

**March
1983**

NEW YORK CYCLE CLUB

IN ITS 47TH YEAR

March
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.

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 Mar 5 "B" LEVEL TRAINING RIDE TO SCARSDALE VIA PELHAM AND NEW ROCHELLE
 "B" 40 mi Leader: Roy Lawrence (TR 7-2292). Meeting: Grand Concourse & Bedford
 10:00 am Park Blvd (D Train). Westchester with a minimum of hills. Across the
 northern Bronx to Pelham, then to New Rochelle and Scarsdale via
 Pine Brook Blvd. Return via Scarsdale Rd. alongside the Bronx River Parkway.
 Rain or freezing temperatures automatically cancels this ride.

Sun Mar 6 "A" LEVEL TRAINING RIDE # 1 Leader: Chris Mailing (879-6199). Meet at
 "B" 52 mi the Central Park Boathouse for a ride to Orangeburg, NY and Montvale
 10:00 am NJ. Food stop in Montvale. Estimated riding time: 4 1/4 hrs. Alternate
 pick up at the George Washington Bridge south walk ramp at 10:35 am.
 This ride may be modified or cancelled due to cold (below 30°F), high winds or
 wet weather.

Sat Mar 12 "A" LEVEL TRAINING RIDE # 2a Leader: Chris Mailing (879-6199). Meet
 "A-" 45 mi at the Central Park Boathouse for a ride to Piermont, NY. Food stop
 9:30 am in Piermont. Estimated riding time: 2-3/4 hrs. Alternate pick up at
 the George Washington Bridge south walk ramp at 10:05 am. This ride
 may be modified or cancelled due to cold (below 30°F), high winds or wet weather.

Sat Mar 12 "A" LEVEL TRAINING RIDE # 2 Leaders: Barbara Bates (932-6334) and
 "B" 45 mi Gloria Lasoff (879-6199). Meet at the Central Park Boathouse for a
 9:30 am ride to Piermont, NY. Food stop in Piermont. Estimated riding time:
 3 1/2 hrs. Alternate pick up at the George Washington Bridge south
 walk ramp at 10:05 am. This ride may be modified or cancelled due to
 cold (below 30°F), high winds or wet weather.

Sat Mar 12 "B" LEVEL TRAINING RIDE TO WHITE PLAINS VIA SCARSDALE Leader: Marsha
 "B" 40 mi Taggart (914) 962- 5991. Meet Marsha at 9:00 am by Jerome Ave. and
 9:00 am the last stop of the #4 train for a 40 mi training ride to White
 Plains via a scenic Scarsdale route. There will be an indoors lunch
 stop in a coffee shop. The ride is cancelled if the forecast high temperature is
 below 40°F or if there is more than a 50% chance of precipitation.

Sat Mar 12 PROGRESSIVE PATCH RIDE # 1 - 25 in 3 Leader: "Upright" Irv Weisman
"C" 25 mi (562-7298). Meet at 10:30 am at the Central Park Boathouse for a
10:30 am slow-paced ride four times around the park, the long way. We'll
ride together for sociability, relative safety, and to learn to
ride in a group. This is the first of a series of ten progressive patch rides.
If you have not maintained good condition during the winter, start the series
with this ride. The ride is cancelled if there is an 80% probability of pre-
cipitation, the expected high temperature for the day is below 40°F (5°C), or
winds exceed 15 mph. Rain dates: 1) Sat. March 19, 2) Sun Mar 20.

Sat Mar 12 SATURDAY IN CENTRAL PARK Leader: Gregory D'Agostino (272-4271).
"D" Meet at the Central Park Boathouse for a slower paced and shorter
10-15 mi version of Irv's ride listed immediately above this one. Irv's
10:30 am rain dates do not apply to this ride.

Sun Mar 13 "A" LEVEL TRAINING RIDE #3 Leader: Chris Mailing (879-6199). Meet
"B+" 60 mi at the Central Park Boathouse for a ride to Syosset, LI. Food stop
9:00 am in Syosset. Estimated riding time: 4-3/4 hrs. Alternate pick up:
eastbound L.I. Expressway Service Road and Kissena Blvd at 9:45 am.
This ride may be modified or cancelled due to cold (below 30°F), high winds or
wet weather.

Sun Mar 13 "B" LEVEL TRAINING RIDE TO SYOSSET Leader: David Moses (444-5681).
"B" 45 mi Meet at 9:00 am by the statue at Queens Blvd and Union Tpke (take
9:00 am the E or F train to Union Tpke). Stop will be in Syosset. Rain or
freezing temperatures automatically cancels this ride.

Sat Mar 19 "A" LEVEL TRAINING RIDE #4a Leader: Chris Mailing (879-6199). Meet
"A-" 50 mi at the Central Park Boathouse for a ride to Orangeburg and Nyack,
9:30 am NY. Food stop in Nyack. Estimated riding time: 3 hrs. Alternate
pick up at the George Washington Bridge walk ramp at 10:05 am. This
ride may be modified or cancelled due to cold (below 30°F), high winds or wet
weather.

Sat Mar 19 "A" LEVEL TRAINING RIDE #4 Leaders: Barbara Bates (932-6334) and
"B+" 50 mi Gloria Lasoff (879-6199). Meet at the Central Park Boathouse for
9:30 am a ride to Orangeburg and Nyack, NY. Food stop in Nyack. Estimated
riding time: 3 3/4 hrs. Alternate pick up at the George Washington
Bridge south walk ramp at 10:05 am. This ride may be modified or cancelled due
to cold (below 30°F), high winds or wet weather.

Sat Mar 19 "B" LEVEL TRAINING RIDE TO THE PASSAIC FALLS Leader: Roy Lawrence
"B" 40 mi (TR 7-2292). Meet at the Central Park Boathouse at 9:00 am (or
9:00 am by 179 St and Fort Washington Ave at 9:45 am) for a ride across
Bergen County to the one major waterfall in our area. Return via
Montclair, Branch Brook Park, and PATH to the World Trade Center (or 33rd St.).
Rain or freezing temperatures automatically cancels this ride.

Sun Mar 20 "A" LEVEL TRAINING RIDE #5 Leader: Chris Mailing (879-6199). Meet
"B+" 70 mi at the Central Park Boathouse for a ride to Mamaroneck, Chappaqua
8:30 am and Tarrytown. Food stop in White Plains. Estimated riding time:
5 hrs. Alternate pick up by Fordham Rd. and the Grand Concourse
at 9:15 am. This ride may be modified or cancelled due to cold (below 30°F),
high winds or wet weather.

Sun Mar 20 "B" LEVEL TRAINING RIDE TO SYOSSET Leaders: Alinda Barth (441-5612)
"B" 45 mi and David Moses (444-5681). Meet at 9:00 am by the statue at Queens
9:00 am Blvd. and Union Tpke. (take the E or F train to Union Tpke). Stop
will be in Syosset. Rain or freezing temperatures automatically
cancels this ride.

Sun Mar 20 ROUND THE PARK AND UP THE RIVERSIDE Leader: Maggie Clark. Home (567-8272) work (397-7043). Joint T.A. and Sierra Club. Meet at the N.E. corner of Columbus Circle (A, AA, D and #1 trains) for a training ride around Central Park and up Riverside Drive to the wilds of northern Manhattan Island (and Ft. Lee, NJ if time and interest permit). Points of interest may include: Cloisters/Ft Tryon, Inwood Park, Highbridge Park, National Geographic Society. Bring spare tube, patch kit, pump, lock and lunch money. Temperature below 40°F at time of departure, precipitation or icy roads cancels.

Sat Mar 26 "A" LEVEL TRAINING RIDE # 6a Leader: Chris Mailing (879-6199). Meet "A" 60 mi at the Central Park Boathouse for a ride to Syosset, L.I. Food stop 9:30 am in Syosset. Estimated riding time: 3½ hrs. Alternate pick up at the eastbound L.I. Expressway Service Road and Kissena Blvd. at 10:15 am. Ride may be modified or cancelled due to cold (below 30°F), high winds or wet weather.

Sat Mar 26 "A" LEVEL TRAINING RIDE #6 Leaders: Barbara Bates (932-6334) and "B+" 60 mi Gloria Lasoff (879-6199). Meet at the Central Park Boathouse for 9:30 am a ride to Syosset, L.I. Food stop in Syosset. Estimated riding time 4-1¼ hrs. Alternate pick up by the eastbound L.I. Expressway Service Road and Kissena Blvd. at 10:15 am. Rides may be modified or cancelled due to cold (below 30°F), high winds or wet weather.

Sat Mar 26 "B" LEVEL TRAINING RIDE TO BEYOND WHITE PLAINS Leader: Marsha "B" 50 mi Taggart (914 - 967 - 5991). Meet Marsha Taggart at 9:00 am at 9:00 am Jerome Ave and the last stop of the #4 train for a 50 mile training ride beyond White Plains via Scarsdale. The lunch stop will be indoors at a coffee shop. This ride is cancelled if the forecast high temperature is below 40°F or there is a 50% chance of precipitation.

Sat Mar 26 PROGRESSIVE PATCH RIDE #2 - 25 in 2½ Leader: "Upright" Irv Weisman "C+" 25 mi (562-7298). Meet at 10:30 am at the Central Park Boathouse. Again, 10:30 am four times around the park, the long way, but faster than on PPR #1. See PPR #1 (March 12) for conditions which cancel. Rain dates: 1) Sun March 27, 2) Sat. April 2, 3) Sun. April 3.

Sat Mar 26 SATURDAY IN CENTRAL PARK Leader: Gregory D'Agostino (272-4271). "D" Meet at the Central Park Boathouse for a slower paced and shorter 10-15 mi version of Irv's ride listed immediately above this one. Irv's rain 10:30 am dates do not apply to this ride.

Sun Mar 27 "A" LEVEL TRAINING RIDE #7 Leader: Ed Schweber (567-2661). Meet at "A-" 80 mi the Central Park Boathouse for a ride to Tarrytown and Mt. Kisco. 8:30 am Food stops in Briarcliff and Valhalla. Estimated riding time: 5-3/4 hrs. Alternate pick up by the Broadway Bridge across the Harlem River at 9:15 am. This ride may be modified or cancelled due to cold (below 30°F), high winds or wet weather.

Sun Mar 27 "B" LEVEL TRAINING RIDE TO WOODBURY, L.I. Leaders: Alinda Barth "B" 55 mi (441-5612) and David Moses (444-5681). Meet at 179 St. and Hillside 9:00 am Ave in Queens (take the E or F train to the last stop) for a ride to Woodbury with a stop in Syosset. Rain or freezing temperatures automatically cancels this ride.

MARCH Club Meeting Program

POINT-COUNTERPOINT: The Highs and Lows of Gearing

Carole Chavanne, VP Programs

Bill Vojtech has courageously volunteered to moderate a debate between NYCC's dynamic high/low gearing duo. Representing low gears will be the frequently published gearing expert, "Upright" Irv Weisman. And, in the high gear corner, on his rollers (metaphorically speaking) will be "Super Senior" Joe Wigodner. Listen to Irv and Joe debate about high gears that that may "tear up the road" and your muscles as well, or about low gears that make you spin so fast that you can't keep from falling over.

Do you need a triple chainwheel, or can a double suffice? Do you take it for granted that there is a whole list of can't's because you're near or beyond the age of forty? What physical factors should you consider when you select your own personal gearing ratio? For the answers to these and other provocative questions, come to the Great Gearing Debate on Tuesday, March 8th.

Our cocktail hour entertainment will be provided by Elliot Winick of AYH, who will show slides of the world's largest bike ride - New York City's own Five Boro Bike Tour.

So, come to Artemis Restaurant at 6PM on Tuesday March 8th. Artemis is at 76 Duane Street (just off Broadway), which is two blocks north of City Hall (and the Brooklyn Bridge station of the Lexington Avenue subway line).

1983 RIDE PREVIEWS

DATE	RIDE	LEADER	CLASS	DISTANCE (miles)
4/2	"A" Trng Ride - Spring Valley	Mailing et al.	A-/A	65
4/3	"A" Trng Ride - Croton Dam	Vojtech	A	90
4/9	"A" Trng Ride - Woodbury, L.I.	Mailing et al.	A/ A+	68
4/9	Progressive Patch Ride #3	Weisman	C+	37
4/10	"A" Trng Ride - Goldens Bridge	Mailing	A	100
4/16	"A" Trng Ride - Chappaqua	Mailing et al.	A/A+	70
4/17	Greenwood Lake	Schweber	A	110
4/17	Mini Tour #1	D'Agostino	C	20-25
4/17	Cherry Blossom Ride	Weisman/AYH	C	35
4/17	5BBT Marshalls' Pre-Ride	Bauman/AYH	C	35
4/23	Saddle River to Nyack	Gelobter	A-	75
4/24	Five Boro Bike Tour (5BBT)	Bauman/AYH	C	35
4/30-5/1	Scouting Rides Weekend	many	A/B/C	
4/30-5/1	Jersey Shore Weekend Scout	Schweber	A+	270
4/30	Progressive Patch Ride #4	Weisman	C+	37
5/7	Protogs Discount (tentative)	Gelobter	A-	50
5/7-8	TOSRV (AYH will send bus)	Columbus, Ohio AYH	A	210
5/15	Montauk Century	AYH	A-	115
5/15	Progressive Patch Ride #5	Weisman	B-	50
5/27-30	GEAR - Slippery Rock, Pa.	LAW	A/B/C	

continued, over

1983 RIDE PREVIEWS (continued)

6/5	All Class Ride to Tallman	Rides Committee	A/B/C	
6/12	Progressive Patch Ride #6	Weisman	B	50
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 Club Ride to Bethpage	Rides Committee	A/B/C	
8/7	Progressive Patch Ride #8	Weisman	B+	75
9/3-5	Montreal in 40 hours	AYH	A+	375
9/11	Progressive Patch Ride #9	Weisman	B+	100
9/18	Hi-Point Hundred (tentative)	AYH	A/B/C	25-125
9/?	PBP (exact date to be set)		A+	750
10/2	Bill Baumgarten to Kingsland	Rides Committee	A/B/C	
10/8-10	Washington in 24 Hours	AYH	A+	250
10/16	Progressive Patch Ride # 10	Weisman	A-	100

Notes and Elaborations

Training Rides

As you can see, the club is offering a full panoply of "A", "B" and "C" training rides. It is especially gratifying to see two new leaders, Alinda Barth and Roy Lawrence, making their debuts in these rides. You should consider going on these rides even if the weather isn't perfect. Then, when the nicest days of Spring arrive, you will already be in shape. You may have wondered why some of our early "A" Level Training Rides aren't classified as "A" rides. This is because it is assumed that many of us will be out of shape and that, according to club guidelines, the pace that will be set will actually be a "B" pace. A "B" rider who has stayed in shape all winter will, thus, be able to handle these rides, but not, perhaps, a "B" rider who is out of shape. Such a "B" rider should probably go out for the "B" Level Training Rides instead.

Scouting Rides Weekend

The concept of scouting rides weekend was explained in the last bulletin. These rides must be in the April bulletin and thus submitted by the March meeting. If one of the ride coordinators calls you, and you can at all help out, your assistance will be greatly appreciated.

GEAR-Up '83

GEAR is an annual event run by the League of American Wheelmen every Memorial Day Weekend.* It consists of days of bicycling (routes range from 25 to 100 miles) and nights of bicycling oriented workshops. This year's GEAR will be run from May 27 to May 30 at the Slippery Rock State College in western Pennsylvania. AYH will be running a bus. If you are interested, use the registration form elsewhere in this bulletin (and contact AYH re the bus).

Pepsi- Cola Marathon

You might have noticed that the date of the Pepsi in the Ride Previews has changed a few times. Now, according to the April LAW Bulletin, the Pepsi has been cancelled. We are currently trying to verify this.

Ride Notes and Elaborations - continued

All-Class Weekend ?

A number of members have at one time or another expressed interest in an all-class club weekend. We are therefore forming a committee to investigate the matter. The committee is under no obligation to actually come up with a weekend; they may decide that it is unfeasible. But we will never know unless we try. Lee Gelobter and Herb Wasserman have graciously agreed to serve. If you would like to help out with your own expertise, call Ed Schweber at 567-2661 and he will put the volunteers in touch with each other.

BICYCLE LINKUP # 5

Marsha Taggart

RIDE:

Scarsdale Loop: 45 - 50 miles of a moderate terrain

STARTING POINT: From Central Park West and W. 72nd St. —> follow 72nd westward —> Right onto Riverside Drive —> remain on Drive to 155th St. —> Right at 155th St. and then immediately bear Left onto Riverside Drive Extension —> Right at 157th St. —> Left onto Broadway to 207th St. —> Right onto 207th St. —> cross the 207th St. Bridge to Fordham Rd. (up a hill - road may still be under construction) —> at top of hill make a Left onto Sedgwick Ave. —> remain on Sedgwick to W. Moshulu Pkwy. —> Right onto W. Moshulu and then Left at Jerome —> remain on Jerome to E. 233rd St. —> Right on 233rd and Left onto Van Cortlandt Park East (becomes Kimball Ave.) —> Remain on Kimball which becomes Bronxville Rd. —> Right at Pondfield Rd. and then Left at Park View Ave. —> remain on Park View till Pennsylvania Ave. —> Right on Pennsylvania and Left onto Scarsdale Rd. —> remain on Scarsdale Rd. till Popham Rd. —> Right onto Popham Rd. —> remain on Popham, across the railroad tracks and Left onto E. Parkway which will merge with the Bronx River Parkway (closed to auto traffic during the summer from 10AM till 2PM on Sunday).

NOTE: If Parkway is closed: E. Parkway —> Right onto Crane Rd. and immediate Left onto Fox Meadow Rd. —> becomes Walworth Ave. —> remain on Walworth to end of road and then Right onto Fisher Ave. —> Left onto Bank St. and bear Left to remain on Bank/Ferris Ave. —> Left onto Hamilton Ave. and Right onto Tarrytown Rd. (Route 119).

If Parkway is open - Remain on Parkway to White Plains —> exit Left onto Route 119 for 5 miles to Benedict Ave. —> Right onto Broadway (Route 9) —> follow Bway to North Tarrytown and Kingsland Point Park.

RETURN: Route 9 going South —> Right onto Warburton —> Warburton becomes Riverdale —> Left onto Radford —> Right onto Bway —> follow Bway into Manhattan —> Right onto Bennett Ave. —> Right onto 181st St. and Left onto Ft. Washington Ave. —> Right at 165th St. —> Left onto Riverside Drive —> Follow Drive to 72nd St.

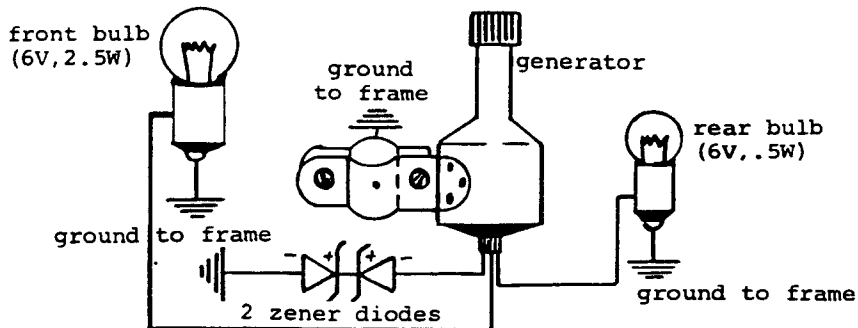
REMINDER: If you have a favorite ride you would like to see published as part of the B.L.U. series - submit it. I will accept any format you prefer to use for publication. That also includes rides that are telephoned in.

Martha Ramos

BICYCLE LIGHTING - by Bill Vojtech

How to regulate voltage in a 6 volt 3 watt generator set

- 1) Get two 6.2 volt 5 watt (or 10 watt) zener diodes.
- 2) Solder two like poles together, e.g., positive to positive or negative to negative; see diagram.
- 3) Wire this unit to the generator as if it were a third bulb. The end not wired to the generator terminal must be grounded to the frame, or generator mounting bracket, which must make contact with the metal of the frame.



Improving Berc battery powered lights

Vibrations caused by riding make the batteries in Berc lights bounce around. This bends the electrical contact strips so that the lights cease to function or flicker.

To prevent this, wrap each battery in thin cardboard, so that they wedge into the housing under firm hand pressure. You may also want to put a piece of foam rubber under each contact spring.

When you do these things, make sure that the cardboard and foam rubber don't get between the battery terminals and their electrical contacts or the lights will not work.

Berc lights use PR6 bulbs. You can also use PR2 bulbs to get a brighter beam. The PR2 bulbs use batteries quicker than the PR6s. Bring extra batteries if you use PR2s.

The mounting bracket that comes with the Berc headlight breaks after a few miles. Instead, use a hose clamp slipped through the clamp on the back of the headlight housing to afix it to your handle bars. NEVER try to use the Berc handle bar mount on your fork. It will slide down into your front wheel and throw you over the bars onto your head.

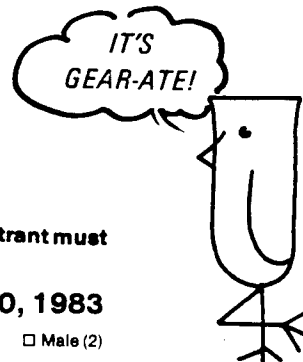
Recommended lighting system

If you use the voltage regulating system shown above, I recommend the Union HALOGEN generator set.

If you choose not to use this regulating system, I suggest the conventional Union generator set. It has the same lens and reflector as the halogen unit, but uses replaceable bulbs, which can be changed on the road if they get burned out by a voltage surge.

Along with either of the Union generator sets, I recommend a Berc tail light, so that you remain visible to overtaking vehicles when you stop.

You should carry a small flashlight for road side repairs and map reading.



REGISTRATION FORM

PLEASE USE CORRECT REGISTRATION FORM. Please Print. Each registrant must have his or her own form. (Forms may be duplicated).

GEAR Up '83, SLIPPERY ROCK, PA. MAY 27 - 30, 1983

Last Name _____ First _____ Initial _____ (1) ☐ Female ☐ Male (2)
Name as you want it on name tag: _____ (3)

Address _____ City _____ State _____ Zip _____ (4)

Area Code/Telephone Number _____ (5) Age (if under 21) _____ (6) Bicycle Club _____ (7)

Emergency Contact/Name _____ (8) Area Code/Telephone Number _____ (9)

FEES: (Includes registration and campus fees, food and housing, pillows, pillowcases, sheets and towels)
Member of L.A.W.: _____
(Membership number: _____ Expiration: _____) \$75.00 each _____ (10)

NON-MEMBERS OF L.A.W. _____
(Includes same provision as above) \$80.00 each _____ (11)

CHILDREN: (Any age) sleeping on floor in parents room (no linen provided). Both parents in room. NOTE: All registrants must wear identification badge to meals. \$50.00 each _____ (12)

TO JOIN L.A.W.:
Individual Membership \$18.00 _____ (13)
Family Membership \$24.00 _____ (14)

With membership you will receive monthly American Wheelmen magazine: membership card; patch; bicycle decal; window decal; and Directory listing members, clubs, officers, legislative volunteers, touring information sources and hospitality homes.

BUS TOURS: (See reverse for details):
Erie Winery Tour \$10.00 each _____ (15)

Pittsburgh Station Square Tour \$10.00 each _____ (16)

WINE AND CHEESE TASTE (Friday, May 27) Soft drinks free \$2.00 _____ (17)

BEER, CHIPS, AND PRETZELS (Saturday, May 28) Soft drinks free \$2.00 _____ (18)

EARLY FIRST-CLASS MAILING OF REGISTRATION PACKET: \$3.00 _____ (19)

LATE FEES: (If postmarked after April 20, 1983) \$5.00 _____ (20)

Cancellation: 90% of fee refunded up until April 20, 1983

Bringing a Tandem ☐ Yes (21) Place on waiting list ☐ Yes (22) Biking to GEAR ☐ (23)

Special request for roommate: I wish to room with: _____

(Please submit roommate registration form and fees in same envelope) _____ (24)

TOTAL AMOUNT SUBMITTED FOR GEAR UP '83: _____ (25)

TOTAL AMOUNT SUBMITTED FOR L.A.W. MEMBERSHIP: _____ (26)

Send check or money order in U.S. funds with self addressed, stamped envelope (business size) to receive your confirmation and other information to:

**GEAR UP '83 — P.O. Box 6077
Youngstown, Ohio 44501-6077**

RELEASE: All applicants **MUST** sign the release below:

In signing this release for myself or for the named entrant, if entrant is under the age of 18, I acknowledge that I understand the intent hereof, and hereby agree to and absolve and hold harmless the League of American Wheelmen, The Out-Spokin' Wheelmen, and the Western Pennsylvania Wheelmen, and the Slippery Rock State College and their officers, members, students and employees, respectively and any others connected with this event in any way whatsoever, singly and collectively from and against blame or liability for any injury misadventure, harm, loss, inconvenience, or damage suffered or sustained as a result of participation in Gear Up '83 or in any activities associated therewith. I understand that the League of American Wheelmen, The Out-Spokin' Wheelmen, The Western Pennsylvania Wheelmen, and Slippery Rock State College are not responsible for, and are not insurers of my personal safety during this event. I thus release them, and I agree to save them harmless, from any and all liability arising from my having sustained any property damage or personal injury by reason of their negligence in participating in or sponsoring or arranging this event. I also hereby consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and practice courtesy and safety in cycling.

Signature of Entrant _____ (27) _____ (28) _____ (29)
Date _____ Signature of Parent or Guardian if entrant is under 18

GEAR UP '83 SLIPPERY ROCK STATE COLLEGE, SLIPPERY ROCK, PA. MAY 27-30 '83

(over)

WAITING LIST: Please place me on waiting list if registration capacity is reached. Checks will be held until May 27th. Check box on front.

MEATLESS ENTREES: Will be available at each meal.

FRIENDS AND CLUB MEMBERS IN ADJOINING ROOMS: If you wish to be assigned rooms near your friends or fellow club members, we will make every effort to comply provided the registration forms are submitted in the same envelope.

BIKING TO GEAR UP '83: We plan to give special recognition to participants who bike to GEAR Up '83. Please check the box on front if you plan to or are thinking of doing so.

BUS TOURS: For members of the family who do not bike and who want to enjoy other sights while at GEAR Up '83 we have arranged two all day tours. On Saturday, May 28, a tour will travel to an Erie Winery with lunch (sack lunch packed at breakfast) at beautiful Presque Isle in Erie, Pa. Cost \$10.00 per person. On Sunday, May 29, a tour is scheduled for a shopping spree at Station Square in Pittsburgh, Pa. Sack lunch (packed at breakfast) at Point State Park in Pittsburgh, Pa. Cost \$10.00.

MEALS PROVIDED FOR GEAR UP '83 REGISTRANTS: Include Friday night dinner through Monday lunch. (9 meals in all—lunches are sack lunches selected at breakfast).

Linen is provided except for children using sleeping bag space in parents' room. Each of the two beds must be occupied by a family member. Floor sleeping child must have a separate registration form mailed with the parent(s) form (see fees on front). Since dorm rooms are small, children sleeping on floor should be limited to two. Bicycles will also be stored in rooms.

EARLY REGISTRATION — PACKET MAILING: Some persons like to plan their rides and activities before they get to GEAR Up. To accommodate them, we mail entire registration packet by first-class mail at least 2 weeks prior to the start of GEAR Up '83. Fee is \$3.00 (see front of application).

NOTE: It is expected that parents of children under 18 will arrange for them to be accompanied on all rides by a responsible adult. Also, parents and/or adult riders, will assume responsibility to see that all riders under their supervision are operating bicycles in good mechanical repair, and that bicycle and rider are equipped with the proper safety equipment. Helmets are strongly recommended.

RELEASE: All applicants **MUST** sign the release on front.

PLEASE NOTE: Pennsylvania's drinking age is 21 years. Those signing up for wine and beer parties should therefore be of legal drinking age in Pennsylvania.

PRE GEAR TOURS: Would you be interested in Pre GEAR Tours? _____ (30)

POST GEAR TOURS: Would you be interested in Post GEAR Tours? _____ (31)

EMERGENCY PHONE NUMBER: Campus Security Office (412) 794-7249.

T-SHIRTS: Would you be interested in a GEAR Up T-shirt? _____ yes (32)

_____ no (33)

Size: S _____ (34)

M _____ (35)

L _____ (36)

X-L _____ (37)





TRANSPORTATION ALTERNATIVES

2121 Broadway, Rm 204, New York, N.Y. 10023 (212) 799-6024

For Immediate Release
February 9, 1983

Contact: Janet Weinberg
799-6024

SIGN UP FOR PUSH FOR PEDALS CONFERENCE

DO YOU LOVE CYCLING BUT HATE:

- *Accidents
- *Lack of bridge access
- *The unfairness of how most street space is dedicated to cars.
- *Reckless cabbies
- *Haphazard pedestrians
- *Registration or lack of it
- *Overcrowding of our parks
- *The bad pedestrian press we have been getting
- *Anything else
- *Almost nothing but would like to see cycling get better

If so...please sign up for T.A.'s Push For Pedals Conference (PFP) on Sunday, March 27 at the Horticultural Society of New York, 128 West 58th Street.

You will get a chance to discuss your cycling problems, meet several of your fellow cyclists, hear cycling long time friend Carol Bellamy give the keynote speech and most importantly, you will find out how you can effect change in the City.

Several clubs and organizations will have interesting exhibits and much, much more. For information call 799-6024 or to register send \$5.00 to Transportation Alternatives, 2121 Broadway, New York, N.Y. 10021 with your name and address.

Act now before it is too late.

ON RIDE LEADERSHIP

Ed Schweber, V.P. Rides

What should you do on the actual day of your ride? Arrive early. Bring those maps that you would need should you get off route. If the weather is such that the riders might have some doubt as to the trip's cancellation, show up to personally announce your decision. If you cannot make your ride, notify the coordinator as soon as you find out. Have the riders sign the attendance sheet. If they don't all know each other, and the group is small, introduce everyone. Leave promptly; waiting for stragglers just encourages straggling.

Your main tasks are to know the route, set the riding pace, and control the rest stops. Review your route the night before. If you do get lost, don't try to wing it. Study your maps or ask for directions. Do not then try to force the pace to make up for lost time. Choose appropriate rest stops for your ride class and try to stick to these. Don't allow every stop for a minor adjustment to escalate into a major break. Sometimes it helps for the leader to set out slowly, making sure that everyone sees him.

Keep to the advertised pace, even if most of the riders are capable of going more quickly. Sprinting and then waiting is tiring and is not fair to the rider who, going at the proper pace, is constantly being dropped. If someone gets ahead of you, do not feel compelled to keep up. Riders who cannot keep the advertised pace should be asked diplomatically to turn back. However, before turning back a rider, be certain that you were not going too fast or that the rider was not being hung up by traffic. If someone is to be turned back, this should be done early in the ride so that he can get back to the starting point without difficulty.

You may encounter a rider who "knows" a better route, a better deli or a better park than you have chosen. The ride is yours. You had your reasons for making the choices you did. Lead the ride as you have planned it. If someone goes off by himself there is nothing you can do. However, do not follow him and do not wait for him to rejoin the ride. On the other hand, if the ride seems to be taking longer than expected, and getting back before darkness may be a problem, or if the weather looks like it is taking a sudden turn for the worse, don't hesitate to shorten your route. Likewise, be prepared to make accommodations for extremely hot or extremely cold days.

If a rider has a non-repairable mechanical breakdown and cannot have someone drive out to get him, try to find a gas station or the like to store his bike and try to help him get to public transportation. In case of a serious injury, call for an ambulance immediately. Do not allow anyone to give first aid beyond what is absolutely necessary or what they have been explicitly trained to administer. You needn't follow the injured cyclist to the hospital if that would mean that either you or your trippers will be stuck on the roads after dark. Call the appropriate rides coordinator as soon as you get back to the city.

In a single page article, I cannot hope to cover every possible contingency. But remember that the ethos of our rides is that we are a club of adults and that each rider must assume full personal responsibility for his actions on the road.

ON RIDE LEADERSHIP - COUNTERPOINT

Martha Ramos

As a member of the Board of Directors, I previewed Ed's article "On Ride Leadership." While I found the article informative, there is no indication that Ed is expressing his own point of view on the subject. The article does not represent any official policy of the New York Cycle Club.*


Which brings up the question of why doesn't the N.Y.C.C. have guidelines for ride leaders? I can best answer that question by drawing your attention to the diversity in our ride leaders. Ours is the only club in the N.Y. area that offers the uniqueness of a Marsha Taggart ride, an Irv Weisman ride, a Chris Mailing ride, a Phyllis Lehmann ride, and yes, even an Ed Schweber ride. The above mentioned individuals represent only a few of the different leading styles available within our current club framework.

I commend Ed's thoughtfulness in writing the article but feel he should have made a greater effort to indicate that he was expressing a personal opinion. If at a later date there is interest in a club policy on guidelines for leaders, then the proper forum would be to submit said guidelines to the Board of Directors for their approval and that of the membership.

In the interim, potential ride leaders have other options not mentioned in the article. One is to co-lead a ride; that way you are assured of at least one other rider showing up. Another method is to contact the rides coordinators and other leaders. No article or set of guidelines can hope to cover all contingencies. The personal experiences of others offers the opportunity to get direct feedback to specific questions and situations.

So the next time you feel the rides schedule is not offering your kind of ride, consider leading your kind of ride.

* Ed. Note: See summary of Board minutes, item #5, on page 15.



Join the **Bike Trek**
FOR LIFE AND BREATH

THE BROOKLYN LUNG ASSOCIATION
and
THE AMERICAN YOUTH HOSTELS, INC.
are co-sponsoring a 3-day "BIKE TREK FOR LIFE AND BREATH"
through 150 miles of

PENNSYLVANIA DUTCH COUNTRY

Ages 16 - 80



Explore the rolling hills of rural America
while demonstrating the need for healthy lungs and clean air
And help raise funds to combat lung disease

Thursday Eve, June 23rd through Sunday Eve, June 26th, 1983

**SHARE AN
UNFORGETTABLE JOURNEY**

The Bike Trek involves advance planning -
Please call or write NOW for more information:

BROOKLYN LUNG ASSOCIATION
185 Cadman Plaza East
Brooklyn, N.Y. 11201
(212) 624-8531



TREK SUPPORTER: BOY'S SHEEPSHEAD CYCLE SHOP

As a service to ride leaders and riders alike, where space permits, the Bulletin will print "Mr. G's" Weather Almanac. Ride leaders can scan the charts and get an idea of what minimum and maximum temperatures to expect, the likelihood of snowfall vs. rain, and precise times for sunrise and sunset for each day of the year. Use and enjoy!

Maggie Clarke

March

PHASES OF THE MOON



6/Last Q. 8:17am 14 New 12:11pm 21 First Q. 9:26pm 28/Full/2:28pm

DAY	TEMPERATURE						PRECIPITATION				SUN		
	NORMAL			EXTREMES			GREATEST DAILY AMOUNT & YEAR		GREATEST DAILY SNOWFALL & YEAR		RISE	SET	
	MAX	MIN	AVG	MAX	YEAR	MIN	YEAR						
1	43	29	36	73	1972	4	1899	2.95	1914	13.5	1914	6:31	5:47
2	44	29	36	72	1972	9	1891	1.00	1948	10.0	1896	6:29	5:48
3	44	30	37	64	1967	11	1962	2.25	1906	12.5	1960	6:27	5:49
4	44	30	37	70	1974	6	1872	1.65	1977	6.0	1893	6:26	5:50
5	44	30	37	72	1880	3	1872	1.81	1920	8.6	1981	6:24	5:52
6	45	31	38	68	1935	5	1872	2.63	1979	7.4	1916	6:23	5:53
7	45	31	38	74	1916	7	1890	1.87	1967	6.0	1870	6:21	5:54
8	45	31	38	69	1942	8	1883	1.78	1941	15.7	1941	6:20	5:55
9	46	32	39	66	1977	14	1883	1.70	1893	5.3	1928	6:18	5:56
10	46	32	39	71	1955	12	1929	1.11	1872	6.0	1907	6:16	5:57
11	46	32	39	73	1977	14	1960	2.94	1901	4.0	1896	6:15	5:58
12	47	32	40	71	1890	8	1888	2.33	1962	16.5	1888	6:13	5:59
13	47	33	40	70	1929	6	1888	2.61	1853	3.6	1980	6:12	6:00
14	47	33	40	75	1946	12	1888	1.02	1956	4.1	1958	6:10	6:01
15	48	33	41	63	1971	15	1916	1.81	1912	6.5	1896	6:08	6:03
16	48	34	41	77	1935	13	1911	1.31	1896	6.2	1956	6:07	6:04
17	49	34	41	75	1945	9	1916	1.42	1968	3.0	1967	6:05	6:05
18	49	34	42	71	1934	7	1916	1.39	1936	7.2	1892	6:03	6:06
19	48	35	42	76	1918	8	1967	2.19	1881	7.8	1956	6:02	6:07
20	50	35	42	83	1945	11	1885	1.93	1913	4.7	1958	6:00	6:08
21	50	35	43	84	1921	10	1885	2.21	1980	7.1	1958	5:58	6:09
22	51	36	43	77	1958	12	1885	3.44	1977	9.0	1967	5:57	6:10
23	51	36	43	76	1923	13	1934	1.60	1929	4.5	1896	5:55	6:11
24	51	36	44	72	1919	12	1888	1.37	1912	1.2	1956	5:53	6:12
25	52	37	44	74	1963	13	1878	1.25	1876	2.3	1872	5:52	6:13
26	52	37	45	76	1922	20	1900	1.42	1914	1.2	1924	5:50	6:14
27	53	37	45	75	1919	20	1894	1.75	1919	1.0	1886	5:48	6:15
28	53	37	45	84	1945	13	1923	2.08	1932	1.4	1919	5:47	6:16
29	53	38	46	86	1945	10	1923	1.31	1931	4.0	1970	5:45	6:17
30	54	38	46	79	1977	16	1887	2.13	1951	4.5	1883	5:43	6:18
31	54	38	46	75	1979	14	1923	2.20	1934	2.8	1890	5:42	6:18
AVG	48.4	33.7	41.1					3.73					

Look for

LONG-RANGE OUTLOOK

*Television picks.

9th: Becoming cloudy, rain or snow

10th: Precipitation ending, then clearing late in the day, colder.

12th: Colder.

14th: Chance of some light snow or rain.

16th: Gradual clearing and colder.

18th: Increasing clouds, rain or snow developing.

17th: Precipitation ending, clearing and colder.

19th: 20th, 21st: Partly cloudy and cold.

22nd: Fair, followed by increasing clouds.

23rd: Few showers then clearing, breezy and cooler.

26th: Increasing clouds, rain or snow developing.

27th: Precipitation ending, windy and colder.

28th: Clearing and cold.

" THE MORE THINGS CHANGE . . . "

NOTES FROM ANOTHER DAY

Irv Weisman

Some years ago, Mel Shleifer dug up this poem in his archives of NYCC memorabilia. It describes a time when the Dan Henry marked routes were being born. The consequences were not viewed altogether favorably by the poet. My own emphasis on group riding echoes the author's views. Do you find any echoes of your views?

THE TOURING CYCLIST

Ken Burkard

Here's a little doggerel,
But it's not just meant in jest,
I really am sincere
Tho I sound just like a pest.

It's all about "OUR CLUB"
That's going fast downhill,
It has too many racers
Perfecting their new skills.

No more pleasant touring,
No waiting at the turns,
Just grind those fancy gears,
There's rubber to be burned.

No more Togetherness
Out on the open road;
Win a great big trophy,
That's the new club code.

A lot of little gimmicks
The 2nd Tues of every month,
But try to find a leader,
It's an almost futile hunt.

Get those nice new emblems
For your favorite riding jacket,
They must be in different colors
To show your riding bracket.

Maybe it is nostalgia
Or living in the past,
But we did have fun together
When we weren't going so fast.

Tho some of us were hot rods
At times even 'way back then,
Acting like a bunch of boys
Instead of being men. *

The defense I have to offer
For that very CRIME,
It was done upon occasion
And only part of the time.

But now the roads are painted
And it's GO GO GO GO GO,
A medal for the winner
And loneliness for the slow.

The esprit de corps is missing
And morale is on the wane;
The Club I love so dearly
Is ridden now in pain.

There's nothing wrong with winding up
When you feel that great big urge,
It's the cyclist's body crying out--
Some need that kind of purge.

But to wind it up all day long
And leave the crowd behind
Is to kill off companionship,
At least that's what I find.

I've been told "I Got Religion",
And with me that is just fine;
I've learned to be a TOURIST
And left the medals all behind.

Just a plain old TOURING CYCLIST
Riding 'mongst the birds and bees,
Winning all the pretty views
And taking in the trees.

SO GET SOME OF THAT RELIGION
And take it easy on the pedals,
Let's cycle as a friendly club
And to hell with all the medals.

* Ed. Note: WHAT !!!

MORE NOSTALGIA -- from the 1887 Annual Report of the Brooklyn Park Commission, discussing Prospect Park -- submitted by Claire Goldthwaite:

Bicycling.

Yonder on a wheel goes a tightly girt youth. When the shadows skirt the ground he seems to float along in the air. What keeps him up in the misty moonlight is a mystery. But so, another, and another, and still another, all following their leader as the swans on the winter sky follow their trumpeting guide. Down and on they go over bridge and hill and meadow, till at last they fade out in the deep forest where only the glow-worm gleam of their many-colored lamps is caught at gay intervals as they blink through the trees along the wood-skirted meadow. But enough, they are gone. Sometimes accidents happen to these wheelmen, but rarely. The sport is so well regulated that as a general rule horses are not scared by it and danger is avoided.

MORE BELLS, MORE BELLS !! By Cyclops

They met over buttons at the AYH during the 1980 transit strike--the tall rangy redhead soon to be New York City's first Bicycle Coordinator, and the fair of face and hair President of the AYH Board of Directors.

They met again a few months later on the steps of City Hall at John Marino's official welcome by the City. Something more than cleats must have clicked because it was wall-to-wall well-wishers at their wedding reception on January 22, 1983, at the Community Gallery on East 35 Street.

Yes, Larry Reilly and Winifred Zubin have successfully negotiated their nuptials, and after a week's Caribbean cruise honeymoon, it's back to the Westside for them, the Girls Club of America for Winifred, and the DOT (Department of Transportation) for Larry.

More! The chubby little fellow with the bow and arrow has not been napping!

Rich Levin, "benched" in 1982 because of a serious bike/car accident early that year, wed Susan Roth on November 21, 1982. They live in Little Ferry, N.J., near Hackensack.

Rich, who works in Government Sales, was Vice-Chairman of the AYH Rides Committee. Legal secretary Susan, who plans to become a paralegal in June, is also a cyclist. We'll be seeing them as Rich makes his "comeback" this year, first on the back of Bill Vojtech's tandem, then on Irv Weisman's training rides.

Wheels and wheels of good fortune and happiness to Larry and Winifred, and Rich and Susan, as you roll through life together!

FIRST ANNUAL BIG BASH OF BIKE LEADERS

The top of Westchester welcomed 8 of us on this first Big Bash, held at Marsha Taggart's home in Yorktown Heights on Sunday, February 6. In addition to hostess Marsha, there was Maggie Clarke, Claire Goldthwaite, Richard Hanak, Phyllis Lehmann, David Moses, Ed Schweber, and Irene Walter.

After devouring Marsha's chili and the bishop's bread baked by David's aunt, and in the absence of frozen water for ice-skating, we went roller-skating for 1½ hours at \$2 a head at the Yorktown Skate City with a (mild) disco ambience, and had a great time!

Board of Directors Meeting

SUMMARY OF FEBRUARY 1983 BOARD MEETING (UNAPPROVED) :

1. The Board decided that Transportation Alternatives and other nonprofit groups may be granted space in the Club bulletin for items of interest to the general membership as a public service free of charge.
2. Ed Schweber announced plans for an all class weekend club ride to New Hope, PA
3. Martha/^{Ramos} announced the first meeting of the Public Relations Committee, to be held on Feb. 10 at Doug Blackburn's apartment.
4. Carole/^{Chavanne} announced upcoming feature presentations at membership meetings, including the Gossamer Albatross film, a talk by a well-respected nutritionist, a debate on gears and hill climbing, a talk by Elliot Winick on the Five Boro Bike Tour.
5. Following discussion of Ed Schweber's "On Ride Leadership" article for the March 1983 bulletin, the Board disapproved deleting his title (V.P. Rides) from the article's byline.
6. The next board meeting was scheduled for Tuesday, March 1, 1983.

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

Membership Update

Andrew Breit	102-45 62nd Rd.	Forest Hills, 11375	
Tonya Gwynn	28 W. 73rd St.	N.Y., 10023	724-5417
Charles McCorkell	c/o Bicycle Habitat, 194 7th Ave. #14N	N.Y., 10011	(B)691-2783
Bret Nelson	725 Anderson Ave.	Franklin Sq., 11010	(516)486-2505
Elizabeth Pajerski	58 W. 8th St. #2F	N.Y., 10011	477-5234
Seth Rothenberg	500 E. 77th St. #2724	N.Y., 10021	249-9793
Larry Rottersman	182 Tysen St.	S.I., 10301	448-7400
Larry Rutkowski	31-23 Crescent St. #5D	Astoria, 11106	726-3373
Herb Schaefer	601 Surf Ave. #6H	B'klyn, 11224	373-5997

CORRECTIONS AND CHANGE OF ADDRESS

Fred Corden	99 Bank St. #5E	N.Y., 10014	255-1883
Charlotte Hildebrandt			875-2965
Joan Karrin			
Martin Karrin	209 Dover Green	S.I., 10312	
David Moses	1147 E. 72nd St.	B'klyn, 11234	444-5681
Frank Sanchez	56 Richard Ave.	N. Merrick, 11566	(516)378-1707
Maxim Vickers	20-63 23rd St.	Astoria, 11105	

MARTHA RAMOS SAYS: IT'S TIME TO RENEW !!! SEE APPLICATION OVER

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 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