign memberships \$3 more
Members receive 12 issues of *American Wheelmen*, *Directory*, membership card,

patch, bike and window decals, plus discounts on books, League rallies, and classified ads

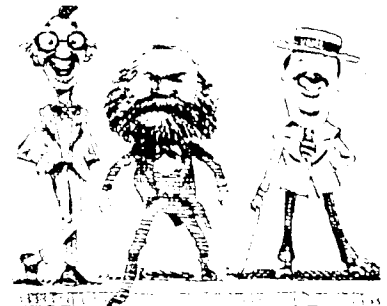
☐ Please list me as a Hospitality Home

☐ Please do not include my name when the League rents its mailing list

Please find in addition my contribution to help the League's legislative efforts.

☐ \$50 ☐ \$25 ☐ \$15 ☐ \$10

Enclose check or money order payable to
LEAGUE OF AMERICAN WHEELMEN
P.O. Box 988, Baltimore, MD 21203

STOP THE KILLER
PEDESTRIANS!!!!

REGISTER SHOES!

PUBLISHED BY - NEW YORK WHEEL CLUB, Inc.
P.O. Box 877 Brooklyn, N.Y. 11202

PRESIDENT
Bill Cooper
183 Wyckoff St.
Brooklyn, N.Y. 11217
666-3830

V.P. PROGRAMS
Cara Flowers
111-50 76th Rd. #4L
Forest Hills, N.Y. 11375
544-9168

V.P. RIDES
Chris Mailing
324 E. 82nd St. #3C
New York N.Y. 10029
879-6199

SECRETARY
Irene Walter
47-12 45th St.
Woodside, N.Y. 11377
937-2637

TREASURER
Joe Hulbert
384 10th St.
Brooklyn N.Y. 11215
768-9374

EDITOR/A.L.
Bill Vojtech
4111 Ave. R
Brooklyn N.Y. 11234
339-1308

MEMBERSHIP DIRECTOR
Martha Ramos
75 Henry St. #10G
Brooklyn, N.Y. 11201
858-9142

CIRCULATION MANAGER
Dave Miller
410 E. 75th St. #1C
New York, N.Y. 10021
934-9365

"A" RIDES COORDINATOR
Victoria Lachoff
1748 Forest Ave. #1
New York, N.Y. 10024
318-8400

"B" RIDES COORDINATOR
Marsha LaCart
115 W. 85th St. #7
New York, N.Y. 10024
724-6316

"C" RIDES COORDINATOR
Angelle Benmann
607 Carroll St.
Brooklyn, N.Y. 11215
636-6037

PAST PRESIDENT
Jim Rex, Jr.
26-44 23rd St.
Astoria, N.Y. 11101
278-5510

Commercial Advertising Policy

- Any member who has paid dues before Labor Day may advertise three times in the following April.
- Any member who pays dues after Labor Day may advertise three times for \$3.00 per the following April.
- Other clubs or organizations are not exempt from this policy unless the Board of Directors determines otherwise.
- The League's Rights may reject undesirable advertising with adequate notice to the advertiser.

NEW YORK CYCLE CLUB, INC.
STATEMENT OF ACCOUNTS
FOR THE YEAR ENDING NOVEMBER 30, 1981

Balance December 1, 1980:	Republic Nat. (ckg.)	\$578.60
	Serial Fed. Savings	<u>308.57</u>
	total on hand	887.17

Receipts:

Dues		\$2645.00
Jerseys (net of sales)		48.00
Heat Transfers		13.75
Silk Screen		3.00
Interest on Savings		<u>18.47</u>
	rec. tot.	2728.22

Disbursements:

Bulletin - printing		1122.27
postage		417.34
supplies		<u>40.11</u>
	sub.	1579.72
Promotions - membership director		163.67
business cards		61.56
'A' training rides		16.64
time trials		31.88
L.A.W. patches		<u>6.00</u>
	sub.	279.75
Club Memberships - AYH		40.00
LAW		<u>16.00</u>
	sub.	56.00
Board Costs - Vice Pres. Rides		16.00
Secretary		44.02
board hosts		<u>6.00</u>
	sub.	66.02
Miscellaneous - programs		13.60
P.O. box rental		20.00
telegram to mayor		3.20
bank charges		<u>10.31</u>
	sub.	47.11
	disb. tot.	\$2028.60

Surplus:

\$ 699.62

Balance November 30, 1981:

Republic Nat. (ckg.)	1259.75
Serial Fed. Savings	<u>327.04</u>
total on hand	\$1586.79

Assets: Typewriter, Projection Screen, Silk Screen for Jerseys,
Heat Transfer Inventory, Miscellaneous Stationary & Supplies

Prepared By: Joe Hulbert, treasurer & Ken Abramson

January Board of Directors Meeting

SUMMARY OF MINUTES (UNAPPROVED):

1. Sara Flowers outlined plans for the next five General Membership Meeting programs.
2. Dave Miller reported on the January bulletin mailing, on the timeliness of which the Board complimented him.
3. The Board discussed payment of leaders' expenses on overnight rides.
4. It was brought out that the Cherry Blossom Ride and the AYH 5-Boro Marshall's Ride coincide this year (on April 18).
5. Martha Ramos reported that there are now 293 members (236 single memberships, 28 couples, and 1 bikeshop); 50% (145) are renewals, and 50% (148) are new members.
6. The Board discussed the needs of new members who are "commuters," including touring training.
7. Bill Vojtech said he would try to obtain ads for the bulletin, to help defray costs.
8. The Board approved the suggestion to include in the bulletin a report of the General Membership meeting and program, to be written by guest authors.
9. Chris Mailing reported that the 1982 "A" Level Training Rides Schedule has been widely distributed.
10. The Board approved the sending of a pro-Bottle Bill letter by the Secretary.
11. The next Board meeting will be held on Tuesday, February 2.

Copies of the complete, approved minutes are available from Irene Walter.

The Editor's Corner

WRITE TO KEEP RIDING

I used to think that all would be well if only the Government would ignore the existence of cyclists; no special legislation for or against us.

Too often, well meaning (sic) politicians spend big money on a poorly thought out bicycle program, and when we don't make use of it they claim that we really aren't important enough to concern themselves with.

Recently, I have found that when we are ignored we are often left out, and lose vital access to major highways and bridges and ferries. Even worse, there are those who would like to legislate us off the road.

We can combat this. First write letters to the elected and appointed officials involved and tell them how important the bicycle is, list the benefits that a cycling society could reap, and then give them the bottom line-"I don't vote for people who don't support bicycling."

The second thing to do is to REGISTER TO VOTE. Yes vote. Even if politicians are all liars and cheats, it's better to have them lying and cheating for us than against us. Let them know who put them in office, and who'll decide if they get a second term.

If you don't write or vote you have no right to complain when the road is filled with glass and potholes, or when you can only get on or off the island of Manhattan by swimming with your bike on your back.

Bill Vojtech
Editor, NYCC

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



DAVID C. MILLER
410 East 75th Street #1C
New York, New York 10021
212-794-9385



Christopher Mailing
324 E 82nd St #3C
NY, NY 10028

FIRST CLASS