August 1986
C'MON, ORDER NOW!

ON OR BEFORE SEPT. 1-
DELIVERY DATE IN TIME FOR
NOV 11th MEETING AT OHARA'S

$35.00 MAKE CHECKS PAYABLE TO
EACH NEW YORK CYCLE CLUB.

MAIL ORDER & CHECKS TO
LEE GELDBERG
2686 OCEAN AV
APARTMENT F3
BROOKLYN, NY 11229
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

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

* 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: 656-9521; 744-9813; 744-9814. The Boathouse is located inside the Park, along the East Drive, near 72nd St.

Weekday Training Rides

**Tuesdays/**
**Time Waits for No One.** Leaders: Susan Glabman (718-596-0477) & Lee Gelobter (718-646-7037)
Meet at the south end of the hill inside the Grand Army Plaza Entrance (Prospect Park) for a few quick loops before work. If you're not waiting for us when we get to the top of the hill, we're not waiting for you.

**Wednesdays**
**5:45 AM**
**Ride with ART.** Leader: Art Guterding (212-419-892C, of.) From the Tavern on the Green, Central Park. Meet at 5:45 AM for a friendly A-paced conditioning ride before work.

**Wednesdays**
**6:30 PM**
**Wednesdays in the Park With Martha.** Leader: Martha Ramos (718-858-9142) From Grand Army Plaza (across from Arch), Prospect Park. Interested in a brief all-class ride during the week? Then join me as we circle Prospect at a civilized hour. Rain or unbearable heat will cancel; if you're unsure, call me before 6 PM.

**Thursdays**
**7:00 PM**
**Three Before Sunset.** Leader: Debbie Bell (212-864-5153) From the Tavern on the Green, Central Park. Riders will determine the pace. Note: August 14 ride will be leaderless.

**Sat.-Sun.**
**Aug. 2-3**
**A**
**260 mi.**

The Guns of August. Leader: Maxim Vickers (718-728-7179) That was when they were traditionally unleashed, once the harvest was in. We will force-march to Rhinebeck, NY, on Saturday to observe the Red Baron in action vs. Sopwith Camels at the aerodrome, byvvy and chow at the Beekeeper Arms (of course), and inspect Hudson battlegrounds on the way back Sunday. Call for logistics.
Sat. Aug. 2  7:00 AM    9:10 m.
                       KINGSTON DOUBLE CENTURY. Leader: Alex Beckerman (212-465-2241, of: 716-436-4744, h) from the Boathouse. A typical ride with standard arrangements, not very scenic, but you will not be bored. Total time: 3:1/2 hrs. Bring some food.

Sat. Aug. 2  7:45 AM    160 m.
                       CROTON RESERVOIR. Leader: Steve Baron (212-228-6556). From the boathouse. A North reservoir (we'll stop for 2 min. to look) and on to Bedford Village for lunch. Bring snacks and lots to drink -- water available out of the rocks at 56 mi. Hills appropriate to the 6th month if not the temperature.

Sat. Aug. 2  9:16 AM    90 m.
                       TOP OF THE APPLE. Leader: Marsha Taggart (914-962-5991) From Katonah Station. Take a train from Grand Central, car-top-it, or ride to the Katonah train station by 9 AM and join me on a very scenic and hill trip. Bring lunch or money for food.

Sat. Aug. 2  10:00 AM  27/1-
                       NEPOSIT BEACH AUGUST SWIM NO. 1. Leader: John Mulcare (718-672-5272) Meet at SW intersection of Queens & Woodhaven, opp. Queens Center (or F train to Roosevelt Ave.). Mason Heights, then cross platform for local to Woodhaven. This is the month for that winning combination: a hot bike ride and a cooling swim at a comfortable water temperature. Non-swimmers may ride some more or rest, as they choose. Bring tools, patch kit, spare tube, pump, water, copy of medical coverage ID card, swimsuit, towel, suntan lotion, and lunch or money for it. If the weather is uncertain, call John before 9 AM.

Sat. Aug. 2  11:00 AM    160 m.
                           THE PRINCETON CYCLING EVENT -- the Princeton Free Wheelers' 6th Annual Bicycle Touring Extravaganza. Six loops from 19-166 mi. Cue sheets, snacks, T-shirts, patches. 160 attended in 1981. Registration: $9.00. From Rider College, Lawrence Township (Rte. 266 at 1-295). Centuries begin at 5 AM, 56-cm. rides, 9 AM, all others, 16 AM. Rain date: Aug. 3. Debbie Dell (212-464-5153) will try to coordinate car transportation. Call if you can offer or need a ride.

Sun. Aug. 3  6:00 AM    95 m.
                        BEAR MOUNTAIN AGAIN. Leader: Jay Rosen (718-857-2610) From the Boathouse. Moderate pace (2-2.5 mph) to Bear Mountain, culminating with a climb up Perkins Drive. Stops at Stony Point for fresh spring water. For those desiring, "hot spots" will be designated. Rain cancels.

Sun. Aug. 3  7:00 AM    220 m.
                        PRINCETON. Leader: Marta Hames (718-630-9142) From Church & Vesey Sts. (World Trade Center). Missed the rally yesterday? Then join me for a scenic round trip. We'll ride along the canal on the way down. No more than 1/2 mi. of this tour is ever on Rte. 27. 75% chance of rain cancels.

Sun. Aug. 3  7:30 AM    30-
                        ANOTHER FERRY RIDE AND VISIT TO LIBERTY PARK. Leader: John Mulcare (718-672-5272) from Trauma, Plaza (59th St. & 2nd Ave.). to the ferry ($2.25), and then to the Park via Staten Island and the Bayonne Bridge. We'll have lunch in or near the Park, and will return to Manhattan by PATH ($1.75). Call John before 6 AM if the weather is uncertain.

Sat. Aug. 5  7:30 AM    175 m.
                        LAKE RONKONKOMA. Leader: Art Guttering (212-415-5926, of.) From the Boathouse. Long distance training ride. Breakfast at the Bagel Master in Syosset (try the cinnamon and raisin); lunch at Lake Ronkonkoma. Return via the same route.

Sat. Aug. 5  9:30 AM    610 m.
                        A DATE WITH THE DUCHESS. Leaders: George & Theresa Schrepf (212-32-931), weekdays: 10:30-12:00, weekends: 9:30-11:00. Location: North Nutches Co. from there, we travel quiet, glassy and potbelly-free country lanes and byways. The route will offer a combination of challenging uphill, thrilling descents and lovely rolling and flat terrain, offering a ride with consistent quality miles. Both riders will be paced according to the abilities and desires of those attending. Face painting will not be appreciated. Call leaders for information.

Sat. Aug. 5  9:00 AM    75 m.
                        THE BEACH AT BAYVILLE. Leaders: Tony Nappi (212-737-1966) & Sara Flowers (718-546-9196). From the Status (or F train to Union Turnpike/Kew Gardens). Follow long through sandy Northshore Lanes, over hill and dale, past mansions large and small, to the beach at Bayville for a swim and a variety of choice foods. Tony and Sara will entertain you with jokes and "water" stories, or you can entertain them with your stories!

Sat. Aug. 5  10:00 AM  116 m.
                        THE GW BRIDGE, FL. LEE PARK, CLOISTERS, & ROOSEVELT ISLAND. Leader: John Mulcare (718-672-5272). From Fountain opp. Plaza Hotel (59th St. & 5th Ave.). This is the Sunday version of a ride that appealed to two non-native New Yorkers who responded to a Dini-Ahrens invitation. Bring tools, patch kit, spare tube, pump, water, copy of medical coverage ID card, and lunch or money for it. If the weather is uncertain, call John before 9 AM.

Sun. Aug. 6  7:30 AM    75 m.
                        BEACON-NEWBURGH. Leader: Alan Zidman (212-959-5110). From the Boathouse. A very pleasant 4 mi. (Newburgh), proceeding through Storm King to West Point, then we climb up Bear Mountain back to 94, and home. Cooperative riding is a must (former Shim training ride).

Sun. Aug. 6  10:00 AM  100 m.
                        LAKE RONKONKOMA. Leader: Martha Rameo (718-658-9142). From 179th & Hillside, Queens (last stop the Saturday ride, or would like something at a more-urbanized pace, then join me for a century ride to Lake Ronkonkoma. 75% chance of rain cancels.)
Sun. Aug. 16 10:00 AM SWIM WITH LIN III. Leader: Lin Ehrlich (212-237-3222) from the boathouse. The third in a progression of leisurely beach (or pool) days designed to be more leisurely, off the bike and more challenging on the bike. Join Lin in retraining her healing shin-split back to a B+ pace. Pace will be between B & B+ -- good chance for people training up to B+, but a breakaway B+ group is welcome. Bring swimlock (please!), swimsuit, beach ball, and whatever.

Sun. Aug. 16 5:00 PM 50-MILE "CLUB ROUTE" PLUS 13. Leaders: Irv Weisman (212-650-8775, of.) & Maggie Clarke. Meet at the GWB bus terminal, Ft. Wash. Ave. & 176th St. ("A" train to 175th St.) for Irv's "50-mi." route, topped by an additional 13-mi. loop in Rockland's uncongested suburbia, with several demanding hills. Two food stops; bring or buy. Return to GWB by 4:30 PM. 64% prediction of rain cancels.

Sun. Aug. 16 7:00 PM CAUGHT BETWEEN THE MOON & NEW YORK CITY. Leaders: General Gordon, with Gregory D'Agostino. S.I. Ferry Terminal (Manhattan) and guide them on a ride through the neighborhoods of Brooklyn. You'll have the rest of Sunday for more riding. Bike light(s) strongly advised. If you're curious about who General Gordon is, come on the ride and meet him. (All we can say at this time is he's a British veteran.)

Fri. Aug. 15 SKYLINE DRIVE TRIP. Deadline for reservations. See Ride Previews.

Sat.-Sun. Aug. 16-17 DELAWARE WATER GAP. Leader: Chris Halling (718-847-8004). Join the seventh annual tour of the Delaware River Valley. On Saturday, ride via the Greenwood Lakes and across the Kittatony Mountains to Port Jervis, then south along the Delaware River to Marshall's Creek, Pa., where the group will stay at the Pocono Grand Hotel. On Sunday, the route continues down the Delaware to Washington's Crossing and then returns to New York via Princeton, Staten Island, and $34.45 per person (two to a room), and must be paid to the leader at or before the August 12 Club Meeting. Riders will be informed of the starting point when they pay for their hotel accommodations. Portions of the ride will be ridden in a paceline. Maps will be available. Call Chris for further details.

Sat. Aug. 16 6:00 AM OH! GREAT MYSTERY OF LIFE. Leader: Lee Gabelter (718-646-7637) Meet at the Boathouse for a destination to be determined by 11 PM on Friday, 8/15. Don't call for details since there won't be any. Just show up and take your chances.

Sat. Aug. 16 9:15 AM OYSTER BAY-SYOSSET ROUNDSABOUT. Leader: Martha Ramos (718-658-9142) From 197th St. & Hillside, Queens (last stop on E or F train). Join me for a Saturday quickie. A great way to warm up for the Sunday ride. Enjoy the scenery and still get back at a civilized time. 70% chance of rain cancels.

Sat. Aug. 16 2:00 PM EISENHOWER PARK. Leader: John Mulcare (718-672-5772) From 197th St. & Hillside, Queens (last stop on E or F train). A pleasant, relatively flat ride to one of the restful parks in Nassau. Bring tools, patch kit, spare tube, pump, water, copy of medical coverage ID card, and lunch (or money for it). If weather is uncertain, call John before 6 AM.

Sun. Aug. 17 8:30/9:30 AM BEDFORD VILLAGE. Leader: Alinda Barth (718-441-5612) Meet at the Boathouse at 8:30 AM or 9:30 AM for a ride to Bedford Village. Bring or buy lunch for a picnic on the village green. Rain cancels, of course.

Sun. Aug. 17 9:30 AM IN SEARCH OF JIMMY HOFFA IN SHEEPSHEAD BAY. Leader: Bruce Scher (718-699-4568) From Grand Army Plaza, Prospect Park. Bruce, a graduate of David Wolper Productions, takes you behind the scenes to this crisp, salty sea-breeze, historic site you've come to know and love, but probably never visited. This adventure tour will include a close-up look at legitimate chopper fishing boats, mingling with locals at a fresh seafood market, peering not too closely at several infamous seaside dining haunts, and the ever-popular, aptly-named Manhattan Beach. We'll be having lunch at the beach, so don't forget your suit, towel, and water bottle.

Sat. Aug. 23 6:30 AM RUCKLAND. Leader: Rick Plate (718-788-1322) From the Boathouse. Join us in search of a shady spot with a place to swim for our lunch stop.


Sat. Aug. 23 10:00 AM FOLLOWING IN ALINDA'S JERSEY (BIKE-) STEPPES. Leader: John Mulcare (718-672-5772) From the Boathouse. Whereas for Alinda's ride in April, she had one of those little gadgets that tells her when she is speeding and should slow down, John has one that tells him when he's going too slowly. As usual, there is nothing he can do about that. Bring the usual good things of life, including water and lunch (or money for it). Call John before 9 AM if the weather is doubtful.

Sun. Aug. 24 8:00 AM HIGH TOR PARK. Leader: Art Gaterding (212-415-8920, of.) From the Boathouse. Twist through Bergen County, through Nyack and on to New City. Buy lunch and then on to the park. You'll discover why they call it high for when you get there.
Sun. Aug. 24
6:45 AM
DIX HILLS. Leader: Martha Ramos (718-856-9142). Meet at 17th St. & Hillside, Queens (last stop on L or F train) for a trip to the Dix Hills Recreational Area. The ride is moderately hilly. Bring lunch or buy it on the way. Also bring something to carry lunch in, as we ride a few miles before getting to the lunch stop. There is a community swimming pool that can be used for a fee, 70% chance of rain cancels.

Sun. Aug. 24
10:00 AM
SWIM WITH LIN IV. Leader: Lin Ehrlich (212-737-3222) from the Boathouse. If it's hot and sultry day, come and jump in the bay. Even if it isn't sultry, we're going swimming again. We might even try a different beach. Fourth in a progressive ride series from B/B+ to B+ pace (see 6/10). Bring sun-block, swimsuit, beach ball and whatever.

Sun. Aug. 24
9:00 AM
THIRD ANNUAL RYE BEACH BASH. Leader: Maggie Clarke (212-567-8272) from the park benches at Latham & Broadway (207th St. stop on the A train). The weather is very warm, we'll go straight to Rye Playland via Itz Weisman's manicured lawns route so that we can bask on the beach or swim in the Sound. Possible additional destinations if the weather is cooler: Greenwich, Glen Island. In any event, plan for a picnic lunch on the beach (dell nearby). Bring swimsuit, frisbee, Metro-North pass for emergencies, medical ID. We should be back by 5 PM.

Sun. Aug. 24
10:00 AM
NEPONSIT BEACH AUGUST SWIM NO. 2. Leader: John Mulcare (718-672-5272). See Aug. 2 for complete description. Today's ride is simply the Sunday version. All riders and/or swimmers welcome.

Last week of August
8:30 AM
NEW YORK-MONTREAL ROUND TRIP. Leader: Jim Rex (718-278-5562, evenings). Tentative ultimate saddle some opportunity for Brevet Qualified Randonneur Riders. Number of participants is limited to 10 due to logistics. First day's distance, 240 mi., etc. Expect to spend about $200 total, and no more than 3 hrs. sleep a night. An extra set of riding clothes recommended. Must be equipped with front & rear lights: 6V Halogen generator: system highly recommended, with full fenders. Call for more particulars.

Fri.-Mon.
Aug. 19 - Sept. 1
LABOR DAY WEEKEND IN LAMBERTVILLE. Leaders: Alinda Barth (718-441-5612) & Debbie Bell (212-664-3153). You've been hearing stories about those wonderful holiday weekends in the Berkshires and on Sltzer Island? Well, don't miss this year's final fling, as we return to a favorite NYCC locals -- and a brand new country inn on the banks of the Delaware. We'll bike to Lambertville on Friday, an easy 50 miles from Manhattan. Once there, you can choose among wonderful day trips in NJ and Pennsylvania, and enjoy the charms of neighboring New Hope. Reserve directly, and quickly, at the Inn at Lambertville Station (609-397-4064), and also let Alinda or Debbie know if you'll be going. Three nights' double occupancy room and continental breakfasts from $113.35/person; other meals additional.

Sat. Aug. 31
9:00 AM
LEADERLESS "A" RIDE. Meet at the Boathouse for a ride to be determined by its participants.

Sat. Aug. 31
7:30 AM
GREENWICH. Leader: Martha Ramos (718-856-9142) from 241st & White Plains, Bronx (last stop on L or F train). This is a hilly ride into westchester and Connecticut. The location of the lunch stop depends on the weather. If you think this is a hilly ride, you should see the ones I eliminate, including reversing Singletown and Cut Rock Rds. 70% chance of rain cancels.

Sat. Aug. 31
10:00 AM
DEWARLES (NJ) DUCK POND. Leader: John Mulcare (718-672-5272) from 176th St. & Ft. Washington Ave.: A train to 175th St. This is the Sunday version of an earlier ride to this ever-popular ride destination. Remind your AMC and other friends that, as always, they are welcome to join us. Bring tools, patch kit, spare tube, pump, water, copy of medical coverage ID card and lunch or money to buy it. Call John before 6:30 AM if the weather is uncertain.

Sun. Aug. 31
8:00 AM
LEADERLESS "A" RIDE. Meet at the Boathouse for a ride to be determined by its participants.

Sun. Aug. 31
9:00 AM
LEADERLESS "B" RIDE. Meet at the Boathouse for a ride to be determined by its participants.

Sun. Aug. 31
11:00 AM
THE CLOISTERS AND WAVE HILL. Leader: John Mulcare (718-672-5272) from the Fountain opp. Plaza Hotel. $10th St. & 5th Ave.. This is the Sunday version of the earlier Saturday ride that proved to be very pleasant. We'll have lunch on the grounds of the Cloisters before proceeding to Wave Hill for additional beautiful grounds and views of the Falls. (Admission: $2; seniors: $1). Bring tools, patch kit, spare tube, pump, water, copy of medical coverage ID card and lunch or money to buy it on your way to the Cloisters. Call John before 6:30 AM if the weather is uncertain.

Mon. Sept. 1
9:00 AM
LEADERLESS "A" RIDE. Meet at the Boathouse for a ride to be determined by its participants.

Mon. Sept. 1
7:00 AM
NESSEHAH RIDE. Leader: Martha Ramos (718-856-9142). Meet at the corner of Church & Vesey Sts. (World Trade Center). Bring $1.75 for the PATH train. The ride travels industrial and residential areas of NJ as we weave our way to Somerville. Then we make a left at the castle; cross over the bridge and enter another dimension as we follow an enchanted road to Nesseha, 15 miles of rain cancels.
Ride Previews

Sept. 12-14 THE REAL NYCC SKYLINE. You're invited to an unforgettable NYCC weekend on the incomparable Skyline Drive in Virginia's Shenandoah National Park. We're going to the annual Baltimore Bicycle Club Twin Century Ride! 222 miles on the Skyline Drive, with average grades of 7 percent and a climb from 700 to 4,000 feet. But what goes up also goes down, and the scenery is spectacular. With thirty participants, we'll be able to charter a full-size bus so that everyone can relax and party without the hassles of driving. Charter costs are estimated at $50/person. The bus will leave Manhattan Friday afternoon and return late Sunday night. Motel accommodations on Friday and Saturday in Front Royal and Waynesboro.

Logistics: (1) BBC tour registration is limited to 100+ riders; call Debbie Bell (212-866-5153) for an application and send it immediately. $49 covers two breakfasts, Sat. dinner, food stops en route, sag support, etc. (2) Call Art Gutter (212-615-8920, of.) no later than August 15 to reserve a seat on the bus, and send a $50 deposit to Julie Stueart, 498 West End Ave., Apt. 10C, NYC 10024, by August 20.

Sun. Sept. 21 THE LONG ISLAND HI-POINT HUNDRED. 25- to 125 mi. routes, starting from East Meadow or Hauppauge. For information, SASE to Paumanok Bicycle Club, P.O. Box 7159, Hicksville, NY 11802.


 Dispatches

SHELTER

"No matter where you are there you are" — Buckaroo Bans

WANTED

21 or 22" bike for city riding & locking on street. GOOD WORKING ORDER, but not too tempting to thieves. Call Garry Hudson 212/595-7010

ISLAND

Mr. Greg D'Agostino 1061 E 92 ST BKLYN NY 11236

Mr. Greg D'Agostino 1061 E 92 ST BKLYN NY 11236

All went well — with bikes and myself — except may new Brooklyn cycle computer give out after 2 days of heavy rain — so I have no idea how many AM I have done.
NEW YORK CYCLE CLUB
MONTHLY MEETING
Tuesday
August 12

1986 TOUR DE FRANCE

Come watch the action with your fellow Bikees

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.

Bring a lock for security

ARRANGED BY JODY SAYLER V.P. PROGRAMS

THE PERSON WITH THE MOST TOYS........

an occasional column by Steve Baron

As I look around at my riding friends, I haven't been able to make any guesses about who is likely to be injured and who isn't. Maybe Chris Hailing said it best: "If you are going to ride, you are going to fall." But, the more you know about riding (and Chris knows a lot), the less you are likely to fall, and the more you are likely to survive the fall without serious injury. Taking Chris's course on cornering should be a condition of club membership, I think. Bike riding, like sex, seems to me, should be a perfectly natural activity; but to do both things well, there is much to be learned.

I took my new tires on my Grannie because both Grannie and I like to ride on the road. Over the past three years I've found that only minimal glue is needed to hold the tires in the rim because the air pressure does the job just fine. Well, on a recent ride I was having a fine time on a long steep downhill when my rear tire blew out. The tire wanted to roll of the rim and the bike wanted to lie down a lot. Every time I tried to slow the problem got worse, and every time I tried to speed up the problem got worse. I did a lot of swearing and a lot of looking at the road getting too close to my nose till I figured out that I had to break with the front brake only. The real problem was, of course, insufficient friction. I scraped off the tire and finished the ride. When I got home I replaced both tires, cleaned and replaced them.

IN COMPUTERS: A never ending source of investigation for me. The little Avocet seems nifty, but the number of functions is sadly limited. The old Cateyes is cheap, a little larger and has more functions. I like a cadence function as well as average speed, and the Cateyes Solar is the old standard (and still the standard). The batteries will die in a couple of weeks of dark, and only last about six months if the computer is stored in sunlight, and they cost a lot of bucks to replace at Radio Shack. And, if anything goes wrong, your computer goes to Japan for repair - which takes about $5 3.22 stamps for air mail. Rhode Gear has a new computer that costs about $100. For an additional $20 you can purchase a chest band pulse monitor. Contrary to what the manufacturer says, the computer is not weather proof. It is heavy, and it averages mph down to the next lowest full mile. It is also slow to read when functions are changed. The pulse monitor jumps around a lot, say from 180 to 190, and the manufacturer told me to add the numbers and divide by two. I think that a pulse monitor is a great training aid, but I returned my Rhode Gear computer to the dealer for a refund. IKN makes a neat item: it is waterproof (one of our members put it in a glass of water with his teeth overnight), and it is magnetic rather than battery operated (mostly), so that when the wheel stops turning the computer goes into "rest". Sadly, this item is hard to find outside of Brooklyn.

TIE CLIPS: the new plastic ones scratch my street shoes less than my old plastic covered metal clips. Cateyes is one manufacturer. They are very light weight, and seem strong and durable.

I've been hearing a few series of bike shop repair horror stories. I don't know if the powers that be will approve a column that lists stores and repair persons by name, but, if YOU think this is a good topic, call me at 212-228-0555 with your personal favorite tale.
Water, water everywhere, but not a drop to drink. With the sweat running down your face and your shirt looking like you just got back from a wet tee shirt party how much should you drink? The average fluid requirements for a healthy adult is calculated at approximately 1 cc per kilo per hour. This translates into about 1/10 of an ounce per pound per hour, therefore, a 150 lb man requires 15 oz. of water per hour to cover basic needs. These include humidifying the air going into your lungs, keeping the mucous membranes (nose, mouth etc.) moist, ensuring adequate kidney function and basic temperature control.

When exercising the body produces much more heat from increased muscle activity. This is a byproduct of the chemical reactions which enable the muscle to perform the work required. A major way of eliminating this excess heat production is by sweating which cools you off by evaporation. Under normal circumstances the more you sweat, the more body heat can be dissipated. However, when you sweat so heavily that it's unable to evaporate, this cooling effect is lost. A similar situation exists in humid weather where the sweat rolls off instead of evaporating and does little to cool you off.

As it may be, no matter how you lose the water you need to replace it. Loss of over 10% of the total body water (5.5% of total weight) leads to a condition known as dehydration, which can adversely affect performance (bonking), cloud judgment, reaction time and lead to permanent damage to kidneys, brain and other sundry organs. Remember: a certain NYCC rider (JR) who's most notable aspect were two feet poking out from under a porch during a long ride in the hot summer sun? He was later quoted as saying "I wasn't a quart short, more like 6 quarts!". The first sign of dehydration is increased thirst, followed by more increased thirst, followed by decreased sweating, decreased thirst, muscle cramps, delirium, falling off your bike and death. Ideally you'd like to avoid these late signs of dehydration (scratched frames are sooooo tacky!) so the best thing to do is to start drinking early. No, this doesn't mean heading for the nearest bar for a quick beer or two. The easiest thing to carry for drinking is water. Cheap, easily available it doesn't turn sour, go flat or make your water bottle taste funny. Commercially available drinks such as Gatorade are just flavored water mixed with enough salts to make them the same composition as sweat. While this sounds good in theory, it usually isn't necessary. Most of us get enough salt in the food we eat to replace any lost in sweating. The drinks to avoid are sodas (especially those containing caffeine), coffee, tea and anything containing alcohol. All these drinks, while containing water, also have substances in them which increase urine output and can make dehydration worse.

Now that you know what to drink, the question is how much? You need to drink enough to cover your basic needs, as noted above, and the water lost through sweat. Short of getting off your bike and weighing yourself every hour this is a little difficult to estimate but a good rule of thumb is between 1 pt. per hour plus enough extra to keep you from getting thirsty. Again, this can vary from as little as an extra ounce or two to as much as two or three pints depending on the weather and how hard you're working. It is much easier to keep well hydrated than to try to catch up once you get behind in your water loss. The last point to note is what to do if you've ignored all the above advice and do get dehydrated to the point where you're starting to feel sick. 1) Get off your bike and get into the shade or some other cool place. Dehydration also makes you more susceptible to heat stroke and other complications of sunshine and hot weather. (More on that later) 2) Don't try to replace all the water you've lost by chugging down a half gallon or more in one sitting. This can lead to a condition known as hyponatremia (literally low salt concentration) by diluting out the blood and this may land you in the hospital. Start drinking about 2 pints of any liquid, preferable not iced, although cool is ok, slowly over an hour, wait a half hour and drink some more. Keep repeating this until you start to feel better and then do it one more time. Although you won't be fully rehydrated, that will be at least enough to get you back on the road again.

Now that you've ignored all the above advice and kept on going can heat stroke be very far down the road? Heat stroke occurs when the body's heat production overwhelms its capacity to cool by sweat and other means. Factors that can lead to this are 1) a high ambient temperature (over 95 degrees) and 2) high humidity, slowing the evaporation of sweat, making directly in the sunshine isn't necessary. The first symptoms include a decrease or cessation of sweating followed by changes in the mental status, confusion or loss of coordination, and then unconsciousness and possibly seizures. These changes occur rapidly and without warning although the signs of dehydration usually occur first. Heat stroke is a true medical emergency and not something to try and treat by yourself. The body temperature can reach over 106 and brain damage, if not death, is not far away. If someone you're riding with shows signs of heat stroke do the following: 1) Get them off the road and into the coolest place possible quickly. (Under a porch, as has rumored to have happened) 2) Get help! Call 911, flag down a car, scream, yell or break down a door, but get an ambulance & get your friend to a hospital. While you're waiting for help there are a few things that you can do to try and bring down the victim's body temperature. Start wetting them down with the coolest water available. Just pour it over them until they start doing the backstroke. If ice is available use that instead. Don't just pack the victim in ice (that causes constriction of the skin's blood vessels and actually slows down heat loss), but put it on the places where you'd usually sweat, that is, the neck, armpits, stomach and groin (VLOGM!).

A little bit of prevention can forstall major problems however, victims of the above have been known to recover and have even been known to make docile housepets.
A Bicycle Built For Two
(Daisy Bell)

CYCLOPS sees...those four sprinters toward Matrimony (see 2/86 bulletin) have arrived in that State...another couple got there...and another couple is following the same route...

Saturday, May 17. THERESA ALISSANDRATOS and GEORGE SCHNEPF were married in Memphis TN at a traditional Greek Orthodox ceremony (except that one of their two best men was a woman). They enjoyed their wedding despite the rain. Off for two weeks, they spent ten days at their Copake NY country home (where they rode a lot—despite the rain), and four days in Quebec City—without bikes—"because we were on our honeymoon." George and Theresa will lead an August A/A cartop ride to Duchess County that might very well include their country home, which is in southern Columbia County near Duchess. Very best wishes, George and Theresa, for a marriage with much sunshine from now on.

Sunday, June 22. ARLENE BRIMER and CHRIS MAILING exchanged vows and rings in an intimate ceremony at the elegant Harvey's Chelsea Restaurant before guests which included Chris's family from Detroit and England, and Arlene's from Long Island. Dancing shoes were recommended for the reception, with good reason. They cut their wedding cake with upright bride and groom, and spent their wedding night in a less than five-star hotel when their Paris flight was cancelled. On their two-week honeymoon on a farm in central France, with their bicycles, "we did all the traditional things—sightseeing and sleeping late." Welcome back to your new life in Richmond Hill, Chris and Arlene. May your honeymoon never end.

Monday, June 23. JOAN MAYER and JOE VACCARO were joined in the nuptial knot, and honeymooned on the NYCC July 4th Shelter Island Weekend Ride! School dietician Joan and Port Authority research analyst Joe rode separately—"the marriage would not survive a tandem." They met in August 1983, and bells went off immediately for Joan: Joe let her help him fix a flat, they were both potential B riders, and he was wearing a runner's T-shirt on the bikeride. We join the 20 other riders on that Shelter Island trip, who put champagne and flowers in the newlyweds' room, in wishing Joe and Joan a wonderful life of wedded bliss.

DOCTORS LILLIAN (LIL) HARVEY and MARK BANCHIK have announced their plans to permanently engage gears on June 7, 1987 in Beverly Hills CA, where Lil is from. Meeting five years ago, over an IV at Elmhurst Hospital, "it took Lil three days to come to her senses." Then Mark (now an anesthesiologist at St. Luke's Hospital) "got drunk and asked for her hand, and Lil's father quoted a price based on bondage" for the oncology surgeon who is in her last year of residency. A-riker Mark and B-riker Lil will give a New York reception in Sheepshead Bay after the wedding. "It could be a ride led by Max Vickers, and there WILL be bike parking." Congratulations, Mark and Lil, and best prenuptial wishes on your trip to Tandemness. WHAT RIDE IS THAT ONE???
MY TRIP ACROSS FLORIDA, DECEMBER 29-31, 1985

Peter S. Shenkin

Yes, I did it! With a few alterations of my original plan. Once I got to Florida and picked up a good map, and went to a bike shop and asked about possible routes, it became clear that the shortest reasonable route between Ft. Lauderdale and Venice was going to be 200m. Since I hadn’t been on my bike in a month and wasn’t sure of my legs, I decided not to camp, but to stay in motels.

The bottom line is that there are few roads across Florida in this vicinity. You can go South through Everglades park (dangerous because heavily traveled), go North on 27 then West on 80 (dangerous: the northern stretch of 27 is 2-lane, no shoulder, heavily traveled; known as “suicide alley” even for cars), take “Alligator Alley” (toll road: no bikes), go North around Lake Okeechobee (a long ways) or North then East on 441 – through W. Palm Beach to Belle Glade – then across on a 4-lane section of 27 and on 80, to Ft. Myers, then North on 41. This was my choice, with some enhancements that I’ll mention.

PRE-TRIP: Arrived Ft. Lauderdale airport about 1:30 on Dec. 26th. Took People Express from Newark. A bike must be boxed (I used a box I got from a local bike shop), then it costs $3.00 as checked baggage. It arrived with no problems. I assembled bike at airport, attached my panniers (front and rear), bungee-down my tent and sleeping bag, and rode about 15mi into N. Miami Beach to visit my aunt. I had about 50th of gear, maybe 40 after sending my cookstove, camp-boots, etc. home after deciding not to camp. Still carried the tent and sleeping bag, in case of emergency. They were never used.

Anyway, spent several days visiting other relatives and bike-shops, planning trip, cycling around locally. Wound up in Ft. Lauderdale, with another aunt, on the 28th. It rained pretty badly some of these days, but the forecast for the 29th through 31st was good, so I left about 8am on the 29th.

DAY ONE: Florida is flat, and every day I made each destination well before I expected to, and indulged in longer breaks than I’m used to. Where 441 turns West of W. Palm Beach, there’s a classic bait shop cum gas station cum junk-food store, where I ate and stocked up on snack food. I got to Belle Glade, battling a strong headwind, around 3:45 (estimated miles: 75), and stayed in the Waldessa Motel, an old rundown place managed by people from India. Clean, though, and plenty of hot water. $21 for the night.

441 was not heavily travelled. Neither the Northern nor the Westward stretch was particularly scenic; the Northward stretch was mainly farms with more and more condominiums at both the Ft. Lauderdale and the W. Palm Beach end. The Westward stretch was mainly sugar plantations, and most of the traffic was big trucks hauling away refuse. This refuse emitted a rather sickening smell, but not too strong. Many fields were being burned. There was some swamp scenery – I saw no alligators, but lots of birds.

Belle Glade is a run-down town most of whose architecture appears to date from the 1950’s. As far as I could discover (and I did walk into town), there’s no food except fast food. The area is said to have the highest recorded per-capita incidence of AIDS in the US, because of the large Haitian population who work the sugar harvest. But don’t worry: I understand that latest medical opinion is that one is unlikely to contract AIDS by reading something that someone who may have been exposed to the disease has written.

DAY TWO: Left Belle Glade around 8 after breakfast at MacDonalds. Their coffee is nearly always good, and served with real half-and-half, and carbohydate-loading freaks ought to love their hash-browns and fresh biscuits (plain, with real butter). By 9:30 I was in Clewiston, “America’s Sweetest City,” apparently the center of the local sugar industry. It’s a much more open, much cleaner and newer city than Belle Glade, though smaller in population. If I had to do it over again I’d push for Clewiston my first day. Then I could eat at the Old South Barbeque, which has a coral in front of it with life-size statues of cowboys and horses doing various things to each other that I couldn’t quite discern flying past. For miles on both sides of town you see signs for it that say things like, “Tender as a mother’s love.”

In Clewiston I picked up the 4-lane stretch of US-27, which had a broad shoulder and which was quite pleasant to ride on. One variation of my route involved taking this way up to a small road that cuts West through Babcock and winds up in Punta Gorda. That would have meant a 90-mile day, and I didn’t want to wind up with the sun setting miles from a motel. This is a concern, since this time of year the sun sets around 5:30pm, turned out I would have made it with ease.

But instead I cut West toward La Belle on state-80 as 27 cut North. In this region sugar plantations fared into citrus groves; usually you couldn’t see much of them from the road, but this stretch of highway was lovely riding. The road was narrow, and the surface was portland-cement concrete, rather than asphalt, and not too much repair. There was little traffic, and occasional exotic birds in the swampy areas.

I had planned on proceeding on 80 to Tice (just East of Ft. Myers), but West of La Belle 80 became very crowded, and I found lots of BIG trucks blowing their air-horns at me. I stopped for a snack by the roadside, and looking back at the traffic I saw why. It scared the %@$# out of me. I would have hated to be a truck driver encountering a cyclist on that road. Fortunately, I was near Alva, where a bridge crosses the Caloosahatchee River, which parallels 80 on the North. On the other side, I picked up state-78, which parallels the river on the other side, and is a beautiful, windy, (i.e., the wind winds), deserted, downhgt idyllic road. Moo-cows gazing at you from both sides. Better to have picked it up North of La Belle, or even off of 27. But how could I have known this?... (You, gentle reader, have no excuse, if you make the trip....)

When 78 jogs South on state-31 and then West into N. Ft. Myers, it becomes very crowded and dangerous, due to lots of traffic for I-75, which it crosses. Fortunately, I was almost at my new destination. In N. Ft. Myers, on bus-41, just North of 78, one can find the Wonderland Motel, also one of those single-storey affairs with a parking place in front of every room. Also run by Indians. Actually, almost luxurious compared to the Waldessa, and only $23.50 for the night. Got there 4:15. Day’s mileage: 85.

After a shower, walked up the road to Fat Boy Barbeque. Terrific. George Strait on the Juke Box, Michelob on tap, cute waitresses (pardon my chauvinism, if that’s what it is), great ribs and great prices. I got the most expensive thing on the menu, a large rib platter, which included baked potato, beans, cole-slaw and toast, a beer and a cup of coffee, and the entire bill, including tax, was $8.50. Is it like that everywhere outside New York?

DAY THREE: A short 50-mile run to Venice, my destination, straight up US-41. On Day Two the wind shifted in my favor, and on Day Three I had a tail-wind, and flew at times. Left at 8:40am and was there by 1:00, despite a half-hour and a fifteen-minute break. Nothing very interesting on the way, and 41 was awful in Port Charlotte and in Venice. The bridge across Charlotte Harbor was lovely.

POST-TRIP: After a shower, went out for New Year’s eve with my friend Mary Kay, whom I was visiting, and returned to New York from Sarasota Airport on Jan 2, also via People Express. I brought several pounds of fresh shrimp back with me, and treated my friends Allan and Gail, who picked me up in Newark, to Shrimp Marachartha that evening. It’s easy; here’s how:

3 lb shrimp; clean and devein them.
1 large onion
3 cloves garlic
3 stalks celery
olive oil
small can tomato sauce
white wine
basil

Saute vegetables in oil until onions are translucent but not brown. Add tomato sauce and an equal quantity of white wine. When it boils, add shrimp and basil. After it boils again, continue cooking for 3 to 5 minutes, stirring frequently. Serve over rice. Serves four hungry adults.

That’s it, folks!
NEW YORK CYCLE CLUB - MEMBERSHIP DEMOGRAPHICS

As I write this, club membership numbers 503. I thought you'd be interested in seeing a geographic breakout of our members. (There are more members living in Manhattan than in all the other boroughs and areas combined.)

<table>
<thead>
<tr>
<th>Location</th>
<th>Members</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manhattan</td>
<td>282</td>
<td>56%</td>
</tr>
<tr>
<td>Brooklyn</td>
<td>95</td>
<td>19%</td>
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<td>Queens</td>
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<td>13%</td>
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<tr>
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</tr>
<tr>
<td>NEW JERSEY</td>
<td>15</td>
<td>3%</td>
</tr>
<tr>
<td>OUT OF STATE</td>
<td>6</td>
<td>1%</td>
</tr>
</tbody>
</table>

And, just as a point of interest, 316 members are male (63%), 187 female (37%)!!

MARTY WOLF

11
The New York Cycle Club, 360 East 50th Street, New York, N.Y. 10022

The New York Cycle Club, to: New York Cycle Club, P.O. Box 877, Brooklyn, N.Y. 11202

Address and receipting one bulletin. Mail this application, with a check made payable to
memberships are $12.00 per individual, $15.00 per couple, paid in advance.

Other Cycling Club Memberships (circle): Am, Av, Law, Ta, Cc, Ca, Cc

Where did you hear of NYCC?

Other memberships are listed in the roster.

Circle if applicable: I do not wish to display my address (phone number)

Date

New

Renewal

Art. of Check

City

Zip

State

Address

Apt.

Name(s)

And ride leaders blameless in case of accident.

As a N.Y.C. member, I accept full personal responsibility for obeying all traffic

Rules and regulations and for my own safety on the road. I will hold the club, its officers,

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