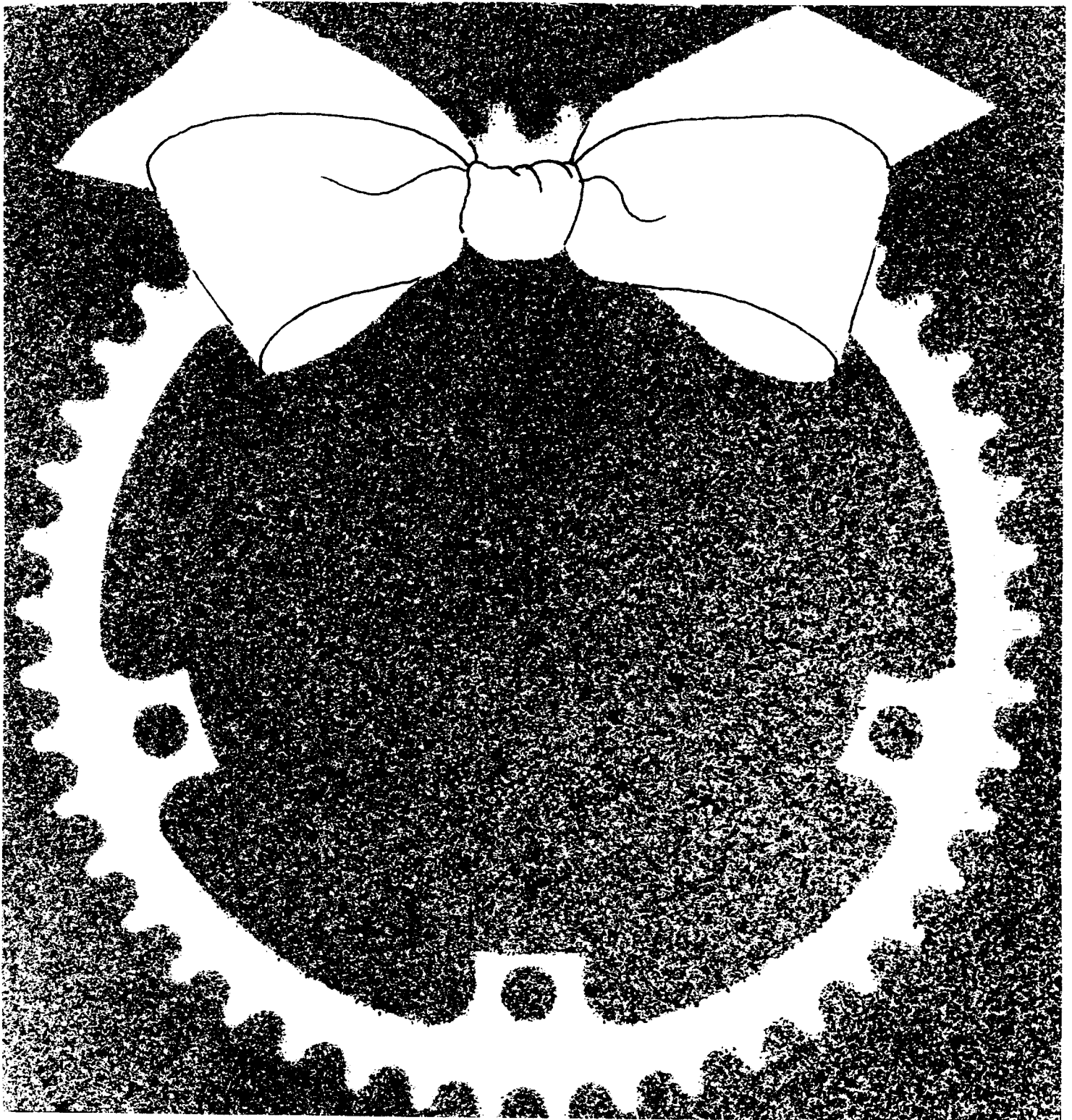


December
1989

NYCC Bulletin

D E C E M B E R 1 9 8 9



P. O. B o x 0 2 0 8 7 7 B k l y n. N Y 1 1 2 0 2 - 0 0 1 9 2 1 2 - 2 4 2 - 3 9 0 0

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	< 1 hr. 10 min.
A+	16 - 17	20 - 22	in pacelines. High regard	1:10 - 1:16
A	15 - 16	18.5 - 20	for good riding style.	1:16 - 1:23
A-	14 - 15	17 - 18.5	Stops every two hours or so.	1:23 - 1:30
B+	13 - 14	16 - 17	Moderate to brisk riding, with	1:30 - 1:38
B	12 - 13	15 - 16	more attention to scenery	1:38 - 1:48
B-	11 - 12	14 - 15	Stops every hour or two.	1:48 - 2:00
C+	10 - 11	13 - 14	Leisurely to moderate riding;	2:00 - 2:14
C	9 - 10	12 - 13	destination oriented. Stops	2:14 - 2:30
C-	8 - 9	11 - 12	every half hour or so.	> 2 hr. 30 min.

PRESIDENT

Christy Guzzetta
49 West 75 Street
New York, NY 10023
212/595-3674

V.P. PROGRAMS

Richard Rosenthal
245 East 63 Street
New York, NY 10021
212/888-6088

V.P. RIDES

Simone Smith
20 Agate Avenue
Ossining, NY 10562
914/941-5013

SECRETARY

Arlene Ellner
101 East 16 Street 1G
New York, NY 10003
212/677-3306

TREASURER

Debbie Bell
526 West 113 Street
New York, NY 10025
212/864-5153

PUBLIC RELATIONS DIRECTOR

Martha Ramos
75 Henry Street 23E
Brooklyn, NY 11201
718/858-9142

MEMBERSHIP DIRECTOR

Holly Gray
131 South Broadway
South Nyack, NY 10960
914/358-7244

CIRCULATION MANAGER

Hannah Holland
211 West 106 Street 8C
New York, NY 10025
212/666-2162

A-RIDES COORDINATOR

Beth Herman
245 East 24th St. #12C
New York, NY 10010
212/689-7778

B-RIDES COORDINATOR

Brian McCaffrey
237 Beach 121 Street
Belle Harbor, NY 11694
718/634-1742

C-RIDES COORDINATOR

Ken Weissman
710 West End Avenue 7E
New York, NY 10025
212/222-5527

BULLETIN EDITOR

Janet Kronstadt
250 West 91 Street 6N
New York, NY 10024
212/595-7483

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 first 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 first 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.

RIDES THIS MONTH

- Sat. Dec. 2 **NYACK OR WEST NYACK.** Leader: Marty Wolf (212-935-1460). From the Boathouse. Meet for a friendly ride to either West Nyack-Park Ridge (65 miles) or if it's nippy outside, to Nyack over Bradley Hill (60 miles). Any precip. or temp. below 30° cancels.
A/A-
8:30 a.m.
60-65 mi.
- Sat. Dec. 2 **LEADERLESS "B" RIDE.** Meet at the Boathouse. Distance and destination to be determined by the participants. (Call Brian McCaffrey (h., 718-634-1742; w., 212-880-9292) for cue sheets and route suggestions).
B / 9:30 a.m.
- Sun. Dec. 3 **JOHN HOUSEMAN'S SPIRIT HAUNTS PUTNAM HILLS.** Leader: Ron Grossman (212-598-4563). From Metro North station, Cold Spring, N.Y. So named because you'll EARN these miles. Take Metro-North (7:20 a.m. to Cold Spring) or car top to start. This is an off-the-beaten track adventure on back roads (some of which resemble tracks), with challenging terrain (mountain bikers welcome). Proper climbing gears a must. Maps and cue sheets provided. Liquid skies, Supreme Being's dandruff, or deathly cold temps. cancel. Call for details re transportation, etc. Be there or try next week's somewhat gentler forray. (The "A+" rating is due to terrain.)
A+
9:00 a.m.
67 mi.
- Sun. Dec. 3 **LOOP TO NYACK ON A LATE FALL DAY.** Leader: Carl Faller (h., 212-740-5586; w., 212-602-2926). From the GWB Bus Terminal, 178th St. and Ft. Washington Ave. 501 to Nyack, then 9W on the return with River Road option. Reminder: Protect your hands, ears and feet. Icy conditions and temp. below 32° cancels.
A-
9:30 a.m.
Approx. 40 mi.
- Sun. Dec. 3 **LEADERLESS "B" RIDE.** Meet at the Boathouse. Distance and destination to be determined by the participants. (Call Brian McCaffrey (h., 718-634-1742; w., 212-880-9292) for cue sheets and route suggestions).
B / 9:30 a.m.
- Sun. Dec. 3 **NEW JERSEY EXPLORATORY,** Leader: Alex von Braun (212-757-7837). 9:15 from the Boathouse OR 10:00 from GWB (bus station). A short and sweet sojourn to keep the limbs limber. Enjoy car-free River Road and a warm watering hole. Helmets required. Rain, forecasted highs below 40F cancels or call leader.
C
9:15/10:00
30-40 mi.
- Sat. Dec. 9 **TOUR DE DUMP, A CIRCUMNAVIGATION OF STATEN ISLAND.** Leader: Bill Richards (212-675-1946). From the Staten Island Ferry. We will tour the outer edge of the Island, hopefully not getting our wheels wet or actually ending up in the dump, which I once did. We may either eat indoors or carry food to the Conference House. Don't miss the boat! (leaves 9:30 sharp).
A-
9:15 a.m.
45 mi.
- Sat. Dec. 9 **LEADERLESS "B" RIDE.** Meet at the Boathouse. Distance and destination to be determined by the participants. (Call Brian McCaffrey (h., 718-634-1742; w., 212-880-9292) for cue sheets and route suggestions).
B / 9:30 a.m.
- Sat. Dec. 9 **FIRST DIRTY RIDE OF SEASON.** Leader: Herb Dershowitz (212-929-0787). From the Boathouse. A pleasant, scenic ride on the Palisades trail north of the George Washington Bridge. Earthquake (7.1 on the Richter Scale or above) or hurricane cancels.
All-ATB
9:00 a.m.
30 mi.
- Sun. Dec. 10 **PUTNAM PLEASURES.** Leader: Ron Grossman (212-598-4563). From Metro North station, Cold Spring, N.Y. Take 7:20 a.m. train from Grand Central Station or car-top to start. Come explore the unspoiled county north of Westchester. A wealth of woods, ponds, villages and rustic scenes. You'll wonder why you never cycled here before. We'll head east through Fahnestock State Park, cross briefly into Connecticut, then return on back roads. The route reflects a propensity for hills and low traffic density. Rain, snow, or if Greg Lemond's brother-in-law is hunting deer in the area cancels.
A
9:00 a.m.
70-80 mi.
- Sun. Dec. 10 **LEADERLESS "B" RIDE.** Meet at the Boathouse. Distance and destination to be determined by the participants. (Call Brian McCaffrey (h., 718-634-1742; w., 212-880-9292) for cue sheets and route suggestions).
B / 9:30 a.m.
- Sun. Dec. 10 **BIKE OR HIKE** (Depending on the weather). Leader: Ken Weissman (212-222-5527). If the temp. at 8:30 a.m. is above 45F, no rain or snow, meet 9:30 a.m. at the Boathouse for a schmoozy ride around Manhattan. Breakfast at South Street Seaport, lunch (inside/outside) near Baker Field). OR If temp. below 45F, snow on ground or light snow, meet 8:45 a.m. inside the Port Authority Bus Terminal (8th Ave. & 41st St.) in front of Zaro's Bread Basket, for a 9:00 a.m. bus (only one bus - be on time) to Pine Meadow Lake in Harriman Park for a beautiful hike past fields of mountain laurel and a gorgeous rushing mountain stream. Wear boots, dress in layers, bring food and water as none is available on the trail.
C
~ 30 mi.
OR
All-class hike
- Fri. Dec. 15 **"TWAS TEN NIGHTS BEFORE CHRISTMAS.** Leader: Marty Wolf (212-935-1460). From the parking area in front of City Hall. Start the season off with a friendly-paced ride to the Flatbush section of Brooklyn to pedal past some of the most outrageous and extravagant Christmas displays in the entire metropolitan area. Although it is a short ride in distance, don't plan to be home before 11 p.m. Questions? Call Marty. Temp. below 30F, any precip. cancels.
A/B/C
7:00 p.m.
30 mi.

- Sat. Dec. 16 **NYACK FOR A CHANGE.** Leaders: Bill White (212-260-8737) and Jim Greene (212-674-1631). From the Boathouse. A/A- The usual - 9W to Nyack, the requisite prolonged breakfast, and hopefully a steady pace. Paceline back to the GWB. 9:00 a.m. Bill hopes to have his new Eddy Merckx by then! 50% or greater chance of precip., temp. below 32F cancels. 60 mi.
- Sat. Dec. 16 **SANTA CLAUS LIVES IN THE GREAT SWAMP.** Leader: Marty Wolf (212-935-1460). From the Staten Island Ferry, A- Manhattan side. We'll take the 8:30 a.m. ferry to Staten Island, then on to Myersville and the Great Swamp. Just before 8:15 a.m. we enter the Swamp area, we'll stop to visit Santa Claus as well as Dasher, Dancer, Comet and Vixen. Temp. below 30F, 75 mi. any precip cancels.
- Sat. Dec. 16 **LEADERLESS "B" RIDE.** Meet at the Boathouse. Distance and destination to be determined by the participants. (Call B / 9:30 a.m. Brian McCaffrey (h., 718-634-1742; w., 212-880-9292) for cue sheets and route suggestions).
- Sat. Dec. 16 **CB JEEBIES.** Leader: Charles Morris (212-477-3281). From the Boathouse. This is a last evaluation of the year for C & B "C" riders who want to preview a "B" ride for next season. We start at a "C" pace until the Bridge and then swing into 9:00 a.m. a "B" on the Jersey side, up Route 9W. Cross-listed with AMC. Heavy rain cancels. 45 mi.
- Sat. Dec. 16 **RAMAPO RAMBLE.** Leaders: Herb Dershowitz (212-929-0787) and Barry Shapiro (718-426-4479). Meet at 179th St. All-ATB and Ft. Washington Avenue and we will car-caravan it approximately 25 miles west of the GWB to Oakland, N.J. and 9:30 a.m. the gorgeous Ramapo Reservation for a beautiful ride through its woods. Monsoon, tornado cancels. 10-15 mi.
- Sun. Dec. 17 **ST. PATRICK'S DAY WARM-UP.** Leader: Mark Roland (212-513-7777 or 212-222-2356). From the Boathouse. Kind A of a standard Nyack thing, except: no santas, sleds optional, jolly spirits are welcome. Temp. less than zero cancels. 9 a.m. / Approx. 60 mi.
- Sun. Dec. 17 **LEADERLESS "B" RIDE.** Meet at the Boathouse. Distance and destination to be determined by the participants. (Call B / 9:30 a.m. Brian McCaffrey (h., 718-634-1742; w., 212-880-9292) for cue sheets and route suggestions).
- Sat. Dec. 23 **SURPRISE RIDE.** Leader: Jeff Vogel (718-275-6978). From the Boathouse. The surprise is: will the leader be there? A In the unlikely possibility that he is not, the distance and destination will be determined by the participants. 9:30 a.m./40-60 mi.
- Sat. Dec. 23 **LEADERLESS "B" RIDE.** Meet at the Boathouse. Distance and destination to be determined by the participants. (Call B / 9:30 a.m. Brian McCaffrey (h., 718-634-1742; w., 212-880-9292) for cue sheets and route suggestions).
- Sun. Dec. 24 **TURNING POINT.** Leader: Janet Klutch (h. 212-724-8690, w. 212-420-2883). From the Boathouse. Xmas Eve Brunch. A- Wear your red and green. Please call me so that I can make reservations. Temp. less than 32F, rain or snow cancels. 9:45 a.m. / 45-50 mi.
- Sun. Dec. 24 **LEADERLESS "B" RIDE.** Meet at the Boathouse. Distance and destination to be determined by the participants. (Call B / 9:30 a.m. Brian McCaffrey (h., 718-634-1742; w., 212-880-9292) for cue sheets and route suggestions).
- Mon. Dec. 25 **NOT FOR JEWS ONLY.** Leader: Jeff Vogel (h., 718-275-6978; w., 212-265-2500). From the Boathouse. Here's A- the perfect opportunity to show off your Christmas and/or Chanukah presents. Bring out your new tights, your 9:00 a.m. new shoes, your new Colnago, your new Eddie Merckx.... Distance and destination will be determined by the 50 +/- mi. weather and the availability of an open diner. White Christmas or other serious winter weather cancels.
- Sat. Dec. 30 **YOUR LAST RIDE TO NYACK (IN 1989, ANYWAY).** Leader: Chris Mailing (718-847-8004). From the Boathouse. A A classic ride to Nyack on 9W. Breakfast at Eat Your Heart Out. Single-file paceline at a steady, friendly pace. Rain, 9:30 a.m. snow, temp. below 30F cancels. 55 mi.
- Sat. Dec. 30 **LEADERLESS "B" RIDE.** Meet at the Boathouse. Distance and destination to be determined by the participants. (Call B / 9:30 a.m. Brian McCaffrey (h., 718-634-1742; w., 212-880-9292) for cue sheets and route suggestions).
- Sun. Dec. 31 **LEADERLESS "A" RIDE.** If you want to ride, meet at the Boathouse at 10 a.m. for a leaderless ride. Call the "A" rides A / 10 a.m. coordinator if you plan to ride so you can be put in touch with others also planning to ride.
- Sun. Dec. 31 **LEADERLESS "B" RIDE.** Meet at the Boathouse. Distance and destination to be determined by the participants. (Call B / 9:30 a.m. Brian McCaffrey (h., 718-634-1742; w., 212-880-9292) for cue sheets and route suggestions).
- Mon. 1/1/90 **NEW YEAR'S DAY ANNUAL RIDE TO WHITE PLAINS.** Leader: Marty Wolf (212-935-1460). From the Boathouse. A- A laid-back trip to the Flagship in White Plains for brunch. This is your chance to start the New Year out right with an 10:00 a.m. entry on your brand-new 1990 mileage chart. (No chart? The leader will give one to all who ride today). Temp. below 35 mi. 30F, any precip cancels.

Previews

Sat. Jan. 13 **A DAY AT THE RACES.** Leaders: Jeff Vogel (718-275-6978) & Karl Dittbrandt (212-477-1387). Class: None. We're going to Aqueduct. Let the jockeys do the riding. More details in January bulletin.

June 8-10, 1990 **GETTING INTO GEAR.** Leader: Paul Minkoff (h., 718-937-6171; w., 212-532-9000). GEAR, New London, CT. Victorian B&B available. Reserve early. Call leader for additional details.

CLASSIFIEDS

CROSS COUNTRY SKIING

Have car, seeking co-rider with drivers' license to share driving and expenses for long weekend to Montreal.

- Bruce Scher
718/499-4568

FOR SALE

54 cm Vitus frameset including fork and Shimano 600 headset. Measured center to center. Like new. Never raced, never crashed - selling because it was wrong fit. \$300.

- Bill
212/243-1780 (day)

FOR SALE

1989 Trek 660. White. 53 cm, true Temper, Ultegra, Look pedals. Strong and fast, but too small for me. \$560.

- Mark Roland
212/513-7777 (day)
212/222-2356 (evening)

FOR SALE

Cinelli rollers. Little used. First reasonable offer.

- Joe Oxnard
718/458-3390

WANTED

- windtrainer
- cycling books on a variety of topics (wheel building, weight training, mechanics, etc.)
- cue sheets for various routes (B+ or better).

- James
718/627-6126 (evenings)

FOR SALE

Mongoose "Hilltop" 18 speed City Bike. 16" frame. Shimano Exage Country components. Gel saddle. All chrome. Barely used. \$300.

- Joan Winters
475-6605

FREE! SPORTS INJURY CLINIC

Clinic offered by Dr. Russell B. Cohen, D.C., USCF racer. Every Wednesday, 6-8 p.m., 317 West 54th Street, 212/713-0180. Call for an appointment.

SKI THE 'DACKS

Leader: Mark Martinez. That's the Adirondacks near Lake Placid, N.Y.. Cross country or Alpine. Novice or expert (Granola head or gravity slave), the high peaks have it. Stay at a cozy rustic lodge and enjoy back-country skiing from the front door or take a short drive to Olympic-class downhill trails at Whiteface Mt.. See what skiing is like without the weekend crowds. Cost for lodging, breakfast, and dinner: \$32/night. Cross country rentals available on premises. Alpine gear nearby.. Don't worry, you can still wear your brand-new winter cycling gear. Besides, face plants are more pleasant on snow than on pavement. Believe me, I know. Lodging space is guaranteed, but only for a limited time. So pick up the phone.

- Mark Martinez
718/726-7644

CADENCE STUDY: VOLUNTEERS NEEDED

If you're interested in how your body functions while cycling, and have the following available:

- a wind trainer or mag-turbo
- a speedometer, reading in .10 mph
- a pulse/heart monitor
- a helper to watch the clock, tell you when to change gears, and record the data,

then I would appreciate your assistance in an ongoing study on cadence. A test run takes approximately 35 minutes.

I expect this data to dispel the notion that cadence above 80-85 rpm is useful - even for A-riders. Curious? Unbelieving? Outraged? Match your emotions with some time. Call at the number below, or write to Irv W. at Box 97 Bronx, NY 10463. Give your chainrings and cluster makeup, and your preferred riding class. I will design cadence tests for you, and based on the results, will suggest effective cadences for you..

- Irv W.
212/562-7298

MY MORNINGS

Arlene Brimer

Waking up is the hardest part. I bolt straight up at the cold, brash sound of the alarm at 4:45 a.m.. In an instant, I realize it is early, very early, and that I am going riding this morning. When I ride before work, my legs feel longer and steadier for the rest of the day. I like it.

I reach blindly for the alarm. I do not look at my husband, Chris, who is breathing gently and evenly beneath the covers. He will not be riding today.

I dress in a fog, but my internal clock is set to meet my friend, Jeff, at 5:20 by the entrance to Forest Park on Woodhaven Boulevard, and at 5:20 a.m. I am there. We exchange a grunt or two that passes for a greeting and take off down a hill toward Jamaica Bay Wildlife Refuge.

Jeff is not my first morning cycling companion. Before I got married and moved to Queens, I rode with friends in Central Park. Back then, in 1984, I was struggling to become good enough to be an NYCC A-rider. I harbored secret pains to try racing. Weekend athletes can never be very good athletes, and I needed my morning workouts to train for grueling 100 mile weekend club rides.

The simple lesson of cycling is that first you like the sport, and then you work hard to improve. Now I am applying that experience toward other goals. Ironically, these ventures have left me less time and less passion for cycling. After all, club outings on the weekend are all-day affairs. And to be really good, both days of the weekend should be spent pedaling. It makes me sad to miss out on all the fun. But I still have my mornings.

Jeff and I go tearing down Woodhaven Boulevard. Some mornings we are chatty friends, and others we kick up the pace and ride hard.

Lately I am not fit, and I struggle to keep up. I am painfully aware of each pedal stroke. I feel my seat on the saddle, the balls of my feet on the pedals, my palms on the handlebars, and my shoulders absorb each bump in the road. I worry about the traffic and seeing clearly in the dark.

It is better to be fit. When I am fit I do not think about pushing the pedals. A motor inside me moves into overdrive, and I ride easily. With a slight glance down and behind, I have a frozen mental picture of any cars, or people, or branches, or leaves around me. During the five mile ride to reach the Refuge, I process a hundred of these mental statements about the neighborhood waking up. A cat sits on a front porch, gray against the dark morning, and a man carries a steaming

cup of coffee from an all-night deli.

Woodhaven Boulevard turns into Cross Island Boulevard before we enter the Refuge. There is a short bridge that rises up and over an inlet. The locals fish from this bridge. They fish in silence. They never say "Good morning," and neither do we.

We ride the road through the wildlife refuge to the toll bridge that goes to the Rockaways, turn around and ride back. It is a New York City road so it has broken glass, construction (always in a different spot), bumps, and cracks. But early in the morning traffic is light, and the road is wide and decently lit.

Some mornings the salty smell of the ocean is strong. It hangs thickly in the air. Once an owl, or at least we think it was an owl, swooped down from the black sky. Its enormous wing grazed Jeff's head. The bird stretched a taloned foot and, barely touching the ground, snatched a rodent from the middle of the street. The predator pushed back up and disappeared into the darkness. We rode carefully the rest of that morning.

Sometimes I am lazy and make a U-turn before we reach the toll bridge. Jeff keeps going the full lap, so I slow down or stop just before crossing back over the metal bridge to wait for him. One morning, while waiting, I rested a foot on the curb as I sat on my bicycle. I heard a train from the east. I looked across the water and saw an A train in the distance, heading toward Kennedy Airport. The train's interior lights were on and although the dawn was losing its darkness all around me, because the train was brighter than the sky, the moment lasted a very long time.

Jeff arrived, I snapped into my pedal, and I took off after him.

The only spill we have had is when my front tire grazed a rough clump of cement in the road which caused an instant blowout. I flipped over the bike and landed in some bushes. The moment I became airborne I felt light and free. Chris was out with us that morning.

"You seem fine," he said, "but look what you've done to those bushes!"

We made my bike rideable and headed home.

During the height of summer, we ride in total daylight. There is a tradeoff, though. If we stop to fix a flat in August, we get devoured by mosquitoes. The area is marshland and the mosquitoes are rampant. One morning I had three flats. It is not easy to get the grease off your hands after changing three flats. By the time I arrived at work, I felt it should be afternoon.

After a few sorry mornings like that, when the alarm clock belches its sound, I sometimes hope for rain. I pull myself to the window thinking I can hear the "swooshy" sound of car tires rolling over wet pavement.

Inevitably, if it is dry and I make my way, trancelike, to the appointed meeting place, I am glad to have made the effort. I no longer need these early training rides, but what began as a means to an end has become an end in itself.

ULTRA-MARATHON CYCLING

Jeff Vogel

So what do we do all winter? The first thing to do is plan next year's schedule.

Foremost on my list is qualifying for Paris-Brest-Paris and Boston-Montreal-Boston. The rules for qualifying for PBP in 1991 have been changed for the second time and are still subject to further revision. As they stand now, you will have to do the full set of qualifiers in 1990 and 1991. Right now the only exception to that rule is that anyone who has participated in any prior PBP will only have to qualify in 1991. We are trying to get a clarification of the word "participate," but as of now it means just that. You didn't have to finish in a prior PBP, just participate. We are also trying to get an exclusion for those people who have completed BMB, or any other 1000 km or longer event, so that they will only have to qualify in 1991.

In addition, the 600 km qualifier in 1991 can only be completed in specified locations. Currently these are Syracuse, Boston, Milwaukee, Kansas City, and Los Angeles. For 1990 the 600 km qualifier in New York City is acceptable and if all goes well, it will be added to the list for 1991.

The reason for the stricter qualifying rules is the Americans' high "abandonment" rate in PBP in 1987. The French organizers are sure that many Americans cheated, in effect, by qualifying on courses that were too short, had few hills, or where local administrators extended the time limits.

With that in mind, the tentative schedule of qualifying brebets in New York City is as follows:

Sunday, May 20, 1990 - 200 km in 14 hours (Montauk)

Saturday, June 9, 1990 - 300 km in 21 hours

Saturday-Sunday, June 16-17, 1990 - 400 km in 27 hours

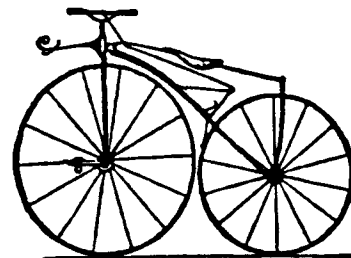
Saturday-Sunday, July 7-8, 1990 - 600 km in 40 hours (a repeat of last year's Tour of the Catskills)

The dates for the rest of the country will be available in February.

Steve Bauman and I will be organizing the rides again this year. As the Metro NY AYH is the organization responsible for coordinating all qualifiers in the NYC area, all riders must be members of AYH to participate. Also, now that work on the new hostel has been completed, that will be the starting point for all rides. (Amsterdam Avenue at 103rd Street, I believe.)

In the letter I received from Robert Lepertel of Audax Club Parisien, the organizers of PBP, his final comment was that it "is strongly recommended that they do the Boston-Montreal-Boston event." Having done both, I couldn't agree more. The mountains and distance of BMB will prepare you better for PBP than any other rides in this area. Next year's BMB is scheduled to start on Thursday, August 9 and end on Sunday, August 12, 1990.

Other rides that some people may be interested in are the 24 Hour Race, and the RAAM Qualifier in Johnstown, New York. The 24 Hour Race has been moved up to June, but a firm date has not yet been set. The RAAM Qualifier, which will be held over the same course through the Adirondacks that it took place on last year, is tentatively set for September 14-16, 1990.



VELOCIPEDES.

WOOD BROTHERS,
596 Broadway, New York,



Safety tip of the month:

HAVE A HAPPY AND SAFE NEW YEAR!

This marks the end of the Safety Tip series, which is not to say that the issue of being safe and responsible on the bike is any less important.

QUICK RELEASES

John Waffenschmidt's mountaineering series got off to a cold but vigorous start at six a.m. on November 12. John showed up in full backpack regalia, complete with a rolled-up ground pad and sleeping bag - in case someone fell off a cliff and needed a comfortable pallet to rest on until help arrived - and a backpack crammed with extra Gortex jackets, mittens, etc., for those unprepared for the freezing mountain winds. Also in the backpack were several cans of sardines which John consumed. Fortunately, no one needed the ground cover/sleeping bag, but carrying all that extra weight undoubtedly added to John's conditioning for an upcoming scaling of Mt. McKinley, in Alaska. John was accepted as part of an official McKinley expedition. At any rate, this first hike of his series was challenging: In eight miles three peaks were scaled (and descended) at a mostly rapid clip; crampons (for ice walking) are advised for the next trip.

Since John Waff is in the news, it should also be mentioned that his New Paltz Extravaganza - this one on bikes and co-led with Franziska Rauch - was an unqualified success, decreed "even better than last year" by second-time participants, and "just great, a fantastic ride," by one first-time participant.

Response to the club election was overwhelming: Marty Wolfe's living room overflowed with ballots from virtually every club member - some 700+. Dedicated Marty managed to count them all and present election results at the last club meeting.

Don Ketteler has been shuttling regularly now between Europe and New York - he says this is due to business in London - recording sessions, etc. - but he always seems to make it to Dusseldorf. That might be because his fiancée, Margaret, is there studying sculpture on a Fulbright Fellowship this year.

By all accounts, Bill Richards' art opening last month was an overwhelming success - Bill agrees that yes it was, he sold most of the work displayed. Other artists will recognize how unusual that feat is! Thank Bill for this month's BULLETIN cover.

It's really been fun editing the BULLETIN. Again, thanks to all of you who have been so cooperative about writing articles, creating covers and other artwork, and doing so many things in such a wholehearted and goodhearted fashion, to help get the BULLETIN out. And most especially, thanks to Larry Hobson for pasting it up every month. In truth, though, I can't wait to get my copy of the BULLETIN in the mail next month, rip it open, and read each article FOR THE FIRST TIME! That's my idea of fun. (Obviously

I lead a dull life.) Oh well. I'm looking forward to seeing what Cliff does with the BULLETIN - I'm convinced he'll do a great job.

Bye!

Janet Kronstadt

ELECTION RESULTS

Following are the results of the November election. The new Board of Directors members are:

C-Rides Coordinator, Alex Von Braun
B-Rides Coordinator, Dick Goldberg
A-Rides Coordinator, Jeff Vogel
Circulation, Hannah Holland
Membership, Arlene Ellner
BULLETIN Editor, Cliff Kranish
Public Relations Director, Carlos Cardona
Treasurer, Debbie Bell
Secretary, Bob Foss
Vice President of Rides, Simone Smith
Vice President of Programs, Beth Herman
President, Christy Guzzetta

WHAT TO DO IN THE DEAD OF WINTER. WHEN YOU CAN'T RIDE. DEPARTMENT:

FASTER. HARDER. LONGER.

We'll help you get there. With more speed, strength, stamina and endurance. And now at 20% off, we'll help you do it less expensively, too.

Prescriptive Fitness is a new, conveniently-located fitness center offering a complete range of free weights, resistance equipment and cardiovascular machines. The facilities are spacious, modern, superbly maintained and open seven days a week from very early to very late. The staff provides you with a program designed specifically for you, and devotes the personal attention to help you begin and then maintain your workouts. Memberships and one-on-one training are both available, as are the services of Dr. Gary Prince, Doctor of Chiropractic Medicine and Proprietor of Prescriptive Fitness.

Mention the New York Cycle Club when you visit Prescriptive Fitness during the month of December. This will entitle you to a Complimentary Guest Pass and 20% discount off the cost of a membership of any duration.

We look forward to working out with you.

Prescriptive Fitness 250 West 54th St. NY, NY 10019
(212)307-7760

PRESIDENT'S MESSAGE

Christy Guzzetta

The year winds down - gosh, a whole decade does, in fact. I've become reflective, thinking about days gone by. What was the "ride of the year" for me? Which ride was most unique?

One sticks out in my memory - even though I can't remember its destination. It is the group I recall: the people who came along. A pretty girl from China passed me by, chasing down those macho guys from France who were pushing the pace. A nice couple from Australia was along for the ride, and so were a couple of guys from the Soviet Union. A veteran racer from Bulgaria and still another one from Hungary. A guy from Puerto Rico, one from Italy, and another from Colombia.

We were the NYCC that day - coming together from all over the world to go for a ride. What a group, this club. There was even a guy who was born in the Bronx - really, there was. All of us together, enjoying the day.

My "ride of the year." Next year, next decade - coming right up!

CYCLING COINCIDENCE

Carlos Cardona

Coincidence! Co-incidence?
I used to see you in the lobby,
Waiting for your morning lift to the floor
Where you work;
I used to think, "she's special, and
maybe not so inaccessible,
Access is good, without it we are homeless.
I used to think maybe you were looking at me
too,
Casually, of course, unsmilingly but perhaps
warmly,
Unafraid, at the very least.

Then, co-incidence!
At the snack bar at the same time, and, of
course,
I make the first move, the first vowels and
consonants
The first smile.
We have something in common! Co-incidence again!
We're both in shape, it seems, and both enjoy
The sweet rolling ballet of cycling machines,
Eternal symbols of fortune and fate,

Tooling up to Nyack or bombing out to Montauk,
we both partake of human-powered motion,
That eco-sympathetic way to see the land,
Stay fit, and challenge your limits all-in-one,
That spiritual exercise perfectly disguised
as physical,
The perfect coordination of perfect body and
Perfect machine. Oh my! It's getting warm in
here!

So then lunch and then dinner and then the
clubs,
Similar passion for art and philosophy?
Similar sense of humor? Curiouser and cur-
iouser,
An ambivalent emotional checklist!
When was the last time you saw that?
(Oh, twice last month, at least!)

But then maybe it's not a co-incidence,
Maybe it's just a good time of the year for
us "weirdos,"
Maybe it's just Halloween.



Join us for some of the finest
cycling in the Northeast!
Breakaway Vacations
(212) 722-4221

NO-TECH TIPS

Bob Moulder

First, a warning: I (and others who have used them) can attest to the fact that plastic rim strips marketed by Michelin and Specialized tend to develop cracks and deep sagging areas at the spoke eyelet holes. These lead to sudden, unexpected flats which can have the expected, disastrous results. These strips (yellow and red, respectively), have appeared recently, in place of the familiar fabric-based strips made by Velox and others. I have had three flats within the last two months directly attributable to plastic rim strips. By sheer luck, none occurred on the front wheel when I was descending a hill at 40 mph, but they easily could have. Get rid of them. Go back to the old-fashioned cloth-based tapes.

Now this: Did you know that riding your bike through mud and grit could tell you something about how well your wheels are built?

Consider this: When wheels are built, tension in the spokes (tension is what holds a wheel together and gives it strength) is achieved by tightening the spoke nipples. The nipples pull the spokes and cause them to stretch between the rim and the hub. When a wheel is built properly the tension is spread evenly among all spokes, leading to long wheel life and resistance to going "out of true."

Even in the case of a rear wheel - rear wheels have different tension on the free-wheel and non-free-wheel sides due to their "dished" construction - tension should be identical for all spokes on the freewheel side, and for all those on the non-free-wheel side. Even though a wheel may appear to be perfectly true, if spoke tension is not even, the wheel will soon become untrue and/or spokes will begin to break.

So how does grit tell you how well your wheel is built? Well... spoke tension is resisted by the hub at one end of the spoke, and the rim at the other end. Because of this, imperceptible (to the eye, at least) stress is transferred to the rim at the spoke hole area. This stress is greatest in the spoke hole area, diminishes somewhat in the areas between the spokes, and increases again near the next spoke hole. As brakes are applied to the side of the rim, the areas of higher stress near the spoke holes resist more; the areas in between resist less.

Because of this, unseen "high" spots are created on the sides of the rim which wear out faster, resulting in the familiar "dash" pattern seen on anodized rims where some of the surface has been worn away by grit in the brake pads. Although this kind of wear is generally undesirable, it does occur, nonetheless, and the pattern

of wear can reveal much about how well the wheel was built, and might also signal premature spoke breakage or other problems.

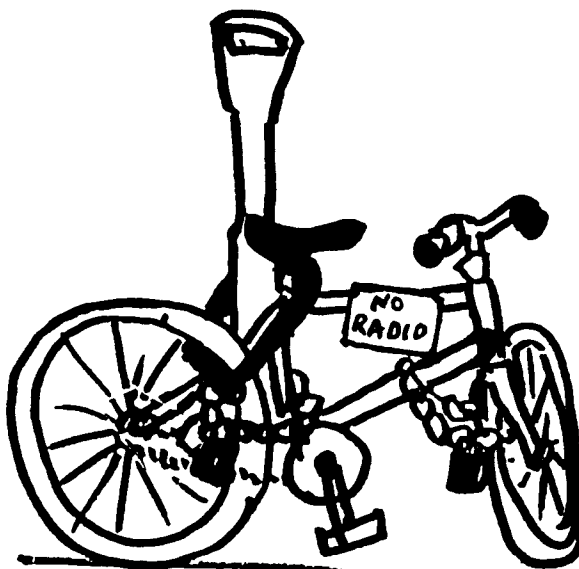
Generally speaking, if you notice an area on the rim where there is much more or much less wear than on the rest of the rim, uneven spoke tension is indicated. If you look at the pattern and notice one area which has much more wear than all the others, you can bet that the tension of the spoke or spokes in that area is greater, and that the potential for spoke breakage there is high. Similarly, in an area where the wear is much less, it is very likely the spoke or spokes there are loose, perhaps causing a "hop" in the rim at that spot.

In a pattern where half of the wheel shows normal wear, and the other half shows none, it is very likely that the wheel is out of true radially, meaning that the hub is not centered precisely in the middle of the rim. When you ride a bike with a wheel that is "out of round," it will seem to hop or bounce with every wheel rotation. Wheels that are built "loosely" (low spoke tension) may not exhibit the "dash" pattern at all, while those built "tightly" will have a very distinct pattern.

Wheels that are built too tightly will also have what I would describe as "micro hops": When the spinning wheel is viewed from the side, using a brake pad as a reference point, the rim will dip slightly at each spoke nipple location.

These are but a few of the myriad of problems that might be indicated, but when you notice uneven wear, you should start asking some questions.

If you have comments or suggestions you'd like to share, please contact me at club meetings, or call 212/682-5669.

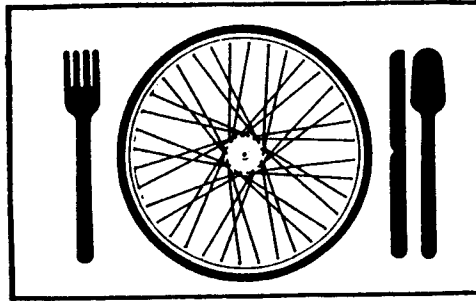


MONTHLY CLUB MEETING

(Open to all members and non-members.)

NEW YORK CYCLE CLUB
Tuesday, December 12

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.

THE BEST DAMN PARTY YOU'LL GO TO ALL SEASON!

COMEDY!!! MUSIC!!! AWARDS!!!
RAFFLES!!! AUCTION!!! FLEA MARKET!!!
YOUR DUMBEST BIKE SLIDE!!! YOUR DUMBEST BIKE STORY!!!

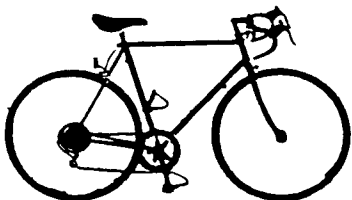
If you attend only one meeting all year, this is the one to attend. Items contributed for auction and raffle by New York area bike dealers. (You can contribute something for the club to auction or raffle, too. And, if you want, bring your own stuff to sell.)

Important food note: None of that cold cut stuff from previous years. This year we dine in December the same as we do January through November. Same great food: same great price.

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.

SOME IMPORTANT NOTES ABOUT THE DECEMBER MEETING

1. Bring one dumb slide related to cycling.
2. Bring one dumb story related to cycling.
3. Bring anything you want to sell before the meeting and during the break at a swap meet/flea market.
4. If you'd like, bring something to contribute to the club for a raffle or auction to benefit the club treasury.
5. Bring money or a check to buy stuff.
Auction items include new Shimano clipless pedals, a 56cm Vitus (silver) frame, size 44 and 45 (10 and 10 1/2) Vittoria and Duegi shoes--some drilled for clipless, some not.
6. Call Richard Rosenthal at 371-4700 if you're willing to call your favorite bike shop and prevail on them to contribute something to the club auction.



MINUTES

NEW YORK CYCLE CLUB BOARD MEETING, Tuesday 3
OCTOBER, 1989

Present: Christy Guzzetta, Debbie Bell,
Holly Grey, Simone Smith, Brian McCaffrey,
Hannah Holland, Beth Herman, Janet
Kronstadt, Ken Weissman, Arlene Ellner

Absent: Martha Ramos, Richard Rosenthal

September meeting minutes approved.

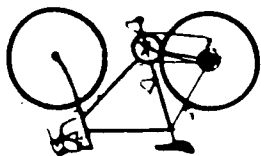
Discussion regarding increasing size and
cost of the BULLETIN. Proposal made to
table issue until after question of current
dues increase is resolved. Proposal passed.

Christy reviewed nominations for new Board.

Christy thanked Holly for preparing new
membership roster.

Meeting adjourned 7:45 p.m..

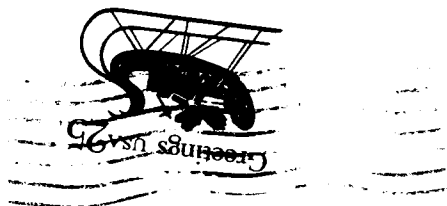
Adrian Gilman



First Class

176-177
ARLENE BRIMER MAILING
CHRIS MAILING
110-30 MYRTLE AVE
RICHMOND HILL, NY
11418

The New York Cycle Club
Hannah Holland
211 W. 106 St. 8C
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