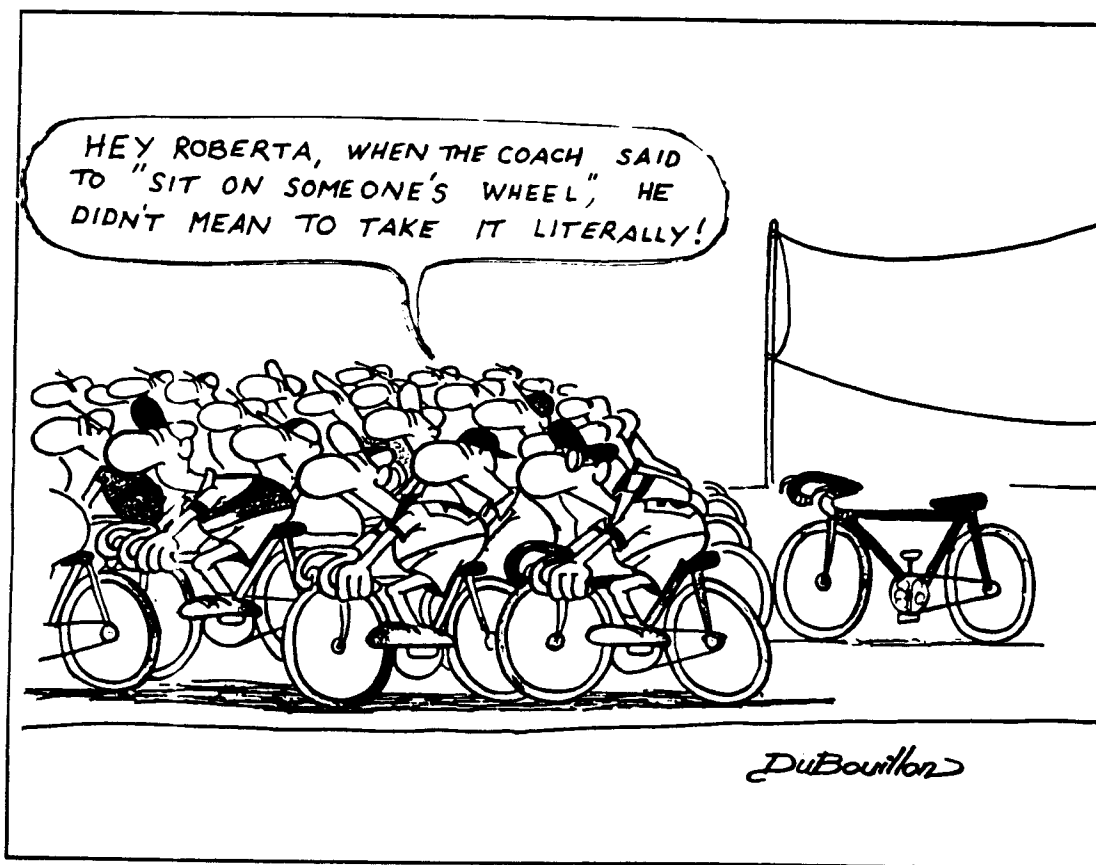


**May  
1988**

# New York Cycle Club

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



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**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  
57 Montague St. #5C  
Brooklyn, N.Y. 11201  
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

## GUIDELINES FOR CLUB RIDES

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

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

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

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

## Weekday Rides

Tuesdays/ Thursdays 6:00 AM	EARLY MORNING CENTRAL PARK RIDES. Leaders: Steve Baron (212-228-0555) & Caryl Hudson (212-595-7010). Meet at the Tavern on the Green for a friendly, but strenuous, 2-3 laps in a pace-line. If you can average 17 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 6:00 PM B+	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.
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 A/A-	THURSDAY EVENING CENTRAL PARK LAPS. Leader: Marty Wolf (212-935-1460). Meet at the Boathouse for a few friendly laps on Thursday evenings. I may not make it every Thursday -- but then, you don't really need a leader to get around the park, do you?
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.

# Weekend Rides throughout May

Saturdays and/or Sundays early AM A-/B+ FOREST PARK LOOP. Leader: Tom Lowenthal (718-847-6048, h.; 718-330-7040, of.). In Queens, y'know, that other borough. If you're interested in climbing a hill with a semi-steep grade, meet me at the Civic Virtue Statue, Queens Blvd. & Union Turnpike ("E" or "F" train to Union Turnpike/Kew Gardens). Call to discuss how early we'll start. Conquering this hill 3 times every 5 miles does tire your body out eventually. Where are those calories when I need them! Regardless, a large healthy breakfast is recommended, as are helmets. Only a torrential downpour will cancel.

Sundays May 8, 15, 22 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.

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Sat. Apr. 30 Complete descriptions of the following rides appeared in the April bulletin.  
A SO YOU THINK YER IN SHAPE, HUH! Leaders: Roberta Pollock (212-864-6182) & Herb Dershowitz (212-929-0787). 125 mi., to Greenwood Lake. 7:30 AM from the Boathouse.  
--> A SIG PROGRESSIVE "A" RIDE SERIES #9. Leader: Christy Guzzetta (212-595-3674). 83 mi., to Delaware & Raritan Canal. 8:30 AM from the Staten Island Ferry. Rain date: May 1.  
B+/A- PINE BARRENS METRIC CENTURY. Coordinators: Brian McCaffrey (718-634-1742) & Joe Furman (212-861-5067). 7:30 AM cartop. Call Brian for details. Rain date: May 1.  
B VISIT UNCLE TEDDY. Leader: Sara Flowers (718-544-9168). 50 mi. to Sagamore Hill. 9:00 AM from the Statue of Civic Virtue.  
C-/C FT. LEE PARK. Leader: John Mulcare (718-672-5272). 20 mi. 10:30 AM from the Coliseum (60th St. & Broadway).

Note: Starting this month, we're trying to simplify the rides descriptions by including general information (cancellation conditions, what you should bring, and so forth) in the revised Rides Guidelines. Please see the top of page 2. DEB.

Sun. May 1 9:00 AM A- /60 mi. SKYLINE RECOVERY "LIGHT & AIRY." Leader: Jody Sayler (212-799-8293). From the Tavern on the Green. We're going to Valhalla.

Sun. May 1 9:00 AM/ 8:45 AM B/B- 75/62 mi. B/B- PROGRESSIVE TRAINING RIDE #7. Leaders: (B) David Miller (212-794-9365) & (B-) Irv Weisman (212-241-4783, of.; 212-562-7298, h.). This is a change in the ride listed in the April bulletin. Meet David at 9:00 AM at the Tavern on the Green, or Irv at 8:45 AM at the GWB Bus Terminal for this repeat of the April 24th ride, but at a slightly faster pace. We meet for a common lunch and you can switch groups for the return ride. If this is your first ride of the season, please don't come.

Sun. May 1 7:30 AM 36 mi. 12th ANNUAL CITIBANK-AYH FIVE-BORO BIKE TOUR. From Battery Park. Info.: American Youth Hostels, 212-431-7100. Call John Mulcare (718-672-5272) if you'd like to ride with other NYCC members; see April bulletin for more details on this unique event.

Fri.-Sun. 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. The trip is full, but I am setting up a waiting list. Call for details.

Sat. May 7 7:31:14 AM A 112+ mi. MOUNTAINEER'S SPECIAL. Leader: John G. Waffenschmidt (718-476-0888). From the Boathouse. This is a preparation ride for Montauk. Only individuals with a suitable pro-enjoyment of life philosophy should attend. Political orientation has no bearing -- capitalists, socialists, and communists are welcome, though political commentary must be kept to a minimum. This is LIMITED FOOD STOPS ride. P.S. No high-powered rifles will be permitted. Rain, 6 AM temps. over 76F (315K) cancels.

Sat. May 7 9:00 AM A 50 mi. OUT AND BACK. Leader: Carl Faller (212-566-1626, of.; 212-567-3601, h.). From the NY side of the GW Bridge. Please eat breakfast, as we ride a quick loop into Rockland County and return nonstop to the city. (I'll have an afternoon tennis match.) Looking to lead a group ride, with a few climbs.

Sat. May 7 8:00 AM --> A 98 mi. Special Interest Group PROGRESSIVE "A" RIDE SERIES #10. Leader: Christy Guzzetta (212-595-3674). From the Boathouse. This is a change in the ride listed in the April bulletin. Damn the hills and over the dams in Westchester. We start the 2nd portion of our SIG with this ride -- now we start getting serious. We're going to get faster and faster and faster from this point on. Have we gotten our second update in the mail yet? Are we really going on an "A" ride in June? Yes. Rain date: Sun., May 8.

Sat. May 7 9:00 AM B /50+ mi. SPRING TUNEUP. Leader: Gerhard Meilen (212-724-8622). From the Boathouse. The leader will diagnose (not repair) problems with your bike, and then lead a "B" ride to listen to the squeaks and groans and offer suggestions on equipment.

Sat. May 7 10:00 AM C-/C 24 mi. THE BRONX ZOO. Leader: John Mulcare (718-672-5272). From the Coliseum, 60th St. & Broadway, Manhattan. We'll stop at the Bronx's Little Italy for those preferring not to carry their lunch, and will eat in the park near one end of Arthur Ave. Bring a few dollars for admission to the Zoo, and a lock for your bike.

Sun. May 8 7:45 AM A- /85 mi. BROADWINGS IF NOT BALD EAGLES. Leader: Caryl Hudson (212-595-7010). From the Boathouse. Stony Point, via the back way.

Sun. May 8 9:00 AM B/B+ 55+ mi. BEELINE TO BAYVILLE. Leaders: Art Allgauer (718-268-2582) & Tom Lowenthal (718-847-6048). From the Statue of Civic Virtue, Union Turnpike & Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens). Catch some rays on the beach at Bayville. A friendly Sunday jaunt to the warm rich sands.

Sun. May 8 8:00 AM/ 7:45 AM B/B- 87/75 mi. B/B- PROGRESSIVE TRAINING RIDE #8. Leaders: (B) David Miller (212-794-9365) & (B-) Irv Weisman (212-241-4783, of.; 212-562-7298, h.). Meet David at 8:00 AM at the Boathouse, or Irv at 7:45 AM at the GWB Bus Terminal for this loop into Rockland County and an exhilarating sweep down West Saddle River Rd. We meet for a common lunch, picnic if weather permits. Please, no first-ride-of-the-season on this one.

Sun. May 8 10:00 AM C/C- 36 mi. DEMAREST DUCK POND. Leader: John Mulcare (718-672-5272). From the Coliseum, 60th St. & Broadway, Manhattan. Bring (or buy) a picnic lunch. We'll practice overcoming the usual steep hills encountered when returning from most rides in Jersey by tackling them in a few stages.

Sat.-Sun. May 14-15 6:50 AM A/A- 250 mi. 6th ANNUAL MONTAUK TWIN CENTURY WEEKEND. Leader: Marty Wolf (212-935-1460). As in years past, we'll take a central Long Island route on Sat., but will return on Sun. on the same route that AYH will be using for their ride to Montauk (wave to your friends!). Our group will stay in a motel in Montauk on Sat. night (after a fabulous seafood dinner). Call Marty for further details, motel phone number, and meeting place.

Sat. May 14 9:00 AM A-/A /50-60 mi. PRE-MONTAUK WARM-UP. Leader: Paul Mort (212-645-5262). From the Boathouse. Easy ride to warm up for Montauk. Emphasis on spinning, not too many hills.

Sat. May 14 9:00 AM B+ /65+ mi. BAYVILLE BY THE BAY. Leader: Susan Glaubman (718-596-0477). From the Boathouse. Let's take part of a familiar route, a surprise dip in the woods, and some beautiful back roads into Bayville by the bay. Lunch in a reasonably-priced diner and back by early afternoon.

Sat. May 14 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. On the way we might stop to see the Hall of Fame, if it's open. Bring money for lunch and a lock for your bike in case we decide to eat indoors.

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Sun. May 15 115 mi. MONTAUK CENTURY. This annual AYH event is the flattest and easiest century you'll ever ride -- if the weather cooperates and the winds are at your back. Over the years, NYCC leaders have added some variations: a double century (Bekkerman & Waffenschmidt), Wolf's twin century (see above), Guzzetta's SIG ride, and two chartered buses (Trestman). Unless you're joining one of these groups, meet at the Jamaica Station of the Long Island Railroad (Sutphin Blvd. & Archer Ave.) in Queens at 5:30 AM. You must make advance arrangements for the return trip on either the NYCC bus (see below) or the AYH bike train (\$16 for AYH members; \$20 for non-AYH members; purchase tickets at AYH, 75 Spring St., NYC).

5:00 AM/ 5:31 AM AA/A+/A 275/ 230 mi. MONTAUK ROUNDTrip. Leaders: Alex Bekkerman (212-213-5359) & John G. Waffenschmidt (718-476-0888). Alex is in shape, John is a dreamer. Alex will leave from the Boathouse at 5:00, picking up John and others at the Jamaica train station. Due to variable life factors, John presently has a bus spot but may relinquish it if his program proceeds intact. Either way the ride goes off. Be there. Advance notification of participation suggested.

Montauk Century rides -- continued

4:30 AM Special Interest Group PROGRESSIVE "A" RIDE SERIES #11. Leader: Christy Guzzetta (212-595-3674). We're on a mission today. It's Montauk Point. We leave together, work together, and --> A arrive together -- at the bank in Montauk. This may have been our finest hour last year. It may be this year, too. I'll be leaving from the fountain in front of the Plaza Hotel at 4:30 AM sharp. We'll regroup at the train station in Jamaica for an official 5:30 AM sharp departure. Make sure you have a bus or train ticket to get home.

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. Bus #1 is filled; bus #2 had seats as of mid-April. Send your check to Bob Trestman, 235 Elizabeth St., Apt. 21, New York, NY 10012.

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Sun. May 15 B/B- PROGRESSIVE TRAINING RIDE #9. Leaders: (B) David Miller (212-794-9365) & (B-) Irv Weisman (212-241-4783, of.; 212-562-7298, h.). Meet David at 8:00 AM at the Boathouse, or Irv at 8:00 AM/ 7:45 AM at the GWB Bus Terminal for this repeat of the May 8th ride, at a slightly faster B/B- pace. 87/75 mi.

Sun. May 15 PICNIC WITH THE DUCKS AT DEMAREST. Leaders: Irving, Hindy, & Amanda Schachter (212-758-5738). Meet at Maxwell's Plum (First Ave. & E. 64th St.) for a slow-paced ride through C/C- Central Park and northward to Bergen County, NJ. Donald, Daisy, Scrooge, and the other down-filled lovelies await us at a picnic spot. Joint AMC. 30 mi.

Sat. May 21 DINGMAN'S FERRY/DELAWARE WATER GAP AREA CARTOP. Leader: Joe Furman (212-861-5067). Meet at 8:15 AM E. 72nd St. entrance to Central Park. Ultra-low density traffic, good quality roads, varied A terrain, and beautiful scenery make this area a popular race circuit for Pennsylvania and NJ racing clubs. There will be a choice of having lunch at a country store or carrying from the store approx. 3-4 mi. (to two beautiful waterfalls). If you love to ride, then this is a 50± mi. must. There aren't many road signs out there, so I'd like to keep the size of our group limited to 16 or less. If there is a demand for more miles, I can put together an additional 15-mi. loop (this ride is fairly hilly). RSVP. Call to offer or request transportation. 40% or more chance of rain cancels.

Sat. May 21 "A" RIDE. Leader: Rick Plate (914-833-0965). From the Boathouse. New Jersey and Rockland to 9:00 AM lunch some place and return. A /60 mi.

Sat. May 21 DINGMAN'S FERRY/DELAWARE WATER GAP AREA CARTOP. Leaders: Alan Leener (718-797-0972), & Brian 8:00 AM McCaffrey (718-634-1742). Meet behind the Frick Mansion, on East 71st St., bet. Madison & A- Fifth. Join in on the fun with this spectacular ride through the forests of New Jersey and B+ Pennsylvania. After purchasing lunch at a country store and carrying it four miles, you can 50± mi. enjoy a picnic amongst cedars and waterfalls. Don't miss this one! Call Brian to offer or request transportation.

Sat. May 21 LOWER WESTCHESTER ROUNDABOUT. Leaders: Joyce Edelstein (212-877-3783) & Bernie Pearlman (212- 9:15 AM 285-1235). From Grand Concourse & Bedford Park Blvd., Bronx (Bedford Park station on "D" B- train; or, take the #4 train to Bedford Park and ride east 1-2 blocks). A pleasant circle 50± mi. through lower Westchester. Some uppers and downers, but no killers. Rain at 8 AM or 60% probability cancels.

Sat. May 21 THE CLOISTERS AND WAVE HILL. Leader: John Mulcare (718-672-5272). From the Statue opp. the 10:00 AM Plaza Hotel (59th St. & Fifth Ave.) at 10 AM, or 178th St. & Ft. Washington Ave. at about 10:50 AM. We'll stop at a deli on 181st St. (for those riders who don't carry their lunch) C/C- before proceeding to Ft. Tryon Park to have lunch on the lawn of the Cloisters. The Cloisters 27/14 mi. has suggested admission charges (we won't be there long, so be guided accordingly), and the admission at Wave Hill is \$2 (\$1 for seniors).

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Sun. May 22 ALL-CLASS CLUB RIDE TO TALLMAN. The first of our 1988 all-class events. Join one of the rides listed below or come out on your own for a 1 PM picnic lunch, followed by the tradi- tional group ride back to the city. At Tallman, we'll be passing the helmet to support our 1988 RAAM competitors, Alex Bekkerman and Mara Bovsun. Tallman is on Rte. 9W, south of Pier- mont. Look for us in the North Hills Picnic Area.

8:00 AM Leader: David Walls (212-316-2336). From the Boathouse. Tallman the hard way! Let's have a A+ challenging, but fun, group ride to celebrate the NYCC. Group consensus will determine pace and, to an extent, route. Reasonable efforts will be made to keep our hardy group of 100± mi. adventurers together.

May 22 All-Class Club Rides to Tallman -- continued

8:30 AM Leader: Doug Blackburn (212-685-9495). From the Boathouse. Tour northwest Bergen County  
A (Franklin Lakes, Ramsey, Upper Saddle River) before joining the other riders at Tallman. Deli  
75 mi. stop in Franklin Lakes, lunch at Tallman Park.

8:30 AM Leader: Jody Sayler (212-799-8293). From the Boathouse. We will ride to Tallman and find a  
A- /65 mi. pretty route to picnic with our friends. Nice, steady paceline.

7:30 AM Leader: Christy Guzzetta (212-595-3674). SIG Series #12. Why such an early start? Because  
--> A we have to go through Ft. Lee, along Saddle River Rd., and down South Mountain Rd., and get  
89 mi. back to Tallman in time for the All-Class Club Ride picnic. Can't miss the picnic, we'll have  
to go fast!

9:00 AM Leader: Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.). From the Boathouse. We'll  
B+ keep a social "B+" pace on a traditional route to Nyack via Orangeburg and Bradley Hill.  
55+ mi. Then, on to Tallman for the all-class lunch followed by the parade back to Central Park.

9:00 AM Leader: David Miller (212-794-9365). From the Boathouse. A loop into Rockland County,  
B /62 mi. heading to the picnic area from Tappan, via the bike path in Tallman Park.

9:00 Leader: Irv Weisman (212-241-4783, of.; 212-562-7298, h.). From the GWB Bus Terminal, 178th  
B- St. & Ft. Washington Ave. ("A" train to 175th St.). The same route as the "B" group, but we  
50 mi. leave from the Bridge instead of the Park.

10:00 AM Leader: John Mulcare (718-672-5272). From 178th St. & Ft. Washington Ave. ("A" train to 175th  
C/C- /35 mi. St.).

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Fri.-Mon. MEMORIAL DAY IN SHEFFIELD, VT. Leader: Lee Gelobter (718-646-7037, 8-11 pm) & friends. If  
May 27-30 you've been before, 'nuff said. Imagine a weekend in cycling heaven. Quiet tree-lined roads,  
passing cars you can count on one hand. Terrain for all levels. If you didn't make your  
reservation by mid-April, you may have to wait until next year. But call Lee in case there  
are last-minute cancellations.

Fri.-Mon. Special Interest Group PROGRESSIVE "A" RIDE SERIES #13. Leader: Christy Guzzetta (212-595-  
May 27-30 3674). I'm not really leading a ride this weekend. I'm going to Sheffield with Lee Gelobter  
(see above). Beautiful and challenging miles on this weekend.

Fri.-Mon. NORTH MEETS SOUTH MEMORIAL DAY WEEKEND. Leaders: Joe Furman (212-861-5067), Brian McCaffrey  
May 27-30 (718-634-1742), & Martha Ramos (718-858-9142). Frederick County, Md., and Harper's Ferry,  
W.Va. Horse and dairy farms, antiques, historic sites, gravestone rubbing in Harper's Ferry,  
clear star-lit nights, and "maybe swimming?"! Sounds like a perfect remedy for cabin fever!  
An assortment of non-cycling activities are happening in Frederick too. There are planned  
rides for all levels (including a walking tour). The price for 3 days and 3 nights (double  
occupancy), transportation, Friday evening nosh, and a Monday pre-departure luncheon (plus a  
few added goodies) is \$175 per person! The price for people providing their own transporta-  
tion: \$105. There may still be room for you, so call Martha if you're interested.

Sat.-Mon. MEMORIAL DAY WEEKEND DIAL-A-"B"-RIDE. Coordinator: Brian McCaffrey (718-634-1742, h.; 212-  
May 28-30 880-9292, of.). Call before Friday (May 27) if you will be in town this weekend and want a  
"B" ride. I'll put you in touch with others in the same boat.

Sat. May 28 LEADERLESS "A" RIDE. Meet at the Boathouse at 9:00 AM.

Sat. May 28 LIBERTY PARK, NJ. Leader: John Mulcare (718-672-5272). From the Coliseum, 60th St. &  
9:30 AM/ Broadway, Manhattan, at 9:30 AM, or the Staten Island Ferry (\$.25) at 10:20 AM. Bring or buy  
10:20 AM lunch, but do save \$1.50 or so for an ice cream cone you'll love on the way back to the ferry.  
C-/C /25/18 mi.

Sun. May 29 PICNIC ON THE CROTON DAM. Leader: Irving Schachter (212-758-5738, Mon.-Thurs., 5-7 pm). From  
8:30 AM the Boathouse. We will travel along the back roads of Westchester. We'll make a short stop  
A- in Pleasantville to buy food for consumption on the Croton Dam, so be prepared to carry it for  
80 mi. a few miles (saddle bags, musette bags, etc.). 40% chance of rain cancels.

Sun. May 29 KINGSLAND POINT PARK. Leader: John Mulcare (718-672-5272). From 242nd St. & Broadway (last  
10:30 AM stop on the #1 train). This is our first "C" ride in Westchester this year. Bring or buy  
C/C- /35 mi. lunch, which we'll enjoy on the banks of the Hudson.

Mon. May 30 LEADERLESS "A" RIDE. Meet at the Boathouse at 9:00 AM.

- 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      **JOCKEY HOLLOW THE EASY WAY.** Leader: Caryl Hudson (212-595-7010). Leave on the 7:30 ferry for 7:15 AM 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. 80 mi. A prize to the one who spots the most deer.
- Sat.Jun. 4      **Special Interest Group PROGRESSIVE "A" RIDE SERIES #14.** Leader: Christy Guzzetta (212-595-7:30 AM 3674). From the Boathouse. Breakfast at the Bear Mountain Inn. They stop serving at 10:30 --> A AM, we'll have to hurry. Then, it'll be hills on the way back home through Westchester. We're 106 mi. almost there, almost. We know that because we've had our 3rd update. Rain date: Sun., Jun. 5.
- Sat.Jun. 4      **BEDFORD VILLAGE, NY.** Leader: Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.). From the 8:30 AM Boathouse. Let's go before it's too hot! Yes, it's long; yes, it's moderately hilly -- but B+ /80± mi. it's a beautiful ride.
- Sat.Jun. 4      **FORT LEE PARK, NJ.** Leader: John Mulcare (718-672-5272). Meet at the Coliseum (60th St. & 10:30 AM Broadway, Manhattan). We'll stop at a deli on 181st St. before crossing the GWB. We'll return C-/C early for the benefit of those of us who expect to be taking our longest non-progressive 20 mi. training "C" ride so far this year to Syosset tomorrow.
- Sun.Jun. 5      **ANNUAL SPING 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 9:00 AM time trials will be held along a 17-mi. stretch of Rte. 9W between the GW Bridge and Nyack. A/B The return rides ("A" and "B") will be relatively leisurely. Time trial teams are welcome. 50 mi. 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      **NORTHPORT.** Leaders: Ed & Sara Flowers (718-544-9168). From the Statue of Civic Virtue, Union 8:30 AM Turnpike & Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens). This is one of the B/B+ most beautiful destinations on the North Shore. Waterside picnic. There are hills on the way 80± mi. out, but a bonus is flat on the way back.
- Sun.Jun. 5      **PANCAKES OR BAGELS IN SYOSSET.** Leader: John Mulcare (718-672-5272). We leave promptly at 9 9:00 AM AM from the Burger King parking lot at 179th St. & Hillside Ave., Queens (last stop on the "E" C+/C or "F" train). This is our longest non-progressive training "C" ride so far this season, and 45 mi. 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.

### Previews

- Jun.-Aug.      **WEDNESDAYS IN THE PARK WITH JOHN & KATHY & MARTHA.** Leaders: John Kalish (718-788-1656), Katherine Patton (718-789-5566), & Martha Ramos (718-858-9142). "B" level; 7:00 PM. The place is Prospect Park--across from the arch at Grand Army Plaza. Join us for the summer months as we loop around the Brooklyn alternative. Rain cancels; if in doubt, call before 6:30 PM.
- June 11      **A RIDE WITH A VIEW--HUNTERDON & BUCKS COUNTY CARTOP.** Leaders: Joe Furman (212-861-5067), Bob Foss (212-594-5402), Brian McCaffrey (718-634-1742), & Alan Leener (718-797-0972). A joint ride with the Princeton Freewheelers; A, A-, B+ and B riders welcome. Call Joe or Brian to offer/request transportation.
- 11-12      **BEAR MOUNTAIN OVERNIGHT.** Leaders: Betty Morelli (212-675-3753) & Marion Bahensky. "C" pace; 90 mi. roundtrip. Reserve for room by May 14, by sending \$26 check to Betty (please call first). Joint AMC.
- 12      **3rd ANNUAL NYCC NEWCOMERS' RIDE.**
- 18      **STRAWBERRY SUPREME.** Leader: Maxim Vickers (201-474-7165, of.; 718-728-7179, h.). A+; 130 mi. Limited to seven (7) experienced riders with reliable equipment. First come - first served. Return on the AYH Bike Train (call for reservations).



- 18-19 MATTITUCK STRAWBERRY FESTIVAL TWIN CENTURY. Leader: Marty Wolf (212-935-1460). A/A-; 200 mi. Ride out on Sat., feast on strawberry shortcake, stay in Mattituck, and pedal home on Sun. Call early if interested -- motel rooms are in short supply this time of year.
- 18-19 BOSTON WEEKEND. Leaders Steve Bauman (718-359-7972), Brian McCaffrey (718-634-1742), & Martha Ramos (718-858-9142). B+; 225+ mi. Rediscover a classic and classy weekend that has not been done in over five years. The ride coordinates with the Strawberry Festival on Jun. 18. Call Martha for details.
- 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: to be announced.
- 21/22 Special Interest Group PROGRESSIVE "A" RIDE SERIES PRE-"A" RIDE MEETING. Leader: Christy Guzzetta (212-595-3674).
- 25 Special Interest Group PROGRESSIVE "A" RIDE SERIES -- THE BIG "A" RIDE. Leader: Christy Guzzetta (212-595-3674).
- 25-26 RAILS AND ROADS. Leader: Elly Spangenberg (212-737-0844). "B-" level. Escape to the country via Metro-North (you'll need a bike permit), and then bike on to Fahnestock State Park where we'll camp overnight. Spend Sunday touring the Lower Hudson Vally and then hop a train back to the city. Joint AYH.
- 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. Last year 32 club members went; this year?? 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.
- 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 accomodations, 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 accomodations, three meals and routes with leaders. If you would like more information, call Beth Herman (212-689-7778).

XX

We are the "good guys", let's set an example while out on the road!

Tight to the right, no more than 2 abreast, we'll set the standard for the bicycling community. Cars should be able to pass us without moving into the oncoming traffic lanes. They should be able to pass us without blasting their horns. And we should be there, tight to the right, where we're supposed to be, no more than 2 abreast, before they blast their horn.....so they don't even need to blast their horn. And if by chance we hear their horn nonetheless, let's be polite, let's not lower our standard.

It's a narrow passage up ahead; it's the George Washington Bridge, or a small road with one lane to share, or the Brooklyn Bridge - and we ride in single file. We ride with good sense, we are polite, we are the good guys, we wear the white hats and let pedestrians cross the road. We ride safe, tight to the right, and greet non-cyclists politely. If we're stopped by the law while out on the road, let's call him/her "officer" instead of X!K@!. Let's do what he or she says, for he/she is always right, I promise you that for all time. Let's say "good day" instead of "X!K@!" and ride safely down the road.

We ride tight to the right, no more than 2 abreast, and safely on the road. We are always polite, we set the standard, the New York Cycle Club, have a nice ride!

Christy Guzzetta

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## SPECIAL INTEREST GROUP ON RACING TO BE FORMED

On Thursday, May 19, there will be a meeting at O'Hara's Restaurant at 7:00 pm to organize a NYCC Special Interest Group (SIG) on racing.

The purpose of the meeting will be to develop and coordinate plans for Club activities that will take place under the Racing SIG umbrella, such as training programs, articles for the Bulletin, time trials and any other ideas you may have.

please call Roberta Pollack at home (212) 864-6182 by Sunday evening, May 15 if you plan to attend so that proper arrangements may be made with O'Hara's for the meeting.

Chris Mailing

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O N C I V I L I T Y

C a r y l H u d s o n .

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I love training. I love riding my bike around Central Park with the 6 am Tavern on the Green group. I love working out Thursday evenings with the Central Park Track Club. Occasionally, I'll run in the am and bike in the pm.

But the antagonism hurts, the confrontation hurts. It comes from both sides. I admit I feel angry when the morning runners, tuned in to their walkmen, run in the bike lane, infringing on my space and forcing me to deal with speeding cars in the roadway. I yell out that they're in the wrong lane, admonish them to wake up. I shout to be heard, but my language is civil, I hurl no obscenities. I cannot say the civility is mutual. F----g bikers is the typical reply.

When I run in the evening I stay in the running lane, though at the beginning of a workout the CPTC group is so large it is virtually impossible for everyone to stay in the one lane. I sympathize with the cyclists we as a group are inconveniencing, causing them to ride with cars. The big CRCA group (Century Road Club Association) can handle the traffic quite well - they probably ride in the roadway even in our absence. But for individuals or smaller groups, the traffic is dangerous. Yet, must they shout out "ASSHOLES" every time they ride by? And, when the runners thin out, why can't the cyclists stay out of the running lane?

After April 25, when the park is closed to traffic from 7 - 10 pm, there will be even more to contend with: more runners, more cyclists (many inexperienced), skateboarders, roller skaters, roller skiers. In the past year, several of my cycling friends have begun to get back into running. Simultaneously, my running friends are acquiring bikes. The number of biathlons and triathlons is increasing. For many of us, the mix of activities provides a variety and balance that adds to the enjoyment of each activity. But wouldn't it be wonderful if we could all be considerate cyclists and considerate runners? It really isn't difficult in practice, and it actually FEELS GOOD! We're all out there to train - let's keep it pleasant.

### C Y C L I S T S

### R U N N E R S

STAY IN THE BIKE LANE - don't ride in the runners' lane.

STAY IN THE RUNNERS' LANE - don't force cyclists into traffic.

GIVE RUNNERS WARNING WHEN YOU PASS - call "on your right" or "on your left"

SIGNAL WHEN MOVING INTO ANOTHER LANE OR CROSSING THE ROAD - this makes it easier for cyclists and cars to avoid hitting you.

INDICATE how many in your group that is passing

DON'T RUN FOUR OR FIVE ABREAST - it is inconsiderate to use that much of the roadway.

BE SEEN - ride with a light after dark and wear reflective bands and/or fluorescent clothing.

BE SEEN - wear light colors and reflective and/or fluorescent bands before daylight and after dark.

DON'T punctuate your remarks with obscenities - civility will elicit a better attitude.

DON'T punctuate your remarks with obscenities - civility will elicit a better attitude.

IF THERE'S A COLLISION, YOU BOTH GET HURT.

IF THERE'S A COLLISION, YOU BOTH GET HURT.

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### J O H N H O W A R D C O M E S T O T H E N E W Y O R K C Y C L E C L U B

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John Howard, the fastest human in history on a bicycle, holder of the distance record for any 24 hour period measured in Central Park, and a participant in the very first Race Across America, will be THE program at our JUNE monthly meeting on Tuesday June 14th.

John has been an Olympic champion, and has won the Ironman competition. Nowadays he spends a good deal of his time conducting his School of Champions. This program is designed to help cyclists of all abilities get the most from their cycling experience. His program consists of a 3 hour lecture with video, info on nutrition, bicycle fit, technique, equipment, riding in traffic, training, and a personalized ride with John Howard himself. The School of Champions will be in New York several times this summer. For info, call Doug Stern at 212-222-0720.

Don't miss one of the biggest names in the history of our sport on June 14 at our membership meeting.

## UPDATE ON CLUB RACKS

Hey, the Spanish Inquisition never had this many racks! Joe Furman has been kind enough to give Breakaway Vacations two Allen trunk racks. They do not anticipate using these rack often this summer, so Breakaway will make them available to the leader of any listed NYCC ride for a \$10 refundable deposit per rack. Each rack will hold up to three bikes (a very tight fit). To reserve these racks, or the club's twelve - bike roof rack, give Stu Greenberg a call at 212 - 534 - 2935.

S E L L I N G: Atala - 56 cm (center to top)  
Columbus SL, Campy Victory, Regina, 3 TTT, Turbo,  
Mavic gp-4, mint cond. Perfect for beginner on  
budget. Dave 1-212-860-5514

A M I N U T S ? ? ? B+/A- rider looking for other  
early birds with whom to ride in Central Park when it  
starts being light at 5 a.m. (I'm at work by 7:15 so...  
If you haven't already been committed to Bellevue  
call Nancy at 769-0738

P.S. Am also looking for a partial in a beach/lake house  
which I can reach by bike. Any ideas???

S A L E: New 62 cm Trek 970; Columbus SP-SL; roller-  
bearing Stronglite headset, Galli BB; C Record cranks,  
hubs; Superbe pedals, brakes, derailleurs; Regina 13-24 FW;  
Durex heat-treated rims; Avocet saddle.  
Dave Kraus 212-515-2715 nights.

# Support RAAM 88

FRIENDS - FELLOW CYCLISTS - TRIATHLETES - BIKE SHOPS - EQUIPMENT  
SUPPLIERS - HEALTH CLUBS - RUNNING STORES - DOCTORS - DENTISTS -  
LAWYERS - MASSEURS - GRAPHIC DESIGNERS - FREELANCERS - MUSICIANS

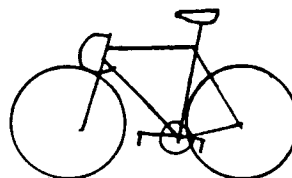
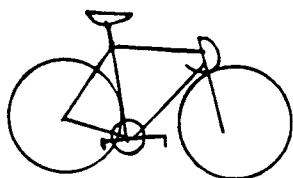
Here's an opportunity to introduce yourselves to New York's cycling community and also offer support to New York  
Cycle Club's three Race Across America entrants: Alex Bekkerman, Mara Bovsun, and David Walls.

The NYCC May bulletin will include a special insert in support of our RAAM riders. The members of our over 800-  
strong touring-oriented club provided the chief outside financial and psychological support for David Walls'  
successful 1987 RAAM. Race Across America is the ultimate - a coast to coast non-stop ride from sea to shining  
sea. We're extraordinarily proud that an unprecedented THREE of our members have qualified and plan to ride in  
RAAM 1988: David, who qualified by completing RAAM in 1987, his first ever; Alex, who qualified by taking second  
in the RAAM Qualifier Open East last fall; and Mara, who WON the women's qualifier in the same race.

The <sup>JUNE</sup> insert will consist of ads at \$100 per business card size space (2" x 3"). You are not, of course, limited  
to one space. Proceeds will be divided evenly amongst the three teams.

You may: 1. Take an ad on your own  
2. Take an ad with a group of friends  
3. Sell ads on behalf of RAAM entrants

CONTACT: Valerie Walls 316 - 2336  
Josh Keller 674 - 0955  
Mara Bovsun 259 - 8413



### RACE ACROSS AMERICA BENEFIT DINNER/DANCE

ALEX BEKKERMAN

DOORS OPEN AT 6:00PM

MARA BOVSUN

TUESDAY MAY 24, 1988 - O'HARA'S 120 CEDER STREET

NEAR THE WORLD TRADE CENTER

\$25.00 before 7:00, \$27.00 after 7:00

Support New York's participants in the 1988 Race Across America. The road to RAAM requires  
lots of training, time, and money. Come to Mara's and Alex's benefit dinner to see them  
off on this courageous journey. Short presentations will be made by:

David Walls New York's first RAAM Competitor  
Jack Papa Race Director Eastern RAAM Qualifier  
(Alex and Mara qualified in this race)

Standard entrees of meat, fish, poultry, or vegetarian will be available; deserts will be  
provided as part of the dinner. O'hara's cash bar will be available for spirits or  
bubbles.

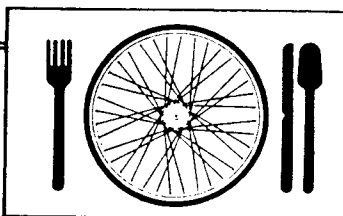
Following the presentations, dance music will be provided for your enjoyment. So come and  
join in the celebration and support New York's two RAAM contestants in the company of your  
fellow New York cyclists.

Anyone interested in making donations to the 1988 RAAM participants may mail them to:

The New York Cycle Club RAAM Fund  
Box 020877  
Brooklyn, New York 11202-0019

## NEW YORK CYCLE CLUB

MONTHLY MEETING  
TUESDAY, MAY 10TH



## O'HARA'S

120 Cedar Street  
New York, NY 10006

### THE PENSEYRES-HALDEMAN TRANSCONTINENTAL TANDEM RECORD ATTEMPT VIDEO

See the day by day problems and progress of this record-breaking ride. It will give a glimpse of what it will be like for our own NYCC RAAM riders Mara Bovson and Alex Bekkerman as they Race Across America in June.

Lon Haldeman and Pete Penseyres have been rivals in the Race Across America since 1982. Both are two-time winners of RAAM and individually, they have raced across the United States more than 15 times in the past eight years. Now, they join their strength, experience and enthusiasm to cross the continent in the fastest human-powered time in history - under some of the most adverse conditions either of them had ever faced.

(Tape supplied courtesy of David Walls)

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.

VOLUNTEERS NEEDED to accompany bicyclists completing the 3rd New York Ride Across The State, from Elmsford to Battery Park on Sunday morning, August 7. For people who wish to come up Sat. nite, we can put you up at our final overnight stop. For more info call evenings Karl Schultz 914-462-1662 or Richard Budd 914-297-7910

MORE VOLUNTEERS NEEDED at Little Village School's fund-raising Bike-a-Thon. If you can help on Sunday May 15 in Eisenhower Park, call Tony Mantonie H: 718-833-9729 W: 516-887-4600

#### SUBARU CYCLING CLASSIC US NATIONAL CRITERIUM

Sunday May 15 in White Plains, New York.

We are looking for volunteer marshalls. If you're interested, contact Mark Miller evs 212-410-2821

#### ALL YOU HAVE TO DO IS STEER

If you would occasionally enjoy riding with an experienced blind bicyclist on his tandem bicycle, please phone MARTY MAHLER 718 - 338 - 7929 (Brooklyn). Marty is a strong stoker - all you have to do is steer!

NEW



## Singles for Cycling

Class  
B&C  
Rides

This new metro NY-NJ bicycle club is exclusively for singles and will primarily sponsor B&C Class

daytrips and a few weekends May-Oct. Areas will include Nassau and Suffolk counties in NY and Bergen, Monmouth and Hunterdon counties in NJ.

### Trip Leaders & Mechanics Needed

FREE with MEMBERSHIP

- Monthly Cocktail Party & Newsletter
- Membership Roster • Bike Passes for LIRR & Path • Van Transport for Bikes on Monmouth & Hunterdon County Trips

### Bonus Membership in Singles for Sailing

All members of Singles for Bicycling are entitled to FREE membership in Singles for Sailing. Sail on the club yachts out of Oyster Bay L.I. every Sat. & Sun., May-Sept. Bike out to Oyster Bay and spend a weekend biking and sailing-Bikes Ahoy!!

For further information (718) 279-2680



## breakaway vacations

Those carefree boys of summer, Mark "Gator" Plaut and Stu "Bud" Greenberg are back on the road again (Bet that'll make your day).

Success hasn't changed us ('cause we're still losing money) and we plan to have a lot of fun this summer.

We've got 24 weekends ahead to some of the most beautiful locales in the northeast.

And some other things never change either -- like the special inns we visit; the wonderful meals; the attention to detail; and most important, our desire to bring good people together for a good time.

Call us for our brochure:

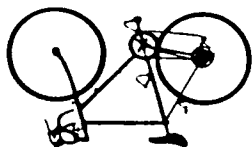
(212) 722-4221

Hope you can join us!

*Mark*

*Stu*

DEADLINE FOR THE JUNE BULLETIN IS MAY 10



First Class

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

Hannah Holland  
211 W. 106 St. 8C  
N.Y., N.Y. 10025

New York Cycle Club



## 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