March 1986
RIDES PROGRAM

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 derailleur, 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.

<table>
<thead>
<tr>
<th>Ride Class</th>
<th>Average Speed (not incl. food stops)</th>
<th>Cruising Speed</th>
<th>Riders</th>
<th>Ride Description</th>
<th>Self-Classification</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>
</tr>
<tr>
<td>A+</td>
<td>16-17</td>
<td>19-20</td>
<td>Sports</td>
<td>Vigorous riding over hill and dales.</td>
<td>1:12 - 1:17</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>
</tr>
<tr>
<td>A-</td>
<td>14-15</td>
<td>17-18</td>
<td></td>
<td>Can take care of themselves anywhere. Stops every two hours or so.</td>
<td>1:23 - 1:30</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>
</tr>
<tr>
<td>B</td>
<td>12-13</td>
<td>15-16</td>
<td></td>
<td>Lengthy ride.</td>
<td>1:39 - 1:49</td>
</tr>
<tr>
<td>B-</td>
<td>11-12</td>
<td>14-15</td>
<td></td>
<td>Shorter ride.</td>
<td>1:49 - 2:00</td>
</tr>
<tr>
<td>C+</td>
<td>10-11</td>
<td>13-14</td>
<td>Sight-seers</td>
<td>Leisurably to moderate riding. Destination</td>
<td>2:00 - 2:14</td>
</tr>
<tr>
<td>C</td>
<td>9-10</td>
<td>12-13</td>
<td></td>
<td>Leisurably to moderate riding. Destination</td>
<td>2:14 - 2:30</td>
</tr>
<tr>
<td>C-</td>
<td>8-9</td>
<td>11-12</td>
<td></td>
<td>Leisurably to moderate riding. Destination</td>
<td>2:30 - 2:48</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: 636-9521; 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 (718-626-9335) & 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 30° 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 GM B Terminal for the first training ride of the year. We'll do the Closter 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 40° cancel.

Sat. Mar. 1
C/L DIAL-A-RIDE. Leader: John Mulcare (718-672-5272) If conditions look promising, call John the evening before, or before 06:00 AM the morning of the ride. First caller may help select time, meeting place, and destination. Wet or icy roads, temp. below 40° cancel.
"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.

GREAT NECK OR THEREABOUTS. Leader: Alinda Barth (718-441-5612) From the Statue at Queens Blvd. (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 30F cancel. Call if weather is uncertain.

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 ($2.50) 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 ($1.75). Icy/wet roads, temp. below 40F cancel.

MANHATTAN TRIVIAL PURSUIT RIDE. Leaders: Elly Spangenberg (212-737-0844) & Jeff Bernstein (212-793-3568) 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 AYM.


A SIMPLE BEGINNING. Leader: Sara Flowers (718-544-9168, eve.) From the Statue of Civic Virtue (Queens Blvd./Union Tpky.). 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.

CONKEY 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.

"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.

NYACK AGAIN. Leaders: Martha Ramos (718-858-9142) & Debbie Bell (212-864-5153) From GMB 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.

PROGRESSIVE TRAINING RIDE NO. 1. Leader: Irv Weisman (212-562-7296, 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 a 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.


KEN 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.


Sun. Mar. 16
11:00 AM
HILLSDALE HILLS AND DALES REVISITED. Leader: Maggie Clarke (212-567-8272) From 178th St. & Ft. Washington Ave. Meet at the G&W Terminal for a training ride to Hillsdale, partly over the Club "60-mi" 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.
B- 35-40 mi.

Sun. Mar. 16
11:00 AM
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.
C/C 29 mi.

Sat. Mar. 22
9:30 AM
"A" TRAINING RIDE NO. 7. Leaders: Chris Maille (718-965-0894) & Steve Baron (212-229-0555) 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.
A/A- 55 mi.

Sat. Mar. 22
C/C

Sun. Mar. 23
9:00 AM
"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.
A/A- 70+ mi.

Sun. Mar. 23
9:30 AM
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 breakfast bagels or bagels around the corner at Alinda's favorite bagel place. (Aren't cyclists gluttons!) Rain cancels; call leader if weather is uncertain.
B 45 mi.

Sun. Mar. 23
9:00 AM
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 at the same time and eat with her group. Rain cancels.
B/C+ 45 mi.

Sun. Mar. 23
10:45 AM
C+ 31 mi.

Sat. Mar. 29
9:30 AM
A/A- 65 mi.

Sat. Mar. 29
9:00 AM
NYACK, NOT AGAIN!! Leaders: Jackie & Rick Plate (718-788-1322) From the Boathouse. We will proceed in two groups, B and C+, at two distinct paces. An indoor lunch stop and hot water session is certain. Cancellation conditions: use common sense.
B/B 50 mi.

Sat. Mar. 29
C/C

Sun. Mar. 30
9:30 AM
"A" TRAINING RIDE NO. 10. Leaders: Steve Sklar (212-877-5235) & Claire Goldthwaite (212-228-6828) From the Boathouse; to Oyster Bay via Bayville. Precip./temp. below 30F cancel.
A/A- 65 mi.

Sun. Mar. 30
9:30 AM
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.
B 35-45 mi.

Sun. Mar. 30
9:30 AM
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.
C+ 25-35 mi.

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, Ill. Leader: Lee Gelber (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 Maille (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 3 1/2)  
" 23 C+ (31 in 33/4)  
April 6 C+ (37 in 4 1/2)  
" 20 C+ (35 Cherry Blossom)  
May 4 B- (50 in 6)  
" 18 B- (56 in 6 3/4)  
June 8 B- (62 in 7 1/2)  
" 22 B- (58 in 8 1/4)  
July 13 B- (75 in 9)  
" 27 B (81 in 9 3/4)  
Aug. 10 B (87 in 10 1/2)  
" 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-Sheifer Low Gear formula:

LOW GEAR = \frac{1}{2} \times (100 - \text{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:

\text{GEAR} = \frac{\text{ACTUAL WHEEL DIAMETER} \times \text{CHAINRING TEETH}}{\text{Sprocket Teeth}}  

For Chainring = 50T, Spkt = 20T, \text{GEAR} = \frac{(27) \times 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)362-7298 oves, 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 Schnepp'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, Shimanoos are fully compatible with Gipsiens, but ATEs 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's 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 specialized, 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 Maille, Rich Herbin, Kenny Sloan, Jody Sayler. When did any one of these mentioned ever slam a door shut?

Sincerely,

Martin Jickers
Jersey Shore

Dear Paul,

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 I was on the 6:30 ferry to the first leg of a solitary ride through South Jersey. I would reach Cape May in one day, rest a day, take the train 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 caught in Perth Amboy (an Indian word meaning "bad stink"). The local roads did not connect between town, 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, peeling 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 separates the ocean from Point Pleasant to Tom's River. It is only 14 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 after-effect was getting old. I had covered 105 miles and had not even reached Atlantic City. I spent the night in Barnegat, a deep green town where slender cedars stalked marshy fields surrounding Barnegat Bay. To be continued.

JOSH

POST CARD

P. Keller
202 E 21 St
New York, NY 10010

POST CARD

Address

P. Keller
202 E 21 St
New York, NY 10010
Amy Sohalski 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, 4:00 pm - I think - check your local listings. Two hours of NAAM and only NAAM - no tennis, boxing, etc. So watch it and/or set your VCR!"

Back in the summer of 1984 Don Passantino gave me 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 Gausamen, 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 paisa (about 2 cents), any coins of lower denomination are flung away. These ponderous cops aren't working for peanuts!

"Racing: 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 is 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 it?)

Here are a couple of freebies which Dan Creavy 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 04035. The Guide covers Cycling, Weight Training, Running & Swimming.

The young patriot, 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 "riding" his bike. Each time he was arrested the police threatened to take away his 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'Her's this time of year.

Maeusyn Succat was an Englishman. In his writing, he spoke of himself as PATRICKUS, 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)

Simone Smith/Claire Heydorn: Cycles and 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 O'Fars du Moune in case I meet Rick.

Mary Wolf: My all purpose survival kit is contained in one wallet credit card plastic sleeve. It includes: 1 credit card, 1 blank check, driver's license, Path pass (no one has ever asked for it), Deluxe 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 tinny knife, a bangle cord; in winter a pair of lightweight (dry) gloves. (Hell, you could have a damp good weekend in Vegas with all that stuff. --editor)

Carl Faller: 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 stainless 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 and derailleurs with a wrench for cottered 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 am 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, d ungeared and polo-shirted, healy 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

8
RACER'S CORNER

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 salt; 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 terrain; 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-718-624-9683.

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 Spengenberg 212/737-0844

APOCYPHTA

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.  ☒

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.

ARRANGED BY JODY SAYLER V.P. PROGRAMS

PROGRAMS FOR OUR 50TH YEAR by Jody Sayler

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 comraderie 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 Pyreneen", 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.
February 1986 BOARD OF DIRECTORS' MEETING Minutes Summary
by Alinda Barth, Secretary

The board appointed Curt Gutending as Public Relations Director in place of Larry Rottersman who resigned.

Jody Sayler 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.

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**New Members**

--- compiled by Irene Walter

Aaron, Mark
BALIS, Charles E.
BELTRAN, Ivan
CARRASCIO, Virginia
Lazarus, Jesse
MARTIN, Craig
Metcalf, Donna
MORIARTY, Christopher
PETRALITO, Frank
WEISS, Tom

315 E. 86 St. #14P
955 Park Ave. #3W
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
718/436-7344
212/691-1746
212/595-2164
212/666-1854
212/425-1979
212/737-8716

NEW ADDRESS/PHONE NUMBER:

KUPPERBERG, 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
Harrison NJ
N. Y.
Brooklyn
N. Y.
N. Y.

11210
07029-1212
10032
11230
10025
10025
718/377-1270
201/485-2048
212/923-2437
718/375-0816
212/807-6583
212/663-7059

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

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**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

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**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) __________________________

ADDRESS __________________________

CITY __________________________

DATE __________________________

PHONE ( ) __________________________

APT. __________________________

ZIP __________________________

STATE __________________________

A.M. CHECK __________________________

NEW/OFFICE __________________________

RENEWAL __________________________

Circle if applicable: I do not wish my (address) (phone number) listed in the roster.

WHERE DID YOU HEAR OF NYCC? __________________________

OTHER CYCLING CLUB MEMBERSHIPS (circle): AVY/AYA/TA/CRCA/CCC __________________________

Other: __________________________

1966 membership dues are $12.00 per individual, $15.00 per couple residing at the same address, and $20.00 per single household. Fill out this application, with a check, made payable to the New York Cycle Club, to: NEW YORK CYCLE CLUB, P.O. Box 677, Brooklyn, N.Y. 11202.