

June
1988

New York Cycle Club

J U N E 1 9 8 8 B U L L E T I N



B o x 0 2 0 8 7 7 B k l y n . N Y 1 1 2 0 2 - 0 0 1 9

PRESIDENT

Christy Guzzetta
49 West 75 Street
New York, N.Y. 10023
212/595-3674

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
55 Cheever Place
Brooklyn, N.Y. 11231
718/596-6336

PUBLIC RELATIONS DIRECTOR

Jody Sayler
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

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

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

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

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

Weekday Rides

- Tuesdays/
Thursdays
6:00 AM 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 will take a couple of months, but we'll be averaging 20 mph again.
- Wednesdays
6:30 PM FOREST PARK LOOP. Leader: Tom Lowenthal (718-847-6048, h.; 718-330-7040, of.). Occasionally, after cycling home from the office, I find (to my surprise) that I still have ample energy for a few more miles. For those of you who reside relatively close to Forest Park, might you be enticed into a bit of pre-dinner cycling? We'll pedal 'till dusk. Meet at intersection of Myrtle Ave. & Woodhaven Blvd., by corner of Victory Field, the only corner of the four where there is NOT a gas station. Helmets recommended.
- 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.
- B+
50± mi. FREELANCERS' RIDE. Leader: Rosanna Liebman (212-431-8926). Impromptu weekday rides to Nyack, White Plains, etc. Call to be registered on standing sign-up sheet and I'll notify you of rides.

Sundays
June 5,
12,19,26
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.
June 3-6

GEAR '88 (Great Eastern Rally), Millersville, PA. The annual convention of cyclists, sponsored by the League of American Wheelmen, and featuring daily rides, workshops, exhibits and entertainment. Cost of the three-day weekend: \$130--LAW members; \$147--others. For application forms, send SASE to Irv Weisman, Box 97, Kingsbridge P.O., Bronx, NY 10463. Questions: call Irv at 212-241-4783 (days) or 212-562-7298 (eve.).

Sat.Jun. 4
8:30 AM
A /45 mi.

OUT AND BACK, II. Leader: Carl Fallor (212-567-3601, h.; 212-566-1626, of.). From the NY side of the GWB. Loop out to Nyack and back via Bradley Hill Rd. Eat breakfast, as we will ride without stopping. Paceline riding.

Sat.Jun. 4
7:15 AM
A-
80 mi.

JOCKEY HOLLOW THE EASY WAY. Leader: Caryl Hudson (212-595-7010). Leave on the 7:30 ferry for a June ride through green rolling hills and quiet (except the frogs) swamp lands to Jockey Hollow. Washington's army spent a winter here. We'll stay long enough for a pleasant lunch. A prize to the one who spots the most deer.

Sat.Jun. 4
7:30 AM
--> A
106 mi.

Special Interest Group PROGRESSIVE "A" RIDE SERIES #14. Leader: Christy Guzzetta (212-595-3674). From the Boathouse. Breakfast at the Bear Mountain Inn. They stop serving at 10:30 AM, we'll have to hurry. Then, it'll be hills on the way back home through Westchester. We're almost there, almost. We know that because we've had our 3rd update. Rain date: Sun., Jun. 5.

Sat.Jun. 4
8:30 AM
B+ /80± mi.

BEDFORD VILLAGE, NY. Leader: Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.). From the Boathouse. Let's go before it's too hot! Yes, it's long; yes, it's moderately hilly -- but it's a beautiful ride.

Sat.Jun. 4
10:30 AM
C-/C
20 mi.

FORT LEE PARK, NJ. Leader: John Mulcare (718-672-5272). Meet at the Coliseum (60th St. & Broadway, Manhattan). We'll stop at a deli on 181st St. before crossing the GWB. We'll return early for the benefit of those of us who expect to be taking our longest non-progressive training "C" ride so far this year to Syosset tomorrow.

Sun.Jun. 5
9:00 AM
A/B
50 mi.

ANNUAL SPRING TIME TRIALS. Leader: Steve Sklar (212-245-3245). From the Boathouse at 9:00 AM or, if you prefer, meet us at the NJ side of the GWB around 9:30 AM. As in past years, the time trials will be held along a 17-mi. stretch of Rte. 9W between the GW Bridge and Nyack. The return rides ("A" and "B") will be relatively leisurely. Time trial teams are welcome. Remember -- it takes a lot of training for a team to beat a fast individual rider. Some of us found that out last year. So start training now! Please note: you will be responsible for your own safety over the course of the ride, and there ARE a few intersections to beware of, which will be described in detail before the start of the ride. Helmets required.

Sun.Jun. 5
8:30 AM
B/B+
80± mi.

NORTHPORT. Leaders: Ed & Sara Flowers (718-544-9168). From the Statue of Civic Virtue, Union Turnpike & Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens). This is one of the most beautiful destinations on the North Shore. Waterside picnic. There are hills on the way out, but a bonus is flat on the way back.

Sun.Jun. 5
9:00 AM
B
65 mi.

PICNIC BY THE HUDSON. Leader: David Miller (212-794-9365). Meet at the Boathouse for a ride in North Bergen and Rockland Counties. We will ride on the bike path through Tallman Mt. State Park, through Nyack, and picnic by the Hudson at the end of the path in Nyack State Park. Please bring your own lunch.

Sun.Jun. 5
9:00 AM
C+/C
45 mi.

PANCAKES OR BAGELS IN SYOSSET. Leader: John Mulcare (718-672-5272). We leave promptly at 9 AM from the Burger King parking lot at 179th St. & Hillside Ave., Queens (last stop on the "E" or "F" train). This is our longest non-progressive training "C" ride so far this season, and we must arrive at our destination early enough to find seats in Friendly's for pancakes on a busy Sunday morning. Bagels are available around the corner. We'll be traveling over the roads most frequently used by the NYCC on our various trips in Nassau.

Sat.Jun. 11
10:00 AM
A
40± mi.

KILLER HILLS OF HUNTINGTON. Leader: Jim Rosar (516-549-4576). Meet at the Cold Spring Harbor RR station. For devotees of nasty little hills. Beware--gears higher than 45" not recommended. Route may be marked by ride time. Make sure your brakes work! No further warnings will be issued.

Sat.Jun. 11
8:00 AM
A-/A
56 mi.

A RIDE WITH A VIEW--HUNTERDON & BUCKS COUNTY CAR TOP. Leaders: Joe Furman (212-861-5067) & Bob Foss (212-594-5402). This is a joint ride with the Princeton Freewheelers, so let's show off our smooth paceline and polished cornering skills. The route is planned with dominant tailwinds in mind. Good weather is an option. This is a beautiful area and I hope you don't miss it. Call Joe in advance to offer or request transportation.

- Sat. Jun. 11 8:00 AM --> A 108 mi. Special Interest Group PROGRESSIVE "A" RIDE SERIES #15. Leader: Christy Guzzetta (212-595-3674). From the Boathouse. Connecticut Ramble. Tick tock, tick tock -- the hour is growing near. We must have gone up every hill in the Northeast, preparing for June 25. Well, almost. We go up the rest today. To Greenwich, Bedford, and Mt Kisco. As fast as we can go! Rain date: Sun., Jun. 12.
- Sat. Jun. 11 9:00 AM B+ /80+ mi. NORTH SHORE HILL CLIMBER. Leader: Alinda Barth (718-441-5612). From the Statue of Civic Virtue, Queens ("E" or "F" train to Kew Gardens/Union Turnpike). Is there a "Snake Hill" on Long Island? You bet! Join me on this ride and see it and other hills with quaint names.
- Sat. Jun. 11 7:45 AM B/B+ 50 mi. ANOTHER RIDE WITH A VIEW--HUNTERDON & BUCKS COUNTY CAR TOP. Leaders: Brian McCaffrey (718-634-1742) & Alan Leener (718-797-0972). A day in the country, joining like-minded "B" riders from the Princeton Freewheelers. If the timing is right, we'll meet the "A" riders for an outdoor lunch in New Hope. This area is rich in antiques, history and natural beauty, so come on out! Call Brian in advance to offer or request transportation.
- Sat. Jun. 11 10:00 AM/ 10:45 AM C/C- 32/18 mi. RIVER VIEW PARK, WEST NEW YORK, NJ. Leader: John Mulcare (718-672-5272). Meet at the Coliseum at 10 AM, or at the GWB Bus Terminal, 178th St. & Ft. Washington Ave. ("A" train to 175th St.) at about 10:45 AM. We'll see the Hudson River from both sides, ride along Jersey's River Road, ride or walk up the Palisades, and enjoy our lunch (bring or buy) in one of Jersey's nice parks overlooking the Hudson. (We'll see a piece of history if you'll do your homework and promise to tell the leader what Aaron Burr and Alexander Hamilton were upset about.)
- Sun. Jun. 12 8:00 AM A /75 mi. BAYVILLE BEACH EXPRESS. Leader: Lee Gelobter (718-646-7037, eve.). Meet at the Boathouse for a prompt 8 AM departure. Bring your bathing suit and towel or skinny dip during our lunch break at the beach in Bayville. Call Lee for details.
- Sun. Jun. 12 9:00 AM/ 9:30 AM B+/B-/C 63-36 mi. 3rd ANNUAL NYCC NEWCOMERS' RIDE--WOOD DALE PARK. Leaders: Debbie Bell (212-864-5153, after 6/5), Maggie Clarke (212-567-8272), Hannah Holland (212-666-2162), Alan Leener (718-797-0972), Brian McCaffrey (718-634-1742), Marilyn Merlob (718-797-0972), David Miller (212-794-9365), & John Mulcare (718-672-5272). Everyone's invited on this one -- new members who aren't sure of their riding level and old-timers who want a very relaxed, sociable Sunday ramble through classic NYCC riding territory. Leave from the Boathouse at 9 AM and you have choices ranging from 54-63 mi.; from the GWB Bus Terminal (178th St. & Ft. Washington Ave.; "A" train to 175th St.), at 9:30 AM, you can ride from 36-41 mi. Whatever your initial decision, you can always drop back to the next group. No one gets dropped. All routes lead to Wood Dale Park in Bergen County for a picnic lunch, followed by a leisurely return to the city and our hill at the Boathouse.
- Sat.-Sun. Jun. 18-19 B+/A PHILADELPHIA--CORE STATES RACE. Leader: Simone Smith (914-941-5013, h.; 212-407-1940, of.). Car top to Philadelphia to watch the race (and to do some riding). We will leave NYC mid-day Sat. and stay overnight in Philadelphia. Sunday will be devoted to watching the race. If the race course is open before or after the ride, we can test ourselves on the Manyunk Wall.
- Sat.-Sun. Jun. 18-19 B+ 225 mi. BOSTON WEEKEND. Leaders: Steve Bauman (718-359-7972), Brian McCaffrey (718-634-1742), & Martha Ramos (718-858-9142). This trip was last led about five years ago by Steve Bauman and the late Bill Cooper. It's a very special ride as you get the opportunity to cross through four states (NY, Conn., RI, and Mass.), enjoy strawberry short cake, take a ferry ride and plane back from Boston. Oh yes, you also manage to squeeze in about 225 miles of riding. Send check payable to Martha for \$30 before June 8th; add \$10 late fee after that date. Call Martha for details.
- Sat. Jun. 18 5:30 AM A+ 130 mi. STRAWBERRY SUPREME. Leader: Maxim Vickers (201-474-7165, of.; 718-728-7179, h.). It will be ten years since Yours Truly and a pair of his cronies first ate, drank and island-hopped their way to the Great Strawberry Vat in Mattituck. Since then, this sublime experience has been re-created on an almost-annual basis for limited, appreciative audiences. For this Anniversary Issue I will lead seven experienced riders with reliable equipment on a tour of Long Island's delights. Return on the AYH Bike Train (call 212-431-7100 for reservations). First come -- first served.
- Sat. Jun. 18 6:00 AM A/B+ 100 mi. STRAWBERRY FESTIVAL CENTURY. Leader: John Ceceri (201-485-2615). From 59th St. & Fifth Ave. The annual AYH ride to Mattituck's Strawberry Festival. Return on the AYH Bike Train Saturday evening. You must purchase train tickets in advance at AYH (212-431-7100); \$15, AYH members; \$17, non-members.
- Sat. Jun. 18 8:00 AM A /80 mi. CRASH CHRISTY'S HIGH SCHOOL REUNION PICNIC RIDE--SCARSDALE HIGH. Leader: Jody Saylor (212-799-8293). From the Boathouse. We will ride 60 mi. up the east side of the Hudson, breakfast in Ossining, and cross a few hills to the picnic in Scarsdale. Christy's "SIG" group invited.
- Sat. Jun. 18 --> A Special Interest Group PROGRESSIVE "A" RIDE SERIES #16. We've worked real hard for close to four months. And next week is the Big "A" Ride. Today we're just going to relax and have some fun. Join Jody (see above) for a fun ride to Scarsdale to crash Christy's high school reunion picnic.

- Sat. Jun. 18 **BRIARCLIFF MANOR.** Leader: Katherine Patton (718-789-5566). From 242nd St. & Broadway, 9:45 AM Bronx (last stop on #1 subway). Tour Sleepy Hollow, lunch in Briarcliff Manor, and enjoy B /45 mi. a leisurely and social return to the city.
- Sat. Jun. 18 **GREAT NECK, L.I.** Leader: John Mulcare (718-672-5272). From 179th St. & Hillside Ave., Queens 10:00 AM (last stop on "E" or "F" trains), at the Burger King parking lot. Bring (or buy) lunch, which C-/C /32 mi. we'll have in a nice park.
- Sun. Jun. 19 In honour of their engagement, Dr. Robert Trestman and Ms. Rosanna Liebman request the pleasure of your company on an all-class club ride, Sunday, the 19th of June, 1988. Dress: black lycra. Destination: Hi Tor State Park. Meeting place: the Boathouse.
A Doug Blackburn (212-685-9495), 75-80 mi. via Saddle River; meet 8:30 AM.
A- Rosanna Liebman & Bob Trestman (212-431-8926), 70-75 mi.; meet 9:00 AM
B+ Debbie Bell (212-864-5153), 70-75 mi.; meet 8:30 AM
- Sun. Jun. 19 **CLUB ROUTE BACKWARDS.** Leader: David Miller (212-794-9365). Meet at the Boathouse and ride 9:00 AM the 50-mi. "Club route" backwards. All the uphill go down when the route is reversed. We B /65 mi. will picnic for lunch at a nice park.
- Sun. Jun. 19 **SUNNYSIDE/IRVINGTON.** Leader: Dick Goldberg (212-874-2008). From Jerome Ave. & Woodlawn, 9:00 AM Bronx (last stop on #4 subway). Return with us now to those thrilling days of yesteryear and B the home of Washington Irving: the Sunnyside Sleepy Hollow Restoration. Bring \$5 for 55 mi. admission. 70% chance of rain at 7 AM cancels. Joint AYH.
- Sun. Jun. 19 **FLUSHING MEADOWS PARK** Leader: John Mulcare (718-672-5272). From Tramway Plaza, 59th St. & 10:00 AM Second Ave. This trip includes a ride around the lake, a stop at the Queens Botanical Gardens, lunch in Kissena Park, a bike ride on the Velodrome, a ride around Roosevelt Island, C-/C 30 mi. and a return ride on the Tramway (\$1). Bring (or buy) lunch.
- Tues. Jun. 21 **Special Interest Group PROGRESSIVE "A" RIDE SERIES PRE-"A" RIDE MEETING.** Leader: Christy 7:00 PM Guzzetta (212-595-3674). By invitation only. We will be ready! You will be invited! --> A
- Sat.-Sun. **RAILS AND ROADS.** Leader: Elly Spangenberg (212-737-0844). Escape to the country via Metro- Jun. 25-26 North (you'll need a bike permit), and then bike on to Fahnestock State Park where we'll camp B- overnight. Spend Sunday touring the Lower Hudson Valley and then hop a train back to the city. Joint AYH.
- Sat. Jun. 25 **ALL DOWNHILL (ALMOST).** Leaders: Herb Dershowitz (212-929-0787) & Christy Guzzetta (212-595- 8:00 AM 3674). From the Boathouse. Back in 1979 an NYCC member, Bill Yao, went to the library and A researched a lot of topographic maps. He came up with a route that was all downhill. All?! 101 mi. How come, Bill, we have to climb up South Mountain Rd.? Well, "almost all" downhill. Around Spring Valley, Upper Saddle River, and other Northern NJ environs. It's a pretty ride, it's an "A" ride, it's the SIG Invitational Ride. Rain date: Sun., Jun. 26.
- Sat. Jun. 25 **A BULLY RIDE.** Leader: Pat Thomson (718-643-6830). From the Statue of Civic Virtue, Queens 9:00 AM ("E" or "F" train to Kew Gardens/Union Turnpike). Up Sagamore Hill to Prez. Teddy Roosevelt's B+ house (a cheap thrill for a dollar) and nature preserve--of sorts. Deli stop for picnic 55 mi. lunch.
- Sat. Jun. 25 **CONEY ISLAND.** Leader: John Mulcare (718-672-5272). From the front of City Hall, Manhattan. 10:30 AM We'll cross the Brooklyn Bridge and do a bit of riding along the waterfront. After stopping C-/C- /28 mi. at Nathan's to make our ride official, we visit the boardwalk.
- Sun. Jun. 26 **ALBANY 150.** Leaders: Steve Bauman (718-359-7972) & John Ceceri (201-485-2615). For those who A+ have taken leave of their senses, we offer this ride. In order to participate, you must have 150 mi. successfully completed a century in 1988. A mandatory pre-trip meeting will be held at AYH (75 Spring St.) on Thurs., June 16, at 7 PM where a sanity test will be given. All details will be given only at this meeting. Cost will be determined later as return transportation is arranged. Joint AYH.
- Sun. Jun. 26 **FOURTH ANNUAL INSTINCTUAL RIDE TO CARMEL, NY.** Leader: Rich Herbin (212-792-5438 h.; 212-931- 8:00 AM 8000, of.). From the Boathouse. Stimulus: The existence of a moderately-hilly, paved route A to northern Putnam County. Response: A bicycle ride (steady pace). Rewards: Three deli stops. 110+ mi. 70 miles of low traffic riding through park-like settings. Varied scenery: reservoirs, mountains, forests, and Dreck. Warning: This ride is habit-forming. Conditions: Poor weather will cancel or shorten. Bring your Metro-North pass if you might want to bail out early. The distance dictates that this ride must conform to the advertised speeds (see Ride Guidelines).
- Sun. Jun. 26 **SOUTH MOUNTAIN ROAD.** Leader: Susan Glaubman (718-596-0477). From the Boathouse. "A-" riders 8:45 AM welcome. One of the more beautiful rides in Rockland with vistas of woods and lakes. Helmets B+ mandatory for the run through the apple orchard and any falling stars. Slowing for oohs and 65 mi. ahs permitted. Lunch and deli stops provided.

Sun. Jun. 26 11TH ANNUAL RARITAN VALLEY ROUND UP. One of the largest events on the East Coast. Over 800 participants last year. If you were planning on going and would like to include your car in an NYCC caravan, meet at the Tavern on the Green parking lot by 8 AM. We will leave promptly and try to be at the registration desk in North Branch Park (Branchburg, NJ) between 9:30-10:00 AM. Helmets are required; registration fee is \$11. Call Maggie Clarke (212-567-8272), Brian McCaffrey (718-634-1742), or Howard Kovelman (Central Jersey Bicycle Club event coordinator; 201-906-3677) if you have any questions.

Sun. Jun. 26 PIERMONT AND BACK. Leader: David Miller (212-794-9365). Meet at 72nd St. & Fifth Ave. 1:00 PM Sleep late and ride to Piermont with a short break at Jimmy's Grocery, then back on 9W. B /46 mi.

Sun. Jun. 26 TURNING POINT RESTAURANT (PIERMONT, NY). Leader: John Mulcare (718-672-5272). From the GWB 9:30 AM Bus Terminal (178th St. & Ft. Wash. Ave.). We'll have brunch at the restaurant (not obligatory), so you may want to bring a lock. On the return trip, we'll scale the Palisades in as many non-back-breaking stages as your leader has stumbled upon so far. C+/C 47 mi.

Previews

July 1-4 JULY 4TH WEEKEND ON SHELTER ISLAND. Leader: Debbie Bell (212-864-5153). The traditional NYCC holiday weekend at our favorite, the Chequit Inn. Bike as much or as little as you wish. Great riding for all levels on untrafficked back roads on the North and South Forks. Shelter Island can be reached by bike (a scenic century), bus (you can take unboxed bikes), LIRR, or car. Rates (based on double occupancy) for three nights lodging, six meals, and gratuities are \$190-\$230 per person.

Sat. July 2

A LEADERLESS "A" RIDE. 9:00 AM from the Boathouse.
C-/C THE CLOISTERS AND WAVE HILL. Leader: John Mulcare (718-672-5272). 20 mi. 10:30 AM from the Coliseum (60th St. & Broadway).

Sun. July 3

A LEADERLESS "A" RIDE. 9:00 AM from the Boathouse.
C/C- CYCLE CIRCLE AROUND THE LADY. Leader: John Mulcare (718-672-5272). 45/30 mi. to Liberty State Park. 9:30 AM from the Coliseum (60th & Broadway); 10:30 AM from S.I. Ferry.

July 9-10 PINE HILL FLYING EXPRESS. Leader: John Caceri (201-485-2615). A+ pace; 300 mi. 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.

July 24 NYCC ALL-CLASS CLUB RIDE, BETHPAGE.
July 31 AYH NEW HOPE DOUBLE METRIC CENTURY.

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.

Sept. 1-20 (or whenever your schedule permits). I am going to the Italian Cycling Center to ride the foothills of the Alps in the beautiful Veneto Region of Northern Italy. Rides are organized by the Italian Cycling Center leaders. The price is very reasonable -- \$60 per day for accommodations, three meals and routes with leaders. If you would like more information, call Beth Herman (212-689-7778).

For sale HETCHINS Bicycle, 22" frame, tubulars. GEOFFREY BUTLER Bicycle 22" lugless chrome plated Reynolds 531 frame, with American classic hubs and seatpost, "Campy" cranks and derailleur. Also 23" HETCHINS frame only (needs repair).
Call Michael Toomey for more information:
Biz.(212) 564-8260 or Home (212) 877- 5817.

Sept. 17 LEHIGH RIVER RAFTING. A BETTER WET THAN SWEAT. Give your muscular thighs a day of rest. All Class We'll pry fingers from handlebar droops and actually use arms, shoulders and various back muscles to paddle ourselves downstream. At Whitewater Challengers, Inc., in Pennsylvania, the Francis Walter Dam on the Lehigh will be opened on this day to release extra water to ensure good rafting. W.C. provides the river, experienced leaders, rafts, life preservers, paddles, and a great time. I have reserved 20 spots. First come, first served. The cost is \$42.00 for rafting alone. I'll need that, IN HAND, by the August 9th meeting. Food and transportation are extra. I have a car and would welcome other auto owners to join me. Tom Lowenthal is your captain. (718 847-6048h; 718 330-7040 of.) C'mon, it'll be fun.

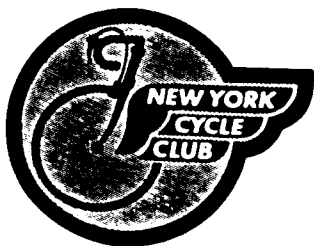
The NYCC is with you, Alex.....

All the way in RAAM

The New York Cycle Club is very proud to support Alex Bekkerman in the 1988 edition of RACE ACROSS AMERICA. Alex has been training hard and long - and seems to be enjoying it. The 6 a.m. Tavern on the Green group sees him often as he sails past us - and we're not so slow!

As many of you know, David Walls has withdrawn from RAAM to enable him to pursue a new business venture which will keep him deeply involved with bicycle racing. Mara Bovsun has also withdrawn for personal reasons. We are extremely proud, as a club, to have the distinction of having three members who have qualified for this race.

Alex's crew in RAAM will consist of crew captain Josh Keller, coordinator Don Kettler, and Jennifer Burns, Paul Mort, James Oszlak, Claire Goldthwaite and John Cesere. Alex and his crew go with our support and love into this venture into the edge of bicycling, the limits of human endurance, the unknown.... Remember that during the difficult times, Alex and crew.



Once in a Lifetime Bike Tour of The Canadian Northwest

A chance you may NEVER get again!

CLASSIFIEDS

Used white LOOK pedals-worn but perfectly functional-\$40
Clincher wheels-700 x 25c-Campy hubs, Mavic E-2 (silver) rims, low mileage-\$60
CALL Gary Meyer, 212-221-7214.

FOR SALE. Serotta Club Special. 62 cm frame with Campagnolo Super Record headset. Columbus SP tubing thruout. A superbly riding frame. \$225.
Leave message anytime at 1718-544-8861.

Graber car-top bike rack, never used. Fits 3 bikes now, 4th add on. List \$220, want \$120. 718 9518917

FOR SALE: Men's 12 speed bicycle - Kabuki (Bridgestone). 21" frame; excellent condition. \$125 or best offer. (212) 601-1614

The beautiful San Juan Islands off the coast of Washington State * Exquisite Victoria on Vancouver Island * The majestic city of Vancouver on the mainland of British Columbia * Elective tours to Burchert Gardens and Gulf Islands * Garibaldi National Park -- we go by train. We hike and ride (rented) mountain bikes amid the glaciers, wildflowers, and 7000 foot peaks in an unspoiled Canadian setting.

No scary highway biking -- the magnificent ferries of Washington State and British Columbia transport us through highly scenic islands noted for their eagles and whales.

No hectic travel: we stay in each lovely place long enough to know it, explore it, enjoy it!

COSTS: Approximately \$1099 covers airfare, bike shipping, ferries, train, all lodging.

WHEN: Two weeks: July 23 to Aug 6, 1988.
One week a possibility.

CONTACT: Jean Keelan, 41 Elm, Morristown, NJ 07960. CALL 201-539-9788. A nonprofit trip.

ADVERTISEMENT

Oddly enough, it was shortly after Andy Warhol's death that I recalled my first and only riding lesson, given by a reluctant father more intent on discouraging his son's fascination with small, dangerous things that went fast.

Like many, if not most boy-children, my love for moving mechanical things manifested itself in the usual ways--from small model train sets to bigger train sets, from home slot-car racing with friends to high speed slot racing against scores of others at huge commercial raceways, et cetera. And while my father did much to indulge my scale-model electrolust, my pedal powered pursuits were limited to an old "adult" tricycle which seemed to have all the get-up-and-go of a drugged caterpillar. It was also at this time that Schwinn unleashed their Sting Ray on an unprepared nation, unanimously voted by me and my buddies as the coolest thing with two wheels and pedals to push 'em. (To us, "Paramount" was where movies came from). Trouble was, Dad wouldn't let me have one. I forget the full explanation as to why, but one reason surely had to do with the fact that all my adult-trike riding had, up until then, been limited to our back yard. Perhaps the idea of letting me loose on the sidewalks and streets of the Upper West Side of 1963 gave Dad nightmares of me street-racing kids on Columbias, like a black Marlon Brando. (Yeah, maybe he was right; even that progressive a neighborhood wasn't ready for that). Yet I refused to take "no" for an answer, conveniently overlooking the fact that I hadn't yet learned to ride a two-wheeler. That didn't seem much of a problem until the night my father, unexpectedly, drove up in front of our building with a quite-identifiable object jutting up from the too-small car trunk.

It was, to even a casual observer, a wreck. Clearly, Dad must have scoured the local antique shops and junkyards for this thing. A rusting hulk of a frame, hastily repainted a forlorn Brick Red, shorn with even-rustier cast iron rims and thick, cast, bent and sometimes broken spokes, topped off with much-abused hard-rubber tires. The chain was in similar shape, and the less said about the the better, save to say it made getting spanked almost amusing by contrast. This was in Autumn of '64. I waited almost a year for this? I just **knew** he was out to discourage me, get it out of my system and, subsequently, his. Now I was more determined than ever.

We stood at opposite ends of the bike, me with a hand in the handlebar, trying to sift through mixed feelings of anxiety and disappointment. I had gotten what I'd asked--no, pleaded--for, sort of. Now came put-up-or-shut-up time. Since my father wasn't too good at riding instruction, I was mostly on my own --something I hadn't at all prepared for. Dad would be on the sidelines to pick up the pieces should something go wrong. With precious little encouragement and what little courage left to me, I threw a leg over the tired bike and turned the handlebar left, then right, my feet still firmly on the sidewalk. I looked over to Dad. His face was mostly expressionless. "Might take some time" I think he said. At that point I gently pushed off, feet off the pedals Charlie-Chaplin style, wobbling along the sidewalk toward Amsterdam Avenue with no apparent means of stopping. On a freak impulse I put a foot on the rearmost pedal and jammed down hard. Having known nothing about coaster brakes at the time, I was surprised not only by how the bike stopped but at how quickly, having left a bit of what little rubber was left to those poor tires on the 'walk.

Turning the bike around, this time without the benefit of gravity to coast, I nervously began to pedal the eighty-or-so feet back to the front of my building. Now things began to happen. Much of the wobbling had already disappeared, and somehow I was still maintaining balance. By the time I made a return run downhill I was both pedalling and smiling; so far, I hadn't fallen down, and my riding line was getting straight faster than I ever dared imagine. Within ten minutes I had learned to steer while pedalling. In another five minutes I was sailing around the block, at a respectable clip for an absolute beginner. It took about eight more laps to calm down from the excitement. After my last lap I triumphantly coasted to a halt before my father.

"Hey, I can ride!" I shouted. "Yes, you can" he answered, rather nonchalantly. I hadn't yet developed the humor or cheek to ask, "Now, when can I have a **real** bicycle?", but he knew that question was coming, and soon.

Dinner that evening was delightful, my heightened sense of taste and smell allied with the extra calorie-burning the half-hour previous. I later headed off to my room to catch up on some homework and more closely inspect my new old charge. In the light of my room the bike was even more of an eyesore than I had thought. But no matter: I knew how to ride it, hence I could ride most any bicycle, and for the time being that was all that counted. If joy were helium I could have slept on the ceiling that entire week. Fifteen years later I would state that learning to ride a bicycle is a bit like losing your virginity; after the first fifteen minutes you're having so much fun you've forgotten what all the nail-biting was about.

Which brings me back to Andy the W. and his most over-quoted statement. You know, about everyone becoming famous for fifteen minutes, allowing for commercial breaks I assume. Well, I didn't get famous, but I sure did **feel** the part, and I still think that's more important, by far. Maybe I learned more than one thing that night.

NYCC 25- AND 50-MI. ROUTES

These routes, developed by Irv Weisman in 1978, offer rewarding day trips through Bergen and Rockland County. The 25-mi. route is a circular route from the G.W. Bridge to Demarest and Closter. The 50-mi. route adds an additional loop north through West Nyack, Spring Valley, and Park Ridge. Both feature intricate routing on scenic, quiet roads, and a mixture of easy riding and challenging hills.

BR/BL = bear right/bear left
x.x = mileage from last turn

QR/QL = quick right/quick left
S = straight

[1] 25- and 50-mi. routes
(from NJ side of GW Bridge)
R HUDSON TERRACE, to end
2.1 L PALISADES
0.3 R SUMMIT
0.7 L LYNCREST, to end
0.3 R WOODLAND, to end
1.3 L E. CLINTON
0.8 R DEPEYSTER
0.4 L HIGHWOOD
0.2 R PARK, to end
0.2 L HUDSON
QR KNOLL
0.3 R ENGLE
0.2 L E. MADISON; --> MADISON
1.0 R BROOKSIDE, to end

[2] 25- and 50-mi. routes
1.1 L HARDENBURGH
QR PALISADE, to end
0.2 L MADISON
0.1 R COLUMBUS, to end
1.0 L DEMAREST
QR DIVISION, to end
0.1 R HIGH
QL LOCUST, to end
QR MORRISON, to end
QL STORIG, to end
0.1 R CEDAR
QL HARRINGTON
0.4 R (at stop sign) RT. 505 (LIVINGSTON)
0.7 (at light) BLANCH
50-mi. route turns L; continue from [3]
25-mi. route turns R; continue from [5]

[3] 50-mi. route
0.5 R SUMMIT; --> BRADLEY
2.0 R TAPPAN
0.3 L BRANDT, to end
0.1 L OLD TAPPAN
0.2 R WESTERN HIGHWAY, to end
5.4 L WEST NYACK
0.4 R STRAWTOWN
0.7 L GERMONDS, to end
1.4 L PARROT; --> GERMONDS
1.2 L N. MIDDLETOWN (S. LITTLE TOR)
0.7 R SMITH, to end
1.2 L PASCACK
0.2 L (through tunnel) PASCACK
1.2 R SCOTLAND HILL

[4] 50-mi. route
QR PASCACK
1.8 S S. PASCACK
0.8 L (before hill), NORTH, to end
0.1 L SUMMIT
0.5 R (on downhill) WOODLAND (no sign)
1.1 L GRAND
0.1 R PASCACK
0.7 L PARK (picnic area; see below)
1.5 L RT. 90 (PROSPECT), to end
0.9 R RIVERVALE
0.1 L POPLAR; --> WASHINGTON
2.2 BR BLANCH
2.0 S (at Livingston) BLANCH
Route continues from [5] below

Wood Dale County Park (picnic tables, toilets, water): after crossing tracks on Park, stop at deli on Kinderkamack. At. Rt. 90 (Prospect), turn right and ride a short distance to the park.

[5] 25- and 50-mi. routes
0.2 R WEST
0.6 L HARRINGTON; --> CLOSTER DOCK
0.8 R COUNTY; --> PIERMONT
1.8 L MADISON, to end
0.7 R ENGLE, to end
0.2 L KNOLL, to end
0.3 L HUDSON
QR PARK, to end
0.2 L HIGHWOOD

[6] 25- and 50-mi. routes
0.2 R DEPEYSTER
0.4 L E. CLINTON
0.8 R WOODLAND
1.3 L LYNCREST, to end
0.3 R SUMMIT
0.7 L PALISADES
0.3 R HUDSON TERRACE
2.1 New Jersey side
of GW Bridge

25 & 50 Miles

25 mi RIDE

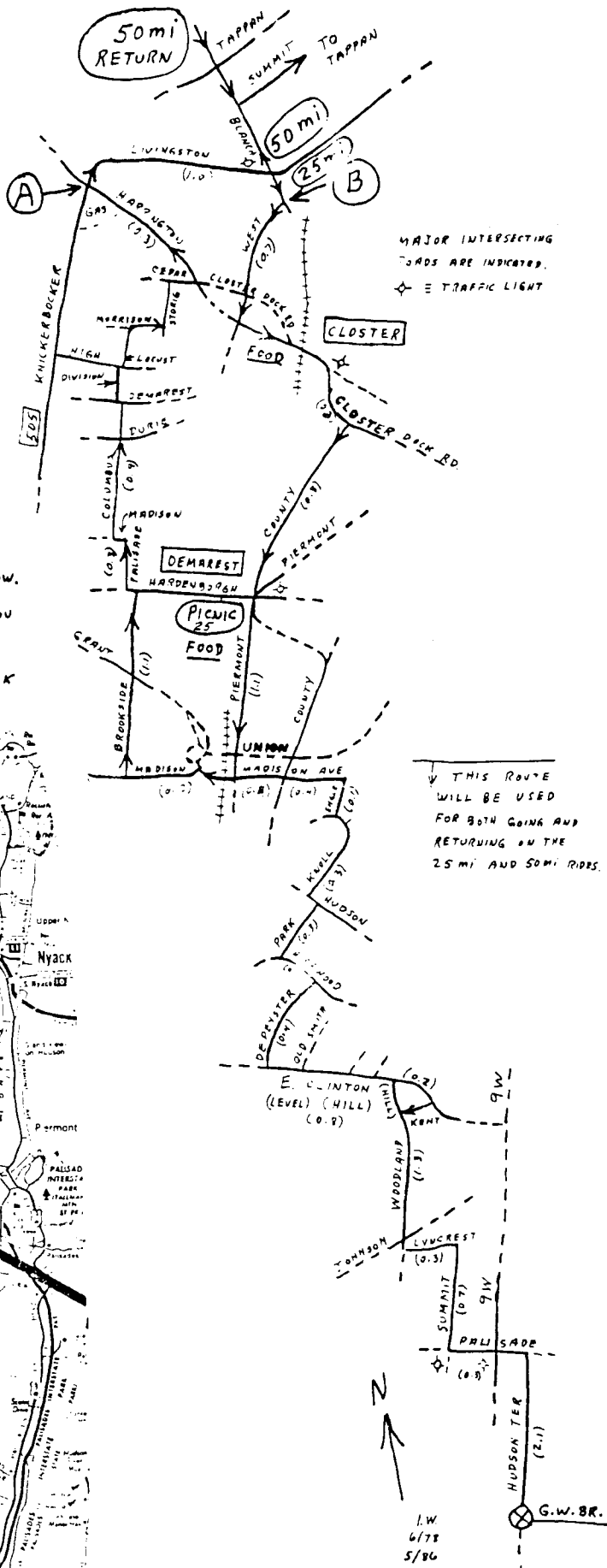
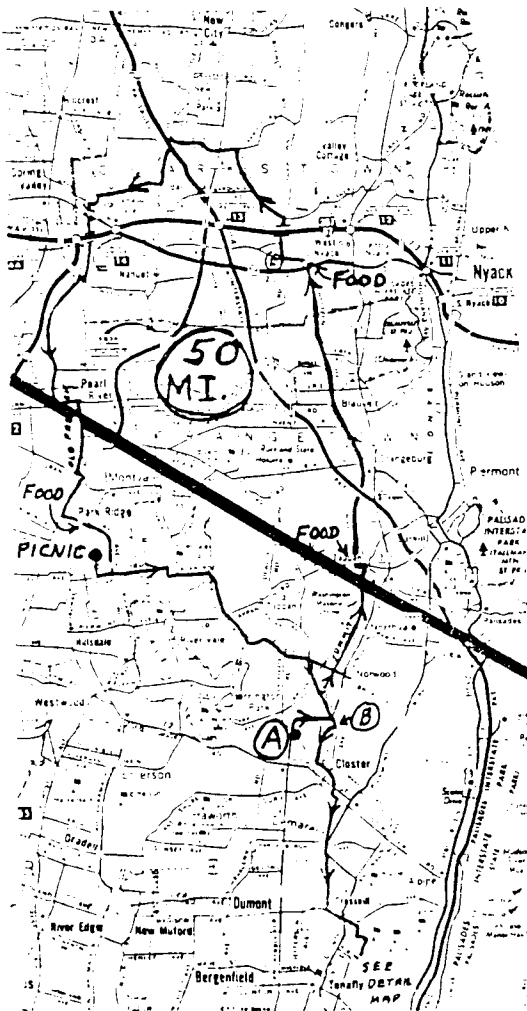
GOES TO (A) THEN (B)

AND EATS AT PICNIC

RETURN TO G.W.B. VIA
PIERCE AND MADISON AVE.
(RETRACE THE MORNING ROUTE
FROM MADISON AVE. BACK TO G.W.)

50 mi. RIDE

PROCEED TO (A), THEN
TO BLANCH. STOPLIGHT.
TAKE LEFT TO SUMMIT.
FOLLOW ROUTE AS SHOWN BELOW.
WHEN THE LOOP IS FINISHED, YOU
WILL BE AT (B). FOLLOW THE
DETAILED MAP, AT RIGHT, BACK
TO G.W. BR.



Minutes...

NYCC BOARD MEETING, 5 April 1988

Present: Jody Sayler, Debbie Bell, Hannah Holland, Martha Ramos, Roberta Pollock, Christy Guzzetta, Holly Gray, Caryl Hudson, Brian McCaffrey, John Mulcare, Barbara Levitan, Arlene Ellner

Absent: Michael Toomey

Discussion of Irv Weisman's request that Board set up committee to develop new ride classification guidelines for bulletin. Debbie will incorporate revisions to be reviewed by Board and published in Bulletin when completed. If further revision necessary, Irv will be asked to set up committee and bring proposal to the Board.

Barbara requested reconsideration of some of the duties currently being handled by the membership chair. In future, membership inquiries to be mailed by answering service directly to Hannah, Jody to handle permanent displays, Caryl to follow up business cards.

Announcement of solicitation to purchase ad in Perimeter Magazine, official RAAM magazine, at cost \$425 with money going to publication. Unanimously rejected.

breakaway vacations

JUNE

- 3-5 • Penn Dutch
- 10-12 • Berkshires
- 17-19 • So. Vermont
- 24-26 • Pioneer Valley

JULY

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

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

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

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

JOIN US!

(212) 722-4221

ADVERTISEMENT

With all of the new people who have been welcomed into our club of late, with the newcomers' ride coming up this month, and in the spirit of my office: I hereby decree that June is officially to be designated as "Be Nice To Cyclist Month"!

At one time or another, we were all new. Remember? Maybe it was last week, maybe last month, maybe even last year, or maybe even last decade. Remember? We pull up for that very first ride and don't know a single person - how nervous we felt back then. Look at that guy over there; shaved legs, sculpted muscles, where is this place called Nyack? Be nice, this is be nice to cyclist month, introduce yourself, say hello, introduce the other riders. You know what, I've changed my mind - let's make it be nice to cyclist year!

Heck, I'm not riding with that group, not those people with the lycra bodies... I'm going on that ride over there with the real humans, at least I know I'll be able to keep up. But what happens if my bike breaks or - - - if I get a lousy flat? Let's wait up this 1988, let's help out with flats and breakdowns, we'll give them a few pointers, we'll be considerate, make it a little easier. This is, after all, be nice to cyclist year! You know what, I've changed my mind again, let's make it:

BE NICE TO CYCLIST LIFE - LET'S MAKE IT A HOUSE RULE FOREVER!

Christy Guzzetta

BILL COOPER -- IN MEMORIAM

Irv Weisman

Bill Cooper, a four term president of our Club ('78,'79,'80,'82), died suddenly of a heart attack at the age of 45, late in Feb. 1988. He had last appeared at a Club function in the summer of 1986 when he acted as the Master of Ceremonies at the 50th Anniversary Celebration of the founding of the Club by Sid Lang, back in 1936.

At that celebration meeting, Bill appeared to be in good health, but he had been suffering with a heart condition for about 5 years and with some loss of pulmonary function since his teen years. In his last two or three years, he had to forego cycling because he had lost sight in his left eye and could not cope effectively with traffic. But rather than retire from physical activity, he took up hiking, and continued to enjoy the outdoors.

Bill was a low key president, and maintained a respectful laissez-faire attitude towards the membership and its varied enthusiasms. The Club reciprocated this respect by electing him to the presidency for the three consecutive terms allowed by the By-Laws, and for an additional term after Jim Rex's tenure during 1981. ("Iron Legs" Jim Rex found that his increasing commitment to the Boy Scouts precluded his running for a second term. This commitment to the Boy Scouts was Jim's way of saying "Thank You" to the freedom and opportunity that the U.S. had extended to him as a refugee from the Hungarian revolt against the Soviet occupation of Hungary.) Bill became a role model for Chris Mailing who succeeded him to the Club presidency, and for Martha Ramos in her presidency.

During his long membership in the Club, starting before 1968 when I first joined, Bill developed several long distance rides. His Labor Day Weekend ride to Montreal in 3 days was modestly billed by him as a "long C ride", but most of us knew better. But on several occasions, and despite his easy-going style, he had to do some fast diplomatic talking to dissuade some bona fide "C" rider from joining that ride.

The reason that Bill labelled his ride as a "long C ride" was because of his unhurried pedaling style. He used a 60 tooth chainring, and pedalled a surprisingly low cadence in the 50s and 60s, preferring to use high pedal force rather than high rpm. That style later came under question by me and several other members when it was increasingly noticed that pushers of high gears were prone to knee damage. At my urging, Bill experimented with spinning, with dramatic results which will be discussed later.

Bill was one of the earliest NYCC participants in TOSRV (Tour of the Scioto River Valley, from Columbus to Chillicothe, in Ohio). His enthusiasm for this 2 day double century ride spread to other members of the Club and to the local AYH, and resulted in contingents of Club members making the annual trek to that event, which is marked 50% of the time by rains and winds, and 100% of the time by long food lines and lines for the toilets. But, like Bill, the participants usually love the event and return to it year after year. (Is there something about discomfort which attracts us?)

Another of Bill's long rides was the ride to Boston, over a two day weekend, which he developed with Steve Bauman, one of the major designers of the famous AYH-Citicorp 5 Boro Bike Tour. This Boston ride has not been run since Bill Cooper's last participation, about 5 years ago, but it is being resurrected this June by Steve B., Brian Mc.. and Martha R. (See Ride Listings). Bill had an interesting experience on that ride, about which, more later.

When Bill was elected to his first term, he proposed that the Club sponsor an L.A.W. Invitational Ride with 25, 50, and 100 mile segments. He scouted and marked the 100 mile route, and invited me to mark my 25 and 50 mile routes, which I did with the help of Marsha Taggart and Connie (Orentlicher) Lenihan. The 50 mile route, with its arrows now faded or paved over, is still in use and is sometimes referred to as "the marked route". It is the basic section of the B/B- Progressive Training Ride Series which David Miller and I are leading this season. So even though Bill's dream of an Annual Invitational Ride did not become a Club tradition, his dream, coupled with Debbie Bell's propensity and skill at making cue sheets, has resulted in some routes becoming incorporated into the Club's portfolio of rides.

To the microcosm of our New York Cycle Club, Bill left a legacy of rides, a model of service to the Club, and a respectful appreciation for the diversity of riding styles and personalities of our membership. But due to our rapid growth in the past five years and to the membership turnover each year, there is the likelihood that the contributions of ~~of~~ previous generations of Club members are easily forgotten. I hope that this brief review of Bill Cooper's contributions will help us reflect on the generosity, concern, and hard work of our Club officers and leaders. Our \$12 membership fee buys primarily the Bulletin and its postage; but it is their devotion to the sport and to the Club which really makes the Club work and be worthwhile. And what do they expect for this? Nothing more than a word of appreciation now and then. Do remember to give it to them from time to time - they'll feel good and so will you.

(In a future issue, I will continue with a short piece about Bill Cooper's unwitting contribution to my research on cadence.)

Dear Friends in the NYCC:

I want to thank you for your support throughout the year. Unfortunately, a combination of circumstances will prevent me from competing in RAAM this year. I hope to requalify in 1989.

Once again, thank you for your emotional and financial support and I would like to wish Alex Bekkerman a strong ride in the 1988 RAAM.

Martha Bauman



A VITUS FRAMESET IMPERSONATING A LAND IGUANA.

the person with
the most toys wins
by steve baron

GOOD NEWS FOR BROOKLYN RESIDENTS. In response to a recent query, ROYS SHEEPSHEAD CYCLE shop advises that our club members will get a 15% discount. Bring a recent bulletin or roster as proof of membership. (We are always pleased to pass along this kind of information to the membership).

A YEAR AGO I wrote a column supporting our local bike shops. We should. Sometimes I comment on catalogs and/or their products. Sometimes when shopping I want to handle the merchandise; sometimes I want to place a phone order at night. Sometimes I don't mind paying a 50% premium or 75% premium to buy right now, and sometimes I really don't understand why prices for a name brand item can vary as much as they do, from shop to shop, or from shop to catalog.

KRYPTONITE's president, Peter Zane and I recently had a conversation. I like him. Extracts and interpolations from that conversation: 1. Auto insurance companies claim 25% of stolen cars aren't stolen, so K insists on seeing the broken lock before they'll pay off on the insurance. 2. Over 95% of K's claims were from bikes stolen in Manhattan, which represents less than 10% of their lock sales (maybe we all bought our K4 locks from a catalog). Now, only K's Rock lock insurance is valid for Manhattan. 3. Lower Broadway and Hell's Kitchen areas are probably the highest bike theft areas in the entire world. (From other source: you can probably buy your bike back at a fraction of its original cost on St. Marks Place.) 4. If you chain up in New York City use a K5 or a Rock, not a K4. A heavy cable and lock, in addition, is of substantial value. A plumber's T or sleeve is essential for the lighter K4.

NOTE FROM A BIKE SHOP OWNER

by Charlie McCorkell
Owner, Bicycle Habitat

From time to time articles appearing in the Cycle Club bulletin have advocated mail order purchasing. While I believe that this provides a reasonable service to the club membership by pointing out mail order bargains, the recent item suggesting members go to local bike shops to obtain a proper fit before ordering by mail goes a little too far. Many of us shopkeepers feel this is a form of shoplifting where a service is stolen instead of a product. The extra cost of doing business is, of course, passed on to the store's actual customers.

We expect to lose a percentage of our sales to cheaper competitors, but when someone has already made a decision to purchase mail order and uses us to try out or size the product we feel he or she does not have a legitimate purpose in our shop.

There are some real benefits to mail order, including price, ease of doing business, and informed, rapid response to inquiries.

There are also real benefits to shopping in a bike shop, including personal attention, immediate gratification (both at time of purchase and subsequently, if need be), expert advice, and local experience.

There are also many less obvious advantages to shopping in a bike shop, including keeping your money in the community, providing jobs, and supporting the local biking community. City bike shops have been active supporters of NYCC's RAAM riders, local racing teams, the battles over access to the GW Bridge and Brooklyn Bridge, and the fight against the bike ban. These are things that mail order companies cannot do for you.

I hope this will sensitize you to the issues surrounding mail order. There is a place for mail order, but I believe the role bike shops play in the community is very important and should not be ignored.

"AMAZING."



CONFESSIONS OF A BIKE BUM

- David Walls

Sacrifice

As cyclists and as civilians each of us dwells within our own space with our views and preconceived ideas shaped by our experiences and those with whom we are in contact. When it comes to our favorite activity of cycling we all know cyclists, usually racers, who exhibit unusually strong egos. Often these egoistic types are offputting. They are usually young and often successful in races. They might work at bike stores or not work at a normal job at all. They may or may not have gone to college or finished high school.

These are the ultimate bike bums. They are dedicating their lives to becoming the best bike racers in the world. They will travel long distances in order to race. There are so many great people riding bikes, why is this group so egotistical as to be anti-social?

I believe the answer lies in their objectives and what it takes to achieve them. Having spent over a year as a dedicated bike bum I have some idea of what these people go through, but not entirely. In my case, while my parents thought me mad, my wife and children were very supportive. Our circumstances were such that with "belt tightening" I needn't worry about earning money for the period. We already had a home and vehicle. There is merit to going through life backwards after all!

During my own training I got to know many of these dedicated bikies quite well, but it wasn't until I went to bike camp that I got a real idea of the level of sacrifice made. There I met people who would live for extended periods of time in appalling conditions so that they might train and race. Living out of vans, travelling to races in far off places. Using camp grounds and schools (often not very sanitary) for washing. Not as a vacation, but as a way of life. Enduring extended periods of being alone but having to be "up" for the next race. To win.

These people have probably gone against the advice and wishes not only of their families but also well meaning friends. Rather than do the accepted thing they have chosen a path not well defined or known. Such a decision and life style requires a self assurance that must include a huge ego.

In contrast to the relative security offered in a normal business career, I used to think that aspiring thespians and musicians endured a rather hard, insecure life. That all pales next to what the dedicated young bike racer endures. While entertainers have achieved a relatively good social status in recent decades, North American bike racers are nowhere. Imagine what determination it must take to turn your back on most of what society holds of value in order to indulge in the passion to go faster than others on two wheels.

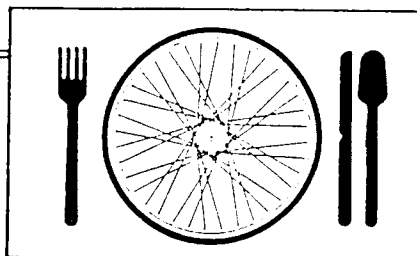
This North American system contrasts starkly with that in Europe. There, the local club system is highly developed. The route from talented, dedicated amateur to pro is well defined. In society generally cyclists are well regarded. Perhaps this difference explains in part why Greg Lemond compared so poorly with Bernard Hinault in the T.V. debates during their battles in the Tour de France.

Last year I had but one purpose, to condition myself to be able to ride day and night on the bike. After 20 or so years "in business" that seemed a real treat but there were many periods of unease, the Calvinism of my upbringing asserting itself. With the support of my family I was able to submerge these periods of rationality. In contrast, the individual aspiring racer usually has no one to turn to for support. My experience has given me a new respect for the egotistical young racers, may they be blessed with success.

NEW YORK CYCLE CLUB

Monthly Meeting

Tuesday June 7th,



O'HARA'S

120 Cedar Street
New York, NY 10006

Meet John Howard-In Person

Cyclist, Author, Olympian, Triathlete, Record Holder.

John Howard has had a long, successful, and varied career in cycling.

A prominent figure in USCF bike races in the sixties and seventies, he has also been on three Olympic teams and won a Gold medal at the Pan Am games. John holds the world speed record for motor paced bicycle (over 150 miles per hour!). In addition to speed John Howard also has endurance. He was a competitor in the original 3000 mile Race Across America and the Spenco 500 mile race and set another world record in the New York 24 hour Pepsi Bicycle Marathon (507 miles!). Then for variety he won the 1981 Ironman Triathlon in Hawaii.

Come welcome John to our club meeting and see his presentation.

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.

NEW AD RATES: The NYCC board has adopted new ad rates commencing with this issue. Please call the editor for details. All members are still entitled to three classifieds each year, submitted typed.

ON THE ORIGIN OF THE KRYPTONITE LOCK an apocryphal tale

by Prof. C. Yale Morris

To those cyclists beset with thoughts concerning the development of theft preventives for the modern bicycle, it may come as something of a surprise to learn that the Unique shape of the Kryptonite lock originally had no relation to its present widespread application.

In order to understand the full picture, it was necessary for the writer to spend some weeks digging in both the National Archives in our capital, and in the Library of The New York Historical Society. Some of the materials were classified and access was gained only with the help of the letters of introduction obtained from the National Lock Manufacturers Association with the kind assistance of its general secretary, Mr. P. Tumbler, and the registrar Mr. D. Bolt.

We must go back to the fateful days of the period 1861-65, when our nation was engaged in a great Civil War. Modern bicycles as such did not even exist, and transport was either by water, rail, or horse. Particularly in the military, the Horse was the kingpin of transport, and many the tale of heroic cavalry battles fought in both the North and South.

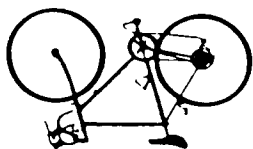
The tale shifts to the year 1865. The scene, Appomattox Court House in Virginia. Battalions from both Northern and Southern Armies are drawn up in full regalia. Lee, Gallant Southern Confederate General, enters the Court house to relinquish his sword to the victorious Ulysses S. Grant. Lee was shamed by the requirements of the ceremony, and so entered the court through a door off the rear alleyway, leaving his horse guarded by a single trusted aide.

With the completion of the humiliating surrender, Lee could only leave as quickly and quietly as he could the same way he arrived. To his consternation, the horse and the guard were both gone.

Graciously, Grant gave Lee his own white charger on which to return to his, Lee's, home. Grant had to ride back to headquarters tandem behind his own aide-de-camp. Grant never forgot this, and later, when he returned to New York City to write his memoirs, frequently rode in the Park, horseback. One day his horse threw a shoe, and dismounting from the horse, Grant picked up the shoe and was struck with the idea for a lock to prevent horse stealing.

The idea never was commercially successful, until in 1968, C.W. Hasp, a direct lineal descendant of H.W. Hasp, General Grant's stablemaster, was reading his grandfathers memoirs. CW Hasp, an enthusiastic cyclist of our time, immediately saw the potential, and with a small loan from Citicorp, started the successful business we know today as The Kryptonite Lock Company.

The NYCC is with you, Alex..... All the way in RAAM



First Class

268-267
ARLENE PRIMER 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



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