

May
1986

New York Cycle Club

Our 50th year

May 1986

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RIDES PROGRAM

Compiled by Debbie Bell, V.P. Rides

GUIDELINES FOR CLUB RIDES

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

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

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

RIDE AND RIDER CLASSIFICATION

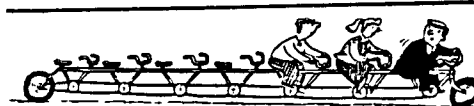
Ride Class	Average Speed (not incl. food stops)	Cruising Speed	Riders	Ride Description	Self-Classification Central Park Times 4 full laps = 24.5 miles*
AA	17+ mph	20+ mph	Animals	Anything goes. Eat up roads, hills and all.	Less than 1 hr. 12 min.
A+	16-17	19-20	Sports	Vigorous riding over hill and dale.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

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

Sat. May 3
8:00 AM
A
70-80 mi.
WESTCHESTER-PUTNAM CAR TOP. Leader: Steve Sklar (212-877-5235, h.; 212-558-9253, of.) Meet at SE corner of 75th & Broadway to load up, then drive to a starting point approximately 1/2-1 hr. north of the city in the rolling hills of Westchester Co. Then bike through beautiful countryside further to the north. The route (unscouted at this writing) will be uncomplicated so that we can maintain a smoothly functioning rotating paceline wherever possible--and safe. My car and bike rack hold only four people, so if you have a car or rack, please let me know. Call by Thursday (May 1) to reserve a spot.

Sat. May 3
8 or 9 AM
B+
70-90 mi.
HUNTINGTON. Leaders: Jackie & Rick Plate (718-786-1322) At 8 AM from Grand Army Plaza (Brooklyn) or 9 AM from the Statue on Queens Boulevard. The usual stuff to a picnic lunch in a park. Cancellation conditions: use common sense.

Sat. May 3
10:00 AM
B-
40+ mi.
GLEN COVE -- AMERICAN DREAM/RUSSIAN FANTASY. Leaders: Bernie Pearlman (212-285-1235) & Sara Flowers (718-544-9168) Meet at 188th St. & Hillside, Queens (last stop on "E" or "F" train) for a pleasant ride through the capitalist community of Glen Cove. We are hoping for a view of the estate for Russian embassy personnel, and a picnic near the water if the weather is obliging. One or two uppers, but mostly fairly flat. Water and spare tube are mandatory.



Sat. May 3 PASTORAL PARK PASTRY PEDAL. Leader: John Mulcare (718-672-5272) From the Tramway, 59th St. & 2nd Ave. Bike through scenic Queens with its diverse neighborhoods to Forest Park. For enthusiasts, there's a model airplane field. We'll visit two international pastry shops (Italian and Argentinian) as well as an all-natural ices store with a stop (or 2 or 3) for lunching or munching. Bring (or buy) lunch, spare tube and/or patch kit, and a hearty appetite. Joint AMC. Rain cancels.

Sun. May 4 ALL-CLASS CLUB RIDE TO TALLMAN. Join one of the rides listed below or come out on your own for a 1 PM lunch with NYCC members and guests from the North Jersey Bike Touring Club, followed by the traditional group ride back to the city. Tallman is on Rte. 9W, south of Piermont. We'll be in the North Hills Picnic Area, at the end of the road past the ball fields and parking lot.

6:00 AM Leader: Richard Herbin (212-666-2162) From the Boathouse. To northern Rockland Co. via Saddle River and South Mountain Rds. Route features frequent opportunities for fast pacerines. A+ breakaways encouraged to various designated regrouping points. Quick deli stop about 25 mi. 80 mi. north of GWB, then on to Tallman for well-earned gluttony and conviviality.

6:15 AM Leader: Lee Gelobter (718-646-7037) Meet at the Boathouse for a prompt 8:30 departure. We A will ride the now classic Saddle River Route to New City, then down to Tallman for lunch with 75 mi. the rest of the club.

8:00 AM Leader: Marty Wolf (212-935-1460) Meet at the Boathouse for a scenic ride through Bergenfield. A- / 75 mi. New Milford and points beyond. We'll cover 50 mi. before the lunch stop, so bring pocket foods.

9:00 AM Leader: Michael Toomey (212-787-6939) From the Boathouse at 9 AM, or the NJ side of the GWB at 9:30 AM to meet the Jersey riders, then west and up to Nyack and meet the club for lunch at 6+ Tallman. Return via regal multiple velocipede procession on 9W back to Camp Central Park. 50-60 mi.

10:00 AM Leader: David Miller (212-794-9365) From the Boathouse. Ride through scenic Bergen County to B / 50 mi. Nyack for lunch at 1 PM with all the other folks. Return on 9W.

9:15 AM Leaders: Maggie Clarke (212-567-6272) & Elly Spangenberg (212-737-0644) From 178th St. & Ft. 6- Washington Ave. We'll leave at 9:30 sharp to meet up with riders from the North Jersey Bicycle 45 mi. Touring Club and cycle off into the Bergen Co. reservoir country before heading up to Nyack and down to Tallman. Rain cancels.

10:00 AM Leaders: John Mulcare (718-672-5272) & Richard Marvin (212-532-3346) From 178th St. & Ft. C- / 35 mi. Washington Ave. To Tallman and back. Rain will cancel this ride.

Wed. May 7 RIDE WITH ART. Leader: Art Guterding (212-415-8920, of.) From the Tavern on the Green, A Central Park. Meet at 6 AM for a friendly conditioning ride before work.

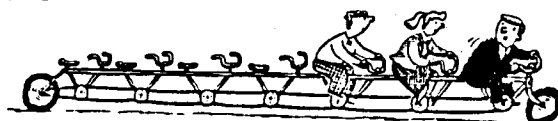
Sat. May 10 RIDGEWOOD, CT. Leader: Marsha Taggart (914-962-5991) From the Town Hall in Yorktown Heights. 10:00 AM Drive north on the Taconic Parkway, exit at Underhill Ave., turn right and drive two miles to 6- / C+ the Yorktown Heights Town Hall for the start of this ride. 50% chance of rain cancels. 40 mi.

Sun. May 11 NORTH SHORE HO! Leader: Maxim Vickers (718-728-7179) From the Boathouse. A fast paced ramble 6:00 AM through the backwoods of the fabulous Gold Coast. Scenic, educational, entertaining. Breakfast A / 85 mi. in Roslyn, bagels in Syosset. Rain cancels.

Sun. May 11 MOTHER CAREY'S CHICKEN. Leaders: Gregory D'Agostino (718-272-4271) & Ed Rudetsky (718-436- 9:00 AM 3475) We know it's Mother's Day. Don't worry, she'll understand... So let's meet at Grand 6 Army Plaza (Prospect Park) for a ride out to Ft. Lookout. If mom doesn't pack a sandwich for 70 mi. you, there is a good deli at the Point. (Mother Carey's chicken is a type of sea bird.)

Sun. May 11 PROGRESSIVE TRAINING RIDE NO. 4. Leader: Irv Weisman (212-650-8675, of.) Meet at the Boat- 9:00 AM house for a 43 mi. in 5-1/4 hr. ride (can we really do it?) in northern NJ. This replaces the 6- rained-out ride of April 6. If you want to limit your ride to 37 mi., meet us at the GWB Bus 43 mi. Terminal, 178th St. & Ft. Washington Ave. ("A" train to 175th St.) at 9:45 AM. Bring picnic lunch, snacks, water. Return to GWB by 4 pm. Cancelled if 8 AM prediction of rain is 70%.

Sun. May 11 MOTHER'S DAY AT OLD WESTBURY GARDENS. Leader: Alinda Barth (718-441-5612) Meet at the Statue 9:30 AM on Queens Blvd. ("E" or "F" train to Union Turnpike) and visit one of the outstanding gardens C in the area. Admission is \$3. Bring a lock for your bike and lunch (there may not be any food 35 mi. available at the garden) and, by all means, bring your mother, if she can ride a bicycle. Rain cancels.



- Sat. May 17
8:00 AM
AA
140 mi.
OVER THE TOP. Leader: Alex Bekkerman (718-438-4746) We'll meet at the Boathouse and ride at an easy pace to the top of Bear Mountain (Perkins Dr.). If it takes you under 20 min. to the top (from 9W), you certainly qualify for national "B" team; if it takes you under 25 min., you qualify for NYCC A+; under 30 min. is still good. Ride back is through Harriman Park and 9W at race pace. Lunch stop at Stony Point.
- Sat. May 17
9:00 AM
B / 50 mi.
WOODBURY VIA SYOSSET. Leader: David Moses (718-375-0816) Meet at the Statue, Queens Blvd. & Union Turnpike, for a ride through rolling terrain. Lunch stop in Syosset. We'll attempt to return before 4 pm.
- Sat. May 17
C/C-
DIAL-A-RIDE/SCOUT-A-RIDE. Leader: John Mulcare (718-672-5272) If conditions look promising, call John the evening before, or before 8 AM the morning of the ride. First caller may help select time, meeting place, and destination. Absent any better suggestions, we could scout a potential C/C- ride, or even one already scheduled but not scouted in advance. In such a case, a compass and the appropriate map(s), in addition to the usual lunch (or money for it), tools, patch kit, spare tube(s), water bottles, medical ID card, etc. would be in order. Rain or forecast thereof cancels.
- Sun. May 18
9:00 AM
A
70-75 mi.
NEW JERSEY MISCELLANY. Leaders: Simone Smith & Clay Heydorn (718-434-7176) From the Boat-house. Jersey routes discovered, rediscovered, recognized, lost--what have you. We'll explore what's out there until our cyclometers read 70.
- Sun. May 18
9:00 AM
B
45 mi.
HISTORIC HOUSE TOUR NO. 1--LYNDHURST. Leader: Alinda Barth (718-441-5612) Meet at the Boat-house and ride to Tarrytown for a visit to Jay Gould's "Historic River Gothic" country retreat. We will take time out to tour the house -- I mention this to forestall any grumbles of people in a rush. Admission is \$4; bring or buy lunch for a picnic. Rain cancels.
- Sun. May 18
9:00 AM
B-
50 mi.
PROGRESSIVE TRAINING RIDE NO. 5, FIFTY IN SIX. Leader: Irv Weisman (212-650-8075, of.) Meet at the GWB Bus Terminal, 176th St. & Ft. Washington Ave. ("A" train to 175th St.) for the no-longer-marked 50 mi. club route in NJ, at a 50-in-6 pace. If you haven't done this ride before, be prepared to work a bit on the unavoidable hills. Picnic lunch; bring or buy. Return to GWB by 4 pm. Cancelled if 8 AM prediction of rain is 70% or higher. Rain date, June 1.
- Sun. May 18
10:00 AM
C / 30 mi.
BIKE TO DEMAREST, N.J. Leaders: John Mulcare (718-672-5272), and Hindy, Irv & Amanda Schachter (212-758-5738) From Maxwell's Plum (1st Ave. & 64th St.). A ducky ride. Bring picnic lunch; we snack with Donald, Daisy, Huey, and Louie. Joint AMC. Rain cancels.
- Sun. May 18
9:00 AM
C
15 mi.
MANHATTAN AND OTHER EAST RIVER ISLANDS. Leaders: Lorraine Gewirtz and Sherman Cohen (718-332-1990) Meet at grassy plot across from Plaza Hotel and Bergdorf (58th-59th Sts. & Fifth Ave.). Cycle over two bridges and return by tram. Pedal the Algonquin's country on Ward's, Randall's and Roosevelt Island. Experience a touch of Greece in Astoria. Bring bike lock, inner tube, picnic lunch or lunch money. Joint Outdoors Club. 50% chance of rain cancels.
- Fri.-Mon.
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.
- Sat. May 24
C/C-
DIAL-A-RIDE/SCOUT-A-RIDE. Leader: John Mulcare (718-672-5272). See May 17.
- Sun. May 25
7:30 AM
A/A-
70 mi.
PINE BARRENS OR BUST. Leader: Steve Baron (212-228-0555) After last year's rainout and injury-out, I'll try this cartop ride again. I'll take four with me; call at least four days ahead if you are interested. It will take 1-1/2 hours to drive to begin this famous Southern New Jersey escapade.
- Sun. May 25
9:00 AM
B / 75 mi.
RIDE TO WASHINGTON IRVING COUNTRY. Leader: Irv Schachter (212-758-5738) From Maxwell's Plum (1st Ave. & 64th St.). Along Sleepy Hollow Road; lunch in Ossining. Quite hilly, so be prepared. Joint AMC.
- Sun. May 25
9:00 AM
C
20 mi.
SQUARING THE CIRCLE. Leader: Bill Clark (718-625-6072) From Columbus Circle, SW corner of Central Park. Terrain is essentially flat, with occasional moderate grades. Heavy urban traffic is the principal challenge on this tour. Ten-speed equipment in good condition is recommended, as are helmets and mirrors. Do not attempt this ride if you are inexperienced at coping with city traffic. Having said that, it is basically a sightseeing tour including many landmarks of upper, midtown and lower Manhattan. Rain cancels.
- Mon. May 26
9:00 AM
B
55 mi.
SAGAMORE HILL. Leader: Sara Flowers (718-544-9168, h.; 212-921-4317, of.) From the Statue of Civic Virtue on Queens Blvd. ("E" or "F" train to Union Turnpike). An oldie but a goodie: we will swoop out to Syosset, then to Oyster Bay for a deli stop before climbing the hill (nice and long) to Sagamore Hill for our picnic. Tour of Teddy Roosevelt's home is optional but strolling or lounging on the lawn is mandatory before our return. This is a beautiful ride with a beautiful destination: the hills, the homes, the Sound, Long Island. Call for additional information, if needed.

- Wed. May 28 **RIDE WITH ART.** Leader: Art Guterding (212-415-8920, of.) From the Tavern on the Green, Central Park. Meet at 6 AM for a friendly conditioning ride before work.
A
- Sat.-Sun. **4TH ANNUAL MONTAUK TWIN CENTURY WEEKEND.** Leader: Marty Wolf (212-935-1460) Keep the tradition alive -- this is the easiest twin century you'll ever find! We'll take a central Long Island route on Sat., but will return on Sun. on the same route that AYH will be using for their ride out on that day (wave to your friends). Our group will stay in a motel on Montauk on Sat. night (after a fabulous seafood dinner). Call Marty for further details, motel phone number, and meeting place.
May 31-
Jun. 1
6:50 AM
A/A-
250 mi.
- Sat. May 31 **MONTAUK DOUBLE CENTURY.** Leaders: Clay Heydorn & Simone Smith (718-434-7176) From the Jamaica Train Station. This ride is a preview of John Waff's ride on June 1 (Clay's birthday). Any one interested in riding out to Montauk and back at a reasonable pace as a preparation for John's ride the next day or in doing their first double century, please call the leaders for starting time and other fascinating information. Avoid the crowds, ride on Saturday!
A
230 mi.
- Sat. May 31 **GOLD COAST METRIC.** Leaders: Sandy Geiger (718-428-9193) & Sara Flowers (718-544-9168) From 169th & Hillside Ave., Queens (last stop on "E" and "F" trains). This pure gold ride has been designed by Sandy to demonstrate the superior riding terrain and scenery of Great Neck and Sands Point. He has planned a quick flat start through Great Neck and then some hills on the dash through and to Sands Point. We will lunch in Port Washington before looping back to Queens. Five NYCC'ers test rode Sandy's route with him and insisted he give others the chance to see Long Island and the sound through his wheels. Sara will "sweep up" the B's. Call Sandy or Sara for more details.
9:00 AM
B+/B
62 mi.
- Sat. May 31 **DIAL-A-RIDE/SCOUT-A-RIDE.** Leader: John Mulcare (718-672-5272). See May 17.
C/C-
- Sun. Jun. 1 **CLAY'S ROCK AND ROLL BIRTHDAY EXPRESS.** Leader: John G. Waffenschmidt (718-626-9835, h.; 212-566-5936, of.) From the Jamaica Train Station. AYH is holding their annual ride to Montauk on Clay's day. To celebrate, we'll ride out in a single paceline, AA pace, dropping is o.k. We'll return from Montauk at 1:30 PM, A pace, no dropping, all are welcome on the return.
5:45 AM
AA/A
230 mi.
- Sun. Jun. 1 **JERSEY LOOP.** Leader: Ed Flowers (718-544-9168) From the Boathouse. This is definitely a C ride. We will cycle down Manhattan to Chambers St. and take PATH to Hoboken. Bring money for PATH and lunch. We will have lunch in one of the parks along the Palisades with a good view of Manhattan. The ride will loop north over the GWB, and return via St. Nicholas Ave. and back to the Boathouse. Oil your chains, tighten your bolts, and let's go. Rain cancels.
10:00 AM
C
30 mi.

Ride Previews

- Sat.-Sun. **6TH ANNUAL BEAR MOUNTAIN WEEKEND.** Leaders: Bernie Pearlman (212-285-1235) & Arlene Ellner (212-677-3306) From the GWB, 178th St. & Ft. Washington Ave. Celebrate this memorable event with us, rain or shine. Some hills. \$22.25 per person for lodging (2/rm.), or \$44.50 single. Limited to 18. Food extra; delicious Sat. dinner at restaurant next door. Send complete, non-refundable payment with SASE to registrar (Betty Morelli, 25 West 13th St., NYC 10011; 212-675-3753, up to 10 PM, please) by May 15. Joint AMC.
Jun. 7-8
9:00 AM
B-/C+
90 mi. RT
- Jun. 8 - **PROGRESSIVE TRAINING RIDES WITH IRV WEISMAN** (212-650-8075, of.). Jun. 8: 56 in 6-3/4 & 50 in 6; Jun. 29: 62 in 7-1/2; Jul. 20: 68 in 8-1/4 & 62 in 7-1/2; Jul. 27, 75 in 9; Aug. 10, 87 in 10-1/2; Aug. 24: 93 in 11-1/4; Sept. 7: 100 in 12.
Sept. 7
- Jun. 13-16 **GEAR-UP IN NIAGARA FALLS.** The incomparable annual event. For applications, send SASE to Debbie Bell, 526 West 113th St., NYC 10025.
- Sat. Jun. 14 **7TH ANNUAL STRAWBERRY SUPREME.** Leader: Maxim Vickers (718-728-7179). The space on this whirlwind pleasure cruise of Long Island is limited; please reserve early.
A+ /130 mi.
- Sat. Jun. 21 **NYCC BIKETOIR FOR VARIETY PRE-SCHOOLERS WORKSHOP.** See article in this Bulletin.
- Sat. Jul. 5 **CENTOMIGLIA VERMONTESA.** Leader: Maxim Vickers (718-728-7179). As is my habit, I intend to spend the 4th of July weekend climbing passes around Rochester, Vt. This year's century ride will be pared down from last year's 200 km. Vermontagnards to only 6,000 vertical feet, all of them gorgeous. Reserve early.
A+
100 mi.
- Sun. July 13 **NYCC ALL-CLASS CLUB RIDE** (Long Island).
- Aug. 16-17 **DELAWARE WATER GAP.** Leader: Chris Mailing (718-965-0894). 275 miles.



Sat./Sun. DIAL-A-BRIEF-B+ RIDE. Leader: Lin Ehrlich (212-737-3887) So you say our elderly aunt now
throughout expects you to take her to church (or brunch) every Sunday morning and your usual riding buddy
May pulled an Achilles tendon playing tennis and the only time your dentist can see you is Saturday
B+ mornings? No problem. My secretary (i.e., answering machine) has volunteered to take messages
25-? mi. (on weekends and 7-11 PM weekdays) to connect B+ riders. Leave brief messages--name, work and
home phone, day(s) and time slot you'd like to ride. If I can't go, I'll try to connect riders
who can.

MEMORIAL DAY WEEKEND IN THE CATSKILLS

For those of you who want to get away to the Catskill mountains for a Memorial Day cycling weekend, a few of us are arranging a return visit to Greene County, where Club members have, in years past, cycled on Irv Weisman's scouted routes: along Hearts Content Road, climbing to Lookout Point, and relaxing beside the Shingle Kill Falls.

The weekend will be geared mainly for the "B" classes of riders, and will be moderately priced: \$130. or so for three nights lodging at a country inn, including 2 - 3 meals per day. Transportation costs should also be reasonable: about \$230 (or \$300 for 8 people) rents a U-Haul truck which can take eight bikes, luggage, and three people (if one of the eight has a car, we're all set). The annual Irish festival in East Durham will be going on a few miles away for those who are interested.

We will be happy to provide you with any further information you desire about the weekend or logistics. Since we will want to finalize arrangements well before the weekend, to assure lodging, please call either Maggie Clarke (212-567-8272 home) or Irv Weisman (212-650-8075 office) by the end of April if you might like to come.

CYCLE THE ALPS September 5-19, 1986

A breathtaking 2-week tour through the spectacular scenery and timeless villages of the Alpine region. Price (\$1,500) includes accommodations in first- or second-class hotels (some even with swimming pool or sauna); all meals; roundtrip air transportation to Zurich via Balair, charter subsidiary of Swissair. This challenging tour takes you winding through four countries, Switzerland, Italy, Austria, and Liechtenstein, each valley with its own distinctive flavor. Average daily mileage is under 40, although 3 days are about 60 mi./day. A September departure offers fewer tourists under our feet, lower prices everywhere and still plenty of warm sunny days. We'll be well off the beaten tourist track where few Americans are seen and little English is heard. At least B+ skills essential, not just to climb well, but most importantly, to handle the bike well in fast twisting descents. Sag vehicle optional at additional cost if group desires and driving arrangements can be worked out. Mandatory pretrip ride will be held during the summer. For further information, call David Schlichting (516-482-3423, eve.). Joint AYH; co-leaders, David Schlichting and Leonard Diamond.

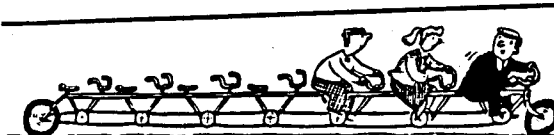
June 21
A,B,C

* WIN A BIKE *

Well, now that I have your attention... Actually, it is true. New York Cycle Club, in cooperation with the Knights of Columbus in Seaford, is sponsoring a biketour full of giveaways, and the top prize is the choice of a touring or racing bike. A fully supported biketour is scheduled for June 21 as a benefit for Variety Pre-Schoolers Workshop in Syosset, a school for disabled children. We have planned routes ranging from 10 to 150 miles through some of Long Islands most beautiful scenery.

In addition to a great bike ride and an opportunity to win some fabulous prizes, all participants will receive a Bike-A-Thon T Shirt and an invitation to a barbecue on the school grounds at the end of the ride. Rides of 50 or more miles feature sag stops every 25 miles, where food and beverages will be distributed, and bathrooms will be available.

In return, we ask you to help raise money for a great school. Interested, see Jackie and Rick Plate or call them at (718) 788-1322 for more information and registration forms. Club rides to join the tour will be listed in the June bulletin. We look forward to seeing you out there on June 21.



NYCC RIDES - A DISTANT AND LONGING VIEW

Now, I don't want you all to take what I'm about to say too seriously. As "New Yawkers" you already know you are the best; this article may only heighten that conceit.

And it's not that I'm unbiased. NYCC rides were how I progressed from a "novice" B- level to an A+ (well, maybe under the new Self-Classification System, an A). As a NYCC member since 1981, I served on the Board for parts of 3 terms, and lead numerous (but never enough, per the rides coordinators) rides.

Having moved to Boston in May 1985 and then spending most of September - November, 1985 in Los Angeles, I've experienced the rides programs of the Charles River Wheelmen (CRW) in Boston and the Los Angeles Wheelmen (LAW). Both clubs' primary mission seems to be to offer rides to their members (as opposed to political activism or bike commuting, etc). Both are established clubs, providing an accepted rides program to their local members. But, boy, are those folks missing a good thing!

Yes, NYCCer's - in my opinion, the rides, the ride program and the sociability at NYCC are superior to anything I've seen in Boston or LA! Word of my opinion reached your news-hungry editor; he asked if I'd go public with this revelation.

Aside from satisfying Greg's need to fill newsletter space, I think there is value in analyzing why I feel this way about NYCC's rides. There are several specific points to this, but to me it boils down to NYCC's rides emphasizing a social, group activity; NYCC rides provide an optimum opportunity to meet a physical challenge and to see a lot of country, all in the company of others who share the great joy of cycling.

Here's how I see NYCC accomplishing this where others fail:

Finely graded rides - Both LAW and CRW offer only two versions of a single ride on any day - "long" and "short". Whoever meets at the ride's origin get spread out over the ride by their abilities.

Mapped routes - A real major difference. LAW uses strip sheets of turns and street names. CRW paints arrows on the road. Both practices actually encourage individual riding.

Designated ride leaders - LAW has none. The routes are handed down from year to year. CRW's leader is responsible for painting the arrows in advance, but rides "sweep" during the ride. Thus, there is no one to serve as focal point for the activity.

Monthly social meeting - Neither CRW or LAW has one, although CRW's Board meetings are open to members. I haven't gone, in contrast to NYCC's monthly meeting which I never missed.

So be grateful for what you have. Not that change isn't possible or desirable. I note the emergence of SIG's and car-top rides, and am sure other changes are under debate. But realize that one person remembers the way you were with great fondness.

Doug Blackburn

CLASSIFIED

FOR SALE 10 speed ZEBRAKENKO "Lightning" 23" Fast Touring bicycle. Ishiwata 022 frameset, Suntour Cyclone derailleurs, Dia-Compe brakeset. Lightly ridden, excellent condition. \$250.00 Call evenings (212) 831-1285.

FOR SALE: "OLMO COMPETITION" Pearl White color, 56cm (Cto C). Perfect condition, no paint chips, never crashed, see to believe. Campagnolo Victory components, Ambrosio rims, Turbo saddle, Columbus SL tubing, Must Sell-- \$650/- (negotiable - New retail price = \$1000/-) Call Kevin, evenings at (212) 752 6941.

FOR SALE

1923 CHROME PLATED FIXED GEAR RACER - ANTIQUE

CONTACT: Max Fischer
9511 N. Hollybrook Lake Dr.
Pembroke Pines, FL 33025
Ph: (305) 431-0173

Anyone from the New York Cycle Club going to ride TOSRV this year?
Let's get together before. --- Elly Spangenberg, 212-737-0844

THE PERSON WITH THE MOST TOYS WHEN HE DIES WINS!

This is a new column, mostly about products, by Steve Baron. Comments about things you've bought, or want to buy, both the good stuff and the bad, are welcome. Call me at 212-228-0555 or write to me at 324 Second Avenue, New York NY 10003. This month I'll write about and to some of those who take our money, next month I'll have some things to say about helmets and shoes, followed by clothes and computers, then by the perfect bike. Let me have your input.

A year ago there were ten bicycle stores within two miles of my home, probably the heaviest concentration of bike shops in the world. And this includes some of the best shops anywhere. A couple of them have closed or moved, but there are still many places to take my money, face to face.

Since I order from catalogs also, I'm aware that we owe the stores we visit some courtesy. I might look at tires hanging in a shop, note the price and order from a catalog at a savings of forty per cent. But I try not to go into a store, try on a half dozen pairs of shoes, take a salesperson's time, write down the price, size, and brand, and order from a catalog to save a few bucks. A fine line to draw, but, if we want the neighborhood shop to be there next year, we need to give them our bucks.

Most of the time I do my own work on my bikes. So, if anything goes wrong there is no-one else to blame, I just have to fix it. But, this year I decided to have my three year old custom made wonder machine overhauled by a pro. Everything was done well, it seems, except the brakes wouldn't stop the bike going down steep hills, and, of course, pace line riding was more dangerous than usual because I couldn't be sure the brakes would work, or if the cables would bind in the housing and I'd go crashing into the bike in front. Twice during the first day out on a club ride I had picked my spot to bail out before I was able to bring my bike to a stop. Of course I took the bike back to the shop, and the mechanic, who really is a good mechanic, worked on the brakes for some time, and now they only bind a little. The mechanic told me that they don't use really good cables, but these should be good enough, and with time they will seat better and be ok. I hope he is right.

A month ago as ride leader I helped one of "my" riders attach the rear derailleur cable on his three day old super bike. This bike had been purchased from one of our best shops and it cost more than \$1,500. On the first day the bike was taken home. On the second day the seat came loose. On the third day, on the bike's first steep hill, the derailleur cable popped loose and the rider barely and luckily avoided injury.

So, what is the point? Stories like these are legion. Well, THAT is the point. We shop in town, we go to good shops, the best we can find, we usually pay a dear price, and we find, all too often that the salesperson doesn't know the product, and the service person is too rushed (to give the benefit of some doubts) to put the bike together properly. Seeing store personnel in bike clothes is reassuring, but it doesn't always solve problems that can only be solved by a lot of product education (maybe the distributor should demo for the entire staff, and they should try out new things). As for service/repair it may not be reasonable to expect better quality control from a bike shop than from an auto dealer, but then my bike is more like a Rolls than a Chevy, and doesn't the Rolls dealer do it right the first time?

THE BIKER'S NOT SO QUICK WEIGHT LOSS DIET

by Lil Harvey, MD & Mark Banchik, MD

So you think you burned off that double Friendly Fribble with extra whipped cream, on that last ride. Well surprise, you're wrong!! It's just not that easy to burn off those extra calories and lose weight by exercise alone. Some people are born lucky and will make you crazy with their stories of losing 25-30 pounds on one weekend trip, while others will do the same amount of work, eat the same food and never lose one ounce. The reasons go back to your body's basal metabolism and how you adjust to exercise.

To start with, your caloric needs are divided up into two basic categories. 1) Resting energy - the calories needed to stay alive while lying still and, 2) Exertional energy - the extra amount of calories needed to do the work at hand. Calculating your resting energy requirements is easy. The basic formulae were worked out by two doctors named Harris and Benedict in 1915. These formulae are:

For men - Resting Energy Expenditure (Kcals/day) = $(66 + (13.7 \times \text{weight in Kgs}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years}) \times .85)$

For women - $(655 + (9.6 \times \text{weight}) + (1.7 \times \text{height}) - (4.7 \times \text{age})) \times .85$

(example for Mark: $(66 + (13.7 \times 83.5) + (5 \times 180) - (6.8 \times 28)) \times .85 = 1956 \text{ cals/day}$ -- that's why he can't eat those buffets to the ice anymore and not gain weight)

Finished with your calculator yet? Frustrated enough to give it up and order that dessert? Now here comes the tricky part, no one has yet come up with a reliable way to calculate the number of extra calories that you will burn off doing any given exercise. All of those tables and books, including the ones in the TIMES on April 9th, are based on controlled lab studies using healthy, fit volunteers and unfortunately have little to do with your actual caloric loss. A good rule of thumb, however, for biking is that the average (ie B level) rider will burn about 600 extra calories per hour while riding on level ground. Feeling better yet? Now for the real bad news, the better the shape you're in the fewer calories you'll burn per hour and the harder it will be to lose weight. Ideally the best way to lose weight by exercise would be to push yourself until you bonk about every other week and just lie around the rest of the time not eating. (Sounds about like the way I train during the summer, except for the part about not eating.) The reason for this is that as your body becomes more fit the muscles become more efficient and require less fuel to do the same amount of work.

Now comes the Catch-22!

The more you ride, the better you feel;

The better you feel, the more you eat;

The more you eat, the more you ride....

Note: 1 inch = 2.54 cm. 1 lb = .454 kg 100 cm = 1 meter

RACER'S CORNER

John G. Waffenschmidt

By now you should all be firmly embedded in your training programs and should have between 1,500 and 2,000 miles under your belts. This firm mileage base will significantly reduce the probability of injury in pursuing one of the most important components of race training - intervals. Intervals are characterized by intense bursts of energy with periods of recovery between; the idea is to train your body for the rigors of race conditions - changing pace, bridging gaps (catching a breakaway group), and of course, breaking away. Each racer has his or her own interval training program and that program changes throughout the racing season. Some common forms of interval training are jumps, speed work intervals, and climbing intervals. As Eddie B. explained in the recent issue of Cycling USA, jumps are characterized by maximum effort with acceleration to maximum speed and maintenance of that maximum speed for a brief moment. These intervals should be started at short distances and increased with time; the human limit is about 300 meters. Speed work intervals are at slightly below maximum speed and that speed is maintained throughout the interval; start off with one minute intervals and drop 10 seconds per interval. Then, based upon your strength, change the duration to bring you to muscle fatigue at the end of the interval. The importance of climbing intervals cannot be overstated; those of you who race for CRCA are well aware of the effect the 110th Street hill (Heartbreak) has on thinning out the pack. That hill is ideal for climbing intervals in that it makes a 1.3 mile loop when combined with the cut-off. Go like a bandit up the hill and recover on the downside and through the cut-off; try sets of 7 to 10 and time yourself for each set.



CRCA had some difficulties with acquiring insurance for club races which resulted in no late-March racing. My understanding is that insurance is now in place and club racing should continue through the end of November. The insurance carries one hitch - it covers only USCF members which suggests that mandatory USCF membership may eventually be required for club membership. This would be unfortunate in that it would hinder development of new racers because double membership fees would be required.

I have no specific NYCC member race results to report. I continue to encourage all of you to let me know about your achievements and the achievements of other club members and to advise me of future races you want people to know about. Please note my new phone numbers - H 718-476-0888; W 212-566-5936/7011.

Going somewhere ?

If so, send me a post-card
to let us know how it's
going out there in the
real world. I'll print as
many as possible.
What's that ? You haven't
a stamp ? Here take this
one.

Sinclair Lewis



The Editor,

New York Cycle Club,

Post-Office Box 877,

Brooklyn, NY,

11202.

Regards...

QUANTITY POSTCARDS
Wholesale Distributor Retail Store



CITIZEN Barrett CHAIN Benton

Urban Chowboys

In Douglas Adams' sci-fi satire *The Restaurant At The End Of The Universe* the author gives a conciously dashed synopsis of man's evolution in regard to food-gathering, reducing millions of years of history to three identifiable stages of development; survival, inquiry, and sophistication or how, why, and where. "For instance," Adams advances, "the first phrase is characterized by the question *How can we eat?* the second by the question *Why do we eat?* and the third by the question *Where shall we have lunch?*".

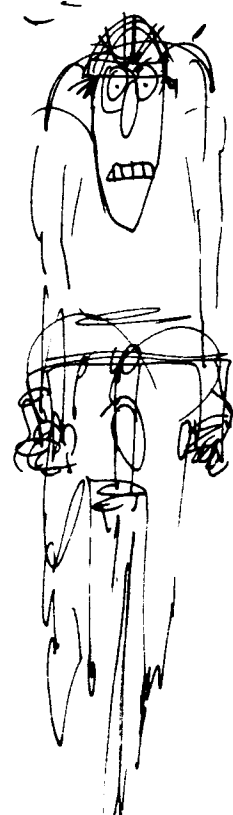
Here in Yuppie Central, many of the power lunch elite lack the time and temperament for running out to the local eatery (save for the purpose of schmoozing a potential client) and opt to have their mid-day sustenance brought to them, via telephone and fold-out menu. And since midtown at noon looks like a video on fast-scan, people expect their edible goods delivered hot and quick, absolutely, positively. As a result, most restaurantuers worth their cuisine have a sizable delivery staff with mostly fleet feet. Yet in a place where people complain loudly about the access times on their computers, feet alone aren't always fleet enough, which has led to the current Manhattan craze; boys on bikes.

Most of them, in fact, are boys, probably no older than twenty, though one does see the odd grizzled veteran now and then. Most are of asian descent, not at all unusual since most of the restaurants with sizable delivery fleets are the same. (Quick, how many Chinese fast-food joints have opened in your neighborhood in the past six months?) What is unusual, even to this street sleuth, is the unparalleled degree of reckless abandon with which these pedalling gastronomists go about making their appointed rounds. Their detachment from their own mortality would be something to marvel at were it not for my non-detachment from mine. "Come, See! how they defy traffic patterns, traffic signals, one-way signs! Test! your reflexes as they converge on your right-of-way, gripping your handlebars for dear life!"

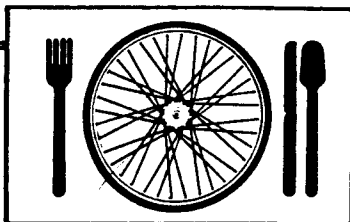
Once upon an Avenue (Amsterdam, in fact), I was rocketing north after work, trying to reach The Bike Buff before closing time, and since this avenue has a relatively slow traffic-light timing pattern, I felt I had a good chance of clearing the lights for the full two-mile distance to the shop if I kept a Warp Six pace. Traffic was more orderly than usual that evening, so, eager to be timely, I eased my Moulton into the taller cogs for the long, fast haul. I vaguely recall seeing 22mph on the Cateye in a quick glance when, dead in my headlight beam comes a very-worn-around-the-edges three-speed being badly piloted by a very young Urban Chowboy, and nothing between us but my Zipper fairing. Some very fast arithmetic (his bike, \$65; mine, \$1600+) a quick look at the boy's facial expression (somewhere between "It's not my bike, anyhow", and "Go ahead...make my day") and a quick glance in my mirror added up to one of the hairiest evasive maneuvers I'd executed in quite a few years. Had I a sharper temperament, that night's "execution" would not have been the last.

You can be as cocky as you like, put on your best Nelson Vails/Han Solo moves, but sometimes it all falls through. Playing Chicken with these guys most likely means getting clocked in spectacular style and spending the rest of the night sizing up the damage (assuming you're in shape to size up anything) and puzzled as to why his bike rolls away, bent but intact, whilst your alloy steed has to be poured into the trunk of a cab for the ride home. And someone's still going to get dinner tonight, albeit a tad later than expected. Know how good a dinner for two you can buy with that repair estimate?

So, now I've placed my Trash Canyon Project Bike on the front burner again, eager to take both my Maruishi and my Moulton off full-time commuter duty. And, as a gesture I hope many others will pick up on, I'll pick up my own take-out orders from now on, and give "the boys" a much-needed rest.



**NEW YORK CYCLE CLUB
MONTHLY MEETING
TUESDAY May 13**



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

DR. GEORGE J. ZAMBETTI

on "The Anatomy and Care of the Knee for Cyclists"

Dr. Zambetti is an orthopedic surgeon and active (riding) member of the County Cycle Club of Westchester; a perfect combination of specialties for telling us about common knee problems, of overstress and injuries related to cycling.

Come and join us for an evening of focus on this crucial part of our cycling anatomy.

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.

CONRAD'S

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

ARRANGED BY JODY SAYLER V.P. PROGRAMS

New Members -- compiled by Irene Walter

BENTON, Anne	1075 First Ave. #4C	N.Y.	10022	
BOSWELL, Veronica	245 E. 19 St.	N.Y.	10003	212/228-3136
BUNCE, Vernon A.	665 Clifton Ave.	Newark NJ	07104	201/485-2615
CECERI, John, Jr.	39A Gramercy Park N. #3A	N.Y.	10010	718/520-5460
EVANS, Patti E.	P.O. Box 346, Lenox Hill Sta.	N.Y.	10021	212/510-8020
FURMAN, Joe	5 Tudor City Pl. #512	N.Y.	10017	212/972-1814
GOLDBERG, Debra	150 E. 56 St. #5F	N.Y.	10022	212/688-5285
GREENBERG, Lori	46 Theresa Pl.	Staten Island	10301	718/727-3098
HANLON, Robert E.	192 E. Broadway #4	N.Y.	10002	212/673-7169
IRIZARRY, Joe	354 W. 110 St. #4B	N.Y.	10025-2633	212/865-1328
KOUNITZ, Martin	330 Wadsworth Ave. #6F	N.Y.	10040	212/928-2789
LANIN, Vladimir	201 E. 21 St. #7B	N.Y.	10010	212/228-9474
LEVINE, Fred	521 E. 88 St. #4A	N.Y.	10128	212/249-7972
LONG, Forrest	248-09 87 Ave.	Bellerose Manor	11426	718-347-7190
LORD, Meredith D.	248-09 87 Ave.	Bellerose Manor	11426	718-347-7190
LORD, Richard K.	237 Beach 121 St.	Belle Harbor	11694	718-634-1742
McCAFFREY, Brian	227 E. 5th St. #Be	N.Y.	10003	
MEYER, Joyce	28-51 50 St.	Woodside	11377	718-728-1334
RAMPINO, Connie	77 7th Ave. #8P	N.Y.	10011	212-675-1946
RICHARDS, Bill	245 E. 63 St.	N.Y.	10021	212-888-6088
ROSENTHAL, Richard	512 W. 169 St.	N.Y.	10032	
SHORTER, Alexis	200 W. 86 St. #11D	N.Y.	10024	212/362-8229
SINGERMAN, Jeffrey R.	1487 Union	Memphis TN	38104	901/274-5082
TIGRETT, Charles/Dream Machines Bicycles Etc.	172 Thornycroft Ave.	Staten Island	10312	718/948-6914
	411 First St. #4	Hoboken NJ	07030	201/420-7988

NEW ADDRESS/PHONE NUMBER:

BARRISH, Norman	c/o Barron, 511 E. 20 St. #11A	N.Y.	10010	212/260-1857
CARTER, Pat	174 Beach 24 St.	Far Rockaway	11691	718/471-1283
CHAPPELLE, Joseph N.	541 W. 150 St. #17	N.Y.	10031	212/368-6573
ROUNDEY, Kay J.	31-18 85 St.	Jackson Hts.	11370	718/426-7476
ROUNDEY, William G., Jr.	31-18 85 St.	Jackson Hts.	11370	718-426-7476

NYCC MEMBERSHIP AS OF 4/5/86: 569 MEMBERS

THE 1986 NYCC MEMBERSHIP ROSTER WILL APPEAR IN THE JUNE BULLETIN.



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 _____

DATE _____

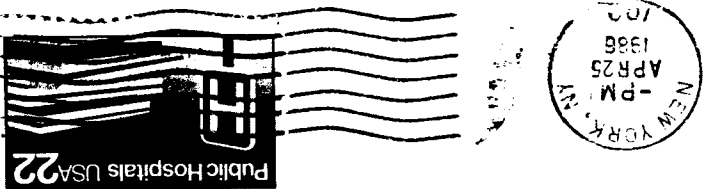
Circle if applicable: I do not wish my (address) (phone number) listed in the roster which is published in the bulletin semi-annually.

WHERE DID YOU HEAR OF NYCC?

OTHER CYCLING CLUB MEMBERSHIPS (circle): AYC AYH LAW TA CRCA CCC

Other: _____

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



Marty Wolf
360 East 50 Street
New York, NY 10022



First Class

Chris Marking
80 Jayfield Pl
Brooklyn, NY 11215