

**March
1986**

New York Cycle Club

Our 50th year March 1986

President

Lee Gelobter
2686 Ocean Avenue
Brooklyn, NY 11229
718/646-7037

V.P. Programs

Jody Saylor
49 West 75 Street
New York, NY 10023
212/799-8293

V.P. Rides

Debbie Bell
526 West 113 Street
New York, NY 10025
212/864-5153

Secretary

Allinda Barth
83-18 125 Street
Kew Gardens, NY 11415
718/441-5612

Treasurer

Harry Rutkowski
17 Pt George Hill
New York, NY 10040
212/304-0485

Public Relations Director

Art Guterding
61 East 77 Street
New York, NY 10021
212/415-8920

Editor

Gregory D'Agostino
1061 East 92 Street
Brooklyn, NY 11236
718/272-4271

Membership Director

Irene Waite
45 Pondfield Road W
Bronxville, NY 10708
914/793-6209

Circulation Manager

Marty Wolf
360 East 50 Street
New York, NY 10022
212/935-1460

A-Rides Coordinator

Josh Keller
202 East 21 Street
New York, NY 10010
212/674-0955

B-Rides Coordinator

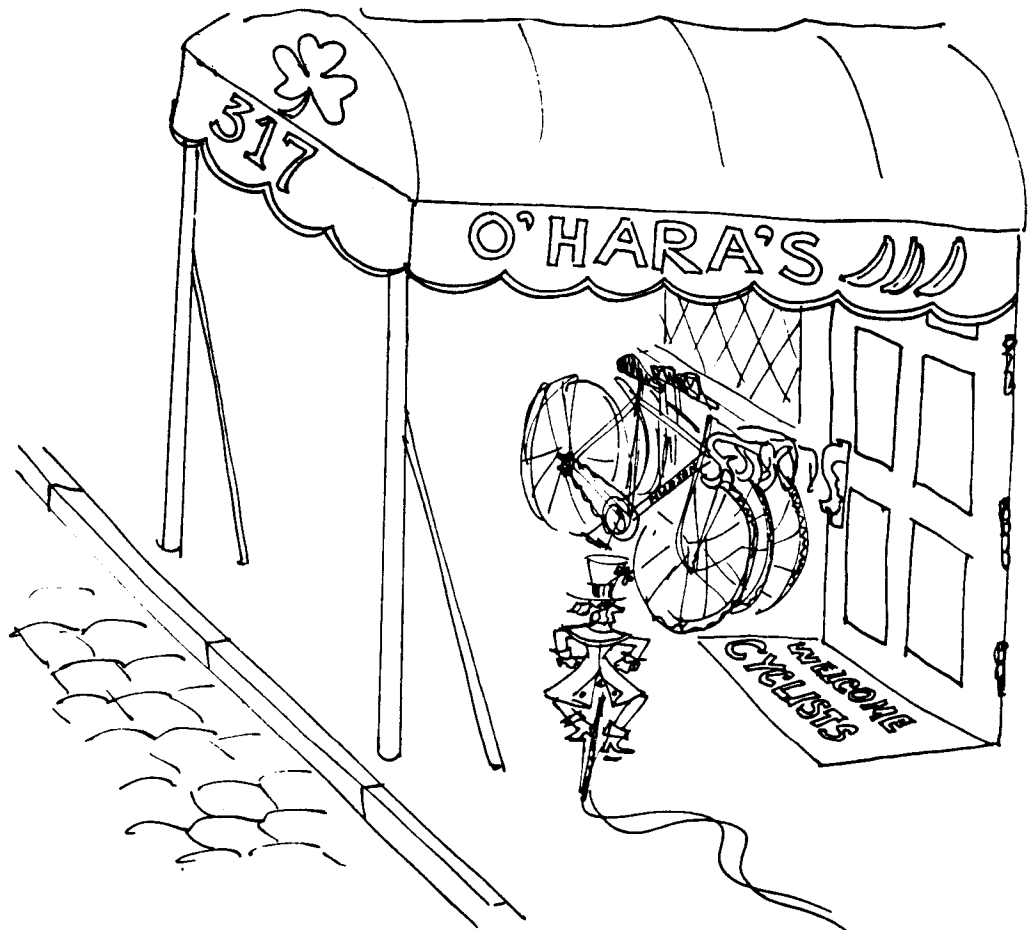
Jackie Plate
648 Second Street
Brooklyn, NY 11215
718/788-1322

C-Rides Coordinator

John Mulcare
73-12 35 Avenue
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 PROGRAM

Compiled by Debbie Bell, V.P. Rides

GUIDELINES FOR CLUB RIDES

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

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

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

RIDE AND RIDER CLASSIFICATION

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

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

Note: Irv Weisman has contributed a system for measuring individual performance on the Central Park loops. Beginning this month, it appears as a new column in the Rider Classifications above.

Sat.Mar.1 9:30 AM "A" TRAINING RIDE NO. 1. Leaders: John Waffenschmidt (718-626-9835) & Josh Keller (212-674-0955) From the Boathouse. A short ride to Nyack to open the season. A review of pace line and group riding techniques will be held 1/2 hr. before the ride. New "A" riders and riders of all levels are encouraged to attend. Precip./temp. below 30F cancel.

Sat.Mar.1 10:30 AM CLOSTER/DEMAREST EXPRESS. Leader: Maggie Clark (212-567-8272) From 178th St. & Ft. Washington Ave. Meet at the CMB Terminal for the first training ride of the year. We'll do the Club Route in Bergen County and have a picnic at the Demarest Duck Pond if it's warm enough, or the Closter Diner if not. Come build your muscles climbing the Palisades. Precip., slush, starting temp. below 40F cancel.

Sat.Mar.1 C/C- DIAL-A-RIDE. Leader: John Mulcare (718-672-5272) If 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. Wet or icy roads, temp. below 40F cancel.

Sun.Mar.2 9:00 AM A/A- 50 mi. "A" TRAINING RIDE NO. 2. Leaders: Rich Herbin (212-666-2162) & Claire Goldthwaite (212-228-0828) From the Boathouse; to White Plains. A review of pace line and group riding techniques will be held 1/2 hr. before the ride. New "A" riders and riders of all levels are encouraged to attend. Precip./temp. below 30F cancel.

Sun.Mar.2 10:00 AM B 25 mi. GREAT NECK OR THEREABOUTS. Leader: Alinda Barth (718-441-5612) From the Statue at Queens Boulevard (take E or F train to Union Turnpike). Come ride with Alinda (as fast as she still can) to Great Neck for an indoor lunch, and climb her favorite killer hills. Rain/snow/temp. below 32F cancel. Call if weather is uncertain.

Sun.Mar.2 9:45 AM C 25-35 mi. LIBERTY PARK, N.J. Leader: John Mulcare (718-672-5272) From 42nd St. & Second Ave. (Man.). A ride to Liberty Park via the Staten Island Ferry (\$.25) and the Bayonne Bridge. Have lunch at the Park and take pictures of the Lady as she may never be seen again for another 100 years. Return may be by PATH train (\$.75). Icy/wet roads, temp. below 40F cancel.

Sun.Mar.2 10:00 AM C- 25 mi. MANHATTAN TRIVIAL PURSUIT RIDE. Leaders: Elly Spangenberg (212-737-0844) & Jeff Bernstein (212-b79-3568) From 59th St. & Fifth Ave. Test your knowledge of well-known and not so well-known places in Manhattan. Bring lunch, or money for it, and a lock and chain. Dress warmly. Rain cancels. Joint AYH.

Sat.Mar.8 9:30 AM A/A- 50 mi. "A" TRAINING RIDE NO. 3. Leaders: Chris Mailing (718-965-0894) & Lee Gelobter (718-646-7037) From the Boathouse; to Park Ridge, NJ. Precip./temp. below 30F cancel.

Sat.Mar.8 9:30 AM B 25-50 mi. A SIMPLE BEGINNING. Leader: Sara Flowers (718-544-9168, eve.) From the Statue of Civic Virtue (Queens Blvd./Union Tpk.). I'm ready to head to Long Island for a little constitutional. Distance and even starting time depends on weather, so call for a pre-conference. Ride will be as social as conditions allow. Temp. below 40F, high winds, stuff on the ground or falling from the sky cancel. Please call if you have a doubt.

Sat.Mar.8 9:45 AM C/C- 30 mi. CONEY ISLAND. Leader: John Mulcare (718-672-5272) From City Hall, Manhattan. Join John in quest of a Nathan's frankfurter fix. Icy/wet roads, temp. below 40F cancel.

Sun.Mar.9 9:00 AM A/A- 60 mi. "A" TRAINING RIDE NO. 4. Leaders: David Walls (212-663-7059) & Maxim Vickers (718-728-7179) From the Boathouse; to Rockland Lake. Bring pocket foods, as the food stop will be after the first 45 miles. Precip./temp. below 30F cancel.

Sun.Mar.9 10:00 AM B 40+ mi. NYACK AGAIN. Leaders: Martha Ramos (718-858-9142) & Debbie Bell (212-864-5153) From GWB Terminal (178th St. & Ft. Washington Ave.). A get-back-in-shape ride at a relaxed pace. Indoor lunch stop. Coming back, we'll try a different, and easier(?), route up the Palisades. Precip., winds above 15 mph, temp. below 45F cancel.

Sun.Mar.9 10:30 AM C 25 mi. PROGRESSIVE TRAINING RIDE NO. 1. Leader: Irv Weisman (212-562-7298, h.; 212-650-8075, of.) This is the first of the series which is planned to progress from 25 mi. in March to 100 mi. in Sept. Meet at the Boathouse for 4 laps around the park in 2.5 hrs. or less. Get more information on the series, and Irv's suggestions on your needs for low gears for the Jersey hills which will be encountered. Temp. below 35F at 8 AM, or 60% chance of rain cancels.

Sat.Mar.15 9:30 AM A/A- 55 mi. "A" TRAINING RIDE NO. 5. Leaders: Chris Mailing (718-965-0894) & Clay Heydorn/Simone Smith (718-434-7176) From the Boathouse; to White Plains. Dine at the Flagship. Precip./temp. below 30F cancel.

Sat.Mar.15 9:00 AM B- 46 mi. KEW GARDENS TO SYOSSET. Leader: Edwin Rudetsky (718-436-3475) From the Statue of Civic Virtue. Some gentle hills. This route is the biker's gateway to the heart of fabled Long Island. At journey's mid-point are Friendly's, hot bagels, and the most hospitable firehouse in the East. Rain cancels.

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

Sun.Mar.16 9:00 AM A/A- 60 mi. "A" TRAINING RIDE NO. 6. Leaders: Rich Herbin (212-666-2162) & Claire Goldthwaite (212-228-0828) From the Boathouse; to New City via Saddle River Rd. Precip./temp. below 30F cancel.

- Sun.Mar.16 10:00 AM B- 35-40 mi. **HILLSDALE HILLS AND DALES REVISITED.** Leader: Maggie Clarke (212-567-8272) From 178th St. & Ft. Washington Ave. Meet at the GWB Terminal for a training ride to Hillsdale, partly over the Club "50-mile" route. Lunch at Friendly's. I plan to go as fast as I can. Come enjoy the rivers, lakes and woods of Bergen Co. Precip./slush/start temp. below 40F cancel.
- Sun.Mar.16 10:00 AM C/C- 25 mi. **RIIS PARK BEACH.** Leader: John Mulcare (718-672-5272) From corner of Woodhaven & Queens Blvd., opposite Queens Center (E or F train to Roosevelt Ave./Jackson Hts.; then take a local to Woodhaven Blvd.). We'll make a stop at the Jamaica Wildlife Refuge, then off for lunch at the beach, and a swim if you like, at your own risk. Temp. below 40F, wet, icy roads cancel.
- Sat.Mar.22 9:30 AM A/A- 55 mi. **"A" TRAINING RIDE NO. 7.** Leaders: Chris Mailing (718-965-0894) & Steve Baron (212-228-0555) From the Boathouse; to Nyack. Cornering technique drills will be held after lunch. We will be eating at the Skylark Diner at 11:30, and riders of all levels are invited to join the drills; so appear at the Skylark at this time. Precip./temp. below 30F cancel.
- Sat.Mar.22 C/C- **DIAL-A-RIDE.** Leader: John Mulcare (718-672-5272) See Mar. 1.
- Sun.Mar.23 9:00 AM A/A- 70 mi. **"A" TRAINING RIDE NO. 8.** Leaders: Alan Zindman (212-989-8529) & Maxim Vickers (718-728-7179) From the Boathouse; to Nyack and points west through the hills; Rte. 303 home. Precip./temp. below 30F cancel.
- Sun.Mar.23 9:30 AM B 45 mi. **BAGELS OR PANCAKES IN SYOSSET.** Leader: Alinda Barth (718-441-5612) From the Statue (E or F train to Union Turnpike). Let's rush out to Syosset to Friendly's in time for the late break-fast pancakes or bagels around the corner at Alinda's favorite bagel place. (Aren't cyclists gluttons!) Rain cancels; call leader if weather is uncertain.
- Sun.Mar.23 9:00 AM B-/C+ 45 mi. **BAGELS OR PANCAKES IN SYOSSET.** Leader: John Mulcare (718-672-5272) From the Statue (E or F train to Union Turnpike/Kew Gardens). Let's jump the gun on Alinda's ride to Syosset so we can arrive about the same time and eat with her group. Rain cancels.
- Sun.Mar.23 10:00 AM C+ 31 mi. **PROGRESSIVE TRAINING RIDE NO. 2.** Leader: Irv Weisman (212-562-7298, h.; 212-650-8075, of.) Meet at the GWB Bus Terminal, 178th St. & Ft. Washington Ave. ("A" train to 175th St.) for the first short loop in New Jersey. Lunch at Closter Diner. Planned return time approx. 2:30 pm. Temp. below 35F or 60% chance of rain cancel. Rain date, Sun., Mar. 30.
- Sat.Mar.29 9:30 AM A/A- 65 mi. **"A" TRAINING RIDE NO. 9.** Leaders: Chris Mailing (718-965-0894) & Lee Gelobter (718-646-7037) From the Boathouse; to Syosset. Bagels for lunch. Precip./temp. below 30F cancel.
- Sat.Mar.29 9:00 AM B+/B 50 mi. **NYACK, NOT AGAIN!!** Leaders: Jackie & Rick Plate (718-788-1322) From the Boathouse. We will proceed in two groups, B and B+, at two distinct paces. An indoor lunch stop and foot warmer session is certain. Cancellation conditions: use common sense.
- Sat.Mar.29 C/C- **DIAL-A-RIDE.** Leader: John Mulcare (718-672-5272) See Mar. 1.
- Sun.Mar.30 9:30 AM A/A- 65 mi. **"A" TRAINING RIDE NO. 10.** Leaders: Steve Sklar (212-877-5235) & Claire Goldthwaite (212-228-0828) From the Boathouse; to Oyster Bay via Bayville. Precip./temp. below 30F cancel.
- Sun.Mar.30 9:30 AM B 35-45 mi. **ADVENTURE!** Leader: Sara Flowers (718-544-9168, eve.) From Statue, Queens Blvd./Union Tpk. Weather will dictate just what we do and where on Long Island we go, but we'll try to coordinate with Ed's group. Ride will be as social as conditions allow. Temp. below 40F, high winds, stuff on ground or falling from sky cancels. Call if you have questions.
- Sun.Mar.30 9:30 AM C+ 25-35 mi. **ADVENTURE!** Leader: Ed Flowers (718-544-9168, eve.) From Statue. This is a shorter version of Sara's ride. See above for details and cancellation conditions.

Ride Previews

- April **"A" TRAINING RIDES NOS. 11-16** are scheduled for each Saturday & Sunday. Some highlights: Sat., 4/12: instruction and drills on time trialing techniques; all invited. Sat., 4/19: time trials. Sun., 4/20: century. Other special activities will be announced at the start of the rides.
- May 23-26 **MEMORIAL DAY IN SHEFFIELD, II.** Leader: Lee Gelobter (718-646-7037; 8-11 pm; no later, please). By now you've heard all the rumors of beautiful scenery and virtually traffic-free roads. Join us for 3 days of cycling in paradise. Riders of all levels are encouraged. Call for details.
- Aug.16-17 **DELAWARE WATER GAP.** Leader: Chris Mailing (718-965-0894). 275 miles.

SEASON-LONG PROGRESSIVE TRAINING RIDES -- FROM 25 miles (C) TO 100 miles (B)

Irv Weisman

If you have been telling yourself, "Some day I'm going to do a Century," this may be your year for it. I am planning to lead a series of progressively longer rides in northern NJ and Rockland County, similar to the series I led in 1983. They will progress from C+ in March (25 in 2 1/2) to a Century in Sept. (100 in 12). There will be two rides per month, with starting points alternating between the Geo. Washington Br. and the Boathouse in Central Park, on the following schedule:

March 9	C (25 in 2 1/2)	May 4	B- (50 in 6)	July 13	B- (75 in 9)
" 23	C+ (31 in 3 3/4)	" 18	B- (56 in 6 3/4)	" 27	B (81 in 9 3/4)
April 6	C+ (37 in 4 1/2)	June 8	B- (62 in 7 1/2)	Aug. 10	B (87 in 10 1/2)
" 20	C+ (35 Cherry Blossom)	" 22	B- (68 in 8 1/4)	" 24	B (93 in 11 1/4)

But some words of caution are in order. For riders in these classes, most stock touring bikes do not have a proper range of gears, especially at the low end, to handle the widely varying terrain which exists in our cycling areas. Your low gear needs should be guided by the Weisman-Shleifer Low Gear formula:

LOW GEAR = $\frac{1}{2}$ (100 - Age) for Ages between 20 and 70 years, and Grades to 10% or so.

Ex.: For Age = 40, Low Gear = 30"; For Age = 50, Low Gear = 25".

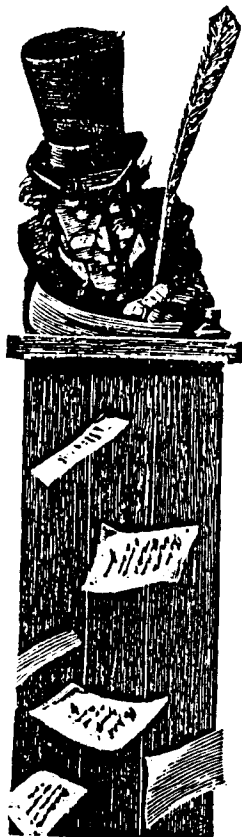
NOTE: The word "GEAR" denotes "equivalent wheel diameter" and is measured in inches. Gear is calculated:

GEAR = ACTUAL WHEEL DIAMETER X $\frac{\text{CHAINRING TEETH}}{\text{SPROCKET TEETH}}$; For Chainring = 50T, Spkt = 20T, GEAR = (27) x $\frac{52}{20}$ = 70.2".

If you don't have the proper low gears, you will have to work distressingly hard on the hills we will encounter. Be prepared to make changes in your gearing if they are too high. We can talk about it at our first few rides.

Although these are modest-paced rides, we cannot be too easy-going on them if we want to achieve the long-distance goals outlined above. We will all have to ride every weekend in order to keep building strength and endurance, and, if possible, use stationary bikes or wind-trainers during the week. The rewards for these efforts and dedication will be your growing competence and sense of achievement, and your ability to move, ultimately, into more strenuous classes of club riding.

Feel free to call me, (212)562-7298 eves, for more information, or if you can't get to me, drop me a note so that I can get back to you. Irv Weisman Box 97 Kingsbridge Sta. Bronx, NY 10463



The Editor
New York Cycle Club

Dear Gregory:

Being a wholehearted proponent of SIGs I would like to pose some counter-questions to George Schnepf's recent query whether we (the Club) really want them.

Let's start with the accepted (I hope) premise that the N.Y. Cycle Club strives in the service of velo-plurality and consider the advanced arguments point by point.

Firstly: the equipment factor. Yes, Shimanos are fully compatible with Gipiemmes, but ATBs are not the same as English Racers. I know that there are club members who own and cherish either and what would be more natural than groups getting together to ride dirt or to swap vintage Rudge parts? or to practice racing techniques?

Secondly: the issue of rider development. As I have pointed out before, I do not believe that the existing ride structure serves this purpose very well, if at all. The progression from C to B to A looks fine in theory, but the support and encouragement provided by the club to this end are at this time minimal. One of the major aims of the proposed racing SIG is to make a program of training, albeit specialised, established in the club. No other organization in the city has one; would it not be to our credit to lead the way?

Finally: the matter of exclusive elitism. The major movers of the racing SIG are people like Chris Mailing, Rich Herbin, Kenny Sloan, Jody Saylor. When did any one of these mentioned ever slam a door shut?

Maxim Jickers

DEAR P. L.,

Jersey Shore

I WAS HERE ONCE. I STARED AT THE MAP UNTIL I WAS CONVINCED THAT THERE WERE ONLY 120 MILES BETWEEN MANHATTAN AND CAPE MAY. THE NEXT MORNING THE GUERCIOTTI AND I WERE ON THE 6:30 STATON ISLAND FERRY FOR THE FIRST LEG OF A SOLITARY RIDE THROUGH SOUTH JERSEY. I WOULD REACH CAPE MAY IN ONE DAY, REST A DAY, TAKE THE FERRY AND RIDE TO WASHINGTON IN ONE DAY, REST A DAY, AND TAKE A COUPLE OF DAYS TO RIDE HOME.

FIFTEEN MILES DOWN THE ROAD I GOT LOST IN PERTH AMBOY (AN INDIAN WORD MEANING "BAD STEEL"). THE LOCAL ROADS DID NOT CONNECT BETWEEN TOWNS, SO I RODE ON HIGHWAY SHOULDERS UNTIL I WAS BACK ON ROUTE. I HAD LOST TWO HOURS. SOON I WAS ON A SMOOTH, GENTLY ROLLING ROAD SOUTH WITH FEW CARS. A STEADY WIND WAS AT MY BACK PUSHING ME ON, AND I WAS MOVING RAPIDLY, PEDALING

THE BIG GEARS WITH EASE AS IF IN A DREAM. I CONTINUED THIS WAY SOUTHEAST TO POINT PLEASANT, WHERE I FIXED A FLAT AND ATE. THE NEXT PART OF THE RIDE WAS THE LENGTH OF THE BARRIER ISLAND THAT STRETCHES FROM POINT PLEASANT TO TOM'S RIVER. IT IS ONLY 1/4 MILE WIDE, WITH THE OCEAN AND THE BAY IN ONE VIEW. THE ENTIRE LENGTH WAS COVERED WITH FRAIL PASTEL BEACH COTTAGES. AT THE END, I TURNED TOWARDS THE WEST TO GET BACK ON THE MAIN ROAD SOUTH. I RODE DIRECTLY INTO THE WIND FOR THIS SEVEN MILES WHICH LEFT ME EXHAUSTED. I THEN HEADED SOUTH, PEDALING CAUTIOUSLY AND HOPING FOR RECOVERY. THE AFTERNOON WAS GETTING OLD - I HAD COVERED 105 MILES AND HADNT EVEN REACHED ATLANTIC CITY. I SPENT THE NIGHT IN BARNEGAT, A DEEP GREEN TOWN WHERE SLENDER CRANES STALKED MARSHY FIELDS SURROUNDING BARNEGAT BAY. TO BE CONTINUED.

Post Card

Sinclair Lewis



USA
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P. KELLER

202 E 21 ST

NEW YORK, NY 10010

DEAR P. L.,

CAPE MAY "Nation's oldest seashore resort" retains Victorian atmosphere in about 600 surviving structures
Historic District

Upper Left - Victorian Hotels and Homes in the 900 block of Beach Drive.
Upper Right - The Victorian Mansion built in 1856 - 635 Columbia Avenue.
Lower Left - Chalfonte Hotel - 307 Howard St.
Lower Right - The Colonial Hotel, Beach Drive and Ocean Street.

JERSEY SHORE PART II

THAT EVENING IN BARNEGAT I WAS APPROACHED BY A STRANGE LOCAL CHARACTER WHO INSISTED ON JOINING ME FOR THE FIRST PART OF THE NEXT DAYS RIDE. UNABLE TO DISCOURAGE HIM WITH TALKS OF MY 30 MPH CRUISING SPEED I TOLD HIM TO MEET ME ON ROUTE 9 AT 7:30 AM. AT 6:00 AM I WAS PEDALING SOUTH - I RIDE ALONE. WITH ONLY 75 MILES OF FLAT ROADS TO CROSS TO REACH MY GOAL, I HAD NO CARES. MY PREVIOUS MISCALCULATIONS OF A SHORTER RIDE NOW SEEMED FORTUNATE. AS I PASSED THROUGH ARSECON I COULD SEE THE HOTEL TOWERS OF ATLANTIC CITY ON MY LEFT, BUT I MADE NO DETOUR - I WAS MOVING QUICKLY AND EFFICIENTLY, AND FOR ONCE I WAS AHEAD OF SCHEDULE.

FIFTEEN MILES OUTSIDE OF CAPE MAY THE RAIN BEGAN. AS SOON AS I WAS COMPLETELY WET I STOPPED TO FIX ANOTHER FLAT. I WAS NOT DISCOURAGED - I KNEW MY GOAL WAS ONLY AS FAR AS ONE LAP AROUND CENTRAL PARK. IN BLINDING RAIN I ARRIVED AT MY LODGING - THE 7TH SISTER GUESTHOUSE. THE NEXT MORNING THE SKIES WERE DARK AND THE RAIN WAS STILL FALLING. THE BEACH WAS DESERTED, EXCEPT FOR SOME KEEPS. I WANDERED AROUND THE WET TOWN TO SEE THE VICTORIAN BEACH MANSIONS FROM THE 1800'S. THE ANCIENT, LOOMING STRUCTURES, DARK SKIES AND EMPTY STREETS GAVE ME A FEELING OF VICTORIAN GLOOM. THE PAPER SAID FOUR MORE DAYS OF RAIN. THE JOURNEY CANCELED. I BOOKED THE GUERCIOTTI FOR THE BUS RIDE HOME. I THOUGHT THAT SOMEDAY I WOULD RETURN UNDER KINDER CONDITIONS.

POST CARD

Address

P. KELLER

202 E 21 ST

NEW YORK, NY

10010

Sinclair Lewis



USA
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cycling shorts --- Gregory D'Agostino



Amy Smolens says: "Attention Jock Boyer fans! The 1985 Race Across America will be aired on ABC's Wide World of Sports on channel 7, on Sunday, March 2nd, 4.0 pm -I think- check your local listings. Two hours of RAAM and only RAAM - no tennis, boxing, etc. So watch it and/or set your VCRs!"

Back in the summer of 1984 Don Passantino gave us a weird cycling short about a hippopotamus attacking a cyclist in Kenya. Well, Don has turned his attention further east and is still giving us tons of laughs. In the town of Srirangam India, two elephants are kept busy removing illegally parked bicycles in the marketplace. The owners can recover their bicycles by paying a fine of 2 to 5 cents. The pachyderm's keepers have trained them to accept nothing less than 25 paise (about 2 cents), any coins of lower denomination are flung away. These ponderous cops aren't working for peanuts!

"Facing: The Stimulant to Better Bicycle Sales", is the theme of the 1986 International Cycle Show, which will be held at the Coliseum, March 9-11. Echoing the show's theme a 50-mile race through Central Park, beginning at 6.30 am, will kick off the show on March 9th. Manufacturers exhibiting in the show will provide the prizes. (How are we going to do John?)

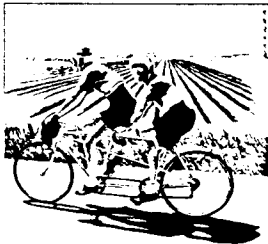
Here are a couple of freebies which Dan Greavy missed --- a brochure on helmet standards and safety is available from the US Cycling Federation. To obtain a copy, send a S.A.S.E. to: USCF Helmet Brochure, USCF, 1750 E. Boulder Street, Colorado Springs, CO 80909. The L.L. Bean Guide to Fitness is free on request. Send a post-card to L.L. Bean, Freeport, ME 04033. The Guide covers Cycling, Weight Training, Running & Swimming.

The young patrician, Franklin Delano Roosevelt, while a Harvard undergraduate went on a cycling holiday in Europe. In Germany he was arrested 4 times in one day for "racing" his bike. Each time he was arrested the police threatened to take away the bike. They didn't. Franklin's cousin Teddy was president of the US at the time.

Harry Reynolds won the world amateur sprint championships at Copenhagen in 1896 --- The only Irishman to win a world cycling title to date.

A bicycle gives you a decided advantage over a Leprechaun, even if he is on a unicycle. So if you should happen to come upon one chase him down, seize him, and make him give you his pot of gold. Don't forget to spit on the gold or all you'll get for your trouble is a handful of pebbles and bad luck for the rest of your life. If you don't know what a Leprechaun looks like see the front cover. There is always one at O'Hara's this time of year.

Maewyn Succat was an Englishman. In his writing, he spoke of himself as PATRICIUS, meaning well-born in Latin. We know him to-day as St Patrick.



WHAT DO YOU CARRY IN YOUR BIKE BAG/JERSEY POCKETS WHEN ON A RIDE ?
(other than pump, tire irons, patches, spare tube/tire)

SCHMOOZING

Simone Smith/
Clay Heydorn:

Calymira figs for quick energy. NY Cycle Club "business" cards. Personal I.D.

Rick Plate:

A medical I.D. card, rail/bike passes, a picture of mom, and a corkscrew.

Ed Schweber:

Chain tool, spoke wrench, and a brownie to nosh on. (Then there was the Water Gap trip where I didn't have a crank extractor - but let's not talk about it.)

Lee Gelobter:

A small piece of old tire with the bead removed to use as a boot. It has allowed me to continue on a ride that otherwise would have ended in disaster -- I don't have room for a spare tire. Oh yes, a Côtes du Rhône in case I meet Rick.

Marty Wolf:

My all purpose survival kit is contained in one wallet credit card plastic sleeve. It includes: 1 credit card, 1 blank check, drivers license, Path pass (no one has ever asked for it), Blue Cross card, Hertz card, 'phone credit card, I.D. card (who to call in case of accident), a few business cards. Also in small bike bag -- money, cable lock, a tiny knife, a bungee cord; in winter a pair of lightweight (dry) gloves.

(Hell, you could have a damn good weekend in Vegas with all that stuff. --editor)

Carl Paller:

In a plastic baggie -- medical I.D., folded bills, keys. Sew up tire attached to seat.

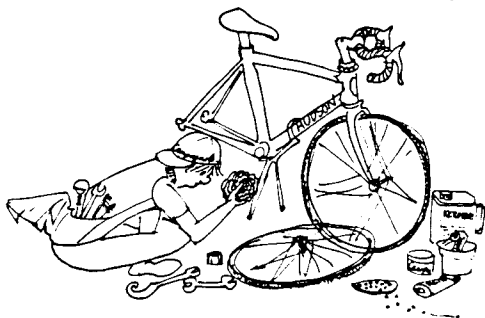
OVERHAUL *by Caryl Hudson*

The masts of sailing ships were silhouetted against the sparkling blue harbor as I rode over the now stairless Brooklyn Bridge. Ten miles down Ocean Avenue Lee Gelobter greeted me and seven others anxious to learn the mystique of bicycle overhaul. My old gold Ross certainly needed one.

Each of us set our bikes on a stand in a circle around Lee, tools neatly laid out. We removed chains and derailleurs, soaked them in a bath of kerosene. Then off with the front wheels, out with the skewers. I learned that a cone wrench is not a mysterious cone shaped metal tool, but a flat wrench sized for an axle cone. We dismantled our axles, carefully noting which direction they went on the wheel. Next we removed the dust covers from the hubs, removed and counted the ball bearings, wrapped them in cloth and swished them in kerosene. A bottle brush came in handy for cleaning inside hubs. We then repacked the hubs and races (where the bearings sit) with Campy grease, and adjusted the hubs with cone wrenches till there was no side to side play but they rotated freely. Skewers were replaced and the wheels went back on the forks. Well, that wasn't so bad—we'd repacked our front hubs. For reinforcement, rear hubs came next, with the added attraction of removing the freewheel—with a freewheel remover made for one's particular brand of freewheel, of course.

Time out for pizza, with bottom brackets for dessert. We removed cranks and pedals with a crank remover for cotterless cranks, or a wrench for cottered relics like mine. All the races, bearings, and other parts were removed, leaving the bottom of the frame empty. Well, almost. It's unbelievable how much crud can get into the bottom bracket via the top of the seat tube! By now it was 4 pm and things were not quite so neatly arranged as when we'd begun. There were pedals, cranks and bearings all over and it seemed impossible we'd actually leave by evening with a whole bike. But patiently we cleaned all parts, packed the races with grease and put the brackets back together. Next the derailleurs were adjusted and new cables installed.

Voilà! All together! No more funny noises—it felt like a new bike. Though none of us could perform the operation in our sleep yet, we all learned a lot and gained a head start toward mechanical independence. We left hoping Lee would put up with us for another session, and perhaps make this a yearly event.



"Ancient Russian wisdom maintains that one should attend to one's wheels during the winter and to one's sleds during the summer."

Maxim Vickers, The Admiralty Space, Feb. '85

The doors of the firehouse are open, we watch a small pack of boys ride their bicycles aimlessly up and down Home Street, stopping occasionally in front of Pete's Bodega to talk with a group of girls gathered there. The bicycle rims shine in the twilight, and foxtails hang casually from rear fenders. I count the circling boys and their bicycles. There are eight in the pack, dungareed and polo-shirted, healthy black or tan faces smiling, satisfied and happy on the first warm night of the year. Five of them ride sleek English racers, their backs arched over as they control the low half-moon handle bars, and the click-clicking sounds of sprockets are heard intermittently through the din of traffic as they coast down the street. The other three ride the heavier-type American bike -- like the formidable Schwinn I dreamed about as a boy, but never owned. How hard their fathers must have worked to buy these bicycles, and how their mothers must have saved, for there is never an excess of money for people who live on Home Street.

Dennis Smith
REPORT FROM ENGINE CO. 82

RACER'S CORNER

John G. Waffenschmidt



Saturday, March 1st begins the Century Road Club Association's (CRCA) club races; races will be held on almost every Saturday until the end of November. Races begin at 7:00 AM with the starting point at 79th Street and the East Park Drive in Central Park. Nonracers are also welcome to serve as spectators or to assist as Bike Race Marshals.

By now you all should be training regularly or have serious plans of doing so. Some suggested March training programs are listed below:

- LeMond** Mon- Rest; Tues & Fri- 1 hr on the road with 8 to 10 sprints; Wed & Sat- 90 min on the road at 80 to 90% of max; Thurs & Sun- 2 to 3 hr endurance ride at 65 to 80% of max.
- Eddie B.** Mon- 30 to 60 min spinning; Tues- do 1 to 3 sprints, increase with time; Wed- Long Steady Distance (LSD) 50 to 65 miles; Thurs- Intervals followed by a hot bath with mineral salts; Fri- 2 hours in moderate gear, upper body workout at night; Sat- 20 to 40 miles with jumps; Sun- 50 to 65 mile group ride spiced with pace-busting.
- Howard** Ride a track bike; use a hard/easy strategy; ride regularly; be aerobic, use LSD; don't burnout, crosstrain.
- Doughty** Mon- 90 min LSD at 75% of max; Tues- 90 to 120 min LSD, spinning; Wed- 90 min LSD at 60-65% of max; Thurs- 3 hr at 60 to 65% of max; Fri- Rest; Sat & Sun- Race or do a long ride, spin for an hour the other day.
- Simes** Mon- 25 to 30 miles in a 75 in. gear over flat to rain; Tues & Thurs- 90 min in a rapid tempo; Wed- 50 miles in a small gear; Fri- 40 miles, not too hard; Sat & Sun 35 to 40 miles.
- Jon Waff** Mon, Wed & Fri- light riding or some other form of exercise; Tues & Thurs- 90 min of hard steady riding including hill work; Sat- CRCA race and 40 to 70 mile club ride on alternate weekends; Sun- 40 to 70 mile club ride on alternate weekends.

Last month, I made an error by citing some January Bicycling articles, the correct month was February. One last thing, **LET ME KNOW** how you are doing in the races and which upcoming races should be announced; my phone numbers are W - 212-566-0922, H - 718-626-9835.

CLASSIFIED

I am riding cross country this summer - starting beginning of June - first long stopover at **GEAR UP** in Buffalo. Anyone interested in joining me for all or part of the way please contact:

Elly Spangenberg 212/737-0844

APOCRYPHA

REVENGE FANTASY

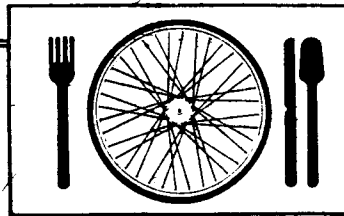
A friend of a friend (who we will call the Bernie Goetz of ten-speed bikes) says he once came out of his New York apartment to find a young delinquent removing the wheels of his bicycle. "The kid already had a better bike than I did," he complained. "He was just stealing parts. I wrestled him to the ground and then had a companion sit on his chest while I undid the Kryptonite lock from my bicycle. I put the Kryptonite around the throat of the thief and left him locked to a parking meter. Had to buy a new lock, but it was worth it."

—J.P. ☐

from Beth Van Arsdale

Larry Rottersman has resigned as P.R. Director. We are fortunate to have secured the very capable services of Art Guterding, who will serve as Public Relations Director for the remainder of the year.

**NEW YORK CYCLE CLUB
MONTHLY MEETING
TUESDAY MARCH 11**



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

DICK LORD'S EUROPEAN TOURS

Dick Lord has been planning and leading tours for the Long Island Bike Club for several years. He has some wonderful routes complete with maps and slides to share with us. He is also going to give us some guidelines to plan our own tours. (New York Cycle Club goes International! Wouldn't that be fun?)

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 S

PROGRAMS

FOR OUR 50th YEAR by Jody Saylor

I have arrived at something of a concept for our programs that I would like to share with the rest of you. I feel that our Club Meetings and programs are the second most important thing we do together as a club of bicycle riders. The MOST important of course is many happy days of riding together. But right after that is the comrader and the information shared on our Tuesday evenings together.

We are in our 50th year and one of the ways I'd like to celebrate is to look at our history - I'm finding some wonderful people that have been part of our earlier years. I would like to have an "Old Timers Night" for our June program. We would invite back some of the people who split off from the New Jersey Bike Club and the Long Island Bike Club - a reunion (maybe that month we could have a joint all club ride. Some pace line!) I would like to enlist the help of some of our "Old Timers" to help me organize this event. Please call me.

I have also located Captain Dan Henry, celebrated past President of the New York Cycle Club; we are trying to schedule this evening. This should be fun. He's quite a character.

We also have Dick Lord of the Long Island Bike Club for our March meeting. See above for more details.

In April Maxim Vickers and David Walls are going to show us slides of their Brevet through France "Raid Pyrenee", I understand they have beautiful slides and maps.

These "Touring" programs will be balanced by some race programs to include watching coverage of the Tour De France, Coors and the Worlds from Colorado.

I am also scheduling an evening with Joe Sailing, a master of bike race announcing. He has announced major races including Summerville, the Track Nationals, etc. for several years. He can tell us a lot about racing all over this country.

I believe this represents a balanced program of events - something for everyone.

I am looking forward to some enjoyable Tuesday evenings together.

CONRAD'S

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



February 1986 BOARD OF DIRECTORS' MEETING- Minutes Summary
by Alinda Barth, Secretary

The board appointed Art Guterding as Public Relations Director in place of Larry Rottersman who resigned.

Jody Saylor proposed some special programs to celebrate the Club's 50th year.

The Board decided to abandon the Club telephone project as too expensive.

Distribution of the monthly flyers to bicycle stores and the dates of the All-Class Club rides were discussed.

The next Board of Directors' Meeting will be on March 4, 1986.

AR

New Members

-- compiled by Irene Walter

Aaron, Mark
BALIS, Charles E.
BELTRAN, Ivan
CARROSCIO, Virginia
LAZARUS, Jesse
MARTIN, Craig
METCALF, Donna
MORIARTY, Christopher
PETRALITO, Frank
WEISS, Tom

315 E. 86 St. #14P
955 Park Ave. #5W
235 W. 75 St. #3V
33 Petersville Rd.
291 E. 3 St.
72 Carmine St. #3B
235 W. 75 St. #3V
792 Columbus Ave. #4K
3 Hanover Sq. #17G
1558 Second Ave. #3F

N.Y. 10028
N.Y. 10028
N.Y. 10023
New Rochelle 10801
Brooklyn 11218
N.Y. 10014
N.Y. 10023
N.Y. 10025
N.Y. 10004
N.Y. 10028

212/734-1995
212/595-2164
914/235-0383
718/436-7314
212/691-1736
212/595-2164
212/666-1854
212/425-1979
212/737-8716

NEW ADDRESS/PHONE NUMBER:

KUPFERBERG, Natalie
MARRONE, Robert
MEYER, Gary
MOSES, David
PERRONE, Lorenzo
WALLS, David
WALLS, Valerie

975 E. 22 St.
520 Cross St.
920 Riverside Dr. #26
1850 Ocean Ave. #D5
7 W. 95 St.
7 W. 95 St.

Brooklyn 11210
Harrison NJ 07029-1212
N.Y. 10032
Brooklyn 11230
N.Y. 10025
N.Y. 10025

718/377-1270
201/485-2048
212/923-2437
718/375-0816
212/807-6583
212/663-7059
212/663-7059

NYCC MEMBERSHIP AS OF 2/10/86: 533 MEMBERS



IMPORTANT NOTICE - Your Dues Are Due!

Actually, they were due in January.

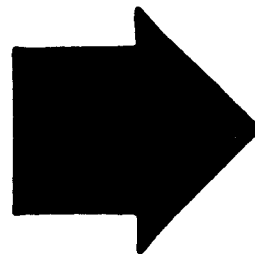
To guarantee you'll be on the mailing list for the May bulletin, make sure the check for your dues is postmarked no later than 3/25/86.

Final May mailing list will be compiled April 1, 1986. Make sure your name is on it.

Marty Wolf



*Please don't forget
to renew membership!*



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.

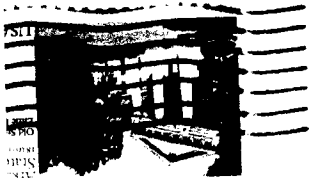
NAME(S) _____
PHONE (H) _____
(B) _____
ADDRESS _____
CITY _____
STATE _____
ZIP _____
DATE _____
AMT. OF CHECK _____
NEW _____
RENEWAL _____

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

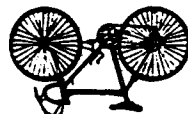
WHERE DID YOU HEAR OF NYCC?

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

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



Marty Wolf
360 East 50 Street
New York, NY 10022



First Class

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