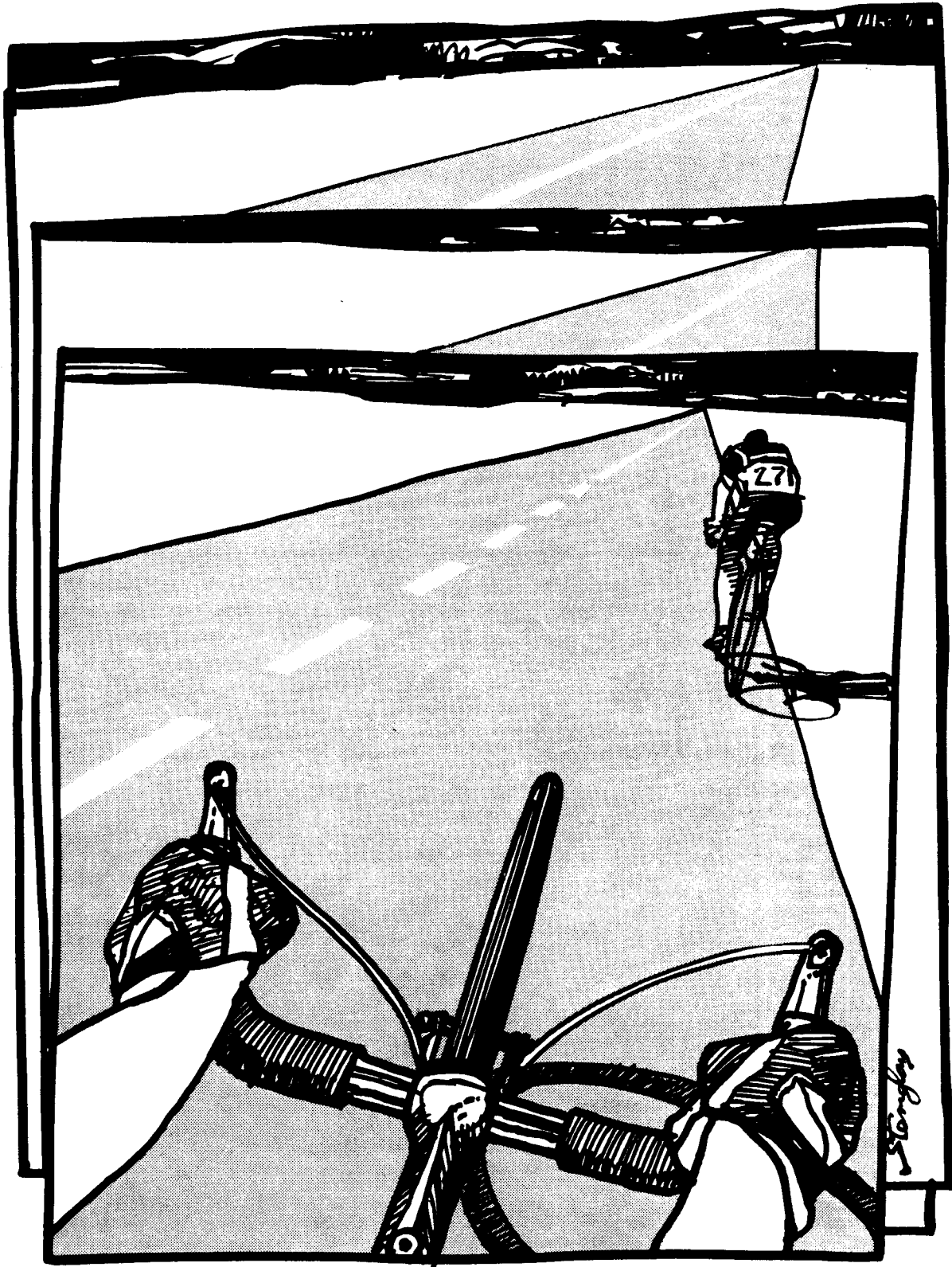


April
1989

NYCC Bulletin

A P R I L · 1 9 8 9



P.O. Box 020877 Bklyn. N.Y. 11202-0019 212-242-3900

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 Street.

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

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

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

The BULLETIN is published 12 times a year by the New York Cycle Club, P.O. Box 120877, Brooklyn, NY 11202-0019, 212/242-3900, Christy Guzzetta, president. Editorial and art contributions: copy/art must be received by the second Tuesday in the month prior to publication. All written material must be typed. Call editor for article guidelines and/or advance approval, and for drawing specifications.

Submission is contributor's warranty that material is in no way an infringement upon the rights of others and that the material may be published without additional approval. Enclose a SASE if you want your material returned. Classified ads and regular ads must also be submitted by the second Tuesday of the month prior to publication. Ad rates: Classified-two classified ads per member per year are free (6 lines, 25 characters each, maximum); after that, \$1.00 per 25 character line. Other ads - \$200, full page; \$125, half page; \$60, quarter page; \$30, eighth page.

Publication of material is determined by available space, which varies with the length of ride listings, and we cannot guarantee that all submissions will be published. The BULLETIN is mailed free to all NYCC members. Price of membership is \$12 per year for individuals, \$15 for couples residing at the same address and receiving one copy of the BULLETIN. If you do not receive your BULLETIN, contact the circulation manager.

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R. Martin

RIDES THIS MONTH

- Tuesdays/Thursdays**
6:00 a.m. **EARLY MORNING CENTRAL PARK RIDES.** Leaders: Steve Baron/Caryl Hudson (212-595-7010). Ah, Spring! Meet at Tavern on the Green for a friendly but strenuous paceline ride of 2 - 3 laps. We leave promptly at 6:00 till Daylight Savings Time moves us back to 6:15 for a while. If you're a little slow, we'll wait over the tops of two hills; if you're a bit fast, you can pull us. Bad weather or late nights may cancel.
- Sat. Apr. 1**
9:00 a.m.
A/A-
50-60 mi. **"A" TRAINING RIDE #9.** Leaders: Joe Furman (201-692-9635) & Simone Smith (914-941-5013). From the Boathouse. at 9 a.m. or the GWB/NJ side at 9:45. Emphasis on hill intervals to build speed and confidence (and to celebrate Simone's birthday). Destination will be the Ridge Dinner in Park Ridge. Nothing to worry about as this ride will be instructional and not competitive. Temp. below 32° at start, wet/salty or icy roads cancel.
- Sat. Apr. 1**
9:00 a.m.
-> A
66 mi. **SIG - PROGRESSIVE "A" RIDE SERIES #5.** Leader: Christy Guzzetta (212-595-3674). From the Boathouse. Ossining?! 66 miles?! It's only our 5th ride. But it's okay. We're already starting to get 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 positions. Moving along. RAIN DATE; SUNDAY, APRIL 2nd.
- Sat. Apr. 1**
9:00 a.m.
B
50 +/- **BAYVILLE "NO FOOLIN'".** Leaders: Seymour Katz (718-442-9566) & I.M. Wolf (212-360-8203). Terrain: Flat/Rolling. From the Statue of Civic Virtue (E subway to Union Turnpike stop). A nice social "B" ride to Bayville by the Bay with an indoor lunch stop. If the weather is too cool and gray, the ride may be shortened (no foolin')! Rain or temp. less than 32° at start cancels.
- Sat. Apr. 1**
C-/C/C+ **NO RIDE TODAY.** So this terrible event doesn't happen again, call your handsome, debonair, erudite "C" Rides Coordinator at 212/222-5527 and say, "I want to lead or co-lead a C ride!" He's been known to train, help with maps, and find compatible co-leaders at very modest rates. If you absolutely must have a ride today, AYH has a 40 mile ride to an unknown destination, leaving 9 a.m. from 242nd and B'way (last stop on the IRT #1 line). Be ready for anything.
-  **REMEMBER.** April 2 is Daylight Savings Time. Turn your clocks one hour ahead.
- Sun. Apr. 2**
8:30 a.m.
A/A- / 70 mi. **"A" TRAINING RIDE #10.** Leaders: Angel Rivera (212-889-9346) & Tony Nappi (212-737-1906). From the Boathouse. Spin, spin, spin to Rockland Lake. Steady paceline riding. Get those miles in early. Temp. below 30°, precip. cancels.
- Sun. Apr. 2**
10:00 a.m.
B / 40 mi. **PROGRESSIVE "B" TRAINING RIDE NO. 3.** Leader: David Miller (h., 212-794-9365, w., 718-886-2000). From the Boathouse. An easy, flat ride in Bergen County, NJ. Lunch at a diner in Closter. Rain, snow, temp. below 32° may cancel. Call.
- Sun. Apr. 2**
10:00 a.m.
C+/B-
40 mi. **"B-" PROGRESSIVE TRAINING RIDE #4.** Leaders: Irv Weisman (w., 212-241-4783) & Maggie Clarke (h, 212-567-8272). Terrain: Rolling/Some Hills. From GWB Bus Terminal, at Ft. Washington Ave., between 178 & 179 St., to Park Ridge Diner. (Take "A" train to 175 St., walk forward in station to Bus Terminal; or take IRT #1 to 181 St. & St. Nicholas Ave., cycle south 2 blocks to 179 St., right for 2 blocks and, voila, you are there.) Eat a hearty breakfast to avoid early sagging. Return to GWB by 4:00 p.m. Ride cancelled if expected high is below 45°, or 60% probability of rain.
- Sun. Apr. 2**
10:00/9:30
B/B+
25/40 mi. **LATE BLOOMERS "B" RIDE SERIES (LBRS) #1 - DEMAREST.** Leaders: "B" Dorothy Poole (212-724-0528). "B+" John Kalish (718-788-1656). Terrain: Rolling with 1 climb up Palisades Ave. "B" riders will meet at Ft. Washington Ave. & 178th St. "A" Train to 175th St. at 10:00. This ride is for the ducks and for the pond too. Lunch is indoors if weather is overcast and temperature is below 60°. "B+" riders will meet at the Boathouse at 9:30, and will have a slightly longer ride to the Demarest Duck Pond. 70% chance of rain or temp. below 45° at start cancels.
- Sun. Apr. 2**
9:00 a.m.
C/C+
40 mi. **SEACLIFF.** Leader: Alinda Barth (718-441-5612). If you've not been out yet, or are new to the club, try this North Shore ride. Meet 9 a.m. at the Statue of Civic Virtue on Queens Boulevard. Take E or F train to Union Turnpike. Pick up lunch at a deli and eat at a beautiful park overlooking the Sound. Rain cancels.
- Sun. Apr. 2**
9:00 a.m.
C- / 22 mi. **FT. LEE PARK.** Leader: John Mulcare (718-672-5272). From the Coliseum (60th & B'way Manh). Especially appropriate for some of our new members, this ride to a historic site is one of the shortest "C" rides, allowing more time to get acquainted. Bring lunch or buy it at a deli stop along the way. Call leader before 9 a.m. if weather is questionable. RAIN DATE: Sat. 4/8.
- Sat. Apr. 8**
9:00 a.m.
A/A-
60-65 mi. **"A" TRAINING RIDE #11.** Leaders: Rich Herbin (212-792-5438) & Eileen O'Neill (212-819-0435). From the Boathouse. Along the Hudson, through the Sleepy Hollow backroads, and along an old RR bed (paved) to gourmet (gourmand) refreshments in Briarcliff. Return either along Route 9 or through the hillier, more exciting Sprain Valley possible.
- Sat. Apr. 8**
8:30 a.m.
-> A
73 mi. **SIG - PROGRESSIVE "A" RIDE SERIES #6.** Leader: Christy Guzzetta (212-595-3674). From the Boathouse. We'll leave 1/2 hour early this morning to go up and over some hills to Bedford. And we'll do it in a double paceline, too. No alternating the lead, we just want to get the hang of riding in the double paceline formation. It's one skill - one very big skill - riding the wheel of a bike in front, while there's another one inches to our side, and another bike riding simultaneously off our rear wheel. And all of this is happening at the same time. My oh my, we almost look like "A" riders. RAIN DATE: Sun., April 9.

- Sat. Apr. 8
10:00/9:30
B/B+
40 mi.
- LBRS #2 - OYSTER BAY-SYOSSET.** Leaders: "B" Anne Hintermeister (212-628-0948), "B+" Alejandro Caycedo (718-736-4648) & Larry Nelson (212-874-5125). Terrain: Flat/Rolling. "B" riders will meet at 179 St. & Hillside Ave., R or F Train to 179th St. (last stop in Queens). A fairly flat excursion into Long Island and Teddy country. Bring your LIRR pass. "B+" riders meet at Statue of Civic Virtue, E, F or R train to Union Turnpike. A slightly faster route into Long Island. If you are interested in leaving from the Tramway in Manhattan, give Larry a call about the departure time. This will add 8 miles to the overall mileage in each direction. Bring your LIRR pass. 70% chance of rain or temp. below 45° at start cancels. RAIN DATE: April 9.
- Sat. Apr. 8
9 a.m.
C/C+ / 45 mi.
- SPRING BLOOM.** Leader: Alex Von Braun (212-757-7837); co-leader: Ken Weissman (212-222-5527). From the G.W. Bridge. View the early spring bloom along the back 45 to Nyack for indoor lunch unless the day is gorgeous. Blue skies man brown bag. Rain, snow on road, temp. under 40° cancels.
- Sun. Apr. 9
9:00 a.m.
A/A-
50-60 mi.
- "A" TRAINING RIDE #12.** Leaders: Joe Furman (201-692-9635) & Caryl Hudson (212-595-7010). From the Boathouse at 9 a.m. or the GWB/NJ side at 9:45. Today we concentrate on speedwork, speedplay and brunch at the Ridge Diner in Park Ridge. Today we ride fast. This will be fun! Really! Precip. or below 32° cancels.
- Sun. Apr. 9
9:00 a.m.
B / 50 mi.
- PROGRESSIVE "B" TRAINING RIDE NO. 4.** Leader: David C. Miller (212-794-9365, h.; 718-886-2000, w.) From the Boat-house. An easy, flat ride to Piermont. Lunch at the Turning Point. But a different route this week. Rain, snow, temp. below 30° may cancel, call.
- Sun. Apr. 9
9:30 a.m.
B- / 45 mi.
- "B-" PTR #5.** Leaders: Irv Weisman (w., 212-241-4783) & Maggie Clarke (h, 212-567-8272). From GWB Bus Terminal. Terrain: Rolling/Some Hills. Follow portions of the "Marked Club Route", Western Hwy, Town Line Road, Crooked Hill, and the delightful Pascack Road to Park Ridge Diner. Return to GWB by 4 p.m. See Apr. 2 PTR #4 for cancellation cond.
- Sun. Apr. 9
9:00 a.m.
C / 40 mi.
- BIKE BELLE SOUVIERS.** Leader: Charlie Morris (212-477-3281 OR 914-693-2580). Journey to the last known address of Marie Antoinette--some hills. Meet at the underpass behind G.W. Bridge Bus Station at Ft. Washington Ave. Joint AMC.
- Sun. Apr. 9
10:00 a.m.
C-
20 mi.
- SPRINGTIME AT THE CLOISTERS.** Leader: Larry Nelson (212-874-5125). Meet at Columbus Circle, Central Park entrance for an easy ride to the Cloisters at Manhattan's northern end. Weather permitting, we'll eat a picnic lunch overlooking the Hudson River. Bring food or money for same. Temp. below 40° at start, 50% chance of rain, snow, salt, or ice on road cancels. No radios/headphones. Helmets PLEASE!
- Sat. Apr. 15
9:00 a.m.
A/A-
70 mi.
- "A" TRAINING RIDE #13.** Leaders: Janet Krondstadt (212-595-7483)/Bob Moulder (212-682-5669) & Jody Sayler (212-799-8293). From the Boathouse. Ah! Valhalla! Up through Westchester - over the Kensico. Lunch at the Highland Diner in Ossining. Back along the Hudson. Much "hill sitting" after our return to Central Park.
- Sat. Apr. 15
8:30 a.m.
--> A
76 mi.
- SIG - PROGRESSIVE "A" RIDE SERIES #7.** Leader: Christy Guzzetta (212-595-3674). From the Boathouse. Oyster Bay. Today's a big day in the SIG. We're riding a double paceline, sucking wheel, taking our turn at the front, alternating positions, dynamic, moving, safe. Along the L.I.E. service road - it's flat, wide and perfect for ticking off the miles. RAIN DATE: SUNDAY, APRIL 16th.
- Sat. Apr. 15
10:00/9:30
B/B+
45 mi.
- LBRS #3 - NYACK.** Leaders: "B" Dorothy Poole (212-736-4648); "B+" Larry Nelson (212-874-5125). From Ft. Washington Ave. & 178th St. A train to 175th St. Terrain: Rolling with 1 climb up Palisades Ave. First seasonal visit of '89 to Nyack via Bergen and Rockland Counties. If you are interested in leaving from the Boathouse, call Larry Nelson for the departure time. This will add 6 miles to the overall mileage in each direction. 70% chance of rain and temp. below 45° at start cancels. RAIN DATE: APRIL 16.
- Sat. Apr. 15
C
- NO RIDE TODAY.** So this terrible event doesn't happen again, call your handsome, debonair, erudite "C" Rides Coordinator at 212/222-5527 and say, "I want to lead or co-lead a C ride!" He's been known to train, help with maps, and find compatible co-leaders at very modest rates. If you absolutely must have a ride today, see how the others live by riding through the Breezy Bronx (trees and waterways) with AMC. IRT #2 to Pelham Bay Station, cross footbridge; meet at foot of ramp, 11:30 a.m.
- Sun. Apr. 16
8:45 a.m.
A/A-
85-90 mi.
- "A" TRAINING RIDE #14.** Leaders: John Waffenschmidt (718-476-0888)/Franziska Rauch (718-278-6241) & Rich Herbin (212-792-5438). From the Boathouse. To Stony Point in Rockland County. The joy of riding leads us over these roads of yore. Join us and enjore. Rich says that a reasonable pace will be maintained to minimize unnecessary suffering.
- Sun. Apr. 16
10:30 a.m.
A
55 mi.
- RACING SIG RIDE FOR WOMEN ONLY.** Leaders: Chris Mailing (718-847-8004) & Beth Herman (212-689-7778). Meet at the Central Park Boathouse for a ride to Nyack designed to help women get started in bicycle racing. The ride will be ridden in a single paceline formation (learn how!) and will include cornering, hill climbing and sprinting drills. Learn how to corner and feel more comfortable with bumping elbows in a pack. Discussion will focus on any questions you may have about racing. Joint ride with the Century Road Club Association. Rain cancels.
- Sun. Apr. 16
9:00 a.m.
B / 65 mi.
- CHERRY BLOSSOM RIDE.** Leader: David C. Miller (212-794-9365, h.; 718-886-2000, w.) From the Boathouse. See Irv Weisman's description below.

- Sun. Apr. 16 9:00 a.m. B- 50 mi. **14TH ANNUAL CHERRY BLOSSOM RIDE/OR "B-" PTR #6.** Leaders: Irv Weisman (w., 212-241-4783) & Maggie Clarke (h, 212-567-8272). Terrain: Rolling out/Hilly return. From the GWB Bus Terminal. If the Blossom Reports are good, we go to Cherry Blossom Land in Belleville, NJ for our annual visit. Picnic lunch-best to bring, but a deli is nearby. If Blossom Reports are poor, we'll go on "B-" PTR #6 - the traditional "Marked Club Route" - for a LAW 50 mi. Patch Ride. Return to GWB by 4:30 p.m. See April 2 PTR #4 for cancellation conditions.
- Sun. Apr. 16 C+/B- 30-65 mi. **SPRING WORKOUT.** Leader: Ken Weissman (212-222-5527). A nice flat loop through Queens, past Jamaica Bay Wildlife Center, through Rockaway, over the Marine Park Bridge, along the Brooklyn shoreline, and back to the Upper West Side. Group meets 8:30 a.m. at B'way & 95th; 9 a.m. Tramway Plaza; 10:15 in Queens. (Call leader for pick-up point.) Many subway stops along the route allow you almost infinite mileage tailoring. Rain, high winds cancel.
- Sun. Apr. 16 10:30 a.m. C-/C 28 mi. **CONEY ISLAND.** Leader: John Mulcare (718-672-5272). From the front of City Hall (one block south of Chambers St.). Across the Brooklyn Bridge with a lot of riding along the waterfront on our way to Nathan's and those famous franks. Then, we check out the beauties on the boardwalk before returning to civilization. Rain cancels. Call leader before 9 a.m. if weather is questionable.
- Sat. Apr. 22 A/A- 8:30 a.m. 60-65 mi. **"A" TRAINING RIDE #15.** Leaders: Don Kettler (212-645-0894) & Steve Baron (212-595-7010). From the Boathouse. Picnic at Croton Dam Gorge. When it was built (1905), the Croton Dam was the 2nd largest hand-hewn masonry construction in the world - surpassed only by the pyramids. See it!
- Sat. Apr. 22 7:30 a.m. -> A 89 mi. **SIG PROGRESSIVE "A" RIDE SERIES #8.** Leader: Bob Foss (212-594-5402). From the Staten Island Ferry. Don't be late - the Ferry leaves at 7:30 a.m. sharp. What a pretty ride along the Delaware and Raritan Canal near Princeton. How can any ride be pretty if it includes the ugly, dangerous Goethals Bridge? It is, it is pretty. But that monstrous hill about 20 miles out. It is, it is pretty. RAIN DATE: SUNDAY, APRIL 23.
- Sat. Apr. 22 10:00/9:30 B/B+ 45+ mi. **LBRS #4 - BRIARCLIFF MANOR.** Leaders: "B" Bernie Pearlman (212-285-1235); "B+" Dick Goldberg (212-874-2008) & John Kalish (718-788-1656). From 242 St. & Broadway; #1 Train to the last stop in the Bronx. Terrain: Rolling/Hilly. Sleepy Hollow country with a few twists and turns and, of course, some hills. Bring your Metro North pass. 70% chance of rain, temp. below 45° at start time cancels. RAIN DATE: April 23.
- Sun. Apr. 23 7:30 a.m. A/A- 110+ mi. **"A" TRAINING RIDE #16.** Leaders: Steve Sklar (212-245-3245) & Marty Wolf (212-935-1460). From the Staten Island Ferry. We'll take the 7:30 a.m. Ferry - biking a rather pretty route (through East Millstone along the canal) to Princeton; return the more direct route (Rt. 27). Please note that this will NOT be a schmoozy ride. Any precip. cancels.
- Sun. Apr. 23 9:00 a.m. B / 65 mi. **PROGRESSIVE "B" TRAINING RIDE NO. 5.** Leader: David C. Miller (212-794-9365, h.; 718-886-2000, w.) From the Boathouse. Ride to Nyack with lunch at the Skylark. There will be a couple of small hills. Rain, snow, temp. below 30° may cancel. Call.
- Sun. Apr. 23 9:00 a.m. B- 50 mi. **"B-" PTR #6 - 50 MILE PATCH RIDE.** Leaders: Irv Weisman (w., 212-241-4783) & Maggie Clarke (h, 212-567-8272). From the GWB Bus Terminal. Terrain: Rolling/Hilly. This is the traditional 50 mile Club Route, first marked in 1977, now almost all arrows are obliterated. Lunch in the Park Ridge Diner. (If we rode this last week, we'll do the Cherry Blossom Ride today). Return to GWB by 4:30. See April 2 PTR #4 for cancellation conditions.
- Sun. Apr. 23 C 32-44 mi. **OLD TAPPAN ROUND-A-BOUT.** Leader: Christy Guzzetta (212-595-3674). A breezy spring ride to Old Tappan, N.Y. It's a gentle ride, flat until one big hill on the way home. Bring lunch money-we'll be stopping at the Dynasty Diner in Northvale, N.J. Come on out, we'll take it nice and easy...get to know each other a little, enjoy the Spring, and have some fun. 9 a.m. at Columbus Circle entrance to Central Park; 9:45 a.m. at Church, 179th St. & Ft. Washington Ave. Rain cancels.
- Sun. Apr. 23 9:00 a.m., C-/C 30 mi. **BREAKING AWAY.** Leader: John Mulcare (718-672-5272). From Tramway Plaza (59-60th & 2nd Ave.). If you've been on one of my earlier rides this month, you're probably ready for this one. It includes a ride around the lake in Flushing Meadow Park; a stop at the Queens Botanical Gardens; lunch (bring same or buy along the way) in Kissena Park; a stop at Socrates Park for a look at the works of art (mostly sculpture) on display; a ride around Roosevelt Island, and a return to Manhattan via the Tramway (\$1.00). Rain cancels. Questionable weather? Call leader before 9 a.m.
- Fri.-Sun. Apr. 28-30 AA / 240 mi. **SKYLINE DRIVE IN VIRGINIA.** Leader: Alex Bekkerman (212-213-5359). This will be car top ride. It is my favorite Park. Last opportunity to get some nice mileage for those who go to California with Don Kettler. It is very hilly, very beautiful ride.
- Sat. Apr. 29 9:00 a.m. A / 60 mi. **L.I. EXPRESS.** Leader: Herb Dershowitz (212-929-0787). From the Boathouse. Quick ride out to Syosset to warm up for Larry's century tomorrow.
- Sat. Apr. 29 10:00/9:30 B/B+ 50 mi. **LBRS #5 - "MARKED" CLUB ROUTE.** Leaders: "B" Dick Goldberg (212-874-2008) & "B+" Larry Nelson (212-874-5125). From 178 St. and Ft. Washington Ave. A Train to 175th St. Terrain: Rolling with 1 climb up Palisades Ave. See how many arrows you can find on this club route classic through Bergen and Rockland Counties. Does the name Pascack sound familiar? Larry Nelson will be leaving from the Boathouse, if you are interested in the additional mileage, (6 miles in each direction), call him for the departure time. 70% chance of rain or temp. below 45° at start cancels. RAIN DATE: 4/30.

- Sat. Apr. 29
C **RIDE LEADERS WANTED.** Why not have the fun of leading a "C" ride? Especially a "C" ride on a Saturday. Absolutely No Experience Necessary. Will train. Benefits. Or "Go to Tibet" today with AYH. Moderately paced 20-25 miler to Richmondtown Restoration and Tibetan Art Center in Staten Island. Bring \$6.00 for admission, and show your face at 9:30 a.m., City Hall, Manhattan. Small craft advisories cancel.
- Sun. Apr. 30
8:30 a.m.
A **UP ONE SIDE AND DOWN THE OTHER: 'A' VERSION.** Leader: Larry Hobson (212-795-1227). From the Boathouse. Yacht country, horse country, bike country, Rockefeller country...a century to explore the good life in Westchester and Fairfield Counties. Challenging hills and scenic vistas will whet one's appetite for lunch in Mount Kisco and the ride back to the harsher realities of metropolitan life and the work week. 50% chance of rain cancels.
- Sun. Apr. 30
8:30 a.m.
-> A **SIG - PROGRESSIVE "A" RIDE SERIES #9.** Leader: Steve Baron (212-595-7010). From the Boathouse. North - to North Country. The Croton Reservoir is a big highlight on this day. The hills are not. This is a training ride, our 9th of the series. It's amazing the progress we've made along the way. On our 2nd ride, there were 36 people thinking about their very first "A" ride on June 24th/25th. We haven't seen many of those people since. But WE are going to be there - right in the middle of the pack - on that BIG A Ride - for sure. Rain cancels.
- Sun. Apr. 30
9:00 a.m.
B / 65 mi. **PROGRESSIVE "B" TRAINING RIDE NO. 6.** Leader: David C. Miller (212-794-9365, h.; 718-886-2000, w.) From the Boathouse. Ride to Nyack with lunch at the Skylark. I will try and find a few more small hills this week. Rain cancels.
- Sun. Apr. 30
9:00 a.m.
B- **"B-" PTR #7.** Leaders: Irv Weisman (w., 212-241-4783) & Maggie Clarke (h, 212-567-8272). From the GWB Bus Term. Terrain: Rolling/Hilly. We extend the "Marked Route" to 55 miles via Brewery Road and some hilly, unscouted roads. Lunch in Park Ridge Diner, or picnic depending on weather and group mood. Return to GWB by 5:00 p.m. See April 2 PTR #4 for cancellation conditions.
- Sun. Apr. 30
9:30 a.m.
C **THE GREENWAY RIDE.** Leader: Dave Lutz (718-748-0618). From Grand Army Plaza, Brooklyn. An adventure-filled ride through Queens parkland on the route of the Neighborhood Open Space Coalition Greenway. Bad pavement, glassy roadbeds, dirt paths, mud: a great ride for the Fat Wheels or any bike with plenty of rubber on the tires and stamina behind the handlebars. Great scenery along the way. Rain cancels. Joint AMC.
- Sun. Apr. 30
9:00 a.m.
C- / 20-25 mi. **BREEZY POINT.** Leader: Ed Rudetsky (718-436-3475/875-2821). Meet at Grand Army Plaza entrance to Prospect Park for a nice level ride. Bring lunch or money for same. Helmets strongly recommended. Rain cancels.
- Sat. May 6 **"A" RIDE - TO BE ANNOUNCED.** Call Roberta Pollock for information (212-864-6182).
- Sat. May 6
8:30 a.m.
-> A **SIG - PROGRESSIVE "A" RIDE SERIES #10.** Leader: Christy Guzzetta (212-595-3674). From the Boathouse. Nice long ride today. Not too many hills. We're 2 months into the series - half way through. This is a good time to turn it up a notch. Will someone get dropped? Maybe. Through Ft. Lee, along beautiful Saddle River Road, and down-down-down South Mountain Road. RAIN DATE: Sunday, May 7.
- Sat. May 6
10:00/9:30
B/B+ **LBRS #6 - WHITE PLAINS.** Leaders: "B" Anne Hintermeister (212-628-0948) & "B+" Brian McCaffrey (718-634-1742), Steve Antioian (718-651-3807). From Jerome and Woodlawn Aves., last stop on the #4 Train in the Bronx. Terrain: Rolling/hilly. A different view of White Plains with a corner of Connecticut. Bring your Metro North pass. 70% chance of rain cancels. RAIN DATE: May 7.
- Sun. May 7
9:00 a.m.
A/B **ANNUAL SPRING TIME TRIALS.** Leader: Steve Sklar (212-245-3245). From the Boathouse at 9:00 a.m. or, if you prefer, meet us at the NJ side of the GWB around 9:30 a.m. As in past years, the time trial will be held along a 17 mile stretch of Route 9W between the GWB and Nyack. The return rides ("A" and "B") will be relatively leisurely. Time trial teams are welcome. Remember--it takes a lot of training for a team to beat a fast individual rider. Start training now! Please note: you will be responsible for your own safety over the course of the ride, and there are a few intersections to beware of, which will be described in detail before the start of the ride. Helmets required.
- Sun. May 7
8:30
B- **"B-" PTR #8 - METRIC CENTURY.** Leaders: Irv Weisman (w., 212-241-4783) & Maggie Clarke (h, 212-567-8272). From the GWB Bus Terminal. A delightful ride into sparsely developed Rockland County. Along Strawtown Road, S. Mountain Road, a "killer" hill, and the usual Pascack and Woodland Roads to lunch, or picnic in Park Ridge. Return to GWB by 5:00 p.m. See April 2 PTR #4 for cancellation conditions.
- Sun. May 7
9:00 a.m.
C-/C **JAMAICA BAY WILDLIFE REFUGE.** Leader: John Mulcare (718-672-5272). From Broadway & 75th St., Queens ("E", "F", or #1 train to Roosevelt Ave/Jackson Heights Station). Let's bid our fine feathered friends a happy welcome on their return from warmer climes. Bring lunch or buy same and carry it from a deli stop on the way. Dress warmly, preferably in layers, bring gloves, a lock, comfortable shoes and, if desired, a camera and/or binoculars. Bad weather cancels. Call leader before 9 a.m. if weather is questionable.
- Sun. May 7
C **5 BORO BIKE TOUR - A phenomenal opportunity for all new "C" riders...in fact all riders...to be one of the tens of thousands of riders joining the 13th Annual AYH 5 BORO.** Watch your "C" Ride Coordinator scoop up/push along tired, aching, joyful bodies at the rear of the pack. Come early a.m. to Battery Park. For an even better time, call AYH today and volunteer to be a Marshal. Did you know we Marshals get a custom ride of the route by ourselves, and also get a picnic?

Previews

- May 13-21** San Francisco - Santa Barbara (A-/Davis Double Century (AA). Leader: Don Ketteler (212-645-0894). May 13-May 16. 350 miles/4 days sagged tour down Pacific Coast Highway/Route 1. Inns and motels enroute; friends in town. Return to San Francisco Thursday 5/18. Davis Double Century, Davis, CA (70 miles East of San Francisco). Sat., 5/20. Cost around \$750 for 10 days, plus air fare. Currently making reservations and need to get an idea of interest. May do one or both events.
- May 12-14** Mini-Skyline Drive. Leader: Roberta Pollock (212-864-6182). B+ and above riders. This will be a car-top ride to go hill climbing on beautiful Skyline Drive in the Blue Ridge Mountains of Virginia. Return will be late Sunday night. The trip is limited to 20 people. Due to the glowing accounts of past years' participants, the trip is already full, but I am setting up a waiting list. Call for details.
- Sun. May 21** 7th Annual AYH Montauk Century. 115 miles. This AYH event is the flattest and easiest century you'll ever ride-- if the weather cooperates and the winds are at your back. Meet at the Jamaica Station of the LIRR (Sutphin Blvd. and Archer Ave.) in Queens at 5:30 a.m. OR at 5th Ave. and 59th St. at approx. 5 a.m. You must make advance arrangements for the return trip on either the NYCC bus (see below) or the AYH bike train (\$18 for AYH members, \$22 for non-AYH members); purchase tickets at AYH, 75 Spring St., NYC.
- May 20-21** 7th Annual Montauk Twin Century Weekend. Leader: Marty Wolf (212-935-1460). A/A- pace. 250 miles. As in years past, we'll take a central Long Island route on Saturday, but will return on Sunday on the same route that AYH will be using for their ride to Montauk (wave to your friends!). Our group will stay in a motel in Montauk on Sat. night (after a fabulous seafood dinner). Call Marty for further details, motel phone number, and meeting place.
- Sun. May 21** Coming Home from Montauk III. Leader: Bob Trestman (212-431-8926). Let's come back from Montauk in style. Buses leave from the town square at 3:00 and 4:00 p.m. and will bring you and your bike back to Queens or to the Plaza in Manhattan. Be prepared to lower your bike seat, turn handlebars and remove pedals. Cost for the ride (including snacks and beverages) is \$20 per person and is non-refundable, this ride goes on rain or shine. Please mail your check made out to Bob Trestman to: 235 Elizabeth St., #21, NY, NY 10012. Spaces are limited to 30 per bus and it is first come, first seated.
- May 26-29**
All Class Memorial Day in Sheffield V. Leaders: Steve Baron/Caryl Hudson (212-595-7010). Three days of superb Spring cycling around Sheffield, Mass. in the Berkshires. As many miles as you want, as few as you wish. Three nights in charming country inns. The roads are lightly travelled, hills rolling, the towns charming, and along the route, you may find covered bridges, swimming holes, a weaver, potters, general stores, horse-drawn wagons, an old-fashioned Memorial Day Parade. Come share in the fun. We've set aside space in four Sheffield Inns. Please call to reserve your space for this weekend of R&R.
- May 26-29**
Class-Less
Miles: Opt. Charlottesville, VA. Leader: Martha Ramos (718-858-9142). Spend the Memorial Day Weekend enjoying Southern comfort below the Mason Dixon line. Our accommodations are across from the University of Virginia and a bus or trolley ride from historic downtown Charlottesville. Ride options include, Skyline Drive, Blue Ridge Mountain Parkway and the Shenandoah Valley. Cost is \$200 for 3 nights, 2 lunches, round trip transportation (our own bus), registration fee and a tour of Monticello. Space is limited and there is a \$15 late fee for checks received after May 5th.
- Sat/Sun.**
June 10-11
C+/B-
90-100 mi. BEAR MOUNTAIN WEEKEND. Leaders: Ken Weissman (212-222-5527) and Charlie Morris (212-675-3753). Round trip from the G.W. Bridge to Highland Falls (2-3 miles past Bear Mountain). Some hills, several mileage and paces available, depending on how the leaders feel that day. Double occupancy \$28.97; single \$52.93. American Plan. We have dinner reservations at a nice restaurant next door. Fourteen places total available; four spoken for by press time. Entire payment (non-refundable) with SASE to Betty Morelli, 25 West 13th St., NY 10011 by May 1st or you have to make your own arrangements. Joint AMC.
- June 17** Strawberry Supreme. Leader: Maxim Vickers (718-728-7179). A+; 130 miles. Limited to seven (7) experienced riders with reliable equipment. First come, first served. Return on the AYH Bike Train (call for reservations).
- June 23-25** WOW! (Weekends on Winnepesaukee). Cycle the backroads around Lake Winnie and Squam Lake. See the New Hampshire locales where On Golden Pond was filmed. Limited dirt-cheap accommodation may be available chez moi (ou chez mes cousins). Other options: B&B's, inns, lakeside cabins (depending on your budget). Leave, hopefully, June 23, in the early afternoon. Return June 25 (or June 26 if you're on vacation). To be repeated on August 25-27. Triathletes or cyclists with swimming and running team-mates - may be interested in the Graniteman Triathlon, August 26. Also, we may rendezvous with the Granite State Wheelmen in North Conway that weekend. Cycling may be strenuous. For information, call Paul Minkoff during the day at 212-532-9000 or leave a message at 718-937-6171.
- Sept. 5-15** Southern Germany/Bavaria. Leaders: Steve Baron and Caryl Hudson (212-595-7010). (Dates are approximate.) We'll travel mainly on bikeways, and visit the Tauber Valley, the Romantische Weg (Romantic Road) that goes through the medieval towns of Rothenburg, Dinkelsbühl and Nordlingen. Steve's friend Karl will help us find the most scenic rivers, picturesque towns, quaintest inns, best food, finest beers and wines and most evil pastries Southern Germany has to offer.



ENDURANCE CYCLING

Many NYCC members have participated in, or plan to participate in, endurance cycling events. David Walls and Alex Bekkerman did RAAM - Race Across America - in 1987 and 1988 respectively. Jeff Vogel has done Paris-Brest-Paris and Boston Montreal Boston, among other races. The Davis Double Century - a traditional 200-mile excursion on the west coast - will be tackled by a group of NYCC cyclists organized by Don Ketteler, this year. Following are endurance tips from Alex and Jeff, and a report on the DDC from one of last year's participants, Bob Loback of Mill Valley, California.

DAVIS DOUBLE CENTURY

Bob Loback

200 miles in one day, 10,000 feet of vertical climb, 90+ degree temperatures - all in a day's work. The Davis Double Century is not for your "C" rider. The animals of the ride finish in 10 hours, slugs like me start at 5:00 a.m. and finish after dark. Remember to bring your reflectors and light (plus extra batteries).

The DDC covers some beautiful terrain of Lake County. The first 40 miles take you through the farmlands and ricelands outside Davis. The next 100 miles wind through the hills of Lake County to the tip of Clear Lake and climb Cardiac Hill, a 1000 foot ascent (you'll probably have to do it in 100 degree heat). Lunch is served on the shores of Clear Lake, bodies spread out on the grass as riders enjoy the cool breeze off the water.

After lunch you continue to climb the hills; your final ascent is up Resurrection Hill.

The last 50 miles start with a beautiful downhill jaunt through Caske Creek Canyon, the

river at your side and your entire body rejuvenated.

During the final 30 miles you are again pedaling through the ricelands and flatlands. Every part of your body aches: hands, knees, butt, lower back, the balls of your feet.

But the rush comes, even if you finish at 10:00 p.m., as I did my first ride. The streets of Davis are still lined with thousands of fans cheering you on. The town is totally into this ride because Davis is the father of cycling in California. This city's identity is the ride: And you know it during the DDC.

ULTRAMARATHON TRAINING TIP

Jeff Vogel, CPA

TRAINING TIP #1: When asked to write an article for the BULLETIN during tax season, keep it short. That way you'll have more time to spend on the bike. That is the objective of ultramarathon riding, isn't it?

More TRAINING TIPS will appear in future issues of the BULLETIN.

THE KEY TO ENDURANCE

Alex Bekkerman

It was somewhere in Kansas. More, it was the hottest summer (110 degrees F) this author had ever lived through. I had just received a spray of cold water which my support crew was kind enough to provide every 15 minutes. Josh, the crew captain, had just finished a newscast on my rivals, which he periodically delivered over the pace car's PA system.

All of a sudden he announced that he noticed a van, which was closing up very quickly. Usually, in Race Across America (RAAM), this means that a competitor (or a "spy car") is approaching.

This time it was neither. It was the RAAM Psycho/Van. It lined up with me, slowed down and the bearded mouth of Michael Shermer (ultramarathon racing veteran and Ph.D. psychologist) started to flood me with crazy questions:

Alex, did you vomit, did you bitch at your crew, did you hallucinate, did you have diarrhea...

I felt that his questions were inappropriate, but I tried to be tolerant about it and smiled at him. "Mike," I said, "I'm okay. Do you have a spare disc wheel?"

Shermer ignored my attempt at humor and persisted with his questions, so finally I suggested he talk to my crew. As suddenly as he had come, Shermer vanished.

A month after RAAM 88 had ended, I received a long letter from Shermer's psycho-research group; attached was a questionnaire:

Did you vomit, did you bitch, did you feel...

I promptly disposed of the letter. A month later I received another one with the same questions. By now I was impressed by Mike's endurance attitude, so I skimmed through. The letter contained a great number of questions on the physical and psychological pains a RAAM rider goes through. Obviously Mike was conducting a study, and

needed a data base. My need to hold stubbornly to my position - in this case to remain unhelpful - temporarily abandoned me, and I suddenly realized that Shermer was asking almost exactly the same questions I had asked myself constantly during more than 20 ultramarathon events and races over the last seven years.

And not only had I asked myself the same questions, but the answers to these questions would comprise the core of my racing strategy. The main difference was that while racing I did it subconsciously, automatically, heeding every signal about my mental and physical condition. Now I was being asked to think about it in a more intellectual way.

Anyway, this is how it works: Any "abnormal symptom" (some are described below) enters a pool of "negative experiences" in my memory, and then passes to my "problem recognition" memory, which selects an appropriate "corrective action" from yet another memory bank. This last memory bank then directs my legs and/or hands to take a corrective action until the abnormal symptom eases or ceases altogether. We all exercise this method to some degree. For example, your mouth feels dry (abnormal symptom). You associate it with negative experience which in the past led to dehydration (problem recognition). So you take a drink (corrective action) well before (!) you feel severely thirsty.

The point is that awareness and interpretation of a wide spectra of body and mind discomfort responses can prolong any type of activity you undertake.

Be it cooking, your first century ride, or (of course) sex: The principle is the same. And here is why. Our bodies possess a finite amount of physical, nervous, mental and spiritual energy. This energy is spent, replenished, stored, and spent again. The process is endless. Every so often a human being decides to undertake an "inhuman" effort, during which this energy cannot be resupplied as quickly as it is depleted. So then you've got an "energy management" problem. Each step along the way to an inhuman goal leaves you with less energy. Even despite your best efforts to replenish, you will run empty soon. So the trick is to manipulate your meager energy resources by heeding alarms and working with your body to reach that inhuman goal before you run out. RAAM is a perfect example of this model. And a variety of pains and "bad feelings" are examples of these alarms.

I do not intend to overcomplicate the stamina issue. It really consists of only two components: physical and mental. And while physical endurance/stamina largely depends on training and heredity, it is your mental endurance that sets the limits.

Let's look at some familiar indicators which riders should but rarely do use to extend endurance:

ABNORMAL SYMPTOM	PROBLEM RECOGNITION	CORRECTIVE ACTION
"emptiness" throughout the body, loss of power	low blood sugar	Eat light carbohydrates. Drink.
"heavy legs," loss of snap, onset of soreness in thighs and quads	buildup of lactic acid	Ease up.
general feeling of tiredness, low concentration, lack of motivation	you have been stressed for days; you started tired	Rest. Low exertion for a couple of days.
acute physical pain in muscles and back during and after ride	during: pushing too hard, riding in too big a gear after: you've created micro-tears in your muscles	Get into spinning. You need weight training. Do more of this!
sensation of reduced rate of sweat; cold sweat	dehydration	Drink.
for a couple of days: sore ton-sils, chapped lips	overtraining; electrolyte imbalance; acidity	Drink Exceed or V-8; observe good nutrition practices; rest.
climbing familiar hill, maintaining usual 22mph pace, causes unusually hard breathing	a) you are out of shape; b) you are over-training; c) you have a low red blood cell count	a) train; b) no coffee; c) take extra Vitamins B, G, B-12, C, and iron.
speed feels okay (steady pace and acceleration) but you get tired quickly; see symptoms in #2 above	too much glycogen and too little fat being used for fuel; low endurance	lots of steady-pace, 80-100 mile rides

QUICK RELEASES

Last month's membership meeting was again a success - thanks to Richard Rosenthal who admits he is odd but claims this helps him come up with interesting programs. NYCC members were enthralled with Norman Bathos's collection of stamps and 19th century sheet music covers, both featuring the bicycle as a graphic rendering. In fact, they could hardly pull themselves away from Bathos's table to watch Pryor Dodge's slide show (equally excellent) on the history of the bicycle - slides are of antique bicycles actually owned by Dodge.

John Waffenschmidt's mountaineering series was so enjoyable that the four-trip grupa was expanded to include additional hikes. As Paul Mort described it, a hiker would "begin the day at 5 a.m. with a light on his head..." On the earlier hikes weather was relatively mild; later icy conditions prevailed. With the help of crampons (cleats) hikers were able to walk up frozen waterfalls. We're told the series was "well-conceived," invigorating, inspiring, and truly wonderful.

Ken Weissman has, by all accounts, proved to be an exceptionally conscientious and innovative C-Rides coordinator. C-Rides tend to be more destination-oriented, and faster riders might want to consider a change of pace and try one out. Also, Ken is eager, always, for new C-Rides leaders, including all those he can cull from the A and B riding groups.

The A-Training Rides series got off to an enthusiastic start on Saturday, March 4 with a fast contingent led by Rich Herbin and an about-as-fast contingent led by Herb Dershowitz. Destination was the Dynasty Diner in Northvale, New Jersey.

Training Ride #3 went to the Skylark Diner in Nyack; Clay Heydorn made the fast contingent more interesting by insisting that riders practice - to perfection - a rotating paceline-reliefline. The line was in fact so effective that the group arrived back at the Boat House half an hour early.

Ride #4 on Sunday, March 12, was led by Bob Fosse, Roberta Pollock in absentia (Bob pointed her out riding invisibly at the back of the line), and Bill Richards. Everyone met at the Flagship in White Plains so they could take the train home together when the weather grew grim. Our thanks to a sympathetic Metro North conductor who cordoned off an entire car for cyclists.

The first SIG excursion out of Central Park took place on the 11th when 40 (!) riders made their way to the ever-popular Dynasty Diner. Four flats did little to dampen spirits on an uplifting ride characterized by cooperative cycling, great group spirit, and lots of brewing talent.

At last! This year Beth Herman will attend that elusive cycling camp in Italy. Called, appropriately, The Italian Cycling Camp, it is located in Assano del Grappa, a small town 25 miles east of Venice. Both racing and touring are stressed at the camp.

Beth is attending May 7-21, but the facility offers courses through September. If you're interested contact Beth who plans to pursue the racing program there.

Speaking of racing, the season got off to a speedy start early in March. As president of CRC, Chris Mailing is giving special attention to the development of a strong group of woman racers. Are you a fast woman who would like to race but doesn't quite dare to do it? Dare. Do it. Call Chris.

Information on Don Ketteler's Santa Barbara ride and the Davis Double Century was misreported in "Quick Releases" last month: in fact, the group will ride from San Francisco to Santa Barbara and back in preparation for the double century, but the DDC itself - which should include over 1,500 cyclists - only starts in Davis, then branches out to more scenic areas around the coast. This traditional event, once a race but now only informally so, begins at 5 a.m. and is supposed to finish by 8:30 p.m.. For more on the DDC by one of last year's participants, see Bob Loback's article in this issue.

Having a problem with your bike? Your bike shop can't solve it - or you just don't trust them enough? Why not write instead to the BULLETIN's new "No-Tech Tips" columnist, Bob Moulder who believes in the "do-it-yourself" approach and who is VERY GOOD at what he does. See Bob's column on those irritating rim noises, and how to get rid of them, in this issue.

Thanks to Tony Nappi for his cycling cockroach, now used to end BULLETIN articles.

And please contact editor to suggest relevant items for next month's "Quick Releases" column. Thanks!

ATTENTION!

IMPORTANT!

RENEWAL DEADLINE

You must renew your NYCC membership by the April 11 membership meeting - regardless of the month in which you joined or renewed your NYCC membership last year. If you do not renew now, you will be dropped from the rolls and will cease to receive your copy of the BULLETIN. How will you know when to ride and with whom - not to mention where to start from on your journey to where? This is VERY SERIOUS. Renew now - or regret at leisure during your long, empty summer...

BULLETIN DEADLINE

Absolute deadline for submission of material to BULLETIN is the second Tuesday in the month preceding publication. Next month's deadline is April 11. All copy must be typed though no particular spacing or format is required. Thanks!

SHUTTLE DISASTER

Mark Martinez

QUESTION: What is called a "shuttle," and used to launch vehicles into space?

ANSWER: The Queensboro Bridge Bicycle Shuttle.

Let me explain. The bike shuttle is a van/trailer combination operated by the New York City Department of Traffic. Its mission is to provide bicycle access to the Queensboro (a.k.a. 59th Street) Bridge. It is in service during rush hours on weekdays. I had my first and only encounter with this "service" enroute from a club ride this past Presidents' Day.

Seeing that the outer roadway on the south side of the Bridge was not reserved for bikes and pedestrians as is usual on weekends, I approached the bike shuttle. When I asked the driver how to secure my bike to the trailer, he replied, "I dunno." (I should have suspected something at this point.) I waited for the next cyclist to arrive, and secured my bike in the same manner he did. (I noticed that several bolts were missing from bicycle carriers

- I definitely should have suspected something.)

My fellow cyclist and I took our seats

**"That's not true, Senator.
Those Breakaway weekends
were just good, clean fun."**

from recent Senate testimony of John Tower

Well said, John.

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in the van and soon we were heading across the Bridge. The rattles, groans and creaks emanating from the trailer quickly directed our attention through the rear window of the van. The next thing I remember was staring speechlessly as my trusty (not yet rusty) bike was catapulted from the trailer onto the roadway behind us. If not for the shouts of the other cyclists our driver would have continued blissfully Queensward.

After retrieving my maimed bicycle from the path of oncoming traffic, I obtained the usual post-accident information from the driver (name, badge number, supervisor's name, vehicle number), and proceeded to the nearest precinct house to file my report. I would have gotten the name of the other cyclist, my only witness, but he had rescued his bike from the trailer and fled before his wheels could be launched by the shuttle.

Later that week I contacted the Bicycle Coordinator for the Department of Traffic who helped steer me to the NYC Comptroller's Office where I will be filing my notarized damage claim. Who knows - I may even get money from the City (and Eastern Airlines ticketholders may get refunds).

Lessons learned: If you don't have to take the shuttle - DON'T! Take the tramway to Roosevelt Island or schlep your bike on the subway. If you are a commuter and don't like these alternatives, you should:

- (a) complain about the condition of the bike shuttle;
- (b) insist that the driver make sure your bike is secure; and
- (c) tell the driver you will file a claim against the City if your bike is damaged.

Postscript: While taking my bike to the shop for repairs I met a cyclist who told me he hated waiting for the shuttle to fill up during rush hour. One day he decided to deal with the traffic instead. He and his Tomasso were clipped by a vehicle while crossing the Bridge - the vehicle was the bicycle shuttle.

THE KEY TO ENDURANCE continued

you smell	normally	Try to eat 120
your own	indicates	g. of protein
body odor	poor diet;	a day with
after 2-3	caused by	vegetarian
hours of	vitamin	side orders.
riding	and protein	
	imbalance	
diarrhea	digestion is	Limit drinking,
in hot	upset by	eat two bananas
weather	too hard a	and take Pepto-
	pace for the	bismol.
	temperature	

These are just examples. There are other, more delicate, indicators of nutrition status, health, conditioning, etc.. I just wanted to show that endurance can be achieved through rational, impartial and intelligent judgement. You must learn to use your own judgement in order to enhance your performance!

NO-TECH TIPS

Bob Moulder

The BULLETIN editor has asked me to write a monthly article about low- or no-tech repairs you can do for yourself in a few minutes. Although my "professional" career in bicycle repair is limited to a one-year part-time job during my college years (in 1974, no less!), the fact remains that I am an ardent self-help proponent experienced at repairing my own bicycles and those of others and have had some success at solving annoying problems whose solutions are not always obvious. Of course, most of us have at one time or another come up with innovative solutions to such problems, and readers are invited to snare their ideas with fellow club members by submitting them to this writer or the editor at monthly club meetings. Likewise, if you have a problem you would like to see addressed in this space, please write it down and send it to me at 300 East 40th Street, Apartment 10E, New York, N.Y. 10016, and I will try to answer it or consult some other self-helpers who might be able to do so.

Since I've used much of my allotted space introducing this column, this month's no-tech tip will be brief. I recently experienced a problem with a ticking noise coming from the rim-brake pad area when I was braking, and the harder I braked the louder the tick became. I finally traced the problem to an uneven rim joint. While there are some rims on the market with "seamless" joints (which are actually welded, then machined smooth), most rims are joined with an aluminum plug which is bonded with epoxy glue. In my case the unevenness was not apparent at first

look, but a magnifying glass revealed that the joint was offset by no more than 0.1 millimeter; it doesn't sound like much, but under braking it felt as if the rims were slicing off brake pad material like a cheese cutter. The problem was solved by removing the tire/tube and gently, ever-so-gently filing down the high spot on either side of the rim with a very fine file. Actually I used a synthetic corundum knife-sharpening stone, but it had about as much "bite" as a very fine file, and seemed to do the trick. The main points to remember should you try this solution are, work very slowly, frequently inspecting the area you are filing; and keep the surface of the file nearly parallel to the rim surface. When the high spot has been filed down even with the other side of the joint, STOP, then reinstall the tire/tube. This technique probably will not entirely eliminate the ticking noise, and it will certainly remove some of the anodized surface in the rim joint area, but it will reduce the noise and brake pad wear.

Most rims make a little ticking noise at the joint, so don't bother filing down all your rims in this manner, just do those which are making a lot of noise and chewing up your brake pads. This technique is intended for rim joints only, and only for those on wheels which are otherwise round and true. Other high spots on a rim are usually caused by the rim bulging outwards because of very hard contact with the lip of a pothole or other obstruction, and may require repair by a qualified mechanic at a reputable bike shop, or even replacement of the rim. If the rim joint in a brand new wheel or rim is uneven, consider exchanging the wheel/rim on the spot at the store or mail order house where purchased.

PRESIDENT'S MESSAGE

Christy Guzzetta

We've probably all noticed the "Safety Tip of the Month" appearing in the latest issues of the BULLETIN. Without a doubt, being safe on the road is priority #1. There are enough potholes, crazy cars, hazards in our path, that if we're not being careful, something will get us for sure. BEING CAREFUL, a very big safety tip.

Being responsible, riding tight to the right, no more than two abreast - Rules of the Road. Scorn to those who break the rules. We are all at risk if only one of us breaks the rules. Bicycle bans affect us all, one bike crashes into another and everyone nearby is at peril. Please be careful while out on the road.

Please be sensible while out on the road. Riding single file on narrow streets, on heavily traveled streets, on the George Washington Bridge, on the Brooklyn Bridge, the Queensboro Bridge, Broadway Bridge, probably all bridges - it's really the only way to go. Stay to the right, let the cars behind pass without needing to swerve into the oncoming traffic lane. And it's heaven if they can do this without blasting their horns. Scorn to those who break the rules.

My safety tips for all time: Ride carefully, responsibly, and sensibly - so we can have nothing but fun while we're riding our bikes. And scorn to those who endanger us all.



Safety tip of the month: RIDE A STRAIGHT LINE

Predictable behavior gains the respect of motorists and is safer for you and cyclists riding near you. Avoid obstacles by taking a line around them, not by swerving suddenly. Don't make a point of dodging manhole covers and every little bump on the road.

LOIRE VALLEY: Good food, good wine, great biking. Small group for easy yet rewarding riding. Charming country inn run by French-American couple. Knowledgeable bilingual leader. Call 212-362-0906 for information.

BIKE-A-THON VOLUNTEERS NEEDED!!!

NYCC members are needed to assist in the 2nd annual Little Village Bike-A-Thon.

Little Village is a day school which serves the special needs of multiply handicapped children through age 12.

Tony Mantione, a former Little Village parent and long-time NYCC member will be organizing the group from NYCC.

BIKE-A-THON date: Sunday May 21, 1989.
PLACE: Eisenhower Park (Nassau County)
TIME: 10:00 a.m. - 2:00 p.m.
CONTACT: Tony Mantione 718/833-9729 (h)
516/887-4600 (w)

MINUTES

NEW YORK CYCLE CLUB BOARD MEETING, 7 FEBRUARY, 1989, O'HARA'S RESTAURANT

Present: Hannah Holland, Debbie Bell, Simone Smith, Christy Guzzetta, Ken Weissman, Holly Gray, Brian McCaffrey, Janet Kronstadt, Roberta Pollock, Richard Rosenthal

Absent: Martha Ramos, Arlene Ellner

January meeting minutes approved.

Simone presented a working copy of the 1989 Rides Schedule.

Debbie submitted the 1989 Budget; unanimously approved.

Christy distributed NYCC promotional counter cards for delivery to cycle shops.

Richard previewed upcoming programs.

Roberta resolved that slow "A" training rides would keep to their pace. She is negotiating dates for this spring's Skyline Drive trip.

Janet was complimented on the BULLETIN.

Christy sent letter to his SIG graduates and other members requesting a co-coordinator and leaders for the SIG series.

The Board sees no conflict of interest if Board members lead commercial cycle trips.

TA and Palisades Interstate Parks Commission are meeting to discuss cycle access to River Road. Carlos Cardona has volunteered to represent NYCC at these meetings.

Meeting adjourned 8:35 p.m.
Respectfully submitted,

Arlene Ellner

TREASURER'S REPORT

NEW YORK CYCLE CLUB, INC.

FY 1989

(12/1/88-11/30/89)

1ST QUARTER REPORT

02/28/89

	Budget	Total to date	Balance
=====			
REVENUES			
Membership Dues	9,500	2,421	(7,079)
Bulletin Ads	300	105	(195)
Interest	350	58	(292)
Jersey Sales			
Trip Income			
Other			
Subtotal	10,150	2,584	(7,566)

EXPENSES			
Bulletin Printing	5,000	869	4,131
Bulletin Postage	2,900	1,085	1,815
Programs	450		450
Membership	600	133	468
V.P. Rides	125		125
"A" Rides Coordinator	25		25
"B" Rides Coordinator	25		25
"C" Rides Coordinator	25		25
Bank Charges	200	48	152
Circulation	25		25
Affiliation Dues	140	85	55
Public Relations	75		75
Editor	75		75
Treasurer	25		25
Hospitality	250	268	(18)
P.O. Box	30		30
Secretary	50	13	37
President	25		25
Other			
Subtotal	10,045	2,499	7,546

NET REVENUE 105 85

CURRENT ASSETS

Savings Account 6,594.98
Checking Account 804.92

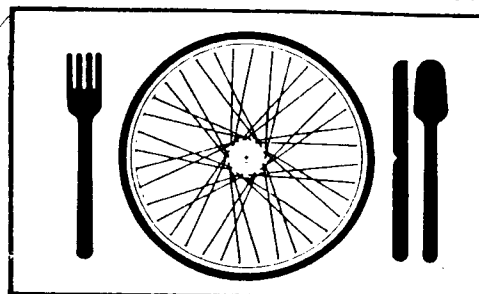
7,399.90

MONTHLY CLUB MEETING

(Open to all members and non-members.)

NEW YORK CYCLE CLUB
Tuesday, April 11th

6:00P Drinks
7:00 Dinner
8:00 Announcements
8:30 Program



O'HARA'S/120 Cedar St.
(1 minute walk south of the World Trade Center.)

Meat, fish, chicken...\$11.00
Vegetarian.....\$ 8.50

\$2 surcharge for food tickets not purchased by 7:00. Non-diners are seated separately.

WHAT YOU WON'T READ IN CYCLING MAGAZINES

A talk by Ted Costantino,
Editor-in-Chief, Bicycle Guide Magazine

Do you remember the palace revolt against Bicycling Magazine a few years back? Ted was one of its leaders. Now he is in charge of what is probably the finest con-

ceived, written, photographed, and produced magazine in the field.

Tonight we'll hear cycling gossip and opinions too hot to print.

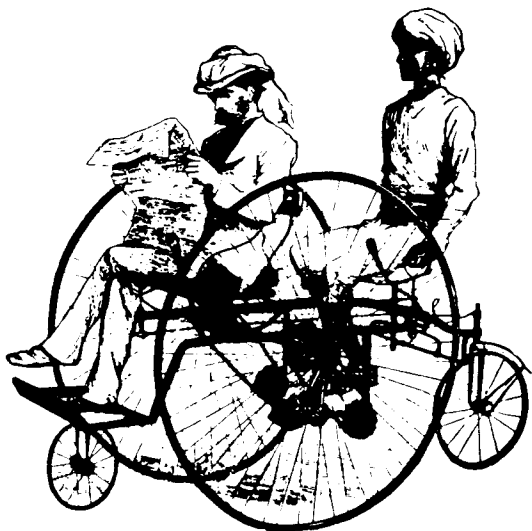
Our private dining room is one flight up from the bar. If you bring your bike you can bring it indoors and leave it on the fourth floor, in which case use the elevator to the right of the main entrance. And remember: locks are never out of fashion.

ADDED ATTRACTION AT THE APRIL MEETING

SWAP MEET & AUCTION

6:00-7:00; 8:20-8:35; 10:00ish-10:15ish

Bring your new but unwanted, or slightly used Cycling Whatever to sell. Bring money to buy other peoples' Cycling Whatever. Suggested tithe: Seller pays 10% of receipts to the club treasury. You can also contribute items to the club for auction: the proceeds to go to the club, the tax deduction is yours if Yesko, Vogel, and Simon allow it.



LATE BLOOMERS B RIDE SERIES

Martha Ramos

Have I got a deal for you! Has the current fervor for training series failed to convince you of the inherent delights of winter cycling? (Most calendars still list March as winter.) Fearful of riding longer distances at faster paces because you missed earlier rides in the series? Then why not accept this invitation to join a sensible series?

Still not convinced? Well, this is a two-part deal. Each ride will have a B and a B+ leader. Undecided on which ride to choose? Start with B and switch to B+ (or do the reverse). Neither pace to your liking? Maps and cue sheets handed out before each ride will enable you to take off on your own - and go as fast or as slowly as your riding style dictates.

The series will start on Sunday April 2nd, but most rides will be on Saturdays. This will allow us to use Sunday as a rain date. Fellow cohorts include: Alejandro Caycedo, Dick Goldberg, Anne Hintermeister, John Kalish, Brian McCaffrey, Larry Nelson, Bernie Pearlman and Dorothy Poole.

So where can you find this fabulous deal? Flip to the rides schedule in this month's BULLETIN. If recreational riding is what you seek, drop in and join the Late Bloomer B's.

CHAIN LETTERS

Open letter to the A Riding community:

I attempted to attend CLAYTON HEYDORN's A-Training Ride but much to my surprise and consternation the ride left earlier than the normal 15 MINUTE period following the time listed in the BULLETIN. This prevented me from riding with the few friends I have. A rule is a rule, but keep and maintain the 15 minute rule for now and forever more.

Sincerely,
John G. Waffenschmidt

.....

DECLASSIFIEDS

Richard Rosenthal

NOTICE: My Second Ave. and 19th St. apt. was rent (sic). SB

MOVING SALE: My new maintenance can be your SoHo rent. Reasonable unless you ask to see the lease. Box TL

ROOMMATE WANTED: 181st St.. Must be able to endure tale of my getting screwed by previous landlord 110 blocks south. Reply Box LH

TAX CONSULTATIONS AT 20MPH. No need to lose training time or miles to the IRS. Reply JV.

CONUNDRUM OF THE MONTH: Lemond. Twigg. Delgado. Roche. and. behind the Foster-Grants. Is that our very own Betts?!

THANK YOU. TOM for the mileage log. but next year will you please fill it in first?

SPORTS NOTE: Kid Wrigley traded to the Lyon Bancers for a draft choice.

Cover, Arno Sternglass
Production, Larry Hobson
Illustration, Richard Marvin

CLASSIFIEDS

25" Atala, Look pedals, Biopace chainrings, 2 freewheels and more, like new, call 718/499-3799

58cm Pinarello, white, Columbus Aelle tubing, excellent condition, a sharp looking bike. Extra parts. \$425 or b. o., call

A. Silverman
eves, 212/861-3621

Bianchi Trofeo, like new, 56.5 cm - 22-1/4" T to C, Columbus frame, Italian components, \$595, call

John Barentz
718/225-6804
after 6 p.m.

Small group forming to tour the Lake Country of Northern Italy (Tour de la Pasta), October 1-24. Airfare from NYC - \$506. Ground arrangements including hotel, food, sag - approximately \$1000. If interested please call

Art Guterding
800/327-5017
800/432-5757 (in Fla.)

Bianchi mountain bike, 4 months old, SIS, black, \$350, call

Steve
718/837-3452

58cm Cannondale, custom black Imron paint, nearly complete Dura Ace equipment including 7-speed and cassette freehub, Royal Gran Compe brakes, Modolo bar and stem, Mavic 40s. Excellent mechanical and cosmetic condition, many spares. Price negotiable. Call

212/697-1420 (w)
212/724-8622 (h)

Utterly civilized SWM animal, 38, 5'7", seeking a comely, daring SWF handler. Replies c/o BULLETIN editor.

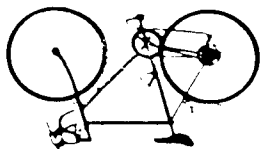


NEW MEMBERS

AXELROD, Susan	790 Amsterdam Avenue 3C	NYC	10028
BIRNBAUM, Barry	185 West Park Avenue 211	Long Beach	11561
BOWEN, Susan			
Broson, Meryl R.	430 East 56th Street 5G	NYC	10022
CALLIGEROS, Margo	101 Clinton Avenue 3F	Mineola	11501
CASSIDY, David	429 East 80 Street 5B	NYC	10021
CASTELLA, Antonio	207 East 21st Street 3B	NYC	10010
EFFEL, Laura	295 St. John's Place 6B	Brooklyn	11238
GOFF, Leslie J.	429 East 80th Street	NYC	10021
LEEVEER, Laura	826 9th Avenue 4RN	NYC	10019
SWEET, Linda			
SOLOMON, Ellen	413 Grand Street F1103	NYC	10002

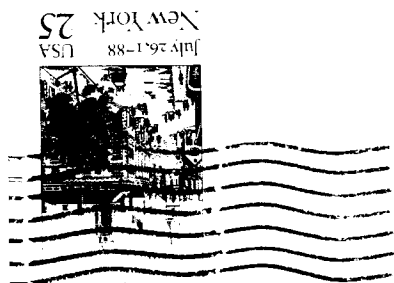
CHANGE OF ADDRESS

FRANK, John R.	150 West End Avenue 11M	NYC	10023
GERARD, Deborah	150 West End Avenue 11M	NYC	10023
HOFFMAN, Margie	105 East 15th Street 62	NYC	10003
KLION, Scott	146 West 76th Street 2R	NYC	10023
MARTIN, Terry	2643 Broadway 4S	NYC	10025



First Class

268-267
ARLENE BRIMER MAILING
CHRIS MAILING
110-30 MYRTLE AVE
RICHMOND HILL, NY 11418



The New York Cycle Club
Hannah Holland
211 W. 106 St. BC
N.Y., N.Y. 10025

New York Cycle Club

Membership Application

New York Cycle Club

I know that bicycling is a potentially hazardous activity. I represent that I am over eighteen years of age and 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 participating in NYCC activities.

NAME _____ SIGNATURE _____

STREET _____ APT _____ PHONE (H) _____

CITY _____ STATE _____ ZIP _____ PHONE (W) _____

DATE _____ AMT. 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: _____

1989 dues are \$12 per individual, \$15 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