March
1988
NYCC rides are intended to be friendly group rides; we don't like to "drop" or lose anyone. However, leaders should turn back riders whose physical or bicycle condition seems inadequate, or when this is not feasible, those whose riding ability early on in a ride seems inadequate. Our leaders are truly reluctant to do this; so please cooperate with them.

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

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

**RIDE AND RIDER CLASSIFICATION**

<table>
<thead>
<tr>
<th>Ride Class</th>
<th>Speed (not incl. Food stops)</th>
<th>Cruising Speed</th>
<th>Riders</th>
<th>Ride Description</th>
<th>Self-Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>AA</td>
<td>17+ mph</td>
<td>20+ mph</td>
<td>Animals</td>
<td>Anything goes. Eat up roads, hills and all.</td>
<td>Less than 1 hr. 12 min.</td>
</tr>
<tr>
<td>A+</td>
<td>16-17</td>
<td>19-20</td>
<td>Sports</td>
<td>Vigorous riding over hill and dale.</td>
<td>1:12 - 1:17</td>
</tr>
<tr>
<td>A</td>
<td>15-16</td>
<td>18-19</td>
<td></td>
<td>High regard for good riding style.</td>
<td>1:17 - 1:23</td>
</tr>
<tr>
<td>A-</td>
<td>14-15</td>
<td>17-18</td>
<td></td>
<td>Can take care of themselves anywhere.</td>
<td>1:23 - 1:30</td>
</tr>
<tr>
<td>B+</td>
<td>13-14</td>
<td>16-17</td>
<td>Tourists</td>
<td>Moderate to brisk riding along scenic roads, including hills. Destination not so important. Stops every hour or two.</td>
<td>1:36 - 1:39</td>
</tr>
<tr>
<td>B</td>
<td>12-13</td>
<td>15-16</td>
<td></td>
<td></td>
<td>1:39 - 1:49</td>
</tr>
<tr>
<td>B-</td>
<td>11-12</td>
<td>14-15</td>
<td></td>
<td></td>
<td>1:49 - 2:00</td>
</tr>
<tr>
<td>C+</td>
<td>10-11</td>
<td>13-14</td>
<td>Sight-seers</td>
<td>Leisurely to moderate riding. Destination oriented: nature, historical, cultural.</td>
<td>2:00 - 2:14</td>
</tr>
<tr>
<td>C</td>
<td>9-16</td>
<td>12-13</td>
<td></td>
<td></td>
<td>2:14 - 2:30</td>
</tr>
<tr>
<td>C-</td>
<td>8-9</td>
<td>11-12</td>
<td></td>
<td></td>
<td>2:30 - 2:48</td>
</tr>
</tbody>
</table>

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

**Sat. Mar. 5**


45 mi.

**Sat. Mar. 5**

Special Interest Group PROGRESSIVE "A" RIDE SERIES #1. Leader: Christy Guzzetta (718-596-9833). From the Boathouse. A simple self-classification ride in Central Park. Four laps around the park, a break to tell lies about how fast we did or didn't go, and then 3 more laps. We'll try and stay together as we cruise the park. If it takes you 2 hours or more to do the first 4 laps, you've got a lot of work to do to ride on an "A" ride on June 30th. - maybe more work than is reasonable to expect. The leader will do the 4 laps in 1 hr. 43 min. - a "B" pace. If that's too slow for you, slow down. If it's too fast, speed it up. Let's try and keep together. Rain date: Sunday, Mar. 6.

42 mi.

**Sat. Mar. 5**

FREETOWN SPRING. Leader: Alejandro Ceyco (718-739-4648). From the Statue of Civic Virtue, Union Turnpike & Queens Blvd. ("F" or "F" train to Union Turnpike/New Gardens). Easy-going Freetown. Good, flat roads, easy body back into cycling. Rain, snow, or temps. below 32F cancel.

40 mi.
Sat. Mar. 5
THE BRONX'S LITTLE ITALY. Leader: John Mulcare (718-672-5272). From the Coliseum, 60th St. & Broadway, Manhattan. Get those cobwebs out of your legs and put some nourishment into your stomach. No rush on this trip. Consider it a mini-training ride for tomorrow's self-classification ride in Central Park. Bring money for lunch in Little Italy, and a lock for your bike. Any precipitation, wet or icy roads, or wind chill factor (i.e., F degrees - 2 x wind speed) below 40F cancels. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."

C-/C
25 mi.

Sun. Mar. 6

A/A-
50-60 mi.

Sun. Mar. 6
SELF-CLASSIFICATION RIDES IN CENTRAL PARK, AND B-/B- PROGRESSIVE TRAINING RIDE #1. Leaders: Irv Weisman (212-562-7298), David Miller (212-794-9365), & John Mulcare (718-672-5272). Meet inside the 72nd St. & Fifth Ave. entrance to Central Park (any time between 10 and 10:30 AM) to check out our early season rides classes by doing four full laps around the park at our own comfortable paces and comparing the times against the club's published guidelines. Then we can make informed selections of rides and club training programs from the several being offered this spring. Canceled by 70% chance of rain or predicted high temp. below 35F. Rain date: Sunday, Mar. 13.

A/B/C
25 mi.

Sat. Mar. 12
"A" TRAINING RIDE #3-ADVANCED TECHNIQUE. Leader: Chris Mailing (718-847-8004). Meet at the Boathouse for a ride to Nyack. The group will ride in a single-file paceline with short pulls in Central Park and outside the City. Precip./temp. below 30F cancels.

A-/A
55 mi.

Sat. Mar. 12
"A" TRAINING RIDE #3-BARON'S HALF-CENTURY. Leader: Steve Baron (212-228-0555). From the Boathouse. B+ riders welcome. Meet at 7:50 for an 8 AM sharp departure. A once in a lifetime event! Brunch will be somewhere in the wilds of New Jersey. Nyack? Westwood? I'll bring my own candles if you'll promise not to sing. Bad weather won't postpone the day, but it may cancel the ride.

A-
50 mi.

Sat. Mar. 12
Special Interest Group PROGRESSIVE "A" RIDE SERIES #2. Leader: Christy Guzzetta (718-596-9833). From the Boathouse. On the road again--to Nyack. Nothing fancy. An easy-going ride to the world famous Skylark Diner. We just want to get some ales in, build our base, and get to know one another. June 25th is long way off, and we've got a long way to go before we get there. Only one adventure planned for today--one very big hill. Rain date: Sunday, Mar. 13.

A-/A
52 mi.

Sat. Mar. 12
SPRING FLOWERS?? Leader: Brian McCaffrey (718-634-1742, h.; 212-880-9292, o.). From the Status of Civic Virtue, Union Turnpike & Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens). A quick trip to Westbury Gardens (we may not stop there) just to get the legs moving again; indoor lunch at the knish place. Rain, snow, wet roads, or temps. below 32F at the start cancel. Wear helmets for this ride, please!

B
40+ mi.

Sat. Mar. 12
NEPONSET BEACH. Leader: John Mulcare (718-672-5272). From 75th St. & Roosevelt Ave., Queens. ("E" or "F" train to Jackson Heights/Roosevelt Ave.). We'll make a stop at the Jamaica Wildlife Refuge, then off to lunch (bring or buy) at the beach. Any precipitation, wet or icy roads, or wind chill factor (i.e., F degrees - 2 x wind speed) below 40F cancels. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."

C-/C
30 mi.

Sun. Mar. 13

A/A-/A-
60 mi.

Sun. Mar. 13
EYES OF MARCH. [or] WHERE THERE'S SPOOK, THERE'S TIME! Leader: Susan Glubman (718-596-0677). From the Boathouse. We'll start thinking (we might even put the thoughts into practice) about our strength and technique while riding a seldom-used route to the Flagship and enjoying some unusual sights. Precip. or temps. below 35F at start cancel.

B/B+
50 mi.

Sun. Mar. 13
B-/B- PROGRESSIVE TRAINING RIDE #2. Leaders: Irv Weisman (212-241-4783, o.) & David Miller (212-794-9365). The B- ride meets at the Central Park Boathouse; the C ride at the GW Bridge Bus Terminal. This is our first loop into New Jersey with target average riding speeds of 11.5/10.5 mph. We'll snack or lunch indoors somewhere. Less than 35F predicted high, or 70% chance of rain cancels. This ride will also be cancelled if last week's self-classification rides were postponed; see March 6.

B-/C
45/31 mi.

Sat. Mar. 19
"A" TRAINING RIDE #5. Leaders: Herb Dereshowitz (212-929-0787) & Chris Mailing (718-847-8004). From the Boathouse. Chris' "Advanced Technique" section will go to Nyack in a single-file paceline. Cornering drills will be held in Nyack after we eat. Precip./temp. below 30F cancels.

A/A-
55-65 mi.
Sat. Mar. 19 9:00 AM
Special Interest Group PROGRESSIVE "A" RIDE SERIES #3. Leader: Christy Guzzetta (718-596-9833). From the Boathouse. Who's coming out, who's fixing to ride on "A" rides this 1988? Ride #3 is a smoochy ride to White Plains. Nice and easy, conversational, social. Before next week's ride, we'll all receive our first update/progress report. In the mail, we'll also receive a little writeup about pacelines...because...because...because...next week we'll be starting to learn all about pacelines. Oh, boy! Rain date: Sunday, Mar. 20.

Sat. Mar. 19 9:00 AM
Leader: Alan Leener (718-797-0972). From the Boathouse. This is the ride of the green. All riders must have some green--and, helmets a must. With the luck of the Irish, we will all return feeling great after this early spring day. Temp. below 30F or 80% chance of rain cancels.

Sat. Mar. 19 10:00/10:40 AM
RIVER VIEW PARK, WEST NEW YORK, NJ. Leader: John Mulcare (718-672-5272). From the Coliseum, 60th St. & Broadway, Manhattan at 10 AM, or the GWB Bus Terminal, 178th St. & Ft. Washington Ave. ("A" train to 175th St.) at about 10:40 AM. Consider this a money-saving trip because we are going to practice riding single file and obeying all traffic lights, as the NJ police now insist that we do. We'll also see the Hudson River from both sides, ride along Jersey's River Road, ride or walk up the Palisades, and enjoy our lunch (buy or bring) in one of Jersey's nice parks overlooking the Hudson. Any precipitation, wet or icy roads, or wind chill factor (i.e., F degrees - 2 x wind speed) below 40F cancels. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."

Sat. Mar. 19 9:00 AM

Sat. Mar. 19 9:00 AM
EISENHOWER SPECIAL. Leader: Alejandro Caycedo (718-739-4648). From the Statue of Civic Virtue, Union Turnpike & Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens). A great ride to ease back into shape for the cycling season. C'mon, and do it! Temps. below 32F, rain, or snow will cancel.

Sat. Mar. 20 10:00 AM
B/B- PROGRESSIVE TRAINING RIDE #3. Leaders: Irv Weisman (212-241-4783, of.) & David Miller (212-794-9365). The "B-" ride meets at the Central Park Boathouse; the "C+" ride at the GW Bridge Bus Terminal. Our target riding speeds are 12/11 mph. You have the option of starting with one group and returning with another. Less than 35F predicted high, or 70% chance of rain cancels.

Sat. Mar. 20 9:00 AM
"A" TRAINING RIDE #7. Leaders: Caryl Hudson (212-595-7010) & Steve Baron (212-228-0555), and Chris Mailing (718-847-8004). From the Boathouse. Chris' "Advanced Technique" section will ride to Syosset in a single-file paceline. Hill-climbing drills will be held on the way out to Syosset. Maps will be available. Precip./temp. below 30F cancels.

Sat. Mar. 20 9:00 AM
Special Interest Group PROGRESSIVE "A" RIDE SERIES #4. Leader: Christy Guzzetta (718-596-9833). From the Boathouse. Today's ride is the first of four "one skill" days. Riding a wheel is the skill. In order to enjoy riding on "A" rides, we all need to master the art of sucking wheel. Real simple, today. No alternating the lead, no double formation, just riding a wheel--it's easy. We're going back to Hyack because the roads are good for this type of ride. Today we begin to learn a little technique--don't miss it! Rain date: Sun., Mar. 27.

Sat. Mar. 20 10:00 AM
THE NORTH SHORE. Leader: Sara Flowers (718-544-9168, h.: 212-921-4319, of.). From the Statue of Civic Virtue, Union Turnpike & Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens). Join us for a ride that will be as brisk as necessary and as social as possible. We will go as far as possible and dine together where necessary. Great Neck, Syosset, Oyster Bay, Bayville—all beautiful this time of year; all we have to do is get there! Cancellation conditions: stuff on ground or falling from the sky; starting temp. of less than 40F (but call if in doubt). Call me if you have questions.

Sat. Mar. 20 10:00 AM
GREAT NECK, LONG ISLAND. Leader: John Mulcare (718-672-5272). From 179th St. & Hillside Ave., Queens (last stop on "E" or "F" trains). There will be an indoor lunch stop unless it's warm enough to eat in one of our favorite parks. Any precipitation, wet or icy roads, or wind chill factor (i.e., F degrees - 2 x wind speed) below 40F cancels. See the note at the end of the Rides Listing for "C Ride Recommendations and Further Cancellation Conditions."

Sat. Mar. 20 9:00 AM

Sun. Mar. 20 10:00 AM
B/B- PROGRESSIVE TRAINING RIDE #6. Leaders: Irv Weisman (212-241-4783, of.) & David Miller (212-794-9365). The "B-" ride meets at the Central Park Boathouse; the "C+" ride at the GW Bridge Bus Terminal. This loop is the same as that used in B/B- PTR #3, but at a faster pace, 12.5/11.5 mph target avg. speed. As always, you have the option to switch groups during the ride. Less than 35F predicted high, or 70% chance of rain cancels.
Fri. Apr. 1
HUNTERDON/BUCKS COUNTY IMPROMPTU. Leader: Joe Furman (212-861-5067). If the weather is nice, I’ll be riding around the countryside at a casual pace. Lots of backroads are planned. Uninterrupted cycling pleasure will be the hopeful result of the day. If you would like to meet me out there on Friday morning, then give me a call on Wednesday evening (Mar. 30) between 7-10 pm for directions. Helmets are strongly recommended.

A- 40-60 mi.

Sat. Apr. 2
"A" TRAINING RIDE #9. Leaders: Simone Smith & Clay Haydorn (914-941-5013), and Chris Mailly (718-847-8004). From the Boathouse. Chris’ “Advanced Technique” section will go to Nyack via the Tappan Reservoir and Orangetburg. The ride will be ridden in a single-file paceline and may feature some “roll up” jams. Sprint finishing drills will be held in Nyack. Maps will be available. Precip./temp. below 30F cancels.

A/A- 35-65 mi.

Sat. Apr. 2
Special Interest Group PROGRESSIVE "A" RIDE SERIES #5. Leader: Christy Guzzetta (718-596-9833). From the Boathouse. For those of us celebrating the Easter holiday, this ride’s today. For those of us celebrating Passover, this ride goes off tomorrow—we’re a non-sectarian SIG! It’s our fifth ride and we’re already doing 64 miles—we must be getting in shape. One skill today, alternating position in a paceline. We’ll take last week’s skill and add one to it. Last week, riding a wheel, single-file. This week, again single-file, and changing position. Moving along. Alternate rides—both go off, no need to call—Sunday, Apr. 3.

9:00 AM
46 mi.

Sat. Apr. 2
EARLY HILLS. Leader: Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.). From the Statue of Civic Virtue, Union Turnpike & Queens Blvd. ("E" or "F" train to Union Turnpike/Kew Gardens). A few North Shore hills on the way to Glen Cove and a few on the way back. We’ll wait for you at the top (or you wait for me). Helmets for this ride, please. Rain, snow, wet roads, or temps. below 32F at the start cancel.

B/B+ 50+ mi.

Sat. Apr. 2
LIBERTY PARK, N.J. Leader: John Nucaro (718-672-5272). From the Coliseum, 60th St. & Broadway, Manhattan, at 9:30 AM, or the Staten Island Ferry (8:25) at 10:20 AM. Bring or buy lunch, but do save $1.50 or so for an ice cream cone you’ll have on the way back to the ferry. Any precipitation, wet or icy roads, or wind chill factor (i.e., F degrees X 2 x wind speed) below 40F cancels. See the note at the end of the Rides Listing for “C” Ride Recommendations and Further Cancellation Conditions.”

9:30 AM/
10:20 AM
25/18 mi.

Sun. Apr. 3

A/A- 70 mi.

Sun. Apr. 3
Special Interest Group PROGRESSIVE "A" RIDE SERIES #5. Leader: Bob Foss (212-594-5402). From the Boathouse. For those of us celebrating the Easter holiday, this ride was yesterday. For those of us who celebrated Passover on yesterday, we’re riding today. Same ride, same routine, both of them are going off regardless of religious conviction. See Saturday’s listing for further details.

9:00 AM
64 mi.

Sun. Apr. 3
DIAL-A-"B"-RIDE. No formal, organized ride today, but your B-Rides Coordinator, Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.), will put interested riders in touch with each other.

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

Previews

Apr. 9-24
"A" TRAINING RIDES #11-16. Two rides every Saturday and Sunday, concluding with the traditional Princeton Century on April 24.

April-May

April 17
CHERRY BLOSSOM RIDE. Leaders: Irv Weisman (212-241-4783, of.) & David Miller (212-794-9365).

BUCKS COUNTY/HUNTERDON COUNTY CARTOP. Leaders: Joe Furman (212-861-5067) & Brian McCaffrey (718-634-1742).

30
FINE BARRIERS METRIC CENTURY. Coordinator: Brian McCaffrey (718-634-1742).

5
SKYLINE DRIVE. Leader: Roberta Pollock (212-864-6182). + and above riders. We'll leave the city Friday afternoon to go hill-climbing on beautiful Skyline Drive in the Blue Ridge Mountains of Virginia. Return will be late Sunday night. Approximate cost for van plus hotel is $125, deposit is $30. The trip is full, but I am setting up a waiting list. Also, we may have space to give someone a free ride (and room) in exchange for driving sag (you'll have time to bike). Call for details.

THE SECOND ANNUAL RETURN FROM MONTAUK (BUS) RIDE. Leader: Bob Trestman (212-631-8926). Leave from the Town Square in Montauk and enjoy the ride home with stops in Queens and Manhattan (the Plaza Hotel). Bus #1 leaves at 3 PM; Bus #2 leaves at 5 PM. Each one holds 30 cyclists and their bikes. (Seats will need to be lowered, handlebars turned, and pedals removed—please bring your own tools.) The cost is $20. Please specify which bus you prefer and send your check to Bob Trestman, 235 Elizabeth St., Apt. 21, New York, NY 10012.

DINGMAN'S FERRY/DELAWARE WATER GAP AREA CARTOP. Leader: Joe Furman (212-861-5067).

MEMORIAL DAY IN SHEFFIELD, IV. Leader: Lee Gelobter (718-646-7037, 8-11 pm) & friends. If you've been before, 'nuff said. If you haven't, rooms are filling up fast. Imagine a weekend in cycling heaven. Quiet tree-lined roads, passing cars you can count on one hand. Terrain for all levels. Call Lee for details. You'll be sorry if you miss it.

NORTH MEETS SOUTH MEMORIAL DAY WEEKEND. Leaders: Joe Furman (212-861-5067), Brian McCaffrey (718-634-1742), & Martha Ramos (718-858-9142). The historic cycling wonderland of Frederick County, Maryland, and Harper's Ferry, West Virginia, should be brilliant at this time of year.

DEN STORE STYRKEPRØVEN. Leader: Marty Wolf (212-935-1460). This is the 22nd annual "Den Store Stykkeprøven" ("The Test of Strength"), with 4,000+ participants. We'll have 48 hours to pedal 340 mi. from Trondheim to Oslo. The ride takes place very close to the longest day of the year, so despite the requirement that all bikes must have lights, we'll be riding in daylight or some light most of the time. Call Marty for application forms or further information.

THE CANADIAN ROCKIES. Leader: Debbie Bell (212-864-5153). Banff, Lake Louise, Jasper, and the Golden Triangle; 40-78 mi./day. The trip is sold out at this time, but call if you'd like to be on the waiting list.

PARIS - BREST - PARIS: FINAL RESULTS

In January final P-B-P results were received. Generally speaking the Americans didn't do particularly well, compared with the rest of the world. But NYCC came through beautifully:

<table>
<thead>
<tr>
<th>Category</th>
<th>Starters</th>
<th>Finishers</th>
<th>DNF</th>
<th>%DNF</th>
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<tr>
<td>Entire Group</td>
<td>2,597</td>
<td>2,117</td>
<td>480</td>
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<tr>
<td>U.S.</td>
<td>231</td>
<td>137</td>
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<table>
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<th>Category</th>
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<th>Finishers</th>
<th>DNF</th>
<th>%DNF</th>
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</thead>
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<tr>
<td>Overall Men-worldwide</td>
<td>2,444</td>
<td>2,013</td>
<td>431</td>
<td>17.6</td>
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<tr>
<td>Overall Women-worldwide</td>
<td>153</td>
<td>104</td>
<td>49</td>
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<tr>
<td>Women on single bikes*</td>
<td>128</td>
<td>86</td>
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<tr>
<td>U.S. Women-single bikes*</td>
<td>27</td>
<td>15</td>
<td>12</td>
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<td>New York Cycle Club</td>
<td>12</td>
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<td>NYCC Women</td>
<td>3</td>
<td>3</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

*Excludes tandems

New York Cycle Club Finishers were as follows:

- Mike Delillo
- Claire Goldthwaite
- **Regge Life
- Dennis Lopez
- **James Rosar
- **Leroy Varga
- Maxim Vickers
- Jeff Vogel
- Mike Yesko

**Not members of the New York Cycle Club but used our affiliation when entering P-B-P; Steve Sklar, who is a member and who also finished, was entered as an individual, not as a NYCC member.
This S.I.G. begins on Saturday, March 5th, 1988 (rain date - Sunday, March 6th) with ride #1 of a progressive "A" ride series. This series/SIG is instructional in nature and geared for those individuals who have never before ridden on Club "A" rides - or haven't in a very long time - and want to this 1988. Consisting of approximately 17 rides (one per weekend), it will culminate on the weekend of June 25th/26th...when...when...when...we will all ride on the regularly scheduled Club "A" ride. And, once again, anyone who comes along on all of the rides will be awarded a beautifully designed prize certificate.

Last year, during the SIG, we learned that there are basically only 3 requirements necessary for enjoying Club "A" rides: (1) conditioning (2) equipment and (3) technique. We will cover them all during this series...while we ride. Early on, we'll work on building a base of miles, getting to know one another, and picking up some good riding technique. Then, as the series progresses, we're going to work on getting real smooth and real fast!

For a tentative schedule of the rides, an information sheet, and/or other details, call...OR...come on out for the rides (listed in rides schedule).

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

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Here it is, March. The calendar says we'll all be out there riding very soon. We're probably starting to get very excited about that.

Riding - no one does that better than the New York Cycle Club. Out of the city, into the country, seeing flowers, doing miles, with other boys and girls and bikes of all ages. Soon, as soon as the weather breaks our way, we'll be in Camelot once again.

I feel like I want to go on a million rides this year, maybe lead a million more. And with the All Class Club Rides, car top rides, weekend adventures, out of state excursions, progressive series, and all of the A, B, and C rides, we'll probably be on one or two or more together somewhere along the way. Let's not forget to say hello.

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

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

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

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

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

Confessions of a Bike Bum

by David Walls

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

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

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

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

On the infamous Gimbel's ride, a significantly large proportion of riders choose to not wear helmets. There are, in fact, few crashes on this ride, and none have, to my knowledge, resulted in head injuries. A constant alertness is probably a great contributor to this record just as it is in the pro ranks.

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

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

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

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

David Walls
Minutes...

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

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

December board meeting minutes approved.

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

Barbara Levitan announced there are 860 paid members.

Ride Leaders' Report: Two A training programs; 17 progressive 2 to A rides to be led by
Christy Guzzetta; Progressive B- to B rides lead by Irv Weisman & Dave Miller & Central
Park 4 Lap Self-classification ride, Sunday, March 5; C to B- progressive training ride.

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

Meeting ended at 8:50 PM

Respectfully submitted,

[Signature]

NEW YORK CYCLE CLUB INC.
FISCAL 1987 FINAL STATEMENT

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| NET REVENUE                   | 1,536.00  | 2,335.58  |

| CURRENT ASSETS                |           |           |
| CHECKING ACCOUNT              |           | 750.68    |
| SAVINGS ACCOUNT               |           | 4,705.02  |
| TOTAL CASH (INCL. $100.00 SCHUETZE FUND) | 5,455.70 |

| OTHER ASSETS                  |           |           |
| 23 CLUB JERSEYS, 1 ELECTRIC TYPEWRITER, CLUB SEAL, TREASURER'S STAMPS, ASST. STATIONARY. | | |
NEW MEMBERS

ALTER, Ben
414 W. 120 St. #307
N.Y.
10027
212-865-9275

ALTER, Jean
414 W. 120 St. #307
N.Y.
10027
212-865-9275

BADAIN, Ilene
720 E. 2nd St.
N.Y.
10027
212-865-9275

BENNERT, Alice
2064 53rd St.
B'klyn
11204
718-338-9119

BLATTBERG, Frederick
354 E. 91st St. Apt P
N.Y.
10128
212-369-7181

FESSENDELEN, Joan
401 E. 86th St. #16H
N.Y.
10028
212-289-3566

GOSCIAK, Josh

HAMENT, Nancy
101 W. 81st St. #708
N.Y.
10024
212-769-0738

HOSIE, Gary
4706 11 Ave.
B'klyn
11219
718-853-8234

HYMEN, Julie K.
328 E. 93rd St. #4A
N.Y.
10128
212-996-2068

KRAFT, Marianne
2809 Clifton Ave. #42
Bronx
10468
212-796-6113

LEVITT, Jed
125 Prospect Park W.
B'klyn
11215
718-499-3799

LEVITT, Bruce
205 E. 95th St. #18B
N.Y.
10128
212-735-5611

MORKOFF, Paul A.
39-15 46th (Bliss) St.
Sunnyside, LIC
11104
212-663-9099

ROLE, Lorna
440 Riverside Dr. #76
N.Y.
10027
212-663-9099

ROTHENBERG, Eric
440 Riverside Dr. #76
N.Y.
10027
212-663-9099

RUSSEL, Nathan
Box 1043
Manhasset NY
11030
718-279-2680

SAFIAN, Chet
155 E. 93rd St. #11-A
N.Y.
11028
212-860-4297

SCHIFFMAN, Sandi
49 W. 12th St. #5G
N.Y.
10011

SCHUETZE, Martin
1691 Blackhawk Cove
Eagan, MN
55122
612-452-2739

SCHUMAN, Nicolette R.
675 N. Terrace Ave. #5C
N.Y.
10532
914-664-5499

SILBERSTEIN, Judy

STRONG, Yvette

change of address

BARNES, Susan

BELL, Wendy

DOMINEZ, Lyn

GRAVES, Charles

KALISH, John

MATTNER, Richard

MORINTZ, Christopher

OBERKELCH, Dave

PLANT, Malcolm D.

RAMOS, David

RUSSO, Maria

SOONG, Edmund

250 South End Ave. #5B
N.Y.
10020
914-834-5846

755 West End Ave. #9C
N.Y.
10025

395 South End Ave. #26F
N.Y.
10280
212-661-0400

551 16th Street
B'klyn
11215

31-38 55th St.
Woodside
11377
718-953-3072

7 Paine Webber, 1285 Sixth Ave.
N.Y.
10019
212-666-1854

755 West End Ave. #9C
N.Y.
10025

Raychem, 300 Constitution Dr.
Menlo Park CA
94025

382 Central Park West #20A
N.Y.
10025

Sunmyside

11016-2108 718-937-3588

HELP WANTED - MECHANICS - MARSHALLS

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

DATE: SUNDAY MAY 15
TIME: 10AM - 3PM
PLACE: EISENHOWER PARK
CONTACT: TONY MANTIONE H - 718-833-9729 W - 516-887-4600

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

FOR SALE - BIANCHI, 65CM., COBALT BLUE, CHROME MOLLY DOUBLE
BUCKET, CYCLONE M II FRONT AND REAR DERRAILLEURS, TOURNEY AID CRANK
& CHAIN RING, SUWTUR SUPERB BRAKES, ARAIA CLINCHER RIMS, SUSUE
SUBS (30CDR), KYOTO PRO VIC II PEDALS, 12 SPEED 32/13 FREDHEE.
CALL IRENE NARISSI (212) 684-4196.

TOURING BIKE FOR SALE: 19", CR-mo frame, 18 speeds, in excellent
condition. Great "C" bike. Asking $185. Call Patti at
212 222-2890.
NEW YORK CYCLE CLUB
MONTHLY MEETING
TUESDAY, MARCH 8TH

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

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

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

Join us at 6pm for spirits or bubbles and schmoozing
Dinner starts at 7pm
Fixed Price
Meat, fish or poultry $10
Vegetarian $7.50
Desserts extra
$2 more after 7
*Must be purchased by 7pm
Diners will receive color-coded coupons
Non-diners seated separately

O'Hara's is one block south of the World Trade Center between Trinity and Greenwich Streets. Enter the restaurant on Cedar Street, go through the door on your right and go upstairs to our private room.
Bicycle parking is provided. Take the elevator to the 4th floor and leave your bike in the storage area provided. Bring a lock for security.

P L E A
P L E A - P L E A S - P L E A S - P L E A S - P L E A S - P L E A S
ALL material for the NYCC Bulletin must be in your Editor's hands by the second Tuesday of each month.
You may hand it to me at the monthly meeting, or mail it before the meeting. Nothing will be accepted unless it is typed, proofed, spelling checked (use your dictionary). Articles should be typed across the 11" dimension of paper. Classifieds are best typed about 5" wide. Paid ads must be camera-ready. The deadline for all is the same: second Tuesday, typed, no exceptions. Your cooperation will ensure a timely bulletin.

DEADLINE FOR THE APRIL BULLETIN IS MARCH 8.
DEADLINE FOR THE MAY BULLETIN IS APRIL 12.

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

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

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