

April
1986

New York Cycle Club

Our 50th year April 1986

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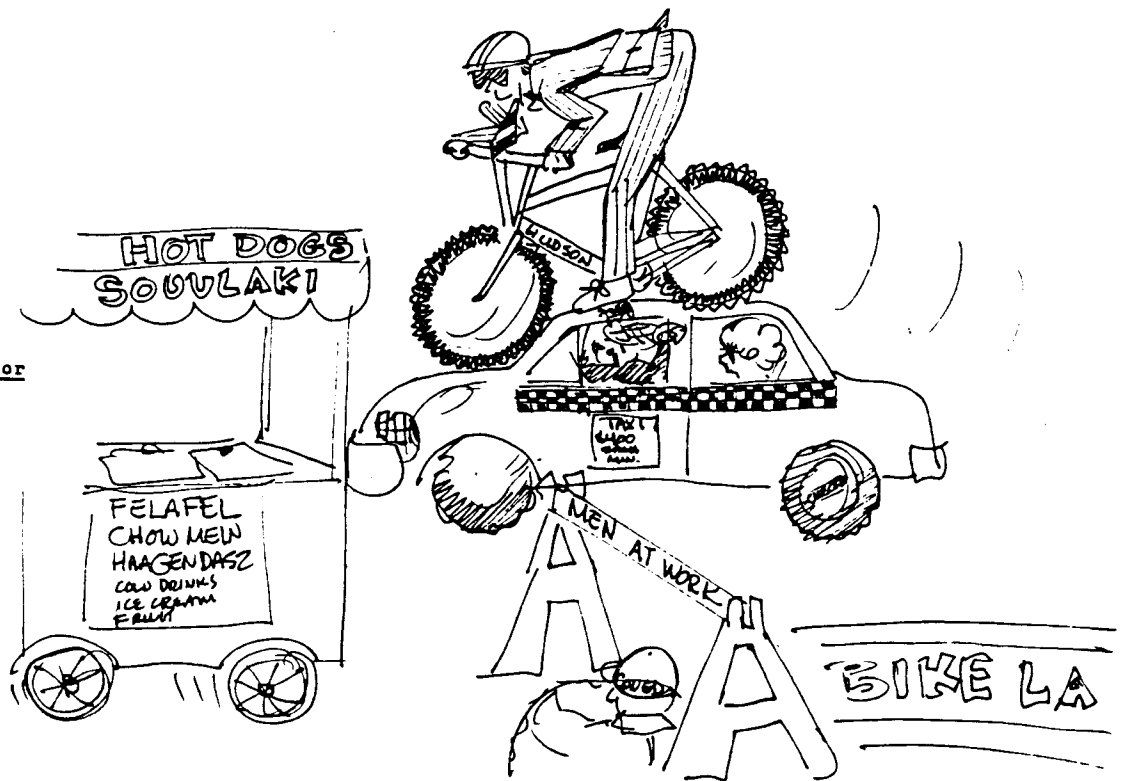
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RIDES PROGRAM

Compiled by Debbie Bell, V.P. Rides

GUIDELINES FOR CLUB RIDES

NYCC rides are intended to be friendly group rides: we don't like to "drop" or lose anyone. However, leaders should turn back riders whose physical or bicycle condition seems inadequate, or when this is not feasible, those whose riding ability early on in a ride seems inadequate. Our leaders are truly reluctant to do this; so please cooperate with them.

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

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

RIDE AND RIDER CLASSIFICATION

Ride Class	Average Speed (not incl. food stops)	Cruising Speed	Riders	Ride Description	Self-Classification Central Park Times 4 full laps = 24.5 miles*
AA	17+ mph	20+ mph	Animals	Anything goes. Eat up roads, hills and all.	Less than 1 hr. 12 min.
A+	16-17	19-20	Sports	Vigorous riding over hill and dale.	1:12 - 1:17
A	15-16	18-19		High regard for good riding style.	1:17 - 1:23
A-	14-15	17-18		Can take care of themselves anywhere. Stops every two hours or so.	1:23 - 1:30
B+	13-14	16-17	Tourists	Moderate to brisk riding along scenic roads, including hills. Destination not so important. Stops every hour or two.	1:30 - 1:39
B	12-13	15-16			1:39 - 1:49
B-	11-12	14-15			1:49 - 2:00
C+	10-11	13-14	Sight-seers	Leisurely to moderate riding. Destination oriented: nature, historical, cultural. Stops every half hour or so.	2:00 - 2:14
C	9-10	12-13			2:14 - 2:30
C-	8-9	11-12			2:30 - 2:48

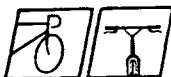
* New members can assess their probable riding class by riding 4 full laps around Central Park, at a pace which feels comfortable to them, and comparing their times to those listed above. Ride with other cyclists or runners; the park can be dangerous at its northern end. Central Park Boathouse phone numbers are: 650-9521; 744-9813; 744-9814. The Boathouse is located inside the Park, along the East Drive, near 72nd St.

Sat./Sun. throughout April
B+ 25-? mi.
DIAL-A-BRIEF-B+ RIDE. Leader: Lin Ehrlich (212-737-3887) So you say our elderly aunt now expects you to take her to church (or brunch) every Sunday morning and your usual riding buddy pulled an Achilles tendon playing tennis and the only time your dentist can see you is Saturday mornings? No problem. My secretary (i.e., answering machine) has volunteered to take messages (on weekends and 7-11 PM weekdays) to connect B+ riders. Leave brief messages--name, work and home phone, day(s) and time slot you'd like to ride. If I can't go, I'll try to connect riders who can.

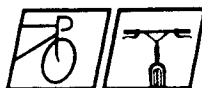
Wed. Apr. 2
A
TRAIN WITH ART. Leader: Art Guterding (212-415-8920, of.) From the Tavern on the Green, Central Park. Meet at 6 AM for a few friendly miles before work.

Sat. Apr. 5
9:00 AM
A/A- 70 mi.
"A" TRAINING RIDE NO. 11. Leaders: Chris Mailing (718-965-0894) & Richard Herbin (212-666-2162) From the Boathouse. The classic training ride to Chappaqua; the classic meal at the Flagship. Precip./temp. below 30F cancel.

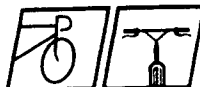
Sat. Apr. 5
9:00 AM
B+/B 55 mi.
TIME TRIALS PREVIEW -- TO NYACK. Leaders: Jackie & Rick Plate (718-788-1322) From the Boathouse at 9 AM, or the GWB walkway at 9:30. Join us for a preview of the route for the club time trials on April 19. The time trial is great fun, and a marvelous way to chart your development over the season and from year to year. (The route is 17 miles on 9W to Nyack.)



- Sat. Apr. 5
10:00 AM
C
25 mi.
JERSEY STEPPES. Leader: Alinda Barth (718-441-5612) From the Boathouse. All right, all you C's, this is definitely a C ride. Alinda now has one of those little gadgets that will tell her when she is speeding. So come see the Hudson River from both sides. Oil your chains, tighten your bolts, and let's go. Rain cancels.
- Sun. Apr. 6
8:30 AM
A/A-
75 mi.
"A" TRAINING RIDE NO. 12. Leaders: Josh Keller (212-674-0955) & Max Vickers (718-728-7179) From the Boathouse; to Rockland County. Precip./temp. below 30F cancel.
- Sun. Apr. 6
9:15 AM
B+/54 mi.
B-/43 mi.
C /33 mi.
SILVER LAKE/WHITE PLAINS. Leaders: Debbie Bell (212-864-5153), Roseann Korsa (212-549-2034), Martha Ramos (718-858-9142) From 241st St. & White Plains Rd., Bronx (last stop, No. 2 train). New members, and old members emerging from winter hibernation -- this one's for you. Choose your group and pace, with three leaders riding overlapping routes. If you have second thoughts after a few miles, you can drop back and join the next group. Still uncertain? Bring your Metro-North pass and go home the easy way. All three groups will meet at Silver Lake for a picnic, weather permitting, or indoors at the Flagship in White Plains, followed by a flat and scenic return to the Bronx. Precip./start temp. below 40F cancels.
- Sun. Apr. 6
9:30 AM
C+
37 mi.
PROGRESSIVE TRAINING RIDE NO. 3. Leader: Irv Weisman (212-562-7298, h.; 212-650-8075, of.) From the Boathouse. Add six more miles to PTR No. 2 to ride 37 mi. in 4.5 hours. A second pick-up point at 10:15 at the GWB Bus Terminal, 178th St. & Ft. Washington Ave. ("A" train, 175th St.). Lunch in a diner. Return to GWB approx. 3 PM. 60% chance of rain; 8 AM temp. below 40F cancels.
- Wed. Apr. 9
A
TRAIN WITH ART. Leader: Art Guterding (212-415-8920, of.) From the Tavern on the Green, Central Park. Meet at 6 AM for a few friendly miles before work.
- Sat. Apr. 12
9:00 AM
A/A-
65 mi.
"A" TRAINING RIDE NO. 13. Leaders: Chris Mailing (718-965-0894) & Lee Gelobter (718-646-7037) From the Boathouse. To Westchester and the Kensico Reservoir area. This ride features instructional drills on time trialing techniques, to be held by Chris following the 11:30 lunch break at the Flagship Diner. Time trial starts and turns will be reviewed. Riders of all levels are encouraged to attend. Precip./temp. below 30F cancels.
- Sat. Apr. 12
9:30 AM
B
50 mi.
NEW SPRING CYCLE ON LONG ISLAND. Leader: Sara Flowers (718-544-9168, h.; 212-921-4317, of.) From the Statue, Queens Blvd. & Union Turnpike. Time to pick up the pace a bit and increase the distance. Time to celebrate spring and spring rides on Long Island. The cycle begins and continues: let's see new, old, hills, valleys, the Sound, the woods. It will be a social ride, but expect a true B pace. Call for more info. Note: this ride includes a surprise birthday party and a surprise wedding anniversary (23rd). Hope the surprises show up. Precip., high winds, or start temp. below 35F cancel.
- Sat. Apr. 12
C/C-
DIAL-A-RIDE. Leader: John Mulcare (718-672-5272) If conditions look promising, call John the evening before, or before 8 AM the morning of the ride. First caller may help select time, meeting place, and destination. Wet, icy roads; forecast of precip. or high temp. below 45F cancel.
- Sun. Apr. 13
8:00 AM
A/A-
90 mi.
"A" TRAINING RIDE NO. 14. Leaders: Richard Herbin (212-666-2162) & Claire Goldthwaite (212-228-0828) From the Boathouse. Train all around Westchester. This ride is routed through White Plains, the Connecticut border, and Bedford, NY. Precip./temp. below 30F cancels.
- Sun. Apr. 13
8:45 AM
B
50 mi.
STATEN ISLAND. Leader: David Moses (718-375-0816) From the Manhattan entrance of the SI Ferry. The route climbs two real hills by way of Silver Lake Park. Deli stop at the Meeting House historic site in Tottenville. Return via East Shore beaches.
- Sun. Apr. 13
10:00 AM
B-
40-45 mi.
NYACK VIA OLD TAPPAN. Leader: Maggie Clarke (212-567-8272) From the GW Bridge (178th St. & Ft. Washington). A scenic tour of Bergen County and Tallman Park on the way to Nyack. Picnic or indoor lunch stop depending on the weather. 8 AM temp. below 40F, 60% rain prediction, or slush cancels. Joint Sierra Club.
- Sun. Apr. 13
10:00 AM
C/C-
30 mi.
KINGS POINT PARK. Leader: John Mulcare (718-672-5272) From 179th St. & Hillside Ave., Queens (last stop on E or F trains). A ride to Great Neck. There will be an indoor lunch stop unless it is warm enough to eat in the Park. Bring pump, tire irons, 2 tubes, patch kit, full water bottle(s), medical ID card, and lunch or money to buy it. Forecast of precip. or high temp. below 45F, or winds above 15 mph cancel. If in doubt, call John before 8:45 AM.



- Wed. Apr. 16
A TRAIN WITH ART. Leader: Art Guterding (212-415-8920, of.) From the Tavern on the Green, Central Park. Meet at 6 AM for a few friendly miles before work.
- Sat. Apr. 17
10:00 AM
A/A-
50 mi. "A" TRAINING RIDE NO. 15. Leaders: Steve Sklar (212-877-5235) & Rick Plate (718-788-1322) From the Boathouse. Time Trials! Now that we have almost reached the end of the training rides, let's see if we can at least match last year's scorching times. Lunch at Nyack and a leisurely recovery ride home. All riders are encouraged to attend. Precip./temp. below 30F cancels.
- Sat. Apr. 19
8:30 AM
B+
55 mi. CLUB TIME TRIALS AND RETURN, I. Leaders: Jackie & Rick Plate (718-788-1322) From the Boathouse at 8:30 AM, or the GWB walkway at 9 AM. We had a great time at last year's time trials and hope you will join us for this one. The timed route is 17 miles from the bridge to Nyack. We'll lunch in Nyack, brag or sulk, and return at a leisurely pace.
- Sat. Apr. 19
9:00 AM
B
45-50 mi. CLUB TIME TRIALS AND RETURN, II. Leaders: Joan Mayer & Joe Vaccaro (212-691-8515) From the Jersey side of the GWB. We'll take part in the 17-mi. time trials to Nyack where we'll lunch with all the other participants. We'll return to the Bridge and, for those who are interested, continue on to Hoboken for a PATH ride to Manhattan.
- Sat. Apr. 19
C/C- DIAL-A-RIDE. Leader: John Mulcare (718-672-5272). See Apr. 12.
- 815 Sun. Apr. 20
8:00 AM
A/A-
100 mi. "A" TRAINING RIDE NO. 16. *S.I. Ferry* Leaders: Dave Walls (212-663-7059) & Steve Baron (212-228-0555) From the Boathouse. The last of the "A" Training Rides and the first club century of the season. Ride south to beautiful Princeton, NJ. Precip./temp. below 30F cancels.
- Sun. Apr. 20
10:00 AM
B+
50-60 mi. JERSEYS IN JERSEY. Leader: Lin Ehrlich (212-737-3887) From the Boathouse. A scenic ride at a strictly B+ pace. We will meet Karen Reich's group for a very social indoor lunch. No questions asked if you wear a windbreaker over your jersey.
- Sun. Apr. 20
9:00 AM
B
45 mi. WOULD YOU BELIEVE NYACK AGAIN?! Leader: Karen Reich (212-874-7923) From the Boathouse. We'll be taking the scenic route to Nyack. We plan to rendezvous with the B+ group for lunch. The usual stuff cancels.
- Sun. Apr. 20
9:00 AM
B-/C+
40 mi. 11TH ANNUAL CHERRY BLOSSOM RIDE. Leader: Irv Weisman (212-562-7298, h.; 212-650-8075, of.) From the Coliseum (60th St. & Broadway) at 9 AM, or at top of the PATH escalators in the World Trade Center at 10 AM. Ride through Branch Brook Park to the Belleville Cherry Groves which should be in full flower. PATH fare, \$.75. Return by 4:30 PM via GW Bridge and several steep climbs. Bring lunch, but a market is nearby. 60% chance of rain cancels.
- Wed. Apr. 23
A TRAIN WITH ART. Leader: Art Guterding (212-415-8920, of.) From the Tavern on the Green, Central Park. Meet at 6 AM for a few friendly miles before work.
- Sat. Apr. 26
6:30 AM
AA
203 mi. SECOND ANNUAL KINGSTON DOUBLE CENTURY. Leader: Alex Bekkerman (718-438-4746) From the Boathouse. This ride will be held in the same manner as last year: the first stop will be at the 101-mi. point (7 miles north of Kingston). Then, on the way back, we'll stop in Newburgh. There is a prize for being first at the turnaround point--I buy the beer on our return to the Boathouse. The route is simple with emphasis on speed and group riding. Time limit is 13.5 hrs. total. Bring some food. Sorry, we will not wait for dropouts or (added by John Waff) other unsavory characters. Note: David Walls (and others who don't drink beer) may have a choice of drink.
- Sat. Apr. 26
8:30 AM
A
70 mi. HILLS OF PIERMONT -- CLAY & SIMONE ANNIVERSARY RIDE. Leader: Herb Dershowitz (212-929-0787) From the Boathouse. A ride through the hills of Piermont to Rockland Lake; lunch in Nyack. Let's all help Clay & Simone celebrate their sixth anniversary.
- Sat. Apr. 26
9:00 AM
B
50 mi. OSSINING. Leader: Alinda Barth (718-441-5612) From Broadway & 242nd St. (last stop on No. 1 train). Get reacquainted with some of those good Westchester hills -- these are character and muscle building hills! We'll have lunch at a nice diner. Call old Barth if it looks like rain. If it is raining, forget it.
- Sat. Apr. 26
C/C- DIAL-A-RIDE. Leader: John Mulcare (718-672-5272). See Apr. 12.



Sun. Apr. 27 8:00 AM A 100 mi. **TWENTY YEARS AFTER...** Leader: Maxim Vickers (718-728-7179) From 72nd & Central Park West. This day marks the 20th anniversary of my arrival on American soil. To commemorate this event, we will ride to Bear Mountain on the NY side, climb the thing, and return via the GWS. Breakfast in Ossining, lunch in Stony Pt. Bring pocket foods to fuel brisk "A" pace. To avoid interference with the 5-Boro, we will meet at 72nd & CPW. See you there unless it rains! (Communal boozing and feeding after the ride are a distinct possibility.)

Sun. Apr. 27 9:15 AM B+/B 80/60 mi. **A QUIET HOLMDEL DAY.** Leaders: Martha Ramos (718-858-9142) & Debbie Bell (212-864-5153) A car-topping trip, starting at the snack bar in Holmdel Park (Longstreet Rd. entrance), near Exits 117 or 114 on the Garden State Parkway. Interested in another alternative to the Five-Boro? Join the leaders on their favorite ride -- spectacular scenery, horse farms, and gentle terrain less than one hour's drive from NYC. Leaders will ride either the 80-mi. route with a fabulous lunch stop in Allentown or the 60-mi. route, newly revised this year. Follow them, or ride your own pace and route; cue sheets and maps provided for both options. Call Debbie Bell if you can offer or need a ride. Rain cancels.

Sun. Apr. 27 7:20 AM 36 mi. **10TH ANNUAL CITIBANK-AYH FIVE-BORO BIKE TOUR.** Leaders: Volunteer Marshals. Info.: AYH, 212-431-7100. If you're really fun-loving, you must do this tour at least once in your lifetime, so why put it off? Last year there were over 20,000 riders. More are expected this year. The police close off streets and highways; marshals help with bike repairs; and charter buses follow for those who get tired. If you can't get to AYH (75 Spring St.) before Sunday to register (\$2 for AYH members, \$3 for non-members), register in Battery Park before 7:20 AM Sunday and get your free fluorescent safety vest then -- a real bargain, and a potential lifesaver on any ride. Use the subways to get close to Battery Park, if necessary. Bring pump, tire irons, 2 tubes, patch kit, water bottle(s), medical ID card, and lunch or money to buy it. (Description by John Mulcare.)

Wed. Apr. 30 A **TRAIN WITH ART.** Leader: Art Guterding (212-415-8920, of.) From the Tavern on the Green, Central Park. Meet at 6 AM for a few friendly miles before work.

Ride Previews

Sat. May 3 8-/40 mi. **GLEN COVE -- AMERICAN DREAM/RUSSIAN FANTASY.** Leaders: Bernie Pearlman (212-285-1235) & Sara Flowers (718-544-9168). Meet 10:00 AM, 188th St. & Hillside, Queens.

Sun. May 4 **NYCC ALL-CLASS CLUB RIDE** to Tallman. Detailed information in next month's Bulletin.

May 23-26 **MEMORIAL DAY IN SHEFFIELD, II.** Leader: Lee Gelobter (718-646-7037; 8-11 pm; no later, please). By now you've heard all the rumors of beautiful scenery and virtually traffic-free roads. Join us for 3 days of cycling in paradise. Riders of all levels are encouraged. Call for details.

Sun. Jun. 1 AA/A- **CLAY'S ROCK AND ROLL BIRTHDAY EXPRESS.** Leader: John G. Waffenschmidt (718-626-9835, h.; 212-566-5936, of.). Montauk and back -- 230 mi.; 5:45 AM; Jamaica Station.

Jun. 13-16 **GEAR-UP IN NIAGARA FALLS.** Debbie Bell is coordinating applications for club members who would like to have accommodations in the same building. More details at the April meeting; or call Debbie (212-864-5153).

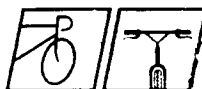
Sat. Jun. 14 A+/130 mi. **7TH ANNUAL STRAWBERRY SUPREME.** Leader: Maxim Vickers (718-728-7179). The space on this whirlwind pleasure cruise of Long Island is limited; please reserve early.

Sat. Jun. 21 10-150 mi. **NYCC BIKETOIR FOR VARIETY PRE-SCHOOLERS WORKSHOP.** Leaders: Jackie and Rick Plate (718-788-1322). On Long Island. Variety Pre-Schoolers Workshop is a nursery school for language, learning and developmental problems. This biketour is a great way to use your bike to make someone else feel good too. Enjoy a fully supported tour (food, drinks, whatever) while having the chance to win a variety of prizes, including a bicycle. A great club like ours should have a flagship event, and this could be it! Open to all cyclists, as announced in Bicycling Magazine (May and June).

Sat. July 5 A+ 100 mi. **CENTOMIGLIA VERMONTESA.** Leader: Maxim Vickers (718-728-7179). As is my habit, I intend to spend the 4th of July weekend climbing passes around Rochester, Vt. This year's century ride will be pared down from last year's 200 km. Vermontagnards to only 6,000 vertical feet, all of them gorgeous. Reserve early.

Sun. July 13 **NYCC ALL-CLASS CLUB RIDE** (Long Island).

Aug. 16-17 **DELAWARE WATER GAP.** Leader: Chris Mailing (718-965-0894). 275 miles.



At last, spring. The Mets, Yanks, cherry blossoms, forsythia, and wonderful cycling weather return. The traditional annual bike rides resume: the Five-Boro, our May All-Class Club Ride, the Kodak Liberty Festival, Memorial Day Marathon, and Berkshires -- all between now and the end of May.

These events attract large numbers of riders, but what really characterizes our Club is the rich schedule of smaller rides, weekend after weekend. While we have a nucleus of dedicated leaders, we are always looking for new people and fresh ideas. If you would like to try leading a trip (or, if you'd like to start out by co-leading with a more experienced leader) talk to our Ride Coordinators -- Josh Keller, Jackie Plate, and John Mulcare. In addition to the usual day trips, we're also interested in car-top rides and weekend trips. And what about those wonderful "city rides" of yore? Have we really relinquished them to the commercial touring groups? The Ride Coordinators must complete their schedules a month in advance (for example, this month's rides were submitted at the March 11 membership meeting). So, think ahead.

Whether you're planning a ride or simply trying to figure out where you were on someone else's ride, good maps are invaluable. Fortunately, all nearby areas have been well mapped by commercial companies (e.g., Hagstrom, Geographia). The maps generally cost several dollars and you'll find them in the darndest places -- delis, newspaper stands, and the like. But for the most comprehensive collections, it's worth a trip to Hammond (57 W. 43rd St.) or Rand McNally (10 E. 53rd St.). And don't overlook the marvelous Exxon maps -- richly detailed, accurate, and, best of all, free at the Exxon Touring Center (50th St., near Sixth Ave.). Also free, or very cheap, are biking maps published by many counties in New York and New Jersey (the League of American Wheelmen 1986 Bicycle USA Almanac has ordering information). For the connoisseur, there are New York county highway department maps (for information and prices, write: Map Information Unit, NYS Dept. of Transportation, State Campus, Bldg. 4, Rm. 105, Albany, NY 12232). Some are wonderful and some terrible. (In the latter category is one county which boldly identifies all superhighways and expressways and consigns smaller roads to unnamed, indistinguishable mazes.)

When I mention a bike trip outside of the city, I'm frequently asked by non-riding friends, "But how did you get there?" Of course, you can leave from the city on reasonably civilized roads, but if your legs have only a finite number of miles a day in them, you may want to save them for prime biking territory. Fortunately it's not all that difficult. Taking bikes on the subways is illegal -- and so are radios, smoking, etc. In truth, I know of no recent problems, and many of our Club rides do start from the ends of subway lines in the Bronx and Queens. Common sense and consideration for other passengers (for example, don't try to cram eight bikes into one car) normally avoid any problems.

A wonderful way to reach central New Jersey and avoid the Goethals is the PATH train to Newark. And, yes Virginia, there are decent routes out of Newark. The people at PATH have been very responsive to our leaders' advance requests to take groups on the trains. It is also possible to make special arrangements on the Long Island Railroad and Metro-North. And, don't overlook getting individual permits. Thanks to hard work in past years by NYCC members and other cyclists, bikes are now allowed on board (with some restrictions on times and number of bikes per train). Ever worry about physical problems, a mechanical breakdown, or threatening weather far from home? The appropriate permit is a lifesaver; I've never used mine -- but I never leave home without it. Addresses for applications appear below. You can also get LIRR permits at AYH (75 Spring St.). Permits cost \$5 each on Metro-North and the LIRR, and are free for PATH: they're valid indefinitely.

To request applications for bike permits:

Long Island Railroad
Attn.: Cyc-n-Ride
Public Affairs Dept.
Jamaica Station
Jamaica, NY 11435

Metro-North
Public Affairs Dept.
13th floor
347 Madison Avenue
New York, NY 10017

PATH
PATH Passenger Services
1 World Trade Center, 62W
New York, NY 10048

PIT CREW FOR THE PYRÉNÉES

by Valerie Walls

"Ou est la boîte postale? Ou est la boîte postale?" I repeated the phrase over and over again until both Jennifer and I agreed that the men at the Spanish-French border would understand.

I hopped out of the van, entered the Customs Office and confidently uttered the well rehearsed question. Immediately the reply came and just as quickly I realized a major miscalculation had been made! I hadn't prepared myself for the answer to come back in French. Luckily hand language is universal.

Why the need for French? Jennifer Berwick, my sister, and I were the support crew for David Walls and Maxim Vickers on the RAID PYRÉNÉEN, a race against the clock starting at one end of the Pyrénées and stretching to the other end. (If you are really crazy you can go from one end to the other and back again! Next year, guys?) We were in charge of pointing out check points and mail drops, laying out food for breakfasts, snacks, lunches, snacks, filling water bottles, and makingsure we had a place to rest at night.

Preparation for this race, which took place in August 1985, started in the Fall of 1984. Maxim, David and I spent many hours in the intervening months figuring out which way to go, east or west, how far between rest, snack, food and sleep stops and still finish the race in one piece and within the allotted time, as well as what supplies to take with us and what would probably be available in France. We got road maps of the route we had to take and using the booklet published by the sponsoring Pau Bicycle Club plotted each mile noting check points, postal drops, inclines, declines, road surfaces, towns and villages. Accomodations were reserved, flight plans were made, ground transportation was booked, favourite cycling nourishment was bought, equipment to cover any emergency was gathered, tools and bicycles were checked, families were reassured that we were not crazy and finally in August the Great Adventure began!

Maxim, David and I flew to Madrid where we met Jennifer, picked up our 9 passenger van and headed for Hendaye.

Jennifer and I decided that if we were going to do the driving through the mountains we had best learn how the van worked so we wouldn't let the fellows drive at all much to the amusement of the male population who observed us. Jennifer's drive through the old parts of Zaragoza and Collioure are a story in themselves.

We took two days to get to Hendaye, our starting point, so that we could adjust to the time change and after which we prepared for the "Raid". Maxim and David took short trips at first to make sure their bicycles survived the flight while Jennifer and I scouted out the food stops and other necessary things as well as trying to pick up on the language without relying on Maxim to translate for us.

One day was a real test. We were to go through some of the mountain passes in the Basque region of Spain and rendezvous for a picniclunch at a certain time. The fellows headed off very early while Jennifer and I planned the lunch, bought the food, and went in search of specific mountain pass. Luckily we had excellent road maps because we could not rely on the road signs. The Spanish names had been obliterated and only the Basque remained. Basque is nowhere close to Spanish or French. We relied on our instincts and sense of direction but when we were almost at our destination and there had been no sign of the fellows we were a little anxious. Just as we made the last incline who should we see but our stalwart travelling companions looking a little anxious and a little cold. The weather had been cold and damp but our spirits sure weren't!

Throughout our adventure we were always within 20 minutes of meeting at our rendezvous points. Maxim had planned very well and Jen and I were great followers.

To hear more of the actual "Raid" itself you will have to come to the April meeting. Maybe you are asking yourself "Could Maxim and David have done it on their own?" Sure they could but it wouldn't have been half the fun!

MEMORIAL DAY WEEKEND IN THE CATSKILLS

For those of you who want to get away to the Catskill mountains for a Memorial Day cycling weekend, a few of us are arranging a return visit to Greene County, where Club members have, in years past, cycled on Irv Weisman's scouted routes: along Hearts Content Road, climbing to Lookout Point, and relaxing beside the Shingle Kill Falls.

The weekend will be geared mainly for the "B" classes of riders, and will be moderately priced: \$130. or so for three nights lodging at a country inn, including 2 - 3 meals per day. Transportation costs should also be reasonable: about \$230 (or \$300 for 8 people) rents a U-Haul truck which can take eight bikes, luggage, and three people (if one of the eight has a car, we're all set). The annual Irish festival in East Durham will be going on a few miles away for those who are interested.

We will be happy to provide you with any further information you desire about the weekend or logistics. Since we will want to finalize arrangements well before the weekend, to assure lodging, please call either Maggie Clarke (212-567-8272 home) or Irv Weisman (212-650-8075 office) by the end of April if you might like to come.



This one is for Charlotte. The April issue of BICYCLING has an article on spitting. (And I was worried about running out of material!)

RIDE A COLNAGO, GO TO HEAVEN! The first time I brought the Colnago to the Boathouse Maxim took one look at the freewheel and quipped that it was large enough to ride to heaven. Ashort time later I saw a photo of Ernesto Colnago at the Vatican presenting one of his bikes to Pope John Paul II. As every catholic knows the Pope IS infallible.

Georgie Clark, designer of the river raft, at the age of 71 is still taking tourist down the Colorado to shoot the rapids. She once crossed the country on a bike without brakes.

TRUTH IN ADVERTISING: That Kryptonite ad you've seen, with an angry woman in the foreground, a repentant fireman and a woman cyclist in the background, is based on a true story. Rick Swan, a fireman in Old Saybrook, Mass, tried to help out a woman whose bike was locked with a Kryptonite. She misplaced the key, so Swan brought out a hydraulic cutting tool, the 3/4" thick lock broke the tool. It took 3 1/2 hours and four drill bits to liberate the bike. Old Saybrook Select-woman Barbara Maynard was very upset about the loss of a \$2,000 tool to a bicycle lock. Fireman Swan wrote to Kryptonite praising the lock, hoping, but not suggesting, the company might make a goodwill gesture. It did, trading the use of Maynard and Swan in its ad in return for \$500 and six locks. The town took five, but Maynard gave one to Swan. "It was the only thing I got out of this beside a chewing out", said the fireman. Lets see what we have here. 1) A fireman in the doghouse for doing a cyclist a favour. 2) The township of Old Saybrook is out \$1,500 for the hydraulic cutting tool. 3) The cyclist has to buy a new lock (\$32). 4) Kryptonite gets GREAT ad copy and a tax write off for \$500 plus the six locks. 5) I get an item for this column. (It pays to go to the Cycle Show.) I'd say KRYPTONITE WINS. (It's the cynic in me.)

Jean Cocteau once said "Every artist writes his own autobiography." Canadian artist Greg Curnoe is doing just that. An avid cyclist, Curnoe has produced numerous painting & prints of bicycles. A watercolour of a Mariposa bicycle was purchased by the National Gallery of Canada and his full size plexiglas prints of a Mariposa have sold for five-figures on three continents. Count Tolstoy wrote "Art is not a handicraft." Curnoe would not agree.

Mariposa frames are hand built by Kerry Mews at Bicyclesport in Toronto.

"Lubricated chains are efficient transmitters of power -- they lose about 1 percent of the energy put into them to friction. On the other hand, an unlubricated or rusty chain, in addition to making unpleasant sounds, can waste up to 10 percent of a rider's energy."
--- John Lehrer, BICYCLE SPORT, Sept '84

Believe it or not Ripley's Believe It or NOT ran a segment on a New York bike messenger--- it wasn't Kevin Bacon.



WHAT RIDE STANDS OUT AS THE MOST MEMORABLE ?

SCHMOOZING

Beth Van Arsdale:

Marty Wolf's Westchester ride in the fall. We were all bonking and still had another 10 miles to lunch. Near an orchard we stopped to check the map. I crawled over a stone wall fully expecting to see a farmer with a shotgun. He wasn't there so I stole an armload of apples. And we all got to lunch fine.

Theresa Alissandratos/
George Schnepf:

A spectacular two-week ride last fall to Vermont and back, during the course of which we became engaged.

Don Passantino:

What seemed to be a crazy C ride to view the urban recovery in the South Bronx. This ride stands out in my memory because I previously thought of this community as a hostile wasteland as portrayed by the media. Instead we saw a neighborhood that is pulling itself up by the bootstraps which is an encouraging thing to see.

Sara Sloan:

Sara Flowers' ride to Sagamore Hill. It was a beautiful autumn day with leaves crunching under foot at the lunch stop. One of those rides where everything worked well.

Reggie Life:

The best was Chris Mailing's Delaware Water Gap ride. Very challenging, 275 miles in 2 days. Lovely scenery. Great mixed terrain. On the Kingston Double Century I was greatly disappointed in the ride etiquette. I was dropped on a hill in the first 60 miles -- no one waited. I had to ride the next 140 miles on my own without a map.

Elly Spangenberg:

Three o'clock in the morning alone on the road on the way back to New York from Dutchess County. The isolation was marvelous!

RACER'S CORNER

John G. Waffenschmidt



CRCA started the season off on March 1st at a chilly 26°F. The A/B race was three laps with one lap controlled; despite the controlled lap and the cold temperature, the average speed was 21.3 mph, not bad for so early in the season. The NYCC was represented, but not in the placing positions (one through five). However, in the C race, Sandy Bayer came in 6th in his first race ever. Sandy had been training all winter and rode most of the race in the front; I expect that we'll see Sandy in the winner's circle before too long. The following Saturday saw even colder temperatures with a 7:00 temperature of 15°. I used advanced cold protection techniques to enable me to race; alas, the race was canceled due to the lack of insurance proof at the Parks Department. So, I settled for one lap around the Park and scurried back to my indoor life.

The Spring Series is back in business due to the acquisition of temporary insurance. The first race was held on Sunday, March 9th at temperatures a bit above freezing. The NYCC was represented once again (though not by me) and this time I'm pleased to report that we had a winner in the Cat IV race - Kenny was looking very strong throughout the race and took a solid victory in the final sprint.

Mike Fraysse, February's Club Meeting speaker, offers the following training suggestions for April -- Mon & Fri - 20 to 30 easy miles; Tues - 5 to 10 mile warm-up, then six 200 meter windsprints (but not when it's cold) and a 10 mile warm-down; Wed - 50 to 60 miles LSD; Thurs - 5 to 10 mile warm-up, then intervals starting at one minute and tracking back 10 seconds per interval (50 Seconds, 40 seconds etc.) with a rest inbetween, 5 to 10 mile warm-down; Sat - 10 to 15 miles easy; Sun - RACE.

In an earlier article I discussed weight training as a part of cycling training. As a follow-up to that, you might be interested to know that Greg LeMond does not recommend weight training but that his teammate Steve Bauer does.

If you ride tubulars and if you haven't reglued in a year, please use the ounce of prevention approach and reglue them. We don't want any rolled tires now, do we? As a final word - TRAIN FOR ALL ITS WORTH AND DON'T FORGET TO SMILE.

EDITOR'S NOTE: During a controlled lap riders are not allowed to exceed the speed of the pace car. The purpose is to allow the rider's muscles to warm in the early season cold. Also, Kenny is Kenny Sloan of course. He just made Cat. III

CLASSIFIED

FOR SALE: HETCHINS 22" circa 1960's. Excellent condition, all Reynolds 531 Double-buttend. Normandy hubs, cotterless cranks, Campy headset and bottom bracket.

also

Sidi Cycle Titanium shoes. One pair size 39, one pair size 43. NEVER WORN.
\$55 per pair.

call Michael Rainone, 212/966-7728 (evenings)

FREEBIES by Daniel Creavy

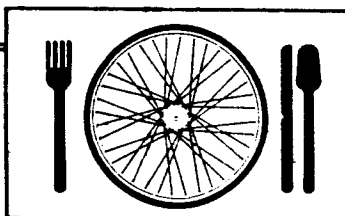
Free Bike map of Connecticut, including bicycle repair shops, hostel locations. Write Connecticut Dept of Transportation, Post-Office Drawer A, Wethersfield, CT, 06109.

Free map of Bikeways on Cape Cod, including highlights of points of interest, "Boston to Cape Cod Bikeway", "Dennis Old Bass River Road Bikeway", 3 other maps of Bikeways, Ranger led bike/hikes are offered from Mid-way thru September. For Free "Bikeways on Cape Cod" map or general Bikeway info write: Cape Cod Planning and Economic Development Commission, First District Court House, Barnstable, MA, 02630.

Free Official State maps and touring Guides for all the New England states can be picked up at the New England Vacation Center, 630 Fifth Avenue (between 50th & 51st), Lower Level, Room 2.

**NEW YORK CYCLE CLUB
MONTHLY MEETING**

Tuesday April 8



O'HARA'S
120 Cedar Street
New York, NY 10006

"Le Raid Pyrénéen"

With Maxim Vickers, David and
Vallerie Walls as Support

The British cycling press once
called this the "toughest ride in
the world."

This was enough to schedule three
New York cycle club members into
determination to accomplish it.

Come to relive the physical rigors
and scenic splendor of its
450 miles over 18 mountain passes
from the Bay of Biscay to the
Mediterranean with our three club
members.

Join us at 6pm for spirits or bubbles and schmoozing

Dinner starts at 7pm

Fixed Price*

Meat, fish or poultry \$10

Vegetarian 7.50

Desserts extra

*Must be purchased by 7pm

Diners will receive color-coded coupons

Non-diners seated separately

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

Bicycle parking is provided. Take the elevator to the 4th
floor and leave your bike in the storage area provided.
Bring a lock for security.

ARRANGED BY JODY SAYLER V.P. PROGRAMS



by Scott Lechert

It was four years after I had taken by dream vacation -- a transcontinental bicycle tour -- when I started getting the long-distance bicycling bug again. Four long years -- enough time to look back at those 100 mile stretches of nothing but desert and finally believe that they were fun, and that I did enjoy them. So, on some cold, smoggy, city day, when there were only reruns on TV, I decided that I had to do it one more time. Wanting to make this last one the greatest one though, I figured that I would make it very personal and do it for a cause. Enter the birth of **Cycle-for-Life**, a New York to San Francisco bicycle rally to raise money for national and local AIDS organizations.

It's called a rally rather than a race or a tour because people are encouraged to ride segments of the trip if they can't or don't want to ride the whole distance. This way you can ride with us through the Rocky Mountains (snow in July), or the salt flats of Utah (for you masochists), the plains of Iowa (they're really hills), the ghost towns of Nevada (during the day), or even the Californian shore (camping on the beach). Two contingents are scheduled -- first from Maine to New York City via Boston, which will meet the **Cyclists-for-Life** at the beginning, and second from Los Angeles to San Francisco which will meet them at the triumphant finish.

Also, more importantly, a one-day, send-off bike-a-thon is scheduled for Memorial Day, May 26th, the day **Cycle-for-Life** leaves New York City. Covering 100 km (62 miles) or less, the ride will follow the **Cyclists-for-Life** for the first segment of the ride before doubling back towards the city. Or you can continue and camp the night with us. Much fanfare and celebration.

Now some dates.....

New York City	May 26	Denver	July 7
Cleveland	June 6	Salt Lake City	July 17
Chicago	June 13	Yosemite	July 26
Madison	June 15	Sacramento	July 31
Minneapolis	June 21	San Francisco	August 4

CONTINGENTS

Los Angeles	July 27	Portland, ME	May 16
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So far there are about 12 people from all across the country who are interested in riding the whole route, with many more interested in doing segments. Ranging in age from 24 to 43, they are both gay and non-gay, and female and male. Some have extensive touring experience, while others have very little. There has been some interest in having an accelerated version, or splitting the riders into 2 groups. This will all depend on the number of people who join up.

There are no plans for a support vehicle yet, and participants are expected to be fairly independent. Although some overnight accommodations will be in sponsors' homes, most nights will be spent camping. Average of 65 miles per day, six riding days per week. Money will be raised by pledges, **Cycle-for-Life** T-shirt sales, corporate and retail sponsorship, and through fundraisers in cities along the route. The ride has already been written up in several newspapers and magazines, and extensive media coverage (TV, radio, print) is expected before and during the ride.

So join up for the one-day, for a segment, or for the whole route. See what it's like to live without your own toilet for 71 days. It is important to note that while the ride is for a social cause, we are definitely giving ourselves room to have a lot of fun. For more information on any and all of the above, please leave your name and number on my overworked answering machine with the warped message. Scott Lechert (212) 942-9064. After May 10 -- (212) 741-5800, or write to **Cycle-for-Life** at P.O. Box 1366, Cathedral Station, New York, NY 10025.

Cycle for Life

March 1986 BOARD OF DIRECTORS' MEETING Minutes Summary

by Alinda Barth, Secretary.

The Board authorized the formation of an ad hoc committee to improve the conditions of the Brooklyn Bikepath.

An expansion of the Bulletin to 16 pages in the two months that the roster appears was approved.

A new printer was found for the Bulletin which will save the Club \$ 1600 a year.

The printing of new business cards in a brighter color was approved.

The Bulletin will feature a permanent new page: "Dispatches" with interesting post cards members send from their travels.

The Board is interested in a new Club logo. Artists among the members will be invited to submit designs.

The next Board meeting will be on April 1, 1986.



New Members -- compiled by Irene Walter

ETTENHEIM, Susan G.	107 University Pl. #5H	N.Y.	10003	212/260-1547
ETTENHEIM, Tim	107 University Pl. #5H	N.Y.	10003	212/260-1547
FLOYD, Jacques G.	1521 Sheridan Ave. #D22	Bronx	10457	212/294-1086
KNAPP, Robert	251 Mercer St.	N.Y.	10012	212/924-4194
LEONG, William	3051 Ave. U	Brooklyn	11229	
LIM, Kevin	330 E. 52 St. #66	N.Y.	10022	212/752-6941
MAINS, Robert B.	135-38 82 Ave.	Briarwood	11435	718/544-7670
REGEN, David				
SWARTZ, Mike	277 W. 10 St. #5J	N.Y.	10014	212/741-1926
WENGLER, Fred R.	1726 66 St. #B4	Brooklyn	11204	718/331-7551

NEW ADDRESSES AND PHONE NUMBERS:

ALISSANDRATOS, Theresa	605 E. 14 St. #3D	N.Y.	10009	
DANISHEFSKY, Fred	2610 Ocean Pkwy. #1F	Brooklyn	11235	
GUZZETTA, Christy	91 Remsen St.	Brooklyn Hts.	11201	718/596-9833
SCHNEPPF, George	605 E. 14 St. #3D	N.Y.	10009	
STEWART, Donna	144-37 87 Rd.	Queens	11435	718/526-6083

NYCC MEMBERSHIP AS OF 3/10/86: 543 MEMBERS

DUES WERE DUE ALREADY.

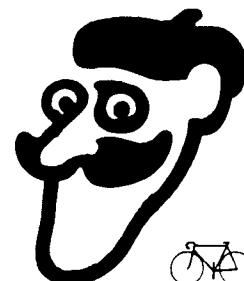
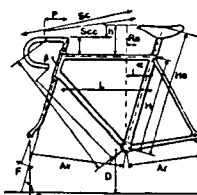
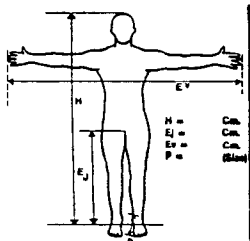
IF YOU WANT YOUR MAY BULLETIN, R-U-S-H YOUR APPLICATION TO THE MEMBERSHIP DIRECTOR BY THE APRIL CLUB MEETING, APRIL 8.

DON'T BE THE LAST TO RENEW, G.S.!



CONRAD'S

25 TUDOR CITY PLACE
NEW YORK CITY 10017
212-697-6966



APPLICATION FOR MEMBERSHIP IN THE NEW YORK CYCLE CLUB

As a N.Y.C.C. member, I accept full personal responsibility for obeying all traffic regulations and for my own safety on the road. I will hold the Club, its officers, and ride leaders blameless in case of accident.

NAME(S) _____

PHONE (H) _____ (B) _____

ADDRESS _____ APT. _____

CITY _____ STATE _____ ZIP _____

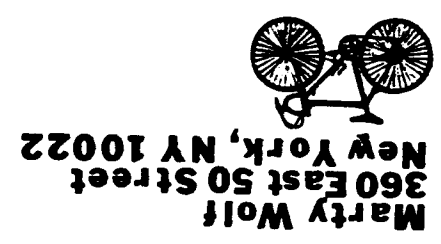
DATE _____ AMT. OF CHECK _____ NEW _____ RENEWAL _____

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

WHERE DID YOU HEAR OF NYCC?

OTHER CYCLING CLUB MEMBERSHIPS (circle): AYC AVH LAW TA CRCA CCC Other: _____

1986 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



First Class

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