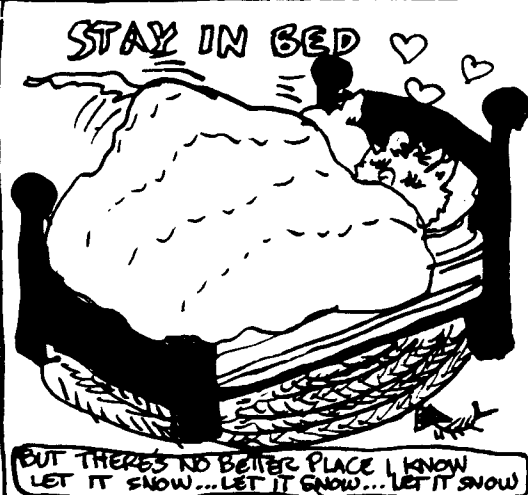
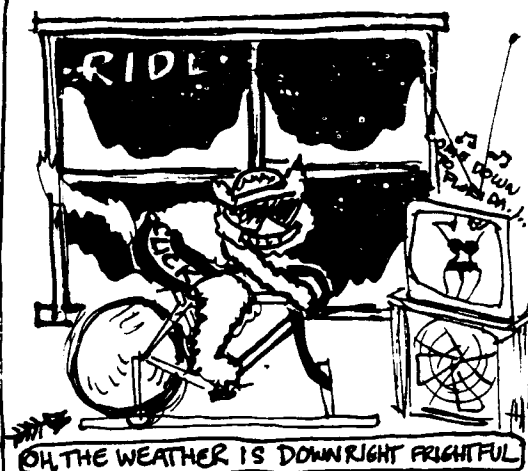


January  
1989

# New York Cycle Club

JANUARY · 1989 · BULLETIN



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

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212/595-3674

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245 East 63 Street  
New York, N.Y. 10021  
212/888-6088

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Ossining, N.Y. 10562  
914/941-5013

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212/677-3306

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## 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.

January Saturdays/Sundays **WINTER WARRIORS.** Leaders: Alex Bekkerman (212-213-5359), Paul Mort (212-645-5262), John Waffenschmidt. We have an offer nobody can refuse. We offer skiing, gambling, biking or partying. Depending on what fits the mood and the weather, these activities will be held throughout January and we encourage you to call the two principal contacts, Paul Mort or Alex Bekkerman.

January Saturdays/Sundays ATB **FAT TIRE FROLICS.** 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. Dec. 31 9:00 a.m. A 51 mi. **1st....MAYBE LAST...."OLD" YEAR'S RIDE.** Leader: Christy Guzzetta (212-595-3675). From 49 W. 75th St. Coffee and biscuits served at 9; we're on the road by 10 a.m. There's a beautiful route along a small country river in the Bronx. Yeah, sure there is! Really....it leads to brunch in a place you've never been before. Serious winter weather cancels this ride, but not the breakfast. Schmoozy "A" kind of ride.

Sun. Jan. 1 10:00 a.m. A- 55 mi. **NEW YEAR'S DAY ANNUAL RIDE TO WHITE PLAINS.** Leader: Marty Wolf (212-935-1460). Meet at the Boathouse for 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 entry on your brand-new 1989 mileage chart. (No chart? The leader will give one to all who ride today.) Temp. below 30F, precip. cancels.

Sun. Jan. 1 B **DIAL-A-"B"-RIDE.** Leader: Brian McCaffrey (718-634-1742, h.; 212-880-9292, of.) Call Brian before Thursday (Dec. 29), if you're interested in riding.

- Sat. Jan. 7 9:30 a.m.  
A/B+  
45 mi. **NATHAN'S OR BUST.** Leader: Herb Dershowitz (212-929-0787). From the Boathouse. Rained out last year. We are trying again. Franks and fries at the original Nathan's in Coney Island. Temp. below 30F at start cancels.
- Sat. Jan. 7 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. Jan. 8 9:00 a.m.  
A/A-  
62 mi. **THE HUNTINGTON HUNDRED:** Leader: Jeff Vogel (718-275-6978, h.; 212-265-2500, of.) From the Statue of Civic Virtue. Don't worry -- it's only 100 kilometers, not miles. Will stop at the Huntington Diner and schmooze back. Any precip. or start temp. below 20F cancels.
- Sun. Jan. 8 9:30 a.m.  
B  
40 mi. **NYACK, OF COURSE, OF COURSE.** Leader: Jim Keehan (212-751-7866). From the GWB Bus Terminal, 178 St. and Washington Ave. Today we're on a mission: find the flatest roads to the Club's favorite winter destination. Kibitzing welcome. The rider who comes up with the best (read easiest) route will be awarded a bottle of Irish Exceed at the next Christmas Party. The usual cancels.
- Sun. Jan. 8 10:00 a.m.  
C  
25 mi. **NEW YORK BOTANICAL GARDEN.** Leader: Elly Spangenberg (212-737-0844). From 59th St. and Fifth Avenue. Enjoy warmth in January with a trip to warmer climes, deserts and jungles. Lunch at the historic Snuff Mill. A short ride to the New York Botanical Garden Conservatory. Dress warmly for the ride. Bring a lock, lunch or money for it and \$2.50 admission to the Conservatory. Temps. below 32F, any precipitation, wind in excess of 15 mph, any snow or ice on road surface cancels. Joint AYH.
- Sat. Jan. 14 9:00 a.m.  
A  
50 mi. **SNOW WHITE PLAINS.** Leader: Eileen O'Neill (212-819-0435, h.; 212-697-2525, of.) From the Boathouse. Easy does it to the Flagship. Winter riding makes for an easier transition to warmer weather training. Boston-Montreal-Boston hopefuls welcome. Starting temp. below 32F, any significant precipitation or icy roads cancels.
- Sat. Jan. 14 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. Jan. 15 9:00 a.m.  
A-  
50+ mi. **CYCLISTS' DILEMMA.** Leader: Caryl Hudson (212-595-7010). If the skiing is not good, a 9 a.m. start means we can stay in bed late and ride too....and even satisfy our guts with waffles or pancakes. A nice dilemma to be in. Good skiing or terrible weather cancels. Check with leader.
- Sun. Jan. 15 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. Jan. 21 9:15 a.m.  
PROMPTLY  
A/A-  
40 mi. **THE DAN QUAYLE INAUGURAL RIDE WITH THE HABITAT/EXCALIBUR RACING TEAM.** Leader: Richard Rosenthal (212-888-6088). From the Boathouse. Just up 9W to State Line. This is my devious way of getting some of our more talented but reluctant riders to be seen by the team coach. The usual 10% agent's commission applies for any recruited. Right turns will be encouraged in honor of our new Vice President [Quayle]. Starting temp. below 30F cancels.
- Sat. Jan. 21 B **DIAL-A-"B"-RIDE.** Leader: Martha Ramos (718-858-9142) 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. Jan. 22 9 a.m.  
A- / 50-75 mi. **JANUARY THAW RIDE.** Leader: Marty Wolf (212-935-1460). From the Boathouse. Destination will be determined by the weather and a vote by the riders. Temp. below 32F, any precipitation cancels.
- Sun. Jan. 22 9:30 a.m.  
B  
9:30 **MIDWINTER TUNE-UP.** Leader: Jim Keehan (212-751-7866). From the GWB Bus Terminal, 178 St. and Washington Ave. Let's ride all winter to keep up the great gains we've made in the warmer weather. Today we have an easy and breezy trip through Rockland and Bergen counties to Old Tappan, thanks to Bernie's maps and cue sheets. It's not too difficult, not too fast, just an outing to keep the blood pumping. The leader will supply Irish Exceed to riders with poor circulation. The usual cancels.
- Sun. Jan. 22 10 a.m.  
C  
30 mi. **TIBBETTS BROOK IN THE WINTER.** Leader: Elly Spangenberg (212-737-0844). From 59th St. and Fifth Avenue. Enjoy an easy ride to Tibbetts Brook Park in Yonkers. Bring ice skates and/or money for skate rental and rink admission. Bring a lock, lunch or money for it. Temps. below 32F, any precipitation, wind in excess of 15 mph, any snow or ice on road surface cancels. Joint AYH.

Sat. Jan. 28 **DIAL-A-RIDE.** Leader: Roberta Pollock (212-864-6182). Call and I will put you in touch with other interested riders.  
A

Sat. Jan. 28 **DIAL-A-"B"-RIDE.** Leader: Martha Ramos (718-858-9142) 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.  
B

Sun. Jan. 29 **BAGELS IN SYOSSET.** Leader: Jeff Vogel (718-275-6978, h.; 212-265-2500, w.) Let's try a slightly different route to the same bagel stop. Any precip. or start temp. below 20F cancels.  
9:00 a.m.  
A/A- / 60+/- mi.

Sun. Jan. 29 **DIAL-A-"B"-RIDE.** Leader: Martha Ramos (718-858-9142) 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.  
B

#### Previews

February **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.  
8 a.m.  
A+ / 96+ miles



## M I N U T E S

NEW YORK CYCLE CLUB BOARD MEETING, 8 NOVEMBER, 1988, O'HARA'S RESTAURANT

Present: Brian Mc Caffrey, John Mulcare, Roberta Pollock, Debbie Bell, Martha Ramos, Barbara Levitan, Christy Guzzetta, Arlene Ellner

Absent: Michael Toomey, Holly Gray, Jody Sayler, Hannah Holland, Caryl Hudson

Debbie reported that patches were ordered to be given to members who led three or more rides during the past year.

John Kalish of AYH requested exchange of monthly bulletins; agreed.

Irv Weisman asked that disclaimer on top of sign-up sheet be reconsidered.

Question of new club jersey to be discussed at December meeting & brought to January membership meeting. Volunteer needed to coordinate project.

New board members to be invited to December meeting.

Chris Trivell is preparing summary of DOT meetings attended.

PA's response to Christy's letter did not offer any new ideas; the new board will consider the issue.

Election will be held over until December.

870 paid-up members.

Meeting adjourned 8:15 PM

Respectfully submitted,

*Ar/ME Ellner*

## HAPPY NEW YEAR

I'd like to take this opportunity to wish all the members of the New York Cycle Club, their friends, families and loved ones, a healthy, happy, and prosperous new 1989.

Christy Guzzetta

## 1988 Ride Leader Patch Awards

Fifty-six NYCC ride leaders who listed three or more rides in 1988 were honored at the December membership meeting. Each will receive a League of American Wheelmen Ride Leader patch in recognition of their contributions. Unclaimed patches may be picked up from Debbie Bell at the January-March membership meetings. Congratulations and thanks go to:

Steve Baron	Joe Furman	Rosanna Liebman	Jody Sayler
Alinda Barth	Lee Gelobter	Tom Lowenthal	George Schnepf
Steve Bauman	Susan Glaubman	Chris Mailing	Teresa Schnepf
Debbie Bell	Dick Goldberg	Brian McCaffrey	Steve Sklar
Alex Bekkerman	Holly Gray	David Miller	Simone Smith
Doug Blackburn	Holly Gruskay	Paul Mort	Elly Spangenberg
Alejandro Caycedo	Christy Guzzetta	John Mulcare	Bob Trestman
John Ceceri	Richard Herbin	Jerry Nelken	Maxim Vickers
Maggie Clarke	Jeremy Herman	Peter Panico	John Waffenschmidt
Herb Dershowitz	Clay Heydorn	Kathryn Patton	David Walls
Carl Fallor	Caryl Hudson	Bernie Pearlman	Irv Weisman
Ed Flowers	John Kalish	Roberta Pollock	Ken Weissman
Sara Flowers	Jim Keehan	Martha Ramos	Marilyn Weissman
Bob Foss	Alan Leener	Josh Rubin	Marty Wolf

## NEW MEMBERS



NAME	ADDRESS			TELEPHONE
ANDERSEN, Lonnie	19 Cleveland Pl. #4A	N.Y.	10012	212-226-3257
GLEEMAN, Bob				
GRAY, James	82 Wadsworth Terr #2R	N.Y.	10040	212-928-7557
JASSEM, Joya	54 W. 75th St #2B	N.Y.	10023	
KELLY, Robert				
KENDALL, Austin	416 E. 65th St #6E	N.Y.	10021	212-879-0878
KITTLER, Marly	783 Union St #2R	B'klyn	11215	718-789-2786
MARTELL, Maxine	240 E. 76th St. #4B	N.Y.	10021	212-628-7052
MILSTEIN, Stanley	19 Cleveland P. #4A	N.Y.	10012	212-226-3257
POLK, Tom	511 Clinton St	B'klyn	11231	718-852-9279
PRAMER, Andrew	315 W. 99th St #1-A	N.Y.	10025	212-678-6459
PRAMER, Summer	315 W. 99th St. #1-A	N.Y.	10025	212-678-6459
RAMAKRISHNA, Naren	420 E. 70th St #14Q	N.Y.	10021	212-472-4216
RIOZI, F.M.	72 Windsor Pl	B'klyn	11215	718-499-5540
RIOZI, Frankie	72 Windsor Pl	B'klyn	11215	718-499-5540
ROBINSON, Carolyn	26 Hatch Terrace	Dobbs Ferry	10522	
SMITH, Anne	Box 8306	N.Y.	10150-1918	212-876-5692
TOBMAN, Michael	2229 Knapp Street	B'klyn	11229	

Back in 1987, even before we had ridden the Paris Brest Paris, some friends and I thought it would be neat to have a sister event on this side of the ocean. The Boston Montreal Boston was born as a 1200km in 90 hours randonnee to be run every four years in between PBPs (i.e. in 1989 and 1993). As a trial run, we did one in August, 1988.

The daily schedule was 232 miles, 206 miles, 164 miles, and 162 miles. The decreasing difficulty was both a physical and psychological boost for riders. They were freshest on the first day, and therefore best prepared to do the longest distance (and hardest terrain, too). After they had completed the hardest day, they could rationalize that the days only got easier from then on.

The group was diverse. On one end of the scale was Martin Heath from Toronto. Martin truly embodied the randonneur spirit by carrying his espresso maker (stove and all!) with him in his knapsack the whole way, and mixing a cup of brew at several stops. Jeff Vogel from New York also brought randonneuring experience to the field. Jeff finished the 87 PBP in 61 hours, and although he did not attempt the same pace for BMB, he led the group by completing the course in 81 hours. All three women (Pamela Blalock, Linda Bousquet, and Diane Owens) finished the course in good time. Diane was the only one in the group who did not think it was hot (she is from Texas). In the neophyte category, Matt Britton stood out. Matt had never ridden more than 70 miles when he showed up at the first 200km qualifier in May. In fact, he never really thought that he could finish the 200km. However, he finished all the qualifiers and went on to finish the BMB, vowing to return for the next race.

Overseeing the ride throughout was a small but efficient crew. Each checkpoint was staffed, and many had large quantities of food on hand. The technical support vehicle supplied by 10 Speed Spoke's Pierce Gaften (randonneur and crew chief for Nancy Repose in RRAM 88) was a valuable addition to the team.

The success rate was high. 19 started the ride, and 12 finished the whole event without being sagged. Of the seven who were sagged, the distances that they rode ranged from 100km to 1100km.

Overall, the event was a success, and will be repeated next year. It is scheduled for August 10-13, 1989, and will be open to anyone who has ridden the qualifiers in the specified time limits. The course will be similar to this year's, except that it will be closer to 1200 km (750 miles), and we will make a few changes to improve rider safety. If all goes as planned, we will eliminate the daily schedule so riders are free to pace themselves as they like. Of course, they will still have to meet minimum speed requirements concurrent with the 90 hour time limit.

Anyone wishing further information on the Boston Montreal Boston ('88 or '89), or the qualifiers for it, should contact:

Charles Lamb  
Box 721  
Burlington, MA 01803-5721

Jeff Vogel  
102-10 66 Road  
Forest Hills, N.Y. 11375  
(718) 275-6978 (h)  
(212) 265-2500 (w)

Boston Qualifiers

200 km	May 6, 1989
300 km	May 20, 1989
400 km	June 10, 1989
600	June 24, 1989

New York Qualifiers

May 21, 1989
June 3, 1989
June 17-18, 1989
July 1-2 or July 8-9, 1989

BMB 89      August 10-13, 1989

## ANOTHER DEATH ON THE ROAD

Irv Weisman

Somewhat more than 10 years ago, the Club was fortunate to have as its Editor Les Bercow, a professional photo-engraver with a flair for imaginative Bulletin covers. Les was a dedicated Club member, a friendly riding companion, and a devoted family man. After the Long Island Bicycle Club was established by former members of NYCC, Les increasingly rode with them on many of the routes in Queens and Nassau which were originally developed by Dan Henry of NYCC. Dan, as many of us know, is famous throughout the country for his "Dan Henry Arrows" which are used for marking bike routes at rallies and invitational rides.

Les retired some years ago and moved to Conn. where he continued his happy riding with new cycling companions, and in hillier country. From time to time we would meet at a rally and congratulate one another for still being round and still riding.

Late in Nov. 1988, I received a call from Les's cousin, Gene Marsh, former president of North Jersey Bicycle Touring Club, who reported that Les had been on a bike tour in Florida with some of his Conn. riding companions, riding along in a paceline, when, for one reason or another, Les's front wheel touched the rear wheel of the bike ahead, and Les did what most of us do under such circumstances - he promptly fell over. Unfortunately, he fell into the traffic lane and was run over and killed by oncoming traffic.

We all mourn the tragedy his death represents - the loss of a vital riding companion and the sudden disappearance of the father and grandfather of a happy family. But we might also ponder the question of how such things happen, and what can be done to minimize such accidents. Although all our pondering will not bring back our dead companions, maybe our consideration of their tragedies, and also a review of other accidents involving Club members, could help alert us to dangerous practices which for safety's sake we should avoid. I personally think that a Club program could very profitably be devoted to this topic and hope that one will be offered this year.

## EFFECTIVE CYCLING COURSE

Last month, John Waffenschmidt told us, in his excellent article, that he sees dangerous riding practices on the rides he attends, and he offered the motto, "NOTHING IS MORE IMPORTANT THAN SAFETY..." On my rides, I also see lapses of safe riding behavior marked by discourtesy to other users of the road, an inability to judge traffic conditions which call for single file riding, incompetent bike handling, and frequent overlapping of wheels especially during animated conversation with the rider ahead. And from the significant accident rate among NYCC members this past year, it would appear that too many of us are flirting with danger on the road and occasionally are getting bitten by the latent hazards.

In an effort to raise the safety consciousness and the overall bicycling skills of our membership, I asked Bill Hoffman, an L.A.W. Effective Cycling Instructor and President of the Country Cycle Club of Westchester, to offer his course to our membership. He agreed. With Les Bercow's untimely death on our minds, I am reiterating the availability of this course which consists of "classroom" work, using John Forester's comprehensive book, "Effective Cycling", and also road work in which we will develop riding strategies for different traffic circumstances. Additional topics will include repairs on the road, bike adjustments, and aspects of bike overhaul.

The cost of the course, which includes a copy of Forester's book, is \$75. For a copy of the course outline and an Application form, please send me a SASE at: Irv Weisman Box 97 Kingsbridge P.O. Bronx, NY 10463, or, call me at (212) 241-4783 during the day.



## 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



# I Always Wanted to Lead a "C" Ride, but...

- What if someone has a flat?
- A chain got hung up. What now?
- A rider fell. What do I do?
- The mystery of the derailleur?
- Taxi! A cable came off the brake?
- I want to lead...but not all by myself!

## Not to Worry!

Mechanical problems are the things most new leaders disproportionately worry about. Actually, unless you ride a great deal, you are unlikely to encounter anything more serious than a flat, which like most problems, can be handled expeditiously by the group. Your considerations as a ride leader are: 1) the well-being of the group; and 2) the continuation of the ride. In that order. You are not expected to fix flats, repair bikes, or heal the sick any more than any other member of the group.

I'm Ken Weissman, your new "C" rides coordinator — yes, John has earned a well-deserved vacation — and I'll be running a new ride leader's training seminar on Tuesday, January 24th at 7p.m. Amazing! Christy talked me into co-leading my first "C" ride last spring. I promptly developed a convenient case of flu, and talked my wife Marilyn into taking my place. And now, barely eight months later, I'm the mayven. Restores your faith in the American dream!

## Where?

O'Hara's, or elsewhere, depending on how many people call me at my office (212) 406-0766, or my home (212) 222-5527, before January 17th to say, "I'm coming."

## What's Covered?

General and safety procedures. In addition, everything you always wanted to know about how a bike operates: hands-on demonstrations on flat repair; unjamming chains; what makes derailleurs and brakes work. Or not work. Plus route planning, tools, etc. Anything to suck you in. Want a fancy NYCC leader's patch for your jersey?

Above all, we'll put together teams of would-be leaders and experienced leaders. You'll not be all alone as you gain experience — and experience the fun of sharing your route with your fellow riders.

## The Hard Sell.

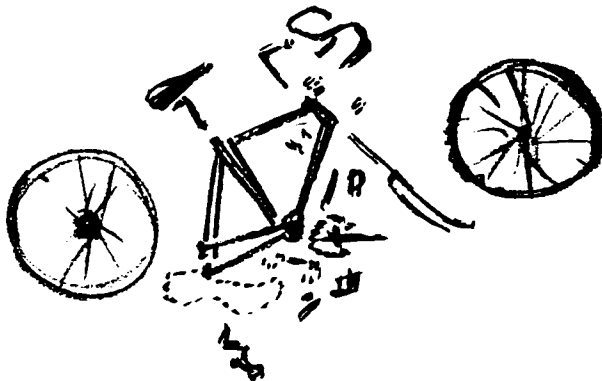
Boy, are we spoiled! Who hasn't had the pleasure of riding many times with John? Did you know John led almost 80 rides in 1988? Count on me for about a dozen this year. Want more? To a greater variety of places? Want car-tops? How about weekend outings? Vacation tours? England? The Loire valley? Ok? OK! But we have to take turns as leaders!

Ride leading isn't hard at all. Believe it or not, you can traverse the same geography as most "B" riders. It's all pace, gearing, and *learning how to ride*. Marilyn and I ride "C." Last summer, after an Irv Weisman (no relation) lecture on gearing, we modified our clusters, biked 350 miles through Vermont's mountains, and rode home.

## TO "B" OR NOT TO "B"...

A "B" ride leader this upcoming season? We'll help you answer that question in style. A bunch of us conspirators are going to gather on Sunday, January 29th, for some good food and drink, great Manhattan views, and to plot some really special rides ("B" training rides, too) for this season. If you're even thinking of leading a "B" ride (and we'll be happy to help you find a co-leader, choose routes, and get set up), then please join us: A good party is promised! For more information call Brian McCaffrey, 718-634-1442.

IF THERE IS SUFFICIENT INTEREST THIS WINTER, I WOULD LIKE TO HOLD ONE OR MORE WORKSHOPS ON MAINTENANCE, UPGRADING COMPONENTS, WHEELBUILDING OR RELATED TOPICS. MOST TOOLS WILL BE AVAILABLE, AS WILL SUITABLE LIQUID REFRESHMENTS. CALL GERHARD MEILEN (H) 212 724-8622.

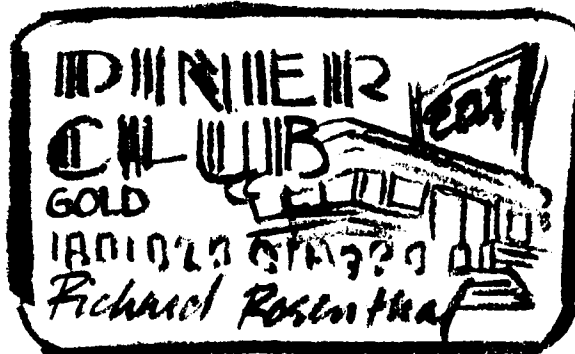


## TWELVE AND A HALF IDEAS FOR THE CLUB

By Richard Rosenthal

Our club has a membership of over 800 people. That's an enormous number, surely making us one of the largest clubs of any kind in the city. Our size gives us tremendous clout (which we don't use) and terrific opportunities (which we don't take advantage of). Here are some ideas for ways our club can better serve us.

- 1) Arrange for manufacturers to loan products to the club for sampling by our members. Organize a rotation system so members can try out helmets, computers, gloves, glasses, pumps, etc..
- 2) Organize a buying cooperative for club members in order to buy at a cheaper price such items as tires, helmets, shorts, gloves, glasses, etc. Purchases would be made in quantity through a local store after competitive bidding.
- 3) Take advantage of the club as an "affinity group" and offer club members group health insurance, theater tickets, car rental, airline tickets, and other discounts available to members of affinity groups.
- 4) Purchase one or two car racks and bicycle travel bags for rental to members at rates sufficient to pay for their purchase in a reasonable time. These rentals would be convenient and loaned by the club at a favorable rental price.
- 5) Create a new club logo: a close-up of the face of the Statue of Liberty wearing a bicycle helmet instead of her "crown." This is a graphic that says both "New York" and "Bicycle" in a memorable, striking, imaginative, unusual, and original way.
- 6) Have bottles and helmet covers made with the NYCC logo. Cost: probably less than \$3.00 pr bottle; \$4.50 or so per cover.
- 7) Sell NYCC caps, jerseys, helmet covers and bottles to the general public through free publicity in cycling and other magazines, and perhaps through a national distributor or sales rep (at no cost to the club). The name and image would sell. Or consider selling through (inexpensive) classified ads in the cycling magazines. Use the proceeds to pay for expanded club expenses and activities.
- 8) Publish an annual or bi-annual club directory with head shots and biographical sketches of club members. Family, profession, schools attended, activities and hobbies outside of cycling, cycling achievements, what class rider--that sort of thing would be in the bio. Let's face it: we hardly know one another. Publish this in a cheap notebook binder so ride maps and cue sheets could be kept in it and monthly newsletters could be placed in it making the directory also a yearbook.
- 9) Organize a magazine and video tape library so members can borrow magazines they missed or don't want to pay for or see cycling they missed on TV. The obvious name for our library: RE:CYCLE.
- 10) Submit our club route maps, cue sheets, and added notes for publication as a book, to be published under the title: THE OFFICIAL NEW YORK CYCLE CLUB MAPS & CYCLING GUIDE TO GREATER NEW YORK. Copyright the book in the club's name with the proceeds from sales of the book going to the club treasury.
- 11) One day a year have an outing where each club member is paired with a city kid. We'll ride as pairs to some nearby (Nyack, North Tarrytown, etc.) picnic area.
- 12) Amend the club bylaws so that no elected club official shall serve in the same office for two consecutive years unless no other member seeks that office. The point here is to give as many members as possible an opportunity to serve the club and to give the club the benefit of the abilities, experience, and perspective of as many different leaders as possible. (Lest this appear to be a self-serving suggestion, let me state, I will never again seek any club office.)
- 12.5) I'll end with a tongue-in-cheek proposal: How about a club charge account at The Flagship Highland, and Skylark?





## CLASSIFIEDS

FOR SALE: 52 cm 1987 Unvega Gran Premio. Bike features triple butted cro-moly frame, Suntour Sprint, Aero brakes, Araya super hard wheels, Cateye Solar, and triple crank. Call Holly Gruskay (212) 534-1156.

### TOE CLIP-IN-MOUTH DEPARTMENT

#### SERIOUS CASE REPORTED

To those people who were offended by my ride listing last month, I sincerely apologize. My attempt at humor through alliteration was definitely overzealous.

Steve Sklar

### 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

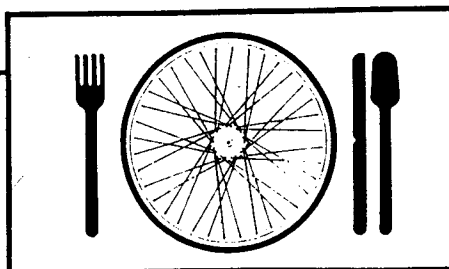
Never skied before?  
That's OK, we'll teach you.

And we can help arrange for ski rentals.

**CALL US FOR A BROCHURE:**

**(212) 722-4221**

**New York Cycle Club**  
Tuesday  
January 10, 1989



**O'Hara's**  
120 Cedar Street  
New York

## **Physical Fitness: What is it?** **How do you get it? and How do you keep it?** <sup>Edmund</sup> by **David Fishkin**

Through the course of an informal discussion, hopefully peppered with just the right amount of slides, we'll discover what exactly is meant by the term PHYSICALLY FIT. From there, discussion will center on what happens to your body when you make it become fit, ie. what's on with some of its' intrinsic chemistry (for example the relationship of fitness and cholesterol, blood pressure, the ability of exercising muscles to extract oxygen from the blood).

Other points that'll be covered will include: • **Detraining** • **What about no pain, no gain?** •  
• **Exercise and body weight** • **Exercise and the risk of heart attack** • **Exercise as treatments for hypertension and diabetes** •

Join us at 6pm for spirits or bubbles and schmoozing.

Fixed price\* Dinner starts at 7pm sharp.

Meat, fish or poultry \$11.00

Vegetarian \$ 8.50

\* Must be purchased by 7pm. \$2 more after 7pm

Dinners will receive color-coded coupons

Non-dinners seated separately

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

DEADLINE FOR THE FEBRUARY BULLETIN IS JANUARY 10.

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# **RENEW**

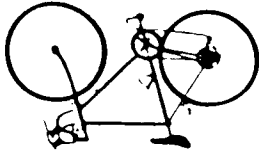
START 1989 ON A ROLL!

RENEW YOUR NEW YORK CYCLE CLUB MEMBERSHIP NOW!

Don't miss a ride in a winter thaw, don't schmooze all winter and miss out on your ride schedule in April...

It's the best thing you can do for yourself - do it NOW! NYCC dues are still a bargain at \$12 per individual, \$15 per couple residing at the same address.

MY NYCC RENEWAL AMOUNT OF \$ \_\_\_\_\_  
IS ENCLOSED.



**First Class**

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

**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