

October  
1988

# New York Cycle Club

O C T O B E R 1 9 8 8 B U L L E T I N



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## GUIDELINES for CLUB RIDES

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

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

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

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	< 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.

Saturdays/  
Sundays  
A/A+/AA THE NORTHWARD EXPRESS--Racing SIG Rides. A leaderless performance-oriented ride up 9W where the group determines how far up and how fast and where fast. Meet at the Boathouse at 9 AM or the GWB at 9:30-9:40. It'll be fun and a good extension to the spring training series. Be prepared for fast group riding and therefore to be very alert. For information: David Walls (212-316-2336).

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Sat.Oct. 1 8:00 AM A 110+ mi. FOURTH ANNUAL INSTINCTUAL RIDE TO CARMEL, NY. Leader: Rich Herbin (212-792-5438, h.; 212-931-8000, of.). From the Boathouse. Stimulus: The existence of a moderately-hilly, paved route to northern Putnam County. Response: A bicycle ride (steady pace). Rewards: Three dell stops. 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). Please call Rich the day before to confirm.

Sat.Oct. 1 9:00 AM B 55± mi. BACK TO THE PARK. Leader: Peter Panico (718-672-7809, h.; 212-880-9252, of.). From the Statue of Civic Virtue, Queens ("E" or "F" train to Kew Gardens/Union Turnpike). Travel the North Shore to Bethpage State Park for a picnic lunch, weather permitting, and then a sociable "B" ride back to Queens.

Sat.Oct. 1 10:00 AM/ 10:45 AM C/C- 33/21 mi. RIVER VIEW PARK, WEST NEW YORK, NJ, SATURDAY VERSION. Leader: John Mulcare (718-672-5272). Meet at the Coliseum (s.w. corner of 60th St. & Broadway), 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.

Sat.Oct. 1 Classless 60 mi. TRIPLE PLAY--PRINCETON TO LAMBERTVILLE TO NEW HOPE. Leader: Martha Ramos (718-858-9142). Enjoy a scenic and rolling to flat 60 miles in New Jersey and Pennsylvania. We take the bus from the Port Authority to Princeton and then ride to the Lambertville-New Hope area. Return is along the scenic Raritan Canal, back to Princeton and the bus ride back to New York. Call Martha for details about meeting place, cost, and starting time. Rain date: Sun., Oct 2.

- Sun.Oct. 2 8:00 AM A /90 mi. **BEDFORD REVISITED.** Leader: Maxim Vickers (718-728-7179). From the Boathouse. Our annual foliage preview/disturbance of peace in the Hickory kingdom and points north. Cooperative peloton skills are expected; helmets not required.
- Sun.Oct. 2 8:00 AM B+ 90+ mi. **CAUMSETT REVISITED.** Leaders: Holly Gruskay (212-534-1156) & Josh Rubin (718-424-8342). From the Boathouse. A lovely tour of Long Island's North Shore, with lunch at an ocean overlook in Caumsett State Park. Be prepared to carry lunch a few miles on a rough road. Possibility of knishes on the way back. Temps. below 40F cancel.
- Sun.Oct. 2 9:00 AM C 34 mi. **RAAM 88-1/2.** Leaders: Ken & Marilyn Weisman (212-222-5527). From the Coliseum, 60th St. & Broadway. Now "C" riders can participate in RAAM. And you don't have to ride day and night for weeks. Ken & Marilyn present RAAM 88-1/2: Ride Almost Around Manhattan. Enjoy breakfast at South St. Seaport; lunch in a park near Baker Field...see Columbia lose their 50th? "A" & "B" riders can come too. Ride goes in anything short of a monsoon. Joint A&D Biking/Hiking Club.
- Fri.-Mon. Oct. 7-10 **CATSKILL FOLIAGE.** Leader: Martha Ramos (718-858-9142). Fabulous foliage, scenic rides, and a chance to dine at the world-famous Roscoe Diner. This is a repeat of last year's weekend (Columbus Day). Same town but a different motel. If you missed last year's rides, well, you also missed the deadline for this year's. But, give a call and if there is room, I will try to get you in. Don't call after Oct. 3. Cost is \$ ; make check payable to Martha and call for details.
- Sat.Oct. 8 8:00 AM A 100± mi. **HUDSON HIGHS.** Leaders: Don Ketteler (212-645-0894) & Paul Mort (212-645-5262). From the Boathouse. Follow standard route to Bear Mt. and climb to the peak on Perkins Drive. Cross the Hudson for some more hill climbing and high points along back roads in Putnam County. The ride will conclude in Croton with a food/rest stop at "Mort's Beanery." Metro-North pass is recommended for return to New York.
- Sat.Oct. 8 9:30 AM B/B+ 45-50 mi. **WESTCHESTER.** Leader: Jeremy Herman (212-543-6472, h.: 212-662-9815, of.). From 242nd St. & Broadway, Bronx (last stop on #1 train). A ride with pretty country (farms, estates, small towns), medium in length, but a good workout. We will do 30 miles before lunch, with plenty of tough hills, a leisurely lunch in a scenic park, and a social return to 242nd St.
- Sat.Oct. 8 10:00 AM C/C- 30 mi. **HUDSON RIVER MUSEUM.** Leader: John Mulcare (718-672-5272). From the Coliseum (s.w. corner of Broadway & 60th St). We've passed the Museum (in Yonkers) so many times on trips into Westchester that we owe it our full attention on a ride of its own. Bring lunch or money for it in the cafeteria, plus \$2 for admission (\$3.75 combination charge including the planetarium (1, 2:30, or 4 PM). Exhibits include photography, art with columns, bridal costumes, arts and crafts, etc.
- Sun.Oct. 9 8:30 AM A 78 mi. **JUST AN OLD FASHIONED "A" RIDE.** Leader: Christy Guzzetta (212-595-3674). From the Boathouse. The days dwindle down to a precious few. Remember the Thornwood Diner? It's gone now. We'll have breakfast in Ossining, pass by what used to be, ride along the Kensico Reservoir, and south on home. Winter fast approaches, summer's all but gone.
- Sun.Oct. 9 7:45 AM A- 94 mi. **THE UNBEDFORD UNCENTURY.** Leader: Caryl Hudson (212-595-7010). The traditional route to Bedford Village, but we'll skip Bedford and see Byram Lake instead. There should still be some foliage, and last time I was at Byram Lake I saw four deer. The usual cancels; if in doubt, call until 7:30 AM.
- Sun.Oct. 9 8:30 AM B+ /75+ mi. **SUNNYSIDE/IRVINGTON.** Leaders: Art Allgauer (718-268-2582) & Pat Thomson (718-643-6830). From the Boathouse. Return with us now to those thrilling days of yesteryear and the home of Washington Irving: the Sunnyside Sleepy Hollow Restoration. Bring \$5 for admission.
- Sun.Oct. 9 9:00 AM C+/C 37 mi. **EISENHOWER PARK, SUNDAY VERSION.** Leader: John Mulcare (718-672-5272). From the Burger King parking lot at 179th St. & Hillside Ave., Queens (last stop on "E" and "F" trains). Carry your lunch or buy it at a deli we stop at on the way. Our gung-ho riders will be permitted to ride as fast as they like on a long stretch of the L.I.E. service road, provided they wait for the rest of us at Post Road.
- Mon.Oct. 10 9:00 AM A- /60-80 mi. **COLUMBUS DAY RIDE TO SOMEWHERE.** Leader: Marty Wolf (212-935-1460). If you have the day off, call me -- I'll be ridng north, destination to be determined by those of you who call with any suggestions.
- Sat.Oct. 15 8:30 AM A- /75-80 mi. **GLENVILLE, CT.--THE PRETTY WAY.** Leader: Marty Wolf (212-935-1460). From the Boathouse. Meet at the Boathouse for a slightly schmoozy ride through White Plains up Anderson Hill Rd. to Glenville. Any precip. cancels.
- Sat.Oct. 15 9:30 AM B/B+ 45-50 mi. **WESTCHESTER.** Leader: Jeremy Herman (212-543-6472, h.: 212-662-9815, of.). From 242nd St. & Broadway, Bronx (last stop on #1 train). A ride with pretty country (farms, estates, small towns), medium in length, but a good workout. We will do 30 miles before lunch, with plenty of tough hills, a leisurely lunch in a scenic park, and a social return to 242nd St.
- Sat.Oct. 15 9:00 AM B- 50+ mi. **GARVEY'S POINT.** Leader: Karen Daly (212-759-1921). From the Statue of Civic Virtue, Queens ("E" or "F" train to Kew Gardens/Union Turnpike). Help make my first trip as a ride leader a success! We will bike along the North Shore to Garvey's Point, and have an outdoor lunch on the water. There are a few hills, but we will climb them at a "B-" pace.

- Sat. Oct. 15 **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 C-/C /20 mi. early for the benefit of those of us who expect to be going on tomorrow's ride to Nyack.
- Sun. Oct. 16 **NEW PALTZ EXTRAVAGANZA VERSION II.** Leaders: Franziska Rauch (718-278-6241, h.; 212-354-1727, of.) & John Waffenschmidt (718-476-0888, h.; 516-222-1058, of.). From New Paltz. Ride through hill and dale in the beautiful Mid-Hudson valley. Meet at the post office at the corner of Rts. 299 & 32 North. Be prepared for a hilly ride with commensurate beauty and the prospect of full autumn colors and the usual NYCC camaraderie. Info package will be available at the October club meeting. The usual cancels.
- Sun. Oct. 16 **A DAY AT THE RACES--OYSTER BAY.** Leaders: Richard Rosenthal ("under duress"; 212-888-6088) & Mike Yesko (212-475-4007). From the Boathouse. Pro-Am National Prestige Criterion (criteria?): the women's race begins at 1:15; men's at 2. Home in time for "60 Minutes." One of your leaders is the club's worst climber so you know this will be a flat ride.
- Sun. Oct. 16 **PATERSON WATERFALLS AND FALL FOLIAGE.** Leader: Irv Weisman (212-241-4783, of.; 212-562-7298, h.). Meet in the World Trade Center mezzanine near the PATH escalators (fare: \$1 in coins or a \$1 bill). Cycle through Branch Brook Park and some beautiful suburbs dressed in their autumn colors. Picnic by the waterfalls which Alexander Hamilton had predicted would become a great industrial center. Return via the GWB by 5 PM, climbing a series of hills. Low gears advised.
- Sun. Oct. 16 **AUTUMN LEAVES SPECTACULAR.** Leaders: Ken & Marilyn Weissman (212-222-5527). Ride leaves promptly at 8:30 AM from the Coliseum (60th St. & Broadway), or 9:15 AM from the GWB Bus Terminal (Ft. Washington Ave.). Join us for a leisurely venture into Bergen County to view nature's fall extravaganza. A moderate pace will allow you ample time to direct your fellow rider's attention to that particular red/orange/yellow/all-of-the-above tree/shrub, etc. Lunch at a park in Nyack overlooking the Hudson. Ten optional miles along the Hudson to the base of Rockland Lake for all you would-be "animals." If there's no rain at 8 AM, we're riding. Joint A&D Biking/Hiking Club.
- Sat. Oct. 22 **A RIDE WITH A VIEW--COLOURFEST.** Leader: Don Ketteler (212-645-0894). From the Tavern on the Green. A fast-paced ride through the rolling farmlands and enchanting forests of historic Hunterdon and Bucks Counties. Deli lunch/picnic stop in New Hope. Joint Princeton Freewheelers. Rain date: Sun., Oct. 23. Call Don to offer or request transportation.
- Sat. Oct. 22 **A RIDE WITH A VIEW--COLOURFEST.** Leaders: Alan Leener (718-797-0972) & Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.). See above description. Call Brian to offer or request B+/B /60-65 mi. transportation.
- Sat. Oct. 22 **THE BRONX'S LITTLE ITALY AND BOTANICAL GARDENS.** Leader: John Mulcare (718-672-5272). From the Coliseum (60th St. & Broadway). We'll have lunch in Little Italy's park, then pedal over C/C- /25 mi. to the Gardens (admission, \$1 or \$2). Bring a lock if you have one.
- Sun. Oct. 23 **YE MERRIE LEAVES OF GLEN COVE.** Leader: Maxim Vickers (718-728-7179). From the Boathouse. Fifth straight year of choice North Shore foliage and mansionry. Cooperative peloton skills are expected; helmets not required.
- Sun. Oct. 23 **FAIRFIELD FOLIAGE FLING.** Leaders: Charles Morris (212-477-3281) & Bernie Pearlman (212-285-1235). From the New Canaan Metro-North station. Call Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.) for Metro-North details. Watch the rich green turn to rich gold on the estates of the wealthy and illustrious. The hills are not lengthy but they are rolling and continuous; you will perspire.
- Sun. Oct. 23 **CONEY ISLAND, SUNDAY VERSION.** Leader: John Mulcare (718-672-5272). From City Hall, Manhattan, at 10 AM, or the Grand Army Plaza entrance to Prospect Park at 10:45. Then we'll do a bit of riding along the waterfront, stop at Nathan's to make our ride official, and check C/C- /30/20 mi. out the remaining beauties from the boardwalk.
- Sat. Oct. 29 **RYE BEACH.** Leader: Jody Sayler (212-799-8293, h.; 212-627-4863, of.). From the Boathouse. Early breakfast at Scarsdale, peak at Playland for a fall picnic at the beach (good weather), back along Westchester country club route--rolling, beautiful territory.
- Sat. Oct. 29 **UP ONE SIDE AND DOWN THE OTHER.** Leader: Larry Hobson (212-787-1491). From the Boathouse. Westchester! Expect some hills as we travel up the east side and down the west side with an indoor lunch stop at a famous diner.
- Sat. Oct. 29 **WESTCHESTER.** Leader: Jeremy Herman (212-543-6472, h.; 212-662-9815, of.). From 242nd St. & Broadway, Bronx (last stop on #1 train). A ride with pretty country (farms, estates, small towns), medium in length, but a good workout. We will do 30 miles before lunch, with plenty of tough hills, a leisurely lunch in a scenic park, and a social return to 242nd St.

Many thanks to NYCC member Bill Richards for last month's insane cover. Bill did sign it, but very modestly. And thanks to Tony Nappi for this month's antique.

Sat. Oct. 29 **FLUSHING MEADOW PARK** Leader: John Mulcare (718-672-5272). From Tramway Plaza, 59th St. & 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, and a return ride on the Tramway (\$1). Bring (or buy) lunch.

N.B.: Set your clocks back one hour or you'll be early for Sunday's rides!

Sun. Oct. 30 **THE STEVE SCHUETZE MEMORIAL HALLOWEEN RIDE.** Leaders: Christy Guzzetta (212-595-3674), and Clay Heydorn & Simone Smith (914-941-5013). From the Boathouse. Let's remember Steve with a classy and classic "A" ride into Westchester. The Pumpkin Trail will once again appear on the rustic roads of Sleepy Hollow. Halloween treats for all. Helmets are required for this ride.

Sun. Oct. 30 **CROTON AQUEDUCT FOLIAGE TOUR VI.** Leader: Maggie Clarke (212-567-8272). Meet at the Dyckman Triangle Park in northern Manhattan (Broadway & Dyckman St. -- "A" train to Dyckman/200th St.; use underpass to exit). Come with me for one of the club's only off-road/on-road rides, at peak fall foliage to Pocantico Hills (the Rockefeller Estate) and Sleepy Hollow via the Croton Aqueduct path. Though mountain bikes are best suited to this spectacular scenic ride, I've done it on my 1-1/8" wheels many times. We'll picnic at or near the estate, if weather permits. Bring a Metro-North pass for emergencies. 70% chance of rain cancels.

Sun. Oct. 30 **GREAT NECK, L.I., SUNDAY VERSION.** Leader: John Mulcare (718-672-5272). From 179th St. & Hillside Ave., Queens (last stop on "E" or "F" trains), at the Burger King parking lot. Bring C-/C /32 mi. (or buy) lunch, which we'll have in a nice park.

### Previews

#### Sat. Nov. 5

A **SOUTH MOUNTAIN ROAD/STONY POINT.** Leaders: Larry Hobson (212-787-1491) & Janet Kronstadt (212-595-7483). 100 mi. From the Boathouse at 8 AM.  
B **LEADERLESS "B" RIDE.** From the Boathouse at 9 AM.  
C **TIBBETT'S BROOK PARK.** Leader: Elly Spangenberg (212-737-0844). 30 mi. From 5th Ave. & 59th St. at 10 AM.

#### Sun. Nov. 6

A **STORM KING EXPRESS.** Leaders: Clay Heydorn & Simone Smith (914-941-5013). 70 mi. From Ossining (cartop) at 9:00 AM.  
B-/C+ **OLD TAPPAN ROUNDABOUT.** Leaders: Arlene Ellner (212-677-3306) & Bernie Pearlman (212-285-1235). 40+ mi. From the GWB Terminal (Ft. Washington Ave.) at 10 AM.  
C-/C **LIBERTY PARK, NJ, SUNDAY VERSION.** Leader: John Mulcare (718-672-5272). 25 or 18 mi. From the Coliseum (60th St. & Broadway), at 9:30 AM, or the Staten Island Ferry at 10:20 AM.

#### Tue. Nov. 8

A- **BUREAUCRAT, FREELOADERS' RIDE.** Leader: Carl Faller (212-566-1626, of.). 60 mi. From the Boathouse at 8:30 AM.

Nov. 19-20. **OVERNIGHT AT EAGLE'S NEST IN COLD SPRING.** Leaders: Christy Guzzetta (212-595-3674) & Jody Saylor (212-799-8293, h.; 212-627-4863, of.). From the Boathouse. North along the Hudson River. Over the beautiful Beacon-Newburgh Bridge and not worry about the falling light or cold, because we are bedding down in an inn in Cold Spring! Wake up, have a nice breakfast, and ride back home after crossing the Bear Mountain Bridge.

## Minutes...

NYCC Board Meeting Minutes, 2 August, 1988, O'Hara's Restaurant

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

July minutes approved.

Total paid members, 728.

Martha circulated copies of letter she sent to Metro North complimenting them for their cooperation during a ride 30 July.

Discussion of notifying people who submitted articles to bulletin which were not published. It was suggested by Roberta to put item in bulletin thanking them and expressing regret there wasn't room.

Jody reported there were three volunteers for the Bike Advisory Committee.

Michael will finalize graphics for NYCC cycle shop signs and work on placques to be presented to Nyack and Syosset Fire Houses.

Note of thanks to be sent Steve Baron for help in producing business cards.

Suggestion made that ride-coordinators informally reaffirm listed pace with leaders at time rides are submitted.

Meeting adjourned 9:05 PM

Respectfully submitted,

*Arlene Ellner*

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LAST CHANCE TO RUN FOR AN OFFICE

This is it! The October membership meeting represents our last opportunity to run for an office. It's an interesting phenomenon to see how many of the same individuals run for an office year after year after year. It seems to me that once the honor of an office is bestowed upon us - it draws us back time and again ... and again and again.

Being a board member is basically a two dimensional job. On the one hand, we have our defined responsibility to perform. Whether that be to keep our finances in order, publishing our bulletin on schedule, coordinating our specific ride classification schedule, this part - getting the job done - is well defined. Then there is the second dimension; that being to represent the interests of a broad-based membership while actually sitting there at that board of directors' table. This dimension is not so easily defined. It's THE BIG PICTURE. Sometimes, oftentimes, it is very difficult to yield our personal desires and wants to that of a broad-based membership.

Yet, time and again, year after year, a same individual will desire a board position. And they will express that desire by running for an office. It's like a bug, once you catch it, you get it good! Sort of like bicycle riding; once you catch it - you're hooked!

A contested election for each and every board position - what an event that would be. Don't worry if Mary is running for a position that you'd like, or Frank is, or anyone for that matter. A contested election is a spirited happening. It's good for the club, it's good for you. It gives the membership a choice. The membership deserves a choice. It is the membership, after all, that is THE BIG PICTURE! What the heck, give it a shot, run for an office!

Christy Guzzetta

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HOW TO GET THINGS DONE IN THE NYCC

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You're a member but you haven't received your bulletin: Call the Circulation Manager.

You're not a member, but want to find out about the club, or you're a friend of a member and want to try us out: Call 212 - 242 - 3900 and leave your name and address to have ONE free bulletin sent to you. When you receive it, go on a ride. If you like us, send in your dues.

You've moved, got a new address, phone number: Write to the Membership Director.

You haven't received your bulletin because you haven't paid your dues: Fill out the membership form on the last page of your most recent bulletin and send it with a check to the address on the form. Try using a lime green envelope to attract attention.

You want to place a Classified Ad in the bulletin to sell your old bike: TYPE IT and send it to the Editor by the day of the club meeting, to be included in the next month's bulletin - or give it to the editor at the meeting.

You wish to publish an article or drawing in the bulletin: Contributions are most welcome, and the dates are the same as for Classifieds. But space is limited and only known at the last minute since it is dependent on Rides Listings. Please discuss your article with the editor regarding space, length, subject, and format before you do all the work.

You're thinking or going on a ride but need more info: Call the ride leader listed for that ride.

You want to lead a ride: Call the Rides Coordinator for the level ride you wish to lead, fill out a ride listing form, and give it to the Coordinator at or before the club meeting the month before your ride. If you need help, or a co-leader, or want to BE a co-leader before you lead a ride on your own, speak with your Rides Coordinator, who will be most happy and appreciative.

You were on a fantastic trip and have wonderful slides, or just became best friends with Andy Hampsten: Call the V.P. Programs who will be most happy and appreciative.

You got your bulletin on time, enjoyed it, liked a particular article, enjoyed a ride you were on, were enthralled by last month's program: Let the people responsible know about it. Compliments are always appreciated but oh so seldom received.

# Confessions of a Bike Bum

by David Walls

## WHEELS

Ours is a profession which relies on wheels. The more competitive you want to be the more true the wheels have to be. There is plenty of debate among "cog heads" as to how many spokes are needed and how light a gauge they can be. Certainly overall lightness is important, particularly if you want to accelerate quickly. However, getting there is the main objective: to the finish line or next hotel or lunch stop. Over the few years of bike bummary I've had many reminders of the importance of reliability.

A friend and I went to a good deal of trouble and no small expense to compete in the first ever Masters Games; Toronto, 1985. His only event was the road race. One hundred yards from the start he broke a spoke and was out of the competition. Last year on a training run some 100 miles from Manhattan a rear spoke broke and the wheel went into a semi collapse. I was able to straighten it a bit, got to a pay phone but was unable to reach my long suffering wife. (If it isn't an hospital asking her to come pick up the pieces, its me with a major bike part in pieces.) I was able to get to a bike store in Kingston and get a new spoke installed which got me home with only two stops for further truing. That rim should have never been respoked since it was out of round; typical false economy.

Some time ago a spoke broke during the race portion of Gimbels and provided an excuse for why a rude fellow spun by me. A replacement and retrueing came apart on the way up to a subsequent Gimbels. Deciding in disgust to continue, I did the "slow" ride and broke a second spoke on the way home. That wheel is currently being respoked since it seems serviceable.

Long having thought that the ultimate skill is the ability to build a good strong wheel, now is my chance to learn this important skill. Who has ever seen Chris Mailing have a problem with his wheels? He builds his own, strong and tight; no fear of bumps he!

Prior to RAAM four of us built four sets of wheels over a night but in that case I was closely guided and supervised by masters and not allowed to do anything that would cause problems. This past week I was on my own with two different articles on wheel building to guide me. My bike room is a quiet place in which to work. I spent a lot of time there and finally got the lacing right on the fourth try using an article from Bicycling. Its instructions are clear and concise, easy to follow. Now I'm at the truing stage and intend to proceed slowly. I'll report on the success or lack thereof in a month or so. The experience has so far added to my continuously developing "feel" for the wheel and how to take care of it.

## Postscript

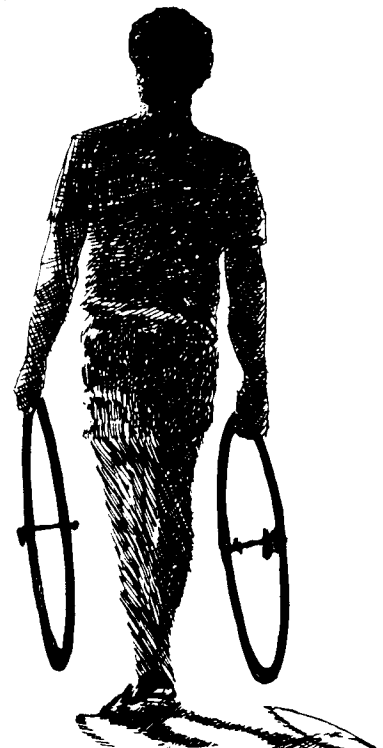
Following the writing of this article the finished wheel was used in spring training camp and lasted about 600 miles before a spoke broke. It subsequently lasted another 300 or so miles and several more spokes before I decided to trash it. On reflection it was probably over tightened (something I'm prone to do). The rim probably should have been replaced and Alpina spokes not been used. In order to buy riding time I've had some wheels built by Conrad's since previous wheels built there had lasted well. I'll try again another time.

## HIKING SIG

How do you stay in shape when it's too cold to ride? You don't like skiing? What then can you do - other than feed your face with chips and beers in front of the tube - during the winter months?

We hike! And we want some company. Marilyn and Ken Weissman want to form a HIKING SIG. Join us in exploring the Revolutionary and Civil War Iron mines and the many other attractions of Harriman and other close-by parklands.

Fight fat! The Giants will do their thing even without you. Instead, keep those legs and the rest of the bod in shape this winter by hiking. If interested, call us at 406 - 0766 during the day or 222 - 5527 evenings.





30 million rats in the city of New York?

for every one of us

there is one, or two,

or four of them.



N Y C C 1 , R O D E N T S O



At 6:05 am on the morning of August 23, Mike Yesko became the first NYCC member known to have established bicycle contact with a rodent in Central Park. It was, appropriately in view of Mike's recent Scandinavian trip, a Norway rat, and it did not emerge from the encounter in very good shape. In fact, it did not emerge from the encounter. It is believed that a member of the species *Corvus corvus*\*, or possibly *Turdus turdus*\*\* later removed the body from the road. Mike and his Vitus are both fine. It didn't even need cleaning. He's contemplating a notch.

\*Crow

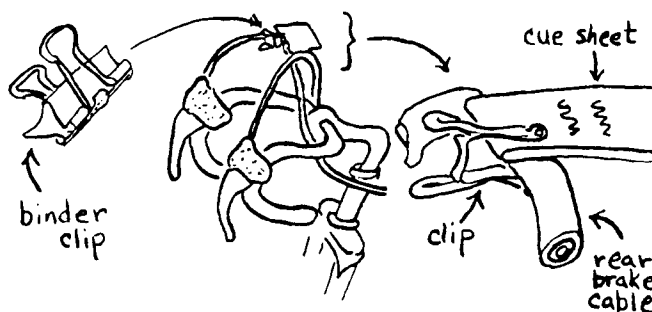
\*\*Robin



Sara's Mapholder

by Ed Flowers

The simplest ideas are the best, and Sara's binder clip mapholder is the simplest. It even works better than the mapholders built into front bar bags. Besides, these front bags mess up the feel of the bike. Sara simply folds the letter sized cue sheet into about six parts. She uses a small sized binder clip to attach the folded cue sheet to one of the front brake cables where it arcs up over the handlebars. If you have new brakes with hidden cables, you're out of luck. I notice that Debbie generally types the cue sheets in six parts so that it's easy to fold up small. Clip the sheet so that it's horizontal and won't flap in the wind.



A M C B I K E S Q U A R E D A N C E: Friday, October 21 at 7 p.m.  
Appalachian Mountain Club Bike Committee Square Dance - Live caller!  
\$6.00 Donation includes refreshments. At FRIENDS ACADEMY, 15 Rutherford Place,  
Manhattan (15 Street between 2nd and 3rd Avenues).

# NYCC PRELIMINARY NOMINATIONS

The following individuals have accepted nomination for the following offices at the September meeting:

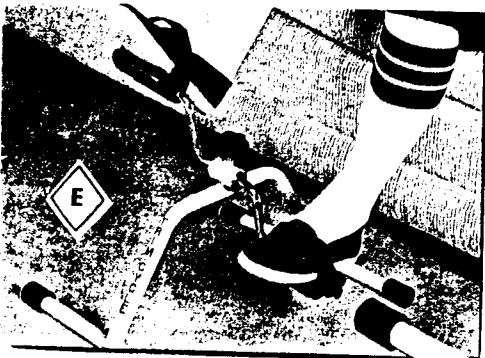
C-Rides Coordinator: -  
B-Rides Coordinator: Brian McCaffery  
A-Rides Coordinator: Roberta Pollock  
Circulation Manager: Hannah Holland  
Membership Director: Holly Gray  
Public Relations Director: Martha Ramos  
Treasurer: Debbie Bell

Secretary: Arlene Ellner  
Editor: Larry Hobson  
Janet Kronstadt  
V.P. Rides: Simone Smith  
V.P. Programs: Michael Toomey  
Richard Rosenthal  
President: Christy Gusetta

Nominations will be completed at the October meeting. If you'd like to run for office, please make sure you are at the October meeting to be nominated.

**Christmas is coming, folks!**

**Below, some gifts that miss.**

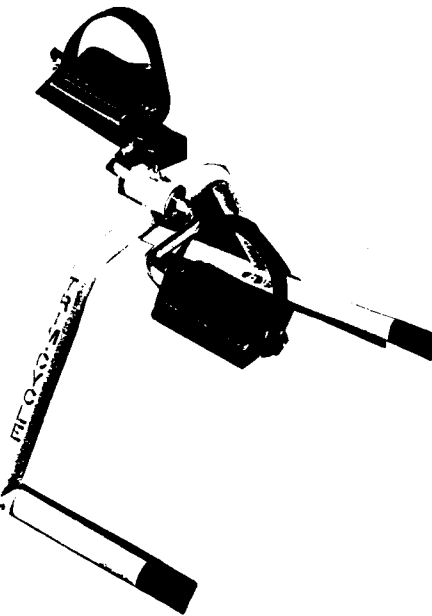


**E. IMPROVE YOUR HEALTH** and attitude with better fitness! Our exercycle will help you do it! Convert your favorite easy chair into an exercycle and improve your circulation and firm your legs while watching TV or reading. It has a no-slip base, adjustable tension and pedal straps, and is made of rugged steel. 20" long.

**11271 Bike Exerciser \$12.98**

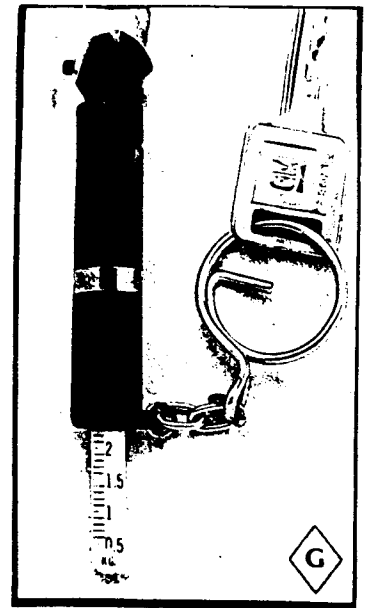
**F. PORTABLE AIR COMPRESSOR** plugs into the cigarette lighter of your car or boat to inflate balls, air mattresses, bicycle or car tires. Keep it in your trunk for roadside emergencies, on the boat for swimming toys. Air hose, adapter and cord set store neatly inside the compact, sturdy case.

**12659 Air Compressor \$34.95**



**G. EXTEND TIRE LIFE!** Keeping tires properly inflated cuts down on wear. When your tire gauge is right on your keychain you can easily check pressure. Measures up to 50 lbs. of pressure, so you'll always know if tires need air. 3" long.

**11289 Tire Gauge Key Chain \$2.98**



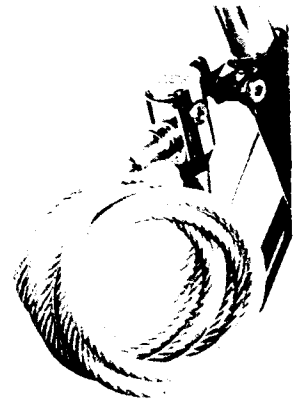
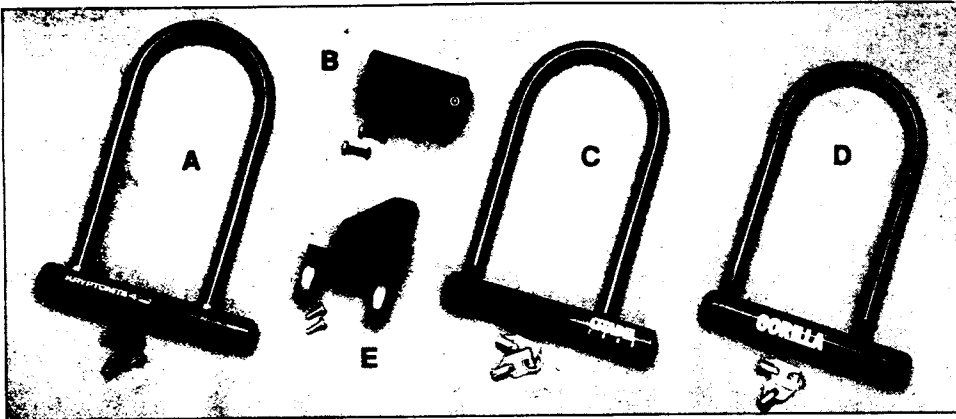
# the person with the most toys wins

....continuing to enjoy them

by steve baron

I had a bike trashed last week. It was a number of years old, but was doublebutted Cr/Mo, and I'd upgraded the wheels and pedals, handlebars and bottle cage. The bike has one Campy pedal because someone stole one in June. The bike was secured to a high sign post, secure in the concrete, with a sign at the top. My lock was a Kryptonite. Someone slipped a long piece of pipe between the pole and the "U" and pushed hard enough to snap the "U", break the rear wheel rim in two places, wreck the tire and tube, and put a severe dent in the seat tube of the main triangle. I had guessed that if anyone ever wanted to steal my bike this damage would result. So, my guess was correct. If my lock had been a new Kryptonite, the frame would have been not just dented, but crushed. The damage was so severe anyway that the thief left it all for me. I now have a new wheel (about \$125 including tire and freewheel) and am using a very old flat "U" lock with a padlock till I decide what action is appropriate.

New thoughts: take the front wheel with you. Put it in a white Sam Flax plastic bag if necessary so it looks like art supplies. Try to lock the crank arm and chainwheel inside the U, along with the seat tube and rear wheel. The less space to insert the length of pipe, the better; and if the thief gets this far, he probably won't want the bike by the time the lock snaps anyway.



More stuff about risks, percentages, staying alive. On friend was recently badly injured: he had been off his bike for some weeks and on his first day back was having the time of his life (almost) going down a long steep hill fast enough that he drifted across the center line. A white Jag came around the curve.....like driving a car, we don't forget how, but we do forget the subtleties. Be extra careful if you haven't been riding for a while.

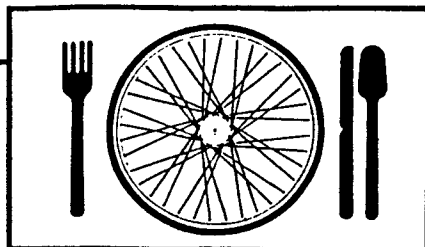
Another friend was tacking up a steep hill. I was ahead, having crossed the crest, so I couldn't see what was happening. The hill was on a highway: cars were moving 50 or 60 or 70 mph. While tacking in the left lane she could hear a car approaching from the rear in the right lane. Because of the sound of the approaching auto, and because of the crest just in front, she didn't know that a car was coming directly towards her. I heard the sickening sound of two autos skidding with their brakes locked. She was lucky. Two cars coming at you from opposite directions at 60 mph are like one car coming at you at 120 mph; there is no place to go.

On a Sunday in New Jersey, I watched one of our club members run all the red lights and weave through cross traffic messenger style. None of the crossing drivers happened to light a cigarette, or change the station, or look at his girlfriend or accelerate abnormally. No one was hurt, but, of course there was high risk not only for the rider, but others on the ride might have followed him out into traffic. We'll have a short serious talk if I ever see him on a ride again.

Wear a helmet, please. But, also, think, think, think about those times when a helmet may not be enough. Think about the risk to the riders with you. Think about the embarrassment of walking up the hill and about your friends having to wait for you, and then walk. Think about the rider behaving badly and risking your rear as well as his, and tell him.

My opinions are not necessarily those of station management.....

**New York Cycle Club**  
**Tuesday**  
**October 11**



**O'Hara's**  
**120 Cedar Street**  
**New York**

## **Two Tours of Canada**

### **North to Quebec & Over the Rockies**

#### **Adventures, mishaps, slides and giggles**

Two groups (one the smallest possible, the other somewhat larger) of New York Cycle Club members set cycling in Canada as their objective for August. The planning, the training, the logistics. How do you guarantee getting a dozen bikes to the starting point? How far will you go through unfamiliar territory before you sleep? Who started the trip in a shopping cart? What were Jody & Christy doing in a church in Ile d'Orléans? Find the answers to all these questions at the October meeting.

Join us at 6pm for spirits or bubbles and schmoozing.

Fixed price\* Dinner starts at 7pm sharp.

Meat, fish, or poultry \$11.00

Vegetarian \$ 8.50

\* Must be purchased by 7pm. \$2 more after 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 dining 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.

## **CLASSIFIEDS**

**F O R S A L E : C I L O** Professional  
 12 speed, 53 cm Cinelli, Modolo, Reynolds  
 531. Excellent condition. \$600.  
**STEVE 1-718-837-3452**

**M I N O U R A** Windtrainer - Magturbo-  
**Q U I E T !** Used 3 times. \$80.  
**STEVE 1-718-837-3452**

I am seeking bicycle parking (preferably indoors) in the 23rd/Third Ave. vicinity. If necessary I will pay for the spot. I need it Mon - Thurs.  
 Call JAMES 1-718-627-6126. Please leave message.

**F O R S A L E :** Ship your bike safely by plane with Performance Bicycle Travel Bag. Brand new, never used. Black Cordura, thick padding, listed in catalog for \$199. Best offer. **GRACE 1-212-580-3285**

**F O R S A L E :** 56 cm Specialized Expedition. Specialized, Suntour, Cinelli plus ESGE fenders, Blackburn rack, generator light. Excellent condition. \$500. Call **CLAY HEYDORN 1-914-941-5013.**

## *breakaway* *vacations*

### SEPT

30-2 • Pioneer Valley

### OCT

7-10 • Virginia      14-16 • Berkshires  
 21-23 • Penn Dutch      28-30 • Penn Dutch

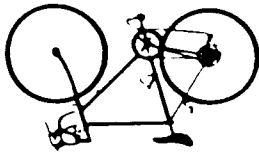
• Beautiful backroads cycling  
 • Choice inns      • Wonderful meals  
 • Great hiking      • Interesting people  
 and the careful planning and spirit of fun that go into every Breakaway weekend

**JOIN US!**  
**(212) 722-4221**

"... WE THANK YOU FOR YOUR SUPPORT"  
**BARTLES & JAMES**

*Bto & James*

1988 VITUS 56 cm frame with Shimano Dura-Ace SIS 7 speed, Dura-Ace crank, derailleurs, hubs, brakes, Shimano clipless pedals, Rhode Gear cyclometer. Only 520 miles, \$1200. (212) 627 - 8966.



# First Class

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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 \_\_\_\_\_

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