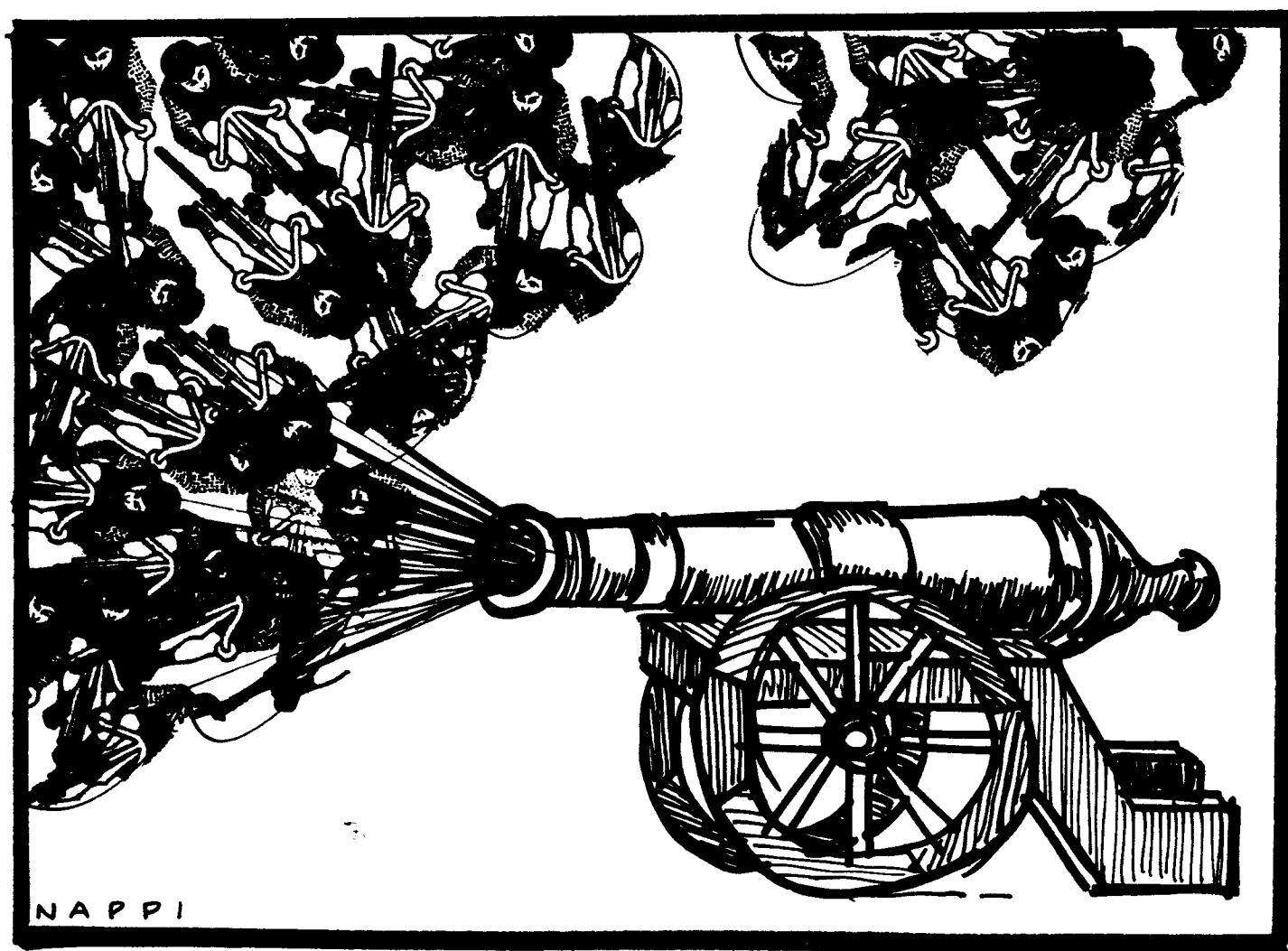


July
1988

New York Cycle Club

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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 in pacelines. High regard for good riding style. | < 1 hr. 10 min. |
| A+ | 16-17 | 20-22 | | 1:10 - 1:16 |
| A | 15-16 | 18.5-20 | | 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 more attention to scenery. | 1:30 - 1:38 |
| B | 12-13 | 15-16 | | 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; destination oriented. Stops every half hour or so. | 2:00 - 2:14 |
| C | 9-10 | 12-13 | | 2:14 - 2:30 |
| C- | 8-9 | 11-12 | | > 2 hr. 30 min. |

Weekday Rides

| | |
|-----------------------------------|---|
| Tuesdays/ Thursdays 6:00 AM | EARLY MORNING CENTRAL PARK RIDES. Leaders: Steve Baron (212-228-0555) & Caryl Hudson (212-595-7010). Meet at the Tavern on the Green for a friendly, but strenuous, 2-3 laps in a pace-line. If you can average 18 mph alone in the Park, come out. If you're a little slow, we'll wait over the tops of two hills; if you are a little fast, you can pull us. Bad weather or late nights may cancel. If you aren't a regular, call 595-7010. It may take a month, but we'll be averaging 20 mph again. |
| Wednesdays 7:00 PM | WEDNESDAYS IN THE PARK WITH..... John Kalish (718-788-1656), Katherine Patton (718-789-5566), Martha Ramos (718-858-9142), & Frank Witt (718-965-3253). Prospect Park -- across from the arch at Grand Army Plaza. Join us for this summer month mid-week ride. Rain cancels; if in doubt, call before 6:30 PM. |
| 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. |
| Thursdays 7:00 PM | THURSDAY EVENING CENTRAL PARK LAPS. Leader: Marty Wolf (212-935-1460). Meet at the Boathouse for a few friendly laps at an A/A- pace. If I have to miss a week, do a lap for me. |
| B+ 50± mi. | FREELANCERS' RIDE. Leader: Rosanna Liebman (212-431-8926). Impromptu weekday rides to Nyack, White Plains, etc. Call me during the week -- or even at the last minute -- if you're free and want to ride. |

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. |
|-------------------------------------|---|

C O V E R: 4th of J U L Y B I K E B L A S T from Tony Nappi's creative stamp pad.

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.

Fri.-Mon. Jul. 1-4 JULY 4TH WEEKEND ON SHELTER ISLAND. Leader: Debbie Bell (212-864-5153). The traditional NYCC holiday weekend at the Chequit Inn, with many bike routes for all levels on quiet country roads. Rates for 3 nights, 6 meals, and gratuities are \$190-\$230.

Sat.-Mon. Jul. 2-4 LEADERLESS "A" RIDES. Meet at the Boathouse at 9:00 AM.

Sat. Jul. 2 9:30 AM B/B+ 45 mi. 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., Jul. 3.

Sat. Jul. 2 10:30 AM C-/C 20 mi. THE CLOISTERS AND WAVE HILL. Leader: John Mulcare (718-672-5272). From the Coliseum, 60th St. & Broadway. Bring (or buy) lunch to be eaten on the lawn of the Cloisters (for admission to the Cloisters, pay as you wish). Admission to Wave Hill is \$2 (\$1 for seniors). You'll need a lock there.

Sun.-Mon. Jul. 3-4 LEADERLESS "B" RIDES. Meet at the Boathouse at 9:00 AM. Call Brian McCaffrey (718-634-1742, h.; 212-880-9292) before the end of June, and he'll try to suggest routes and other riders who are interested.

Sun. Jul. 3 9:30 AM/ 10:20 AM C/C- 45/30 mi. CYCLE CIRCLE AROUND THE LADY. Leader: John Mulcare (718-672-5272). Meet at the Coliseum, s.w. corner of Broadway & 60th St., at 9:30 AM, or at the S.I. Ferry (street level) at 10:20. We'll ride over the Bayonne Bridge, stop at a deli, have lunch at Liberty State Park, continue through Jersey, cross the GWB, and return to the Coliseum.

Mon. Jul. 4 10:00 AM C-/C 45 mi. INDEPENDENCE DAY RIDE AND SWIM. Leader: Jerry Nelken (718-871-8036). From the entrance to Prospect Park at the Grand Army Plaza to Coney Island via Cropsey Ave., then to Sea Gate, Brighton Beach, Manhattan Beach, and perhaps Sheepshead Bay. Carry your lunch or buy it on the way. If you'd like a swim, bring a lock, towel, suntan lotion, and swim suit (carry or wear). 30% or more chance of rain cancels; call leader if in doubt. Rain date: Sun., Jul. 10.

Sat.-Sun. Jul. 9-10 A+ /300 mi. PINE HILL FLYING EXPRESS. Leader: John Ceceri (201-485-2615). Cycle to the Catskills and back. Hot and hilly. Mandatory pre-trip meeting June 30th at AYH (75 Spring St.) at 7 PM. Joint AYH.

Sat.-Sun. Jul. 9-10 ALL-CLASS INJURED Special Interest Group. Anyone want to watch Tour de France TV coverage? Call Caryl Hudson (212-595-7010).

Sat. Jul. 9 9:30 AM A /30-40 mi. WIND DOWN AFTER THE CRC ROAD RACE--A Racing SIG Ride. Leader: John Marks (212-928-3389, h.; 718-802-6806, of.). Easy loop into Rockland County from the eastern end of the GWB.

Sat. Jul. 9 9:00 AM A /60-70 mi. SHORT AND SWEET. Leader: Richard Herbin (212-792-5438, h.; 212-931-8000, of.). From the Boathouse. A ride to Westchester, via an interesting and convoluted route. We'll be back in the city by 3 PM.

Sat. Jul. 9 9:00 AM B 67 mi. ROCKLAND COUNTY. Leader: Christy Guzzetta (212-595-3674). Meet at the church at 179th St. & Ft. Washington Ave. Ride along East Saddle River Rd. to a beautiful downhill in Rockland County. This is an easy ride, a schmoozy ride, a pretty ride. This is the first "B" ride I've ever led. Come on out and show me how it's done.

Sat. Jul. 9 10:00 AM C-/C 20 mi. JAMAICA BAY WILDLIFE REFUGE. Leader: John Mulcare (718-672-5272). From Broadway & 75th St., Queens ("E," "F" or #7 train to Roosevelt Ave./Jackson Hts.). There should be much more wildlife to see now than there was on our April trip. Comfortable shoes, a lock, insect repellent, binoculars and cameras are appropriate. Carry (or buy at a deli on our way) lunch to be eaten at one of the tables in the Refuge.

Sat. Jul. 9 7:30 AM ATB /25+ mi. ROUGH AND DIRTY. Leaders: Herb Dershowitz (212-929-0787) & Barry Shapiro (718-426-4479). Meet at 72nd St. and Fifth Ave. A mountain bike ride on scenic carriage roads and trails near New Paltz. Possible swim at a mountain lake; bring a suit and lunch.

- Sun. Jul. 10 **BAYVILLE BEACH EXPRESS TAKE TWO.** Leader: Lee Gelobter (718-646-7037). From the Boathouse. Bring your bathing suit or your birthday suit for a quick paceline ride to the beach in Bayville. Lunch alongside the sound, a dip in it, and a quicker ride back. Snow, temp. below 75 mi. 20F cancels.
- Sun. Jul. 10 **SCENIC AND KILLER HILLS OF HUNTINGTON.** Leader: Jim Rosar (516-549-4576, h.; 516-488-5936, of.). From Friendly's in Syosset. Don't be scared, this route is marked. Come out and enjoy a scenic and challenging ride in and around Huntington. Take the train out (the Port Jeff line), or any other way you can, and meet at the Friendly's opposite the station for a pretty little joy ride through hill and dale. 10:00 AM A 40 mi.
- Sun. Jul. 10 **PEDAL TO PARADISE.** Leaders: Amy Sackman (212-645-2949) & Beth Wald (212-410-9730). From the Boathouse. Ride with the legendary Cannondale twins--we're off to find some beauty in the much-maligned state of New Jersey. Over the bridge and through the woods to Saddle River we go. 30% chance of rain cancels. 8:30 AM A-/B+ 68 mi.
- Sun. Jul. 10 **PHILIPSBURG MANOR.** Leader: Dick Goldberg (212-874-2008). From the Boathouse at 9 AM or Jerome Ave. & Woodlawn (last stop on #4 subway) at 10:15 AM. This is the second of three Sleepy Hollow rides. We'll spend some time touring the Manor and its grounds. Expect some hills. Bring a lock, \$5 to enter the Manor, helmet, and Metro-North pass if you have one. 70% chance of rain at 7 AM cancels. Joint AYH. 9:00 AM/ 10:15 AM B 50/30 mi.
- Sun. Jul. 10 **BEDFORD VILLAGE PICNIC V.** Leader: Maggie Clarke (212-567-8272). From the triangle at Broadway, Dyckman, & Riverside ("A" train to 200th St.). Come with me on my annual trek through the manicured lawns of the lower Westchester 'burbs, the rustic New England charm of backwoods Greenwich, and past the Kensico Reservoir for a picnic on the Bedford Village green. Specific route (and mileage) may vary if it is very hot. Bring your Metro-North pass for emergencies. Predicted over 60% chance of rain cancels. Participants should have done at least one 50-mi. ride this season. 8:15 AM B-/B 70-75 mi.
- Sun. Jul. 10 **OLD WESTBURY GARDENS.** Leader: John Mulcare (718-672-5272). From the Burger King parking lot, 179th St. & Hillside Ave., Queens (last stop on "E" and "F" trains). Visit one of the outstanding gardens in the area. Admission is \$4.50 for the Gardens and an additional \$3 to tour the House; or seniors, \$3.50 for both Gardens and House. Bring a lock for your bike, and lunch (there isn't much available to buy in the gardens). 10:00 AM C 30 mi.
- Sat. Jul. 16 **OUT AND BACK, III--A Racing SIG Ride.** Leader: Carl Faller (212-567-3601, h.; 212-566-1626, of.). From the NY side of the GWB. Loop around Rockland County touring through Blauvelt State Park. Eat breakfast ahead, as we will ride straight through. Paceline riding. 9:00 AM A /45 mi.
- Sat. Jul. 16 **RIDE THE SADDLE.** Leader: Jody Sayler (212-799-8293). From the Boathouse. Classic NYCC roads, Saddle River Road, then down the big hill. 8:30 AM A /85 mi.
- Sat. Jul. 16 **CAUMSETT STATE PARK.** Leaders: Tom Lowenthal (718-847-6048) & Josh Rubin (718-424-8342). From the Statue of Civic Virtue, Queens ("E" or "F" train to Kew Gardens/Union Turnpike). Visit one of the last undeveloped areas on the North Shore of Long Island. Be prepared to carry lunch a few miles along rough roadway to a spectacular lunch site. 9:00 AM B+ 80 mi.
- Sat. Jul. 16 **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., Jul. 17. 9:30 AM B/B+ 45 mi.
- Sat. Jul. 16 **ROCKAWAY BEACH.** Leader: John Mulcare (718-672-5272). From Broadway & 75th St., Queens ("E," "F" or #7 subway to Roosevelt Ave./Jackson Hts.). Bring or buy lunch. We stop at a deli before going to the beach. Bring a lock, towel, and suntan lotion, and carry or wear your bathing suit if you might just decide to go for a swim. 10:00 AM C/C- 35 mi.
- Sun. Jul. 17 **GREENWOOD LAKE/SKYLINE DRIVE.** Leaders: Herb Dershowitz (212-929-0787) & Roberta Pollock (212-864-6182). From the Boathouse. Hot and hilly, but worth it. We'll climb the hills of Harri-man Park on our way to Greenwood Lake and continue climbing after lunch with a trip up Skyline Drive North. Small gears are strongly recommended--this ride can make you long for a 28. 7:30 AM A 125 mi.
- Sun. Jul. 17 **ROCKLAND AND BERGEN COUNTIES.** Leader: Irv Weisman (212-562-7298, h.; 212-241-4783, of.). From the GWB Bus Terminal ("A" train to 175th St.). This is a repeat of one of the "B-" Progressive Training Rides, with scenic S. Mountain Rd., W. Saddle River Rd. express, and the usual twists and turns in suburbia to avoid highly travelled roads. Three snack/lunch stops. Participants must have completed a 50-mi. ride and have low gears. 8:00 AM B 75 mi.
- Sun. Jul. 17 **SUMMER OUT OF THE CITY.** Leaders: Christy Guzzetta (212-595-3674), and Ken & Marilyn Weissman (212-222-5527). Meet at the Coliseum (59th St./Columbus Circle) at 9 AM, or by the church at 179th St. & Ft. Washington Ave.) at 9:45 AM. Join three new "C" leaders for a cruise on up to Tallman Park. We'll ride along \$ million estates and horse farms. Don't forget your bathing suits because once we get there, we'll go for a dip in the pool. Also, don't forget your appetite because we'll stop at a nearby deli in preparation for our lunch time picnic. You'll need some money to get into the pool, to buy lunch (or bring it along), and don't forget a 9:00 AM/ 9:45 AM C 51/39 mi.

Sat.-Sun. ALL-CLASS INJURED Special Interest Group. Time and location to be determined. Movies?
Jul. 23-24 Museums? Galleries? A relaxed brunch! There are other things in life besides cycling. Let's take advantage and expand our minds while our bodies mend. Call Caryl Hudson (212-595-7010).

Sat. Jul. 23 INTERVALS! -- A Racing SIG Ride. Leader: Steve Sklar (212-245-3245, h.; 212-558-9253, of.).
9:00 AM From the Boathouse. Interval training along Rt. 9W following the CRC race. Grrrr!
A /50± mi.

Sat. Jul. 23 PRINCETON PROMISE. Leader: Steve Baron (212-228-0555). From the SI Ferry. If it's too hot
7:15 AM or I'm too out of shape, we'll turn around at the end of the D/R Canal. Bring low gears for
A- /80-100 mi. Summit Ave.

Sat. Jul. 23 A SHADY RIDE. Leader: Susan Glaubman (718-596-0477). From the Boathouse. A nice cool shady
8:00 AM ride through Sleepy Hollow with some rolling hills thrown in. Lunch at Briarcliff Manor.
B+ /60± mi. Hoping for an early return to the city.

Sat. Jul. 23 FORT LEE PARK, NJ. Leader: John Mulcare (718-672-5272). Meet at the Coliseum (60th St. &
10:30 AM Broadway, Manhattan). We'll stop at a deli on 181st St. before crossing the GWB. We'll return
C-/C early for the benefit of those of us who expect to be going on tomorrow's All-Class Club ride.
20 mi.

Sun. Jul. 24 ALL-CLASS RIDE TO BETHPAGE. Join old and new friends for our second all-class ride of the
season. Ride with one of the groups listed below, or meet us at Bethpage State Park at 1 PM
for lunch. We'll be in the main picnic area, near the parking lot and restrooms.

8:00 AM Leader: Alex Bekkerman (212-213-5359). From the Boathouse. A hilly route to Bethpage.
A+ /100 mi.

8:30 AM Leaders: Holly Gray (718-596-6336), Roberta Pollock (212-864-6182), & Simone Smith (914-941-
A 5013). From the Boathouse. Ride the express to Bethpage. We'll be on the same route as the
90+ mi. A- and B groups; with luck, we may see them before the park. The emphasis will be on camara-
derie and cooperative riding. Helmets, please.

8:00 AM/ Leaders: Alinda Barth (718-441-5612) & Hannah Holland (212-666-2162). From the Boathouse at
8:45 AM 8 AM, or the Statue of Civic Virtue, Queens ("E" or "F" train to Kew Gardens/Union Turnpike)
A- at 8:45 AM. This is a tried-and-true Barth route, following the shore line through Roslyn,
90/70 mi. Glen Cove, Bayville, and Oyster Bay. We'll cover 55 mi. (45 from Queens) before lunch, but
it's easy terrain. (P.S. -- Alinda has added a few hills to the "A" route to keep them
honest.)

8:00 AM/ Leaders: Debbie Bell (212-864-5153) & Alejandro Caycedo (718-739-4648). From the Boathouse at
8:45 AM 8 AM, or the Statue of Civic Virtue, Queens ("E" or "F" train to Kew Gardens/Union Turnpike)
B+ at 8:45 AM. This ride is identical to the "A-" route except that we skip Bayville.
85/65 mi.

8:00 AM/ Leaders: Brian McCaffrey (718-634-1742), and Wendy Sharp & Michael Toomey (212-787-6939).
8:45 AM From the Boathouse at 8 AM, or the Statue of Civic Virtue, Queens ("E" or "F" train to Kew
B Gardens/Union Turnpike) at 8:45 AM. Another variation of the "A-" and "B+" routes -- but
75/55+ mi. we're the only group that gets to see the beautiful section between Glen Cove and Oyster Bay.
If you have any doubts about the distance, meet us at the Statue!

9:30 AM Leader: Peter Panico (718-672-7809). From 179th St. & Hillside Ave., Queens (last stop on "E"
B- and "F" trains). Cool, tree-covered Wheatley Road with its estates and horse farms -- how
50+ mi. better to spend a Sunday morning on our way to join the others at Bethpage?

9:00 AM Leader: John Mulcare (718-672-5272). From the Burger King parking lot at 179th St. & Hillside
C+/C Ave., Queens (last stop on "E" and "F" trains). It's a long ride with a few hills. Bring
45-50 mi. lunch or buy it at a deli a few blocks from the park entrance.

Sat. Jul. 30 CROSS WESTCHESTER. Leader: Christy Guzzetta (212-595-3674). From the Boathouse. Up
8:00 AM Riverdale Ave./Broadway to breakfast at the Highlands Diner in Ossining. Then east, east,
A east thru Mt. Kisco to Bedford. Turn south, see Greenwich, pass thru White Plains, and head
106 mi. on home. Someone may get dropped (the leader?). Don't worry if you do -- I'll give out maps
before we start and see you at the Boathouse when we return.

Sat. Jul. 30 FAIRFIELD COUNTY (CT.) CARTOP. Leaders: Barry & Jan Rosner (212-889-7487 or 212-683-0726).
9:00 AM We meet at the Westport Ct. railroad commuter parking lot. The route starts off relatively
A-/B+ flat, along the Long Island Sound, then turns inland through especially gorgeous farmlands,
47 mi.* around reservoirs, and up and down some intense hills. (*An optional loop includes two extra
challenging hills and raises the total to 63 mi.) We finish the ride at the beach for a
swim. Call Barry or Jan, or Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.) for
transportation information. Rain date: Sun., Jul. 31.

- Sat. Jul. 30 **KINGSLAND POINT PARK.** Leader: Jeremy Herman (212-543-6472, h.; 212-662-9815, of.). From 9:30 AM 242nd St. and Broadway (last stop on #1 subway). Ride up through central Westchester to B/B+ Kingsland Point Park for lunch on the Hudson. Back to the city on Rts. 9 and 9A with Hudson 45 mi. River and NJ Palisades views. Rain date: Sun., Jul. 31.
- Sat. Jul. 30 **EISENHOWER PARK.** Leader: John Mulcare (718-672-5272). From the Burger King parking lot at 10:00 AM 179th St. & Hillside Ave., Queens (last stop on "E" and "F" trains). Carry your lunch or buy C+/C /40 mi. it at a deli we stop at on the way.
- Sun. Jul. 31 **NEW JERSEY MISCELLANY--A Racing SIG Ride.** Leaders: Clay Heydorn & Simone Smith (914-941-8:00 AM 5013). From the Boathouse. Beat the heat! We'll start early from the Boathouse, have one A food stop, and return early. Portions of the ride will allow the Racing SIG to practice their 50-60 mi. skills. Clay will attempt to stay with the racers and Simone will ride with the rest, or vice versa.
- Sun. Jul. 31 **AYH NEW HOPE DOUBLE METRIC CENTURY.** Leader: Steve Bauman (718-359-7972). From City Hall 6:30 AM Park, Manhattan. The annual AYH trip to New Hope and back. 125 mi.
- Sun. Jul. 31 **EAGLE ROCK RESERVATION.** Leader: Irv Weisman (212-562-7298, h.; 212-241-4783, of.). From the 8:00 AM World Trade Center; meet at the PATH escalator for the 8:25 train to Newark. Loop through B Millburn, Madison, and climb unrelenting Eagle Rock Ave. to the reservation for lunch and a 70 mi. view of NYC. Bring or buy lunch. Back home via the GWB. You must have ridden at least 50 mi. and have low gears for the many hills.
- Sun. Jul. 31 **MANHATTAN BEACH.** Leader: John Mulcare (718-672-5272). From the Grand Army Plaza at the 10:00 AM northern end of Prospect Park. Bring (or buy) lunch. We stop at a deli before going to the beach. Also bring a lock, towel, and suntan lotion, and carry or wear a bathing suit in case C-/C the urge to swim overcomes you. 21 mi.

Previews

Sat. Aug. 6

A/B/C

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 meet Joe Furman (212-861-5067) at the registration desk between 9:00 & 9:30. Brian McCaffrey (718-634-1742) has volunteered to try to match up drivers and riders.

C/C-

GREAT NECK, LONG ISLAND. Leader: John Mulcare (718-672-5272). 32 mi. 10:00 AM from the Burger King parking lot, Queens (179th & Hillside).

Sun. Aug. 7

A

BEAUTIFUL PEPSICO. Leader: Herb Dershowitz (212-929-0787). 65 mi. 9:00 AM from the Boathouse.

C/C-

GREAT KILLS PARK, STATEN ISLAND. Leader: Jerry Nelken (718-871-8036). 45 mi. 10:00 AM from Grand Army plaza, Prospect Park, or 10:55 AM from the SI Ferry entrance, Manhattan.

Aug. 12-14

SHELTER ISLAND WEEKEND. Leaders: Tom Lowenthal (718-847-6048) & Martha Ramos (718-858-9142). Distance varies. Couldn't make it July 4th? Well, why miss out on a great weekend getaway? Join us as we escape the city madness for the quiet countryside of Long Island's scenic north shore. Send a check payable to Martha for \$125 not later than July 15th. Late fee of \$10 after July 15th. Call Martha for more details.

Aug. 13-14

10TH ANNUAL DELAWARE WATER GAP WEEKEND. Leader: Maxim Vickers (201-474-7165, of.; 718-728-7179, h.). A; 275 mi. By popular demand and with the Founder's blessings, there shall indeed be Gap. Find out how NJ is not nearly as bad as we are brought up to believe. Ride out to the Water Gap via Port Jervis Saturday; return via Washington's Crossing Sunday. Lovely scenery, excellent accommodations, great food, splendid fellowship. Climbing primes courtesy of C. Mailing. Reserve early.

Aug. 13-14

2ND ANNUAL DELAWARE WATER GAP THE "SHORT" WAY. Call Steve Baron (212-228-0555).

Aug. 13
9:00 AM

B+
70 mi.

THE RETURN OF THE GUNKS CARTOP. Leaders: Joan Mayer & Joe Vaccaro (212-799-0482). From the Holiday Inn parking lot, Middletown, NY. We were rained out on this one last year, but we're bringing it back by popular demand. (Brian McCaffrey guarantees sunny skies.) This is a 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.

- Aug. 20 **Classless** 10-95 mi. **PADDLE YOUR BIKE.** Leaders: Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.) & Martha Ramos (718-858-9142). No, silly, this is not the latest form of safe sex. But it could be an exciting way to spend the day in the NJ countryside. We will bus us and our bikes to Princeton. From here we ride to and along the Raritan Canal where canoes can be rented. Then, a leisurely float along the waterway before lunch and biking back to New York. There is also a towpath for those with mountain bike mania. Riders wishing to skip the canoeing can ride to either Washington Crossing State Park or Lambertville/New Hope. Return to the city by either bike or bus. Call Martha for details about cost and meeting time. Rain cancels. Rain date: Sun., Aug. 21.
- Aug. 26-28 **A/B+** **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.
- Sept. 3-5 **NY-MONREAL 600 KM BREVET.** Leaders: Steve Bauman (718-359-7972) & John Ceceri (201-485-2615). Joint AYH.
- Sept. 17 **All Class** **LEHIGH RIVER RAFTING** (See June bulletin preview) In lieu of a paceline, we'll simply paddle in unison, and there's ample room for error. No crashes, flats or greasy chains. You will finish with clean hands. While I realize that participation in this excursion is a bold new venture for some, and another adventurous outing for those of us experienced in the ways of white water, it's well worth the effort. For the former, I'll do my best to answer any and all of your questions regarding safety, thoughts concerning sanity, etc. Tom Lowenthal (718 847-6048) Get the sensation! \$ due by August meeting.

R A C I N G S I G

The next meeting of the racing SIG will be on Tuesday night, June 28, at O'Hara's Restaurant at 7:00 p.m. Our speaker will be Chris Mailing. If you are interested in racing, or in riding fast and learning the skills and training methods associated with racing, please join us. R S V P to Roberta Pollock before Sunday, June 26th. Phone 212 - 864 - 6182. The racing SIG will hold monthly meetings at O'Hara's on the fourth Tuesday of each month at 7 p.m. The July meeting is scheduled for July 26.

GET WELL SOON

You've probably heard the news.... some of our members are not feeling so well right now. Let's flood the mailboxes all over town with wishes of good health. Jane's got road rash from that fall in New Jersey - send her a card - get well soon! Frank's wearing a cast, he calls it fashion, I call it bad luck, call him up, wish him well. Mary's hobbling, Bab's bandaged - a bunch of our fellow members won't be riding with for a while until they heal.

I spoke to a few, probably not all, as many as I could. You know the rest - send them a card, give them a call. They will feel so much better just to hear your voice, just to know that you care. And you know what else? You'll feel better too, just to know they're okay, that they'll be riding with us again real soon.

WE'LL BE SO MUCH HAPPIER WHEN YOU REJOIN US ON THE ROAD

GET WELL SOON!

Christy Guzzetta

THANKS FROM YOUR EDITOR

If you ride a bicycle, especially in a tight, fast group, the odds are that sooner or later you're going to crash.

How do you avoid a crash? Be alert - keep a sharp eye on your bike, those around you, the road surface, traffic, pedestrians, obstacles.....it's not so easy, is it? Realize that even invulnerable you might crash - and wear a helmet, protect your skull.

I was one of the crashes that made it to the hospital. The good thing that came out of it is a wonderful feeling of caring and support from the members of the NYCC. You visited, you called, you brought fruit, vegetables, flowers, amusements. This demonstration of love and concern not only made me feel good - it's an incentive to do my utmost to bounce back quickly.

I think I speak for all of us who have experienced such strong support when I say THANKS - it would be so much more difficult without our friends in the NYCC.

C A R Y L H U D S O N

CONFESSIONS OF A BIKE DEFECTOR

by Claire Goldthwaite

Here it is, a lovely Sunday morning in springtime; the sun shining, the air intoxicating, and I don't want to ride my bike.

Never mind that for the past four years a day like this presented an irresistible temptation to go out and ride 50 to 100 miles, loving it all. I still don't want to ride my bike.

No, I'm not injured, nor have I found a tantalizing new activity to replace cycling. It's more a question of reevaluating my priorities, and putting cycling in perspective.

Four years of riding 7500 to 8500 miles a year, every Saturday and Sunday during the season, culminating in riding Paris-Brest-Paris last year, was a major commitment, and I'm very proud of what I've accomplished. But enough is enough.

As I write this, I'm listening to the Sunday morning church crowd outside my window; the bells, the singing, the comfortable chatter of the neighborhood waiting for Palm Sunday mass to be over. If I were riding, I'd have missed this. This afternoon the neighborhood will be transformed by the crowds of so-very-au-courant East Village visitors. I'll enjoy that too.

Don't get me wrong; I'm still commuting by bike, and even jamming on the hills sometimes. And I'll be riding out to Dobbs Ferry sometime soon to see if they have any new begonias at the Garden Center. And I'll stop at the Boathouse periodically, because cyclists are really very nice people.

But for the moment, I'm going to coast a bit, and look around, and think about where I'm going next.

CYCLE CLUB NEW YORK CYCLE CLUB NEW YORK CYCLE CLUB NEW YORK CYCLE CLUB

May 26, 1988

Stephen Berger, Executive Director
Port Authority of New York and New Jersey
1 World Trade Center
New York, New York 10048

Dear Mr. Berger,

I write on behalf of the New York Cycle Club, one of the oldest bicycling organizations in the metropolitan area. Our membership, totalling nearly 1,000, is made up of people from all walks of life: young adults, parents, and family members, and several individuals 70 plus years of age. We are a group of accomplished cyclists, some of us ride many thousands of miles each year.

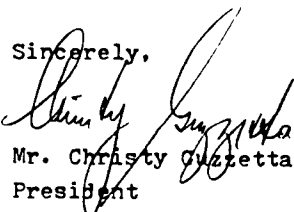
Many of our rides go to Northern New Jersey, where the scenery is beautiful and the shoulders are wide along the road. In order to reach our destination we ride over the George Washington Bridge, as we have been doing for many years. Like you, we are concerned with safe access for all who utilize this passage. We are indeed in support of safe access for all.

However, we have found that climbing more than 5 flights of steps, most of which are steep, long, and hazardous to cross while carrying a bike, is not at all safe. Several of our members have fallen, tripped, and slid down parts of these stairs while attempting passage. Furthermore, and it has happened more than once, a member has been mugged and their bicycle stolen while isolated on this side of the bridge. The experience has left us fearful to cross along the northern passage. The use of the ramped access along the south side of the bridge is necessary for our safety as well as the safety of others who are further protected by our numbers.

We support all efforts aimed at safe access for all who use the ramped passage along the South side of the bridge. We will promote safety; through our meetings and newsletters we will encourage careful riding, in single file, and communicate to others the importance of riding responsibly.

We are part of the public who want and need access to the ramped passage along the South side of the George Washington Bridge. We should not be discriminated against. There is no reason for it. Please allow us equal and safe access; please do not require us by law to use a truly dangerous passage. Please do not discriminate against safe cyclists.

Sincerely,


Mr. Christy Guzzetta
President

toys, toys, toys . . . by steve baron

The ultimate toy isn't a good-working bike, of course, it is a good-working body. It seems that June is the month of injuries, when casts and crutches are showing up at the club meeting in too-large numbers. The national consumer safety board tells us that we are engaged in the most dangerous of leisure activities. I've learned that reasonably safe girl-watching, when combined with unreasonably unsafe bike riding is like combining nitro with glycerene. My very first bike accident, at the tender age of eleven, was riding into a parked car. And the twelve year old beauty on the sidewalk never saw me. Ahhh, winter will come again, and my attention can again focus on how to pick up dimes and quarters without taking off my gloves or falling into traffic.

I hear occasional complaints that NYCC members aren't friendly to new folks at meetings and on rides. It seems natural to me to focus on old friends, but I've found that NYCC is as friendly as any group I've seen. If you are new, look sexy and be assertive (my column doesn't have board approval). I'll be friendly. So will Herb. Recent testimonials from injured riders confirm an amazing level of support. Someone once suggested you could tell who were your real friends when you were fired (and I'll add) or injured.

I'm reminded that we wear gloves first for their protective value and second for comfort, or maybe style. Mesh backs stretch too much: lycra is the thing. One day I'll design a pair with NYCC shaped holes so we can show our membership in sun tan. If the gloves catch on, then we'll move to jerseys and then shorts....

Mid-year thanks to our club's board. Many of them work incredible hours, all volunteer, and we all get the benefits. THANKS, folks.



"My first recommendation is that you remove your portable television from the handlebars of your bike."

t r a i n i n g 7 p m c e n t r a l p a r k s t y l e

By: Dr. Adam Spitz

Like some other NYCC riders I've been pushing myself to race. To achieve faster times I have been training in the 7 p.m. Central Park training rides from Tavern on the Green. In our 30 - 60 rider peloton we easily achieve 14 - 14½ minute laps, but not without a price. A combination of endless road hazards and several less than considerate riders make this a treacherous ride, one that left me head first into the pavement at 35 mph. Unable to get up, I was immediately surrounded by a dozen runners who came to my aid. Only one rider in my group stopped, and this was not the rider who bumped me for a better position immediately prior to my fall. Even after passing me on three successive laps, no one stopped. I was later told that this behavior is typical.

This brings me to my friendly advice if you try this ride (which by the way used to be advertised in the club newsletter). Ride very very heads up, especially if you have a tendency to look down when winded. Obstacles come up suddenly, without warning, and cause the group to break up and come back together in a very disorganized fashion (exactly my demise). The leaders use these opportunities to attack while the chasers aggressively compete for position, regardless of risks involved. So, you might swallow your pride, and back off if challenged. Remember, many of these riders are messengers by day and have no conception of a straight line or safety. This is in sharp contrast to the discipline that I have usually seen on the Gimbels ride (see Dave Walls' article from a few months ago). Helmets are of course a must and clipless pedals were helpful in separating me from my flipping bike. Also, I found that back and neck exercises and stretching helped me to avoid injury in these critical areas.

So good luck if you try it. I don't mean to discourage. As for me, I will be nursing my shoulder and looking for safer riders to spin with in the p.m. Call me if you are interested. (212) 580-0530.

P.S. The cops told me about a proposal to ban 7-10 p.m. riders because of such incidents. What's next??

breakaway vacations

JULY

- 1-4 • Hunt Country
- 8-10 • Hudson Valley
- 15-17 • Pioneer Valley
- 21-24 • Berkshires
- 29-31 • Pioneer Valley

AUG

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

(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

THE RACING SIG

Members of the New York Cycle Club have recently formed a special interest group (SIG) for members interested in racing. The group consists of long-time club members, new club members, men, women, experienced and novice racers, and members who want to start racing.

Activities of the Racing SIG will reflect the interests of its members. The following activities have already been started:

- Monthly meetings on the fourth Tuesday of the month, 7 p.m. at O'Hara's.
- Morning training rides in Central Park, meeting at 6 a.m., Tuesdays and Thursdays, Tavern on the Green, for three laps.
- Weekend training rides either as a segment of a scheduled ride or specifically designed for the SIG. (Watch for announcements in the bulletin.)
- A Racing News column in the club bulletin.
- Group participation in the Gimbel's ride.

Other activities will be developed to meet the needs and interests of the SIG members.

The New York Cycle Club is, at present, not a racing club. Members who wish to race may do so in two ways: by entering citizens races or by competing in USCF club races or USCF open races. A USCF license is required to compete in USCF races. Local USCF clubs offering training and racing opportunities include:

Century Road Club Association - Training races divided into three categories (A, B, C) usually at 7 a.m. Saturday mornings in Central Park at West 79th Street and Park Drive. Contact: Lou Maltese (718) 343-8888 or come, watch a race, and pick up a membership application.

Kissena Cycling Club - Training races in Prospect Park.
Contact: Al Toefield (718) 347-8195

For further information about the NYCC Racing SIG, talk to:
Robert Pollock (212) 864-6182, Chris Mailing (718) 847-8004,
or Clay Heydon (914) 941-5013

CLASSIFIEDS

Apple II Plus computer. Printer, koala pad, over \$200 worth
of programs and other extras. Needs memory board. \$500.
Also: Yamaha CDX3 CD player. Needs cleaning. \$50. 212/861-5067

Minutes...

NYCC BOARD MEETING, 3 MAY, 1988, O'HARA'S RESTAURANT

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

Absent: Arlene Ellner

April minutes approved.

Holly announced roughly \$1200 in the RAAM Fund.

Hannah reported 523 total members to date. Message center referrals are now mailed directly to Hannah.

Roberta would like to see a more moderately paced A training ride series offered next year.

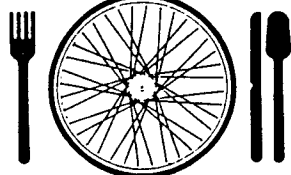
Caryl proposed raising the regular bulletin ad rates which date back to 1984. New rates unanimously approved: Full page \$200, 1/2 page \$125, 1/4 page \$60, 1/8 page \$30. The per-line price will be discontinued. Pricing to be phased in with current advertisers at the Editor's discretion by year end.

Martha proposed offering an Honorary Life Membership to Dan Henry. Proposal carried unanimously.

Meeting adjourned 9:00 PM.

NEW YORK CYCLE CLUB

Tuesday July 12 th



O'HARA'S

120 Cedar Street
New York, NY 10006

Socialize Schmooz!

Come join us for dinner, meet old friends, and new members
and maybe even get a report from our RAAM team.

Join us at 6pm for spirits or bubbles and schmoozing
Dinner starts at 7pm
Fixed Price*
Meat, fish or poultry \$10
Vegetarian 7.50
*Must be purchased by 7pm
Diners will receive color-coded coupons
Non-diners seated separately

\$2 more
after 7

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.

Many thanks to last months speaker, John Howard, for a delightful and informative
evening. I will be collecting names of those who might be interested in John's
next cycling clinic, taking place in NYC August 26-28. Call Michael Toomey at 212 877-5817

NEW MEMBERS



ANDERSON, Karen
BARTH, Lois
BRANCH, Ray
DEMPSEY, David
DITTEBRANDT, Karl
DRAZIOS, James
EYRAL, Sylvie
FARB, Claudia
FLATLEY, Sheila
GLUSSMAN, Anne
GOLDNER, Jacqueline
GRUWITT, Dennis
GUSDORF, Karen
HACKETT, Marjorie
HARTER, Jim
HENRY, Dan
HOLTZMAN, James
INGLIS, Alan
JOHNSON, Carole
KAHN, Dona
KAUFMAN, Barbara
LEIBOWITZ, Paul
LORENZO, Frank
LOVE, Elizabeth
MARQUIS, Kathy
OSBORNE, Barbara
PODEMS, Marc
RENSCHOWITZ, Annette
ROSNER, Randi
RYAN, Sue
SANTULLI, Janice
SCOTT, Thomas
SHULSKY, Marvin
SOETRISNO, Hari
STEINBRENNER, Karl E
TAYLOR, Jocelyn
WARSOFF, Ruth
WITCHEL, Lawrence
WORDEN, Eugene C. III

75 Mt. Prospect Ave
87 Rivington #6
67-47 211 St
410 E. 74th St. #2B
32-63 35th St
1540 York Ave. #20K
63 Carmine St. #2B
285 Central Park West #15
2621 Palisade Ave #1415
421 Hudson St. #323
250 Harrison Ave.
425 W. 46th St #6E
1669 Maple Ave. #2.
161 E. 91st St. #3D
35 W. 75th St. #3C
5 Morton St. #1C
161 W. 61st St. #7H
30 Waterside Pl. #4K
350 W. 85th St. #64
50-15 39th St. #4E
39 W. 105th St. #1
481 13th St.
481 13th St.
120 Boerum Pl #2A
953 E. 79th St.
345 E. 80th St. #6K
24 E. 93rd St
5 Glamford Ave
33 E. 33rd St. #2D
244 E 24th St. #3
235 E. 95th St. #22-J-C
415 E. 52nd St. #2N
132 W. 75th St.
620 West end Ave. #15F

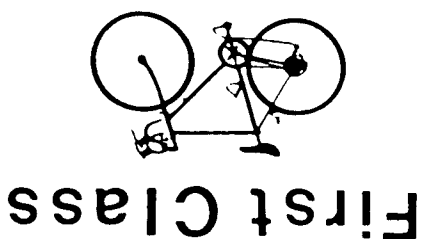
Belleville NJ 07109 201-759-8827
N.Y. 10002 212-477-1387
Bayside 11364 718-225-1842
N.Y. 10021
Astoria 11106 718-278-1171
N.Y. 10028 212-988-5939
N.Y. 10014 212-206-7918
N.Y. 10024 212-874-6143
Bronx 10463 212-601-1889
N.Y. 10014 212-242-8572
Mineola 11501 516-741-7348
N.Y. 10036 212-582-4783
Solvang, CA 93463
N.Y. 10128 212-410-3023
N.Y. 10023 212-874-6434
N.Y. 10014 212-924-8851
N.Y. 10023 212-265-9437
N.Y. 10010 212-68307067
N.Y. 10024 212-799-0161
Sunnyside 11104 718-482-0107
N.Y. 10025 212-316-3601
B'klyn 11215 718-768-6648
B'klyn 11215 718-768-6648
B'klyn 11201 718-935-1113
B'klyn 11236 718-531-5789
N.Y. 10021 212-734-8681
N.Y. 10128 212-534-2387
Pt Washington 11050 516-767-9612
N.Y. 10016 212-213-0367
N.Y. 10010 212-779-1120
N.Y. 10128
N.Y. 10022 212-832-1123
N.Y. 10023 212-877-4291
N.Y. 10025 212-787-1949

change of address

CHANIN, Joan
EHRlich, Lin
RIVKIN, Kenneth
WHITE, Bill
WOLKOW, Eugene

36-14 30 Ave. #1
Bx 134, Cooper Stn
322 W. 57th St. #23L
7-9 Bond St. #2-C
84-33 120th St. Bsmt

Astoria 11103 718-956-6183
N.Y. 10003 212-586-3700
N.Y. 10019 212-315-0538
N.Y. 10012 212-243-1780
Kew Gardens 11415



268-267
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