

July  
1983

# NEW YORK CYCLE CLUB

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IN ITS 47TH YEAR

July  
1983

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## B RIDES COORDINATOR

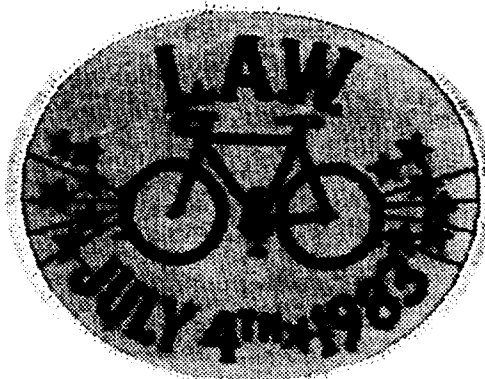
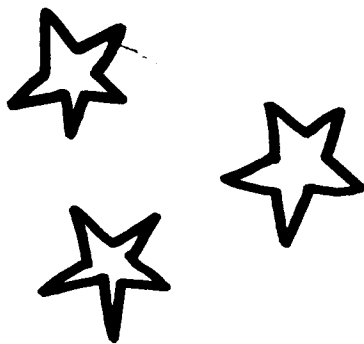
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## C RIDES COORDINATOR

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## PAST PRESIDENT

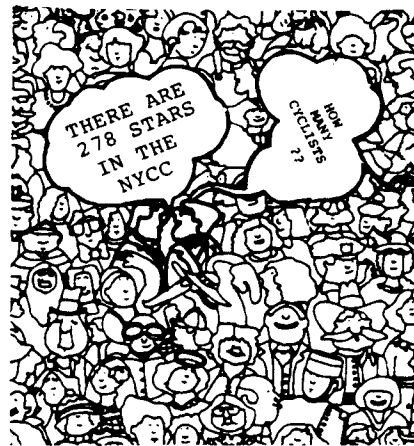
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P.O. BOX 877, BROOKLYN, NY 11202

# 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

		<u>Riding Pace</u>
"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.

Fri-Mon  
July 1-4  
"B+"  
250+ mi  
6:30 am  
SHELTER ISLAND Leader: Martha Ramos (858-9142). Meet at 179 St and Hillside Ave (last stop on the "E" or the "F" train). This is a four-day weekend and a great way to celebrate the holiday. Participants are responsible for their own accommodations. Lunch stop en route. Travel light. See the June Bulletin for a description of the ride. Call Martha for further details.

Fri-Mon  
July 1-4  
"B+"  
250+ mi  
5:30 am  
MARTHA'S SHELTER ISLAND WEEKEND - UNDER THE STARS Leader: Lin Ehrlich (737-3887). This will be a four-day camping weekend. We will leave from Manhattan and ride out and back with Martha as well as connect with her group during the weekend (see Martha's ride listing for details). A verifiable century this spring and group camping experience are both prerequisites. You must have a tent or bivy sack, helmet, bike lights, sun-block, rain gear and an absolute minimum of everything else. Bring a co-operative spirit and enough cash for food, emergencies and possible sailing. Lin has arranged accommodations with hot showers for a limited number of campers. Call Lin if interested.

Sat July 2  
"A-" 75 mi  
8:00 am  
HIGH TOR STATE PARK Leader: Lee Gelobter (days 788-2345 and eves 646-7037). Meet at the Tramway Plaza (59 St and Second Ave) for a quick-paced ride over rolling hills to High Tor State Park in Haverstraw. Assuming the on-time arrival of summer, bring a bathing suit, lock and 50¢. 50% chance of rain cancels.

Sun  
July 3, 10,  
24  
"B"  
30-75 mi  
DIAL-A-RIDE Leader: David C. Miller (work 594-5265 and home 794-9365). If you would like to ride from Manhattan to Northern New Jersey and Rockland County and there isn't any other "B" ride, call the David Miller "Dial-a-Ride Service." Dave will put together a ride either starting early in the morning or early in the afternoon. The afternoon rides will be from 30 to 50 miles and get you home by 7 pm. Call Dave on Thursday or Friday evenings before 10 pm.

Mon July 4  
"B+" 100 mi  
7:30 am  
JULY 4 "B" RIDE CENTURY CELEBRATION Leader: David Miller (home 794-9365 and work 594-5265). Dave would like to invite all "A-", "B+" and "B" riders to come along and enjoy an easy century up the east side of the Hudson to Bear Mountain. There are a few steep hills on the way up but only one on the way back. We will stop at the Bear Mountain Inn, but as this has junk food only, bring your own lunch and snacks. Return by 6:30-7:30 pm. Meet at the Boathouse.

Sat July 9  
"A"  
50-70 mi  
9:00 am  
LEADERLESS RIDE. Meet at the Central Park Boathouse for a ride along one of the standard routes used by the "A" riders, typically to Syosset or Nyack. The riders who show up will decide upon the details. As there is no leader, every rider is responsible for him/herself.

- Sun July 10 LAKE HOPATCONG - TAKE TWO Leader: Ed Schweber (567-2661). Ed's may attempt at Lake Hopatcong was foreshortened due to a forecast of rain (which did in fact materialize). The ride is strenuous due to the distance and the terrain and is for well-conditioned riders only. However, this ride will not be run as a race or as a conditioning ride for racers. Plan to spend all day and to get home just before sunset. Call Ed by Thursday, July 7, to make arrangements about starting time and place.
- Sun July 10 GREAT NECK BREAK Leader: Sara Flowers (544-9168). Meet by the statue on Queens Blvd and Union Tpke (take the "E" or the "F" train to Union Tpke) for a prompt 9:00 am departure. Ride through some beautiful areas with views of the Sound and the abodes of the rich. Pace, terrain and exact distance will be determined by the heat and the humidity, but the ride will definitely be in the "B" range.
- Sun July 10 63 in 7½ + (PPR #6) Leader: Irv Weisman (562-7298). Meet at the George Washington Bridge Bus Terminal (Port Washington Ave and 178 St - take the "A" train to 175 St) for a continuation of Irv's escalating mileage series. Hill-climbing ability is necessary. Bring food and drink.
- Sun July 10 ALL-MANHATTAN INSOMNIACS BIKE TOUR Leaders: Gregory D'Agostino (272-4271) and Richard Lenat (592-2776). Ride your bike up to the Soldiers' and Sailors' Monument on Riverside Drive at 90th St, for the 2:30 am start of the annual All-Manhattan Insomniacs Bicycle Tour. Here is your chance to become one of those legendary Night People you've heard about and to learn a bit more about Manhattan's history to boot. Sunrise breakfast at the Battery. Bring your own snack. Lights advisable. Rain cancels. Joint Friends of the Parks ride.
- Sat July 16 BAYVILLE BEACH Leader: Lee Gelotter (days 788-2345 and eves 646-7037). What could be more refreshing after a sprint to Bayville than a dip in the Sound, a hero and a cold beer. Sound inviting? Then meet Lee at the Tramway Plaza (59th St and 2nd Ave) for a moderately paced (14-16 mph) flat ride to the beach at Bayville. Plan to enjoy the sun, sand and surf. We will stay 1-2 hours at the beach and then sprint back to the city by 5 pm. Be sure to bring a bathing suit. NOTE: In the event that the 59th St Bridge walkway is closed, call Lee for an alternative meeting place.
- Sat July 16 TEATOWN LAKE NATURE PRESERVE Leader: Marsha Taggart (914-962-5991). Meet at 9:00 am at Jerome Ave and the last stop of the #4 train for a 60-mile ride with a lunch stop at the Teatown Lake Nature Center. Bring lunch or the money to buy it. Note: if you opt to buy lunch, you will still have to carry it for several miles.
- Sat July 16 RIVER ROAD EXPLORATORY/TALLMAN STATE PARK Leader: Maggie Clarke (home 567-8272 and work 397-7043). Meet at the George Washington Bridge Bus Station (Broadway and 178 St) for a quite hilly, but very scenic ride to Tallman State Park via the River Road along the Hudson in New Jersey. Please bring lunch, a properly functioning bike, spare tube and tools. Rain cancels. Rain date: call Maggie. Joint T.A. and Sierra Club ride.
- Sun July 17 150-MILE PATCH RIDE TO ALBANY Leader: Steve Bauman/AYH (AYH: 431-7100). This ride, originally scheduled for June, was postponed until now due to last-minute problems with the return transportation arrangements. In order to do this ride, you must have successfully completed an AYH century in 1983 and you must attend (bring your AYH pass) a mandatory pre-trip meeting on Thursday, July 7, at 7 pm at the AYH building, 132 Spring St in Manhattan. Details will be given at the meeting. There will be a \$5 deposit.
- Sun July 17 NYACK THE PRETTY WAY Leader: David Miller (work 594-5265 and home 794-9365). Meet at the Central Park Boathouse for a flat ride to Nyack with the exception of a few steep hills which will require low gears. We will ride at a definite "B" pace.
- Sat-Sun ASHOKAN RESERVOIR Leaders: Jim Rex(278-5562) and Alex Bekkerman(362-6018). Take a scenic, hilly, brisk (17 mph) ride with Jim and Alex to this New York City reservoir outpost in Ulster County between Kingston and the Catskill Mountains. Call Alex before July 10 or Jimmy after then to arrange reservations in a cabin at the Hidden Valley campgrounds. You'll have to bring your own linens, etc.
- Sat July 23 MOUNTAIN LAKES (N.J.) IS FAR ENOUGH Leader: Doug Blackburn (888-0048). The scouting ride objective in May was Green Pond, but 50 miles out we were in Mountain Lakes - that's far enough. Some beautiful farm/rural countryside and a fantastic downhill await the strong and the patient. You'll pay for it on the way back, but the scouting group liked the ride. Two water bottles and a food supply are recommended, but there is a deli in Mountain Lakes. Meet Doug at the Central Park Boathouse at 7:30 am for a prompt(7:40 am) departure. Rain cancels.

Sun July 24 DANBURY CENTURY Leader: Steve Bauman/AYH (AYH: 431-7100). This will be a HILLY  
 "A" 110 mi and STRENUOUS ride of 110 miles. You should have earned a century patch in 1983  
 6:00 am to participate in this ride. Lunch won't be until 52 miles out. Bring all necessary  
 equipment, especially a water bottle. To earn a patch, you must have your current  
 AYH pass and complete the ride in 11 hours. Meet at 6:00 am at Fordham Road and  
 the Grand Concourse in the Bronx.

Sun July 24 BETHPAGE VIA OYSTER BAY Leader: David Moses (444-5681). Meet at the statue,  
 "B+" 70 mi Queens Blvd at Union Tpke, for yet another North Shore ramble. Deli stop and  
 9:00 am picnic in Bethpage.

Sat July 30 ECHO LAKE STATE PARK Leader: Claire Goldthwaite (228-0828). Meet at the Central  
 "A-" 75 mi Park Boathouse for a ride by the Tarrytown Lakes and Pocantico Hills to  
 8:00 am Westchester's version of a vest-pocket park. The ride will be moderately hilly;  
 the pace, tolerant. Deli stops in Briarcliff and in Elmsford.

Sat July 30 MUSCOOT PARK Leader: Marsha Taggart (914-962-5991). Meet at 9:00 am at Jerome  
 "B" 70 mi Ave and the last stop of the #4 train for a 70-mile ride to the lunch stop at  
 9:00 am the Muscoot Park demonstration farm. Bring lunch or the money to buy. Note: If  
 you opt to buy, you'll still have to carry your lunch for several miles.

Sun July 31 ALL-CLASS CLUB RIDE TO BETHPAGE STATE PARK. Choose one of five rides from either  
 Manhattan or Queens to Bethpage Park in Eastern Nassau County (not Old Bethpage  
 Park which we used last year), arriving at 1:30 pm for a picnic lunch and  
 socializing with the rest of the club. We will enter the park from Powell Ave,  
 just east of the Seaford-Oyster Bay Expressway. Follow this road to the picnic  
 area by the parking lot a mile or so from the entrance. There are delis on  
 Broadway, just south of Powell Ave. The group will return as a whole via Old  
 Country Road, I.U. Willets Road and the Long Island Expressway Service Road.  
 Leader: Chris Mailing (879-6199). Meet at 7:00 am at the Central Park Boathouse  
 "A+" 100 mi for a ride through the North Shore with one food stop en route. The estimated  
 7:00 am riding time to the park is 5 hours. The pace will be brisk, and the group will  
 ride in a double pace line (like the "A" training rides and as presented at the  
 June Club meeting). Maps and pace line instructions will be available. Rain  
 cancels.  
 "A-" 80 mi Leader: Doug Blackburn (888-0048). Ride through the scenic North Shore to the  
 7:30 am park with at least one food stop on the way. Meet at the Central Park Boathouse.  
 "B+" 65 mi Leader: Martha Ramos (858-9142). Meet at 179 St and Hillside Ave (last stop on  
 9:00 am the "E" or the "F" train) for this ride to Bethpage State Park by way of Oyster  
 Bay. The ride includes some lesser used North Shore roads and a quick stop in  
 Oyster Bay. There is one significant hill.  
 "B" 60 mi Leader: Alinda Barth (441-5612). Meet at 179 St and Hillside Ave in Queens  
 9:00 am (last stop on the "E" or "F" subways) for this ride to Bethpage by way of Syosset.  
 "C" 40 mi Leaders: Gregory D'Agostino (272-4271) and Amy Weinstock (869-3050). Meet at 179  
 9:30 am St and Hillside Ave in front of the Burger King ("E" or "F" train to the last stop).  
 We will enjoy a leisurely and nicely routed ride through side streets and leafy  
 lanes to join the rest of the group at Bethpage.

#### ADVANCE RIDE LISTING

The following ride will not be held until September. However, advance registration is required,  
 space is limited and the ride fills up quickly. You must act fast if you wish to participate.  
 This listing will not be repeated in subsequent bulletins.

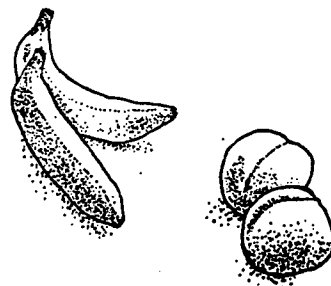
Fri-Sun SKYLINE DRIVE TOUR Leader: Gloria Lasoff/AYH (home 879-6199; work (at AYH) 431-7100.  
 Sept 10-11 AYH 431-7100). This 222-mile ride along the Skyline Drive in Virginia is  
 "A" for well-conditioned riders only. The cycling between Front Royal to Waynesboro,  
 222 mi Virginia and back offers spectacular scenery with thrilling descents. The altitude  
 1:00 pm ranges between 700 feet to 4,000 feet above sea level. There are about ten major  
 climbs with two miles of vertical gain each way. The first climb at the northern  
 entrance continues almost uninterrupted for twenty miles. Snacks are provided  
 along the Drive approximately every 20 miles. Friday and Saturday nights are spent  
 in motels. The total cost of the trip, excluding Friday and Sunday night dinners,  
 is approximately \$125. The trip leaves 1 PM Friday, Sept. 9. Due to the difficulty  
 of the ride, it is necessary to arrive at Front Royal early enough for a good  
 night's sleep. Contact Gloria for information about motel reservations.



# July Club Meeting Program

## NUTRITION NIGHT

- Carole Chavanne, V.P. Programs



### Food.

Is it really a factor in athletic performance?  
Is there a Breakfast, Lunch, and Dinner of Champions?

Ron Haldeman, winner of the Great American Bike Race (GABR), is into a haphazard diet that includes burgers and French fries. Olympic cyclist, Triathlon and Pepsi Marathon winner John Howard believes in a "clean" diet (he ate baby food while riding in the GABR).

On Tuesday evening, July 12, NYCC member Jim VerEecke will present his views on nutritional preparation for a Club ride. He has done many long-distance rides (on his 40-pound Schwinn), and has some specific theories as to what to eat and drink before and during a ride. Jim's talk will include some of his favorite high-energy recipes.

So, come to Artemis Restaurant around 6 p.m. on Tuesday, July 12. Artemis Restaurant is at 76 Duane Street (just off Broadway), 2 blocks north of City Hall.

Subway instructions: Lexington Avenue IRT, Brooklyn Bridge stop; A train and 7th Avenue IRT, Chamber Street Station.

### RIDE NOTES - by Ed Schweber, V.P. Rides

Many thanks to Joan and Martin Karrin, Rose Mary Hartman and Marion Kufert for helping with our food support during the Pepsi Marathon. Thanks to their efforts, NYCC took first place in our category for average mileage per rider, and second place for total group mileage. Lin Ehrlich took third place overall among the women with 235 miles. Among our other high mileage riders were Peter Zabriski and Tom Barth, both with 150 miles, Doug Blackburn with 130 miles and Peter's son Chris at 100 miles.

Please remember that the deadline for submission of rides is the club meeting. Thus, any August ride must be submitted to the appropriate coordinator, on a form which they will be only too glad to provide, by the July meeting. Absolutely no rides can be accepted past this deadline. We need some time to type the rides, paste the bulletin together, have the printer run it off, and finally to address it and put it in the mail - all before the ride listings become stale. Your cooperation and understanding are appreciated.

Remember: Any member can lead a ride.

### 1983 RIDE PREVIEWS

DATE	RIDE	LEADER	CLASS	DISTANCE (miles)
8/7	PPR #7 - 75 in 9	Weisman	B	75
8/13	City Island	Clarke	C	38
8/14	Nighttime Madness	D'Agostino	C	25
8/21	PPR #8 - 88 in 10½	Weisman	B+	88
8/29	Paris - Brest - Paris	Konski/Audax	A+	750
9/3-5	Montreal in 40 Hours	AYH	A+	375
9/10-11	Skyline Drive, Virginia	Iasoff/AYH	A	222
9/11	PPR #9 - 100 in 10	Weisman	B+	100
9/18	Hi-Point 100 (tentative)	AYH	A/B/C	25-125
9/23-25	Mystic Connecticut Weekend	AWC	C	30-35/day
10/2	Bill Baumgarten Memorial All-Class Ride	Rides Committee	A/B/C	
10/8-10	Washington in 24 Hours	AYH	A+	250

FROM THE EDITOR:

# URGENT

## QUEENSBORO BRIDGE BIKELANE IN JEOPARDY

Now that Phase I of the bridge repair is completed, the bikelane may be closed at any moment -- tomorrow, next week, next month -- for the next 10 years, dependent on the City and State Departments of Transportation.

No plan has been accepted to accommodate us, although the City is contemplating using the plan designed by NYCC members Steve Bauman and Charlie McCorkell, which calls for "bouncing" the bikelane between the north and south extreme outside lanes, as necessary.

Your letters are urgently needed to save our safe access over the Queensboro Bridge. Please write to:

Honorable Mario Cuomo  
Governor of the State of New York  
Executive Chambers  
Albany, NY 12224

Honorable Edward I. Koch  
Mayor of the City of New York  
City Hall  
New York, NY 10007

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WANTED: LEGISLATIVE CONTACT(S) FROM THE NYCC  
TO THE NEW YORK STATE LEGISLATIVE REPRESENTATIVE, LEAGUE OF AMERICAN WHEELMEN

The following request is excerpted from a recent letter.  
To read the entire letter, please contact NYCC Editor Irene Walter.  
To volunteer to serve, please give your name to Chris Mailing, NYCC President.  
Bicyclist activist, here is your chance!

"I just got back from GEAR-UP in Slippery Rock where I attended a session for bicycling advocates chaired by Bill Feldman of New Jersey. Some of the points made at the meeting underscored what was already evident to me; that there is a need for a statewide network in New York to act rapidly on legislation and other governmental actions. Organizations such as the League of Women Voters and the Sierra Club, are effective pressure groups because they have such networks. It doesn't require large numbers, it requires committed people and organization. A recent case illustrates our need. On April 12 a bill that would allow bicycles on the Long Island Railroad was quietly introduced and passed in the State Assembly. It was introduced in the Senate but did not come out of the committee. The New York City cycling club and I were seeking support for this bill from all parts of the State to influence committee members from their districts. I was not able to provide a contact for all parts of the State. In some cases, all I had was the name of the club.

Accordingly, I am requesting all bicycle club presidents to designate someone to serve as a legislative contact for the club. He/She should clearly be interested in being an activist. Please send me a note with the name, address, and phone number of the person (or persons). Do not exclude yourself if you want to handle it. Please respond by June 30, 1983, with the name of the designated person and any suggestions or comments you have."

Herb Alfasso  
New York State Legislative Representative  
League of American Wheelmen

# Board of Directors Meeting

## SUMMARY OF THE JUNE 1983 BOARD OF DIRECTORS MEETING MINUTES (UNAPPROVED):

1. There was extensive discussion regarding official Club policy on the running of red lights. A proposed policy by Irv Weisman suggesting the adoption of proper attitude towards this law by riders on Club rides was discussed, as were the benefits of indoctrination of members vs. enforcement of cumbersome restrictions. It was decided that further discussion would occur at the next Board meeting and that a Committee on Regulations might be formed.
  2. Martha Ramos reported on the Club's efforts to pass the bill to allow bikes on the LIRR. A coalition of bike clubs including the NYCC, Sierra Club, Appalachian Mountain Club, American Youth Hostels, and Transportation Alternatives, is meeting periodically to plan and execute the lobbying effort. Maggie Clarke reported that about 35 letters to New York City and Long Island State Senators were sent encouraging support of the bill.
  3. The Public Relations Committee will be responding to an article recently printed in the New York Times, the letter to Parks Commissioner Henry Stern is being edited, the 1,000 safety brochures printed for the Pepsi Marathon were not distributed due to rain, and another brochure on tips for touring, riding and proper clothing is in draft form.
  4. The possible closing of the Queensboro Bridge to pedestrian and bike traffic soon for the foreseeable future was discussed. Writing to the Mayor was recommended.
  5. The Board approved the publishing of another 500 membership brochures.
  6. The next meeting of the Board of Directors will be on July 5.
- Copies of the minutes are available from Maggie Clarke.

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## Ads

FOR SALE: CAT-EYE VELO, used only a few months, gives overall and day's distance, current average and maximum speed, and elapsed time. \$35 or best offer. Contact Maggie Clarke, (H) 567-8272, (W) 397-7043.

FOR SALE: - 23½" Handcrafted 531SL CUEVAS Frame unpainted, \$450.00.  
- 24" ATALA Professional all Campy except brakes, \$600.00.  
- Dennis (work) 765-5700 X271, (home) 898-0623.

THE NEW YORK BICYCLE TOURING GUIDE - 2,000 miles of cyclist-tested routes criss-crossing the state. 4 separate routes, each with a number of strip maps and descriptive cover brochure. Request flyer from Bill Hoffman, 53 Claire Avenue, #3C, New Rochelle, NY 10804.

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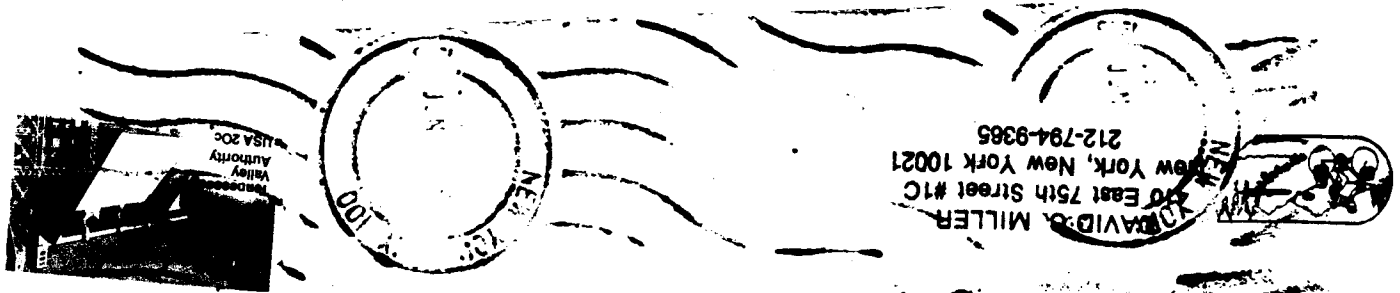
## SYMPATHY

To John Mulcare, on the unexpected passing in mid-February of his wife of 40 years, after a short illness.



**FIRST CLASS**

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



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 IBTS 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