

May
1987

New York Cycle Club

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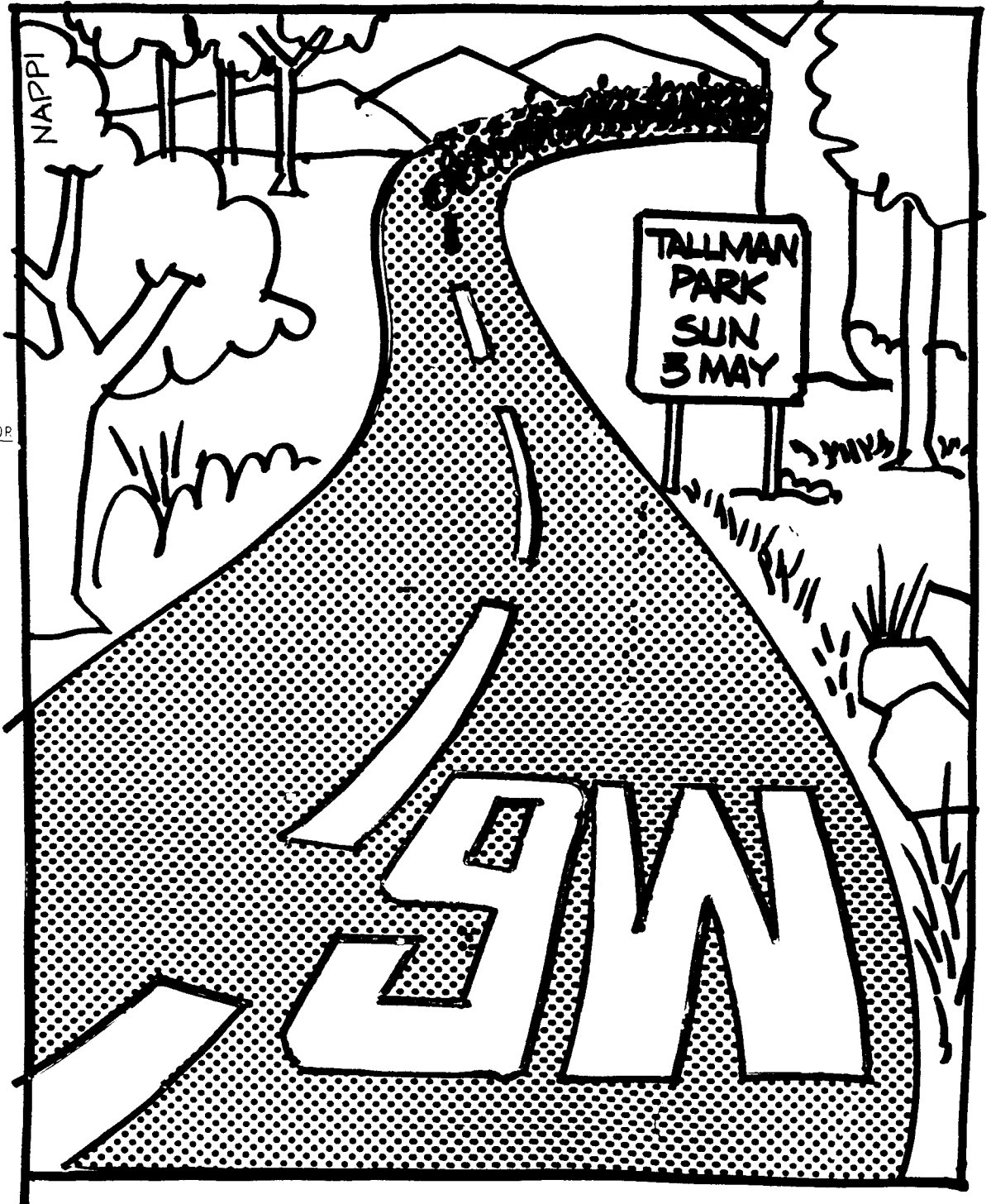
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RIDES PROGRAM

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

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

Weekly Training Rides

Tuesdays/
Thursdays
6:00 AM Leaders: Steve Baron (212-228-0555) & Caryl Hudson (212-243-0763). From the Tavern on the Green, Central Park. Call on Monday/Wednesday evening if you have questions.

Wednesdays
6:00 AM Leader: Art Guterding (212-415-8920, of.) From the Tavern on the Green, Central Park. Meet for a few friendly "A"-paced miles before work.

Thursdays
7:00 PM Leader: Debbie Bell (212-864-5153) From the Tavern on the Green, Central Park. Two or three laps now that the park is closed to car traffic at 7 PM. Riders will determine the pace.

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

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

Sat. May 2 11:00 AM C/C- 25-30 mi. FLUSHING MEADOWS PARK, ROOSEVELT ISLAND, ETC. Leader: John Mulcare (718-672-5272) From Tramway 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 Listings for "C Ride Recommendations and Cancellation Conditions."

Sun. May 3 7:30 AM A+ /80 mi. ALL-CLASS CLUB RIDE TO TALLMAN. Join one of the rides listed below or come out on your own for a 1 PM picnic lunch, followed by the traditional group ride back to the city. This will be a happy occasion, with the new club jerseys and David Walls, who will represent us in RAAM next month. We hope to have "Official RAAM Buttons" for sale; the NYCC RAAM fund "pickle jar" will definitely be there. Tallman is on Rte. 9W, south of Piermont. We'll be in the North Hills Picnic Area, at the end of the road past the ball fields and parking lot. Rain cancels.

9:00 AM A /75 mi. Leader: Doug Blackburn (212-685-9495) From the Boathouse. It's been two years since I've led a club ride, but I'll think of something interesting.

9:00 AM --> A 76 mi. Leader: Christy Guzzetta (718-596-9833). Special Interest Group Progressive "A" Ride Series No. 9. From the Boathouse. To the All-Class Club Ride picnic at Tallman. 55 miles to lunch, then ride home with the Club. Through Ft. Lee and over to Saddle River Road. A 15-min. deli stop at Elmer's -- we want to arrive at Tallman all together at 1 PM. We'll also quickly pick up a "bag lunch" in Piermont for the picnic. No other stops planned, except for flats and breakdowns. The ride home is purely social. I'm wearing my club jersey for this one.

9:30 AM/ 10:15 AM B+ /55/45 mi. Leaders: Debbie Bell (212-864-5153) & Barbara Levitan (718-622-2869) From the Boathouse at 9:30 AM, or the GWB at 10:15 AM. The traditional route to Nyack via Orangeburg and Bradley Hill. We'll join the others in Tallman for lunch and the parade back to Central Park.

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

9:15 AM B- 45 mi. Leader: Maggie Clarke (212-567-8272) From 178th St. & Ft. Washington Ave. Come with me for a pretty ride through the Bergen and Rockland "burbs" and reservoir country before touring Tallman via the bike trail.

10:00 AM C/C- 35 mi. Leader: John Mulcare (718-672-5272) From 178th St. and Ft. Washington Ave. ("A" train to 175th St.) See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."

Fri.-Sun. May 8-10 SKYLINE DRIVE, SHENANDOAH NATIONAL PARK. Treasurer: Roberta Pollock (212-864-6182, h.; 212-305-6836, of.); Cyclist: Art Guterding (212-415-8920, of.) Leave Friday afternoon by rental van; trip filled (10 riders) as of mid-April, but call if you'd like to be placed on the waiting list. Friday night at Quality Inn, Front Royal; Saturday at Skylands Lodge on the Drive. Lodging and transportation costs, \$102.75.

Sat. May 9 8:00 AM A 120 mi. CAMEL CARAVAN. Leader: Rich Herbin (212-931-8000, of.; 212-792-5438, h.) From the Boat-house. My favorite ride through Upper Westchester and Putnam Counties. Picnic lunch in a hilltop cemetery with a commanding view of Piano Mountain. Be ready for views of numerous NYC reservoirs, a few tough hills, and long miles of fast cruising. Ride will be shortened if the weather isn't perfect.

Sat. May 9 8:00 AM --> A 104 mi. Special Interest Group PROGRESSIVE "A" RIDE SERIES NO. 10. Leader: Christy Guzzetta (718-596-9833) From the Boathouse. Reservoir ride. For fun, we'll ride along the pretty bike path to the Kensico Dam. We'll make a quick 15-min. 7-11 stop in Scarsdale, 20 mi. north. Real food won't happen until Tommy's Restaurant, 52 mi. out. Back through Bedford Village, White Plains, to a deli stop at Heathcote Corners, Scarsdale. We'll roll on home to the Boat-house kind of slowly after this long, nilly, Westchester journey. Rain date: Sun., May 10.

Sat. May 9 8+/8/8- NOT SO IMPROMPTU... Leader: Sara Flowers (718-544-9168, h.; 212-921-4317, of., before 4 PM). Unfortunately, my riding status is still uncertain, but give me a call as early in the week as possible so I can put you in touch with others who want to ride. If you call me well in advance, I can help you with routes and maps. And, if you plan to ride yourself, why not give me a call so I can put some other club riders in touch with you?

Sat. May 9 9:45 AM C/C- 25/30 mi. LIBERTY PARK, NJ. Leader: John Mulcare (718-672-5272) From Tramway Plaza, 59th St. & 2nd Ave. We'll leave promptly at 9:45 AM, aiming for the 10:30 Staten Island ferry (\$.25). If you can't make the midtown start, meet us at the ferry. We may return by PATH (\$.75). See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."

- Sun. May 10 7:30 AM A 110 mi. **SKYLINE NORTH.** Leader: Maxim Vickers (718-728-7179) Springtime version of our September romp in the Ramapos when a participant was heard to note wistfully, while gazing across Greenwood Lake, that on a day like that there was nothing wrong with the world. Come and see why (at a rigorous "A" pace). From the boathouse, with two snacks and a lakeshore lunch. Rain cancels. P.S.: bring gears (no kidding!)
- Sun. May 10 9:00 AM B / 50 mi. **A MOISTER OYSTER.** Leader: Ed Rudetsky (718-436-3475) From the Civic Virtue Statue ("E" or "F" train to Kew Gardens/Union Turnpike). Leave Queens behind and discover another world in Oyster Bay. Cancellation conditions: precipitous plunge in the Dow Average or rain.
- Sun. May 10 10:00 AM C/C- 36 mi. **JACOB RIIS BEACH AND BREEZY POINT.** Leader: John Mulcare (718-672-5272) From 75th St. & Roosevelt Ave., Queens, opp. bus terminal ("E", "F", or No. 7 subway to Jackson Heights/Roosevelt Ave.). We'll make a stop at the Jamaica Wildlife Refuge on the way. Anyone who is thinking of taking a dip in the ocean is out of his/her mind, but come anyway -- we'll wait for you. See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."
- Sat.-Sun. May 16-17 6:30 AM A/A- 250 mi. **5TH ANNUAL MONTAUK TWIN CENTURY WEEKEND.** Leader: Marty Wolf (212-935-1460). As in years past, we'll take a central Long Island route on Sat., but will return on Sun. on the same route that AYH will be using for their ride out to Montauk (wave to your friends!). Our group will stay in a motel in Montauk on Sat. night (after a fabulous seafood dinner). Call Marty for further details, motel phone number, and meeting place.
- Sat. May 16 A **LEADERLESS "A" RIDE.** Meet at the Boathouse at 9 AM.
- Sat. May 16 9:00 AM B/B+ 50 mi. **SOUTHERN LONG ISLAND.** Leader: Alejandro Caycedo (718-739-4648) From the Statue of Civic Virtue, Queens ("E" or "F" train to Kew Gardens/Union Turnpike). Travel through small, scenic towns, from Kew Gardens to Freeport, and loop up to Eisenhower Park. Group riders welcome; loners may go ahead. 50% chance of rain cancels.
- Sat. May 16 10:00 AM / 10:45 AM C/C- 28/14 mi. **THE CLOISTERS AND WAVE HILL.** Leader: John Mulcare (718-672-5272) From Statue opp. Plaza Hotel (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 Recommendations and Cancellation Conditions."
- Sun. May 17 5:30 AM 115 mi. **MONTAUK CENTURY.** This annual AYH ride from Jamaica Station, Queens, to the tip of Long Island is the flattest century in our area. Return on the NYCC bus (see below) at 3:00 PM, or on the AYH train (\$15). You must purchase a train ticket in advance from AYH (212-431-7100; 75 Spring St., NYC).
- Sun. May 17 3:00 PM **THE RETURN FROM MONTAUK: DOING IT IN STYLE.** Leader: Bob Trestman (212-996-0358). Thirty riders will enjoy a chartered bus back to Queens and Manhattan. Protective cardboard will be provided for your bike; bring a bungee and pedal wrench. Nothing cancels! Cost: \$20. Call Bob for information.
- Sun. May 17 4:30 AM --> A 125 mi. **Special Interest Group PROGRESSIVE "A" RIDE SERIES NO. 11.** Leader: Christy Guzzetta (718-596-7833) Montauk Point! From the Fountain in front of the Plaza Hotel. We'll meet up with many bikes at the Jamaica Train Station for a long, very long, flat, very flat, ride. Better be in shape for this one. Figure on 120-125 mi. from Manhattan, about 110 from Queens. First stop is breakfast, 45 mi. east of Jamaica. Second stop is about 35 mi. east of that. Third stop -- Montauk! It's important that we're steady, disciplined, co-operative, and in a good mood for this ride. It's a long day, a long ride. Call AYH (212-431-7100) for return information reservation; or Bob Trestman (212-996-0358) for 3 PM club bus; or the Hampton Jitney (212-936-0440) for a flexible return schedule.
- Sun. May 17 8:30 AM B+ 75 mi. **BAYVILLE-CENTRE ISLAND.** Leader: Irving Schachter (212-758-5738) From Maxwell's Plum, 1st Ave. & E. 64th St. Tour the North Shore briskly, but see the sights and enjoy a picnic with good companions. If you've been to Bayville but haven't toured Centre Island, you haven't seen it all. It's worth many repeats. Call before Fri. if you need more info. Joint AMC.
- Sun. May 17 9:00 AM B- 63 mi. **PROGRESSIVE TRAINING RIDE, "C" TO "B" NO. 6, 63 IN 8.** Leader: Irv Weisman (212-650-8075, of.) From the GWB Bus Terminal (178th St. & Ft. Washington Ave.; "A" train to 175th St.). We add a loop in Rockland County to the 50-mi. Club Route to get a 63-mi. ride in low traffic density suburbia at 11 mph avg. road speed. Rolling, scenic terrain with several demanding hills. Picnic lunch at Wood Dale Park; bring or buy. Gears in the low 30s are needed. (I have a 32" working low, and a 23" super low.) If you haven't participated in this series or in other more strenuous rides, please verify your C+ or better capability by doing the 24.5 mi. self-classification rides (4 laps in Central Park or 7 laps in Prospect Park) in less than 2 hrs. 15 min. Ride cancelled if probability of rain is 70% or greater.
- Sun. May 17 10:00 AM C/C- 32 mi. **RIVER VIEW PARK, NJ.** Leader: John Mulcare (718-672-5272) From the statue opp. the Plaza Hotel (59th St. & Fifth Ave.). Join us for a ride south along the bank of the Hudson, followed by a climb (by foot or by bike) up one steep hill to get to the park, with spectacular views of the city skyline as your reward. See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."

Fri.-Mon.
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.

Fri.-Mon.
May 22-25
--> A Special Interest Group PROGRESSIVE "A" RIDE SERIES NO. 12. Leader: Christy Guzzetta (718-596-9833) Sheffield, Mass. Lee's rides are tops. Come along for a weekend of beautiful, recreational, great riding in the Berkshires. Call Lee (see above) fast; it may already be too late. The Chamber of Commerce?

Sat. May 23
A LEADERLESS "A" RIDE. Meet at the Boathouse at 9 AM.

Sat. May 23
9:00 AM BEDFORD. Leaders: Joan Mayer & Joe Vaccaro (212-691-8515) From the Boathouse. Join us for a beautiful, moderately hilly, Westchester ride to Bedford. We will do it at a brisk B pace.
B/B+ /70 mi. Deli stop. Return will be to the subway in the Bronx. Rain cancels.

Sat. May 23
10:00 AM CONEY ISLAND. Leader: John Mulcare (718-672-5272) From the front of City Hall, Manhattan.
C-/C We'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."
30 mi.

Sun. May 24
9:00 AM MEMORIAL WEEKEND HARRIMAN PARK RIDE. Leader: Bob Trestman (212-996-0358). From the Boathouse.
A /100 mi. For those who didn't make it up to Sheffield, how about a scenic cruise through Rockland County up to Harriman Park? Serious rain cancels; call if there are questions.

Sun. May 24
10:00 AM GLEN COVE--AMERICAN DREAM/RUSSIAN FANTASY. Leader: Bernie Pearlman (212-285-1235). Meet at
B- 179th St. & Hillside Ave., Queens (last stop on "E" or "F" trains) for a pleasant ride through
40+ mi. the capitalist community of Glen Cove. We are hoping for a view of the estate for Russian personnel and a picnic near the water if the weather is obliging. One or two uppers, but mostly flat. Water and spare tube are mandatory. Rain cancels.

Sun. May 24
10:30 AM GREAT NECK, L.I. Leader: John Mulcare (718-672-5272) From 179th St. & Hillside Ave., Queens
C/C- /32 mi. (last stop on "E" or "F" trains). There will be a lunch stop in one of our favorite parks. See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."

Mon. May 25
A LEADERLESS "A" RIDE. Meet at the Boathouse at 9 AM.

Mon. May 25
B+/B/B- NOT SO IMPROMPTU... Leader: Sara Flowers (718-544-9168, h.; 212-921-4317, of., before 4 PM). Unfortunately, my riding status is still uncertain, but give me a call as early in the week as possible so I can put you in touch with others who want to ride. If you call me well in advance, I can help you with routes and maps. And, if you plan to ride yourself, why not give me a call so I can put some other club riders in touch with you?

Sat. May 30
8:00 AM ON THE GOLDEN ROAD. Leader: Lee Gelobter (718-646-7037) From the Boathouse. An enlightening
A /80 mi. ride through White Plains and Harrison to Silver Lake Park. Cold rain and snow cancels.

Sat. May 30
8:00 AM Special Interest Group PROGRESSIVE "A" RIDE SERIES NO. 13. Leader: Christy Guzzetta
--> A (718-596-9833) Bear Mountain. From the Boathouse. Up along the western side of the Hudson to
97 mi. breakfast at Bear Mt. Inn. It will be a good 40+ mi. nonstop to breakfast, a long paceline. We'll take it easier on the way back. Over the Bear Mt. Bridge, down thru Westchester along the eastern side of the Hudson. One, maybe two, deli stops home. Rain date: Sun., May 31.

Sat. May 30
9:00 AM BATHING SUITS IN BAYVILLE? Leader: Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.) From
B/B+ the Statue, Queens ("E" or "F" train to Kew Gardens/Union Turnpike). A nice flat ride to check
60 mi. out the beach at Bayville. Bring a suit if the weather is good. Sara says "The food is good, and side rides are available." Rain at 9 AM cancels.

Sat. May 30
10:00 AM THE "C" RIDE TO PREPARE FOR TOMORROW'S RIDE. Leader: John Mulcare (718-672-5272) From the
C/C- statue opp. the Plaza Hotel, 59th St. & Fifth Ave. We'll test our brakes and derailleurs and
20 mi. make such minor adjustments as appear to be in order. (You may want to see your favorite bike dealer for any major faults.) After the inspection, we'll ride uptown by the more hilly route (i.e., Riverside Drive instead of St. Nicholas Ave.) to test the adequacy of our response time in upcoming hill-climbing situations, and the smoothness of our gear shifting. We'll have lunch in Ft. Tryon Park which has a couple of good hills we can tackle. We'll return to our starting place via St. Nicholas Ave. Rain date: Sat., Jun. 6. See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."

Sun. May 31
A LEADERLESS "A" RIDE. Meet at the Boathouse at 9 AM.

- Sun. May 31 **WOOD DALE PARK.** This ride is for newcomers: members who want to try out a higher-level ride; and anyone who wants a friendly outing. No one gets dropped; nine leaders are signed up for this one! If you have second thoughts after a few miles, simply drop back and join the next group. All routes lead to Wood Dale Park in New Jersey where we'll have an all-class picnic. Bring or buy lunch. Rain date: Sun., Jun. 7.
- From the Boathouse 9:00 AM B+ 63 mi. Alinda Barth (718-441-5612) & Debbie Bell (212-864-5153)
 B 57 mi. Ed Flowers (718-544-9168) & David Miller (212-794-9365)
 B- 51 mi. Maggie Clarke (212-567-8272) & Bernie Pearlman (212-285-1235)
- From the GW Bridge* 9:30 AM C+ 38 mi. Judy Weiner (212-737-8716) & Irv Weisman (212-650-8075, of.)
 C 32 mi. John Mulcare (718-672-5272)
 * "A" train to 175th St.
- Sat. Jun. 5 7:30 AM A/A- 120 mi. **YELLOWSTONE QUALIFIER NO. 1 -- GREENWOOD LAKE.** Leaders: Art Guterding (212-415-8920, of.) & Debbie Bell (212-864-5153). From the Boathouse. Gear up (down?) for some serious summer cycling with this challenging century. Lunch stop in Greenwood Lake after conquering the hills of Harriman Park. Return by the Wanaque, Skyline Drive, Allendale, and Saddle River. Low gears strongly advised. Rain cancels.
- Sat. Jun. 6 7:30 AM --> A 109 mi. **Special Interest Group PROGRESSIVE "A" RIDE SERIES NO. 14.** Leader: Christy Guzzetta (718-596-9833) Skyline Drive, NJ. From the Boathouse. This was an "A" ride last year--almost killed me. Lots of hills. Beautiful, long. We started this series three months ago. 44 people signed up for Ride No. 1. There were panniers, wire baskets, fat tires, and all kinds of stuff on the road that day. Today it's different as we enter the last portion of this Special Interest Group. We've come a long way since March 7th. We are now light on the road, pretty fast, working well together, knocking off mile after mile. We're going to be ready for the BIG "A" RIDE on June 27th or 28th. Rain date: Sun., Jun. 7.
- Sat. Jun. 6 8+/B/B- **NOT SO IMPROMPTU...** Leader: Sara Flowers (718-544-9168, h.; 212-921-4317, of., before 4 PM). See Mon., May 25.
- Sat. Jun. 6 10:00 AM C/C- 20-25 mi. **FORT LEE PARK, NJ.** Leader: John Mulcare (718-672-5272). If last Saturday's ride was rained out, we'll do it again today. Otherwise, we'll limit our distance today to insure that he have some energy left for tomorrow's ride. In either event, for today's ride, meet at the statue opp. the Plaza Hotel, 59th St. & Fifth Ave. See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."
- Sun. Jun. 7 9:00 AM A? 12 mi. **SKYLINE RECOVERY RIDE.** Leaders: Roberta Pollock & Steve Schuetze (212-864-6182) From the Boathouse. A ride to work out the cramps. Destination and pace to be dictated by the strength of our cramps. Rain cancels.
- Sun. Jun. 7 9:30 AM B- 60 mi. **ARMONK ALTERNATE.** Leader: Maggie Clarke (212-567-8272). From the Dyckman Triangle, Broadway & Dyckman Sts. ("A" train to 200th St.). Unless the the Wood Dale Park ride (May 31) was postponed to today, we'll wend our way through Westchester's manicured lawns and gardens, take in a piece of Connecticut, and picnic by the Armonk duck pond. We'll enjoy the view of Kensico Reservoir on the return trip. 70% chance of rain cancels.
- Sun. Jun. 7 10:00 AM C+/C 40 mi. **EISENHOWER PARK.** Leader: John Mulcare (718-672-5272). If the May 31 Wood Dale Park was rained out, we do that today. Otherwise, meet at 179th St. & Hillside Ave., Queens (last stop on the "E" and "F" trains) for a brisk ride to Eisenhower Park. See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."

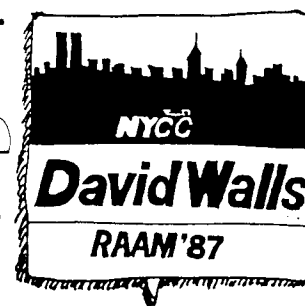
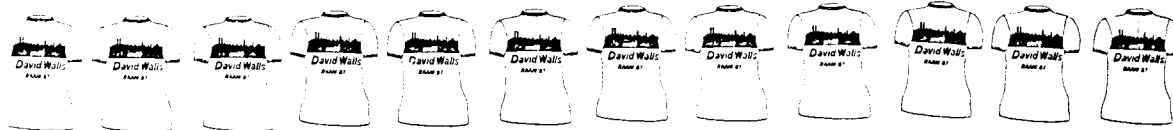
Note for new "C" riders: Recommendations and Cancellation Conditions. Suggestions on what to bring for a more enjoyable ride: spare tube(s), tire irons, patch kit, pump, lock, water bottles, and any tools unique to your bike; lunch or money for it; a copy of your medical coverage ID card; maps, compass; 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

- June 13 **NYCC BIKE TOUR FOR VARIETY PRE-SCHOOLER'S WORKSHOP.** Variety Pre-Schooler's Workshop is a nursery school in Syosset for children with language, learning, and developmental problems. This fully-supported bike tour, with routes from 10-100 miles through Long Island, is a great way to use your bike to make someone else feel good too. You are welcome to participate with a pledge as little as \$20; prizes include an overnight trip. The school provides bagels for breakfast, a barbecue lunch, a Bike-A-thon T-shirt, and lots of fun. Just ask anyone who participated last year. For more information and registration forms, contact Jackie Plate (914-833-0965).
- June **Special Interest Group PROGRESSIVE "A" RIDE SERIES.** Leader: Christy Guzzetta (718-596-9833).
 June 20: Mattituck. Lots of bikes in Mattituck, today.
 June 23/24: pre-"A"-ride meeting. Details to follow.
 June 27/28: The big "A" Ride.

- June 20 **MATTITUCK.** The annual AYH ride to the Strawberry Festival.
- July 2-5 **JULY 4TH WEEKEND ON SHELTER ISLAND.** Leaders: Debbie Bell (212-864-5153) & Art Guterding (212-415-8920, of.) Rumors to the contrary, the Chequit has not been sold. We'll be back this summer for another holiday weekend of gourmet meals, wonderful biking, and relaxing at the incomparable Chequit. If you've been there before, enough said. If not, find out what you've been missing. You can bike out, drive, or take your unboxed bike on the Sunrise Bus, or the LIRR. The Chequit sells out quickly; call Debbie for details.
- 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. NYCC'ers will lead rides out and back. Applications: SASE to GEAR '87 Long Island, P.O. Box 7159, Hicksville, NY 11802.
- July 18-26 **NYRATS (New York Ride Across The State).** From Buffalo to Rye, averaging 55 mi. per day; limited to 50 participants. Cost: \$269 for registration, dorm lodging, and sag support. 10% surcharge for registrations after May 1. Info.: Richard Budd, Jr., P.O. Box 566, Glenham, NY 12527 (914-297-7910).
- July 26 **NYCC ALL-CLASS CLUB RIDE, BETHPAGE**

RAAM TRAINING REPORT



COMPETING IN RAAM IS NOT SIMPLY A SOLO EFFORT. Over the last five years RAAM has evolved into a scientific team undertaking aimed at achieving a peak physical, psychological, mechanical and aerodynamic performance. Pete Penseyres proved that brain is as important as brawn with his 1986 record win.

While Dave Walls is riding thousands of training miles, he and the NYCC RAAM Committee have been researching the latest in bicycle technology: Serotta frames, disc wheels, Look pedals, aerodynamic handlebars and helmets. Steve Baron and Rich Herbin are working out lighting systems for bicycles and vehicles; Larry Rutkowski is working on communications between vehicles and rider; Claire Goldthwaite is evaluating the liquid diets that Dave is testing; Alan Zindman is organizing maintenance and repair; race strategy is in the hands (and head) of Maxim Vickers; Valerie Walls is crew captain.

There are several ways in which YOU can be part of Dave's and NYCC's effort.

Lee Gelobter plans to welcome Dave when he crosses the finish line at the Washington Monument sometime between June 27 and 29, having ridden more than 3000 miles across America. Tentative plans are to leave NY late Friday June 26 or early Saturday, and return to NY Monday or Tuesday. Be part of the welcoming party - call Lee Gelobter, daytime, at 516-887-4600.

The Ultra-Marathon Cycling Federation (RAAM sponsors) are looking for volunteers to monitor time stations along the RAAM route. You must be willing to commit up to 72 hours (depending on the spread of the field). Call Lee Gelobter (day 516-887-4600) if interested.

We still need contributions or loans of equipment. Items needed include:

CATEYE SOLAR II Computer, extra mounting brackets and cadence sensors	Body Mikes
Rolls bicycle seats	Ice Chests
2 Portable CB's, antennas	Chains
Bullhorn	700c Tubular tires
Lotsa Water Bottles (matched?pink?)	

If you can help with any of these, call Valerie at 316-2336.

Even with much equipment donated or loaned, the costs are great. We still need to cover the cost of vehicles, gas, food, communications, and hundreds of incidentals. YOU CAN HELP by joining the NYCC RAAM Team. Make your check payable to: NYCC RAAM FUND c/o Lee Gelobter 2686 Ocean Ave.F3, Bklyn., N.Y. 11229



DAMN, I wish we had that kind of clout!"

That's the sort of thing I hear every time the New York Road Runners Club commandeers Central Park to stage a race, with hapless cyclists clumped behind the barricades. These things happen just often enough for many of us Others to get steamed up around the Oakleys and demand some like-minded organization of the two wheeled sort.

Heaven save us from getting everything we ask for.

Among my treasured acquaintances are a few ex-Runners. The upper-case R is significant, for these people haven't stopped running per se; They've long since forsaken the white noise of the mass start for the peace of the morning lap or two before work.

"Four years ago, I'd show up for a race and know at least half the guys I was up against. Solid but friendly competition," said a former co-worker of mine some months ago, "but it got so frigging big that I lost touch with them. The things got so over-organized, the fun just went out the door. I just do it for the ol' bod now." He's ten years my senior and in better shape, so he knows something about putting in the miles, but his kind of "running" is now with a lower-case "r". Which suits him to a T.

Now, about the other kind of Running that you and I wish we weren't all that familiar with; Do you really think that we, as cyclists, would be better off with the kind of organizational overgrowth that afflicts organized Running in this city, amongst others? Seeing one of my favorite activities become little more than a three-ring circus of jingoistic excess and corporate one-upmanship is not my idea of "progress", heretical as that may seem by some. It might do some good for competitive cycling, that is, as long as the sport sustains interest to those outside cycling, a fickle bunch at best. Remember how big soccer was eight years ago? Remember what happened afterward? Seemed like it would steam on forever. All anyone seems to remember is Pele. Don't think it can't happen here.

The numbers that show up at the world's biggest cycling event (competitive or otherwise) are simply breathtaking. But, much as I love the Five Boro Bike Tour, I think I speak for many when I say, like Christmas, it's a good thing it only happens once a year. (Ever hear the Bronx cheer Citibank's MC gets before the start of every Bike Tour? There's a message in that.) Clout may be nice, but just what are our motives for acquiring it? As a saber to brandish amid the over-confident Road Runners' ankles? To get a piece of Fortune 500 action? Just like the protagonist in Peter Gabriel's "Bigtime", we sometimes get so loaded on grandeur that we miss the signposts, barreling straight into a Twilight Zone of our own making.

Every circus leaves town eventually, as will cycling's center-stage stature. The Big Guys will find a new distraction to cash-enrich, and the hangers-on will follow in droves. Surprisingly, a few will remain, no longer knee-deep in the hoopla, to see what remains as the dust settles and the road clears. Hopefully they'll find a few of us who knew where the fun was before, and help us find it again.

Wear your support.
DAVE WALLS NYCC RAAM'87
button available at the
May 3 All Class Club Ride
and the 5 Boro Bike Tour.

Feb. 87 10 AM club meeting
Melbourne is a great
place to cycle in! The
summer months start
cool (65°), then warm up
mid-July about 45°
is only about 45°
in north we sweat, long
and flat (excellent for
motorists and beach
goers) are beautiful
in the country (no traffic
to let you
in water on the road)
2000 Charles Avenue
Brisbane
Q4 1000
AIR MAIL
Hank 9/4/87

3/28/87
2505
GREETINGS FROM MALLORCA!
THE ISLAND IS FULL OF BIKERS
FROM ALL OVER EUROPE. I HAVE
BEEN DOING 75 KM PER LITERO
VINO BLANCO (THINK METEORIC).
THE WEATHER HAS BEEN WARM AT
SEA LEVEL BUT QUITE COOL IN THE
MOUNTAINS.
JACK COHEN
MALLORCA (Balearien) España
LA CALODRA - Deltilla de su carretera
Vista aerea
FOTO 11515

N.Y. C.C.
MILANO
Piazza della Scala
La Scala Square
Place de la Scala
La Scala Platz
THE BEST CLUB IN
THE ALL WORLD!!
CIAO!!!!
LORENZO
1159
USA

I have solo biked western Europe six times. This is a story from my first trip which was also my first bike trip anywhere.

My friends Nick and Barbara had insisted I see the Costa Brava which they said was a magnificent coastline right above Barcelona. I biked seemingly for hours unable to free myself of the city and, in particular, its slums, which, to some extent, is a tautology. Certainly little of beauty and nothing of Nature appeared. I had seen all the buildings, signs, laundry lines, and faces before. In Spanish Harlem. Three miles north from where I live. Every broken doorway, every broken window, every broken person is all too faithfully replicated there. I couldn't just bike three miles north from my apartment to see this; no, I had to come here for it. Great.

I couldn't imagine why my friends had so misled me. Finally the city gave way to nondescript seaside towns utterly lacking in character, charm, or distinction. Apartment buildings that were done in the style of Bad Modern were a constant fixture from town to town. Take Blanes, for example. Or Lloret. Please.

Near nightfall, after six or seven hours of dispirited cycling, I saw a great many tour buses in a parking lot of some hotel or center and I swear I thought how strange that a convention or meeting center should develop way out here, near nothing. (You can take the cyclist out of New York but you can't take New York out of the cyclist.) God, is there no end to my naivete? Or sheer ignorance?

I turned the next corner and was hit smack in the face by breath-taking coastline. The Costa Brava.

My bike danced along its very edge racing the fading twilight. What wretched luck that I should arrive here with mere shards of light left to me for the day. Since it was late October the sun quit the sky well before my legs gave-up for the day. (Of course, this is often the case with me in mid-summer, too, when there is light until 8:30 or 9:00 in the evening; that's because I seldom hit the road in the morning before the crack of 10:30.)

Early sunsets depress me when I'm on a bike trip. I have been all alone on each of them: I prefer it that way. I really do, but nighttimes have always been periods of intense loneliness for me on them. During the day I can ride hour after hour--nine, ten, eleven hours a day--and speak to no one and not suffer a moment's pang of loneliness. Not for one moment. So long as I'm moving and moving towards my goal, I'm fine. But the moment I stop and that progress is halted and the view doesn't change, I suffer terrible loneliness.

As I was saying, darkness came earlier than my body sought it that late October evening. There were no restaurants in sight. (I would discover some the next day a mere mile beyond where I stopped. Bends in the road prevented my seeing their lights.) I resigned myself to nothing but sleep--no meal and no International Herald-Tribune, the one thing that gets me through the night when I'm on tour.

(Those finding themselves helplessly reduced to sniggering are referred to "Sex and Bicycling" by Dr. Rokuro Koike, M.D., [The Bicycling Book, John Krausz and Vera van der Reis Krausz, The Dial Press, 1982, p.266] wherein Dr. Koike, a professor of urology, discusses the compressive effect of saddle pressure on the Cowper's glands and the time required off the bike for their rejuvenation--eight hours after a mere one hour in the saddle for the fifty-three year old doctor. More happily, he does report greater, if slower to function, vigor which he attributes to his daily commute by bicycle. He keeps Mrs. Koike up late.)

I unrolled my sleeping bag along the absolute edge of the cliff above the water, a bare four feet in from the now untraveled road. A warm, balmy breeze mercifully wooed me to early sleep, sparing me feeling my hunger or loneliness.

Some hours later I awakened in a cold sweat. In Europe headlights are often yellow. A truck was bearing down on me; its bright yellow headlight had awakened me in a sudden and terrible fear. I bolted upright.

It wasn't a truck. Or a car. It was the moon. Rising above the water, over the horizon of the Mediterranean. Big. Bright. And yellow. So bright its light had awakened me. And so close it was just out of arm's reach.

Cycle touring is the greatest passion in my passion-filled life, having replaced nineteenth century music and hopelessly left-wing politics. I'm never happier than when I'm all alone on a bike in Europe, best of all in the Swiss Alps. The primary pleasure isn't the cycling; it's the seeing. (And feeling a bit self-reliant, self-sufficient, and independent.) The mileage is something that has to be accomplished, endured, overcome, and suffered in order to get the primary pleasure: just looking at Nature and architecture. For me bike touring is, above all else, the pursuit of a constant state of near-orgasm of the eyes. It is a continuous series of intoxicating one-sight stands; so, of course, I'd never retrace miles so long as other conquests remain, so long as there are other vistas along other routes yet to be seen a first time.

Nevertheless, the next morning I did something I hadn't done before and haven't done since on any of my trips: I went backwards along my route, repeating miles already covered. I had bicycled some miles in the almost-dark the night before and wanted to see what I missed. So I went back to the beginning and biked the entire wonderful coast which, after all the foreplay, turned out to be only fourteen disappointingly few miles in unbridled splendor, the distance from Tossa to San Feliu--or maybe twenty miles if you insist splendor begins above Lloret.

Water and mountains. I love them both, am compelled towards both, and fill my bike trips with both. This was my first open water bike route. Earlier in the trip I had biked the Rhine as far as Mannheim and met it again at Schaffhausen, Switzerland. I had biked Lake Constance (the Bodensee), the Walensee, the Zurichsee, Lake Geneva/Lac Lemman (which, is largely and sadly obscured from the road by buildings and manors), and Lac du Bourget and the Saane (Sarine), Isere, and Rhone Rivers, and skirted Lake Annecy. My route even took me by a little pool in the Black Forest village of Donaueschingen that is the source of the Danube. Still ahead on this same trip was France's Esterel Coast (more pleasing than its Riviera further east) and, in subsequent trips, Italy's Bay of Naples, and on the far side of the peninsula forming its southern shore, the Amalfi Drive (from Salerno to Sorrento), the Isles of Capri and Ischia, the Ligurian Coast (particularly scenic below Genoa around San Margherita and Portofino (which I enjoyed in a thrilling moonlight ride right above the water's edge), and even moreso in the area of the Cinque Terre above La Spezia), or its northern lakes (Lakes Maggiore, Como, Iseo, Lugano, and especially Garda), California's Big Sur, or any of several Norwegian fjords. If I had, my enthusiasm for the Costa Brava would have been more restrained. But I hadn't: my joy was overweening.

Briefly. For those fourteen miles. But then....

NEXT MONTH

THIS SAGA CONTINUES WITH THE MOST WRETCHED
DAY OF CYCLING OF MY ENTIRE LIFE
LEADING TO AN EVEN MORE WRETCHED END.

THE PERSON WITH THE MOST TOYS..... by Steve Baron

If your cleats won't kick into your toe clips the first time; if you are falling on your rear when trying to push off - I was with my new Diodora cleats until I bought some small 1/16" thick pieces of leather from a shoe repair shop, cut them with a scissors to fit the toes and heels of my shoes, and glued them on with (what else) white Elmers Glue. Next time I'll try gluing a piece of leather over the cleat as well, for traction and to extend the life of the cleats: my plan is to cover the entire cleat surface, and generously cut the notch, on a 45° angle with a razor blade. Thicker leather on the heels might be better: the thin leather doesn't look like it will last more than a couple of months.

Nashbar's new catalog features 8 different bike computers on its cover. The new Rhode Gear is improved; it reads in miles and tenths, is more water repellent, and the average time shuts down whenever the bike stops. The new Cateye Solar II is supposed to be waterproof (if anyone wants to put one in a glass of water overnight, please call me the following day), and will attach to their own ear-lobe heart monitor. One critic advises that there are wires all over the place and a large hip battery pack is required for the monitor. For a Nashbar catalog: 1-800-345-BIKE day or night.

Rich Herbin's crystal ball correctly forecast the reintroduction of titanium frames. I'm waiting for a report from Herbie D before rushing out to drop \$2,400.

Dave Walls is sporting the cats whiskers of new sunglasses: they have a simple bridge piece and wrap-around lenses. Instead of plastic or metal temple pieces, they have two pieces of fishing line. Visibility is amazing. They are called Suspension Eye Wear and are available at Cohen's at 767 Lexington (exclusively, I'm told). There is a piece of plastic over each ear; I tried on a pair for a few minutes and found them very comfortable.

Club jerseys: going, going..... think you know everyone in the club? Try wearing a NYCC Club Jersey on a ride anywhere.....you might find it as much fun as a tandem with an available seat.

New Members

BONDER, Harvey	70 W. 93 St. # 9E	N.Y.	10025	212-663-0665
DALY, Michael	9615 Shore Road #2A	Brooklyn	11209	718-748-7796
DURITY, Arthur	23-12 31st Ave. #7	Astoria	11106	718-956-9736
GROSSMAN, Ron	120 MacDougal St. #21	N.Y.	10012	212-598-4563
HOFFLER, Ilse A.				
MILLARD, Richard	222 E. 71st St. #2B	N.Y.	10021	212-517-8914
ROSEMAN, John Lynn	2 Manchester Pl. #2E	Newark, NJ	07104	201-242-7230
SALVATO, Richard	275 W. 96 St. #11-F	N.Y.	10025	212-749-4643
STICKLER, Miriam	1024 Willow Ave. #2	Hoboken, NJ	07030	201-742-6155
TAMISO, Robert M.	545 Madison Ave., 9th Fl.	N.Y.	10018	212-223-4500
YOLLES, Melanie	275 W. 96 St. #11-F	N.Y.	10025	212-749-4643

NEW ADDRESSES

GLAUBMAN, Susan	150 E. 27 St. #LA	NY	10016	212-213-5359
GORTON, Ginger	531 E. 84 St. #2B	N.Y.	10028	212-249-2489
GRAY, Holly	55 Cheever Pl.	B'klyn	11231	718-596-6336
GROTTOLA, Marie	520 W. 17th St. #1027	N.Y.	10011	
HARRIS, Chuck	117 W 13 th St. #55	N.Y.	10011	212-206-0422
HOLTON, Henry	531 E. 84 St. #2B	N.Y.	10028	212-249-2489
KALISH, John	55 Cheever Pl.	B'klyn	11231	718-596-6336
KRAUS, John	180 Garfield Pl.	B'klyn	11215	718-788-2174
LEWIS, Brett	180 Garfield Pl.	B'klyn	11215	718-788-2174
SEIDEN, R.	77 Pond 1210	Brookline MA	02146	
SKLAR, Steven S.	350 W. 55th St. #6L	N.Y.	10019	212-245-3245
SMITH, C. R.	802 Park Ave. #3R	Hoboken NJ	07030	201-659-3068
VOGEL, Jeffrey H.	102-10 66th Road #14E	Forest Hills	11375	718-275-6978

NEW YORK CYCLE CLUB Board of Directors Meeting, 3 March 1987, at O'Hara's Restaurant

Attending: Martha Pamos, Sara Flowers, Lee Gelobter, Caryl Hudson, Barbara Levitan, Debbie Bell, Ed Rudetsky, John Mulcare, Jody Sayler and Steve Baron

Lee moved that the Club be an official sponsor of Dave Walls in RAAM 1988 as this activity is in accordance with club purposes, to the extent that money is earmarked for this purpose. Motion passed.

Lee advised that all but 45 of the new club jerseys had been sold and a complete sell-out is expected soon. Remaining jerseys will be available for purchase at club meetings.

The club now has 704 members, and the number of bulletins will be increased to the next practical increment with the next printing.

Club liability issues were discussed and Barbara Levitan proposed changes in our waiver form as it appears on membership forms and ride sign-up sheets. Further discussion was tabled until April.

The February minutes were approved after discussion of the spelling of the word "unanimous".

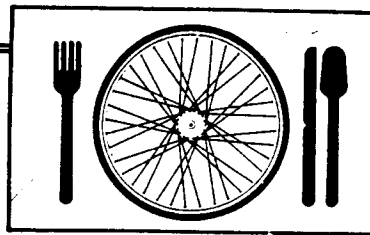
Noted that the March bulletin was printed by our new less expensive printer, Dandy Printing of Brooklyn. Everyone agreed that the quality was sufficient for our purposes, and the cost savings will contribute to a comfortable budget surplus. The secretary suggested that Ed Rudetsky, who found Dandy Printing for us, be nominated as the next head of the US GPO (Government Printing Office).

Respectfully submitted as approved,


Steven A. Baron, secretary

**NEW YORK CYCLE CLUB
MONTHLY MEETING**

Tuesday MAY 12



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

**ELAINE MARIOLLE
Winner RAAM 86**

After two previous RAAM attempts Elaine Mariolle won the Woman's Race Across America in 10 days, 2 hours and 4 minutes. Her spirit and determination endeared her to all other competitors. Come and welcome Elaine 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
Vegetarian 7.50
Desserts extra

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

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

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

ARRANGED BY JODY SAYLER V.P. PROGRAMS

CLASSIFIEDS

TREK 52 cm. bicycle: Reynolds 531 frame, racing geometry, nice components, choice of clincher or tubular wheels. \$300. Two pair of tubular wheels. \$80./pr. Two new pairs of 32 hole Mavic clincher rims. ANDY TALLIN 718-643-2322 (days) 718-833-4031 (eve)

NYCC Cyclist looking for persons to ride with in Manhattan early AM or after work. Call Theresa 722-9459

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

FOR SALE: Proteus 22½" track bike Black, 700c wheels, never crashed Call Gary K. 931-5367 after 6pm.

Selling:

Atala, columbus sl, campy victory, 3 ttt, mavic gp-4, turbo, regina, futuras. 56cm center to top. Dave 718-721-8286. best offer.

Ike wanted 22-1/2 to 23" frame, man's 10 to 15 speed. About 25 lbs. It doesn't have to look beautiful but must be servicable for a college student to ride to and from campus and on weekends. (My son had is Nishiki International stolen recently). Call Steve Baron at 212-228-0555.

FOR SALE

Two pair brand new Detto Pietro Art.2000 shoes. One size 42, one 44. Wooden soles, adjustable leats. Good for medium or narrow feet. \$25.00. Call Lee Gelobter d(516-887-4600)

■ You can stay updated on the Lon Halde-
man and Pete Penseyres tandem transconti-
nental record attempt May 9-17. Just dial
(714) 536-6940 for a recorded message with
the latest information.

EAST VILLAGE BIKE SHOP

WHEEL-WISE

RACING TOURING EXPERT REPAIRS BMX SKATEBOARDS

212-598-0011 165 AVE. A at 10th St.

FOR SALE

POGLIAGHI 57cm, light green with white undercoat and yellow cutouts. Chrome fork and right chainstay. Not merely new but not yet even faced. Brought back by me from factory. Frameset only. Below current wholesale: \$475.

VITUS 56cm (57 1/2 cm. to top). Pink. Not merely new but actually vacuum sealed and wrapped. \$419

RICHARD (212) 888-6088

First Class

CHRIS + GRIENE MARTIN
110-30 MYRTLE AVE
RICHMOND HILL, NY 11418

Hannah Holland
211 West 106 Street
New York, NY 10025



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 activities.

NAME _____ SIGNATURE _____

ADDRESS _____ APT _____ PHONE(H) _____

CITY _____ STATE _____ ZIP _____ PHONE(W) _____

DATE _____ AMT. OF CHECK _____ NEW _____ RENEW _____

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 020877 Brooklyn, N.Y. 11202-0019