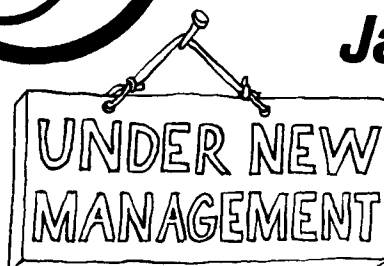


January
1986

New York Cycle Club

Our 50th year

January 1986



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Jackson Hts, NY 11372
718/672-5272

Past President

Martha Ramos
75 Henry Street
Brooklyn, NY 11201
718/858-9142



P.O. Box 877, Brooklyn, NY 11202

Rides Schedule

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 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 road, 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.

Wed. Jan. 1
10:00 AM
A-
55-60 mi.
NEW YEARS IN WHITE PLAINS. Leader: Marty Wolf (212-935-1460) Start the New Year off with an entry on your mileage chart. (No chart? I'll make copies and bring you one.) The Flagship Diner in White Plains is sure to be open. Meet at the Boathouse. We'll leave promptly at 10!! Any precipitation or temp. below 20 F cancels. Call Marty if you're in doubt.

Sat. Jan. 4
8:30 AM
A
40-70 mi.
WHIMSICAL WESTCHESTER. Leader: Richard Herbin (212-666-2162) Meet at the Boathouse. Pre-training ride to Westchester County. Route, distance, and nature of stops will be determined by weather conditions and arbitrary and capricious decisions by leader (but, trust me). An indoor food stop tailored to gluttons is probable. Temp. below 32 F or sloppy roads will render this ride leaderless.

Sat. Jan. 4
9:30 AM
B
LEADERLESS RIDE. Meet at the Boathouse.

- Sat. Jan. 4
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.
Jan. 4/5
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 Gimbel's 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.
Jan. 4/5
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.
- Sun. Jan. 5
10:00 AM
B LEADERLESS RIDE. Meet at the Statue, Queens Boulevard
- Sun. Jan. 5
10:00 AM
C WARMTH IN JANUARY. Leader: Elly Spangenberg (212-737-0844) Get away from it all. A trip to a warm climate, deserts and jungles. Lunch under some orange trees at the NY Botanical Garden in the Bronx. Bring \$2.50 for admission to the Garden's Conservatory. Dress warmly for the ride. Bring lock and lunch, or money for it. Joint AYH ride. From corner of 59th St. & Fifth Ave. 25 mi.
- Sat. Jan. 11
9:00 AM
A GET OFF YOUR ROLLERS RIDE. Leaders: Cley Heydorn & Simone Smith (718-434-7176) Astonish the patrons of the Nyack Skylark by showing up in the middle of January. Meet at the Boathouse. Snow/rain/temp. below 30 F cancels. 50 mi.
- Sat. Jan. 11
10:00 AM
B LEADERLESS RIDE. Meet at the Statue, Queens Boulevard.
- Sat./Sun.
Jan. 11/12
8:00 AM
AA RACE TRAINING RIDES. Leader: Dave Walls (212-570-6572) See Jan. 4/5.
- Sat./Sun.
Jan. 11/12
B-/C+ DIAL-A-RIDE. Leader: Scott Feldman (212-310-5256, of.; 718-444-9321, h.) See Jan. 4/5.
- Sun. Jan. 12
8:00 AM
A/A- NEW JERSEY PHANTOM. Leader: Steve Sklar, et al. (212-877-5235) This ride will be a "car topper" ride to a location which, at this writing, is undetermined (and unscouted). Ride is limited to four people (including me) unless one or more other cyclists are also motorists. Meet at SE corner of 75th St. and Broadway to load up. Then drive to somewhere about 1/2-1 hr. away, park, do a relatively short ride, so that we don't freeze our bottom brackets off, then drive back. Call Steve by Fri., Jan. 10, to reserve a place or volunteer a car or bike rack. Temp. at 7 AM below 20 F or wet conditions cancel. 50 mi.
- Sun. Jan. 12
9:30 AM
B LEADERLESS RIDE. Meet at the Boathouse.
- Sun. Jan. 12
C/C- DIAL-A-RIDE. Leader: John Mulcare (718-672-5272) See Jan. 4.
- Sat. Jan. 18
9:00 AM
A/A- BITS AND PIECES. Leaders: Art Guterding (212-415-8920; of.) & Marty Wolf (212-935-1460, h.) Meet at the Boathouse for a quick-paced ride to visit a frame factory in Ridgefield Park. There will be a unique demonstration of correct frame fit. After lunch we'll bike on to Paramus for a brief shopping excursion at Campmor -- where, if you want, you can get fitted out for cold weather cycling. 60 mi.
- Sat. Jan. 18
C/C- DIAL-A-RIDE. Leader: John Mulcare (718-672-5272) See Jan. 4.
- Sat./Sun.
Jan. 18/19
8:00 AM
AA RACE TRAINING RIDES. Leader: Dave Walls (212-570-6572) See Jan. 4/5.
- Sat./Sun.
Jan. 18/19
B 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. 25-40 mi.
- Sat./Sun.
Jan. 18/19
B-/C+ DIAL-A-RIDE. Leader: Scott Feldman (212-310-5256, of.; 718-444-9321, h.) See Jan. 4/5.

Sun. Jan. 19 8:30 AM A 75 mi. VERY EARLY SPRING FOLIAGE EXPRESS. Leaders: Alan Zindman (212-989-8529) & John Waffenschmidt (718-626-9835) Now that it is 1986, let's start getting in shape early this year. Meet at the Boathouse for a vigorous ride to Nyack. River Rd. to 9W, through upper portions of Piermont to a warm food stop in Nyack (Skylark). Return home in a cooperative paceline via 9W. 8:00 AM temp. of -10 or pelting precipitation will modify ride. This will be a sub A+ ride.

Sat. Jan. 25 9:00 AM A 50 mi. SUPER BOWL PREVIEW OR REVIEW. Leader: Jay Rosen (718-857-2610) For all you guys' pleasure, I've decided to lead my first ride. I have but one requirement--you must have good arms and a warm heart. Pace busting and other forms of unusual behavior encouraged. Ex-Schmoos welcome. Precipitation cancels. Meet at the Boathouse.

Sat. Jan. 25 Noon A- 45 mi. BACHELOR'S DELIGHT. Leader: Art Guterding (212-415-8920; of.) A quick-paced ride to the Turning Point in Piermont for hot cider. Temp. below 30 F cancels. Meet at the Boathouse.

Sat./Sun. Jan. 25/26 8:00 AM AA RACE TRAINING RIDES. Leader: Dave Walls (212-570-6572) See Jan. 4/5.

Sat./Sun. Jan. 25/26 B DIAL-A-RIDE. Leader: Sara Flowers (718-544-9168) Call Sara for ride details and meeting place if the day is nice and you feel like going for a ride.

Sat./Sun. Jan. 25/26 B-/C+ DIAL-A-RIDE. Leader: Scott Feldman (212-310-5256, of.; 718-444-9321, h.) See Jan. 4/5.

Sun. Jan. 26 9:00 AM A 50 mi. JOSH'S BIG BIKE RIDE. Leader: Josh Keller (212-674-0955) Let's meet at the Boathouse for a ride to breakfast in Westchester. Snow or starting temp. below 30 F cancel. Serious intentions are optional.

Sun. Jan. 26 C/C- DIAL-A-RIDE. Leader: John Mulcare (718-672-5272) See Jan. 4.

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.)

SPECIAL INTEREST GROUP ON RACING TO BE FORMED

The concept of developing a variety of Special Interest Groups (SIG's) was discussed at the November Club Meeting. On Thursday, January 9, there will be a meeting at O'Hara's Restaurant at 7:00pm to organize the new NYCC SIG on racing.

The purpose of the meeting will be to develop and coordinate plans for the Club activities that will take place under the Racing SIG umbrella, such as articles for the Bulletin, training programs, skills development clinics and any other ideas you may have.

Please call Chris Mailing at home (718)965-0894 or leave a message at (212)362-2631 by Monday, January 6 if you plan to attend in order that proper arrangements may be made with O'Hara's for the meeting.

- Chris Mailing

New York Cycle Club, Inc.
Statement of Changes in Cash Position
Year Ended November 30, 1985

Cash balances at December 1, 1984:

Checking Account	\$ 1,187.53
Savings Account	1,466.55
Certificate of Deposit	1,000.00
Cash on Hand and Restaurant Deposit	<u>160.00</u>
	\$ 3,814.08

Revenue Generated:

Membership dues	\$ 5,456.00
T-Shirt sales	1,545.00
Interest	227.98
Patch sales	89.00
Restaurant surplus	40.00
Bulletin ads	<u>15.00</u>
Total Revenue Generated	\$ <u>7,372.98</u>

Expenses Incurred:

Bulletin printing	\$ 3,637.75
Bulletin postage	1,250.64
T-Shirt costs	1,448.00
Program expenses	321.25
Membership expenses	221.56
VP Rides' and Coordinators' expenses	148.36
Bank service charges	132.39
Circulation expenses	66.35
AYH and LAW affiliations	65.00
Public Relations expenses	48.50
Editor's expenses	25.94
Treasurer's expenses	24.45
P. O. Box rental	22.00
Board hosts	11.00
Secretary's expenses	10.00
President's expenses	<u>3.88</u>
Total Expenses Incurred	\$ <u>7,437.07</u>

Net Decrease in Cash

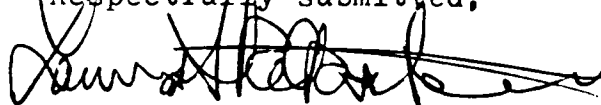
(64.09)
\$ 3,749.99

Cash balances at November 30, 1985:

Checking Account	\$ 305.96
Savings Account	2,335.70
Certificate of Deposit	<u>1,108.33</u>
Total Cash at November 30, 1985	\$ <u>3,749.99</u>

Other Assets: Typewriter, projection screen, silk screen,
heat transfers, patches, stationery and PBP trophy

Respectfully submitted,



Lawrence A. Rutkowski
Treasurer
Fiscal 1985



Since many of you are buying mail-order, a word or two concerning out-of-stock items. The current rule is that mail-order companies must refund the customer's money if it can not ship the goods within 21 days. It is called the "Alaska Sleeping Bag Company Rule" in the mail-order trade, after that now defunct company that offered good value but couldn't deliver the goods. At one point in the late 1960's, Alaska Sleeping Bag accounted for fully 90% of all complaints sent to the Federal Trade Commission.

When Wally and Beaver Cleaver bought a bicycle it cost \$52.98 and they sort of looked like the picture in the corner.

Bobby Short is as crisply correct as a dry Martini, he sits behind a black Baldwin Grand at the Carlyle and sings of a Cole Porter New York that only existed for a few, but everyone likes to remember. The NY TIMES ran a photo of Mr Short in his apartment at the Osborne standing next to a 10-speed bike. Don't let anyone tell you cycling does not have the right tone.

The record for cycling around the world is 138 days, which is not quite as fast as Phinnius Fogg.

File this in the "Now-I've-Heard-Everything" box. In Atandena California there is a combination bike and pet shop. It's called Steve's Pet & Bike Shop. Ah, California, the land of fruit & nuts.

This item should be of interest to the bike commuters and statisticians in the crowd. On any given weekday there are over 1,000,000 cars, trucks & bues on the streets of Manhattan. According to the Dept of Transportation Manhattan has 504 miles of streets. That is an average of 1,984 motor vehicles per mile.

MINORITY REPORT: The population of New York City is 7,164,000. As of 12/1/'85, the NY Cycle Club had 513 members. That's .00007% of our potential.

I've heard of the movie "Eating Raoul". But drinking Maxx beer at Vickers' house ?

There's no doubt Francesco Moser started a rage for solid disc wheels the day he broke Eddy Merckx's Hour Record in Mexico City. But who can afford a \$2000 wheel even if it does decrease aerodynamic drag by 30%. The AERRO, is a tensioned wheel cover, which is claimed to achieve the same results for a mere \$50. If you want to kick some ass the next time Steve Sklar runs a time trial write to: Flexten Products, 274 North Hwy 101, Encinitas, CA, 92024.



IT'S SUNDAY MORNING YOU'RE RESTLESS AND
YOU WANT TO GO FOR A RIDE BUT IT'S WINTER
AND THE TEMPERATURE IS WAY DOWN.
HOW DO YOU COPE WITH WINTER RIDING? WHAT
"TRICKS" HAVE YOU PICKED UP ?

SCHMOOSING

- John G Waffenschmidt: Polypropylene, wool & Thinsulate. No cotton!
- Carl Calnek: I wear wool tights over wool shorts. On very cold days I insert a piece of sheepskin fleece, sometimes called a "Peter Heater".
- Debbie Bell: This is the first winter I'm going to try riding so this is new to me. I haven't any tricks or coping techniques yet. Ask me again next year.
- Alinda Barth: I wear all wool in layers, wool is a sine qua non (necessity) for winter riding comfort. The ride itself should be short and hilly --- the hills make you cook.
- Lenny LoPinto: I dress in loose layers. It's important not to overdress because you'll sweat and feel even colder. The ears, hands and feet must be covered and kept warm because they are very vulnerable parts of the body. It is also a good idea to ride an older bike if you have one.
- Jackie Plate: My problem last year was keeping my hands and feet warm. This year I'm trying booties and wool gloves with a nylon shell.
- Mike Rainone: I find that a fishnet undershirt and a long sleeve wool jersey topped with a Gore-Tex shell is just fine. Oh yes, booties worn with a pair of silk and a pair of wool socks.
- Maxim Vickers: Don't Stop !
- Bill Wojtech: There are two things I do to cope with cold weather riding. Polypropylene socks & underwear and when all else fails go X-C skiing.

* * * * *

If you have a topic you would like us to schmoose about, contact the editor.

God, I love biking.

Still another weekend in which to challenge the elements and see how far I can push my physical capabilities. The temperature is 30 degrees F, but at least the sun is shining and the wind is under 15 miles per hour. I don the usual paraphernalia, making sure I am adequately layered and have on the appropriate ratio of polypro to wool.

Mount my ever present steed and begin to laboriously turn the cranks. I sense more than hear the whirr-whirr-whirr as the cranks begin to spin under me. My body slowly adapting to the cold as I inch the gearing upward. The wind whizzes past, stinging my face and ears, and my eyes ever so slightly begin to tear. In a few moments the elements are no longer as formidable as they initially seemed. My body succumbing to this new sense of warmth as I near the end of my endeavor. My goal in sight, I lower the gearing and my cadence before coming to a stop.

Dismount my noble steed and open the terrace door. Lift the racermate stand over the door stop and push the whole contraption into the apartment. I then head into the kitchen for a well-earned second cup of coffee.

God, I love biking.

Racer's Corner

by John G. Waffenschmidt

This is a new feature of the Cycle Club Bulletin which will cater to the racing contingent in the club; however, I hope that a number of the topics will be of interest to a larger readership. Two specific aspects of the column will be an overview of the local racing scene and a review of how club members are doing in the races. As space permits, I will try to address topics of interest to racers such as training and equipment tips. I encourage all club members to advise me of upcoming races, member race results, and topics of interest to them.

January 1 marks the start of the 1986 racing season. Starting off the season is the Century Road Club Association's annual January 1st century ride. The two 7:00 AM starting locations are the Silver Diner, Lakeville Road and Union Turnpike, in Queens, and 90th Street and Fifth Avenue, in Manhattan. There is no cost for the ride; but, dues for 1986 must be paid and you were supposed to have registered with Lou Maltese by December 25th. During the off-season, CRCA will have racing clinics at the Boathouse on Saturdays from 9:00 to 11:00 AM.

David Walls is coordinating rides from the Boathouse to the Gimbel's Ride; the Gimbel's Ride is about 40 miles long and run under race-pace conditions. The meeting time is 8:00 AM at the Boathouse, Saturdays and Sundays; speak to David if you are interested.

During the off-season you should try to maintain your cardiovascular fitness and condition your body for the following season. Skating and skiing are ideal for working your cardiovascular system while also using your cycling muscles. Running is useful for your cardiovascular system but does nothing for your cycling muscles; however, it can be done in any weather and any place. A number of you may wish to use weight training as a form of full body conditioning. In order to develop leg endurance for repeated attacks and have a reserve for the sprint, you should work all leg muscles - 3 sets, 16-20 reps. In order to compensate for the overdevelopment of your back muscles you should stretch your back and develop your stomach muscles - 3 sets, 25 reps on an incline board, alternate center, right twist, left twist. For the upper body, focus on strength development - 3 sets, 6-8 reps, heavy weight. To reduce the probability of injury, I recommend stretching before and after the workout and going easy with the weights during the beginning of your training. The greatest source of injury to novice weightlifters is pushing too much weight too soon; so lift less weight than your maximum and increase the weights by small increments. After the training session, take a hot bath and massage yourself - this will facilitate recuperation and will develop an excellent habit for the racing season. One final word - when the weather permits, go out and ride like it's for a million dollars; if you're not doing a lot of miles, lay off the sprints.

find of the month!

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

call Michael Rainone, 212/966-7723

FREEBIES by Dan Creavy

Would you like a free cycling handbook? The Toronto City Cycling Committee has produced "Cycling Skills", which is described by WINNING magazine as "One of the finest small handbooks we have seen for the new but serious cyclist". The handbook covers some of the more basic aspects of bike handling. It answers questions about saddle height, riding in traffic, shifting gears, night riding, etc. To receive a copy of the handbook just write the Toronto City Cycling Committee, City Hall, Toronto, Ontario, Canada. It will be mailed "FREE" !

WANTED Campy rear hub (N. Record), new or used, 36 holes. 718-626-9835

CALLING ALL POTENTIAL B RIDE LEADERS

Come and join us at 1:30 on Sunday, January 26, to help plan our '86 B spring training rides. Drinks, snacks and a sizzling fire will be provided. Call Jackie or Rick Plate at (718) 788-1322 for directions.

HAUL IT OVER FOR AN OVERHAUL

ARE YOU TIRED OF THE HIGH COST AND THE LONG WAIT TO HAVE A BIKE SHOP RECONDITION YOUR BIKE FOR THE SPRING? THIS IS YOUR CHANCE TO LEARN HOW TO DO IT YOURSELF BY DOING IT YOURSELF. ON SATURDAY JANUARY 11TH I WILL BE OVERHAULING MY OWN BIKE AND WILL SHOW YOU HOW TO DO YOURS. WE WILL BE CLEANING AND REPACKING HUBS, BOTTOM BRACKET AND HEADSET, REPLACING CABLES AND CLEANING AND LUBRICATING BRAKES AND DERAILLEURS. GROUP SIZE IS LIMITED IN ORDER TO ASSURE THAT EVERYONE GETS THAT PERSONAL TOUCH. CALL LEE GELOBTER (718-646-7037, EVENINGS TILL 11) TO RESERVE A SPOT AND TO GET A LIST OF REQUIRED EQUIPMENT.

SQUASH THOSE NEW YEAR BLUES: tired of frozen extremities and other digits? Then join Debbie Bell and Martha Ramos for a round-robin squash party. A great way to maintain conditioning and avoid frostbite. The date is Monday, January 20, 6:30 to 8 pm. Call Debbie (212-864-5153) or Martha (718-858-9142) for additional details.

COMING ATTRACTIONS: AN EXPLORERS' FORUM. Calling all pioneers, pathfinders, leaders, and would-be leaders. Join Martha Ramos and Debbie Bell to exchange ideas on how to map and lead rides. Details in the February bulletin.

The Backbench Report
(News Analysis)

CONRAD'S

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



Where were you when the earth shook under our feet (wheels?)? Did you notice? Those of us (some fifty-odd) who chose to stay for the November program were treated to the unveiling of some disturbing statistics and to consequent soul-searching on the part of both the governing board and the rank and file. Forget the issue of growth: we are not as big as we thought we were and we do not have a clear idea of how to make the magnificent illusion of 512 paying members to truly ride tall!

I found the numbers sobering: only two-thirds of the above renew yearly membership, just 232 appeared on club rides (many only once) last year, and a paltry 107 ^{but}indians bothered to cast ballots for 18 candidates contesting 12 offices in ^{of}the bigger turnouts in recent club history. The bottom line in any club's rating is participation; what is going on with ours?

Why do people come and go as they appear to do? Is it because of the asserted shortage of civility on our part? The custom used to be that "A" riders never inquired about a new cyclist's name until they failed to "drop" him on at least three attempts. I am told that this is no longer practiced rigorously: I only try once myself and NEVER with ladies. Can't imagine what that rucus is all about...

No one argues that we are or should be providing a tour-guiding service (although I sometimes wander when people are STILL lost off the front at the right turn on Manhattan Ave!). There exist plenty of other outfits dedicated specifically to these requirements of (paying) public. Ours is a volunteer show and as such depends on getting people actively involved with it. During the November discussion a subject of forming special interest groups to pursue racing, tourism, bicycle repair etc. came up repeatedly. It is my belief that adopting this approach in place of the current ride ratings and extending it to include administrative and editorial tasks will improve the club's social dynamics and bring more members in on the act.

I have spoken already (see June issue) against the straitjacket placed on rider development by the vertical dismemberment of the club into "A", "B" and the nearly extinct "C" loppings. Those riders intent on improving physically and technically are offered few footholds for scaling the stareless shaft leading to the next level; those content with their existing proficiency are doomed to dwell under the stigma which we willy-nilly attach to the descendence of alphabetical order. This archaism must be dismantled and replaced with a number of branches rising out of a common trunk to allow cyclists to enter them at a fairly basic level and to progress to the extent they choose. This will call for some investment in instruction time on the part of experienced riders, but the returns are worth it: everyone benefits when the general level of awareness rises.

The problem of alienation equally plagues the functioning of club administration, though in a different way. We have tended lately to run the joint by electing the debating club of Thirteen to do it and washing the subject off our collective hands. Besides being an invitation to policy paralysis, this makes us forget that there is no club without our monthly newsletter and programs. That preparing these need not be a chore is illustrated by how our mailroom has, through initiative of successive Circulation Managers, functioned for YEARS in a manner of work-party. So let us form more loose work groups under the direction of respective Officers to get more people INVOLVED and reduce the membership in legislative council to a number where reaching a decision becomes statistically plausible.

I am done preaching for the moment.

Maxim Vickers

WINTER B RIDES

Jackie and Rick Plate

Winter is the time of year for most sensible mammals to hibernate, but die-hard cyclists are not among these. Many of us will find the urge to ride whenever the mercury is 30 degrees and above, with no precipitation in the offing.

We would like to provide riding opportunities on all weekends in order to capture as many of the tolerable days as possible. In addition to scheduled rides and Dial-A-Rides, we will fill in the schedule with leaderless rides. While the distance and the destination is determined by those who show-up, you can expect these to be short rides (40-50 mi.) to well worn destinations such as Syosset and Nyack. Experience suggests that the most dedicated riders (often frequent ride leaders) are the one's most likely to turn up on their bikes during January and February. Take heart from the fact that your fellow travellers will most likely be experienced cyclists who are familiar with winter riding and the routes.

We will bring packages of route sheets to the January meeting or mail them to you on request. We hope to see you on the roads this winter.

New Members -- compiled by Irene Walter

MARX, Susan	520 E. 81 St. #11H	N.Y.	10028	212-535-2309
SCHUMACHER, Janet	659 Carroll St.	Brooklyn	11215	718-857-6871
SCHWARTZ, Susan A.	40 W. 89 St. #4B	N.Y.	10024	212-877-3211

NEW ADDRESS:

GOLDNER, Ellen	562 West End Ave.	N.Y.	10024	212-769-1557
MEEKINS, Susan	135 Eastern Pkwy. #5A1	Brooklyn	11238	
ROSEN, Jay	135 Eastern Pkwy. #5A1	Brooklyn	11238	
SIMON, Stan	402 E. 12 St.	N.Y.	10009	212-777-1212

ADDRESS CORRECTION:

ZINDMAN, Elaine	315 W. 19 St. #42	N.Y.	10011	212-691-7614
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NYCC MEMBERSHIP AS OF 12/12/85: 516 MEMBERS



Last month's issue contained the revised ride classifications. In essence, the AA category has replaced the old A+ category. My perception of the upper limits of the ride categories is somewhat different than that which was presented. My view is as follows:

- AA Marathon riding/racing; long distances without stops; high, steady average speed
- A+ Race-pace riding; pulsating pace with attacks and sprints; dropping is acceptable
- A, A- High regard for riding style; group oriented; with or without pacelines

The A-/A/A+ rides are truly ridden differently; consideration should be given to providing a more detailed description so that riders can better choose their rides.

DREAM TOUR OF UTAH

May 13th/May 20th 1986

Midweek departure for lowest fare - 7:45 Kennedy - non-stop to Salt Lake City, Utah. Due to a number of questions about the Tour's itinerary, these are the planned events for the first two days only (more in next months bulletin).

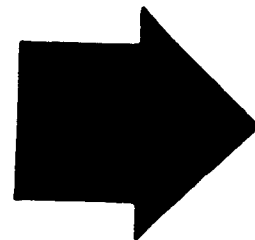
-Sagwagon to Moab, Utah

-Tour Arches National Park - The landscape is dotted with over 200 arches, windows and towers hewed from sandstone with some rising several hundred feet.

-Todd Anderson, our guide and coach of the University of Utah Cycle Team, will lead us through the park and a 70 mile route which will include crossing The Colorado River at Dead Horse Point which overlooks Canyon Lands State Park, and then on to Montecello, Utah - elevation - 7050 feet.

Call Art Guterding during working hours at (212)415-8920 for more information.

*Please don't forget
to renew membership!*



HELP YOUR HARD-WORKING MEMBERSHIP DIRECTOR BY RENEWING 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) _____

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



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