

February  
1989

# **New York Cycle Club**

**F E B R U A R Y · 1 9 8 9 · B U L L E T I N**



**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 8 0 0**

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 212/595-7483



## 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.

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

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February Saturdays/ Sundays ATB	<b>FAT TIRE FROLICS.</b> Simone Smith (914-941-5013, h.; 212-407-1940, w). Our informal ATB SIG will be taking advantage of the coming winter months to take our bikes into the woods. Call at the end of the week to find out what plans have taken shape.
Sat.Feb. 4 9:30 a.m. A/B+ 45 mi.	<b>NATHAN'S OR BUST.</b> Leader: Herb Dershowitz (212-929-0787). From the Boathouse. Rained out last year....snowed out once already this new year. We are trying again. Franks and fries at the original Nathan's in Coney Island. Mountain bikes are welcome. Temp. below 30F at start cancels.
Sat.Feb.4 B	<b>DIAL-A-"B" RIDE.</b> Leader: Brian McCaffrey (718-634-1742, h., 212-880-9292, of.). I will most likely not be riding today, but if you want to ride, give me a call and I will put interested riders in touch with each other.
Sun.Feb.5 9:00 a.m. A 0-50 mi.	<b>THE DAY AFTER.</b> Leader: Christy Guzzetta (212-595-3674). From 49 W. 75th St. Meet for coffee, juice, and biscuits at the appointed time/place. If weather permits, we'll be on the road by 10:00 a.m. If the weather does not permit, we'll eat all morning long. Regardless, we'll celebrate the day after. The day after what? If we ride - it's 9W to the Skylark Diner in Nyack. Do you know the way? Then, it's 9W back. Don't worry, maps will be available if you don't know the way.
Sun.Feb.5 B	<b>DIAL-A-"B" RIDE.</b> Leader: Brian McCaffrey (718-634-1742, h., 212-880-9292, of.). I will most likely not be riding today, but if you want to ride, give me a call and I will put interested riders in touch with each other.

- Sat.Feb.11 9:00 a.m. A- / 56 mi. **A VALENTINE'S RIDE TO NYACK.** Leader: Richard Rosenthal (212-888-6088). From the Boathouse. Draft a love letter to your Valentine. Lunch at Eat Your Heart Out. Up and back 9W because: 1) mine is a lazy kind of love, and 2) I still don't know the turns.
- Sat.Feb.11 B **DIAL-A-"B" RIDE.** Leader: Brian McCaffrey (718-634-1742, h., 212-880-9292, of.). I will most likely not be riding today, but if you want to ride, give me a call and I will put interested riders in touch with each other.
- Sun.Feb.12 9:00 a.m. A/A- 50-55 mi. **DON'T WORRY. BE HAPPY.** Leader: Simone Smith (914-941-5013). From the Boathouse. The ride leader has the muscularity these days of a cream puff and is intending on maintaining a relaxed attitude about it all for a bit longer. As of press time, destination was still to be determined. Temp. below 30F at start cancels.
- Sun.Feb.12 B **DIAL-A-"B" RIDE.** Leader: Brian McCaffrey (718-634-1742, h., 212-880-9292, of.). I will most likely not be riding today, but if you want to ride, give me a call and I will put interested riders in touch with each other.
- Sat.Feb.18 9:00 a.m. A/A- 60+ mi. **HARK, HAVERSTRAW.** Leader: Janet Krondstadt (212-595-7483). From the Boathouse. A reasonably brisk ride up 9W (variations possible) to the diner in Haverstraw, and back. Temp. below 28F at start, icy conditions cancels.
- Sat.Feb.18 B **DIAL-A-"B" RIDE.** Leader: Brian McCaffrey (718-634-1742, h., 212-880-9292, of.). I will most likely not be riding today, but if you want to ride, give me a call and I will put interested riders in touch with each other.
- Sun.Feb.19 8:30 a.m. A/A- / 50 mi. **NORTH SHORE.** Leader: Tom Lowenthal (718-847-6048, h., 718-330-7040, w.) From the Statue of Civic Virtue. A quick 50; helmets recommended. The usual cancels.
- Sun.Feb.19 B **DIAL-A-"B" RIDE.** Leader: Brian McCaffrey (718-634-1742, h., 212-880-9292, of.). I will most likely not be riding today, but if you want to ride, give me a call and I will put interested riders in touch with each other.
- Mon.Feb.20 9:30 a.m. A- 55-70 mi. **PRESIDENT'S DAY RIDE.** Leader: Marty Wolf (212-935-1460). Meet at the Boathouse at 9:30 a.m.; we'll ride to Piermont or Nyack if it's cold - or to Glenville, CT by way of White Plains if it's an unseasonably warm day. Call the night before if you'd like to suggest a more exciting destination. Temp. below 32F, any precip. or icy roads cancels.
- Sat.Feb.25 8 a.m. A+ / 96+ miles **PERKINS -- DO IT IF YOU DARE.** Leader: John Waffenschmidt (718-476-0888). Start from near the Boathouse. 7:10 a.m. temp. below 28F, ice, snow, precipitation cancels.
- Sat.Feb.25 8:45 a.m. A- / 49 mi. **WESTWOOD AGAIN.** Leaders: Steve Baron & Caryl Hudson (212-595-7010).. From the Boathouse. We'll leave about 8:45 if the weather isn't appropriate for other activities: skiing, skating, swimming or sleeping.
- Sat.Feb.25 9:00 a.m. B 50 mi. **NORTHERN NASSAU LOOP.** Leader: Alejandro Caycedo (718-739-4648). From the Statue of Civic Virtue, Union Turnpike stop on E or F train. We'll ride at a pace to keep us warm, through pretty towns and scenic rolling hills. Do you want to feel the crisp sun on your face? Do you want to use your winter cycling gear? Then come on out. Actual route and food stop determined at the start of our ride. If conditions are questionable, pls. call.
- Sun.Feb.26 9:30 a.m. A- 50 mi. **ONE LAST WINTER SCHMOOZE.** Leaders: Debbie Bell (212-864-5153) & Holly Gray (718-596-6336). From the Boathouse. This will be a ride for schmoozers and racers. The schmoozers can come learn Debbie's mystery back route to Nyack. The racers can blast off straight to Nyack and save some pancakes for us. Return is via a stop at Robert's jewelry store in Nyack then back to Debbie's house (West 113 St.) for hot toddies after the ride. The usual cancels.
- Sun.Feb.26 B **DIAL-A-"B" RIDE.** Leader: Sara Flowers (718-544-9168). I will most likely not be riding today, but if you want to ride, give me a call and I will put interested riders in touch with each other.
- Sun.Feb.26 9:00 a.m. C-/C/+ 20-40 mi. **BACK IN THE SADDLE AGAIN.** Leader: Ken Weissman (212-222-5527). From the Coliseum, 60th & Broadway. C'mon all C riders....let's get the season started with an easy 40 miler to Coney Island for lunch at Nathan's. Temps. below 40F, heavy rain, snow or ice on the road cancels.

## Previews

### Sat. Mar. 4

--> A SIG-Progressive A Ride Series #1. Leader: Christy Guzzetta (212-595-3674) 42 miles from the Boathouse at 9:00 a.m.  
RAIN DATE: Sunday, March 5.  
B DIAL-A-"B"-RIDE. Leader: Sara Flowers (718-544-9168)

### Sun. Mar. 5

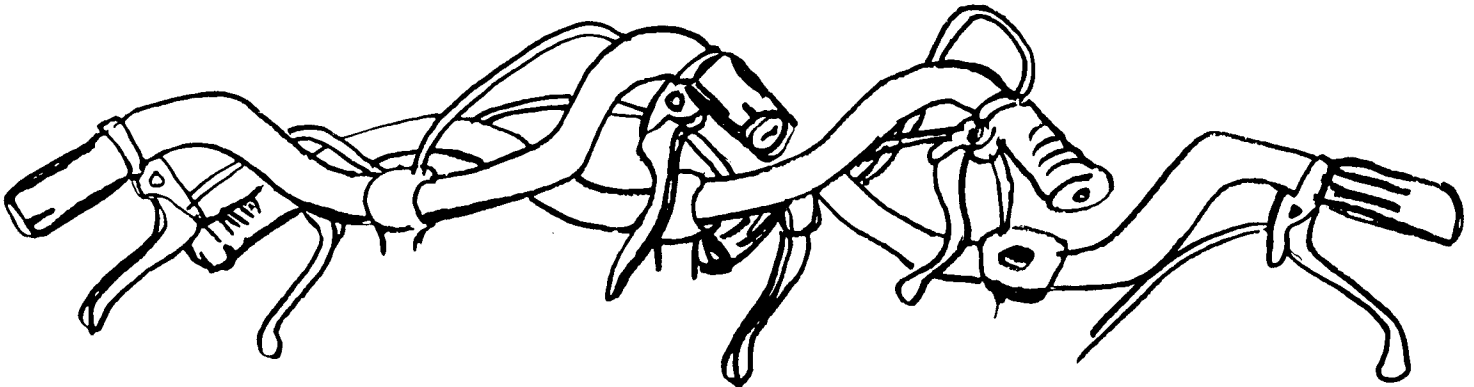
A/B/C ALL-CLASS CLASSIFICATION RIDE. Leaders: Irv Weisman (212-562-7298) & Ken Weissman (212-222-5527).  
From 72nd & Fifth Ave., between 10:00 - 10:30; 24 miles.

### April 7-14

Class-Less Training Rides - Luxury Style. Leader: Martha Ramos (718-858-9142). Fed up with training ride series that start too early in the year but if you don't join them you find yourself hustling to keep up until sometime in mid-July? If the answer is yes and you have the time and the money, give me a call and I will arrange for a group tour to either Arizona or California. Exact length of tour to be determined by participants. Call no later than February 20.

### May 26-29

Class-Less Southern Sights, Nites & Delights. Leader: Martha Ramos (718-858-9142). PLACE: Charlottesville, VA. Where Blue Ridge meets Skyline. Ride on one or both of the drives or skip the drives and enjoy the diversity of the Valley. We will be staying across the street from the University of Virginia. Spend evenings walking on campus or tour the famous rotunda designed by Thomas Jefferson. Take the trolley or a city bus into historic Charlottesville. Cost is \$200 for 3 nites, 2 luncheons, round trip transportation (our own bus), registration fee and a tour of Monticello. Late fee of \$15 for checks received after May 5th. Please note that space is limited to 21-25 participants.



SPECIAL INTEREST GROUP  
PROGRESSIVE "A" RIDE SERIES

CHRISTY GUZZETTA  
212-595-3674

The third annual SPECIAL INTEREST GROUP (SIG), PROGRESSIVE "A" RIDE SERIES, will begin on the first Saturday in March!

This series is not for "A" riders. Rather, it is for those people who have never before ridden on an "A" ride . . . and/or those who haven't in a very long time. It is instructional in nature, "low-tech", and simple. We have found that all that is required to comfortably ride on and enjoy "A" rides is (1) conditioning, (2) technique, and (3) equipment. We cover all of these requirements in a simple, straight forward manner during the series - while we ride - on the road. The SIG concludes when we all ride on the regularly scheduled Club "A" ride during the last weekend in June.

Along the way, we'll meet aspiring new "A" riders, get in good shape, cover some great terrain, learn something about cycling, make new friends, and come to appreciate why this SIG has become one of the most popular events in the Club.

For the third year in a row, the tradition of this SIG will continue. Accordingly, the prize certificate that those people received who completed past Progressive "A" Ride Series SIG's AND rode on the Club "A" ride on schedule - will be redesigned with a new splendor. To get one this year, you've got to be on all the rides - including the Big "A" ride at the end of June.

A tentative schedule of rides and other details will be available during the February Club meeting - or call Christy Guzzetta (212-595-3674)

# M I N U T E S

NYCC BOARD MEETING, 6 DECEMBER, 1988, O'HARA'S RESTAURANT

Present: Ken Weissman, Holly Gray, Debbie Bell, Hannah Holland, Jody Sayler, Simone Smith, Richard Rosenthal, Michael Toomey, Roberta Pollock, Christy Guzzetta, Caryl Hudson, Janet Kronstadt, Martha Ramos, Barbara Levitan, John Mulcare

Absent: Brian Mc Caffrey, Arlene Ellner

Christy greeted the new board members.

Ken Weissman requested C-Ride leaders.

Debbie distributed 1988 ride statistics.

It was suggested that Dave Walls' standing ride listing be edited now that he has relocated.

Michael reported the next program will be on physical fitness and include a lecture, slides, in loco fitness testing. The club will pay for paper used for fitness testing and typesetting of Michael's submissions to bulletin.

Michael withdrew his candidacy for VP Programs citing job commitments; Richard Rosenthal accepted the position.

Award certificates for the December meeting will be provided by Michael; Carol or Steve Baron will fill them in.

Christmas Party details discussed, ie: tipping, music, cake.

Completed cycle shop plaques given to Christy by Michael.

Jody will contact Nyack & Syosset Fire Departments regarding their plaques.

Holly purchased four AYH passes as required for AYH affiliation. Previously NYCC members paid for half the cost. Motion made by Roberta to have club pay in full; motion carried: 12 yes, 2 abstentions.

Christy thanked outgoing board members.

Meeting adjourned 8:15PM

*Respectfully submitted,  
Arlene Ellner*

## DIAL-A-GLIDE

FOR CROSS-COUNTRY SKIING  
IN VAN CORTLANDT PARK.  
NOVICE SPEED. "CALL ME  
IF THERE'S SNOW. IF I'M  
HOME I'LL PROBABLY GO."  
- Maggie Clark  
567-8272



## BACK BY POPULAR DEMAND!

ICE THERAPY

EVERY WEDNESDAY DURING JANUARY AT 7:00 PM

WOLLMAN RINK, CENTRAL PARK,  
USE 60TH AND 5TH ENTRANCE

LEADERS: JANET KLUTCH (212 724-8690)  
BRIAN MCCAFFREY (718 634-1742)  
BARRY SHAPIRO (718 426-4479)

ALL WELCOME

## CLASSIFIEDS

R.E.I. TANGE #1 NOVARA 53cm FULL  
SHIMANO 600 EX SIS COMP. \$398.  
THULE 1050 RACK W/ 1050-14 LOCKS,  
\$59.00. BELL V-1 PRO \$24.00.  
- Mendel  
718/972-1049

WANTED: C Riders in Brooklyn  
AM INTERESTED IN CYCLING  
COMPANION(S) FOR WEEKEND  
RIDES IN BROOKLYN AND MAN-  
HATTAN.  
- Dorothy Fong  
718/596-5776

COLLEGE STUDENT WHO RIDES TO  
SCHOOL SEEKS PARKING SPOT  
(INDOORS OR OUT) FOR HIS BIKE.  
IF YOU HAVE A FEW FEET TO SPARE  
(AT A REASONABLE PRICE) IT  
WOULD BE APPRECIATED. A  
BASEMENT, STORAGE ROOM, GARAGE,  
OFFICE, ETC., WOULD BE GREAT.  
UNION SQUARE TO 26TH STREET  
(PARK AVENUE SOUTH), VACINITY.

ALSO: IF ANYONE HAS CYCLING  
VIDEOS (PRO/AMATEUR RACES,  
REPAIR, RIDING TECHNIQUE, ETC.)  
HE OR SHE WOULD NOT MIND  
SHARING, PLEASE CALL.

- James  
718/627-6126

# GEAR '89

June 16—19, 1989  
Saratoga Springs,  
New York

"GEAR" stands for Great Eastern Rally. A GEAR is an annual convention for bicyclists, held under the auspices of the League of American Wheelmen and hosted by a local cycling club. Each GEAR is a unique cycling event, attracting bicyclists from all over the country.

GEAR '89-Saratoga will be held from June 16 to June 19 in Saratoga Springs. This area of upstate New York, in the foothills of the Adirondacks, near the junction of the Mohawk and the Hudson Rivers, offers some of the best and most varied riding and sightseeing anywhere. The Mohawk-Hudson Wheelmen bicycling club will celebrate their 20th birthday by hosting the 25th annual GEAR, and they can't wait to show you their home.

The rally will feature more than 25 rides from 8 to 125 miles. Cycle down turn-of-the-century streets in Saratoga Springs; through scenic farmlands; along the mighty Hudson River; and, for the adventurous, even into the Adirondack Mountains. You'll have your pick of terrain, from gently rolling to downright alpine.

There'll be plenty to do off the bikes, as well—a full schedule of workshops conducted by nationally known experts on every aspect of cycling; an extensive exhibition of bicycling products and services; entertainment and social events; and much more.

Many of the activities will take place on the campus of Skidmore College, but others will be spread throughout the downtown area. Due to the small size of Saratoga Springs, that will mean convenient access to all events and will provide participants with an easy opportunity to get to know this beautiful city.

Saratoga Springs has a lot to offer—sparkling mineral springs, fast horses, and fine music, all in an elegant Victorian setting, are some of the things for which it is famous the world over. At GEAR '89, you can enjoy sidewalk cafes, fine restaurants, and the New York City Opera. Stroll through the Rose Garden at the famous artist's retreat, Yaddo. Listen to folk music at Cafe Lena's. Wander through fine shops in restored Victorian storefronts. Sample the city's rich architectural heritage—over 800 structures are on the National Register of Historic Places.

GEAR '89-Saratoga is an event you won't want to miss. To register, fill out the registration form on the inside of this flyer and return it to GEAR '89 Saratoga, PO Box 127, Albany, New York 12260.

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Hosted by the  
**MOHAWK-HUDSON**  
**WHEELMEN, INC.**  
and



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## SARATOGA EXPRESS

This year's GEAR (June 16-19) at Saratoga Springs, New York, is expected to be a sellout by mid-March. If riding with thousands of other cyclists piques your interest, then fill out the application printed in this month's BULLETIN.

Members wishing to be housed with others from the club, should send me their completed applications and checks no later than February 10. My address is, 75 Henry Street, Brooklyn, New York 11201.

L.A.W. is currently trying to arrange for a train from Grand Central Station to take cyclists and up to 400 bikes. Other travel options include the Shortline bus. Any questions? Call 718/858-9142.

- Martha Ramos

# GEAR '89-Saratoga REGISTRATION INFORMATION

## FEES

**REGISTRATION FEE:** The L.A.W. now requires weekend participants at GEAR to be League members. Enter your membership number (from *Bicycle U.S.A.* mailing label) in the space provided, or include membership fee with your registration.

**HOUSING FEE:** Increases by \$20 after April 1, 1989.

**REFUNDS:** \$25 service charge after April 1; no refunds after May 15.

**CHILDREN:** Complete a separate form for each child. Specify age. **AGE 3 AND UNDER:** free registration, meal plan and housing in parents' room (no bed provided). **AGE 10 AND UNDER:** free registration and housing in parents' motel room.

## ROOM & BOARD

**MEALS:** Up to 1,800 meal plan tickets (Sat breakfast—Mon breakfast) are available to all regardless of housing location. Meals will be served at Skidmore. Friday dinner is offered as an option. It will be a catered buffet at the Canfield Casino in Historic Congress Park at 6:30 pm.

**HOUSING** is offered in campus dormitories or motels.

**ROOM & BOARD** are both optional; you may prefer to make your own housing arrangements at campgrounds or at one of Saratoga's hotels. For information on tent & RV camping or hotels contact the Saratoga Chamber of Commerce, 494 Broadway, Saratoga Springs, New York 12866 (518) 584-3255.

## GENERAL

**FUTURE MAILINGS TO REGISTRANTS:** Registrants will receive a confirmation mailing in the spring, with more information on GEAR events, including a post-GEAR tour, and in May an Advance Program including directions and schedules of rides, workshops and special events.

**LOGISTICS:** All GEAR sites (special events, ride starts, housing, meals, workshops) are in or near downtown Saratoga Springs and offer convenient access by foot or bicycle. In addition, free shuttle bus service will be provided for GEAR participants.

**QUESTIONS?** Write to GEAR '89-Saratoga, P.O. Box 127, Albany, New York 12260, or call (518)383-2828 for a recorded announcement; leave your message for answer by phone or mail.

LEAGUE OF AMERICAN  
WHEELMEN



Limited Accommodations Available.  
Register Early!

**GEAR '89**  
*Saratoga*

Saratoga Springs, New York

Friday June 16—Monday June 19, 1989

One person to a form. Form may be duplicated. PLEASE PRINT!

Date Rec'd \_\_\_\_\_  
Reg. # \_\_\_\_\_  
Amt. \_\_\_\_\_

MOHAWK-HUDSON  
WHEELMEN



Last name		First		Middle	
Street Address					
City		State		Zip	
Phone		Age		<input type="checkbox"/> Male <input type="checkbox"/> Female	
Name of Emergency Contact			Phone		
Club affiliation (if any):		I wish to room with (send registrations together):			

CHILDREN: Age 10 and under, discounts apply. See Registration Information fact sheet.

Registration fee includes GEAR '89 T-shirt. Circle size: S M L XL

Special needs: ☐ Handicap facilities ☐ Tandem/recumbent ☐ Child care

### RELEASE:

I understand that I may be injured while bicycling or otherwise participating in this event, and I agree to be responsible for my own actions. I promise to release and hold harmless the officers, volunteers, and staff of GEAR '89 SARATOGA, the Mohawk-Hudson Wheelmen, the League of American Wheelmen, Skidmore College, and the City of Saratoga Springs from any claims for injury or damage resulting from my participation in this event. In case of a minor entrant, I agree to indemnify and hold harmless the above mentioned parties from any claims for injury or damages which said minor may sustain. I consent to emergency medical treatment in the event of injury. I promise to obey traffic laws and to practice courtesy and safety in bicycling.

X \_\_\_\_\_ X \_\_\_\_\_  
Signature of Registrant Date Parent or guardian of minor (under 18)

REGISTRATION FEE:	\$36
L.A.W. MEMBERSHIP (Required—see info form):	
Members:	
Enter L.A.W. Membership #:	
Upgrade Individual Membership to Family:	\$5
Nonmembers:	
Individual:	\$22 or family \$27
ROOM AND BOARD: (optional)	
MEALS: Saturday breakfast—Monday breakfast	\$50
(Vegetarian selections available at every meal.)	
Friday Gala Welcome Buffet	\$7
HOUSING:	\$80
If postmarked after April 1, 1989 add	\$20
CHECK PREFERENCE:	
<input type="checkbox"/> Dormitories	<input type="checkbox"/> Motel
Prefer separate beds	
Share double bed	
OK to substitute? yes no	
Donation to Bicyclists' Education and Legal Foundation (tax deductible)	

\$	_____
\$	_____
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\$	_____

TOTAL ENCLOSED

### PAYMENT:

No mail-in registration postmarked after May 31, 1989. Send form(s) and payment (add 20% for Canadian funds) to:

GEAR '89 Saratoga, P.O. Box 127, Albany NY 12260  
(518) 383-2828



QUEENSBOROUGH BRIDGE UPDATE  
Mary Ellen Schrock

New York Cycle Club members are asked to contribute lobbying support to Transportation Alternatives' effort to improve lighting on and access to the Queensborough Bridge south outer roadway (SOR), or bike lane. Last fall, calls and letters to politicians and NYC Department of Transportation (DOT) officials resulted in old, disconnected street-lighting fixtures on the Manhattan upgrade/approach, and the Queens end, finally being turned on, which alleviated the worst of the danger. However, even with these lights at both ends now working, both areas are relatively dark. We are asking DOT to install new fixtures at both ends of the bridge as well as several here and there at the midspan section. (This latter section is for the most part fairly well-lighted with new, orange fixtures, installed about four years ago.)

Another ongoing problem for bicycle commuters has been difficulty of access during evening rush hours, 3-7 p.m., when the SOR is given back to motor vehicle use. During those hours, DOT Traffic Intelligence Division (TID) agreed to provide two vans with trailers for bicycles (called "bike shuttles") to carry cyclists safely across the bridge. For the most part, DOT/TID fulfills this obligation; however, in other departments of DOT, such as Traffic Control, this is seen as such a low priority that any other traffic emergency will prompt them to order the bike shuttles out of service to take care of other problems. Or, mechanical breakdowns will cause one vehicle to be taken out of service, and repairs are not always prompt. In your letters and calls, ask City officials to see that TID holds to its agreement with TA to provide two bike shuttles during evening rush hours. (As a point of information, the SOR is given back over for cyclists' and pedestrians' exclusive use after 7:00 p.m. through 10 a.m. the next morning.)

Direct your letters and phonecalls to:

Honorable Claire Shulman  
Queens Borough President  
120-55 Queens Blvd.  
Kew Gardens, N.Y. 11424  
718/520-3814  
(Case No.: 9323)

Honorable Edward I. Koch, Mayor  
Attention: Nancy Lewson, Acting  
Special Transport Advisor  
52 Chambers Street, Room 108  
New York, N.Y. 10007  
212/566-1265

If you can, please send TA a copy of your letter. And if you need more information, call TA Queensborough Bridge Coordinator, Mary Ellen Schrock, at 718/545-6968

NOTE: Transportation Alternatives (TA) is a non-profit association of New Yorkers, founded in 1972 to advance bicycles as NYC transportation. TA members meet on the first Thursday of every month, at 270 Lafayette Street, Room 400, 6-8 p.m.. All are welcome (bikes, too). To request a sample copy of CITY CYCLIST, TA's bimonthly news magazine, call 212/334-9343, or write to TA at P.O. Box 2087, NYC 10009.



### Safety tip of the month:

Ride a safe bike. Now is the time for a complete overhaul. Do it yourself; with a friend; or go to a shop. Have a bike fit to ride come March.

In addition to Irv Weissman's suggestion that club members take advantage of Bill Hoffman's "Effective Cycling" course, we are beginning a series of "Safety Tips" to further publicize the importance of staying safe on the road. The range of topics is wide, and as we go along, please let me know of safety issues you feel should be covered. Simone Smith (914-941-5013, h., 212-407-1940, w.)

### 1989 SCHWINN-WOLVERINE FLORIDA TRAINING CAMPS

The Schwinn-Wolverine Florida Cycling Camps offer two approaches to getting ready for the 1989 season. A base miles camp during the month of February, and a school camp throughout March, each provide different early-season cycling experiences.

Both camps are open to all cyclists - USCF category 3 and 4 racers, triathletes, tourists, and anyone interested in improving his or her cycling experiences.

The camp programs include daily rides, nightly coaching sessions, and a steady dose of videotaping. Evening seminars focus on rider skills and form, bicycle maintenance, touring, and other aspects of cycling. Mileage varies from 200-400 miles per week.

Chris Mailing of NYCC is one of the instructors. Base Miles Camp sessions of one week are offered between January 29-February 4, beginning on the appropriate Sunday at 6 p.m. and ending the following Saturday at 10 a.m.. Cost is \$125 and includes lodging and meals. The School Camp offers four one-week sessions between February 26-March 25, beginning on Sunday at 5 p.m. and ending on Saturday at 10 a.m.. Cost is \$225 including lodging, meals, and coaching.

For further information contact Chris Mailing, 718/847-8004, or the Camp Director, Dale Hughes, 313/652-0511, Schwinn-Wolverine Camps, P.O. Box 090340, Rochester Hills, MI 48309.

# B & B - PROGRESSIVE TRAINING RIDES - 1989

Irv Weisman

For the past several years, I've led spring training rides for touring cyclists in the B-class, with emphasis on endurance and long distance rather than speed. My ultimate target speed was 12+ mph and a distance of 100 miles. Last year, David Miller, an accomplished touring cyclist, joined these efforts by leading a B contingent from Central Park, with similar target distances, but at a faster pace.

We plan to run a similar weekly series in 1989, beginning with an All-Class Self-Classification Ride (24 miles) in Central Park on March 5 (raindate, March 12). The weekly increase in distance will be approximately 5 miles. David expects to complete his Century ride on May 28; it will take my group two more weeks to reach a Century, just in time for GEAR 89 (June 16-19).

I am also planning to promote the recently modified, 4-part composite L.A.W. Sanctioned Ride patch, consisting of individual patches awarded for completion of 25, 50, 75, and 100 miles. It took me 5 years to persuade L.A.W. to include a 75-mile patch in place of, or in addition to the Metric Century (62-mile) patch. In 1989 L.A.W. will offer both patches, as alternates, in the 4-part composite patch. (See BICYCLE USA ALMANAC - 1989, p. 9.)

The patches are not mandatory for the series, but they make a beautiful composite picture, and a great memento of your 1989 cycling accomplishment: earned with your very own sweat, struggles, and bicycling skills developed as you ride through scenic and hilly countryside in nearby Bergen and Rockland Counties.

A word of advice to newer riders: Last year David and I were easygoing about participation on our rides. Therefore, we sometimes had riders show up for their first ride of the season well after our series began. Many of those riders had trouble keeping up. Therefore, if this is the year you really want to develop your long-distance B-level touring capability, please start with us early in March, on the 24-mile Self-Classification Ride, and continue with the series as regularly as possible.

A word of encouragement is also in order. Last year, two C+ riders started with the B- training group, having the cautious attitude that they might be able to stay with the group up to 50 miles, but surely would not go beyond that. However, as they rode with us, week after week, gradually increasing their distance, they built strength and endurance and would look forward to each week's ride with real anticipation. To their surprise and delight, they stayed with us to the last ride, a 75-mile push through rolling, hilly country. They had grown in skill as riders well beyond their initial expectations. You might do so, too!

Incidentally - and also very significantly - they modified their gearing to achieve a good spread of gears, including low hill-climbing gears. "A" riders don't believe such gears are available, advisable, or ever actually used by any self-respecting cyclist. So don't go to an "A" rider for advice on gearing. S/he is too strong to understand our needs. Nor do bike shop mechanics understand our needs well. They sell what the bike manufacturer provides. And guess what? The manufacturer doesn't understand the problem either. Manufacturers are too often advised by former racers, and continue to create bikes - intended for the general public - which imitate racing bikes. These are not what you need at this stage of your cycling career if ever.

Examine your bike right now. Do you have three, or only two, chainrings attached to your cranks? If there are only two, count the number of teeth on the outer ring. If it has 52 teeth, you are in trouble. Those rings are a racing, or imitation racing, setup. And the bike probably does not have gears low enough for your needs. The cure is not easily specified without a more thorough knowledge of your chainrings and sprockets. But this much you should know: The lowest gear value you should have, according to the Weisman-Shleifer Low Gear Formula, is LOWEST GEAR = 1/2(100 - your age). Thus, a 40-year-old should have a lowest gear of 30 inches.

Do you know what's meant by "gear" measured in inches? It is not the sprocket or chainrings. "Gear" means the "equivalent (or effective) wheel diameter" of the driving wheel. It is the actual wheel diameter (usually 27") modified by the ratio of the number of chainring teeth divided by the number of teeth in the sprocket being used. The result is the equivalent wheel diameter, or "gear." It is calculated thus:

$$\text{GEAR} = \text{actual wheel diameter} \times \left( \frac{\text{no. of teeth on chainring}}{\text{no. of teeth on sprocket being used}} \right)$$

$$\begin{array}{lcl} \text{Example:} & \text{for chainring} & = 42 \text{ teeth} \\ & \text{for sprocket} & = 28 \text{ teeth} \\ & \text{for wheel} & = 27" \end{array} \quad \text{gear} = 27" \times \frac{42}{28} = 40.5 \text{ inches}$$

And 40.5" is simply not low enough for most touring cyclists. You'll have trouble on my rides because you won't be able to handle the hills without hurting yourself: especially your knees. For example, my own lowest gear, with a small chainring of 28 teeth and largest rear sprocket of 34 teeth, is 27" X (28/34), or 22.2"; unbelievably low as far as stronger riders are concerned, but wonderfully effective for me on those "impossible" hills. And that's why, at 60+ years old, I ride fearlessly over most terrain. Fast? No, only 12 mph, average. Climb hills? Yes, with little worry, unless there are many hills. And, please note, we always have to climb steep hills when returning to the GW Bridge from almost anywhere in N.J.. If you have the correct low gears, you climb relatively easily; with inadequate low gears, you suffer needlessly. Which do you prefer?

There is more to gearing design than the lowest gear, but I can't go into all that here. Speak to me at a club meeting or on a ride, and I'll share thoughts with you which will make your cycling less grunt, groan, and knee pain, and more joyful spinning through the countryside. It all starts on Sunday, March 5, 1989, with our 24-mile ride in Central Park. Be there, and start on your way to happy long-distance cycling.

NEW YORK CYCLE CLUB INC.  
FISCAL 1988 FINAL STATEMENT

REVENUES

Membership Dues	\$9,136.50
Jersey Sales (Net)	185.00
Bulletin Ads	293.00
Interest	353.14
Trip Income	<u>616.00</u>
	\$10,583.64

EXPENSES

Bulletin Printing	\$4,304.98
Bulletin Postage	2,621.25
Programs	690.00
Membership	489.35
Rides	110.00
Bank Charges	146.90
Circulation	0
Affiliation Dues	325.00
Public Relations	75.00
Editor	8.85
Treasurer	0
Board Host	215.00
P.O. Box	28.00
Secretary	34.82
President	<u>0</u>
	\$9,049.15

NET REVENUE \$1,534.49

**HEY, QUIT SPINNING YOUR WHEELS!**

(at least for a weekend)

... and come cross country skiing with us.  
Enjoy the pleasures of a lovely country inn,  
hearty meals, good company  
and some absolutely beautiful  
New England countryside.

*breakaway*   
*vacations*

Never skied before?  
That's OK, we'll teach you.

And we can help arrange for ski rentals.

**CALL US FOR A BROCHURE:**  
**(212) 722-4221**

*[Signature]*

*[Signature]*

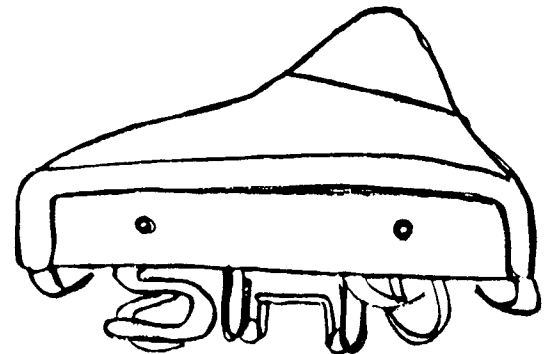
RAAM DISBURSEMENT

\$1,833.00

CURRENT ASSETS

Checking Account	1,899.10
Savings Account	<u>5,865.66</u>
Total Cash (incl. \$200.00 Schuetze Fund)	\$7,764.76

Other Assets: Club Seal, Treasurer's Stamps, Club Jerseys, Asst. Stationery



\*Not billed until 1989 (estimated)

\*\*Not billed until 1989 (actual)

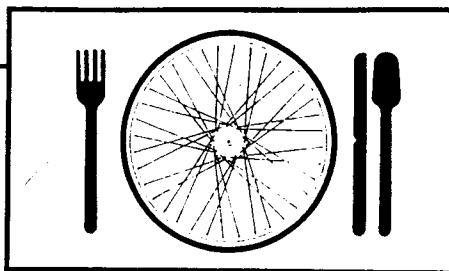
Slowly, ever so slowly, the shape of 1989's cycling season is beginning to take form. Lots of members are signing up as new ride leaders and becoming more a part of the Club. Others are planning weekend rides, mountain bike rides, car tops, and exotic journeys far from home. I've noticed a program on safe and effective cycling, several progressive training series, and what seems like a million A, B, and C rides. For sure we'll see some Special Interest Groups (affectionately known as "SIG"), for racers, party goers, maintenance, and anything else that can possibly have a bicycle associated with it.

While so many of us have ground to a halt during these cold and dark winter days, seemingly by magic the schedule is falling into place. The All Class Club Rides, Montauk Point, big hills in Westchester County. Historically, March signals the beginning of our season - only a month to go - we're counting the days. And I'm willing to bet that 1989's Rookie Of The Year will see March 1st fit, in shape, and raring to go.

Count the days.

Christy Guzzetta

**New York Cycle Club**  
February 14, 1989  
(Tuesday, of course)



O'Hara's  
120 Cedar St.  
1 min. walk south of  
World Trade Center

## COMEDY NIGHT!

Two of New York's finest bike store managers and mechanics also happen to be professional improvisational comics. **Doug Nervik** is a member of the First Amendment troupe; **George Babiak** is part of New York Theater Sports. They may be joined by some of their colleagues. And ours.

Come see them skewer our pomposities, mock our pretensions, lance our foibles, and jape our affectations -- in other words really dump on us. For how we sound, look, and act.

If you don't usually come to meetings, be sure to come to this one. You'd pay \$20 for this in a theater. And not get dinner.

It's the club's valentine to you.

### Monthly Club Meeting (Open to all members and non-members.)

6:00 pm Drinks	Our private dining room is one flight up from	Meat, fish, or poultry.	\$11.00
7:00 Dinner	the restaurant. If you bring your bicycle you	Vegetarian.....	\$ 8.50
8:00 Announcements	can park it on the 4th floor: use the elevator to		
8:30 Program	the right of the main entrance. Also use a lock.		

Food tickets must be purchased by 7 p.m. \$2 surcharge for late arrivals.

Non-diners will be seated separately.

### 1988 ANNUAL AWARDS

(Voted on and presented at the December Membership Meeting)

Rookie of the Year  
Janet Kronstadt

Most Improved Rider  
Beth Herman

Comeback Rider of the Year  
Caryl Hudson

Best Ride  
Paul Mort/Nyack Series  
and Mort's Beanery Rides

Most Scenic Ride  
Debbie Bell/Canada

Best Road Repair  
Joe Furman/Holly's  
bike in Vermont

Best Dressed Rider  
Herb Dershowitz

Most Entertaining Rider  
John Waffenschmidt

Wrong-Way Corrigan  
Jody Sayler and  
Christy Guzzetta  
for getting lost on  
the way to Nyack

Animal of the Year  
Alex Bekkerman

Rider of the Year  
Jeff Vogel

Couple of the Year  
Holly Gray and  
Debbie Bell

Leader of the Year  
John Mulcare

## NEW MEMBERS



KUMAR, Raj  
MERKLE, Charles  
WEINSTEIN, Nancy

435 Riverside Drive, #GB, NYC 10025  
139-55 35 Ave., #4J, Flushing, NY 11354  
2117 E. 34th St., Brooklyn, NY 11234

718-445-1796  
718-253-3172

### Change of Address

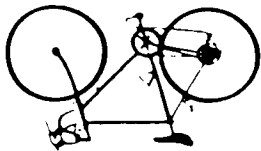
BARNES, John W.  
COWAN, David  
FASANO, Anthony  
WALLACE, Jeffrey B.

250 W. 94th St., #3E, NYC 10025  
167 N. 9th St., Brooklyn, NY 11211  
1617 Research Ave., Bronx, NY 10465  
315 E. 86th St., #2LE, NYC 10028

718-387-6587  
212-409-5888

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First Class

Handwritten signature/initials.

New York Cycle Club  
Hannah Holland  
211 W. 106 St. 8C  
N.Y., N.Y. 10025



## New York Cycle Club Membership Application

I know that bicycling is a potentially hazardous activity. I represent that my physical condition and the condition of my equipment is to the best of my knowledge adequate to allow me to participate in NYCC activities. I assume all risks associated with such activities, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the NYCC, its Board of Directors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in NYCC activities.

NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_

ADDRESS \_\_\_\_\_ APT \_\_\_\_\_ PHONE(H) \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE(W) \_\_\_\_\_

DATE \_\_\_\_\_ AMT. 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 \$12.00 PER INDIVIDUAL, \$15.00 PER COUPLE RESIDING AT THE SAME ADDRESS AND RECEIVING ONE BULLETIN. MAIL THIS APPLICATION WITH A CHECK MADE PAYABLE TO THE NEW YORK CYCLE CLUB TO:

NEW YORK CYCLE CLUB, P.O. BOX 020877 BROOKLYN, NEW YORK 11202-0019. TELEPHONE: 212/242-3900