

December  
1985

# NEW YORK CYCLE CLUB

DECEMBER 1985

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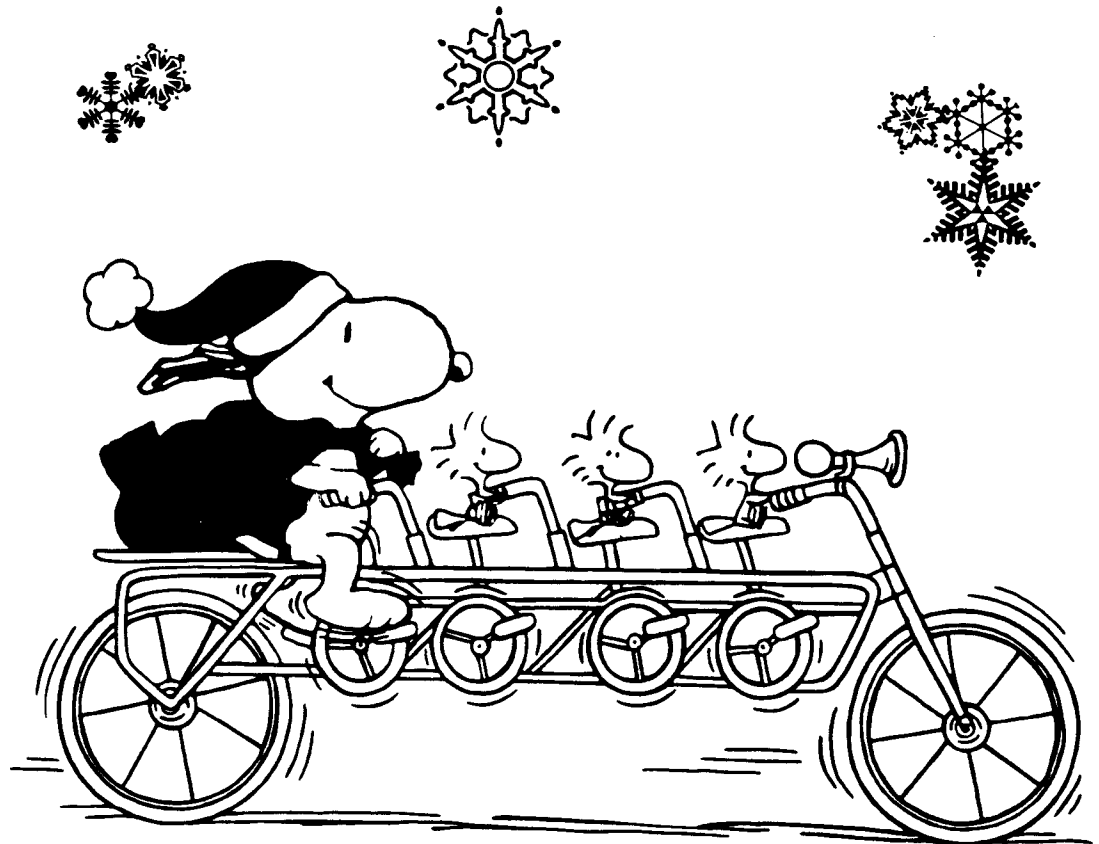
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HAPPY HOLIDAYS TO ALL!



P.O. Box 877, Brooklyn, NY 11202

# Rides Schedule

Compiled by Lee Gelobter, 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. However, leaders should turn back riders whose physical or bicycle condition seems inadequate, or when this is not feasible, those whose riding ability early on in a ride seems inadequate. Our leaders are truly reluctant to do this, so please cooperate with them.

In choosing a ride note the estimated 'cruising speed', listed below. This number approximates the speed of a typical rider of the indicated category while moving along a flat road with no wind or other adverse riding conditions. Of course, both average and cruising speeds will show the effects of varying terrain.

- 1) Select rides within your capability. Avoid downgrading the ride for your fellow riders and stressing yourself by trying to keep up, or conversely, demanding a faster pace than advertised.
- 2) AA, A+, and most A rides generally maintain pacelines. If you are unfamiliar with paceline riding be prepared to learn.
- 3) Be on time or a bit early. Rides will leave promptly.
- 4) Have your bike in good condition: both brakes working, properly inflated tires, adjusted derailleurs, no loose parts.
- 5) Bring water, snacks, spare tube, patch kit, pump and lights if the ride will begin or end in the dark.
- 6) Eat a good breakfast.

Ride Class	Average Speed		RIDE AND RIDER CLASSIFICATION	
	(not incl. food stops)	Cruising Speed	Riders	Ride Description
AA	17+ mph	20+mph	Animals	Anything goes. Eat up road, hills and all
A+	16-17	19-20	Sports	Vigorous riding over hill and dale. High regard for good riding style. Can take care of themselves anywhere. Stops every two hours or so.
A	15-16	18-19		
A-	14-15	17-18		
B+	13-14	16-17	Tourists	Moderate to brisk riding along scenic roads, including hills. Destination not so important. Stops every hour or two.
B	12-13	15-16		
B-	11-12	14-15		
C+	10-11	13-14	Sightseers	Leisurely to moderate riding. Destination oriented: nature, historical, cultural. Stops every half hour or so.
C	9-10	12-13		
C-	8-9	11-12		

Central Park Boathouse phone numbers are: 650-9521, 744-9813, 744-9814. The boathouse is located inside the Park, along the East Drive, near 72nd St.

NOTE: You will notice a change in the Guidelines for Club Rides beginning this month. The revised classifications are based on data collected over the last two seasons by ride leaders and analyzed by Irv Weisman. We hope that these new guidelines prove helpful to riders by making it easier to choose rides within their capabilities and to ride leaders by allowing them to classify their rides more specifically.

- 
- Sun. Dec. 1  
9:00 AM  
A/A-  
50-70 mi.      SADDLE RIVER. Leader: Steve Sklar (212-877-5235) You thought you saw all the Jersey rides you could imagine? Well, here's one more. Join Steve at the Boathouse for this classic New Jersey ride. This will be a relatively leisurely pace line ride. (Often single where it is too dangerous to maintain a double paceline.)
- Sun. Dec. 1  
8/9:00 AM  
B+  
40/60 mi      PORT WASHINGTON. Leaders: Jackie & Rick Plate (718-788-1322) Meet at 8:00 at Grand Army Plaza in Brooklyn for a 60 mile or at 9:00 at the statue on Queens Blvd for a 40 mile ride to an indoor lunch stop in Port Washington. Rain, snow or starting time temp. below 30 F cancels. Oh yes, there is one major climb.
- Sun. Dec. 1  
9:00 AM  
B  
45+ mi.      DIAL-A-RIDE. Leader: Sara Flowers (718-544-9168) Call Sara for ride details and meeting place if the day is nice and you feel like going for a ride.

Sat. Dec. 7  
8:30 AM  
A  
50 mi.  
NY TO NYACK (AND BACK) Leaders: Arlene Brimer/Chris Mailing (212-362-2631/718-964-0894) Meet at the Boathouse at 8:30 or on the NY side of the GW Bridge at 9:00 for a brisk, friendly ride to Nyack. Portions of the ride will be ridden in a paceline. Wet weather or temp. below 32 F cancels. Call Arlene at 8:00 if the weather is questionable.

Sat. Dec. 7  
12:00 NOON  
A-  
50 mi.  
AFTER THE MORNING CHORES. Leaders: Lorenzo Perrone/Art Guterding (212-869-3131) Do those morning errands and meet for a fast paced conditioning ride to The Turning Point in Piermont. Leave promptly at noon, return by dusk. BRING GOOD WEATHER

Sat. Dec. 7  
8:30/9:15 AM  
B  
55/45 mi.  
SCARSDALE EXPRESS. Leader: Reed Schneider (212-369-6042) Meet at 8:30 at 90th St. & 5th Ave. or at 9:15 at Bedford Park Blvd. & the Grand Concourse (last stop on the D train), for a moderately paced ride through the beautiful residential areas of Central Westchester. We will stay on the scenic roads of New Rochelle, White Plains and Scarsdale. Diner stop in Scarsdale. Bring a lock and lunch money. Joint AYH ride.

Sun. Dec. 8  
9:00 AM  
A  
80 mi.  
TODD'S POINT RIDE. Leaders: Christy Guzzetta/Jody Sayler (718-596-9833/212-799-8293) Ride till dusk to Greenwich then board Metro North (pass required) and party all the way home. Meet at the Boathouse. Rain, snow or 8:00 temp. below 32 F cancels.

Sat. Dec. 14  
9:00 AM  
A-  
70 mi.  
NYACK LOOP. Leader: Marty Wolf (212-935-1460) Meet at the Boathouse for a prompt departure. The ride will take us through Tenafly, New Milford, Oradell and other little towns that no one will notice. High point of the day- lunch in Nyack or Piermont. We will ride 40-45 miles before lunch (no stops), then 25-30 miles back to the city. Temp. below 25 F or any precipitation cancels. If weather is miserable this ride may go off on Sunday 12/15. Call Marty if questionable.

Sun. Dec. 15  
8:30 AM  
A  
55 mi.  
FLAGSHIP FLYER. Leaders: Hannah Holland & Rich Herbin (212-666-2162) Meet at the Boathouse. Eat at the Flagship. Ride a steady, warm pace with the tandem. (Safety rules will be enforced) Return through Sprain Valley. Please attend if temperature exceeds 32 F and roads are clear. Otherwise go to the gym.

Sun. Dec. 15  
9:00 AM  
B-  
65 mi.  
SUMMERVILLE TIME WARP. Leader: Stanley Simon (212-777-1277) Meet at the World Trade Center PATH station. (Bring \$.75) Visit the old & new worlds in New Jersey. Easy rolling hills with one 10% climb. Lunch on a wooded island with a magnificent view. Pass through an historic town (1710). Be prepared for the cold. Threat of rain or snow or temp below 45 F cancels.

Sat. Dec. 21  
9:00  
A  
80 mi.  
THE LONG STRANGE TRIP. Leaders: Alan Zindman/Josh Keller (212-674-0953) Meet at the Boathouse for a ride through Rockland & Bergen Counties. This will be a fast but civil ride with more verbal than physical abuse. This ride will not be cancelled under any conditions.

Sat./Sun  
Dec. 21/22  
B  
LEADER(LESS) RIDE. Leader: John G. Waffenschmidt (718-626-9835) You know the routes and turns better than I do. Show me the way around the reservoirs in Westchester; let's be fast and furious. Group dynamics sets the route and the pace. Lunch will be indoors with the discussion focusing on the winter portion of Eddie B.'s program. 8:00 AM temp. below 28 F or precipitation cancels. Meet at the Boathouse of course.

Sun. Dec. 22  
9:00 AM  
A  
50 mi.  
MISSILE TO WHITE PLAINS. Leader: Steve Sklar (212-877-5235) The usual starting place (Boathouse), the usual destination (Flagship). Wet conditions or 8:00 AM temp. below 20 F cancels. Yule enjoy it.

Sat. Dec. 22  
9:00 AM  
A  
LEADERLESS RIDE. Meet at the Boathouse for your penultimate opportunity to complete however many miles you said you would last Jan. 1. Destination to be determined by those who show up.

Sat./Sun.  
Dec. 28/29  
B  
DECEMBER DIAL-A-RIDE. Leader: Alinda Barth (718-441-5612) Are you interested in a ride this weekend? Although I may or may not be riding (depending on the weather), I will try to get interested riders and leaders in touch with each other. Call if the weather looks promising.

Wed. Jan. 1  
10:00 AM  
A-  
55-60 mi.  
NEW YEARS IN WHITE PLAINS. Leader: Marty Wolf (212-935-1460) Start the New Year off with an entry on your mileage chart. (No chart? I'll make copies and bring you one.) The Flagship Diner in White Plains is sure to be open. Meet at the Boathouse. We'll leave promptly at 10!! Any precipitation or temp. below 20 F cancels. Call Marty if you're in doubt.

## Touch and Go

By Maxim Vickers

It is drizzling at the top of the pass. The black mouth of the tunnel swallows the three of us. We ride in its sheltering darkness. On the other side, there is full-fledged rain. We pause under the exit arch to don our rainjackets before pushing off into the wet.

'Round the first curve, the heavens let loose.

The torrents smash into the pavement and rebound some six inches before dropping back into the boiling film swooshing across the blacktop. Rain hammers on the thin nylon stretched over the cotton cap. Water purls off the pulled-down visor in a thick veil. We are hurtling down the road twisted around a rocky, treeless mountainside.

There is no shelter.

A car comes up, the wipers laboring across the flooded windshield. I pull the levers with every muscle in my numbing hands to slow the bike into a hairpin turn. The brakes are engaged to the utmost, though all they are capable of doing is keeping the descent speed to about fifteen miles per hour. However, stopping here under the raging sky will not do us much good. Two days ago, a similar sort of thing ended in hailstones as big as walnuts. That is what's on my mind as I continue slip-sliding through turns frantically searching for some sort of cover.

No such luck!

Oh, how lovely are the alpine flowers swaying with the driving rain. Sweet is the sound of water rushing between the rocks in a roadside gully. Later, perhaps; a car is sitting on my rear wheel, brakes on all the way, hydroplaning at twenty. Bill is drafting his bumper in identical predicament. We snake our way through a pair of switchbacks in this rollicking convoy before a respite in grade allows us a chance to disengage ...

Ka-ba-ba-boommmmm!!!

The sky shatters. A fresh volley flattens the roadside shrubs, buffets the bike to near standstill. The next curve is carved by a narrow slick of waterlogged sand which grabs and gives under wheel as we scoot across it ...

There it is!

A thatch-roofed fruitstand where two mountain valleys meet. Plank footbridge over a gurgling culvert. Bill and I wheel under the overhang, Blackie joins us in an instant. A pair of young girls poke their heads out of the souvenir shop covering their mouths in merriment: we are as wet as we look.

Oh, my God!

Bill is visibly pale. Two coral-striped bungee cords dangle in dying convulsions from his carrier rack, meshing their hooked tails among the spokes. Since back up the mountain when he got his raingear ... and all along! ... I can feel my lunch coming rapidly back up the piping and turn around to face the overflowing ditch.

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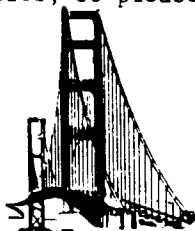
## Wishes in the Concrete

By Irv Weisman

It's the season of thanksgiving, and we cyclists have an opportunity for the expression of our bicycling thanks.

For a period of two years, during the reconstruction of the George Washington Bridge walkway, some considerate officials provided the free shuttle service that carried us to our favorite bicycling country. While the bus service had its limitations, especially for large club rides, it was nevertheless a significant contribution to our cycling happiness.

It is time for us to give thanks for this cooperation on the part of the bridge authorities, so please join me in doing so. Some ideas you may care to use in your letters are:



- The shuttle-bus service itself.
- The patience and helpfulness of the drivers.
- The pressure to reopen the bridge for the peak of the 1985 season
- The diagonal reshaping of the walkway railings around the towers for for pedestrians' and cyclists' convenience

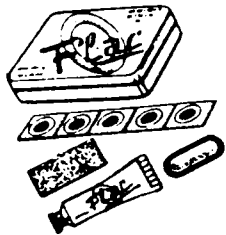
To express your appreciation, write to one or both of the following officials who were directly responsible for the reopening of the walkway: Ms. Janis Beitzer, Manager, George Washington Bridge, Bridge Plaza, Fort Lee, NJ 07024; Mr. Anthony J. Barber, Director, Tunnels, Bridges, and Terminals, 1 World Trade Center, 71W, New York, NY 10048.

# 1985 RIDE RESULTS

DATE	TITLE	LEADER	CLASS	MILES	RIDERS	CLUB MILES
1/1	GET OFF YOUR DONKEY	SCHWEBER	A-/B+	45	CANCELLED	
1/5	WHITE PLAINS	BARON	A-	60	7	420
1/6	SPRINGTIME IN JANUARY	HERBIN	A	30	7	210
1/12	CHOWDER AT O'DONOHUES	DERSHOWITZ	A	55	CANCELLED	
1/12	STATEN ISLAND END TO END	LAURENCE	B	45	CANCELLED	
1/13	A NEW NEW JERSEY	BLACKBURN	A	60	9	480
1/13	SPRINGTIME IN JANUARY II	HERBIN	A		CANCELLED	
1/20	COLD CRUNCH	KELLER	A	75	6	450
1/20	SPRINGTIME IN JANUARY III	HERBIN	A		CANCELLED	
1/26	WILD RIDE TO WESTCHESTER	WALLS	A+	70	8	560
1/26	DOUBLE A RIDE	BECKERMAN/ ZINDMAN	A+	60	5	300
1/26	NYACK YET AGAIN	WOLF	A-	65	2	130
1/27	SPRINGTIME IN JANUARY IV	HERBIN	A		CANCELLED	
1/27	SOUTHERN NASSAU-5 TOWNS	ALBERT	B+	55	CANCELLED	
2/2	SANDS POINT GROUNDHOG HUNT	WALLS	A	55	CANCELLED	
2/3	WEST SHORE EXPRESS	HERBIN	A	50	CANCELLED	
2/9	DIAL-A-RIDE	WOLF	A-		CANCELLED	
2/10	SADDLE RIVER REDUX	SKLAR	A	50	CANCELLED	
2/16	OBSESSIVE NEUROTIC'S RIDE	KELLER	A	65	CANCELLED	
2/17	WESTCHESTER PHANTOM RIDE	BLACKBURN	A	55	12	660
2/18	FAIR WEATHER FLAGSHIP	BARON	A-	65	4	260
2/23	FLAGSHIP BY ANY OTHER NAME	WOLF	A-	60	10	600
2/24	AA #2	BECKERMAN/ ZINDMAN	A+	70	6	420
3/2	A TRAINING #1A PIERMONT	BLACKBURN	A	44	8	352
3/2	A TRAINING #1 PIERMONT	GOLDTHWAITE	A	46	18	828
3/2	PORT WASHINGTON	R&J PLATE	B+	35	15	525
3/2	POLAR BEAR RIDE	MULCARE	B	36	6	216
3/3	A TRAINING #2A WHITE PLAINS	HERBIN	A	50	15	750
3/3	A TRAINING #2 WHITE PLAINS	SKLAR	A	50	12	600
3/3	SCARSDALE	CLARKE	B	25	CANCELLED	
3/3	DIAL-A-RIDE	FELDMAN	C	40	3	120
3/3	PACELINE TRAINING #1	GOLDTHWAITE	A	11	9	99
3/9	A TRAINING #3A TARRYTOWN	MAILING	A	50	14	700
3/9	A TRAINING #3 TARRYTOWN	GOLDTHWAITE	A	52	15	780
3/10	A TRAINING #4A WHITE PLAINS	HERBIN	A	60	9	540
3/10	A TRAINING #4 WHITE PLAINS	KELLER	A	60	8	480
3/10	KINGS POINT	FLOWERS	B	33	22	726
3/16	A TRAINING #5A NYACK	MAILING	A	55	14	770
3/16	A TRAINING #5 NYACK	VICKERS	A	52	7	364
3/16	STATEN ISLAND END TO END	LAURENCE/ OXNARD	B	40	11	440
3/17	A TRAINING #6A SYOSSET	SKLAR	A	60	11	660
3/17	A TRAINING #6 SYOSSET	GELOBTER	A	60	12	720
3/17	IRISH SPRING-NORTH SHORE	R&J PLATE	B+	52	9	468
3/17	BOTANICAL GARDEN	CLARKE	B-	40	3	120
3/17	DIAL-A-RIDE	FELDMAN	C	40	6	240
3/19	EVENING SPRINT	KLEIN	B	25	CANCELLED	
3/21	EVENING SPRINT	KLEIN	B	25	CANCELLED	
3/23	AA#3	BECKERMAN/ ZINDMAN	A	75	CANCELLED	
3/23	A TRAINING #7A MORRISTOWN	MAILING	A	60	CANCELLED	
3/23	A TRAINING #7 MORRISTOWN	SKLAR	A	60	CANCELLED	

3/23	COOK'S TOUR	GOLDNER/ MARVIN	B	35	CANCELLED	
3/24	A TRAINING #8A OYSTER BAY	KELLER	A	70	10	700
3/24	A TRAINING #8 OYSTER BAY	GOLDTHWAITE	A	62*	7	444
3/24	FIVE TOWNS	SCHUB/KLEIN	B	35	6	210
3/24	C TRAINING RIDE	KORSA	C	30	3	90
3/30	A TRAINING #9A SPRING VALLEY	MAILING	A	65	CANCELLED	
3/30	A TRAINING #9 SPRING VALLEY	HERBIN	A	65	CANCELLED	
3/31	A TRAINING #10A SADDLE RIVER	VICKERS	A	70	CANCELLED	
3/31	A TRAINING #10 SADDLE RIVER	WALLS	A	70	CANCELLED	
3/31	SYOSSETT	MOSES	B	40	CANCELLED	
4/6	A TRAINING #11A MAMARONECK, ETC.	MAILING	A	73	10	730
4/6	A TRAINING #11 MAMARONECK, ETC.	GELOBTER	A	70	9	630
4/6	WESTCHESTER RAMBLE	RAMOS	B	45	CANCELLED	
4/7	A TRAINING #12A CLUSTER BUSTER	VICKERS	A	80	2	160
4/7	A TRAINING #12 CLUSTER BUSTER	KELLER	A	90	13	1170
4/7	PIERMONT	ERLICH	B+	50	12	600
4/7	PIERMONT	REICH	B	35	11	385
4/13	A TRAINING #13A OYSTER BAY	MAILING	A	80	7	560
4/13	A TRAINING #13 OYSTER BAY	GOLDTHWAITE	A	80	16	1280
4/13	SPRING SHOPPING SPREE	ROTHENBERG	C	26	4	104
4/14	A TRAINING #14A WESTCHESTER	KELLER	A	90	4	360
4/14	A TRAINING #14 WESTCHESTER	VICKERS	A	90	6	540
4/14	FIVE TOWNS IN BLOOM	ALBERT	B+	50	N/A	
4/14	ACROSS STATEN ISLAND	MOSES	B	50	6	300
4/14	WESTCHESTER B- TRAINING	CLARKE	B-	40	3	120
4/14	JONES BEACH JAUNT	FELDMAN	C+	50	3	150
4/14		BROSK	C	25	30	750
4/20	A TRAINING #15 TIME TRIALS, CORNERING, HILL CLIMBING	SKLAR, et al	A	60*	32	1125 0
4/20	GREENWICH GAMBOL	BELL	B	55	8	440
4/20	SINGLES' SURPRISE BRUNCH	ROTHENBERG	C	20	6	
4/21	AA #4	BECKERMAN/ ZINDMAN	A	150	4	600
4/21	A TRAINING #16A GOLDEN'S BRIDGE	WALLS	A	100	8	800
4/21	A TRAINING #16 GOLDEN'S BRIDGE	BLACKBURN	A	100	N/A	
4/21	PIERMONT AND NYACK	R&J PLATE	B+	40	9	360
4/21	10TH ANNUAL CHERRY BLOSSOM	WEISMAN/ MILLER/ CLARKE	B-/C	42	27	1134
4/27	KINGSTON ROUND TRIP	BECKERMAN	AA	210	7	1470
4/27	SADDLE RIVER TO NYACK	GELOBTER	A	70	15	1050
4/27	BAYVILLE	FLOWERS	B	57	17	969
5/4	WRIGHT'S RIGHT	BARON	A-	80	9	720
5/4	MAGICAL MYSTERY TOUR	ERLICH	B+	66	5	330
5/4	BEYOND WHITE PLAINS	TAGGART	B-	40	6	240
5/5	ALL CLASS CLUB TO BETHPAGE	VICKERS	A	95	18	1710
5/5	ALL CLASS CLUB TO BETHPAGE	R&J PLATE	B+	70	11	770
5/5	ALL CLASS CLUB TO BETHPAGE	BARTH	B	60	31	1860
5/5	ALL CLASS CLUB TO BETHPAGE	FELDMAN	C+	40	20	800
5/11	THE COOK'S TOUR	GOLDNER/ MARVIN	B	45	24	1080
5/12	CENTRAL PARK TIME TRIALS		A/B/C	18	28	504
5/18	MONTAUK TWIN CENTURY	WOLF	A	250	8	2000
5/18	BASKING RIDGE	BELL	B+	60	CANCELLED	
5/18	CENTRAL NASSAU	MULCARE	B-/C+	45	CANCELLED	
5/19	MONTAUK ROUND TRIP (SHORTENED; RAIN)	BECKERMAN/ ZINDMAN	AA	80	4	320
5/19	CENTER ISLAND	FLOWERS	B	61	20	1220
5/25	MEMORIAL DAY IN SHEFFIELD	GELOBTER/ A/B/C	VARIED	27	4219	





5/25	WESTBURY BREEZE	R&J PLATE				
5/26	NYACK THE PRETTY WAY	FLOWERS	B	65	16	1040
5/27	UPPER SADDLE RIVER	MILLER	B	65	14	910
6/1	BAYVILLE THE PRETTY WAY	BARTH	B	60	17	1020
6/2	NEW CANAAN	WOLF	A-	80	13	1040
6/2	SEACLIFF	SKLAR	A	100*	10	425
6/2	SEACLIFF	ALBERT	B+	70	14	980
6/2	SEACLIFF	BARTH	B	55	13	715
6/2	POINT LOOKOUT	D'AGOSTINO	C	53	5	265
6/8	ALBANY ROUND TRIP AA#6	BECKERMAN/ ZINDMAN	A+	310	3	930
6/8	BARRENS BY BARON	BARON	A-	80	CANCELLED	
6/8	HOBOKUS & POINTS BEYOND	ERLICH	B+	70	CANCELLED	
6/8	GO FOR THE MUFFINS	MULCARE	B-	45	CANCELLED	
6/9	CARMEL CARNIVAL	HERBIN	AA	122	4	488
6/9	MAGNIFICENT MONMOUTH	BELL/ RAMOS	B+	80	10	800
		MILLER	B	60	5	300
6/9	MARKED ROUTE BACKWARDS	MILLER	B	65	12	780
6/14	GEAR UP RIDE OUT & BACK	BELL, RAMOS, MILLER, WEISMAN	B+	130	6	780
			B	130	8	1040
			B-	130	6	780
6/15	5TH ANNUAL STRAWBERRY SUPREME	VICKERS	A+	130	7	910
6/16	BEAR MT.-SEVEN LAKES DRIVE	SLOAN	A+	100	CANCELLED	
6/16	SAGAMORE HILL	FLOWERS	B	55	13	715
6/22	BAYVILLE BEACH EXPRESS	GELOBTER	A	75	12	900
6/22	EDUCATIONAL PURSUIT	FLOWERS	B	55	CANCELLED	
6/23	PRINCETON ACCELERATED COAST	KELLER	A	100	11	1100
6/23	ARMONK	SCHWEBER	B	60	9	540
6/23	FIRST OFFICIAL WEEK OF SUMMER	FELDMAN	C+	60	CANCELLED	
6/29	CHAPPAQUA OR THEREABOUTS	GOLDTHWAITE	A	90	CANCELLED	
6/29	WESTCHESTER WANDERERS	CLARKE	B-	60	9	540
6/30	SADDLE RIVER EXPRESS	BRINER/ MAILING	A	110*	8	618
6/30	PLANTING FIELDS	MOSES	B	55	12	660
6/30	ROCKLAND RANBLE	KORSA	C+	60	6	360
7/3	SHELTER ISLAND WEEKEND	RAMOS	B+	200*	5	500
7/4	LITCHFIELD COUNTY GETAWAY	VOJTECH	A	200	CANCELLED	
7/6	BARON'S PINE BARRENS	BARON	A-	80	CANCELLED	
7/6	CAUMSETT STATE PARK	BARTH	B	73	8	584
7/6	CENTRAL NASSAU	MULCARE	B-/C+	49	4	196
7/13	BEACON-NEUBURGH AA#7	BECKERMAN/ ZINDMAN	A+	150	3	450
7/13	ARMONK	VACCARO/ MAYER	B+	78	13	1014
			B	60	11	660
7/14	BASTILLE DAY IN BAIE-VILLE	SKLAR	A	70*	6	400
7/14	CONNECTICUT CANNONBALL	SCHWEBER	B+	80	3	240
7/14	LAKE DEFOREST	MILLER	B	75	6	450
7/21	BAUMGARTEN MEMORIAL ALL CLUB	SKLAR	A	95	13	1235
7/21	BAUMGARTEN MEMORIAL ALL CLUB	BARTH	B	65	31	2015
7/21	BAUMGARTEN MEMORIAL ALL CLUB	CLARKE	B-	48	12	576
7/21	BAUMGARTEN MEMORIAL ALL CLUB	MULCARE	C	30	9	270
7/27	HIGH TOR WET & WILD	GELOBTER	A	85	CANCELLED	
7/27	SUNKEN MEADOW	T.BARTH	B+	80	CANCELLED	
7/28	LOOP THROUGH SO. CONNECTICUT	FALLER	A	85	10	850
7/28	POCANTICO HILLS	GOLDNER/ MARVIN	B	60	16	960
7/28	NAPAL, STATEN ISLAND	SIMON	C	25	10	250
8/3	CHAPPAQUA...AGAIN	GOLDTHWAITE	A	85*	13	1063
8/4	CAUMSETT STATE PARK	KLAIVENESS	A	90*	8	650
8/4	JONES BEACH	R&J PLATE	C	45	6	270
8/10	SILVER LAKE PARK	GELOBTER	A	76	8	608



8/10	PIERMONT;TURNING POINT #3	MULCARE	B	53	16	848
8/11	SKYLINE DRIVE	SKLAR	A	90*	9	700
8/11	MESHANIC STATION	BELL/RAMOS	B+	100	4	400
8/11	NAPAL,STATEN ISLAND	SIMON	C	24	7	168
8/17	DELAWARE WATER GAP	MAILING	A+	275	11	3025
8/17	NYACK VIA LAKE DEFOREST	WOLF	A-	85	5	425
8/18	KENSICO KLIMBER	SAYLER	A	73	12	876
8/18	PRINCETON	BELL/RAMOS	B+	100*	7	650
8/18	MIANUS GORGE & BYRAM LAKE	R&J PLATE	B+	58	11	638
8/18	SUBLINE TO THE RIDICULOUS	NELKEN	C	30	9	270
8/24	CARMEL CARNIVAL	HERBIN	A	124*	6	640
8/25	NYACK...HILLY & PRETTY	VOJTECH	A-	50	CANCELLED	
8/25	BEAR MT. SANCTIONED CENTURY	MILLER	B+	100	CANCELLED	
8/25	SOMERSET RIVERS	SIMON	B	65	CANCELLED	
8/31	NEW YORK-MONTREAL-NEW YORK	BECKERMAN/ REX	A+	775	CANCELLED	
8/31	NEW PALTZ WEEKEND	SCHNEPF/ ALLISONDRATOS	A/B	190	2	380
8/31	PHILADELPHIA WEEKEND	BELL/RAMOS	B+	206	4	824
				TOTAL CLUB MILES TO DATE		89713
				NUMBER OF RIDES TO DATE		132
				AVERAGE RIDERS PER RIDE		10

\* NOT ALL RIDERS COMPLETED ENTIRE DISTANCE N/A: RESULTS FOR THIS RIDE NOT AVAILABLE  
This chart was compiled by Lee Gelobter.

## Dream Tour

DREAM TOUR contemplated for May 1986. 5 days minimum from Arches National Park in Eastern Utah thru the 'Canyonlands' and along the banks of Lake Powell to Bryce and Zion National Parks. Fly to and from Salt Lake City. Sag Wagon and guide from the University of Utah Bike Team, who promises that no pass will exceed '10,000 feet'. Must have a minimum of 10 riders to make the trip economically feasible. Round trip group airfare \$258. Advance deposit required.  
If interested, call ART GUTERDING (212-415-8920). This will be a ride for A- level and above.

## Election '85

The NYCC 1986 Board of Directors will be as follows:

President:	Lee Gelobter
Vice President/Programs:	Jody Sayler
Vice President/Rides:	Debbie Bell
Secretary:	Alinda Barth
Treasurer:	Larry Rutkowski
Public Relations Director:	Larry Rottersman
Editor:	Gregory D'Agostino
Membership Director:	Irene Walter
Circulation Manager:	Marty Wolf
A-Rides Coordinator:	Josh Keller
B-Rides Coordinator:	Jackie Plate
C-Rides Coordinator:	John Mulcare
Past President:	Martha Ramos

BICYCLE USA

Bill Shelly

**BICYCLE  
REPAIRS**



Bill Shelly

"YOU WERE RIGHT—MY BIKE DID  
NEED NEW BRAKES."

# A ReCycled Fable

By Martha Ramos

Once upon a time (there aren't too many options in fairy tales) there was a very small but enchanted village. It didn't have a large population, but most villagers were of like mind and that communal mind liked to ride bicycles. They rode all over the countryside and occasionally up and down a few hills and dales.

As they continued in this free-wheeling life style, tales of their exploits traveled far and wide. Travelers began long treks to reach this enchanted village in order to behold or even to be part of these incredible and legendary bicycle rides. As this activity increased, so did the size and diversity of the village.

While at first the villagers were thrilled at all this attention, they noticed the enchantment was beginning to wear a little thin. With the increased attention also came increased demands and more diverse opinions. It was apparent that the rides were becoming less enchanting and more a trial by combat.

Soon the villagers were battling their way over the countryside and of course up and down the hills and dales. Until they created such an uproar that the palace found itself under a stage of siege.

Not being an aficionado of sieges, the King (Rex) and a Wiseman (Weisman) put their collective minds together and brewed up a magic formula which they presented to the villagers. They in turn applied it liberally to all of their endeavors and lo and behold some of the enchantment began to return to the village rides.

But the formula had a flaw and, left unguarded, the flaw began to grow and grow and grow. Until one day it had developed into a monster. Now while the King and the Wiseman were expert with facts and figures, they forgot to factor into their formula the vital ingredient of human nature.

Human nature being what it is (even in fairy tales), the villagers began to distort the original intent of the formula. Specific camps began to develop and with them they attracted legions of followers. These camps soon began making disparaging remarks about each others' abilities and the characteristics of the rides. It was not uncommon to hear phrases like "wheel-sucking elitist" or "flower-sniffing obstructionist."

Realization began to dawn that what had started out as a means of enhancing the villagers' happiness had now become a barrier to that endeavor. The palace, concerned about this latest disturbance, issued a decree.

Now no one alive today knows what was in that decree, but rumor has it that the hostilities came to an end. Legend tells of remnants of the once great village that reappear. Usually early mornings on the sixth and seventh days of the week in a central city park or near subway lines.

And, oh yes, they did live happily ever after. But then, this is a fairy tale.

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## Bicyclist killed by bus...

By JOSEPH M. GELOSI and LESTER CHANIN

While riding her bicycle to work two weeks ago, Mary Willaman was struck by an M15 bus. According to a witness, the bus never stopped.

A week later, on April 29, her birthday, Willaman died of her injuries, never having regained consciousness....

According to a police report, which has not been made public but was described by a TA information official, the accident occurred at 10:10 a.m. on April 22nd. Willaman was riding her three-speed bicycle south on Second Avenue on her way to work at East 25th Street. Willaman had made the 60 block ride from her home on East 85th Street every day. That morning, she had been riding alongside a second cyclist....

At the southwest corner of 42nd Street, according to Marie Smith, one of three witnesses, a city bus came up from behind Willaman on the left, and as it passed close by the bus appeared to graze Willaman, causing her to lose her balance. Smith reported that in an attempt to regain control, Willaman grabbed hold of the bus and was pulled off of the bicycle and under the left rear wheel of the bus. The bus ran over her head and continued on, Smith said. According to the police accident report, Willaman's head struck the wheel of the bus....

"I was screaming, trying to tell the bus driver to stop," said Smith, "But the bus continued on very fast. You'd have thought there was never any bus there." Smith said she was only three feet away when the accident occurred, and did not see the bus pick-up or discharge any passengers....

According to Smith, the bus had paused briefly at the corner bus stop, angling in slightly instead of pulling up to the curb. Smith says she thought the driver was making room for the cyclist. "He must have seen her," she said....

.... "It's not like she's an inexperienced bicyclist," Wever said. "She was very experienced. She'd been riding her bike to work for over three years." ....

*The complete version of this article originally appeared in the May 12 through May 18, 1985 edition of Our Town. The clipping was submitted to the Editor by Richard Marvin to point out the danger of riding two abreast on a crowded street and passing the rear-end of a bus.*

# Dressing for Winter Riding

or  
How I Learned to  
Survive and Love It



This article was reprinted from the November 1985 issue of the Masterlink, newsletter of the Bicycle Touring Club of North Jersey.

Regardless of outside temperature, your body is constantly striving to maintain a state of Homeostasis. This is the process controlling the equilibrium of your body's temperature. In order to function properly your body must maintain an even temperature (98.6F) around the vital organs in your torso. Temperature deviations of just a few degrees too high or low can cause serious illness and if unchecked, death!

When cold threatens your body temperature equilibrium, the Homeostasis process decreases the blood flow to your extremities, thus your hands and feet get numb when you're cold. Blood flow to the brain must remain constant to maintain oxygen supply. Consequently as much as 50% of your body heat can be lost through an uncovered neck and head.

**Hypothermia** --- What is it? It is simply lowered body temperature caused by a loss of heat at a rate faster than the body can produce it. It is a major outdoor killer. Most cases of hypothermia occur in seemingly mild 30-50 degree F temperatures. Few people recognize hypothermia until its more advanced stages. Suffice to say, when violent shivering begins, your internal body temperature is dropping below 95 degrees F. This is the critical level and the following information on dressing properly is designed to protect you from the dangers of hypothermia and to make your winter cycling safe and pleasurable.

Dressing for winter cycling should be designed around a layered system. It allows you to fine tune your comfort by adding or subtracting layers as conditions warrant.

**UNDERWEAR:** Never wear cotton next to your body. It absorbs moisture, holds it and loses its insulating properties, actually contributing to heat loss by conduction. Wool or synthetic underwear, with its ability to breathe and wick away moisture is best. A preference is the lightweight Polypropylene type sold by most outdoor and ski shops.

**LAYER 2:** Wool's unique ability to provide warmth even when wet and to dry from within, wicking away moisture from the skin, makes wool an imperative for the second layer. Woolen cycling jerseys made of soft non-itchy Merino wool are my choice and worth their relatively high cost. Legs should be protected by woolen tights, worn over your woolen cycling shorts, with Polypropylene long johns, if temperatures dictate. Don't forget suspenders with your tights! I've experimented with poplin cross country ski knickers and woolen socks with cycling shorts underneath and found them excellent in temperatures as low as 30 degrees F.

**LAYER 3:** Wool again! A sweater or woolen cycling jacket of medium weight and close weave works well. This is the basic winter body cover that I use and I'm comfortable into the low 20's. Below that, it's everyone for themselves.

**LAYER 4:** Wind robs heat. The outer shell of your layered clothing should be able to shield you from the wind while allowing body moisture to breathe away. Unfortunately, most windbreakers do only the first and make you uncomfortable due to moisture condensation when in a highly active state. My personal preference is the nylon Kelty anorak. It does the job with a modicum of success. I wear a windbreaker only when it's windy or damp, but carry it all the time and put it on when stopping, to prevent convection heat loss by evaporation. The new Goretex fabrics do breathe but their expense, in my estimation, doesn't warrant their use for cycling. Some woolen cycling jackets have nylon fronts and offer wind protection without trapping moisture.

**THE HEAD:** Your hands and feet will be warmer and your body temperature more stable if you keep your head and neck covered. A woolen cap that covers your ears is a must under your helmet. Remove the pads to make it fit, and cover some, if not all of the vent holes with masking tape. I prefer the balaklava, with its face protection and long neck and shoulder bib made of Norwegian Ragg wool. You can cover your mouth and nose with it on those extra chilly days. Woolen helmet liners are available from Protogs and serve to cover the ears and head.

**THE HANDS:** Mittens are best since they allow finger movement and increased circulation. I prefer an inner, woolen liner with a leather shell for the layering and the ability of the liner to wick away moisture. Ski gloves are good, and newer ones are being lined with Polypropylene and wool blends, again providing both wicking and warmth; in fact, you may wish to experiment with hand covering to find what's the best for you.

**THE FEET:** Probably the most difficult part of the body to protect due to their lack of movement in the toe clips and the absence of insulated shoes. Here is my method, distilled after many winters with frozen toes. It works.....! Thermal socks with reflective aluminum fibers; insulated ski socks; cycling shoes or my own modified Hush Puppies with a leather pad glued on the sole for pedal pressure. A note at this point that your shoes must be large enough to allow for toe movement with the socks. Now the trick...two pairs of heavy wool hunter's socks over the shoes with a hole cut in the bottom (find the hole on the edges) to expose the cleat and a pair of nylon overboots designed for cycling to break the wind. These are available from the Touring Cyclist Shop, Boulder, Colorado. Ahhhh...toasty, cozy feet. Recently, quilted insulated booties have appeared on the market but I cannot vouch for their effectiveness. Ask someone: there are club members using them. If your feet get numb while riding, STOP and walk around to restore circulation.

Well, you're all bundled up, your cycle is ready, the gang is waiting and you have to go to the bathroom.....HAPPY WINTER RIDING!

**NOTE:** My thanks to the Woolrich Company for providing the information on hypothermia and the body mechanisms.

Harry Rutten



## DECEMBER MEETING

arranged by Sara Flowers  
VP Programs

December is party time, and time for a look back at our year of riding. We will celebrate with a special buffet, and we will present awards to the deserving and the unsuspecting. If you want to make a serious or semi-serious or unserious award to any individuals or groups, please contact Martha Ramos, Lee Gelobter, or Sara Flowers to reserve time.



*O'Hara's*  
120 Cedar Street  
New York, New York 10006  
267-3032-3  
(Cocktail Party Menu)

Three hour open bar in private rooms  
Serving 25 to 300 people for any occasion

HOLIDAY PARTY  
December 12

*Cold Cuts*  
*Hot Buffet*  
  
*Salads*  
  
*Complimentary*

*Baked Virginia Ham*  
*Turkey Breast*  
*Barbecued Chicken*  
*Sausage & Peppers*  
*Shrimp Creole & Rice*  
*Swedish Meat Balls*  
*Shrimp Salad*  
*Macaroni Salad*  
*Potato Salad & Cole Slaw*  
*Cheese Platter with Crackers*  
*Celery*  
*Rolls or Bread*  
*Coffee and Tea*



TIME: Buffet beginning at 6:00 PM

O'Hara's is one block south of the World Trade Center between Trinity and Greenwich Streets. Enter the restaurant on Cedar Street, go through the door on your right, and go up stairs to our private room.

**BICYCLE PARKING IS PROVIDED** but bring a lock for security. Take the elevator to the 4th floor, and leave your bike in the storage area provided there.

## New Members

Compiled by Irene Walter

BRUCK, Alex	235 W. 70 St., #3G	N.Y.	10023	---
CREAVY, Daniel	41 E. 42 St.	N.Y.	10016	212-687-5514
FOX, Paul	317 W. 105 St. #2B	N.Y.	10025	212-662-7630
HARPER, Craig	224 W. 13 St.	N.Y.	10011	212-924-2735
LEVINE, Alan S.	340 W. 87 St. #4C	N.Y.	10024	212-874-4298
LEVITAN, Barbara	703 President St.	Brooklyn	11215	718-622-2869
LORD, Monica	703 President St.	Brooklyn	11215	718-622-2869
POMERANCE, Joseph	215 St. Johns Pl. #3	Brooklyn	11217	718-622-6669
RAMOS, David	35-05 31 Ave.	Astoria	11106	718-721-8286
ZINDMAN, Elaine	315 W. 119 St. #42	N.Y.	10011	212-691-7614

### NEW ADDRESS:

LAWRENCE, Roy      3292 Lomariviera Dr.      San Diego CA      92110

NYCC MEMBERSHIP AS OF 11/5/85: 513.

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1985 membership dues are \$12.00 per individual, \$15.00 per couple residing at the same address and receiving one bulletin. Mail this application, with a check made payable to the "New York Cycle Club," to: NEW YORK CYCLE CLUB, P.O. Box 877, Brooklyn, N.Y. 11202

OTHER CYCLING CLUB MEMBERSHIPS (Circle): AMC AYH LAW TA CRCA CCC Other:

AFTER LABOR DAY,  
DUES ARE HALF  
THE ANNUAL PRICE!

WHERE DID YOU HEAR OF N.Y.C.C.? Circle if applicable: I do not wish my (address) (phone number) listed in the roster which is published in the bulletin semi-annually.

NAME(S) \_\_\_\_\_ PHONE (H) \_\_\_\_\_ (B) \_\_\_\_\_  
ADDRESS \_\_\_\_\_ APT. \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
DATE \_\_\_\_\_ AMT. OF CHECK \_\_\_\_\_ NEW RENEWAL \_\_\_\_\_

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.

APPLICATION FOR MEMBERSHIP IN THE NEW YORK CYCLE CLUB

**Jody Saylor**  
**49 West 75 Street**  
**New York, NY 10023**



**First Cross**

ARLENE BRIMER  
345 WEST 85TH STREET APT. 36  
NEW YORK, NY 10024

*Please don't forget  
to renew membership!*