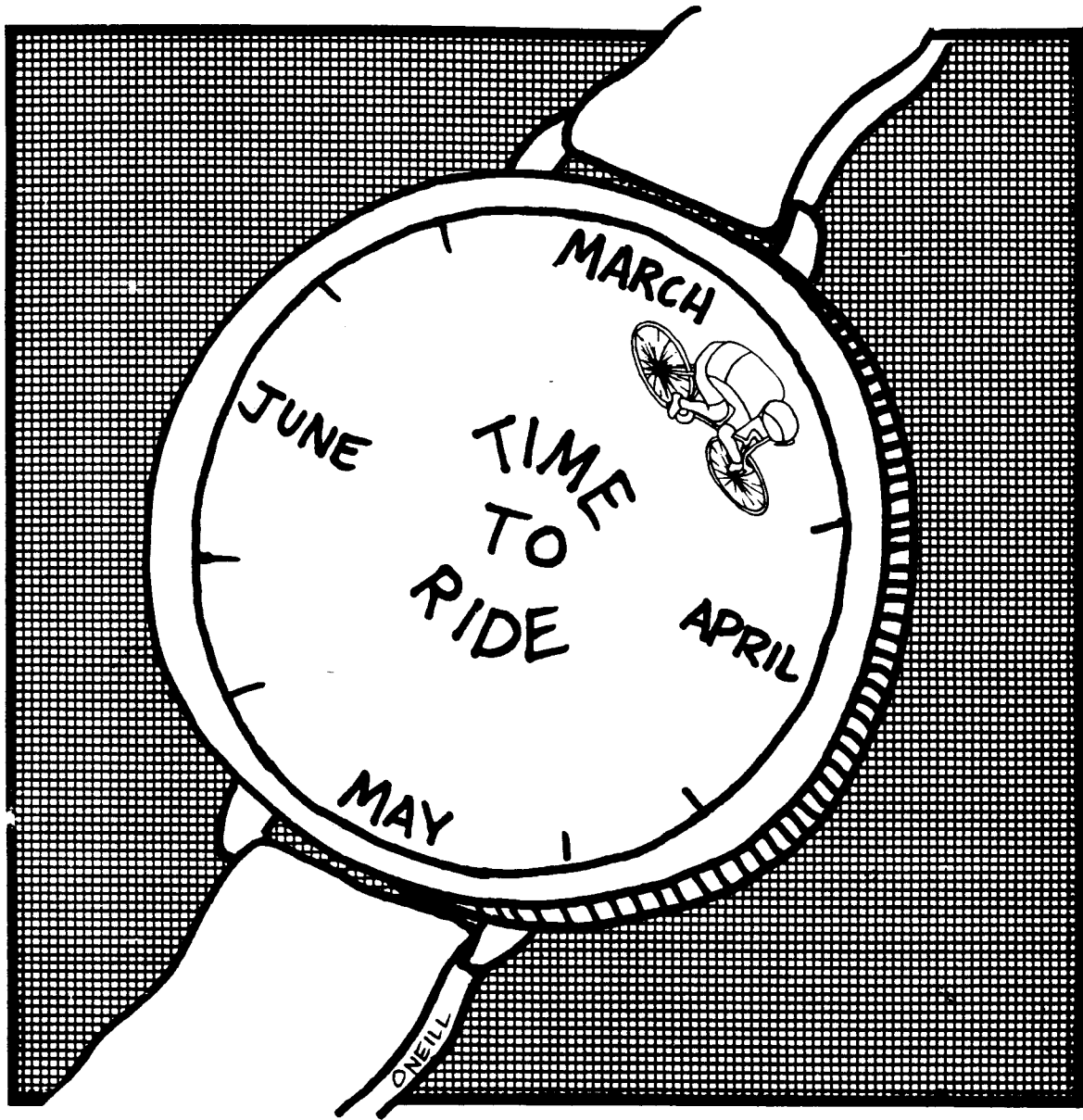


March
1989

NYCC Bulletin

MARCH · 1989



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

RIDES THIS MONTH

Sat.Mar. 4 10:00 a.m. A/A- 45 mi. **"A" TRAINING RIDE #1.** Leaders: Rich Herbin (212-792-5438) & Herb Dershowitz (212-929-0787). From the Boathouse. To the Dynasty Diner in friendly New Jersey. If you expect to eat like a king, please don't ride like a slug. The faster group is free to "enjoy" full-load testing of recently hibernated muscles during the 9W return segment.

Sat.Mar. 4 9:00 a.m. -> A 42 mi. **SIG - PROGRESSIVE "A" RIDE SERIES #1.** Leader: Christy Guzzetta (212-595-3674). From the Boathouse. Ride #1 is a simple self-classification ride in Central Park. Four laps, a break, then 3 more laps. As a special treat, Irv Weisman will bring along charts, stopwatch, and other equipment to time each lap of each participant. If it takes 2 hours or more to do the first 4 laps - you've got a lot of work to do to be ready for the "A" ride on June 24th -- maybe more work than is reasonable to expect. The leader will do the 4 laps in 1 hr. 45 min. -- a mid-B pace. RAIN DATE: Sunday, Mar. 5.

Sat.Mar. 4 9:00 a.m. B **LEADERLESS "B" RIDE.** Terrain: Rolling. Let's meet at the Boathouse for a few warm up laps of Central Park or a short jaunt to New Jersey in anticipation of Irv Weisman's Self-Classification Ride on Sunday. Temp. below 32°, rain cancels.

Sun.Mar. 5 9:00 a.m. A/A- / 50 mi. **"A" TRAINING RIDE #2.** Leaders: Steve Sklar (212-245-3245); & Jody Sayler (212-799-8293). From the Boathouse. The "perfect" triangle. Up to Hartsdale Diner, over to Dobbs Ferry, back along the Hudson.

Sun.Mar. 5 10:10:30 a.m. A-B-C 24 mi. **ALL-CLASS CLASSIFICATION RIDE:** Leaders: Irv Weisman (212-562-7298) & Ken Weissman (212-222-5527). Terrain: Rolling. Meet at the 72nd St. & Fifth Ave. entrance to Central Park (NOT the Boathouse) to do four laps at your very own pace. You'll be timed for each lap and will get a good idea of your current level of riding and can select club rides accordingly. Bring a self-addressed post-card, or stamped envelope to receive your evaluation in the mail. (We will not publish results by name.) Temp. less than 40° at start, rain cancels.

Sat.Mar. 11 9:30 a.m. A/A- / 50-55 mi. **A TRAINING RIDE #3.** Leaders: Clay Heydorn & Simone Smith (914-941-5013). From the Boathouse. Come out to New Jersey and help us get in shape together. Temp. below 30° at start cancels.

Sat.Mar. 11 9:00 a.m. -> A 43 mi. **SIG - PROGRESSIVE "A" RIDE SERIES #2** - Leader: Christy Guzzetta (212-595-3674). From the Boathouse. To the Dynasty Diner in Northvale, NJ. On the road again. Nothing fancy. An easy-going, pretty ride to shake some of the cobwebs out of our legs. Let's get to know each other, note our equipment, keep out of big gears, and practice riding together. Only one adventure planned for today -- one very big hill. RAIN DATE: SUNDAY, MARCH 12th.

- Sat.Mar. 11 **WESTCHESTER WIND-AROUND.** Leader: Alejandro Caycedo (718-739-4648). Terrain: Rolling/some mild hills. From Woodlawn (last stop on the No. 1 subway). Let's go where the lawns are lush and the roads well kept. It's a fun ride for those who are fast at heart but slower on the road. Please call if unsure about whether or not it's a go! Hope you can make it! 9:00 a.m. B+ 50 mi.
- Sun.Mar. 12 **"A" TRAINING RIDE #4.** Leaders: Bob Foss (212-595-5402) & Roberta Pollock (212-864-6182). From the Boathouse. We are going somewhere in Westchester. Roberta's group has the best chance of getting there. Bob's group has the best chance of discovery. 9:00 a.m. A/A- 60 mi.
- Sun.Mar. 12 **PROGRESSIVE "B" TRAINING RIDE NO. 1.** Leader: David Miller (h., 212-794-9365, w., 718-886-2000). From the Boathouse. An easy, flat ride in Bergen County, NJ. Lunch at a Diner in Closter. Rain, snow, temp. below 32° may cancel. Call. 10:00 a.m. B / 40 mi.
- Sun.Mar. 12 **"B-" PROGRESSIVE TRAINING RIDE #1 -** Leaders: Irv Weisman (w., 212-241-4783) & Maggie Clarke (h, 212-567-8272). Terrain: Flat/Rolling. From the GWB Bus Terminal. A Train to 175 St., or IRT No. 1 to 181 St. and St. Nicholas Ave.; ride 2 blocks South to 179 St., right, 2 blocks to Ft. Washington Ave., and voila! These training rides will also stress aspects of Effective Cycling and safety consciousness. Lunch will be in Tappan. Temp. less than 40° at 9 a.m. or rain cancels. 10:30 a.m. C+/B- 30 mi.
- Sun.Mar. 12 **A SEE RIDE.** Leader: Dave Lutz (718-624-0346). To Astoria and the new movie museum. Let's meet at South Street Seaport (Pier 17 - upper level) for a cup of coffee (look for bicycle helmets). After breakfast, we head out to Astoria. Rain, ice cancels. 10:00 a.m. C-/C/C+ / 15-30 mi.
- Sat.Mar. 18 **"A" TRAINING RIDE #5.** Leaders: Jay Rosen (718-857-2610) & Eileen O'Neill (212-819-0435). From the Boathouse. Nyack with a twist. A few extra hills and dales thrown in for the extra mileage. Deer sightings possible. Since Saint Patty's Day has just passed, green togs appreciated. 9:00 a.m. A/A- 55-60 mi.
- Sat.Mar. 18 **SIG - PROGRESSIVE "A" RIDE SERIES #3.** Leaders: Amy Sackman (212-645-2949) & Angel Rivera (212-889-9346). From the Boathouse. Who's in the group this year? Who's planning to ride on an "A" ride this 1989? Ride #3 is a nice and easy social, conversational, schmoozy ride to the Flagship Diner in White Plains. During breakfast, the leaders will hand out an information sheet about riding in pacelines. And, before next week's ride, we'll also receive our first update/progress report in the mail - including more information about paceline riding. You don't want to miss it because next week, we'll start with the basics of paceline riding. RAIN DATE: SUNDAY, MARCH 19th. 9:00 a.m. -> A 53 mi.
- Sat.Mar. 18 **ST. PAT'S TOUR.** Leaders: Karen Daly (212-759-1921) & Brian McCaffrey (718-634-1742). Terrain: Rolling. From the Boathouse. The quiet lad and lass are touring some of the fine Irish neighborhoods of North Jersey. Afternoon tea stop. Please wear some greens on this ride. A wee mist cancels. 9:30 a.m. B-/B 40-50 mi.
- Sat.Mar. 18 **NEW JERSEY CLUB RIDE.** Leaders: Larry Nelson (212-874-5125) & Anne Hintermeister (212-628-0948). Terrain: Some hills. From the Boathouse (10 a.m. from GWB). Join us for an early season outing along the traditional club route through Bergen and Rockland Counties. For the uninitiated, the trip offers scenic, quiet roads and a mixture of easy riding and a few challenging hills. (Please wait for the leaders at the top.) Temp. below 40°, 50% chance of rain, snow or ice on the road cancels. 9:00 a.m. C 25-35 mi.
- Sun.Mar. 19 **"A" TRAINING RIDE #6.** Leaders: Paul Mort (212-645-5262) & Debbie Bell (212-864-5153) & Holly Gray (718-596-6336). From the Boathouse. We all will meet for breakfast/lunch in Nyack. Paul's ride will go over Bradley/Tweed Hill on the way to Nyack; it is very scenic and also a good climb. If it is a nice day, we may do a loop around Rockland Lake. Meanwhile, on the mellow ride, the laid-back folks will wander around Bergen and Rockland Counties maintaining that delicate balance between schmooze and sweat. Precip cancels. 9:00 a.m. A/A- 60-65 mi.
- Sun.Mar. 19 **NORTHVALE, OLD TAPPAN ROUND-A-BOUT.** Leader: Christy Guzzetta (212-595-3674). Terrain: Rolling. From Columbus Circle entrance to Central Park. Over the GWB and along 505 to the Dynasty Diner - it's still too cold for picnic lunches. Will cruise on through Old Tappan and Sparkhill as we toddle on home. A nice easy B ride, to get acquainted, get a little riding in, and get the season going. Rain cancels. 9:00 a.m. B 43 mi.
- Sun.Mar. 19 **PROGRESSIVE "B" TRAINING RIDE NO. 2.** Leader: David Miller (h., 212-794-9365, w., 718-886-2000). From the Boathouse. Same as March 12 ride, but a different way back. Rain, snow, temp. below 32° may cancel. Call. 10:00 a.m. B / 40 mi.
- Sun.Mar. 19 **"B-" PROGRESSIVE TRAINING RIDE #2 -** Leaders: Irv Weisman (w., 212-241-4783) & Maggie Clarke (h, 212-567-8272). Terrain: Level/Rolling. From the GWB Bus Terminal. A ride to the Park Ridge Diner and back. See March 12th (Progressive Training Ride #1) for details. Temp. less than 40° at 9:00 a.m. or rain cancels. 10:15 a.m. C+/B- 35 mi.
- Sat.Mar. 25 **"A" TRAINING RIDE #7.** Leaders: Joe Furman (201-692-9635) & Caryl Hudson and Steve Baron (212-595-7010). From the Boathouse. "A" Group will leave Boathouse at 9:30 (GWB/NJ side 10:15). We'll take the backroads of Bergen County to the Ridge Diner in Park Ridge. Emphasis on today's ride will be pacelines, drafting and breathing. We'll also do some speed work if we're all in (reasonable) shape. "A-" Group will leave Boathouse 9:00 (GWB/NJ side 9:45, please call). We will use the same route and techniques and meet in Park Ridge. Temp. below 32° at start, wet/salty or icy roads cancels. 9:00/9:30 a.m. A/A- 55-65 mi.

- Sat.Mar. 25 9:00 a.m.
-> A
52 mi.
- SIG - PROGRESSIVE "A" RIDE SERIES #4.** Leader: Christy Guzzetta (212-595-3674). From the Boathouse. To the internationally renown Skylark Diner, Nyack, USA. Did you read about pacelines? I hope so because today is the first of 4 "one skill" days. Count 'em up - 1, 2, 3, 4; and we're riding in a double paceline, alternating the lead, working together, sharing the load, and buzzing off the miles. Today, Skill #1 is sucking wheel. Real simple today. No alternating the lead, no double formation, just the sense of riding a wheel. Today, we will begin to master the art of sucking wheel. Rain cancels.
- Sat.Mar.25 9:30 a.m.
B-/C+
25+ mi.
- BENEATH THE BRIDGE & BY THE BAY.** Leader: Joel Friedland (h., 212-927-8046, w., 212-554-0281). Terrain: Rolling. From Columbus Circle. A day trip/tour from Columbus Circle to the Little Red Lighthouse beneath the GWB then, on to City Island and back to the city. Wear a helmet, carry a spare tire and tube (there is plenty of broken glass in the Spring). Rain, temp. below 40° cancels.
- Sat.Mar. 25 9:00 a.m.
C / 35 mi.
- BIKE WORLD WAR I.** Leader: Charlie Morris (212-477-3281 or 914-693-2580). Shipyards. From the Boathouse, Central Park near East 72nd Street. Bring 25 cents for Staten Island Ferry. Easy pace but bikes must be in good shape. Joint AMC.
- Sun.Mar. 26 8:45 a.m.
C-/C+
34 mi.
- B(H)IKEATHON;** Leader: Ken Weissman (212-222-5527). Depending on the weather, we'll either bike or hike. If the day dawns clear, temps. above 40°, no rain, and no ice or snow on the road, we ride RAAM 89.3 - RIDE ALMOST AROUND MANHATTAN. Leaves 8:45 a.m. from the Coliseum, 60th and B'way. Enjoy breakfast at South Street Seaport; lunch in a park near Baker Field.
- OR
- ALL CLASS If temp. below 40°, ice or snow on the road, we meet 8:45 a.m. at Zaro's Breadbasket in the South Building of the Port Authority Bus Terminal to make a 9 a.m. bus (fare about \$14 roundtrip) to Harriman State Park for a 10-miler along a frozen(?) mountain stream to Pine Meadow Lake for lunch. BRING FOOD. NO STORES.
- Sun.Mar. 26 9:30 a.m.
A/A-
60-70 mi.
- "A" TRAINING RIDE #8.** Leaders: Herb Dershowitz (212-929-0787) & Rich Herbin (212-792-5438). From the Boat-house. A cunningly plotted labyrinthine progression through lesser known, more scenic areas, including an indoor revitalization conducted at the beloved Flagship Diner. A meagre, arcane, sightseeing commentary will be given on the slower ride, as bizarre ruins are encountered. Eat breakfast and come prepared with conversational gambits.
- Sun.Mar. 26
- PROGRESSIVE "B" TRAINING RIDE.** Leader: David Miller. Easter. No ride today.
- Sun.Mar.26 10:15 a.m.
C+/B-
37 mi.
- "B-" PROGRESSIVE TRAINING RIDE #3.** Leaders: Irv Weisman (w., 212-241-4783) & Maggie Clarke (h, 212-567-8272). Terrain: Rolling. From the GWB Bus Terminal. Same details as March 19th (PTR #2) but slightly longer way home. Rain or temp. less than 40° at 9:00 a.m. cancels.
- Sat.Apr. 1 9:00 a.m.
A/A-
50-60 mi.
- "A" TRAINING RIDE #9.** Leaders: Joe Furman (201-692-9635) & Simone Smith (914-941-5013). From the Boathouse. at 9 a.m. or the GWB/NJ side at 9:45. Emphasis on hill intervals to build speed and confidence. I'm currently scouting some hills for us to work on, so destination is not known yet. Nothing to worry about as this ride will be instructional and not competitive. Temp. below 32° at start, wet/salty or icy roads cancel.
- Sat.Apr. 1 9:00 a.m.
-> A
66 mi.
- SIG - PROGRESSIVE "A" RIDE SERIES #5.** Leader: Christy Guzzetta (212-595-3674). From the Boathouse. Ossining?! 66 miles?! It's only our 5th ride. But it's okay. We're already starting to get in shape. One skill today, alternating position in a paceline. We'll take last week's skill and add one to it. Last week, riding a wheel, single file. This week, again single file, and changing positions. Moving along. RAIN DATE; SUNDAY, APRIL 2nd.
- Sat.Apr. 1 9:00 a.m.
B
50 +/-
- BAYVILLE "NO FOOLIN'".** Leaders: Seymour Katz (718-442-9566) & I.M. Wolf (212-360-8203). Terrain: Flat/Rolling. From the Statue of Civic Virtue (E subway to Union Turnpike stop). A nice social "B" ride to Bayville by the Bay with an indoor lunch stop. If the weather is too cool and gray, the ride may be shortened (no foolin')! Rain or temp. less than 32° at start cancels.
- Sun.Apr. 2 8:30 a.m.
A/A- / 70 mi.
- "A" TRAINING RIDE #10.** Leaders: Angel Rivera (212-889-9346) & Beth Herman (212-689-7778). From the Boathouse. Spin, spin, spin to Rockland Lake. Steady paceline riding. Get those miles in early. Temp. below 30°, precip. cancels.
- Sun. Apr. 2 9:00 a.m.
B / 50 mi.
- PROGRESSIVE "B" TRAINING RIDE NO. 3.** Leader: David Miller (h., 212-794-9365, w., 718-886-2000). From the Boathouse. An easy, flat ride to Piermont. Lunch at the "Turning Point" in Piermont. Rain, snow, temp. below 32° may cancel. Call.
- Sun.Apr. 2 10:00 a.m.
C+/B-
40 mi.
- "B-" PROGRESSIVE TRAINING RIDE #4.** Leaders: Irv Weisman (w., 212-241-4783) & Maggie Clarke (h, 212-567-8272). Terrain: Rolling/Hilly. Same details as March 26th PTR #3 but a longer route to the Diner, with some hills. Rain or temp. less than 40° at 9:00 a.m. cancels.

Previews

- May 13-21** San Francisco - Santa Barbara (A-/Y) Davis Double Century (AA). Leader: Don Ketteler (212-645-0894). May 13-May 16. 350 miles/4 days sagged tour down Pacific Coast Highway/Route 1. Inns and motels enroute; friends in town. Return to San Francisco Thursday 5/18. Davis Double Century, Davis, CA (70 miles East of San Francisco). Sat., 5/20. Cost around \$750 for 10 days, plus air fare. Currently making reservations and need to get an idea of interest. May do one or both events.

May 26-29 Memorial Day in Sheffield V. Leaders: Steve Baron/Caryl Hudson (212-595-7010). NYCC's favorite weekend. Tradition continues, even though the Leaky Lobster (Lee Gelobter) has opted for warmer climes (flatter climbs?) New England inns and country roads. A perfect cycling weekend. This year, those lucky enough to stay at Oak Lodge may also reserve a delicious dinner prepared by your hosts. Routes and maps for all cycling tastes and levels. Call for details early - space is limited and books quickly.

May 26-29
Class-Less
Miles: Opt.
 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.

PRESIDENT'S MESSAGE

HOW TO GET THINGS DONE IN THE NYCC*

Christy G. Zetta

You're a member but you haven't received your BULLETIN: Call the circulation manager.

You're not a member, but want to find out about the club, or you're a friend of a member and want to try us out: Call 212/242-3900 and leave your name and address on the tape to have ONE free BULLETIN sent to you. When you receive it, GO ON A RIDE. If you like us, send in your dues.

You've moved, got a new address, phone number: WRITE to the membership director.

You haven't received your BULLETIN because you haven't paid your dues: Fill out the membership form on the last page of your most recent BULLETIN and send it with a check to the address on the form. Use a lime green envelope to attract attention.

You want to place a classified ad in the BULLETIN to sell your old bike: type it and send it to the editor by the day of the club meeting, to be included in the next month's BULLETIN - or give it to the editor at the meeting.

You'd like to publish an article or drawing in the BULLETIN: Contributions are welcome. Deadline is the same as for classified ads. But space is limited, and we won't know how much room is available until the last minute, as this is dependent on the number of ride listings. Therefore don't be offended if your article can't be used in the coming issue. Also: Please discuss your article with the editor so you can get an idea of length, appropriate subjects and format - before you do all the work.

You're thinking of going on a ride but need more information: Call the ride leader listed for that ride.

You want to lead a ride: Call the rides coordinator for the level of ride you want to lead, fill out a ride listing form, and give it to the coordinator at or before the club meeting preceding your ride. If you need help, or a co-leader, or want to be a co-leader before you lead a ride on your own, speak with your rides coordinator, who will be most happy and appreciative.

You were on a fantastic trip and have wonderful slides, or have just become best friends with Andy Hampsten: Call the vice president of programs who will be most happy and appreciative.

You got your BULLETIN on time, enjoyed it, liked a particular article, enjoyed a ride you were on, were enthralled by last month's program: Let the people responsible know about it. Compliments are always appreciated, but oh so seldom received.

Thank you, Caryl, for this terrific article, which first appeared in the October, 1988 NYCC BULLETIN.

*plagerized with(out) the permissio. of Caryl Hudson

TOUR DE TRUMP

Joe Furman

Two major organizations have agreed to sponsor a stage race that will bring the world's top cyclists to the streets of New York this spring. NBC Sports and the Trump Organization have combined forces to sponsor the most exciting stage race ever carried out on this continent.

Both firms are making major financial contributions to the race. The purse of \$250,000+ is itself an American record. More, this is the first time a major U.S. television network has cosponsored a sporting event. NBC guarantees television coverage and the Trump Organization is creating an experienced staff to put the event together.

The race caravan is scheduled to start in Albany on May 5, and will travel through New York, New Jersey, Pennsylvania, Maryland, Virginia and Delaware. The race will finish on May 14 with an individual time trial on the Atlantic City boardwalk.

As of February, amateur national and Olympic teams from the following countries have announced participation: the Soviet Union, Italy, Poland, Holland, Sweden, Norway, Canada, Mexico, Colombia, Czechoslovakia. The following professional teams have also announced participation: 7-11 (USA); Pan-asonic (Netherlands); Exbud-Kieki (Poland); Colnago (USSR).

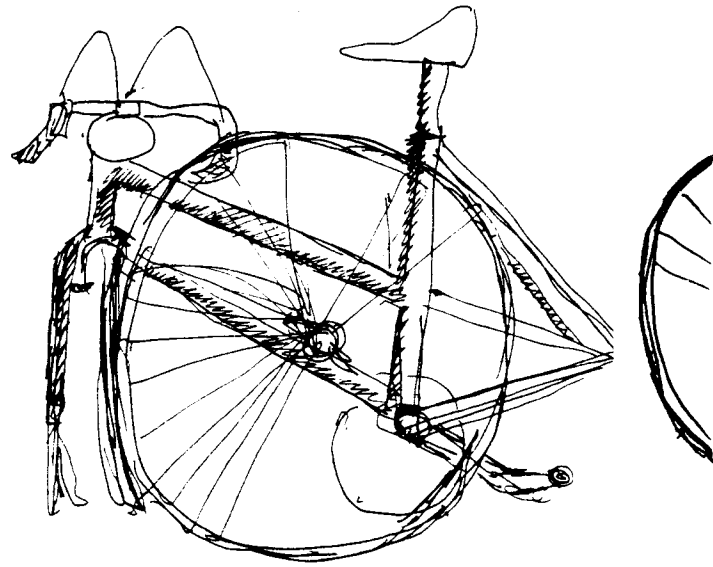
Is anyone interested in helping with the Tour? It's possible to do volunteer work either while the race is in the New York area, or to actually travel with the Tour. Further, there are several paid positions open for those who want to travel with the race. To apply for these you must send a resume to the Trump Organization's race director. The race will be in New York City and the metropolitan area on the week-end of May 6-7.

For details contact Joe Furman, 201/692-9635.

SWEATY, STRONG, AND OH, SO FEMININE...

Laura Hefferon, an illustrator and bike enthusiast who spent three years riding and racing bicycles in Florence and elsewhere in Italy, hopes a group of strong cyclists from NYCC will join her first commercial tour of Italy this summer.

Hefferon went to Florence to study painting in 1983, after graduating from Cornell, and became deeply involved in the Italian cycling scene. She met Mario Conti, who runs a Florence cycle shop and sponsors racing tour



groups and a team known as Il' ci c'e c'e, in do sa va (Whoever is there is there, wherever we go, we go). With Conti's groups she cycled extensively throughout Italy; often she was the only female participant.

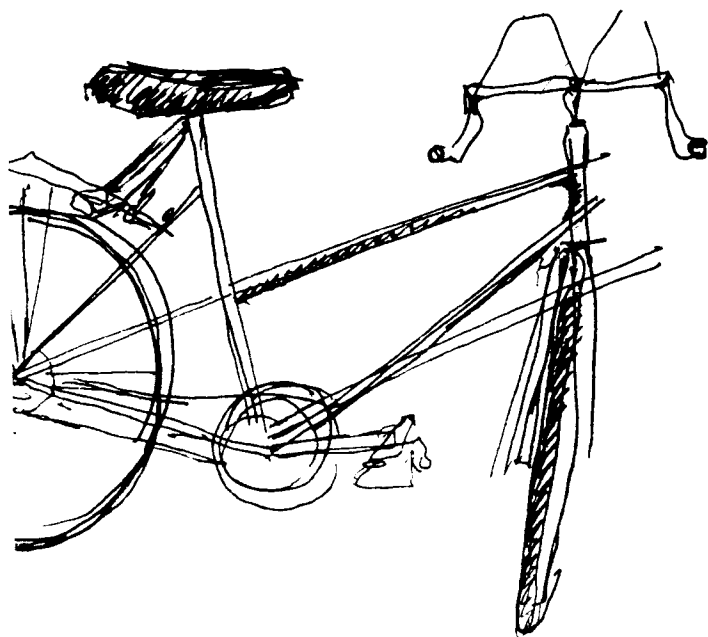
In Italy, she notes, cyclists are highly skilled and so aggressive that merely cycling in that country becomes an "intensive introduction to the thrill of racing." Italian cyclists thrive on danger: They laugh at American safety measures. When Hefferon showed up in a helmet, her Italian companions wanted to know if she cooked pasta in it, too.

Further, she learned that racing was not considered feminine. Moreno Argentin, one of Italy's foremost racing sprinters, told her, "I don't understand women's cycling, and think our sport is not adapted to women for two fundamental reasons: for now, a woman cannot think of making a living off of racing, and racing is an experience that can't enrich a woman's spiritual or cultural life."

Hefferon persisted in riding with Conti's groups, however, and was able to convince those who knew her that "women can have muscles, sweat and beat men up hills, yet still retain their femininity."

Her best endorsement comes from Conti: "Watch out for La Lorena," he tells his cyclists. "She just might whip you on next Sunday's ride."

Hefferon's tours feature visits to well-known frame shops, Italian cooking lessons (helmets, si), cycling with Conti's clubs, and an attempt to link up with the Giro. Her organization, Ciclismo Classico, was founded earlier this year. For more information call 617/739-3338.



CLASSIFIEDS

HELP WANTED: B/RIDE CO-LEADERS NEEDED.
NO EXP. NEC..

- MR. BRIAN
718/634-1742

FOR SALE: PANNIERS, TAN & BLACK W/
ORANGE SAFETY STRIP. USED ON CROSS
COUNTRY BIKE TRIP. \$15.00.

- C. SHELLHORN
212/627-4414

FOR SALE: DIAMOND BACK APEX MOUNTAIN
BIKE, RED, EXCELLENT CONDITION, 21",
DEORE COMPONENTS, \$300.

- JIM KEEHAN
212/751-7866

FOR SALE: BLUE 59CM CINELLI FRAME,
COLUMBUS SL TUBING PLUS SEATPOST AND
FRONT DERAILLEUR, \$300.

- ROBERT
212/570-2855

HEAPMO WANTED: \$25 REWARD! SELL ME YOUR
TIRED, YOUR POOR, YOUR EARLY ATTIC OR
DISCOUNT STORE OLD BIKE - 19" OR 47-50CM,
10-SPEED WITH 27" WHEELS, OLD AND BEAT.
NELLY, MY STREET BIKE, WAS KIDNAPPED W/O
SO MUCH AS A RANSOM NOTE. SANTA LOANED
ME A BIKE, BUT NEEDS IT BACK FOR BLITZEN.
THE MORE BEATEN UP THE BETTER, JUST SO LONG
AS IT RUNS. \$25-50.

- LYNN ERLICH
212/586-3700

NEW YORK CYCLING IN THE 1890S

Larry Hobson

Some Club routes are almost as old as the bicycle. In a letter dated May 5, 1895, muck-raking editor/author Lincoln Steffens describes a trip taken by bike with a woman friend, from the West Side of Manhattan to the North Bronx:

Josephine and I rode out on our wheels... We started at 2:30 in the afternoon while it was still very warm, wheeled swiftly over the smooth asphalt of the Boulevard (as Broadway is called from 59th Street to 125th Street). At 108th Street we turned westward to the Riverside Drive where on good hard roads we skirted the Hudson where it is most magnificent. This road stops with the Claremont,* an old Livingston manor house, now used as a fashionable inn and favorite resort for riders, drivers and bicyclists. Eastward we turned, back into the Boulevard. Down a bad grade we picked our way to 125th Street, where a long ascent began... At the top of the grade we sat on a big boulder and our watches told us we had traveled an hour, while the cyclometers recorded seven miles. In our saddles again we swung down that part of Broadway which is called King's Bridge. Near the bottom the road was being repaired; in the soft dirt Josephine fell off her wheel. She was not hurt but we took to the side-walk, rolling along at a good pace till we came to King's Bridge, the river crossing and the village of Kingsbridge. Without a halt we rode slowly through the sleepy hamlet, and leaving Broadway for the day we crossed the railroad tracks (New York Central) into Riverdale Avenue. It was a hard climb...

**The Claremont Inn stood on Riverside Drive just north of Grant's Tomb until 1951, when it was torn down by the City following a fire. In 1895 the 125th Street viaduct had not yet been constructed.*

QUICK RELEASES

"Comedy Night" at last month's membership meeting was an unqualified success. Four professional comedians, two of whom also work at Bicycle Habitat, were able - as Richard Rosenthal promised - to adequately make fun of and otherwise skewer NYCC members in front of all their friends.

Particularly adept was a skit enacting Joe Furman's emergency repair to Holly Gray's bike on a Vermont weekend, for which repair Joe presumably won the "Best Emergency Repair" award at the Christmas banquet. Unfortunately, this award was misreported in the BULLETIN, and the actual winner was ANGEL RIVERA, for miscellaneous repairs performed throughout

continued on page 8

QUICK RELEASES continued

the biking season. The BULLETIN apologizes for its error.

Meanwhile, Joe Furman is helping to organize the Tour de Trump, a major stage bicycle race to be held on the east coast this May. For more on the race and how you can participate, see Joe's article in this issue.

Herb Dershowitz's ride to Nathan's in Coney Island was finally accomplished after two cancellations: A group of 11 cyclists rode in sub-20-degree weather (zero with the windchill factor) to the fast food mecca, and finished with hot cider and cookies at Holly Gray's apartment in Brooklyn Heights.

On February 5, Christy Guzzetta and Jody Saylor held a pre-ride breakfast which began at nine and ended at three p.m.. About 15 non-riders ate the all-day breakfast.

Simone Smith was unruffled when approximately 30 riders showed up for her sunny, Sunday ride to the Dynasty restaurant. Riders arrived at Dynasty in two groups but returned in a brisk paceline which remained tight to the right all the way to the Bridge.

The day before, Richard Rosenthal's ride had also dined at Dynasty. This ride was distinguished by off-color Valentines, three per person distributed by Richard, and by the presence of an Irishman named John Wall. When asked if he knew Stephen Roche, Wall replied, "Well, I raced him." That produced awed silence and, when words were possible, profound overtures of friendship. While Wall was polite enough not to drop us too often or strenuously, he was overheard remarking, "If me mates saw me riding with this lot, they'd think I'd thrown in the towel." He is currently working for a construction company, but plans to return to Ireland to race in the spring.

Upcoming is an especially scenic and ambitious ride: Don Ketteler will lead a tour from San Francisco to Santa Barbara and back in preparation for a double century from San Francisco to Davis a week later. See "Ride Previews."

Chris Mailing was elected president of Century Road Club, the racing organization based in Central Park, and he has been instrumental in rewriting its rules and standards. Check with Chris if you are interested in racing.

Thanks to Michael Toomey for the new BULLETIN logo, and to Larry Hobson for design and production of this and future issues.

The BULLETIN welcomes letters from members, and we are also in need of both cover art and spot drawings for illustrations. Call editor for drawing specifications.

Next month we expect to feature articles by Alex Bekkerman and Jeff Vogel on ultra-marathon and endurance cycling.

Is there an item you would like mentioned in "Quick Releases" next month? Call editor by next month's membership meeting. Thanks!

CHAIN LETTERS

To the BULLETIN:

A very few words regarding the club's annual awards: To acknowledge and encourage our club's diversity, accomplishment awards (i.e. "Rookie of the Year," "Most Improved Rider," "Best Comeback Rider," "Best Ride," "Most Scenic Ride," etc.) should be distributed in triplicate, each to an A, B, and C rider.

Dick Goldberg



DECLASSIFIEDS

Richard Rosenthal

JOB AVAILABLE: SMALL TOWN UNIVERSITY SEEKS MALE PH.D. IMMUNOLOGIST.

FOR SALE: 2-1/2 MO. OLD DAVIDSON, NEVER RACED, EXCELLENT CONDITION.

PEN PAL WANTED: FORMER NEW YORKER IN COLORADO PENITENTARY WANTS TO HEAR FROM NEW YORKERS.

FOR SALE: USED KESTREL. ALL SUGINO COMPONENTS.

SWM SEEKS SWF. ENJOYS CYCLING AND SMOKING.

FOR HIRE: CONSERVATIVE, RESPECTFUL, WELL-DRESSED, MIDDLE-AGED BIKE MESSENGER.

FOR RENT: DISK WHEELS GOOD ON WINDY DAYS.

NOTICE: THE 9:00 A.M. RIDES WILL LEAVE AT 9:00.

TUTOR WANTED: RUSSIAN EMEGRE SEEKS ENGLISH INSTRUCTOR AND POLITICAL GUIDANCE.

SPECIAL INTEREST GROUP, PROGRESSIVE "A" SERIES

Christy Guzzetta

Our third SIG - the PROGRESSIVE "A" RIDE SERIES - begins on Saturday, March 4 (rain date - Sunday, March 5) at the Boat House in Central Park, 9:00 a.m., with an easygoing self-classification ride in Central Park.

This series is instructional in nature, simple and straightforward. It is designed for those who have never before ridden on an "A" ride and who want to in 1989! We have learned that it can be done. In fact, we have learned that it is easier than we originally thought. And we have learned that we can have a whole lot of fun doing it. There are really only three basic requirements for riding on and enjoying Club "A" rides: (1) conditioning, (2) equipment, and (3) technique. We will cover them all during the series, out on the road while we ride.

And, if you come along on each of the 17 rides - including the Big "A" ride at the end of the series - you will receive a special prize certificate. The certificate will only be awarded to those who complete the entire series.

It's an easy ride on March 4, kind of boring: laps in the Park. About seven weeks later, we'll be riding in a double paceline, working together, sharing the load, alternating the lead. Then, on about the 13th week, we will be bombing out to Montauk Point, doing better than 20 mph, dropping riders left and right. Finally, on the 17th and final ride of the series, we are going to ride on the regularly scheduled Club "A" ride - right in the middle of the pack. UNBELIEVABLE! All you have to do is take part, stay with the series, and you, too, will be there, riding that big "A" ride with the group on the weekend of June 24-25th.

For a tentative schedule of rides, an information sheet, and/or other details, call me... OR... come on out for the rides (listed in the rides schedule in this issue of the BULLETIN).

"They do a kinder, gentler bike trip."

President George Bush

Thank you, Mr. President.

breakaway
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Join us, as we cycle in some of the Northeast's most beautiful settings:

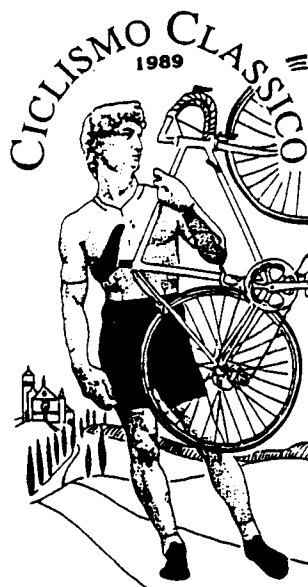
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- ♦ SUPPORT VEHICLE
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FRAMBUILLER, DACCORDI
- ♦ ITALIAN COOKING LESSONS
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- ♦ OPTIONAL EVENING ACTIVITIES
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- ♦ BILINGUAL GUIDES
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INCLUDED FEATURES

PLEASE Call or write for free
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Brookline, Ma. 02146
(617)739-3338

ART CREDITS:

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Illustrations: pp. 6-7, Janet Kronstadt

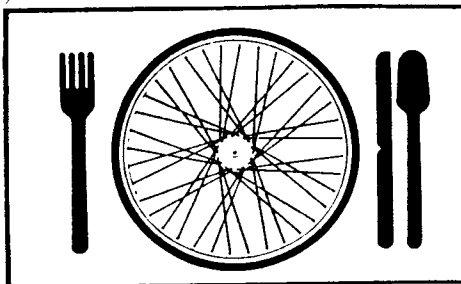
Production and Design: Larry Hobson

MONTHLY CLUB MEETING

(Open to all members and non-members.)

NEW YORK CYCLE CLUB
Tuesday, March 14th

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 WONDROUS BICYCLE COLLECTION OF PRYOR DODGE

*A Slide Show on the Appearance, Disappearance, and
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See one of America's greatest collec-
 tions on bicycling and hear one of the
 real authorities on the history of the
 early years of the bicycle.

Pryor Dodge's collection has been ex-
 hibited at a museum and an art gallery.
 It includes 800 items including games,
 toys, posters, medals, and 16 bicycles
 from 1869 to 1907.

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.

NEW MEMBERS

BRAVMAN, Nancy	401 Second Ave Apt 9F	NYC	10010	212-685-7509
CHANDLER, Cindy	423 Amsterdam Ave Apt 5B	NYC	10024	
CHIVILY, Theanne	332 East 71st Street #4A	NYC	10021	212-249-6706
COOKINGHAM, Pete	10 Pegy Lane	Wappingers Fls	12590	
DI MARE, Maria	511 Court Street	Hoboken	07030	
FASULO, Joseph	238 Powers Street	Brooklyn	11211	7187824695
FISHMAN, Howard	483 13th Street	Brooklyn	11215	718-499-8285
FISHMANN, Rosalind	483 13th Street	Brooklyn	11215	718-499-8285
FRIEDLAND, Scott	345 East 77th Street #3E	NYC	10021	212-737-7019
FURMAN, Rikki	12 East 86 Street Apt 208	NYC	10028	212-734-8857
GEORGE, Jordan	20-66 27th Street Apt 3B	Astoria	11105	718-204-5828
GRUBER, Loraine	c/o Jaffe, 695 Washington st.	NYC	10014	
KYRIAZOS, Charles	144-19 32nd Ave.	Flushing	11354	718-539-0369
LIPSHER, Molly	35 West 71th Street Apt 3B	NYC	10023	212-496-7768
LOGAN, Susan H.	425 Riverside Drive #3D	NYC	10025	212-866-5648
MACDONALD, Carl F.	Box 654	Millbrook	12545	914-677-9584
MEHL, Danette	332 East 71st Street #4A	NYC	10021	212-249-6706
MCCABE, Peter	87 Fifth Avenue Apt 2	Brooklyn	11217	718-638-1325
PARA, Noel J.	425 Riverside Drive #3D	NYC	10025	212-866-5648
PARSONS, Yvonne	20-66 27th Street	Astoria	11105	718-204-5828
PETRIDES, George C.	301 East 79th Street Apt 10E	NYC	10021	212-517-3616
PITRUZZELLO, Philip	44 West 90 th Street	NYC	10024	212-877-3939
RAMOS, Luis	29 Webster Place	Brooklyn	11215	718-499-1478
REGEN, David	227 East 11 Street 3D	NYC	10003	212-533-5183
ROSE, Eileen	9 East 32 Street Apt 1D	NYC	10016	212-686-0650
SODER, Matthew W.	236 North Grand	Poughkeepsie	12603	914-471-4081
STEIN, Edward	511 Court Street	Hoboken	07030	
STRAUSS, William	39 Plaza Street #M1	Brooklyn	11217	718-783-6797
TANNENBAUM, Elaine	319 West 106 Street	NYC	10025	212-865-1295
VANDERBILT, Jeanne M.				

CHANGE OF ADDRESS

BARON, Stevan	165 West End Avenue #29K	NYC	10023	212-595-7010
FALLER, Carl	143 Bennett Avenue #50	NYC	10040	212-740-5586
FURMAN, Joe	640 Chestnut Avenue	Tenafly, NJ	07666	201-692-9635
GRINSPOON, Kenneth	600 West 111 Street #14A	NYC	10025	212-570-1312
HOBSON, Larry	330 Haven Ave #3C	NYC	10033	212-787-1491
KELLER, Josh	172 Ashford Avenue	Dobbs Ferry	10522	914-674-0422
KRANISH, Clif	111 Fourth Avenue #7A	NYC	10003	212-473-6745
LEENER, Alan	89 Joralemon Street	Brooklyn	11201	718-797-0972
MERLOB, Marilyn	89 Joralemon Street	Brooklyn	11201	718-797-0972
PHILLIPS, Harry	1 Bond Street #6C	NYC	10012	
ROTH, Michael	7248 67 Place	Flushing	11385	718-456-8161
SCHLESINGER, Deb	640 Chestnut Avenue	Tenafly, NJ	07666	201-692-9635
WALLS, David	2016 Alpine Drive	Boulder, Co.	80304	
WALLS, Valerie	2016 Alpine Drive	Boulder, Co.	80304	

PROGRESSIVE "B" RIDE SERIES

David C. Miller

It's March already, time to dust off the bike, oil the chain and start riding again. I know, it's still chilly in the morning, but it often warms up in the afternoon. If you're like me and don't ride in the winter, you're out of shape. At least out of biking shape. So why don't you join me for my Progressive B Training Ride Series? Or join Irv Weisman for his Progressive B- Ride Series. The difference between my rides and Irv's is pace: I will be riding two or three MPH faster.

The rides start March 5th with the Central Park Self-Classification Ride; then we'll actually get out on the road on March 12th. The early rides will be short, flat and easy; we will progress to longer rides with a few hills thrown in (just to keep things interesting). The rides will continue to "progress" through June.

So come out and join one of the Training Ride series, and stick with it! That way you'll be in great shape come summer. You might just progress from B- to B, or from B to B+ or even A-. Better yet, you'll be in good enough shape to pedal with 25-40 pounds of luggage on your bike. Then you can come bike touring in Europe with me this summer. More about biking in Europe later!



Safety tip of the month:

Let's be aware on the road. One street smart cyclist told me he always knows what is ahead of him, on either side, and coming up behind. An exaggeration perhaps? Sure, but street smarts are about one thing: survival.

MINUTES

NEW YORK CYCLE CLUB BOARD MEETING, 3 JANUARY, 1989, O'HARA'S RESTAURANT

Present: Martha Ramos, Richard Rosenthal, Simone Smith, Holly Gray, Christy Guzzetta, Debbie Bell, Roberta Pollock, Brian Mc Caffrey, Ken Weissman, Janet Kronstadt, Arlene Ellner

Absent: Hannah Holland

December meeting minutes approved.

Roberta reported January/February A rides at relaxed pace. Spring Training Rides will be two separate rides: A and A- pace.

Simone agreed to submit a "Safety Tip of the Month" to the bulletin. Discussion regarding calling of dangerous riding behavior to the attention of individual riders. Ken suggested ride coordinators pass this on to ride leaders.

Richard reported the February meeting program will be a Comedy Night.

Martha talked of Earth Day's 20th anniversary this year and expressed wish to see NYCC participation; she will get details from TA.

Brian invited board to B-leaders meeting, 29 January, at Martha's house. He'll invite Nyack & Syosset Fire Department representatives to a general meeting to accept plaques. Brian will join with Tony Nappi, Alan Leener and an informal committee to discuss new club jersey project.

Ken invited C-Ride leaders to meeting, 24 January. A proposed sign-up sheet stipulation that rider must be 18 years old to be reviewed. Ways to handle ability diversity in ride category will be discussed directly with leaders.

Christy distributed letter listing prospective C-ride leaders and announced the SIG A Progressive Ride series will be repeated this Spring.

Holly distributed final 1988 Fiscal Statement.

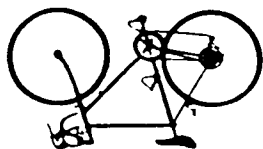
O'Hara's requested board meetings start promptly at 6:30 PM

Meeting adjourned 8 PM

Respectfully submitted,

Adrian Ellner

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First Class



The New York Cycle Club
Hannah Holland
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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