December
1987
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 derailleur, 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.

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

* 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.

Saturdays and Sundays -- throughout December

8:00 AM

GIMBELS. Leader: David Wells (212-316-2336) From the Boathouse. Schmooze up to Gimbels (now called Stern's) to join the peloton to race through Westchester; a great way to stay in shape and improve handling. Schmooze back after the ride. You are on your own during the event; I will wait a while if you get dropped! Lousy weather may cancel.

B+/B/B+-

DIAL-A="B"-RIDE. If you want to ride, call the coordinators listed below and we will let you know who on your level is ready to join you. Call in advance and leave your number and name if forecasts seem promising. We will find appropriate leaders and routes.

Sat. Dec. 5 -- Coordinators: Joe Furman (212-661-5667) & Sara Flowers (718-544-9168).

C

DIAL-A="C"-RIDE. Leader or Coordinator: John Mulcare (718-672-5272). If the weather forecast the evening before is promising, call me before 10 PM. The first caller may help determine the starting time, place and destination for this ride, which should give due consideration to the short period of daylight available at this time of year. Later callers will be furnished with the details. Warning: If I am unable to answer your call, it is possible I am unavailable because of an unanticipated invitation of a relative or old friend. In such cases, I suggest you contact other members you know from other "C" rides, and plan your own ride. In any event, ride carefully and enjoy yourself. See note at end of Rides Listing for "C Ride Recommendations and Cancellation Conditions." Please note: no Dial-A-Ride on Sat. Dec. 26.
Sat. Dec. 5 8:00 AM BEAR MOUNTAIN. Leader: Alex Bekkerman (212-213-5359) From the Boathouse. We will arrive at the top of Perkins Drive in orderly fashion, where warm beer will be provided. Back at the Boathouse, warm beer will be provided again to everybody who rode.

A+/12 mi.

Sat. Dec. 5 11:00 AM NYCC SECOND MOUNTAIN BIKE RIDE. Leaders: Herb Dereshowitz (212-292-0787) & Barry Shapiro (718-426-4479) From Syosset. Car top, meeting at the Syosset, L.I., Fire House for a beautiful ride on the Greenbelt Trail, a trail that travels L.I. north to south.

Sun. Dec. 6 9:00 AM DECEMBER CRUISIN'. Leaders: Clay Heydorn & Simone Smith (914-941-5013) From the Boathouse. We're talkin' mellow, folks. An "A" ride that takes us to a warm place for a long lunch. Machetes, schmoozettes, and other club curiosities are cordially invited. Temps. below 32F and/or precip. cancels.

Sun. Dec. 6 9:30 AM SEACLIFF RAMBLE. Leaders: John Kalish (718-596-7846, h.: 212-815-3173, of.) & Reed Schneider (212-569-6442). We'll meet at the Cunningham Park parking lot (Union Turnpike & 196th St.), Queens. The pace will be moderate, but the temperature brisk for our ride to Seacliff and the Long Island Sound. We'll lunch indoors at Roslyn. Precip. cancels. Joint A/V.

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"A+" riders -- join David Walls at the famous Gimbels; see page 2 for details.

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Sat. Dec. 12 9:00 AM WINTER "A" RIDE. Leader: Christy Guzzetta (212-596-9833) From the Boathouse. To the heated Thornwood Diner via Scarsdale & White Plains. Back home through Sleepy Hollow, Hastings, and Riverdale. Dress warmly, try and be in a good mood. This is an "A" ride--one stop, someone may get dropped, it's your job to keep up and keep warm. Breakdowns don't count. Promise of rain and bad weather, including too cold, cancels.

Sun. Dec. 13 8:30 AM JUST WHEN YOU THOUGHT IT WAS SAFE TO GO OUTSIDE! Leaders: Joe Furman (212-861-5067) & Beth Herman (212-609-7778). Calling all cars! If we can round up enough cars and brave souls with neoprene bootsies, we'll do a car top to Hunterdon or Somerset County (other requests are welcome). Otherwise, it will be a a 95-mile Bayville from 179th & Hillside, Queens at 9:30 AM. (Those taking the E or F trains may meet at the Citicorp Station, 53rd & Lexington, at 8:45.) Below 35F, rain, snow, or salt on the road cancels. Rain/snow/ice date = Dec. 13th. After this, my bike flies south until March. See you on the trails!

Fri. Dec. 18 7:00 PM 'TWAS SEVEN NIGHTS BEFORE CHRISTMAS. Leader: Marty Wolf (212-935-1460). From parking area in front of City Hall, Manhattan. Start the season off with a friendly-paced ride to the famous Guarino Xmas display in Flatbush, Brooklyn. You'll see the most outrageous, extravagant Xmas display in the entire metropolitan area. Although it's a short ride in distance, don't plan to be home before 11 PM. Questions? -- call Marty. Temp. below 30F, precip. cancels.

Sun. Dec. 19 12:00 PM SANTA CLAUS LIVES IN THE GREAT SWAMP. Leader: Marty Wolf (212-935-1460, h.: 212-572-7642, of.) From the S.I. Ferry, Manhattan side. We'll take the S.I. Ferry to Staten Island, then on to Myersville and the Great Swamp. Just before we enter the swamp area, we'll stop to visit Santa Claus, Dashner, Comet & Vixen. Bring a musette bag for the bargains we'll buy at Santa's shop. Call Marty no later than Thurs., Dec. 17 (I may, just possibly, have to cancel this ride, but don't know now). Temp. below 30F, precip. cancels.

Sun. Dec. 20 8:00 AM WHITE WHITE PLAINS. Leader: Bob Iestman (212-996-0358) From the Boathouse. Let's dine on French toast (or pancakes) at the Flagship and then to Connecticut via Wound Hill for a wonderful winter's weekend day on wheels. Snow, ice, or hurricane cancels. Notice: helmets are required on this ride. If you have questions, call the leader.

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"B" and "C" riders -- see page 2 for Dial-A-Ride opportunities throughout December!

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Sat. Dec. 26 8:00 AM BLACK INK ONLY. Leader: Steve Baron (212-228-0555) From the Boathouse. Max's is too far, Walter's is outdoors, Kevin's is possible, or maybe a potato dog in Westwood. Show up at the Boathouse and vote!

Sun. Dec. 27 9:00 AM LEADERLESS "A" RIDE. Meet at the Boathouse at 9:00 AM.

Fri. Jan. 1 10:00 AM NEW YEAR'S DAY ANNUAL RIDE TO WHITE PLAINS. Leader: Marty Wolf (212-935-1460) Meet at the Boathouse for a laid-back trip to the Flagship in White Plains for brunch. This is your chance to start the New Year out right with an entry on your brand-new 1988 mileage chart. (No chart? The leader will give one to all who ride today.) Temp. below 30F, precip. cancels.
LEADERLESS "A" RIDE. Meet at the Boathouse at 9:00 AM.

SCHNOOZE WITH THE HONEYMOONERS. Leaders: Julie and Art Guterding (305-782-7248). Meet at Atlantic Avenue and AIA for a ride from Pompano Beach to Spanish River. Breathe the fresh sea air and contemplate amadit scenic ocean views.

DIAL A "B" RIDE. Coordinator: Brian McCaffrey (718-634-1742). If you want to ride, call and I will let you know who on your level is ready to join you. Call in advance and leave your number and name if forecasts seem promising. I will find appropriate leaders and routes.

OYSTER BAY/BAYVILLE. Leader: Debbie Bell (212-864-5153) From the Boathouse; call if you want to meet us in Queens. A change from our usual winter diet of Nyack and Westchester. We'll end this one at the subway unless the weather is spectacular and our energy is likewise. Temps. below 36°F and/or precip. cancel.


BRONX BOTANICAL GARDENS. Leader: Elly Spangenberg (212-737-5844) From 59th St. & Fifth Ave. Enjoy warmth in January with a trip to the warm climes: deserts and jungles. Lunch at the historical Snuff Mill. A short ride to the NY Botanical Gardens in the Bronx. Bring $2.50 for admission to the Conservatory; dress warmly; and bring a lock and lunch, or money for it. Temps. below 32°F and/or precip. (or forecasts of either) at 9 AM cancels. Joint AVH.

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; LIRH 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 45 minutes before the scheduled time of the ride.

NEW YORK CYCLE CLUB X-C GLIDES SCHEDULE

Think about it. In a few years when you're spending a week in a January at the NYCC ski chalet in Aspen, or cross-country skiing in the Himalayas accompanied by Sherpas with NYCC logos on their parkas, you'll be able to tell people you were a proud pioneer participant in the club's first ski season. Yes, in the never-ending search to find new ways to cross train and get our money's worth from our polypro, the NYCC hits the trails and slopes. Hey, it's a humble beginning. We've only planned a few trips, but we think we're going to have a lot of fun with each.

Before you peruse the schedule though, a few comments are in order:

1. This schedule was set on Nov. 4, so no itinerary details were nailed down yet. Check with leaders for specifics.
2. Beginners are welcome. Brian McCaffrey (downhill) and Mark Plaut (cross-country) will be teaching beginner lessons on their trips. Lessons will also be available at most ski centers we visit.
3. On weekends when there is no specific trip planned, we hope to have a "Dial-a-Stride" coordinator who will try to put together at least a day trip to an area with good conditions.
4. We need more leaders!!! Please consider volunteering to lead or co-lead a trip. A day trip would be great, and it's easy to put together (the members of the ski committee will be happy to help you plan a trip).
5. If you don't own skis, we recommend renting them before the trip in NYC to save time and inconvenience. Check with leaders for good sources (i.e. AVH, Scandinavian).

Well, enough talk. It's a beautiful time of year and we're planning some good times - both skiing and après. We hope you'll join us.

Dec. 19-20 Leader: Brian Mc Caffrey (718/634-1742; 518/589-6075) Catskills. Downhill at Hunter Mt. or Cortina: xc (if conditions allow) at Hyer Meadow. Brian will offer a beginner downhill class and help arrange accommodations. Veteran club members know that a McCaffrey-led trip is one not to be missed.

Jan. 8-10 Leader: Mark Plaut (718/805-0253) and Stu Greenberg (212/534-2935) Southern Vermont. There are a number of excellent xc ski centers in the beautiful Green Mountain area. Mark will be teaching beginner xc lessons.

Sat. Jan.16 Leader: Brian McCaffrey (718/634-1742) x-c daytrip. The old (figure of speech) downhill vet will lead this beginner-oriented trip to the Catskills' Hyer Meadow xc center.

Jan. 23-24 Dial-a Stride - Debbie Bell (212/864-5153). Call Deb earlier in the week to see what day trip location is looking good for this weekend.

Sat. Jan. 30 Leaders: Ann Wistermeister (212/741-2707) and Charles Morris (212/717-3770). X-C daytrip to Mohonk Mt., New Paltz, N.Y. This is some of the best x-c skiing you'll find anywhere!
DOWNHILL SKIING. It may not be as good as cross-country for keeping cycling muscle in shape, but it ain't bad and it is fun. Anyway, midweek skiing at Hunter usually results in large smiles and well-exercised legs. If you are interested in partaking in these midweek adventures, late December to March, give me a call. John G. Waffenschmidt (718-476-0888).

HELP ME TRAIN
A RAM Rider's Desperate Plea
by Mara Bovian

All right, so big deal. I've qualified for RAM. So now what?
Now I have to train for this 3,100-mile (WHAT HAVE I GOTTEN MYSELF INTO?) race. Let's take a rational, calm look at what this means.
To perform adequately in the 612-mile qualifying race, I logged about 9,000 miles between January and September. RAM is a 3,100-mile (OH, GOD, I CAN'T DO IT. I CAN'T DO IT.) race, roughly five times the size of the qualifier. Multiply 5 X 9000, and we have 45,000 miles. (GET ME ICE CREAM, COOKIES, PIZZA, BAGELS. I FEEL AN ANXIETY-INDUCED HOLE IN MY RIDE EXITING COMING ON!)

Needless to say, this will be difficult and I will need help.
I'm looking for training partners to motivate me through the winter. Also, I'm interested in other activities — weight training, ice or roller skating, running, hiking.
Following is an informal schedule of training rides, etc.
Monday - Friday 6:30-8:00 AM, Prospect Park, 6:00-8:00 PM, Central Park
Lunchtime in Midtown for Activities other than Riding.
Saturday, Sunday Options include:
- Sat./Sun AM Gimble's Ride in Westchester (with David Walls)
- Sat./AM Cyclocross on Mt Kisco Bikes at Kinsman track
- Sat./Sun. PM (from about 1:30 PM) are often free, and get wasted. Any suggestions?
If interested in training regularly, just one ride or even a lunchtime Marine-style run up Third Avenue, please call me at (212) 546-1925 or (718) 259-7142.

Stu Greenberg and Mark Plaut are pleased to announce
to our friends in the New York Cycle Club, our creation of

America Outdoors Experience America at its best

An exciting, new travel company featuring bicycling, skiing, hiking and canoeing vacations — always in a beautiful and historic setting with noted accommodations and interesting folk.

And we would also like to invite you to join us for the holidays:
Christmas; Dec. 24-27 — or — New Year's; Dec. 31 - Jan. 3

as we enjoy cross-country skiing at its best in the White Mountain village of

Jackson, New Hampshire

Both Esquire and Cross Country Skier magazines call Jackson one of the top X-C ski areas of the world!

The special price for NYCC members of only $300 includes:
- 3 nights double occupancy at the Eagle Mountain House, a beautifully restored grand hotel
- 3 full breakfasts; Christmas Eve or New Year's Eve celebrations; Christmas day or New Year's day dinner.
- Saturday night sleigh rides and moonlit ski ramble (only New Year's weekend has a full moon!)

** Beginners special: guided beginners tours; 1/2 price beginners lessons; ski package rentals (arranged at additional cost)**

For only $50 additional, America Outdoors will provide round trip transportation from Manhattan, with complimentary food and drink served.

If you're interested in these fantastic holidays and want to ensure a reservation, call soon because space is limited!

And for information on other trips

call America Outdoors at (212) 722-4221
Paris - Brest - Paris
1987

by Claire Goldthwaite

It's over now, only memories (and a lingering ache or two), but the memories are still vivid. I remember:

--The mounting tension at the Finao in Paris, where two days before the start, hysteria focused on the equipment inspection, and I dreaded not being able to ride because I'd forgotten to install a bell and reflector.

--Waking at 1 am, before the 4 am start, seeing the rain and regretting the extra warm clothes I'd already sent out to the 255 mile point. It'd been hot and humid for a week; who expected cold rain?

--Leaving Paris, seeing the world filled with red taillights in front, and, in my mirror, white headlights behind; and the lights coalescing into giant packs flowing through the night.

--Rain, cold, and headwinds, knowing that this was the easy part, much worse to come; and realizing that the only way to finish was to grab onto any wheel I could catch.

--Riding into Tinteniac (225 miles) for the night, finding the warm clothes, and telling the authorities to wake me in 2½ hours.

--Hills and more hills; a knight in shining armor in a jersey from Chartres wordlessly offering me a wheel for a pull up the roc de Trevazel (chivalry lives!)

--The skills of the European riders, riding in packs on fast downhill, and me staying with these packs because I didn't want to get lost. (I drew the line at fast downhill in the rain.)

--Coming into Brest, I expected hills, but not short, steep hills with people cheering 2/5 of the way up. (I wanted so much to stop and rest, but not in front of them! So slog on up.)

--Into and out of Brest, wavering everybody coming and going; not telling those still coming about the nasty short, steep hills ahead.

--The little towns, with ten houses, and five people out at dusk, cheering. The small boy who handed me a bouquet of flowers, which I wore in my helmet until they wilted.

--Coming into an intersection at a town in the dark, trying to see the arrows on the road; and hearing a voice from the night calling "a droit"; and knowing the voice had been there for hours, watching for lost cyclists.

--Blazing down roc de Trevazel in a pack in the dark, feeling the bike shimmery with the load, and discovering a slow leak in the rear tire, and no street lights. Riding painfully slowly, inflating the tire again and again until I found a street light; getting the tube out and having the street light go off for the night before I could fix it. Fixing the tire and remounting it with only a flashlight and a snail for company. The stars were lovely!

--Sleeping on the floor on a piece of cardboard at Carhaix for 2½ hours (428 miles), and grateful for it.

--Rain again, drafting a French team of 2 men and a woman until they disintegrated on a hill; paying the debt by pulling the tired woman up to the front of her team, and when she didn't want to drop off, pulling her wheel to the next checkpoint.

--Teasing up a space blanket, putting it in my helmet and more in my vest to keep warm.

--Riding into Villaine le Juhel at night, first up hill, then, worse, downhill in a pack in the dark. Helping out with my bright halogen light, and discovering the pack was British, they spoke English! Voices only, I never saw them.

--Entering Villaine (608 miles); the kindness of the authorities who found me a room with straw on the floor, poked around the sleeping bodies until they found a space and put me in it, and woke me up in 2½ hours.
--Seeing Steve Bauman and other Americans at breakfast; hearing the news about all of us, and riding off alone in the dark.

--As the sun came up, riding through an aisle of poplars, with mist on both sides and a row of red taillights drawing me through the center onto Paris.

--Forty miles from Paris, falling asleep on the bike, waking up when it swerved into the oncoming lane and seeing a car coming at me.

--Stepping at the side of the road, leaning against a bridge and sleeping 5 minutes until a passing Frenchman yelled at me to sleep in Paris and watch out for the dogs! (Fur-in-dog barking in the distance)

--Ten miles from Paris, thinking that even if I got hit by a truck, I'd done it! Indulging in a victory sprint, dropping everyone around me because I felt wonderful, and I didn't have to save anything now.

--Finishing at the stadium, thinking, not now do I get off the bike, but now do I get the bike off me, it's a part of me now.

--The next morning, lying in bed with my feet against the wall, massaging my legs; reminiscing with one of my roommates, who with her feet against the wall, massaging her legs; and feeling deeply satisfied.

--In the next few days, talking to people about what we'd done wrong, and what we'd done right, and realizing that we were planning now we were going to ride in 1991.

And, if I can, I will.

FLORIDA TRAINING CAMP

The dates have been set for the spring training camp held near Orlando, Florida by the Wolverine Sports Club of Detroit. Two one week sessions will be held starting February 21 and 28 at YMCA Camp Wawasee. The cost is $195 per week, which includes 6 nights lodging, 17 meals and all Camp programs. As in the past, the Camp will focus on developing cycling skills such as paceline riding, hill climbing, cornering, time trial starts and sprint finishes. Evening seminars cover riding position, diet, training programs and racing tactics. Call Chris Mailing for more information at (718) 847-8004.

New York Cycle Club Board Meeting, 6 October 1987, OHara's Restaurant, approved minutes


Irene Walter has volunteered to chair the ballot counting/membership verification committee for the November meeting.

All members listed through the October bulletin plus new members listed in the November bulletin will be eligible to vote in the November elections. Those members must be paid up by October 12.

August minutes were approved. September minutes were approved.

Steve Baron announced that he will not run for reelection because of other time commitments.

Josh Keller initiated a discussion regarding RAAM and raising money for potential RAAM riders who are club members. A lengthy discussion followed. Josh requested that there be no "best buns" award at this year's awards ceremony; motion passed.

Barbara Levitan announced that there are 782 paid members.

In the near future the club will have new stationery and business cards printed featuring the logo from the bulletin.

Ride leaders will get patches.

The meeting ended a few minutes before 9:00 p.m.

Respectfully submitted,

Stevan A. Baron, secretary

In Memoriam

Longtime New York Cycle Club member Charlotte Hildebrandt died on November 1, 1987. Donations on behalf of Charlotte may be sent to the attention of Ma. L. Hann

Appalachian Mountain Club
5 Joy Street
Boston, Mass. 02108
LOCKNUT: Asylum guard.
LOCKS: A repellant item most effective when used with bagels.
LOOK: Mano-a-Shimano.
LOST WAX: The result of an otological cleaning.
LUBRICANT: Alcohol.
LUGS: Interior linemen.
MADISON: See Blow-up.
MAES: Corn. See TPI.
MASS START: The opening bars of a requiem.
MASSEUR: A French collective; also a Parisian collective.
MERCIER: French for "Thank you for showing me pit!"
MICRO-ADJUSTERS: Bicycle agents returned to bicycle manufacturers and the value of your stolen bike according to their appraisal.
MIROIR: A highly polished surface reflecting things from the French point of view.
MILES: A man with an embouchure.
MINUTEMAN: A tiny colonist; a premature ejaculator.
MISS AND OUT: A possible consequence of hitting on a feminist.
MITERING: The installation of a cardinal; usu. It: seldom Eng.
MOTORPIED: Heart patients. Cf. Schroeder Valve.
MUDGUARD: Raleigh.
MURRAY: The officially screwed supplier of bikes to the '84 Olympics.
MUSSETTE BAG: Being into small inspirations of dance, art, poetry, history, music, etc.
NISHIKI: Apparel worn by African riders.
OCHSNER: One who puts food before the cart.
OFF THE BACK: Direction to alleviate bed sores.
OFF THE FRONT: Kill the opposition.
ORTHOTICS: A product to give you a leg up on your lawn.
PACE LINE: Papal succession.
PACK: A conduit for political contributions, a sexually-neutral video arcade game.
PARAMOUNT: Hollywood classic.

PAWPS: The result of an identity crisis.
PATCHING: See Handlebar Plugs (1). Also, being content with the reading of a Chinese fortune.
PEDAL: Selling yourself to a sponsor.
PELOTON: A thousand-pound shrine to soccer.
PENNY FarTHING: An inexpensive fartsk.
POUNDS: A derrick.
POLKA DOTTED JERSEY: A Polish cow.
POLYESTER: The typically optimistic Walt Disney version of the story of the Biblical Queen of Persia.
PRESTA: Quick and lively, a spaghetti sauce.
PRIME: A premature baby, a beef made to the Chief Referee; ages 2-25.
PROTEIN: A racer who leaves the amateur ranks before his twentieth birthday.
PUSHER: A dream to ride in the evening of June 21st or 24th.
PULL: The quality a racer must have to get named to a team if he doesn't have the talent. Also see.
PUMP HEAD: A woman addicted to low-heeled shoes.
PURSUIT: See Kilo.
QUICK RELEASE: The Dan White penology program.
"QUICKSILVER": A mid Western.
RACE: A contest of speed from which competitors are disqualified for using speed; a highly polished surface but not a Miroir; the Cambion del Mundo stripes of black, white, red, and yellow.
RACING: A city in Wisconsin.
RACING GEOMETRY: Math taught in that city.
RACK: A medieval torture device; a way of transporting a lamb to slaughter.
RATCHET: Animal droppings. See BMX.
Holiday Wish List

Haven't we all received enough ties and scarves, pajamas and pearls, gloves and fruitcakes to last a lifetime? What sort of Holiday gifts does a real cyclist handker to receive (or give)????? Leave this page in a well-lighted, conspicuous place, with a bit of subtle highlighting, and see what surprises are in store.........

BIG TICKET ITEMS

Repair stand
Wheel trueing stand
A mountain bike to ride through Tellman in the snow
Campy's new Chorus Gruppo
A carbon-fiber racer
A carbon-fiber tourer with aluminum Sturmey-Archer hubs
Look—Mavic—Shimano—etc. new pedal system
A Yakima rack to get away from it all
The Club Van

TRAINING AIDS

Rollers or a wind trainer
Tapes or videos (so you don't die of boredom on the trainer)
Performance's towel to catch your sweat so it doesn't ruin the frame
A trip to Florida training camp (for when you DO die of boredom)

MIDDLE PRICED ITEMS

Giro helmet (or knockoff by Avenir or Protech)
Thermal lycra tights—jersey—jacket
Floor pump
Boot covers
A really good winter glove system (like Patagonia's, but they don't have it)
New touring panniers
Cateye or Ciclomaster bike computer
$60 gift certificate with your favorite airline so you can take your bike on your next trip
Generator light system

STOCKING STUFFERS

A new set of county maps
Any of Goldfischer and Hefferman's local ride guides (New Jersey-Hudson- L.I. Sound)
1988 Training Log
Under seat bag (like Kirtland's with outside tool kit)
Kevlar beaded/belted tires
Lotsa new tubes, patches
Water bottles in bright colors to go with your bike
Handlebar tape
Crazy-patterned seat covers
Brightly colored helmet covers
Belt beacon
Reflective ankle bands, vest
Packets of Re-Hydrate or other electrolyte replacement drink
Homemade "Bonk Bars" (see Maida Heatter for recipes)
ANYTHING CHOCOLATE
MESSAGE FROM THE CHRISTMAS PARTY PROGRAM COMMITTEE (OF ONE)

Dear Fellow Bikees,
I want to know of any among us who you think deserve a special award or recognition for our awards dinner party. I would like to help plan and fit it into our "show". Let's make this our most original, most lively party ever. So! I need your special contributions on this. Call me immediately.

Thank you very much,

Jody Sayler
day 627-4863 night 799-8293

In the meantime please be thinking of your choices for the usual categories:
Animal of the Year
Rider of the Year
Rookie of the Year
Most Improved Rider
Comeback Rider

Best Ride
Most Scenic Ride
Best Road Repair
Best Dressed Rider
Most Entertaining Rider

NEW YORK CYCLE CLUB BOARD ELECTIONS

Election ballots were counted at the November membership meeting. Elected were:

President: Christy Guzzetta
V.P. Programs: Michael Toomey
V.P. Rides: Debbie Bell
Secretary: Arlene Elner
Treasurer: Holly Gray
P.R. Director: Jody Sayler

Editor: Caryl Hudson
Membership Director: Barbara Levitan
Circulation Director: Hannah Holland
A Rides Coordinator: Roberta Pollack
B Rides Coordinator: Bryan McCaffrey
C Rides Coordinator: John Mulcare

Congratulations and welcome to the new Board!

NEW MEMBERS

ARONOVIC, Allen G. 23 W. 73rd St. #504
BERGESON, Kathy 311 E. 61st St. #3FE
FONG, Dorothy 97 Kane St. #2
GARFIELD, Bob 338 Fourth St. #4H
GINETE, Linda 265 E. 66th St. #4E
GINETEL, Stuart 265 E. 66th St. #4E
GIOVANELLO, Donna 28 Strong Place
GUTMAN, Milton M. 1808 55th St.
JOHNSTON, Arthur M. 242 W. 22nd St.
KASBAR, Virginia M. 8009 Ridge Blvd. PH
LAMONTE, Anthony Jr. 36 W. 22nd St. #7C
LEVIN, Jay 33 Monroe Pl. # 4A
MAC KENZIE, Gretchen
OSIAS, Dianne
PLANT, Michael
PORTO, Linda
SCHULTHEISS, Gus
SCIARROTTA, Thomas
SOETRENO, Hari
SOMAN, Sheila
STREARE, Peter
TEODOSIO, Laura

N.Y. 10023 212-799-7893
N.Y. 10028 212-517-3617
B'klyn 11231 718-596-5776
B'klyn 11215 718-768-6541
N.Y. 10021 212-707-0124
N.Y. 10021 212-707-0124
B'klyn 11231 718-232-2831
B'klyn 11204 718-242-2750
B'klyn 11209 718-836-9548
N.Y. 10011 718-834-8979
B'klyn 11201 212-772-9213
B'klyn 11231 718-643-2657
B'klyn 11215 718-788-1961
Richmond Hill 11418 718-441-4321
Elmhurst 11373 718-446-3870
N.Y. 10168 212-986-2130
B'klyn 11231 718-643-2657

change of address

GRAY, Holly
O'NEILL, Eileen

57 Montague St. #5C
53 W. 46th St. #2

B'klyn 11201 718-596-6336
N.Y. 10036 212-819-0435
Deadline for the January bulletin is December 8.

NEW YORK CYCLE CLUB
MONTHLY MEETING
Tuesday, December 8th

ANNUAL AWARDS DINNER &
Christmas Party

6 PM  O'Hara's Famous Cash Bar Opens
6:30  Buffet Dinner $15 at the door
8:00  Installation of Officers
  Debbie Bell Presents
  Ride Leader's Awards

8:30  Dessert & Coffee
A Special Cake From
Ferrara's of Little Italy
Awards Nominations Of
Ride of the Year
Animal of the Year,
Couple of the Year,
And Other
Selected Celebrities

Come celebrate our many achievements
of the past year. Its that time again
when we recognize the special contributions
of our fellow bikers, its when we remember the
fun we've all had together (dig out those snap shots),
and time to feast our way through O'Hara's buffet dinner
and Ferrara's cannoli cake.

Dress Festively: Bring your sweetheart and let's revel in what
a wonderful club we are.

ARA N G E D  B Y  J O D Y  S A Y L E R  V. P. PROGRAMS

HELP WANTED

Capable individuals are needed to fill available positions
in the Alex Bannerman Race Across America support group.
To qualify you must be a citizen or a resident alien over
eighteen years of age, be of sound mind and body, and share
our enthusiasm regarding this serious competitive endeavour.

Volunteers with skills in many different areas will be
essential in all phases of race preparation and road support.
From marketing wizard to licensed driver, all those with
willingness and a cooperative spirit are welcome to become
a part of this world famous race.

For more information call:
Josh Keller  212 674-0955
John G. Waffenschmidt  718 476-0888

Apartment or loft share wanted. Nelly (my bike) & I need a parking spot.
Nelly is well-traveled, easy-going, loves fresh air, music & TV, esp. Ch.13
(but has headphones, too), and reads a lot. She bike-commutes year-round to
work in NYC in advertising design, but supports a 2nd career in painting, so
she needs low rent. I'm a lot like Nelly, but I cook, do home & bike repairs,
and yes, windows too. Short-term on sofa OK. Lin Ehrlich (212) 279-7269 or
(516) 569-0459.

FOR SALE MAG TURBO WINDTRAINER
$69.00
CALL MENDEL 718-854-6153

FOR SALE - BIANCHI, 65CM, COBALT BLUE, CHROME MOLLY DOUBLE
BUTTED, CYCLONE M II FRONT AND REAR DERAILLEURS, TOURNEY AID CRANK
& CHAIN RING, SUNTOUR SUPERB BRAKES, ARAYA CLINCHER RIMS, SUSUE
HUBS (3DCD), KYKUTO PRO VIC II PEDALS, 12 SPEED 32/13 FREEWHEEL.
CALL IRENE NARISSI (212) 684-4196.
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 AYM 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