September
1988
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 (harness, 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.

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

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.

Sat/Sun A/A+/AA

THE NORTHWARD EXPRESS--Racing SIG Rides. A leaderless performance-orientation 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 GMB at 9:30-9:40, it’s 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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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 (201-685-2615). 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 AYN. Joint AYN.

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.

A Sat. Sept. 3 9:30 AM

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. & Halsey 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 gun-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.

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.

Sun. Sept. 4 LABOR DAY WEEKEND RIDE AND SWIM. Leader: Jerry Nelken (718-871-8016). 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. 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.

Sat. Sept. 10 THREE STRIKES YOU'VE OUT. Leader: Lee Gelober (718-666-7037). 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.

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.

Sat. Sept. 10 A TRAIL OF TWO BRIDGES. Leaders: John Kalish (718-788-1656, h.: 212-815-3173, of.). Linda Kahrisky & Paul Sullivan (718-636-6291). From the NJ side of the GWB. Enjoy the scenery. 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.

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.

Sun. Sept. 11 BILL'S BIKE'S BIRTHDAY SPECIAL. Leaders: Roberts Pollock (212-866-6182) & 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.

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 Bunksie 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.

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. & Halsey Ave., Queens (last stop on the "E" or "F" train).


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.
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 (51). Bring (or buy) lunch.

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. 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 PepsiCola 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 Paukonok 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.). B 100 mi. "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 50-75 mi. roads, this is your chance to cap this season with a moderate century. Call Maggie by Sat., Sept. 17, to let us know you plan to ride with us.

Sun. Sept. 18 JAMAICA BAY WILDLIFE REFUGE, SUNDAY VERSION. Leader: John Mulcare (718-672-5272). From Broadway & 75th St., Queens ("E" or "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 dell stop on the way.

Sat. Sept. 24 NOT FALL FOLIAGE YET. Leader: John Bantetz (718-225-6804) & Michael Harvest (212-876-3386). A 75 mi. 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).

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 dell 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.

Sat. Sept. 24 WESTCHESTER. Leader: Jeremy Herman (712-543-6672, 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. 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.

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 Rte. 9 in Terrytown to the Park for lunch at 1 PM and our final all-class ride 1:1987.

8:30 AM Leader: David Walls (212-316-2236). From the Boathouse. A+ /80-90 mi.

8:00 AM Leaders: Christy Gussatte (212-595-3674) & Angel Rivera (212-889-9346). From the Boathouse. A lovely ride through Pleasantville, Briarcliff Manor, Sleepy Hollow and environs on the way to the picnic. We're wearing our club jerseys for this big event.

8:30 AM Leaders: Holly Gruskay (212-534-1156) & Josh Rubin (718-846-8342). From the Boathouse. To Kingsland for lunch we go, over hill and dale (this is Westchester, you know). We'll follow the same route as the "A+" group, with an extra loop thrown in.
Sun. Sept. 25 -- All-Class Ride  (cont.)


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

9:30 AM  Leader: Arlene Ellner (212-677-3306).  From 242nd St. & Broadway, Bronx (last stop on #1 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 train).  Come prepared for some steep hills.  We stop at a dell a few miles before reaching 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.

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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 Robert Pollock (212-864-6182).


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, tell 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 a 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.
F Y I - You might want to help, join in, or avoid:
Sat. Oct. 2 Two organized bicycling events are routed over the GWB.
8:00 AM Coors Tour for MS - leaves from RSO/72 St., over the GWB and north. For info 30/60 mi. call 212-463-7767.
8:30 AM City Sports/AYH Women on A Roll Cycling Festival - also over the GWB and north on 16/33 mi. Palisades. 212-627-7040 for info.

THE RACING SIG

The next meeting of the racing SIG will be held on Tuesday, September 27, at O'Hara's restaurant, at 7:00 p.m.

The Northward Express

To fly with the wind and not tire, to be comfortable in a group "at speed", to extend skills and fitness levels all in the company of convivial bikeies.

The Northward Express training ride is hereby introduced as an alternative to "the Gimblets". A- or B- rides that start too early or riding by yourself. This ride will be for those who like to ride hard and those who like to race. It is intended that it will continue in future years as "the Gimblets" has, without any one person(s) organising it. It will just happen every day of the weekend or holidays by the group meeting at the Boathouse at 9:00 a.m. or the west side of the GW bridge 30 or 45 minutes later. The route will be primarily up 9W to Nyack, Rockland Lake or Bear Mountain as the group decides. The amount of hammering and sprinting is also expected to evolve according to the "group dynamic".

The Gimblets' route has some very rough surfaces, is not as easy to get to as 9W and doesn't have as nice hills as may be found on 9W. With the increasing interest in performance cycling (even racing and the success of the spring training series this ride may be one whose time has come. Certainly a number of people have suggested it. Those who read this will so determine.

David Wells, The Racing SIG
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. D-/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, gear, 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, 1986, O'Hara's Restaurant

Present: John Mulcare, Martha Rambo, Caryl Hudson, Roberta Pollock, Hannah Holland, Barbara Levitan, Christy Guzzetta, Michael Pooney, Debbie Bell, Holly Gray, Brian McGeary, Arlene Elner

Absent: Jody Saylor

May minutes approved.

Discussion of proposal to make donation to Syosset & Hock 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 625 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,

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RIDE DATA NEEDED

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 Wells. 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 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" R.A.M.? This is the question that is all too regularly posed. "Because it's there" is not a satisfactory reason. The real reason is probably compounded in a slightly different way for each rider.

Deep inside I feel I've always had an almost primal urge to ride. I'm quite sure the desire to actually ride and not just fantasize about it is not a solitary one. I've tried it and I've succeeded. In fact, I've done a number of sports reasonably well: figure skating, softball, senior tennis, swimming (college varsity), running (5-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 I am more competitive in other sports, my long legs compensate, my physique seems to work. Hence, when visualizing riding, I tend to identify with people like Phil Anderson or Greg Zimmermann. 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, to further extend and higher on the flats. Reality, however, these hercules would demolish me in a few seconds.

At my stage in life, age graded races or those which require about endurance are feasible: I think about while completing the Tour is a fantasy usually requiring a cold shower. R.A.M. has not been so far fetched in my thoughts. I recall some 3 years ago saying to my family that if by some miracle I qualified it, I must go. I did go. Now, I think of it as being something that was most unlikely. At the time, I doubt I'd even started riding. Life provides loads of interesting twists.

The road to qualifying was slippery. I bought a new home in the Arizona desert and was encouraged by Bill Beckerman to try the R.A.M. qualifier in Arizona. A few weeks later I convinced myself to support the bike. All the other concerns which made up normal living. If there is a problem with the bike, someone fixes it. Everything is well taken care of as you are in heaven. 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 often in my thinking is the urge to make, that last forever. Its poetic, being able to master hill and sale 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 spandex 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. From this 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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STEWART, Carl W.
STRAUSS, Hanna
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WALSH, Maria
WALSH, Thomas
WASSERMAN, Scott

49 E. 17th St #6D
341 W. 22 St #1A
176 Broadway #14C
500 E. 85th St. #15G
125 Christopher St #3G
414 E. 11th St #1B
173 Lafayette #5N
385 93rd St #3A
627 Willow Ave #1A
400 E 70th St #2701
6 Oriole Rd.
309 W. 103 St. #1
96 Sterling Place #3C
1249 Park Ave. #8G
110 Horatio St #319
250 Mercer St. #A-701
250 W. 91 St. #6N
140-13 Alcott Place #13M
218 East 5th St. #1E
528 4th St #3
150 Henry St. #3B
498-1/2 Sixth Ave
224 Riverside Dr. #101
178-10 Wexford Terr. #5P
520 E. 84th St #3D
51 W. 84th St. #2
23-07 32nd St. #8A
63 E. 9th St. #49A
265 W. 90th St #8
58-37 Van Cleef St. #2
2410 Kings Highway PH
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