

March
1988

New York Cycle Club

MARCH 1988 BULLETIN



Box 020877 Bklyn. N.Y. 11202-0019

PRESIDENT

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

V.P. PROGRAMS

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

V.P. RIDES

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

SECRETARY

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

TREASURER

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

PUBLIC RELATIONS DIRECTOR

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

MEMBERSHIP DIRECTOR

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

CIRCULATION MANAGER

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

A-RIDES COORDINATOR

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

B-RIDES COORDINATOR

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

C-RIDES COORDINATOR

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

PAST PRESIDENT

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

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

RIDES PROGRAM



Compiled by Debbie Bell, V.P. Rides

GUIDELINES FOR CLUB RIDES

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

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

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

RIDE AND RIDER CLASSIFICATION

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

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

Sat. Mar. 5 9:00 AM A/A- 45 mi. **"A" TRAINING RIDE #1: DYNASTY DINER.** Leaders: Herb Dershowitz (212-929-0787) & Alex Bekkerman (212-213-5359). From the Boathouse. Alex writes, "The first training ride." Herb: "Start to get Herb in shape ride. A semi-A ride to the Dynasty Diner in Northvale. Let's moan and groan together." Precip./temp. below 30F cancels.

Sat. Mar. 5 9:00 AM --> A 42 mi. **Special Interest Group PROGRESSIVE "A" RIDE SERIES #1.** Leader: Christy Guzzetta (718-596-9833). From the Boathouse. A simple self-classification ride in Central Park. Four laps around the park, a break to tell lies about how fast we did or didn't go, and then 3 more laps. We'll try and stay together as we cruise the park. If it takes you 2 hours or more to do the first 4 laps, you've got a lot of work to do to ride on an "A" ride on June 25th--maybe more work than is reasonable to expect. The leader will do the 4 laps in 1 hr. 45 min.--a "B" pace. If that's too slow for you, slow down. If it's too fast, speed it up. Let's try and keep together. Rain date: Sunday, Mar. 6.

Sat. Mar. 5 9:00 AM B/B+ 40 mi. **FREEPORT SPRING.** Leader: Alejandro Caycedo (718-739-4648). From the Statue of Civic Virtue, Union Turnpike & Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens). Easy-going Freeport. Good, flat roads ease body back into cycling. Rain, snow, or temps. below 32F cancel.

- Sat.Mar. 5 10:15 AM C-/C 25 mi. **THE BRONX'S LITTLE ITALY.** Leader: John Mulcare (718-672-5272). From the Coliseum, 60th St. & Broadway, Manhattan. Get those cobwebs out of your legs and put some nourishment into your stomach. No rush on this trip. Consider it a mini-training ride for tomorrow's self-classification ride in Central Park. Bring money for lunch in Little Italy, and a lock for your bike. Any precipitation, wet or icy roads, or wind chill factor (i.e., F degrees - 2 x wind speed) below 40F cancels. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."
- Sun.Mar. 6 9:00 AM A/A- 50-60 mi. **"A" TRAINING RIDE #2.** Leaders: Lee Gelobter (718-646-7037) & Richard Herbin (212-792-5438). From the Boathouse. Richard will go fast; Lee makes no promises. Lunch at the Flagship. Be there. Precip./temp. below 30F cancels.
- Sun.Mar. 6 10:00-10:30 AM A/B/C 25 mi. **SELF-CLASSIFICATION RIDES IN CENTRAL PARK, AND B/B- PROGRESSIVE TRAINING RIDE #1.** Leaders: Irv Weisman (212-562-7298), David Miller (212-794-9365), & John Mulcare (718-672-5272). Meet inside the 72nd St. & Fifth Ave. entrance to Central Park (any time between 10 and 10:30 AM) to check out our early season rides classes by doing four full laps around the park at our own comfortable paces and comparing the times against the club's published guidelines. Then we can make informed selections of rides and club training programs from the several being offered this spring. Cancelled by 70% chance of rain or predicted high temp. below 35F. Rain date: Sunday, Mar. 13.
- Sat.Mar. 12 9:00 AM A /55 mi. **"A" TRAINING RIDE #3--ADVANCED TECHNIQUE.** Leader: Chris Mailing (718-847-8004). Meet at the Boathouse for a ride to Nyack. The group will ride in a single-file paceline with short pulls in Central Park and outside the City. Precip./temp. below 30F cancels.
- Sat.Mar. 12 7:50 AM A- 50 mi. **"A" TRAINING RIDE #3--BARON'S HALF-CENTURY.** Leader: Steve Baron (212-228-0555). From the Boathouse. B+ riders welcome. Meet at 7:50 for an 8 AM sharp departure. A once in a lifetime event! Brunch will be somewhere in the wilds of New Jersey. Nyack? Westwood? I'll bring my own candles if you'll promise not to sing. Bad weather won't postpone the day, but it may cancel the ride.
- Sat.Mar. 12 9:00 AM --> A 52 mi. **Special Interest Group PROGRESSIVE "A" RIDE SERIES #2.** Leader: Christy Guzzetta (718-596-9833). From the Boathouse. On the road again--to Nyack. Nothing fancy. An easy-going ride to the world famous Skylark Diner. We just want to get some miles in, build our base, and get to know one another. June 25th is long way off, and we've got a long way to go before we get there. Only one adventure planned for today--one very big hill. Rain date: Sunday, Mar. 13.
- Sat.Mar. 12 10:00 AM B 40+ mi. **SPRING FLOWERS??** Leader: Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.). From the Statue of Civic Virtue, Union Turnpike & Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens). A quick trip to Westbury Gardens (we may not stop there) just to get the legs moving again; indoor lunch at the knish place. Rain, snow, wet roads, or temps. below 32F at the start cancel. Wear helmets for this ride, please!
- Sat.Mar. 12 10:00 AM C-/C 30 mi. **NEPONSIT BEACH.** Leader: John Mulcare (718-672-5272). From 75th St. & Roosevelt Ave., Queens ("E" or "F" train to Jackson Heights/Roosevelt Ave.). We'll make a stop at the Jamaica Wildlife Refuge, then off to lunch (bring or buy) at the beach. Any precipitation, wet or icy roads, or wind chill factor (i.e., F degrees - 2 x wind speed) below 40F cancels. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."
- Sun.Mar. 13 9:00 AM A/A- /60 mi. **"A" TRAINING RIDE #4.** Leaders: Alan Zindman (212-989-8529) & Josh Keller (212-674-0955). From the Boathouse. Precip./temp. below 30F cancels.
- Sun.Mar. 13 9:30 AM B/B+ 50 mi. **EYES OF MARCH, [or] WHERE THERE'S SPOKE, THERE'S TIRE!** Leader: Susan Glaubman (718-596-0477). From the Boathouse. We'll start thinking (we might even put the thoughts into practice) about our strength and technique while riding a seldom-used route to the Flagship and enjoying some unusual sights. Precip. or temps. below 35F at start cancel.
- Sun.Mar. 13 10:00 AM B-/C 45/31 mi. **B/B- PROGRESSIVE TRAINING RIDE #2.** Leaders: Irv Weisman (212-241-4783, of.) & David Miller (212-794-9365). The "B-" ride meets at the Central Park Boathouse; the "C" ride at the GW Bridge Bus Terminal. This is our first loop into New Jersey with target average riding speeds of 11.5/10.5 mph. We'll snack or lunch indoors somewhere. Less than 35F predicted high, or 70% chance of rain cancels. This ride will also be cancelled if last week's self-classification rides were postponed; see March 6.
- Sat.Mar. 13 9:00 AM A/A- 55-65 mi. **"A" TRAINING RIDE #5.** Leaders: Herb Dershowitz (212-929-0787) & Chris Mailing (718-847-8004). From the Boathouse. Chris' "Advanced Technique" section will go to Nyack in a single-file paceline. Cornering drills will be held in Nyack after we eat. Precip./temp. below 30F cancels.

- Sat.Mar. 19 9:00 AM --> A 54 mi. Special Interest Group PROGRESSIVE "A" RIDE SERIES #3. Leader: Christy Guzzetta (718-596-9833). From the Boathouse. Who's coming out, who's fixing to ride on "A" rides this 1988? Ride #3 is a schmoozy ride to White Plains. Nice and easy, conversational, social. Before next week's ride, we'll all receive our first update/progress report. In the mail, we'll also receive a little writeup about pacelines....because....because....because....next week we'll be starting to learn all about pacelines. Oh, boy! Rain date: Sunday, Mar. 20.
- Sat.Mar. 19 9:00 AM B+ /50 mi. Leader: Alan Leener (718-797-0972). From the Boathouse. This is the ride of the green. All riders must have some green--and, helmets a must. With the luck of the Irish, we will all return feeling great after this early spring day. Temp. below 30F or 80% chance of rain cancels.
- Sat.Mar. 19 10:00/ 10:40 AM C-/C 32/18 mi. RIVER VIEW PARK, WEST NEW YORK, NJ. Leader: John Mulcare (718-672-5272). From the Coliseum, 60th St. & Broadway, Manhattan at 10 AM, or the GWB Bus Terminal, 178th St. & Ft. Washington Ave. ("A" train to 175th St.) at about 10:40 AM. Consider this a money-saving trip because we are going to practice riding single file and obeying all traffic lights, as the NJ police now insist that we do. We'll also see the Hudson River from both sides, ride along Jersey's River Road, ride or walk up the Palisades, and enjoy our lunch (buy or bring) in one of Jersey's nice parks overlooking the Hudson. Any precipitation, wet or icy roads, or wind chill factor (i.e., F degrees - 2 x wind speed) below 40F cancels. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."
- Sun.Mar. 20 9:00 AM A/A- 60 mi. "A" TRAINING RIDE #6. Leaders: Richard Herbin (212-792-5438) & Bob Foss (212-594-5402). From the Boathouse. Another ride to the Flagship Diner with some unusual twists and turns, strange ruins, and dramatic scenic vistas on the return leg. Precip./temp. below 30F cancels.
- Sun.Mar. 20 9:00 AM B/B+ 40 mi. EISENHOWER SPECIAL. Leader: Alejandro Caycedo (718-739-4648). From the Statue of Civic Virtue, Union Turnpike & Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens). A great ride to ease back into shape for the cycling season. C'mon, and do it! Temps. below 32F, rain, or snow will cancel.
- Sun.Mar. 20 10:00 AM B-/C+ 50/37 mi. B/B- PROGRESSIVE TRAINING RIDE #3. Leaders: Irv Weisman (212-241-4783, of.) & David Miller (212-794-9365). The "B-" ride meets at the Central Park Boathouse; the "C+" ride at the GW Bridge Bus Terminal. Our target riding speeds are 12/11 mph. You have the option of starting with one group and returning with another. Less than 35F predicted high, or 70% chance of rain cancels.
- Sat.Mar. 26 9:00 AM A/A- 55-65 mi. "A" TRAINING RIDE #7. Leaders: Caryl Hudson (212-595-7010) & Steve Baron (212-228-0555), and Chris Mailing (718-847-8004). From the Boathouse. Chris' "Advanced Technique" section will ride to Syosset in a single-file paceline. Hill-climbing drills will be held on the way out to Syosset. Maps will be available. Precip./temp. below 30F cancels.
- Sat.Mar. 26 9:00 AM --> A 53 mi. Special Interest Group PROGRESSIVE "A" RIDE SERIES #4. Leader: Christy Guzzetta (718-596-9833). From the Boathouse. Today's ride is the first of four "one skill" days. Riding a wheel is the skill. In order to enjoy riding on "A" rides, we all need to master the art of sucking wheel. Real simple, today. No alternating the lead, no double formation, just riding a wheel--it's easy. We're going back to Nyack because the roads are good for this type of ride. Today we begin to learn a little technique--don't miss it. Rain date: Sun., Mar. 27.
- Sat.Mar. 26 10:00 AM B- 45+ mi. THE NORTH SHORE. Leader: Sara Flowers (718-544-9168, h.; 212-921-4319, of.). From the Statue of Civic Virtue, Union Turnpike & Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens). Join me for a ride that will be as brisk as necessary and as social as possible. We will go as far as possible and dine together where necessary, Great Neck, Syosset, Oyster Bay, Bayville--all beautiful this time of year; all we have to do is get there! Cancellation conditions: stuff on ground or falling from the sky; starting temp. of less than 40F (but call if in doubt). Call me if you have questions.
- Sat.Mar. 26 10:00 AM C-/C 32 mi. GREAT NECK, LONG ISLAND. Leader: John Mulcare (718-672-5272). From 179th St. & Hillside Ave., Queens (last stop on "E" or "F" trains). There will be an indoor lunch stop unless it's warm enough to eat in one of our favorite parks. Any precipitation, wet or icy roads, or wind chill factor (i.e., F degrees - 2 x wind speed) below 40F cancels. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."
- Sun.Mar. 27 9:00 AM A/A- /70 mi. "A" TRAINING RIDE #8. Leaders: Alan Zindman (212-989-8529) & Claire Goldthwaite (212-228-0828). From the Boathouse. Precip./temp. below 30F cancels.
- Sun.Mar. 27 10:00 AM B-/C+ 50/37 mi. B/B- PROGRESSIVE TRAINING RIDE #4. Leaders: Irv Weisman (212-241-4783, of.) & David Miller (212-794-9365). The "B-" ride meets at the Central Park Boathouse; the "C+" ride at the GW Bridge Bus Terminal. This loop is the same as that used in B/B- PTR #3, but at a faster pace, 12.5/11.5 mph target avg. speed. As always, you have the option to switch groups during the ride. Less than 35F predicted high, or 70% chance of rain cancels.

- Fri. Apr. 1 **HUNTERDON/BUCKS COUNTY IMPROMPTU.** Leader: Joe Furman (212-861-5067). If the weather is nice, I'll be riding around the countryside at a casual pace. Lots of backroads are planned. Uninterrupted cycling pleasure will be the hopeful result of the day. If you would like to meet me out there on Friday morning, then give me a call on Wednesday evening (Mar. 30) between 7-10 pm for directions. Helmets are strongly recommended.
- A-
40-60 mi.
- Sat. Apr. 2 **"A" TRAINING RIDE #9.** Leaders: Simone Smith & Clay Heydorn (914-941-5013), and Chris Mailing (718-847-8004). From the Boathouse. Chris' "Advanced Technique" section will go to Nyack via the Tappan Reservoir and Orangeburg. The ride will be ridden in a single-file paceline and may feature some "roll up" jams. Sprint finishing drills will be held in Nyack. Maps will be available. Precip./temp. below 30F cancels.
- 9:00 AM
A/A-
55-65 mi.
- Sat. Apr. 2 **Special Interest Group PROGRESSIVE "A" RIDE SERIES #5.** Leader: Christy Guzzetta (718-596-9833). From the Boathouse. For those of us celebrating the Easter holiday, this ride's today. For those of us celebrating Passover, this ride goes off tomorrow--we're a non-sectarian SIG! It's our fifth ride and we're already doing 64 miles--we must be getting in shape. One skill today, alternating position in a paceline. We'll take last week's skill and add one to it. Last week, riding a wheel, single-file. This week, again single-file, and changing position. Moving along. Alternate ride--both go off, no need to call--Sunday, Apr. 3.
- 9:00 AM
--> A
64 mi.
- Sat. Apr. 2 **EARLY HILLS.** Leader: Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.). From the Statue of Civic Virtue, Union Turnpike & Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens). A few North Shore hills on the way to Glen Cove and a few on the way back. We'll wait for you at the top (or you wait for me). Helmets for this ride, please. Rain, snow, wet roads, or temps. below 32F at the start cancel.
- 9:00 AM
B/B+
50+ mi.
- Sat. Apr. 2 **LIBERTY PARK, NJ.** Leader: John Mulcare (718-672-5272). From the Coliseum, 60th St. & Broadway, Manhattan, at 9:30 AM, or the Staten Island Ferry (\$.25) at 10:20 AM. Bring or buy lunch, but do save \$1.50 or so for an ice cream cone you'll love on the way back to the ferry. Any precipitation, wet or icy roads, or wind chill factor (i.e., F degrees - 2 x wind speed) below 40F cancels. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."
- 9:30 AM/
10:20 AM
C-/C
25/18 mi.
- Sun. Apr. 3 **"A" TRAINING RIDE #10.** Leaders: Steve Sklar 9212-245-3245) & John Marks (212-923-2503). From the Boathouse. Precip./temp. below 30F cancels.
- 9:00 AM
A/A- /70 mi.
- Sun. Apr. 3 **Special Interest Group PROGRESSIVE "A" RIDE SERIES #5.** Leader: Bob Foss (212-594-5402). From the Boathouse. For those of us celebrating the Easter holiday, this ride was yesterday. For those of us who celebrated Passover on yesterday, we're riding today. Same ride, same routine, both of them are going off regardless of religious conviction. See Saturday's listing for further details.
- 9:00 AM
--> A
64 mi.
- Sun. Apr. 3 **DIAL-A-"B"-RIDE.** No formal, organized ride today, but your B-Rides Coordinator, Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.), will put interested riders in touch with each other.
- B

Note for new "C" riders: Recommendations and Further Cancellation Conditions. Suggestions on what to bring for a more enjoyable ride: a helmet, spare tube(s), tire irons, patch kit, pump, lock, water bottles, and any tools unique to your bike; lunch or money for it; a copy of your medical coverage ID card; map, compass; LIRR or Metro-North bike permits, if applicable. Occasionally it may be advisable, in the interest of safe and enjoyable riding, to cancel a ride at the last minute because of a significant unfavorable change in the weather forecast from one evening to the following morning. If in doubt, to save yourself from a possible futile trip to the published or previously agreed-upon "starting place," it is strongly suggested that you call the leader at least 90 minutes before the published or previously agreed-upon "starting time."

Previews

- Apr. 9-24 **"A" TRAINING RIDES #11-16.** Two rides every Saturday and Sunday, concluding with the traditional Princeton Century on April 24.
- April-
May **B/B- PROGRESSIVE TRAINING RIDES.** Leaders: Irv Weisman (212-241-4783, of.) & David Miller (212-794-9365). Every Sunday except for April 3 (Easter/Passover).
- April 17 **CHERRY BLOSSOM RIDE.** Leaders: Irv Weisman (212-241-4783, of.) & David Miller (212-794-9365).
- 23 **BUCKS COUNTY/HUNTERDON COUNTY CARTOP.** Leaders: Joe Furman (212-861-5067) & Brian McCaffrey (718-634-1742).
- 30 **PINE BARRENS METRIC CENTURY.** Coordinator: Brian McCaffrey (718-634-1742).

- May 6-8 SKYLINE DRIVE. Leader: Roberta Pollock (212-864-6182). B+ and above riders. We'll leave the city Friday afternoon to go hill-climbing on beautiful Skyline Drive in the Blue Ridge Mountains of Virginia. Return will be late Sunday night. Approximate cost for van plus hotel is \$125, deposit is \$30. The trip is full, but I am setting up a waiting list. Also, we may have space to give someone a free ride (and rbom) in exchange for driving sag (but you'll have time to bike). Call for details.
- 15 THE SECOND ANNUAL RETURN FROM MONTAUK (BUS) RIDE. Leader: Bob Trestman (212-431-8926). Leave from the Town Square in Montauk and enjoy the ride home with stops in Queens and Manhattan (the Plaza Hotel). Bus #1 leaves at 3 PM; Bus #2 leaves at 5 PM. Each one holds 30 cyclists and their bikes. (Seats will need to be lowered, handlebars turned, and pedals removed--please bring your own tools.) The cost is \$20. Please specify which bus you prefer and send your check to Bob Trestman, 235 Elizabeth St., Apt. 21, New York, NY 10012.
- 21 DINGMAN'S FERRY/DELAWARE WATER GAP AREA CARTOP. Leader: Joe Furman (212-861-5067).
- 27-30 MEMORIAL DAY IN SHEFFIELD, IV. Leader: Lee Gelobter (718-646-7037, 8-11 pm) & friends. If you've been before, 'nuff said. If you haven't, rooms are filling up fast. Imagine a weekend in cycling heaven. Quiet tree-lined roads, passing cars you can count on one hand. Terrain for all levels. Call Lee for details. You'll be sorry if you miss it.
- 27-30 NORTH MEETS SOUTH MEMORIAL DAY WEEKEND. Leaders: Joe Furman (212-861-5067), Brian McCaffrey (718-634-1742), & Martha Ramos (718-858-9142). The historic cycling wonderland of Frederick County, Maryland, and Harper's Ferry, West Virginia, should be brilliant at this time of year.
- 25-27 DEN STORE STYRKEPRØVEN. Leader: Marty Wolf (212-935-1460). This is the 22nd annual "Den Store Stykkeprøven" ("The Test of Strength"), with 4,000+ participants. We'll have 48 hours to pedal 340 mi. from Trondheim to Oslo. The ride takes place very close to the longest day of the year, so despite the requirement that all bikes must have lights, we'll be riding in daylight or some light most of the time. Call Marty for application forms or further information.
- Aug. 10-21 THE CANADIAN ROCKIES. Leader: Debbie Bell (212-864-5153). Banff, Lake Louise, Jasper, and the Golden Triangle; 40-78 mi./day. The trip is sold out at this time, but call if you'd like to be on the waiting list.

PARIS - BREST - PARIS: FINAL RESULTS

IN JANUARY FINAL P-B-P RESULTS WERE RECEIVED. GENERALLY SPEAKING THE AMERICANS DIDN'T DO PARTICULARLY WELL, COMPARED WITH THE REST OF THE WORLD. BUT NYCC CAME THROUGH BEAUTIFULLY:

<u>CATEGORY</u>	<u>STARTERS</u>	<u>FINISHERS</u>	<u>DNF</u>	<u>%DNF</u>
ENTIRE GROUP	2,597	2,117	480	18.5%
U.S.	231	137	94	40.7
OVERALL MEN-WORLDWIDE	2,444	2,013	431	17.6
OVERALL WOMEN-WORLDWIDE	153	104	49	32.0
WOMEN ON SINGLE BIKES*	128	86	42	32.8
U.S. WOMEN-SINGLE BIKES*	27	15	12	44.4
NEW YORK CYCLE CLUB	12	11	1	8.3
NYCC WOMEN	3	3	-	-

*EXCLUDES TANDEMS

NEW YORK CYCLE CLUB FINISHERS WERE AS FOLLOWS:

MIKE DELILLO	CLAIRE GOLDTHWAITE
**REGGE LIFE	EILEEN O'NEILL
DENNIS LOPEZ	MARTY WOLF
JAMES ROSAR	
**LEROY VARGA	
MAXIM VICKERS	
JEFF VOGEL	
MIKE YESKO	

** NOT MEMBERS OF THE NEW YORK CYCLE CLUB BUT USED OUR AFFILIATION WHEN ENTERING P-B-P; STEVE SKLAR, WHO IS A MEMBER AND WHO ALSO FINISHED, WAS ENTERED AS AN INDIVIDUAL, NOT AS A NYCC MEMBER

Christy Guzzetta
718-596-9833

Remember, we start Saturday, March 5th, 1988 (rain date Sunday, March 6th), 9:00 AM from the Boathouse in Central Park. RIDE #1 IS A SELF CLASSIFICATION RIDE CONSISTING OF LAPS IN THE PARK. See the ride listings for details.

Christy Guzzetta

the person with the most toys wins

by steve baron

YOU READ IT HERE FIRST: as predicted six months ago, copies of the light weight Giro helmet abound, and are down to \$29.95, with covers from \$3.95. Call Performance at 1-800-PBS-BIKE, but be sure you have tried on the same helmet elsewhere, or be prepared to return it. There may be as many different helmet shapes as there are head shapes.

BAD DAY AT BLACK ROCK: A friend recently secured his bike with a Kryptonite K5 with sleeve for the front wheel and frame, and Kryptonite's new, indestructable, four pound "THE ROCK" for the rear wheel, frame and post. No, I'm not going to tell you that someone lifted the bike over the post because there was a straight path up: I am going to tell you that both locks were (probably frozen and then) snapped off. Be very wary in the Tower Records/Broadway/Lafayette area. A few weeks before I secured my bike in the same area, mine was the second bike on the post. When I came back, the other bike was gone, but the Citadel that had secured it was still there, in pieces. The rubber cover had been peeled back, again suggesting freezing. My bike, K4 with sleeve survived. Was the other bike taken because my lock was under the other one, or was the van full, or is Nishiki not in demand. The friend mentioned above will get the cost of his bike back from Kryptonite, but, he informs me, they won't pay the tax, nor will they pay for or replace the two expensive locks.

I expect that we'll soon be able to order a bike, on the street, to frame size, brand, and color and wait only a few minutes for delivery in that part of the city.

Winter isn't over yet; spring is just beginning. Last year's suggestion to spray your toes with anti-perspirant really helps keep them warm and dry.

Why were eleven members of this club seen having breakfast in one restaurant in New Paltz on 6 Feb? They were all on their way to cross-country skiing in the area, on that very cold day. Anyone like "New York Bike and Ski Club"? Good subject to extend the next board meeting past the current 10:00 p.m. adjournment.

Confessions of a Bike Bum

by David Walls

As the new season approaches (yes, it will get warm), the hot subject of the moment seems to be helmets. The current fashion is very much in favor of their use. Those so in favor have always been quite outspoken and I gather their advocacy is about to become more strident. My view is that outside of racing their use should be a matter of personal preference.

I currently wear a helmet but hate doing so. I wear it because it is required in races and wearing it all the time minimizes its discomfort during a race. Also, I've had a number of accidents where the helmet's value has been demonstrated. Finally, is it possible I've succumbed to group pressure or superstition?

One crash I had was when I misjudged speed and was hit by a car. I wasn't wearing a helmet and while I hit my head, all that was required were a couple of sutures. The last thing to hit the pavement was my head. The second time I was wearing the helmet and it probably saved my life. I woke up in the emergency room having been unconscious for several hours. The Oakley glasses I was wearing certainly saved an eye; the left lens had quite a gash in it.

Importantly, each accident has made me increasingly careful. I don't pass an intersection without watching over my shoulder and no longer try to beat cars pulling out in front of me. It is the need to be very cautious that should be emphasized. By being alert, accidents can be avoided and, their likelihood minimized.

On the infamous Gimbels ride, a significantly large proportion of riders choose to not wear helmets. There are, in fact, few crashes on this ride, and

none have, to my knowledge, resulted in head injuries. A constant alertness is probably a great contributor to this record just as it is in the pro ranks.

Careful riding does not mean slow riding; it does mean a constant awareness to what is happening around the rider and up the road. For the most part, accidents I've witnessed on Club rides resulted from a moment of inattention.

There has been a general, inexorable move towards helmets in a number of sports in recent years. Hockey is one I'm familiar with. I grew up in an era where helmets were unheard of and it was the rare goaly who wore a mask. As a figure skater I was encouraged to wear a wool cap because it was thought to minimize head injuries. The only time a skater landed on his head was a world champion pair skater at an event in which I competed. It was said that his slight injury would have been more slight had he worn a wool cap. During that time Canada's top equestrian was famous for "losing" his helmet at the start of a ride.

This general trend to head protection indicates an overriding concern for injuries of one type. The more common cycling injuries include road rash and broken collar bones. Generally, head injuries are an exception.

If you have any doubt, wear a helmet by all means, but don't let it make you careless. Please, make rides more pleasant for all by refraining from proselytizing those who don't. They just might be better, more careful riders.

David Walls

Minutes...

New York Cycle Club Board Meeting Minutes, 5 January, 1988, O'Hara's Restaurant

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

December board meeting minutes approved.

Holly Gray announced NYCC now charter member of AYH and 1988 Budget will be presented at February board meeting.

Barbara Levitan announced there are 800 paid members.

Ride Leaders' Report: Two A training programs; 17 progressive ? to A rides to be led by Christy Guzzetta; Progressive B- to B rides lead by Irv Weisman & Dave Miller & Central Park 4 Lap Self-Classification ride, Sunday, March 5; C to B- progressive training ride.

Jody Saylor proposed having information desk at membership meetings
Also proposed was expanding support and representation to TA. A donation was suggested.

Meeting ended at 8:50 PM

Respectfully submitted,

Ann E. Ulare

NEW YORK CYCLE CLUB INC. FISCAL 1987 FINAL STATEMENT

	BUDGET	ACTUAL
REVENUES		
MEMBERSHIP DUES	7,800.00	8,476.50
JERSEY SALES (NET)	2,220.00	1,459.75
BULLETIN ADS	100.00	61.00
INTEREST	200.00	275.54
TOTAL REVENUES	10,320.00	10,272.79
EXPENSES		
BULLETIN PRINTING	3,800.00	2,924.61
BULLETIN POSTAGE	2,100.00	2,219.80
PROGRAMS	250.00	369.93
MEMBERSHIP	350.00	419.23
RIDES	100.00	96.00
BANK CHARGES	100.00	122.10
CIRCULATION	250.00	21.60
AFFILIATION DUES	65.00	15.00
PUBLIC RELATIONS	20.00	57.25
EDITOR	100.00	53.81
TREASURER	60.00	50.24
BOARD HOST	250.00	277.98
P.O. BOX	22.00	22.00
SECRETARY	40.00	10.52
PRESIDENT	0.00	0.00
RAAM AWARD	1,277.00	1,277.14
TOTAL EXPENSES	8,784.00	7,937.21
NET REVENUE	1,536.00	2,335.58
CURRENT ASSETS		
CHECKING ACCOUNT		750.68
SAVINGS ACCOUNT		4,705.02
TOTAL CASH (INCL. \$100.00 SCHUETZE FUND)		5,455.70
OTHER ASSETS		
23 CLUB JERSEYS, 1 ELECTRIC TYPEWRITER, CLUB SEAL, TREASURER'S STAMPS, ASST. STATIONARY.		

NEW MEMBERS



ALTER, Ben	414 W. 120 St. #307	N.Y.	10027	212-865-9275
ALTER, Jean	414 W. 120 St. #307	N.Y.	10027	212-865-9275
BADAIN, Ilene	720 E. 2nd St.	B'klyn	11218	718-972-1809
BENNETT, Artie	2064 53rd St.	B'klyn	11204	718-338-9319
BLATTBERG, Frederick	354 E. 91st St. Apt P	N.Y.	10128	212-369-7181
FESSENDEN, Joan	401 E. 86th St. #14H	N.Y.	10028	212-289-3566
GOSCIAK, Josh				
HAMENT, Nancy	101 W. 81st St. #708	N.Y.	10024	212-769-0738
HOSTE, Gary	4706 11 Ave.	B'klyn	11219	718-853-8234
HYMEN, Julie K.	328 E. 93rd St. #4A	N.Y.	10128	212-996-2068
KRAFT, Marianne	2809 Claflin Ave. #42	Bronx	10468	212-796-6113
LAVITT, Jed	125 Prospect Park W.	B'klyn	11215	718-499-3799
LEVITT, Bruce	205 E. 95th St. #18B	N.Y.	10128	212-735-5611
MINKOFF, Paul A.	39-15 46th (Bliss) St.	Sunnyside, LIC	11104	
ROLE, Lorna	440 Riverside Dr. #76	N.Y.	10027	212-663-9099
ROTHENBERG, Eric	440 Riverside Dr. #76	N.Y.	10027	212-663-9099
RUSSO, Nathan	Box 1043	Manhasset NY	11030	718-279-2680
SAFIAN, Chet	155 E. 93rd St. #11-A	N.Y.	10128	212-860-4297
SCHIFFMAN, Sandi	49 W. 12th St. #5G	N.Y.	10011	
SCHUETZE, Martin	1691 Blackhawk Cove	Eagan, MN	55122	612-452-2739
SCHUMAN, Nicolette R.	675 N. Terrace Ave. #5C	Mt. Vernon NY	10552	914-664-5499
SILBERSTEIN, Judy				
STRONG, Yvette				212-295-0524

change of address

BARNES, Susan				
BELL, Wendy	250 South End Ave. #5B	N.Y.	10280	914-834-5846
DOMINQUEZ, Lyn	755 West End Ave. #9C	N.Y.	10025	
GRAVES, Charles	395 South End Ave. #26F	N.Y.	10280	212-661-0400
KALISH, John	551 16th Street	B'klyn	11215	
MATTNER, Richard	31-38 55th St.	Woodside	11377	718-953-3072
MORIARTY, Christopher	%Paine Webber, 1285 Sixth Ave.	N.Y.	10019	212-666-1854
OBELKEVICH, Dave	755 West End Ave. #9C	N.Y.	10025	
PLANT, Malcolm D.	Raychem, 300 Constitution Dr.	Menlo Park CA	94025	
RAMOS, David				
RUSSO, Maria	382 Central Park West #20A	N.Y.	10025	
SOONG, Edmund	39-46 44th Street	Sunnyside	11104-2108	718-937-3588

HELP WANTED - MECHANICS - MARSHALLS

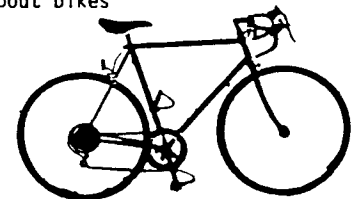
NYCC member Tony Mantione is Chairman of a fund - raising bike - a - thon at LITTLE VILLAGE SCHOOL, where his daughter, Michelle, is a student. Tony needs both people who are knowledgeable about bikes and those who can offer general help to make this event a success.

DATE: SUNDAY MAY 15

TIME: 10AM - 3PM

PLACE: EISENHOWER PARK

CONTACT: TONY MANTIONE H - 718-833-9729 W - 516-887-4600



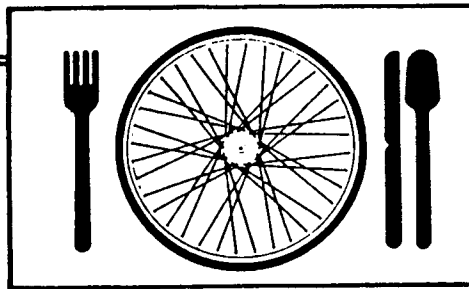
CLASSIFIEDS

CLASSIFIEDS: Each paid-up member of NYCC may have the equivalent of three lines thrice per year for their own notices. Ads must be submitted ready for paste-up. Commercial rates on request from the editor.

FOR SALE - BIANCHI, 65CM., COBALT BLUE, CHROME MOLLY DOUBLE BUTTED, CYCLONE M II FRONT AND REAR DERAILLEURS, TOURNEY AID CRANK & CHAIN RING, SUNTOUR SUPERB BRAKES, ARAYA CLINCHER RIMS, SUSUE HUBS (3DCDK), KYKUTO PRO VIC II PEDALS, 12 SPEED 32/13 FREEWHEEL. CALL IRENE NARISSI (212) 684-4196.

TOURING BIKE FOR SALE: 19", Cr-Mo frame, 18 speeds, in excellent condition. Great "C" bike. Asking \$185. Call Patti at 212 222-2890.

**NEW YORK CYCLE CLUB
MONTHLY MEETING
TUESDAY, MARCH 8TH**



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

ANN SORREL - Lawyer, Journalist, Cyclist PRESENTS: SOUTH AMERICA, A 4,000 MILE TOUR

VENEZUELA, COLUMBIA, EQUADOR, PERU

The 4 Andean Mountain countries in northwestern South America provide a visual array of European (mostly Spanish) and Indian Black groups, modern cities (and sprawling slums), tropical coast, high altitude grassy plains, banana, sugarcane and coffee plantations, huge cattle ranches, herds of Llama, alpaca and vicuna, archeological wonders such as Machu Picchu, the "Lost City" of the Inca Empire, and, of course, the towering Andes. The Latin American debt crisis and shaky democracies dominated by a strong military presence and troubled by terrorist groups like the Shining Path in Peru are part of a socio-economic picture that includes a high infant mortality rate, rampant inflation, disproportionate wealth, a powerful Catholic Church and many untapped natural resources. Slides taken during a 3 month 4,000 mile (6,105 kilometer) bicycle tour from Caracas, Venezuela to Cusco, Peru.

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.

P - P L - P L E - P L E A -

P - P L - P L E - P L E A - P L E A S - P L E A S E - P L E A S E - P L E A S E

A L L material for the NYCC Bulletin must be in your Editor's hands by the second Tuesday of each month.

You may hand it to me at the monthly meeting, or mail it before the meeting. Nothing will be accepted unless it is typed, proofed, spelling checked (use your dictionary!). Articles should be typed across the 11" dimension of paper. Classifieds are best typed about 5" wide. Paid ads must be camera - ready. The deadline for all is the same: second Tuesday, typed, no exceptions. Your cooperation will ensure a timely bulletin.

DEADLINE FOR THE APRIL BULLETIN IS MARCH 8.

DEADLINE FOR THE MAY BULLETIN IS APRIL 12.

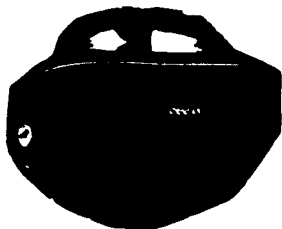
RECEPTION AND INFORMATION TABLE

The New York Cycle Club is growing to the point that we need an information center. At our monthly Club meetings starting in April 6PM-7PM Jody Sayler, Director of Public Relations, will set up an area, perhaps with table, centrally located, to dispense information about Club activities, both general and specific; introduce potential riders to members they should know, make connections, etc. This could also be a clearing house for car-top rides, a sign-up table for big trips, a recruiting table for new leaders, a sort of Travel Desk.

The main goal is to offer a reception to people who do not know their way around our meetings as well as our more 'experienced' members and to make the connection between these people and appropriate ride leaders, coordinators, etc. interest groups, training programs and leadership programs. Extra bulletins will be on hand, updates on the G W Bridge crossing, Bike Ban, etc.

Our President has even agreed to come visit the Reception Table on occasion.
SO! PLEASE COME VISIT

Have you
Renewed Yet?



First Class

RENEWED Hill, NY 11418

256-237
ALENE PRIMER MAILING
CHRIS MAILING
110-30 MYRTLE AVE

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