June
1984
NEW YORK CYCLE CLUB

IN ITS 48TH YEAR

June 1984

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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 seems 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, lamp and lights for after dark.
5) Eat a good breakfast.

RIDE CLASSIFICATION

"A+": ANIMAL
Anything goes. Eats up roads, hills and all.

"A": SPORTS(WOMAN)
Vigorous riding over hill and dale. High regard for good riding style. Can take care of themselves anywhere. Stops every two hours or so.

"B": TOURIST
Moderate to brisk riding along scenic roads, including hills; destination not so important. Stops every hour or two.

"C": SIGHTSEEKER
Leisurely to moderate riding. Destination oriented: nature, historical, cultural. Stops every half hour to one hour.

"D": BEGINNER
Very leisurely sightseeing. Discovering bike and their bodies; training up to "C." Frequent stopping and regrouping. Do not believe reports of mortalities riding 100 miles or more in a day.

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. June 2 CHAPPAQUA RIDE Leader: Chris Welling (965-0894). Meet at the Central Park Boathouse at 9:00.
75 mi.
Estimated riding time: 4 hours. Maps will be available. The group will ride in a pace line formation. For additional info, call Chris. Rain at beginning of ride will cancel.

Sat. June 2 TWIN FORK SPECIAL Leader: Martha Ramos (858-9142), Bogart Thompson, and Debbie Bell. The ride begins at Montauk (South Shore). It covers seldom travelled back roads in Montauk and the Hamptons.
"B" to "C", 50 mi.
We depart Greenport (North Shore) for the train ride back to the City. Contact Martha Ramos for details of this "All-Day" trip. (Refer to the NYCC bulletin of 12/83 for a copy of Cyc-m-Up rode permit application forms.) This is a rain-or-shine ride.

"C" (981-1843). We'll be meeting in Columbus Circle at the Maine Monument for a pleasant ride up the West Side and the Bronx to the 19th Century and the smell of seaweed. Be sure to bring your camera as this is one of New York's most picturesque neighbourhoods (the Astors, the Morgans, and Sir Thomas Lipton kept their magnificent yachts here.) No one will ever go hungry on City Island. There are plenty of cafes serving fresh seafood. So come, take pictures. Watch sailboats being made or chat with a "clam-digger," as the Islanders call themselves. Rain cancels.

Sun June 3 ALL-CLASS CLUB RIDE TO BETHPAGE STATE PARK. Choose one of the rides described below from either Manhattan or Queens to Bethpage Park in Eastern Nassau County, arriving at 1:30 P.M. for a picnic lunch and social meeting with the rest of the club. Enter the park from Powell Ave., just east of the Seafood-Oyster Bay Expressway. Follow the road to the picnic area by the parking lot a mile or so from the entrance. There are delis on Broadway, just south of Powell Ave. The group will return as a whole via Old Country Road and I.U. Willets Road.

"A+" Leader: Doug Blackburn (888-0048). Ride through the scenic North Shore to the park with at least one food stop on the way. Meet at the Central Park Boathouse.
80 mi. 7:30 A.M.

"B" Leader: Sara Flowers (544-9168). Meet at the statue on Queens Blvd. & Union Turnpike (E or F train to Union Turnpike Station) for a brisk but social ride over some North Shore hills (maybe we will see a fox or a raccoon as on recent rides!)
55 mi. 9:00 A.M.

"C" Leader: Gregory D'Agostino (272-4271). Meet at 179th Street and Hillside Avenue in front of the Burger King (E or F train to the last stop). We will enjoy a leisurely and nicely routed ride through side streets and leafy lanes to join the rest of the group at Bethpage.
40 mi. 9:30 A.M.

Sat. June 9 SCOUTING RIDE TO EASTERN WESTCHESTER Leader: Lee Gelobter (846-7037). Meet at the Central Park Boathouse for a scouting ride through Larchmont, Rye, Port Chester, into Connecticut. 75 mi. and back through White Plains, Scarsdale and Bronxville. Be prepared for more than the advertised mileage as this is a scouting ride. Call Lee for more info.
8:00 A.M.
Sat June 9 DELAWARE AND RARITAN CANAL Leader: Roy Lawrence (TR7-2292). Meet at 8:15 at the Staten Island "B" Ferry for departure at 8:30. Ride through suburban Jersey to the historic Delaware and Raritan Canal. Picnic lunch along the banks of the canal in East Millstone, where the local grocery had huge sandwiches at bargain prices last year. Return through an area of working farms. Bring lunch or money for it, and $.25 for the ferry. Rain cancels. Note: We will use the narrow sidewalk of the Goethals Bridge.

Sun June 10 SANDS POINT Leader: Steve Sklar (245-3245). "A" ride doesn't have to mean "All-Day" ride. Come out for a quick (relatively) jaunt which is long enough to make it back home by lunch time. Also 55 mi. long enough to get to some scenic roads along the Long Island Sound. Meet at the Central Park Boathouse. 8:00 A.M.

Sun June 10 BEAR MOUNTAIN Leader: Larry Rutkowski (304-0485). Meet at 178th St. and Ft. Washington Ave. "B" Take the A train to the 175th St. stop. We take the bus across the bridge to begin a scenic and moderately hilly tour to Bear Mountain State Park. Bring lunch or money for it. We ride up the N.J. side (9W) and return on the N.Y. side (9A). Do a century at a sensible pace and enjoy the scenery. 7:45 A.M.

Sun June 10 TRIBOROUGH Leader: Phil Botwinick (441-0264; 613-2271 Wk). Meet at the Arch in Washington Square Park for an exploration and sightseeing trip through three boroughs. We'll ride to lower Manhattan and head into Brooklyn via the Brooklyn Bridge. We will head for Shore Parkway and ride into Sheephead Bay, then on to Rockaway and into Queens via the Rockaway Beach Bridge. Trip will end at the Statue on Queens Blvd. & Union Turnpike. Bring or buy lunch. Rain cancels. 9:30 A.M.

Thur Jun 16 4th (ALMOST) ANNUAL STRAWBERRY SUPREME Leader: Maxine Vickers (889-7100 / 728-7179). Meet at Tramway Plaza (2nd Ave & 59th St.) to scorch our beloved mid-island route to Southampton and Shelter Island enjoying the scenery and visiting some notable refueling and watering spots culminating in a massed assault on the infallible Strawberry Festival Shortcake. BRING MONEY (this ride features fine food and spirits as well as salt water crossings). You must book return passage on the AYH Biketrain (call 431-7100) or be prepared to fend for yourself. 6:00 A.M.

Thur Jun 16 PRE-TRIP meeting for Albany Ride (see listing for June 24 below); Thursday at 7:00 P.M. at AYH. Mandatory for those planning to go on ride. 7:00 P.M.

Fri-Mon GEAR-UP '84 Hosted by the Baltimore Bicycling Club; sponsored by the League of American Wheelmen. Hope your plans are made: closed May 25.

Sat Jun 16 PLANTING FIELDS Leader: Sara Flowers (544-9168). Meet at the statue on Queens Blvd. at Union Turnpike (E or F train to Union Turnpike-Kew Gardens). Brisk ride to the Planting Fields Arboretum. Bring $2.00 to visit this huge and lovely arboretum featuring greenhouses (geraniums in June), synoptic garden, dwarf conifer garden, large trees, rhododendron parks, and roses. We will spend at least an hour in the Arboretum so BRING YOUR LUNCH to eat inside (or outside as you wait for the rest of us). 130 mi. 6:00 A.M.

Sat Jun 16 MATTITUCK STRAWBERRY FESTIVAL CENTURY Leader: AYH (431-7100). Call for specific info on this annual event. There will be a century from NYC to Mattituck, and a bike-train to and from the Festival. Advance reservations are required. 55 mi. 7:00 A.M.

Sun June 17 CONNECTICUT CANNONBALL Leader: Ed Scheber (567-2661). Meet at the Central Park Boathouse for a prompt 8:00 A.M. departure. We will cut through a corner of Connecticut from White Plains to Pound Ridge, an area of such manifestly conspicuous consumption that it has been known to make raving Marxists out of Park Ave. denizens. Food stops in White Plains on the way up, and Armonk on the way down. 90 mi. 8:00 A.M.

Sun June 17 NYACK & BEYOND Leader: Dan Yalisove (677-8237). Meet at the Boathouse in Central Park at 9:00 A.M. or 9:45 at the George Washington Bridge. This is a scenic trip with a lunch stop at the Nyack State Park. There may be a delay starting the ride due to the bus service across the bridge. Bring money for lunch or bring your own. Rain cancels. 34/45 mi. 9:00 A.M.

Sun June 17 FULL CIRCLE Leader: Phil Botwinick (441-0246). Meet in front of Statue of Civic Virtue on Queens Blvd. and Union Turnpike (E or F train to Union Turnpike Station). We'll be pedaling through Forest Park, Broad Channel and the Rockaways, then head into Long Island for a south-to-north journey that will take us back to Union Turnpike where we started. Bring or buy lunch. Rain cancels. 40+ mi. 10:00 A.M.

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.

Sat June 23 BEAR MOUNTAIN CENTURY #6 Leaders: Herb Dershowitz (929-0787), Marty Wolf (935-1460). Meet at the Central Park Boathouse at 7:50 A.M. for a prompt 8:00 A.M. departure. Ride will go up 108 mi. east side of Hudson, return on the west side. Lunch at Bear Mountain State Park -- there will be a short detour to a deli in Garrison if Bear Mountain microwave pizza doesn't appeal; call Herb or Marty with questions.
Sat June 23  ROUND HILL CONNECTICUT AND BEDFORD VILLAGE Leader: Roy Lawrence (TR 7-7297) "B" meets at "B"/"B"  Central Park Boathouse 8:00 A.M. and "B" at Grand Concourse and Bedford Park Blvd., Bronx (D 85/65 mi.) train 9:00 A.M. Ride across Westchester into Connecticut through the Round Hill Estate area, and 8/9:00 A.M. on to Bedford Village for a picnic lunch on the village green of this New England-type town. Return across Westchester Hills via White Plains and Scarsdale. Bring lunch or money for it. Rain cancels.

Sat June 23  FORB LEE HISTORICAL BIKE TRIP Leader: Roseann Korns (349-2034). Join us for this tour of the "C" Fort Lee Revolutionary War exhibit that illustrates the battle of New York. Meet at 9:00 A.M. at the Pulitzer Fountain on 59th St. and 5th Ave. (or catch us at the George Washington Bridge at 9:30). We will ride through Central Park up Riverside Drive. Bikes must be locked so bring lock and edibles — lunch stop is at Demarest Park or on the museum grounds. On the way back, we'll ride a few hills but the one to tough at your own pace.

Sun June 24  ALBANY RIDE Leader: Steve Bauman (359-7972). This is a long "C" ride with an overall 10 MPH "A+" pace! You should have a century under your belt before attempting this. Mandatory pre-trip meeting at AYH on Thursday, June 14th, at 7:00 P.M.

Sun June 24  LAKE DE FOREST Leader: Dave Miller (794-9365 ha; 594-5265 wk). Meet at the Central Park Boathouse for a very scenic ride in northern New Jersey and Rockland County. We will ride on the bike path through Tallman Mt. State Park and on the bike path next to the Hudson River in Nyack State Park. We will stop for lunch at a small city park in Congers and return to the Geo. Washington Bridge after we cross Lake De Forest. Please call for starting time, and please bring your own lunch and snacks. Be prepared for at least one crossing via the bus service at the Geo. Washington Bridge.

Sun June 24  DESTINATION: POINT LEADER: Phil Botwinick (441-0246). Meet at the Statue of Civic Virtue on Queens Blvd. & Union Turnpike (E or F train to the Union Turnpike Station). We'll be pedaling at a steady pace through Forest Park, Broad Channel, the Rockaways, Atlantic Beach, 10:00 A.M. Long Beach, and Lido Beach. Our destination is Point Lookout. Bring or buy lunch. Rain cancels.

Sun June 24  DESTINATION: POINT TOO Leader: Gregory D'Agostino (272-4271). Take the LL train to the last stop, Rockaway Parkway in Canarsie, or park your car at Canarsie Pier. We'll be meeting Phil Botwinick's group at the McDonald's in the Rockaways for a steady paced ride to the charming town of 50 mi. Point Lookout. Bring or buy lunch. Rain cancels.

Sat June 30  LAMBERTVILLE Leader: Martha Ramos (859-9142). Join us for an early celebration of the 4th of July by spending a 3 day weekend in Lambertville. We will bike down to our destination on Saturday. Sunday will include a tour with the Princeton Freewheelers that will take us to Peddler's Village. Monday we bike back to the city. Call Martha for details of trip. 150+ mi. Participants will be responsible for making their own arrangements.

Sat June 30  MORE SCOUTING IN WESTCHESTER AND CONNECTICUT Leader: Maggie Clarke (567-8272/566-8870). Based on "B-" routes developed from previous scouting rides, we will explore some scenic new areas in 50-60 mi. Central Westchester and SW Connecticut. We will meet at the Triangle Park at Dyckman 9:30 A.M. (220th St./Broadway/Riverside Drive) please call for subway & other travel info) for a brisk all-day ride through scenic country. For more specific information, please call. Bring snacks & lunch if you can or money for it, a well-functioning bicycle with tools, pump and spare tire. Co-ride with Sierra Club.

Sun. July 1  BEAR MTN. RIDE Leader: Donald Smith (657-6382, after 9:00 P.M.). Meet at Central Park Boat- 100+ mi. house for a quick start out of Manhattan at 8:00 A.M. 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; 8:00 A.M. this distance will be 8-10 miles round-trip. 9 & 9A New York side to Route 9; coming back route 9W.

Sun. July 1  MYSTERY BERGEN/RUCKLAND 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 enjoy- 60+ mi. able and scenic route.

9:30 A.M.

Fri - Sun  THIRD SHENANDOAH VALLEY ANNUAL BIKE WEEK/WEKEND Leader: Tidewater Bicycle Aasam. Bike tours on all levels in the foothills of the Blue Ridge Mountains. Housing and dining at James Madison University on July 20-22 (air-conditioned dorms, socializing and side-trips are planned. Costs (including meals and lodging): 5190. For further info and registration forms, call Sara Flowers (212-564-9168) or write SVAMW, 5509 Elm Avenue, Virginia Beach, Va. 23462.
ON-THE-ROAD FIRST AID

Have you ever been group riding and witnessed an accident? Did you know what to do? Do you want to know more about emergency procedures so that you will respond correctly in case of an accident?

Our June speaker, Emergency Medical Technician (EMT) John Healy, will give us the commonsense approach to on-the-road emergency first aid.

John, who is crew chief for the Central Park Medical Unit, has seen the results of many bicycle accidents. His firsthand knowledge will help us prevent accidents as well as handle accidents correctly when they do occur. John is a Cardiac Life Support Instructor for the American Heart Association. He also teaches first aid to New York City's Auxiliary Police.

In addition to all this knowledge, our speaker is a bicycle enthusiast. John is an American Youth Hostel Bike Committee member and summer tour leader.

So join us Tuesday, June 12, for a very important meeting: 6:30 p.m. for cocktails, and 7 p.m. for dinner, at the THOMAS STREET INN, 8 Thomas Street, between Broadway and Church Street (opposite Federal Plaza).

Subway stations: A, 2,3: Chambers Street. RR, 4,5: City Hall-Brooklyn Bridge.

Bicycle parking is available.

NOTE: This will be our last meeting at the Thomas Street Inn. The meeting place for the July 10 meeting will be announced at the June meeting and in the July Bulletin.

1984 RIDE PREVIEWS

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<th>Ride</th>
<th>Leader</th>
<th>Class</th>
<th>Distance</th>
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<td>7/3-7/7</td>
<td>LAW Convention (Indianapolis, Ind.)</td>
<td>LAW</td>
<td>B</td>
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<td>7/14</td>
<td>Birthday Scouting Ride to Westchester &amp; Conn.</td>
<td>Clarke</td>
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<td>7/20-7/27</td>
<td>3rd Shenandoah Valley</td>
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<td>7/20-7/22</td>
<td>Annual Bike Week/</td>
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<td>Weekend (SVABK)</td>
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<td>9/1-9/4</td>
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<td>9/9</td>
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<td>9/9</td>
<td>Bear Mountain Century</td>
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<td>9/16</td>
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<td>9/23</td>
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<td>9/30</td>
<td>Annual Bill Baumgarten Ride</td>
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<td>10/6</td>
<td>Washington</td>
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<td>10/7</td>
<td>Fall Classic Rally</td>
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<td>10/13</td>
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<td>11/6</td>
<td>Bankers, Bureaucrats, and Freeloaders Ride</td>
<td>Mailing</td>
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<td>75 mi.</td>
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* See page 4 for details.
BICYCLE POLICY HAPPENINGS -- by Marc Freedman

Metro-North May Let Us On!

The bicycle wheels of progress are moving north -- Metro-North! The powers that be have seen that bicycle access can work on the LIRR, so why not? What a few years ago seemed like a pipe dream has become a reality. Without waiting for a concerted, organized effort by the bicycle community to exert pressure on them (though there was pressure last year during the push for LIRR access), Metro-North has drafted access regulations, had them approved by their Operating Committee, and published them for public review in the State Register. After the mandatory 30-day review period required for changing or adding regulations, the Metro North Board will consider them for final approval when it meets June 15.

According to Larry Filler, Director of Metro-North's Office of Policy Development, the process of final approval is expected to go smoothly and he foresees all the details, including issuance of permits, to be in place by early summer, perhaps by July 4.

The details of the access program will be very similar to LIRR's program. One significant difference will be the increased hours of accessibility. Whereas LIRR has summertime weekend peak hours that unfortunately coincide with the hours in which cyclists are most likely to be interested, Metro-North has no such weekend peaking. With the exception of weekday peak periods and some holidays, bicyclists will be able to use the trains year-round and at all times.

Hopefully, the people in charge of designing the permits will heed the advice of numerous cyclists that the permit should be credit card sized rather than the 7-1/2" by 3-1/2" the LIRR permit is. However, even if some minor problems exist, the important thing is that the proverbial bicycle wheel in the sky has made another revolution forward. Bicycles and bicyclists are being taken more seriously -- a tribute to the work individuals and clubs have done to promote cycling as a healthy, enjoyable form of recreation and transportation.

NYCC ADS

FOR SALE:

Argos, all Reynolds-531, 22" frame, all Campy. Like new. Black. $300 or best offer. 783-3112.


23 1/2 Raleigh Professional, 1974 model. Reynolds-531, all Campagnolo except Avocet headset and Normandy Luxe Comp. hubs. Many miles; maintained annually; needs some parts for optimal performance; needs paint. Mechanic's special. As is, $350. Chris McAllister, 963-0894.

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

TOURING COMPANION(S) WANTED:

For a trip of a few weeks during August somewhere in Northern Europe. Mostly camping and hostelling. Call 280-7218 or write Robert Kovelman, 817 Fairchild, Columbia University, NY NY 10027.

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
A task force has been created to try to formulate simple guidelines to promote safety, cooperation and harmony among the running and cycling communities while both are using Central Park. This task force includes representatives from running and cycling organizations, the New York City Parks Department, Central Park Community Council, the New York City Department of Transportation, and the New York Police Department.

We would like to have your input on the content of effective guidelines that are likely to be followed by a majority of the runners and cyclists. Please answer the following questionnaire. Send the completed questionnaire and any other comments and ideas you would like to express to Doug Blackburn, 342 E. 62nd St., Apt. 17, New York, NY 10021. A comparable questionnaire is being circulated to the members of the New York Road Runners Club and the Metropolitan Athletic Congress.

1. Do you regularly cycle in Central Park:
   a. For recreational purposes Yes___ No___
   b. For training purposes Yes___ No___

2. At what times and days do you most often use Central Park for these purposes:
   - Time(s) of day: _______________________
   - Day(s) of week: _______________________

3. Runners also use Central Park. At present, it is likely that some of them are running toward you while others run in the direction you are riding. When you overtake a runner in the park do you feel that safer conditions exist:
   a. If the runner is coming toward you ______ OR ______
   b. If the runner is moving in your direction ______

If you care to, please give a brief explanation supporting your choice of answer.

Thank you!

MAY Board of Directors Meeting MINUTES SUMMARY
by Alinda Barth, Secretary

1. The Board discussed the functions of the LAWS Legislative Contact of the NYCC.
2. Amy Weinstock will update the goldenrod flyers and get new copies printed.
3. Martha Ramos announced that Metro-North Commuter Railroad is planning a bicycle access program. (See page 10 for more details.)
4. Sara Flowers announced that the All-Class Club Ride in June will go to Old Bethpage State Park on Long Island, and invited suggestions for later Club rides.
5. The marking of the Club route in New Jersey was postponed until next spring.
6. A questionnaire regarding rules for cyclists and runners using Central Park, prepared by Doug Blackburn, was approved and will be published in the Bulletin. (See this page.)
7. The next Board of Directors' meeting will be on Tuesday, June 5, 1984.

COMING ATTRACTIONS by Irene Walter, Editor

* Cycling Shorts, by Gregory D'Agostino
* More Bicycle Policy Happenings, by Marc Freedman
* And Much More!

DEADLINE FOR RECEIPT OF MATERIAL FOR JULY BULLETIN: MONDAY, JUNE 18.
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