

February  
1988

# New York Cycle Club

F E B R U A R Y 1 9 8 8 B U L L E T I N



"HEY, LOOK GANG - NO HANDS!"

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PRESIDENT

Christy Guzzetta  
91 Remsen Street  
Bklyn. Hts., N.Y. 11201  
718/596-9833

V.P. PROGRAMS

Michael Toomey  
345 West 88 St. 4D  
New York, N.Y. 10024  
212/787-6939

V.P. RIDES

Debbie Bell  
526 West 113 Street  
New York, N.Y. 10025  
212/864-5153

SECRETARY

Arlene Ellner  
101 East 16 Street 1G  
New York, N.Y. 10003  
212/677-3306

TREASURER

Holly Gray  
57 Montague St. #5C  
Brooklyn, N.Y. 11201  
718/596-6336

PUBLIC RELATIONS DIRECTOR

Jody Saylor  
49 West 75 Street  
New York, N.Y. 10023  
212/799-8293

MEMBERSHIP DIRECTOR

Barbara Levitan  
703 President Street  
Brooklyn, N.Y. 11215  
718/622-2869

CIRCULATION MANAGER

Hannah Holland  
211 West 106 Street 8C  
New York, N.Y. 10025  
212/666-2162

A-RIDES COORDINATOR

Roberta Pollock  
601 West 115 Street #26  
New York, N.Y. 10025  
212/864-6182

B-RIDES COORDINATOR

Brian McCaffrey  
237 Beach 121 Street  
Belle Harbor, N.Y. 11694  
718/634-1742

C-RIDES COORDINATOR

John Mulcare  
73-12 35 Avenue  
Jackson Hts., N.Y. 11372  
718/672-5272

PAST PRESIDENT

Martha Ramos  
75 Henry Street 23E  
Brooklyn, N.Y. 11201  
718/858-9142

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

# RIDES PROGRAM



Compiled by Debbie Bell, V.P. Rides

## GUIDELINES FOR CLUB RIDES

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

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

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

## RIDE AND RIDER CLASSIFICATION

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

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

## Introughout February

Wednesdays 7:00 AM B/C GW BRIDGE WEDNESDAY WORKOUT. Leader: Joel Friedland (212-927-8046) From the GW Bus Terminal. Bike across the bridge to Fort Lee, down Palisades Ave., through Hudson Park to the boat dock, and then back -- uphill -- by 8:00. Temps. below 32F, rain, or icy roads cancel.

Saturdays BIKE/SKI/PARTY. Leader: Alex Bekkerman (212-213-5359) If the weather does not offer suitable conditions for skiing, we'll go cycling (Nyack, Syosset). If weather is not good for cycling, we'll go skiing (Lake Minnewaska, White Birches). If the weather is neither skiable nor cyclable, we'll arrange a phenomenal party. Conditions: bike -- A+ pace; skiing -- moderate pace; party -- anything goes. I will act as coordinator, originator, confidant and master maniac, so call.

Sat./Sun. 8:00 AM A++ 80+ mi. GIMBELS. Leader: David Walls (212-316-2336) From the Boathouse. Schmooze up to Gimbels (now called Sterns) 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.

Throughout February (cont.)

Sat./Sun. A MILE PER DEGREE FAHRENHEIT. Leader: Alejandro Caycedo (718-739-4648) From the Statue of  
9:00 AM Civic Virtue, Queens ("E" or "F" train to Union Turnpike/Kew Gardens). Ride out for the fun of  
B+ it. We'll travel around Nassau County, through scenic towns. Flat, sometimes hilly, roads.  
32+ mi. It's not that cold, and you'll have fun! Temps. below 32F, wet roads, or precip. cancels.

Sat./Sun. DIAL-A-"C"-RIDE. Leader/Coordinator: John Mulcare (718-672-5272). If the weather forecast  
C the evening before is promising (viz., no precipitation; clear, dry roads, and temperatures  
above 40F after allowing for any wind chill factor mentioned in the forecast), call me before  
10 PM. The first caller may help determine the starting time and place, as well as the destin-  
ation of the ride, which must reflect due consideration to the short period of daylight avail-  
able at this time of the year. Later callers will be furnished with the details. If I am un-  
able to lead the ride, I'll try to get someone else to do so. See the note at the end of Rides  
Listing for "C Ride Recommendations and Further Cancellation Conditions."

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Sat.Feb. 6 NATHAN'S OR BUST. Leader: Herb Dershowitz (212-929-0787) From the Boathouse. Franks, french  
9 30 AM fries, shrimp roll and anything else that will make this an enjoyable ride to Nathan's in Coney  
A/A-/B+ Island. If you're not sure about the weather, call the leader.  
40 mi.

Sun.Feb. 7 VOTE-A-RIDE. Leader: Roberta Pollock (212-864-6182) From the Boathouse. I'll take a vote at  
9:00 AM the Boathouse for the Flagship vs. the Skylark. Either way, it will be a relaxed ride.  
A- Helmets required, please. Call if you need an explanation. If the weather (temps. below 25F  
50 mi. or precip.) cancels the ride, call to vote on brunch arrangements.

Sat.Feb. 13 VALENTINE'S DAY PRACTICE. Leaders: Bob Foss (212-594-5402) & Holly Gray (718-596-6336) From  
9:30 AM the Boathouse. This ride will have a predominance of attractive women and handsome men. Hugs  
A- will be practiced. We're going to Nyack: we don't know how to go anywhere else. If you believe  
55.2 mi. this ride will go off, then you think it won't rain, snow, hail, and the temp. will be 30F at  
8:30 AM (dreamer, romantic), and the roads will be dry.

Sun.Feb. 14 ST. VALENTINE'S DAY RIDE. Leaders: Clay Heydorn & Simone Smith (914-941-5013) From the  
9:00 AM Boathouse. We will bike to our heart's content through Lovers' Lane, past Honeymoon Hotel,  
A avoiding Heartbreak Hill to arrive at Love's Labour Found -- lunch. Ride will not go off if  
50 mi. St. Valentine can't provide good weather -- dry and 32 degrees at least.

Mon.Feb. 15 THE DAY AFTER VALENTINE'S DAY RIDE. Leader: Marty Wolf (212-935-1460) From Madison & 65th St.  
9 00 AM Destination to be determined by those people who show up. Temps. below 32F or any precip.  
A- /50-60 mi. cancels.

Sat.Feb. 20 BELGIAN WAFFLES III (THE END). Leader: Claire Goldthwaite (212-228-0828) From the Boathouse.  
9:00 AM The days of self-indulgence are drawing to a close -- soon enough the roads will echo with the  
A- happy shouts of animals sprinting up hills. One final lazy trip to White Plains for breakfast  
50 mi. before the late February panic strikes (but maybe I'll do without the whipped cream). Wind  
chill below zero and/or slippery pavement cancels.

Sun.Feb. 21 WINTER WANDERLUST. Leader: Jay Rosen (718-857-2610, h.; 212-216-8135, of.) From the  
9:00 AM Boathouse. If it's not too cold or precipitous, we will endeavor to engage in a steady ride to  
A Nyack environs. There will be the usual stop for lunch. Temperatures below -10, rain, snow,  
55 mi. sleet or other precipitation, or snowy, slushy, or otherwise wet roads cancels.

Sat.Feb. 27 WESTCHESTER ROUNDABOUT. Leader: Christy Guzzetta (718-596-9833) From the Boathouse. Is this  
9:00 AM the last ride of the winter or the first ride of the spring? Easy going "A" ride, one stop, to  
A the Thornwood Diner. I am rusty, slow, and looking forward to visiting the road again. Winter  
61 mi. weather cancels.

Sun.Feb. 28 A FROSTY FEBRUARY AT THE FLAGSHIP. Leader: Bob Trestman (212-431-8926) From the Boathouse.  
8:45 AM It's late February and maybe the roads are clear. If so, let's meet with Caryl's group at the  
A Flagship for lunch. The ride is, however, off if the 8 AM temperature is under 20F or it's  
60 mi. snowing or raining. Helmets are required on this one, folks.

Sun.Feb. 28 FIGHT THE MIDWINTER BLUES. Leader: Caryl Hudson (212-595-7010) From the Boathouse. Work up  
8:45 AM an appetite for the brunch of your choice at the Flagship. No flats allowed -- we want to beat  
A- the A's. If it's balmy, perhaps we'll work in an extra few miles. Common sense dictates  
55 mi. cancellation conditions.

Sat.Mar. 5 "A" TRAINING RIDE NO. 1: DYNASTY DINER. Leaders: Alex Bekkerman (212-213-5359) & Herb  
9:00 AM Dershowitz (212-929-0787) From the Boathouse. Alex writes, "The first training ride."  
A Herb: "Start to get Herb in shape ride. A semi-A ride to the Dynasty Diner in Northvale.  
45 mi. Let's moan and groan together." Temps. below 32F or precip. cancels.

Sun.Mar. 6 SELF-CLASSIFICATION RIDES IN CENTRAL PARK, AND B/B- PROGRESSIVE TRAINING RIDE NO. 1. Leaders: Irv Weisman (212-562-7298), David Miller (212-794-9365), & John Mulcare (718-672-5272). Meet inside the 72nd St. & Fifth Ave. entrance to Central Park (any time between 10 and 10:30 AM) to check out our early season rides classes by doing four full laps around the park at our own comfortable paces and comparing the times against the club's published guidelines. Then we can make informed selections of rides and club training programs from the several being offered this spring. Cancelled by 70% chance of rain or predicted high temp. below 35F. Rain date: Sunday, March 13.

Sun.Mar. 6 "A" TRAINING RIDE NO. 2. Leaders: Lee Gelobter (718-646-7037) & to be announced. From the 9:00 AM Boathouse. Somewhere in Westchester. We will concentrate on smooth, cooperative paceline A/ 50-55 mi. technique. Temps. below 32F or precip. cancels.

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; maps, compass; LIRR or Metro-North bike permits, if applicable. Occasionally it may be advisable, in the interest of safe and 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."

#### Previews

March-May B/B- PROGRESSIVE TRAINING RIDES. Leaders: Irv Weisman (212-562-7298) & David Miller (212-794-9365). Every Sunday except for April 3 (Easter/Passover).

May 22-29 NAPPA VALLEY TRIP. Leaders: Bob Trestman & Rosanna Liebman (212-431-8926). It's in the formative stages, but the plan is to fly to Reno and return from San Francisco, with Lake Tahoe, the Nappa Valley, and more in between. 50-90 mi./day, B+ and above levels, sleeping in bed and breakfasts and/or inns. Estimated cost is roughly \$800 for travel and lodging. Limited to 14 people. Please call quickly if you're interested.

May 27-30 MEMORIAL DAY IN SHEFFIELD IV. Leader: Lee Gelobter (718-647-7037). The tradition continues. It's never too early to think about a great weekend of cycling. Call Lee after March 1 for details.

May 27-30 NORTH MEETS SOUTH MEMORIAL DAY WEEKEND. Leaders: Joe Furman (212-861-5067), Brian McCaffrey (718-634-1742) & Martha Ramos (718-858-9142). The historic cycling wonderland of Frederick County, Maryland, and Harper's Ferry, West Virginia, should be brilliant at this time of year.

Aug. 10-21 THE CANADIAN ROCKIES. Leader: Debbie Bell (212-864-5153). 520 mi. of gorgeous cycling (40-78 mi./day) from Banff to Jasper, via the Icefields Parkway -- awesome scenery and wide, wide shoulders for mellow riding. A free day in Jasper for more biking, rafting, or shopping: south to Lake Louise, and then west to Golden and Radium Hot Springs in British Columbia. Motels, sag support. Estimated costs: airfare to Calgary, \$378; motels and sag, \$460. Food and transportation between Calgary and Banff additional. The first sixteen who send a \$100 deposit before the end of February have a spot; after that, it's a waiting list.



#### X - C GLIDES SCHEDULE

Feb. 6 - 7 Debbie Bell 864-5153. Dial-a-Glide. Call Deb if you're interested in joining a cross-country day trip this weekend.

Feb.12-15 Washington's Birthday Weekend (and Valentine's Day, too!) Brian McCaffrey 718/634-1742 518/589-5404. Alpine and cross country skiing. Brian's winter-long party is in high gear this weekend. He'll be up at his pleasure palace at Hunter Mt. and invites any and all revelers to come on up. He'll try to help you find transportation and lodging.

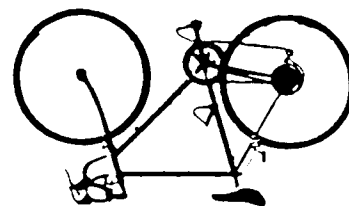
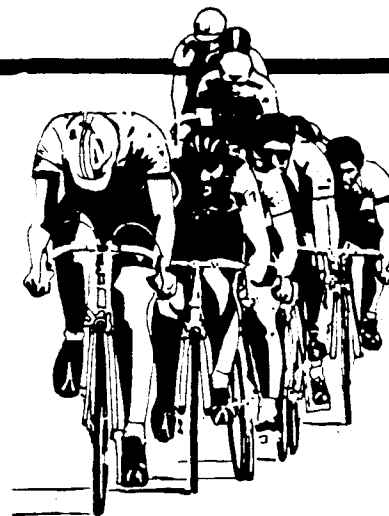
Sat., Feb. 20 Ann Hintermeister 212/628-0948 Charlie Morris 212/477-3281. Cross country skiing at Lake Minnewaska (near New Paltz, N.Y.) Minnewaska offers x-c skiers some of the most beautiful mountain vistas in the NE, and it's only 2 hours from NYC!

March 4-6 Cross-country weekend in Northfield, Mass. The guys who founded Breakaway Vacations offer a special weekend of X-C skiing at cost to members of the NYCC. This mountain just below.....deadline Feb. 15. For further information, call Mark "Gunter" Plaut and Stu "Sven" Greenberg (718/805-0253 and 212/534-2935).

There will be a "Special Interest Group", a SIG, a Progressive "A" Ride Series coming up this 1988. And once again, I'm going to be right in the middle of it. Last year's SIG consisted of a series of 17 progressive rides, each one just a bit more challenging than the one preceding it. This year's will be about the same. Last year's series was geared specifically for those people who had never before ridden on Club "A" rides - or those who hadn't in a very long time. And so will this year's. Last year's SIG was a lot of fun...I bet this one coming up will be to.

If you have never before ridden on a Club "A" ride and want to this 1988, come on along. We will be covering all the basic requirements of "A" riding (conditioning, equipment, technique). The series will begin during the first weekend in March and culminate with the regularly scheduled Club "A" ride during the last weekend of June. A schedule of rides and other details will be available during the February meeting - or call Christy Guzzetta, 718-596-9833

P.S. What do you know...an anonymous club member has volunteered to provide certificates to those who complete the entire series AND ride on the regular Club "A" ride on schedule.



#### A Letter To Car Top Lovers...

During the 1987 season, while I was nursing my injured ankle, I chose to lead B level car top rides with the NYCC. I never dreamed I could have so much fun with an injury that in 1986, had me hobbling around on crutches. I think my ankle has healed well enough for me to lead "A" level rides, so... starting in March, I plan to lead one car top per month at an "A-" pace. The driving time to the starting points will be 45 minutes to 1 1/2 hours, the riding distances will range from 50 to 70 miles and there will be a limit of 15 to 20 riders so that load up and set up times will be kept at a minimum. If enough interest shows for a swifter speed, I will probably up the pace to "A" in May or June. The ride locations will be the same as my B rides of '87, however, they will have less turns, more mileage and fewer stops.

I will be needing cars as well as racks as well as people without cars. If you have a company discount on car rentals and you would like to have other riders "chip in" with you on expenses, let me know and I'll have people get in touch with you. \$15 or \$20 is not a high price to pay for a beautiful day in the country, riding with a group of other cyclists. You really must try it if you haven't already done so! If you would like to help out by coordinating people and bikes with cars, call me a month or two in advance so I can put your name in the newsletter ride description.

I'm enthusiastically looking forward to riding with you in '88!

## CONFESSIONS OF A BIKE BUM

For some people cycling is a means of obtaining exercise: to feel better, eat more, see countryside, exercise frustrations. For others it is a WAY OF LIFE!!! To these tormented beings belongs the appellation "BIKE BUM". Satisfaction is only obtained moving at high speed in an amoeba like peloton or careening down a mountainside at 50 miles an hour in the dim early morning light. Passage to this nirvana comes to different people in different ways.

However it comes, the bike junkie must get a fix on a regular basis or suffer unspeakable withdrawal symptoms. In the New York area a quick fix may be obtained by participating in the Gimbel's Ride. This free for all is an "Ultimate Fix".

The crowd gathers at the back of Sterns, greetings exchanged, as the crowd discusses the arcania of the sport - which crank arms break the quickest, will Chemical have a team? (no), how to keep warm etc. At the magic hour (9:15 - 9:20) someone says "Lets do it" and with a scramble to get it together the crowd starts pedalling.

The pace is easy for the first 10 -15 miles or so. Conversations dominate as does gamesmanship in controlling the intersections, red light or no. Its amazing how docile automobiles are when faced with 50 or so riders. Along the way others join, singly and in groups. Spirits are high. Outside North White Plains we break into countryside made beautiful with verdant hills and reservoirs.

The pace quickens, imperceptibly the peloton takes on a certain tension. People are more watchful, cadence quickens. Drink. After a bridge spanning the reservoir comes the hill; work to the front before this point, don't push too hard near the bottom. Someone attacks, the pace explodes. Now push, pull up on the pedals, pedal in circles, concentrate! The peloton lengthens, keep passing! Don't get too far into the left lane, cars may be coming behind, announced by, "Car back".

At the top keep going, gear up, into the big ring, up, up. Watch the holes near the bottom. Push, stay near the front, the peloton has become a stretched out single pace line pulling a shapeless glob of slower riders. Watch the lights at the next intersection; here the slower group will turn right. The pace quickens, no time to be concerned about the others. We're coming to a long hill, watch cadence, what gears are others using? A small group breaks off, harder, chase, catch. The blood tingles, breathing hard, almost at the top, ahhh, caught them at last!

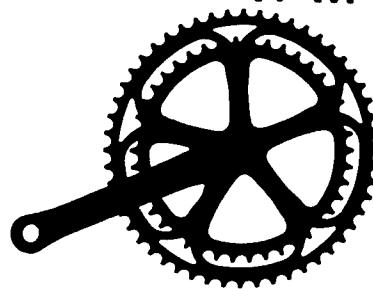
Rest in the ease of their draft and the downhill. Drink. Take your turn pulling. The pace eases a bit, the group gets larger, we're caught. The odd rider passes only to fall back. Turn right, road narrows, attack to keep up, back into the big ring. Right turn coming up, a short sharp uphill, what gear to use. O.K., 17-54 stand, keep the momentum, the downhill sharp "5" helps acceleration. Speed is easier here, slightly downhill, Picket Fence Hill coming up. Drink. Gear down, into the small ring, keep the cadence up. How can a small hill like this be so hard! More attacks occur, it hurts, breathing hard, keep pushing, it'll be over soon. Right turn, no time to rest, pace accelerating sharply, small rollers, sharp left, accelerate, sharp right, brake hard, watch the sand, "ITS CLEAR!", left onto the four lane. Into the big ring, shift up, pedal! hang onto that wheel, if you come off you'll never catch them. The pain eases.

Thirty miles an hour on the flat, the road racing under as if going over 110! Regrouping at speed, left turn, gear down to answer the attack, keep the spin up the hill, the fun part is coming. Over the top. Now it comes. Big ring. Hit it. Up to the 13. Spin, 33, 35, 38, keep it climbing. The magic, the euphoria, don't stay out front too long; hot spot coming. One passes in the left lane, no cars coming. There goes another. Riders in front. Is there room on the right? Hit it GO!!GO!! Ease off, right turn coming, you were there for the sprint, getting better. Be grateful for progress. Down the hill into the big ring up to 45, coast, aerodynamic. Lean right, up that damned long hill, will there be any respite? Pace not too bad afterall, hang onto that wheel! Accelerate on the top, hammer with the rest. Down the hill, watch for cars turning! Last week the whole peloton had to make an emergency stop. How did we avoid that crash? Brake hard. Left, don't gear up too far, more turns now, we're in town, watch the cars, keep accelerating out of the turns. Don't rest going up hill, watch the road, bad holes and bumps in this stretch. Finish coming up, don't lose it now! Here it comes, riders in the left lane, out of the saddle, push, pass that turkey in front. No, don't break here! Get around him! Pedal harder, almost there. Ahh, coast, gear down, turn lightly to keep circulation going, who won? what a ride! SATISFACTION! Into the lowest gear, spirits gradually improve. At the watering hole some stop to refresh, others keep riding. The Manhattan group forms and the decision made as to the most popular route home. The body feels tired, drained, but the legs maintain a good spin; the mind is supercharged, afterall.

# THE DEFINITIVE GLOSSARY OF ESSENTIAL BICYCLING TERMS

## part 5

by Richard Rosenthal



**THROWING ELBOWS:** A ritual in certain remote regions of Italy of tossing macaroni instead of rice at weddings.

**TIME TRIAL:** A court case in which Ariel Sharon is a plaintiff.

**TIRED SAVERS:** A confection that prevents holes from forming in the middle.

**TIRED SOCK:** Support hose for the stomach.

**PI:** A form of housing; a mathematical formula to determine the circumference of a golf ball holder.

**TRUEING STAND:** A wedding altar.

**TRAGEDY:** by Hamlet.

**TUBULAR:** Characteristic of a Sousa march.

**WIGG-WHITEHEAD:** A meter maid.

**WELDRONES:** "B" riders.

**WENER:** Vun who complains incessantly.

**WATUS:** An almost saintly dance.

**VO2:** An earlier formulation of VO 5 hair tonic.

**WAIT TRAINING:** Choosing to lie down on the sofa and read cycling magazines instead of going out and riding; cf. **Interval Training**.

**WASHER:** See **Domestique**.

**WHEEL SUCKERS:** Executive lollipops; also, 190 lb. riders on 300 g., 32-spike rims.

**WIND TRAINER:** An object that stresses yourself almost as much as it stresses your bike.

**WINDBREAKER:** This has nothing whatsoever to do with **Fartlek**.

**WICK:** Someone who leans right while appearing to ride straight.

**WIND RESISTANCE:** As a courtesy to the pack, eschewing beans from your pre-race meal.

**X-BIO:** Fabric you must be over 16 to wear; a former life.

**YOKE:** A food that can put a brake on your life.

**ZEBRA:** Ironing out the kenks.

### YOU BE THE LEXICOGRAPHER AND WIN A PRIZE.

Write definitions for the following actual cycling-related words and win a prize.

Winners will be selected by a majority vote of the author (1 vote) and editor (1 vote) on the basis of wittiness, imagination, and, however obscure, ill logic. (Bribes are encouraged.)

First prize: A pair of matching toe clips, Size L.  
Second prize: An unmatched pair.  
Third prize: A slightly used jersey.  
Fourth prize: A patch kit.

**BRINELLING:** \_\_\_\_\_

**BUNGEE:** \_\_\_\_\_

**FARTLEK:** \_\_\_\_\_

**HITTING THE WALL:** \_\_\_\_\_

**ISHIWATA:** \_\_\_\_\_

**MODULUS OF ELASTICITY:** \_\_\_\_\_

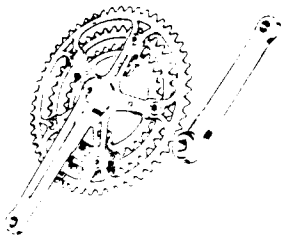
**PATELLAR:** \_\_\_\_\_

**QUADRICEPS:** \_\_\_\_\_

**SEW-UPS:** \_\_\_\_\_

**RAT TRAP:** \_\_\_\_\_





## B & B- PROGRESSIVE TRAINING RIDES

Irv Weisman



Are you a relative newcomer to long-distance cycling, with fantasies of riding tirelessly through the countryside enjoying the views which unfold around every bend in the road and from the tops of the hills? Or, are you a more experienced rider who has gotten out of shape and now wants to get back in shape in order to once again enjoy long-distance riding and touring? If so, David Miller and I have something for you.

We have planned a series of weekly training rides, starting with a Self-Classification ride of 25 miles in Central Park in early March, and culminating with a Century Ride (100 miles) in the latter part of May. The weather will undoubtedly frustrate us at times, but we'll do our best with what we get.

The B- group (11-12 mph avg. riding speed), led by me, will start from the Geo. Washington Bridge Bus Terminal and will go into scenic Bergen and Rockland suburbia in a series of expanding loops which, for the most part, use smaller, less travelled roads. The B group (12-13 mph avg. riding speed), led by David Miller, will start in Central Park and will then follow exactly the same routes, but at a faster pace. They will overtake the B- group near, or at, the common lunch stop. On the return leg, participants will have the option of switching to the other group in order to ride faster or slower than on the ride out. The 1 mph gap between the groups is not so easily bridged, but since both groups will use the same route home, the B- group will act as a safety net for those in the B group who want to drop back and take it easier. This is the technique used by Debbie Bell and Martha Ramos in seasons past and on the Newcomers' Rides last year. It is very comforting for riders who are a bit uncertain as to their comfortable riding class.

These group rides, in addition to training for their respective speeds and distances, will be an opportunity to learn some elements of Effective Cycling. Both David and I are accomplished mechanics and have ridden thousands of miles as touring and recreational cyclists. David, in particular, has been a bicycle commuter for many years and has commuting know-how to share with us. He has also done bike-camping, and toured in Europe; he may go again this year, and likes company. I had hoped to get Bill Hoffman, an Effective Cycling Instructor who is active in the Country Cycling Club of Westchester, to offer a course on Effective Cycling. But his spring teaching schedule in Westchester may make it too difficult for him to arrange this year. I hope that something can be worked out with him next year because the L.A.W. sponsored course in Effective Cycling would be very useful for many of us, both in its excellent exposition of effective cycling behavior on the road, and the more personal aspects of bicycle repair, adjustments, maintenance, and methods to increase endurance and stamina.

By the end of May, assuming that not too many weekends have been rained or frozen out during the three month training period, we should be in condition to go on long, multi-day touring trips. And as a matter of interest, the L.A.W. sponsored Great Eastern Rally (GEAR-Up '88) will be held in Millersville, PA, a few miles SW of Lancaster, PA, from Fri. June 3 to Mon. June 6. Some of us plan to ride to GEAR '88, using motels and AYH hostels enroute. Interested?

At GEAR itself, Bill Hoffman is planning to conduct an Effective Cycling Workshop in order to qualify interested participants as Effective Cyclists. In addition to a movie on Effective Cycling, he will give a talk, a road demonstration, a written test, and a road test. To prepare yourself for this workshop and exams, you should study John Forester's book, "Effective Cycling", one of the most comprehensive books on the art and science of cycling. (Unfortunately, his approach to gearing design, although mathematically quite beautiful, is, in my view, not appropriate for meeting our riding needs on the roads. My own approach to gearing design, which takes into account our physiology and the hills which we are likely to encounter, will be presented at GEAR '88 in my workshop, "Wide Range Gearing for Happy Touring".) Forester's book is available from L.A.W., Bikecentennial, some bike shops, and from the publisher, MIT Press 55 Hayward St. Cambridge, MA 02142 (617)253-0491 for approx. \$15 plus \$1.50 shipping.

On the matter of gearing for touring, it is my opinion that almost all standard bikes, regardless of the beauty of their paint jobs or the sparkle of their components, are improperly geared for B and C riders. Tourists, and especially newcomers to the sport, need more mechanical assistance, i.e. lower gears which are properly spaced, than the usual bike provides. Although good components are now available due to the demand for them created by mountain bikes, they are too rarely installed on recreational bikes because those are often designed with an eye to projecting a "racing image" rather than for wide range touring functionality. Specifically, if your chainrings are 52 teeth and 42 teeth, you are likely to be in big trouble on these training rides. Those chainrings come from the racing world and don't give you enough low gear options. If you have trouble climbing hills with your present setup, you might give careful consideration to changing them to 48 and 36, and it may even be advisable to change your cluster, too. Talk to your club-mates, read books, ask around. But don't just rely on your bike shop; they don't often understand.

✓ IS THERE RIDE LEADERSHIP IN YOUR FUTURE? In view of the fact that the initial and final legs of these loops are repeated from ride to ride, you will gradually become familiar with their twists and turns. David and I will be looking for co-leaders to help us out, both in bringing up the rear and in setting a proper pace up front (that's the potentially controversial part). We hope that ultimately some of you will want to share the cycling pleasure of these rides with your club-mates by leading a ride from time to time. It would be especially nice for us to join John Mulcare in building a cadre of ride leaders who will share the pleasures of the shorter loops with our C riders, many of whom are in the early stages of enjoying our sport and not confident enough to undertake a ride leadership role themselves. So, use these B/B- training rides for your personal cycling growth and pleasure in 1988, and then share some of that pleasure with your club-mates by leading an occasional ride.

David and I plan to be at the Feb. Club meeting and would like to meet with prospective participants. If you can't get there, and have questions, call us: David at (212) 794-9365, Irv at (212) 241-4783 (days), (212) 562-7298. Comes March 6, we roll in Central Park - well, uh, weather permitting, of course.

# T H E C A K E - P A R I S - B R E S T - L E G A T E A U

In addition to the classic French bicycle race, there is also a classic French gateau called Paris-Brest. It is essentially a creme-puff with a filling of nougat-flavored whipped cream.

PATE A CHOU: 1½ c. butter(unsalted) 2½ c. water 2½ c. sifted flour 3/4 c. blanched, sliced  
3/4 tsp. salt 10 eggs 1 egg mixed w/ 1 Tb. cream almonds

Combine butter and water in saucepan. Cook over medium heat until butter is melted and mixture is boiling, turn heat to very low. Add flour mixed with salt all at once. Stir vigorously until ball forms in center of pan (3 - 5 minutes).

Remove from heat. add 7-8 eggs one at a time, beating hard after each addition (you may use an electric mixer). Final eggs should be beaten with a fork and added gradually. Paste should stand in a peak when a spoon is withdrawn. The number of eggs may vary up or down. The consistency is what is important. Paste may be refrigerated in a bowl up to 2 days.

Set oven temp. at 375°. Lightly grease a cookie sheet.

Form a 9" ring of pate a chou 2" wide, 3/4" high, using a spatula to shape it, or use a pastry bag.

Brush all over with egg/cream mixture. Sprinkle with sliced almonds.

Bake 50 - 60 minutes until entire ring is well puffed and a delicate golden brown. Without removing from oven, stick a small sharp knife in 4-5 soft places in sides to release steam. Reduce heat to 325°. Continue baking 10-15 minutes longer, or until cake is completely crisp and dry. Cool on rack.

FILLING: 3 cup heavy whipping cream, flavored with ½ cup nougat powder  
Vanilla sugar (confectioner's sugar in which you have buried a piece of vanilla bean for a few days)

Split cooled ring in half (like slicing a bagel). Pile bottom half high with flavored whipped cream. Replace top. Dust with vanilla sugar before serving.

NOUGAT POWDER: 2 c. granulated sugar 2 Tb. lemon juice  
3/4 cup blanched almonds 3/4 cup toasted filberts (hazelnuts)

Combine sugar and lemon juice in heavy skillet. Melt over low heat, stirring constantly with a wooden spoon. When mixture is golden brown and sugar is completely dissolved, stir in nuts. Pour out on very well oiled pan to cool. Break cooled nougat in pieces. Grate into a powder with a nut grater or in a blender. Store in covered jar.

## ADVERTISEMENT

Who says miracles don't happen anymore? February marks our third consecutive month with the same company name:

### BREAKAWAY VACATIONS Active Travel for Interesting People

To celebrate, we say: "Put away your wallets" (after writing your check to Breakaway) -- cause all drinks are on us all weekend long during our three February cross-country ski weekends. Yes, have some cognac in your cornflakes each morning, or tequila with your trail mix in the afternoons.

Even if you're a teetotaler, you're going to enjoy the special inns we visit, along with the wonderful food, great cross country skiing, and interesting people.

Here is the balance of our Winter '88 Schedule. Hope you can join us.

*Mark*

*Stu*

Mark "Gunter" Plaut and Stu "Sven" Greenberg

**Feb 5-7** Wilmington, Vermont

**Feb 26-28** Northfield, Massachusetts

**Feb 12-15** Washington's Birthday Weekend  
Bridgewater Corners, Vermont

**March 4-6** NYCC Trip.  
See Glide Schedule in this bulletin.

PRICE: 2-day weekends, \$190.00  
Washington's Birthday weekend (3 days), \$250.00  
Optional round-trip van transportation, \$40.00 (includes a nice nosh and drinks)

Price includes: 2/3 nights accommodations, double occupancy; 2/3 breakfasts; 1/2 dinners; beginner ski lessons; guided ski tours; and a few other nice surprises as well.

Because of the inns chosen, space is limited, so we strongly advise making reservations early.

For a copy of our 1988 *Winter Weekends* brochure, listing details on each trip, call or write Mark or Stu at:

Breakaway Vacations, 164 East 90th Street Apt 2Y, New York NY 10128, 212/722-4221.

Coming soon, our three-season Biking/Hiking Calendar.

# NEW MEMBERS



ALLAM, Azmy A. 1472 79th St.  
 ANGLERO, Edwin 417 Baltic St. #9A  
 BRAUNER, Larry 435 E. 77th St. #4A  
 DICOSTANZO, Damian P. 1233 York Ave. #6P  
 HECK, Eugene 165 E. 32nd St. #5B  
 HIRSCH, Harry 99-49 62nd Road  
 LAWTHER, Robin Ann 111 E. 85th St. #9B  
 RUBINSTEIN, Seth 43 Park Circle  
 SAMMARCO, Maria-Rose 220 Greylock Pkwy

B'klyn 11228  
 B'klyn 11217  
 N.Y. 10021  
 N.Y. 10021  
 N.Y. 10016  
 Rego Park, NY 11374  
 N.Y. 10028  
 Great Neck NY 11024  
 Belleville, NJ 07109

718-837-8465  
 718-852-3167  
 212-779-3118  
 212-517-3543  
 212-213-4961  
 718-699-3878  
 212-348-1771  
 516-773-4501  
 201-759-9453

## change of address

ARMIENTO, Bernadette 519 Court St.

B'klyn

11231

718-596-2703

## Minutes...

Minutes New York Cycle Club Board Meeting, 1 December, 1987, O'Hara's Restaurant

Present: Martha Ramos, Jody Saylor, Debbie Bell, Maxim Vickers, Caryl Hudson, Barbara Levitan, Hannah Holland, Sara Flowers, John Mulcare, Lee Gelobter, Roberta Pollock, Christy Guzzetta, Michael Toomey, Holly Grey, Brian Mc Caffrey, Arlene Ellner. Absent: Steve Baron, Ed Rudetsky

Martha Ramos welcomed new board members and thanked outgoing board for their contributions.

November board minutes were unavailable for approval.

Monies allocated to Public Relations by outgoing board were transferred to new board. Port Authority has not made decision regarding cyclists' use of southern walkway, G.W. Bridge.

Roberta Pollock announced that Chris Mailing volunteered to lead six (6) Spring Training rides, details forthcoming.

Barbara Levitan announced 822 paid members as of 30 November and asked for feedback for proposed questionnaire to be sent members.

Maxim Vickers reported Club was in the "black"; detailed Financial Report to be submitted January.

Jody Saylor requested additional nominations for December Awards Dinner. Barbara nominated Stu Greenberg & Joe Furman for organizing car top rides.

It was decided Christmas gifts would be given to the O'Hara staff.

Brian Mc Caffrey announced intention of expanding car top rides in all catagories.

Michael Toomey asked for program ideas.

Caryl Hudson announced including a request for RAM donations in bulletin.

Lee Gelobter will continue to sell club jerseys.

Debbie Bell distributed 1987 ride results.

Meeting ended at 8:30 PM

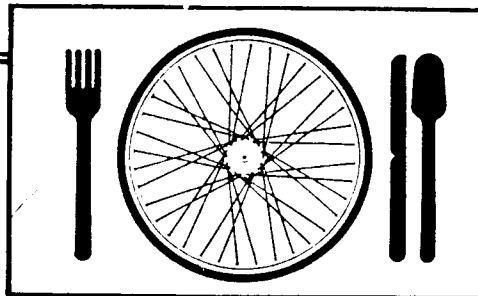
Respectfully submitted,

*for the Club*

## CLASSIFIEDS

FOR SALE. Serotta Club Special. 62 cm frame with Campagnolo Super Record headset. Columbus SP tubing thruout. A superbly riding frame. \$350 FIRM.  
 Leave message anytime at 1718-544-8861

**NEW YORK CYCLE CLUB**  
MONTHLY MEETING  
Tuesday February 9



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

## SPINNING IS THE WAY TO GO! - OR IS IT ?

a documented analysis and experimental data on cadence

BY IRV WEISMAN

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

Fixed Price\*

Meat, fish or poultry \$10

Vegetarian 7.50

Desserts extra

**\$2 more  
after 7**

\*Must be purchased by 7pm

Diners will receive color-coded coupons

Non-diners seated separately

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

Bicycle parking is provided. Take the elevator to the 4th floor and leave your bike in the storage area provided. Bring a lock for security.

## renew now

START 1988 on a ROLL!

RENEW YOUR NEW YORK CYCLE CLUB MEMBERSHIP NOW!

Don't miss a ride in a winter thaw, don't schmooze all winter and miss out on your ride schedule in April.....

It's the best thing you can do for yourself - do it NOW! NYCC dues are still a bargain at \$12 per individual, \$15 per couple residing at the same address.

In 1987, we all opened our hearts to Dave Walls' efforts and achievements in RAAM.

In 1988, NYCC is proud to have an unprecedented THREE members (Dave Walls, Alex Bekkerman, and Mara Bovsun) who have qualified and are planning to ride in the 1988 Race Across America. Riding in RAAM takes ability, energy, skill, determination, organization, and a lot of money.

While you're writing your NYCC membership check, won't you add an additional amount towards the NYCC RAAM Fund? All funds raised by the club will be divided evenly among the participants.

My NYCC renewal amount of \$\_\_\_\_\_ is enclosed.

I also include the amount of \$\_\_\_\_\_ to support NYCC's RAAM qualifiers.

NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_

ADDRESS \_\_\_\_\_ APT \_\_\_\_\_ PHONE(H) \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE(W) \_\_\_\_\_

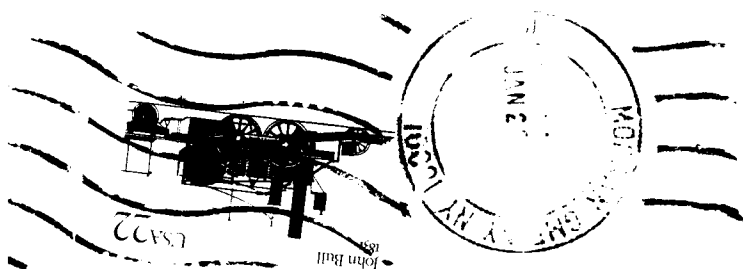
CIRCLE IF APPLICABLE: I do not wish my (address) (phone number) listed in the roster published semi-annually in the bulletin.

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



236-237  
ARLENE BRIMER MAILING  
CHRIS MAILING  
110-30 MYRTLE AVE  
RICHMOND HILL, NY 11418

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



## **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 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 \_\_\_\_\_

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