

November
1982

NOVEMBER
1982



NEW YORK CYCLE CLUB

"BICYCLING—the best thing man has ever done."

THE BICYCLING BOOK

☆ TRANSPORTATION ☆ RECREATION ☆ SPORT ☆

DESIGNED & EDITED BY

John Krausz & Vera van der Reis Krausz

Paul Harris, M.D. Medical Editor

Beginners to the most experienced can learn from over 60 experts:
Engineers—Doctors—Tour Leaders—Racers—Life-long Cyclists—Teachers

OVER 400 ILLUSTRATIONS



BASICS: BRAKING, GEARING, BIKE FIT, DOGS, WEATHER,
CYCLING, VISIBILITY, 3-SPEED GOOD, 10-SPEED DIFFERENT,
CHILDREN AND BICYCLES, TEACHING BEGINNERS THE
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SECOND-HAND BICYCLE /

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BIKE SHIRT / CHOOSE A

MANUAL / WATCH A BIKE

RIDE A BICYCLE

AND THE LAW /



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AND TRAINING /

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COMMUTING (BRINGING IT ALL TOGETHER) /

SURVIVE IN TRAFFIC

ALSO:

UNIVERSAL GEAR/CADENCE/SPEED CHART THE MOST COMPREHENSIVE EVER!

With Articles By And Interviews With

Samuel Abt ■ Hartley Alley ■ John Allis ■ Nancy Neiman Baranet ■ Stephen Bauman ■ Edward Bottone,
Ph.D. ■ Malcolm Boyd ■ Paul Boyer ■ Edmund R. Burke, Ph.D. ■ Beryl Burton, O.B.E. ■ Rex Coley ■ Tom
Cuthbertson ■ Fred DeLong ■ Michel Delore ■ Edward B. Deuerlein ■ Leon Dixon ■ Dennis Donovan ■ John
Dowlin ■ Marianne H. Durgin ■ Walter K. Ezell ■ Jacques Faizant ■ John Forester ■ Samuel M. Fox III, M.D. ■
Nicolas Freeling ■ Anita Linda Furst ■ George Gipe ■ Glenn Goldfinger, R.P.T. ■ Continued on back cover

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 8 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.

Tue Nov 2
"A" 70 mi
8:30 am
BANKERS, BUREAUCRATS AND FREELoadERS' RIDE Leader: Chris Mailing (879-6199). Meet at the Central Park Boathouse at 8:30 am for a brisk ride to Chappaqua, via White Plains for breakfast. Since it's Election Day, bankers and government employees (who get the day off) can join the freeloaders for a weekday ride. Rain cancels.

Sat Nov 6,
13 & 20
"A/B/C/D"
10.2 mi
9:30 am
TEN MILE TIME TRIALS 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 this three week series of time trials (see article elsewhere in this Bulletin). 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 Nov 6
"C" 20 mi
10:30 am
UPPER MANHATTAN PARKS Leader: Maggie Clarke (home: 567-8272; work: 397-7003). Meet at the northeast corner of Columbus Circle (take the "A", "D", "AA" or No. 1 trains) for a leisurely trip through the parks of northern Manhattan. Parks included will be Central, Riverside, Fort Tryon (Cloisters), Inwood (including the great views from "the hole in the fence" and Bakers Field). More parks will be included if time permits. Bring properly functioning bike and tools. Bring or buy lunch.

Sat Nov 6
"C" 30 mi
9:30 am
BROOKLYN BRIDGE TO NARROWS BRIDGE Leader: Marion Bahensky (242-7688). Meet at 9:30 am at the Sixth Avenue Bike Shop (at 15th Street; 255-5100) for a ride of about 30 flat miles. Or, meet in Brooklyn at 10:30 am at the Brooklyn Bridge footpath exit, then through Brooklyn Heights to the bike path along the shore. Bring lunch. Rain or gales cancel. Renters should call the bike shop in advance.

Sun Nov 7
"C" 40 mi
10:00 am
NEW JERSEY OR BUST Leaders: Phyllis Lehmann (636-6037) and Mike Antanis ((201)420-6232, Mon-Fri after 5:00). Meet at 10:00 am at the George Washington Bridge Bus Terminal at 175th St. and Ft. Washington Ave. in Manhattan (parking is OK, or take the "A" train to 175th St. or the No. 1 to 181st St.). Cruise the Palisades in 10 speed comfort with the wind whistling through your hair. Join other handsome and beautiful cyclists for two wheel titillation. MiGosh! What a ride! Bring spare, lunch and lock. Rain cancels.

Sun Nov 7
"B" 70 mi
8:00 am
CROTON DAM RIDE Leader: Marsha Taggart ((914)962-5991). Meet at 8:00 am at Jerome Ave. and the last stop of the No. 4 train for a scenic ride to Croton Dam. Picnic lunch if weather permits. Ride will be shortened if its very cold or darkness is imminent.

Sun Nov 7
"A-" 70 mi
8:30 am
LONG ISLAND NORTH SHORE Leader: Gary Krzynowek (931-5367). Meet at 7:30 am by the Roosevelt Island Tramway Plaza (Second Ave. at 59th St.) for a ride through the highly scenic Long Island north shore on what Gary promises to be a clear, brisk day with a tailwind on both our outbound and homeward legs. Come experience the north shore as you have never experienced it before. Dress appropriately for the weather.

Sat Nov 13
"D" 20 mi
12:00 noon
BIKE RIDE Leader: Roberta Rettner ((201)855-0876). Meet at noon at the City Hall steps for an afternoon keep-in-shape excursion where distance, pace and destination will depend on the weather and the group assembled. Home by dark.

Sun Nov 14
"C" 35 mi
10:00 am
HONEYMOON AND SICK BIKE RIDE Leader: Charles Morris (477-3281). Pedal to the Great Falls of the Passaic, America's first Niagra, just outside New York City. Bring picnic lunch. One big hill only. Meet at 10:00 am at the George Washington Bridge Bus Terminal at Broadway and 178th St. in Manhattan. 10 speeds suggested. OK for moderate riders. You won't want to miss this one.

Sun Nov 14
"A-" 75 mi
8:15 am
ECHO LAKE Leader: Claire Goldthwaite (228-0828). Meet Claire at the Central Park Boathouse for a ride with many reverberations to Echo Lake, a quaint lake just south of the Croton Reservoir. The pace will be easy, right at the "A-/B+" border. There are some hills, but for a Westchester ride, this one is relatively flat. We will be stopping in a coffee shop in Briarcliff on the way up and at a deli in Elmsford on the way down. Alternate pick up: the last stop on the Jerome Avenue No. 4 line at 9:30 am, in which case the ride is 60 miles long.

Sun Nov 21
"A" 50 mi
9:00 am
SCARSDALE Leader: Ed Schweber (567-2661). Meet at 9:00 am at the Central Park Boathouse for a ride to Scarsdale for lunch.

Fri Nov 26
"A-" 50 mi
8:00 am
RIVER ROAD DISCOVERY ANNIVERSARY Leader: Lee Gelobter (home: 646-7037; work: 788-2345 ext.215). A good way to work off the extra slice(s) of bird. Meet at the Roosevelt Island Tramway Plaza (Second Ave. at 59th St.) at 8:00 am for a leisurely ride up the River Road to Nyack (possibly Rockland Lake). The River Road is beautiful this time of year. Call Lee for further information.

Sat Nov 27
"C" 40 mi
9:00 am
AND NOW FOR A COMPLETE ABSURDITY Leader: Ed Schweber (567-2661). Meet at the Central Park Boathouse for a prompt 9:00 am departure for a ride along the fringes of the Hackensack Meadowlands for borderline personalities. We will stop at an old submarine, at a tower overlooking Teterboro Airport and pass through the Sports Complex. There will be a diner stop in Hackensack. Bring a lock and a chain, and a couple of bucks for various admissions. "A" and "B" riders who think they can keep the "C" pace are also welcome.

8-3 NOV 25-28 PENNSYLVANIA DUTCH THANKSGIVING WEEKEND
Join us for our traditional Thanksgiving weekend jaunt to the Penn Dutch Country. The region is noted for its food, both quality and quantity. We will be sampling it at restaurants as well as with Mennonite families at their farms. Visits to nearby attractions in Lancaster County are also scheduled. If you don't spend all of your time sight-seeing or eating, you may even enjoy the easy cycling over roads where the horse and buggy still rule. The mandatory pre-trip meeting will be held Monday 15 November, 7pm at AYH. Space on the trip is limited.
COST: \$105 DEPOSIT: \$40



NOVEMBER TIME TRIALS

We will meet by Tavern on the Green in Central Park (69th St. and Central Park's West Drive) at 9:30 am on November 6, 13 and 20th, unless it's raining or the temperature is below 32 degrees. Individual times will be recorded, so you can compare how you do from week to week. Also, after everyone has completed their time trial, we will all get together to do some riding in the park. If weather permits, and everyone enjoyed November, perhaps the time trials will be continued through December. Hope to see you on November 6th.

-- Gloria Lasoff

THEY UNDERSTAND US: THEY ARE US!
A BOOK FOR CYCLISTS

The book is a huge collection of articles on a variety of topics that include medical, mechanical, philosophical, economical, technical, and futuristic; each article is written by an expert, several of which are in our club. The illustrator is Barbara Remington, also a member of our club.

Join Vera at the November 9th meeting. We meet at 6:00 at Artemis Restaurant, 76 Duane Street (just off Broadway, two blocks north of City Hall).

Sara Schell Flowers, Programs

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RED COLNAGO 62cm frame only or all campagnolo equipment.

4 Price negotiable. Call Peter Schaaf 222-2935

HORSEPOWER MEASUREMENT IN NYACK

Many Club members are familiar with the theoretical work Irv Weisman has done on the subject of gearing and cyclist power output, as presented at a Club meeting last year and again at GEAR last June. He has shown that it takes more horsepower to climb a hill than ride on the flat (a brilliant discovery in itself), that higher power output is not as sustainable, and that lower gears reduce the power required to climb a hill. But how can he presume to tell anyone what gear they should use without measuring their horsepower output first? Clearly, "laboratory" work was required to enable the practical application of Irv's theories.

So, on Saturday, September 25, a group of eight Club members gathered at the foot of Townsend Rd. in South Nyack. Townsend Rd. is just over 600 feet long, but in it's length it rises more than 100 feet in altitude (according to the U.S. Geographic Survey maps) an ominous 1 in 6, or 17 percent, grade. This group knew that by weighing themselves and their bikes and measuring their time up the hill, they could calculate their approximate horsepower output. This they did, and the results are as follows:

Name	Class	Weight	Time	Gear	Power Output
Jim Boyd	"A"	182 lbs.	42.4 sec.	56 in.	78/100 HP
Bob Furrevig	"B"	176 lbs.	47.7 sec.	47 in.	67/100 HP
Gary Krzynowek	"A"	165 lbs.	46.7 sec.	38 in.	64/100 HP
Mike Madeiros	"A"	N/A	40.3 sec.	54 in.	N/A
Chris Mailing	"A"	184 lbs.	39.9 sec.	47 in.	84/100 HP
Jimmy Rex	"A"	192 lbs.	50.7 sec.	44 in.	69/100 HP
James Rosar	"A"	157 lbs.	34.5 sec.	46 in.	83/100 HP
Ed Schweber	"A"	171 lbs.	46.7 sec.	44 in.	67/100 HP

Since the elevation gain was 100 feet, the formula used for the horsepower calculations is:

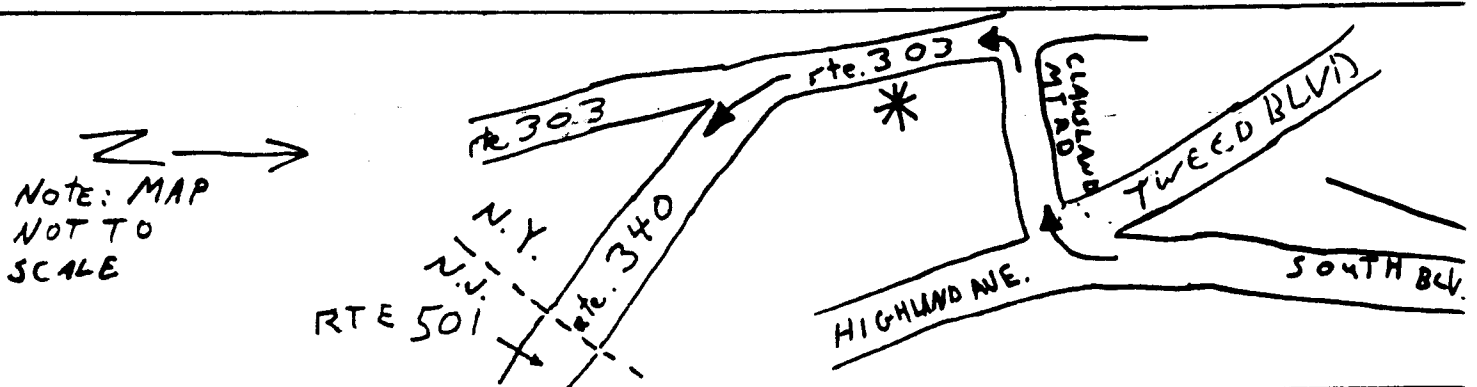
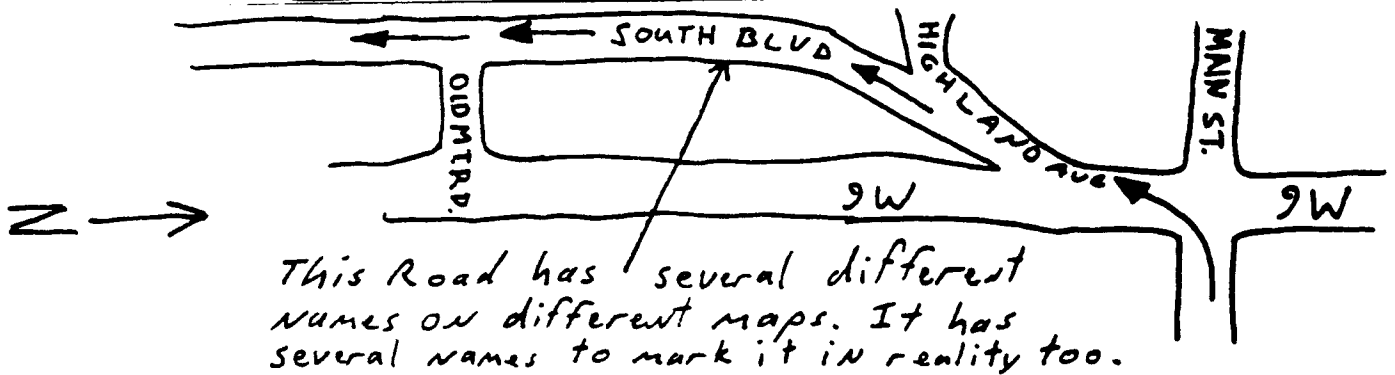
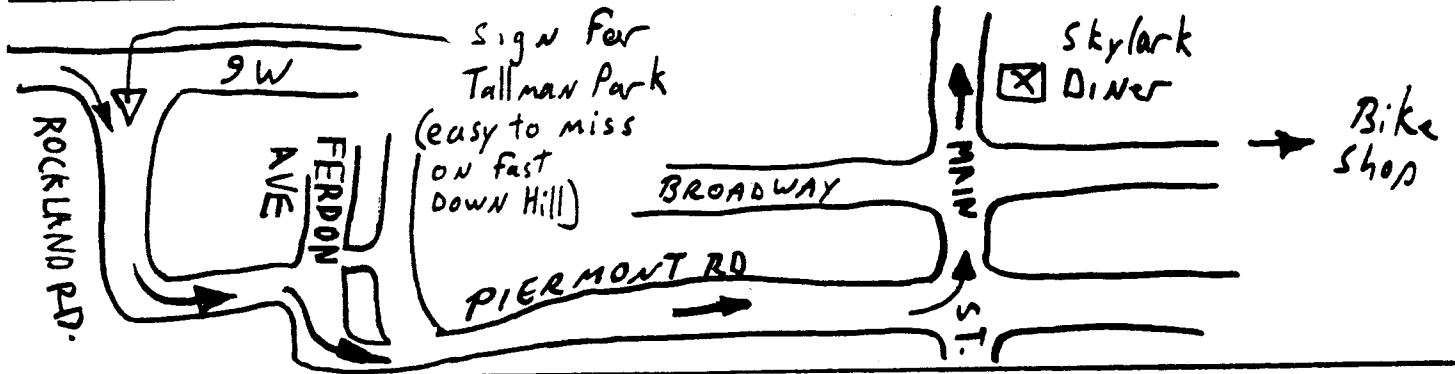
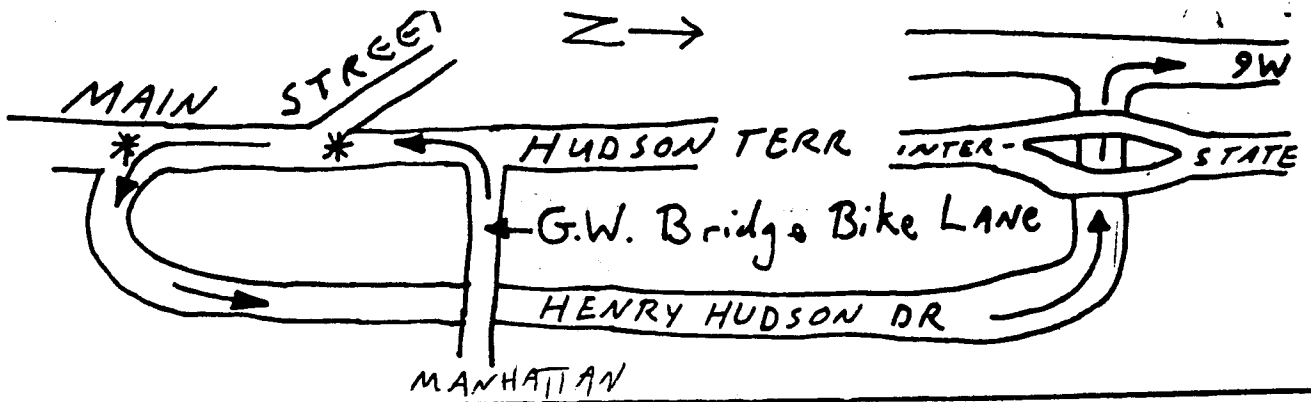
$$\text{HORSEPOWER} = (\text{WEIGHT(in lbs.)} \times \text{ELEV.GAIN(100 ft.)} \div \text{TIME(in secs.)}) \div 550 \text{ ft.lbs./sec./HP.}$$

Of note is the fact that the measurement of each rider's horsepower output was dependent upon his bicycle. For example, if your hub cones were too tight, your time would be slower, and therefore your calculated horsepower output would be lower than actual. Also, no allowance was made for wind resistance, as this factor should be fairly low; most riders speeds were in the 10-12 mph range.

The most valuable observation to be gained from this exercise, I think, is that the fastest way to increase your speed up the hills, without improving your horsepower output through training, is to decrease your weight. For example, Jimmy Rex generates more power than Ed Schweber, even though Ed beat him by 4 seconds, just because Jimmy and his bicycle weigh over 20 pounds more. If Jimmy could reduce his weight without losing power, in theory he could beat Ed up the hill. (Maybe it's time to forsake the generator and fenders, Jimmy?)

So, Irv, now you know how much horsepower some Club members can generate for a short period of time. You can now generate our horsepower curves, and calculate what gears we need to climb East Clinton. I look forward to seeing the results of your calculations.

-- Chris Mailing

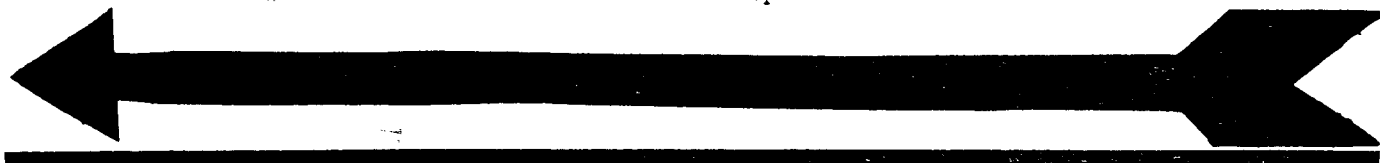


Follow NJ rte 501 to Demarest. Turn Left on Closter Dock Rd
 Take Closter-Dock RD to U.S. rte 9W (Palisades BLVD) Turn Right
 Follow 9W south to Palisades Ave, Turn Left. Go One Block +
 Turn Right on Hudson Terrace. Follow Hudson Terrace back
 to G.W.B.
 P.S. YOU CAN PARK ON HUDSON TERRACE
 NEAR THE BRIDGE.

BICYCLE LINK-UP... THE NYACK CONNECTION

This map is not to scale. It is meant to be used with an Exxon or Hagstrom map. This map serves to show the turns in detail. To the best of my knowledge the street names shown represent what appears in reality. All of the roads shown appear on the Exxon map of New York,* however, South Blvd is marked as Highland ave for its full length on that map. The Geographia map of this area is reasonable, but not perfectly accurate. It does have much more detail than the Exxon map.

*not all are given names on the Exxon map.



"Without ice cream,
there would be chaos
and darkness in the world."

NEW YORK POST, TUESDAY, OCTOBER 19, 1982

CITY BICYCLE BIG — THEY'RE NOT TOYS

AS AN AVID bicyclist and editor of the *New York Cycle Club* bulletin, I must respond to the recent letters from B.P. Kovaleff, Elvira Young, and Edward Easton.

I am totally sympathetic to pedestrians harried by irresponsible cyclists. However, the idea that bike registration and licensing would work is ludicrous.

There are many unlicensed drivers in unregistered cars, who go untouched by the law. How would you get all the cyclists to register and take a bicycle driving test? Doesn't the NYPD have better things to do than chase down unregistered bikers?

Unfortunately, our society considers the bicycle a toy, not useful transportation to be operated in a responsible manner. Perhaps, we can work to change this attitude in time.

BILL VOJTECH, Brooklyn

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- 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 _____

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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