July 1986



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ATLONG LAST!

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512	ÆS.		
US	EUR	PAR	MAKE CHECKS PLYABLE TO NEW YORK CYCLE CLUB
XS	1		PLACE ORDER BEFORE SEPT 1ST-POR DELIVERY DATE
S	2		INTIME FOR NOVEMBER 1/th MEETING AT OHARAS
M	3		MAIL ORDER AND CHECKS TO: NAME
L	4		LEE GELOBTER ATTENT
X	5		APT F3
XX.	6		BKLYNNY 11229- STATE 21P

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 retuctant 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.

- 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.
- 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	Anımals	Anything goes. Eat up roads, hills and all.	Less than 1 hr. 12 min.			
A+ A A-	16-17 15-16 14-15	19-20 18-19 17-18	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.	1:12 - 1:17 1:17 - 1:23 1:23 - 1:30			
ឋ+ ម B-	13-14 12-13 11-12	16-17 15-16 14-15	Tourists	Moderate to brisk riding along scenic roads, including hills. Destination not so important. Stops every hour or two.	1:30 - 1:39 1:39 - 1:49 1:49 - 2:00			
2+ 3 C+	10-11 9-10 8-9	13-14 12-13 11-12	Sight- seers	Leisurely to moderate riding. Destination oriented: nature, historical, cultural. Stops every half hour or so.	2:00 - 2:14 2:14 - 2:30 2:30 - 2:48			

* New members can assess their probable riding class by riding 4 full laps around Cental 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.

Wed.Jul. 2 RIDE WITH ART. Leader: Art Guterding (212-415-8920, of.) From the Tavern on the Green,
A Central Park. Meet at 5:45 AM for a friendly conditioning ride before work.

Thurs.-Sun. Jul. 3-6 JULY 4TH WEEKEND ON SHELTER ISLAND. Leaders: Alinda Barth (718-441-5612), Debbie Bell (212-864-5153), & Art Guterding (212-415-8920, of.) Looking for an alternative to the Statue of Liberty festivities? How about a weekend of gourmet meals at the Chequit Inn and wonderful biking on Shelter Island, Montauk and Orient Points? An informal group of 20+ NYCC'ers of all riding levels will be staying at the Chequit. Bike out, take your unboxed bike on the Sunrise Bus Service, or the LIRR. As of mid-June the Chequit was completely booked, but call Debbie Bell if you're interested. There may be last-minute cancellations or alternative places to stay. Or, come out and join us for a day trip.

Th.Jul. 3 10:10 AM C-/C 40-45 mi. CYCLE CIRCLE AROUND THE LADY. Leader: John Mulcare (718-672-5272) From the Staten Island Ferry (Battery Park). Be one of the first kids on your block to wish the Lady well for the next hundred years by circling around her on Rededication Day without having to use your yacht. We'll take the ferry to Staten Island, cross the Bayonne Bridge, stop a bit at Liberty Park, proceed up the east bank of Jersey, stop for lunch and a view of the harbor, continue to the GWB, cross it and ride down to the ferry to complete the circle. Bring the usual tools, patch kit, pump, water, copy of medical coverage ID card, and lunch (or money for it).

Fri.-Sun. Jul. 4-6 A 260 mi. BANTAM LAKE FLYING EXPRESS. Leader: Bill Vojtech (718-336-6474) Ride a hilly century up to the Bantam Lake Hostel, dine at a local restaurant, sleep, get up and do a 60-ish mi. day ride. Sleep and eat again. Ride home over a similarly hilly century route. To avoid riding with baggage, we'll ship our luggage up via UPS. Cost: \$7.00 plus postage. Joint AYH; contact AYH or leader for shipping date, meeting place and time. Limited to five participants plus leader.

- BRIARCLIFF MANOR ROUND-ABOUT. Leader: Martha Ramos (718-858-9142) From 242nd St. & Broadway, 9:45 AM
 Bronx (last stop on No. 1 train). Decided to stay in the city and be part of the spectacle?
 Then join me for a holiday sortie that's a shortie. The mileage is B, the undulations (hills) are B+. The scenery is worth the effort. 75% chance of rain cancels.
- Sat.Jul. 5 LEADERLESS RIDE. Meet at the Boathouse for a ride to be determined by the participants. b:30 AM
- Sun.Jul. 6 AIMLESS RIDE. No leader. Meet at the Boathouse and figure this one out yourself. 9: but AM $_{\Delta}$
- Sun.Jul. 6
 10:00 AM C-/C
 35-40 mi.

 INDEPENDENCE DAY RIDE TO RIIS PARK. Leader: Jerry Nelken (718-871-8036) From entrance to Prospect Park at Grand Army Plaza. This is a friendly touring ride, not a race. Part of the ride may be along Ocean Parkway bike path at a leisurely pace. At Avenue I we turn off, ride until Flatbush Ave., then Marine Park bridge to Riis Park and the Rockaways. Bring usual tools, patch kit, pump, water, medical coverage ID card, etc., as well as lunch and lock. Rail or threat of rain cancels; if in doubt, call leader. Alternate rain dates: Jul. 7, Jul. 13.
- Wed.Jul. 9 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 conditioning ride before work.
- Sat.Jul. 12
 8:25 AM words can express the depth of this journey: from the Delaware-Karitan Canal to the house of Garden State brickface and stucco in Roselle, cultural and anthropological truths unfold with the roadside scenery. Don't miss the 8:30 ferry. Total riding time, 6 hours.
- Sat.Jul. 12
 RAMBLIN' ROUND THE WANAQUE. Leader: Richard A. Mattner (212-489-9111, of.; 718-596-9010, h.)
 From 178th St. & Ft. Washington Ave. Our expeditionary forces will take local roads through
 Bergen and Passaic counties for a demanding tree-lined tour of NJ's high country, taking in
 Skyline Drive for a luncheon in one of the many nooks or crannies dotting the Wanaque Reservoir. Our return is planned through the High Mountain Wilderness Park. Maps available for all, with indicated re-assemblage points, so there's even room for some social pace busting.
 Stops as needed to set a "B" pace. Please call the leader to confirm your interest. The usual weather conditions and lack of interest will cancel.
- Sat.Jul. 12
 9:00 AM
 C-/C
 30 ml.

 CONEY ISLAND. Leader: John Mulcare (718-672-5272) Meet in front of City Hall (Broadway, one block south of Chambers) for a ride across the Brooklyn Bridge and along the waterfront. After that, we'll get a taste of what Nathan's has to offer, and survey the boardwalk and the beach for relaxation. Then it's back in the saddle again. Bring the usual tools, patch kit, pump, water, copy of medical coverage ID card, lock, and lunch (or money for it). Rain or greater than 20% thereof cancels (if in doubt, call John before 7:3L AM Sat.)

- Sun.Jul. 13 50TH ANNIVERSARY ALL—CLASS CLUB RIDE TO BETHPAGE. Join old and new friends in a moving cele bration of our anniversary at Bethpage State Park on Long Island. Special invitations have been issued to our guests at the July meeting and our friends in the Long Island Bicycle Club Ride out with one of the groups listed below, or meet us at Bethpage (the main picnic area enear the parking lot and restrooms) at i PM for a very social picnic.
- 7:30 AM Leader: Maxim Vickers (718-728-7179) From the Boathouse. The usual scenic, entertaining, and A /90 mi. Educational routine. Breakfast in downtown Roslyn at 9:30 where LIBC riders can join us.
- B:30 AM Leaders: Steve Baron (212-228-0555) & Caryl Hudson (212-595-7010) From Tramway Plaza (59th A- 2nd). We'll hot foot it to Long Island and meet the LIBC in Roslyn at 10:45 to ride an asystemscouted route to Bethpage.
- 9:00 AM Leader: Alinda Barth (718-441-5612) From the Statue (Union Turnpike & Queens Blvd.; "E" or B+ "F" trains to Union Turnpike). We have not been to Bayville this year! So let's visit it before lunch at Bethpage. LIBC meeting place, Wheatley School (Bacon Rd.), at 10 AM. Rain or hail cancels.
- 9:60 AM Leader: David Moses (718-375-0816) From the Statue (Union Turnpike & Queens Blvd., "E" or "f" trains to Union Turnpike). Ride to bethpage by way of Dyster Bay. We'll meet the LIBL at Wheatley School (Bacon Rd.) at 10:15 AM. Deli stop is in Bethpage about half a mile from the picnic area.

Sun.Jul. 13
9:UU AM
Queens Blvd., "E" or "F" trains to Union Turnpike). We'll meet at 9 AM for a social ride to
Wheatley School (Bacon Rd.) to meet LIBC members (or anyone who wants to park there; call for
details and directions). We'll depart there at 10:30 AM to continue our jaunt along cool,
tree-shaded roads to Bethpage Park. The deli is a few blocks from the park entrance.

9:00 AM C+/C "F" trains). A scenic route to Bethpage, picking up our LIBC contingent at the LIE service road and Wheatley Rd. at 11:00 AM.

Wed.Jul. 16 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 conditioning ride before work.

Sat.Jul. 19
8:30 AM
Bridge. Rescheduled from June. Ride up parellel to the Hudson River. Enjoy lunch on the grounds of Stony Point State Park. Return through Rockland County for an early return to the city.

Sat.Jul. 19
9:UG AM
B
This is a scenic, somewhat hilly ride to a beautiful spot on Long Island's North Shore. Be prepared to carry your lunch about 6 miles. Usual stuff cancels.

Sat.Jul. 19
9:30 AM
C-/C
30 mi.

KINGSLAND POINT PARK (NORTH TARRYTOWN). Leader: John Mulcare (718-672-5272) This is a preview, training, orientation and/or Saturday version for non-Sunday riders of our September All-Class Club Ride. Mee' at 242nd St. & Broadway (last stop on No. 1 train) for a pleasant ride up the eastern bank of the Hudson (with some hills). Bring the usual tools, patch kit, pump, water, copy of medical coverage ID card, and lunch (or money for it). Rain or greater than 20% chance thereof cancels. If in doubt, call John before 7:45 AM Saturday.

Sun.Jul. 20 NEW JERSEY MISCELLANY II. Leaders: Simone Smith & Clay Heydorn (718-434-7176). From the 8:30 AM Boathouse. Eighteen riders did this ride with us in May and we only lost two--let's make it 4 a 100% this time. Morning temp. below 45 F cancels.

Swin.Jul. 20
Swim with Lin. Leader: Lin Ehrlich (212-737-3222) from the Boathouse. How many hot days have you been cycling past a breezy bay when the humidity and asphalt are as high as the temperature? Well here's your chance to get off the bike and jump in the bay (or pool depending on where we go). The emphasis is on a leisurely beach day (for those of you who expect a short ride to end at 1 or 2). Bring a bathing suit and sunblock. Cancellation conditions: no

Sun.Jul. 20
9:00 AM
870 mi.

BEDFORD VILLAGE REVISITED. Leader: Maggie Clarke (212-567-8272) From Isham & Broadway (last stop on "A" train). Meet at the park benches just north of the 207th St. & Broadway subway for a pleasant ride that winds its way through the manicured lawns and gardens of Westchester and Connecticut to a picnic on the Bedford green. Bring your low gears for the hills. Return via Kensico Dam. 70% chance of rain cancels.

Sun.Jul. 20
9:15 AM
C+
25 mi.

ROYAL TIBETAN. Leader: Stanley Simon (212-777-1277) From the Staten Island Ferry, Battery
Park. This is a ride and swim, emphasis on good riding skills for novices, and open stretches
to let you go all out. We go out easy (strict double paceline) along shore, stop off at Gateway Natl. Park (swimming), up to Tibet Center (lunch and meditation), terraced stops on highest
point on Staten Island, restoration of Royal Tibetan temple, with outstanding collection, and
a short program (at 3 pm). Road back is very hilly. Bring \$2 for museum; \$.25 for ferry.

Sun.Jul. 20
9:30 AM
C
NEW MEMBERS' RIDE TO FAR ROCKAWAY BEACH. Leader: Bruce Scher (718-499-4568) From Grand Army
Plaza, Prospect Park. You've been receiving the bulletin month after month, circling great
rides in the beginning of the month, but, somehow, never get around to going. Mark your 30 mi.
calendar in advance; you won't want to miss this fun ride, the social event of the season.
Call for driving, bicycling, or train directions. Not for new members only! We'll be having
lunch at the beach, so don't forget your bathing suit.

Wed.Jul. 23 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 conditioning ride before work.

Sat.Jul. 26
A+/AA/A
From the Boathouse. Time to visit an old friend. The ride will take us along the mesthetic and friendly route prior to embarking on the bullet express. After visiting the old man, we'll stage two food acquisition campaigns. We'll arrive back at the Boathouse. In Alexian honor I will buy the beers. This ride may be tentative. If leader cannot show up, use standard route. Call Friday night for message regarding leader availability.

- Sat.Jul. 26 HI TIMES AT HIGH TOR. Leader: Lee Gelobter (718-646-7037; 8-11 pm only) from the Boathouse.

 8:00 AM
 A
 Doin Lee for the second of a series of wet and wild bike-and-swim rides. Proper bathing attire recommended but not required. Ride through Saddle River and New City for lunch at Hi Tor State Park, a quick dip in the pool and a congenial ride home. Leader will attempt to maintain a friendly paceline with speed freaks and laggards being executed. Call Lee for details.
- Sat.Jul. 26
 9:30 AM
 C-/C
 37 mi.

 REPONSIT BEACH AND BREEZY POINT. Leader: John Mulcare (718-672-5272) From SW intersection of Queens & Woodhaven Blvds., opposite Queens Center ("E" or "F" train to Roosevelt Ave./Jackson Heights; change to local to Woodhaven Blvd.). This is a summer Saturday variation of an earlier winter Sunday trip. We'll have lunch on the beach, then swimmers will receive escort services while they change and adequate protection of their possessions while they swim. Unoccupied riders may continue out to Breezy Point and rejoin the others later for our return trip. Bring the usual tools, pump, patch kit, water, copy of medical coverage ID card, swimming gear and towel, and lunch (or money for it). Rain or 20% chance thereof cancels (if in doubt, call John before 8:30 AM Sat.)
- Sun.Jul. 27
 8:00 AM
 A
 BEAR MOUNTAIN TOSRV. Leader: Christy Guzzetta (718-596-9833) From the Boathouse. Double paceline express, TOSRV-style, non-stop for breakfast at the Bear Mountain Inn. Up 9W, down 9W. We're going for the ride. If we arrive past 10:30 AM, it's cafeteria slop for breakfast. Tell your friends. Rain cancels.
- Sun.Jul. 27 SWIM WITH LIN AGAIN. Leader: Lin Ehrlich (212-737-3222) From the Boathouse. It's going to be 10:00 AM hot--hopefully today. We won't ride past the bay again today either. This trip is basically the same type of day trip as July 20. Bring a bathing suit, sunblock, beach ball and whatever. 45-50 mi. Cancellation conditions: no swimsuit or pouring rain.
- Sum.Jul. 27
 8:00 AM
 8:00 AM
 B65 mi.

 SOMERVILLE/RARITAN. Leader: Stanley Simon (212-777-1277) From PATH entrance, 14th St. & 6th Ave. Somerville/Raritan time warp--beautiful olde NJ highway system. We visit Liberty Corners, eat on a secluded island (dirt bike it) with a magnificent view of river. A trip to remember, with something for all. Gently rolling hills (one 20-degree climb). It's a long day, with easy pace. Good road skills, and we stay together and get our miles in. Bring \$.75 for PATH. If rain is scheduled, call leader on Sat.
- Sun.Jul. 27
 9:00 AM
 C-/C
 40 mi. CITY ISLAND. Leader: John Mulcare (718-672-5272) From the Boathouse. If you love seafood or want to try some of the best ice cream this side of heaven, this ride is for you. For those of you who seek other nourishment, we'll stop at the Poe Cottage and then move on to the Hall of Fame, on our way home. Bring the usual tools, patch kit, pump, water, lock, copy of medical coverage ID card, and lunch (or money for it). Rain or greater than 20% chance thereof cancels (if in doubt, call John before 7:45 AM Sat.).
- Wed.Jul. 30 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 conditioning ride before work.

Ride Previews

- Aug. 2-3
 A
 2CC mi.
 THE GUNS OF AUGUST. Leader: Maxim Vickers (718-728-7179) That was when they were traditionally unleashed, once the narvest was in. We will force-march to Rhinebeck, NY, on Saturday to observe the Red Baron in action vs. Sopwich 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.
- Aug.16-17 DELAWARE WATER GAP. Leader: Chris Mailing (718-965-0894). 275 miles.
- Aug. 29 Sept. 1

 LABOR DAY WEEKEND IN LAMBERTVILLE. Leaders: Alinda Barth (718-441-5612), Debbie Bell
 (212-864-5153), & Martha Ramos (718-858-9142). Something old and something new. A return
 to one of our traditional NYCC weekend destinations and a spanking-new inn on the banks of the
 Delaware, an easy 60-mi. ride or drive from the city. Wonderful day trips in New Jersey and
 Pennsylvania are available, as well as the enticements of neighboring New Hope. Reserve
 directly with The Inn at Lambertville Station (609-397-4400): double occupancy with continental
 breakfast from \$65/night.
- 4-day Aug. BOSTON/CAPE COD CONNECTION. Leader: Stanley Simon (212-777-1277) Boston (midnight ride weekend of Paul Revere). Repeat of last year's ride which started in the evening sleeping bag it.
 Whoever is interested, please call for further meetings and discussions.

Bike Rallies

- Sat.Jul.12 HUNTINGION BICYCLE CLUB 4TH ANNUAL GOLD COAST TOUR. 25, 50-, and 62-mile routes through the scenic North Shore of Long Island. Refreshments, sag services, arrows, cue sheets, door prizes. Free shirts and patches to first 300 entrants. \$7.00 registration fee. from Harborfields Library, 31 Broadway, Greenlawn, NY. 62-mi. ride leaves at 8 am; 50-mi. at 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: \$6.50 before July 24; \$9.00 after. For applications, send SASE to Debbie Bell, 526 West 113 St.. NYC 10025. Rain date: Aug. 3.

In 1978 Irv Weisman developed two routes through NJ's Bergen and Rockland Counties which feature scenic, quiet roads, and a mixture of easy riding and challenging hills. The 25-mi. option is a circular route from the GW Bridge to Demarest and Closter. The 50-mi. route adds an additional loop north through West Nyack, Spring Valley, and Park Ridge. Hundreds of NYCC'ers have enjoyed these "club routes" on group rides or independent day trips.

With Irv's unflagging enthusiasm and help, Debbie Bell has prepared a new cue sheet which includes the original Irv Weisman maps. Alinda Barth is organizing a committee to paint arrows at the intersections. Copies of the cue sheets/maps may be picked up at the July meeting, or by SASE to Debbie

Bell, 526 West 113 St., NYC 10025.

RAISED EYEBROWS DEPARTMENT

Dear Editor:

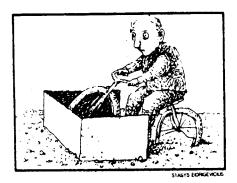
Recently while at the AYH store in The Big Apple, I happened across one of your promotional flyers. Much to my utter dismay, it dawned on me that you people are actually out there in the same world, actively 'recruiting' members. How many more accidents do you want to cause? I assume none, yet you want to add to your ranks. Aren't there enough of these two wheeled death machines clogging the streets as it is? Both innocent pedestrians and motor vehicle operators are harassed enough without having to be menanced by more of your lunatic fringe.

Bizarre regalia, such as plastic dome hats, skin tight pants, and fingerless gloves, only serve to further alienate you from the public you seem so intent to thrust yourself upon. Is it true that you actually shave off all body hair? Its a sad commentary on our society when grown men and women spend up to a thousand dollars each on these toys, in the vain hope of recapturing the disappointing childhood they never had. Don't you realize that there are people starving in this very country? Don't get me wrong. Bicycles have a legitimate place in the world, i.e. children's recreation, and certain third world countries find them quite functional I'm told. Also, the cities reknowned bicycle messengers help to keep our town ticking and are welcomed as valuable, functioning members of society. They Ride For A Purpose. Bicycles are not toys, and in the wrong hands become dangerous vehicles/weapons and should be treated as such. They should not be available to the imbeciles who ride around town, scaring honest folk; Central Park belongs to everyone, not just the cultists. There is no reason why a pleasant stroll in the Park should have to turn

Channel your energies into a more creative, productive outlet, or continue to earn the alienation and contempt of society. Face it, as it now stands, there is no place for you here and never will be.

Sincerely,

Lurs Jukeanski



Police refused bicyclist a ride

Here's one for the New York City cops. Being an avid bicyclist, I have many times had the unfortunate experience of being caught in an unexpected rain five miles from home on a 15-pound vehicle.

[One recent morning,] inspired was rain .

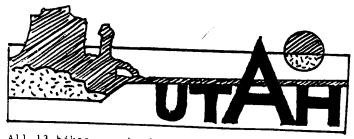
remembered fairytale stories humanistic understanding and of policemen helping lost children kindness. and firemen saving old women's cats from trees.



An adult reality was thrust by the ... sunshine ... I decided to upon me as the man in blue outtake the old [bicycle] out for a right refused to take me home ... ride. I was just making my way perhaps [a] 15-minute car ride.... around Silver Lake near the For- I doubt that he has ever tried to est Avenue side when I perceived direct 11/4-inch wheels along a that the sun was hidden and the wet windy [street] with cars trailgray clouds ... dominated the ing behind you while rain pellets skies. And the next thing I noticed shoot at your eyes and wet leaves slap your face.

Being quite a way from home, "So you got wet ..." may be and my bike thrashed around by your calm response. But I'm a the wind gusts, I naively turned to romantic, and believe in human the aid of New York City's well- compassion and help from a respected ... police department, stranger. Maybe my sights are too An impulsive part of my nature high, but I had more faith in

DIANE PARROTTA



All 13 bikes survived the airlift to Salt Lake City for Art Guterding's Dream Tour of Utah. The sound of a drumming Tom turkey was a strange accompaniment as we reassembled them in Mountain Hollow's garage. Then Todd Arenson, our triathlete guide for the week, led a quick climb up Emmigrant Canyon on, would you believe, Interstate 80, giving us a taste of the wonderful dry air and the effects of altitude. In the morning Ann, our Brooklyn-born hostess, sent us off to Moab stuffed with her amaretto and banana hotcakes. Bikes loaded, we were off! The City Market in Price was like Disneyland compared to the average NYC supermarket - acres and acres of everything our hearts desired for lunches all week, hi-tech wagons, electronic check-out, free coffee, blood pressure, and rest rooms! It was also the LAST such depot we would see on this trip.

From our Moab base we rode along the Colorado River, most of the group at an incredible pace, myself and Marty taking in the petroglyphs carved in the canyon walls 1000 years ago by Anasazi Indians. Thursday over breakfast we speculated about the true nature of the clouds overhead and decided that, in Utah, they were supposed to burn off. The ride into Arches National Park bagan with a formidable looking uphill toward the fantastic weather-sculpted red sandstone forms, reminiscent of skyscrapers, angels; animals. fanciful arches and giant phalluses. But the clouds were uncooperative. The La Sal Mountains disappeared from view as a cold and steady rain settled in. Equipped for a sunny warm day, we quickly tended toward hypothermia, especially on the downhills, so Todd volune teered to fetch the van. An hour later he found half of us huddled intimately under a bush providing the main attraction for scores of bemused tourists. We picked up Art and Lorenzo, who had heroically pushed on to the end, and set to warming Rich Herbin under all the blankets and bodies we had. Claire is still extracting juniper berries from her jacket! Having learned how changeable the plateau weather can be, we of course overcompensated the rest of the trip. We barely beat another storm the next day at Arches, and viewed Dead Horse Point through layers of fog and rain, then unloaded the bikes when the storm passed and rode off into Canyonlands, where the Colorado and Green Rivers have carved deeply into the colorful sediment of the ancient inland sea. Predictably the dramatic clouds moved in and we retreated to the van in a tight paceline, working together against wind and rain. Most of us were fast asleep as the van rolled into Rimrock Ranch.

After breakfast at Utah's answer to Fawlty Towers, we rode a long downhill into Capitol Reef. There was great riding on the steady grade through the park, but an ATB would be fun for penetrating deep into the narrow washes where the canyon walls give a feeling of peace and communion with nature. One begins to understand the indians' universe.

Todd made sure we communicated with the landscape on the 10 mile climb from 6500' to Bryce's visitor center at 8100'. Knowing that Rainbow Point at Bryce's far end is at 9105 feet produced cries of dismay every time we hit a downhill, since any altitude lost would surely have to be reclimbed. But there were so many places to stop and take in the fantastic surreal mazes of rosy spires carved from the plateau, to gaze 180 or mora miles to Navajo Mountin, to watch a pair of Swainson's hawks soar joyfully in the updrafts, that 9105 took on new meaning as the high point of the trup. After the thrilling downhill through redstone arches into Red Canyon, Lorenzo commented, "You know, Todd,

For thrills and chills nothing beats the east entrance to Zion-an 800' descent through massive coral pyramids on a red road that winds through a mile long unlit tunnel cut through the rock. An elderly New Jersey couple was glad to escort us through by driving slowly, lights flashing, behind us. As we made our way down the switchbacks, Todd and Dennis were already climbing back up. Zion Canyon itself is a majestic red Yosemite worn deep into the liver-red sandstone by the Virgin River. The Narrows Trail at the Canyon's end yields unexpected views of swamps and magnificent hanging gardens of golden columbine. The six miles of downwill out of the canyon meant we could relax and enjoy a scenic alst ride. Each area we visited is worth much more time to fully appreciate all aspects and possible activities. Thanks to Art's vision and Todd's efforts we had the best of it all in one wonderful week.

Caryl Hudson

7:45 a.m., August 29. Out of Chateauneuf-en-Thymerais the blacktop, flanked by tall poplars, points South across the wheatfields towards Digny. Somewhere to the East are the spires of Chartres; guessed, not seen. The farming villages cluster along the highway: Belhomert-Guehouville, Fontaine-Simon, La-Madeleine-Bouvet. At Moutiers-au-Perche, the road meanders among barnyards and ramshackle wooden femces, holding in the orchards, before abandoning the plain and turning decidedly up.

The climb leads into the woods. At the hairpin, near the very top, a family car is parked with its wheels in the roadside ditch. They are hanging into the road, applauding. Kids scream encouragement. I thank and wave graciously, maintaining the cadence. The descent on the other side is fast and twisting, complicated by racing patches of light and shadow thrown by the overhead branches swaying with the wind gusts.

The day is gorgeous. Oh, to ride in France! The unfolding valleys, copses and meadows help to keep the mind off the wear which is creeping in after more than five hours in the saddle. Another banana and some raisins. A French paceline passes me too fast to be followed, but I use it as a magnet for quite a few miles before they finally scamper out of sight during the long climb out of the Huisne valley. My bladder gets the better of me and when I stop on the shoulder, I am caught by John, Mike, Jimmy and Don Burch.

We arrive in Belleme together. Noisy throngs guide us to the contr \hat{o} le station. They stamp it at 10:05: my fastest 100 miles ever!

Inside, it is the familiar bedlam. Meal tickets are being sold in various colors, signifying items. The cyclos line up. Bread and drink, however, are extra, which causes a lot of fumbling for cash and expletives. I load up my tray and head into the dining hall. To my left, through a door open into a small clubroom, laughter and popping corks: the day is over for the motorcycle detail of the Garde Republicaine. From here on, we are on our own.

I leave some food behind on the tray and add the fruit to the stock in my rear pockets, but something is still missing; the barmaid fumbles with the spigot and eventually produces a "demi pression". A french cyclist contemplates me dubiously as I down the beer, but nods his approval: ca fait du bien. After a tweak with cone wrenches at the delinquent front hub, I get back on the road.

The day is crisply sunny. More poplars line the scorching beginning of the roller-coaster between Belleme and the Sarthe. The tailwind assists me in developing downhill momentum and maintaining it up the succeeding "walls". The fastest is the descent into downtown Mamers. I tack and zip in and out of the mid-day traffic. The climb out is skirting the market square where merchants are just starting to hawk their wares to early shoppers ambling in. All gawk as I smugly stand the hill up in 62" (for at least as long as people are watching).

The narrow shoulder of the busy highway is becoming decidedly uncomfortable by the time I sight the turnoff. I bank a fast left and here commences the long descent towards the Sarthe. Coasting along, I am overtaken by a group of teen riders led by a slightly older man with a swept back mane of black hair: The Teacher with disciples. They pass me, but I keep regaining them on uphills, where they inevitably sag. We ride past summer cottages and grazing ranges. Tractors appear. In front of solitary farmsteads, kids perch on fences, applauding our passage. There is a water stand set up for us on nearly every lawn.

The whole world is watching. In the streets of Fresnaye, the sidewalks are lined three-deep; the noise is deafening. Small children dash alongside us to band up pieces of candy which we snatch on the go without missing a beat. Outside of the town, the dark leader of youths is mobbed by enthusiastic relatives and fellow travelers. They pile up in cars and waylay him again five hundred yards up the road, and then again.

The group is fluid: people and whole packs come and go. I hang in with a young English racer who is here for the first time and is heeding the prudent advice not to overdo it. The conversation, naturally, veers towards club riding practices in Britain and the States. The only participant Hollander is here also; a car bursting with his well-wishers is crawling in our lee, oblivious to the rules.

Another town - another outpouring of welcome. Oh, how sweet it is to be loved! On the main square at the village inn, a young and beautiful woman about to enter the doorway on the arm of a dashing escort turns and waves to the cyclos. I blow her a kiss. She bides her face in mock embarrasment, then laughs and throws one back at me.

Conversation makes miles fly. After crossing the Sarthe, we are climbing steadily ever higher about the full, rotund slopes of the Mayenne. Blooming primroses grace roadside hedges. The blacktop curves and rises, hides away among copses, races along a hillside, meanders between farmsteads.

I can see Villaines-la-Juhel a long way off crowning a distant hilltop. It shimmers in the warm air. At the top of the knoll preceding it, children profer water. We do not need any, the contrôle being actually in sight, but it is part of the game and we are good sports. The kids hurry to fill our bottles; they are sby, overwhelmed by the success in flagging down two foreigners, including an American, imagine that!

We enter Villaines in the spirit of a jolly summer afternoon. It is 1:40 p.m. The controle is under a broad canopy at the side of a dusty yard where bikes are stacked against every available verticle surface. My English companion seeks out his support vehicle and I shake bands with his father, who is driving it, before heading for the mess hall. This one is a "self", where a small army of all ages, genders and sizes is boisterously keeping the display stocked and the eating tables swept.

I get myself a little "saucisson" platter, then some chicken. A subteen pixie wielding a ladle as big as she is plops a heap of spaghetti on my plate. Then a fruit Macedonia to top it off.

By the time I finish eating, John and Mike and Don show up. Jimmy is not with them. Again, I get back on the road without waiting for them: the idea is to keep riding while it rides.

ON SHOES: Patricks are ok for walking, and fair on the bike with their foam liners to keep my feet isolated from the pedals, but they are terrible to get into the toe clips. On a scale of 1 to 10, I'd rate about zero. There are nothing like cleats, of course, and I hear the new Look pedals/cleats are the cats meow: don't buy anything else. They come more adjustable and less; buy "more". For cleats in general, the notch should be deep and wide side to side and narrow front to back. I have no evidence that three bolts are better than two or one. Stiff soles are imperative, and I like some padding between sole and foot. Leather or rubber heals and tips will keep you from falling on your Brooks when starting up: I wouldn't buy shoes with the same hard material front to back with nothing to prevent slipping. I have skinny feet and buy shoes short to get them narrow: it doesn't work. Shoes will stretch around the foot, not front to back. Touring shoes: I wish I could find a good pair to fit my you weren't looking.

ON GLOVES: for the ones with leather palms and knit backs; I believe the cheaper the better. I've had good luck with the six-buck Nashbar model. Spenco provides good shock absorbtion, but the linings don't last. Sorbothane is a good shock absorbing material, but the gloves offer little protection between thumb and forefinger. The Spenco model is squishy, and slides around as my hands start to sweat: after an hour or so I no longer notice the problems. Buy gloves small: the knit always stretches more than I'd imagine. Gloves with lycra backs also work, but always seem to me to be light-duty. My best advise is to buy gloves from a catalog source that will take them back in 30 days with no questions asked.

ON HELMETS: I don't like them either, but I always wear one. A broken shoulder will heal in a few months. A broken head is permanent. Don't believe the (Kiwi) hype: if you want a cool head, the helmet must have lots of large holes. Quick release buckles are a 'must' feature. The Bell VI-Pro, as one friend describes it, uses 6th grade solutions to an interesting design problem (and the surface of the pads tends to fall off, I find). The new Vetta helmets seem especially well designed, they are lighter weight than I'd expect, and I'd suggest, if the helmet fits, buy it. For now, I'll continue to wear my old Bell Biker; they've become classic chic with this writing.

ON MIRRORS: The wire clip-ons are hard to adjust. Don't buy with pointed corners. For my bucks (Nashbar, or Peformance) the only thin; I'd buy is a Third Eye. If you wear glasses (not with very thin temple pieces) buy the glasses model: it is infinitely adjustable. Otherwise the helmet model works almost as well. I always buy a pair of these they break. Save the pieces as they break in different places.

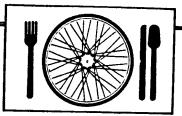
Special tip for eye glass wearers: I find a lot of dirt blows into the corner of my eyes with open-bridge model glasses. A piece of scotch tape works wonders and will last for weeks. Of course the best answer is to buy frames that are plastic and have a one piece solid bridge.

DISPATCHES

-5-15-86 5.17 TORREY, OTAH DEAR GREG. "No matter where you are there you are" Canyonlanda ITS BEEN A GREATTRIP NAT PARK -- Buckaroo Bangi SO WHO'S GOTTIME TO WRITE POSTCARDS ? RIGHT NOW, I'VE JUST RIODEN Y NAPPI Utah THE RED LION INN A MERE 50 MILES, THOUGHT INCLUDED 2 MILES OF 8% GRAPE Since 1773 the FROM 5500 TO 6500 FEET, AND Telephone: 413-298-5545 G POST CAR: A 4 MILE RUN ON A WONDER ADDRESS FUL JEEP TRACK, AND I'M 106 JUST STITUS IN THE SUN LOOKING OUT ON THE REPROCK LANDEARE AND HORSES GREETE REDWINES AND MONOTHINS WHAT A LIFE! DOUBLE O ARCH
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the Devil 5 Guiden section of the Park leads to these the
arch is 30 feet by 40 feet and the lower such is 10 feet er 1061 E. 92mest Brooklyn My 11236 op <u>ಪ್ರಕ್ಷಿಸಿ</u>ಕ್ − I don't know how many angels can fit on the head of a pin. But I do know how many NY CYCLE CLUBers can fit on a Post-Card.

NEW YORK CYCLE CLUB MONTHLY MEETING

Tuesday July



O'HARA'S

120 Cedar Street New York, NY 10006



Join us at 6pm for spirits or bubbles and schmoozing Dinner starts at 7pm Fixed Price*

Meat, fish or poultry \$10

Vegetarian 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.

CLASSIFIED

19" Bianchi frame. Double butted chrome moly (.022). English threading. Frame and fork (including hear out) is 150.00. Or purchase as a complete bike. The parts are all new but not original. You assemble for 200.00 or I assemble for 250.00. Call Martha (718) 858-9142.

18%" Ladies model 3 speed Raleigh Sport with coaster break. The original city bike. Extras include a pump, 2 hand breaks and rear baskets. Price is 85.00. Call Martha (718) 858-9142.

Bike, SILVER LIGHT THANET, collector's delight, built in 1952 by Les Castle of Bristol, England; one of three imported to U.S. Double butted, 22" chromed frame, unique bottom bracket design, featured in Brit. Museum of Science & Industry. Very good condition; modified for moderate to low gearing with Sugino cranks and Sun Tour cluster. Tires and parts. \$300.

Figure skates, John Wilson Coronation Eight blades (Sheffield, Eng.), with Riedel leather boots, size 61/2, med.-wide, brand new. Asking \$150. Call or write former NYCC president Ethel Robertson 34 Old Milford Rd. Amherst, NH 03031 (603) 673-9627; or Irv Weisman (212) 650-8075 (days).

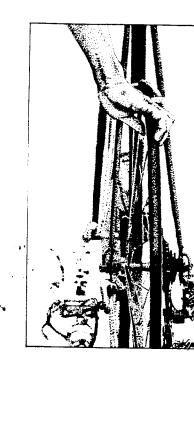
FOR SALE: Releigh International 20½" Reynolds 531 doublebutted throughout. Fine European craftsmanship. Campanolo Nuovo Record. NEVER RIDDEN. Frame or whole bike.





New Members -- compiled by Irene Walter

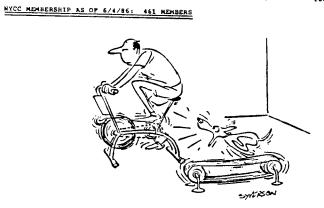
AITCHISON, Brian	21-03 45 Ave. 43	L.I. City	11101	718/392-3540
RADY Succe I				120/352-3340
RATLY Dee	133 8th Ave. #2B	B'klyn	11215	
BAUM. Jack	812 Carroll St.	B'klyn	11215	718/638-0533
BAYER Dentel Sandy	433 KO O.	N.Y.	10023-8236	212/877-3926
BELL. Trudy P	11 Diverside De Alema	B'klyn	11220	,
BERGER. Pranklin H	10 a 60 c	N.Y.	10023	212/874-4025
BLOCK, Brian	247 H 15 Ch 149	N.Y.	10021	212/988-3333
BOYD. Steven	610 M 115 Ch 404	N.Y.	10011	
CLEARNAN. Steve	75 Bomes Co.	N.Y.	10025	212/663-0121
CONFING. Barbara	AS Manus Co AC	B'klyn	11201	718/625-1583
DAVEY, Barbara J.	1160 3rd ave 4119	B'klyn	11201	718/855-8818
DAVEY, Ian G.	1160 3rd Ave. #112	N.Y.	10021	212/794-2723
DOXSEE, Jennifer	293 Riverside Dr. 43C	P.Y.	10021	212/794-2723
DYER, Kevin M.	211 E. 88 St. 43C	N.I.	10025	212/662-6981
EHRLICH, Lin	P.O. Box 134 Cooper Sta	N.I.	10128	212/410-2874
FALK, Karen	66 Florida St.	Long Beach	10003	
PERTIK, Ed	150 Prospect Pk. W. #4D	B'klyn	11361	516/432-1289
FINN, Cynthia R.	427 15 St. #3B	B'klyn	11215	718/965-9130
PRESHMAN, Laura	1486 2nd Ave. #1	N.Y.	10021	712/703~1093
GARBARINI, John	16 Bay 34 St. #3R	B'klyn	11214	718/766-0061
GARBARINI, Patricia	16 Bay 34 St. #3R	B'klyn	11214	719/266-0951
GARCIA, Eduardo	9014 Pt. Hamilton Pkwy.	B'klyn	11209	718/748-3466
GEIGER, Sandy	Box 405	Wading River	11792	718/428-9193
GOLDBERG, Richard	175 W. 76 St. #8C	N.Y.	10023	212/124-2000
BARILTON, Mark D.	171 Prospect Pl. #1	B'klyn	11239	718/634-1000
HANNAN, Mary Susan	225 Livermore Ave.	Staten Island	10314	710/030-1009
HEARNE, Kim	14 8th Ave. #3	B'klyn	11217	718-703-1064
HEARNE, Thomas	14 Bth Ave. #3	B'klyn	11217	710-783-1864
HENNESSY, James K.	320 W. 13 St. c/o AHRC	N.Y.	10014	118/646-4633
HOLTZ, Deborah	90 Riverside Dr.	N.Y.	10024	170/046-4257
HOLZER, LIBA L.	1770 72 St. #1	B'klyn	11204	718/236-1422
JURICK, Susan	5 E. 22 St. #10P	N.Y.	10010	212/674-2399
REMAN, BAIDAIA	215 Adams St. 18P	B'klyn	11201	718/596-2415
VERNAGE BUTTON	115 Stuyvesant Pl. #4H	Staten Island	10301	718/816-6295
MINT? Non	2259 E. 24 St.	B'klyn	11229	718/648-7680
LANG Fugere B	71 Lexington Ave. \$5	N.Y.	10010	212/689-9825
LEIGH. James	35-55 33 SA 4533	So. Orange NJ	07079	201/763-9145
LOPEZ. Carlos	2165 Claba ava Barrara	Jackson Hts.	11372	718/779-4290
LORAND. Steven	423 P 12 Ch 428	RLOUX	10462	212/792-2721
LOUGHLIN. Joanne	340 P 34 Ce 424	N.Y.	10009	212/473-5967
LUBAN, Eddie	178 Prospect Ph U	N.Y.	10016	212/679-1088
LUKASEWYCH, Agnes	19) 73 Sr 4244	B.KIAU	11215	718/499-2709
MARION, Ernest	299 Jamett Ave	n.kīAu	11209	718/745-6478
MCCARTAN, Nancy	235 F 12 Sr 440	Staten Island	10302	718/273-6074
MCMURRAY, Frank	234 F. 24 St. 46	N.Y.	10003	212/475-3755
POLLOCK, Roberta R.	601 W 115 C+ 436	W.Y.	10010	212/889-9699
REICH, Karen S.	41 W 72 Sr 42G	N. I.	10025	212/864-6182
RICKIT. Craig	179 P 64 Cr	N,Y.	10023	212/874-7923
RIGO, Joseph T.	1385 York ave 411a	M.I.	10021	
ROSENTHAL, Stephen	218 E. 89 St. 420	M.I.	10021	
RUBINSTEIN, Seth	4) Park Circle	M.I.	10128	212/427-0209
SACOLICE, Israel	1082 E. 12 St.	GIGAT NGCK	11024	
SALIT, Sharon	345 Riverside Dr. 437	n n	11230	718/252-7655
SCAGLUSO, Michael	215 Adams St. sar	Riklun	11201	710/504
SCHACHTER, Irving	420 E. 64 St. #W10D	N.Y.	10021	/18/596-2415
SCHUETZE, Stephen I	601 W. 115 St. #2G	N.Y.	10021	212//58-5738
SENK, Linda	319 W. 77 St. 46	N.Y.	10023	212/804-0182
SHUBIN, Michelle	320 W. 13 St. c/o AHRC	N.Y.	10014	718/646-4522
SIEGEL, Leslie				120/040-4323
SILVERMAN, Leonard	324 W. 14 St.	N.Y.	10014	
SIMON, Jim	c/o Young, 535 E. 14 St. #9P	N.Y.	10009	212/260-8016
SNYDER, Linda	6040 Blvd. East SMP	West N.Y., NJ	07093	201/662-7569
STEWART, Edna	220 E. 95 St.	N.Y.	10126	212/289-7351
TALLIN, A.G.	150 97 St.	B'klyn	11209	718/833-4031
TIERSTEIN, Leslie	108-51 63 Dr.	Porest Hills	11375	718/275-9075
VICE, Scott	478 7 St. #3	B'klyn	11215	718/768-4309
WIGGINS, BOD	315 E. 106 St. #13F	N.Y.	10029	
WIGGINS, Elizabeth	315 E. 106 St. \$13F	N.Y.	10029	
NEW ADDRESS:				
BRADY. James C	21-03 45 Ave. \$3 133 8th Ave. \$28 812 Carroll St. 249 W. 76 St. 422 59 St. 11 Riverside Dr. \$15GW 19 E. \$0 St. 1247 W. 15 St. \$4D 610 W. 115 St. \$84 75 Ramsen St. 46 Henry St. \$6 1160 3rd Ave. \$11E 1160 3rd Ave. \$11E 293 Riverside Dr. \$3C 211 E. \$8 St. \$3C P.O. Box 134 Cooper Sta. 66 Plorida St. 150 Prospect Pk. W. \$4D 427 15 St. \$38 1486 2nd Ave. \$1 16 Bay 34 St. \$3R 17 Prospect Pl. \$1 225 Livermore Ave. 14 8th Ave. \$3 14 8th Ave. \$3 14 8th Ave. \$3 14 8th Ave. \$3 15 E. 22 St. \$10P 215 Adams St. \$8P 215 Adams St. \$8P 215 St. \$10P 215 Adams St. \$27 11 Lexington Ave. \$5 55 Randolph Pl. \$106 35-55 73 St. \$523 2165 Glebe Ave. Basement 423 E. 12 St. \$3H 178 Prospect Pk. W. 191 73 St. \$244 299 Jewest Ave. 235 E. 12 St. \$46 601 W. 115 St. \$26 41 W. 72 St. \$26 179 E. 64 St. 1385 York Ave. \$11A 238 E. 89 St. \$2C 41 Prox Riverside Dr. 437 Prox Riverside Dr. 437 Prox Riverside Dr. 437 Prox Riverside Dr. 438 Prox Riverside Dr. 439 Jewest Ave. 35 E. 12 St. \$46 601 W. 115 St. \$26 11 W. 72 St. \$26 119 W. 77 St. \$26 119 Prox Riverside Dr. 131 St. \$244 29 Jewest Ave. 335 E. 14 St. \$11A 238 E. 89 St. \$2C 41 Park Circle 1082 E. 12 St. 436 Riverside Dr. 437 Prox Riverside Dr. 437 Prox Riverside Dr. 438 Prox Riverside Dr. 439 Prox Circle 1082 E. 12 St. 446 St. \$11A 237 E. \$25 238 E. \$35 24 St. \$26 24 M. 14 St. 250 Prox Riverside Dr. 264 W. 14 St. 276 Prox Riverside Dr. 278 Prox Riverside Dr. 279 F. \$45 280 Prox Riverside Dr. 280 Prox Riverside Dr. 281 Prox Riverside Dr. 282 Prox Riverside Dr. 284 R. \$25 285 Prox Riverside Dr. 285 Prox Riverside Dr. 286 Prox Riverside Dr. 287 Prox Riverside Dr. 287 Prox Riverside Dr. 288 Prox Riverside Dr. 287 Prox Riverside Dr. 288 Prox Rivers			
BRADY, James C. SNITH, Donald	147-11 34 Ave. #30	Baysida Flushing	11364-3216 11354	718/454-6466
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APPLICATION FOR MENBERSHIP IN THE NEW YORK CYCLE CLUB

safety on the road. I will hold the Club. its officers As a N.Y.C.C. member, I accept full personal responsibility for obeying all traffic

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Other: OTHER CYCLING CLUB MEMBERSHIPS (circle): AMC AYH 222 CRCA WAJ

the New York Cycle Club, to: HEW YORK CYCLE CLUB, P.D. Box 877, Brooklyn, N.Y. 11202 address and receiving one bulletin. Hail this application, with a check made payable to 1986 membership dues are \$12.00 per individual, \$15.00 per couple residing at the same

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