

May  
1984

# NEW YORK CYCLE CLUB

IN ITS 48TH YEAR

May  
1984

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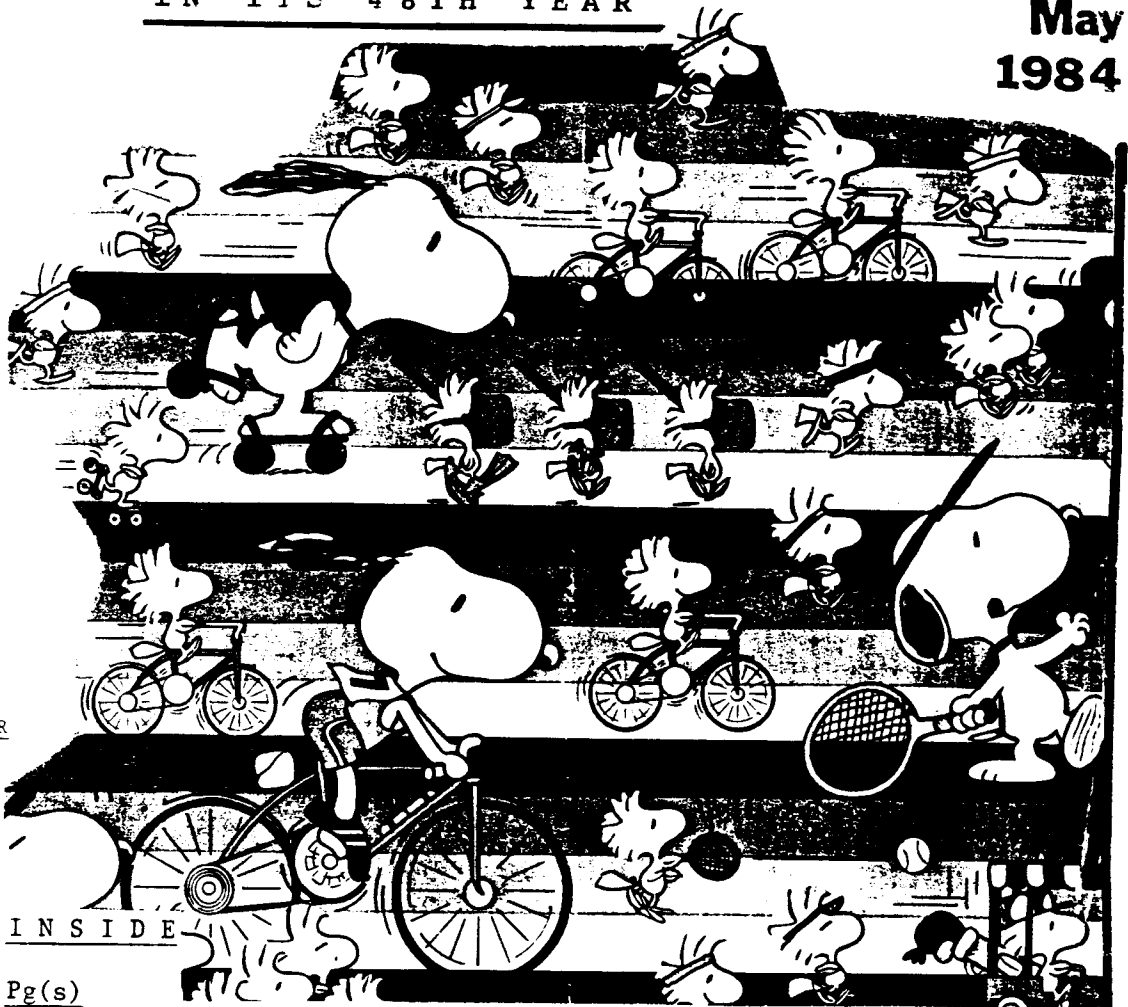
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INSIDE

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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 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. May 5 HI TOR--FOR THE FIRST TIME Leader: Doug Blackburn (888-0048). Meet at the Central Park Boathouse for a scenic, moderately hilly ride along the Saddle River to Hi Tor State Park. Deli stop in New City just after a truly satisfying downhill. Return ride features a donut stop for energy to get back to the bridge (Destination may change if bus at bridge is not in operation). Rain cancels.

Sat. May 5 WHITE PLAINS Leader: Marsha Taggart (914-962-5991), Co-leader: Marion Kufert (663-2143). Meet at the last stop of the #4 train (Woodlawn/Jerome). This trip extends past Scarsdale. Be prepared for a somewhat hilly trip with one major climb. Cancellation if it is raining at the start of the ride or temperature is below 45 degrees F. Joint ride with Country Cycle Club.

Sun. May 6 THROUGH CONNECTICUT TO BEDFORD Leader: Rich Herbin. Meet at the Central Park Boathouse for a hilly and scenic ride through Connecticut to Bedford in Westchester, then looping west to return along the Hudson. Possible 1/2-mile dirt road. Return about 6:00 P.M. Call Rich for further details.

Sun. May 6 SCOUTING TRIP TO CENTRAL WESTCHESTER Leader: Maggie Clark (967-8272). Meet at the Triangle Park at Broadway, Dyckman St., and Riverside Dr. in upper Manhattan (A train to 200th St. or call for directions from 190th St. -- less stairs). The trip will have some hills, so bring your low gears. Be prepared for a scenic ride through "uncharted" country. Bring lock, tools, lunch or lunch money. Call for rain date.

Sun. May 6 BROOKLYN BICYCLE SAFETY TOUR Leader: Richard Lenat (592-2776). Cyclists (no one under 16 unless accompanied by an adult) meet at Litchfield Villa in Prospect Park, entrance at Prospect Park West and 4th St. Ride (preceded by review of safety rules) will cover scenic, historic route, and interesting sites in Brooklyn with special emphasis on safety -- an opportunity for families and individuals to have a leisurely bike ride on a spring afternoon. Parents have the additional assurance of knowing their children will be taught the basics of riding safely and legally. Ride will last about three hours. Each participant will be asked to make a voluntary contribution of \$2.00 to the Junior League of Brooklyn's Community Trust Fund (subsidizes projects such as family services, a radio project for the elderly, parenting education, and cultural institutions).

Sat. May 12 DON'T FOLLOW THE LEADER -- HE'S LOST Leader: Lee Gelobter (646-7037). Meet at 8:00 at the Central Park Boathouse for a scouting ride into Northern Westchester. We will travel Routes 9 and 9A to Buchanan for lunch and then turn east for parts unknown. Be aware that mileage may be more than estimated, so be prepared. Call Lee for further info.

Sat. May 12 NEW JERSEY HORSE COUNTRY VIA THE GREAT SWAMP Leader: Roy Lawrence (TR7-2292) Meet at 8:15 PROMPTLY outside the World Trade Center, Church & Vesey Sts. for departure on the 8:30 PATH train to Newark. Ride through Newark and some elegant suburbs to the Great Swamp wildlife refuge. From there we will go through an area of horse farms so rural that there are a few brief stretches of gravel roads (sorry about that). Picnic lunch near a deli. A fairly hilly ride. Bring \$1.00 in change for PATH. Rain cancels.

- Sat. May 12 **BERGEN BOMBER** Leader: Roseann Korsa (549-2034). Meet us at the Pulitzer Fountain at 5th Ave and 59th St. in Manhattan for a quickie tour of Northern Bergen County in New Jersey. We'll travel to Cloister and grab a bite to eat near the Demarest Duck Pond. Challenge your quads with this nicely-paced ride, but take the one toughie hill at your own speed. Bring food and perhaps an extra layer or two. If you miss the 59th Street start, catch us at the Fort Washington Bridge where we will be waiting for the shuttle to Fort Lee.
- Sun. May 13 **CRISCO IN MT. KISCO** Leader: Ed Schweber (567-2661). Meet at the Central Park Boathouse for a prompt 8:30 departure to a greasy spoon in Westchester (the Friendly's on Rte 117). Hopefully, Ed won't skid out in the Crisco this time. Be prepared to ride 43 miles before the first stop.
- Sun. May 13 **CENTER ISLAND (OR BAYVILLE BY ANY OTHER NAME...)** Leader: Sara Flowers (544-9168). Meet at the statue on Queens Blvd. (E or F train to Union Turnpike) at 9:30 A.M. For an exhilarating (return to statue by 4:00 P.M.), moderately hilly, beautiful ride. Indoor or outdoor lunch stop, as weather dictates.
- 60 mi. Rain, or significant threat of same, will cancel. Bring your mother if she can keep the pace.
- 9:30 A.M.
- Sun. May 13 **DOWN TO THE SEA ON BIKES** Leader: Phil Botwinick (441-0246). Meet in front of the statue of Civic Virtue on Queens Blvd & Union Turnpike (E or F train to the Union Turnpike Station). We will be pedaling through Forest Park, Broad Channel & the Rockaways to Jacob Riis Park & the Gateway National Recreation area. Sheepshead Bay will be our lunch stop, so if you like clams on the half shell, this is the ride for you. Please bring a pump & tools. Rain cancels.
- 30 mi.
- 10:30 A.M.
- Sat-Sun **YOU GOTTA HAVE PARK** Leader: Doug Blackburn (888-0048) Spend a great day (or part of a day) promoting bike riding and Central Park. Call Doug to volunteer your services. Ride to and from the Park in a group or as an individual. Call Doug for details of a group ride. See page 6 for more details on this event.
- May 19-20
- "A/B/C"
- 10:00 AM-
- 6:00 PM
- Sat - Sun **2ND ANNUAL MONTAUK TWIN CENTURY WEEKEND** Leader: Larry Rutkowski (304-0485). Enjoy a mellow ride out to Montauk Point on the southern fork of Long Island. On Saturday, we will be following a central route via Riverhead. Coming home, we will use the same route that AYH will be using for their May 20th Montauk Century (wave to your friends!). Our group will stay in a motel in Montauk on Sat. night. Call Larry after 7:00 PM for details and motel reservations.
- May 19-20
- "A"
- 230 mi.
- Sat. May 19 **EAST WHITE PLAINS -- BEDFORD** Leader: Marsha Taggart (914-962-5991). Meet Marsha at the last stop of the #4 train (Woodlawn/Jerome) at 9:00 A.M. for a 60-mile ride in the area of east White Plains and Bedford in Westchester. Bring lunch or money for lunch.
- "B"
- 60 mi.
- 9:00 A.M.
- Sat. May 19 **TIBETAN VOYAGE** Leader: Herb Wasserman (859-0845). Meet at the Staten Island Ferry vehicle entrance at 11:00 A.M. We'll ride to the Tibetan Museum located on Staten Island's second highest hill. We'll also stop at the Richmondtown Restoration. Bring or buy lunch. Joint NYCC/AMC ride.
- "C"
- 20 mi.
- 11:00 A.M.
- Sun May 20 **ELEVENTH ANNUAL CEREBRAL PALSY BIKE-A-THON** in Central Park, Silver Lake Park or Staten Island. Bikers are paid for miles they ride by sponsors. Monies are collected by each biker and forwarded to United Cerebral Palsy. To participate, call June Carter, 683-6700 Ext. 207.
- (rain day
- May 28)
- A/B/C
- 35 mi.
- Sun May 20 **MONTAUK CENTURY** Leader: AYH (431-7100).
- Sun. May 20 **MARKED CLUB ROUTE** Leader: David C. Miller (H 794-9365 or W 594-5267). Meet at the Central Park Boathouse for a 65-mile ride that is mostly flat with a few very steep hills. Come with low gears. We should be back by 5:00 P.M. Please bring your own lunch and snacks. We will be riding in Bergen and Rockland Counties.
- "B"
- 65 mi.
- 8:30 A.M.
- Sat - Mon **3RD ANNUAL NEW HOPE WEEKEND** Leaders: Lee Gelobter/Larry Rutkowski (646-7037/304-0485). If you haven't already made your reservations it may not be too late. Call Lambertville House (609-397-0202) for reservations. There will be two distinct groups: one "A", one "B". Call Lee or Larry for starting time, place and details.
- May 26 -
- 28
- "A/B"
- 120+ mi.
- Sat - Sun **PEPSI MARATHON**
- May 26-27
- Sat - Mon **MEMORIAL DAY LITCHFIELD HILLS AND HISTORY** Leaders: Bill Vojtech (339-1308) and Max Vickers (889-7100). The natural beauty and challenging terrain of Connecticut's NW corner make it a favorite destination for bikers. Highlights include covered bridges, colonial villages, and a nature preserve. Hill-climbing biking combines with camping at the fine State campground on the shore of Lake Waramaug (bring swimsuit) and some fine restaurant dining on Sat & Sun evenings (bring suitable clothes). 60-mile rides on Sun and on Mon; less on Sat. Roads are steeply graded, so be prepared with good brakes, low gears, and a reasonable level of experience. Breakfast will be prepared at campsite together. Bring warm clothes for the nights. Trip leaves by van from AYH on Sat. morning. Assemble 7:30 A.M. sharp; return Mon. evening. AYH can provide two-person tents on request. Cost is \$45 (includes breakfast). Sleeping bags available on advance request from AYH for \$1.00. \$20.00 deposit. Joint NYCC/AYH weekend.
- May 26-28
- "A"
- 120+ mi.
- 7:30 A.M.

Sat. May 26 PRINCETON JUMP Leader: Josh Keller (674-0955). Meet at the Central Park Boathouse. We'll ride a quick paced loop south to Princeton, N.J. Call Josh for more info.

"A"  
100+ mi.  
8:00 A.M.

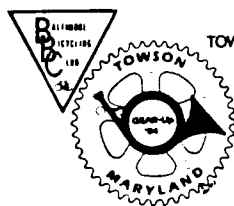
Sat. May 26 CROTON-ON-HUDSON Leader: Martha Ramos (858-9142). Meet at 242nd St. and Broadway in the Bronx (#1 train to last stop). This will be a hilly and historic trip into Westchester. Outdoor lunch stop if weather permits.

"B"  
60+ mi.  
9:30 A.M.

Sun. May 27 BLAUVELT REVISITED Leader: Dan Yalisove (677-8237). Meet at the George Washington Bridge Bus Terminal (take the A train to 175th St.). If you missed the Easter Sunday ride, then join Dan for a ride to the Blauvelt State Park. This is a moderately hilly ride with one major climb. Those wishing a longer ride can meet Dan at the Central Park Boathouse at 9:00 A.M. Ride cancelled if it is raining at start of ride.

Mon. May 28 SAGAMORE HILL Leader: Marc Freedman (499-3440). Meet at 179th St. & Hillside Ave. in Queens. Take the F or E train to the last stop. This is a leisurely and historic jaunt to Teddy's home. Lunch outdoors if weather permits. Rain cancels.

"B"  
40-45 mi.  
10:00 A.M.



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

Hosted by the Baltimore Bicycling Club  
Sponsored by the League of American Wheelmen

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 workshops 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! For an application form, call Sara Flowers, V.P. Rides; home telephone 212/544-9168.

Cost is as low as \$90 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.

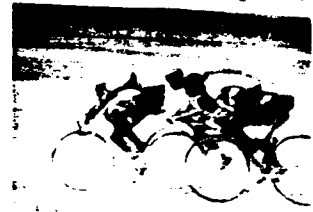
Fri - Mon THIRD ANNUAL BIKE TREK FOR LIFE AND BREATH (fund-raiser) Leader: Brooklyn Lung Assn/AYH. Ride in Pennsylvania Dutch Country. Fees include transportation to Pennsylvania, food, leadership, orientation sessions. Enjoy rolling hills, magnificent farmland views, fresh air, peaceful countryside, 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.

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 Avenue, Virginia Beach, Va. 23462.

A/B/C



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



## NYCC AT THE MOVIES: "BICYCLE RACING, U.S.A."

"Bicycle Racing, U.S.A." is a lavish overview of many of the world's top pro and amateur bicycle racers caught in the heat of action. The film, which is 30 minutes in length, features the current U.S. stars of today's bicycle scene. You will see Connie Carpenter, Sue Novara, Davis Phinney, Nelson Vails, and many others compete all over our country.

You will also view excerpts from the 1983 Coors Classic, the U.S. Championships in Baltimore, and the Tour of Somerville. Marathon cycling is also featured in the film, so expect to see Lon Haldeman, John Howard, and Mike Shermer.

So come view those daring American cyclists climbing up and plunging down mountains, through countrysides and cities, whizzing around tracks, weathering clashes, crashes, and jumps, and majestically surviving marathon events.

Come TUESDAY, MAY 8, 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). See April bulletin for 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  |
|-----------|--|-------------------------|-------|-----------|
| 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 |           |
| 6/9       | Round Hill, Conn. & Bedford Village        | Lawrence                | B+/B  | 85/65 mi. |
| 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                     |       |           |
| 6/23      | Delaware & Raritan Canal                   | Lawrence                | B+    | 80 mi.    |
| 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                     |       |           |
| 7/20-7/22 | *3rd Shenandoah Valley                     | Tidewater               |       |           |
| 7/20-7/27 | Annual Bike Week/Weekend (SVABW)           | 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      | H1 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.    |

\* See page 4 for details.

## 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.

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## Letter from a Pedalist

I read with interest Chris Mailing's article about "A" riding techniques in the April newsletter. His suggestions regarding proper pedaling techniques, though, didn't make sense to me.

He writes that the foot should be perpendicular to the leg. But, with the foot halfway through the downstroke, perpendicular to the leg would mean that the toe was pointed slightly downward. Leading with the heel, though, would mean that the toe was pointed up and the heel was lower than the toe on the downstroke. On the other hand, leading with the heel on the upstroke means that the toe is pointing downwards and the foot is again not perpendicular to the leg.

Despite his disapproval of "ankling," he is on the verge of describing it. After all, one could hardly pedal comfortably with the foot rigidly perpendicular to the leg. I'm sure that he didn't mean this. So I don't understand why he advises against "ankling." Perhaps excessive ankling is what he finds inefficient.

Tom Doughty, in The Complete Book of Long-Distance and Competitive Cycling, gives advice at considerable variance from this article:

There is no strict rule about the angle of the feet, but in general they should be held at about 20 degrees, toes down... Just keep your ankles loose, cultivate a fluid transition between pulling and pushing, and you'll be fine. However, if you find your heels constantly drop lower than the balls of your feet, something is amiss.

One other thing. I can find no similarity between pedaling and walking. There is certainly no upstroke or downstroke in walking; and although one might be able to say that walkers lead with the heel, it's done in a manner totally unlike pedaling. (I teach a racewalking clinic every week in Prospect Park, so I'm very aware of walking techniques.)

From my own experience as a walker and a cyclist, I would like to call your attention to another factor in pedaling. Looking at the bottom of my shoes some years ago, I became aware that my left foot did a lot more work than my right. There was much more wear on the left shoe's soles and heels. Perhaps this is linked to my being right-handed. I now very consciously try to work my right leg more. This winter, while doing workouts on my Vetta trainer, I noticed that my right foot was a less efficient pedaler. Near the top of the upstroke, my right foot pulls up a bit too far. There's a gap before I start on the downstroke. (There's no such gap with the left foot.)

My suggestion is simple. Look at the soles and heels of your shoes (not your biking shoes, but your dress shoes and sneakers). If there's a noticeable difference in wear, pay attention to the foot whose shoes have less wear. You may well find that it's a less efficient pedaler. Correcting the fault may simply involve concentrating on the less efficient foot's motions and striving for a more fluid motion. In my own case, I just concentrated on getting my right foot into the downstroke sooner.

My wife, Simone, and I are new members of NYCC and attended our first club meeting in April. Both of us were impressed with the numbers of cyclists and by their enthusiasm for the sport. We hope to be joining in your rides soon.

Sincerely,

Clay Heydorn

EDITOR'S NOTE: This is the last article in a series reproduced by popular demand from the March and April 1981 Bulletins. The first three articles were reprinted in February and April 1984.

## "A" RIDING TECHNIQUES -- by Chris Mailing

### GROUP RIDING

Personally, I have strong feelings about group riding techniques. As I see it, many "A" riders, as well as others, are sorely lacking in group riding skills, so this section is perhaps unique in being directed at both present and potential "A" riders.

If there are half a dozen or more riders in the group, the group should generally ride close together, two abreast, in the right half of the right lane. More important than the aerodynamic efficiencies of such an arrangement are the practicalities of the group's fit with traffic. When riders ride "all over the road," the group has to be continually wary of approaching cars, which will generate shouts of "car back" (the bane of cycling), while each member of the group engages in a free-for-all battle for road space near the curb. It is much more sensible to ride predictably and consistently in the right half of the right lane, where, with few exceptions, the group can let cars find their own way past, without forcing a realignment of the group. There is nothing worse than incessant yells of "car back," which, I have observed, are typically made by the one individual in the group most likely to be hit while riding the center line. Exceptions to the "two abreast in the right half of the right lane" rule are encounters with rough pavement and narrow or heavily trafficked roads, for which all have to use their judgement. Riding two abreast is legal in New York, unless riders are blocking traffic, at which time cyclists are required to ride single file.

The aerodynamic efficiencies of group riding result from drafting, in which the front pair of riders "break the wind," or "pull," for the rest of the group. Developing the ability to "ride a wheel" is required to take advantage of these efficiencies. The group should maintain a smooth and steady pace at which everyone can ride comfortably in close quarters. The use of brakes or any sudden movements can be particularly dangerous. Riders should not stare at the wheel or rider in front of them (a common mistake of novices), but watch the road ahead, glancing at the wheel ahead of them periodically to check their distance (much as a car driver glances at the speedometer to check his speed). all riders should use the wind to control their speed, rather than their brakes: if you start gaining on the rider in front of you, coast out alongside him to let the wind slow you down. Try to follow a rider's hips, which are the approximate center of gravity, and not his wheel, to learn of changes in direction. Be particularly conscious of the other riders around you when moving around another rider or an obstacle in the road: never swerve or brake suddenly. Always pedal over bumps with your weight off the saddle in order to maintain speed and absorb road shock simultaneously.

The front pair of riders should announce obstacles or holes in the road that could cause an unaware rider to lose balance. If the group is large, other riders should echo the call for the benefit of riders who may not have heard the original. It is often helpful to point out the hole or obstacle to help other riders maneuver around it.

An advantage to group riding is that strong riders can help weaker ones, while everyone travels in a group, at the same speed. Stronger riders should take longer "pulls" at the front of the group, where they are breaking the wind for the others. If the riders are evenly matched, each rider should share the workload by rotating within the group. Once a rider has done his share, he should "swing off" to the side and coast to the back of the group, while the rest of the group maintains its pace. A common mistake of novices is to accelerate past the rider who has swung off, requiring the rest of the group to sprint to catch up, thereby wasting energy. When riding two abreast, both of the front riders should swing off simultaneously (after checking for traffic to the rear), one to each side, allowing the pack to ride through between them. Once you have swung off the front, and the last rider in the group is approaching from behind, start accelerating gradually, so that your bikes are moving at the same speed as the last rider moves past

Continued on page 8





## CYCLING SHORTS --- Gregory D'Agostino

Here is an entry, from Don Passantino, for our "Bits, Bytes, & Bikes" file. Stationary bicycles have one big drawback --- BOREDOM. Stephen Kiesling, a former Olympian, has found a way to make the pedaling fun. An inexpensive adapter he calls the Aerobics Joystick links any exercise bicycle to an auto-racing video game. The faster the bike is pedaled, the faster the game on the screen will move. Says Kiesling, "Not only is it fast, it's like riding in the game itself." Hey, Phyllis, do you and Bob have your IBM Personal Computer set up yet?

Cleated cycling shoes are great for your pedaling efficiency. But let's face it, when off the bike you're stomping around like a crab and putting a lot of pressure on the gastrocnemius muscle and the Achilles tendon, because of the negative heel effect. Lin Ehrlich had the local shoemaker put heels on her pair of Sidi Cycle Titaniums. The heel also increases your stability when carrying the cycle up and down stairs. Thanks for the idea, Lin!

Holy-Moly! Another myth bites the dust! Have you ever asked the owners of Mountain Bikes why they don't carry a pump and been told they NEVER get flats? Well,--(Are you sitting down?)--I actually saw a Mountain Bike with a flat on Fifth Avenue in front of St. Patrick's Cathedral. "The devil you say!"

So you're planning to load your panniers, get on the bike, and cycle away from the City for a few weeks. You've laid out the route on an Exxon map and even looked at a topographic to get a feel of the land. But how steep are those squiggling brown lines? Don't guess. Know and be prepared. TOPO SCALE (\$6.95) is a device that tells you how steep, directly from a topographic map (USGS 7.5 quadrangles) or by sighting in the field. The TOPO SCALE reads in degrees, and is small enough to fit in a jersey pocket. Write: Kestrel Products, Box 116, Carbondale, CO, 81623.

THE CONSUMERS CORNER: The Cannondale Corp. of Georgetown, Conn., has instituted a toll-free 'phone number for customer service. The number is 1-800-BIKEUSA. Calls on the Hotline will be answered from 8:30 AM to 7:30 PM weekdays, and during the day on weekends. It is Cannondale's goal to eventually offer 24-hour service.

Jimmy Durante was famous for saying, "Everybody gotta get into da act"! Well, Mrs. Calabash, it's still true. L. L. Bean, of Freeport, Maine (the nation's leading direct mail merchandiser) is now in the bicycle trade. The spring catalogue is featuring a 15-speed aluminum alloy touring bike (\$595), along with 6 pages of accessories. The bike sports Bean's signature decals & comes in one colour - Spruce Green (of course!).

\* \* \* \* \*

On a recent ride with the mercury in the 60's, some of us were regretting having worn tights until Gerry Scher told us that topnotch European riders wear tights until the temperature reaches well into the 70's. Keeps the muscles warm, don't you know!

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## "A" RIDING TECHNIQUES -- continued from page 7

you. Novices often wait until the last rider is past before accelerating, requiring a sprint to catch up.

When breaking the wind for others, always pedal down hills. The other riders, who are slipstreaming behind you, will keep up without pedalling. If you coast, they will have to brake in order to stay behind.

Learning to ride a wheel well is primarily a matter of practice. Find a rider who rides smoothly and steadily in a straight line to practice behind. If a mistake is made, and one rider runs into the rear of another, the rider to the rear is much more likely to fall. If you find yourself overlapping someone's rear wheel with your front one, hang onto the handlebars with all your might and lean on his/her rear wheel. As the wheels clear, you will swerve suddenly in the direction to which you were leaning, (hopefully) bringing the bike back under you. If you do fall (and everyone who hasn't will, sooner or later), hopefully you can be philosophical about it, smile, and say that you learned something from the experience.

Thanks to Bob Friedman for his help in "proofing" the content of this article.



## STEVE'S DAY-RIDE CHECK LIST -- by Stevan A. Baron

I've been riding weekly with NYCC since September or October last, usually the B+/A- crowd, and frequently find that something potentially important is forgotten. I'm not sure that all the stuff on the list below is really important -- and I know that the shorter the list, the better -- but I offer it en toto for whatever it may be worth:

### A. The body

- 1) Sock liners: Polypro or silk
- 2) Socks. (Winter: wool)
- 3) Biking shoes
- 4) Tights. (Spring/fall: Lycra. Winter: wool. Below 25°, wool over Lycra or long Johns)
- 5) Undergarment(s)
- 6) Shirts. (Winter: Polypro turtleneck and wool jersey)
- 7) Jacket: nylon front over wool, or Polypro for weather below 40°
- 8) Biking gloves
- 9) Helmet
- 10) Rearview mirror clipped onto eyeglasses or helmet

### B. The pockets

- 1) Handkerchief or two
- 2) Comb
- 3) Packet of Kleenex
- 4) Wallet (I use a zip-lock sandwich bag), containing:
  - a) Spending money
  - b) Change for phone
  - c) Subway token
  - d) Mastercard for emergency
  - e) Blue Cross/Shield card
  - f) Identification, including next-of-kin phone number
  - g) 1 blank check
- 5) House keys (1 for each lock)



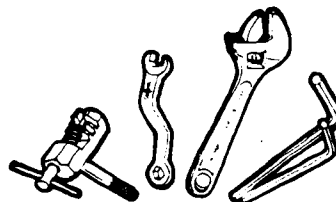
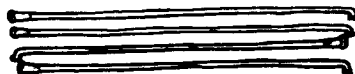
### C. Behind-the-seat pack

- 1) Spare tire, or tube
- 2) Patch kit, including levers, if clinchers
- 3) 6mm and 7mm hex wrenches
- 4) 6-inch crescent wrench
- 5) Swiss Army knife
- 6) Rain jacket (also for warmth)
- 7) Blackburn bungee cord
- 8) Nut mix (with dates and dried pineapple)
- 9) Extra glove-liners (winter)
- 10) Shoe covers (winter)
- 11) Balaclava (winter) (or on my head at 35° or less)
- 12) Flasher, if riding near dark anticipated



### D. On the bike

- 1) Waterbottle with water
- 2) Pump with correct valve head/washer for tires
- 3) Extra spokes (separates the professional day-rider from the amateur)
- 4) Cyclocomputer
- 5) Bike lock and key



## INCIDENT AT 110TH STREET

by Marc Freedman

Abe Lincoln decided we should share his birthday celebration this year. The sunny, 60 degree weather he ordered was ideal for cycling; a lot of people were out and enjoying themselves on his birthday. I led a group of people on a ride to Westchester that day. We felt the months of inactivity in our aching muscles, but the joy of riding through the balmy, spring-like air made it all worthwhile. However, an incident occurred that marred the day.

While coming down Riverside Drive at the end of the ride, all but one of us approached 110th Street as the light was turning red. The other person caught the light while it was still green. I was at the head of the group and I could see that there were no cars waiting to turn onto Riverside Drive. The learned "instincts" of a New York City cyclist told me to "take" the light, as 1) it had only just turned red, 2) I was going fairly fast, and 3) I didn't know how close behind me the other riders were, so I was afraid of stopping quickly and catching them off guard.

These thoughts went through my head all at once, but I was also aware that a couple was waiting to cross Riverside Drive. They were watching so there was no danger of their walking out in front of us. As I passed by them, I realized that I was being unfair, forcing them to wait while I ran a red light. A soft "hey" was uttered by the woman, not in anger so much as in disappointment. It was as if she were saying to me, "You look like a socially responsible person -- how come you're not acting like one?" This hurt. I consider myself a person who is, in general, courteous and considerate of the rights of others. So why did I do it?

No excuses can legitimately be proffered here. True, I was concerned about the possibility of causing an accident with the other cyclists by stopping short, but neither I nor the people behind me should have been going as fast as we were. Each one of us should have been holding up within ourselves a high standard of courteousness and safety consciousness; this standard should have dictated that we slow down to let those people cross.

But regardless of the intellectual beliefs we hold concerning the rights and wrongs about bicycling in traffic, other forces influence us greatly. Group dynamics are strongly at play when quick traffic decisions are being made -- often the person at the lead is making a decision based on what he or she thinks the rest of the group expects.

Group bicycling promotes whatever kind of behavior is either demanded or allowed. A major club such as NYCC can promote safe and fair bicycling by demanding high standards of safe and fair group riding practices. It can also encourage dangerous and discourteous riding by allowing the unspoken rules of self-centered bicycling to reign.

I have to take blame for what I did on Lincoln's birthday (and also for what I have done on other occasions); the dynamics of the group cannot take the blame for me. In the future, I have to always be on my guard to make sure that I don't cross that fine line between doing something that is OK, and doing something that really isn't safe or fair. From my observations, many others need to do the same.

Two factors will determine if other concerned cyclists and I will succeed at this. One is the strength of our resolve to do what's right in the face of group pressure to do otherwise. The second is the amount of support we receive from other riders who believe that proper group riding demands each individual's active involvement to ensure that safety and fairness toward all people, cyclists and non-cyclists alike, be the guideposts for our actions.

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## NYCC ADs

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FUJI AMERICA, 58 cm. Top-of-the-line Fuji touring and/or fast touring bike. Almost new--less than 8 months old, still under store 1-year service. About \$350. Call Paul, late evenings, at 212/260-6043.

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

APRIL 1984

# Board of Directors Meeting SUMMARY OF MINUTES

-- by Alinda Barth, Secretary

The Board discussed the following topics:

- 1) The status of the George Washington Bridge: the new 20-passenger bus is expected to be ready by April 15;
- 2) A petition for a "Bikes Only" lane in Central Park and rules of the road for cyclists and runners on the park roads;
- 3) A safety brochure for cyclists; special appreciation was extended to Lin Ehrlich for her work on the brochure;
- 4) The Club roster, which will be published in the June issue of the Bulletin.

The next Board of Directors Meeting will be on May 2.

## New Members

|                          |                             |                         |          |
|--------------------------|-----------------------------|-------------------------|----------|
| Thomas Barth             | 83-18 125 Street            | Kew Gardens, NY 11415   | 441-5612 |
| Joseph Beckles           | 101-02 31 Avenue            | East Elmhurst, NY 11369 | 457-5378 |
| Peggy Cummins            | 310 East 65 Street #9D      | New York, NY 10021      | 249-8155 |
| Wendy Gadd               | 320 East 42 Street #1608    | New York, NY 10017      | 682-3278 |
| Lindsey Hall             | 120 Pierrepont Street #6    | Brooklyn, NY 11201      | 875-4658 |
| Audrey &<br>James Henry  | 138-10 Franklyn Avenue #100 | Flushing, NY 11355      | 762-6080 |
| Clayton Heydorn          | 749 East 22 Street          | Brooklyn, NY 11210      | 434-7176 |
| William Roundey          | 78-34 73 Place              | Glendale, NY 11385      | 386-4920 |
| Suzanne Schwartz         | 230 West 55 Street #4A      | New York, NY 10019      | 246-7375 |
| Simone S. Smith          | 749 East 22 Street          | Brooklyn, NY 11210      | 434-7176 |
| Valerie &<br>David Walls | 940 Park Avenue             | New York, NY 10028      | 570-6572 |
| Tom Weiss                | 190A Duane Street           | New York, NY 10013      | 582-4240 |

### CHANGE OF ADDRESS

|                 |                       |                     |                |
|-----------------|-----------------------|---------------------|----------------|
| Charlene Banney | 2005 Bridgeway Avenue | Sausalito, CA 94965 | (415) 332-4250 |
| Sidney Fuchs    | 225 Broadway          | New York, NY 10007  | 982-6970       |
| Joseph Garcia   | 646 Madison Avenue    | Elizabeth, NJ 07201 | (201) 352-5737 |
| Jessica Holland | 155 East 93 Street    | New York, NY 10128  | 410-3768       |

TOTAL NYCC MEMBERSHIP AS OF 4/15/84: 467.

## COMING ATTRACTIONS



-- by Irene Walter, Editor

\* The New York Cycle Club 1984 Membership Roster will be published in the June 1984 Bulletin, or I will eat crow. Membership Director Amy Weinstock reported a heavy inundation of renewals in April, and in order to include all these members in the roster, we are publishing it one month after originally planned.

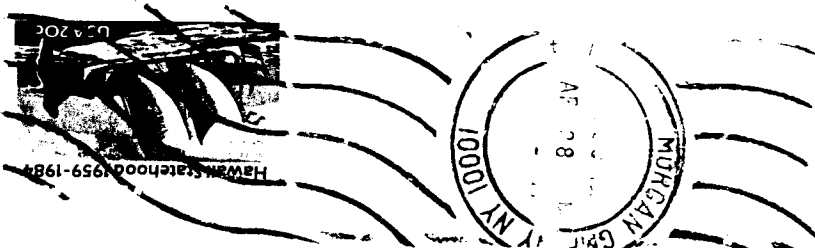
\* Cycling Shorts, by Greg D'Agostino

\* And much more!

DEADLINE FOR RECEIPT OF MATERIAL FOR THE JUNE BULLETIN: MONDAY, MAY 14.

Arlene Primer  
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