

April
1983

NEW YORK CYCLE CLUB

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I N I T S 4 7 T H Y E A R

**April
1983**

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P.O. BOX 877, BROOKLYN, NY 11202

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.
- 5) Eat a good breakfast.

RIDE CLASSIFICATIONS

		Riding Pace
"A+": ANIMALS:	Anything goes. Eats 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.	-8 mph

Any member may lead a ride. See the respective Ride Coordinator to submit a Ride Listing form: "A" rides: Claire Goldthwaite (228-0828); "B" rides: David Moses (444-5681); "C" rides: Gregory D'Agostino (272-4271)

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

Sat Apr 2 "A" TRAINING RIDE #8A Leader: Chris Mailing (879-6199). Meet at "A" 65 mi 9:00 am at the Central Park Boathouse for a ride to West Nyack and Spring Valley, NY, with a food stop in West Nyack. Estimated riding time: 3-3/4 hours. Alternate pick-up at 9:35 am at the George Washington Bridge south walk ramp. Maps will be available. Ride may be modified or cancelled due to cold (below 30°F), high winds or wet weather.

Sat Apr 2 "A" TRAINING RIDE #8 Leaders: Gloria Lasoff and Barbara Bates "A-" 65 mi (Gloria: 879-6199 and Barbara: 932-6334). Meet at 9:00 am at the Central Park Boathouse for a ride to West Nyack and Spring Valley, NY, with a food stop in West Nyack. Estimated riding time 4 1/2 hours. Alternate pick-up at 9:35 am at the George Washington Bridge south walk ramp. Maps will be available. Ride may be modified or cancelled due to cold (below 30°F), high winds or wet weather.

Sat Apr 2 ARMONK AND NORTHWEST CONNECTICUT Leader: Roy Lawrence (TR 7-2292) "B" 60 mi Meeting: Jerome Ave - Woodlawn (last stop #4 train). North along 9:00 am the Bronx River to the Kensico Dam, then around the reservoir to Armonk. Return via Riversville Rd in Connecticut (a very rural area) and eastern Westchester. One long, steep hill.

Sat Apr 2 SOUND SHORE OF WESTCHESTER BIKE RIDE Leader: Charles Morris (477- "C" 50 mi 3281). Meet at the northernmost end of the IRT #1 subway line 10:00 am (Broadway and 242 Street in the Bronx) for 50 steady miles along the lovely eastern Gold Coast Shore through lower and flatter Westchester. Ten speeds only. Bring lunch and drinks. We will picnic on the waterside. Joint AMC ride.

Sat Apr 2 THE SPRING SHOW AT THE NEW YORK BOTANICAL GARDEN. Leader: Maggie "C" 25 mi Clarke (Home: 567-8272 Work: 397-7043). We will meet at the north- 10:30 am east corner of Columbus Circle (A, AA, D and #1 trains) for a brisk (average of 10 mph) but scenic ride through Central and Riverside Parks and into the Bronx for the spring flower show at the New York Botanical Garden. If the weather is nice, there should be time to stroll around. Admission to the grounds is free, to the show \$2.50 (\$0.75 for seniors and students with proper I.D.). Bring a lock, spare tube, tools as well as a properly functioning bicycle, and lunch or lunch money. Temperature below 40°F, precipitation or icy roads cancels. Joint TA and Sierra Club ride.

Sat Apr 2 BIKE THROUGH QUEENS PARKS Leader: Jennifer Sonsini (478-1729). Meet
"D" at 10:00 am at the parking lot of the Science Center in Flushing
20-25 mi Meadow Park in Queens (IRT # 7 to 111 St.) Forget you're in NYC.
10:00 am 20-25 leisurely, flat miles of bike paths and quiet streets. We'll
stop to look at the flowers in the botanical gardens, or anything
else the group deems of interest. Please bring lunch, spare tube and pump.
Rain cancels. Joint AMC ride.

Sun Apr 3 A TRAINING RIDE # 9 Leader: Bill Vojtech (339-1308). Meet at 8:00
"A" 90 mi am at the Central Park Boathouse for a ride to Tarrytown, Croton
8:00 am Dam and Chappaqua, with two food stops on the way. Estimated riding
time: 6 hours. Alternate pick-up at 8:45 am at the Broadway Bridge
over the Harlem River. Ride may be modified or cancelled due to cold (below
30°F), high winds or wet weather.

Sat Apr 9 "A" TRAINING RIDE # 10A. Leader: Chris Mailing (879-6199).
"A+" 68 mi Meet at the Central Park Boathouse for a ride to Woodbury, Long
9:00 am Island, with a food stop in Syosset. Estimated riding time: 3-3/4
hours. Alternate pick-up at 9:45 am at the corner of the eastbound
Long Island Expressway service road and Kissena Blvd. Maps will be available.
Ride may be modified or cancelled due to cold (below 30°F), high winds or
wet weather.

Sat Apr 9 "A" TRAINING RIDE # 10 Leaders: Gloria Lasoff and Barbara Bates
"A" 68 mi (Gloria: 879-6199 and Barbara: 932-6334). Meet at 9:00 am at the
9:00 am Central Park Boathouse for a ride to Woodbury, Long Island, with
a food stop in Syosset. Estimated riding time 4 1/2 hours. Alternate
pick up at 9:45 am at the corner of the eastbound Long Island Expressway
service road and Kissena Blvd. Maps will be available. Ride may be modified or
cancelled due to cold (below 30°F), high winds or wet weather.

Sat Apr 9 KINGSLAND POINT PARK Leader: Marsha Taggart (914 - 962-5991).
"B" 45 mi Meet Marsha Taggart at 9:00 am at Jerome Ave and the last stop of
9:00 am the # 4 train for a ride to Kingsland Point Park via Sprain Rd.
Come with good brakes for a downhill. Lunch will be at the park if
the temperature is at least 60°F and at the Howard Johnson otherwise. Bring
money for lunch.

Sat Apr 9 PROTOGS DISCOUNT SPECIAL Leader: Lee Gelobter (Home: 646 -7037
"B" 50 mi Work: 788-2345 ext. 215). Meet at Tramway Plaza (59 St. and Second
8:00 am Ave.) at 8:00 am for an easy 50 mi ride to the Protogs retail
outlet in Hicksville. Protogs offers first quality and irregular
cycle clothing at discounts of 10 -50 %. If you are planning to come, please
call Lee by April 1 (even if you're not sure) so that Protogs can know how
many of us to expect. If you can't ride out, the LIRR stops about 1/2 mile
from Protogs. Call Lee for further information.

Sat Apr 9 PROGRESSIVE PATCH RIDE #3 - 37 in 4 1/2 Leader: "Upright" Irv
"C+" 37 mi Weisman(562-7298). Meet at the Central Park Boathouse for a patch-
9:30 am less patch ride. We'll ride in NYC and New Jersey, ending back in
Central Park. Bring food so that we do not lose time in food stores.
Have a good breakfast. Cancelled if there is a 70% probability of rain, if
the high temperature for the day is predicted to be below 40°F, or if the
winds exceed 15 mph. Rain date: Call Irv.

Sat Apr 9 STATEN ISLAND - TIBETAN MUSEUM Leader: Sue Friedberg (662-5478).
"C" 25 mi Meet at 9:00 am at the vehicle entrance of the Staten Island Ferry,
9:00 am or at 10:00 am at Richmond Terrace to bike through Staten Island
to this little known (but well worth visiting) museum. Bring lunch,
lock and spare tube. Joint AMC ride.

Sun Apr 10 "A" TRAINING RIDE # 11 Leader: Chris Mailing (879-6199). Meet at
"A" 100 mi 7:30 am at the Central Park Boathouse for a ride to Mamaroneck,
7:30 am Golden's Bridge, Mt. Kisco and Pocantico Hills, with food stops
in White Plains and Bedford Village. Estimated riding time: 6 1/2 hours.
Alternate pick up at 8:15 am at Fordham Rd and the Grand Concourse. Maps will
be available. Ride may be modified or cancelled due to cold (below 30°F), high
winds or wet weather.

Sun Apr 10 MARKED CLUB ROUTE BACKWARDS Leader: David C. Miller (Home: 794-9365 "B" 65 mi Work: 594-5267). Meet at the Central Park Boathouse for a 65-mile ride in north Jersey and Rockland County on the marked NYCC route - backwards! It's a moderately hilly ride, but nothing very difficult. You can also meet Dave at the New Jersey side of the George Washington Bridge at 9:45 am for a 50-mile ride.

Sat Apr 16 "A" TRAINING RIDE # 12A Leader: Chris Mailing (879-6199). Meet at "A+" 70 mi 9:00 am at the Central Park Boathouse for a ride to Mamaroneck, Chappaqua and Pocantico Hills, with a food stop in White Plains. Estimated riding time: 3-3/4 hours. Alternate pick-up at 9:45 am at Fordham Rd and the Grand Concourse. Maps will be available. Ride may be modified or cancelled due to cold (below 30°F), high winds or wet weather.

Sat Apr 16 "A" TRAINING RIDE # 12 Leaders: Gloria Lasoff and Barbara Bates "A" 70 mi (Gloria: 879-6199 and Barbara: 932-6334). Meet at 9:00 am at the Central Park Boathouse for a ride to Mamaroneck, Chappaqua and Pocantico Hills, with a food stop in White Plains. Estimated riding time: 4 1/4 hours. Alternate pick-up at 9:45 am at Fordham Rd. and the Grand Concourse. Maps will be available. Ride may be modified or cancelled due to cold (below 30°F), high winds or wet weather.

Sat Apr 16 BIKE PROSPECT PARK TO CONEY ISLAND Leader: Hilda Erlenbach (435-11:00 am 4057, after 8 pm). Meet at the Grand Army Plaza in Brooklyn (the # 2 and # 3 trains stop right there) at 11:00 am. We'll ride three laps around Prospect Park, continue on to Ocean Parkway and then to Coney Island. Lunch either on the beach or at a local park. Bring spare, pump and lock. Rain or strong winds cancels. Joint AMC ride.

Sun Apr 17 GREENWOOD LAKE Leader: Ed Schweber (567-2661). Meet at the Central "A" 110 mi Park Boathouse for a prompt 7:30 departure for a ride over hill and 7:30 am dale (especially hill - including Skyline Drive) and through a stretch of wooded, undeveloped areas in Bergen, Passaic and corners of Orange and Morris Counties. Breakfast in Waldwick, lunch by the lake and dessert in Pequannock.

Sun Apr 17 EIGHTH ANNUAL CHERRY BLOSSOM RIDE Leaders: Irv Weisman, John "C+" 38 mi Lubaszka, David Miller, Mike Harvest and Phyllis Lehman (Irv: 9:00 am 562-7298). Meet at 9:00 am at the Coliseum, Broadway at 60 St., or at 9:45 am at City Hall Park. We will take PATH from the World Trade Center (30¢ or 50¢ change) to Newark for an easy-paced, sociable ride through Branch Brook Park to the Belleville Cherry Grove. We'll leave the park at 1:30 pm, after lunch (it is best to bring your own, but there is a supermarket nearby), and return to the George Washington Bridge by 4:00 pm. There are several demanding hills near the end which you may want to walk. Trip cancelled if the 8 am prediction of rain is 60% or greater. Joint AYH ride.

Sun Apr 17 MARSHALLS' PRE-RIDE FOR THE FIVE-BORO BIKE TOUR. Those people "C" 36 mi who have volunteered to serve as marshalls on the five-boro bike tour to be held next week get to ride the route by themselves, with a police escort, today. If you wish to volunteer as a marshall, call AYH at 431-7100.

Sun Apr 17 MINI-TOUR #1 Leader: Gregory D'Agostino (272-4271). Meet at Gracie "C/D" 15 mi Mansion, East 89 St and East End Ave. (take the #4, 5 or 6 trains to 86 St) for a pleasant ride along the East River Promenade to 10:30 am Roosevelt Island via the Tramway. We'll explore this unique neighborhood from the light house to the geyser. Then back to Manhattan. We'll cycle via the East River Park to the South Street Restoration and the Battery. We'll refill our waterbottles at Barnabus Rex. Bring lock, pump, spare tube and patch kit. Rain cancels. For more info call after 6 pm.

Sat Apr 23 SADDLE RIVER TO NYACK Leader: Lee Gelobter (Eves: 646-7037 Days: "A-" 75 mi 788-2345). Meet at 8:00 am at Tramway Plaza (59 St and 2nd Ave) for a moderately paced scenic ride through northern Bergen and southern Rockland County for lunch in Nyack. Your efforts on the way out will be rewarded by a flat ride back (almost! Remember the Palisade Hill). Call Lee for further information.

April Club Meeting Program

THE COORS BICYCLE CLASSIC

Carole Chavanne, VP Programs

This 28-minute filmed documentary of the 1981 Coors International Bicycle Classic features the Soviet Olympic Team battling America's top racing amateurs in the Colorado Rocky Mountains. The film features pre-race training, resolutions of last-minute details, food and strategy preparations that build up to the big events - 100-mile mountain road races; criteriums in Vail, Snowmass, Estes Park, and Denver; the circuit race on the Morgul-Bismarck; and the grand finale in Boulder in front of thousands of cheering spectators.

The movie features such racing superstars as Greg LeMond, Connie Carpenter, George Mount, Alan McCormack, and Soviet gold medalist Sergei Sukhoruchenkov. So, BYOPC (bring your own pop corn) and get ready for an exciting Tuesday Night at the Movies on April 12th at Artemis Restaurant.

Our cocktail hour entertainment will feature a non-racing NYCC Classic - The Cherry Blossom Ride. Irv Weisman will show slides of this annual club "Rite of Spring."

Don't miss a minute of this evening. Be at Artemis at 6PM on Tuesday, April 12th. Artemis is at 76 Duane Street (just off Broadway), which is two blocks north of City Hall. Subway instructions - Lexington IRT: Brooklyn Bridge Station; A Train and 7th Avenue IRT: Chambers Street Station.

Sat Apr 23 WASHINGTON SQUARE TO BREEZY POINT WITH BAHENSKY Leader: Marion
"C" 60 mi Bahensky (242-7688). Meet 8:30 at Washington Square Arch for a
8:30 am ride of about 60 flat and slow miles (or meet in Brooklyn at 9:30
am at the Brooklyn Bridge footpath exit). Ride through Brooklyn
Heights to the bike path along the shore. Bring lunch or buy at Sheepshead
Bay. Ten speeds advised. Bring spare, pump and lock. Rain, cold or strong winds
cancels. Joint AMC ride.

Sun Apr 24 BEAR MOUNTAIN LOCAL -EXPRESS Leader: Richard Herbin (666-2162).
"A" 95 mi It's time to revisit this legendary destination, via the West Shore
8:00 am Route - both ways. The dangerous section of 9W between Nyack and
Haverstraw will be bypassed with the outbound leg utilizing the
notorious Rockland and Nyack State Park adventure trails, negotiated at a
leisurely pace, followed by a "making up" time upon returning to asphalt. We
will leave at 8:00 am from the Coliseum (59 St and Broadway) or at 8:40 am
from the New York side of the George Washington Bridge south walkway. Be there!

Sun Apr 24 "B" RIDE TO GLEN COVE VIA BROOKVILLE Leader: Boris Potievsky (381-
"B" 55 mi 9064). Meet at 9:00 am by the statue at Queens Blvd and Union Tpke
9:00 am (take the E or F train to Union Tpke). Ride will go to Upper
Brookville, Lattingtown, Glen Cove and back to Westbury. Food stop
in Glen Head.

Sun Apr 24 CITIBANK-AYH FIVE BORO BIKE TOUR Leader: AYH (431-7100). It's here!
"C" 36 mi It's time! The world's biggest bicycle tour is back for the
7:30 am seventh time. Ride through all five boroughs on streets, highways
and bridges, including the Queensboro and Verrazano, completely
closed to traffic. Start from the Battery and return from Staten Island on the
ferry. To join send \$2.00 registration fee with your name and address to: AYH,
132 Spring St., Room 5, New York, NY 10012.

Sat-Sun NEW JERSEY SHORE WEEKEND SCOUTING RIDE Leader: Ed Schweber (567-2661). Ed will be using this weekend to scout what promises to be a very pretty ride that cuts a wide inland loop to the Jersey shore town of Ship Bottom in Ocean County. The route traverses farmlands, colonial towns, pinelands and salt marshes and should be fairly flat. Since the route is unscouted, come only if you have a sense of adventure. Participation is restricted to solid "A" riders of proven ability. Call Ed at 567-2661 by April 22 if you wish to accompany him.

Sat Apr 30 GREEN POND, NJ SCOUTING RIDE Leader: Doug Blackburn (Home: 888-0048 Business: 407-2306). Meet at Tramway Plaza (59 St and 2nd Ave).
 "A-" 90 mi 7:30 am Bring water and food as the terrain is unexplored. Some hills can be anticipated. Route will be marked on maps to be provided by the leader. Please call Doug in advance if you are planning to join him. Rain date: Sunday, May 1 - same time and place.

Sat Apr 30 LEADERLESS RIDE WITH A DESTINATION- BREAKFAST IN NYACK. A suggestion for anyone who doesn't like the scheduled rides. Meet
 "A" 40 mi 9:00 am at the Central Park Boathouse for a leaderless ride without the hassle of arguing about the destination. Straight out 9W, Breakfast at the Skylark Diner, back in time to do the chores.

Sat Apr 30 PROGRESSIVE PATCH RIDE #4-37 in 3-3/4 Leader: "Upright" Irv Weisman (562-7298). The same route and conditions as Progressive Patch
 "B-" 37 mi 9:30 am Ride #4, but faster. See Irv's entry for April 9. Rain date: Call Irv.

Sat Apr 30 BIKE THROUGH QUEENS PARKS Leader: Jennifer Sonsini (478-1729 8-10 pm). Meet at 10:00 am at the parking lot of the Science Center
 "D" 20-25 mi 10:00 am in Flushing Meadow Park in Queens (take the IRT #7 train to 111 St). Forget you're in NYC. 20-25 leisurely, flat miles of bike paths and quiet streets. We'll stop to look at the flowers in the Botanical Gardens or at anything else the group deems of interest. Bring lunch, spare tube and pump. Rain cancels. Joint AMC ride.

Sun Apr 24 LEADERLESS RIDE WITH A DESTINATION-LUNCH IN SYOSSET. A suggestion for anyone who doesn't like the scheduled rides. Meet at the
 "A" 60 mi 9:30 am Central Park Boathouse for a leaderless ride without the hassle of arguing about the destination. Long Island Expressway Service Road to Wheatly Road to the Friendly's in Syosset.

Sun May 1 SCOUTING RIDE TO SYOSSET Leaders: Ed and Sara Flowers (544-9168)
 "B-" 45 mi 9:30 am The ride begins at 9:30 at the statue by Queens Blvd and Union Tpke in Queens (take the E or F train to Union Tpke) and goes to Syosset at 12 mph where we will eat lunch. The scouting element is to see if we can do it after the usual winter's inactivity. The ride is over moderately hilly, rolling terrain through beautiful north shore country.

Sun May 1 PASTORAL PARK PEDAL Leaders: Carole Johnson and Karen Kaplan (Carole: 924-8851, after 9 pm Karen: 749-1459, 7-10 pm). Meet at
 "C" 35 mi 9:00 am the NE corner of Greenwich and Eighth Ave at 9:00 am or at First Ave and 59 St (by the Tramway) at 9:30 am. Bike through scenic Queens with its diverse neighborhoods to Forest Park and a touch of country springtime. For enthusiasts, there is even a model airplane field. Pack lunch or buy it along the way. Bring frisbee, lock, patch kit and sit-upon. Rain cancels. Joint AMC ride.

ADVANCE RIDE LISTINGS The following rides are to be held in subsequent months, but require action on the riders' parts before the day of the ride.

Fri-Sun CONNECTICUT NIGHT RIDE WEEKEND Leaders: Bill Vojtech, Amy
 May 6-8 Weinstock, and Dave Schlichting/ AYH (Phone AYH at: 431-7100)
 "B+/A-" If you have a sense of adventure, join us for an unusual weekend
 100 mi in the hills of Litchfield County, Connecticut. Friday evening we will van up to Woodbury and stay at the historic Curtis House, a

cozy country inn. Saturday, we'll bike over hill and dale, through covered bridges and New England towns on a 60-mile tour. We'll return to the inn for dinner and afterwards hit the road again for a 10 -20 mile night tour. MANDATORY pre-trip meeting April 14 at AYH (132 Spring St, Manhattan) to discuss trip details and safety.

Fri -Sun TOUR OF THE SCIOTO RIVER VALLEY(TOSRV) Leader: AYH (431-7100)
May 6-8 AYH has arranged for air transportation out to Columbus, Ohio
"A" for this year's TOSRV. The fee has tentatively been set at \$135.
210 mi including registration, overnights, meals as well as airfare. There are only thirty places. Act quickly. Call AYH for more details.

Sun May 15 MONTAUK CENTURY Leader: AYH(431-7100). This will be the annual
"A" 115 mi running of AYH's ride from Jamaica, Queens to Montauk. You will return by LIRR, your bikes will be trucked back. For those of you planning to do Paris-Brest-Paris, the Montauk Century (slightly modified) will be the first of a progressive series of qualifying rides - you must have completed the previous ride in the requisite time to do the subsequent ride. Paul Sullivan, chairman of the AYH bike committee, has indicated that he believes AYH has already started accepting reservations. Call AYH for info.

May 22- RIDE TO GEAR Leader: Marsha Taggart(914-962-5991). Marsha is
June 1 looking for one or two "B" class cycling companions to ride to
"B" and from GEAR (in Slippery Rock, Pa. -50 miles from Pittsburgh). She will stay the first three nights with relatives and stay in hostels or motels on the fourth and fifth nights. Riding distances will be close to 100 miles a day at a moderate pace.

Sat-Mon NEW HOPE WEEKEND Leaders: Lee Gelobter and Larry Rutkowski (Lee:
May 28-30 646-7037, work 7882345 Larry: 726-3373). Spend Memorial Day Week-
"A-/B" end riding to, around and back from beautiful New Hope, Pa. The
60mi/day rides down and back will be moderately paced (12-15 mph) with rolling hills. The New Hope area offers a variety of terrains for our enjoyment on Sunday (there are a number of different rides available). Participants are responsible for making their own reservations at the Lambertville House (609-397-0202) -approx \$30 double occupancy. Lee will try to match up singles who cannot find roommates. A pre-trip meeting will be announced in the next bulletin. All participants must attend. Note: Larry and Lee are trying to enlist B leaders to lead a slower paced group. Interested? Call either Larry or Lee.

Sun -Mon PEPSI-COLA MARATHON. The on-again, off-again, on-again Pepsi has
May 29-30 now definitely been set for Sunday and Monday of Memorial Day weekend. Ed Schweber, who will not himself be riding the Pepsi, is willing to help set up an autonomous committee of those people who will be riding. We need both riders and food support people. If you are interested in helping out with either, meet with Ed at the April meeting from 6:30-7:00 pm. If you cannot make the meeting, and are at all interested in participating (even if you're not definite) please call Ed at 567-2661 prior to the meeting. (Note: Ed is unreachable on Mondays and Wednesdays).

Fri-Mon GEAR-UP '83. Details about GEAR were in the last bulletin. AYH will
May 27-30 be chartering a bus to take you there. Call AYH at 431-7100.

Fri-Sat AMC MEMORIAL DAY BIKE WEEKEND Leaders: Charles Morris and Alice
May 27-30 Pueschner (477-3281) Registrar: Marion Bahensky (242-7688). AMC
"B/C" Mountain Gate Lodge will be host to this three-day weekend. Cost
35-55 mi/ will be approximately \$78.00 for meals and lodging. Ride around
day the major Catskill reservoirs. The food is designed for cyclists. Apply to Charles Morris or Marion Bahensky for application blanks. Only 25 spaces are available, so register early.

Aug 29- PARIS-BREST-PARIS. This marathon ride (750 miles in 90 hrs.) has
Sep 2 tentatively been set for August 29. There will be a series of
"A+" progressive qualifying rides leading up to this event, the first
700 mi of which is to be run in conjunction with the Montauk century (see May 16 entry for details).

OTHER ODDS AND ENDS

Triathlon, Anyone?

NYCC member Daniel Honig, in conjunction with the Big Apple Runners, is setting up a triathlon team (bike, swim and run) to participate in a variety of East Coast events. Not every triathlon is as strenuous as the Ironman Competition. Call Dan at 288-5661 for further information.

Welcome New Ride Leaders

Welcome to new ride leaders Boris Potievsky and Larry Rutkowski. You are what our club is all about.

Welcome Back Irv

After spending a year of relative ease, Irv Weisman has returned to active ride leadership in full force. A quick glance at our current rides and at our previews easily shows how vital an asset Irv is to our club. Thank you, Irv.

1983 RIDE PREVIEWS

DATE	RIDE	LEADER	CLASS	DISTANCE (miles)
5/7-8	TOSRV	Columbus AYH	A	210
5/7-8	Connecticut Night Ride Weekend	Vojtech et al.	A-/B+	100
5/7	Cloisters in Springtime	Clarke	C	20
5/14-15	Montauk Double Century Weekend	Rutkowski	A-/B+	230
5/15	Montauk Century	AYH	A-	115
5/15	Progressive Patch Ride #5	Weisman	B-	50
5/22	Staten Island Tour	D'Agostino/Lenat	C/D	20
5/27-30	GEAR-UP '83	LAW	A/B/C	
5/28-30	New Hope Weekend	Gelobter/Rutkowski	A-/B+	180
5/28-30	AMC Memorial Day Bike Weekend	Morris/Pueschner	B/C	100-160
5/29-30	Pepsi-Cola Marathon	Toefield/KCC	A/B/C	
6/5	All Class Ride to Tallman Park	Rides Committee	A/B/C	
6/12	Progressive Patch Ride #6	Weisman	B	60
6/18	Strawberry Festival (tent.)	AYH	A	100
6/26	Albany	AYH	A	150
7/1-4	Shelter Island Weekend	Ramos	B+	200
7/2-3	Syracuse Time Trial	Konski/Audax	A+	373
	- NYCC Contingent	Bauman		
7/10	New Hope Century	AYH	A	120
7/10	Progressive Patch Ride #7	Weisman	B	63
7/31	All Class Ride to Bethpage	Rides Committee	A/B/C	
8/7	Progressive Patch Ride #8	Weisman	B+	75
8/29	Paris-Brest-Paris		A+	750
9/3-5	Montreal in 40 Hours	AYH	A+	375
9/11	Progressive Patch Ride #9	Weisman	B+	100
9/18	Hi-Point 100 (tentative)	AYH	A/B/C	25-125
10/2	Bill Baumgarten Memorial Ride	Rides Committee	A/B/C	
10/8-10	Washington in 24 Hours	AYH	A+	250
10/16	Progressive Patch Ride # 10	Weisman	A-	100

False Knight on the Road

My essential purpose in cycling
is to help me understand reality.
And the path to understanding the
reality of any age lies through
the 'here and now' and thence to
the 'faraway and beyond'.

--- Gregory D'Agostino

CALLING ALL "D" RIDERS

by Gregory D'Agostino

"I'd like to cycle for miles and miles
Wreathed in smiles
Out on the tiles with you"

(With apologies to Sir Noël Coward)

I am planning 8-10 mini-tours designed for "D" riders this season. In addition to being culturally and historically oriented, these rides will be a friendly introduction to group riding. I'll try to answer any bicycle questions you may have, from helmets to 10 speeds. In order for this to be an ongoing program, your participation is necessary. If this sounds like your thing, give me a call at 272-4271 (after 6 pm).

SOME COMMENTS ON THE SHLEIFER-WEISMAN LOWEST GEAR NECESSARY FORMULA --John Krausz

This formula, 100 minus the age, divided by two, tells us many things that we should be glad to know: the lowest gear a 10-year-old needs is 45 inches (42x26), and at 90 we will still be able to climb the steepest mountain in our 5-inch gear (12x64). You may have to change your cranks to get this gear.

If we put some pressure on the manufacturers, perhaps they can be made to understand that REAL TOURING CYCLISTS need chainwheels much smaller than the 12-tooth ones.

A 5-inch gear at 80 rpm will move you along at about $1\frac{1}{2}$ mph, and you will be able to talk with very heavily laden backpackers and women pushing baby carriages, race turtles, watch the plants grow and otherwise enjoy nature.

By using your 24 inch (2 foot) gear, you might be able to walk up the mountain a little faster. But remember, it's pride, not low gears, that gets most cyclists up most hills, so resist the temptation and stay on your bike and spin, spin, spin!

Unstated but absolutely necessary for any practical application of this "formula" are certain assumptions about what constitutes "ideal cadence." Presumably this is somewhere between the physiologists' 55 (too slow) and the racers' 100+ (too fast). (Musn't ape the racers, you know!)

The "formula" as applied also ignores such factors as: condition and experience of the rider, and how evenly power is delivered...and if, in fact, the freewheel is in gear at all times.

In fact, this "formula" is just a restatement of certain foregone conclusions; if the arbitrary factor of 2 were replaced by 1.5 or 3, the "formula" could be used to demonstrate two quite different theories.

As applied, this "formula" is just a LOW (gear) BLOW!

I am reminded of when, as a child, on a bike ride with a friend (my bike had a 44-inch low gear, so I must have been 12) we argued about whether Tom Mix or Roy Rogers had the faster horse. My friend demonstrated on his bike exactly how fast each horse went. He then turned triumphantly to me and said, "SEE!"

ON RIDER ETIQUETTE

Ed Schweber, V.P. Rides

It is difficult, perhaps impossible, to write about etiquette without becoming preachy. If I take the risk, then obviously I believe the topic to be important. My apologies in advance.

We cannot always offer rides in every class on every weekend. Please wait for those rides that are suitable to your abilities. If you go out for a trip that is to be at less than your normal speed, be prepared to slacken your pace to stay with the group. When you feel it's time to make the transition to a higher ride class, you might consider doing a few solo rides to be sure that you are ready. Your first few club rides at the faster pace should be those which you would not be reluctant to drop, and if you do find yourself slowing the group, please, please, do turn back.

Eat breakfast and adjust your bike before the ride starts. Carry ample snacks and water. If the ride write-up indicates special conditions such as dirt roads, longer than normal intervals between breaks, or no delis en route, make the necessary accommodations.

At no time is any New York Cycle Club ride a race. Give your fellow riders ample leeway on bikeways, expansion joints and around obstructions. Even if you have room to clear an obstacle, make sure that a rider to your right also has room. If a rider temporarily leaves a pace line, leave him room to re-enter. Allow other cyclists to move right when a car approaches from the rear. Do not pass on the right and force another cyclist into traffic. Do not drop part of a group simply because they got caught by a red light.

No ride can possibly be perfect. Things can go wrong over which the leader has no control. Do not complain! Do not try to show up the leader! Do not try to take over the ride! Perhaps your alternative route really is better. Perhaps it isn't. The leader has handled the details, done the planning and has assumed the responsibility for the ride. He has earned the right to lead it unobstructed. He must be allowed to do so. If you wish to show the club how to do things better, by all means lead your own rides. We always need good leaders. If a leader is really poor, please bring this to the attention of the appropriate rides coordinator.

If you find that you don't like a ride, stay with it anyway. Leaving a ride midstream is like storming from a dinner party announcing that you can't abide the food. And if you must leave, don't recruit fellow mutineers. If you know from the start that you must be back early, tell the leader then. This way, your early departure will not be seen as a sign of disapproval.

Our leaders naturally vary in their leadership and their mechanical abilities. Still, riding in a group should offer greater safety and convenience in addition to the obvious sociability. However, at some point you may get separated from the group. If the thought of that happening on any given ride frightens you, you should reconsider going out on that ride.

There is an unfortunate attitude afloat that our ride leaders should lead for some pure, abstract joy of ride leadership. But ride leadership is a social affair and the pleasure that the leaders get must come from the group that they are leading. Our leaders put in a lot of effort towards their rides. They deserve your cooperation! They deserve your respect! They deserve your appreciation! And they deserve to have these facts acknowledged!

CORRECTION REGARDING BICYCLE LIGHTING ARTICLE - by Bill Vojtech

The generators that come in the New Union generator sets are reported to come with a self-limiting voltage feature built in, so the suggested limiting diodes are not necessary.* Other generators, as far as I know, do not have this feature built in.

* In this case, the HALOGEN is preferred because of its brightness.

Board of Directors Meeting

SUMMARY OF MARCH 1983 BOARD MEETING MINUTES (UNAPPROVED):

1. Irene Walter proposed that the double bulletins (two in a row, now) must stop for financial reasons.
2. Doug Blackburn made a presentation before the Board on the new Press Relations Committee and the Board voted to allow it to continue planning activities.
3. Martha Ramos mentioned a meeting of the International Bicycle Network where she received a bicycling map of Quebec and brochures from other clubs (available for borrowing).
4. The Board voted unanimously to reaffirm policy on cross-listing NYCC rides in other publications: it is to be done only with express permission of ride leader(s).
5. The Board voted to include a statement above the ride listings in the Club Bulletin to encourage riders to eat a good breakfast before arriving at the ride.
6. The Board voted not to give greater credit to the primary leader of a ride in the annual tally.
7. The Board voted unanimously to permit Maggie Clarke to continue work on a final design of a new Club brochure in consultation with the Membership Director.
8. The next Board meeting was scheduled for Tuesday, April 5, 1983.

Copies of the complete, approved minutes will be available from Maggie Clarke.

Membership Update

Alan Geiger	333 E. 30th St.	N.Y. 10016	889-7187
Deborah Holtz	90 Riverside Dr.	N.Y. 10024	
Muriel Kaplan	2 King St. #7D	N.Y. 10012	929-5842
Marion Kufert	160 W. 96th St. #9M	N.Y. 10025	663-2143
Emily Rich	175 W. 13th St.	N.Y. 10011	243-6478
Patrick Reilly	232 Carlton Ave.	B'klyn 11205	855-3245
Charles T. Stanley	95 Webster Ave.	Pt. Wash. 11050	(516)944-8793

CORRECTION

Herb Schaefer	601A Surf Ave. #6H	B'klyn 11224	373-5997
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BELLS, AND TRAINING WHEELS, AND ... By Cyclops

Friday, the 13th of August, 1982, was the lucky day for one librarian and one editor. It was the wedding day of Elizabeth and Fred Pajerski, and the beginning of a French bicycling honeymoon. May it continue f-o-r-e-v-e-r!

March 1, 1983 was the beginning of a new life! for the baby girl born to Tony and Maryann Mantione after 4½ years of marriage. Tony is pricing baby seats, and Michelle will be out riding "as soon as she's old enough to wear a helmet!"

All sympathy to Jim Ver Eecke on the sudden loss of his father on February 28, 1983.

FOR SALE: 22½" racing frame, Columbus tubing, stiff-upright w/ 38½" wheelbase, rear vertical dropouts; color is new fire engine green w/ black outlining. Included are the bottom bracket cups only, and head-set - both Compagnola. \$300. One inch too big for me.

-- Joe Wigodner 436-2185

FIRST CLASS

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



DAVID C. MILLER
410 East 75th Street #1C
New York, New York 10021
212-794-9365



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: (CIRCLE) AMC AYH Bikecent. CCC CRCA IBIS LAW TA
OTHER: _____

1983 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