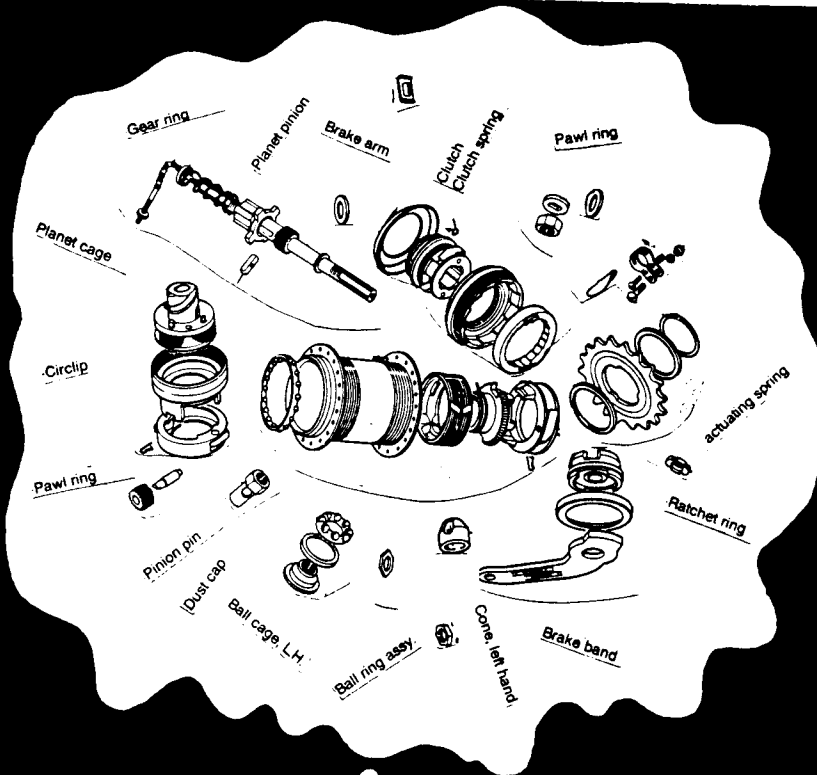


September
1988

New York Cycle Club

S E P T 1 9 8 8 B U L L E T I N



RICHARDS



THE NIGHT BEFORE YOUR FIRST THREE-SPEED HUB OVERHAUL

Box 020877 Bklyn. NY 11202-0019
212-242-3900

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

GUIDELINES FOR CLUB RIDES

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

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

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

<u>Ride Class</u>	<u>Average Speed (not incl. stops)</u>	<u>Cruising Speed (on flat terrain)</u>	<u>Ride Description</u>	<u>Central Park Self-Classification Times (4 laps=24.5 mi.)</u>
AA	17+ mph	22+ mph	Vigorous riding, frequently	< 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.

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 paceline. If you can average 18 mph alone in the Park, come out. If you're a little slow, we'll wait over the tops of two hills; if you are a little fast, you can pull us. Bad weather or late nights may cancel. If you aren't a regular, call 595-7010. Also, we lose some early daylight toward the end of the month, so call to check the time.

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).

Fri.-Mon. Sept. 2-5 **BERKSHIRE EXPRESS.** Leader: Martha Ramos (718-858-9142). Spend Labor Day in the cool Berkshires. The riding and scenery are all very special. Deadline was Aug. 5, but give a call anyway. Cost is \$110 for three days' accommodations (a real steal). Make check payable to Martha and call for details.

Sat.-Mon. Sept. 3-5 **NY-MONTREAL 600 KM BREVET.** Leaders: Steve Bauman (718-359-7972) & John Ceceri (201-485-2615). Ride from New York to Montreal in 40 hours or less. Participants must have completed either a 150-mi. ride in under 12 hours or a 400 km brevet in 1988. Mandatory pre-trip meeting on Thurs., Aug. 25, at 7 PM at AYH. Joint AYH.

Sat. Sept. 3 8:00 AM **SEPTEMBER SECRET.** Leader: Steve Baron (212-228-0555). From the Boathouse. If I get at least two calls at least two days ahead, we'll go....somewhere.

Sat. Sept. 3 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. Rain date: Sun., Sept. 4.

- Sat. Sept. 3 **EISENHOWER PARK.** 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.
10:00 AM
C+/C
40 mi.
- Sun. Sept. 4 **LEADERLESS "A" RIDE.** Meet at the Boathouse at 9 AM.
- Sun. Sept. 4 **LEADERLESS "B" RIDE.** Meet at the Boathouse. If you reach Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.) before the weekend, he'll try to suggest routes and other riders who are interested.
9:00 AM
B
- Sun. Sept. 4 **LABOR DAY WEEKEND RIDE AND SWIM.** Leader: Jerry Nelken (718-871-8036). From City Hall, Manhattan, at 10 AM, or the entrance to Prospect Park at the Grand Army Plaza in Brooklyn at 10:45 AM, to Riis Park. Carry water, etc. and carry (or buy) your lunch. If you'd like a swim, bring a lock, towel, suntan lotion, and sandals and carry or wear your swim suit.
10:00 AM/
10:45 AM
C-/C
40/30 mi.
30% or more chance of rain cancels. Call leader if in doubt. Rain date: Mon., Sept. 5.
- Mon. Sept. 5 **LEADERLESS "A" RIDE.** Meet at the Boathouse at 9 AM.
- Mon. Sept. 5 **LEADERLESS "B" RIDE.** Meet at the Boathouse. If you reach Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.) before the weekend, he'll try to suggest routes and other riders who are interested.
9:00 AM
B
- Sat. Sept. 10 **THREE STRIKES YOU'RE OUT.** Leader: Lee Gelobter (718-646-7037). From the Boathouse. My last two rides were shot down by the absence of riders and leader respectively. I promise a leader for this one. Promise me riders and I'll take you somewhere. A classic mystery ride.
8:00 AM
A /75± mi.
- Sat. Sept. 10 **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. Rain date: Sun., Sept. 11.
9:30 AM
B/B+
45-50 mi.
- Sat. Sept. 10 **A TRAIL OF TWO BRIDGES.** Leaders: John Kalish (718-788-1656, h.; 212-815-3173, of.), Linda Kabrisky, & Paul Sullivan (718-636-6291). From the NJ side of the GWB. Enjoy the scenic Palisades from their base as you cycle north along the Hudson at shore-level. We'll start at the majestic George Washington Bridge and travel to its younger sibling, the Tappan Zee, then a bit further north for lunch by the river. It's rolling to flat terrain, with a few hills. Please wear a helmet. Joint AYH.
9:00 AM
B
50 mi.
- Sat. Sept. 10 **FORT LEE PARK, NJ.** Leader: John Mulcare (718-672-5272). Meet at the Coliseum (60th St. & Broadway, Manhattan). We'll stop at a deli on 181st St. before crossing the GWB. We'll return early for the benefit of those of us who expect to be going on tomorrow's ride to Syosset.
10:30 AM
C-/C /20 mi.
- Sun. Sept. 11 **BILL'S BIKE'S BIRTHDAY SPECIAL.** Leaders: Roberta Pollock (212-864-6182) & Bill Richards (212-675-1946). Meet at the Boathouse for this long but beautiful ride and help celebrate the 20th birthday of Bill's Frejus. We'll pass by Bear Mountain, tour West Point, climb Storm King Mountain, and ride over the Beacon-Newburg Bridge (a unique experience in itself). Join the party! Bring your Metro-North pass for sag service on the way home.
7:30 AM
A/A-
125 mi.
- Sun. Sept. 11 **LAKE RONKONKOMA.** Leader: Martha Ramos (718-858-9142). From the Statue of Civic Virtue, Queens ("E" or "F" train to Kew Gardens/Union Turnpike). September is century month. Hey Bunkie are you a strong "B" rider but still have not gotten around to a century ride? Well cheer up, relief is at hand. Even if you have completed a century, join me for a flat to rolling century ride. Bring your LIRR pass.
8:30 AM
B
100+ mi.
- Sun. Sept. 11 **PANCAKES OR BAGELS IN SYOSSET.** Leader: John Mulcare (718-672-5272). We arrived too late for pancakes on our June 5th trip, so we're starting one hour earlier today. We leave promptly at 8 AM from the Burger King parking lot at 179th St. & Hillside Ave., Queens (last stop on the "E" or "F" train).
8:00 AM
C+/C
45 mi.
- Sat. Sept. 17 **BEAUTIFUL PEPSICO.** Leader: Herb Dershowitz (212-929-0787). From the Boathouse. Ride and picnic at the Pepsico sculpture gardens in Purchase, NY. Bring musette bags to carry lunch.
9:00 AM
A /65 mi.
- Sat. Sept. 17 **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. Rain date: Sun., Sept. 18.
9:30 AM
B/B+
45-50 mi.

- Sat. Sept. 17 **FLUSHING MEADOWS PARK, SATURDAY VERSION.** Leader: John Mulcare (718-672-5272). From Tramway Plaza, 59th St. & Second Ave. As the season winds down, we'll try to do some Saturday versions of some of our more popular Sunday rides, and vice versa, for the benefit of riders who can't or don't choose to ride on both weekend days. 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.
- 10:00 AM
C-/C
30 mi.
- Sun. Sept. 18 **A QUICK 80-MILE RIDE.** Leader: Jay Rosen (718-857-2610). From the Boathouse. We'll try to do this one at 20 mph, with no more than one stop, and attempt to be back at the Boathouse by 1 PM.
- 8:00 AM
A+ /80 mi.
- Sun. Sept. 18 **GOLDEN APPLE CENTURY (Westchester) and HI-POINT HUNDRED (Long Island).** Two popular rallies, sponsored by neighboring bike clubs, will be held today. Both feature a choice of marked routes (25-125 mi.), maps, cue sheets, snacks, etc. The Golden Apple meets at the Pepsico parking lot in Purchase, NY; 7 or 8 AM starts, depending on distance; helmets required; \$8 registration fee. For further information, call Morty Marks, Westchester Country Cycle Club, 914-664-7930. Maggie Clarke and Irv Weisman will bike from the city to Purchase; see below. The Hi-Point Hundred, sponsored by the Paumonok Bicycle Clubs, has a similar format and leaves from Nassau County. For further information, call 516-842-4699.
- Sun. Sept. 18 **RIDE TO THE "GOLDEN APPLE."** Leaders: Maggie Clarke (212-567-8272) & Irv Weisman (212-241-4783, of.). Meet at the Dyckman Triangle Park in northern Manhattan (Broadway & Dyckman St. -- "A" train to Dyckman/200th St.; use underpass to exit) Depart promptly at 7 AM to get to the registration area on time. We'll ride the Golden Apple 50-mi. marked route, then ride back to NYC to complete a century by 7 PM. Fruit, drinks, snacks will be provided at the registration area and rest stop. Bring money for registration and food, helmet (mandatory for registration!), Metro-North pass (optional), and the usual take-alongs. If you've been riding 50- to 75-mi. rides, this is your chance to cap the season with a moderate century. Call Maggie by Sat., Sept. 17, to let us know you plan to ride with us.
- 6:45 AM
B
100 mi.
- Sun. Sept. 18 **JAMAICA BAY WILDLIFE REFUGE, SUNDAY VERSION.** Leader: John Mulcare (718-672-5272). From Broadway & 75th St., Queens ("E," "F" or #7 train to Roosevelt Avenue/Jackson Hts.). Comfortable shoes, a lock, insect repellent, binoculars and a camera would be appropriate. Carry or buy your lunch at a deli stop on the way.
- 10:00 AM
C-/C
20 mi.
- Sat. Sept. 24 **NOT FALL FOLIAGE YET.** Leaders: John Barentz (718-225-6804) & Michael Harvest (212-876-3386). From the Statue of Civic Virtue, Queens ("E" or "F" train to Kew Gardens/Union Turnpike). We'll go to Sunken Meadow Park via Woodbury Road and Rte. 25A, returning via Pulaski Road (or vice versa).
- 9:00 AM
A'
75± mi.
- Sat. Sept. 24 **ROCKLAND LAKE--AN EXTENDED NYACK SOJOURN.** Leaders: Janet Klutch (212-724-8690) & Karen Reich (212-874-7923). From the Boathouse. Join us for a pretty ride to view some swans and geese on the lake. Hopefully we'll have a sunny day and can picnic along the water. A deli stop before the lake, so be prepared to carry lunch for a little while. We may even stop and bathe in a second lake on the way back, so if it's hot, bring a bathing suit for Rockland Beach.
- 8:30 AM
B+
70 mi.
- Sat. Sept. 24 **WESTCHESTER.** Leader: Jeremy Herman (212-543-6472, h.: 212-662-9815, of.). From 242nd St. & Broadway, Bronx (last stop on #4 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.
- 9:30 AM
B/B+
45-50 mi.
- Sat. Sept. 24 **DEMAREST DUCK POND, SATURDAY VERSION.** 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.
- 10:00 AM
C/C-
36 mi.
- *****
- Sun. Sept. 25 **BILL BAUMGARTEN MEMORIAL ALL-CLASS CLUB RIDE TO KINGSLAND POINT PARK.** Join one of the rides listed below or follow the signs from Rt. 9 in Tarrytown to the Park for lunch at 1 PM and our final all-class ride in 1987.
- 8:30 AM
A+ /80-90 mi.
- 8:00 AM
A
86 mi.
- 8:30 AM
A-
70+ mi.

Sun, Sept. 25 -- All-Class Ride (cont.)

8:30 AM Leader: Steve Venizelos (718-837-3452). From the Boathouse. A classic NYCC route -- White
B+ /70 mi. Plains, Chappaqua, Pleasantville, North Tarrytown. Be prepared for some hills.

8:30 AM Leader: Barbara Levitan (718-622-2869). From the Boathouse. To Kingsland Point via the
B /65 mi. Sleepy Hollow countryside.

9:30 AM Leader: Arlene Ellner (212-677-3306). From 242nd St. & Broadway, Bronx (last stop on #1
B- /45 mi. train). We'll be on some of the same Sleepy Hollow roads as the "B" riders.

10:00 AM Leader: John Mulcare (718-672-5272). From 242nd St. & Broadway, Bronx (last stop on #1
C+/C train). Come prepared for some steep hills. We stop at a deli a few miles before reaching
35 mi. the park. The club traditionally forms a so-called "mass ride" back to the city. Any
optimistic "C" riders who want to try a faster pace on the way back are welcome to do so.
John will hang back with riders who prefer a more leisurely trip.

Previews

Sat, Oct. 1

A FOURTH ANNUAL INSTINCTUAL RIDE TO CARMEL, NY. Leader: Rich Herbin (212-792-5438 h.; 212-931-
8000, of.). 110+ mi. From the Boathouse at 8 AM.

B BACK TO THE PARK. Leader: Peter Panico (718-672-7809, h.; 212-880-9252, of.). 55± mi. to
Bethpage, leaving the Statue (Queens) at 9 AM.

C/C- RIVER VIEW PARK, WEST NEW YORK, NJ, SATURDAY VERSION. Leader: John Mulcare (718-672-5272).
33 mi. from the Coliseum at 10 AM, or 21 mi. from the GWB Bus Terminal (178th St. & Ft.
Washington Ave.) at 10:45 AM.

Sat, Oct. 2

A To be announced. See October bulletin, or call Roberta Pollock (212-864-6182).

B+ JOCKEY HOLLOW. Leaders: Holly Gruskay (212-534-1156) & Josh Rubin (718-424-8342).
90-100 mi.

C-/C THE CLOISTERS AND WAVE HILL, SUNDAY VERSION. Leader: John Mulcare (718-672-5272). 30 mi.
from the Coliseum, 60th St. & Broadway, at 10:30 AM.

Oct. 7-10 CATSKILL FOLIAGE WEEKEND. Leader: Martha Ramos (718-858-9142). Columbus Day weekend, a
repeat of last year's rides. Missed that one, then don't let it happen this year. Fabulous
foliage, fantastic and scenic rides and a chance to dine at the world famous Roscoe Diner. We
will stay in the same town, but at a DIFFERENT motel. \$100 for 3 days' accommodations. Send
check payable to Martha no later than Sept. 2nd. \$10 late fee after that date. Call Martha
for details.

Nov. 19-25 CAJUN THANKSGIVING; NEW ORLEANS TO BATON ROUGE. Leader: Martha Ramos (718-858-9142). Looking
for something that's a bit off the beaten path or just an excuse not to spend the holiday with
the family? If this piques your interest, well, why not join me for a week of biking,
sightseeing and eating delights. This "one mo' time" tour include two nights in New Orleans
and two nights on plantations along the way to Baton Rouge. Take or rent a mountain bike and
you can ride on the levy. We also get to visit New Iberia, Morgan City, and Lafayette.
Thanksgiving dinner is home cooked and just might include such cajun specialties as Gumbo,
Craw Fish and fried alligator. Send check payable to Martha for \$100 no later than Sept.
23rd. Call for details.

NOTICE NOTICE

Know someone who has crashed in a pothole? Know a pothole that someone is going to crash in sooner or later? If so, there is something
that can be done. It's called the "Smooth Streets" program and it is offered by the Department of Transportation. If you know of
a dangerous pothole condition, call or write:

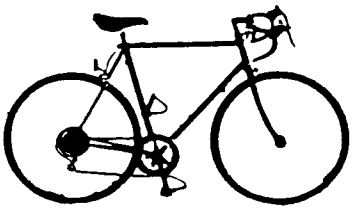
Prior Notice Unit
Department of Transportation
295 Lafayette Street (4th Fl)
New York, N.Y. 10012
212-964-2110 (24 hours per day)

This unit is responsible for having this pothole repaired within 24 hours of the time it has received notice of its existence. If
the situation is not corrected within 24 hours, the City claims it will accept responsibility for any injuries, damages, etc., that
occur thereafter. Sounds simple enough, even sounds amazing - let's give the City a chance to fix the pothole. Call/write to find out more.

Ever wonder what the Board of Directors does? Every time you get your bulletin, the Board's been at it again. Three, four, five or more rides each and every Saturday and Sunday - thank you Board of Directors. A program at every membership meeting, communicating our feelings to the Political Powers, the Board of Directors, again and again and again. Making our bulletin attractive, keeping our finances in order, setting the agenda for our meetings, keeping us visible for new members, it just doesn't seem to stop. It's the heartbeat of the Club, it makes it all happen - each and every week, each and every month. Thirteen generous people, volunteering their precious time, to make it all happen ... so you don't have to.

Give it some thought. You should consider running for office. What a treat it would be to have contested elections for each Board position. The membership of our Club deserves it, deserves a choice, a choice between ideas. Run for an office! Run because you want to give a little back to the Club that gives you so much, run because you can make it better. You should run for the honor of being one of the elected officials of the New York Cycle Club, it is indeed an honor. Our membership deserves it, deserves a choice - - - a contested election for each and every position.

Christy Guzzetta



the person with the most toys wins

by steve baron

THE PERSON WITH THE MOST TOYS WINS.....by Steve Baron

When I'm riding in the city it sometimes seems like the primary goal of the ride is to stay alive. To help achieve this goal I use a Third Eye Mirror. These mirrors break a lot, but now BICYCLE SAFETY, INC., 3140 Buskirk Avenue, Walnut Creek, CA 94596 says they'll repair (I assume that means replace) broken mirrors for \$3.50.

When the sun isn't up I add a pair of bright, fluorescent cuff bands. Bike Habitat sells them during the winter months. For several years I've also used a Belt Beacon after dark: it flashes every half-second, and has an amber lens. Sometimes I hang it from my back pack, sometimes from my classic chic Bell Biker helmet, and sometimes from my belt. It seems to me that it works, but it doesn't seem to keep cars from skimming by within inches of my fragile flesh.

Recently I purchased a Nashbar Strobe Arm Light (sorry guys, from the catalog) which only flashes once a second, but is intensely bright, and has a clear lens. We aren't supposed to flash white in back, but, in this case, confusing the autos seems to be the thing to do. I'm convinced that I'm getting an extra couple of feet of clearance while wearing this light. It costs \$14.50. It is waterproof, so you can use it for diving as well as biking.

My arithmetic tells me that if I'm moving 15 mph and a car is moving 30 mph he'll only see the flash once in the block he passes me (going uptown, if anyone wants to check my math). So, 2 of these lights would be better than one, and the batteries should be thrown away every couple of hours. Since my average night ride is short, the maintenance expense isn't great, especially when compared with medical costs.

GUIDANCE ON GUIDELINES SOUGHT

The NYCC Ride Guidelines, published each month on p.2 of the Bulletin, are condensed reminders of Club policy and advice, but newcomers, in order to feel comfortable when they select and attend their first few rides, often need fuller descriptions of ride classes, riding styles, preparations for rides, tools to bring, lunch and liquid requirements, etc. Since I have been deeply involved in the development of our present Ride Classification system and Central Park Self Classification Ride, Christy has asked me to join with Debbie Bell, V.P. Rides, and the Rides Coordinators to develop guidelines of particular value to new members. These will complement the Newcomers' Rides, which Debbie pioneered in 1986, which encourage newer members to ride with us under carefully supportive conditions.

New members should be aware that the NYCC Ride Classifications and the Training Series Rides and Skills Rides are cooperative Club efforts designed to promote increased skill, safety, speed, and enjoyment of our sport. The classified rides, separated by 1 mph average speed, enable riders of similar ability to enjoy a day of riding together without undue stress or frustration due to mismatched abilities. Ride leaders are free to open their rides to a broader range of riders by designating their rides accordingly, e.g. B-/C+, B/B-, A-/B+, etc. It is not advisable to try to accommodate more than two adjacent classes on any one ride.

All members, especially new ones, should understand that the classification system is not intended to stratify members or label riders, but to bring together those with similar abilities and riding styles. In fact, as a result of continued participation in rides suitable to their entrance class, many riders develop the skills and power to do longer and more strenuous rides, and thus move to a new class.

Experienced riders and new riders alike: WE NEED YOUR INPUT. What do you think a new rider needs to know about riding techniques, group riding, training, equipment, gearing, clothing, food and liquid replenishment, what to bring (or NOT bring) on a ride?

Please send your thoughts for the Ride Guidelines for Newcomers to:
Irv Weisman Box 97 Kingsbridge P.O. Bronx, N.Y. 10463 (212)562-7298-h / (212) 241-4783-off.

Thanks, Irv Weisman

Minutes...

NYCC Board Meeting Minutes, 7 June, 1988, O'Hara's Restaurant

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

Absent: Jody Saylor

May minutes approved.

Discussion of proposal to make donation to Syosset & Nyack Fire Departments in appreciation of their continuing help & hospitality to club members. Motion made to have Michael design two plaques costing up to \$100 each to be presented with letter of appreciation. Motion carried.

Martha initiated discussion of club representation at Bicycle Advisory Committee. It was decided a volunteer would be solicited at a club meeting and an item put in bulletin.

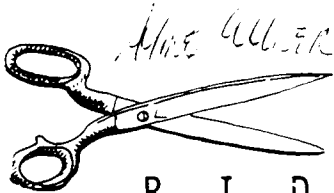
Hannah announced total of 626 members to date.

Holly gave Alex \$1525 check for RAAM, presentation to be made at membership meeting and sent thank you notes to those contributing \$100 or more.

Letter regarding GW Bridge walk-way ban sent to Port Authority; will be published in bulletin.

Meeting adjourned at 8:30 PM

Respectfully submitted,



R I D E D A T A N E E D E D

I am soliciting the help of both ride leaders and riders to collect data on actual club rides. In my past studies I have had the help of Alinda Barth, Maggie Clark, Lee Gelobter, Chris Mailing, Jim Rex, Barbara Silverstein, Sara Sloan, Marty Wolf, and more recently Larry Nelson, and David Walls. What they did, and what I need you to do, is to record the ride details outlined below. Then get them to me at a club meeting, or on a postcard, for analysis.

Day _____ Date _____ Leader _____

Advertised class _____ Advertised Mileage _____

STAGE NO.	START TIME	STOP TIME	TOTAL DISTANCE	AVG. SPEED ON COMPUTER
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
etc.	_____	_____	_____	_____

NOTES: 1. The START and STOP times are actual time of day, on your watch.

2. TOTAL DISTANCE is from the start to that point, and can be read on your odometer. If your odometer cannot be reset to zero at the start of the ride, record its initial reading.

3. AVG. SPEED is optional if you have a computer which shows it. Otherwise, I'll calculate. I'll also calculate duration of snack and lunch stops.

4. TERRAIN. If the terrain is markedly different from our usual rolling terrain, note that.

5. PLEASE don't make a big deal out of all this, because then you won't do it. I'd rather have minimum time and distance information than no information at all.

SEND TO: Irv Weisman Box 97 Kingsbridge P.O. Bronx, N.Y. 10463 (212) 562-7298-h, 241-4783-off.

Confessions of a Bike Bum

by David Walls

Why "do" RAAM? this is the question that is all too regularly posed. "Because it's there" is not a satisfactory reason. The real reason is probably compound in a slightly different way for each rider.

Deep inside I feel I've always had an almost primal urge to ride, and ride hard. I am incensed that it took so long for this urge to manifest itself consciously and in act. I've done a number of sports reasonably well: figure skating (national junior level as a young teen), swimming (college varsity), running (near 3 hour marathon at age 40). In none of these have I experienced the intense joy of being on and training to ride the bike. While larger than most competitive riders, my long legs compensate, my physique seems to work.

When visualizing riding I tend to identify with people like Phil Anderson or Greg or Zimmerman. My hero, of course is Joop Zoetemelk, one of the few who reached mandatory retirement age. Thinking of them helps me push harder on the hills, go further and harder on the flats. In reality, however, these heroes would demolish me in a few seconds. Reality is too often a cold shower.

At my stage in life, age graded races or those which require great endurance are feasible to think about. While competing in the Tour is a fantasy usually requiring a cold shower, RAAM has not been so far fetched in my thought. I recall some 3 years ago saying to my family that if by some fluke I qualified to do RAAM I'd drop everything to do it, adding that such was most unlikely. At the time I doubt I'd even started racing. Life provided lots of interesting twists.

The road to qualifying was slippery. Mid August I did a credible time in Lake Arrowhead, and was encouraged by Alan Bekkerman to try the RAAM qualifier in Arizona a few weeks later. I convinced a friend to support me. Once

and the arrangements were made, one private thought dominated - to qualify at all costs. The value of the reward permitted taking higher physical risks. I knew I could survive hurting more than I'd previously thought.

During the qualifier my riding and thinking were dominated by this urge. The ride itself was spectacular but involved a good deal of personal discomfort and no small amount of pain. A five mile 15% grade in heavy traffic at the end of a blistering hot day which had followed a frigid night (say mile 350), was the least of my worries. The urge to qualify submerged all pain.

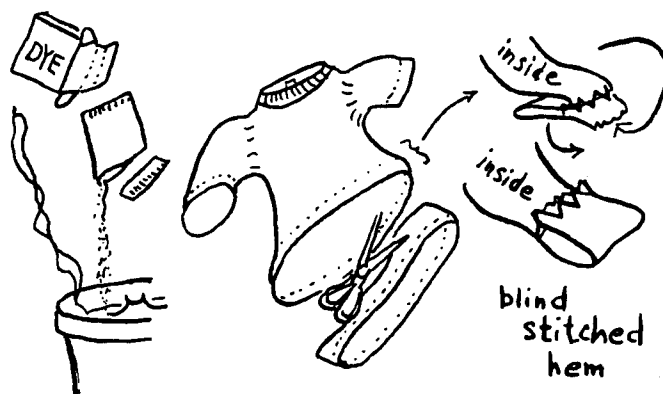
In part then, it is the drive to excel at a sport I love and in which I have some innate talent. In part it is the romance of traversing this country on the bike as fast as possible. That so few people have done it. There is also the environment, the rider is suspended in a cocoon in which he/she traverses the country. The crew, race officials, time station volunteers and interested bikies effectively build it around the rider and keep him/her suspended there. In a sense it's like diving and going to bikie heaven. All the rider needs to think about is riding. There are no thoughts about earning a living, getting food, politics, social life and all the other concerns which make up normal living. If there is a problem with the bike someone fixes it, similarly, clothes, food etc. is all looked after as if by magic. Flats, while still inconvenient, are no longer a big concern, a new wheel appears and in a few seconds you're off again!

All too forward in my thinking is the urge to make that last forever. Its poetic, being able to master hill and dale on the bike, to cover great distances using your finely tuned body and a wonderful, finely tuned machine. Like sanity it is easy to "go over the edge".
David Walls

Cool, Bright Cycling Shirts

by Ed Flowers

Despite the popularity of lycra and swisstex cycling jerseys, the coolest shirt in hot weather is still an all cotton t-shirt - but it looks like an undershirt. To remedy this problem, use Rit dye to make these shirts bright colors that are easy to see on the road. To do this, boil water in the pot that you use to cook spaghetti, and stir in the dye. Cut off the heat and stir in one all cotton t-shirt for 20 minutes. Keep stirring despite the fact that the shirt looks awfully dark down in the water. When the twenty minutes are up, pour out the dye and shirt and wash the shirt in cold water until the color stops running. Dry the t-shirt. Iron the shirt. If the sweater is too long, cut off three or four inches and use the zig-zag stitch on your sewing machine to "blind stitch" a new bottom hem that's stretchy. I recommend Rit's "tangerine" as the cycling color of the year.



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BELLER, Ron	176 Broadway #14C	N.Y.	10038	212-608-7430
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WALSH, Maria	3 Sheridan Sq. #12B	N.Y.	10014	
WALSH, Thomas	3 Sheridan Sq. #12B	N.Y.	10003	
WASSERMAN, Scott	120-26 Benchley Pl #26E	Bronx	10475	212-671-6653

change of address

TELEPHONE

BRANCA, Ray	75 Mt. Prospect Ave	Belleville NJ	07109	201-759-8827
FURMAN, Joe	11124 Taylor Court	Lawrenceville NJ	08648	609-275-6240
HOWARD, Gordon F.	R.D. 2 Box 193N	Otego, NY	13825	
KROLL, Liz	615 Middle Rd	N. Greenwich RI	02818	212-982-5957
SCHLESINGER, Deb	11124 Taylor Court	Lawrenceville NJ	08648	609-275-6240
WITT, Frank	2024 Glenwood Rd. PH	B'klyn	11201	718-839-8367

J O B O P P O R T U N I T Y

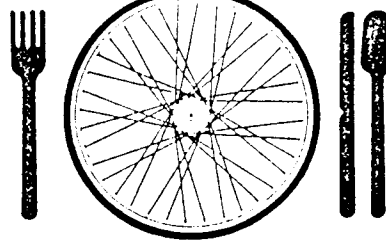
Several NYCC members have approached me at O'Hara's to offer help in editing the Bulletin, some even with computer graphics skills - only to disappear without a trace.

Not only would assistance be welcome, but I, your editor, am hoping that one of you would actually be interested in becoming the new Editor of the NYCC Bulletin. I have been serving the club for two years in the capacity of editor, and though I enjoy doing it, I'd love to spend a little more time with my track club (did I really say that?).

Caryl Hudson

NEW YORK CYCLE CLUB

Tues., Sept. 13



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compiled by Lee Gelobter

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CONTRIBUTORS: Deadline for bulletin material is the Tuesday NYCC meeting before the bulletin month. All copy must be typed on 8½" x 11" paper ACROSS in the 11" direction. One such page equals one half a bulletin page when reduced.

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- 16-18 • Vermont
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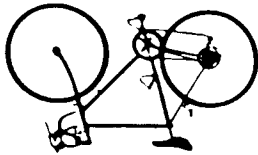
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June 21, 1988
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N.Y., N.Y. 10025



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:

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