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THE 1988 BULLETIN



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RIDES PROGRAM



CUIDELINES FUR 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.

- Helmets are strongly recommended.
- 2) Select rides within your capability. Avoid downgrading the ride for your fellow riders and atressing
- yourself by trying to keep up, or conversely, demanding a faster pace than advertised.

 3) AA, A+, and most A rides generally maintain pacelines. If you are unfamiliar with paceline riding be 4)
- Be on time or a bit early. Rides will leave promptly.
- 5) Have your bike in good condition: both brakes working, properly inflated tires, adjusted derailleurs, no loose parts.
- 6) Bring water, snacks, spare tubes, patch kits, pump and lights if the ride will begin or end in the dark.
- Eat a good breakfast.

	Avenace			RIDE AND RIDER CLASSIFICATION	
Ride Class	Average Speed (not incl. food stops)	Cruising <u>Speed</u>	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+ A A-	16-17 15-16 14-15	19-20 18-19 17-18	Sports	Vigorous riding over hill and dale. High regard for good riding style. Can take care of themselves anywhere. Stops every two hours or so.	1:12 - 1:17 1:17 - 1:23 1:23 - 1:30
ម+ ម B-	13-14 12-13 11-12	16-17 15-16 14-15	lourists	Moderate to brisk riding along scenic roads, including hills. Destination not so important. Stops every hour or two.	1:30 - 1:39 1:39 - 1:49 1:49 - 2:00
C+ C-	10-11 9-16 8-9	13-14 12-13 11-12	Sight- seers	Leisurely to moderate riding. Destination oriented: nature, historical, cultural. Stops every half hour or so.	2:00 - 2:14 2:14 - 2:30 2:30 - 2:48

* New members can assess their probable riding class by riding 4 full laps around Cental 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.

Tuesdays/ Thursdays 6:00 AM

EARLY MORNING CENTRAL PARK RIDES. Leaders: Steve Baron (212-228-0555) & Caryl Hudson (212-595-7010). Meet at the Tavern on the Green for a friendly, but strenuous, 2-3 laps in a paceline. If you can average 17 mph alone in the Park, come out. If you're a little slow, we'll wait over the tops of two hills; if you are a little fast, you can pull us. Bad weather or late nights may cancel. If you aren't a regular, call 595-7010. It will take a couple of months, but we'll be averaging 20 mph again.

Fri.Apr. 1 HUNTERDON/BUCKS COUNTY IMPROMPTU. Leader: Joe Furman (212-861-5067). If the weather is nice, I'll be riding around the countryside at a casual pace. Lots of backroads are planned. A-40-60 mi. Uninterrupted cycling pleasure will be the hopeful result of the day. If you would like to meet me out there on Friday morning, then give me a call on Wednesday evening (Mar. 30) between 7-10 pm for directions. Helmets are strongly recommended.

Sat.Apr. 2 "A" TRAINING RIDE #9. Leaders: Chris Mailing (718-847-8004), and Simone Smith & Clay Heydorn (914-941-5013). From the Boathouse. Chris' "Advanced Technique" section will go to Nyack via the Tappan Reservoir and Orangeburg. The ride will be ridden in a single-file paceline and 9:00 AM A/Amay feature some "roll up" jams. Sprint finishing drills will be held in Nyack. Maps will 55-65 mi. be available. Precip./temp. below 30F cancels.

- Sat.Apr. 2
 9:00 AM

 --> A
 64 mi.

 Special Interest Group PROGRESSIVE "A" RIDE SERIES #5. Leader: Christy Guzzetta (212-595holiday, this ride's today. For those of us celebrating Passover, this ride goes off tomorrow
 --we're a non-sectarian SIG! It's our fifth ride and we're already doing 64 miles--we must be
 getting in shape. One skill today, alternating position in a paceline. We'll take last week's
 skill and add one to it. Last week, riding a wheel, single-file. This week, again singlefile, and changing position. Moving along. Alternate ride--both go off, no need to call-Sun., Apr. 3.
- Sat.Apr. 2
 9:00 AM
 of Civic Virtue, Union Turnpike & Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens). A few North Shore hills on the way to Glen Cove and a few on the way back. We'll wait for you at the top (or you wait for me). Helmets for this ride, please. Rain, snow, wet roads, or temps. below 32F at the start cancel.
- Sat.Apr. 2
 9:30 AM/
 10:20 AM high precipitation, wet or icy roads, or wind chill factor (i.e., F degrees 2 x wind speed)
 below 40F cancels. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."
- Sun.Apr. 3 "A" TRAINING RIDE #10. Leaders: John Marks (212-928-3389) & Steve Sklar (212-245-3245).
 9:00 AM From the Boathouse. We will cross the GWB, do a loop on the west side of the river, lunch in A/A- /70 mi. Nyack, and return to Manhattan. Precip./temp. below 30F cancels.
- Sum.Apr. 3
 9:00 AM
 0787). From the Boathouse. For those of us celebrating the Easter holiday, this ride was yesterday. For those of us who celebrated Passover on yesterday, we're riding today. Same ride, same routine, both of them are going off regardless of religious conviction. See Saturday's listing for further details.
- Sun.Apr. 3 DIAL-A-"B"-RIDE. No formal, organized ride today, but your B-Rides Coordinator, Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.), will put interested riders in touch with each other.
- Sat.Apr. 9 "A" TRAINING RIDE #11. Leaders: Chris Mailing (718-847-8004) & to be announced. From the 9:00 AM Boathouse. Chris' "Advanced Technique" section will go to Westbury and Syosset in a single-file paceline, perhaps with some "roll up" jams. Time trial start drills will be held in 68 mi. Syosset; maps will be available. Precip./temp. below 30F cancels.
- Sat.Apr. 9 Special Interest Group PROGRESSIVE "A" RIDE SERIES #6. Leader: Christy Guzzetta (212-595-8:30 AM 3674). From the Boathouse. To Chappaqua, NY. We're going to ride in a double paceline formation for the first time in the series. There will be no alternating the lead. We want to get comfortable riding the wheel of the bike in front, while there's a bike inches off to our side, while there's a bike riding our rear wheel -- all at the same time. My adrenalin is starting to pump. Rain date: Sun., Apr. 10.
- Sat.Apr. 9
 BRIARCLIFF MANOR. Leader: Martha Ramos (718-858-9142). From 242nd St. & Broadway, Bronx 9:45 AM (last stop on #1 subway). Tour Sleepy Hollow, lunch in Briarcliff Manor, and enjoy a leisurely and social return to the city. Rain or temp. below 40F at start cancels.
- Sat.Apr. 9
 BRONX BOTANICAL GARDENS. Leader: John Mulcare (718-672-5272). From the Coliseum, 60th St. & 10:15 AM
 Broadway, Manhattan. We'll stop at the Bronx's Little Italy for those riders preferring not to bring their lunch. Bring a few dollars for admission to the Gardens, as well as a lock for your bike. Bad weather cancels. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."
- Sun.Apr. 10 "A" TRAINING RIDE #12. Leaders: Bob Trestman (212-431-8926) & Caryl Hudson (212-595-7010). 8:30 AM From the Boathouse to a destination to be determined. Precip./temp. below 30F cancels. A/A- /80 mi.
- Sun.Apr. 10 B/B- PROGRESSIVE TRAINING RIDE #5. Leaders: (B) David Hiller (212-794-9365) & (B-) Irv Weis-9:00 AM man (212-562-7298). Meet David at the Boathouse or Irv at the GWB Bus Terminal for the "marked" 50-mi. route in NJ. We join for lunch. You can switch groups on the return home. 63/50 mi. Less than 40F predicted high, or 60% chance of rain cancels.
- Sun.Apr. 10
 10:00 AM
 Second Ave. This trip includes a ride around the lake, a stop at the Queens Botanical Gardens, lunch in Kissena Park, a bike ride on the Velodrome, a ride around Roosevelt Island, and a return ride on the Tramway (\$1). Bring (or buy) lunch. Bad weather cancels. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."

- Sat Apr. 16 "A" TRAINING RIDE #13. Leaders: Chris Mailing (718-847-8004) & Marty Wolf (212-935-1460).
 9:00 AM From the Boathouse. Chris' "Advanced Technique" ride goes to Chappaqua in a single-file paceline. Food stop in White Plains; maps will be available. Marty may go to Chappaqua, or possibly some other location in Westchester. Rain cancels.
- Sat.Apr. 16
 8:30 AM
 3674). From the Boathouse. To Oyster Bay. We're going to put it all together today, on this our 7th ride. Nice ride to Oyster Bay on roads perfect for a double paceline! We'll be switching the lead, sharing the load, ticking off some miles. It's a flat ride and we look sharp today. Rain date: Sun., Apr. 17.
- Sat.Apr. 16 OSSINING. Leader: Alinda Barth (718-441-5612). From the Boathouse. Join a "laid-back-B-9:00 AM ride" to Ossining. Indoor lunch at the diner, and a surprise detour on the way back. Rain B/B+/60+ mi. cancels.
- Sat.Apr. 16 CONEY ISLAND. Leader: John Mulcare (718-672-5272). From the front of City Hall, Manhattan. 10-30 AM We'll cross the Brooklyn Bridge and do a bit of riding along the waterfront. After stopping at Nathan's to make our ride official, we visit the boardwalk. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."
- Sun.Apr. 17
 8:00 AM
 A/A90 mi.

 "A" TRAINING RIDE #14. Leaders: Peter Titus (212-866-9443) & Richard Herbin (212-792-5438).
 From the Boathouse. Peter's ride goes to the Skyline Drive via newly-discovered byways. Jam to the top for a "winner takes all" prize. Plan to practice single-side switch-off pacelines.
 Rain cancels.
- Sun.Apr. 17
 8:30 AM/
 9:15 AM
 Gardens). Let's welcome in spring with a ride to the beaches of the North Shore. Join us for a brisk and friendly ride to reacquaint ourselves with familiar sites. Rain, temp. below 32F
 35+ mi.
- Sun.Apr. 17
 9:00 AM/
 10:00 AM

 B/B-/C+
 65/50/30

 13th ANNUAL CHERRY BLOSSOM RIDE TO BELLEVILLE, NJ. Leaders: (B) David Miller (212-794-9365);
 (B-) Irv Weisman (212-241-4783, of.); and (C+) Betty Morelli (212-675-3753) & John Mulcare
 (718-672-5272). Meet at 9 AM at the Boathouse for 65 mi., or at 9 AM at the GWB Bus Terminal
 (Ft. Washington Ave. & 178th St.; "A" train to 175th St.) for 50 mi., or at 10 AM at the World
 Trade Center PATH escalator (bring coins for the fare) for 30 mi. We are interrupting the
 B/B- series in order to enjoy the cherry blossom display. David and Irv will go and return
 via the GW Bridge. Betty and John will use the traditional route via PATH and Branch Brook
 Park, and will return on the common route to the GWB, which includes several steep hills. Low
 gears are needed. Best to bring lunch, but a market/deli is nearby. Less than 40F predicted
- Sat.Apr. 23 "A" TRAINING RIDE #15. Leaders: David Walls (212-316-2336) & Richard Herbin (212-792-5438). 8:30 AM From the Boathouse. Destination to be announced. Rain cancels.
- Sat.Apr. 23
 8:30 AM
 3674). From the Boathouse. Up and over some hills on the way to Bedford, NY. It's our 8th ride together, we know each other now. A lot of people have already decided that they'd rather not go on any more of our SIG rides. However, it's still surprising how many of us still look forward to--the weekend of June 25/26--when we go on the real thing--the regularly scheduled club "A" ride. Rain date: Sun., Apr. 24.
- Sat.Apr. 23
 8:15 AM
 A-/A
 60± mi.

 A RIDE WITH A VIEW--BUCKS COUNTY/HUNTERDON COUNTY CAR TOP. Leader: Joe Furman (212-861-5067).

 Meet at the Central Park Drive entrance, E. 72nd St. & Fifth Avenue. RSVP. As promised, there will be a ride today that passes through rolling farmland and enchanting forests. A great day for history buffs and antique lovers. I'd like to place a limit of 16 riders for the "A" group to help cut down on loading time. Call for more details and to offer or request transportation. We will try to rendezvous with the B+ riders for lunch in New Hope. More than 40% chance of rain cancels. (A note for the riders that are resting for tomorrow's century: I'll be leading this cartop again on June 11.)
- Sat.Apr. 23
 8:00 AM
 B+
 55± ml.

 ANOTHER RIDE WITH A VIEW--BUCKS COUNTY/HUNTERDON COUNTY CAR TOP. Leader: Brian McCaffrey
 (718-634-1742). Meet behind the Frick Mansion (E. 71st St., between Madison & Fifth). Same
 ride as above, but with less miles and an easier pace. Occasional pacelines. We'll try to
 meet the A riders for lunch on the New Hope green. More than 40% chance of rain cancels.
 Call Brian to offer or request transportation.
- Sat.Apr. 23
 JAMAICA BAY WILDLIFE REFUGE. Leader: John Mulcare (718-672-5272). From Broadway & 75th St., 10:00 AM
 C/C21 mi.

 Queens ("E," "F," or No. 7 train to Roosevelt Ave./Jackson Hts.). We missed the exodus of our fine-feathered friends last November, so let's try to bid the early birds among them a happy welcome on their return. Bring (or buy) lunch. We'll stop at a deli on the way, but we'll eat at one or two of the picnic tables available on the grounds. Dress warmly, preferably in layers, and bring gloves, a lock, comfortable shoes and, if you wish, a camera and/or binoculars. We'll be exploring some of the trails. Bad weather cancels. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."

- Sun.Apr. 24 "A" TRAINING RIDE #16 -- THE PRINCETON CENTURY. Leaders: Steve Sklar (212-245-3245) & Marty 7:20 AM Wolf (212-935-1460) From the Staten Island Ferry. Arrive in time to buy a ticket for the A/A- 7:30 AM ferry. Marty will take a "back roads" route which will include the East Millstone and Griggstown Canals. "With luck, we'll find and join the faster group for lunch in Princeton." Rain cancels.
- Sun.Apr. 24 "A" TRAINING DINNER. Resuming an NYCC tradition--dinner in a Manhattan restaurant to celebrate the conclusion of the spring training rides. RSVP to "A" rides coordinator Roberta A/A
 Pollock (212-864-6182) who will coordinate reservations for the evening's festivities.
- Sun.Apr. 24 GLEN COVE. Leader: Sara Sloan (718-692-1285). From the Statue of Civic Virtue, Union Turnpike 9:30 AM & Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens). Enjoy a variation on our standard Long Island routes. The lunch spot is a pleasant park with great bathrooms--you need to relax before the hill on the way back. 30% or more chance of rain cancels; if in doubt, call by 8:15 AM.
- Sun.Apr. 24

 B/B- PROCRESSIVE TRAINING RIDE #6. Leaders: (B) David Miller (212-794-9365) & (B-) Irv Weisman (212-241-4783, of.). Meet David at the Boathouse or Irv at the GWB Bus Terminal for a

 ride into scenic Rockland County. The groups meet for a common lunch. You can switch
 groups for the ride home. If this is your first ride of the season, please choose another
 ride instead; you are not prepared. Less than 40F predicted high, or 60% chance of rain
 cancels.
- Sun.Apr. 24
 10:00 AM/
 10:45 AM
 C/C32/18 mi.
 RIVER VIEW PARK, WEST NEW YORK, NJ. Leader: John Mulcare (718-672-5272). Meet at the
 Coliseum at 10 AM, or at the GWB Bus Terminal, 178th St. & Ft. Washington Ave. ("A" train to
 175th St.) at about 10:45 AM. We'll see the Hudson River from both sides, ride along Jersey's
 River Road, ride or walk up the Palisades, and enjoy our lunch (bring or buy) in one of
 Jersey's nice parks overlooking the Hudson. (We'll see a piece of history if you'll do your
 homework and promise to tell the leader what Aaron Burr and Alexander Hamilton were upset
 about.) Bad weather cancels. See the note at the end of the Rides Listing for "C Ride
 Recommendations and Further Cancellation Conditions."
- Sat.Apr. 30 SO YOU THINK YER IN SHAPE, HUH! Leaders: Roberta Pollock (212-864-6182) & Herb Dershowitz 7:30 AM (212-929-0787). From the Boathouse. Dust off your "28" -- a quiet ride through the backwoods of Bear Mountain to Greenwood Lake. After lunch, on to Skyline Drive and then back to the Boathouse. Moaning and groaning allowed. Rain cancels.
- Sat.Apr. 30 Special Interest Group PROGRESSIVE "A" RIDE SERIES #9. Leader: Christy Guzzetta (212-595-8:30 AM 3674). From the Staten Island Ferry. Going to the Delaware and Raritan Canal in southern NJ.

 The ferry leaves at 8:30 AM sharp. We have no choice but to be on time for this one. What a nice ride this is, despite the ugly, dangerous Goethals Bridge--be careful!! Ugh--there's a very steep hill about 20 miles out. Oh well, it's a nice ride after all. Rain date; Sun., May 1.
- Sat.Apr. 30 PINE BARRENS HETRIC CENTURY. Coordinators: Brian McCaffrey (718-634-1742) & Joe Furman (212-7:30 AM 861-5067). Enjoy a day of flat terrain, fresh air, and pine forests. A fee of \$8 includes map, marked route, lunch, patch, sag, and rider insurance. Call Brian for more details and to offer or request transportation to Batsto. Helmets are required. Rain date: Sun., May 1.
- Sat.Apr. 30 VISIT UNCLE TEDDY. Leader: Sara Flowers (718-544-9168). From the Statue of Civic Virtue, 9:00 AM Union Turnpike & Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens). Join us for a ride through Oyster Bay and Sagamore Hill to visit Uncle Teddy. A social picnic, weather per-mitting. Rain, temp. below 40F at start cancels.
- Sat.Apr. 30
 FT. LEE PARK, NJ. Leader; John Mulcare (718-672-5272). Meet at the Coliseum (60th St. & 10:30 AM Broadway, Manhattan). Bring (or buy) lunch. We'll stop at a deli on 181st St. before crossing the GWB, and will eat in the park. We'll return early for the benefit of those of us, including the leader, who are planning to ride in the Five-Boro Bike Tour tomorrow. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."
- Sun.May 1 SKYLINE RECOVERY "LIGHT & AIRY." Leader: Jody Sayler (212-799-8293). From the <u>Tavern on the Green</u>. We're going to Valhalla.

 A- /60 mi.
- Sun.May 1
 8:30 AM/
 8:00 AM
 8:00 AM
 8/BSaddle River Rd. You can switch groups after lunch. Please, no first-ride-of-the-season on this one. 70% chance of rain cancels.

- 12th ANNUAL CITIBANK-AYH FIVE-BORO BIKE TOUR. Leaders: volunteer marshals. Info.: American Sun May 1 7:30 AH Youth Hostels, 212-431-7100. If you're really fun-loving, you must do this tour at least once in your lifetime, so why put it off? Last year there were over 20,000 riders. More are ex-36 m1. pected this year. The police close off streets and highways; marshals help with bike repairs; and there will be trucks and buses to pick you up and return you to the finish if you get tired. If you can't get to AYH (75 Spring St.) before Sunday to register (\$6), register in Battery Park before 7:30 AM and get your free orange safety vest and souvenir T-shirt, compliments of Citibank. Use the subways to get close to Battery Park, if necessary. Bring pump, tire irons, tubes, patch kit, water bottle(s), medical coverage ID card, and lunch or money to buy it. [This description was written by NYCC "C"-Rides Coordinator John Mulcare, who also offers to lead the lst ANNUAL NYCC CONTINGENCY RIDE: If you (and a friend) would feel more comfortable in a group of co-members, call John (718-672-5272) sometime during the week before and he'll see what he can work out.]
- Fri. Sat.
 May 6-7
 9:00 AM
 AA/A+
 300 mi.

 IAKE PIACID FOR THE NON-FIACCID. Leader: Ron Grossman (212-598-4563). From the Boathouse.
 All the way north, ultra-marathon style. Arrival time at Lake Placid is 24 hours or under, including food stops. Proper lighting for night riding a must. Any PBP vets, RAM vets, RAM-AA/A+
 Bast qualifiers, BMB hopefuls welcome, as are any other lunatics. I don't plan support for myself, but other support vehicles are welcome. Accommodations and return plans to be arranged. Call for details before April 15. Torrential rains cancel.
- Fri.-Sun.

 SKYLINE DRIVE. Leader: Roberta Pollock (212-864-6182). B+ and above riders. We'll leave the city Friday afternoon to go hill-climbing on beautiful Skyline Drive in the Blue Ridge Mountains of Virginia. Return will be late Sunday night. Approximate cost for van plus hotel is \$125, deposit is \$30. The trip is full, but I am setting up a waiting list. Also, we may have space to give someone a free ride (and room) in exchange for driving sag (but you'll have time to bike). Call for details.
- Sat.May 7 LEADFRLESS "A" RIDE. This ride may be converted into a "led" ride; check your May bulletin for details.
- Sat.May 7
 8:30 AM
 --> A
 94 mi.
 Special Interest Group PROGRESSIVE "A" RIDE SERIES #10. Leader: Christy Guzzetta (212-5953674). From the Boathouse. Through Ft. Lee, along Saddle River Road, and down, down, down
 South Mountain Rd. Nice long ride, not too many hills, getting better all the time. We've
 all got substantial miles in by now and we're pretty comfortable riding "A" style. All we
 need now is speed. Someone may get dropped on this ride. We're starting to go fast today.
 Rain cancels.
- Sat.May 7
 THE BRONX ZOO. Leader: John Mulcare (718-672-5272). From the Coliseum, 60th St. & Broadway, 10:00 AM
 Hanhattan. We'll stop at the Bronx's Little Italy for those preferring not to carry their lunch, and will eat in the park near one end of Arthur Ave. Bring a few dollars for admission to the Zoo, and a lock for your bike. Bad weather cancels. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."
- Sun.May 8 BROADWINGS IF NOT BALD EAGLES. Leader: Caryl Hudson (212-595-7010). From the Boathouse. 7:45 AM Stony Point, via the back way. Rain cancels.

 A- /85 mi.
- Sun.May 8

 DFMAREST DUCK POND. Leader: John Mulcare (718-672-5272). From the Coliseum, 60th St. & Broad10:00 AM

 way, Manhattan. Bring (or buy) a picnic lunch. We'll practice overcoming the usual steep

 C/C
 hills encountered when returning from most rides in Jersey by tackling them in a few stages.

 Bad weather cancels. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."

Note for new "C" riders: Recommendations and Further 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; map, compass; LIRR or Metro-North bike permits, if applicable. Occasionally it may be advisable, in the interest of safe enjoyable riding, to cancel a ride at the last minute because of a significant unfavorable change in the weather forecast from one evening to the following morning. If in doubt, to save yourself from a possible futile trip to the published or previously agreed-upon "starting place," it is strongly suggested that you call the leader at least 90 minutes before the published or previously agreed-upon "starting time."

<u>Previews</u>

- May 14-15
 6th ANNUAL MONTAUK TWIN CENTURY WEEKEND. Leader: Marty Wolf (212-935-1460). A/A- pace. 250 mi. As in years past, we'll take a central Long Island route on Sat., but will return on Sun. on the same route that AYH will be using for their ride to Montauk (wave to your friends!). Our group will stay in a motel in Montauk on Sat. night (after a fabulous seafood dinner). Call Marty for further details, motel phone number, and meeting place.
 - 14 SPRING TIME TRIALS. From the NJ side of the GWB to Nyack.

- MONTAUK ROUNDTRIP. Leaders: Alex Bekkerman (212-213-5359) & John Waffenschmidt (718-476-0888). An "AA" ride, leaving at 5 AM and returning around 8 PM (275+ mi.)
- Special Interest Group PROGRESSIVE "A" RIDE SERIES #11--MONTAUK POINT. Leader: Christy Guzzetta (212-595-3674). Very early morning departure. This was the most exciting ride in last year's series.
- THE SECOND ANNUAL RETURN FROM MONTAUK (BUS) RIDE. Leader: Bob Trestman (212-431-8926). Leave from the Town Square in Montauk and enjoy the ride home with stops in Queens and Manhattan (the Plaza Hotel). Bus #1 leaves at 3 PM; Bus #2 leaves at 5 l. Each one holds 30 cyclists and their bikes. (Seats will need to be lowered, handlebars turned, and pedals removed-please bring your own tools.) The cost is \$20. Please specify which bus you prefer and send your check to Bob Trestman, 235 Elizabeth St., Apt. 21, New York, NY 10012.
- 21 DINGMAN'S FERRY/DELAWARE WATER GAP AREA CARTOP. Leader: Joe Furman (212-861-5067).
- 22 NEW YORK CYCLE CLUB ALL-CLASS RIDE, Tallman State Park, NJ.
- MEMORIAL DAY IN SHEFFIELD, IV. Leader: Lee Gelobter (718-646-7037, 8-11 pm) & friends. If you've been before, 'nuff said. If you haven't, rooms are filling up fast. Imagine a weekend in cycling heaven. Quiet tree-lined roads, passing cars you can count on one hand. Terrain for all levels. Call Lee for details. You'll be sorry if you miss it.
- 27-30 Special Interest Group PROGRESSIVE "A" RIDE SERIES. Memorial Day weekend in Sheffield, Mass. Call Lee Gelobter (see above) fast!
- NORTH MEETS SOUTH MEMORIAL DAY WEEKEND. Leaders: Joe Furman (212-861-5067), Brian McCaffrey (718-634-1742). & Martha Ramos (718-858-9142). Frederick County, Md., and Harper's Ferry, W.Va. Horse and dairy farms, antiques, historic sites, gravestone rubbing in Harper's Ferry, clear star-lit nights, and "maybe swimming?"! Sounds like a perfect remedy for cabin fever! An assortment of non-cycling activities are happening in Frederick too. There are planned rides for all levels (including a walking tour). The price for 3 days and 3 nights (double occupancy), transportation. Friday evening nosh, and a Sunday pre-departure luncheon (plus a few added goodies) is \$175 per person! The price for people providing their own transportation: \$105. Send your check, payable to Martha Ramos, by April 22. Add a \$10 late fee if the check is sent after 4/22. Call Martha if you have any questions.
- June 3-6 GEAR '88 (Great EAstern Rally). See Irv Weisman's article for details.
 - BEAR MOUNTAIN OVERNIGHT. Leaders: Betty Morelli (212-675-3753) & Marion Bahensky. "C" pace; 90 mi.roundtrip. Reserve for room by May 1, by sending \$26 check to Betty (please call first). Joint AMC.
 - A RIDE WITH A VIEW--HUNTERDON & BUCKS COUNTY CARTOP. Leaders: Joe Furman (212-861-5067), Bob Foss (212-594-5402), Brian McCaffrey (718-634-1742), & Alan Leener (718-797-0972).
 - 12 3rd ANNUAL NYCC NEWCOMERS' RIDE.
 - 18 MATTITUCK STRAWBERRY FESTIVAL RIDE.
 - 21/22 Special Interest Group PROGRESSIVE "A" RIDE SERIES PRE-"A" RIDE MEETING. Leader: Christy Guzzetta (212-595-3674).
 - Special Interest Group PROGRESSIVE "A" RIDE SERIES -- THE BIG "A" RIDE. Leader: Christy Guzzetta (212-595-3674).
 - 25-27 DEN STORE STYRKEPROVEN. Leader: Marty Wolf (212-935-1460). This is the 22nd annual "Den Store Styrkeproven" ("The Test of Strength"), with 4,000+ participants. We'll have 48 hours to pedal 340 mi. from Trondheim to Oslo. The ride takes place very close to the longest day of the year, so despite the requirement that all bikes must have lights, we'll be riding in daylight or some light most of the time. Call Marty for application forms or further information.
- Aug. 10-21 THE CANADIAN ROCKIES. Leader: Debbie Bell (212-864-5153). Banff, Lake Louise, Jasper, and the Golden Triangle; 40-78 mi./day. The trip is sold out at this time, but call if you'd like to be on the waiting list.

Car Racks Now Available

Stu Greenberg and Mark Plaut have donated two bicycle racks to the NYCC. Each rack carries six bikes, and fits on top of a van. The racks are available for official club rides (i.e., those listed in the newsletter). Racks can be reserved by calling Stu Greenberg (212-534-2935) by the deadline for ride listings in the bulletin; in other words, by the second Tuesday of the month preceding the month of the ride. A deposit of \$75.00 will be required, but there is no rental fee.

THANK YOU STU AND MARK!

HELP WANTED:

Once upon a time, I was real nervous about leading rides. Where do you ride to? At what pace? What about breakdowns? Will they enjoy the ride? Gosh, I really wanted to lead a ride or two, contribute to The Club, feel more a part of it, meet some new riders, but I was too nervous to do it.

Then, I got an idea. I asked someone, "will you help me, will you co-lead a ride with me?"

And what do you know, I co-lead a ride. Then I took the big jump, I lead one all by myself.

What fun, being the leader of a ride. The anticipation, the excitement. I remember listening to the 5 day weather forecast starting some 8 days ahead of time; making about 50 maps just in the event that it was a large turnout; bringing extra tools; scouting the route 19 times, and not sleeping a wink the night before.

And I had more fun leading that ride than any one I had been on before. Now, as time has passed, I lead one, two, three, four rides a month. Meeting all those people, on a bike, and at the same time contibuting to Our Club. I really became a part of it.

But once again, as time has passed, I am nervous about leading a ride. I've been on lots of A rides, a bunch of B rides, and no C rides. I want to lead a C ride, I'm nervous, somebody help me. HELP WANTED. Where do I ride to? At what pace? Will they enjoy the ride? I need some help, Irded a co-leader. Anyone out there want to co-lead a C ride with me anytime during this 1988? I ask that this person have ridden on C rides recently and require that this person has never lead a ride before (this way, we can both be nervous!). Any takers? Call me up, drop me a line, my address and telephone number are both on the front of the bulletin. We'll co-lead a C ride together.

If you've never led a ride before.

Christy Guzzetta

the person with the most toys wins

Performance's new sandals, which are slip-ons for after-the-ride, after-the-shower, after-anything have velcro to make their width variable as long as the variation is wide to wider. They are very light weight (a plus) but stiff (a minus) and, with my skinny foot they are unwearable.

GREASING A CHAIN. For a long time I used WD-40, which is a good cleaner as well as a lubricant. But, always looking for excellence I've gone on to other products. TriFlow is a better lube, I think, but still leaves my leg schwebered too often. TriFlow comes in a spray can, a squeeze bottle, or a tiny container that will fit in an underseat bag, and nice to have along for that new rider with the squeeky chain. Paraffin seems to be the only product that doesn't get my leg dirty, but it comes off in the rain, and if it rains on the morning of an all day ride you'll want either ear plugs, or one of those small TriFlow containers. Probably the best chain lube I've found to date is chicken grease, especially the thick stuff that comes from the necks of boiled chickens. It is sweet smelling, quiet running, doesn't come off in the rain, and attracts neither mosquitos nor bees. And it distracts attacking dogs from my leg. It is probably best to use TriFlow in June (fly season). I haven't tested it in temperatures over 100°, but a chopped liver sandwich is recommended for extreme situations. It is especially recommended for bikes from eastern European countries.

NEXT MONTH this writer will interview Rich Rosenthal on replacement balls for your headset.

More seriously, about bike theft: if you ride a good bike, take it inside with you. If there is a choice between a busy street and a quiet one, I choose quiet: a bike not seen is not stolen. If the busy street seems best, choose a very busy place, like the neighborhood bar's parking meter. If the pole you chain at isn't securely in the concrete, don't chain. If there is no top on the pole don't chain. Don't assume that back wheels aren't in demand because they are a little harder to remove than front wheels; they are a lot more expensive to replace. Chain up on the sidewalk side rather than the street side to be a little farther from car bumpers. Securing the rear wheel inside the seatstay - chainstay - downtube triangle is better than securing the frame alone because you've more-or-less secured both (unless the thief wants to cut your tire and rim). We are told that most thieves don't carry all tools with them, so that a Kryptonite and a heavy cable with a straight-key lock is better than two Kryptonites or two cables. If you leave your bike outside daily, try to chain next to the local cart vender, and buy his wares, and be friendly. Otherwise don't leave your bike in one place consistently.

EDITOR'S NOTE: Keep a wary eye in the supermarket - the new artificially flavored artificial chicken fat has not yet been tested by the author.

NYCC member Linda Quinn writes that she's had FOUR bikes stolen in the past year, all with Kryptonite locks. Linda has, as yet, been unable to collect on Kryptonite's guarantee despite fulfilling all of their very stringent requirements within their stringent time limit and spending endless hours in NYC police stations. BEWARE.

88 MAAR trodal

FRIENDS-FELLOW CYCLISTS -TRIATHLETES-BIKE SHOPS-EQUIPMENT SUPPLIERS-HEALTH CLUBS-RUNNING STORES-DOCTORS-DENTISTS LAWYERS-MASSEURS-GRAPHIC DESIGNERS-FREELANCERS-MUSICIANS

Here's an opportunity to introduce yourselves to New York's cycling community and also offer support to New York Cycle Club's three Race Across America entrants: Alex Bekkerman, Mara Bovsun, and David Walls.

The NYCC May bulletin will include a special insert in support of our RAAM riders. The members of our over 800strong touring-oriented club provided the chief outside financial and psychological support for David Walls' successful 1987 RAAM. Race Across America is the ultimate - a coast to coast non-stop ride from sea to shining sea. We're extraordinarily proud that an unprecedented THREE of our members have qualified and plan to ride in RAAM 1988: David, who qualified by completing RAAM in 1987, his first ever; Alex, who qualified by taking second in the RAAM Qualifier Open East last fall; and Mara, who WON the women's qualifier in the same race.

The May insert will consist of ads at \$100 per business card size space (2" x 3"). You are not, of course, limited to one space. Proceeds will be divided evenly amonst the three teams.

You may:1. Take an ad on your own

Take an ad with a group of friends
 Sell ads on behalf of RAAM entrants

CONTACT: Valerie Walls 316 - 2336

> 674 - 0955 Josh Keller

> 259 - 8413 Mara Bovsun



G E A R (Great EAstern Rally) JUNE 3 - 6

GEAR '88 will be held in Millersville, Pa., 10 miles SW of Lancaster in Pa. Dutch country. Lancaster is accessible by Amtrak, including bike baggage.

The rally offer daytime rides of various length and difficulty, and afternoon and evening workshops, including Irv Weisman on gearing, merchandise sales and displays, and other amusements. If you've never attended GEAR, you've been missing out on an interesting bicycling experience. Usual attendance is 2000.

Cost of the 3-day weekend, including room and board at the college in Millersville, is \$115 for LAW members, \$132 for non-members. One way train fare is \$33 + \$5 for the bike. A reduced round-trip fare with restrictions may be available.

GEAR organizers are holding a block of room for us if we register together and on time. Call Irv Weisman, coordinator, for a form which MUST be returned to him with your check by April 12, date of the club meeting, so they can be mailed hefore penalty.

Irv is also thinking of cycling to GEAR in four leisurely days, or from Harrisburg and around Gettysburg. Itineraries are flexible as spaghetti al dente. Interested? Call NOW: Call NOW! (212) 241-4783 days (212) 562-7298 eves.

A BIKE SHOP is looking for highaptitude mechanics and salespeople who are interested in top-quality service and products. Experience is preferred but not necessary. Pay is commensurate with ability. Excellent opportunities for advancement. Call or write: Lenny Preheim, 110 West End Ave., NY NY 10009 (212) 874-8058.

ADVERTISEMENT

NEW **Singles for**

his new metro NY-NJ bicycle club is exclusively for singles and will primarily sponsor B&C Class

daytrips and a few weekends May-Oct. Areas will include Nassau and Suffolk counties in NY and Bergen, Monmouth and Hunterdon counties in NJ.

Trip Leaders & Mechanics Needed

FREE with MEMBERSHIP

- Monthly Cocktail Party & Newsletter
- Membership Roster
 Bike Passes for LIRR
- & Path Van Transport for Bikes on Monmouth & Hunterdon County Trips

Bonus Membership in Singles for Sailing All members of Singles for Bicycling are entitled to FREE membership in Singles for Sailing. Sail on the club yachts out of Oyster Bay L.I. every Sat. & Sun., May-Sept. Bike out to Oyster Bay and spend a weekend biking and sailing-Bikes Ahoy!!

For further information (718) 279-2680

RAAM Ad Order Form

Person obtaining ad				
Person/Business taking ad				
Address			Home phone	
City	State	Zip	Bus. phone	

RATES: 2" x 3" \$100 4" x 6" \$200

CONTACT: Valerie Walls 316 - 2336

Josh Keller 674 - 0955 Mara Bovsun 259 - 8413 SEND TO:

NewYork Cycle Club

B o x 0 2 0 8 7 7 B k l y n. N Y 11202-0019

NYCC BOARD MEETING 2 February 1988, O'Hara's Restaurant

PRESENT: Roberta Pollock, Debbie Bell, Holly Gray, Jody Sayler, Christy Guzzetta, Michael Toomey, Martha Ramos, Brian McCaffrey, Barbara Levitan, Hannah Holland. ABSENT: Caryl Hudson, John Mulcare

January Minutes approved.

Resolution proposed: Change in "Guidelines for Club Rides", Item #1 to read HELMETS ARE STRONGLY RECOMMENDED. Resolution passed unanimously.

1988 Budget and 1987 Final Statement submitted by Weller County.

1988 Budget and 1987 Final Statement submitted by Holly Gray. Motion made and unanimously passed to contribute \$250 to suppor TA. TA bulletins will be available at information table. Ride Reports: Five Boro 1 May; All-class 22 May. Paid-up members:861 Meeting adjourned 9:50 pm.

Respectfully submitted, Arlene Ellner

BUILD YOUR OWN PERFECT WHEEL

An invitation to a learning and building party.

If there's enough interest, I'll conduct a wheel-building clinic. Bring your own rim, spokes, and hub, or let me get them for you. I've some new and boxed Campagnolo hubs and DT 14/15 butted spokes on hand. You'll build your own perfect wheel in 3-4 hours and work with the finest truing stand, tensionometer and centering gauge. Just bring patience and \$2 for pizza or whatever. Call if you're interested so we can arrange a time convenient to everyone. Location: 63rd St. near 2nd Ave.,NYC

RICHARD ROSENTHAL (212) 371 - 4700

Bayside

N.Y. B'klyn

Forest Hills

It's almost here ...

Next month's bulletin will have **Breakaway Vacation's** 1988 Biking and Hiking Schedule.

Can't wait? Call 212/722-4221. Mark or Stu will bike a brochure over to you.

NEW MEMBERSON CONTROL

BARENTZ, John A.
BELFIGLIO, Genevieve
BRADY, James C.
CIPOLLA, Margaret
COSTLEY, Susan
GARFIELD, Jane R.
GRINSPOON, Kenneth
HABACHY, Nimet
HECK, Janet
KOVAL, Howard
LEON, Mechele
MENDOZA, Julie
MILLER, Jon R.
NOTARAS, Maria
SALVATO, Anthony
TITUS, Mary
TRIVELL, Chris
WENDROVSKY; Gerry

50-15 207th St.
312 Rugby Road
75-35 210th St #5B
102-10 66th Rd. #14-E
424 West End Ave. #96
1335 50th St. #6D
240 E. 81st St. #2S
25 East End Ave. #22
740 E. 32 St. #2E
145 Hicks St. #A56
127 W. 79th St. #8D
2790 Broadway #6B
400 E. 71st St. #8V
312 Rugby Road
34 Gramercy Park #9C
468 14th St.

N.Y.
B'klyn
N.Y.
Teaneck, NJ
B'klyn
B'klyn
N.Y.
N.Y.
N.Y.
N.Y.
N.Y.
B'klyn

11375 718-275-6978
10024 212-787-1696
11209 718-633-0272
10028 212-570-1312
10028 212-570-0497
07666 201-837-8615
11210 718-859-1696
11201 718-797-1653
10024 212-362-7500
10025 212-866-6088
10021 212-737-5901
11226 718-789-8220

11364

10003

718-789-8220 718-776-0776

212-777-7193 718-788-5040

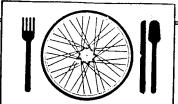
change of address

BANCHIK, Lillian BANCHIK, Mark HERMAN, Jeremy HOCHSTER, HOWARD MANTIONE, TONY PALM, Patti PRINCIPE, Richard 63 Downing St. #5B 63 Downing St. #5B 2600 Netherland Ave. #2503 255 W 90th St. #8B 1118 70 St. 2d f1. 105 Manhattan Ave. #4 105 Manhattan Ave. #4

N.Y. N.Y. Riverdale, N.Y. N.Y. B'klyn

10014 212-633-9702 10014 212-633-9702 10463 212-543-6472 10024-1109 11228 718-833-9729 10025 212-222-2890 10025 212-222-2890

NEW YORK CYCLE CLUB MONTHLY MEETING TUESDAY, APRIL 12TH



O'HARA'S

120 Cedar Street New York, NY 10006

Summer Adventures Around the Globe by Tamdem Bicycle with David Febland

David FeBland and his wife Linda Mandlwitz will show slides & give a talk about their adventures traveling in exotic areas by Tandem. They have cycled in Eastern Europe through Hungary, Romania and Yugoslavia as well as easter China and central Indonesia.

Join us at 6pm for spirits or bubbles and schmoozing Dinner starts at 7pm

Fixed Price* Meat, fish or poultry Vegetarian Desserts extra

\$2 more \$10 7.50 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.

SPECIAL PRE - DINNER EVENT: A representative of REEBOK willbe showing their new line of bicycling shoes and cycling clothing before the dinner. Come early and enter your name in a drawing for a door prize from REEBOK.

P - P L - P L E - P L E A - P L E A S - P L E A S E - P L E A S E - P L E A S E

<u>A L L</u> material for the NYCC Bulletin must be in your Editor's hands by the second Tuesday of each month. You may hand it to me at the monthly meeting, or mail it before the meeting. Nothing will be accepted unless it is typed, proofed, spelling checked (use your dictionary!). Articles should be typed across the 11"dimension of paper. Classifieds are best typed about 5" wide. Paid ads must be camera - ready. The deadline for <u>all</u> is the <u>same</u>: second Tuesday, typed, no exceptions. Your cooperation will ensure a timely bulletin.

DEADLINE FOR THE MAY BULLETIN IS APRIL 12.

CLASSIFIEDS

FOR SALE: Red Vitus, 53 cm (center to center), Dura-Ace components, MA40 clinchers, Brooks saddle. Used one season, in excellent condition. Call ROBERTA at (212) 864 - 6182.

CUEVAS CUSTOM BIKE - 53 cm. DURA ACE SIS, EVERY-THING ELSE TOP OF LINE. HERB DERSHOWITZ 929-0787

I received TWO Avocet cyclometers for Xmas. I don't need either one and will sell them for only \$15 each brand new, in the box, with full warranty card. Call MORTON KASDAY: (201) 332 - 5008

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



Little

Village School

for young children with special needs

LITTLE VILLAGE SCHOOL BIKE - THON

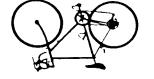
Date: May 15 Time: 9:00 am - 3:00 pm Place: Eisenhower Park

TONY MANTIONE, a long-time NYCC member and a parent of a child at Little Village School for young children with Special Needs, is chairman of the bike - a - thon committee.

Volunteers with some mechanical experience are needed to help with repairs, answer questions, conduct safety checks.

If you can offer help. or need more information, call TONY at (H) 718 - 833 - 9729
(W) 516 - 887 - 4600

Have You Renewed Yet? Link



First Class

RICHMOND HIFF NA 11418 CHRIS MAILING CHRIS MAILING CHRIS MAILING CHRIS MAILING



LIDEROSTONE VERPORE DARIE BOT.W. 112 B.32 BOT.W. 112 BSOOT.Y.N., Y.N.

Tay York Cycle Cub Membership Application

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 activitives.

NAME			SIGNATU	RE	
ADDRESS				APT	PHONE(H)
CITY		STATE	ZIP		PHONE (W)
DATE	AMT. OF CHECK		NEW	RENEW	
I ALSO ENCLOSE	E AN ADDITIONAL AMOU	INT OF	TO SUPP	ORT NYCC'S	PARTICIPANTS IN RAAM 1988.
CIRCLE IF APPL in the bullet		sn my (addres	ss) (phone num	ber) listed	d in the roster published semi-annually
WHERE DID YOU	HEAR OF NYCC?				
					r:
1000 Duos 300	\$12 00 per individu	(a) \$15.00 p.	n counte resi	ding at the	same address and receiving one bulleti

NEW YORK CYCLE CLUB, P.O. BOX 020877 BROOKLYN, NEW YORK 11202 - 0019. TELEPHONE 212/ 242-3900

Mail this application with a check made payable to the New York Cycle Club to: