November 1982
"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
NON-STRENUOUS SENSIBLE WAY HOW-TO
FIX A FLAT / IMPROVE A 3-SPEED BUY A
SECOND-HAND BICYCLE / BUILD A
WHEEL / TURN A T-SHIRT REPAIR
BIKE SHIRT / CHOOSE A
MANUAL / WATCH A BIKE
RIDING A UNICYCLE / THE
BICYCLE / AND THE LAW /
ALSO: SURVIVE IN TRAFFIC / SPORTS MEDICINE
COMMUTING (BRINGING IT ALL TOGETHER) / AVOIDING CYCLING
INJURY / TOURING / RACING / WOMEN AND CYCLING
FITNESS / AND TRAINING / FUTURE BIKES / AND MORE!

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

With Articles By And Interviews With:
Samuel Adi • Harley Alley • John Allen • Nancy Nemar Baraak • Stephen Bauman • Edward Bottone, Ph.D. • Malcolm Boyd • Paul Boyer • Edmund R. Burke, Ph.D. • Beryl Burton, O.B.E. • Rex Coley • Tom
Cuthbert • Fred Delong • Michel Deloire • Edward E. Deuerlein • Leon Dixon • Dennis Donovan • John
Downing • Marianne H. Durgh • Walter K. Ezell • Jacques Fazant • John Forester • Samuel M. Fox III, M.D. •
Nicolas Freeing • Anita Linda Furst • George Gipe • Glenn Goldinger, R.P.T. • Continued on back cover
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.

RIDING PACE

"A+" ANIMALS: Anything goes. Eat up roads, hills and all.
"A" 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.
"B" TOURISTS: Moderate to brisk riding along scenic roads, including hills; destination not so important. Stops every hour or two.
"C" SIGHTSEEERS: Leisurely to moderate riding. Destination oriented: nature, historical, cultural. Stops every half to one hour.
"D" BEGINNERS: Very leisurely sightseeing. Discovering bike and their bodies; training up to "C". Frequent stopping and regrouping. Do not believe reports of merc mortals riding 100 miles or more in a day.

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

Central Park Biciclette phone numbers are: 550-9521, 744-9513, 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.
NEW JERSEY OR BUST Leaders: Phyllis Lehmann (636-6037) and Mike Antonis ((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.

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.

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.

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.

HONEYMOON AND SICK BIKE RIDE Leader: Charles Morris (477-3281). Pedal to the Great Falls of the Passaic, America's first Niagara, 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.

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.

SCARSDALE Leader: Ed Schweber (567-2661). Meet at 9:00 am at the Central Park Boathouse for a ride to Scarsdale for lunch.

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.

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.
B-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
for more info call Amy Weinstock at her answering service- 869-3050

NOVEMBER TIME TRIALS

Do you need some motivation to ride through the cooler months? Would you like to see if you can improve your time over a marked distance? Maybe you would just like to get together with some Club members to ride in Central Park. Whatever your reason might be, why not join us for three (or even just one or two) Saturdays in November for a time trial of ten miles.

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

November Club Meeting Program

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

The best book on bicycling has just been published, according to a diversity of souls, some of whom are quoted in American Wheelmen and Library Journal. One of the co-authors is a member of the New York Cycle Club and will be our speaker at the November meeting. She is Vera van der Reis Krausz, and she and husband John intended their book, The Bicycling Book, as a Christmas present for all bicycle.

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.

Vera will share a little of the philosophy behind the book, a little of how the book came to be written, and a little of the heartache and fun of authorship. She will be as detailed as we wish on the subject of what the book contains and why it contains what it does. She will remind us that we have a hundred-year tradition behind us as bicyclists and that bicycling is a learned skill that can not be faked. Knowledge is power, and Vera will explain why The Bicycling Book will give us knowledge and power, fact and fun.

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).
See You There!

Sara Schell Flowers, Programs

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FOR SALE
RED COLNAGO 62cm frame only or all campagnolo equipment.
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 its 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:

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

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

\[ \text{HORSEPOWER} = \left( \frac{\text{WEIGHT (in lbs.)} \times \text{ELEV. GAIN (100 ft.)}}{\text{TIME (in secs.)}} \right) \times 550 \text{ ft.lbs./sec./HP}. \]

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 US rte 9W (Palisades Blvd) Turn Right.
Follow 9W south to Palisades Ave, Turn Left. Go One Block and
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 the 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
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. _________

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

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

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