

May
1989

NYCC Bulletin

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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.

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

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RIDES THIS MONTH

- Tuesdays/
Thursdays
6:00 a.m. **EARLY MORNING CENTRAL PARK RIDES.** Leaders: Steve Baron/Caryl Hudson (212-595-7010). Ah, Spring! Meet at Tavern on the Green for a friendly but strenuous paceline ride of 2 - 3 laps. We leave promptly at 6:00 till Daylight Savings Time moves us back to 6:15 for a while. If you're a little slow, we'll wait over the tops of two hills; if you're a bit fast, you can pull us. Bad weather or late nights may cancel.
- Sat. May 6 **TRUEING FOR TRIALERS.** Leader: Richard Rosenthal (212-371-4700). From 245 East 63rd St. Free wheel trueing 3 minutes from Boathouse after your ride today for anyone time trialing tomorrow. If you're one of the late ones, we'll carbo together.
- Sat. May 6
8:00 a.m.
A / 75 mi. **PLAYLAND! THIS TIME IN SEASON.** Leader: Jody Sayler (212-799-8293). From the Boathouse. Brand new diner in White Plains. Harrison - Rye - to picnic at Playland. Rain cancels.
- Sat. May 6
8:30 a.m.
-> A
94 mi. **SIG - PROGRESSIVE "A" RIDE SERIES #10.** Leader: Christy Guzzetta (212-595-3674). From the Boathouse. Nice long ride today. Not too many hills. We're 2 months into the series - half way through. This is a good time to turn it up a notch. Will someone get dropped? Maybe. Through Ft. Lee, along beautiful Saddle River Road, and down-down-down South Mountain Road. RAIN DATE: Sunday, May 7.
- Sat. May 6
9:30/10:00
B+/B
55+/55 mi. **LBRS #6 - WHITE PLAINS.** Leaders: "B+" Brian McCaffrey (718-634-1742)/Steve Antioian (718-651-3807)/"B" Anne Hintermeister (212-628-0948). From Jerome and Woodlawn Aves., last stop on the #4 Train in the Bronx. Terrain: Rolling/hilly. A different view of White Plains with a corner of Connecticut. Bring your Metro North pass. 70% chance of rain cancels. RAIN DATE: May 7.
- Sun. May 7
9:00 a.m.
A/B
50 mi. **ANNUAL SPRING TIME TRIALS.** Leader: Steve Sklar (212-245-3245). From the Boathouse at 9:00 a.m. or, if you prefer, meet us at the NJ side of the GWB around 9:30 a.m. As in past years, the time trial will be held along a 17 mile stretch of Route 9W between the GWB and Nyack. The return rides ("A" and "B") will be relatively leisurely. Time trial teams are welcome. Remember--it takes alot of training for a team to beat a fast individual rider. Start training now! Please note: you will be responsible for your own safety over the course of the ride, and there are a few inter-sections to beware of, which will be described in detail before the start of the ride. Helmets required.
- Sun. May 7
8:30 a.m.
A-
85 mi. **ARMONK-CHAPPAQUA HILL CLIMBER.** Leader: Marty Wolf (212-935-1460). From Madison Ave. and 72nd St. Note unusual meeting place-Madison Ave. at 72nd St. (We'll hopefully miss most of the 5 Boro Bike Tour.) This ride includes a number of favorite Westchester hills (Whippoorwill, for example), lunch in Armonk, then home through Connecticut. Lunch is about 41 miles into the ride so bring pocket food. Any precipitation cancels. (Dear John Waff: If you want to come on this ride, your start time is 8:15 a.m.!)
- Sun. May 7
9:00 a.m.
B
68 mi. **PROGRESSIVE "B" TRAINING RIDE NO. 7.** Leader: David C. Miller (212-794-9365, h.; 718-886-2000, w.) From the Boathouse. We will ride on the formerly marked Club route through North Bergen and Rockland Counties. There are a few hills so bring low gears. Lunch will be either a picnic or at a diner in Park Ridge, depending on the weather. Rain cancels.
- Sun. May 7
8:30 a.m.
B-
62 mi. **"B-" PTR #8 - METRIC CENTURY.** Leaders: Irv Weisman (w., 212-241-4783) & Maggie Clarke (h, 212-567-8272). From the GWB Bus Terminal ("A" train to 175 St.) Terrain: Rolling/Hilly. A delightful, and sometimes demanding ride into sparsely developed Rockland County. Western Highway, Strawtown Road, S. Mountain Road, a "killer" hill, and the usual Pascack and Woodland Roads to a picnic lunch in Wood-Dale Park. Return to GWB by 5:00 p.m. (This ride not suitable for your first ride of the season.) 70% probability of rain cancels.
- Sun. May 7
C
34 +/- **5 BORO BIKE TOUR -** A phenomenal opportunity for all new "C" riders...in fact all riders...to be one of the tens of thousands of riders joining the 13th Annual AYH 5 Boro. Watch your "C" Rides Coordinator scoop up/push along tired, aching, joyful bodies at the rear of the pack.
- Sun. May 7
10:00 a.m.
C
36 mi. **DINE WITH THE DUCKS AT DEMAREST.** Leaders: Hindy and Irving Schachter (212-758-5738). From First Ave. and East 64th St., the site of the late Maxwell's Plum, and moves through Central Park and over the GWB to Bergen County, NJ where we join Donald, Daisy, Huey, and Louie for a picnic lunch. Strong probability of rain cancels. Joint AMC.
- Sun. May 7
9:00 a.m.
C/C-
21 mi. **JAMAICA BAY WILDLIFE REFUGE.** Leader: John Mulcare (718-672-5272). From Broadway & 75th St., Queens ("E", "F", or #1 train to Roosevelt Ave./Jackson Heights Station). Let's bid our fine feathered friends a happy welcome on their return from warmer climates. Bring lunch or buy and carry it from a deli we stop at on our way. Dress warmly, preferably in layers, and bring gloves, a lock, comfortable shoes and, if you wish, binoculars and/or a camera. Call John before 8:30 a.m. if the weather is questionable.
- Tues. May 9
C+
~ 20 mi, **AFTER WORK CYCLING FOR A LONG AFTERNOON.** Leader: Dave Lutz (718-624-0346). Let's ride out to Coney by the shore route for some Nathan's. We will return via Victorian Flatbush. Meet 5:45 City Hall steps; 6:25 Grand Army Plaza, Brooklyn. Rain cancels.

Fri.-Sun.
May 12-14
B+/A **3rd ANNUAL MINI SKYLINE DRIVE.** Leader: Roberta Pollock (212-864-6182). We are driving down Friday to enjoy 2 days of hill climbing and descending on Skyline Drive. Return is late Sunday night. The trip is limited to 20 people and is full, but if you are interested, call me in case there have been last minute cancellations.

Sat. May 13
8:00 a.m.
A-
100 mi. **BEDFORD VILLAGE FOR BRUNCH.** Leader: Marty Wolf (212-935-1460). From the Boathouse-prompt start. We'll ride to Bedford Village through a corner of Connecticut. Home by way of Riversville Road - back through Glenville, CT - a pretty ride - one stop - lunch in Bedford Village - so bring 2 water bottles and pocket food. Any precip. cancels. If it rains on Saturday, ride may go off Sunday. Call Saturday night if interested.

Sat. May 13
8:00 a.m.
--> A/ 94 mi. **SIG - PROGRESSIVE "A" RIDE SERIES #11.** Leader: Christy Guzzetta (212-595-3674). From the Boathouse. Todds Point, Old Greenwich, CT. They probably won't let us on the beautiful beach, but we'll try. Lots of miles, lots of hills, through White Plains, Glenville, Greenwich to Old Greenwich. Gosh-we are getting good. RAIN DATE: Sun. 5/14.

Sat. May 13
9:00/9:30 a.m.
B+/B
75+/75 mi. **LBRS #7 - DIX HILLS.** Leaders: "B+" Jim Keehan (212-751-7866). & "B" Dorothy Poole (212-724-0528) NOTE TWO STARTING LOCATIONS: The "B+" ride will start from the Statue of Civic Virtue (E, F or R trains to Union Turnpike); the "B" ride will start from 179th St. and Hillside Avenue (last stop on F or R trains). Long Island with some scenic views and a couple of rolling hills. Bring your LIRR pass. 70% chance of rain cancels. RAIN DATE: May 14.

Sat. May 13
10:00 a.m.
C
35 mi. **BONFIRE OF THE VANITIES REVISITED (THE BEAUTIFUL BRONX).** Leader: Carl Faller (h., 212-740-5586, w., 212-566-1626). From the Boathouse. Join me and a group of cycling enthusiasts from the City's Department of Housing on a tour of the Bronx. Highlights will include current housing development sites, a visit to Charlotte Gardens and shoreline views. Rain cancels.

Sat. May 13
10:30 a.m.
C-/C
22 mi. **FT. LEE PARK, NJ.** Leader: John Mulcare (718-672-5272). From the Coliseum (S.W. corner of 60th St. and B'dwy.) This ride is especially appropriate for some of our new members because it is about the shortest we offer, allowing use time to become acquainted. Bring lunch or buy and carry it from a deli we stop at on the way. Call John before 9:30 a.m. if the weather is questionable. Rain date, Sunday, May 14th.

Sun. May 14
8:00 a.m.
A/A-
115 +/- **HAPPY MOTHER'S DAY, MOM!!** Leader: Jeff Vogel (h, 718-275-6978; w, 212-265-2500). From the Boathouse. I haven't been to Stony Brook and Port Jefferson in a long time. There used to be a lot of great cycling roads out there. I'll try to find some of them before hand. If not, we'll get lost and wander around the North Shore - forever. This is the North Shore so there will be some hills. Bring your LIRR pass for emergencies. Precip. cancels.

Sun. May 14
8:15 a.m.
B-
68 mi. **"B-" PTR #9.** Leaders: Irv Weisman (w., 212-241-4783) & Maggie Clarke (h, 212-567-8272). From the GWB Bus Terminal ("A" train to 175 St.) Terrain: Rolling/Hilly. We follow last week's route then branch off to Spook Rock Rd., Cherry Lane, and W. Saddle River Rd., with our picnic lunch in Wood-Dale Park. Return to GWB by 5:00 p.m. (Not suitable for your first ride of the season.) 70% probability of rain cancels.

Sun. May 14
9am/10:30am
C+/C
30/60 mi. **MOTHER'S DAY AT OLD WESTBURY GARDENS.** Leader: Ken Weissman (212-222-5527). From Tramway Plaza (62nd St. & First Ave.) at 9:00 a.m. OR 10:30 at a Queens pick-up point. Instead of bringing flowers, take Mom or your spouse to Old Westbury Gardens at the height of its beauty. Call leader for pick up point. Bring a lock.

Sat.-Sun.
May 20-21
6:50 a.m.
A/A-
250 mi. **7th ANNUAL MONTAUK TWIN CENTURY WEEKEND.** Leader: Marty Wolf (212-935-1460). As in years past, we'll take a central Long Island route on Saturday, but will return on Sunday on the same route that AYH will be using for their ride to Montauk (wave to your friends!). Our group will stay in a motel in Montauk on Sat. night (after a fabulous seafood dinner). For the first time, rooms may be in short supply, so get your \$25 (cost of half a room) to Marty ASAP. First come, first served. Call Marty for further details and meeting place.

Sat. May 20
10:00 a.m.
A / 50 mi. **MONTAUK WARM-UP.** Leader: Herb Dershowitz (212-929-0787). From the Boathouse. Late start, short ride, carbo load for tomorrow's ride to Montauk. Dynasty Diner. Home and in bed by 5:00 p.m. DAYGLO REQUIRED.

Sat. May 20
8:30/9:00 a.m.
B+/B
75 mi. **LBRS #8 - WESTCHESTER.** Leaders: "B+" Brian McCaffrey (718-634-1742)/Steve Antioian (718-651-3807) & "B" Bernie Pearlman (212-285-1235). From 242nd St. & Broadway (last stop of #1 train to the Bronx). Terrain: Rolling/Hilly. Westchester and Westchester-type terrain. Part of this route includes a hard-packed dirt road and Bernie promises a rather unique route. Bring your Metro North pass. 70% chance of rain cancels. RAIN DATE: 5/21.

Sat. May 20
9:15/10:00 am
C
35/45 mi. **PIERMONT POST-MOM'S DAY PROMENADE.** Leader: Alex von Braun (212-757-7837). From N.E. corner of Columbus Circle at 9:15 or GWB, the Church at 179th St. & Ft. Washington Ave. ("A" train to 175 St.) at 10:00 a.m. Walk the isthmus to nowhere! -- past strains of Andromeda and middle-of-the-road resting places to a pleasant Piermont Pierpicnic/or Turning Point repast. 50% chance of rain, highs below 50° cancels. Call the leader.

Sun. May 21
115 mi. **7th ANNUAL AYH MONTAUK CENTURY.** This AYH event is the flattest and easiest century you'll ever ride-- if the weather cooperates and the winds are at your back. Over the years, NYCC leaders have added some variations: Wolf's twin century (see above), Guzzetta's SIG ride, and two chartered buses (Trestman). Unless you're joining one of these groups, meet at the Jamaica Station of the LIRR (Sutphin Blvd. and Archer Ave.) in Queens at 5:30 a.m. (or at 5th Ave. and 59th St. a bit earlier on an ad hoc basis). You must make advance arrangements for the return trip on either the NYCC bus (see below) or the AYH bike train (\$18 for AYH members, \$22 for non-AYH members); purchase tickets at AYH, 75 Spring St., NYC.

Sun.May 21 7th ANNUAL AYH MONTAUK CENTURY. - Continued

Sun.May 21 4:15 a.m. -> A 115 mi. **SIG - PROGRESSIVE "A" RIDE SERIES #12.** Leader: Christy Guzzetta (212-595-3674). From the Plaza Hotel (5th Ave. and 59th St.) Montauk Point. We're leaving 15 minutes earlier than "tradition" in order to trick the masses. We're busy today, we can't be bothered. We're flying out to Montauk Point and don't want the hackers to slow us down. We are on a mission. We will ride together, work together, and arrive together at the bank in downtown Montauk. We leave at 4:15 a.m. sharp from the fountain in front of the Plaza Hotel. At 4:16 a.m., we're gone. You can also meet us at the LIRR train station in Jamaica where we'll regroup at 5:15 a.m. At 5:16 a.m., we're gone. Make sure you have a bus or train ticket home.

Sun.May 21 **COMING HOME FROM MONTAUK III.** Leader: Bob Trestman (212-431-8926). Let's come back from Montauk in style. Buses leave from the town square at 3:00 and 4:00 p.m. and will bring you and your bike back to Queens or to the Plaza in Manhattan. Be prepared to lower your bike seat, turn handlebars and remove pedals. Cost for the ride (including snacks and beverages) is \$20 per person and is non-refundable, this ride goes on rain or shine. Please mail your check made out to Bob Trestman to: 235 Elizabeth St., #21, NY, NY 10012. Spaces are limited to 30 per bus and it is first come, first seated.

Sun.May 21 9:00 a.m. B / 68 mi. **PROGRESSIVE "B" TRAINING RIDE NO. 8.** Leader: David C. Miller (212-794-9365, h.; 718-886-2000, w.) From the Boathouse. The same route as the May 7th ride, but we will ride it backwards. Everything looks different and all the uphill are downhill when you ride in the opposite direction. Picnic lunch at a different park. Rain cancels.

Sun.May 21 8:00 a.m. B 75 mi. **"B" PTR #10. 75 MILE PATCH RIDE.** Leaders: Irv Weisman (w., 212-241-4783) & Maggie Clarke (h, 212-567-8272). From the GWB Bus Terminal ("A" train to 175 St.) Terrain: Rolling/Hilly. We extend last week's 68 mile ride with another loop to complete 75 miles in 9 hours and earn the third patch of the LAW 4-part patch set. Return to GWB by 5:30 p.m. 70% probability of rain cancels.

Sun.May 21 9:00 a.m. C+ \ 60 mi. **THE DUKE GARDENS IN SOMERVILLE, NJ.** Leader: Dave Lutz (718-624-0346). The gardens are well known throughout the Northeast. I've never been there. If you would like to join me in my first bike trip to Somerville, NJ meet me at the PATH escalator, World Trade Center. My guess is a 60-mile day; some traffic. Rain cancels.

Sun.May 21 10:00 a.m. C- 18-25 mi. **CATCH THE TRAINS YOU MISSED.** Leader: Don Passantino (718-446-9025). From the Staten Island Ferry Terminal. Get into "training" with a new leader for an easy ride to Train Expo X. We'll see thousands of toy trains, ships, railroad and steamship collectibles and operating model trains. Then listen to live steam train and ocean liner whistles and an 1895 carousel organ and much more. Return via PATH or GWB. Bring \$5.25 for admission, Ferry, and a good lock. 30% chance of rain cancels.

Mon.May 22 C+ ~ 30 mi. **AFTER WORK CYCLING FOR A LONG AFTERNOON.** Leader: Dave Lutz (718-624-0346). Let's head out to the Rockaways for a picnic supper. Meet 5:45 City Hall steps; 6:25 Grand Army Plaza, Brooklyn. Energetic pace; some traffic. Rain cancels.

Fri.-Mon May 26-29 All Class **MEMORIAL DAY IN SHEFFIELD V.** Leaders: Steve Baron/Caryl Hudson (212-595-7010). Three days of superb Spring cycling around Sheffield, Mass. in the Berkshires. As many miles as you want, as few as you wish. Three nights in charming country inns. The roads are lightly travelled, hills rolling, the towns charming, and along the route, you may find covered bridges, swimming holes, a weaver, potters, general stores, horse-drawn wagons, an old-fashioned Memorial Day Parade. Come share in the fun. We've set aside space in four Sheffield Inns. Please call to reserve your space for this weekend of R&R.

Fri.-Mon May 26-29 -> A **SIG PROGRESSIVE "A" RIDE SERIES #13.** Leader: Christy Guzzetta (212-595-3674). There's not really an official SIG ride scheduled for this holiday weekend. I'm going with Caryl and Steve to Sheffield, Mass. There's beautiful miles up there, as many or as few as one could want, as fast or as slow as one feels like. It's party time. Call Steve and Caryl quick - it's a popular weekend and is usually sold out by now.

Fri.-Mon May 26-29 Class-Less Miles: Opt. **CHARLOTTESVILLE, VA.** Leader: Martha Ramos (718-858-9142). Spend the Memorial Day Weekend enjoying Southern comfort below the Mason Dixon line. Our accommodations are across from the University of Virginia and a bus or trolley ride from historic downtown Charlottesville. Ride options include, Skyline Drive, Blue Ridge Mountain Parkway and the Shenandoah Valley. Cost is \$200 for 3 nights, 2 lunches, round trip transportation (our own bus), registration fee and a tour of Monticello. Make checks payable to Martha Ramos, 75 Henry Street #23E, Brooklyn, NY 11201. Checks received after May 5 should include a \$15 late fee.

Sat.May 27 8:30/9:00 a.m. A- / 70 mi. **BAYVILLE EXPRESS.** Leader: Holly Gruskay (212-534-1156). From the Boathouse at 8:30 a.m. OR the Statue of Civic Virtue (E subway to Union Turnpike) at 9:00 a.m. Hopefully the beach will be open so we'll have time for a quick dip after a picnic lunch. Rain cancels.

Sat.May 27 10 am/11 am B/C 50/28 mi. **CULTURE VULTURE.** Leader: Paul Minkoff (Day: 212-532-9000; Evenings: 718-937-6171; Fridays and weekends: 516-466-2692). Ride along the North Shore to the Planting Fields Arboretum for the annual Mozart chamber music festival. "B" rides to start at 179th & Hillside (end of the F line) at 10:00 a.m. We will then pick up the "C" riders at the Great Neck LIRR Station at 11:00 a.m. LIRR train to Great Neck leaves Penn Station at 10:20, Woodside at 10:30 and arrives in Great Neck at 10:54. If you plan to take the train, obtain an LIRR bike pass in advance (for sale at AYH). Bring or buy lunch. Bring a bike lock and money for admission to the Arboretum and for the concert (if you plan to attend). Optional warm weather loop to Bayville beach for the tone deaf. Concerts begin at 2:00 p.m. "B" ride

should arrive back in Queens around 5:30. Trains leaving Roslyn at 4:43 and Great Neck at 4:49 arrive in Penn Station at 5:31 and 5:21 respectively. Rain postpones ride until Sunday, May 28. Please call to confirm ride.

- Sat. May 27 9:30 a.m. C 35 +/- **SOUL OF STATEN ISLAND.** Leader: Carlos Cardona (h., 212-581-2858, w., 212-640-4186). From the Boathouse. Freaked-out, New Age, Culture Vulture ride to discover the soul (if any) of Staten Island. Possible destination points are The Blue Collar Cultural Center, The Jimmy Hoffa Memorial Cornerstone, The No Nuke is a Good Nuke Navy Monument and Landfill, and the Tibetan Art Center (the "New Age" part of the trip). Call before 9:00 a.m. if weather is questionable.
- Sun. May 28 8:30 a.m. A / 70+ mi. **ROCKLAND LAKE.** Leader: Dave Regen (212-533-5183). From the Boathouse. We will explore and utilize the rotating paceline formation. Trust me, this works. Rain cancels.
- Sun. May 28 9:00 a.m. B 75 mi. **PROGRESSIVE "B" TRAINING RIDE NO. 9.** Leader: David C. Miller (212-794-9365, h.; 718-886-2000, w.) From the Boathouse. I call this ride my "Scenic 75 Mile Ride". Come along and see why. We will ride through Tallman State Park on the bike path through the woods, and on the bike path in Nyack State Park right next to the Hudson River. Picnic lunch at a small city park in Congers. Rain cancels.
- Sun. May 28 7:45 a.m. B / 82 mi. **"B"-PTR #11.** Leaders: Irv Weisman (w., 212-241-4783) & Maggie Clarke (h, 212-567-8272). From the GWB Bus Terminal ("A" train to 175 St.) Terrain: Rolling/Hilly. We add a loop to the 75 mile ride and have our picnic lunch at Wood-Dale Park. Return to GWB by 6:00 p.m. 70% probability of rain cancels.
- Sun. May 28 10:30 a.m. C-/C 29 mi. **THE CLOISTERS AND WAVE HILL.** Leader: John Mulcare (718-672-5272). From the Coliseum, S.W. corner of 60th St. and Broadway. Bring lunch or buy and carry it from a deli we stop at on our way to the lawn of the Cloisters. Pay as you wish for admission to the Cloisters. Admission to Wave Hill is \$2.00 (\$1.00 for seniors). You'll need a lock there.
- Mon. May 29 7:00 a.m. AA 205 mi. **SAUGERTIES DOUBLE CLASSIC.** Leader: Alex Bekkerman (212-213-5359). From the Boathouse. This ride is classic. I invite new breed of animals and animalettes which proved themselves in Davis Double Century recently. We will practice every long distance trick there is. Cooperative, demanding and intelligent riding will be required. Estimated time: 13 hours. Nothing cancels.
- Sat. June 3 8:00 a.m. A ~ 100 mi. **RIDE NORTH.** Leader: Paul Mort (212-645-5262) & Beth Herman (info. only, 212-689-7778). From the Boathouse. The route has not yet been determined, but it will feature scenic and challenging terrain in the Hudson Highlands area. The ride will end in Croton, so Metro North passes are recommended for return to the city. We may find some water suitable for swimming, so bring a swimsuit and you'll be able to cool off at the end of a strenuous ride.
- Sat. June 3 7:50/8:15 a.m. B+/B 80+ mi. **LBRS #10 - NESHANIC STATION.** Leaders: "B+" Brian McCaffrey (718-634-1742)/Steve Antioian (718-651-3807) & "B" Dick Goldberg (212-874-2008). From the World Trade Center, Church & Vesey Streets. Terrain: Flat. PATH train to Newark to reach a special stretch of scenic road. See if you can find the castle. 70% chance of rain cancels. RAIN DATE: Sunday, June 4.
- Sat. June 3 10 am/11 am B/C 50/28 mi. **CULTURE VULTURE.** Leaders: "B" Paul Minkoff (Day: 212-532-9000; Evenings: 718-937-6171; Fridays and weekends: 516-466-2692). & "C" Brian McCaffrey (718-634-1742). Ride along the North Shore to the Planting Fields Arboretum for the annual Mozart chamber music festival. "B" rides to start at 179th & Hillside (end of the F line) at 10:00 a.m. "C" riders to start at the Great Neck LIRR Station at 11:00 a.m. LIRR train to Great Neck leaves Penn Station at 10:20, Woodside at 10:30 and arrives in Great Neck at 10:54. If you plan to take the train, obtain an LIRR bike pass in advance (for sale at AYH). Bring or buy lunch. Bring a bike lock and money for admission to the Arboretum and for the concert (if you plan to attend). Optional warm weather loop to Bayville beach for the tone deaf. Concerts begin at 2:00 p.m. "B" ride should arrive back in Queens around 5:30. Trains leaving Roslyn at 4:43 and Great Neck at 4:49 arrive in Penn Station at 5:31 and 5:21 respectively. Rain postpones ride until Sunday, June 4. Please call leaders to confirm ride.
- Sat. June 3 9:30/10:20 am C-/C 18/25 mi. **LIBERTY STATE PARK, NJ.** Leader: John Mulcare (718-672-5272). From the Coliseum (S.W. corner of 60th St. and Broadway) at 9:30 a.m. or the Staten Island Ferry at 10:20 a.m. Carry lunch or buy it at a deli we stop at on the way. Call John before 8:30 a.m. if the weather is questionable. Rain date: Sunday, June 4th.
- *****
- Sunday June 4 **ALL-CLASS CLUB RIDE TO TALLMAN.** The first of our 1989 all-class events. Join one of the rides listed below or come out on your own for a 1 p.m. picnic lunch, followed by the traditional group ride back to the city. Tallman is on Route 9W, south of Piermont. Look for us in the North Hills Picnic Area
- A+/A 8:00 a.m. 100/90 mi. Leaders: "A+" Don Ketteler (645-0894) & "A" Bill White (212-260-8737). From the Boathouse. The A's and A+'s leave together and make for Tallman via Spook Rock Road/Southern Harriman State Park. A+'s will go a bit further/faster.
- A- 8:30 a.m. Leader: Doug Blackburn (212-685-9495). From the Boathouse. Tour northwest Bergen County (Franklin Lakes, Ramsey, Upper Saddle River) before joining the other riders at Tallman. Deli 75 mi. stop in Franklin Lakes, lunch at Tallman.

Sunday, June 4 **ALL-CLASS CLUB RIDE TO TALLMAN - Continued**

- > A **SIG - PROGRESSIVE "A" RIDE SERIES #14.** Leader: Christy Guzzetta (212-595-3674). From the Boathouse. These early starts are a pain. But we have to get started early so we can get to the All Class Club picnic at Tallman Park to enjoy lunch by 1:00 p.m. This is such a popular and wonderful Club event, we certainly don't want to miss it.
- 7:30 a.m.
92 mi.
- B and B+ Ride leaders and distances to be announced in the June bulletin or call Brian McCaffrey (718-634-1742).
- C/C- Leader: Ken Weissman (212-222-5527). The "C" ride will leave from Columbus Circle at 9:45 a.m.; the "C-" ride will be met at 10:00 a.m. at the GWB, the Church at 179th St. and Ft. Washington Ave.
- Previews *********
- Sat/Sun. Bear Mountain Weekend. Leaders: Ken Weissman (212-222-5527) and Charlie Morris (212-675-3753). Round trip from the G.W. Bridge to Highland Falls (2-3 miles past Bear Mountain). Some hills, several mileage and paces available, depending on how the leaders feel that day. Double occupancy \$28.97; single \$52.93. American Plan. Call leaders for details.
- June 10-11
- C+/B- 90-100 mi.
- June 17 Strawberry Supreme. Leader: Maxim Vickers (718-728-7179). A+; 130 miles. Limited to seven (7) experienced riders with reliable equipment. First come, first served. Return on the AYH Bike Train (call for reservations).
- Tuesday, SIG Progressive "A" Ride Series Pre-"A" Ride Meeting. Christy Guzzetta (212-595-3674). 6:30 p.m. By invitation only. Details to follow.
- June 20
- June 23-25 WOW! (Weekends on Winnepesaukee). Cycle the backroads around Lake Winnie and Squam Lake. See the New Hampshire locales where On Golden Pond was filmed. Limited dirt-cheap accommodation may be available chez moi (ou chez mes cousins). Other options: B&B's, inns, lakeside cabins (depending on your budget). Leave, hopefully, June 23, in the early afternoon. Return June 25 (or June 26 if you're on vacation). To be repeated on August 25-27. Triathletes-or cyclists with swimming and running team-mates - may be interested in the Graniteman Triathlon, August 26. Also, we may rendezvous with the Granite State Wheelmen in North Conway that weekend. Cycling may be strenuous. For information, call Paul Minkoff during the day at 212-532-9000 or leave a message at 718-937-6171.
- June 24 SIG Progressive "A" Ride Series. The series concludes with our participation on the regularly scheduled Club "A" ride.
- July 1-4 July 4th Weekend on Shelter Island. Leader: Debbie Bell (212-864-5153). The traditional all-class weekend at the famous Chequit Inn -- wonderful food, as much (or as little) riding as you want on scenic back roads at the tip of Long Island, and an easy destination for the holidays. Bike (a gentle century), take your unboxed bike on the bus or LIRR, or drive. Last year 37 NYCC'ers were there; call early to get a room. (Once the Chequit fills up, you're out of luck -- there are no reasonably-priced alternatives on the island). Rates (based on double occupancy) for three nights lodging, six meals, and gratuities are \$200-\$240 per person.
- July 1-4 Berkshire Biking Bonanza. Leader: Martha Ramos (718-858-9142). This ride is open to all classes. Fabulous scenery and historical sites combine to make this a special biking holiday. Add to that the opportunity to catch a performance at Tanglewood or Jacobs Pillow and you understand why this one is a bonanza. Cost is \$165 and includes motel (air conditioned and a pool), registration fee, wine and cheese get-together, departure luncheon and the usual surprises. Deadline is May 15 with a \$15 late fee for checks received after that date. Make checks payable to Martha Ramos, 75 Henry Street #23E, Brooklyn, NY 11201. Checks received after May 5 should include a \$15 late fee.
- July 9 Leader: Christy Guzzetta (212-595-3674). If you've never before led a "C" ride and would like to try co-leading one today with the leader - call him prior to Tuesday, June 13th so we can get it listed in July's bulletin.
- Aug. 6 Leader: Christy Guzzetta (212-595-3674). If you've never before led a "C" ride and would like to try co-leading one today with the leader - call him prior to Tuesday, July 11th so we can get it listed in August's bulletin.
- Aug. 13 Leader: Christy Guzzetta (212-595-3674). If you've never before led a "B" ride and would like to try co-leading one today with the leader - call him prior to Tuesday, July 11th so we can get it listed in August's bulletin.
- Aug. 27 Leaders: Christy Guzzetta and Ione Ohman. Our annual journey in search of the legendary nude beach in Sandy Hook, NJ And you thought this was a joke. Dress...optional.
- Sept. 10 Leader: Christy Guzzetta (212-595-3674). If you've never before led a "B" ride and would like to try co-leading one today with the leader - call him prior to Tuesday, Aug. 8th so we can get it listed in September's bulletin.
- Sept. 1-4 Penn Dutch Holiday. Leader: Martha Ramos (718-858-9142). Class-Less. Details in next month's bulletin.
- Sept.5-15 Southern Germany/Bavaria. Leaders: Steve Baron and Caryl Hudson (212-595-7010). (Dates are approximate.) We'll travel mainly on bikeways, and visit the Tauber Valley, the Romantische Weg (Romantic Road) that goes through the medieval towns of Rothenburg, Dinkelsbuhl and Nordlingen. Steve's friend Karl will help us find the most scenic rivers, picturesque towns, quaintest inns, best food, finest beers and wines and most evil pastries Southern Germany has to offer.
- Oct. 6-9 Catskill Colors. Leader: Martha Ramos (718-858-9142). Class-Less. Details in the July bulletin. Please note: Columbus Day falls on Yom Kippur.



STEVE BARON'S TOYS

Steve Baron

After Look came Time, and not wanting to wait for LIFE or NEWSWEEK, I acquired (they were a present, actually), a nifty set of Time pedals. Aside from my Sugino 37-tooth chainring, these new pedals are the only non-Campy major components on my Grandis. So, with fear appropriate to my years (I'm as old as Campy), I mounted the pedals on the bike - easy; mounted the cleats on my shoes - less easy, since not all the necessary parts were included; mounted the bike on Debbie Bell's wind-trainer (a story for another day); and tried to mount myself on the new pedals. The pedals, I found, are almost impossible to get into, but with an hour's practice I was sufficiently confident for an Easter ride to the Turning Point where I just couldn't get loose from the damn things. I stopped resting against the front (that was a serious error) of a small car, and slowly fell to the street. Two elderly gentlewomen walking by saw me lying in the street, still securely locked into my pedals, and asked, "Young man, why are you trying to ride that bike in roller skates?"

Five recently "broken" Third Eye mirrors were returned to the manufacturer with \$17.50 and instructions to send five new mirrors, and some complaints about the short life of the product. A couple of days later there was a call from the head of Bicycle Safety, the manufacturer, who advised that the ball joint is tapered so that a loose mirror needs only to be pushed in for the joint to be tightened. He is also sending new mirrors and returning my check. That is the kind of company we all like.

When my deluxe rainpants from Performance were found to be leaking so much that my friends laughed at my rear, I bought a Bike-a-Lite yellow rainsuit from Bicycle Habitat on 7th Avenue near 21st Street. It cost about \$80, is well-designed, and the bright yellow with reflective white looked pretty flashy for the first hour. That is about how long the pants remained waterproof. I feel guilty walking back into the store with a badly soiled suit, asking for my money back - but because the suit doesn't serve its first purpose - being waterproof - as soon as the rain stops, I'll swallow my guilt and take the suit back.

QUICK RELEASES

Richard Rosenthal did it again with another scintillating program for last month's membership meeting. This was a talk by Ted Constantino, Editor-in-Chief of BICYCLE GUIDE MAGAZINE, who provided gossip on why the magazine split off from BICYCLING MAGAZINE a few years ago, but who was unable to answer the question, posed by John Waffenschmidt, "How come you people from Boston can't keep a paceline?"

Brian McCaffrey sends his thanks to Karen Daly who was not only a first-rate co-leader for the ride they led last month, but who in addition stayed up late the night before baking Irish soda bread for all participants. That, of course, is the mark of a superlative ride leader.

A group of riders planning to do Don Ketteler's Davis Double Century in May, trained for the worst by cycling 60 miles along Montauk Highway in drenching rain, hoping to reach Montauk Point before illness set in. The group reversed and headed west in Hampton Bays, arriving at their cars just in time to see sunny skies which lasted long enough for two exhilarating loops out and back from the parking lot.

The sixth Progressive A SIG ride continued in the strong, SIG tradition: instead of cycling the 73 miles advertised, the group in fact rode 90 miles, or at least, seven of the 23 who started the ride did; the rest used alternate transportation to shuttle back. Says Christy, in re the mileage count, "I made a little mistake."

The A-Training Series continues at a rapid clip: Ride #10 was so fast Joe Furman would classify it A+. Joe claims he missed his own ride with Simone Smith the previous day because his thermometer read only 19 degrees, despite the fact that the temperature in Central Park was in the upper 30s. We all know that New Jersey is very cold. The ride celebrating Simone's birthday and led by Simone alone was, however, a success, with A and A- riders riding together at an A pace, to the exhilaration and surprise of some A- riders.

Another extremely speedy ride took place on Saturday, April 8, when several racers joined the NYCC pack and kept the pace up well over 22MPH average, dropping half the group on the way back. Mighty Donna Slattery kept up with the fastest, not even breathing hard.

Also noteworthy was an Easter Sunday ride led by Rich Herbin who managed to keep



Safety tip of the month: TIGHT TO THE RIGHT

Too many of us habitually ride in the middle of the road. Even ride leaders, playing sheepdog to their charges, tend to wander into the roadway as if exempt from the rules.

"Tight to the right" is good advice for all of us. Give it kindly, receive it graciously.

a large group working together in a tight paceline for 1-1/2 hours.

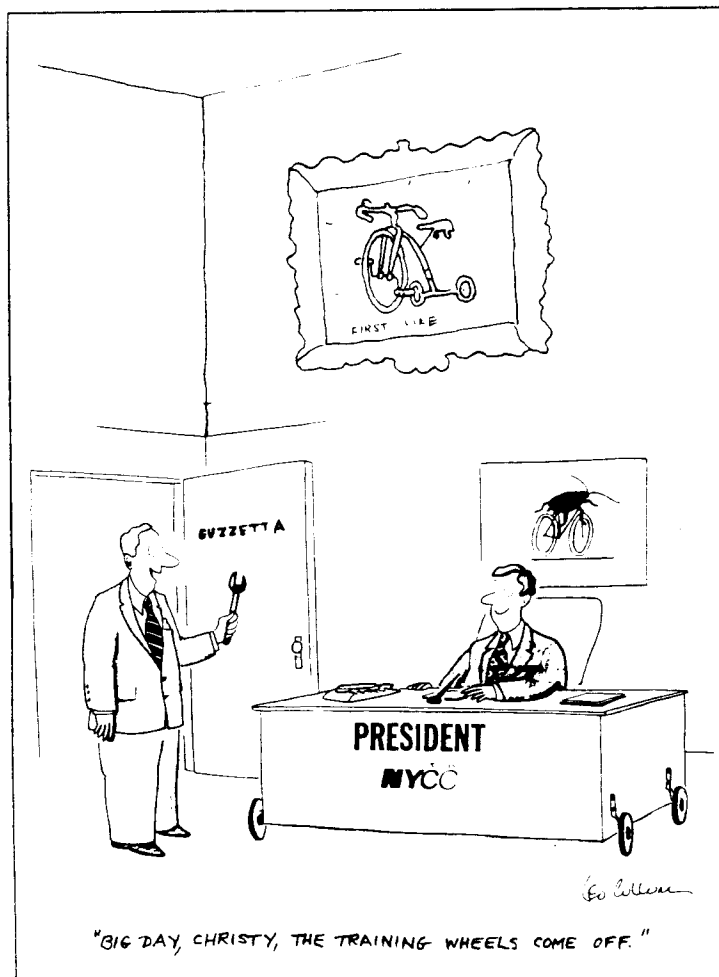
Ken Weissman would like to thank Alinda Barth, Alex Von Braun, Charlie Morris, Dave Lutz, Ed Rudetsky and Larry Nelson for their successful "pulls" as C-Rides leaders last month. He would also like to thank club newcomers, Christy Guzzetta and John Mulcare. Want to lead a C-Ride next month? Call Mr. Ken at 222-5527.

Charlie Morris still doesn't know if anyone has returned from his Staten Island ride on April 9, but he hopes that anyone who does return will call him at 477-3281.

Alex Bekkerman has offered to write a followup to his April article on building endurance, and also an article specifically on nutrition. Watch for them in future issues.

Do you have an item you would like to have mentioned in QUICK RELEASES next month? Call (don't write) editor with your suggestion. Thanks!

Janet Kronstadt



SYNCHRONIZED LANE SWITCH

Irv Weisman

On club rides, when preparing for a left turn, it is best if all riders switch simultaneously from the right to the left side of the lane without delaying overtaking traffic.

On my B-Training rides I first check for overtaking traffic well before the approaching left turn. If there is a large enough gap between the last rider and the overtaking traffic, I signal a left. Then all the riders check traffic and also signal, thus alerting traffic of what we plan to do. I again check the overtaking traffic, and if the gap is still large enough, and/or if traffic is obviously slowing down for us, I give two quick arm motions - pointing to the left twice - and move immediately to the left side of the lane. The other riders do likewise, i.e. they all move simultaneously left, thus clearing the right of the lane for overtaking traffic. This maneuver is much quicker than the usual serpentine method, where all riders follow the lead rider's track and block the whole lane while they cross over, one behind the other.

The synchronized shift respects the right of other users of the road to travel with minimum interference from us, and I hope other leaders and club members will want to adopt this technique.

Leaders please note: This maneuver should be practiced with your groups before you actually use it. There is a strong tendency for riders to follow one another in serpentine fashion rather than to make simultaneous shifts to the left. But once mastered, the shifts proceed smoothly and also look impressively competent to both observers and participants.

BULLETIN DEADLINE

Absolute deadline for submission of material for the June BULLETIN is May 1. Because production of the BULLETIN now takes more time, we are considering making the first of each month - a week in advance of the membership meeting - the standard deadline for submission of material. Any comments on this? Problems? If so, please let us know. Meanwhile, the May 1 deadline for the June issue is firm. See the enclosed box on page 2 for article guidelines. We suggest that you call the editor before writing your article, to get feedback on subject matter, etc.. It could save you time in the long run. Thanks!

NEW ENGLAND AREA RALLY

David & Sherry Egan

Connecticut offers picturesque countryside, rolling hills, lakes and history. New England Area Rally (NEAR) has selected northeast Connecticut for this year's rally. Come to Connecticut's "quiet corner."

Nestled between the city of Hartford and the Rhode Island border, this section of the state provides the cyclist with a hidden treasure of quiet farmland and charming towns, challenging hills on well-paved roads, historical landmarks dating back to the 18th century, quaint country museums, and wineries and vineyards.

NEAR will be headquartered at the University of Connecticut campus in Storrs, central to all of these attractions. UCONN offers excellent accommodations, famous homemade icecream and a slice of relaxed rural life distant from congested city streets and suburban interstates.

Rides for NEAR 89 will include a variety of routes selected to take advantage of the great scenery, shady country lanes and bucolic environment. The rally will feature 25 rides of varying difficulty ranging in length from ten to 110 miles. Another set of rides will depart from a remote starting area to provide easy access to the scenic Connecticut River Valley.

Other features of NEAR '89:

- * workshops
- * manufacturers' exhibits
- * bicycle-related films
- * New England lobster/clambake
- * concert featuring nationally known singer, Bill Staines.

Approximately 1500 riders from Maine to Virginia and beyond will be at NEAR. This is your chance to meet some of the more enthusiastic bicycle riders who hail from the northeastern and middle Atlantic states.

NEAR 89 takes place from August 10 through August 13, 1989. For more information and a fee schedule, contact David or Sherry Egan, 203/267-6116, or write to them at 36 Walnut Avenue, Easthampton, CT 06424.

Resident

3 nights - Thursday, Friday and Saturday including all meals Friday, breakfast through Sunday, lunch: double occupancy each \$189; single occupancy each \$201.

2 nights - Friday and Saturday including all meals, Saturday breakfast through Sunday lunch: double occupancy each \$136; single occupancy each \$144.

Lobster (instead of chicken) Saturday night, each \$3.00.

Extra night lodging (as added consecutive nights only) Wednesday, August 9: double occupancy, each \$14; single occupancy each \$18. Sunday, August 13: double occupancy each \$14; single occupancy each \$18.

Children under 12 - limited rooms available with parent. Call UCONN.

Commuter

(fees per person)

3 days - Friday, Saturday and Sunday, no meals or lodging, each \$55.

1 day - Friday or Saturday, no meals or lodging, each \$29.

Special dinner - Saturday clambake - 1/2 barbecue chicken, each \$20, or lobster, each \$23.

1 day - Sunday only - includes icecream social, each \$22.

Extra teeshirts, \$7 each.

Late Fee add \$10 if postmarked after July 10, 1989. Teeshirts not available after this date.

"Nobody does it better."

Carly Simon

Thank you, Carly.

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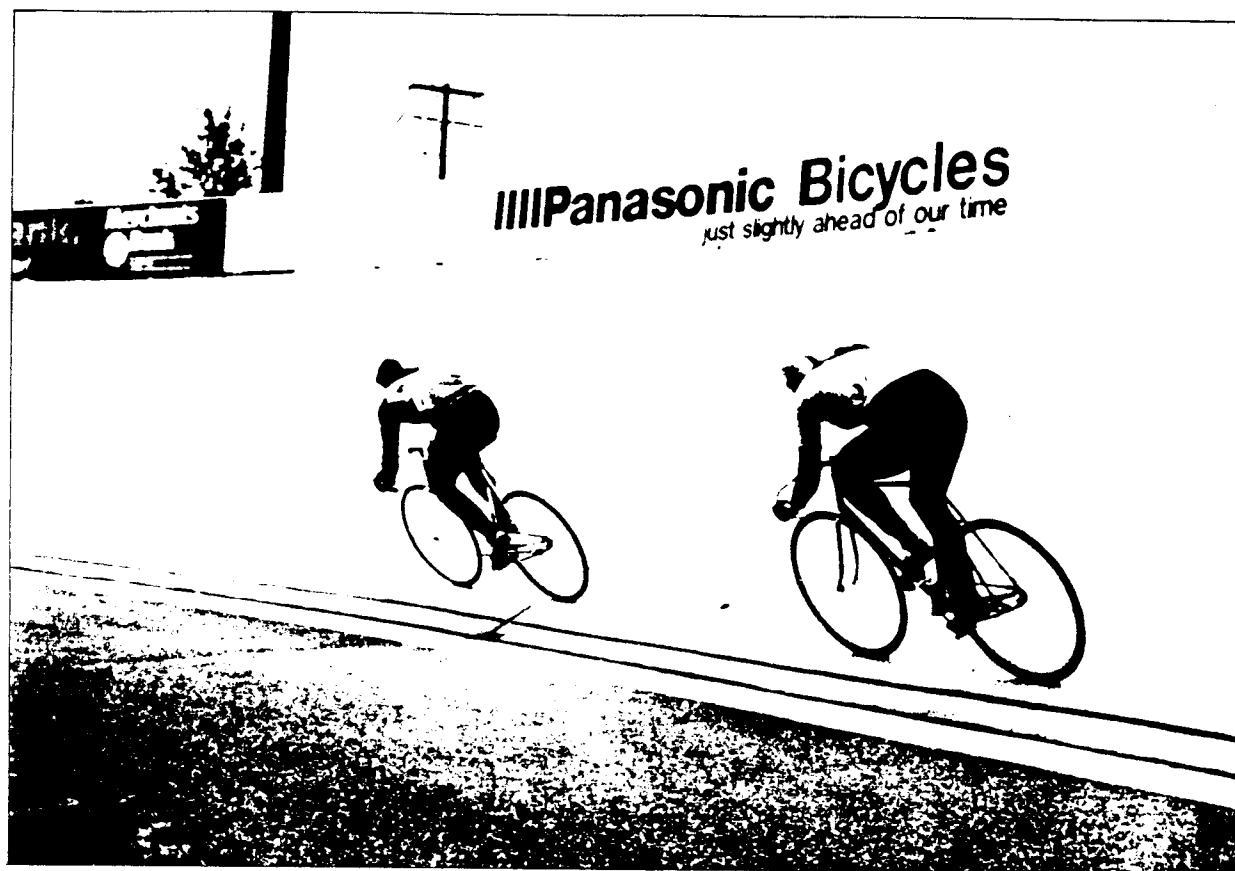
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FOURTH NEW YORK RIDE ACROSS THE STATE

Richard Budd

The Mid-Hudson Bicycle Club is organizing the Fourth New York Ride Across the State. This is New York's only cross-state ride. Cyclists ride nine days from Buffalo to New York City over a route that passes through the heart of the state. Luggage is carried in a cargo van and there is a support crew to assist in repairs and provide refreshments.

NYRATS begins on Saturday morning, July 29, at the Erie Basin Marina in downtown Buffalo. The total distance is under 650 miles. The terrain varies mainly from flat to rolling with major climbs avoided. There is a century on the seventh day of the ride. Participants are responsible for their own meals; however, many of the colleges offer food service to cyclists at their cafeterias. Group meals will be arranged elsewhere.

To guarantee space in the cargo van and at the colleges, please pre-register as soon as possible. Partial payments as deposits are accepted before June 1. For further information, call

Karl Schultz (914/462-1662), Richard Budd (914/454-5803), Richard Taylor (914/297-2676) or Ron Gall (914/473-7520). You can also write to the Mid-Hudson Bicycle Club, P.O. Box 1727, Poughkeepsie, N.Y. 12601.

Price: \$239 before July 1st; \$265 July 1st and later. Teeshirts are included (please specify S, M, L, XL). Checks should be made out to New York Ride Across the State c/o Mid-Hudson Bicycle Club.

OVERNIGHT ACCOMODATIONS:

Date	College	Rooms	Linen	Cafeteria
7/29-30	SUNY Geneseo	single	yes	no
7/30-31	Keuka College	double	yes	yes
7/31-8/1	Cayuga Nature Center	dorm	no	no
8/1-2	SUNY Oswego	double	yes	yes
8/2-3	Mohawk Valley C.C.	single	yes	no
8/3-4	SUNY Cobleskill	triple	no	yes
8/4-5	SUNY New Paltz	double	yes	yes
8/5-6	King's or Marymount	double	yes	no

The Mid-Hudson Bicycle Club is also looking for people willing to escort the NYRATS riders on the final day. The ninth day begins at 8:00 a.m. on the campus of Marymount College in Tarrytown, and ends at about noon at Battery Park. If any NYCC members are interested, please contact Richard Budd at the number listed above (evenings), or write to the Mid-Hudson Bicycle Club.

NO-TECH TIPS

Bob Moulder

This month's column started out as a two-page, single-spaced typewritten technical treatise, but in keeping with the spirit of its title, I've tried to pare it down somewhat so it remains "no-tech," and just a "tip." If you try this little modification and find these instructions not concise enough, feel free to call me at 212/682-5669 to ask me what the heck I was trying to say.

This tip is for those of us who are "neat freaks" trying to clean up the only eyesore remaining on our otherwise rack-free, dirt-free, everything-you-see-is-functionally-significant, sleek racing machines: the computer wire. These pesky, visually-distracting items run down our forks, held in place by (let's face it) miniature garbage bag ties. Not a pretty picture, but it can be easily and quickly improved using the method described below, which I've used successfully for the past two years.

This method works only with computers that use only one magnet (sometimes referred to as the "transmitter") and have no "cadence" function. It also won't work with Avocets because of their unique sensor/ring magnet design which allows for ten computer signals per wheel rotation; I have not yet figured out how to modify it for this application.

The basic idea here is to eliminate the wire running down the fork by repositioning the sensor to the surface of the upper inside of the fork blade near the crown, and moving the magnet out to the rim so that it passes very close to the sensor as the wheel rotates by. The magnet is still attached to a spoke, but it will be located at or near a spoke nipple, flush with the rim. After the sensor is repositioned in this manner there will be a lot of computer wire left over, perhaps as much as three feet. Simply remove the excess with wire cutters and splice it back together, making sure

to leave enough slack to attach it parallel to the front brake cable casing, with still more slack to allow for brake cable and caliper arm movement.

Before doing any clipping and snipping, test to make sure this technique works with your particular computer by temporarily taping the sensor high inside the fork, as above, and moving the magnet out to the rim. Test by spinning the wheel. If the speed reads out on the computer, you're in business. If it doesn't, try putting some sort of spacer between the sensor and fork so that the sensor is closer to the magnet, or try repositioning the magnet. Use your imagination.

If it just doesn't seem to work, STOP. Reinstall sensor and magnet to their original positions, because further fiddling might cause irreversible damage.

If the test went fabulously well, remove the excess wire, leaving ample slack as described above, splice it, and then remove the excess plastic "ear" which is used to bolt the sensor to the normal mounting bracket, which you'll no longer need. This "ear" can be cut off with large scissors, or, if held on by screws, removed simply by removing the screws. The sensor can be secured to the fork with clear vinyl tape or, better yet, silicone caulking compound. Use tape to hold the sensor in place while the silicone cures overnight.

The final step is to camouflage the remaining wire by attaching it to the front brake cable casing with colored vinyl tape which matches the brake cable casings color. The 3M Company makes colored vinyl tape in many colors which just happen to match brake cable housing colors. Wrap the tape around the brake cable housing in spiral fashion, enclosing the computer wire, to finish the camouflaging job.

PRESIDENT'S MESSAGE

Christy Guzzetta

Once you start leading rides, it becomes addictive. Leading rides is one of the few compulsions (available to all members of the New York Cycle Club) which is at once nice, healthy and fun. And, as you can probably tell, I'm hooked.

I'm starting to feel antsy. The SIG Progressive A Ride Series will be over by the end of June. Clearly we'll have some new A-riders come July 1st. I'm feeling somewhat anxious, however - then what? My addictive cravings must be satisfied! Hmm. I know. On July 9th I'll lead a C-Ride. And another C-Ride on August 6th. Then, on August 13th, I'll lead a B-Ride - and another B-Ride on September 10th. Ahh, I feel better already.

I INVITE ANYONE TO CO-LEAD THESE B and C RIDES WITH ME.

One rule, one requirement: In order to qualify as co-leader, you should never before have led a club ride. C-Riders - hark - got any plans on July 9th or August 6th? If not, give me a call, drop me a line, before the membership meeting that precedes the ride. We'll get the ride listed in the BULLETIN, and then go on to co-lead it together. B-Riders - listen up - doing anything on August 13th or September 10th? Want to lead a ride for the first time in your life? Just let me know before the BULLETIN deadline the month before the ride.

Please be warned - the last person who did this with me got hooked very badly. Poor guy, he soon became a member of the Board of Directors of our club. He now says things like - "this is fun," or "I meet so many new people." Poor guy.

BOSTON MONTREAL BOSTON QUALIFIERS

Jeff Vogel

SUNDAY MAY 21
200 KM

This ride is held in conjunction with the annual AYH Montauk Century. Meet at the Jamaica Station of the LIRR (Sutphin Boulevard and Archer Avenue) in Queens at 5:30 a.m. OR at 5th Avenue and 59th Street at approximately 5 a.m.. In addition to the century you must ride out to Montauk Point and back to the town of Montauk (an extra 10 miles including a few hills). You must make advance arrangements for the train/truck home with AYH, 75 Spring Street, New York, New York 212/431-7100.

SATURDAY JUNE 3
3:00 a.m.
300 KM

Meet at 5th Avenue and 59th Street at 2:30 a.m. for a prompt 3:00 a.m. departure. The exact route has not yet been determined, but we are trying to put together as many hills in western Connecticut as possible. There is a 20-hour time limit for this event.

SATURDAY JUNE 17
400 KM

This ride will start at 5th Avenue and 59th Street. The starting time and route have not been determined. We will either use the traditional route (NYC - Trenton, N.J. - Ft. Lee - Beacon/Newburgh - NYC) or an out and back to Orient Point on the North Shore of Long Island. There will be a 27-hour time limit on this event.

SATURDAY JULY 8
4:00 a.m.
600 KM +

The starting time and place have not been determined. There will be sag support with fluids and fruits and munchies available. Arrangements are being made for dinner and sleeping accommodations at the 225-mile point. (This ride will be approximately 400 miles long). If anyone is interested in helping with support on this ride, please contact Jeff Vogel. There is a 40-hour time limit for this event.

For any riding that takes place after dark, you must have lights, in working order. Drafting is permitted. Personal service vehicles will be allowed, but they are not encouraged. Please try to have a LIRR Pass or a Metro-North Pass for emergencies. More information will be available in the near future. If you have questions, please contact Jeff Vogel, 212/265-2500 (w) or 718/275-6978 (h).

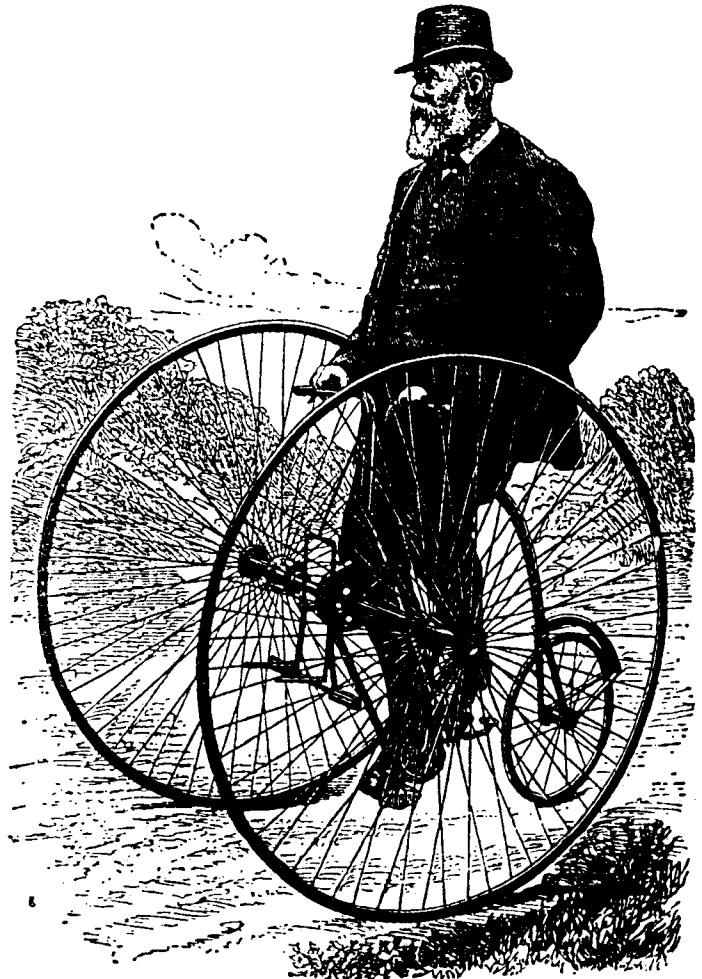
BIKE-A-THON VOLUNTEERS NEEDED!!!

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

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

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

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



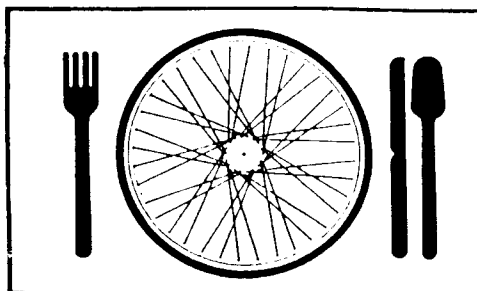
MONTHLY CLUB MEETING

(Open to all members and non-members.)

NEW YORK CYCLE CLUB

Tuesday, May 9

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.

YOUR OWN FAVORITE CYCLING SLIDES.

A brief talk and slide show by each of you.

Here's a way to start to get to know one another and discover new places to bike. Bring at least one slide--but no more than five--to the meeting. Maximum talking time: 1 min. per slide. Tell us where it is. Describe it or an anecdote related to it.

Bring a slide or I'll have to fill out the time by having Stan Simon explain the new tax laws. Or worse yet, have Irv Weisman explain Irv Weisman. If you want information on having a photo print made into a slide (it's cheap), call Richard Rosenthal at 371-4700.

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.

MINUTES

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

Present: Christy Guzzetta, Debbie Bell, Holly Gray, Brian McCaffrey, Simone Smith, Martha Ramos, Richard Rosenthal, Ken Weissman, Janet Kronstadt, Arlene Ellner.

Absent: Hannah Holland, Roberta Pollock.

February meeting minutes approved.

Brian distributed letter from Irv Weisman regarding ride guidelines for new members and an anonymous member's attendance at the C-Ride leaders' meeting. Motion made by Martha to invite Irv to next board meeting to discuss letter. Motion defeated; issue tabled until next meeting.

Janet read text of "Tombstone" for board approval; it will be put in BULLETIN.

Debbie investigated Non-Profit mail rate applicable only to Third Class mail. Owing to length of delivery time, it is not suitable for BULLETIN mailings.

It was announced that NYCC posters and counter cards are being displayed by Bicycle Renaissance, Toga, Conrad's, Metro, Gene's, Pedal Pusher and Bicycle Habitat (22nd Street).

Debbie distributed the First Quarter report.

Richard previewed the March meeting program and discussed possibilities for future programs.

Meeting adjourned at 8:20 p.m..

Respectfully submitted,

Arlene Ellner



CHAIN LETTERS

To the BULLETIN:

One of our club members found his seat post to be "frozen" into the seat tube of his beloved, newish Guerciotti.

All his huffing and heaving and puffing wouldn't budge it.

Ordinarily he would have taken the bike to one of the City shops known for their work on high end bikes, but it was Monday and his local upscale bike emporium was closed.

So, wanting instant gratification, he took his bike to a for-now-to-be-anonymous shop of the Upper West Side.

The shop took the bike in. It also whacked the hell out of it. Literally, it split the seat tube clean through (and for all their hammering, the "mechanics" were unable to get the seatpost out).

What they did do, however, was destroy the bike.

Our colleague sued, and, incredibly... lost.

Small Claims Court Judge Shirley Fingerhood's reasoning (sic) was that the shop had not promised it could fix the problem, and therefore it was not responsible for destroying the bike.

I can see Judge Fingerhood going to pick up her car from a repair shop and confronting her completely wrecked vehicle with equanimity, because the shop never promised it could fix the problem.

But here's the real chutzpah beyond gall: the anonymous bike store refused to return the ruined frame unless our friend paid \$82. for their attempt to fix it.

Ah, New York: We know the streets aren't hospitable to cyclists. But when the bike shops aren't either...

Richard Rosenthal

CLASSIFIEDS

59 cm to top, Tommassini Super Prestige frameset, less than 1 yr. old. Top Italian quality: Columbus SLX/SPX tubing, navy blue w/ yellow decals and yellow lug detailing, chrome "Air" fork with red detailing. Best offer.

- George Petrides
212/517-3616 (eves)

Pinarello, Triathlon model, 53cm, red, Columbus tubing, Campagnolo Victory gruppo, TTT stem & bars, Mavic rims 32 degrees (Special Sport), tubular (sew up) tires - 3, Silca frame-fit pump, Excellent condition, never wrecked. Extras include water bottles, Cycle Pro bike bag, etc.. \$550 takes all.

- Bill Noel
NYRRC
9 East 89th St.
New York, N.Y. 10128
212/860-2280 x 209 (days)

Atala (56cm center-to-top) Columbus SL, Campy gruppo, Regina free-wheel, 3TTT, Turbo, Mavic, gp-4. Excellent cond. Best offer.

- David
212/860-5514

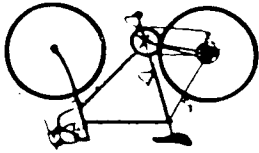


NEW MEMBERS

ADAMS, Mary G.	560 Riverside Dr. #8F	N.Y.	10027	212-678-4562
ALICEA, Angel	88 Windsor Pl.	B'klyn	11215	718-788-1053
BARRANCO, Joseph	2414 University Ave. #19	Bronx	10408	212-584-5614
CONLON, Patrick M.	1029 Washington St. 3FL	Hoboken NJ	07030	201-795-3320
ENGBRETSON, Steve				
FRANKEL, Karen	201 E. 17th St. #29A	N.Y.	10003	212-995-8507
GATES, Karen E.	165 Christopher St. #2-Q	N.Y.	10014	212-727-7413
GELLER, Gary	1 Rocky Point Rd.	Rowayton CT	06853	203-857-0922
GOODMAN, Ari	339 E. 81st St. #12	N.Y.	10028	212-737-8582
GORDON, Suzannah	2414 University Ave. #19	Bronx	10408	212-584-5614
GRUBER, Loraine	27 Jones St. #4B	N.Y.	10014	212-989-5915
HALLE, Lisa	400 E. 55th St. #12B	N.Y.	10022	212-319-6097
HALPERN, Brett	640 Carroll St. #D9	B'klyn	11215	718-788-5159
HARPER, Joan	1651 65th St.	B'klyn	11204	718-236-3022
KIM, Phillip	72 Orange St. #5C	B'klyn	11021	
MC COY, Mark	160 E. 26th St. #4G	N.Y.	10010	212-725-2773
MICKALONIS, Veronica	115 E. 89th St. #9D	N.Y.	10128	212-878-1674
PITRUZZELLO, Philip	44 W. 90th St.	N.Y.	10025	
REEDE, Lynette, T.	96-17 34th Ave.	Corona	11368	718-803-0747
SAMUELS, Lori	50 E. 89th St. #14G	N.Y.	10128	212-410-2616
SCHWARTZMAN, Dan	37 W. 72nd St. #9D	N.Y.	10023	212-362-5493
ZAP, John	50 W. 34th St. #17A12	N.Y.	10001	

CHANGE OF ADDRESS

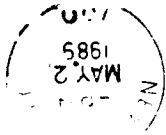
CALLAGY, Vincent D.	250 Vincent Ave.	Lynbrook	11563	516-593-9843
EATON, Brenda	721 E. 21st St.	B'klyn	11210	718-434-1035
FREEDMAN, Cindy	435 16th St.	B'klyn	11215	718-972-3982
WOLKOW, Eugene	2350 Ocean Avenue #7H	B'klyn	11224	718-335-2212



First Class

176-177
ALENE SKIRMER MAILING
CHRIS MAILING
110-30 MYRTLE AVE
RICHMOND HILL, NY 11418

North Dakota 1889



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

New York Cycle Club Membership Application New York Cycle Club

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

NAME _____ SIGNATURE _____

STREET _____ APT _____ PHONE (H) _____

CITY _____ STATE _____ ZIP _____ PHONE (W) _____

DATE _____ AMT. CHECK _____ NEW _____ RENEW _____

CIRCLE IF APPLICABLE: I DO NOT WISH MY (ADDRESS) (PHONE NUMBER) LISTED IN THE ROSTER PUBLISHED SEMI-ANNUALLY IN THE BULLETIN.

WHERE DID YOU HEAR OF NYCC? _____

OTHER CYCLING MEMBERSHIPS (CIRCLE): AMC AYH LAW TA CRCA CCC OTHER: _____

1989 dues are \$12 per individual, \$15 per couple residing at the same address and receiving one bulletin. Mail this application with a check made payable to the New York Cycle Club to: New York Cycle Club, P.O. Box 020877, Brooklyn, New York 11202-0019. Telephone: 212/242-3900