

April
1984

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I N I T S 4 8 T H Y E A R

**April
1984**



Pg(s) I N S I D E

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- 5 April Club Meeting Program:
* THE MAKING OF AN OLYMPIC CYCLIST *
Tuesday, April 10, 6:30 p.m.
The Thomas Street Inn Restaurant
- 5 1984 Ride Previews
- 6 Bridging the Gap
- 6-7 Let's Show Our Concern for George Washington Bridge Access!!!
- 8 Death of the Bikelanes: Some Facts We Never Knew
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Cover art contributed by Rosalie Gustafson.



P.O. BOX 877, BROOKLYN, NY 11202

Ride Listings -- compiled by Sara Flowers, V.P. Rides

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 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 CLASSIFICATION

		Riding Pa
"A+": ANIMAL	Anything goes. Eats up roads, hills and all.	17+ m
"A": SPORTS(WO)MAN	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 m
"B": TOURIST	Moderate to brisk riding along scenic roads, including hills; destination not so important. Stops every hour or two.	11-14 m
"C": SIGHTSEER	Leisurely to moderate riding. Destination oriented: nature, historical, cultural. Stops every half to one hour.	8-11 m
"D": BEGINNER	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.	to 8 m

Any member may lead a ride. See the respective Ride Coordinator to submit a Ride Listing form. (Names and telephone numbers of Ride Coordinators are listed elsewhere in the bulletin.)

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

- Sun Apr 1
"A"
90 mi.
8:30 AM
A TRAINING RIDE #9 Leader: Ed Schweber (567-2661). To Waldwick and Pequannock; food stops in Waldwick and Pequannock. Estimated riding time: 6 hours. Ride starts at Central Park Boathouse with alternate pick-up at Geo. Washington Bridge South walk ramp at 9:05 AM. Be prepared to ride the distance in the indicated time (in order to keep the group together). Maps will be available. Ride may be modified or cancelled due to cold (below 30 degrees F.), high winds, or wet weather.
- Sun Apr 1
"B"
50 mi.
9:45 AM
B TRAINING RIDE #8 -- APRIL FOOL'S LOOP Leader: David Miller (794-9365). Make a fool of yourself by doing the marked club route in reverse (perverse!). Meet at the Geo. Washington Bridge Terminal, 178th St. and Ft. Washington Ave. (A train to 175th Street station). Want to do more than 50? Then meet ride leader at 9:00 A.M. at the Central Park Boathouse. This is a hilly ride. Cancelled if temp is below 40 degrees F. at start of ride, if it is raining or road is icy, if winds are 15 MPH or greater, or if forecast is 75% or greater for precipitation.
- Sun Apr 1
"C"
30 mi.
9:00 AM
"APRIL FOOL, APRIL LOVE, FAREWELL NEW YORK CYCLE CLUB" RIDE Leader: Phyllis Lehman (636-5716). Two meeting times: 9:00 A.M. at Grand Army Plaza in Brooklyn (under the arch) or 10:00 AM at South Street Seaport in Manhattan. Please join me for one last grand tour of favorite N.Y. places as I prepare to depart for Boston. We'll start in Brooklyn, travel over the Brooklyn Bridge to meet the New York contingent at the South Street Seaport, where we'll pause briefly. Then up the East River bike path to Sutton Place, the U.N., and Gracie Mansion where we will turn inland for a spin in Central Park. Then on to the Cloisters for lunch overlooking the Hudson. Back down the West Side next, and we'll end our day at Barnabus Rex Pub for a "few beers." I hope all my good friends will help me to bid New York a fond farewell. I'll miss you all. Bring or buy lunch; rain cancels.
- Sat Apr 7
"A"
65 mi.
9:30 AM
A TRAINING RIDE #10 Leader: Steve Sklar (245-3245); for A riders continuing to regain full conditioning. To Larchmont, Scarsdale and White Plains; food stop in White Plains; estimated riding time: 4 hours. Ride starts at the Central Park Boathouse with an alternate pick-up at the Broadway Bridge (over the Harlem River) at 10:15 AM. Be prepared to ride the distance in the indicated time (in order to keep the group together). Maps will be available. Ride may be modified or cancelled due to cold (below 30 degrees F.), high winds, or wet weather.
- Sat Apr 7
"A"
70 mi.
9:30 AM
A TRAINING RIDE #10A Leader: Chris Mailing (879-6199); for in-condition A riders. To Mamaroneck, Chappaqua, and Pocantico Hills; estimated riding time: 4 hours. Pace line will be maintained. Ride starts at the Central Park Boathouse with an alternate pick-up at Fordham Road at the Grand Concourse at 10:15 AM. Be prepared to ride the distance in the indicated time (in order to keep the group together). Maps will be available. Ride may be modified or cancelled due to cold (below 30 degrees F.), high winds, or wet weather.
- Sat Apr 7
"B"
55+ mi.
9:30 AM
B TRAINING RIDE -- CROTON ON HUDSON Leader: Martha Ramos (858-9142). Meet at 242nd St. and Broadway in the Bronx. Take the #1 Train to the last stop. This will be a hilly and historic trip into Westchester with an indoor lunch stop. Cancelled if temperature is below 40 degrees F. at the start of the ride, if it is raining, or if the road is icy, if the winds are 15 MPH or greater, or if the forecast is 75% or greater for precipitation.

Sat Apr 7 THE MAGICAL MYSTERY TOUR Leader: Roseann Korsaa (549-2034). We'll be gathering at the Pulitzer Fountain, 5th Avenue & 59th St., for a steadily paced ride with some hills. By casting wonderful spells we'll turn the most ordinary day into a Magical Mystery Tour. If you'll let yourself go, the bike will take you away to marvellous places. So, pack a lunch, bring a lock, and expect to obey the traffic lights.

Sun Apr 8 A TRAINING RIDE #11 Leader: Doug Blackburn (888-0048) To Mamaroneck, Goldens Bridge, Mt. Kisco, and Pocantico Hills; food stops in White Plains and Bedford Village; estimated riding time: 100 mi. 6-1/2 hours; alternate pick-up at Fordham Rd at the Grand Concourse at 8:15 AM. Be prepared to ride the distance in the indicated time (in order to keep the group together). Maps will be available. Ride may be modified or cancelled due to cold (below 30 degrees F.), high winds, or wet weather.

Sun Apr 8 B TRAINING RIDE -- SOUTH SHORE EXPLORER Leader: Sara Flowers (544-9168). Meet at 179th St. and Hillside Ave. in Queens (last stop on the E or F Trains). The route will take us through various scenic South Shore areas. Indoor lunch stop. Cancelled if temperature is below 40 degrees F. 50 mi. at the start of the ride, or if it is raining or if the road is icy, or if the winds are 15 MPH or greater, or if the forecast is 75% or greater for precipitation.

Sat Apr 14 A TRAINING RIDE #12 AND #12A Leader: Lee Gelobter (646-7037) for A riders continuing to regain full conditioning; Leader: Chris Mailing (879-6199) for in-condition riders. To Saddle River, N.J. and Nyack with food stop in Nyack; estimated riding time for Lee's group: 4-1/4 hours; and for Chris' group which will maintain a pace line: 3-3/4 hours. Both rides start at the Central Park Boathouse with an alternate pick-up at the George Washington Bridge south walk ramp at 9:35 AM. Be prepared to ride the distance in the indicated time (in order to keep the group together). Maps will be available. Ride may be modified or cancelled due to cold (below 30 degrees F.), high winds, wet weather, or George Washington Bridge transit problems.

Sat Apr 14 B TRAINING RIDE -- ARMONK AND CONNECTICUT Leader: Roy Lawrence (TR 7-2292). Meet at the Grand Concourse and Bedford Park Blvd. (D Train). A pretty ride north along the Bronx River, then around the reservoir to Armonk. Lunch indoors at a deli or outdoors in a park depending on the weather. We will return via Riverside Rd. in Connecticut, which includes one of the most delicious downhills in the metropolitan area, and the Saxon Woods area of Westchester. Cancelled if the temperature is below 40 degrees F. at the start of the ride, if it is raining or if the road is icy, if the winds are 15 MPH or greater, or if the forecast is 75% or greater for precipitation.

Sun Apr 15 BEAR MOUNTAIN FOR 30 CENTS Leader: Alex Bekkerman (362-6018). Meet at the Central Park Boathouse. We'll cross the George Washington Bridge in my car (5 bikes and riders maximum), park at Fort Lee, and immediately take off along 9W. As you understand, we'll split the bridge toll of \$1.50. 80 mi. I don't promise many stops; I do promise you a good workout. Total time (riding, loading, driving) is estimated at 6-1/2 hours. Call Alex for advance reservations.

Sun Apr 15 B TRAINING RIDE -- GARVEY'S POINT Leader: Alinda Barth (441-5612). Meet at 179th St. and Hillside Ave. Queens (last stop on the E or F trains). Ride is to the Long Island area of Garvey's Point. Indoor lunch stop unless the weather cooperates. Cancellation if temperature is below 40 degrees F. 55 mi. at the start of the ride, if it is raining, if the road is icy, if the winds are 15 MPH or greater, or if the forecast is 75% or greater for precipitation.

Sun Apr 15 NINTH ANNUAL CHERRY BLOSSOM RIDE Leaders: Irv Weisman (562-7298), John Lubaszka (523-2198), David Miller (794-9365), Maggie Clarke, and Mike Harvest. Meet at 9:00 AM at the Coliseum (Broadway & 60th St.) or 9:45 AM at City Hall Park to take the 10:25 AM PATH from the World Trade Center to Newark (fare: \$.50 in change) for an easy-paced, sociable ride through Branch Brook Park to the Cherry Groves in Belleville. Bring lunch or buy the makings nearby. Explore the scenic walks and views, and join many Japanese families who also come to enjoy the blossoms at this time. We'll ALL return to NYC via the George Washington Bridge (PATH cannot handle us on Sun. afternoon), encountering a few stiff climbs on the way. This year, because of repairs to the bridge walks, we must be escorted across the bridge as a group; so do not plan to leave the group early to cross the bridge before the scheduled group time. Ride cancelled if the weather bureau's 8:00 AM prediction of rain is 60% or greater. Joint NYCC/AYH ride.

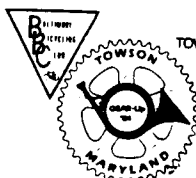
Sat Apr 21 OYSTER BAY AND BEYOND? Leader: Lee Gelobter (646-7037). Meet at 8:30 at Tramway Plaza (59th St. & 2nd Ave.) for a quickly paced (15-17 MPH) ride to Oyster Bay with the possibility of an additional loop to Sagamore Hill if time and weather permit. Call Lee for further details.

Sat Apr 21 FIRST RIDE TO DEAR OLD BAYVILLE Leader: Alinda Barth (441-5612). If you are just dying to climb Heart-break Hill, meet Alinda at the Statue on Queens Blvd. (take the E or F trains to Union Turnpike) for the season's first Bayville Ride. Lunch on the beach if it's nice.

Sun Apr 22 RAMBLING RESERVOIRS Leader: Ed Schweber (567-2661). Meet at the Central Park Boathouse for a prompt, 7:30 AM departure for a highly scenic ride past the Croton, Byron Lake, and Kensico Reservoirs. Food stops in Briarcliff and Armonk. There are a few stretches of dirt roads. Call Ed for further details.

Sun Apr 22 BLAUVELT STATE PARK Leader: Dan Yalisove (677-8237). Meet at the George Washington Bridge walkway at 9:30 AM (take the A train to the 175th St. Station) or, for a longer ride, meet the leader at the Central Park Boathouse at 9:00 AM. Ride to Blauvelt State Park. This is a moderately hilly ride with one major climb. Bring a lock as there might be an indoor lunch stop.

- Sun Apr 22 **NEW YORK BOTANICAL GARDEN'S TULIP SHOW VIA LOWER WESTCHESTER** Leader: Maggie Clarke (567-8272).
 "B-" Meet at the northeast corner of Columbus Circle for a brisk trip along the river and Westchester
 40 mi. suburbs to the annual spring show at the New York Botanical Garden. Bring \$2.50 for entrance into
 10:15 AM the conservatory (grounds are free), a lock, tools, and lunch or lunch money. Call Maggie for rain
 date. Joint NYCC/Sierra Club ride.
- Sun Apr 22 **JAMAICA BAY WILDLIFE REFUGE** Leader: Herb Wasserman (859-0845). We'll take the tramway to Roose-
 "C" velt Island and then proceed to Broad Channel. Expect to see some strange birds (including some with
 45 mi. wings). The route home will be by way of Rockaway, Rias Park and the Brooklyn bike lanes to the
 10:00 AM Brooklyn Bridge. The ride is flat and the pace will be easy. Bring or buy lunch. Rain cancels.
 Meet between 59th and 60th Streets on 2nd Avenue at 10:00 AM. Joint NYCC/AMC ride.
- Sat Apr 28 **BEDFORD VILLAGE** Leaders: Steve Baron (228-0555) and Marty Wolf (935-1460). Come early; we'll leave
 "A-" on time. Warm-up for the Five Borough! 75-80 wonderful, springtime, hilly miles into West-
 80 mi. chester. Snow or temperature below 20 degrees F. cancels.
 8:30 AM
- Sat Apr 28 **WESTCHESTER RAMBLE** Leader: Marsha Taggart (914-962-5991). Meet Marsha at 9:00 AM at Jerome Ave. and
 "B" Woodlawn (last stop of #4 train) for a 60-mile ride into mid-Westchester. Lunch will be in-
 60 mi. door if weather is cool, or a picnic if warm.
 9:00 AM
- Sun Apr 29 **HUNTINGTON -- COLD SPRING HARBOR** Leader: Steve Sklar (245-3245). Meet at the Central Park Boathouse
 "A" for a brisk ride which takes as much advantage as possible of pretty North Shore roads. Food
 75 mi. stop in Bayville.
 8:00 AM
- Sun Apr 29 **LONG ISLAND MYSTERY RIDE** Leader: Chuck Albert (786-2779). Meet at the Statue on Queens Blvd. at Union
 "B" Turnpike at 8:30 AM. Take E or F train to Union Turnpike. Join me on my inaugural ride as a leader.
 65+ mi.
 8:30 AM
- Sun Apr 29 **FIVE BORO BIKE TOUR** Leader: AYH (431-7100). The world's biggest bike tour. Call AYH for info.
 36 mi.
 7:30 AM
- Sat-Sun **2ND ANNUAL MONTAUK TWIN CENTURY WEEKEND** Leader: Larry Rutkowski (304-0485). Enjoy a mellow ride out
 May 19-20 to Montauk Point on the southern fork of Long Island. On Saturday, we will be following a central
 "A/B" route via Riverhead. Coming home we will use the same route that AYH will be using for their May
 230 mi. 20 Montauk Century (wave to your friends!). Our group will stay in a motel in Montauk on Saturday
 night. Call Larry after 7:00 PM for details and motel reservations.
- May 26, **NEW HOPE** Leaders: Lee Gelobter (646-7037) and Larry Rutkowski (304-0485). Join Lee and Larry for
 27, & 28 a weekend trip to New Hope, Pa. We will ride 60 miles on Saturday and Monday. Sunday activities are
 "A/B" up to you. Participants should make their own reservations at the Lambertville House (609-397-0202).
 120+ mi. Approximate cost per room: \$80 for the weekend. Call Lee or Larry for further information.



GEAR-UP 84
TOWSON (MD) STATE UNIVERSITY
JUNE 15-18, 1984
 "Saddle Up for GEAR-UP"

From Friday, June 15, through Monday afternoon, June 18, GEAR-UP 84 will be held at Towson State University located just north of Baltimore, Maryland. Participants will be housed in air-conditioned rooms. The University is within easy access to covered bridges, quiet country roads, old country churches, and general stores. There is a variety of terrain -- from rolling farmland for the C and D riders, to the hills of the northwest part of the Northern Baltimore County for the strongest riders. Interesting sights such as the Ladew Topiary Garden and the Boordy Vineyard will be on the bike routes.

About 60 exhibitors are expected to show the latest in cycling equipment. A great variety of work-shops will be available, including those of Bob McNair on the history of bicycling and restoring antique bikes, and Mike Reudy's multi-media show on his trip from Alaska to Argentina.

Featured events will be Mike Shemer's talk on the Race Across America, and the antique bike parade and demonstration. There will also be an ice cream social, wine and cheese party, barbecue, square dance, rock dance, and bus trips.

Sign up early so you don't miss out on the fun! There is an early registration discount of \$5.00 on registrations received before April 15. For an application form, call Sara Flowers, V.P. Rides, home telephone 212/544-9168.

Cost is as low as \$85 for the weekend for an LAW member, double occupancy. Mailed registrations must be received no later than May 25. Sorry, Steve Bauman says no AYH bus this year!

Fri-Mon **THIRD ANNUAL BIKE TREK FOR LIFE AND BREATH (Fund-raiser)** Leader: Brooklyn Lung Assn./AYH. Ride in
 June Pennsylvania Dutch Country. Fees include transportation to Pennsylvania, food, leadership,
 21-24 orientation sessions. Enjoy rolling hills, magnificent farmland views, fresh air, peaceful
 150 mi. countryside, and the good feeling that comes with knowing that you are helping asthmatic kids in
 Brooklyn. Write or call Brooklyn Lung Assn., 165 Cadman Plaza East, Brooklyn, N.Y. 11201
 (212-624-8531) for more info and an application.

Club Meeting Program -- arranged by Carole Chavanne, V.P. Programs

*** THE MAKING OF AN OLYMPIC CYCLIST ***

We are proud to have Olympic Team Manager MIKE FRAYSSE as our April Meeting speaker. Mike, who is immediate Past President and current Secretary of the U.S. Cycling Federation (USCF), has extensive experience as a manager of Olympic cycling teams. He managed the U.S. Cycling Team at the Pan-American Games in 1975, and managed the cyclists at the Olympics in 1976.

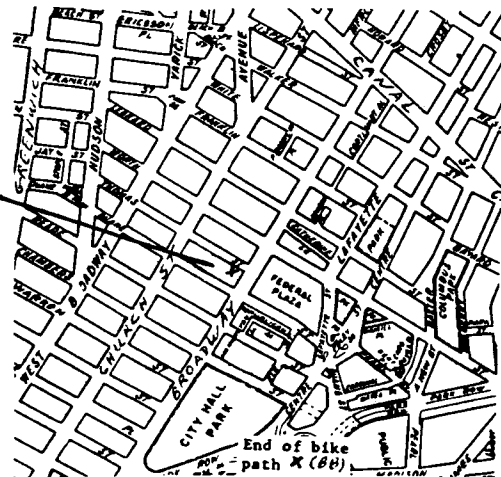
Mike will let us know what goes into becoming a cycling Olympiad, how to get started, and how to make it to the top. Some Olympic cyclists actually have club touring as their roots. Come hear about our current Olympic Team hopefuls, and get a preview of what to expect from our team at the games in Los Angeles this summer. This is a program you won't want to miss!

So come Tuesday, April 10, at 6:30 p.m. for cocktails, and 7 p.m. for dinner, to the Thomas Street Inn, 8 Thomas Street, between Broadway and Church Street, opposite Federal Plaza. X marks the spot on the map

Subway stations:

A or 2,3: Chamber Street

4,5 or RR: City Hall-Brooklyn Bridge



1984 RIDE PREVIEWS

Date	Ride	Leader	Class	Distance
5/6	Westchester Scouting Trip	Clarke	B-	40-50 mi.
5/12-5/13	TOSRV #			
5/18-5/20	TOES ##	AYH		
5/19-5/20	Cerebral Palsy Bike-a-Thon			
5/19-5/20	* 2nd Ann. Montauk Twin Cent.	Rutkowski		
5/20	Montauk Century	AYH		
5/26-5/27	Pepsi Marathon			
5/26-5/28	* New Hope	Gelobter/ Rutkowski	A/B	120+ mi.
6/3	Club Ride to Tallman St. Pk	Rides Comm.	A/B/C	
6/8-6/11	GEAR DOWN (Charlotte, N.C.)	LAW	A/B/C	
6/15-6/18	* GEAR UP (Towson, Md.)	LAW	A/B/C	
6/21-6/24	* 3rd Annual Trek for Life and Breath	Brooklyn Lung Assn./AYH		150 mi.
6/23	Smith Point 100	AYH		
6/24	Albany	AYH	A	250 mi.
6/30-7/2	Lambertville Weekend	Ramos	B	150+ mi.
7/3-7/7	LAW Convention (Indianapolis, Ind.)	LAW		
7/20-7/27	** 3rd Shenandoah Valley Annual Bike Week/Weekend (SVABW)	Tidewater Bicycle Assn.		
7/29	Club Ride on L.I.	Rides Comm.	A/B/C	
8/18-8/19	Delaware Water Gap	Mailing	A	
9/1	Montreal	AYH		
9/1-9/4	Shelter Island Weekend	Ramos	B	250+ mi.
9/9	Hill Climbing Race	AYH		
9/9	Bear Mountain Century	AYH		
9/16	Hi Point 100 (10th Ann.)	AYH	A/B/C	
9/16	Golden Apple Century	CCC		
9/23	Montclair, N.J. Bike Tour	AYH	--	19 mi.
9/30	Annual Bill Baumgarten Ride	Rides Comm.	A/B/C	
10/6	Washington	AYH		
10/7	Fall Classic Rally	AYH		
10/13	Ancient Mariner	AYH		
11/6	Bankers, Bureaucrats, and Freeloaders Ride	Mailing	A	75 mi.

Tour of the Scioto River Valley
Tour of Eastern Suffolk County

* See page 4 for details.
** Details next month, or contact Sara Flowers.



George Washington Bridge: Completed - 1931; Center Span - 3,500'; Total Length - 4,760'; Maximum Clearance Above Water - 213'.

BRIDGING THE GAP -- by Martha Ramos

Pending immediate repair, the George Washington Bridge south walkway was closed on Saturday, February 25. While I am always interested in unique routes, a direct path onto River Road has never been an overwhelming priority.

It had been the original intent of the Port Authority to repair one walkway at a time and therefore maintain continual access. On inspection of the north walkway, deterioration had progressed to a greater degree than originally expected. With this in mind, and the fact that vibration was noticeable on the south walkway, the decision was made on Thursday morning, February 23, to close the remaining walkway.

Recognizing that this is an important crossing point, the PA immediately instituted a 5-person (and bike) van shuttle service. Plans are underway to make a larger van available as soon as possible (certainly by the time you read this). The van service will be running on at least an hourly basis and more frequently as the need arises. However, the PA is requesting advance notice as to the approximate arrival time and the number of riders. NYCC ride leaders already have the contact telephone numbers, and the PA has copies of our "A" and "B" training schedules.

The contact phone numbers are: (212) 466-7000, Ext. 5211 (weekdays only), and (201) 944-0555 (weekends). Loading areas are located at the southeast corner of Fort Washington Avenue and 179 Street on the New York side, and at the foot of the existing walkway near Hudson Terrace Road on the New Jersey side.

The PA is asking for the cooperation and the patience of the cycling community during this emergency situation. Keep in mind that crossings will not proceed with the same facility and dispatch we have come to expect in previous years.

The initial impact is that one-third of our rides will be affected in some way (delayed or re-scheduled). Taking a positive point of view, this is an increased opportunity to ride in Westchester and Long Island. This, along with the prospect of a brand-new walkway sans metal plates, just might make this temporary inconvenience worth the wait.

Addendum: The Board wishes to express its gratitude to Marc Freedman for his efforts in alerting the Club to this emergency situation in a timely and professional manner.

Addendum #2: Individual letters re the GWB walkway can be sent to:

Peter C. Goldmark, Jr., Executive Director
Port Authority of New York and New Jersey
1 World Trade Center
New York, N.Y. 10048.

Let's Show Our Concern for George Washington Bridge Access!!!

Dear Cycle Club Member:

Each of us has the ability to positively influence the direction that the Port Authority will take in terms of providing bicycle access across the Bridge. The Port Authority managers are now at a critical stage in deciding the level of resources that should be taken away from other areas to be allocated to bicycle access. They have already committed some resources for this -- in the form of a shuttle service, which they plan to enhance by including the use of a 20-person bus, and the arranging of a test escorted ride across the bridge -- but they have not yet made a final determination on just how much they are going to do. Some issues that are unresolved or only tentatively resolved are the frequency of shuttle service, the extent to which the Port Authority is willing to arrange roadway escorts, and the hours access will be provided as the daylight hours increase.

The trend so far has been very positive, though the story is far from over. The Port Authority managers need justification in order to commit resources to bicycle access. Now is the right point in time to show, through our letters, that there is public concern over the need for both regularly scheduled and flexible arrangements for getting bicycles across the bridge.

Many people have a hard time getting around to writing letters to governmental or other officials. The words "getting around" are key here: The actual letter-writing is usually fairly simple, not very time-consuming, and, most importantly, IT MAKES YOU FEEL GOOD THAT YOU'VE DONE SOMETHING! And, in a case like this, where the Port Authority has demonstrated a desire to work with us, a show of public concern through your letters can provide the justification for, say, adding on several hours of shuttle service during summer evenings or providing hourly shuttle service instead of once every two hours.

(continued from page 6)

Below is a copy of the letter I sent to three people at the Port Authority. You might want to use it as an outline for your own letter. Because the Port Authority has shown good faith thusfar, I do think some form of appreciative comment should be included, as I do in the first paragraph. However, the concerns you express in the rest of your letter may be different than mine or even contradict mine. You should write whatever you feel is important; diversity of concerns can only add to the sense that bridge access is a real, live issue that deserves attention. If we succeed in getting across the point that many people consider bridge access to be important, we've done a great deal!

Thanks for your help.

Marc Freedman

P.S.- Some addresses: Susan Baer
Director of Community Relations
Tunnels, Bridges, & Terminals Dept.
One World Trade Center 71 West
New York, N.Y. 10048

Ernesto Butcher
Manager, G.W. Bridge
Administration Building
200 Bridge Plaza South
Fort Lee, N.Y. 07024



THE FIRST BOSTON CORPORATION
MEMBER NEW YORK STOCK EXCHANGE, INC.

CABLE ADDRESS
FIRSTCORP NEW YORK

March 14, 1984

FIVE WORLD TRADE CENTER
NEW YORK NY 10048

Mr. Peter C. Goldmark, Jr.
Executive Director
Port Authority of NY and NJ
One World Trade Center
New York, N.Y. 10048

Dear Mr. Goldmark:

I am writing as a concerned cyclist in regard to the closing of the bike/walkway on the George Washington Bridge. First and foremost, I want to express my appreciation for the efforts the Port Authority has made to assure access to this vital link between N.Y. and N.J. The good faith that you have shown in this matter has been noted by a number of individuals in the bicycling community.

Your provision of a bus for ferrying bicyclists will go a long way to meeting access needs. However, problems may arise when, on fair-weather weekends, a number of unaffiliated bicyclists and/or groups get to the bridge at approximately the same time. An even worse case would occur when a fairweather day is unexpectedly interrupted by a rainstorm, soaking many bicyclists who then need to return home, over the bridge, as quickly as possible, to get dry and warm. A 20-person bus would not be capable of meeting such peak demand.

Escorting bicyclists on the roadway may be the only way to meet peak demand, which can occur at both predictable and unpredictable times. I understand that safety issues are involved in escorting people, as are logistical issues (such as covering the expansion joints with rubber mats), but I strongly hope that these issues can be successfully addressed.

Again, the efforts of the Port Authority thusfar at providing access are encouraging and appreciated. Thank you very much.

Sincerely,

Marc J. Freedman
Marc J. Freedman

cc: S. Baer, Director of Community Relations
E. Butcher, George Washington Bridge Manager

DEATH OF THE BIKELANES: SOME FACTS WE NEVER KNEW AND SOME LESSONS FOR THE FUTURE -- by Maggie Clarke

Do you remember back in the fall of 1980 when the City Department of Transportation decided that, based on the huge numbers of people who biked to work during the subway strike that spring, there should be some Class I bikelanes in midtown to increase the permanent numbers of novice bike commuters? Asphalt islands were put in along Avenue of the Americas, Broadway and Fifth Avenue, and the mayor pledged to give them a one-year trial period, to see if the numbers of bike commuters actually increased as a result. And, as we all know, one month after he put them in, they were suddenly and unceremoniously ripped out, despite the protestations of Transportation Alternatives and others.

The following excerpt from "Mayor" (the new book by Ed Koch) should shed some light on what might actually have been happening behind the scenes. The following conversation took place on October 16, 1980 (only one day after the official dedication of the lanes), during a visit by President Carter to New York City. In the car which was taking Carter to the Sheraton Centre Hotel from the Heliport were Senator Moynihan, Governor Carey, Lt. Governor Cuomo, Koch and Carter.

Carey began with the bike lanes. He said to me (Koch), "You gotta get rid of the bike lanes. They are terrible." I said to him, "Look, they probably are terrible. We're gonna give them a chance and keep them till spring. If the ridership doesn't increase, we'll pull them up." Carey said, "If you don't pull them up now, I won't give you the money to pull them up." I thought, "What arrogance." And Cuomo says to me, "Isn't this ridiculous that he should talk about bike lanes here, with the President in the car?"

So, within a couple of weeks, apparently because the Mayor's support for the project was weak in the first place, and efforts by the cycling community to counteract any lobbying from opponents of the lanes was not effective, the lanes were taken away, much to the surprise of everyone including the City's Department of Transportation.

Though the bicycling community thought it had done a fine job in lobbying to get the lanes, the above exchange illustrates how important it is to "cover our bases" and persevere in making political support for any of our positions both widespread and strong. Perhaps we can learn a lesson from this in our future dealings with the Port Authority (owner and keeper of the recently closed George Washington Bridge walkway) and the Metropolitan Transportation Authority (MTA) (whose subsidiaries, the Long Island Rail Road and Metro-North, run our desired rail links with nearby excellent cycling country).

If we want favorable and long-standing results from our lobbying efforts, our greatest chance for success will be if the New York Cycle Club collectively--and individual members--do our parts to gain widespread and strong support for projects and programs in OUR public interest and to be ever vigilant to recognize attempts by bureaucrats to lead us into accepting less than what we need and deserve.



Cycling Shorts - - - Gregory D'Agostino

In January, I reported the approval of a plan to build a velodrome in Newark's Branch Brook Park. Since then the developers have engaged Hurbert Schürmann, the designer of some of the world's foremost velodromes---the Vigorelli Oval in Milan, the Olympic Velodrome in Munich & the México City Olympic track. Because of limited space, a 110 meter track surrounded by 2,000 seats is planned for Newark. Schürmann has little concern about the size: "Yes, a 110 meter track is very small, but the critical factor is the relationship between the curves & the straightaway. They will be able to ride the track blindfolded."

Nelson Vails is a sprinter . . . he was born in New York City . . . he worked as a bicycle messenger . . . he raced for the Toga team . . . he's now sponsored by Murray Corporation . . . he totally dominated the 1983 Pan-Am Games in Caracas, Venezuela, which was commonly called "The Nelson Vails Show." This June, Nelson will have to beat 7-ELEVEN's Mark Gorski for the one precious Olympic berth allotted to sprinters. Keep your fingers crossed for Nelson---he sports an NYC skyline decal on his helmet. Gorski doesn't.

How many times have you been late for an appointment after a ride & had to mutter, "Sorry I'm late, I got lost." If this has ever happened to you, get the latest gimmick on the market --- a wristwatch with a built-in compass. It comes in a digital or analog model. Write Early Winters or the Yak Works. By-the-way, could anyone give me the azimuth to the Club Meeting?

History credits two bicycle mechanics from Ohio with the first powered flight. So, in a sense, as a cyclist, you too have the Wright Stuff.

THE CONSUMERS CORNER: This month CYCLING SHORTS turns its attention to cycling shorts. After washing, the leather chamois pad becomes rough and may cause chafing & saddle soreness. The common remedy is to treat it with chamois fat. Conrad's & Toga bike shops recommend Noxzema or Palmer's Cocoa Butter. "It's cheaper, better for the chamois & better for your skin," they say.

Kucharik's Chamois Fat	2 oz. jar	\$3.98	(\$1.99 per oz.)
Palmer's Cocoa Butter Formula	7 oz. jar	\$3.19	(\$.45 per oz.)
Noxzema Skin Cream10 oz. jar	\$1.99	(\$.20 per oz.)

Those super sexy \$60,000+ Italian sports cars such as Ferrari & Maserati go zipping by you on Campagnolo rims. La Dolce Vita!

EDITOR'S NOTE: This article is being reproduced, by popular demand, from the March 1981 Bulletin; the last article in the series, on Group Riding, is planned to be reprinted in the May 1984 Bulletin. The first half of this article was reprinted in February 1984.

"A" RIDING TECHNIQUES

by Chris Mailing

RIDING FORM

There are two major elements to good riding form: pedalling motion and control of the bicycle. Good pedalling motion maximizes the efficiency with which muscle effort is transmitted to the cranks, while proper control of the bicycle ensures that this effort is optimally channeled into forward motion.

As you pedal, your knees should be in close to the bicycle frame. The foot should remain perpendicular to the lower leg, and the heel should lead the foot through the stroke, like walking. The heel should be below the ball of the foot on the downstroke and above on the upstroke. ("Ankling" is unnecessary effort and motion; if you find it difficult to keep your ankle at ninety degrees, check your saddle height.)

Most supertourists ride with their hands on the upper outside part of the handlebar or on the brake levers, with the elbows flexed out and down, to leave the chest muscles free to breathe. The "drops" are reserved for fast riding. When sprinting or hillclimbing, pull on the body of the brake levers. Because your forearms rotate to the outside in this position, you can use your chest muscles to pull in opposition to the push on the pedals (and also be ready to brake in an emergency).

A smooth and steady push should be applied to the pedals, both pushing down and pulling up, especially while climbing hills. Each leg should push or pull for three quarters of the stroke. Pulling up on the pedals enables you to apply more force on the pedals and avoid knee strain, because pedal pressure is distributed over both knees.

For maximum efficiency, the bicycle should be ridden smoothly, in a straight line, and at a steady pace. Any jerking around or bobbing up and down is wasted effort. Likewise, weaving or wobbling adds extra distance to the ride. A steady pace is particularly critical for efficiency and group riding. Every time you coast (or slow down), you must accelerate to regain momentum and then gain additional speed to catch the group. The effort required to accelerate and catch up far exceeds that required to maintain your original momentum.

The difference between an efficient rider and an inefficient one is especially evident in hill climbing and cornering. A good rider may coast downhill, but once on the flat, will start pedalling, and continue to pedal steadily at high crank r.p.m.s into an uphill, working to maintain every last morsel of momentum, gradually shifting down to maintain the crank r.p.m.s necessary to do so. A mediocre rider coasts for much longer, then wastes momentum by shifting suddenly and not pushing on the pedals until a hill forces him to do so. An efficient rider pedals through many corners that a novice coasts through, or even slows down for. By keeping your bike upright and leaning with your body, you will have sufficient ground clearance to pedal through most corners. A good rider drinks from his water bottle, dusts his tires, etc., all without coasting.

Developing good form is primarily a matter of conscientious practice. Since riding companions have a better visual perspective, ask them to critique your pedalling form while riding. Concentrate on trying to hit the handlebar with your knees while climbing hills in order to practice pulling on the pedals. To develop the ability to ride straight, practice riding on the white line at the road's edge, or, better yet, learn to ride rollers. Riding a fixed gear is the best way to develop a smooth pedalling motion and the ability to ride at a steady pace without coasting. Riding form should be re-perfected while training each year.

HELP - VOLUNTEERS NEEDED - CENTRAL PARK WEEKEND

We need your help! The NYC biking community will be participating in YOU GOTTA HAVE PARK 1984, a weekend-long celebration of the affection and appreciation New Yorkers have for Central Park.

The New York Cycle Club is coordinating this effort which will also be supported by the other cycling groups in the city. Our plans include a table stocked with biking literature, demonstrations of bike safety inspections, tire changing procedures and safe riding techniques, and a repair service. Volunteers are needed to staff the table from 10AM to 5PM on Saturday and Sunday, May 19 and 20, 1984.

If you can spare a couple of hours (or more) on either day, please let Doug Blackburn know by calling him at 407-2306 (days) or 888-0048 (evenings).

YOU GOTTA HAVE PARK 1984 is the second such annual weekend and is sponsored by the Central Park Conservancy with the approval of Parks Commissioner Henry J. Stern and Central Park Administrator Elizabeth Barlow. Many events, including lawn bowling, croquet tournaments, model yacht races and softball league games are anticipated.

It will be a fun weekend in support of a unique and very deserving institution - Central Park.

NYCC ADS

FOR SALE: Cannondale Cycling Gloves, size medium, never worn, brand new. Best offer. Gregory D'Agostino --- 272-4271.

FOR SALE: Nishiki Maxima (By Colnago), Red: Suntour Superbe Pro Brakes; Cyclone Rear Derailleur, Campy Front. Tubular Tires. Seth Rothenberg, 249-9793 or 737-5147.

FOR SALE: Raleigh Sprite touring bike, 20" mixte frame, green, 2 years old, with Weinmann center-pull brakes, Suntour GT derailleurs, ratchet stem shifters, and upright bars. Very low miles, like new...\$150.00. Call Marck Smith/Maureen Blackmore, 212/222-4735.

FOR SALE: Peugeot (PX10), 23", Good Condition, 531 Reynolds Frame, Pearl White Campy Hubs, Stronglight Cranks, New Simplex Derailleur, Extras. \$250.00. Call Leo, 212/884-5128.

TOUR LEADERS WANTED: New York-based bicycle touring company is looking for TOUR LEADERS for its 1984 adult program. Tour offerings are from 1 day to 2 weeks -- domestic and international. Supportive personality, good cycling skills, knowledge of bike repair, and a driver's license are a must. Contact: Country Cycling Tours. Telephone: 212/874-5151.

ESCAPE TO IRELAND/FRANCE. I want to share unforgettable seacoasts, pubs, music, castles and cuisine with you. Enjoy a leisurely vacation by bicycle.

Contact: MARTY'S CYCLE TOURS
P.O. Box 465
Schenectady, N.Y. 12305
(518) 382-0458

SINGLES on wheels

GRAND OPENING THIS SPRING!

Hampton Bike Weekends and Beautiful Country House Available by reservation only. 2-3 per room, Jacuzzi, Full Kitchen, 2 Baths. Transportation available. Great Day Trips and Romantic Midnight Rambles yours for the asking. Mid-week bookings available as well. Call for Free Brochure: (212) 575-0085.

Bike Tours in the Hamptons

MARCH 1984

Board of Directors Meeting

SUMMARY OF MINUTES

-- by Alinda Barth, Secretary

1. The Board debated various ways of dealing with the closing of the George Washington Bridge to cyclists and commended Marc Freedman on his initiative in getting out information regarding this emergency.
2. Doug Blackburn was elected as Martha Ramos' alternate representative of the Club to the Bicycle Advisory Committee.
3. Ed Schweber presented his Statement of Accounts for the first quarter of 1984.
4. The Board decided to continue sending out bulletins until April 15 to members who have not renewed.
5. The next Board meeting will be on April 3, 1984.



-- by Irene Walter, Editor

- * New York Cycle Club 1984 Membership Roster (May Bulletin)
- * Steve Baron's Day-Ride Check List
- * "Incident at 110th Street" by Marc Freedman
- * Cycling Shorts, by Gregory D'Agostino
- * "A" Riding Techniques -- Group Riding, by Chris Mailing
- * and much more!

DEADLINE FOR RECEIPT OF MATERIAL FOR THE MAY BULLETIN: Monday, April 16.

New Members

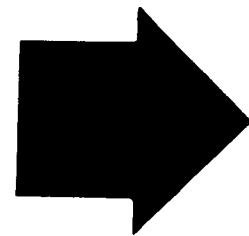
Maureen Blackmore	726 Amsterdam Avenue	#2C	New York, NY	10025	222-4735
Stephen Doll	4 West 101 Street	#29	New York, NY	10025	666-8344
Israel Sacolick	1082 East 12 Street		Brooklyn, NY	11230	252-7655
Karen Sauter	327 East 92 Street	#1B	New York, NY	10128	831-1592
Charles Schaible	140 Riverside Drive	#1G	New York, NY	10024	595-5754
Kenneth Sloan	10 West 121 Street	# 6	New York, NY	10027	410-4253

CHANGE OF ADDRESS:

Mark Smith	726 Amsterdam Avenue	#2C	New York, NY	10025	222-4735
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TOTAL NYCC MEMBERSHIP, 3/12/84: 453.

*Please don't forget
to renew membership!*



Remember: This will be your last bulletin unless you renew your NYCC membership!

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

First Class



David C. Miller
410 East 75th St.
Apartment 1-C
New York 10021

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 LAW TA CRCA CCC
OTHER: _____

1984 membership dues are \$12.00 per individual, \$15.00 per couple residing at the same address and receiving only one newsletter. Mail this application, with a check made payable to the "New York Cycle Club," to:

Amy Weinstock, Membership Director
The New York Cycle Club, Inc.
1257 59th Street
Brooklyn, N.Y. 11219