

**March
1985**

NEW YORK CYCLE CLUB

In its 49th year

MARCH 1985

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P.O. Box 877, Brooklyn, NY 11212



MARCH RIDE LISTINGS

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 AND RIDER CLASSIFICATION

<u>Ride/Riders</u>		<u>Riding Pace</u>
"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.

Submitted by Maxim Vickers

- Sat. Mar. 2 PIERMONT: Leaders: Fast-Doug Blackburn (212)333-2660/(212)898-0048. Slower-Claire Goldthwaite (212)228-0828. From the Boat-house to the Deli in the said town and back.
45 miles
9:30
- Sat. Mar. 2 TRAINING RIDE TO PORT WASHINGTON. Leaders: Rick and Jackie Plate (718)788-1322. Meet at the statue at Queens Boulevard and Union Turnpike for an early effort at getting back into shape. We will shake the dust off our seats and the mats off any loose bolts as we make our way (at 12 mph) to our indoor lunch stop in Port Washington. Yes, there is a steep climb up Beacon Hill Road just before lunch.
B+
35 miles
10:30
- Sat. Mar. 2 POLAR BEAR RIDE. Leader: John Mulcare (718)672-5272. Meet at the corner of Woodhaven and Queens Boulevards. (Opposite Queens Center). Visit the Jamaica Wildlife Refuge in hopes of spotting a polar bear for inspiration. Continue on to Riis Park Beach. Any rider so inclined may bring a towel and take a dip in the ocean secure in the knowledge that the fearless leader is guarding the bikes. Starting temperature below 40F, winds over 15 mph, ice, snow or rain cancel.
B
25 miles
10:00
- Sat./Sun. C TRAINING DIAL-A-RIDE. Leader: Scott Feldman (212)310-5256/(718)444-9321. During the month of March call if you are interested in a group ride. We will decide how far we will ride, depending on the week-end weather forecast, and the meeting place and time.
C
35-40 miles
- Sun. Mar. 3 LARCHMONT, SCARSDALE, WHITE PLAINS. Leaders: Rich Harbin (212)666-2162 - faster. Steve Sklar (212) 245-3245 - slower. When was the last time you ate french toast? From the Boat-house.
A
50 miles
9:00
- Sun. Mar. 3 RIDE TO SCARSDALE. Leader: Maggie Clarke (212)567-8272. Meet Maggie at the Triangle Park at Riverside Drive, Broadway and Dyckman St. (200th St.) for a ride to Westchester. There will be an indoor lunch stop, so bring a lock. Temp. below 40F at the starting time, high winds, ice or snow on the road, rain, or a forecast of 75% or more of precipitation probability cancel.
B
25 miles
10:00

Sat. Mar. 9
A
50 miles
9:30
TARRYTOWN. Leaders: Chris Mailing (718)965-0894 - faster.
Claire Goldthwaite (212)228-0828 - slower. From the Boathouse.
There will be a pre-ride paceline teaching session starting
at 8:30 SHARP and consisting of two laps in the Park. Call
Claire if you intend to participate.

Sat./Sun.
C
35-40 miles
C TRAINING DIAL-A-RIDE. See first week-end for details

Sun. Mar.10
A
60 miles
9:00
WHITE PLAINS, TARRYTOWN. Leaders: Rich Herbin (212)666-2165
faster, Josh Keller (212)674-0955 - slower. From the Boat-
house.

Sun. Mar.10
B
30 miles
10:00
KINGS POINT. Leader: Sara Flowers (718)544-9168. Take the E or
F train to Union Turnpike and meet Sara at the Statue of Civic
Virtue on Queens Boulevard for this ride to Great Neck. There
will be an indoor lunch stop, unless it is warm enough to eat
in the park. Starting temperatures below 40F, winds above 15
mph, ice or snow on the road or rain cancel.

Sat. Mar.16
A
55 miles
9:30
NYACK, ORANGEBURG. Leaders: Chris Mailing (718)965-0894
faster, Maxim Vickers (212)889-7100/(718)728-7179 - slower.
From the Boathouse. There will be a pre-ride paceline teaching
session starting at 8:30 SHARP and comprising two laps around
the Park. Call Maxim if you intend to participate.

Sat. Mar.16
B
40 miles
9:15
STATEN ISLAND END-TO-END. Leaders: Roy Lawrence (212)TR7-2292
and Joe Oxnard (718)459-3390. Meet at the South Ferry for a
prompt departure on the boat to Staten Island. Bring 25c for
the ferry. We will traverse the Island from north to south,
passing such sights as Sailors Snug Harbor, the view of the
Harbor from Ocean Terrace, Richmondtown Restoration and the
small towns to the south. Bring money for lunch at a Pizza and
Hero place in Tottenville. Return along the shore. Bring low
gears as we will climb both Signal and Todt Hills. Rain, snow,
in the air or on the road, icy conditions, high winds, or
starting temperature below 30F cancel.

Sat./Sun.
C
35-40 miles
C TRAINING DIAL-A-RIDE. See first week-end for details

Sun. Mar.17
A
60 miles
9:00
SYOSSET. Leaders: Steve Sklar (212)245-3245 - faster, Lee
Gelobter (718)646-7037 - slower. From the Boathouse.

Sun. Mar.17
B+
40-45 miles
10:00
IRISH SPRING - NORTH SHORE. Leaders: Chuck Albert (718)785-
2779, Rick and Jackie Plate (718)788-1322. St. Patrick's Day
is the (unofficial) first day of spring, so if you are not
marching, meet us at the Statue at Queens Boulevard and Union
Turnpike for a ramble through the North Shore. We plan on indoor
lunch stop at Friendly's in Syosset, but will seek out corn
beef, cabbage and beer if the group insists.

Sun. Mar.17
B
30+ miles
9:15
SPRING FLOWER SHOW AT THE BOTANICAL GARDEN. Leader: Maggie
Clarke (212)567-8272. Meet Maggie at the Triangle Park at
Broadway, Riverside Drive and Dyckman St. for a ride through
scenic lower Westchester. End the Ride at the Spring Flower
Show at the Bronx Botanical Garden. Bring lock and \$2.50 for
admission. Starting temp. below 40F, winds above 15mph, ice on
the roads, snow or rain cancel.

Tue. Mar.19
B
20-25 miles
3:30PM
EVENING SPRINT. Leader: Douglas Klein (718)429-5869. Get in
shape for the training rides by meeting Doug at 37th Rd. and
Broadway in Queens (take the E, F or #7 train to Roosevelt
Ave/74th St.) for a moderately paced ride along newly repaved
Northern Boulevard, over the 59th St. bridge to 96th St. and
back. Call Doug for more information. Lights recommended.

Thur. Mar.21
SEE ABOVE

Sat. Mar.23
A
60 miles
9:45
MORRISTOWN. Leaders: Chris Mailing (718)965-0894 - faster,
Steve Sklar (212)245-3245 - slower. FROM WORLD TRADE CENTER.

Sat Mar.23 THE COOKS TOUR. Leaders: Ellen Goldner (212)222-0548 and
B Richard Marvin (212)532-3346. Meet at the end of the #4 subway
35 miles in the Bronx for a ride along the picturesque Shore Road to
10:00 Cook's in Mamaroneck: the best hamburger place in Westchester.
Bring lock, spare tube and a hearty appetite. Starting temp.
below 40F, icy roads, snow or rain cancel.

Sat. March 23 Double-A Ride # 3. Leaders: Alex Bekkerman and Alan
A Zindman. AB: 212/760-4303, AZ: 212/989-8529. Meet
75 miles at the Boathouse for a quick pace to the George Washington
8:00 Bridge. We will proceed to Haverstraw via River Road,
9W and some higher heights in Piermont. This ride in-
cludes some very nice hills. Food stop in Haverstraw;
than back to the GW Bridge. Temperature below 10° F
may shorten the ride. Be ready for a steady, fast pace.

Sat./Sun. C TRAINING DIAL-A-RIDE. See first week-end for details

Sun. Mar.24 OYSTER BAY VIA SYOSSET. Leaders: Josh Keller (212)674-0955
A faster, Claire Goldthwaite (212)228-0828 - slower. From the
70 miles Boathouse.
9:00

Sun. Mar.24 FIVE TOWNS AREA RIDE. Leaders: Lisa Schub (718)847-8897 and
B Douglas Klein (718)429-5869. Meet at the Statue on Queens
35 miles Boulevard (take E or F to Union Turnpike) for a leisurely paced
10:00 ride on flat terrain through Far Rockaway and the Five Towns
area. Lunch at authentic Jewish Deli in downtown Lawrence.
Bring a lock.

Sun. Mar.24 C TRAINING RIDE. Leader: Roseann Korsa (212)549-2034.
C Meet at Fifth Ave. and 59th St. by the Pulitzer Fountain to
30 miles begin spring training with five brisk laps around Central Park
10:00 Finish the afternoon with quick lunch on Roosevelt Island.
(Farmers Almanac promises sunshine)

Sat. Mar.30 SPRING VALLEY. Leaders: Chris Mailing (718)965-0894 - faster,
A Rich Herbin (212)666-2165 - slower. From the Boathouse. There
65 miles will be a pre-ride paceline teaching session starting at 8:30
9:30 SHARP and comprising two laps around the park. Call Rich if you
intend to participate.

Sat./Sun. C TRAINING DIAL-A-RIDE. See first week-end for details

Sun. Mar.31 SADDLE RIVER; NYACK. Leaders: Maxie Vickers (718)728-7179
A faster, David Walls (212)570-6572 - slower. From the Boathouse.
70 miles
8:30

Sun. Mar.31 SYOSSET. Leader: David Moses (718)444-5681. Start from the
B Statue on Queens Boulevard (take the E or F train to Union
40 miles Turnpike) and follow David to Syosset for lunch at Friendly's.
9:55 Break for coffee on the way back.

RIDE PREVIEW

Pri.-Sun. LITCHFIELD HILLS WEEKEND. Leader: David Moses (718)649-7630/
May 17-19 (718)444-5681. Drive from New York on Friday night to a bed-and-
45mi/day breakfast place in the Litchfield area in Northwest Connecticut.
B+/A- The area is scenic and very hilly. Contact the leader to get
further details or arrange accommodations and car pools.

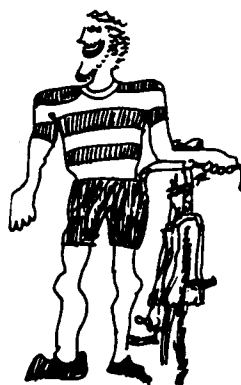
COMING ATTRACTIONS

Date	Ride	Leader	Class	Distance
4/28	Five-Boro Bike Tour	AYH	A/B/C	35
5/5	All-Club Ride to Bethpage	Rides Comm.	A/B/C	35-100
5/10-12	TOSRV	AYH	A/B	220
5/19	Montauk Century	AYH	A/B	115
5/25-26	24 Hr. Central Park Marathon	AYH	A/B/C	25-∞
5/26	200kms Vermontagnards	Vickers	A+	125

TRAINING RIDES BEGIN

Steve Sklar

*What that March with his shoure sote
The snows of February hath perced
to the asphalte,
Thanne longen folk to regrease their
bikes,
And take a new wey to avoid the Pike.
(with apologies to Geoffrey Chaucer)*



It's that time of year again, so get a jump on spring and join the training rides. Starting this month, and continuing throughout most of April, there will be a full schedule of increasingly challenging A, B, and C training rides beckoning to you from the Central Park Boathouse and elsewhere. (See pages 2 through 4 for details.) At the risk of repeating an oft-asked question, "How many miles were you going to ride this year?"

A Training Rides

Sat 4/6	70	4½	9:00	Mamaroneck, Chappaqua, Pocantico Hills	Chris Mailing
Sat 4/6	70	4¾	9:00	Mamaroneck, Chappaqua, Pocantico Hills	Lee Gelobter
Sun 4/7	80	4¾	8:00	Tarrytown, Mt. Kisco, Armonk	Maxim Vickers
Sun 4/7	80	5½	8:00	Tarrytown, Mt. Kisco, Armonk	Josh Keller
Sat 4/13	75	4½	9:00	Oyster Bay via Bayville	Chris Mailing
Sat 4/13	75	5	9:00	Oyster Bay via Bayville	Claire Goldthwaite
Sun 4/14	90	5	8:00	Round Hill, Ct., Bedford Hills, Tarrytown	Josh Keller
Sun 4/14	90	5¾	8:00	Round Hill, Ct., Bedford Hills, Tarrytown	Maxim Vickers
Sat 4/20	80	4½	8:30	Nyack, New City, Saddle River	Bill Vojtech
Sat 4/20	80	5	8:30	Nyack, New City, Saddle River	Steve Sklar
Sun 4/21	100	5½	8:00	Golden's Bridge	David Walls
Sun 4/21	100	6½	8:00	Golden's Bridge	Doug Blackburn

*Indicates riding times not including food stops.

**Indicates pre-training session.

Be prepared to ride the distance in the indicated time in order to keep the group together. Maps will be available. Rides may be cancelled or modified due to cold (below 30 degrees F), high winds, or wet weather. If you wish to join any ride somewhere other than at the starting point, contact the leader in advance to find out the route, and plan to meet the group along that route.

All rides will start at the Central Park Boathouse, with the exception of the Morristown ride, which will start inside the World Trade Center at the top of the escalators to the PATH. You will need a PATH permit for this ride. (You can obtain a permit application by calling Steve Sklar at (212) 245-3245.)

Three of the rides will be preceded by pre-training sessions, intended for riders who are not familiar with paceline riding. The leader will show you the important aspects of riding in a closely spaced line of cyclists (a paceline), so that you can become comfortable before heading out onto the open road. Meet at the Boathouse one hour before the start of the regular ride.

All rides will be split into two groups. The traditional "A" training rides will be geared for "A" cyclists who are simply out of condition. The faster rides will be designed for strong "A" riders who are in condition from off season activities and ready for a harder workout. The two groups will meet at the same time, cover the same or similar routes, and make the same food stops. Rides longer than 70 miles will generally have two food stops. The Saturday rides are scheduled to start after the CRCA club races in Central Park finish.

(continued on page 7)

Ride Preview

Sun. May 26 200 kms. VERMONTAGNARDS. Leader: Maxim Vickers (718)728-7179.
 A+
 125 miles
 7:30

When the diehard skiers are scraping vestigial snow off the Killington Peak and the scent of blooming lilacs permeates the valleys below, we will ride this challenging course winding around and over the Green Mountains for the total of 9,000 vertical feet in 200 kilometers. The tour begins and ends on the town green at Rochester, Vermont, and includes four fabulous mountain passes (as well as oodles of lesser grief), featuring a 10% mile, all-out downhill and the finest in New England scenery. This is an official International Randonneur event hosted by NY Cycle Club. Brevets and patches will eventually be issued to qualifying cardholders. AYH is running a bus to the Rochester hostel for the Memorial Day weekend. There are some bed-and-breakfast places in town, as well as larger establishments nearby. We may need some cars and roof racks. Well-wishers and pit crews are welcome along. Let's make it a party!

B Training Rides

This is a progressive series of rides for out-of-shape B riders. See on the reverse side for rider classification and membership information. You should be prepared to ride the indicated distance and pace. Membership in the NYCC is not required for participation in the series. For additional information call Alinda Barth, B rides coordinator, at 718-441-5612, evenings or weekends.

CANCELLATION POLICY: Starting temperatures below 40°F, rain, snow or icy roads, winds over 15 mph, or a forecast of 75% or greater for precipitation.

Saturday March 2	POLAR BEAR RIDE: 25 miles. Meet at 10 am at the corner of Woodhaven and Queens Boulevards for a ride to Riis Park via the Jamaica Wildlife Refuge. Leader: John Mulcare.
Sunday March 3	SCARSDALE: 25 miles. Start at 10 am from the Triangle Park on Broadway, Riverside Dr. and Dykman St. for a ride to Westchester. Leader: Maggie Clarke.
Sunday March 10	KINGS POINT: 30 miles. Take the E or F train to Union Turnpike and meet at the statue on Queens Blvd. at 10 am for this ride to Great Neck. Leader: Sara Flowers.
Saturday March 16	STATEN ISLAND END TO END: 40 miles. Meet at 9.15 at the South Ferry for a prompt departure on the 9.30 boat. Bring 25¢ for the fare. Leaders: Roy Lawrence and Joe Oxnard.
Sunday March 17	SPRING FLOWER SHOW RIDE: 30+ miles. Start at 9.15 at the Triangle Park on Broadway, Riverside Dr. and Dykman St. for a ride through lower Westchester. End the ride at the Flower Show at the Bronx Botanical Garden. Leader: Maggie Clarke.
Saturday March 23	THE COOKS TOUR: 35 miles. Meet at 10 am at the end of the # 4 subway line in the Bronx for a ride to Cook's in Mamaroneck. Leaders: Ellen Goldner and Richard Marvin.
Sunday March 24	FIVE TOWNS AREA: 35 miles. Take the E or F train to Union Tpke. for a 10 am departure from the statue on Queens Blvd. to the South Shore of Long Island. Leaders: Lisa Schub and Douglas Klein.
Sunday March 31	SYOSSET: 40 miles. Meet at 9.55 am at the statue on Queens Blvd. (take the E or F train to Union Tpke) and ride to Friendly's for lunch. Leader: David Moses.
Saturday April 6	WESTCHESTER RAMBLE: 45 miles. Meet at 9.15 am at the end of the # 2 subway line in the Bronx for this ride. Leader: Martha Ramos.
Sunday April 7	PIERMONT: 45 miles. Meet at 10 am at the Central Park Boathouse and ride to the Turning point in Piermont for brunch. Leader: Lin Ehrlich.
Sunday April 14	ACROSS STATEN ISLAND: 50 miles. Meet at the South Ferry at 9.15 am for departure on the 9.30 boat. Bring 25¢ for the fare. Leader: David Moses.
Saturday April 20	GREENWICH GAMBOL: 55+ miles. Meet at 9 am at the end of the # 2 subway line (White Plains Rd. and 241 St.) for a challenging ride through Westchester. Leader: Debbie Bell.

CYCLING SHORTS---Gregory D'Agostino



Beatrice Fruit Juices, Producers of Tropicana Brand Products, has announced its sponsorship of the juiciest and longest American stag race --- the Tour de Tropicana (April 24 to May 7). The minimum guaranteed \$100,000 prize list is hoped to attract 100-120 top amateurs from North America, the Soviet Union and Europe. The tour plans to follow the route of the orange juice producer's freight train which twice weekly transports over a million gallons of citrus juice up the eastern seaboard from Bradenton, Fla., to Kearny, NJ. Beatrice is hoping the enthusiasm generated by the 1984 Olympics will bring out the media and spectators. The question is, will the Tour's maillot jaune be orange?

There may be no other new under the sun but for the nation's largest wheel-builder, WheelSmith of Palo Alto, an innovative spoke design is causing a bit of a splash. For starters the spoke nipple has more threads, so the load borne by each thread is 33% less than conventional nipples, making it inherently stronger. The spoke itself is made from ANSI 304 stainless steel and due to a specially designed "elbow" the spoke doesn't need to bend as much, making it less likely to fatigue. Lastly, WheelSmith says, as the spokes are rolled rather than drawn, the weight is kept down. This year, the Levi's-Raleigh and 7-Eleven squads will use the spoke, as did the Campagnolo and Mavic official support wheels for the Olympics.

"Over the years we've found that wheels built on Campagnolo hubs outlast other wheels even when the spokes and rims are the same. Campagnolo puts the right flange of the rear hub further away from the center plane of the wheel than companies like Shimano and Specialized, and this design feature makes the wheel stronger."

---Toga Bike Shop

During a scene in the film "Paris, Texas," Hunter Carson, playing a nine-year-old, is wearing a Country Cylce Tours "Shoreham to Mattituck" t-shirt. Arlene Ellner and Betty Morelli made this observation.

The bad news is we've lost the last excuse for NOT performing the Saturday-morning chore of cutting the grass. The Sunkyong Company is marketing a tricycle lawn mower. According to the spec sheet, each complete revolution of the crank propels the CYCLE MOWER 10.6 inches while rotating the 16-inch cutting blade 30 times, with a cutting capacity of 4170 sq. feet per hour. The CYCLE MOWER comes in 1- or 3-speed versions and costs \$320 to \$350. For brochure call: 1-800-932-0065.

The Campagnolo bottom-bracket axle is designed to repel water from the bearings as it revolves during normal pedaling.

In addition to its line of bicycle components, Campagnolo produces parts for motorcycles, sports cars, helicopters, sounding balloons, and satellites. The Campy engineers have also designed an improved pants hanger, although there are no current plans for production.

The bicycle-safety brake is as old as Count Marconi's radio.

(continued from page 5)

The last weekend of training rides will include two special events. On Saturday, April 20, the first leg of the ride will be a time trial, so that each rider can see what he or she can achieve individually after several weeks of training. On Sunday, April 21, after the end of the last ride, there will be a big celebration dinner for everyone who has participated in the training rides. (Place to be announced.) So come one, come all!

The New York Cycle Club conducts several bicycle rides each weekend throughout the year, ranging from 25 miles to 140 miles per day, at 8 mph to 20 mph. Membership is limited to adults (over 18 years), and numbers approximately 500.

The 1985 "A" training rides schedule, co-ordinated by Steve Sklar, generally includes a long ride on Sundays, and a shorter, faster ride on Saturdays. Ride listings are distributed to members in the Club's monthly bulletin. The Club meets at 6:30 PM on the second Tuesday of each month for dinner.

THE ADMIRALTY SPACE

Max Vickers

Rise and shine: 'tis training time! Ever so heartening to witness the great turnout at the Boathouse on that first morning after the dreary winter layover. The big bunch starts out of the park kidding and laughing and runs head-on into the stiff Northwest carousing on Riverside Drive. The pack strings out, breaks up into parcels, dissipates ... Of course, the leaflets explaining the arcane science of group riding will have been passed around, as is the custom. Unfortunately, another time-honored practice is to consign them to a back jersey pocket to languish there, soggy and unread. On the road it's in one ear--out the other. Do you, guys (both genders), have an appreciation for Chris's tireless application of Xerox power and own vocal chords?

To make sure, we will now have some official pre-ride sessions designed to expose willing A- and B riders to the exaction of riding a wheel under controlled conditions and at less than the daunting A+ pace. This is only one part of the story, however. We should never lose sight of the reasons we have rides to begin with.

Believe it or not, and this does not apply to some A+ stuff, the essence of Club Riding is to get a number of cyclists from feed point (a) to feed point (b) with a minimum of attrition and spread, and a maximum of banter and chit-chat. It is reasonable, therefore, that the most efficacious manner in which this may be accomplished is a tight formation where: 1) the ride leader can keep an eye on all participants, 2) weaker riders get the benefit and the stimulus from pulling with those stronger, 3) stronger riders get extra exercise and, 4) social interaction is facilitated by proximity. Riding in formation, however, necessitates developing specific bicycle handling skills, and requires alertness, thoughtfulness, responsibility, plus a willingness to work with people for common benefit.

Ergo, (and I KNOW you have seen and heard of this before):

- Ride steadily and predictably, especially when breaking the wind. Up and down, criterium-like, pacing wears out the people behind you. Whereas this is what you may want to achieve in a race, this is totally inappropriate on a club ride.
- Do not speed up when your turn up front comes, nor sprint ahead from dead stop. Give the pack a chance to compensate for the stretch occasioned by such disturbances.
- When swinging off, COAST to drop back as quickly as possible, THEN start accelerating to pack speed as the last riders draw even with you.
- Give ample warning of road obstructions and signal. Call out turns, braking, gear shifting, and other maneuvers. Pile-ups are the stuff of great barroom memories, but they are bad for surface finish.
- Desist from heroics. Little tood comes of doing a full turn when you are at the end of your rope. When feeling wear, take a SHORT turn (nobody should stay up front longer than 30-60 seconds in any case), then drop back to recover. The whole ride will benefit if you distribute your energy wisely, rather than blow it early on looking good. When in trouble--speak up.

Do not show off. Being first to the top of a hill means nothing if you lose the pack in the process and incur an aerobic debt to boot. Remember: It's a Club Ride!

It really is that simple. Just that little touch of forethought, un-self-consciousness, and team spirit may make any Club Ride a finer, safer, and warmer shared experience.



NYCC QUESTIONNAIRE, 1985

Here is your chance to tell the Board of Directors your cycling preferences and needs. Your prompt reply will help guide the Club in providing you with what you want this year, so please take a few minutes now to check, circle, or fill in the items below that apply to you.

Send the completed questionnaire (with your 1985 dues, if not already paid, please!) to NYCC, P.O. Box 877, Brooklyn NY 11201. Or give it to the Membership Director or Maggie Clarke at the March Club meeting.

Thank you!

(Optional) NAME _____ PHONE NUMBER(S) _____

MEMBERSHIP/RIDER PROFILE

1. (Male) (Female)
2. I've been a member of NYCC for 2 years.
(less than 1) (1) (2) (3) (4) (5) (more than 5)
3. I also belong to:
(AYH) (AMC) (LAW) (TA) (CRCA)
Other _____
4. About how many times per season do you participate in the rides of other clubs?
(0) (1-2) (3-4) (5-6) (more than 6)
5. About how many times per season do you participate in New York Cycle Club rides
a. between March 1 and November 1?
(0-2) (3-6) (7-11) (12-20) (more than 20)
b. between November 1 and March 1?
(0) (1-2) (3-5) (6-8) (more than 8)
6. My self-rating as a Club rider is:
(A+) (A) (A-) (B+) (B) (B-) (C+) (C) (D)
7. This season I aspire to the rating of:
(A+) (A) (A-) (B+) (B) (B-) (C+) (C) (D)
8. I (am) (am not) (want to be) a bicycle commuter.
9. Repairs. Do you know how to:
____ adjust your brakes?
____ adjust your derailleurs?
____ fix a flat tire?
____ replace a chain onto the chainring?

10. I carry a (tire pump) (tire irons) (patch kit) (spare tube) (screwdrivers) (wrenches)

RIDES PREFERENCES

11. I prefer to get to ride starting points by:
(bike) (mass transit) (car)
12. I prefer rides to start:
(before 7) (between 7-8) (8-9) (9-10) (after 10)
13. I like to return to the starting point:
(before 1) (between 1-3) (3-5) (before dark)
14. I'd like to see more rides starting from:

15. My preferred riding areas are:
(NJ/Rockland) (Connecticut) (Westchester)
(Long Island) (Staten Island) (Manhattan)
(Queens) (Brooklyn) (Bronx)
Other _____

16. My preferred distance for Club rides is:
(less than 25 miles) (25-45 miles) (45-70 miles)
(70-100 miles) (over 100 miles)
17. To improve my riding capability, I'd take part in:
____ a progressive training series (March-September)
____ early season "get-in-shape" rides at my level
____ early or late season time trials
____ competition/racing
18. By the end of this season, I want to do:
____ 50 miles in (6) (5) (3) hours
____ 75 miles in (9) (7) (5) (4) hours
____ 100 miles in (12) (10) (8) (6) hours
19. I would like to see 7 all-class Club rides per year.
(0) (1) (2) (3) (4) (5) (6) (more than 6)
20. If offered, I would participate in day rides using:
(PATH) (LIRR) (Metro-North) (rented car/van)
21. If offered, I would participate in 2- or 3-day weekend rides
a. using: (bike only) (PATH) (LIRR) (Metro-North)
(Amtrak) (member's car/van) (rented car/van)
b. with overnights at: (hotel/motel) (AYH hostel)
(campsite)
c. (preferably 3-day weekends) (either 2- or 3-day weekends)
d. preferred location(s) _____

OTHER PREFERENCES

22. I would like monthly programs to feature
a. more of:
(slide shows) (movies) (auctions)
(technical talks) (health talks)
Other _____
b. less of:
(slide shows) (movies) (auctions)
(technical talks) (health talks)
c. Other _____
23. In the future, I would (like) (not like) to see the Club's Board take positions on such bicycling-related issues as LIRR bike permits and passage of the bottle bill.
24. I would (like) (not like) to see the Club's Board use a survey such as this to determine my views on an annual basis.

(over)

VOLUNTEER HELP

25. I would like to:

- ☐ lead day rides or assist on rides
- ☐ help organize weekend trips
- ☐ distribute Club brochures to my local bike shop and/or on rides
- ☐ help staff the Club booth in Central Park events
- ☐ help with Club-sponsored public events
- ☐ provide support for our Pepsi Marathon team
- ☐ write an article for the Club bulletin
- ☐ get a ride to GEAR this year (in Princeton NJ)
- ☐ offer a ride to GEAR this year

If you are interested in volunteering, please be sure to fill in your name and phone number on the reverse side of this sheet.

ANY OTHER IDEAS? Please use the space below, or attach a separate sheet, to tell us your additional comments on:

- the rides program
- monthly meeting programs and restaurant
- monthly bulletin (format, contents, style, etc.)
- attitude (friendliness) of members at meetings and on rides
- other suggestions or preferences.

HAVE A GREAT CYCLING YEAR!

Maggie Clarke
Irene Walter

Membership Update by Irene Walter, Membership Director

INADVERTENTLY OMITTED FROM 1984 ROSTER:

BARTH, Thomas	83-18 125 St.	Kew Gardens	11415	718-441-5612
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NEW MEMBERS:

ANDERSON, Julie	30-61 34 St. #1	Astoria	11103	718-278-9686
BROOKS, Arlene	95 W. 95 St. #27A	N.Y.	10025	212-866-0760
COHEN, Jack	65 W. 90 St. #24F	N.Y.	10024	212-724-0451
COOK, Craig	178-10 Wexford Terr. #3W	Jamaica	11432	718-297-2428
FRANK, John	150 West End Ave. #4H	N.Y.	10023	212-787-0995
GOOD, Dale	1518 Seward St.	Evanston, IL	60202	312-475-0001
KATSKIFF, Nana	210 E. 63 St.	N.Y.	10021	212-223-0285
ROSEMAN, John Lynn	312 W. 23 St. #2R	N.Y.	10038	212-349-3355(W)
SCHULMAN, Daniel	200 Corbin Pl. #1E	B'klyn	11235	718-648-3828
SIMON, Stanley	303 W. 13 St.	N.Y.	10014	212-741-3214
SMOLENS, Amy	30-61 34 St. #1	Astoria	11103	718-278-9686

NEW ADDRESS:

ADLER, Arnie	70 Park Terrace W. #E50	N.Y.	10034	212-304-2443
BLACKBURN, Douglas	342 E. 62 St. #17	N.Y.	10021	212-888-0048
SCHNEIDER, Laurie	70 Park Terrace W. #E50	N.Y.	10034	212-304-2443

TELEPHONE NUMBER CORRECTION:

BARRISH, Norman	321 W. 34 St. #10F	N.Y.	10011	212-243-2247
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MEMBERSHIP AS OF FEBRUARY 6, 1985: 533



March Club Meeting Program

arranged by Sara Flowers
VP Programs

RIDING WITH THE PACK

March brings us nearer to the riding season--unless, of course, you are a year round rider. Chris Mailing, immediate past president of NYCC and constant ride leader, will present a program (complete with special effects) on riding technique.

Chris is an "A" rider whose specialties include touring and racing. However, his remarks and demonstrations have relevance for every member of the club regardless of level of ridership, size of group ridden with, or type of riding done.

One technique which will be completely covered in this program is drafting: the various forms, the etiquette, the mastery. Come hear; come ask; come share.

DATE: Tuesday March 12, 1985

TIME: 6:00 PM for beer, cocktails, soda, or just plain socializing
7:00 PM for dinner
IF YOU WANT DINNER AT THE FIXED PRICE (\$10 for meat, fish, poultry \$7.50 for vegetarian, desserts extra) YOU MUST PURCHASE BY 7 PM.
There is a \$2.00 surcharge for orders placed after 7 PM. Diners will receive a color-coded coupon; non-diners will be seated separately

PLACE: O'Hara's
120 Cedar Street

(N.B. 120 Cedar Street 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 upstairs to our private room.)

BICYCLE PARKING is provided but bring a lock for security

Free Photography Show

This month, from March 7 through March 30, Conrad's Bike Shop joins the Asia Society to present an exhibit of black and white photographs of bike mechanics in the People's Republic of China. The pictures show working people involved in the day-to-day life of a developing nation.

Leonard Gottlieb took the pictures when he cycled through Canton in September 1983. The men, women, and adolescents he portrays were among the first visible "small capitalists." They are now as pervasive as our gas station attendants.

The bicycle is the most common product of technology used in China today. With more than 77 million bikes now in use, demand far outstrips supply. As in most mechanical maintenance, the Chinese bike mechanic has knowledge of a wide spectrum of equipment. Brands include: the Flying Pigeon, Unicorn, Everlasting, Phoenix, Swallow, Five Sheep, White Mountain, Seagull, and the Long March.

For the last 15 years, Leonard Gottlieb has been writing about working life. For more information about the exhibit call Conrad's, 212/697-6696, or Tzu-lin Li at the Asia Society, 212/288-6400.

Knock 'em down, fight!
Please don't forget
to renew membership!

HI LADY!
HARRY KINGS!
Jody

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

First Class



Jody Saylor
49 West 75th Street
New York, New York 10023

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.

NAMES(S) _____ PHONE (H) _____

ADDRESS _____ (B) _____
APT. _____
CITY _____ STATE _____ ZIP _____
DATE _____ AMT. OF CHECK _____ NEW _____ RENEWAL _____

WHERE DID YOU HEAR OF N.Y.C.C.? _____

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

1985 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:

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