

September
1983

NEW YORK CYCLE CLUB

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IN ITS 47TH YEAR

September
1983

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MARSHA TAGGART, GEARED UP FOR GEAR-UP '83.
SEE STORY INSIDE.

**Flash! MEETING PLACE CHANGED
SEE PAGE 5**

P.O. BOX 877, BROOKLYN, NY 11202

Ride Listings

GUIDELINES FOR CLUB RIDES

NYCC rides are intended to be friendly group rides; we don't like to "drop" or lose anyone. Riders whose physical or bicycle condition seem inadequate for the ride are to be turned back by the leader. Our leaders are truly reluctant to do this, so please cooperate with them:

- 1) Select rides within your capabilities - avoid downgrading the ride for your fellow riders and stressing yourself "trying to keep up" or, conversely, demanding a faster pace than advertised.
- 2) Be on time or a bit early. Rides will leave promptly.
- 3) Have your bike in good condition: both brakes working, properly inflated tires, adjusted derailleurs, no loose parts.
- 4) Bring water, snacks, spare tube, patch kit, pump and lights for after dark.
- 5) Eat a good breakfast.

RIDE CLASSIFICATIONS

		Riding Pace
"A+": ANIMALS:	Anything goes. Eats up roads, hills and all.	17+ mph
"A": SPORTS(WO)MEN:	Vigorous riding over hill and dale. High regard for good riding style. Can take care of themselves anywhere. Stops every two hours or so.	14-17 mph
"B": TOURISTS:	Moderate to brisk riding along scenic roads, including hills; destination not so important. Stops every hour or two.	11-14 mph
"C": SIGHTSEERS:	Leisurely to moderate riding. Destination oriented: nature, historical, cultural. Stops every half to one hour.	8-11 mph
"D": BEGINNERS:	Very leisurely sightseeing. Discovering bike and their bodies; training up to "C." Frequent stopping and regrouping. Do not believe reports of mere mortals riding 100 miles or more in a day.	-8 mph

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

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

Fri-Mon Sept 2-5
"A/B" VERMONT AYH BIKE/HIKE Leader: Amy Weinstock/AYH (Amy: 869-3050 and AYH: 431-7100). If you've never heard of the wonderful AYH lodge in Rochester, Vermont, you don't know what you've been missing. The Schoolhouse Hostel offers magnificent meals prepared by Dave Warmor, culinary wizard and "house parent." For "A" riders we will have a challenging century ride that twice crosses the backbone of the Green Mountains. The rolling hills and brief but steep rises will offer enough challenge to any "B" rider. Depart 6:00 pm Friday from AYH, 132 Spring St. Call Amy or AYH for details.

Fri-Mon Sept 2-5
"B+" ISLANDS WEEKEND Leader: Martha Ramos (858-9142). Spend the Labor Day Weekend touring the Islands: Fisher, Block and Shelter. Do a twin century by cycling out and back or take a bus which will also accommodate your bicycle. Departure for the century is 6:30 am from Hillside Ave and 179 St (last stop on the "E" or "F" train). Overnights will be spent on Shelter Island. You are responsible for your own bus or inn reservations. Call Art Guterding (350-8901) for the name of the bus service and Martha Ramos (858-9142) for the name of the inn. Martha will be leading the century at a B+ pace (12 mph). The cost will be \$130-\$140 per person.

Sat Sep 3 RAMBLING RESERVOIRS Leader: Ed Schweber (567-2661). Follow a meandering route in Westchester past the Croton, Byram Lake and Kensico Reservoirs. Food stops in Millwood and Armonk. Call Ed by that previous Thursday night, if you wish to go, to arrange starting point and time.

Sun Sept 4
"A" LEADERLESS RIDE. Meet at the Central Park Boathouse for a ride to a destination to be decided by those people who show up. As there is no leader, everyone is responsible for himself.
8:30 am

Sundays Sept 4, 18
"B" DIAL-A-RIDE Leader: David C. Miller (work: 594-5267 and home: 794-9365). If you would like to ride from Manhattan to Northern New Jersey and Rockland County, call the David Miller "Dial-A-Ride" service. Dave will put together a ride starting either in the morning or the early afternoon and which will get you home by 7 pm. Call Dave on Thursday or Friday evenings before 10 pm.
30-75 mi

Fri-Sun Sept 9-11
"A" SKYLINE DRIVE TOUR Leader: Gloria Lasoff/AYH (home: 879-6199 and work (at AYH): 431-7100). There may still be room, for well-conditioned riders only, on the Skyline Drive trip through the Blue Ridge Mountains in Virginia. A van will leave from AYH at 1:00 pm on Friday. The cost, excluding Friday and Sunday night dinners, is \$115. Call Gloria for more details. You must sign up for this trip at AYH, 132 Spring St in Manhattan.
222 mi

Sat Sept 10
"A" THE BEDFORD BANDWAGON Leader: Rich Herbin (666-2162). Meet at the Central Park Boathouse for a ride to Bedford Village and the New Croton Reservoir with breakfast at a diner in White Plains. The route will be hilly and scenic and includes Connecticut estate country and the woods of Sleepy Hollow.
90 mi
7:45 am

- Sun Sept 11 "A" 100 mi BEAR MOUNTAIN CENTURY Leader: AYH (431-7100). This will be the annual run of the AYH Bear Mountain Century. As we go to press, the precise details were unavailable. Usually riders assemble at 59 St and Fifth Ave at 6:30 am for a prompt 7:00 am departure; BUT YOU HAD BEST CHECK WITH AYH PRIOR TO THE DAY OF THE RIDE.
- Sun Sept 11 "B+" 100 mi 6:30 am LAW CENTURY - 100 in 12 (PPR # 9) leader: Irv Weisman (562-7298). Meet at 6:30 am at the Central Park Boathouse for the last of the Progressive Patch Rides. We plan to blaze our way, within the LAW 12 hour limit, over 100 miles of the marked club route plus hills, dales, and long valley roads and end at the George Washington Bridge. Eat a hearty breakfast, including protein foods, and bring energy snacks. There will be five moderate food and snack stops to keep us fueled. Call Irv if you plan to participate.
- Sun Sept 11 "B" 60 mi 9:00 am COLD SPRING HARBOR Leader: Boris Potievsky (381-9064). Meet at Queens Blvd. and Union Tpke at 9:00 am ("E" or "F" train to Union Tpke) for a ride to Cold Spring Harbor with a deli stop en route.
- Sun Sept 11 "C" 25 mi 8:45 am TOUR STATEN ISLAND BY BIKE Leaders: Betty Morelli and Charles Morris (Betty: 675-3753 and Charles: 477-3281). Meet at 8:45 am at the New York entrance to the Staten Island Ferry, or at 9:30 am at the Courthouse in St. George in Staten Island. We'll be stopping at the historic Richmond Restoration and the equally historic Conference House, an important Revolutionary War landmark at Tottenville. Bring lunch and a drink. Joint AMC ride.
- Wed Sept 14 "D" 15 mi 6:30 pm A VIEW FROM THE BRIDGE Leaders: Richard Lenat and Gregory D'Agostino (Richard: 592-2776 and Gregory: 272-4271). Meet at City Hall for a two-bridge (Brooklyn and Queensboro) bicycle crossing at twilight over the East River. Our ride will be along the Brooklyn-Queens waterfront giving us a very nice view of the Manhattan skyline - just what you need after a long day in the office. Bring snack and spare tube. Rain date: September 15. Joint Friends of the Parks ride.
- Sat Sept 17 "A" 100 mi P.B.P. RECOVERY RIDE Leaders: Jim Rex and Alex Bekkerman (Jim: 278-5562 and Alex: 362-6018). In the interest of the future accuracy of ride mileage we plan to ride five times up and down Skyline Drive in New Jersey, which is calibrated in tenth of a mile increments. Call Jim or Alex, after September 5 for more particulars.
- Sun Sept 18 "A/B/C" 25-125 mi HI - POINT HUNDRED Leader: Paumonok Bicycle Clubs. This is this year's running of an annual tradition always well attended by NYCC ers. It starts from Garden City in Nassau County. See elsewhere in the bulletin for more information and a registration coupon.
- Sun Sept 18 "A-" SCOUTING OUT A MYSTERY RIDE Leader: Marc Freedman (work: 524-1928 and home: 499-3440). Come help Marc scout out the Mystery Ride that he will be leading next week (check the Sept 25 listing for more details). We'll use a car to scout out the more urban sections of the route, then get on our bikes for the nicer sections. Call Marc for more details.
- Sun Sept 18 "B+" 80 mi 8:00 am BELMONT LAKE VIA SYOSSET Leader: David Moses (444-5681). Meet at 8:00 am at Queens Blvd and Union Tpke for a ride over the hills of Oyster Bay and Huntington. This is a difficult ride. Rest stop in Syosset and deli stop in Wyandanch, followed by a picnic in the park.
- Sun Sept 18 "C" 35 mi 10:00 am PASTORAL PARK PEDAL Leaders: Karen Kaplan and Gregory D'Agostino (Karen: 749-1459 and Gregory: 272-4271). Meet at Tramway Plaza (2nd Ave and 59 St). Bike through scenic Queens with its diverse neighborhoods to Forest Park and a touch of the country. For enthusiasts, there is even a model airplane field. We will visit two international pastry shops (Italian and Argentinian) as well as an all natural ice store with 2 or 3 stops for lunching and munching (buy or bring). Bring spare and a hearty appetite. Rain cancels. Joint AMC ride.
- Fri-Sun Sept 23-25 "C" 30/day MYSTIC CONNECTICUT WEEKEND Leaders: Roz Goldstein and Flora Cambi/AMC (Roz: 242-4130 and Flora: 201-869-0755). The cost is \$66.50 for two nights at the attractive Days Inn not including meals. Send stamped, self-addressed envelope, transportation situation and your \$66.50 by Sept 1 to the registrar: Flora Cambi, 9060 Palisades Ave, North Bergen, NJ 07047. This ride is limited to 30 riders.
- Sat Sept 24 "A-" 85 mi 8:00 am WESTCHESTER HILL CLIMBER Leader: Doug Blackburn (888-0048). Meet Doug at the Central Park Boathouse for a scenic early Fall ride over the hills of Westchester, including Whipporwill Road in both directions. The first food stop will be in Mt. Kisco, so have your breakfast before coming to the boathouse.
- Sat Sept 24 "B" 60 mi 8:15 am THE GREAT SWAMP AND BEYOND Leader: Roy Lawrence (TR-7-2292). Meet at 8:15 promptly at the World Trade Center, Church and Vesey Streets (outside), for departure on the 8:30 PATH train to Newark. Ride through some elegant suburbs to the Great Swamp

Wildlife Refuge and then through some parts of Jersey so rural that there are brief stretches of gravel road (sorry about that). Picnic near a deli, weather permitting, or indoors if chilly. The ride is moderately hilly. Bring \$1.00 in change for the PATH. Rain cancels.

- Sat Sept 24
"C" 15 mi
9:30 am
THREE ISLANDS BIKE TRIP Leaders: Lorraine Gewirtz and Sherman Cohen (Lorraine: 832-9073). Meet at 72 St and Fifth Ave for a repeat of this popular ride across two East River bridges to Ward's, Randall's and Roosevelt Island. Become airborne on the Tramway. If the weather is uncertain, phone Lorraine the night before until 10:30 pm. Bring (or buy) lunch, lock and spare.
- Sun Sept 25
"A+"
100-130 mi
7:00 am
MYSTERY RIDE Leader: Marc Freedman (work: 524-1928 and home: 499-3440). Meet at the Central Park Boathouse at 7:00 am for a challenging adventure into the little known reaches of Northern Morris County. The route has not yet been determined, so the exact destination is unknown, but the route will be scouted the week before (see last Sunday's listing). The route will be chosen for lightly traveled roads and the destination will be somewhere in the Sparta/Lake Hopatcong area. Call Marc the week before for details, or just show up, if you are adventurous.
- Sun Sept 25
"B" 100 mi
7:30 am
"B" CENTURY RIDE TO BEAR MOUNTAIN Leader: David C. Miller (home: 794-9365 and work: 594-5267). Meet at the Central Park Boathouse for an easy "B" century ride to Bear Mountain and back. There are three steep hills on the way up, but only one on the way back. Please bring your lunch and high energy snacks. Riders completing the ride within 12 hours will receive an LAW century patch; however, we will try to complete the ride in ten hours.

ADVANCED RIDE LISTING

The following ride, in October, requires advanced registration.

- Fri-Mon
Oct 7-10
"A/B/C"
SULLIVAN COUNTY OCTOBER RALLY(SCOR) Leader: Catskill Wheelman. NYCC is always well represented at this annual Columbus Day Weekend rally at the Tenanah Lake Lodge in Roscoe, New York. Rides range from a five mile downhill, with a truck to bring you back up to a century with two 1000 foot climbs. The cost is \$112 for Oct 7-10 and only \$82 if you stay Oct 7-9. Send coupon (elsewhere in this bulletin) plus the full fee to: Robert Klein, 21 Katrina Falls Rd., Rock Hill, NY 12775

1983 RIDE PREVIEWS

DATE	RIDE	LEADER	CLASS	DISTANCE (miles)
10/2	Bill Baumgarten Memorial Ride	Rides Committee	A/B/C	
10/7-10	SCOR (see advance listings)	Catskill Wheelmen	A/B/C	
10/8-10	Washington in 24 Hours	AYH	A+	250
10/16	Ridgefield Fall Foliage	Mailing	A	110

Membership Update

Robert T. Cambell	260-12 Langston Ave #1	Glen Oaks 11004	343-6620
Laura Inmar	8432 60th Rd.	Elmhurst 11373	
William Lankow	228 W. 15th St. #2A	N.Y. 10011	675-1342
Richard Lenat	48-30 91st Pl.	Elmhurst 11373	592-2776
Carol Mc Cloud	3395 12th Ave.	Bklyn 11218	633-1918
Frank Mc Murray	234 E. 24th St. #4	N.Y. 10010	889-9699
Peter A. Melillo	210 Fifth Ave. #302	N.Y. 10010	725-1349
Christine Monaco	200 E. 16th St. #3F	N.Y. 10003	677-0668
Christopher P. Moriarty	792 Columbus Ave. #4K	N.Y. 10025	666-1854
Seth Pinsky	11 Riverside Dr. #7SWest	N.Y. 10023	874-1269
Elin Posner	686 10th St.	Bklyn 11215	768-4803
Allen Shanks	3395 12th Ave.	Bklyn 11218	633-1918
Kathryn Stein	465 W. 23rd St. #11G	N.Y. 10011	929-5274
Arthur Zaretsky	303 E. 78th St. #1RE	N.Y. 10021	988-0687

September Club Meeting Program

MORE KNEES, PLEASE

-- Carole Chavanne, V.P. Programs

Voted the "Best Program of 1982," More Knees, Please is an encore performance of Roslyn Sofer's presentation about everything you ever wanted to know about knees but didn't know who to ask.

Roslyn Sofer, who is a Professor at Downstate Medical Center, and who operates her own physical therapy center (Community Physical Therapy in Middle Village), will explain how the knee functions, how it can be injured, and what therapeutic measures are available for damaged knees. She comes equipped with human bones (in addition to her own) and a slide show which details the therapy used on the injured knee of NYCC member Sara Flowers.

So come and learn, and bring your knee questions to an expert! September's Club Meeting will be held at:

Flash! Flash! Flash!

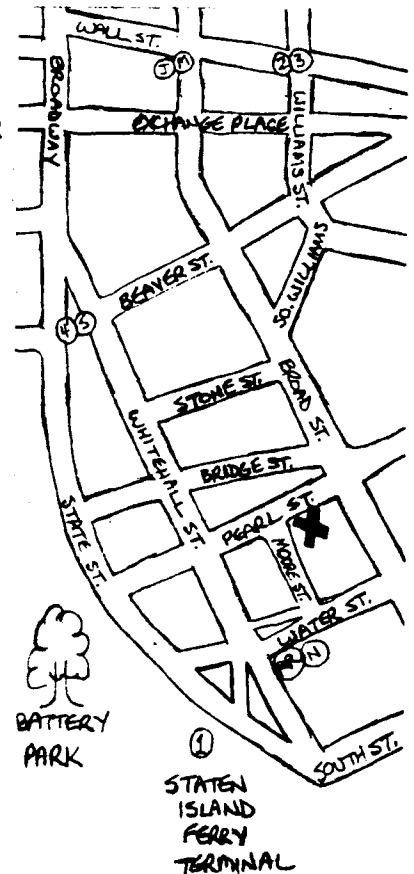
CLUB MEETING LOCATION CHANGED!

The September Club Meeting will be held on Tuesday, the 13th, at 6:30 pm for cocktails, 7:00 pm for dinner at the Steak and Brew Burger located on Pearl Street between Broad and Whitehall Streets in downtown Manhattan, near the Staten Island Ferry Terminal (see map on the right).

The restaurant is located near the following subway stops: Whitehall St. on the "N" and "RR", South Ferry on the No. 1, and Bowling Green on the Nos. 4 and 5. The Wall St. stop on the Nos. 2 and 3, and the Broad St. stop on the "J" and "M" lines are about 5 to 7 minutes walk away.

Steak and Brew Burger, despite it's name, will offer a limited menu that will probably include chicken and salad, and perhaps fish and quiche, in addition to the steak and burger fare you'd expect. Prices, though tentative as of this writing, will range from \$6 to \$12. Drinks will also be available.

Bicycle parking will be in the basement.



1983 RIDE RESULTS
(April-July)

DATE	RIDE	LEADERS	CLASS	RIDERS	RIDE MILES	CLUB MILES
4/2	"A" Trng Ride #8A	Mailing	A	7	65	455
4/2	"A" trng Ride #8	Lasoff/Bates	A-	18	65	1125
4/2	Armonk and Connecticut	Lawrence	B	11	50	550
4/2	Sound Shore of Westchester	Morris/AMC	C	12	50	600
4/2	NY Botanical Gardens	Clarke	C	25	27	675
4/2	Queens Parks	Sonsini/AMC	D	11	16	176
4/3	A Trng Ride #9	Vojtech	A	cancelled	rain	
4/9	A Trng Ride 10 & 10A	Bates/Lasoff/Mailing	A	10	55	550
4/9	Kingsland Point Park	Taggart	B	3	40	120
4/9	Prologs Discount Special	Gelobter	B	no report		
4/9	PPR #3	Weisman	C+	5	38	190
4/9	Staten Island	Friedberg/AMC	C	8	25	200
4/10	"A" Trng Ride #11	Mailing	A	cancelled	rain	
4/10	Club Route Backwards	Miller	B	cancelled	rain	
4/16	"A" Trng Ride #12 & 12A	Bates/Lasoff/Mailing	A+/A	cancelled	rain	
4/16	Coney Island	Erlentbach/AMC	C	cancelled	rain	
4/17	Greenwood Lake	Schweber	A	6	100	600
4/17	Cherry Blossom Ride	Weisman/AYH	C+	48	38	1824
4/17	Mini Tour #1	D'Agostino	C/D	cancelled		
4/23	Saddle River to Nyack	Gelobter	A-	13	75	975
4/23	Breezy Point	Bahensky	C	20	50	1000
4/24	Bear Mountain	Herbin	A	cancelled	rain	
4/24	Glen Cove via Brookville	Potievsky	B	cancelled	rain	
4/24	Five Boro Bike Tour	Bauman/AYH	C	7000	36	252000
4/30-5/1	New Jersey Shore	Schweber	A	cancelled		
4/30	Green Pond Scoute	Blackburn	A-	6	90	540
4/30	PPR #4	Weisman	B-	10	37	370
4/30	Queens Parks	Sonsini	D	9	16	144
5/1	Syosset	Ed and Sara Flowers	B-	17	45	675
5/1	Pastoral Park Pedal	Johnson/Kaplan/AMC	C	30	35	1050
5/7	Oyster Bay	Blackburn	A	13	75	975
5/7	Conservation Ride	Taggart	B	9	50	450
5/7	The Cloisters	Clarke/TA/Sierra Club	C	16	29	493
5/8	Poking Through Putnam	Herbin	A	3	110	270
5/8	Centre Island	Barth	B	13	60	780
5/8	Eagle Rock Loop #1	Weisman	C+	9	45	405
5/14-15	Montauk Weekend	Rutkowski	A-	5	230	1150
5/14	Nyack -The Scenic Route	Vojtech	A	3	50	150
5/14	Beach at Bayville	Sara Flowers	B-	15	50	710
5/15	PPR #5	Weisman	B-	cancelled	rain	
5/21	Rockland Sortie	Herbin	A-	7	75	525
5/21	Passaic Falls	Lawrence	B	6	45	225
5/21	Three Islands	Gewirtz/Cohen	C	cancelled		
5/22	Lake Hopatcong (modified)	Schweber	A+	2	75	150
5/22	Marked Route Backwards	Miller	B	15	65	975
5/22	Staaten Eylandt	D'Agostino/Lenat/POP	C	36	15	540
5/28-30	New Hope Weekend	Gelobter/Rutkowski	A-	9	120	920
5/29-30	Pepsi Marathon (NYCC Entry)	Joan and Marty Karrin	A/B/C	5	-	765
6/4	High Tor	Blackburn	A-	3	80	240
6/4	And Then There Was Light	Gewirtz/Cohen/AMC	C	cancelled		
6/5	All Class Ride to Tallman	Mailing	A	13	90	940
		Miller	B	39	52	2028
		Lehman	C	21	42	882
6/11	Ramapo Valley Reservation	Gelobter	A-	13	85	1105
6/12	Bear Mountain	Herbin	A	11	95	1045
6/12	Glen Cove	Potievsky	B	11	55	605
6/12	PPR #5 (rescheduled)	Weisman	B-	9	50	450
6/12	Manhattan Murals	Loeb/Weinberg/AMC	D	20	15	300
6/18	Delaware and Raritan Canal	Lawrence	B+	8	80	640
6/18	Yorktown Roundabout	Taggart	B	3	37	111
6/18	Palisades Biking	Truncellito/AMC	C	20	25	500
6/19	The Sins of Sodom	Schweber	A	6	110	660
6/19	Sagamore Hill	Barth	B	12	55	660
6/19	Yonkers Park/Wave Hill	Clarke/TA/Sierra Club	C	4	45	180
6/19	Summer Gourmet	D'Agostino/Lenat/POP	C	51	19	969
6/24-26	All Class Weekend	Gelobter	A/B/C	6	-	525
6/25	Sagamore Hill	Rex	A	cancelled		
6/25	Coney Island Mermaids	D'Agostino/Ellner	C	12	35	420
6/26	New Hope	Bauman/AYH	A	52	120	6240
6/26	Lake DeForest	Miller	B	11	75	825

RIDE RESULTS (continued)

DATE	RIDE	LEADERS	CLASS	RIDERS	RIDE MILES	CLUB MILES
6/26	Planting Fields Arboretum	Sara Flowers	B	11	55	605
7/1-4	Shelter Island Weekend	Ramos	B+	12	250	2000
7/1-4	Shelter Island Camping	Ehrlich	B+	1	250	250
7/2	High Tor State Park	Gelobter	A-	4	75	300
7/4	July Fourth Century	Miller	B+	cancelled		
7/10	Lake Hopatcong	Schweber	A	2	120	240
7/10	Great Neck Break	Sara Flowers	B	14	40	560
7/10	PPR #6	Weisman	B-	4	63	252
7/10	Insomniacs Bike Tour	D'Agostino/Lenat/FOP	C	112	15	680
7/16	Bayville Beach	Gelobter	A-	no report		
7/16	Teatown Lake	Taggart	B	4	64	256
7/16	River Road Exploratory	Clarke/TA/Sierra Club	C	no report		
7/17	Nyack The Pretty Way	Miller	B	no report		
7/23-24	Ashokan Reservoir	Rex/Bekkerman	B	no report		
7/23	Mountain Lakes	Blackburn	A+	4	250	1000
7/24	Bethpage Via Oyster Bay	Moses	A-	8	95	690
7/30	Echo Lake (modified)	Goldthwaite	B+	no report		
7/30	Muscot Park	Taggart	A-	5	92	398
7/31	All Class Ride to Bethpage	Mailing	B	no report		
		Blackburn	A+	8	121	968
		Ramos	A-	7	85	545
		Barth	B+	8	65	280
		Weinstock	B	7	60	420
			C	11	40	440

IRONLEG CHRONICLES:

by Jim Rex

Last year's intensified training program of 30-75 daily with 400 weekly miles I felt justified of existence that culminated in a record 38 hour ride to Montreal. This kept me so busy improving I had only been able to realize much of it's significance somewhat later; for instance I could have surpassed my 9111 miles for the year if only had the strategy to make enough time for such task in advance as 10,000 miles per year (fiscal or Calendar).

By 25 July 1982 I missed the chance to brag about my total mileage since the beginning of 1973, which amounted to 50,000.

I remembered less significant things I learned long ago, such as "if you're affraid of being dropped, might as well ride alone just like the guy who dropped every one else".....But this new development presented a situation with room for improvement even for me.

For starters all I tried to accomplish was just to live up to my reputation as if anybody cared or expected it of me, instead of such modesties I found myself faced with having to learn to live and cope with greatness even I wasn't accostumed to. To rectify this situation by 7 August 1983, armed with aspray can of paint I have made a first time commemorative effort in a celebrative gesture at a suitable site that amounted to 60,000 miles of riding. The honor took place at Old Mine American Youth Hostel by the Delaware River in N.J.

This was witnessed and highly endorsed by authoritative Alex Bekkerman. He's my latest protegee I play side kick to this year, in an effort to provide him with moral support attempting to surpass possible mental hurdles that could make him the fastest P.B.P. rider of the U.S.A.-East Coast, in France by the time you read these lines.

My role and undertaking will be limited to a pending bike duel with Steve Bauman: who beat me by 15 minutes four years ago on this 1206 km / 756 mile 4 days and 3 nights event. I would have tried sooner, but as with Olympic events there was no opportunity sooner.

Considering the scope and magnitude of this situation; related to travel, lodging, meals and miscellaneous expenses this could turn out to be a \$100 per minute proposition. It's obvious modest as I may be, I still have a big ego to feed. Notoriety can be expensive.

NEW BICYCLING LAW SIGNED BY GOVERNOR

-- Herb Alfasso, State Legislative Representative for New York State,
League of American Wheelmen (LAW)

Governor Cuomo recently signed a bill into law in June 1983 which clarifies the rules of the road as they pertain to bicyclists. The new legislation is one of five prepared by the Assembly Program Development staff (Burt Porter) and which LAW supported.

Essentially, the new law gives bicyclists the right to move away from "as near to the right side of the roadway as practicable or upon a usable shoulder on the right side of the highway" under certain conditions such as when making a left turn. Although most of us practiced what the new law allows we lacked a legal right which could have adversely affected us in a legal contretemp with a motorist or law enforcement official. The actual bill is represented below:

Section 1. Subdivision (a) of section twelve hundred thirty-four of the vehicle and traffic law, as amended by Chapter one hundred forty-nine of the laws of nineteen hundred seventy-six, is amended to read as follows:

(a) [Where no bicycle lane or bicycle path is provided, every person operating a bicycle upon a highway shall ride either as near to the right side of the roadway as practicable or upon a usable shoulder on the right side of the highway] Upon all roadways, any bicycle shall be driven either near the right-hand curb or edge of the roadway or upon a usable right-hand shoulder in such a manner as to prevent undue interference with the flow of traffic except when preparing for a left turn or when reasonably necessary to avoid conditions that would make it unsafe to continue along near the right-hand curb or edge. Conditions to be taken into consideration include, but are not limited to, fixed or moving objects, vehicles, bicycles, pedestrians, animals, surface hazards or traffic lanes too narrow for a bicycle and a vehicle to travel safely side-by-side within the lane.

2. Section twelve hundred thirty-four of such law is amended by adding a new subdivision (d) to read as follows:

(d) Any person operating a bicycle who is entering the roadway from a private road, driveway, alley or over a curb shall come to a full stop before entering the roadway.

3. This act shall take effect immediately.

NOTE: Matter underscored is new; matter in brackets is old law and is to be omitted.

For Your Information

by Gregory D'Agostino

The Board of Directors are seeking your ideas and designs for a sew on New York Cycle Club patch. Of course your sketch(es) do not have to be artist quality, but colour scheme is important. Please submit your ideas designs to any Board Member by Wednesday, September 7. We will be making our selection then.

* * *

The Concord Courier Service is organizing a Bicycle Messenger Olympics to be held sometime this autumn. A street in Manhattan will be closed especially for this event. Entrants will be judged on safety and skills (mechanical, cycling, & delivery). For more information contact Doug Blackburn 212/888-0048.

* * *

So you thought that \$3,000 cycle in Conrad's was something --- did you know that in 1885 the arch show-off, Diamond Jim Brady, took a dozen bicycles to Tiffany's and ordered that they be plated with gold and the handlebars injected with diamonds. He gave the bicycles to friends, keeping one or two for riding in Central Park next to his especial friend, Lillian Russell, for whom he had ordered a spectacular \$10,000 machine. It was entirely covered with gold plating, the handlebars mounted with mother-of-pearl incised to allow for jeweled initials, the spokes covered with stones that flashed back into the sun myriad little lights with each turn of the wheels.

ADS

For Sale: New Columbia male 21" frame, silver/gray, with Sun-Tour Derailer. Reasonable price. Call Jane at 441-9572 (evenings).

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

SCOR '83 Application

Name _____ # in group _____

Address _____ Zip # _____

Telephone # _____ Years at SCOR before '83 _____

() October 7, 8, 9 - \$ 82.00

() October 7, 8, 9, 10 - \$ 112.00

I prefer to be housed with _____

SUMMARY, AUGUST **Board of Directors Meeting** MINUTES, (UNAPPROVED)

1. Without formal resolution the Board decided that:
 - a. The Club will publicize and encourage Club members to participate in judging Concorde Courier Service's Bicycle Messenger Olympics,
 - b. Tony Nappi will be asked to produce two final designs for Club patch (designs from other members can be submitted to the Board by Sept. 7),
 - c. The Club Bulletin will continue featuring C rides led by other clubs.
 2. The next meeting of the Board will occur on September 7.
-

GEAR-Up '83 -- by Cyclops

Cover girl Marsha Taggart biked an average of 90 miles a day for 6 days to get to GEAR-Up '83 this past Memorial Day Weekend. Between her home in Yorktown Heights and Slippery Rock (Pa.) State College were 527 miles over hilly terrain--"especially the last day." "Nothing flat around here," said Marsha, smiling through her sore seat. Although Marsha's trip was a well-planned relay of overnight visits with parents, sister, cousins, and grandmother, she carried a tent and sleeping bag, and camped out one night. Congratulations, Marsha!

Also to be lauded: two Davids--Miller and Moses--who biked 60 of those hilly miles from the Pittsburgh Airport north to Slippery Rock. "Take all the hills of all the rides of the club and put them one after the other--that's the ride from Pittsburgh," they said. Or, described another way: "Put 10 East Clinton hills back to back." Dave Miller said he clocked 50 miles coming down one Pittsburgh hill (he clocks 42 miles coming down East Clinton).

Other masochists from the Club who went to GEAR this year: Chuck Albert, Steve Bauman (who drove the AYH van all the way to and from), Danny Caban, Maggie Clarke, Richard Herbin and Hannah Holland, Bill Hoffman, Gary Krzynowek, Nella Miraglia, Mike Nelson, Martha Ramos, Irene Walter (who can report a killer D ride), and Irv Weisman. A memorable time was had by all!

On Sunday, SEPTEMBER 18th, the "HI-POINT HUNDRED," the largest Long Island bicycle touring event will be held. Over 500 cyclists will be cycling on scenic and well marked roads.

This event is a patch ride. For the AYH patch, the 25 mile ride has to be finished in 3 hours; the 50 miles in 5 hours; the 100 miles in 10 hours. For the LAW patch: the 50 miles in 6 hours; the 100 miles in 12 hours. For the double metric, 125 miles, we ask that it be finished in 12 hours. Due to the event of darkness we ask that only those who can do 100 miles in about 8 hours go on the double metric. These rides go over some of the best hills in Long Island, the route is designed so you have to go up rather than down. However, if patches are not your thing, your own enjoyment will be your reward at any speed.

The "HI-POINT HUNDRED" is meant to be a fun event with a chance after the ride to relax on the shaded grass and meet with new and old friends.

If you have been on the "HI-POINT HUNDRED" before, come on back! If you have never attended before, come and enjoy a day FOR cyclists, WITH cyclists, PUT ON by cyclists, and discover how great Long Island is!

Name: _____

Address: _____

Phone () _____

How did you hear of this event? _____

AUTOMOBILE LICENSE _____ ADULT - YES NO

Distance to be covered: ☐ 25 ☐ 50 ☐ 100 ☐ 125

I Plan to start at: ☐ Nassau Community College
☐ Suffolk (Staller Office Park)

EMERGENCY CONTACT

Name: _____ Relationship: _____ CLUB AFFILIATION _____

Phone () _____

FEE: \$4.00 BEFORE Sept. 1, 1982; \$5.00 After

Please make Check or M.O. to: Paumonok Bicycle Clubs, Inc. and send to:

PAUMONOK BICYCLE CLUBS

P.O. BOX 7159A

HICKSVILLE, N.Y. 11802

(Include an S.A.S.E. if you need travel directions)

Time Out: _____

Time In: _____

WAIVER OF RESPONSIBILITY

None of the organizing or sanctioning clubs will be held responsible for any damage or injuries incurred during the course of this event.

Signature _____

Signature of Parent or Guardian (If under 18) _____

Organizers:

The Grumman Cycle Touring Club
Massapequa Park Bicycle Club, Inc.
Suffolk Bicycle Riders Association
HUNTINGTON BICYCLE CLUB

Sanctioned by:

The League of American Wheelmen
American Youth Hostels (AYH),
Metropolitan and Long Island Council

Date: SUNDAY, SEPTEMBER 18, 1983

Meet:

WEST STARTING POINT
Nassau Community College
Stewart Ave., Garden City

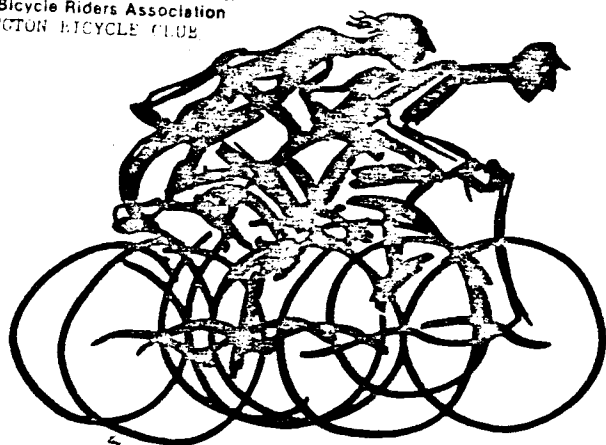
EAST STARTING POINT
Staller Office Park
1455 Veteran's Highway
Hauppauge
(Exit 57 L.I. Expressway)

Time:

Double Metric Century 6:30 AM
Full Century 7:00 AM
Half Century 9:00 AM
Quarter Century 10:00 AM

Fees:

\$5.50 BEFORE SEPT. 6th., \$6.50 AFTER
PARTICIPATING CLUBS RECEIVE \$1.00 ADDITIONAL
PARTICIPATION PATCH - FREE DISCOUNT
AYH PATCHES - MEMBERS - FREE
- NON MEMBERS - \$1.00
LAW PATCH - FREE



The Hi-Point Hundred

All Riders
Are Welcome!

HELMETS RECOMMENDED

FOR INFORMATION:

PAUMONOK BICYCLE CLUBS
P.O. BOX 7159A
HICKSVILLE, N.Y. 11802

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
212-784-8385



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:

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

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