

May  
1985

# NEW YORK CYCLE CLUB

In its 49th year

MAY 1985

American Bicycle Month

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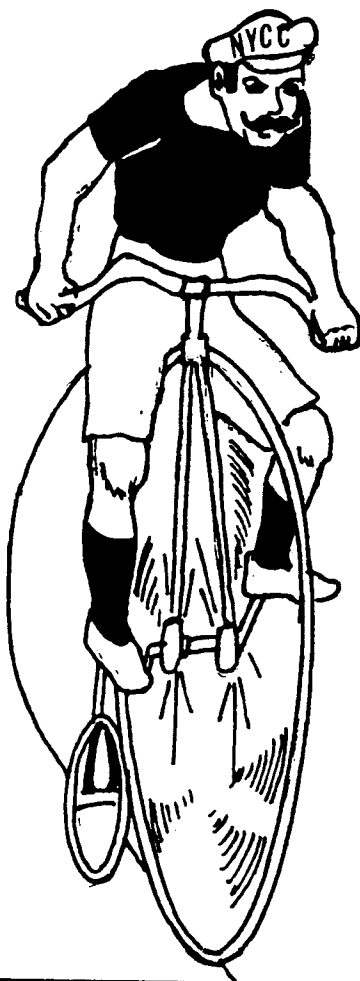
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**BICYCLING:**  
**your celebration**  
**on wheels!**

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Tuesday, May 14, O'Hara's	
120 Cedar Street	
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**P.O. Box 877, Brooklyn, NY 11202**



# MAY RIDE LISTINGS

Compiled by Maxim Vickers

## 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

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

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

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

Sat. May 4      WRIGHT'S RIGHT. Leader: Steve Baron (212)228-0555 (if you want to talk about it). From the Boathouse. See how two of the other halves live. Climb hills. Destination - Usonia. Lunch in Thorwood. Temperatures below 20F and/or flood cancel.  
A-      85 mi.  
8:00

Sat. May 4      MAGICAL MYSTERY TOUR. Leader: Lin Erlich (212)737-3887. Meet at the Central Park Boathouse for a truly B+ pace ride guaranteed to have good hills and scenic countryside. There may be a very social restaurant lunch stop - or a deli stop meeting with the "B" group - it's still a mystery. Cruising speed will be 15-16 mph, average riding speed will be 13-14mph.  
B+      60-65 mi.  
9:00

Sat. May 4      BEYOND WHITE PLAINS. Leader: M. Taggart (914)962-5991. Meet at the last stop of #4 train for a ride through Scarsdale and White Plains with a difficult hill before lunch at a deli. Be prepared to stay with the group at 11-12mph average speed.  
B-      40 mi.  
9:30

Sun. May 5      ALL-CLUB RIDE TO BETHPAGE. This is the first of this year's Club outings. We will ride out to the park in Bethpage, L.I. in separate class rides, as listed below, for a picnic lunch rendezvous around noon. We will return to the City together, matching or surpassing the last year's glorious column.  
A      Leader: Maxim Vickers (718)728-7179. For those who recollect the Merrie Leaves of Glen Cove of fall, this spring version is presented under the name of Beautifull, Blooming Bayville. No matter what season - the Gold Coast is fabulous riding. We will start at the Boathouse and breakfast in Manhasset. "A-" option will be available (85mi.).  
95 mi      Leaders: Jackie & Rick Plate (718)788-1322. Meet at the Statue on Queens Boulevard for a round-about ride through the North Shore to Bethpage State Park. We will do the first 45 miles before stopping for sandwiches at a deli outside the Park. If you would like to ride to the starting point from Grand Army Plaza (Bk'lyn), please call us.  
7:30      Leader: Alinda Barth (718)441-5612 and Sara Flowers (718)544-9168.  
B+      Meet by the Statue on Queens Boulevard. (E or F train to Union Tpk.) and check out yet another corner of our lovely Long Island North Shore.  
70 mi  
9:00  
B  
55 mi  
9:00

(Bethpage, continued)

C+ Leader: Scott Feldman (212)310-5256/(718)444-9321. Meet at the  
40 Statue of Civic Virtue (Queens Blvd. & Union Tpk.). We will enjoy  
9:30 a steady paced and nicely routed ride through side streets and  
leafy lanes to join the rest of the Club at Bethpage. NO RADIOS, PLEASE.

Sat.-Sun. TOUR OF SCIOTO RIVER VALLEY (TOSRV). Leader: AYH Columbus, Ohio.  
May 11-12 To the veterans of and the newcomers to this annual North American  
220 mi. classic (this show is booked solid): see you on the road!

Sat. May 11 THE COOKS' TOUR. Leader: Ellen Goldner (212)222-0548 and Richard  
B Marvin (212)532-3346. Meet at Columbus Circle and 59th St. Ride  
50mi through the most beautiful residential area to be seen to Cooks  
9:30 in Mamaroneck, the best hamburger place in Westchester. Bring lock,  
spare tube and hearty appetite.

Sun. May 12 SCENIC TOUR OF NORTHERN NJ/ROCKLAND. Leader: David Walls (212)344-  
A+ 0633/(212)570-6572. A quick-paced ride through the garden part of  
100+mi. the Garden State and Beautiful Rockland. Meet at G.W. bridge.  
7:50

Sun. May 12 CENTRAL PARK TIME TRIALS. Leader: Irv Weisman (212)562-7298.  
A/B/C/D Register at the 72nd St. & fifth Ave. entrance between 8 and 9am  
Ride 3 laps the long way (18mi), or 2 laps if you poop out sooner,  
stopping briefly after each leg to record your time, pulse and odo-  
meter. You will carry your own record card, supplied at registration;  
please bring a pen or pencil. The cards will be collected by Irv  
for subsequent analysis and reports. After the trials, groups will  
ride hither and yon for fun, rather than numbers.

Sat.-Sun. 3RD ANNUAL MONTAUK TWIN CENTURY WEEKEND. Leader: Marty Wolf (212)  
May 18-19 935-1460. As the only rider to participate in the Montauk Twin  
A/A- Century for both of the past two years (it's the easiest century  
6:50 both going and returning that you will ever find), I feel I must  
make sure the tradition continues! We'll take a central Long Island  
route out on Sat., but will return on Sun. on the same route that  
AYH will be using for their ride out that day (wave to your friends!)  
Our group will stay in a motel in Montauk on Sat. night. Call Marty  
for further details/motel phone number/meeting place.

Sat. May 18 BASKING RIDGE. Leader: Debbie Bell (212)864-5153. Meet at SW corner  
B+ of Church and Vesey Sts. (World Trade Center) for PATH train to  
60 mi Newark. A briskly-paced ride through elegant suburbs, horse farms,  
8:30 and the Great Swamp Wildlife Refuge. Moderately hilly terrain and  
several short sections of gravel. Bring exact change for PATH  
(\$ 0.75 one way)

Sat. May 18 CENTRAL NASSAU. Leader: John Mulcare (718)672-5272. Meet at the  
B-/C+ Statue, Queens Blvd. and Union Tpk. (E or F train), for a rela-  
45 mi. tively flat ride with a stop at the Protog Shop in Hicksville for  
9:30 any sales that might appeal to the gals and dudes in the group. A  
picnic lunch will follow in Eisenhower Park. Bring the usual; \$,  
spare tube, patch kit, tire irons, pump, water, map, etc. Call  
John before 8:30 Sar. if the weather is doubtful.

Sun. May 19 DOUBLE A #5: MONTAUK ROUND TRIP. Leaders: Alan Zindman (212)984-  
AA 8524, Alex Bekkerman (212)760-4303. Meet at the Boathouse for a  
270 mi. steady pace to and from Montauk. The pace will be such that we  
5:00am will complete the ride in 20 hours at the longest. Be prepared to  
ride at night. We will follow AYH's route. Please be ready for co-  
operative, demanding and intelligent riding. Call leaders.

FLASH: Memorial Day Weekend in the Catskills. Phone Irv Weisman  
for details. Cost \$120.00. Let Irv know if you're interested  
before May 12. Call him at the office: 212/650-8075.

- Sun. May 19 MONTAUK CENTURY.** Leader: AYH (212)431-7100. The annual trek from the Jamaica station to the tip of Long Island for afternoon in the sun and a seafood dinner is the flattest century on the calendar. You must have advance reservation on the special LIRR train if you want to be brought back, rather than ride. Hurry: the space goes fast!
- Sun. May 19 CENTER ISLAND (OR BAYVILLE BY ANY OTHER NAME).** Leader: Sara Flowers (718)544-9168. Let's go see the mansions, the trees, the open sky! We will meet at the Statue on Queens Blvd (E or F train to Union Trpk.) for an exhilarating, moderately hilly, beautiful ride. Indoor or outdoor lunchstop, as weather dictates. Rain or significant threat of the same will cancel. Call for additional info.
- Sat.-Mon. May 25-27 MEMORIAL DAY IN SHEPPHIELD.** Leaders: Lee Gelobter (718)646-7037, Rick & Jackie Plate (718)788-1322. Although the Ivanhoe Country House is completely booked for this weekend, there are a few other inns in the area, which may have rooms available. The inns are all within 35 miles of Metro-North station. If you are interested, call leaders for details.
- Sat. May 25 WESTBURY BREEZE.** Leader: Sara Flowers (718)544-9168. We will try for a 12mph pace over some moderately hilly/rolling terrain through beautiful North Shore country with lunch in Bayville on the beach. Meet Sara beneath the Statue on Queens Blvd. Take the E or F train to Union Tpk. Call for additional info. Rain or significant threat of same will cancel.
- Sun. May 26 NYACK THE PRETTY WAY.** Leader: David Miller (212)794-9365(h)/(212)594-5269(w). Meet at the CP Boathouse for for a very enjoyable ride to Nyack State Park. We will take the bikepath through Tallman Mt. State Park to Piermont, then to Nyack, and proceed to the bike-path next to the Hudson river for a picnic lunch in Nyack State Pk. We should be back in time for the 4:00pm bus. PLEASE BRING YOUR OWN LUNCH AND SNACKS. This ride is the first of my Sanctioned LAW Patch ride series. See next months bulletins for details.
- Mon. May 27 UPPER SADDLE RIVER.** Leader: Alinda Barth (718)441-5612. Meet at the Central Park Boathouse for a ride through beautiful Bergen County. There will be a few hills to keep you from getting bored. We will take PATH to Hoboken from 23rd St. and return via GWB. Rain cancels. Call the leader if weather is questionable.

## RidePreview

- Sat. Jun 1 MUSCOOT PARK.** Leaders: Elly Spangenberg and Julie Hyman. Discover rural life and the importance of farming right here in Westchester County. We will ride along the reservoir and on the Northtrail bike path. The one way ride is only 35 miles. If you have a Metro-North bike permit, (available at AYH) you may return by train. Only 4 bikes per train - trains leave every hour to Grand Central Sta. Bring: waterbottle, lock & chain, lunch & snacks (or money); Metro-North bike permit + approximately \$6 for train fare. THIS RIDE IS CO-LISTED WITH AYH. Meet at Woodlawn subway station (#4 line).
- Fri.-Mon. Jun. 14-17 GEAR UP + RIDE OUT WEEKEND.** Leaders: Debbie Bell (212)864-5153, David Miller (212)794-9365, Martha Ramos (718)858-9142. If you are interested in biking out to the GEAR Princeton Rally, call one of the leaders no later than June 1-2 for details of the trip.
- Sat. Jun 15 5TH ANNUAL STRAWBERRY SUPREME.** Leader: Maxim Vickers (718)728-7179. This whirlwind rampage of Long Island's notable eateries and water-holes departs from the Tramway Plaza (2nd Ave & 59th St.) and takes in some of prettiest scenery on both Forks en route to the Strawberry Shortcake tent at the Mattituck Festival. Maestro Bekkerman had in the past graciously provided prime drafting power and will,

(Preview continued)

hopefully, continue in this capacity. Ride reliable equipment and bring MONEY. Return aboard the AYH Biketrain (advance reservation required) or arrange own transportation.

Thr.-Sun 200km VERMONTAGNARDS PLUS ASSORTED VERMONT. Leader: Maxim Vickers  
Jul 4-7 (718)728-7179. Come to the wanderfull Green Mountains for four days  
A+ of fabulous riding, including the above named mountain trial on  
July 5, featuring 9000 ft of gritty climbing and the same amount of  
gutsy downhillling amid lush New England scenery. We will stay in  
Rochester, Vt. either at the Schoolhouse hostel, or at the Inn or  
Bed-and-Breakfasts there. AYH is holding seats an bikespace for us  
on the HB-4 bus to Rochester, or you may car-pool to get up there.  
Call me for more details.

Thr.-Sun SHELTER ISLAND WEEKEND IV. Leader: Martha Ramos (718)858-9142. Cele-  
Jul. 4-7 brate the 4th by making your way out to Shelter Island. Take the  
200+mi. opportunity to do a twin century the easy and scenic way. Departure  
B+ is early Thursday morning for those cycling out. Don't want to do  
a century, but still enjoy Shelter Island? Then take the bus, train  
or car out and join us for the weekend. Participants are responsible  
for themselves and the making of their own accomodations. Call ride  
leader for additional details.

## Special Event

Bicycle Marathon - Central Park May 25-26

The first Winning (magazine) Marathon (successor to the Pepsi Marathon) will be held on May 25 and 26, 1985 in Central Park. This will be a 24-hour, long-distance bicycling event in which we plan to have 2 separate but coordinated NYCC activities:

1. Alex Bekkerman will be participating in the individual competition for the longest distance ridden.
2. A NYCC team effort, which will have the dual purposes of: (a) participating in the team total mileage competition and (b) supporting individual NYCC members in their personal efforts to ride for as many hours and as long a distance as they possibly can.

Alex's attempt will require riders who want to form his personal paceline, riding consistently at high speeds. At least 2 riders will lead Alex at all times. Several 2-person teams will be needed so that tiring riders can rest and be replaced by fresh ones. Tired riders will be able to rest and eat at a ground-support area to be staffed by other NYCC volunteers. Alex's effort is being organized by Josh Keller, 212/674-0955 and Jody Saylor, 212/799-8293. Josh is organizing the riders while Jody is planning the ground support.

The other NYCC activity will also be competitive, but will allow individual NYCC members to achieve their personal best mileage. Ground support will also be provided to these riders. While it is likely that pacelines will be developed on an ad hoc basis, and the team competition will be important, there will be an opportunity to have a good time and share the comradeship of other NYCC riders as each one rides to his/her limit. Clair Goldwaite, 212/228-0828 and Doug Blackburn, 212/888-0048 or organizing the riders, and Greg D'Agostino, 718/272-4271 is arranging the ground support.

The two ground support groups will be adjacent to one another and will share common equipment to some degree. Riders in either activity will be expected to contribute financially (about \$15-\$20) to cover the costs of the food and drink which will be purchased in advance and available to paid NYCC participants. If you have tents, sleeping bags, portable stoves, large water containers or other camping equipment that will be helpful to the overnight ground support, please contact either Jody or Greg.

Details of the team competition have not yet been issued by AYH, which is co-sponsoring the Marathon. Thus we do not know the permitted size of teams, the registration process, or whatever the regulations, we plan to enter in all possible categories and to originate the teams accordingly.

If you want to ride in either group or to staff the ground-support activity, please contact the individual mentioned above with responsibility for your particular interest.

### Special Notice:

Charlotte Hildebrandt has resigned as club Secretary. We are fortunate to have secured the capable service of Rose Marie Ottomanelli, who will serve as our Club Secretary for the remainder of the year.

# Montauk

by Maxim Vickers

Mon-tauk, Mon-tauk, Mon-tauk ...

The well-worn derailleur clicks rhythmically down the dark and deserted Queens Boulevard in the warm, pouring rain. At the Jamaica station--a jumble of wet windbreakers, glistening frames, familiar faces. Hot coffee, a doughnut. The rain stops.

On to Montauk.

Dodging holes and bumps in the dawning light, paelining the slick concrete of the Sunrise Highway. Deserted parking lots, suburban homes ... Trees, trees, trees.

Hang on to that wheel.

Patchogue.

Hot and sweaty, into the air-conditioned murkiness of Friendly's. The staff is just setting up; the place--empty. Pancakes go down--gulp, gulp, gulp. Waddle out, stifflegged, as the riders really start coming in.

Back on the bike.

Take the few minutes to get the food settled in the right spot, then turn on the revs. Towns fly by. The sun finally burns its way out through the lingering fog.

Keep spinning.

In the Hamptons: picking way in the early beach traffic, stealing glimpses of the immense ocean, bananas on the go, waterbottles are dry ...

Amagansett.

The spicy whiff of sea-salt. May flowers decking the rolling dunes. Fast, short pulls.

The last push.

Long steady grade over the wild expanse of Hither Hills as far as the eye can see, though you can practically hear the surf. The road veers left, then down. Into the top gear, past summer houses and seafood joints. Stars and Stripes crackle in the crisp blue sky over the green, among soaring, mewing seagulls.

Put on the brakes: Montauk.

## Ad Space Available

Advertising space is available in the NYCC Bulletin. The rates are as follows:

Full page	\$50.00	Third page	25.00	Per line \$3.00
Two-thirds page	40.00	Quarter page	20.00	(3-line minimum)
Half-page	30.00	Eighth page	15.00	

The ads are placed by the bulletin editor.

Any member who has paid dues before Labor Day may advertise three lines, three times for free until the following April 30.

Any member who pays dues after Labor Day may advertise three lines for \$5.00 until the following April 30.

Other clubs or organizations are not exempt from this policy unless the Board of Directors determines otherwise.

The Bulletin Editor may reject unsuitable advertising, with appeals made to the Board of Directors.



If you would like to share some of your favorite routes by leading a C-Ride for NYCC, Call Gregory D'Agostino, your C-Rides Coordinator.



# Cycling Shorts

by Gregory D'Agostino

It seems that hardly a month goes by that the bike magazines aren't showing the latest version of someone's idea for a hybrid sea-bike contraption. (Did you catch the photo of Steve Hegg skipping across the waves on a hydrofoil bike?) If you are concerned about the proper attire for one of those things you needn't be. Thanks to Josh Keller, we learn that celebrated swimsuit designer, Keiko, has added a line to her '85 collection that looks just like cycling togs.

According to Trivial Pursuit (card #644), when a cyclist shouts "Oil!" a car is approaching

Some years ago, there was a popular feminist slogan: "A woman without a man is like a fish without a bicycle."

Some folks give their bikes pet names, others buy Pet Bikes. Pedal Phernalia, Post Office Box 26627, Baltimore, MD 21207, says Pet Bikes are easy to care for, are housebroken, never make noise, and make great companions for your Pet Rock. The Pet Bike (\$10), 6"x8", has de-tailed components, functional wheels and headset, balances and rolls, and comes with a leash. Dapy Boutique, 431 West Broadway, in SoHo, is selling the French version of the Pet Bike for \$35 sans leash. Say, this sounds perfect for the fish.

Schwinn Bicycles is being boycotted at the request of the United Auto Workers Union. Schwinn has closed its last plant in Chicago and moved its operations to Japan, Taiwan, and a non-union plant in Tennessee. The UAW says over 1,200 of its members were thrown out of work, and Schwinn has refused to deal with them or to honour applicable parts of its labour agreement with the union.

"I'll put a spoke among your wheels"

---Francis Beaumont  
"The Mad Lover"

At a recent Club dinner, Gerry Scher was heard to say, "Since the A+ riders are called 'Animals,' we should call the B+ riders 'Killer Bees.' And the B- riders can be called 'Bumbling Bees.'" We laughed and drank and ordered more.

Next month, Cycling Shorts looks at liquid margarine, who invented it, and why.

## MORE RIDE DATA NEEDED

Irv Weisman

The ride data submitted to me last year by cooperating club members was very helpful in both confirming the general validity of the Ride Classification graph, and in pointing up one of its deficiencies. (Our riders, happily, do not sag quite as much as I had predicted they would.)

Ride performance data for 1985 will be used to "fine tune" the graph so that it becomes a better predictor of ride performances. The essential data are time and odometer readings; the optional data requested will help us understand and predict the effects of terrain, traffic, temperature, etc.

It would be very helpful for this research if, on each club ride, one person records the data and gives it to me at the club meetings, or mails it to me at Box 97 Kingsbridge P.O. Bronx, NY 10463. No computations are necessary; just the actual times read directly from your watch, and the actual odometer readings, whether or not the odometer had been reset to zero at the start of the ride. I will do all necessary calculations.

Club Ride Performance Data

Submitted by: \_\_\_\_\_ Date: \_\_\_\_\_

Leader: \_\_\_\_\_

LISTED MILES: \_\_\_\_\_ LISTED CLASS: \_\_\_\_\_ DATE: \_\_\_\_\_

RIDE: \_\_\_\_\_

ACTUAL MILES: \_\_\_\_\_ DAY: \_\_\_\_\_

STAGE NO.	1	2	3	4	5	6	7	8	9
INITIAL ODOM. (A')		xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx
START TIME (A)									
STOP TIME (B)									
ODOMETER (C)									
OPTIONAL STAGE DATA*									
REASON FOR STOP									
TERRAIN									
ROAD CONDITION									
TRAFFIC									
WIND									
TEMPERATURE									
HUMIDITY									

(See data chart, p. 11, bottom.)



# COUNTERPOINT: Exorcising the Ghost

by Martha Ramos

I am also haunted by the specter of ride classifications (see "The Admiralty Space" in April's Newsletter). My apparition, however, visits me in a somewhat different form. The specter that visits me cloaks itself in the format of guidelines and not as ride classifications.

But allow me to digress for a line or two. A number of years back, our membership began to grow. In an effort to provide a service to members and also to encourage increased ride participation, the concept of guidelines was formulated. I need not point out to long-time members that a ride in which the abilities of the participants are evenly matched can be the stuff of which dreams are made. Concomitantly, a ride in which there are a vast range of abilities can most generously be described as a trying experience.

Now, any New York area-based individual can attest to the demands placed on one's recreational hours. Therefore, in a somewhat paternal spirit (no pun intended?) a few club leaders (with a strong contribution by Irv Weisman) advanced the concept of ride guidelines that also included a rides classification component. These recommendations were based on data from ride reports and are currently in the process of being updated. They are just what the term implies, recommendations. The data collected is not done in a laboratory setting that could make it subject to the term absolute. It might best be described as an educated guess -- a very good guess, but hardly empirical.

I can best illustrate this point by resurrecting an interesting story from last year's B rides schedule. Marsha Taggart is a well-respected and competent ride leader who agreed to lead training rides for us even though she was in the process of changing jobs, her mother was hospitalized, and she herself was recovering from a severe case of the flu. Sure enough, a couple of ride participants complained that the rides were too slow. But, wait -- that's not the ironic part. By the latter part of the season she was accused of leading a ride that exceeded the ride classification. That's right! In less than one season Marsha achieved the distinction of being both a wimp and an animal.

While the guidelines are important, they are just that: guidelines. A far better parameter and enforcement factor rests with our membership and the feedback (complaints or compliments) that they provide. The simple fact is that if ride leaders misclassify a ride, in short order they will find fewer participants showing up for these same rides. They will either voluntarily change the ride classification or run the risk of solo rides.

One last apparition concerns the fact that this is a recreational endeavor in which we invest time and money, and, by definition, it should be fun. So, this weekend, pump up those tires, scan the schedule for a ride, and enjoy yourself. Oh, and by the way, if the wind is to your back, well, that's one ghost that you never want to exorcise.

## Membership Update

by Irene Walter TOTAL 1985 MEMBERSHIP AS OF 4/12/85: 326.

### NEW MEMBERS:

The 1985 NYCC Membership Roster will be published in the June bulletin.

BRADFORD, Tom	151 W. 28 St. #3E	N.Y.	10001	212-239-0562
CARTER, Pat	20-53 Seagirt Blvd. #4B	Far Rockaway	11691	718-471-1283
CRANMER, Charles N.	139 Bloomfield St. #2	Hoboken NJ	07030	201-659-4975
deMELOGUE, Anne	180 Riverside Dr. #9C	N.Y.	10024	212-595-5580
DIELI, Annette	1795 Riverside Dr. #6L	N.Y.	10034	212-569-9788
ELLISON, Jo Ann	P.O. Box 678	N.Y.	10268	212-476-7193
FIELDS, Judith R.	320 E. 23 St. #8L	N.Y.	10010	212-254-0907
GAVIN, Eileen M.	509 E. 88 St. #4B	N.Y.	10128	212-535-1055
GERARD, Deborah M.	321 E. 43 St. #Ph5	N.Y.	10017	212-682-5206
GOLDSTEIN, Evelyn	111 Fourth Ave. #5D	N.Y.	10003	212-228-5252
GORTON, Ginger	529 E. 84 St. #4A	N.Y.	10028	212-249-2489
HAHN, Dorothea	93 Fairfield Ave.	Pt. Washington	11050	516-883-2164
HAHN, Haroldo	93 Fairfield Ave.	Pt. Washington	11050	516-883-2164
HANNAN, Mary Sue	225 Livermore Ave.	Staten Island	10314	212-448-3767
HOLMAN, Jonathan N.	522 W. 50 St. #3C	N.Y.	10036	212-732-8600(W)
HOLTON, Henry	529 E. 84 St. #4A	N.Y.	10028	212-249-2489
KEANE, Edward A.	7 W. 14 St. #10P	N.Y.	10011	212-989-5351
KING, Jim O.	1541 Metropolitan Ave. #8D	Bronx	10461	212-823-4052

(continued on page 9)

# The Admiralty Space

MaximVickers

Everyone knows where the roasted turkeys, which grace holiday tables, come from: the supermarket fridges, of course! The evolutionary process whereby rides appear in our monthly listing is not as widely familiar, though it well should be. Turkey we eat but two or three times a year (not counting leftovers); we ride, one likes to think, a great deal more often than that.

So where do rides come from? You are their source. Whether the motivation is to share the delights of hidden country lanes, known to you only, with a bunch of like-minded clubbies, or to get a badgering Rides Coordinator off your back: your ideas are their starting points. The next step is putting it down on paper IN ACCEPTED FORMAT and handing it to the appropriate Rides Coordinator.

Why the procedural rigidity? There is more to the function of Rides Coordinators than meets the eye. In addition to soliciting rides, they are there to assist you in selecting the wording likeliest to bring the kind and type of turnout which you desire, to make sure that no conflicts arise in scheduling either with other rides or with other events which may affect the outcome of yours, such as the running of N.Y. Marathon or the closing of the Pelham Bay bridge. This is not to say that you should not make every effort to attend to these things yourself before handing your writeup in, but to emphasize that the Rides Coordinators possess information and experience instrumental to the editorial undertaking of putting the rides listing together.

What happens next? Seated at his rosewood escritoir under the glare of piano lamp (the overhead fan is coming), the V.P. of Rides, armed with tobacco tin and a bottle of cognac (indispensable, even as Ancient Russian Wisdom prescribes vodka), bangs out the stack of thirty-odd writeups, plus previews, using two fingers on the keyboard of his trusty portable all Wednesday (and sometimes Thursday, and even Friday) night after the Club meeting, pausing only to dial a miscreant's number to thrash out an irregularity or misleading verbiage. The typeset pages then travel to the Editor's abode for insertion into the bulletin layout. The next step is the printer's from whence the ready bulletins are hauled home by the Circulation Manager. (If you have never experienced the edifying weight of 600 bulletin copies, Jody can always use help). The pieces are affixed with mailing labels and postage in a frenetic glue-licking orgy and entrusted to the U.S. Postal Service which, Allah willing, delivers them before the first weekend of the month.

Count them now: your ride submittal undergoes five distinct processing stages, with intervening transit, before it winds up in membership's hands. Given this logistical trap, every little bit you, the prospective ride leader, can do to help the production along is of value. You have all the time in the world to polish up that cherished baby of yours; we get barely two days to process over thirty of them prior to page-setting.

Therefore, whenever possible, try to get your rides to the Coordinators BEFORE the monthly meeting, and most certainly before the Club President opens the meeting for business. And do not--please do not--mail your submittals to the Editor; she shoulders a heavy workload as is and would have to consult with the Rides Desk before acting on these in any case.

And be advised: any ride reaching me without a Rides Coordinator's initials may be subjected to creative blue-penciling without notice. We have deadlines to meet.

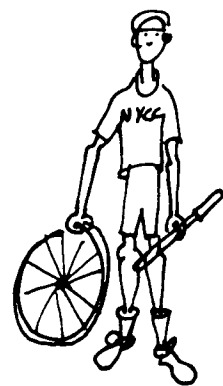
continued from page 8

LEVIT, Lanny	8735 Bay Pkwy. #B-51	Brooklyn	11214	718-373-1609
LOSOW, Barry	139-80 85 Dr. #6D	Briarwood	11435	718-657-4431
McDERMOTT, Marie	267 Sixth Ave.	Brooklyn	11215	
MORGAN, Richard G.	465 West End Ave. #7C	N.Y.	10024	212-580-1969
NEIMAND, Richard	111 Fourth Ave. #5D	N.Y.	10003	212-228-5252
O'HARE, Patricia	10 Mitchell Pl. #7H	N.Y.	10017	212-759-7029
PACI, Vittorio	275 W. 96 St. #27B	N.Y.	10025	212-865-5993
SAINER, Alicia C.	465 West End Ave. #7C	N.Y.	10024	212-580-1969
SILVER, Howard	85 East End Ave. #12K	N.Y.	10028	212-570-2710
SILVER, Sharon	85 East End Ave. #12K	N.Y.	10028	212-570-2710
SINGLER, Roger	119-13 Linden Blvd.	So. Ozone Pk.	11420	718-835-5066
SMEDBERG, Frances	1365 York Ave. #9K	N.Y.	10021	212-278-6993
SMITH, C.R.	8005 Third Ave. #2F	Brooklyn	11209	718-238-1474
SMITH, Heidi A.	8005 Third Ave. #2F	Brooklyn	11209	718-238-1474
STEWART, Donna	c/o Generra, 390 Fifth Ave. Ste.	811, N.Y.	10018	212-581-8532
TALLIN, Andy	150 97 St.	Brooklyn	11209	718-833-4031
TITUS, Peter	250 W. 99 St. #6D	N.Y.	10025	212-866-9443
WITMER, Midge	84-48 170 St.	Jamaica	11432	718-297-4042
YERZY, Mitchel	1365 York Ave. #9K	N.Y.	10021	212-288-6993

## NEW ADDRESS:

ALBERT, Charles A. 15 Rosewood Pl.

Elizabeth NJ 07208 201-352-9514



# Central Park Time Trials

by Irv Weisman.

At the February Club meeting, Irv Weisman presented a Ride Classification scheme with actual club ride performances plotted on his Ride Classification graph. The graph (reproduced on page 10 of the April bulletin) shows for each ride class (A+, A, A-, B+, etc.) both the average pace (Distance/Riding Time) not including time for stops, and the overall speed (Distance/Total Time) including time for stops.

The "track" of the overall speed is shown on the graph by the drooping lines that divide each sub-class. The corresponding riding pace is shown on the left vertical axis to the left of the sub-class labels. (Reread Maxim's explanation, or request a copy of Irv Weisman's original article from Maxim by sending a SASE.) Confirm your reading of the graph by locating the 2 circles at the 50-mile distance. One circle corresponds to 50 miles in 5 hours, ridden at an overall pace of 10 m.p.h. requiring a riding pace of approximately 12.5 m.p.h. (B pace). The other circle corresponds to 50 miles in 6 hours (L.A.W. patch-ride standard) with an overall speed of 8.3 m.p.h., requiring a riding pace of approximately 11.4 m.p.h. (B- pace).

It seems widely agreed in the Club that rides are more pleasurable when the riders are more closely matched and ride together without becoming too spread out. Most of the leaders who asked Irv to analyze their ride data were quite consistent in their average riding pace during each ride and also from ride to ride. Maxim Vickers, our V.P. of Rides, found the graph "so remarkably good" in predicting actual ride performances that he decided to use it for classifying our club rides for 1985.

However, many of you may not be sure how you fit into the classification scheme. The April time trials, led by Steve Sklar and Bill Vojtech, provided an opportunity for stronger riders to rate themselves. We have scheduled a similar event on Sunday, May 12 so that B- and C-riders and leaders can test their capabilities. Class-A riders are also very welcome. They would provide the high-level performances on a course common to all. We will use Central Park so that we can be near a rest stop, food, or transportation. And by using the complete 6-mile loop of the park, including the hill at the northern end, we will encounter representative terrain.

The Central Park time trials will also provide a convenient standard course for self-classification of new members. They will be able to determine a riding class without either being pressured on their first few club rides to keep up a pace that is too demanding or becoming bored because the ride is too easy. (We may someday want to "calibrate" the Prospect Park course for the convenience of Brooklynites.)

The trials will start off between 8 and 9 A.M. at the 72nd Street and Fifth Avenue entrance to Central Park, and proceed for 3 loops around the park. There will be some unusual wrinkles. After each loop, your time and pulse will be recorded. We are not concerned with measurements to the nearest micro-second, nor do we feel that riding with a club buddy will violate the spirit of this time trial. In fact, there may be safety and increased pleasure in numbers; but no drafting is permitted because that will distort the measurements and their purpose. The goals of the time trial are:

1. The correlation of the trial paces with the established classes of "calibrated" riders.
2. The variance of the riding paces among the membership.
3. The ability of members to pace themselves during the ride.
4. The pulse rates as functions of class, age, sex (gender--not frequency)
5. The accuracy of members' odometers

Leaders will ride too. With their permission, we will compile a list of leaders and their riding pace so that you can match your pace to a leader. The point of this exercise is not to establish a hierarchy of riders according to their riding times, but rather to help us define our classes and our individual performances so that our club rides move along comfortably and pleasurably for all.

Please note that you are not stuck in one class forever. (About 10 years ago, Maxim Vickers rode his first 50-in-6 with Irv. Since then, he has pushed on--or is it degenerated?--to full Animal status, and smiles condescendingly at Irv's low gears. But Irv smiles too, especially when he climbs steep hills with his 22" low gear without inducing a heart attack or threatening his knees with grinding destruction while other riders are breathlessly muttering, "Who the heck scouted this damn ride?") You can push for gradual growth in strength and capability by occasionally selecting rides one level higher than your comfortable pace (e.g., C+ to B, or B- to B+, or B to A-). Work hard on the ride to keep up with the group, and your body will respond to this pushing with a satisfying growth in strength and endurance. But don't jump 2 sub-classes at one time, (e.g., from C+ to B, or B- to B+, or B to A-), because such ambition will likely lead to excessive straining, early fatigue, and possible damage to your knees. A one-mile-per-hour increase in riding pace results in approximately a 25% increase in power requirements and a severe reduction in endurance.

So join us at the time trials on Sunday, May 12. Learn what you can do and how to select rides and leaders appropriate for your present condition. At the end of the season, we will hold another time trial to see how much we've improved in both riding speed and cardiovascular fitness.



## MAY Club Meeting Program The Northwest By Bicycle

Barbara Johnson is one member of NYCC who has made one of those wonderful trips that so many of us spend time planning for and not so many of us actually get to go on. Several years ago she and her brothers planned to head across the USA with a starting point of San Francisco.

Unforeseen events and conditions, both alarming and fortuitous, caused them to alter their plans as they rode. Barbara covered 2300 miles passing through Oregon, Idaho, Montana, Wyoming, and, finally, through the Badlands into Pierre, South Dakota.

Barbara and her brothers camped out (of course, that means fully loaded bikes), and Barbara has spectacular slides of her trip which she will present to us at the May meeting.

Join her on May 14---and enjoy!

DATE: Tuesday, May 14, 1985

TIME: 5:00 PM for beer, cocktails, soda, or just plain socializing  
7:00 PM for dinner

IF YOU WANT DINNER AT THE FIXED PRICE (\$10 for the meat, fish, or poultry; \$7.50 for vegetarian; desserts extra) YOU MUST PURCHASE BY 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

\*\* Take the elevator to the 4th floor, and leave your bike in the storage area provided there.

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### Special Values

FREJUS TRACK BIKE. Custom-made frame (22"). All chrome; has one brake. \$350.00. Call Jane Rothenberg, 718/846-8120.

ATALIA GRAND PRIX. (woman's frame) New SunTour derailleur. Weinmann brakes. Quick release. Drop handlebars. \$175.00. Call Jane Rothenberg, 718/846-8120.

BIKE NASHBAR ROLLERS/EXERCISE STAND. Includes 3 rollers and optional quick-release fork mount for balance or stationary riding. Hardly used. Best offer.

100% WOOL SERCAL JERSEY. Brand new, never worn. (This jersey was a gift, but I'm allergic to wool.) Short sleeves, 3 rear pockets, partial front zipper. Colors: Royal Blue with Red and White side panels, neck and sleeve piping. Size: Men's Medium/Ladies Large. Best offer. For both rollers and jersey, call Karen Sauter at 212/777-0260 (x-161), Monday-Friday, 9:30-5:00.

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(Weisman, continued from page 7)

\*CODES FOR STAGE DATA.

STOP REASON	1) Regroup	2) Snack	3) Lunch	4) Flat	5) Accident
TERRAIN	1) Downhill	2) Level	3) Rolling	4) Some hills	5) Many hills
ROAD COND.	1) Smooth	2) Not so smooth	3) Undulating	4) Pot holes	5) Dirt/gravel
TRAFFIC	1) "None"	2) Light	3) ----	4) Moderate	5) Heavy
WIND	1) Tail: >15	2) Tail: 5to15	3) Still: -5to+5	4) Head: 5to15	5) Head: >15
TEMPERATURE	1) 60 to 70°	2) Cool: 45to60	3) Warm: 70to80	4) Hot: >80	5) Cold: <45
HUMIDITY	1) Low	2) Moderate	3) ----	4) High	5) Rain/drizzle

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:

WHERE DID YOU HEAR OF N.Y.C.C.? \_\_\_\_\_

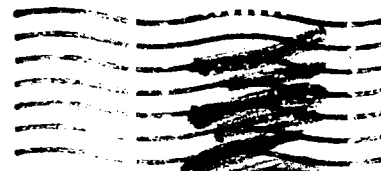
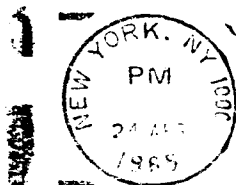
Circle if applicable: I do not wish my (address) (phone number) listed in the roster which is published in the bulletin semi-annually.

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.

## Membership Application

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



**LOVE**  
USA 22

# First Class

Christopher Mailing  
80 Garfield Pl #1F  
Brooklyn, NY 11215