## July 1987

# SACIONA July PRESIDENT Martha Ramos 1987

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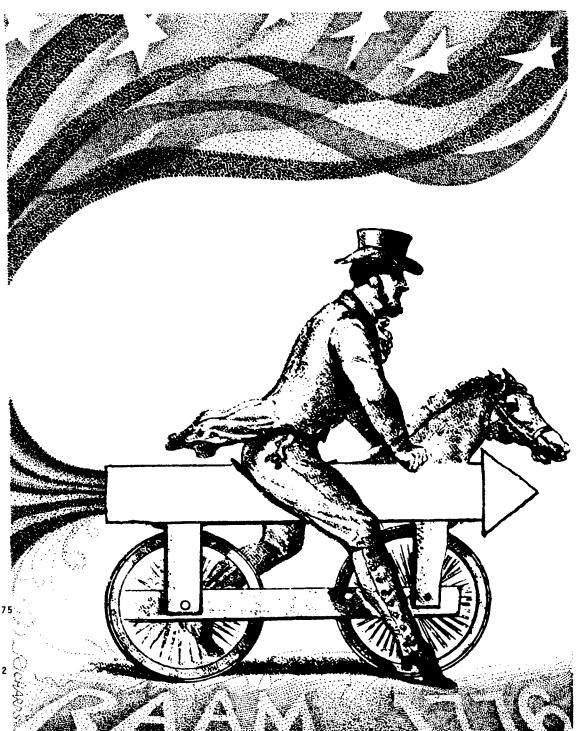
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#### GUIDELINES FOR CLUB RIDES

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 retuctant 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.

- 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.
- 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+ A A-	16-17 15-16 14-15	19-20 18-19 17-18	Sports	Vigorous riding over hill and dale. High regard for good riding style. Can take care of themselves anywhere. Stops every two hours or so.	1:12 - 1:17 1:17 - 1:23 1:23 - 1:30
8+ 8 8-	13-14 12-13 11-12	16-17 15-16 14-15	Tourists	Moderate to brisk riding along scenic roads, including hills. Destination not so important. Stops every hour or two.	1:30 - 1:39 1:39 - 1:49 1:49 - 2:00
C+ C C-	10-11 9-10 8-9	13-14 12-13 11-12	Sight- seers	Leisurely to moderate riding. Destination oriented: nature, historical, cultural. Stops every half hour or so.	2:00 - 2:14 2:14 - 2:30 2:30 - 2:48

\* New members can assess their probable riding class by riding 4 full laps around Cental 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.

#### Weekly Training Rides

HCCKIT TIGIL	totally reducing mesos		
Tuesdays/ Thursdays 6:00 AM	Leaders: Steve Baron (212-228-0555) & Caryl Hudson (212-595-7010) From the Tavern on the Green, Central Park. Call the evening before if you have questions.		
Tuesdays 7:û0 PM A /24 mi.	Leader: Andy Silverman (212-340-6670, of.) From the Tavern on the Green, Central Park. Join other "A" riders in reaching for higher levels of strength and endurance. Work on hill climbing and maintaining a steady pace.		
Wednesdays 6:00 AM	A PACELINE IN CENTRAL PARK. Leader: Doug Blackburn (212-685-9495) From the Tavern on the Green, Central Park. Continuing a three-year tradition, I'll lead the Wednesday morning Central Park training ride in Art Guterding's absence. We'll do 2 or 3 laps, depending on how we feel. Prompt departure no later than 6:01 AM.		
Wednesdays 7:00 PM	WEDNESDAYS IN THE PARK WITH MARTHA. Leader: Martha Ramos (718-858-9142) From Grand Army Plaza (across from Arch), Prospect Park. Join me for a mid-week bicycle interlude as we loop around the park. Riders will determine pace and intent of the group. If the weather is doubtful, call no later than 6:30 for cancellation decision.		
Thursdays 7:00 PM	Leaders: Debbie Bell (212-864-5153), Julie Steyaert (212-496-1213), & Marty Wolf (212-935-1450) From the Tavern on the Green, Central Park. Two or three laps around the park. Riders will determine the pace. July 2nd ride will be leaderless.		

- Thurs.-Sun.

  JULY 4TH WEEKEND ON SHELTER ISLAND. Leader: Debbie Bell (212-864-5153). An NYCC tradition continues at the incomparable Chequit wonderful meals, a relaxed atmosphere, and great biking for riders of all levels. Bike out on Thursday: drive; or take your unboxed bike on the LIRR or Sunrise Bus. Rates for three nights, six meals, gratuities, and tax: \$180-\$220.
- Thurs.-Sun. FOURTH OF JULY WEEKEND IN BEAUTIFUL PENN DUTCH COUNTRY. Leaders: Joe Furman (212-861-5067), Stu Greenberg (212-534-2935), & Mark Plant (718-805-0253). Over 200 bikers of all levels will converge on Millersville University (in the heart of Penn Dutch country) for their Annual Bikers' Jamboree. The price for 3 nights' accommodations, 8 meals, 30 ride options, full use of the University's facilities, and NYCC van transportation is an incredible \$118.
- Sat.Jul. 4 LEADERLESS "A" RIDE. Meet at the Boathouse at 9 AM.
- Sat.Jul. 4
  9:30 AM/
  10:30 AM
  10:30 AM
  C/CLE CIRCLE AROUND THE LADY. Leader: John Mulcare (718-672-5272) Meet at the Coliseum,
  Broadway & 60th St., at 9:30 AM or at the S.I. ferry (\$.25) at 10:30. We'll ride over the
  Bayonne Bridge, stop for lunch at Liberty State Park, continue up through Jersey, cross the
  GWB, and return to the Coliseum. Anyone wishing to return earlier will be led to the PATH
  (\$1.00) trains after lunch. See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."
- Sun.Jul. 5 HIGH TOR STATE PARK. Leader: Rick Plate (914-833-0965) From the Boathouse. We will go directly to the Park with one food stop, at a deli to pick up lunch for the park. There is a lovely pool, so be prepared for a dip if it is hot. We will do an "A" pace, no more, no less.
- Sun.Jul. 5
  7:30 AM
  B+
  110-122 mi.
  BEAR MOUNTAIN AND LAKE TIORATI. Leader: Irving Schachter (212-758-5738) From Maxwell's Plum, lst Ave. & E. 64th St. Let's go for a swim at Lake Tiorati. First we'll do a gentle eightmile climb up Bear Mountain. The return includes a super six-mile downhill. We will whisk up the east side of the Hudson and return via the west side. Bring food snacks; no stop for food until Bear Mt. (water and pit stops as necessary). We will test our mood to decide the length of the ride. Be prepared for hills, views, and a good time. Call before Friday for more
- Sun.Jul. 5
  10:00 AM Hotel at 59th St. & Fifth Ave. for a leisurely ride up and over. Your fearful leader (who believes you have to be crazy to be fearless) prefers to be a target for as few cars as possible on a day like this. See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."
- Tues.-Tues. GRAND TETONS, YELLOWSTONE, IDAHO, WYOMING, AND UTAH. Leader: Debbie Bell (212-864-5153). Seven days of dream cycling in some of the most beautiful country in the world.
- Sat.Jul. 11. KINGSTON ATTEMPT. Leader: Alex Bekkerman (212-213-5359, h.: 212-460-2220, of.) From the 6:30 AM Boathouse. This is not a double century, so you should not be prepared mentally. What you AA/ 185 mi. should be prepared for is a steady and demanding pace of about 20 mph. Call if you plan to go.
- Sat.Jul. 11 BROOKE SHIELDS DOESN'T GO HERE ANYMORE...BUT WE DO! Leaders: Bob Foss (212-227-5813) & Joyce Meyer (212-673-7692) From the Staten Island Ferry. Let's blast, let's do it fast, let's have a gas as we venture forth to Princeton! Collegiate looks and humor appreciated; "Pomp & Circumstance" will be hummed by the leaders. Pass/fail option or audit the ride! Rain cancels.
- Sat.Jul. 11
  11:GÜ AM
  C/CTramway Plaza, 59th St. & 2nd Ave. We'll see some parts of the city you don't usually see on our rides out towards the central and eastern parts of Long Island. See note at end of Rides Listing for "C Ride Recommendations and Cancellation Conditions."
- Sun.Jul. 12 WESTCHESTER HILLS. Leader: Christy Guzzetta (718-596-9833) From the Boathouse. Heading up(hill) to Westchester. Breakfast in Ossining/Peekskill. South over some very big hills and beautiful dams home. Two, maybe three, stops depending on weather. This ride will border on fast. Wet roads at start time cancel.
- Sun.Jul. 12 HALF DAY RIDE. Leader: David Moses (718-375-0816) From the Boathouse. Breakfast stop only on  $8 \pm 30$  AM this half-day ride to Piermont (or Nyack, if we start on time). Pace as advertised.
- Sun.Jul. 12
  9:60 AM
  870 mi.
  BEDFORD VILLAGE III. Leader: Maggie Clarke (212-567-8272) Meet at the Dyckman Triangle
  (20th St. & Broadway) for a pretty, rolling ride to the lovely, historic village of Bedford.
  Our route will cover most of the "Armonk Alternate" ride from last month, through the manicured lawns of the Westchester "burbs" and a nice piece of Greenwich. We will picnic on the New England-style Bedford Village green. Bring your low gears, money, and Metro-North pass for emergencies. 70% chance of rain cancels.
- Sun.Jul. 12
  10:uL AM
  C/C36 ml.

  ROCKAWAY BEACH. Leader: John Mulcare (718-672-5272) From 75th St. and Roosevelt Ave., Queens, opp. bus terminal ("E," "F" or No. 7 subway to Jackson Heights/Roosevelt Ave.). We'li make a stop at the Jamaica Wildlife Refuge, out and back, for the clean facilities they offer. Latecomers should note that we plan to stop at a deli on 129 St., then backtrack to about 126 St. for the start of the boardwalk on the public beach east of Jacob Riss and Neponsit beaches. Wear or carry your bathing suit if you choose. See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."

- GEAR '87 LONG ISLAND. The 24th Great EAstern Rally, at Stony Brook. Registration: Pam Tarry, GEAR '87, P.O. Box 7159, Hicksville, NY 11802 (516-265-3060, 5-9 pm, weeknights). NYCC rides to GEAR: Fri.Jul. 17 -- B+/B. Leaders: Debbie Bell (212-864-5153) & Sara Sloan (718-951-8017). From Tramway Plaza (59th St. & 2nd Ave.) at 8 AM (70 mi.) or the Statue, Queens ("E" or "F" train to Kew Gardens, Union Turnpike) at 9 AM (60 mi.). B-/C+. Leaders: Irv Weisman (212-650-8075, of.) & Maggie Clarke (212-567-8272). From 179th & Hillside, Queens (last stop on "E" or "F" train) at 9 AM (60 mi.). Mon.Jul. 20 -- B+/B and B-/C+ rides from Stony Brook to Queens. From starting point of GEAR rides at Stony Brook, 8 AM.
- Sat.Jul. 18 LEADERLESS "A" RIDE. Meet at the Boathouse at 9 AM. A
- Sat.Jul. 18
  "B, B+EACH." Leader: Brian McCaffrey (718-634-1742, h.; 212-886-9292, of.) From Brooklyn
  Bridge "IRI" subway stop, City Hall Park, Manhattan. Brooklyn Shore bike path, Coney,
  Sheepshead, Rockaway, Atlantic Beach, Long Beach, Pt. Lookout and back for a late lunch and swim at Rockaway Beach. Bring: swim suit, patch kit, tube, a nickel for the Atlantic Beach Bridge. Rain at 8:00 AM cancels.
- Sat.Jul. 18
  THE CLOISTERS AND WAVE HILL. Leader: John Mulcare (718-672-5272) From Statue opp. Plaza Hotel
  10:u0 AM/
  10:u5 AM (59th St. & Fifth Ave.) at 10 AM, or 178th St. & Ft. Washington Ave. at 10:45 AM. The Cloisters
  has suggested admission charges (we won't stay there long, so be guided accordingly) and the
  admission is \$2 (\$1 for seniors) at Wave Hill. See note at end of Rides Listings for "C Ride
  25/14 mi.
- Sun.Jul. 19 BAYVILLE BEACH EXPRESS. Leader: Lee Gelobter (516-887-4600, of.) From Tramway Plaza, 59th St & 2nd Ave. The tradition continues. Bring your bathing suit, towel, and favorite pool toy. Nuf' said.
- Sun.Jul. 19 A BULLY RIDE. Leader: Barbara Levitan (718-622-2869) From Grand Army Plaza, Brooklyn, at 8 AM/ 9 AM 8 AM, or the Statue ("E" or "F" trains to Kew Gardens/Union Turnpike) at 9 AM. An oldie but goodie to Sagamore Hill. Your leader is partial to the bagel joint in Syosset, so be prepared to carry lunch a few miles or forage in Oyster Bay. 75% chance of rain at 7 AM cancels.
- Sun.Jul. 19
  9:CC AM
  8/ 56 mi.

  A DRYER OSYTER. Leader: Ed Rudetsky (718-436-3475) From the Statue of Civic Virtue ("E" or temperatures, the distance will be halved.
- Sun.Jul. 19 OYSTER BAY. Leader: Sara Flowers (212-921-4317, of.; 718-544-9168, h.) From the Statue of 8:30 AM Civic Virtue ("E" or "F" trains to Kew Gardens/Union Turnpike). I'm going, too! I'll try to make it to Oyster Bay and/or Sagamore Hill (it really is a hill). Temperatures will dictate how far and how fast we go—the emphasis is on having a social time and staying cool.
- Sun.Jul. 19 BAGELS OR PANCAKES IN SYOSSET. Leader: John Mulcare (718-672-5272) From 179th St. & Hillside 9:00 4M Ave., Queens (last stop on "E" or "F" train). Have late breakfast pancakes in friendly's or bagels around the corner after traveling over the roads most frequently used by us in Nassau Conditions."
- Sat.Jul. 25 LEADERLESS "A" RIDE. Meet at the Boathouse at 9 AM. A
- Sat.Jul. 25 GREAT NECK, L.I. Leader: John Mulcare (718-672-5272) From 179th St. & Hillside, Queens (last 10:60 AM stop on "E" or "F" train). There will be a lunch stop in one of our favorite parks. See note C/C-/28 m1. at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."
- Sun.Jul.26

  ALL\_CLASS RIDE TO BETHPAGE. Join old and new friends for our second all-class ride of the season. Ride with one of the groups listed below, or meet us at Bethpage State Park (Long and restrooms. Rain cancels.
- 6:CO AM
  Leader: Bob Trestman (212-996-0358) From the Boathouse. A hilly ride (of course) through scenic northern Long Island on the way to Bethpage, with the now classic mass ride back to Central Park.
- 8:0C AM Leader: Debbie Bell (212-864-5153) From the Boathouse. I'll try -- no guarantees to avoid A-/ d5+ mi. the hills, using classic and not-so-classic roads through the beautiful North Shore.
- 9:00 AM Leader: Brian McCaffrey (718-634-1742, h.; 212-880-9292. of.) From the Statue, Queens ("E" or B+ "F" train to Kew Gardens/Union Turnpike). A North Shore ride, scenic, and some "B+" hills before joining the club at Bethpage. Be prepared to carry lunch five miles. Let's show Nassau our orange(?) and whites!
- 9:30 AM Leader: Martha Ramos (716-858-9142) From 179th St. & Hillside, Queens (last stop on "E" or "F  $^{8/50}$  m1. Heet for a pleasant B-paced ride to our annual Bethpage ride.

#### Sun.Jul. 26 -- All Class Ride to Bethpage (cont.)

- 9:00 AM Leader: Sara Flowers (212-921-4317, of.; 718-544-9168, h.) From 179th St. & Hillside, Queens C/C+ (last stop on "E" or "F" trains) Let's take a social ride to Bethpage Park. Be warned, however, that it's a long ride with a few hills. I invented the route--a mass of neighborhood streets named after flowers. Deli is a few blocks from the park entrance.
- Sat.Aug. 1 PRINCETON FREE WHEELERS 7TH ANNUAL BICYCLE RALLY. Rides available from 15 to 100 miles. Free A/B/C/D I-shirts if you register before July 22nd. Cost is \$7. Fill out enclosed application & mail it to The Princeton Bicycling Event, P.O. Box 185, Lambertville, NJ 08530-0185. NO RAIN DATE.
- Sat.Aug. 1
  A/B/C/D
  PRINCETON RALLY BUS RIDE. Leaders: Stu Greenberg (212-534-2935) & Martha Ramos (718-858-9142).
  You've heard the stories of the spectacular routes. Now's your chance to join in on the fun.
  We have chartered a bus that will take you and your bike to and from the Rally. The cost per
  person is \$20, payable before Fri.Jul. 24. Cancellations after the 24th are non-refundable.
  An opportunity to swap ride stories on the way back and a chance to display those NYCC jerseys
  all over New Jersey. Send checks, payable to Martha Ramos, at 75 Henry St., Apt. 23E,
  Brooklyn, NY 112C1. Call Martha after July 24th for details of the start time and bus
  location. NO RAIN DATE.
- PRINCETON RALLY BIKERS BACCHANALIAN BLOW-OUT. Leaders: Stu Greenberg (212-534-2935) & Mark Aug. 1-2

  PRINCETON RALLY BIKERS BACCHANALIAN BLOW-OUT. Leaders: Stu Greenberg (212-534-2935) & Mark Plant (718-805-0253). Join us and 1,800 of our dearest friends for a post-ride "Bikers A/B/C/D Bacchanalian Blow-Out." Then either stay up to gaze at the always-stunning western New Jersey sunrise or catch some Z's at the elegantly-appointed, French Second Empire period Rider Ritz (a nearby college dorm). The tariff for the latter (and this includes clean sheets, no less!) is a mere \$15 per person (double occupancy). On Sunday, we'll pour the disabled into a Suburban Line Bus (\$5.25 to the Port Authority, and they take unboxed bikes) and the surviving fittest will bike a relaxing 60 miles back to New York. That's all Debbie will allow me to say in print. To guarantee a reservation, call Stu before July 17.
- Sat.Aug. 1
  11:00 AM
  C/CWe'll cross the Brooklyn Bridge and do a bit of riding along the waterfront. After stopping at Nathan's to make our ride official, we visit the boardwalk for a glimpse at any bathing beauties who heard we were on our way. See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."
- Sun.Aug. 2 WESTCHESTER RAMBLE. Leader: Karen Reich (212-874-7923) From the Boathouse. Join me for a moderately hilly ride through scenic Westchester, to Kingsland Point Park for a picnic lunch on the Hudson. Rain cancels.
- Sun.Aug. 2 NORTH SHORE RAMBLE. Leader: Sara Flowers (212-921-4317, of.; 718-544-9168, h.) From the 9:00 AM Statue of Civic Virtue, Queens ("E" or "F" train to Kew Gardens/Union Turnpike). We will do the miles and the pace that the weather dictates. Maybe Bayville, maybe Great Neck, maybe Glen Cove. At any rate, we will have a good social trip. Be sure you have a water bottle. Cancellation conditions? I love light rain.
- Sun.Aug. 2
  10:00 AM
  C/C35 mi.

  TALLMAN MOUNTAIN POOL. Leader: John Mulcare (718-672-5272) From 178th St. & Ft. Washington
  Ave. ("A" train to 175th St.) Travel light to ease the pain in carrying your bike up and down
  the stairs we encounter these days crossing the GWB. Bring your bathing suit and a towel for
  your swim in the pool before or after our lunch on the lawn. We'll return on 9W to avoid any
  monster hills. See note at end of Rides Listings for "C Ride Recommendations and Cancellation
  Conditions."

Note for new "C" riders: Recommendations and Cancellation Conditions. Suggestions on what to bring for a more enjoyable ride: a helmet, spare tube(s), tire irons, patch kit, pump, lock, water bottles, and any tools unique to your bike; lunch or money for it; a copy of your medical coverage ID card: maps, compass: LIRR or Metro-North bike permits, if applicable. Cancellation conditions: wet roads; rain or forecast of 20% or more chance thereof; and/or winds in excess of 10 mph. If in doubt, call the leader at least 90 minutes before the scheduled time of the ride.

#### Ride Previews

- Aug. 8 WESTCHESTER VALLEYS. Leader: Bob Trestman (212-996-0358)
- Aug. 15-16 DELAWARE WATER GAP. Leader: Chris Mailing (718-847-8004)
- Aug. 15 NEW HOPE CARTOP. Leaders: Joe Furman (212-861-5067) & Stu Greenberg (212-534-2935)
- Aug. 21-23 SHELTER ISLAND WEEKEND. Leader: Martha Ramos (718-858-9142). C to 8+.
- Aug. 23 IN SEARCH OF THE NUDE BEACH. Leaders: Christy Guzzetta (718-596-9833) & Ione Ohman.
- Sept. 20 THE LONG ISLAND HI-POINT HUNDRED (SASE: Paumonok Bike Club, P.O. Box 7159, Hicksville, NY 118C2) and THE WESTCHESTER GOLDEN APPLE (details in later bulletins).
- Sept. 27 BILL BAUMGARTEN MEMORIAL ALL-CLASS CLUB RIDE TO KINGSLAND POINT PARK.



#### THE PRINCETON BICYCLING EVENT by Martha Ramos

This annual event, entering its 7th year, offers cyclists the opportunity to ride through the countryside in and around the Princeton area. Cyclists have been known to come from all over the Eastern United States and Canada to participate in this event. There are six rides to choose from, ranging from 15 miles to a hilly 100. Thus all types of cyclists can participate in this special event. Routes are pre-marked by the sponsoring Free Wheelers Club. Other services provided include maps, patch, light snacks, sag wagon, and free I-shirt (if you register before July 22nd).

In the past NYCC'ers who had cars or access to one were the lucky few who got to enjoy these spectacular rides. This year two NYCC ride leaders are organizing a bus trip so that all members can enjoy this event (see Rides Schedule for details). Even if you have a car, you just might have more fun on the bus. So, be quick, reserve your spot and see what all the excitement is about.

#### NEW HORIZONS FOR CARTOP RIDES

by Debbie Bell, V.P. Rides

"Where do you ride on the weekends?" We've all been asked that question many times, and the answer is invariably the same: "New Jersey (Nyack), Westchester (White Plains), Long Island (Syosset)."

But those destinations don't have to be the boundaries of our imagination. In May, Art Guterding and Roberta Pollock led a weekend to Virginia's Shemandoah National Park. In early June, Joe Furman and Stu Greenberg took more than twenty members out to New Hope for a day of biking and socializing.

As these leaders have already shown, there's an audience for new types of rides in addition to the traditional day trips which are the core of our riding schedule. What's required are imaginative leaders, rental vans, and bike racks.

Vans can be rented throughout the city. Stu Greenberg (212-534-2935) has already investigated most of them, and can steer you to the best sources. Joe Furman (212-861-5067) has two La Prealpina roof racks which carry four bikes each. He's offered to make them available to club members for a \$15 fee (plus a \$100 deposit which will be returned when the racks come back). That's less than \$2/bike. (Joe may be buying a different rack system, so this is a "limited time offer.") Add a couple of Allen racks to the van, and you've got space for 12-14 bikes and riders. Call Joe after July 20 if you'd like to take advantage of this offer.

If you have some favorite areas you already know -- or would like to know -- volunteer for a cartop ride

this year.

#### WAIVER

In consideration of the acceptance of my registration, I assume all risks associated with the participation in the Princeton Bicycling Event. I hereby release, waive, and forever discharge the Princeton Free Wheelers, Inc., Kopp's Cycles, Rider College, The Source Bicycle Shop, Inc. and any other persons and firms associated with this event from any and all claims or actions of any kind, for personal injuries and/or property damage I may cause or sustain while participating in this event or traveling to or from it.

ignature	Data
	Date
Parent or Guardian (if u	nder 18)
Date	

Make checks payable to "Princeton Free Wheelers, Inc." and mail TODAY to assure participation to:

The Princeton Bicycling Event P.O. Box 185 Lambertville, NJ 08530-0185

Pre-registration - \$7.00 (Must be postmarked by July 22, 1987 - NO EXCEPTIONS. Includes T-shirt.)

T-Shirt Size (Men's S - M	И - L - XL)		
	PERSON PER FO		
Name:			
Last	First	MI	
Address:			
City:	State:	Zip:	
Telephone: ()			
Phone: Emergency (			
Club Affiliation:			
Where did you hear about t	he event?		

## The Princeton Bicycling Event

## CHOICE OF ROUTES

There are six loops, with cue sheets, map overviews and full road markings. All routes start from Rider College at 7 a.m. for the 100 mile tours, 8 a.m. for 50 mile tours, and 9 a.m. for the 25 miles and 15-20 mile tours. Make combinations that are as easy or as challenging as you wish.

#### SUPPORT SERVICES

Local cycle shops will provide FREE, expert inspection and adjustment service at the start. A mobile on-call sag service will assist riders with mechanical difficulties throughout the day. At the end on the Event, sag wagons will "clear" each route. The Lawrence Township and Princeton Rescue Squads will be on call.

NO CONFIRMATIONS ARE SENT PRIOR TO THE EVENT.

FEES ARE NON-REFUNDABLE OR NON-TRANSFERABLE.

#### DOOR PRIZES

All riders pre-registered will participate in random drawings for valuable prizes.

FEE: \$7.00 (All applications postmarked after July 22, 1987, will be considered day-of-event registrations and will NOT be eligible for a free t-shirt.)

DATE: Sat. Aug. 1, 1987 (NO RAIN DATE)

TIME: Start 7 a.m. 100 mile

8 a.m. 50 mile

9 a.m. All others

(NO riders will leave after 10:30 a.m. and there will be an earlier cut-off for the longer tours. The event ends at 6 P.M. No services or personnel will be available after that time.)

LOCATION: Rider College, Rt. 206, Lawrence Township, Exit 69B at I-295

FACILITIES: Telephone, rest rooms, parking

HELMETS ARE STRONGLY RECOMMENDED!



Now about this one", I snapped sourly, "successful male professional of color, ambition and true grit... not yoooou", she hummed solemnly. "...with taste and means for the good

life and the God-given drive to go for it..."

"Dreck!" she sighs.

"Shush!

I'm in the middle of a concept".

"A terrible one".

"Exactly the idea", I say. " Every other Personal ad you see is written like that. Either a man who allegedly has "everything", or a woman looking for same, and nothing

"Still thy heart, friend. Not every woman is looking for that". My friend was reading my pulse with her eyes. "I've had that before, and it's

"Yeah", I muse, "but all the women who know this are friends of mine and older than me, and friends never seem to want to fall in love, or any other place, with friends". "We keep more friends that way".

"Back to the problem" I continue, "I've got none of the above, and all the above, it seems to be all people respond to. At this moment, I have to share a living space with someone else".

"So does Ivan Boesky, for a while at least", she answers sternly. "Having everything can get you in trouble, no matter how attractive it may seem. Besides", she says with a point-blank stare, "a man who doesn't have certain things..."

"...and a doctor's note to prove it", I add, smirking.

"...yes, has an advantage". "Great. I've been very unlucky at getting lucky, and all I have to show for it is a clean bill of health!

I'm not ungrateful, I'm just yearning, you know?

think your time is coming soon".

"Is this inside information or just a very

"How does your non-personal ad finish, anyway?" she asks, skillfully shifting the subject slightly.

"Also has a passion for fast cycling anywhere and everywhere. Has double bike rack on Ferrari GTO...

ONE writes anything that crass!" she yells.

"No? Try New York magazine, about six issues back! He goes on about his car, his country home, his sixfigure salary... "...his unfeeling wife..."

"Hey! You've met him too? How is he in the saddle?

"He probably doesn't ride, if that's what you're refering to", she chuckles. "Find a woman who rides, Barrett. That'll solve almost everything".

"On the first date, I hope".

"Sure she will", she says with cheer, and, in her best Mae West pose, adds, "just remember to wear your helmet"

(Part 1 of an occasional series)

#### A TANDEM OF WEDDINGS... by Cyclops

ROSEANN KORSA didn't ride Sunday, May 31; she was busy marrying Jack Graham, as announced in the Pebruary bulletin. To the strains of "Ave Maria" at their Bronx church wedding, and Irish ballads sung solo by her new husband, Roseann's marriage got off to a sound start. The wheels (auto) will also hum as Roseann and Jack commute from Greenwood Lake after their Catskills honeymoon.

There was a surprise wedding guest at their Riverdale reception. A friend of Roseann's brought ner fiance, who turned out to be NYCC A-rider JOHN LUBASKA! Tall John married petite blonde Liz (elly two weeks later, on Saturday, June 13, in Forest Hills. The Burns security officer (at 'fizer), and Fordham University secretary (at Lincoln Center) met on an AYH ski work weekend in Jovember 1985, and became engaged on Priday, June 13, 1986. After a honeymoon to Orlando, beginning on John's 33rd birthday, the lucky couple will live in John's Glendale apartment, from which John plans to lead family style C rides.

lay the magic of your most enchanting day roll on and on, John and Liz, and Roseann and Jack.

MOST TOYS.....

This column produced a good 26 pound bike for college for number one son for a modest sum. Now number two son, who is 6' 2\frac{1}{2}'' tall wants a bike for college. Call me at 228-0555 and talk to my answering machine, please.

Looking for handlebar tape with a little more insulation value and shock absorption? Slit an old inner tube at the seam and wrap it over the metal bar. Alternative: spend about fifteen bucks and four hours doing your bars with Rhode Gear leather wrap. Like building a set of wheels, everyone should do it once.

Rich Herbin has mastered building quartz-halogen bike lights for few dollars, including a charger that will run from a car battery. Don't tell him I told you. He'll sell the plans (want to go Into business for yourself?) for big bucks and a percentage.

Stay tuned for what we learn cruisin' RAAM next month.



## THE DEFINITIVE GLOSSARY OF ESSENTIAL CYCLING TERMS.

#### by Richard Sanders Rosenthal

AEROBIC: A pen, lighter, or razor designed to cut the wind.

AIR CHUCK: Expelling cheap meat.

ALCOHOL RUB: A Prohibition era murder. Also see Lubricant.

ALIGNMENT: How the nations of the world divide between the two great superpowers, France and Italy.

ALLEN SCREW: The acceptance of a gratuity by a federal executive branch employee for performing his official duties.

ALLOY NIPPLE: A surrogate mother e.g. Mary Beth Whitehead (no relation to Rebecca).

AMBULANCE: A sexually deviant professional athlete walking around.

"AMERICAN FLYER": A bad movie.

ARC WELDING: The method of manufacture for tandems in the Ur- Ararat stage.

ATALA: Manufacturer of stylish prison uniforms.

ATTACK: An object that makes you flat; the effect on one's stomach of repeatedly eating at fast food diners while on the race circuit; the Tour de Grenada. Also see Schroeder valve and stroke.

ATTIRE: A circular rubber object.

BASSO: Profundo.

BALL BEARING: A method for determining the proper angle of a saddle.

BEARING RACE: According to Tennyson, the whites in India.

BEARING SEALS: Pregnant walruses.

BIANCHI: A Mick cycle.

BICYCLE CAMPING: Being an exhibitionist or affecting outlandish behavior on wheels.

BICYCLE CLUBS: Frame pumps swung at charging dogs.

BLOCKING: Forgetting the name of your sponsor.

BLOW-UP: A tactic used in the '60s. Cf. Dropout.

BMX: Spot marked by child raised in the wild; see Ferrule.

BODY FAT: A historic winter training meal served in the Andes and Sierras.

BONK: An expulsion of air that indicates you love Frejus.

BOOTIES: Winter treasure.

### THE TRAIN IN SPAIN (The Ignominious End)

#### by Richard Sanders Rosenthal

A REVIEW: I've previously described in this piece my having endured a much too prolonged foreplay leading to an all too brief, however splendid ride along the Costa Brava. It was followed by the single most tedious day of cycling I've ever suffered. After hours of boredom I was willing to settle for just making it to the French border. A scant 2K from it a bartender told me there were still four more mountains to go. It was dark. It was raining. And I had had it. A mere 2K short of my goal I quit. I gave up. I capitulated. I retreated to the train station with bare minutes to catch the last train into France that day.

The Port Bou train station was just a few blocks away but not so close that I wasn't able to get lost getting to it. That was consonant with most of the day and a fitting conclusion to it. I rolled into the station six or seven minutes before my train's scheduled departure and raced from window to window to find the right one to buy an international ticket. I waited in one line. International tickets were sold in another one. I didn't have enough of the currency I needed and couldn't use the currency I had enough of. I raced wildly within the station, darting back and forth looking for a cambio to change money. I finally found some money in a previously untapped pocket. It was the right currency. I raced back to the ticket agent. He gave me the ticket. I looked up at the clock and the departure board. I had one minute to make the train. It was on Quai 2. I raced out to it with people yelling at me. I knew bloody damn well what they were yelling. They were yelling at me that I wasn't supposed to take a bike on the train, at least not without consigning it to baggage--that is, if there was a baggage car on the train. I didn't have time for that; nor would I leave my bike to follow me another day on another train. I had had it with Spain. I wanted out. Right then and there. I wanted to get back to a country whose money I had and whose language I could speak, however haltingly and primitively. To hell with all those people yelling at me.

I leapt onto the train—with only two or three seconds to spare. I was barely aboard when the train started to roll. I had made it! And within a second from the time the train started to roll I knew what everyone had been yelling at me. And surmised what the loudspeaker announcement had been as I raced out to the track.



I had been on the right track all right. But my train must have been late. This train took me right back into Spain. And I couldn't get off it until I was right back where I had begun the day's tedious cycling too many hours before.

#### POSTSCRIPT

As I complete this article, indeed as I write these words, I've just suffered a terrible setback. The day I describe in this article, now six years and a few months behind me, just became worse. I just hung-up from speaking to the French Railroad Office in New York to check my facts and recollections for this article and to confirm times. I feel awful. That office informs me the trip from Port Bou to Cebere, the first stop on the French side of the border, is...five minutes. Five minutes! There couldn't have been four hills in five minutes. Even if the tracks tunneled under mountains, there couldn't be four of them in that short span of time!

It now occurs to me maybe the bartender didn't understand me (or my hand gestures). Earlier in the trip I discovered a Charming village on the northwestern shore of Lake Constance in Switzerland, Stein-am-Rhein. I thought here was a place I could live. I would move here. Maybe organize a putsch to overthrow the government in order to install myself in office for the single purpose of keeping out all the tour buses. Then I thought, no, I could never learn a foreign language well enough to understand a joke in it. Certainly not at my age. Worse yet, I could never learn it well enough to be able to make a pun in it; and the idea of having to endure a single day without being able to make a pun undoes me.

It suddenly occurs to me, what if the bartender did understand me? What if he was joking?

OFFICIAL MINUTES

New York Cycle Club Board of Directors Meeting, 5 May 1987

O'Hara's

Attending: Martha Ramos, Hannah Holland, Debbie Bell, Barbara Levitan, John Mulcare, Josh Keller, Caryl Hudson, Jody Sayler, Ed Rudetsky, Sara Flowers, Steve Baron. Absent: Maxim Vickers, Lee Gelobter

Bulletins will not be stapled, but will be folded to mailing size by the printer at a very small additional cost. We will pay for the printing in advance as we cannot open an account with this printer. 600 bulletins will be printed for June.

The board approved supporting Rick and Jackie Platt's Bikeathon after the fact.

Phone and answering machine for club use: Barbara is still researching.

60-70 people attended the all class club ride in spite of threatening weather, which turned to rain.

April minutes were approved.

Josh Keller moved that the roll on the dinner table on your left is your roll. Motion passed. The meeting adjourned at 7:55 p.m.

Respectfully submitted,

Stevan A. Baron, secretary

## New Members

Membership as of June 1, 1987: 576

ALLEN, Richard M. BRENNAN, Suzanne M. CIRILLO, John CLARK, Greg CULLINAN, Denise P. DIAMOND, Leonard DIOVANNI, Anthony EBERHARDT, Suzanne FEUER, Steve GILBERT, Kathy J. GOLDBERG, Judith GORELICK, Amy GRAFF, Jan HANNA, Paul HEYMANN, Robert HOWE, Deborah ISRAEL, Liz KAYE, Patricia A. LARA, Debra LEVITT, Bert MACKERT, Evelyn MAHONEY, Albert MACCHAND, Jackie MCALLISTER, David OLSON, Richard R. OSZLAK, James PLANT, Malcolm POLK, Tom RAPPA, Leonard	300 E. 56th St. #30H 333 Rector P1.#2L (Battery Pk) 245 Ave. C #3F 2621 Palisade Ave. #9G 211 Clinton St. #1-C 2321 Wilson ave. 31-31 82nd Street #2F 453 Wesr 48th St. #3B 356 W. 21 St. 301 E. 78trh St. 170 West End Ave. #22N 77 Pilot St. 442 W. 57th St. #5-D 295 Bennett Ave. #5C 262 Court St. #2 76 6th Ave., 3d F1. 235 W. 102 St. #8T 33-33 71 St. #2 401 E. 65th Street  31-31 82nd Street #2F 279 16th St. 2d F1. 769 Union St. #4L 308 W. 90th St. 226 7th St. Rear Apt. A  66 Pearl St. #501 78-76 St. Marks Ave. #3B 731 N. Wood Ave. Ry 653	N.Y. Bronx B'klyn Bronx Jackson Heights N.Y. N.Y. N.Y. City Island N.Y. B'klyn B'klyn N.Y. Jackson Heights	10036 10011 10021 10023 10464 10019 10040 11231 11217 10025 11372 10021 11370 11215 11215 10024 07302	212-486-0249 212-945-2608 212-982-0931 212-601-7192 718-330-0461 212-881-2505 718-507-6309 212-246-5937 212-581-7066 212-581-7066 212-581-9650 212-304-8424 718-858-8895 718-398-1207 212-865-3021 718-458-7613 212-517-3052 718-624-0921 718-507-6309 718-965-1570 718-230-3415 212-496-6251 201-792-6330 212-825-1780 718-789-1516
OSZLAK, James PLANT, Malcolm POLK, Tom	66 Pearl St. #501	N.Y. B'klyn Linden, NJ N.Y. Forest Hills N.Y. N.Y. B'klyn B'klyn N.Y. B'klyn	10004	212-825-1780

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## Mystery of Disappearing Bicycles

By GEORGE VOLSKY cial to The New York Times

MIAMI, Oct. 18 - For several years, bicycles have been disappearing from lawns, garages and school grounds here almost as fast as some people could buy them.

Gary Silva, of Gary's Bike Shop of North Miami Beach, said: "Over 40 percent of the people who buy new bikes have them stolen within a year. Everybody around here knows that you cannot leave a bike outside the house

cannot have a bike obtained the nouse because it will be gone in no time."

The 1.7 million people of Dade County, which includes Miami, are estimated to own about 500,000 bicycles.

A lot of people, including some police officers, thought they had a pretty good idea where a lot of the stolen bicycles were going. They felt they were being smuggled to Haiti and other Caribbean countries where bicycles are the pri-mary means of transportation and a bike of any type brings a nice price.

Owen Lee, manager of Cycle World of Coral Gables, said, "For years the joke about stolen bikes has been: 'If you want to find yours go to Haiti."

Some police officers believe that as many as 50,000 stolen bicycles have been smuggled out of Florida annually over the last several years, mostly on board small- and medium-sized cargo vessels that average two trips a month between Miami and Haiti or other Caribbean nations.

Now, because of the action of an alert Miami city police officer, law-enforcement officials say they have proof of what they have long suspected.

The police on Monday seized five

boats at a nearby Miami River dock that were loaded with about 1,000 used bicycles, in addition to other merchan-dise. The police said most of the bicycles had been stolen.

The police arrrested three captains, Eric Wilfred, 61 years old, of Belize, and two Haitians, Louis St. Val, 34, and Joly Fortune, and charged them with grand larceny. The police said two boat

captains escaped.
"We have broken up a major international bicycle smuggling ring, Cori Zywotow, a spokesman for the Miami Police Department. "Since the arrests Monday, not a single boat has left the dock with bicycles aboard."

Local law-enforcement officials said it had been very difficult for them to obtain search warrants to board the small freighters in the Miami River in search of bicycles because their theft is not a major crime.

But on Monday, Officer Lunnon Sears, investigating an anonymous tip that four youths were stealing bicycles from the police pound, discovered a hole in the pound's wire fence. The pound, where abandoned and seized bikes are held, is about 300 yards from the river. Officer Sears followed a trail that led him to a nearby dock where several boats were tied up

When the beam of his flashlight illuminated the boats, Officer Sears saw bicycles piled on their decks. Three people seated nearby identified themselved as boat captains, and the officer asked for permission to go on board. It was granted. The police said his inspec tion was legal.

The officer noticed that many of the bicycles carried police pound tags. He contacted his supervisor, Sgt. Edward Westpy, for instruction and was told to ask the captains for proof of ownership.

#### Youths Ride Up on Bicycles

Shortly afterward, Sergeant Westpy arrived at the dock. The captains could not explain satisfactorily how they obtained the bicycles and the two police officers arrested them and seized the boats with bicycles, four under 100 feet in length and a 110-foot freighter.

As the officers were searching the ships, they said, several youths rode bicycles onto the dock and asked if someone wanted to buy them. They fled when they realized the police were

when they realized the police were around, Sergeant Westpy said.
"It is known all over the county that these captains buy bicycles," Sergeant Westpy said. "The going price per bike is \$10, regardless of whether it is a new 12-speed one, or whether it is a battered pld one. In the grapevine they are talled 'crack bikes' because the going price of crack cocaine is \$10."

On Tuesday, Sergeant Westpy said has a new sign appeared on the dear.

hat a new sign appeard on the fence of he dock: It read: "No Bicyles."

#### **NEW YORK CYCLE CLUB**

MONTHLY MEETING

Tuesday July 14



#### O'HARA'S

120 Cedar Street New York, NY 10006

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DAVID WALLS TEAM RAAM TELLS ALL WITH STORIES AND SLIDES. COME CELEBRATE AND WELCOME DAVID BACK HOME TO THE NEW YORK CYCLE CLUB.

Join us at 6pm for spirits or bubbles and schmoozing Dinner starts at 7pm

Fixed Price\*

Meat, fish or poultry \$10 7.50 Vegetarian

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.

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Deadline for the August bulletin is July 14.

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#### APPLICATION FOR MEMBERSHIP IN THE NEW YORK CYCLE CLUB

I know that bicycling is a potentially hazardous activity. I represent that my physical condition and the condition of my equipment is to the best of my knowledge adequate to allow me to participate in NYCC activities. i assume all risks associated with such activities, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release the NYCC, its Board of Directors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in NYCC acitvities.

	SIGNATURE			
ADDRESS			PHONE(H)	
CITY	STATE	ZIP	PHONE (W)	
DATE	AMT. OF CHECK	NEW	RENEW	
CIRCLE IF APPLICABLE: I published in the bulleting	do not wish my (addre n semi-annually.	ss) (phone number)	listed in the roster which is	
WHERE DID YOU HEAR OF NY	cc?			
			er:	

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 020877 Brooklyn, N.Y. 11202-0019