

July  
1984



# 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.

Sun July 1 BEAR MTN RIDE Leader: Donald Smith (657-6382, after 9:00 PM). Meet at Central Park Boathouse for a quick start out of Manhattan at 8:00 AM sharp. There will be 2 stops on the ride. Going out pace will be moderate and coming back, faster. Option to ride to top of mountain; this distance will be 8-10 miles round trip. 9 & 9A New York side to Route 6; coming back, Route 9W.

Sun July 1 MYSTERY BERGEN/ROCKLAND TOUR Leader: Marck Smith (222-4735). Meet at 178th St. and Ft. Washington Ave. This will be a "B+" ride so be prepared for a 13+ mph pace. Join me for this enjoyable and scenic route.

Sun July 1 LEADERLESS RIDE Meet at Tramway Plaza (2nd Ave. and 59th Street) for a ride to a destination to be decided by those people who show up. As there isn't a leader, one is responsible for oneself.

Tues-Sun  
July 3-8  
All Class



LAW NATIONAL RALLY, Indianapolis, Indiana. Call Bicycle USA, the League of American Wheelmen, at 301/944-3399, for registration and other information.

Wed July 4 INDEPENDENCE DAY DIAL-A-RIDE Leader: Marty Wolf (935-1460 home or 210-7547 work). Call Marty on Monday 7/2 or Tuesday 7/3 if you are interested in riding on the 4th of July. Distance and destination to be determined by weather forecast and whim of Wolf.

Wed July 4 NESHANIC STATION Leaders: Martha Ramos (858-9142) and Debbie Bell. Meet at the World Trade Center, Church and Vesey Sts. Bring change for the PATH. Celebrate the 4th by joining us on a ride that will take you into another dimension. The ride includes industrial and residential areas of New Jersey and downtown Summerville. Then we pass a castle, cross a bridge, and follow an enchanted road to Neshanic Station. Rain cancels.

Sat - Sun July 7-8 ALBANY ROUND TRIP Leader: Alex Bekkerman (460-4769, 8 AM - 4 PM). Meet at the Central Park Boathouse. This ride may be a good training ride for those who want to go to Montreal one way with Steve Bauman on Labor Day, or Jimmy Rex (New York - Montreal - New York). I will try to keep the group together at all times. We'll take the N.Y. side to Bear Mountain Bridge, cross it, and then proceed all the way on 9W. There will be plenty of food in Albany. Motel cost is only \$10.80. Call Alex to make reservations and for more details.

Sat July 7 PRINCETON SPIN Leader: Josh Keller (674-0955). Meet at the Manhattan Staten Island Ferry Slip in time for the 8:30 AM ferry. Ride our pace line on the smooth flat roads to Princeton. This ride features the scenic Canal Road, many miles and only one climb. Call Josh for more information.

- Sat July 7 **MARSHA'S BIRTHDAY RIDE** Leader: Marsha Taggart (after 6 PM 914-962-5991). Meet at last stop of the #4 train for a surprise ride into Westchester. Be prepared for a few hills, both up and down. Rain cancels. Joint Country Cycling Club ride.  
B  
60 mi.  
9:30 AM
- Sun July 8 **ROCKLAND ROCKET** Leader: Rich Herbin (666-2162). Meet at 178th St. and Washington Ave. in time for the 8:00 bus. Tour suburban Bergen County, sample or gorge on the cuisine de Friendly's in Ramsey, then take in idyllic vistas of Rockland including South Mountain Road. Return along Hudson River scenic route. Pace will be moderate. Return about 3:00 PM.  
A  
70 mi.  
7:45 AM
- Sun July 8 **THE PRETTY WAY TO NYACK** Leader: David C. Miller (794-9365 home, 594-5267 work). Meet at the Central Park Boathouse for an easy ride to Nyack and back. We will take the David Miller pretty way to Nyack which includes the bike path through Tallman Mt. State Park. The lunch stop will be in Nyack State Park next to the Hudson River under the Palisades. The return will be a loop on the marked NYCC route backwards and forwards to East Closter Road. East Closter Dock is a long gentle climb to 9W that will take us back to the George Washington Bridge. Plan on an all-day ride. We will be taking the G.W. Bridge bus back and forth. PLEASE BRING YOUR OWN PICNIC LUNCH.  
B  
60 mi.  
9:00 AM
- Sun July 8 **KEEPING UP WITH THE JONESES** Leader: Phil Botwinick (441-0246 home, 613-2271 work). We'll meet at Union Turnpike and Queens Blvd. for an enjoyable ride out to the beach. We'll be staying a couple of hours. Bring a lock, towel and suntan lotion. Rain cancels. Bring or buy lunch. Bike must be left in attended bike area so a lock is a must.  
C  
40-45 mi.  
10:00 AM
- Sat July 14 **BASTILLE DAY FIREWORKS** Leader: Maxim Vickers (889-7100/728-7179). Double pace line from the Boat-house to the Flagship Diner from whence we shall proceed to storm the Whippoorwill Hill and return speedily via North Tarrytown. Red-white-blue attire suggested. Rain at 8:30 AM cancels.  
A+  
77 mi.  
9:00 AM
- Sat July 14 **BIRTHDAY SURPRISE -- SCOUTING IN WESTCHESTER** Leader: Maggie Clarke (566-8870 w/567-8272 h). To celebrate my birthday, we will continue the series of moderately long and briskly paced rides over some familiar and some "new" scenic and hilly territory in Westchester and possibly southwestern Connecticut. Please bring water, snacks and lunch if you can (and money) and a properly functioning 10-speed bike, tools, pump and spare tube. Meet at Dyckman St. (200 St.), Broadway and Riverside Dr. at the Triangle Park. Call Maggie for special subway/travel directions, for more details about the ride, or for a rain date, if necessary. Joint listing with Sierra Club.  
B-  
50-60 mi.  
9:15 AM
- Sat July 14 **FORT LEE HISTORICAL BIKE TRIP** Leader: Roseann Korsa (549-2034). Join us for this tour of the Revolutionary War exhibit. Meet at 9:00 AM at the Pulitzer Fountain (Fifth Ave. and 59th St.). We'll ride through Central Park and up Riverside Dr. on our way to the George Washington Bridge. Bikes must be parked, so bring a lock. The lunch break will be in Demarest Park or on the museum grounds where there is also a hiking trail. We'll ride into Bergen County to find a few hills. Do one toughie at your own pace. Joint AMC ride.  
C  
30 mi.  
9:00 AM
- Sun July 15 **PATCHOGUE** Leader: Donald Smith (657-6382 after 9:00 PM). Meet at intersection of Queens Blvd. and Hillside Avenue. We will take the AYH Montauk route out to Patchogue. Stop at Friendly's for lunch. Return route will be discussed at the start. Flat course and maybe a hot day.  
A  
100 mi.  
8:00 AM
- Sun July 15 **CAUMSETT STATE PARK** Leader: Alinda Barth (441-5612). Meet by the statue on Queens Blvd. (E or F train to Union Turnpike) and ride to Caumsett Park, located on a scenic peninsula extending into Long Island Sound. We will buy lunch at a deli and have a picnic in the park.  
B  
70 mi.  
9:00 AM
- Sun July 15 **LEADERLESS RIDE** Meet at Tramway Plaza (2nd Ave. and 59th Street) for a ride to a destination to be decided by those people who show up. As there isn't a leader, one is responsible for oneself.  
C  
10:00 AM
- Fri-Sun **THIRD SHENANDOAH VALLEY ANNUAL BIKE WEEK/WEEKEND** Leader: Tidewater Bicycle Assn. Bike tours on all levels in the foothills of the Blue Ridge Mountains. Housing and dining at James Madison University (air-conditioned). Socials and side trips are planned. Costs (including meals and lodging): weekend, \$53-\$60; week, \$161-\$190. For further info and registration forms, call Sara Flowers (212-544-9168) or write SVABW, 5509 Elam Ave., Virginia Beach, Va. 23462.  
Fri-Fri  
Jul 20-22  
Jul 20-27  
A/B/C
- Sat July 21 **OVER THE RIVER AND THROUGH THE WOODS TO HIGH TOR** Leader: Lee Gelobter (778-2345 day, 646-7037 eve). Meet at the Central Park Boathouse for a prompt departure. We will cross the George Washington Bridge with the van and travel north along River Road, the Tallman and Nyack State Park Bike-paths, and South Mountain Road to High Tor for lunch and a refreshing swim. Bring a bathing suit and towel unless you like riding home in wet clothes. The ride will maintain a paceline whenever possible, especially on the way back. There will be a breakfast stop in Piermont and a stop in Closter on the way back. Call Lee for more info. Joint TA ride.  
A  
75 mi.  
8:15 AM
- Sat July 21 **ARMONK AND CONNECTICUT** Leader: Roy Lawrence (TR 7-2292). Meet at Central Park Boathouse for a brisk ride to Armonk via Scarsdale and White Plains, circling the Kensico Reservoir. Return via Riversville Road in Connecticut, a pretty, seven-mile gradual downhill. Bring lunch or money for it. Rain cancels.  
B+  
80 mi.  
8:00 AM

- Sun July 22 GREENWOOD LAKE Leader: Ed Schweber (567-2661). Meet at 179th St. and Fort Washington Ave. by the meeting place for the George Washington Bridge van service. We will cross on the 8:00 AM van so be on time. The route is quite hilly, but the pace will be moderate for an "A" ride.  
A  
90 mi.  
8:00 AM Food stops in Waldwick and Pequonnock.
- Sun July 22 SAGAMORE HILL Leader: Marc Freedman (499-3440). Meet at 179th St. and Hillside Ave. in Queens (last stop on the E or F train). This is a scenic and historic jaunt to Teddy's home. Rain cancels.  
B+  
50 mi.  
10:00 AM
- Sun July 22 ALL-MANHATTAN INSOMNIACS BIKE RIDE Leader: Gregory D'Agostino (272-4271). Ride your bike up to the Guggenheim Museum (Fifth Ave. and East 88th Street) for the 2:30 AM start of the Annual All-Manhattan Insomniacs Bike Ride. Here is your chance to become one of those legendary Night People you've heard about, and to learn a bit about Manhattan's history to boot. Sunrise breakfast at the Battery. Bring your snack. Lights advisable. Rain cancels. Joint Friends of the Parks ride.  
C  
20 mi.  
2:30 AM
- Sun July 22 HISTORY, WATER, AND STATEN ISLAND Leaders: Alinda Barth (441-5612), Joe Chappelle (369-9584), Larry Rottersman (448-7400). Bike to the tip of Staten Island and back. Meet at the Ferry in Manhattan at 7:45 AM for an 8:00 AM departure or meet Joe at the Central Park Boathouse for a prompt 7:00 AM departure. Besides history and water, see the church featured in The Godfather. This will not be an all-day ride! We will ride non-stop for 12.5 mi., in a pace line at 10.5 mph. We should arrive back at the Staten Island side of the Ferry by 1:00 PM. Terrain is flat so closet B riders may see the pace move to 12 mph. So, come out for a nice mellow bike and ferry ride. Bring lunch, full water bottle, camera, and \$.25 for the ferry. Maps available for those who opt for the beach. No young children, please.  
C  
25/35/45 mi  
7:00 AM/  
7:45 AM
- Sat July 28 PRECLUB RIDE JAUNT TO NYACK Leader: Herb Dershowitz (929-0787). Central Park Boathouse. Thru River Road to Nyack. Food at deli and lunch at Nyack State Park.  
A  
60 mi.  
8:00 AM
- Sat July 28 NORTHPORT HARBOR Leader: Alinda Barth (441-5612). Meet at the I.U. Willets School parking lot for a ride along the shady lanes of the North Shore and lunch at Northport Harbor. Be prepared for a few hills. Call the ride leader for directions to the parking lot. If you bicycle to I.U. Willets from 179th St. (E or F train), you will add about 20 miles to the ride round trip.  
B  
60/80 mi.  
9:00 AM
- Sun July 29 ALL-CLASS CLUB RIDE TO SILVER LAKE Choose one of the six rides below so that we can all join together at Silver Lake City Park on Lake Street in East White Plains in Westchester at 1:00 PM. Not only can we share lore and folklore, but we will all return together in one of our quintessential club rides that is all class.  
↓
- A+ Leader: Steve Sklar (245-3245). Meet at the Central Park Boathouse for a ride through Pleasantville and Armonk to Silver Lake Park. Call Steve for more details.  
90 mi.  
8:00 AM
- A Leader: Lee Gelobter (646-7037 eve, 788-2345 day). Meet at the Central Park Boathouse for a ride through Larchmont, Mamaroneck, Harrison, Rye, and Greenwich to Silver Lake Park for lunch with the rest of the club. We will ride in a pace line. We will not make a breakfast stop along the way so chow down before you leave home. Call Lee if you need more info.  
75 mi.  
8:30 AM
- B+ Leader: Roy Lawrence (TR 7-2292). Meet at the Central Park Boathouse for a briskly paced ride through territory that is one of Roy's specialties.  
60 mi.  
8:00 AM
- B Leader: Martha Ramos (858-9142) and Debbie Bell. Meet at the last stop of the #5 train (233rd St. & Dyre Ave. in the Bronx). The ride will take us through eastern Westchester and then out through a corner of Connecticut before returning to Westchester and the lunch stop.  
50 mi.  
9:30 AM
- B- Leader: Maggie Clarke (567-8272/566-8870). Meet at Triangle Park at Dyckman, Riverside Dr. and Broadway (call for travel/subway directions). This ride will be both brisk and social over some lovely routes to Silver Lake.  
50 mi.+  
9:00 AM
- C Leader: Phil Botwinick (H 441-0246 or B 613-2271). Meet at Jerome Ave. and Woodlawn (last stop of #4 train). By 9:30 AM we'll be cycling at a pleasant pace with few stops through White Plains. Bring or buy lunch for our Silver Lake lunch stop.  
40 mi.  
9:30 AM
- Sat-Sun PHILADELPHIA Leaders: Martha Ramos (858-9142) and Debbie Bell. Join us for a scenic weekend ride to Philadelphia. We leave early Saturday morning, lunch in Princeton and dinner in Philadelphia (Bookbinders on the Garden). Return is early Sunday morning with a lunch stop in Lambertville before returning to NYC. Call for details as to meeting time and accommodations.  
Aug 18-19  
B+  
200 mi.

Bring your bike to Gettysburg and enjoy the Battlefield and "Bicycle Rides of Adams County." Ten rides with maps. Send \$2 and self-addressed envelope with 37¢ postage to: Bicycle Rides of Adams County, Gettysburg Bicycle Club, 226 Chambersburg Street, Gettysburg, PA 17325.

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

This is an encore performance of the  
Best Program of the Year for 1983

The award-winning

## \* CREATIVE BIKE REPAIR \*

Held at a new restaurant/meeting place!



What do you do when you are riding in the wilderness and your frame cracks?  
What do you do if you break a spoke (on the freewheel side, of course), and you have no tools and no spare?

Well, Elliot Winick and Francis Bollag claim to have the answer for every conceivable bike repair problem.

Elliot, who is Executive Director of the Metropolitan Council of the American Youth Hostels (AYH), has 14 years of experience at AYH. He is a national and international bike tour leader, whose credits include leading the first bike tours to Cuba and China. Elliot has taught bike repairs at both New York University and AYH.

Francis, a major manufacturer of bicycle tours and distributor of bicycle parts and accessories, has over 20 years involvement with AYH, including being a Board Member, tour leader, and bike repair instructor.

Elliot and Francis will show slides and give examples of bike repair situations solved with great creativity and finesse. You are welcome to try to "stump the goodwrenches" by bringing them repair situations that you think have no solution!

DATE: Tuesday, July 10

TIME: 6 P.M. for cocktails, or just plain socializing

7 P.M. for dinner. (If you want dinner, you must purchase it by 7 P.M.)

NEW PLACE: THE UKRAINIAN RESTAURANT  
140 Second Avenue (between 8th and 9th Streets, on the east side)  
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: Is available in the meeting room.

### AMBIANCE AND CUISINE, ETC.:

Cash bar, including soda, in the meeting room.  
Seating at big round tables, each accommodating 8-10 people.  
Family style service, with everything on the menu on every table.  
Menu: Salad  
Stuffed Cabbage  
Pierogis (all four varieties--meat, cheese, potato, and cabbage)  
Chicken  
Bread and butter  
Coffee  
(No dessert)

Price, including tax and tip: \$8.00.

An NYCC member will collect \$8.00 from each person entering the meeting room and give the person a ticket. Exceptions are people who are not eating; they will be seated apart from the diners so they will not be included in the count. As the restaurant will be paid per diner, the Club will be responsible for any dinner not paid for.



Pierogis are dough pockets with filling, like ravioli, wonton, or kreplach. You'll recognize them.

## CYCLING SHORTS --- Gregory D'Agostino

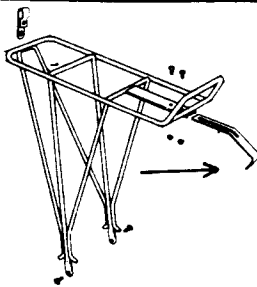


According to a report from the AP, the Army's research & development lab in Natick, Mass, has produced the coolest item since cucumbers: an air-conditioned undershirt. The "micro-climate cooling system" is made of fishnet fabric with a series of vents and hoses that plug into the air-conditioning system of a tank & circulate cool air around the torso. For the cyclist whose equipment doesn't usually include combat vehicles, the Army is developing a 15-pound backpack air-conditioning unit that will keep the body cool for up to six hours. Don't underestimate the Pentagon for some good ideas-- they're the people who invented sleeping bags and instant coffee.

European racers, by tradition, put wet cabbage/lettuce leaves under their cycling caps to help ward off the heat.

Many of you are planning to put your overworked body, your bike, & your camera on a plane for a well-earned holiday. If you're like me, you'll invariably worry about your film being damaged by going through the airport X-ray machine. According to Eastman Kodak, ordinary film is not subject to fogging or damage when X-rayed by machines in domestic airports, although high-speed film such as ASA 400 can develop fogging after repeated exposure to X-rays. However, the new high-speed colour film ASA 1000 can be ruined after a brief encounter with security machines, so if you're not into photographing bullets in flight at midnight, you needn't worry.

**THE CONSUMERS CORNER:** The AYH Store has been receiving disturbing reports of the Blackburn adjustable rear rack breaking when loaded with gear. The breakage occurs on the stainless steel extender where it mounts to the brake centrebolt. If you're going on a trip this summer, I suggest taking along an extra extender. If your bike shop doesn't sell the extender separately, write to: Jim Blackburn, 75 Cristich Lane, Campbell, CA, 95008.



**TRAVEL TIPS:** The best cycling in Paris is through the Tuileries -- lots of flowers & no Citroëns.... Best selection of maps worldwide is at Standfords in Covent Garden, London.... If you order special airline meals (low sodium, vegetarian, or kosher), chances are food will be fresher.... Inventive new diet to beat jet lag developed by Argonne National Laboratory, Argonne, IL, 60439.... Deflate bike tires before putting on the plane.

"Return your beer bottles. Remember the environment and all that"  
--- Graffiti on a SoHo wall

Thanks to Don Passantino's careful reading of THE NEW YORK TIMES, we have a very weird short. Kenya Top This? Watch where you ride on vacation trips. In Kenya a two-ton hippopotamus guarding its calf trampled and bit a man who was passing on his bicycle. He tried to defend himself with the bicycle but was bitten on the face and neck. And you thought New York was tough?

According to the Parker Brothers trivia game "Quiz 500", the inventor of the bicycle was a Mr. Kirkpatrick MacMillan of Scotland, in 1839.

Lin Ehrlich tells me the medicos at the Lenox Hill Sports Medicine Institute recommend a pint of water per hour per cyclist in hot weather.

70% of your stopping power is from the front brake.

The next time it's 95°, instead of cycling on land you can hit the surf, thanks to Tony Mantione who has discovered the SEA BIKE. Essentially this esoteric craft is an 11 by 2½ foot surfboard powered and maneuvered like a bicycle. The SEA BIKE was recently patented by PES of Cicterna di Latina, Italy.

Another "C" rider was the late Rear Admiral Sir Humphrey Devers who for exercise would ride his bicycle about the decks of his dreadnought in the early part of this century.

\* \* \*

Joaquim Agostinho, a champion cyclist and one of Portugal's most acclaimed sports heroes, died ten days after falling and fracturing his skull in a local race. Agostinho, who twice finished third in the Tour de France, never recovered from the coma he fell into, hours after a stray dog toppled him to the ground while he was cycling at high speed. (NY TIMES, 5.11.'84)

## ENDURANCE RACING AND EFFICIENCY OF YOUR HUMAN MACHINE

by Alex Bekkerman

The subject of endurance is probably one of the most frequently discussed in cycling. Though there are excellent articles on nutrition, training methods, the cardiovascular system's influence, and mental and psychological preparation, I was not able to find anything which dealt with stamina as a complex issue. So, one day, following my engineering habits, I decided to conduct my own little survey. As with any real survey, it consisted of two parts:

1. Theoretical: Gathering information from various publications.
2. Practical: Riding in numerous centuries and four marathon events: Paris-Brest-Paris in France; the 1983 Pepsi Marathon; Spenco-500 in Texas; and the John Marino Open (800-mile qualifier for Race Across America) in California.

Assuming that my body falls within a representative sample, I will dare to offer a few generalized points arranged in a matter of importance:

### POINT #1 There is no universal recipe; there is the training principle.

The most important training principle should be raising a body's aerobic conditioning based on its inherent characteristics: body build, weight, pulse rate, etc. This is expressed in your fastest cruising speed. It may be 15, 17 ... or, in the case of top endurance riders, 20+ miles per hour. A knowledge of your body's pace and the ability to maintain it is, in my view, the key factor in endurance. Sprints, breakaways, interval training, long stops ... all of them disturb your body's pace and should be avoided. It is just like a car: you get the best mileage when you maintain your car's speed at a steady level. Not too fast, not too slow.

### POINT #2 Mental readiness.

Physical endurance is only a part of total endurance. If you are not ready to suffer pain, ignore discomfort, and relax even while on the bike, you will drop out or simply go nuts. Nevertheless, your mind should always be in control and, in case of hazards, your mind should be capable of evaluating the situation. The only way to improve is to go through both physical and mental hardships and monitor the level of your enthusiasm afterwards.

### POINT #3 Eating during the ride.

- 1) Up to 100 miles, planned food consumption is not that crucial -- just eat something after one hour of riding.
- 2) If the distance exceeds 100 miles, your food consumption should be thoroughly planned. Here are some known and not-so-well-known facts:

The muscles always burn a combination of fats and glycogen stored in the blood and liver. The reserves of these two fuels are quite different. The glycogen has about a 1,500-calorie capacity, and fat at least 20 times that amount. Obviously fats are the preferred fuel for endurance efforts, and the only question is how to persuade the body to realize the same.

As it happens, the glycogen/fat fuel ratio depends on the intensity of the work. During light work (even sleep), the body gets 65% of its energy from fats. During all-out sprints, for example, it changes to a 100% glycogen supply. So, the apparent way to take energy from fats is to ride easy.

However, in an ultramarathon race, speed matters also, and that's how you come to a concept of fastest cruising speed. For example, a top endurance racer will ride a 6-hour century taking about 50% of his(her) energy from fats, while an average NYCC rider will deplete 80% of his(her) glycogen (20% of fat supply). Of course, it is assumed that both finish in 6 hours. And it is known for a fact that the less glycogen that is left in the blood, the more deeply fatigued we feel. So, to postpone fatigue, you should ride at a comfortable pace and eat.

It takes a certain time to convert food into glycogen. Generally, when you eat complex carbohydrates, it is 2 to 4 hours, and for achieving the best result, you should take this factor into consideration.

But there is one more thing. I strongly believe that meals should compensate for only that energy which is being consumed from glycogen reserves. Eating a greater amount would just divert the body resources away from exercising to digesting for fat deposition. Therefore, to find out how much I should eat, I do the following:

First, depending on target average speed, I approximately calculate the amount of calories to be burnt in one hour. Then, based on the assumption that at my cruising speed, 50 to 60% of my energy should come from fats, I get a good idea of how much energy comes from glycogen. Now, if I know how many hours the ride will take, and what is the caloric value of the foods I take on my ride, I can finalize this funny equation.



I never forget that the most the body can digest is 6,000 calories a day. The 526-mile Spenco race in Texas (April 1984) greatly enhanced my belief in this approach. I calculated that during the race, I would need to eat only 9,500 calories, though I burnt over 20,000 calories. So, I put 9,500 calories worth of food in my pockets, minimizing the disadvantage of not having a support car. I didn't win the \$10,000 first prize, but my 15th place (out of 360 entries) does not look bad when six pros are on the top, and only three out of nine participants in Race Across America finished. I also was the only one in the top 20 with no support whatsoever.

3) I think that the quality of your diet provides a great deal of influence on your endurance. Speaking concisely, I find the common opinion that the cyclist should eat complex carbohydrates and a balanced diet is very true. The only trouble is that the "balanced diet" is easier to define than to keep. So I supplement my diet with multivitamins rich in iron, and vitamins E and C. There is also a very new field of amino acids supplementation, but their influence on endurance has not yet been proven.

By the way, to drink regularly is very important: if you lose 2% of body weight in water, there is a marked fall-off in endurance; a loss of 12% means death.

#### POINT #4 Riding style.

Riding style should be economical. Consider this: only 20% of the energy output of the body results in actual muscular work; the other 80% is liberated as heat. So, if only 20% is available for use, imagine how costly it would be to lose 3 to 5% due to inefficient riding style. Literally, smooth movements and aerodynamic position mean economical riding style. I DON'T think that a high cadence is as important as the cycling literature suggests. As a matter of fact, I alternately spin, switch to a higher gear, and when I get a chance, I enjoy standing on the pedals. This way all the muscle groups share the work, introducing some change into long boring hours.

#### POINT #5 Heredity (This could also be POINT #1)

You must be born with stamina. You can improve, but only as far as your genes allow. If you try too hard, the only thing you'll improve is your chance for early retirement. Why? Because stamina is not only a physical characteristic but also a type of nervous system, rate of metabolism, and, if you will ... a personal philosophy. Most of these things we inherit.

But don't be discouraged. Endurance is only one aspect of total fitness. A well-fit cyclist has three major qualities: strength, speed, and endurance. All three require different talents, training methods, and each has its own disciple. I promote endurance.

---

#### ABOUT ALEX BEKKERMAN -- by Cyclops

He likes to bicycle -- far and fast. He's an ultramarathoner -- a sport that's only five years old, defined as bike racing for ultra-long distances ("well over 200-300 miles, like the Race Across Missouri").

Alex, 30, began serious cycling as a track sprinter in his native Odessa, USSR, near the Black Sea, about eight years ago. He emigrated to the United States 4½ years ago because of Soviet Jewish persecution. For the last three years, Alex has been into distance cycling. Last year, he finished 4th out of 5,000 riders in the 24-hour Pepsi Marathon in Central Park. And at the Paris-Brest-Paris last summer, he placed about 110th out of 2,500 riders (4th among 94 Americans, and 1st among Americans from the East Coast). He rode the 760 miles in 161 hours.

This year, on Easter Weekend, Alex placed 15 out of about 340 riders in the Spenco 526-miler in Waco, Texas. Then, in May, he entered the qualifier for the ultimate ultramarathoner quest -- the Race Across America.

The RAAM qualifier is the 800-mile John Marino Open, which begins in Temecula, California, and ends there 2½ days later, after eight 100-mile loops which include a 12-mile climb to 4,950 feet in the San Jacinto Mountains. At about mile 425 of the JMO, Alex was 15th of the 112 entries, and believes he was in a strong position to be in the top 10, since some riders drop out. Then he was hit by a car, and ended up in the hospital (luckily, no broken bones), and on crutches. The top 10 of the JMO qualify for RAAM.

Qualifying for the 3,158-mile Race Across America, which usually takes about 10 days, would have been a problem for Alex: he had already used up his vacation time (he's a control systems engineer with Gibbs & Hill, consulting at Con Edison at present); and he doesn't have the financial support -- \$15,000 -- for an 8-member support crew with recreational vehicle and van.

Alex trains 350 miles a week (200 miles, if it's rainy): 100-130 miles a day on the weekends; and 20-30 miles on weekdays after work -- in Central Park until recently when he moved to Brooklyn; now it's in Prospect Park. He says long-distance racing is more popular in California than on the East Coast, probably because of the climate -- "You can bike year-round in California."

"Most of my spare time I spend on a bicycle," Alex says. Yet he insists he's a normal person who likes comfort, conversation, and watching TV. "But when the time comes, I go on the bike and pump for as long as I can. I get very upset when people say we're nuts. It's just our form of form."

For more of his form of fun, see his article.

ATTENTION, QUEENSBORO BRIDGE USERS! -- by Marc Freedman

As of Monday, June 11, the 4-6 P.M. bikelane on the Queensboro Bridge has been closed. Continuous shuttle service is now available during the hours 3-7 P.M. (the hours of 3-4 and 6-7 P.M. were previously non-accessible to bikes). The shuttle station locations (and signs will be posted at them) are:

Manhattan: On 59 Street, east of Second Avenue, in the motorcycle parking zone adjacent to the bridge.

Queens: At the corner of Bridge Plaza North and Crescent Street, adjacent to the entrance of the north outer roadway.

At present, the shuttles are two vans with limited carrying capacity. However, trailers are being outfitted to carry 10 bicycles at a time.

1984  
RIDE  
PREVIEWS

AND  
REVIEWS



Date	Ride	Leader	Class	Distance
8/4	Glen Cove Loop	Albert	B	55 mi.
8/11	Bayville Beach Express	Gelobter	A	75 mi.
8/18-8/19	Delaware Water Gap	Mailing	A	
8/18-8/19	*Philadelphia	Ramos/Bell	B+	200 mi.
8/26	Annual Ride to City			
	Island Via Westchester	Clarke	B-	50-60 mi.
8/26	Island Hopping	Botwinick	C	
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		
10/21	Ridgefield Fall Foliage Century	Mailing	A	120 mi.
11/6	Bankers, Bureaucrats, and Freeloaders Ride	Mailing	A	75 mi.

\* See page 4 for details.



The Lobster Quadrille --- Gregory D'Agostino

"How you doing?" asks one of the two Century Road Club jerseys I met at an early morning stop. "Hands pretty numb -- lost a glove at the Friendly in Patchogue." "How much farther?" asks the other CRC jersey. I consult my Cateye Solar. "Nine miles." "Want to do it?" "Sure! I'm not an A but I can ride-a-wheel. Let's do it!" 16-17-18 mph reads the display. Eight inches off the wheel of the yellow jersey wearing the Sidi's. Campy Record hub...is it a Mavic E-2 rim? An easterly breeze to my back -- we'll have blue sky tomorrow. 19-20 mph. I ride low on the drops. What did Chris write about riding aerodynamic...knees and elbows tucked in? Glad I'm wearing cleats. Hard for half an hour, Montauk comes into view. The yellow jersey in front of me puts up his thumb, "You're in," he calls over his shoulder. They keep the pace. I start to come down. 17-15-12 mph. It's Montauk Sunday and I've done my first century. Grinning like the cat, until a fresh breeze off the bay gets up my leg & down my back, brings me to myself, as they say. Tide is on the turn. Tights & windbreaker on. I try to remember a sea chanty, but instead Piaf's song "La Goualande Du Pauvre Jean" comes to mind. Along with the tune comes black & white pictures --- Edith at the Olympia Music Hall, her funeral, the Paris Six-Day bike races at the Vel' d'Hiv', pungent Gauloises cigarette smoke hanging in the air....

There's Mike Nelson & Joyce wearing matching Vigorelli Lycra skins, looks good. One, two, or was it three slaps on the ass as they sped past me earlier in the day on the cool green Claud Butler tandem, Carl Calnek drafting behind (I was tempted to join their pace line until I remind myself not to hurry, there's plenty of miles to Montauk & the lobster). Roy is by the bank talking to Paul Richman whose Velo has come to grief. Looking for other familiar faces, I wonder if Barbara Johnson has come in yet -- hope I adjusted her cleats right.

Riding past an outdoor café with a bright blue awning, one of the two yellow CRC jerseys holds up a brown bottle and calls out "Have a beer?" "I'm for a lobster," I call back to them. "The beer is cold," says the other. I just smile. It's Montauk Sunday and I've done my first century. I'm for a lobster.

## GEAR-UP '84 - The Weekend-Long Dream

by Marc Freedman

Friday night, the end of a long week. Your boss has been awful since Tuesday. You had a couple of close calls while riding home from work. The smog and heat were terrible. But it's Friday. You pack your bags, throw the bikes on the roof, put your car in gear, and head for GEAR-UP, the northern version of the Great Eastern Area (Bicycle) Rally. You arrive late at night at the college campus where the rally is being held. It's quiet. Only a few others are out. But everybody who is out has a bicycle! And almost every parked car has a bike rack!

The next morning, at breakfast, you look around at the people in the dining hall. No mistaking that this is a gathering of bicyclists. Where else would you see people taking helmets with them to breakfast? You're beginning already to accept that, yes, there really are a lot of people nutty enough about bicycling to put some money down and travel a long distance to come to this rally.

After breakfast, you drift over to the student union building. Others start arriving, all with their bikes. The mix of people is surprising - toddlers through septagenarians, casual "amblers" and hard-core distance riders, tourers and commuters. The mass of people and bikes keeps growing. As more and more arrive, the soft, rapid clicking of freewheels become the dominant sound in the still morning.

Some people are congregating for the rides that are about to leave. Others have come to talk -- to share gossip, plan the day's activities, or query the opinions of owners of new and exotic equipment. Still others are waiting for workshops to begin. Workshop topics range from keeping your body fit to maintaining your bike, from how to plan a faraway tour to how to make bicycling safer back home.

Between the planned activities, there's always something to catch your attention. Exhibitors displaying their wares. Approachable people interested in striking up conversation. Aficionados of exotica with their bikes placed in prominent places, just itching for you to ask something like, "What does that do-hickey down there below the seat do?"

Saturday night features Michael Shermer relating in pictures and words his experiences and exploits in the Race Across America. He also presents Lon Haldeman's homemade slide and music show. The show is witty and enjoyable, revealing a creative side of Lon, the long-distance record breaker whom many people think of as "The Machine."

On Sunday it rains. You kick yourself for having spent all Saturday talking with people and attending workshops (until you remember how interesting and fun it was). But you came here to ride the beautiful countryside, and ride you will! You mentally brace yourself against the elements and then you start pedalling. You're in good company. Hundreds upon hundreds of others have made the same choice. And what's a few (thousand) raindrops among friends?

Later, back on campus, riders are returning. The student union is teeming with cyclists. Standing, sitting on the floor or in lounge chairs, talking, introducing friends. Slide shows and lectures are being given in the meeting rooms. Bicycles are all over the place. Bill Boston, the framebuilder, is allowing couples to ride his unique side-by-side tandem. Crowds form around the newest low-slung recumbents and ancient high-wheeled "ordinaries"; comments are offered, questions asked.

Alas, the time arrives when, as with all good things, GEAR-UP must come to an end. You pack your bags, throw your bikes on the roof, (reluctantly) put your car in gear, and head home. Back to the real world, where bicyclists are oddballs, and the roar of the auto engine replaces the gentle clickety-clickety of the little bicycle freewheel. The dream is over. It was a nice one. But close to the heart remain the memories of stories swapped, new acquaintances made and old ones renewed, insights gained, and promises of more next year.

---

## NYCC Ads

---

### FOR SALE:

Motobecane Interclub Tandem. Retails for \$1,100 and has over \$250 worth of new components, including T.A. triple crankset, Suntour Alpine Tech front derailleur, Huret Duopar rear derailleur, Avocet Touring II seats, Huret Multitico cyclometer, Sanyo generator system with front halogen light, spare tire. \$750 negotiable. Arnie Adler, 532-2584.

Olmo Nuovo Sprint, 56 cm., 18 speeds, Columbus SL tubing, Modolo brakes, Omega crankset, headset, pedals and hubs. Three TTT handlebar and stem, Gipemme derailleurs, etc. Brand new, never ridden. \$800. Regge Life, 244-6714.

# JUNE 1984 **Board of Directors Meeting** MINUTES SUMMARY

by Alinda Barth, Secretary

The Board adopted the following resolutions:

1. Only the Treasurer and Membership Director, or any person delegated by one of them, should be empowered to collect membership dues. Membership forms and checks must be handed in together.
2. A revised special edition of the Goldenrod Flyer, including some of the June ride listings, will be sent on a cost-sharing basis with the American Youth Hostels to 350 people who requested information at the Park Weekend.
3. The July All-Class Club Ride will go to Silver Lake Park in Westchester.
4. Beginning in July, the general membership meetings will be held at the Ukrainian Restaurant.
5. The next Board of Directors' meeting will be on Thursday, July 5.

---

## SUCCESS IN AND FOR CENTRAL PARK -- by Doug Blackburn, Public Relations Director

The cycling community's booth at YOU GOTTA HAVE PARK 1984 was a tremendous success! We handed out hundreds of brochures describing the NYCC, AYH, LAW, and BTA; performed numerous minor repairs; provided information on scheduled rides; talked cycling with uncounted numbers of people; and made contact with up to 500 potential new members. The sponsor of YOU GOTTA HAVE PARK 1984--the Central Park Conservancy--has announced that it raised over \$67,000 in donations from people entering Central Park over the May 19-20 weekend, so it was successful also.

Many NYCC members contributed their time and talents to the success of the cycling community booth. In more or less chronological order of appearance, they were:

- \* Lin Ehrlich and the rest of the NYCC Public Relations Committee (Marc Freedman, Lorraine Gewirtz, and me), who completed the text and graphics of a new NYCC brochure on Bicycling Safety Tips just in time for the event.
- \* Lin Ehrlich, who arranged for the overnight printing of the Bicycling Safety Tips brochure copies, delivered the copies on Saturday morning, and then stayed all Saturday at the booth.
- \* Paul Sullivan, who, despite being in the midst of organizing several AYH events, gave freely of both his valuable knowledge on how to put on a public event, and AYH equipment for constructing the booth.
- \* Steve Sklar, who helped me transport a mountain of literature and equipment into Central Park, stayed to help staff the booth on Saturday, and reappeared on Sunday for more volunteer time.
- \* Ed Schweber and Claire Goldthwaite, who met us in the Park Saturday morning to assemble the booth and lay out literature, and then stayed on as volunteers--Claire stayed all day!
- \* Others who staffed the booth were: Marck Smith (complete with dislocated shoulder), Chris Mailing, Janet Newberg, Elizabeth Calvert, Josh Keller, Tony Mantione, Deborah Holtz, Lorraine Gewirtz, Ed Major, George Michael, Gloria Lasoff, Richard Kaufman, and Jacki Levine.

We also received substantial help and equipment from the NYC Parks Department.

In addition to handing out 150 NYCC information/application forms, we got the names of 350 people who wanted information on cycling organizations. In a combined effort with AYH, we have mailed information to these people. NYCC members assisting in that project were:

- \* Amy Weinstock, who did the artwork for a special NYCC piece containing information, an application blank, and the June ride listing, and who supervised the printing and envelope stuffing.
- \* Chris Mailing and me, who addressed, stuffed, and stamped envelopes.
- \* Paul Sullivan, who provided AYH space and equipment.

If I've left anybody out, I apologize--so many people contributed, it was hard to keep track. The bottom line is that we can all take pride in a truly successful endeavor. Thank you all!

---

## **COMING ATTRACTIONS**



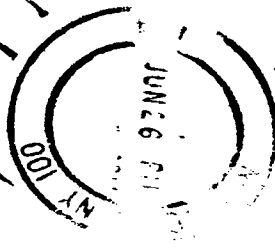
-- by Irene Walter, Editor

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

DEADLINE FOR RECEIPT OF MATERIAL FOR AUGUST BULLETIN: MONDAY, JULY 16.

Arlene Brimer  
345 W 85th St #36  
NY, NY 10024

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