

October
1984



IN ITS 48TH YEAR...

P.O. Box 877, Brooklyn, NY 11202

OCTOBER, 1984

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GRAND MANÈGE CENTRAL



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* TOUR DE FRANCE, 1984 *

and
Nominations for 1985 Officers

Tuesday, October 9, 6 P.M.
The Ukrainian Restaurant

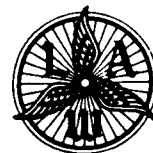
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Cover art submitted by Dave Miller
Preparation, Tony Nappi



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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/Riders

RIDE AND RIDER CLASSIFICATION

Riding Pace

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

Any member may lead a ride. See the respective Ride Coordinator to submit a Ride Listing form. Ride Coordinators' names and telephone numbers are listed on the cover of the Bulletin.

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

- Sat-Mon
Oct 6-8
B+
250+ mi.
- CHRISTOPHER COLUMBUS DISCOVERS PHILADELPHIA WEEKEND Leaders: Debbie Bell/Martha Ramos (858-9142). After extensive research, the Columbus family has relinquished this well-kept secret. For the first (and possibly only) time in modern history, join us as we recreate C.C.'s little-known overland route to the Indies. Departure is early Sat. morning with accommodations in center city Philly. Route includes lunch stops in Princeton (going) and New Hope/Lambertville (returning). Departure is early Mon.morning with a return to Manhattan (in true Columbus tradition) via a water crossing. No need to worry: we have personally arranged for the group to be met by a ship of a caliber equal to the Nina, Pinta, and the Santa Maria. Don't lose this opportunity to learn the real meaning of Columbus Day. After all, who do you think was responsible for bringing back the "hoagie" to Western civilization?
- Sat Oct 6
B
45 mi.
9:00 AM
- TALLMAN STATE PARK Leader: Danny Caban (427-3237). Meet at Ft. Washington Ave. and 178th Street. Take the A train to the 175th Street stop. Join me for a briskly paced B ride to Tallman State Park. Only stop will be the lunch break at the park itself. Precipitation cancels.
- Sun Oct 7
A
80 mi.
8:45 AM
- STONY POINT Leader: Carl Faller (567-8334 H or 365-7400 W). Meet at the George Washington Bridge for the 9:00 AM van. We will ride up 9W and then meander (since when do A riders meander?) through Nyack State Park and Tallman. Time lost meandering will be made up blistering down 501 from Piermont. Call Carl for more info.
- Sun Oct 7
B
55+ mi.
9:00 AM
- BAYVILLE Leader: Sara Flowers (544-9168 H or 921-4317 W). Meet at the Statue on Queens Blvd. (take the E or F train to Union Turnpike). Join me for autumn beauty, quiet coves, and some hills as we make our way to Bayville. Lunch will be indoors or out, depending on the weather. Rain cancels.
- Sun Oct 7
C
30 mi.
8:45 AM
- FOLIAGE TOUR Leader: Roseann Korsa (549-2034). Meet at the Pulitzer Fountain at 5th Avenue and 59th Street in Manhattan for a nearby foliage tour of New Jersey's Bergen County. We'll ride as far as Closter and stop for a picnic at the Demarest duck pond. Bring lunch or money for it and don't forget water and an extra layer or two. Take the toughie hill on the way back at your own pace.
- Sat Oct 13
A
120 mi.
8:00 AM
- A BRIDGE TOO FAR Leader: Josh Keller (674-0955). Meet at the Central Park Boathouse for a prompt departure and head north along the east side of the Hudson River to Beacon. We will cross the river at the Beacon-Newburg Bridge for a scenic ride home that includes Storm King Highway. Pace line where possible -- maps will be available.
- Sat Oct 13
B+
100 mi.
7:30 AM
- PRINCETON CENTURY Leader: Danny Caban (427-3237). Meet at the World Trade Center, Church and Vesey Streets. Bring change for the PATH (\$.75). This is a briskly-paced ride to historic Princeton, N.J. Lunch is your choice of gourmet feasts or bring your own. Return via the Goethals walkway and Staten Island Ferry. Precipitation cancels.
- Sat Oct 13
6:30 am
100 mi.
- ANCIENT MARINER CENTURY. The easiest century in the Northeast. See page 11 of this Bulletin for details and registration form.

- Sun Oct 14
A
90-95 mi.
8:00 AM
BEDFORD REVISITED Leader: Maxim Vickers (889-7100/728-7179). It's different in the autumn: the air is crisper, the leaves are turning, the legs are stronger. We will ride from the Central Park Boathouse for breakfast in White Plains and will then tour little-traveled country lanes of Connecticut and Westchester, now in their full foliage glory. Note: This is NOT an "A+" ride, although some honest-to-goodness climbing is inevitable. There may also be a mile or so of un-metalled roadway. Morning rain cancels.
- Sun Oct 14
B+
75 mi.
9:00 AM
LAKE DE FOREST Leader: Dave Miller (794-9365 H or 594-5269 W). Meet at the Central Park Boathouse for the most scenic ride that the NYCC has. You may buy lunch at a very good Italian Deli, but you must carry food for three miles. The ride is flat with a few steep hills. If you want, we can stop by Dr. Davies' Apple Farm for apples. Bring two water bottles and low gears. Rain in the morning cancels. Prediction of rain and we will go!!
- Fri-Sun
Oct 19-21
A/B/C
5:30 PM
BERKSHIRES BREAK-AWAY Leader: Amy Weinstock and Gregg Wilner (438-1603, Amy). Immerse yourself in the beauty and magic of the Berkshire Mts. at peak fall foliage time. The cycling terrain will be challenging, but the area offers many options: a first-run play, visits to Norman Rockwell's Old Corner House, Chesterwood Estate, and the boutiques and galleries of Stockbridge. Our country inn is just north of Pittsfield in a quiet, rustic, charming area. Double room occupancy. Trip cost is \$125 (transportation, lodging, continental breakfast and Sat.night group dinner). Send or take your \$60 deposit to AYH, 75 Spring St. (near Crosby St). Joint AYH. Call Amy for more details.
- Sat Oct 20
A
70 mi.
8:00 AM
OYSTER BAY AGAIN Leader: Claire Goldthwaite (228-0828). Meet at the Central Park Boathouse for a civilized (as A rides go) ride on Long Island -- use it as a warm-up for Chris Mailing's Ridgefield fall foliage saunter, or Steve Sklar's Princeton ramble. Pace will be brisk but not frantic; leader will be tolerant but not all-forgiving.
- Sat Oct 20
B
60 mi.
9:00 AM
ARMONK & CONNECTICUT Leader: Roy Lawrence (TR 7-2292). Meet at the Grand Concourse and Bedford Park Blvd. (D train). A pretty ride north along the Bronx River, then around the reservoir to Armonk. Lunch indoors at a deli or outdoors in a park, depending on weather. We will return via River-ville Road in Conn., which includes one of the most delicious downhill in the metropolitan area, and Saxon Woods area of Westchester. Rain cancels.
- Sun Oct 21
A
115 mi.
7:30 AM
RIDGEFIELD FALL FOLIAGE CENTURY Leader: Chris Mailing (965-0894). Meet at 7:30 AM at the Central Park Boathouse for the 5th Annual ride to Ossining, Somers, and Ridgefield, Conn. Return via Bedford, Mt. Kisco and Pocantico Hills. Check out the scenery and fall foliage in between food stops in Ossining, Ridgefield, and Tarrytown. Estimated riding time: 7 hours. Portions of the ride will be ridden in a double pace line. Maps will be available. Rain cancels.
- Sun Oct 21
A
90 mi.
8:00 AM
PRINCETON Leader: Steve Sklar (245-3245 H or 530-1773 W). This is a scenic ride which will take you through the Watchung Mountains and by the Raritan Canal. Meet on the southwest corner of Sixth Avenue and 23rd Street for the PATH ride to Newark and then ride round trip from Newark to Princeton (avoiding the drudgery of the Goethals Bridge).
- Sun Oct 21
B-
50-60 mi.
9:00 AM
FALL FOLIAGE TOUR Leader: Maggie Clarke (567-8272). Meet at Triangle Park at Dyckman, Riverside Drive and Broadway (call for travel/subway directions). Please bring water, snacks, and lunch (or money for same); a properly functioning 10-speed bike is a must. Join me for a very scenic ride up the Hudson along the Croton Aqueduct path (this is a dirt path and 1" or less tires are not advised), to Pocantico Hills and Briarcliff Manor area. If weather permits, we will picnic on a lawn near the Rockefeller estate. Based on previous fall tours of this area, this tour should be timed just right for the fall colors. Rain cancels; call for rain date.
- Sat Oct 27
A
65-75 mi.
8:00 AM
UNDER THE RIVER AND THROUGH THE WOODS Leader: Lee Gelobter (646-7037). Meet at 8:00 at the southwest corner of 23rd St. and 6th Avenue. We will take the PATH to Hoboken and then ride north to River Road, then through Tallman and Nyack State Parks. Depending on the weather, we will either lunch at High Tor State Park or indoors in Nyack. Call Lee for details.
- Sat Oct 27
B
50 mi.
9:00 AM
SOUTH SHORE Leader: Alinda Barth (441-5612). Meet at the Statue on Queens Blvd. (take E or F train to Union Turnpike). Join me for a tour of the South Shore 5 Towns area. This is a fairly flat ride. Lunch at a deli with picnic at the beach if weather permits. This is one of the revised routes in the new edition of Bicycle Tours In and Around New York. Alinda scouted the ride for authors Carlinsky and Heim.
- Sun Oct 28
A
85-90 mi.
8:00 AM
YE MERRIE LEAVES OF GLEN COVE Leader: Maxim Vickers (889-7100/728-7179). It peaks later on Long Island. We will start from the Boathouse to view the dramatic foliage and mansionry on the North Shore. There will be an indoor breakfast and at least one deli stop. Double pace-line de rigeur, but this will NOT be an "A+" ride. Morning rain cancels.
- Sun Oct 28
B+
55+ mi.
8:30 AM
GREENWICH, CONN. Leaders: Debbie Bell and Martha Ramos (858-9142). Meet at the last stop of the #2 train. This ride is into Westchester and Connecticut. Destination is Greenwich and return is also via Westchester. Indoors or outdoors lunch stop depending on the weather. This is a hilly ride (but you should see the ones we eliminated ... including reversing Dingletown and Cat Rock Roads). Rain or temperature below 45 degrees cancels the ride.
- Sun Oct 28
C
40-45 mi.
10:00 AM
STATEN ISLAND Leader: Larry Rottersman (448-7400 or 981-1643). Co-leader: Ellen Goldner (222-0548). Meet at the ferry terminal in time for the 10:00 AM ferry. Only the dead know Staten Island, but the ride will be a lively C with obscure S.I. points of interest and super ice cream from Eggers. Rain cancels.

Fri-Sun
Nov 2-4
A/B/C

CYCLES AWEIGH!! Leaders: Amy Weinstock (438-1603) and Gregg Wilner. Come aboard as we head south to Annapolis, Maryland to catch peak autumn foliage. For history and photography buffs, this Chesapeake Bay town, steeped in Colonial history, is the home of the U.S. Naval Acad., Maryland State House, and the old Treasury Building. The region is a mecca for seafood lovers. We will spend a day of leisurely cycling in rolling hills and do some sightseeing. Accommodations are at a charming country inn. Trip costs \$130 (includes transportation, lodging, continental breakfast and Sat. night seafood orgy). Deposit of \$70 should be paid to AYH, 75 Spring Street. Joint AYH ride.

1984 RIDE PREVIEWS

Date	Ride	Leader	Class	Distance
11/6	Bankers, Bureaucrats, and Freeloaders Ride	Mailing	A	75 mi.
11/18	Latvia's Independence Day Ride	Vickers	A	60-85 mi.



CYCLING SHORTS --- Gregory D'Agostino

While sight-seeing in Tokyo, be sure to stop at the Bicycle Culture Centre, just a few blocks from the US Embassy. This is an information centre which features five television screens in booths where you can select from numerous cycling-related topics. In an adjacent area there is a large map of Japan with lighted bulbs with corresponding buttons to press. Choose an area, and a detailed bike route map appears. There is also a large television screen featuring videos such as the Tour de France and other major races. The centre's library has the latest cycling periodicals from around the world, as well as a microfilm area for further cycling-related study. Don't forget to leave yourself enough time to visit the Ginza.

There are more professional racers in Japan than in the rest of the world combined.

Popcorn sales are up in Colombia where a new feature film is packing them in at Bogota movie theatres. "El Escarabajo" (The Climber) is the story of a young unknown racing cyclist, who battles and beats the big names of the South American racing circuit. The young hero is played by the Colombian professional racer Patro Jimenez, who wore the King of the Mountains, polka dot jersey in the 1983 Tour de France. The cycling footage was shot during the 1983 Clasico RCN in the Andes.

According to a study published in the JOURNAL OF BIOMECHANICS, cycling with straps and toe clips alone lacks most of the benefits of cleated cycling shoes and is indeed not much better than riding without clips.

While leafing through one of the glossy hi-tech gadget catalogues, I learned that you can now give your bike an automatic transmission. The AIR SHIFTER (\$59.95) is manufactured by Leisure Cycle Technology, who assures us of "accurate, convenient, effortless gear shifting. Simplify your bike ride and make it more fun than frustration." A cam on the rear hub powers a small air pump on the rear seat stay. With a flick of a switch on the handlebars, air pressure charged in the pump moves a cable attached to the rear derailleur. The AIR SHIFTER sounds like a jolly item for people who have had a lobotomy. As the old song says, "It's got to be the going not the getting there, that is good."

Lenny LoPinto sent in this item for the seventh inning stretch --- A couple of months ago Vern Rapp, Cincinnati Reds manager, noted that pitcher Jeff Russell was having most of his problems after the first five innings of a game. So Rapp suggested that the 22-year-old righthander follow a bicycle riding program designed to build up his leg strength and increase his stamina. Now, Russell is the first to admit bike riding is paying off & he's pedaling his way to victories.

On October 4th, Theatre 80 will be showing Vittorio De Sica's "THE BICYCLE THIEF." The good news is you needn't fall prey to one (that would be taking Italian Realist film to the absurd). Some time ago Theatre 80 arranged inside parking for bicycles. Who knows, you may find your cycle parked next to Katharine Hepburn's folding Peugeot.

BIENVENUE TO A NEW "E" RIDER -- by Cyclops

Welcome to Matthew Ross Bigler-McCorkell -- 8 lbs. 7 oz. and 20½ inches -- who arrived in our world on Monday, August 6, 1984. Proud parents are Charlie McCorkell, Bicycle Habitat owner and president of Transportation Alternatives, and Esta Bigler, a lawyer, who plans to return to her position with the Deputy Director and General Counsel of the New York City Bureau of Labor Services in January.

"Matty-Matt" joins our Club's growing "E" (for enfant) riders contingent, which already consists of Tony Mantione's daughter Michelle, and Carole Chavanne and Jim Ver Eecke's daughter Helene, both born in March 1983, and Lee Gelobter's son Michael Adam, born in October 1983.

Any more potential members out there?

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

* TOUR DE FRANCE, 1984 *

Our October meeting will feature videotape highlights of the 1984 Tour de France.

Since 1903, France has held this extraordinary bike race. This year's tour was a very exciting one. Four-time winner Bernard Hinault was competing after a year's absence due to a knee injury. Last year's winner, Laurent Fignon, was out to win again, to prove that his 1983 win was not due to Hinault's absence. And two Americans, Greg LeMond and Jonathon Boyer, were the first Americans to be truly in contention for first-place. Also, for the first time in history, the 1984 race featured a course for women.

So, come see those fabulous bicyclists cover 2,400 miles in this 24-day tour. See the grueling climb up the Alps, and the dramatic finish on the historical cobblestone street, the Champs-Elysees, in the heart of Paris. Magnifique!



Hinault

Also, nominations for 1985 officers will continue, and then close, at the October meeting. Ballots will be distributed in the November Bulletin, and returned ballots counted at the November meeting. Results will be announced at the November meeting and in the December Bulletin.

NOMINATIONS FOR 1985 OFFICERS THUS FAR:

President	Claire Goldthwaite / Martha Ramos / Ed Schweber
V.P. Programs	Sara Flowers
V.P. Rides	Debby Bell / Maxim Vickers
Secretary	Charlotte Hildebrandt
Treasurer	Doug Blackburn / Gregory D'Agostino / Larry Rutkowski
P.R. Director	Lin Ehrlich / Larry Rottersman
Editor	Phil Botwinick / *
Membership Director	Irene Walter / **
Circulation Manager	Jody Sayler
A Rides Coordinator	Josh Keller / Steve Sklar
B Rides Coordinator	Alinda Barth
C Rides Coordinator	Alex Bekkerman / Bernie Brosk / Roseann Korsak

* Bill Vojtech declined.

** Marty Wolf declined.

DATE: Tuesday, October 9

TIME: 6 P.M. for beer, wine, cocktails, soda, or just plain socializing.
7 P.M. for dinner. IF YOU WANT DINNER AT THE PRIX FIXE, YOU MUST PURCHASE IT BY 7 P.M. *

PLACE: The Ukrainian Restaurant
140 Second Avenue (between 8th and 9th Streets, on east side of Second Avenue)
New York City

SOME SUBWAY DIRECTIONS:

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

PRIX FIXE FOR FAMILY-STYLE DINNER: \$8.00; includes tax and tip. *

* **NOTE:** The dinner price remains \$8.00 for diners who pay before 7 P.M. The price goes up to \$10.00 after 7 P.M. to pay for the extra costs involved in preparing late meals.

An NYCC member will collect \$8.00 (or \$10.00 after 7 P.M.) 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 Club pays the restaurant per diner, so any diner not paying his or her tab is "sticking" the Club!

Board of Directors Meeting MINUTES SUMMARY

by Alinda Barth, Secretary

1. All members who joined the Club by Labor Day are eligible to vote in the November elections for officers.
2. Riding pace for the different ride classifications needs to be updated. Recommendations are invited.
3. Members arriving late (after 7pm) at the General Membership Meeting will be asked to pay \$10 for dinner.
4. A Statement of Accounts to the end of August 1984 was presented, together with projections for 1985. Due to the Club's fiscal health, there will be no dues increase in 1985.
5. The next Board of Directors' Meeting will be on October 2, 1984.

HOW DO YOU DIE WHEN YOU ARE ONLY SEVENTEEN?

Nick Torre is dead.

Chris announced it at the September meeting. Nick was struck by a car while biking down Eleventh Avenue. The details were not available.

Nick was a frequent rider with AYH and an occasional rider with us. Many 'A' riders would know him by sight, if not by name. He would have been a senior at the Bronx High School of Science this Fall.

How do you die when you are only seventeen?

Does your bright red blood flow through your bright red hair, both equally aflame in the harsh red glare of a setting summer sun? Does your blood matted hair turn an ugly somber shade, the color of the clay that will bury you?

How do you die when you are only seventeen?

As the huge wheels bear down, do you writhe to escape them? Would the wisdom of age have been of avail?

How do you die when you are only seventeen?

As pain racks your body, does all hope desert you? As you lay there distorted, do you acknowledge your doom?

How do you die when you are only seventeen?

As agony whelms, does youth start to fail you? What depths of your soul have you formed for your comfort?

How do you die when you are only seventeen?

At what precise moment does your future depart you? Who will remain to carry your cause?

How do you die when you are only seventeen?

Only one thing is certain.
Nick Torre is dead.

- Ed Schweber

SYMPATHY

To Phil Botwinick, on the loss of his father, September 13, 1984.

MASSAPEQUA PARK BICYCLE CLUB
ANCIENT MARINER CENTURY

Name: _____

Address: _____

Phone: () _____

Emergency Contact: Name: _____

Phone: _____

Note: 16 yrs. and older unless accompanied by parent. Massapequa Park Bicycle Club will not be held responsible for any damages or injuries incurred during the course of this event.

Signature: _____ Parent's Signature: _____
(if under 18 yrs. old)

MASSAPEQUA PARK BICYCLE CLUB
ANCIENT MARINER CENTURY

The Massapequa Park Bicycle Club invites you to cycle the easiest century in the Northeast. The ride is 100 miles on Montauk Highway, starting from Massapequa Park Railroad Station to the town of Montauk. A vehicle will be available in the rear to help. We will return to Massapequa Park by train.

You must be able to do fifty miles in five hours. Your bicycle must be in good repair. Carry a water bottle, extra tube and a patch kit. Bring food or money to buy food on the road. Include a jacket.

DATE: Saturday, October 13, 1984, 6:30 AM

MEETING PLACE: Massapequa Park Railroad Station (Sunrise Hwy. & Park Blvd.)
Massapequa Park. Check in at East end of station.

RIDE FEE: \$11.50 Includes: -Train fare for rider and bicycle (return to Massapequa Park)
-Patch, Map
-Refreshments on train

RETURN: Train leaves Montauk LIRR Station at 7 PM (No other train). This train returns riders to Massapequa Park.

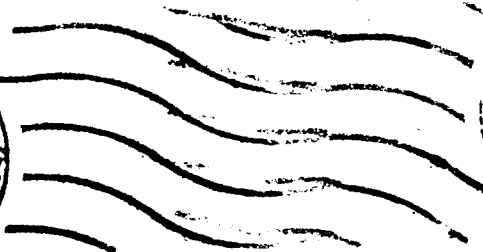
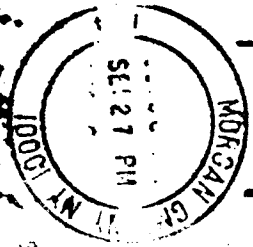
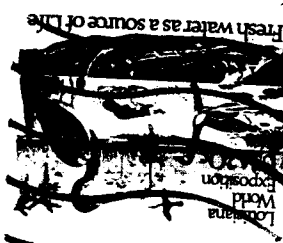
Register early! There is a limit to the amount of bicyclists the train will carry and the spaces go quickly. Detach and mail the entry form, with your payment to:

Massapequa Park Bicycle Club
c/o Nick Friedman
208 W. Lena Ave.
Freeport, NY 11520

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:

AFTER LABOR DAY,
DUES ARE HALF
THE ANNUAL PRICE!

NEW YORK CYCLE CLUB, INC.
P.O. Box 877
Brooklyn, N.Y. 11202