

November
1985

NEW YORK CYCLE CLUB

In its 49th year

NOVEMBER 1985

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Rides Schedule

Compiled by Marty Wolf for
Lee Gelobter, VP Rides

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.

<u>Ride/Riders</u>	<u>RIDE AND RIDER CLASSIFICATION</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.	11-17 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.	10-8 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.-Sun. Nov. 2-3 8:00 AM A+ 310 mi.	ALBANY WEEKEND SCHMOOZE. Leader: Alex Bekkerman (h.718-438-4746,w.212-760-4303) Let's meet at the Boathouse; depart at 8:15AM and ride a steady 20+ mph pace. The route is subject to change. We'll stay at HoJo and return the same way. Don't expect anything tricky on this ride; just hard work and a good time Saturday night.
Sat. Nov. 2 8:30 AM A 45 mi.	NYACK AGAIN, (OF COURSE). Leader: Bill Vojtech (718-336-6474) This ride was rained out last time so we'll try it again. Pray to your choice of Gods, Goddesses, Spirits, Nymphs and/or Totem Poles for cool, crisp (but not wet) fall weather. The pace will be brisk and we'll try for a lunch stop with class. Meet at the GW Bridge walkway.
Sun. Nov. 3 8:20 AM A 75 mi.	OSSINING ODYSSEY EXTENDED. Leader: Rich Herbin (212-666-2162) Enthusiastic up-and-downwardly mobile cyclists wanted for hilly, fast-track ride to Sleepy Hollow Country. Diner or deli stop in Ossining depending on temperature and leader's whim. Return route via Tarrytown Reservoir and Sprain Ridge is demanding, but worth it. After all, if you don't deserve the best.....Meet at the Boathouse.
Sun. Nov. 3 8-9:00 AM A/B/C/D 24+ mi.	CLUB SELF-CLASSIFICATION RIDES. Leaders: Alinda Barth, Irv Weisman (718-441-5612) Meet between 8:00 and 9:00 AM at E. 72nd St. entrance to Central Park. Record cards will be supplied; bring a pen or pencil for your record keeping and a self-addressed stamped envelope if you would like your record mailed to you. See write-up elsewhere for more info.
Tue. Nov. 5 8:00 AM A- 70 mi.	BUREAUCRATS AND FREELOADERS RIDE. Leader: Steve Baron (212-228-0555) Bureaucrats and Freeloaders - Since the Banker, Chris Mailing, will work on this day, I have been elected to lead this traditional ride to Chappaqua and Tarrytown at an A- pace. A new classic on an old theme. Call for details.
Tue. Nov. 5 10:15 AM B 45+ mi.	ELECTION DAY SPECIAL. Leaders: Debbie Bell, Martha Ramos (212-864-5153/718-858-9142) If you have the day off, then take the opportunity to perform your civic duty and still enjoy the day. Board the "Election Day Special" to 241st St. in the Bronx (last stop on the #2 train). Join us for a rolling to moderately hilly route into Westchester. Lunch will be indoors. Rain or temperature below 40° cancels.

- Sat. Nov. 9
8:30 AM
A
70-85 mi. JERSEY JAUNT. Leader: Clay Heydorn (718-434-7176) Meet at the Boathouse for a friendly pace line ride to Nyack and beyond. We will stick to familiar roads to keep the leader from getting lost. The usual cancels. (Driving to the starting point earns extra points.)
- Sun. Nov. 10
8:30 AM
A
65-70 mi. BETH'S BICYCLING BIRTHDAY BASH. Leader: Beth VanArsdel (201-461-0165) Meet at the New Jersey side of the G.W. Bridge for a loosely structured pace line to Stony Point; a light lunch at a deli in Nyack on the return and on to Beth's new apartment in Palisades Park for wine, cheese, etc. Then a wobbly return over the G.W. Bridge. Please RSVP on this ride by Fri. Nov. 8.
- Sun. Nov. 10
9:00 AM
B
60 mi. UPPER SADDLE RIVER REVISITED. Leader: Alinda Barth (718-441-5612) Meet at the CP Boathouse for a ride through Bergen County with a few hills to keep us warm and one or two diner stops. This ride will not take place if the Nov. 3 Central Park Self-Classification Ride was rained out!
- Sat. Nov. 16
8:30 AM
A
65 mi. BRIARCLIFF MANOR. Leader: Mike Klaveness (h. 212-873-5754, w. 212-262-6810) Meet at the Boathouse for a friendly pace line ride to Westchester. Call Mike Friday at work or early Saturday (after 6:45 AM) at home if in doubt about the weather.
- Sun. Nov. 17
8:30 AM
A
60-85 mi. LATVIA'S INDEPENDENCE DAY. Leader: Maxim Vickers (718-728-7179) We will do it a day early. (Small countries do not get Mondays off.) We will start from the Boathouse for those good bagels in Syosset and some hills (short and steep) beyond. Red-White-Red attire is appreciated. Rain in the morning cancels.
- Sun. Nov. 17
9:00 AM
B+
65 mi. JERSEY-ROCKLAND ROUNDABOUT. Leaders: Jackie and Rich Plate (718-788-1322) From the Boathouse. Join us for a quick paced, pleasant ride to an indoor lunch stop, probably in Piermont.
- Sun. Nov. 17
9:00 AM
B
45 mi. TURNING POINT BRUNCH. Leader: Karen Reich (212-874-7923) Meet at the Boathouse promptly at 9:00 AM for a ride to Piermont where we will brunch at the Turning Point Cafe. The usual stuff cancels.
- Sun. Nov. 17
9:15 AM
C+
25 mi. ROYAL TIBETAN (STATEN ISLAND). Leader: Stan Simon (212-741-3214) Meet at the Staten Island Ferry (Manhattan Side) for an easy double pace line out (flat). We come back the hard way, all hills. We'll visit Gateway National Park for a sprint and water scenery. Bring 25¢ for ferry and \$2.00 for the museum.
- Sat. Nov. 23
8:45 AM
A-
75 mi. LET'S TRY JUST ONE MORE TIME TO GET TO BAYVILLE/OYSTER BAY. Leader: Marty Wolf (212-935-1460) Rained out last month I'm determined to ride once more on this pretty route to these North Shore towns. Meet at Tramway Plaza (59th and 2nd Ave.) for a prompt start at 8:45 AM. Lunch will be in Bayville. Any precipitation or temps below 25° cancels. Ride may be shortened should weather indicate so and the group agree.
- Sun. Nov. 24
9:00 AM
A
50+ LEADERLESS RIDE. With the return of winter, of thinner motor oils, and of thinner ride schedules, the leaderless ride has returned. Meet at CP Boathouse for a ride to a destination and of a distance to be determined by those who show up.
- Sun. Nov. 24
9:00 AM
B
50-65 mi. LAST DASH TO BAYVILLE. Leader: Sara Flowers (718-544-9168) Meet at the Statue on Queens Blvd. (E or F train to Kew Gardens) for a ride - distance and destination to be determined by the weather: Albertson, Syosset, or Bayville; indoors or out; fast or slow; hilly or flat. Regardless, I will guarantee a good, social time.

- Fri. Nov. 29
9:00 AM
A
75 mi.
POST-TURKEY JERSEY JAUNT. Leader: George Schnepf (212-473-6954) On Thursday you indulged! Now come on out and burn off that extra slice of pumpkin pie. We'll cruise some pretty, suburban and semi-rural routes in North Jersey (and I promise, no Skyline Drive this time!) in a tight paceline. Rain/snow or 8:00 AM temp below 30° cancels. Meet at the Boathouse.
- Sat. Nov. 30
9:00 AM
A
65 mi.
CHOW DOWN AT O'DONOHUES. Leader: Lee Gelobter (718-646-7037) Meet at the Boathouse for a Friendly pace line ride through the wilds of Bergen County. Feast on all of Kevin's specialties and then speed back over the flats of 340 & 501. Temp below 25°, wind chill below 0° or other hazardous road conditions cancel.
- Sat. Nov. 30
9:00 AM
B
60 mi.
OSSINING VIA SLEEPY HOLLOW. Leader: Alinda Barth (718-441-5612) Do you feel like a stuffed turkey? Get rid of all those calories with a ride to Westchester. There will be an indoor lunch stop at, what else - a nice diner, with a large menu, that serves breakfast all day. Meet at 242st St. and Broadway (last stop on the #1 train). Rain cancels.
- Sun. Dec. 1
9:00 AM
A/A-
60-70 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 a single line where it's too dangerous to maintain a double pace line).
- 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 on a ride.

New Members

Compiled by Irene Walter

CAVALLI, Anthony	35 Fifth Ave. #1506A	N.Y.	10003	212-475-1053
DERMAN, Jerry	111 Garrison Ave. #D-6	Jersey City NJ	07306	
EDINGER, Monica	311 W. 105 St. #4B	N.Y.	10025	212-864-7497
GROSSMAN, Ron	120 MacDougal St. #21	N.Y.	10012	212-598-4563
HAIRONSON, Ira	5420 15 Ave.	Brooklyn	11219	718-854-4472
KOSOFF, David				212-599-8877
LABINER, Bart	722 Broadway #8	N.Y.	10003	212-777-3632
LANE, James M.	132 E. 45 St. Penthouse D	N.Y.	10017	212-697-8942
MAN, Martin	18 Harbor Rd.	St. James	11780	516-862-9223
McMURRAY, Frank	234 E. 24 St. #6	N.Y.	10010	212-889-9699
PAPADOPOULOS, Peter	212 Eighth Ave. Garden Apt.	Brooklyn	11215	
PAPADOPOULOS, Sarah	212 Eighth Ave. Garden Apt.	Brooklyn	11215	
PATTON, Katherine L.	36 Plaza St. #11B	Brooklyn	11238	718-789-5566
TURNER, Susan A.	50 Shore Blvd. #2B	Brooklyn	11235	718-615-1735
WARNER, Alan M.	69-48 136 St.	Flushing	11367	718-261-5886

NYCC MEMBERSHIP AS OF 10/7/85: 503.

Change of Address:

Beth van Arsdel 226 Second Street Palisades Park, NJ 07650 201/461-0165

PLATFORM '85

PRESIDENT

Lee Gelobter

I joined NYCC in 1980 hoping to find others to share my obsession with cycling. Almost immediately, I began leading B rides and soon worked my way up to being an A rider. Having led more than 20,000 club miles, I have served on the Board of Directors as A Rides Coordinator and VP of Rides.

It is my feeling that the club's sole purpose is to provide an abundance of quality rides for the membership. It is that purpose that I intend to serve.

Martha Ramos

As a quintessentially non-traditional cyclist, I am proud of some non-traditional accomplishments during my tenure, chief among them being the relocation of the club meetings into O'Hara's Restaurant. Meanwhile, along the line of more traditional accomplishments has been a strong emphasis on encouraging the creativity and participation of all types and levels of club rides. I believe it is that diversity that differentiates the NYCC from other cycle clubs and is responsible for our continued vitality which is reflected in our membership growth.

My personal goals continue to be touring (on, of course, a non-traditional bicycle) that travels scenic back roads and seeks out unique routing. My focus remains on searching out ways to maximize the cycling experience with a sense of style and humor. If you share that vision, then I invite you to join me as we continue to breeze on down the road.

VP RIDES

Debbie Bell

Years of cycling have not diminished my enthusiasm for exploring new territory and expanding my own capabilities. But I appreciate equally the pleasures of sharing these experiences with other cyclists and the satisfactions of well-planned routes. I believe that most NYCC members share these goals.

While pursuing these common achievements, our club is large enough to accommodate a diversity of riding interests and abilities. We have the talent and resources to sponsor rides suitable for people on their first "ten-speeds" as well as would-be racers. As a Board member, I would have four goals: to maintain the rich diversity of our riding programs; to encourage rides which bring together various riding levels within the club; to articulate your needs; and to help implement your suggestions. I welcome your support.

George Schnepf

Hi! I thank my fellow club members for nominating me Vice President--Rides. Whether I won or lose, it is an honor to be considered for such a position by my peers. During my five years as a member of the NYCC, I have ridden with many of you in all of the ride categories. I have gotten to know many of you and developed a good understanding of what club members look for in rides and in a V.P. Rides.

Any candidacy requires a pledge. Mine is simple. If chosen by you to serve as V.P. Rides, I will fulfill the primary responsibility of the position. Namely, to make sure that all ride listings, as received from the Ride Coordinators, are accurately listed in the Club Newsletter. I ride every week and know how important the listings are to club members. I will make sure, to the best of my ability, that we have a complete listing of rides each month for our mutual enjoyment.

I look forward to your support and to a great cycling year in 1986.

PUBLIC RELATIONS DIRECTOR

Larry Rottersman

I think public relations begins at home, which is why I have been sending a personally typed letter (by my personal computer, anyway), welcoming all new members and inviting them to join our monthly meetings.

Further afield, I have arranged two radio shows, one syndicated, for the club, and try to exercise a letter-vigilance, as I did recently writing to ABC Sports.

I would like to do more, and will welcome the opportunity to do so, even if I'm not relected to the board. Our club really is the best; naturally, I want to tell the world about it.

SECRETARY

Rosmarie Ottomanelli

Of course it's not only keeping the record straight, it's keeping it spelled right, too. If any future historians look at my work, I hope they see the enjoyment I have had since I was appointed to the Board several months ago. (And please, let them ignore the misspellings.) It's my wish to be able to continue in office for the coming year--I hope it's yours too.

HOW ARE WE DOING?

By Irv Weisman and Alinda Barth

Increased attention has been paid this past season to ride classifications and rider performances. As a result of more homogeneous groupings, coupled with an underlying desire by most of us to "improve," many members have trained themselves into higher performance than could be done with more heterogeneous groups.

So now, at the tail-end of the season, how is the membership spread out among our several ride classes? In what class do we each prefer to ride?

To determine both club and individual data, a mass self-classification ride will be held on Sunday, November 3 (with a rain-date on Sunday, November 10). The ride will be conducted in time-trial style, that is to say, no drafting permitted. We are interested in your preferred, sustained club riding pace rather than your all-out effort. This will enable the Rides committee to know "what classes of riders are out there," and will enable you to determine your own level of performance within the club ride rating system.



Cycling Shorts

By Gregory D'Agostino



Clay Haydorn found the following curiosity--Samuel Abt, a deputy editor of the International Herald Tribune and the writer who has been covering the Tour de France for the New York Times, has written a book entitled Breakaway: On the Road with the Tour de France. The book covers the 1984 Tour, stage by stage, with a generous amount of background stories and interviews. I highly recommend it to anyone interested in the racing scene. There is one little slip, though, indicating that Mr. Abt may not have looked too closely at cleated shoes. "Walking daintily in racing shoes with turned up toes to hold better in the wire traps over the pedals, the riders get on their bicycles and begin moving out." They also begin to experience terrible pains in their toes!

A few days after Clay sent me the above Davis Phinney's toes were so badly



item, I read that during the Giro d'Italia swollen that both shoes had to be cut away.

First-year pros Andy Hampsten and Ron Kiefel of 7-ELEVEN both won a stage in this year's Giro d'Italia beating out 175 veteran riders including five former World Champions--LeMond, Moser, Hinault, Saronni and Knetemann.

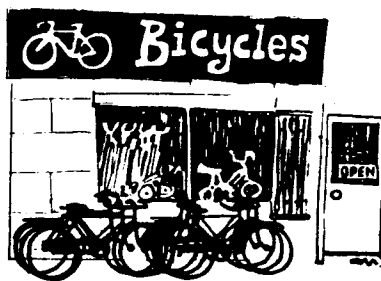
Fietsvakantiewinkle is quite a long name (might as well be Rumpelstilskin). Fietsvakantiewinkle is the Dutch Bicycle Touring Information Centre (notice it doesn't get any shorter in English, and it is such a small country). With such names as Fietsvakantiewinkle, it's little wonder most people choose France for a cycling holiday. However, if you should have an urge to stick your finger in a dyke, write to: Fietsvakantiewinkle, Havenstraat 13, 3441 BH, Woerden, Holland (such a long address).

Monty Python's Michael Palin has a penchant for bicycles or rather for falling off bicycles. His resuem of Python sketches includes "Bicycle Repairman" and "The Cycling Tour." In the latter, Mr. Palin is toppled from his bike all along the country lanes of the Crown Duchy of Cornwall. In the current film "Private Function," Mr. Palin plays a chiropodist who makes his house calls on a bike from which he often falls. The star of the film is a pig. Michael Palin was graduated from Oxford.

The Raleigh bicycle company takes its name from the location of its first workshop on Raleigh Street, in Nottingham, England.

The Belle Epoch saw a Raleigh "Modele Superbe" customized for Lady Jane Fane. The bicycle had an 18-carat-gold lining with her initials in solid gold on the head tube, and copper-plated wheels and rims. The spokes were enameled in green.

When you see the movie KEY EXCHANGE, look for Kenny Sloan up there on the silver screen. Kenny picked up four days pay by playing a role which comes quite naturally to him--that of a Central Park bike racer. Can you imagine getting paid to ride your bike around the park! As the song goes "That's like playing a guitar on MTV, money for nothing & the chicks for free."



BICYCLING SAFETY TECHNIQUE AND ETIQUETTE

Bicycling is enjoyable when done in a safe, responsible and effective manner. Keep the following in mind:

Ride Predictably

- Ride like a tall, skinny automobile!
- As you ride, keep your relative position on the road constant.
- Ride as far to the right as is practical and safe, except when passing or making a left turn.
- After looking, signal your intention well in advance of any maneuver.
- Use the "right-of-way" when it is legally yours, but use common sense also. A confrontation between a 3,000-pound car and a 30-pound bike will have a predictable outcome.
- When being passed, don't swerve away from or towards the overtaking cyclist.
- Don't overlap the wheel of the bike in front of you.
- Don't dart in and out between cars.

Ride Courteously

- Call out "car back" to inform other cyclists of traffic approaching from behind. The outside cyclist should pull ahead of the inside cyclist.
- Call out "on your left" when overtaking another cyclist. Passing on the right is dangerous.
- Call out "on your wheel" when drafting another cyclist.
- Point out and call out road hazards for those behind you, such as potholes, glass, bike-trap grates, gravel or sand, railroad tracks, wet leaves, etc.
- Park your bike in a safe place out of the flow of pedestrian and vehicular traffic.
- The police can be helpful. Get the license number and report vehicle driver violations to the police. If you need help, call 911.

Ride Defensively

- Expect that often you will not be seen or will be overlooked by motorists and pedestrians even though you're clearly visible.
- Dress yourself and equip your bicycle for good visibility, especially at night and in other poor visibility conditions.
- Ride single file unless conditions allow double file riding. Never ride three or more abreast.
- Don't pass on blind curves.
- Pass going uphill if you can complete the pass easily.
- Brake carefully in wet weather. Bike rims and brakes become slick when wet and do not grab as well.
- Anticipate trouble spots, such as bumpy roads; loose gravel; railroad tracks; wet, oily or icy pavement; wet leaves or wide seams in concrete roads or wooden bridges. Expect to be unstable in these situations.



NOVEMBER

Club Meeting Program

arranged by Sara Flowers
VP Programs

REPORT FROM THE BOARD

As the end of the calendar year approaches, your NYCC Board has been considering what the New York Cycle Club is and what it should be; who are the members; quality of membership vs. quantity; how to serve the individual, regardless of riding level; how to increase quality and quantity of rides; how to balance social intimacy with general inclusion of all riders; and how to increase membership participation.

Board members are reluctant to stop with the expression of philosophies and are now in the process of forming specific recommendations and programs. Some specific suggestions include formulation of special interest groups (such as ride scouting, bike mechanics, conditioning, safety, racing), publishing of tips for riders and for leaders, marking of club routes, establishment of a club library of maps and cue sheets, social and planning meetings for A,B, and C riders.....

We will present our thinking to the club at the November general meeting, and will welcome philosophical and practical observations from the membership. Please join us, write us, call us with your ideas: 1986 is almost here.

DATE: Tuesday, November 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 the meat, fish, or poultry; \$7.50 for vegetarian; desserts extra) YOU MUST PURCHASE BY 7:00 PM. Diners will receive color-coded coupons; 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 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.

Classified

MOUNTAIN BIKE. Yes, that's right! I'm an 18-inch Raleigh. Good condition after only 215 miles (approximately). I like snow, mud, and especially New York Streets with lots of potholes. For \$350.00, you can help me enjoy another winter in the Big Apple. Larry: 212/304-0485.

CANNONDALE ALL-TERRAIN BIKE. SM500. 18" and 29 pounds. Charcoal gray. Like new. Karen: 516/482-6102.

PEEKHAM 44 cm. Custom-made racing bike. Reynolds 531 tubing. All Campy components. Used one season. \$800.00. Karen: 516/482-6102.

Wanted: Men's 3-speed bicycle. Call Gregory D'Agostino, 718/272-4271.

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!**

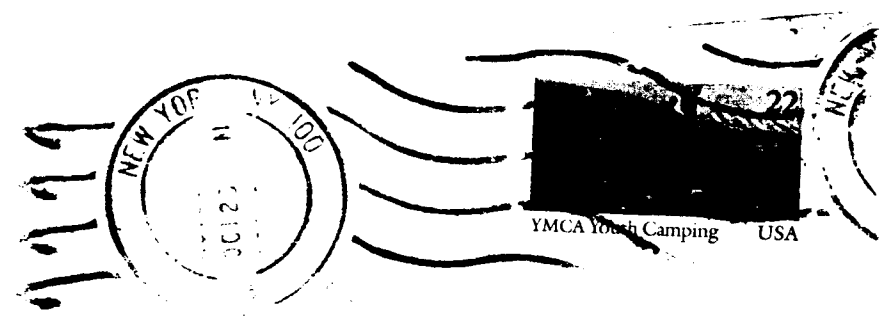
WHERE DID YOU HEAR OF N.Y.C.C.? _____
Circle if applicable: I do not wish my (address)(phone number) listed in the roster which is published in the bulletin semi-annually.

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

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 Class

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