

August
1986

New York Cycle Club

Our 50th year August 1986

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C'MON, ORDER NOW!

ON OR BEFORE SEPT. 1 -
DELIVERY DATE IN TIME FOR
NOV 11th MEETING AT OHARA'S



FABRIC: SWISS-TEX
75% POLY/LYCRA
25% COTTON

COLOR: BRIGHT RED
W/BLACK PANELS & WHITE STRIPES

th.

US	EUR	#
XS	1	
S	2	
M	3	
L	4	
XL	5	
XXL	6	

\$35.00 EACH

MAKE CHECKS PAYABLE TO
NEW YORK CYCLE CLUB.

MAIL ORDER &
CHECKS TO
LEE GELBTER
2686 OCEAN AV
APT F3
BKLYN NY
11229

NAME _____

ADD. _____

RPT _____

CITY _____

STATE _____

ZIP _____

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.	2:00 - 2:14
C	9-10	12-13			2:14 - 2:30
C-	8-9	11-12		Stops every half hour or so.	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.

Weekday Training Rides

Tuesdays/
Thursdays
6:10 AM
A
TIME WAITS FOR NO ONE. Leaders: Susan Glaubman (718-596-0477) & Lee Gelobter (718-646-7037) Meet at the top of the hill inside the Grand Army Plaza Entrance (Prospect Park) for a few quick loops before work. If you're not waiting for us when we get to the top of the hill, we're not waiting for you.

Wednesdays
5:45 AM
RIDE WITH ART. Leader: Art Guterding (212-415-8920, of.) From the Tavern on the Green, Central Park. Meet at 5:45 AM for a friendly A-paced conditioning ride before work.

Wednesdays
6:30 PM
WEDNESDAYS IN THE PARK WITH MARTHA. Leader: Martha Ramos (718-858-9142) From Grand Army Plaza (across from Arch), Prospect Park. Interested in a brief all-class ride during the week? Then join me as we circle Prospect at a civilized hour. Rain or unbearable heat will cancel; if you're unsure, call me before 6 PM.

Thursdays
7:00 PM
THREE BEFORE SUNSET. Leader: Debbie Bell (212-864-5153) From the Tavern on the Green, Central Park. Riders will determine the pace. Note: August 14 ride will be leaderless.

Sat.-Sun.
Aug. 2-3
A
200 mi.
THE GUNS OF AUGUST. Leader: Maxim Vickers (718-728-7179) That was when they were traditionally unleashed, once the harvest was in. We will force-march to Rhinebeck, NY, on Saturday to observe the Red Baron in action vs. Sopwith Camels at the aerodrome, bivvy and chow at the Beekman Arms (of course), and inspect Hudson battlegrounds on the way back Sunday. Call for logistics.

- Sat. Aug. 2 6:00 AM AA/204 mi. **KINGSTON DOUBLE CENTURY.** Leader: Alex Bekkerman (212-466-2220, of.; 718-438-4746, h) from the Boathouse. Typical ride with standard arrangements, not very scenic, but you will not be bored. Total time, 12-1/2 hr. Bring some food.
- Sat. Aug. 2 7:45 AM A- 100 mi. **CROTON RESERVOIR.** Leader: Steve Baron (212-228-0555) From the boathouse. 9 North past reservoir (we'll stop for 2 min. to look) and on to Bedford Village for lunch bring snacks and lots to drink -- spring water available out of the rocks at 50 mi. Hills appropriate to the 8th month if not the temperature.
- Sat. Aug. 2 9:00 AM B-/C+ 90 mi. **TOP OF THE APPLE.** Leader: Marsha Taggart (914-962-5991) From Katonah Station. Take a train from Grand Central, car-top-it, or ride to the Katonah train station by 9 AM and join me on a very scenic and hilly trip. Bring lunch or money for food.
- Sat. Aug. 2 10:00 AM C-/C- 30-35 mi. **NEPONSIT BEACH AUGUST SWIM NO. 1.** Leader: John Mulcare (718-672-5272) Meet at SW intersection of Queens & Woodhaven, opp. Queens Center (E or F train to Roosevelt Ave./Jackson Heights, then cross platform for local to Woodhaven). This is the month for that winning combination: a hot bike ride and a cooling swim at a comfortable water temperature. Non-swimmers may ride some more or rest, as they choose. Bring tools, patch kit, spare tube, pump, water, copy of medical coverage ID card, swimsuit, towel, suntan lotion, and lunch or money for it. If the weather is uncertain, call John before 9 AM.
- Sat. Aug. 2 **THE PRINCETON BICYCLING EVENT -- the Princeton Free Wheelers' 6th Annual Bicycle Touring Extravaganza.** Six loops from 15-100 mi. Cue sheets, snacks, T-shirts, patches. 1,800 attended in 1985! Registration: \$9.00. From Rider College, Lawrence Township (Rte. 206 at I-295). Centuries begin at 8 AM; 50-mi. rides, 9 AM, all others, 10 AM. Rain date: Aug. 3. Debbie Bell (212-864-5153) will try to coordinate car transportation. Call if you can offer or need a ride.
- Sun. Aug. 3 8:00 AM A+/95 mi. **BEAR MOUNTAIN AGAIN.** Leader: Jay Rosen (718-857-2610) From the Boathouse. Moderate pace (18-20 mph) to Bear Mountain, culminating with a climb up Perkins Drive. Stops at Stony Point for fresh spring water. For those desiring "hot spots" will be designated. Rain cancels.
- Sun. Aug. 3 7:00 AM B+ 100+ mi. **PRINCETON.** Leader: Martha Ramos (718-858-9142) From Church & Vesey Sts. (World Trade Center). Missed the rally yesterday? Then join me for a scenic round trip. We'll ride along the canal on the way down. No more than 1/2 mi. of this tour is ever spent on Rte. 27. 70% chance of rain cancels.
- Sun. Aug. 3 9:00 AM C-/C 30 mi. **ANOTHER FERRY RIDE AND VISIT TO LIBERTY PARK.** Leader: John Mulcare (718-672-5272) From Tramway Plaza (59th St. & 2nd Ave.) to the Ferry (\$.25), and then to the Park via Staten Island and the Bayonne Bridge. We'll have lunch in or near the Park, and will return to Manhattan by PATH (\$.75). Call John before 8 AM if the weather is uncertain.
- Sat. Aug. 9 7:30 AM A/135 mi. **LAKE RONKONKOMA.** Leader: Art Guterding (212-415-8920, of.) From the Boathouse. Long distance training ride. Breakfast at the Bagel Master in Syosset (try the cinnamon and raisin); lunch at Lake Ronkonkoma. Return via the same route.
- Sat. Aug. 9 9:30 AM A-A- 75/65 mi. **A DATE WITH THE DUCHESS.** Leaders: George & Theresa Schnepf (212-420-8537, weeknights; 518-329-4520, weekends). Join us for a car top date with Dutchess and Columbia Counties from a "Park & Ride" location in Northern Dutchess Co. From there, we'll travel quiet, glass- and pothole-free country lanes and by-ways. The route will offer a combination of challenging uphill, thrilling descents and lovely rolling and flat terrain, affording a ride with consistent quality miles. Both rides will be paced according to the abilities and desires of those attending. Pace busting will not be appreciated. Call leaders for information.
- Sat. Aug. 9 9:00 AM B 75 mi. **THE BEACH AT BAYVILLE.** Leaders: Tony Nappi (212-737-1906) & Sara Flowers (718-544-9168) From the Statue (E or F train to Union Turnpike/Kew Gardens). Follow Tony through shady North Shore lanes, over hill and dale, past mansions large and small, to the beach at Bayville for a swim and a varied choice of foods. Tony and Sara will entertain you with jokes and "war" stories, or you can entertain them with your stories!
- Sat. Aug. 9 10:00 AM C-/C 90 mi. **THE GW BRIDGE, FT. LEE PARK, CLOISTERS, & ROOSEVELT ISLAND.** Leader: John Mulcare (718-672-5272) From Fountain opp. Plaza Hotel (59th St. & 5th Ave.). This is the Sunday version of a ride that appealed to two non-native New Yorkers who responded to a Dial-A-hide invitation. Bring tools, patch kit, spare tube, pump, water, copy of medical coverage ID card, and lunch (or money for it). If the weather is uncertain, call John before 9 AM.
- Sun. Aug. 10 7:00 AM AA 150+ mi. **BEACON-NEWBURGH.** Leader: Alan Zindman (212-989-8102) From the Boathouse. A very pleasant ride through Westchester, up along the Hudson to a bridge too far (Beacon). Food stop at 70 mi. (Newburgh), proceeding through Storm King into West Point, then we climb through Bear Mountain back to 9W and home. Cooperative riding is a must (former shmo training ride).
- Sun. Aug. 10 8:00 AM B+ 100 mi. **LAKE RONKONKOMA.** Leader: Martha Ramos (718-858-9142) From 179th & Hillside, Queens (last stop on E or F train). Here's a chance to do an easy and relatively flat century. If you missed the Saturday ride, or would like something at a more civilized pace, then join me for a century ride to Lake Ronkonkoma. 70% chance of rain cancels.

- Sun. Aug. 10 10:00 AM B+/B 45-55 mi. **SWIM WITH LIN III.** Leader: Lin Ehrlich (212-737-3222) From the Boathouse. The third in a progression of leisurely beach (or pool) days designed to be more leisurely, off the bike and more challenging on the bike. Join Lin in retraining her healing shin-splint back to a B+ pace. Pace will be between B & B+ -- good chance for people training up to B+, but a breakaway B+ group is welcome. Bring sunblock (please!), swimsuit, beach ball, and whatever.
- Sun. Aug. 10 8:30 AM B- 63 mi. **50-MILE "CLUB ROUTE" PLUS 13.** Leaders: Irv Weisman (212-650-8075, of.) & Maggie Clarke (212-567-8272) Meet at the GMB bus terminal, Ft. Wash. Ave. & 176th St. ("A" train to 175th St.) for Irv's "50-mi." route, topped by an additional 13-mi. loop in Rockland's uncongested suburbia, with several demanding hills. Two food stops; bring or buy. Return to GMB by 4:30 PM. 60% prediction of rain cancels.
- Sun. Aug. 10 2:00 AM C 30 mi. **CAUGHT BETWEEN THE MOON & NEW YORK CITY.** Leaders: General Gordon, with Gregory D'Agostino (718-272-4271) & Lenny LoPinto (718-998-1372). We'll meet the Princeton Freewheelers at the S.I. Ferry Terminal (Manhattan) and guide them on a ride through the neighborhoods of Brooklyn. Gregory promises to get them back to Manhattan in time for breakfast & the 8 AM Ferry, so you'll have the rest of Sunday for more riding. Bike light(s) strongly advised. If you're curious about who General Gordon is, come on the ride and meet him. (All we can say at this time is he's a British veteran.)
- Fri. Aug. 15 **SKYLINE DRIVE TRIP.** Deadline for reservations. See Ride Previews.
- Sat.-Sun. Aug. 16-17 A+ 275 mi. **DELAWARE WATER GAP.** Leader: Chris Mailing (718-847-8004). Join the seventh annual tour of the Delaware River Valley. On Saturday, ride via the Greenwood Lakes and across the Kittatinny Mountains to Port Jervis, then south along the Delaware River to Marshall's Creek, Pa., where the group will stay at the Pocono Grand Hotel. On Sunday, the route continues down the Delaware to Washington's Crossing and then returns to New York via Princeton, Staten Island, and the ferry. The ride is very picturesque and hilly on Saturday. The cost of the hotel room is \$34.45 per person (two to a room), and must be paid to the leader at or before the August 12 Club Meeting. Riders will be informed of the starting point when they pay for their hotel room. Due to the difficulty of the ride, participation will be limited to Club members of demonstrated ability. Portions of the ride will be ridden in a paceline. Maps will be available. Call Chris for further details.
- Sat. Aug. 16 8:00 AM A/75+ mi. **OH! GREAT MYSTERY OF LIFE.** Leader: Lee Gelobter (718-646-7037) Meet at the Boathouse for a destination to be determined by 11 PM on Friday, 8/15. Don't call for details since there won't be any. Just show up and take your chances.
- Sat. Aug. 16 9:15 AM B+ 45 mi. **OYSTER BAY-SYOSSET ROUNDABOUT.** Leader: Martha Ramos (718-858-9142) From 179th St. & Hillside, Queens (last stop on E or F train). Join me for a Saturday quickie. A great way to warm up for the Sunday ride. Enjoy the scenery and still get back at a civilized time. 70% chance of rain cancels.
- Sat. Aug. 16 9:00 AM C/C+ 40 mi. **EISENHOWER PARK.** Leader: John Mulcare (718-672-5272) From 179th St. & Hillside, Queens (last stop on E or F train). A pleasant, relatively flat ride to one of the restful parks in Nassau. Bring tools, patch kit, spare tube, pump, water, copy of medical coverage ID card, and lunch (or money for it). If weather is uncertain, call John before 6 AM.
- Sun. Aug. 17 8:30/9:30 AM B+ 85/65 mi. **BEDFORD VILLAGE.** Leader: Alinda Barth (718-441-5612) Meet at the Boathouse at 8:30 AM or Grand Concourse & Bedford Park Blvd., Bronx (next to last stop on D train) at 9:30 AM for a ride to Bedford Village. Bring or buy lunch for a picnic on the village green. Rain cancels, of course.
- Sun. Aug. 17 9:30 AM C/C- 30 mi. **IN SEARCH OF JIMMY HOFFA IN SHEEPSHEAD BAY.** Leader: Bruce Scher (718-499-4568) From Grand Army Plaza, Prospect Park. Bruce, a graduate of David Wolper Productions, takes you behind the scenes to this crisp, salty sea-breeze, historic site you've come to know and love, but probably never visited. This adventure tour will include a close-up look at legitimate charter fishing boats, mixing with locals at a fresh seafood market, peering not too closely at several infamous seaside dining haunts, and the ever-popular, aptly-named Manhattan Beach. We'll be having lunch at the beach, so don't forget your suit, towel, and water bottle.
- Sat. Aug. 23 6:30 AM A/60 mi. **ROCKLAND.** Leader: Rick Plate (718-788-1322) From the Boathouse. Join us in search of a shady spot with a place to swim for our lunch stop.
- Sat. Aug. 23 6:00 AM B+/70-80 mi. **WOCKLAND WATER WIDE.** Leaders: Jackie Plate (718-788-1322) & Susan Glaubman (718-596-0477) From the Boathouse. Join Jackie, Susan, & Baba-Wa-Wa in search of the "A" group's lunch stop.
- Sat. Aug. 23 10:00 AM C 30 mi. **FOLLOWING IN ALINDA'S JERSEY (BIKE-) STEPPES.** Leader: John Mulcare (718-672-5272) From the Boathouse. Whereas for Alinda's ride in April, she had one of those little gadgets that tells her when she is speeding and should slow down, John has one that tells him when he's going too slowly. As usual, there is nothing he can do about that. Bring the usual good things of life, including water and lunch (or money for it). Call John before 9 AM if the weather is doubtful.
- Sun. Aug. 24 8:00 AM A/80 mi. **HIGH TOR PARK.** Leader: Art Guterding (212-415-8920, of.) From the Boathouse. Twist through Bergen County, through Nyack and on to New City. Buy lunch and then on to the park. You'll discover why they call it High Tor when you get there.

- Sun. Aug. 24 8:45 AM
B+
75 mi. DIX HILLS. Leader: Martha Ramos (718-858-9142) Meet at 179th St. & Hillside, Queens (last stop on C or F train) for a trip to the Dix Hills Recreational Area. The ride is moderately hilly. Bring lunch or buy it on the way. Also bring something to carry lunch in, as we ride a few miles before getting to the lunch stop. There is a community swimming pool that can be used for a fee. 70% chance of rain cancels.
- Sun. Aug. 24 10:00 AM
B+/B
45-55 mi. SWIM WITH LIN IV. Leader: Lin Ehrlich (212-737-3222) From the Boathouse. If it's a hot and sultry day, come and jump in the bay. Even if it isn't sultry, we're going swimming again. We might even try a different beach. Fourth in a progressive ride series from B/B+ to B+ pace (see 8/10). Bring sun-block, swimsuit, beach ball and whatever.
- Sun. Aug. 24 9:00 AM
B-
50-60 mi. THIRD ANNUAL RYE BEACH BASH. Leader: Maggie Clarke (212-567-8272) From the park benches at Isham & Broadway (207th St. stop on the A train). If the weather is very warm, we'll go straight to Rye Playland via Irv Weisman's manicured lawns route so that we can bask on the beach or swim in the Sound. Possible additional destinations if the weather is cooler: Greenwich, Glen Island. In any event, plan for a picnic lunch on the beach (deli nearby). Bring swimsuit, frisbees, Metro-North pass for emergencies, medical ID. We should be back by 5 PM.
- Sun. Aug. 24 10:00 AM
C/C-
30-35 mi. NEPONSIT BEACH AUGUST SWIM NO. 2. Leader: John Mulcare (718-672-5272). See Aug. 2 for complete description. Today's ride is simply the Sunday version. All riders and/or swimmers welcome.
- Last week of August
A+
780 mi.
in
90 hrs. NEW YORK-MONTREAL ROUND TRIP. Leader: Jim Rex (718-278-5562, evenings). Tentative ultimate saddle sore opportunity for Brevet Qualified Randonneur Riders. Number of participants is limited to ten due to logistics. First day's distance, 245 mi., etc. Expect to spend about \$200 total, and no more than 3 hrs. sleep a night. An extra set of riding clothes recommended. Must be equipped with front & rear lights; 6V Halogen generator system highly recommended, with full fenders. Call for more particulars.
- Fri.-Mon.
Aug. 29 -
Sept. 1
All-class LABOR DAY WEEKEND IN LAMBERTVILLE. Leaders: Alinda Barth (718-441-5612) & Debbie Bell (212-664-5153). You've been hearing stories about those wonderful holiday weekends in the Berkshires and on Shelter Island? Well, don't miss this year's final fling, as we return to a favorite NYCC locale -- and a brand new country inn on the banks of the Delaware. We'll bike to Lambertville on Friday, an easy 60 miles from Manhattan. Once there, you can choose among wonderful day trips in NJ and Pennsylvania, and enjoy the charms of neighboring New Hope. Reserve directly, and quickly, with The Inn at Lambertville Station (609-397-4400), and also let Alinda or Debbie know if you'll be going. Three nights' double occupancy room and continental breakfasts from \$103.35/person; other meals additional.
- Sat. Aug. 30 9:00 AM LEADERLESS "A" RIDE. Meet at the Boathouse for a ride to be determined by its participants.
- Sat. Aug. 30 8:30 AM
B+
55 mi. GREENWICH. Leader: Martha Ramos (718-858-9142) From 241st & White Plains, Bronx (last stop on No. 2 train). This is a hilly ride into Westchester and Connecticut. The location of the lunch stop depends on the weather. If you think this is a hilly ride, you should see the ones I eliminated, including reversing Dingletown and Cat Rock Rds. 70% chance of rain cancels.
- Sat. Aug. 30 10:00 AM
C/C-
36 mi. DEMAREST (NJ) DUCK POND. Leader: John Mulcare (718-672-5272) From 178th St. & Ft. Washington Ave. (A train to 175th St.). This is the Sunday version of an earlier ride to this ever-popular C ride destination. Remind your AMC and other friends that, as always, they are welcome to join us. Bring tools, patch kit, spare tube, pump, water, copy of medical coverage ID card, and lunch (or money to buy it). Call John before 8:30 AM if the weather is uncertain.
- Sun. Aug. 31 9:00 AM LEADERLESS "A" RIDE. Meet at the Boathouse for a ride to be determined by its participants.
- Sun. Aug. 31 9:30 AM LEADERLESS "B" RIDE. Meet at the Boathouse for a ride to be determined by its participants.
- Sun. Aug. 31 10:00 AM
C-
25-30 mi. THE CLOISTERS AND WAVE HILL. Leader: John Mulcare (718-672-5272) From the Fountain opp. Plaza Hotel (57th St. & 5th Ave.). This is the Sunday version of two earlier Saturday rides that proved to be very pleasant. We'll have lunch on the grounds of the Cloisters before proceeding to Wave Hill for additional beautiful grounds and views of the Palisades. (Admission, \$2; seniors, \$1). Bring tools, patch kit, spare tube, pump, water, copy of medical coverage ID card, and lunch (or money to buy it on way to the Cloisters). Call John before 8:30 AM if the weather is uncertain.
- Mon. Sept. 1 9:00 AM LEADERLESS "A" RIDE. Meet at the Boathouse for a ride to be determined by its participants.
- Tue. Sept. 1 7:00 AM
B+
100+ mi. NESHANIC STATION. Leader: Martha Ramos (718-858-9142) Meet at the corner of Church & Vesey Sts. (World Trade Center). Bring \$.75 for the PATH train. The ride traverses industrial and residential areas of NJ as we weave our way to Somerville. Then we make a left at the castle, cross over the bridge and enter another dimension as we follow an enchanted road to Neshanic Station. 70% chance of rain cancels.

Sept. 12-14 THE REAL NYCC SKYLINE. You're invited to an unforgettable NYCC weekend on the incomparable Skyline Drive in Virginia's Shenandoah National Park. We're going to the annual Baltimore Bicycle Club Twin Century Ride: 222 miles on the Skyline Drive, with average grades of 7 percent and a climb from 700 to 4,000 feet. But what goes up also goes down, and the scenery is spectacular. With thirty participants, we'll be able to charter a full-size bus so that everyone can relax and party without the hassles to driving. Charter costs are estimated at \$50/person. The bus will leave Manhattan Friday afternoon and return late Sunday night. Motel accommodations on Friday and Saturday in Front Royal and Waynesboro.

Sun.Sept. 21 THE LONG ISLAND HI-POINT HUNDRED. 25- to 125 mi. routes, starting from East Meadow or Hauppauge. For information, SASE to Paumonok Bicycle Club, P.O. Box 7159, Hicksville, NY 11802.

Sun. Sept. 28 NYCC ALL-CLASS CLUB RIDE (Westchester).

SHELTER



Daisy Langille.

We're keeping up the NYC
production even without a
Club - Jersey
Star Line
TONY NAPPI
Barbara Levan
Dennis Sullivan
John Meyer
Hannah
Dana Flowers
Monica Lord
Terry Roth
Lisa Marie Ottomarelli
Joe - 444-4444 - Michael T...
LORREO
Art 4
JOHN HERNIE JOE



MR GREG D'AGOSTINO
1061 E 92 ST
BKLYN NY
11236

ISLAND *the*

-- Buckaroo Banzai

21 or 22" bike for city riding &
locking on street. GOOD WORKING
ORDER, but not too tempting to
thieves. Call Garyl Hudson
212/595-7010

Hi all Nyls

I made it to Niagara Falls
All went well - with my
bike and myself - except
my new brook cycle computer
gave out after 2 days of
heavy rain - so I have no
idea how many km I have
done.

NIAGARA FALLS, ONTARIO, CANADA

Known as the "Honeymoon Capital of the World", it attracts millions of visitors each year. In addition to enjoying the spectacular view of both the American & the Horseshoe Falls, there are many gift shops, restaurants, picnic areas and other attractions.

Photo by Ramon Stringer

CHUTES DU NIAGARA, ONTARIO, CANADA
 Ces chutes, qui sont connues sous le nom de la "capitale mondiale des voyages de noce", attirent des millions de visiteurs chaque année. En plus de pouvoir apprécier la vue spectaculaire des chutes américaines et de celles en forme de fer à cheval et y a de nombreuses boutiques de souvenirs, des restaurants, des zones de pique-nic et d'autres attractions.

Photo de Raymond Szwarc

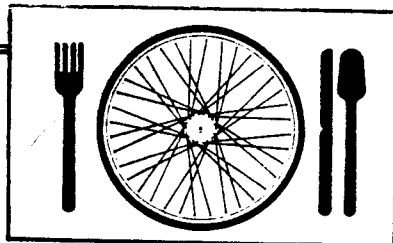
New York Cycling Club

Gregg D'Agostino

1061 East 92 Street

Brooklyn NY 11236

NEW YORK CYCLE CLUB
MONTHLY MEETING
Tuesday
August 12



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

1986 TOUR DE FRANCE

**Come watch the action
with your fellow
Bikeees**

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 restaur-
ant 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.

A R R A N G E D B Y J O D Y S A Y L E R V. P. P R O G R A M S

THE PERSON WITH THE MOST TOYS..... an occasional column by Steve Baron

As I look around at my riding friends, I haven't been able to make any guesses about who is likely to be injured and who isn't. Maybe Chris Mailing said it best: "If you are going to ride, you are going to fall." But, the more you know about riding (and Chris knows a lot), the less you are likely to fall, and the more you are likely to survive the fall without serious injury. Taking Chris's course on cornering should be a condition of club membership, I think. Bike riding, like sex, it seems to me, should be a perfectly natural activity; but to do both things well, there is much to be learned.

I ride tubular tires on my Grandis because Mr. Grandis refused to sell me the bike with clinchers. Over the past three years I've found that only minimal glue is needed to hold the tires on the rims because the air pressure does the job just fine. Well, on a recent ride I was having a fine time on a long steep downhill when my rear tire blew out. The tire wanted to roll off the rim and the bike wanted to lie down a lot. Every time I tried to slow the problem got worse, and every time the bike speeded up the problem got worse. I did a lot of swearing and a lot of looking at the road getting too close to my nose till I figured out that I had to break with the front brake only. The real problem was, of course, insufficient rim glue. I escaped injury, changed the tire and finished the ride. When I got home I removed both tires, reglued and replaced them.

ON COMPUTERS: A never ending source of investigation for me. The little Avocet seems nifty, but the number of functions is sadly limited. The old Cateye is cheap, a little larger and has more functions. I like a cadence function as well as average speed, and the Cateye Solar is the old standard (and still the standard). The batteries will die in a couple of weeks of dark, and only last about six months if the computer is stored in sunlight, and they cost about six bucks to replace at Radio Shack. And, if anything goes wrong, your computer goes to Japan for repair - which takes about 50 \$.22 stamps for air mail. Rhode Gear has a new computer that costs about \$60. For an additional \$60 you can purchase a chest band pulse monitor. Contrary to what the manufacturer says, the computer is not weather proof. It is heavy, and it averages mph down to the next lowest full mile. It is also slow to read when functions are changed. The pulse monitor jumps around a lot, say from 150 to 190, and the manufacturer told me to add the numbers and divide by two. I think that a pulse monitor is a great training aid, but I returned my Rhode Gear computer to the dealer for a refund. IKU makes a neat item: it is waterproof (one of our members put it in a glass of water with his teeth overnight), and it is magnetic rather than battery operated (mostly), so, when the wheel stops turning the computer goes into "rest". Sadly, this item is hard to find outside of Brooklyn.

TOE CLIPS: the new plastic ones scratch my street shoes less than my old plastic covered metal clips. Cateye is one manufacturer. They are very light weight, and seem strong and durable.

I've been hearing a new series of bike shop repair horror stories. I don't know if the powers that be will approve a column that lists stores and repair persons by name, but, if YOU think this is a good topic, call me at 212-228-0555 with your personal favorite tale.

House Calls...

Lillian Harvey, M.D. and Mark Banchik, M.D.

Water, water everywhere, but not a drop to drink. With the sweat running down your face and your shirt looking like you just got back from a wet tee shirt party how much should you drink?

The average fluid requirements for a healthy adult is calculated at approximately 1 cc per kilo per hour. This translates into about 1/10 of an ounce per pound per hour, therefore, a 150 lb man requires 15 oz. of water per hour to cover basic needs. These include humidifying the air going into your lungs, keeping the mucous membranes (nose, mouth etc.) moist, insuring adequate kidney function and basic temperature control.

When exercising the body produces much more heat from increased muscle activity. This is a byproduct of the chemical reactions which enable the muscle to perform the work required. A major way of eliminating this excess heat production is by sweating which cools you off by evaporation. Under normal circumstances the more you sweat, the more body heat can be dispersed. However, when you sweat so heavily that it's unable to evaporate, this cooling effect is lost. A similar situation exists in humid weather where the sweat rolls off instead of evaporating and does little to cool you off.

As it may be, no matter how you lose the water you need to replace it. Loss of over 10% of the total body water (5.5% of total weight) leads to a condition known as dehydration, which can adversely affect performance (bonking), cloud judgment, reaction time and lead to permanent damage to kidneys, brain and other sundry organs. (Remember a certain NYCC rider (JR) who's most notable aspect were two feet poking out from under a porch during a long ride in the hot summer sun? He was later quoted as saying "I wasn't a quart short, more like 6 quarts!"). The first sign of dehydration is increased thirst, followed by more increased thirst, followed by decreased sweating, decreased thirst, muscle cramps, delirium, falling off your bike and death. Ideally you'd like to avoid these late signs of dehydration (scratched frames are sooooo tacky!) so the best thing to do is to start drinking early. No, this doesn't mean heading for the nearest bar for a quick beer or two. The easiest thing to carry for drinking is water. Cheap, easily available it doesn't turn sour, go flat or make your water bottle taste funny. Commercially available drinks such as Gatorade are just flavored water mixed with enough salts to make them the same composition as sweat. While this sounds good in theory, it usually isn't necessary. Most of us get enough salt in the food we eat to replace any lost in sweating. The drinks to avoid are sodas (especially those containing caffeine), coffee, tea and anything containing alcohol. All these drinks, while containing water, also have substances in them which increase urine output and can make dehydration worse.

Now that you know what to drink, the question is how much? You need to drink enough to cover your basic needs, as noted above, and the water lost through sweat. Short of getting off your bike and weighing yourself every hour this is a little difficult to estimate but a good rule of thumb at least 1 pt. per hour plus enough extra to keep you from getting thirsty. Again, this can vary from as little as an extra ounce or two to as much as two or three pints depending on the weather and how hard you're working. It is much easier to keep well hydrated than to try to catch up once you get behind in your water loss. The last point to note is what to do if you've ignored all the above advice and do get dehydrated to the point where you're starting to feel sick. 1) Get off your bike and get into the shade or some other cool place. Dehydration also makes you more susceptible to heat stroke and other complications of sunshine and hot weather. (More on that later) 2) Don't try to replace all the water you've lost by chugging down a half gallon or more in one sitting. This can lead to a condition known as hyponatremia (literally low salt concentration) by diluting out the blood and this may land you in the hospital. Start drinking about 2 pints of any liquid, preferable not iced, although cool is ok, slowly over an hour, wait a half hour and drink some more. Keep repeating this until you start to feel better and then do it one more time. Although you won't be fully rehydrated, that will be at least enough to get you back on the road again.

Now that you've ignored all the above advice and kept on going can heat stroke be very far down the road? Heat stroke occurs when the body's heat production overwhelms its capacity to cool by sweat and other means. Factors that can lead to this are 1) a high ambient temperature (over 95 degrees) and 2) high humidity, slowing the evaporation of sweat, being directly in the sunshine isn't necessary. The first symptoms include a decrease or cessation of sweating followed by changes in the mental status, confusion or loss of coordination, and then unconsciousness and possibly seizures. These changes can occur rapidly and without warning although the symptoms of dehydration usually occur first. Heat stroke is a true medical emergency and not something to try and treat by yourself. The body temperature can reach over 106 and brain damage, if not death, is not far away. If someone you're riding with shows signs of heat stroke do the following: 1) Get them off the road and into the coolest place possible quickly. (Under a porch, as has rumored to have happened) 2) Get help! Call 911, flag down a car, scream, yell or break down a door, but get an ambulance & get your friend to a hospital. While you're waiting for help there are a few things that you can do to try and bring down the victim's body temperature. Start wetting them down with the coolest water available. Just pour it over them until they start doing the backstroke. If ice is available use that instead. Don't just pack the victim in ice (that causes constriction of the skin's blood vessels and actually slows down heat loss), but put it on the places where you'd usually sweat, that is, the neck, armpits, stomach and groin (YEGWW!!).

A little bit of prevention can forestall major problems however, victims of the above have been known to recover and have even been known to make docile housepets.

A Bicycle Built For Two

(Daisy Bell)

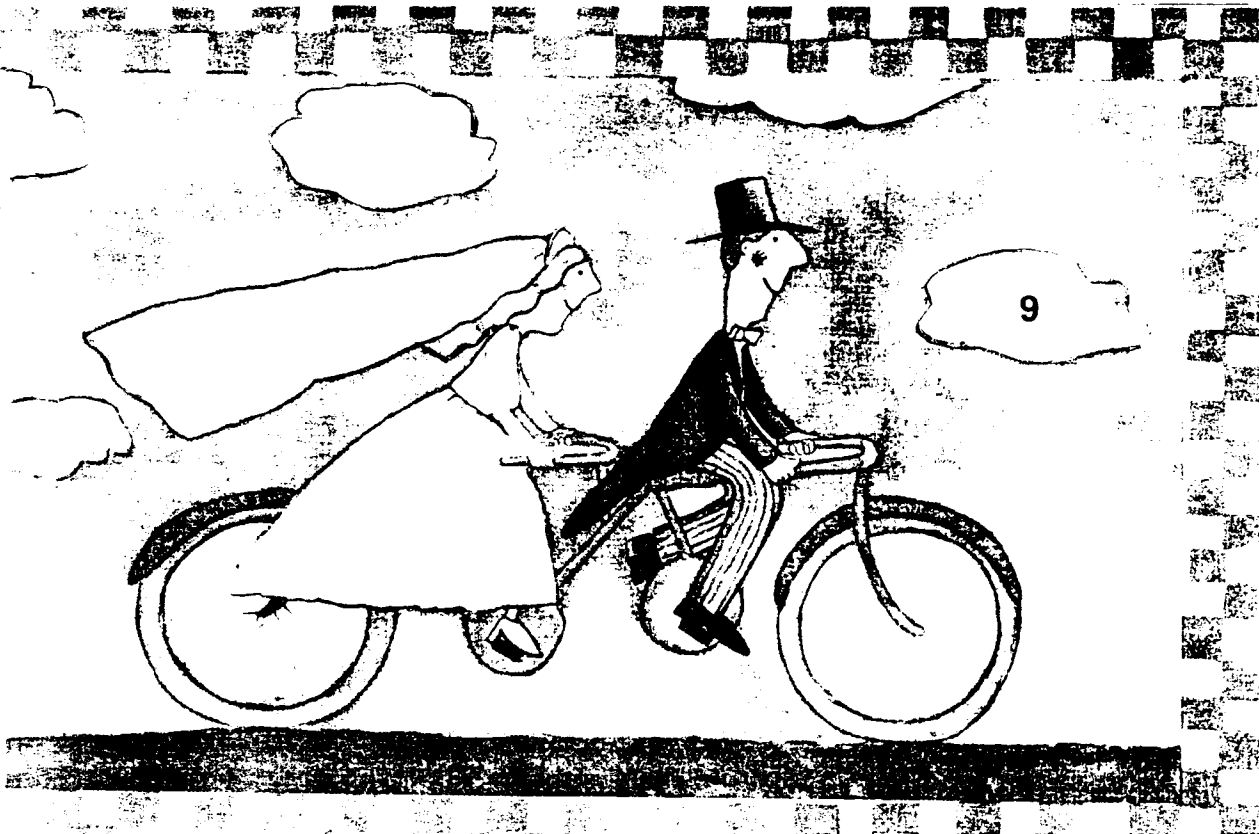
CYCLOPS sees...those four sprinters toward Matrimony (see 2/86 bulletin) have arrived in that State ...another couple got there...and another couple is following the same route...

Saturday, May 17. THERESA ALISSANDRATOS and GEORGE SCHNEPF were married in Memphis TN at a traditional Greek Orthodox ceremony (except that one of their two best men was a woman). They enjoyed their wedding--despite the rain. Off for two weeks, they spent ten days at their Copake NY country home (where they rode a lot--despite the rain), and four days in Québec City--without bikes--"because we were on our honeymoon." George and Theresa will lead an August A/A- cartop ride to Dutchess County that might very well include their country home, which is in southern Columbia County near Dutchess. Very best wishes, George and Theresa, for a marriage with much sunshine from now on.

Sunday, June 22. ARLENE BRIMER and CHRIS MAILING exchanged vows and rings in an intimate ceremony at the elegant Harvey's Chelsea Restaurant before guests which included Chris's family from Detroit and England, and Arlene's from Long Island. Dancing shoes were recommended for the reception, with good reason. They cut their wedding cake with upright bride and groom, and spent their wedding night in a less than five-star hotel when their Paris flight was cancelled. On their two-week honeymoon on a farm in central France, with their bicycles, "we did all the traditional things--sightseeing and sleeping late." Welcome back to your new life in Richmond Hill, Chris and Arlene. May your honeymoon never end.

Monday, June 23. JOAN MAYER and JOE VACCARO were joined in the nuptial knot, and honeymooned on the NYCC July 4th Shelter Island Weekend Ride! School dietician Joan and Port Authority research analyst Joe rode separately--"the marriage would not survive a tandem." They met on an Appalachian Mountain Club ride in August 1993, and bells went off immediately for Joan: Joe let her help him fix a flat, they were both potential B riders, and he was wearing a runner's T-shirt on the bikeride. We join the 20 other riders on that Shelter Island trip, who put champagne and flowers in the newlyweds' room, in wishing Joe and Joan a wonderful life of wedded bliss.

DOCTORS LILLIAN (LIL) HARVEY and MARK BANCHIK have announced their plans to permanently engage gears on June 7, 1987 in Beverly Hills CA, where Lil is from. Meeting five years ago, over an IV at Elmhurst Hospital, "it took Lil three years to come to her senses." Then Mark (now an anesthesiologist at St. Luke's Hospital) "got drunk and asked for her hand, and Lil's father quoted a price based on poundage" for the oncology surgeon who is in her last year of residency. A-rider Mark and B-rider Lil will give a New York reception in Sheepshead Bay after the wedding. "It could be a ride led by Max Vickers, and there WILL be bike parking." Congratulations, Mark and Lil, and best prenuptial wishes on your trip to Tandemness. WHAT RIDE IS THAT ON???



MY TRIP ACROSS FLORIDA, DECEMBER 29-31, 1985

Peter S. Shenkin

Yes, I did it! With a few alterations of my original plan. Once I got to Florida and picked up a good map, and went to a bike shop and asked about possible routes, it became clear that the shortest reasonable route between Ft. Lauderdale and Venice was going to be 200mi. Since I hadn't been on my bike in a month and wasn't sure of my legs, I decided not to camp, but to stay in motels.

The bottom line is that there are few roads across Florida in this vicinity. You can go South through Everglades park (dangerous because heavily traveled), go North on 27 then West on 80 (dangerous: the northern stretch of 27 is 2-lane, no shoulder, heavily travelled; known as "suicide alley" even for cars!), take "Alligator Alley" (toll road: no bikes), go North around Lake Okeechobee (a long ways) or North then East on 441 -- through W. Palm Beach to Belle Glade -- then across on a 4-lane section of 27 and on 80, to Ft. Myers, then North on 41. This was my choice, with some enhancements that I'll mention.

PRE-TRIP: Arrived Ft. Lauderdale airport about 1:30 on Dec. 26th. Took People Express from Newark. A bike must be boxed (I used a box I got from a local bike shop), then it costs \$3.00 as checked baggage. It arrived with no problems. I assembled bike at airport, attached my panniers (front and rear), bunged-down my tent and sleeping bag, and rode about 15mi into N. Miami Beach to visit my aunt. I had about 50lb of gear, maybe 40 after sending my cookstove, camp-boots, etc. home after deciding not to camp. Still carried the tent and sleeping bag, in case of emergency. They were never used.

Anyway, spent several days visiting other relatives and bike-shops, planning trip, cycling around locally. Wound up in Ft. Lauderdale, with another aunt, on the 28th. It rained pretty badly some of these days, but the forecast for the 29th through 31st was good, so I left about 8am on the 29th.

DAY ONE: Florida is flat, and every day I made each destination well before I expected to, and indulged in longer breaks than I'm used to. Where 441 turns West West of W. Palm Beach, there's a classic bait shop *cum* gas station *cum* junk-food store, where I ate and stocked up on snack food. I got to Belle Glade, battling a strong headwind, around 3:45 (estimated miles: 75), and stayed in the Waldessa Motel, an old run-down place managed by people from India. Clean, though, and plenty of hot water. \$21 for the night.

441 was not heavily travelled. Neither the Northward nor the Westward stretch was particularly scenic; the Northward stretch was mainly farms with more and more condominiums at both the Ft. Lauderdale and the W. Palm Beach end. The Westward stretch was mainly sugar plantations, and most of the traffic was big trucks hauling away refuse. This refuse emitted a rather sickening smell, but not too strong. Many fields were being burned. There was some swamp scenery -- I saw no alligators, but lots of birds.

Belle Glade is a run-down town most of whose architecture appears to date from the 1950's. As far as I could discover (and I did walk into town), there's no food except fast food. The area is said to have the highest recorded per-capita incidence of AIDS in the US, because of the large Haitian population who work the sugar harvest. But don't worry: I understand that latest medical opinion is that one is unlikely to contract AIDS by reading something that someone who may have been exposed to the disease has written.

DAY TWO: Left Belle Glade around 8 after breakfast at MacDonalds. Their coffee is nearly always good, and served with real half-and-half, and carbohydrate-loading freaks ought to love their hash-browns and fresh biscuits (plain, with real butter). By 9:30 I was in Clewiston, "America's Sweetest City," apparently the center of the local sugar industry. It's a much more open, much cleaner and newer city than Belle Glade, though smaller in population. If I had to do it over again I'd push for Clewiston my first day. Then I could eat at the Old South Barbeque, which has a corral in front of it with life-size statues of cowboys and horses doing various things to each other that I couldn't quite discern flying past. For miles on both sides of town you see signs for it that say things like, "Tender as a mother's love."

In Clewiston I picked up the 4-lane stretch of US-27, which had a broad shoulder and which was quite pleasant to ride on. One variation of my route involved taking this all the way up to a small road that cuts West through Babcock and winds up in Punta Gorda. That would have meant a 90-mile day, and I didn't want to wind up with the sun setting miles from a motel. This is a concern, since this time of year the sun sets around 5:30pm; turned out I would have made it with ease.

But instead I cut West toward La Belle on state-80 as 27 cut North. In this region sugar plantations faded into citrus groves; usually you couldn't see much of them from the road, but this stretch of highway was lovely riding. The road was narrow, and the surface was portland-cement concrete, rather than asphalt, and not in the best repair. But there was little traffic, and occasional exotic birds in the swampy areas.

I had planned on proceeding on 80 to Tice (just East of Ft. Myers), but West of La Belle 80 became very crowded, and I found lots of BIG trucks blowing their air-horns at me. I stopped for a snack by the roadside, and looking back at the traffic I saw why. It scared the %!@#\$ out of me. I would have hated to be a truck driver encountering a cyclist on that road. Fortunately, I was near Alva, where a bridge crosses the Caloosahatchee River, which parallels 80 on the North. On the other side, I picked up state-78, which parallels the river on the other side, and is a beautiful, windy, (i.e., the road winds), deserted, downright idyllic road. Moo-cows gazing at you from both sides. Better to have picked it up North of La Belle, or even off of 27. But how could I have known? (You, gentle reader, have no excuse, if you make the trip....)

When 78 jogs South on state-31 and then West into N. Ft. Myers, it becomes very crowded and dangerous, due to lots of traffic for I-75, which it crosses. Fortunately, I was almost at my new destination. In N. Ft. Myers, on bus-41, just North of 78, one can find the Wonderland Motel, also one of those single-storey affairs with a parking place in front of every room. Also run by Indians. Actually, almost luxurious compared to the Waldessa, and only \$23.54 for the night. Got there 4:15. Day's mileage: 85.

After a shower, walked up the road to Fat Boy Barbeque. Terrific. George Strait on the juke box, Michelob on tap, cute waitresses (pardon my chauvinism, if that's what it is), great ribs and great prices. I got the most expensive thing on the menu, a large rib platter, which included baked potato, beans, cole-slaw and toast, a beer and a cup of coffee, and the entire bill, including tax, was \$8.50. Is it like that everywhere outside New York?

DAY THREE: A short 50-mile run to Venice, my destination, straight up US-41. On Day Two the wind shifted in my favor, and on Day Three I had a tail-wind, and flew at times. Left at 8:40am and was there by 1:00, despite a half-hour and a fifteen-minute break. Nothing very interesting on the way, and 41 was awful in Port Charlotte and in Venice. The bridge across Charlotte Harbor was lovely.

POST-TRIP: After a shower, went out for New Year's eve with my friend Mary Kay, whom I was visiting, and returned to New York from Sarasota Airport on Jan 2, also via People Express. I brought several pounds of fresh shrimp back with me, and treated my friends Allan and Gail, who picked me up in Newark, to Shrimp Marachiara that evening. It's easy; here's how:

- 3 lb shrimp; clean and devein them.
- 1 large onion
- 3 cloves garlic
- 3 stalks celery
- olive oil
- small can tomato sauce
- white wine
- basil

Saute vegetables in oil until onions are translucent but not brown. Add tomato sauce and an equal quantity of white wine. When it boils, add shrimp and basil. After it boils again, continue cooking for 3 to 5 minutes, stirring frequently. Serve over rice. Serves four hungry adults.

New Members -- compiled by Irene Walter

*ARENSON, Todd	1434 S. 1500 East	Salt Lake City, Utah	84105	801/581-0479
ELOOM, Randy	133 W. 17 St. P.H.B.	N.Y.	10017	212/924-7864
BOVSUN, Mara	1938 82 St. #4F	B'klyn	11214	718/259-8413
	Mail: P.O. Box 8032, FDR Station	N.Y.	10150	
BRIEGER, Linda J.	189-04 64 Ave. #11K	Fresh Meadows	11365	718/454-1036
CALLAGY, Vincent D., Jr.	105-24 63 Dr. #3N	Forest Hills	11375	718/897-5240
CHURCHE, Jeanette	183 Wyckoff St.	B'klyn	11217	718/596-9537
COOPER, William	1365 St. Nicholas Ave. #4J	N.Y.	10033	
COUSTARD, M.G.	102-07 Ave. N	B'klyn	11236	718/763-3889
FARBER, Randi S.	310 Greenwich St. #28P	N.Y.	10013	212/964-4120
FOSS, Bob	310 Greenwich St. #28P	N.Y.	10013	212/964-4120
FOSS, Linda Glass-	107 University Pl. #2A	N.Y.	10003	212/529-2243
GOLD, Michael	413 3rd St. #4	B'klyn	11215	718/965-9195
GRADNER, Kathryn	272 Carroll St. #1	B'klyn	11231	718/596-6336
GRAY, Holly	515 Ave. I #2A	B'klyn	11230	212/244-4555
HAMILTON, Mark J.	440 E. 79 St. #9E	N.Y.	10021	212/407-6239
HOLLAND, Posey	359 Ft. Washington Ave. #1G	N.Y.	10033	212/927-0598
JIMENEZ, George Friedman	554 9th St.	B'klyn	11215	718/788-7396
KALISH, John	15 W. 81 St. #16D	N.Y.	10172	212/496-5011
KOUSI, John D.	2040 Bronxdale Ave. #3D	Bronx	10462	212/931-5367
KRZYNOWEK, Gary	359 Ft. Washington Ave. #1G	N.Y.	10033	212/927-0598
LAVERGNE, Rosa	401 2nd Ave. #15H	N.Y.	10010	212/889-4027
LOPINTO, Joseph F.	590 Ft. Washington Ave.	N.Y.	10033	
LORELLI, Kathy	225 W. 25 St. #4K	N.Y.	10001	212/255-6501
PAJERSKI, Elizabeth	225 W. 25 St. #4K	N.Y.	10001	212/255-6501
PAJERSKI, Fred	301 E. 22 St. #9D	N.Y.	10010	212/254-0627
PETCHEL, Charles T.	175 W. 93 St. #4D	N.Y.	10025	212/865-7719
ROJAS, Maria	16 Park Ave. #15C	N.Y.	10016	212/693-0726
ROSNER, Barry	11 Stanton St. #3D	N.Y.	10002	212/673-3044
SOUTHERN, Tom	359 Ft. Washington Ave. #2G	N.Y.	10033	212/923-3022
STEPHENS, Neal Ann	133 W. 17 St. P.H.B.	N.Y.	10017	212/924-7864
TAPPER, Dave	487 Atlantic Ave.	B'klyn	11217	718/643-6830
THOMSON, Pat	99-15 67 Rd. #32	Forest Hills	11375	718/459-1084
TICHMAN, Irwin	108 Wooster St. #4E	N.Y.	10012	
TRAYLOR, Stephanie	11 Stanton St. #3D	N.Y.	10002	212/673-3044
VAHISING, Liz Ross	74 W. 68 St. #8A	N.Y.	10023	212/874-0585
WALCH, Margaret	504 E. 5 St. #5A	N.Y.	10009	212/505-0896
WALD, Betsy Ressler/	504 E. 5 St. #5A	N.Y.	10009	212/505-0896
WALD, David	369 Sackett St.	B'klyn	11231	718/858-3358
WALTON, Susan	515 Ave. I. #2A	B'klyn	11230	212/244-4555
WEINBERG, Nancy	734 Broadway #4	N.Y.	10003	212/260-4879
ZELLER, Chris				

*One year honorary member

NEW ADDRESS:

FURMAN, Joe	18 E. 73 St. #4A	N.Y.	10021	212/861-5067
GINTHON, Fanny	916 Park Ave.	Elizabeth NJ	07208	201/351-2084
Arlene Brimer	110-30 Myrtle Ave.	Richmond Hill	11418	718/847-8004
MAILING, Christopher J.	110-30 Myrtle Ave.	Richmond Hill	11418	718/847-8004
MEYER, Gary	920 Riverside Dr. #7	N.Y.	10032	212/982-2514
MOSKOWITZ, Joan	827 S. 7 St. #3C	Philadelphia PA	19147	

NYCC MEMBERSHIP AS OF 7/1/86: 502 MEMBERS

NEW YORK CYCLE CLUB - MEMBERSHIP DEMOGRAPHICS

As I write this, club membership numbers 503. I thought you'd be interested in seeing a geographic breakout of our members. (There are more members living in Manhattan than in all the other boroughs and other areas combined.)

MANHATTAN	282	56%	NEW YORK STATE	16	3%
BROOKLYN	95	19	NEW JERSEY	15	3
QUEENS	69	14	OUT OF STATE	6	1
BRONX	11	2			
STATEN ISLAND	9	2			
TOTAL NYC	466	93%	GRAND TOTAL	503	100%

And, just as a point of interest, 316 members are male (63%), 187 female (37%) !!

MARTY WOLF

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 _____

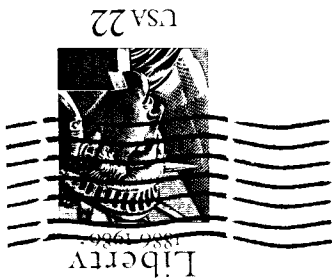
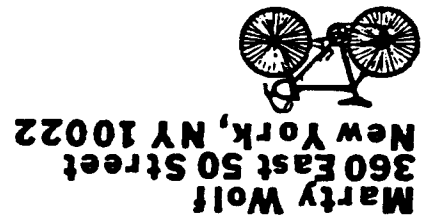
DATE _____ AMT. OF CHECK _____ NEW _____ RENEWAL _____

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



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