December
1982
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**

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
<th>Riding Pace</th>
<th>Speed (mph)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;A+&quot;</td>
<td>ANIMALS: Anything goes. Eat up roads, hills and all.</td>
<td>3.5 mph</td>
<td>14-17 mph</td>
</tr>
<tr>
<td>&quot;A&quot;</td>
<td>SPORTS(WOMEN): Vigorous riding over hill and dale. High regard for good riding style. Can take care of themselves anywhere. Stops every two hours or so.</td>
<td>3.5 mph</td>
<td>11-14 mph</td>
</tr>
<tr>
<td>&quot;B&quot;</td>
<td>TOURISTS: Moderate to brisk riding along scenic roads, including hills; destination not so important. Stops every hour or two.</td>
<td>3.5 mph</td>
<td>6-11 mph</td>
</tr>
<tr>
<td>&quot;C&quot;</td>
<td>SIGHTSEEING: Leisurely to moderate riding. Destination oriented; nature, historical, cultural. Stops every half to one hour.</td>
<td>3.5 mph</td>
<td>less than 3 mph</td>
</tr>
<tr>
<td>&quot;D&quot;</td>
<td>BEGINNERS: Very leisurely sightseeing. Discovering bike and its beauty; training up to &quot;C&quot;. Frequent stopping and regrouping. Do not believe reports of mere mortals riding 100 miles or more in a day.</td>
<td>3.5 mph</td>
<td>less than 3 mph</td>
</tr>
</tbody>
</table>

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

Central Park Boathouse phone numbers are: 550-9521, 744-9513, 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" 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.
<table>
<thead>
<tr>
<th>DATE</th>
<th>RIDE</th>
<th>LEADER/CLUB</th>
<th>CLASS</th>
<th>NO.</th>
<th>DIST.</th>
<th>CLUB MI</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/2-5</td>
<td>Shelter Island Weekend</td>
<td>Ramos</td>
<td>&quot;B&quot;</td>
<td>11</td>
<td>298 mi</td>
<td>2758</td>
</tr>
<tr>
<td>7/3-5</td>
<td>Bantam Lake Weekend</td>
<td>Vojtech</td>
<td>&quot;A&quot;</td>
<td>2</td>
<td>240 mi</td>
<td>620</td>
</tr>
<tr>
<td>7/4</td>
<td>Putnam County Scout</td>
<td>Schweber</td>
<td>&quot;A&quot;</td>
<td>cancelled</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7/10</td>
<td>Bayville, Long Island</td>
<td>Hultay</td>
<td>&quot;A+&quot;</td>
<td>5</td>
<td>75 mi</td>
<td>375</td>
</tr>
<tr>
<td>7/11</td>
<td>Spring Ride to Kingsland Point Park...Take Two</td>
<td>Clarke &amp; Karrin</td>
<td>&quot;C&quot;</td>
<td>4</td>
<td>38 mi</td>
<td>152</td>
</tr>
<tr>
<td>7/11</td>
<td>Long Westbury Breeze</td>
<td>Flowers, Flowers,</td>
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<td></td>
<td></td>
<td>Gertner &amp; Grieder</td>
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</tr>
<tr>
<td>7/11</td>
<td>Scenic Ride to Rockland Lake</td>
<td>Miller</td>
<td>&quot;B&quot;</td>
<td>7</td>
<td>65 mi</td>
<td>455</td>
</tr>
<tr>
<td>7/11</td>
<td>Century to New Hope, Pa.</td>
<td>Bauman/AYH</td>
<td>&quot;A&quot;</td>
<td>46</td>
<td>120 mi</td>
<td>5520</td>
</tr>
<tr>
<td>7/17</td>
<td>Croton Reservoir</td>
<td>Schweber</td>
<td>&quot;A&quot;</td>
<td>6</td>
<td>85 mi</td>
<td>455</td>
</tr>
<tr>
<td>7/18</td>
<td>The Mayor's Special</td>
<td>D'Agostino</td>
<td>&quot;C&quot;</td>
<td>cancelled</td>
<td></td>
<td></td>
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<tr>
<td>7/18</td>
<td>Marked Club Route, Backwards</td>
<td>Miller</td>
<td>&quot;B&quot;</td>
<td>7</td>
<td>67 mi</td>
<td>469</td>
</tr>
<tr>
<td>7/18</td>
<td>Seven Lakes Drive</td>
<td>Krzynowek</td>
<td>&quot;A&quot;</td>
<td>8</td>
<td>110 mi</td>
<td>880</td>
</tr>
<tr>
<td>7/24</td>
<td>Three Reservoir Ride</td>
<td>Lenihan &amp; Orentlicher</td>
<td>&quot;A-&quot;</td>
<td>15</td>
<td>85 mi</td>
<td>1275</td>
</tr>
<tr>
<td>7/25</td>
<td>All Class Club Ride</td>
<td>Weinstock</td>
<td>&quot;C&quot;</td>
<td>17</td>
<td>45 mi</td>
<td>765</td>
</tr>
<tr>
<td>7/25</td>
<td>All Class Club Ride/Long Westbury Breeze</td>
<td>Flowers, Flowers,</td>
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<td>Gertner &amp; Grieder</td>
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<tr>
<td>7/25</td>
<td>All Class Club Ride</td>
<td>Lasoff</td>
<td>&quot;A-&quot;</td>
<td>7</td>
<td>100 mi</td>
<td>700</td>
</tr>
<tr>
<td>7/25</td>
<td>All Class Club Ride</td>
<td>DeLillo &amp; Schneiderman</td>
<td>&quot;A+&quot;</td>
<td>15</td>
<td>100 mi</td>
<td>1500</td>
</tr>
<tr>
<td>7/31</td>
<td>Kensico Roundabout</td>
<td>Petralito &amp; Schweber</td>
<td>&quot;A-&quot;</td>
<td>9</td>
<td>75 mi</td>
<td>675</td>
</tr>
<tr>
<td>8/1</td>
<td>Bear Mountain</td>
<td>Cooper</td>
<td>&quot;B+/A-&quot;</td>
<td>5</td>
<td>90 mi</td>
<td>450</td>
</tr>
<tr>
<td>8/1</td>
<td>Lake Hopatcong</td>
<td>Rex &amp; Schweber</td>
<td>&quot;A+&quot;</td>
<td>7</td>
<td>134 mi</td>
<td>938</td>
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<tr>
<td>8/7</td>
<td>Newton-Sussex Bike Ride</td>
<td>Flanders/AMC</td>
<td>&quot;C&quot;</td>
<td>5</td>
<td>30 mi</td>
<td>150</td>
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<tr>
<td>8/7</td>
<td>What Happened to the Hills to</td>
<td>Gelobter</td>
<td>&quot;A-&quot;</td>
<td>15</td>
<td>80 mi</td>
<td>1200</td>
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<td>High Tor?</td>
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<tr>
<td>8/8</td>
<td>Eaton's Neck By Way of Westbury</td>
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<tr>
<td></td>
<td>and Cold Spring Harbor</td>
<td>Flowers, Flowers,</td>
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<td>Gertner &amp; Grieder</td>
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<tr>
<td>8/8</td>
<td>Saddle River Express</td>
<td>Mailing</td>
<td>&quot;A&quot;</td>
<td>13</td>
<td>110 mi</td>
<td>1295</td>
</tr>
<tr>
<td>8/14</td>
<td>Eisenhower Park</td>
<td>April</td>
<td>&quot;C&quot;</td>
<td>5</td>
<td>25 mi</td>
<td>125</td>
</tr>
<tr>
<td>8/14-15</td>
<td>Delaware Water Gap</td>
<td>Mailing</td>
<td>&quot;A+&quot;</td>
<td>8</td>
<td>275 mi</td>
<td>2200</td>
</tr>
<tr>
<td>8/14-16</td>
<td>Pocono Mountain Peregrination</td>
<td>Schnepf</td>
<td>&quot;A-&quot;</td>
<td>cancelled</td>
<td></td>
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</tr>
<tr>
<td>8/15</td>
<td>Sunrise Semester Bike Ride</td>
<td>Lahti</td>
<td>&quot;D&quot;</td>
<td>4</td>
<td>30 mi</td>
<td>120</td>
</tr>
<tr>
<td>8/15</td>
<td>Marsha's House Revisited</td>
<td>Taggart</td>
<td>&quot;B&quot;</td>
<td>11</td>
<td>80 mi</td>
<td>880</td>
</tr>
<tr>
<td>8/15</td>
<td>Sunken Meadow State Park</td>
<td>Lubaszka/AYH</td>
<td>&quot;A-&quot;</td>
<td>30</td>
<td>85 mi</td>
<td>2550</td>
</tr>
<tr>
<td>8/21</td>
<td>Dix Hills</td>
<td>Ramos</td>
<td>&quot;B+&quot;</td>
<td>4</td>
<td>75 mi</td>
<td>300</td>
</tr>
<tr>
<td>8/21</td>
<td>Oyster Bay</td>
<td>Berger</td>
<td>&quot;A-&quot;</td>
<td>4</td>
<td>75 mi</td>
<td>300</td>
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<tr>
<td>8/21-22</td>
<td>600 Km Time Trial in Syracuse</td>
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<tr>
<td>8/22</td>
<td>Pelham Park, City Island and</td>
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<td></td>
<td>Orchard Beach</td>
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<tr>
<td>8/22</td>
<td>Eaton's Neck By Way of Westbury</td>
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<td></td>
<td>and Cold Spring Harbor</td>
<td>Flowers, Flowers,</td>
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<td>Gertner &amp; Grieder</td>
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<tr>
<td>8/22</td>
<td>Heckscher State Park Century</td>
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<tr>
<td></td>
<td>Patch Ride</td>
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<tr>
<td>8/22</td>
<td>Westchester Scout</td>
<td>Lubaszka/AYH</td>
<td>&quot;A&quot;</td>
<td>20</td>
<td>110 mi</td>
<td>2200</td>
</tr>
<tr>
<td>8/22</td>
<td>Vernon, New Jersey Ride</td>
<td>Schweber</td>
<td>&quot;A&quot;</td>
<td>cancelled</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8/28</td>
<td>Old Westbury Gardens (Scottish Day Games)</td>
<td>Flanders/AMC</td>
<td>&quot;C&quot;</td>
<td>10</td>
<td>30 mi</td>
<td>300</td>
</tr>
<tr>
<td>8/28</td>
<td>Mt Kisco</td>
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<tr>
<td>8/29</td>
<td>Great Neck</td>
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</tbody>
</table>
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 Smokey
- 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

[^1]: The table is not transcribed due to its layout. It includes information on dates, rides, leaders, clubs, classes, and distances.}

---

**NEW YORK CYCLE CLUB, INC.**
P.O. box 877 brooklyn, NY 11202

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FOREST HILLS, NY 11375
344-2589

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879-0199

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937-2377

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NY NY 10021
794-6363

**PAST PRESIDENT**
JIM RAY
104-44 23rd ST.
AUSTRIA, NY 11105
278-3562
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

I'M THE KING AND YOU HAVE TO DO WHAT I COMMAND OR ELSE I CAN'T BE KING ANY MORE!

Bill Cooper making his final Presidential address.
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 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 I do in 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 interpolate the opening two paragraphs?

Joe Wigodner

TAKE IT FROM JCE

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.
At least 144 people SCOR'ed at Tennenah 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 Tennenah 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, its officers and ride leaders blameless in case of accident.

NAME(S)____________________________________ PHONE H._______B._______

_________________________________________ APRT._______

ADDRESS________________________________________ 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
Gloria Lasoff
324 E 82nd St #3C
NY, NY 10028

FIRST CLASS