

September  
1987

# New York Cycle Club

Sept  
1987

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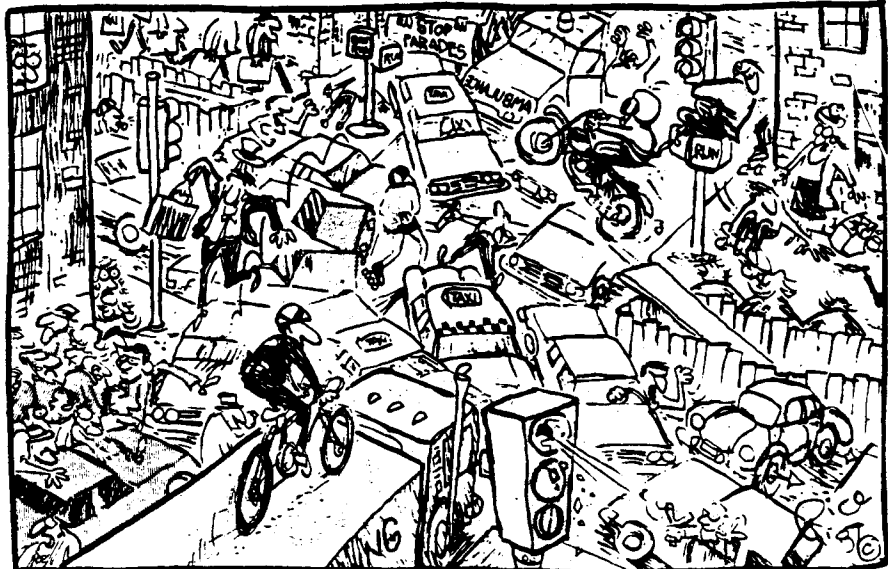
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- \* Don't like the GWB stairs?
- \* Feel like you're being squeezed out of New York?
- \* The mayor doesn't like you?
- \* Tired of being mugged on the Brooklyn Bridge?
- \* Can't figure out the Queensboro?
- \* Wrecked your wheel in a pothole?

DON'T COMPLAIN IF THESE PEOPLE  
DON'T ALREADY HAVE YOUR LETTERS.

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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

<u>Ride Class</u>	<u>Average Speed (not incl. food stops)</u>	<u>Cruising Speed</u>	<u>Riders</u>	<u>Ride Description</u>	<u>Self-Classification Central Park Times 4 full laps = 24.5 miles*</u>
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	1:30 - 1:39
B	12-13	15-16		important. Stops every hour or two.	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.

## Weekly Training Rides

Wednesdays 6:00 AM A PACELINE IN CENTRAL PARK. Leader: Doug Blackburn (212-685-9495) From the Tavern on the Green, Central Park. Continuing a three-year tradition, I'll lead the Wednesday morning Central Park training ride in Art Guterding's absence. We'll do 2 or 3 laps, depending on how we feel. Prompt departure no later than 6:01 AM.

\*\*\*\*\*

Fri.-Mon. Sep. 4-7 LABOR DAY WEEKEND IN THE FINGER LAKES. Leaders: Stu Greenberg (212-534-2935), Mark Plaut (718-805-0253), & Spuds McKenzie, The Party Animal. This is lush and historic country--and this weekend will have an exciting plus: all of our rides will either be led, done jointly, or mapped out by our friendly biking brethren from the Finger Lakes Cycle Club. We'll be based in Ithaca at the Ramada Inn (the best restaurants and pubs are in walking distance). Three nights' accommodations (no meals), round-trip transportation, and an honorary degree from Cornell: only \$150. Such a deal! No guarantees that space is still available, but call if you're interested.

Sat.Sep. 5 A LEADERLESS "A" RIDE. Meet at the Boathouse at 9 AM.

- Sat.Sep. 5 10:00 AM/  
10:45 AM  
C/C-  
25/14 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.Sep. 6 8:00 AM  
A/ 75 mi. SILVER LAKE PARK. Leader: Lee Gelobter (718-646-7037, 8-11 pm) Meet at the Boathouse for a friendly-paced ride through the Bronx (ugh!!), Mamaroneck, Harrison (ooo!!), Rye, and Greenwich to Silver Lake Park in White Plains. Chance of snow or temp. below 30F cancels.
- Sun.Sep. 6 10:00 AM  
C/C-  
35 mi. ROCKAWAY BEACH. Leader: John Mulcare (718-672-5272) From the Grand Army Plaza at the northern end of Prospect Park in Brooklyn. We'll stop at a deli off Newport Ave. at 129th St. in Rockaway before proceeding to the boardwalk starting at 126 St., but first stop at Riis Park for anyone not wearing a bathing suit. See note at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."
- Mon.Sep. 7 A LEADERLESS "A" RIDE. Meet at the Boathouse at 9 AM.
- Mon.Sep. 7 8:00 AM  
A/A- /100 mi. AIA SPECIAL. Leader: Art Guterding (800-327-5017, of.) From the Boca Raton Hotel & Club. Hit it on the flats of Florida for a day of fun in the sun.
- Sat.Sep. 12 8:00 AM  
A/ 54 mi. SATURDAY MORNING QUICKIE RIDE TO MONTVALE. Leader: Doug Blackburn (212-685-9495) From the Boathouse. Rain cancels.
- Sat.Sep. 12 8:00 AM  
B+ /55 mi. GREENWICH, CT. CARTOP. Leader: Joe Furman (212-861-5067) From E. 72nd St. & Fifth Ave. We'll be riding at a fluid pace. Call early for details and to get or to offer a ride. I have roof and trunk racks. Forecast calls for hills, fresh air, and beautiful scenery. Rain cancels.
- Sat.Sep. 12 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 Listing for "C Ride Recommendations and Cancellation Conditions."
- Sun.Sep. 13 8:00 AM  
A/ 101 mi. WESTCHESTER ROUNDABOUT. Leader: Christy Guzzetta (718-596-9833) From the Boathouse. North on the western border of Westchester, then east, east, east to the Long Island Sound. Breakfast in Thornwood; deli-picnic at the harbor. Rain at start time cancels.
- Sun.Sep. 13 9:00 AM  
B/B+  
70 mi. SHAWANGUNK VALLEY CARTOP. Leaders: Joan Mayer & Joe Vaccaro (212-432-4492, Joe's of.) From Holiday Inn parking lot, Middletown, NY. This is as good as it gets and the starting point is only about 65 minutes' drive from the GWB. Join us for this marvelous ride over rolling terrain in Orange and Ulster Counties. We'll picnic amid the old stone houses in the historic section of New Paltz. Cue sheets will be provided. Call for directions and if you need or can offer a ride.
- Sun.Sep. 13 9:00 AM  
C+/C  
45-50 mi. BAGELS OR PANCAKES IN SYOSSET. Leader: John Mulcare (718-672-5272) From 179th St. & Hillside Ave., Queens (last stop on "E" or "F" train). Have late breakfast pancakes in Friendly's or bagels around the corner after traveling over the roads most frequently used by us in Nassau County. See note at end of Rides Listings for "C Rides Recommendations and Cancellation Conditions."
- COLUMBUS DAY WEEKEND ? -- The deadline for reservations on the NYCC Catskills trip is 9/25. See previews.
- Sat.Sep. 19 7:00 AM  
AA  
150 mi. A BRIDGE TOO FAR REVISITED. Leader: Alan Zindman (212-989-8529) From the Boathouse. Beacon-Newburgh. Fast-paced ride ridden in a cooperative paceline. This ride was first ridden three years ago and became a weekly shmo ride. Total time, including food stop, is 9 hrs. Pocket food, 2 water bottles a must. Food stop at Newburgh (70 mi.). Rain cancels.
- Sat.Sep. 19 8:00 AM  
A/ 62 mi. SATURDAY MORNING QUICKIE RIDE TO UPPER SADDLE RIVER. Leader: Doug Blackburn (212-685-9495) From the Boathouse. This is the short way there. Rain cancels.
- Sat.Sep. 19 9:00 AM  
B  
75 mi. GETTING HIGH ON SKYLINE DRIVE. Leaders: Richard Mattner (718-596-9010) & Alejandro Caycedo (718-739-4648) From GWB (Ft. Washington & 179th St.). The leaders will take a "B" pace with a "B+" challenge. Plan on lots of hills, good company, social interaction, and the beauty of northern N.J. with local travel where possible. There will be three food stops. Bring a good attitude, jokes, and low gears. 75%+ chance of rain cancels.
- Sat.Sep. 19 9:30 AM  
C/C-  
35 mi. OLD WESTBURY GARDENS. Leader: John Mulcare (718-672-5272) Meet at the Statue on Queens Blvd. ("E" or "F" train to Kew Gardens/Union Turnpike) for a change, to explore the 100 or so acres of trees and flowers (admission \$3.00) and possibly the Westbury mansion (\$2.00 additional), to encourage our aging "C" riders, the leader has been guaranteed a \$2.50 price for seniors, covering both attractions. Bring a lock for your bike and a picnic lunch if you don't want to take a chance on the limited snacks available at the gardens. See note at end of Rides Listings for "C Rides Recommendations and Cancellation Conditions."

- Sun.Sep. 20 8:30 AM A 70 mi. STATEN ISLAND FLING. Leader: Jody Sayler (212-799-8293, h.; 212-627-4863, of.) From the Ferry. You've never seen Staten Island like this. Some people actually think Staten Island is ugly. Well, mostly it is. But we're going the pretty way: hills in the morning: a Frank Lloyd Wright house; the Flagg mansion; lunch at Conference House Park at the tip. Fast, flat back.
- Sun.Sep. 20 THE COUNTRY CYCLE CLUB (WESTCHESTER) GOLDEN APPLE CENTURY. Sponsors: Country Cycle Club (Morty Marks, 914-664-7930) From Pepsico parking lot, Purchase, NY. 125-, 100-, and 75-mi. rides at 7 AM. 50- and 25-mi. rides at 8 AM. Hardshell helmets are required. Registration: \$7. Forms, information: Morty Marks, CCC (914-664-7930). For information on transportation to and from Purchase: Stu Greenberg (212-534-2935) or Martha Ramos (718-858-9142). Also, see Clarke/Weisman below.
- Sun.Sep. 20 6:45 AM B/B- 50 mi. RIDE TO THE "GOLDEN APPLE." Leaders: Maggie Clarke (212-567-8272) & Irv Weisman (212-650-8075, of.) Meet at the Dyckman Triangle (Broadway & Dyckman St. -- "A" train to Dyckman/200th St.) for a prompt 7 AM departure to get us to Purchase by 9 AM. Each rider can take the Golden Apple route he/she prefers. Leaders expect to return after completing the 50-mi. ride. Bring money for registration, food; Metro-North pass for emergencies. Hard-shell helmets are mandatory for registration. If weather is doubtful on morning of ride, call 914-664-7930 or 914-723-5362 for Golden Apple information.
- Sun.Sep. 20 LONG ISLAND HI-POINT HUNDRED. Sponsor: Paumonok Bicycle Clubs (516-842-4699). A bike rally with rides ranging from 25 to 125 miles. Starts from Nassau Community College (Stewart Ave. & Endo Blvd.), Garden City. 125-mi. route: 6:30 AM; 100-mi., 7 AM; 63-mi., 8 AM; 50-mi., 9 AM; 25-mi., 10 AM. Registration: \$7 (\$6 before Sept. 7). Forms, information: Paumonok B.C. (516-842-4699) or Debbie Bell (212-864-5153).
- Sun.Sep. 20 10:00 AM C/C- /36 mi. DEMAREST DUCK POND. Leaders: Irving, Hindy, & Amanda Schachter (212-758-5736) From Maxwell's Plum (1st Ave. & E. 64th St.) Bring picnic lunch. We eat with Ducky, Donald, Daffy, Daisy, Huey, and Louie. See some nice parts of Bergen County too.
- Mon.-Fri. Sep. 21-25 A VERMONT. Leader: Don Ketteler (212-505-2749). Rhinebeck, NY - Pittsfield, MA - Manchester Center, VT - Newfane, VT - Lenox, MA - Bulls Bridge, CT. Inns/motels; panniers/sag. Scenic stops. Call for further details.
- Sat.Sep. 26 8:00 AM A/A+ 101-112.3 mi. VISIT TO MR. PERKINS, ONCE AGAIN. Leader: John Waffenschmidt (718-476-0888, h.; 212-566-7011 /5936, of.) From the Boathouse. You've heard it all before, so I won't say it anymore. Ride will be oriented to friendly, spirited riding ad-libbed by zany commentary. No rewards for first, second, or third, but fifth gets special adulations. No matter what, I'll buy the beers. The usual cancels.
- Sat.Sep. 26 8:00 AM A /66 mi. SATURDAY MORNING QUICKIE RIDE TO UPPER SADDLE RIVER. Leader: Doug Blackburn (212-685-9495) From the Boathouse. We did the short way last week, now it's the long way. Some of the roads may be a pleasant surprise (for you, not me). Rain cancels.
- Sat.Sep. 26 8:00 AM B+ /50-60 mi. NEW JERSEY. Leader: Susan Glaubman (718-596-0477) From the Boathouse. Beautiful N.J. back roads to Pearl River and vicinity. Pace as listed! Rain at start cancels.
- Sat.Sep. 26 9:45 AM B- 40 mi. NYACK--THE EASY WAY. Leader: Bernie Pearlman (212-285-1235) From the GNB Bus Terminal. A pleasant ride to Nyack, mostly flat, but with some interesting variations. The last time out, we exchanged greetings with ducks, geese, and sheep. If the weather allows, we will picnic by the water in Nyack State Park. Water bottles and spare tubes are mandatory. Rain at 9 AM cancels.
- Sat.Sep. 26 10:30 AM C/C- 25 mi. CITY ISLAND. Leader: John Mulcare (718-672-5272) From Triangle Park at Dyckman & 200th St. ("A" train, but you must use underpass to the downtown side to gain access to the street). The last time out, I found the ice cream parlor that I had been yearning for. Come and try it. Seafood is plentiful on the Island if that's what you're yearning for. See note at end of Rides Listings for "C Rides Recommendations and Cancellation Conditions."
- \*\*\*\*\*
- Sun.Sep. 27 7:45 AM A 85 mi. BILL BAUMGARTEN MEMORIAL ALL-CLASS CLUB RIDE TO KINGSLAND POINT PARK. Join of the rides listed below or follow the signs from Rte. 9 in Tarrytown to the Park for lunch at 1 PM and our final all-class ride in 1987.
- Leader: Richard Herbin (212-792-5438) From the Boathouse. Gravity will exact a heavy price on this exceptionally scenic jaunt to Kingsland Point Park via the New Croton Dam. The first food stop will be a deli in Briarcliff, so please eat breakfast. We will arrive at the park around 1 PM.
- 9:00 AM A- 70 mi. Leader: Debbie Bell (212-864-5153) From the Boathouse. We'll climb some hills -- this is Westchester. But you can expect a generally relaxed ride through White Plains, Chappaqua, and Sleepy Hollow Road to join the other groups at Kingsland Point.
- 9:30 AM B 45 mi. Leader: Martha Ramos (718-858-9142) From 242nd St. & Broadway (last stop on No. 1 train). We'll be travelling into Sleepy Hollow country with a snack stop in Briarcliff Manor. Some of the ride will include variations on original Bill Baumgarten routes. Rain cancels.

Sun.Sep. 27 -- All-Class Ride to Kingsland Point (cont.)

10:30 AM Leader: John Mulcare (718-672-5272) From 242nd St. & Broadway (last stop on No. 1 train). Be  
C prepared for a hillier "C" ride than usual. We'll stop at a deli before reaching the park.  
30 mi. See note at end of Rides Listings for "C Rides Recommendations and Cancellation Conditions."  
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Sat.Oct.3 SAUGERTIES INTERNATIONAL. Leader: Alex Bekkerman (212-213-5359, h.; 212-460-2220, of.) From  
6:30 AM the Boathouse. This ride will proceed along a route and rules which were established and fol-  
A+/AA lowed many times in the last five years. Route: 9-Newburgh-Beacon Bridge-9W-and back. Rules:  
205 mi. demanding, cooperative and intelligent riding. Pace: about 20 mph. Heavy rain cancels. See you.

Sat.Oct. 3 PRINCETON PLUS. Leader: Debbie Bell (212-864-5153) From WTC (Church & Vesey Sts.) Probably  
7:15 AM one of our last chances to do a 100+ in 1987. This will be a non-traditional route -- PATH to  
A- Newark, back roads to Somerville, south to Neshanic, lunch in Princeton, scenic streets (not  
120 mi. 27!) to Staten Island and the ferry. Eat breakfast and bring pocket foods. We'll try to keep  
the stops to a minimum. Rain cancels.

Sat.Oct. 3 FORMERLY MARKED CLUB ROUTE RIDE. Leader: Martha Ramos (718-858-9142) From Ft. Washington Ave.  
9:30 AM & 176th St. ("A" train to 175th St.). Join me as we rediscover the club route in Bergen and  
B Rockland Counties. See how many of the old arrows you can find. Indoor lunch stop. Rain  
50 mi. cancels.

Sat.Oct.3 PIERMONT, NY. Leader: John Mulcare (718-672-5272) From the NJ side of the GWB ("A" train to  
9:30 AM 175 St.; bike walkers should use the path on the south side of the bridge, allowing about 20-25  
C+/C min. more than their stair-climbing, bike-riding counterparts on the north side). We'll have  
45 mi. 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 BEDFORD REVISITED. Leader: Maxim Vickers (718-728-7179) Our annual disturbance of the peace  
7:30 AM in the Hickory Kingdom and points north. As usual, the leaves will have been gaily pre-painted  
A for the participants' amusement and admiration. Starting from the Boathouse with French Toast  
90 mi. (all right, Claire, waffles!) in White Plains and deli in Briarcliff Manor. Rain cancels.

Sun.Oct. 4 NORTH SHORE HILL-CLIMBER. Leader: Brian McCaffrey (718-634-1742) From the Statue of Civic  
9:00 AM Virtue ("E" or "F" train to Kew Gardens/Union Turnpike). This is a serious and beautiful North  
B+/A- Shore hill-climbing ride for "B" riders who would like to improve their skills. The route was  
70+ mi. developed by Alinda Barth, whose speciality is hill-climbing. We hope to have some "A" riders  
in attendance to help us make it our speciality too. Call for more details.

Sun.Oct. 4 GREAT NECK, L.I. Leader: John Mulcare (718-672-5272) From 179th St. & Hillside, Queens (last  
10:00 AM stop on "E" or "F" train). There will be a lunch stop in one of our favorite parks. See note  
C/C- /20 mi. at end of Rides Listings for "C Ride Recommendations and Cancellation Conditions."

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

Ride Previews

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 partici-  
pated 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 is Friday, Sep. 25.  
Call Stu or Martha.

Oct. 17 FALL FOLIAGE CARTOP -- GREENWICH OR DELAWARE WATER GAP. Leader: Joe Furman (212-861-5067).  
18 RIDGEFIELD FALL FOLIAGE CENTURY. Leader: Chris Mailing (718-847-8004).  
24 FALL FOLIAGE CARTOP -- NEW HOPE, PENNSYLVANIA. Leader: Joe Furman (212-861-5067).  
25 YE MERRIE LEAVES OF GLEN COVE. Leader: Maxim Vickers (718-728-7179).

Nov. 7-8 WEEKEND CARTOP -- SOUTHERN BERKSHIRES. Leaders: Joe Furman (212-861-5067) & Karen Reich  
(212-874-7923). Something different. Call now for reservations.

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CONTRIBUTORS:Deadline for bulletin material is the Tuesday NYCC meeting before the bulletin month.  
All copy must be typed on 8½" x 11" paper ACROSS in the 11" direction. One such page equals one  
half a bulletin page when reduced.

Deadline for the October bulletin is September 8.

# THE DEFINITIVE GLOSSARY OF

## ESSENTIAL

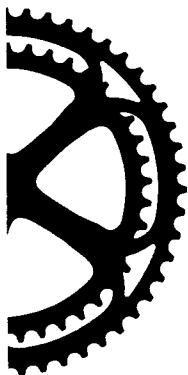
### BICYCLING TERMS



#### part 2

by Richard Rosenthal

- BOSS:** Springsteen; terrific.
- BOTTOM BRACKET:** Cat. IV income tax.
- BOXING:** Christmas season employment.
- BRACING ANGLE:** Andy Hampsten's attempt to have Mennen sponsor his orthodonture.
- BRAKE BRIDGE:** A road warning sign.
- BRAKE PADS:** Where brakes live.
- BRAZE-ON:** Bold, shameless, impudent.
- BREAKING AWAY:** Overcoming pimples; therefore, leaving Junior Cat. for Seniors.
- BREAKING THE WIND:** Oh, don't make me be obvious.
- BRIDGE:** A kind of helmet worn for the teeth by Masters.
- BURR:** Going like a shot.
- BUSHINGS:** Supporters of the vice-president.
- CADENCE:** Using computer aided design to put dings in your frame; also, one-tenth of decadence.
- CANTILEVER:** Singing the praise of cleansers.
- CARBO-LOADING:** The late gangster Frankie Carbo preparing to go out.
- CARCASS:** The rear end of an automobile.
- CARPENTER:** An apostle for fat tubes.
- CASATI:** A high pitch resulting from incorrect saddle angle.
- CASING:** A joint; also, a cheese protein.
- CATEGORIES:** The three basic food groups: candy, ice cream, and soda.
- CATEYE:** A solar marble.
- CELO EUROPA:** Smaller than a Basso; also, a marcel hair-do.
- CENTURY:** The age for Masters Cat.
- CIOCC:** As it's unpronounceable, it has no meaning.
- CHAIN REMOVAL:** Divorce.
- CHAINRING:** Digital ornamentation for heavy metal punks.
- CHAINSTAY:** A command to your chain.
- CHAINWHEEL:** See Rack.
- CHAMOIS:** One of the true chow biz g.
- CHASE GROUP:** Water, soda, and somet with the Chubb Group which is anoth
- CHIEF REFEREE:** An Indian warrior.
- CLAUDE BUTLER:** A domestique with a
- CLINCHER:** A lagnappe.
- COLD FORGE:** Signing someone else's; a 1777 Pennsylvania weather forecast
- COLD SET:** Witch's bosom.
- COLUMBUS TUBING:** A Genovese swim
- CONE:** A member of the self-proclaim confused with Cone Heads.
- COORS:** A family that supports everyt a lot that's wrong. Refer to Iran-Con
- CORN COB:** A pipe dream.
- COTTERLESS CRANK:** A late night pho the cancellation of his TV show.
- COTTONS:** On warm days, more comfor
- CRITERIUM:** The standards by which r
- CROSS THREADED:** Dressed for rough t an angry valet.
- CROWN RACE:** Roi Cone.
- CYCLO-CROSS:** A religious experience.
- DAVIS:** A city of enlightenment that l every car lane; also Carpenter, Miles,
- DERAILLEUR:** A cretin who blows up c
- DESCENTE:** Indecente price.
- DIAMOND:** Indicative of a type of fram
- DIET:** The Japanese parliament.
- DISHING:** Gossiping about who's sleepin
- DOPING:** Handicapping.
- DOMESTIQUE:** See CLAUD BUTLER.
- DOUBLE-BUTTED:** The procedure by wh unicorn.
- DRAFTING:** A method of putting togeth War Games.



remain where it is.

s. See Davis.

s beer. Not to be confused  
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Chamols.

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th whom on the circuit.

tingling Bros. created a

team for the perennial

DROPOUTS: Woodstock cyclists. See Rear Dropouts.

ECHELON: Latin phrase for "Thus is Haldeman."

EDDY "B": A lesser rider and writer than Eddie "A."

ELECTROLYTE: The same great taste but with fewer calories than  
traditional Electro.

ERGOMETER: An instrument that measures the number of times you  
use the word "therefore."

EYELETS: Pirots.

FAIRING: Li'l bell shell.

FERRULE: Raised in the wild. Pl., Just regulations.

FIELD: A cycling magazine publisher.

FILLETING: Trimming down.

FISHER: In Gary, formerly, Ind., orig. "A fisher of men's souls."

FIXED CUP: A riding brassiere or a falsie. Also, a trophy whose  
winner is pre-determined.

FIXED GEAR: Bespoke.

FLAT: 1. The cause for Fixed cups or 2. the reason you don't need  
them. Also, the shape of the world according to the pre-  
Colombians.

FLATS: The part of the personality that must be centered in order  
for you to break dance evenly.

FLYER: A printed notification of one race passed out at another  
one--not to be confused with the cheer of encouragement by one  
racer for another one who is trying to squeeze him: "Take a  
flying--."

FORCING THE PACE: Anti-war demonstrations.

FORK: An essential part of every training table, placed near the  
TANG.

FORK CROWN: A dental technique reserved for impoverished racers  
who break their teeth in crashes and can't afford gold or silver.

FRAME: Something capable of holding 531 Reynolds, or however many  
Sir Joshua painted.

FREESTYLE: The infant Dean Woods.

FREEWHEEL: A mutually exclusive concept.

FREJUS: King of the Mount.

FUJI: To make a molehill out of a mountain.

GEAR RATIO: The relationship of how much you spend on your  
cycling wardrobe to what you spend on the rest of your clothing.  
Often expressed in inches, i.e. how many inches of closet space  
you give to jerseys and skinsuits compared to guernseys and  
sharkskin suits.

GEOMETRY: One cause leading to Dropouts.

GENERAL CLASSIFICATION: See Draft.

GITANE: French for "I almost love you."

GORE-TEX: A fund-raising meeting between a presidential aspirant  
and Wm. Lewis.

GLUTEUS: An adhesive that binds you to your saddle.

GLUING: Sniffing out a race course.

GUERCIOTTI: Italian soldiers who use hit-and-run tactics.

HAIR NET: Generally half of gross.

HAMMER: A TV detective played by a real-life felon.

HANDLEBAR BAGS: Items that sag but are removable by plastic  
surgery.



THE PERSON WITH THE MOST TOYS WHEN HE DIES WINS By Steve Baron

CYCLISTS HELL, says Marty Wolf, is spending eternity crossing the Goethals Bridge and going up and down the stairs on the George Washington Bridge. We can make it even worse by adding use of the wheel groove on the G.W., and by throwing in a little "getting through midtown after August 31".

I find the new Cannondale gloves comfortable, but after four wearings, the dye is still coming out (black) and Cannondale has graciously agreed to swap them for another pair in a different color. Mine wasn't the first complaint. In fairness, most of our gloves are dyed and months later a hard ride or gentle rain will be responsible for changing the color of my palms. Why doesn't someone make a leather glove that is undyed, or won't "run" under any circumstances?

SPECIALIZED seems to make the best waterbottle I can find in local stores. It is a little squishy, but the nipple works and the top doesn't accidentally pull open.

My tubulars inflate with about 25 strokes of a SILCA Frame pump; a friends narrow clinchers take about 60 strokes with a ZEPHEL. The difference, however, seems to be accounted for by the air volume more than the merits of either pump.

It is hard to affix and remove a pump from a tube with threading all the way up the valve stem; other tubes are available. Ask.

DEER abound and bound: our group has seen 15 in three weeks, all more-or-less in the Morristown area.

WATCHES: Timex Triathlon will store 8 laps, but won't change function until the stop watch is stopped and cleared. Casio has a similar watch with 30 lap storage, it will divide the laps over several days, give an average, and can be changed while the stopwatch is running. On a recent trip I got to try at least 3 new brands of pulse watches. None is worth the powder to blow it to.....

A recent article in BYCYCLING does a good comparison between liquid "replenishment" drinks, but failed to note that Ultra Energy is really a liquid food, which makes it a whole different kettle of fish - or bottle of milk....

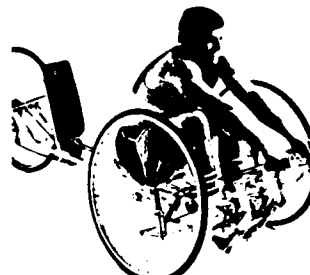
OUTSIDE Magazine refers to this year's RAAM winner, Michael Seacrest, as "5 time RAAM loser"... I think I'll cancel my subscription.

The ad above right was clipped from a 4-year old magazine. Will the mayor let me ride this thing down 5th Avenue?

**Tired of stationary workouts?**

Now you can train the fun way—outdoors, on the move, without water using the

**ROWCYCLE™** land rowing vehicle



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(612) 445-4721

New York Cycle Club Board Meeting Minutes, 7 July 1987, O'Hara's Restaurant

7:50 p.m. until 9:00 p.m.

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

The board voted life membership for David Walls in the NYCC, to commemorate his official finish in this year's RAAM.

After the board approved installation of a phone and answering machine for the club in Hannah Holland's apartment at the last meeting, Martha Ramos decided that an answering service would be a better idea, and prior to the July meeting she hired The Message Center at a beginning cost of \$35 plus \$29 per month. The new club phone number is 212-242-3900. We are now listed with Manhattan information and will be in the next directory.

A donation in memory of Gerda Reins to AYH was discussed at length. A notice appeared in the next bulletin.

The club has asked N.J. Transit for access similar to that provided by Path, LIRR and Metro North.

Budget Rent-A-Car is offering NYCC members vans at corporate discounts.

Maxim submitted a quarterly budget.

Respectfully submitted,

Stevan A. Baron, secretary.

**WE ARE RE-ORDERING CLUB JERSEYS** ORDER PLACED SEPT. FOR DELIVERY DEC. THIS YEAR.

**\$37 EA.** (1 YSML, 2 SML, 3 MED IN STOCK)  
4 LRG 5 XLRG 6 XXLRG 7 XXXLRG

**MAKE CHECKS PAYABLE TO NY CYCLE CLUB.**  
**MAIL CHECKS + COUPON TO:**  
LEE GELOBTER  
2686 OCEAN AVE  
BKLYN NY 11229

**Write your size**  **here.**

**Pick-up your jerseys at club meeting.**

**NY CYCLE CLUB**

# ROUTE OF THE MONTH

With this issue I'm introducing a new feature in the NYCC Bulletin: a monthly ride cue sheet. The first is the very first ride I've ever planned for the club, since that's the one I've got on hand. For future issues, I'd like YOU to submit your favorite rides. It could be long or short, local, in another state, in a foreign country - an old favorite or totally new. The route of the month is intended to provide an exchange between riders of all levels and to open us all to new horizons.

Caryl Hudson

## RETREAT TO JOCKEY HOLLOW - A REVOLUTIONARY RIDE INTO NEW JERSEY

9 August 1987, by Caryl Hudson with a LOT of help from Ed Schweber and Steve Baron

Washington's army of about 10,000 soldiers were routed from Brooklyn in Prospect Park and retreated through Bergen and Morris counties to spend the winter of 1779-80 recouping so they could win the next year at Yorktown. This route follows part of the retreat route through Ft. Lee and northern New Jersey, and visits the reconstructed wooden huts and farms at Jockey Hollow near Morristown. The visitor center has a movie re-enacting the winter.

GWB - Left to Main St. Ft. Lee  
R onto Main  
R onto 9W at main square in Ft. Lee  
L at Palisades Ave.  
R at Tenafly - go one block  
L onto Liberty Ave. (Rt. 10/68) about 1 mile  
R onto S. Washington Ave. a few blocks  
L onto New Bridge Rd. (still 10/68) 1½ mile  
R onto River Rd. - about 1½ mile  
L over river on Riveredge then immed.  
R onto Kinderkamack 5 blocks  
L onto Midland 5 miles (name becomes Grove)  
L onto Prospect few blocks  
R onto Rock Rd. few miles -  
\*\*Deli stop in Glen Rock - carry 2 miles  
L onto Goffle (eat in park on L) about ¼ mile  
R onto Rea - few miles good hill - becomes Linda Vista then Overlook  
L onto High Mountain Rd.  
R onto Pompton - uphill 1 mile to intersection just past W.P. College  
Straight at intersection onto Ratzer Rd. 4 miles  
Cross Rt. 23 by going R then L, L again, then  
R onto Black Oak Rd. ¼ mile  
R onto 504 towards Pequannock, at Exxon on L,  
L onto Ryerson into Comly (follow 511 Alt.)  
L onto 202 - follow 202 into Morristown  
\*\*\*\*Food stop or delis in Morristown  
R just past main square few blocks to  
L onto Western Ave. into Jockey Hollow Park  
Continue to Visitor Center and follow park tour  
(one way - please comply). Deer abound, the woods  
woods are lovely and hilly.

From the Visitor Center, follow signs to exit  
L onto Tempe Wicke Rd. - becomes Glen Alpine  
R onto (unmarked!!) Lee's Hill/Lagansville Rd. ¼ mile  
L onto Long Hill Rd. through Great Swamp - note the  
abrupt change in vegetation as you reach the bottom  
of the hill - becomes New Vernon Rd.  
L onto Meyersville Rd. - note Archie's Resale, Marty  
Wolf's favorite Jersey junkyard  
R onto Central Ave. (bad condition!!!) ¼ mile  
L onto River Road  
R onto Passaic, cross bridge, then quick  
L onto Commonwealth to end  
L then quick  
R onto Pineway (I wonder why?) to end  
L onto Springfield  
R onto Morris Ave.  
R onto Rt. 82 in Millburn  
R onto Rt. 439 - follow signs to Geothals Bridge  
Ride past bridge road, go L then R to reach bike path  
L off bridge in Staten Island - check tires for glass  
R onto Western Ave.  
R onto Richmond Terrace to St. George Ferry Terminal

This ride offers a pretty route due west, avoiding Paterson at the cost of some good hill climbing. There are some challenging climbs and thrilling descents in the first half, with the return from Jockey Hollow being mainly flat.

## I - STREET HEROES

PROMOSTYL'S "STREET HEROES" TREND FOR WINTER '88/89 IS INSPIRED BY THE LIFESTYLE OF CYCLISTS AND MESSENGER MEN IN NEW YORK AND OTHER MAJOR CITIES.

AFTER PROMOSTYL, THE FRENCH NEWSPAPER "LIBERATION" DEVOTED AN ARTICLE "LE ROULEMENT HABILLE" (DRESSING ON WHEELS) TO PICTURES OF SOME OF NEW YORK'S MESSENGERS WHO THEY CONSIDER TREND SETTERS. THEY ARE THE ONES WHO HAVE LAUNCHED SKINTIGHT CYCLIST SHORTS, MULTICOLORS (BLACK + BRIGHTS) AND FUN ACCESSORIES (CAPS, BANDANA HEADBANDS AND GAG GLASSES).

THEIR HANGOUT: THE CORNER OF HOUSTON STREET AND 6TH AVENUE.

THEIR IMITATORS: SUNDAY JOGGERS.

# NEW MEMBERS



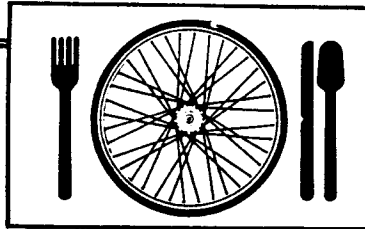
ALBERS, Manfred	1385 York Ave. #27D	N.Y.	10021	212-879-7587
ALLGAUER, Arthur	72-61 113 St. #5-X	Forest Hills NY	11375	718-268-2582
BAKER, Terren				212-362-8526
BERRIE, Arlene	Box 270, Village Stn	N.Y.	10014	718-638-1288
BIAFORE, Ana Marie	165 E. 72nd St. #9N	N.Y.	10021	212-772-9397
BOWERS, Jill	262 Decatur St.	B'klyn	11233	718-756-5209
BUFANO, Alessandra	120 Garfield Pl. #3D	B'klyn	11215	718-499-3027
CANNELLA, Kevin M.	144-16 78th Rd. #2-0	Flushing	11367	718-380-3178
COLLIN, Andrew	320 Riverside Dr. #11E	N.Y.	10025	212-865-1335
COUSTARD, Marie G.	1365 St. Nicholas Ave. #4J	N.Y.	10033	212-795-1803
D'AMICO, Marie				
DE RODRIGUEZ, Fayette	30 Park Terrace East #4D	N.Y.	10034	212-304-2566
DOLAN, Kathleen	21-22 Ditmars Blvd	Astoria	11105	718-728-1435
DRAINE, Kathleen	320 Riverside Dr. #11E	N.Y.	10025	212-865-1335
DRECHSLER, Denise	218A North Henry St. #2	B'klyn	11222	718-389-6351
ELLIS, Patricia A.				
FERNAN, Ramon				
FRIEDMAN, Joan	1332 E. 10th St.	B'klyn	11230	718-339-1389
FROEHLICH, Paul	910 West End Ave. #8E	N.Y.	10025	212-865-8630
GOLDEN, Beth	301 E. 79th St. #7G	N.Y.	10021	212-570-6880
HARVEST, Michael	1763 Second Ave. #21L	N.Y.	10128	212-876-3386
HEADRICK, Hollis	835 Carroll St. #3R	B'klyn	11215	718-789-0683
HOCHSTER, Howard	225 W. 71st St. #42	N.Y.	10023	212-724-8294
JUBAK, James				
KLINE, Ken	350 Cabrini Blvd. #3H	N.Y.	10040	212-740-1630
LACKEY, David				212-362-8526
LASKARIS, George	75-10 137th St.	Flushing	11367	718-544-4759
LICHTENSTEIN, Grace	115 Central Park West	N.Y.	10023	212-580-3285
LIEBMAN, Rosanna	235 Elizabeth St. #21	N.Y.	10012	212-431-8926
LIPSCHITZ, Alan	305 E. 24th St	N.Y.	10010	212-679-0985
MAGNANI, Michael	245 East 93rd St. PH 33	N.Y.	10128	212-860-8322
MARTIN, Terry	240 W. 98th St. #8B	N.Y.	10025	212-864-4953
MARTINEZ, Mary L.	37-15 27th St. #1F	L.I. C.	11101	718-786-5316
MAZZOCCA, Julian	1275 E. 51st St	B'klyn	11234	718-209-0106
MOSKOWITZ, Leon	1310 Penn Ave. #18B	B'klyn	11239	718-642-2208
McGEE, Tom	353 72nd St. #2	B'klyn	11209	718-680-2332
McGURN, Patricia				
McIVER, Robin C.	325 E. 93rd St. #1E	N.Y.	10028	212-860-8185
McNEAL, Daneen L.	147-11 71st Ave. Apt. A	Flushing	11367	718-575-1963
NINO, Gerald	951 First Ave. #2B	N.Y.	10022	212-371-6138
NISON, Glen	179 Columbia Heights #31	B'klyn	11210	718-625-2182
PERKINS, Peter L.	40 First Ave. #13A	N.Y.	10009	212-674-6047
PRIMAVERA, Tracey	325 e. 93RD sT. #1e	N.Y.	10028	212-860-8185
RESHICK, Alan E.	430 E. 65th St. #5L	N.Y.	10021	212-794-1109
RIVKIN, Kenneth	242 E. 19th St. #3H	N.Y.	10003	212-505-5557
ROTH, David M.	298 Ainslie	B'klyn	11211	718-486-6840
RUBIN, Joshua	34-10 75th St.	Jackson Hts	11372	718-424-8342
SALIT, Sharon	345 Riverside Dr. #3J	N.Y.	10025	212-662-6706
SEDAR, Sharon	10031 4th Ave. #3I	B'klyn	11209	718-836-2986
SELKER, Ted	Box 434	Millwood N.Y.	10546	914-762-5577
SHAW, Kimberly	1533 E. 32nd St.	B'klyn	11234	718-253-0805
SHAY, Ellen	Box 434	Millwood, N.Y.	10546	914-762-5577
SHULDINER, Richard M	570 Grand St. #H-1607	N.Y.	10002	
SHULEVITZ, W.	15 W. 81st St. #11F	N.Y.	10024	212-496-8977
SPRINGER, Phyllis	525 E. 86th St. #20A	N.Y.	10028	212-249-0933
STEIN, Marion				
TAWIL, Joyce	800 Ocean Pkwy #4P	B'klyn	11230	718-851-6088
VASTOLA, James W.				
WERTENTEIL, Abe	315 E. 5th St. #4G	N.Y.	10001	212-420-8132
WINOKUR, Julie				
ZEGER, Jordana	350 Cabrini Blvd. #3H	N.Y.	10040	212-740-1630

NYCC MEMBERSHIP AS OF 8/10/87; 645 members

## NEW ADDRESSES

HUMPHREY, Peter	338 W. 17th St. #1C	N.Y.	10011	
JOHNSON, Jamie	121 Woodchuck Rd.	Stamford CT	06903-3605	
TUCKER, Jill	21 Cleveland Pl. #3C	N.Y.	10012	212-431-3029
WACHS, Evan	370 9th St. #2B	B'klyn	11215	
WALTON, Susan	623 Electra Drive	Houston Texas	77079	

**NEW YORK CYCLE CLUB**  
MONTHLY MEETING  
**TUESDAY SEPT 8th**



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

**COME WELCOME  
BETSY DAVIS  
TO  
THE NYCC**

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 restau-  
rant 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

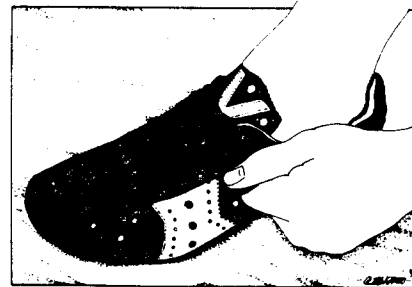
**CLASSIFIEDS:** Each paid-up member of NYCC may have the  
equivalent of three lines thrice per year for their own  
notices. Ads must be submitted ready for paste-up.  
Commercial rates on request from the editor.

**GOOD BUY: Panasonic**  
Answering Machine  
Best Offer  
Caryl Hudson  
212-595-7010  
Leave message.

Oops, the shoe didn't fit. It only took 20 miles to realize the size 37 red and black RIVAT  
velcro closure shoes were too short. If these more than \$80 shoes fit you, they are yours  
for \$60. That's \$1 discounted for each mile they were worn. The soles are set up with  
regular cleats and are drilled for Look-type pedals.

call Arlene Brimer evenings - (718) 847-8004

**FOR SALE:**  
TREK 560 - 21" Frame w/ Reynolds  
501 Tubing. SUNTOUR Cyclone Free-  
wheel & Derailleur. All components  
in very good condition; bicycle  
bought last Oct. Includes pump  
& bottle cage. \$300  
Call Chris @ (212)323-1447 days  
(718)768-0691 eves.



**WANTED:** Rollers; workstand. Please call Bob Trestman at 212-996-0358.

**Austro-Daimler Touring Bike.** 25" 12-speed with Blackburn  
rear rack. Many upgraded parts, including Specialized K-4  
tires, Shimano 600 rear derailleur, Sur Tour ultra-6 free-  
wheel, Wolber 58 rear wheel--all of which are new this year.  
\$275. Call and leave a message at 718-680-2332.

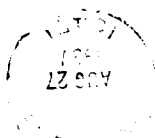


1-2

236-257  
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First Class

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211 W. 106 ST. 8C  
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

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