

May  
1983

# NEW YORK CYCLE CLUB

IN ITS 47TH YEAR

May  
1983

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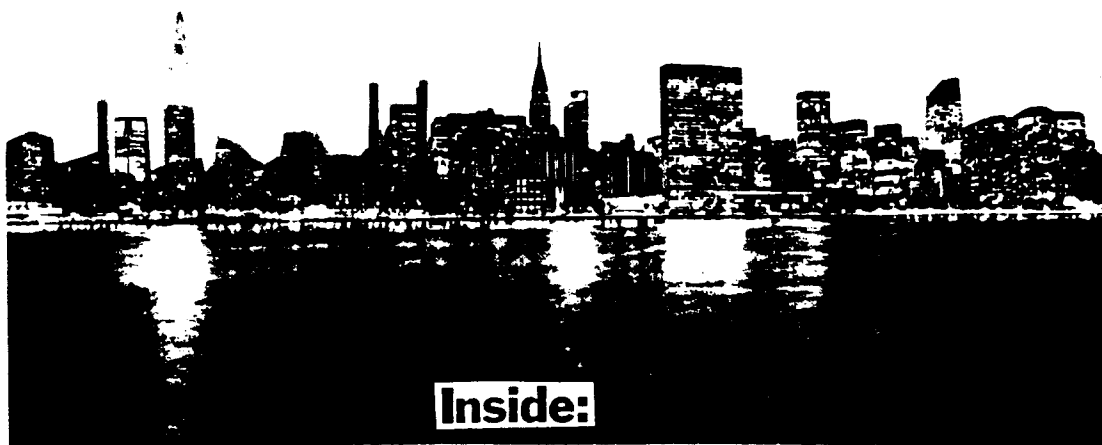
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## Pg(s)

2-4	Ride Listings - MAY
5	May Club Meeting Program: ACCIDENT PREVENTION NIGHT Tuesday, May 10, 6 P.M., Artemis Restaurant
6	Advance Ride Listings Qualifying Rides for the 1983 Paris-Brest-Paris 1983 Ride Previews
7	1983 First Quarter Ride Results Correction on a Correction Proposal for Permanent Indoor Velodrome in Newark, N.J.
8	...So You've Had an Accident
9	AR&FA's First Annual Survey of Sports Orthopedists (New York, New Jersey, and Connecticut)
10	NYCC Public Relations Committee Cyclops Sees... Advertising Policy
11	Summary of April 1983 Board of Directors Meeting Minutes Membership Update The New York Bicycle Touring Guide For Sale

P.O. BOX 877, BROOKLYN, NY 11202

Cover photo courtesy of Maggie Clarke.

# 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.

Sun May 1 LEADERLESS RIDE WITH A DESTINATION-LUNCH IN SYOSSET. A suggestion for "A" 60 mi anyone who doesn't like the scheduled rides. Meet at the 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). The "B-" 45 mi 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 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, and Karen: 749-1459, 7-10 pm). Meet at the NE "C" 35 mi corner of Greenwich and Eighth Ave at 9:00 am or at First Ave and 59 St. (under 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 A&C ride.

Sat May 7 OYSTER BAY Leader: Doug Blackburn (888-0048). Meet at Tramway Plaza "A" 75 mi (59 St. and Second Ave). Deli stop in Oyster Bay. Maps will be 8:00 am available from the leader.

Sat May 7 CONSERVATION RIDE Leader: Marsha Taggart (914-962-5991). Meet Marsha "B" 50 mi at 9:00 am at Jerome Ave. and the last stop of the # 4 IRT train for 9:00 am a ride to the Con Ed Conservation House in Pleasantville.

Sat May 7 THE CLOISTERS IN SPRINGTIME-INWOOD RAMBLE Leader: Maggie Clarke (Home: "C" 20 mi 567-8272; work: 397-7043). Meet at the NE corner of Columbus Circle 10:30 am (A, D and #1 trains) for a scenic ride up the Hudson to the Cloisters, a medieval European structure housing part of the Metropolitan Museum's collections and sitting atop the highest hill in Manhattan. Also climb to the adjacent Inwood Hill for some spectacular views. Riding speed will be 10 mph. Bring money for museum admission and lunch, a properly functioning bicycle, lock, spare tube and tools. Rain cancels. Call Maggie for rain date.

Sun May 8 POKING THROUGH PUTNAM Leader: Rich Herbin (666-2162). Meet at the Central Park Boathouse for a 7:30 departure. Along the Hudson to Ossining, then inland to Kitchawan, Somers, Croton Falls and Brewster. 120 mi Return via Salem, Cross River, Mt. Kisco and Pleasantville. Food stops around 40 and 80 miles. This is an extension of last September's "A" 7:30 am ride on the All Class Club event. Estimated riding time 8-9 hours.

Sun May 8 RIDE TO CENTRE ISLAND Leader: Alinda Barth (441-5612). Meet by the "B" 65 mi statue on Queens Blvd. and Union Tpke. (take the E or F train to Union Tpke.) for a relatively flat North Shore ride. There will be a deli stop in Bayville and lunch on the beach. 9:00 am

Sun May 8 EAGLE ROCK LOOP # 1 Leader: "Upright" Irv Weisman (562-7298). Meet "C+" 45 mi at 9:00 am at the NY Coliseum (Broadway and 60 St.) or at 9:40 am at PATH (World Trade Center) for 40 mi in NJ. Lunch at Eagle Rock Park while viewing the Manhattan Skyline. Bring lunch or buy it nearby. Be prepared for several steep climbs. Return to the George Washington Bridge by 4:00 pm. 9:00 am

Fri May 13 DEADLINE TO MAKE RESERVATIONS FOR THE JUNE 24-26 ALL CLASS CLUB WEEKEND. See the Advance Ride Listings for details (page ).

Sat - Sun MONTAUK DOUBLE CENTURY WEEKEND Leader: Larry Rutkowski (304-0485). May 14 -15 Enjoy a mellow ride out to Montauk Point on the Southern Fork of Long Island. On Saturday we will be following a central route via "A-/B+" Riverhead. Coming home we will use the same route that AYH will be 230 mi using for their May 15 Montauk Century (wave to your friends!). Our group will stay in a motel in Montauk on Saturday night. Call Larry after 7 pm for details and motel reservations. If anyone is interested in leading a slower group, please call Larry.

Sat May 14 NYACK - THE SCENIC ROUTE Leader: Bill Vojtech (339-1308). Meet at the "A" 50 mi Central Park Boathouse for a scenic and hilly ride to Nyack. We may 7:30 am not stop for breakfast, unless the group feels it is necessary. Absolutely no headphones or radios please; this is a social ride; talk to someone.

Sat May 14 TO THE BEACH AT BAYVILLE Leader: Sara Flowers (544-9168 eves.). The "B-" 50 mi ride begins at the statue by Queens Blvd and Union Tpke. in Queens 9:30 am (take the E or F train to Union Tpke) and goes to Bayville for lunch and a view of the Sound. Please be ready to take the hills seriously as well as to enjoy yourself. If you have a car, you might want to meet us at the I.U. Willets School. Call for meeting time at the school or use your own best judgement.

Sat May 14 TANDEM TIME TRIAL Leader: Santana Cycles and the Somerset Wheelmen. A/B/C A 14-mile rolling course designed for tourists and racers both. Mixed 14 mi couples only, age 16 or above. \$6 entry/bike. \$150 prize list (5 1:30 pm places). The event takes place in Hillsborough Township, NJ. For entry form and further information contact Meryl Bisberg, 10 Landing Lane, Apt. 8A, New Brunswick, NJ 08901. Phone 201/545 -7270, eves, by May 3.

Sun May 15 AYH MONTAUK CENTURY Leader: AYH (431-7100). This 115-mile journey "A" 115 mi along Long Island's South Shore begins at 5:30 am at the Jamaica 5:30 am Station of the Long Island Railroad (at Sutphin Blvd. and Archer Ave. in Queens). This is one of the easiest century routes in the East. You will return by train, your bikes will be trucked back. Bring \$10 to \$15 for food, and a water bottle. You must sign up in advance (fee: \$10) by mail or at the AYH store at 132 Spring St. Act fast. Space may already be filled. Bill Cooper is thinking of renting a motel room so riders can shower and change. Contact Bill, days, at 935-4550.

Sun May 15 PROGRESSIVE PATCH RIDE #5-50 IN 6 Leader: "Upright" Irv Weisman "B-" 50 mi (562-7298). Meet at 9:30 am at the George Washington Bridge Bus 9:45 am Terminal, 178 St. and Fort Washington Ave. (IND "A" train to 175 St.) for the 50-mile route in NJ, to be completed within 6 hours. Eat a substantial breakfast, and bring lunch and snacks to save time. This ride is a pre-requisite for Irv's other "B" rides later on. Rain date: Call Irv.

Sat May 21 SOUTH ROCKLAND SORTIE Leader: Rich Herbin (666-2162). Meet at the "A-" 80 mi Central Park Boathouse at 8:15 am for a prompt 8:30 departure or at 8:15 am the New York side of the George Washington Bridge at 9:10 am. Thirty miles of suburban riding to the Friendly's in Mahwah are rewarded by a scenic loop through an apple orchard and a thrilling descent down South Mountain Rd. Return via shoreline park trails and Rte 9W. A few steep but short hills are included to prevent complacency; otherwise the route is moderate.

Sat May 21 PASSAIC FALLS Leader: Roy Lawrence (TR-7-2292). Meet at the Central  
 "P" 45 mi Park Boathouse at 9:00 am (or by 179 St. and Fort Washington Ave. at  
 9:00 am 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. Rain cancels.

Sat May 21 THREE ISLANDS BIKE TRIP Leaders: Lorraine Gewirtz and Sherman Cohen  
 "C" 15 mi (Lorraine: 832-9073). Meet at 72 St. and Fifth Ave. for a repeat of  
 9:30 am this popular ride across three East River bridges and to Randall's,  
 Wards and Roosevelt Island. Become airborne on the Tramway. If the  
 weather is uncertain, phone Lorraine the night before until 10:30 pm. Bring  
 lunch, lock and spare.

Sun May 22 LAKE HOPATCONG Leader: Ed Schweber (567-2661). Meet at the Central  
 "A+" 135 mi Park Boathouse for a prompt 6:30 departure for a challenging ride  
 6:30 am through Bergen, Passaic and Morris Counties. Food stops in Oakland,  
 by the lake and in Pequannock. This ride is for those in top form only

Sun May 22 THE NO RAIN PLEASE 50-MILE MARKED CLUB ROUTE BACKWARDS RIDE Leader:  
 "B" 65 mi David C. Miller (Home: 794-9365; Work: 594-5267). Meet at the Central  
 9:00 am Park Boathouse at 9:00 am for a 65-mile ride or at the New Jersey  
 side of the George Washington Bridge at 10:00 am for a 50-mile ride.  
 The marked route is easier backwards with some rolling hills and a few steep ones.  
 We will buy lunch at a nice Italian Deli and picnic in a small town park. Return  
 by 5:00 pm. Pray for no rain and sunshine!

Sun May 22 DOWN STAATEN EYLANDT WAY Leaders: Gregory D'Agostino and Richard Lenat  
 "C/D" (Greg: 272-4271). Join us at Castle Clinton, in Battery Park at 1:00  
 20 mi pm for a DOWNHILL tour of Staten Island. Points of interest will  
 1:00 pm include the Alice Austen House (1710), Battery Weed (a trapezoidal  
 pre-Civil War fort), the magnificent Billiou-Stillwell-Perine House  
 (1662-1830), and the fourth longest boardwalk in the world at South Beach. Of  
 course we will refill our water bottles at Barnabas Rex on the Manhattan side.  
 Joint Friends of the Park Ride.

Sat - Mon NEW HOPE WEEKEND Leaders: Lee Gelotter and Larry Rutkowski (Lee:  
 May 28-30 788-2345 (days), 646-7037 (eves); Larry: 304-0485). Spend Memorial  
 "A-/B Day Weekend riding to, around and from beautiful New Hope, Pa. The  
 60 mi/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 enjoy-  
 ment 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)- approximately \$30 double occupancy. Lee will try to match  
 singles who cannot find roommates. The pre-trip meeting mentioned in the ride  
 preview last month will not be held. You must call one of the leaders by  
 May 28 to find the starting place and time.

Sun - Mon THE PEPSI MARATHON- NYCC ENTRY Leader: Martin Karrin (770 -5877 -  
 May 29 -30 days only, messages may be left). This year's Pepsi Marathon has  
 "A/B/C" finally definitely been scheduled and will be run with the help of  
 AYH. Ride as far as you can from noon on Sunday to noon on Monday.  
 Martin will be organizing food support and if you wish to participate, you must  
 call him by May 13. He will tell you how much food will cost and this must be  
 paid prior to the ride (money not used will be refunded). Hopefully a pre- Pepsi  
 meeting can be arranged so riders can agree as to exactly what food they want.  
 We also need valiant souls to help us with food support. Interested?-call Martin.

Fri-Mon GEAR-UP '83. Details about GEAR were in the March bulletin. AYH  
 May 27-30 will 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 Pueschner  
 May 27-30 (477-3281). Registrar: Marion Bahensky (242-7688). AMC Mountain Gate  
 "B/C" Lodge will be host to this 3-day weekend. Cost will be approximately  
 35-55 mi/ \$78 for meals and lodging. Ride around the major Catskill reservoirs.  
 day The food is designed for cyclists. Apply to Charles or Marion for appli-  
 cation blanks. Only 25 spaces are available, so register early!

# May Club Meeting Program

## ACCIDENT PREVENTION NIGHT

Carole Chavanne, V.P./Programs

Have you had a bicycle accident? Did it happen on a club ride?  
Is there anything we can learn from your experience?

Join us on Tuesday, May 10, when we will view the film, "Only One Road," which is about the bicyclist/motorist traffic mix. The film details accident types and trends, and interviews actual accident victims. After the film, those who feel that relating the accidents they have had may prevent future accidents for someone else are welcome to share their stories with all of us.

During the cocktail hour, we will have a Bicycle Repair Fair. There will be demonstrations of the 2-minute bicycle check, how to fix a flat tire, and emergency road repairs. Note: The Repair Fair may be postponed if inclement weather prevents demonstrators from bringing their bicycles.

Be at Artemis at 6 p.m. on Tuesday, May 10. Artemis Restaurant is at 76 Duane Street (just off Broadway), which is 2 blocks north of City Hall. Subway instructions: Lexington IRT: Brooklyn Bridge stop; A train and 7th Avenue IRT: Chamber Street Station.

Is  
being  
inundated  
recently  
with  
cartoons  
from  
members  
a  
hint  
of  
some  
kind  
???

Keep  
'em  
coming,  
folks!



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# ADVANCE RIDE LISTINGS

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Fri - Sun

Jun 24-26 ALL CLASS CLUB WEEKEND Leaders: Lee Gelotter and Herb Wasserman  
 "A/B/C" (Herb: 553-6564 (days) and 859-0845 (eves); Lee: 788-2345 (days) and 646-7037 (eves). The Village Inn in Lenox, Mass. will host us for a beautiful weekend in the Berkshires. RESERVATIONS MUST BE MADE NO LATER THAN MAY 13. The weekend will cost \$60 per person plus transportation (to be arranged at a later date). Cost includes two nights lodging, two breakfasts, one dinner and wine and cheese on Friday night. There will be one A, B, and C ride to choose from each day (Sat: A - 90 mi.; B - 57 (hilly) mi.; C - 34 mi. Sun: A - 72 mi.; B - 59 mi.; C - 26 mi.). For reservations and more info, call Lee BEFORE MAY 13. Later reservations may be taken on a first come, first serve basis.

## QUALIFYING RIDES FOR THE 1983 PARIS - BREST - PARIS by Steve Bauman

The Paris-Brest - Paris is unique among the continental classics because it is open to the public. It also qualifies as the oldest race, having started back in 1891. At 1200 kilometers (750 miles), it is the longest single stage race.

There are several levels to participation. First there is the contest to win. Winners have completed this course in under 44 hours! Second, there is the contest to complete the course within the allotted 90 hours. For those mathematically inclined, this is an overall 8-1/3 miles per hour, making this, in reality, a very long "C" ride.

This ride is run every four years under the auspices of the Audax Club Parisien. Four New Yorkers completed the P.B.P. in 1979. They were Maxim Vickers, Joe Watz, Steve Bauman and Jim Rex. In all only 30 odd Americans have completed this ride. Two advantages of the long intervals between P.B.P.s are that you have sufficient time to recover and that you have a long time to brag about your accomplishment to your fellow club members.

In order to participate in this year's P.B.P., you must first successfully complete qualifying rides of 200, 300, 400 and 600 kilometers. These rides must be run under the Audax randonneur formula. Steve Bauman will be running qualifiers of 200, 300 and 400 kilometers on May 15, June 4 and June 11/12 respectively. In addition, Steve will be arranging transportation for the 600-kilometer qualifier which will be held in Syracuse over the July 4th weekend.

For further details, contact Steve Bauman at 212-359-7972.

## 1983 RIDE PREVIEWS

DATE	RIDE	LEADER	CLASS	DISTANCE (miles)
6/4	P.B.P. Qualifier	Bauman		
6/4	Shazzam! And Then There Was Light	Gewirtz/Cohen	A+	186
6/5	All Class Ride to Tallman	Joint AMC	C	25
6/11-12	P.B.P. Qualifier	Rides Committee	A/B/C	
6/12	Progressive Patch Ride # 6	Bauman	A+	248
6/18	Strawberry Festival (tent.)	Weisman	B	60
6/24-26	All Class Club Weekend	AYH	A	100
6/25	Coney Island Mermaid Parade	Gelotter/Wasserman	A/B/C	26-90
6/26	Altany	D'Agostino	C	30
7/1-4	Shelter Island Weekend	AYH	A	150
7/2-3	P.B.P. Qualifier -Syracuse	Ramos	B+	200
7/10	New Hope Century	Bauman/Konski	A+	375
7/10	Progressive Patch Ride #7	AYH	A	120
7/21	All Class Ride to Bethpage	Weisman	B	63
8/7	Progressive Patch Ride #8	Rides Committee	A/B/C	
8/29	Paris-Brest-Paris (P.B.P.)	Weisman	B+	75
9/2-5	Montreal in 40 hours	Konski/Audax	A+	750
9/11	Progressive Patch Ride # 9	AYH	A+	375
9/18	Hi-Point 100 (tentative)	Weisman	B+	100
10/2	Bill Baumgarten Memorial	AYH	A/B/C	25-125
10/8-10	Washington in 24 Hours	Rides Committee	A/B/C	
10/16	Progressive Patch Ride #10	AYH	A+	250
		Weisman	A-	100

# 1983 FIRST QUARTER RIDE RESULTS

Date	Ride	Leader	Class	Riders	Miles	Club Miles
1/1	New Year's Day Ride	Schweber	A	3	60	180
1/15	Nyack	Ramos	Cancelled/weather			
1/16	Syosset	Ramos	Cancelled/weather			
1/22	Marked Route	Ramos	Cancelled/weather			
1/23	Nyack	Ramos	Cancelled/weather			
1/29	Syosset	Ramos	Cancelled/weather			
1/30	Marked Route	Ramos	Cancelled/weather			
2/21	Washington's Birthday	Schweber	B+	3	25	75
3/5	Scarsdale	Lawrence	A	3	75	225
3/6	A Trng Ride #1	Mailing	B	12	40	480
3/12	A Trng Ride # 2A	Mailing	B	21	52	1092
3/12	A Trng Ride # 2	Bates/Lasoff	Cancelled/rain			
3/12	White Plains	Taggart	Cancelled/rain			
3/12	PPR #1	Weisman	Postponed/rain			
3/12	Saturday in the Park	D'Agostino	Cancelled/rain			
3/13	A Trng Ride #3	Mailing	B+	14	65	900
3/13	Syosset	Barth	B	10	45	450
3/19	A Trng Ride #4A	Mailing	Cancelled/rain			
3/19	A Trng Ride #4	Bates/Lasoff	Cancelled/rain			
3/19	Passaic Falls	Lawrence	Cancelled/rain			
3/20	A Trng Ride # 5	Mailing	Cancelled/rain			
3/20	Syosset	Barth/Moses	B+	19	75	1150
3/20	PPR #1 (rescheduled)	Weisman	B	9	45	360
3/20	Up the Riverside	Clarke	C	10	25	250
3/26	A Trng Ride #6A	Mailing	C	8	27	216
3/26	A Trng Ride #6	Lasoff	A	8	63	504
3/26	Beyond White Plains	Taggart	B+	4	63	252
3/26	PPR # 2	Weisman	B	6	35	212
3/26	Saturday in the Park	D'Agostino	C+	11	25	275
3/27	A Trng Ride #7	Mailing/Schweber	Cancelled			
3/27	Woodbury	Barth/Moses	A-	9	45	405
			B	5	45	225

## CORRECTION ON A CORRECTION - by Bill Vojtech

Last month I stated that the Union generator is self-limiting and does not need the diodes described in the previous month's article, to prevent high speed bulb burnout. I have since been informed that the generator's self-limiting ability is poor at best, and that the diode system mentioned should be used.

## PROPOSAL FOR PERMANENT INDOOR VELODROME IN NEWARK, N.J. - by Chris Mailing

As announced at the April club meeting, the proposal for the permanent indoor velodrome in Newark, N.J. (Branch Brook Park) needs your support. Write:

Jerry Greco  
Chairman, Board of Freeholders  
Hall of Records, 5th floor  
Newark, N.J. 07102

with a copy to: Editor, Newark Star Ledger, Star Ledger Plaza, Newark, N.J. 07101.

For more information about the proposal, contact:

Omni-Sports 215/821-6862  
1524 Linden Street  
Allentown, Pa. 18102



# ... So You've Had an Accident

Diane Shafer, M.D.

Diane Shafer is an orthopedic surgeon and has been a bike rider for twenty-five years. She says that her bike saved her sanity in medical school, and that she didn't drive a car until she became an M.D. She has made house calls, gone to graduation, and gone to church on her bike.

She has been attending physician in emergency rooms in four different areas of Pennsylvania, and has conducted a survey of bicycle accidents treated at those facilities. The type and severity of accident differed with location.

In Philadelphia the biker was rarely at fault, but had been forced into the sidewalk or otherwise squeezed by traffic.

Erie's accidents were rare but usually extremely serious, as they happened in conditions of ice and fog when visibility was minimal.

Titusville accidents were caused by gravel and twisting roads, as well as hitting wild animals.

In a low-income section of Harrisburg, 80% of the accidents involved thirteen- to seventeen-year olds who had darted into traffic or knocked down pedestrians.



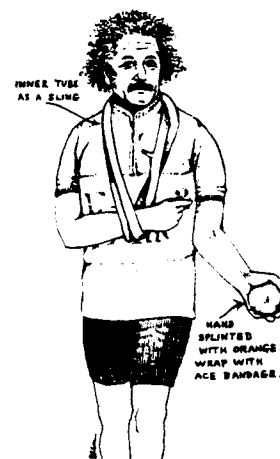
Before you examine your bicycle assess your own injuries and plan treatment that will get you home or to a health care facility. As soon as possible place ice on the injured part, elevate it, and rest it.

For minor injuries such as bruises and road rash, be sure to remove the sticks and stones. Clean the wound with soap and water and put a sterile dressing on it once you get home. A brush sometimes helps remove road grit that can cause an infection.

If you injure a joint such as an elbow or a shoulder, do not try to "work it out." Instead, apply a sling to protect and rest the injured joint. Use a scarf, shirt, or jacket folded to the correct shape. A spare tube doubled or tied to proper length also works well, as does a Windbreaker with the sleeve pinned to the pocket for support.

Splints can be improvised from pumps. If you sustain a forearm or wrist injury, place the pump on the palm side and secure with inner tube, handlebar tape, or whatever you have. If you have a magazine

along, place the arm in it for support. If a hand is injured, splint it with an orange and an Ace bandage, or ball up your shirt, place it in your palm, and cover it with a sock. If a knee, ankle, or foot is injured be sure to protect it and *don't put your weight on it*. A pillow taped around an ankle, foot, or knee makes a comfortable splint.



In helping accident victims, remember your ABC's—maintain Airway, Breathing, Circulation (i.e. a pulse). If they are unconscious and something is broken, splint them where they are lying. Treat the head, neck, and shoulder region as a unit. If you suspect any injury to the head or spinal column, do not move the person. If the person is lying in a dangerous place and must be moved to safety, place a board under the head-neck-shoulder area *in position found*. But better yet, block traffic until help arrives.

If you think that a large bone of the leg is broken, splint it to the other leg with inner tube or tape.

# AR&FA's

# First Annual Survey of SPORTS ORTHOPEDISTS

Approximately 30 percent of all running injuries involve the knee. If you injure your knee or have any other musculoskeletal ailments, the American Running and Fitness Association suggests that you go to a sports orthopedist, a physician specializing in disorders of the skeletal system and related motor functions. In addition to knees, orthopedic specialty areas include the ankle, back, elbow, foot, hip, neck, shoulder, and wrist.

Services provided by sports orthopedists can include an initial examination and diagnosis, x-rays, exercise prescription, musculoskeletal rehabilitation, physical therapy, bracing, orthotics, surgery, and, if necessary, emergency care.

AR&FA's Survey includes active and associate members of the American Orthopaedic Society for Sports Medicine and AR&FA members who have indicated their interest in sports orthopedics. Physicians are listed alphabetically by state, city, and name. Orthopedists who are also runners are identified with an asterisk (\*). Those who had not responded to our questionnaire as this issue went to press are listed by name and address only.

AR&FA would like your feedback when you visit sports-oriented physicians. Your input will be helpful in future referrals. Also, if you are or know of a sports orthopedist not included in this Survey, please let us know so we can make additions to our list.

## NEW YORK

Mark F. Sherman,\* 7902 Bay Pkwy., Brooklyn, NY 11214, (212) 494-2800  
Services: ED, MR, EP, XR, BO, SU, EC  
Specialty: RI, AN, EL, HI, KN, SH, WR

Richard L. Weiss, 964 Delaware Ave., Buffalo, NY 14209

Arthur M. Bernhang, 124 Main St., Huntington, NY 11743, (516) 423-3589/3535, hours: Mon-1:5 pm, Tue-2:30-6:30 pm, Wed., Fri. 8 am-noon  
Services: EG, MR, EP, XR, BO, SU, EC  
Specialty: RI, EL, KN

Russell R. Zeiko, 10 Central Ave., Ithaca, NY 14853

Joseph J. Conrad,\* Hurley Ave. Extension, Kingston, NY 12401, (914) 338-4060, hours: Mon-Fri. 8 am-4 pm  
Services: ED, MR, EP, XR, SU, EC  
Specialty: RI, AN, KN

Martin A. Gruber, 340 W. Park Ave., Long Beach, NY 11561

Burton L. Berson,\* 1100 Park Ave., New York, NY 10028, (212) 289-0700  
Services: ED, EP, XR, SU, EC  
Specialty: AN, EL, HI, KN, SH, WR

John J. Bonanno, 530 1st Ave., New York, NY 10018

J. William Fielding, 105 E. 65th St., New York, NY 10021

Victor H. Frankel, 301 E. 17th St., New York, NY 10003

Joseph F. Giattini, 36 7th Ave., New York, NY 10011

William G. Hamilton, 343 W. 58th St., New York, NY 10019

Robert Israel, 923 5th Ave., New York, NY 10021, (212) 794-0013, hours: Mon, Thu  
Services: ED, EP, XR, BO, SU  
Specialty: RI, KN

William A. Liebler, 742 Park Ave., New York, NY 10021

Jeffrey Minkoff, 530 1st Ave., Ste. 5B, New York, NY 10016

James A. Nicholas, 130 E. 77th St., New York, NY 10021, (212) 737-3301  
Services: ED, MR, EP, PT, XR, BO, SU, EC  
Specialty: AN, BA, EL, HI, KN, NE, SH, WR

Barton Nisonson, 130 E. 77th St., New York, NY 10021

James C. Parks II,\* 343-345 W. 58th St., New York, NY 10019, (212) 785-2286, hours: Tue., Thu. 9 am-5 pm, Wed. 9 am-2 pm  
Services: ED, MR, EP, XR, SU, EC  
Specialty: RI, AN, EL, KN, SH

Gary J. Savatsky, 535 E. 70th St., New York, NY 10021

William N. Scott, 130 E. 77th St., New York, NY 10028

George L. Unia, 115 E. 81st St., New York, NY 10021

Russell F. Warren, 535 E. 70th St., New York, NY 10021

Theodore R. Waugh, NYU Med. Ctr., 550 1st Ave., New York, NY 10016

Howard M. Black, 210 Cornelia St., Plattsburgh, NY 12601

Stephen P. Nicklisch, 210 Cornelia St., #305, Plattsburgh, NY 12601

Kenneth E. de Haven, 801 Elmwood Ave., Rochester, NY 14642

William A. Dolan,\* 220 Alexander St., Rochester, NY 14607, (716) 548-8140, hours: Mon-Fri. 8:30 am-5 pm  
Services: ED, MR, EP, XR, SU, EC  
Specialty: RI, AN, EL, KN, SH

Charles C. Heck,\* 220 Alexander St., Rochester, NY 14607, (716) 548-8160, hours: Mon-Fri. 8:30 am-4 pm  
Services: ED, MR, EP, PT, XR, BO, SU, EC  
Specialty: RI, AN, BA, EL, HI, KN, NE, SH, WR

Chet J. Janacki, 600 East Ave., Rochester, NY 14607

Martin W. Korn, 1445 Portland Ave., Rochester, NY 14621

Hubert F. Riegler, 2275 Clinton Ave. S., Rochester, NY 14616

Mark F. Sherman,\* 800 Manor Rd., Staten Island, NY 10314, (212) 494-2800  
Services: ED, MR, EP, XR, BO, SU, EC  
Specialty: RI, AN, EL, HI, KN, SH, WR

Jerome L. Meisel, Kohl Prof. Bldg., Rte. 59, Suffern, NY 10901

Bruce E. Baker,\* 750 E. Adams St., Syracuse, NY 13210, (315) 473-4472  
Services: ED, MR, EP, PT, XR, BO, SU, EC  
Specialty: RI, AN, KN, SH

David F. Pearce, 8 Hampden Pl., Utica, NY 13502

Walton W. Curt, Keller Army Hosp., West Point, NY 10996

Keith L. Markey, Keller Army Hosp., West Point, NY 10996

## LEGEND

### Services:

ED = Examination, diagnosis  
MR = Musculoskeletal rehabilitation  
EP = Exercise prescription  
PT = Physical therapy treatment  
XR = X-rays  
BO = Bracing, orthotics  
SU = Surgery  
EC = Emergency care

### Specialty areas:

RI = Running injuries  
AN = Ankle  
BA = Back  
EL = Elbow  
HA = Hand  
HI = Hip  
KN = Knee  
NE = Neck  
SH = Shoulder  
WR = Wrist

## NEW JERSEY

Cornelius N. Stover, Hunterdon Med. Ctr., Flemington, NJ 08822

Thomas L. Wickiewicz, 105 Beach St., Jersey City, NJ 07307

Robert B. Grossman, 279 3rd Ave., Long Branch, NJ 07740

Bertram M. Kummell, 290 Madison Ave., Morristown, NJ 07960

Joseph P. Leddy, 205 Easton Ave., New Brunswick, NJ 08901

Joseph P. Zawadzky, 205 Easton Ave., New Brunswick, NJ 08901

Vincent K. McInerney,\* St. Joseph's Hosp. & Med. Ctr., 703 Main St., Paterson, NJ 07653, (201) 977-2032, hours: Mon-Fri. 8 am-5 pm  
Services: ED, MR, EP, PT, XR, BO, SU, EC  
Specialty: RI, AN, EL, KN, SH

Max Novich, 313 State St., Perth Amboy, NJ 08861

Vincent K. McInerney,\* 287 Boulevard, Pompton Plains, NJ 07444  
Services: ED, MR, EP, PT, XR, BO, SU, EC  
Specialty: RI, AN, EL, KN, SH

Richard E. Fleming Jr., 21 Chambers St., Princeton, NJ 08540

Raymond L. Cunneff, 21 E. Front St., Red Bank, NJ 07701

Joseph P. Pizzuro, 10 Wilsey Sq., Ridgewood, NJ 07450

Francis F. Taraney, 11 Dean Dr., Tenafly, NJ 07670

Joseph H. O'Connor, 81 Northfield Ave., West Orange, NJ 07052

Robert Israel, 99 Kinderkamack Rd., Westwood, NJ 07675, hours: Mon-Fri.  
Services: ED, EP, XR, BO, SU  
Specialty: RI, KN

## CONNECTICUT

William A. Sinton, 85 Osborne St., 1 Med. Ctr. Dr., Danbury, CT 06810, (203) 797-1500  
Services: ED, MR, EP, PT, XR, BO, SU, EC  
Specialty: RI, AN, BA, EL, HI, KN, NE, SH, WR

Gary A. Gallo, 20 Dayton Ave., Greenwich, CT 06830

James F. Donovan, 85 Jefferson St., Hartford, CT 06106

Vincent J. Turco, 1000 Asylum Ave., Hartford, CT 06105

William J. Waskowitz, 40 Hart St., New Britain, CT 06052

Peter Jokl,\* 80 Temple St., New Haven, CT 06510, (203) 789-2080  
Services: ED, MR, EP, PT, XR, BO, SU, EC  
Specialty: RI, AN, EL, HI, KN, NE, SH

David M. Brody,\* 10 Mott Ave., Norwalk, CT 06850

Norman A. Ziotsky, 23 Elm St., Rockville, CT 06066

Gerard J. Lawrence, 150 Mansfield Ave., Willimantic, CT 06226

From RUNNING &  
FITNESS, November/  
December 1982.

AR&FA  
2420 K St. N.W.  
Wash. D.C. 20037  
202/965-3430

The NYCC Public Relations Committee is alive! The Board of Directors has authorized the committee to proceed with its programs and specific action plans. The committee's purpose is to plan, direct and carry out activities which will present to the public a positive image of bicycling and of NYCC and its members. The activities will be primarily educational, directed both outwardly and toward NYCC members.

We will maintain contact with other New York cycling groups and will work with them in areas of mutual interest.

Our initial program will be a series of letters to editors of selected NYC publications. We have a list of topics and have prepared several letters in draft form. We welcome your ideas on additional topics.

Here's another way you can help: On May 14 and 15, the Central Park Conservancy is sponsoring a "Park Appreciation" weekend. In addition to many activities, the Conservancy will run contribution booths. Everyone entering Central Park will be asked to contribute \$1.00. We suggest you make a contribution while wearing your NYCC shirt. Let people see that NYCC supports Central Park!

I'd like to thank the following people whose creativity and energy resulted in the committee:  
Carole Chavanne    Lorraine Gewirtz \*    Martha Ramos \*    Jerry Scher \*  
Lin Erlich \*    Roger Herz    Jim Rex  
The \* designates people who will continue on as committee members.

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#### CYCLOPS SEES...

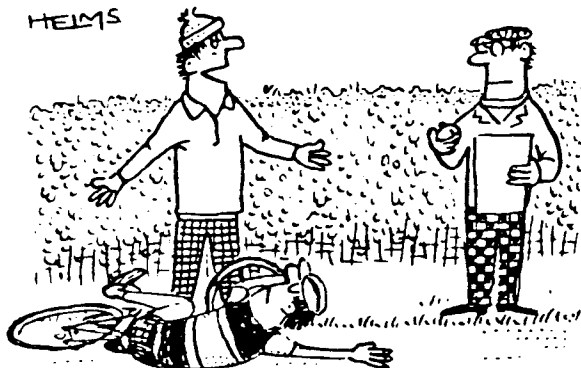
There's a brand-new bottom bracket for Carole Chavanne and Jim Ver Eecke to maintain now: Helene (rhyming with clean) Chavanne Ver Eecke, prominent these past six months, became visible Monday morning, March 21, 1983, when all 7 lbs 15 oz of her arrived on the first day of Spring, just in time for the new bicycling season. Dad said "it was an all-night affair." Haw, haw!

Many, many more, Jim and Carole! and welcome, Baby Helene, to the NYCC scene!

Wedding bells rang out on Long Island for Frank Sanchez and Agnes Sheehan as they married on December 4, 1982, and settled down in North Merrick. Telephone Company retiree Frank, and teacher and "neighborhood cyclist" Agnes, honeymooned in Columbia, South America, then vacationed at the Wheelmen's Winter Rendezvous in Homestead, Florida, in March.

May your married life continue to be one long honeymoon and vacation, Frank and Agnes!

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#### Commercial Advertising Policy

- |         |                             |         |
|---------|-----------------------------|---------|
| Pricing | Full page advertisement     | \$50.00 |
|         | Half page advertisement     | 30.00   |
|         | Quarter page advertisement  | 20.00   |
|         | Eighth page advertisement   | 15.00   |
|         | Per line (min. three lines) | 3.00    |
- Placement to be done by the Bulletin Editor
  - Any member who has paid dues before Labor Day may advertise three lines for free until the following April 30
  - Any member who pays dues after Labor Day may advertise three lines for \$5.00 until the following April 30
  - Other clubs or organizations are not exempt from this policy unless the Board of Directors determines otherwise
  - The Bulletin Editor may reject unsuitable advertising, with appeals made to the Board of Directors

# Board of Directors Meeting

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

1. A number of initiatives to generate new membership were discussed including TA's Push for Pedals conference, AYH's Bicycle Clinics, co-listing of rides in Sportswise (dis-approved), and publishing of 1,000 new Club brochures (approved).
2. The Board approved assigning a section at the membership meetings as nonsmoking.
3. The Board voted to approve Doug Blackburn's Committee (henceforth, the Public Relations Committee) and its proposed activities, including writing letters to editors.
4. Sara Flowers reported that the Club's expenditures have been larger this year than last year thus far.
5. The next Board of Directors meeting was scheduled for May 3.

Copies of the minutes are available from Maggie Clarke.

## Membership Update

Daniel Creavy	41 E. 42nd St. #9	N.Y. 10017	
Boldizar Csoboth	430 E. 65th St. #6L	N.Y. 10021	
Gregory Durniak	215 Ayrrigg Ave. #1A	Passaic, N.J. 07055	744-8790
Scott Feldman	5975 Shore Pkwy. #7E	B'klyn 11236	(201)471-9666
Andrew Greer	63-75 Dry Harbor Rd.	Middle Village 11368	444-9321
Marilyn Heller	147-09 Willets Pt. Blvd.	Whitestone 11357	429-8382
Brenda Heller	6 Watson Ave. #2	E. Orange, N.J. 07018	939-7316
Lawrence Hill Jr.	873 Broadway #3	Bayonne, N.J. 07002	(201)672-0842
Philip Kessler	83-57 118th St. #1B	Kew Gardens 11415	(201)823-4061
Martin Kitay	9 E. 17th St.	N.Y. 10003	441-4480
John Kraus	108 Van Sicklen St.	B'klyn 11223	
Leonard Lo Pinto	52-43 65th Pl.	Maspeth 11378	998-1372
Barbara Major	285 Bleecker St. #1R	N.Y. 10014	429-3747
Ed Major	555-12 Main St. N.	Roosevelt Is. 10044	675-2166
Rose Marie Ottomanelli	455 E. 14th St. #9F	N.Y. 10009	826-6498
George Pierson	200 Carbin Pl.	B'klyn 11235	260-6043
Paul Richman	115 Brightwater Ct.	B'klyn 11235	
Daniel Schulman	80 N. Moore St.	N.Y. 10013	743-2291
Joel Schulman			227-0499
Ralph Toporoff			
Melinda Wirkus			

### CHANGE OF ADDRESS

Tony Nappi c/o McCann - Erickson	485 Lex. Ave. 17th Fl.	N.Y. 10017	737-1906
Richard Seltzer	7000 Blvd. East #32F	Guttenberg, N.J. 07093	(201)877-2004
Peg Werns	15 Jones St. #6D	N.Y. 10014	

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.

FOR SALE: Specialized touring tires, 27x1-1/8, brand-new (wrong size for my rims), excellent for touring and city cycling. \$15 for 2. Call Lorraine Gewirtz (day) 566-2520, (evening) 832-9073. Will deliver.

**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  
212-794-9385



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