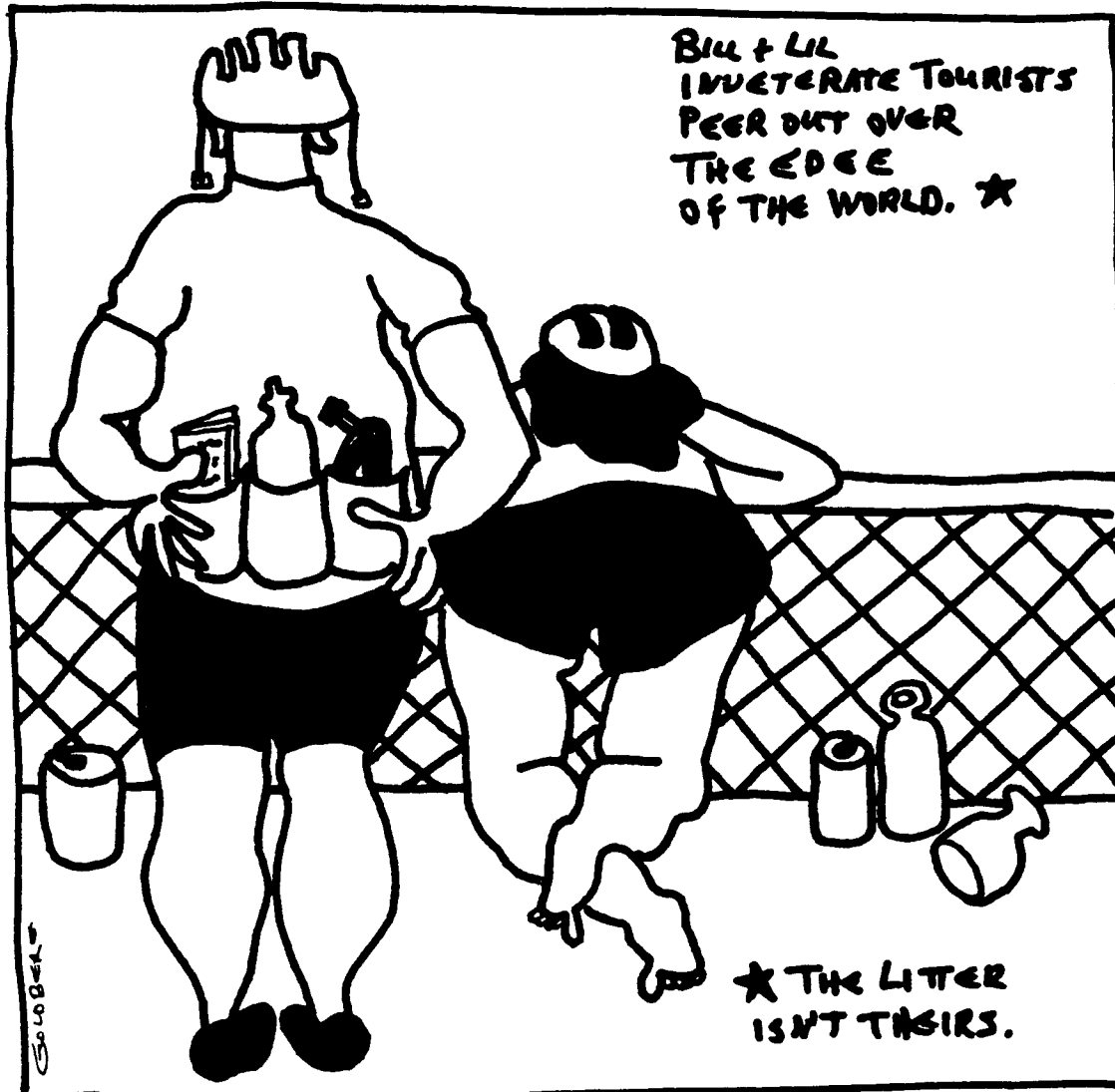


January
1988

New York Cycle Club

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



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RIDES PROGRAM



Compiled by Debbie Bell, V.P., Rides

GUIDELINES FOR CLUB RIDES

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

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

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

RIDE AND RIDER CLASSIFICATION

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 important. Stops every hour or two.	1:30 - 1:39
B	12-13	15-16			1:39 - 1:49
B-	11-12	14-15			1:49 - 2:00
C+	10-11	13-14	Sight-seers	Leisurely to moderate riding. Destination oriented: nature, historical, cultural.	2:00 - 2:14
C	9-10	12-13			2:14 - 2:30
C-	8-9	11-12		Stops every half hour or so.	2:30 - 2:48

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

Wednesdays -- throughout January

7:00 AM GW BRIDGE WEDNESDAY WORKOUT. Leader: Joel Friedland (212-927-8046) From the GW Bus Terminal. B/C 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 and Sundays -- throughout January

8:00 AM 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.

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

Saturdays and Sundays -- throughout January (cont.)

- C DIAL-A-"C"-RIDE. Leader or Coordinator: John Mulcare (718-672-5272). If the weather forecast 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 destination of the ride, which must reflect due consideration to the short period of daylight available at this time of the year. Later callers will be furnished with the details. If I am unable 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." Please note: no Dial-A-Rides on Sun.Jan. 3 or Sun.Jan. 24; see "C" Rides listed for those dates.
- Fri.Jan. 1 10:00 AM A- 55 mi. NEW YEAR'S DAY ANNUAL RIDE TO WHITE PLAINS. Leader: Marty Wolf (212-935-1460) Meet at the Boathouse for a laid-back trip to the Flagship in White Plains for brunch. This is your chance to start the New Year out right with an entry on your brand-new 1988 mileage chart. (No chart? The leader will give one to all who ride today.) Temp. below 30F, precip. cancels.
- Sat.Jan. 2 9:00 AM A/A- 50 mi. NYACK I. Leader: Roberta Pollack (212-864-6182) From the Boathouse. Somehow it seems appropriate to me that, as the new "A" Rides Coordinator, I should lead the first ride of the year to Nyack. Helmets required, please. Call if you need an explanation. If bad weather (below 25F or precip.) cancels, call for brunch arrangements.
- Sat.Jan. 2 8:00 AM 35 mi. SCHMOOZE WITH THE HONEYMOONERS. Leaders: Julie and Art Guterding (305-782-7248). Meet at Atlantic Avenue and A1A for a ride from Pompano Beach to Spanish River. Breathe the fresh sea air and contemplate amidst scenic ocean views.
- Sun.Jan. 3 8:30 AM A- 70 mi. OYSTER BAY/BAYVILLE. Leader: Debbie Bell (212-864-5153) From the Boathouse call if you want to meet us in Queens. A change from our usual winter diet of Nyack and Westchester. We'll end this one at the subway unless the weather is spectacular and our energy is likewise. Temps. below 30F and/or precip. cancel, and questionable weather may shorten or alter route. Call if in doubt.
- Sun.Jan. 3 10:00 AM C 25 mi. BRONX BOTANICAL GARDENS. Leader: Elly Spangenberg (212-737-0844) From 59th St. & Fifth Ave. Enjoy warmth in January with a trip to the warm climes: deserts and jungles. Lunch at the historical Snuff Mill. A short ride to the NY Botanical Gardens in the Bronx. Bring \$2.50 for admission to the Conservatory; dress warmly; and bring a lock and lunch, or money for it. Temps. below 32F and/or precip. (or forecasts of either) at 9 AM cancels. Joint AYH.
- Sat.Jan. 9 9:00 AM A+/ 60 mi. SYOSSET. Leader: Alex Bekkerman (212-213-5359) From the Boathouse. Come on this ride and enjoy it with me. Bad, bad weather cancels.
- Sat.Jan. 9 9:00 AM A- 50 mi. IT'S TOO COLD TO RIDE BUT I BETTER. Leader: Bob Foss (212-594-5402) From the Boathouse. If you haven't been to Nyack yet, it's time. Sure you can ride in the cold -- layer, layers, layers. Dress your hands and feet with care. Take a chance. I'll bet the pace is slower. Did you know that you can't get a flat in cold weather? Cancellation conditions: below 32F, snow and/or ice on roads, Roberta doesn't go. Rain, of course.
- Sun.Jan. 10 8:30 AM A 56-73 mi. CROTON DAM. Leader: Bill Richards (212-675-1946). From the Boathouse. Over parts of the pumpkin trail, with breakfast in Briarcliff Manor. We will explore some of the sights around Croton Reservoir. If the weather is a bit chilly, I will have a shorter route in my jersey pocket. Precip. or temps. below 28F cancels.
- *****
See the beginning of the Rides Listings for additional A++, 8+, and C rides throughout January.

- Sat.Jan. 16 9:00 AM A- 50 mi. BELGIAN WAFFLES II. Leader: Claire Goldthwaite (212-228-0828) From the Boathouse. Experienced riders know that one of the best insulating materials is a thin layer of fat; and eating Belgian waffles with whipped cream is a fine way to develop it. Riders of lesser sophistication can, of course, eat French toast (eh, Maxim?). The pace will be relaxed, the route will be an attempt to vary the usual way to the Flagship, naturally. Wind chill below zero and/or slippery pavement cancels.
- Sun.Jan. 17 8:30 AM A 49 mi. STATEN ISLAND FOR A CHANGE. Leader: Christy Guzzetta (718-596-9833) From the Staten Island Ferry. A winter adventure, weather permitting, to Staten Island. Ride is good for a day but a couple of hours in the saddle, a laugh or two along the way, period. No one will get dropped, a diner will be supplied, we're lucky to get this one in. Cancellation conditions too cold, wet, ice.
- Sat.Jan. 23 9:00 AM A- 55-60 mi. NO, NO, NO, NOT NYACK. Leader: Marty Wolf (212-935-1460) From the Boathouse Had enough trips to Nyack and White Plains so far this month? Well, so have I, so I'll try to think of an alternate by the day of the ride. Syosset? Piermont? Saddle River? Maybe it'll snow and we can't go -- then again maybe there'll be a January thaw. Temps. below 32F, any precip. cancels.

- Sun. Jan. 24 9:00 AM A 48 mi. CLEAR VIEWS OF THE MANSIONS OF SCARSDALE. Leader: Jody Saylor (212-799-8293) From the Boathouse. View the beautiful homes and gardens, unencumbered by spring-time flowers and summer leaves. Breakfast at the Scarsdale Diner. Easy-going "A" pace. Temps. below 32F, ice, wet roads, or other severe winter conditions will cancel, in place of which will be breakfast at Jody's at 10 AM.
- Sun. Jan. 24 10:00 AM C 15-25 mi. HUDSON RIVER MUSEUM. Leaders: Elly Spangenberg (212-737-0844) & Ed Ravin (212-601-4012) From 242nd St. & Broadway, Bronx (last stop on No. 1 subway). Wander through Westchester County's winter scenery and then visit the Hudson River Museum. See exhibits of current photography, painting, and graphic art; even the recently reopened planetarium. Bring \$2 for admission; lunch or money for it in the cafeteria lock; and Metro-North pass if you'd like to stay late. Temps. below 32F and/or precip. (or forecasts of either) at 9 AM cancels. Joint AYH
- Sat. Jan. 30 9:00 AM A 50 mi. LUNCH RIDE. Leaders: Clay Heydorn & Simone Smith (914-941-5013) From the Boathouse. In the event there's no good reason to cancel this ride, let's zip up to the Skylark, lunch leisurely, zoom back to the Boathouse and have a good time withal. If the weather is really wonderful, we'll have a longer lunch. Temps. below 32F or nasty, wet weather cancels.
- Sun. Jan. 31 9:30 AM A- 40 mi. BRUNCH AT ALINDA'S. Leaders: Alinda Barth (718-441-5612) & Debbie Bell (212-864-5153) From the Boathouse. Sick and tired of our winter watering places? Come to Alinda's house for authentic potato pancakes. First, weather permitting, we'll cruise through sections of Queens and Nassau. Bad weather cancels the ride, but not brunch. Call Alinda or Debbie for details.
- Sat. Feb. 6 9:30 AM A/A-/B+ 40 mi. NATHAN'S OR BUST. Leader: Herb Dershowitz (212-929-0787) From the Boathouse. Franks, french fries, shrimp roll and anything else that will make this an enjoyable ride to Nathan's in Coney Island. If you're not sure about the weather, call the leader.
- Sun. Feb. 7 9:00 AM A- 50 mi. VOTE-A-RIDE. Leader: Roberta Pollack (212-864-6182) From the Boathouse. I'll take a vote at the Boathouse for the Flagship vs. the Skylark. Either way, it will be a relaxed ride. Helmets required, please. Call if you need an explanation. If the weather (temps. below 25F or precip.) cancels the ride, call to vote on brunch arrangements.

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."

Vacation preview

THE CANADIAN ROCKIES. Spend ten days during the second & third weeks of August on one of the most spectacular bike routes in North America. The Icefield Parkway, between Banff and Jasper, features awesome scenery and beautiful road conditions for cyclists. We'll also be touring the adjoining Yoho & Kootenay National Parks and spending a night at the Radium Hot Springs. Daily mileage will range from 40 to 78 miles. \$460 covers lodging and sag support. Food and transportation to/from Banff are additional. More details at the January meeting; or call Debbie Bell (212-864-5153).

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TO 'B' OR NOT TO 'B'.....A 'B' RIDE LEADER THIS UPCOMING SEASON?
WE'LL HELP YOU ANSWER THAT QUESTION IN STYLE. A BUNCH OF US
CONSPIRATORS ARE GOING TO GATHER ON SUNDAY JAN 31 1988, FOR SOME
GOOD FOOD AND DRINK, GREAT MANHATTAN VIEWS AND PLOT SOME REALLY
SPECIAL RIDES ('B' TRAINING RIDES TOO) FOR THIS SEASON.
IF YOU'RE EVEN THINKING OF LEADING A 'B' RIDE (AND WE'LL BE HAPPY
TO HELP YOU FIND YOU A CO-LEADER, CHOOSE ROUTES, AND GET SET UP)
THEN PLEASE JOIN US: A GOOD PARTY IS PROMISED! FOR MORE INFO CALL
BRIAN MCCAFFREY (718) 634-1742
*****
***** BOTTOM OF DATA *****

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BEATING THE TRAINING RIDE BLAHs

Martha Ramos

I know it's too early to be thinking about training rides let alone making plans. Still, in two months we'll be dusting off the bike and the body and tolerating inclement and unpredictable weather in an attempt to be in shape by mid May.

now I offer you an alternative. An early season tour, by that I mean, mid to late March. But where to go on the mainland U.S.A. that has decent weather and avoids outrageous costs for transportation and accommodations? A recent article in Bike Report highlighted the Natchez Trace, a 450 mile parkway that runs from Natchez, Mississippi up into Tennessee. Temperatures range from 60 - 70° during the day and the terrain starts out flat and becomes rolling as you approach Tennessee. Options available, depending on time and finances, might include a side trip to New Orleans or a riverboat ride up the Mississippi.

I would be using a commercial tour company but if there is enough interest (10 or more) I may be able to arrange a group rate and a tour tailored to our specific needs. Call me no later than the end of January (718/858-9142).

At last a chance to find out if it really is a treat to beat your feet on the Mississippi mud.

NEW YORK CYCLE CLUB X-C GLIDES SCHEDULE

- Jan. 8-10 Leader:Mark Plaut (718/805-0253) and Stu Greenberg (212/534-2935) Southern Vermont. There are a number of excellent x-c ski centers in the beautiful Green Mountain area. Mark will be teaching beginner x-c lessons.
- Sat. Jan.16 Leader:Brian McCaffrey(718/634-1742) X-C daytrip. The old (figure of speech) downhill vet will lead this beginner-oriented trip to the Catskills' Hyer Meadow x-c center.
- Jan.23-24 Dial-a-Stride - Debbie Bell (212/864-5153). Call Deb earlier in the week to see what day trip location is looking good for this weekend.
- Sat.Jan.30 Leaders:Ann Hintermeister(~~212/628-0948~~) and Charles Morris(212/477-3281). X-C daytrip to Mohonk Mt., New Paltz, N.Y. This is some of the best x-c skiing you'll find anywhere!
- 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!
- Feb.27-28 Rest weekend. Rewax your skis and do laundry.
- March 4-6 Mark "Olaf" Plaut and Stu "Sven" Greenberg (718/805-0253 and 212/534-2935) Cross country weekend in Northfield, Mass. This mountain just below the Vt/NH border has 40K of wonderfully groomed and scenic trails. We'll stay at the Northfield Country Inn - a really special place. RT transp.,2 nights accommodation double occupancy, 2 breakfasts, 1 dinner, beginner ski lessons and guided tour, and a few other goodies all for \$195 per person. This is a small and charming place, so reserve early - deadline Feb. 15.

The rest of March:x-c skiing gets very "iffy". If snow conditions look good and you want to ski, give any of the above leaders a call to see what might be going on.That's it for this year. Hope you had some fun with it - now it's back to our chains.

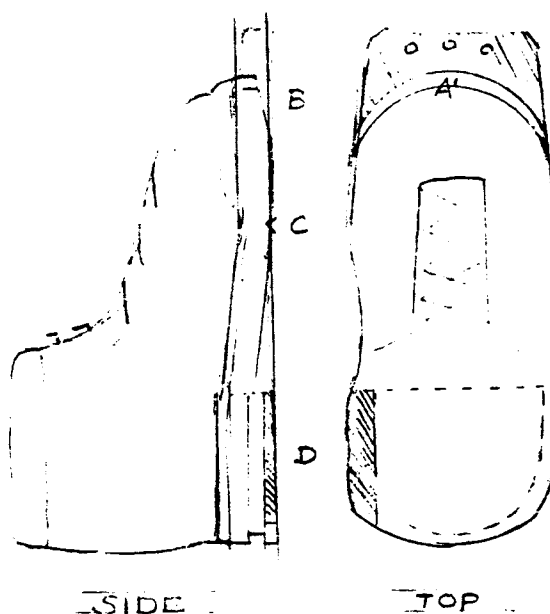
DISUSED CROSS COUNTRY BOOTS MAKE EXCELLENT WINTER CYCLING SHOES

With about an hour of effort and a few tools, you can convert these into warm, solid, comfortable, and fit your toe clips exactly. Mine are fleece lined and work well on the coldest days. Note the view at the right: Start with the "TOP" A. With hand coping saw or power grinder, remove the front square end of the sole shown in the shaded area. the remaining sole tip (A') projects about 1/8 inch to contact the toe clip.

Now look at the "SIDE" view

- B. Bevel the bottom side of the sole as shown, so it will slide into the toe clips more easily.
- C. Using a small triangular file, notch the sole at this point to match the sharp rear edge of your pedal.
- D. Use a grinder or rough file (rasp) to remove on each shoe a small portion of the heel which would otherwise bump the crank arm as you pedal. The amount removed here should be determined by fitting the shoe to the pedal and revolving it.

Unlike cleat shoes, these are comfortable for walking, very waterresistant, and only weigh a bit more. Charlie Morris



Those two swell guys, Mark "Gunter" Plaut and Stu "Sven" Greenberg, who last month introduced you to their outdoor travel company, America Outdoors, this month (and hopefully, forever more) introduce you to

BREAKAWAY VACATIONS Active Travel for Interesting People

(For the sad but true story behind the name change, read the fine print below.)

The name might be new but the boys are the same, as are our wonderful New England cross country ski weekends. We've spent alot of time designing each trip. We're quite proud of what we now offer you. We promise our friends in the NYCC some special weekends featuring exceptional inns, great food, good company, and some of the best X-C skiing in New England. Here's the schedule for this winter's trips:

Jan 8-10 NYCC Trip.
See last month's Glide Schedule.

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

Jan 15-17 Northfield, Massachusetts

Feb 26-28 Northfield, Massachusetts

Jan 29-31 Wilmington, Vermont

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

Feb 5-7 Wilmington, Vermont

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 accomodations, double occupancy; 2/3 breakfasts; 1/2 dinners; complimentary wine at meals; 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 further details on each trip, call or write:

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

As promised, the sad but true story regarding the name change: well, ah...ya see, erh ... it's like this, see ... we loved the name America Outdoors (so much so we used it before we became formally incorporated). Well, by golly, a fishing tournament company in Wisconsin was just wild over the same name as well and -- don't ya hate silly details -- they registered the name two months before we did. Their lawyer was a most articulate and persuasive young man. Our lawyer specializes in uncontested divorces. Well, anyway, we're just as pleased as punch about our new name.

THE DEFINITIVE GLOSSARY OF ESSENTIAL BICYCLING TERMS

part 4 by Richard Rosenthal

REAMING: Coming up from behind and trying to penetrate a tight pack.

REAR DROPOUTS: Those who quit a race.

RECUMBENT: Jeans.

REEL IN: A square dance step.

REGINA: See Crown.

REPECHAGE: Getting your credit cards cancelled.

RITCHEY: Money-making.

ROAD RACE: A highly animated event featuring Wiley Coyote.

ROBERTS: Rules.

ROLLERS: Gamblers.

ROLLING A TIRE: The clothing worn by Bob Roll, stealing from derelict tires.

ROLLING RESISTANCE: Anti-marijuana laws.

ROTATIONAL RESISTANCE: Newton's Second Law of Physics that states a body at rest will remain at rest and resist like crazy going out to workout; a broken barbecue.

SADDLE SORES: The revenge wreaked by angry cows.

SACHS: Fifth Avenue fashion-on-wheels.

SAG WAGON: A truck that caters meals at movie sets.

SAN RENSHO: Without tools; also, the Shinto worship of Italian saints.

SANTANA: A '60s rock group.

7-ELEVEN: An inconvenient store of talent to non-members; a company whose super-patriotic, free-enterprise-touting parent demonstrated its love of America by being criminally convicted for a tax scam.

SCHROEDER VALVE: Part of a recipient's artificial heart.

SEAT POST: The practice of using New York's sleaziest newspaper as toilet paper.

SIDEPULL BRAKES: Right wing social policy and jurisprudence.

SILKS: Colorful jockey wheels.

SITTING ON A WHEEL: Visiting Santa Claus as played by a CEO at a company Christmas party.

SITTING IN: A method of riders' protest.

SIX DAY RACE: Israel vs. Egypt.

SLICK: See VO₂.

SPECTRUM: Frames with snap, crackle, and pop.

SPIN: The twist or altered appearance public relations people try to attach to a news story, particularly as it applies to the president.



SPOKEHEAD: An addict who smokes spokes; also a PR director.

SPRING TRAINING: Obedience school for new brakes and derailleurs.

SPRINT GROUP: A short distance company.

STAGE RACE: Successor to the pony express between Sacramento and St. Jo.

STATIONERY TRAINER: A paper tiger.

STRAIGHT BARS: Boy meets girl pick-up joint.

STRAIGHT BLOCK: A neighborhood of gay bashers; ant. cross-body.

STROKE: Exercising at 101% of VO₂ Max. for a sustained period.

TANDEM: A work order to saddle makers; also, see Arc welding.

TANG: Part of a training table.

TERRY: A neo-suffragette.

"THE YELLOW JERSEY": A long delayed, seemingly destined to never be made film as its star, Dustin Hoffman, ages beyond credibility.

THREE CROSS: A show biz act featuring those three zany comedians, "Ku," "Klux," and "Klan".

THROW THE BIKE: A frameset made by a potter; a rigged race.

M A L O J A P A S S

(Milan-St.Moritz)

On the road again! North from Milano next to the suburban tracks, crossing them at times, posting on the subsiding pavimento between the rails. A brightly-jersied posse flies merrily the other way: Bongiorno! Ciao! In Bresso a pretty ragazza traverses the highway, nonchalantly, riding a ciclo with another pretty ragazza, nonchalantly, STANDING behind her on the carrier rack. Ah, Italiane!

Gotta make tracks; have to be in St.Moritz tonight. The bike was two days overdue from Perpignan; the dastardly doganieri, no doubt, testing out my Huret Duopar (Guardi! Ho mai visto questo!) up and down the aisles of the cavernous dogana in Ventimiglia!

Zippping down to Como; lunchtime. White linen, shiny silver, the shimmering expanse of azure water. The fritto misto is pretty good too.

Ho mangiato bene!
Grazie! Arrivederci! Buonviaggio!

Back in the saddle along the bellissimo lago with the afterbuzz of cool young Cortese in my head and a nudge from the Southern breeze on my butt. Villas and palm trees and villas and cypress trees and villas and vineyards and quaint little towns. Yachts, yachts, yachts; both under sail and at anchor. Up and down the verdant little foothills, chased ahead by the tailwind past the bluest of blue waters and gli Alpi, looming beyond. A white capella is perched high on a cliff way in the azzurro sky: He only knows how the faithful ever troop up there!

Marshy reeds at the northern extremity, little bridges over lazy streams, railway tracks. It is one hundred meters up from the lake nivello to the seat of Chiavenna. Teabreak, with fresh chewy panini on the side. The long day wanes; the wind picks up; the trees turn conifer; the houses show timbers. In the middle of a steep climb - flags aflutter. Olive caps on the near side, grey kepis afarside; nobody gives a hoot about an American passepartout.

Cobblestones underwheel. Hobbling up the stairs of the border conscession with a waterbottle in my hand. A blond service lad holds the door open for me with an impish grin: Benzina? Acqua is across the piazzetta, running from an iron pipe into a stone trough. Good, Swiss acqua: wasser.

Ever up into the narrowing chasm between mountain ranges. Alternate one-way traffic lights through towns built too long ago to let two cars pass. From unglautlig-green meadows - tingling of alpine bells. Lustige lieder to an oomping band under a grand alte tree.

The shadows grow very long, the trees - very tall. Throwing full weight on the reluctant cranks, muscling up the winding road, cut into the wall damming up the end of the mountain valley, in the chase of disappearing sunrays, but when I emerge over the rim, at eighteen hundred meters, they are gone.

And the verdammte running lights won't work!

Fast the huge log chalets of Maloja and the dull glimmer of Engadine lakes, framed in gunmetal masses of mountaintops, as fast as my legs can spin. Thank goodness, the homebody Switzers do not drive much past nine P.M. St.Moritz Dorf is subtly illuminated, the streets - largely empty.

Kennen Sie, bitte, wo der Hotel Crystal ist?

Staggering over to the reception desk, pulling numb fingers out of gloveholes one by one. David ambles down the stairs, blinking with jetlag; we are off to Bormio tomorrow. Down in the dining room they are sweeping up.

Wir schliessen... (Italian accents, though)
Ma sono partito 'stamani da Milano!
Ecco! Al ciclo? Bravo! Subito, signiore, subito!

Maxim Vickers

It was my first major ride of that year. It was an "A" ride. It was still a "getting to know you" period between me and my boy-in-the-bubble Moulton 14. The destination was Rockland, a bit of a distance at such a pace if one hasn't trained a bit before. Not to worry; I hadn't.

For a soon to be obvious reason I can't quite remember some of the route. What I do remember was the high speed run down, and up, River Road, west along Palisade Avenue, up 501 a bit, and then a gradual arc northwest at something approaching Mach 1. Three miles north of Dumont I silently questioned my presence of mind. A mile later I began to wonder, at an average speed of about 21 miles an hour, when and where my get-up-and-go would lie down and surrender. That's where we hit a nice descent, I tossed caution to the shoulder, put the Moulton into its funny/frightening 62/9, ducked behind the Zzipper and gave it all I had left. In this momentary lapse of reason I passed about ten riders who, being collectively more sensible, fell in line behind me in draft. Thirty, thirty-five, forty, forty-five plus on the Cateye, cadence 95, a short, fast freight in Transwarp drive with an unseasoned fool at the throttle, me imagining my kneebones glowing white-hot with heat, then pain, ready to rebel against the hapless heart and made-up mind driving them to powder.

Within a half-mile of Upper Saddle River, I melted from the thighs down. Now I was struggling at 12mph and dropping fast. Inside town I wobbled to our first food stop, and all I could think about was what I didn't want to think about; having to be left behind and to my own devices. Getting Dropped. Never before, but certainly now. In a spot I didn't know well at all. Yes, there was a map, and this first stop was also at the designated shortcut for overzealous pups such as me, but I still felt a bit nervous and quite dumb, and the feeling deepened as the group, fed and cooled down, rode off, continuing north. Only I would be taking the shortcut.

After scoping out the map for five minutes I started east. I promptly got lost. Retracing my route, I tried again, got lost again, rode back about a mile or so, started very slowly again and didn't speed up until I felt certain I hadn't screwed up a third time. In the process I began to open up, lighten up a bit. I started to chuckle a bit. It was a gorgeous day for early March, 57 degrees, crystal blue sky and high clouds like angel hair. As soon as I tuned in to all this, I had the most aim-impaired time, on a bike, of my life. I actually wanted to stay lost for a little while, fully cut loose from what was familiar and those to whom I was familiar.

Once in Orangeburg I stopped at a deli, bagged up a lunch and found a spot where I could eat and perhaps spot the front of the group on their return. About an hour and a half had passed since we had parted company, yet at that moment it seemed like ages. So much seemed to change in that bit of time alone, I wasn't sure if they'd recognize me, or I, them. I did meet a few local riders where I had stopped to eat. We talked a bit, watched the clouds across, talked a little more, waved goodbye as they continued their rides. They didn't seem to be in much of a hurry, either.

After letting lunch settle in, I peddled onto Piermont Road for the return ride home, at a now-sober 15mph average. Shortly afterward, what was the middle of the group caught up with me. I asked the lead rider where the fast guys went. "Couple of flats!" he said, without much disappointment in his voice. "We had one in our group too."

"I got lost a few times, but it was okay", I told him. "Fun, even!" "Nice day to get lost, too", he added.

We stayed together all the way back to the city, all at a friendly pace, chatting almost all the way. We all went fast when it was easy, backed off a bit when it wasn't. This was as close to a happy ending as I could have wished for. The only other thing I could have wished for was a set of rollers to train on that past winter.

Think I'll start budgeting for that trainer...now.

LINKNOTES: THEY WENT THATAWAY?: As you might remember, I had been on Bicycle Rider's case concerning their editorial about-face in the name of near-Bicycling circulation numbers (perhaps being imaginative holds too little currency). After sending what publisher Denis Rouse regarded as a "...constructive (if exasperated)..." letter, I recieved a written reply from same, with what seemed a plausible explanation, almost apologetic in tone, with Rouse fully confident that, however far off course the magazine had gone from its origins, it would not fall into lock-step with "...Bicycling and its clones, Bicycle Guide and Cyclist". In addition, as sort of an olive branch, he wrote, "I'm simply going to enter a one year complimentary subscription to BR in your name, and ask you to take another look at the book on us for another ten issues. I'm hopeful that we can regain your interest and support. At least, we're gonna try". While the sentiment was beautiful, the aforementioned issues of BR have not arrived. Worse, unless I've simply been haunting the wrong newsstands, I've seen neither hide nor hair of the rag these last few months. For their sake I hope they've simply forgotten to process my sub and haven't gone under in the process. Too many of my favorite mags have gone by the wayside in the last seven years. (Or is popular taste trying to tell me something?).... **TWAS EVER THUS:** After most of the local anti-cycling flapdoodle toned down, there appeared a fair amount of serious pen scratching in defense of Jikes. In addition to some keen local editorializing were some funny cartoons, including the first issue of *The New York Observer* (at last, something else besides the Voice worthy of weekly reading from this town). I even saw a public service ad promoting bicycling as a pollution-fighting tool, with none other than Woodsy Owl as spokescreature! (sorry, won't pull another pun like that). Yes, Scotty, there is intelligent life down here, though you'd never guess from just glancing... **CROSS MY HEART:** Soon

NEW MEMBERS



BIGALL, Evan	6B5 Hartey Hall, Columbia Univ	N.Y.	10027	212-280-6587
BURG, Paula	1471 2nd Ave. #12	N.Y.	10021	212-249-1189
COX, Susan	71 Barrow St. #13	N.Y.	10014	212-906-7262
FIORE, Robert S.	140 8th Ave. #2H	B'klyn	11215	718-638-1535
GRANT, Jane	361 W. 36th St. #5B	N.Y.	10018	212-947-9392
HAGAN, Sally	55 W. 14th St. #21B	N.Y.	10011	212-989-6470
KLEINBARD, Edward D.	614 Second St.	B'klyn	11215	718-768-7640
LEENER, Lance	361 W. 36th St. #5B	N.Y.	10018	212-947-9392
PAN, Diana	6B5 Hartley Hall, Columbia Univ	N.Y.	10027	212-280-6587
PERRY, Katie	530 E. 84th St. #1-E	N.Y.	10028	212-879-7926
PERRY, Ralph	530 E. 84th St. #1-E	N.Y.	10028	212-879-7926
SUSLAK, Susan				
TANKEL, Joshua	221 E. 5th St. #18	N.Y.	10003	212-228-4198
WENGLER, Fred R.	1726 66th St. #B4	B'klyn	11204	718-331-7551
WOLKOW, Eugene	1938 New York Ave.	B'klyn	11210	718-268-7550

MEMBERSHIP TRIVIA

WHEN THE NEW MEMBERSHIP ROSTER WAS PUBLISHED IN THE OCTOBER, 1987 BULLETIN, I WAS REMINDED THAT I HAD JOINED THE CLUB EXACTLY 7 YEARS AGO. I LOOKED BACK IN MY FILE AND FOUND MY OCT. 1980 BULLETIN. A QUICK COMPARISON OF THE TWO ROSTERS SHOWED THAT OF THE 183 MEMBERS (1980), COMPARED WITH 731 (1987) ONLY 48 ARE STILL IN THE CLUB. OF THOSE 48, 32 STILL HAVE THE SAME MAILING ADDRESS! THE LIST OF 48 FOLLOWS:

MARGARET BARONE	RICHARD HERBIN	JOAN MAYER	GERRY SCHER
STEPHEN BAUMAN	CHARLOTTE HILDEBRANDT	DAVID MILLER	ANN SHORTER
DEBBIE BELL	LEO HIRSCH	MARGARITA MORANO	BARBARA SILVERSTEIN
SHERMAN COHEN	WILLIAM HOFFMAN	TONY MORANO	JIM STOKES
CATHERINE FARLEY	HANNAH HOLLAND	IONE OHMAN	MARSHA TAGGART
HAROLD FINKEL	PATRICIA KELLY	MARTHA RAMOS	BOGART THOMPSON
ED FLOWERS	GARY KRZYNOWEK	JAMES C. REX	MAXIM VICKERS
SARA FLOWERS	SIDNEY LANG	JAMES ROSAR	BILL VOJTECH
LORRAINE GEWIRTZ	FRANK LAUB	DAVID SALTIEL	HERBERT WASSERMAN
RICHARD GOLDIN	SANDY LEWIS	FRANK SANCHEZ	AMY WEINSTOCK
ART GUTERDING	JOHN LUBASZKA	HERB SCHAEFER	IRV WEISMAN
MICHAEL HARVEST	CHRIS MAILING	CARL SCHEDWIN	MARTY WOLF

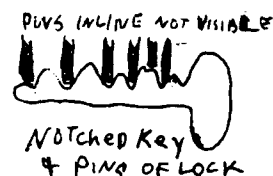
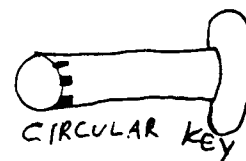
(SUBMITTED BY THE LAST NAME ON THE LIST)

BIKE THEFT ALERT IN MANHATTAN

New York has the best of everything, including bike thieves.

If you've noticed Kryptonite or other similar U locks attached to poles with no bike, this is because of bike thieves with KEYS! In the St. Marks Place area (8 St.) this is a commonplace crime - bikes stolen to order. The thief has a ring of acelock keys, tries each one until he finds one that fits, unlocks the bike and pockets the money immediately. The acelock is illustrated. I don't consider this lock secure in general because of the exposed ring on pins. I suggest using a chain and padlock even though heavier - minimum thickness for NYC is 3/8 - 7/16 diameter. If you uglify your bike it also helps a lot. The key should be of the notched key type - the more notches the better.

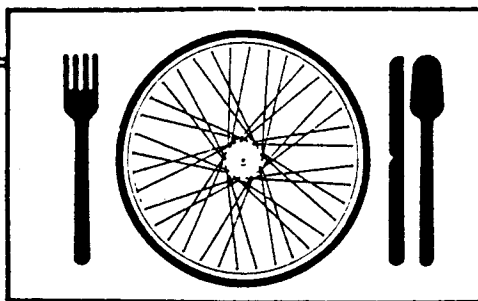
Mel Shleifer



NEW YORK CYCLE CLUB

MONTHLY MEETING

Tuesday, January 11th



O'HARA'S

120 Cedar Street
New York, NY 10006

CHRIS MAILING - "INTRODUCTION TO ADVANCED RIDING TECHNIQUES"

Last January, Chris gave a presentation of paceline riding. As he would be quick to point out, there is a lot more to riding proficiency than paceline riding.

On January 12, Chris will present an overview of the skills and training techniques taught at the Florida Training Camp and to be incorporated into several of the 1988 'A' Training Ride Series. The skills to be covered include cornering, hill climbing, time trial starts and sprint finishes, many of which are useful in Club riding as well as racing. If time and audience interest permit, he will also discuss some of the "intangibles" involved in getting started in racing.

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.

Deadline for the February bulletin is January 12.

Renew

renew now

Renew

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.

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

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:

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

WHERE DID YOU HEAR OF NYCC?

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

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

DATE _____ AMT. OF CHECK _____
CITY _____ STATE _____ ZIP _____ PHONE(W) _____
ADDRESS _____ APT _____ PHONE(H) _____
NAME _____ SIGNATURE _____

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-one 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.

New York Cycle Club Membership Application

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



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