

March
1987

New York March Cycle Club 1987

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RIDES PROGRAM

Compiled by Debbie Bell, V.P. Rides

GUIDELINES FOR CLUB RIDES

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

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

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

RIDE AND RIDER CLASSIFICATION					Self-Classification Central Park Times 4 full laps = 24.5 miles*
Ride Class	Average Speed (not incl. food stops)	Cruising Speed	Riders	Ride Description	
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. Stops every half hour or so.	2:00 - 2:14
C	9-10	12-13			2:14 - 2:30
C-	8-9	11-12			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.

This month's rides program includes three training series designed to enhance your riding skills. The long-established "A" Training Program, coordinated by Josh Keller, features eight weeks of rides, each with two leaders to accommodate a larger range of riding abilities. Distance and speed will gradually increase during the series, but these are not race-paced rides. They are non-competitive. steady-paced, cooperative rides which stress riding style and group riding techniques (including pacelines).

Christy Guzzetta has contributed a Special Interest Group (SIG) Progressive "A" Ride Series for riders who have never before ridden on "A" rides (or those who haven't in a long time), and want to achieve that goal in 1987. He plans to schedule approximately 17 rides, ending with a full-fledged "A" ride in late June. The emphasis will be on gradually acquiring the conditioning, techniques, and equipment needed to participate comfortably in "A" rides.

For C/B- riders, we offer Irv Weisman's Progressive "B" Training Rides, designed to train cyclists ultimately for rides of 50-75 miles at a moderate B-/B pace. Irv's series begins this month in the "C" category and will move into the B classification in the coming months. If participation warrants, Irv may extend the rides to a full century by September.

And for those who want simply a social ride on a beautiful early-spring day, we offer a full range of B and C rides, coordinated by Sara Flowers and John Mulcare.

Happy cycling!

Debbie Bell
V.P. Rides

Sat.Feb. 28 PRE-RIDE INSTRUCTIVE SESSION. Leader: Jack Goldman (212-286-9895) Meet promptly at 9 AM at the Boathouse for moderately-paced laps. Group riding techniques, form and cadence emphasized. 9:00 AM 42x17 recommended. Note: this ride is open to everyone; lap times approx. 20 min. No cowboys. A/A-

Sat.Feb. 28 "A" TRAINING RIDE NO. 1. Leaders: Jay Rosen (718-857-2610) & Herb Dershowitz (212-929-0787) 9:30 AM From the Boathouse to Piermont. Precip./temp. below 32 F cancels. A/A- /45 mi.

Sat.Feb. 28 DIAL-A-"B"-RIDE. Leader: Sara Flowers (212-921-4317, of.; 718-544-9168, h.). Are you B interested in riding today? Although I may or may not be riding (depending on the weather), I will try to get interested riders and leaders in touch with each other. Call if the weather looks promising.

Sat.Feb. 28 DIAL-A-"C"-RIDE. Leader: John Mulcare (718-672-5272). If the forecast is promising, call me C before 8 PM the evening before. First caller may help select destination. If I am unable to ride (not likely), I'll try to put interested riders in touch with each other. Temp. below 40 F, any precip., wind in excess of 10 mph, and/or any snow or ice on roads cancels.

Sun.Mar. 1 "A" TRAINING RIDE NO. 2. Leaders: Alan Zindman (212-989-8529) & Rich Herbin (212-666-2162) 9:00 AM From the Boathouse to a destination to be announced. Paceline training. Precip./temp. A/A- /50 mi. below 32 F cancels.

Sun.Mar. 1 STATEN ISLAND. Leader: David Moses (718-375-0816) Take the 9:30 ferry and meet me at the 9:55 AM Staten Island landing. Don't miss the boat for this perennial favorite. Be prepared for B /45 mi. possible windy conditions near the shore, and bring money for an indoor lunch stop.

Sun.Mar. 1 BARGAIN HUNTING. Leader: Elly Spangenberg (212-737-0844) From Woodlawn & Jerome, Bronx (last 9:00 AM stop on No. 4 train). Does your weekend cycling activity prevent you from shopping for C clothing bargains? Combine the two activities with an easy-paced ride to a factory clothing outlet in Mt. Kisco. Return on Metro-North; call leader for further details. Must have 35 mi. Metro-North bike permit, \$5.25 for train fares, money or credit card for shopping, lunch and lock. Temp. below 32 F, any precip., wind in excess of 15 mph, and/or any snow or ice on road cancels. Joint AYH.

Sat.Mar. 7 PRE-RIDE INSTRUCTIVE SESSION. Leader: Jack Goldman (212-286-9895) Meet promptly at 9 AM at the Boathouse for moderately-paced laps. Group riding techniques, form and cadence emphasized. 9:00 AM 42x17 recommended. Note: this ride is open to everyone; lap times approx. 20 min. No cowboys. A/A-

Sat.Mar. 7 "A" TRAINING RIDE NO. 3. Leaders: Chris Mailing (718-847-8004) & Lee Gelobter (718-646-7037) 9:30 AM From the Boathouse to Park Ridge. Precip./temp. below 32 F cancels. A/A- /50 mi.

Sat.Mar. 7 Special Interest Group PROGRESSIVE "A" RIDE SERIES NO. 1. Leader: Christy Guzzetta 9:00 AM (718-596-9833) From the Boathouse. First ride of this series. Nyack. It just has to go to --> A the Skylark Diner. Every "A" rider has been to the Skylark Diner a million times. Most "B" 46 mi. and "C" riders as well. This group might as well start off there too!! Maps will be available. We just want to go out for a ride today, introduce ourselves, work some rust out, get out on the road. Wet roads cancel. Rain date, Sun., Mar. 8.

Sat.Mar. 7 FLAGSHIP OF THE FLEET. Leader: Ed Schweber (212-567-2661) From Woodlawn & Jerome, Bronx 10:00 AM (last stop on No. 4 train). Ride to the Flagship Diner in White Plains for brunch. Return via B- Scarsdale. Join me for this "B" training ride. Temp. below 30 F: 70% forecast of precip. 35 mi. cancels. If in doubt, call at 9 AM.

Sat.Mar. 7 THE BRONX'S LITTLE ITALY AND HALL OF FAME. Leader: John Mulcare (718-672-5272) From the 10:15 AM Statue opposite Plaza Hotel (59th St. & Fifth Ave., Manhattan). Get those cobwebs out of your legs and some nourishment into your stomach and your brain. Bring money for lunch in Little C-/C Italy, and a bike lock. Dress warmly; if the Hall is really a hall, it has some huge holes in 25 mi. its walls. No rush on this trip. Temp. below 40 F, any precip., wind in excess of 10 mph and/or any ice or snow on roads cancels.

Sun.Mar. 8 "A" TRAINING RIDE NO. 4. Leaders: Maxim Vickers (718-728-7179) & Steve Baron (212-228-0555) 9:00 AM From the Boathouse to Syosset. Precip./temp. below 32 F cancels. A/A- /60 mi.

Sun.Mar. 8 PROGRESSIVE TRAINING RIDE, "C" TO "B" NO. 1. Leader: Irv Weisman (212-650-8075, of.). Meet at 10:30 AM East 72nd St. & Fifth Ave. entrance to Central Park for our first "C" to "B" Training Ride, 4 C times around the Park. We'll get in some miles and assess our present riding conditions. If 25 mi. you are interested in this series, do come out to meet your fellow participants and to indicate your interest in the series. Cancelled if predicted high is less than 40 F or 50% chance of rain.

Sat.Mar. 14 PRE-RIDE INSTRUCTIVE SESSION. Leader: Jack Goldman (212-286-9895) Meet promptly at 9 AM at the Boathouse for moderately-paced laps. Group riding techniques, form and cadence emphasized. 9:00 AM 42x17 recommended. Note: this ride is open to everyone; lap times approx. 20 min. No cowboys. A/A-

- Sat.Mar. 14 "A" TRAINING RIDE NO. 5. Leaders: Chris Mailing (718-847-8004) & Art Guterding (212-415-8920, 9:30 AM of.) From the Boathouse to Nyack. Precip./temp. below 32 F cancels.
A/A- /55 mi.
- Sat.Mar. 14 Special Interest Group PROGRESSIVE "A" RIDE SERIES NO. 2. Leader: Christy Guzzetta (718-596-9833) From the Boathouse. Ride No. 2 on this special series. To Scarsdale Village. 9:00 AM --> A An easy-going pretty ride along a country river in the Bronx. What did I say? Now we know 42 mi. who's coming out, who's fixing to ride on "A" rides this 1987. Next week, the fun will start ...next week, we'll begin doing some "A" ride stuff. Wet roads cancel. Rain date, Sun., Mar. 15.
- Sat.Mar. 14 NYACK AND BACK. Leader: Edwin Rudetsky (718-436-3475) From the Boathouse at 9 AM or the GW 9:00/9:45 Port Authority Bus Terminal (Ft. Washington side) at 9:45 AM.
B Northward toward Nyack / And what could be finer
55/40 mi. Than pancakes for pennies / At Ye Olde Skylark Diner.
Return by the River / It's beauty discover
(Tho' marred by the last hill -- / A hell of a mother!)
Rain, ice, tornadoes / Tsunami, snowslide...
With eye-popping cold / Should cancel this ride.
- Sat.Mar. 14 JACOB RIIS BEACH. Leader: John Mulcare (718-672-5272) From 75 St. & Roosevelt Ave., Queens 10:00 AM ("E" or "F" trains to Jackson Heights/Roosevelt Ave.) We'll make a stop at the Jamaica C-/C Wildlife Refuge, then off to lunch (bring or buy) at the beach, and a swim if you like, at your 30 mi. own risk. Temp. below 40 F, any precip., wind in excess of 10 mph, and/or any snow or ice on roads cancels.
- Sun.Mar. 15 "A" TRAINING RIDE NO. 6. Leaders: Rich Herbin (212-666-2162) & Josh Keller (212-674-0955) 9:00 AM From the Boathouse to Tarrytown and White Plains. Precip./temp. below 32 F cancels.
A/A- /65 mi.
- Sun.Mar. 15 SCOUTING RIDE. Leader: Alinda Barth (718-441-5612, h.; 212-305-3732, of.) From the Statue, 10:00 AM Queens ("E" or "F" train to Union Turnpike/Kew Gardens). In the mood for adventure? Help B/B+ Alinda scout her next ride on Long Island. Call for info. If you can't reach her at home 45 mi. call her work number. (Alinda works very peculiar hours.)
- Sun Mar. 15 PROGRESSIVE TRAINING RIDE, "C" TO "B" NO. 2. Leaders: Irv Weisman (212-650-8075, of.) & Arlene 10:00 AM Ellner (212-677-3306). Meet at the GWB Bus Terminal ("A" train to 175th St.) for our first C training ride into NJ; 37 mi. (4 hrs. riding time), with optional 31 miles for those wanting 37/31 mi. less miles. Buy picnic or indoor lunch, depending on weather. Cancelled if predicted high is less than 40 F or 50% prediction of rain.
- Sat.Mar. 21 PRE-RIDE INSTRUCTIVE SESSION. Leader: Jack Goldman (212-286-9895) Meet promptly at 9 AM at 9:00 AM the Boathouse for moderately-paced laps. Group riding techniques, form and cadence emphasized. A/A- 42x17 recommended. Note: this ride is open to everyone; lap times approx. 20 min. No cowboys.
- Sat.Mar. 21 "A" TRAINING RIDE NO. 7. Leaders: Chris Mailing (718-847-8004) & Debbie Bell (212-864-5153) 9:30 AM From the Boathouse to White Plains. Precip./temp. below 32 F cancels.
A/A- /60 mi.
- Sat.Mar. 21 Special Interest Group PROGRESSIVE "A" RIDE SERIES NO. 3. Leader: Christy Guzzetta 9:00 AM (718-596-9833) From the Boathouse. A good portion of this ride will be ridden in a pace- --> A line!!! To White Plains. Relax, now--we're just going to get a little taste today. This 52 mi. paceline will not (repeat "NOT") be fast. All we want to do is get some of the moves down, learn some technique Speed will not be a factor. Wet roads cancel. Rain date, Sun., Mar. 22.
- Sat.Mar. 21 OYSTER BAY-SYOSSET ROUNDABOUT. Leader: Martha Ramos (718-658-9142) From 179th & Hillside 10:00 AM Ave., Queens (last stop on "E" or "F" trains). Join me for an early season (for me) training B /40 mi. ride. Lunch will be indoors. Temp. below 45 F or precip. cancels.
- Sat.Mar. 21 RIVER VIEW PARK, WEST NEW YORK, NEW JERSEY. Leader: John Mulcare (718-672-5272) Meet at the 10:00/10:30 Statue, opposite Plaza Hotel, 59th St. & Fifth Ave., at 10 AM, or at the GWB Bus Terminal, C-/C 178th St. & Ft. Washington Ave. ("A" train to 175th St.) at about 10:30 AM. See the Hudson 32/18 mi. River from both sides, ride along the Jersey River Road, ride or walk up the Palisades, and enjoy your lunch (buy or bring) in one of the nice Jersey parks overlooking the Hudson Temp. below 40 F, any precip., wind in excess of 10 mph, and/or any snow or ice on roads cancels.
- Sun.Mar. 22 "A" TRAINING RIDE NO. 8. Leaders: Alex Bekkerman (212-213-5359), and Clay Heydorn & Simone 9:00 AM Smith (914-941-5013) From the Boathouse to Bayville. Precip./temp. below 32 F cancels.
A/A- /70 mi.
- Sun.Mar. 22 A QUIET CORNER OF NASSAU. Leader: Alinda Barth (718-441-5612, h.; 212-305-3732, of.). Meet at 9:00 AM the Statue on Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens) for an easy, flat B ride to an area of Nassau County we don't often get to. Lunch on Long Beach, indoors or out, 45 mi. as the weather dictates. Rain cancels. Call if in doubt.

- Sun.Mar. 22 10:00 AM C+ 37 mi. PROGRESSIVE TRAINING RIDE, "C" TO "B" NO. 3. Leaders: Irv Weisman (212-650-8075, of.) & Ed Flowers (718-544-9168) Meet at the GWB Bus Terminal ("A" train to 175th St.) for a faster tour of the 37 mi. loop (3-1/2 hrs. riding time), with a 31 mi. bail-out loop available. Buy picnic lunch or eat indoors depending on weather. Cancelled if predicted high is less than 40 F or 50% prediction of rain. Rain date, Sun., Mar. 29.
- Sat.Mar. 28 9:00 AM A/A- PRE-RIDE INSTRUCTIVE SESSION. Leader: Jack Goldman (212-286-9895) Meet promptly at 9 AM at the Boathouse for moderately-paced laps. Group riding techniques, form and cadence emphasized. 42x17 recommended. Note: this ride is open to everyone; lap times approx. 20 min. No cowboys.
- Sat Mar. 28 9:30 AM A/A- /65 mi. "A" TRAINING RIDE NO. 9. Leaders: Chris Mailing (718-847-8004) & Debbie Bell (212-864-5153) From the Boathouse to Nyack, with cornering drills. All those wishing to participate in the drills must appear at the Skylark Diner at noon. Precip./temp. below 32 F cancels.
- Sat.Mar. 28 9:00 AM --> A 56 mi. Special Interest Group PROGRESSIVE "A" RIDE SERIES NO. 4. Leader: Christy Guzzetta (718-596-9833) From the Boathouse. Orangeburg. It's the end of March, already the 4th ride of the S.I.G. We've all been out on the first three rides already. Starting to feel pretty comfortable. In a paceline, again, riding a wheel, spinning pretty smooth. Already... the progress is evident. Three more months from today--I'll be on "A" rides. Wet roads cancel. Rain date, Sun., Mar. 29.
- Sat.Mar. 28 10:00 AM B /40 mi. SYOSSET-OYSTER BAY ROUNDABOUT. Leader: Martha Ramos (718-858-9142). From 179th & Hillside Ave., Queens (last stop on "E" or "F" trains). Missed last week's ride? Then join me as we reverse the route. Temp. below 45 F, precip. cancels. Lunch will be indoors.
- Sat.Mar. 28 10:30 AM C 20 mi. BIKE AND SWIM. Leader: Elly Spangenberg (212-737-0844) From 59th St. & Fifth Ave., Manhattan. Swimming in March (the January Bike and Swim ride was snowed out)! Cycle to Fordham University and use their Olympic-sized pool and sauna. Bring \$5 admission fee, bathing suit, towel, lock for gym locker, lunch or money, lock and cable for bike. Temp. below 32 F, any precip., wind over 15 mph, and/or any snow or ice on roads cancels. Joint AYH.
- Sun.Mar. 29 9:00 AM A/A- /70 mi. "A" TRAINING RIDE NO. 10. Leaders: Maxim Vickers (718-728-7179) & Steve Baron (212-228-0555) From the Boathouse to Rockland County. Precip./temp. below 32 F cancels.
- Sun.Mar. 29 9:00 AM B 55/45 mi. BRUNCH IN WHITE PLAINS. Leader: Debbie Bell (212-864-5153) From the Boathouse. An easy-going ride out of the city before the traffic gets heavy, heading into Westchester. Modest hills near White Plains, but we'll take our time. Brunch at the famous Flagship, or if the weather is fantastic, a picnic at Silver Lake. Return from the Bronx on the subway, or ride back to the Boathouse for beer. Precip./temp. below 35 F cancels.
- Sun.Mar. 29 10:00 AM C+ 40 mi. SCOUT CHERRY BLOSSOM RIDE. Leaders: Irv Weisman (212-650-8075, of.) & Maggie Clarke (212-567-8272). Meet at the GWB Bus Terminal for last week's raindate ride of 37 mi. or to scout next month's Cherry Blossom Ride. We'll ride to Blossomland from the GWB rather than from PATH as will be done next month. Hill-climbing capability needed on the return route to the GWB. Bring or buy lunch near the park. Cancelled if predicted high is less than 40 F, or 50% prediction of rain.
- Sat.Apr. 4 8:30 AM A/A- /70 mi. "A" TRAINING RIDE NO. 11. Leaders: Chris Mailing (718-847-8004) & Lee Gelobter (718-646-7037) From the Boathouse to White Plains/Harrison/Greenwich. Precip./temp. below 32 F cancels.
- Sat.Apr. 4 B 50+ mi. "B" TRAINER. Leader: Sara Flowers (718-544-9168, h.; 212-921-4317, of.). Sara will not be riding, but she will put you in touch with an authentic ride and ride leader which will put you in riding trim! You will have to get particulars by calling Sara.
- Sun.Apr. 5 8:00 AM A/A- /80 mi. "A" TRAINING RIDE NO. 12. Leaders: Alex Bekkerman (212-213-5359) & Art Guterding (212-415-8920, of.) From the Boathouse to Tomkins Cove. Precip./temp. below 32 F cancels.
- Sun.Apr. 5 B 50+ mi. "B" TRAINER. Leader: Sara Flowers (718-544-9168, h.; 212-921-4317, of.). Sara will not be riding, but she will put you in touch with an authentic ride and ride leader which will put you in riding trim! You will have to get particulars by calling Sara.
- Sun.Apr. 5 10:00 AM C/C- 32 mi. GREAT NECK, I. Leader: John Mulcare (718-672-5272) From 179th St. & Hillside Ave., Queens (last stop on "E" or "F" trains). There will be an indoor lunch stop unless it's warm enough to eat in one of our favorite parks. Temp. below 40 F, any precip., wind in excess of 10 mph cancels.

Ride Previews

- Apr. 11 "A" TRAINING RIDE NO. 13. 8:30 AM from the Boathouse.
 Apr. 12 "A" TRAINING RIDE NO. 14. 8:00 AM from the Boathouse.
 Apr. 18 "A" TRAINING RIDE NO. 15. 8:30 AM from the Boathouse.
 Apr. 19 "A" TRAINING RIDE NO. 16. First century! 9:00 AM from the Boathouse.

- Apr. 26 FIVE-BORO BIKE TOUR (Marshals' Pre-Ride on Apr. 12).
- May 3 NYCC ALL-CLASS CLUB RIDE, TALLMAN
9-10 TOSRV
17 MONTAUK
- 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.). B+ 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, 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 available at March meeting or by sending SASE to Debbie Bell, 526 West 113 St., NYC 10025.
- July 26 NYCC ALL-CLASS CLUB RIDE, BETHPAGE

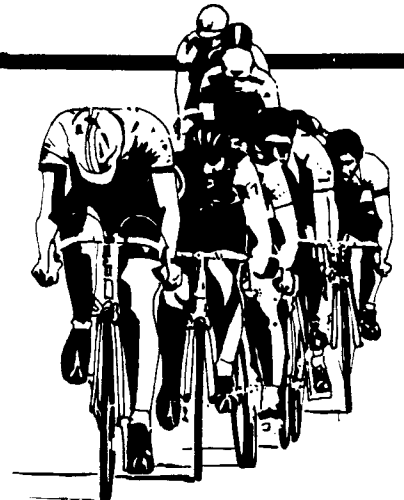
S.I.G. -
Progressive "A" ride series

Christy Guzzetta
718-596-9833

This S.I.G. begins on Saturday March 7th, 1987 (rain date - Sunday March 8th) with ride # 1 of a progressive "A" ride series. It is instructional in nature and geared for those individuals who have never before ridden on Club "A" rides - or haven't in a very long time - and want to in 1987. Consisting of approximately 17 rides (one per weekend), it will culminate on the weekend of June 27/28...when we will all ride on a regularly scheduled Club "A" ride. And - anyone who comes along on all of the rides - will be awarded a beautifully designed prize certificate.

There are really only 3 basic requirements necessary for enjoying Club "A" rides: (1) conditioning, (2) equipment, and (3) technique. We will cover them all in this S.I.G. ...while we ride. Early on in the series, we'll work on building a base of miles, getting to know one another, and picking up some good riding technique. Then, as the series progresses, we're going to work on getting real smooth and real fast!

For information sheet and/or details, call....OR.... show up for the rides (listed in ride schedule).



DIE HARDS: For the curious who were not out in 50° weather on February 15, Herb "Nothing Cancels" Dershowitz was at the Boathouse at 10:00 a.m. on his crotch rocket. "Steve's wife", Roberta, who was en Vitus and with camera has the pictures to prove it. Also seen in the park were Dave Walls, Steve Pollack and Bob Trestman. (Reported by Caryl Hudson to this writer. She was in her silver streak bicycle best togs, but, alas, her feet were encased in Adidas as she was only doing her morning run).

HELP THE NYCC SUPPORT DAVE WALLS IN RAAM

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

PROGRESSIVE TRAINING RIDES, FROM C TO B

Irv Weisman

If you prefer a more modest training program than the others being offered by the Club, join my C to B Progressive Training Ride series. It starts in March with C level rides (9-10 mph) and is planned to progress to B level rides (12-13 mph) of 75 mi. by mid-June, in time for summer tours and longer rides. We will be doing our training on a series of interconnecting loops in NJ and Rockland which I have developed over the years, and which will incorporate my 50 mile "Club Route". The starting and return sections are common to all the rides, while the loops enable us to vary the lengths of the rides in 12 mile increments, from 25 mi. to 100 mi., with enough variation in terrain and scenery to prevent boredom. Learn the routes and then lead, or co-lead, some of them yourself.

But a word of caution is in order. You may think that because I am starting out this series as a C or C+ rider, and never was any stronger than a B rider, that these rides will not challenge you. Don't be misled. There are demanding hills out there. And I, with increasing age, have shifted to using my brains to augment my decreasing brawn. So I design gearing for both myself and others in accordance with the Weisman - Shleifer Formula for Lowest Gear, for touring cyclists between 20 and 60 years of age, namely: Lowest Gear = $\frac{1}{2}(100 - \text{Age})$. A 50 year old should have a Lowest Gear of 25 inches, or lower. My own "working" low gear is 32", while my Lowest Gear, for severe conditions such as the Clinton Ave. climb up the palisades at the end of the day, is 23". (If you don't know what is meant by "gear", ask your club-mates - that's what club-mates are for - and/or read a book on cycling. Although you may not care much for technical details, if you want to become a competent cyclist, you have to know what is going on with you and your bike. Blissful ignorance is not the way to competence.)

The first ride in the series is intended to be a local 25 mile ride and also a Self-Classification Ride to assess our conditions after a winter of sloth, bon bons, and degeneration. And, should you want to do so, we can discuss your gearing for happier touring. The succeeding rides will start at the George Washington Bridge Bus Terminal, at 178 St. & Fort Washington Ave. (175 St. station on the A train), and will escalate from 37 to 75 miles by doing the loops a bit slower at first, then doing them faster. So, if this is the series for you, join us on the very first ride so that I can assess its appeal to the membership and decide whether it should be continued into April, May, etc.

RAAM PREP REPORT - Budget

David Walls

Organizing to compete in RAAM seems to be as complex and costly as planning and executing a military invasion.

The RAAM Budget is drawn up from the experience of previous competitors and designed to promote maximum efficiency for crew and rider. It was prepared with the expectation of obtaining corporate sponsorship. Should such sponsorship not materialize the race will go on with appropriate adjustments made where feasible.

Equipment	\$10,000.
(3 complete bicycles, 8 wheels, 40 tires 1 disc wheel, spare parts)	
Clothing	1,500.
Tools and supplies	1,000.
Vehicles - rent and fuel	8,950.
(1 motor home, 2 vans)	
Communication equipment	5,000.
Air Fare	4,000.
Specialists Salaries	5,000.
Food	3,000.
Contingencies	2,500.
	<hr/>
	\$40,950.

Equipment is the linchpin of the effort. One bike will be used in the day, one at night, with the third being a backup/ special hill bike. Parts are needed for every eventuality; no reliance can be made on stores along the route. It is worth noting that for the JMO I took an extra set of wheels and all the spare parts in my possession. We did need the extra wheels. It seemed most of the competitors in contention had more equipment.

Clothing, while small in cost, is an important item. Frequent changes will promote good hygiene which is one ingredient of survivability. It is also necessary for a good representation for sponsors and rider/team morale.

Tools and supplies are meant to cover needed tools and consumable items.

Three vehicles are needed. One van needs to accompany the rider at all times, carrying the spare bikes and parts, the food and water, the mechanic, the navigator and the driver. The motor home provides the necessary flexibility for crew and rider to sleep when necessary, and for food preparation. The third vehicle scouts the route, keeps tabs on competitors, goes for supplies, and is a backup to the pace van.

Communications among the vehicles and with truckers, police, and officials has been proven to be very important.

Airfare is needed to get everyone to the start in San Francisco.

Specialists in physical therapy, bike mechanics, and nutrition are vital to keeping the rider in the race.

It is interesting to note that the qualifying race in Arizona cost me about \$2,000 or about 16% of the proposed budget. The distance of that race is about 17% of RAAM.

Future reports will deal with organization, fund raising, and training.

The tremendous planning, training and mental support given me by members of the NYCC is most appreciated. Thank you to each one of you.

2:45 p.m. Wednesday, August 31. The climb through the woods skirting Fougères is infinitely easier than the four-year-old memory of it. We emerge out of the trees into the hilltop pastures around which the road wraps. Horses graze behind a log fence.

I ride conservatively, making optimal use of the tailwind. This is the warmest part of a day and, although it is not truly hot, I manage to find the high sun oppressive; at this stage of wear, any excuse to be cranky will do.

This is not a time for heroics, but for invocation of every psychological ploy designed to just plain get your ass there. The fact that there are less than two hundred miles left helps - gone too far to give in at this point. Then, of course, I am wearing my Alma Mater's colors which I am committed to carry all the way to Brest and back. The clusters of children watching the passage of heroes through every little town on our way are also a great boost. At one point, where they are brandishing plastic liter bottles full of water, I stop to replenish my liquid supplies and instantly have a pile of autograph books thrust into my hands; it is so easy to be a celebrity here!

Where have John and Mike disappeared? I am all alone on the road, except for occasional small groups of red or blue-numbered riders, still full of steam, barreling past me. I ride through Ambrières without stopping, just a mental note of the siesta-hour quiet, the emptiness of the bridge-side café and an old lady knitting on a stoop. By Lassay, I need a caffeine fix. The barmaid indifferently drops a cube of ice into the warm Coke at my request; evidently a beat American cyclist does not make her day. I resume riding.

At Chardrigne, a brief cloudburst chases me under the cover of a barn door, already harboring a bunch of French cyclos. The rain is gone before we can decide whether to don our jackets or not and we strike off into the refreshed air. It is not very far now, but that ridiculous slope south of N12 is a bitch. The steering rattles trying to escape from my tired grasp. I end up getting out of the saddle to quiet the bike down as much as to apply the essential muscling. Finally, I crest and zip down to Hardanges. In another half-an-hour, I alight at Villaines. John is already gone, but Mike is there waiting: he too is wasted.

The food alone does not quite do the trick; my eye wanders towards the medical compound. Flat on the massage table, I let the teenage masseur have his way with my unwilling quads. He kneads and chops with abandon and in five minutes, my muscles are persuaded to continue.

Mike and I start off with a large group of riders. One of them, a superbly lean and tanned blue-numbered specimen, fills us in -- incorrectly as it turns out -- on the battle being waged by Susan Notorangelo against a determined Marseillais bid for the ladies crown. Eh bien: c'est la vie! We are quite preoccupied with our own little struggles here, actually.

The descent towards the Sarthe is fast and periodic rainshowers keep the pavement moist, so the brakes are being occasionally invoked. Some cars coming up already have their headlights lit, but we hold it off for as long as it is legally arguable. Somewhere before Fresnaye, we finally stop both to turn our generators on and to deploy our raingear since the showers are growing in intensity. As we race through the town, I catch a glimpse of a pile of bikes leant against the wall of an inn and hear table-setting clatter coming out of the open dining room windows there. Evidently a French club is settling in for the night avec tout confort.

The wind is coming in gusts, driving heavy clouds up from the West, though there is still plenty of sky visible between them. It is raining far to our left and occasionally lightning silently rips apart the darkness way over there; the thunder does not reach us. We watch the show with uneasy fascination: it's nice to be high and dry, but those poor riding devils! As we pedal by a roadside farmhouse, the fermier putting in her garden, apron and all, waves and calls out: "Bonjour à Paris!" Would we love that!

Just as the darkness is about to assume the consistency of pitch, they flag us down for yet another "secret" contrôle. This one is set up on a grassy bank in the back of a camper. There is some backlog at the stamping station since traffic is heavy and a good-natured argument gets underway between the controller and a squad of newly-arrived speed fiends of the red-numbered variety about the order in which the route cards are supposed to be taken. The rules carry the day and the green numbers (that is us) come first.

When we complete the climb to the uplands where N155 runs, the darkness is total. Far ahead, clustered lights of towns and villages blink feebly, disappearing and re-emerging as we follow the deeply trenced contours of the land up and down. Mike is beginning to inquire whether we are there yet; I placate him as best as I can. The trenches keep getting deeper until the screeching dive into the deserted center of Mamers. We hand-over-hand it up the other side once the momentum runs out. After the short-lived respite offered by the bleak streetlights, the blackness of the country is doubly shocking. The roller-coaster is turning into a refined torture: not only are the climbs excruciating and the downhill nerve-wracking, but the lay of the land conspires to hit us repeatedly with high beams of the upcoming traffic as it would crest a ridge nearest to a valley we happen to be negotiating. We are being blinded at 30 m.p.h.!

Up; down; up again. Will it never end? Mike's queries grow in frequency and my replies lose a lot of cordiality. Finally, the lights of Bellême float into view, though to get there we first race the wind to the very bottom of the last valley and then engage our grannies to grind it up the poplar-lined wall into town. With out tongues hanging out, we stagger into the contrôle door. It is 11:40 p.m.

We are greeted by John and the sight of Dick Seebode (Columbus AYH, Ancien de P-B-P '79) seated at the bar with a drink in his hand. Dick has rented a room in a local motel, for which he is soliciting shares, because his reservation in Paris is not effective until 4 p.m. tomorrow and, with barely 100 miles left, he figures he may as well get a good night's sleep. The motel is too far back down the hill for our liking and we do not have any incentive to sleep late either. Will it be the restaurant tables, like four years ago? Well, it turns out that some progress has been made and some sleeping facility has been set up. We find out how to get there.

The supper is light; I am just too beat to eat. We remount our bikes and follow white arrows drawn on the pavement into a very dark space surrounded by tall walls. Persistent groping yields a door handle which admits us into a roofed area incompletely covered by snoring cyclos. We stake out a plot next to a wall (the floor is slightly softer than bare boards) and I still have enough left in me to remove my sweaty jersey and put on a turtleneck sweater before a complete loss of consciousness occurs upon the assumption of a horizontal position.

IT ALL starts routinely enough. You, with all stately resolve, decide that this morning's pre-breakfast ride will **not** be yet another run-for-the-roses affair. Leaving about an hour ahead of the A.M. Brat Pack will leave you alone with your thoughts just long enough to do some good--when was the last time you were truly alone with your thoughts?--and besides, does every weekend have to shape up like a USCF training event?

Then again, you may enjoy the frenzy of speed which is the natural by-product of two or more able-bodied cyclists pushing together against morning's cold air. (Almost sounds illicit, doesn't it?). You like your thinking cap, but say it won't fit under your Bell Stratos, and with unstately resolve light off across the tarmac with nary a look back. So there!

I do a lot of thinking from behind the handlebars, and my best thinking is best done alone and with the afterburners capped. It's bad enough that my daily commute too often resembles a scene from *The Stunt Man*, so I have to throttle-back somewhere, and the open road is it.

It hasn't been easy, though. I **do** have to leave early enough to avoid the Squadron and the subsequent excuses for not joining them this time out. (Tell 'em the real reason and they'll either a) take the matter too personally, or b) think you as having gone 'round the bend...in more ways than one). An Early departure also means minimizing the chances of one of your shoulder-hog buddies zipping up behind you, wanting to play TIE-fighters-and-X-wings all the way to Nyack. And not taking "no" for an answer.

Remember the TV commercial for the '69 AMC Javelin, wherein a quite milqetoast Mr. Average gets wowed and challenged at every street light simply on account of driving American Motors' slick new number? That's the sort of action I started to get when I started riding the Moulton to Nyack. Yes, I'd be lying if I said I hated all the head-turning attention the bike gets, but I'd also be fibbing more than a bit if I said that this attention never gets a bit claustrophobic at times. There's almost always the dreaded three-word question when someone rolls up alongside: "What'll she do?" And always the need to come up with a witty but not too smug reply, lest I start something I'd be loathe to finish. Once or twice someone will flash by, make a slightly disparaging remark about the Moulton's tiny wheels (hence its nickname, Tiny Dancer), and promptly disappear, in essence provoking a roadside call to arms. The first time this happened I simply ignored the challenge; the second time, feeling a bit devilish, I gave my would-be assailant about an eighth of a mile, engaged the 62/18 Rocket Sprocket (aye, I've got a thing for nicknames), and demonstrated just how fast those 17" wheels could go, with Zzipper assist. (Once I passed him, he put two and two together and drafted me for several miles. Served me right). The third time was with some guy with a CRC jersey and a natty Olmo. This time out, he caught fire and I got smoked, badly.

Win or lose, sometimes you just don't feel like playing the game. Maybe it was staring at those 31 birthday candles in January that got me started on this, but I've **never** been one with Lightning Lad's legs or lungs, simply above average, like all the kids in Lake Wobegon. And all the bananas and Powdermilk biscuits within reach won't change much, nor would I want it to. A few days will be swift ones, you-know-whats to the wall and all that. Other days, I'll follow the cadence of the soul, the clouds and my thoughts of the moment.

And I'll do it while no one's looking.

In attendance were Martha Ramos, Lee Gelobter, Maxim Vickers, Arlene Brimer, Jody Saler, Hannah Holland, Ed Rudetsky, Debbie Bell, John Mulcare, Caryl Hudson, Steve Baron.

General discussion included: we should all encourage dinner at regular meetings to begin promptly at 7:00 so programs can begin/end earlier. Everyone should be seated as close to 7:00 as possible.

Debbie Bell will maintain files of all available information that she receives regarding other club rides and tours. Caryl Hudson will keep a file of other club newsletters that are received.

Ed Rudetsky recommended that we try a new printer, Dandy Printing of Brooklyn for newsletters as they are substantially less expensive than our current source. He will check out messenger services and will bring samples of Dandy's paper and printing to the next board meeting.

Jody Sayler advised that her annual program list includes 4 race related programs, 4 touring related programs, 2 technical and 2 general programs.

Lee moved that Club Jerseys be sold at \$37 until the stock runs out. Motion passed.

Lee moved to give \$1277.14 to Dave Walls' RAAM Fund. This will be the total net proceeds from jersey sales when all jerseys are sold. Also included in the fund will be all donations and contributions received for this purpose. Lee will keep a separate accounting of this money. Motion passed.

Thru Maxim, Larry Rutkowski's fiscal 1986 Treasurers report was submitted. Cash as of 12/30/86 was \$3,124.57.

Lee submitted a report of anticipated revenue from jersey sales.

Correction on last months minutes: our current printer charges \$.47 per newsletter, not \$.30 reported. Debbie Bell handed out ride leader awards, not ride awards. Art Guterding's name was deleted from the Wrong Way Corrigan award.

Respectfully submitted,

Stevan A. Baron
Stevan A. Baron, secretary

New Members -- compiled by Arlene Brimer

AHLERS, Le Grande J.	333 W. 57th St.	N.Y.	10019	212-315-5812
BRADSHAW, Tucker				
CARLSON, Sally S.	127 W. 96th St. #16G	N.Y.	10025	
CARR, John	660 Arnow Ave. #2B	Bronx	10467	212-882-3397
EINSTEIN, Alan D.	25 Washington Ave.	N.Plainfield, NJ	07060	201-757-4658
FRIEDLAND, Joel	495 W 186th St. #4H	N.Y.	10033	212-927-8046
GERTLER, Richard	111 Hicks St. #24H	B'klyn	11201	
GUTTMAN, Lorelei				
HOLTZMAN, Roberta	151 E. 81st St. #36	N.Y.	10028	212-744-6572
ITKOWITZ, Jay	442 54th St.	B'klyn	11220	718-439-7138
KOSAKOFF, Debra	30 Dogwood Lane	Sands Point, N.Y.	11050	516-883-3091
LEOUSSIS, Fay	442 54th St.	B'klyn	11220	718-439-7138
SLAVIN, Barton	78 Eighth Ave.	B'Klyn	11215	
STANTON, Gregory M.	33 W. 88th St. #3	N.Y.	10024	212-724-2759
UELLEDAHL, Beth	400 W. 23rd St. #4K	N.Y.	10011	212-924-4950
WITKIN, Jim	434 E. 89th St #1A	N.Y.	10128	212-860-4360

NEW ADDRESSES

FELDMAN, Scott E.	Grand Central Ste, Box #6513	N.Y.	10163-6022	718-996-2399
WEINSTOCK, Amy	78 8th Ave. #5G	B'klyn	11215	718-783-4084

NYCC MEMBERSHIP AS OF 2/1/87: 675



Jan. 87

G'day from Sydney.
Very hilly, and hot. Mid
Summer here, many rides to
the beaches, strong surf.
Rode through bushland, and
state park land.

paddled into Sydney from
Suburbs. Their motorists are almost
as bad as N.Y.'s, but on the
whole are a bit more considerate,
and everyone smiles at you.
Riding on the left hand side is
scary at first, but as they say
"No worries, mate!"

see ya, Charles Agius

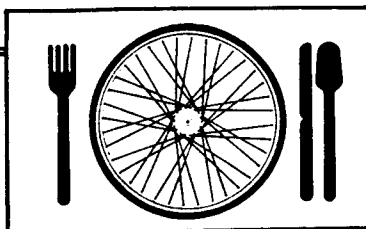
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NEW YORK CYCLE CLUB
MONTHLY MEETING
Tuesday March 10, 1987



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

CAMPAGNOLO

Pat Clay and John Sipay of Campagnolo-New Jersey are coming to talk to us about the design of their "World Standard" cycling components.

John Sipay is head of the technical support staff who run their traveling repair shop/ pit stop for such races as the Tour de France, Coors, and the World Championships. You can imagine he has a few stories to tell us.

The technical focus will be on the design, development and quality of their system. They will also present their new Syncro shifting system-their answer to Shimano. This should be interesting - Campagnolo rarely has to answer to anyone. Come join us.

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 \$2. surcharge will be added to dinners ordered after 7PM

ARRANGED BY JODY SAYLER V.P. PROGRAMS

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

CONTRIBUTORS: Your editor has access to excellent copying equipment but WILL NOT ACCEPT handwritten copy. Use the guidelines below for dimensions - if it doesn't fit, it won't go in.

0% reduction - copy measures 7" x 9" or two columns 3½" wide
25% reduction - copy measures 10" x 13½" or two columns 4½" wide
35% reduction - copy measures 10½" x 15½" or two columns 5½" wide

BLIND CYCLIST living in Queens would like someone to captain his Schwinn 5-speed tandem 1-2 times a month. Call ED EAMES 718-657-3868

BICYCLE TOUR IN FRANCE: I'm planning to tour the Loire Valley and maybe Brittany or Normandy, visit Paris for a few days. This is my first trip to Europe and I need help planning. I would like to hear from anyone who has toured Europe by bicycle, and the company of any 'B'riders who would like to tour with me for in June or July-dates not set yet. Please call after 7pm-DAVID C. MILLER 212-794-9365.

FOR SALE: Pony folding 3-speed-ideal for commuting-very good condition-\$100. Blackburn rear rack-new-black-brake bolt mount-\$20. Rigid rims-new-36 holes-reinforced eyelets-27½ or 27 1/8 clincher-\$20. Detto Pietro leather shoes size 46 cleats-worn once-\$15. Bata Biker canvas shoes-11½-worn twice-\$10. DAVID C. MILLER 212-794-9365 after 7pm.

THE NEW YORK BICYCLE TOURING GUIDE - 2,000 miles of cyclist-tested routes criss-crossing the state. Four separate routes, strip maps and descriptive brochure. Request free flyer from BILL HOFFMAN 53 Claire Ave.#3C, New Rochelle, NY 10804

Restored '61 Carlton frame(23") w/new parts(incl TA, Campy) to build fixed gear bike.\$200.
'66 Russian road racer, chrome/green 56cm frame. Crankstand derailleur like '60's Campy. \$300.
BRUCE COLVIN 718-934-2660 evenings.

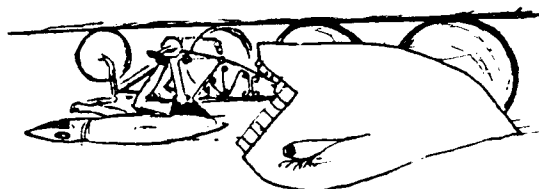
FOR SALE: 53cm Cuevas
20" CROTCH ROCKET Aluminum mountain bike.
Call HERB 212-929-0787

COVER: The maze of spring cyclists is Lorenzo Perrone's farewell to New York cycling - he's returning to Milano. Let's hope he'll keep in touch, and perhaps even lead a Giro d'Italia next summer.

First Class



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Hannah Holland
211 West 106 Street
New York, 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

Have You Renewed Yet?