

April
1987

New York Cycle Club

April 1987

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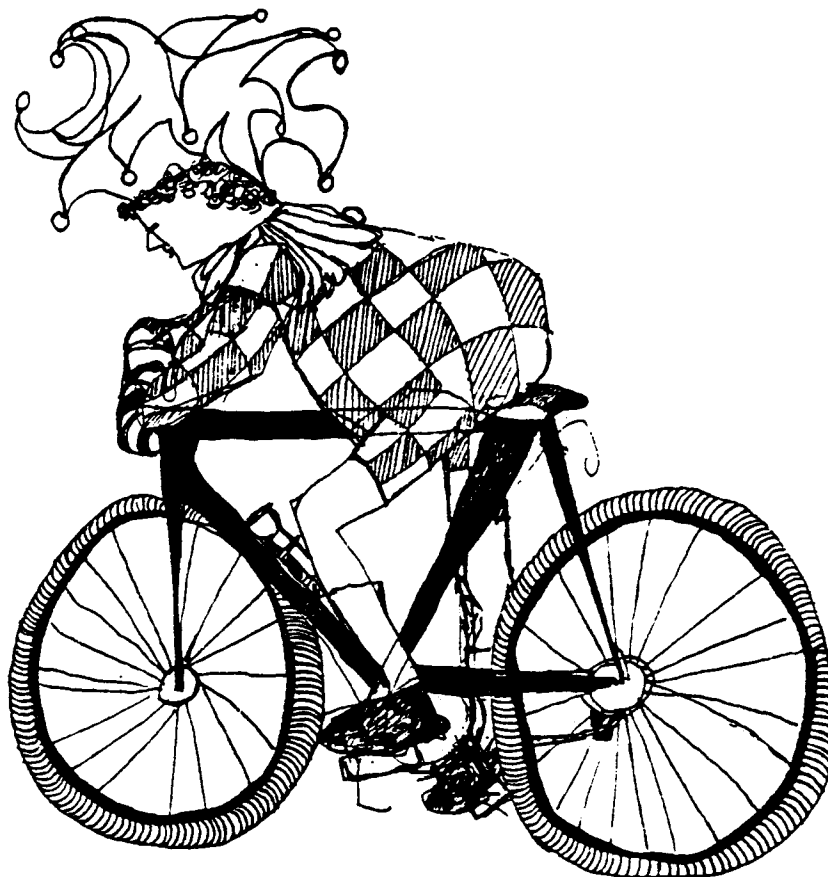
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A CYCLING FOOL

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.

Wed. Apr. 1 TRAIN WITH ART. Leader: Art Guterding (212-415-8920, of.) From the Tavern on the Green, Central Park. Meet at 6 AM for a few friendly miles before work.

Sat. Apr. 4 "A" TRAINING RIDE NO. 11. Leaders: Chris Mailing (718-847-8004) & Lee Gelobter (718-646-7037)
8:30 AM From the Boathouse to White Plains/Harrison/Greenwich. Precip./temp. below 32 F cancels.
A/A- /70 mi.

Sat. Apr. 4 Special Interest Group PROGRESSIVE "A" RIDE SERIES NO. 5. Leader: Christy Guzzetta
9:00 AM (718-596-9833) From the Boathouse. Uh, oh, this one sounds pretty serious. Thornwood, NY.
--> A Up north along the Hudson. Breakfast. East to and over the Kensico Dam, continuing on south
64 mi. thru White Plains and Scarsdale. Deli stop. Keep heading south thru Bronxville, Yonkers, the
Bronx to complete the ride at the Boathouse. Sounds pretty serious, only 2 stops. Rain date:
Sun., Apr. 5.

Sat. Apr. 4 A MOISTER OYSTER. Leader: Ed Rudetsky (718-436-3475) From the Civic Virtue Statue ("E" or "F"
9:00 AM train to Kew Gardens/Union Turnpike). Leave Queens behind and discover another world in Oyster
B Bay (adherents to safe sex only). Cancellation conditions: precipitous plunge in the Dow
50 mi. Average or rain.

Sat. Apr. 4 LIBERTY PARK, NJ. Leader: John Mulcare (718-672-5272) From Tramway Plaza, 59th St. & 2nd Ave. 9:45 AM Via the Staten Island ferry (\$.25), Staten Island, and the Bayonne Bridge. Return may be by C/C- PATH (\$.75). Bring (or buy) lunch, the usual repair items (spare tubes, tire irons, patch kit, 25 mi. pump), a lock, a copy of your medical insurance ID card, and water bottle(s). We'll leave promptly at 9:45 AM, aiming for the 10:30 ferry. If you can't make the midtown start, meet us at the ferry. Precip., temp. below 40 F, and/or wind in excess of 10 mph cancels.

Sun. Apr. 5 "A" TRAINING RIDE NO. 12. Leaders: Alex Bekkerman (212-213-5359) & Art Guterding (212-415-8920, of.) 8:00 AM From the Boathouse to Tomkins Cove. Precip./temp. below 32 F cancels. A/A- /80 mi.

Sun. Apr. 5 WESTCHESTER SCOUTING RIDE. Leader: Alinda Barth (718-441-5612, h.; 212-305-3732, of.). For B those fearless souls who don't mind getting a bit lost in Westchester and tired B+ riders 60 mi. (there will be lots of stops while we consult our maps), a scouting ride. Destination: Ossining. Rain cancels. Call for info. about time and meeting place.

Sun. Apr. 5 PICNIC ON THE BEACH AT NYACK. Leader: Irving Schachter (212-758-5738) From Maxwell's Plum, 10:00 AM 1st Ave. & 64th St. Let's go over the GWB and up the Hudson for a picnic on the beach at B Nyack. This ride is relatively flat with only one major hill. Bring or buy your lunch. 55 mi. Inclement weather cancels. Call before Friday for details.

Sun. Apr. 5 PROGRESSIVE TRAINING RIDE, "C" TO "B" NO. 4, 50 in 7-1/2. Leaders: Irv Weisman (212-650-8075, of.) & Bernie Pearlman (212-285-1235). Meet at the GWB Bus Terminal ("A" train to 175th St.) 9:30 AM for a gentle-paced 50-mi. Club Route ride in 5-1/2 hrs. riding time and 2 hr. snack and lunch C+ time. Picnic or indoors depending on the weather. Predicted high of less than 40 F or 50% 50 mi. probability of rain cancels.

Sun. Apr. 5 GREAT NECK, L.I. Leader: John Mulcare (718-672-5272) From 179th St. & Hillside Ave.. Queens 10:30 AM (last stop on "E" or "F" trains). There will be an indoor lunch stop unless it's warm enough C/C- to eat in one of our favorite parks. Bring a lock, the usual repair items (tubes, tire irons, 32 mi. patch kit, pump), a copy of your medical coverage ID card, and water bottle(s). Temp. below 40 F, precip., and/or wind in excess of 10 mph cancels.

Wed. Apr. 8 TRAIN WITH ART. Leader: Art Guterding (212-415-8920, of.) From the Tavern on the Green, A Central Park. Meet at 6 AM for a few friendly miles before work.

Fri. Apr. 10 DEADLINE for NYCC GEAR '87 registration. See ride previews, Jul. 17-20.

Sat. Apr. 11 "A" TRAINING RIDE NO. 13. Leaders: Chris Mailing (718-847-8004) & Art Guterding (212-415-8920, of.) 8:30 AM From the Boathouse to Bayville and Syosset. This ride features instruction and drills in A/A- the techniques of time trial starts. All riders interested in participating are invited to 75 mi. meet at "Hot Bagels" in Syosset at 11:30 AM to join Chris' group. Precip./temp. below 32 F cancels.

Sat. Apr. 11 Special Interest Group PROGRESSIVE "A" RIDE SERIES NO. 6. Leader: Christy Guzzetta 9:00 AM (718-596-9833) From the Boathouse. Oyster Bay. Our 6th ride and first visit to Long Island. --> A We're lucky today, a nice spring day. Cool, but spring is in the air. Out to Bayville. 66 mi. Syosset, & Oyster Bay. Nice looking ocean, on this clear spring day. We'll enjoy it from our saddle -- we're making only 2 stops, we still have a long way to go. Rain date: Sun., Apr. 12.

Sat. Apr. 11 SPRINGTIME IN WESTCHESTER. Leader: Maggie Clarke (212-567-8272) Meet at the Dyckman Triangle 9:30 AM ("A" train to 200th St.), Broadway/Dyckman Sts., for a training ride through the green lawns B- and flowers of suburban Westchester. Cancelled if less than 40 F, 70% chance of precip., 45 mi. or slush.

Sat. Apr. 11 DIAL-A-"C"-RIDE. Leader: John Mulcare (718-672-5272). If the forecast is promising, call me C/C- the evening before, or before 9 AM on Saturday. While I will not be available to lead a ride, I'll try to put interested riders in touch with each other.

Sun. Apr. 12 "A" TRAINING RIDE NO. 14. Leaders: Maxim Vickers (718-728-7179) & Herb Dershowitz 8:00 AM (212-929-0787) From the Boathouse to Crow Hill in Westchester. Precip./temp. below 32 F A/A- /80 mi. cancels.

Sun. Apr. 12 OSSINING VIA SLEEPY HOLLOW. Leader: Alinda Barth (718-441-5612, h.; 212-305-3732, of.). Meet 9:00 AM at the Boathouse for this "B" training ride to Westchester. Lunch stop at a diner with an B extensive menu! This ride may be a bit hilly (depending on how many hills Alinda managed to find 60 mi. last week), but we'll wait for everyone at the top. So don't worry, and come out. Rain cancels.

Sun. Apr. 12 FLUSHING MEADOWS PARK, ROOSEVELT ISLAND, ETC. Leader: John Mulcare (718-672-5272) From 11:00 AM Tramway Plaza, 59th St. & 2nd Ave. Come see some parts of the city you don't usually spot on C/C- our rides out towards the central and eastern parts of Long Island. Bring (or buy) lunch; a 25-30 mi. lock, the usual repair items (tubes, tire irons, patch kit, pump), a copy of your medical coverage ID card, and water bottle(s). Temp. below 40 F, any precip., and/or wind in excess of 10 mph cancels.

- Wed. Apr. 15 TRAIN WITH ART. Leader: Art Guterding (212-415-8920, of.) From the Tavern on the Green, Central Park. Meet at 6 AM for a few friendly miles before work.
A
- Fri. Apr. 17 GOOD FRIDAY BEAR MOUNTAIN CENTURY. Leader: Marty Wolf (212-935-1460). If you're not working today, meet Marty at Tramway Plaza (59th St. & 2nd Ave.) for a ride to Bear Mountain. We'll go up the east side of the Hudson, return on the west side. Any chance of precip. may shorten or cancel this ride. Call if in doubt.
8:00 AM
A-
100 mi.
- Sat. Apr. 18 THIRD ANNUAL SAUGERTIES DOUBLE CENTURY. Leader: Alex Bekkerman (212-213-5359) From the Boathouse. This is going to be a regular ride, first stop is at turn-around point. Then we'll stop at Newburgh, cross the Newburgh-Beacon Bridge, and proceed home. Please bring some edible food. Total estimated time, 13 hrs.
7:00 AM
AA
210 mi.
- Sat. Apr. 18 "A" TRAINING RIDE NO. 15. Leaders: Chris Mailing (718-847-8004) & Debbie Bell (212-864-5153). From the Boathouse to Chappaqua. Rain cancels.
8:30 AM
A/A- /75 mi.
- Sat. Apr. 18 Special Interest Group PROGRESSIVE "A" RIDE SERIES NO. 7. Leader: Christy Guzzetta (718-596-9833) From the Staten Island ferry to the Delaware and Raritan Canal. All aboard the 8:30 ferry. Maps (with stops noted) will be available at sea. This is the longest ride we've been on so far. Eighty big miles. We'll need to pace ourselves, ride together, ride steady -- take only 2, no more than 3, stops. Hope for no flats. Rain date: Sun., Apr. 19.
8:30 AM
--> A
80 mi.
- Sat. Apr. 18 MYSTERY TRAINING RIDE. Leader: Roseann Korska (212-549-2034) From Ft. Washington Ave. side of GW Bridge. This will be a pleasant and mellow training ride on a tried and true route to a familiar destination. Bring water and a sandwich (or buy something at the deli stop). Leader is recovering from injury, so whatever we do, it won't be strenuous. Rain, wind more than 15 mph cancels.
9:00 AM
B-
35 mi.
- Sat. Apr. 18 THE CLOISTERS AND WAVE HILL. Leader: John Mulcare (718-672-5272) From Statue opp. Plaza Hotel (59th St. & Fifth Ave.). We'll stop at the GWB bus terminal at 178th St. & Ft. Washington Ave. around 11:15 for a second pick-up, then stop at 181st St. & Ft. Washington for those who prefer to buy their lunch rather than bring it. We'll then proceed to Wave Hill in Riverdale (admission \$2: seniors. \$1). Bring the usual repair items (spare tubes, tire irons, patch kit, pump), lock, copy of your medical coverage ID card, and water bottle(s). Rain or 30% chance thereof cancels.
10:30 AM
C/C-
27 mi.
- (212) 792-5438
- Sun. Apr. 19 "A" TRAINING RIDE NO. 16. Leaders: Rich Herbin (212-666-2162) & Steve Baron (212-228-0555). From the Boathouse. First century of the season, destination to be determined. Rain cancels.
8:00 AM
A/A- /100 mi.
- Sun. Apr. 19 STATEN ISLAND. Leader: David Moses (718-375-0816) Take the 9:30 ferry and meet me at the Staten Island landing. Don't miss the boat for this perennial favorite. Be prepared for possible windy conditions near the shore. and bring money for an indoor lunch stop.
9:55 AM
B /45 mi.
- Sun. Apr. 19 12TH ANNUAL CHERRY BLOSSOM RIDE. Leader: Irv Weisman (212-650-8075, of.). Meet at the Coliseum (Broadway & 60th St.) at 9 AM, or at the top of the PATH escalator in the World Trade Center at 10 AM. Fare is \$.75 in coin. Ride through Branch Brook Park to the Belleville cherry groves which should be in full flower. Return by 4:30 PM via GWB and several steep hills. Bring lunch, but a food market is nearby. Predicted high less than 40 F, 50% probability of rain cancels.
9:00 AM/
10:00 AM
B-/C+
40 mi.
- Wed. Apr. 22 TRAIN WITH ART. Leader: Art Guterding (212-415-8920, of.) From the Tavern on the Green, Central Park. Meet at 6 AM for a few friendly miles before work.
A
- Sat. Apr. 25 AFTERNOON HILLS. Leader: Bob Trestman (212-996-0358) From the Boathouse. An afternoon of sunny hills in Rockland County. The usual stuff cancels.
1:15 PM
A /55-60 mi.
- Sat. Apr. 25 Special Interest Group PROGRESSIVE "A" RIDE SERIES NO. 8. Leader: Christy Guzzetta (718-596-9833) From Columbus Circle to Chappaqua/Tarrytown. This is a hilly Westchester ride and could be real close to "A" style. After all, it's already our 8th ride together. We're in pretty fair shape, and by now -- our equipment is up to it. We're going to ride this one pretty hard. We'll try not to drop anyone. It'll be "A" style -- except for the speed. Rain date: Sun., Apr. 26.
8:30 AM
--> A
76 mi.
- Sat. Apr. 25 CAUMSETT STATE PARK. Leader: Joyce Meyer (212-673-7692) From 179th & Hillside Ave., Queens (last stop on "E" or "F" trains). A beautiful north shore park, Caumsett State Park, will be our destination. Be prepared to carry lunch for a few miles from the deli. Views of the sound are breath-taking -- and we will view it as long as the weather permits. Temp. below 40 F or precip. cancels. Call for more info.
9:30 AM
B+
65 mi.
- Sat. Apr. 25 GREAT NECK, L.I. Leader: John Mulcare (718-672-5272). This is the Saturday version of the an earlier ride this month. See Sun., Apr. 5, for complete description.
10:30 AM
C/C- /32 mi.

Sun. Apr. 26 HARBOR CRUISE. Leader: Maxim Vickers (718-728-7179) From Tramway Plaza (59th St. & 2nd Ave.), the well-trodden track leads to North Shore and the ins and outs of many bays, beaches and coves, all the way to Huntington Harbor. Inland return. Breakfast in Roslyn, bagels in Syosset, rigorous "A" pace. Rain cancels.
8:00 AM
A
90 mi.

Sun. Apr. 26 A QUIET HOLMDEL DAY. Leaders: Debbie Bell (212-864-5153), Barbara Levitan (718-622-2869), & Karen Reich (212-874-7923). Close to the city, but far from the maddening crowds, this popular cartop ride takes us through spectacular scenery, gentle terrain, and horse farms. Last year we even saw a giraffe! Join one of the three groups, or ride your own pace and route; cue sheets and maps provided. Meet at the snack bar in Holmdel Park (Longstreet Rd. entrance), near Exits 117 or 114 on the Garden State Parkway, less than one hour from the Holland Tunnel. Call Debbie Bell if you can offer or need a ride. Rain cancels.
9:15 AM
A-/B+/B
80/60 mi.

Sun. Apr. 26 CROTON DAM. Leader: Irving Schachter (212-758-5738) From Maxwell's Plum, 1st Ave. & 64th St. Bike to the Croton Dam over spectacularly beautiful rural roads which will lead us past the Rockefeller Estate in Pocantico Hills. This is a very hilly ride, but well worth the effort. Inclement weather will cancel. Call before Friday for details. Joint AMC.
8:30 AM
B
60 mi.

Sun. Apr. 26 PROGRESSIVE TRAINING RIDE, "C" TO "B" NO. 5, 50 IN 7. Leaders: Irv Weisman (212-650-8075, of.) & Ed Flowers (718-544-9168). Note: the clock was pushed forward last night! We meet at the GWB Bus Terminal ("A" train to 175th St.) for another go at the 50-mi. Club Route, but at a slightly faster pace. 60% probability of rain cancels.
9:30 AM
C+
50 mi.

Sun. Apr. 26 11TH ANNUAL CITIBANK-AYH FIVE-BORO BIKE TOUR. Leaders: volunteer marshals. Info.: AYH, 212-431-7100. If you're really fun-loving, you must do this tour at least once in your lifetime, so why put it off? Last year there were over 20,000 riders. More are expected this year. The police close off streets and highways; marshals help with bike repairs; and the National Guard supplies trucks to pick you up and return you to the finish if you get tired. If you can't get to AYH (75 Spring St.) before Sunday to register (\$5), register in Battery Park before 7:30 AM Sunday and get your free orange safety vest at the start of the tour and a free souvenir T-shirt at the end compliments of Citibank. Use the subways to get close to Battery Park, if necessary. Bring pump, tire irons, tubes, patch kit, water bottle(s), medical coverage ID card, and lunch or money to buy it. (Description by John Mulcare -- he'll be looking for you.)
7:30 AM
36 mi.

Wed. Apr. 29 TRAIN WITH ART. Leader: Art Guterding (212-415-8920, of.) From the Tavern on the Green, Central Park. Meet at 6 AM for a few friendly miles before work.
A

Sat. May 2 HARRIMAN STATE PARK AND BACK. Leader: John Marks (212-923-2503) Meet at the ramp to the GWB. 9W to Gate Hill Rd., loop thru Harriman Park, and back to the Bridge. Stop for lunch at the bottom of Gate Hill Rd. on the way back. Rain cancels. Recommend at least a 42x21 for Gate Hill.
8:30 AM
A/A+
80-100 mi.

Sat. May 2 SAGAMORE HILL. Leaders: Debbie Bell (212-864-5153) & Stu Greenberg (212-534-2935) From the Boathouse at 9 AM, or the Statue in Queens ("E" or "F" train to Kew Gardens/Union Turnpike) at 10 AM. The emphasis today is on a relaxed, social ride. If the weather cooperates, we'll picnic at Sagamore Hill; if not, there's a good restaurant on the sound in Bayville. To avoid the heavier afternoon traffic, we'll end the ride at the subway in Queens. Rain cancels.
9:00 AM/
10:00 AM
B+/B
60/50 mi.

Sat. May 2 FLUSHING MEADOWS PARK, ROOSEVELT ISLAND, ETC. Leader: John Mulcare (718-672-5272). This is the Saturday version of an earlier ride this month. See Sun., Apr. 12, for details.
11:00 AM
C/C- /25-30 mi.

Sun. May 3 ALL-CLASS CLUB RIDE TO TALLMAN. Join one of the rides listed below or come out on your own for a 1 PM picnic lunch, 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. Let's show off our club jerseys! Rain cancels.
7:30 AM
A+ /80 mi.

9:00 AM
A /75 mi.

9:00 AM
--> A
81 mi.

9:30 AM/
10:15 AM
B+ /55/45 mi.

Leader: Alan Zindman (212-989-8529) From the Boathouse. A fast-paced ride with hills.

Leader: Doug Blackburn (212-685-9495) From the Boathouse. It's been two years since I've led a club ride, but I'll think of something interesting.

Leader: Christy Guzzetta (718-596-9833). Special Interest Group Progressive "A" Ride Series No. 9. From the Boathouse. We are going to participate in the All-Class Club rides going to Tallman. We will give particular attention to arriving at Tallman at the same time. Together, as a group, without dropping anyone. Not too fast as to burn anyone out and not slow enough to be boring.

Leader: Barbara Levitan (718-622-2869) From the Boathouse at 9:30 AM, or the GWB at 10:15 AM. If you haven't renewed your membership.....well, you better bring a check. But our Membership Director will still lead us to Tallman for lunch with the rest of the club.

Sun. May 3 (cont.)

9:30 AM Leader: Karen Reich (212-874-7923) From the Boathouse. Join us for a scenic route to Tallman Park. We'll join the rest of the club for a social day of riding and luncheon.
45 mi.

10:00 AM Leader: John Mulcare (718-672-5272). From 178th St. and Ft. Washington Ave.
C/C- /35 mi.

Ride Previews

- May - Special Interest Group PROGRESSIVE "A" RIDE SERIES. Leader: Christy Guzzetta (718-596-9833).
June May 17: Montauk; very early morning from the Plaza Hotel.
May 22-25: Memorial Day Weekend in Sheffield. Call Lee Gelobter fast (see below).
June 20: Mattituck. Lots of bikes in Mattituck, today.
June 23/24: pre-"A"-ride meeting. Details to follow.
June 27/28: "A" ride.
- May 16-17 5TH ANNUAL MONTAUK TWIN CENTURY WEEKEND. Leader: Marty Wolf (212-935-1460). As in years
6:50 AM past, we'll take a central Long Island route on Sat., but will return on Sun. on the same route
A/A- that AYH will be using for their ride out to Montauk (wave to your friends!). Our group will
250 mi. stay in a motel in Montauk on Sat. night (after a fabulous seafood dinner). Call Marty for
further details, motel phone number, and meeting place.
- May 20-27 MEMORIAL DAY IN SOUTHERN UTAH. Arches, Bryce, Zion and Capitol Reef. Seven days of adventure
cycling in Utah's Red Rock region, led by the guide for the 1986 NYCC tour. Ground transportation
and lodging, \$400. Airfare and meals not included. Minimum, 10 people. Contact Todd
Arenson. 801-581-0479.
- May 22-25 MEMORIAL DAY IN SHEFFIELD, III. Leader: Lee Gelobter (516-887-4600, of.; 718-646-7037, h.).
An annual tradition continues. Three days of cycling through beautiful southern New England.
Rooms fill up fast, so call Lee for details.
- June 20 MATTITUCK
- July 7-14 GRAND TETON NATIONAL PARK, YELLOWSTONE NATIONAL PARK, IDAHO, WYOMING, AND UTAH. Seven days of
dream cycling in some of the most beautiful country in the world. Limited to 16 riders. The
trip is filled, but call to be placed on the waiting list. Airfare, approx. \$280 RT; land in
Salt Lake City; leave from Jackson, Wyoming. Sag wagon and lodging, \$450. Meals extra. Call
Art Guterding (212-415-8920, of.) or Debbie Bell (212-864-5153, h). 8+ and above riders only.
- July 17-20 GEAR '87 LONG ISLAND. The 24th annual Great Eastern Rally, at Stony Brook, on the beautiful
north shore. Don't miss this inexpensive (\$119), fun-filled weekend as 2,000 cyclists convene
for rides, workshops, and special programs. Debbie Bell will coordinate rides out and back,
and housing arrangements for those who return completed applications to her by April 10.
Applications: SASE to Debbie Bell, 526 West 113 St., NYC 10025.
- July 26 NYCC ALL-CLASS CLUB RIDE, BETHPAGE
- Sept. 12-13 SKYLINE DRIVE TWIN CENTURY. Start training now for this famous trip through the Shenandoah
National Park. Details on registration and an NYCC bus will appear in future bulletins.

BIKE TRIPS

UNITED CEREBRAL PALSY'S 14TH ANNUAL BIKE-A-THON. May 17 (raindate, May 31). Ride in Central Park, Prospect Park, or Silver Lake Park. Cyclists enlist sponsors who agree to contribute varying amounts of money for each mile (35 mi. is full course). Info: Marie Margulies, UCP, 105 Madison Ave., NYC 10016 (212-683-6700).

NEAR (New England Area Rally). July 30-Aug. 2, Durham, NH. At least 26 rides, including two centuries, in coastal New Hampshire and Maine. Workshops, exhibits, movies, music, boat tours, and more. Rooms and meals at the University of New Hampshire; costs vary according to number of nights, meals, etc. Deadline for registration without late fee: June 19. Info: SASE to Barbara Paiton, UNH Conference Office, Pettee House, Durham, NH 03824 (603-862-1922).

5TH ANNUAL KENT COUNTY SPRING FLING. May 22-25, at Washington College (Maryland eastern shore). Rides from 10-130 mi. \$95 (3 nights, 5 meals) or \$76 (2 nights, 4 meals). Info and registration forms: Judy A. Getz, Baltimore Bicycling Club, PO Box 5906, Baltimore, MD 21208; or call 301-655-3640.

TRANE (The Ride Around New England). Aug. 2-8. A 6-day trip, covering all 6 New England states, intended for experienced cyclists. Average 70 mi./day. Sag support; stay at college first night and motels thereafter. \$190 covers all expenses except meals. Reg. deadline: July 10. Info: Marc Goldstein, Connecticut Valley Bicycle Club, 2657 Albany Ave., West Hartford, CT 06117 (203-233-7348).

RAAM TRAINING REPORT

Since our last NYCC meeting I've ridden over 1,500 miles. The weather has varied from 7 degrees to 76 degrees and from sunny to blizzard conditions. Headwinds have been prevalent during this period which has increased the work I've had to do. Inclement weather such as the extreme cold and getting caught in a blizzard has built toughness. Often the training rides during the week have been with some of the dedicated racers in the area such as Kenny Sloan and Jimmy Bobowitz who have tended to make the rides tougher because of our innate competitiveness. For the past three weeks I've averaged 428 miles per week. Last Sunday was a highlight: I competed in the open category 2-3 race in Central Park (36 miles, average speed 25.5) then did a solo Gimbels averaging 19.4 m.p.h. for 50 miles and then ambled around Westchester to complete 146 miles for the day.

In order to be stronger overall I've joined a gym, Pumping Iron, where I'm working on stretching and upperbody strength. Emphasis is being put on stomach, back, arms and shoulders. I can feel the benefits already.

Let's make certain that when Dave rides across those TV screens, America knows what club he rides for. If you would like to help Dave in his efforts send your contribution payable to: NEW YORK CYCLE CLUB, RAAM FUND c/o Lee Gelobter
2686 Ocean Avenue Apt. F3, Brooklyn, N.Y. 11229

The quest for sponsorship continues unabated. Thanks to Mara Bovsun there have been articles in the press - New York Newsday, The Daily News, and CitySport Magazine. While I've not yet grasped the gold ring I'm grateful to report substantial progress in terms of equipment as follows:

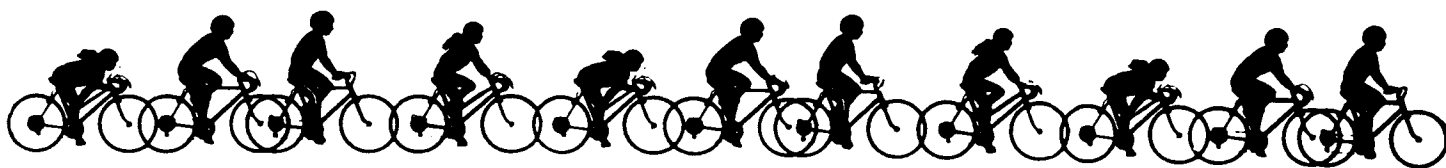
Helmet - Giro
Shoes & Pedals - Look
Wheels, Components & Disc Wheel - Mavic
Frame - Serotta
Clothing - Start/ Finish
Nutrition - a number of samples received
Orthotics - Peter Natale DPN
There may be changes or modifications to these, for example, I hope to try the Cyclebinding system if it can be made available in time.

The NYCC RAAM Committee, chaired by Michael Toomey, has been meeting and progress is being made in the enormous amount of research necessary to compete effectively. To all of them and other NYCC members who have given me help, THANKS! All of this is being done not only for me but any member who wants to do RAAM in the future.

-David Walls
March 10, 1987

Check your checkbook. Have You Renewed Yet?

THIS IS YOUR LAST ISSUE OF THE NYCC BULLETIN if you have not yet renewed your NYCC membership for 1987. Don't miss out on the great rides to come in May because you didn't renew.
DO IT NOW!



VOLUNTEERS NEEDED

Now in its' 11th year, the AYH Five Boro Bike Tour owes its success to the hundreds of volunteers whose dedication and enthusiasm make it the best organized bike event anywhere.

Ayh needs volunteers before the event to distribute posters and flyers, answer phones, type and help with mailings. During the event both RIDING MARSHALS and NON-RIDING MARSHALS are needed. For your efforts you'll receive a free lunch, T-shirt, and the gratitude of thousands of fellow cyclists, plus the opportunity to participate in the marshals' pre-ride.

To volunteer call AYH at 212/431-7100 or mail in the coupon.

YES! I WOULD LIKE TO VOLUNTEER TO HELP ON THE FIVE BORO BIKE TOUR.	
<input type="checkbox"/>	I AM INTERESTED IN BEING A RIDING MARSHAL
<input type="checkbox"/>	I AM INTERESTED IN BEING A NON-RIDING MARSHAL
<input type="checkbox"/>	I AM INTERESTED IN HELPING OUT IN THE OFFICE BEFORE THE EVENT
PLEASE SEND ME _____ POSTERS AND _____ FLYERS TO DISTRIBUTE.	
NAME _____	
ADDRESS _____ APT. # _____	
CITY _____ STATE _____ ZIP _____	
DAY PHONE _____ EVENING PHONE _____	

2:00 a.m., Thursday, September 1. I wake up with a reasonably clear head, though the body is a different matter. When I attempt to mount the bike, after putting my clammy riding clothes back on, the outcome is near-disastrous; the limbs virtually refuse to articulate. Somehow we make our way back to the contrôle for breakfast, but after sitting down to eat, the legs throw a fresh tantrum when it is time to get up again. Waiting outside, however, is a mid-size camper type vehicle with Red Cross insignia. Before long, I am luxuriously situated there on a kind of settee while two (blond) nurses do a persuasive number on my gams (one on each), chirping all sorts of sweet (French) nothings. By 3 a.m., the legs are in a functional state.

Dozens of riders are setting off into the darkness. Their combined headlights possess an awesome illuminating effect. Typically, two riders with the most powerful torches take one shoulder of the pavement each, with the rest filling in the space the width of the road. At this hour, there is nary a vehicle about to challenge our encroachment.

My early morning vigor lasts me about an hour at most; soon I am alone behind in the dark, just coping. It is eerie; at times the road is so difficult to discern that I steer to the red tail-lights ahead as much as by whatever is brought out by my beam. My leg muscles are doing fine, considering, but I am being sorely bothered by my seat and the gas which is bloating my stomach. Since I am having the runs, I am afraid to let go. Some fun!

Still dark. The few towns along the road are feebly lit. I climb from Remalard, then zip down the winding descent towards Moutiers-au-Perche, the headlights beam bouncing merrily off the tree trunks lining the roadway. In Madeleine Bouvet, there is a single light on; the roadside café is at cyclos' service. The owner is behind the bar puffing on a cigarette and polishing glasses. All I really need is a WC, but when he directs me around the back, my shoes sink into mud short of my goal. I retrace my steps and he acknowledges that there is water standing in the basement where the facilities are. I depart unrelieved.

I almost miss the left fork to Chateaufort, but a tail-light in the darkness alerts me to the fact. The wind is lifting me strongly. I am in high gears most of the time, spinning the kilometers away. The seat hurts like hell and I exploit my solitude to moan and groan to the wind.

Things always take forever at night. Eventually, though, after the numerous dreary little wheat-towns, Chateaufort appears on the horizon. First the familiar rows of poplars on both sides of the road and then I am in town. At the town square where the turn East should be made, there is no arrow, but I know the way and besides there is a small group of cyclos stopped at a traffic island some distance in that direction; they are eating dried apricots and offer me some, but I still have ample stores and decline gratefully. A couple of blocks further, I get off the bike and sit down to have my own snack, but a guard dog behind the fence starts up a racket and I choose to move a few doors down. I barely get my teeth into my food when Mike and John come racing down the road like the hounds were at their heels. Apparently they went straight at the square and continued in the wrong direction for some time until they realized their error. They flash by breathing laboriously.

Leaving Chateaufort, I notice that the table outside the cottage where the nice old couple maintained a watering station on the way out is lined with neat rows of plastic liter bottles; "les vieux" must be sound asleep now with the knowledge that the kids are still being taken care of. It is touching.

Outside the town, I can take the stomach cramps no more and squat over a furrow. Surprise! Only gaseous matter. Life is so much easier all of a sudden.

Wheat fields and hedges and copses; endless undulations of the bread-bearing plain. Nogent is at the very edge of it, right under the rim of the plateau on the other side of which is the Seine and on it - Paris. The town is not visible in the shallow valley of the Eure until one is right on top of it. Suddenly the rough macadam is replaced by smooth asphalt and the last mile or two are easy on the butt. I am here much earlier than four years ago and the place is still barely woken up; the sun has just risen. The contrôle area in a downtown hotel-restaurant is still quiet. John and Mike are lolling about; John is taking pictures.

It is 7:20. I do not feel like a big breakfast and start off with a café-au-lait. Two cyclos on the bar stools next to mine are eating fresh croissants. An inquiry reveals that there is a bakery a couple of blocks away. I hobble over there. The visual charm and olfactory splendor of the wares on display in this provincial patisserie are enough to raise the dead and when I finally bite off a chunk of one of the three croissants there purchased, all pain and tear are (temporarily) relegated to oblivion: these, without doubt, are the finest I have ever tasted.

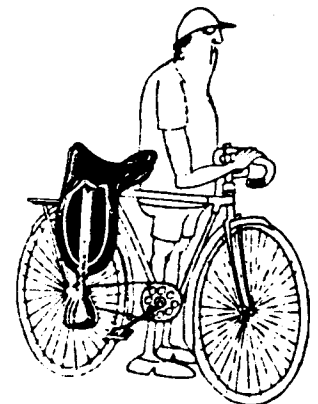
I linger over coffee at a small table in front of the restaurant under the sign; John snaps my photo as I start removing my leg-warmers. The guys leave while I am still sitting and gathering my physical and spiritual forces: Yes, there are only fifty miles left; yes, I am hours ahead of my '79 pace; yes, it is cooler than back then and the tailwind is stronger: with all that going, the willpower crisis is abysmal.

When I finally take off, it is more with squeak than with zing. The legs barely plod across the Eure and pedal ever slower up the slope on the other side. I know that I will get there though, even as the wad is shot, as long as I just keep putting one foot in front of the other.

Saddle Isch

lillian harvey
mark banchik

Well, it's time for the April cycle club meeting. But, why are all those guys standing in the corner? No, it's not a buffet dinner tonight, they are this year's victims of the war between the rider and his seat, otherwise, known as saddle sores. This month we'll go into one of the most basic causes of divorce between rider and cycle, THE SADDLE. To start off, a brief summary of how you sit down. Normally, when sitting in a chair, your weight is distributed along both buttocks and down the thighs. This spreads the pressure out over a large surface area so that one part does not support an excessive load. Also, frequent shifting of the position helps to relieve pressure points before they can develop. Not so on the bike saddle. These strips of leather or plastic were designed by the Marquis de Sade for keeping the bike aerodynamically trim. To do this, they did away with the wide comfortable seat of your old trike and substituted a narrow rail that only provides two points of support. These two points are known in medical terms as the ischial tuberosities and while they are the major points of support they were never meant to be the only ones. (If you wish to find your own tuberosities palpate the buttock about 4" from the thigh crease. The hard, bony structures that you feel are them.) The modern bike seat is designed to provide cushions for these two points and little else. Although you can get more support from the horn of the saddle, leaning forward that way can cause additional problems with the bladder and other sensitive parts since these areas were never meant to support weight. All right, so what do we have now? The entire weight of the body (or at least 60% of it) supported by two points of bone measuring about 10 square inches. To make matters worse, the best method of relieving the pressure, shifting to another position, isn't easy to do on a bike. This continual pressure between the firm seat and the bone compresses the skin and fat caught between and causes all the trouble. First, the tissue becomes ischemic (loses its blood supply) and becomes painful. This is the point when you'll start shifting in the seat. If the pressure isn't relieved the tissue can become so damaged that it will start to die, producing the bed sores that are seen in people who cannot move. Fortunately this is an almost unheard of event for any rational person who will get off the saddle long before this happens. What can happen; however, is that the bone and skin will become bruised from the constant pounding producing 'saddle sores'. Once these sores appear there is no treatment for them. All you can do is get off the seat and avoid sitting down for a few days (not easy). Some symptomatic relief can be gotten from soaking in a hot bath or Tylenol but the best treatment will be sleeping belly down until the soreness wears off. Now, how to prevent this from occurring. 1) Buy a comfortable saddle! With the rare exception of the all leather ones, saddles break you in not the other way around. Most major manufacturers make seats in different widths so just keep looking (or sitting), until you find a comfortable one. Too narrow is much worse than too wide. 2) Shift position as much as possible on the seat every few hours, like ulnar nerve palsy, if you get the pressure off for even a few minutes, the blood will return. 3) Padding the seat will help. If you're not well endowed with natural back padding, several seat covers, and padded saddles are available. Claims notwithstanding these all work in a similar fashion using a gel-like material, similar in form to fat, to provide extra cushioning between you and your seat. Since they conform to the shape of your backside, they also spread out the pressure over a wider area making sores less likely. That's all for this time but the next article will continue to deal with the problems between you and your seat.



...that wedding bells will ring for JOSH KELLER and his "phantom fiancé" this fall. Last year, when laconic laid-back A-Rides Coordinator Josh stopped leading centuries, he said he was visiting a friend in Boston. Since no one had ever seen her, the Animals thought that "Glori" was just a figment of his imagination--an excuse not to go on the tough rides. Well... "She exists...and she doesn't ride a bike!" That's what non-laconic NYCC Past President LEE GELOBTER shouted after newlywed and obviously still happily married ARLENE BRIMER MAILING's announcement at the March meeting. Yes, there really is a Glori Fishman... She lives and works in Boston, and is not sports-minded. However, last fall Josh worked over her 10-speed Raleigh, even putting on a new Avocet saddle, and now he's "working on her." They met 10 years ago as students at Rensselaer Polytechnic Institute, near Albany. Graduate architect Josh, who works for a general contractor, and architect Glori, became officially engaged on January 17, and will live in Josh's readymade Gramercy apartment after their September wedding. Congratulations and the very best of wishes, Josh and Glori, as you plan and build your life together. May your happiness be centuries from an illusion.

APRIL COVER by Monica Edinger, who was sidetracked from book illustration to teach computer science. Monica has been a NYCC member for a year, is a B rider, and also runs.



BY POPULAR DEMAND: MORE WINDUP DOLLS

The Christy Guzzetta doll: wind him up and he'll get another flat. Maybe he doesn't even need winding.....

The Tony Nappi doll: wind him up and his Pesto turns green.

The Lorenzo Perrone doll: wind him up and he'll cook Tony's pesto.

The Dave Walls doll: you don't need to wind him up - Valerie does it.

The Edwin Rudetsky doll: wind him up and he'll save another bike path.

The Josh Keller doll: wind him up and...wind him up....keep trying.

RULES OF THE ROAD

CONTRIBUTORS: Your editor has access to excellent copying equipment but HATES to retype anything. PLEASE use the guidelines below to submit copy. Dimensions are for actual typed characters.

0% reduction - copy measures 7" x 9" or two columns 3½" wide
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Official Minutes

New York Cycle Club Board of Directors Meeting, 2 February 1987, Ohara's, 6:30-9:15 p.m.

In attendance were Martha Ramos, Arlene Brimer, Jody Sayler, Ed Rudetsky, John Mulcare, Caryl Hudson, Sara Rowers, Hannah Holland, Maxim Vickers, Josh Keller, Debby Bell, and Steve Baron.

Arlene resigned as membership director because of insufficient time. Barbara Levitan was nominated by Martha, and she was unanimously elected.

The board voted to keep the April meeting on the 2nd Tuesday of April, in spite of conflict with the second evening of Passover.

The board voted unanimously to print the March Bulletin at Dandy Printing, at a cost of \$.26 per bulletin plus messengers (and mailing).

Martha advised that the premium of \$2 will be enforced for those ordering dinner at regular meetings after 7:00 p.m.

After considerable discussion about minutes, the board voted to approve minutes at the meeting following, and the approved minutes will appear in the next bulletin. For instance, the 2 February minutes will be approved on 3 March and appear in the April bulletin (newsletter).

Maximum Vickers presented a tentative budget for 1987, anticipating that revenue will exceed expenses by \$1536, without allowing for savings on club printing. A motion to approve was unanimously approved.

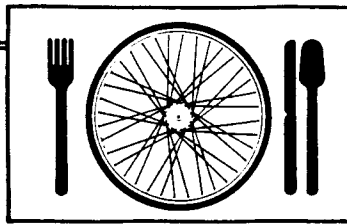
The meeting adjourned at 9:15. The next board meeting will be at Ohara's at 6:30 on March 3.

Respectfully submitted (after approval)

Stevan A. Baron

Stevan A. Baron, secretary 10 March 1987

NEW YORK CYCLE CLUB
MONTHLY MEETING
Tuesday April 14 6PM



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

**Roberta & Steve take us to Arizona and Italy
in the same evening!**

In October of 86 they left Tucson, Arizona. 8 days and 600 miles later, they arrived at Nojales, Mexico. Most of their miles were vertical - one drop was 1,000 feet in one mile - with no stop light at the end (don't worry, they paid for that the other direction). They went around the Grand Canyon and the even more spectacular red rock country. They collected stories of towns and people. Then for dessert we have Tuscany. The previous year, Steve and Roberta started in Rome and ended in Florence. Come join us for hills here and there.

Join us at 6pm for spirits or bubbles and schmoozing
Dinner starts at 7pm
Fixed Price*
Meat, fish or poultry \$10
Vegetarian 7.50
Desserts extra

*Must be purchased by 7pm
Diners will receive color-coded coupons
Non-diners seated separately

O'Hara's is one block south of the World Trade Center between Trinity and Greenwich Streets. Enter the restaurant on Cedar Street, go through the door on your right and go upstairs to our private room.

Bicycle parking is provided. Take the elevator to the 4th floor and leave your bike in the storage area provided. Bring a lock for security.

A R R A N G E D B Y J O D Y S A Y L E R V. P. P R O G R A M S

Club jerseys are now here, and they look smashing! Jerseys are available at the monthly meeting. If you paid for yours in advance it will be held until you can pick it up. Additional jerseys will be available while the supply lasts. Lee Gelobter

Custom built 53cm. Cuevas road bike for sale. 531 sl tubing
S.I.S. Dura Ace shifting. Herb Dershowitz 929-0787

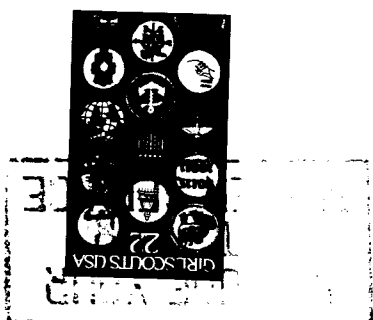
New Members



NAME	ADDRESS		TELEPHONE
ABRAMS, Richard	325 Riverside Dr. #63	N.Y.	10025
BERNARDI, Richard	638 West End Ave. #2A	N.Y.	10024
CHAMBERS, Bill	106-1/2 Douglass St.	B'klyn	11231
CYR, Nancy	18 Gramercy Pk. S., Box 1120	N.Y.	10003
DAWSON, George			
DONOVAN, Jennie	50-40 96th St. #2A	Corona	11368
DONOVAN, Steve	50-40 96th St. #2A	Corona	11368
FRANK, John R.	150 West End Ave. #4-H	N.Y.	10023
GERARD, Deborah	150 West End Ave. "4-H	N.Y.	10023
GORELICK, Sherri R.	336 E. 86th St. #9G	N.Y.	10028
GRILLO, Nancy C.	284 Bay 17 St. #3C	Brooklyn	11214
HANSEN, Kori M.	1580 York Ave. #3B	N.Y.	10028
HARKEY, Richard W.	65-47 Wetherole	Rego Park	11374
HERNANDEZ, Milagros	2726 Wallace Ave., Bsmt.	Bronx	10467
JACKSON, Blair C.	131 E. 23rd St. #4A	N.Y.	10010
KURILLA, Thomas	334 W. 49th St. #4RE	N.Y.	10019
MARKSTEIN, Mendel	1269 47th St.	B'klyn	11219
MCCARVILLE, Carol Lynn	154-78 71 Ave. #53A	Flushing	11367
MCQUOWN, Maggie	219 East 81st St. #6A	N.Y.	10028
MORANO, Margarita	31-04 32nd St. #6	Astoria	11106
MORANO, Tony	31-04 32nd St. #6	Astoria	11106
OWENS, James P.	333 W. 57th St. #8C	N.Y.	10019
PUJOLS, Carmen	920 Riverside Dr. #7	N.Y.	10032
RUSSO, Maria	154 W. 73rd St. #4R	N.Y.	10023
STEWART, Mark K.	%JWThompson, 466 Lexington Ave	N.Y.	10017
VELAZQUEZ, David	2726 Wallace Ave., Bsmt.	Bronx	10467
WALDSTEIN, Shari	223 E. 5th St.	N.Y.	10003
			212-222-1783
			212-874-1348
			718-875-2835
			212-677-6200
			718-271-8574
			718-271-8574
			212-787-0995
			212-787-0995
			212-744-6699
			718-256-5649
			212-628-5902
			718-897-1039
			212-798-2402
			212-473-6352
			212-246-4512
			718-854-6153
			718-969-2686
			212-535-7477
			212-315-5812
			212-928-4187
			212-362-0474
			201-433-4155
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First Class



HANNAH HOLLAND
211 W 106
APT. 8C
NY, NY 10025

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 _____ APT. _____

CITY _____ STATE _____ ZIP _____

DATE _____ AMT. OF CHECK _____ NEW _____ RENEWAL _____

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

WHERE DID YOU HEAR OF NYCC? _____

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

1987 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

Don't be a fool...renew now