

November
1983

NEW YORK CYCLE CLUB

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IN ITS 47TH YEAR

November
1983

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Pg(s)

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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.

- Sat Nov 5 LEADERLESS RIDE. Meet at the Central Park Boathouse for a ride to a destination to be decided by the people who show up. As there is no leader, cyclists are responsible for themselves.
"A"
9:00 am
- Sun Nov 6 OSSINING ODYSSEY Leader: Rich Hertin (666-2162). Meet at the Central Park Boathouse for a trip to Northern Ossining via Warburton-Broadway to Tarrytown, then Sleepy Hollow Road and various other idyllic byways to the diner brunch stop. Return to the City via the same route by early afternoon. The route completely avoids Route 9 between Tarrytown and Ossining. Lightweight locks are recommended.
"A-" 65
8:00 am
- Sun Nov 6 LONG ISLAND DIAL-A-RIDE Leaders: Alinda Barth (441-5612), Sara Flowers (544-9168) and Boris Potievsky (381-9064). Ride with us (or any part of us) any Sunday in November to a Long Island destination to be determined by the weather, whim and suggestion. Possibilities: Kingspoint in Great Neck, Bayville, Planting Fields Arboretum, Cold Spring Harbor, Caumsett State Park, Northport and Eaton's Neck. Rides will begin at the statue on Queens Blvd and Union Tpke ("E" or "F" train to Union Tpke) promptly at 9:00 am. CALL IN ADVANCE FOR SPECIFICS AND WEATHER DOUBT CLARIFICATION.
"B"
45 - 85 mi
9:00 am
- Tue Nov 8 BANKERS, BUREAUCRATS AND FREELoadERS RIDE Leaders: Chris Mailing and Gloria Lasoff (879-6199). Tuesday, November 8, is Election Day which bankers and government employees have off. And, of course, freeloaders can ride any day. So... meet at the Central Park Boathouse at 8:30 am for a ride to Chappaqua. Food stop will be in White Plains. Maps will be available. Estimated riding time: 5 hours. Rain or temperatures below 38 degrees cancels.
"A" 70 mi
8:30 am
- Sat Nov 12 ALEX'S BIRTHDAY RIDE Leader: Alex Bekkerman (362-6018). Help Alex celebrate his birthday by meeting him at the Central Park Boathouse at 8:30 am. Destination & distance are as yet unknown. Show up and we'll decide.
"A+"
8:30 am
- Sun Nov 12 GOLDEN'S BRIDGE - AGAIN!! Leaders: Doug Blackburn (888-0048) and Steve Sklar (245-3245). Back by popular demand (well, Claire wanted it), Doug and Steve will repeat the A- all-class club ride to Golden's Bridge in upper Westchester. This is really beautiful countryside and excellent roads. Meet at the Central Park Boathouse for a prompt 8:00 am departure. There will be two short deli stops and an inside lunch stop in Mt. Kisco.
"A-" 95mi
8:00 am
- Sun Nov 13 LONG ISLAND DIAL -A- RIDE. See the November 6 listing for details.
"B"
45-85 mi
9:00 am

Sat Nov 19 "A" 9:00 am LEADERLESS RIDE. Meet at the Central Park Boathouse for a trip to a destination to be decided by the people who show up. As there is no leader, cyclists are responsible for themselves.

Sun Nov 20 "A+" 100mi 7:45 am MYSTERIOUS FAIRFIELD Leader: Marc Freedman (work: 524-1928 and home: 499-3440). Why mysterious? Because nobody knows the route yet. However, the route will be scouted out before the trip so we will know where we are going. The pace will be quick and, due to shortening hours of daylight, there will not be a breakfast stop (but in case of cold weather, there will be at least one indoor lunch stop). Call Marc for more details; otherwise just meet at the Central Park Boathouse for a prompt 8:00 am departure (so that we're home way before dark).

Sun Nov 20 "B" 45-85 mi 9:00 am LONG ISLAND DIAL -A- RIDE. See the November 6 listing for details.

Thur-Sun Nov 24-27 "C" PENNSYLVANIA DUTCH THANKSGIVING WEEKEND Leader: AYH (431-7100). Join AYH for their traditional Thanksgiving weekend jaunt to the Penn Dutch Country noted for the quality and the quantity of its food. There is a mandatory pre-trip meeting at AYH (132 Spring St in Manhattan) on Monday, November 14, at 7:00 pm. Space on the trip is limited. Cost: \$115.00. Deposit: \$50.00.

Fri Nov 25 "B+" 70mi 8:00 am PRO TOGS ONE MORE TIME (tentative) Leader: Marty Wolf (935-1460, eves). This will be a 70-mile trip to the Pro Togs discount store in Hicksville. Although we're making no guarantees, previous trips have netted great bargains (generally seconds - but the prices were terrific). Rain or temperatures below 30 cancels. Since the ride is tentative (Pro Togs may not be open), call Marty in advance. She will give you the meeting place then.

Sat Nov 26 "B+/A-" 9:00 am 60 mi AMOK IN ARMONK Leader: Ed Schweber (567-2661). Meet at 178 St and Broadway (by the George Washington Bridge Bus Terminal) for a ride to Armonk where we will make an indoor lunch stop. Since Ed is still out of shape from his last accident, the ride will be more sociable than fast. Any forecast of rain, a starting temperature below 32 degrees, or a forecast high temperature of less than 40 degrees cancels.

Sun Nov 27 "A" 9:00 am LEADERLESS RIDE. Meet at 9:00 am by the Central Park Boathouse for a ride to a destination to be decided by those who show up. Since there is no leader, cyclists are responsible for themselves.

Sun Nov 27 "B" 45-85 mi 9:00 am LONG ISLAND DIAL -A- RIDE. See the November 6 listing for details.

1983 ANNUAL BILL BAUMGARTEN MEMORIAL CLUB RIDE -- by Maggie Clarke

For the first time in recent memory (and perhaps ever before), this year's All-Class Club Ride to Kingsland Point Park in North Tarrytown was truly a uniting social and riding event. Despite a dreary forecast, about a dozen A's, a dozen B's, and two C's, converged, from four distinct rides, on the Club's picnic spot on the shores of the Hudson overlooking the Tappan Zee Bridge, and ate lunch as a cohesive group. What made the event even more remarkable was the trip back to Manhattan, in which a double pace line and a smart pace were maintained throughout, with the stronger A and A- riders encouraging and providing draft and training for the weaker riders. BRAVO!

SCOR '83

by Maggie Clarke



This year's Sullivan County October Rally (SCOR), held for the tenth straight year at the Tennanah Lake Lodge in the western Catskills, was the largest ever, at about 160 attendees. The rides, all of which traversed hilly terrain in peak fall foliage, included two century runs, metric and half centuries (measured liberally), and several other shorter rides on predominantly well-paved, car-free roads.

Several rides visited New York City's Pepacton Reservoir (which was very low this year from the long, dry summer), a couple of covered bridges, a fish hatchery, and a quaint cider mill where gallons of cider (both hard and sweet), honey, gourds, pumpkins, and other autumn specialties were purchased by SCOR participants.

Despite a drizzly second day, everyone agreed this year's SCOR was one of the best. One of the largest contingents represented was the NYCC, with Marion Bahensky, Dee Baily, Margaret Barone, Debby Bell, George Borgida, Bernie Brosk, Maggie Clarke, Glenn Fleischman, Roslyn Goldstein, Rich Herbin, Bill Hoffman, Hannah Holland, Karen Kaplan, Martha Ramos, Irv Weisman, Paula Zuckerman (and any other member inadvertently omitted), and newly-recruited "old" member, Bill Recht.

Is This Any Way to Run A Rail Road? -- by Martha Ramos

You bet it is. In an agreement reached between the Rail Road and the cycling community, beginning Oct. 17th, bicycles will be permitted on the Long Island Rail Road. The agreement requires that you obtain a permit, and limits access to off-peak hours. Details of the restrictions and a copy of the application are available by contacting the L.I.R.R., Public Affairs, Jamaica Station, Jamaica, N.Y. 11435, JA-6-0900.

In mid-May, upon learning of a bill that would permit bikes on the L.I.R.R., an ad hoc group of cycling organizations was convened in an effort to get the bill enacted into law. Unrelated to the merits of the bill but due to the politics of the past legislature, the bill died in committee. However, enough pressure and interest was generated in a six-week period that the rail road agreed to look into the issue and came up with this current plan. When we initiated this project, the "experts" predicted the proverbial "chance of a snow ball in hell." It's a good thing we're not all experts. To list all the individuals and organizations is difficult as it was essentially a joint effort.

If you find yourself excited by this turn of events in the N.Y. cycling scene, then I urge you to apply for a permit now. Not only does it demonstrate to the rail road our support for the program but offers our membership a chance to participate in some great fall foliage tours.

So "All Aboard," next stop METRO NORTH!

November Club Meeting Program

THE PHYSIOLOGICAL RESPONSE TO CYCLING IN TRAINED AND UNTRAINED CYCLISTS

-- Carole Chavanne, V.P./Programs

In 1981, Dr. Joshua Simon, of the Department of Movement Science and Education at Columbia University Teachers College, undertook a comparative study of the effects of cycling on the body. He went to Central Park to compare cyclists in training with the more sedentary park population. His volunteers were brought into a laboratory situation where stationary bicycles monitored heart rate, oxygen consumption, ventilation, blood lactate, anaerobic threshold, and the like.



Dr. Simon will share the results of his study with us on Tuesday evening, November 8. He will show slides that will prove to be interesting and informative.

So come to the Steak and Brew Burger at 6:30 p.m. for cocktails, and 7 p.m. for dinner.

The Steak and Brew Burger is on Pearl Street between Broad and Whitehall Streets, downtown Manhattan, near the Staten Island Ferry Terminal. Subway stations: N, RR - Whitehall Street; #1 - South Ferry; #4, #5 - Bowling Green; #2, #3 - Wall Street; J, M - Broad Street. See September bulletin for map and details about the restaurant.

NOTE: Due to fixed restaurant costs, it is necessary to charge a \$3.00 fee to meeting attendees who do not order dinner. We hope that this will not be an inconvenience to anyone.

FLASH! STEAK AND BREW BURGER GETS ITS ACT TOGETHER! -- by Carole Chavanne

If you came to our September meeting, and didn't make the October one, we are happy to announce that Steak and Brew Burger has come up with a fast and efficient serving system. All who came in October cheered the service. Even with trip reports and officers' nominations, the monthly program started at 8:30 p.m.

The NYCC wishes to thank you, Steak and Brew Burger, for feeding our masses in a hurry!



WILLIAM N. HOFFMAN

53 Claire Avenue
New Rochelle, N.Y. 10804

August 11, 1983

Irene Walter, Editor, NYCC
4712 45th St., #1F
Woodside, N.Y. 11377

Dear Irene:

A letter to the editor, for the September issue if you have space: (Ed. Note: I didn't.)

The news in the August newsletter that the Board has voted to reaffirm the Club's policy on adherence to traffic laws, and Irv Weisman's editorial on same, were very distressing, though not at all surprising, to read. Distressing because the Board felt obliged to spend time debating something that needs no debate.

I have been an NYCC member for 12 years, although inactive for the past several, and I have belonged to and ridden with other clubs in the metropolitan area and elsewhere. Unfortunately, the problem of illegal and improper riding practices is not unique to NYCC. In the metropolitan area, however, I view it as symptomatic of a much larger attitude deficiency among the general New York (City-born) population, but that's a subject for another letter.

A large fraction of the NYCC membership does not drive cars, and so probably has dealt with the traffic system only as pedestrians, and in many cases, only relatively recently as bicyclists. This could explain to some extent the low level of cycling skill in the Club but it is obviously not the major reason; cyclists who are also motorists are equally incompetent.

Irv writes about "flagrant disregard of the law, or even inconsiderate riding styles" but he does not specify what those are or how to correct them. I see two broad categories of errors being committed by cyclists: (1) the very visible types such as running stop signs, red lights, and failing to yield when required to pedestrians (these are general right-of-way violations); and (2) the much less obvious (but potentially just as hazardous) types that fall into the general class of unawareness and/or lack of understanding of the workings of the traffic system. Some examples: not anticipating the errors of others, improper road position for a given maneuver, not looking behind before moving laterally on the roadway, etc. The so-called "strong riders" often exhibit some of the most serious errors, yet because the cycling population is so inadequately trained in proper technique, the riding style of these "animals" is inscrutably revered and emulated.

The availability of good cyclist education is a very recent, and still spotty, phenomenon. The L.A.W.'s Effective Cycling program, which is largely based on John Forester's book of the same name and which has earned such acclaim that the title has become a generic name, has produced excellent results among all age groups and levels of prior experience wherever it has been given.

I have an ax to grind in writing this letter: I am a certified Effective Cycling instructor and get paid to teach the course. However, I have no shame, because over the past 10 years I have donated countless hours, as the L.A.W. Regional VP and in other capacities, toward improving the lot of cyclists, so I feel entitled to receive a modest fee for providing knowledge of life-prolonging value to my fellow wheel(wo)men. If the Club is serious about cleaning up its act, I invite the Board to contact me to see if arrangements can be made to make effective cycling available to the members.

6 Ed. Note: L.A.W. = League of American Wheelme

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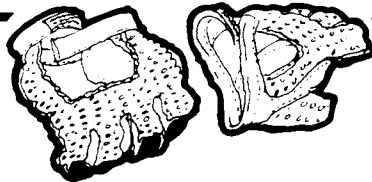


For Your Information --- By Gregory D'Agostino

It had to happen. Now there's a "haute couture" bicycle to match your designer sweatsuit. Hermés, the prestigious Paris leather company, is offering Raleigh bikes upholstered with handstitched natural impermeable cowhide on the handlebars, frame and saddle. The \$1,295 bike, available in men's and women's styles, has found 7 or 8 buyers in the USA since last October, among them designer Halston and Titti Wachtmeister, the socialite daughter of Swedish Ambassador Wilhelm Wachtmeister. The bike can be ordered through Hermés in Beverly Hills or Bergdorf Goodman.

If you're going to the bike races at the Lehigh Valley Velodrome in Trexlertown, PA, you may want to eat at the nearby Widow Brown's Inn, Route 222, in Wescoesville. The ambience created by the unusual decor, and the good food, certainly will enhance your outing. Chris Mailing and I give it a 3-star rating. The Bloody Mary was a bit odd. Have a Martini.

Conrad's Bike Shop, 236 East 46 Street, is carrying a new and unique cycle glove by Magigguanto of Italy. Lycra is used in place of the traditional cotton crochet. This glove is very thin & lightweight for a tight but stretching fit that allows freedom of movement. You may just forget you're wearing them.



FREEBIES -- by Daniel Creavy

Free copies (a limited amount) of a Nassau County Bikeway Map are available at American Youth Hostels, 132 Spring Street, New York City; or can be obtained by contacting the Nassau County Planning Department, Transportation Division, 222 Willis Avenue, Mineola, NY 11501 -- telephone 516/535-5875.

Also, a 92-page bicycle touring guide containing 11 maps is available free from the Long Island Regional Planning Board, H. Lee Bennison Office Building, Veterans Memorial Highway, Hauppauge, NY 11788. The guide was published by Dr. Henry C. Molinoff as a gift to the cycling community.

New Members

David Avery	21 W. 86th St. #1408	N.Y. 10024	724 -3268
Charlene Banney	73-12 35th St. #F65	Jackson Hts. 11372	672-5272
Mona Bergen	224 Riverside Dr. #3	N.Y. 10025	663-0059
Arlene Ellner	101 E. 16th St. #1G	N.Y. 10003	677-3306
Catherine E. Finch	112-20 72nd Dr. #B43	Forest Hills 11375	268-2844
Margie Hazerjian	324 E. 91st St. #26	N.Y. 10128	410-0872
Marcel Kupershoek	227 W. 22nd St.	N.Y. 10011	927-0157
Sidney Lang	65-90 160th St.	Fresh Meadow 11365	591-0764
Marty Levine	2280 E. 22nd St. 2nd fl.	B'klyn 11229	891-6852
Emily Norlund	3517 Snyder Ave.	B'klyn 11203	469-1952
T. H. Richards	30 Park Ave. #12C	N.Y. 10016	679-8931
Jody Sayler	49 W. 75th St.	N.Y. 10023	799-8293
Bep Udink	227 W. 22nd St.	N.Y. 10011	927-0157
David Vandevere	444 E. 82nd St. #4D	N.Y. 10028	988-3096
Genevieve Young	30 Park Ave. #12C	N.Y. 10016	679-8931

TOTAL MEMBERSHIP AS OF 10/1/83: 390.

CORRECTIONS TO THE NYCC 1983 MEMBERSHIP ROSTER:

Deborah Holtz			
Amy Weinstock	1257 59th St.	B'klyn 11219	799-8354

AND A NEW "E" RIDER! -- by Cyclops

Welcome to the newest member of our Club's growing "E" riders contingent!
("E" riders are the group classified below "D" riders, and could stand for enfant!).

Michael Adam Gelobter, 8 lb. 6 oz., arrived via "classic textbook delivery" at Maimonides Hospital, on Sunday, October 2, just in time for breakfast, at 8:15 a.m. Papa Lee Gelobter is "thrilled."

Lee, a purchasing agent for a children's clothing manufacturer, and wife Lori, former retail shop salesperson, now full-time wife and mother, have been married eight years, and Michael Adam is their first child. They all live in Sheepshead Bay.

Congratulations, and the best of luck, Lee and Lori, on the creation of a new customer, and cyclist!

Baby Michael joins 8-month-old Michelle Mantione and 7-month-old Helene ver Eecke in the Club's 21st Century generation. Are there any more "E" riders out there?

1. The Board approved the following resolutions:
 - a. That for the current election of officers, because of time constraints which did not permit equal advance notice to all candidates, no candidate be permitted either to speak on his/her own behalf at the general membership meetings or to include any statement of position in the Club bulletin.
 - b. That Martha Ramos be the official Club representative to the ad hoc interclub committee on railroad issues.
 - c. That the Secretary, Maggie Clarke, send a letter supporting bicycle access on Metro-North to the President of Metro-North.
 - d. That the Board members wear tags to identify themselves as official greeters at all general membership meetings.
2. The next meeting of the Board of Directors will be on November 1.

Copies of the minutes may be obtained from Maggie Clarke.

TREASURER'S ANNOUNCEMENTS - by Sara Schell Flowers

The good news:

- 1) We avoided raising dues this past year despite our increased printing and postage costs.
- 2) Combining our expenses to date with our projected expenses for the rest of the year, we should only have to dip into our savings by about \$6.00.
- 3) The Executive Board recommends that dues be increased for Fiscal '84 by only \$1.00 for each type of membership (to \$12.00 for an individual, and \$15.00 for a couple) in order to assure continued quality in our bulletin, our rides program, our meeting program, our membership services, and our presentations to the public.

The bad news:

None, if the \$1.00 dues increase is accepted by the membership.

Ads

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: 23½" Raleigh Professional, 1974 model. Reynolds 531, all Campagnolo except Avocet headset and Normandy Luxe Comp. hubs. Many miles, maintained annually, needs some parts for optimal performance, needs paint. Mechanic's special. As is, \$350.00. Chris Mailing, 879-6199.

FIRST CLASS

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

St. Charles street, New Orleans La. 1923



USA90c

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. OCC 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:

* AFTER LABOR DAY,
DUES ARE HALF
THE ANNUAL PRICE.

The New York Cycle Club, Inc.
P.O. Box 877
Brooklyn, N.Y. 11202.