

October  
1987

# New York Cycle Club

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1987

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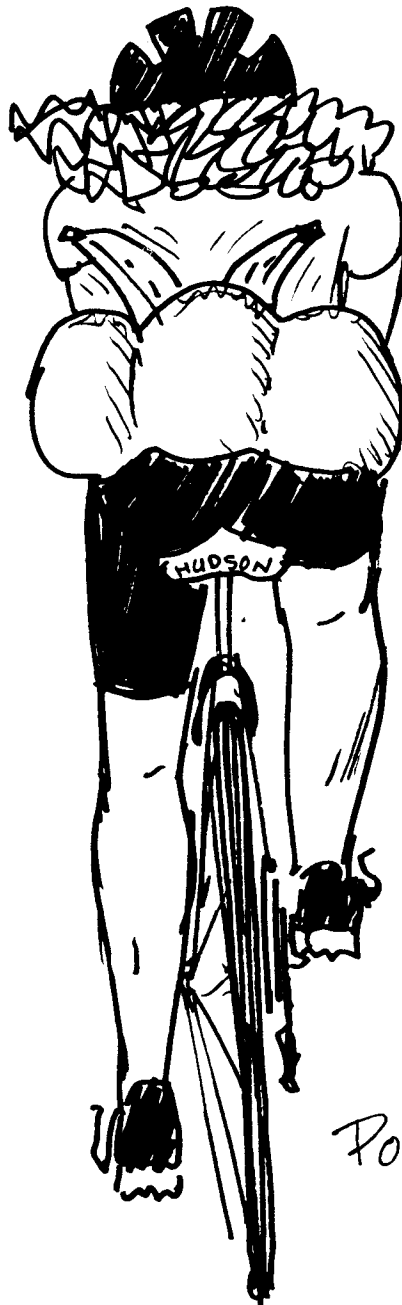
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POCKET FOOD  
by HUDSON

P.O. Box 020877 Bklyn, N.Y. 11209-0019

# RIDES PROGRAM



Compiled by Debbie Bell, V.P. Rides

## GUIDELINES FOR CLUB RIDES

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

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

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

## RIDE AND RIDER CLASSIFICATION

Ride Class	Average Speed (not incl. food stops)	Cruising Speed	Riders	Ride Description	Self-Classification Central Park Times 4 full laps = 24.5 miles*
AA	17+ mph	20+ mph	Animals	Anything goes. Eat up roads, hills and all.	Less than 1 hr. 12 min.
A+	16-17	19-20	Sports	Vigorous riding over hill and dale.	1:12 - 1:17
A	15-16	18-19		High regard for good riding style.	1:17 - 1:23
A-	14-15	17-18		Can take care of themselves anywhere. Stops every two hours or so.	1:23 - 1:30
B+	13-14	16-17	Tourists	Moderate to brisk riding along scenic roads, including hills. Destination not so important. Stops every hour or two.	1:30 - 1:39
B	12-13	15-16			1:39 - 1:49
B-	11-12	14-15			1:49 - 2:00
C+	10-11	13-14	Sight-seers	Leisurely to moderate riding. Destination oriented: nature, historical, cultural.	2:00 - 2:14
C	9-10	12-13			2:14 - 2:30
C-	8-9	11-12		Stops every half hour or so.	2:30 - 2:48

\* New members can assess their probable riding class by riding 4 full laps around Central Park, at a pace which feels comfortable to them, and comparing their times to those listed above. Ride with other cyclists or runners; the park can be dangerous at its northern end. Central Park Boathouse phone numbers are: 650-9521; 744-9813; 744-9814. The Boathouse is located inside the Park, along the East Drive, near 72nd St.

- Sat.Oct. 3 6:30 AM A+/AA 205 mi. SAUGERTIES INTERNATIONAL. Leader: Alex Bekkerman (212-213-5359, h.; 212-460-2220, of.) From the Boathouse. This ride will proceed along a route and rules which were established and followed many times in the last five years. Route: 9-Newburgh-Beacon Bridge-9W-and back. Rules: demanding, cooperative and intelligent riding. Pace: about 20 mph. Heavy rain cancels. See you.
- Sat.Oct. 3 7:15 AM A- 110+ mi. PRINCETON PLUS. Leader: Debbie Bell (212-864-5153) From WTC (Church & Vesey Sts.) One of our last 1987 centuries (and this time, Iony, we'll do it all). Newark, Somerville, Neshanic, Princeton; then scenic streets to Staten Island and the ferry. Bring pocket foods. We'll try to keep the stops to a minimum. Rain cancels.
- Sat.Oct. 3 9:30 AM B 50 mi. FORMERLY MARKED CLUB ROUTE RIDE. Leader: Martha Ramos (718-858-9142) From Ft. Washington Ave. & 176th St. ("A" train to 175th St.). Join me as we rediscover the club route in Bergen and Rockland Counties. See how many of the old arrows you can find. Indoor lunch stop. Rain cancels.
- Sat.Oct. 3 9:00 AM B- 50 mi. NORTH COUNTRY CARTOP RIDE. Leader: Marsha Taggart (914-962-5991, eve.) From Yorktown Heights town hall. Cartop to Yorktown Heights on the Taconic; turn right off Underhill Avenue exit. The town hall is on the right after the first traffic light. Driving time from NYC: 1 hr. or less. We will ride at an 11 mph pace in the scenic north country. Lunch--picnic if warm and diner if cool. 75% chance of rain cancels.

- Sat.Oct.3 9:30 AM C+/C 45 mi. **PIERMONT, NY.** Leader: John Mulcare (718-672-5272) From the NJ side of the GWB ("A" train to 175 St.; bike walkers should use the path on the south side of the bridge, allowing about 20-25 min. more than their stair-climbing, bike-riding counterparts on the north side). We'll have brunch at the Turning Point Restaurant, so don't forget to bring a lock. On the return trip, we'll scale the Palisades in as many non-back-breaking stages as your hill-hating leader can stumble upon. See note at end of Rides Listings for "C Rides Recommendations and Cancellation Conditions."
- Sun.Oct. 4 7:30 AM A 90 mi. **BEDFORD REVISITED.** Leader: Maxim Vickers (718-728-7179) Our annual disturbance of the peace in the Hickory Kingdom and points north. As usual, the leaves will have been gaily pre-painted for the participants' amusement and admiration. Starting from the Boathouse with French Toast (all right, Claire, waffles!) in White Plains and deli in Briarcliff Manor. Rain cancels.
- Sun.Oct. 4 9:00 AM B+/A- 70+ mi. **NORTH SHORE HILL-CLIMBER.** Leader: Brian McCaffrey (718-634-1742) From the Statue of Civic Virtue ("E" or "F" train to Kew Gardens/Union Turnpike). This is a serious and beautiful North Shore hill-climbing ride for "B" riders who would like to improve their skills. The route was developed by Alinda Barth, whose specialty is hill-climbing. We hope to have some "A" riders in attendance to help us make it our specialty too. Call for more details.
- Sun.Oct. 4 9:00 AM B- 50 mi. **GET FIT AND RIDE.** Leader: Bruce Scher (718-499-4568) From Prospect Park, Grand Army Plaza, opp. library. We all know we have great aerobic endurance as bicycle riders, but are we really fit? We'll do some easy outdoor stretching in Prospect Park before riding to Long Beach. After lunch we'll do some beginner-level upper body strength exercises on the boardwalk before riding back to Brooklyn. Bring a bath-size towel for the workout.
- Sun.Oct. 4 10:00 AM C/C- /28 mi. **GREAT NECK, L.I.** Leader: John Mulcare (718-672-5272) From 179th St. & Hillside, Queens (last stop on "E" or "F" train). 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."
- Fri.-Mon. Oct. 9-12 **FALL FOLIAGE WEEKEND.** Leaders: Stu Greenberg (212-534-2935) & Martha Ramos (718-858-9142). Join us for the Columbus Day weekend in the scenic western Catskills. The NYCC has participated in this weekend for over a decade -- it's a "can't miss" weekend! First class vistas and a lot of good revelry at a darn good price. The deadline for reservations was Sept. 25. No guarantees that space is still available, but call Stu or Martha if you're interested.
- Sat.Oct. 10 A/B/C 9:00 AM 50 mi. **TIME TRIALS.** Leader: Steve Sklar (212-245-3245) From the Boathouse. Because of the recent mugging incidents on the George Washington Bridge, we'll travel to and over the bridge as a group rather than meet on the NJ side. This time trial can be competitive or low key -- as you wish. Reading of Eddy B's book is not a prerequisite. Precip. at start time cancels.
- Sat.Oct. 10 8:00 AM A/ 65 mi. **QUICKIE RIDE TO FRANKLIN LAKES.** Leader: Doug Blackburn (212-685-9495) From the Boathouse. Continuation of the "Quickie" series. Prompt departure; return by 1 PM. Rain, snow cancels.
- Sat.Oct. 10 B **DIAL-A-"B"-RIDE.** Leader: Sara Flowers (718-544-9168, h.; 212-921-4319, of.). I may or may not be riding, but call if you are interested and I will put you in touch with others who wish to ride.
- Sat.Oct. 10 9:30 AM/ 10:20 AM C/C- 35/25 mi. **LIBERTY STATE PARK, NJ.** Leader: John Mulcare (718-672-5272) Meet at the Coliseum (Broadway & 60th St.) at 9:30 AM or at the Staten Island Ferry at 10:20 AM for a ride on Richmond Terrace, the Bayonne Bridge, Kennedy Boulevard, etc. We'll stop at a deli before proceeding to the Park for lunch. The return trip will be via the Bayonne Bridge, etc. (See the Oct. 25 C+/C ride which will include a longer return trip. Why don't you C+/C riders try both?) See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."
- Sun.Oct. 11 8:00 AM A/ 100 mi. **BEAR MOUNTAIN COLORS.** Leader: Bob Trestman (212-996-0358) From the Boathouse. Let's look at the leaves at their brightest on the hillsides of South Mountain Road and Perkins Drive. Come on -- you're still in shape from the summer! Snow or heavy rain cancels.
- Sun.Oct. 11 9:00 AM B 50+ mi. **AUTUMN ON LONG ISLAND.** Leader: Sara Flowers (718-544-9168, h.; 212-921-4319, of.) From the Statue of Civic Virtue ("E" or "F" train to Kew Gardens/Union Turnpike). Let's hope for a glorious autumn day -- but take the best we can get. Destination and mileage will be determined by conditions. We will see estates, towns, the sound, everything. Lunch will be in or out as temperature and conditions dictate. Call if you have questions or would like to be part of the planning.
- Sun.Oct. 11 10:00 AM/ 10:45 AM C/C- 32/16 mi. **RIVER VIEW PARK, WEST NEW YORK, NJ, SUNDAY VERSION.** Leader: John Mulcare (718-672-5272). Meet at the Statue, opposite the Plaza Hotel, 59th St. & Fifth Ave., at 10 AM, or at the GWB Bus Terminal, 178th St. & Ft. Washington Ave. ("A" train to 175th St.) at about 10:45 AM. This is possibly the last chance this year for those who are primarily Sunday riders to catch this ride, but as always, it's open to all riders. See the Hudson 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. See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."
- Mon.Oct. 12 B **DIAL-A-"B"-RIDE.** Leader: Sara Flowers (718-544-9168, h.; 212-921-4319, of.). I may or may not be riding, but call if you are interested and I will put you in touch with others who wish to ride.

- Sat.Oct. 17 QUICKIE RIDE TO MONTVALE. Leader: Doug Blackburn (212-685-9495) From the Boathouse. More of the "Quickie" rides. Rain, snow, etc. cancels.  
8:00 AM  
A/ 55 mi.
- Sat.Oct. 17 FIND THE BIRD. Leader: Steve Baron (212-228-0555) From the Boathouse. Through High Tor State Park and around Stoney Point the pretty way to look for the infamous bald eagle or some other crazy bird. Bad weather cancels.  
8:00 AM  
A- /100 mi.
- Sat.Oct. 17 DELAWARE WATER GAP FALL FOLIAGE CARTOP. Leaders: Maggie Clarke (212-567-8272) & Joe Furman (212-861-5067) From E. 72nd St. & Fifth Ave. If you are uncomfortable with 5 or 6 hrs. in a totally natural environment without gas stations, Howard Johnsons, skyscrapers or housing complexes anywhere, then this trip is not for you unless you come with a doctor's note! A hilly environment indeed, but we try to ride "around" most of the big ones. Please call Joe well in advance if you need a ride or if you can offer a ride. I have roof and trunk racks. Rate date: Sun., Oct. 18.  
8:00 AM  
B+/B/B-  
50+ mi.
- Sat.Oct. 17 GREAT NECK, LI, SATURDAY VERSION. Leader: John Mulcare (718-672-5272) From 179th St. & Hillside, Queens (last stop on "E" or "F" train). This is possibly the last chance this year for those who are primarily Saturday riders to catch this ride, but as always it's open to all riders. 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."  
10:00 AM  
C/C-  
2H mi.
- Sun.Oct. 18 RIDGEFIELD FALL FOLIAGE CENTURY. Leader: Chris Mailing (718-847-8004) Meet at the Boathouse for a ride up the east side of the Hudson River through Ossining, along the Croton Reservoir and Titicus River to Ridgefield, CT. Return through Bedford Village, Mt. Kisco and Pocantico Hills. The route is hilly and very scenic, and will be ridden as a group, usually in a paceline. Maps will be available. Rain cancels.  
8:00 AM  
A  
110 mi.
- Sun.Oct. 18 NEW ENGLAND REVISITED. Leader: Alan Leener (718-797-0972) From the Boathouse. Great ride to rural northeastern Westchester, Greenwich, Conn. See Bedford Village, a New England type town with a great village green, for a picnic and some nice conversation. Be ready to ride some hills, try pacelines, and eat homemade zucchini bread, as well as seeing some nice scenery. Hope you can make it. Please call if you have questions. 85% chance of rain cancels.  
8:30 AM  
B+/B+  
85 mi.
- Sun.Oct. 18 DIAL-A-"C"-RIDE. Leader: John Mulcare (718-672-5272). If the weather forecast is promising Saturday evening, call John before 10 PM. The first caller may help determine the starting place and time as well as the destination for this ride. Later callers will be furnished with the details. See note at end of Rides Listings for "C Rides Recommendations and Cancellation Conditions."  
C
- Sat.Oct. 24 LEADERLESS "A" RIDE. Meet at the Boathouse at 9 AM.  
A
- Sat.Oct. 24 PEAK OR NO PEAK. Leaders: Alex Bekkerman (212-213-5359, h.; 212-460-2226, of.) & John G. Waffenschmidt (718-476-0888, h.; 212-566-7011, of.) From the Gay Nineties Restaurant, Rt. 299, New Paltz, NY. The Mid-Hudson Valley offers spectacular views and excellent human experiences. Red, Yellow, Brown, or Blue, this ride is the one for you. The pace reduction is to allow the full beauty to be absorbed. For ride/rider coordination, discrete details and general tom-foolery, call at inopportune hours. Lo & behold.  
9:00 AM  
A-  
75 mi.
- Sat.Oct. 24 NEW HOPE FALL FOLIAGE CARTOP. Leaders: Joe Furman (212-861-5067) & Martha Ramos (718-858-9142) From E. 72nd St. & Fifth Ave. Come ride through the Enchanted Bicycle Land and get away for the day. Lush forests and pristine farmlands await you. Please call Joe well in advance if you need a ride or would like to offer a ride. This is strictly a B+/B pace and no tow ropes will be supplied. Rain date: Sun., Oct. 25.  
8:00 AM  
B+/B  
50+ mi.
- Sat.Oct. 24 RIVER VIEW PARK, WEST NEW YORK, NJ, SATURDAY VERSION. Leader: John Mulcare (718-672-5272). Meet at the Statue, opposite the Plaza Hotel, 59th St. & Fifth Ave., at 10 AM, or at the GWB Bus Terminal, 178th St. & Ft. Washington Ave. ("A" train to 175th St.) at about 10:45 AM. This is possibly the last chance this year for those who are primarily Saturday riders to catch this ride, but as always, it's open to all riders. See the Hudson 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. See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."  
10:00 AM/  
10:45 AM  
C/C-  
32/16 mi.
- Sun.Oct. 25 YE MERRIE LEAVES OF GLEN COVE. Leader: Maxim Vickers (718-728-7179). For the fourth year in a row I shall dish out peak North Shore foliage and mansionry galore. Eminently civilized "A" pace from the Boathouse with breakfast in Roslyn and bagels in Syosset. Rain cancels.  
8:00 AM  
A/ 90 mi.
- Sun.Oct. 25 HUNTERDON/BUCKS CARTOP. Leaders: Debbie Bell (212-864-5153) & Barbara Levitan (718-622-2869). From Somerville, NJ (one hour from NYC). Traditionally the last Sunday in October has meant the Holmdel cartop. This year we offer a sampling of gorgeous roads through Somerset, Mercer, Bucks, and Hunterdon Counties. We've avoided the worst hills, but if you insist, we'll send you over Jericho Mountain. Call for directions to the meeting place, and tell us if you need or can offer a ride. Rain cancels.  
8:30 AM  
A-  
85 mi.

- Sun.Oct. 25 FAIRFIELD FOLIAGE FLING. Leaders: Charles Morris (212-477-3281) & Bernie Pearlman (212-285-1235) Cartopping meets in front of 101 East 16th St., east of Union Square Park. Watch the rich green turn to rich gold on the estates of the wealthy and illustrious. The hills are not lengthy but they are rolling and continuous; you will perspire.  
8:30 AM  
B/B+  
50+ mi.
- Sun.Oct. 25 CROTON AQUEDUCT/POCANTICO HILLS FOLIAGE TOUR IV. Leader: Maggie Clarke (212-567-8272) Meet at the Dyckman Triangle (at Broadway, 200th St. "A" train stop) for a perennial favorite ride of mine -- up the Croton Aqueduct path to the farms and estates on Pocantico Hills. We will picnic at or near Rockefeller's estate amidst brilliant trees and invigorating weather. Part of this ride is on a dirt road; you'll be happier on wider tires (I use 1-1/8"). Bring your Metro-North pass for emergencies. 80% chance of rain cancels.  
9:15 AM  
B-  
45-50 mi.
- Sun.Oct. 25 CYCLE CIRCLE AROUND THE LADY. Leader: John Mulcare (718-672-5272) Meet at the Coliseum (Broadway & 60th St.) at 9 AM or at the Staten Island Ferry at 9:50 to pay our respects to the Lady in the harbor as close to the 101st anniversary (Oct. 28) of the dedication of the statue as the majority of us can afford. We'll stop at a deli on the way to Liberty State Park for lunch, ride up to the GWB on roads overlooking the Palisades, and return to the Coliseum via Riverside Drive. See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."  
9:00 AM/  
9:50 AM  
C+/C  
45/30 mi.
- Sat.Oct. 31 SPOOKS AND GOBLINS. Leaders: Roberta Pollock & Steve Schuetze (212-864-6182) From the Boathouse. Trick or treating in Westchester, in Sleepy Hollow country (bring musette bags). Appropriate attire requested.  
8:00 AM  
A/ 80-85 mi.
- Sat.Oct. 31 "B+00." Leaders: Brian McCaffrey (718-634-1742) & John Waffenschmidt (718-476-0888) From the Statue of Civic Virtue ("E" or "F" train to Kew Gardens/Union Turnpike). Do the kids on the North Shore throw eggs & shaving cream? John and Brian hope to be fast enough (A-) to avoid them. Just a few hills -- costumes welcome (no, the club jersey is NOT a costume). Rain at 8 AM cancels.  
9:00 AM  
B+/A-  
70 mi.
- Sat.Oct. 31 HALLOWEEN HARUM SCARUM. Leader: Susan Glaubman (718-596-0477) From the Boathouse. Costumes and/or outlandish biking garb is mandatory for this traditional and beautiful ride to Ossining. Lunch in at a homey diner. We will be "home" (at the Boathouse) early afternoon (before the eggs hit the road). Hopefully the leaves will be copper-colored by then. The one with the best costume wins! See you then. Join with Roberta & Steve's "A" ride for lunch and maybe a ride back. Rain, snow, sleet, or goblins at the start cancels.  
8:30 AM  
B+  
60-70 mi.
- Sat.Oct. 31 DEMAREST DUCK POND. Leader: John Mulcare (718-672-5272) Meet at the fountain opposite the Plaza Hotel (59th St. & Fifth Ave.) at 9 AM or at the GWB Bus Terminal (178th St. & Ft. Washington Ave.; "A" train to 175 St.) at 9:45. Let's see whether any migrating birds drop in to say "hello" -- or is it "goodbye"? -- to their ducky friends. There is a deli nearby. See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."  
9:00 AM/  
9:45 AM  
C/C-  
36/27 mi.
- Sun.Nov. 1 BOB'S BAYVILLE BULLET (AKA LEE'S BAYVILLE BEACH EXPRESS). Leaders: Bob "The Rocket" Foss (212-594-5402) & Lee Gelobter (718-646-7037) From the Boathouse. Join us for a friendly-paced ride over a classic route to Bayville. Enjoy the remainder of the North Shore's foliage. Quick breakfast stop in Roslyn. Lunch in Bayville. Most of this ride will be ridden in a tight paceline. Anyone riding outside the formation will be shot, twice. Temps. below 32, above 90; thunder, lightning, or tornados cancel.  
9:00 AM  
A  
75 mi.
- Sun.Nov. 1 NOT THE NYC MARATHON (AGAIN). Leader: Caryl Hudson (212-595-7010) From the Boathouse. After (maybe) loading tens of thousands on buses to Staten Island, meet at the Boathouse for a ride to Nyack or Piermont for brunch and return to Central Park in time to see the leaders. Rain, snow, sleet or hail won't stop the NYC marathon, but will cancel the ride.  
7:45 AM  
A-  
50+ mi.
- Sun.Nov. 1 ONE MORE LOOK AT THE SOUND.... Leader: Sara Flowers (718-544-9168, h.; 212-921-4319, of.) From the Statue of Civic Virtue ("E" or "F" train to Kew Gardens/Union Turnpike). A few zigs and zags (some new -- to me, anyway) toward Bayville as conditions permit. We will eat in or out as conditions dictate. There are still a lot of good, brilliant days left before winter; maybe this will be one. Call for info. or to make suggestions.  
9:00 AM  
B  
50+ mi.
- Sun.Nov. 1 THE CLOISTERS AND WAVE HILL, SUNDAY VERSION. Leader: John Mulcare (718-672-5272) From Statue opp. Plaza Hotel (59th St. & Fifth Ave.) at 9 AM, or 178th St. & Ft. Washington Ave. at 9:45 AM. This is possibly the last chance this year for those who are primarily Sunday riders to catch this ride, but, as always, it's open to all riders. 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."  
9:00 AM/  
9:45 AM  
C/C-  
25/14 mi.
- Sat.-Sun. Nov. 7-8 SOUTHERN BERKSHIRES POST FALL FOLIAGE WEEKEND. Leaders: Joe Furman (212-861-5067) & Karen Reich (212-874-7923). A cool, crisp weekend for those who can't get enough. The roads were B+ scouted from scratch and will be peaceful, beautiful and different. Moderately hilly. Inns fill up fast, so call well in advance for information on reservations and transportation. A Friday or Sunday night stay is possible for those interested in staying longer. Rooms range from \$40-\$70/night incl. breakfast (this can be divided by two people). Transportation, if needed, is \$36 to \$50 per person.

- Sat. Nov. 7 **TWEED HILLCLIMBER.** Leader: Herb Dershowitz (212-929-0787) From the Boathouse. It takes a few hills to warm oneself up on a cold day. This ride has a few. Lunch in Nyack.  
9:00 AM  
A/ 60 mi.
- Sat. Nov. 7 **CONEY ISLAND AND OTHER BROOKLYN SITES.** Leader: John Mulcare (718-672-5272) Meet at the northern end of Prospect Park. (The leader recommends that you use the subway, if necessary, to get there and avoid the Brooklyn Bridge if the bans on biking through the construction areas are still in effect.) We'll ride on the bike path bordering the waterfront, stop at Nathan's for the usual, and explore some other points of interest in Brooklyn. See note at end of Rides Listing for "C Ride Recommendations and Cancellation Conditions."  
9:00 AM  
C/C-  
25+ mi.
- Sun. Nov. 8 **LATE FALL.** Leader: Christy Guzzetta (718-596-9833) From the Boathouse. Going to NJ and NY. A different route off the GWB. Through Ft. Lee, Saddle River Rd., South Mountain Rd., through Nyack on home. Wet roads, promise of rain cancels.  
8:30 AM  
A/ 92 mi.
- Sun. Nov. 8 **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 Listing for "C Ride Recommendations and Cancellation Conditions."  
10:00 AM  
C/C-  
25-35 mi.

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

#### Ride Preview

- Nov. 21 **MORRISTOWN/WILDLIFE REFUGE CARTOP.** Leader: Joe Furman (212-861-5067).



MAKE NO COMMITMENTS THIS WINTER

by Stu Greenberg

No, this is not the beginning of a new NYCC advice or astrology column. We just want to let you know well in advance that the NYCC is going downhill this winter....as well as cross-country....skiing, that is.

That's right, friends--skiing! Many of you have called us at ungodly hours with a handkerchief wrapped over the phone to cover up an obviously trembling voice to shamefully confide to us that in the dead of winter, you'd rather ski than bike. Well, as your therapist might say: "Hey, it's really all right to feel that way."

This winter we hope to be able to offer day trips upstate and weekend trips to such great Northeast settings as the Catskills, Adirondacks, Berkshires, Vermont, New Hampshire, and Canada. We've even toyed around with a cross-country trip to Norway.

Most of these ski trips will be cross-country-oriented, but many of our destinations have first-class downhill centers nearby. Alpiners are certainly welcome. Transportation, accommodations, and meals will be included in what we will always try to make a very affordable price package. And, of course, apres-skiing activities will certainly be emphasized as well.

You say you've never skied before? Hey -- no problem. On most trips, beginner lessons will be available -- and as often as possible they'll be taught by our own qualified fellow Club members. By the way, skiing is great cross-training for cycling (if you really care about that).

So think about it. Look for trip announcements starting in the January newsletter. We may even have a ski "hot line" phone in December to pull together a crew on short notice if conditions warrant it. As Marx (Groucho) might have said: "You have nothing to lose but your chain" -- at least for this winter.

Finally, if you'd like to lead or instruct on a ski trip, please don't be shy. We are forming an ad hoc Ski Committee and we'd love to have you join us. Listed below, in alphabetical order, are some of the conspirators. Feel free to give any of them a call for more information or to plan a trip: Debbie Bell (212-864-5153); Sara Flowers (718-544-9168); Stu Greenberg (212-534-2935); Anne Hintermeister (212-628-0948); Brian McCaffrey (718-634-1742); Charles Morris (212-477-3281); and Mark Plaut (718-805-0253).

**T**oward the middle of Stanley Kubrick's sometimes brilliant, sometimes baffling **Full Metal Jacket** (after seeing **Platoon** a friend commented, "It was a confusing movie...then again, it was a confusing war") on the night of the Tet offensive, a well broken-in Marine talks to the new base arrivals about the changes one goes through after months of shooting and being shot at. He chides one of the greenhorns for swaggering about the glory of combat he roughly chides him by citing his lack of experience. "I know you don't, because you haven't got the stare".

"The stare?", the newcomer asks.

"Yeah, the thousand-yard stare. Everyone who's been out there gets it, and you'll get it too".

I know I've run this theme into the ground by now, but I'm a solid believer in it: there's nothing like a strong awareness of one's mortality to sharpen the senses. And reflexes.

My sensory development as a cyclist has been more peripheral than longitudinal, based on nearly ten years of riding through and along the crisscrossing asteroid belts of Manhattan traffic, where that which you choose to ignore will make itself known, usually painfully, always with blinding speed. Buckled asphalt, flashes of yellow and white-on-blue shine hot in the farthest corner of the eye while the mind analyzes approach/departure speeds, distance, size and destructive potential. Added to these are: memorizing traffic light patterns of eleven or so avenues, checking for erratic driving/cycling/walking patterns of others and how that water main break fifty yards ahead will affect your maximum adhesion (mind those manhole covers!) and you'd be hard pressed to disagree when I say that the seasoned city cyclist is --by necessity--the most sentient being in all the mobile maelstrom. Between the rock of turbocharged angst and the hard place of frequently self-righteous pedestrians fly of us who, without the benefit or clout of two more wheels and four to eight cylinders to move them with, aren't at all taken seriously until a pedestrian is hit (jaywalking is assumed to be a birthright in New York) or a cyclist is mowed down ("Really! I DIDN'T SEE HIM").

**T**he next time you're on the street during rush hour(s), check out the people around you. I mean **really** check 'em out. More likely than not, most of them are quite unaware of almost all around them at the moment. The mind's eye is on home, blinders fixed tightly, and nothing smaller or quieter than a Harley Sportster with straight pipes will snap them out of it (well, maybe with Rock Hudson's ghost riding...) When it comes down to street awareness, **we're** doing most of the serious homework, because to do otherwise is potentially lethal. And often the difference really is a matter of yards.

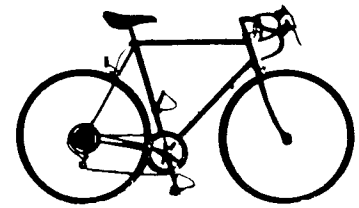
**LINKNOTES: CRASS CONSCIOUSNESS:** In a classic example of second-class treatment from third-class stewardship, the Koch administration has decreed that bicycle traffic on Fifth, Madison and Park avenues is **verboten** during "peak hours", in an apparent appeal to the carriage trade. I guess the sight of a \$300 bike outrunning all those \$40,000+ Jags, Mercs, Audis and Bimmers at rush hour was more than some financially influential people (nudge-nudge, wink-wink) could stand. Judging from Hizzoner's recent state of health, **he** could benefit from pedalling something besides influence....**PORT OF NO RETURN:** Those of you who would like to let the Port Authority know just how bad an idea their North-on-the-Bridge-Only rule is should join forces with a group that's been looking out for us for some time now: **Transportation Alternatives** has, as a group, been going it alone as far as defending the rights of cyclists and other non-auto-matized persons for some time now, and now is the time to show a strength of numbers, since that seems to be the only thing the proverbial powers-that-be will respond to. Their number is 212-255-0971. When you need all the friends you can get, it helps to know just who your friends are.

**GEAR RATIO:** The relationship of how much you spend on your cycling wardrobe to what you spend on the rest of your clothing.

KEVLAR has been used in bicycle tires and frames(Kestrel). Now Pearl Izumi is introducing a line of Kevlar-equipped cycling clothing. This protection against road rash comes at a high price: \$120 for the lighter weight and \$150 for the foam-padded shorts. But then, what does a trip to the emergency room cost? Pearl Izumi is also working on Kevlar-equipped knee pads, elbow pads, and gloves - great for cleaning your tires without tearing the palm of the glove.



# ROUTE OF THE MONTH



Debbie Bell has organized several cartop rides through Monmouth County for the NYCC, leaving from the parking lot of Holmdel Park near the Garden State Parkway. Fall is a wonderful time to ride there. The route has turns galore, but the reward is a ride through lovely countryside, and not a lot of hills. Because it is so rural, food is not easy to come by, so stock up on munchies, water, and perhaps even carry your lunch.

x.x/x.x = total cumulative mileage/mileage from last turn

BR/BL = bear right/bear left

S = straight

SS = stop sign

Note: some road signs may be missing at intersections!

## 80-mile route

[1]

0.0 0.0 L (at Holmdel Park  
exit) LONGSTREET  
0.8 0.8 R (at light) CRAWFORDS  
CORNER-EVERETT  
0.9 0.1 L SOUTH HOLLAND  
1.9 1.0 R (at SS) TELEGRAPH HILL;  
--> HOLLAND  
2.8 0.9 R VAN SCHOICK  
3.8 1.0 R (at light) RED HILL;  
--> MIDDLETOWN  
6.7 2.9 S (at E. Main, SS) OLD MILL  
7.1 0.4 R (at SS) E. MAIN (Rte. 520)  
7.3 0.2 R LONG BRIDGE, to end  
9.0 1.7 R LAIRD  
10.2 1.2 S (at SS) CONOVER  
10.3 0.1 L WOOD'S END  
10.5 0.2 R REVOLUTIONARY

[2]

10.9 0.4 L (at SS) HEYFERS MILL  
12.2 1.3 R CEDAR  
13.1 0.9 L BUCKS MILL: --> MERCER  
15.0 1.9 R MATHEWS, to end  
16.1 1.1 L FIVE POINTS, to end  
20.2 4.1 R RTE. 524 (Adelphia Rd.)  
20.8 0.6 L (at food store) WYCKOFF  
21.4 0.6 R STRICKLAND, to end  
22.5 1.1 L JACKSON MILL  
22.9 0.4 R STONE HILL, to end  
23.7 0.8 L GEORGIA  
24.8 1.1 R NOMOCO, to end  
26.8 2.0 R ELY-HARMONY, to end  
30.5 3.7 L RTE. 524 (Freehold-  
Smithburg Rd.)  
33.7 3.2 S (Scooter Corner) RTE. 524  
[60-mi. route goes R at this intersection]

[3]

34.3 0.6 BL RED VALLEY; do not follow  
Rte. 524 to right  
35.1 0.8 R YELLOW MEETING HOUSE  
36.6 1.5 S (at Rte. 526) YELLOW  
MEETING HOUSE  
37.9 1.3 R BURLINGTON PATH  
38.8 0.9 R EMLEYS HILL  
40.9 2.1 L (at bottom of hill) IMLAYS-  
TOWN; curves right and -->  
DAVIS STATION; to end  
42.4 1.5? R TRENTON-FORKED RIVER

[4]

42.6 0.2? L ALLENTOWN-DAVIS STATION  
(Rte. 539); --> HIGH,  
to end  
45.8 3.2? R MAIN; Perry's Market at in-  
tersection of Rte. 526;  
--> OLD YORK (Rte. 539)  
54.1 8.3 R (after Monmouth, William)  
WYCKOFF (no sign; look for  
Wilson on left); gravel  
to end  
55.7 1.6 L PROBASCO: --> WYCKOFF MILLS-  
APPLEGARTH

[5]

57.3 1.6 S UNION VALLEY-  
APPLEGARTH  
57.9 0.6 R MOUNT  
58.3 0.4 L (at SS) ENGLAND  
58.7 0.4 R FEDERAL  
59.6 0.9 R (at SS) JAMESBURG-  
PERRINEVILLE  
60.1 0.5 L DEY GROVE  
[60-mi. route rejoins at this intersection]  
60.6 0.5 BL DEY GROVE, to end  
61.5 0.9 R BERGEN MILLS-GRAVEL HILL  
63.5 2.0 R (at SS) IRON ORE  
63.6 0.1 L McCAFFERTY  
65.2 1.6 L (at SS) WOODWARD (Rte. 3)  
66.5 1.3 S (at light) TENNENT  
66.9 0.4 R (after cemetery) CRAIG

[6]

67.1 0.2 L SYMMES --> RYAN crosses  
Rte. 9; diner on left  
69.7 2.6 L ROBERTSVILLE  
70.2 0.5 R TOPANEMUS  
72.0 1.8 R (at SS) WYNCREST; cross  
expressway; BL at yield  
sign on Wyncrest; to end  
73.9 1.9 L RTE. 79  
74.0 0.1 R PLEASANT VALLEY  
76.3 2.3 R (as Reids Hill goes  
left) PLEASANT VALLEY  
77.1 0.8 L SCHANCK (look carefully for  
this turn), to end  
78.2 1.1 R HOLMDEL  
78.5 0.3 L ROBERTS  
79.0 0.5 L LONGSTREET, to park

Debbie Bell, Alinda Barth, Karen Reich, and Joe Vaccaro  
October 19, 1986

# NEW MEMBERS



EPSTEIN, Robert J.	70 Riverside Dr. #2F	N.Y.	10024	212-787-4366
GEWIRTZ, Lorraine	406 E. 64th St. #11	N.Y.	10021	212-832-9073
GIRARD, Sue	403 E. 62 St. #11B	N.Y.	10021	212-759-3534
HOBSON, Larry	212 W. 72 St. #6	N.Y.	10023	212-787-1491
ISZARD, Davis	164 Carroll St. #2	B'klyn	11231	718-852-1454
KUCH, Beatrice	609 W. 114 St #92	N.Y.	10025	212-749-1507
LIPMAN, Steven	1320 York Ave. #13A	N.Y.	10021	212-517-7607
McKEOWN, Christopher R	370 Ninth St. #2B	B'klyn	11215	718-768-0691
SHEANE, Christina	15 W. 95th St. #1R	N.Y.	10025	212-666-9524
STAVIS, Robert	80 Madison Ave. #4E	N.Y.	10016	212-684-3815

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## FOR NEWER MEMBERS AND TOURING CYCLISTS - IRV WEISMAN

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At the present time, NYCC membership is at an all-time high, with many new members just learning of the limitless possibilities of cycling. I, personally, love sharing vicariously in the bicycle adventures of my fellow members through slides of their trips. Last year I arranged for a delightful private showing of Karen Sauter's slides of her two month solo trip down the west coast. Club members enjoyed Elly Spangenberg's slide show of her tour across America. Her account was full of human interest and offered scenery, both beautiful and desolate, bits of Americana, and included her ceremonial pouring of Atlantic waters into the Pacific.

I know there are other members who have slides of their travels to share with club members. We also have members, somewhat new to the sport, who want to learn more about cycling—who want technical information on frame fit, gearing, pedalling, clothing, training for fitness, nutrition, etc.

If you are interested in any of these subjects and would like to attend meetings, especially during the winter months, send me a note indicating your interests. I will try to schedule meetings in private homes or at O'Hara's. These meetings will supplement, not supplant, the regular monthly meetings. The topics are: 1) Slide shows of bike tours (do you have any to show?) 2) Fitness and training—especially during the winter months 3) Bicycle gearing - its whys and wherefores 4) Effective cycling techniques 5) Winter cycling apparel 6) Would you like to present a topic or lead a discussion? 7) Would you be willing to meet on a Sunday afternoon during the winter 8) Can you host a group of crazy cyclists at your home?

Send your cards or letters to: Irv Weisman Box 97 Kingsbridge Bronx, N.Y. 10463 (212) 562-7298  
Your feedback is essential for me to judge whether there is sufficient interest to make the effort worthwhile.

## ELECTIONS

The NYCC election ballot will be published in the November bulletin.

COMPLETION OF NOMINATIONS will be at the October 13 meeting at O'Hara's. If you are interested in running for office, or wish to make a nomination, BE THERE, or make certain someone is there to accept the nomination. Also make sure your/their statement is ready if needed.

CONTESTED ELECTIONS: The November bulletin will include the election ballot plus, in the case of contested positions, a bulletin-ready statement of 150 words or less. The statement must be typed across 8½ x 11 paper and ready for inclusion in the bulletin. Because the Oct. 13 meeting is late in the month, bulletin editing time is at a minimum. NO EXCEPTIONS WILL BE MADE!!!!!!!!!!!!!!!!!!!!

PRELIMINARY NOMINATIONS, initiated at the Sept. 8 meeting, appear below alphabetically in the order the offices appear on the masthead.

PRESIDENT: Sara Flowers  
Christy Guzzetta

EDITOR: Caryl Hudson  
Any takers?

VP PROGRAMS: Michael Toomey

MEMBERSHIP DIRECTOR: Barbara Levitan

VP RIDES: Debbie Bell

CIRCULATION: Hannah Holland

SECRETARY: Steve Baron  
Arlene Ellner

A-RIDES COORDINATOR: Roberta Pollack

TREASURER: Holly Gray

B-RIDES COORDINATOR: Joe Furman  
Brian McCaffrey

PUBLIC RELATIONS: Ed Rudetsky  
Jody Sayler

C-RIDES COORDINATOR: John Mulcare

# NEW YORK CYCLE CLUB

August 20, 1987

Mayor Edward L. Koch  
City Hall  
New York, N.Y. 10007

Dear Mayor Koch:

I am taking this opportunity to express my dismay at the actions of your administration concerning the July 22nd announcement of a weekday ban of bicycles from Park, Madison and Fifth Avenues. On behalf of the New York Cycle Club, the largest bicycle club in the New York Metropolitan Area, I find this action to be a capricious and unwarranted misuse of the authority entrusted to you.

The New York Cycle Club, which has been on the city scene for over 50 years, has always been supportive of responsible cycling. While I recognize the real problem of unsafe bicycle operators on city streets, they do not represent the majority of city cyclists, a fact that is upheld by your own police department statistics. To ban an entire form of transportation because of the reckless actions of a few is an excessive and ill conceived solution.

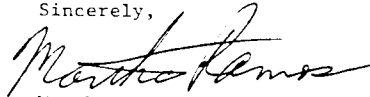
Your actions represent a careless attempt to avoid engaging in a meaningful effort to solve the midtown traffic mess that faces this city, and as you know, is growing. Cyclists represent only one element of that transportation picture. If we follow the "logic" of your actions at the news conference, then why not ban cars from those same avenues? Cars are involved in more accidents, they pollute, congest and result in a greater number of fatalities than do bicycles.

It would appear that faced with mushrooming traffic problems and the inability of the police to enforce the existing laws the administration has opted for a public relations approach. One that is comparable to rearranging the deck chairs on the sinking Titanic. Why chance engaging in an action that will only increase the already high level of antagonism existing on city streets? It also promotes continued mistrust of the administration's intentions toward the general cycling community

I urge you to reconsider your actions of July 22nd and to rescind the bicycle ban. There are better alternatives to controlling the problem of reckless cyclists. The bicycle community would be willing to help the city find those alternatives and promote them within the cycling organizations.

Your thoughtful consideration of this issue will be greatly appreciated.

Sincerely,



Martha Ramos  
President  
New York  
Cycle Club

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S Q U A R E   D A N C E   F O R   B I K E R S   F R I D A Y   O C T O B E R   2 3

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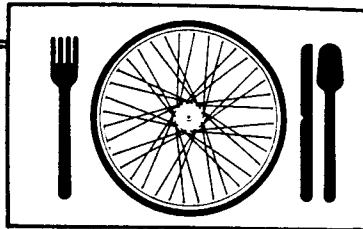
The APPALACHIAN MOUNTAIN CLUB BIKE COMMITTEE cordially invites you NYCCers to our semi-annual Swing-your-Partner festivities. Easy instruction and refreshments included.

CONTRIBUTION: \$6.00

SQUARE OFF AT: Friends- School, 15 Rutherford Place -just off Union Square on 15 St.  
between 2nd and 3rd Avenues.

TIME: 7 - 11 PM, thanks to the Society of Friends

**NEW YORK CYCLE CLUB**  
MONTHLY MEETING  
**TUESDAY OCT. 13**



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

## THE NYCC VISITS CHINA

In slides anyway. AYH has been touring China for several years; we will be looking at a cross-section of slides from several years.

Please come join us for this exotic trip.

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

**\$2 more  
after 7**

\*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

Deadline for the November bulletin is October 12.

**FOR SALE:** Bickerton 3-speed folding bicycle with canvas carrying case. Excellent condition. \$150 or best offer. Rhode Gear large panniers, used twice. \$60. Call Leslie 718-896-9636 (days), 718-275-9075 (eves).

## Minutes...

3 August 1987 NEW YORK CYCLE CLUB BOARD MEETING O'Hara's Restaurant 7:45 p.m. - 8:45 p.m.

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

The June and July minutes were approved.

Caryl reported that newsletters for August were mailed a few days late because of problems with the printer. Listing the first rides of a new month in the previous newsletter solves most of the problem, but researching a new printer will be done as time allows.

Bike Ban: Ed Rudetsky is our official representative to ban the ban and is authorized to spend up to \$100 (total) at his discretion. Motion passed. There will be major ride protests on August 12th and 19th beginning at Houston Street and 6th Avenue at 6:00 p.m.

Steve will solicit sale notices from regional bike shops to include selected information in his "Most Toys" column.

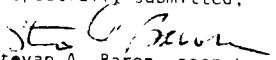
Caryl will try to get cue sheets from club members to add a "Ride of the Month" column in the newsletter. Lee will carry his notice of jersey order placement until September.

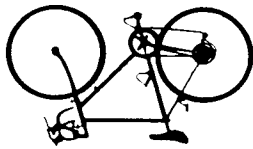
The board discussed ride categories and pace pushing. Ride leaders are requested to keep their rides at the advertised pace, and to try to keep their rides together.

Two recent bike thefts on two different bridges: both thieves apprehended; neither bike recovered. This month's HANDCUFF AWARD goes to Christy Guzzeta.

Membership is now 705 paid members. We'll print 750 or 800 newsletters for September.

Respectfully submitted,

  
Steven A. Baron, secretary



# First Class

230-737  
ALLEN PRIMER MAILING  
CHRIS MAILING  
110-30 MYNLE AVE  
RICHMOND HILL, NY  
11418



**New York Cycle Club**  
Hannah Holland  
211 W. 106 St. 8C  
N.Y., N.Y. 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

Dues are halved (\$6.00 individual/\$7.50 couples) for applications processed after Labor Day. Membership is from date of application through April of following year.

NEW PHONE NUMBER 212 - 242 - 3900