

August
1988

New York Cycle Club

AUGUST 1988 BULLETIN



Det amerikanske par Marty Wolf og Michael Yesko har taget turen fra New York for at være med i Sjælland Rundt, der startede i aften i Køge. — Foto: Kurt Gleie.

Fra New York til Køge

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718/858-9142

EDITOR: CARYL HUDSON 165 WEST END AVENUE 29K NEW YORK N.Y. 10023 212 - 595 - 7010

GUIDELINES FOR CLUB RIDES

NYCC rides are friendly group rides by individuals of similar riding abilities. Our leaders are volunteers. In addition to setting the pace and choosing the route, they may require or recommend specific equipment (helmets, locks, etc.) in their ride descriptions. Unless otherwise stated, rain (snow, sleet) at the starting time cancels the ride. Many rides meet at the Boathouse on Central Park's East Drive, north of 72nd St.

Please be sure that your bike is in good working condition. Bring a pump, spare tube(s), patch kit, tire irons, water, pocket food, and medical I.D. Optional items include a lock, maps, bike permits for the commuter rail systems, and additional tools. Helmets are strongly recommended. Headphones are not.

Club rides generally approximate the speeds and characteristics listed below. You can assess your abilities by riding, at a comfortable pace, four laps around Central Park. The northern end of the park can be dangerous; ride with other cyclists or runners. Be sure to measure the time it takes you to complete the four laps, and not your average speed. In selecting your first club ride, be conservative. Choose an easier ride, and call the leader if you have any questions.

<u>Ride Class</u>	<u>Average Speed (not incl. stops)</u>	<u>Cruising Speed (on flat terrain)</u>	<u>Ride Description</u>	<u>Central Park Self-Classification Times (4 laps=24.5 mi.)</u>
AA	17+ mph	22+ mph	Vigorous riding, frequently	< 1 hr. 10 min.
A+	16-17	20-22	in pacelines. High regard	1:10 - 1:16
A	15-16	18.5-20	for good riding style.	1:16 - 1:23
A-	14-15	17-18.5	Stops every two hours or so.	1:23 - 1:30
B+	13-14	16-17	Moderate to brisk riding, with	1:30 - 1:38
B	12-13	15-16	more attention to scenery	1:38 - 1:48
B-	11-12	14-15	Stops every hour or two.	1:48 - 2:00
C+	10-11	13-14	Leisurely to moderate riding;	2:00 - 2:14
C	9-10	12-13	destination oriented. Stops	2:14 - 2:30
C-	8-9	11-12	every half hour or so.	> 2 hr. 30 min.

Weekday Rides

Tuesdays/ Thursdays 6:00 AM	TUESDAYS AND THURSDAYS IN THE PARK WITH STEVE. Leader: Steve Baron (212-228-0555). 6 AM sharp from Tavern on the Green. If you are new, call 595-7010 the evening before. When Joe comes out, we're averaging over 20. Otherwise Expect Caryl back by September.
Wednesdays Aug. 3, 10, 17, 24 7:00 PM	WEDNESDAYS IN THE PARK WITH JOHN & KATHY & MARTHA. Leaders: John Kalish (718-788-1656), Katherine Patton (718-789-5566), & Martha Ramos (718-858-9142). Join us for this summer month mid-week ride. Meet across from the arch at Grand Army Plaza for three loops in Prospect Park. Rain cancels; if there is a chance of rain, call before 6:30.
Thursdays 6:30 PM	PROSPECT PARK IN THE EVENING. Leader: Alan Leener (718-797-0972). Meet at Grand Army Plaza for laps in Prospect Park. All levels welcome.

Every Sunday

Sundays 8:15 AM AA 67+ mi.	GIMBELS OR BUST--A Racing SIG Ride. Leader: David Walls (212-316-2336). From the Boathouse. On Sundays when there are no attractive road races, we'll cycle briskly to Sterns (Gimbels), do "The Gimbels," and have a leisurely ride back to the city. Please call me if you want to do it.
Sundays 10:00 AM A/B+ 60-100 mi.	COUNTRY CYCLING CAR-TOP CLASSICS. Leaders: George & Theresa Schnepf (212-420-8939, weeknights; 518-329-4520, weekends). Most Sundays this summer we will lead rides through the very beautiful rural areas of Columbia and Dutchess Counties (NY), Litchfield County (CT), and Berkshire County (MA). The area is primarily rural estate and farm lands with some villages and towns. Terrain will usually be rolling with some very challenging climbs and occasional flat stretches. Pacelines will be maintained where appropriate. The rides will be at either a B+ or A pace, or we'll have two groups, depending on the participants. We can't provide transportation to the starting point (100 mi. from NYC), but we will help in getting ride-needers in touch with ride-providers.

 RIDE LEADERS: The Rides Coordinators need your September ride descriptions by Tues., Aug. 2
 -- one week earlier than usual. Thanks for your cooperation. DEB

Sat. Aug. 6 **PRINCETON (FREE WHEELERS' 8TH ANNUAL) BICYCLING EVENT.** From Rider College, Lawrence Township, NJ. 6 routes, 15-100 mi. Helmets required. Registration, \$7. For forms, send SASE to Debbie Bell, 526 West 113 St., NYC 10025. "A" riders interested in riding a century or half-century may call Roberta Pollock (212-864-6182). Brian McCaffrey (718-634-1742) has volunteered to try to match up drivers and riders.

Sat. Aug. 6 **LEADERLESS "A" RIDE.** Meet at the Boathouse at 9 AM.

Sat. Aug. 6 **KINGSLAND POINT PARK.** Leader: Jeremy Herman (212-543-6472, h.; 212-662-9815, of.). From 242nd St. and Broadway (last stop on #1 subway). Ride up through central Westchester to Kingsland Point Park for lunch on the Hudson. Back to the city on Rts. 9 and 9A with Hudson River and NJ Palisades views. Rain date: Sun., Aug. 7.

Sat. Aug. 6 **GREAT NECK, L.I.** Leader: John Mulcare (718-672-5272). From 179th St. & Hillside Ave., Queens 10:00 AM (last stop on "E" or "F" trains), at the Burger King parking lot. Bring (or buy) lunch, which C/C /32 mi. we'll have in a nice park.

Sun. Aug. 7 **IN SEARCH OF THE NUDE BEACH.** Leaders: Christy Guzzetta (212-595-3674) & Ione Ohman (212-529-7:30 AM 6919). From the Staten Island Ferry. Despite the laws that prohibit it, legend has it that a nude beach exists tucked away in Sandy Hook. Furthermore, folklore says that once you enter upon the hallowed sand -- clothes are not allowed!! We shall see as we go out in search of New Jersey's French Riviera. The Staten Island Ferry leaves at 7:30 AM sharp. Don't be late for this "A" ride. Despite the ugly Goethals Bridge, it's a pretty nice route. Some single paceline riding -- narrow roads. No pace busting. The leader requires you stay behind those who go off the front...good-bye. This will be an "A" pace--be prepared. Dress, optional. 101 mi. Non-beach weather cancels.

Sun. Aug. 7 **RYE BEACH BALL V.** Leader: Maggie Clarke (212-567-8272). Meet at the 200th St. Dyckman "A" 9:00 AM train stop (Dyckman Triangle) for a sociable ride along the lower Westchester manicured lawns B- route via Glenville, CT to Rye Playland for a picnic lunch. Bring frisbees, etc... If there's 50 mi. time and interest, we will visit Glen Island. Return via North Bronx Bikeway. 70% chance of rain cancels.

Sun. Aug. 7 **GREAT KILLS PARK, STATEN ISLAND.** Leader: Jerry Nelken (718-871-8036). Meet at 10:00 AM at 10:00 AM/ the entrance to Prospect Park at the Grand Army Plaza in Brooklyn, or at 10:55 AM at the 10:55 AM/ street level entrance to the Staten Island Ferry near Battery Park. Bring lunch, etc. 30% C/C- chance of rain cancels. If in doubt, call the leader. Rain date: Sun., Aug. 14. 45/35 mi.

Fri.-Sun. **SHELTER ISLAND WEEKEND.** Leaders: Tom Lowenthal (718-847-6048) & Martha Ramos (718-858-9142). Aug. 12-14 Couldn't make it July 4th? Well, why miss out on a great weekend getaway? Join us to escape that city madness for the quiet countryside of Long Island's scenic north shore. Check payable to Martha for \$125 is due no later than July 15th. Include a \$10 late fee if mailing check after July 15th. Call Martha for additional information.

Sat.-Sun. **10TH ANNUAL DELAWARE WATER GAP WEEKEND.** Leader: Maxim Vickers (201-474-7165, of.; 718-728- Aug. 13-14 7179, h.). The real thing: an NYCC classic for a full decade; multiple ROTY nominee, twice A winner; now, with acknowledgements to the Founder, Mr. C. Mailing, under new and faithful 275 mi. management. Cruise the splendors of the mighty Delaware with speed and style. The trip cost of \$36 (based on twin occupancy at the Pocono Grand Hotel in the Gap) is payable in full to the leader at or before the Aug. 9 club meeting. Food & drink extra. No sag. Free group portrait depending on benevolence of camera-toting participants. Space is limited. Helmets NOT required; climbing gears ARE recommended; cooperative peloton skills are expected.

Sat. Aug. 13 **SOUTH MOUNTAIN ROAD--UP.** Leader: Steve Sklar (212-245-3245, h.; 212-558-9253, of.). From the 8:30 AM Boathouse. This is an all-out, open-'er-up-and-see-what-you-can-do ride. Nobody, least of all A/A+ the leader, will squawk if you want to go off the front. Just check with me as to the route to 70 mi. the next convenient meeting place, of which there will be three or four during the ride, before blastoff. Snow cancels.

Sat. Aug. 13 **THE RETURN OF THE GUNKS CARTOP.** Leaders: Joan Mayer & Joe Vaccaro (212-799-0482). From the 9:00 AM Holiday Inn parking lot, Middletown, NY. We were rained out on this one last year, but we're B+ bringing it back by popular demand. (Brian McCaffrey guarantees sunny skies.) This is a 70 mi. marvelous ride over rolling terrain through the picturesque Shawangunk Valley. Deli stop in New Paltz. Picnic lunch in the historic old stone house district. The starting point is about an hour's drive from the GWB. Call for directions and if you need or can offer a ride. Helmets required.

- Sat. Aug. 13 **TURNING POINT RESTAURANT (PIERMONT, NY).** Leaders: Richard Marvin (212-532-3346) & John Mulcare (718-672-5272). From the GWB Bus Terminal ("A" train to 175th St.). We'll have lunch C/C /47 mi. at the Restaurant (not obligatory), so you may want to bring a lock.
- Sun. Aug. 14 **BEAR MOUNTAIN MEANDER.** Leader: Bob Trestman (212-431-8926). From the Boathouse. Up through Rockland to Perkins and then home via Seven Lakes Drive. It should be gorgeous -- come join us. If there are enough folks, we'll split into two groups. 8 AM temp. over 85F will shorten the ride.
- Sun. Aug. 14 **CROTON POINT PARK.** Leader: Dick Goldberg (212-874-2008). From Jerome Ave. & Woodlawn, Bronx (last stop on #4 subway). Ready to swim in the Hudson? This seems to be the place to do it from. Bring a lock, helmet, and Metro-North pass if you have one. Ah, yes: swim gear, towel, money to get in or rent a locker or whatever. 70% chance of rain at 7 AM cancels. Joint AYH.
- Sun. Aug. 14 **THE BRONX'S HALL OF FAME AND LITTLE ITALY.** Leader: John Mulcare (718-672-5272). From the Coliseum, 60th St. & Broadway. If you were on yesterday's trip to the Turning Point Restaurant, you might like to do some food comparison shopping in Little Italy.
- Sat. Aug. 20 **PADDLE YOUR BIKE/PEDAL YOUR CANOE.** Leaders: Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.) & Martha Ramos (718-858-9142). A classless ride for classy people--another NYCC exclusive. A different way to enjoy a day in th NJ countryside. First, we bus us and bikes to Princeton. Then, a short ride (10 mi.) to and along the Raritan Canal where canoes can be rented. Next, a leisurely float along the waterway before lunching and biking back to New York. Cannot or won't paddle, then pedal. There is a parallel tow path for mountain bike maniacs or optional riding tours of either Washington Crossing State Park or the Lambertville-New Hope area. Return to the city by either bike or bus. Call Martha for details about cost and transportation. Rain cancels. Rain date: Sun., Aug. 21.
- Sat. Aug. 20 **PUTNAM'S PLEASURES.** Leaders: Don Ketteler (212-645-0894) & Paul Mort (212-645-5262). From the Boathouse. Bar-B-Que at Mort's Croton-on-Hudson beanery after exploring the delights of Putnam County. Lots of scenery and, hopefully, new roads and adventures to be had.
- Sat. Aug. 20 **KINGSLAND POINT PARK.** Leader: Jeremy Herman (212-543-6472, h.; 212-662-9815, of.). From 242nd St. and Broadway (last stop on #1 subway). Ride up through central Westchester to Kingsland Point Park for lunch on the Hudson. Back to the city on Rts. 9 and 9A with Hudson River and NJ Palisades views. Rain date: Sun., Aug. 21.
- Sat. Aug. 20 **JOHN'S PENNY PARTY LINE.** Leader: John Mulcare (718-672-5272). Whether or not you've been ripped off by one of those naughty party lines, come join this line, which will cost you only one cent for the day, payable at sign-up time. The line will be a safe, single-file one, but not a paceline. Meet at 9:30 AM at the Coliseum (s.w. corner of 60th St & Broadway) or at 10:20 AM at the Staten Island Ferry entrance. Our destination, after a deli stop, is Liberty State Park (where better to take a pledge of independence from those other party lines?). In celebration of his umpteenth birthday today, John invites you to be his guest and join him in having one or two of those famous Sedutto single-scoop ice cream cones at a stop in Staten Island on our way home. Rain date: Sun., Aug. 21.
- Sun. Aug. 21 **A- SCHMOOZIE DOOZIE.** Leader: Paul Mort (212-645-5262) & Franziska Rauch (718-278-6241). From the Boathouse. A nice ride to some nice places in the Rockland County area. Stop in Montvale, NJ, then on to Rockland Lake.
- Sun. Aug. 21 **HAUNTED HUNDRED.** Leader: John Ceceri (201-485-2615). From City Hall Park, Manhattan. A scary century to the Haunted Mansion in Long Branch, NJ. If time permits, the brave ones can A-/B+ /115 mi. tour the mansion. Joint AYH.
- Sun. Aug. 21 **SCOUTING SOME SWIMMING HOLES.** Leader: Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.). From the Boathouse. Let's explore for some swimming holes. Bring your suit in case we find B/B+ /70± mi. one.
- Sun. Aug. 21 **ROCKAWAY BEACH RIDE AND SWIM.** Leader: John Mulcare (718-672-5272). From 75th St. & Roosevelt Ave., Queens ("E," "F," or #7 train to Jackson Heights/Roosevelt Ave.). We'll make a pit stop at the Jamaica Bay Wildlife Refuge, then stop at a deli (buy or bring your lunch). Of course, bring your water bottle and, if you might want to swim, a towel, suntan lotion, and swim suit (wear or carry). Cancelled if yesterday's "C" ride was rained out.
- Fri.-Sun. Aug. 26-28 **A SUMMER WEEKEND IN SOUTHERN VERMONT.** Leaders: Herb Dershowitz (212-929-0787) & Joe Furman (212-861-5067). Bennington, Arlington, Manchester, and Dorset. The beautiful Green Mountains, horse and dairy farms, antiques, and good old Vermont charm. We will also visit a rock quarry for a refreshing swim. Leaving NYC at 2:30 pm Friday. Price per person is \$145 for transportation, two nights lodging, two breakfasts, and one dinner. Space is limited. Call Joe for registration info., Mon.-Fri., 1-8 pm.
- Sat.-Sun. Aug. 27-28 **2ND ANNUAL DELAWARE WATER GAP THE "SHORT" WAY.** Leader: Steve Baron (212-228-0555). 240 mi. in two days. Call Steve for further information and motel reservations.

- Sat. Aug. 27 **LEADERLESS "A" RIDE.** Meet at the Boathouse at 9 AM.
- Sat. Aug. 27 **COOL, CLEAR BAYVILLE.** Leader: Gerhard Meilen ((212-724-8622)). From the Statue of Civic Virtue, Queens ("E" or "F" train to Kew Gardens/Union Turnpike). Come out for a social ride on country roads passing North Shore estates on the way to Bayville. Lunch and a swim at the beach before returning to Queens.
9:00 AM
B/B+
65± mi.
- Sat. Aug. 27 **KINGSLAND POINT PARK.** Leader: Jeremy Herman (212-543-6472, h.; 212-662-9815, of.). From 242nd St. and Broadway (last stop on #1 subway). Ride up through central Westchester to Kingsland Point Park for lunch on the Hudson. Back to the city on Rts. 9 and 9A with Hudson River and NJ Palisades views. Rain date: Sun., Aug. 28.
9:30 AM
B/B+
45 mi.
- Sat. Aug. 27 **TALLMAN MOUNTAIN RIDE AND SWIM.** Leader: John Mulcare (718-672-5272). From 178th St. & Ft. Washington Ave. ("A" train to 175th St.). Bring water and carry (or buy at a deli) your lunch. If you'd like a swim, bring a lock, towel, suntan lotion, sandals, and a suit, plus money for admission to the pool.
10:00 AM
C/C-
40-45 mi.
- Sun. Aug. 28 **GREENWOOD LAKE.** Leaders: Alinda Barth (718-441-5612) & Debbie Bell (212-864-5153). From the Boathouse. This is one of the toughest routes in our repertoire, but also one of the prettiest. The ride through Harriman is spectacular, and what goes up also comes down. Faster/slower riders are welcome; maps and cue sheets will be provided. If it's too hot, we'll shorten the ride and go to Hi Tor instead.
7:30 AM
A-
125 mi.
- Sun. Aug. 28 **NEW CITY ROUNABOUT.** Leaders: Arlene Ellner (212-677-3306) & Bernie Pearlman (212-285-1235). From the GWB Bus Terminal ("A" train to 175th St.). A pleasant ride to New City, Rockland County. Some rolling hills, but no "killers." We'll eat in or picnic depending on weather and group preference. Rain or predicted temp. above 90 cancels.
9:00 AM
B-/B
55± mi.
- Sun. Aug. 28 **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.
10:00 AM/
10:45 AM
C/C-
33/21 mi.

Previews

Fri.-Mon.
Sept. 2-5 **LABOR DAY WEEKEND EXPRESS.** Leader: Martha Ramos (718-858-9142). Spend the weekend in the Berkshires. The price is incredible and the scenery and riding are something special. Send a check for \$100 for three days payable to Martha by August 5. Add \$10 late fee after that date. Call Martha for details.

Sat.-Mon.
Sept. 3-5 **NY-MONTREAL 600 KM BREVET.** Leaders: Steve Bauman (718-359-7972) & John Ceceri (201-485-2615). Ride from New York to Montreal in 40 hours or less. Participants must have completed either a 150-mi. ride in under 12 hours or a 400 km brevet in 1988. Mandatory pre-trip meeting on Thurs., Aug. 25, at 7 PM at AYH. Joint AYH.
A
375 mi.

Sat. Sept. 3

A **SEPTEMBER SECRET.** Leader: Steve Baron (212-228-0555). If I get at least two calls at least two days ahead, we'll go... somewhere from the Boathouse at 8 AM.

B **LEADERLESS "B" RIDE.** Meet at the Boathouse at 9 AM. If you reach Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.) before the weekend, he'll try to suggest routes and other riders who are interested.

C+/C **EISENHOWER PARK.** Leader: John Mulcare (718-672-5272). 40 mi. 10:00 AM from the Burger King parking lot, Queens (179th St. & Hillside).

Sun. Sept. 4

A **LEADERLESS "A" RIDE.** Meet at the Boathouse at 9 AM.

B **LEADERLESS "B" RIDE.** See Sat., Jul. 3.

C-/C **LABOR DAY WEEKEND RIDE AND SWIM.** Leader: Jerry Nelken (718-871-8036). To Riis Park. 40/30 mi. 10:00 AM from City Hall, Manhattan, or 10:45 AM at Grand Army Plaza entrance to Prospect Park, Brooklyn.

Mon. Sept. 5

A **LEADERLESS "A" RIDE.** Meet at the Boathouse at 9 AM.

B **LEADERLESS "B" RIDE.** See Sat., Jul. 3.

Sept. 18 **GOLDEN APPLE CENT RY (Westchester) and HI-POINT HUNDRED (Long Island).**

Sept. 25 **NYCC ALL-CLASS RIDE TO KINGSLAND POINT PARK.**

Our club continues to evolve. There are more rides, more events, more people, more friends, more announcements, more concerns, more stories to be told. Standing up there at each meeting, I can tell you, it's tough giving everyone the opportunity they deserve to say a word or two. I wish there was more time to be more flexible, to be more spontaneous, but our time is indeed limited. So, in order to give everyone a chance, the agenda becomes key.

Finally, I'd like to take this opportunity to apologize to those who would have liked to bring up an issue and could not get the time. And to those who had more to say and were asked to keep it short so that the commitments previously made to other members could be respected. The time at our meetings is limited. Here is the way to get a piece of the meeting to say a brief word or two. Take advantage of the opportunity. All you need to do is let me know beforehand and I promise you whatever time is available.

or

by Ed Flowers

Correct Answer: D. NYCC business cards are the perfect way to avoid the terrible stigma of NOT REMEMBERING THE NUMBER. Just keep a few cards in your tool kit so they'll be handy when needed in a tight spot. Pick up a bunch at the INFORMATION TABLE at the next club meeting at O'Hara's. You'll be glad you did.

breakaway vacations

AUG

- 4-7 • Finger Lakes
- 11-14 • Vermont
- 18-21 • Berkshires
- 26-28 • Penn Dutch

SEPT

- 2-5 • Finger Lakes
- 9-11 • Hudson Valley
- 16-18 • Vermont
- 23-25 • Berkshires
- 30-2 • Pioneer Valley

(ask for our brochure for trip descriptions and the full schedule)

- Beautiful backroads cycling
- Choice inns
- Great hiking
- Wonderful meals
- Interesting people

and the careful planning and spirit of fun that go into every Breakaway weekend

JOIN US!

(212) 722-4221



Announces 1st Annual End of the Season
August Bicycle Sale

Guerciotti

Tommaso

6 Months Interest-Free
With TSDI Credit Pro™ Customer Financing
During the Month of August

WOODRUP

20% OFF?
SAVINGS FROM \$140 - \$500

"On everything? Even Campy?"

"Yep. 20%."

"Probably not on bikes, right?"

"Even 20% on bikes."

"Come on, there has to be a catch."

"OK. Includes Guerciotti, Pinarello, Nishiki, Cycle Pro, Medici, & Eddy Merckx; Giordana, Tommaso, Bellwether, Diadora, Look, Descente, all clothing, rubber, parts, supplies, and labor for repairs, too. Does not include storage fees, rentals, items not in stock, or items purchased for pickup before or after August."

PEDAL PUSHER BIKE SHOP 1306 Second Av
212-288-5594 (68-69 St.)

NEW YORK CYCLE CLUB NEW YORK

THE RACING SIG

WHY DO CYCLISTS RACE? WHY GO OUT THERE AND WEAR YOURSELF OUT, RISKING LIFE AND LIMB? WHAT'S THE APPEAL? THIS YEAR THE NUMBER OF NYCC MEMBERS RACING WITH THE USCF HAS GROWN SUBSTANTIALLY. WE ASKED SEVERAL NYCC MEMBERS TO TELL US WHY THEY RACE.

BOB FOSS: IT WAS A BALL. IT WAS EXCITING. IT WAS EASIER THAN I EXPECTED. I WAS MORE ALERT THAN I EXPECTED. IT WAS A THRILL BEING IN THAT PACK. NOW I'M NERVOUS ABOUT IT THOUGH, BECAUSE I HAVEN'T DONE IT IN SO LONG.

HOLLY GRAY: RACING SEEMED TO BE THE NEXT THING BEYOND CLUB A-RIDES. I NO LONGER RACE, HOWEVER, BECAUSE I WOULD FIND MYSELF \$5 RICHER, SCARED HALF TO DEATH, AND BONKED FOR THE REST OF THE WEEKEND BY 8 AM. SATURDAY. IT WASN'T WORTH IT TO ME. CLUB RIDES ARE MORE FUN. BESIDES, WHAT GOOD IS A PILE OF LAURELS IF YOU CAN'T REST ON IT?

CLAY HEYDORN: I WANTED TO SEE IF I COULD DO IT. IT SURE IS INTERESTING, EXCITING AND REWARDING FOR A SMALL INVESTMENT OF TIME. BESIDES, I GET A KICK OUT OF THIS 46 YEAR OLD GUY OUT THERE RACING.

CHRIS MAILING: IT'S THE ONLY THING WHERE I HALF KNOW WHAT I'M DOING. IF I WERE TO TAKE UP KAYAKING I'D HAVE TO START FROM SCRATCH. WITH A QUICK RACE IN THE MORNING YOU CAN DO OTHER STUFF, BUT WITH A DAY-LONG CLUB RIDE YOU HAVE NO TIME FOR ANYTHING ELSE.

ROBERTA POLLOCK: AFTER STEVE'S DEATH, I FOUND THAT RIDING FAST WAS A RELEASE. IN FACT, I STARTED PACE-BUSTING ON RIDES - A TRAIT I HAD PREVIOUSLY DESPISED IN OTHERS. THEN I WENT TO CAMP HEWA AND BECAME INTRIGUED BY RACING AND DECIDED TO TRY IT. I WAS VERY SCARED BEFORE MY FIRST RACE, AND WAS SURPRISED TO FIND THAT IT WAS FUN, EXHILARATING AND EXHAUSTING.

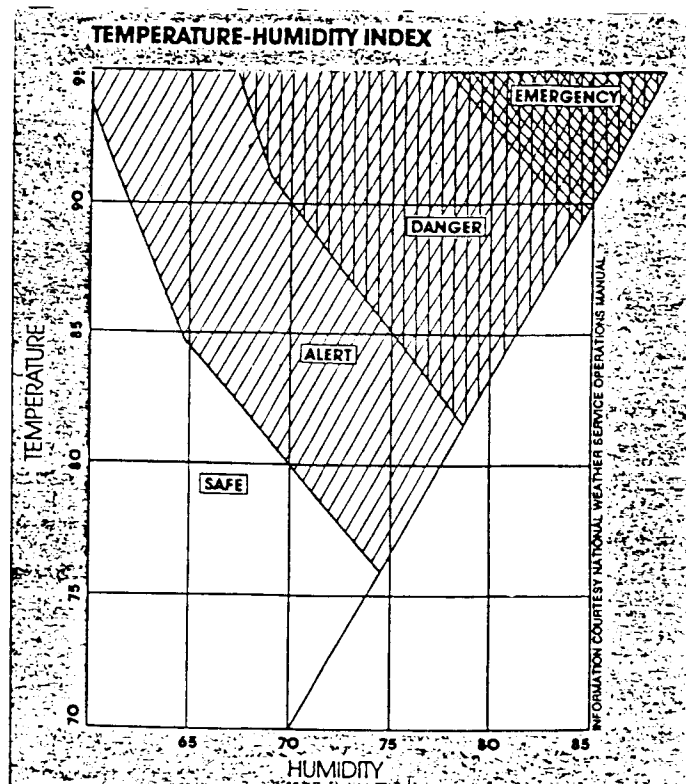
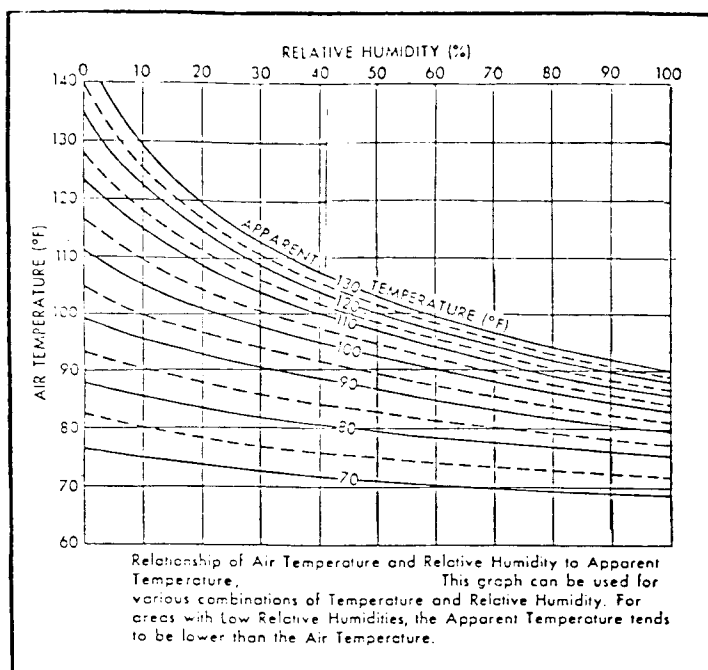
IVO VARBANOV: RACING KEEPS ME IN GOOD SHAPE. I DON'T RACE TO LOSE. I DECIDED TO GO TO THE NATIONALS IN FLORIDA. I THINK MY CHANCES ARE PRETTY GOOD BECAUSE I'M IN THE LOW END OF MY AGE GROUP.

THE NEXT RACING SIG MEETING WILL BE 7 PM. TUES. 8/23 AT O'HARA'S. FOR MORE INFORMATION CONTACT ROBERTA POLLOCK (212) 864-6182 CHRIS MAILING (718) 874-8004 OR CLAY HEYDORN (914) 941-5013. ALL WELCOME.

NEW YORK CYCLE CLUB NEW YORK

HEAT (MISERY) INDEX

by Maggie Clark and Caryl Hudson



ALERT	80° - 90°	Fatigue possible with prolonged exposure and physical activity
ALERT	90° - 105°	Sunstroke, heat cramps and exhaustion possible with prolonged exposure and activity
DANGER	105° - 130°	Sunstroke, heat cramps or exhaustion <u>likely</u> , heatstroke possible with prolonged exposure and activity.
EMERGENCY	130° PLUS	Heatstroke or sunstroke imminent.

For all of you fellow cyclists who are affected by weather conditions, here are the perfect companions to your wind chill chart. On hot summer days this information could be useful in helping you choose which ride to go on. If you are leading a ride, you might choose the shadier inland route; or go for the beach route and a dip.

An example of how to use these charts: On July 10 the temperature was around 100F and the humidity roughly 60%. Thus, the perceived heat index was over 130° F, in the "Emergency" zone where heatstroke or sunstroke is imminent. In such conditions cool/cold liquids poured onto and into the body are a must to aid internal temperature regulation and promote evaporative cooling of the skin.

Unfortunately, in the Eastern US, the high humidity common in summer does not promote evaporation - in fact, it causes your body to sweat more than in drier climates. It's extremely important to drink lots of liquids since you lose 1 to 2 QUARTS of water per hour through sweating. Sports drinks are a good idea since they also replenish minerals and help prevent muscle cramps. Eating fresh fruits and veggies helps, too, because they have a high water content.

Spraying water on your skin surface is an excellent instant cooler - but don't be fooled into greater efforts by how good it makes you feel. While spraying lowers your skin's surface temperature, it has negligible effect on your body core temperature, which is elevated in hot weather. A spritz and a sprint could push you over the edge into heatstroke territory.

Loose, light colored clothing will reflect the sun's rays to help you keep cool. The safest thing to do when you're feeling the effects of heat may be the most obvious, though most unmentionable: SLOW DOWN!

HELP WANTED

We need a volunteer from our Club to participate on the Bicycle Advisory Committee of the City's Department of Transportation. This is our chance to represent the concerns of the cycling community to the city regarding bridges, road conditions, bans, etc. and a chance to find out the City's plans for cyclists who use the streets and parks. This committee meets monthly at 5:00 PM in lower Manhattan

This is a great opportunity to help the city form better policies more suited to riders, both sports and transportation.

For more information, please call Jody Sayler (day; 212-627-4863 - evenings; 212-799-8293), Public Relations Director.

SPECIAL INTEREST GROUP
PROGRESSIVE "A" RIDE SERIES

CONCLUSION

by Christy Guzzetta

We started off this series on March 5th, a cold and wintry day in Central Park. Four laps, 24 miles, that's all we wanted to accomplish on that first ride ... and it was indeed a challenge. Next week, 4th miles and 54th the week after that. As the weather slowly began to moderate, the soreness in our legs slowly began to subside. The miles started to pile up and we got to know the bikes, the names, and the people in our group. Pacelines next, drafting, working together, spinning our legs, our bikes and bodies getting ready for the task. It was yet to come, far off in the distance, the BIG "A" ride coming up on June 25th.

By the time we'd get there, we'd see close to 100 different people on at least one ride. Many would visit us only once or twice, as the rides grew faster, the miles longer, our pace more intense, and our resolve set firm. We faced a freak and powerful headwind on the way out to Montauk Point, killer hills on the way home from Bear Mountain, and distances and speeds we only fantasized about back in March. We were there, throughout the series, laughing, struggling, feeling good, being together, anticipating the BIG "A" ride.

June 25th, 8:00 AM. We gathered at the Boathouse. Thirty-five people signed up for the ride. Some racers from CRC, "A" riders from the New York Cycle Club, and us - THE SIG. We grew nervous as the time grew near, twitchy, apprehensive, and anxious for the start. It's time! We rode together for 17 weeks, covering several thousand miles, preparing for this very moment. Right now.

We started North on 9W, moving fast, seeing 22, 23, 24 mph more often than ever before. We're riding next to a racer, drafting the wheel of an "A" rider, right in the middle of the pack. We're on the way to Nyack with the group, staying together, not getting dropped. We get there in good shape with 26 miles under our wheels. Several things come to mind as we relax over breakfast; (1) There's 47 miles to go to the next rest stop, (2) some very steep hills, (3) a very fast pace ...let's go - we are ready!

We climb those hills, maintain that pace, as a couple of riders get lost off the back. We are flying now, blasting down West Saddle River Road. The terrain, the adrenalin, the challenge enables us to maintain a pace we never heard of before. It's getting hard now, the cumulative miles begin to take their toll. At about 65 miles a voice hollars out, "I'm losing it, I can't keep up." Another screams out, "grab onto my wheel, only 8 miles to go, we'll get ther with the group." We bear down hard and focus our efforts. We're sucking wheel, hanging on for dear life, and...and...we are not getting dropped. Soon, another voice hollars out, "Slowing...deli stop coming up...on the left." We start to giggle, we've got it made, 73 miles, as fast as we can go, in the middle of the pack. And . . . the rest is easy, it's a cruise on home, no one here is going to drop us now!

Jonh Barantz, Arlene Brimer, Holly Gruskay, Michael Harvest, Beth Herman,
Franziska Rauch, Karen Reich, Josh Rubin, Amy Sackman, Beth Wald

Art Allgauer, Nancy Hament, Tom Lowenthal, Michael Toomey, Neil Wagner

They were there, they did it!

CONGRATULATIONS!

They will receive their prize certificates during the August Club meeting.

Many thanks from all of us to Angel Rivera, who's participation and smooth expert riding skills provided so much help during the series. And a special thanks to Herb Dershowitz and the "A" riders, who showed us the way on June 25th.

T I M E T R I A L S

New York Cycle Club
Time Trial Results
June 5, 1988

Since nobody let me know whether or not they wanted their names published, I decided to play it safe and avoid the minor flak I got the last time I published names. Call me if you don't remember your number. Home: (212)245-3245. - Steve Sklar

Rider number	Time	Place
1	45:24	First (men)
15	51:39	
16*	69:33	
17	48:26	
18	46:47	Third (men)
19	58:41	
20	47:43	Third (women)
21*		
22	69:14	
23	59:59	
25	59:15	Second (women)
26	49:09	
27	50:00	
28	48:30	
29	49:28	First (women)
30	48:04	
31	46:31	Second (men)

Richard Rosenthal's proof of the depth of the NY Times' (and the Associated Press) understanding of cycling.

STRASBOURG, France, July 11 (AP) — Steve Bauer of Canada retained his slim lead in the overall standings of the Tour de France today as Jerome Simon of France won the ninth stage. In the stage today, Simon was timed in 3 hours 47 minutes 31 seconds for the 99-mile leg. He was a member of a group of eight cyclists who took a chance about 100 miles into the stage and broke away from the pack.

NEW MEMBERS



ADLER, J. David	333 E 68th St #6D	N.Y.	10021	212-772-9466
ALLISON, Cynthia	Box 6553	N.Y.	10128	212-348-2870
BABBITT, James	89-13 35th St	Woodhaven	11421	718-296-0027
BRODAX, G.J.	405 E. 82nd St. #5B	N.Y.	210028	212-628-7765
CAHN, W. Stewart	80 Central Park W #2D	N.Y.	10023	212-877-8321
CAPALBO, Peter	2415 Avenue J	B'klyn	11210	718-338-1850
DI CERBO, Michael	33 Howard St	212-	10013	212-966-4751
DICHILO, Mary	310 W. 72nd St #3G	N.Y.	10023	212-724-0673
DUBERSTEIN, David	31-31 138th St	Flushing	11354	718-961-8065
EAGLE, B	2004 E. 13th St	B'klyn	11229	
FITZGERALD, Stephen	21 Towne House Rd	Hamden CT	06514	203-288-4103
FOEPPPEL, Rick	100 E. 77th St., Black Hall	N.Y.	10021	212-439-2789
GAY, Faith	36 W. 87th St #3B	N.Y.	10024	212-873-1678
GEUTHER, Vera	433 W 43rd St #6E	N.Y.	10036	212-265-5782
HERMAN, Rebecca	20 continental Ave. #3A	Forest Hills	11375	
HRICHAK, Suzanne	7 Carmine St. #20	N.Y.	10014	212-255-1561
HUNTER, Carly	357 W. 84th St #2	N.Y.	10024	212-362-5504
LENROW, Amy	649 E. 14th St. #11H	N.Y.	10009	212-995-2972
LOWESKY, Jonathan	129 E. 27th St #3R	N.Y.	10016	212-684-7249
MERCORELLA, Vicky T.	127-03 97th Ave	Richmond Hill	11429	718-805-4193
MINCHELLA, Caryn	449 W. 46th St. #8	N.Y.	10036	212-586-7778
OLSON, Eric	286 Randolph Av	Jersey City	07304	201-434-3357
OLSON, Nancy	286 Randolph Ave	Jersey City	07304	201-434-3357
REIFER, Phyllis	158-34 96 St	Howard Beach	11414	718-848-2867
ROBINSON, Lydia	2 Charlton st. #12J	N.Y.	10014	212-989-4114
SCHELLENBERG, Claudia	32-43 90 St. #202	Jackson Hts	11369	718-803-3279
SCHLETE, Ursula	424 W. 56th St. #11	N.Y.	10019	212-974-9704
SCHUMANN, Lisa	330 W. 56th St. #6J	N.Y.	10019	212-262-7254
SCOTT, Peter	62 Whitmore Ln	Stamford CT	06902	203-967-2719
SLATTERY, Donna	8417 7th Ave	B'klyn	11228	718-680-0664
SORRENTINO, Kenneth	105 Halladay Ave	Yonkers	10701	914-969-6690
STELLUTO, Beth	322 W 57th St #39T	N.Y.	10019	212-956-7993
TARVER, Richard	168-44 127 Ave #8E	Jamaica	11434	718-325-7702
WEBER, Robin I	40 Harrison St. #33A	N.Y.	10013	212-732-0591
WEISS, Carol	350 57th St	B'klyn	11220	718-492-5821

change of address

BAHENSKY, Marion
EINSTEIN, Alan D.

1021 Sixth St.
7 Standish Dr.

St Paul, Nbrska 68873
Morristown NJ 07960

TELEPHONE

201-538-9395

Minutes...

NYCC Board Meeting Minutes, 7 June, 1988, O'Hara's Restaurant

Present: John Mulcare, Martha Ramos, Caryl Hudson, Roberta Pollock, Hannah Holland, Barbara Levitan, Christy Guzzetta, Michael Toomey, Debbie Bell, Holly Gray, Brian Mc Caffrey, Arlene Ellner

Absent: Jody Saylor

May minutes approved.

Discussion of proposal to make donation to Syosset & Nyack Fire Departments in appreciation of their continuing help & hospitality to club members. Motion made to have Michael design two plaques costing up to \$100 each to be presented with letter of appreciation. Motion carried.

Martha initiated discussion of club representation at Bicycle Advisory Committee. It was decided a volunteer would be solicited at a club meeting and an item put in bulletin.

Hannah announced total of 626 members to date.

Holly gave Alex \$1525 check for RAAM, presentation to be made at membership meeting and sent thank you notes to those contributing \$100 or more.

Letter regarding GW Bridge walk-way ban sent to Port Authority; will be published in bulletin.

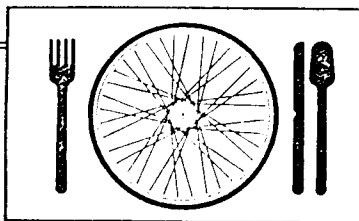
Meeting adjourned at 8:30 PM

Respectfully submitted,

Alme Allen

NEW YORK CYCLE CLUB

Tuesday August 9



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

RAAM 1988

The Alex Bekkerman Team Reports on what it was like in the Race Across America

Join us at 6pm for spirits or bubbles and schmoozing

Dinner starts at 7pm

Fixed Price*

Meat, fish or poultry \$10

Vegetarian 7 50

\$2 more
after 7

*Must be purchased by 7pm

Diners will receive color-coded coupons

Non-diners seated separately

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

Bicycle parking is provided. Take the elevator to the 2nd floor and leave your bike in the storage area provided. Bring a lock for security.

CALORIE COUNTER

This formula was developed by Brian Sharkey, M.D. of the University of Montana.

A 150 pound adult cycling at 15 mph burns 12 calories per minute. For each 15 pounds above 150, add 1.2 calories per minute. For each 15 pounds under 150, subtract 1.2 calories per minute.

P E R S O N A L S

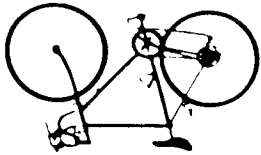
A fine Irish lad in the prime of his years with a perfect physique (for drafting behind), a discerning power for lagers, and a shiny Italian bicycle, seeks both men and women for a strictly short-term relationship (leading "B"-level day rides). Should be someone who has enjoyed club rides in the past and who knows that our club needs new blood and new ideas if it is to continue to grow and offer exciting rides every weekend. I'm looking for that special someone who knows that our club is only as good as its volunteer leaders and who wants to do his/her part. If this alluring proposition excites you, give me a call (no bike photos please). You choose the speed, mileage, locale and type of ride you want to do. I can help you with routes and a few simple tips for making a ride successful (I'll even find a co-leader to share the ride). Hey, this could be the start of a beautiful relationship. I hope to hear from you soon.

Brian McCaffrey
718-634-1742

I would like to form a group of New York Cycle Club members to ride in and around Brooklyn on weekends. If interested, please call Sandy at (718) 951-8917.

SANTANA TANDEM--22" front 21" rear. Phil Wood Hubs, T.A. Cranks, SunTour Derailleurs. GREAT CONDITION. Call BILL VOJTECH (718) 252-2786--Leave Message. Price Negotiable.

SAVE \$1000 over Santana. **TANDEM FOR SALE.** Schwinn Sport Twin 10-speed, approx. 22 1/2 - 20-inch step-down frame, excellent condition, 250 miles. Good components, drum brake. \$525. Call Rudi at 201/898-2330 (work) or 201/378-9364 (home).



First Class

700-267
ARLENE
CHRIS
110-36
RICHMOND HILL, NY

New Hampshire
June 21, 1988

New York Cycle Club
Hannah Holland
211 W. 106 St. 8C
N.Y., N.Y. 10025

H. H. C. S. C.

New York Cycle Club 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 any successors, 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 _____

I ALSO ENCLOSE AN ADDITIONAL AMOUNT OF _____ TO SUPPORT NYCC'S PARTICIPANTS IN RAAM 1988.

CIRCLE IF APPLICABLE: I do not wish my (address) (phone number) listed in the roster published semi-annually in the bulletin.

WHERE DID YOU HEAR OF NYCC? _____

OTHER CYCLING MEMBERSHIPS(circle): AMC AYH LAW TA CRCA CCC Other: _____

1988 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, NEW YORK 11202 - 0019. TELEPHONE 212/ 242-3900