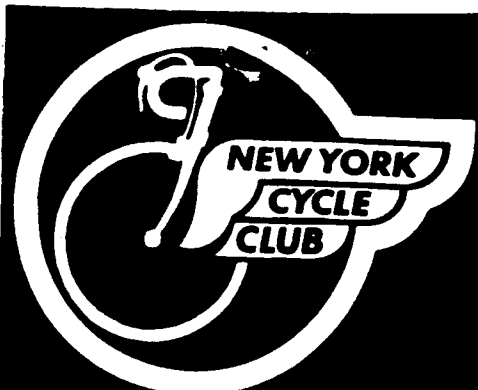
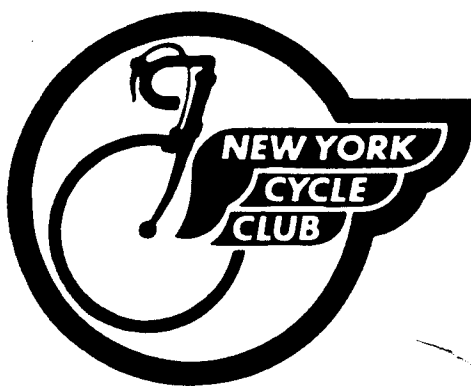


August
1984



IN ITS 48TH YEAR...

P.O. Box 877, Brooklyn, NY 11202

AUGUST, 1984

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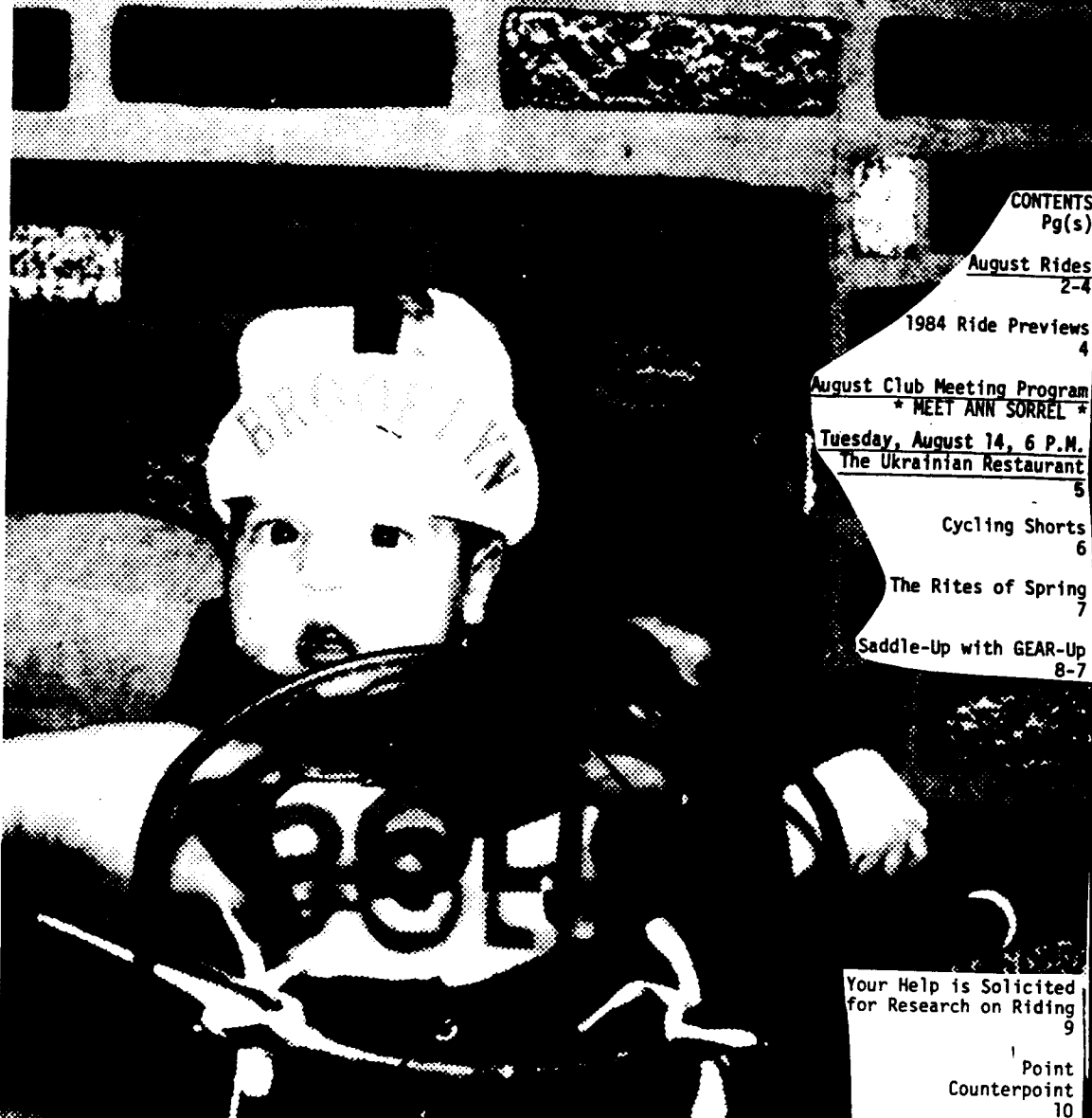
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YOU CAN'T START "E" RIDERS SOON ENOUGH! --
ESPECIALLY IN BROOKLYN WHERE 20% OF THE NYCC LIVES.
(MANHATTAN HAS 50%; QUEENS, 20%; THE BRONX, 3%; AND STATEN ISLAND, 1%.)

ENFANT MICHAEL ADAM, COURTESY OF LEE GELOBTER.
PHOTO PREPARATION, TONY NAPP1.

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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 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 CLASSIFICATION

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

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.

- Sat Aug 4
A
105 mi.
8:20 A.M.
- PRINCETON Leader: Josh Keller (674-0955). Meet at the Manhattan Staten Island Ferry Slip in time for the 8:30 ferry. Ride our pace line on the smooth flat roads to Princeton, N.J. This ride features the scenic canal road, many miles, and only one climb. Maps will be distributed. Call Josh for more info.
- Sat Aug 4
B
55 mi.
9:30 A.M.
- GLEN COVE LOOP Leader: Chuck Albert (786-2779). Meet at the statue on Queens Blvd. at 9:30 A.M. for a new route to Glen Cove. We'll climb a few "nice" hills, including Cliff Way. Take E or F train to Union Turnpike. Lunch is your choice -- indoors or outdoors. There are delis and a Friendly's.
- Sat Aug 4
A/B/C
100/50/25 mi.
8/9/10 A.M.
- PRINCETON BICYCLING EVENT Leader: The Princeton Free Wheelers. All rides start from Palmer Stadium, Rt. 571, in Princeton. Registration cost is \$9.00 which includes lunch, door prizes, and support services. Special cyclist breakfast at P.J.'s Pancake House in downtown Princeton, 154 Nassau St. (Rt. 27) near Washington Rd. (Rt. 571), for \$4.50, between 6:30 - 9:30 A.M. Rain date Aug. 5
- Sun Aug 5
A
110 mi.
7:45 A.M.
- Leader: Rich Herbin (666-2162). Meet at the Central Park Boathouse for a ride to Kent Cliffs and Carmel near the northern boundary of Putnam County. Route has been planned to minimize traffic and maximize rustic scenery and panoramic reservoir views. There will be a diner stop about 40 miles out and 2-3 deli stops as needed. Rain cancels. Trip will be shortened to 60 miles and rerouted if heat and humidity threaten to become unbearable.
- Sun Aug 5
B
65-70 mi.
8:00 A.M.
- CHEESECAKE PARK Leader: Marc Freedman (499-3440). Meet at the World Trade Center, Church & Vesey Streets. Bring change for the PATH (\$.75). Bring lunch or buy it at deli near the park. Return is via the Gothals Bridge walkway and Staten Island Ferry. Rain cancels.
- Sun Aug 5
C
? mi.
10:00 A.M.
- CITY ISLAND SCOUT Leader: Phil Botwinick (441-0246 hm, 613-2271 wk). If there is anyone who has never been to City Island, like myself, this is a scouting ride for a route out there. We'll meet at the Tramway at 10:00 A.M.
- Sat Aug 11
A-
75 mi.
8:00 A.M.
- NYACK BY WAY OF PASCACK Leader: Marty Wolf (935-1460). Meet outside at the 23rd St. and 6th Ave. PATH Station. We'll ride from Hoboken to Nyack by way of New Milford, Saddle River, and Oradell; return will be by the more direct Routes 340 and 501 to either the George Washington Bridge or the Hoboken PATH. If, by chance, the forecast is for wonderfully cool (??) August weather, we may go a bit further. Call Marty Friday night for any changes.
- Sat Aug 11
B
60 mi.
9:30 A.M.
- CROTON PT. PARK RIDE Leader: Marsha Taggart (914-962-5991 after 6 P.M.). Meet at the last stop of the Number 4 train for a ride to Croton Pt. Park in Westchester. Be prepared for a few hills, both up and down. Rain cancels.

Sun Aug 12 MORRISTOWN MEANDER Leader: Ed Schweber (567-2661). Meet at 7:45 sharp by 179th St. and Fort Wash-
A ington Av. to catch the 8:00 A.M. van over the George Washington Bridge for a ride through some of
105 mi. the most scenic areas of Morris County, including the Great Swamp and Jockey Hollow Park. Deli stops
7:45 A.M. in Chatham and Pequannock.

Sun Aug 12 GARVEY'S POINT Leader: Alinda Barth (441-5612). Take the E or F train to Union Turnpike and meet
B in front of the statue. Lunch will be a picnic in the park at a spot overlooking the water. Rain
55 mi. cancels.
9:00 A.M.

Sun Aug 12 SUMMER DREAMS AND ICE CREAM Leader: Jane Barker (866-1483) and Doug Chandler (737-6611, hm, or
C 752-0600 X263, wk). Meet at Tramway Plaza (2nd Ave. & 59th St.). Bike through scenic Queens with
35 mi. its diverse neighborhoods to Forest Park and a touch of the country. For enthusiasts, there
10:00 A.M. is even a model airplane field. We'll visit one of Queens' best Italian pastry shops as well as the
World Famous Lemon Ice King in Corona. Bring a hearty appetite as the ride has 3 stops for lunching
and munching. Rain cancels.

Sat/Sun DELAWARE WATERGAP RIDE Leader: Chris Mailing (965-0894 hm). Join the fifth annual tour of the
Aug 18-19 Delaware River Valley. On Saturday, ride via the Greenwood Lakes and across the Kittatinny Moun-
A+ tains to Port Jervis, then south along the Delaware River to Marshall's Creek, where the group
275 mi. will stay at the Quality Inn. On Sunday, the route continues down the Delaware to Washington's
6:00 A.M. Crossing, and then returns to New York via Princeton, Staten Island and the Ferry. The ride is very
picturesque. The cost of overnight accommodations is \$31.95 per person (two to a room) and must be
paid to the leader at or before the Aug 14 Club meeting. Riders will be informed of the starting
place when they pay for their hotel room. Portions of the ride will be ridden in a pace line. Maps
will be available. Ride goes rain or shine. Call Chris for further info.

Sat-Sun PHILADELPHIA Leaders: Martha Ramos (858-9142) and Debbie Bell. Join us for a scenic weekend
Aug 18-19 ride to Philadelphia. We leave early Saturday morning, lunch in Princeton, and dine in Phila-
B+ delphia (Bookbinders or the Garden). Return is early Sunday morning with a lunch stop in Lambert-
200 mi. ville before returning to NYC. Call for details as to meeting time and accommodations.

Sat Aug 18 BAYVILLE BEACH EXPRESS Leader: Lee Gelobter (788-2345, day; or 646-7037, nights). Meet at Tram-
A way Plaza (59th St. & 2nd Ave.) for a quick ride out to Bayville for sun, swim and lunch on the
85 mi. beach. Return via Syosset and Muttontown. We will maintain a paceline wherever possible. Call
8:00 A.M. Lee for further details.

Sat Aug 18 WESTCHESTER - CONNECTICUT EXPLORER Leader: Maggie Clarke (567-8272). Meet at Triangle
B- Park at Dyckman, Riverside Drive and Broadway (call for travel/subway directions). This
60+ mi. will be a scenic and social ride as we explore some old and new routes. Please bring water,
8:45 A.M. snack and lunch (or money for same), properly functioning 10-speed is a must. Possibility of a
surprise destination in Upper Westchester. Rain cancels; call for rain date.

Sat Aug 18 DESTINATION: POINT II Leader: Phil Botwinick (H 441-0246 or W 613-2271). Meet at the statue
C+ at Queens Blvd. and Union Turnpike (E or F train to Union Turnpike - Kew Gardens) for a
50 mi. ride to Point Lookout. Bring or buy lunch.
10:00 A.M.

Sun Aug 19 WRIGHT'S RIGHT Leader: Steve Baron (228-0555). Meet at the Central Park Boathouse for prompt depar-
A- ture at 8:00 A.M. We'll do a scenic and hilly ride to Frank Lloyd Wright's "Village" in Pleasant-
80+ ville. Deli lunch or bring it. I'll try to find a mountain to climb on the way up, and an easy
8:00 A.M. paced A- return.

Sun Aug 19 BEAR MT. SANCTIONED LAW CENTURY RIDE Leader: David C. Miller (H 794-9365 or W 594-5269). Meet
B+ at the Central Park Boathouse for an easy century ride with a few steep hills. If we complete
100+ mi. the ride in 12 hours we will earn a LAW Sanctioned Century Patch which will cost \$1.50. Please
8:00 A.M. bring your lunch and snacks, two water bottles, two spare tubes or sew ups, and low gears.

Sun Aug 19 ELLIPSE Leader: Phil Botwinick (H 441-0246 or W 613-2271). Meet at the Tramway (2nd Ave. &
C+ 59th St.) for a leisurely ride out to the Rockaways and a tour of the 5-Town Area of Long Island.
60+ mi. Bring or buy lunch. Meet at 9:00 A.M. We will have a pickup for anyone in Queens at the statue
9:00 A.M. at Union Turnpike and Queens Blvd. at 10:00 A.M.

Sun Aug 19 INSOMNIACS BICYCLE TOUR Leader: Greg D'Agostino (272-4271). Don't go to sleep Sat night. Instead,
C join us in front of the Plaza Hotel for a ride over the Williamsburg Bridge to Brooklyn
20 mi. ending in the Botanic Garden next door to Brooklyn's Prospect Park. Take along a sandwich and
2:30 A.M. chop sticks for a sunrise breakfast, which, by special permission, will be at the
(in the Japanese Garden, perhaps the finest in America. Rain date Aug 26. Joint Friends of the Park ride.
morning)

Sat Aug 25 DIX HILLS Leader: Martha Ramos (858-9142). Meet at 179th St. & Hillside Ave. in Queens
B (E or F train to last stop). This trip is to the Dix Hills Recreation Park and is
75+ mi. moderately hilly. Bring lunch or money for same. Food stop is a few miles from the park
9:30 A.M. so be prepared to carry food to the lunch spot. Rain cancels.

Sat Aug 25 JONES BEACH Leader: Phil Botwinick (H 441-0246 or W 613-2271). Meet at the statue on Queens Blvd.
C+ (E or F train to Union Turnpike - Kew Gardens) for a ride out to the beach. We'll be staying there
52 mi. 2 to 3 hours so bring a lock, towel, and bathing suit.
9:00 A.M.

- Sun Aug 26 **THIRD ANNUAL RIDE TO CITY ISLAND** (via Westchester) Leader: Maggie Clarke (H 567-8272, W 566-8870). This is a continuation of a series of moderately long and briskly-paced rides over some familiar and some "new" scenic and hilly territory in Westchester and southwestern Connecticut. Please bring water, snacks and lunch if you can (and money) and a properly functioning 10-speed bike, tools, pump and a spare tube. We will try to make it to a scenic peninsula off Stamford and/or Glen Island as well as City Island. Meet at Dyckman St. (200th St.), Broadway and Riverside Drive at the Triangle Park (call me for special subway/travel directions). For more details about the ride or for a rain date, if necessary, please call me. Joint listing with Sierra Club.
- Sun Aug 26 **ISLAND HOPPING** Leader: Phil Botwinick (H 441-0246 or W 613-2271). For those interested in a full day of cycling, we will be meeting at the statue at Queens Blvd. & Union Turnpike (E or F train to Union Turnpike - Kew Gardens) for a ride through Queens into Manhattan and then on to Staten Island via the ferry. We will circle Staten Island and then return to Manhattan via the ferry. Pace will be fairly brisk with only 2 stops, the ferry and lunch on Staten Island. For those interested in a shorter ride, meet us at the Seamen's Institute on State Street at 10:30 for the trip to Staten Island. Bring or buy lunch.
- Fri-Mon Aug 31-Sept 4 **SHELTER ISLAND** Leaders: Martha Ramos/Larry Rutkowski (858-9142/304-0485). Celebrate Labor Day by making your way out to Shelter Island. Take the opportunity to do a twin century the easy and scenic ways. Departure is early Friday morning for those cycling out. Don't want to do this type of ride? Then take the bus service or the LIRR (if you have a permit). Participants are responsible for both themselves and making their own reservations for accommodations. Call ride leaders for additional details.
- Sat-Tue Sept 1-4 **NEW YORK - MONTREAL - NEW YORK 90 HOURS** Leader: "Iron Leg" Jim Rex (278-5562). Meet at 59th St. & 5th Ave., Friday, 11:50 P.M., to ride Saturday, 00:01 A.M. To complement Steve Bauman's AYH-sponsored current effort along similar lines, a small advance "task force," composed of a few Paris - Brest - Paris accomplished riders in pursuit of excellence, will lend its talent to Jim's five-year-old ambitious "cause" toward developing a recognizably established North American International Rondenaur 1200 KM qualifying "Brevet" bicycling event. Hopefully, by our Club's Golden Anniversary (year of 1986), we should see most of the remaining logistical wrinkles ironed out to make it a reality that can only be approached by pioneering efforts such as this one, and such as may follow later. Call Jim for details and further info.
- Sat-Mon Sept 1-3 **BELLEAYRE BY TRAIN** Leader: Elly Spangenberg (H 737-0844 or W 757-1292). Thanks to Metro-North RR, the Belleayre Hostel in Pinehill is only a day-trip away. We will arrive in Poughkeepsie with enough time to get to the hostel. We will be riding quiet back roads around the Ashokan Reservoir; a full 60 miles of strenuous riding. Sunday we will explore more back roads or attend the Native American Indian Festival at Hunter. Monday return is via Woodstock, Rhinecliff Bridge to Poughkeepsie, and return by train. Be prepared for all day riding. Call Elly before Aug. 23 for costs, meeting time and place, and other details.
- Sat Sept 1 **BUCHANNAN OR BUST SCOUTING** Leader: Lee Gelobter (646-7037). Repeat of a two-time rainout! Meet at the Central Park Boathouse for a ride up 9A to Buchanan and then scouting roads yet uncharted to the east. Be prepared for mileage more than advertised as this is a scouting ride. Call Lee for details.

1984 RIDE PREVIEWS				
Date	Ride	Leader	Class	Distance
9/1	Montreal	AYH		
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	A/B/C	
9/23	Montclair, N.J. Bike Tour	AYH	—	19 mi.
9/30	Annual Bill Baumgarten Ride	Rides Comm.	A/B/C	
10/6	Washington, D.C.	AYH		
10/7	Fall Classic Rally	AYH		
10/13	Ancient Mariner	AYH		
10/14	Bedford Revisited	Vickers	A	90-95 mi.
10/21	Ridgefield Fall Foliage Century	Mailing	A	120 mi.
10/28	Ye Merrie Leaves of Glen Cove	Vickers	A	60-85 mi.
11/6	Bankers, Bureaucrats, and Freeloaders Ride	Mailing	A	75 mi.
11/18	Latvia's Independence Day Ride	Vickers	A	60-85 mi.

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

MEET ANN SORREL --

THE WOMAN WHO TOOK A 22,000-MILE, SOLO, ASIAN BICYCLE TOUR

(SLIDE SHOW)

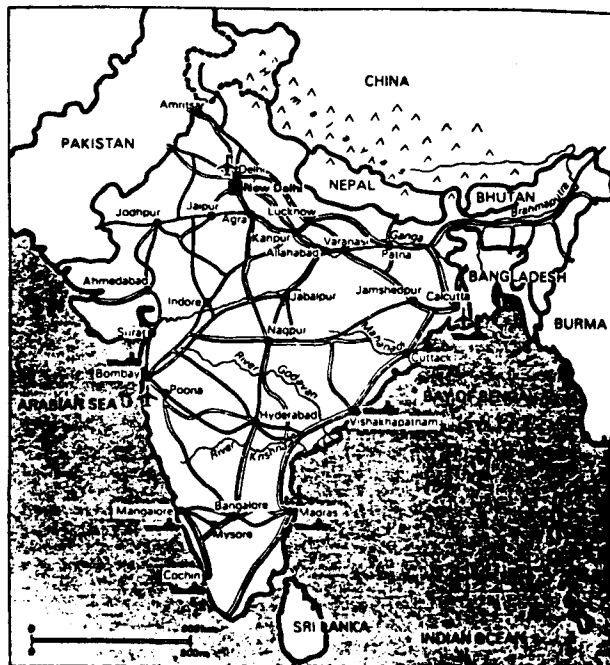


From June 1982 to December 1983, Ann Sorrel toured India, Nepal, Sri Lanka, Bangladesh, and Pakistan. She made this 18-month tour totally alone -- it was Ann and her bicycle. Ann climbed 16,000 feet up the Himalayas, toured the Malabar Coast and the Great Indian Desert, and crossed the Indian Ocean and the Arabian Sea. Except for a few ferries, she was totally self-propelled during the entire tour.

You may ask, why would anyone want to take such a trip? Ann conceived, developed, and rode this tour as a celebration of self-sufficiency. She chose the bicycle for her trip not because she is a "bike nut" (although her daily 30-mile bicycle commute to work certainly qualifies her as such), but because the bicycle is a wonderful symbol of simple but appropriate technology that, with a bit of natural energy, gets the job done. The tour raised money for Oxsan America, which is a development assistance organization striving to help the poor help themselves.

Ann will show exciting slides of her trip, as well as give tips on how to travel alone, how to travel cheap, how to get from Point A to Point B without benefit of a precise map, and how to maintain and repair a 10-speed in a land without a single modern bicycle shop.

So come join us for a provocative evening of information and enjoyment!



DATE: Tuesday, August 14

TIME: 6 P.M. for beer, wine, cocktails, soda, or just plain socializing
7 P.M. for dinner. IF YOU WANT DINNER, YOU MUST PURCHASE IT BY 7 P.M., PLEASE!

PLACE: THE UKRAINIAN RESTAURANT
140 Second Avenue (east side, between 8th and 9th Streets)
New York City

SOME SUBWAY DIRECTIONS:

#6 to Astor Place, then walk across 8th Street to Second Avenue.

Any Independent subway to West 4th Street (Sixth Avenue) (north end of station), then walk across 8th Street.

BICYCLE PARKING: Available in the restaurant, but you must lock up your bicycle.

PRIX FIXE for family-style dinner, including tax and tip: \$8.00

NYCC member and Treasurer Ed Schweber has again volunteered to collect \$8.00 from each person entering the meeting room and give each person a ticket. Exceptions are those who are not eating; they will be seated apart from the diners so they will not be included in the count. The restaurant is paid per diner, so the Club must pick up the tab for any dinner not paid for.

NOTE: Ann Sorrel accepts no fee for her appearance, but will accept donations from NYCC members for Oxsan America.



CYCLING SHORTS --- Gregory D'Agostino

When I was a boy I saw a man on "Ted Mack's Amateur Hour" playing music with 2 spoons. As an adult I saw a man (in full tuxedo) on "The Johnny Carson Show" make music by putting his lips to his forearm --- weird. Now I'm told by Sara & Ed Flowers that recently WNYC Radio Station had a selection of classical music being played on a bicycle pump -- most bizarre. As of this writing the Flowers have not been successful in reproducing this feat. Any suggestions or requests should be mailed to this reporter, c/o the "Now-I've-Heard-Everything" file.

The Kryptonite K-4 lock has recently been included in the Museum of Modern Art's design collection. Isn't it nice to know the collection's \$5,000 Klein will be safe.

If you're a bicycle commuter or just "all thumbs," OKO MASTER, a product from the UK, should seem like manna from Heaven. OKO MASTER is a puncture sealant solution made from vegetable fibers mixed with gums & suspension agents. Injected into the tube through the valve stem, it stays liquid until a puncture occurs. The compound is forced into the hole by escaping air pressure & immediately coagulates to form a strong air-tight seal. Seeing is believing, so ask Charlie McCorkel or John Benfatti at Bicycle Habitat to give you a demonstration.

Columbia Studios has purchased the movie rights to Ralph Hurne's novel, THE YELLOW JERSEY, and has moved into high gear with the movie project. Co-producer Gary Mehlerman confirmed that Dustin Hoffman would play the lead role of an American in the Tour de France. It isn't yet known who will counsel Hoffman in the skills of racing. It has been indicated that Hoffman was looking to learn from the "best" --- Eddy Merckx. The movie should be released in the summer of 1985 or 1986.

This past year brought a bumper crop of "E" riders into the Club and a nice little number from Bell Helmets for the infants. For toddlers whose neck muscles are not well developed yet, the weight of a helmet is a problem. But the "L'il Bell," at 8 oz, seems to solve the problem. The "L'il Bell" comes in two sizes and costs about \$30.

THE CONSUMERS CORNER: This can happen: You need a vacation. You pay the money and go. Jump off the plane and it's raining. Day two: more rain. And so on. You come back as pale as pasta, and your chequeing account looks anemic as well. You need insurance. World Aid Inc., has begun offering a new product called Vacation Rain Check. Simply put, it's rain insurance for vacationers. The concept isn't new: a company called Good Weather has been insuring events such as rock concerts for 17 years. Both companies' policies are underwritten by the American Home Assurance Group. The Vacation Rain Check consists of 2 policies. The Quick-Trip plan covers 1-5 day trips. For \$30 you can buy the maximum \$375 of protection. You collect if it rains 1/10th of an inch for any part of 3 consecutive hours between 9 AM & 5 PM. The second policy is wider ranging. Your trip must last at least 6 days, & you have to buy at least \$500 of protection, up to a maximum of \$7,500 per trip. 1/10th of an inch of rain must fall any time between 9 AM & 5 PM for more than half the number of days in your trip. This sounds like more fun than getting tan. For more information, write World Aid Inc., 1200 Post Road East, Westport, CT, 06880.

BEWARE THE JABBERWOCK ! BEWARE THE CYCLOPATH !!

New Club member Debra Como locked her Schwinn to a friend's bicycle on the Staten Island Ferry and went upstairs to get coffee. Later returning to find their bicycles missing, they learned that a "cyclopath" had thrown the machines into Upper New York Bay. Happily, upon docking in Staten Island the "cyclopath" was taken into custody by the police.

"But I don't want to go among mad people," Alice remarked. "Oh, you can't help that," said the Cheshire Cat. "We're all mad here. I'm mad. You're mad."

You may be wondering what happened to the bicycle the fellow in Kenya used to fend off that murderous hippopotamus. The Nairobi press quotes Mr. Ngugi as saying, "The hippo then charged the bicycle, stamped on it, and left it for dead."

So you think the Olympics have become too political? A few years ago the Emperor Nero fell off his chariot and was declared the winner of the race!

Your bike may float like a butterfly, but your rock-hard saddle can sting like a bee. Riding to the rescue is the Flolite by Pearl Izumi. "Flolite" padding was originally developed for ski boots; it conforms slowly to your shape, like Silly Putty. It absorbs shock & dissipates energy, unlike foam which only slows shock & stores energy for rebound. The price for all this tenderness is \$30 for the soft version, \$33 for the firmer one. From Shimizu-Jacobs Inc., Dept C, 3600 Pearl Street, Boulder, CO, 80301. Kiss your asphalt tail good-bye.

THE RITES OF SPRING, by Maxim Vickers

In my previous life, when I was little, all events great and small occurred with the predictability of the annual cycle. The scallions and lettuce came in May, and then it was time to pack the trunks and call the trucker, the redoubtable Krasavtzeff, for a move to our summer rental by the sea... In fall the window frames were taped against the coming frosts. The fragrance of fir trees first made its appearance in the Great Farmers' Market in mid-December. The Letts would be the first to start hauling them away, for Christmas, I was told, although the significance of that word Christmas was never made very clear to me. We bought ours just before New Year's. It was brought home and mounted in the special stand contrived of the standard crossed wooden planks and a household bucket, which was then filled with water. From the top closet shelf, the cardboard boxes with glass baubles and plastic figurines were taken down, and the trimming began... Finally the stuffed effigies of Grandpa Frost and the Snow Maiden took their places under the tree and on the first morning of the new year, gift boxes mysteriously appeared there... February was the month of birthdays, splendidly festive... At the end of March I would be in the kitchen expertly muscling the crank of the manual meatgrinder, fed this time with chunks of matzoh, and in April the tugboats came upstream to break up the ice on the Daugava...

When that life ended and the new one began, the loss of this periodicity to the chaotic indistinctiveness of round-the-year sameness was one of the most difficult things to adjust to. A new and wholly different clock had to be invented in a world where everything was available and do-able at any time and all any holiday involved was an exchange of preprinted cards and an extra day attached to the regular two-day weekend. Then, at some point, I took up long-distance cycling.

All trades thrive on exclusiveness of dress and ritual, and ours is no exception. From the very first day of spring training, when all make their (if only token) appearance at the Boathouse, to the quadrennial Hajj to Paris where the Clubs gather in distinctive sartorial splendor for the Ride-to-End-All-Rides to the acclamation of multitudes, our lives are cheerfully subordinated to a veritable calendar of meets, celebrations, and rites of passage, all reassuringly recurring, always with a new twist.

Take Albany, for instance -- a major animist feast rooted in the heathenish observance of Summer Solstice and a Rite of Passage par excellence. Ten days prior to the event Maestro Bauman shall inevitably hold court in the dank underground at 132 Spring before a body of nervous neophytes and chuckling old-timers. The routing catechism will be recited replete with the time-honored lore of the Wheel-eating Broadway Bridge and the Running of the Dogs at Muitzes Kill, the Thou Shalts and Shalt Nots, and the tantalizing magic number -- 9:45.

Then we shall assemble at night in front of the Plaza (one of these years, I swear, I will clang my way into the bar there and have one for the road) and set forth into the cricket-chirping darkness of Central Park. The sun will come up over Hastings during the breathless, hilly race to the Cold Spring firehouse. After that, strung over miles of rolling farmland, we shall be making the long, sun-scorched run towards Albany. The first arrivals will be lying in the grass for hours, chewing and sipping, watching benignly for the incoming riders, grunting approvingly at their exultation in spite of grime and wear... and musing about the elusive, unattainable 9:45.



... continued from page 8 ...

In New York City, if you live on the 10th floor of a building, you are lucky if you can see across the street. My room at GEAR was on the 10th floor, and I had a panoramic view of the countryside. I could also see the starting point for some of the rides. I enjoyed watching the cyclists in their colorful biking outfits gathering and then leaving as a group on a ride, contrasted against the misty green foliage of the countryside. The rain did little to dampen the spirits of hundreds of cyclists. I did not ride in the rain, but I watched hundreds of others go out on their trips and return.

There were rides planned for every riding classification -- D, C, B, A, and A+. The mileage was from 4 to 8.6 miles for D Class rides, to 115 miles for A+ rides. The terrain in and around Towson required that even D riders had to go up a hill or incline. If you are interested in the GEAR-Up '84 format, Irene Walter has the Program Binder.

I enjoyed GEAR-Up '84 very much, and I would recommend next year's GEAR to all cyclists.

SADDLE-UP WITH GEAR-UP: THE GATHERING OF THE HERD, by Joe Chappelle

Having been urged to attend GEAR-Up '84 by David Miller, I procrastinated until the "11th hour" before deciding to go. All Dave ever said to me was, "You will like it." Well, I went, and from the moment we arrived (Dave and I), I was to encounter the unexpected.

Upon our arrival on Friday afternoon (June 15), Dave surveyed the other arrivals and remarked, "This is an older group this year." Indeed, I felt right at home, being 48 years old. There appeared to be a preponderance of people there my age and older. I was expecting to see a younger crowd. My second observation was that there were many families there. Most of the families wore the same biking outfits, some had triple tandems, and of course the standard tandem. I was also surprised to see a large number of young children -- 6, 7 and 8 years old -- who were so very well behaved (they were not being obnoxious in order to get attention). I was also surprised to see that 99.95% of the participants appeared to be physically and emotionally healthy. Dave remarked about the healthy physical appearance of the women, noting that "the cosmetic companies would go bankrupt if they depended upon female cyclists for business."

The first day, I discovered that the cafeteria was a glutton's paradise: as much to eat as you wanted, of everything including ice cream, sodas, Danishes, donuts, milk, tea, and coffee. I had anticipated losing weight but I gained instead! The schedule during the rally was such that one didn't have to rush out of the cafeteria. I don't mean that they gave you 10 or 15 minutes before closing the cafeteria after a meal -- they allowed you to linger for an hour or two or three. Also, all of the staff were polite and friendly. In the cafeteria there were always two or three supervisors, apparently, dressed in white coats, overseeing the operations and even checking the quality of the food. The cafeteria was situated so that if you had chosen to do so, you could have looked out of gigantic picture windows at a running brook and dark green foliage. And if you were patient, occasionally you could get a glimpse of wild colorful birds darting in and out around the trees.

Friday night, at the ice cream social and the wine social, the bands that were playing for our listening and dancing pleasure were first-rate. At the ice cream social, I tasted every flavor they offered (checking on the quality of the ice cream, of course). I was eating so much ice cream that I decided to go across the hall to the wine and cheese party in order to get away from the temptation. Well, I ran into Dave Miller at the wine and cheese party. I drank a lot of wine and I ate a lot of cheese, but Dave was drinking about three glasses to my one, and I still could not keep up with him. I left before him, and the next morning he appeared to be in much better shape than me.

Saturday morning, I had planned to do a 43-mile "B" ride, but as I surveyed the "B" riders who turned out for the 43-miler -- their brawny thigh and calf muscles -- I noted the quality of their bikes and I felt intimidated. I thought that I was with the wrong group for a while, but then the leader confirmed that this was the 43-mile "B" ride. I decided then that I would do a 31-mile "B" ride. The riders who turned out for the 31-miler appeared to be more like the NYCC "B" riders in physical appearance and quality of bicycle. Of the 40 to 50 riders on the 31-mile "B" ride, I felt that I would be able to ride among the top 20. I managed to be in the first half of the group, but I was not quite prepared for the struggle to accomplish this feat. Three miles into the ride, I decided to move to the front of the group, with the leaders. While standing up, sprinting up a slight incline, I was passed by a rider who was physically handicapped (he had one leg and an artificial leg). I sat down on my saddle in astonishment, shock, and embarrassment. As I watched him pull away from me, the thought occurred to me that this fellow wasn't handicapped, and I went after him with all of the strength that I had. I caught and passed him about 8 miles later.

Saturday night was Michael Shermer Night. The huge gym was filled with about 2,500 cyclists from all over the U.S.A. and Canada. It was the gathering of the herd. I do not remember much of what Shermer said but I will remember for a long time the ragtime band. In particular I will remember the drummer, who was a star among stars in this band. I will remember his exquisite drum solo during the playing of "Sweet Georgia Brown." His quadruple polyphonic rhythms, drum rolls, use of cymbals, and his stick work, were subtle, melodic, and executed with consummate skill. The trombonist with his glissandos, coming off the stage and moving about the audience, gave an inspired rendition of "Lassie's (?) Trombone." He had the audience clapping in rhythm to the music.

I attended a workshop on "Cycling in Hot Weather," by Dr. William H.B. Howard, and had some personal myths dispelled. I was reassured that my profuse sweating is healthy, not harmful. Also, I had felt that when my body became hot from physical activity, if I would drink something cold, I would get severe leg cramps. (There were many other cyclists who thought the same.) Dr. Howard said that the leg cramps probably were the result of depletion of certain trace elements, such as magnesium, potassium, and calcium, and various electrolytes. Since increasing my element intake, I have not had any leg cramps, which would normally occur three or four hours after my physical activity ceased.

I also attended another workshop on "Wide Range Gearing for Happy Touring," given by NYCC member Irv (Dr. Gear) Weisman. There was a great deal of pride and feeling of being a part of this lecture given by Irv. As Irv held forth in his subdued professorial delivery, I remembered the many times that Irv had expressed an interest in the gearing on my bicycle and other cyclists' bikes. I also remembered Irv cautioning me, as a new cyclist last year, not to try to do too much, too soon, in terms of distance, hills, and speed. This is advice that I heed every time I get into the saddle. Irv's workshop was very well received by a large number of workshop participants.

I met two former NYCC members. One of them told me how 20 years ago the NYCC sponsored GEAR-Up at an upstate hotel. The other former NYCC member, who presently lives in Riverdale, complained about the lack of complaisant females at GEAR-Up. He observed that most of the women were married or with someone else.

continued on page 7 ...



YOUR HELP IS SOLICITED FOR RESEARCH ON RIDING -- Irv Weisman

In 1980, with help from Jim Rex, Chris Mailing, and Dave Miller, I developed a set of Ride Classification curves, published in the February 1981 Bulletin (and reprinted below), and the Ride Guidelines, which are published every month on page 2 of the Bulletin.

I have now developed a calculator program which enables me to digest raw data easily, from which I can calculate such items as Overall Riding Speed (including all stops), Cumulative Riding Speed (excluding stop times), Percent Riding Time, Percent Resting Time, and more.

By studying many cases of club rides of all classes, it will be possible to characterize the classes (A, B, C and D) with greater accuracy. The improved classification will enable leaders to specify their rides with confidence; and riders will be able, reliably, to select rides which match their mood and capability.

To help with this study, record your Initial Odometer Reading. Then, for each stage of the ride (each leg, from start to stop), record the Start Time and -- each time the group stops for snacks, lunch, or flats -- record the Stop Time and Odometer Reading as read directly from your watch and odometer. No calculations by you are needed or desired -- just record the raw data. These are essential.

But, as we are aware, the terrain and weather have pronounced effects on performance. So, if you'd like to be super-helpful, include your evaluations at each stage of the ride as follows:

Terrain Code: 1) Level 2) Rolling 3) Some hills 4) Many hills 5) Long steep climbs

Weather Code: 1) Cold 2) Cool 3) Warm 4) Warm and humid 5) Hot 6) Hot and humid

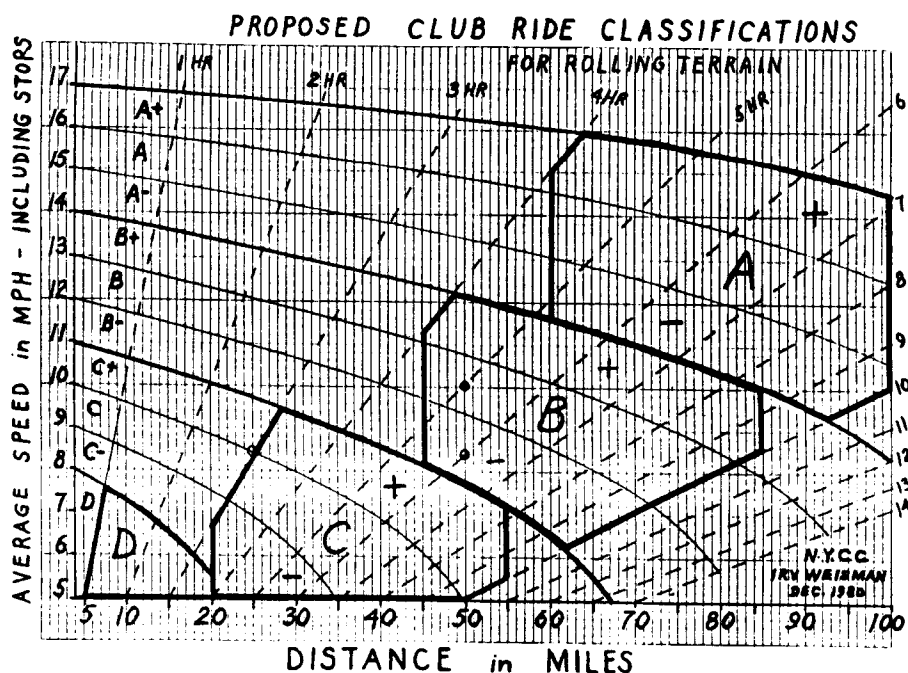
Please mail your trip records to me, at: Box 97 Kingsbridge P.O., Bronx, N.Y. 10463.
For questions, call evenings, 562-7298; or days, 650-8075.

The following format is helpful:

RIDE: _____ CLASS: _____ DAY: _____ DATE: _____

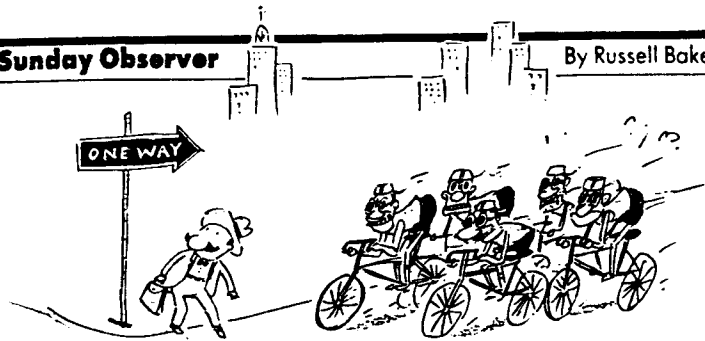
LEADER: _____ INITIAL ODOMETER READING: _____

STAGE	START (Hr:Min)	STOP (Hr:Min)	ODOMETER (Miles)	TERRAIN (Codes 1-5)	WEATHER (Codes 1-6)	LOCATION
1						
2						
3						
ETC.						



Sunday Observer

By Russell Baker



Point

Killer Bicycles

The other day, I came within an inch of being killed by a bicycle. This happened periodically in New York. I was stuffed with ice on my head when I was on my way to New York. Instead, my head was stuffed with ice on my way to New York. And yet, I found myself apologizing to it, and even stooping to assist it in scraping its way back into the traffic while I was still there.

Counter-point

LETTER TO THE EDITOR:

It's not every day that an NYCC member gets his name printed in the New York Times without having to resort to killing someone. →

I get a ½ point credit for this as I signed Scott up after the Mattituck Century (Strawberry Festival).

Regards...

Gregory D'Agostino

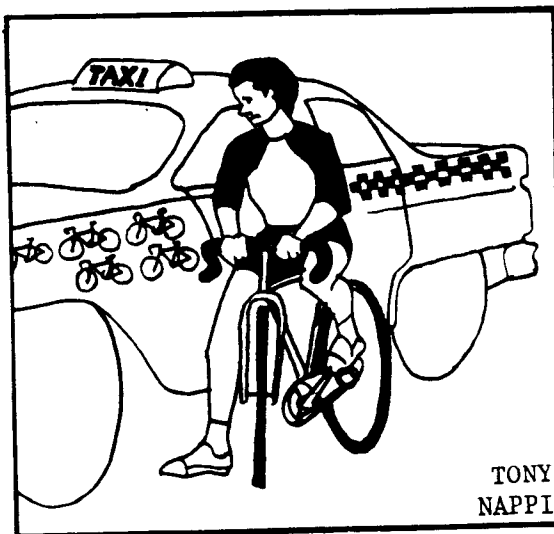


Killer Bicycles

As a longtime killer bicyclist, I hope Russell Baker doesn't give away any more of my secrets ("Killer Bicycles," Sunday Observer, June 10). The three best ways I have found to mow down pedestrians are these: (1) Ride in the same direction as the traffic flow. Rarely a day goes by when I don't whiz by someone, darting out from between illegally parked cars, as I ride up Park Avenue South each morning. (2) Proceed at normal speed through an intersection at a green light. Try this heading westbound on 39th Street across Fifth Avenue at lunch time. (3) Take a ride on the Brooklyn Bridge bike lane. Shout a warning as you pass someone walking on your side of the line (there are plenty of markings dividing the bike lane from the pedestrian lane).

SCOTT KOCHMAN
Brooklyn, N.Y.

NY TIMES, 7/8/84



TONY
NAPPI

JULY 1984 **Board of Directors Meeting** MINUTES SUMMARY
by Alinda Barth, Secretary

1. Ed Schweber presented his Statement of Accounts for the first half of 1984.
2. The Board decided that:
 - a. The present Post Office Box in Brooklyn shall be retained at the Club's "home base";
 - b. The Safety Brochure will be printed and distributed along with the Goldenrod Flyers;
 - c. In response to a recent article about Killer Bikes in the New York Times Sunday Magazine Section, the NYCC Public Relations Committee will write an Op-Ed article for the Times, and a letter to Mayor Koch, saying that the NYCC supports law enforcement and education for responsible cycling in the City.
3. The next Board of Directors' Meeting was scheduled for August 7, 1984.

NYCC ADs

STOLEN JULY 4TH: CYCLE PRO RAM MOUNTAIN BIKE. Grey, fenders, Blackburn rack, front and rear Bercelites, Cat-eye Velo Computer, red bell, Halt on handlebar, Karimor black seat bag, tool kit, Cannondale rain suit, first-aid kit. The bag has a 6" high red triangular bike reflector with the picture of a bike in the middle, and a sign, "This vehicle is smog free." If you see the bike, detain it, call police, and call me. David Miller, (H) 794-9365, (W) 594-5269.

FOR SALE:

BIKING SHOES. One pair Detto Art 74, size 46; and one pair Bata Bikers, size 12. Both new. Detto, \$25.00; Bata, \$15.00. David Miller, (H) 794-9365; (W) 594-5269.

RALEIGH INTERNATIONAL. Reynolds 531 double-butted throughout. Fine European craftsmanship. Full Campy record. Never ridden. 20½ inches. \$600 not negotiable. Barbara Silverstein, 219-2141.



If youse guys want more C rides
in the ride schedule, youse have
to volunteer to lead them.
**NO VOLUNTEERS, NO RIDES.
YOUSE GET IT???**

**COMING
ATTRACTIONS**

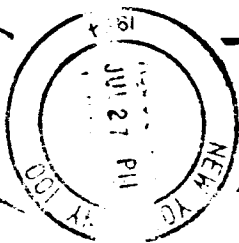
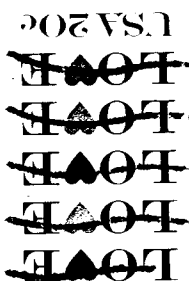
by Irene Walter, Editor

- * Membership Update
- * NYCC Bicycle Safety Tips
- * More Cycling Shorts by Gregory D'Agostino
- * And Much More!

There'll be a Guest Editor for the next Bulletin, so... **DEADLINE FOR RECEIPT OF MATERIAL FOR THE SEPTEMBER BULLETIN WILL BE: THE CLUB MEETING ON AUGUST 14.**

First Class

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



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.

B.

DATE	AMT. OF CHECK	NEW	RENEWAL
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OTHER CYCLING CLUB MEMBERSHIPS: (CIRCLE) AMC AYH LAW TA CRCA CCC
OTHER: _____

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