

February  
1986

# New York Cycle Club

Our 50th year February 1986

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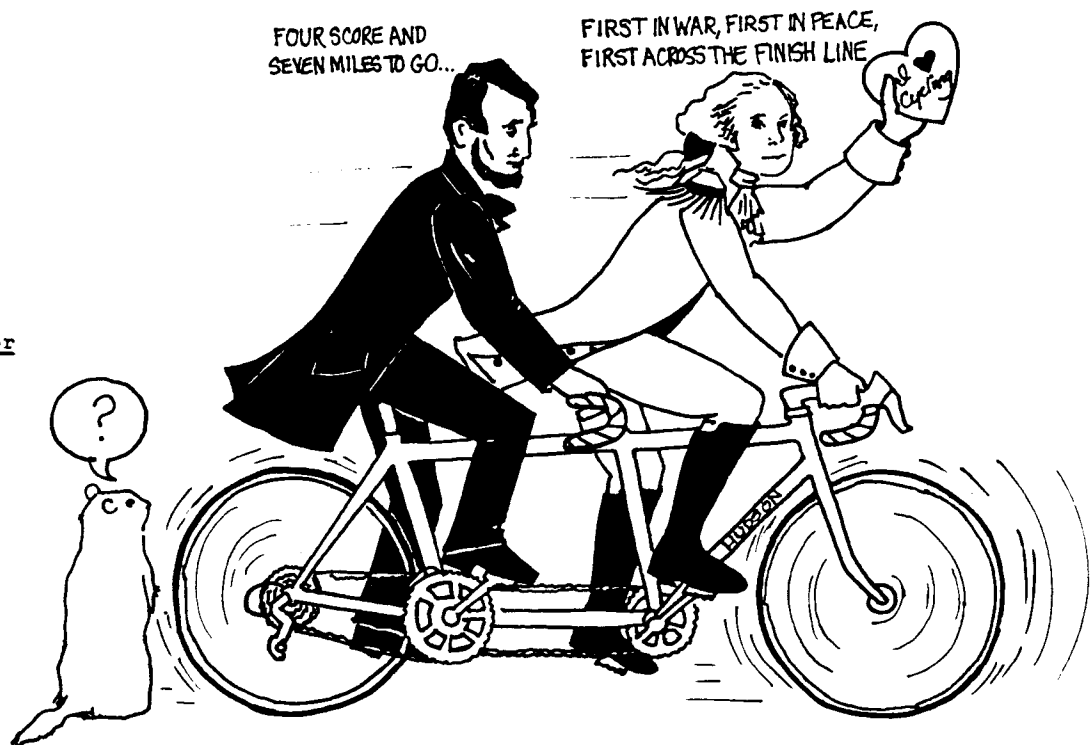
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# Rides Schedule

GUIDELINES FOR CLUB RIDES

Compiled by Debbie Bell

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 tube, patch kit, 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
AA	17+ mph	20+mph	Animals	Anything goes. Eat up roads, hills and all
A+	16-17	19-20	Sports	Vigorous riding over hill and dale. High regard for good riding style. Can take care of themselves anywhere. Stops every two hours or so.
A	15-16	18-19		
A-	14-15	17-18		
B+	13-14	16-17	Tourists	Moderate to brisk riding along scenic roads, including hills. Destination not so important. Stops every hour or two.
B	12-13	15-16		
B-	11-12	14-15		
C+	10-11	13-14	Sightseers	Leisurely to moderate riding. Destination oriented: nature, historical, cultural. Stops every half hour or so.
C	9-10	12-13		
C-	8-9	11-12		

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 February  
8:00 AM  
AA  
RACE TRAINING RIDES. Leader: Dave Walls (212-570-6572) To "Gimbel's" each Saturday and Sunday morning, 8:00 AM at Boathouse. Join an informal group (includes CRCA-ers) which rides leisurely to Gimbels in Yonkers to join the infamous training ride of the same name. Commuting mileage is 30, while the training portion is about 50. While I plan to be there as often as possible, certain obligations may prevent, but other sterling leaders could show up. While weather often doesn't hinder, dangerous (ice) conditions may cancel.

Sat./Sun. throughout February  
B-/C+  
DIAL-A-RIDE. Leader: Scott Feldman (212-310-5256, of.; 718-444-9321, h.) If any strong "C" rider has an interest in doing some winter riding, please call me a few days before to see what we can organize.

Sat.Feb.1  
8:30 AM  
A  
40-70 mi.  
THE DESERT WIND. Leader: Rich Herbin (212-666-2162) From the Boathouse. Thoughts of the Mojave will sustain us as we breeze through southern Westchester. Sensible itinerary based on extant conditions; leader has promised stop at Flagship Diner. At finish, ask leader where he stole the name of the ride. (Pertains to alternate trip to Arizona that he will take if ride is cancelled due to temp. below 32 F or wet roads.)

Sat.Feb.1  
C/C-  
DIAL-A-RIDE. Leader: John Mulcare (718-672-5272) If weather and road conditions look promising, call John the evening before, or before 8:00 AM the morning of the ride. First caller may help select time, meeting place, and destination.

Sat./Sun.  
Feb.1/2  
B  
25-40 mi.  
DIAL-A-RIDE. Leader: Martha Ramos (718-858-9142) I will lead if the start time temp. is 40 F, it is a sunny day, and the wind is 12 mph or less. If not, but you still want to ride, I will suggest routes and help riders to get in touch with each other.

Sat.or Sun.  
Feb.1 or 2  
10:00 AM  
B-  
40 mi.  
HILLSDALE HILLS & DALES. Leader: Maggie Clarke (212-567-8272) From GW Bridge; 178th St. & Ft. Washington Ave. We'll meet at the GW Bridge for a spin over the "Club route," down (and up) the hills and through the woods in Bergen County to the Friendly's in Hillsdale for (br)lunch. Please bring tools, spares, and money. Call Maggie by Friday to determine which day looks more promising. Starting temp. under 45 F, ice, slush, or precipitation cancels.

Sun.Feb.2 8:00 AM A- 50-70 mi. UTAH TRAINING NO. 1. Leader: Steve Baron (212-228-0555) From the Boathouse at 8 AM sharp. Find a hill in Westchester with me to begin outdoor preparation, if weather permits, for a bigger hill in May. Call if anticipated 8 AM temp. is below 28 F.

Sat.Feb.8 9:00 AM A 50 mi. FLAGSHIP IN FEBRUARY. Leaders: Clay Heydorn & Simone Smith (718-434-7176) Meet at the Boathouse. This is not the season for novelty. We propose a quick ride to the Flagship in White Plains (the challah French toast is still great, but have you tried the Belgian waffles with fresh fruit topping?) and a relaxed return to the Boathouse for hot chocolate. Stay in shape so you can do the fast "A" training rides. Snow/rain/temp. below 28 F cancels.

Sat.Feb.8 10:00 AM B LEADERLESS RIDE. Meet at the Statue, Queens Blvd.

Sun.Feb.9 8:30 AM A 80 mi. PRE-TRAINING RIDE TO BE IN SHAPE FOR TRAINING RIDES. Leader: Alan Zindman (212-989-8529) From the Boathouse. This is February--the month before the training rides start. If you came on my January ride, this is a continuation. River Road/Upper Piermont to Stonypoint for a warm food stop at a diner. 9W back to the Boathouse. No pace busting. Steady pace will be enforced. Rain/temp. below 10 F cancels.

Sun.Feb.9 9:30 AM B 45 mi. PANCAKES IN SYOSSET. Leader: Alinda Barth (718-441-5612) Meet at the Statue (Queens Blvd.). If the weather cooperates, let's ride to Friendly's in Syosset. Call Alinda Friday or Saturday evening for details.

Sun.Feb.9 C/C- DIAL-A-RIDE. Leader: John Mulcare (718-672-5272) See Feb. 1.

Sat.Feb.15 8:00 AM AA 99 mi. UNSTEADY EDDIE'S ROCK AND ROLL EXPRESS. Leaders: Alex Bekkerman (718-438-4746) & John Waffenschmidt (718-626-9835) From the Boathouse. You all know Alex as a long, steady, fast rider. Well, times are changing (at least for this ride). This will be an unsteady ride (pace-wise, that is). Attack and chase as you like, but remember, we all want to get home safe. Oh yeah, if you don't have many miles, push less hard. 7 AM temp. below 28 F or precipitation cancels.

Sat.Feb.15 9:00 AM A- 60 mi. RETURN TO BAGELS. Leader: Claire Goldthwaite (212-228-0828) From the Boathouse. After two months of Nyack and White Plains, it's time to return to Syosset and Wheatley Rd. The ride is aimed at those of us who relax a bit during the winter. Pace-busters should ride with Alex. Sloppy and/or slippery pavement cancels.

Sat.Feb.15 10:00 AM B LEADERLESS RIDE. Meet at the Statue, Queens Blvd.

Sat.Feb.15 C/C- DIAL-A-RIDE. Leader: John Mulcare (718-672-5272) See Feb. 1.

Sat./Sun. AA B-/C+ throughout February RACE TRAINING RIDES. Leader: Dave Walls (212-570-6572) See beginning of ride listings. DIAL-A-RIDE. Leader: Scott Feldman (212-310-5256, of.; 718-444-9321, h.) See above.

Sun.Feb.16 9:00 AM A+/A 75/50\* mi. ROCKLAND RAMPAGE. Leaders: Rich Herbin & Hannah Holland (212-666-2162) From the Boathouse. Temp. below 30 F (490 R); wet roads cancel. A mild day will find us gorging at Friendly's in Mahwah and scooting down South Mountain Rd. Be ready for a few steep hills and some anything-goes (tandem-paced?) high speed sections with designated regrouping points. \*Non-mild weather will shorten trip (Nyack), subject to cancellation conditions above, of course.

Sun.Feb.16 9:00 AM B LEADERLESS RIDE. Meet at the Boathouse.

Mon.Feb.17 9:00 AM A- 70 mi. ONE MORE TIME TO NYACK. Leader: Marty Wolf (212-935-1460) From the Boathouse. We'll take the big loop (roughly 42 mi.) to Nyack, lunch there. Then, a direct trip home on 340/501 (about 28 mi.). Expect to be back by 3:30 pm. Temp. below 30 F; any precipitation cancels.

Sat.Feb.22 9:00 AM A- 65 mi. LEE RIDES AGAIN. Leader: Lee Gelobter (718-646-7037) From the Boathouse. I'm riding to Nyack. If you come with me, I'll try to be moderately pleasant. Starting temp. below 32 F or wet/icy roads cancels.

Sun.Feb.23 NEW JERSEY CARTOP PHANTOM NO. 2. Leader: Steve Sklar (212-877-5235, h.; 212-558-9253, of.)  
 8:00 AM This ride will be similar to the one I led in January, but will start from a somewhat different  
 A location (again, unscouted at this writing). Call me for details and meeting place, and to re-  
 50 mi. serve a car space by Friday, Feb. 21. If you have a car you can volunteer, please do so.  
 Temp. below 20 F at 7 AM, or wet/icy conditions will cancel.

Sun.Feb.23 PORT WASHINGTON RAMBLE. Leaders: Jackie & Rick Plate (718-788-1322) From the Statue (Queens  
 9:30 AM Blvd.). Join us for a fast-paced (B+) ride to Port Washington for an indoor lunch stop at the  
 B+ Greek restaurant in town. Some hills, so bring your low gears if you've been off the bike for  
 45 mi. awhile. Call us if the weather is questionable.

Sun.Feb.23 DIAL-A-RIDE. Leader: John Mulcare (718-672-5272) See Feb. 1.  
 C/C-

#### Ride Previews

Sat.Mar.1 "A" TRAINING RIDE NO. 1. From the Boathouse. 9:30 AM; 50 mi.  
 A

Sat.Mar.1 DIAL-A-RIDE. Leader: John Mulcare (718-672-5272) See Feb. 1.  
 C/C-

Sun.Mar.2 "A" TRAINING RIDE NO. 2. From the Boathouse. 9:00 AM; 60 mi.  
 A

May 13-20 TOUR OF UTAH CANYONLANDS. Leader: Art Guterding (212-415-8926; of.).

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#### EXPLORERS' FORUM

Frontiers still do exist! Despite the inroads (and highways) of civilization, it still takes the spirit of an explorer to find that unique way of getting from point A to point B by bike.

If you share that sense of adventure, then join Debbie (Lewis) Bell and Martha (Clark) Ramos on Sunday, February 23, for the first meeting of a new special interest group (SIG). This will be a social meeting and serve as a forum to exchange ideas on, but not limited to, routes, mapping skills, and cue sheet formats. First-time explorers are especially encouraged to participate. Call Debbie (212-864-5153) or Martha (718-858-9142) for time and meeting place.

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#### T-SHIRT ALERT

After numerous delays and excuses by the supplier, the New York Cycle Club T-shirts that many of you ordered were finally ready the week of New Years. The quality however was unacceptable and we have been forced to cancel the order. Your refund checks are on their way.

Those of you who still believe that a club jersey (the real thing) is more than a pipe dream, should be pleased to know that I have been in contact with some of the major cyclewear manufacturers. I will have more details at the February meeting. We will have a NYCC jersey in '86. My involvement goes much further this time than just volunteering to collect the money.

Lee Gelobter

#### SPRINTING TOWARD MATRIMONY (WHAT RIDE IS THAT ON?) By Cyclops

After many months of shut-eye, at last some more LEGAL interpersonal relationship activity to see!

Past NYCC President CHRIS MAILING, and ARLENE BRIMER, became engaged on December 19, the anniversary of their first date, and two years after Arlene joined the club. Racing Chris slowed down enough to let endurance champ Arlene (273 miles in 24 hours/1985 Central Park Memorial Day Marathon) catch him -- or was it the other way around? Chase Manhattan Banker (Second Vice President, Credit Cards) Chris, and Brooklyn Union Gas systems analyst Arlene, will formally mesh gears in New York within months-- as soon as they buy a home somewhere between their two jobs, Nassau County and Brooklyn Heights.

GEORGE SCHNEPF met THERESA ALISSANDRATOS about a year ago and induced her to join the club. Now NJ Transit's investment advisor George, and Morgan Guarantee municipal bond researcher Theresa, will save \$9 a year in dues when they marry on May 17 in Memphis TN, Theresa's old hometown. George and Theresa will park their bikes, between A and A-/B+ rides, respectively, in Stuyvesant Town and Columbia County NY, their weekend home.

Congratulations and very best prenuptial wishes to Chris and Arlene, and George and Theresa, on their trip to tandemness.

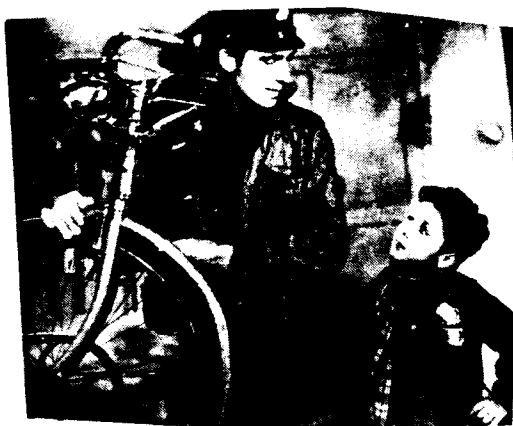
## "A" RIDES - SPRING TRAINING 1986

With the winter of 1986 now a distant memory, all are invited to participate in the Spring Training "A" Rides. This series of graduated rides are assembled with the following goals:

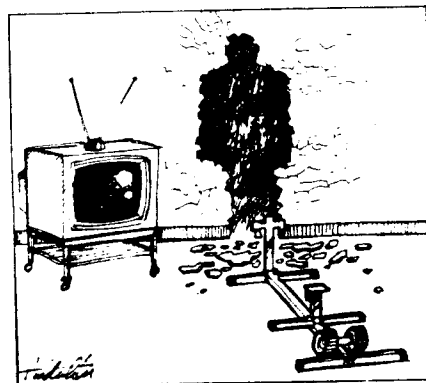
- 1) Fitness - Steady, regular, early season mileage will serve as a base for all forms of fast riding. With this base the tourist can endeavor more challenging rides, and the racer can begin interval training. For all riders, riding steadily in low gears for many miles at the start of the season builds suppleness and helps protect from joint and ligament injury.
- 2) Skills - Even though we already know it "all", riding skills are something we must hone (and sometimes relearn) at the start of each season. Positioning, pedaling, cornering, pace lines, riding a wheel and group riding technique will be reviewed and critiqued where necessary. We will administer drills on some of these skills.
- 3) Induction - New "A" riders will have a chance to learn the necessary skills and build strength with other riders who are rebuilding. All rides will be co-lead so that the groups may split to account for varied paces.
- 4) Fun - All will have a good time (or be sent home). We will feel good about what we are doing, and we will try to not let our egos become too tightly wrapped around our riding. We train so that we can enjoy our sport more fully.

At this time we are assembling the training schedule. Please contact me with your ideas and also to contribute some assistance with the program.

Josh Keller  
"A" Rides Coordinator



"I don't care what the guy  
in AMERICAN FLYERS did.  
No bike riding in the  
house!"



**"Honey, I think you  
should slow down."**

## Do We Really Want SIGs?

-by George Schnepf

On its face, the idea of Special Interest Groups (SIGs) in the New York Cycle Club appears to be an attractive idea. But perhaps before we see the proliferation of such groups it would be wise to reflect on what they mean and what they may portend for the Club's future.

For those who are unfamiliar, the concept of SIGs, as it relates to club activities, started with computer clubs. There is a real need for SIGs in these clubs since while members might share a common general interest in computers, different people have different machines that are often not compatible with others. Thus SIGs arose as a means whereby people using the same equipment could swap information and ideas that would not otherwise be of interest to the general club as a whole. The only direct equivalent that I can see to cycling would be if there were SIGs for Campangolo, SunTour, Shimano etc. Clearly though, the primary interest of members of the NYCC is the activity of cycling, not its mechanics.

Thus, it has come to evolve that SIGs for the NYCC are to be activity oriented. At least this is what we are told by SIG proponents. Most specifically it appears that those among us who have an interest in bicycle racing would like to have a SIG recognized by the Club. This begs the question as to why? The answer we are now given is that first off this would permit racers to develop a new ride category (the R ride) which would be geared to race training methods and techniques.

I have a problem with this concept. It appears to me that this is the first formal attempt to establish an exclusionary rather than an inclusionary ride category. The current ride structure is designed essentially as a continuum. Theoretically, a new cyclist can start as a C rider and through training in fitness and technique, develop into a B and (if they desire) an A rider. All along, the rider is encouraged to develop skills within the structure of social group riding. As things now stand, participation in any group ride, regardless of category, enhances the group and encourages participation in the Club and its activities. Now we are confronted with something very different. The racing SIG and the proposed R-ride category stands to set off one group of rides that are outside the continuum that the other ride categories follow.

Make no mistake about it, the R-rides category, if adopted, will be elitist, exclusionary and comprised of a clique or faction. In fact, the racing SIG, or any SIG for that matter, in the context of an affinity organization such as the NYCC, is factional and divisive and begins to appear to be the creation of a "club within a club".

Let us remember, it is not as if the racing contingent has no other outlet. There exist, among other organizations, the Century Road Club Association (CRCA) providing organized races that all the members of the racing SIG can participate in. If anything, it is in this context that these members should be organizing training rides. Also, the NYCC's own ride classification structure fully allows for the listing of the types of rides that these members seek to organize. The A-rides category is certainly a useful one for listing relatively short distance, speed intensive rides such as we are told would comprise the R-ride category. I suspect, in fact, that the racers know this to be the case but also know that if they listed such a ride as an A-ride a non-racer (heaven forbid!) might come out for such a ride. Hence the desire for a separate, elitist and exclusionary category. I know this to be the case. I am an A rider. I would probably join an A-ride with a race training purpose. I would feel unwelcome, however, to join a R-ride because I am neither a racer nor a member of the racing SIG.

In closing we should remember that the NYCC was founded as a tour-oriented club. That is its roots and what remains the primary interest of the overwhelming majority of its members regardless of how each may define what a tour ride means to his or herself. It is worth remembering that there is nothing in the structure of the Club now that prevents the racers from doing what they propose to do. If, however, we start creating exclusionary ride categories for different purposes we can be sure that the social structure of the Club will deteriorate and eventually breakdown altogether.



If your toe straps have the name Alfredo Binda on them you own the finest available, and you're also riding with a legend. Alfredo Binda, now 83-years-old, was one of the most successful athletes in cycling history. He won many Italian classics, including Tour of Lombardy four times and Milan-San Remo twice. He was so dominant in stage races that when he took his third Giro d'Italia in 1929 by winning eight successive stages, the organizers paid him the equivalent of the winner's prize, not to start the race in 1930. He won the Giro for a fourth time in 1933. Binda was also Italian champion four times, but his finest achievement was winning the world professional road race championship three times, including the very first title race in 1927.

Italy is famous for its fanatical sports fans (*tifosi*), and sometimes the team sponsors can go to extremes as well. One Italian industrialist during the 1983 Giro d'Italia bribed a waiter to add a vial of poison to race leader Giuseppe Saronni's soup so as to favour his own rider. In case you are concerned, former World Champion Giuseppe Saronni is well and riding for Calnago --- Ernesto Colnago named a colour after him.

The upcoming Tour de France will feature the FIRST all-American team, 7-ELEVEN. Appropriately the Tour will start on the 4th of July.

The long search is over --- I've found it at AYH. The Plumline winter cycling glove is light, non bulky, and WARM. It is not another ski glove being palmed off on cold cyclists. The glove was designed for biking --- reinforced leather palm, thin insulate insulation, Polypropylene liner, Gore-Tex ripstop for windproofness, Scotchlite reflective racing stripe, it even has a terry-cloth nose wipe on the right thumb. I rode with this glove at 15<sup>th</sup> and my hands were not cold. I like this glove!

If you're a bike commuter on the go but don't want to go as far as missing those important business calls this is for you --- Walker Telecommunications has unwrapped a portable, battery powered 'phone that fits into a jersey pocket. The 1lb cellular 'phone is little bigger than 2 cigarette packs lying side-by-side. Thanks to Bruce Scher for this info.

Olympic silver medalist Nelson Valls may have gone Hollywood since his move to California but his track helmet still features a New York City skyline decal.

According to BICYCLE BUSINESS JOURNAL, there are now 73 million cycles in the US. The bad news is there are currently 6000 bike stores, down from a record high of 8000 during the bike boom of the early 1970s.

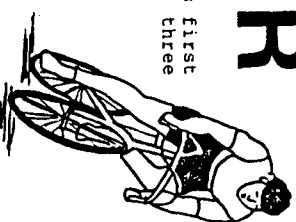
"Who rides so late through the night and storm?"

--- Goethe  
FRIKONIG

# RACER'S CORNER

John G. Waffenschmidt

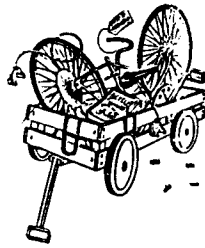
The New Year opened its eyes at a damp 38<sup>th</sup>, not bad for the year's first century (actually 87.5 miles). Eight riders started off at 90th and 5th; three of us crashed in the first mile due to ice in the park; Kenny and I were among the early victims. Kenny came in second and David third, both in a time of 5:05. I got dropped after about 35 miles and ended up 5th in a time of 6:01. As usual, I was happy and unhappy with my performance. I assessed my errors and decided that if I'm going to even come close to my threat of putting pressure on Kenny I've got to get moving. This Have you been wondering what the other people are doing at this time of the year? I called up a few racing community members and posed them the question:



- Alex Bekkerman - Riding a century on Saturdays and Sundays, Velo-trainer during the week
- Jim Boyd - Riding occasionally
- Arlene Brimer - Not much of anything; will start riding soon in a cool fashion
- Rich Herbin - Basically nothing; Racer-mate two times a week, occasional cross country skiing, riding the bike to the car
- Chris Mailing - Getting over a cold; anything to be active - rollers, riding, running, and skiing
- Jay Rosen - Spinning, stretching, and reading Eddie B's book while rowing on alternate days
- Jody Sayler - Cross country skiing, Turbo-trainer each morning, occasional riding
- Kenny Sloan - Commuting, Gimbels on Sundays no matter what, occasional race-pace training on Saturday and Sunday afternoons
- Jon Waff - Commuting; occasional riding, rollers, running, and skiing
- David Walls - Moving; Gimbels regularly, rollers and bicycle overhauling
- Sara Walls - Not riding because it's too cold; waiting for her father to take the rollers down

The January Bicycling magazine has a couple of articles on cycling fitness, including weight training. There is also an excellent discussion on wheel-building in the Master Mechanic section. Last month, they recommended using an ultra 6 (same width as a conventional 5 speed) in order to reduce dish and increase wheel strength. Dish results in a decrease in the wheel's ability to remain radially and laterally true necessitating more frequent truing. Brant (1983) lists the following spoke ratios: five-speed - 1.6 to 1, six-speed - 2 to 1. Which means that for a six-speed wheel the right spokes must be turned 2 turns for every turn on the left side to make a radial adjustment, whereas the five-speed requires only 1.6 right side turns to each left hand turn. (What do you think itv?)

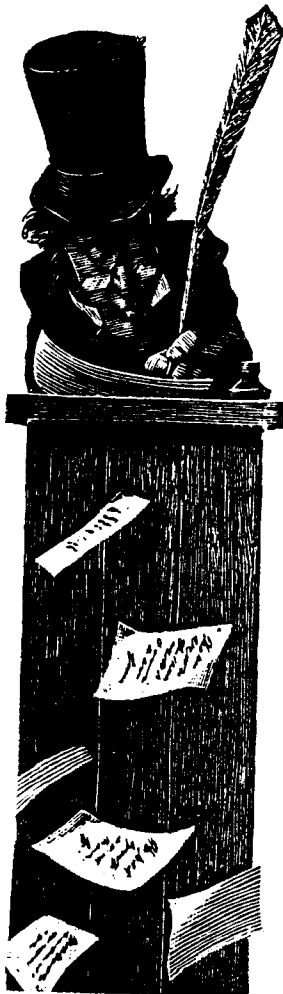




**schmooze** (shmōōz) *intr.v.* schmoozed, schmoozing, schmoozes. Also **schmooze**. *Slang.* To chat idly or gossip. —*n.* Also **schmooze**. *Slang.* A chat. (Yiddish *shmuesn*, to chat, from *shmues*, a chat, from Hebrew *shemu'ah*, plural of *shemu'ah*, rumor, from *shāmō'a*, to hear.)

## WHAT IS YOUR DREAM BIKE ?

## SCHMOOSING



Bruce Seher:

While waiting for what seemed like months, in reality only weeks, the miraculous day finally arrived. My bike was in! I took it to the park for a few laps for my first ride, & it was incredible, the best looking, the best performing bike, to end all bikes. Riding brought me a sense of oneness, between me, the machine & the road, that is beyond description, but which, I'll describe as pure ecstasy. My dream bike was my first. It was red, & if it had a name I can't recall, for I was only 8 and that my friends was a long, long time ago.

Christy Guzzetta:

Oh, that's an easy question. My dream bike is a Cinelli, equipped with Campagnolo Super Record. When I look down I want to see a legend between my legs.

Ken Sloan:

Peugeot carbon because it is the lightest and stiffest available.

Dwayne Collins:

The Specialized Team Stumpjumper...Hot Pink! I think it's the best on or off the road. Also it is the best looking.

Scott Feldman:

I've never really thought about a dream bike. I've always been more concerned about riding & not the machine underneath me. Also, I don't have enough knowledge of bikes to have desires.

Mike Rainone:

A Vitus. It would be fun to try a thin tube aluminum road bike to see the difference in the ride from a steel frame.

John Mulcare:

I would like a titanium touring frame with a triple crank.

John Lucaszka:

A super lightweight, extremely strong framed bike. Handlebar shifters, recessed Allen bolt heads wherever possible. My Richard Sacks is almost the dream bike.

## LETTER TO THE EDITOR:

The newsletter is so much fun to read, the piece by Martha Ramos for instance --- truly inspired. One ever-so-small correction, SCHMOOSING is spelled with a z not an s.

(sign) An Appreciative Member

The 1985 Ride Results (Sept - Dec) has been compiled by Lee Gelobter. It will be available at the February Membership Meeting, or by sending a SASE to Lee.

RESOLVED ! by Clay Heydorn

It's never too late to make your New Year's resolutions, especially of the bicycling variety. After all, the season won't really start until March. Here's a few I've cosidered. (I'm not tell which I've actually made!)

Regarding the bicycle, resolved:

- ...to attend more frequently to my too often filthy chain;
- ...to true my wheels before someone else notices the woobble;
- ...to buy no more bicycles (after that racing machine I lust for).

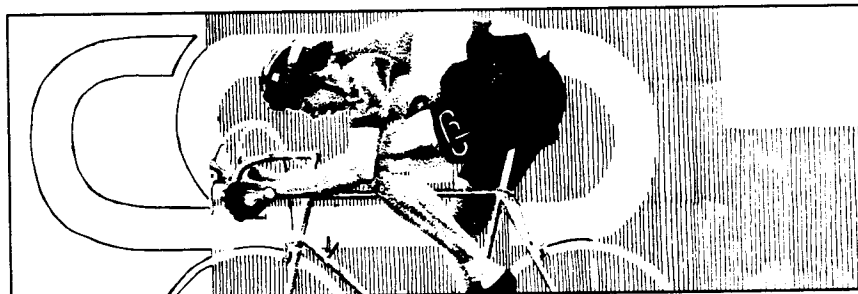
Regarding riding skills, resolved:

- ...to practice sprinting and othe forms of interval training;
- ...to learn to do a track stand;
- ...to time trial at 21+ mph;
- ...to be even more alert in pace line and traffic riding.

Regarding attitudes, resolved:

- ...not to show off if I accomplish any of the above;
- ...to think kinder thoughts about my less skilled brethren and to offer them suggestions rather than curse their ineptitudes;
- ...to restrain from yelling at motorists who turn in front of me, unless I am forced into emergency evasive action;
- ...to be more considerate to pedestrians who, though they would be well advised to be more alert, are, after all, fellow New Yorkers and are only following New York customs of crossing streets;
- ...to voice my complaints to rider leaders quietly, after the ride;
- ...to welcome new riders and alert them to club customs they may be unaware of;
- ...to socialize more with members who ride in other categories.

Do all the above and you're a saint. Who is the patron saint of bicyclists, anyway? Ah, yes, Velocio! As for myself, have I forgotten the one about cleaning up after myself after cleaning the bike? And who says I can't show obnoxious teenagers that they'd better not try to pass me on the hills....



January 1986 BOARD OF DIRECTORS' Meeting Minutes Summary  
by Alinda Barth, Secretary

The Board discussed the following:

1. A preliminary budget for fiscal '86.
2. Installation of the proposed Club telephone.
3. The order in which articles appear in the bulletin.
4. More on ride classification.
5. The Safety Committee has expired.
6. The possibility of raising revenue through advertising in the bulletin.

The next Board meeting is scheduled for February 4, 1986

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## "Find of the Month"

FOR SALE: MOTOBECAN GRAND RECORD, 22 $\frac{1}{2}$ ", mint condition,  
Reynolds 531 throughout, Campy Nuovo Record,  
TA cranks & chainrings, Weinmann CP brakes  
with hooded levers. This is a top quality  
bike and must be seen. \$350.  
call: Harold Finkel (B) 212-889-0660

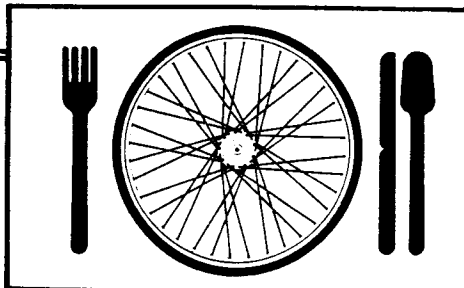
New T A chainrings, 38 & 50 T, ..... \$15.00 the pair  
New Stronglight 99 chainrings, 38 & 50 T, \$15.00 the pair  
call: Bruce Colvin, 718-2660, evenings

## CONRAD'S

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



**NEW YORK CYCLE CLUB**  
MONTHLY MEETING  
**Tuesday February 11**



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

**an evening with  
MIKE FRAYSSE**

Mike is a director of the United States Cycling Federation and manager of their men's road team. He is also race director for the woman's "Winning Club" team. Last time Mike spoke to us, he talked about training the woman cyclists for the Olympics. Now he's off and racing again. The team is 60 women strong! Janelle Parks, Maria Wisser, Betsy Davis and Betsy King, (Spenco Winner)...are some of the stars. He's going to tell us where they've been racing, and how they've been doing.

His base of operations is Park Cycle in Ridgefield Park, New Jersey. So he also likes to talk about bike frames, and custom bike frames. We must ask him about his new "Sport Vitamins."

Talking to Mike Fraysse is like being in the center of what's happening in racing around the country. He's lots of fun. Come join us.

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 restaurant 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

**New Members** -- compiled by Irene Walter

CAHN, W. Stewart	80 Central Pk. W. #2D	N.Y.	10023	212/877-8321
COHEN, Elia	65 W. 90 St. #24F	N.Y.	10024	212/724-0451
DeMUTH, Anne	32-12 69 St.	Woodside	11377	718/779-3055
LESCH, Anne	500 E. 83 St. #4M	N.Y.	10028	212/737-2028
SHENKIN, Peter S.	1522 Unionport Rd. #4G	Bronx	10462	212/829-5363
WATKINS, Dorothy	60 W. 13 St. #4C	N.Y.	10011	212/255-7593
WATKINS, Stan	60 W. 13 St. #4C	N.Y.	10011	212/255-7593

NEW ADDRESS/PHONE NUMBER:

LAUB, Frank B.	P.O. Box 1427 Mad. Sq. Sta., N.Y.	10159	212/725-0128
NELSON, Larry	336 West End Ave. #4A	N.Y.	10023
STADLER, Phyllis	300 E. 71 St. #90	N.Y.	10021

NYCC MEMBERSHIP AS OF 1/10/86: 523 MEMBERS

*Please don't forget  
to renew membership!*



**11**

DON'T BE HORRIBLE TO YOUR MEMBERSHIP DIRECTOR. PAY YOUR 1986 DUES NOW.

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 \_\_\_\_\_

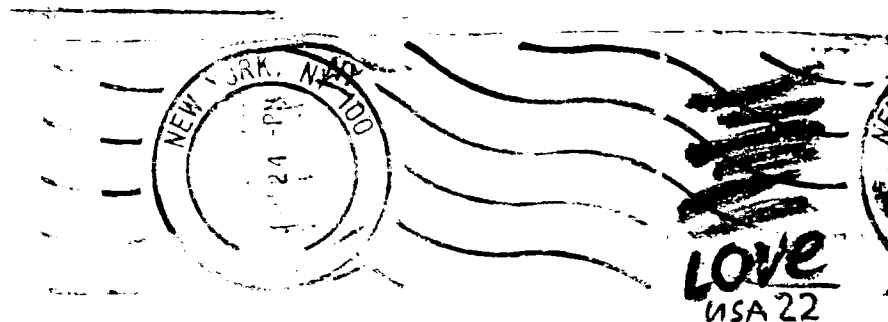
Circle if applicable: I do not wish my (address) (phone number) listed in the roster which is published in the bulletin semi-annually.

WHERE DID YOU HEAR OF NYCC? \_\_\_\_\_

OTHER CYCLING CLUB MEMBERSHIPS (circle): AMC AYH 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

**Marty Wolf**  
**360 East 50 Street**  
**New York, NY, 10022**



**First Class**

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